

Nov 2020

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



Staff works hard to rebuild schedule - pg 5

Expo in-person race successful - pg 29

CHKM returns to March in 2021 - pg 9

Back to racing on the trails - pg 28, 30

COVENANT HEALTH KNOXVILLE MARATHON SHIFTS TO VIRTUAL EVENT FOR 2020



Prioritizing community health and safety, the 16th annual Covenant Health Knoxville Marathon events are moving to a virtual format to avoid the potential spread of COVID-19 and allow runners to safely participate while achieving their personal goals in 2020.

“The move to a virtual Covenant Health Knoxville Marathon event helps ensure the health and safety of our community, runners and volunteers,” said Jason Altman, race director of the Covenant Health Knoxville Marathon. “Additionally, it’s our responsibility to follow local government mandates and regulations that do not make in-person events of this size feasible at this time. While we can’t run together in downtown Knoxville, we can take steps to prioritize health and fitness wherever we are and join together in spirit to continue this iconic event reimagined for current times.”

The virtual races will allow registrants to participate within a flexible time frame throughout the week of Nov. 7-15.

“Moving to a virtual race format will be a first for the Covenant Health Knoxville Marathon and the best way to move forward so the community can participate safely,” Covenant Health CEO Jim VanderSteege said. “With every step, our runners, volunteers, sponsors and organizers have embraced necessary changes and offered creative solutions to enjoy this annual tradition. We appreciate the support and encourage everyone to stay healthy and keep moving. We’re looking forward to seeing how everyone finishes their race – regardless of when, where, how far or how fast – as long as you meet your personal goal.”

The virtual event will include the Covenant Kids Run, 5K, half marathon, marathon, and relay events, and participants will be able to upload their results via the Covenant Health Knoxville Marathon website. In early November, the start line, mile markers and finish line for all courses will be painted. Registrants can use the markers to run the actual route during the 9-day virtual race period, or they can complete their run or walk at their preferred location, such as in a neighborhood, on a greenway trail or on a treadmill.

In addition to virtual training logs and custom digital race bibs, social media will be used to connect virtually, share photos, post personal records, and provide support and encouragement leading up to and during the 9-day event window. Connect with Covenant Health Knoxville Marathon on Facebook, @chknoxmarathon on Twitter and via @knoxvillemarathon on Instagram.

As additional details of the event are confirmed, updates will be posted to the race website at www.knoxvillemarathon.com.

New participants can register for the virtual event at knoxvillemarathon.com starting Sept. 15. Participants who already have registered for the 2020 Covenant Health Knoxville Marathon may participate in 2020 virtual event, defer their registration to 2021 race (the date is not yet confirmed), receive a refund for the registration fee, or donate the registration fee to the Knoxville Track Club, a 501(c)(3) nonprofit. Race participants will receive more information via email regarding how to select an option.

For more information, visit www.knoxvillemarathon.com or call 888-217-5635.

About Covenant Health Knoxville Marathon

*The Covenant Health Knoxville Marathon is a premier event organized by the **Knoxville Track Club**, a nonprofit 501(c)(3) organization dedicated to the encouragement of physical well-being through running, jogging, competitive road racing, race-walking, fun runs, cross-country and track and field. **Covenant Health** is a community-owned health system providing comprehensive services in Tennessee. The health system includes 10 hospitals; outpatient services and clinics; behavioral, oncology and rehabilitation services; home care; physician practices and community programs.*

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



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FOOTNOTES

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ROAD RACE INFO

888-217-5635

TRAIL RACE INFO

865-548-4718

YOUTH ATHLETICS

888-217-5635

WEBSITE

www.ktc.org

ON THE COVER

The annual Townsend 15k drew an enthusiastic crowd of runners glad to return to in-person racing on those beautiful old back roads.

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

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



15 tips from the RRCA

RUNNING SAFETY

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

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

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

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Position Vacant

SOCIAL CHAIR
Patty Thewes



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * November/December 2020 edition



A Message from our Club President

Tim Monroe, KTC President



A Few Well Deserved Plaudits

Wow! I know the last thing anyone wants to hear about is how hard 2020 has been, so I'm not going to dwell on that for now. As the end of the year is rapidly approaching and with everything that 2020 has wrought on the world, please indulge me as I take the next few moments to turn an eye toward the Thanksgiving season.

First, I'd like to thank each of you, our members, who have supported the club year in and year out. This year, with all its wackiness, is no exception. Showing your constant support by spending your hard-earned dollars with the club, showing up to compete at our events, non-stop encouragement, and gracious understanding in all things, is deeply appreciated. I know many of you have sacrificed financially to support the club through membership fees, event entry fees and donations. From the bottom of my heart, I thank you for that selfless act.

Second, I'd like to recognize some folks who have taken on the task of making 2020 the best it could be and kept the club moving forward.

A huge Macy's Thanksgiving Day parade balloon size thank you goes out to the staff that pretty much threw out the playbook that had worked for many years and started with a clean sheet in March. The staff have worked tirelessly to adjust to unknown circumstances, changing local rules, and so many other obstacles to keep as many

events available to our running community as possible. So much of the work that the staff has done this year is so different than previous years. Typical years have a familiar cadence and flow. The road racing side of the house begins with the long distance series prepping us for marathon weekend, continuing through the summer race series, then finishing up the year with some classic races leading up to the half marathon. We made it through the long distance series before the proverbial upsetting of the race apple cart. But the staff got to work and put together a patchwork of virtual and physically distanced live events to get us through the year.

The trail series that gives us a chance to wander, wallow, blitz, and scramble along the trails dealt with similar obstacles. While the trail series seems to have a few changes every year, this year was really a doozy. But the trail folks took it all in stride and made the best of a tough situation. The next time you see any of our great staff members that made 2020 the best it could be, given the situation, please give them a big thanks and a virtual high five for all the hard work they've done this year.

Like many organizations, the club relies on volunteers to serve in so many ways. And our volunteers answer the call, every time. The club's volunteers

are obviously undercover U.S. Postal Service employees. Neither snow nor rain nor heat nor gloom of night stays the club's volunteers from the swift completion of their appointed tasks. To all of our great volunteers that help with specific events, doing everything from the working the registration table all the way through to the course cleanup crew: Thank you, thank you, thank you.

A specific group of volunteers I'd like to recognize is the board of directors. As President, I get the pleasure of working with a really incredible group of directors that work tirelessly behind the scenes without much fanfare. Each board member gives of their time and unique talents serving the club. While the board works hard every year, I will forever be grateful for the effort they've put in this year to guide both me and the club as a whole. I'm not naïve enough to think I've done everything exactly right this year, but I can confidently say that each board member has taken their role seriously and has made every decision with the best interest of the club in mind. The staff and I have asked the board to make some tough decisions this year, and without fail the board has risen to the challenge. To you, my fellow board members, thank you for your invaluable counsel and support.



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



Run and Suffer

*David Black, Executive Director
Knoxville Track Club*



Usain Bolt, considered by many to be the greatest sprinter of all time, has eight Olympic Gold Medals. During one of his three Olympics, while running the 4x100 relay, he said to his teammate “Run and Suffer” as he handed off the baton. Great inspiration for pushing during a race. In this case it was a sprint so the message was to suffer through for 100 meters. Some people may need this message during the full event, no matter the distance. Others may need it during a certain part of the race: climbing a hill, sprinting to the finish, the final mile, or when hitting the wall around mile 18-20. No matter what point in the race, it is a good reminder to run and suffer through.

Training runs often bring the element of suffering. While doing speedwork there is plenty of suffering: pushing up a hill during repeats, doing sprints on the track, or the speed miles of a tempo run. All of these bring their own element of suffering, yet reap great benefits.

While suffering during training or racing is very prevalent, many of us turn to running because of suffering. This may have been the case more than ever during 2020. We have been faced with so many uncertainties in life. So

many fears and stresses that many of us never thought we would experience. Fear of illness, job loss, economic downturn, uncertainty with school, relationship and family stress, and even the potential for death.

For years running has proven to be a great outlet for coping with suffering. Being able to lace up shoes and go from the front door is such a

blessing. With races postponed or cancelled all around the world, this escape from suffering had new sets of challenges. For some people this was taken away during quarantine. Confined to homes, apartments and neighborhoods, and with gyms closed, people had to become creative. So many inspirational stories came out of this period. Back yard marathons, trail marathons, people running around their houses, up and down driveways, or wherever they were allowed.

Running stores adapted with curbside service and shipping. Run and workout classes become virtual using

platforms like Zoom and Google Meet. The Knoxville Track Club started doing run anytime events. During this, people could run a marked course during a set period of time and submit their results electronically. This transitioned to wave or rolling start using chip timing.

This new dimension of suffering was very challenging for so many as people were losing their avenue for coping. However, as they adapted and new runners started using this mechanism, something special really happened. We have seen a surge in running and believe we will see the next great running boom.

We have had six in-person races since July. The smiles on people’s faces, the post event feedback, and the joy that people are experiencing as they participate in our events have been truly special. Runners have adapted through suffering and are once again able to run and suffer.

Stopping runners is not an option. Whether it is to help get through a training run or a key moment of a race—or for that matter, life—the phrase Usain used as he handed off is a great one to remember. Run and Suffer, a great reminder to stay the course and push through the pain.

REACH OUT TO KTC!

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UPCOMING KTC EVENTS

- 11/7:** *Norris Ultra Dam Hard Trail Race*
- 11/26:** *Regal Turkey Trot/Lil’ Gobblers*
- 12/6:** *Dirty South Trail Half/10k/Kids*
- 12/13:** *Pigeon Forge Half/5k/Relay*
- 1/1:** *New Year’s Day 5k*
- 1/10:** *Wanderers Trail Race/Kids Mile*
- 1/16:** *KTC Ten Miler*



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor

Summer's End



Among the first persons of celebrity who lost life to the despicable coronavirus that's killed millions less well known was singer songwriter extraordinaire John Prine. It was early in the arc of the disease's spread across the planet when this talented scribe fell victim to its scourge. His song "Summer's End" is a gentle but haunting tome that juxtaposes couplets of apparent unrelation and ends up knitting them into a relaxing yet somehow disturbing breath of melancholy. In an interview not long before his death, he described the song as one without intended deep meaning, yet documentary filmmakers Kerrin and Elaine Sheldon, in the official music video of the song, wove a story exploring the tragedy of substance abuse and opioid addiction. Musically it's a simple song, yet every time I play it on guitar, it induces in me a tranquility that's somehow less than relaxing, maybe in that way mimicking the end of the summer season.

One of these days the proverbial "They" is going to have to come to grips with the fact that these seasons don't work the way the the calendar displays them. Spring rarely waits till March 21 to grace us with its tempestuous and ephemeral doses of spectacular weather, nor does Summer hold off its unwelcome blasts of heat and humidity till the Solstice. Same thing for Winter. It's common for us to be bludgeoned by premature cold weather in early December. I welcome Spring's early advances, but would prefer that both Summer and Winter hold off a lot longer before settling in inexorably the way they almost always do.

But this year? 2020, with all the

terrible things that have happened, not only to East Tennesseans but to citizens of the global community, has had at least one redeeming quality. As I write this on the morning of October 30, yesterday's high temperature was 77, with balmy breezes enduring well into the evening, allowing us to sit outside and gaze skyward at a moon nearly full soaring playfully through a scattering of fleecy clouds lit from above and glowing as if afire. Yes, it's Autumn, and the brilliant, multihued leaves knocked down by the tropical remnants of someone named Zeta had already been spectacular. The weather, with few exceptions, has been dandy, yet this weekend promises the first hard freeze and the abatement of Daylight Savings Time. I read yesterday that turning back the clocks and adding an hour to 2020 is like getting a bonus track on a Yoko Ono album.

So can I regret that it's Summer's End? Should I? A long, grueling season marked and marred by hurricanes and wildfires, punctuated painfully by the unprecedented political divide that threatens our democracy, and coated with the thus far impregnable sheen of Covid19 and all it's done and all it portends? Damn. I should be welcoming the end of this infernal summer.

Except I'm really not. Even the awful tragedies spread worldwide couldn't completely dull the lustre of the unexpected gift bestowed on me of having so much freedom during my first summer of quasi-retirement. Being free to work at my music, to tend to my house, yard, and garden, and best of all, to spend unbroken hours with my son, Jesse, all comprise a lifestyle that's given me great joy. So much so that I

sometimes felt guilty enjoying myself to that degree in the face of so many tragedies unfolding around me.

But the way I rationalized and/or justified moving forward with so much probably undeserved pleasure was — and will always continue to be — that in the face of Jesse's thoroughly and indisputably undeserved challenges due to the catastrophic brain anomaly dealt him by Fate, my job, my goal, my mission, is and has always been to create to the best of my ability a life of simple pleasures for him. This includes a lifestyle of playing and relaxing outside as much as possible, something made possible by the new freedom allowed when I with great reluctance left my day job at Runners Market.

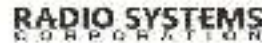
Long before becoming a parent, I always felt that one of the great challenges and rewards inherent in parenting would be in imparting an appreciation of those things important to myself. In my case, those include loving, respecting, and spending time outside in nature, playing and listening to music, preparing and enjoying tasty and healthy food, and treating others the way we would deign to be treated ourselves.

I can't say I've fully succeeded in all those areas, but I know I've made substantial progress in most, and I hope that I'm allowed enough time remaining vertical on this planet to continue to do my job, aware that the new freedoms of semi-retirement are helping a lot. And, as this terrible and beautiful summer of 2020 draws finally to an end, I also hope that all of you stay safe, stay healthy, and keep on keeping on until the next Summer begins, and the one beyond that, and the one beyond that...



Covenant Health Knoxville Marathon

2020 Covenant Health Knoxville Marathon – Virtual Edition
November 7-15, 2020



HOLIDAY INN WORLD'S FAIR PARK – CITY OF KNOXVILLE – RUNNERS MARKET
ASSOCIATED SCAFFOLDING – IMAGE MATTERS – DURBIN RACE MANAGEMENT
ALL OCCASSIONS 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

VIRTUAL EDITION OF CHKM SET TO BEGIN

Jason Altman, Director, Covenant Health Knoxville Marathon

By now, you know that the 2020 Covenant Health Knoxville Marathon has pivoted to become a virtual event. While we would prefer to gather together in person, we are excited about the potential that the virtual CHKM has!

The virtual race will allow registrants to participate within a flexible time frame during the pe-

riod of November 7-15. The virtual event will include the Covenant Kids Run, 5k, half marathon, marathon, and relay events, and participants will be able to upload their results via the Covenant Health Knoxville Marathon race page on Runsignup.com. In early November, the start line, mile markers and finish line for all courses will be painted. Registrants can use the markers to run the actual route during the 9-day virtual race period, or they can complete their run or walk at their preferred location, such as in a neighborhood, on a greenway trail, or on a treadmill.

In addition to virtual training logs and custom digital race bibs, social

media will be used to connect virtually, share photos, post personal records, and provide support and encouragement leading up to and during the nine-day event window. Be sure to connect with us on social media and upload your pictures along the way!



We are excited to continue to incorporate the Fittest Company Challenge this year. Employ-

ees and their immediate household family members can earn points for their employer in hopes of taking home an award in the Humana Fittest Company Challenge! Also back this year is the Fittest School Challenge. Thanks to Regal, we will be able to award \$5600 in prize money to the area schools that have the highest percentage of students participate in the Virtual Covenant Kids Run!

While the event is a virtual run, we still need to distribute swag bags to the registrants. Virtual race participants can pick up their packets at the World's Fair Exhibition Hall (935 World's Fair Park Drive) in Exhibit Hall 1 on Saturday, November 7th from 9 am to 5 pm or on Sunday, November 8th from 1 pm to

5 pm. Masks will be required for picking up and social distancing measures will be observed. For folks that live out of town or cannot attend the packet pickup days, they can go to the online store on the marathon website and select to have their swag bag shipped to them for \$5. Volunteers are still needed to help assemble and distribute packets. If you would like to volunteer the week of November 2-8, please visit the marathon website and click the volunteer page to select your day and time slot.

Looking Ahead to 2021

At a press conference on November 2, City of Knoxville Mayor Indya Kincannon announced that the Covenant Health Knoxville Marathon would return to a live, in-person event the weekend of March 27-28, 2021. KTC has and will continue to work diligently with the City of Knoxville and Covenant Health to ensure a safe and responsible event in 2021. Online registration for the 2021 event will open on November 16. We thank Mayor Kincannon and her administration for working with us to help bring some normalcy and excitement back into our community!

COVENANT HEALTH KNOXVILLE MARATHON

YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

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

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

Knoxville Acupuncture
<https://knoxvilleacupuncture.com>

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

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

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

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

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

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

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

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

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

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

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

Any additional businesses offering KTC discounts? Please contact us



Have you changed your email address or mailing address?

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

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



Scott Schmidt, RunKNOX director

Hey KTCers! In the last Footnotes we talked about maintaining motivation and continuing our push to the fall, whatever those races were to look like. We're proud to report that we've done just that. We had RunKNOXers participate in all types of virtual challenges, race occasional road races (with lots of new Personal Records), and a handful have used the social distancing as an opportunity to get off the roads and into the woods. Our next great challenge is the virtual CHKM. We've put in the training, so we might as well finish the journey. Plus, we've got a Marathon Streaker to support as he keeps his CHKM streak alive!

Looking ahead to 2021, note that

KTC has races on the calendar. They may still be socially distanced and could continue requiring wave starts, but regardless we look forward to some normalcy in running and racing.



So here's the RunKNOX plan for the near future:

We're going to lead a six-week base phase from Monday, November 23rd, until the end of the year. This will be designed to lay the foundation upon which we build to our best selves in 2021. We'll have a little less emphasis on pace and a whole lot more emphasis on getting

out the door and logging activity. This is the cycle that runners often skip because we want to get to the exciting workouts. Do you ever wonder why runners are prone to getting injured? It's probably because we skimped on base building in order to jump to the fun stuff. Don't worry, easy miles don't have to be boring miles. We'll be throwing all kinds of extrinsic mo-

tivation at you. Team and individual competitions, cumulative

challenges, attendance awards, and plenty of socially distanced social support to ensure that you want to exercise. Oh, and for those who need speed, I promise you'll still get to run some fast segments in this cycle. It just won't be the primary focus.

Q: Who is this base cycle designed for? A: You.

- ◆ If you are currently running from 0-100 miles per week, this will benefit you.
- ◆ If you are currently super motivated or have absolutely no drive, this will benefit you.
- ◆ If you are brand new to running or have been running for 70 years, this will benefit you.
- ◆ If you want to run in-person workouts or prefer to follow along virtually, this will benefit you.

There has been so much wrong with 2020. Let's end the year right. Give us six weeks and then we'll shift our focus to crushing the Winter Long Distance Series, CHKM, or any other Spring goal of your choosing. Questions? Email runknox@gmail.com

HEY KTC MEMBERS... RUNSIGNUP PROBLEMS?



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



Treadin' Trodden Trails

Michael deLisle, Trail Series Director

More Explorations

Along with my best trekking partner Jesse, I continue to celebrate one of the prettiest autumns in recent memory by forging my way through trails new to both of us, as well as previously untrodden sections of familiar ones.

North Ridge Trail

Recently we made our first foray onto the North Ridge Trail, a sinuous footpath that snakes along the northern reaches of Oak Ridge. It curls tantalizingly close to suburban homes in a few places, yet retains almost throughout the sense of hiking in the faraway reaches of East Tennessee hill and mountain land. I often encourage Jesse to lead the way, even on trails new to us both, as he has an uncanny ability to do so. But on this occasion, so many new fallen leaves lay thickly in places, obscuring the way from all but the most seasoned of eyes, and so I walked in front most of the way. The only disconcerting moments came when we came within earshot of someone entertaining himself shooting off 10-shot clips of ammunition. Noisy, for sure, and a bit distressing; we were glad to move past that particular spot. Anyway, the North Ridge Trail runs more than eight miles one-way and offers a number of different access points, most of which are a little hard to find, including the trailhead we chose. And then, recovering after a few hours of huffing and puffing up and down some noteworthy hills, I actually drove around in a big circle trying to find my way out to a road



I recognized. A fun adventure, to be sure, and we genuinely earned our ginger beer and root beer rewards on that particular sunny October afternoon.

Hall Bend

Hall Bend is a TVA Small Wild Area and another place we've enjoyed poking around. A tapered peninsula jutting out into what used to be the Little Tennessee River, it's a bit less remote but no less enjoyable, situated just outside Lenoir City and accessed from the Tellico Parkway. The trail begins as a half mile straight run through a grassy meadow along an embayment of Tellico Lake. It then darts into the woods to trace the shoreline for another mile or more of flat, relatively easy hiking and running, the only encumbrance posed by numerous tree roots. The trail then climbs several steep hills as it works its way clockwise, continuing to offer great views of the lake and its denizens. Great Blue Herons are a common sight, as are other large birds of prey like Osprey and Green Herons. Finally, as it bends southward, the trail climbs a long hill, arriving at a fine overlook at the edge of a quite uncommon Cedar Barrens. Atop that long rise live a number of large Eastern Red Cedars, as well as native cactii, yucca, and other unusual plants that can be enjoyed while gazing across the broad expanse of the lake at the deep wooded shoreline opposite,

home of one of our other favorite trail systems, the East Lakeshore Trail, of which I spoke in the September issue of *Footnotes*. Upon return to the trail, the trekker is faced with another steep uphill, then soon hits a trail junction offering a choice of a return toward the center of the park—and ultimately the parking lot—or continuing southwest for another few miles of enjoyable trekking. For a trail of barely five miles, Hall Bend SWA offers a lot of diverse and enjoyable features.

Nocturnal Avian Adventures

Just this past weekend Jesse and I took part in two organized events that turned out to be quite fun. The first was an Owl Prowl offered at Ijams Nature Center. Most of us know Ijams as a wonderful center of outdoor adventure in South Knoxville and a great friend and partner with the track club. Unique about this outing was the opportunity to explore a few trails in the dark, guided by a nearly full moon and by a knowledgeable and amiable Ijams bird expert. Ostensibly we were out there learning about owls, but both Jesse and I were much more tuned into being out in the woods, trekking by feel and peripheral vision. We carried flashlights but eschewed their use for the most part. Being afoot at night, even with the light of a bright moon, is an experience that heightens the senses and broadens the enjoyment.

*** continued on page 13 ***

AAA continued from page 12 AAA

The next night, we drove to Seven Islands State Birding Park for a Halloween event that coincided with the actual rising of the full Harvest Moon just as we arrived. Again paying less attention to the guide and more to our softened footfalls and our surroundings, we soon abandoned the group and walked joyfully to the end of Kelly Lane, surrounded by grassy meadows lit from above, rippling in a light autumn breeze, and by tall hardwoods, becoming ever more sparsely leafed as the wind dislodged one leaf, then another. I was reminded of early trail race days when we ran races out at Seven Islands. The park is much more developed now, but the chance to explore it a bit under a full moon was an opportunity I relished greatly. See y'all on the trails.

UPCOMING TRAIL RACES

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 7, 2020, 7:00 am. 50k, 25k, or 5k. Norris Dam State Park, Norris.

DIRTY SOUTH TRAIL HALF MARATHON — Sunday, December 6, 2020, 9:00 am. Half Marathon and 10k PLUS Kids Trail Mile*. Mead's Quarry, Ijams Nature Center, Knoxville.

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

Please note! Due to the constantly evolving situation surrounding the COVID-19 pandemic, all race information, while current as of date of publication of this issue of footnotes, can conceivably change completely. Updated information will be posted asap on the ktc website, on runsignup pages, and via email.

2020 KTC Grand Prix Point Totals through Expo

Jerry Schohl, keeper of the points

MALE

Brent Bueche	42
Ethan Coffey	38
Jeff Colfer	36
Alex Morgan	32
Dave Alderman	30
Ron Watzke	28
Larry Brede	27
Joseph Hicks	26
Nick Morgan	23
Stewart Ellington	23
Sam Plemons	23
Andy Jones	22
Chase Givens	21
Mike Digirolamo	18
Christian Thompson	18
Justin Weinmeister	18
Doug Ross	17
Chris Davis	16
Paul Horton	16
John Byrd	15
2 men tied with	14

TEAMS

KPL / ZenEvo	498
Team Runners Market	440
Team Really	138
RunKNOX	87
Team Pilot / Flying J	53
Back of the Pack Elite	43
CNS Y-12	28
Roadkill Runners	25
Health Shoppe/Podium Sports Medicine	24
Knoxville Endurance	23
KTC Socialites	22
Two Carnivores and a Vegan	13
Fun Run for Beer	11



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

FEMALE

Kris Corbitt	38
Jennifer Singh	36
Constance Dickey	34
Katie Taylor	32
Kelly Davis	31
Becky Tener	29
Marsha Morton	25
Kathy Nash	25
Elizabeth Herndon	24
Jenny Jones	22
Hannah Walker	22
Andee Swann	21
Eliza Dickinson	21
Kaitlyn Clark	21
Jennifer Moore	21
Constance Bailey	20
Shirley Sirois	19
Chang-Hong Yu	19
Gina Rouse	18
Stacy Clower	17
2 women tied with	15

KTC VOLUNTEERS NEEDED

Nov 7	Norris Dam Hard Trail Races
Nov 26	Regal Turkey Trot / Lil' Gobblers Run
Dec 6	Dirty South Trail Half Marathon / 10k / Kids Trail Mile
Dec 12	Pigeon Forge Half Marathon / Relay / 5k
Jan 1	New Year's Day 5k
Jan 10	Wanderers Trail Race / Kids Trail Mile
Jan 16	KTC Ten Miler
Jan 30	Strawberry Plains Half Marathon / 10k

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



new balance

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Knoxville TN
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Knoxville

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Biking With Bob

by Bob Godwin



News in these Crazy Times

CTV, 9 Aug 2020: Don't feel bad if you don't recognize this source. It is Canadian Television and featured the news of an Alberta 50 year old woman who became quite bored with being socially isolated up in Ontario, and talked her husband into riding across Canada on their tandem bike. Mind you, she was not the usual cyclist—that would be her husband! They average about 150 km/day and are accompanied by their two teenage children AND her dietary coach all in their motor home. At date of airing, they were a third of the way across our neighbor to the north!

CTV, 9 Aug 2020: The item on the cross-country ride was preceded by a video of a Northern Ontario fisherman leaning over the side of his boat in Lake Superior about 1000 yards from shore. Why? He and his buddy spotted something in the water which proved to be an exhausted moose which was swimming in circle almost drowning. Our hero grabbed his antlers and they slowly dragged him to the shore. He (the moose) was so spent that he stumbled ashore, and after a bit of rest, was able to stumble on into the woods.

Personal Notes

◆ I have traveled a little in Canada. My Tennessee license plate elicits such questions as, "Where in Tennessee?" Knoxville. "Hey do you know Garth Brooks, Dolly Parton, Johnny Cash???" No, I don't, and Knoxville is about 200 miles from Nashville where most of those folks live.

◆ Even in the summer, I find little baseball equipment in their stores, but endless selections of ice skates, hockey sticks, warm woolen mittens, etc.

◆ In the heart of Quebec, many years ago, I was refused my would-be six-pack of Molson's by a young female clerk who spoke only French. The manager arrived, took one look at me and approved the sale.

◆ Also in Quebec, my wife and I walked into an attractive old style bar, only to have everyone fall silent. The barman approached and politely informed us it was men only.

NEWS SENTINEL, 16 Aug 2020: Electric bike maker Aventon spokesman says, "When the shutdown happened, the first thought was, 'this is going to kill the bike industry.' Most independent bike shops in the US are owner-operated, small business. There was a lot of doom and gloom... Instead the bike industry is a real bright spot."

Bike sales have skyrocketed during the pandemic and electric bikes, "ebikes," which Aventon now concentrates on, have also seen phenomenal growth, with sales increases of 84% in March, 92% in April, and 132% in May. Aventon claims 600% in June.

I looked at their website and they offer models from \$699 to \$1600, with orders placed in mid-August delivered in October.

NEWS SENTINEL, 19 August 2020: A 60-year-old man died after a bicycle accident in the Great Smoky Mountains National Park on (16 Aug) morning while riding the Cades Cove Loop Road. He fell and hit his head while going downhill. He was not wearing a helmet. Sad.

The Park tried closing the Loop to vehicles all day for the benefit of cyclists and hikers starting mid June to last through September. For current status call Park HQ, 865-436-1200.

SHOPPER-NEWS, 19 August 2020: Advice to parents whose children have been isolated and are going crazy/driving their parents crazy. "Skate or ride a bike with your kid in the neighborhood." Hopefully with both wearing helmets.

HOW ITS MADE, DISCOVERY TV, 14 October 2020: Inside the process of customize the manufacture of a carbon fibre high performance road bike from customer measurements, CAD design considering those specs, including weight and the type of racing; cutting the many pieces of carbon cloth; the layup of each portion of the frame designed to give maximum strength with the least weight; assembly of the pieces, using airplane glue; insuring perfect alignment; curing, painting or simple protective coating; installing the gruppo, wheels, tires, etc—if requested by the customer; payment of huge price. I found a good many used bikes for sale on the net, most of which were pretty specific about their specs, as, after all, they were custom made!

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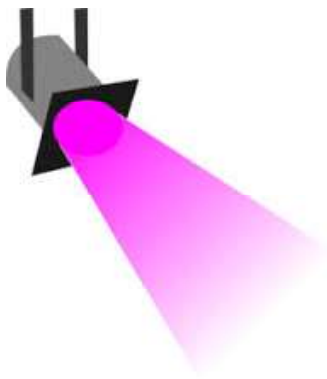
lead to the next step towards resolution. We work together to get you better. We are together for health.



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KTC High School Spotlight

Ambassadors' Savannah Rivera



by *Patty Tracy-Thewes*

This issue's High School Spotlight focuses on Savannah Rivera. She is part of the Knoxville Ambassadors Home School Cross Country Team. As a freshman, Savannah won the 2019 National Home School Championships with a very impressive time of 18:17! Despite various challenges with COVID, the 2020 Tennessee High School XC Season was able to take place, and Savannah once again shined. She opened the season with a 3rd place finish at the Knoxville Livestock Center Fall Classic, and raked up two more first place finishes at the September 12th and 26th Metro Knoxville Sequoyah Park Meets. Just a sophomore, we are likely to see much more of her in upcoming years! Let's get to know the talented and speedy Savannah Rivera.

When did you start running and who introduced you to the sport?

I have been running for as long as I can remember. Some of my earliest memories are running with my Mom, in pink princess flip-flops, while my older siblings practiced. I ran my first race when I was 4 and can still remember how thrilled I was to be racing like the 'big kids.' I started competing for the Ambassadors in 2012 and have enjoyed cross country more and more throughout the years. My parents and siblings introduced me to cross country, and my first coach was Sofie Bell.

Last season, as a freshman, you

won the Homeschool Nationals. How did you prepare mentally and physically for that day?

Preparing for Homeschool Nationals had its ups and downs. There were several practices shortly before Homeschool Nationals where I was struggling to hit my times in practice and was a little discouraged because it was so hard. But I had help from my coaches, who reminded me that every runner has good days and bad days, and my parents, who are always so encouraging. The practice before Homeschool Nationals was very encouraging and I felt more confident after that. I've always struggled mentally and I was really nervous beforehand, but I prayed a lot and knew that as long as I did my best to the glory of God nothing else mattered.

What is your favorite subject, and why?

Writing. I love writing stories that get the reader drawn in so that they can picture the story and characters in their head, and making them feel as if they are in the story too.

What do you like best about being a homeschool student?

Having my parents as teachers. They know me better than anyone else and can tailor my education in a way that will be most beneficial to me and help me build my strengths and work on my weaknesses. Also learning alongside

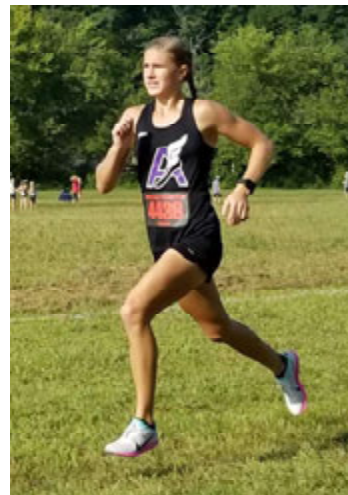
my siblings. It makes learning much more fun, and easy to be learning with people you know and love.

What other hobbies or sports do you participate in?

I enjoy playing ultimate frisbee with family and friends, reading, writing, hiking, playing the piano, and crafts.

What are your goals for this 2020 cross country season and beyond?

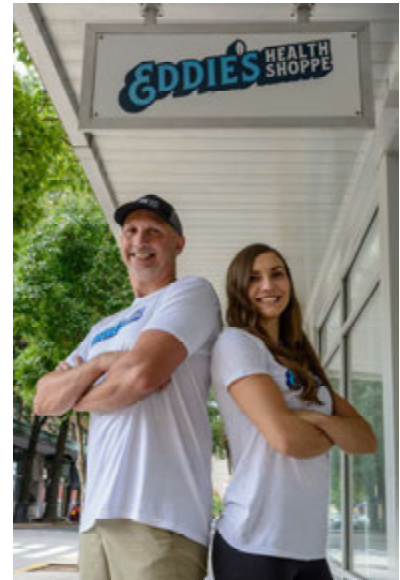
The thing that I have found the hardest this year is pushing myself mentally. With smaller races, and less people around, there is not a lot of motivation which makes running even more of a mental game. I would like to be able to overcome the mental battle and do my best to the glory of God because He has given me the ability to run and I am so grateful for it. Beyond this year I would like to keep improving and maybe work towards a scholarship, although I am not certain I want to run in college.



How has COVID affected your training, if at all?

COVID has not affected training in any significant way. Small changes have been made when we practice as a team, for example we spread out more,

**** continued on page 19 ****



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

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



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

BUSINESS HOURS

Monday - Thursday 10am - 8pm

Friday - Saturday 10 am - 9 pm

Sunday 12:30 pm - 6 pm





TRI-BAL KNOWLEDGE

The Bright Side to 2020

by Larry Brede

2020 – What a year this has been (and continues to be)! COVID is our new normal and we’ve all spent a lot of time talking about how our racing seasons didn’t happen, missed adventures, and loss of running community interaction. And that’s all true. I’m not sure how long this new normal will last, but I know that this year’s multisport season was cut back tremendously. Like you, I did miss a lot of the things mentioned above. However, looking back on these past eight months, there was a lot of good that happened for running.

My entire family was home for three months, including my oldest daughter from college and my inability to travel for work. Having a job that involves spending more time away from home than under our roof, that time was irreplaceable! We spent time together, ate meals around a table, and just caught up in life. The single best part of this whole ordeal.

Due to a recent job change, I’d written most of the year off from a training perspective. However, the time I spent working from home also equated to a springboard to getting back in shape. Spending an East Tennessee spring biking, running, and even getting back into the rivers for quality swimming was pure joy. For the first time in two years I was able to swim with the

Knoxville Open Water Swimmers (KOWS) and enjoy some socially-distanced fellowship.



With others in confinement as well, it turns out that everyone was going a little stir crazy. That made finding training partners easier, including through the summer. I love it when you ask a crowd “who’s up for a monster swim-run session?”, and a dozen people show up! My future son-in-law and I did the 4 x 4 x 48 challenge, I joined a bunch of KOWS on some super-long river swims, ran a few “mock” marathons with friends, and hammered through endurance Swim-Run events with my partner, and did some fantastic rides with teammates. All these happened without the stress of training and tapering for races. What a joy!



We did get in some racing as well, though greatly reduced with COVID cancellations. Those that did take place were actually a lot more fun because there weren’t any crowds. It made the time with my friends and family at those events even better.

Yes, 2020 sucks and I know we’re all looking forward to a better 2021. But like most things in life, there’s a definite up-side to what went on this year. We can’t choose many of the situations life throws at us, but at least we can choose how we respond. Cheers!

High School Spotlight

AA continued from page 17 AA

stay home if we feel sick, and no community water coolers.

If you can go to dinner with anyone in history, who would it be, and what one question would you be sure to ask?

I’ve always loved gymnastics, and growing up I would pretend to be Shawn Johnson when my sister and I had ‘gymnastics competitions.’ I think it would be fun to meet her in person but I am not sure what I would ask her aside from getting an autograph and/or picture. Also I would love to ask Noah why he kept the mosquitos on the ark, and if he ever thought of squishing one if they landed on him!

What is the best advice that a coach has given to you?

Embrace the pain, because it doesn’t last forever, and push through it. It’s a simple concept but it is a very helpful reminder and is something that I tell myself before and during the races.

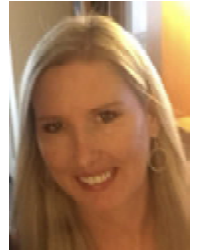
The Knoxville Track Club wishes Savannah Rivera the best of luck with her upcoming races and in all her future endeavors!





Confessions of a Social Jogger

by Patty Thewes, KTC Social Director



KTC Rocks!

One of my all time favorite movie moments is the “Love Actually” Heathrow Airport opening scene. Before the pandemic, I was a frequent flyer. Although I hate the actual flying part, I love the human connection on display in airports. If you take the time to watch, you really do see so much love.

Once on the plane, I totally respect the “noise canceling ear piece” type. But if you want to strike up a conversation, then it’s on like Donkey Kong. I’m totally ready to hear your life story, and call you my new friend upon touch down.

Well, the pandemic has certainly put a damper on all of the above!

When I flew once this summer from Knoxville to LA, all that good human loving was tucked deep under our masks as we tried to keep as far apart from each other as possible. Yes, I get why this was needed, but my flying experience also was a sobering reminder of how, in an attempt to get this pandemic under control and protect ourselves and others, we have greatly sacrificed human connection. Ironically, during these difficult times, human connection is

what we need more of—All you need is love! (Hey, great title for a song, if I do say so myself...)

What does this have to do with the Knoxville Track Club?

Well, a lot! According to a recent article in Psychology Today, positive social interaction can help you live longer, boost your immune system, decrease depression and may even lower your risk of dementia.



KTC’s mission is to encourage life-long physical well-being through running and walking, and its vision is, “Healthy living, healthy community, one step at a time.”

They nailed it this year!

While concerts, weddings, parties and many other activities that bring us closer have been canceled, KTC has gotten creative and adapted in order to still keep us all safely connected. In addition to engaging online, KTC, with COVID safety protocols in place, successfully hosted some incredible in-person activities since late July.



For those who attended some of these, KTC has given us back some of that human connection we all are craving and some sense of normalcy.

I volunteered for the Townsend 10K, the first KTC in-person race since the shut down. It was July in Tennessee, people. Of course, it was a scorcher! Didn’t matter. You could feel the positive, “just happy to be here” energy all around.

The race could not have gone better. I saw you, Randy Boyd, President of the University of Tennessee and avid supporter of all Knoxville. Thanks to you and everyone else from our community that day who shared in this collective positive socially distancing experience!

My next race was the KTC Pigeon Forge Midnight 8k. It was particularly exciting because it was the first race I would run since being sidelined with an injury in January.

Right off the bat, two positive things occurred:

1. Despite it being dark, I managed

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

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

Confessions of a Social Jogger

AAA continued from page 20 AAA

to avoid stepping on any road kill the whole race (something I didn't accomplish at Ragnar—my last night time run).

2. I managed to cross the finish line, “unofficially.” To explain “unofficially” finishing... Well, despite the race being super well-marked, my mind drifts when running at night, and I got off course briefly as I mindlessly started following some runners who were done and cooling down. Ok, no judging. I know this is not the first time someone has done this...(because I did it once before). Good news, I realized my error, and got back on track!

No matter, just completing an in-person race with others was pure joy for me. Loved seeing familiar faces and meeting new people, too!

I chatted up a wonderful gentleman who came all the way from North Carolina! There were several more states proudly represented, as well.

I had a wonderful conversation with this guy, Todd. He looked so familiar to me, but I couldn't place why. Only after the fact did I realize it was the very talented local WBIR weatherman, Todd Howell!

Please forgive me, Todd. I blame it on what I call “PE Student” amnesia. See, I was a PE teacher for many years, but when some of my students saw me out of my “gym” clothes and without my whistle, they sometimes initially didn't recognize me. Unlike Quasimodo in the Bell tower, I did get out of my gym every once in awhile. And aside from being my trusty weatherman, you

actually do exist out of my little TV box. Great to know you are a runner!

Setting the difficulties of our time aside, and enjoying the moment with others really filled my heart during all these races. I really personally needed this, and perhaps it's something you are looking for, too.

While the Knoxville Marathon has gone virtual and the current climate can change, KTC has slated smaller in-person events to continue to lift us thru the end of the year. Go to KTC.org for upcoming events and the latest information.

“...the KTC staff and volunteers... have knocked down walls to make these running experiences possible this year.”

Additionally, the Wednesday Night Group Social Runs have been running since the beginning of September. What a great way to get out of the house, and share group experience outside, while still being able to maintain social distancing.

If you haven't tried the Wednesday Night KTC Social Group Run yet, come join us. All levels are welcome, and it's free! I have met the most interesting, funny and just all around wonderful people at the social group runs. Too many to mention in this limited space. People coming together to share a run and a slice of their life!

I want to thank David Black and all the KTC staff and volunteers that have knocked down walls to make these running experiences possible this year. Also, thank you to the sponsors for supporting KTC during a difficult time for businesses out there. Y'all (see this former Ohio city girl is even saying y'all) make me proud and so appreciative to be part of this Knoxville Community. I know many others that feel the same!

I look forward to seeing more familiar and new faces at the upcoming Races and Social Group Runs! You rock, KTC!

President's Column

AA continued from page 5 AA

I want to thank a few board members by name. Three of our current directors will be rolling off the board as their terms come to an end in December. Scott Schmidt, Doug Holder and Robyn Kilby-Smith have all served diligently in a multitude of roles, both on the board and in various other ways in support of the club's mission. Their service as directors will be missed, but make no mistake, the club is better in so many ways because of them. Scott, Doug, and Robyn will still be supporting the club through various volunteer roles, so when you see any of these fine folks at a future event, be sure to thank them for their service to the club.

The end of the year is lining up to be busy with some great races. The Covenant Health Knoxville Marathon (November 7-15) has unfortunately had to go virtual, but you can still sign up at <https://knoxvillemarathon.com>. The annual Thanksgiving Day Turkey Trot has just been approved by the City of Knoxville as a live event on November 26. The club returns to The Island at Pigeon Forge and all it has to offer for the Pigeon Forge Half and 5k on December 12.

The trail folks have some long distance races lined up as well. Both the Norris Ultra Dam Hard Trail Race, offering 50k, 25k, and 5k options on November 7, and the Dirty South Trail Half Marathon, 10k, and Kids Trail Mile on December 12 are open for registration. Keep checking the KTC events page (<http://www.ktc.org/Events.html>) and social media for the latest news about the club.

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

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

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

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KTC BOARD OF DIRECTORS

Minutes of August 2020 Meeting

AUGUST 24, 2020

The Zoom meeting was called to order by Tim Monroe at 6:00 pm. In attendance were: Christina Adkins, Gabrielle Cline, Bobby Glenn, Tim Gregory, Pam Haggard, Doug Holder, Brian Huskey, Keith Jackson, Suzanne Oliver, Scott Schmidt, Robyn Smith, P. Mark Taylor, Alicia Teubert, and Gerald Witt. David Black, Jason Altman, and Michael deLisle attended as guests.



Minutes –Gabe noted that the minutes that were submitted were amended to clarify that the bonus matrix that was discussed in the executive session was for 2019. Tim Monroe called for approval as amended. P. Mark moved to approve; Alicia seconded. Minutes as amended were approved unanimously.

Regular Reports

Executive Director Report— There were no questions about the report David submitted. David noted that he is looking for a new location for Expo. The City is supportive of having this race as it is the oldest race but need for it to be in a location that supports safe social distancing. David is also looking for a location that can safely accommodate Turkey Trot and the size of the anticipated crowd which likely means moving into the county. KTC did an assisted race in Maryville, The Rebel Run. There were 690 participants (328 participated and finished in person, many participated on a virtual basis). Wave start worked very well – so much so that race director mentioned wanting to do this in the future. David noted that we will probably be able to put the Hal Canfield Mile on the schedule in the

fall. We also might have a location for a 2-mile race. David is working on a cross country race as well. David met with Townsend officials and they had great feedback about the 10k. They are very open to our upcoming event. David is finalizing logistics for the combined 15k and 10k. Bobby asked about timing availability for 9/26 for the Big South Fork race. Pam noted that there is a cross country meet on that day at Cherokee that will be using the timing equipment. Michael noted that there is a property in Strawberry Plains that is open to allowing a one-mile or two-mile race on their property. The property runs a non-profit for special needs individuals and Michael noted that donating some of the entry fee to them would be good. Tim Monroe summarized that there are a lot of moving parts with getting races on the schedule and pursuing new races that will allow people to run in person.

Treasurer’s Report—Robyn asked for questions. Tim Monroe noted that it is good to see investments are back up to normal. Tim M. clarified that the PPE loan amount in the report was the amount left. Robyn noted that the next payroll will take care of the remainder of the PPE funds. Tim asked about the process of loan forgiveness. Keith noted that each individual bank is defining its own process. Once all of the money is spent on qualifying expenses, we will submit to Mountain Commerce for forgiveness. The SBA will also review before the bank itself forgives the loan. There is interest accruing currently, but it will also be forgiven once the loan is forgiven.

Trail Committee/Footnotes/Website Report—Michael noted that

Footnotes is scheduled to be published one week from today. It can be pushed out if there are new races that need to be included. Michael is continuing to update the website as races change. The Trail Committee concluded another RunAnytime race. There are 60-70 more people who are signing up under this model than under usual conditions. Michael noted that they will move the 4Q meeting up to ensure that Big South Fork details are pinned down. The committee is looking at moving the trail series around in 2021 so that out of county races are earlier in the year and Knox County events are toward the end of the year. This is in anticipation of the City continuing to impose restrictions on crowd sizes at the beginning of 2021. Bobby reported on Big South Fork. The park approved the race; the caterer is in place; planning a wave start that sends out the long race people first. Bobby does not anticipate any problems getting the race done with social distancing protocols in place. Registrations are rolling in. Alicia asked if there are still plans for a water stop. Bobby noted that there will be more of a self-serve, rather than hand off water stop, but for the safety of the runners, there needs to be water on the course.

Event Manager Report (Youth Development)—Stephanie was not able to attend the meeting. However, there is nothing to add to her report. Tim Monroe noted that we will plan to reach out to programs as schools are opening up.

Marathon Director’s Report— Jason Altman noted that he has been in constant communication about holding the November event in person. The City is now allowing 250 for in person

**** continued on page 24 ****

KTC BOARD

AAA continued from page 23 AAA

events. Jason will meet with City Mayor and senior staff this month but doesn't have a confirmed date with them yet. Jason and David will meet with Covenant staff this week. Jason noted that regardless of what happens with the 2020 race, he is not confident that the 2021 event will be allowed in the spring as this will be immediately following flu season. Jason is recommending that we move 2021 to a fall event for ease of planning. Bobby asked if there is a sense of Covenant's confidence in sponsoring the marathon given that they are a health care provider. Tim asked if we move the marathon to fall, does that lock us in to a fall marathon for any period of time? Jason noted that he prefers consistency and if all of the people we need to coordinate with want us to stay in the fall, he'd be good with it. David asked for support of the board to move the marathon to fall for 2021. The full board provided support.

Financial Planning Committee Update—Tim M. credited Keith with the development of a decision-making tool that allows us to update our finances with actuals YTD. This allows a much better picture of where we stand financially. Tim noted that we have looked at events that are locked in, as well as things that are still up for consid-

eration. Bottom line is that the club has an anticipated \$30,000 deficit right now. Tim noted that this is a good position to be in all things considered.

Digital Presence Committee Update—Zane could not be at the meeting. He sent an email to Tim which has been forwarded to the board. The board has been asked to look at this material. Gerald noted that we will need to do some clean up on the web pages that are out there. Michael and Zane plan to meet soon.

Roundtable

Bobby noted that a few of the board are involved with youth cross country. Upcoming meets will provide some exposure to KYA's procedures for social distancing, etc. Tim M. asked if the school system is trying to find locations outside of Knox County. Bobby noted that meets happen across the region, but there is not an effort to locate outside of Knox County. Pam noted that they are dividing up the meets so that fewer individuals are on site at the same time.

P. Mark put out the idea that he would like to see KTC sponsor a masters track meet at some point in the future. This could be an USATF level event.

Christina has received questions about the KTC group runs and when these might resume. David noted that

we are looking at the first week of September. The first run will start at the parking lot by El Mezcal since Runner's Market is wanting to practice social distancing. Patty Thewes will be leading this and would like to move the start time to 6:00pm.

Michael asked about the Beer Run series. Tim noted that we are close to having breweries and dates set up. Looking at mid-September to start. Michael noted that if we can get this into Footnotes that would be good.

Tim Monroe noted that he has been looking at board terms and who is expiring. Of those who are expiring, only Scott Schmidt is term limited. We need a committee to look at potential new board members. If anyone would like to serve on this with Tim, please reach out. We will need to have the slate of potential board members approved by the current board in October. We also need a contingency plan in the event that we cannot have a holiday party that normally serves as our annual meeting.

P. Mark motioned to adjourn. Brian provided a second. Meeting adjourned at 7:15 pm.



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



starting on the 2021 budget and a draft will be presented next month.

KTC BOARD OF DIRECTORS

Social Presence Committee Update

Minutes of September 2020 Meeting

Zane noted that they are looking at the website and working to upgrade this. For some users the current website doesn't seem to be working simply because the website is so old. The process of downloading the current website has started. By next week, Zane will have a real timeline on upgrading the website. The biggest challenge is managing the race results data. Zane will send out the site map to the group for any feedback the board would like to give. A conference call is set up for next week to look at social media accounts. Christina will assist with this as well.

SEPTEMBER 28, 2020

The Zoom meeting was called to order by Tim Monroe at 6:00pm. In attendance were: Christina Adkins, Gabrielle Cline, Pam Haggard, Zane Hagy, Doug Holder, Brian Huskey, Keith Jackson, Suzanne Oliver, Scott Schmidt P. Mark Taylor, Alicia Teubert, Jason Wise, and Gerald Witt. David Black and Michael deLisle attended as guests.



and Jason are working with Covenant to provide PR for the virtual marathon. There is a meeting with the City of Knoxville on Thursday. David and Jason have some strong letters of support from community leaders for expanding events in the City limits. David will have updates after Thursday. Tim Monroe asked about the current balance in the marathon account. This is the result of moving money back to Runsignup to cover refunds. Tim asked about any

special recognition for the fifteen streakers who have run for all Knoxville marathons. This will depend on the City's willingness to work with us on this. Brian asked about the range of paces for the streakers. David will poll them to see how much interest there is among the streakers. We expect to see another big drop in registrations over the next few days after the second email goes out.

Nominating Committee Update

Tim, Alicia, and Scott have agreed to serve on the committee. They are looking at who is rolling off and what skills we will be losing. We will have fifteen returning members; Pam, Gabe, Brian, and Bobby will serve a second term. Currently we have a need for two more nominees. We would like someone who is strong in trail running for one of the members. If you know of someone, please reach out to Tim, Alicia, or Scott.

Minutes – Tim Monroe presented the minutes for approval. P. Mark moved to approve, Alicia seconded. The minutes were approved unanimously.

Consent Agenda

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

Financial Committee Update

Keith noted that the marathon is having a big impact on the financials. The budget will be updated for the virtual marathon. We will have a better idea of this once the final participant numbers are settled. Tim noted that Keith has done an excellent job of creating a working spreadsheet that helps us see the bottom line based on all of the modifications that have been made this year. We will probably have a much better idea in October what the impact of the marathon going virtual is. Alicia asked about actuals for 2019 and also if the 990 has been pushed out further. Keith noted that the 990 is due soon. He will reach out to Robyn about getting actuals for 2019 for the full board. Tim noted that we are also

Roundtable

P. Mark brought up again the desire for more adult track and field events.

David noted that he is doing a fundraiser for a DV shelter (Ida's Place) by running in heels.

Pam thanked everyone who helped with Townsend.

P. Mark moved to adjourn and Christina seconded. Adjourned at 6:53 PM.

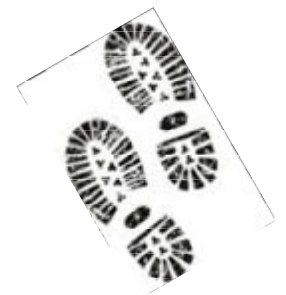
Tim will send a poll about an in person meeting next month.

Marathon Status Update

David provided a report on the marathon. The club is transferring more money into Runsignup for refunds. Jason will send another email reminding people that they need to respond or will be moved to the virtual event. David



A WEEK OF FUN AT NORTH BOUNDARY



John Storey, race director

The Treadin' Trodden Trails Committee continued their virtual 2020 series with the weeklong North Boundary VirTraverse 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 90's and is much used, particularly in 2020 as folks looked for outdoor activities. I have been running this trail for decades now and have never seen so many people out enjoying the trail. Although the North Boundary Trail is gravel, the late Kerry Trammel and now 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.



In past years, the NoBo Traverse has started at the Horizon Center because of parking needs, but this year's virtual format allowed for a start at the small "main" parking lot for the trail just west of the guard shack on the Oak Ridge Turnpike and enabled additional single track within the "half marathon-ish" format, as well as visits to significant sites on the trail.

Race week began on the glorious Saturday of Labor Day Weekend – the heat and humidity had finally broken.

As early as dawn a group of five runners took off on the long course, passing by me as I hurried to weed-whack "Chigger Alley" on the west side of the course. TTT director and *Footnotes* editor

Michael deLisle was there through the morning with son Jesse, seeing folks off on their adventures. The 10k and long course both started off going up the Boulder trail, named for an

impressive boulder that sits part way up the trail. Both courses connected at the top to the Gallaher trail which cruised back down to the quarry, at which point the long course folks headed west on the gravel and the 10k folks circled the quarry and headed back to the Start/Finish via a third stretch of single track, Big Oak. The 10k was closer to 5.6 miles, an unusual "short" course for TTT. The long course (~14.5

miles) featured some flat and fast gravel in the first half, and rewarded speedsters after the halfway mark with a stout climb up to the Wheat Community monument and McKinney Ridge, followed by a return to the quarry and the finish. Feedback from runners was that the course was a) long, b) challenging, and c) a lot of fun! We checked the course daily, thanks to the great TTT volunteers and family (Bobby

Glenn, Tim Hill, Pete Crowley, Alondra Moody, Nalu Storey, Steve Barber, Ken Lonseth, and Stephanie Johnson). Course checks were critical, as vandals were consistently removing the flags and signs near the quarry on one of the trickier sections of the course. Thank you to all!

As a promotion of the interesting sites on the North Boundary Trail, we asked participants to take selfies at various landmarks. Thank you to the many runners who did humor the RD and took selfies at the boulder, the quarry, a bridge, and the Wheat monument; a few of which are featured on Facebook.



For the half marathon, the top three women were Julie Jones (2:21), Courtney Matevey, and Michelle Holmes, all of whom were Masters runners as well! The top three men were Bruce Spottiswoode (1:53:40), Sam Plemons just twenty seconds back, and TTT's own Tim Hill. Bruce also garnered top honors for Masters. For the 10k (actually 9 km) the top three women were Chris Keim (52:18), Alden Larrick, and Elizabeth Rhoton, with Chris also garnering Master's line honors. The top 3 10K men were Chip Keim (way to go Keim family!) in 47:07 followed by Scott Larrick (hmm, I see a pattern) and Jacob Price. Chip also grabbed top Master's with his performance.



All finishers received a coupon for free beer courtesy of the fine folks at Blackhorse Pub and Brewery – as always, we are thankful for the support of our sponsors including Runner's Market, who chipped in a fistful of gift cards for us to award.



RUNNERS WELCOME THE CHALLENGE IN TOWNSEND

Pam Haggard, race director

Like everything this year, our annual Townsend 15k looked a bit different than it has in the past. Fortunately, we were able to have the race in person rather than virtually, like so many other races have had to be in the past few months. But better than just having runners in person at the race, we were able to incorporate a new twist, with the addition of a 10k event and the option for a “challenge” which allowed runners to race both the 15k and the 10k back to back.



A great group of runners made it out for the races. We had 118 finishers in our 15k and 95 in the 10k. Twenty of these runners were the impressive few who decided that 25k would work for them, running first the 15k and then the 10k. With a later race date and an earlier start time than typical for this event, runners were welcomed with a somewhat mild morning in which to take on the hills and turns of the peaceful city of Townsend.

Our overall 15k winner, scorching the course in 52:04, was Ethan Coffey. A minute and a half later, our second place runner arrived at the finish, Cameron Cook, who completed the course in 53:34. Third was Alex Morgan, who clocked 53:50.



Peighton Meske was our overall female winner, covering the 15k in 57:24. A few minutes behind her was Elizabeth Herndon (1:05:32) followed by

Elizabeth Dickenson(1:06:01).

In the 10k, our overall winner was Will Jeter. He finished in 33:53, well ahead of second place finisher Jack Badger (36:58). Third place overall was Zo McCullough, who completed the course in a time of 41:19.

Overall female winner was Kaitlyn Clark. She finished in 42:30, quite a ways ahead of runner up Janie Wilson-Price (48:46). Sarah Gleis was next across the line, and her time of 50:18 earned third place.

Congratulations to all these runners and also to all overall and age division winners. Please take a look at the complete results, as well as at our photo album, which can be found at www.ktc.org.

This, and all Knoxville Track Club races and events, would not be possible without the support and participation of our sponsors. We want to thank Pilot, New Balance Knoxville, Runners Market, WBIR, Hard Knox Pizzeria, Eddies Health Shoppe, KPL, Townsend Strategies, and BDry Towel for helping make this year’s race possible through their financial support. We also greatly appreciate the continued support of The Lily Barn (owned by Steve and Janice Fillmore) who allowed us use of their facilities at the Abbey and

most importantly, for being willing to have their staff come in early to staff the restaurant for our runners and volunteers.

Volunteers are the key to all our KTC events. We greatly appreciate all the help that we had this year from so many different individuals. I cannot thank them enough for their efforts. In addition to a lot of our typical KTC volunteers, we also had a number of volunteers from the Alcoa High School Cross Country team as well as from the William Blount High School Cross Country team. They participated as a part of our volunteer fundraising program. Team members, along with some of their family and friends, helped at the water stop and on the courses as monitors.



A special note, our race was run this year in memory of Townsend’s beloved Mayor Ron Palewski who passed away earlier in September. Mayor Palewski was known for his love for Townsend and its people. He has supported our club and our events for years as he held various positions on the town council. For all he was to his community as well as for his generosity toward our running club, we are thankful and we are very pleased to share his memory.

I say this every year, but it continues to be true so I need to say it again. It was a pleasure spending a beautiful Sunday morning at the foot of our Great Smoky Mountains doing what we love to do. Good times, lots of smiles and laughter, and great running can be found every year at this event. We hope you will join us next year!



THE 27th ANNUAL BIG SOUTH FORK TRAIL RACES COVID VERSION



Bobby Glenn, race director

It goes without saying that it's been a crazy year and most of our races have either been cancelled or converted to a virtual format. I had my doubts whether Big South Fork National River and Recreation Area would issue a permit for our event and wondered whether, even if they did, they would allow us to have our post race BBQ and gathering. Fortunately, they allowed us to stage the event with minimal format change and we employed substantial measures to make sure everybody stayed safe.

We did a wave start with 4 waves (2 x 17.5 mile and 2 x 10k) separated by 5 minutes to thin the crowd out. We had a few issues but nothing major but it did create some interesting scenarios as we rolled all the results up to establish final placings by time. Our volunteers were

masked and gloved where necessary and did a temperature check on all volunteers and runners when they arrived. The crowd was very cooperative and seemed to appreciate our efforts to keep them safe. You can check out the race results at ktc.org.

The best thing about the day was to see how much people enjoyed being able to participate in an actual race! The atmosphere was festive and the precautions didn't detract from our usual fun and low key event. We had 186 registered and 170 finishers, which is a little down from normal, but all in all I think it was a pretty good turnout. Even in these Covid times, we had runners travel to BSF from nine states for this grand trail race event!

One of the greatest things about this race for me is the tremendous

group of enthusiastic volunteers who help most every year. This year was a little different as we had many new volunteers who hadn't worked the race before and these folks were fantastic and turned out in force. Many thanks to Mary Nelle Glenn, Liza Graves, Tracy Rafferty, Bobby and Pat Robbins, Susan Musser, Grace Weber, Jack Marshall, Charmaine Lingard, Scott Crammond, Jessica Braunstein, Tim Monroe, Daniel Wells, Spencer Wells, Heather England, Jamie Baker, Michael deLisle, Rebecca Holder, Tony Owens, Pete Crowley, Ken Lonseth (major effort sweeping the entire course), Chris

George and Jonas Holdeman.

Rickard Ridge Barbecue was back providing a great barbecue lunch for the runners and their guests.

Many thanks to Big South Fork NRA for hosting us and to our sponsors Runners Market, Black Horse Brewery, and Threds.

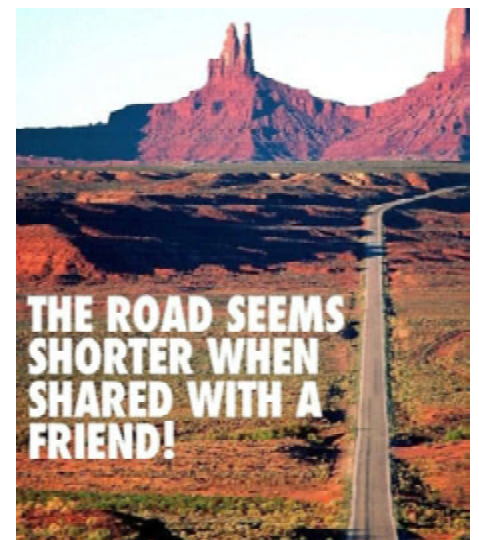


DON'T FORGET...

Saturday, November 7, 2020 - 7:00 a.m. Thirteenth Annual **NORRIS ULTRA DAM HARD TRAIL RACE**. 50k and 25k both start at 7:00, and our inaugural 5k begins after the ultradust settles. Online registration available on the KTC website and Runsignup.com.



**BE PART OF KNOXVILLE TRACK CLUB'S
ONLY ULTRARUNNING EVENT**





STREAKERS STREAK, RUNNERS RUN, RACERS RACE EXPO

Muna Rodriguez, race director

While it's true this year has been a little crazy for every one, as runners we have all tried to keep a little semblance of sanity and being able to hold the Knoxville Expo 10k/5k was a great way to do it!

So for the previous 41 years, Expo was run in downtown Knoxville, all but once in May, with a fun pre and post-race party... but in 2020? None of that happened. With the postponement of the May event, KTC staff was able to work with the Knox County parks and recreation department and the Northwest Sport Complex to have a live race with all social distancing precautions. The course was to be an out and back 5k and a double out and back for the 10k.

I was asked to direct the race and was super thrilled! I'll admit there were plenty of challenges involved in directing a last minute, socially distant event. The course needed to be certified, the logo, the shirt order, the volunteers, and of course, give people time to make sure they get signed up!

I quickly learned about the Expo Streakers, who have now been running in the race for the entire 42 years the race had been held. I had the pleasure of speaking with a few of them, who shared a few stories about years past. One gentleman, Chuck Anderton, even ran in the same shoes every year! Most

of them had gathered in May and run the race virtually, but they still showed up in October if able to run the live event!



With the baseball park helping to create our race logo, courtesy of Patdome Promotions, we played on the theme further with baseball bats as awards, a baseball tee, and peanuts and cracker jacks for the post race food!

The awesome volunteers showed up at zero dark thirty for packet pickup, and the start/finish line was set up across the street. The county sent some of their best officers to help keep us safe, and we even had a visit from the Knox County Mayor Glenn Jacobs to start off the first waves of runners.



The rolling start kicked off after the National Anthem with a sparse crowd leading off and continuing for the next 15 minutes.

The trick with a rolling start is that just because you cross the finish line first, it doesn't necessarily mean you were first on the podium!

Once the results were final, our overall top podium finishers were Daniel Thompson (17:25) and Andee Swann (20:27) for the 5k and Will Jeter, who ran a smokin' 34:17, and Kaitlyn Clark, who clocked

43:20 for the 10k race distance.

At the end of the race, the cleanup was easy with several more awesome volunteers that helped out. Congratulations to all who participated, and thank you to Knoxville Track Club for being willing to put together a safe event for our running community to be safe outside while staying healthy. I hope everyone had as great a time as I did!





TREADIN' TRODDEN TRAILS RUNNERS ATTACK ON FORT DICKERSON



Andrea Ludwig, race director

The Venue – Did you know that Knoxville was once one of the most fortified cities in the country? There were 16 forts created to protect Knoxville during the Civil War, and Fort Dickerson is the best preserved of them. Built by Federal Army in 1863-1864, Fort Dickerson was originally described as being along the Holston River, now called the Tennessee River. It was built to defend against Confederate forces bombarding the city of Knoxville and driving out Union troops. It was protected from attacks by to the surrounding steep terrain. It is that same terrain that provides us some great trails with challenging climbs and technical descents.



The quarry lake at Fort Dickerson Park is all that is left of the Augusta Quarry, which closed over 40 years ago. The bluff overlook lies 100 feet over the water below, which plunges to depths of about 350 feet. The recent improvements to Fort Dickerson Park by the City and its partners have improved access for a variety of experiences for visitors, from swimming and paddling to trail running and mountain biking. The renovation of the parking areas has included using natural materials and native plants representative of the East Tennessee Valley and Ridge region. The White Cloud Muhly Grass was in full display for racers on this race day in late October, giving the challenging loop a light airy visual effect as runners' quads were screaming from the rugged downhill they had just endured.

The Course – This loop had it all.

Quarry lake views, a bit of pavement, a touch of gravel, mostly singletrack, rock outcrops, powerline cuts, and some runners got to experience it twice! The 5k loop had about 450 feet of elevation gain, and 10k racers took two laps. Runners ran out the paved road and down the singletrack trail along the quarry for a clockwise loop. The finish line was at the very top of the hill, where a stone embedded in the ground marked the location of the old Fort gate. In coming years, will the loop be reversed? Will the start/finish line be moved down to the quarry lake? That would make for a fun post-run swim in warmer months.

The Race – We kicked off with a kids mile, where 12 budding trail runners tackled a lollipop course. The winning boy was Alexander Stewart with a time of 8:42, followed by Tristan McCart, George Donnelly, and Cooper

Thoms. The girls race was won by CiraBella McLennan, followed by Keegan Brannon, Ellie Lowe, Charlotte Donnelly, Charlotte Steward, Bellamy Benson, and Kenna Ellis.

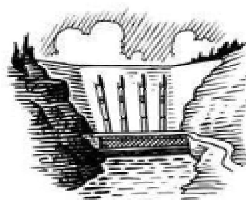
Jared Lawrence won the men's 5k race with a time of 26:25, followed by Timothy Rutherford and Jesse Garren. The women's 5K winner was Sarah Solovey, who ran 35:24, followed by Kristen Coulston and Christie Moore. The men's 10k race winner was Jamie Mcart, clocked at 50:38, followed by Patrick Fiveash and Landon Jones. The women's 10k race winner was Cassidy Giles in a speedy 55:21, followed by Jessica Tucker and Marianne Hitchcox.

This first TTT running of the Fort Dickerson Frolic was a success as we all learn to conquer and prevail during this new normal of pandemic life. Thank you to all who volunteered, raced, cheered, and supported us as we safely gathered for some miles of smiles.



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

NORRIS ULTRA DAM HARD TRAIL RACE



DATE TIME PLACE: Saturday morning, November 7, 2020, at 7:00am (NOTE NEW DATE). Norris Dam State Park, Norris, TN.
COURSE DESCRIPTION: All three race options will take place on single track trails and jeep roads spanning across both the Norris Dam State Park and Norris Municipal Watershed areas. The 25k course and 50k course are identical in that the shorter race goes one loop counterclockwise and the 50k two loops. **New this year** will be a 5k race that offers challenges of its own and will be worthy of inclusion in this ultra distance festival. The long races will have multiple aid stations easily accessible by road for spectators and people supporting their runners. The 25k option will have a 4 hour time limit and the 50k option will have a 9 hour time limit, with runners required to reach halfway within 4 hours to be allowed to go back out.

DIRECTIONS: From Knoxville: Take I-75 north to exit 122. Turn right off exit towards Norris. From the top of the exit ramp, go 1.4 miles, then turn left on Hwy 441/Norris Freeway. Go about 4.8 miles, then when you approach the dam, turn right at the Norris State Park cabin/campground. Go up the hill about a quarter of a mile to the 2nd pavilion on your right. Latitude, Longitude: **36.224296, -84.084003**

ACCOMMODATIONS: Norris Dam State Park has two campgrounds available with water and electric hook-up and dump stations. Norris Dam State Park also has very nice Rustic cabins and Deluxe Cabins available. Check the Norris Dam State Park website for details. There are additional lodging accommodations at Exit 122 at I-75 and Andersonville Hwy 61 junction.

REGISTRATION AND FEES: Preregistration fees: 5k—\$20, 25k—\$35, 50k—\$55. Day of race registration for the 5k—\$25, 25k—\$45, 50k—\$65. For the first time, we will be offering a \$5.00 discount for Knoxville Track Club members. **Preregistration for the 50k closes at midnight on Thursday, November 5 and at midnight on Friday, November 13 for the other two distances.**

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

SPECIAL FINISHER AWARD: Rather than a finisher's shirt, this year we will be presenting a finisher's award to those who finish both the 25k and the 50k. More details will be announced as race day approaches, but suffice to say that these awards will be very nice.

SPECIAL SERIES AWARDS: Full Grand Prix Points will be awarded for overall finish (and volunteerism) for the 50k, while half points will be awarded to the 25k finishers. No points for the 5k. Top point earners at the end of the series (five each male / female and < 40 / 40+) will receive TTT Series awards. Overall top male and female and top male and female masters qualify for free entry to the entire 2021 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual must be a current KTC member and **volunteer at a minimum of three** Treadin' Trodden Trails events. Point totals accrue in a maximum of eight series events. Details on KTC website.

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

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

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

INFO FOR RUNNING OR VOLUNTEERING: Contact Rebecca Holder at rebeccaholder@knology.net or Doug Holder at southernskies@knology.net. Volunteer info and signup available at <https://runsignup.com/Race/Volunteer/TN/Andersonville/NorrisDamHardTrailRace>. More info 865.548.4718

OFFICIAL 2020 NORRIS ULTRA DAM HARD TRAIL RACE ENTRY FORM

Race Number Address _____

Race 5k 25k 50k City _____ State _____ Zip _____

Name _____ Phone () _____ - _____ E-Mail Address _____
Last _____

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

Sex Circle One male female

Age (as of 12-31-20) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)
None XS S M L XL

COURSE CLOSURES
25k closes 11:00 am
50k closes 4:00 pm

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

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

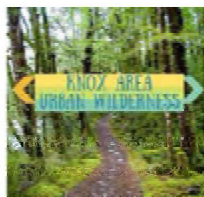
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Norris Dam Hard Trail Race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and /or volunteering to work in the aforementioned race, 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 this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release KNOXVILLE TRACK CLUB, ANDERSON COUNTY, THE CITY OF NORRIS, NORRIS DAM STATE PARK, THE STATE OF TENNESSEE, AND TVA of any and all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Fill Out Completely and Mail with Entry Fees to:
Michael deLisle, Norris Ultra Dam Hard Trail Race
1633 Helmbolt Rd, Knoxville TN 37909

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

Athlete's Signature & if under 18, parent's signature Date

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



DIRTY SOUTH TRAIL HALF MARATHON AND 10K

DATE TIME PLACE: Sunday, December 6, 2020, 9:00 am. Kids Trail Mile race starts 8:30 am. Starts/finishes at Meads Quarry, just south of Ijams Nature Center on Island Home Avenue, Knoxville TN 37920.

COURSE DESCRIPTION: 13.1 mile course traverses the Forks of the River Wildlife Area, William Hastie Park, Marie Myers Park, Ross Marble Quarry, Ijams Nature Center, and other haunts of the beautiful Urban Wilderness of South Knoxville.

Course has a 4 hour time limit. 10k course will be less than half as long but almost as much fun. Kids will run their own trail mile in the woods and are guaranteed to have a splendid time.

DIRECTIONS: From Interstate 40W: James White Parkway Exit (388A) to Sevier Avenue/Hillwood Drive exit. Left onto Sevier Avenue (turns into Hillwood Drive) and right onto Island Home Avenue at bottom of hill. Ijams is approximately 1 mile on the Left and Meades Quarry is ¼ mile past the entrance to Ijams. **From Interstate 40E:** Hall of Fame Drive exit 389 and left (South) onto Hall of Fame Drive. Left on Hill Avenue. Right onto James White Parkway. Merge left onto James White Parkway, then follow directions above, getting off at Sevier Avenue/Hillwood Drive. Lat: 35.952441°N Long: -83.866195°W

REGISTRATION FEES (NO REFUNDS AND NO BIB TRANSFERS): Half Marathon \$25.00 for preregistration, Day of Race \$30.00. 10k race \$20.00 for preregistration, \$25.00 Day of Race. \$10.00 for students 14 and younger for either race anytime. **\$5.00 Knoxville Track Club discount available for preregistration only.. NOTE: Kids Mile registration \$5.00 anytime.** Online registration available at www.ktc.org.

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

SPECIAL SERIES AWARDS: Points will be awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (five each male / female and < 40 / 40+) will receive TTT Series awards. Overall top male and female and top male and female masters qualify for free entry to the entire 2021 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual must be a current KTC member and volunteer at a minimum of three Treadin' Trodden Trails events. Point totals accrue in a maximum of eight series events. Note: This is the final event of 2020 and may well decide the winners in each of the four categories.

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

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

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

INFO FOR RUNNING OR VOLUNTEERING: Contact race director Tim Hill at timh160@gmail.com More information 865.548.4718. Volunteer info also available on Runsignup.com

OFFICIAL 2020 DIRTY SOUTH ENTRY FORM

Race Number

Address _____

Race Half 10k Kids

City _____ State _____ Zip _____

Name _____
Last _____

Phone () _____ - _____ E-Mail Address _____

First _____

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

**COURSE
CLOSES
1:00pm**

Sex Circle One male female

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

Age (as of 12-31-20) _____

Birthdate Mo. ____ Day ____ Yr ____

T-shirt Size (circle one)

None XS S M L XL

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

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Dirty South Trail Marathon and Half Marathon unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work in the aforementioned race, 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 this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release KNOXVILLE TRACK CLUB, TVA, TWRA, THE STATE OF TENNESSEE, KNOX COUNTY, THE CITY OF KNOXVILLE, ANY AND ALL PRIVATE LANDOWNERS UPON WHOSE LAND THE RACE MAY TREAD, any and all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Fill Out Completely and Mail with Entry Fee to:

Michael deLisle, Dirty South Trail Races
1633 Helmbolt Rd
Knoxville, TN 37909

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

Athlete's Signature

& if under 18, parent's signature

Date

KTC Membership

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

Jack Badger	Craft Family	Sharon Higgs	John McGuffin	Rayder Family
Jim Bailes	Wesley Crane	Hill Family	Joshua Melton	Jennifer Reagan
Brent Baxley	Michael Crawford	Hillenbrand Family	Milanovich Family	Ian Reitz
Bryan Beason	Ward Digby	Bobby Holcombe	Jean Miller	Mike Reynolds
Allen Bradley	Nicole Eisenberg	Scott Holladay	Debra Morin	Lauren Roth
Brannon Family	William Ferrell	Chuck Imboden	Giannine Morris	Scott Schimmel
Ernie Brooks	Andee Fitzgerald	Bill Jones	Steven Moseley	Paul Schleyer
Chris Burris	Foust Family	Julie Jones	John Murmann	Shelton Family
Ronald Campbell	Furr Family	Chris Knight	James Oakes	Sharon Shumaker
Amory Cannon	Sarah Gleib	David Kyle	Libby Overholt	Steward Family
Carroll Family	Erica Green	Wayne Lambert	Jonathan Palmer	Stewart Family
Amanda Collins	Brent Grishkin	Jim Loar	Melanie Parker	Candy Stooksbury
Jeremiah Cook	Adam Guinn	Lockhart Family	Bruce Peters	John Storey
Feather Cooper	Hannah Gump	Longmire Family	Peterson Family	Christopher Wells
William Cox	Scott Harness	Claire Mayo	Amber Qualls	Fred Wheeler
	Michelle Harrington	Joanna McFarlane	Kyle Quinter	Felon Wilson

ARTICLES: Anyone who wishes to write or submit photos pertinent to the running community are invited to send copy, photos, and letters (preferably by e-mail to mdelisle@comcast.net) to the editor, Michael deLisle, 1633 Helmbolt Rd, Knoxville TN 37909, or call (865) 548-4718. Copy and art deadlines are the 15th day of each even numbered month (Feb, Apr, Jun, Aug, Oct, Dec). Publication is bimonthly, beginning with the January issue, and is usually distributed via email on or about 1st day of the month. Contents © 2020 Knoxville Track Club.

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

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

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

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

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

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

Please provide Military Branch: _____

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

Please mail this application, along with your payment, to: Kathy Nash, KTC Membership, 1120 Ellsborn Ridge Road Maryville 37901-9330

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

Nov 20 - Jan 21

NOVEMBER

- 7 Norris - 7:00 am. **NORRIS DAM HARD 50k/25k/5k TRAIL RACES.**
- 7 Knoxville - 9:00 am. Run With One Vision 5k
- 14 Knoxville - 9:00 am. Livestock Jackpot Cross Country 5k
- 21 Oak Ridge - 9:00 am. Secret City Half Marathon/5k
- 22 Knoxville - 4:00 pm. Starry Night Knoxville 5k
- 26 Knoxville - 8:00 am. **REGAL KNOXVILLE TURKEY TROT/LIL' GOBBLERS RUN**

DECEMBER

- 5 Townsend - 11:00 am. Little River 5k
- 5 Loudon - 8:00 am. Run LoCo
- 6 Knoxville - 9:00 am. **DIRTY SOUTH TRAIL HALF MARATHON, 10k, KIDS TRAIL MILE**
- 12 Pigeon Forge - 7:00 am. **PIGEON FORGE HALF MARATHON, 5k, RELAY**

JANUARY

- 1 Knoxville - 9:00 am. **NEW YEAR'S DAY 5k**
- 10 Maryville - 2:00 pm. **WANDERERS TRAIL RACE and KIDS TRAIL MILE**
- 16 Oak Ridge - 8:00 am. **KTC TEN MILER**
- 30 Strawberry Plains - 9:00 am. **STRAWBERRY PLAINS HALF MARATHON / 10k**
- 30 Knoxville - Virtual run. Run 4 Their Lives

FEBRUARY

- 3 Paint Rock - 7:00. **WHITESTONE 30k, RELAY, TRAIL RACE, and TRAIL RELAY**

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