

Jul/Aug 2022

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



What to do when you can't run - pg 5

Prevent hitting the marathon wall - pg 14

CHKM community contribution - pg 9

A look at hip pain while running - pg 17



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

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



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

BUSINESS HOURS

Monday - Thursday 10am - 8pm

Friday - Saturday 10 am - 9 pm

Sunday 12:30 pm - 6 pm



FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



INSIDE THE JUL/AUG ISSUE

The Starting Line

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

Feature Columns

Jason Altman, Marathon Update	9
Kathy Nash, Your KTC Membership	10
Scott Schmidt, RunKNOX.	11
Michael deLisle, Treadin' Trodden Trails	12
Whitney Heins, The Mother Runner	14
Dr Connor Sharp, Running with Lower Back Pain	17
Larry Brede, Tri-Bal Knowledge	19

Other Features

List of Officers and Board Members	4
2022 Treadin' Trodden Trails Trail Race Schedule	13
Trail Series Grand Prix Standings	18
KTC Road Race Grand Prix Standings	18
Board of Directors Meeting Minutes	21, 23
Membership	10, 13

Race Writeups

I.C. King of Trails and Kids Trail Mile	25
Sharps Ridge Runner and Kids Trail Mile	26
KTC Expo 10k / 5k	27
Hal Canfield Memorial Southside Milefest	29

Event Calendar	30
-----------------------------	----

FOOTNOTES

Footnotes volume 122 issue 4. A bimonthly publication of the Knoxville Track and Field Club, PO Box 52266, Knoxville TN 37950-2266. The views, information, or opinions expressed in Footnotes Magazine are solely those of the individual authors, have not been independently verified, and do not necessarily represent those of the Knoxville Track and Field Club, Inc. or its Board of Directors. Anyone wishing to write or submit photos pertinent to the running community are invited to send copy, photos, and letters by email to mdelisle@comcast.net to the editor, Michael deLisle. Copy and art deadlines are the 15th day of each even numbered month. Publication is bimonthly, beginning with the January issue. Contents © 2022 Knoxville Track Club.

ROAD RACE INFO
888-217-5635

TRAIL RACE INFO
865-548-4718

YOUTH ATHLETICS
888-217-5635

WEBSITE
www.ktc.org

ON THE COVER

Speedsters erupt from the starting line at KTC's Hal Canfield Memorial Milefest June 25 on the campus of the Tennessee School for the Deaf.

cover photo © Michael deLisle
entire contents © 2022 Knoxville Track Club

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



15 tips from the RRCA

RUNNING SAFETY

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

KNOXVILLE TRACK CLUB

KTC Staff

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

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

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

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

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

Committees

EXECUTIVE COMMITTEE: Brian Huskey, Pam Haggard, Keith Jackson, Christina Adkins

ROAD RACE COMMITTEE: David Black—chair, David Black (Chair), Dave Alderman, Jason Altman, Stephanie Bailey, Chris Davis, Justin Emert, Hannah Foust, Karla Gander, Chris George, Pam Haggard, Sally Joines, Suzanne Oliver Muna Rodriguez, Dana Rohloff, Robyn Smith, Runners Market Race Team, Allison Slater, Andee Swann

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

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

2022 KTC Officers

PRESIDENT
Brian Huskey
knoxtrackpresident@gmail.com

VICE PRESIDENT
Pam Haggard
pamelakayhaggard@gmail.com

TREASURER
Keith Jackson
keith@mollenhourgross.com

SECRETARY
Christina Adkins
865running@gmail.com

Board of Directors

Brian Huskey, President
Pam Haggard, Vice President
Keith Jackson, Treasurer
Christina Adkins, Secretary
John Chavis, Jr.
Gabrielle Cline
Karla Gander
Bobby Glenn
Zane Hagy
Tim Hill
David Hinkle
Jennifer Moore
Suzanne Oliver
Matt Stegall
Eric Weatherbee
Jason Wise

Volunteer Coordinators

MEMBERSHIP
Kathy Nash
865-982-1268

VOLUNTEERS
Teresa Williams
865-640-5667

SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * July/August 2022 edition



A Message from our Club President

Brian Huskey, KTC President



When You Can't Run

I've not been able to run as much as I would have liked over the last couple of months. We've all been there - busy times at work, family priorities, illnesses, injuries, bad weather, etc. Even good things - weddings, births, promotions, etc. - can limit our ability to get out for a run. Here are some of the ways I've stayed connected to running and the running community.

Volunteering

First, volunteering is one of the best ways to stay connected with everyone. While it might be hard to see your fellow runners enjoying a race, it is a great way to give back. For folks that race a lot, being a course monitor is often impractical, but I always enjoy seeing some of my friends pass by every few minutes. (For the same reason, I like that early out and back on Neyland during the Covenant Health Knoxville Marathon - you get to see so many friends on the course!)

Stay Social

Even if you can't do the work-out, fun run, or long run, meet up for the post run meal or beer. Just last week, I skipped the run in the heat, but managed to join the Tuesday RunKnoxers for Supper Club.

Strava

Following your friends on Strava may also be bittersweet, but a little vicarious living allows you to see what

runs or workouts are being done. It can help to know that others sometimes struggle with their workouts, too.

Podcasts

Like lots of people these days, I'm listening to a bunch of podcasts. Here are a few of my favorites

- ◆ *Running Rogue* - great info about training including the mental aspects. RunKnox has its origins tied to the Rogue Running group in Austin, Texas.

- ◆ *The House of Run* - this is how I keep up with all things track and field and the broader world of running. I'm mostly interested in the marathon content and I am much less familiar with the track universe, but the interaction between Kevin and Jason always keeps me entertained.

- ◆ *The Morning Shakeout* - Mario interviews a wide range of athletes and his style produces great storytelling.

- ◆ *The Real Science of Sport Podcast* - Ross Tucker is a sport scientist and goes deep into various papers and studies.

Articles

- ◆ Writing for *Outside Magazine*, Alex Hutchinson's articles are always educational

- ◆ In addition to his podcast, I read

Mario Fraioli's *The Morning Shakeout Newsletter* where he curates a weekly list of interesting articles, videos, and podcasts.

Books

If you want to read about ways to improve your running, it is hard to go wrong with these:

- ◆ *Daniels' Running Formula* by Jack Daniels

- ◆ *Peak Performance* by Brad Stulberg and Steve Magness

- ◆ *Endure* by Alex Hutchinson

- ◆ *Running Rewired* by Jay Dicharry

For stories about running, try:

- ◆ *Once a Runner* by John L. Parker, Jr.

- ◆ *The Incomplete Book of Running* by Peter Sagal

While not directly running related, these are great complimentary reads:

- ◆ *Grit* by Angela Duckworth

- ◆ *Range* by David Epstein

So that's my list of ways to stay involved with running without actually running, but I hope you don't actually need to use it. Or at least, not for very long.





Etiquette? What's That?

*David Black, Executive Director
Knoxville Track Club*



A simple definition for the word etiquette is *the customary code of polite behavior in society or among members of a particular profession or group.*

Some might say that the rules of etiquette seem to be changing. While that's a topic for another day, I did have a recent discussion about running etiquette. Runners seem to be a generally friendly group of people. Whether it be waving, saying good morning, sometimes in the afternoon, or the head nod, we often acknowledge others.

In many cases, it may be tough to know what to do. There are so many different areas to run and various activities often competing for the same paths. Multi-use has become common place on greenways, trails, etc.

A good rule on most places is also to run single file or side by side, but generally not more than two people wide. This will allow for runners and bikes to safely pass. If you are training, be aware of oncoming people as well. If running/walking two abreast and you see oncoming runners or bikers, transition to single file for the pass.

Running Paths/Greenways

While on a smaller path, such as a greenway or sidewalk, it is important to stay to the right and pass on the left. I run many miles solo and realized a few years ago that I tend to startle people coming up behind them to pass. Much

like a cyclist I will announce myself ahead of time in hopes to avoid the startle factor, and potential spraying of mace. Don't believe I've startled anyone that bad, but never know.

Road

Run facing traffic, unless you are on a sidewalk, and avoid the middle of the road. Be aware of your surroundings and traffic. Facing traffic decreases the chance of an accident of a swerving vehicle.

Trail

Trail running takes many people out of their comfort zone, but also helps so much with mental health. Getting out in nature helps the mind, body and soul. Naturally many trails are narrow, with many being singletrack, in other words only a few feet wide. It is important on a trail to wait until a place that is safe to pass. Staying on marked trails is important for the environment and safety.

Track

Generally speaking most people run in the same direction while on a track. In some cases, tracks will have rules

posted. While running on a track, it is important to pass on the right. Another great practice is for slower runners to use the outside lanes as this lowers the need for passing.

Race

One of the most important things during a race starts before the clock. Line up appropriately based on anticipated pace. Lining up properly makes for a smoother and safer start to the event.

Seems like common sense, but to really get a grasp on the reasoning from this, look up a video of the start of a race. If people have lined up in the proper corrals, then the flow of the race will be smooth with very little passing early on. Otherwise, you will see lots of darting around people and sometimes collisions. During a race, feel free to pass on either side. This goes for every participant.

Run/Walk

This popular method of interval running involves running for a set amount of time, then walking for a set amount. It is important when transitioning from the run to the walk to be aware of those around you. A good practice is for the participant to raise their hand ahead of the slow down and take a quick look back. A quick look

REACH OUT TO KTC!
DAVID BLACK,
EXECUTIVE DIRECTOR:
knoxvilletrackclub@gmail.com
STEPHANIE BAILEY
EVENT MANAGER:
knoxtrackevents@gmail.com

UPCOMING KTC EVENTS
7/3: Pilot Fireball Moonlight Classic 5k
7/9: Haw Ridge Trail Race & Kids Mile
7/16: Springbrook Splash 10k / 5k
8/6: Pigeon Forge Midnight 8k

**** continued on page 7 ****

Etiquette

AAA continued from page 6 AAA

back may prevent a collision.

Hiking

A great form of cross training is hiking. Those hiking uphill have the right of way. If you are coming down and see hikers coming, try to find a place to stop and step safely aside allowing them to pass. On multi-use trails bikes need to yield to hikers or horses on trail. Hikers also need to yield to horses.

Making eye contact with approaching runners, bikers, hikers, is not only a good way to be friendly, but it also helps with safety. Generally speaking, those of us doing the above activities are friendly to passersby. Sometimes speaking a word of greeting or word of encouragement may be the difference in a good day for someone. Making a conscious effort to do this will help make the world a better place.

We have some great events upcoming and hope you will be able to join us. July 9 is the Haw Ridge Trail race. This 7 Mile race has a great mix of some lakeside trail and hill climbs. Keep in mind, at the top of each hill it is either flat or downhill after, even if briefly. But what goes up, must come down. July 16 is the Springbrook Splash 10k and 5k in Alcoa. This course utilizes the newest section of the Maryville-Alcoa Greenway. Not only an absolutely beautiful greenway, but also mostly flat. With the ending being right by the Springbrook pool, it makes for a great way to cool down post run and socialize with some friends.

The Pigeon Forge Midnight 8K is August 6 and arguably the fastest 8K around. Join us for a fun night under the lights on the Pigeon Forge Parkway and reach for that 8k PR. We head west on August 14 for The Trails That Can't Be Concord. This is a great section of trails right off Northshore Drive. Rounding out August is the Pilot CrossKnox 15k on the 29th. This one direction race starts in Morningside Park and utilizes the Knoxville greenway system as it heads to Bearden.



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor

This Could Be the Last Time

With apologies to Mick Jagger and Keith Richards, this, indeed "May be the last time, I don't know.

To which "this" am I referring? Why, it's the quasi-journalistic publication you hold in your hands, er, I mean you view on your screen. Yes, it's possible that this will be the final edition of Footnotes, our club magazine for the past 30 plus years. Details are not yet clear but the Communications Committee of the Knoxville Track Club is endeavoring to make major changes to the way this information gets out to the membership. This is not my idea, but I recognize that it's hard to maintain interest in what is essentially a print publication in this digital age of 30-second sound bites and painfully shortened attention spans.

In doing a bit of research for one of my other columns in this issue, I saw something of which I was peripherally aware but nonetheless startled me. The typical issue of Footnotes in the mid 2000s was 56-60 pages in length, whereas nowadays it's half that. The issue I viewed boasted - count them - six guest columnists, whereas this issue has none. We barely maintain six regular columnists month to month. It's barebones, to be sure.

Some of the ideas put forth for the modification or replacement of Footnotes clearly have merit. If articles are sent to the membership via email or SMS text mes-

sages or on social media pages, they can be more timely. Rather than wait till September 1 to read what the race director had to say about the Pilot Fireball 5k, the writeup can be read within days of the race, maybe hours. When the Executive Director has breaking news to share, it can indeed be breaking, as opposed to old news from weeks back. No argument there. And if we have interesting articles from sports medicine practitioners or trainers and coaches, these can be put in front of the membership in a more timely fashion.

Perhaps these articles can be pushed out rapidfire but then gathered into a Footnotes-like publication that folks like me (read: old) would enjoy sitting down with for thirty minutes rather than thirty seconds. Perhaps this isn't actually the end, but merely a transformation. I anxiously await the fate of Footnotes and of me as editor.

And if it's a genuine demise, it's been a glorious ride, just shy of thirty years of award-winning writing, editing, photography, graphic design. Of learning and getting better at my craft. I'll miss those things, whether they end now or a bit later. What I won't miss is badgering recalcitrant columnists for overdue articles. Or dealing with balky computers or internet outages.

By the time the September issue of Footnotes comes out (or doesn't come out), we'll have a better idea what's going on. In the meantime, as they say in the newspaper biz, 30.

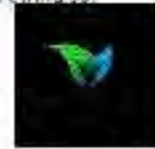
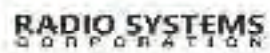




Covenant Health Knoxville Marathon



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

CHKM ANNOUNCES COMMUNITY CONTRIBUTION PROGRAM FOR 2023 EVENT

Jason Altman, Director, Covenant Health Knoxville Marathon

The Covenant Health Knoxville Marathon has been a success due to the unbelievable support within the community. Each year the CHKM sets aside funds for its community contribution program. In years' past, we have contributed to many worthy causes and great projects. Some of the projects include (but are not limited to):



Mile Marker Project - If you have run along a greenway in Knoxville or Knox County, surely you have seen the KTC mile markers that are positioned every quarter mile. Funds from the CHKM have paid for the equipment and volunteers have placed them along the greenway.

Drinking Water Fountain – Several years back, the City of Knoxville added a water fountain in front of the shopping center off of North Forest Park Blvd in Bearden. Funds from the CHKM paid for the fountain and its installation.

Celebration Bench – Also located near the water fountain in Bearden, CHKM provided a celebration bench along the greenway for folks to rest and relax.

Greenway Gator – The City of Knoxville has a greenway ranger that patrols the greenways to make sure they are safe and being properly maintained. In 2009, KTC provided the City's Parks and Recreation Depart-

ment with a gator golf cart to make it quicker and easier for the Parks Department employee(s) to patrol and preserve the greenways.

Legacy Parks – KTC has played an active role in contributing funds from the CHKM to Legacy Parks. Financial contributions have helped them acquire and develop trails in the Urban Wilderness Corridor in South Knoxville. This includes the upcoming G & O Rail with Trail Project.

Patricia Neal Innovative Recreation Cooperative (IRC) – If you have participated in the CHKM recently, you probably have seen several handcycle and wheelchair participants. Patricia Neal IRC, a community education and awareness program for individuals with physical disabilities, helped outfit several of these participants with the cycles. CHKM has annually donated funding to Patricia Neal IRC.

Girls on the Run of Greater Knoxville – The CHKM has donated funds to GOTR of Greater Knoxville to enable them to offer scholarships to girls who want to participate but would not be able to financially without a scholarship.

East Tennessee Children's Hospital – The CHKM has donated to ETCH to support their iRun program, an after school program designed to introduce and encourage children from low

income areas to stay active and get involved with running and walking.

Keep Knoxville Beautiful – We funded a fun run where participants stopped and cleaned up trash along the greenway during the run.

The Muse Knoxville – CHKM contributed financially to their Eat and Play iPad station and their "Listen to Your Heart: Heartbeat Drum" program. The iPad station shows children how many calories various kinds of exercise burn and foods that match up to those calories while the Heartbeat Drum is an interactive tool used to engage children and adults in thinking about their hearts and how different factors affect their health.

Knoxville Botanical Gardens – We funded the construction (including healthy activity stations) of a crushed gravel walking path along the perimeter of the Knoxville Botanical Gardens and Arboretum.

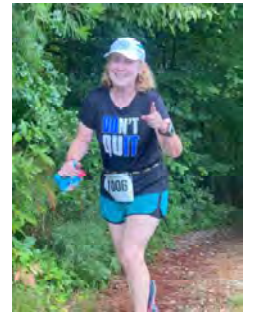
Ijams Nature Center – Ijams received funding to help with completion of the Ijams Crag, an outdoor rock climbing site featuring 30 routes of varying difficulty.

Young-Williams Animal Center – YWAC received funding to expand their dog walking program to promote healthy activities that improved the quality of life for their volunteers,

**** continued on page 15 ****

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.

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://personalbestracing.com>
(use **ktc10** for 10% discount)
RunKNOX
<http://www.ktc.org/RunKNOX.html>
Runners Market
<http://www.runnersmarket.com>
Swim and Tri
<https://www.swimandtri.com>
This Little 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

Last edition we talked about the importance of consistency. To reach our goals, we need to show up over and over again, do the appropriate work, and trust the long steady process. We shouldn't go from zero to 13.1/26.2 overnight. We suggest months of base training before jumping into a structured race cycle. While canned training plans are the internet norm, they generally don't set you up for greatest success. For as many people that cross the finish line and collect their medal, there are likely just as many who never made it to the start line. A one size fits all plan doesn't consider your experience, injuries, current mileage, training terrain, weather conditions, or really anything that personally makes your training cycle unique. This all too often is a recipe for a one-and-done experience because the focus was on the result rather than the process. Injured or disinterested, we move on to something else.

<https://runknox.trainingiltapp.com>

As a coach passionate about this sport, I find that sad. I want you to finish every race with a burning desire to sign up for another race. I want you stoked for the process. The monotonous daily grind of stacking miles upon miles for

w e e k s , months, and years should be oddly pleasing. Marathon

great Shalane Flanagan said, "in the midst of an ordinary training day, I try to remind myself that I am preparing for the extraordinary." Try to appreciate the rainy run, the hot and humid run, and the boring treadmill run. If you can shift your mindset from training being the means to an end to just simply being the means, you can find a lifetime love for the sport.



My goal is always to help you reach your goals, but through that process I

want to convert you to a lifelong runner. Did you run a marathon or are you a marathoner? There's a significant difference.

Want to try the Kool-Aid? We train year-round, so give us a shout to see if we'd be a good fit for you. We currently have members grinding toward fall goal races, racing through summer events, and laying the foundation for winter and spring races. Our official CHKM programs will kick off in December (26.2), January (13.1), and February (relay and 5k), but you really could start banking those ordinary runs now in order to hit your extraordinary in 2023.

If you're hesitant, consider taking us up on a free week trial with no strings attached. Got questions? Send them to runknox@gmail.com or hit this link to learn more about what we do: <https://runknox.trainingiltapp.com/>.

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

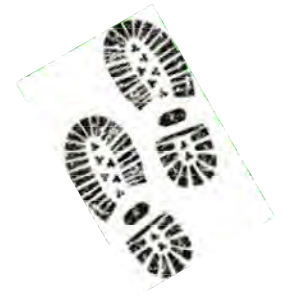
WEDNESDAY 6:00 pm - Runners Market, 4443 Kingston Pike, Western Plaza. Postrun fun at Hard Knox Pizza



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

Ch-ch-ch-changes V2.0

Believe it or not, we're fast approaching the twentieth year of KTC's auspicious trail running series. Product of a two-man beverage-laced brainstorming session at a campus bar after a particularly grueling board meeting, the trail series, originally called the Mayor's Cup Offroad Running Series, was born in 2004 and boasted eight races. Four of these were cross country races and four were actual trail races, the longest of which was just short of seven miles.



bullet and bought cases of apples and oranges from local vendors.

It wasn't till the mid-teens that we began procuring beer from up and coming local craft brewers and offering iced-down cans of suds to thirsty trail runners when they came stumbling and sweating to the finish line. Unfortunately, many of our events are staged in city or state parks, or at other venues where this is not permitted. Thus we can't always officially offer a cold one at the end of our trail races.

ink our printers plastered across the front of the shirt. Suffice to say, quite low-tech and not really runworthy at all, except under the most dire and needful of circumstances.

By contrast, our seasonal shirts these days are soft cotton/poly blends with minimal printing on the front, great designs and artwork, and offered in a wide variety of sizes, including kids. We even tried women specific one year but it was a disaster. Won't go that route again. Offering XS works well enough.

Contrast that with the current schedule. We offer twelve events (20 races if you count multiple distance options, 29 counting kids trail mile races), one per month. Longest race is 50k (31.07 miles for those non-metrically inclined), with several others well north of ten miles. All races are on trail, with only short, strategic pieces on pavement, gravel, or grass. I guess we've grown up during these nineteen plus years of staging trail races. With the exception of certain ultra events, I believe that no one in our part of the country offers more high-quality trail races, catering equally well to newbie trailsters as to established dirt dawgs.

Our timing has also evolved (though personally I'm not always sure that fancier is better). Our earliest races utilized the same Chronomix timing system that KTC road races used at the time. Not unlike our current system(s), it worked well most of the time and gave us bad headaches at others. When that hardware began failing and proved unrepairable, we moved to various computer based systems, eventually settling on Webscorer, which we still use at times when the latest and greatest chip timing systems are unavailable or not behaving well.

But by far the best change in our trail series has been the continual accumulation of fun and talented trail peeps who don't mind giving up a few days here and there to help put on a fabulous schedule of trail races. Our current crew of Tony Owens, Bobby Glenn, Kathy Smith, Pete Crowley, Chris George (who has twice tried to resign but we won't let him), Tim Hill, Doug and Rebecca Holder, Ken Lonseth, John Storey, Alondra Moody, Stephanie Johnson, The Invisible Barbers, and the newest Trail Dawg, Alex Walker, could well be the very best aggregation of trail runners and trail race directors anywhere. And we all have a lot of fun doing this.

Longtime series participants may remember our rather spartan offerings when it came to refreshments. We did have a Breuggers Bagel sponsorship for a couple of years, but oft times that was the only option for postrace refueling. Other years we had a grocery store present us with a bit more extensive selection, and at times we simply bit the

Though some people would insist we're still fairly spartan when it comes to shirts, referring to the one shirt per season system we use, in comparison to 2004, we're pretty deluxe. I just pulled out one of those '04 shirts to reference the schedule and had one of those "Aha" moments. Those shirts were 100% stiff white cotton and we tended not to give ample consideration to the amount of

In conclusion, I'm certain that hanging out with this fun-loving group of young folks continually drags me kicking, screaming, and enjoying the heck out of doing this. Ain't no danger of me being a grumpy curmudgeon resistant to change, not around this group of trailsters. Come on out to the next race and see what I'm talking about !!!

2022 TRAIL RACE SCHEDULE

HAW RIDGE TRAIL RACE — Saturday, July 9, 2022, 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 14, 2022, 8:00 am. 5½ miles PLUS Kids Trail Mile*. Concord Park near The Cove, Farragut

BIG SOUTH FORK TRAIL RACE — Saturday, September 24, 2022, 8:30 am. 17.5 mile and 10k. Bandy Creek Campground, Big South Fork NRR, Oneida.

FORT DICKERSON FRANTIC FROLIC — Saturday, October 15, 2022, 9:00 am. 5-7 miles PLUS Kids Trail Mile*. Fort Dickerson Park, Knoxville.

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 5, 2022, 7:00 am. 50k or 25k. Norris Dam State Park, Norris.

DIRTY SOUTH TRAIL HALF MARATHON — Sunday, December 4, 2022, 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*

WELCOME KTC MEMBERS

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

Leann Adkins
Cynthia Allman
Ayer Family
Babbit Family
Nathan Ballard
Erin Bankes
Jillian Barry
Megan Bell
Jeffrey Bieber
Kenneth Bielak
Bishop Family
Blake Family
Butch Bourque
Brannon Family
Callihan Family
Ronald Campbell
Eric Cannon
Carmack Family
Michael Carroll
Celeste Carruthers
Eamonn Cottrell
Cox Family

Cressy Family
David Crossley
Danforth Family
Susanne Dawson
Christie Eberhardt
Eklund Family
Cody Farmer
Allison Fortner
David Gallant
Jose Garcia
Rhonda Garrison
Philip Gray
Case Griffith
Tiffany Hachey
Chuck Haggard
Zane Hagy
Aaron Harris
David Hartzler
Catherine Hatcher
Margaret Hudson
Huertas Family
Brittany Ivey

Jones Family
Nickolas Karrick
Beth Kauffman
Heather Kibler
Heather Kurashk
Ashley Lawrence
Mangers Family
Charity Maqueda
McCrary Family
Jill McNeal
Ron Merryman
Jeffrey Miller
Kelly Mixon
Jennifer Moore
Greg Morton
Motley Family
Joe Oliveri
Mike Parton
Peterson Family
Joshua Pierce
Danny Renfro
Jessica Rines

Shaun Robbins
Nicole Sauls
Schmidt Family
Timothy Scott
Brittany Shelton
Michael Simmons
Steven Smith
John Smith
Erika Stevens
Joanie Stewart
Stokes Family
Molly Strange
Teubert Family
Tidwell Family
Tippett Family
Jose Vargas
Martha Vargas
Hannah Walker
John Waters III
Ron Watzke
Betesu Williams
Darrah Wiseman
Womack Family



How to Prevent Hitting the Wall in the Marathon

by Whitney Heins

The biggest obstacle to completing 26.2 is hitting the wall in the marathon. So many runners have beautiful and perfect training cycles that become completely sabotaged when they come up against the marathon wall.

Hitting the wall, simply put, is when your body runs out of fuel for faster running. Your body slows down, your legs feel heavy, and it requires a lot of mental and physical effort to keep moving forward.

You can train to avoid hitting the wall in a marathon. Here are some tips!

Proper pacing

Studies show that going out too fast in a marathon — faster than you trained for — is almost a surefire way to hit the wall in the marathon. Avoid this mistake!

Stay patient and smooth in your race. Follow your race plan and don't

get ahead of yourself. Running 26.2 miles is a really long way to go. So many novice marathoners get fired up by the crowds and competition but run too fast and burn through their glycogen stores too soon.

Proper fueling

There are two main ways to avoid hitting the wall in the marathon when it comes to fueling: practicing fueling during your long runs and carb-loading ahead of the marathon.

Fueling your long runs: Your stomach is a muscle that needs to be trained to digest fuel while you run. This requires practice.

Your stomach needs blood to help digest food and fuel. When you're running, blood is diverted to your working muscles, so your stomach needs to do more with less.

The only way it can learn to do this

is by practice. So, practice fueling on your long runs.

- ◆ Aim to take a gel or 30 grams of carbs every 30 minutes with water. Drink sports drinks in between.

- ◆ Start fueling early and often. Take a gel at the start line and then keep it up. Studies show that those who fuel earlier in a marathon run faster.

Carb loading before the marathon: Stocking your glycogen stores so you have more fuel to burn takes at least three days. Don't rely on a pasta dinner the night before to do this. In fact, that may make you feel sluggish in your marathon.

- ◆ Three days out from your race, start nearly doubling your carb intake at every meal. Stick to simple carbs like oatmeal, bagels, fruit, and crackers.

- ◆ Start drinking electrolytes throughout the day, aiming for about 80 ounces.

- ◆ Get up two hours before your marathon and eat a high-carb breakfast. Then eat a high-carb snack of about 250 calories an hour before the race.

Proper training

The best way to avoid hitting the marathon wall is to do long runs every week in your training.

Your long run should be about 30 percent of your weekly mileage—more if you're a low mileage runner—and run at a conversational pace.

You should include at least one really long run in marathon training in your peak week. This long run will be close to your marathon finish time, but less if your marathon finish time is more than 4 hours (in general, capping at 3:30 for 4-hour marathoners and capping at 4 hours for 5+-hour marathoners).

If you need help chasing your marathon goals, please check out themotherrunners.com



CHKM COMMUNITY CONTRIBUTIONS

AAA continued from page 9 AAA

their homeless pets, and the community as a whole.

Appalachian Mountain Bike Club - The Appalachian Mountain Bike Club received funding for materials and equipment that were used to maintain the urban wilderness trail system, including bridge construction and repair.

Knox County Schools - Knox County Schools was awarded funding for their Hydrate Project, a program that purchased and installed water refill stations in two Knox County high schools. This project will continue to impact more than 2,500 students each year.

Sunshine Ambassadors - Sunshine Ambassadors is a non-profit organization

that teaches students who have physical and mental challenges, received funding for equipment and nutritional information for its summer dance camp.

YWCA Knoxville - The YWCA received funding for its Fitness Incentive Challenge, which offered incentives for low-income, high-risk YWCA housing program clients to increase their level of physical activity.

Knoxville Sled Bears - The Knoxville Sled Bears received funding to help provide individuals with physical disabilities the opportunity to play hockey and engage in a team sport.

Bike Elf - Bike Elf received funding to help provide bicycles to children and young adults in East Tennessee who might not otherwise have access to one.

Free Medical Clinic of Oak Ridge - Free Medical Clinic of Oak Ridge received funding to help support its "Healthy Habits, Healthy Lives" program.


PJ Parkinson's Support Group of Blount County - PJ Parkinson's received funding to support its ballroom dance class initiative for individuals with Parkinson's disease and those facing dementia.

Emerald Youth Foundation - Emerald Youth Foundation received funding to support their Emerald Force Track Program. This is the only urban youth-serving track program in Knoxville.

While we are extremely proud of these accomplishments, we are always looking to help more area non-profit organizations! We posted a Request for Proposals to the marathon's website in May and our window for applications ended June 30. Applicants who applied will receive funding from the 2023 Covenant Health Knoxville Marathon event, and we will announce the selected organization by the end of July

DON'T MISS IT...

Sat/Sun April 1-2, 2023
THE NINETEENTH ANNUAL COVENANT HEALTH KNOXVILLE MARATHON, HALF-MARATHON, 5k, and KIDS MILE. Be a part of Knoxville's biggest and most exciting running event of the season. Online registration open!



HEY KTCers!
HAVING RUNSIGNUP PROBLEMS?

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



Knoxville Spine & Sports

Proud Sponsor of Knoxville Track Club

Services Offered

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



Integrated Sports Medicine and Chiropractic Care



Dr. Bert Solomon, DC, CCS

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

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

We are together for health.



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

Tel 865-337-5574

www.knoxvillespineandsports.com

Common Hip Pain Generators with Running

by *Dr. Conner Sharp*
Sports Chiropractor — Knoxville Spine and Sports

Continuing the trend of common lower extremity complaints with running, we are going to be looking at a few of the most common hip related complications with runners. Hip pain is a common issue that we see frequently in the clinic. Hip pain itself is a broad term as there are many tissues in the large joint that can generate pain. However, it is important to first differentiate the hip from the lower back. Often, we refer to our sacroiliac joint (or SI joint) as our hip, when in reality, the acetabulofemoral joint is the true hip joint. The acetabulofemoral joint is what we refer to as a ball and socket joint which offers the leg a large range of motion. The SI joint lies at the base of the spine, whereas the true hip is on the side of our upper leg. Some of the most common hip injuries or pain generators include tendonitis, bursitis, hip impingements, osteoarthritis, and labral tears.

Tendonitis of the Hip

Tendonitis can happen anywhere in the body and is often the result of overuse. The pain associated with tendonitis is a result of inflammation of the tendon. The most common areas of tendonitis around the hip are the psoas tendon, rectus femoris tendon, gluteus medius tendon, and the hamstring tendons. When addressing tendonitis, it is important to figure out what exactly is causing the overuse/inflammation of the affected tendon. Typically, it is due to either increased muscle tension, weakness of other muscles around the joint, or altered mechanics of the joint. Once the cause is discovered we can apply soft tissue techniques to the tight

muscles, prescribe exercises, or mobilize the joint to improve its mechanics. If you suspect you have tendonitis around the hip you can always rest and ice the area to reduce inflammation until you are able to get in with a healthcare professional for treatment.

Bursitis of the Hip

Bursitis is another common hip pain generator that is typically a result of overuse. A bursa is a fluid-filled membranous sac that reduces friction around joints or where there are a lot of muscles or tendons in close proximity to one another. Anytime there is excess pressure or stress placed upon the bursa for a long period of time, it can become inflamed and cause a significant amount of pain. As with tendonitis, the first step is figuring out what structures are leading to increased pressure or irritation on the bursa. The most common bursitis in the hip is trochanteric bursitis. Typically, with trochanteric bursitis, it is due to either weakness or increased tension of surrounding musculature. A couple of stretches or exercises to try if you are experiencing trochanteric bursa pain include clamshell exercises, side planks, glute bridges, figure 4 stretches, and some piriformis specific stretches.

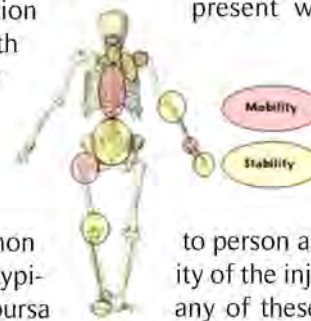
Hip Labrum Tear

The hip labrum is a piece of connective tissue that circles around the outer edge of the acetabulum (the dome shaped socket of the hip joint). The

function of the labrum is to provide more structural integrity and stability to the joint. The most common cause of hip labrum tears is repetitive use, especially in areas with abnormal biomechanical function. Effectiveness of conservative treatment is determined by the severity of the tear. More severe tears often need to be treated via traditional medical avenues. However, mild tears often respond well to therapeutic exercises, soft tissue releases, and joint mobilizations. Those experiencing labrum tears of the hip will typically present with popping, clicking, or catching sensation in the hip. These symptoms are also accompanied by pain; however, the symptoms can vary drastically from person to person and depending on the severity of the injury. If you are experiencing any of these symptoms, it is always a good idea to get it checked out by a healthcare provider.

Hip Impingement

Hip impingements aren't caused by running, but they may be an underlying issue some of us may be experiencing in the hip that could affect our hip function. Hip impingement can occur at any age, but is more prominent in adolescent athletes. There are two main impingement types known as cam and pincer. A cam deformity occurs when the neck of the femur (the long thigh bone) is too large. The pincer deformity occurs when the acetabulum (dome shaped socket of the hip joint) has excess growth making the joint deeper and more likely to become impinged. Depending on the severity of these impingements, they can often be treated conservatively, however, in more severe cases they may require surgery. If not addressed, those with hip impingements can lead to other complications such as labral tears. Typically, conservative treatment includes joint mobilizations or manipulations, soft tissue releases to balance the musculature, and stretches/exercises to help improve the hip joints range of motion.





2022 Trail Series Grand Prix Standings Point Totals - through Sharps Ridge



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Wesley Crane	200	Monica Chapman	300	David McLennan	455	Meg Guy	290
Eric Cannon	190	Elizabeth Neely	235	Matt Stegall	390	Malinda Honkus	200
Blake Wahlert	170	Jaclyn Noshay	200	Marcus Steward	240	Jill McNeal	200
Jackson Slagle	170	Olivia Pfeifer	200	Jim Bishop	230	Jen Shaffer	180
Joshua Melton	150	Jessica Tucker	190	Joshua Scott	220	Kelly Novarro	180
Nathan Helton	150	Megan Von Bergen	180	Jared Lawrence	190	Becky Ray	120
Alex Zirakparvar	140	Jessica Sheah	160	Adam Kolatorowicz	180	Kyra Donnell	120
Kevin Ellison	140	Maggie Dugan	100	Scott Schmidt	170	Mary Patterson	120
Micah Morgan	130	Minttu Hukka	100	Jason Cathey	160	Alahna Jansen	110
Tim Hill	120	Meredith Hale	100	Jeff Hackler	140	Amy Jones	100
Matthew Williams	110	Sophia Etienne	100	Kevin Brown	130	Jennifer Weston	100
Brandon McCloy	100	Morgan Howe	90	Mark Hall	105	Erin Bradford	95
Peyton Gupton	100	Josie Calhoon	90	Ron Wireman	100	Kimberly Donnelly	90
Carter Hall	100	Kaelin Porter	90	Jamie McCart	100	Kyli Wooten	90
Lars Carlson	90	Lora Doherty	85	Jacob Prater	90	Borisov / McCormick	80
Lance Cundy/Michael Deel	90	Kelly Fox	80	Michael Morrell	90	Hastings / Pahigianis	80

KTC Grand Prix Point Totals through Canfield Mile

Jerry Schohl, keeper of the points

MALE	TEAMS	FEMALE
Matt Stegall	Team Runners Market	Elizabeth Herndon
Joshua Mower	Zen Evo / Long Run	Shirley Sirois
David Johnson	Team Really	Angela Sellers
Brent Bueche	RunKNOX	Kathy Wolski
Ethan Coffey	Carter Sports	Jennifer Weston
Darren Driscoll	Scruffy City Endurance	Stacy Clower
Ken Sirois	KTC Socialites	Maci Brede
Chase Givens	UT-Battelle-ORNL	Marsha Morton
Paul Horton	Verawella	Marian Schmidt
Sam Plemons	2 teams tied with	Jennifer McKelvey
Will Jeter		Constance Bailey
Ron Watzke		Hannah Rosen
Chris Davis		Andee Swann
Travis Wilson		Bekah White
Cameron Cook		Becky Tener
Brian Huskey		Kyoko Yamamoto
Bill Beecher		Peighton Meske
Steve Campbell		Gina Rouse
Jeff Colfer		4 women tied with
Karl Kreis		



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



TRI-BAL KNOWLEDGE

Time for Water Sports

by Larry Brede



Summer is here, and Tennessee is still in the south. Which means it's hot. As runners, we struggle through the summer months sweating like crazy and trying to convince ourselves that we're having a lot of fun. July and August running are necessary to stay in shape for those fall races, but for anyone who trains for multisport there is a huge bonus these months. East Tennessee is loaded with lakes to workout swimming and paddling, all supporting competition and racing.



swimmers hit the waters on a regular basis. The Rocky Top Multisport Club leads organized swims in Farragut on Mondays and the Knoxville Open Water Swimmers leads swims on Thursdays downtown. You'll also see swimmers at our local parks on a regular basis, doing laps in the Cove, Melton Hill, or Tellico, typically with a support kayak next to them with their safety also enjoying the water.



to compete in a hybrid event not experienced in too many places. Practicing for these races is another excuse to enjoy our waterways, even if you're not comfortable swimming distance in open water.

While the summer is always a great time to be on the water, finding an excuse to be in it or on a manually powered vessel (versus a powered boat) is an effective way to combine fitness, sun, and fun. Whether or not you choose to race an event on the open water, be sure to spend some time enjoying our lakes this summer. Hop on in, the water's fine!

By June 1st our lakes are all comfortable for swimming without a wetsuit. With these temperatures, Knoxville's

A couple local multisport races even include kayak or SUP legs in the event, allowing those of us who paddle and run

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.

Knoxville Track Club thanks

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

10847 Hardin Valley Rd
Knoxville 37932
865-896-3760



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

**for its generous sponsorship of
The Dogwood Classic 5k**

<https://hardknoxpizza.com>

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

**Thank you for shopping local and
supporting us!**



**Monday-Friday 10-6
Saturday 10-5**





KTC BOARD OF DIRECTORS

Minutes of April 2022 Meeting

APRIL 25, 2022

The meeting was called to order by Brian Huskey at 6:02pm. In attendance were Christina Adkins, Brian Huskey, John Chavis, Bobby Glenn, Pam Haggard, Zane Hagy, David Hinkle, Suzanne Oliver, Matt Stegall, Eric Weatherbee, and Jason Wise. David Black, Jason Altman, and Stephanie Bailey attended as guests.

Minutes

The March minutes were presented. There were no questions or amendments. Pam moved to approve; Eric provided a second. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report—Race entry numbers are slowly moving upward.

Treasurer's Report—Finance committee working on closing financials monthly

Marathon Director's Report—Fiscal year closing out for '21 event in June '22. 2023 event will open May 1 after 2022 event invoices are closed out. Christina asked if CHKM has considered switching banks to one that will also sponsor. Issue will be discussed with the Finance committee.

Event Manager Report (Youth Development)—6 yr old running unaccompanied on 5k course at Dogwood.

ED will review our waivers and policies regarding minor participants running without chaperone. RRC met and cut the 30k from CrossKnox distance. All distances will receive a medal and Grand Prix points for Expo '22.

Trail Committee/Footnotes—No further discussion



Website/Communications Committee—KTC members will receive a survey

The reports were presented as a consent agenda. There were a few questions Eric moved to approve the reports as presented; Zane provided a second. Reports were approved unanimously.

KTC Canfield Scholarship

Board met with East Tennessee Foundation April 13th to discuss the scholarship fund, history, requirements, and fee schedule. The KTC memorial scholarship was established in 2009. \$19,100 has been dispersed to students since 2010. Currently, it's a single-time scholarship \$500. Every \$25,000 raised would amount to a \$1000 scholarship. Application is open for 6 weeks and applicants must put in the ETF questionnaire that they were involved with KTC to see this scholarship in their results. David brought up increasing scholarship contribution in the budget due to tuition increase. Brian asked board if it is feasible to increase scholarship funds to \$100,000 to disperse \$1000 every year. Performance Summary requested. Jason W asked if a 4-year scholarship is in our best interest.

Further discussion will take place at the next finance committee meeting.

Scammers

David brought up phishing emails going out to KTC members, board, and staff. A KTC member fell victim to scam email pretending to be David (ED) requesting \$2000 in gift cards. We need to be mindful of checking the actual email of the sender despite the profile name. Zane said you can't completely stop spam, all KTC Gmail accounts are being spoofed. KTC needs protocol to block email spoofing. Will further discuss possible protocols with ED and Board President.

Community Engagement

David H met with Rocky Top Multisport and would like to see a reciprocal relationship to get kids into races. Brian H agrees with a need to build relationships. AMBC receives % of proceeds from KTC through TTT. Suzanne asked for RTMS to come make a formal request for KTC donation.

Roundtable

David H would like club to be more involved in the community outside of just putting on races; David B wants to bring back Beer Run Series (Gerald W & Lauren C, RDs). Jason A loved flower arrangement for his late mother's funeral. Zane would like to survey KTC members, CHKM participants, and Footnotes readers. He believes website traffic could show traffic to KTC content and have measurable data to give to

AAA continued on page 25 AAA



KTC VOLUNTEERS NEEDED

Jul 3	Pilot Fireball Moonlight Classic 5k and Little Firecrackers Run
Jul 9	Haw Ridge Trail Race and Kids Trail Mile
Jul 16	Springbrook Splash 10k / 5k
Aug 7	Pigeon Forge Midnight 8k
Aug 14	The Trails That Can't Be Concord and Kids Trail Mile
Aug 29	Pilot CrossKnox 15k
Sep 11	Townsend 15k / 10k
Sep 24	Big South Fork Trail Races



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)



KTC BOARD OF DIRECTORS

Minutes of May 2022 Meeting

MAY 23, 2022

The meeting at the Legacy Parks office was called to order at 6:00 p.m. by President Brian Huskey. In attendance were Brian Huskey, Pam Haggard, Keith Jackson, Gabrielle Cline, Zane Hagy, Tim Hill, Jennifer Moore, Suzanne Oliver, Matt Stegall, Jason Wise. Employees David Black, Stephanie Bailey and Jason Altman were also present. Karla Gander was present as a guest.

Brain Huskey, as board president, is able to make a recommendation for someone to complete Tim Gregory's term and following a brief discussion, Karla Gander was unanimously approved as a new board member to complete his term.

Minutes

The review of the April 2022 minutes yielded no need for changes and a motion was made by Jennifer Moore to approve them as submitted. Keith Jackson seconded the motion and it passed unanimously.

Regular Reports Consent Agenda

All regular monthly reports were submitted and reviewed.

Executive Director Report—David Black reviewed the content of his report with a key discussion piece being the updating of language regarding age minimums and other requirements for children to participate in standard races. He is also asking RunSignUp for assistance in reinforcing these expectations when registrations are submitted.

Treasurer's Report—Keith Jack-

son shared the financial reports as available for the month and indicated that we are awaiting final 2021 numbers. He stated that the finance committee is meeting as requested. He will notify members of the compensation committee to set up a meeting as soon as final numbers for 2021 have been completed.

Event Manager Report (Youth Development)—Stephanie Bailey shared her report, and as always, discussed the need for volunteers. She reminded everyone about the give back program and encouraged board members to share social media posts regarding volunteer opportunities. She was especially concerned about the need for EXPO volunteers since the half marathon event has been added for this year. Water stop assistance was of the most concern.

Marathon Director's Report—Jason Altman has scheduled a Marathon Advisory Committee meeting for June 8th to review all the current feedback from the March 2022 marathon weekend.

Website/Communications Committee—Zane Hagy shared the results from the recent survey sent out to the general membership regarding the KTC Footnotes publication. The survey included both Lickert scale and open-ended questions. The general gist of the results indicates that the majority of respondents felt comfortable making a change to the format of the publication. The general consensus is that the members enjoy the articles and information contained within the magazine and having the option of a "hybrid" method of delivery would encourage more readership. The communications committee

will convene to discuss the survey results and will bring final recommendations to the board for how to proceed going forward. Zane will send all the data compiled to the board members for review. It is worth noting that deep appreciation was expressed by the entire board for the hard work and dedication Michael deLisle has provided over the years to the Footnotes publication and distribution to our members.

Zane Hagy made a motion to accept the reports as submitted with a second provided by Keith Jackson. The motion passed unanimously.

Roundtable

The roundtable discussion topics included the potential for other surveys being sent to club members as a means of gathering input as the club moves forward, a thank you from Brian Huskey to Suzanne Oliver for stepping in as secretary tonight, input from the scholarship committee was shared and more information will be forthcoming in the next few months regarding updates/changes to the process, the return of the "Beer Run" series is being discussed with a timetable of Spring 2023, RunKNOX has been a part of our club for 10 years and a discussion regarding a celebration of some kind was briefly discussed, and finally a request to brainstorm about the scholarship program was made to allow for deeper discussion in the next few months.

At 7:10, Gabrielle Cline made a motion to adjourn which was seconded by Matt Stegall and unanimously approved. Next meeting will be June 27, 2022 at the Legacy Parks office.



VERAWELLA



**LOCALLY MANUFACTURED
IN KNOXVILLE, TN**



A NEW SUPPLEMENT FOR RUNNERS

Runners Support is specifically engineered to take your training to the next level. Each ingredient in this product line has been carefully sourced to meet a specific need.



'DAILY TRAINER'

Our Daily Trainer has everything you need to stay healthy long-term and spend more time training. Its designed to be taken ever day, to allow long term success

DAILY TRAINER | INGREDIENTS FOR PERFORMANCE

01 VITAMIN D3

Vitamin D3 is to support your bones, and boost your immune system for fewer days off throughout the year.

02 MAGNESIUM

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

03 POTASSIUM

Potassium was added to keep your body hydrated and focused while you run. While running you lose electrolytes through your sweat, mainly sodium and potassium.

04 TAURINE

TAURINE WAS ADDED TO GIVE YOU A BOOST OF ENERGY AND HELP YOU GET OUT OF THE DOOR TO TRAIN EACH DAY

05 TURMERIC

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

06 N-ACETYL L-CYSTEINE

(NAC (N-Acetyl-L-Cysteine) was added because it boosts an important antioxidant in our bodies called glutathione, which allows our lungs to function optimally.



WWW.VERAWELLA.COM

[@VERAWELLAHEALTH](https://www.instagram.com/VERAWELLAHEALTH)



KTC BOARD

Continued from page 21

KTC sponsors. How are we serving sponsors with our web content and communications? Zane will provide a listing of survey questions vetted through committee and Brian before being presented to board. Eric would like to access the membership directory showing names and zip codes. Jason W asked what examples KTC can provide to show impact on the community and why members should join? Kathy N will send Stephanie a list of new members who check that they will volunteer on their membership application so she can follow up with them. Bobby said UTK is getting closer to having an indoor track facility. Matt S asked if we ever do promotions with local running stores? David B said one of our sponsors wants to sponsor an adult track meet.

At 7:18pm, Pam moved to adjourn the board meeting. Zane provided a second. The board adjourned.

Executive Session (if needed) Board Members: No Executive session held.

The next KTC Board Meeting will be on May 23, 2022 at the office of Legacy Parks.

REACH OUT TO KTC!

DAVID BLACK,
EXECUTIVE DIRECTOR:
knoxvilletrackclub@gmail.com

STEPHANIE BAILEY
EVENT MANAGER:
knoxtrackevents@gmail.com



RETURN OF THE KING

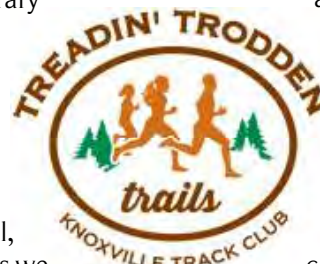
Tim Hill, race director



It has been a few years since we've held a race at IC King, which is a shame, because the Knox County Park contains a fair amount of mileage and variety of trail to be tread. This is partly due to the abundance of locations at which to host races and partly due to the lack of parking and the terrifying pull off from US129. Luckily, Knox County finished a new trailhead off Old Maryville Pike that boasts its own turn lane, a real bathroom, covered pavilion, playground, and additional mile and a half of trail. The new entrance does have ample parking for its usual attendance, but still on the small side for an event.



In 2020, with the temporary switch to marked run any-time events, we were able to stage a 5k. Since runners had a week to compete, there were no single large gatherings. The lure to try again, this time for real, was too enticing. In past years we made the parking situation work at the old trailheads like a cheap side show contortion act. Surely this new side was more promising than anything before. And we were right. Trail Committee newcomer Alex Walker used the force and somehow fit 50+ cars where there was space for 35. With a couple cars



here and a couple there, we packed them in with room to spare.

After all the stress and excitement of the parking situation, it was time to race! The 5 mile-ish course took runners thru the new fast and smooth connector trail, across some flat, but rocky, rooty and muddy old trails, up a ridge, and down the tight switchbacks of Kimble's Ladder and finishing around the backside of the largest dog park in town. Contrary to simple geography, it was both an uphill start and finish. But that didn't deter the 14 kids running the early morning mile, nor top finishers Matt Stegall, Marcus Steward, and Blake Wahlert (1/2/3 Mens) and Sophia Etienne, Meg Guy and Megan Von Bergen (1/2/3 Womens).

We hope to be back to IC King again. Whether we stick with Mother's Day or not, we certainly enjoyed seeing those hardcore trail-running Moms out there, choosing sweat, mud and a few orange slice handouts over sleeping in, chocolate and brunch! We also appreciate Knox County for again trusting us to hold an event where the calculated geometry doesn't seem to add up.

DON'T FORGET...

Saturday, July 9 - 8:00 a.m. **HAW RIDGE TRAIL RACE.** Seven + miles of twisting, turning, climbing, falling fun. Kids Trail Mile 7:30 am. Online registration available on Runsignup.com.





NEW TRAILS, NEW RD AT SHARPS RIDGE

Michael deLisle, race director

Having such a large trail committee has been a mixed blessing. With so many bright and talented trail dawgs to rely upon to direct races and perform the myriad tasks that are required to ensure safe and satisfying events, it's turned out that I rarely am called upon to actually direct a race. Yes, I'm the series director, which involves checking a slew of boxes and crossdotting T's and I's before each race commences. But actually getting hands-on, developing specific checklists, and sweating the small stuff are tasks that I've not been asked to do in quite some time.

Thus when it came time to begin preparations for the 2022 Sharps Ridge Runner, I realized that our races have continued to evolve since those very early days when I more or less ran our barebones trail series solo. Nowadays there are so many more details to keep track of, so many volunteer tasks to oversee, and so many ways in which our history of setting the bar higher and higher makes each go-round all the more challenging.

Luckily for me — and for each TTT Race Director — we have history, notes, and the ability to consult with those who directed each race previously. In this case, last year's RD Tim Hill provided excellent guidance, as well as following through doing the lion's share of course marking.

I knowingly made our tasks more complex for 2022, as I very much wanted to include the new trails on the north and northwest side of Sharps Ridge. I'd hiked and trail trotted there

many times since they were opened, and the smooth, machine-cut trails simply begged for more feet to tour the unspoiled back side of the ridge. So there was never a doubt in my mind that we'd go there this year. To ensure that, I volunteered to direct the race.

We offered a four-mile option along the south slope of Sharps Ridge and a six-to-seven mile long course that ran concurrent with the short course for the first 2½ miles, then darted over the ridge to explore the new trails before returning to share the final mile with the four milers.

The last piece of the puzzle, once enough volunteer slots were filled, was getting permission to use the parking lot at Lincoln Park Tech Center. And though that task fell into place quite last minute, we opened the gate at 6:00am. We were ready.

Sixteen kiddos toed the line at 7:30 and blasted off up the trail into the woods. About nine minutes later, Cirabella McLennan came sprinting down to the finish line to claim the victory, just three short seconds ahead of Emma Schuh. Slightly chagrined at being "double-chicked", Tristan McCart roared across the line nearly a minute and a half later to claim third place.

Then the big people took their places, ready to do battle with Sharps Ridge. Unlike the kids race, the main course started with several blocks of uphill pavement running (that was paid back nicely with a fast furious finish some-

what later). Once in the woods, both long and short course runners followed Lincoln Trail to its eastern terminus, then joined Sharp Shin and ran westward to its junction with a painfully steep but thankfully short stretch of Pushline Trail. Soon the course bent west onto Firebreak, following it to the aid station at the junction with Sharp Shin just shy of the multiple trailheads that converge at the west end of the road. Thanks to Pete Crowley and Claire Mayo for staffing the aid station and providing astute directions to the runners, deftly separating the long course participants from the short.

Suffice to say, everyone made it back, long course runners effusive in their praise of the new trails and everyone grateful for the rolling but quite runnable final mile of Lincoln Trail and the aforementioned downhill finish.

Wesley Crane (46:23) and Maggie Dugan (52:24) were the Open Male and Female winners in the 7-miler, while Jennifer Weston (48:48) was declared both Overall and Masters Female champion. Jamie McCart (48:41) was Male Masters winner.

Matthew Sterling (37:23) was top Open Male in the 4-miler and Mike Mann (41:44) won Male Masters. Afton Schuh (47:39) and Overall Female winner Connie McCormick (47:27) were Open Female and Masters Female category winners.

Many thanks go out to our series sponsors, including Pilot, SoKno Taco, Cool Beans, Flats and Taps, Runners Market, Tailwind, REI, Knoxville Spine and Sport, and Blackhorse Brewery. Thanks also to our great volunteers from the trail committee, as well as David McLellan, Dana Rohloff, Teresa Williams, Christina Adkins, Marian Schmidt, Clair Mayo, Jessica Sheah, and Bob Sutton. See y'all next time as we once again tour the trails we love !!





KTC CELEBRATES 45th RUNNING OF EXPO

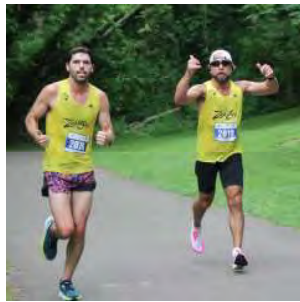


Stephanie Bailey, race director

Who doesn't love a reason to celebrate? What about three reasons? This year, we had three big milestones collide to make for a special Expo! Knoxville Track Club is celebrating their 60th anniversary all year long. 2022 marks 40 years since that World's Fair came to town. Coinciding with the coming of the World's Fair, the Expo was started in 1978, making this year the 45th running of the event. So, as a running community, how do we celebrate? With more miles and medals! This year, we added a special edition half marathon to the Expo, while still keeping the traditional 5k and 10k. We also handed out finisher medals, which this race typically does not have. It was very unique to finish right at the base of the iconic Sunsphere to celebrate its birthday.

The weather was almost as perfect as you can get for a late May race. Although the temperatures did rise throughout the morning, they were not near the seasonable highs. Our courses highlighted the World's Fair Park, UT campus, the Third Creek Greenway and Neyland Greenway. I feel that we are so lucky to have so many

running options central to our downtown area. Knoxville is very runner friendly!



◆ 22 states, plus The District of Columbia, were represented—with one “virtual” runner from England!



◆ We still have 16 active Streakers who have run in every Expo since 1978.

who ran the 3.1 mile course in 18:29, while Andee Swann of Runners Market was fastest female, clocking 20:12.

◆ 273 runners completed the 5k race. Top honors went to 13-year old Cade Duncanson,



◆ The 10k race showed 253 finishers. The first place overall male runner was Will Jeter of Runners Market, who

was timed in 33:21. Jennifer Weston of Runners Market was first place female, running the 6.2 miles in 36:45.



◆ Our inaugural Half Marathon boasted 115 finishers. Speedster Steven Campbell of The Long Run/Zen Evo crossed the line first with a time of 1:24:51, while Katie Lance earned the women's crown by



running a swift and steady 1:28:07.

A big thank you to our sponsors, Pilot, Tennessee Sports Medicine, Runners Market, Eddie's Health Shoppe, New Balance, Dick's Sporting Goods, Visit Knoxville, City of Knoxville and Knox County. We appreciate KUB bringing out their portable water station to have at the finish area as well. As with all of our events, we are grateful to KPD, UTPD and KFD for helping



keep runners safe on course. Last but absolutely not the least, we are thankful for our volunteers! Whether you handed out t-shirts, medals, water, or food, directed runners which way to go, made announcements, or marked the course, all hands on deck made the day possible! Thank you for your commitment to KTC!

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: VEEZY 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.



P00046789O241BR1T



RUNNERS GRATEFUL FOR CANFIELD MILE RESCHEDULE



Andee Swann race director

I want to sincerely thank everyone for being so kind and understanding with the decision to postpone the race. This wasn't something we took lightly, and it turned out to be the safest and smartest decision. Knoxville Track Club Executive Director David Black said it was the first time that a race has been postponed or canceled that he didn't get a single complaint.

Last year was a super close race at the finish with Joshua Mower out-leaning Runners Market teammate Alex Widner for the win. This year the battle between the two continued, with Alex turning the tables by taking the win, edging both Josh and Seth Kolosso, who followed close behind, both clocked at 4:43 for second and third place.

In the Masters division, Stewart Ellington (5:03), Ben Fitzpatrick (5:18), and Sam Plemons (5:22) earned the top three spots. Top three Grandmasters were Matt Stegall (5:23), Ron Watzke (5:56) and Larry Brede (6:01). Brent Bueche (5:51) led the way among Senior Grandmasters, with Chris Martin (5:58)

and Jeff Colfer (6:38) placing second and third, respectively.



In the 2022 women's race Andee Swann (5:49), Caitlin Duggan (6:03), and Maci Brede (6:14) led the way. Top 3 Masters females were B e c k y G r i n d s t a f f (6:15), Angela

Sellers (6:22), and Kyoto Yomamoto (6:41). Grandmaster Jennifer McKelvey (6:51) took first place with Marsha Morton (7:03) and Lorrie Johnson (7:49) following. Debbie Allen (7:32) led the way for the Senior Grandmasters, with Jennifer Singh (8:00) in second place.



Cirabella McLennan sped to an 8:01 finish, topping the Kids Mile. Keegan and Kayson Robbins finished second and third. Another McLennan, Alexander, won the boy's division (10:21), with Gian Baskerville second.

It was so nice to see so many runners coming out to support this race. The proceeds go to the Harold W. Canfield Scholarship fund, which is presented each year to local graduating high school



athletes. I always enjoy seeing the camaraderie, encouragement, and good fellowship amongst the runners and fans. Big thanks to KTC for putting on another great race, to Nick Morgan and

M i c h a e l deLisle for taking pictures, and Jonathan Benfield with BK Graphics for the t-shirts. Thanks also to the wonderful volunteers and many sponsors of this race. I

hope that you all will join us next year for the 2023 Hal Canfield Memorial Southside Milefest.



Event Schedule

July-Sept 2022

JULY

- 3 Knoxville - 9:00 pm. **PILOT FIREBALL MOONLIGHT CLASSIC 5k & LITTLE FIRECRACKERS RUN**
- 4 Farragut - 9:00 am. Farragut Freedom Run 2 Miler and 5k
- 9 Oak Ridge - 8:00 am. **HAW RIDGE TRAIL RACE** and **KIDS TRAIL MILE**
- 10 Paint Rock - 7:00 am. Heart of a Lion Triathlon
- 16 Alcoa - 7:30 am. **SPRINGBROOK SPLASH 10k and 5k**
- 23 Sweetwater - 7:30 am. Sweetwater Sprint Triathlon
- 30 Maryville - 8:00 am. Scholars Run 5k
- 30 Loudon - 7:30 am. Wild Rose Women's Triathlon and 5k
- 30 Morristown - 8:00 am. Motus Panther Creek Trail Run
- 30 Maryville - 8:00 am. Scholars Run 5k and One Mile Fun Run
- 31 Morristown - 8:00 am. Motus Panther Creek Triathlon

AUGUST

- 7 Pigeon Forge - 11:59 pm. **PIGEON FORGE MIDNIGHT 8k.**
- 13 Knoxville - 5:30 am. K-Town on the River Triathlon and Runs
- 13 Vonore - 9:00 am. Fort Frenzy Ultra Festival
- 14 Farragut - 8:00 am. **THE TRAILS THAT CAN'T BE CONCORD** and **KIDS TRAIL MILE**
- 29 Knoxville - 7:30 am. **PILOT CROSSKNOX 15k**

SEPTEMBER

- 3 Loudon - 5:30 am. Tomahawk Sprint and Super Sprint Triathlons
- 3 Ten Mile - 8:00 am. Labor Day Lakeside Ten Mile 5k
- 10 Knoxville 8:00 am. Marine Mud Run
- 10 Summerville GA - 9:00 am. Twisted Ankle Trail Race
- 11 Townsend - 8:00 am. **TOWNSEND 15k / 10k**
- 17 Church Hill - 8:00 am. Laurel Run Ascent Trail Race
- 24 Oneida - 8:30 am. **BIG SOUTH FORK TRAIL RACES**

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