

Mar/Apr 2023

FOOTNOTES

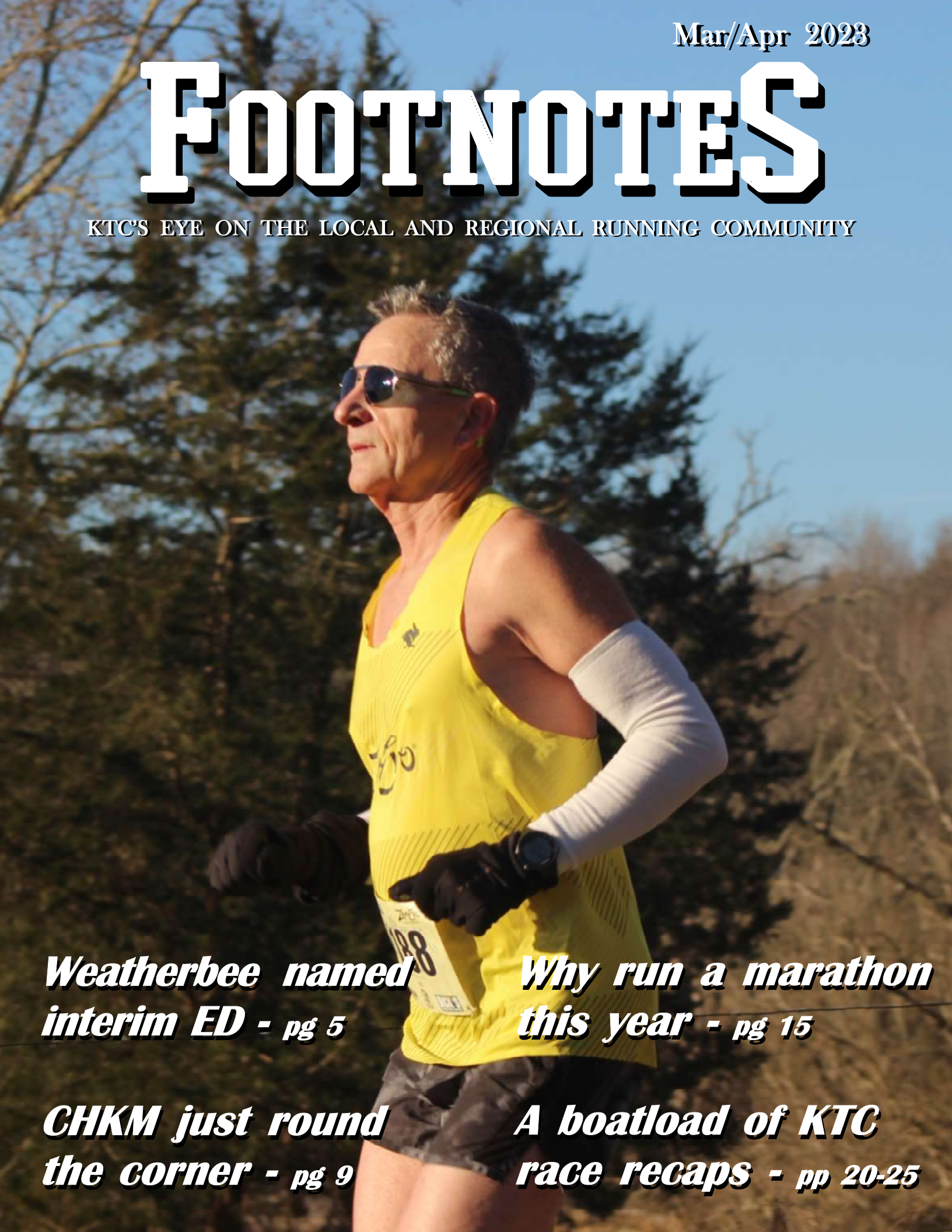
KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY

***Weatherbee named
interim ED - pg 5***

***Why run a marathon
this year - pg 15***

***CHKM just round
the corner - pg 9***

***A boatload of KTC
race recaps - pp 20-25***





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

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YOUTH ATHLETICS
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WEBSITE
www.ktc.org

ON THE COVER

Stalwart veteran road racer Jeff Colfer runs yet another strong race at the Strawberry Plains Half.

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

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



15 tips from the RRCA

RUNNING SAFETY

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

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

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SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * March/April 2023 edition



A Message from our Club President

Brian Huskey, KTC President



More on Growing KTC

As everyone may remember from my previous messages, I've talked about running, growing, and transforming the Knoxville Track Club. Eric Weatherbee, as Interim Executive Director, has brought a lot of energy and is building on the foundation laid by David Black to execute well on all the activities needed to run the club. For 2023, the staff and the Board of Directors will be focusing on growing the club.

To that end, I thought I would ask for some suggestions about how to group the club... from the ChatGPT artificial intelligence. I won't copy and paste the entire text, but I'll pull some quotes and a few of the recommendations.

"Running clubs are a great way for people to stay active, meet new friends, and contribute to their community. However, growing the membership of a non-profit running club can be a challenge. Fortunately, there are several strategies that clubs can use to attract new members and retain existing ones."

Host a Membership Drive

I don't recall hosting a membership drive, but I know we include an option when you sign up for a race. ChatGPT recommends the membership drive highlight the benefits of

joining the club - like group runs (CHKM and KTC), discounts, social events (like the Beer Run Series) and training (RunKNOX) programs.

Leverage Social Media



ChatGPT says we should have an active presence on Facebook, Instagram, and Twitter. Our posts should include engaging content like photos, announcements about upcoming events, and motivational quotes. We should also ask that you "like, share, and subscribe!"

Offer Beginner Programs

The mission of KTC is to encourage life-long physical well-being through running and walking. Most of our races and events are well suited for people with all manner of paces or as one podcaster calls them "degrees of fast!" Many of our longer distance events have relay or shorter versions, so you don't have to be an ultramarathoner to join the fun. Also, the RunKNOX program is a great way to get started with the help of a coach and a supportive community.

Collaborate with Other Organizations

I think the club does a great job of

working with our partners in Knoxville and the surrounding community. We have fantastic relationships with our sponsors like RunnersMarket, Eddie's Health Shoppe, and Covenant Health who give back by helping us with our events. We also try to give support by working with other non-profits like the Legacy Parks Foundation and the Boys and Girls Clubs of the Tennessee Valley.

Recognize and Appreciate Members

This suggestion made me immediately think of the KTC Service Awards. We recognize a few very special volunteers every year with these awards, but it goes way beyond that... without the thousands of hours that our members donate, our club could not exist. We could never say thank you enough, but to get us one step closer: Thank you!

I'll let ChatGPT have the final words:

"In conclusion, growing the membership of a non-profit running club requires a combination of proactive outreach, engaging content, and community involvement. By implementing these strategies, clubs can attract new members, retain existing ones, and continue to provide a valuable service to their community."





Spring is Coming; Are You Ready?

*Eric Weatherbee, Interim Executive Director
Knoxville Track Club*



If you've lived in East Tennessee long enough, you know that the arrival of spring is anything but certain. It's that time of year when your closet has shorts and pants, t-shirts and sweaters. You frequently find yourself transitioning seasons, sometimes even on the same day. Missed your shot at an early run in the cool weather? Too bad, shorts and t-shirts by afternoon!

Our closets aren't the only thing we're changing over though. With spring comes the transition from marathon training to race prep, from high-mileage races to 5, 8, and 10ks. Whether you're a walker, casual runner, or blistering the pavement and trails, the benefits of being among a community of like-minds can't be overstated. As a community track club, our goal is to accommodate each season so that you can maximize your physical well-being year round.



So, the question remains. Are you ready? Spring will be here, and then it won't, and then it'll be here for good. Do you have a good community of athletes around you? Have you tried any of our groups runs? There are a couple weeks left of Covenant Health Knoxville Marathon group runs, but the Monday and Wednesday night groups will keep on grinding after the CHKM. The Parkrun folks are meeting every Saturday, as are a number of running groups throughout our area. We're in the planning stages of some club-wide summer fun, because let's be honest, running and walking is better with friends.

KTC is ready. We've got a calendar

full of opportunities all spring. If you aren't planning on running any of the CHKM-weekend events, we hope you'll find a friend (or a few) and sign up to volunteer. There are so many different options available to support the event, you'll surely find something that fits in your schedule. April will be a wild month. The KTC Treadin' Trodden Trail Series hosts the North Boundary Traverse, the road folks will be on Cherokee Boulevard for the Hard Knox Dogwood 5k, and we'll round the month out with the Volunteer Track Classic, now in its 55th year!

REACH OUT TO KTC!

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It takes a village to pull off the aggressive race calendar that KTC offers. Our staff is ready to provide you with the best experience and an opportunity to chase PRs, meet up with friends, or shake off those winter blues with some sunshine and sweat. So, now's the time to make sure your membership is up-to-date and that you're taking advantage of our member benefits and discounts on races. We're always on the lookout for future race directors, committee members, volunteers, and board members. We have a BIG village within the KTC ranks, and our hope is that others will join in and experience the joy of being physically active.

Remember, healthy living and healthy communities are possible, one step at a time.



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



Keeping On Keeping On

I have been asked several times why I continue putting together Footnotes as a pdf magazine. A big part of the reason is that I know I'm not the only one who doesn't rely on social media. I received several messages and emails when the Footnotes conversion was announced, all of which praised the magazine. Most asked if I could continue it since they, too, aren't social media users. You may think these comments came exclusively from older club members. Yes, many were, but not all of them, and so to serve everyone, I chose to continue the pdf.

I do understand (and don't have a solution for) the conundrum it puts our

columnists and contributors in, regarding the expected timeline and flow of everyone's contributions, and recognize that for RunKNOX among others, it's important to maintain continuity and at least hope that the writing gets read in a sequential and timely manner. Again, I don't have a fix in mind. And I recognized that social media dissemination would allow race recap articles (and other breaking news) to be seen in a more timely manner, but the way I still have to chase race directors around to get those writeups makes me skeptical that approach would work, anyway.

Anyway, another reason I'm still doing the magazine is that I'm con-

cerned that the momentum for online information distribution may wane. I've put a lot into this magazine for a long time, and I would hate to abandon it in favor of exclusive online content only to have that avenue of info disappear quickly, fade away slowly, or morph into something not easily accessible.

Ideally both avenues of communication will thrive. Those who are on social media frequently will be able to access all the content easily and quickly, while those who prefer to kick back and read this old magazine about their favorite running club will have that opportunity, as well. It's still something I enjoy doing and hope to continue for yet a while.

KTC Road Race Grand Prix * presented by Patdome Productions

Jerry Schohl, keeper of the points - totals through Whitestone 30k

MALE

Cian Bell	17
Darren Driscoll	17
Brian Huskey	16
John Byrd	15
Luis Chavez	14
Larry Brede	13
Joseph Hicks	13
Ryan Jandro	10
Blaine Metcalf	10
Travis Wilson	10
Bill Beecher	9
Chase Givens	9
Randy Rainey	9
Will Shaffer	9
Austin Turner	9
Ethan Coffey	8
Bruce Fox	8
Giulio Rancadore	8
Ken Shelton	8
4 men tied with	7

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Scruffy City Endurance	23
Team Really	19
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Mountain Milers	8
Personal Best Racing	8



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

FEMALE

Doris Windsand	17
Ashley Zimmerman	15
Hannah Rosen	14
Lauren Roth	13
Elizabeth Hagler	12
Constance Bailey	11
Felicia Lloyd	11
Andee Swann	11
Jennifer Moore	10
Lindsay Parks	10
Angela Sellers	10
Rebecca Sharp	10
Shirley Sirois	10
Elizabeth Whelpley	10
Mary Alex Gary	9
Katie Lance	9
Muna Rodriguez	9
Marian Schmidt	9
2 women tied with	8



Covenant Health Knoxville Marathon



JOIN US APRIL 1-2 FOR THE 19TH ANNUAL CHKM!



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
 NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN - JVFC

COVENANT HEALTH KNOXVILLE MARATHON

CHKM WEEKEND IS JUST AROUND THE CORNER

Jason Altman, Director, Covenant Health Knoxville Marathon

The 19th annual Covenant Health Knoxville Marathon race weekend will take place April 1-2, 2023!

The Kids Run and 5k are scheduled for the evening of Saturday, April 1st, at 5:30 and 7 p.m., respectively. The marathon, half marathon, and relay events are set for Sunday, April 2nd, starting at 7:30 a.m. Online registration for all races is open at www.knoxvillemarathon.com but will close on March 28.

We have a new course for the marathon and a new course for the 5k. The new 5k course still starts on the Clinch Avenue bridge, but it will highlight historic Fort Sanders neighborhood during its 3.1 miles. The finish line remains the same, as runners and walkers will finish on World's Fair Park Drive in front of the World's Fair Exhibition Hall.

The marathon route will see two changes. The first occurs soon after the half marathoners have turned off and headed to their finish line. Marathoners will cross Broadway from World's Fair Park Drive to Jackson Avenue, and they will pick up the old course on N. Gay Street. This eliminates several hills on Western Avenue and Summit Hill!

The second change happens around the new Smokies Stadium. The section we previously ran on (McCalla and

Willow) ceases to exist. We will bypass that area by running south of the project. First, we will turn on Martin Luther King Jr. Ave from Bertrand. We will then turn right on Summit Hill and then another right on Patton St. We'll take a newly paved greenway easement along the fence line of the project, and then pick up the old route on Central in the Old City.

The half marathon route and the Covenant Kids Run route remain unchanged from previous years.

Sponsored by Eddie's Health Shoppe and ZenEvo Chocolate, this year's group training run program has been rocking and rolling since early December. Over the course of the winter, we have met at several locations in town including Runners Market, New Balance Knoxville, Fleet Feet Knoxville, and The Long Run. We also incorporated several other KTC races into the program; the New Year's Day 5k, the Strawberry Plains Half Marathon and 10k, the Whitestone 30k and Relay, and the Oak Ridge 10-Miler. It's not too late to join us for the last several group runs. For a full list of dates and locations, click the Training tab on the marathon website.

We officially kicked off our Covenant Kids "Marathon" program with the Covenant Kids Run Kickoff at Zoo Knoxville in early February! We hosted the annual "first mile" of the kids' marathon on Saturday, February 4. Over the course of the next hour, we saw

hundreds of smiling faces as children ran or walked through the Zoo. We hope you and your family were able to join us for this annual tradition!

Speaking of the kids, we are proud to award \$5,600 to area schools through our 2023 Fittest School Challenge, thanks to Dollywood! The Fittest School Challenge is a competition between area schools that awards winners based upon the percentage of participation. Each child that participates in the Covenant Kids Run on April 1 will earn one point for their school. We will tally each school's respective points and divide that number by the total enrollment of that school to determine their participation percentage. We will award prize money to the top schools in a ten-county radius. More than one school in each county is eligible to win prize money. We offer two categories for the schools based upon their enrollment. The two categories are Small (300 or fewer students) and Large (301+ Students). We will present each school with a plaque and a check in the spring after tallying the results. Thanks again to Dollywood for sponsoring the Fittest School Challenge!

Finally, with increased registration numbers, we will need volunteer support like never before. Visit the Volunteer page on the marathon's website to sign up to volunteer this spring. In addition, I'll have a need for key volunteers to serve on the Marathon Organizing Committee. If interested, reach out to knoxvillemarathon@gmail.com for more information.



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>
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

For this edition of Footnotes, we're going to pause our "What is RunKNOX?" series and briefly acknowledge the 26.2 mile elephant in the room. It's marathon season in East Tennessee!

<https://runknox.trainingtiltapp.com>

son. Summer is survival and trying to build/maintain a consistent routine and mileage base. Fall generally targets half marathons and establishes the foundation for a Winter build into a marathon.

race pace is somewhat of a grey zone physiologically. We get more bang for our buck by running faster (think 10k to 13.1 race paces) or slower (think easy long run and recovery paces), but we still need to practice this pace since we'll spend a few hours in it on race day.

Covenant Health Knoxville Marathon Weekend is the anchor of our RunKNOX annual training cycle. We follow a periodized approach to training (Macro, Meso, and Micro Cycles) that builds across the KTC Race Calendar with the long-term goal being participation in CHKM. Obviously, we have plenty of folks doing lots of other stuff, but our foundation is to train through the KTC schedule and peak for CHKM. Spring is speed focused for 5k/10k sea-

The 6 weeks leading up to CHKM are when we're in the heart of long-distance training. We're logging our longest long runs and continuing to target paces that elicit physiological adaptations to endure our goal race distance. For marathoners we also introduce a little bit of goal race pace efforts to practice dialing in and working on our mental game. Marathon



Remember that every run should have a physiological purpose. We strive to run smarter, not harder. If you're interested in running 26.2 and want to learn efficient ways to train and prepare for your event, consider joining our team. Feel free to explore the RunKNOX [website](#) or send us an [email](#).



new balance

8027 Kingston Pike
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DON'T FORGET...

April 1-2, 2023 The 19th 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 !!





Treadin' Trodden Trails



Michael deLisle
KTC Trail Series Director

Into the Dark (and Stormy?) Night

One of the many fun things we've experimented with over the years is night trail racing. Personally I was skeptical, being a steadfast believer in the "What if..." approach. And, to be sure, if someone were to truly get genuinely lost in the woods at night, it would be far more difficult for them to find their way out and for us to provide whatever assistance might be needed. But then I realized that we don't lose people (at least not many...lol) during day trail races, so the chances were probably only slightly higher that would occur at night. Thus my cohorts on the trail committee eventually convinced me that, since many of them had completed night trail races at various places around the region, we'd surely be able to stage a successful night race here.



South Knoxville under cloudy skies with a forecast of scattered thunderstorms in the area. Anxiously we checked smartphone radar weather maps continuously as race time approached. The kiddos lined up as it began to get dark, all according to our well-oiled plan to complete the Kids Trail Mile before darkness fully fell. The race began, and with the same gods that watch over drunks and little children apparently on duty, the race transpired without a hitch, all kiddos returning to the finish line as darkness grew around us.

As the witching hour drew closer and closer, the darkening sky flickered with distant lightning — what we called heat lightning as kids,

though there's really no such thing; lightning is lightning, no matter how far away.

And distance is key, according to experts. It's said that lightning ten miles away can still pose a threat to those on the ground in unprotected areas. Thus, if you can hear thunder, there is risk of being struck. Obviously, the more faint the rumble, the more minimal the risk, but still, we're responsible for the safety of our participants, so care is always required.

But there were no visible bolts of lightning, no startling crashes of thunder. None, that is, until about thirty

seconds into the race, just as the runners began to disappear into the woods. Then, as if it had been scripted by a Hollywood screenwriter, a jagged streak of lightning crossed the sky, accompanied by a nearly instantaneous crash of thunder. The storm was on us. And it was too late to recall the runners. We were at the mercy of that same group of storm gods.

Luckily, with only that one exception, everyone returned unscathed, no one got lost, and the race concluded soggly but happily. Only a few bolts and crashes followed that first highly ominous pair, and the rain, though incessant, did not prove a major hindrance. Our first night trail race was a success.



However, discussions ensuant to that first romp in the woods resulted in a refined and improved safety policy for KTC that stipulates timed delays and (hopefully never actuated) cancellations if thunderstorms should blanket a race venue. The policy is well thought out and we followed the guidelines last year at Haw Ridge and were happy that we did not ultimately have to cancel the race.

So, yeah, night racing can be a bit more complicated, but as happened when an injury occurred, fellow racers gathered and provided assistance, just as they've done on the (thankfully) relatively rare instances when injuries

And, of course, they were right. Since our first foray into the stormy woods in the Fall of 2015, we've put on several races at night, with only a few mishaps marring our track, er, I mean trail record. We did have an injury that first year when a wet bridge caused a runner to slip and fall, and another a year or two later when a misstep caused a relatively serious knee injury. But for the most part events have transpired without incident.



Did I mention stormy? Yes, indeed. At that very first night race, we gathered in the parking lot of Anderson School Head Start on Prospect Road in

AAA continued on page 13 AAA

2023 TRAIL RACE SCHEDULE

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

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

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

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

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

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

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

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

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

DIRTY SOUTH TRAIL HALF MARATHON — Sunday, December 3, 2023, 9:00 am. Half Marathon and 10k PLUS Kids Trail Mile*. Mead's Quarry, Ijams Nature Center, Knoxville.

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



AAA continued from page 12 AAA

have occurred in daylight, and all has ended well each time.

Thus we invite you cordially to join us the evening of Saturday, May 6, as we once again return to Anderson School Head Start for a spring night trail race. Kiddos will hit the trail at 8:30 and “adults” at 9:00. Of course lights are required - headlamps are best, but handheld flashlights are allowed. The

Kids Trail Mile will take off with plenty of time for them to finish before true dark, but the gathering dusk will provide them a taste of what it's like to run in the woods at night.

And in the meantime, we have delightful trails races in store for y'all, starting March 5 at Big Ridge State Park with the Dark Hollow Wallow 11M / 5M / Kids Trail Mile, and on April 8 on Oak Ridge's North Boundary trails for a puffed up trail half marathon, an even more puffed up 10k on the trail, and a relatively accurate Kids Trail Mile. And as you can see from the great schedule above on this page, there's no shortage of trail races throughout the year. Come join the fun !!!

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

<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





Why You Should Run a Marathon This Year

by Whitney Heins

Running a marathon is not for the faint of heart. The actual marathon race is grueling. Your body will undergo so much stress that your stomach may feel sick, your muscles may cramp, and the tissue in everything from your muscles to your heart are damaged.

Yet the benefits of running a marathon outweigh the costs—by a lot.

Here are six of the many benefits of running a marathon.

Mental Clarity

Ask so many runners, and they will tell you that some of their best ideas come from running. Indeed, running, especially longer distances, allows you the space to clear your head, turn down the noise, and just be. For many, including moms, running long distances provide a form of meditation so that when you return home you are calm and patient. And a plethora of research

shows that running actually releases chemicals that make you happy.

Improve Your Fitness

The consistent habit of running that marathon training demands will have positive impacts on your overall health from your levels of stress to your sleep.

You'll Inspire Others

Talk to most people who have decided to run a marathon—and they'll like you name someone in their life that inspired them. You can be that person for someone else—including your children who watch you set goals and go after them. Your decision to run a marathon truly sets off a ripple effect of health, wellness, and confidence in others.

Increased Confidence

There is no way to walk away from running and training for a marathon

with less confidence. Your self-confidence will increase greatly because you have just proven how strong you are. Let this newfound self-confidence spread to all areas of your life.

New Friends

You are sure to meet a lot of new friends with at least one common interest (running) while you are training for and participating in a marathon. Lots of best friends, lifelong friends, and even partners have been met through running clubs. Having friends who also run can help you to stay encouraged and motivated, and it also gives you someone to commiserate with if you have a rough training day.

An Excuse to Treat Yourself

Whether it's a massage, a pedicure, or new running clothes, training for a marathon gives you a sense of accomplishment. And accomplishments must be rewarded, right?! Many marathoners set little goals (process goals) that they celebrate by treating themselves to something tangible.

Training for and running a marathon takes a lot of time, determination, and hard work, but it is worth it. The accomplishment, confidence, and pride you feel may just change your life.

KTC VOLUNTEERS NEEDED

- Mar 5 Dark Hollow Wallow 11M/5M/Kids Trail Mile
- Apr 1 Covenant Health Knoxville Kids Run and 5k
- Apr 2 Covenant Health Knoxville Marathon/Half Marathon
- Apr 8 North Boundary Traverse and Kids Trail Mile
- Apr 22 Dogwood Classic 5k
- May 6 Hann Jivin' in the Dark Night Trail Race and Kids Trail Mile

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE

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KTC BOARD OF DIRECTORS

Minutes of December 2022 Meeting

DECEMBER 14, 2022

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

Minutes – The November minutes were presented. A spelling error was corrected. Matt made a motion to approve the minutes. Eric seconded. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report— Donation from Turkey Trot \$2500 is going to Variety of East Tennessee Children’s Fund. David officially resigned from his

position as Executive Director of the club.

Treasurer’s Report— No further discussion

Marathon Director’s Report— Checks are ready for community share. Meetings will begin Monday at various partner locations to present the checks. The board is invited to attend.

Event Manager Report— No further discussion

Trail Committee/Footnotes— No further discussion

Website/Communications Committee— No further discussion
The reports were presented as a consent agenda. Karla moved to approve the reports as presented; Matt provided a second. Reports were approved unanimously.

2023 Budget Second Vote

Christina asked if a decision was made to increase registration fees. David B said registration fees will increase slightly for 2023 and price increases will become more frequent. David H asked for the budget to be tabled for the next meeting. Matt made a motion to wait to vote. Pam seconded.

Roundtable

Everyone thanked David B for his service to the club. At 6:15 pm, Zane moved to adjourn the board meeting. Gabe provided a second.

Executive Session with Board Members

An Executive Session was held. Eric recused himself and left the executive session prior to the vote and related discussion. Eric was appointed as the Interim Executive Director until the position could be filled permanently.

Next Board Meeting will be on January 23, 2023 at Legacy Parks Office.



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



Covenant Health Knoxville Marathon



JOIN US APRIL 1-2 FOR THE 19TH ANNUAL CHKM!



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
NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN - JVFC



KTC BOARD OF DIRECTORS

Minutes of January 2023 Meeting

JANUARY 23, 2022

The meeting was called to order by Brian Huskey at 6:00pm. In attendance were: Christina Adkins, John Chavis, Gabrielle Cline, Karla Gander, Bobby Glenn, Keith Jackson, Pam Haggard, Zane Hagy, Tim Hill, David Hinkle, Brian Huskey, Angel Norman, and Jason Wise. David Black, Eric Weatherbee, Jason Altman, Stephanie Bailey, and Kathy Nash attended as guests.

Minutes – The December minutes were presented. Pam made a motion to approve the minutes. Karla seconded. The minutes were approved unanimously.

Electronic Communications Consent/Conflict of Interest— Board & staff signed required documents.

Regular Reports Consent Agenda

Executive Director Report— Increased activity on social media channels. Timing equipment has been evaluated and new equipment has been reordered. Timing committee is meeting Wednesday and attending February’s meeting. Meeting with screen printers to discuss apparel for marketing online at upcoming events. Eric met with new UT Track coaches. UT coaches used to hold spots on the KTC board and Eric is trying to reestablish a relationship with the club. Meeting with the UT Director of Operations is in the works. Keith asked if there is a general theme the board should know? Eric said we have an opportunity to build on the relationship with sponsors, community stake-

holders, and members. Eric emphasized that KTC is the only timing company in the area that is a non-profit and we continuously give back to local organizations. David B met with Eric to work on the transition of the ED role. John asked if we’ll be close to the budgeted participant numbers. David B said numbers were easier to determine pre-pandemic. Now, there are more events and more variants like inflation which causes more guessing for participant numbers. Industry trends show 15% signing up the week of the race. Now, the number is climbing to 25% registering closer to the day of, which leads to more price increases being needed.

Treasurer’s Report— No further discussion

Marathon Director’s Report— WATE is the new media sponsor for live coverage of the race. Board had a first look at Visors (half a hat) for the half and hat (full hat for the full) for the marathon.

Event Manager Report— No further discussion

Trail Committee/Footnotes— No further discussion

Website/Communications Committee— No further discussion

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

2023 Budget Second Vote

Eric added a participant summary showing the cost per runner. On the budget summary, David B shared some sponsors receive funds at year-end during back-end analysis. Trail series showed a loss on the budget. At year-end, the TTT profit shows a net income of zero because all profits go to their community partner donations. Police cost increase did cause a variance in some race events since they invoice KTC late. Tim H asked about the net income of \$0 for trail and why not 50%. David B said the leftover money moves to general fund to move toward donations. Keith asked if all donations are included in the budget. Bobby G said budget is around the same. Angel asked if we have positive cash flows at end of the year if it goes into a fund to cover negative years. David B said there is bonus potential for ED, but club isn’t making a tremendous amount of money. There is a reserve in the investment accounts. Angel asked if there’s ever a cash flow crisis at end of the year during budget losses. Keith confirmed that there is enough in our investment account reserves to prevent that. David H asked if budget needs tabled due to participant numbers. Brian H shared that this is a very conservative budget. Bobby said we should have a better sense of where we are at the beginning of the year after every event to review the financial impact. Eric said it’s important to review the P&L more frequently after sponsorship dollars are received like a 30-60 day roll-back. Christina asked where MetroKnox was listed in the 2023 budget for their in-kind sponsorship for timing since they’re voting on using multiple timers for their dual events. MKXC would need to formally request a \$5000 sponsorship request if they plan on using other timing compa-

**** continued on page 20 ****

KTC BOARD

Continued from page 19

nies. Brian said this is the year for RRC and TTT committees to review the participant numbers for each race. Bobby requested race directors to create a P&L sheet for their individual events.

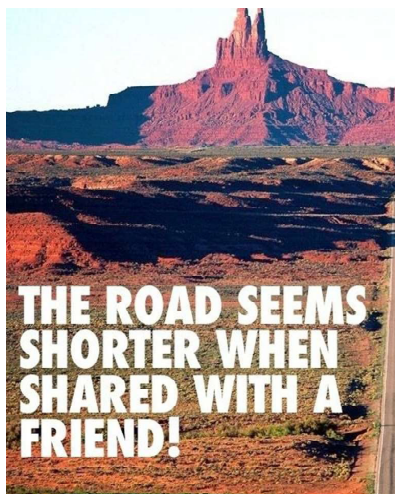
Bobby made a motion to approve the budget. Tim seconded. Budget was approved unanimously.

Roundtable

Jason W said our scholarship deadline is Feb 1st. It has been open since November. Students must mark that they run with KTC to have the scholarship show up in their results. Jason A shared that Coach Carlson is the guest speaker on Feb 4th for the MetroKnoxXC Coaches Clinic. Angel thanked everyone for having her on the board. Kathy has the new membership shirts. Christina shared the Vol Track Classic is April 14th and 15th.

At 7:12pm, Pam moved to adjourn the board meeting. Karla provided a second. Executive Session was held with Board Members.

Next Board Meeting will be February 27, 2023 at Legacy Parks Office.



REPORTS FROM KTC ROAD RACES

RINGING IN THE NEW YEAR WITH A SPLASH

Suzanne Oliver, race director

This year's New Year's Day 5k was run on a Sunday morning that was overcast, with a drizzly rain that ended right before the start time.

All 357 runners finished within a little over an hour, with the overall winner, Cian Bell, darting across the line in a time of 15:56, while the fastest female, Hannah Rosen, completed the race in just 18:54.



The tradition of giving the first 100 men and first 100 women a drinking glass continued this year with stemless wine-glasses being the style for 2023. The other

giveaway was a car seat cover with wonderful artwork designed by José Salas and printing done by BK Graphics.

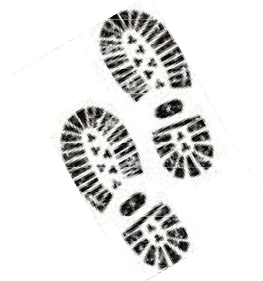
As part of the postrace festivities, words of recognition and tokens of appreciation were presented to David Black, KTC's Executive Director from 2015–2022. Awards were given to the Grand Prix individuals and teams, as well, during that time.

For all runners and volunteers who participated, it was a great way to kick off the new year! See you next time !!!





PERFECT BEGINNINGS AT WANDERERS



Kathy Smith, race director

The Wanderers Trail Race is our favorite way to start the year, and once again we enjoyed a great turnout for the kick-off of the 2023 Treadin' Trodden Trail series. On January 15, 295 runners signed up to run this year's Wanderers 5k trail race held at Maryville College, along with lots of youngsters who showed up to run the Kids Trail Mile.



This year the weather was absolutely perfect for runners, cold but abundantly sunny. If you've run this race before, you know that anything goes with the weather. We've had driving rain and we've had big fluffy snowflakes (sometimes in the same year!), so we'll happily take cool and sunny and thank the trail gods for their beneficence!

Registration went smoothly due to our wonderful veteran volunteers: Kathy Nash, Christina Atkins, Jennifer Moore, Kim Womack, Sean Hagstrom and Kathy Ely. Our great new trail series shirts were passed out by John

Witherspoon and Adam Kolatorowicz, and a big thanks goes out to Ken Lonseth for another wonderful design job.

This year we replaced the water stop with a soup bar. When the runners finished they were welcomed with a big batch of warm vegetable soup made by the lovely ladies from Eagleton College and Career Academy. A huge thank you to Samantha and Brian Ver-

million who kept filling bowls of soup for all the hungry runners.

The first runner to cross the finish line was Ryan Jandro, who sped through the course in 19:31. The first female was Ava Moody (yes, daughter of Alondra), who ran a strong 21:24.



Thanks also to all the Maryville College cross country and track athletes who came out to volunteer and cheer on the runners, and to Stephanie Johnson for sweeping the many, many flags that were used to mark the course.

We're also grateful to Todd Temple, who took lots of good race pictures. <https://tinyurl.com/bde96nmh>



Knoxville Track Club

Offers valid 1/1/2023 - 1/31/2024

Knoxville Track Club
Valid 1/1/2023 - 1/31/2024

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A PAIR OF ATHLETIC FOOTWEAR
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Knoxville Track Club
Valid 1/1/2023 - 1/31/2024

DICK'S — VALID IN STORE ONLY —
TAKE \$20 OFF
YOUR PURCHASE OF \$100 OR MORE

Limit one coupon per customer. Minimum purchase required after other discounts and before taxes. Excludes taxes, prior purchases, gift cards, authorized warranties such as the No Sweat Protection Plan, licenses, store credit, services or extended items offered in-store or at DICK'S.com/Exclusions. Cannot be combined with other offers. No reproductions or cash checks accepted. Offer not accepted at DICK'S Warehouse Sale Store or Being, Being, Being locations.



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ON HOW YOU CAN HELP

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AND BACK TO THE PLAINS WE GO



Chris Meadows, race director

This year was the 35th running of the Strawberry Plains Half Marathon and 10k. It was nice to be running this race again after its weather-related cancellation in 2022. We ended up having amazing weather on race day, helping make a great day even better. We ended up with 319 runners in the half marathon and 233 participants in the 10k race .

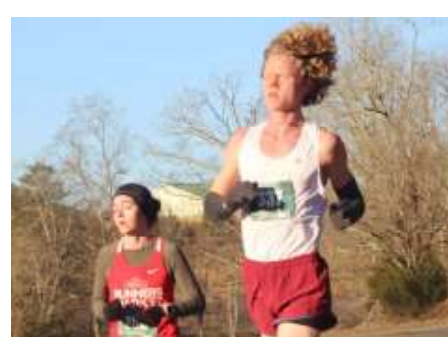
Top honors in the 10k went to Josh Mower, running for Runners Market, who ran a swift 34:21 to earn the victory. Even more impressive was Peighton Meske, whose 34:28 time was a new state record for the 10k, surpassing the long standing record held since 1985 by Olympian and KTC Hall of Famer Missy Kane Bemiller. Congratulations to Peighton!

In the half marathon event, Darren Driscoll of Team ZenEvo was the overall winner, finishing the 13.1 mile course in a strong time of 1:13:03. Mary Alex Gray, also running for Team ZenEvo, took the top spot for the females, clocking a time of 1:21:11.

As usual, races like this are only possible because of our volunteers. We owe a big thank you to the individuals and the groups that came out and helped. A special shout out to the UT Running Club, First Baptist Academy golf team, and Carter High School track team. Big thanks also to Rush Strong Elementary school for allowing us use of the school and the kitchen, and to First Baptist Church of Strawberry Plains for helping with parking and for their hospitality in the community.

Thank you to our many sponsors, including Eddie's Health Shoppe, ZenEvo Chocolate, Pilot, Tennessee Sports Medicine, Runners Market, Dick's Sporting Goods, Patdome Designs, Knoxville Endurance, and the Covenant Health Knoxville Marathon.

I want to personally thank the Knoxville running community. You guys showed up and showed out. You guys made my first race as the race director something that I will never forget. So thank you for allowing me to play just a little part in what we do. Hopefully we can come back in 2024 and make it even better! And thank you to Stephanie Bailey for trusting me to direct a race that I know means so much to you. Hopefully I made you proud.





THE POLARIZING POWER OF THE SINGLET



Tony Owens, race director

Back in January, we made the possibly rash decision to poll all current and former participants regarding the traditional Whitestone race shirt. The question, of course, was whether to keep the #WorstShirtEver, aka the magnificent singlet that Larry Brede brought to the road race back in 2015. We received (which is to say, my email inbox was bombarded with) just shy of a hundred responses, including several near-treatises that were either strongly for or vehemently against. None of the responses was ambivalent — you either love the singlet passionately, or you wanted anything BUT the singlet! When the final email came in, 59% of you were strongly for the singlet, while 41% of you were against, which meant...



ing this course back in the year 2020.

This year was the fifth that The Whitestone Inn has hosted trail runners for three 10k laps in the woods and on the property. The Inn and its 360-acre estate offer breathtaking views of Watts Bar Lake and the surrounding mountains, and for us is the ideal venue for hosting a tough trail race. If you have never been here, the Whitestone 30k trail race is a challenging yet rewarding event that takes place all around the

heart of the estate, then heads across the street to explore more of the hills and woods. Eventually the trail climbs up to the best aid station in the history of aid stations, manned once again by our

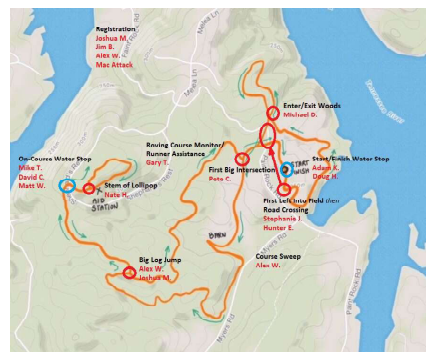
good friends at East Coast Adventures. Thanks to Matt Williams, Mike Taylor, and David Compton for raising our spirits with music (you could hear it a mile away!) and for raising delicious aid station libation

with all of the weary runners. Speaking of delicious, the legendary Whitestone post-race buffet in The Lion and the Lamb building was as always, abundant and tasty!

We absolutely cannot put on these fun races without the teamwork and coordination of the trail committee members, KTC staff, and all of our

fantastic volunteers — thank you very much for all of the help with registration, #WorstShirtEver handouts, course monitoring, and staffing of the aid stations. Thanks as well to the staff of the Whitestone Inn, who went out of their way to make sure that we had everything we needed, and more. Thanks, of course, go to the lovely Kathy Smith, assistant RD extraordinaire (or was I the assistant??), and thanks to Chris George, RD of the road 30k, for all of your help with the many details I missed!

The Whitestone 30k trail race is a guaranteed good time for anyone who loves trail running and the great outdoors. The stunning scenery, challenging course, and post-race breakfast buffet make this adventure worth the short drive to Paint Rock, TN. We can't wait to come back next year — but for now, we'll see you at Big Ridge State Park for the next race in the KTC Treadin' Trodden Trails series, the Dark Hollow Wallow on March 5!



We went with the #WorstShirtEver again — and as usual our title sponsor B.K. Graphics came through with flying grey-and-orange colors! OK well, Steven Campbell, Jeremy Donahue, and Michael Morrell, top three in the 30k, were flying those colors. Also flying were the top three women, Trish Turley, Malinda Honkus, and Johanna Worley. Many of the rest of us were power hiking (or crawling) those hills! Winners in the relay category were *Trails Have the Best Tales* (Coed), *Just4Funzies* (Female), and *Team West Nasty* (Male). Congratulations to all of our winners and all of the runners who battled this fantastically fun and hilly course, and thanks once again to Ken Lonseth for expertly craft-



DON'T MISS IT...

Sunday, March 5, 2:00 pm
THE TWELFTH ANNUAL DARK HOLLOW WALLOW 11 MILER, 5 MILER, and KIDS TRAIL MILE. Be a part of East Tennessee's best trail running series. Online registration for all TTT events open now!



REPORTS FROM KTC ROAD RACES



WHAT A BEAUTIFUL DAY FOR A 30k



Chris George, race director

The Knoxville Track Club knocked it out of the park once again with this year's Whitestone 30k and 30k Relay Road Race presented by BK Graphics. We'd like to extend a big thanks to our gracious hosts at the Whitestone Inn for allowing us to invade their beautiful property for the day. And a great big thanks to the 40+ volunteers who spent their day telling people where to turn, handing out cups of fluids, picking up empty cups and other trash items, and cheering all the runners on throughout the day. It's pretty cool when you have almost as many volunteers as runners. And then finally, a big thanks to all of the runners who year after year come out and support this wonderful event. This year we were so blessed to have the best weather you could ask for.



This year's overall winner of the

road event, Will Shaffer, completed the course in 1 hour 48 minutes and 40 seconds. That's a 5:50 pace. Nice run Will! After Will, rounding out the top five, was Cian Bell (Team Runners Market), Kevin Barrett, Luis Chavez (also Team Runners Market), and Ryan Jandro (Eddie's Health Shoppe).

Lauren Roth of Team Runners Market) was the first place female, completing the road course in 2 hours 11 minutes and 7 seconds. A 7:02 pace. Way to go Lauren! After Lauren and rounding out the top five female runners Constance Bailey (Eddie's Health Shoppe), and Team Runners Market teammates Stacey Clower, Ashley Zimmerman, and Ivy Milligan.



The relay team Women of Whitestone took first in the road relay event, completing the course in 2 hours 23 minutes and 57 seconds. They were followed by Corryton Running Club, Safety Tape, Better at Running Up A Tab, and Team Yassquatch. We always enjoy the many creative team names!

This wraps up another Whitestone 30k and 30k Relay Road Race, presented by Jonathan Benfield and

BK Graphics. Thank you, BK Graphics, for your support. We hope you continue your support for many years to come.

And just think, in another year, we will do it all again!

Join 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

VOLUNTEERS!

SIGN UP TO HELP WITH CLUB EVENTS



Sign up on Runsignup.com

PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

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

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

KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

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

Multi-issue packages at volume discount rates are available

KTC SPONSORSHIP OPPORTUNITIES

* Race Sponsorships

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

* General KTC Sponsorships

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

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

WELCOME KTC MEMBERS

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

Carol Abrew
Adams Family
Dave Alderman
Altman Family
Anders Family
Christian Anderson
Zachary Arnold
Bacon Family
Timothy Baker
Baker Family
Barnes Family
Greg Bauer
Beecher Family
Bibee Family
Quinn Bitner
Black Family
Randy Bond
Nathan Bonewitz
Angelina Borisov
Michael Bowling
Bridges Family
Karen Brown
Brown Family
Kathy Browning
Bruce Family
Carini Family
Margaret Carr
Colecan Castle
Justin Cazana
Monica Chapman

Chiles Family
Ciorciarri Family
Ethan Coffey
Coker Family
Chad Collins
Michaela Coulter
Betsy Cunningham
Gayla Cutler
Michael David
Jack Davidson
deLisle Family
Carina Denney
Diaz Padilla Family
Brent Dickenson
Gina Dotson
Danielle Drews
Jim Dunn
Edwards Family
Stewart Ellington
Sonya Eubanks
Kate Evans
Sherie Fairchild-Keyes
Rafael Ferreira dos Santos
Kevin FitzGerald
Jason Fitzpatrick
Fox Family
Molly Getsinger
Adam Gilreath
Gray Family
Rick Greene
Debbie Gronstrom

Robert Grove
Stephanie Grubbs
Elizabeth Hagler
Sean Hagstrom
Hamner Family
Steven Hamrick Jr
Jenniifer Harper
John Harris
Joshua Hayes
Terry Haywood
Heather Heydasch
Hill Family
Rodney Holladay
Michael Holtz
Sara Houchins
Howard Family
Bill Howard
Ryan Hunsel
Hilary Hunter
David Huntsinger
Chuck Imboden
Mariah Irwin
Kurt Jendrek
Jessica Johnson
Matt Johnson
Kane Family
William Kane
Kanipe Family
David Kesterson
Lauren Kieffer
Elizabeth Kilbourne

Lizzie Kinard
Kim King
Sarah Klug
Katie Lance
Daniel Longserre
Kathleen Mahoney
Ronald Manis
Mike Mann
Christopher Martin
Kate McCormick
Bobi Jean McMurray
Metts Family
Millan Family
Kenneth Miller Family
Payton Miller Family
Amanda Mondini
Michael Todd Montgomery
Nicholas Morgan
Michael Morrell
Mr Mossman
Joshua Mower
Marl Murphy
Maria Nia
Nolen Family
Angel Norman
Jaclyn Noshay
Elizabeth Nute
Andrzej Nycz
Peter Osickey
Owen Family
Amy Owens

KJ Parent
Laura Parkison
Natalie Pinzon
Kirsten Pitcock
Scott Porter
Price Family
Haven Quinlan
Radtke Family
Anja Raeth
Read Family
Steve Reddick
Daniel A Reeder
Susan Reichelt
Tara Reitz
Lauren Roach
Savannah Robertson
Rodriguez Family
Matt Rogers
Dana Rohloff
Whit Ross
Cecilee Rowlette
Kate Russell
Ryerson Family
Jason Sabio
Marian Schmidt
Bill Schmitt
Angela Sellers
Orora Sezenias
Ken Shelton
Jason Smith
Amy Smith

John Snelling
Solberg Family
Rob Speas
Chelsea Stanford
Stanko Family
Strand Family
Emily Summers
Yue Sun
Gail Sussmane
Rita Swartzentruber
James Szybist
Charlotte Tallent
April Talley
Gildas Thoraval
Joseph Tipton
Andrew Turner
Robin Turner
Mandi Walker
Rick Waltman
Korey Wheatley
Elizabeth Whelpley
Brittney Whipple
Cathy Whitten
Matthew Williams
John Williams
Abby Williamson
Wills Family
Travis Wilson
York Family
Kristen Zvejnieks

Event Schedule

Mar - May 2023

MARCH

- 4 Oak Ridge - 8:00 am. **OAK RIDGE 10-MILER AND KIDS MILE**
- 4 Maryville - 8:00 am. Race for Recovery
- 5 Maynardville - 2:00 pm. **DARK HOLLOW WALLOW 11M/5M AND KIDS TRAIL MILE**
- 5 Knoxville - TBA. GLOW for Galactosemia
- 18 Alcoa - 12:00 am. The Pistol Ultra Run/Marathon
- 25 Maryville - TBA. The Glow Trot
- 26 Knoxville - 2:00 pm. **KTC Beer Series 1 - Albright Grove Brewing Company**

APRIL

- 1 Knoxville - 5:30 pm. **COVENANT HEALTH KNOXVILLE KIDS RUN**
- 1 Knoxville - 7:00 am. **COVENANT HEALTH KNOXVILLE 5k**
- 1 White Pine - 9:00 am. Superheroes 5k
- 2 Knoxville - 7:30 am. **COVENANT HEALTH KNOXVILLE MARATHON, HALF MARATHON, RELAY**
- 8 Oak Ridge - 9:00 am. **NORTH BOUNDARY TRAVERSE TRAIL HALF/10k, AND KIDS TRAIL MILE**
- 15 Church Hill - 8:00 am. Laurel Run Ascent
- 15 Knoxville - 7:30 am. North Knox Sprint Triathlon
- 15 Alcoa - 8:30 am. Spring Sprint 5k
- 15 Knoxville - 8:00 am. Forget Me Not for Alzheimer's
- 15 Knoxville - 8:00 am. Warrior 5k
- 16 Knoxville - 2:00 pm. **KTC Beer Series 2 - Xul Beer Co.**
- 22 Knoxville - 8:00 am. **DOGWOOD CLASSIC 5k and KIDS MILE**
- 23 Knoxville - 2:00 pm. **KTC Beer Series 3 - Crafty Bastard Brewery West**
- 29 Kingsport - 7:30 am. Heart of a Warrior Triathlon and SUP-ER-Yak Adventure
- 29 Maryville - 8:20 am. Heroes for Hope 5k
- 29 Rockwood - 9:00 am. Restoration Run 5k
- 29 Knoxville - 2:00 pm. Race for Kids 5k
- 30 Alcoa - 2:00 pm. **KTC Beer Series 4 - Blackhorse Pub and Brewery**

MAY

- 6 Knoxville - 8:30 pm. **HANN JIVIN' IN THE DARK and KIDS TRAIL MILE**
- 6 Loudon - 9:00 am. Be a Factor 5k
- 6 Knoxville - 9:00 am. Run With One Vision 5k
- 7 Norris - 2:00 pm. **KTC Beer Series 5 - Clinch River Brewing**
- 13 Lenoir City - 7:30 am. Sprit of Kona Triathlons
- 13 Maryville - 8:00 am. Listen for Life 5k
- 21 Knoxville - 2:00 pm. **KTC Beer Series 6 - Printshop Beer Co.**
- 27 Knoxville - 8:00 am. **EXPO 10k, 5k, and KIDS MILE**

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