

May 2021

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



***KTC through the
season lens - pg 5***

***Dr Matt on dry
needling - pg 19***

***How to get your
kids to run - pg 22***

***Storms can't sour
Sweetwater - pg 29***



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

INSIDE THE MAY / JUN ISSUE

The Starting Line

Tim Monroe, A Message from our Club President	5
David Black, KTC Executive Director	6
Michael deLisle, Musings from the Editor's Desk	7

Feature Columns

Jason Altman, Marathon Update	9
Scott Schmidt, RunKNOX.	11
Patty Thewes, High School Spotlight	15
Patty Thewes, KTC Social	18
Larry Brede, Tri-Bal Knowledge	19

Guest Columnists

Tim Hill, Run, Rabbit, Run	12
Dr Matt Campbell, Achilles Tendinopathy	17
Whitney Heins, Running Postpartum	20

Other Features

List of Officers and Board Members	4
Membership	10, 33
KTC Trail Series Grand Prix Standings	14
KTC Road Race Grand Prix Standings	14
Board of Directors Meeting Minutes	24-27

Race Writeups

Dark Hollow Wallow	28
Sweetwater Valley Marathon / Half Marathon	29
North Boundary Traverse	30
Hard Knox Pizza Dogwood Classic 5k	31

Event Calendar	34
-----------------------------	----



FOOTNOTES

Volume 121 issue 3. A bimonthly publication of the Knoxville Track and Field Club, PO Box 52266, Knoxville TN 37950-2266. The views, information, or opinions expressed in Footnotes Magazine are solely those of the individual authors, have not been independently verified, and do not necessarily represent those of the Knoxville Track and Field Club, Inc. or its Board of Directors.

ROAD RACE INFO
888-217-5635

TRAIL RACE INFO
865-548-4718

YOUTH ATHLETICS
888-217-5635

WEBSITE
www.ktc.org

ON THE COVER

A big turnout defied the rainy skies as the Hard Knox Pizza Dogwood Classic 5k ran through Sequoyah Hills.

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

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



15 tips from the RRCA

RUNNING SAFETY

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

KNOXVILLE TRACK CLUB

KTC Staff

David Black
Executive Director
888-217-5635 opt 1
knoxvilletrackclub@gmail.com

Stephanie Bailey
Event Manager
888-217-5635 opt 3
knoxtrackevents@gmail.com

Jason Altman
Marathon Director
888-217-5635 opt 2
knoxvillemarathon@gmail.com

Michael deLisle
Trail Running Series Director
Footnotes Editor
Webmaster
865-548-4718
mdelisle@comcast.net

Scott Schmidt
RunKNOX program coordinator
888-217-5635 opt 4
runknox@gmail.com

Committees

EXECUTIVE COMMITTEE: Tim Monroe, Pam Haggard, Robyn Smith, Gabrielle Cline

ROAD RACE COMMITTEE: David Black—chair, Jason Altman, Stephanie Bailey, Justin Emert, Hannah Foust, Pam Haggard, Andy Jones, Amy Lambert, Angi Lanciano, Muna Rodriguez, Dana Rohloff, José Salas, Angie Schmidt, Scott Schmidt

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

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

2021 KTC Officers

PRESIDENT
Tim Monroe
knoxtrackpresident@gmail.com

VICE PRESIDENT
Pam Haggard
pamelakayhaggard@gmail.com

TREASURER
Keith Jackson
keith@mollenhourgross.com

SECRETARY
Gabrielle Cline
gabriellecline@hotmail.com

Board of Directors

Tim Monroe, President
Pam Haggard, Vice President
Keith Jackson, Treasurer
Gabrielle Cline, Secretary
Christina Adkins
Summer Jo Brooks
Bobby Glenn
Tim Gregory
Zane Hagy
Tim Hill
David Hinkle
Brian Huskey
Suzanne Oliver
P Mark Taylor
Alicia Teubert
Jason Wise

Volunteer Coordinators

MEMBERSHIP
Kathy Nash
865-982-1268

VOLUNTEERS
Position Vacant

SOCIAL CHAIR
Patty Thewes



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * May / June 2021 edition



A Message from our Club President

Tim Monroe, KTC President

Through the Season Lens

Wow! Maybe it's just the stark difference from being at home so much during the past year or so, but it seems like time is moving faster and faster these days as I'm getting out and about a bit more. Of course, it could be just the natural aging process that makes it seem as if the seasons seem to come quicker and quicker as I get older. Whatever the cause, here I sit, 4 months into 2021 amazed at how time flies. Speaking of seasons, I'm in a really neat "season of life". While my wife and I are empty nesters, we still have young kids in our lives that keep us on our toes. The tiny humans I have the pleasure of hanging out with on a regular basis are always challenging me to think about questions that I rarely ponder. A sample of the questions I've been asked over the past month include "Would you rather be a fish or bird?", "Do you want to live on another planet?", and "What's your favorite season?". The next time we see each other, maybe we can chat about your answers to these thought provoking queries. To discover my answers, you'll need to read to the end of my message.

That last question really made me contemplate an answer. Not just about seasons of the year, but some profound philosophical thoughts about the seasons of life. According to the wise King Solomon, and popularized by The Byrds' 1965 hit single "Turn!, Turn!, Turn!", there is a season for everything (birth and death, planting and reaping, weeping and laughing, mourning and dancing, etc.). As I've always known, but have been reminded by this thought

process, life is not a stationary state of being. I (and all of us) are heading toward a different season than the one we are currently in. Some seasons are better than others, but every season can be an opportunity to learn and grow.

As I view my fitness journey through this proverbial "season lens", it helps me calibrate my expectations and maintain a positive attitude. I'm currently recovering from a nagging foot injury that has taken a long time to diagnose properly and establish a recovery plan. I'm sure many lifelong runners reading this have dealt with my current situation (potentially several times) and have learned how to successfully deal with it. But in my short running journey over that last decade, this is first time I've had an issue that has sidelined me more than a couple of weeks. These past six months have taken a physical and mental toll on me. The physical frustration stems from what is seemingly a random condition that I can't really nail down what activities make it feel better or worse. The mental side has revolved around the concern that I wouldn't be able to lose the weight I had gained and get back to a level of fitness that I had become accustomed to. Not to mention, I was missing that incredible feeling you get after completing a hard workout, crushing your goal race, or getting that next PR. This season of recovery has made me explore other "happy places" other than running. Luckily, I've filled my "running down time" to find joy in things like riding my bike and working in the yard. Hopefully soon I'll be back to

consistently training, regaining fitness, and even enjoying the hardest of workouts.

I write all this with the goal of encouraging each of you to find joy with your current situation by trying new or different things. Even if the current season isn't a great one, be assured that a better one is just around the corner if you look hard enough for it.

Turning attention towards the club, and keeping with the season theme, Spring and Summer are loaded with training opportunities, social runs, road races, and trail races. If you are looking to support some of our other local fitness event organizers, there are lots of great races, bicycle rides, and triathlons on the calendar. Check out the KTC events page (<http://www.ktc.org/Events.html>) for more information on upcoming events. Our social media accounts (Facebook – Knoxville Track & Field Club, Knoxville Track Club Socialites, KTC Treadin' Trodden Trails, CHKM and Twitter - @KnoxvilleTrack, @CHKM, and @RunKNOX) are kept up to date with all the happenings, training tips, and sometimes just some stuff that will give you a chuckle.

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

FYI, my answers to the three questions: (1) A bird – who wouldn't want to be able fly, but I have to admit being able to breathe under water would be pretty dang cool; (2) I like Earth just fine. I've seen what happened to Matt Damon when he got left on Mars; (3) If you haven't figured it out yet, I try to make the best of whatever life season I'm in. From a meteorological angle, it's tough to beat Spring, allergies notwithstanding. It's a toss-up for Summer and Fall as second and third. Winter is a distant fourth since I'm not real fond of sweatcicles.



On the Verge

*David Black, Executive Director
Knoxville Track Club*



Year to date we have had six road and five trail races in-person and a couple of these recent races almost felt like the “normal” events. There are still varying safety protocols in place depending on location. However, by and large the races are operating more like they used to than during the second half of 2020.

During the past year there has been a surge in running, walking, biking, and other forms of exercise. We have started seeing this effect at the KTC events. Many new faces have made their way into the mix, both participating and volunteering. Some new faces are from other states or communities looking for in-person events. Others are local or regional people who have found a new or renewed love for running. The Hard Knox Pizza Dogwood Classic had participants from 10 states. By contrast, during the 2019 event there were representatives from 6 states and one country.

Before the pandemic of 2020, the KTC often set event records for participation in both road and trail events. KTC’s Treadin Trodden Trail races have set event records at nearly every event in the past six months. Our trail races have shown a good mix of old and new faces. This is a very exciting time for the KTC as we create experiences and memories for so many people. Now that we are on the verge of a running boom, I believe we will be seeing new records set frequently.

Currently KTC is doing three social runs on

weeknights. This is a great way for runners to get involved with others and for new and old faces to intermingle. The Wednesday Night Run had multiple relay teams at the Sweetwater Valley Marathon Relay. Many of these people met through the weekly social run.

During recent discussion with local leaders, I was told that we will be seeing restrictions lifted very soon. With expected increased numbers at our events this is fantastic news. The KTC has more than half a century of involvement in running events in the Knoxville area. We learn something from nearly every event whether, it is owned by KTC or someone else. I am proud of how the KTC has adapted to whatever the world has thrown at us in the last year.

Sweetwater Valley Marathon is a great example. Once the Covenant Health Knoxville Marathon was postponed to the fall, we were able to come up with a new event, design course and work out all the logistics involved in a short two-month turnaround. And then on race morning, in the face of some crazy weather, we were able to adapt and push through. This was made possible by so many who pitched in to help and by more than 550 people who took a chance on this new event.

We look forward to the days and events to come and what the running verge will bring. I welcome your feedback anytime on KTC events or on things you have seen at other ones.

REACH OUT TO KTC!

**DAVID BLACK,
EXECUTIVE DIRECTOR:**
knoxvilletrackclub@gmail.com

**STEPHANIE BAILEY
EVENT MANAGER:**
knoxtrackevents@gmail.com

UPCOMING KTC EVENTS

- 5/29:** KTC Expo 10k/5k
- 6/5:** Sharps Ridge Runner/Kids Mile
- 6/17:** Hal Canfield Memorial Milefest
- 7/3:** Pilot Fireball 5k / Little Firecracker
- 7/10:** Haw Ridge Trail Race/Kids Mile
- 7/17:** KTC Summer Splash 10k



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Two Key Losses

In the past year the Knoxville Track Club has had to bid farewell to two cherished members of our Hall of Fame. I want to take a moment to review and highlight just some of the vast array of accomplishments of these two men, longtime friends of the club and longtime friends of mine.

Chuck Pate

Last year former KTC President and 2019 HOF Inductee Chuck Pate passed away at his home in Alabama. A club member for nearly forty years, Chuck and his wife Barbara moved from North Carolina to Knoxville in 1977. At the time Chuck was a heavy smoker but with the encouragement of his family was able to quit. He began to walk and trot around his neighborhood in early 1980s. He and Barbara joined the KTC where both were active members until 1995 when Chuck's employer transferred him to Montgomery, Alabama.



During his time as a KTC member Chuck was instrumental in both the road racing and track and field events staged by the KTC. He was active in helping with the summer youth program and cross-country events. He was a long-time member of the Long Distance Committee and served for ten years as the race director of the Smoky Mountain Marathon. He served on the KTC Board of Directors for several years including a term as Vice President. For service to the club in these capacities, he and Barbara were recipients of the

1987 Ginny Canfield Service Award. Chuck and Barbara hosted numerous KTC social events, directly impacting retention and growth in a very positive manner.

Chuck was an important member of the timing crew in the days before computer controlled automatic timing - after being replaced by technology, he became an enthusiastic member of the vault crew and participated in many major championships at Tom Black Track including the AAU Junior Olympics, the USATF Mobile Championship, USATF National Junior Championship, NCAA Division One National Championship, and multiple SEC Outdoor Championships. He also traveled to other SEC schools to serve as vault official, always wearing his KTC Volunteer Jacket!

Stanley Underwood

Just this spring, we also lost a keystone member of the club with the passing of Stanley Underwood. One of the men who made me feel most welcome from the outset of my involvement with the club, Stanley was a member of the KTC for more than forty years, and like Chuck Pate, served the club in many capacities. He first volunteered as an official following his 1990 retirement from management in the insurance claims industry. His role models, Hal Canfield and Bob Neff, set high standards and provided ample guidance.



His management experience provided insight into meet management; a

track meet and a catastrophic storm have much in common, but a track meet may be controlled with well-trained officials. Serving as Meet Director for the 1993 AAU Junior Olympic Games, Stanley began an aggressive campaign to recruit and train local officials. The group grew from twenty or so to over 100 in the first year. At the same time, Stanley began to specialize as a pole vault official - becoming a Master Official in 1997.

In 1998, Stanley was appointed as USATF Official Certification Chair for the state of Tennessee. Continuing his aggressive recruitment, the number of USATF Certified Officials in Tennessee rose from 100 to 207 in 2008 with the KTC Officials serving as the nucleus for the entire state. Tennessee is number twelve among the fifty-six USATF Associations in certified officials.

As an active official, Stanley served as Chief Vault Judge for the USATF Indoor Championship from 1999 through 2004. He was Chief Vault Judge for both the 2000 and 2004 USOC Olympic Trials in Sacramento. From 1998 through 2008, he was Chief Vault Judge at five NCAA Division I Championships, six NCAA Division II Championships, numerous SEC, ACC, Sun Belt, Southern, and Atlantic Sun Conference Championships, as well as many VTC, Sea Ray, KIL, and other meets in the area.

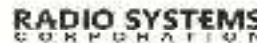
At the 2004 USATF Annual Meeting, Stanley was awarded the Horace

AAA continued on page 13 AAA



Covenant Health Knoxville Marathon

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



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

COVENANT HEALTH KNOXVILLE MARATHON

PLANS CONTINUE FOR OCTOBER COVENANT HEALTH KNOXVILLE MARATHON

Jason Altman, Director, Covenant Health Knoxville Marathon

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

The Kids Run and 5k are scheduled for the evening of Saturday, October 2, at 4:30 and 6:00 pm, respectively. The marathon, half marathon, and relay events are set for Sunday, October 3, starting at 7:30 am. Online registration for all races is open now at www.knoxvillemarathon.com.

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

Everyone who deferred registration from 2020 to the 2021 Covenant Health Knoxville Marathon will be able to participate in the October events and are already registered. New participants are encouraged to register online at www.knoxvillemarathon.com. Our next price increase is coming up on June 1, so save up to \$10 on your event by registering before the calendar turns to June!



While we have a shift in the calendar this year, we are still hosting group training runs leading up to race weekend! Sponsored by Eddie's Health Shoppe, Knoxville Performance Lab, and ZenEvo Chocolate, there will once again be no charge to attend the group training runs. We will kickoff the schedule on Saturday, June

12, at Eddie's Health Shoppe's west location, in Suburban Plaza at 8 am. Over the course of the next 16 weeks, we will meet at several locations in town including Runners Market, New Balance Knoxville, and The Long Run. We will also incorporate three other KTC races into the program; the Pilot Fireball 5k Classic, the Pilot CrossKnox 15k, and the Townsend 15k. For a full list of dates and locations, click the Training tab on the marathon website.

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

2021 Zoo Kickoff Run.

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

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



YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

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

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

Knoxville Acupuncture
<https://knoxvilleacupuncture.com>

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

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

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

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

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

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

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

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

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

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

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

Any additional businesses offering KTC discounts? Please contact us



Have you changed your email address or mailing address?

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

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



Scott Schmidt, RunKNOX director

Hey, KTCers! We're optimistic that 2021 has turned the corner and we're preparing for a great Running Revival!

With races being canceled and social distancing being the norm, I was afforded quiet time to work on a pandemic project. We are excited to launch a new website that will become the hub of all things RunKNOX! Check out the new landing page here: <https://runknox.trainingtiltapp.com>

We are transitioning registration off of RunSignUp and over to TrainingTilt. This change gives more flexibility in membership and billing options. While we'll still offer "Seasonal" KTC Target Race options such as CHKM 26.2/13.1/5k, we can now also support a subscription service. Like a gym membership, you are able



to join at any time with a monthly billing option. It's the tried and true RunKNOXGroup structure, but with opportunity for customization.

Another significant change is that we are stepping into the One-on-One Coaching realm for individuals who desire the personal attention that we haven't been able to offer

within the previous group setting. If you think this might be a fit for you, reach out and we can discuss your individual goals/needs and determine if a one-on-one relationship is right for you.

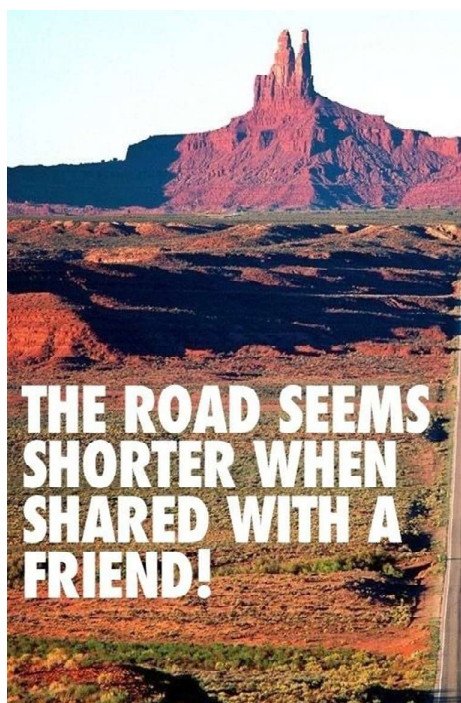
Regardless of membership level, all clients will have a profile within the new platform (desktop and free app options) that includes a full calen-

dar where coaches can populate your weekly training schedules. You'll have access to a library of workouts, links to maps of popular running routes, info sheets of helpful tips, video demonstrations, and social communication tools to help connect with other RunKNOXers. This platform is an incredible tool that is going to add a substantial value to memberships within the program.

As we begin to emerge from the pandemic, we'd love to be a part of your running journey again. Check out the new website, consider trying the new membership options, tell your friends, and give me a shout at runknox@gmail.com if you have any questions.

Hope to see you soon, Scott

<https://runknox.trainingtiltapp.com>



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



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

Treadin' Trodden Trails

Tim Hill, TTT committee and KTC Board Member

Run Rabbit Run

In his influential book about our species' relationship with running, Christopher McDougall writes in *Born to Run* that "humans are built for endurance, not speed. We're awful sprinters compared to every other animal..." I tend to agree with Mr. McDougall, evidently as I sign up for more ultrarunning events than 5ks, and prefer my chances of chasing an antelope to exhaustion rather than outrunning a lion. However, as I line up at the starting line at one of TTT's Kids Trail Mile races to run rabbit, I can't help but get the sense that none of my little compatriots has read the book, nor understand the concept of pacing. In fact, they probably have more in kin with the animals as they dash toward their prey, particularly in those first 100 yards.



I am not exactly sure the genesis of the Treadin Trodden Trails kids mile series, but records appear to indicate 2014, which happens to be the first year I ran the big kids' long version of the series. To assist in motivating the participants and to ensure they follow the correct path, TTT has always had a volunteer "rabbit" to lead. It isn't exactly that they need prompting to run their legs off nor that having an adult leader means they won't make a wrong turn (okay, it happened one time to me...welcome to trail running...). The task of rabbit is to pace accordingly as to stay in front of the first kid but also not leave them behind, which, depending on the course, equates to running a four minute mile for the first few seconds, leveling off in the middle and finishing closer to a nine minute mile. It is not unheard of for the rabbit being caught and passed, either.

The courses vary, depending on location and selection of trail. If lucky, a loop can be devised, though most are limited to out-and-back. Some are fairly flat and flowing, like Haw Ridge, Loyston and Baker Creek. Others are rocky (see Dirty South) and involve a lot of vertical (see Big Ridge). Wanderers usually kicks off the year with a fast downhill at the start before a smooth winding path thru the quiet college woods (watch that beginner hill on the way back!). Given the climate of East Tennessee, there is usually plenty of mud.

The small cohort of a dozen or so kids always come prepared. They vary widely in age and ability but bring the same enthusiasm. We have a few finishers that are too small to even fit in the t-shirt they signed up for! Kids' natural pace seems to be running and in nature, over roots, rocks, twists and turns, they seem to consider it no added difficulty. They don't care about the clock and they don't complain about inaccuracies in advertised distance. I am particularly impressed by those running fearlessly the dusk version of our annual night race (on hiatus for 2020 and 2021). To date, I don't think we've lost anyone, and it is always wonderful to have an early crowd around to cheer them on.

I have rabbitied quite a few of these events and seen commanding leads, come from behind victories, helping hands, and a lot of determination. It is a one mile microcosm.



And as much as these races are to foster the next generation of runners, grow in them an appreciation for the woods, a healthy lifestyle and a sense of accomplishment, they can't help but inspire us and remind us to just have fun, that we were born to run, and it's okay sometimes to go after it like you've got nothing to lose.



2021 TRAIL RACE SCHEDULE

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

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

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

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

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

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

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

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

Two Losses

AAA continued from page 7 AAA

Crow, Jr. Award as The Outstanding Field Event Official for his service. He has also been twice recognized as an Outstanding USATF Official in the Tennessee Association. The Men's Track Staff at Tennessee awarded him their Lifetime Achievement Award for his work at Tom Black Track.

Beginning in 1992, he served as Coordinator of Officials for the KTC until 2006; he was Coordinator of Officials for the University of Tennessee until 2005 and continues to serve as Technical Coordinator for Tom Black Track. Facing the reality that no one really needs a 70 year old vault official, Stanley retired as an active official at the close of the 2008 USOC Olympic Trials. He continued as USATF Certification Chair for Tennessee for several years thereafter and was a source of sage counsel to the club as the span of his years drew to a close.

HEY KTCers! HAVING RUNSIGNUP PROBLEMS?

*Have you registered for a variety of races -- not only KTC races, but races in other areas? You may have created more than one Runsignup account. To consolidate your accounts, follow this link:
<https://tinyurl.com/3l78q6v8>*





Trail Series Grand Prix Standings 2021 Point Totals - through Dark Hollow



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Wesley Crane	280	Rebecca Price	200	Scott Schmidt	230	Laura Rollins	200
Gideon Wilson	250	Marah Barnhart	170	David McLennan	170	Angelina Borisov	190
Michael Morrell	240	Sarah Crowley	170	Sam Plemons	170	Jennifer Spadafora	125
Ryan Kulke	190	Laura Morse	135	Jamie McCart	130	Chris Keim	120
Jacob Price	85	Hannah Rosen	130	Jason Brannon	120	Julie Jones	110
Ben Thurman	80	Megan Kleeschulte	100	Michael Spadafora	115	Malinda Honkus	100
Jason Bailey	80	Sarah Hopkins	100	Chip Keim	110	Jonnie Mae	90
Dana Rust	80	Taylor Hall	100	John Brower	100	Misty Russell	90
Jevin Hoepper	70	Eden Slater	90	Marcus Steward	100	Rae Olinsky	80
Peyton Gupton	60	Alice Jones	90	Jim Bishop	90	Kelli Stone	70
Cole Wilder	55	Kaelin Porter	90	Jim Hall	90	Estella Nelson	50
John Halter	50	Jess Scarbrough	80	Jason Oberhaus	70	Kyra Donnell	50
Giulio Rancadore	50	Jessica Sheah	65	Patrick Fiveash	50	Jill Morse	45
David Kesterson	40	Kelsey Mitchell	50	Brian Huskey	50	Betsy Swartzentruber	40
Adam Grigsby/James Anderson	40	3 women tied with	40	Gary Taufer/Don Goins	50	Kelly Novarro/Sonja Hurt	40

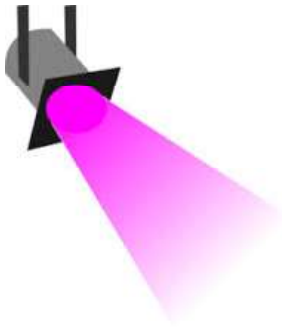
Road Race Grand Prix Points - through Sweetwater

Jerry Schohl, keeper of the points

MALE	TEAMS	FEMALE
Ethan Coffey 23	Team Runners Market 329	Kris Corbitt 27
Ron Wireman 23	KPL / ZenEvo 283	Katie Taylor 27
Joshua Mower 22	Team Really 96	Eliza Dickinson 24
Sam Plemons 22	Knoxville Endurance 46	Constance Dickey 21
Larry Brede 21	3 Dads 1 Lad 42	Marsha Morton 21
Jeff Colfer 21	KTC Socialites 39	Jennifer Moore 20
Brent Bueche 20	Roadkill Runners 29	Andee Swann 19
Hal Bibee 18	Back of the Pack Elite 28	Shirley Sirois 18
Lucas Cotter 18	RunKNOX 24	Kaitlyn Clark 18
Ken Sirois 18	Team Pilot / Flying J 19	Grace Weber 17
Dave Alderman 17	UTMCK Runners 19	Kathy Nash 16
Terry Haywood 17	Team Quest 12	Muna Rodriguez 15
Doug Ross 16	Hyper Pacers 12	Marian Schmidt 15
Daniel Thompson 16		Maryjane Pitts 14
Bill Beecher 15		Angela Sellers 14
John Byrd 15		Jennifer Singh 14
Brian Huskey 15		Lauren Roth 14
Ron Watzke 15		Constance Bailey 13
John Gilpin 15		Cheryl Tedford 13
Nick Morgan 14		3 women tied with 12
6 men tied with 13		



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



KTC High School Spotlight

Bearden High's Christian Langlois

by *Patty Tracy-Thewes*



Senior Christian Langlois has been putting on quite a show at Knoxville area track meets this season. He posted blistering fast times of 10.80 (100M) and 22.04 (200M) at the Central Dave Emory Relays. Although his individual performances have been consistently stellar, perhaps his finishes in the 4x100 Relay best display the combination of his talent and his relentless drive to win. One worth noting was his come from behind victory, leading his Relay team (43.64) over Mount Juliet, a top state contender. It was quite an amazing jaw dropping experience for those who witnessed it at the Farragut Invitational.

Christian has been competing since his freshman year at Bearden. Like some boys his age, his times were great for a freshman, but rode under the radar compared to the older more mature upper class men. After being sidelined a good portion of his sophomore year, Christian emerged as a Junior, older, stronger and ready to go! He posted a noteworthy 100M time of 11.14 in his first 2020 meet, then COVID hit, and like many promising tracksters across the country, his season came to a screeching halt.

Flash forward to 2021, unlike several other states where sports are still on COVID hiatus, the track season in Tennessee is open for business. Seems Christian Langlois has some business to take care of, too. Let's get to know this talented and fine young man:

When did you start running track?

I've been running track since I can remember. I started running in local teams during elementary to see if I liked it, then joined the A.L. Lotts team.

What are your goals for this season?

My goals are ultimately to better myself and perfect my style. I know I'm fast, but I know I need a lot of work.

What do you like to do outside of Track?

I like to hang out with friends and play video games.

Who is your role model, and why?

My dad is definitely someone I strive to be. He's been there all my life and has helped me through everything. Wouldn't have done the stuff I did without him.

You are a Senior. Looking back at your entire school experience, who was your favorite teacher?

Mr. Hughes, he was so laid back and chill. He taught me some good life lessons.

You've been running track for awhile. What do you know now that you would tell your younger self?

That injuries won't last forever.

What is your favorite track event?

Probably the 100M. It's the main event, and in my opinion, if you win it, you feel like a god after.

What would you like to do post high school?

I would like to make running track a career, but I got a long way to go.



The Knoxville Track Club wishes Christian the best of luck with the rest of his Track season and with all his future endeavors!

Knoxville Spine & Sports

Proud Sponsor of Knoxville Track Club

Services Offered

- Sports Chiropractic Care and Extremity Adjusting
- Physical Therapy
- Active Release Technique (ART)
- Class 4 Laser Therapy
- Dry Needling
- FAKTR
- McKenzie Method of Diagnosis and Treatment
- Massage Therapy
- Webster Technique for Perinatal Care



Integrated Sports Medicine and Chiropractic Care



Dr. Bert Solomon, DC, CCSP



Dr. Matt Campbell, DC



Julia Laine DPT, MDT

At Knoxville Spine and Sports we are as strong, individually as the sum of our parts. We firmly believe in a network of care where multiple practitioners contribute to your care plan. We understand that individually we may not always be able to solve all your problems but we strive to always have an answer that will

lead to the next step towards resolution. We work together to get you better.

We are together for health.



8029 Ray Mears Blvd. Suite #300, Knoxville TN 37919

Tel 865-337-5574

www.knoxvillespineandsports.com

Dry Needling What's all the Hype?

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

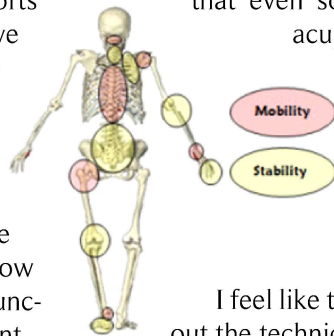
Over the past few years dry needling has exploded onto the therapy scene. Physical therapists, chiropractors, and sports medicine physicians alike have all been gravitating to this new(-ish) type of treatment for a plethora of conditions ranging from strains and sprains to TMJ dysfunction to migraines. So, what's all the hype about? What does it do? How does it work? Isn't it just acupuncture? Read on to get the point... (cue Matt smugly chuckling to himself) of this awesome therapy.

History

The birth of Dry needling isn't that much different from that of sticky notes or other products that turned out to be incidental findings while testing other products. It started from trials with trigger point injections. Studies were testing the efficacy of injecting analgesic, typically in the form of a lidocaine solution, into very tense, sore, knotted musculature known as trigger points to relieve pain that they were causing. However, they found that when injecting the solution directly into the area in question, especially if it was in the muscle belly, there wasn't much appreciable difference between the analgesic and the control substance, a saline solution. This led the researchers to determine that maybe it was less of the substance going into the area and more of the mechanical action of the needle going into the trigger point that was creating the therapeutic effect.

This turned out to be a very important finding indeed. Studies then proceeded to branch from substance injection and focused more on the types of needles to be used and the locations in

the tissue that they were placed. They found that when inserted into specifically hyperactive and irritated fibers that even something as thin as an acupuncture needle would suffice for decreasing the overall tone and inflammation of the area.



How it works

I feel like this is a good time to pull out the technical definition of dry needling. Per Jan Dommerholt in "Trigger Point Dry Needling", dry Needling is a therapeutic procedure that involves the insertion of a disposable sterile, solid, filiform needle (a needle similar to an Acupuncture needle) to specifically selected point on the body based on criteria determined by modern, contemporary anatomical and physiological considerations with the intention of achieving a desired neurological or myofascial response.

This is a bit vague, so the analogy that I like to use is that of a circuit panel, or circuit breaker box in a home. When a region of the body is injured, the activity of the musculature in the surrounding area becomes very guarded and hyperactive. You can liken this to running a lot of appliances at once that are pulling high current simultaneously. The idea of dry needling is to provide a stimulus to the system that is sufficient enough to trip the breaker and cause a full reset to the tissue in the area. To the

individual having the treatment performed it may not feel like that big of a stimulus but to the actual tissue being treated, that otherwise would never be physically touched by anything (because it's inside your body), being touched, and indeed penetrated, by an object is a HUGE input. It would be like running a vacuum, a hairdryer, a blender off of the same outlet simultaneously and then plugging a table saw into the same one. That baby is going to trip.

Dry needling differs from acupuncture in application as the tools being utilized are very similar if not identical. The difference is in its placement, depth, and intent. Generally, acupuncture is used in eastern medicine to manage circulation and balance of energy within the body. Various meridians or channels are stimulated with needles that correspond to various tissues and organs of the body. Comparatively speaking, dry needling addresses specifically the neuromusculoskeletal system and the main goal is to make changes to the individual tissue being needed.

What is it like?

The name "dry needling" comes from the fact that there is not a substance that is being injected with the insertion of the needle. Frankly, I think that it could use a better PR manager as the title itself sounds more along the

lines of something that would be used to extract information from an enemy spy, but despite this, it really isn't very painful at all.

The needle is inserted into a trigger point, or very spastic, hypertonic tissue. This may

pinch slightly going in, but much of the time you hardly feel it. Once it is in, you will feel a residual pressure in the area as the needle, though small, occupies



*** continued on page 23 ***



Confessions of a Social Jogger

by Patty Thewes, KTC Social Director



Somewhere Over the Sweetwater Valley

The morning of the Sweetwater Valley Marathon was filled with the most wicked weather. On my way to the race, lightning cut powerfully through the pitch black sky as tornado-like winds shook my car back and forth. It wasn't like my car was uplifted and spun around like a house, but it was close! If I'd seen a cow caught up in the wind and floating by, I would not have been surprised (well, maybe a little).

I finally landed in an unfamiliar land. "Toto, I've got a feeling we're not in Knoxville anymore." It was the wonderful quaint town of Sweetwater! There were no yellow brick roads, but there were roads—and a train track, too.

With the wickedness still looming around me, I wasn't sure about the fate of the race or quite what to do. Would it happen, and would I be able to find my way to finish and get back home?

Nonetheless, I got started on my journey, and an amazing cast of characters helped me all along my way.

The Wizard

Possessing great POSITIVITY, KTC Executive Director David Black, got even the doubters to believe. An ordinary man behind the curtain who, on that morning, stood larger than life. A great Wizard, who somehow pulled out a miracle, grant-

ing all the people a race to run.

The Tin Man

Possessing great HEART, Justin Shelton, Megan Dannel and Jenny Heppert, despite being young and fast, included a much slower and older person (me) on their relay team. I so appreciated their kindness and uplifting energy!

The Lion

Possessing great COURAGE. Jed Peterson was on another relay team. When one of his teammates, didn't make it to the race, Jed, who had never run a half marathon before, stepped up and ran not only his leg of the relay, but the missing teammate's, as well. That's taking one for the team! And he didn't do them consecutively, which in my opinion, makes it even harder. Rumor has it that he downed some pizza in between relay legs.

The Scarecrow

Possessing great BRAIN/LOGIC, Forrest Clark, because a few of the directional signs on the course were hard to see due to weather, missed one and missed part of the course. I almost did it myself, so it was totally understandable! When Forrest figured out he'd missed part of the course, he calculated where, and went all the way back to finish what he had missed. I don't

think many people would do that, but Forrest did! Then, when Megan and I jumped into Jenny's car to drive it back to the finish, neither of us could figure out how to start the car. Uh-oh. It wasn't like just for a few seconds...Seriously, I pulled out the car's manual and looked up how to start the car. Luckily, Forrest was right outside the car and came to our rescue with his great logic. Seemed the button was buried under a bunch of stuff and he quickly deduced where it was!

Hospitality and Encouragement

The citizens of Oz, I mean Sweetwater, possessed great HOSPITALITY and ENCOURAGEMENT. Despite the horrific weather and the time of day, some of the town restaurants and establishments opened for us. My Relay team sought refuge from the downpour in the cutest little coffee house as the Marathon got delayed. Trust me, I was so appreciative to have a warm, dry place to pass the time. I had coffee to boot, too! And when the race got going, and I ran through the streets of Sweetwater, kind volunteers and police officers kept us safely going in the right direction.

Sweetwater residents came out of their homes to cheer us on, with many holding motivating signs. When I reached the high school, there were

AAA continued on page 27 AAA

Wednesday KTC Group Runs
Check KTC website for latest information
Social distancing guidelines in effect



TRI-BAL KNOWLEDGE

Ice, Baby, Ice

by *Larry Brede*



KTC members know that running is a year-round sport. In fact, the KTC winter long-distance series are my favorite races of the year. The cool temperatures prevent overheating for those multi-hour events at race pace, and most of us have learned the right clothing combination to regulate our body temperature to account for the weather conditions.

Triathlon is a different story. Because swimming is the first event, race season is primarily in the summer with a slight bleed over into spring and fall on either end. I'm sure most of you can imagine the issues associated with the colder temperatures: swimming is more difficult, and getting some body heat working on a bicycle moving 20 mph can be almost impossible. Recently a lot of local triathletes got to experience these challenges when the local race season kicked off on April 17th, 2021 with the Spirit of Kona Triathlon in Tellico.

The morning was cloudy with temperatures in the mid-40s. Lake temperature was 58-degrees. A light rain chose to sprinkle on us occasionally throughout the morning. As many of my friends and I gathered prior to the race we compared notes on how we'd each prepared for the cold conditions. Approaches varied significantly.

◆ Many participants chose to ignore the cold while training, limiting

their swimming to indoor pools and a lot of biking on indoor trainers.

◆ Quite a few, myself included, got in the lake once or twice for preparation. This approach is mostly to wrap your mind around the concept of diving into an ice bucket rather than actually train for it.

◆ A few people actually swim in the open water all year and stay prepared for those conditions. In fact, many of you know Lana Burl who swims without a wetsuit all winter long! These penguins are definitely the most prepared.

◆ Outside bike riding is slim-to-none over the winter, though most people I know found a few "warmish" days to get some outside riding done. Certainly, more of the athletes were ready for the bike than any of us were ready for the swim.



While I did see two people ready to hit the water in just jammers, the majority of us stood on the beach in wetsuits awaiting the time to get in and start. Maybe 25% chose to get in early, while I elected to remain with the 75% who stood in ankle-deep water until the last possible moment. Sooner than later it was time to get going and the gun went off.

My personal experience dealing with the race temperatures wasn't too awful. The initial dive into the water came with a little shock, especially on my face and first water down the back of wetsuit. However, just a few minutes into the swim I was actually comfortable and didn't have any issues afterwards. Transitioning to the bike was pretty easy, building enough body heat to be comfortable throughout the ride. It turns out that my feet apparently froze a little bit during the ride which I figured out when I had some difficulty putting my running shoes on while transitioning after the bike. The only "frozen feet" impacts were a feeling that my insoles were curling and knotting under my feet throughout the run, but no problem with the run. In the end, the cold weather was a little uncomfortable but didn't change race strategy or results.

However, different people reacted very differently. I have at least one friend who wasn't able to get through the swim due to the cold water and dropped out. Another, a former collegiate swimmer, couldn't keep his face in the water and swam the entire race backstroke. A number of athletes lost feeling in their feet on the bike and struggled through the course. While that numbness carried over for most competitors on the run, consensus was that once everyone got to the run they were fully functional.

The triathletes who participated agreed on a couple lessons learned. 1) It will be nice to compete when it gets a little warmer. 2) Competing in the cold doesn't have to be as horrible as it sounds. 3) Others may think triathletes may be stupid to compete (swim in particular) in the cold. But as the old saying goes, "If you're going to be stupid, you better be tough!" We're already looking forward to an early start next year.



How to Get Your Kids to Love Running

by Whitney Heins

Running brings us so much joy and strength. Personally, much of my strength as an adult came from running as a kid (thanks, Dad!). So, how do you get your kids to start running?

My daughter ran her first race when she was 4. And, no exaggeration needed, the transformation in her was remarkable. When we lined her up for the one-mile fun run, my husband and I worried how she would respond. But...SHE LOVED IT. Eleanor naturally focused on doing her best—ensuring no one passed her, constantly looking over her shoulder, and then sprinting when she saw a competitor nearby (which is an adorable but also very unsteady race strategy).

When Eleanor crossed the finish line, she became a different girl. She no longer shied away from new situations or new things. She jumped into everything full of zest and confidence!

Following that race, my husband and I entered Eleanor into several others, but it wasn't all skittles and sunshine. One race, she fell and rolled into a ditch. Her knees and elbows were bleeding. We were a half-mile in, and she cried for her dad. She wanted to quit. I carried her for part of the way and when we saw an older girl trying to pass her, that competitive spirit kicked in and she sprinted the last 300 yards or so, leaving that girl in her fiery little dust. (Eleanor is very competitive if you can't tell.)

Kids naturally love to run. They see us running and how much we love it.

And they feel it too—the power and freedom that comes with moving your body and going fast.

But how do you turn that innate love into a lifelong habit?

I've asked the experts...namely, other mother runners who have done this successfully and Dr. Allie Riley, VP of Programming and Evaluation of Girls on the Run (GOTR). GOTR is a national nonprofit organization that offers programming to strengthen third- to eighth-grade girls' social, emotional, physical, and behavioral skills to successfully navigate life experiences.

As past president of our local GOTR chapter, I've seen firsthand the positive impact the program can have on girls and their families.

What is a good age for a child to start running?

In an unofficial poll of mother runners, more than 60 percent of mother runners' children started running at the age of 6 or younger. Starting at this age taps into that early love of running where kids discover the feeling of freedom and empowerment in moving their bodies. About 15 percent of mother runners' children started running in elementary school, 10 percent in middle school, and 10 percent in high school. It is NEVER too late to start running.

When can I teach my child to run a mile?

Pediatricians note that between the ages of 6 and 8 is an appropriate time

for kids to learn to run a mile without stopping.

When can I teach my child to run a 5k?

Kids are ready to run longer distances such as a 5k around the ages of 8 to 10. It is important to add that a child's individual rate of development and desire to run is what matters more than his or her actual age.

Why is it important to get kids, particularly girls, involved in running?

The National Physical Activity Plan 2016 assessment finds that only about 20 percent of all youth ages 6-19 meet physical activity guidelines. Girls report lower levels of physical activity than boys, with girls of color, girls living below the Federal poverty line, girls with disabilities, and those who identify as LGBTQ+ less likely to participate. Significant opportunity gaps also exist based on demographics, which are a large contributor to the gap in physical activity.

"It is important for all girls to have the opportunity to be physically active. Running requires minimal equipment and can be continued across the lifespan, which can make it an accessible activity for many," says Dr. Riley.

What are the mental & physical health benefits of kids running?

Some of the psychosocial health benefits of running in children include perceived competence and confidence, stress relief, anxiety management, and development of key life skills like goal setting, teamwork, and cooperation.

According to Dr. Riley, girls' confidence begins to drop in elementary school and this decline continues throughout adolescence. Running provides a platform for girls to set and achieve goals over time. As girls make progress, their confidence grows!

*** continued on page 21 ***

Kids Running

AAA continued from page 20 AAA

As for physical health, kids who run or participate in other physical activity regularly have stronger bones and muscles, higher levels of cardiorespiratory fitness, improved cognitive function, and are at a reduced of cancer, diabetes, and depression.

What are the impacts of running on a family?

You hear it time and again, someone catches someone else's running habit. Dr. Riley has stories of girls encouraging others to join their program, creating a ripple effect of healthy habits and strong self-confidence. Indeed, the program's positive impact ripples throughout families where parents start running in order to be involved with their kids' running either as a coach, training partner, or racing partner in the celebratory 5k. "One mom's experience with GOTR sparked a passion for running in her and she is now a regular participant in the running community in her town," says Dr. Riley.

How do I motivate my child to run?

Parents have a big impact on whether or not kids become interested in running. "They provide opportunities, act as role models, and can create a climate that can either inspire girls to continue or hang up their shoes," says Dr. Riley.

Here are 15 tips from fellow mother runners and Dr. Riley to get your kids to start running:

Self-reflect — Before you start your kid running, think about why you want them to start running. Is your goal for their health? To have fun? To build confidence? To teach goal-setting? To grow a lifelong love of running? Ensure your approach aligns with these goals. "While most grown-ups would probably not say their goal is developing a professional athlete, they may subconsciously take an approach that aligns

more closely with this goal than the ones they are striving for," notes Dr. Riley

Start slow and run together — Many mother runners started running with their kids at the end of stroller runs. I started running foot races with my kids in the yard. I would run the tail-end of marathon training runs with dad. Sprinkling in little bursts of running into your kids' days can foster that natural interest in the sport.

Keep it fun — Creating a strict training schedule or making running a "chore" is certain to kill any interest in the sport. Keep it casual with zero pressure. You can make games out of running that includes activities they love like jumping rope, scavenger hunts, dancing, tag, or obstacle courses. Check-in with your kid to make sure he or she is having fun. If not, work together to figure out how you can make it more enjoyable for the both of you.

Cheer...a lot — Tell your kids how awesome they are...and then do it again. Reassurance while running gives them the mental strength they need to keep at it. And, we all know, the more you run, the easier it feels. Make sure your feedback is specific. A general "you're doing awesome!" is great but also including why it was so awesome (they fell and got back up again! They conquered a big hill! They kept running when they said they were tired!) reinforces their achievements and makes it more likely they'll do it again.

Talk about your "why" — When you talk about your own running in front of your kids, pay attention to what you're saying. Be intentional to talk about WHY you love running and your own personal accomplishments. Just like

how we watch what we say about body image and food, watch what you say about your own goals and achievements.

Get them involved — Make time to run with your kids at the end of your runs. Take them to your races. Have them run warm-up and cool-downs with you. Exposing them to the sport and your training will encourage that innate desire to "be like mommy (or daddy)."

Make it about more than running — A big part of why we love running so much is the amazing community. Share with your kids how running has introduced you to so many

awesome people and helped you make so many great friends. Show them how you support others, and they support you. It may be an individual sport but really runners are part of one giant team where we're all

rooting for one another.

Set goals together — Just like you do for yourself, set little goals together with your kids. It can be based on time, distance, frequency, etc. At Girls on the Run, the girls train over the course of a season for a 5k, creating smaller personal (process) goals along the way. "Training for and completing this culminating event provides girls a tangible sense of accomplishment that leads to confidence," says Dr. Riley.

Create small challenges — Use that creativity you've exercised to stay motivated during the pandemic with no races on your kids. Create similar process goals or challenges like running a marathon in a year or completing a lap without stopping. Make a big deal when they accomplish their goals!

AAA continued on page 23 AAA



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

Thank you for shopping local and supporting us!



Monday-Friday 10-6
Saturday 10-5



Knoxville Track Club thanks

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

10847 Hardin Valley Rd
Knoxville 37932
865-896-3760



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

for its generous sponsorship of
The Dogwood Classic 5k

<https://hardknoxpizza.com>

Kids Running

*** continued from page 21 ***

Find a group — There are several run programs for kids like Girls on the Run, Kids Run the Nation, Morning Mile, as well as local programs. My daughter created a “run club” with some other friends where they just ran wild in a field alongside a river completely unstructured and completely fun. Running with others helped her go farther than she would have alone (sounds familiar, huh?).

Enter fun runs — There is possibly no better way to hook someone on running than to encounter the race experience. Enter your kids into a mile fun run with a focus on FUN such as a school Color Run. Let them take the lead on how fast or far they want to go. Resist the urge to coach them. Instead, cheer them on and tell them how amazing

they are doing. This will create a positive experience so that they want to do it again.

Don't make it exclusive — Don't make running “their only thing.” If your child would rather play soccer or learn chess, encourage that. Allow time for them to seek out what they truly enjoy which may or may not include running. A surefire way to douse any interest is to add pressure to it.

Don't make it about winning — Dr. Riley stresses, “It is absolutely essential that grown-ups create a climate that is focused on effort and personal improvement (mastery climate) instead of social comparison and winning (performance climate). When grown-ups create a mastery climate, girls experience less anxiety, are more likely to learn skills, and are more motivated to work towards their goals.”

Focus on individual improve-

ment — Dr. Riley notes the importance of focusing on one's own improvement and effort instead of comparing themselves to others. “If they were able to run 6 laps yesterday how many do they think they can run today?,” she shares. “We use fun lap counters to motivate girls and help them celebrate their personal improvement.” Remind your kids how far they've come/ how they've improved. Ask questions like, “how did you do that?!” to enforce their hard work and accomplishments.

Celebrate! — Always take time to celebrate your child's accomplishments. Throw a party, tell your friends, get a treat or a prize. Emphasize how amazing it is that they set a goal and worked hard to achieve it. This can provide the foundation for a lifetime of healthy habits and healthy self-confidence.

A special thanks to the mother runners and Dr. Riley for contributing to this article!

Dry Needling

*** continued from page 17 ***

space in the muscle. Various schools of thought determine what happens next. Sometimes the needle is partially pulled out and re-inserted specifically into the muscle being treated multiple times until a twitch response is felt. Sometimes the needle is left in for a few minutes and electrodes are attached to the needle to cause it to very lightly tap. Both techniques can be very effective. It is common to have some residual soreness in the area for about 24 hours following treatment.

Am I a good candidate?

At this point, I must of course preface this with the super annoying and vague statement that all therapists make: Everyone is different and everyone will respond differently to treatment. An ace-in-the-hole for one person may not be for another. However, there

are certain conditions and tissue physiology that we look for when trying to determine if dry needling will have a positive outcome. I personally have had a lot of success with a plethora of general tendinopathies, such as achilles tendonitis, peroneal tendonitis, golfer's and tennis elbow. Also, many conditions pertaining to the musculature of the hip and leg such as IT band syndrome, jumper's knee, chronic hamstring or quad strains, piriformis syndrome, etc. are prime candidates for dry needling.

It is, of course, imperative to figure out the underlying reasons as to why the tissue is the way that it is first. This can only come from a thorough evaluation and functional assessment of the indi-

vidual. Where and what to be dry needled, if anywhere, can only be determined after this has been performed.

In Conclusion...

All in all, dry needling has been a phenomenally exciting resource to have in the treatment of a plethora of conditions but especially those that are typically found in the athletic community. As far as where to go to have this treatment done, all of our providers, both in chiropractic as well as PT, are certified in Dry needling but many other clinics in the Knoxville area also offer this. Most will list it as a therapy that they provide on their website but if it is really something that you want to pursue, be sure to ask upon calling to set up your appointment.

If you have any other questions feel free to reach out in any way that you see fit. See you at the next race.





KTC BOARD OF DIRECTORS

Minutes of February 2021 Meeting

FEBRUARY 22, 2021

The meeting was called to order by Tim Monroe at 6:00pm. In attendance were: Christina Adkins, Gabrielle Cline, Bobby Glenn, Tim Gregory, Pam Haggard, Zane Hagy, Tim Hill, David Hinkle, Brian Huskey, Keith Jackson, Suzanne Oliver, P. Mark Taylor, Alicia Teubert, and Jason Wise. David Black, Jason Altman, Stephanie Bailey, and Michael deLisle attended as guests.

Minutes –Tim Monroe asked if there was discussion regarding the minutes from January; there was not. Christina moved to approve the minutes; P. Mark provided a second. Minutes were approved unanimously.

Regular Reports

Executive Director Report – No questions about the written report. Planning is moving along with the Sweetwater race. A double loop has been mapped out. The course is fairly flat. David is working to recruit volunteers from the Sweetwater community. It will be a certified course. There are captains in place to help. Tim Monroe noted he has gotten a lot of questions about the map. David has finally gotten approval from the Chief of Police in Sweetwater for the route. Turn by turn directions should be posted by tomorrow, but the drawing of the official map is still being worked on.

Whitestone was great – weather was perfect. There were more trail runners than road – 278 total runners between both races. David confirmed that Whitestone is under new ownership. They were very accommodating of us; they donated gift certificates in addition to their other support.

Treasurer's Report – Keith asked for questions, Brian asked if we are applying for second round of PPP. We are still researching if we qualify and how to go about applying. Tim M. asked if the second round of PPP is the same as the first round. Keith noted that the funds can be used for the same expenses, but the criteria for applying are different. Keith reported that we are still working on getting the Trust Company to give a presentation to the board on our investments. (This should happen by April). We are currently working on closing out the books on CHKM.

Marathon Director's Report – Jason noted we are trying to wrap up the financials for 2020. It will be difficult to compare 2021 to previous years given the change in timing. Spring Distance Challenge is open and people are already registering. Christina asked about a Summer Distance Challenge. Jason noted that RunKnox is working on a Summer Elevation Challenge and the marathon will partner with that rather than competing with a separate Summer Distance Challenge.

Event Manager Report (Youth Development) – Stephanie re-iterated that Whitestone went very well. The McGhee-Tyson Airport race is being planned. The premier event will be "10K on the 10K" on the runway. We will cap registration. Tim M. asked about the school track programs. Stephanie noted that it is hard to get into the schools right now. Tim Hill asked about events in the City given that they have approved Dogwood. David noted that approval for Dogwood was faster than any of the previous approvals and he anticipates no problems with the City

being comfortable with KTC holding events from here on out. Tim M. noted that this speaks to the work that has been done to put on safe events. Alicia asked about the airport run and if there is a time frame. Stephanie noted it will be morning, probably 7:00am to start.

Trail Committee/Footnotes/Website Report

Whitestone trail race was very successful with 145 people signed up for the trail portion. Dark Hollow race is next. Participation on trail races is really good. Michael is still needing a few Footnotes articles from people. Tim M. asked Zane about an update on the website. Zane noted that transferring things over to the new site is difficult due to how old the current site is. They are looking at different ways to transfer the data. There are 45 old pages; 25 pages have been rebuilt. Zane's team will be able to finalize the build out in the next few weeks. They are looking at weekly Zoom meetings until the new site is ready to go up, then bimonthly meetings to monitor the functioning of the site and fix things as we go.

Keys 100 Relay Sponsorship Request – Nicholas Morgan came as a guest to make a sponsorship request from the club. He noted that three years ago we took three teams down to the Keys 100 Relay. This year there is a co-ed team (the defending champions of the CoEd division) that would like support. The team will represent KTC and can promote the fall marathon while at the Keys 100. KTC would be in the team name, on the van, and on any team attire. Team would offer 10 volunteer duties for KTC events. All team mem-



AAA continued on page 25 AAA

KTC BOARD

*** continued from page 24 ***

bers will be KTC club members at the time of the race. Nick will take photos and write a Footnotes article and can post on social media during the race. The request is to cover the \$1100 registration fee. Tim Hill asked about the number of teams. Nick noted that there are probably 50-60 teams this year.

Nick was placed in a Zoom waiting room for the board to discuss. The board noted that this is a good chance for us to see what other events are doing and how they are implementing safety protocols. Keith noted that from a budget perspective, there is no reason not to sponsor. Stephanie noted that she would love to have them volunteer during an event in a non-running spot. Alicia asked if the Keys event would have an expo and if the team could represent us there. We will ask for two non-running spots during a KTC event. We would also like the team to write up a summary of the safety protocols imple-

mented at the event. Pam moved to approve the request for funding; Suzanne seconded. The board approved unanimously. Nick was invited back into the full meeting and told of the board's approval of the request. David will follow up with Nick following the meeting to finalize the agreement.

Roundtable

Alicia noted that the two of the mile markers in Victor Ashe are missing. The posts are there, but the plates are missing.

Bobby reminded the board of Dark Hollow. The course will be marked March 6. There will be a virtual race for the first week, then live event on the 14th.

Michael noted that there are still two signs for "adopt a highway" and we need to either clean up the area or have the signs taken down. P. Mark agreed with this. Brian noted that in the past we have decided to let our sponsorship go, but the signs remain. Tim asked that the staff reach out to the organizers of Adopt a Highway to have the signs removed.

Volunteers are needed for the upcoming race at Sweetwater.

Keith asked about registrations for Sweetwater. David noted we are currently 300+ but we have not published the course. There are 14 states represented so far.

Brian asked if there were any questions about the training software proposed by Scott for RunKnox. Bobby noted that it looks like Scott needed some guidance from the board. David noted that if the board approves, he will work with Scott to get the system set up. Bobby proposed that we approve any expenditures needed to move forward with setting up the software, P. Mark seconded. There was unanimous approval.

Tim asked that all board members return needed signatures.

Brian moved to adjourn; Gabe seconded. The meeting was adjourned at 7:00.

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.



KTC BOARD OF DIRECTORS

Minutes of March 2021 Meeting

MARCH 22, 2021

The meeting was called to order by Tim Monroe at 6:00pm. In attendance were: Christina Adkins, Summer Jo Brooks, Gabrielle Cline, Bobby Glenn, Tim Gregory, Zane Hagy, David Hinkle, Brian Huskey, Keith Jackson, Suzanne Oliver, P. Mark Taylor, Alicia Teubert, and Jason Wise. David Black, Jason Altman, Stephanie Bailey, Jason Bailey, and Michael deLisle attended as guests.

Minutes – Tim asked if there were any changes to the minutes from February; there were no changes. P. Mark moved to approve the minutes as presented, Zane seconded. Approval was unanimous.



Consent Agenda

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

Tim asked if there were any specific questions on the submitted reports. Jason Altman asked if we have heard anything from Sonja regarding closing out the books for 2020. We have not heard anything yet. Alicia asked for an update on the website redesign. Zane noted that there will be a working draft of all the content by the 31st of March. That will allow decisions to be made about what *must* be added vs. what we would simply *like* to add. Zane anticipates being able to move to the new site within the first weeks of April. P. Mark moved to accept the reports, Keith seconded. Unanimous approval.

KTC Investments – Kristine Davenport with the Trust Company presented on KTC's investments. Kristine asked for any questions. Tim Monroe asked what the Trust Company anticipates for next year with regard to the stock market. Kristine noted that the company looks at a 10-year window, rather than simply one year. She asked for any concerns regarding our investment strategy and cash needs.

If we don't anticipate any specific new cash needs, we are appropriately invested. Adjustments to our allocation can be made whenever we anticipate needing more cash. Keith noted that from his perspective, the \$50,000 we currently have is an adequate emergency fund.

Kristine provided a snapshot of our returns for last year. 2021 is off to a strong start. We are very diversified in terms of our investments. We moved more money to actively managed funds vs. indexed funds last year because of the changes in the market. There were a lot of opportunities with markets being down last year. Annual rebalance is done in the Spring every year. Kristine shared the quarterly performance report. Even though the market has hit highs, it is probably in our best interest to stay in rather than sell. There are concerns about interest rates; the prediction is that they will go up. When interest rates go up, bond prices go down.

Kristine will send her presentation to the board. She asked if there were any concerns regarding changing our allocations. Keith noted that we have not had a discussion about that as a board but will do so and then follow up with any decisions about changes.

Special Report - Stanley Underwood passed away today. He is a KTC Hall of Famer. He has been around since the 60s and 70s and has done a lot with track and field. Bobby shared that Stanley made an enormous contribution to the club over the years. He got interested in officiating and this became his passion. David noted that we will recognize him on social media. Michael noted that when he first joined the club in 1990, Stanley made him feel very welcome. Stanley will really be missed. Tim noted that one of the things Stanley did was issue a "what can we do better" post-event report which has helped events improve.

Sponsorship Request for Bryce Canyon Ultra — Jason Bailey noted that May 29-30th will be a 100-mile race in Bryce Canyon. The group of 4 is asking for sponsorship of \$1500 to help defray costs. The team will have KTC on clothing and on the support van; support crew will also wear KTC gear. The group will also volunteer in non-running spots (15 spots). Summer Jo asked if it was possible to do live tracking, but cell coverage is bad out there. Alicia asked Jason to share about experience in ultras in the past – all have done ultras in the past and several have placed in the top 10 in past races. Jason noted that all of the team are current KTC members. Jason and Stephanie were placed in a waiting room for the board to discuss. Tim asked about entry fees (total is \$1300). Michael noted that we also need to consider the impact of supporting an event that far away. David Hinkle noted that he thinks we do have a future in attracting destination racers (people are coming from across the country for Baker Creek mountain biking). David Black noted that we need to

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

KTC BOARD

*** continued from page 26 ***

make sure they have Norris brochures. Alicia motioned to cover entry fees of \$1300, Summer Jo seconded. The approval was unanimous. Jason and Stephanie rejoined the main meeting. Jason noted that they will also do a write up for Footnotes.

Roundtable

Stephanie noted that we need volunteers for Sweetwater desperately.

Christina asked for the website oversight committee to work in coordination with the social media committee. Summer Jo noted that it makes sense to keep the same group that is currently working with Zane on the website. This will allow changes to be made quickly on the website rather than getting bogged down in the full board. Everyone agreed this was a good idea.

David Hinkle noted that we need to be able to measure the impact that we are having on the community. We need

to collect data that shows our sponsors the impact that we can have.

Brian noted that we need to go back to the investments to see if we need to make any changes. We still have nothing defined regarding what want to do with that money (besides just a safety net). Keith noted that we need a brief discussion before setting the investment ratio. Alicia asked Keith to follow up with Kristine as soon as possible to get the presentation she shared tonight. Tim asked if we could all think about ways that we could return support to the community. This will be put on the agenda for April.

Brian moved for adjournment at 7:15 and P. Mark provided the second.

Executive Session Board Members

There was a brief executive session to discuss Marathon Director's bonus for 2020. Tim shared the Marathon Compensation Committee's recommendation based on the matrix. P. Mark moved to approve the matrix as approved by the committee; Summer Jo seconded the motion. Jason Wise asked

how the committee came to its recommendation on the subjective part of the matrix. Tim noted that Jason Altman provided a written report of accomplishments and discussed also the ways he has maintained sponsors. The board voted unanimously to accept the committee's recommendation.

Tim noted that the Compensation Committee also recommends an extra bonus in light of COVID and the extra work involved in responding and being flexible over the past year. There was a great deal of discussion around this. Alicia moved to table the discussion on a COVID bonus and send the discussion back to the compensation committee to discuss additional compensation for all employees and contractors. Christina seconded. The motion to refer the discussion back to the compensation committee did not pass. Brian moved to approve the recommendation from the committee as proposed and any compensation for other staff members would be discussed in the compensation committee. Keith seconded this. Motion was approved with one objection.

The next KTC Board Meeting will take place on April 26, 2021

Confessions of a Social Jogger

*** continued from page 18 ***

hundreds of signs, one for each runner, lining the stadium. And though the wind toppled some, I could see the effort put into making the runners feel special. Afterwards, I was told the students set aside time each week to make the signs.

As I ran around the back of the high school, several students stood cheering us on! As I passed them by, I thought how sweet of them to forgo a favorite pastime of teenagers (sleeping in) to encourage complete strangers!

All of the people who helped me along my way probably never considered they were doing anything out of

the ordinary that morning and probably haven't taken time to think of the extraordinary virtues they possess. But when thinking about the Sweetwater Marathon for this article, I did! That's the one thing that stood out to me over and over, reflecting back on that morning!

In "Somewhere over the Rainbow," the Lion, Scarecrow, Tin Man and Dorothy learned that they always possessed the virtues they aspired to. Well, people are people, and just like them, we too, can easily overlook the goodness we all possess. But it's always in there, and sometimes it takes a race on the most wicked of mornings to bring it to the forefront.

www.ktc.org

Complete race results

Event photo galleries

Race calendar

Online registration links

Trail series information

Grand Prix standings

Social events

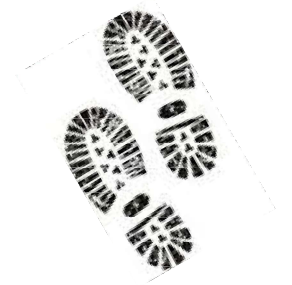
...And much, much more!





A DECADE OF FUN AT DARK HOLLOW

Bobby Glenn, race director



Wow, 10th Annual! It really doesn't seem like 10 years but then again, maybe so (heck, seems like about 5 years since last year's race which was the last "normal" race before the world closed).

We marked the course a week prior to allow those who chose to participate virtually to run the course any time during the week. We ran into a little snafu as some tree cutting activity in the cabin area forced us to divert the virtual racers along the road instead of up and over Chestnut Ridge. They were done by Sunday though, so we were able to run the regular course by then.

The trails were in great shape. As usual, Derek Wilson and his crew did a great job clearing blowdown, making way for a big field to enjoy a day on the trails.

The five mile race was won by



Giulio Rancadore (41:01), chased by Male Masters winner Chip Keim not far back (41:44). Open Female title was claimed by Hannah Rosen (46:01), while the Masters Female winner was Chris Keim (51:14).

In the main event, Gideon Wilson (1:21:26) absolutely smoked the field, winning by nearly seven minutes over the second place finisher, while RunKnox's Scott Schmidt (1:39:37) was best Male Masters entrant. Fastest female racer was Sarah Hopkins, who clocked 1:59:35, and the Masters Female winner was Angelina Borisov, who ran 2:05:50.

We had a great crew of volunteers who helped with course marking and race day duties. Thank you Alondra Moody, Stephanie Johnson, Grace Weber, Kathy Smith, Michael deLisle, Tony Owens, Rebecca Holder,

Rachel Parker, Pete Crowley, Tim Hill (sweeper, big job!), Hannah Foust, Christina Adkins, David McLennan, Eric Fox, Heather England and Chris George (water hauler boss man).

Shout out to our trail committee members who always step up. This group works well together and by everybody pitching in it keeps it fun for all of us.

Many thanks to Dr. Matt Campbell of Knoxville Spine and Sports who was on the scene for pre and post race massage and PT. They also hosted a pre-race packet pickup and fun run for us the Thursday before the race.

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.





2021 SWEETWATER VALLEY MARATHON, HALF, AND RELAYS

David Black and Stephanie Bailey, race directors

This turned out to be a great event, very well received by the participants and the town of Sweetwater.

The weather forecast was for strong storms and they hit the nail on the head. In the early morning hours, an awfully bad storm rolled through. We followed the KTC weather plan and announced a delay at 7:10am because of lightning, pushing the start back from 7:30

till 8:00. We were blessed in this being the only delay and the race started at 8:00. The best evidence was in the race photos. We have all heard that a photo is worth a thousand words. The race photos may be the most joy filled set we have ever seen. Pure happiness on the faces of what seem to be big kids playing in the rain. If that wasn't enough, we got to witness a couple get engaged at the finish line just after completing their race.

The staff, volunteers, town staff, and all who pitched in to help were amazing. Directional arrows were placed the night before and final course signage early that morning. Our course setup captain, Dustin Waterous, drove the course three or four times ahead of the race start repairing signs which were continually blowing down. Board member Bobby Glenn was the relay captain and faced the storm with a smile on his face. There were so many people helping in much less than ideal conditions that I couldn't name them all. Many people had signed up to help and many more pitched in when they saw a



need. While we were unloading the Uhaul a little after 5:00am in torrential rain, there was a line of people twenty or more deep helping get the job done.

There were participants registered from 20 states, and they were welcomed to our event in Sweetwater in a very special way. Sweetwater High School made personalized signs for each participant. More than 550 signs hung on a fence along the course by the school. 89% were from Tennessee, 56% female. In the marathon, the top three males were all from the Chattanooga area. The top three females were from Cleveland, Friendsville and Whitesburg.

In the half marathon, the top three females and two of the top three males were from Knoxville while one was from Birmingham, AL. This is a small sampling of how the event had a great draw from regional areas. We had people participate from four other running clubs that we know of.

Special thank you to our sponsors: Red Stag Fulfillment, BK Graphics, City of Sweetwater, B-Dry Towel, Little Drug Family Wellness Center, The Island of Pigeon Forge, Sweetwater Hospital Association, Personal Best Racing, Sweetwater High School, Sweetwater Police Department, Sweetwater Fire Department, Pilot Company, Domino's of Sweetwater, Eddie's Health Shoppe, Zen Evo Dark Chocolate, and Knoxville Blue Print & Supply Co. Inc.

We consider each race special, but there was something about this one. Organizing an event of this size with eight weeks' notice, our first road marathon in two years, and with such terrific community support gave us a great sense of accomplishment. Our running club is blessed to have the support of so many in doing all we do. We received many signs of gratitude for planning and operating this event. We had personal conversations with people from many different areas and walks of life giving their appreciation. Passing along to you, thank you to everyone who assisted or participated.





THRIVING THROUGH TREADS TRICKY TRAVERSE AT NORTH BOUNDARY



John Storey, co-race director

On April 10th, and for the next week, the Treadin' Trodden Trails Committee continued their live and virtual 2021 series with the North Boundary Traverse and week-long virtual Traverse in Oak Ridge on the North Boundary Trail and its single track offshoots. The North Boundary Trail encompasses part of the old "patrol" road on the Department of Energy's Oak Ridge Reservation and was actually patrolled on horseback for many years when Oak Ridge was the Secret City. The trail became an official greenway in the 90s and is much used, particularly in 2020 as folks looked for outdoors activities. This past year has seen many more people out enjoying the trail. Although the North Boundary Trail is gravel, the late Kerry Trammell and more recently the Clinch Valley Trail Alliance (CVTA) have added some terrific single track over the years, which we tried to feature in this year's race.

Unlike in 2020, the NoBo Traverse started at the Horizon Center because of parking needs. Race week began

with the in-person race on a warm but threatening Saturday, with Steve Barber in charge as RD.



The Kids Trail Mile ran up to an old graveyard and back, including a significant uphill on the way out and downhill on the way back. Silas and Seth Taylor, at 1st and 3rd, bracketed CiraBella McLennan in 2nd with fast times close to 8:00 or below.

The plus-sized 10k and Half Marathon courses covered roughly the same ground until the Half-'ers started their second loop, starting across the large field to the gravel road, around the quarry and up Sinkhole trail to the top.

The Barbers hosted an aid station at their gate on the top part of the North Boundary Trail a little past the four mile mark. Then the runners had a fast downhill on Gallaher trail to the quarry, with 10k'ers finishing up, enjoying some bonus distance, and the half marathoners continuing back around. The second

loop featured Boulder trail which had several burned sections from the prescribed burn that took place the week before. After hitting the Barber Aid Station again, Half'ers were treated to big climb around mile 11 and a fast downhill finish via the Hunley Rd trail.

Knoxvillian Jamie McCart ran a speedy 51:52 to win the 10k. Grace Weber (58:31) was 4th overall and first place female.

Unlike in previous years, the half marathon was actually under 14 miles (13.5-13.9). Gideon Wilson turned in a dominant performance to win by 5 minutes in 1:33:11, followed by Jerry Donahue and Michael Morrell in 1:38:42 and 1:39:56, respectively. Megan Kleeschulte ran a strong 6th overall as first place female in 1:41:29, followed by Caitlin Duggan and Madison Jones in 1:59:44 and 2:00:47.

Volunteers included Co-Race Directors Steve Barber and John Storey, Joy Barber, Tony Owens, Kathy Smith, Stephanie Johnson, Pete Crowley, Alondra Moody, Tim Hill, Michael and Jesse deLisle, Bobby Glenn, Rebecca Holder, Grace Weber, Ashley Blake, Rob Bonamarte, Mike Gamber, Christina Adkins, and David McLennan.

The Virtual race picked up after Race Day and ran through Saturday 4/17. Per usual, there were flag removal shenanigans almost every day but the diligent course checkers were able to keep the virtual runners on track. We had 11 finishers in the virtual 10k and six finishers in the virtual Half.

Thanks to all. See you next year!

DON'T FORGET...

Saturday, November 5, 2021 - 7:00 a.m. Fourteenth Annual **NORRIS ULTRA DAM HARD TRAIL RACE**. 50k and 25k both start at 7:00, and our accompanying 5k begins at 7:30. Online registration available on the KTC website and Runsignup.com.

BE PART OF KNOXVILLE TRACK CLUB'S ONLY ULTRARUNNING EVENT





HOODWINKED: HOW I BECAME THE HARD KNOX DOGWOOD CLASSIC RD

Karla Gander, race director

On a beautiful spring morning in March, minutes after completing a long run along Cherokee Boulevard, I received a text message from KTC Executive Director David Black, asking if I would have any interest in directing a race. In my post long run fog, I did not immediately say no. Seconds later, David looped Events Manager Stephanie Bailey in, and I was suddenly the director of the Hard Knox Pizza Dogwood Classic 5k.

Wait a second. How did this happen? Did I even say yes?

Regardless of being hoodwinked into the position, I am grateful for the experience and delighted with the race.

The Hard Knox Pizza Dogwood Classic 5k is a spring favorite in Knoxville. Living up to its name, it runs through

Sequoyah Hills along Cherokee Boulevard, a route lined with beautiful dogwood trees and views of the river. The rolling hills give back as much as they take, and between the flowering trees and the gorgeous water, it's hard to find a better route for a 5k.



Spring weather in Tennessee is unpredictable, and even though it was not a sunny spring day, the rain did not drown the spirits of those who toed the start line. There were still almost four hundred 5k finishers on Saturday morning! And, despite the weather, 10 amazing kids slogged through their mile race as well! I spoke to several people who were running their first 5k that morning, and dozens more who ran Personal Record times. The rain certainly didn't slow down our overall finishers! Overall male top fin-

isher Will Jeter was the first across the line in a lightning quick 15:37.8, with overall top female finisher Katie Taylor hot on his heels in 16:51.9.

Stanley's Greenhouse once again donated tomato plants as awards, and they are still as popular as ever. Years ago, I ran this race with my nieces, who were 6 and 8 at the time. They placed 2nd and 3rd respectively in the Under 10 age group and were both awarded with tomato plants from our sponsor Stanley's Greenhouse. This year, I watched runner's eyes light up with the same giddy happiness as I handed them their award. Stanley's tomatoes are sure to grace many a runner's garden this spring.



I am always grateful for our running community, but even more so when I became the director of this race. I put out a plea for volunteers and was amazed how people stepped up to help. I think our clean up time had to be some sort of record! Volunteers make races possible, and my race director heart was full and happy with all of the help that our volunteers provided.

None of this could happen without our sponsors. A huge shout out to our title sponsor, Hard Knox Pizza, for opening early and providing delicious breakfast pizzas and woodfired cinnamon rolls for post-race eats! And thank you to the rest of our great sponsors: New Balance, Pilot Flying J, Eddie's Health Shoppe, Runners Market, Stanley's Greenhouse, Knoxville Blue Print and Supply Company, TSMG, Zen Evo, WBIR, Personal Best Racing, Knoxville Track Club, RunKnox, and KPL.



KTC VOLUNTEERS NEEDED

- May 1 Wanderers Trail Race and Kids Trail Mile
- May 29 KTC Expo 10k / 5k
- Jun 5 Sharps Ridge Runner 6M and Kids Trail Mile
- Jun 17 Hal Canfield Memorial Milefest
- Jul 3 Pilot Fireball Moonlight Classic 5k and Little Firecrackers' Run
- Jul 10 Haw Ridge Trail Race
- Jul 17 KTC Summer Splash 10k

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



new balance

8027 Kingston Pike
Suburban Plaza
Knoxville TN
865.539.1100

Knoxville

VOLUNTEERS!

SIGN UP TO HELP
WITH CLUB EVENTS



**Sign up on
Runsignup.com**

KTC Membership

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

Adkins Family
Yousef Al-Khelaifi
Suzie Allard
Brad Anderson
Emily Bailey
Baldwin Family
Bentley Family
David Birdwell
Thomas Booker
Scott Brooks
Buchanan Family
Larry Butler
Bryan Campbell
Scott Carlew
Richard Carter
Amy Chandler
Childers Family
Aaron Clark
Cobb Family
Coker Family

Collins Family
Martin Cordell
Katherine Craze
Bill Dabbs
Kelly Danielson
Hugh Daughtry
Nathaniel Day
DeSa Family
Christie Eberhardt
Abbey Edwards
Amy Farr
Jordan Felts
Fisher Family
Peter Flanagan
Allison Fortner
Ella Fraley
Garin Family
Stefanie Garvin
Gary Family
Tucker Gerald
Thomas Goldsby

Lisa Greenwood
Gregory Family
Scott Guy
James Hall
Aaron Harris
Jennifer Heppert
Herron Family
Dan Holbrook
Rodney Holladay
Jane Holly
Honkus Family
Justin Humberd
Hundley Family
Hurt Family
Huskey Family
Hymer Family
Emily Jelicorse
Jeffrey Johnson
Jones Family
Paul Karakashian
Michael Kelly

Megan Kenner
Indya Kincannon
Bernadette Kitzke
Kortz Family
J. Amy Lawhorne
Josiah Lindquist
Dolynn Loy
Michael Marchant
Kitty McClanahan
Brandon McCloy
John Mccusker, Jr.
McLaurin Family
Daidre Mendenhall
Ron Merryman
Ian Miller
Eric Minton
Monroe Family
Tim Morse
Kelley Motley
Chris Muzyn
Raj Narayani

Samantha Nira
Eric Nussbaum
Chelsea Osborne
Cheryl Passalacqua
John Patrick
Jed Peterson
Price Family
Rader Family
Ronald Randazzo
Ron Rayho
Reeder Family
Roberts Family
Scalf Family
Justin Shelton
Jason Sichter
Silvus Family
Eden Slater
Robert Smalley
Marcus Smith
Steven Smith
Ken St. Germain

Ray Stephens
Molly Strange
Sugarman Family
Kathy Swartz
Mark Sykes
Leann Thompson
Braden Timmons
Tippett Family
Shane Tucker
Joseph A Vrba
Walker Family
Rick Waltman
Shanda Warren
Dale Webb
Wheatley Family
Bradley Wilkinson
Wilson Family
Doris Winsand
Beth Wolf
Jimmy Wooten
Alex Zirakparvar

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

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

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

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

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

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

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

Please provide Military Branch: _____

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

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

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

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

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

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

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

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____ Phone: _____

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

How did you hear about KTC? _____

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

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

Event Schedule

May - Sep 2021

MAY

- 8 Maryville - 7:30 pm. The Glow Trot
- 15 Knoxville - 9:00 am. Tillery's Hustle for Hope
- 29 Knoxville - 8:00 am. **EXPO 10k / 5k**
- 29 Maryville - 7:00 am. Three Sisters Ultra Festival

JUNE

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

JULY

- 3 Knoxville - 9:00 pm. **PILOT FIREBALL CLASSIC and LITTLE FIRECRACKERS RUN**
- 10 Oak Ridge - 8:00 am. **HAW RIDGE TRAIL RACE and KIDS TRAIL MILE**
- 17 Location TBA. **KTC SUMMER SPLASH 10k**
- 31 Maryville - 8:30 am. Scholars Run 5k.

AUGUST

- 7 Pigeon Forge - 11:59pm. **PIGEON FORGE MIDNIGHT 8k**
- 15 Knoxville - 8:00 am. **TRAILS THAT CAN'T BE CONCORD and KIDS TRAIL MILE**
- 28 Knoxville - 8:00 am. **COVENANT KIDS RUN AT THE ZOO**

SEPTEMBER

- 12 Townsend - 8:00 am. **TOWNSEND 15k**
- 25 Oneida - 8:30 am. **BIG SOUTH FORK TRAIL RACES**
- 25 Oak Ridge - Virtual. Secret City 5k Run for Haiti

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

DON'T FORGET...

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

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

