

Mar 2020

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



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Marathon Trials - pg 6***

***Gina tops field at
New Year's 5k - pg 29***

***Are you ready for
the CHKM? - pg 9***

***Record breaking
Straw Plains - pg 32***

UPCOMING TRAIL RACES

DARK HOLLOW WALLOW — Sunday, March 8, 2020, 2:00 pm. 11 miles or 5 miles PLUS Kids Trail Mile*. Big Ridge State Park, Maynardville.

NORTH BOUNDARY TRAVERSE — Sunday, April 5, 2020, 9:00 am. 15 miles or 10k PLUS Kids Trail Mile*. North Boundary Greenway, Renovare Drive, Oak Ridge.

BAKER CREEK BLITZIN' THE DARKNESS — May 9, 2020, 9:00 pm. 5k PLUS Kids Trail Mile*. Baker Creek Trailhead, Knoxville.

LOYSTON POINT SCRAMBLE — Saturday, June 6, 2020, 8:00 am. Half Marathon or 10k PLUS Kids Trail Mile*. TVA Loyston Point Campground, Andersonville.

HAW RIDGE TRAIL RACE — Saturday, July 11, 2020, 8:00 am. 7+ miles PLUS Kids Trail Mile*. Haw Ridge Life Development Center, Old Edgemoor Drive, Oak Ridge.

THE TRAILS THAT CAN'T BE CONCORD — Saturday, August 15, 2020, 8:00 am. 5 miles PLUS Kids Trail Mile*. Concord Park near The Cove, Farragut

BIG SOUTH FORK TRAIL RACE — Saturday, September 26, 2020, 8:30 am. 17.5 mile or 10k. Bandy Creek Campground, Big South Fork NRR, Oneida.

FORT DICKERSON FRANTIC FROLIC — Sunday, October 25, 2020, 9:00 am. 5-7 miles PLUS Kids Trail Mile*. Ft. Dickerson Park, Chapman Highway, Knoxville.

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 14, 2020, 7:00 am. 50k or 25k. Norris Dam State Park, Norris.

DIRTY SOUTH TRAIL HALF MARATHON — Sunday, December 6, 2020, 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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FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



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FOOTNOTES

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ON THE COVER

KTC's Gina Rouse (front left) finished 31st of 565 finishers at the Olympic Marathon Trials in Atlanta on February 29. Read more about the Trials on page 6.

cover photo by Olympic Trials veteran Alan Horton
entire contents © 2020 Knoxville Track Club

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



15 tips from the RRCA

RUNNING SAFETY

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

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THE STARTING LINE

Knoxville Track Club * FOOTNOTES * March / April 2020 edition



A Message from our Club President

Tim Monroe, KTC President



KTC's 2020 Off to a Great Start

The 2020 KTC road race and trail race seasons are off to busy, but great starts! The New Years Day 5K provided a cold, but clear, day to get the year started off on the right foot. A record turnout of trail runners showed up in Maryville for the Wanderer's race to get the Treadin' Trodden Trails series kicked off. The 2020 version of the Calhoun's 10 mile provided everyone a great opportunity to check out the Secret City's greenways near Melton Lake. As a bonus, some of the elite runners in the area decided to run with us in Oak Ridge as a tune up for the Marathon Olympic Trials in Atlanta at the end of February. As a 50's-something guy that tends to "just participate" in races and occasionally gets lucky enough to place in my age group, I'm always amazed with just how fast elite runners are. Not to be outdone by their trail race brethren, the Strawberry Plains Half and 10K race directors upped their game again this year and had a record turnout as well. Strawberry Plains is one those races I love because of the beautiful countryside, horse farms, and the occasional deer sighting. The Whitestone 30K road and trail races will have occurred after I wrote this. But based on my personal experience from previous years running the roads around Paint Rock, the course serves as a great test to see if you are on track to be ready when the Covenant Health Knoxville Marathon weekend rolls around in just a few weeks.



While we've had a great start to the year, marathon weekend is quickly approaching. In just a few short weeks, Knoxville's most exciting weekend of the year will be here. The 16th Covenant Health Knoxville Marathon will host thousands of runners from all over the United States. Last year, we had participants from over 40 states! For me, one of the coolest events of the entire weekend is the Covenant Kids Run. Watching hundreds of kids running the last mile of their 26.2 mile goal is really exciting. Kudos to all the parents, teachers, and other role models that encourage the kids in our community to start young and commit to lifelong healthy habits. I know not every kid will turn out to be a lifelong runner, but I'm confident that a few will fall in love with running because of the CHKM Kids Run.

Just like the kids have been putting in the miles to reach their goal, I know a lot of you have been putting in the work to be ready for race day. Personally, my training has had its ups and downs during this training cycle. But if I can put together another solid 4 weeks of consistent training, I think I'll be ready to toe the line and be ready to take on the CHKM course. My hope for each of you is an injury free training cycle and the ability to avoid all the sickness that's been going around so you can crush your goals on race day.

While all the participants have been

"putting in the work" for race weekend, Marathon Director Jason Altman and his team have been putting in long hours prepping for race weekend too. While Jason works full time, year around, to make the event as awesome as possible, he recruits a bunch of folks to help him out. KTC staff members and "a whole host of volunteers" (to borrow one of John Ward's favorite lines) work alongside Jason to pull off the big event. The Marathon Organizing Committee, made up of roughly 50 lead volunteers, help Jason and the KTC staff by taking charge of various elements of the marathon. MOC members take charge of everything from getting the Health and Fitness Expo setup to cleaning up after the race. Since the MOC members can't do it all themselves, they reach out to their family, friends and co-workers to help them out. If you haven't heard personally from one of them, please don't hesitate to sign yourself up for a volunteer position. Besides racing, volunteering at the information kiosk is something I really look forward to. You can find open volunteer spots and sign up at this link: <https://runsignup.com/Race/Volunteer/TN/Knoxville/KnoxvilleMarathon> Even if you forget to sign up, just show up and ask around if someone needs a helping hand. I promise we will find something for you to do! Let me be the first to say thanks to everyone for all you do to make CHKM a world-class event.

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



The Road to the Rings

**David Black, Executive Director
Knoxville Track Club**



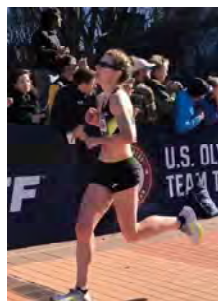
February 29, 2020 was not only Leap Day but also a very special event that only happens every four years. The US Olympic Marathon Trials were held in Atlanta Georgia. This is a particularly special place for Olympic hopefuls as it was the site of the 1996 summer games.

The competitors in this race are the best marathoners in the United States and amongst the best in the world. The average qualifying time for the men was 2:17 and 2:42 for the women. These athletes come from all different walks of life and have many great stories to tell. Their ages ranged from 23 – 45 for the men and 16 – 48 for the women.

While the 2020 Olympic Trials started at Centennial Olympic Park, for the athletes, they started in many different places. This was a record year for the number of Olympic Trials Qualifiers, having 513 Women and 265 men. The 2020 qualifiers live or train in 51 states and DC; we are proud to say that nine are from Tennessee, and three are from Knoxville. Elizabeth Herndon, Gina Rouse and Katie Taylor can regularly be seen training the streets and greenways of Knoxville and represented us well during the race.

The Knoxville Track Club and The Long Run set up a cheering area along the course to serve as a home base of

sorts. Dozens of people from the Knoxville area made the trip down Interstate 75 South to support our local runners and all the athletes competing. The race course included three eight-mile loops so we were able to see our friends six or more times during the event. It was such a special time to see friends and families of the athletes so emotionally invested in the event.

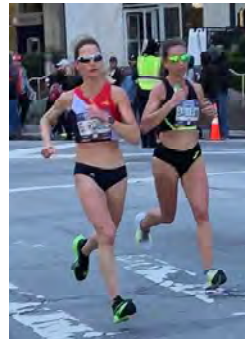


It was amazing to see so many people yelling specifically for our local women competing in the event and to see them smile and give waves or thumbs up to their hometown friends as they ran past. At least two local runners who have previously competed in the Olympic Trials Marathon were there to cheer them on. KTCers Alan Horton and Kathy Wolski were along the course cheering on their friends and reminiscing about when they experienced the event.

This was one stop on the road to the 2020 Olympics for six amazing athletes who ultimately made the team. All of the athletes have trained for years and covered many miles to get this far. These runners find ways to put in seventy plus mile weeks regularly. Many will run more than 100 miles a

week during their training.

These athletes start each workout putting one foot in front of the other. They set goals and through hard work and dedication often achieve them. The KTC and Knoxville community have a great sense of pride knowing these special females are part of our running community and events.



Qualifying for the Olympic Trials marathon is truly an amazing accomplishment. Gina was the top local finisher and 31st female with a time of 2:38.41. Elizabeth and Katie both had amazing fast times as well, 2:50.26 and 2:50.46 respectively. I encourage you to recognize and congratulate them when you see them.

Galen Rupp, Jacob Riley, Abdi Abdirahman, Aliphine Tuliamuk, Molly Seidel and Sally Kipyego will represent the United States for the 2020 Tokyo Olympic Games. We are proud of these athletes and will cheer loudly for them in the upcoming games. However, for this moment, Elizabeth, Gina and Katie are our heroes. Thank you for making us proud.



Keep putting one foot in front of the other and help us in making the Knoxville area a better, healthier community. I hope to see you at one of our upcoming races.

MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor

Phases and Stages



With apologies to Willie Nelson and his stellar mid-1970s album of the same title, this tome has nothing to do with divorce, breakups, alcoholism, or renewal, although perhaps renewal may play into it a little bit.

Instead, the thoughts from which this sprung have more to do with Olympian Jeff Galloway's first book, *Galloway on Running*. Written in 1984, long before his gradual conversion to espousal of run/walk techniques, he describes an evolution of the runner from Novice to Pure Runner.

The initial phase is referred to as "Making the Break." Often spurred by medical advice or peer pressure, it's sometimes uncomfortable at the beginning. In some cases, The Novice's less active friends feel threatened. But in most cases, new friends are made quickly, friends who are just as crazy about this activity as you are. For many, though, because the pre-running lifestyle is comfortable and familiar, the thought of getting off the couch and going out into the cold or the wet to go for a run seems borderline unthinkable. Yet, as we all know, the body soon becomes strong and energized, and soon The Novice becomes The Runner.

The Runner feels more secure about running and accepts it as a driving force in a new lifestyle. Fitness, both mental and physical, becomes of great importance, and The Runner breaks away from old habits and sets training rou-

tines in place. No longer bored or doubtful, The Runner approaches the daily run with anticipation and relish. It has become a valued part of life. Most Runners prefer company and do well when running with a group. Many run a park run or low-key 5k with friends, with a goal of finishing without walking or keeping up with a particular fellow Runner.

Sometimes during this second phase, the embryonic concept of goals hatches and takes wing. Many Runners read one or two running articles and feel like they can now plan their way to a successful 5k (or God forbid) half marathon. It's at that point that the first bane of running introduces itself: the injury.

Most injuries heal, given sufficient rest, and many Runners soon realizes that they've entered the third stage: The Competitor. True, not all Runners go through this one; many go straight to phase five, the Pure Runner. But those who compete generally enter a battle zone they're unaware of. Under control, the competitive

urge can be a great motivator to push ourselves further and faster. Races grow in importance, PRs are highly valued and often earned. To success-

fully manage the competitive urge can be highly rewarding. But when out of control, it can cause us to lose the enjoyment of running and lead to injury or illness. At its worst, this urge can complicate lives, jeopardizing relationships with family, work, and our own self esteem. Yet

rarely are we aware when this is taking place, caught up in the throes of competition.

Evolving further, The Athlete find meaning in trying to be the best he/she can be, rather than compulsively collecting trophies.

Victory lies in the quality of effort, internalizing and transcending competition; running becomes a work of art. The Athlete knows how to make small changes to training in order to see improvement in performance, thriving on challenging competition that is run in the best possible way.

The best of all stages is the Pure Runner, one who balances the elements of fitness, competition, training and social life and blends running with the rest of his or her life. As a Pure Runner you experience the enjoyment of each stage and retain the best of them. You can relive The Beginner's excitement in discovery, appreciate The Runner's balance of fitness and enthusiasm, share The Competitor's ambition, and internalize The Athlete's quest. Having consolidated and balanced all these stages, you appreciate the creative and positive aspects of each, and let them enrich your running life.

UPCOMING KTC RACES

3/8: *Dark Hollow Wallow Trail Race*

3/28: *Covenant Kids Run and 5k*

3/29: *Covenant Marathon and Half*

4/5: *North Boundary Traverse*

4/25: *Hard Knox Pizza Dogwood 5k*

5/9: *Baker Creek Blitzin' the Darkness*

5/23: *Graphic Creations Expo 10k/5k*

REACH OUT TO KTC!

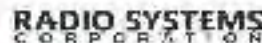
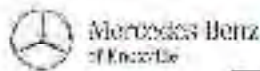
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Covenant Health Knoxville Marathon

March 29, 2020 – Marathon, Half Marathon, Relays
March 28, 2020 – 5K, Covenant Kids Run



21ST MORTGAGE CORPORATION – T2 GRAPHIC DESIGN – CAMPBELL'S POOL & SPA
HOLIDAY INN WORLD'S FAIR PARK – LANDMARK INTERNATIONAL TRUCKING
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ASSOCIATED SCAFFOLDING – IMAGE MATTERS – DURBIN RACE MANAGEMENT
HARD KNOX PIZZERIA – ALL OCCASSIONS PARTY RENTALS – KNOXVILLE CHAMBER
FIRSTBANK – MOUNTAIN VALLEY SPRING WATER – BOJANGLES – Y-12 FCU
KELLOGG'S – NEWSTALK 98.7 – MAYFIELD DAIRY – THE TOMATO HEAD

COVENANT HEALTH KNOXVILLE MARATHON

2020 COVENANT HEALTH KNOXVILLE MARATHON JUST AROUND THE CORNER

Jason Altman, Director, Covenant Health Knoxville Marathon

When the March issue of Footnotes comes out, it is always one of my favorites. The anticipation of having the 2020 Covenant Health Knoxville Marathon just around the corner is so exciting!

Our group run program has been a huge success this year. Sponsored by Eddie's Health Shoppe, Knoxville Performance Lab, and ZenEvo Dark Chocolate, the group runs have routinely had more than 100 folks in attendance. Also, big thanks to all the businesses that have hosted us this season. If you'd like to join us for one of the last few group runs, visit our website for a listing of dates and locations.

We have been working hard for the last eleven months in preparation for this year's race. Race weekend will kickoff on Saturday morning, March 28, with the Health and Fitness Expo at the World's Fair Exhibition Hall. This year's expo is sure to be the best yet. Two-time Olympic Marathon Medalist Frank Shorter will be the featured speaker for our Health & Fitness Expo. The 1972 Gold Medalist and 1976 Silver Medalist will take the stage at 3 pm to speak to the crowd.

The Covenant Kids Run will be held at 5:30 pm on Saturday, March 28. At our recent Covenant Kids Run Kickoff at Zoo Knoxville, we had more than 650

children in attendance! We are anticipating at least twice that many for the March 28 run. We have had great support from Regal to help get the word out to the schools about our Fittest School Challenge.

We will be awarding \$5,600 in total prize money to ten East Tennessee elementary schools in this Challenge. The elementary schools

that have the highest percentage of participation from their student body will win prize money. For more information about the Covenant Kids Run or the Fittest School Challenge, visit our website.

The Covenant Health 5k will take place Saturday night at 7 pm. We have had more than 3,000 participants turn out for the 5k the last three years, and we anticipate having a huge crowd once again!

This year's marathon, half marathon, 2-person relay, and 4-person relay will start at 7:30 am on Sunday, March 29. With registration numbers ahead of last year's numbers, we are on pace for yet another great turnout!

As you likely have seen, all events will finish at World's Fair Park this year. On Saturday

after the 5k, Dave Landeo and Tod Sheley will play live music on the stage at the Festival Lawn from 7:30 pm until 10 pm. Fanatic Brewing Company will be serving their famous craft beer from 7 pm until 9:30 pm. On Sunday, Karen Reynolds and The Writers Block Road Block will play from 9 am until 1 pm on the stage. Fanatic will serve beer again from 10 am until 3 pm on Sunday. We have also arranged for food trucks to be on site both days, including local favorites CJ's Tacos, Waffley Good, and Penne For Your Thoughts!

Finally, I'd like to mention that we still need volunteers! We could use a couple more groups to help at the expo, on the course as course monitors, and at the post race party doing food prep. Even if you are running on Sunday, please lend us a hand before or after the race! You can choose your volunteer day, timeslot, and position by registering online on our website through the volunteer module. Thanks in advance for the help. See you at the Start Line!



YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

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

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

Knoxville Acupuncture
<https://www.knoxvilleacupuncture.com>

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

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

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

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

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

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

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

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

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

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

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

Any additional businesses offering KTC discounts? Please contact us



Have you changed your email address or mailing address?

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

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



Scott Schmidt, RunKNOX director

Hey KTC'ers. How's that Winter Motivation holding up?

It's been a pretty wild 2 months since the last Footnotes hit the press. The weather pendulum has swung back and forth multiple times and we've had more rain than we care to think about. We've raced up and down hills (so many hills) through the KTC Long Distance Series. With one month until CHKM, it's not uncommon to start to lose focus.

Racing during a long training cycle is helpful. Calhoun's 10 Miler, Strawberry Plains 13.1/10k, and Whitestone 30k/relay are perfectly placed on the calendar to keep motivation high when many of us might start to drift off course. They help us gauge our improv-

ing fitness level when we may not notice the small incremental gains that are building daily. If we throw in an occasional race, we might surprise ourselves. Prep Races also give us updated insight into our potential for our Goal Race. We use the Winter Series to develop a realistic set of goals for CHKM.

Here we are now, one month out from CHKM. We're deep into our race specific phase of training: tempo work midweek and long runs on the weekend all while maintaining our regular easy runs, core strength workouts, and yoga. This is the marathon grind that finds you drifting off during the nightly news (hopefully not post lunch at your workstation). There are no more Prep Races to keep us motivated. You might feel the urge to

back off, to sleep in, or to add a few extra rest days. Don't do it. We've got a month left. There is still work to be done. Dig in and finish what you've started. Lean on your training partners and be there for them to lean back on you. Reach out to your coaches for encouragement. Reflect on how far you've already come and use that as fuel to get through these last few weeks. Whatever it takes, keep grinding.

For information on ongoing and upcoming training opportunities visit: <https://runsignup.com/Race/TN/Knoxville/RunKNOXTraining2020>

Follow us on Facebook and Instagram or find more information about us at <http://www.ktc.org>

If you have any questions, shoot me an email to runknox@gmail.com



15 Obstacles Facing Mother Runners (and how to overcome them)

by *Whitney Heins*



One of the main perks of running is its spontaneous nature. No need to prepare, just put on your shoes and go. But that's not the case when you become a mom. As a "mother runner," running is no longer spur-of-the-moment. Other people are depending on you. They need you. Thus, obstacles abound.

However, taking the time to run as a mom is more important than during any other time. If, as moms, we aren't healthy and happy with ourselves, then we can't be the best moms we can be. Countless mother runners say when they return from a run, they come back a better, more patient mama. We moms need our run time to recharge and set good examples for our families. Therefore, mother runners everywhere have figured out ways to overcome obstacles, so we put our best feet forward for our families.

I've rounded out 15 common obstacles standing in the way of mother runners running and how to overcome them.

Running while pregnant

Most mother runners know that trying to get a PR while pregnant isn't a good idea (or even possible). But we also know that continuing to run while pregnant isn't just good for our heads, it's good for baby, too. To do this, we're awesome at listening to our bodies—not to push them too hard and not to let our heart rate get too high (aiming for below 140). We also know how to master the art of peeing outside and finding slower running buddies to keep us within range.

Running after baby

Trying to get back into running after

having a baby requires an epic amount of patience. But that's incredibly difficult during a time when you yearn to feel like your old self again and crave time to feel free when every second of your day—and night—is spent caring for someone else. How do mother runners prevail? By (again) listening to our bodies. Elite marathoner and Adidas pro runner Neely Gracey says, "If it feels forced, stop right away (both mentally and physically). Everyone will respond differently. No one knows how you feel except you, so trust your instinct." American Ninja Warrior [Rose Wetzel](#) has created a plan for postpartum runners that makes getting back into shape less daunting by prioritizing one goal a day like fitness, nutrition, or self-care.

Running with a cluster-feeding baby

Running while nursing can be downright uncomfortable and inconvenient. There were so many times that my babies fell asleep before I could nurse them, would wake up hungry, and I would have to sprint home. Or they just wanted me nearby no matter how full they were, and would go ballistic, and I had to (again) sprint home. This time is temporary but for mother runners going through it—we survive by staying close to home when running or recruiting our partner's help. This means he may have to put on your fuzzy pink robe to smell like you to soothe the baby. Or, you may go for family runs and he can push the stroller while you run on the track.

Training for a race with a stroller.

Running with a stroller is no joke. It is physically hard to push it and mentally hard to keep kids happy in it for a

duration of time. Moms know to bring snacks, stroller-only toys, tablets with cases, and to play a bevy of games like "count the squirrels." And guess what? You can actually train for a race with a stroller. [Alyssa Bloomquist](#) of South Carolina qualified for the Olympic Trials in the marathon nailing her track workouts with a stroller. Her secret? Guide the stroller rather than steer it. Also, forget about pace. Let your heart rate be your guide.

Running on a treadmill

Trying to run on the treadmill while entertaining your kids is no easy feat, but mother runners everywhere have mastered it. As they see it, the treadmill is not a "dreadmill," it's a tool for them to get to do what they need/want to do. Mamas put their treadmills in play areas with gates up around the equipment. Special toys are only available during mama's run time, and, yes, sometimes screen time might be employed. Sleeping babies in rockers are positioned within reach of running moms.

Your child wakes up a million times in the night

When you have an infant or a sick kid or a kid that just doesn't sleep well, you're running on empty almost all the time. Sometimes a run will help invigorate you. And sometimes it will break you. Mother runners have learned to trust their gut on this. If just the thought of an easy run is draining, we don't go. If we have an important workout, we may push it back or even skip it—knowing that sleep is more important. If we run when exhausted, we not only risk a poor workout, but risk getting sick or injured.

Sick kids

Having sick kids is the name of the game as a mother runner. Sick kids often equal sleepless nights and stressed-out days—not to mention the high probability that you're going to get whatever they have...only worse. To survive, mother runners must be flexible. That means throwing perfection aside

*** continued on page 15 ***

Mother Runners

AAA continued from page 14 AAA

and being happy with whatever form of exercise they can get. Neely says, “I am less focused on things having to be ideal, and happier to get them in which is liberating after years of perfectionistic tendency.” For former pro New Balance runner Sarah Brown, when her kids are sick, she doesn’t stress about missing a workout. “All of a sudden, it’s so easy to prioritize. I know where I need to be. It’s not even a question.”

Major meltdowns when you try to leave

Both of my kids went through phases where they didn’t want me (or their dad in another phase) to go for a run. We’re talking major meltdown city. And often, distraction (or bribery) was no match for the freak-outs. (And showing them that we would leave and come back wasn’t resonating at this time either). So, we had to run early before they woke up, tack it on to another trip away from the house (work meeting...then workout), or run before we came home from work. Sarah would involve her attached daughter into her track workouts, asking for high-fives and water bottles from her cutie. It didn’t always quell the tears, but sometimes it would help.

Staying connected on the run

Running while disconnected is no longer a luxury once you’re a mom. We need to have our phone at all times should our family need us. Unfortunately, it can be difficult to find gear that makes your phone readily available and doesn’t inhibit your running—especially if you’re doing speedwork. I have cracked numerous phones because they flew out or got dropped when running intervals. Mother runners have found the best shorts, belts, and sports bras to carry their connection.

Being time-poor

As a parent, you’re immediately short of time since you’re always needed by someone or needing to do some-

thing. Mother runners have to be very diligent about carving out time to run or take care of themselves. There are a number of ways they do this. We wake up early and run before anyone else is awake. We run during lunch breaks. We break up exercise into two smaller chunks. We run on treadmills and with strollers while entertaining kids. And, we take turns with our partners or arrange for childcare, to name a few strategies.

Your partner needs “me time,” too

Moms aren’t the only ones who face challenges to getting their runs in. The dads need their “me time” or “run time,” too. To keep resentment at bay, couples must plan and communicate their exercise wishes. We must also take turns—for instance, one person runs in the morning, and one in the evening. Or one takes Saturday for a long run and the other takes Sunday morning.

No time to recover

Before kids, I would go for a long run and then lie out on the couch the rest of the day. Now, I’ll hammer out 23 miles and come in the house to change diapers, clean, and make breakfast. Times have changed. There is little space for rest and recovery. So, we got to plan it and take it when we can get it. This may mean pre-making meals, smoothies, or having a protein bar to grab. It may also mean stretching while we watch our kids play. Or we may steal a couple minutes right before bed to foam roll tired legs.

No time for injury prevention

Mother runners barely have time to run let alone the extras like yoga, strength training, cross training, etc. So, we must multi-task. I have a foam roller in the middle of our playroom so that if the kids are playing happily for a hot minute, I will work out my leg muscles. I also have made it a habit to stretch when they are playing on the playground or in the bath. I’ll also sometimes choose a bath over a shower so I can soak in Epsom salts while I get clean. Sarah sporadically fits in

bodyweight exercises throughout the day to keep her core strong, often recruiting her oldest daughter to join in.

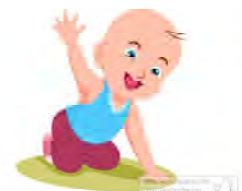
Comparing ourselves

Comparison is the thief of all joy, however it’s hard not to compare our pre-baby running selves to our post-baby running selves, or our post-baby running selves to other pre- or post-running people...you get the picture. In a world dominated by social media images touting moms who got back into pre-baby shape in what seemed like milliseconds, mother runners must work hard not to fall into the comparison trap. We practice grace and recognize that our bodies are amazing—and all respond differently to pregnancy. Our bodies are built to have babies and to run. It may take time to get our fitness back, but we celebrate all that our bodies can do.

Mom guilt

As every mom knows, doing something for herself can come at the cost of feeling guilty or selfish because it means time away from the kids. But in order to invest in our kids, we’ve got to invest in ourselves. As Maryville resident and 2:54 marathoner Rebecca Weinand explains, “Investing in yourself doesn’t withdraw from something else (like your kids). You’re just adding to the bank. You’re investing in yourself so you can have more funds to pull from when the kids need to make a withdrawal from you.” Mother runners have also learned that our running instills positive habits and life lessons in our kids—that it’s important to do something for yourself, to exercise, to be healthy, to work hard, and to persevere when the going gets tough.

In essence, no matter the tears that may occur when we go, we know that running is the gift that keeps on giving.





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





TRI-BAL KNOWLEDGE

A New Normal

by Larry Brede

Like many of you, I'm starting to get a little older. Also like many of you, I continue to deny it. It's hard to believe, but my first 10k was in February 1980. Forty years?!?!?!?! How'd that happen? I did my first multisport event, a swim followed by a run around Ala Moana Park, a year later, and then my first triathlon in 1982. I've loved endurance sports most of my life.



Part of staying active for all these years is that you certainly notice when you can't perform at the same level as when you were younger. Yes, I'm slowing down. It's also pretty funny when your friends notice that you can't keep up anymore and comment as you fall behind (not to name anyone, but someone with the initials "Todd Caldwell" comes to mind =). There are a number of other lifestyle changes having a noticeable impact on my competitive performance: I now work in western Kentucky, with a 10-hour weekly round-trip commute; work is a 12-hour shift, limiting workouts to once per day; and when I'm home on weekends I'm spending more time with family. BUT IT'S ALL OKAY! There's more to life than racing fast.



One great thing about participating in multisport is the ability to adjust workouts to whatever time you have available. My greatest joy is being outside, and of course running is the easiest way to get there. Bring a pair of

shoes and the world is yours! I've been lucky to travel all over the country and world with my job, and being a running tourist is the best way to see almost any place I've visited. There isn't any better spot to run than our own East Tennessee backyard, but it's great to have been able to run in places like the Rocky Mountains in Colorado and Utah; New England cities; Washington D.C. monuments; California redwood forests; old European towns in England, Denmark, Norway, and Sweden; Hawaiian and Australian beaches; the Moroccan Sahara; and even in combat zones in Saudi Arabia and Iraq. And I can now add Paducah, Kentucky to the list!


Biking is a little harder to do far from home, but as age forces training adjustments it's a great way to reduce impact and still go fast! After breaking a few ribs on a mountain bike, I now stick strictly to the roads. Countless miles of roads. All near our homes in the Tennessee Valley. The summer is meant for pedaling with friends, and there's always a group riding at your pace.

My favorite way to enjoy the outdoors is swimming in our lakes and rivers. Growing up on the ocean, I've always held an affinity for open water. So what if you're getting older? If you're comfortable in the water there's no better place to train, relax, and not beat your body to a pulp.



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- 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!



That's my new normal. Train hard, enjoy being outside, love the time working out with friends, and don't sweat the results. Days for PRs are long over, but the days for having fun will never end. I only hope I can keep it up for another forty years.

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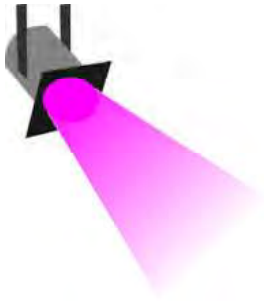
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KTC High School Spotlight

CAK's Gabel Fulford



by *Patty Tracy-Thewes*

The amazing Gabel Fulford is back for his senior year of Track and Field at the Christian Academy of Knoxville(CAK). Last Track season, under Coach Mike Morrison's guidance, Gabel won the 2019 TSSAA D2-A State Decathlon, 400M(49.97), and 110 hurdles(15.17), as well as took 3rd in the 100M(11.14) and 2nd in the 200M(22.40). He racked up a significant amount of points, leading the CAK Team on to a second place finish overall at State. Coach Morrison has moved on to a collegiate coaching position, but Gabel is back and on track to lead his CAK team on to another outstanding season! Let's get to know this incredible Track and Field student-athlete!

What are your goals for this season, after your stellar 2019 season?

This outdoor season my goal is to win four more state titles in the 110m hurdles, the 100m, the 300m hurdles, and the 200m.

How did you get started in the Decathlon?

My start in the decathlon was kind of expected of me all along. My parents and I knew that I would do the decathlon because we know my coach and know that I could do a lot of the events

already. It only took me learning to throw.

What is your favorite event?

My favorite event of the decathlon is the 110m hurdles. It is my favorite because it is where I truly separate myself from the competition and gain a good amount of my points.

How has having Mike Morrison as a coach, a former standout decathlete himself, helped you?

Having Mike as my coach has been huge for me. His expertise on all the events of the decathlon has really helped me to get where I am. Despite his leaving CAK, Mike is still a family friend and I train with him regularly.

What is your favorite pastime when not on the track?

When I am not training, I enjoy spending time messing around with my friends and playing jokes on people.

What advice would you give to someone just starting out in Track and Field?

The advice I would give to some-

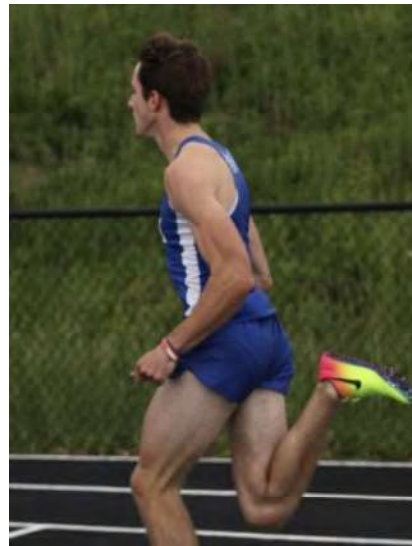
one just starting out is that no matter how much talent you have, if you put in consistent hard work, you can reach any of the goals you set for yourself.

What's your "Go-To" music to motivate you?

Before every single race I have run for the past 4 years, I always listen to Pipe it Up by Migos. It has become a ritual for me.

What's the best advice you have received?

The best advice I have received is from my dad. He says to me all the time "you don't make up what you pass up." It basically means that if you don't do something when you get the chance, you may not get the chance again.



9. What are your plans, post high school?

After high school I plan on running collegiately. I do not know which school that will be at yet.

The Knoxville Track Club wishes Gabel the best in all his future endeavors on and off the track!



Biking With Bob

by Bob Godwin



How It's Made

I love the Discovery channel show *How It's Made*. I've been around bicycles since I bought my first one from a female classmate who won a boy's bicycle at the Tennessee Theater *Bugs Bunny Club* (Saturday mornings) in the early 1950's. I paid \$25.00 of my paper route and odd job money for the red, 38 lb. steel bike, which survived years of hard use without complaint.

I ultimately bought a Schwinn English bike with 3 internal hub gears, caliper brakes, and I added a generator with head and tail-lights, streamers, and a bike saddlebag.

After age 16, there followed decades of infatuation with cars, and the bikes lay a-mouldering in the garage.

After college, law school, and the U. S. Army, I began a long and immensely satisfying love affair with road

running, racing from 5 k to marathons. Though I never tired of running, there came a time when I felt the urge to branch out and added triathlons to my obsessions.

Thus, I began swim training and brushed off my bike skills. Running and swimming require little expensive equipment, but the world of cycling can be astronomically pricey. I soon realized that triathlons were really 5 races: (1) swim, (2) transition to bike, (3) biking, (4) transition to running, and (5) running to the finish.

I was an adequate swimmer and a very good runner, and a fit cyclist, but... Bicycling was the sport which required more than effort and a paper boy's bicycle. I needed a competitive bike and immediately found that decision quite daunting and limited only by your wallet.

Brand

Different companies lean toward different buyers and every frame is tailored to size and intended use, such as casual, racing, triathlon, city, mountain biking, etc.

Those bicycle frames also come in diverse materials, taking into consideration their intended use, needed strength, comfort, and always weight. A carbon fibre frame feels different from classic steel, for example. Some frames are extremely rigid and others are very compliant.

What about the stuff you put on a bike frame, commonly known as the "Gruppo," Italian for the collection of brakes, gears, cranks, shifters and brake levers. Italian makers, especially Campagnollo, invented the quick release axle and set the standard for Grupos. Then came the Japanese, primarily Shimano, and others, each of which made different groups for mountain biking, casual use, high-end racing and the like. Once again, you could spend very little or very much.

Wheels and tires

When I began triathlons, there were two types of competition tires: Schrader with the air valve like your car tire; and clinchers which were much smaller and glued onto your rims and had a different valve entirely—known as a Presta and usually associated with tire pressures up to 120. Not surprisingly, tires and wheels have to be considered together with all of the factors you have heard before: sturdy/less sturdy; size and strength of rims; spokes—how many, their shape (bladed spokes are believed to be somewhat faster) or spokes incorporated into the structure of the wheel. Tires have improved, but are almost infinite in their structure and purpose. You've seen the disaster that a flat can bring in racing, such as the Tour de France. Wheels are made from aluminum, plastic, carbon fibre, all with specific intended purposes and always concerned about weight.



TROUBLE WITH KTC DISCOUNT CODES?



Contact
KTC Membership Chair
Kathy Nash
knoxtrackmembership@gmail.com

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Biking With Bob

*** continued from page 20 ***

Guidance in choosing the bike and its components is mandatory for novice cyclists. Talk to professionals like bike shop personnel. They are knowledgeable and highly motivated to make you a happy customer, knowing in their hearts that with experience, you inevitably will want a finer bike which will enhance your enthusiasm and enjoyment while at the same time reducing the weight of your wallet.

Now, to return to the opening sentence about *How It's Made*. I consider myself fairly knowledgeable about bicycles, but two recent subjects were fascinating.

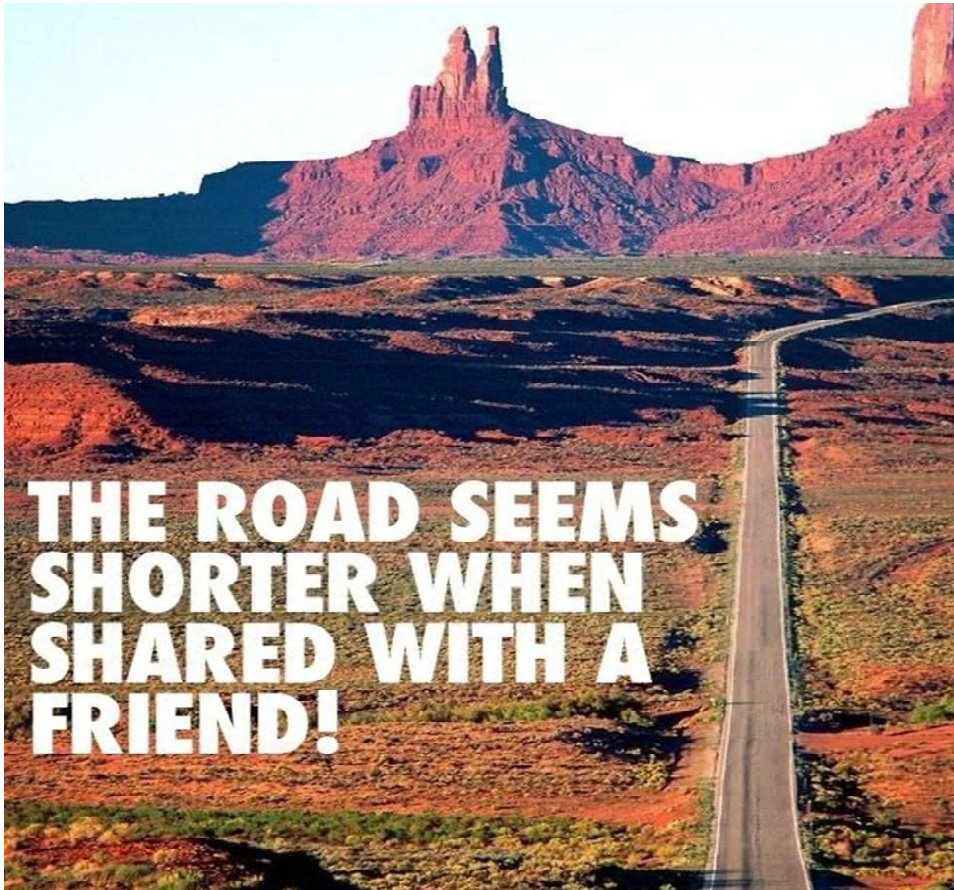
First, the show led us through the construction of a high quality bike frame made of bamboo, an extraordinary member of the grass family. Bamboo stalks are harvested, cured, and ultimately selected with care to avoid any

flaws. They are carefully cut to length, bored out, mated to aluminum joints with airline glues, treated for weather protection, and equipped with medium to high-end components. The manufacturers claim great strength, durability, lightweight, and comfort.

Second, the show led us through every step in the conception and manufacture of carbon fibre wheels which prove to be far more labor intensive than I realized. Starting with Computer-aided Design, considering all of the factors mentioned above influenced by intended use, etc. Then, striving for the greatest strength in the appropriate directions, at the lightest weight, a mold is designed, fibers selected, and construction commenced. Considerable testing occurs to see if design aims are reached, the wheel without flaws, and then finished to protect the fibers, final testing, and lastly are sales authorized.

P.S. On December 4, 2019, I had a pacemaker implanted which also required limitation of exercise for a period of weeks.

When I was released to again ride my bike, it was one of those lovely clear, warm days in January, and I started out quite cautiously to work off the rust of weeks of inactivity. Less than a quarter mile from my home, I hit a bump and my saddle mount broke in two. Fortunately, I was not skewered, but had to walk home. It was the anchor bolt, which I realized was approximately 30 years old when I bought this basic Stump Jumper mountain bike. I visited Greenlee's Bike Shop, requesting replacement of the subject bolt which had broken in two. Unfortunately, there was a group of 5 customers and service people witnessing my request. I cautioned them to make no comments about my weight, but concentrate on the age of the bolt as the causative factor of its failure. After a good laugh at my expense, they were able to locate the appropriate bolt which I purchased for \$2.00 and reattached my bike saddle at home. Of course, the weather turned awful about the time I made the repair, but that is not a surprise for January, February, and March.



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A cartoon illustration of a man with glasses and a red jacket sitting at a laptop.

KTC VOLUNTEERS NEEDED

Mar 8	Dark Hollow Wallow and Kids Trail Mile
Mar 28	Covenant Kids Run and 5k
Mar 29	Covenant Health Knoxville Marathon & Half Marathon
Apr 5	North Boundary Traverse and Kids Trail Mile
Apr 25	Hard Knox Pizza Dogwood Classic 5k
May 8	Baker Creek Blitzin' the Darkness and Kids Twilight Trail Mile
May 28	Expo 10,000 / 5k
Jun 6	Loyston Point Scramble and Kids Trail Mile
Jun 18	Hal Canfield Memorial Milefest



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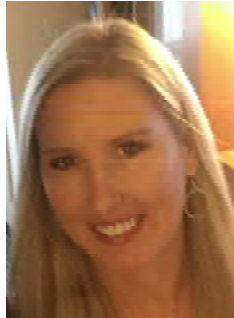


Confessions of a Social Jogger

by Patty Thewes, new KTC Social Director

I AM a Runner!

The amazing Lauren Chiles is a hard act to follow as Social Chair! My name is Patty Tracy-Thewes, and I'm going to give it a shot. I've had a rocky start, though. Just a few days after accepting the role, I severely injured my ankle going over a hurdle (yes, hurdle!) and now am in a boot for two months. I'm a High School Track Coach, and I was trying to teach and aspire newbies to take up hurdling. Good news is that I only scared away a few!



self as a full fledged runner. I thought that was reserved for those elite distance types. You know the Gazelles. I was a Clydesdale—built for power, not distance. However, after my collegiate Track career ended, I started getting into 5ks, marathons and all the stuff in between.

I never won a distance race, but I was kind of up there in the front pack, and I guess I considered myself a full-fledged runner at that point. Flash forward many, many years. With past injury and age seriously settling in, I've slowed down—A LOT!

Then it happened...Passed by a baby jogger!

I tried to pick up my pace and

resist, but my effort was fruitless. Passed by a little tike on wheels. I'm pretty sure I saw the little guy mouth "Hasta la Vista, baby," as he whizzed by me.

While this was quite humbling, it also freed me. It has been several years since my first, but not last, baby jogger passing. When I enter races now, I'm no longer stressed over my time or place. I'm just there to have fun and enjoy the run! With my focus not being on the finish line, I've met some pretty cool people in the back of the pack.

An old poster of mine said, "The Race is not won by the swift, but by those who keep running." I never really got this, because I was programmed to win from my competitive days. But age and a baby jogger enlightened me. I am a runner simply because I'm alive, moving and still in the game. Celebrating and rejoicing in just the "doing" is so freeing and awesome!

So for all those who do not define themselves as a "runner", because you just got started, don't run that much, have only done a 5k, feel you're too slow or whatever, throw this thought out the window. You are a runner, too!

A runner is someone who runs...period. You are alive, moving, and part of a community of runners who share your spirit!

As a High School Track/XC coach, my initial conversations with people often lead to running. The response I often get is "Well, I'm not really a runner, but..."

Well, what IS a runner?

Even as a former collegiate hurdler and jumper, I never really defined my-

KTC GROUP RUNS

MONDAYS: The Monday meeting place is Balter Beerworks on Broadway downtown. 6:00pm.

WEDNESDAYS: Runners Market, 4443 Kingston Pike Avenue, Western Plaza. 5:30 pm. For more info, email social@ktc.org.

SATURDAYS: Scheduled group runs in preparation for the Covenant Health Knoxville Marathon and Half Marathon, as well as the Pigeon Forge Half Marathon / 5k. For more information: knoxvilletrackclub@gmail.com or www.knoxvillemarathon.com



Runner's Knee: First We Must Address the Feet and Ankles

by Dr. Matt Campbell

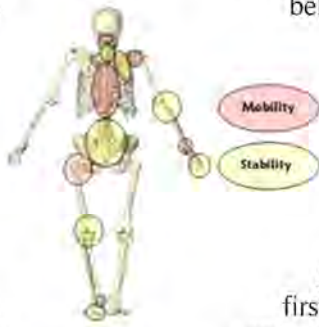
When talking about runner's knee, it's important to first consider Mike Boyle's Joint by Joint approach.

Boyle observed that the joints in the body alternate with those that are intended to be mobile and those that are stable. In the lower extremity, the foot needs to be stable. A strong foot is important to withstanding the initial forces that come with running and walking. When this area isn't strong enough, the arch can fall, flattening occurs and the ligaments and structures can become painful. This lack of stability then transmits to the ankle which will do its best to tighten up and compensate for the flat, unstable foot. These aberrant forces are then transmitted up into the knee which will do its best to absorb them. In doing so it will start to become lax as the repetitive multiplanar forces begin to cause changes in the tissue of the knee.

You can think of it like a wobbly tire on a car. The car's construction is made for absorbing forces that are linear in nature. A tire that is balanced will rotate smoothly on the axle and thus have one main direction of force as the car drives, thus preserving the axle and joints that keep the wheel attached. With a tire that isn't lined up correctly or is out of balance, the wheel will wobble and thus forces are transmitted in multiple directions as opposed to the one direction that the car was designed for. This will cause the areas that attach the wheel to the car to loosen as repeated forces from the unbalanced wheel rolling pull those joints apart.

Our knee is not so different. With a

dysfunctional foot and ankle complex, the stable knee will become overworked and loose. This is the mechanism behind many of the injuries that develop in the knee, especially Iliotibial band syndrome, a.k.a. runner's knee. By this point you should see where I'm going with this. If you want to fix the knee, first you've got to fix the foot and ankle.



Strengthening exercises for the foot, and stretching exercises for the ankle are excellent places to start. Here are a few awesome exercises to fix your feet and ankles

Distracted Ankle Mobilization



This is an awesome drill for mobilizing the ankles. Something that we treat very commonly in the office is anteriority of the talus bone. The talus is the bone in the foot that the tibia (shin bone) sits on and is directly responsible for transmitting force up and down the kinetic chain from the foot to the rest of the body. If the talus has subluxated anteriorly (restricted at the front of the ankle), ankle dorsiflexion (ability to bring your foot up) can be considerably reduced. Tightness in the calves can be just as much of a factor, if not more, but if the talus is not where it needs to be,

no amount of soft tissue work will gain back that ankle mobility.

With one end of a strong band fixed to a stable structure, put the other end low down, around the very front of the ankle. Walk the band out so that a considerable amount of tension has built. From here kneel down and push your knee out as far over your banded foot as possible without the heel lifting. Here we repeatedly rock forward as far as possible without the heel lifting. This is gently stretching the calves as well as coaxing the talus back where it needs to be. Play with the angle that you rock your knee over your foot as you do it. You want to rock into the direction of the most restriction. Do this for 30-40 seconds.

Chair Calf Stretch and Doorway Stretch



The chair calf stretch is an awesome one for stretching the soleus muscle. The gastrocnemius and soleus are the calf muscles that will so frequently limit ankle motion. This stretch is best done on a chair with little to no cushion. The foot is placed on the seat of the chair and with your hands, grab the edges of the seat and pull your body weight down and forward. It will be important to keep your knee over your toes or slightly outside your "pinky toe".

Barefoot Single Arm Farmer's Carry

The farmer's carry is an amazing exercise for increasing core stabil-

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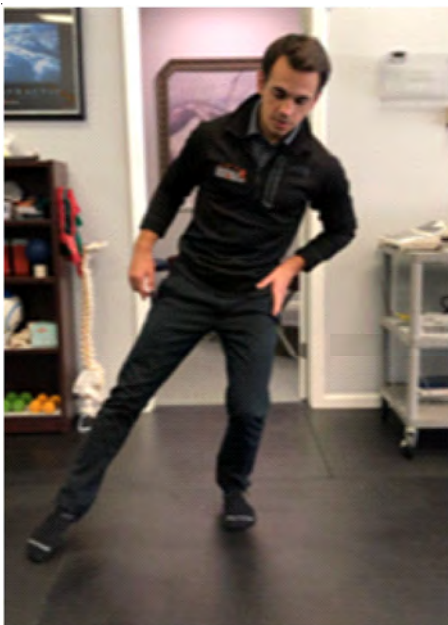
Runner's Knee:

First We Must Address the Feet and Ankles

AAA continued from page 9 AAA

ity as well as foot and ankle strengthening. To make sure that the foot and ankle are being maximally worked, it is best to be done barefoot and being very conscientious of not letting the foot flatten and arch collapse with each step. Choose a heavy weight to hold in one hand, stand upright, and begin to walk. Do your best to fire your obliques to keep from swaying side to side with each step. Ideally you will achieve 30-40 steps before you drop the weight and switch hands. Be very aware of your feet as you are doing this. They should be pointing forwards, and you should feel the weight shifting from the inside posterior heel, through the middle of the foot and to the front and outside aspect during push off. All of your toes should be strong and connecting to the ground with each step.

Reaches Around the Clock



With the foot reaches around the clock, the most important part is the starting position. The idea is to plant that front foot with solid contact at all 3 points, the heel, medial forefoot, and lateral forefoot. When



reaching all directions the stance knee is to remain inline with the middle toes at it travels forward. From here



reach around the clock: 12, 1:30, 3, 4:30, 6, and 7:30. The last will be an almost curtsy type motion as you reach your foot back behind you. Again it is pivotal to maintain good form and posture with the stance foot and ankle not allowing the knee to cave in past the middle toes. Do this on both legs for a few repetitions each.

Try out a few of these stretches and strengthening exercises and watch your knee pain melt away as you build up your foot and ankle strength.

KTC 2020 SUNDAY BEER RUNS

Join KTC club members and friends and families for sunny, suds-filled Sunday afternoons.



MAR 22 Blackberry Farm

APR 5 Albright Grove

APR 19 Clinch River

APR 26 Hi-Wire

MAY 3 Next Level

MAY 10 Allaince

SEE KTC WEBSITE FOR MORE INFO

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!



KTC BOARD OF DIRECTORS

Minutes of December 2019 Meeting

DECEMBER 19, 2019

The meeting was called to order by Alicia Teubert at 6:31 p.m. In attendance were: Christina Adkins, Gabrielle Cline, Bobby Glenn, Pam Haggard, Doug Holder, Brian Huskey, Tim Monroe, Suzanne Oliver, Scott Schmidt, Robyn Smith, P. Mark Taylor, Alicia Teubert, Patty Thewes, and Gerald Witt. In attendance as guests were: Stephanie Bailey, David Black and Michael deLisle.

Approval of Minutes - Minutes for November were approved as amended with a motion by Pam Haggard and a second by P. Mark Taylor. Approved unanimously.

Approval of Monthly Reports -

All regular monthly reports were approved with no amendments through a motion by Brian Huskey, with a second from Christina Adkins. Approved unanimously.

Board Budget 2020 - The second reading of the proposed 2020 budget was recommended for approval with a motion made by Tim Monroe, and seconded by Pam Haggard. The vote passed unanimously.



Roundtable - Alicia Teubert shared that the Bonus Matrix for the Executive Director would be sent to the committee for final review asap, so that it can be signed prior to December 31, 2019.

Scott Schmidt reiterated that KTC needs a track.

P. Mark Taylor suggested checking into South Doyle Middle School's track as an option.

Tim Monroe thanked Alicia for supporting Ainsley's Angels with Strawberry Plains 10km and 13.1.

Adjournment - Pam Haggard made a motion for adjournment with a second from Tim Monroe which was unanimously approved at 6:38.

*Ballots were passed out, collected and tallied to approve our new board members.

*An oral reading of the by-law updates and changes was completed with verbal motions for approval made by members of the general membership. All recommendations were approved unanimously.

PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

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

1. Advertising in our award-winning bi-monthly magazine, "Footnotes" that goes to each of our 1,450 member households and 1,900 members.
2. Sponsoring or co-sponsoring one of our official KTC race events.
3. A general sponsorship of the Knoxville Track Club, East Tennessee's premier running organization.

KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

Inside Front Cover \$200

Full Page Ad \$125

½ Page Ad \$ 75

Multi-issue packages at volume discount rates are available

KTC SPONSORSHIP OPPORTUNITIES

◆ Race Sponsorships

Most KTC sponsorship packages are race specific. Race

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

◆ General KTC Sponsorships

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

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



KTC BOARD OF DIRECTORS

Minutes of January 2020 Meeting

JANUARY 27, 2020

The meeting was called to order by Tim Monroe at 6:05 p.m. In attendance were: Christina Adkins, Summer Jo Brooks, Gabrielle Cline, Katy Culver, Bobby Glenn, Tim Gregory, Pam Haggard, Zane Hagy, Doug Holder, Brian Huskey, Keith Jackson, Scott Schmidt, P. Mark Taylor, Alicia Teubert, and Gerald Witt. In attendance as guests were: Jason Altman, Stephanie Bailey, David Black, and Kathy Nash, membership coordinator

Approval of Minutes – Christina corrected the spelling of her name on the December minutes. Brian motioned to approve the minutes with this correction. Scott seconded. Minutes were approved without further discussion.

Welcome/Introductions – New board members were introduced and welcomed. Board members paired up with another board member they don't know well and learned something about them. Board members then shared what they learned about their partner.

Sponsorship Request – The agenda was adjusted slightly to allow Andy Jones to present to the board about The Keys 100 Relay. Andy requested that the board sponsor the \$819 entry fee for the team. This is the same team that won the race last year and they plan to set the course record this year. The race is May 16-17 and therefore, too hot for singlets. The team will put KTC logo on the van and will include KTC in their name. Andy was excused from the room for the board to discuss. Christina requested social media coverage. Scott noted that we will want a Footnotes article from the team after the event. Scott made a motion to

provide the sponsorship and P. Mark seconded. The board voted unanimously to approve. David will follow up with Andy about the specific expectations noted above.

Conflict of Interest Policy – Alicia reviewed the club's conflict of interest policy. The policy applies to staff, board and family members. All staff and board members signed their agreement with the policy.

Electronic Communications notice – Alicia presented the electronic communications notice that will allow discussion of board issues via email as long as we have signatures of agreement from the board. All those present signed the notice. Voting must still take place at in-person meetings.

Regular Reports

Executive Director's Report – Brian had a question about difference between "members" and "membership" as noted in the report. Kathy explained that she is pushing families to identify all the family members who are claiming the family membership vs. individuals who sign up as members. Families who do not identify all eligible family members are often disappointed that they cannot apply their membership discount to family members who are not on record. There was a brief discussion of some races having a downward trend, but some had record attendance.

Treasurer's Report – no questions

Marathon Director's Report – Jason reported that registration numbers are up. He is pleased that Covenant has taken up an interdepartment

competition; this year many Covenant staff have registered for the 5k in addition to the company being the title sponsor. Kids' run registration numbers look good. We are excited about Frank Shorter being the guest speaker this year.

Event Manager's Report – No questions. Tim noted that Stephanie has done a great job of distributing excess items to places that can put them to good use rather than simply putting them in storage.

Trail Committee/Footnotes/Website Report – no comments or questions.

Strategic Planning Discussion

Tim reviewed that we voted last year to focus on our three strategic areas. David and Jason provided an overview of what we are already doing.

To Promote Competition – current: Olympic Trial Qualifiers in KTC races such as the recent Calhoun's Ten Miler – David provided race codes for them so that they were encouraged to race and promoting the story for the news; providing nice prizes for Grand Prix series; medals for trail races.

Jason noted that for the marathon we highlight local athletes (focus this year is Knox County Schools); partnering with EYF and their kids' programming and promoting this in the media.

To Promote Competition - ways that we might expand: P. Mark noted that South Doyle has a track that is not designated for the school but could be used for community events.

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2020 KTC Grand Prix Point Totals through Whitestone

Jerry Schohl, keeper of the points

MALE

Nick Morgan	23
Joseph Hicks	21
Jeff Colfer	20
Brent Bueche	18
Mike Digirolamo	18
Christian Thompson	18
Ron Watzke	18
Justin Weinmeister	18
Larry Brede	16
Chris Davis	16
Stewart Ellington	15
Ethan Coffey	13
Brandon Ward	13
Dave Alderman	12
Andy Jones	12
Jake Radtke	12
Doug Ross	12
Paul Horton	11
Baker Jones	11
Ron Wireman	11
John Byrd	10
6 men tied with	9

TEAMS

KPL / ZenEvo	355
Team Runners Market	322
RunKNOX	61
Team Really	50
CNS Y-12	28
Knoxville Endurance	23
Health Shoppe/Podium Sports Medicine	20
Roadkill Runners	19
KTC Socialites	17
Team Pilot / Flying J	15
Two Carnivores and a Vegan	13
Hardin Valley Road Runners	8
Back of the Pack Elite	5



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

FEMALE

Constance Dickey	26
Jennifer Singh	24
Katie Taylor	23
Gina Rouse	18
Kris Corbitt	17
Stacy Clower	17
Becky Tener	17
Elizabeth Herndon	16
Kathy Smith	15
Sarah Eldridge	15
Andee Swann	15
Kelly Davis	14
Elizabeth Hagler	14
Shirley Sirois	14
Julie Chaves	13
Marsha Morton	13
Lauren Roth	13
Jenny Jones	12
Michelle Midnight	12
Jennifer McKelvey	11
Marie Tedesco	10
4 women tied with	9

Knoxville Track Club thanks

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

10847 Hardin Valley Rd
Knoxville 37932
865-896-3760



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

for its generous sponsorship of
The Dogwood Classic 5k

<https://hardknoxpizza.com>

KTC BOARD

AAA continued from page 27 AAA

This would be an opportunity for local competition. Jason will reach out to get more information about using the track.

David noted that we need to look at time limits on events that might exclude some runners who are training for Covenant. Some races that are part of the training series for the marathon do not accommodate paces that fall within the cutoff time for the marathon.

Tim noted that we might need to evaluate race management in general – is there a standard for all races that race directors use to review their races? Recommend that the Road Race Committee take this up.

There was a discussion regarding concerns from club members about the Grand Prix. Kathy noted that the top teams are paid to run, but social teams who pay their own entry fees can't compete with them – should we consider separate competitive and social runner divisions in the Grand Prix? Club members have also expressed concerns about the prizes for individuals in the Grand Prix. Road Race Committee to make recommendation about what, if anything, needs to happen with the Grand Prix. Report back to the board in April about any changes for 2021.

To Support Participation: The group discussed again the potential use of track at South Doyle. David noted that we will continue to grow youth participation. We can also grow the involvement of KTC with cross country. Bobby asked what we are doing with supporting officials' training. Kathy noted that there was a fall training. Pam noted that we need to reach out to younger folks to get them trained as officials.

To Encourage Service: We will continue to make sure the volunteer needs are posted with the race registration on Runsignup. It would be useful to have a systematic way of reaching out to community groups for volunteers for each race. The key is finding groups that need service hours (Tennessee Promise

is a good source for this). Volunteer East TN is a resource for posting needs. RRC should create a master list of who we need to reach out to for volunteers.

Jason noted that he needs a captain for the 5k because Stephanie has filled this role, but it would be helpful for her not to be tied to the 5k during race weekend. There is also a huge need for clean up in the afternoon of the marathon.

Alicia noted that volunteer prizes are important, but we need to do a consistent job of collecting the data of who is volunteering. Summer Jo noted that if people are signing up for volunteering through RunSignUp, hours can get counted.

Gerald discussed that having a cohesive communication strategy. He has had very preliminary conversations with people in the community about what this would look like. The board needs to think about how we'd like to present the club to the community.

Roundtable

Christina – a club member asked if sweatpants could be a swag item.

Bobby – we have an AED. Need to finalize documentation and organize training. An email will be coming out about training soon.

Brian - Regularly scheduled May

meeting falls on Memorial Day this year. Do we want to change the date? The May meeting will be moved to May 18th.

Alicia – desperate need for non-running parking volunteers this weekend at Strawberry Plains. Also need water stop volunteers and a finish line photographer.

Stephanie – CPR training is required for staff and RDs. Will try to combine this with AED training.

Jason – marketing materials are available for the marathon and kids' run

David – Patty Thewes is social chair. She has hurt her ankle and now needs additional help. Board members, please show up at social runs whenever you can.

Summer Jo – March meeting is the Monday before the Marathon. This is a scheduling challenge. Brian suggested looking at what needs to be on the agenda at the time and making a decision then.

Tim – confirmed that everyone got their race code. Request that if you race for free, consider doing something on the donation line.

Brian moved to adjourn. Christina seconded. Meeting was adjourned at 7:38.



Have you registered for a variety of races -- not only KTC races, but races in other areas? You may have created more than one Runsignup account. To consolidate your accounts, see <https://help.runsignup.com/support/solutions/articles/17000064160-merge-existing-accounts-or-change-primary-account-in-profile>



RINGING IN A NEW DECADE AT CALHOUN'S NEW YEAR'S DAY 5k

Robyn Smith and Suzanne Oliver, race directors

Happy 2020! We could not have been much luckier with the weather that greeted our 800 registered runners on New Year's Day - a bit breezy, but warmer than expected and beautiful, bright sunshine throughout the morning. We had 682 official finishers for the 5k with Gina Rouse leading the pack and finishing first overall in 16:31, followed very closely by Stewart Ellington in 16:34.

Our fleece blanket giveaway this year was a hit with several folks opting to snag one or two extras after the race. It is comfy and imprinted with a list of all the upcoming KTC sponsored road races. A friendly reminder as you snuggle up under it to

select your next race or create a goal for later in the year.

We very much appreciate the volunteers who helped pre-race with registrations at Dick's Sporting Goods and the too numerous to name who showed up bright and early on New Year's Day to set-up, work registration, time runners, pass out our traditional glass to the first 100 male and 100 female finishers, assist with the field of mile fun running kids and ultimately clean up and get the rest of the day rolling. We could not function as a race or as a club without your willingness to give of your time and yourselves.

We recertified the course during the week before the race this year and

want to give a shout out to Glenn Richters for helping us during the busy holiday season!

As always, we want to thank our title sponsor, Calhoun's, for preparing the breakfast goody bags for runners, opening the restaurant early so we have a warm dry place to stage several activities pre and post race and for having great employees available who stepped up to help with several tasks during the morning. We would also like to thank our contributing sponsors - TSMG, New Balance of Knoxville, CNS, Dick's Sporting Goods, and Prime Medical Training. Thanks again to everyone for coming out to kick off 2020 with us! We hope to see you all throughout the year at our other KTC Races (check your blanket if you need a list of upcoming races!). See you next year!



ANOTHER GREAT DAY IN THE WOODS

Kathy Smith, race director



Once again the Treadin' Trodden Trails series kicked off on January 12th at Maryville College. It was a rather warm day for January, but no one was complaining. With 370 registered runners, the pavilion was packed and buzzing with energy, yet registration activities were busy but efficient, thanks to our fantastic volunteer crew.



have taken 30-45 minutes to clear all of the debris. I quickly texted the trail committee asking for help. In true TTT committee fashion, Pete Crowley, Bobby Glenn and Andrea

Ludwig jumped into action and cleared the path! The race could go on!

Once again we had some fantastic volunteers: Sue Deery, Rebecca Holder, Maleah Holder, Kathy Nash, Jennifer Moore, Andrea

Ludwig, David McLennan, Andrew Pack, Mike Parton, Gavin Jones, Michelle Carlson, and Emily Johnson, thanks for all your help!

Despite the slippery conditions, the winning times were fast!

In the Kids Trail Mile race, our rabbit (the adult runner who leads the way for the kids and who shall remain nameless) took a wrong turn early on in the race and the kids ran around and up the road, shaving about 4/10 of the course. All was well in that they all crossed the

finish line, and nobody, not even the kiddos, complained about the short course.

In the 5k race, the top finisher was Christopher Rayder from Collierville TN with a superfast time of 18:30. (that's a 5:58 pace per mile!). He was closely followed by Gavin Jones from Maryville (18:43) and Trail Committee member Tim Hill from Knoxville (19:16).

The first female was Mary Sketch of Knoxville, whose time was 21:13. Mary was followed by fellow Knoxvilleian Cassidy Giles (22:11) and Morgan Blazer from Parrottsville (23:54)

Masters winners were Jacob Prater from Maryville (21:47) and Julie Jones from Knoxville (26:10).

After the race runners and volunteers enjoyed some tasty post-race snacks including delicious vegetable soup made by the wonderful cafeteria ladies from Eagleton Middle School.

And that's another successful Wanderers in the Woods!

On Saturday, the day before the race, Ken Lonseth, Tony Owens and I marked the trails. We came upon one big blown down tree, which took some work to get cleared enough to jump over. Fortunately, the rest of the trails were in pretty good shape. However a rather violent storm passed through Saturday evening with lots of rain and extremely high winds.

I decided to pre-run the race course Sunday morning, checking the trails and the markings. (Being on a college campus, there is always the possibility of shenanigans.) Mere yards into the course, I realized just how strong the storm must have been the night before - there were branches and limbs everywhere! There was one huge clump of trees blocking the main trail not far from the starting line. What should





FAST TIMES AT CALHOUN'S TEN MILER

Dana Rohloff, race director

"Rain or shine, hot or cold, watching you runners never gets old!

You have a banana and lace up your shoes, then stand at the start line, such a happy crew!

Chatter and laughter fill the air... goals and ambitions, such dedication out there.

You all take off when the air horn blows, Im sad I can't join you but I lack feet & toes.

Tick tock goes the clock until the first runner comes back, oh my snow is he moving fast!

He crosses the finish line and stops to breathe... glancing at the clock, he seems pleased.

One by one, all the runners pass by, some look so happy they have tears in their eyes.

A new day to race, another year full of smiles, it brings me such joy to watch the Calhouns 10 miler."

- *Mister Shivers, Calhoun's Ten Miler Mascot.*

(P.S. Sorry about the weather)

This was my first year directing the Calhouns 10 miler solo. I have to admit: I was pretty nervous because directing a race is a huge undertaking. However, the outpouring of love and support from the Knoxville Track Club members as well as the running community was immense. Anytime I needed anything, there were plenty of caring folks happy to help out.

One of the things I was very excited to implement this year was the addition of the Mister Shivers kids mile. Running is a sport that the whole family can participate in and benefit from so I was thrilled to have the opportunity to facilitate that. Having an executive director and an events manager with open minds who are always willing to let each individual member put their own personal ideas into play is one of the things I believe makes our club so successful.

It's a blessing to be a part of this running community which has continued to feel more and more like family. I've enjoying getting to know many of you and having the privilege of witnessing you reach goals you once believed were impossible. Whether this was your first year running the Calhouns 10 miler or whether you're a seasoned veteran, I hope to see you back next year so that I can continue to be a part of your journey. Thank you for running and for your patience with me and my first year alone at the starting line.

Results: In first place was Christian Thompson (50:34) followed by Zack Beavin in second (51:42) and Jacob Law in third (52:28). The ladies were led by Gina Rouse in first (57:00), Katie Taylor in second (59:18) and Elizabeth Herndon in third place (59:32). Stewart Ellington (56:22) and Connie Dickey (1:06:57) took Masters

honors while Brent Bueche (1:07:40) and Jennifer McKelvey (1:18:44) were awarded Grandmasters. The Senior Grandmasters titles were earned by Baker Jones (1:19:18) and Jennifer Singh (1:22:22).



I want to thank our sponsors for their incredible support: CNS, Runners Market, Academy Sports and Outdoors, Prime Medical Training, Knoxville Spine and Sports, and Calhoun's

Restaurant for their outstanding hospitality and service! Events such as this could never take place without their care for the Knoxville Track Club and our running family. I also want to thank the Anderson County Police Department for coming out to make sure our runners were as safe as possible out there on the course. B.K. Graphics did an amazing job on our shirts, water bottles and umbrellas! I am so grateful for their hard work.

Lastly, a HUGE thanks to all of our devoted, hardworking volunteers who make every KTC race possible. It takes a special kind of person to get up early on a Saturday and come out to spend their personal time helping out in typically undesirable weather conditions. I appreciate each and every one of you whether you're checking runners in, helping out with parking or setting up the course.

Thank you to all for making this year's race such a huge success!



STRAW PLAINS RUNNERS TOUR COUNTRYSIDE



Alicia Teubert, race director

This year's official theme for the Strawberry Plains Half Marathon and 10k was "Countryside," but, once again, we adopted "records are meant to be broken" as a secondary theme. Registrations, participants, teams, course records, state age records, sponsors, food and community support all set new highs.

With the mild winter we are having, it may have been the first time in a while that rain (instead of snow) was a potential at the race, but the threat of rain did not keep people away. This year we had 1,063 registrants (174 more than last year). It was the first time the race has ever had over 1000. We had 484 half marathon finishers (420 last year) and 453 10k finishers (364 last year). The sheer number of people walking around Rush Strong School was astounding to see.

The mild winter also left us with a complication: Parking. We normally use Rush Strong School's football field as our main parking lot, but putting cars on soft ground is not the best option. That is where the Strawberry Plains community stepped in. The Strawberry Plains United Methodist Church, the Strawberry Plains Presbyterian Church and the Holston Memorial Baptist Church all opened their parking lots for our participants for the first time.

After I posted a call for volunteers on Facebook, Pastor Tony Hayes of the First Baptist Church (across from Rush Strong School) commented on it asking me to call. When I did, in addition to using First Baptist Church's parking lot (like past years), he offered to use the church vans and church volunteers to transport people from more distant parking lots. In the end, not only did First Baptist Church allow us to use its parking lot, but it bused people

from Holston Memorial Baptist Church and also brought over 20 volunteers who helped direct parking. We are grateful for the support of the Strawberry Plains community!

Maybe the smoother parking process helped our racers stay calm and cool as they focused on their race plan execution. Both course records in the half marathon were broken. Christian Thompson of Ooltewah finished in 1:07:42, breaking the former record of 1:08:06. Beth Herndon of Knoxville finished in 1:18:04, breaking the former record of 1:20:44. Beth now is the course record holder in both the half marathon distance and in the 10k distance (which she set in 2013). State age records were also set. Brent Bueche set an age record in the half marathon and Kathy Wolski set one in the 10k.

John Gilpin was the overall male winner of the 10k in 31:57, followed by Kevin Huwe (32:57) and Alex Morgan (36:19). Amanda Martin took the 10k overall female title with 38:12, followed by Kathy Wolski (39:10) and Elizabeth Whelpley (41:40). Other top males in the 10k included Masters Mark Malecky (38:06), Grandmasters Tim Ensign (38:29), Senior Grandmasters Norman Cole (48:51) and Clydesdale Christopher Gambill (49:59). Other top females in the 10k included Masters Jennifer McKelvey (46:01), Grandmasters Barbara Rector (51:56), Senior Grandmasters Marian Schmidt (55:51) and Athena Solange McDaniel (51:33).

In the half, Thompson was followed by Ethan Coffey (1:11:17) and Alex Mortimer (1:12:12). For the women, Herndon was followed by Julie Chaves (1:22:44) and Katie Taylor (1:26:25). Other

top males in the Half Marathon included Masters Nick Morgan (1:16:36), Grandmasters Brent Bueche (1:24:29), Senior Grandmasters Anthony Span (1:34:47) and Clydesdale Larry Brede (1:32:38). Other top females in the Half Marathon included Masters Constance Dickey (1:27:52), Grandmasters Amy Jones (1:45:15); Senior Grandmasters Jennifer Singh (1:47:55) and Athena Margaret Cook (2:04:08).

While we do not know the official results of the team competition when this article was written, we had a record thirty three teams competing this year.

Another new feature we had at this year's event was a fundraiser for a local charity. You have probably seen the Ainsley's Angels' East Tennessee Ambassadorship at our events. In fact, they worked the second water stop at Strawberry Plains. Ainsley's Angels' mission is to provide disabled athletes (both youth and adult) opportunities to participate in road races and endurance events and to build awareness of America's special needs community though inclusion in all aspects of life. Ainsley's Angels provides adaptive racing chariots (chairs) for disabled and special needs athletes and pairs them with well-bodied athletes so that both can participate in events. We were able to raise \$1,178 through participant donations to help them purchase a Blade All Around Chair.

This race would not be what it is without our sponsors. Eddie's Health Shoppe and ZenEvo Chocolate once again served as our generous presenting sponsors. Eddie's Health Shoppe allowed us to

**** continued on page 34 ****

COUNTRYSIDE

AAA continued from page 34 AAA

provide insulated tote bags and also provided gift certificates for our Overall, Masters, Grandmasters, Senior Grandmasters, Clydesdale and Athena winners. Eddie's Health Shoppe and ZenEvo Chocolate set up a booth both before and after the race and the generous owner of both those sponsors, Eddie Reymond, participated in the half marathon!

We also had a record number of sponsors this year. Our post-race full country breakfast could not have happened without them. Bojangles was our Biscuits and Gravy Sponsor. Allied Toyota Lift was our Beverage Sponsor. Panera Bread was our Bagel Sponsor. Pilot Flying J was our chocolate milk sponsor. Morristown Foot Clinic was our muffin sponsor. Blount Discount Pharmacy was our Sausage Sponsor. Additionally, Benefit Your Life provided us some gluten free biscuits and gravy to serve in the new specialty diet section we offered this year. It appeared that the full country breakfast was a success. We even allowed registrants to purchase extra meal tickets this year so that their cheering section could enjoy the post-race breakfast with them. We also heard positive feedback about offering specialty diet offerings.

Service One, Inc. returned as our volunteer hospitality sponsor this year and Matt Cunningham State Farm joined in recognizing our volunteers by providing fleece headbands. The hot hands and the warm food were also a hit.

We also could not have had "record fun" without the sponsors of the scavenger hunt. Mortgage Investor's Group sponsored the Half Marathon Scavenger Hunt and VID Custom Firearms sponsored the 10K Scavenger Hunt. Our wonderful prize baskets were donated by businesses owned by local runners: Knoxville Center for Oral and Maxillofacial Surgery, This Little Scissor, Knoxville Acupuncture and Chinese Medicine, The Long Run, and Personal Best Racing. We received word that both participants and the volunteers (who ended up in many of the pictures) enjoyed the scavenger hunts.

The pictures were amazing. We awarded prizes for Best Photo, Funniest Photo and Most Photos categories for both events. Congratulations to the winners!

Academy Sports and Outdoors provided the location for our early packet pickup and graciously offered coupons for everyone who picked up their packet that day. To encourage participants to pick up their packet early, we entered everyone in a drawing for some incentives. Knoxville Endurance, Zulu Audio, Brazeiros, Bravo! Cucina Italiana, Massage Envy, Wonderworks, and The Tennessee Smokies provided the incentive prizes.

Tennessee Sports Medicine Group provided on-site pre- and post-race stretching and injury management and Endurance Tap was on-site to hand out fuel samples.

We were able to offer a record number of door prizes thanks to the generosity of Bliss Home, Zulu Audio, Adventure Action Park, Home Federal Bank, First Watch, Archers BBQ, Alumni Hall, and The Tomato Head.

Our other sponsors were Knoxville Performance Lab, Runners Market, BK Graphics, Hilton Knoxville Airport, Ace Hardware – Bearden, William Knight Insurance Agency, Navus Automation, Elmore, Stone & Caffey PLLC, Hollywood Wax Museum, Fresh Market, Earth Fare, and Food City. We thank you for your support!

The Knox County Sheriff's Office provided police support and the Jefferson County Rescue Squad provided medical support. The Middle East Tennessee Emergency Radio Service (METERS) and the Jefferson County Amateur Radio Emergency Service (JCARES) provided communication services throughout the morning. Their personnel were located along the entire course to provide race status and emergency communications.

In addition to the volunteers from First Baptist Church mentioned above, we had a whole host of running and non-running volunteers who allowed the race to run smoothly. We need to thank the other local non-profit groups that brought ten or more members to volunteer in our hard-

est-to-fill positions: Ainsley's Angels East Tennessee Ambassadorship (T intersection water stop), Knox County 4-H Horse and Pony Club (post-race food), and the UT Running Club (course and turn around monitors as well as parking attendants and finisher medal distribution).

In addition to the volunteer groups, we have many volunteers go above and beyond. Former Strawberry Plains race director Luke Cooper served, once again, as our Volunteer Coordinators and another former (and current) RD, Richard Dodson, served as our long time On-Course Time Caller. Teresa Williams oversaw the Volunteer Hospitality area and stepped in wherever help was needed. Robyn Smith and Suzanne Oliver were our Registration Coordinators. Mike Wood was our Course Coordinator and assisted with placing the announcement signage the week before the race and the signage and course mile markers race day. Julie Maxwell helped coordinate the Half Fanatics half marathon pacers and Melissa Heaton made sure everything was in place race day for the pacers. Jason Altman, our CHKM marathon director, not only had a booth at the race, but he served as the 1:30 pacer of the half marathon. Bradley Grindstaff and Jeff Cline volunteered to provide on course photography and John Martin was our volunteer finish line photographer.

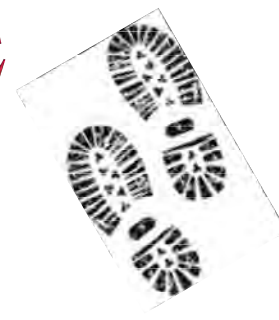
We need to give a huge shout out to Allison and Larry Baker for their assistance with the water stops. They went to KTC storage on Wednesday and loaded their truck and trailer with all the water stop supplies. They filled all the water jugs at their home and then set out all the supplies race morning and collected all the supplies post-race. WOW! Thank You!

There are also a lot of unsung heroes whose services are necessary for the race to occur. Muna Rodriguez of Personal Best Racing graciously agreed to end her 9-year streak running the event and instead provided the inside audio system and music while also serving as our emcee and distributor of door prizes. Michael deLisle, KTC's Photographer, captured half marathon runners later in the course

AAA continued on page 37 AAA



WHITESTONE TRIPLE TRAIL TREK



Tony Owens, race director

Wait. What?? There are trails at Whitestone, too??

Why yes, there are! For the second year now the trail committee eagerly decided to utilize the 6-8 miles of trails that surround the Whitestone Country Inn. While the roadies explore the roads they explore the hilly roads in the surrounding area, the dirt lovers get to run along singletrack through woods they've probably never been in. What could be better than muddy trail runners mingling with salty road runners at the finish line, then heading over for camaraderie and shenanigans while chowing down on delicious biscuits and gravy at brunch?



was technically tougher than last. By now everybody recognizes the 30k road course as hilly and challenging, even if you're only doing a part of it as a relay team. The 30k trail course is a different beast entirely. It consists of a 10k loop for each of the relayers with a daunting climb for each loop, or all three loops (and all three daunting climbs) for the full 30k experience.

Your good RD can't take credit for the masterful trail course -- that credit goes to Ken Lonseth, who somehow combined runnable elevation with grand views and beautiful scenery all while nailing the 6 mile distance.



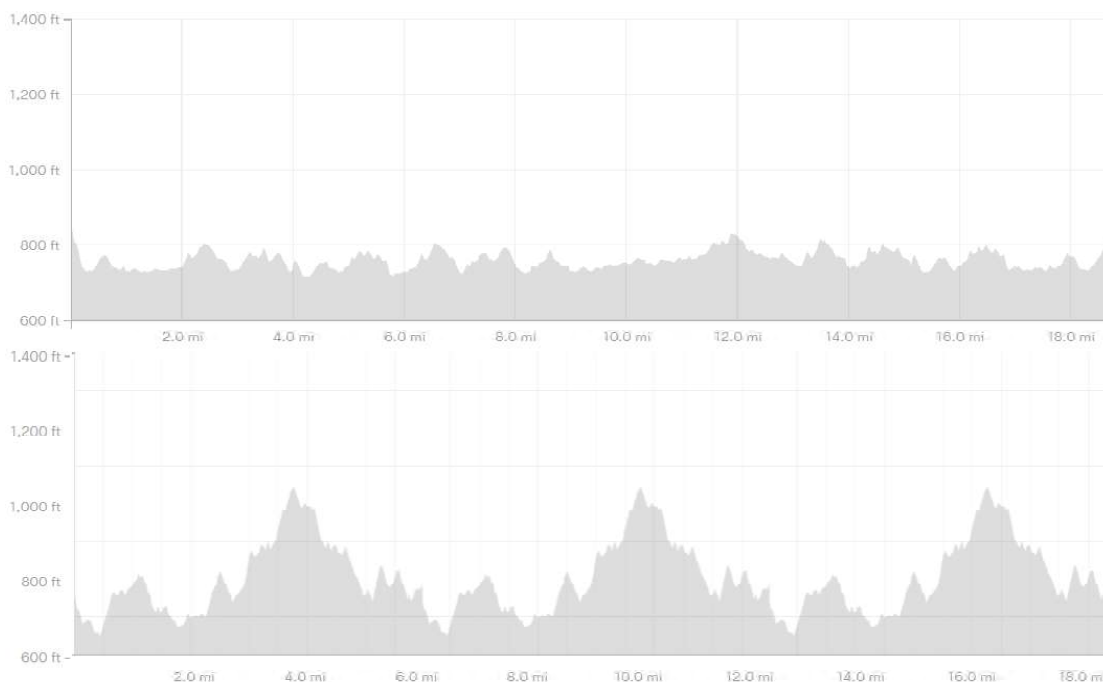
The elevation profile tells the tale: Roadies enjoy only 1,280 feet of eleva-

tion gain for the entire 30k road course, while trail folks get treated to a whopping 3,393 foot gain. Check out the profiles below -- road on top, trail on bottom, same scale. Kinda eyepopping.

Thankfully, KTC Executive Director David Black talked the kitchen into staying open longer for us this year so the muddy trail runners could join in the festivities even if they persevered through all three loops!

This sort of fun couldn't happen without the unwavering support of all of the volunteers and the volunteer members of the KTC Trail Committee -- thank you one and all for your help with planning, trail marking, hauling water coolers and timing equipment, registration and aid station support. If you don't already, make it a practice to thank all of the volunteers you see, as often as possible. It's too late now, but next year thank our friends at the Whitestone Inn for hosting us and allowing this great event to continue.

Finally, huge congratulations to Wesley Crane (2:21:21) and Hannah Eldridge (2:44:50) for taking the overall win in the 30k race, and to the Island Homies (the dream team of Cassidy Giles, Peyton Gupton, and Cole Nypaver) for taking the top spot in the trail relay competition in 2:02:38. It was a grueling course on a tough day and all (well, OK, almost all!) we saw were smiles out in the woods today!





WHITESTONE 30k ROAD/RELAY

by *Stephanie Bailey, KTC Event Manager*

Sunday, February 23rd marked KTC's annual Whitestone 30k Road/Trail/Relay presented by BK Graphics race in scenic Paint Rock, Tennessee. The Whitestone Inn is a charming bed and breakfast outside of Knoxville in nearby Roane County. While this location serves as a popular romantic getaway, the romance of this race can be quickly lost on each runner who runs Whitestone. This race is a grinder's course that will test your physical endurance and mental strength. The road course starts immediately downhill, flattens out for about a mile or so, and then the rolling hills begin and do not end until you cross the finish line. And yes, the finish itself is uphill for almost a mile. But the accomplishment for tackling such a tough course can be so rewarding.



This unique event is a combination of road race and trail race, each offering a 3-person relay option. Chris Bryson directed the road race and we had 121 30k runners and 14 relay teams. Post-race,

runners enjoyed a hot breakfast buffet provided by Whitestone Inn.

For the participants returning from last year, the race weather was mild and sunny, unlike the downpour of 2019. No rain and 40 degrees were a welcome addition to the 2020 race!

Top 30k road racers overall were Jack Hillenbrand (1:45:38), Justin Weinmeister (1:50:26), and Bob Adams (1:50:55) for the men. For the women, overall winners were Eden Slater (2:08:36), Constance Dickey (2:12:51), and Sarah Eldridge (2:15:18). Congratulations to each!

For the men's Road Relay, the winner was Cirque du Sore Legs. This team was also the winner of the best and most appropriately titled team name - especially for Whitestone! For the women's relay, winners were Our Kids Aren't Chasing Us, Bottomless Mimosas, and Brede-McLeod. The Road Relay overall co-ed winners were What Inertia Are We Doing, JCL RunKnox, and Injured Bunch.

Team Well Done Ribeyes was a close fourth place and earns an honorable mention for team name awesomeness! Nice work to each of the winning teams!

To each of the road, trail, and relay participants that toed the line at Whitestone, we congratulate you and welcome you back to next year's hillfest! To each KTC member not yet introduced to Whitestone, get this race on your calendar for next year. It serves as an excellent tune up race for the Knoxville Marathon.

As always, this race was made possible by a small army of amazing volunteers! Thank you! Parking, course monitors, and water stops were all fantastic. Even a friend of KTC K-9 helped escort runners along one of the turn-arounds! We love all our volunteers!

Of course, don't forget to support our dedicated race sponsors: B.K. Graphics, Whitestone Inn, Knoxville Spine and Sports, Runners Market, Academy Sports, and Pilot. Thank you all! Knoxville Spine and Sports was even at the race site giving those tough Whitestone runners a stretch after the race - a big thanks to them!

STRAWBERRY PLAINS

AAA continued from page 31 AAA

and loaded the photos to Flickr in record time. Troy Rebert, KTC's Head Timer, set up all the bibs pre-race and answered any and all set up questions we had immediately. Post-race, he took care of any timing issues with lightning speed. Stephanie Bailey, KTC's Events Manager, helped cover all the necessary administrative details, helped with invento-

rying what supplies KTC had and spent hours in Sam's with me shopping for race food and supplies. If you enjoyed the cuties, thank Stephanie. She had to go to a separate store to pick them up! Justin Emert, KTC's Equipment Manager, not only made sure that we had everything we needed at Rush Strong School, but he provided a beautiful rendition of our national anthem. Last but not least, David Black, KTC's Executive Director, was a source of constant support and encouragement. He provided an ear and sounding board for all our ideas and a push to keep thinking outside of the box to better the participant experi-

ence. He stepped in, sometimes on very short (or no) notice, to take some of the load off the volunteer race directors.

As some of you may have heard, this year will be me and Mike's last year directing Strawberry Plains. It has been a pleasure to serve and, from the bottom of our hearts, we thank everyone who has been a part of this journey with us. The race has grown because we have an amazing village of staff and volunteers who work together to make this event an experience people are excited to attend. Thank you, everyone.

The Knoxville Track Club's Treadin' Trodden Trails 2020 Offroad Running Series proudly presents



DARK HOLLOW WALLOW

DATE TIME PLACE: Sunday afternoon, March 8, 2020, 2:00 pm. **KIDS RACE** starts at 1:30 pm. Starts/finishes at Big Ridge State Park on state highway 61 between Norris and Maynardville.

COURSE DESCRIPTION: The eleven mile course delves into long forgotten, mud-slogged or evanescent thought to be haunted by haunts, demons, banshees, phantoms, and poltergeists. There be hills, including one particularly inexcusable one on the long course. A shorter but similarly challenging five-mile course will also be offered, and a Kids Trail Mile will precede the main race at 1:30 pm.

DIRECTIONS: Take I-75 to exit 122, then follow Highway 61 east for approximately 12 miles. Park entrance is on the left. GP Sjunkies, look for 1015 Big Ridge Park Rd, Maynardville, TN 37807. Latitude, Longitude: 36.243240, -83.930417

REGISTRATION AND FEES (NO REFUNDS AND NO BIRTH TRANSFERS): Fee: \$20.00 for pre-registration and online registration. KTC discount accepted. \$10.00 for students 14 and younger. Online registration available at www.ktc.org. **NOTE:** Day of Race registration \$25.00, no KTC discount available day of race. Kids Run fee \$5.00 any time.

T-SHIRTS: Special limited edition T-shirts will be printed for the series. This is the same shirt as at all other Treadin' Trodden Trails races; one shirt per runner PER SEASON please. Taking multiple shirts minimizes monies we are able to donate to trail friendly causes.

GRAND PRIZE POINTS: Full points (i.e., 100, 90, etc.) will be awarded for the 11 Mile and Half points (i.e., 50, 45, etc.) awarded for the 5 Mile.

SPECIAL SERIES AWARDS: Points will be awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (five each male/female and <40/40+) will receive TTT Series awards. Overall top male and female and top male and female masters qualify for free entry to the entire 2021 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual must be a current KTC member and volunteer at a minimum of three Treadin' Trodden Trails events. Point totals accrue in a maximum of eight series events.

RESULTS: Results will be available on the Knoxville Track Club web site: www.ktc.org

COURTESY QUOTE: We reserve the right to disqualify anyone who exhibits unspportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades, or other blades or pets on the course.

SAFETY: Aid and water stations will be provided, but in an effort to be greener, we require all runners to carry their own water, i.e., no cups at the aid stations. If you don't own a handheld, consider purchasing one; they're quite useful out on the trail. Otherwise a basic water bottle will be provided and handheld bottle holders will be available for purchase inexpensively. We also strongly recommend that anyone sensitive to insect stings or bites carry their own medication. Usually, we urge that everyone do some pre-race training off road, as there is no substitute for experience. We want you to have a good time.

INFO FOR RUNNING OR VOLUNTEERING: Contact race director Bob by Gmail 865.548.7664 or rbgruns@cloud.com. More info 865.548.4718. Volunteer info and sign up available on Runsignup.com.

OFFICIAL 2020 DARK HOLLOW WALLOW ENTRY FORM

Race Number

Address _____

Race 11 Mile 5 Mile Kids

City _____ State _____ Zip _____

Name _____
Last _____

Phone () _____ E-Mail Address _____

First _____

In case of emergency, call _____
at Phone () _____

Sex Circle One male female

Age (as of 12-31-20) _____

Birthdate Mo. ___ Day ___ Yr ___

T-shirt Size (circle one)

None XS S M L XL XXL
YM YL

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Dark Hollow Wallow Race
1633 Helmholz Rd
Knoxville, TN 37909

We reserve the right to disqualify anyone who exhibits unspportsmanlike conduct or is abusive to volunteers!

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

I know that running and volunteering to work the club races are potentially hazardous activities. I should not wear and run in the Dark Hollow Wallow unless I am medically able and properly trained. I agree to abide by my decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running and/or volunteering to work the aforementioned race, including but not limited to: falls, common weather related injuries, the effects of weather, including lightning, humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and assumed by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone else listed as an agent, waive and release KNOXVILLE TRACK CLUB, BIG RIDGE STATE PARK, THE STATE OF TENNESSEE, UNION COUNTY, AND THE CITY OF MAYNARDVILLE, any and all members thereof, and all future persons, who in some manner, successfully, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though such liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use my photograph, name, picture, recording, or any other record of this event for any legitimate purpose.

Make checks payable to
The Knoxville Track Club (No refunds)

Athlete's Signature

& if under 18, parent's signature

Date

Lucky Kidney Run



presented by:

**FRESENIUS
KIDNEY CARE**

Thrive On



March 14th, 2020 @ 10am

Out & Back 6k Course: Market Square - Gay Street - Historic 4th & Gill

Register Your Team Today!

runsignup.com/race/tn/knoxville/luckykidneyrun

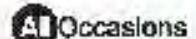
6k Timed Run ~or~ 2k Fun Walk

- 6k Timed Race to compete for Trophies, Bling & Bragging Rights!
- 2k Fun Run/Walk, Fundraise for Support!
- Open to all levels - families, strollers, wheelchairs welcome!
- Individual Awards - Top 3 - Overall M/F, Age Divisions M/F
- Team Awards - Top 3 Largest, Top 3 Fastest, Top 3 Fundraising Teams/Individuals

Knox Shamrock Fest™

- Family Friendly St. Patrick's Day Festival
- All Day Saturday, March 14th & Friday, March 13th, 3-10pm
- Irish Music, Irish Step Dancing, Culture, Live Concerts, Food Trucks, Inflatables, Balloon Twisting & Face Painting, Games, Crafts, Activities & more!
- Green Beer, Guinness, Irish Whiskey & Wine - Must show ID, 21+ yrs

Lucky Kidney Run™, Knox Shamrock Fest™ Sponsors





First Name Last Name
 Birthdate mm/dd/yy / / Age on Race Day Gender (M) (F)
 Street Address
 City County State Zip
 School
 Grade (Circle one) 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200 201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218 219 220 221 222 223 224 225 226 227 228 229 230 231 232 233 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 298 299 300 301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 327 328 329 330 331 332 333 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 389 390 391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517 518 519 520 521 522 523 524 525 526 527 528 529 530 531 532 533 534 535 536 537 538 539 540 541 542 543 544 545 546 547 548 549 550 551 552 553 554 555 556 557 558 559 560 561 562 563 564 565 566 567 568 569 570 571 572 573 574 575 576 577 578 579 580 581 582 583 584 585 586 587 588 589 590 591 592 593 594 595 596 597 598 599 600 601 602 603 604 605 606 607 608 609 610 611 612 613 614 615 616 617 618 619 620 621 622 623 624 625 626 627 628 629 630 631 632 633 634 635 636 637 638 639 640 641 642 643 644 645 646 647 648 649 650 651 652 653 654 655 656 657 658 659 660 661 662 663 664 665 666 667 668 669 670 671 672 673 674 675 676 677 678 679 680 681 682 683 684 685 686 687 688 689 690 691 692 693 694 695 696 697 698 699 700 701 702 703 704 705 706 707 708 709 710 711 712 713 714 715 716 717 718 719 720 721 722 723 724 725 726 727 728 729 730 731 732 733 734 735 736 737 738 739 740 741 742 743 744 745 746 747 748 749 750 751 752 753 754 755 756 757 758 759 760 761 762 763 764 765 766 767 768 769 770 771 772 773 774 775 776 777 778 779 780 781 782 783 784 785 786 787 788 789 790 791 792 793 794 795 796 797 798 799 800 801 802 803 804 805 806 807 808 809 810 811 812 813 814 815 816 817 818 819 820 821 822 823 824 825 826 827 828 829 830 831 832 833 834 835 836 837 838 839 840 841 842 843 844 845 846 847 848 849 850 851 852 853 854 855 856 857 858 859 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 875 876 877 878 879 880 881 882 883 884 885 886 887 888 889 890 891 892 893 894 895 896 897 898 899 900 901 902 903 904 905 906 907 908 909 910 911 912 913 914 915 916 917 918 919 920 921 922 923 924 925 926 927 928 929 930 931 932 933 934 935 936 937 938 939 940 941 942 943 944 945 946 947 948 949 950 951 952 953 954 955 956 957 958 959 960 961 962 963 964 965 966 967 968 969 970 971 972 973 974 975 976 977 978 979 980 981 982 983 984 985 986 987 988 989 990 991 992 993 994 995 996 997 998 999 1000 1001 1002 1003 1004 1005 1006 1007 1008 1009 1010 1011 1012 1013 1014 1015 1016 1017 1018 1019 1020 1021 1022 1023 1024 1025 1026 1027 1028 1029 1030 1031 1032 1033 1034 1035 1036 1037 1038 1039 1040 1041 1042 1043 1044 1045 1046 1047 1048 1049 1050 1051 1052 1053 1054 1055 1056 1057 1058 1059 1060 1061 1062 1063 1064 1065 1066 1067 1068 1069 1070 1071 1072 1073 1074 1075 1076 1077 1078 1079 1080 1081 1082 1083 1084 1085 1086 1087 1088 1089 1090 1091 1092 1093 1094 1095 1096 1097 1098 1099 1100 1101 1102 1103 1104 1105 1106 1107 1108 1109 1110 1111 1112 1113 1114 1115 1116 1117 1118 1119 1120 1121 1122 1123 1124 1125 1126 1127 1128 1129 1130 1131 1132 1133 1134 1135 1136 1137 1138 1139 1140 1141 1142 1143 1144 1145 1146 1147 1148 1149 1150 1151 1152 1153 1154 1155 1156 1157 1158 1159 1160 1161 1162 1163 1164 1165 1166 1167 1168 1169 1170 1171 1172 1173 1174 1175 1176 1177 1178 1179 1180 1181 1182 1183 1184 1185 1186 1187 1188 1189 1190 1191 1192 1193 1194 1195 1196



NORTH BOUNDARY TRAVERSE

DATE/TIME/PLACE: Sunday, April 5, 2020, 9:00 am. Staging area will be on Renovare Blvd off the Oak Ridge Turnpike at the west end of Oak Ridge, TN. Kids Trail Mile starts 8:30 am.

COURSE DESCRIPTION: Both the rollicking fifteen-mile course and equally fun 6 1/2-mile course will traverse a combination of single track trail and jeep road. Hills will be available. More than one.

DIRECTIONS —From Knoxville: Take Pellissippi Parkway west to Oak Ridge. Go through town on Illinois Avenue and turn left onto the Oak Ridge turnpike (Hwy 95). Go about 6.1 miles to Renovare Blvd and turn right. Latitude 35.9577911 longitude -84.368991

REGISTRATION AND FEES (NO REFUNDS AND NO BIRTH TRANSFERS): 15miler \$25.00 for pre-registration and online registration. 10k \$20.00 for pre-registration and online registration. KTC discount accepted. Online registration available at www.ktc.org NOTE: Day of Race registration for 15-miler is \$30.00, 10k \$25.00. No KTC discount available day of race. \$10.00 for students 14 and younger. Kids Run fee \$5.00 any time.

SPECIAL SERIES REGISTRATION OFFER: Sign up online for Ninet for \$109 race series and SAVE BIG! Details at www.ktc.org Expires 1/12/2020.

T-SHIRTS: Special limited edition T-shirts will be printed for the series. This is the same shirt as at all other Treadin' Trodden Trails races; one shirt per runner PER SEASON please. Taking multiple shirts minimizes monies we are able to donate to trail friendly causes.

GRAND PRIX POINTS: Full points (i.e., 100, 90, etc.) will be awarded for the 15 miler and Half points (i.e., 50, 45, etc.) awarded for the 6.5 miler.

SPECIAL SERIES AWARDS: Points awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (five each male / female and < 40 / 40+) will receive TTT Series awards. Overall top male and female and top male and female masters qualify for free entry to the entire 2021 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual must be a current KTC member and volunteer at a minimum of three Treadin' Trodden Trails events. Point totals accrue in a maximum of eight series events.

RESULTS: Results will be available on the Knoxville Track Club web site: www.ktc.org

COURSE ETIQUETTE: We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades, or pets on the course.

SAFETY: Aid and water stations will be provided, but in an effort to be greener, we require all runners to carry their own water, i.e., no cups at the aid stations. If you don't own a handheld, consider purchasing one; they're quite useful out on the trail. Otherwise a basic water bottle will be provided and handheld bottle holders will be available for purchase inexpensively. We also strongly recommend that anyone sensitive to insect stings or bites carry their own medication. Usually, we urge that everyone do some pre-race training off road, as there is no substitute for experience. We want you to have a good time.

INFO FOR RUNNING OR VOLUNTEERING: Contact race director Chris George at 865.232.1242 or chefchris@frontier.com. More race and Treadin' Trodden Trails series info available at 865.5484718. Volunteer info and sign up available on Runsignup.com

OFFICIAL 2020 NORTH BOUNDARY TRAVERSE ENTRY FORM

Race Number

Address _____

Race 15 Mile 6 1/2 Mile Kids

City _____ State _____ Zip _____

Name _____
Last _____

Phone () _____ E-Mail Address _____

First _____

In case of emergency, call _____
at Phone () _____

COURSE CLOSURE
1:30 PM

Sex Circle One male female

Age (as of 12-31-20) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

None XS S M L XL XXL
YM YL

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, North Boundary Traverse
1633 Hehrbold Rd, Knoxville TN 37909

Make checks payable to
The Knoxville Track Club (No refunds)

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers!

ATHLETE'S RELEASE: PLEASE READ TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

I know that running and volunteering to work on this race are occasionally hazardous activities. I should not enter and will not enter the North Boundary Traverse unless I am medically able and soberly advised. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and for volunteering to work on the aforementioned race, including but not limited to falls, contact with other participants, the effects of weather (including high heat, humidity, ice and snow), the condition of the road and traffic conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, for myself, and anyone included in and on my behalf, waive and release (KNOXVILLE TRACK CLUB, THE CITY OF OAK RIDGE, THE STATE OF TENNESSEE, AND HANCOCK COUNTY, AND THE DEPARTMENT OF PUBLIC SAFETY and all members thereof, and all future successors, their respective heirs, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though the liability may arise out of negligence or carelessness on the part of the person named in this waiver. I also grant permission to all the foregoing to use my photographs, name or picture, recording, or any other record of this event for any legitimate purpose.

Athlete's Signature

& if under 18, parent's signature

Date

All Proceeds Benefit
Family Promise
of Blount County

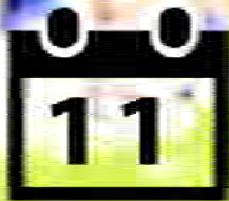


9th Annual

RESURRECTION RUN
5K

5K

& One Mile Fun Walk



4.11.20
Sat | 9:00 AM



Maryville High School
Maryville, TN



Electronic
Timing by
RaceDayEvents



Door Prizes
60 Awards
Free for kids
under 9

Register Early for Best Savings
<http://bit.do/MVResRun>



BIB # _____

10th Annual Forget Me Not 5K for Alzheimer's benefiting



Registration Form

When: Saturday April 18, 2020 5K-8:00a m1 Mile fun run- 7:30am GHOST RUNNER _____
 Where: Start and Finish at Belk of Pinnacle Turkey Creek (NOT RUNNING, BUT I WANT A SHIRT)
 Registration: Easy online registration at Forgetmenot5K.com

\$30 in advance (post-marked by 4/11/20), includes a race t-shirt; \$35 late registration (includes race t-shirt while supplies last); \$25 for students (5-21yrs) Packet Pick up is at Turkey Creek. (forgetmenot5k.com) and 7:00am on race day. Ghost Runner (non-running) \$30 for T-shirt only.

Course Etiquette: Due to insurance regulations and for the safety and convenience of all participants, no pets, roller skates, bicycles or strollers permitted on the course.

Contact for more information: Angela Wampler at 865-740-0881 or Steve Harrison at 865-771-2707 or angela.wampler@cofarter.net

Awards: Top 3 Overall males and females; Top 3 males and females in each age group: Age 5-9; 10-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+.
 Prizes will be given for largest team and biggest fundraising team for Pat Summitt Foundation at the Forget Me Not 5K.

Name: _____

Address: _____ e mail: _____

City: _____ State: _____ Zip: _____

Age:(as of 4/18/2020) _____ Sex: M or F Phone: _____

Birthday: _____ Shirt size: (circle one) Adult- XS, AS, AM, AL, AXL, AXXL, AXXXL, YMed

In case of emergency, call _____ at _____

Athlete's Release: Athlete's Release: I know that I am running, walking, and /or volunteering in a road race that is potentially hazardous. I realize that I should not participate in the Forget Me Not 5k unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running, walking, or volunteering in the Forget Me Not 5K including but not limited to falls, contact with other participants, the effects of weather, and the condition of the road and traffic on the course. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release Forget Me Not 5K, Knox County, the City of Knoxville, City of Farragut, Bayer Properties, and all further sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in the aforementioned event even though that liability may arise out of negligence on the part of the persons named in this waiver. I also grant the foregoing to use any photograph, motion pictures, recordings, or record of my participation in the event for any purpose they deem appropriate.

Signature: _____ Date: _____

(if participant is under 18, both runners and parent must sign) Fill out registration completely and mail with appropriate entry fee payable to:

FORGET ME NOT 5K, 1785 Old Midway Road, Lenoir City, TN 37772





2020 Road Race Events
Registration Form
April and May Races



Please note that discounts/coupons cannot be applied to mail-in registrations.
Please use 1 form PER event registration.

Hard Knox Pizza Dogwood Classic 5K—4/25/20 5K _____

Cost—\$35

Kids Run _____ \$10

Shirts: Unisex Sizes (Choose One): Sm M L XL XXL No Shirt—Deduct \$5

EXP 010K/5K—5/23/20 10K _____ 5K _____

Cost: \$40

Shirts: Short Sleeve Unisex—Sizes (Choose One): Sm M L XL XXL No Shirt—Deduct \$5

Please visit ktrc.org for the full event calendar and information!

ATHLETE'S ASSUMPTION OF RISK, WAIVER, RELEASE, HOLD HARMLESS & COVENANT NOT TO SUE ("Waiver")

IT IS IMPORTANT THAT YOU READ THIS WAIVER. THIS WAIVER AFFECTS YOUR LEGAL RIGHTS AND INCLUDES A RELEASE OF LIABILITY. SEEK ADVICE OF AN ATTORNEY IF YOU ARE UNSURE AS TO ITS EFFECTS.

For and in consideration of the Knoxville Track and Field Club, Inc. ("ETC") allowing me, the undersigned, to participate in the event (the "Event"), I, intending to be legally bound, hereby, for myself, my family, my heirs, co-sponsors, administrators and anyone credited to account on my behalf (Bills and Invoices), release, discharge, hold harmless and to waive and release the Released Parties (defined below) from any and all liability, claim(s), demand(s), suit(s) of action, damage(s), loss or expense (including court costs and attorney's fees) of any kind whether the action or infringement, known or unknown, (including but not limited to death, injury or property damage of any kind and nature whatsoever) which may arise out of, result from or relate in any way to my participation in the Event or Event-related activities, even though such Loss may arise in whole or part out of the negligence or actions of the Released Parties. I further agree that, despite this Agreement, I, or anyone on my behalf, makes a claim for a Loss against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Loss which may be incurred by any of the Released Parties.

The "Released Parties" means ETC, Road Runners Club of America, Incorporated, all clubs, courses, clubs, other political subdivisions, property owners, property lessees, property operators and all others acting whose liability, venue or payment the Event or Event-related activities (including but not limited to races, registration, packet pickup, practice runs and social events) are held, all providing, sponsoring and co-sponsoring events and persons related to the Event and Event-related activities, ETC committee persons, race and program directors, event personnel & volunteers, any and all municipal and other political agencies whose property and personnel are used or in any way used, together with all owners, members, directors, officers, managers, agents, employees, contractors, representatives, affiliates, successors and assigns of each of the foregoing.

I understand and acknowledge that participation in athletic events is a potentially hazardous activity. I hereby assume all risks (loss(es), damage(s) or injury(s)) that may be assumed while participating in the Event which include, but are not limited to, falls, contact with other participants, animals and natural & man-made objects, effects of weather (including high heat and/or humidity, cold, snow and ice), traffic and other road hazards and conditions, damage to equipment/property, broken bones, dislocation and sprains, all such risks being known and appreciated by me. I am fully aware of the risks and hazards inherent in participating in the Event and hereby elect to voluntarily participate understanding these risks. I represent and warrant that I am in good physical condition and that I am medically able and properly trained to participate in the Event. I am responsible for my own safety and well-being at all times and under all circumstances, however, I shall abide by any decision of the Event's medical official(s) relative to my ability to safely continue or to complete the Event. I hereby grant to the Event's medical official(s) access to all medical records and physician(s) as needed and authorize medical treatment as needed, however, I do have the right to refuse medical care provided by the Event's medical official(s). I assume responsibility for and shall pay any and all medical & emergency expenses (including, but not limited to, ambulance transport, hospital stays, physician and pharmaceutical goods and services) in the event of an accident, illness or other incapacity incurred as a result of training for or participating in the Event regardless of whether I have authorized such expenses.

I acknowledge and agree that in no event will a refund, exchange, credit or rollover for any reason should I become unable to participate in the Event or if the Event is delayed, suspended or cancelled due to weather or any other reason. I further acknowledge and agree that ETC may, for any reason and in its sole discretion, register, suspend or revoke my participation in the Event or delay, suspend or cancel the Event. I will comply with any and all decisions and directions of ETC, Event officials and emergency personnel including immediately ceasing participation in the Event if directed to do so. Further, I agree and acknowledge that I am personally responsible for checking the list in the case of unknown weather regardless of being informed to do so by ETC, Event officials or emergency personnel.

I understand that the use of cell phones is prohibited at all ETC events that are open to traffic and at strongly discouraged at all other events. I acknowledge and agree not to use them in an open to traffic and that if I use them, then ETC has the right to equally re-assign my race from the results. I understand and acknowledge that if the Event is open to traffic, then the Event is a no-headphone event.

I understand that no checkboards, roller blades, roller skis, inline skates, baby strollers or strollers, dogs or other animals (except for service animals) are allowed on the course and, unless I receive prior written authorization from the executive director of ETC, I will comply and abide by the dress and all other rules and regulations established by the Event.

Further, I hereby grant ETC and its directors, employees, contractors and agents full permission and hereby authorize them to use my name, likeness, biographical information and athletic performance and to take and use any photographs, digital images, recordings, videography, video or audio recordings, or any other record of me participating in the Event for any purpose whatsoever without compensation.

Parent or Guardian (waiver for minors): The undersigned parent and natural or legal guardian does hereby represent and hereby is, in fact, acting in such capacity and grants permission to each minor to participate in the Event and agrees to the above terms. The said parent/guardian further agrees to sign and hold harmless and indemnify each and all Released Parties from all liability, loss, cost or damage whatsoever which may be incurred by or imposed upon a participant as a result of any claim by or on behalf of the minor participant because of any defect or lack of capacity to accord release the Released Parties on behalf of the minor.

I warrant that I (or my parent, natural guardian or legal guardian, if I am under the age of 18) am of legal age and competent to enter into this Waiver.

IMPORTANT! DO NOT SIGN THIS RELEASE IF YOU DO NOT UNDERSTAND OR DO NOT AGREE WITH ITS TERMS.

I HAVE READ AND UNDERSTAND THIS WAIVER IN ITS ENTIRETY AND INTENTIONALLY AND VOLUNTARILY SIGN IT.

Participant/Guardian Signature _____

Date _____

First Name: _____ Last Name: _____ Zip Code: _____

Email Address #: _____ *Required for race communications.

Emergency Name/Number: _____

Gender (Circle One): Male Female Age on Race Day: _____ Birthdate (Mo/Day/Yr): _____

Clyde scale/Athena Division (Circle One If Applicable): 200+ lbs Male 150+ lbs Female

Check Total: _____ Discounts DO NOT APPLY to mail-in registrations. Cost is equal to registering on race day.

Please make checks payable to Knoxville Track Club; Mail to KTC Races, PO Box 52266, Knoxville, TN 37950

NO REFUNDS AND NO TRANSFERS, NO EXCEPTIONS.



presents...



FRIDAY, APRIL 24TH, 2020
8:00PM ON-SITE REGISTRATION
10:00PM START TIME

Runners & walkers are invited to celebrate Earth Week by participating in the Running with the Bears 5K Run/Walk in beautiful downtown Gatlinburg.

Beginning and Ending at NOC Gatlinburg (1138 Parkway)

REGISTER ONLINE! <https://runsignup.com/RunningWithTheBears5K>

\$20 YOUTH (17 & UNDER)

\$25 REGISTRATION BEFORE MARCH 31ST AT 11:59PM

\$30 REGISTRATION FROM APRIL 1ST TO APRIL 23RD AT 11:59PM

\$35 RACE DAY REGISTRATION (REGISTER AT EVENT ON APRIL 24TH)

*****REGISTRANTS AFTER 3/31/20 ARE NOT GUARANTEED SHIRT SIZE*****

Proceeds benefit the Gatlinburg Chamber of Commerce Foundation, a non-profit organization working alongside Friends of the Smokies to provide resources to preserve and protect the black bear, as well as funding for the Gatlinburg Goes Green Program, local scholarships, donations to schools, and educational events for the community.

For more information: CALL: 865-436-1127 EMAIL: adam@gatlinburg.com VISIT: www.GATLINBURG.com





Secret City 5K for Haiti

A charity event to bring desperately needed medicine to the people of Haiti

7:30 AM Saturday May 02, 2020

All race proceeds are used to purchase vitamins, supplements, and medicines for clinics & to support clinic nurses

LOCATION: Oak Ridge Marina 697 Melton Lake Dr., Oak Ridge, TN 37830

DIRECTIONS: From Knoxville: Pellissippi Pkwy to Edgemoor Rd, left on Melton Lake Dr. or Clinton Hwy to Edgemoor Rd, right on Melton Lake Dr. From Clinton: Hwy 61 to Oak Ridge, left on Melton Lake Dr.

COURSE: Certified (TN15077MS), fast, flat, asphalt paved 5 k (3.1mi.) event on road and paved path

Prize Divisions: <ul style="list-style-type: none"> • 1st overall male / female • 1st male / female masters, seniors, & veterans • 1st, 2nd, & 3rd, each age group. 	Divisions: Open (All), Masters (40+), Seniors (50+), Veterans (60+) Age Groups: 0-9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ New this year: Kids 10 and under run free with paying parent!
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ENTRY FEE: Runners and walkers: **\$20 if postmarked by April 18, 2020. \$25 thereafter** and on race day.

Online Registration at Run Sign Up: <https://runsignup.com/Race/TN/OakRidge/SC5K4H>

To be guaranteed a T-shirt, register by April 18th, 2020. NOTE: Online Registration Ends May 1 at Noon

If you can't run but want to give to the cause, donate via:

- **Run Sign Up** <https://runsignup.com/Race/TN/OakRidge/SC5K4H>
- **Or drop a check in the Sunday collection (Make checks payable to St. Mary's Catholic Church with Secret City 5K for Haiti on the memo line)**

Questions related to registration, please contact denisemiller16@gmail.com

For more race information: e-mail: run10more@comcast.net or go to <https://runsignup.com/Race/TN/OakRidge/SC5K4H>

ENTRY FORM: Secret City 5K for Haiti – 7:30 A.M. SATURDAY May 02, 2020

Make check payable to St. Mary's Catholic Church with Secret City 5K for Haiti on Memo Line

Mail to: Denise Miller Secret City 5K for Haiti 102 Chestnut Hill Road Oak Ridge, TN 37830	Entry Fee: \$20 if postmarked by April 18, 2020. \$25 if postmarked April 19, 2020 or later Online Registration Ends May 1 at Noon	Race-day registration runners and walkers 6:30am-7:00am
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PLEASE PRINT

Event (Please mark one): **5K Run** _____ **5K Walk** _____ **Sex:** (circle one) **M** **F**

Shirt Size: (circle one) **S** **M** **L** **XL** **XXL** (add \$2.00 for XXL)

Name: (Last) _____ (First) _____ **Age:** (day of race) _____

Phone: _____ **E-Mail Address** _____

Address: _____ **City** _____ **State** _____ **Zip** _____

Emergency Contact: _____

*****ATHLETE'S RELEASE*****

*****ALL PARTICIPANTS: READ, UNDERSTAND, SIGN AND DATE THIS FORM*****

I know that running in races is potentially hazardous and that I should not enter and run in the Secret City 5K for Haiti 2016 unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run or walk safely. I assume all risks associated with running in the aforementioned race, including but not limited to falling, contact with other participants, the effects of weather, the condition of the road, and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and for anyone entitled to act on my behalf, waive and release Oak Ridge Track Club, St. Mary's Catholic Church, the City of Oak Ridge, and all other sponsors, their representatives, and successors from all claims of liabilities of any kind arising out of my participation in the aforementioned event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I attest and verify that I am physically fit and sufficiently trained to participate in this event. I also hereby grant permission to all the foregoing to use photographs, motion pictures, recordings, and any other records of this event for any legitimate purpose.

Athlete's Signature

Date

Parent's Signature
(if entrant is under 18 years old)

Date

The Knoxville Track Club's Treadin' Trodden Trails 2019 Offroad Running Series proudly presents



BAKER CREEK BLITZ IN THE BLACKNESS

DATE/TIME/PLACE: Saturday, May 9, 2020, 9:00 pm. (Kids Race will start at 8:30 am.) Race will start and finish near the main Baker Creek parking area on Lancaster Drive, Knoxville TN 37920.

COURSE DESCRIPTION: To be determined and will be updated here, on the KTC web site, and on Runsignup.com

DIRECTIONS: Race starting area will be at the main Baker Creek parking area on Lancaster Drive, Knoxville TN 37920. Latitude: 35.9416711 longitude: -83.889842

REGISTRATION FEE (NO REFUNDS AND NO BIB TRANSFERS): Fee: \$20.00 for pre-registration and online registration. KTC discount accepted. \$10.00 for students 14 and younger. Online registration available at www.ktc.org. NOTE: Day of Race registration \$25.00, no KTC discount available day of race. Kids Run fee \$5.00 any time.

SPECIAL SERIES REGISTRATION OFFER: Sign up online for 9 miles for \$109 race series and SAVE BIG! Details at www.ktc.org Expires 1/12/2020.

KIDS TRAIL RACE: Kids will run a rollicking loop course of just over a mile, starting at 8:30.

T-SHIRTS: Special limited edition T-shirts will be printed for the series. This is the same shirt as at all other Treadin' Trodden Trails races; one shirt per runner PER SEASON please. Taking multiple shirts minimizes monies we are able to donate to trail friendly causes.

SPECIAL SERIES AWARDS: Points will be awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (five each male/female and <40/40+) will receive TTT Series awards. Overall top male and female and top male and female masters qualify for free entry to the entire 2021 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual must be a current KTC member and volunteer at a minimum of three Treadin' Trodden Trails events. Point totals accrue in a maximum of eight series events.

RESULTS: Results will be available on the Knoxville Track Club web site: www.ktc.org

COURSE ETIQUETTE: We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades or pets on the course.

SAFETY: Aid and water stations will be provided, but in an effort to be greener, we require all runners to carry their own water i.e. no cups at the aid stations. If you don't own a handheld, consider purchasing one; they're quite useful out on the trail. Otherwise a basic water bottle will be provided and special colorful and durable handheld bottle holders will be available for purchase for \$5.00. We also strongly recommend that anyone sensitive to insect stings or bites carry their own medication. Finally, we urge that everyone do some pre-race training offroad, as there is no substitute for experience. We want you to have a good time.

INFO FOR RUNNING OR VOLUNTEERING: Contact race director Tony Owens 865.323.3753 or tonyowens@gmail.com. E-mail: owensinfo@knoxvillerunning.com, contact Treadin' Trodden Trails series director Michael deLisle 865.548.4718 or michael@knoxvillerunning.com. Volunteer info and sign up available at <http://www.runsignup.com/Race/Volunteer/TN/Knoxville/BakerCreekBlitz>

OFFICIAL 2020 BAKER CREEK BLITZ ENTRY FORM

Race Number

Address _____

Race Sk Kids

City _____ State _____ Zip _____

Name _____
Last _____

Phone () _____ E-Mail Address _____

First _____

In case of emergency, call _____
at Phone () _____

**COURSE CLOSES
10:15 PM**

Sex - Circle One male female

Age (as of 12-31-20) _____

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers!

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

None XS S M L XL
YM YL

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT. I know that running and volunteering to work for clubs, races or personally based clubs or events should not cause and run in the Baker Creek Blitz unless I am mentally able and properly informed. I agree to abide by any direction of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work in the aforementioned race, including but not limited to falls, crashes with other participants, the effects of weather, including high heat or humidity, cold and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone enrolled in so on my behalf, waive and release KNOXVILLE TRACK CLUB, THE STATE OF TENNESSEE, OUTDOOR KNOXVILLE, LEGACY PARKS, VISIT KNOXVILLE, KNOX COUNTY, ANY AND ALL PRIVATE LANDOWNERS UPON WHOSE LAND THE RACE MAY TRAVEL, AND THE CITY OF KNOXVILLE, my and all members thereof, and all further sponsors, their respective heirs, successors, from all claims or liability of any kind or description of any person in the aforementioned event, even though the liability may result from negligence or recklessness on the part of the person named in this waiver. I acknowledge I will be foregoing my own copyright, trademark, recording, or any other record of this event for any legitimate purpose.

Fill Out Completely and Mail with Entry Fees to:

Michael deLisle, Baker Creek Blitz
1633 Helmholz Rd
Knoxville, TN 37909

Make checks payable to
The Knoxville Track Club (No refunds)

Athlete's Signature

& if under 18, parent's signature

Date

The Knoxville Track Club's Treadin' Trodden Trails 2020 Offroad Running Series proudly presents

LOYSTON POINT SCRAMBLE



DATE/TIME/PLACE: Saturday, June 6, 2020 9:00 am. **KIDS RACE** starts 8:30 am. Starts/finishes at Loyston Point Trailhead, Andersonville, TN 37705. GPS coordinates: 36.269600, -83.964308

COURSE DESCRIPTION: This will reintroduce the half marathon distance as well as revisit the 10k course. The half will incorporate most of the trails on site, while the 10k will remain the same as the last couple years. Both courses wind circuitously through the recreation area. **COURSES CLOSE** 1:00 pm.

KIDS TRAIL MILE 8:30 am: One Mile course will be a miniaturized version of the adult course and guaranteed to be fun!

DIRECTIONS: Hwy 61 E., left on Park Road, right on Forgetty, left on Fox-Mill Creek. Right on Ridge Circle, left on Loyston Point Road.

REGISTRATION AND FEES (NO REFUNDS AND NO EBT TRANSFERS): Fee: \$20.00 for pre registration and online registration. KTC discount accepted. \$10.00 for students 14 and younger. Online registration available at www.wktc.org. **NOTE:** Day of Race registration \$25.00, no KTC discount available day of race. Kids Run fee \$5.00 any time.

SPECIAL SERIES REGISTRATION OFFER: Sign up online for Nine for \$109 races series and SAVE BIG! Details at www.wktc.org Expires 1/12/2020.

T-SHIRTS: Special limited edition T-shirts will be printed for the series. This is the same shirt as at all other Treadin' Trodden Trails races; One shirt per runner **PER SEASON** please. Taking multiple shirts minimizes monies we are able to donate to trail friendly causes.

SPECIAL SERIES AWARDS: TTT Grand Prix Points will be awarded only for the Trail 10k. As always, points are awarded for overall finish (and volunteerism) at each TTT Series race. Top point earners at the end of the series (5 each male/female and <40/40+) will receive TTT Series awards. Overall top male and female and top male and female masters qualify for free entry to the entire 2021 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual **MUST** be a current KTC member **AND** volunteer at a minimum of three Treadin' Trodden Trails events. Point totals accrue in a maximum of eight series events. Details on KTC website.

RESULTS: Results will be available on the Knoxville Track Club website: www.wktc.org

COURSE ETIQUETTE: We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, baby strollers, roller blades or pets on the course.

SAFETY: Aid and water stations will be provided, but in an effort to be greener, we require all runners to carry their own water. This means no cup at the aid stations. If you don't own a handheld, consider purchasing one. We also strongly recommend that anyone sensitive to insect stings or bites carry their own medication. Finally, we urge that everyone do some pre-race training offroad, as there is no substitute for experience. We want you to have a good time!

INFO FOR RUNNING OR VOLUNTEERING: Volunteer sign up at <https://runsignup.com/Race/Volunteer/TN/Andersonville/LoystonPointScramble>. For more info, contact Race Director Pete Crowley at pscottcrowley@gmail.com or call Michael deLisle at 865.54.84718.

OFFICIAL 2020 LOYSTON POINT SCRAMBLE 'N' RAMBLE ENTRY FORM

Race Number

Address _____

Event: 10k Half Marathon Kids

City _____ State _____ Zip _____

Phone () _____ E-Mail Address _____

Your Name

Last _____

In case of emergency, call _____

at Phone () _____

**COURSE CLOSING
1:00 PM**

First _____

Sex Circle One male female

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers!

Age (as of 12-31-20) _____

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

Birthdate Mo. ___ Day ___ Yr ___

In consideration of your acceptance of entry to the Loyston Point Scramble 'n' Ramble, I, the undersigned, intend to be legally bound, hereby, for myself, my family, my heirs, executors, and administrators, forever, to give, release & discharge any and all rights & claims for damages & causes of suit or action known or unknown, that may hereinafter be asserted against me or my estate by any person or persons working on or near the course, all KTC Committee members, Officials & Volunteers, & all sponsors of this race, & read Race Events & their officers, directors, employees & agents & representatives, & assigns, for any and all injuries that may be suffered by me in this event. I am that I am physically fit, am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently trained for the completion of this event. I do agree to abide by any decision of an appointed medical official as to my ability to safely continue or complete the race. I further understand that I will pay my own medical & emergency expenses in the event of an accident, illness, or an emergency registration of which I have authorized such expenses. Further, I hereby grant full permission to the Knoxville Track Club and/or sports body to be bonded by them, to use my photographs, videotapes, audio or video recordings, or any other record of this event for any legitimate purpose in any time I further understand that there are no monetary refunds, exchanges, or other credits, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspended events so early. I have read this waiver carefully & understand it.

T-shirt Size (circle one)

None YM YL XS S M L XL XXL

Fill Out Completely and Mail with Entry Fees to:
Michael deLisle, Loyston Point Scramble 'n' Ramble
1633 Helmbold Rd Knoxville TN 37909

Make checks payable to
The Knoxville Track Club (No refunds)

Athlete's Signature _____

& if under 18, parent's signature _____

Date _____

KTC Membership

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

Achenbach Family	Caitlin Zeanah	Dennis Miller	Haynes Family	Jessica Ownby	Kim Gage	Melissa Litton	Rhonda Mann	Stewart Ellington
Adam Robertson	Callihan Family	Derenski Family	Henegar Family	Jevin Hooper	Kirk Family	Meridith Geiger	Richard Connelly	Susan Roberts
Adams Family	Carina Denney	Doug Ross	Hetro Family	Jill Kovalchik	Kristen Price	Michael Faulk	Ridenour Family	Susan Ward
Alan Buck	Cathy Whitten	Dustin Tindell	Hoffman Family	Jim Eaton	Kyoko Yamamoto	Michael Fleming	Rob Speas	Swanson Family
Alison Foster	Cessna Baron	Elizabeth Hagler	Holder Family	John Harris	Kyra Donnell	Michael Johnson	Robert Bonamarte	Tallent Family
Amanda Hobson	Chris Koboldt	Elizabeth Whelpley	Howard Family	Johnny Johnson	Lamb Family	Michael Jordan	Robert Grove	Tam Jaramillo
Amy Farr	Christina Santos	Ellen Matheny	Hurst Family	Jolley Family	Lawrence Family	Mikayla Baxter	Robert Nass	Terry Haywood
Andrade Family	Cindy Kistner	Ellis Family	J.J. Thomas	Jonathan Bradshaw	Leach Family	Mike Parker	Robert Taylor, Jr.	Tim Hill
Andrew Hock	Cindy Pack	Emily Fain-Lynch	J.R. Boyer	Josh Poston	Lee McQuade	Morrell Family	Robyn Collette	Tim Marohn
Andrew Wilmoth	Clark Family	Emily Johnson	Jackie Gilmer	Judy Jolley	Levko Family	Natalie Pinzon	Rodriguez Family	Tim Morse
Anna Schnuck	Cockrum Family	Emily Reed	Jacob Thress	Julie Chaves	Linda French	Newport Family	Ryerson Family	Todd Helton
Ashley Bell	Coleen Castle	Emily Summers	Jad Farmer	Julie Fitch	Lindsay Chandler	Nicholette Goodson	Sabrina Gray	Tonia Littleton
Ashley Burnette	Craig Witsoe	Ergen Family	Jama Summers	Kane (Peggy) Family	Lindsey Brandt	Nita Sexton	Samantha Nira	Tracy Mauro
Audrey Carroll	Craine Family	Erin Baxter	James De Tar	Kane (William) Family	Luca Giori	Nytko Family	Sarah Reynolds	Tracy Pesut
Beecher Family	Cross Family	Erin House	James Gathimbi	Karen Bishop	Madeline Shelly	Odom Family	Savannah Robertson	Travis Palmer
Bill Schmitt	Dabul Family	Erinn Finke	James Morgan	Karla Gander	Madilyn Smith	Owen Family	Scott Erwin	Travis Wilson
Blake Family	Daniel Chase	Ethan Coffey	Jameson Family	Karli Kruse	Mark Galetovic	Owen Family	Scott Slagle	Trinity Douglass
Blanton Family	Daniel Family	Fincher Family	Jason Wise	Kate Russell	Margaux Akright	Paige Brown	Sharee Green	Vermillion Family
Blevins Family	Danielle Nesbitt	Fleeman Family	Jeanna Beck	Kathleen Mahoney	Maria Nia	Pam White	Shawn Dean	Veronica Heck
Bonnie Northrup	Dave Alderman	Gail Fezell	Jeff Baerman	Keith Hill	Mariah Irwin	Parkhurst Family	Shawn Sussmane	Vikki Burns
Braden Timmons	David Huntsinger	Gayla Cutler	Jeffrey Family	Keith McCloud	Mark Cristy	Payne Family	Shelly Walker	Weatherbee Family
Brett Waugh	David Locke	Gideon Wilson	Jeffrek Family	Kellie Caughorn	Mark Hickey	Phyllis Jolley	Sketch Family	Whit Ross
Brett Foster	Davis Family	Gina Dotson	Jennifer Billingsley	Kelly Rouse	Mary Bow	Price Family	Snyder Family	Wieniewicz Family
Brewer Family	De Amorim Family	Goade Family	Jennifer Boling	Kelly Schueler	Matt Johnson	Rachel Bolin	Sparer Family	Williams Family
Brian Stout	Dean Family	Greear Family	Jennifer Darden	Kelsey Osborne	Matthew Bonn	Rachel McAdams	Spencer yates	Wills Family
Bryan Branch	Debbie Sayers	Greg Babbit	Jennifer King	Ken Shelton	Matthew Davidson	Radtke Family	Stephanie Saylor	Witt Family
Bryan Paschal	Debi Hinson	Grindstaf Family	Jennifer Shirley	Kevin FitzGerald	McCann Family	Randy Bond	Stephen Duncan-Morin	Wireman Family
Byrd Family	deLisle Family	Guerinot Family	Jessica Barnhart	Kevin McDonnell	McCarthy/Maeder Family	Ray Wilson Jr.	Stephen Manners	Witt Family
Cade Duncanson	Denise Defenderfer	Hartwig Family	Jessica Braunstein		McCormick Family	Read Family	Steve Ferguson	Wolski Family
					Melinda Spiva	Rebecca Aflerbach	Steve Henson	Wykert Family

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 © 2020 Knoxville Track Club.

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

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

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

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

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

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

Please provide Military Branch: _____

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

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

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

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

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

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

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

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____ Phone: _____

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

How did you hear about KTC? _____

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

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

Event Schedule

Mar - May 2020

MARCH

- 8 Maynardville - 2:00 pm. **DARK HOLLOW WALLOW and KIDS TRAIL MILE.** See enclosed entry form & info on KTC website.
- 8 Knoxville - 3:00 pm. Race 3.21. See info on KTC website.
- 14 Knoxville - 7:45 am. Solid Rock Race. See info on KTC website.
- 14 Knoxville - 10:00 am. Lucky Kidney Run. See info on KTC website and display ad in this issue of *FOOTNOTES*.
- 15 Knoxville - 2:00 pm. Barley's St. Patrick's Day 5k. See info on KTC website.
- 21 Sevierville - 8:00 am. Warrior Half Marathon, 10 Miler, and 5k. See info on KTC website.
- 22 Knoxville - 3:00 pm. KTC Social Beer Run. See info on KTC website.
- 28 Knoxville - 5:30 pm. **COVENANT KIDS RUN.** See enclosed entry form & info on KTC website.
- 28 Knoxville - 7:00 pm. **COVENANT HEALTH KNOXVILLE 5k.** See enclosed entry form and info on KTC website.
- 29 Knoxville - 7:30 am. **COVENANT HEALTH KNOXVILLE MARATHON / HALF MARATHON.** See info on KTC website.

APRIL

- 4 Alcoa - 8:30 am. Spring Sprint. See info on KTC website.
- 4 Pigeon Forge - 7:30 am. Smoky Mountain Sprint Triathlon. See info on KTC website.
- 4 Knoxville - 8:00 am. Running Eagles 5k. See info on KTC website.
- 4 Knoxville 9:00 am. Veterans Heritage Ridge Run. See info on KTC website.
- 5 Oak Ridge - 9:00 am. **NORTH BOUNDARY TRAVERSE and KIDS TRAIL MILE.** See enclosed entry form & info on KTC website.
- 5 Knoxville - 3:00 pm. KTC Social Beer Run. See info on KTC website.
- 11 Maryville - 9:00 am. Resurrection Run. See enclosed entry form. More info on KTC website.
- 18 Maryville - 8:30 am. Heroes for Hope 5k. See info on KTC website.
- 18 Knoxville - 8:00 am. Forget Me Not 5k for Alzheimer's. See enclosed entry form. More info on KTC website.
- 19 Knoxville - 3:00 pm. KTC Social Beer Run. See info on KTC website.
- 24 Gatlinburg - 10:00 pm. Running With the Bears 5k. See info on KTC website and display ad in this issue of *FOOTNOTES*.
- 25 Knoxville - 8:00 am. **HARD KNOX PIZZA DOGWOOD CLASSIC 5k.** See enclosed entry form and info on KTC website.
- 25 Oneida - 10:00 am. Oscar Blevins Trail Runs at Big South Fork NRRRA. See info on KTC website.
- 26 Knoxville - 3:00 pm. KTC Social Beer Run. See info on KTC website.

MAY

- 2 Oak Ridge - 7:30 am. Secret City5k for Haiti. See enclosed entry form and info on KTC website.
- 2 Loudon - 9:00 am. Be a Factor 4 Mile and 2 Mile Races. See info on KTC website.
- 3 Knoxville - 9:00 am. Run/Walk for Mental Health 5k. See info on KTC website.
- 3 Knoxville - 3:00 pm. KTC Social Beer Run. See info on KTC website.
- 9 Knoxville - 9:00 pm. **BAKER CREEK BLITZIN' THE BLACKNESS and KIDS TRAIL MILE.** See enclosed entry form and info on KTC website.
- 17 Knoxville - 3:00 pm. KTC Social Beer Run. See info on KTC website.
- 23 Knoxville - 8:00 am. **EXPO 10k/5k presented by Graphic Creations.** See enclosed entry form and info on KTC website.

Knoxville Track Club Events are in **BOLD type**. For more details about regional races, see race calendars in Running Journal. Check the **KTC WEBSITE** <http://www.ktc.org> or call **KTC HOTLINE 888-217-5635**. See enclosed entry forms or website listings for details about particular races.