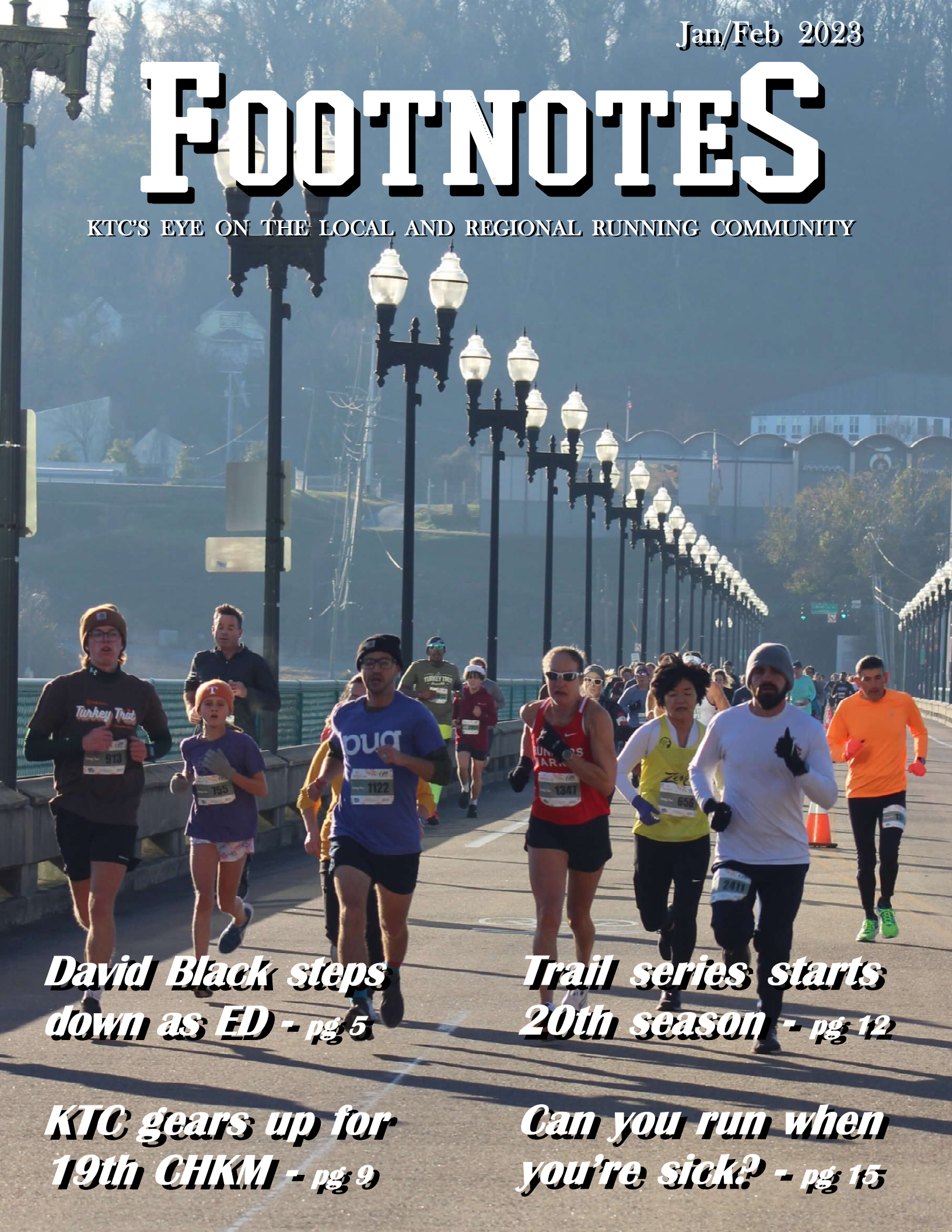


Jan/Feb 2023

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



David Black steps down as ED - pg 5

Trail series starts 20th season - pg 12

KTC gears up for 19th CHKM - pg 9

Can you run when you're sick? - pg 15



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 Raymond decided it was time to expand to downtown to make healthy living more accessible to those who work and live in the city.

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



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

BUSINESS HOURS

Monday - Thursday 10am - 8pm

Friday - Saturday 10 am - 9 pm

Sunday 12:30 pm - 6 pm



FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



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FOOTNOTES

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ROAD RACE INFO
888-217-5635

TRAIL RACE INFO
865-548-4718

YOUTH ATHLETICS
888-217-5635

WEBSITE
www.ktc.org

ON THE COVER

Well over two thousand runners took to the streets of downtown Knoxville for KTC's annual Turkey Trot.

cover photo © Michael deLisle
entire contents © 2023 Knoxville Track Club

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



15 tips from the RRCA

RUNNING SAFETY

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

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

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

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SECRETARY
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Pam Haggard, Vice President
Keith Jackson, Treasurer
Christina Adkins, Secretary
John Chavis, Jr.
Gabrielle Cline
Karla Gander
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Zane Hagy
Tim Hill
David Hinkle
Jennifer Moore
Angle Norman
Matt Stegall
Eric Weatherbee
Jason Wise

Volunteer Coordinators

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VOLUNTEERS
Teresa Williams
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SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * January/February 2023 edition



A Message from our Club President

Brian Huskey, KTC President

Introducing the Interim ED



Every time the calendar rolls around to a new year, we almost invariably find ourselves looking back to the past and thinking about the future. Given its 60 year history, the Knoxville Track Club has seen lots of changes over time. As 2023 begins, the club finds itself in the middle of a transition especially worthy of some introspection.

As you probably have read or heard by now, our Executive Director, David Black, resigned in December as he looks to find a position where the hours are more conducive to spending time with his family. Anyone who has spent time with David knows how much he loves the club and the running community. As we look back, under David's leadership, we saw record setting participation numbers at several races, navigated through the COVID-19 pandemic, and watched the club evolve over the years. We are fortunate that David is

willing to help with the transition as much as he can over the coming weeks.

As we look forward, I am happy to share that Eric Weatherbee has been appointed by the Board of Directors as our Interim Executive Director.



Eric has been a member of KTC for many years, has run and volunteered at countless races, and has served as director on our board. He brings a strong background of non-profit service and professional experience to the organization, and we're grateful he has agreed to assist in this season of transition. I'm confident Eric will continue all the good work David and our previous Executive Directors have done to fulfill the mission of the club to encourage life-long physical well-being through running and walking as we build a healthy community.

Having Eric in place as the Interim Executive Director helps ensure conti-

nunity and will allow the Board of Directors the time to find the right person to fill the role on a permanent basis. A search committee has already been formed and the work to recruit the next Executive Director will begin in earnest soon. We will post the job opening on our social media sites, so keep an eye out if you are interested in learning more about the opportunity.

Thanks to David for his years of service. Thanks to Eric for his willingness to help us through this time of transition. And thanks to all of you in the running community that help the club through your participation and volunteerism. I look forward to seeing what great things we can accomplish in 2023! My personal hope is that we see even more record setting participation numbers. You can help by inviting a friend to join you at a race or talk to your employer about participating in the Covenant Health Knoxville Marathon's Fittest Company Challenge.

KTC VOLUNTEERS NEEDED

- Jan 28 Strawberry Plains Half Marathon / 10k
- Feb 19 Whitestone 30k/Relay Road Race
- Feb 19 Whitestone 30k/Relay Triple Trail Trek
- Mar 5 Dark Hollow Wallow 11M/5M/Kids Trail Mile
- Apr 1-2 Covenant Health Knoxville Marathon Weekend

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



Be Intentional

*David Black, Executive Director
Knoxville Track Club*



The mission of the Knoxville Track Club is encouraging lifelong physical well-being through running and walking. The vision statement is “Healthy living, healthy community – one step at a time.”

Believe it or not, it truly is simply that easy, one step at a time. Putting one foot in front of the other to intentionally walk, jog, or run a set distance leads to so many great things, including a healthier lifestyle. I read years ago that one simple thing to do to combat the average yearly weight gain that many people experience is to park further away. Whether at work, the store, gym or anywhere, picking a further spot to park will increase your steps a few at a time. This is another intentional action. It goes without saying that we must be intentional to make change.

As humans, we don’t often realize the impact our intentional actions have on others. Being part of a running community can inspire so many people. This community is truly full of so many stories and examples of life changing events and amazing accomplishments. When witnessing the life change someone has gone through firsthand, we are both inspired and often led to do great things. Spend a few minutes getting to know some people the next time you are at a group run or race. There are countless stories of people who have recovered from injury or surgery, health problems, major weight loss, and the list goes on.

I recently had my tenth anniversary since running my first 5k. This was inspired by others who were doing it to support the local schools. I found this to be a good avenue for my physical and mental health. A couple of years into the journey I was attending a Foothills Striders club meeting. Shahin Hadian was the guest speaker and talking about setting goals. Some goals people often have are to do one race per month, a race in each state, set personal records, run or race a certain number of miles per year, and the list can go on. At the time, I had completed many races, up to the half marathon distance.

After some discussion with running friends and giving it some thought I decided to aim for my first marathon. I decided to tackle the Dopey Challenge at Walt Disney World. This involves four races in four days. My mindset was that if I only did one marathon, what a cool story to say it was at Disneyworld and involved four events. Like many people, I have a love/hate relationship with the marathon distance. However, this past fall, a month before my ten-year running anniversary, I completed my tenth full marathon.

The influence of others led to my starting to run a decade ago. The positive influence of so many and stories I have heard and seen have led to me doing so many things I never thought I would.

I have been blessed to be the leader of the Knoxville Track Club for the past five years. It has been an amazing journey and I am taking so many stories with me as I pursue a different career path. I’m not leaving the running community and I look forward to hearing many more stories and writing some of my own. Thank you for all the kind words of appreciation and encouragement which have been shared with me since my announcement. Thank you to the staff, volunteers, participants, sponsors and everyone who have made this a special journey.

I truly encourage each of you to be intentional so you can be the change. The change for yourself and the change for others. Keep in mind that the change you influence, you may never know about.

Set a goal and make a plan to achieve it. Don’t hesitate to ask others to help you achieve it. Know that you are the positive influence which truly can lead to a life change for someone.

See you on the roads and trails.

REACH OUT TO KTC!

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knoxtrackevents@gmail.com





MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Remembering That Ames Character

Just after finishing up the November issue and sending it out to the membership, I received word that former KTC President, Sherman Ames, had died suddenly of a heart attack on October 28. Ironically I had just given him a shoutout in my article, praising his clever comedic writings in this magazine, a well-honed ability that earned him a nomination in 1994 for Best Club Newsletter Writer from the Road Runners Club of America South Region.



Truth be told, great writing was just one of his many talents. Given that I met him through KTC, it's not surprising that I knew him at first as a strong, competitive runner. Our first encounter was at the Wears Valley 15k in 1991 or 92. Very early in the race I was burning off my initial caffeine-fueled burst of energy, already wondering if I'd gone out too fast trying to keep up with young studs half my age. Suddenly a friendly mustachioed guy appeared on my left, running effortlessly, rumpled cap pulled down over his eyes and a mischievous grin across his face.

"Is this where the fast guys hang out?" he laughed, before pulling on ahead to catch up with the lead pack. I had neither breath enough nor functioning brain matter enough to compose a witty reply, so I just made a mental note to try to find this speedster after the race and find out who he was.

Turned out I did manage to catch and pass him before the end of the race but didn't have the wherewithal to do anything more than huff and puff in pained synchronicity on way toward the finish line. Afterward we introduced

ourselves and had a few good laughs.

Over the next several years we duelled it out more than a few times, each of us besting the other on occasion, but over time we each, for different reasons, backed away from the competitive foray of racing and instead developed our friendship based on the written word as printed (yes, printed) on the paper (yes, paper) pages of this very magazine, as well as through the machinations of administering the track club.

I joined the KTC Board of Directors in 1991 and Sherman joined not long afterward. Over the balance of the 1990s, his resume gleamed with accomplishment. In addition to penning his long running, award-winning Footnotes column "Off and Running," he served as KTC President for three years (the only person I can remember who did so), served as race director of the Smoky Mountain Marathon and the Calhouns Ten Miler, and officiated numerous track meets. He also served on KTC's Executive Committee, Vision Committee, and Long Distance Committee (fore-runner of the road race committee), and probably several other positions I can't remember as a doddering 70+er.

Eventually he left Knoxville and his law practice (yes, somehow in the midst of all his involvement with the track club he managed to actually work for a living) and moved west for a time, then returned in more recent years to take up residence in the Cleveland area.

At one point he drove a red Mercedes convertible (SL300? 190?) with a vanity license plate that read 26M385Y—with

a bit of thought, recognizable as the distance of a marathon—that hung on the wall at Runners Market for years and years. Might still be there.

Speaking of Runners Market, one afternoon in 2004, I was putting together the race schedule for the very first season of KTC's trail race series. In the process of naming races, coming up with a few decent ones and a few duds, I had ground to a complete halt trying to come up with a clever name for our first race at Concord Park. Strolling in for a visit came Sherman, and when I asked if he had any ideas, without hesitation he said, "How about The Trails That Can't Be Concord?" The name remains to this day. And he came up with that in a matter of seconds.

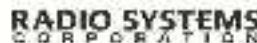
During the years after he left Knoxville, I saw him less and less, but as often happens, each time we ran into one another, it was like no time had passed at all. It's like that with friends.

I'm remembering his tagline, the little box at the end of his Off and Running column. It read, "KTC President Ames, erstwhile leader of the feared Team Varmint, has dedicated his running to the conquering of harrowing hills, mean mountains, perilous pathways and terrifying trails."

The man brought laughter and thoughtful joy to all who knew him. And though I didn't know him as well as some, I'm truly glad we were friends. Adios, Ames. Wish I had a better photo to grace this article than the grainy little black and white snagged from long ago. But then that's kinda the way with memories from long ago, grainy, black and white, not quite in focus...



ONLINE REGISTRATION IS NOW OPEN!
JOIN US APRIL 1-2, 2023!



**CITY OF KNOXVILLE – RUNNERS MARKET – FIRSTBANK – HOMELIGHT
 ASSOCIATED SCAFFOLDING – IMAGE MATTERS – HARD KNOX PIZZERIA
 ALL OCCASIONS PARTY RENTALS – TENNESSEE SCHOOL OF BEAUTY
 21ST MORTGAGE CORPORATION – LIVE IV WELLNESS FROM WITHIN - 99.1 WNML
 KELLOGG'S – NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN**

COVENANT HEALTH KNOXVILLE MARATHON

KTC GEARING UP FOR 19TH ANNUAL CHKM

Jason Altman, Director, Covenant Health Knoxville Marathon

As 2022 wraps up and 2023 begins, the days until the Covenant Health Knoxville Marathon quickly approach.

Folks who plan to do the full marathon should be training by now. We started our Saturday group runs December 3rd and have had a great turnout thus far. Spon-

sored by Eddie's Health Shoppe, Eddie's Health Shoppe Downtown, and ZenEvo Chocolate, the group training runs are offered at no charge to participants who attend. We provide water on the course along with post-run refreshments and snacks. Our half marathon trainees will join us starting on January 7th. For a listing of dates and locations where we will meet in the new year, visit knoxvillemarathon.com.

With New Year's Resolutions kicking in, many area companies will look to encourage employees to participate in the Fittest Company Challenge to get healthy. This year's Challenge is an opportunity for friendly competition among area businesses during all the marathon events. For each employee who finishes a race, the company will receive 1 point per mile finished. (26.2 points for the marathon, 13.1 points for the half marathon, etc.)



For those interested, we can provide free informational video session for area human resource representatives and wellness representatives to learn about the Challenge and receive ideas on how to promote and recruit their employees to participate in the CHKM and its events. If you or someone from your com-

pany is interested, please contact me for more information.

Come February 4th, our annual Covenant Kids Run "Marathon" program will kickoff at Zoo Knoxville. Registration will open at 10 am and the run/walk will start at 12 pm. Children 8th grade and younger can participate in the Covenant Kids Run. Admission to the zoo is free for each child who registers and one accompanying guest. All other admissions are half-price. The registration fee is \$20 and this also covers the child's registration for the official Covenant Kids Run on April 1st. By participating, kids can run a "marathon". Each child receives a mileage log to start tracking his or her miles and exercise between the Zoo run



and the official CKR on April 1st. Kids can finish the last mile of the marathon at the World's Fair Park Finish Line – just like the adults!

We are excited to announce that we are offering \$5,600 in prize money to area schools through our 2023 Fittest School Challenge. We are offering this incentive to area schools in nine counties. (Anderson, Blount, Hamblen, Jefferson, Knox, Loudon, Roane, Sevier, and Union). Winning schools are based upon the highest percentage of student population participating in the April 1st Covenant Kids Run. (Fast or slow, all kids count the same in the challenge. We are encouraging participation!) To be counted toward their school's total, a child needs to participate in the April

1st Covenant Kids Run and identify their school during registration. Prize money and plaques will be awarded to the winning schools after the race. Back this year,

we will have two categories for the schools. Schools with more than 300 students enrolled will compete in the large category; the schools with 300 or less students will compete in the small division.

Registration numbers for our 19th CHKM are going strong! After our price increase on December 1, we are on pace for a fantastic turnout in 2023.

Looking to volunteer? I am still in need of some key volunteers to serve on the 2023 Marathon Organizing Committee. If interested, please email knoxvillemarathon@gmail.com for more information. Happy New Year!

YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

The KTC Board approved the first increase in membership dues since 2015. If you signed up to be a member or renewed after March 1st, 2022, you received in your membership letter a red card to turn in for a free membership shirt at a KTC event. The shirts are unisex from Small to 2XL. The shirts can also be purchased for a small \$5 fee.

Each year the shirt will change. This year, the shirt includes the 60th anniversary logo. Do not miss out on this year's collector's item. It is so soft and it is one shirt that you will keep and wear for years.

We are excited about the new shirts as a method of marketing for our great club. Plus, we hope to gain some additional member discounts with area businesses. If you have or know of a business that might be a good fit, please let us know. We love our community partners.

I am at most KTC events helping with registration before a race. You can always contact me at knoxtrackmembership@gmail.com to verify that I will be there to pick up your KTC membership shirt.

Also, last year, several members contacted me about giving a KTC membership to a family member or a friend. We worked out all the details, and the person received their membership information from the gifter.

If interested, please reach out to me via email at knoxtrackmembership@gmail.com.

**Any additional businesses offering KTC discounts?
Please contact us**



Eddie's Health Shoppe
<https://eddieshealthshoppe.com>
Knoxville Acupuncture LLC
<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 **kct10** 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 Scissor
<https://thislittlescissor.com>
New Balance Knoxville
<http://stores.newbalance.com/knoxvildefault.aspx>
Endurance Sports Management
<https://www.endurancesportsmanagement.com>



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

In our last post we gave a short run down of our program history. We mentioned teamwork, camaraderie, and community. If I had to describe RunKNOX in one word, that would be it: community. Developing a community of runners is the heart of our mission.

<https://runknox.trainingtiltapp.com>

The excitement shared through our group each week is inspiring. Whether running together, cheering from the sidelines, giving kudos on social media, or tracking each other via race apps, there is always a sense that we're not alone.

The team mentality is the thing I love most about RunKNOX. Running can be a lone sport, but if you get plugged in with the right group, it can become an incredibly rewarding social experience. If you've ever been a part of a strong team, you'll understand. Maybe you've experienced that feeling

on a sports squad, in the military, in a fraternity/sorority, or church group. You may recall that you probably would have been okay on your own but realize that your experience was much better because you were part of something bigger. The same holds true here. This sport is much more rewarding when the focus is less on "me" and more on "we." It's common for RunKNOXers to be more excited about each other's achievements than their own.

We'll always encourage individuals to set bold personal goals, but deep down the true spirit of RunKNOX is a team effort. We are better than me. We want to help you get better. We want to help you reach your epic goals. We want to be a part of your journey. We want to celebrate your



success. And then, if the RunKNOX brainwashing has worked, you'll then want to pay it forward. You'll turn and help the next new member. You'll push, guide, encourage, and celebrate them the same way that was done for you.

We are turning the calendar page to 2023 and while there are lots of individual goal races getting asterisks on that calendar, we know that we're not working toward those goals alone. We'd like a chance to work with you this year as well.

There are options for participating. You can download one of our programs and complete it on your own, you can train virtually from a distance, or you can request personal coaching. However, the greatest value in this program is in-person group training. Showing up gives you super-powers. Come to all the workouts. Grab a coffee with the team after a Saturday morning run. Grab a burger or beer with us after a Tuesday night run. Race or volunteer in your RunKNOX shirts and cheer for each other like maniacs. I can't do it justice on paper, but it's awesome to be a part of RunKNOX. Family. Team. Tribe. Fraternity. Sorority. Squad. Whatever you want to call it, it works when we're together.

If you're on the fence: give it a shot. Your experience or ability is irrelevant. Try it for a month and if it's not your thing, we'll high five and let you move on (you better believe that we'll still be cheering you on though). If you have questions or are interested in learning more about RunKNOX explore our [website](#) or send us an [email](#).

Other KTC Group Runs

MONDAY 5:00 am - Oak Ridge Civic Center, 1403 Oak Ridge Turnpike - text 865-384-8564 for info

WEDNESDAY 5:00 am - Oak Ridge Civic Center, 1403 Oak Ridge Turnpike - text 865-384-8564 for info

MONDAY 6:30 pm - Barrelhouse by Gypsy Circus, 621 Lamar St, downtown Knoxville - 3, 5 mile runs

WEDNESDAY 6:00 pm - Runners Market, 4443 Kingston Pike, Western Plaza. Postrun fun at Hard Knox Pizza

Seasonal get-togethers also occur in the runup to CHKM and Pigeon Forge Half Club members also meet occasionally to run the Cades Cove Loop



Treadin' Trodden Trails



Michael deLisle
KTC Trail Series Director

Here We Go Wandering Again

Due to the late publication of this issue of Footnotes, it's only a few days till the kickoff of our 20th anniversary season of Knoxville Track Club trail racing. For the tenth time, runners will toe the line at the Wanderers Trail Race near the MacArthur Pavillion at the Woods of Maryville College for a January jaunt through its forested environs. It will offer a rerouted course due to construction of a new track and field complex on the campus. But it will fundamentally be the same course, with a few changes.



Wanderers has kicked off the season for us in every year (save 2021) of its existence at Maryville College. Prior to that, however, Wanderers wandered. Its first couple go-rounds were in 2005 and 2006 when it ran at Forks of the River in August. A few years after that, we ran a second race at Concord that we called Wanderers (because it wandered) at the end of the season.

But it was in 2012 that Tony Owens, who'd joined forces with us the previous year, and Kathy Smith, new to the trail committee, put their heads together and birthed a new race that would to this day serve as the leadoff hitter in our fabulous lineup of trail races. For the first few years, Wanderers was a four-miler before morphing to its current 5k distance and it drew a stunningly big turnout. In its first year it drew nearly 300 runners and has done so every year since, tallying the highest



number of registrants in virtually every year of its existence.

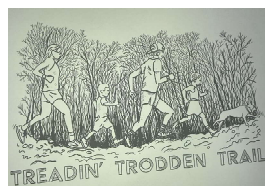
In one of those first years, rain fell heavily on the course, creating an unavoidable seasonal creek that bisected the path partway through the race. I'd noticed a young woman at the starting line wearing bright new pink and yellow running shoes and grimaced to myself, fully expecting an angry, mud-covered gal approaching the finish line ready to cuss us a blue streak for ruining her shoes. Instead, she crossed the line grinning widely, shoes caked with mud, telling everyone within earshot that she'd never had so much fun in her life.

Part of the appeal of the Wanderers Trail Race is its suitability for newcomers to trail running. Much of the route is grass covered, any elevation gain barely noticeable. It is trail running's version of "flat and fast." Very few rocks and roots encumber the participant's ability to remain upright and the short distance can be covered by nearly any runner. We fully expect another big crowd to sign up for the 2023 event and we're looking forward to its arrival heralding the new season.

It is also the first race of the various multi-race bundles that we've offered the last several years. Runners can save

big bucks signing up for either a nine-race or a twelve-race package deal (the nine-race excludes three of our longest events: Whitestone, Big South Fork, and the Norris Ultra). We also offer a nine-race super inexpensive package for the kiddos that costs barely three bucks a race! Such a deal !!! Registration can be completed smoothly on [Runsignup.com](https://www.runsignup.com)

As always, we'll provide a single high-tech short sleeve T-shirt for each runner. We ask that each runner only take one shirt per season (the same shirt is given out at each race). Trail Committee member Ken Lonseth worked long and hard on the design for the new shirt and we expect it to be extremely well-received. The reason we only present one shirt is so that our net profits—of which every penny is donated—can be maximized.



Those donations have been presented to various groups over the years to thank those whose help and cooperation allow us to put on our races. Recent recipients included the Appalachian Mountain Bike Club, Ijams Nature Center, Cumberland Valley Trail Alliance, WatR of East Tennessee, Big South Fork Bike Club, Maryville College Cross Country Team, and the Friends of Norris Dam and Big Ridge State Parks.

It continues to be an exquisite pleasure steering this committee and offering such a wonderful, er, I mean wonderful slate of races to the East Tennessee trail running community.

2023 TRAIL RACE SCHEDULE

WANDERERS TRAIL RACE — Sunday, January 15, 2023, 2:00 pm. Maryville College. 5k PLUS Kids Trail Mile*. Maryville College, Maryville

WHITESTONE TRIPLE TRAIL 30k — Sunday, February 19, 2023, 7:50 am. 30k, 30k Trail Relay. Whitestone Inn, Paint Rock.

DARK HOLLOW WALLOW — Sunday, March 5, 2023, 2:00 pm. 11 miles and 5 miles PLUS Kids Trail Mile *. Big Ridge State Park, Maynardville.

NORTH BOUNDARY TRAVERSE — Saturday, April 8, 2023, 9:00 am. Half Marathon and 10k PLUS Kids Trail Mile*. North Boundary Greenway, Oak Ridge.

HANN JIVIN' IN THE DARK - Saturday, May 6, 2023, **9:00 pm**. 6 miles and 5k PLUS Kids Trail Mile. Anderson School Head Start, Knoxville

SHARPS RIDGE RUNNER - Saturday, June 10, 2023, 8:00 am. 7 miles and 4 miles PLUS Kids Trail Mile. Sharps Ridge Memorial Park, Knoxville.

HAW RIDGE TRAIL RACE — Saturday, July 8, 2023, 8:00 am. 7+ miles PLUS Kids Trail Mile*. Haw Ridge Life Development Center, Oak Ridge.

THE TRAILS THAT CAN'T BE CONCORD — Sunday, August 13, 2023, 8:00 am. 5½ miles PLUS Kids Trail Mile*. Concord Park near The Cove, Farragut

FORT DICKERSON FRANTIC FROLIC — Sunday, September 3, 2023, 9:00 am. 5-7 miles PLUS Kids Trail Mile*. Fort Dickerson Park, Knoxville.

BIG SOUTH FORK TRAIL RACE — Saturday, September 30, 2023, 8:30 am. 17.5 mile and 10k. Bandy Creek Campground, Big South Fork NRRRA, Oneida.

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 4, 2023, 8:00 am. 50k, 25k, and 5k. Norris Dam State Park, Norris.

DIRTY SOUTH TRAIL HALF MARATHON — Sunday, December 3, 2023, 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*

Knoxville Track Club thanks

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Can You Go Running If You're Sick?

by Whitney Heins

Cold and flu season is upon us (and COVID season is now, sadly, always upon us). Many runners have the same fear: getting sick and missing training days.

If you're asking the question of whether you should exercise with a cold or sickness, then you should NOT run. Your best judgment is telling you rest is best.

Here are 10 signs you should NOT run with a cold or sickness:

- ◆ Below the neck symptoms including GI distress, stomachache, body aches, and chest congestion
- ◆ Bad headache
- ◆ Fever
- ◆ Hacking cough
- ◆ Very sore throat
- ◆ Difficulty breathing (even if from head congestion)
- ◆ Lethargy (if the thought of running makes you tired, then REST)
- ◆ Acute phase of illness (rest now, run later)
- ◆ You have COVID.
- ◆ Symptoms worsen during or after

running including shortness of breath, chest pain, or returning fatigue. If you go for a run and start to feel worse—walk home.

10 Steps to Fight a Cold Faster and Avoid Getting Sick



◆ **Embrace the extra rest.** Remind yourself that taking a rest day now will save you from a longer layoff later. Aim to get at least 8 hours of sleep a night (deep sleep is when we repair our bodies) and don't feel guilty for laying around during the day.

This is helping your body bounce back quicker!



◆ **Hydrate.** Drink more fluids than you normally do. Staying hydrated helps your immune system work better by aiding the transport of oxygen to your body cells. Liquids can also help flush out toxins that negatively impact your immune system.

◆ **Eat your fruits and veggies.** If you feel up to eating, aim to get in a rainbow of colors including lots of fruits and vegetables (75 percent) which are rich in antioxidants that help your immune system fight oxidative stress.

◆ **Carb load.** Carbohydrates serve as the energy source for immune cells so make sure you are giving them the fuel they need to fight.



◆ **Get your protein.** Protein is used to make the antibodies necessary to fight infections and germs. Aim to get 1.4-2.0 grams per kilogram of weight.

◆ **Supplement.** Studies show that vitamin C and Zinc can help shorten colds.

◆ **Take a probiotic.** Research also shows that 70 percent of your immune system lives in your gut so keep it healthy with healthy fats, sauerkraut, yogurt, and a probiotic.

◆ **Go for a walk.** When you feel better and the acute phase of your illness is over, try going for a walk (about thirty minutes) first and see how you feel.

◆ **Adjust for time off.** If you took two weeks or more off running, then you will need to ease back into your training schedule. Don't try to make up mileage. Instead, aim for a gradual re-entry into your training, first with easy running.

If your symptoms return, worsen, or you feel worn out, then you pushed too hard and need to scale back. Symptoms like chest pain or tightness or an irregular heartbeat are your signs that you need to call your doctor!

Please note I am not a doctor but a running coach. If you need medical advice, talk to your doctor!



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2022 Trail Series Grand Prix Standings

Final Point Totals



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Blake Wahlert	350	Monica Chapman	525	David McLennan	915	Meg Guy	725
Wesley Crane	300	Elizabeth Neely	465	Matt Stegall	500	Jen Shaffer	390
Eric Cannon	275	Jaclyn Noshay	390	Jim Bishop	440	Malinda Honkus	350
Nathan Helton	260	Jessica Tucker	380	Adam Kolatorowicz	410	Jill McNeal	335
Tim Hill	240	Sarah Crowley	275	Jamie McCart	375	Connie McCormick	265
Alex Zirakparvar	210	Jessica Sheah	260	Marcus Steward	350	Sonja Hurt	260
Micah Morgan	200	Megan Von Bergen	215	Jason Cathey	250	Alahna Jansen	240
Jackson Slagle	170	Sophia Etienne	200	Kevin Brown	250	Kelly Novarro	225
Lance Cundy	160	Olivia Pfeifer	200	Michael Morrell	240	Angelina Borisov	200
Adam Grigsby	150	Kaelin Porter	190	Joshua Scott	220	Kyra Donnell	200
Joshua Melton	150	Christina Adkins	165	Jared Lawrence	220	Alondra Moody	190
Robert Taylor Jr.	150	Maci Brede	160	Jeff Hackler	205	Angela Sellers	150
Kevin Ellison	140	Nikki Kur	150	Iain Jones	180	Kathy Smith	140
Jonathan Garrett	140	Kelly Fox	120	Scott Schmidt	170	Becky Ray	135
Scott Thomas	140	Lora Doherty	115	Mike Mann	125	Felicia Lloyd	130
Lorenzo Granceschetti	140	Laura Parkison	110	Jeremy Donahue	110	Mary Patterson	120

KTC Road Race Grand Prix Final Standings

Jerry Schohl, keeper of the points

MALE

Matt Stegall	71
David Johnson	68
Ethan Coffey	63
Brent Bueche	60
Ron Watzke	59
Jeff Colfer	55
Ken Sirois	52
Cian Bell	50
Seth Crum	48
Sam Plemons	47
Darren Driscoll	46
Chris Davis	42
Joshua Mower	41
Steven Campbell	38
Chase Givens	37
Travis Wilson	37
Paul Horton	36
Ron Wireman	35
Doug Singh	33
Hal Bibee	33

TEAMS

Zen Evo / Long Run	1249
Team Runners Market	1209
Team Really	213
RunKNOX	109
Back of the Pack Elite	49
Scruffy City Endurance	46
Pilot Company	39
KTC Socialites	37
Carter Sports	36
East Coast Adventures	32



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

FEMALE

Elizabeth Herndon	73
Shirley Sirois	61
Jennifer Singh	59
Jennifer Weston	58
Kathy Wolski	56
Angela Sellers	52
Marsha Morton	51
Marian Schmidt	51
Jennifer Moore	45
Gina Rouse	42
Stacy Clower	41
Andee Swann	38
Bekah White	38
Becky Tener	37
Kyoko Yamamoto	36
Angelina Borisov	34
Jennifer McKelvey	31
Kathy Nash	29
Lauren Roth	28
4 women tied with	27

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Magnesium was added to keep your body hydrated allowing you to stride longer distances, while also working to prevent cramps

03 POTASSIUM

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04 TAURINE

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Loaded with Turmeric to keep your joints feeling consistently good, and to counteract the pounding you put on your knees while training.

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KTC BOARD OF DIRECTORS

Minutes of October 2022 Meeting

OCTOBER 24, 2022

The meeting was called to order by Brian Huskey at 6:03 pm. In attendance were Christina Adkins, C John Chavis, Gabrielle Cline, Karla Gander, Pam Haggard, Zane Hagy, Tim Hill, David Hinkle, Keith Jackson, Matt Stegall, Eric Weatherbee, Jason Wise. David Black, Jason Altman, and Stephanie Bailey attended as guests.

Minutes – The September minutes were presented. Michael deLisle was removed from attendance for September meeting and Zane was added. Eric moved to approve; Pam provided a second. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director— no questions

Treasurer's Report— No questions

Marathon Director's Report— CHKM had a productive meeting with KPD, COK, and Covenant Health regarding 2023 course changes to bypass the new Smokies stadium project. D. Hinkle asked if that would change the half portion of the race; it wouldn't. T. Hill asked if they've considered starting and finishing in new Smokies stadium.

Event Manager Report (Youth Development) — She went to the ORNL health fair. Sweetwater will not be on race schedule for 2023 due to low volunteers and no race director. Pam shared that the old policy was a \$20 race coupon for volunteering outside of Knox County. This could increase volunteer participation for Sweetwater and Pigeon Forge races.

Trail Committee/Footnotes— Christina requested a 30th anniversary gift for the editor

Website/Communications Committee— No questions

The reports were presented as a consent agenda. Keith moved to approve the reports as presented; Christina provided a second. Reports were approved unanimously.

Business

Timing—Head timer has had several successful races this month. Hardwiring issues at local cross-country race. David Black had KYA contracted out for 2 remaining MetroKnox events with MetroKnox's permission. New timers are coming to shadow upcoming races. Christina asked if KTC has considered having KYA train timers for cross country meets. Tim H asked how many races we time per year (including KTC and assisted) to avoid timer burn-out of a single timer. He asked how we're paying timers in comparison of how much we're requiring them to time. David B said out of 4000 emailed regarding timer recruitment, he received only 2 interested. David H asked how much timers make. Eric asked if we're staying up to date on our timing equipment or if we have enough money in our budget to order 2 more hardwire boxes for timing to avoid hardware issues. Jason hoped to see real-time results for KTC events especially cross country since that's how elementary and middle school race results are posted. David H asked why we aren't using the best equipment. Keith asked if it makes sense to spend money on new equipment if our timing team can't execute. Zane asked if there is a working plan to

increase timers on staff. D. Hinkle wants timing issue fixed before CHKM. Eric asked to target specific groups like UT Running club for timing. Keith asked why we aren't aligning our timing protocols with Chris Kane (KYA). Brian requested that David B continue to working with head timers to address protocols and equipment issues.

2021 close/ 2023 Budget First Draft—Slight increase in expenses. 2021 books have closed and are currently in audit. Budget highlights: increase in police costs. Shirt costs. Membership and race registrations have plateaued due to inflation. 2023 will need more membership drives. Athlete assistance currently not in the 2023 budget. Brian asked if UT Running Club was in the budget for assistance, Christina asked David B to check in with TN School for the Deaf and the Rocky Top Multi Sport youth club. David H shared that RTMC requested a \$2500 donation for the 2023 budget. They'll return to make a formal request for that amount.

Nominations/Ballot/Annual Meeting—10 submissions. 5 are KTC members. Nominations for ballot will be approved over zoom middle of November, so membership can receive their 30-day notice for the December holiday party.

Roundtable

No further discussion. At 6:35pm, Zane moved to adjourn the board meeting. Gabe provided a second.

Executive Session with Board Members was held.

The next KTC Board Meeting is scheduled for November 28, 2022 at Legacy Parks.





KTC BOARD OF DIRECTORS

Minutes of November 2022 Meeting

NOVEMBER 28, 2022

The meeting was called to order by Brian Huskey at 6:05pm. In attendance were Christina Adkins, C John Chavis, Gabrielle Cline, Karla Gander, Bobby Glenn, Brian Huskey, Tim Hill, David Hinkle, Keith Jackson, Jennifer Moore, Suzanne Oliver, Matt Stegall, Eric Weatherbee. David Black and Jason Altman attended as guests.

Minutes – The October minutes were presented. A round table comment was deleted. Suzanne made a motion to approve the minutes. Eric seconded. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report— Turkey Trot had record attendance but had hardware/software errors which delayed results. Pigeon Forge needs volunteers. David H asked if we have the right equipment and if we've asked other track clubs what equipment they used. David B said timing company assures that there is nothing wrong with the equipment. Matt asked Jason which race his results were inaccurate at. Bobby G said he doesn't remember there ever being an issue with cross-country meets. David B said he's open to suggestions. Jason A asked KYA what equipment they were using. Christina asked about using corals for Turkey Trots moving forward due to the race's size. David B is working with the timing committee on adjusting their pay structure. Brian H requested an update to the timing checklist to prevent human errors with timing.



Treasurer's Report— No further discussion

Marathon Director's Report— Humana is no longer a CHKM sponsor due to budget cuts. New route was run by the course certifier.

Event Manager Report— No further discussion

Trail Committee/ Footnotes— No further discussion

Website/Communications Committee— No further discussion

The reports were presented as a consent agenda. Gabe moved to approve the reports as presented; Matt provided a second. Reports were approved unanimously.

Business

Volunteer Service Awards— Service awards were discussed and voted upon. Award winners will be announced at the December Holiday Party.

2023 Budget First Draft— Beer Series Committee is discussing which charity proceeds will benefit. David H asked what the variants were between projected and actual runners for road races. David B said we'll have around 15000 participants for the entire year. Pre-Covid had roughly 19000 participants for the year. David H asked if we're comparing 2023 budget projections to 2019's budget or 2021's. David H mentioned we're down 10% on membership and hopes we'll hit the projected participant growth in races. Bobby asked how revenue and growth look for 2022 year-end compared to last year.

David B said it wouldn't be an accurate snapshot to compare to 2021 due to lingering social distancing requirements. Eric asked how the 2023 budget compares to 2022. Keith predicts inflation affecting our budget across the board with an increase in expenses and would like to see realistic increases in fees to offset that. David H asked about categorizing races using ABC-classifications based on swag and shirts. David B says he added a new trailer and photographer to the budget. Matt asked for that photographer fee to be factored into race entry fees. MetroKnoxXC is budgeted for \$500 and discussion is needed if that will stay in budget if MKXC events are no longer timed by KTC. Christina asked for an increase in athlete assistance to cover UT Running Club and RTMS Youth Sponsorship pending their formal request. Jason A shared that a Hood-to-Coast Masters group is requesting sponsorship. Keith asked for a strategy to be put into place for pushing price increases to prevent a budget deficit. Bobby would like to see budget comparisons to 2022 financials and asked if there needs to be an increase in last-minute sign-up fees. David H is working with Stephanie to adjust race sign-up fees. Suzanne requested an updated budget to be sent to the board showing changes.

Eric made a motion to approve the 2023 budget pending final review. Matt seconded.

Roundtable

Bobby shared KTC swag.

At 7:43 pm, Keith moved to adjourn the board meeting. Gabe provided a second. Executive Session was held.

Next Board Meeting December 14, 2022 at The Mill and Mine



HUGE CROWD TURNS OUT FOR TURKEY TROT

David Black, race director

What a fantastic event this was. Since 1985 this race has had several locations and different distances, but one thing remains the same: An amazing sampling of our running community starting the Thanksgiving holiday with smiles on their faces while running or walking with friends and family through the streets of Knoxville. Yearly there is a great mix of highly competitive runners, families, business groups, groups of friends, race teams, and so many more, all with the common goal. Naturally some people are there to win or set a personal record. Some are there as part of their health and fitness journey. But all want to make it to the finish line.

2022 marked the 38th anniversary of KTC staging a Thanksgiving Day race. 2,691 participants signed up for the event, breaking the previous record set in 2019. Ranging in age from 1 to 90 years old, participants came from 35 states and one foreign country, and a record setting 233 kids registered for the kid's run.

The atmosphere was once again truly amazing. The huge crowd assembled on West Depot near the stunning Mill and Mine event venue. It is terrific being able to utilize their beautiful and spacious climate-controlled area for pre and post-race activities.



Sterling Henton, aka Sterl the Pearl, energized the crowd with music and words of encouragement. Sterl is a local legend, Vol For Life and all around great guy. He really finds a way to get the mix of competitive runners, families, and social runners excited about the event, and welcomes all participants to the finish line where they receive their custom finisher's ornament. Special thank you to Patdome Promotions for making these commemorative items.

The only race which utilizes both the Henley and Gay Street bridges as part of the route, this is probably the flattest 5k course in downtown Knoxville, and definitely offers the most amazing city views.

Downtown Knoxville has really become a vibrant area and the holiday tradition adds to and feeds off that. Knoxville Mayor Indya Kincannon welcomed the crowd at the start of the race. The national anthem was beautifully sung by Laura Taliaferro. (After the race a local business owner told me it may have been the best version he'd ever heard.) A special thank you goes out to the City of Knox-

ville, Knoxville Police Department, and Knoxville Fire Department in helping us provide a safe alternate route for the participants.

Scott Greeves and Katie Baksa, both of Knoxville, took top honors in the 5k. Scott ran a 15:47 while Katie finished in 17:43. Colten Lee and Cian Bell, both of Knoxville, were the second and third male finishers, while Elizabeth Herndon and Gina Rouse, both of Knoxville, rounded out the top three females. Andy Jones of Knoxville was the Male Masters winner and Jennifer Weston of Oak Ridge was the Female Masters winner.

For years the Knoxville Track Club has chosen Variety of Eastern Tennessee, the children's charity, as a partner. KTC was happy to present \$2,500 to this local charity.



Special thank you to our sponsors: Regal Cinemas, Pilot Company, The

Mill and the Mine, BK Graphics, Eddie's Health Shoppe, B Dry Towel, Zen Evo Dark Chocolate, Sport Tea, Blue Ridge Yoga, Patdome Promotions, Tennessee Sports Medicine Group, Sterl The Pearl, Townsend Strategies and WBIR TV.

This race is always a reminder that we have so much to be thankful for. As a running community, we truly are a family, and this is very evident during this very special Thanksgiving Day tradition. We are blessed with many great members, sponsors, participants and supporting organizations throughout East Tennessee. As race director, I want to say thank you to everyone who assisted or participated in this event.

Registration is open for the 2023 event. Make plans now to join us on November 23 by signing up today.



ANOTHER DANDY DAY UP AT NORRIS



Doug and Rebecca Holder, race directors

For the second year in a row, the first Saturday in November saw the running of the latest installment of the Knoxville Track Club's only Ultra distance event. A new traditional date and time seem to be working out well so far. Having now moved to the last Saturday of Daylight Savings Time means the race doesn't begin until 8:00am, meaning everyone gets an extra hour of sleep!



Having the race a week earlier seems to also have graced Norris with great weather. Most years, a fire in the shelter fireplace isn't just an amenity, it's a necessity. But this year, staff and runners were once again greeted with temperatures in the 40s and 50s on race morning. Much more pleasant than the usual 20s and 30s we'd come to expect.

The course for the Norris Dam Hard Race has remained the same for the last seven years, a 15½ mile loop course with 25k runners completing a single loop and 50k runners completing two. This year's race was run in the counter-clockwise direction, meaning runners had an uphill start as well as an uphill finish. Next year's event will switch back and have

25k and 50k runners run the course clockwise. While the course has remained essentially the same over the last several years, Park Staff have re-routed a couple of trouble spots along the way that you may not noticed even

if you run Norris Dam Hard every year. One short reroute is directly behind the Norris Tea Room that runners this year used just before coming back up onto pavement at the finish. Another reroute on the Lakeview Trail bypasses a badly rutted out spot along the original trail but adds almost another half mile in distance. Lastly, one other reroute that is being worked on—that will be part of next years course—is the elimination of the famous staircase of Kerry's Revenge. Runners who ran this year's Races will be the last to have had the "pleasure" of climbing it to finish the race. All small changes to the overall course, but making for much easier running.

Besides having an amazing Park Staff, Norris always has a great group of volunteers and Treadin' Trodden Trails staff as well! Foremost was the incomparable Tony Owens setting up our registration and also taking on

timing duties. Tony had help from Betsy Williams, Blake Wahlert, and David McClellan getting runners checked in race morning. At the Water Tower aid station, runners

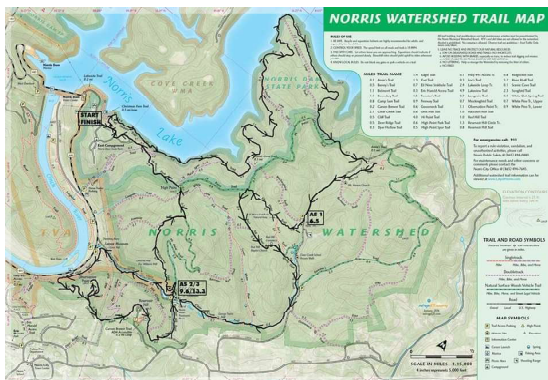
were taken care of by a combination of Bobby Glenn, John Storey, and Brian Gajus. Brian has become a fixture at the Water Tower station the last few years and we certainly appreciate it! At the Buttslide aid station (if you know, you

know) runners were greeted by Tim Hill and Kathy Russell.

As runners finished the 25k and 50k, it's always been a great tradition to have several crock pots of hot soups and chilis brought by volunteers and Staff. This year was no different, with my wife and co-director, Rebecca Holder, organizing the shelter aid station with help from our daughter, Maleah. It's always a great team effort at Norris!

Even with heavier than usual leaf cover on the course this fall, runners were able to turn in some great times.

This year's 50k winner was Jonathan Garrett, who covered the 31+miles in 5:36, while the women's overall winner was Julieann Krogel, whose finish time was 8:08. Our 25k winner this year was Michael Morrell, running 2:21, and the women's overall 25k winner, Sophia Etienne, was right on his heels with a time of 2:30. This year's edition of the Norris Dam Hard 5k is probably the final time we'll run it, but that didn't slow down this year's field one bit. This year's 5k overall winner was Kyle Canady with a time of 24:38. The women's winner, Monica Chapman, had a time of 31:37. Both ran great times, considering it was a three plus mile race with several hundred feet of overall elevation gain in it!





LIGHTS SHINE ON FAST PIGEON FORGE RACE



Stephanie Bailey, race director

After a week's worth of rain heading into race day in Pigeon Forge, the early morning hours gave way to a thick fog over the city. But the dense fog couldn't outshine the bright and beautiful WinterFest holiday lights celebrating the season, even the moon glowed through the fog as runners began their prerace routines of stretching and warming up.



The City of Pigeon Forge is a city that brings people together. From the award-winning Dollywood theme park to the nearby entrance to the Great Smoky Mountains National Park, this city was built for visitors throughout the year. At Christmas time, the WinterFest celebration captures the spirit of the season with brilliant holiday lights everywhere you turn. The 2022 edition of the Pigeon Forge Half Marathon and 5k race hosted runners from twelve states with 202 finishers in the half marathon and 78 in the 5k. Thank you, runners, for coming together for a fun and festive finish to 2022!

Pigeon Forge police department presented a course that for the most part kept runners on the greenway and off the busy roads of the tourist town. The KTC staff

reworked it to keep hills at a minimum, making for a flatter, faster course than 2021. By taking out hills and adding turns, the course turned an ordinary foggy morning into a blaze of speed!

Top honors of the day were as follows: Male Half Marathon top three Overall were Josh Mower, Seth Crum, and David Johnson. The top three females were Katie Baksa, Erica Hopper, and Eliza-

beth Whelpley. In the 5k, first place was Timothy Rutherford, followed by Macon Smith and Mike Sexton. The 5k Female Overall winner was Andee Swann. She was chased by runner up Sherri Kennedy and third place Nora Auten. Congratulations to these winners and all our race participants!



This race would not be possible without support from the following organizations: The City of Pigeon Forge, the Pigeon Forge Police Department, The Island in Pigeon Forge, and The Cal Ripken Experience.

Thank you also to these special sponsors for their continued support of this race and the Knoxville Track Club: Yee-

Haw Brewing Company, Tennessee Sports Medicine Group, Lululemon Sevierville Outlet, Ole Smoky Moonshine, Eddie's Health Shoppe, Bojangles, Zen Evo, Courtyard by Marriot, WBIR, B-Dry Towel, and Runners Market.

And finally, thank you to each volunteer for their support during the race, providing directions, water, encouragement, and aid when needed. A special thanks goes to the Bearden High School Dance Team and First Baptist Academy Golf Team for their group effort of providing at least ten volunteers from their respective groups. Thank you to these student athletes and their school teams for giving back to the community.



As we finish 2022 and reflect on the achievements from the past year and our hopes for the coming year, we hope that each of you have a blessed holiday season. We hope the vibrant lights of Pigeon Forge remind us

that each one of us is a light in our communities. As runners, we each can shine throughout the year to show kindness, encourage others, and bring people into the sport we all share.

Thank you again to all our race participants, volunteers, and sponsors for another successful Pigeon Forge Half Marathon and 5k! If you missed the 2022 event, be sure and join us next year for your turn at a fast finish in the foothills of the Great Smoky Mountains!

Knoxville Track Club

Offers valid 4/1/2022 - 1/31/2023

Knoxville Track Club
Valid 4/1/2022 - 1/31/2023



— VALID IN-STORE ONLY —

TAKE
\$10 OFF

**A PAIR OF ATHLETIC FOOTWEAR
OR CLEATS \$59.99 OR MORE**

Limit one item per coupon per customer. Excludes: YEEZY footwear, taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



P00046787O241BR1T

Knoxville Track Club
Valid 4/1/2022 - 1/31/2023



— VALID IN-STORE ONLY —

TAKE
\$10 OFF

YOUR PURCHASE OF \$50 OR MORE

Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



P00046788O241BR1T

Knoxville Track Club
Valid 4/1/2022 - 1/31/2023



— VALID IN-STORE ONLY —

TAKE
20% OFF

AN ATHLETIC OR OUTDOOR APPAREL ITEM

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



P00046790O241BR1T

Knoxville Track Club
Valid 4/1/2022 - 1/31/2023



— VALID IN-STORE ONLY —

TAKE
\$20 OFF

YOUR PURCHASE OF \$100 OR MORE

Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



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A VERITABLE VILLAGE OF VOLUNTEERS AT DIRTY SOUTH



Tim Hill, race director

While compiling the volunteer list for Grand Prix point distribution, I was sure I had made a mistake. The race is basically only a half marathon, and a minimalist trail one at that. Still, my list was 20 people deep, myself not included. (For those not initiated in the TTT culture, we like to keep things simple, i.e., few aid stations but without cups and stocked with whatever leftover snacks we can find in storage, occasional awards from our good friends at Runners Market and beer from Blackhorse when the venue is discreet enough, no blow up arches, jewelry you can't pawn, or shirts your spouse begs you to get rid of). So for a race with two aid stations, no live streaming, no breakfast buffet and no road closures, I figured a handful of people should, well, handle it. But even for a mid size



trail race (approx. 170 folks between the 10k and half), it takes a lot of dedicated folks, giving their time freely so we can continue to put on fun, safe, and quality races each month, each year (and in turn donate several thousands of dollars to local trail-friendly organizations). Before the race even began, Bobby Glenn helped mark part of the course (later aided by Alondra Moody since we initially ran out of flags. The Urban Wilderness has a lot of turns and intersecting trails. It really soaks up markers, but proud to say I don't think anyone got lost). For day of race registration, our A-list crew was there as faithfully usual, Mac Attack, Kathy Nash, Christina Adkins and Jennifer Moore (who pulled double duty sweeping the half). Jim Bishop jumped in last minute to rabbit the kids mile, Adam Kolatorowicz kept everyone

straight parking. Aid Station One was manned by a couple of enthusiastic LMU dental students and Alex Clark from Knoxville Outdoor Tours. Aid Station Two (which saw some interesting carnage) starred TTT committee regulars Pete Crowley and Doug Holder, joined by Alahna Jansen. Course monitoring and 10k sweeping were done by our fellow TTT committee member, Stephanie Johnson, along with KTC Executive Director David Black. Timing stress was managed gracefully by Michael deLisle and Rebecca Holder (with ample prerace consultation from Tony Owens). I still feel like I am forgetting someone and I apologize.

With so much help, the race itself was one of the smoothest I've directed yet. It was a chilly, gray December morning, but that's good running weather (perhaps not the best spectator so another shout out to the volunteers). Despite rain the day prior, the trails were in good shape too. We did reroute the kids mile to an out and back instead of a loop due to icy bridges but figured either they'd thaw by the 9am start or the big folks would be more reserved in their approach. The course has stayed the same the past three years, a fun mix of rocky technical trail, punchy climbs, flowing smooth singletrack and fast descents. Ijams recently repaired the river boardwalk, so maybe we'll save y'all the first climb up the rock staircase. Maybe. That staircase is cool though, right?

We'll be back in 2023 with that same December timeslot. If you live in Knoxville and haven't checked out the Urban Wilderness, this is a perfect opportunity to tour it without fear of getting lost (at least without trying. I swear we must have planted at least 100 flags out there). It's truly a gem.

PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

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

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

KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

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

Multi-issue packages at volume discount rates are available

KTC SPONSORSHIP OPPORTUNITIES

* Race Sponsorships

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

* General KTC Sponsorships

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

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

WELCOME KTC MEMBERS

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

Saeed Ahmed
Cory Alexander
Debbie Allen
Delaine Anderson
Evan Baker
Jessica Beeler
James Berry
Casey Blankenship
Erin Bradford
Brede Family
Rachel Brown
Campbell Family
Brandi Carr
Paul Carrasco
Kathleen Casey
Lindsey Clark
Carol Collett
Richard Connelly
Cui Family
Christian Cummins
Cyphers Family
Kelly Davis
Benjamin Dawson
Tom Deaderick
Sharon Deane
Jim Decker
DeLarco Family
Draine Family

Rachel Drown
Duke Family
Sherry Dutkosky
Edenfield Family
Norma Edwards
Emery Family
Engle Family
Louise Evans
Mattie Kate Fessenden
Anthony Forster
Foust Family
Fox Family
Christy Franklin
Linda French
Ramona Frye
Steve Furches
Karla Gander
Xiaosong Geng
Gibson Family
Caitlin Gilmore
Givens Family
Goade Family
Felicia Hankins
Hart Family
Autumn Henderson
Herndon Family
Deana Hibbert
Robin Hicks

Hillard Family
Hinten Family
Whitney Hodges
Holder Family
Matthew Hudson
Amy Hudson
Hultz Family
Hundley Family
Wes Hutton
Kirk Icuss
Jackson Family
Jan Jackson Ensor
Jameson Family
Jellicorse Family
Lindsay Jendrek
Debbie Jenkins
George Johnson
Scott Johnson
Johnson Family
Jones Family
Kennedy Family
Jacqueline Kerr
Kiki Lee
David Lett
Felicia Lloyd
Alex Long
Longmire Family
April Lowe

Mamantov Family
Mason Family
Shannon McCall
Suzanne McGaha
Milanovich Family
Mael Millardet
Chris Miller
Kelly Mills
Jessica Monroe
Carrie Norris
Robert Ogle
Suzanne Oliver
Daniel Park
Melanie Parker
Jamel Patterson
Corey Phillips
Pitts Family
David Price
Rago Family
Lily Ramsay
Rivero Family
Rosenberg Family
Joshua Rosenberg
Deb Ross
David Santoski
David Sarge
Paul Schleyer
Elijah Shekinah

Shelton Family
Short Family
Siekmann Family
Preston Sitterly
Jennifer Smith
Mark Smith
Erin Soholt
Jason Stankus
Jack Stubblefield
Andee Swann
Talley Family
Tammie Taylor
Jody Telando
Gary Thomas
J.J. Thomas
W. Thompson
Toedte Family
Jessica Tucker
Jill Van Beke
Watson Family
Eric Weatherbee
Shane Webb
Christopher Wells
Cynthia White
Rebecca Whitehead
Ned Willard
Wilson Family
Robert Withers
Haley Womack

Event Schedule

Jan - Apr 2023

JANUARY

- 1 Knoxville - 9:00 am. **CALHOUNS NEW YEAR'S DAY 5k**
- 7 Knoxville - 8:00 am. I Just Want to be a Unicorn Half Marathon / 5k
- 15 Maryville - 2:00 pm. **WANDERERS TRAIL RACE 5k and KIDS TRAIL MILE**
- 28 Strawberry Plains - 9:00 am. **STRAWBERRY PLAINS HALF MARATHON and 10K**

FEBRUARY

- 4 Knoxville - 9:00 am. ZenEvo Hot for Chocolate 5k
- 11 Knoxville - 10:00 am. Cupid's Chase 5k
- 12 Athens - 8:00 am. Gone Loco
- 19 Paint Rock - 7:50 am. **WHITESTONE TRIPLE TRAIL 30k and 30k RELAY**
- 19 Paint Rock - 8:00 am. **WHITESTONE 30k ROAD RACE and 30k RELAY**

MARCH

- 4 Oak Ridge - 8:00 am. **OAK RIDGE 10-MILER AND KIDS MILE**
- 5 Maynardville - 2:00 pm. **DARK HOLLOW WALLOW 11M/5M AND KIDS TRAIL MILE**
- 18 Alcoa - 12:00 am. The Pistol Ultra Run/Marathon
- 26 Knoxville - TBA. **KTC Beer Series 1**

APRIL

- 1 Knoxville - 5:30 pm. **COVENANT HEALTH KNOXVILLE KIDS RUN**
- 1 Knoxville - 7:00 am. **COVENANT HEALTH KNOXVILLE 5k**
- 2 Knoxville - 7:30 am. **COVENANT HEALTH KNOXVILLE MARATHON, HALF MARATHON, RELAY**
- 8 Oak Ridge - 9:00 am. **NORTH BOUNDARY TRAVERSE TRAIL HALF/10k, AND KIDS TRAIL MILE**
- 15 Knoxville - 7:30 am. North Knox Sprint Triathlon
- 15 Alcoa - 8:30 am. Spring Sprint 5k
- 16 Knoxville - TBA. **KTC Beer Series 2**
- 22 Knoxville - 8:00 am. **DOGWOOD CLASSIC 5k and KIDS MILE**
- 23 Knoxville - TBA. **KTC Beer Series 3**
- 29 Kingsport - 7:30 am. Heart of a Warrior Triathlon and SUP-ER-Yak Adventure
- 23 Knoxville - TBA. **KTC Beer Series 4**

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