

Jul/Aug 2023

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



***Weatherbee named
KTC Exec Direc - pg 5***

***Guide to summer
hydration - pg 15***

***Coming up on 20
years for CHKM - pg 9***

***Ankle sprain rehab
protocols - pg 21***



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

There's nothing like a road mile to remind you of the burn of running all out for what feels like forever.

cover photo © Nick Morgan Photography
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: Eric Weatherbee (interim 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, Brian Williams

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SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * July/August 2023 edition



A Message from our Club President

Brian Huskey, KTC President

Welcome Eric



On behalf of the Knoxville Track Club Board of Directors, I am happy to announce that Eric Weatherbee has been hired as our next Executive Director. He has been in the role in an interim capacity since January, but after a long hiring process – including making it through a gauntlet of Search Committee interviews, Executive Committee interviews, feedback from the staff, and the required two votes of the Board of Directors – Eric has officially accepted the position.



perience to the organization.

Having worked with Eric over the past five months, I am confident he can build upon our 60 year history to grow the club on the road, on the track, and on the trails. He brings a ton of energy to the job along with new ideas to help us take those next steps.

Eric says, “KTC has an impressive history of supporting athletes, young to old, elite to first-timers. I’m excited to engage with our members and continue KTC’s pursuit of life-long physical well-being opportunities for all.” I’ve seen that excitement working with officials at the Volunteer Track Classic, at trail

races, at road races, in board meetings, and at RunKNOX training sessions.

He is also “eager to get to work ensuring KTC remains one of the premier running clubs in the country for years to come.”



As always, I want to thank you – the volunteers, the participants, the sponsors – for your support of the club and the running community. Without you, it would be impossible to fulfill our mission to encourage life-long physical well-being through running and walking.

Please join me in congratulating Eric and I hope to see you at a KTC event in the near future!

Join KTC Group Runs

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



WEDNESDAY 6:00 pm
Runners Market,
 4443 Kingston Pk
 Western Plaza.
Postrun at Hard Knox Pizza
 3rd Creek course

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

VOLUNTEERS!

SIGN UP TO HELP WITH CLUB EVENTS



Sign up on Runsignup.com



The Sizzle of Summer

*Eric Weatherbee, Executive Director
Knoxville Track Club*



The sizzle of summer has been slow to materialize this year, but don't be fooled... East Tennessee is about to heat up. We've got events on the roads, on the trails, and on the track. But first, I owe our Board of Directors a measure of thanks and gratitude for their decision to hire me as KTC's 8th Executive Director. Our organization has existed and flourished under outstanding leaders throughout the years, and we're in a position today to achieve higher highs because of their vision and passion. I'm humbled and excited to continue KTC's legacy in East Tennessee and beyond.

A lot of you who follow Footnotes and the club will know how invested and involved we are in the various areas of running and walking, but it's always good to remember where we came from as we make plans for where we hope to get. At the core of our identity, we're a running club, encouraging life-long physical well-being

through running and walking. We do that in a few ways: group runs, group training programs (RunKNOX), road races, trail races, and track events. Our history is littered with races of all sizes, all lengths, and all levels of abilities. We have always been a member-driven organization, linking arms with one another to have fun, grow in our fitness, and provide a safe place for everyone to engage in the sport we love.

As we head toward the back half of 2023, and we survey the running landscape around us, none of that has changed. We've got road races of all

lengths still to come (1 mile, 5k, 8k, 10k, 15k, and ½ marathon). Same with our Treadin' Trodden Trail series (1 mile all the way up to 50k!). In July, we'll get back on the track with our first Thursday Night at the Track event since pre-pandemic. Also, look for our group runs to keep growing on Monday and Wednesday nights. If Global Running Day showed us anything, it's that running and walking with friends is always just a little more fun.

It's an exciting time for the Knoxville Track Club. I love the history of our club, but I'm even more excited about the direction we're heading. I am excited to meet our members and hear your stories about the club, the races you've run along the way, the friends you've made through running. But I'm intrigued to hear your ideas about our future. How can we better serve you? What do you want to see us planning for, thinking about? July is packed with opportunities to get out and be among other KTCers (Fireball, Haw Ridge, Springbrook Splash, Thursday @ the Track). As I write this, it's a comfortable June evening, but summer is coming, make no mistake! Stay safe, stay cool, and we'll see you out there!

REACH OUT TO KTC!

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MUSINGS FROM THE EDITOR'S DESK

Michael deLisle - Footnotes Editor



Another KTC Hall of Famer Gone

I received some sad news the other day from old friend and speedy competitor Guy Giles. He'd heard from a mutual friend that veteran runner and Knoxville Track Club Hall of Fame member Wendy Williams passed away last week at the age of 90.

Wendy had been an icon as an advocate of women's running. Outspoken and assertive when she needed to be, she was responsible for creation of the older women's age groups in the Volunteer Tour, a wonderful statewide slate of races held in various state parks all over Tennessee, and was the oldest person to participate in the tour. She also consistently scored and placed highly in the Knoxville Track Club's yearly road race Grand Prix.



of State of Tennessee single-age state running records have been kept at the website staterunningrecords.com. At one point, Wendy had close to forty state records. At the time of her induction into the Knoxville Track Club Hall of Fame in 2016, she still held 29 state running records at various distances, records established over a great many years of competing.

Some of Wendy's most impressive records that still stood at the time of her in-

duction included:

- ◆ 1990 age 57, 4-mile 27:07
- ◆ 1991 age 58, 5k 20:58
- ◆ 1991 age 58, 15k 1:07:04
- ◆ 1991 age 58, half marathon 1:38:13

- ◆ 1997 age 64, 1-mile in 6:48
- ◆ 1999 age 67, marathon in 4:04:07

As impressive as her state records were, Wendy's history of volunteering at KTC events was even more impressive. She was a fixture volunteering for every sort of KTC race and function for years and years. Besides working at KTC road and trail races, Wendy was a longtime member of the Tennessee/KTC Track & Field Officials Association, helping officiate many Vol Classic meets and Sea Ray Relay meets.

At the time of her passing, Wendy still resided in Oak Ridge. She was recognized for her achievements when she was inducted into the Anderson County Hall of Fame in 2010 and into the KTC Hall of Fame with the inductees of the Class of 2016. A colorful and talented athlete and advocate for women's running, she will be missed.

For many years, meticulous records

KTC VOLUNTEERS NEEDED

- | | |
|---------|--|
| July 3 | Pilot Fireball Moonlight Classic and Little Firecrackers Run |
| July 8 | Haw Ridge Trail Race and Kids Trail Mile |
| July 15 | Springbrook Splash 5k / 10k |
| Aug 5 | Pigeon Forge Midnight 8k |
| Aug 13 | The Trail That Can't Be Concord and Kids Trail Mile |
| Sep 3 | I.C. King of Trails Race and Kids Trail Mile |

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



THANK YOU TO OUR PARTICIPANTS, SPONSORS, AND VOLUNTEERS!



**CITY OF KNOXVILLE – RUNNERS MARKET – FIRSTBANK
ASSOCIATED SCAFFOLDING – IMAGE MATTERS – HARD KNOX PIZZERIA
ALL OCCASIONS PARTY RENTALS – TENNESSEE SCHOOL OF BEAUTY
DICK'S HOUSE OF SPORT - 99.1 WNML – KELLOGG'S – TVA – YOGASIX BEARDEN
NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN – JVFC**

COVENANT HEALTH KNOXVILLE MARATHON

LOOKING BACK AT 19 YEARS AND LOOKING AHEAD AT YEAR 20

Jason Altman, Director, Covenant Health Knoxville Marathon

As we continue to put the finishing touches on the 2023 Covenant Health Knoxville Marathon, we are already looking toward 2024. We have set the date for next spring's event, as it will be the weekend of April 6-7, 2024. Next spring will mark the 20th edition of the event...it is hard to believe how time has flown by!



Back in 2004, I was newly married to Kristy, and we saw KTC's announcement about the Inaugural event to be held on March 20, 2005. I mentioned to her that a marathon was on my bucket list, and why not have my first one be Knoxville's first as well? I found a Runner's World training plan and followed it for four months leading up to race weekend. Having been a collegiate soccer player, I always have had a competitive spirit. I wanted to set a goal for the marathon, but wanted to make sure it was something reasonable. My goal was to break 3:30, which I did, crossing the finish line at Neyland Stadium in 3:24. Kristy caught the bug too. She ran the 5k that Sunday morning, as we used to have all events (Marathon, Half Marathon, Relay, 5k, Kids Run) on Sunday morning.

Training for that marathon changed my life in many ways. Physically, I lost close to fifty pounds. Mentally, I was hooked. I got the same endorphin rush running further, faster, and passing people as I did scoring goals in soccer. Looking to year two of the CHKM in

2006, we wanted to give back to offer a similar experience to others. Kristy and I led the group training run program leading up to the March 26, 2006, event. On race weekend, Kristy was the Information Captain, and I was the 5k Captain. We loved being more involved with the planning and execution of the race. Following the 2006 event, then Race Director Kevin Skurski and his wife moved to Oregon. I threw my hat in the ring, and here I am, 17 years later!

There have been many lessons learned and many awesome memories.

As I previously mentioned, we initially hosted all events on Sunday. We first moved the Kids Run to Saturday night to give parents the opportunity to accompany their child on the kids run and to run a race of their own on Sunday. Several years later, we moved the 5k to Saturday evening. With the continued growth of the event, it made parking, traffic, and logistics much easier to separate the 5k. This also helped create more of a weekend of festivities feel, as opposed to just a race.

We get athletes from all over the United States and often from several countries each year. I love showcasing Knoxville and our community to the rest

of the world. Watching our local elite athletes compete against other elites is always a thrill...but I always find myself rooting for the home team!

But my favorite part of the event is seeing how the event can cause a lifestyle change or personal growth in our participants. I have met people who ran the kids' run when we first started the event and later completed the marathon as an adult. I remember my second year; I met a lady who stopped me at the post-race party. She claimed to "not be your typical runner". She was in her 60's, didn't have the "Olympic athlete body" as she called it, and had not started running before 2004. She completed the 5k in our inaugural year. She enjoyed it and convinced a group of



friends to tackle the 4-person relay in 2006. Wanting to continue to progress, she ran the half marathon in 2007. The following year, she completed her first ever marathon. She said that she never in a million years thought that she would be able to complete a marathon, but the event, the community, and KTC created this incredible opportunity for her to reach the impossible.

With nineteen years in the books, I am excited to see what incredible stories, moments, and life changing experiences the 20th Annual Covenant Health Knoxville Marathon will bring in 2024.

YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson



When you register or renew your KTC membership, I will send you a letter. Your letter will include a car decal, a \$20 coupon, a membership card, and a red card to turn into me for a free member shirt. You can also purchase a shirt for \$5. The sizes are from Youth Large to Unisex Small to 3XL.

Each year the shirt color will change. This year, the shirt is green. We are excited about the member shirts as a method of marketing for our great club.

I am at most KTC events helping with registration before a race with a duffle bag of member shirts. You can always contact me to verify that I will be there to pick up your KTC member shirt.

Also, I have had several members contact 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.

I can be reached at knoxtrackmembership@gmail.com. I look forward to seeing you at the races!!!

Any additional businesses offering KTC discounts? Please contact us

DISCOUNTS AT:

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 **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>



Do you know a member of the club not getting emails?

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

Please send your queries and updates to knoxtrackmembership@gmail.com



Scott Schmidt, RunKNOX director

Holy humidity y'all. I'm writing this message immediately post Pilot Fireball Moonlight Classic 5k. As usual, this 9pm race arrived as a steamy summer challenge. For the first time ever, we set this 5k as a goal race on our training calendar. We generally view all summer training and racing as "survive and advance" and use this time as a steppingstone upon which to build fitness for fall racing. This year we made a decision to try something different. Rather than survive, we chose to thrive. In May we launched a 5k specific program geared towards Fireball. We added an additional workout location and an additional coach to help administer the 0-to-5k

<https://runknox.trainingtiltapp.com>

portion of programming. Tonight, was our night.

From brand new runners to experienced racers, more than 20 RunKNOXers took on the Fireball 5k this year. Collectively we clocked multiple personal achievements such as scoring age group awards, setting personal time records, and achieving race distance goals. All in all, we had a blast challenging ourselves and cheering for each other.



We'll likely lead a similar program in the fall, but you don't need to wait that long to get started. We offer

a hassle-free monthly membership option that will help you on your journey right now. Our general programming through the summer will indeed be "survive and advance" like in the past. We always offer opportunities to race, but the ultimate goal is to build fitness through the dog days of summer and then feel the turbo boosters kick in when the temperatures drop in the fall. If you're ready to refine your training, please reach out and we can discuss whether RunKNOX is a fit for you.

What's a typical RunKNOX week look like? We meet 4 times: Monday 5am, Tuesday 530pm, Wednesday 5am, and Saturday 8am. If those in-person meetings don't work well for your schedule, you can participate virtually as well. Everyone has access to the training plans via our website/app, receive weekly emails, and can always reach out for coaching support at any time. We're here to support your journey, however it looks for you!

For more information, explore the RunKNOX website or send us an email.



WELCOME KTC MEMBERS

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

Leann Adkins
Yousef Al-Khelaifi
Dennis Alexander
Debi Arp
Bobby Arthur
Jim Bailes
Palmer Baines
Neela Baker
Richelle Ballenger
Erin Bankes
Bartholomay Family
Breanna Beck
Michael Bell
Jodie Birdwell
Janet Boehmer
Tammy Bracewell
Brannon Brannon
Luke Brannon
Henry Brooks
Michael Broud
Andrew Brown
Saylor Burris
John Byrd

Eli Callendar
Callihan Family
Bryan Campbell
Eric Cannon
Sam Cavanaugh
Chris Clay
Gabriel Cobb
Alyssa Coe
Ramsey Cohen
Daniel Corrigan
Kylie Corvin
Olivia Cranmer
Danforth Family
Vernon Davis
Emily Denton
Blake Deterding
Jacob Donnelly
Maggie Dugan
Nick Fabula
Connie Foster
Nicholas Frame
Alex Freshour
Fuentes Family

Zachary Gallop
Jackie Gilmer
Hailey Goad
Scott Greeves
Ken Griffin
Colt Griffith
Terra Haggard
Keith Hall
Avery Haney
Hansen Family
Tyler Hornberger
Stephen Houser
Humphrys Family
Huskey Family
Brittany Ivey
Noah Jagielski
Jeffries Family
Jake Jensen
Kristy Johnson
Iain Jones
Joseph Kingsley
Harper Kirby
Andrew Kukkappalli

Audrey Lee
Daniel Leoni
Ransom Lester
Habibi Mamone
George Mangialardi
Dani Manley Hood
Martin Family
Edward McCall
Charles McCallie
Jena McCorkle
McCrary Family
Rachel McGovern
Emily McHugh
Ron Merryman
Marc Messer
Jennifer Moore
Parrott Family
Ainsley Paterson
Ellie Perry
Peterson Family
Evan Pindrock
Irina Popova
Erin Potterton

Anja Raeth
Becky Ray
Diana Richmond
Robbins Family
Nancy Robertshaw
Timothy Rutherford
Amanda Sandifer
Will Scheppens
Thomas Schmiedicke
Leslie Schuller
Ella Segal
Bailey Shams
Eli Sharp
Layla Shell
Kristen Shelton
Fern Shirley
Dylan Smith
Sydney Smith
John Smith
Snyder Family
Aaron Snyder
Jennifer Spaulding
Noah Spradlin

Hailey Steuer
Stokes Family
Scarlet Strange
Yue Sun
Mills Taylor
Thompson Family
Ryan Thurber
Anna Kate Tibbs
Jimmy Tucker
Van Nes Family
Christine Walker
Walker Family
Weatherbee Family
Andrew Wells
Ryan Wells
Ethan Wever
Sharon White
Nicole Wilbur
Keith Wiley
Steven Williams
Wireman Family
Womack Family
Ty Young
Gloria Yu

DON'T FORGET...

April 6-7, 2024 The 20th Annual Covenant Health Knoxville Marathon, Half Marathon, Relays, 5k, and Kids Mile. Kids race and 5k Saturday evening, Marathon and Half Marathon Sunday morning. Whoa !!



REACH OUT TO KTC STAFF!

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2023 TRAIL RACE SCHEDULE

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

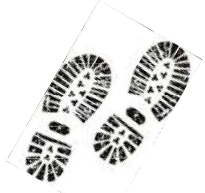
I.C. KING OF TRAIL RACE — Sunday, September 3, 2023, 9:00 am. 10k and 5k PLUS Kids Trail Mile*. I.C. King Park, Knoxville. **PLEASE NOTE THIS VENUE HAS CHANGED !!**

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



2023 Trail Series Grand Prix Standings Totals Through Hann Jivin' in the Dark



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Sean Hagstrom	380	Becky Price	380	Jeremy Donahue	480	Meg Guy	350
Nathaniel Shelso	265	Trish Turley	340	Marcus Steward	370	Johanna Worley	310
Blake Wahlert	200	Elizabeth Neely Box	280	Michael Morrell	260	Connie McCormick	235
Emanuel Huber-Feely	190	Shelby Scott	200	Chris Stayman	200	Malinda Honkus	190
Matthew Brahle	170	Lindsay Crockett	140	Adam Kolatorowicz	180	Michelle Hillard	170
Jamel Patterson	140	Ava Moody	140	Michael Wehrle	180	Sonja Hurt	170
Donnie Hicks	130	Claire Marvinney	110	David McLennan	180	Tara Reitz	170
Nathan Helton	120	Adriana Stiles	100	Justin Bornhoeft	140	Kelly Novarro	150
Gary Krivo	120	Cady Nix	100	Jamie McCart	130	Kathy Smith	150
Adam Humphreys	110	Monica Chapman	100	Jason Cathey	110	Kyra Donnell	140
Ryan Jandro	100	Cody Webb	90	Jeremy Steeves	100	Amy Owens	120
Tyerell Hughes	100	Sophia Etienne	90	Steven Campbell	100	Jill McNeal	110
Austin Turner	100	Meagan Humphreys	90	Sebastien Crepieux	100	Alondra Moody	110
Steve Cope/Matt Kay	90	Tailulah Worley	80	Jim Bishop	100	Jennifer Weston	100
Tyler Smith	90	Emma Selzler	80	Camron Ghanemi	100	Melissa Connell	100

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 Hard Knox Pizza Dogwood Classic 5k

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Monday-Friday 10-6
Saturday 10-5





Hydration Guide for Runners

by Whitney Heins

Hydrating while running in the summer heat is important because your body uses water from your blood for sweat to cool your body. If your blood doesn't have enough water, it gets thicker, and can't get oxygen to your muscles as fast—causing you to slow down. If you don't have enough water to sweat, then you can overheat which can be life-threatening.

Along with water you need electrolytes. Electrolytes are a key component for hydration because they help regulate your body's water balance allowing your muscles to retain the right amount so they can operate properly.

And like with everything—you can have too much of a good thing. Drinking too much water while running or taking in too many electrolytes while running can be harmful to your health and even fatal.

FACTORS AFFECTING HYDRATION

How much water and electrolytes runners need can vary widely from runner to runner and run to run. Hydration needs are affected by factors such as:

- ◆ Air temperature
- ◆ Humidity
- ◆ Run duration
- ◆ Run intensity
- ◆ Altitude
- ◆ Fitness level

- ◆ Genetics
- ◆ Clothing

How much water you should drink while running in high heat depends on the variables above. However, the below guidelines can help you figure out what your body needs to stay hydrated and perform well.

Note: *These guidelines are for runs longer than 60 minutes.*

Here is your hydration plan for running:

- **Before your run:** Two hours before your run, aim to drink 16 to 18 ounces. Four hours before your run, shoot for 16 to 24 ounces of water. Aim to drink at least 400 mg of electrolytes (sodium) in these fluids.
- **During your run:** Aim for 2 to 5 ounces of fluid (or two big gulps) every 10 minutes of running. Shoot for 400 mg of sodium an hour.
- **After your run:** Ideally, you will have weighed yourself before your run (and before you hydrated) to know your pre-run weight. Aim to drink 16-24 ounces per pound of body weight lost. Aim for at least 400 mg of sodium after your run.



HYDRATION TIPS FOR SUMMERRUNNING

Drink early and often.

Drink an electrolyte drink before your run. And, then keep it up, especially for runs lasting longer than an hour. Sip on a sports drink throughout. Ideally, you will be drinking up to 16 ounces an hour during your run.

Plan Your Electrolytes

You want to take in about 400 electrolytes an hour. So do the math before your training run or race. Experiment with what combination works best for you during your training (gels, sports drinks, and salt tabs are options).

Weigh Yourself

Be sure to weigh yourself before and after your runs to get an idea of what your hydration and electrolyte needs are. This will help you figure out how many bottles and how many milligrams of salt you need per hour of running. This will also help you rehydrate appropriately, helping you recover faster from your runs.

Plan Ahead

Think about how you will carry your hydration on your training runs and during race day. Some people like hydration packs or hydration vests. Others prefer to carry two handheld water bottles. You can also stash bottles along your route.

Don't Go Overboard

You can over-hydrate and have too many electrolytes. Overhydrating can be deadly. And having too many electrolytes can wreak havoc on your stomach. So, if you take salt tabs, for example, drink water with them!

Get more hydration info at themotherrunners.com.



LET'S MAKE IT OFFICIAL BECOME A TRACK OFFICIAL



by *Christina Adkins, KTC Secretary, member KTC Officials Association*

My most recent track official meet was the 55th Annual Volunteer Track Classic hosted by Knoxville Track Club at the University of Tennessee's Tom Black Track April 28-29th. This is KTC's premier track event that caters to high school athletes. I worked on Horizontal jumps (long jump and triple jump) Friday evening and got to officiate a new event on Saturday. Being an official, you must be flexible and work in areas where you are needed.



Saturday, half of our Association officials were working at the Vanderbilt track meet which meant we had several areas with only 1 certified official when there would typically be 5 key officials.

I started Saturday morning on horizontals, got a quick break to grab food and use the restroom, then rushed over to the pole vault for the afternoon, and finished the evening working as Clerk of the Course checking in athletes and escorting them to the start line. I have never worked PV, but the lead official, Jimmy Cannington, guided me on the rules and tasks. Pole vaulters will hold a giant pole, run towards a mat, push their pole into the bottom front of the mat, and hurl themselves upward and over a horizontal bar above the mat without letting the horizontal bar fall. For every jump, the official would adjust the standard height and have us move the bar up a peg or move the bar legs forward a peg. I'll be honest with you, I was super confused being a first timer with what goes where and how, so I was in charge of holding the flag to signal the start of the attempt and the stopwatch to tell the athlete how much time they had remaining to begin their

attempt. I had to be told what time to set the timer for and how to signal it to the athlete. Jimmy guided me every step of the way, so I could work with confidence and get the hang of it by the end of the event. That's what's great about being a new official. All the officials are friendly and want you to learn to do the job effectively and efficiently, so you'll keep coming back to work the meets.

This month, I want to highlight two of our track official association members who won awards for the 2023 season, Taylor Weatherbee and Dick Geiger. They both hold decades of experience and wisdom that can be passed on to new officials like myself.

Taylor Weatherbee

Taylor Weatherbee was awarded the Lifetime Achievement Award by the University of Tennessee Track and Field for his decades of service to the track program. On the morning of the 2023 UTK home track meet held over Easter weekend, Taylor had no idea he would be celebrated during the Senior Award Ceremony. He also earned the USATF National Officials Committee Award in 2005 for outstanding service. In 2008, he was also awarded the KTC Robert Neff Award, which recognizes officials who have a record of many years of



service, leadership in developing new officials, and a broad participation from youth athletics to post-collegiate competitions.

He has been a track official since 1993 and worked meets for 30 years under Stanley Underwood when USATF National Championships were held at UT. He started off his USATF Official career as a volunteer. Taylor and his son Eric, Executive Director for KTC, used to go to the Tennessee Sports Fest to compete in the regional meets. Taylor received podium finishes in that and went to the state finals. He started with those events then some people told him about a Masters Track Event that was coming to town. The USATF Master's Track event used to be held at Tom Black track on the UT Campus. He started talking with the officials and he thought it was time to give back to those track folks after many years of being a competitor. He used to only work at Tom Black Track, but started going to ETSU and Vanderbilt to work as an

official. He also got a chance to officiate the National NCAA Indoor Championships in Birmingham, Alabama in 2016.

Taylor was a competitive jumper in high school and his 1st year in college. He did some sprint stuff, but not as an adult. He was a middle of the pack sort of runner. However,

when he ran a 50k Ultra at Pistol Creek, he earned the state record for his

**** continued on page 17 ****

OFFICIALS

AAA continued from page 16 AAA

age group. Health issues took a toll on his jumping and running, so those competitive days are over. However, he remains active in the sport he loves by being a USATF Certified Official. As a competitor, his favorite event was the triple jump. As an Official, he enjoys working the long jump. In the long jump, there is just one board for calling and measuring jumps, but in the triple jump there are 2, which can be confusing. He also enjoys working at multi-events because you get to see the athletes participating in all the different disciplines.

One of his favorite meet memories was at Vanderbilt. A Georgia female athlete set the collegiate record in the triple jump. Back then, the board to pit distance had to be measured with steel tape. That day, he was the only official that brought steel tape. His tape was used to measure the collegiate level triple jump that broke the record. Another fond memory was at UTK while making sure the boards were good. An athlete went out of his way to be helpful

for the jump officials and picked up a metal trough (heavy) from the track warehouse. He loves it when an athlete goes out of his/her way to be helpful to the officials.

When I asked about the negatives to being a USATF Official, Taylor shared that he always worries about knowing the rules perfectly. You do not want someone to miss a jump or whatever because you messed up. As a lead official, you are trying to help all the other people at your venue pay attention. He officiated middle school events and all assistants were high school volunteers who stayed on their phones, and you had to make sure they were not miscalling jumps. However, the more experience you gain, the more responsible you become. You get put into more responsible positions like being assigned as the head official. He enjoys not having that pressure and working the laser measurement because you do not have to be responsible for everything.

Some of the positives for being a track official include seeing an assortment of track athletes that are great and some that are not so good, but you know you are giving them a fair opportunity. You get to celebrate with them when

athletes get a personal best. It is not like you have contributed to that, but you got to see it firsthand. It is also rewarding when you are thanked by athletes. This helps you continue to be present at athletic events and stay involved.

Taylor had several mentors that helped him grow as a track official including some who have passed away. **Stanley Underwood:** he would have a rules review every year. He was a guy who if there was ever pressure from coaches, he would tell officials to ignore the heat from coaches and follow the rules. He was a stickler about knowing the rules. A really nice person. **Robert Neff:** he was the referee for all field events. Robert was extremely knowledgeable and one of the kindest guys ever. **Bill Pratt:** he was the lead official when Taylor first started. Bill is a lawyer from East TN and always had the best stories and added humor to the event. If there was a coach that complained about a call, Bill would go over to the coach and say "Hey, this is not world peace; this is a track meet: just to give you perspective. **Larry Cotton—** He is just a great official. Very knowledgeable and careful. Taylor always

AAA continued on page 19 AAA

GET INVOLVED WITH KTC TRACK AND FIELD

Track and Field activities will be ramping up again in 2023. We can always use new volunteers to help at the meets. Here are some of the benefits of becoming an official, taken from Stanley Underwood's 2006 Footnotes article. By becoming a KTC Track and Field Official, you can:

- ◆ Help make Knoxville and UT the premier track and field venue in the Southeast,
- ◆ Help ensure fair youth, college, open, and master competitions,
- ◆ Stand on the track looking important with flags in your hands,
- ◆ Eat free meals,
- ◆ Use large quantities of sunscreen while occasionally donning a raincoat,
- ◆ Learn more than you want to know about the rules of track and field, and
- ◆ Receive a lot of shirts



In addition to running events, volunteers can be used at high jump, long jump, discus, javelin, shot put, and/or pole vault.

More info? Want to volunteer?
Contact Steve Luper at stevluper74@gmail.com



Thursday Night at the Track

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20**



**JULY
20**

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OFFICIALS

AAA continued from page 17 AAA

prefers Larry to be the lead official. Great guy and honor to work with him. I, Christina, was trained by Larry at the very first field event I ever worked.

When I asked Taylor what he would say to people who are unsure or scared to become an official, he made it very clear: If you enjoy track and field, you should do it. It allows you to be up close and involved. The more events you do, the more you feel comfortable doing them. You cannot know every single rule when you first start out being an official. You rely on the lead official when you start out and learn to be comfortable doing whatever area you are assigned over time. Like Bill used to say: It is always a correctable mistake in track; this is not world peace. People continue to do track and field even when you are old. You can officiate even when you're pretty old and crippled up. Being an official allows you to be active in a sport like you were in your younger days.

Dick Geiger

Dick Geiger was awarded the 2023 KTC Robert L Neff Service Award. Stanley Underwood created the Robert L. Neff Service Award in 1997 and asked KTC to sponsor it each year. Stanley really got the local officials "association" up and running. Dick was fortunate to work with Mr. Neff and Stanley at several UTK Tom Black Track meets before their passing. This award is selected by previous award recipients, so it was quite the surprise and honor when Dick received the award. He also received an Outstanding Service Award from the USATF National Track and Field Officials during the 2020 USATF Olympiad. The award was specific to contributions to the Tennessee Association of track and field officials.

Dick has been a USATF certified official since he retired in 2011. Dick saw the opportunity to give back to the

sport he really enjoyed, and officiating was the most appropriate way to do it. In his youth, he competed at Penn State in the late 1960s, ran several Virginia Ten milers and Hood to Coast races, and was selected for the 1990 Men's National 10K Cross Country Championship team. Most of his post-collegiate competition was in road and trail races. His favorite distances were the 10K and 10 milers. He still runs, but just for enjoyment and to ensure those post-pandemic pounds are shed (BTW, he is succeeding)! The 2018 SEC Championships held at UTK, the 2017 NAIA National Indoor Track and Field Championships at ETSU (Johnson City) and the C-USA Conference Championships in Birmingham were his favorite meets to work because of the size and prestige of the competition. Two memorable competitions he worked with were Jordan West, a UTK shot-putter with several first team All American awards and Jordan Gray from Kennesaw State, an All-American heptathlete.

The most frustrating thing about being a USATF certified official is the shortage of officials at high school and collegiate meets. On the positive side, he worked with some officials who were great mentors in several disciplines. The coaches and athletes, particularly at the collegiate level, have been gracious and very appreciative of the time and effort that officials contribute to make their track meet rewarding.

Dick has had several mentor officials that helped him along the way. Dick Ledyard (umpiring), Bruce Borden, Brint Adams and Eric Smith (throws), Larry Cotton and Taylor Weatherbee (horizontal jumps). There have been so many others from other state associations who have passed on their knowledge, too. A well-officiated track meet

is not only as good as its officials, but as good as its meet director and official's coordinator. He has worked with several coordinators, but Steve Luper, who works with Chad Culver for the UTK meets and area high school meets like the KILs, is the best one he has worked with. While the officials are supposed to be invisible in regards to their respective duties with little to no interaction with the competitors, Steve truly is invisible to the spectators and competitors. If the meet director (Chad) and the officials coordinator (Steve) do not communicate, the meet is very challenging for the officials. They deserve as much credit for a well-run meet as the officials.

When asked what he would change if he could go back to his first few years as an official, he again referenced the USATF Official shortage. He said he would try to find a way to attract more individuals to join the officiating ranks. There are many former track and field

athletes who have a great knowledge of their discipline who would contribute so much to the officiating corps.

Dick believes many people believe that they will be asked to be the lead official for a discipline that they are not comfortable with when that is not the case. Certified officials go through a structured process which allows them to gain the experience and confidence to work a specific discipline, often more than one discipline. It is just a matter of getting a little out of your comfort zone.

Dick would like to thank KTC for their support of the Robert L. Neff award and for continuing a strong inclusive road racing and trail racing program. Also, KTC's support of the elementary, middle, and high school developmental track and field and cross-country programs really benefit youths and give them a lifetime sport in which they can enjoy and participate.



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Ankle Sprain Rehab Protocols

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



With treating many runners and working many of the races, a much too common injury among runners is ankle sprains. Most of the time they are relatively mild and may only take a day or two to bounce back from, but what do we do in those more severe situations?

These injuries can be frustrating, as they can disrupt training routines and hinder progress. However, with proper rehabilitation, runners can recover from ankle sprains and return to their running routines stronger and more resilient. It is important to properly rehabilitate a sprained ankle as current literature shows that about 75% of those with ankle sprains will develop arthritis in the joint within 10 years of the injury.

Phase 1: Rest, Protect, and Reduce Inflammation

The initial phase of ankle sprain rehab focuses on minimizing pain, protecting the injured ankle, and reducing inflammation. Rest is crucial during this stage to allow the damaged ligaments to heal. Avoid running or any activities that cause pain or instability. Instead, engage in non-weight bearing exercises such as swimming or cycling to maintain cardiovascular fitness.

To protect the injured ankle, a brace or compression bandage can be used to provide stability and limit excessive movement. Elevating the ankle and applying ice for 15-20 minutes at a time, several times a day, helps reduce

swelling and inflammation. Anti-inflammatory medications can also be used under medical guidance to alleviate pain and inflammation.

Phase 2: Restore Range of Motion and Strengthening

Once the pain and swelling have subsided, it's time to restore the range of motion and build strength in the ankle. Gentle stretching exercises help improve flexibility and prevent stiffness. Perform ankle circles, alphabet exercises (writing the alphabet with your toes), and calf stretches to increase mobility gradually.

Strengthening exercises are vital for runners to regain stability and prevent future ankle sprains. Start with simple exercises like calf raises and ankle dorsiflexion exercises using resistance bands. As the ankle gets stronger, progress to more challenging exercises such as single-leg squats, balance board exercises, and hopping exercises.

Phase 3: Balance and Proprioception Training

Balance and proprioception training play a crucial role in rehabilitating ankle sprains and enhancing stability during running. Proprioception refers to the body's ability to sense its position in space and respond to changes in balance. Perform exercises that challenge your balance, such

as single-leg stands, wobble board exercises, and bosu ball drills.

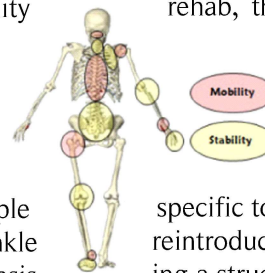
Gradually progress from stable surfaces to unstable surfaces to challenge your proprioceptive system. Incorporate dynamic movements like lunges, side steps, and quick changes in direction to simulate the demands of running. This phase helps retrain the ankle and lower limb muscles to respond effectively to uneven terrain and sudden movements, which is very important for you trail runners out there.

Phase 4: Functional Exercises and Return to Running

In the final phase of ankle sprain rehab, the focus shifts to functional exercises that mimic the demands of running. These exercises help runners regain confidence, coordination, and strength specific to their sport. It's important to reintroduce running gradually, following a structured plan to avoid re-injury.

Start with a combination of walking and jogging intervals, gradually increasing the duration and intensity over several weeks. Pay close attention to any pain or discomfort during this period. If any issues arise, revert to the previous stage and allow additional time for recovery.

During this phase, incorporate plyometric exercises like jump squats, box jumps, and lateral hops to enhance power and explosiveness. These exercises prepare the muscles and tendons for the high-impact nature of running.





KTC BOARD OF DIRECTORS

Minutes of April 2023 Meeting

APRIL 24,, 2023

The meeting was called to order by Brian Huskey at 6:00pm. In attendance were Christina Adkins, C. John Chavis, Gabrielle Cline, Karla Gander, Pam Haggard, Tim Hill, Brian Huskey, Jennifer Moore, Angel Norman, Matt Stegall, and Jason Wise. Knoxville Track Club Staff members Eric Weatherbee, Stephanie Bailey and Jason Altman, as well as members of the Tennessee Running Club, attended as guests.

Tennessee Running Club Funding Request—The Tennessee Running Club is transitioning from just fitness and participation to competition. They have grown from 10 regular participants to 60+ for track season and 70+ for cross country. Attendance has grown 40%. Competitive performance has grown to regional and national-level recognition in the NIRCA. Four Key goals with KTC donation: scholarship fund, competitive fund, lodging and travel safety, and self-sufficiency. They want to become self-sufficient to host home meets. They want to organize 2 home open/club division cross-country (Sat, Sep 16 and Sat, Oct 7) meets to raise revenue. The proposed sponsorship request was \$3000-3500 to offset costs and offer membership scholarship. They hope to be more financially efficient. KTC will ask them to enroll all members as members of the track club with full access to member benefits. Jason made a motion to donate \$3500 with KTC memberships and full benefits of KTC members with \$500 going towards their scholarship fund along with requiring volunteering and social media posting. Karla seconded. Motion approved.

Minutes – The March minutes were presented. Tim made a motion to approve the minutes. Jason seconded. The minutes were approved unanimously.

REGULAR REPORTS CONSENT AGENDA

Executive Director Report—Justin Loss will work with Coach Scott Schmidt for an intro to running program called Summer 5K. Program starts Sunday, May 7th National Run Month Celebration and will occur every Tuesday at 530pm at Dick's House of Sport. Brooks Running at Dick's House of Sport on Friday, May 26th 4-7pm. Brooks will be raffling a free pair of shoes and they may raffle a FREE entry to Boston Marathon. Eric met with Coach Ross, UTK Track coach, about growing Vol Track Classic to combine events with high school and college participants. USATF members and sanctioned events can possibly offer lodging discounts. The 2024 race calendar will bring back the Winter High Mileage Series. Third Creek Greenway has several trip hazards. Parks and Recreation were notified. Greenway has not been fully checked in close to ten years. Jason proposed a lifetime membership after three consecutive years of active membership. Brian wants a membership committee led by Jason, Matt, John, and Tim. Committee will bring ideas to boost membership. USATF Track Officials need more support from KTC. Dogwood Classic timing names were not attached to bib numbers. Program bug occurred during transfer of info from Runsignup to Scorekeeper. Issue was with Runsignup. Preventative action was added to download file from Runsignup after early packet pickup and store as a backup. Eric contacted

large team captains to notify them of the Runsignup issue with screenshots of Runsignup response.

Treasurer's Report— no further discussion

Marathon Director's Report— numbers have rebounded strongly and are closer to 2019 pre-covid numbers. A cluster of events happened on 2023 marathon weekend. Next CHKM planning meeting will make sure events don't all conflict for 2024. WATE coverage of CHKM events brought Jason's vision to life with participant coverage and stories sprinkled in. WATE is on board for year two of covering CHKM weekend. Weather was windy Saturday, but perfect race day Sunday.

Event Manager Report (Youth Development)—no further discussion

Trail Committee/Footnotes— no further discussion

Website/Communications Committee— no further discussion

C John made a motion to approve reports. Gabe provided a second. Reports approved unanimously.

ROUNDTABLE

Christina needs volunteers for Vol Track Classic this Friday and Saturday.

At 722pm, C John moved to adjourn the board meeting. Matt seconded.

Executive Session was held with Board Members regarding the ED search update.

Next Board Meeting May 22, 2023 at Legacy Parks



KTC BOARD OF DIRECTORS

Minutes of May 2023 Meeting

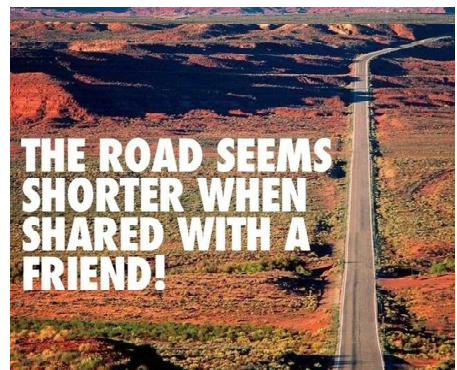
MAY 22, 2023

The meeting was called to order by Brian Huskey at 6:00pm. In attendance were C. John Chavis, Gabrielle Cline, Karla Gander, Bobby Glenn, Pam Haggard, Zane Hagy, Tim Hill, David Hinkle, Brian Huskey, Jennifer Moore, and Matt Stegall. KTC Staff members Eric Weatherbee, Stephanie Bailey, and Jason Altman attended as guests.

Minutes – The April minutes were presented. Eric made a correction to last month’s minutes regarding Dick’s House of Sport collaboration. Dick’s “may” raffle a Boston Marathon Entry, but they’re still working on logistics. Brooks will offer demos and one, hopefully two shoe giveaways. Matt made a motion to approve the minutes as amended. John seconded. The minutes were approved unanimously.

REGULAR REPORTS CONSENT AGENDA

Executive Director Report—Eric asked for questions regarding his report. He is working on the Race Director manual. He will present this to the board for approval after it has been reviewed.



Treasurer’s Report— Keith could not be at the meeting; any questions can be addressed next month.

Marathon Director’s Report— Registration for 2024 is open. Jason is tying up 2023. Jason commented on how well the partnership with Boys and Girls club went this year. This would make a great story for how we are engaging youth.

Event Manager Report — still need a few more course monitors for Expo.

RunKnox – we have some new folks joining in at the Couch to 5K program.

Trail Committee/Footnotes — no further discussion

Website/Communications Committee — no further discussion

Zane made a motion to approve reports. Matt provided a second. Reports were approved unanimously.

Weather Policy—Because this policy impacts so many individuals and our insurance, we need to review it annually. It would be good to post the review date on the website. We also need a plan to communicate any safety related concerns during a KTC event. There was discussion around the use of radios to improve communication during events. Visit Knoxville has some radios that we might be able to use in order to improve communication. Bobby made the suggestion that road conditions need to be included as part of a weather/safety policy. Eric will make necessary edits to the existing document and share

with the full board for approval.

Track & Field Committee — Eric pointed out that our name is legally the Knoxville Track and Field Club, but we don’t have any committees that address track and field. This would be an opportunity to engage folks whose passion is track and field so that we are able to put on a better Vol Track Classic and become more aware of the needs of the track and field community. This would be an opportunity to re-engage youth. Brian noted that we need a charter for what the committee would do. Eric will develop this and bring it back to the board.

ROUNDTABLE

Eric noted that global running day is June 7th. There are morning, noon, and evening runs scheduled. David asked about the best way to advertise this.

Zane noted that he was glad to see the use of the KTC Strava group.

Jason had a request from a former board member (Elijah Shekinah) for the Hood to Coast Relay sponsorship. Bobby asked what was budgeted for athlete assistance. There was discussion around the benefit to the club for sponsoring a team vs. promoting local events. Zane moved to offer \$1200; seconded by David. The sponsorship was approved unanimously.

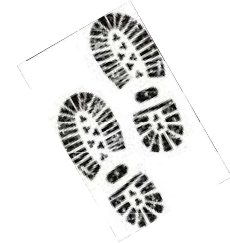
Pam moved to adjourn at 7:10, Karla seconded.

Executive Session was held with Board Members regarding the ED search update.

Next Board Meeting Monday, June 26, 2023 at Legacy Parks



DOIN' THAT CRAZY HANN JIVE... IN THE DARK



Alex Walker, race director

A temperate Saturday evening in early May was the prime opportunity to resurrect one of the great traditions of Knoxville trail running – the night race. This inaugural rerunning of the LostChromosome and Helix trails set off at 9pm for the adults who wanted to tackle part of Knoxville's Urban Wilderness after dark. The kids set off just a couple of minutes after the sun officially set, and they were accompanied by the aura of a great many glowsticks.

Hosting this race the first Saturday in May came with a great deal of competition. Strolling Jim was taking place just over in Bedford County, but that didn't keep KTC's own Mac Attack



from competing in that race and showing out to help with registration and support his kids in their racing efforts.

Knoxville was also a bustle of energy with events ranging from the SoKno May Day 5k and the Walk for Water at Lakeshore Park to the Roam Fest (A Women & Femme MTB Festival) and Smoky Mountain Bigfoot Festival.

Small but enthusiastic, the field of contenders was fired up for their jaunt into darkness lit by nothing more than headlamps and hopes to stay on their feet. While many racers found

themselves tripped up by roots that jumped up to grab them, only a couple had to drop due to potential injury – including this year's off-road racing points leader, Sean Hagstrom.



The top male and female competitors were Jeremy Donahue with an impressive time of 53:02 and Cady Nix coming in as one of two women in the top ten at 1:01:32. Kid's race winner Maeve Grossman smoked the down and back one mile course in 8:27. All we desire moving forward is that more people will come out to experience trail running at night and try their best at setting new course (and personal) records. We can't wait to do it again next year!

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.



CRAFTY STREAKERS NOTCH 46TH EXPO FINISH

Muna Rodriguez, race director

I'm just now sliding in on two wheels getting this article to the wonderful newsletter editor because time just slips away! There are so many events keeping me busy that runners can partake in, but very few of them can boast the longevity of the KTC Knoxville Expo 5k/10k. This event has been going strong for 46 years (slightly older than the years I've been alive, but not much older!)



that in its truest form, it celebrates Knoxville, celebrates runners, and celebrates family. This race offers a category to compete as mother/daughter, mother/son, father/daughter, father/son, husband/wife, and three generations. It also has about 12 individuals that have competed in this event for ALL 46 of the YEARS! We fondly refer to them as the streakers!

I was excited in 2020 when I was asked to take over this race as the RD. There were a few reasons for my excitement, but the main one was

This year, we were back at The Crafty Bastard starting on Central Ave following the 5k/10k course down Central through the Old City out to Neyland Dr. The 5k course turns

around as you barely touch Neyland and the 10k continues along Neyland and turns around at the Baseball field entrance. They both are out and back with some challenges along the way! Usually the heat adds to the challenges, but we got a break in the heat this year with a cool start and finish in the 60's!

The kids mile kicked off at 7am with a 7:35 mile as the first kiddo, Ian Strom, coming in hot despite the cool temps! The National Anthem kicked off at 7:25 by Trey Murphy singing a beautiful version and a few words from Eric Weatherbee, the newly appointed Executive Director of KTC. The 5k fastest time for males came in at 15:46 by Kyle Harkabus and female Stephanie Feinstein came in at 20:02!

For the 10k the male and females fastest times were Seth Kolosso at an amazing 33:35 and Noel Palmer at 36:31. These weren't easy courses, so Kudos to all of everyone that competed and finished!

At the end of the race, of course we got to enjoy some brews from Crafty Bastard and just enjoy being around our running friends and family to kick off our Holiday Weekend. I am, as always, honored to be a part of any KTC event but especially this one.

Now as MD always says in the beginning of each newsletter, go outside and enjoy this summer weather! Yes it's hot, so stay hydrated, but have so much fun doing it!!!!

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>






DOUBLE DUTY VOLS KEY TO SHARP SUCCESS



Michael deLisle, race director

Over the past couple years, I've found that son Jesse and I hit the trails at Sharps more often than most places, partly because it's a quick, easy drive, and partly because it's just a great trail system that has grown over the past couple years to offer a wonderful trail running and hiking experience open to folks of many differing levels of capability.



Knowing that those busy beavers of AMBC had built and opened two major new trails on Sharps between 2021-2022, as newly minted race director I quickly worked up courses of four and seven (well, actually closer to 10k) miles. Both courses lent themselves well to an easily accessible aid station and to course monitoring that didn't require major hikes for our volunteers. The kids trail mile course didn't have to be changed, as it was already challenging enough but not arduous.

The morning of the 2023 Sharps Ridge Runner race dawned clear and mild, perfect weather for a June trail race. Lincoln Park Tech Center's friendly custodian arrived early to open the gate and volunteers began arriving just after 6:00 am. Everything went like clockwork, registration veterans Christina Adkins (who doubled as traffic cop during the main race) and Stephanie Johnson working with newcomers Kathy Ely and Martha Vargas to keep the line moving and provide shirts for those who needed them. Alex Walker and Jeremy Donahue handled parking like bosses, getting everyone situated smoothly. Pete Crowley loaded his truck and headed up to the aid station just below



the end of the Sharps Ridge Memorial Drive. Course monitor Doug Holder, as well as Kings of Double Duty Alex and Jeremy, moved to their positions out on the course, as did auxiliary timer Danielle Quintanar, who also doubled as course monitor atop Independence Trail. Main timer Rebecca Holder readied herself, setting up a myriad of equipment and coordinating with the registration folks.

As the clock struck 7:30, Tony Owens sent more than a dozen kiddos up the hill to test themselves in the Kids Trail Mile. Kathy Smith had gone to the turnaround to make sure that rabbit Tim Hill and his charges turned around exactly half a mile into the race, and when the last youngster turned back, she swept the course of its white flags and waited at the Hanover Spur to turn the big group of runners eastward onto the main race course. Once the main throng swept onto Lincoln Trail, Kris Corbitt and Jesse deLisle took over that position and eventually guided the racers successfully into the final turn that led to the long downhill blacktop finish. At the same time, Tony O hopped into his Mazda, sped around the ridge, and hurried into position to steward the 7-mile runners down and around a confusing little loop near the parking lot, and then back up at roughly the midpoint of their race.

The race itself did not disappoint. The shorter distance event, almost exactly four miles, was won by Jamie McCart, clocked at 32:35. He was also the fastest masters male runner. Open male winner (2nd overall) was 13-year

old Ayden Lee, who ran 33:44, finishing a split second ahead of fellow 13-year old competitor Jack McDonnell. Meredith Tyler of Birmingham AL was the leading female finisher in the four mile race, running 37:58, while Meg Guy earned the Female Masters title by virtue of her strong 38:19 finish.

In the long race, called a 7-miler but truly more like a 10k, Austin Turner was top dog, running a swift 43:21. Fastest male masters was third place overall finisher Camron Ghanemi (45:35). Treadin' Trodden Trails' own Alondra Moody was overall female champ, claiming that and the Masters crown with her 55:41 performance. Becky Price was the swiftest Open Female.

Extra kudos to Alondra, who not only won the women's long race decisively, but kept her shoes on and swept the race course afterward. Thanks also to Tim Hill for doing the lion's share of the course marking the day before the race on a toasty afternoon. TTT's Truck driver extraordinaire Pete Crowley deserves my thanks for once again hauling equipment to the race and back.

We have a stout group of sponsors to whom we continually owe a great debt of gratitude for their support of our series. Shoutouts go to Bryan "Howie" Howington (of Cool Beans, SoKno Taco, and Flats'n'Taps), to Blackhorse Brewery for their donation of Down Low Special Brew, and to Pilot, Knoxville Spine and Sport, Runners Market, Tailwind, John H Hildreth LLC, and Baker Marketing Lab. Thanks, y'all !!

Hope to see everyone at Haw Ridge and at the rest of our TTT events over the course of 2023 and beyond.

Knoxville Track Club

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HELP US SAVE YOUTH SPORTS



LEARN MORE AT
SPORTSMATTER.ORG
ON HOW YOU CAN HELP

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Event Schedule

Jul - Sep 2023

JULY

- 3 Knoxville - 8:00 pm. **PILOT FIREBALL CLASSIC 5k ? LITTLE FIRECRACKER KIDS MILE**
- 8 Oak Ridge - 8:00 am. **HAW RIDGE TRAIL RACE and KIDS TRAIL MILE**
- 9 Paint Rock - 7:00 am. Heart of a Lion Triathlon
- 15 Alcoa - 7:00 am. **SPRINGBROOK SPLASH 10k / 5k**
- 20 Knoxville - 7:00 pm. **THURSDAY NIGHT AT THE TRACK**
- 29 Maryville - 8:00 am. Scholars Run 6k
- 29 Loudon - 7:30 am. Wild Rose Women's Triathlon

AUGUST

- 5 Pigeon Forge - 11:59 pm. **PIGEON FORGE MIDNIGHT 8k ROAD RACE**
- 13 Farragut - 8:00 am. **THE TRAILS THAT CAN'T BE CONCORD and KIDS TRAIL MILE**
- 26 Knoxville - 8:00 am. Mighty Marlins Kids Triathlon

SEPTEMBER

- 2 Ten Mile - 8:00 am. Labor Day Lakeside Ten Mile 5k
- 3 Knoxville - 9:00 am. **I.C. KING OF TRAILS RACE (please note changed venue)**
- 10 Townsend - 8:00 am. **TOWNSEND 15k/7k**
- 30 Oneida - 8:30 am. **BIG SOUTH FORK TRAIL RACES**

The KTC Summer Series returns in 2023! The Knoxville Track Club is offering a Summer Series of events to keep participants motivated through the heat of summer! Special thanks to our presenting sponsor, C-Spire Business. The Series includes the Pilot Fireball Moonlight Classic 5k on July 3, the Springbrook Splash 10k & 5k on July 15, and the Pigeon Forge Midnight 8k on August 5 .

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