

Mar 2021

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



***New KTC marathon
in Sweetwater - pg 6***

***Dr Matt on Achilles
tendinopathy - pg 19***

***Covenant weekend
October 2-3 - pg 9***

***Moms: how to run
postpartum - pg 22***



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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888-217-5635

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865-548-4718

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WEBSITE
www.ktc.org

ON THE COVER

The Back of the Pack Elite made another strong showing at KTC's Oak Ridge Ten Miler on January 16th.

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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SOCIAL CHAIR
Patty Thewes



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * March/April 2021 edition



A Message from our Club President

Tim Monroe, KTC President

Spring and Summer Challenges



I hope this message finds each of you in good health and in good cheer. Since I wrote to you last, we've had some great events and a few setbacks. We've held several successful road events with the NYD 5K, Oak Ridge 10 miler, Strawberry Plains and Whitestone races. The Treadin' Trodden Trails series got off to a great start with the Lakeshore Trail Trek and followed it up with the Whitestone Triple Trail Trek. Our Wednesday night social runs have been occurring on a regular basis as well. The RunKNOX training program is moving along with the weekly schedule of opportunities for live group trainings supplemented with virtual strength training and Zoom Yoga for recovery. Thanks to all of our staff, volunteers, and participants that make our events successful.



On the setback side of the ledger, out of an abundance of caution and in order to deliver a premier event for participants, the Covenant Health Knoxville Marathon had to be postponed until October 2-3, 2021. While I, just like many of you, am disappointed in the postponement, I believe it gives us the best chance to have a top-quality live event that is consistent with what our sponsors and participants have come to expect from KTC and CHKM. I was talking with Jason Altman (our Marathon Director) and he mentioned that two and a half years will have passed since our

last live Covenant Health Knoxville Marathon when we toe the line in October. How time flies! We will all be waiting a bit longer for the best weekend of the year, but I'm confident it will be worth the wait.

When the CHKM postponement occurred, a great opportunity materialized to still have a marathon, albeit a much smaller-scale event, in a new location. The smaller event will ensure the required safety protocols can be implemented effectively. While we won't be having our traditional spring premier event, KTC has been invited to host an event in Sweetwater, Tennessee. Our East Tennessee neighbors just down the road have been wanting KTC to put on a race in their lovely little town for some time now. But it seemed like we never could work it out a good weekend for both us and them. The CHKM situation provided the window of opportunity both the club and the Sweetwater city administration were looking for. Dana Rohloff (Race Director), her team of captains, and the KTC staff have been working tirelessly to pull together all the details for a great event on March 28. I've personally had several people reach out and thank me for the opportunity to run a local spring marathon. Based on registrations to date, it's not just locals that are wanting to race. So far, 14 different states are represented among the registered runners. If

you've never been to Sweetwater, it's a really cool small town that reminds me of my Mississippi hometown, but with much better views. I'd encourage you to take a trip down there to see all they have to offer.

For now, with the exception of CHKM, we are moving forward with our regularly scheduled programming of road races, trail races, and training events until told otherwise by local government authorities. Obviously, we will be maintaining our safety protocols at every event as required until we are allowed to operate events without them. We appreciate each of you that show up at our events and respectfully follow the rules we have in place to keep everyone safe and healthy. Looking toward the future KTC has some pretty neat spring and summer challenges coming your way to help you get ready for CHKM this fall.

Check out the KTC events page (<http://www.ktc.org/Events.html>) for more information on upcoming races. Our social media accounts (Facebook – Knoxville Track & Field Club, Knoxville Track Club Socialites, KTC Treadin' Trodden Trails, CHKM and Twitter - @KnoxvilleTrack, @CHKM, and @RunKNOX) are kept up to date with all the happenings, training tips, and sometimes just some stuff that will give you a chuckle.

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



Running Into the Future

*David Black, Executive Director
Knoxville Track Club*



February 21, 2021 was a perfect day in Kingston TN at the Whitestone Inn. The sunrise over Watts Bar Lake once again provided a breathtaking view. As I think back to the 2021 race day sunrise, I think of the dawning of a new day and am hopeful for the rest of the year. This time a year ago we had just finished up the Whitestone Road and Trail races, which would be the last in person road race for five months. We were also preparing for the Dark Hollow Wallow trail race, which would be the last in person trail race for six months.

Since our return to in person races in July of 2020 we have done sixteen in person races; ten road and six trail. We have truly seen an evolution of how we operate the races related to safety measures, logistics, dates, locations, etc. I am proud of this and consider us blessed to have found so many great community partners to work with who trusted and believed in the Knoxville Track Club to host safe events. I've talked to many race organizers from various parts of the United States who have not been as fortunate. Some have not yet been able to do any events.

As you know, during the past year, most races went virtual, changed dates,

or were cancelled. The 2020 Covenant Health Knoxville Marathon was postponed from spring to fall and then switched to virtual. The 2021 event is set to be held October 2nd & 3rd. With this event being moved to fall, the Knoxville Track Club decided to partner with the city of Sweetwater, TN to host a marathon, half-marathon & relays.

REACH OUT TO KTC!

**DAVID BLACK,
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The Sweetwater Valley Marathon, Half-Marathon & Relays will be held March 28, 2021. This is a beautiful town situated between Knoxville and Chattanooga. This will mark two years since

the KTC has operated a road marathon. Sweetwater is a quaint rural town that is very vibrant. There is a variety of shops and restaurants in the welcoming town. Established in the 1850s this town now has a population of around 6,000.

The course starts on Main street running past shops and restaurants. Participants will then pass through a historic neighborhood. Shortly after this, the route circles the campus of Sweetwater High. The original school building was completed in

1928. Next on the route is a Willow Creek Subdivision. This 2000s development has a great community feel.

The rest of the course includes a mix of business areas, farmland, beautiful countryside, part of the town's greenway, Sweetwater Primary School and returns near the town center, ending at the Sweetwater Depot & Visitors Center. The full marathoners will run the loop twice. And the question you all want to know, "Is it flat?" There are a couple of good hills on the route, but for East Tennessee this course is not too bad having roughly 500-600' of elevation gain per 13.1 miles.

Things are shaping up for the KTC to hold most of its normal events the rest of the year. There will certainly be various safety protocols in place along the way, but this is the new norm. We will

run into the future, just like we ran through this past year. Doing our part to help people experience physical well-being through running and walking.

Please help us spread the word about our events

and programs. When possible please participate in person or virtually. Help us through showing your volunteer spirit. This running community we have is an amazing thing and it is exciting to see so many different people come together.

UPCOMING KTC EVENTS

- 3/14:** Dark Hollow Wallow/Kids Mile
- 3/28:** Sweetwater Valley Marathon/Half
- 4/10:** North Boundary Traverse/Kids
- 4/24:** Hard Knox Pizza Dogwood 5k
- 5/1:** Wanderers Trail Race/Kids Mile
- 5/29:** KTC Expo 10k/5k



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



March Milestones

Something about this month has always prompted me - or in some instances the universe - to make significant changes in my life. Walking in the rain last night, some of these dates kept coursing through my mind.

March 1968 - My first year at college, I'd snagged a motorcycle and rode it almost everywhere I went. That is, until some ignorant SOB zipped out of a fraternity parking lot and knocked me into the next part of my life: the part with a trashed right knee. The accident was partly my fault, too, as I was cutting class at the time and ogling a pretty girl on the sidewalk instead of paying close attention to driving. Next thing I knew - WHAM! Certainly changed the course of my life in so many ways.

March 1982 - In the wake of burying my four-wheel drive Subaru up over its hood in snow trying to get home from a gig, and eminently weary of interminable winters up in Illinois, I packed up a few clothes, my guitar, and my St Bernard, Levi, and made my way to Loudon County, where I settled into a new pastoral lifestyle in the East Tennessee countryside. I lived for the better part of two years in that cabin on my friends' land, no electricity or running water, just living lightly and writing a slew of good songs. As for Illinois, I only went back to pack up a U-Haul with the rest of my stuff. Here to stay, never a doubt about the wisdom of that March move.

March 1988 - Having left the cabin for a few years in search of hot water and warm bodies in Knoxville, I was offered the chance to return to Loudon County and rent an actual house with normal creature comforts like a stove, a

shower, and a real woodstove with which to stay warm. I gladly accepted and lived there for several more years of bucolic splendor, during which arrived a pair of March milestones that remain among the most consequential in my life.

March 1990 - During a weekend gig at Patrick Sullivan's in the Old City, I fell ill with some sort of rhinovirus that took away my voice. Now some may argue that to be a blessing in itself, at least for the listener, but it put my band in a world of hurt since I sang at least a third of the songs. In the wake of this, frustrated and angry, I finally made a move I'd contemplated for years: I stopped drinking and smoking weed, theoretically for the duration of the illness that had befallen me, but as it turned out, I never once resumed either of those two habits that had dogged me and prevented me from moving forward with my life in ways I'd always wanted to. I was never a hardcore drunk or druggie, just a guy who caught a buzz every day and was plagued by the sense that life was passing me by. It was but it wasn't going to any more.

March 1990, V2.0 - Stopping the drinking and dope smoking empowered me to take the next step in recapturing both the arc of my life and the physical rebirth I'd begun a couple months earlier. I'd competed in cross country while in high school, but abandoned the pastime once I went off to college. That is, until the new decade of the 90s hit and I took a few tentative steps out on the hilly country road near my home. One step led to a hundred and eventually to thousands, but trying to become a runner while living the late night lifestyle of a musician proved difficult. However, once I eschewed the drinking and

smoking part of the musician life, I was able to get out for morning runs before work, and my path was set, enough so that in March of that year, I registered for and began training for my first race, Expo of 1990. Hundreds of races and thousands of miles later, I look back on that pair of March decisions with gratitude, pride, and no small measure of relief. Well played, MD.

March 2002 - Not my most pleasant March memory. After eight years of being married to Jesse's mom, I moved out of the house and into a dingy apartment, beginning the next chapter of my life, that of a coparenting dad. I've made the most of it, and always enjoy every minute I get to spend with Jesse, but this milestone falls into the category of a mostly maudlin March memory.

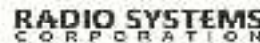
March 2020 - After working most of the previous 25 years at Runners Market (interrupted only by a two-year hiatus to be a stay at home dad with Jesse that lasted from - wait for it - March 2000 to March 2002), I was forced by the Covid pandemic to step aside, unwilling to risk a chance exposure to the virus. Though I'd been cutting back on work for a couple years prior to that, I wasn't really ready to cut bait. But hopefully I'll be able to make a few cameo appearances one of these days, because...

March 2021 - On March 8, I am scheduled to get my second injection of the Pfizer vaccine, which will allow me to carefully resume a few of the activities I've been forced to abandon. I'm aware that this isn't a "Get Out of Jail Free" card, but it's one that should enable me to see what the next several Marches have in store for me.



Covenant Health Knoxville Marathon

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



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

COVENANT HEALTH KNOXVILLE MARATHON

COVENANT HEALTH KNOXVILLE MARATHON SET FOR OCTOBER 2-3

Jason Altman, Director, Covenant Health Knoxville Marathon

The 17th annual Covenant Health Knoxville Marathon race week end will take place Oct. 2-3, 2021. Online registration for all races is open now at www.knoxvillemarathon.com.

The Kids Run and 5K are scheduled for the evening of Saturday, October 2, at 4:30 and 6 p.m., respectively. The marathon, half marathon, and relay events are set for Sunday, October 3, starting at 7:30 a.m.

The fall 2021 event will feature in-person races starting at the iconic Sunsphere on the Clinch Avenue Viaduct and ending in World's Fair Park, with various routes featuring downtown Knoxville, its beautiful surrounding neighborhoods, and the University of Tennessee campus. Virtual options are also available for those who wish to participate remotely.

Due to the COVID-19 pandemic and potential restrictions on public gatherings in Knoxville, all 2021 races and supporting events were shifted from March to October. We are currently confirming the race routes and are planning additional festivities for finishers, families, and fans to enjoy. More information will be announced as details become available.

"We have crossed the hurdle to schedule a safe, in-person race weekend and set dates for the 2021 Covenant Health Knoxville Marathon on Oct. 2-3," Race Director Jason Altman said.

"We are not alone in the fact that we faced many unexpected obstacles over the past year, but we are thrilled that we now also will not be alone when we gather together this fall – to walk, jog, run, volunteer and cheer. Between now and then, keep training and racing toward your goals, and we'll see you at the finish line!"



Covenant Health
Knoxville Marathon

Everyone who deferred registration from 2020 to the 2021 Covenant Health Knoxville Marathon will be able to participate in the October events, as planned. New participants are encouraged to complete their registration online at www.knoxvillemarathon.com.

CHKM to Launch Spring Distance Challenge

Our 2020 Summer Distance Challenge was such a success, we are offering a 2021 Spring Distance Challenge! Although things are starting to open back up, most organizations have had success with virtual races and virtual challenges to keep runners and walkers active. In an effort to keep our community engaged and motivated, this spring we will launch the Covenant Health Knoxville Marathon's Spring Distance Challenge. This virtual challenge highlights the beauty in the City of Knoxville and Knox County!

We created a Virtual Tour throughout Knoxville and Knox County that will highlight many of the historic neighborhoods within the City of Knoxville and

Knox County. Folks can finish our tour once to complete 225 miles or twice for the ultimate goal of 450 miles!

Registrants can run, walk, or hike their mileage over the course of the spring (March 20 – June 20) and log their miles online as they go. Exercising in Knoxville, Knox County or on our highlighted tour is not required; participants are welcome to log miles anywhere they desire! Registered participants can submit virtual results daily through their Runsignup.com account.

They can view comprehensive data including total miles, average pace, percentage of progress, and overall placement. They can track data for running, walking, and hiking activities. Best of all, participants can view their progress on our map of the virtual tour of the City of Knoxville and Knox County!

Each registrant will receive an official "Covenant Health Knoxville Marathon Spring Distance Challenge" shirt, finisher's buff, and finisher's medal! Swag will be available for pickup locally at Eddie's Health Shoppe or will be shipped to registrants for an additional fee.

Registration is now open, and you have until June 20 to complete your challenge. For more information and to signup, go to the marathon website at www.knoxvillemarathon.com or the race page at <https://tinyurl.com/z5bk4jk>

Don't miss the fun of CHKM 2021!

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://personalbestracing.com>
(use **ktc10** for 10% discount)

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

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

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

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

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

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

Any additional businesses offering KTC discounts? Please contact us



Have you changed your email address or mailing address?

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

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



Scott Schmidt, RunKNOX director

Hey KTCers, like Punxsutawney Phil cautiously peeking out of his burrow, we're noticing that races appear to be slowly emerging in 2021. Nationwide, many events are still being cancelled due to local health conditions, but East Tennessee seems ready to race through it. We're seeing a return to in-person races in addition to the continuance of virtual options. So, whether you're ready to jump back into a corral or would prefer to spend more time keeping a safe distance, there are more and more opportunities to test your fitness. The results of that test could be interesting. Have you logged more hours running or Netflixing over the past year?



Honestly, we're seeing both in our program. Our crew definitely felt the impact of the social distancing requirements of the pandemic. RunKNOX is fueled by group support. We're teammates who want to see each other succeed as much as we want success for

ourselves. Our large, mixed training group shifted to multiple small, tight circles and our in-person yoga and core workouts have shifted to online classes. As an organization we've pushed to adapt and we're beginning to see how well individuals adapted to the necessary changes. Online training options have proven to be very convenient for some of our runners and smaller training groups has added a greater sense of accountability. A few of our friends will admit that they've got some work to do to get back to where they left off, but for the most part, we are absolutely crushing it right now with PRs in every race distance that we can find.

Whichever camp you find yourself in, consider taking the step to try something new in 2021. In-person or virtually, we're passionate about seeing oth-

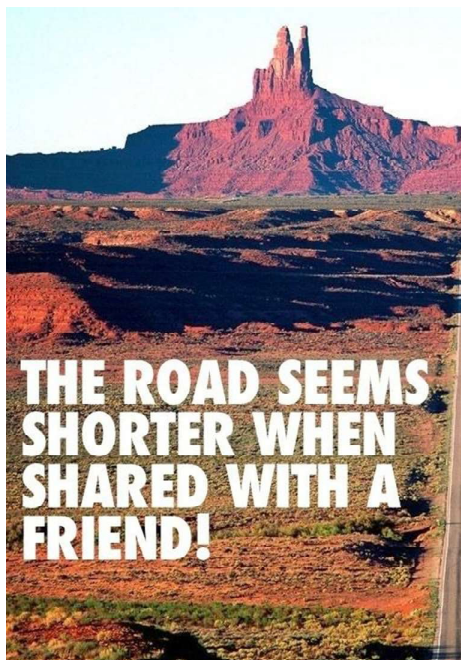
ers succeed. We truly love this sport and strive to make RunKNOX an insanely good deal for the price. Each week we offer 4 coach led runs, a 20-30 minute core class, and a 60-75 minute yoga practice. In addition, all of our coaches are a text/call/email away to answer any questions and offer advice on meeting your personal goals.

Seriously, give us a shot. There's no long term commitment necessary. Hop in for a month or two and if it's not your thing, move on. No hurt feelings.

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

Keep taking care of yourself and looking out for your buddies and be optimistic that 2021 is going to clear up sooner rather than later.

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



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



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

Treadin' Trodden Trails

Michael deLisle, Trail Series Director

Trail Runner's Sweet 16

In the Greater Knoxville vicinity we are fortunate to be surrounded by numerous off-road running venues. Ranging from tranquil mulched trails and mown grassy pathways to jeep roads and rugged single-track trails, our many city, county, and state parks offer varied off-road running experiences, all within a short drive of metropolitan Knoxville.



turquoise Mead's Quarry Lake. More wandering around the old quarry will take you past gated caves and uniquely carved marble shelves; over the rock bridge and underneath the "keyhole" before looping back to the main trail. The tranquil trails on the river side of Ijams Nature Center wind through undisturbed woods open to hikers and trail runners.

Urban Wilderness Loop & Trails

The 1,000-acre Knoxville Urban Wilderness Corridor along Knoxville's downtown waterfront contains ten parks, more than forty miles of recreational trails, three civil war forts, historic settlement sites, and diverse ecological features and recreational amenities. The corridor links the existing assets and the future acquired properties into an incredible historical, recreational, cultural and environmental experience.

Ijams Nature Center, Ross Marble, and Meades Quarry

Trails in this area are a combination of shale and undisturbed soil and heavily manipulated soils and rock. The Turnbuckle Trail is built through a section of the former limestone quarry where undesirable stone was discarded. Trail builders have utilized this rock to create a unique trail experience. Several easy bridge crossings will enhance your way through the Ross Marble Natural Area. In addition to the multi-user trails, there are hiking only trails that take you past the historic Stanton Cemetery to the top of the ridge for an overlook of the

William Hastie Natural Area/ Marie Myers Park

The natural surface trails in the Hastie Natural Area contain a wide array of surfaces and unique challenges and provide hikers, trail runners and mountain bikers several miles of singletrack trails. Winding through the heavily forested property and circling the perimeter of the park, the trails — at times — traverse across off-camber rock seams and loose shale. The gravel double-track through the park, shown as Margaret Road, is the easiest way to navigate through the park. Hastie Natural Area connects to Ross Marble Quarry on a recently re-routed trail through Marie Myers Park. Enjoy the surprising entry through a tunnel of bamboo at View Park Drive.



Baker Creek Preserve

Being developed by the City of Knoxville now as more of a mountain biker's paradise, there remain 4-5 miles of trail open to foot traffic. Well constructed, all the trails wind through the park and

its hilly environs. Nice views of downtown and surrounding areas are offered at the top of Best Medicine trail. The system connects to Marie Myers via a bridge over Red Bud Road.

Anderson School Trails

The trails beginning at Anderson School/Head Start descend through a wooded valley over an easy grade into the Forks of the River Wildlife Management Area. The trail crosses private property made accessible by easements granted by the landowners. Please respect the private property and stay on the trail. Look for wood ducks and the occasional Great Blue Heron in the pond on your left if you are heading towards Forks of The River WMA. Limited parking is available during weekdays. Be sure to stay on the trail on school property.

Forks of the River

The trail system within the Forks of the River Wildlife Management Area combine trails created over time by wildlife and hunters with those constructed more recently by the Appalachian Mountain Bike Club. The paved Will Skelton Greenway is also found within the WMA along the river boundary and connects the WMA to both Ijams Nature Center and the natural surface trails. There are multiple trails to experience within the WMA, all of varying degrees of difficulty, views and topography. The South Loop main route begins on the paved Will Skelton Greenway, continues along the river's edge and meanders through forests and fields. The internal trails pass through open fields, hardwood forests, and hedgerows — all home to an abundance of wildlife and songbird activity. Pay attention to signage identifying hunting season here.

I.C. King Park

A delightful circuit of single-track trails, the system at I.C. King Park south of Knoxville offers up to nine miles of

*** continued on page 14 ***

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 1, 2021, 9:00 am. Maryville College. 5k and Kids Trail Mile *. Maryville. **PLEASE NOTE DATE CHANGE**

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 NRR, 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.

Treadin' Trodden Trails

AAA continued from page 12 AAA

winding, hilly footpaths. Frequented by mountain bikers as well as runners, the area is a hidden gem just five miles south of the University of Tennessee. New trails have been built recently with several more planned. Connections are planned and being worked out to incorporate I.C. King into the South Knoxville Urban Wilderness Loop.

Sharps Ridge

One of the oldest parks in Knoxville, Sharps Ridge Memorial Park has some of the best views of the Knoxville skyline, just off Broadway in North Knoxville. The Appalachian Mountain Bike Club is currently developing the trails at Sharps. When finished, the proposed trail system will have an estimated 8 miles of single-track trail.

Concord Park

Home to many trail races over the years, this trail system off Northshore Drive out near Farragut is largely unknown to the tens of thousands who live within minutes of its trailheads. Single-track offerings wind and climb up and down through thick undergrowth beneath a dense tree canopy along Fort Loudoun Lake. There's two new sections west of the roundabout on Northshore that bear exploration, one of which is continuing to be developed.

Haw Ridge

An outdoorsman's paradise, more than twenty-eight miles of rolling, twisting, single-track and double-track trails await the intrepid trail runner at Haw Ridge, situated on a rugged peninsula along the Clinch River between Oak Ridge and Knoxville. So much trail awaits that one can arrive to what appears a full parking lot and complete a run while encountering nary a soul. Except for the spine of the ridge bisecting the park, the lower trails stay rather soggy in wet weather.

Fort Dickerson Park

A rejuvenated trail system just south of downtown, an unexpected treat awaits the explorer in this 1,000-acre city park featuring a growing roster of trails as well as a swimming quarry.

North Boundary Greenway

Popularly known as the Guard Shack Trail System, the North Boundary trails are managed by the City of Oak Ridge. These broad, mostly graveled roads traverse a wooded section of Black Oak Ridge. Routes of eight to thirteen miles or more are easily accomplished and can provide a relatively easy introduction to the world of trail running.

Norris Dam State Park and Norris Municipal Watershed

Here, adjacent to the Clinch River above and below Norris Dam, many miles of trails await the avid trail runner. From the nearly level trail paralleling Lower Clear Creek, to the knee-stiffening, quad-busting grades of Ridgecrest and Lakeside, the trails, many in the state park and even more scattered throughout the Norris Municipal Watershed, offer a challenging and rewarding array of single-track and jeep roads that drain better than most, making Norris a great place to run in wet weather.

TVA East Lakeshore Trail System

Located along the east shoreline of Tellico Lake opposite Tellico Village and Rarity Bay between mile 5 and mile 13 of the Little Tennessee River channel, this gem of a trail system is largely unknown to Knoxville area trail runners. Built mainly with volunteer labor, the concept began in 2002 and is now a reality. The project involves initial trail layout, trail construction including installation of bridges, water bars, fence stiles and timber stair treads as needed, development of trailhead parking areas with kiosk bulletin boards, scenic view areas with benches, and boat landing areas making the trail accessible by water. Some segments of the trail are identified as self-guided

interpretive trails for environmental education purposes. Currently, the East Lakeshore Trail consists of more than over thirty miles of excellent, well-drained trail.

Seven Islands Wildlife Refuge

Just twenty minutes west of downtown Knoxville is one of the best kept secrets in the area. The trails at Seven Islands, formerly a Knox County park and now a Tennessee State Birding Park, are largely grassy, with a few challenging stretches of wooded single-track. Closed to mountain-bikers, these trails offer a degree of solitude unavailable in many trail running venues, along with grand views of the Smokies and the Cumberland Escarpment.

Big Ridge State Park

A hidden gem just half an hour north on Highway 61, many miles of isolated and challenging trails await the intrepid trail runner or hiker. A few of the trails traverse genuinely big hills, while others traipse through more gently rolling terrain. Significant new trail construction is planned for the near future.

Panther Creek State Park

A verdant and wondrous paradise of woods and lake, the park has 17 different hiking trails covering more than 30 miles of terrain at all levels of difficulty. Hikers can enjoy magnificent views of Cherokee Lake and the Cumberland Mountains from Point Lookout Trail reaching 1,460 feet above sea level. There are also more than 15 miles of mountain biking trails that range from easy to difficult.

There's even more great area trail attractions in addition to these, including Black Oak Ridge, Gallaher Bend, and the mysterious (and rarely to be named) North Ridge Trail, and relatively civilized getaways in Knoxville like Melton Hill Park and Victor Ashe Park. You owe it to yourself to get out of your comfort zone, strap on some trail shoe, and do some exploring. Don't wait. Do it today!



Biking With Bob

by *Bob Godwin*



Last Run

Brownie lived chained to a tree on Forest Avenue, two houses from my son Ken's UT student house. Ken always made sure that Brownie had food and water, as his owner certainly did not. One day, Ken realized that the owner had moved away, abandoning Brownie, still chained up.

Ken unchained him and moved him into his house. Eventually Ken graduated and couldn't take a dog to his new location. I did not want a dog at that time, but it fell to me to take him—he was a nice dog, after all. He had a beautiful coat, bright expression, and engaging personality. My wife called him "The Golden Deceiver", as he wasn't a purebred Golden Retriever.

I was an avid and active runner at that time, racing distances up to marathon in length. I ran daily, regardless of the weather, and when asked about that, I replied that the weather merely dictated what I would wear.

Brownie always whined to go with me, but I feared I could not properly tend to him and still do my scheduled workouts. One day I planned a "rest" day with a short, easy run. I got out the leash and off we went – for a half a block before I took off the leash and began the rest of my life.

He was the perfect companion: always running nearby, pausing if we

came to an unfamiliar fork in the road, enjoying the seasons, smells, and vistas of our beautiful East Tennessee. He was an instant hit with my group of "Saturday Runners", never tripping anyone, always eager to be petted, easily keeping pace with us, even as the years converted us into the "Saturday Strollers."

He knew when I usually returned home from work and around five PM would walk to the end of our 400 foot driveway, lie down and patiently wait. When I arrived, I'd lower my window and yell, "Hey Brownie, let's go!" He would race through the brush, trees and yard, and

ALWAYS beat me to the house. After congratulating him with a big hug, I would prepare for our run together and off we'd go.

His coat was typical Golden Retriever: thick "rough" outer coat with a downy undercoat. Though welcome to come in the house, he often would choose to sleep outside unless it was raining hard. I couldn't stand the thought of him outside in the dead of winter and bought a doghouse and an electric dog warming pad for the floor, and we were both happy.

On the other end of the seasons, in the summer I always had him shorn (not down to the shin, which would have sunburned) and after being surprised, and a bit embarrassed, at his unclad state, he loved the

coolness it brought him.

Even on the hottest days, he would insist on going to run with me. On those days when I knew it was too hot for him to run with me, I ran a short mile or so with him looping back to the house where he would peel off and go lie in my small creek until I returned from the rest of my run.

We continued this routine for years, but there came a time when he began to lag. At first, I urged him on, then realized we needed to see our friend and trusted vet. After the exam, it went like this:

"Bob, one of Brownie's heart chambers isn't working. I bet he lies around much of the time."

"No. He runs with me every day."

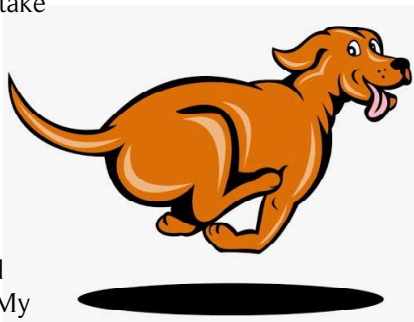
"What?! He's still running with you?"

"Every day, but slower, and sometimes really slowly."

"Bob, he shouldn't be running at all!"

I thought for several moments, and replied, "Doc, I'm going to let him run as long as he wants to. And if he slows down, I will too. And if one day he has to stop, I'll wait. And if he can't go any further, I'll carry him home."

So we ran, slower and shorter until he died, a happy dog, leaving a devoted owner who still sheds a tear for him after many years.





Trail Series Grand Prix Standings 2021 Point Totals - through Whitestone



Chris George, keeper of the points

| OPEN MALE | OPEN FEMALE | MASTERS MALE | MASTERS FEMALE |
|---------------------|-----------------------|----------------------|-------------------------|
| Wesley Crane 190 | Marah Barnhart 170 | Jamie McCart 130 | Laura Rollins 140 |
| Michael Morrell 160 | Rebecca Price 130 | Scott Schmidt 130 | Julie Jones 110 |
| Gideon Wilson 150 | Megan Kleeschulte 100 | David McLennan 100 | Malinda Honkus 100 |
| Jamie McCart 130 | Eden Slater 90 | John Brower 100 | Angelina Borisov 90 |
| Ryan Kulke 120 | Laura Morse 90 | Jim Bishop 90 | Jonnie Mae 90 |
| Ben Thurman 80 | Hannah Rosen 80 | Jim Hall 90 | Jennifer Spadafora 80 |
| Jason Bailey 80 | Sarah Crowley 80 | Sam Plemons 80 | Chris Keim 70 |
| Jevin Hoeppe 70 | Kaelin Porter 60 | Jason Brannon 70 | Kyra Donnell 50 |
| John Halter 50 | Alice Jones 50 | Michael Spadafora 70 | Betsy Swartzentruber 40 |
| David Kesterson 40 | Jessica Sheah 50 | Chip Keim 60 | Jill Morse 30 |
| Jacob Price 40 | Erica Warmack 40 | Gary Taufer 50 | Kathy Smith 20 |
| Dana Rust 30 | Taylor Hall 40 | Patrick Fiveash 50 | Kris Corbitt 20 |
| Cole Wilder 20 | Christina Adkins 30 | Don Goins 40 | Rebecca Holder 20 |
| Eamonn Cotrell 20 | Elizabeth Rhoton 30 | Thomas Booker 30 | Stephanie Johnson 20 |
| Jesse deLisle 20 | Trinity Douglass 30 | 6 men tied with 20 | 7 women tied with 10 |

Road Race Grand Prix Points - through Whitestone

Jerry Schohl, keeper of the points

MALE

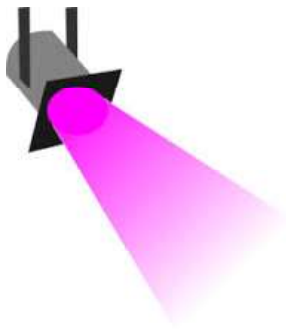
TEAMS

FEMALE

| | | |
|--------------------|---------------------------|---------------------|
| Joshua Mower 22 | Team Runners Market 254 | Kris Corbitt 21 |
| Ron Wireman 19 | KPL / ZenEvo 229 | Constance Dickey 21 |
| Hal Bibee 18 | Team Really 62 | Marsha Morton 21 |
| Dave Alderman 17 | Knoxville Endurance 46 | Andee Swann 19 |
| Sam Plemons 17 | 3 Dads 1 Lad 42 | Katie Taylor 18 |
| Daniel Thompson 16 | KTC Socialites 26 | Grace Weber 17 |
| Larry Brede 15 | Roadkill Runners 25 | Eliza Dickinson 16 |
| Jeff Colfer 15 | RunKNOX 19 | Jennifer Moore 14 |
| Ken Sirois 15 | Back of the Pack Elite 15 | Shirley Sirois 14 |
| Ron Watzke 15 | Team Quest 12 | Constance Bailey 13 |
| Brent Bueche 14 | Knoxville Minx Rugby 9 | Kaitlyn Clark 13 |
| Ethan Coffey 14 | Team Pilot / Flying J 8 | Cheryl Tedford 13 |
| Nick Morgan 14 | Victor Ashe Track Club 5 | Kathy Nash 12 |
| Brad Adams 13 | | Chang-Hong Yu 12 |
| Steven Campbell 13 | | Lindsey Parks 11 |
| Jake Radtke 13 | | Stacy Clower 10 |
| Cian Bell 12 | | Muna Rodriguez 10 |
| Chris Davis 12 | | Marian Schmidt 10 |
| Terry Haywood 12 | | Sharon Shumaker 10 |
| Steven Hensley 12 | | Angelina Borisov 10 |
| Joseph Hicks 12 | | 5 women tied with 9 |
| Stephen Lowe 12 | | |
| 4 men tied with 11 | | |



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



KTC High School Spotlight

Knoxville Catholic's Nicklaus Iverson

by *Patty Tracy-Thewes*



Knoxville Catholic's Nicklaus Iverson made quite a high school track debut as a sophomore in 2019. He took 4th (11.15 PR) at TSSAA D1 large Section 1 Championships with only Seniors placing ahead of him, and went on to take 14th at the TSSAA D1 Large School State Championships that year. With the 2020 season looking bright for him, he was sidelined with the rest of the Track athletes due to COVID. However, before the shutdown, he was able to squeak in a 100M and 200M, which resulted in him being ranked 3rd in the 100M and 4th in the 200M in the 2020 Tennessee State standings. Now a Senior, Nicklaus is looking for the opportunity to shine once again on the Track. Let's get to know this speedy young man:

What are your goals for the 2021 Track season?

My goals for this track season are to compete for a top 5 finish in the 100 and 200m at State. I hope to PR this year in both events, hoping to get under 10.8 in the 100 and under 22.4 in the 200.

What are your thoughts about being sidelined with the rest of Track athletes due to COVID in 2020 season?

Coming off my performance in the 2019 State championship, I was super excited for the upcoming year and doing even better in the 2020 State Championships. I was super disappointed when I heard that our track season had been canceled as most athletes probably were.

How has your training changed through the COVID-19 pandemic?

My training is mostly the same right now that it has been in the past. We still do the same kind of workouts and stuff that we would normally do. The only thing that is different is that we have to social distance and be cautious.

How and when did you start running?

I started running track my sophomore year. I always have known that I was fast throughout my time playing football, basketball, and baseball. I decided to give it a try and it turned out well.

What other activities do you enjoy outside of Track?

I enjoy playing other sports. I have played football for a long time and throughout High School. I also enjoy playing basketball. I love the outdoors and enjoy hunting and fishing.

Who is one of your favorite teachers out of all your school years?

My favorite teacher would probably be my teacher last year, Mr. Bosarge. He taught class really well and had a great sense of humor.

What advice would you give to your younger self in reference to

running high school track?

The advice I would give my younger self was that I wish I had started running track earlier. I didn't start running until I was a sophomore and would've liked to run earlier if I knew how it would turn out. So really this is only my second year running not counting last year's COVID year.

If you can have dinner with anyone from the past, who would you choose?

If I could have dinner with anyone, it would probably be my grandpa on my dad's side. He passed away when I was very young from cancer. I wish I could've got to know him because I have heard so many good and funny

stories about him.

Plans post high school?

I haven't yet decided what I will do after high school. I have thought about running track in college but nothing is definite yet.

The Knoxville Track Club wishes Nicklaus the best on the Track this season and in all his future endeavors!



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Achilles Tendinopathy

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

It's quiet... too quiet. These days there's a palpable, anxious energy buzzing around the clinic. Each new patient that walks in we find ourselves frantically snatching at the paperwork as soon as it's completed. [scans over intake form] "Is this it!? Has it begun? Ah... right shoulder pain. No, not yet. Perhaps tomorrow..."

The days get longer and darkness comes later which only means one thing. Spring is coming (he says in his best John Snow voice). And everyone in the sports medicine world knows exactly what that translates to... Runners are coming.

Without fail, every spring brings out all of the unfortunate souls battling overtraining injuries that come from quickly ramping up for the spring season after an often difficult and sporadic winter training cycle. The knee starts clicking, the plantar aspect of the foot starts burning, or the achilles tendon starts barking.

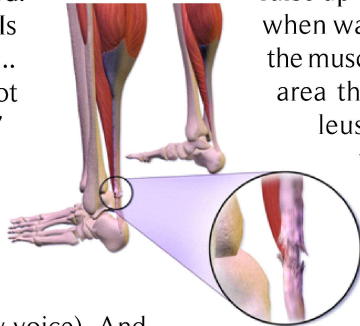
It would, then, seem like an appropriate time to share one of our more popular articles from our website that just so happen to be all about Achilles tendinopathy. We hope you find it helpful.

Achilles tendinopathy (conventionally known as Achilles tendonitis) injuries are some of the most commonly treated in the sports medicine world. Achilles injuries come about for a plethora of reasons and certainly is not just limited to the athletic community. We routinely see just as many cooks, merchandisers, waiters with foot pain as we do runners, jumpers and other athletes.

Anatomy of the Achilles Tendon

The Achilles tendon is the thick

ropey tendon that is located at the back of the heel. The large strong muscles of the calf, the gastrocnemius, and soleus, are the 2 muscles that form the Achilles tendon. This group makes it possible to raise up on your toes, and push off when walking and running. When the musculotendinous junction (an area that the gastrocnemius/soleus muscle fibers begin to turn into the connective tissue fibers of the tendon) and/or the bony attachment of the tendon to the heel becomes irritated and inflamed a condition known as Achilles tendonitis develops.



Achilles Tendinopathy

There are many different reasons and causes as to why this condition can rear its ugly head. It is an overuse injury that, in athletes, is commonly seen in jumpers, sprinters, and those that are repeatedly maximally loading the tendon. However, one of the most important things to consider with this condition is the mechanics of the foot. Overpronation, high arches, collapsed arches, and rigid feet are all aspects that can directly affect this condition. We bring this up to explain why far more than athletes are affected by this condition.

The non-athlete that is on their feet all day with improper foot mechanics is putting undue strain on various aspects of the foot for hours and hours every day. Over time this will cause dysfunction of the tendon which leads to foot pain. This person is just as likely, if not more likely, to develop Achilles tendinopathy as a runner or other alleged athlete.

Yep... Sounds like me. Now what?

Addressing Foot Biomechanics

As was explained earlier, ensuring that the structures in the foot are functioning and moving like they should is immensely important when addressing this condition. With a foot that has a collapsed medial longitudinal arch (seen with overpronation), it is common to see bowing of the Achilles tendon medially. As you can imagine, when the tendon bows it puts different stress on both the tendon itself and also the area of attachment that it is aberrantly pulling. Addressing these biomechanical changes through chiropractic manipulation of the bones of the feet will be incredibly important.

A Sports chiropractor or physical therapist trained in the specific manipulation of the extremities, especially the feet will know what areas need to be mobilized, and what areas need to be reciprocally strengthened to avoid further damage to the area. In some instances, after foot mobility has been addressed, orthotics may be utilized to make up for any further compensations in the feet. This is when we can start addressing issues regarding foot pain

Treating Achilles Tendonitis

This will require you to get down and dirty with the nasty bits of the muscle and tendon that are restricted and causing your foot pain. A health care provider with an understanding of functional movement analysis and assessment will be able to spot the areas of restriction, likely in the gastrocnemius, hamstrings, or hip flexors.

Also, the tissue in the plantar aspect of the foot is commonly involved as that thick band of fascia continues up into the Achilles tendon and calves. Once the area has been assessed and deemed the culprit, extensive trigger point work

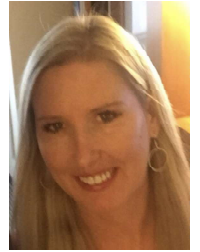
*** continued on page 29 ***





Confessions of a Social Jogger

by *Patty Thewes, KTC Social Director*



Making Running Better

You know what makes running better? Running with friends! Over the past year I've met the most amazing people on our Wednesday KTC Group Runs. While the pandemic has certainly influenced our interactions, it still has been such a wonderful experience!

I thought I'd feature a few of these runners because you may be able to relate to their running experiences and, well, I think they are amazing people...

I asked the following questions to a few of the regulars:

- ◆ Why did you start running?
- ◆ What is your favorite thing about running?
- ◆ What do you like about our group runs?

Here's what they had to say...

Megan Dannel: I started running (for fun/as a hobby) my freshman year of college. I had played soccer since I was 5 and running was always a punishment then. However, when I finished my soccer career, I wanted/needed an exercise outlet and running became that for me.

Running is most definitely my stress reliever or "me" time. Also, it is something my dad always loved. So when running became my love/hobby, we would (and still do frequently) log miles together. That quality time is priceless.

Group runs are fantastic. It is a great way to meet new people, challenge/push yourself, and develop lifelong friendships in the process. Also, it's always wonderful to see familiar faces at race events!

Forrest Clark: I started running, among other things, around the age of 15 to lose weight. I was very large and kids are not very nice to overweight folks. □

My favorite thing about running is being done with running. That's my "smart" answer, I'm sticking with that.

I enjoy group runs for the social interaction. I'm not a very social person and the groups push me into social situations.

Jenny Heppert: I started running in my 20s after my college sport ended. My favorite thing about running is how I feel after! Accountability, motivation and friendship is what I like most about our group runs.

Kyle Perkins: I began running when I was preparing for soccer try-out—there was a one mile test to see who can run it the fastest. I ended up doing very well and being the best runner for the one mile. However my soccer skills weren't too great so I decided to pursue running.

My favorite part about running is the feeling of going into a trance and zoning out while doing something active. I enjoy the scenery and just the very general feeling of a runner's high.

What I like most about group runs is meeting people who have the same interests as me and doing something active while getting to know people! It also motivates me to run a faster pace—haha.

So there are a variety of reasons people start running and group runs. But the one thing they all have in common—it begins simply with a start.

Going to a group run for the first time may seem very intimidating, but like anything else, the hardest part is just getting started. Once you do that and get going, the intimidation factor usually just fades away.

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

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



Confessions of a Social Jogger

AA continued from page 20 AA

I recall an experience a few years ago. I was in the Smokies monitoring the runners on my team, and one of the team moms said “let’s take a selfie.” Thing is, I had taken countless pictures of others, but never really had taken a selfie before. I told her to lean in, and attempted to take the selfie, but I didn’t know about that little button you press to turn around the camera lens on myself and her. I attempted, with tremendous failure, to line up the lens to get us in the picture, and I finally said “how do all those people take these selfies—this is impossible.” I’m sure you can imagine the visual.

After a good laugh, she kindly showed me that button. Now I still am not that into selfies, but when I do attempt, I actually can take one! Point is, I just needed to get started, and a friend to help me along with that.

Joining a running group is similar, believe it or not. It is a new experience, and you may not be quite sure how it all works. My experience is getting over that “start” hump really is the hardest part. And when you do, there will be new friends who will be there to keep you company and help you along your running journey.

KTC Group Runs are free and all running levels are welcome! We currently meet on Wednesdays at 6:00 pm at Sequoyah Park (back parking lot with the bathrooms at the west end of the boulevard). However, location and time can change. Please check ktc.org for the latest group run times and locations. Hope to see you!

Happy running:)

TRI-BAL KNOWLEDGE



Being Cool in the Pool

by Larry Brede

It’s winter. This year, it really feels like it. Growing up in Hawaii, I never learned to appreciate cold weather, and honestly, I still don’t. My hands and feet (and arguably, my mind) stay numb in the dark, cold, and dreary weather. Multisport involves training for swimming, biking, and running, but winter weather puts a damper on things. We all know that outdoor running can keep up all winter long, but biking tends to move indoor to a trainer and swimming relegated to laps in a pool.



I’ve been okay on a bike trainer in the past, but typically take six months off of swimming every winter. I grew up swimming year-round and developed a major psychosis around lane lines. The endless, mind-numbing chasing of the black line in the middle of the pool took its toll, and by the time I graduated from high school I’d about had it with lap swimming and prefer to stick to the open water. As a result, my normal year includes only swimming in our beautiful East Tennessee lakes starting in May through the final race of the season in October.

I’ve done some minimal pool swimming through past winters, but not frequently. Coming into this winter the last time I’d taken a single stroke in a pool was February 2018 (the reason I remember the date is the hard emotional scar it left on me!). However, coming into 2021 I’ve signed up for a SwimRun race in April and recognize that I can’t be out of shape. The race includes over 4 miles of swim-

ming while tethered to your partner, who definitely doesn’t want to drag my dead weight that distance. Knowing what was coming, I paid for a Groupon to join the YMCA for three months starting in December strictly to gain pool access.

Over the Christmas holidays, with a lot of trepidation, I decided to take the plunge (literally) and headed to the Davis Family Y. Entering a pool to do laps for the first time in years proved to be a bigger emotional hurdle than a physical one. Once I got into the pool and started swimming, I discovered something completely unexpected...I liked it! Maybe it’s the fact that I’m just swimming laps without a structured workout, maybe it’s the warm water, maybe it’s just been so long that I’ve forgotten the misery, or maybe it’s a combination of all of the above, but it turns out lap swimming is fun!

I like to swim laps at the pool;
I like to flip turn like a fool;
I am a swimmer, yes I am;
I like to eat green eggs
and ham!



Like Dr. Seuss, if I’d only tried this earlier who knows how much time I’d spend in the pool. My weekend morning swims are now something I look forward to all week long, with the added benefit that SwimRun season will start off in shape for both of the events! Of course, I still can’t wait for May and getting back into the lakes on a regular basis, but in the meantime it’s wonderful being able to swim year-round!



How to Start Running Postpartum

by *Whitney Heins*

Almost every new mother runner has two things in common: 1. They are tired. 2. BUT, they aren't too tired to want to run ASAP. But running postpartum requires a bit more than finding the will and the way. (Usually, that's the hardest part for starting a running habit, right?). No, it requires ensuring your body is READY when your head is. Jump in too quickly and we could get seriously hurt — not ideal when we're trying to care for a tiny human.

I remember wanting to run a couple of days after I got home from the hospital. Like many new moms, I wanted to feel like my old self again. I wanted that time to myself. I wanted to be outdoors and feel free! And, sure, like many new moms, I wanted to lose the baby weight and LOOK like my old self again, too.

And, I wish I could tell you I was responsible...that I saw a pelvic floor specialist, diligently strengthened my floor and deep core, and walked for weeks before starting to run again.

No, I did not do that. Why not? Because no one told me to. After I got the all-clear from my doctor about one month postpartum, I started running again.

Thankfully, medical professionals are now filling in the gap around postpartum health. Physical therapists worldwide are clamoring to be heard loud and clear that women are returning to running postpartum TOO SOON and it is creating a host of issues related to pelvic floor health and running injuries. They want more information available about our floor and core, and a better rehab plan standardized so that we can return to running postpartum safely.

So, How soon after giving birth can you run?

You'll hear a lot of different answers to this question. Some will say, you can run after giving birth as long as you are no longer bleeding. Some will say you can run after giving birth 3 weeks postpartum. The typical timeline is 6 weeks postpartum as long as you are feeling fine.

But, many professionals advise doubling that number. A 2019 study by famed UK physiotherapist Tom Goom (who has incredible information for runners), and colleagues Grainne Donnelly, and Emma Brockwell, strongly suggests women wait 12 weeks before resuming running. (Walking and other lower-impact activities are encouraged!).

WHY THE NEW TIMELINE?

Well, the truth is, many of us are mentally ready to run before our bodies are. Some may be ready before that 12-week mark but it's important to be screened for readiness. The researchers explain what happens biologically that needs to reverse before we hit the pavement or trails:

“The levator hiatus widens during pregnancy and increases significantly during vaginal birth. Recovery time for the tissues is understood to be between 4-6 months, well beyond the traditional concept of full recovery by the 6-week postnatal check,” states the study. “If we consider cesarean section deliveries, we understand that abdominal fascia has only regained just over 50% of original tensile strength by 6-weeks post abdominal surgery and 73%-93% of original tensile strength by 6-7 months.”

The researchers note that pelvic health physiotherapists around the world are passionate about raising awareness of the extended recovery period that is actually needed. Indeed, soft tissue is only about

75% healed at 6 weeks.

“Often for litigation purposes, the 6-week milestone is one that serves as a tick box confirming readiness and suitability to return to an exercise class, sporting activity, or elite training. The healing process, however, extends well beyond this, and it is essential that the narrative on this subject changes and adapts to better serve our sporting women.”

HOW TO GET BACK

Step 1: See a pelvic floor specialist

First things first, you need to figure out if your body is ready to start running postpartum.

Dr. Carrie Pagliano, a physical therapist and pelvic floor specialist, just released a free at-home 10 step screen based on the new UK guidelines that help assess whether you're ready to return to running. The exercise test can help you pinpoint trouble spots to work on so that you're using your time most productively.

Some warning signs that you may have pelvic floor dysfunction include if you:

- ◆ leak when running or sneezing, coughing, or jumping (which is common among 15-30% of first-time moms)
- ◆ have pressure in the pelvic area
- ◆ have low back pain or lumbar pelvic pain,
- ◆ have pain during intercourse.

Even if you don't have these issues, it's important to see a pelvic floor specialist for hidden or underlying issues.

“How much you ran during pregnancy or how you delivered does not necessarily dictate your postpartum pelvic floor health,” shares Dr. Carrie, who has helped hundreds of moms with postpartum rehabilitation. “I actually worry more about those that don't have early

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Postpartum

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symptoms. They push too early and end up falling backward fast sometimes...It's harder physically because they didn't take the time to build a foundation and mentally because they feel like the rug was pulled out from under them."

A pelvic floor specialist can also examine for diastasis recti, a separation of the rectus abdominis, or "six-pack" muscles, which meet at the midline of your stomach. Diastasis recti is very common postpartum because the uterus stretches the muscles of your stomach as your baby grows.

A specialist like Dr. Carrie is available for further guidance virtually or you can seek a local pelvic floor specialist.

Step 2: Strengthen your core and pelvic floor

A pelvic floor specialist will give you exercises to address issues and restrengthen your core and floor postpartum.

"The muscles, ligaments, and tendons stretch out a bit during pregnancy," explains Celeste Goodson, founder of ReCORE Fitness, who has helped practically every elite mother runner return to running postpartum. "There are a lot of factors that contribute to this, including hormone levels, genetics, how much room the baby has, how big the baby is, carrying multiples, etc. This makes the muscles lose neural connection and strength."

Doing a program like ReCORE or tapping into the ReCORE YouTube program will help you strengthen that core. Specifically, look at videos that teach inner core basics (like the Ab Sets) and how to engage the core and pelvic floor. Moves like bird dogs, planks, side planks, bicycles, split tabletop, and bridges are sample exercises to work that core. A pelvic floor specialist or a program like ReCORE will also teach you good breathing mechanics and core control (not letting the belly bulge during an exercise).

These are excellent strengths to enhance your running and prevent injury.

Additionally, Jen Le Coguic, a pelvic floor specialist, recommends doing about 30-50 Kegels per day, doing a combination of short contractions (2 seconds) and long (10 seconds) to strengthen that floor. This can be done at any time, while playing with your baby, sitting in the car, or in a meeting.

Step 3: Assess your alignment

Many pregnant women have an anterior pelvic tilt which is when your pelvis is tipped forward and downward.

Lauren Levko, physical therapist and founder of PhysioLab PT, says this is common because during and after pregnancy the core stabilizers, primarily the transverse abdominis, are weakened and the pelvis has more laxity due to hormonal changes allowing for a forward tip of the pelvis and a C shape of the spine.

This can lead to increased risk of a hamstring strain, hip flexor tendinopathy, gluteal tendinopathy, and could exacerbate diastasis recti if present. "You can tell if you have an anterior pelvic tilt if you have a protruding lower abdomen and tight back and hamstrings." Your pelvic floor specialist can also assess for this and give you exercises you can do at home.

Lauren suggests:

- ◆ Stretching hip flexors
- ◆ Performing deep core stabilizing movements
- ◆ Performing diaphragmatic breathing exercises
- ◆ Strengthening the external and internal rotators of your hips
- ◆ Performing eccentric loading hamstring exercises

Once again, all these exercises are important for runners to perform anyway.

Step 4: Work on your breath

With your body properly aligned with

your ribs over your glutes, it's time to work on diaphragmatic breathing. (You feel your breath coming from your ribs as opposed to your tummy). This type of breathing aids in running while strengthening and healing your inner core and pelvic floor.

"Breathing is the secret sauce to energy efficiency," explains Melanie Connell is the owner of Remedy Physical Therapy & Wellness. "You can learn simple breathing techniques like diaphragmatic breathing to regulate your breath during a run as well as downregulate your body during recovery."

Diaphragmatic breathing strengthens the diaphragm, thereby decreasing oxygen demand, slowing your breath, and using less effort and energy to breathe. Melanie adds that with breathing "when you breathe well during running, you can trust that your pelvic floor will work alongside the breath pattern. It happens automatically but where some people make mistakes is when they try to kegel and tense up when they run."

Here's how to do diaphragmatic breathing:

- ◆ Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. Place one hand on your upper chest and the other just below your rib cage.
- ◆ Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
- ◆ Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.
- ◆ Do this exercise 5-10 minutes about 3-4 times per day.

Step 5: Walk before running

Practically every running coach, pel-

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10847 Hardin Valley Rd
Knoxville 37932
865-896-3760



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| Saturday | 11AM-10PM |
| Sunday | 11AM-9PM |

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Running Postpartum

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vic floor specialist, and physical therapist agree that before you run you better WALK.

“Walking is great,” said Carrie. “There’s a huge difference between walking with a stroller versus walking with a baby carrier. Both are great but walking with a carrier will obviously be slower and have more pressure and weight. Watch for red flags such as pressure, pain, and leakage of urine, stool, or gas.”

Begin with flat even surfaces. When that feels comfortable, progress to uneven surfaces, and hills. Hillwalking repeats are tremendous for restrengthening that core.

“Going uphill is easier on the pelvic floor than downhill. This gives a chance for the pelvic floor and leg and core muscles to get stronger and prep for impact,” explains Celeste. “Then do walk/running intervals, then running. This can be several weeks to a few months of gradual progression depending on the issues women are dealing with.”

Step 6: Resume running and pace yourself

Running coach Bobby Holcombe advises to gradually increase mileage, pace, terrain, and the number of days you run. Generally, you should aim to introduce a new variable or increase the distance every 2-3 weeks to allow for the soft tissue to become stronger from the new stimulus. You can increase distance 10-30% every 3 weeks, just as you would when rehabbing a running injury. And just as you would with physical therapy for an injury, as you return to running after having a baby, it is incredibly wise to continue your pelvic floor and core exercises. (Reminder: The Mother Runners offers coaching specifically for mother runners, including NEW mother

runners).

Throughout this process you should:

- ◆ Listen to your body. If something feels really uncomfortable, don’t force it. Back off for a couple of days and try to ease back in again. If something’s really hurting, talk to your doctor.

- ◆ Eat & drink wisely

Up your iron. What’s the biggest mistake new moms make? They cut back calories while simultaneously upping mileage—that’s a recipe for injury, says nutritionist Betsy Johnson. In order to be healthy and energized, new moms need to focus on eating the right foods, like those containing iron. In fact, one in five women is iron deficient. Focus on eating iron-rich foods like meats, fish, leafy greens, and chocolate.

Drink that milk. Be sure to get enough calcium—especially those of you who’re breastfeeding which requires extra calcium intake. The National Academy of Sciences recommends that women who breastfeeding consume 1,000 milligrams of calcium each day. Ask your doctor if it’s a good idea to take a calcium supplement. Consider continuing to take your prenatal vitamins as well if you are still nursing.

Shake up that protein. Breastfeeding moms also need to make sure they’re getting enough protein. After growing a baby for 9 months and then supplying it with protein-rich breast milk, it’s necessary to replenish your own. Aim for five to seven servings of quality protein every day.

Stay hydrated. You need to stay hydrated but don’t gorge yourself on water. Drink what you would normally drink if not breastfeeding (which should be about 1/2 to 3/4 of an ounce of water per pound that you weigh—so 65 ounces for a 130-pound woman) and then more to thirst after that.

- ◆ Get the right running gear

Support your middle. ReCORE’s Post-Natal FITSplint supports your abdominal muscles without restricting movement or breathing. It keeps you from getting injured and allows you to safely work on strengthening stretched out muscles.

Make sure the shoe fits. Ensure your running shoes fit your post-partum feet which may have enlarged post-pregnancy. If your shoes still fit, ensure your shoes don’t have too many miles on them and provide plenty of support. If the soles are worn around the sides and on the treads, it’s time to get new ones.

Get the right bra. Chances are your prepartum sports bra isn’t going to fit your postpartum chest. You need more support and room. Popular running bras with “mother runners” are the Motherhood Maternity racerback nursing bra and the Lululemon’s Enlite bra for their support and comfort.

If you’re nursing, be sure to nurse or pump before you head out the door to be more comfortable and bide more time being away from your baby. Also, don’t stay in your sports bra. It could lead to blockage or worse, warns The Mother Runners Head Coach Laura Norris: “The compression of sports bras can block milk ducts which can lead to mastitis,” she explains. “Only wear sports bras to run in. Change in and out of them quickly to avoid blockage.”

- ◆ Sleep as much as possible!

Make sure you get as much sleep as you can. Your body and mind are working overtime. Sleep experts recommend an extra minute of sleep per weekly mileage. So, if you run 20 miles a week, you need an extra 20 minutes a night to repair from the stress of running. Throw in caring and feeding a baby, and that number goes up. If you have an opportunity to rest, take it. It will help your body recover much faster!

I know many of us are itching to get back to running as fast as possible but patience will pay off! And, thankfully there are plenty of resources out there for you to rehab at home while spending time with your new love.





KTC BOARD OF DIRECTORS

Minutes of December 2020 Meeting

DECEMBER 20, 2020

The meeting was called to order by Tim Monroe at 1:06 pm. In attendance were: Christina Adkins, Gabrielle Cline, Bobby Glenn, Pam Haggard, Doug Holder, Brian Huskey, Keith Jackson, Suzanne Oliver, Robyn Smith, P. Mark Taylor, Alicia Teubert, and Jason Wise. David Black and Michael deLisle attended as guests.



Minutes –Gabe noted that the November minutes have been corrected to indicate that Scott Schmidt was present. P. Mark Taylor moved to approve as amended; Alicia seconded. The minutes were accepted as amended unanimously.

Consent Agenda

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

Tim presented the consent agenda and asked if there were any specific questions. Brian asked if there were any reasons for membership to be down other than COVID; David noted this is the reason for the decrease in membership. Bobby asked if participant numbers for PF were inverted for 2019 and 2020 in David’s report; David confirmed that this was the case and that he will correct those numbers. Michael noted that Wanderers was not approved by Maryville, so it will be swapped with the Lakeshore trail trek on Jan 17. The 9-race trail series is open now. Brian

moved to approve the consent agenda with the amendments noted above; the board voted to approve the above reports unanimously.

2021 Budget – 2nd Vote

Tim noted that the budget is up for the second vote from the board which will make it the approved budget for 2021. Tim asked if there were any additional questions since the first review of the budget. There were no questions from the floor and David noted that no questions have been submitted to him since the last vote. P. Mark moved to approve the budget; Christina seconded. Unanimous approval.

Election of Treasurer (2021-2022 Term)

Tim noted that Robyn is stepping down as treasurer and thanked her for her service over the years. Keith Jackson has been training with Robyn for the past year in order to assume the treasurer role. P. Mark moved to install Keith Jackson as treasurer; Robyn provided the second. Unanimous approval.

Roundtable

Tim expressed appreciation for the board for finding solutions to keep the club running in a very difficult year.

Alicia noted appreciation for staff and executive board.

Brian Husky moved to adjourn at 1:16; P. Mark provided a second. Unanimous approval to adjourn. Next Board Meeting is January 25, 2021.

HEY KTCers! HAVING RUNSIGNUP PROBLEMS?



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

<https://tinyurl.com/3l78q6v8>





KTC BOARD OF DIRECTORS

Minutes of January 2021 Meeting

JANUARY 25, 2021

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

Minutes –Tim called for a motion to approve the minutes. Christina proposed the motion, P. Mark provided a second. Board approved the minutes unanimously.

Introduction of New Board Members – Tim Monroe asked David Hinkle and Tim Hill to introduce themselves and they shared what they can bring to the club. Both are advocates of health and running in the community and look forward to contributing to the club.

Electronic Consent Form and Conflict of Interest Policies–Alicia noted that we need the electronic consent form from all Board members. Please sign and date those and send those to Tim for his signature. We also need all board members and full-time staff to sign the conflict of interest policy.

Consent Agenda

Executive Director Report – David noted that Tennessee Sports Medicine Group went up on their sponsorship again. Pilot and Knoxville’s Finest Sports stayed at their previous dollar amount. We are about where we predicted terms of participation. David noted that people seem eager for dis-

ance races. David provided some follow up on the participant who was injured in the trail race. He is expecting surgery but is doing well. Brian noted that Scott Schmidt had questions regarding RunKnox that relate to the website and asked for an update on the new website. Tim reported that Zane noted that there are a lot of errors on the current website and this is causing problems in transferring information to the new website. The issues with how to host RunKnox through the KTC website are on Zane’s radar. Summer Jo noted that it can be difficult to join RunKnox the way that things are currently set up through Run Signup and it might be easier to ask Zane if he can organize this through the website as opposed to Run Signup. Alicia noted that we do not want to be responsible for holding people’s credit card information. Christina asked if there would be a cap on Knoxville races. David noted that we are taking things race by race.

Treasurer’s Report–Keith noted that the Trust Company balance is recovered and doing well; the Regions balance is also solid. We have applied for forgiveness on the original PPP funds and these have been forgiven. We are currently looking into whether we qualify for a second round of PPP. We are working on closing down the financials for the marathon. Christina asked if we needed to move funds around to allow for people who want refunds. Jason noted that there will not be a need to do this for the 2021 event. Bobby noted that he wanted to make sure all of the board was comfortable with the mix of funds in the accounts. Keith noted that we didn’t change anything in light of COVID. Brian noted that the last time we talked about being more assertive in

our investments, we didn’t know what we’d specifically use the funds for. David noted that we can reach out to the Trust Company and invite them to come give an update to the board again. Tim Gregory noted that the board as a whole would need to know what our goals are for the money before we make changes in our investment strategy.



Marathon Director’s

Report–Jason noted that he didn’t receive any feedback on his email regarding the change to a fall event. Participation and sponsorships will be much stronger in the fall and it will be a much more celebratory event in the fall. Bobby asked if there was any information on UT’s sports schedules. Jason noted that the schedule has not been released. Jason noted that we need to be able to plan for our date (October 2nd and 3rd); if there ends up being a UT football game that day, we’ll just have to adapt. David noted that this weekend is comparatively light in terms of competition from other marathon/half marathon events. Jason reported that for 2022, we do hope to go back to a spring event. Christina asked if there would be a Spring/Summer Distance Challenge this year as well. Jason noted that we will have a Spring Summer Distance Challenge starting in March. Tim M. noted that Scott is planning an “elevation challenge” in the summer.

Event Manager Report (Youth Development)–Stephanie asked if there were any questions regarding her reports. She turned in a statement of qualification for us to assist with a 10k on the 10k at McGhee Tyson Air-

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KTC BOARD

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port. David noted that he hopes this could turn into an annual event.

Trail Committee/Footnotes/Website Report—no additions to the written report; Christina reported an issue with viewing results on Run Signup.

Spring Event—David reported on the proposed March event. Sweetwater, TN reached out last year asking if we wanted to do a marathon there last year. He has been in conversations with them about a spring event. David noted that we would want to do a half-marathon and full marathon only (no kids events or 5k). The course is a modified double loop which reduces the need for volunteers. David noted that we have someone who is very interested in directing the race with the help of captains for various other needs. David discussed marketing for the event with specific invites. David would also like to make this competitive by encouraging competition between track clubs in our region. Sweetwater has offered a lot of support to make the event happen. P. Mark asked how having this event would impact Straw Plains. David noted that the plan would eventually be to

move the event to the fall/late summer because CHKM would return to spring. Alicia noted that there is concern about Straw Plains once they close the school. P. Mark asked if we are voting for the one-time event vs. voting for this as a continuing annual event. David noted that it makes more sense for us to focus on 2021 for now. Bobby noted that his main concern is being able to pull together the event in the short time frame. David noted that he is confident that we can do this, but this is also part of why we are planning a double loop. It will take a lot of help from everyone to make it happen. There will not be a post-race party due to COVID. Jason Wise questioned if there would potentially be any negative feedback from local sponsors and if we would have lower participation rates due to being in Sweetwater. Jason and David are not concerned about any negative response from us doing an event in Sweetwater. Alicia expressed a struggle creating a new event on the weekend where we would have done CHKM in light of COVID. P. Mark suggested going ahead and capping the numbers on the race to keep it safe. David noted that we will be very clear in our messaging and highlight the fact that the race is much smaller in scope and this is what keeps



things safe. Christina asked if there will be a virtual option for those not comfortable running live. She also asked if the course would be certified (it will be). David noted that other safety precautions will be corrals and wave starts. The course is a modified double loop – the entire course is not repeated. Pam asked about staging – David noted that the course will start and finish downtown. Suzanne made a motion that we move forward with planning for a March event in Sweetwater with the safety measures that we have been using. Tim Gregory seconded. Motion passed with one dissent.

Roundtable

P. Mark asked to be part of the decision-making process of the cap for Sweetwater.

P. Mark moved to adjourn, Suzanne provided second. Meeting adjourned at 7:33.

Executive Session (if needed) Board Members – discussed the compensation committee

Next Board Meeting is scheduled for Monday, February 22, 2021



www.ktc.org

Complete race results

Event photo galleries

Race calendar

Online registration links

Trail series information

Grand Prix standings

Social events

...And much, much more!

Achilles Tendinopathy

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and soft tissue manipulation should be employed. Much of this you can do yourself with the right tools.

◆ A foam roller can often be employed for the calves, slowly rolling until you find that exquisitely tender spot and then camp out on it for about 45 seconds. While here, you can gently play with plantar and dorsiflexing the foot to allow the muscle to gently slide underneath the pressure and ensure that you are fully addressing the entire area.

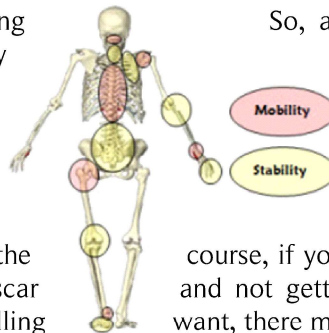
◆ Lacrosse balls and golf balls make excellent tools for accessing those tough points on the bottoms of the feet. Even if you don't have plantar fasciitis type symptoms in addition to the Achilles pain, it will be just as important to get in there as the fascia connects to the Achilles. Roll your foot over the ball with adequate pressure stopping when you've

reached a tender spot. The idea is the same here pausing on the sore spots for 45 seconds or so but this time flex your toes and then pull them up with your hand. This slightly moves the fascia underneath the point of pressure allowing you to get deeper into the area.

◆ Gentle stretching of the calves and Achilles can help to pump some of the swelling and inflammation out. The key here is Gentle. Too much will have the exact opposite effect. Seeing as the mechanism of the injury is too much pulling of the tendon on the bone or muscle belly, it can be very easy to irritate those healing tissues. However, stretching little bits will help to combat the over adhesive nature that scar tissue tends to have. Mild pulling at the area where it is being laid down will help it meld with the flexible tissue around it instead of getting bunched up and causing a weak point in the tendon.

◆ Gentle Movements of the ankle will also be helpful here such as writing the

alphabet with your foot. This should be done about a week after the initial incident. Too much movement too soon can slow down the healing process (same goes with stretching) but as the area begins to heal, movement of the area is imperative not only to ensure proper healing of the tendon but also to restore some the neuromuscular connection that has been altered due to the injury.



So, as you start ramping up into the spring, keep these tips in mind. Or better still, get a head start and use these exercises as prehab to stay ahead. Of

course, if you have been doing these and not getting the results that you want, there may be another root cause that needs addressed. In which case, don't wait to reach out to a provider that can address these issues. The longer you wait, the longer it may take to get better.

With that, train hard, train often, and train smart.

PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

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

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

KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

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

Multi-issue packages at volume discount rates are available

KTC SPONSORSHIP OPPORTUNITIES

* Race Sponsorships

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

* General KTC Sponsorships

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

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



RAIN CAN'T DAMPEN NEW YEAR'S DAY 5k



Robyn Smith and Suzanne Oliver, race directors

Our annual New Year's kickoff race was held on Friday, January 1, 2021 with a new title sponsor and new course. It was an overcast morning, but the worst of the rain held off until a majority of our runners had finished the race.



Tennessee Sports Medicine Group, a longtime partner and supporter of Knoxville Track Club programs and events became the sponsor for our New Year's Day 5k this year. We appreciate their support and thoroughly enjoyed the availability of parking and indoor bib/swag pick up space provided by them.

Along with the new sponsor, we introduced a new course. We held a corralled, socially distanced start by utilizing the available parking lot to

line up and send groups out to cross the timing mat on Sutherland Avenue. The course then turned and runners were off the roadway and on one of our favorite local greenways. The finish line was set up behind the Cherokee Mills building where TSMG is housed.

We had 293 5k finishers with the first 100 males and 100 females receiving their annual glassware. We opted for a shot glass style this year in an effort to signify our hopes for a much better 2021 overall!



Our overall 5k winner was Joshua Mower crossing the finish line at 16:03. The 2nd and 3rd place male finishers were Daniel Thompson (16:45)

and Will Jeter (16:46). Our overall female winner was Katie Taylor with a time of 17:10. The 2nd and 3rd place female finishers were Kathy Wolski (18:41) and Grace Weber (19:35).

We also had 8 kids' run finishers and 47 registered virtual 5k runners. Our swag was another sweatshirt fabric blanket with the dumpster fire of 2020 being wished a "fond" farewell.

Historically, we would recognize the Grand Prix winners, but due to the pandemic we were unable to have an awards ceremony.

Thanks so much to everyone who came out to start off the New Year with us. We hope 2021 brings everyone good health and more KTC races!

2020 KTC GRAND PRIX WINNERS

MEN

1. Brent Bueche
2. Ethan Coffey
3. Jeff Colfer
4. Dave Alderman
5. Brian Huskey
6. Ken Sirois
7. Jason Bailey

WOMEN

1. Kris Corbitt
2. Constance Dickey
3. Jennifer Singh
4. Kelly Davis
5. Becky Tener
6. Marsha Morton
7. Kathy Nash
8. Shirley Sirois
9. Jennifer Moore
10. Muna Rodriguez

DON'T FORGET...

Sunday, March 29 - 7:30 a.m.
SWEETWATER VALLEY MARATHON/HALF-MARATHON. Online registration available on the KTC website or on [Runsignup.com](https://www.runsignup.com)





NO SHENANIGANS AT LAKESHORE TRAIL TREK



Kathy Smith, race director

The 2021 Treadin' Trodden Trails series started with a bang at the Lakeshore Trail Trek on Sunday January 17th.

Traditionally the first race of the trail racing season is Wanderers Trail Race, held at Maryville College. However this year, for COVID-related reasons, we had to swap Lakeshore (originally scheduled for mid-May) with the Wanderers January date. Additionally, we decided that for the 2021 series, we'd continue to offer a virtual option where we could, for the week prior to the race date.



On a chilly Saturday the week before the actual race, John Storey, Stephanie Johnson, Tony Owens and I headed out to mark the course for all of the virtual runners. We met at our planned turnaround point at the Mizell Bluff trailhead and split up forces. While John, Stephanie, and Tony started marking the course backwards

by running to the start/finish at Antioch Church Road, I drove to Antioch to mark the one mile kids race.

Once the course was marked, they decided to run the three miles back and I drove back to Mizell to meet them. Upon arriving I was very surprised to discover that while running

back they discovered that some of the flags that they had *just* placed had already been plucked from the ground and thrown in a trash can! Wow! I thought that it was going to be a long week filled with the challenge of keeping the course marked. However, as it turned out, all was fine, as volunteer course checkers

Stephanie Johnson, Pete and Ruth Crowley, Bobby Glenn, Michael and Jesse deLisle and Rebecca Holder who checked the course during weekdays between marking and the actual race day found no more shenanigans had taken place. It turned out that a well-meaning but uninformed hiker had assumed incorrectly that the race had already been held and that we'd inadvertently left flags out on the course.

Race day arrived and we had a HUGE turnout. The tiny parking lot filled quickly, forcing folks to park along the road, with latecomers unfortunately having to park almost a mile up the road! Thanks to our parking czar Bobby Glenn, who with the help of Michael deLisle, successfully kept everyone on the same side of the road and reasonably well organized. The takeaway from that is to come early or you may have an unexpected mile warm up before the race!

We had over twenty kids for the Kids Trail Mile race, some of them covering the distance quite quickly. Rabbit Nathan Helton had to sprint to keep the speedsters at bay! A swarm of happy kids had crossed the finish line excitedly when the dust had cleared.

The adult race started and all went well.... for a bit. About two miles into the race, a runner twisted his knee, exacerbating a previous injury, and had to be helped off the trail. Thanks to the many runners who volunteered

to help him to safety where the EMS could be brought in so that he got the medical attention he needed. It was a great team effort!



The final results showed Gideon Wilson winning with a time of 43:06, while Marah Barnhart was fastest female, finishing with a time of 55:38. In the masters (40 and over) division, Jamie Mccart (45:11) and Julie Jones (57:25) claimed the top spots.

Thanks to all of the volunteers and trail committee members for working together to make this event a success. We hope to see everyone at our next trail events at Whitestone, Dark Hollow, North Boundary, and beyond!





MR SHIVERS LAST WISH AT TEN MILER

Dana Rohloff, race director

First, I want to thank our sponsors for their incredible support: Runners Market, Tennessee Sports Medicine Group, Knoxville Endurance, Pilot Company, the City of Oak Ridge, Attorney C. John Chavis, Run Knox, Covenant Health Knoxville Marathon, and Treadin' Troaden Trails. I also want to thank the Oak Ridge Police Department and the Anderson County Police Department for coming out to make sure our runners were as safe as possible on the course. BK graphics did an amazing job on our shirts and age group awards! I am so grateful for their hard work. Lastly, a HUGE thanks to all of our devoted, hardworking volunteers who make every KTC race possible. It takes a special kind of person to get up early on a Saturday and come out to spend their personal time helping out in typi-



cally undesirable weather conditions. I appreciate each and every one of you whether you're checking runners in, helping out with parking or setting up the course. Thank you to all for making this year's race such a huge success in spite of the challenges we faced regarding safety and Covid!

The ten miler was won by Ethan Coffey (55:05) followed by Joshua Mower in second (55:59) and Cian Bell in third (57:26). The ladies were led by Katie Taylor in first (59:21), Eliza Dickenson in second (1:08:53) and Andee Swann in third place (1:10:05). Hal Bibee (1:01:21) and Lindsay Parks (1:12:03) took Masters honors while Joseph Hicks (1:04:48) and Connie Dickey (1:12:28) were awarded Grandmasters. The Senior Grandmasters titles were earned by Ken Shelton (1:18:49) and Debbie Allen (1:24:30).



Two weeks before race day and Mr. Shivers is scared...

We lack permission to have the 10 miler and are so unprepared!

Powerless we wait, sweatin' puddles...

Comforting each other with 6 feet apart air cuddles.

Finally, we get some exciting news!

The race will go on virtually and in person, TOO!

Mr. Shivers frantically works to get things started...

Designing t-shirts, picking prizes & finding volunteers so kind hearted.

Race day comes and Mr. Shivers' last wish had come true...

Down from the sky sparkling white snowflakes flew.

His heart grew so warm he started to melt,

After seeing all the runner's smiling faces, pure happiness he felt.



PHOENIX RISES FROM STRAWBERRY PLAINS

Stephanie Bailey, race director

The rolling pastures and horse farms of Strawberry Plains make the perfect backdrop for a winter morning run. Saturday, January 30th was a brisk, beautiful morning for the annual Strawberry Plains Half Marathon/10k presented by Eddie's Health Shoppe and Zen-Evo.

I am starting my third year as the Event Manager for the Knoxville Track Club, but this year's Strawberry Plains event was my first time as Race Director. If there was ever a race for me to debut as a race director, it should be this one. This is on my "home field" and holds a special place in my heart.

The theme, designed by KTC Board Member Zane Hagy, is a phoenix rising from the strawberry patch, rather than

the ashes, to represent a fresh start in 2021. Once registration opened, we saw runners eager for this fresh start because registration numbers started trending higher than last year, which was a record year! With corral starts and social dis-

tance protocols, we realized that for the first time, we were going to have to cap participation in this event. Each distance was capped at 400 participants while also offering a virtual option.

The half sold out quickly! In fact, we had people from twelve different states for our in-person event and seven different states for our virtual event. Wow! Thank you, runners, for showing up in such a positive way to start 2021!

Top honors of the day were as follows: Male half marathon winner was Lucas Cotter from Signal Mountain, who finished in 1:07:16. The top female half marathoner was Haley Moody-Gilpin from Chattanooga. She clocked 1:20:30 to claim the top spot. Winner in the 10k was Sam Lloyd-Perks of King, NC, who sped to victory with a time of 32:50, while fastest female in the 10k was Whitney Elliott of La Follette, who ran 37:33.

Congratulations to these winners and to all our race participants in the 2021 event!

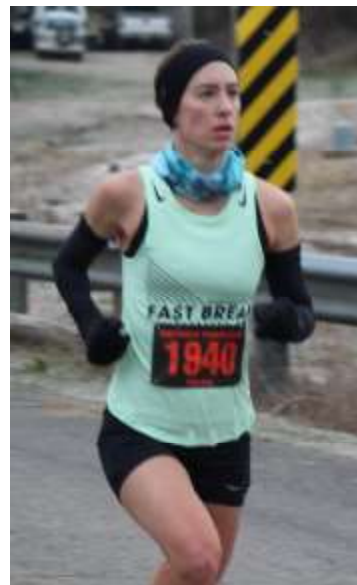
Due to Covid, Rush Strong Elementary School could not allow us access to their gym and cafeteria as in years past, so First Baptist Church of Strawberry Plains graciously opened the doors to their fellowship hall for us on race morning. Eddie Reymond from Eddie's Health Shoppe donated Zen-Evo pro-

tein cups and Driving Energy chocolate squares for the finish line. Half marathon participants received a hoodie and 10k participants received a T-shirt. Thank you so much to First Baptist Church of Strawberry Plains, Eddie's Health Shoppe, and Zen-Evo for their support this year!

As I mentioned, this race is special to me – even though I have never actually run the half marathon. Three years ago, I was slated to run it, but an injury resulted in me switching down to the 10k. The week after that race, the mother of a little girl in the pre-school class I worked in at the time told me that she saw me at the race. And that was the beginning of a beautiful friendship and my long run partner, my ride-or-die. The next year I was on staff with KTC, and instead of running with my friend, Allison, I met her at the finish line with her medal. Last year, it was an emotional day for her, as she had just

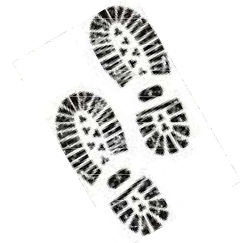
lost her father the week before, and she ran the race in his honor. That year, I met her at the finish line with a hug. This year, Allison made it her mission to help one of our other running partners hit her goal of sub-2:00 half, which she did! And this year, I met her at the finish line with a high-five. Next year, I hope to cross that finish line with her and make another special memory in Strawberry Plains – of hugs, high-fives, and friends!

Thank you to all our race participants, volunteers, and sponsors for another successful Strawberry Plains Half Marathon and 10k! If you missed the 2021 event, be sure and join us next year for another fresh start! And be sure to bring friends!





HOW TO MAKE THE WHITESTONE 30k EVEN HARDER



Tony Owens, race director

Wow, that course was so much harder than the road course!" After the second or third time we heard that, we suspected we made the right choice a few years ago. At first we had faced some resistance in adding a trail component to the venerable Whitestone 30K race, but after one lap around the course that Ken Lonseth so expertly designed (along with the chalk artistry this year, below), we were hooked. The unrelenting challenge of the trail race is a perfect complement to the road race, which many people have compared to the difficulty of a full road marathon.



blazing 2:33, compared to road winner Constance Dickey's 2:25. Those paces are obviously close too: 8:15/mi. versus 7:47/mi. Since we started the trail race ten minutes earlier, the two female winners almost crossed the finish at the same time!

yond, followed by a fast, (sometimes) downhill finish and the traditional delicious breakfast at the beautiful Whitestone Inn. Despite the necessity of masks and social distancing this year, it was once again enjoyable to see road runners and trail runners commingling and comparing their race experiences over breakfast after the race.

Don't get me wrong - I've always loved the road course, ironically because in my opinion holding pace on those unrelenting hills rewards the toughness of a trail runner. While the road course has those gently rolling hills, the trail course is a different beast entirely, with very little flat, and lot of long grueling uphill. Runners get to enjoy doubletrack through fields, technical singletrack through the woods, the occasional leap over (or crawl under) a tree, and a course profile that's pretty close to an inverted V.



We can't wrap without thanking all of our fantastic volunteers and sponsors - from parking and registration, to course monitors and aid station support, the race wouldn't have gone nearly as smooth without your help! Post-race recovery from the good doctors at Knoxville Spine and Sports was welcome help for roadies and trail folk alike, as was the hospitality and assistance from the new owners and general manager of the Whitestone Inn.

And the runners were right - the trail race is harder! 3,000 feet elevation gain for the trail course versus a few hundred for the road course adds up quickly, and by the 3rd lap your quads are letting you know. Well, for most people - trail race winner Wesley Crane's 2:11 wasn't too far off of road race winner Steven Hensley's 1:56, so he obviously didn't have too much trouble. The times look close, but the pace tells the difference - 7:02/mi versus 6:15/mi. Interestingly, the times for women were much closer: Megan Kleeschulte finished the trail race in a



It was great to see everybody this year, both trail and road, and we look forward to many more years of (not so easy) Whitestone miles!

The top of that V, by the way, rewards with a view of the beautiful Whitestone property and the lake be-





GORGEOUS DAY FOR WHITESTONE ROAD RACE

Chris Bryson, race director

On Sunday, February 21, KTC's annual Whitestone 30k Road and Trail Race took place in the rolling hills of Roane County, Tennessee. While the rolling hills of Whitestone lead down to the beautiful blanket of Melton Hill Lake, and the old country roads lead runners through a gorgeous landscape, the course is a brutal one. This 30k road and trail course will challenge the strength of even the best athletes, but the finish is rewarding.

The weather this year was perfect, and boasted some great performances!

As always, this wonderful event wouldn't be possible without all our encouraging volunteers and cheering sections! (Special shout out to Stacy and Shanda!)



And we would like to thank all our great sponsors for not only sponsoring this event, but for all the wonderful community support they are always willing to provide! Thanks to The Whitestone Inn, Pilot, Runners Market, BK Graphics, Threds, Knoxville Sport and Spine, SoKno Taco, Flats and Taps, Cool Beans, and REI.

30k Top Males

1. Steven Hensley 1:56:23
2. Ron Wireman 1:59:45
3. Matthew Leonard 2:03:23

30k Top Female

1. Connie Dickey 2:25:07
2. Kaitlyn Clark 2:26:09
3. Constance Bailey 2:32:03

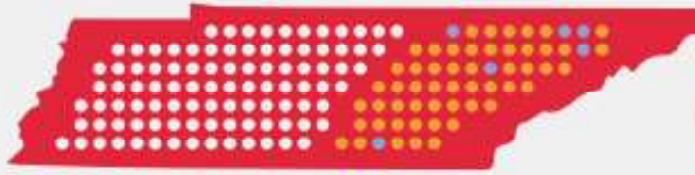
Road Relay

1. Knoxville Endurance 1:55:50
2. JClrunknnox 2:23:35
3. Shady Brede 2:49:08



photo by David Black

RACE FOR



Kids

VIRTUAL 5K &
FAMILY WALK

**SUNDAY, APRIL 18 THROUGH
WEDNESDAY, APRIL 28, 2021**

Race for Kids, formerly the Kids' Walk + Fun Fest, is CCETN's annual premier event. All funds raised support the Children's Emergency Shelter (CES) and Columbus Home Assisting Parents (C.H.A.P) program.

RACE FACTS

Race for Kids Virtual 5K & Family Walk fosters physical activity and family unity while also teaching kids about philanthropy. After completing the race, each registrant will receive a swag bag.

VIRTUAL 5K EVENT DETAILS

Date: Sunday, April 18 – Wednesday, April 28, 2021

Location: Anywhere

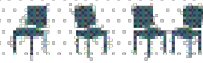
Details: For the Virtual portion, runners can run where they want, when they want (treadmill, nature trail, etc.)



CCETN.ORG

THE INAUGURAL

PEACE OUT RUN



COMMUNITY
MEDIATION CENTER

A virtual 5K walk/run or 15K bike event April 10 - 24
benefiting Community Mediation Center
and Compassion Closet of East Tennessee.

Receive a pair of Bombas socks with each registration PLUS a pair
is donated to Compassion Closet of East Tennessee, which
supports area adoptive and foster families.

**Registration prices increase March 9.
Win Amazon gift cards!**

<http://bit.ly/ThePeaceOutRun>

Let's sock it to 2021.

SIGN UP TODAY!



KTC VOLUNTEERS NEEDED

- Mar 14 Dark Hollow Wallow 11M, 5M, Kids Trail Mile
- Mar 28 Sweetwater Valley Marathon/Half Marathon
- Apr 10 North Boundary Traverse Half Marathon, 10k, Kids Trail Mile
- Apr 24 Hard Knox Pizza Dogwood Classic 5k
- May 1 Wanderers Trail Race and Kids Trail Mile
- May 29 KTC Expo 10k / 5k
- Jun 5 Sharps Ridge Runner 6M and Kids Trail Mile

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



new balance

8027 Kingston Pike
Suburban Plaza
Knoxville TN
865.539.1100

Knoxville

VOLUNTEERS!

**SIGN UP TO HELP
WITH CLUB EVENTS**



**Sign up on
Runsignup.com**

KTC Membership

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

| | | | | | | |
|----------------------|------------------|--------------------|-------------------|------------------|--------------------|--------------------|
| Carol Abrew | Bill Broome | Regina Durkan | Debi Hinson | Kathleen Mahoney | Tracy Rafferty | Shawn Sussman |
| Bob Adams | Brown Family | Jim Eaton | Kevin Hlava | Erin McCarty | Reagan Family | Andee Swann |
| Lola Alapo | Ashley Burnette | Stewart Ellington | Amanda Hobson | Keith McCloud | Lauren Roach | Swanson Family |
| Dave Alderman | Aaron Byl | Heather England | Chris Hollinghead | McKissack Family | Susan Roberts | Taylor Family |
| Debbie Allen | Harrison Calhoun | Steve Ferguson | Kunlun Hong | Ed Miller | Savannah Robertson | Cheryl Tedford |
| Anders Family | Callihan Family | Gail Fezell | David Huntsinger | Nicholas Morgan | Rodriguez Family | Daniel Thompson |
| Bobby Arthur | Eric Cannon | Roger Floyd | Jameson Family | Joshua Mower | Rollins Family | Jill Thompson |
| Ayer Family | Alison Carlew | Keith Foster | Jendrek Family | Frank Murphy | Whit Ross | Gildas Thoraval |
| Jeffrey Baerman | Daniel Casey | Foster Family | Jernigan Family | Marl Murphy | Doug Ross | Tingle Family |
| Baker Family | Kristi Casey | Linda French | Matt Johnson | Susan Musser | Rouse Family | Tonn Family |
| Greg Bauer | Coleen Castle | Melissa Fury | Emily Johnson | Andrew Nack | Kate Russell | Austin Turner |
| Beecher Family | Justin Cazana | Kim Gage | Jolley Family | Sheri Nemeth | Ryerson Family | Leslie Underwood |
| Bennett Family | Ethan Coffey | Karla Gander | Judy Jolley | Newport Family | Nicole Sauls | Arin Vanlandingham |
| Benzon Family | Norman Cole | Stephen Gassert | S. Kane Family | Maria Nia | Andrew Sauter | Tyler Walker |
| Bibee Family | Kristen Coulston | Guy Giles | W. Kane Family | Kellen O'Connor | Bill Schmitt | Charles Walters |
| Jennifer Billingsley | Cox Family | Jackie Gilmer | Jennifer King | Peter Osickey | Jeremy Sexton | Brent Waugh |
| Black Family | Shane Cross | Luca Giori | Cindy Kistner | Owen Family | Will Shaffer | Grace Weber |
| Blind Family | Crowley Family | Goade Family | Chris Koboldt | Amy Owens | Ken Shelton | Christal Wells |
| Jennifer Boling | Gayla Cutler | Jennifer Griffiths | Tammy D Kregel | Brittany Pagano | Slater Family | Bobby West |
| Robert Bonamarte | Frank Damante | Grindstaff Family | Krewson Family | Rhonda Parker | John Snelling | Elizabeth Whelpley |
| Teresa Bones | Lin Daniel | Rachael Guarnieri | Lawrence Family | Tracy Pesut | Stephanie Snyder | Pam White |
| Angelina Borisov | Megan Dannel | Irene Guerinet | Robbie Leinart | Corey Phillips | Melinda Spiva | Jeff Whittaker |
| Mary Bow | deLisle Family | Bryan Harmon | Levko Family | Phillips Family | Debi Stafford | John Williams |
| Bradshaw Family | Michael Denney | Scott Harold | Ken Lonseth | Natalie Pinzon | Carlene Steenekamp | Wills Family |
| Bryan Branch | Gina Dotson | John Harris | Loss Family | Sam Plemons | Stokes Family | Travis Wilson |
| Jessica Braunstein | Trinity Douglass | Terry Haywood | James Lynch | Josh Poston | Susan Stout | Wise Family |
| Brede Family | Duncanson Family | Melissa Heaton | Michael Lyons | Matthew Quiet | Brian Stout | Womack Family |
| | Dupler Family | Helton Family | Magee Family | Radtke Family | Emily Summers | |

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

Mar - Jun '21

MARCH

- 13 Knoxville - 7:45 am. Solid Rock Race 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
- 28 Sweetwater - 7:30 am. **SWEETWATER VALLEY MARATHON/HALF MARATHON**

APRIL

- 10 Oak Ridge - 9:00 am. **NORTH BOUNDARY TRAVERSE TRAIL HALF MARATHON, 10K, KIDS TRAIL MILE**
- 10 Maryville - 8:30 am. Spring Sprint 5k
- 10 Jamestown - 10:00 am. Sawbriar Run the Pass
- 10-24 Knoxville - anytime. The Peace Out Run Virtual Race
- 17 Lenoir City - 7:30 am. Spirit of Kona Triathlon
- 18-28 Knoxville - anytime. Race for Kids Virtual 5k. Live event April 18 1:00 pm.
- 24 Knoxville - 8:00 am. **HARD KNOX PIZZA DOGWOOD CLASSIC 5k**
- 24 Oneida - 10:00 am. Oscar Blevins Trail Run at Big South Fork (Kids trail run 9:00)
- 24 Farragut - 7:30 am. Forget Me Not 5k

MAY

- 1 Maryville - 9:00 am. **WANDERERS TRAIL RACE and KIDS TRAIL MILE**
- 2 Knoxville - 7:30 am. North Knox Triathlon
- 8 Maryville - 7:30 pm. The Glow Trot
- 29 Knoxville - 8:00 am. **EXPO 10k / 5k**

JUNE

- 5 Knoxville - 8:00 am. **SHARPS RIDGE RUNNER and KIDS TRAIL MILE**
- 17 Knoxville - 7:00 pm. **HAL CANFIELD MEMORIAL MILEFEST**

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.