

July 2021

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



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***Why running makes
better moms - pg 20***

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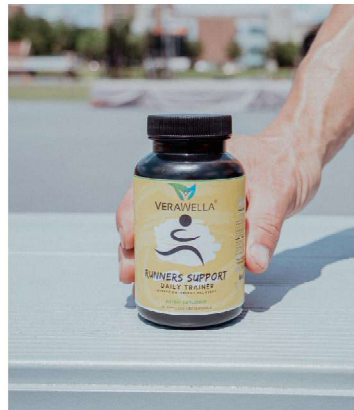


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FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY

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FOOTNOTES

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www.ktc.org

ON THE COVER

Racing through the wooded environs of South Knoxville, a crowd of fleetfooted milers pound the pavement.

cover photo by Tim Morse
entire contents © 2021 Knoxville Track Club

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



15 tips from the RRCA

RUNNING SAFETY

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

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THE STARTING LINE

Knoxville Track Club * FOOTNOTES * July / August 2021 edition



A Message from our Club President

Tim Monroe, KTC President



Championship Season

Keeping with my seasons theme from the last edition, I am absolutely loving the current “championship season” we are in. While watching top notch competitors battle for the top spot in their respective sports, I’m reminded of Theodore Roosevelt’s quote -“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.” Regardless of the outcome – victorious or not - it’s an incredible feeling knowing that you or the team you root for “left it all out there”. Here are just a few of the championship competitions that we’ve recently witnessed or will have the chance to see over the next few weeks and months.

The USA Pro Cycling Road Championships returned to town a couple of weeks ago after a year hiatus. Watching the best cyclists from all over the country compete here in the Marble City was pretty awesome. The winners of the three events (time trial, criterium, and road race) each get to don the Stars and Stripes jersey each time they race in their respective events, anywhere in the world, for the next 364 days. Keeping with the cycling theme, the Tour de France, a grueling 3-week event, will be held in late June/early July. A few of the riders that were in town for the US Road Championship event are slated to participate in the TDF. In comparison to my bike rides that usually include a stop or two at local watering holes, these pro riders perform at a high level for several hours before the “real race” really gets started. The real race is usually a long climb up an insanely steep climb that even the local mountain goats avoid or an all out sprint to the line at greater than VO2 max effort. Inspiring to say the least!

The originally scheduled 2020 Summer Olympics are being held in Tokyo in late July/early August. I can’t wait to watch the best athletes from all over the world compete in all sorts of sports – some of which I only watch every 4 years. Pierre de Coubertin, known as the father of the modern Olympic Games, said it best when he created the Olympic motto that states “the important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well”. As I’ve watched the various Olympic Qualifiers, I’m continually amazed by the competitors that run really fast, jump really high, throw heavy things really far, swim like fish, fly through the air while twisting and turning, and all the other kinds of unbelievable achievements just to get the privilege of going to “The Games” to do it all over again. I’m ready to see how our fellow citizens stack up against the best from other countries.

For those that prefer soccer (aka, football/futbol, for the purists out there), tournaments for national teams in both Europe and South America are happening right now. I’m fairly sure there’s a good reason why we call it soccer and everyone else in the world calls it football, but we will save that for another time and place. I don’t know all the rules (sidenote: somebody please explain offsides to me) and strategies of the game, but I do know those guys are pretty dang talented at moving an inflated sphere up and down the field using just their feet and sometimes their head.

Several other sports are wrapping up their seasons too. The post-season for the college baseball players is coming to a close. The Tennessee Vols and Mississippi State Bulldogs, both teams that are near and dear to the hearts in the Monroe household, are competing in the College World Series in Omaha (I think we are legally required to yell OM-A-HA like Peyton does). The NBA and NHL are in the heat of the playoffs too. Summing it all up, there’s a “championship season” either happening right now or starting soon for just about any sport you are interested in. So, find some time to relax and watch incredible athletes do what they do best.

*** continued on page 28 ***



C'mon, Let's Go!

*David Black, Executive Director
Knoxville Track Club*



We seem to have arrived at the point where things feel like normal, so I say “Let’s Go!”. The last few KTC road and trail races have operated much like pre-pandemic events. Safety is still the top priority so some things like using more water bottles and less cups, pre-packaged foods, etc. are still being followed.

Throughout 2021 we have seen a steady increase in the numbers of people participating in races. We are not completely back to where we were this time in 2019, but we are certainly heading in the right direction.

In addition, we are seeing reports of many personal records and fast times throughout the events. The excitement level from so many is truly contagious. As a non-profit that plans and executes events, we love to see the fruits of our labor. After each race you will see me and our Event Manager, Stephanie Bailey, monitoring social media channels and race reports. Some people are just beaming with excitement to have events, while they and others are seeing their fastest times.

On June 17, 2021 we held the annual Hal Canfield Memorial Milefest. Hal was one of the original founders of the KTC back in 1962 and was inducted into the inaugural class of the KTC Hall of

Fame in 2009. The Milefest is a scholarship fundraiser for local graduating high school athletes for college tuition. Many runners have a love/hate with a mile race, but spectators love it. This year saw the fourth new course for the mile race in recent years. Looking at the results showed that yet again we are seeing increasingly fast times. The average pace for the top ten males and females are trending downward quickly, with that top ten average for men now 4:48 and women 5:38.

Seeing this trend already gets me excited about what 2022 might bring. Put this mid-June event on your calendar and come out and either run, spectate or volunteer. With three heats, you can cheer for racers in the other heats and run your own.

Exciting things are lining up for the remainder of 2021. Our event calendar is full of our normal events with a couple of adjustments. The 2021 Covenant Health Knoxville Marathon will be October 2 and 3. With the rescheduled date, the Road Race Committee approved the move of Pilot CrossKnox 15k to August 29, with the

addition of a 30k distance and relay option. This lines up perfectly for for Fall Knoxville Marathon training. Relay and 30k runners will start at Bearden Elementary School and run to Morningside Park, then turn around and return to the school. Participants running the 15k will start at Morningside Park, as we’ve done in the past.

In recent exciting news the Boston Athletic Association announced the details for qualifying for the 2022 and 2023 events. Our October 3 marathon date falls within the qualifying time for both years. Runners who run a Boston Qualifier during the 2021 Covenant Health Knoxville Marathon will be able to use their time for 2022 and 2023. Things are shaping up great for the event as the city of Knoxville has lifted restrictions.

With the event returning to spring next year, it will be very special having a fall version of the event. Help us spread the word now for the return of this great event. Save the date now for the 2022 event, March 26 & 27, 2022.

Knoxville’s oldest road race returned to the city for the 44th running of the event. The 2020 EXPO 10k/5k was moved to fall and outside the city into Knox County to allow for more social

REACH OUT TO KTC!
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UPCOMING KTC EVENTS
7/10: *Haw Ridge Trail Race/Kids Mile*
7/17: *Springbrook Splash 10k*
8/7: *Pigeon Forge Midnight 8k*
8/15: *The Trails that Can't Be Concord*
8/29: *CrossKnox 15k/30k*
9/12: *Townsend 15k*

AAA continued on page 13 AAA



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Not Acting my Age

Well, it's true. Just like pretty much every one of my retired or semi-retired friends insisted, I'm finding myself busier now - or at least with more things to check off on my "To Do" list - than when I was working full time. How is that possible?

No, I'm not complaining. I do have more time for the two things that drive me and reward me the most. Number one is the greatly expanded time I can spend with my son, Jesse. These days we have three or four consecutive days to hang out, shoot hoops, hike, go to races, go to music shows and parties, ride around in the Prius watching and chasing trains, and basically have a whole lot of fun. It's so much better than before, when parenting consisted of brief, irregular periods of time after and prior to work, and so much easier to keep track of, knowing that he'll be with me every Tuesday, Wednesday, and Thursday, not to mention Monday evenings during baseball season (which enables us to hit the open mic at Scruffy City afterward, but that's another part of the story).

We also get to hang overnight and into the day whenever there's a KTC road race. That allows Jesse's mom freedom to run on her own, but more importantly, gives us the freedom to find a good spot to shoot race photos and cheer for several hundred of our closest running buddies.

Now when Jesse runs the race himself, things get a bit more complicated, getting him to the starting line and hooked up with whichever of his pals

he's teaming up to run the race. These instances tend to limit my choices as to where I shoot photos, as it's easier to just stay put, although I'm not a fan of finish line photos and prefer to get out on the course somewhere scenic with better backdrops for my photographs, it's gratifying to see Jesse right after a race and share the joy and exhilaration on his face upon crossing the line.



The extra time that's now available to us during the week, whether involved in Jesse's horseback riding, bowling, work, or other activities that have finally begun resumption post-pandemic, or just occupying ourselves doing these many other things we clearly love to do, is providing what feels almost like a second childhood for me — with the unassailable evidence that my 71-year old body is slowly breaking down being the lone roadblock to having all the fun we want. Currently I'm battling an Achilles problem. It's the first time I've had one of these — I've battled knee, foot, and ankle issues off on on for years but never this — and it's a bummer. Clearly I overdid it last Friday biting off about seven miles of trail at Haw Ridge marking the race course for next week's event. The Achilles had been niggling off and on much of this year and was more noticeable than usual even before I undertook that fateful trek. Now I've got it wrapped and haven't walked more than very short distances in a few days. Hope it clears up soon.

I mentioned earlier there are two things that really drive me, reward me, and occupy most of my time and en-

ergy. First and foremost is my time as a dad. But when Jesse goes to his mom's, I don a different hat, that of musician. As alluded to in previous ramblings, I spent much of my earlier life as a performing musician, then mostly retired in my mid-forties, only to come back with a vengeance these last 6-7 years. At first I only played alone and with a small group of friends, but that changed. Prior to the pandemic, I was playing out two or three nights a week at open mics and solo gigs of my own, playing acoustic guitar and singing original and cover tunes, as well as backing other musicians on lead guitar. Though Covid-19 blasted a hole in the performing part of my passion, I kept playing, often several hours a day, and dabbling at uploading my music to social media platforms. And now that vaccination has allowed some semblance of normalcy to return, I'm back at it, out there several times a week. I've even added the electric guitar to my repertoire, making a few bucks and gleaning a lot of enjoyment in the process.

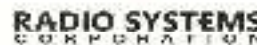
Best of all, these two parts of my life intersect quite smoothly when Jesse and I go to music shows together. He enjoys music and people-watching, both of which are in abundance at open mics and gigs I play. It's great that this, too, has turned out to be something we share.

As we age, many of us feel largely unchanged, just in a somewhat different looking body. But sometimes I wonder whether 71-year olds are designed to still play guitar onstage, ride motorcycles, and shoot hoops several times a week? Is there a point when we should "act our age?" Dunno. I'm not there yet. And semi-retirement is providing fodder for me to continue not acting my age.



Covenant Health Knoxville Marathon

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



CITY OF KNOXVILLE – RUNNERS MARKET - FIRSTBANK
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MOUNTAIN VALLEY SPRING WATER – Y-12 FCU - HOMELIGHT
KELLOGG'S – NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN

COVENANT HEALTH KNOXVILLE MARATHON

PLANS CONTINUE FOR OCTOBER COVENANT HEALTH KNOXVILLE MARATHON

Jason Altman, Director, Covenant Health Knoxville Marathon

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

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

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

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



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

at www.knoxvillemarathon.com. Our next price increase is coming up on August 16, so save up to \$10 on your event by registering before then!

The shift in the calendar this year enables us to host summer group training runs leading up to race weekend! Sponsored by Eddie's Health Shoppe, Knoxville Performance Lab, and ZenEvo Chocolate, there will once again be no charge to attend the group training runs. We kicked off the schedule on June 12 at Eddie's Health Shoppe. Over the course of the next 16 weeks, we will meet at several locations in town including Runners Market, New Balance Knoxville, Fleet Feet Knoxville, and The Long Run. We will also incorporate four other KTC races into the program; the Pilot Fireball 5K Classic, the Springbrook Splash 10K, the Pilot CrossKnox 15K, and the Townsend 15K. For a full list of dates and loca-

tions, click the Training tab on the marathon website.

Also back this summer is the Covenant Kids Run Kickoff at Zoo Knoxville! We will host the annual "first mile" of the kids' marathon on Saturday, August 28. When we hosted this event in January, we traditionally started the run at noon due to the winter weather and hoping for a chance for warmer temperatures. Since we will host the 2021 edition in the heat of summer, our start time for the kids' event will be 8 am. Be sure and visit the Covenant Kids Run page for more information about the 2021 Zoo Kickoff Run.

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

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



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

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<https://eddieshealthshoppe.com>

Knoxville Acupuncture
<https://knoxvilleacupuncture.com>

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

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

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

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

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

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

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

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

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

Endurance Sports Management
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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

There's been a lot of updates to the KTC's RunKNOX program since the last edition of Footnotes. We've completed our transition from RunSignUp to Training Tilt with the full launch of our new website: <https://runknox.trainingtiltapp.com/>. This new platform is proving to be a powerful tool for us to serve our members by providing a convenient location to house all things RunKNOX. Both the free app and the web-based page allow users to conveniently have their weekly schedule at their fingertips, document their progress, and communicate with coaches and peers.



We've updated our membership options by adding a monthly subscription service and one-on-one coaching to go along with our traditional seasonal KTC target race programs. We've also tweaked our weekly supplemental work-

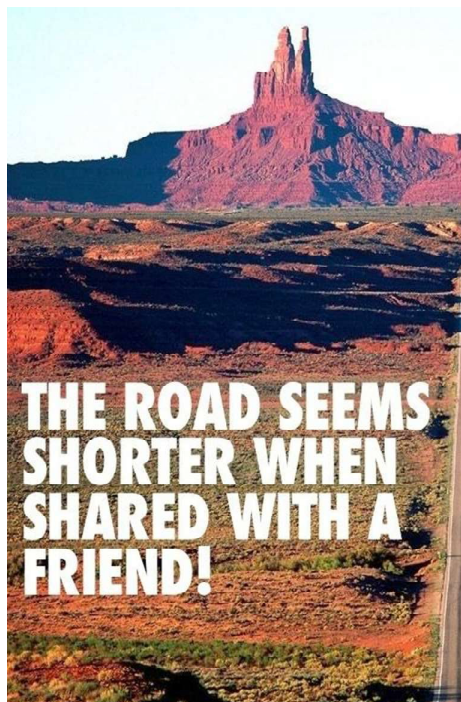
outs by replacing Core and Yoga with Functional Mobility. You know all that stretching and strengthening work that we should be doing on our own, but tend to skip? We've partnered with PhysioLab to add 2 weekly group exercise classes to cover those needs. This class is runner specific and designed to address common running related injuries before they derail a training cycle.

We're back to full capacity in-person workouts as we gear up for the fall edition of CHKM 26.2/13.1/5k. You're always welcome to follow along virtually, but for those comfortable with meeting within the group setting, we are open for business. We look forward to seeing many of you at the CHKM Group Training Runs and

you can expect to see RunKNOXers back at all the local races too. Fall marathon training is tough since we must log lots of miles in the heat of the summer, but it sure helps to share in the suffering by slogging through those miles with other people. If you find that you're struggling to maintain consistency through the summer or realize that you enjoy the camaraderie of the Saturday Group Runs and want to find that feeling for mid-week workouts, hit us up.

We're always happy to let you come bandit a workout or two to test the waters before jumping all the way in. Check out the new website to get a feel for who we are and what we do. After that, send any questions through the "contact us" feature or email a note to runknox@gmail.com. We love hearing from you!

<https://runknox.trainingtiltapp.com>



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



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

Treadin' Trodden Trails

Michael deLisle
KTC Trail Series Director

An Introduction to Haw Ridge

The first time I ran at Haw Ridge, I hated it. For the first five minutes. The terrain was impossibly rocky, the heat and humidity stifling, the trail climbing up and up and up. I nearly turned around and quit.

Then I reached the crest of a hill and became a trail runner. Ahead stretched a winding path flanked with waving stalks of tall green grass, gliding gently downhill toward a tree canopied footpath heading into the shade dappled distance. I was hooked.

It mattered not that half an hour later, still in the throes of trail exultation, I tripped on a rock, lost my balance, lurched ahead out of control, reached out for a small tree to catch my balance, found that the tree was dead, and tumbled down, along with the tree, into a patch of poison ivy. Both laughing and cursing, I managed to get to my feet and stagger down to the lakeside, where I washed my arms and legs free of the noxious oil from the *rhus toxicodendron* plants. No matter.

And no matter that the next time I ran Haw Ridge, I was laboring happily up the rather strenuous Roller Coaster trail, an aptly named tortuously twisting manway careening up and down the side of the ridge, when a treacherous tree root tripped me up, causing me to painfully sprain my left ankle. I tried to run out, but could only limp awkwardly up and down the hillside. Even with a walking stick, I got lost twice and spent nearly two hours walking out of a park

that could have been fully circumnavigated in maybe an hour.

What fun!

In the years since I have run and hiked there dozens, if not hundreds, of times. And yet to this day, there are trails that confuse me and have me pawing for my phone seeking a map. But in those early days, cell towers were much less commonplace, cell signals much less accessible.

I've been able to traverse countless routes through the park without too many falls or getting caught up in any toxic shrubbery. An occasional tick has latched on, including a chomp from one of those tiny little devils just last week that still itches fiercely, but thankfully those have not been numerous.

From the sky Haw Ridge must look like a large head of broccoflower, trails sprouting off in every direction through lush buds of greenery. I would guess that only experienced mountain bikers and pedestrians navigate all the trails without getting turned around. There are spurs upon spurs upon spurs, and, even after running there many times, I can almost count on getting at least a little bit lost if I do the smallest amount of experimentation.

And that's half the fun of it. The park is surrounded on two sides by water and two sides by road, so, even if

you get thoroughly lost, sooner or later you'll find your way out. It's just not that big, even though it boasts nearly thirty miles of trail.

All kinds of trails. There are two main east-west arteries, Middle Road and Lake Road, that run laterally along the southern half of the peninsula. Both of these, especially Lake, are essentially double-track trail, more like roads than trails, but surfaced only by packed dirt, rutted and eroded in places, smooth as a baby's bottom in others. The main north south paths ascend and descend the spine of the ridge. At the far west is the rocky, not-very-much-fun western end of Lake Road alluded to in the beginning of this article. I avoid this one. The Saddle Trail is one of my favorites, basically bisecting the ridge and the park, connecting old Edgemoor Drive (a paved road bordering the northern edge of the park) with Middle Road. Just east of that is Low Gap, another ridge cresting trail that has been re-routed and extended in recent years.

From a myriad of points in every direction branch smaller and smaller trails, in such profusion that a trail runner could vary his route slightly each time out and probably not duplicate an entire run for weeks, if not months.

There is signage at major intersections, and most trails are named, if not in actuality, then on maps, a few of which exist within the park.

There are usually three weekends in autumn when hunting is allowed at Haw Ridge. Other than that, the only hazard, other than what I've already mentioned, is that you may find yourself so thoroughly enamoured with trail running that you never want to run pavement again, and that's rather impractical, given the sea of asphalt upon which we float.

To get to Haw Ridge from Knoxville, find your way to Edgemoor Drive, just north of the Clinch River between Oak Ridge and Solway. Go east about a half mile, turn in and park by the

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2021 TRAIL RACE SCHEDULE

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*



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kiosk. Or travel further east to Old Edgemoor Drive, go to its end and park, and run back a half mile to the trailhead for Edgemoor Trail. Either way is great.

Haw Ridge is a bit more technical and difficult than some trails, but its beauty and challenges shouldn't be missed. Give yourself time for exploring. You'll be glad you did.

And the best way to explore it might just be to register for and run the Haw Ridge Trail Race this coming weekend, Saturday, July 10 at 8am. The race is somewhere between 7½-8 miles in length and offers a great opportunity to find your way through the park. There's also a Kids Trail Mile starting at 7:30am. It runs almost completely on single track trail and is guaranteed to be a ton of fun for the kiddos.

Either way, Haw Ridge is just waiting for your arrival. See you out there!

Executive Director's Column

AAA continued from page 6 AAA

distancing. The 2021 Memorial Day Weekend race was the "coldest" EXPO in recent years. Following the good weather trend, both Hal Canfield Memorial Milefest and the Pilot Fireball Moonlight 5k had amazing temps and lower humidity than usual. Fireball was a remarkable evening running alongside the Tennessee River as the sun was setting.

The Treadin' Trodden Trail series has been full steam ahead and experienced great growth and fast times. It's been fun seeing old and new faces participating in the trail races. This is a great way to see the diversity that East Tennessee has to offer as each trail system has its own unique personality. Up next on the TTT schedule is the Haw

Ridge Trail Race July 10, 2021.

Up next for the road racing is a new course for the summer 10k. The Springbrook Splash 10K will start and finish by the Springbrook Pool in Alcoa. This course is mostly greenway on a beautiful new section by the Little River. This mostly flat course will make for a great run ahead of a splash in the pool to cool down after the race.

With a full schedule on tap for the remainder of 2021 including a mix of new race courses and some perennial favorites, I encourage you to pencil in the rest of your race schedule for the year. I hope to see you soon at one of our events.



KTC HALL OF FAME NOMINATIONS

The Knoxville Track Club is preparing for our next Hall of Fame Class which will be inducted in October 2021. We are soliciting nominations for inclusion into this class, and ask that they be submitted between July 1 and August 15, 2021. Nominations are for either athletic achievement or service to the Knoxville Track Club. Nominees must have been members of the Knoxville Track Club during the time period for which they are nominated.

- 1) **Athletic Achievement:** Individuals recognized for outstanding performance as a KTC representative in track, field, or road racing competition. Preference is to individuals with outstanding performance on the national level. Examples include athletes who excelled at national events, Olympic competitors, or dominance in local racing events/categories while representing the KTC.

- 2) **Service:** Individuals whose service went above and beyond that expected to the volunteer based club, to create, grow, or significantly enhance the Knoxville Track Club or the local running community. Examples include club founders, program creators, and individuals who bring major positive recognition to the club at a national or local level.

Nominations may be submitted to either Event Director Larry Brede (lawrence.brede@yahoo.com) or Selection Committee Chair Bobby Glenn (bgruns@icloud.com). The Standard Nomination Form can be accessed on the KTC website at <http://www.ktc.org/ClubInfoDocs/HOFSelectionGuidelines.pdf>, but use of that form is not required. Nominations may be submitted in any format. The Selection Committee will make the selections, with the 2021 Class announced in late August 2019.



KTC High School Spotlight

Alcoa High School's Abdul-Rahmann Jaber



by *Patty Tracy-Thewes*

This month's High School Spotlight focuses on Alcoa's Abdul-Rahman Jaber. Abdul-Rahman has had quite a successful ride since taking up running and joining the Alcoa High School Team as a sophomore, in 2019. Culminating his first cross country season, he ran a 17:35 at the Footlocker South Regional Championships. In 2020, as a junior, he bettered that time, posting a 16:38 at the TSSAA State Championships securing a 6th place State finish in the D1-Small Schools Division. He ended the 20-21 school year leading Alcoa High School to their first ever State Championship title, placing 6th in the 800 (2:06), 3rd in 1600 (4:37) and 3rd in 3200 (10:19). Abdul will be entering this 2021 Cross Country season as an experienced senior. We caught up with him to get his thoughts on this and more.

What are your goals for this Cross Country Season?

This year I want to break sixteen minutes for my 5k. I also want our team to win the state championship. And, I want to have a lot of fun since it is my senior season.

You had third place finishes in the 1600 and 3200 this past May at the TSSAA State Championships. How did you feel about these races and feel overall about these accomplishments?

I felt very good about my finishes at the state meet. What I am most proud of though, is our team title. It was a really good season for us. Everybody on the team worked hard and it was fun to be a part of everyone experiencing that success.

You are a senior this year. Who has been your favorite teacher from all your years of schooling, and why?

My favorite teacher is Ms. Vanaudenhove. She teaches chemistry and also anatomy and physiology at Alcoa High School. Ms. V is always really helpful and she made her class really fun. I learned a lot from her.

How and when did you start running?

I started running my freshman year of high school just before track season started. That spring was the first time I ever ran on a team. I just decided that I wanted to do something. I don't really know why I chose running, other than I had done the pacer test in middle school and thought I might be pretty good at it.

If you gave advice to your younger self, just starting a High School running career, what would it be?

This is a difficult question to answer. I guess the one thing that I would tell myself would be to start running sooner. I really wish I would have run cross country my freshman year. Back then, I didn't even know what cross country was.

If you could go to dinner with

anyone past or present, who would it be and why?

If I could go to dinner with anyone, I would want to go to dinner with Barack Obama. He is a strong leader and an inspiration to me and a lot of other people. He is also an athlete himself.

Any plans post high school yet? If so, please elaborate.

I definitely want to continue running in college next year. Right now, I don't know where that will be. But I am looking forward to making that decision sometime soon.

What are you looking forward to most in this upcoming XC season?

I am looking forward to competing again this season. I am really excited that we will be able

to race in bigger groups this year and get back to having meets that are more "normal" than they were last year during COVID. I also am really looking forward to running some new personal bests.

The Knoxville Track Club wishes Abdul-Rahmann the very best this upcoming school year and with all his future endeavors!



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Low Back Pain in Runners

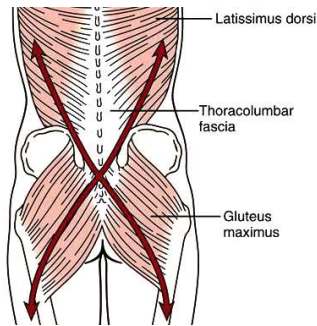
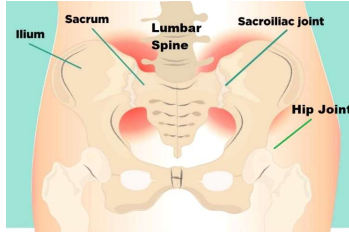
by Dr. Matt Campbell, DC
Sports Chiropractor at Knoxville Spine and Sports

With runners, the first type of injury that comes to my mind is typically something to do with the feet and legs that take such a beating over the course of the run. I reflect on many of the conditions that I treat in runners like achilles issues, the dreaded plantar fasciitis, IT band syndrome, etc. But my brain doesn't necessarily seem to jump to probably the most common thing seen by chiropractors and physical therapists day in and day out, runner or otherwise, low back and "hip" pain.

The low back and pelvis are the terminal points for force absorption from the impact of running in the body. The impact of the foot strike travels up through the lower extremity, force being absorbed at the ankle and knee along the way, and ultimately up into the hip joint (think hip bone on the side of your leg). It doesn't stop here though as the significant residual energy will move through the pelvis and into the mostly rigid sacroiliac (SI) joint as well as the lumbar spine. Break down in the ability of these way points to absorb any of these forces along the way means a greater amount will be transmitted onto the next point and problems can arise.

It is important to note, though, that potential issues don't just arise from break downs in energy absorption from

impact. The hips and pelvis are also the main drivers of movement of the entire leg. Your strong glute muscles that are used to propel you forward attach to the hip joint and cross the SI joint giving fibers that attach across the low back and into the opposite side latissimus dorsi (lat) muscle. The constant activation of these muscles stride after stride can irritate these joints if proper bracing or muscle stabilizing doesn't occur.



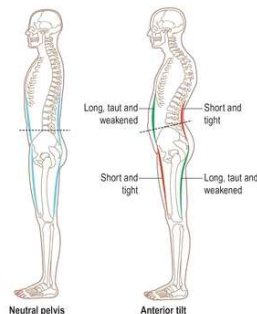
So, where does most low back pain in runners typically come from and how do we fix it? Let's break down some of the common causes of low back pain in the running community.

#1: General low back pain

Where: Dull pain that develops generally across the low back (think: over the big muscles surrounding your lumbar spine and centrally over the upper part of sacrum/tailbone) typically during the beginning/middle of the run. It may also be worse going uphill.

What is it? Facet joint pain or premature fatigue of erector spinae muscles

Cause: Likely, the pelvis is being pulled anteriorly by overactive and hypertonic hip flexor musculature. This will force you to arch your back more than you need to



during a run and will irritate the joints of the low back

Tips for fixing it:

◆ During the run think about leaning forward and almost falling into your next step. This will help to keep your foot more underneath you on foot strike instead of over striding and allowing your foot to land far in front of your center of gravity. Also think about a stronger kick when pushing off into the next stride.

◆ Work on your butt. Squats, walking lunges, Romanian Dead Lift, glute bridge with a march, straight leg hip extensions. Research these movements and incorporate these or some other type of posterior chain strengthening into your workouts.

◆ Aggressively stretching the hip flexors in concert with the glute activation/strengthening drills above. Stretching alone will help but the results won't last unless you have a strong butt to go with it.

#2: Posterior hip or lumbo-sacral pain

Where: Dull or sharp pain that develops over or near one of the bony parts at the back of your pelvis. The pain will likely radiate out into the glute or to the side of the hip. It may be more noticeable going up hills and especially when landing on and pushing off of the effected side.

What is it: Sacroiliitis or inflammation of the Sacroiliac joint.

Cause: Can be from one jarring incident or a gradual onset over time. If from one jarring incident, the ilium has either slammed into or shifted against the sacrum. The surfaces may be bruised or are no longer lining up with each other the way that they need to.

If gradual onset, likely constantly pounding the pavement without adequate hip stabilizing musculature (think

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Confessions of a Social Jogger

by Patty Thewes, KTC Social Director



My Red, White and Blues

Maybe it's that power dress with the big shoulder pads or those parachute pants that you just know will come back in style?

Maybe it's that holey underarm sweat-stained shirt from that special race you just can't throw out?

We all have that one article of clothing that we just can't seem to part with. For me it's my red, white and blue running shorts, circa early '80s.

For the 1976 Olympics, this red, white and blue flag-like pattern came out on everything like swim suits, shorts...and this pattern lingered on for several years. The year 1976 was not only known for the Olympics, but for the passing of Title 9, another monumental moment, particularly for women in sport.

A few years after Title 9, my junior high, then high school finally got a girls' track team. This was very important to me and for the girls who followed. I went on to a collegiate running career.

Sometime around then, I nabbed a pair of these running shorts with that red, white and blue pattern.



In 1984, women were finally allowed to compete in the Olympic Marathon. Yes, the marathon that was an event in the original Modern Olympics for men, back in 1896, but somehow took until 1984 to be an Olympic event for women.

I remember watching USA's Joan Benoit on TV, running into the stadium in LA, winning the first Women's Olympic Marathon for USA. I remember wearing my red, white and blue shorts with pride for our country and for Benoit's accomplishment.

In the late '80s, I married an officer in the US Air Force, and somehow the shorts took on even more meaning. For pretty much the first time in my life, I became aware of the significant sacrifice others had made for the freedoms we all enjoy in this country.



I continued to wear my red, white and blues for Veteran's Day, Memorial Day, Independence Day runs and other random events.

Flash forward 30+ years, and even though this shorty short style went out somewhere in the 90's after Bill Clinton wore them during his famous runs ending at McDonalds, I still have my red, white and blue version of this short. You bet I will be wearing them with pride at the KTC Fireball 5k, celebrating Independence Day!

While our country is still a work in progress, I am proud to be an American, and so thankful for those who sacrificed along the way to protect and advance freedom for all. These shorts remind me of this, and of all the wonderful and diverse people I have met through the years while living in multiple states across this beautiful country.

So, I hope to see all of you at the KTC Fireball 5k, wearing your own red, white and blue. I'll be the one with the shorts.

Wednesday KTC Group Runs

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



TRI-BAL KNOWLEDGE



Racing as a Family Affair



by Larry Brede

If you've read these TRI-BAL Knowledge articles over the past few years, you know that I've really fallen in love with the sport of SwimRun. This race format, a series of runs and swims with a partner, is challenging and fun. There isn't any set distance; races are aligned against what nature gives them.

Personal Best Racing hosts SwimRun Knoxville out of Ijams Nature Center in the South Knoxville woods, rivers, and Meads Quarry. About six weeks prior to the 2021 event my 14-year old daughter Maci called me and asked if she could be my partner for this race. Like all parents, I said "heck yes!!!" Many KTC members know Maci as she's been running KTC races since she was itty-bitty. Not so tiny anymore at 5'11, she's an active cross-country and track runner who also plays basketball all winter and spring.

Though very athletic, Maci isn't a swimmer. Prior to race day we did get in one open-water practice swim. The advantage of SwimRun is that you can tether your partner, so with one end strapped to my waste and the other to hers, we went to the Cove and did a little test run. It went "swimmingly"! She just followed my lead and we ended up getting in 900 yards

without any problems. We were ready for race day!

The race itself started at Ijams with a run down to Meads Quarry. There were only three teams in the short course category, so we all had our eyes on each other. When the gun went off we all made it the mile down the hill and entered the quarry at about the same time. That swim is a short 400 yards, but enough to where the other teams had a little lead on us going into 3-mile run #2. Maci is a big competitor and really wanted to stay in front, so we started that run quickly. Before the first mile we were fortunate to catch the other two teams and got a little lead before hitting the water again. The next series included swim #2 through Meads, run #3 right back to the swim entrance, and swim #3 back through Meads again. In this double swim one of the other teams passed us and had a small lead going into another 3-mile run #4.

Amongst many, many reasons, here's one that really makes me proud to be Maci's dad. Run #4 starts right up Tharp's Trace, and she wanted to make sure we caught that



team. When they started walking up the hill, Maci put down some big effort. By the time we hit the peak, they weren't in sight and she kept the hammer going while we made it downhill. At this point someone had moved the course markings, but we were fortunate to know the course and stayed on track. As a result, we ended up getting to the final river swim #4 well in front of the pack. Maci jumped right in and a half mile later we were out of the water and finishing a short run #5 up to the finish to win the event.

Multisport is always fun, and my happy place is racing through the woods of East Tennessee. Getting to enjoy a race with my daughter only added a level of enjoyment that I haven't ever experienced. I fully admit to being a biased father, super proud of Maci! What a great adventure; I can't wait to do it again!





Why Running Makes You a Better Mom

by *Whitney Heins*

When you become a mom, suddenly your time is no longer your own—and that includes taking time to go for a run. But many research studies show that running makes you a better mom.

Obviously, I believe this in my heart—otherwise, I would not have founded The Mother Runners.

When I was pregnant with my first kid, people loved to tell me how I could kiss doing the things I loved to do goodbye, including running. “You won’t have the time,” they said. I remember trying to help co-workers with young kids carve out time in their busy schedules to hit the pavement or the gym. But it seemed close to impossible.

What about the parents who found time to exercise? Were they bad parents because they were taking time away from their kids to do something for themselves? Were they selfish?

Sadly, when I had my first child, I thought this. I NEEDED running so badly. I needed time to myself. I needed to feel like my old self again. I needed to not be anxious about every baby sound or feeding her around-the-clock. But I felt so selfish leaving her (wailing) to do something for me.

Too many parents let the barriers of busy schedules, sleepless nights, and guilt stop them from running—or doing something for themselves.

The result is not good. You trade those few hours you take for yourself a week in for a parent who is unhealthy (potentially overweight), resentful, stressed, short-tempered, anxious, unhappy, and even depressed.

Research shows that self-care is like

emotional first aid: you take care of yourself first so that you can take care of others.

Most mother runners have encountered those underhanded comments from naysayers about how they wish they had enough time to run or that it’s “so nice” to take that time for yourself. These comments don’t come from a good place. We are all busy but if there is a will, there is a way.

And now, I am offering seven research-backed reasons for you to keep running and keep setting goals—because it makes you a better mom. So keep going, mother runners!

Running helps you keep up with your kids

First things first. Running gives you stamina. As Ironman finisher and mother runner Allison of Gig Harbor, WA puts it: Her running is “training to keep up with my toddler.”

Indeed, no one needs stamina more than a mom because let’s face it—kids are energy suckers. They have endless amounts of energy, so you need energy to keep up physically and mentally. No one wants to be the wet blanket mom sitting on the sidelines or turning down fun activities because you can’t keep up.

Research shows people who exercise regularly feel more energetic throughout the day. More than the physical benefits—there are lots of mental benefits. People who exercise regularly have an overall better sense of wellbeing.

People who exercise regularly:

- ◆ Sleep better at night (there is a powerful reason right there to run!)

- ◆ Have lower blood pressure
- ◆ Are more productive
- ◆ Have better moods
- ◆ Have a healthier heart
- ◆ Eat less sugar
- ◆ Have sharper memories
- ◆ Have stronger immune systems
- ◆ Feel more relaxed and positive about themselves and their lives.

Running makes you a happier mom

When you feel bad about yourself, chances are you aren’t very nice to the people around you (including your kids). You are cranky and feel defeated.

Studies show running boosts your self-esteem. As Rachel F. of Knoxville shares: “When I get time to run, I always feel happier and excited to be home!”

She’s not alone. Running makes you feel good about yourself. It makes you feel empowered, strong, and gives you a sense of achievement. And, research shows, it is a wonderful tool for common mental health challenges like depression and anxiety.

Running also gives you that so-called runner’s high—a dose of feel-good endorphins—that gives you a sense of euphoria and makes you feel less pain. The effects of running are so powerful, it can relieve depression symptoms. One study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by more than 25 percent. It also found that maintaining an exercise schedule reduced the chance of relapsing into depression.

Running makes you a more patient mom

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Better Mom

*** continued from page 20 ***

Ask pretty much any mother runner about a benefit of their running and they will say that it gives them more patience. Andi R. of Rockford, MI, sums up what a lot of mother runners feel when she says that “running helps me have more patience and get my antsy anxiety out.”

Research supports that: one study shows that exercise in particular helps you self-regulate, or control your emotions better, in difficult situations.

More studies show that exercise is a natural and effective way to reduce anxiety. It relieves stress, boosts energy, and gives you those feel-good endorphins.

The physical activity helps to relax the muscles and relieve tension in the body, too. And because the mind and body are connected, when your body feels better, so does your mind.

Countless mother runners credit their runs with helping them relieve work stress before going back into mom mode or helping them hit re-set when they're kids are stressing them out.

Your running shows your kids how to live healthy

Our kids mirror what we do. And what better way to show them how to live healthy and take care of the only body we will ever have than to run, eat well, prioritize sleep, and overall make good health choices?

Running is a lifestyle. To reap the benefits, you have to treat your body well. By doing that, you are showing your kids what it means to be healthy. And what more do we want for our kids than for them to be healthy (& be better listeners...)?

There is much research that shows the benefits of exercise for kids. There

are the obvious physical health benefits which are so needed as less than 20 percent of children meet the physical activity guidelines.

Then, there are a host of mental health benefits for kids from exercise: Some of the psychosocial health benefits of running in children include:

- ◆ perceived competence and confidence
- ◆ stress relief
- ◆ anxiety management
- ◆ development of key life skills like goal setting, teamwork, and cooperation

Your running teaches your kids about goal-setting

Your running also shows kids what it's like to set a goal and work hard to reach it. Our little sponges are soaking up every early morning run, every ounce of grit used in a race, every rebound from tough workouts or bad races.

Similarly, for kids who start running with their parents, the sport provides a wonderful platform for them to set goals, achieve them over time, and grow confidence at an age when confidence starts to decline.

As Elizabeth M. from Knoxville notes: “My running shows my kids that if they work hard, they can achieve their goals.”

Your running teaches kids how to not give up

Research shows that exercise builds resilience so that we can bounce back from life challenges in a healthy way. It gives us a “no quit” attitude that permeates through the rest of our life into our offspring.

I'll never forget when I was having a down moment while riding the 1½ year long injury cycle of my hamstring tear. My daughter heard me crying to

my husband saying that “maybe I should just quit running.”

I had so many ups and downs that I was contemplating dropping my Olympic Trials qualifying dream. Eleanor, 6, interrupted. “No, Mom. You CAN'T! You were meant for running.” She absorbed my perseverance and gave it right back to me when I needed it.

Running helps you live in the moment

Mindfulness, or living in the moment, is a key for happiness. A plethora of studies show how mindfulness reduces stress, improves outlook, and betters your overall health. Running conditions us to be mindful by forcing us to pay attention to how we are feeling mentally and physically every step of the way. It forces us to connect our minds and bodies, and this connection can spill over into the rest of our lives—soaking in the little moments of the day that make life great.

Rebecca Weinand, a mother runner and health and wellness coach who studies mindfulness, says for her: “running re-energizes me physically but it is the time my mind and heart need to naturally declutter. This creates space so I can be present and more focused on my life outside of running.”

Running can empower us to shut out distractions and be present with our kids—an invaluable gift as we know time as a parent is fleeting.

You know that saying, you can't pour from an empty cup. Well, it's true. There is a reason why you put your oxygen mask on first in an airplane. You can't help others if you're running out of air.

Running gives you time for yourself, to do something for yourself. It allows you to fully embrace the time you have with your family by filling your cup, by giving you the air and the space to be the best mom you can be.

And now you have research to prove it.

Knoxville Track Club thanks

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- * 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.

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* 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.**



Biking With Bob

by Bob Godwin



Reminiscing

At 79 years of age, I am permitted a bit of reminiscing. I returned from two years service in the Army in 1968, rather fat and terribly out of shape—like now! I started running in old Converse, switching to my combat boots in the winter.

Within a year or so, I discovered and began to use running shoes. There were no running shoe stores with hundreds of choices—I bought my first few pairs from the trunk of a fellow runner's car.

Many years, and thousands of miles later, I had run all the usual race distances, up to marathon, and thought I'd try triathlons. I was good at running, okay at swimming, and not bad at biking, but I had a lot to learn about bikes.

I always maintained the bikes of my youth and intended to do so as a triathlete, but a lightweight "10 speed" was much different from my "English 3 speed." I purchased guidance in the form of "The Complete Book of Bicycling" by Eugene A. Sloane, 1980 Edition, a wonderful book which lived up to its title. I know, 1980 was long before many of my devoted readers were born. That's why I'm going to share a few quotes and observations from said book.

"Today there are no professional racing cyclists in this country, although there are hundreds in Europe who have earned a lot of money from the sport."

If you want to make bicycling your pastime, you should look for the more expensive "touring machines, because nothing will stir your interest and continuing devotion to exercise more than having a responsive bicycle." Today we differentiate between "touring" bikes, which almost disappeared from the scene, and "road" bikes, let alone "commuter" and "mountain" bikes. But the thought expressed in the quote remains true.



He quoted some prices for your frame of reference in purchasing your bike:

Schwinn "World Sport" commuting bike: \$139.95

Windsor—men or women's mixte frame \$165. Author's view: "I see no reason for any women's frame unless a dress is going to be worn while riding." Bob's comment: When did you last see a women's frame?

As for "touring" bikes, consider Azuki—\$209.95, Miyata, Puch, Bertin, Soma, Nishiki. Be honest. How many brands did you recognize? My first triathlon bike was a Nishiki, with lovely front forks chromed in the lower half, AND with bar-end shifters which, "are a lot safer than levers, as you can shift without removing your hands from the bars." When did you ever see a Nishiki, or bar-end shifters?

Racing bikes were personified in

the Schwinn: "short wheel-base, Reynolds 531 double-buttet frame, fully lugged, Campy fork ends, Campy tubular tires, weight 23 lbs, \$900. Still sounds good 40 years later, huh?"

Note: all above had rattrap pedals with toe clips and straps. I still have them on my Nishiki. That's right, I have a great deal of difficulty in parting with any of my bikes. Each time I resolve to donate one, I clean and service, then ride it to check my work... and am lost in memories of wonderful Spring rides, trips around Cades Cove, races throughout the South, cross-state rides, the triathlons in Sweden and France, etc. And it almost always ends back up on the hanger.

Fine, light weight rims were Michelin-\$10, and Weinmann -\$11.

There were early disc brakes, but all were mechanical.

In 1980 enthusiastic riders might join the League of American Wheelmen.; now, League of American Bicyclists. The aims remain the same, however, being Advocacy and Education.

I had fun thumbing through "The Complete Book," reliving the many hours of riding fun, and the joys of maintenance done well, noting the occasional smudged thumb print, the dog-eared pages on rebuilding the rear hub and chain wheel sets.

Enough of this! I'm off for a ride!

Low Back Pain

*** continued from page 17 ***

about the muscle activation in Figure 2) has allowed the joint to shift in some capacity. When this shift happens, the joint doesn't articulate like it should and is unable to absorb and disperse the force of impact and push off effectively.

Tips for fixing it:

◆ First you need to try to re-seat the two bones in their ideal position with one another. Sometimes you can do this yourself with a few very specific muscle contractions. The following video demonstrates how to perform this. Click the link or go to Youtube and type "SI joint reset". It is the first video that pops up.

◆ <https://tinyurl.com/92r8cd4w>

(For the record this is not me, just a rather exuberant, fairly obnoxious PT. If you're not into over the top Youtube personalities skip to ~ 4:00. You're welcome.)

◆ **IMPORTANT:** If there is still pain after a few days of trying to reset the joint yourself and performing the following exercises you should see a professional. Preferably a chiropractor or physical therapist that can further assess the joint.

◆ Gentle stretching of the hips and glutes can also be effective to mitigate the pain and help to get things reset.

◆ Once the joint is re-seated into a more ideal, neutral position, exercises to strengthen and stabilize this joint must be employed. Bird dog, glute bridge, gentle Single leg RDL, can all be performed as long as they don't cause pain. If they do, stop before the pain point or stop doing the movement all together.

#3 Hip pain

Where: Dull or sharp pain that is located around the hip joint. Commonly, the pain will be localized to one general location in the hip. It could be felt in the front and feel like deep hip flexor pull/strain. This may also radiate slightly into the groin area. It could be felt mostly on the bony part on the side of the hip. Concurrent pain at the same side SI joint is also fairly common with pain in either of these places.

What is it: Unfortunately, the variability in

diagnoses for something like this is fairly extensive. More than likely, though, it has something to do with either the true hip joint or the attachment of a muscle or ligament to the hip joint.

Cause: Again, it could be a smattering of events. If it was a sudden onset of pain, likely it would be some type of strain to one of the muscles or tendons around the hip. Most of these issues are gradual, though, due to a culmination of events over time with faulty movement patterns and manifest in the form of a hip muscle tendinopathy, compression of the bursa, or damage to the anatomy inside the joint.

Much of this though can be hereditary, as the orientation of the hip joint varies from person to person. Hip dysplasia or a misshapeness of either the hip socket or head of the femur can cause many different presentations of hip pain. It will be important to be checked for this if chronic hip pain is something that you deal with.

Tips for fixing it: The best advice that I can give for something like this is that if it continues to be a nuisance despite doing the right things like addressing deficiencies in ROM and balanced hip strengthening, see a sports medicine specialist. The hip is a very complex joint and many people waste a lot of time spinning their wheels trying to nurse an issue that actually isn't the problem at all. If it isn't going away, see someone that can identify the problem and formulate a plan to get you back to activity as quickly as possible.

It goes without saying, but I would be remiss for not at least mentioning that low back pain in the human being is an immensely nuanced and complicated thing. These tips and tricks hopefully will be helpful in resolving a few of the most common and straightforward brands of low back related issues. However, low back pain is an incredibly individualized and intimate thing that certainly may take a type of treatment that is equally individualized. Something I have to remind myself is that seeking professional help is not failing, but rather succeeding at conquering the issue in the most efficient and effective way possible. Drink your water and don't train mid-day. It's gonna be a hot one.

Stay mobile my friends!

Photo Credit:
Figure 1 - <https://creakyjoints.org/education/sacroiliac-joint-pain/>
Figure 2 - <http://openhealthclinic.com/its-all-about-the-glutes/>
Figure 3 - <https://westcoastsci.com/blog/pelvic-alignment-and-your-posture/>



KTC BOARD OF DIRECTORS

Minutes of April 2021 Meeting

APRIL 26, 2021

The meeting was called to order by Tim Monroe at 6:02pm. In attendance were: Christina Adkins, 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, Stephanie Bailey, and Michael deLisle attended as guests. Tim expressed his thanks to those who ran or helped with Dogwood.

Minutes – Minutes were presented. Gabe noted that Jason Bailey’s name had been left off of the list of those attending as guests. P. Mark moved to approve the minutes as amended, Alicia seconded. Board approved unanimously.

Regular Reports

Executive Director Report – David thanked those who assisted and supported the inaugural Sweetwater race. He gave a special shout out to Brian Huskey for support on making whatever decision was needed regarding the weather. David also gave a shout out to Bobby Glenn for helping set up. David asked for questions on his report. Tim M. asked if there were any races without RDs coming up. David and Stephanie confirmed that there are directors lined up for all races. RD for Sweetwater had to cancel at last minute. David was thankful for those who pitched in to make it a great race. Christina asked if there would be virtual options for the races for the remainder of the year. There will be. Tim mentioned the note in Stephanie’s report regarding a possible move for the Carter Mill Splash to Springbrook in Alcoa. Tim asked if



the Road Race Committee is up and running. David noted that the RRC is about up and running again. David noted that before the switch is made regarding Carter Mill, RRC will be consulted. Alcoa location allows for larger crowds, potential for a kids’ run, and still has a pool. RRC will meet within the next week or two.

Marathon Director’s Report

Jason noted that a virtual option has been added to the marathon sign up. This has been well received by companies who have employees across the country. Jason noted that there is a price increase on June 1st. This will give a good indicator of how hesitant people are to run in person as people move to register before the price increase. Jason noted that he is pleasantly surprised that ORNL has come back as a sponsor. Frank Shorter is confirmed as the guest speaker for the expo. However, if conditions don’t allow for congregating at the expo, he may act as an ambassador for the marathon with media, handing out medals, etc.

Event Manager Report (Youth Development)

Stephanie noted that there was not much to add to David’s report on Sweetwater and Dogwood. There has been a change in potential date for the airport run – airport’s leadership didn’t feel comfortable with the original date given that they don’t know what summer travel will do with COVID cases. They are still supportive of the event, but will move to fall, probably September. Michael asked about CrossKnox. There is preliminary approval from the City for August 29. David noted that we are looking at 15k and 30k option for CrossKnox because this would line up nicely with the marathon training schedule.

Trail Committee/Footnotes/Website Report

Michael reported that Footnotes is about ¾ done and will get published May 2 or 3. Michael has had conversations with Zane and the web designer about the website. Michael has a meeting set up with the web designer for later this week. Trail committee is continuing with virtual trail races with exception of Big South Fork and Norris. People have appreciated doing the races on their own schedules. Tim M. noted that Zane sent a note regarding the website. He is hoping to have it ready to roll live by Friday or Monday. Zane will need to schedule someone to be available to monitor and make sure the launch goes smoothly.

Treasurer’s Report – Keith highlighted that we applied and qualified for second round of PPP loans. This will give us flexibility. The 2020 financials for the marathon were closed out and we anticipate \$100,000 back to the club. There were no questions for Keith.

KTC Investment Strategy Discussion

Tim asked if, after the presentation last month, if there is a desire to change our investment strategy. Keith noted that if we change our community investments, we likely need to change our strategy. Alicia noted that if we have a specific thing we want to spend on, we should consider changing our strategy, but if we don’t have any specific projects, we would keep our current allocations. Suzanne asked Keith if he had a recommendation. Keith noted that it really depends on what/if we want to do relative to community investments. There was general consensus that we are comfortable with our current investment strategy unless we want to invest in a specific project.

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KTC BOARD

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KTC Community Investment Discussion — Tim asked if anyone is opposed to taking some of those savings to invest in the community. Discussed the options of exploring a larger community investment. Alicia moved to explore options for projects. P. Mark seconded. There was unanimous agreement. There was discussion regarding how to go about further exploring options. P. Mark noted that it will be important to talk to community partners about their needs rather than just deciding on a project. David H. noted that we need to figure out how to leverage corporate and community partnerships to have the biggest impact on fulfilling the club's mission. Tim M. noted that we need a Community Investment Committee. Tim asked if anyone is willing to serve as the chair. David H. agreed to chair or serve. P. Mark, Alicia, and Jason W. volunteered to serve as well. Jason A. noted that he and David would be good contributors to the group and will serve in whatever way is appropriate for them to be involved as staff. Summer Jo could not attend tonight's meeting, but sent an email expressing

interest in community investment for youth. We will reach out and see if she would like to serve on this committee. Keith noted that he will contribute as needed. Gabe will as well. Tim appointed the committee as identified. Tim will write up a charter/commission for the committee.

Roundtable

Jason A. thanks to the board for the bonus and for the support from the board during a very challenging year last year.

Alicia provided a suggestion for a flat-ish one-mile route as a potential Hal Canfield site.

Suzanne shared what she learned about her tour of Safety City. As a partner, you can have a building located on the site (storage). The land would be free.

Tim Hill noted that he is glad to hear the decision about exploring increased community investment. Discussed partnership with AMBC and the trail committee.

P. Mark also expressed excitement about the committee looking into ways

we can expand our investment in the community. He also noted that he is aware of some church property in N. Knox that he will scope out for trails.

David Hinkle noted that he is also excited about the committee.

Pam noted that she sat in on the selection committee for the Hal Canfield scholarship. Very few students are applying for this and she would like to see people involved with the club to apply for this. We need to encourage kids to be involved in KTC events now so that they qualify for the scholarship.

Tim M. asked if we have an update on the Hall of Fame. David noted that Larry Brede has expressed interest. We will need to locate a new site for the dinner and identify nominees.

Tim noted that he would like to target June as a live meeting for the board.

Adjournment

P. Mark moved to adjourn. Alicia seconded. Adjourned at 7:15. No Executive Session. The next Board Meeting will be on May 24, 2021.

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

Thank you for shopping local and supporting us!



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





KTC BOARD OF DIRECTORS

Minutes of May 2021 Meeting

MAY 24, 2021

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

Minutes - Tim presented the April minutes. Suzanne moved to approve, Alicia provided a second. Minutes were approved unanimously.

Regular Reports

Executive Director Report – David noted that we are starting to see upward trends in races. Patti Thewes has been discussing the idea of changing the name of the social group to Fun Runners. David noted that there are a lot of new people at the social runs. Tim M. asked if current trends lead David to believe we will be at 100% participation in races by the end of the year. David confirmed that he thinks we will be at full capacity by then, especially considering that road runners seem more comfortable in coming back now. Alicia commented about Eden and Colby leaving from Run Knox. Currently the Run Knox coaches are Scott and Sarah. Scott is talking to existing partnership at PhysioLab about potentials for core and yoga.

Treasurer's Report – Keith noted there was not much to add to his written report. Tim asked if we needed to revisit our investment strategy. Keith recommended to leave it at the current 80/20 allocation until there is more information from the committee. David

Hinkle noted that since we are not likely to spend any money this year, it makes sense to leave things as they are. There was no objection to leaving the allocation as it is. Keith will follow up with Christina at the Trust Company to confirm that we don't need to take any action. Alicia moved to give Keith the authority to reaffirm the 80/20 split if this is needed. P.Mark seconded. Board approved unanimously.



Marathon Director's Report – Jason noted that we are one week away from a price increase and we anticipate a spike in registration. Jason agreed with David's prior comments that road races seem to be coming back now. Spring Distance Challenge – local packet pick up is at Eddie's. Group training runs start June 12th. Will be starting at 7:30 to accommodate the weather without putting too much strain on the businesses who are opening early to host the runners.

Event Manager Report (Youth Development) – Stephanie noted that she left off the summary from the Road Race Committee in her report. There are a few new race directors this year and we are excited to see how their races go. Hal Canfield mile is approved for Island Home. Verbal approval for Springbrook Splash as a replacement for Carter Mill. Tim asked about any follow up from the airport regarding that run. Stephanie noted that they would like to move it to September or October but are still trying to coordinate calendars. The airport wants to do the race on a Saturday, but this will conflict with football. Tim asked who is on the RRC currently. This is race directors and representatives from the four largest teams (top two competitive and top two social).

Trail Committee/Footnotes/Website Report – Michael noted that he would love to take credit for registration numbers for the trail races, but those numbers are not necessarily the number who show up to participate. Tim. M. asked if the new trails are open at Sharps Ridge. Tim H. noted there is just one new trail open, but they are close to opening another 2 miles soon. Nothing additional to add to the written reports.

Tim asked about the recent passing of Hall of Fame member, Hayes Hunter. Jason spoke about the contributions of Hayes and his wife in officiating and supporting races over the years. Jason noted that it might be nice to honor some of those who have passed at the event this year. Tim asked for an update on the Hall of Fame event. Larry Brede and Summer Jo Brooks will work together to plan the event. Bobby Glenn will work to identify nominees. Past venue of Club LeConte is no longer an option. They are considering going back to Buddy's Banquet Hall in Bearden.

Community Investment Committee Update–Tim has issued a charter for David Hinkle and his committee. David noted that they will be setting initial steps to identify what they want to achieve and will have an official report next month.

Virtual Training Opportunity– Alicia has passed along a training opportunity provided by Alliance for Better Non-profits. Tim asked if any board members want to attend, please reach out to David or Stephanie.

Roundtable

TSSAA state track and field meet starts tomorrow in Murfreesboro.

Zane noted that we are moving forward with the website – the event calendar is built in now. Zane's staff will follow up on getting a training session on the calendar.

Tim did a shout out for Justin and Kim Emert's son in his track and field accomplishments.

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KTC BOARD

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Tim Hill asked if there is a way to list unused timing equipment for sale. David noted that it is listed currently.

David B. circled back to the 100% participation goals and noted that CHKM numbers look promising in this regard.

Stephanie provided a brief update on the upcoming ultra. There will likely be limited updates in real time because of connectivity issues.

Jason noted that he, Stephanie, and David have worked on cleaning up the storage unit and it is in pretty good shape right now.

Summer Jo noted that she really enjoyed the video for the Hal Canfield preview.

Tim M. noted that regular June meeting might cause problems relative

to July 4th travel plans for some board members. He asked if there was any interest in moving the meeting to the 21st. There were no objections to keeping the meeting on the 28th, but we do need a new location for an in-person meeting. Tim will work with KTC staff on this – possibly meet at Legacy Parks as we have been able to meet there in the past. Tim also noted that we are likely to get an additional request for the Blue Ridge Relay from a team that is attempting to break a course record.

Suzanne move to adjourn the regular board meeting at 6:55, Alicia provided a second. Unanimous approval.

Executive Session Board Members

The board met briefly to discuss the need for strategic planning with regard to the club and the website with the launch of the new site.

Next Board Meeting June 28, 2021. The meeting will be in person, location to be determined.

Club President

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Switching to focus on our local athletes, I'd be remiss if I didn't give a shout out to a few our members who have done amazing things since I wrote to you last. A couple of KTC teams took to the highways and byways in south Florida at the Keys 100 relay. It wasn't just the heat that was blazing. An all-male team returned victorious as the overall champions, averaging an incredibly fast 5:39 per mile. The co-ed team came home with a fourth overall place and second in their division, averaging a blistering 6:18 pace. Deciding to ditch the pavement, four of our local trail runners took on the exceptionally tough Bryce Canyon 50-miler and 100-miler trail ultramarathons. While none of them returned home with a podium finish, they are all winners in my book just by toeing the line and attempting it. On the multisport front, several members have competed in Ironman events and local

triathlon events with impressive results. Whether you are competing for a podium spot, pushing yourself to achieve a PB, or striving "to just finish", each and everyone of those outcomes are worthy of praise and a high five! Kudos to every one for stepping "into the arena" and "striving valiantly", regardless of the outcome.

Lots of opportunities to get in the arena in local events are coming up in the next few months. Check out the KTC events page (<http://www.ktc.org/Events.html>) for more information on upcoming events. Our social media accounts (Facebook – Knoxville Track & Field Club, Knoxville Track Club Socialites, KTC Treadin' Trodden Trails, CHKM and Twitter - @KnoxvilleTrack, @CHKM, and @RunKNOX) are kept up to date with all the happenings, 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!

www.ktc.org

Complete race results

Event photo galleries

Race calendar

Online registration links

Trail series information

Grand Prix standings

Social events and parties

Links to running sites

Marathon updates

...And much, much more!





RARE SPRING START FOR WANDERERS TRAIL RACE



Kathy Smith, race director

Due to that awful word “COVID” we had to move the Wanderers race from January to May 1, 2021. We thought perhaps it would be our warmest Wanderers race but not so sure it was. (We have had some beautiful weather in January when it was originally held.) It was a cool morning, perfect weather for runners, not so perfect for those of us who were not running.

The kids’ races kicked off at 8:30 am with over twenty kids running this year. The kids mile (actually 1¼ miles but no one seemed to care) was a new route circling around the woods and finishing in the same place as the

adult race. Lots of smiles were seen crossing the finish line.

The adult race started at 9 am with 228 runners lining up in groups of 20. Chip timing was used to ensure a fair race for all. This year’s course

had a few changes which everyone agreed was for the better. The major change was instead of running around the “house in the woods” there is a new trail that cuts in before you get to the house and weaves through the woods and pops out on the other side of the house. This was a nice addition.

Gideon Wilson crushed the course with a time of 19:59 followed by David Johnson (20:43) and Jeremy Donahue (21:03). All three averaged under a seven minute mile (6:26-6:47).

On the ladies side it was Jessica Sheah with a time of 26:33 followed by Kaelin Porter (27:11) and Kaitlyn Hall (27:18).

By the end of the race the sun had risen higher in the sky and it was a pleasant afternoon. All runners were accounted for and we left no one wandering in the woods.

Looking forward to next year’s race, will it be January or May? Stay tuned and stay flexible.





KTC EXPO RECLAIMS ITS PLACE

Muna Rodriguez, race director

This year the Knoxville Expo 5k and 10k races were able to move back to the rightful place in downtown Knoxville, and back to its most recent sponsor, the Crafty Bastard Brewery on Emory Place, and back to the most recent courses! These courses were not as easy as one would think, but definitely met the characteristics of a good Knoxville race!

This year as the world is starting to open back up, I was excited to be asked to direct this timeless race again. 539 of my closest friends signed up with the numbers being very evenly split between the 5k and 10k, with about 25 kiddos in the kids mile. Although we were back in our original spot, returning to normalcy, there was one major difference between this race and years past...it was chilly! That's right, while the Expo is KTC's oldest race, this year was one of the coldest it had ever been at a brisk 53 degrees! And as most runners would agree, that was great,

but as race director, I must admit I had a few layers on!



The kids race kicked off with our awesome volunteers out at the turnaround and amazing police officers lining the corners and leading out. The kids race is always my favorite race to watch. They are so determined and serious....until they're not! I've seen some kids just sit down right before the finish line and be done!

The 5k and 10k runners then awaited, as the National Anthem was sung by one of my favorite up and coming youth ambassadors to this sport, Maci Brede. And then they were off!

We had 29 of Knoxville finest police officers out on the course to protect our athletes and some of the greatest volunteers out there directing and turning them around. One of our volunteers even who'd his wife doing the 5k with a giant flag picture of her that said

"That's My Wife" (courtesy Patdome Promotions). Needless to say tears were shed....maybe embarrassment, but we'll just say love! That's one way to use volunteering to your advantage!

As I was directing and timing, I was able to take a breath right before the speedy finishers started making their way back! Continuing a family tradition, Daniel Sonnenfeldt came in first overall followed by Andee Swann as first place female in the 5k. 10k winners were Will Jeter and Katie Taylor, both blazing across the finish line to claim their titles! We also offered team competitions in the form of mother/daughter, father/son, husband/wife, and three generations! Those were fun to see family coming together to compete and share in their love for fitness!

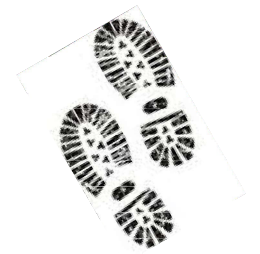
Everyone finished and everyone seemed to be smiling....especially our nine streakers! For 44 years they have competed in this event, and plan to keep moving forward!

Next year we will plan a big 45 year event and hope to see all of our streakers back for more! Until then, I'm always excited to be a part of this community and run with the wonderful people who are a part of it. Thanks to all those who participated!





NO MORE SCUTTling IN TTT RETURN TO SHARPS RIDGE



Tim Hill, race director

By June the vegetation in the South is so thick that the woods become a narrow tunnel of green. The sweat on your skin is at equilibrium with the surrounding warm, humid air. Stray not far from the cleared trail for the poison ivy thrives, though rejoice that the spiders have not yet returned. By June we are seeing COVID restrictions be lifted and a welcomed return to a more normal living and event environment. So on June 5, we held the Sharps Ridge Runner 10k and Kids Trail Mile, with a little less social distancing and a little more home-grown trail racing.



trails provide in addition to the rolling road at the top. A few powerline and tower cable support lines provide a break in the dense canopy for some of the best views of downtown and UTK. The 10k distance fits the trails on point with a very fast downhill finish (at which time the uphill start has been long forgotten by most.)

We slightly rebranded the race this year. We dropped the alliterative “scuttle” in favor of the simpler “runner”, as the steady climb to the top and relentless flow of the trails seemed more fitting to have the more subtle, yet stronger “ridge runner” moniker.

It was a fast race up top with what sounded like a slight mis-turn by some on the descent off the ridge (the course crossed over itself at the junction of

Sharp Shin and Pushline and so a few might have got a bonus climb back to the road). Still, Jeremy Donahue and Chase Givens came down fast on Hanover Road nearly side by side for a close 43:46 and 43:49 finish, respectively. Grace Weber, after pulling sweeper duty in the Kids Trail Mile, came blazing down in 47:46 for first female and 5th overall. Scrolling down the results list, one might notice the name of our esteemed Mayor, Indya Kincannon, among the finishers!

Though we may not continue the marked course virtual option for too much longer, we also appreciate the beta on the trail we get from our virtual runners who took to the course the week prior (especially Andreas for the heads up on the downed tree). We have yet to draw the map for 2022, but my vote will be to keep the Ridge Runner as a fixture in the summer lineup.



Sharps Ridge, the one with the giant radio towers, boasts approximately 4.5 miles of semi-technical, but flowing trails that climb the south side of the ridge. There is a one mile adaptive trail with more to come on the north side. We've held a few races here in the past and really enjoy the mix of terrain the

DON'T FORGET...

NINETEENTH HAW RIDGE TRAIL RACE and KIDS TRAIL MILE. Saturday, July 10. Kids race starts at 7:30 and adult race at 8:00 am. Online registration available on KTC website and Runsignup.com. Don't miss it!!!




KTC VOLUNTEERS NEEDED

Jul 10	Haw Ridge Trail Race plus Kids Trail Mile
Jul 17	Springbrook Splash 10k
Aug 7	Pigeon Forge Midnight 8k
Aug 15	The Trails that Can't be Concord plus Kids Trail Mile
Aug 29	Pilot CrossKnox 30k and 15k
Sep 12	Townsend 15k
Sep 25	Big South Fork Trail Races

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](https://www.runsignup.com)**



NOT KNOXVILLE'S FLATTEST MILE

Andee Swann, race director

In 2018 the title of the article for this race was “Knoxville’s Flattest Mile.” This year it was anything but. If you had ever wanted to see how fast you could run a mile on a tough course, then this was your chance. The majority of the race was flat, but the narrow downhill start and uphill finish added a big challenge to the 1,609.344 meter race. It was no surprise to me that Knoxville’s finest runners took the test head on and proved that they can in fact run superfast times on a hilly course. I have run races in 28 states and I believe that Knoxville/East TN has the largest group of fast runners in the country. This race proved that.



In the men’s race, the top 25 runners ran under 5:31. It was a photo finish at the end with Joshua Mower (4:31) out-leaving Runner’s Market teammate Alex Widner (4:32) for the win. An-

thony Jackson (4:36) claimed third place. Masters Division runners were not far behind, with Seth Crum (4:52), Chris Davis (4:59), and Steven Campbell (5:06) taking the top three spots. In the Grandmasters category, Brent Bueche (5:31) led the way, with Larry Brede (5:57) and Tim Rutherford (5:59) earning second and third, respectively.

In the women’s race the top 25 runners ran under 6:55. KPL’s Katie Taylor (5:11) blazed through the course to win, followed by Beth Herndon (5:28) and Eliza Dickenson (5:31), making up the overall top three. The fastest masters women were Angela Sellers (6:11), Andee Swann (6:13), and Kyoto Yomamoto (7:02). Grandmasters champ Kathy Wolski ran 5:40 to take first place with Debbie Allen (6:45) second and Marsha Morton (6:52) third.

There were just over a dozen kids who tested themselves in the kids road mile, as well. Nick Holliday ran a swift 7:03 for the win, with Josiah Black and Myers rounding out the top three for the boys. Caitlin Carini led the way for the girls with a quick 7:41, and Amelia Reagan and Windsor Slagle finished second and third.

It was so nice to see so many runners come out on a Thursday night to run a race. I always enjoy seeing the camaraderie, encouragement and good fellowship amongst the runners and fans. Big thanks to KTC for putting on another great race, Muna Rodriguez with PBR, Nick Morgan and Tim Morse for taking pictures, Jose Salas for his amazing design on the T-shirt, Jonathan Benfield with BK Graphics, all the wonderful volunteers, and the many sponsors of this race. I hope that you all will join us again next year for the Hal Canfield Memorial Milefest.





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



KTC Membership

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

Leann Adkins
Nathan Ballard
Baucum Family
Richard Baughman
Breanna Beck
Rob Bedrosian
Ashley Bell
William Bell
Megan Bell
Jeffrey Bieber
Kenneth Bielak
Blake Family
Casey Blankenship
Matthew Bonn
Jennifer Brigati
Nathan Burcham
Donna Burruss
Sherry Byington
John Byrd

James Chapman
Buddy Clay
Cressy Family
Zach Crockett
Curran Family
Wade Davies
Kurt Davis
Mariano Del Rosso
Chrysta Dill
Douglass Family
Duke Family
Jessica Everitt
Cody Farmer
Farr Family
Wendy Genovese
Ann Gentry
David Giles
Nicholas Gonino
Casie Rachelle
Ground

Autavia Grubaugh
Terra Haggard
Meredith Hale
Hall Family
Harris Family
Shane Hart
Alexandra Hassan
Heck Family
Mike Hill
Brent Hodges
Paul Horton
Margaret Hudson
Huertas Family
Catherine Hunkus
Kensuke Ishii
Brittany Ivey
Scott Jamison
Johnson Family
Jones Family
Sandy Jones

Ashley Kaminski
Kersey Family
Kolbert Family
Jamie Koonce
Lisa Kovalchik
Karl Kreis
Hester Lam
Brandon Lambert Family
George Lambert Family
Aubrey Langley
Latham Family
Donald Loope
Macias Pulido Family
Maynard Family
Kathy McCoy
Ashley Miller
Mostak Mohammad
Amy Mooney
Jennifer Moore
Cole Morgan

Wayne Morrison
Greg Morton
Antonella Moscoso
Amber Munsey
Narvaez Family
David Newvine
Kelly Navarro
Joe Oliveri
Lindsay Parks
Mike Parton
Maria Prado
Nancy D Raisigel
Todd Randles
Troy Rebert
Rhoton Family
Jonathon Riggsbee
Sharon Rivers
Shaun Robbins
Patricia Robledo
Joel Sanner

Sera Saulnier
Michael Simmons
Skidmore Family
Erika Stevens
Joanie Stewart
Ashley Stokes
Swanner Family
Becky Tener
Jen Tucker
Melinda Waddell
Hannah Walker
Jason Ward
Debbie Wells
Jessica Westerhold
Teresa Williams
Betesu Williams
Kathryn Wolf
Kyoko Yamamoto
Lourdes York

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

Jul - Sep 2021

JULY

- 3 Knoxville - 9:00 pm. **PILOT FIREBALL CLASSIC** and **LITTLE FIRECRACKERS RUN**
- 10 Oak Ridge - 8:00 am. **HAW RIDGE TRAIL RACE** and **KIDS TRAIL MILE**
- 11 Paint Rock - TBA. Heart of a Lion Triathlon
- 17 Alcoa - 7:30 am. **SPRINGBROOK SPLASH 10k** and **KIDS MILE**
- 17 Sweetwater - TBA. Sweetwater Sprint Triathlon
- 31 Maryville - 8:30 am. Scholars Run 5k
- 31 Loudon - TBA. Wild Rose Women's and Lil' Buds Triathlon

AUGUST

- 7 Knoxville - TBA. KTown on the River Triathlons
- 7 Pigeon Forge - 11:59pm. **PIGEON FORGE MIDNIGHT 8k**
- 15 Knoxville - 8:00 am. **THE TRAILS THAT CAN'T BE CONCORD** and **KIDS TRAIL MILE**
- 28 Knoxville - 8:00 am. **COVENANT KIDS RUN KICKOFF AT ZOO KNOXVILLE**
- 29 Knoxville - 6:30 am. **PILOT CROSSKNOX 15k** and **30k**

SEPTEMBER

- 4 Loudon - TBA. Tomahawk Sprint and Super Sprint Triathlons
- 12 Townsend - 8:00 am. **TOWNSEND 15k**
- 25 Oneida - 8:30 am. **BIG SOUTH FORK TRAIL RACES**
- 25 Oak Ridge - Virtual. Secret City 5k Run for Haiti

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

DON'T FORGET...

Sunday, October 3, 2021 - 7:30 am. Seventeenth Annual **COVENANT HEALTH KNOXVILLE MARATHON** and **HALF-MARATHON**. Marathon weekend kicks off Saturday evening with the **COVENANT KIDS RUN** at 4:30 pm followed by the **COVENANT HEALTH KNOXVILLE 5k** at 6:00. Online registration available on the marathon website www.knoxvillemarathon.com

BE PART OF KNOXVILLE'S BIGGEST AND MOST EXCITING RUNNING EVENT!

