

Jan 2021

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY

***TIT offers additional
race series deal - pg 12***

***Dr Matt goes on a
shoe rant - pg 19***

***Jenna Hutchins sets HS
national record - pg 17***

***Racers close 2020
in style - pgs 30-33***



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



FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY

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FOOTNOTES

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ROAD RACE INFO
888-217-5635

TRAIL RACE INFO
865-548-4718

YOUTH ATHLETICS
888-217-5635

WEBSITE
www.ktc.org

ON THE COVER

A festive but socially distanced holiday crowd hit the streets for the Regal Turkey Trot on Thanksgiving Day.

cover photo by Michael deLisle
entire contents © 2020 Knoxville Track Club

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



15 tips from the RRCA

RUNNING SAFETY

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

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

TRAIL COMMITTEE: Michael deLisle—chair, Joy Barber, Steve Barber, Pete Crowley, Bobby Glenn, Tim Hill, Doug Holder, Rebecca Holder, Stephanie Johnson, Ken Lonseth, Alondra Moody, Tony Owens, Kathy Smith, John Storey

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Position Vacant

SOCIAL CHAIR
Patty Thewes



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * January/February 2021 edition



A Message from our Club President

Tim Monroe, KTC President



A Grateful Welcome to 2021

Happy New Year to the entire KTC Family! Like most of you, I'm so happy to have 2020 in the rear view mirror. While we aren't out of the woods yet, there is a lot of hope that sometime in 2021 we will return to a more normal life. While there are no guarantees, there are many signs that point to a great year.

Last year was probably the one of the most, if not the most, trying time for so many of us. I try to stay away from a lot of personal stuff in my messages to the club, so bear with me for just a moment. Personally, 2020 was juxtaposed with both grief and joy for me and my family. My dad lost his battle with cancer and passed away in February. Dad was a loving husband, proud father, doting grandfather, good friend, and trustworthy confidant, not just to our family, but to so many in his community. In contrast, our circle of friends and family grew by a few significant additions of both the human and the furry persuasion. We are thankful that each addition has brought much needed joy, laughter, and happiness to all of us.

Now, back to our normally scheduled programming (sort of). While the club still faces challenges to host live events early in 2021, club leadership is hopeful that we will be back to normal sometime in the summer. Until then, the KTC staff and key volunteers are working closely with various permitting authorities and planning organizations to continually adjust our policies and procedures to produce safe live events. These authorities and agencies have

shown confidence in the club to host our events in a safe manner. Just as we did in 2020, virtual options will continue to be made available to those who are not comfortable attending a live event. Thanks to all of our event participants that have taken our safety rules to heart and helped us continue to be as safe as possible. Your efforts have not gone unnoticed.

For those who don't know, your membership dues help KTC pay the dues for membership in the Road Runners Club of America (RRCA). RRCA provides a variety of benefits to KTC that greatly assist us a club. RRCA provides a ton of great information and best practices on topics such as race management and business management. They also provide a great look into industry trends. I recently read a RRCA "state of the organization" report. One of the key points of the report was RRCA's commitment to diversity, equity, and inclusion. While KTC doesn't specifically call out these three values in any of our governing documents, I genuinely believe that these values are engrained in our members and leadership of the club. The club is made up of people from all walks of life, diverse talents, and various levels of athletic ability. I'm honored to be a member of a club that lives those values. I hope each you feel the same sense of pride as me knowing your dues go to support the club's ability to live out those values.

Just a few ways your club supports these values include: (1) raising money

for Ainsley's Angels to buy a new race chair that allows those with special needs to participate in our road events; (2) partnering with the Emerald Youth Foundation track and field development program through the CHKM Community Partner Program; (3) providing opportunities for hand cyclists and push-rim athletes to compete in our local races; (4) donating money raised from the Treadin' Trodden Trail series races to support maintenance of existing trails and development of new trails; and (5) helping fund the Tennessee School for the Deaf student-athletes trip to the annual Berg/Seeger National Meet. This is definitely not an all-inclusive list, but I hope it gives you an idea of the breadth of ways your club supports our athlete community in so many ways.

Looking ahead, we are moving forward with the normal slate of opportunities to compete both on the road and trails in 2021. Please keep in mind that the club may have to adjust specific events, so bear with us as we adapt to ever-changing conditions. Check out the KTC events page (<http://www.ktc.org/Events.html>) for opportunities to compete and get some good package deals for Treadin' Trodden Trails and the Winter High Mileage Series. Keep an eye on our various social media accounts for the latest news about the club.

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





Hindsight

*David Black, Executive Director
Knoxville Track Club*



Definition: 1. *Understanding of a situation or event only after it has happened or developed.*

Saying hindsight is 2020 will forever have a new meaning, or at least for our lifetimes. Naturally it is hard to say that any of us really understand what happened during the year that started with hopes and visions for the future.

The largest takeaway I see from this is seeing how much we as a society learned to adapt. My sons go to Maryville City Schools. During spring break I got word that teachers were being trained to teach virtually. When break was over they transitioned to virtual instantly. Like many I made jokes about becoming a teacher, principal, cafeteria worker, PE teacher etc., all while working. Like so many people who found themselves working from home, while shuffling kids, we learned to adapt.

This was the first of so many changes that soon became common place. Restaurants and shops doing “to go” only. Sporting events cancelled and then later operating with no or limited crowds. Church services being transmitted to parking lots or online. Races going virtual. RunKNOX training converting to virtual. Concerts and events

cancelled. Runners pushing themselves through things like back yard or even unsupported marathons. The list goes on.

The list of adaptations does as well. The Knoxville Track Club went five months without an in-person race. During this time, there were virtual races and run anytime races. With the introduction of the Townsend 10k, we brought back in person racing. More than 350 people signed up for the event and had start times spread out over four hours.

Since then, each race has adapted using new and ever-changing safety protocols. Often these protocols are changing as late as the day of the event. The staff, volunteers and participants have been amazing during this. I personally can say that I am truly blessed to be surrounded by so many amazing people.

So what’s next????? The million dollar question. I fully believe that we will continue adapting and putting on high quality events. Our running community believes that we can and will push through this. As the obstacles come, we will face them one by one and find the right path forward.

For the Pigeon Forge Half Marathon, our packet pickup was held in a large parking lot. As participants lined up, they had on masks and stood six feet apart without hesitation. They were given their bibs, shirts, and even finisher medals. While this was non-traditional, we wanted to make sure to limit any form of gathering and contact post-race.

Water stops look different than in the past and in some cases have been limited or non-existent. Post-race food has also been limited or non-existent. Rolling or wave starts. No large gatherings before or after the races. But the core of what we do has remained the same:

Mission: *The Knoxville Track Club encourages life-long physical well being through running and walking.*

Vision: *Healthy living, healthy community – one step at a time.*

The ability to think outside the box is possibly more important now than ever. Not just in our running events, but in life. There is a path forward and with the help of so many we will all be better together. We have and will continue encouraging people to put one foot in front of the other.

Thank you for making 2020 the best year possible. I look forward to 2021 and beyond with the events and memories we will make and the impacts on so many lives that will form our story.

REACH OUT TO KTC!

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MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Keepin' on Truckin'

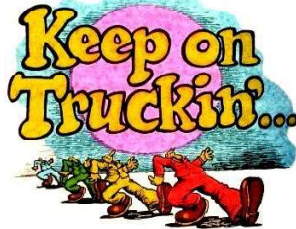
One of my first reactions when I first heard about the novel coronavirus back in February was to do what I could to strengthen my lungs and heart. Initially the virus was thought to be primarily one that would afflict the lungs, and though since then scientists have learned that a panoply of ailments can result from an infection, lungs are often the most seriously affected organ in the body when the disease strikes.

So when the world shut down on March 12, I began to walk. Not daily. Not at first. But with some semblance of regularity. At first my newly inspired ambulation was limited to an increase of trail hiking with Jesse. We've always liked getting out to the various trails in the area and covering anywhere from two or three miles up to half a dozen. Once I'd made the decision to stop working at Runners Market until the situation improved or at least clarified (something I thought would be a matter of weeks or at most a month or two), we had lots more time to devote to trail exploration.

To our delight, that first month we got out hiking seven times. Never did we hike the same trail twice, one of the huge benefits of having so many trails at our disposal. Though I thought that immediately we'd see an increase of fellow hikers, that didn't really start to happen right away, though it gradually increased. And increased. Soon there were lots of folks treading the trails.

But my three days per week coparenting time with Jesse left big gaps of alone time during which I found

myself wanting to walk. So, since I live at the edge of town and can safely make my way — with a bit of unwanted but unavoidable risk at the beginning and end of each walk — to quiet back roads or secluded residential areas of loop or cul de sac design in which I could stroll in peace, I began adding neighborhood walks to my daily exercise regimen.



Like I said, though, not quite daily, at least not at first. I do have an everyday exercise routine comprised of morning stretching and bodyweight strength training, and being a numbers guy, I keep track on an Excel spreadsheet. It wasn't long before I added a column to track my walking. Looking back month to month I can see steady increases, first in frequency and then in distance. It was not unlike when I first resumed running more than thirty years ago, except that more than 24,000 miles had passed under my feet since then and one knee joint had been replaced. But I found that I still enjoyed tracking my fitness improvement.

During this time the coronavirus marched on, killing and ruining lives, dividing the country further as a result of government action and inaction. Most of us rode the sidelines, doing the right things, wearing masks, washing hands, keeping distance, and feeling largely powerless to affect the international tragedy sweeping the globe. But we were relieved by one of the few merciful aspects of the pandemic, that it did not prevent us from getting out on the roads and trails, putting one foot in front of the other, and moving, whether walk-

ing or running. Had staying indoors 24/7 been one of the mandates of this resultant morass, it would have been a much, much tougher situation.

Luckily, we were free to keep on truckin'. And truck we did. More people than I'd ever seen went outside and walked. In their neighborhoods and on the myriad greenways and trails with which we're blessed here in the Knoxville area. By themselves. With their dogs. With their kiddos, the significant others, their neighbors. It was one of the singular benefits to grow out of the most significant tragedy of our time. And I, more than most, took advantage of my extra time to log some miles.

March saw me walk 28 miles. April a few more at 31. May up to 45, seven hikes with Jesse (again no duplicates) and nine solo neighborhood walks. June was up to 55, same number of hikes but more walking back roads. The pattern continued. Plenty of hikes and even more walks. July 68 miles. August 78. September was 90. Ninety miles of walking. I was closing in on the hundred mile mark, a total I regularly accrued and exceeded when I was a serious runner as a youngster in my forties and fifties.

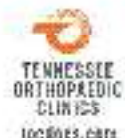
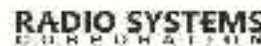
I finally hit the century mark in October, logging 100.1 miles. Yes, I was keeping track of the tenths, using both an online mapping app and an app on my phone. Hit 105 in November and closed 2020, an otherwise truly despicable year, by continuing to bump the mileage, finishing with 107 for December. I realize that I'm mimicking my

AAA continued on page 15 AAA



Covenant Health Knoxville Marathon

2020 Covenant Health Knoxville Marathon – Virtual Edition
THANK YOU PARTICIPANTS AND SPONSORS!



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

COVENANT HEALTH KNOXVILLE MARATHON

MORE THAN 5000 PARTICIPATE IN VIRTUAL EDITION OF CHKM

Jason Altman, Director, Covenant Health Knoxville Marathon

By now, you know that the 2020 Covenant Health Knoxville Marathon pivoted to become a virtual event. While we always prefer to gather together in person, we were pleased with the response and turnout for the 2020 virtual CHKM!

The virtual race allowed registrants to participate within a flexible time frame throughout the week of November 7-15. The virtual event included the Covenant Kids Run, 5K, half marathon, marathon, and relay events, and participants were able to upload their results via the Covenant Health Knoxville Marathon race page on [Runsignup.com](https://www.runsignup.com). In early November, the start line, mile markers and finish line for the courses were painted. Registrants could use the markers to run the actual route during the 9-day virtual race period, or they could complete their run or walk at their preferred location, such as in a neighborhood, on a greenway trail, or on a treadmill.

In the marathon, we had 448 registrants tackle the 26.2 mile challenge. Our first place male was Brian Falcone out of Pleasant Prairie, WI, in a time of 2:48:29. Second place male was Isaac Schuetz from Lexington, KY, in a time of 2:49:57. Third place male was myself, Jason Altman, in a time of 3:00:07. Our first female was Knoxvilleian Olivia DeHart in a time of 3:45:42. Second place, also from Knoxville, was Libby

Schwartz in a time of 3:49:07. Our third place female was Jennifer Hale in a time of 3:59:04. Jennifer is from Johnson City.

We had 1088 participants in the virtual half marathon. First place went to AJ Bernstein. He ran 1:21:47 and lives in Knoxville. Second place was another Knoxvilleian, Paul Schleyer. Paul ran 1:26:46. Our third place male was Kevin Mattern. Kevin ran 1:30:29 and also lives in Knoxville. Our first female finisher was Camille Felton. Camille joined us from Lexington, KY and ran 1:29:22. Second place female was Mary Alex Gary of Knoxville. She ran 1:35:18. Third place female was Janie Wilson-Price. She ran 1:43:11 and lives here in Knoxville.

In the two-person relay, our first place male team was "The Pathetic Triathletes". Our first place coed team was "Hot Dog Racing". Our first female team was "LVVT".

In the four-person relay, our first place male team was "Not Winded, It's Just Covid-19". Second place male team was "Decades". The third place male team honors went out to "SLAWG". Our first place female team was "Retired Lady Vols". Second place female team was "Avocardio". The third place female team was "Cheap Therapy". First place coed team was "KTC Beauty and the Beasts". Second place coed team was "Michelob Ultras". The third

place coed team was "Geeks in Sneaks".

We had 1971 registrants in the Covenant Health 5k. Jason Altman won the 5k in a time of 18:21. Second place male was Kelly Street of Knoxville in a time of 19:46. Third place male was Bryce Withrow, also of Knoxville. Bryce ran 20:37. Our first female finisher was Lindsay Parks in a time of 21:07. Second place female was Kristen Coulston who ran 24:22. Our third female was Arielle Street. She ran 25:00 to reach the podium. All three of our top ladies are also Knoxville residents.

In the Covenant Kids Run, we had 1215 participants. Many of our area schools hosted a virtual Covenant Kids Run on their campus. This initiative helped grow the kids run from 929 participants the year before! Of the kids who submitted virtual results, our first place male was Jackson Altman in a time of 6:28. Second place was Gavrel Addington in 7:23. Third place male was Bradee Irvin in 7:57. Bradee's sister Briley was our first female finisher in 7:58. Our second female was Blakely Merritt in 8:13. Our third female was Brynley Ward in 8:15.

Thanks to our friends at Humana, we were still able to provide the Fittest Company Challenge. In the large division (501+ employees), our top three companies were:

1. **Covenant Health**
2. **Pilot Company**
3. **DENSO**

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

YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

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

Eddie's Health Shoppe
<https://eddieshealthshoppe.com>

Knoxville Acupuncture
<https://knoxvilleacupuncture.com>

Holly's Gourmets Market
<https://gourmetsmarketandcafe.com>

Knoxville Track Club Road Races
<http://www.ktc.org/Events.html>

M6 Strength and Conditioning
<https://www.m6knoxville.com>

The Long Run
<https://thelongrun865.com>

Personal Best Racing
<https://personalbesttracing.com>
(use **ktc10** for 10% discount)

RunKNOX
<http://www.ktc.org/RunKNOX.html>

Runners Market
<http://www.runnersmarket.com>

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

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

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

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

Any additional businesses offering KTC discounts? Please contact us



Have you changed your email address or mailing address?

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

Please send your updates to knoxtrackmembership@gmail.com so that revisions can be made to the KTC Membership List



RunKNOX



Scott Schmidt, RunKNOX director

Every two months I sit down to write this article (usually a day or two past the deadline) and begin with reviewing the previous edition. What did we talk about, what are we training for, who can we brag on. For the January article, I like to review the entire year and reflect on all the fun races, all the sweaty high fives, all the teary-eyed hugs, and the pile of miles that we logged beside each other. But 2020.

We had big plans. But 2020.

We trained for Knoxville, twice. We trained for Boston, twice. We were going to run the world with trips to California, London, Berlin, New York, Edinburgh, and even Lenoir City. But 2020.

Our cheese was moved so many

times that it would be understandable to just toss our arms in the air and give up. But we didn't.



We ran virtual. We ran for fun. We explored new roads, new greenways, and new neighborhoods. We went to the woods and ran up mountains. We celebrated birthdays with far too many 200s on the track.

Why? Why not. With race performance out of the way, we had a chance to just

run. 2020 took away so much from so many, but to find a silver lining, it gave us an opportunity to find something new in this sport.

Looking ahead to 2021, we know that we still have tough times ahead, but there appears to be relief in the dis-

tance. We can hear the spectator shouting "you're almost there", when in fact we know that we're not almost there. Realistically, as one of my running buddies likes to say "we are almost to, almost there".

Keep logging miles. Keep exploring. Keep climbing mountains. Keep running just for the fun of running. When it comes time to truly toe the line again, you'll be refreshed, recharged, and refocused.

As always, RunKNOX is here to support you on every step of your running journey. Join us in person or virtually in 2021.

If you have questions about our programming, send a note to runknox@gmail.com

<https://runsignup.com/Race/TN/Knoxville/RunKNOXTraining2021>

PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

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

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

KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

- * Inside Front Cover \$200
- * Full Page Ad \$125
- * 1/2 Page Ad \$ 75

Multi-issue packages at volume discount rates are available

KTC SPONSORSHIP OPPORTUNITIES

* Race Sponsorships

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

* General KTC Sponsorships

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

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

Treadin' Trodden Trails

Michael deLisle, Trail Series Director

A Juggling Act

KTC Executive Director David Black has done an exemplary job during the pandemic trying to preserve as much of the road race schedule as possible and to recreate it where necessary, as evidenced by successful races in late summer and fall. And while we on the Trail Committee haven't encountered quite the severity of logistic battles as David has, we've still been acting and reacting to various situations and all the serious concerns we face in staging races safely in this highly challenging environment.



The best example of this came on December 18, when just three weeks before our season opening Wanderers Trail Race (traditionally our biggest race of the year at Maryville College), we were informed that the college would not give final approval until January 6-7, just a few days before the announced date of the race. Canceling the race on such short notice if we were not given approval was untenable. So a hastily arranged Zoom conference came together. Kathy Smith, who directs both races, suggested swapping dates with the Lakeshore Trail Trek in May. It was not a perfect solution, but the best one we could come up with. Bad weather could make things interesting, but the notion of both a wintertime run on those marvelous trails overlooking Tellico Lake and colorful spring wildflowers in the woods behind Maryville College are highly appealing, so it should work.

We've made a few other changes in our Treadin' Trodden Trails schedule for 2021. We found that we really

missed running those fun trails at Sharp's Ridge, so we brought that one back after a one-year hiatus, with Tim Hill as trail boss. Rumor has it that he'll be running everyone UP the Push Line Trail. If you haven't been to Sharp's, that won't mean much—and if you have, you know what's in store. Regardless, should be a delightful six mile gallop along the steep scenic hillside overlooking North Knoxville.

Bringing back Sharp's meant scuttling another race, and because of the relatively inadequate parking at the new entrance to I.C. King, we've shelved it once again, grateful that it provided such a great venue for our RunAnytime event this past summer. Should those parking concerns be alleviated in the future, we'll clearly return, as the trails at I.C.K. are great fun any time of year and new trails are continuing to be built.

The redesigned course at Haw Ridge will return with its ascent of the Ridge Trail and descent of V Trail, and its long lakeside lope, so if you didn't venture out there last July, do more than pencil it in. Make a plan to join us as Race Director Pete Crowley presides over one of our favorite trail races.

Stephanie Johnson is directing Concord again this year. Again, if you missed our virtual event this past summer, you have a treat in store, as there are new trails west of the roundabout that you absolutely need to check out.

We'll have a new staging area down near The Cove, and a newly designed 7-mile course to go along with that fun and challenging 5k.

One other race that's changing a bit is Fort Dickerson, where RD Ken Lonseth is planning on starting and finishing down at the quarry, taking advantage of better parking and offering a fast and furious downhill finish.

And of course we're offering Kids Trail Miles at nine of our twelve gatherings. There's nothing more fun than watching that pack of kiddos blast off from the start line headed off for adventures on the trail.

Speaking of nine-races, we're once again offering our Nine-for-\$109 Starter Pack and the Kids Nine-for-\$29 multi-race deals, but in addition you have the option of packaging all twelve of our races in what we call the Dirty Dozen 12-for-\$169 Deal. This includes the highly regarded, lengthy (and significantly more expensive) races at Norris, Whitestone, and Big South Fork, so even if you have to miss a race (or more) for whatever reason, you'll still save some serious bucks with this deal.



The rest of the schedule mimics this past year, except that we're planning and fervently hoping to be able to stage all twelve races as in-person live races. No doubt we'll be meeting health and safety protocols with wave or rolling starts and we'll require masking and social distancing as long as it's deemed wise and necessary. We've been amazed and gratified that the assemblage at each of our in-person trail races this fall has been completely and cheerfully cooperative about meeting needed safety regulations.

I'm personally confident that there's bright light at the end of the proverbial tunnel and equally sure that the more assiduous we are about staying safe and being kind to each other, the sooner the tunnel's end will emerge and the brighter the light will be when it does.

2021 TRAIL RACE SCHEDULE

LAKESHORE TRAIL TREK — Sunday, January 17, 2021, 2:00 pm. 10k and Kids Trail Mile.* Antioch Church Road Trailhead, Lenoir City.

WHITESTONE TRIPLE TRAIL 30k — Sunday, February 21, 2021, 7:50 am. 30k, 30k Trail Relay. Whitestone Inn, Paint Rock.

DARK HOLLOW WALLOW — Sunday, March 14, 2021, 2:00 pm. 11 miles, 5 miles, and Kids Trail Mile *. Big Ridge State Park, Maynardville.

NORTH BOUNDARY TRAVERSE — Saturday, April 10, 2021, 9:00 am. Half Marathon Plus, 10k, and Kids Trail Mile*. North Boundary Greenway, Oak Ridge.

WANDERERS TRAIL RACE — Saturday, May 8, 2021, 9:00 am. Maryville College. 5k and Kids Trail Mile *. Maryville.

SHARP'S RIDGE RUNNER — Saturday, June 5, 2021, 8:00 am. 6 miles and Kids Trail Mile*. Sharp's Ridge Park, Knoxville.

HAW RIDGE TRAIL RACE — Saturday, July 10, 2021, 8:00 am. 7+ miles and Kids Trail Mile*. Haw Ridge Life Development Center, Oak Ridge.

THE TRAILS THAT CAN'T BE CONCORD — Sunday, August 15, 2021, 8:00 am. 7 miles, 5k, and Kids Trail Mile*. Concord Park near The Cove, Farragut.

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

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

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

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

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

Please note! Due to the constantly evolving situation surrounding the COVID-19 pandemic, all race information, while current as of date of publication of this issue of Footnotes, can conceivably change completely. Updated information will be posted asap on the KTC website, on Runsignup pages, and via email.

KTC VOLUNTEERS NEEDED

Jan 1	New Year's Day 5k
Jan 16	KTC Ten Miler
Jan 17	Lakeshore Trail Trek 10k and Kids Trail Mile
Jan 30	Strawberry Plains Half Marathon / 10k
Feb 21	Whitestone Road and Trail 30k/30k Relay
Mar 14	Dark Hollow Wallow 11M, 5M, Kids Trail Mile
Mar 27	Covenant Health Kids Run and 5k
Mar 28	Covenant Health Knoxville Marathon/Half Marathon

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



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Biking With Bob

by Bob Godwin



COVID-19 and the World of Biking

Everybody has a story about 9-11, the day Kennedy was shot, and probably the COVID – 19 pandemic. Here’s one of mine.

“You think you’re smart wearing that mask,” said the maskless buffoon to me. “I certainly do prefer the advice of the physician who supervised my recent successful 44 radiation treatments for prostate cancer over the ignorant blather of someone who thinks I’m making a political statement. Stay the hell away from me and my family!”

We are still learning about COVID’s consequences, both present and long-term. Impaired lung function, damaged heart, years (permanent?) of various affected bodily functions are already indicated.

The facts about COVID being accumulated by physicians, scientists, and professionals in many fields devoted to our personal and societal health have given us a few simple actions we can take to protect ourselves—and others: wear a mask, social distancing, wash and sanitize hands. These are what are known as facts, not opinions based on one’s political stance.

Come on! Do you ask the trash collector to take out your appendix? Ask your dog catcher for investment advice? Ask your barber or your hair stylist for legal advice?

I feel better now. On to some biking news.

NPR, 7 July 2020: Paris, France. The government has closed certain major streets to vehicle traffic, leaving them safe and available for pedestrians and bicyclists. They have added bike technician classes at modest cost. Already a country which is bike friendly in my experience, this national government is actively encouraging bicycling for all.



London, England. The government has designated many streets and places, such as Hyde Park subject to new bike lanes, and added 100’s of traffic cones to protect bicyclists to encourage we riders. Citing input from environmentalists and others, they view the pandemic as an opportunity to transform traffic in that historic city.

Shutdowns around the world have resulted in dramatic reductions in smog and pollution.

Other news reports note the enormous effect on the bicycle economy which is suffering from the prickly USA/ CHINA political relations. Dramatic reduction of available parts, bicycles, and accessories is being felt across our country.

We just returned from a long weekend in a Townsend campground. I have never seen remotely as many bicyclists in that lovely community. Virtually every RV, pick-up, and car was toting bicycles. Most riders wore helmets. I think COVID has encouraged many adults to re-discover the joys of two-wheeled transit!

I would be remiss if I did not mention the numbers of local riders I see around Knoxville, and especially Fountain City where my home and office are located.. I know a great number of these simply have lost their licenses, but there are many more riders than just a few months ago. Many of them are sporting new bikes, and a surprising number wear their masks on the road! I do not, but give wide berth to others I encounter on my rides.

MUSINGS FROM THE EDITOR’S DESK

AAA continued from page 7 AAA

behavior from when I was a newbie runner, logging miles and paying attention to pace. Sixteen minute miles—4 mph—has become a benchmark that I aspire to but don’t often maintain. And just like when I was a regular runner, I find that I push too hard too often, and get little tweaks and twinges that more than once have threatened to force me to the sidelines, something I’m still loathe to do.

So the more things change, the more some things stay the same. I realize I’m lucky to be relatively healthy and have the time and space to remain active. I also know that, as optimistic we may be about the vaccine and the end of the tunnel, the danger still lurks. Son Jesse just got over a bout of Covid-19, I’m thankful to report, and I fervently hope that we all can remain safe and emerge unscathed on the far side of the tunnel.



Trail Series Grand Prix Standings Final 2020 Point Totals



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Tim Hill	440	Cassidy Giles	350	David McLennan	620	Jennifer Darden	260
Jamie McCart	430	Jessica Tucker	320	Jim Bishop	370	Julie Jones	240
Christopher Rayder	200	Sarah Crowley	245	Robert Bonamarte	240	Sonja Hurt	180
Michael Morrell	200	Rachel Parker	155	Jared Lawrence	185	Chris Keim	170
Nate Helton	200	Katy Kalian	150	Sam Plemons	180	Alondra Moody	160
Gavin Jones	180	Madison Jones	125	Patrick Fiveash	170	Angelina Borisov	150
Keith Crouch	120	Dana Rohloff	120	Chip Keim	165	J Ring	150
Jacob Price	115	Brenna Wright	115	Jason Stephens	140	Joy Hopkins	140
Landon Jones	110	Audrey Schlutt	100	Ronnie Manis	125	Jennifer Parker	130
Stephen Huskey	110	Eden Slater	100	Brian Huskey	110	Courtney Matevey	120
Wesley Crane	100	Hannah Eldridge	100	Jim Hall	100	Katy Malone	120
Aaron Bradner	100	Mary Sketch	100	Jacob Prater	100	Kris Corbitt	115
Aaron Wise	100	Kristie Kachler	100	Larry Brede	100	Stephanie Johnson	115
Colton Thomas	90	Maria Nia	100	Jason Brannon/Joe Pawlish	100	Erin House	105
Jevin Hoepfer	90	Hopkins/Hall/Kimble/Jordan	90	Andy Broome/Pete Crowley	100	Shelese Smith/Malinda Honkus	100

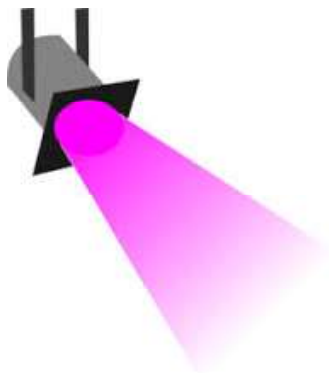
2020 Final KTC Grand Prix Point Totals

Jerry Schohl, keeper of the points

MALE	TEAMS	FEMALE
Brent Bueche 52	KPL / ZenEvo 607	Kris Corbitt 50
Jeff Colfer 47	Team Runners Market 553	Katie Taylor 41
Ethan Coffey 38	Team Really 175	Constance Dickey 40
Alex Morgan 37	RunKNOX 90	Kelly Davis 38
Joseph Hicks 37	Team Pilot / Flying J 63	Marsha Morton 36
Dave Alderman 36	Back of the Pack Elite 55	Jennifer Singh 36
Larry Brede 36	KTC Socialites 44	Becky Tener 36
Andy Jones 29	Roadkill Runners 34	Kathy Nash 34
Ron Watzke 28	CNS Y-12 28	Andee Swann 33
Chase Givens 26	Health Shoppe/Podium Sports Medicine 24	Shirley Sirois 28
Jack Hillenbrand 26	Knoxville Endurance 23	Eliza Dickinson 26
Chris Davis 26	Corryton Running Club 16	Chang-Hong Yu 26
Sam Plemons 25	Minx Rugby 15	Hannah Walker 25
Nick Morgan 23		Kaitlyn Clark 25
Stewart Ellington 23		Jenny Jones 25
Tim Rutherford 19		Jennifer Moore 25
Ken Sirois 19		Elizabeth Herndon 24
Mike Digirolamo 18		Muna Rodriguez 24
Christian Thompson 18		Constance Bailey 20
Justin Weinmeister 18		Gina Rouse 18
Stephen Campbell 18		2 women tied with 17
3 men tied with 17		



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



KTC High School Spotlight

National Recordholder Jenna Hutchins Makes Tennessee Proud



by *Patty Tracy-Thewes*

After winning the 800M (2:14.23) and 1600M (5:00.09) at the 2019 TSSAA D-1 Large School State Championship, Science Hill Sophomore, Jenna Hutchins, was sidelined with the rest of Tennessee High School Track and Field Athletes. COVID ended their 2020 season just as it was getting started. Fast forward to the 2020 XC season. Tennessee High School teams were able to successfully complete their whole season, despite the pandemic. Jenna, now a Junior, was back to better her 2019 TSSAA State 3rd place XC finish, as well. She indeed accomplished this, winning the TSSAA D-1 Large School State Championship with a blistering fast time of 16:30.84, a PR, for at least the moment. You see, Jenna didn't just rest on this great accomplishment. After her impressive time at State, Jenna Hutchins won the RunningLane National XC Championship in a time of 15:58.42, setting a new National Record. Jenna not only became a National Record Holder, but made history, becoming our nation's first high school girl to run a sub-16 minutes on a 5k cross country course! "Everyone knew she had phenomenal potential, but to end her junior season as the nation's first ever female to break the 16 minute barrier is just incredible. Her work ethic, determination, discipline, and love for the sport of running are something to be spoken of," said Science Hill Coach Evan Meeuwenberg. Her accomplishment was covered by Runner's World Magazine and certainly made all in the running community take notice. But Jenna did not stop there. She took her talent to the Track, posting a 15:34.47 in the 5000M at the Five And Dime Athletic Meeting in Columbia, SC, this past December 11th, becoming the new 20U American Record Holder in this Event. It was truly a pleasure to hear Jenna's responses to the questions below. Let's all get to know this outstanding young lady beyond her running skill and records.

After winning the 800 and 1600 at TSSAA State championships in 2019, what goals do you have for 2021 Track Season?

In 2021, there will still be a lot of uncertainties surrounding the condition of our current pandemic, so I am looking forward to any events that become available. I have no specific goals in general other than to improve from my past performances and to continue to have fun!

You became the first HS girl to run a sub-16 XC 5k! Your preparation and thoughts on this historic run?

I was totally not expecting my sub-16 minute performance this season. Everything seemed to fall into place perfectly that day. I felt great, weather was ideal, and there was a supportive and exciting environment. I contribute a lot of my success this season to taking all the 'little things' more seriously including sleep, hydration, strength, nutrition, rest, and recovery. All these small pieces really came together to complete the bigger puzzle. The help from my family and coaches was also unbelievable, and I am very thankful and appreciative for all the guidance I have received this season to become the best runner I can be. The experience was incredible and I also want to thank the meet organizers of

RunningLane for giving me, and all the other athletes competing, the opportunity to compete in a safe environment.

With COVID shutting down the Outdoor 2020 Track Season and somewhat restricting the 2020 Outdoor XC season, how have you shifted your training and mindset to best weather the storm?

Concerning COVID-19, I have adjusted my mindset to be more accommodating and flexible along with focusing on gratitude and positivity. Before the pandemic, it was very easy to take a lot of racing and competitions for granted because it

was always a right that we got to compete. Now it is more of a privilege. Becoming less rigid has allowed me to improve a lot not only as a runner but as a person and in life. I have found that the power of a positive mindset can never be underestimated whether it be in

training, races or life in general.

How did you get started in Track and XC? And what's your favorite event to compete in?

I used to participate in a lot of
AAA continued on page 19 AAA



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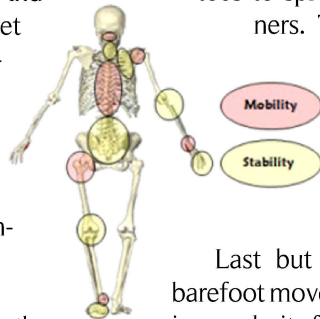
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A Sports Med Physician's Take on Running Shoes: A Facilitated Rant

by Dr. Matt Campbell, DC

Sports Chiropractor at Knoxville Spine and Sports

You know what this world needs right now? One more person with an opinion... said absolutely no one. But seeing as everyone is likely fairly well-conditioned to folks blasting around their thoughts on controversial topics, I figure I might as well go ahead and tackle running foot wear. And also, of course, because I get asked this question quite frequently in my office. So, let's get right to it, a hopefully objective look at running footwear from a physician and NOT a coach, endorser, #influencer, or otherwise.



Let's start by fleshing out the main camps as I see it. First, the conventional runner. These are the types that we've all become accustomed to seeing in all of the big box running stores over the years. These shoes generally come with a lot of bells and whistles like varying amounts of cushion, stability, "motion control" and so on. Largely, these are characterized by a sizeable cushy heel and a moderate to high heel-toe drop.

The next camp would be the zero-drop crowd, a relatively new kid to the block. These offer a similar stack height (amount of material between your foot and the ground) to many of the conventional runners however little to no heel-toe drop. Heel-toe drop refers to the offset in the stack height of the heel to the forefoot (higher in the back). Conventional runners typically float around the 6-10 mm range, a seemingly small amount. No one seems to be able to agree on why high heel-toe drop shoes became a thing. Some think that running companies were attempting to decrease the amount of foot injury caused from the heel strike by adding in

a big squishy heel. Others think that it was a performance fix and gives you an edge by kicking you forward into your next step. Regardless the zero-drop shoes have done away with that concept. Most also have looked into widening the shape of the toe box, leaving more space for your toes to spread than conventional runners. They look like your Altra, Topo, Inov-8, and a smattering of other individual models from the major running shoe companies.

Last but certainly not least is the barefoot movement that grew immensely in popularity following Chris McDougall's book, *Born to Run*. These shoes are characterized by having a very low stack height and thus very little additional cushioning or support in the sole of the shoe. They also try to replicate ideal anatomical correctness of the foot, especially through the forefoot, giving tons of room up front for the toes to spread out and "grip" the surface. In the case of the Vibram 5 fingers, you got even more freedom in the toes. This movement grew with such popularity that most brands now carry some type of stripped down, bare bones runner.

So then, which bear is best? And boy is that a loaded question. Sidenote: *I would like to preface this by saying that these thoughts may or may not mirror those of Knoxville Spine and Sports (much to Dr. Bert and Carolina's dismay) but should be fairly close.*

The simple and, perhaps, most accu-

rate answer is that when looking into maximizing running performance and longevity of running without pain or injury, shoes have a very small, if not negligible part to play in it all. It ultimately comes down to running form and technique and is your body capable of maintaining that form and technique while throwing down mile after mile. Also, the way that you treat your body as well as your habits that govern your running practice are just as pivotal. Are you warming up before and cooling down following a run? What's your hydration status and how are your electrolytes throughout the day? Do you utilize compression during the day? How much of the day are you sitting, especially after a run? How about daily soft tissue maintenance? These factors all play a much bigger role in staying healthy while running than the type of footwear that you choose. But since this is an article on shoes, let's get into that a little bit more.

What does a shoe do? It protects our feet from otherwise unsafe environments. It covers the bottoms of our feet and sometimes the tops as a protective measure. In the past, this is all that shoes did, and it was sufficient. Chris McDougall beats this point to death in his book *Born to Run* as he references the Tarahumara Indians (Native Americans? Not sure. Don't sue me) as well as other tribes in Africa that routinely run vast distances in little to no shoes.

We scratch our head befuddled by this concept now but this is how it was done for millennia. Look at Pheidippides. He didn't pop on his

pair of Brooks Beasts to control for excessive pronation before proceeding to run to Athens. If he had shoes at all they were sandals and they likely weren't worn throughout the entire run, but most importantly, they were sufficient.

So then, I must be a staunch advocate of the barefoot movement and thus all shoes are the devil. Nope. Far from it in fact. I think that this is the direction that, as runners, we should all be trying to

*** continued on page 23 ***



Confessions of a Social Jogger

by Patty Thewes, KTC Social Director



2021? Bring It On!

Well, it's been quite a past year, folks! I know many of you out there have been struggling with a multitude of issues stemming from COVID in 2020. I have personally been impacted greatly this past year, as well. Among other issues, my mom lost her life to COVID.

Running has been my sanctuary, as I've continued to navigate through this difficult time. I'm sure this has been the case for many of you out there, too.

When I run, I take in the beauty around me and I remember how fortunate I am to have good health and the ability to run freely and without fear. Running reminds me that despite how difficult things might seem, these basic gifts, which during the normal hustle & bustle can be overlooked, are perhaps among the greatest gifts of all. Running helps remind me that no matter how difficult something may seem, I am strong.

Another thing I am thankful for, looking back at 2020, is that the Knoxville Track Club continually provided racing and running opportunities (with safety modifications) throughout the pandemic. This human connection, albeit from afar, was so helpful to me this past year.

I was so thrilled that, with the city of

Knoxville's cooperation, KTC was able to host the annual Regal Turkey Trot. And another positive, offered a virtual version of the race.

This was a positive for me because this was the first year I was able to participate in the Knoxville Regal Turkey Trot! I have always wanted to, but always visited my out-of-state son and other family members for Thanksgiving. So with the virtual race, I was finally able to participate, and my son joined me. It was so special to participate on Thanksgiving morning together, finally, in the Knoxville Regal Turkey Trot!

I hope the virtual component always stays and maybe there can be a special award for the farthest away virtual participant. Hey, that's probably the only running award I have a chance of getting these days—so give a girl a break!

The other positive about the Regal Turkey Trot taking place this past November is that Variety, The Children's Charity, of East Tennessee benefited from this race. The funds donated will help East Tennessee children in need

during a difficult time for non-profits out there.

The Wednesday "Social Distancing" Group Runs have also continued through most of the Pandemic. Of course, following CDC guidelines—keeping apart, but running together. This added some normalcy and social connection in a year that offered so little of both.

The New Year always brings hope, renewal and new energy. And this year, more than any other, I'm like—BRING IT ON!

I am looking forward to the "social distancing" group runs continuing in 2021.

All are welcome, regardless of running level. It is free. We currently meet 6PM on Wednesdays, at Sequoyah Park. Check the KTC Website, though, for latest schedule and guidelines.

As you set all your New Year's Resolutions, remember that running with others can help keep you on track with your fitness goals, and it's just flat out fun, too!

Happy 2021 and Happy Running!



Wednesday KTC Group Runs
Starting points may vary weekly
Check KTC website for latest information
Social distancing guidelines in effect



TRI-BAL KNOWLEDGE



New Year Fresh Start

by *Larry Brede*

Perhaps more than any year in our lifetime, most of us are looking forward to 2021 and being able to hit the reset button on life. I've always found planning my next year's racing an exciting time, but it's especially exciting knowing that the 2020 dumpster fire is slowly working its way to the rearview mirror.



Most triathletes will focus on a single "A" race for the year, with everything else leading up to that race completely dialed in to support getting there in optimal shape. You hear all kinds of things: "I'm peaking for nationals," "This is Ironman year," or maybe "It's time for Xterra Off-Road season." We can be a very anal group. However, going into 2021, I'm changing tactics completely. Next year is all about moving my season around fun family activities: heading to the Holy Land for a delayed vacation if the vaccine lifts travel restrictions by May, off to Hawaii in August to send one daughter to school, and another daughter's wedding in September. And then not worrying about what events are going on when I'm not there .

To sit in even deeper anticipation for next year, it will be focused on race volume and having a great experience – forget times and qualifications. Starting the year off with the KTC Long Distance Winter Series means the first few months will be spent putting in miles with my buddies on the local streets. Quality Saturday mornings with friends is always fun! The multisport season kicks off in April, and this is a year to cash in on deferrals, pick destination races (coastal Maine, Carolina mountains, Hawaiian waters), and spend more time enjoying training that worrying about results.

Like many of you, I can't wait to start in on a clean slate. The future is bright; let's enjoy it!



High School Spotlight

AA continued from page 17 AA

'fun runs' and 5k races as a younger child and really enjoyed them. Once I became of age, I was extremely eager to compete in both track and cross country. My favorite events in track are the mile and 3200 while cross country focuses mostly on the 5K distance.

Over ALL your school years, who is one of your favorite teachers, and why?

One of my favorite teachers has been Ms. Deidre Brown, my sophomore year geometry teacher. She was always willing to stay after school to help me prepare for anything I needed involving the class with a positive attitude. She also was very congratulatory and always kept up with all of my running accomplishments. Even after the completion of her class I still receive texts from her today supporting me and my activities.

What other activities do you enjoy outside of Track and XC?

Besides track and cross country, I love reading, crafts, board games, cooking/baking, animals, spending time with family and enjoying nature and other outdoor activities.

In 2019, you ran a 17:54 at State and 17:16 at the Footlocker XC National Championship. This past XC season, you posted a time of 16:30 at State and the historic 15:58 at RunningLane Nationals. You have posted consistently lower times, year over year, in both Track and Cross Cross Country. What do you attribute most to your continual improvement?

I think my continual improvement has resulted a lot from what my family and I like to call a 'review and adjust' approach. At the end of each season we reflect on how everything went and think about what we could do to improve going into the next season whether it be training related or not. Another huge thing for me has been keeping it fun. A lot of runners can experience burnout or fatigue, but by not putting any pressure on myself and just focusing on enjoying the process, I am always excited and ready to work! Running is my biggest passion and I cannot express how much it means to me.

What is the best advice that has been given to you on or off the track?

I think the best advice that has been given to me throughout the years has been to always have fun and also what I mentioned above about having a positive mindset.

The Knoxville Track Club wishes Jenna great success and lots of fun :) on the the Track this upcoming Season. You make Tennessee proud!

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Shoe Rant

*** continued from page 19 ***

move towards but there is a panoply of reasons that keep this from being in specific population's best interest. Chief of which would be if you have been training in conventional runners (and as a conventional runner) for years. The biggest no-no is to go straight to a zero-drop or minimal shoe without the proper care taken to step down the heel-toe drop gradually. This also must be paired with addressing proper movement mechanics. Can you get your hips into an appropriate amount of extension? How about your ankle dorsiflexion? Does your foot maintain its arch while running? If you can't do these things then we've got bigger fish to fry than what shoe to pick.

I will say this though, for the general population it doesn't really seem like the conventional running shoe is doing us many favors. A big honker of a heel paired to a platform with a historically narrow toe box seems to have become problematic. Let's dissect the heel issue really quick.

There is one population that I think could do with a considerable heel-toe drop and those are people with what's called a rigid forefoot equinus. Meaning, their forefoot drops below their mid and rear foot in such a manner that as they walk, a lot more pressure is applied to the forefoot as it is stuck in a lowered position. If the equinus, is supple, or "gives" as they walk, then no problem. The rigidity is the issue here and what can cause foot pain. A heel for these people helps to disperse the force throughout the foot as they walk and offloads the rigid forefoot. This is a fairly rare condition and one that I rarely come across. Otherwise, the heel is doing no more than proliferating a dominant heel-strike style gait, one that has shown to be wildly inefficient and promotes injury. It also leaves you in a position that shortens your plantar fascia, achilles and indeed the entire posterior chain, something that runners absolutely don't need any help with.



So, what of stability or motion-controlled shoes? At this point I'm sure a decent handful of you are thinking, "well I have a flat arch and overpronate and my motion control shoe helps manage that." And you would probably be right. However, the shoe and even a custom orthotic is no more than a band-aid in this case and not correcting the problem. In fact, the entire idea behind orthotics is to accommodate jacked-up foot mechanics to get you out of pain so that you can start to work on fixing aforementioned foot mechanics and whatever it is that is ailing you. It's a cast, a splint, a Band-Aid. It serves a very valuable purpose in the moment but is never intended to be a long-term fix. A motion-controlled shoe is to be approached in the same manner, a means to an end.

Now don't hear me say that I am anti-orthotics. I have made plenty of orthotics for patients and even for my wife, but every time it has been to reduce pain quickly by offloading the tissues in question so that we could then train their weaknesses and ultimately make the orthotic obsolete. I would guess that, conservatively, 80% of the people that wear an orthotic or motion-controlled shoes could get out of them with specific work to address movement mechanics of the foot and lower extremity. But it takes work. Considerable tedious, intensive work. However, the completion of this work yields a hell-raising, bomb-proof, specimen of a runner.

Lastly (and this actually is a bit of a rant. Apologies), if all of the flip-flop factories of the world spontaneously caught fire tomorrow it would by a long shot be the best thing to come from 2020. Yes, also looking at you, Hoka Recovery Slides. Anything that you have to use your toes, especially your big toe to battle to stay on your foot while walking is generally a terrible idea and is going to cause the intrinsic muscles of the arch of your foot to sizzle like a burnt up hard drive. The last thing that any runner needs help with is a wicked case of plantar fasciitis which flip flops all but guarantee.



So, where to start with all this? The first move would be to address your body. Do you notice that you have tight or shortened hip flexors? How about your calves? Does your arch flatten when you stand up? Has a coach or someone that knows a few things about running ever watched you run? These and other habits surrounding your running practice are the first things to address. Next, we start trying to very gradually shrink your shoe's heel. If you normally run in a 10 mm drop, try stepping down to 6 mm using the 10% rule. Do the first 10% of the run in the new 6 mm shoes and finish it in your old pair. Then do 20% of the run in the new ones before switching to the old. Keep increasing by 10% each run until you are transitioned over. Then run in these shoes for the lifetime of the shoe. Do this another 1-2 times until you are running in a zero-drop shoe, all the while doing your work to address running mechanics.

Takeaways

- ◆ Working on running mechanics and hang ups in your running practice will get you farther than any shoe will.
- ◆ A shoe will not make you faster nor will it take away all of your ailments.
- ◆ Sometimes the strategic use of an orthotic in a stable shoe can help take away some ailments but will almost definitely make the ailment worse if the causes of the problems are not addressed simultaneously.
- ◆ Running in shoes with a big heel generally isn't a great idea and it may not be a bad idea to transition into less of a heel using the 10% rule.
- ◆ Occasionally donning a high heel for your walk down the red carpet is of course acceptable, just don't make it a common practice.
- ◆ Throw away your flip flops and never look back. Just do it.

How to Diagnose and Fix Common Running Injuries

by Whitney Heins



Being a runner is awesome. But it can also be a pain. Nearly 80 percent of runners suffer from running injuries. And, I can tell you after being injured for more than a year with my hamstring tear, it's not fun.

I wish we had a crystal ball to tell us what to do when we experience pain. But we don't. Instead, we have Washington DC-based Joe Norton PT, a physical therapy practice specializing in runners. Joe's a father and runner knocking on the door of a Boston-qualifying time who, after being helped through several injuries by physical therapists during his collegiate career, wanted to do the same for others.

His knowledge and advice below is straightforward, science-backed, and can likely save you from hurting yourself, and yes, taking time off running.

Common Causes of Running Injuries

What is the most common running injury? The knee is the most common site for running-related injuries followed by the lower leg then the foot. In my clinical experience, patellofemoral (kneecap) is the most common running issue I see. This is followed by medial tibial stress syndrome (shin splints) and hip pain.

What are common causes of running injuries? A 2002 review of running injuries found that 80 percent of the injuries were overuse based. Running creates stress on the body. If the stress exceeds the body's capacity the result is often pain.

Most people's cardiovascular and muscular fitness improves more quickly

than the conditioning of their passive structures (cartilage, ligaments, tendons, bone). As a result, they are more susceptible to overuse injuries.

How to Prevent Running Injuries

Are there risk factors for running injuries? Identifying risk factors that may predispose runners to injuries can help to educate and plan for strategies to mitigate these injuries. These risk factors consist of 4 major categories: lifestyle, training, biomechanics, and running form.

1) Lifestyle: Previous injury is consistently noted as a risk factor for developing a future injury. Most studies will note females are injured more frequently than males. Also, novice runners and those returning to running after a layoff have a higher likelihood of injury.

Age is often associated with injury rates. However, the research is conflicting as to what age group is at risk. Some studies indicate younger runners are more likely to sustain an injury; whereas other studies associate older runners.

2) Training: Runners who change more than one of the variables in their velocity, distance, or frequency are more likely to be at risk of injury. Also, runners who progressed their mileage by 30 percent or more for more than one week in a row increased their injury risk.

In my practice, I recommend a training plateau following a progression of mileage within a training to provide the body time to adapt to the additional workload. Certain pathologic conditions

necessitate this slow progression. For example, shin splint injuries may take up to three weeks to recover from a change in training. In my runners who have bony injuries like shin splints, I advocate for only adding one variable every 2-3 weeks. In the 2 to 3 weeks the bone will adapt and become stronger from this new stimulus.

3) Biomechanics: The strength and flexibility risk factors are widely varied and met with multiple confounding factors in research. When it comes to strength this should be something assessed on a case by case basis for each runner.

Like strength, range of motion is *not* strongly associated with common running injuries. In fact, there is evidence suggesting limited hip internal rotation is protective against injury because the tissues are more compliant and the range of motion less exposing to vulnerable structures.

4) Running form: Well-known biomechanist Irene Davis has a saying, "runners should land softly and well-aligned." In this statement, she is nicely reducing the vast evidence on running form and injury. Running injuries are linked to high ground reaction forces as well as poor pelvis and lower extremity alignment while running.

If you're uninjured and happy, do not mess with your running form. This invites new and different stresses to your body which will take time to condition your tissues.

How can runners avoid running injuries?

1) Have a coach, PT or a specific plan. Running is simplistic and that is a part of its appeal. However, too often runners get the "disease of more." They feel good and want to run more miles, workouts, races, etc., OR they want to achieve a personal best or complete a certain race distance, so they keep pushing themselves. This leads to poor judgment. Having an outside,

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Common Running Injuries

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objective voice to provide recommendations and guidance keeps us training appropriately.

2) **Strength train.** Although no studies have been specific to runners; in a systematic review of athletes' resistance training was found to reduce over-use injuries by 50 percent.

3) **Sleep.** Get on a schedule and get it done! Naps can be effective if you are not getting enough rest at night.

When to Stop Running Due to a Running Injury

Can you self-diagnose your running injury? The location of pain will be the first indicator. Some conditions like an Achilles or patellar tendon will be very localized to their anatomical area. Conversely, when pain is more diffuse and near a joint, then the joint may be implicated.

The second clue is the behavior of the pain: when does the pain occur AND what makes it go away.

1) Tendons and muscles warm-up and improve with activity.

2) Bones get worse with activity.

3) Joints like some mobility but may have a threshold of how much.

4) Hamstrings and calves will be more stimulated with speed activities as they are associated with faster running velocity.

When should you stop running because of a running injury?

As most running injuries occur gradu-

ally, using time and symptom intensity can help to differentiate. I utilize the traffic light model.

Red light pain: Pain that is >6/10 is a red light. Stop this activity! If the pain is severe and you are unable to walk then go see a professional, a PT or MD. Most PTs can see patients without a referral and are very capable of diagnosing injuries.

Yellow light pain: Pain that is less than or equal to 5/10 means to proceed with caution. This pain should subside in 24 hours and improve in 2 weeks with similar activities. If the pain is severe but you can continue to walk and it does not interfere with your lifestyle, work or sleep then give it 3 days of rest. If it improves then try running at 50 percent volume at a light intensity. If no improvement after this then follow up with a healthcare provider.

Green light pain: Pain that is < 2/10 and goes away in 24 hours or less is safe. Definitely do not increase any training variables when you have symptoms unless advised by a coach or healthcare provider.



Focus on getting good sleep and eating a balanced diet as these are the primary drivers of recovery. If you respond well to ice, heat, massage, compression wraps, or something else then do that as well. Most aches and pains with running will resolve on their own as long as the training plan is stable, and recovery is optimized.

Again, if there is no change in the pain after 2 weeks then see a healthcare provider to get a specific diagnosis and plan.

How to find the right medical help for your running injury?

I'm biased, but runners should see professionals who work with a lot of runners. In my experience, most runners can continue to run but need some modification in training load, recovery strategy, or running form.

Healthcare providers who are unfamiliar with the sport or population tend to have negative beliefs about the sport that are not grounded in research. Often these providers direct runners to stop running, which is the last thing most joints, and tendons need in order to optimize their condition.

How to Treat Your Running Injury at Home

For tendons: In treating a tendon, we need to perform a strength-based exercise program. This may be an isometric exercise or it could be some form of heel raises. The type of exercise and dosage depends on the pain response and stage of rehab.

For joints: Most joints get better, at least initially, from mobilization. This may be a stretch or a self joint mobilization. Eventually, the surrounding muscles and coordination of movement need to improve to resolve the issue.

For muscles: Muscles enjoy pressure and massage. They respond happily to compression and foam rolling. However, muscle tightness usually implies a weakness or coordination issue. For example, a calf strain is a common muscle injury in runners. It is typically due to decreased strength. So, it feels better when rubbed but will not stay better unless strengthened. When in doubt on how to manage an injury apply PEACE and Love.

Try not to use an anti-inflammatory unless you cannot participate in your daily activities or sleep. It will decrease your pain but interfere with the chemicals needed to repair or recover.

I'm a big advocate for light exercise

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KTC BOARD OF DIRECTORS

Minutes of October 2020 Meeting

OCTOBER 26, 2020

The meeting was called to order by Tim Monroe at 6:00 pm. In attendance via Zoom were: Summer Jo Brooks, Gabrielle Cline, Bobby Glenn, Pam Haggard, Zane Hagy, Doug Holder, Brian Huskey, Keith Jackson, Scott Schmidt, Robyn Smith, P. Mark Taylor, Alicia Teubert, Jason Wise, and Gerald Witt. David Black, Jason Altman, Stephanie Bailey, and Michael deLisle attended as guests.



Minutes – Tim Monroe asked for review and approval of minutes. P. Mark Taylor moved to approve; Brian Huskey seconded. Unanimous as submitted.

Consent Agenda—Executive Director Report, Treasurer’s Report, Marathon Director’s Report, Event Manager Report (Youth Development), Trail Committee/Footnotes/Website Report.

Tim Monroe asked for a consent agenda and requested specific questions. Michael deLisle noted the first in-town, in-person trail race was held yesterday and it went very well. Bobby Glenn noted there were about 125 participants, run in 3 waves. No questions were posed. P. Mark moved to approve the consent agenda, Brian seconded. Unanimously approved as provided.

Social Presence Committee Update—Zane Hagy provided an update on transitioning the current website to an updated site. He noted that a draft calendar that been submitted to Christina Adkins for input on content. Analytics report has been sent. All information has been downloaded. The thing making this process slow is the

need to download all of the race results that are not necessarily saved in the same format. Tentative schedule for new website – aiming for new year.

Zane recommends keeping current calendar until January when we can launch the new site. Scott Schmidt noted that he has some ideas about RunKnox that he’d like to discuss later. P. Mark noted that we have club members that can help trouble shoot in addition to the review that Michael will be performing.

Financial Committee Update—Tim Monroe provide a quick update. Last month we announced marathon going virtual and people dropping out; it was unclear what the impact on KTC finances would be. We now have a better idea of where we are financially for the club as a whole. Last update projected about a \$30,000 loss. Now, with solid numbers in place and cost saving measures, we are looking much better. The original 2020 budget has the net income of around \$7,300. We are now on track to make more than the \$7,300 budgeted amount. Tim noted that the 2019 P&L has been sent out.

Nominating Committee—Scott Schmidt, Alicia Teubert, and Tim Monroe have met to review candidates. A call for applicants was sent out in September and closed early October. 6-8 people were interested. Tim Hill (involved trail runner) and David Hinkle (competitive runner) will be put before the board to go on the ballot. We have missed the deadline to post the full announcement in the newsletter, but we can put an announcement to look for details on Runsignup. Tim moved to place Tim Hill and David Hinkle on the ballot for next board term; P. Mark

seconded it. Unanimous approval. In addition to new members, Gabe, Pam, Brian, Bobby have agreed to serve a second term another motion was provided by Tim to add to the ballot, P. Mark seconded. All those up for consideration abstained from voting. The remainder of the board approved those up for a second term.

2021 Budget (Overview)—David Black shared the proposed 2021 budget. Q1 and Q2 are set for 50% of normal year expectations. It is difficult to predict what next year’s participation will look like. Q3 is set to 75% of normal expectations. Q4 is set to 100% of normal expectations. October 2021 is a hall of fame year, so this cost is included in the budget. Assisted events are set to 50% of normal expectations. David anticipates that a lot of people who ask us to assist their races are looking to us for guidance on in-person events and so will likely follow our lead. Some cuts will need to be made in the budget. David is proposing to remove some money from special initiatives and from donations and contributions. Michael noted that he’d like to see consideration given to keeping money given to the groups the trail series supports. Brian noted that he’d like to take into consideration if the difference is between breaking even and losing money – if we are breaking even, he noted it makes sense to continue with contributions, but if we are losing money, it makes sense to discuss cutting the contributions to other groups. There was discussion about moving EXPO to the county because the police costs are so much lower; P. Mark and Bobby noted that this is a race that is very much associated with the city. Tim recommended bringing this discus-

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KTC BOARD

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sion to the Road Race Committee. David noted that he would also recommend cutting out the holiday party and social events if needed to balance the budget. Alicia noted that regardless of the decision about a holiday party, we will still need to meet for our annual meeting. David anticipates that membership will likely also be down in 2021. Tim asked if the Summer Distance Challenge was plugged into the new budget. David noted that he has added this to the proposed budget for 2021. David noted that he wants to ensure that the events are still good quality events in terms of swag. But if we have to get rid of post-race events due to COVID restrictions, this will also bring costs down. Tim noted that we all need some time to look at the budget and digest it then give feedback. David requested that board members email any questions. The hope is that we will have a budget to vote on for the next meeting. Tim noted that this brings up the question of when the board wants to meet next. Our next scheduled meeting is 11/23 which is the week of Thanksgiving. David noted that pick up for Turkey Trot is only going to be on Wednesday. It was determined that we will meet at our regularly scheduled meeting. Please have any questions or discussions about the budget to David by 11/9. There was a small discussion about the possibility of increasing the cost of races if needed.

Roundtable

P. Mark noted that he would like to organize a masters track meet for 2022.

Jason Altman noted that there is a media conference Thursday at 10:00 am; he will need some help Saturday 11/7 and Sunday 11/8 to distribute race packets.

Adjourn Motion—P. Mark moved to adjourn at 7:31; Alicia seconded.

Next Board Meeting—November 23, 2020 at 6:00pm via Zoom.



KTC BOARD OF DIRECTORS

Minutes of November 2020 Meeting

NOVEMBER 23, 2020

The meeting was called to order by Tim Monroe at 6:00 pm. In attendance via Zoom were: Christina Adkins, Summer Jo Brooks, Gabrielle Cline, Tim Gregory, Pam Haggard, Brian Huskey, Keith Jackson, Suzanne Oliver, Scott Schmidt, Robyn Smith, P. Mark Taylor, Alicia Teubert, Jason Wise, and Gerald Witt. David Black, Jason Altman, Stephanie Bailey, and Michael deLisle attended as guests.

Minutes—The minutes from October's meeting were presented. P. Mark Taylor moved to approve; Suzanne Oliver provided the second. The Board approved unanimously.

Consent Agenda—Executive Director Report, Treasurer's Report, Marathon Director's Report, Event Manager Report (Youth Development), Trail Committee/Footnotes/Website Report

Tim Monroe asked for any specific questions on the reports. Alicia asked about Turkey Trot and if there is a contingency plan if the City won't allow it. David noted that we are still waiting to hear what the Health Department decides in their meeting tonight and then the City will decide tomorrow on whether to honor the permit. David noted that there are backup plans to make the race safer if needed. Some currently signed up participants are switching to virtual, but others are still registering for the live event. David has asked to be allowed to offer his input to

the City before they make their decision. Alicia noted that if the City allows our event under a waiver, we need to make sure Mill and Mine is covered under this waiver as well. David noted that he is extremely confident that we can be safe in hosting the race if we are allowed to do so. Alicia noted that in the worst case scenario, we could go to all virtual. Tim asked that as soon as David is advised of the decision of the City on

Turkey Trot to send out a message to the Board. David noted that if we are allowed to do the race, he will welcome Board volunteers at the event to remind people to keep socially distant and keep masks on.

Tim noted that he has an update on the website from Zane who was unable to be at the meeting today. Zane reports that the web build out is about halfway done and he will be reaching out to Michael for help testing the website.

P. Mark moved to accept reports as submitted, Christina seconded. Unanimous approval.

2020 Awards Selection—Tim reviewed the list of nominees for the awards and asked for discussion.

Kerry Trammell Memorial Award—Michael deLisle announced that Pete Crowley is the nominee from the Treadin' Troddin' Trails committee. Michael provided the first motion to approve; P. Mark seconded. Unanimously approved.

Two Board members and one staff member were nominated in some of

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KTC BOARD

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the other award categories. One board person removed his name from contention; the other two individuals were placed in a Zoom waiting room while the remaining board discussed the nominations. After discussion, Pam Haggard moved to approve the following slate for the remaining awards.

◆ **Ginny Canfield Memorial Service Award**—P. Mark Taylor

◆ **Allan Morgan Award**—Kathy Nash

◆ **KTC Family Service Award**—Larry and Allison Baker

Scott Schmidt provided a second motion and the board members present approved the slate unanimously.

2021 Budget Review—Tim noted that tonight's discussion is the first vote on the budget. David noted that since last meeting, there was only one question about what was presented last meeting relative to why projections for 2021 CHKM are so low. This is due to the expected need to host the event at only 50% capacity. Alicia asked about the holiday party budget noting that we will

still meet for the annual meeting but may be able to have some sort of in-person gathering by the end of 2021. Scott asked for input from Robyn and Keith as the financial experts on the board. Both of them noted that the budget is conservative given the fact that we don't know what 2021 will look like. P. Mark moved to approve the budget as presented; Christina seconded. The first vote on the budget was unanimous. A second vote on the budget will still be needed next month before the budget is adopted.



Roundtable

Tim asked about the status of the holiday party. David noted that he has reached out to Hi-Wire Brewery because they have a large outdoor space, but he has not heard back yet. David is planning the event for the weekend of 12/18, 12/19, 12/20. Gabe noted that she is unable to serve as the proxy since she is on the ballot for re-election. Alicia will serve as proxy.

Michael asked if we would have the traditional Leftover Run. Nothing is planned because of waiting to see what is happening with the City and permission for in-person gatherings. We will likely offer left over KTC merchandise

at the holiday gathering.

Jason Altman shared about a member of the running community who has been ill.

David noted that he reached out to Regal to waive their sponsor fee since they have had a financial impact from COVID and have had to lay people off recently. We will also add a donation page to RunSignUp for the charity they normally support.

Alicia noted that the fact that the Health Department didn't make a decision tonight on changing COVID protocols puts pressure on the City to allow Turkey trot to continue as scheduled.

At 7:08, P. Mark moved to adjourn and Alicia seconded. Unanimous approval.

Executive Session

At 7:09 staff members left the meeting and the executive session convened. Tim asked for those who served on compensation committee previously to serve again. He will be sending an email soon so that we can have the matrices outlined early in the year.

Next Board Meeting will occur in conjunction with the annual meeting and holiday party – date TBD.



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- Complete race results
- Event photo galleries
- Race calendar
- Online registration links
- Trail series information
- Grand Prix standings
- Social events
- ...And much, much more!

Common Running Injuries

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and massage. Performing some light mobility drills will help relax and promote blood flow to the sore areas. Although not always scientifically backed, I find relief in myself and clientele with foam rolling or lacrosse ball massages.

For bones: See a medical professional.

What are common mistakes runners make in treating a potential injury?

Resting: The most common mistake is thinking rest will be their

solution. A quote I like from physical therapist David Pouter is, "After all the studies tendons need tension load, muscles need to contract, brains and nervous system need stimulating, joints need moving."

Running injuries are training load errors. The only way to get better is to address the training load. Complete rest will not get you to the training load you desire.

Stretching!: Stretching is the second most common. It's rarely the long-term solution or in the plans to get an injured runner better.

Running and the desire to improve is risky. My hope is that these smart tips will empower you to keep moving forward and mitigate these risks. Happy running!

THOUSANDS RUN VIRTUAL CHKM

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In the medium division (101-500 employees), our top three companies were:

1. Radio Systems Corporation
2. EdFinancial Services
3. Zoo Knoxville

In the small division (100 or less employees), our top three companies were:

1. Keystone Mortgage
2. London Amburn
3. Humana – Knoxville Office

Thanks to our friends at Regal, we were still able to provide the Fittest School Challenge. In the large division (301+ enrollment), our top five schools and their corresponding prize money amounts were:

1. Shannondale Elementary \$1,000
2. Rocky Hill Elementary \$750
3. Ritta Elementary \$500
4. Carpenters Elementary \$350
5. Bluegrass Elementary \$200

In the small division (300 or less enrollment), our top five schools and their corresponding prize money amounts were:

1. Episcopal School of Knoxville 1,000
2. Knoxville Christian School \$750
3. Nature's Way Montessori \$500
4. Garden Montessori \$350
5. St. Mary's Catholic School \$200

Although the 2020 Covenant Health Knoxville Marathon looked different than it has in the past, we are very appreciative to the registrants, sponsors, volunteers, and community partners that continued to support us this year!



HEY KTC MEMBERS... RUNSIGNUP PROBLEMS?

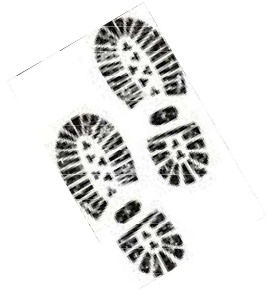


Have you registered for a variety of races -- not only KTC races, but races in other areas? You may have created more than one Runsignup account. To consolidate your accounts, see

<https://help.runsignup.com/support/solutions/articles/17000064160-merge-existing-accounts-or-change-primary-account-in-profile>



NORRIS: KTC'S ONLY ULTRA DISTANCE EVENT



Doug and Rebecca Holder, race directors

Norris Dam State Park and the trails that tie it to the Norris Municipal Watershed are somewhat of a hidden gem. While Knoxville offers several areas where runners can get in some great trail running without traveling too far, many may not know how many miles of trail there are to explore just twenty miles to the north. Norris Dam State Park and the surrounding Watershed offer miles of single and double track to explore with great views of Norris Lake and Norris Dam as well. The area offers everything from technical running to long stretches of single track to long climbs great for hill training.



Weather for a mid-November race can always be a little sketchy. Here in East Tennessee, we can be anywhere from 70 and sunny to freezing temperatures and sleet. This, our fifth year as race directors, gave us a sunny, perfect running day with the start in the high 50s and topping out near 70 degrees. Volunteers David McLennan, Tony Owens, Kathy Smith, Pete Crowley, Michael deLisle were on hand in the dark early hours to help get runners checked in on race morning.

Racers who toed the line this November were given a taste of a little of everything Norris has to offer, including, new this year, a challenging 5k with nearly 600ft of elevation gain! After a short prerace meeting where runners were filled in on what to expect running the race counter clockwise (both loops the same way for the 50k), they were off.

After a short section of asphalt through the historic CCC Cabins, runners hit their first climb to the top of High Point but were then rewarded with a long downhill

along Ridgecrest Trail to Aid Station 1 at the Norris Watershed Tower where they were met by volunteers Chris George, Brian Gajus and Andy Powell. Leaving the aid station, runners immediately began their second climb to the top of Observation Point. A small loop at the top gave runners the best view of the entire course overlooking Norris Dam and the Clinch River below.

Leaving Observation Point, a long downhill section led runners to the Historic Norris Grist Mill and along Clear Creek back to the aid station at the Norris Watershed Tower a second time. After leaving the Water Tower Aid Station the second time, runners had a nice three mile runnable section to Aid Station 3 where they were met by Volunteers Pete Crowley, Brad Beckham, Anastasia Myers, and Kyla Burton. After leaving Aid Station 3, runners had a short section of gravel along Upper Clear Creek Road before hitting the dirt once again and making their way to Lakeside Trail which offered runners great views of Norris Lake along the way.

Rolling five miles or so along the lake, runners this year were met with the challenge of climbing up the stairs of Kerry's Revenge and the stairs of Christmas Fern Trail just a mile or so later to finish the 15.5 mile loop, making this definitely the tougher of the two course directions. Nothing like an uphill start and finish to make a race "Dam Hard".

At that point, the 25k runners were finished while the 50k runners were met by aid station volunteers Whitney Walker and Haley Wells. The 50k runners were then sent back out to do the whole thing over again. The 50k turnaround was met with an immediate climb back up High

Point at the beginning of their second loop, and of course, a climb back up the aforementioned stairs before returning to the pavilion for their finish. Finish line timer was Michael deLisle, with Pete Crowley doing everything else — except touching the timing equipment.

There were no reports of anyone getting lost this year, thanks to the 5,000 flags and directional signs on the course. Special high-five to volunteer Alondra Moody for picking those up the following day.

The inaugural 5k winner was Kevin Odiome from Kingsport, with a fast finish time of 26:53. The first female was Estella Nelson of Knoxville, who turned in a time of 43:07.

This year's 25k winners were Michael Morrell (2:04) from Heiskell for the men and Katy Kalian (2:31) of Nashville for the women.

Male winner for this year's 50k was Aaron Brader (4:54) of Knoxville and Audrey Schultt (5:37) of Whitesburg, for the women.

All in all, it was a great day with great weather for Knoxville Track Club's only ultra distance event. We've been very pleased since taking over directing this event to see runners from around the country make their way to Norris especially for this race.

A huge thank you to all the volunteers as well as everyone on the Knoxville Track Club Trail Committee who pitched in to make this year another successful event. We're looking forward to seeing even more folks take on the Norris Dam Hard 5/25/50 in years to come. Stay healthy, train hard, and we will see you again on November 6, 2021!



TURKEY TROTTERS THRILLED TO TROT DOWNTOWN KNOXVILLE STREETS

David Black, race director

Thanksgiving Day 2020 marked the first road race for the Knoxville Track Club in the city of Knoxville since New Year's Day. This year saw perfect weather and a record setting crowd for the Knoxville Track Club. This is truly one of the best courses in downtown Knoxville and is a favorite for many participants. This includes running Gay Street in its entirety passing the Regal Riviera Cinema twice. In addition, participants run the Henley Street and Gay Street bridges which offer spectacular views of Knoxville.



The beautiful Mill and Mine event center was used for packet pickup Wednesday and Thursday. Under new guidelines we did not have a post-race gathering. This is truly an amazing entertainment venue and we are thankful to use it for this special Thanksgiving tradition. The Little Gobbler Run was the first event of the day. Watch-

ing these kids run through the city to is always the perfect start to the day.

This holiday race is a perennial favorite. It is a true joy watching highly competitive people, families running together, many people dressed festive and of course some "official turkeys" mixed in. Custom Christmas ornaments were given to everyone during packet pickup in an effort to avoid post-race crowds.

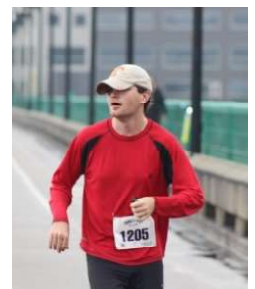
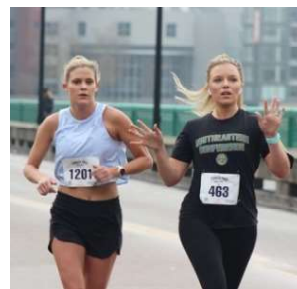
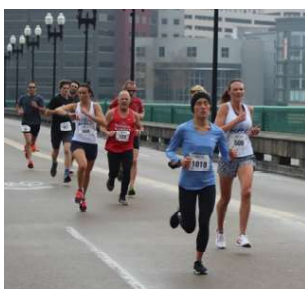
Adam Johnston and Katie Taylor, both of Knoxville, took top honors in the 5k. Adam ran a 15:20 while Katie ran a 16:57. Jack Hillenbrand and Andy Jones of Knoxville rounded out the top three. Mo Palmer of Kingston and Libby Davidson of Lynchburg, VA were the second and third female finishers.

This year we had 100 people run virtually, including Master Sergeant Matthew Perkinson, who is currently deployed overseas. His family also participated virtually from home. His wife stated they were just glad to do the race "together".

Special thank you to our sponsors: Regal Cinemas, Pilot Company, The Mill and the Mine, BK Graphics, Zen Evo Dark Chocolate, Eddie's Health Shoppe, New Balance Knoxville, Knoxville Performance Lab and WBIR TV.

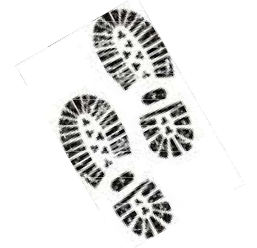


This is a very special Thanksgiving Day tradition for so many and we are more thankful than ever that we were able to host this event in 2020. Our running community is so blessed to have this event after a year filled with so much uncertainty, fear, change, and so much more. Thank you to everyone who assisted or participated.





DIRTY SOUTH RUNNERS BID NOT-SO-FOND FAREWELL TO 2020



Tim Hill, race director

If we wish to allow the weather to personify the year and portend the future, then perhaps the morning of the 9th annual Dirty South Trail race would be a fitting day to choose. A heavy, freezing fog sat over South Knoxville as runners grabbed their bibs and waited in warm cars for the start of their respective waves. It was a good crowd, but 50% of the registered participants and far fewer than last year's record crowd. The staggered start, three waves for the half and two for the 10k, further emptied the quarry parking lot from the usual pre-race hum. After brief instruction, the racers took off toward the river and into the clouds. Before the first runners returned to the quarry, however, the sun broke the haze and ushered in a warm, bright and clear afternoon. The finish line was full of tired, but smiling and happy faces.



ture center loop, Half Marathoners sped toward Forks of the River for several miles of fast, flowing trails on West Perimeter and Lost Chromosome. The roller coaster resumed in William Hastie Natural Area with aptly named trails such as Remedy Hill and Hard Labor. After some relief on the new Toll Road bisecting Marie Myers, the back half of Meads Quarry (Burnett Ridge and Ross Marble) offered a last series of hills before the descent to the finish on the rocky Imerys trail. The 10k racers shared the nature center loop before crossing back to the quarry, getting a hip flexor workout on Flow trail, climbing up to Turnbuckle and rejoining the half marathon course at Burnett Ridge.



to 20 minutes on the half, it was difficult to know immediately who the respective winners were. Colton Thomas gave chase from wave 3 of the half to take the OM crown at 1:48:16. Chip Keim won the 10k with an untied shoe in 53:34. The women each finished strong with Kristie Kachler winning the half in 2:03:24 and Morgann King in 1:00:55 for the 10k.

Though COVID restrictions continue to limit the post-race activities, we were very thankful to have a handful of awards to hand out from Runners Market and to have Dr. Bert Solomon of Knoxville Spine and Sport there to help stretch out those quarry-rocked legs.

The scattering of GPS tracks showed the 10k at about 6.4 miles with 1000ft elevation gain and the Half marathon at 13.3 with 1700ft elevation gain. Close enough for horseshoes, hand grenades and trail running! If there is anything we keep from 2020, I believe it'll be this course variation of the Dirty South... Can't wait to see everyone in 2021!


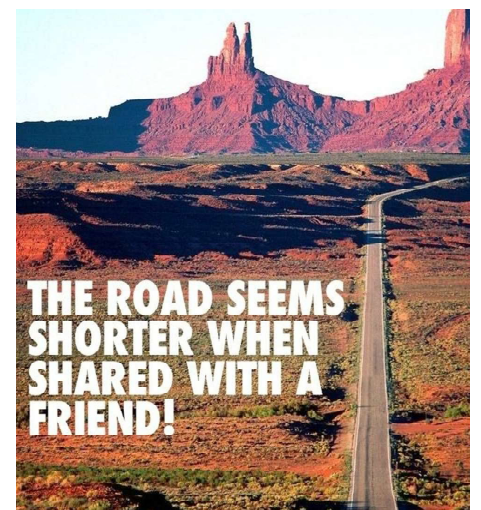
This year's Dirty South was characteristically muddy thanks to a cold Friday rain. The course started out with a scenic and tough climb around the Ijams Nature Center. Once finishing the na-

Ten intrepid kids led off the morning with a rocky, twisty mile. It was a near photo finish as Rylan Moran and Maia Craft sprinted in side by side at 11:17 and 11:22, respectively. With 10 minutes separating the 10k starts and up

DON'T FORGET...

This year we offer three multirace packages that will save you big bucks and keep you accountable in getting to as many trail races as you want. Details on ktc.org and on Runsignup.com. And don't miss our 2021 series kickoff with a great 10k and Kids Mile, the Lakeshore Trail Trek on Jan 17!

BE PART OF THE BEST TRAIL SERIES AROUND!



PIGEON FORGE HALF MARATHON DOES NOT DISAPPOINT

The premier fall event for the Knoxville Track Club was in Pigeon Forge for the second year in a row. With an ever-changing schedule during 2020, the date was shifted to December 12. Pigeon Forge and Sevier County did not disappoint as millions of Christmas lights fill the area.

The races started and finished on The Island in Pigeon Forge. This is an amazing location featuring more than 30 shops, restaurants and attractions. The course features many of the icons Pigeon Forge is known for. The Great Smoky Mountains Parkway, The Ripken Experience, Veterans Blvd passing Dollywood and a section of the beautiful greenway adjacent to the West Prong Little Pigeon River. Climbing



the hill to The Ripken Experience featured a one-mile break circling a parking lot halfway up. Participants were treated to spectacular views of the Great Smoky Mountains during this section of the course.

During the final section of the course, participants run a portion of the beautiful Pigeon Forge Greenway that leads back to The Island. Once on The Island, the course

winds through the shops and attractions along Market street.

Jack Hillenbrand of Knoxville and Sophie Watts of Kingsport were the half marathon winners. Top honors for the 5k went to Will Cantrell of Knoxville and Jenna Picou of Cleveland, TN. The top relay team was Pinnacle Performance, consisting of Kyli Wooten and Ralph Pillinger.

The final race of a crazy year was an excellent event and feedback since has been incredibly positive. One example:

"I just wanted to take a moment and thank you for organizing an exceptional event yesterday. I can only imagine the logistical hurdles and challenges in putting on one of these events given the pandemic. Nevertheless, it was a flawless morning from my perspective. Running, like other athletic activities or hobbies, means a lot to the people who are invested in them, and I am grateful for the opportunity to participate in an

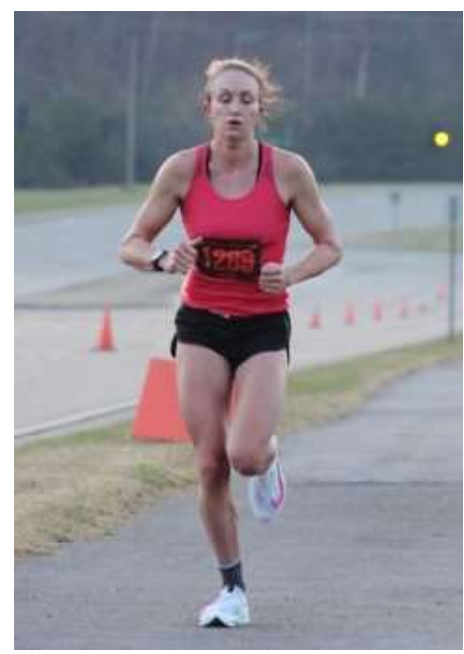
organized event yesterday. Your efforts are greatly appreciated. Please pass along my sentiment to the organizers and volunteers."

Special thank you to our sponsors: The Island in Pigeon Forge, Pilot Company, Courtyard by Marriott, New Balance Knoxville, Publix, Margaritaville Island Hotel, BK Graphics, Zen Evo Dark Chocolate, Eddie's Health Shoppe, Knoxville Performance Lab, The Ripken Experience and The City of Pigeon Forge.



With many safety protocols, some elements of the event looked different. However, this was yet again a fantastic event and amazing end to the 2020 race calendar.

Another thank you to staff, volunteers and so many who made this event a great success. Hope to have you join us in 2021.



KTC Membership

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

Sharon Alley	Brynn Downing	Rick Greene	Hurley Family	Masters Family	Andy Puckett	Sarah Solovey
Atkinson Family	Draime Family	Halter Family	Jeffries Family	McCormick Family	Steve Reddick	Rob Speas
Tim Backer	Norma Edwards	John Hassett	Debbie Jenkins	Julie McNeal	Susan Reichelt	Ida Spence
Jonathan Bell	Jessica Ende	Erin Hatfield	Brandon Johnson	Mead Family	Tara Reitz	Payne Stanifer
Benson Family	Engle Family	Eleanor Heins	Sally Joines	Karen Mead	Steven Ripp	Stanko Family
Birdwell Family	Louise Evans	Joe Henson	Michael Kenik	Tyler Milfeld	Deb Ross	Melodie Summers
Justin Bornhoeft	Faine Family	Hepp Family	Mari Khalsa	Chris Miller	Ross West Family	Jama Summers
J.R. Boyer	Jeanne Fair	Deana Hibbert	Kidd Family	Dennis Miller	Cecilee Rowlette	AJ Swann
Michele Brackett	Danny Ferrell	David Hicks	Kirby Family	Shelley Minton	Salas Family	Charlotte Tallent
Burl Family	Fickey Family	Higgins Family	Kelly Kolopus	Monroe Family	David Sarge	Talley Family
Wil Cantrell	Alison Foster	Katherine Higgins	Lynne Lammerhirt	Morgan Family	Audrey Schlutt	J.J. Thomas
Paul Carrasco	Hannah Foust	Hinten Family	Ianzon Family	Mullins Family	Jerry Schmidt	Jesse Thompson
Tyler Case	Eric Fox	Cheryl Horn	Happy Lee	Becky Mumper	Marian Schmidt	Thurston Family
Cordy Family	Juan Frank	Horton Family	Kiki Lee	Bonnie Northrup	Angela Sellers	Mike Townsend
Freddie Cox	Jamie Free	Hosenfeld Family	Taie Li	Suzanne Oliver	Lisa Shaver	Jill Van Beke
Kelly Davis	Ramona Frye	Bryan Howington	Bobby Liles	Sheila Palmer	Clayton Shearer	Velas Family
Jim Decker	Lizzy Gardner	Matthew Hudson	Stephen Lowe	Bryan Paschal	Sylena Shope	Waller Family
Allison Derthick	Gibson Family	Amy Hudson	MacKintosh Family	Payne Family	Preston Sitterly	Rebecca Whitehead
Eliza Dickenson	Graham Family	Glenn Hudson	Lacy Mangione	Lauren Phillips-Stadler	Steve Smalling	Cathy Whitten
Constance Dickey	Sabrina Gray	Hilary Hunter	Ronald Manis	Bill Proffitt	Ed Smith	Cindy Williams
						Chang-Hong Yu

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

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

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

Individual Membership
___ 1 Year - \$25
___ 2 Years - \$45
___ 3 Years - \$65

Family Membership (must live at same address)
___ 1 Year - \$35
___ 2 Years - \$60
___ 3 Years - \$85

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

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

Please provide Military Branch: _____

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

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

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

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

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

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

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

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____ Phone: _____

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

How did you hear about KTC? _____

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

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

Event Schedule

Jan - Apr '21

JANUARY

- 1 Knoxville - 9:00 am. **NEW YEAR'S DAY 5k.**
- 9 Knoxville - 9:00 am. I Want to be a Unicorn Half Marathon / 5k
- 16 Location TBA - 8:00 am. **KTC TEN MILER.**
- 17 Lenoir City - 2:00 pm. **LAKESHORE TRAIL TREK 10k and KIDS TRAIL MILE.**
- 23 Knoxville - 11:00 am. VAP Jackpot Classic Cross Country.
- 30 Strawberry Plains - 9:00 am. **STRAWBERRY PLAINS HALF MARATHON / 10k.**
- 30 Knoxville - Virtual run. Run 4 Their Lives.

FEBRUARY

- 6 Knoxville - 12:00 noon. **COVENANT KIDS RUN AT THE ZOO.**
- 21 Paint Rock - 7:00. **WHITESTONE 30k, RELAY, TRAIL RACE, and TRAIL RELAY.**

MARCH

- 13 Knoxville - 7:45 am. Solid Rock 10k/5k.
- 14 Maynardville - 2:00 pm. **DARK HOLLOW WALLOW 11M, 5M, and KIDS TRAIL MILE.**
- 20 Gatlinburg - 8:00 am. Pi Beta Phi PTA Phive-K.
- 21 Knoxville - 3:00 pm. Race 3.21.
- 27 Knoxville - 5:30 pm. **COVENANT KIDS RUN.**
- 27 Knoxville - 7:00 pm. **COVENANT HEALTH KNOXVILLE 5k.**
- 28 Knoxville - 7:30 am. **COVENANT HEALTH KNOXVILLE MARATHON/HALF MARATHON.**

APRIL

- 10 Oak Ridge - 9:00 am. **NORTH BOUNDARY TRAVERSE TRAIL HALF MARATHON, 10K, KIDS TRAIL MILE.**
- 24 Knoxville - 8:00 am. **HARD KNOX PIZZA DOGWOOD CLASSIC 5k.**

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

PLEASE NOTE! DUE TO THE CONSTANTLY EVOLVING SITUATION SURROUNDING THE COVID-19 PANDEMIC, RACE INFORMATION, WHILE CURRENT AS OF DATE OF PUBLICATION OF THIS ISSUE OF FOOTNOTES, CAN AND WILL LIKELY CHANGE. UPDATED INFORMATION WILL BE POSTED ASAP ON THE KTC WEBSITE, ON RUNSIGNUP PAGES, AND VIA EMAIL.