

Sept 2020

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY

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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

Running alone, the way most of us have since March, Emily Manuszak toils downhill late in KTC's Townsend 10k race on July 18th.

cover photo by Brent Bueche
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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SOCIAL CHAIR
Patty Thewes



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * September/October 2020 edition



A Message from our Club President

Tim Monroe, KTC President



Welcome to Autumn

As of September 1, fall is here, at least according to the local meteorologists. If you are more of an astronomical follower of the seasons, you'll have to wait until September 22 to have your first pumpkin flavored drink of choice to avoid the wrath of the seasonal purists. Either way, this time of year we experience later sunrises and earlier sunsets leading to fewer daylight hours to get in our miles. The tradeoff for less daylight is cooler mornings and warm, but not miserably hot, afternoons as the searing heat and humidity of summer begins to fade away.

Fall also bring distinctive sights, sounds and smells. The brilliant colors of the Smoky Mountains, a bit more plaid clothing and lots of UT orange fill our sights. The sound of marching bands, cheers from football stadiums and the last lawn mowing of the year come along with the smoky scents of a crackling firepit, musky-sweet smell of a leaf pile and the complex flavors of homemade apple cider.

As I write this, I'm reminded of last weekend that gave us a rainy mid-August Saturday morning with temperature in the low 70's. It's a great reminder that fall weather truly is just around the corner. The best part of fall for endurance athletes is the payoff for all the sweat and hard work put in during the heat and humidity of summer. The miles get a bit easier, the paces a bit quicker, and the ride home from a workout isn't nearly as unpleasant.

Speaking of putting in a lot of work through the dog days of summer, a big old virtual high five goes out each of you participating in the CHKM Summer Distance Challenge. You folks have logged over 70,000 miles already. I'm confident y'all will blow away the 100,000-mile goal with no problem. Performances like this are what make our running community the best in the country. A special shout out goes to Jason Altman, our Marathon Director, who has done an outstanding job of highlighting various landmarks along the route. If you haven't seen the social media posts, I recommend scrolling back through the CHKM social media accounts and check it out. Personally, I've learned a ton about some areas of Knoxville I don't frequent very much and am excited to visit them in person over the next few weeks and months.

COVID-19 created a summer full of unknowns and a set of unique challenges for the club as a whole. As you know, most of the club's usual line up of summer events were either cancelled or conducted under a radically different format. Because of the hard work and creative race-day planning by the KTC staff, the club has been able to have several trail events and a road event. The trail committee has done a wonderful job of creating opportunities to get off the pavement and compete. On the road race side of the house, the Townsend Mayor and Board of Commissioners had confidence in us to have

a live event. Unfortunately, I had family commitments on race day and wasn't able to attend. But by all accounts, the event was an incredible success. Thanks to everyone that made the Townsend 10k a great event, especially all the participants that diligently followed the social distancing protocols to keep everyone safe.

Hopefully, the fall will be filled with similar events. The club just announced approval for the 2nd running of the Pigeon Forge Half Marathon and 5k. We are excited to return to The Island and all it has to offer on December 12. Registration is open now on Runsignup. Keep checking the KTC events page (<http://www.ktc.org/Events.html>) and social media for the latest news as details for lots of other road and trail races are being finalized.

On a non-KTC note, while the Secret City Half Marathon isn't a KTC race, they've become a great partner with KTC over the last few years. RunKNOX is providing training opportunities to get you ready to run the greenways and streets of Oak Ridge. The Explore Oak Ridge organization does a great job with the event. If you are looking for another chance to crush a race just a week after the Covenant Health Knoxville Marathon, consider signing up for the SCHM. You'll thoroughly enjoy both the course and event.

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



One Step at a Time

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



Every journey begins with taking the first step. This year has been littered with what seems like one step forward and two steps back. On July 18th the Knoxville Track Club was able to take the first step forward to the new normal.

The Townsend 10k was a great success with 355 people signing up. It was a naturally hot and humid summer day but the course is absolutely beautiful. The running community came together in a very special way to help us operate a safe event using new guidelines.

This past weekend we had the second in person race since February. The Pigeon Forge Midnight 8k was another successful event. There were 214 participants from nine states for this late-night race. We had a rolling start enabling runners to start between 11:00 pm and 12:15 am. This type of event makes for some fun competition. Runners need to go all out since they don't know who raced before or after them. In this case, four of the overall winners ran during the last wave of runners.

As you can read in the press release in this edition of Footnotes, the 2020 Covenant Health Knoxville Marathon is moving to a virtual format. While it

is with heavy hearts that we made this decision, we know that considering the circumstances, it is the right decision.

We are genuinely excited about the virtual aspect and look forward to some fun interaction with runners within our community and from all over. We are blessed to operate an event of this size each year. However, this is a contributing factor as we cannot operate a race

of this size under current local government mandates and guidelines. We are hopeful that many of you will join us as we celebrate the events of the 2020 Covenant Health Knoxville Marathon in the best way we can.

Pushing forward we are excited to announce the Townsend Challenge 15k/10k on September 20th. This fall race is a long-standing tradition. New for 2020 is the addition of the 10k.

Participants will be able to do the 15k, 10k or both. The 15k will remain the points race for the KTC Grand Prix presented by Threds. The 15k will start at 7:00 am and the 10k at 7:30. Those doing both can take a short break between the two events or continue straight through. Registration is open now so sign up and plan to join us for a fun day in the foothills of the Great

Smoky Mountains.

In addition, the Pigeon Forge Half Marathon, Relay and 5k presented by Pilot is on the schedule. The event date is December 12 and we are ecstatic about returning to this beautiful venue and course. Ask anyone who did the event last year and you will likely hear that it is a must do event. It is so great to have this distance race on the calendar.

Big South Fork 17.5 Mile and 10k Trail Race is coming up on September 26. Registration is open for this fantastic race. This will be the first in person trail race since the Dark Hallow Wallow in early March.

The Pilot CrossKnox 15k is slated for October 11th. Once we receive final approval, registration will open. The KTC Beer Series is finalizing dates for the fall edition of the spring 2020 event. The first event will be September 11. Watch for information to come. And in addition to these great events we are close to announcing more in person events for this fall.

With each event, whether road or trail, we are getting one step closer to the new normal. We are very thankful for the support of our members, participants and sponsors during this unusual year. With the help of so many, we are making steps in the right direction.

REACH OUT TO KTC!

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MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Quarter Century of Fun

Lying in bed this morning listening to the rain drumming steadily on the roof, vestiges of Hurricane Laura, I was reminded of another time when Knoxville was drenched by the leftovers of a tropical rainstorm when Hurricane Opal worked her way up the Tennessee Valley in September 1995, a quarter century ago.

At the time, Kevin Pack and I were busily getting things ready for the opening of our new running specialty store, Runners Market, something that had been lacking in Knoxville for many years prior to that. We were locating the new store in the small building in front of River Sports that has since hosted a coffee shop or two.

It's hard to imagine that we were able to fit an entire running shop into that small space, yet we managed. The front of the shop was taken up by racks and gridwall displays of high tech apparel, something that had not been made available to the Knoxville running community before. Side note: I still own a few shirts that we offered for sale in that first year of business, and though they've been worn a lot, they still fit and perform well, a testament to quality design and manufacturing.

One of the amazing aspects of the original Runners Market location was that we stored the majority of our footwear in a shallow loft eight feet above the main floor of the building, accessing it via a dropdown folding ladder. We use to scurry up and down that ladder several times a day carrying two, three, four shoeboxes at a time and somehow managed never to trip, never to fall, never to end up in an incongruous bloody

heap at the bottom of the stairs. Oh, to be young and nimble again...!

Flashing back to the days of Hurricane Opal, my most vivid memory is that of rain blowing sideways from west to east on Sutherland Avenue and viewing through the big picture window in the front of the store as a pickup truck and a small odd-looking foreign car collided, sending the VW-like small car skidding down the street on its roof. Luckily no one was seriously injured, but I'll never forget the sight of that gray, roundtopped car sliding down Sutherland as if on an ice skating rink.

We had a real winter that first year, too. I remember parking next to the building during a snowfall that eventually accumulated to at least six inches, wondering if my Mitsubishi Eclipse could back up out of the snow when work was over. Somehow it did.

A few days later, Kevin and I traveled atop snow-slicked I-75 to Atlanta for a trade show. Always a nervous passenger, my knuckles didn't stop glowing white till we passed Chattanooga and the road finally cleared.

We always had fun going to trade shows those first couple years. Though it was interesting viewing what the manufacturers had to offer, it was far more fun — and certainly more educational — to meet, network with, and quaff beverages and chew the fat with other running specialty retailers. We learned so much from our peers that couldn't be learned in any other way than spending years on the sales floor learning from our own mistakes (which we did, anyway...)

Those first few - actually those first several - years were comprised of almost nonstop fun, from the earliest days when it was just Kevin and me working there, through our first spate of part-time employees, and on through the halcyon days of the mid-2000s. Although it was indeed a business designed to serve the running community with shoes and other products necessary to our sport (and in the process to hopefully turn a profit for Kevin and Sam), it was always a community center for runners into which local and not-so-local runners felt comfortable stopping by, whether or not their goal was to shop on that particular day. I'd say our mission was accomplished.

Why, then, does the tone of this article sound like Runners Market is fading into a thing of the past? It's not the shop itself that's fading, it's turned out to be me sailing off into the sunset. When my awareness of the gravity of the Covid-19 pandemic first hit home in mid-March, I decided I couldn't feel safe working with the public (early reports said it was only dangerous to the elderly and I hadn't yet gotten that typo fixed on my drivers license that says I'm 70!) and asked Kevin if I could lay out for a while. At the time, I was hoping it would be just a few weeks, a month or two at the most. I did not intend for it to serve as my retirement notice.

As it turned out, Covid-19 has proven a formidable opponent, one that worldwide has stymied the best (and worst) efforts of leaders and health/safety officials to head it off. Thus, I've yet to return to work, and with the effects of

**** continued on page 11 ****

KTC VOLUNTEERS NEEDED

Sep 5-12	North Boundary Virtraverse and Kids Trail Mile
Sep 20	Townsend 15k / 10k Challenge
Sep 26	Big South Fork 17.5M and 10k Trail Races
Oct 11	CrossKnox 15k
Oct 25	Fort Dickerson Frantic Frolic and Kids Trail Mile
Nov 7	Norris Dam Hard Trail Races

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



new balance

8027 Kingston Pike
Suburban Plaza
Knoxville TN
865.539.1100

Knoxville

VOLUNTEERS!

**SIGN UP TO HELP
WITH CLUB EVENTS**



**Sign up on
[Runsignup.com](https://www.runsignup.com)**

COVENANT HEALTH KNOXVILLE MARATHON

SUCCESSFUL SUMMER DISTANCE CHALLENGE WRAPS UP SEPTEMBER 22

Jason Altman, Director, Covenant Health Knoxville Marathon

This summer, we launched the Covenant Health Knoxville Marathon's Summer Distance Challenge. This Challenge was a Virtual Tour throughout Knoxville and Knox County that highlighted many of the paved greenways and natural trails within the City of Knoxville and Knox County. Registrants had the option to finish our tour once to complete 225 miles or twice for the ultimate goal of 450 miles!

Running was not required! Registrants could run, walk, or hike their mileage over the course of the summer (June 20 – September 22) and log their miles online as they went. Exercising in Knoxville, Knox County or on our highlighted tour was not required; participants were welcome to log miles anywhere they desired! Registered participants submitted virtual results daily through their Runsignup.com account.

They were able to view comprehensive data including total miles, average pace, percentage of progress, and overall placement along the way. They could track data for running, walking, and hiking activities. Best of all, participants viewed their progress on our map of the virtual tour of the City of Knoxville and Knox County!



As part of their registration fee, each registrant received an official "Covenant Health Knoxville Marathon Summer Distance Challenge" shirt, finisher's buff, and finisher's medal!

Starting the first week of September, swag will be available for pickup locally at Eddie's Health Shoppe or shipped to registrants who paid an additional shipping fee.

At press time, we had 551 participants in the Summer Distance Challenge. 113 tackled the 450 mile challenge and 438 opted for the 225 mile challenge. While the goal of the program was to create a personal challenge, I want to recognize our first finishers for their efforts. In the 450 mile challenge, the first male to cross the virtual finish line was Zane Hagy. Our first female finisher was Brittany Pagano. In the 225 mile challenge, the first male to cross the virtual finish line was Whit Ross and Nicole Krewson was our first female finisher. Currently we have 12 finishers in the 450 mile challenge and 56 finishers in the 225 mile

challenge. With approximately a month to go, there is still plenty of time to finish each challenge. Even though we have had some finishers, one of the beautiful things about the challenge is that folks do not have to stop once they reach the initial goal. They can (and some already have) accumulate more miles all the way through September 22!

From a personal view, I have enjoyed exploring (some in person, some virtually), the great parks, greenways, and trails in our community. While I sit on the City of Knoxville Greenways Commission and the Knox County Parks and Recreation Advisory Board, there are still many parks and greenways

that I had not visited or knew their complete history. Our community is truly blessed with the resources dedicated to parks and recreation

by our civic leaders. It has been a pleasure to highlight these areas through our social media channels and via the weekly email to registrants. If you would like a recap, visit our Facebook, Instagram, or Twitter pages or search #CHKMSDC to see all the places we have highlighted!



YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

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

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

Knoxville Acupuncture
<https://knoxvilleacupuncture.com>

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

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

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

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

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

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

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

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

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

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

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

Any additional businesses offering KTC discounts? Please contact us



Have you changed your email address or mailing address?

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

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



Scott Schmidt, RunKNOX director

Hey KTCers! 2020 has been tough for those motivated by racing. Trust me, I get it. I'm wired that way too. I love to set a goal, lay out a plan, and then work through the process. Racing is the culmination of months of hard work. When a race gets canceled, or rescheduled, it can be frustrating. You put so much into training for it only to be denied the opportunity to finish what you started. Our group has felt that pain multiple times this year. We had our long runs logged for CHKM. We had trips to Boston booked (both Spring and Fall editions). Chicago, Berlin, Marine Corps, and many others were over before we ever got started. Now we patiently wait to see how the local Fall Season unfolds. Our intent is to train on. Will there be races? That's out of our control, but the one thing we can control is ourselves. We're getting better day by day. If we get to run real races, modified races, or shift to virtual events, we'll be ready to give our best effort. Our motivation might have



to turn inward for a season of time, but some day we'll get to reap the rewards of a consistent 2020 training block. When that day comes, I'll be super excited to see y'all tearing up the road.

So what are we doing? Our primary focus is to target CHKM 26.2/13.1/Relay/5k and Secret City 13.1/5k. These events are in November, so the time to get serious is now. We're already rolling, but it's not too late for you to jump in.

While we are hoping there will be real life in-person races, we're embracing the virtual opportunities as well. We've virtually run all of Knoxville, all of Tennessee, and now we have sights set on the entire world!

<https://runsignup.com/Race/TN/Knoxville/RunKNOXTraining2020>

As far as group runs go, yes we are holding in-person practices at this time.

We've made lots of small modifications to ensure the safest environment possible. We've added extra practice times to give more options to spread out and we have Core Class and Yoga Class available via Zoom, so you can practice from the comfort of your home.

We understand that many of you can't attend or aren't comfortable attending in-person workouts. That is completely understandable. We continue to have plenty of participants following along from home. We're redesigning workouts with that in mind as well. Rather than prescribe a complicated workout that only makes sense to a coach, we're following the KISS method so anyone can perform workouts anywhere. Track, road, greenway, treadmill: no worries. We want you to succeed, period.

Give me a shout if you have questions. We'd love to help you make the best of 2020.

MUSINGS FROM THE EDITOR'S DESK

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the pandemic looking like they'll endure well into 2021 and maybe beyond, I don't see a window reopening for me to resume employment at the shop. If things improve, I'd like to — I miss it a lot — but I don't see that shaping up on the immediate horizon. So for now, I guess I consider myself semi-retired.

And what I miss the most is the daily interaction with members of a large and

everchanging group of some of the finest people I've ever known: that august family of the Knoxville running community. I know full well — and was aware of it during the last few years when my time had the shop had lessened — that I'll run into all too many of you but rarely, or worse, not at all, as life unfolds before us. Luckily I'm still involved with KTC, and that affords me heightened opportunities for social interaction, but one of the things I've become profoundly aware of during the pandemic is what social creatures we are, and how badly we miss the interaction with our fellow social creatures that has been stifled to such a large

extent by Covid-19. Amazing, isn't it, that a virus, a biological critter far too small to see with the naked eye, could disrupt life on the celestial ball of clay and granite so profoundly?

Of all the ways I'd envisioned how I'd eventually step away from Runners Market, a place I helped build and chose to live out a quarter century of my working life with, never in a million years could I have imagined it ending the way it appears to have ended. And though it's not a certainty that I'll never don the official title of Shoe Guy again, it's looking more and more that way. I'll miss it.



Treadin' Trodden Trails

Michael deLisle, Trail Series Director

New Trails and Tricks

By now it's been at least as many years that I've been exploring foot trails in East Tennessee by hiking them rather than running. Old knees forced that change upon me, but instead of griping about it, I've embraced it and actually discovered a few silver linings therein.



The biggest difference is that the slower pace allows for a lot more sightseeing. If done while running, sightseeing often ends up with the runner on his face in the dirt wondering what the heck he tripped on. Moving at only 3-4 mph allows a level of forgiveness comprised of improved reaction time and a lot less momentum to check.

Either way, one of the chief joys of being a trail runner, trail trotter, or trail hiker in our part of the country is that there are so many trails to explore. And as time passes, more and more emerge, beckoning us to delve into their secrets.

Concord Park West

Birth of a new trail happened to our Treadin' Trodden Trails crew very recently when marking the race course for the RunAnytime event on the new trails at Concord Park. The course had been planned and fully scouted, yet when the markers reached a point just shy of the Kids Trail Mile turnaround, a brand new trail that simply wasn't there a few days earlier appeared, jutting uphill to the left, requiring a course checker to harvest flags and signs from other more healthily stocked locations to clarify the new trail junction. And

since then, yet another new one has shown up just before the far west end of the trail, cutting a shortcut uphill to an existing trail. What fun! The happy culprits in this case remain unknown, but the track record of the

busy boys and girls of the mountain bike community leads us to suspect (and thank) them for their work at Concord and nearly every other park in the region.

McKinney Ridge

To me, there's nothing like exploring a new trail for the very first time. Just this year, I've encountered a slew of new trails — some that weren't new to others, but to me and my pal Jesse they were. Two weeks ago we trekked up onto the McKinney Ridge Trail at North Boundary, a fun little climb that runners will enjoy during the upcoming North Boundary Virtraverse race (watch for the tree with seven trunks!) Came away with a plethora of chigger bites from a grassy stretch at the end, but that will have been remedied by the time the race commences. The trail itself was delightful, other than that little surprise!



Haw Ridge

Other recent adventures onto semi-virgin trail include forging my way up the Ridge Trail at Haw Ridge, laying out a doozy of a course for the July race. Many veterans of that race—and of

Haw Ridge in general—remarked that they'd never been up there before. Me, either, and it was a blast. And, as many years as I've been exploring Haw Ridge, there are still pieces of trail that my feet have yet to sully. One thing I learned about Haw early on is that it's a good idea to plan on an extra half hour in case any of the myriad of cross trails interrupts your best laid plans, and you find yourself somewhere you did not expect to be. Been there, done that, more than once in my years on those great trails.

East Lakeshore Trail System

Jesse rides horses out in Loudon County and one of our favorite things to do afterward is head over to the East Lakeshore Trail system and log a few miles on a terrific, largely unknown to most East Tennesseans, network of footpaths. TTT and Magic Number Events have both used these trails for several races, but I've only been on part of it, and we're talking about nearly thirty miles of trail end to end, so we've got some more exploring to do. As a matter of fact, we just hit a new stretch of it yesterday and it was a blast.

Transfarm Trail

At the southeastern edge of the Urban Wilderness is a trail that traverses private land yet is open to the public. It's called the Transfarm Trail and it sidles its way along a couple of beauti-

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ful little creek valleys, up and over a few big hills, crosses two small and one not so small creeks, and threads its way through a spring wildflower garden that's not to be missed. We hit that one for the first time last autumn, and have been back a number of times since.

William Hastie Natural Area

Even the William Hastie Natural Area, which has existed for many years, holds some relatively new vistas that bear exploration, including the Shadow Run Trail that snakes its way from the lowland up to a four-way junction near the top, the Remedy Hill Loop that circles out eastward, and the new, unnamed as yet, connector between the park entrance off Post Oak and the Redwood Trail halfway up to the top. All of these are delightful for both trail running and trekking.

Hemlock Bluff

Anyone who has run or hiked out at Loyston Point near Andersonville is aware of the Hemlock Bluff Trail, a National Recreation Trail that arcs across the northern edge of the park. It's not open to mountain bikes, and rightly so, as there's a steep climb that would be almost impossible on a bike. This 2½ mile trail is one of the most beautiful in the region and should not be missed. I hit this one for the first time when scouting the race course and just had to take Jesse with me a week later when checking the course markings. Took a little teamwork getting each other up the face of the ridge. Big fun.

I.C. King Park

With the opening of its new parking lot, dog park, and safer entrance/egress options, local favorite I.C. King Park now offers a number of new trails, with more to come in the near future. We've used the connector trail in two TTT

UPCOMING TRAIL RACES

NORTH BOUNDARY TRAVERSE — RunAnytime Saturday, September 5 7:00 am-Saturday, Sep 12, 2020 - 8:00 pm. Half marathon or 10k PLUS Kids Trail Mile. North Boundary Greenway, Oak Ridge.

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

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

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

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

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

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

trails and a newer, skinnier one in the most recent event. Fellow TTT crew member Tony Owens and I attended a Knox County Parks meeting last summer, in which a map was distributed showing all the potential trails planned for the park. Suffice to say that, one completed, this will boost ICK into the upper echelon of trail running, hiking, and biking venues in East Tennessee.

And after describing all these terrific trails, I'm sure I'm forgetting at

least a few that have provided equal pleasure over the past year or two, and I look forward to the next time I'm privileged to take a few thousand steps down those wooded lanes. It's something I never get tired of.

I hope you can join KTC's Treadin' Trodden Trails crew at a few upcoming trail running events. RunAnytime is the watchword for a while, with a few genuine races thrown in for good measure. See you on the trails !!!

36 Game Changing Tips to Transform Your Running

by Whitney Heins



Here it is: the holy grail of game-changing running habits. These simple yet effective running hacks have helped mother runners worldwide stay injury-free, motivated, energized, and run faster.

While these running tips cover the spectrum of self-care from nutrition to recovery, they have one thing in common: consistency. In order to improve anything in your running (or life), you must make it a habit.

I've asked mother runners everywhere what simple acts have transformed their running. The results are 36 running habits that may help you troubleshoot areas of weakness and elevate your running performance.

36 running habits that will transform your running

1. Eating more post-run

Eat two meals after a long run or hard workout: Within an hour of finishing your run, eat a carb-dominant snack. Two hours after that, eat a protein-dominant meal. This refueling speeds up your recovery time by replenishing glycogen stores and giving your muscles the protein they need to heal the tiny tears from your workout. This helps you be ready to run sooner, ward off injury, and re-energize so you can continue being a badass mom despite running more than you drive.

2. Doing activation exercises before you run

Activation exercises “wake up” the communication between your nervous system and the muscle system so they're ready to work together. This prevents

muscles from being overworked and enhances your running efficiency. The result is being able to run faster and longer. Personally, activation exercises have eradicated muscle strains more effectively than stretching, icing, or rolling.

3. Doing active warm-ups

Active warm-ups involving dynamic stretches and drills warm-up your muscles, getting them ready to work hard. This habit makes mother runners feel looser and more limber allowing them to run longer and easier.

4. Rolling with a foam roller

There's some evidence that foam rolling before running can prevent injuries and after running can decrease delayed onset muscle fatigue. While the evidence isn't overwhelming, most mother runners I've talked to (and me included) agree that foam rolling feels good and seems to help recovery. The Rollga roller is hands-down my favorite foam roller because it's like a hybrid of a foam roller and a bunch of lacrosse balls. The bumps hit the right spots in the tight muscles and it allows you to roll two legs at a time. Anecdotally, this roller has helped my legs feel fresh faster.

5. Applying CBD Cream

Using CBD cream on sore muscles before running and after can make you feel better...instantly! I was given several to try from my doctor. I found CBD cream to be the most effective on my injured hamstring and plantar fasciitis. During runs, it helped me run pain-free longer and it immediately relieved pain after. But please note, this *does not help heal injuries* and should not be used to “ignore” an injury. It's best used on familiar and bothersome niggles that you know

aren't going to worsen.

6. Taking regular Epsom salt baths

Taking regular Epsom salt baths, particularly after hard workouts, can help reduce soreness and inflammation of muscles. Like a lot of running recovery treatments, there isn't overwhelming evidence to support this claim but some studies do show that the combination of magnesium, sulfate, and warm water relaxes muscles and aids recovery. Personally, I've been a believer in Epsom salt baths for recovery for years because of its noticeable benefits.

7. Doing a mobility routine before runs

Mobility is important for runners as we must move through a range of motions to run. Regular mobility routines will improve your running mechanics such as knee drive. This can add power, correct improper running form, improve efficiency and performance, and decrease chance of injury.

8. Strength training 20-30 minutes two times a week

Mother runners say strength training has been a huge difference-maker in the power of their running, making running faster require less effort. A recent study finds benefits of lifting heavy weights with low reps. Aim to do low reps (5 to 10) with heavy weights (about 75 percent of your max) twice a week. Simple moves like barbell squats, deadlifts, step-ups, lunges, and calf raises will do the trick.

9. Lying in child's pose before getting out of bed in morning

Mother runner Alex says laying in child's pose helps her get ready to run. Indeed, this yoga pose is known to stretch the hips, thighs, and ankles while reducing stress and fatigue. It's a perfect (and productive) way to start the day!

10. Having prepackaged snacks

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36 Tips

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and special toys for stroller runs

Prepping special stroller-only snacks and toys helps kids get extra excited for stroller runs and stay in the stroller longer, allowing for more miles (and more fun!).

11. Limiting alcohol intake

Mother runners have noticed that when they drink alcohol, they don't sleep well and are less hydrated. Indeed, alcohol can impact the body's ability to maintain optimal hydration levels, regulate body temperature, repair muscle damage, and recover properly. Limiting alcohol intake helps mother runners feel rejuvenated and energized.

12. Scheduling rest

Rest days are when our bodies build up what we broke down. We can't get stronger without this time. Scheduling down weeks every 3-8 weeks of training and a day of rest a week allows our bodies to recover and absorb the work.

13. Early morning runs

Running in the morning helps moms ensure they get their runs in and that they're focused on other things the rest of the day. It also increases energy despite less sleep. In fact, this habit is the most popular game-changer among mother runners. As mother runner Stephanie says, "I like to go early before everyone else is up so I don't have to schedule my run around everyone else's schedules."

14. Early bedtimes for the family

Making sure your kids go to bed early so you can go to bed early and catch those zzzz's is paramount to running well and staying healthy. During a workout, your muscles break down on a cellular level.

Sleep allows the body to repair those cells, enabling you to bounce back stronger and faster. Sleep experts suggest that you need to sleep an extra minute a night for every mile you run a week. So, if you run 60 miles a week, you need an extra hour of sleep a night.

15. Hemp hearts for recovery

Mother runners credit hemp's ideal ratio of protein, omega-3's and omega-6's for fighting inflammation in the body, aiding in faster recovery. Throw some in a post-run smoothie.

16. Drinking water all day long (and electrolyte supplements in summer months.)

Your body needs water just to function and copious amounts if you're a runner. Water is responsible for regulating body temperature, removing waste, helping bring energy to cells, and cushioning joints. Hydration is also key to improving recovery, minimizing injury and cramps,

and maximizing performance. Mother runners have noticed that drinking water consistently throughout the day has kept them from bonking on their runs.

17. Putting out everything the night before, down to the watch and socks

Readying your clothes before an early morning run ensures you get it done! This act takes the guesswork out of what to wear, lowers the chance of waking family members, and adds extra time to sip that coffee.

18. Getting a coach!

Hiring a running coach who individualizes your training can make a WORLD of difference in your performance. Personally, I never thought I could break 3 hours in the marathon. After getting a

knowledgeable coach who cares, I am now aiming to run 15+ minutes below that time.

19. Taking salt tablets during summer running

Electrolyte drinks only do half the job for keeping you hydrated in the heat and humidity. You need to replenish the sodium you lose through sweat. Salt tablets are the best and most efficient way to do this, preventing muscle cramps and dehydration.

20. Drinking ginger regularly

Regular ginger intake helps with digestion by protecting and healing the gut, hastening the movement of food through the GI tract, and reducing flatulence, bloating, and cramps. Good digestion means you're absorbing nutrients well. It also means less tummy troubles on the run. Shalane Flanagan and Elyse Kopecky have a yummy lemon gingerade recipe in their book, *Run Fast. Cook Fast. Eat Slow.*

21. Keeping easy runs easy

Easy runs are where the magic happens. Running slow is when your body grows its capillaries and mitochondria, the vehicles for supplying fuel (oxygen) to your working muscles. Running easy also lets your body get better at burning fat, letting you run longer; lets you run more by saving you from injury; and, (icing on the cake) studies show, running more strengthens your bones, tendons, and joints. The result: stronger, faster, longer running.

22. Challenge yourself two times a week

Mother runner Jennifer shared what most of us can relate to: being a running mom can be exhausting! It can be easy to surrender to the exhaustion and not run. But setting a goal to run hard at least two times a week can dramatically improve your mental and physical stamina. "Getting into the habit of attempting my scheduled workouts no matter what was a 'game changer' for me," said Jennifer.

AAA continued on page 28 AAA





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.

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TRI-BAL KNOWLEDGE

Super Sprint = Super Fun

by *Larry Brede*



Over the years I've been fortunate to try a whole bunch of different multisport events in a wide variety of formats. At some point over the past few years a new triathlon event has been gaining popularity. It's called a "Super Sprint", and involves doing an extremely short triathlon three times back-to-back-to-back. I've wanted to try it out, and fortunately Personal Best Racing brought the format to East Tennessee the first weekend of August.

There is no standard distance for a Super Sprint, allowing the Race Director to use distances the local area naturally provides. Muna Rodriguez staged this race from the Loudon County. The "natural" distances for each event ended up as 90-yards swimming, 5 miles biking, and 2k running for each short triathlon. Because these are done consecutively, after finishing the first and second runs each athlete immediately transitioned right back to the pool and started the next swim. It makes the event a lot more interesting because everyone is doing eight transitions instead of two. Just being 30-second slower than someone else through transition is a 4-minute difference at the finish!

Race morning was beautiful and surprising cool for an August day. The race included a time-trial start with roughly 15 seconds between participants. We lined up on the side of the pool (COVID face coverings in place) until the start. With the sound of Muna's bullhorn siren, we were underway. The

first swim went quickly, just 70-seconds after starting I was out of the water and running to transition. I got on the bike and started out on the course, getting passed by my friend and teammate Derek Tingle, who started immediately behind me on the swim, on the first straightaway. Over the next mile, two other teammates (Will Gates and Alix Freeman) passed, and I never saw them again. However, the

day turned into a dual with Derek that was actually a lot of fun. In just that five mile course, I passed Derek on a back straightaway section, he passed me up a large hill on the course, I passed him on the downhill, he passed me on a second hill, and I passed him on the downhill. We basically entered transition together, swapped into running shoes, and hit the run course at the same time. We ran together for that 2k and hit transition with him right on my shoulder.

This is the first race I've done transitioning from a run to another swim, but it turns out it's super easy. Kick off your shoes, grab your goggles, and run back to the pool. I was able to stay just in front of Derek and beat him into the water, but he was immediately behind me jumping in. The second swim was a little harder with an elevated heart rate at the start, but it's still a super short swim. Back out, back on the bike, and we traded spots in exactly the same positions as the previous bike lap. We hit transition together, and Derek beat



me out by a good 5–6 seconds. Running behind him I was able to make up most of that time and got into transition behind him. He should have beat me out of transition, but started to leave through the wrong access point (with everyone coming and going, it was a little confusing). I got him turned to the right exit, but that gave me the advantage to get in front of him .

Again, we were right together in the pool, through transition, and back on the bike. For the third bike lap we swapped positions in exactly the same spots again. Into the final run I knew I needed a good 20 seconds on Derek to make up for the gap between our start times. As we started the run I heard Derek say "Aw shucks" (or something similar). He'd started to cramp a little bit, and I was able to take advantage of his pain and get some time on him on that final run to the finish.

Turns out, I love this format. Admittedly, it was a lot more fun since I was able to literally race from start to finish with a friend. However, I do think that it would be a blast regardless of racing next to someone or in with the rest of a crowd you don't know. Fortunately, Jamie Neil nailed the timing, getting accurate splits on the course and also through each of the eight transitions. I was really happy to maintain pretty solid consistency on the entire race. Swim times were within a second of each other, bike splits within 30-seconds, runs within 10-seconds, and the transitions in 4-second windows. I will definitely find a place to race in this format again!



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KTC High School Spotlight

Hardin Valley's Kaden Keller



by *Patty Tracy-Thewes*

This issue's High School Spotlight focuses on Kaden Keller, who's back this Cross Country season after raking up some stellar performances in 2019! He was the top finisher in the 2019 TSSAA Region 2 championship, and finished 11th in the TSSAA D-1 Large School State championship with a season PR of 16:09. The junior will be leading a stacked Hardin Valley Boys team this fall. Let's get to know Kaden!

My 8th grade English teacher, Mr. Archer, from middle school. He's pretty laidback and also an athlete.

Mo Farah so I could see what he gets and try to follow that diet for as long as I could.

How do you prepare yourself mentally for a big race?

What's your favorite, track or cross country?

I visualize how I want it to go for me and just stick to that. I try not to think about it too much, just go out and compete once I hear the gun. I don't talk much to anyone the closer we get to going on the line.

I couldn't say. I love them equally. It honestly depends on how I'm feeling a certain day, then I could like one over the other.



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

What is your goal for this cross country season?

My mom did when I was about nine or ten.

15:30s or faster.

What was the best advice your coach has given to you?

What do you like to do outside of running?

How has the COVID-19 virus influenced your training?

Initially we were not able to run with a complete team, but in the following weeks, we got to. COVID has just made me work harder; I think how I want to perform in the future, when other teams and groups only focus on the present.

To not settle when I'm in the middle of a race with guys in-front of me and I'm feeling tired. Basically just telling me I have the ability to go after it and chase down bodies when I have to and that it won't cost me later on. Also giving the little things in training 100% effort as I would in a workout or race.

I'm on my Xbox sometimes or I'm hanging out with friends from the team. Also try to get in a little bit of basketball just for fun so I don't get injured.

What are you looking forward to when going back to school?

Seeing friends.

If you could go to dinner with anyone in history, who would you pick?

The Knoxville Track Club wishes Kaden the best of luck with this Cross Country Season and in all his future endeavors!

Of all your school years, who has been your favorite teacher?



Biking With Bob

by Bob Godwin

Covid-19



Everybody has a story about 9-11, the day Kennedy was shot, and probably the COVID – 19 pandemic. Here’s one of mine.

“You think you’re smart wearing that mask,” said the maskless buffoon to me. “I certainly do prefer the advice of the physician who supervised my recent successful 44 radiation treatments for prostate cancer over the ignorant blather of someone who thinks I’m making a political statement. Stay the hell away from me and my family!”

We are still learning about COVID’s consequences, both present and long-term. Impaired lung function, damaged heart, years (permanent?) of various affected bodily functions are already indicated.

The facts about COVID being accumulated by physicians, scientists, and professionals in many fields devoted to our personal and societal health have given us a few simple actions we can take to protect ourselves—and others: wear a mask, social distancing, wash and sanitize hands. These are what are known as facts, not opinions based on one’s political stance.

Come on! Do you ask the trash collector to take out your appendix? Your dog catcher for investment advice? Your barber or hair stylist for legal advice?

I feel better now. On to some biking news.

NPR, 7 July 2020: Paris, France. The government has closed certain major

streets to vehicle traffic, leaving them safe and available for pedestrians and bicyclists. They have added bike technician classes at modest cost. Already a country which is bike friendly in my experience, this national government is actively encouraging bicycling for all.

London, England. The government has designated many streets and places, such as Hyde Park subject to new bike lanes, and added 100’s of traffic cones to protect bicyclists to encourage we riders. Citing input from environmentalists and others, they view the pandemic as an opportunity to transform traffic in that historic city.

Shutdowns around the world have had dramatic reductions in smog and pollution.

Other news reports note the enormous effect on the bicycle economy which is suffering from the prickly USA/

CHINA political relations. Dramatic reduction of available parts, bicycles, and accessories is being felt across our country.

We just returned from a long weekend in a Townsend campground. I have never seen remotely as many bicyclists in that lovely community. Virtually every RV, pick-up, and car was toting bicycles. Most riders wore helmets. I think COVID has encouraged many adults to re-discover the joys of two-wheeled transit!

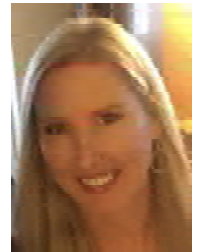
I would be remiss if I did not mention the numbers of local riders I see around Knoxville, and especially Fountain City where my home and office are located.. I know a great number of these simply have lost their licenses, but there are many more riders than just a few months ago. Many of them are sporting new bikes, and a surprising number wear their masks on the road! I do not, but give wide berth to others I encounter on my rides.





Confessions of a Social Jogger

by *Patty Thewes, KTC Social Director*



One Step Back, Two Steps Forward

As we continue to navigate our way through COVID, the one thing I'm certain of is uncertainty! Despite the setbacks, as a community, I am happy we continue to move forward.

Yes, it's been a challenge and we all have had to adapt. Funny, with this process, I have developed different perspectives on all sorts of things. For example:

Me, Month 1: Stuck in the house with my dog, and wondering why she gets so excited about everything outside.

Me, Month 5: Running window to window tracking a squirrel. My dog watching me.

All kidding aside, many of us have had to face serious life issues through this pandemic. For me, running has been my go-to for stress release. It helps me clear my mind and refocus on priorities. I'm sure this is the case with many of you. I am so grateful to have the health and ability to still run.

Running reminds us that even in our weakest moments, we are strong.

battled thru it, showing great strength and persistence! Kudos to all who participated!

Still coming off an injury, I was not up to race shape, so I volunteered. I enjoyed seeing so many faces, even though the masks blocked part of them.

I loved how excited everyone was to be able to run a race. There was a definite energy that I have not seen for awhile. This race personally gave me some feeling of normalcy and a boost of strength to "keep on keeping on."

While there have been some benefits to social distancing running like reconnecting with all my favorite songs, there are only so many times I can hear "Baby, you're a firework." So I am excited to get back to the KTC Social Runs!

Please check the KTC Website for the latest information pertaining to our Social Runs. All level of runners are welcome, and we would love to see you!

Stay strong and be kind.



Speaking of being strong, in July, KTC hosted the Townsend 10K—the first actual KTC road race since COVID-19 entered our lives. I wasn't sure how the race was going to go, but with the KTC protocols put in place, it was very safe and totally awesome!

Yep, it was a hot one. But those who were running,

**Wednesday KTC Group Runs resume September 2 at 6:00 pm
New Place: Third Creek Greenway in Bearden
Meet next to Greenway in Ace Hardware/El Mezcal parking lot
Social distancing guidelines in effect**

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Recovery From a Muscle Pull

by Dr. Matt Campbell

The dreaded pulled muscle... The bane of all athlete's existence. You know that you felt it during your workout earlier and are trying to trick yourself into thinking that it was just a weird tweak and will go away in a day or so. But what if it doesn't? Or maybe the scenario is the opposite and it is absolutely killing you. Maybe it feels like you broke something based off of how much it hurts to move it. However, X-rays are negative for fracture, what's your move?

There are varying degrees of muscular or tendinous strains or "pulls". With a grade one tear, A few muscle fibers have been stretched past their normal length and a few may have been torn. Due to the heavy innervation of muscles and tendons, this HURTS. A low-grade strain is no small matter as decreased function due to pain inhibition can be a serious detriment and therefore needs to be addressed.

In a grade 2 strain, more of the muscle fibers have been fully torn. This is a moderate strain and can be referred to as a partial tear. The inflammatory response will be greater and it is not uncommon to see some bruising as some of the superficial capillaries may burst in the event. With this, there will certainly be pain but you may also note some weakness that extends beyond pain inhibition. With a grade 3 strain, the length of the muscle or tendon is fully torn, and therefore will no longer function. Pain, swelling, and bruising are all common but the hallmark is the physical inability to move the effected body part as the muscle is no longer connected. Unfortunately, Grade 3 tears are always a surgical fix.

As for grade 1 and 2 strains, chiropractic care and physical therapy are the best possible things for these to speed up the recovery from these conditions. Here are a few things that can help.

Icing and compression protocol



The inflammatory response gets a bad rep. It is crucial to tissue healing by way of promoting circulation of damaged cells out of the area and healing cells into the area. It helps to neutralize pathogens and other harmful cells that would further damage the area. This being said, it hurts. Often it hurts so much that movement is inhibited which ultimately slows the healing process. Therefore, managing the inflammatory response is crucial following the initial onset of injury.

The idea is to manage the balance of fluid into and out of the joint as best as possible during this process. This can be accomplished through compression in the form of a tight band or bandage wrapped around the area of concern that is just on the verge of cutting off circulation. You would then lightly move the joint that works that muscle (flexing and extending the knee for a quad strain, etc.) for 1-2 minutes or until circulation is obviously being affected. Take off the wrap at this point and give the area a rest. This can be repeated multiple times over the course of the day.

Sometimes ice is also needed to

facilitate the decrease of fluid into the damaged area. What we have found in our practice is that there is a magic 45 minutes with regard to icing. Ice constant for 15 minutes. Then, leave the ice off of the area for 15 minutes and then administer a new ice pack for 15 more minutes following. That last 15 minutes makes a huge difference. It is important to note that ice is a less desirable modality as it does impede the flow of healing cells into the area of concern. However, acute injury necessitates the need for inflammation management and in extreme cases, ice can be a quick way of doing just that.

Gentle Movements

With a grade 1 or grade 2 tear, introducing gentle movements as soon as possible will be the most important thing that happens. A result of the inflammatory response to injury is the laying down of thick, rigid tissue, scar tissue, to knit the damaged area back together. This is necessary but can lead to further problems down the line as the tissue tends to be deposited in an erratic mess, and a sort of tangled spiderweb of tissue. This will pull abnormally on the otherwise smooth and linear

muscle tissue and restrict range of motion and cause pain. By gently stretching and contracting the damaged muscle, the scar tissue is

being pulled linearly as it's being laid down and therefore will keep it from creating such a tangled, restricted mess. It is also important for increasing blood flow and neurological awareness of the muscle.

Soft Tissue Massage and Gentle Tissue Mobilization

Massage stimulates healing by way of maximizing the beneficial components of the inflammatory response. It increases circulation to the area which will help both push rebuilding cells into the area and therefore move the broken down cells out. Commonly, the syner-

AAA continued on page 25 AAA



KTC BOARD OF DIRECTORS

Minutes of June 2020 Meeting

JUNE 22, 2020

No questions were presented

The Zoom meeting was called to order by Tim Monroe at 6:02pm. In attendance were: Christina Adkins, Summer Jo Brooks, Gabrielle Cline, Bobby Glenn, Tim Gregory, 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, Stephanie Bailey, Michael deLisle, Sonya Weathers, and Kathy Nash attended as guests.



Executive Session

Discussed expectations for the club in light of COVID-19. We would like to see a weekly written update from David each Monday at 5:00pm that gives status of road races, trail races, and marathon.

Minutes – Minutes from May meeting – Gabe Cline noted that the original minutes incorrectly noted closeout of 2018 budget, but this should have referenced 2019 and has been modified. Suzanne Oliver moved to accept as modified, Alicia Teubert provided a second. The motion passed unanimously.

Regular Reports

Treasurer's Report – No questions were presented; we are in the process of developing a new format for how this information is presented. David noted that allocations are different this year because so many races have been rescheduled, so some sponsors have provided funds but the races haven't occurred yet.

Marathon Director's Report –

Event Manager Report (Youth Development) – Stephanie noted that she doesn't have anything to add to her report. Tim Monroe noted that we have 99 people signed up. He asked about expectations for Fireball going virtual; do we have a break-even number? David and Stephanie noted that we do not have this information, but with a virtual race, we will not order shirts until closer to the race, so we can keep costs down. Tim Monroe commented on the number of virtual races that are out there now. Tim Gregory asked about points for Fireball. David noted that the race will be eligible for team points, one point per person up to 25 people. (There is no Youth Development report currently as schools are not in session.)

Trail Committee/Footnotes/Website Report – Loyston Point course was set up and stayed up for 8 days. Committee members made sure the course stayed marked. Race participants were very appreciative of a race being held. Baker Creek got canceled due to construction and is being moved to I.C. King. There will be two options for kids' races. This race will follow the same format of being open for 8 days. Very appreciative of the committee's activity.

Executive Director Report – David provided the schedule update as noted below.

- Expo is Sept 7. The City has given permission to market but hasn't issued a permit yet. They aren't issuing any permits in June and July; they are not certain they will issue any in August.

David has tried to present the idea of allowing smaller races to learn how to manage wave starts, etc. on a smaller scale. Fall events are also dependent on what will happen with UT football.

- Hal Canfield has been put on hold by the City. David feels confident that we will be able to do a mile race sooner rather than later. It is important to get races in now (for example Townsend) because we don't know what will happen in the fall.

- The decision was made to cancel Carter Mill.

- Midnight 8K and Pigeon Forge half are tentatively approved for the dates but are still waiting for official approval because Sevier County had a spike in COVID.

- Townsend 15K is unchanged for now. David is looking at 4 locations for possible races but cannot get official word until July. Tim M. noted that the model with Townsend 10K of getting the permits and negotiating with municipalities, then turning it over to seasoned race directors for planning the actual event is the way to go. Alicia asked if there are any concerns with race timing. David noted that we will go back to pre-assigning bib numbers to reduce contact. We will put in place things like gloves, hand sanitizer, no water on the course. Race week there will be a lot of emails to remind people that they need to provide their own water; instructions on traffic flow; etc.

- P. Mark noted that if the City of Knoxville is a sticking point, we might want to look at unincorporated areas in the county where this is not an issue.

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KTC BOARD

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Expectations Discussion – Tim Monroe noted that the board met for an executive session prior to the full meeting. We appreciate all of the hard work that is going into responding to COVID. The board has developed some expectations about additional communication needs in light of all of the changes that are happening. Tim M. will reach out to David later this week to review.

Social Media Discussion –Tim Monroe noted that we need an actual plan for communications and social media both for global KTC efforts and event specific efforts. Gerald noted that he and David spoke awhile back. We need to figure out what we want from our plan – do we want to hire someone to focus on messaging or do we want to rely on volunteers and hope for the best? David noted that we have brought someone on board, but it happened right before all of our events were canceled. Christina offered suggestions about running-related themes for each day of the week. She noted that some KTC members that she knows canceled their membership because they don't know where their membership fees go when we are not having races.

Summer Jo noted that often social media is the last thing that you think about so it is helpful to have a plan for scheduling posts. She would like to see us use the resources available in the club for free before exploring hiring someone. Zane noted that now is the time to step up social media and try to engage the community. Tim M. asked if a group could develop a plan for our social media strategy. Zane offered to lead this committee and come back in a month with a plan. Suzanne moved that we recommend Zane to lead up the effort to develop our social media plan. P. Mark seconded this. Approved unanimously.

Roundtable

P. Mark wanted to know if there is a way to volunteer for a virtual race.

Alicia – budget finals for 2019

Bobby – wants all of us to stay on top of the financials to make sure we are not surprised by anything.

Tim Monroe noted that there is a group that will be looking at the impact of having to cancel events.

David noted that we have a lot of variable expenses that are linked to events.

Adjourn -Christina moved to adjourn, P. Mark seconded. Meeting adjourned at 7:28pm

Muscle Pull

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gistic muscles around the joint will tighten up in an effort to splint the joint and take pressure off of the damaged muscle. This makes good sense on the surface but goes against the principle of incorporating movements as soon as possible. Therefore, massage and other gentle tissue mobilization techniques such as light ART, FAKTR, and Graston can be beneficial for releasing the spastic tissue surrounding an injury.

Laser – Grade 4 Hot Laser

Grade 4 laser works wonders by increasing the ability of tissue to heal on a cellular level. The laser works by stimulating receptors within the mitochondria of the cell to produce more ATP, which is essentially the body's energy currency. It is vital in all aspects of human function and is the molecule that makes nearly all cellular reactions in the body happen, including healing. Tissue takes energy to regenerate and the more energy that is accessible to the area, the faster the area will heal. Laser is very commonly prescribed in our office to athletes that are mid-season or in general to individuals that can't afford a long drawn out recovery period.

Alas, a muscle pull doesn't need to be a season ending injury. With a little love and a proper treatment protocol, time away from play can be cut in half. Don't lose your spot in the starting lineup. Prioritize your care!!



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



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



KTC BOARD OF DIRECTORS

Minutes of July 2020 Meeting

JULY 28, 2020

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

Minutes – No modifications. P Mark made a motion to approve, Christina offered a second. Minutes approved unanimously.

Regular Reports

Executive Director Report – Christina asked if there was an update to Midnight 8K. David noted that they got an in person meeting last week at PF and have the first round of approvals. Will go tomorrow for final approval. PF really likes the midnight race. Pigeon Forge officials presented a course that has been used in the past (on Wears Valley Rd). It is an out and back course. David noted that we will modify wave start as 30 minutes between waves is too long. The race start is backed up to 11:00pm. Runsignup pages are in the works, just waiting to get final approval. It was helpful to have the experience of Townsend. Tim Monroe asked about PF 8K race director. David noted that Kim Emert will be asked to do this as she has been RD before. For the half marathon, will look at a team of captains. Once we get approval, staff will explore sponsors. It may become the

Pilot Pigeon Forge Half Marathon. We are trying to highlight the sponsors who have had their regular races canceled or postponed.



A community group would like to provide some funding to the club in honor of Phil Barber. We have proposed a scholarship fund. Jason Wise has experience with this and can assist with set up.

Summer Jo asked about races in Anderson County. David has been exploring other counties and the more success we have with our early races, the better.

Feedback from Townsend was great. People really followed directions well. The race went off very well. There were a few issues with timing based on people getting close to the starting mat for a second time after having run. Survey will be going out to participants. So far, all of the feedback has been very positive. Tim Monroe asked about rough estimate of net income. David should have this by the end of this week and will include it in this week's update report. Summer Jo heard great feedback from her friends who participated. It made her proud to be part of KTC.

Treasurer's Report – There was nothing to add to the report. We can't compare YTD this year with last year given the lack of races. Balances in our investment accounts are rebounding. There were no questions.

Marathon Director's Report – Jason Altman reported that if virus numbers decline in the near future and if we feel confident that we can pull off a race safely, we want to pull off a live

event. The reality is that we are seeing a lot of marathons cancel. There does seem to be lack of leadership in the industry. Doing the Townsend race gave us a good example of how to hold a race safely. Even if we don't do a live event in November, there is no guarantee we will be allowed to hold the race in March. We are in a good position with Covenant as our title sponsor if they are in support of a live race. The next month will be telling in terms of what happens with the virus. We do want to know what we are doing one way or another by September 1st so that we can plan. Summer Jo noted that if they allow UT sports, they should allow the marathon. Tim Monroe asked if we have any read on how confident Covenant is feeling currently. Jason Altman noted that there is a lot of apprehension currently. There is a participant survey out currently to assess comfort in running a live event.

Event Manager Report (Youth Development) – There may be an assisted event in Kingston, but that is the only thing to add to the report. Tim M. did a shout to Stephanie for putting together all of the bags for Townsend. There is nothing to report with youth currently.

Trail Committee/Footnotes/Website Report – Michael reported that the KTC camera died in the middle of Townsend, but he was able to get it fixed. The Mud Run has been canceled. Please submit any Footnotes articles. Trail races have been successful with a RunAnytime model. Participants are very appreciative of the races. For race directors, it is actually a little easier to do with the virtual model. August's

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KTC BOARD

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trail race will be a virtual event. The September North Boundary event might get rescheduled due to another race on the same trails. Alicia asked if there was any follow up on the person who was injured at Haw Ridge from a legal perspective. Michael does not anticipate any issues. The runner is recovering at home and is in good spirits.

Digital Strategy Committee Update – Zane noted that he is looking at the statistics so that we know our baseline and are not messing things up that are actually working. The Instagram accounts need to get set up as business accounts. There is actually good traffic with our current social media accounts. The track club website is too old to set up with analytics. It is not an easy site to manage because it is outdated. Gerald noted that getting the website on a platform that can support where the club needs to go is important. Michael noted that we also need to make sure

that information is delivered to the website in a timely manner. Tim Monroe noted that the club can do a better job of setting the expectations to all of those who are contributing information to the website. Zane noted that his recommendation is that we update the website. He would be willing to donate the staff to do this. It would not be terribly difficult to transfer the current information without losing any content. Suzanne suggested that we accept Zane's offer to work on the transfer of the website. Alicia noted that we do not need a formal vote on this. All were in agreement that we accept Zane's offer. Christina moved to switch Instagram to business, P. Mark seconded the motion. This was approved unanimously.

Financial Planning Committee Update – Tim M. noted that we needed to look at finances in light of the inability to have races. Tim noted that we needed to put together some scenarios. Keith reported that we have looked at the operating budget with the goal of looking at the budget for the remainder of the year that will allow us to adapt quickly as races are added or canceled.

The big items outstanding are the marathon and administrative expenses for the remainder of the year. The PPP funds have been an important part of the financial picture for this year. These funds will likely be extinguished by the end of August. Plan is to have a solid budget tool that can be shared with the rest of the board in August. Alicia asked about a time frame for spending PPP funds. Keith noted that this has been extended through the end of the year and once we are done spending them, we will work on the forgiveness process.

Roundtable

Gerald – Asked the board if it is necessary for David to submit a report weekly – is this the best use of David's time?

Summer Jo – Summer Jo noted that she does not think it is too much to ask for a weekly update given how much things are changing.

Michael noted that there are some weeks when there is a lot going on, but some weeks when there is not.

Tim G. asked David's opinion. David noted that it's hit or miss. He wants to make sure the lines of communication are open.

Suzanne spoke with Lauren about the Beer Series. Virtual 6-pack across September-October. Beer Series committee would show up at a set time to hand out hats and beer tickets that runners can use at any time over the course of the week. Perhaps to a scavenger hunt to make things fun.

Christina thanked P. Mark for taking over the last hour of her shift at Townsend.

Executive Session

A brief session was held starting at 7:20 and staff logged off the Zoom meeting. The compensation committee presented the 2019 bonus matrix for the executive director. The board moved unanimously to approve the committee's recommendation.

Brian moved to adjourn, P. Mark and Christina seconded. Executive Session adjourned at 7:35.

KTC 2020 BEER RUNS SET

After much deliberation, we feel we have come up with a way to have both a safe and fun event during "these unprecedented times". You will have a week to complete each run. Run the course we propose, or wherever. We provide the approximate mileage, you put in the miles. Tag KTC and use the hashtags #KTCbeerrun2020 #KTC #KTCStrong on your preferred social media to get credit (and entered for the next round of door prizes).

We will have representatives at each week's brewery as scheduled below. That's when you will come pick up your hat and possibly, a door prize, from your previous week's run, and most importantly, pick up some beer.

Blackberry Farm Brewery:	Saturday, Sept 12, 2-4pm
Albright Grove Brewing:	Saturday, Sept 19, 2-4pm
Clinch River Brewing:	Sunday, Sept 27, 2-4 pm
Hi-Wire Brewing:	Sunday, Oct 4, 2-4 pm
Next Level:	Sunday, Oct 11, 2-4 pm
Alliance Brewing:	Sunday, Oct 18, 2-4 pm

Don't worry if you can't make our KTC table at the brewery of the week. You can pick up your hat, prize, or air-five at the next one.

Your options: If you do nothing, we will move you forward as a registered participant and have your hat waiting. Otherwise, we can transfer your entry fee to a Legacy Parks donation. Also, we understand that some folks have had changes in circumstances; you can email us to discuss options.

36 Tips

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Often times, you'll surprise yourself by what you can do.

23. Trying new things

Be open to trying new training techniques. This could mean higher volume, more speedwork, more strength work, or even more rest.

24. Changing your shoes

Speaking of trying new things, that goes for shoes, too. If you have a history of injuries, there's a chance your shoes could be the culprit. I've worn the same brand and model for years. I did not want to stray. But after my husband surprised me with a pair of new shoes, many of my "niggles" went away...OVER NIGHT. I could hardly believe it!



25. Having a goal

Goal-setting is key to staying motivated. Otherwise you're running aimlessly literally and figuratively. Goals give you direction. The goal could be a certain weekly mileage, a race, or even just running a couple times a week. Always have one.

26. Sleeping enough!

Your body can't operate in a depleted mode forever. It will breakdown in the form of illness, injury, or malaise. Prioritize rest over everything. This may mean only doing early morning runs a couple days a week or gradually moving up bedtimes.

27. Finding your crew

Studies show running with friends is a surefire way to keep you motivated. Running with other people keeps you accountable and is fun!

28. Running to music

Running to music is also a huge motivator—it can make you run faster and longer..Honestly, when I'm really into a song, I can't wait to run to it (it's my form of dancing). Check out The Mother Runners playlist on Spotify.

29. Knowing your WHY

It's almost impossible to stick to something without buy-in. So, know *why* you run. Is it to relieve stress? To lose weight? To feel strong? Think about it. Check out my Instagram account for other mother runners' "whys."

30. Scheduling runs

Don't leave runs up to chance. Pre-planning when you'll run eradicatessstressofwhenyou'll fit it in and ensures it'll happen (a.k.a.—no run-xiety, anxiety over when you'll run). Get the childcare. Prep the kids. Get it done.

31. Prepping kids for your runs.

Speaking of prepping kids, telling attached kids that Grandma or Daddy will be there when they wake up, etc., lessens the chance for freak-outs when they realize mommy is not home. Inoculate melt-downs by cluing them into your plans.

32. Listening to your body

Most mother runners have the tendency to push through pain. Listening to your body, asking questions like the ones below will save you from injury and extended time-off: Does just thinking of running make you feel exhausted or in pain? Do you have a fever? Does your stomach hurt? Are you using the bathroom frequently? Can you walk without pain? Have you felt tired, sick, or in pain for more than a day? Do you feel worse as your run progresses? If you answer yes to any of these, bag your run.

33. Drinking caffeine

Let's face it, sometimes we need a little help to get out the door and keep moving throughout the day. Coffee and Optimum Nutrition's Amino Energy drink have helped me stay energized on the days I don't get enough rest. And bonus, studies show that caffeine can reduce perceived exertion making running feel easier. Disclaimer: Too much caffeine can have detrimental effects. And, getting enough sleep is best. But sometimes, that's just not possible. Caffeine can help you stick to your goals.

34. Calling your PT

Finding a physical therapist who understands runners is CRUCIAL to staving off injuries. When you have a niggle that lasts more than a couple days, call them up, figure out what exercises you should be doing, and nip that niggle in the bud! I learned this the hard way: nothing beats good ol' physical therapy. It addresses the cause of injury rather than just the pain.

35. Draining the legs

Propping your legs up on a wall post-run for 5-15 minutes has been heralded as an optimum post-run recovery routine for decades. While there lacks conclusive evidence that this helps drain lactic acid and fluid from your legs, it does stretch hamstrings and mother runners swear it helps accelerate recovery. Plus, it's relaxing!

36. Having a morning routine

Elite parent runners Andi and Zach Ripley take less than 10 minutes every morning to stretch and strengthen their bodies. Making this part of their morning routine as much as that cup o' joe has worked wonders in improving their running performance and keeping them healthy. Check out their routine on atozrunning.com.

Most often it's the little things that can make a big difference. Being consistent in the habits here that are appropriate for you could set you up for a lifetime of happy running.



BIG HILLS, BIG FUN GREET HAW RIDGE RACERS



Michael deLisle, race director

As much as we want to return to “real” racing, we still felt it necessary, out of an abundance of caution regarding public health and safety, to continue offering Treadin’ Trodden Trails races as semi-virtual, Run Anytime events. Thus the 2020 version of one of our oldest and most venerable trail races, the Haw Ridge Trail Race, was marked and left marked from Saturday, July 11 at 6:00am through Sunday, July 19 at 9:00pm. We checked the markings daily, as there are a lot more cross trails there than at IC King or Loyston, site of our first two RunAnytime events. We instructed runners to run the course anytime during daylight hours and email their time to us. We maintained a leader board throughout the week (although points were NOT awarded toward the TTT Grand Prix.) Runners had the option of running it multiple times and many did.



Since its inception the race has been contested at 5:30pm on the hottest Friday afternoon of the summer but in 2013, we changed that to Saturday and - voila! - still tons of fun! It’s bounced around a bit, from August to July and to and from to the Life Development Center on Old Edgemoor Drive, but anywhere and anytime we’ve staged it, it’s been big time fun.

This time, stuck as we are in the grips of the Covid 19 pandemic, we were unable to provide aid stations or post race food and drinks, so runners were on their own — except for abundant blackberries in sunny areas along the course — but we heard few complaints. In fact, nearly half of the hundred runners who sent in finishing times took a moment to add their thanks and express their appreciation.

“Thanks for putting on a great series of races. The circumstances leading to the races going virtual are of course difficult, but y’all have done a great job of making it happen anyway. I appreciate it!”

“Also, I just want to say thank you for organizing the race and for marking the trails so well! A side note, I am 7.5 months postpartum this weekend (first baby born 12/3/2019) and it felt super appropriate to run a 7.5 mile race. This race series has kept me moving along in my postpartum recovery and keeping the series going virtually in the midst of everything has meant a lot to me. So thank you for that too!!”

“Hi, I did the haw ridge yesterday. It was about 600 degrees...and took over 2 hours (I forgot my watch). Thanks for the great trail markings.”

“Hi! The course was so well marked and great that I did it again today! Results are attached! Thanks!”

“How you moved the Grand Tetons to ETN for your race was a neat trick.”

“Thank you! I was glad to have you and Jesse’s encouragement as I ran down Kaboom yesterday. I used to volunteer at Capernaum Young Life and met Jesse there a couple of times.”

“I hadn’t remembered all those steep hills, but maybe I just had blocked them out of my memory. It was definitely a doozy. Thanks for putting it all together! “

“The course was so well marked and

great that I did it again today”

“Great race, Michael! Super hills, well-marked, and wonderful weather early Saturday. Not being an official race, my dog ran it with me and loved it too. It doesn’t get much better than that.”

“Thanks for holding these virtual races and kicking our asses! Also, I’ve never been on this trail but had no issues navigating, marked very well.”

“Course marked perfectly as usual. Great job once again on an outstanding run/experience. Hadn’t seen Haw that way before!”

“Enjoyed it! We run there every week but not up to the top of ridge and back down so it was an adventure. Thanks for the fun course!”



Given changing conditions and timing of if/when restrictions may further loosen, we’ll likely be offering at least a few more RunAnytime events over the balance of 2020. We’re optimistic that Big South Fork can run as a more normal race, and maybe Norris, too. All we can say is stay tuned to the website for updated information.

To be honest, these virtual races have been surprisingly fun (and easy) to stage. We salute the fastest of the Haw Ridge racers, Sean Hagstom, Gavin Jones, and Tim Hill proving best of the men, and Alondra Moody, Dana Rohloff, and Amy Jones the fleetest of the females. Big time congratulations and thanks to everyone who participated in this year’s most unusual Haw Ridge Trail Race. See y’all on the trails !!!



RETURN TO REAL RACING AT TOWNSEND 10k

David Black, race director

July 18, 2020 was a momentous day for the Knoxville Track Club. For the first time in nearly five months we held an in person road race. This new event was unlike any we had done prior. Conforming to safety standards, we developed and implemented a new way to operate the race using time specific times for packet pickup, rolling starts, self-supported course, no post-race awards or celebration.

This worked amazingly well and operated much like a time trial. There was a certain element of things being laid back as participants could start any time during a thirty minute window. For the competitive side it was a fun element. Runners would need to go all out to be competitive as they didn't know who ran before or after them.

The loop course utilized the beautiful Townsend Greenway with spectacular views of the Great Smoky Moun-

tains. Throughout the event, runners of all paces could be seen on both sides of the greenways, encouraging each other as they passed.



KTC Hall of Fame members Ethan Coffey (33:55) and Stewart Ellington (35:04) took first and second place, while Alex Morgan (36:06) took third overall. These three men are all from Knoxville. Katy Kalian (42:35) of Nashville was the

fastest female.

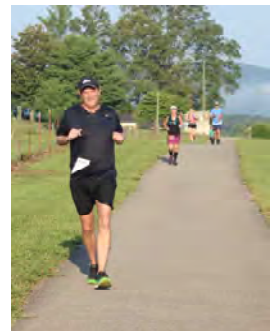
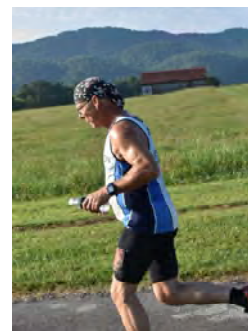
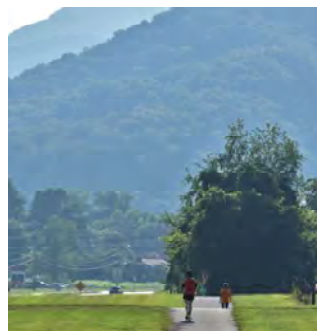
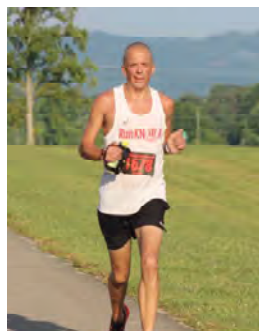
Constance Dickey (43:19) of nearby Friendsville and Eliza Dickenson (44:27) of Knoxville rounded out the top three.

There were 355 registered participants with nearly 300 finishers. These runners were from ten states and ranged in age from six to seventy-eight. It was an absolutely

beautiful day for a return to racing.

Special thank you to our sponsors: businesses including Pilot Company, New Balance Knoxville, The Runners Market, WBIR TV10, Hard Knox Pizza, Eddie's Health Shoppe, Knoxville Performance Lab, The Lily Barn, The Townsend Abbey, Little River Campground and The City of Townsend.

As the Executive Director, I would like to thank the volunteers, participants and sponsors. This was a very special return to racing for so many and I am so thankful for everyone who helped make this possible and joined us. The volunteers, staff and participants were amazing in making sure that we operated a safe event during the uncertain times. We look forward to more in person events in the future and seeing more of our running friends and communities.





THE TRAILS THAT VIRTUALLY COULDN'T BE CONCORD



Stephanie Johnson, race director

Virtual Racing has become the thing as we push through 2020 and this was no different for The Trails That Can't Be Concord. Once again we were able to show off some new trails in West Knoxville that quite a few of you never knew existed, and got to enjoy these trails via a 5k or 5 mile course, along with a kids 1 mile run!!! The virtual format allows us to mix it up a bit, allowing us to leave the course open for a week, and giving runners the option of turning in times for both distances.



whose time of 25:58 eclipsed strong efforts by runner up Toby Gambill (34:55) 11-year old Abram Shelton, who ran 41:50, same time as Steven Shelton, who was awarded first place Masters Male.

Our winners were Brynn Downing, Drew Ellis and Alden Larrick (who won the women's 5k anyway!) Congratulations!!

Even as we were marking the course the Thursday before, new trails were being added, so next year should be fun and even longer. Congratulations to all who participated and we look forward to seeing you at our next virtual race at North Boundary, comprised of a half marathon, a 10k, and a Kids Trail Mile. The race will be open for participation from 7:00 am on September 5 through 8:00 pm on September 12.

After sending in their time, each participant was given a voucher for a Blackhorsebeer at either SoKno or Central Flats and Taps. Thanks to our fantastic sponsors, thank you to assistant RD Tony Owens for compiling the virtual "timing" and to all who helped check the course markings daily so no one got lost. Thank you to all the runners – though we didn't ask for it, we received many screenshots of successful runs.

5 Mile Results

Fastest overall men covering the five-ish miles were Doug Holder (41:51), David McLennan (42:07) and Nathan Helton (42:13), while the quickest women were Chris Keim (51:02), Julie Konkel (54:54), and Courtney Matevy (58:00). Sam Plemons was the first place Masters Male, running it in (43:25), and Connie McCormick (60:13) earned top Masters Female honors.

5k Results

The shorter but equally fun 5k course crown was earned by Rob Bonamarte,

On the distaff side, Alden Larrick was fastest female, clocking 32:12, virtually chased across the finish line by 12-year old Madeline Elliott (35:19) and Alex Snyder (39:45). Top spot in Masters Female was earned by Ruth Crowley (40:27).

Kids Trail Mile Results

Evan Snyder, who ran 17:16, was top young miler, followed closely by Jesse deLisle, who clocked 17:36. Five year old Madelyn Alexander raced to a time of 20:04, and was fastest girl finisher. Congratulations to all runners!!!

We were given three gift cards from Runners Market (thank you, Runners Market!) to award. Instead of presenting to the overall winners, we decided to do a random draw.

Trails that cant be Concord 5mile ish



Distance	4.65 mi	Elevation Gain	542 ft
Moving Time	50:07	Avg Pace	10:46 /mi
Calories	602 Cal	Max Elevation	962 ft



VIRTUAL - Secret City 5K for Haiti - VIRTUAL

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

Saturday September 26, 2020

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

LOCATION: The race is virtual, so run, walk, or just be supportive from any location

RESULTS: Results will be posted; no T-shirts or awards will be provided. Your award is your satisfaction in accomplishing the distance and supporting the cause despite COVID-19.

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

ENTRY FEE: Runners and walkers: **\$20 if postmarked by September 6, 2020. \$25 thereafter** and on race day.

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

NOTE: Online Registration Ends September 25 at midnight-

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

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

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

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

ENTRY FORM: VIRTUAL - Secret City 5K for Haiti – SATURDAY September 26, 2020

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

Mail to: Denise Miller Secret City 5K for Haiti 102 Chestnut Hill Road Oak Ridge, TN 37830	Entry Fee: \$20 if postmarked by September 6, 2020. \$25 if postmarked September 7, 2020 or later Online Registration Ends September 25 at midnight	Race-day registration runners and walkers 6:45am-7:00am
--	---	--

PLEASE PRINT

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

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

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

Address: _____ City _____ State _____ Zip _____

Emergency Contact: _____

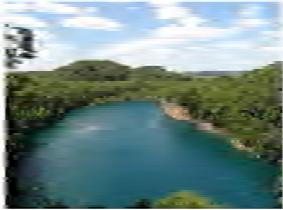
*****ATHLETE'S RELEASE*****

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

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

Athlete's Signature _____ **Date** _____

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



FORT DICKERSON FROLIC

DATE TIME PLACE: Sunday morning, **October 25, 2020. 9:00 am.** Starts/finishes at Fort Dickerson Park 3000 Fort Dickerson Rd Knoxville, TN 37920. Lat 35.944555°N Long -83.912501°W **Kids Trail Mile starts 8:30 am.**
COURSE DESCRIPTION: Both 5k and 10k courses will start at the pavilion atop the big hill where the Civil War fort used to stand. 10k is a double loop. Overflow parking along road. **Course closes at 10:45 am. Kids Trail**

Run Course will be a miniaturized version of the adult course and guaranteed to be fun!

DIRECTIONS: *From downtown* - Cross the Henley Street Bridge and from the traffic light nearest the southern edge of the bridge, travel 5/8 of a mile to the park entrance on the right. Drive to top of hill. *From the south* - Travel up Chapman Highway (US 441) 5.2 miles north of its intersection with John Sevier Highway. GPS coordinates and address above.

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

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

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

GRAND PRIX POINTS: Full points (i.e., 100, 90, etc.) will be awarded for the 10k and Half points (i.e., 50, 45, etc.) awarded for the 5k.

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

RESULTS: Results will be available on the Knoxville Track Club 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 the aid stations. If you don't own a handheld, consider purchasing one; they're quite useful out on the trail. Otherwise a basic water bottle will be provided and handheld 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 Andrea Ludwig 865.306.3115 or aludwig@utk.edu. More race or series information, contact Michael deLisle, series director at 865.548.4718 or mdelisle@comcast.net

OFFICIAL 2020 FT DICKERSON FRANTIC FROLIC ENTRY FORM

Race Number

Address _____

City _____ State _____ Zip _____

Race 10k 5k Kids

Phone () _____ - _____ E-Mail Address _____

Name _____
Last _____

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

**COURSE
CLOSES
AFTER
1 HR 45 MIN**

First _____

Sex Circle One male female

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

Age (as of 12-31-20) _____

Birthdate Mo. ____ Day ____ Yr ____

None XS S M L XL XXL
YM YL

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

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Stalk Your Quarry 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, THE CITY OF KNOXVILLE, KNOX COUNTY, and THE STATE OF TENNESSEE, 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 Fect:

Michael deLisle, Ft Dickerson Frolic
4443 Kingston Pike, Knoxville TN 37919

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

Athlete's Signature

& if under 18, parent's signature

Date

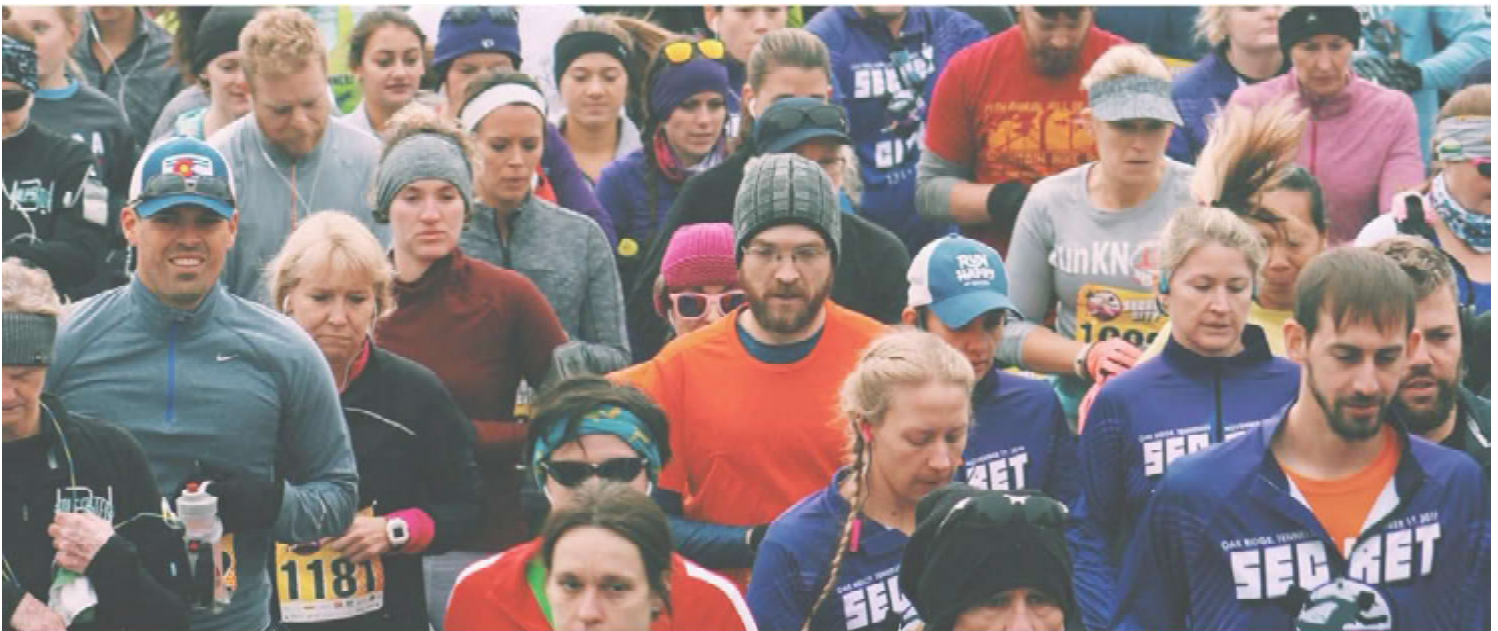


OAK RIDGE, TN

SECRET CITY

HALF MARATHON & 5K

November 21, 2020



Secret City Half Marathon



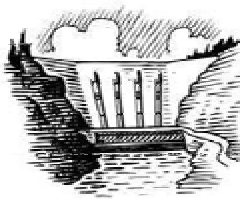
@secretcityhalfmarathon

secretcityhalfmarathon.com

**Virtual
race
option
available**

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@knoiology.net or Doug Holder at southernskies@knoiology.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 _____
Last _____

Phone () _____ - _____ E-Mail Address _____

First _____

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

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

Sex Circle One male female

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

Age (as of 12-31-20) _____

Birthdate Mo. ____ Day ____ Yr ____

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

T-shirt Size (circle one)

None XS S M L XL

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 Fee to:
Michael deLisle, Norris Ultra Dam Hard Trail Race
1633 Helmbolt Rd, Knoxville TN 37909

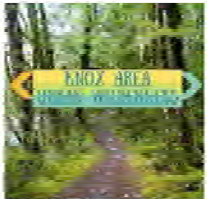
Make checks payable to
The Knoxville Track Club (No refunds)

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 () _____ - _____

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

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)

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 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.

COURSE CLOSES 1:00pm

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

Eugenio Agahan
Dewayne Atchley
Walter Baird
Ball Family
Amy Bollinger
Brakebill Family
Brittney Cannon
Chaffins Family
Stacy Clower
Cogburn Family
Julia Conner
Elizabeth Corbett
Kris Corbett
Craft Family
Scott Crammond
Cummings Family

Jim Deck
Fernandez Family
Mike Gamber
Xiaosong Geng
Caitlin Gilmore
Bethany Gleason
Linda Graham
Errol Griebel
Mark Hall
Donald Harville
Jonas Holdeman, Jr.
Holmes Family
Kate Honebrink
Paul Horton
Ashley Hoskins
Ickowitz Family

Joe Jackson
James-Waddell Family
Jones Family
Adam Kolatorowicz
Dianne Lay
Kyle Mack
Ryan McMurray
Tucker Miles
Miller Family
Michael Todd Montgomery
Marsha Morton
Perez Family
Perkinson Family
Andrey Prokopenko
Tricia Quillen
Rakes Family

Jennifer Ratledge
Becky Ray
Danny Renfro
Rick Roop
Timothy Rutherford
Anna Sandelli
Larry Satkowiak
Maureen Saygers
Kyla Schwarten
Brent Scott
Evan Sexton
Kenneth Sirois
Shirley Sirois
Will Skelton
Allison Slater
Smith Family

Kathy Smith
Matt Stegall
Stuart Family
Paul Summers
David Thayer
Van Nes Family
Caleigh Van Nortwick
Barbara Veith
Teresa Vest
Weber Family
Webster Family
Justin Weinmeister
Bob Weismueller
Jessica White-Horton
Abby Williamson
William Wolf
Patrick Wolf

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 delivered through email.

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

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

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

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

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

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

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____ Phone: _____

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

How did you hear about KTC? _____

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

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

Event Schedule

Sep - Nov 2020

SEPTEMBER

- 5-12 Oak Ridge - 7:00 am. **NORTH BOUNDARY VIRTRAVERSE AND KIDS TRAIL MILE.** See info on KTC website.
- 7 Knoxville - **KTC EXPO 10k/5k. POSTPONED**
- 12 Knoxville - CANCELED. Marine Mud Run
- 12 Knoxville - 9:00 am. Zombies Like Brains 8k for DIPG Awareness. See info on KTC website.
- 20 Townsend - 8:00 am. **TOWNSEND 15k.** See info on KTC website.
- 26 Oneida - 8:30 am. **BIG SOUTH FORK TRAIL RACES.** See enclosed form and info on KTC website.
- 26 Oak Ridge - Virtual Race. Secret City 5k for Haiti. See enclosed form and info on KTC website.

OCTOBER

- 9 Knoxville - 6:00 pm. Pawsitively Spooky 5k. See info on KTC Website.
- 11 Knoxville - 8:00 am. **PILOT CROSSKNOX 15k.** See info on KTC Website.
- 17 Knoxville - 9:00 am. Veterans Heritage Ridge Run 5k/10k Trail Race. See info on KTC Website.
- 24 Knoxville - 8:30 am. Ram Run 5k/1M Fun Run, (Virtual Event all month). See info on KTC Website.
- 24 Greenback - 8:00 am. Firewater Ultra. See info on KTC Website.
- 25 Knoxville - 9:00 am. **FORT DICKERSON FROLIC 5K/10K/KIDS MILE TRAIL RACES.** See info on KTC Website.

NOVEMBER

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

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.

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