

May 2020

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



***KTC works to rebuild
run schedules - pg 6***

***Two TTT trail races
reslotted - pg 12***

***CHKM rescheduled
November 14 - pg 9***

***Knoxville's invincible
summer - pg 23***



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

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



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

BUSINESS HOURS

Monday - Thursday 10am - 8pm

Friday - Saturday 10 am - 9 pm

Sunday 12:30 pm - 6 pm



FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



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FOOTNOTES

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ROAD RACE INFO

888-217-5635

TRAIL RACE INFO

865-548-4718

YOUTH ATHLETICS

888-217-5635

WEBSITE

www.ktc.org

ON THE COVER

KTC's only race during the past two months was the much loved Dark Hollow Wallow trail race at Big Ridge State Park on March 8

cover photo by Andrew Pack
entire contents © 2020 Knoxville Track Club

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



15 tips from the RRCA

RUNNING SAFETY

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

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MARATHON ADVISORY COMMITTEE: David Black—chair, Jason Altman, Bobby Glenn, Tim Monroe, Troy Rebert, Eddie Reymond, Glenn Richters, Sharon Rivers, Robyn Smith, and Alicia Teubert

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

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VOLUNTEERS
Position Vacant

SOCIAL CHAIR
Patty Thewes



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * May / June 2020 edition



A Message from our Club President

Tim Monroe, KTC President



What a Long, Strange Trip It's Been

To say the least, the last couple of months can be summed up pretty well by the Grateful Dead's 'Long Strange Trip' lyric from "Truckin." Social distancing, work from home, Zoom happy hours, and carry-out/drive-through only restaurants are a few of the things that are now just a part of our collective experience. And if I've heard it once, I've heard it a million times from my friends and neighbors that got thrust into role of homeschool teacher – we don't pay these saints near enough! Luckily, my two children are now adults and don't have to endure me being principal, teacher, and lunch lady. I'm pretty sure if they were still school age, they would be well on their way to being malnourished, illiterate, and undisciplined. Kudos to all the parents out there that have taken on the added task of homeschooling on top of all your other regular parenting and professional duties.



As I write this, there seems to be some hope that the steps we are all taking is working to "flatten the curve". My hope for each of you in our extended KTC family is that you have been able to remain safe and healthy. The good news is that sooner or later life will get back to some measure of "normal". Just what the new normal will look like is yet to be determined. But the few times I've had to leave the house for an essential errand or been able to take the opportunity to get in an outdoor run or bike ride (both solo of course), I've gotten a glimpse of what the new normal could look like.

in outdoor activities. Sure, certain segments of our community have always enjoyed all the outdoor amenities offered up. But I've seen a whole other level of "getting outside". This could very well be a result of not wanting to end up (yet again) down another YouTube rabbit hole wondering where the last couple of hours went or have had just about enough of the Tiger King, Disney+ exclusives, or TikTok.

Just a few examples of the club's "Healthy living, healthy community" vision I've personally witnessed include an afternoon bike outing with the entire family (grandma and grandpa included), moms and dads kicking around a soccer ball with the kids in a secluded corner of a park, a big brother teaching his little sister how to hit a baseball out in the front yard, and neighborhood streets with more walkers and runners than cars. Some of these activities are surely a direct result of not having organized youth sports, evening events the parents choose to attend and a whole host of other reasons that I can't even begin to fathom. But more importantly, I think some of it has to do with a yearning for the proverbial "simpler times" when we weren't all going 100 miles an hour every waking hour of the day. As tragic and stressful as the current pandemic has been for so many in our society, the last few weeks might just serve as the catalyst for a positive and lasting change to a healthier society. Here's to hoping the renewed interest in getting outside and enjoying all our community has to offer becomes the "new normal".

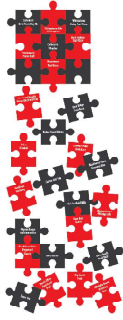
things happening with the club. As much as the staff and board regret having to postpone so many of our events, including the Covenant Health Knoxville Marathon, we unanimously felt like it was the only prudent course of action at the time. Everyone is monitoring developments and we will be back to our regularly scheduled programming as soon as it's safe to do so. One of the programs that hasn't been postponed is RunKNOX, the club's Adult Training Program. If you need some help staying on track with your fitness, RunKNOX has just kicked off the Spring/Summer session. As soon as safely possible, RunKNOX will begin meeting in person again, but for now we are meeting virtually. For more details, drop RunKNOX Head Coach Scott Schmidt a note at runknox@gmail.com or check out <https://www.ktc.org/RunKNOX.html>.

Regarding CHKM, mark your calendars for the weekend of November 14-15, 2020. Check out the marathon's website <https://knoxvillemarathon.com> to keep up with all the latest information. A huge Virtual High Five goes out to David Black, Jason Altman, Stephanie Bailey, and everyone in the City of Knoxville Government that worked together diligently to make the November date possible. CHKM is one of only a handful of major spring race events that didn't take a "oh well, there's always next year" approach. Be sure to thank these folks the next time you see them or talk with them. Let's make this the best CHKM ever!

See you soon from an appropriate distance out on the roads, trails, and eventually the starting line!

There seems to be a renewed interest

I would be remiss not to mention a few



Post Pandemic Puzzle Pieces

*David Black, Executive Director
Knoxville Track Club*



The first Footnotes article I wrote this year was about KTC's vision for 2020. The following one was about the Olympic Trials where three local females competed against the best marathoners in the United States for spots on the 2020 Olympic Team. Things sure have changed since then. A quick Google search now yields what once would have seemed like a bizarre statement. "2020 Summer Olympics will begin on Friday, July 23, 2021"

Starting in summer each year, I begin work with our committees on scheduling KTC events for the following year. This includes 16 road races, 12 trail races, the Volunteer Track Classic, 6 Beer Series runs, special edition runs, and so much more.

While there are many factors that go into these, some are easy to schedule, as they are holiday based like Calhoun's New Year's Day 5k, Pilot Fireball and Regal Turkey Trot. Now, as we find ourselves trying to fit pieces of the puzzle back together, we find ourselves looking for a new date for the traditional July 3rd event, one of the "easy" ones to schedule in normal years.

The first two months of the year were going very well for the KTC with great events and high level of competition, both for teams and individuals in the Grand Prix Series presented by Threds. But like all aspects of life, we had to put events on hold and start reworking the puzzle in the wake of the onslaught of the Covid-19 pandemic.

To say this has been strange and

scary is an understatement. Though we have been blessed in the Knoxville area with relatively low infection numbers, our thoughts go out to everyone effected by this virus. Group runs canceled, events canceled, runners wearing masks, and sometimes just running through or around their houses. In many parts of the world, people have only been allowed outside at certain times, even for exercise. In some parts, people wouldn't want to go out even if they could. In some cities, leaders tell people they can't go on long runs, defined in some cases by five miles.

However, running is an activity that is ingrained in us. Those of us with children can attest to this. Parents wait patiently to see the babies crawl, then pull up, and then walk with the grace of a dizzy Frankenstein. The shock comes, however, with how quick the toddlers start to run. There is something that frees the mind about running, even from a young age.

This pandemic we are living in has proven this to be true yet again. We've seen a surge of people walking and running for their mental and physical well-being. We are very excited about this and looking forward to their participation as we begin to hosting events again.

As you can see, we have postponed many of our events in the recent past and foreseeable future. We are working hard to redo the 2020 schedule as allowed. I am currently working with various counties and cities, closely following their announced guidelines to see when and where we could stage

events, and what size would be allowed.

Internally we are working on strategies for the new norm we face. Some of our traditional events may be relocated for a year. We will be avoiding large gatherings for a while including the large start areas and post-race events.

Recently we were approached by Patdome Promotions in Knoxville to do a fundraiser for KTC. They have been and will continue producing wooden medals for social distance running. These are available in the KTC merchandise store and can be shipped anywhere. This project has raised a few thousand dollars for the KTC and we are greatly thankful for this.

On May 4, we offered the first of a number of virtual races. The "May The 4th Be With You 4 Miler" was a fun event, as folks walked, jogged or ran at the location of their choice. Jose Salas helped us design a great logo for the tri-blend shirt. We will be doing unofficial results for those who want. Email your times to KTC Event Manager Stephanie Bailey at KnoxTrackEvents@gmail.com to be included. We would love to see photos of your runs as well.

We are working on more virtual races, as well as doing everything we can to reschedule our events. Please follow us on the various social media platforms, and as always, keep a close eye on our website KTC.org for the latest information as we work our way through these most challenging times.

May the 4th Be With You...

MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Into the Void: May Day Musings

The strangest two months in my — and virtually everyone's — life. Last issue of Footnotes had us anticipating another fun and challenging spring of racing, running, and generally enjoying life here in East Tennessee. Sure, by then we'd heard rumblings about the coronavirus and were starting to wonder just how profound its effect would be here in the US, but most of us had no earthly idea how starkly and fully our lives were about to change.



Gay Street devoid of traffic

Since then we've found ourselves Safer at Home. We've run, biked, and hiked by ourselves or with close family members. We've eaten at home, slept at home, been entertained at home, as Knoxville and the rest of the country ground to a halt, with only essential businesses and services remaining open.

And while the economic fallout and cost in human life and suffering was swift and heavy (albeit the worst likely yet to come), there were some things about the temporary new normal that were clearly not only acceptable but an improvement. Skies were measurably clearer and bluer with a staggering amount of air fouling combustion engines sidelined for weeks on end. Evenings were quieter, for much the same reason. The photo above, taken by Alan Sims of Inside of Knoxville (a great source of information during the pandemic) displays an empty Gay Street, something that harkens back decades

earlier when no one went downtown. For one, I really enjoyed the empty streets; driving was easier and more relaxing with so much less traffic. That's one thing I do not welcome about the return to whatever degree of normalcy we discover.

But it wasn't just the air or environs around us. People seemed different, too. Yes, there was an undeniable element of apprehension

and fear lurking beneath the surface, but more evident was a new openness, an increased readiness to nod, wave, smile, acknowledge each other — to be sure, from six feet away — as far more people than ever before found themselves out walking the neighborhoods and greenways by themselves or with families and canine companions.

Our appearances changed, too: without our barbers and hairdressers, our hair grew out, its real color becoming gradually evident.

Nature grew more natural. In the clearer air and tempestuous springlike weather, wildlife seemed to flourish. Songbirds in my yard are more proliferate than in years. With far fewer disturbances around them, chipmunks, rabbits, even skunks, prance around much like they own the place. A pair of Great Egrets, relatively rare in urban

confines, landed and played on Baum Pond not a hundred feet from where Jesse and I sat transfixed. Marvelous.

We also entertained ourselves electronically and interacted socially using technology I'd not encountered before. Not only did the KTC Board meet online, so did countless musicians, streaming their tunes through every platform imaginable. Families stayed connected with far off loved ones using Skype, Zoom, and more. Hard to imagine how we'd have dealt with a pandemic forty years ago. A helluva lot of network and cable TV, I'm guessing.

So amongst all these changes, which will stick? Sure, runners will continue running: that's what we do. But will those thousands to whom simple exercise doesn't come so naturally find it in themselves to continue, when going for a walk suddenly isn't the only game in town?

Will we offer commiserate smiles and nods to each other when our lives once again begin to be consumed by those myriad details that occupied us just two months ago?



Great Egret on Baum Pond

One thing I am sure of: this thing ain't over. It's possible, even likely, that the government has jumped the gun in relaxing restrictions and we'll find ourselves in a similar or worse mess not too far down the road. I'd love to be wrong but I'm not. Best dust off your Zoom and Skype chops, set aside a new pair of running shoes, and in the meantime, continue staying safe.

KTC VOLUNTEERS NEEDED

Jun 6	Loyston Point Scramble and Kids Trail Mile
Jun 18	Hal Canfield Memorial Milefest
Jun 27	Baker Creek Blitz and Kids Trail Mile
Jul 11	Haw Ridge Trail Race and Kids Trail Mile
Jul 18	Carter Mill Splash 10k
Aug 8	Pigeon Forge Midnight 8k
Aug 15	The Trails that Can't Be Concord including Kids Trail Mile
Sep 6	North Boundary Traverse and Kids Trail Mile

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



new balance

8027 Kingston Pike
Suburban Plaza
Knoxville TN
865.539.1100

Knoxville

VOLUNTEERS!

**SIGN UP TO HELP
WITH CLUB EVENTS**



**Sign up on
Runsignup.com**

COVENANT HEALTH KNOXVILLE MARATHON

2020 COVENANT MARATHON WEEKEND POSTPONED TILL NOVEMBER

Jason Altman, Director, Covenant Health Knoxville Marathon

Unless you have been quarantining under a rock, you have seen how the COVID-19 pandemic has wreaked havoc on our everyday lives. The 2020 Covenant Health Knoxville Marathon was also a casualty, as we had to cancel the March 28-29, 2020 weekend due to the virus.

Fortunately, we were able to reschedule for the weekend of November 14-15, 2020.

I pride myself on my attention to detail. As race director, I want to make sure every "I" is dotted and every "T" is crossed. I strive to leave no stone unturned. We plan for every possible scenario that could suddenly arise on race weekend. We plan for weather events; mostly heat and thunderstorms, but as extreme as Hurricane Sandy which canceled the 2012 New York City Marathon. We plan for terrorist attacks ever since the Boston Marathon bombing in 2013. We plan for active shooter situations like the Las Vegas shooting in 2017 that happened just weeks before the Las Vegas Marathon. That said, I have always stressed over something that would derail the event from even happening with us having no way to stop it. There is always a sense of relief once the start pistol goes off and the marathon has begun. Once the last participant has crossed the finish line, I exhale a huge sigh of relief.

COVID-19 first appeared on my radar in January. I saw mentions of it in

China. We do an incredible job working with local vendors for products and services that we need, but occasionally we receive a few items from overseas. Most race medals come from China as the cost savings can be significant which in turn help keep race registration fees

low. When I saw news of the virus in China, I reached out to my medal company contact and asked

if there would be any delay to our medals because of it. He informed me that we were all set; they had been produced long before the Chinese

New Year and were already in Los Angeles about to come through customs. He said I should receive them in mid-February, which I did.

Speaking of mid-February, KTC sent David, Stephanie, and me to the Running USA Conference in Las Vegas. At the conference, I spoke to many of the other race directors and vendors about the virus, and most everyone was confident that it would not affect us much in the US, if any. The vendors mentioned that it was a blip on the radar, as most factories were back to regular business after the Chinese New Year. In the back of my mind, I still feared that the virus would hit the US at the perfectly imperfect time, and it would derail race weekend.

Then March came. As momentum and coverage was building about the virus, we were making plans on how to make sure race weekend was a

safe, sterile environment for participants, vendors, volunteers, sponsors, and spectators. On March 11th, the University of Tennessee canceled all in person classes for the rest of the semester. Big Ears Festival, scheduled for the same weekend as us, canceled as well. Nationally, the NBA and NCAA brought their seasons to a screeching halt. I knew that day that we did not have a path to execute marathon weekend March 28-29, 2020. I have always said that the health and safety of our attendees is priority number one. Typically, that applies to weather events. In this case, it applied to our community as a whole. On March 12, we had long discussions with community leaders and made the decision that we would have to cancel/postpone the 2020 event.

Over the course of the next two weeks, we worked hard to identify a postponement date. We at the Knoxville Track Club are extremely thankful to leaders with Covenant Health, Mayor Indya Kincannon's Office, the City of Knoxville's Special Events Office, the Knoxville Police Department, the Knoxville Fire Department, Public Building Authority, World's Fair Exhibition Hall, and other community partners for making a rescheduled race date both a priority and a reality. As mentioned above, we will have the 2020 event on November 14-15. Due to different sunset and sunrise times than what we have in the spring, we had to make slight adjustments to the race weekend

AAA continued on page 26 AAA

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

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

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

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

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

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

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

Any additional businesses offering KTC discounts? Please contact us



Have you changed your email address or mailing address?

Have you registered for a family KTC membership,
but 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 KTCers! We hope you're healthy and maintaining fitness (and sanity) during this stressful time.

I want to use this forum to let you know what our training looks like for the rest of 2020. Obviously we've needed to make modifications due to the Covid-19 pandemic, so here's the plan.



long runs). Since we're all solo, we have flexibility to complete these at our convenience. We have all 3 coaches available through phone, email, messenger, zoom, etc. to help answer questions and keep the team motivated. We have some fun challenges planned to spice up lonely runs (you might see some of that spill over to social media). Weekly Core and Yoga classes are being offered online. We're learning all the new technology!

Spring/Summer Session is happening now as a 12 week program from Easter until Independence Day. We'll be "socially distanced" until local authorities deem it safe to start meeting in groups again. So, runs are being completed solo. We've introduced a new structure: 3 quality running workouts each week (think tempo, interval, and

The goals we set for Spring/Summer Session are: 1) to navigate through the coronavirus days to maintain a healthy lifestyle and ease stress, 2) to develop a new structured training plan with the goal of improving performance at 5k-10k distance, and 3) to begin to lay the foundation upon which to build over the

summer for a fall 13.1/26.2 race.

Following Spring/Summer, we'll roll into our Summer/Fall 18, 12, and 6 week training sessions for the CHKM



Marathon, Half Marathon, and 5k, or other fall races of your choosing.

We know that the social, group aspect is what makes RunKNOX special, but we're finding the silver lining. Runners need adversity. We love the challenge and we see this season of life as an awesome opportunity to grow, both individually and as a program.

Just know that your friends at RunKNOX always have your back...maybe currently from 6 feet away, but we're still here for you!

Here's the link to our site, if you want to see more info and/or join us: <https://runsignup.com/Race/TN/Knoxville/RunKNOXTraining2020>

Give me a shout if you have questions or need anything,





Treadin' Trodden Trails

Michael deLisle, Trail Series Director

Gettin' By on Gettin' By

During this COVID-19 pandemic social distancing period, one bright silver lining has been that we were not restricted from getting outside for exercise, allowing us all to continue running, hiking, and biking. It's been interesting and encouraging to notice a plethora of people out walking on suburban sidewalks and city/county greenways. I fervently hope that all of those newcomers to outdoor exercise continue to pound the pavement once restrictions on activity relax.

For those of us who prefer soft, wooded trails, though, that same influx of newbie activity was not apparent. Which, to me, was not really disappointing, as I prefer treading these well-trodden (and not so well-trodden) trails alone or with my sidekick and son, Jesse, the 23-year old ball of fire whose cries of, "Run, Dad!" is about the only thing that can inspire my 70-year old bones and muscles to break from a steady walk into a slow, loping trot.

It's been a beautiful spring, brilliant bursts and sprays of wildflowers lining the trails and filling the woodland meadows, rewarding me and my fellow trail dawgs as we make our way from trailhead to trailhead. I've even spotted a few that I didn't recognize and have yet to dig out my old wildflower book to try to identify them.

And, perhaps due at least partly to the significant reduction in vehicle and airplane exhaust, weather patterns have been ephemeral, fleeting weather systems crossing the state rapidly at times

and ploddingly at others, resulting in extended periods of mild sunny weather alternating with cool, cloudy, rainy days. One upshot of that is my ruddy, mildly sunburnt complexion grinning out from under the bill of various headgear as I make my way down the trail and through other daily activities.

Another result of the temptuous weather has been bogs of slick, soggy mud in low-lying areas along certain trails.

Neither of those has proven to be even a mild deterrent. I pretty much always don a ball cap these days, mostly to protect my fair skin from the worst of the sun's damaging rays (after melanoma, one learns to respect those things), but also to keep these gray locks of mine under some semblance of control. Two months without a haircut, on top of what I'd already allowed to grow out to suit my relatively new musical persona (as well as, again, to protect against the sun), has left me nearly as shaggy as I looked back in the 1960s and 70s. Other than, of course, the aforementioned "touch of gray." And mud? Heck, it's only mud. It'll dry.

Being able to get out on the trail so often has taken at least a little bit of the sting out of not being able to put on our KTC Treadin' Trodden Trails races. So far, we've only missed one, the North Boundary Traverse and Kids Trail Mile, originally scheduled for Sunday, April 5. We've bumped that one into early

September, during Labor Day Weekend, on Sunday, September 6. But we're about to miss our second one, our annual foray into the woods at night, the Baker Creek Blitz and Kids Trail Mile, which was going to take place this coming Saturday night, May 9. But again, that damn coronavirus had other plans for us. So we're going to try to reconvene late next month, assuming conditions have improved to the extent that health and safety officials approve our event. We've tentatively rescheduled Baker Creek for Saturday, June 27, at 9:30pm (kiddos at 9:00) but we recognize that, as Robert Burns said, the best laid plans oft go astray.

What we may be forced to do — again, assuming the authorities approve the plan — is devise a wave start that allows participants to maintain social distancing both before and during the race. That's a distinct possibility, one that is being examined closely by KTC for use not only in TTT events, but at certain KTC road races. We're hoping that pandemic numbers are improving by then and that the health and safety officials look favorably on our creativity.

Another possibility that's popped up is to change Baker Creek into a Virtual/Non-virtual undertaking. Virtual in that not everyone is running concurrently, non-virtual in that everyone will actually be running the same course, just not at the same time. In this scenario, we



*** continued on page 13 ***

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would mark the course ahead of time and announce it to be open. Theoretically, runners could hit the trail, then, at any time of their choosing over a given day, night, or even an entire weekend. Heck, maybe even a whole week, although I'm sure that would require TTT folks to go out and check the markings several times, as playful (and not-so-playful, just plain ornery) locals have sometimes been known to mess with course flags and signs.

To compile results from this Virtual/Non-virtual race, we would simply rely on the honor system, taking people's word that they covered the 5k-ish distance in such and such time. Participants would even have the option of running the course over and over and submitting their best time.

TTT Committee member Bobby Glenn, suggested: "We could have a kind of leaderboard posted with results as they trickle in over the weekend and maybe even allow people to go back out and try to run faster if they're competitive and somebody posts a faster time. We'd ask them to send GPS distance along with time to sort of verify they didn't cut the course inadvertently. Another fun possibility might be to have a Barkley kind of thing with containers full of numbered tags at various trail intersections. Runners would have to send us a selfie with all tags."

Could be fun. And, yeah, maybe not the ideal way to stage a trail race, but then, this is not the ideal time to be trucking around this planet willy-nilly. It's a serious time; we're just lucky that we have a way to assuage our minds, bodies, and spirits by hitting these trails. And if we can allow a big group of people to take part without actually being a big group of people, then we might be on to something.

Be safe, people. See you on the trail.

UPCOMING TRAIL RACES

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

BAKER CREEK BLITZIN' THE DARKNESS — June 27, 2020, 9:30 pm. 5k PLUS Kids Trail Mile*. Baker Creek Trailhead, Knoxville.

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

NORTH BOUNDARY TRAVERSE — Sunday, September 6, 2020, 9:00 am. 15 miles or 10k PLUS Kids Trail Mile*. North Boundary Greenway, Oak Ridge.

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

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

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 7, 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*

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

The Dangers of Lyme Disease: An Interview with Connie Dickey

by Whitney Heins



was readmitted to the hospital and underwent every test imaginable. They did the best they could. Every test came back negative, yet I had some miserable symptoms (headache, drenching night sweats, paralyzing chills, stiff neck and spine, profound fatigue and all of that extra fluid!) They just couldn't do anything else for me.

"I was sent home on blood pressure meds and other meds to control the pain. Meanwhile, I have a newborn, a 3-year-old and a 5-year-old. They saved me from going crazy, though. I absolutely had to take care of them!

Misdiagnosis & Misery

"I was sent to all kinds of doctors and was prescribed all kinds of meds to try and manage the symptoms. A rheumatologist diagnosed me with Fibromyalgia in 2004. For the next three years, I did everything the doctors said, took all the meds, hoping it would help. My symptoms worsened, though.

"The migraines were becoming a daily battle, the drenching night sweats and chills were disrupting my sleep for years. The constant neck and spine pain were just sucking the life out of me. I finally asked my rheumatologist in 2007 if there could be anything else wrong with me: Something more serious than this fibromyalgia? How could I feel so bad? I was only 41! He said, there's nothing else wrong with me and that I needed to put on a brave face and be grateful that I didn't have rheumatoid arthritis-like some of his other patients.

"I felt awful after that appointment. Defeated. I began to question myself. Was I a baby? Was I making a big deal out of nothing? That was a terrible day! My husband couldn't believe it. He was at home watching the kids and he could not believe the doctor talked to me like that.

"Oh well, I thought, okay, this is my lot in life. I have to find a way to be okay with all of these symptoms. Well, my ob-gyn knew my tolerance to pain

AAA continued on page 15 AAA

I remember the first time I met Connie Dickey. I had just crossed the finish line of the Knoxville Marathon in 2019 in second place but a minute shy of my sub-3-hour goal. She came right up to me and was bubbling with congratulations and enthusiasm. Her first words were, "Whitney, you can take ten minutes off your time because of how challenging that course is." It was the perfect thing to say (whether true or not) to assuage my disappointment. I realized then, that if you ever need a pick-me-up, call Connie. She always sees the bright side of things.



fateful run in 1994 that her life would change.

"On one of my jogs, a summer storm popped up and I ran through some weeds to seek cover under an abandoned boat dock. Several days later, I noticed a weird rash on my leg. I didn't think much about it because I didn't have any serious symptoms right away. I thought...probably some kind of spider bite. However, looking back, I know now that was probably the day that Lyme disease began to take a foothold in my body.

Strange Symptoms

"Several weeks later, I came down with the 'Summer Flu.' I thought, no big deal, this happens sometimes. Gradually, strange symptoms began to emerge, like stiff neck, migraines, weird crawling sensations on my skin. Time marched on and I put up with the symptoms because they just didn't seem connected in any way. I looked healthy on the outside, too. So, what's to worry about?

"Then I started having kids and after each birth, I became sicker and the pregnancies were downright miserable, and the last pregnancy baffled my very experienced ob-gyn. I was so sick with her and I had pregnancy-induced hypertension (supposedly) and started retaining a lot of fluid.

"I weighed 190 pounds at admission and blood pressure of 200/100. That's a lot for me! We had to deliver her almost 4 weeks early and I just wasn't recovering even after the delivery. I

That includes dealing with her own challenges—and she's had a major one. One day Connie started feeling really bad—her symptoms got worse and worse. She underwent a battery of tests for years and they all came back negative. She had doctors tell her to toughen up. She persevered with positivity despite feeling terrible (while caring for three young children). Finally the mystery was solved: she had Lyme disease.

Connie shares her powerful story below, including tips on how you can stay safe and how she credits her disease with giving her the gift of running (another great example of how she always sees the glass half-full).

Connie's Lyme Disease Story

Connie lives in Friendsville, Tennessee, outside of Knoxville. She worked as a registered dietician before having her three daughters, now 21, 19, and 16. She had always been interested in exercise and nutrition and would occasionally go for a jog. It was on one

Lyme Disease

*** continued from page 14 ***

(ha) and he wanted to send me to the Mayo Clinic.

A Friend's Help

"At the same time, a friend of mine showed me an article about Lyme disease. I couldn't believe it. It was like I wrote the article myself. It described me to a T. I asked my doctors around here to test me, please. Could I have Lyme Disease? I was dismissed. They said there is no Lyme in Tennessee. Defeated again!

"Well, I had a choice to make. I found out about an out-of-state doctor who was helping patients with Lyme Disease and doing some testing. I could go see him (he was relatively close) or go to Mayo in Minnesota. Honestly, the thought of managing the care for my kids while traveling to Minnesota was daunting.

"I was going to save that for my last act if needed. I chose to visit the doctor who was just across the state line. Well, all the blood work came back positive for Lyme disease and several other tick-borne diseases (Babesia and Bartonella). (If you have ever had Babesia, you cannot donate blood per the guidelines).

"This doctor was an MD, but he also used a lot of herbals and nontraditional medicine. I was game! I was so sick and tired of being sick and tired and taking all kinds of pills that were not helping me to get better. They were band-aids, I'm thankful for the pain management, but I did not enjoy all the side effects of pain pills and antidepressants that were prescribed for patients with FM back then.

A Second Tick Bite

"This new doctor helped me detox my body and kill a lot of bacteria! I had infectious diseases that were invading my nervous system and my organs. I

was going downhill. I really started feeling better after about six months of treatment, but still had some fighting to do. I continued the battle and began to get my life back. I was bitten by another tick, though.

"This time, I needed more help. I saw another doctor and began IV antibiotic treatment in 2012. It was in my brain and causing memory loss and a lot of nervous system problems.

"I still struggle sometimes with word loss, inability to multitask and lack of focus...not too bad, though! I had a PICC line (Peripherally Inserted Central Catheter) for ten months, followed by another year of pulsed oral antibiotics and now I'm on a maintenance protocol to manage the bacterial load before it manages me!"

Running as Treatment

"I finally started feeling better in the summer of 2014. I started running to detox. I wanted to sweat (especially after having a PICC line for so long). A friend of mine asked me how I was doing and if I was feeling better. I said I started running.

"At that time, I was running about three miles three or four times a week. She told me she was running a half marathon in Farragut, Tennessee in October and that I should sign up, too. I thought, yeah, right...lol...that's a long way! Well, she planted the seed and I couldn't stop thinking about it.

"I bit the bullet and signed up for my first race ever and I fell in love with running that cold day in October 2014 at the inaugural half marathon in Farragut and crazy enough, I ran the Foothills half-marathon the very next day.

"Then, I started thinking maybe I could run a marathon, and wouldn't it be cool if I could qualify for the Boston Marathon someday! I started running half marathons and was so excited to be running! It was so much fun and the other runners were always so encouraging! I fell in love with the sport and the

people. And, if it weren't for Lyme Disease, I may have never known about all of these races and the entire running community!

"I did get lucky and qualified for Boston in 2015 right here in Knoxville. Pure joy that day. It meant a lot to be able to do something like that after being too sick to even walk a mile.

"I clung to one particular Bible verse throughout my Lyme battle and throughout running my first marathon. It was Matthew 19:26, *'With God, ALL things are possible.'*

Connie has since dedicated much of her life to raising awareness for Lyme disease as much about the disease isn't known: She was incorrectly told that it wasn't in Tennessee. Her doctors were wrong. Lyme can be anywhere. Ticks prey on people and birds—and people travel and birds migrate.

Fight for Answers

"You have to be your own advocate for your health. I never gave up, even after feeling so defeated and even embarrassed! I wanted answers. I knew I wasn't depressed, and I knew my pain and symptoms were real. Lyme Disease and other tick-borne diseases can mimic many autoimmune disorders, including but not limited to fibromyalgia, rheumatoid arthritis, Multiple Sclerosis, Lupus, ALS, Parkinson's Disease, and more.

"It's so sad that many people are suffering with these disorders when Lyme disease may be underlying their disease. It happened to me. The testing is inaccurate. The test that is done is called a Western Blot followed by an ELISA test. It has a 60 percent false-negative rate. It's all very confusing.

"A friend of mine has been able to pass laws in other states that require a doctor to tell the patient that even though the test is negative, it may be a false negative. So, that's a little progress.

*** continued on page 20 ***

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

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Thursday	11AM-9PM
Friday	11AM-10PM
Saturday	11AM-10PM
Sunday	11AM-9PM

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TRI-BAL KNOWLEDGE



Changing Habits

by Larry Brede



Just two months ago this article was titled, “A New Normal” and dealt with slowing down and learning to adjust to training with a new job in a new town. Who would have imagined that COVID-19 would turn the world on its head in the short time since it was published? That “new normal” is completely out the window as we deal with a global pandemic, learn to live in quarantine, limit our exposure to public places, and telework.



Because we can't gather in public, the 2020 race season is indefinitely delayed. Small price to pay while we figure out how to beat this virus. Fortunately, outside isn't shut down and many of us have been able to continue to enjoy this spring weather even if we're not doing it in groups. I've found out that multisport/triathlon training isn't that bad when training alone. Not as fun as with friends, but definitely better than being inside. Running is what this club is all about, and it remains my favorite way to beat the quarantine blues. During this teleworking phase I've been able to get out and run over lunch break, something I can't do when on the job. It's been nice, and the spring weather is terrific.



I've also been able to get out on the bicycle for some tough East Tennessee hill-climbing routes, and made it to Meads Quarry at Ijams for the

first outdoor swims of the season. It's great to see other locals out enjoying our roads and trails, and even though we're social distancing everyone is still happy to give a friendly wave and say hello in passing.

One thing that's helped keep my family and I sane is figuring out how to physically challenge ourselves during quarantine. We usually define the “next big thing” as a race to train for and stay focused. Without those races on the horizon we've discovered other ways to keep mentally engaged in physical progress. For example, even though the Covenant Health Knoxville Marathon was postponed, we went out and enjoyed the course on race morning. I was able to run the entire marathon route, and I'm guessing nearly 30 others came out and did either the full or half marathon route that day. What a fun way to spend the day! I've also been to Ijams a number of times to run the trails and swim the quarry in preparation for the IGNITE SwimRun event scheduled for the end of June, and my family is joining me there for runs. We've even decided that we're doing the David Goggins 4 x 4 x 48 workout (run 4 miles, every 4 hours, for 48 hours) over Easter. Don't know how much each of the family will do, but it's time together outside.

I hope that each of you is finding a

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!



way to deal with the COVID-19s impacts and have an opportunity to connect with family. I can't wait to see you all out on the running and triathlon circuits once they open back up. In the meantime, stay safe, stay apart, and enjoy your time outside!

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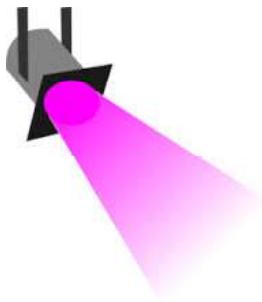
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KTC High School Spotlight

A Salute to the Class of 2020



by *Patty Tracy-Thewes*

The High School Spotlight usually features an outstanding Track or Cross Country student-athlete in each issue. Unfortunately, the 2020 Track Season was shut down just as it was getting started. Because of this, rather than feature just one student-athlete, we would like to highlight several of our local Senior Track and Field Standouts. They have certainly given us quite a bit of enjoyment watching them compete over their high school years!

2019 State Track and Field Qualifiers returning this year as Seniors:

- Braden Gaston Knox Central 4th LJ(22-2), 8th 110H(15.42), 300H(40.08) D-I Large School
- Scott Grunau Farragut 14th 400(51.29) D-I Large School
- Tommy Ward Maryville 11th 800(1:59) and 12th 3200(9:58) D-I Large School
- Josh Whitaker CAK 2nd Pole Vault (14-0) D-II A
- Luke Etherton. CAK 3rd in Discus(134-0), 3rd in Pole Vault(13-6), 6th(Decath) D-II A
- Luke Filipkowski HVA Finished 5th(shot-48-09) D-I Large School
- Dylan Carter William Blount Finished 6th discus(154-02) D-I Large School
- Chris Green Austin-East Finished 6th 800(2:03) D-I Small School
- Seth Jinks L&N Stem Finished 2nd 1600(4:36) D-I Small School
- Kalen Jones Austin-East 7th Dis-

cus(132-09), Shot(45-02) D-I Small School

- Gabel Fulford CAK 1st 110HH(15.17) and 400(49.97), Decath 3rd(100-11.17) D-I Small School
- Rachel Flinchum Grace Christian Finished 6th Discus(86-03) D-II A
- Jasmine Jefferson Webb 1st 100(12.39) and 400(58.14), 2nd 200(25.52) D-II A
- McKinley Blackburn CAK 2nd 300H(47.59), 1st(Pentathlon) D-II A
- Micah Green South Doyle 15th 200(26.98), 16th 100(12.81) D-I Large School
- Anna Witsoe Knox Cath Finished 11th 400(1:00.36) D-I Large School
- Eleanor Mancini Knox Cath Finished 2nd 800(2:15.61) D-I Large School
- Sidney Wallace HVA 10th TJ(33-09) and 16th 100H(16.57) D-I Large School
- Kendall Medders Knox Halls 2nd HJ(5-6) D-I Large School
- Megan Armstrong Bearden 10th Shot(34-07) D-I Large School
- Anna Richardson Heritage 6th(Pent), 8th 300H(47.36), 5th 100H(15.5) D-I Large School
- Jada Johnson Alcoa 3rd LJ(17-02), 9th 200(26.86) DI Small School State
- Blake Blakemore Austin East 2nd 200(25.07) D-I Small School State

Other area Seniors that were not at 2019 State Championships, but started off this season as top 10 ranked in State of Tennessee, according to Milesplit:

- Evan McFerran Farragut 200(2nd) and 100(5th)
- Christian Langlois Bearden 100(4th)
- JaQuan Williams Bearden 400(4th)
- Nate Adebayo South Doyle 100(9th)
- Joshua Ebbert Farragut 800(6th) and 1600(7th)

- Jackson Bostick Grace Christian 110H(6th)
- Caden Yeager Bearden HJ(8th)
- Blayne Massengill Bearden PV(8th)
- Stephani Franks Webb PV(8th)
- Eleni Christopoulos Knox Cath PV(9th)
- Timaya Ray HVA 200(2nd) and 100(5th)
- Hannah Burkhart West 400(9th)
- Callie Tucker Knox Cath 3200(1st)
- Aaryanna Billingsley South Doyle Discus(7th)
- Anna Moore Farragut Shot(7th) and Discus(10th)
- Ashlyn Riikola Oak Ridge Shot(3rd)
- Anjonae Benson HVA Shot(5th)
- Mary Austin Slate West High Jump(8th)

Although the 2020 Track season was cut short, many seniors will still take with them wonderful memories of their high school track careers. Here are a few favorite memories:

“My favorite memory from track was my sophomore year at sectionals when I hit my personal record in triple jump with a distance of 36-10.” -- Sidney Wallace, HVA

“When I qualified for the 400 meter race my junior year at sectionals. All season I had been working hard but still not confident I could make it to state. It was such a memorable moment because instead of being scared of the race and worried about how bad I would do, I thought about how to be confident going into the race and keeping that confidence while running.” -- Anna Witsoe Knox Catholic

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Lyme Disease

*** continued from page 15 ***

I had a few western blot tests that were negative, too. I also had a positive test but was told it was a false positive. But there is a lab in California called Igenex that does accurate blood tests for Lyme and coinfections. They can also test ticks for peace of mind, if you ever have a tick bite.”

Educate Yourself

Connie warns, “Don’t let this happen to you or your kids.” Here are her Lyme disease prevention tips:

- ◆ **Do constant tick checks when outdoors:** “When I’m weeding the garden, I’ll brush myself off every ten minutes or so and look at my legs and shoes and check myself out! Walk in the middle of the path.
- ◆ **Stay away from tall grass:** “Ticks wait on the weed and can detect

your CO2 and hop on you or whatever animal may be walking by.

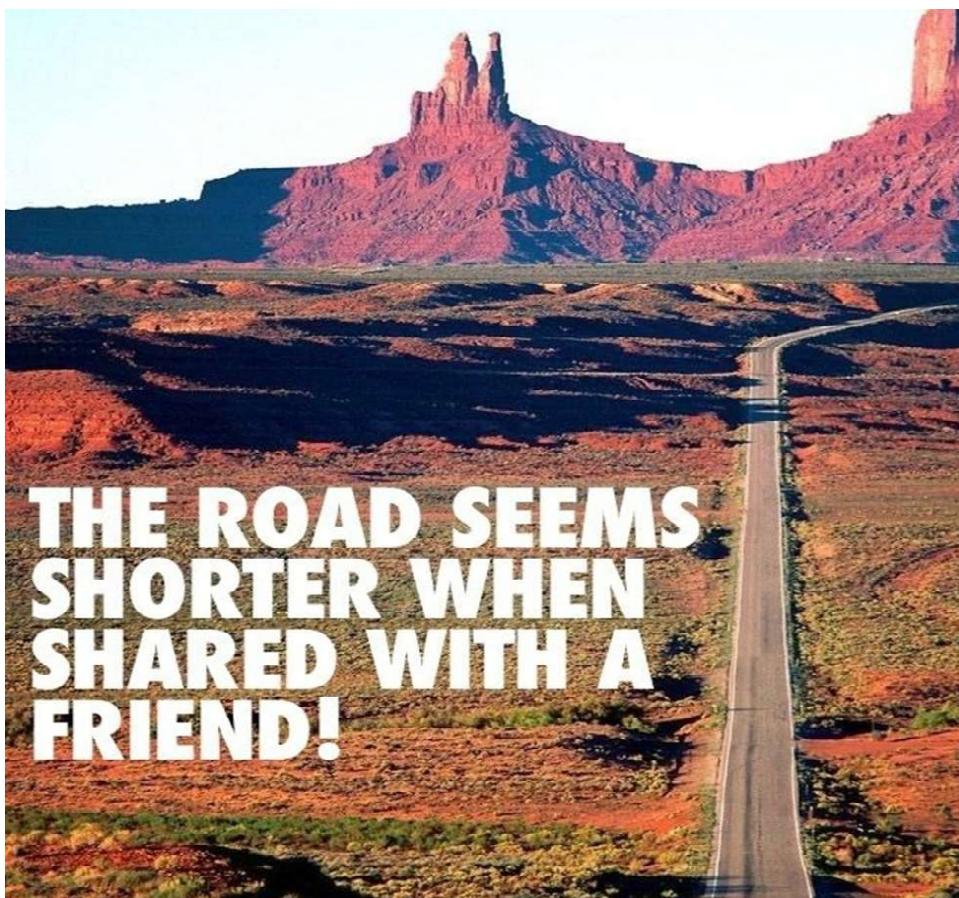
- ◆ **Wear light-colored clothing:** “This helps you spot ticks more easily.”
- ◆ **Wear tick repellent:** “I use OFF deep woods. I spray it on my shoes, my skin, my clothes and sometimes on my dog! Yes, it has chemicals, but the benefits far outweigh the risks. There are other natural products, too. I go for OFF. AVON’s Skin So Soft is an old standby. They make tick repellent, too.
- ◆ **Put your clothes in the dryer:** “After being outdoors and possibly exposed to ticks (they can be as small as a period at the end of a sentence), put your clothes in the dryer on high for 30 minutes to kill them.
- ◆ **(Again) Do tick checks:** Don’t panic if you find one.
- ◆ **Remove the tick:** Don’t do any of the old wives’ tales to remove it, either. Simply remove with tweezers. Don’t squeeze the body of the tick

(that’s where the infectious juices are). Instead, grasp the tick by the head and pull it out. Have a Ziploc bag ready and place in a baggy with a blade of grass or moist cotton ball and send it off for testing.

- ◆ **Disinfect:** Now that the tick is removed, you can disinfect the site of the bite.
- ◆ **Take meds:** “I would go ahead and start antibiotics. Some doctors will go ahead and prescribe. Why would you wait for symptoms? By then, it may require more antibiotics than if you treat immediately.

“I never forget what it feels like to be a prisoner of your body and I’m always ready to help someone who may be afflicted with the same disease.”

Don’t let this happen to you. For more information about Lyme Disease, visit the websites of The National Capital Lyme Disease and International Lyme and Associated Diseases Society.

A red vertical banner with white text listing website features: www.ktc.org, Complete race results, Event photo galleries, Race calendar, Online registration links, Trail series information, Grand Prix standings, Social events, ...And much, much more! Below the text is a cartoon character with glasses and a red jacket sitting at a laptop.



Biking With Bob

by Bob Godwin



Random Musings

As I write this in mid-April, the COVID-19 Pandemic is assaulting the entire world with its lethal grip. Inevitably, the image of the Apocalyptic Four Horsemen fills my mind with Pestilence on a white horse leading the way.

I think of fellow citizens, especially the homeless and those barely surviving, now assailed by yet another challenge they did not deserve, nor can deal with.

I am “extremely vulnerable” based on my factors of age, heart condition, and a lengthy course of Radiation Treatments for Prostate Cancer—all of which has left me with little, if any, immunity.

The side effects of Radiation and Hormone treatment are, fatigue, loss of taste, digestive upset, moods, hot flashes, all of which are acceptable, if not welcome, consequences of attacking the bad cells.

Despite the looming threat and constantly wearing protective mask and gloves, I see some silver linings. The incredible courage and commitment of health care providers, the good will of neighbors and strangers volunteering to help and support others, and the joy of doctors and nurses when one of their patients are discharged to family from whom they have been isolated for weeks—all restore faith in humanity.

I experienced a bit of this silver lining when I completed my cancer radiation treatments on April 14 and

physically rang the traditional “completion bell.” I was startled to find the entire staff gathered behind me applauding and cheering.

During this period of social isolation, past memories surface unexpectedly. For years I was blest with frequent vacation weeks in Vanderbilt Beach, Florida where I had a 6 mile undeveloped beach a moment’s walk away from our cottage. I ran 6-12 miles per day almost always completely alone. The rhythm of the Earth was evident in dawns and sunsets, tides, the penguins’ prehistoric silhouettes, beach constantly resculpted by tide and wind, and the sandpipers’ frenetic harvesting of tiny seafood in the sand while racing back and forth just beyond the reach of the waves.

For variety I could run in the adjoining subdivision of 20 mile-long parallel streets with its southern tapestry of palm trees, unfamiliar plants and flowers, the tropical insects (has anyone else been startled by a huge Palmetto bug?).

Truly an idyllic time of my life! It includes, however, the morning my contemplative dawn run was shattered by a mosquito-spraying crop duster in a heart-stopping overhead pass, seemingly brushing my hair and leaving a blanket of choking insecticide.

A few days ago, Karen and I drove several Dogwood Trails and reveled in the persistence and hope that Spring

brings: promise of a better day for our lives so impacted by illness, fear, pressing bills, and an uncertain future.

We saw walkers, bicyclists, parents pushing baby carriages and others simply out enjoying the beauty of the blossoms and the warmth of the sun. I thought of the stories those babies would hear in future years about the terrible Pandemic they survived.

That brought back memories of my toddlerhood during World War 2 when Mama and I followed Daddy during his Army training all the way to Maine. That was followed by many months breathlessly waiting for his tissue-like letters from France and Germany, although the letters themselves never revealed those locations.

I have now ventured out on my bike a few times, happily paying the price of tired legs, sore bottom, aching wrists and hands after months of inactivity required by my medical conditions. Those minor sufferings are worth the blessings’ of the neighbors’ flowers, blossoming trees and shrubs, the fragrance of a Wisteria-covered tree and sharing those delights with others in the neighborhood, some old acquaintances and some new.

Like others, Karen and I practice social isolation, wear masks and protective gloves when we must go out, and wash our hands frequently.

Please stay safe during these times, dear friends.



Shin Splints

by Dr. Matt Campbell

Finally, most of the cold, dark, rainy days are behind us and we are trading out our winter coats for running gear. The early season races are now upon us (those that weren't cancelled anyway) and it is time to make up for lost training days during the winter months. This is always a very popular time of year for us at the office as the injuries from training too hard on tissue that is still in hibernation mode are rearing their ugly heads. I wanted to take a few minutes to address one of the most common of these injuries, Shin splints.

Shin splints hold the clinical name of medial tibial stress syndrome (MTSS). This is a fairly accurate name as the most common place that people feel pain is on the inside of the shin bone deep in the leg. Pain can also be felt on the very front of the leg which is differentiated as an anterior shin splint. The muscles in these different compartments when excessively stressed, often for the first time in a while, can pull on the tibia harder than it is accustomed to and cause a deep aching pain. The periosteum, or outer layer of bone that tendons and ligaments attach to, is rich with pain-perceiving nociceptors and are quick to transmit that pain signal. This is typically accompanied by inflammation of the muscle, tendon, or in worse cases the actual periosteum itself.

The pain often sets in as a dull ache that grows to a throbbing type pain in the inside or front of the leg within 10-15 minutes of exercise. Runners will often be most acutely aware of the pain when running downhill, or for any length of time on a surface that isn't flat or uphill. It is important to be able to differentiate this pain from other conditions that can be more malicious in

nature. Compartment syndrome is a similar condition and is sort of like a shin splint on steroids. Similarly, there is pressure on the bone from the muscle but primarily the pain comes from swollen muscles trapped in the small and enclosed space of the deep compartment of the leg. This can be very dangerous if left untreated as it can destroy the blood vessels and nerves that live near that deep compartment. Stress fractures of the tibia can also present just like shin splints as do some high ankle sprains. The most important thing here is to see a professional if this pain isn't going away.

Shin splints can be caused from a number of things but the most important place to start is with foot and gait during running. Runners that strike primarily with their heel first are immediately predisposed to this condition. In order to keep your forefoot from smacking the ground as your heel hits the ground, the muscles of the shin must fire and eccentrically lower the foot to the ground. This puts a huge stress on those muscles as well as the periosteum, or where the muscle attaches to the bone.

So now the question is how do we unload those muscles during the gait cycle. Commonly heel striking comes

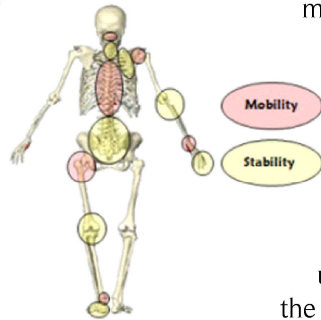
from a "reaching" type of running pattern. This means that the feet are landing far out in front of your center of gravity and are forced to pull you forward, instead of pushing you. Ideally, the foot would land as close to directly underneath the body as possible to shift the load from the rearfoot (or heel) to more of the midfoot and thus more evenly distribute the impact force of landing among all of the muscles of the leg.

Ok Matt, got it. Land with my foot underneath my body and avoid shin splints. Easy. Hopefully it is, but very commonly the reason that you are reaching with that front foot to begin with is restriction at the hip that is shortening the stride. As you shift your weight forward in your stride to make sure to land on the proper area of your foot, the back leg (push off leg) must be able to move farther back behind you into hip extension. With tight hip flexors at full blown epidemic status, it's likely that these are certainly contributing to your lack of hip extension when running.

This in turn is shifting your center of gravity back and causing you to have to reach with your front leg, thus landing with a mighty thud on your heel and jarring the deep muscles of the leg. The culmination of this: shin splints.

So, here's some guidance to avoiding these buggers and hopefully staying healthy through this training season.

First, ease back into training. We are amazing, adapting machines but our tissues do need time to adjust to the barrage of new stressors that we put on them once the weather is fit. Next, pay attention to the surface you are running on. If you frequently run on a sloped or



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Shin Splints

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cambered road, make sure that you run back on the same side so as to stress those muscles evenly on both legs. The same thing goes for the track. Be sure to change direction half way through your workout as always turning one direction will asymmetrically tax those structures the same way. Also, check your hip flexor extensibility. When laying on your back and you pull one knee to your chest, does the other stay on the ground with little to no movement in the low back and hips? If not, STRETCH. Finally, be cognizant of your gait. Do you feel your feet smacking when you run downhill? Are the heels of your shoes wearing more than the forefoot? Is it hard to shift your center of mass forward to get your feet underneath you as you run? If you answered yes, let us know so that we can pinpoint the exact cause of this and get you running safely and efficiently through the rest of the season. Happy Trails !!!



KTC 2020 SUNDAY BEER RUNS

All scheduled beer runs have been postponed. We hope to reschedule them as soon as we receive guidance from Knox County and the City of Knoxville to proceed safely.



Confessions of a Social Jogger

by Patty Thewes, KTC Social Director

“In the Midst of Winter, I Found There was Within Me an Invincible Summer” ... Albert Camus

As I write this article, the country is in a fight with the Coronavirus. An invisible enemy the likes we have never seen. Despite the unknown, and despite where we are in this fight, there is still hope and strength. It’s the spirit that connects us as runners, and as human beings.



encouraging, inspiring and helping others...

I am not sure where we will be in our fight when you are reading this, but regardless, I am confident that we will prevail. Together, we will prevail and return to all the things we love in life.

As runners, by nature, we are full of hope and strength. Despite this, the Coronavirus has sucker punched us in the back of the head, and has totally rocked our world in a blink of an eye. Even the strongest of spirits have been challenged.

Although running has been one of the few things we can still do while socially distancing, sharing the experience of a run with others is a feeling like no other. An exhilarating celebration of health, community and the human spirit. I appreciate this now more than ever, and I am looking forward to joining you all in a run again soon.

But even in the darkest days of this fight, the guiding light of hope and strength has continued to glow. When my own spirit was down, I looked to the hope and strength present all around me to refuel me. I didn’t have to look far to see people

I know this is on the horizon as much as I know the sun will rise. What a celebration it will be!

KTC SOCIAL AND GROUP RUNS

Unfortunately, due to health and safety concerns surrounding the COVID-19 pandemic, all KTC Social and Group Runs are postponed until a later date. We’re hoping to begin rescheduling group runs as soon as June within the safe parameters established by local health officials. Stay tuned.



KTC BOARD OF DIRECTORS

Minutes of February 2020 Meeting

FEBRUARY 24, 2020

The meeting was called to order by Tim Monroe at 6:00 p.m. In attendance were: Christina Adkins, Summer Jo Brooks, Gabrielle Cline, Katy Culver, Tim Gregory, Zane Hagy, Brian Huskey, Keith Jackson, Suzanne Oliver, Scott Schmidt, P. Mark Taylor, Alicia Teubert, Jason Wise, and Gerald Witt. In attendance as guests were: Jason Altman, Stephanie Bailey, and David Black



Approval of Minutes – Brian noted a spelling error in the January minutes. Alicia Teubert made a motion to approve as amended, P. Mark seconded. Minutes were approved unanimously.

Regular Reports

Executive Director's Report — David asked for questions on his report. Tim Monroe asked for a recap of the Running in the USA conference. David was impressed with how open those who presented were and how generous they were with their time. The staff need to sit down with the information they learned and identify ideas to implement. Jason Altman noted that he attended the co-branding workshop and got some interesting ideas; millennial marketing is needed; he was also able to share ideas of what we do here in Knoxville. Stephanie noted that her most lively session was on swag – everyone has strong opinions about this; discussions got quite heated. The Going Green session was also interesting, although Stephanie's not sure how local runners would respond to this. Many cities are mandating "Going Green." Stephanie also attended a session on vol-

unteering and we are already doing much of what was suggested. All three staff noted the importance of networking.

Scott asked David about efforts in marketing. In exchange for race entries, Ashley Bell is interested in doing some social media promotions. David has asked Ashley to come to RunKnox and KTC social runs to get educated on what we do in the community.

Treasurer's Report — no concerns expressed.

Marathon Director's Report — Jason Altman reported that the 5k is strong, half marathon is a little behind compared to this time last year. Jason got Campbell's Pool and Spa confirmed. Pilot has changed their logo and is now Pilot Company. Kids' Run route is changed this year.

Event Manager's Report — Nothing to add to Stephanie's report from what is noted in the discussion of the conference above.

Trail Committee/Footnotes/Website Report — no discussion.

Sponsorship Requests

Tennessee School for the Deaf — Bri Scott, Head Coach for track and field for Tennessee School for the Deaf girls, presented on a request for funding to send athletes to the Berg/Seeger Track Meet. Bri provided updates on the students that KTC sponsored last year. Haley is doing well at Milligan; she redshirted for track this year. Darien, from the boy's team has graduated and is working. Bri noted that track has been late getting started this year, so no athletes were able to come to the meet-

ing. TSD anticipates 15 boys and 9 girls for the track team this year. One of the Deaf Olympics coaches has gotten in touch with TSD about two of their male athletes. These athletes have the potential to qualify for the Deaf Olympics in Brazil in two years, so there is great potential on the team. Berg/Seeger is in Texas this year. In addition to qualifying in an event, TSD requires that athletes also have good grades and behavior. TSD would not be able to send the kids without KTC support. The last two years we have donated \$2000. David asked if TSD would need help in two years with the Olympics. Bri noted that she is not sure how funding works for the Olympics. Bri left the room for board discussion. It was noted that we would like to support TSD, even if they do not have two athletes to send to the meet this year. Brian Huskey moved to approve \$2000 to TSD for their track club in whatever way they see fit; Suzanne Oliver seconded. The board approved this motion unanimously. David will follow up with Bri on providing the check.

Ainsley's Angels - Alicia Teubert presented that the discussion of supporting Ainsley's Angels started in the MAC. Because another nonprofit was selected for support from the marathon, she wanted Ainsley's Angels to receive support through Strawberry Plains. The group received approximately \$1100 through RunSignUp donations for a blade chair and an additional \$300 the day of the race. Alicia would like for KTC to be able to make up the difference for the full cost of a blade chair (\$3000, which was set as the fundraising goal) from SP proceeds. We currently have around \$8200 in profit. Summer

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KTC BOARD

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Jo noted that if we give this money from race profit, it sets a precedent of funding causes from all of the races. P. Mark noted that we aren't really giving out of race profits, but we do have general "community contribution" funds. Scott noted that we need to stick with what we budgeted at the beginning of the year. Kevin asked about what we have allotted for community contributions. David

noted that we have \$7500 from a combination of "athlete assistance" and "non-committed funds." Currently \$3400 is not already allocated. Gerald noted that we would benefit from developing a set of practices for how we raise funds with specific events. For example, it might make sense to not set specific dollar goals so that we are not disappointing the charity. Tim Monroe moved to fund \$1522 from the "non-committed funds" (current balance at \$2500); Alicia seconded. Ten votes for; two against. Motion carried.

Roundtable

Summer Jo asked about next month's meeting as it will be just before the marathon when staff and many board members are busy. Tim noted that he will plan to leave it on the schedule but will poll the board prior to the meeting. If there are no issues that require immediate action, we can postpone until April.

Tim Monroe motioned to adjourn. Tim Gregory seconded. Meeting adjourned at 7:05 pm.

PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

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

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

KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

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

Multi-issue packages at volume discount rates are available

KTC SPONSORSHIP OPPORTUNITIES

* Race Sponsorships

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

* General KTC Sponsorships

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

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

High School Spotlight

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“At Sectionals my junior year I ran a 4x800 then 4x100 then the 400 then the 4x400. I finished 1st, 1st, 3rd, and 2nd and qualified for State in all 4 events. That was a very memorable meet.” -- Scott Grunau, Farragut

“My favorite track memory has to be when me and my guys won the 4x800 at the state meet.” -- Chris Green, Austin-East

Advice from Some of our Departing Seniors

“Work hard as if you were to never have the chance again. Compete to win, but to also have a good time. Appreciate your teammates and coaches. Nothing is guaranteed, so make the most of every situation.” -- Jaquan Williams, Bearden

“If we don't have another meet this season, it won't be a season forgotten. This is another level of history we got to be a part of. We all have the noble task to give up what we love doing to prevent the deaths of thousands. It's hard to see this in perspective, but its crazy what impact every individual has. Hopefully, this is some condolence.” -- Eleanor Mancini Knox Catholic

“Work hard, don't get discouraged and keep grinding. Winners never quit.” -- Luke Filipkowski, HVA

“To the underclassmen, you never know when times of uncertainty will come and ruin your track season, so compete and practice to the best of your ability and always run like its your last chance to ever do it. To the Seniors, I know this was an awful way to end our senior year, but don't forget about all the great times and joyful moments we shared with our teammates throughout high school.” -- Jasmine Jefferson, Webb

KTC wishes the above incredible student-athletes as well as all the 2020 Track and Field Class the very best in all future endeavors!

MARATHON RESCHEDULE

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schedule. The Covenant Kids Run will take place on Saturday at 4:30 pm. With sunset at 5:30 pm and Tennessee Basketball having a home game with a start time yet to be determined, we moved the 5k to Sunday morning. The marathon, half marathon, 2-person relay, and 4-person relay will begin at 7:30 am. The 5k will follow at 7:45 am on Sunday.

As you likely know, the road race industry standard is that no refunds are offered, and participants agree to this when signing the waiver. The reason for this is that most of race expenses are pre-paid; it is impossible to un-print a shirt or un-produce a medal. However, we felt that in this unprecedented situation, we would offer registrants unprecedented registration options. KTC offered four options to registered participants:

◆ Participate in the November 14-15 race weekend. Folks who were registered for March 28-29 are now automatically registered for the November 14-15 weekend and no action was needed.

◆ Defer their entry to the March 27-28, 2021 race weekend at no charge. (Normally deferrals are \$15).

◆ Initiate a refund through Runsignup.com. Participants could log into their account and self-refund.

◆ Donate the registration fee to the Knoxville Track Club (we are a 501(c)(3) non-profit organization).

Registrants had until May 1 to declare their intentions.

While I certainly missed seeing thousands of my closest friends the last weekend of March, I am looking forward to celebrating with you all this November...and then turning around and doing it again next March! Until then, stay healthy, stay safe, and keep training!



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>



KTC BOARD OF DIRECTORS

Minutes of Special Called March 2020 Meeting

MARCH 15, 2020

The meeting was called to order by KTC Board President Tim Monroe at 4:00. He thanked everyone for coming together on a Sunday afternoon and noted that our first focus would be decision making and discussion regarding the marathon, then other KTC scheduled events and activities. In attendance in person were Christina Adkins, Summer Jo Brooks, Bobby Glenn, Tim Gregory, Zane Hagy, Doug Holder, Brian Huskey, Keith Jackson, Tim Monroe, Suzanne Oliver, Scott Schmidt, P.Mark Taylor, Jason Frazier Wise, and Gerald Witt. In attendance by conference call were Gabrielle Cline, Pam Haggard, Alicia Teubert and guest Michael deLisle. In attendance as guests were David Black, Jason Altman, Stephanie Bailey, Lauren Chiles and Sharon Rivers.

Jason Altman, Marathon Director, asked if we had a chance to review the financial information he shared regarding revenue and expenses to date. No one had any questions at this time, but it was noted that the one-page summary was helpful in getting an idea of what was happening financially with the marathon and other events for that weekend. The discussion moved to the other information sent out regarding options for next steps for the 2020 CHKM.

The medals and bibs are only dated 2020, not March 28th or 29th. T-shirts have not been ordered yet. Food vendors are willing to work with us at a rescheduled time. The World's Fair Exhibition Hall and the World's Fair Park are available for the proposed reschedule date of 10/17/20 and 10/18/

20. Covenant Health is agreeable to a reschedule and has left any and all decisions with KTC and Marathon leadership. The KPD and KFD should be able to confirm their participation by Wednesday this week. Once confirmation is granted, Moxley Carmichael Communications will assist with writing the formal announcement and press release.



The KTC board members and marathon committee members present all agreed to the reschedule option for the weekend of October 17th and 18th, 2020.

Options for current, registered runners in all events are as follows:

- ◆ Defer to the new date – Fall Race
- ◆ Defer to the 2021 CHKM Spring date
- ◆ Donation to KTC
- ◆ Full refund upon request

Brian Huskey made a motion which included all of the following:

The CHKM 2020 and other events will be rescheduled to Oct. 17-18, 2020 pending KPD/KFD approval with currently registered participants being given the option to a) defer to the new fall date, b) defer to the 2021 event, c) make their registration fee a donation to KTC or d) request a full refund with a deadline date for action TBD. If no action taken by the deadline, registration will automatically defer to the fall race date. If approved, Moxley Carmichael will craft the KTC/CHKM statement regarding this new date and options. Vendors will be contacted and

given the option to defer their involvement to the fall date or move to the 2021 event, if neither option is possible for them, a full refund will be given. The motion was seconded by Summer Jo Brooks and passed unanimously by the board.

The discussion moved to other KTC events currently scheduled through June 30, 2020 to include KTC Social Runs, RunKnox training, Races and the Beer Run Series. After a brief discussion and considering current CDC recommendations, a motion was made by Brian Huskey to suspend all KTC sanctioned events and activities through April 12, 2020 with a second from Zane Hagy.

The motion was then amended by Gerald Witt to allow David Black, Executive Director and the KTC Executive Committee to make decisions regarding rescheduling, suspension or cancellation beyond the April 12, 2020 date without full board participation. This amendment was seconded by Scott Schmidt and passed unanimously.

Tim Monroe, Board President requested that everyone retain the time set for our March board meeting on their calendar and offered to make this meeting a conference call option as appropriate due to the suspension of other activities.

Alicia Teubert offered thanks to the Executive Board, Jason Altman, David Black and Stephanie Bailey for their hard work and quick actions to reschedule CHKM activities for the safety of our community.

Gerald Witt made a motion to adjourn at 4:45, Scott Schmidt seconded it and it passed unanimously.



KTC BOARD OF DIRECTORS

Minutes of Regular March 2020 Meeting

MARCH 23, 2020

The meeting - held using Zoom online technology - was called to order by Tim Monroe at 6:00 p.m. In attendance were: Christina Adkins, Summer Jo Brooks, Gabrielle Cline, Bobby Glenn, Tim Gregory, Pam Haggard, Doug Holder, Brian Huskey, Keith Jackson, Suzanne Oliver, Scott Schmidt, Robyn Smith, P. Mark Taylor, Alicia Teubert, Jason Wise, and Gerald Witt. In attendance as guests were: Jason Altman, Stephanie Bailey, and David Black. Tim Monroe noted that Katie Culver has informed him that she needs to resign from the Board.

Approval of Minutes –Tim presented the meeting minutes from our February meeting and from the called March 15 meeting. There was no discussion. Pam Haggard moved to approve; Alicia Teubert provided a second. Both sets of minutes were approved unanimously.

Regular Reports–The regular reports listed below were presented as a consent agenda. Tim Monroe asked if there was any discussion and there was none. Suzanne Oliver moved to approve as submitted, P.Mark Taylor provided a second. Reports were approved unanimously.

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

Marathon Update–Jason Altman

noted that things are changing quickly. KPD has had difficulty supporting the proposed alternate date in October due to other events that are happening that weekend. City employees were working from home today, making coordination difficult. Special events asked for an alternate date; the only viable date was November 14 and 15. KPD is more supportive of this proposal as it puts the marathon on a Sunday which we are used to. The October date would have stretched KPD and city services too thin.



The November date allows City services to be at full capacity. It also means no need for a course change. The Saturday 5k could be impacted due to a possible conflict with UT basketball. Captain Jones recommended holding the Kids’ run Saturday evening, 5k on Sunday morning following the start of the marathon and half. The new November date gives us an extra month to plan the 2020 event but presents the challenge of one month less to get ready for 2021. The question was raised about how the November date will impact the Expo. Jason noted that we would still have access to exhibit halls 2 and 3. We will likely lose some vendors due to having to reschedule anyway, regardless of the date we choose. Exhibit halls 2 and 3 are also available on Sunday for post-race events. For the financial stability of the club, it makes the most sense to hold a 2020 event. The board discussed that there will be challenges with the short turnaround in 2021, but Jason feels this could be managed. The City would prefer that we keep the 2021 event in the spring. The board discussed the idea of a special medal for those who do events in 2020 and 2021. The group also discussed the possibility of a special medal that includes PF half

marathon. With regard to the proposed November date, there are no other marathons close by that weekend (closest one is Charlotte). P. Mark moved to approve the new date and Alicia seconded. The new date for the CHKM was approved unanimously. Next steps, Jason has spoken with Covenant and they are happy with the fall event. Jason will coordinate the media release as soon as tomorrow. Dates for the 2021 event are March 27 and 28.

Non-Marathon Events/Program Update –Tim Monroe moved the discussion to the impacts of shut down on all of the non-marathon events. David Black called the Mayor of Pigeon Forge today; they are having to reschedule a lot of things as well and can’t commit to our event yet. In the past they have asked us to stay out of October because that is the biggest travel month. Currently, PF is on the calendar for the weekend before the rescheduled marathon. If that’s the only date, we will need to consider if we can hold both PF and CHKM. It could be difficult to get volunteers and sponsors may not be able to sponsor both events if they are really close together. Right now, all of the other events are on hold because we simply don’t know when normal activities will be able to happen. There is regular communication with the City about possible dates for rescheduling spring/summer events. Oakes Farm race is off the calendar for this year, which opens up another weekend for rescheduling.

RunKnox update – Scott noted that he will plan training programs based off of CKHM in November. Planning for the spring training program is

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KTC BOARD

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really challenging. We will decide if we need to do a virtual training or just cut our losses for Spring.

David had his kids inventory all of the shirts from the storage unit. Those will be put up on-line for sale as a way to keep the club in people's minds. The focus of KTC social media right now is positivity. This is an opportunity to focus on social media since we don't have any races to promote. The group discussed ideas such as a solo run challenge or treadmill run challenge to encourage people to keep running and keep them engaged. A photo scavenger hunt that is tied to sponsors was also suggested. Any fun ideas of media posts should be directed to David. David will look at adding a store to the KTC website. Jason Altman noted that the marathon social media has been pretty silent until the date was set, so there will be more

engagement there now. David noted that we are in a great community of runners who want to support KTC.

Roundtable

Tim Monroe noted that the Keys 100 event has been canceled, so the money that the Board voted to sponsor the team from Knoxville will be coming back to the club.

Alicia offered thanks for all of the hard work on getting the marathon rescheduled.

Bobby suggested that we might want to look at our investment portfolio again. Robyn noted that if we do this now, we'd have to sell and take a loss. Bobby then suggested looking at the portfolio when things have stabilized.

Summer Jo underscored the need to not panic with the investments and do anything rash right now.

Jason Wise offered thanks to staff for working overtime.

Tim Gregory echoed the patience with investments and thanks for extra work.

Stephanie Bailey appreciated all of the support from everyone.

Suzanne Oliver suggested that we might need a presentation about finances for new board members once we can meet again in person.

Keith Jackson offered his appreciation for all of the hard work; loves the idea of engaging people with social media; would love a presentation on all of the finances.

David Black noted his appreciation for staff and board.

Jason Altman offered thanks for support.

Christina Adkins motioned to adjourn Suzanne seconded. Meeting adjourned at 6:55

Executive Session –a brief executive session was held following the full board meeting.

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

Thank you for shopping local and supporting us!

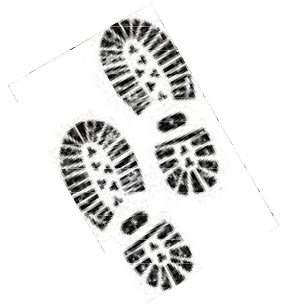


Monday-Friday 11-6
Saturday 10-4





THE LAST RACE ON PLANET EARTH



Bobby Glenn, race director

As I sit here writing this article on April 15, it seems like a world away when we staged what turned out to be the last KTC race until who knows when on March 8. At the time, I remember thinking, well at least we can still do this and an outdoor race in the woods should be as safe a thing as you could be doing. As we all know, things changed very quickly for all of us and now a solo run on a deserted road, greenway or trail is about all we have left (thankful though that our sport is still an option whereas most aren't).



finish as Rader took the title in a speedy 1:25:29 just a few seconds up on Tim. Gavin Jones pulled out the final podium position. The women's race saw Eden Slater crush her old course record by seven minutes to lay down a phenomenal 1:34:28 in finishing 5th overall. Cassidy Giles was also under the old course record in 1:41:17 for second followed by Lauren Hall in 3rd. Masters wins went to Jim Hall and Sonja Hurt.

In the 5 miler, Masters runners ruled the day with Jason Stephens taking the men's overall win in 41:22 and Julie Jones doing the same in convincing fashion in 48:52. Jamie McCart and Scott Larrick filled out the podium positions on the men's side while Alden Larrick and Brenna Wright did the same on the women's side.

We had a huge record turnout this year with 211 finishers (121 in the five

miler and 90 in the eleven miler).

We had an outstanding crew of volunteers out helping including Kathy Nash, David McLennan, Julie Jones, Kim Coward, Rob Bonamarte, Kathy Smith, Pete Crowley, Tim Hill, John Storey, Scott Larrick, Grace Rathe, Doug Holder, Alondra Moody, Nathan Helton, Rebecca Holder, Michael deLisle and Tony Owens. Very special thanks go to Nehemiah Rathe and Hope



Rathe who swept the entire course for us. Special thanks also to Chris George who pulled another epic water hauling feat soloing all the water in to the water stop.

Many thanks to Knoxville Spine and Sports who were on the scene for pre and post race massage and PT. If you're one of those folks who hasn't checked out the trail system at Big Ridge State Park, put it on your list as these are some of the best trails around. Big thanks to Derek Wilson and the staff there for hosting us again.



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. GP5 coordinates: 36.269600, - 83.964308

COURSES 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 Forgety, left on Fox-Mill Creek, Right on Ridge Circle, left on Loyston Point Road.
REGISTRATION AND FEES (NO REFUNDS AND NO EIB 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 Nine for \$109 races 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.
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.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, 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 is 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 865.54.847.18.

OFFICIAL 2020 LOYSTON POINT SCRAMBLE 'N' RAMBLE ENTRY FORM

Race Number

Address _____

Event: 10k Half Marathon Kids

City _____ State _____ Zip _____

Your Name
Last _____

Phone () _____ E-Mail Address _____

First _____

Sex Circle One male female

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

**COURSE CLOSES
1:00 PM**

Age (as of 12-31-20) _____

Birthdate Mo. ___ Day ___ Yr. ___

T-shirt Size (circle one)

None YM YL XS S M L XL XXL

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

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

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.
In consideration of your accepting this entry in the Loyston Point Scramble 'n' Ramble, I, the undersigned, intend to participate in the race, and I agree to release, defend, hold harmless, and defend the Knoxville Track Club, Anderson County, TNVA, Road Runners Club of America, and all other participants, all independent contractors & consultants from working on or over my behalf, all KTC Committee members, Officials & Volunteers & all sponsors of this race, & related Race Events & their officers, directors, employees, agents & representatives, successors, & assigns, for any and all injuries that may be suffered by me on 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 also agree to abide by any decision of an appointed medical official relative to my ability to safely complete or complete because I further understand that I will pay my own medical & emergency expenses in the event of an accident, illness, or other emergency, regardless of whether I have submitted such expenses. Further, the entry gives full permission to the Knoxville Track Club and its agents to be bonded by them, to use my photos, videos, and/or pictures, recordings, or any other record of this event for any legitimate purpose at any time. I further understand that there are no monetary refunds, exchanges, or other special favors, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspended events activity. I have read this waiver carefully & understand it.

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



HAW RIDGE TRAIL RACE

DATE/TIME/PLACE: Saturday afternoon, July 11, 2020, 8:00 am. Starts/finishes at the Haw Ridge Life Development Center on Old Edgemoor Drive near Oak Ridge TN. **KIDS RACE** starts at 7:30 am.

COURSE DESCRIPTION: This 7+ mile course will wind precipitously and circuitously through Haw Ridge Park, passing multiple aid stations before returning to the staging area. Course closes 10:15 am.

KIDS TRAIL RUN 7:30 am: Course may be a little longer than a mile, and it won't be short on fun!

DIRECTIONS: From Knoxville, take Pellissippi Parkway to Edgemoor Drive and travel east for 1 1/4 miles, turning right onto Old Edgemoor Drive and following it 3/4 mile to the Life Development Center. Lat: 36.009638°N, Long: -84.169044°W

REGISTRATION AND FEES (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 Nine for \$109 races 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.

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 a minimum of three Treadin' Trodden Trails events. Point totals accrue in a maximum of eight series events. Details on KTC web site.

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 stroller, 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. If you don't own a handheld, consider purchasing one. Otherwise a basic water bottle will be provided. 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/series director Michael deLisle @66.5484.718 or m.delisle@comcast.net Volunteer info and sign up available on Runsingup.com

OFFICIAL 2020 HAW RIDGE TRAIL RACE ENTRY FORM

Race Number

Address _____

Race 7+ Mile Kids

City _____ State _____ Zip _____

Name _____
Last _____

Phone () _____ E-Mail Address _____

First _____

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

**COURSE CLOSURES
AFTER
2 HOUR
15 MINUTES**

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) _____

Birthdate Mo. ___ Day ___ Yr ___

ATHLETE'S RELEASE: PLEASE READ TO RUN THE RACE, YOU MUST SIGN AND DATE IT.
I know that running and volunteering in work-related areas are potentially hazardous activities. I should not expect aid or medical attention at the Haw Ridge Trail Race 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 race. I assume all risks associated with running and/or volunteering in work-related areas and areas including but not limited to falls, collisions with other participants, the effects of weather, including high heat, humidity, ice and snow, the condition of the roads and/or off-road 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 included to act on my behalf, waive and release KNOXVILLE TRACK CLUB, THE LIFE DEVELOPMENT CENTER, ANDERSON COUNTY, THE CITY OF OAK RIDGE, CUMMINGS VALLEY TRAIL RACE, and THE STAFF OF THE ASSISTANT of any and all members thereof, and all further parties, their respective heirs, successors, from all claims or liability of any kind arising out of my participation in the above named event, even though the liability may arise out of negligence or careless conduct by any of the persons named in this waiver. To be granted permission to participate in any of the above named events, I must sign, read, and agree to any other conditions of this waiver for any legal claim or cause.

T-shirt Size (circle one)

None XS S M L XL XXL
YM YL

Fill Out Completely and Mail with Entry Fees to:

Michael deLisle, Haw Ridge Trail Race
1633 Helmbolt 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

Amelia Ahles	Carini Family	Chris Hagler	Erin McCarty	Heather Pridemore	Gabriel Veith
Altman Family	Cathey Family	Hagstrom Family	Mccusker Family	Brooks Rainwater	Alexander Wade
Brad Anderson	Childers Family	Zane Hagy	Katherine McDonough	Nancy Raisigel	Max Waibel
Emily Bailey	Jake Childs	Hancock Family	McKelvey Family	Reeder Family	Walker Family
Megan Bailey	Jennie Clark	Nathan Helton	Ron Merryman	Alexa Robbins	Nick Walsh
A. Baker Family	Donna Cornett	Jack Hillenbrand	Jeffrey Miller	Ashley Samsel	Waterous Family
J. Baker Family	Kimberly Coward	David Hinkle	Monroe Family	Scalf Family	Wells Family
Cheryl Ball	Katherine Craze	Dan Holbrook	Moore Family	Sarah Shanks	Bobby West
Michael Barton	Disney Family	Paul Holloway	Steven Moore	Justin Shelton	Korey Wheatley
Annie Batcheller	Donaldson Family	Paul Karakashian	Greg Morton	Robert Smalley	Bradley Wilkinson
Richard Baughman	Duncan-Morin Family	Megan Kenner	Antonella Moscoco	Marcus Smith	Erica Willett
Danielle Bergum	Fisher Family	Bernadette Kitzke	Angel Norman	Spaulding Family	Williams Family
Eric Bohlen	Stephen Fredericksen	Kortz Family	Tabitha Palmer	Ray Stephens	Winkles Family
Randy Brewton	Thomas Goldsby	Hiromu Kurosaki	Suzanne Parker	Lanny Stokes	Wise Family
Scott Brooks	Gould Family	Lorna Luketin	Lauren Parrish	Elsa Taube	Womack Family
Bueche Family	Lisa Greenwood	Mabe Family	Susan Patton	Patty Tracy-Thewes	Woody Family
Bill Cameron	Grove Family	Michael Marchant	Brent Pierce	Angela Trunzo	Jimmy Wooten
	Paul Hagemeyer	Maynard Family	Kelly Pike	Ruth Valle	

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

May - Jul 2020

MAY

- 2 Oak Ridge - **POSTPONED TILL 9/26.** Secret City5k for Haiti. See info on KTC website.
- 2 Loudon - **POSTPONED TILL 8/8.** Be a Factor 5k Race. See info on KTC website.
- 3 Knoxville - **CANCELED.** Run/Walk for Mental Health 5k.
- 3 Knoxville - **POSTPONED.** KTC Social Beer Run. See info on KTC website.
- 4 Knoxville - All Day! KTC's Virtual May the 4th Be With You 4 Miler. See info on KTC website.
- 9 Knoxville - **POSTPONED TILL 6/27. BAKER CREEK TRAIL RACE and KIDS TRAIL MILE.** See enclosed entry form and info on KTC website.
- 17 Maryville - **POSTPONED TILL 8/8.** The Glow Trot. See info on KTC website.
- 17 Knoxville - **POSTPONED.** KTC Social Beer Run. See info on KTC website.
- 23 Knoxville - **POSTPONED. EXPO 10k/5k presented by Graphic Creations.** Watch the KTC website for updated information.
- 29 Gatlinburg - 10:00 pm. Running With the Bears 5k. See info on KTC website.
- 30 Cosby - 10:00 am. Feelin' Froggy Trail Run/Ruck. See info on KTC website.

JUNE

- 6 Andersonville - 9:00 am. **LOYSTON POINT SCRAMBLE and KIDS TRAIL MILE.** Watch the KTC website for updated information.
- 18 Knoxville - 7:00 pm. **HAL CANFIELD MEMORIAL MILEFEST.** Watch the KTC website for updated information.
- 20 Alcoa - 8:30 am. Spring Sprint 5k. See info on KTC website.
- 20 Maryville - 7:00 am. Three Sisters Ultra Festival. See info on KTC website.
- 27 Knoxville - 9:30 pm. **BAKER CREEK TRAIL RACE and KIDS TRAIL MILE.** Watch the KTC website for updated information.

JULY

- 3 Knoxville - **POSTPONED. PILOT FIREBALL CLASSIC 5k and LITTLE FIRECRACKER MILE.** Updated info will appear on KTC website
- 11 Oak Ridge - 8:00 am. **HAW RIDGE TRAIL RACE and KIDS TRAIL MILE.** Watch the KTC website for updated information.
- 18 Location TBD - 7:30 am. **CARTER MILL SPLASH 10k.** Watch the KTC website for updated information.

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

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.