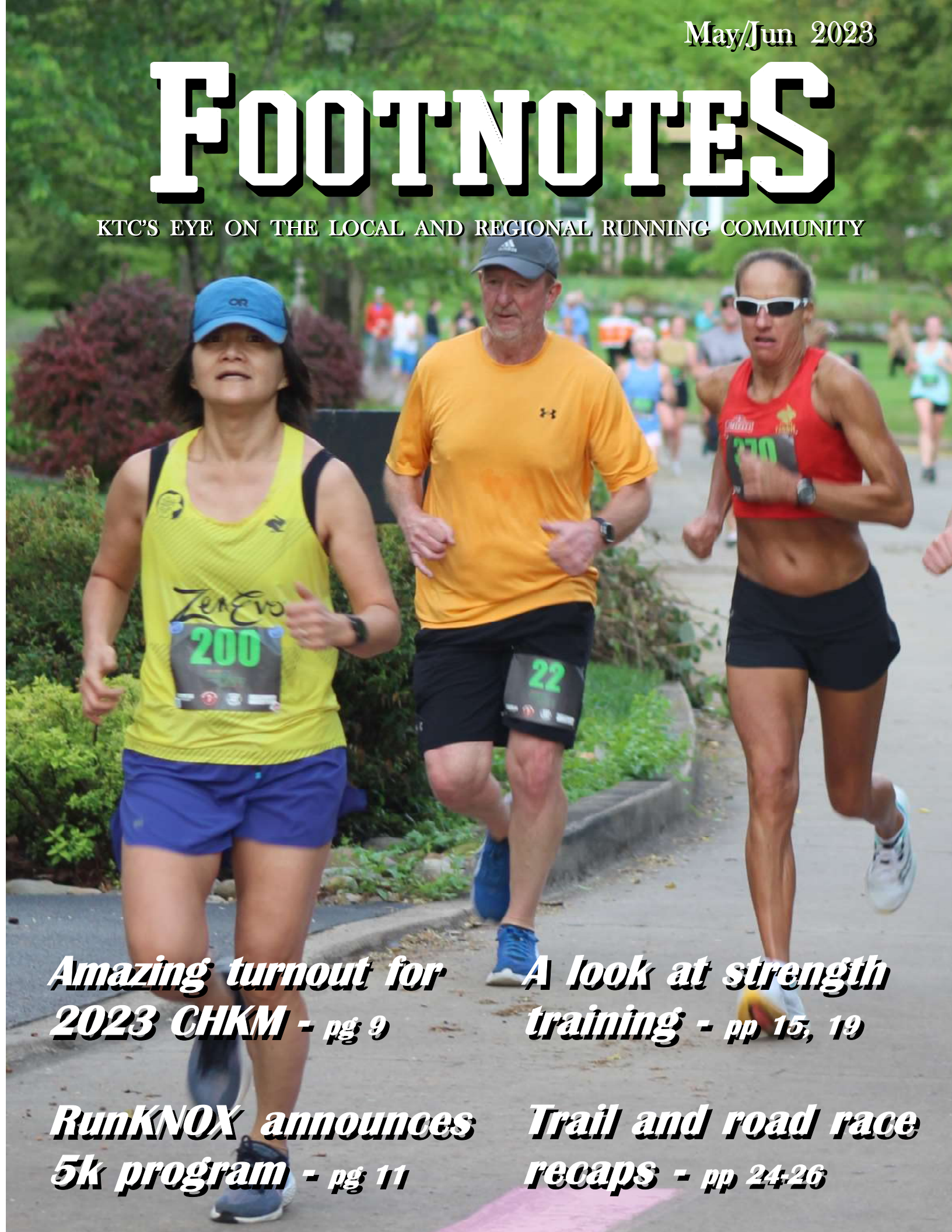


May/June 2023

# FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



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2023 CHKM - pg 9***

***A look at strength  
training - pp 15, 19***

***RunKNOX announces  
5k program - pg 11***

***Trail and road race  
recaps - pp 24-26***





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

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



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

### **BUSINESS HOURS**

**Monday - Thursday 10am - 8pm**

**Friday - Saturday 10 am - 9 pm**

**Sunday 12:30 pm - 6 pm**



# FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL  
RUNNING COMMUNITY



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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](http://www.ktc.org)

## ON THE COVER

Speedsters race through picturesque Talahi Gardens in Sequoyah Hills during the Hard Knox Pizza Dogwood Classic.

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.

# KNOXVILLE TRACK CLUB

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## Committees

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

ROADRACE COMMITTEE: Stephanie Bailey (chair), Christina Adkins, Dave Alderman, Jason Altman, David Black, Chris Davis, Justin Emert, Hannah Foust, Karla Gander, Chris Meadows, Suzanne Oliver, Muna Rodriguez, Dana Rolhoff, Allison Slater, Andee Swann

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

## 2023 KTC Officers

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

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MEMBERSHIP  
Kathy Nash  
865-982-1268

VOLUNTEERS  
Teresa Williams  
865-640-5667

SOCIAL CHAIR  
Position Vacant





# THE STARTING LINE

Knoxville Track Club \* FOOTNOTES \* May/June 2023 edition



## A Message from our Club President

*Brian Huskey, KTC President*

# At the Start Line



I love start lines. Don't get me wrong, finish lines are great, too. There is just something about the energy of a start line. Almost everyone is some combination of nervous and excited. You get to see friends, training partners, and the competition - sometimes that can be all three rolled into one person. This may be your first race or your hundredth. Some of us are super fit and healthy - ready to race. Some of us may be recovering from an injury or other time away from the sport. The race may be the culmination of months or even

years of training. Or you may have shown up having rolled off the couch or been talked into doing this by a friend.



Over the course of the race everyone spreads out, but for the time leading up to the gun, we are all together. And we have a common goal - but one that is still uniquely ours. We all want to finish - finishing first, finishing under a certain time, finishing without making that achilles heel mad, or finishing with a smile. We are all going to be challenged by the same

course and weather conditions.

Those at the start line are only a portion of the running community. Even at the Covenant Health Knoxville Marathon with over 6,600 participants, it is still but a fraction of what it could be. The board, the staff, and volunteers are working hard to figure out how we make those crowds at the start lines even bigger. We want to share the energy and joy that brings us back time and time again. We want to see people start on journeys of becoming healthier. I hope to see you at a start line soon... and invite a friend!

## PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

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

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

### KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

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

Multi-issue packages at volume discount rates are available

### KTC SPONSORSHIP OPPORTUNITIES

#### \* Race Sponsorships

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

#### \* General KTC Sponsorships

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

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

# Knoxville Track Club

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

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

**DICK'S** — VALID IN STORE ONLY —  
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OR CLEATS \$59.99 OR MORE

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Valid 1/1/2023 - 1/31/2024

**DICK'S** — VALID IN STORE ONLY —  
**TAKE \$10 OFF**

YOUR PURCHASE OF \$50 OR MORE

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Valid 1/1/2023 - 1/31/2024

**DICK'S** — VALID IN STORE ONLY —  
**TAKE 20% OFF**

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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

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ON HOW YOU CAN HELP

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SPORTING GOODS





## MUSINGS FROM THE EDITOR'S DESK

*Michael deLisle - Footnotes Editor*



# A Dozen Kinds of Stupid

Can't remember which of my old friends first uttered, "If I'd known I was gonna live this long, I would have taken better care of myself." And it doesn't actually apply to me, as I feel like I've almost always kept an eye on the prize and taken pretty good care of myself. Eaten well, jettisoned youthful bad habits reasonably early. Good self care.

Well, except that day in 1968 when I cut class at the U of I and was riding around on my first motorcycle and some idiot in a green Pontiac decided to play bumper car with me. That was the beginning of the knee issues that forced me to quit running at the early age of 57. Yeah, I can blame the other guy. But if I hadn't made the stupid decision to cut class, and if I hadn't made the stupid (but excusable) decision to move my eyes off the road and onto a cute coed walking on the sidewalk, I might still have a healthy, organic right knee.

Other than that, though, the biggest roadblocks to ambling smoothly into old age have been sports injuries, particularly to my right ankle - the one that's now a prime candidate for a replacement. It's been twisted and sprained half a dozen times over the years playing baseball, touch football, softball, basketball, trail running, even road running. Regardless, it's always been sports that's been the prime bugaboo.

Well, except that day in 1966—what is it about teenage stupidity? Obviously at that point in our lives, we're old enough to take on the world and young enough to be a dozen kinds of stupid—when, under the influence of multiple sips from a weird assortment of various bottles from my folks' liquor cabinet (you remember the trick of swiping a swallow or two and replacing it with a splash of tap water), I decided to high jump, using my poor approximation of the roll technique—the Fosbury

Flop hadn't been invented yet—over a six foot high hedge. Just as I planted my right foot to attempt the drunken leap, I stepped off the edge of a sidewalk and CRACK! The first of a lifelong series of right ankle sprains. And it was a bad one. At age sixteen we can almost always bounce back almost instantly from nearly any injury. Almost. but not that one. Couldn't walk for two days. Stupid. A dozen kinds. At least.

So maybe it hasn't been sports that caused the troubles I'm facing now. Either way, I'm in early consultations with surgeons, trying to find one in whom I place sufficient confidence to attempt a replacement surgery much more complex and challenging than the knee that went reasonably well in 2017. Not a common operation, nor are there a lot of docs experienced at it. Wish me luck. And hope that I can go through this without any more stupidity. I've lost count but it's getting on up there.

## KTC VOLUNTEERS NEEDED

- |         |                                                              |
|---------|--------------------------------------------------------------|
| May 6   | Hann Jivin' in the Dark Night Trail Race and Kids Trail Mile |
| May 27  | KTC Expo 10,000 / 5k                                         |
| June 10 | Sharps Ridge Runner and Kids Trail Mile                      |
| June 15 | Hal Canfield Memorial Southside Milefest                     |
| July 3  | Pilot Fireball Moonlight Classic and Little Firecrackers Run |
| July 8  | Haw Ridge Trail Race and Kids Trail Mile                     |

**PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE**



# Covenant Health Knoxville Marathon



## 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

## AMAZING TURNOUT FOR THE 2023 COVENANT HEALTH KNOXVILLE MARATHON

*Jason Altman, Director, Covenant Health Knoxville Marathon*

As you will recall, KTC held the 2021 Covenant Health Knoxville Marathon weekend on October 2-3, and then turned around and hosted the event six months later, the weekend of March 26-27, 2022. We were excited to host the event again post-pandemic, but registration numbers were only about half of what they were before Covid (3,814 participants in 2021 and 4,173 participants in 2022). This spring, we saw registration numbers rebound and soar to 6,322 participants! It truly felt like a homecoming for participants, volunteers, sponsors, and spectators that had stayed away for several years.

Saturday night kicked off with our Covenant Kids Run at 5:30 pm, followed by the Covenant Health 5k, scheduled for 7 pm. Windy but sunny weather greeted the kids and 5k participants on Saturday. More than 1,000 children (twice as many as 2022!) made their way from the Start Line to the Finish Line at World's Fair Park. We then got the 5k underway with a brand new course for 2023! Because of a concert at Thompson-Boling Arena, we opted to stay away from UT campus and ran a fun, festive, and somewhat hilly 5k through Fort Sanders Neighborhood. Participants told us that they loved the course and the spectators on the route! Seventeen minutes later, a crowd of over 1,500 5K participants began pouring into the finish chute at World's Fair Park.



Zac Sakacsi won the Covenant Health 5k in an impressive time of 16:48. Michael Hamilton of New York followed shortly behind as the second place male in a time of 17:18. Third place honors went to Timothy Baker of Knoxville, in a time of 18:39. The first Masters finisher was Ron Hees, his third Master title in a row, this time in 18:58. Oscar Martinez took second masters in 20:03. Luis Zayas was not far off in 21:13, good enough for third place for Masters. Grandmasters Winner Tim Wade (21:15) and Senior Grandmasters winner Christopher Martin (21:22), rounded out the male superlative award winners.

Our women's champion in the 5k was 14 year old Ariana Vargas in a time of 20:48. Second female honors went to Ava Woodyatt in 21:19. Third female was Maria Zolkowski, who crossed the line in 21:28. Liz Contreras took home first place in the female Masters division in 22:25. Emma Woods (24:08) and Lori Lynn Short (24:23), earned second and third place Masters titles for their efforts. Top female Grandmasters winner was Angelina Borisov (24:53) and female Senior Grandmasters champion was Debra Kilgore (26:58).

By Sunday morning, the winds had died down and a perfect morning for racing was upon us. A few minutes before the race started City of Knoxville Mayor Indya Kincannon welcomed

the crowd to Knoxville and wished them well on their endeavors. Rising superstar Jennifer Brown sang our national anthem. When the clock turned to 7:30 am sharp, Covenant Health President and CEO Jim VanderSteege shot the starter's pistol and the full marathon, half marathon, two-person marathon relay, and four-person marathon relay runners began their journey through the streets of Knoxville.

The men's half marathon was a battle for many miles, but eventually Alan Carreno of Las Vegas pulled away to win his second in a row in a time of 1:11:35. Cian Bell (1:12:29) of Knoxville, was able to hold on to second place, and was followed by Hisato Suetsugu (1:12:52), from Peachtree City, GA. Andrew Danner of Prospect, KY, dominated the competition to win the Masters division with his half marathon time of 1:15:46. Sammy DeGraff (1:16:00) was second Masters and Stewart Ellington of Knoxville was third in 1:17:57. Top Grandmasters went to Tonson Tong (1:27:42) of Knoxville and Brent Bueche of Maryville (1:39:13) won top Senior Grandmasters for the gentlemen.

In the women's race, 2021 CHKM Half Marathon champion Amanda Martin returned to add another title to her collection. She dominated the race and entered World's Fair Park first, setting a new course record in a blistering time of 1:16:18. Elizabeth Herndon claimed

*AAA continued on page 23 AAA*

# YOUR KTC MEMBERSHIP

*Kathy Nash, KTC Membership Chairperson*



**W**hen 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](mailto: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://personalbestracing.com>  
(use **ktc10** for 10% discount)  
RunKNOX  
<http://www.ktc.org/RunKNOX.html>  
Runners Market  
<http://www.runnersmarket.com>  
Swim and Tri  
<https://www.swimandtri.com>  
This Little Scissor  
<https://thislittlescissor.com>  
New Balance Knoxville  
<http://stores.newbalance.com/knoxvildefault.aspx>  
Endurance Sports Management  
<https://www.endurancesportsmanagement.com>



Have you changed your email address or mailing address?

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

Please send your updates to [knoxtrackmembership@gmail.com](mailto:knoxtrackmembership@gmail.com) so that revisions can be made to the KTC Membership List.





*Scott Schmidt, RunKNOX director*

**W**e have an exciting announcement! We're launching brand new programming to help reach brand new runners! We realize that joining a running group or committing to a race can be intimidating. You see smartwatches, tech material clothing, and a multitude of options for footwear. You search the internet for training information and get 4 million results. Where do you start? How do you start? When do you start? It can be so overwhelming that it deters from getting started altogether. Trying something new or getting back into it after a long layoff is hard. **WE HAVE ALL BEEN THERE.** We know that it can be uncomfortable in this sport (truth be told, I still feel uncomfortable in it from time to time) and understand that it's difficult to take the first step. We

<https://runknox.trainingiltapp.com>

want to help you take that first step!

This Beginner 5k Program is your opportunity to get involved through a friendly, welcoming environment. Don't be mistaken, you're going to work hard, but our intent is to meet you at your personal entry point. We'll focus on teaching you the basics, being available for all those "I'm new to this" questions, and genuinely supporting you as you start your running journey. Ultimately the goal will be to extend your running time and reduce your walking time over the course of the program. In 8 weeks, we want to see you triumphantly cross the finish line of a 5k.



This 8-week training session starts the week of May 7<sup>th</sup> and culminates with participants completing the Knoxville Track Club's Pilot Fireball Moonlight Classic 5k. We'll meet for an hour on Tuesdays at 5:30 pm at Dick's House of Sport at West Town Mall. Their small, outdoor track/field facility will be perfect for coaches to lead the run/walk training plan. Beginner 5k participants will also gain access to all "things" RunKNOX such as additional group meetings on Monday/Tuesday/Wednesday/Saturday, online training and educational resources, and deals with local partners up to and including yoga classes.

In order to support a new program, we're adding a new coach. We're happy to announce that Justin Loss, Physical Therapist extraordinaire (and triathlete in his spare time), will be manning the whistle and clipboard for this session. Justin has significant experience in leading couch to 5k type training and one of the specialties in his professional PT repertoire is running form analysis. He's going to be an incredible resource for us all.

In unison with this beginner program, we'll continue offering our traditional intermediate and advanced training programs through our subscription membership plans and individual one-on-one services. If you have questions about how you can personally get involved or whether RunKNOX is right for you, send a note and we'll be happy to chat. Feel free to 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*

Victor Hugo Agreda  
Ayer Family  
Emily Bailey  
Baksa Family  
Ball Family  
Elizabeth Beard  
Megan Bell  
Berge Family  
David Birdwell  
Jennifer Bolden  
Michele Brackett  
Nathan Burcham  
Campbell Family  
Cartledge Family  
Cathey Family  
Thomas Collier  
Dalton Cowell  
Shane Cross  
David Crossley  
Bill Dabbs  
Jim Deck  
Kevin Delk  
Sarah DeLozier

Rachel L Deputy  
Detlof Family  
Jeremy Donahue  
Phil Dude  
Dusty Elliott  
Steve Ferguson  
Fisher Family  
Andrew Frazier  
Jim Gall  
Stefanie Garvin  
Will Giebert  
Glass Family  
Bobby Glenn  
Lisa Greenwood  
William Gribble  
Grindstaff Family  
Grove Family  
Rachael Guarnieri  
Becky Harsson  
Carrie Hastings  
Mandy Hipshire  
Dan Holbrook  
Holladay Family

Nicole Hudson  
Roger Hughey  
Jenna Irwin  
Jendrek Family  
Anna Scott Johnson  
Jolley Family  
Michael Jones  
David Keck  
Megan Kenner  
Daniel Klingensmith  
Doug Kribbs  
Kurosaki Family  
Happy Lee  
Ethan Long  
Lowe Family  
Kyle Mack  
Stephen Manners  
Martinez Family  
Kitty McClanahan  
John Mccusker, Jr.  
Daidre Mendenhall  
Miles Family  
Bryan Mittlestat

Monroe Family  
Moody Family  
Motley Family  
Myers Family  
Brooke Nowak  
Lindsay Parks  
Nicholas Penn  
Michael Ramps  
Kayden Randolph  
Reagan Family  
CJ Recher  
Rhoton Family  
Lawrence Rose  
Hannah Rosen  
Rosenbush Family  
Sera Saulnier  
Andrew Sauter  
Scalf Family  
Justin Shelton  
Silvus Family  
Michael Simmons  
Kacie Skeen  
Robert Smalley

Marcus Smith  
Sarah Solovey  
Southerland Family  
Stovall Family  
Sugarman Family  
Kathy Swartz  
Mark Sykes  
Jill Thompson  
Kevin Tippens  
Amy Totty  
Kelly Trott  
Angela Trunzo  
Kaye Walker  
Waller Family  
Lauren Watkins  
Michele Weir  
Bradley Wilkinson  
Brian Williams  
Williamson Family  
Doris Windsand  
Albert Wolff  
David Wood  
Kyoko Yamamoto  
Jalonda Young

## 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!

ERIC WEATHERBEE  
INTERIM EXECUTIVE DIRECTOR:  
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# 2023 TRAIL RACE SCHEDULE

**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*



## 2023 Trail Series Grand Prix Standings Totals Through North Boundary



**Chris George, keeper of the points**

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Sean Hagstrom	320	Trish Turley	250	Jeremy Donahue	380	Johanna Worley	240
Blake Wahlert	200	Becky Price	200	Michael Morrell	260	Meg Guy	200
Nathaniel Shelso	145	Shelby Scott	200	Marcus Steward	210	Malinda Honkus	190
Jamel Patterson	140	Lindsay Crockett	140	Adam Kolatorowicz	180	Michelle Hillard	170
Donnie Hicks	130	Elizabeth Neely Box	110	David McLennan	170	Tara Reitz	120
Nathan Helton	120	Ava Moody	100	Chris Stayman	110	Amy Owens	120
Gary Krivo	120	Cody Webb	90	Jeremy Steeves	100	Jennifer Weston	100
Emanuel Huber-Feely	100	Sophia Etienne	90	Steven Campbell	100	Sonja Hurt	90
Ryan Jandro	100	Tailulah Worley	80	Jamie McCart	80	Cindy Akins	80
Tyerell Hughes	100	Emma Selzler	80	Shane Tucker	70	Connie McCormick	75
Steven Cope	90	Kasey Shreve	70	Michael Wehrle	70	Erin Bradford	70
Jon Perkins	80	Lindsey Luttrell	70	Nick Lavrick	70	Jennifer Parker	70
Matthew Brahlek	70	Lydia Martinez	70	Scott Schmidt	60	Crystal Thomas	70
Jeff Hollander	70	Arin Vanlandingham	60	Alex Zirakparvar	60	Kathy Smith	70
Kyle Canady	70	Brede/Marvinney/Humphreys	50	Russell/Bornhoeft/Flanagan	50	S Bailey/M Patterson	60

# Knoxville Track Club thanks

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**Saturday 10-5**





# Strength Training for Marathon Runners

by Whitney Heins

Study after study shows evidence that strength training is beneficial for runners. It can help runners have more endurance, power, and prevent injury. However, lifting for the marathon should be periodized to fit your run training. Lifting and running should fit together like puzzle pieces, not compete. Here's how:

## MARATHON STRENGTH TRAINING PHASE 1 (AEROBIC BASE)

**Weeks 1-4 (or 8+ weeks depending on runner's background and goals)**

During this training phase, marathoners are running mostly easy miles to build their base level of fitness. The focus during marathon base phase is building volume. Therefore, during the marathon base phase, runners will home in on building muscular strength.

**What it looks like:** 3-4 days of lifting a week and 3-5 days of running a week

- ◆ Main focus is on lifting with rep schemes of 8, 12, and 15 reps.
- ◆ Do some days of heavier lifts of 3-5 rep schemes.
- ◆ Perform strength training exercises that use both legs.
- ◆ Also, sprinkle in plyometrics including A skips, B skips, pogo hops, jump squats, skater hops, and box jumps.
- ◆ Never neglect your core!

## MARATHON STRENGTH TRAINING PHASE 2 (AEROBIC STRENGTH)

**Weeks 5-9**

During this phase of the marathon cycle, runners will begin to introduce faster running in the form of fartleks, progression runs, tempos, and steady states. As running intensity increases, runners can drop lifting to two strength days per week.

**What it looks like:** 2 days of lifting a week, 4-7 days of running a week with 1-3 speed workout days

- ◆ Lift heavy with 3-5 rep schemes one day and lighter with 8-12 rep schemes on the other day.
- ◆ Begin performing single leg exercises.
- ◆ Continue to sprinkle in plyometrics and include core.

## MARATHON STRENGTH TRAINING PHASE 3 (PEAK)

**Weeks 10-13**

During the peak phase of training, runners will be doing more intense running workouts with VO2 max speed work, interval, and marathon pace workouts. Because the demands of running are high during the peak phase of the marathon cycle, strength training's focus shifts to one of maintenance.

**What it looks like:** 1 day of weightlifting a week, 1 day of mobility, yoga, Pilates, or barre, 4-7 days of running a week with 1-3 speed workout days

- ◆ Lift heavy with 3-5 rep schemes one day or 8-12 rep schemes with lighter weights, and some plyometrics.
- ◆ If you are more advanced, you can continue to lift two times a week but do one less set, less reps, or incorporate isometric exercises where you hold the weight (using a lower weight) with less reps.



- ◆ Do mobility, yoga, Pilates, or barre on another day.

## MARATHON STRENGTH TRAINING PHASE 4 (TAPER)

**Weeks 14 -16**

In the last 2-3 weeks before a marathon, marathon runners will begin tapering for the marathon. While runners will be running less during the marathon taper phase, this is not the time to increase strength training before a marathon.

**What it looks like:** Running progressively less volume each week. You will also be strength training progressively less.

For most runners, in the few weeks leading up to the marathon, they should stop lifting and instead replace strength:

- ◆ Mobility
- ◆ Yoga
- ◆ Foam Rolling
- ◆ Core and upper body work
- ◆ Physical therapy exercises with bodyweight or bands





# LET'S MAKE IT OFFICIAL BECOME A TRACK OFFICIAL



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

USA Track and Field (USATF) officials play a vital role in making thousands of events run smoothly and safely. They are essential for maintaining the highest levels of integrity at all levels of competition. The Knoxville Track Club has their own association of officials that judge events all over Tennessee and the east coast.

It's relatively easy to become an official. Requirements: Be at least 18 years old, become a USATF member [<https://www.usatf.org>], pass a current background check, complete



SafeSport training, complete a certification application, pay certification fee, and pass the Basic Rules Review [<http://noc.mach2k.net/#rules>].

Training is also a perk. You'll train alongside a veteran official at local high school and college meets. I got the privilege to work beside several KTC Hall of Famers when I worked at the University of Tennessee home meet. To top it off, most schools pay you to work their meet! If you work

a UT track meet, you'll receive a fancy UT Track & Field Polo, FREE food, and a direct-deposited payment!

Your discipline options for training are whatever area you want to become better at as an official. Don't be afraid to explore your options: Long-distance running (LDR), track events, field events, race walking, or Paralympics. Like I said, you'll be paid and trained at local high school and college track meets with veteran officials and coaches.

The spring season is full of track meets all over the greater Knoxville area and there are not enough track officials to go around! Your help is always needed. The 2028 Olympics return to the states and they NEED track officials! How cool would it be to watch the action up close?!

## 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](mailto:stevluper74@gmail.com)**

# US AIR FORCE MARATHON RACES

by Ken Sirois, KTC Member and guest columnist

If you're looking for a high quality destination race with multiple distances to choose from, you may want to consider the Air Force Marathon on the Wright Patterson Air Force Base in Dayton Ohio. The US Air Force puts on a great event. The race organization is impeccable and the runner support is the best I've seen. I started running this marathon at the inaugural event in 1997. Since then, I've run every Air Force Marathon through 2018. Since 2019, I've run every Half Marathon. The race was cancelled immediately following 9/11 (for security reasons) and during the pandemic. Needless to say I have found this to be a quality event and I have never been disappointed.

The Air Force offers a full marathon, half marathon, 5k, 10k, 1k Kid's run, 3-person Marathon Relay, Marathon/10k/ 5k Challenge, and a Half Marathon/ 10k/5k challenge. The race is always held in mid-September. The Marathon, Half Marathon and 10k are held on Saturday and start on the Air Force Base, and the 5K and Kid's run are held on Friday evening at the Nutter Center at Wight Patterson University. This year's races are scheduled for September 16 and 17, 2023. The Marathon and Half Marathon Challenges consist of running the 5k on

Friday evening, then the 10k followed by the Marathon or Half Marathon on Saturday morning. The 10k starts an hour before the Marathon/Half Marathon so that it's feasible to run both races.

The races are run on the Wright Patterson Air Force Base and some of the surrounding areas. The Air Force race courses are well marked and offer excellent traffic control. The course has some hills, but overall is fairly flat, especially compared to East Tennessee races. The Marathon and Half Marathon start usually has a flyover by that year's featured aircraft. One portion of last year's course went through an area honoring fallen members of the armed forces with their photos lining both sides of the road. The finish of the Marathon, Half Marathon and 10k runs in between an impressive display of retired Air Force planes.

The Air Force finisher's medals are among the best I have seen. They are heavy duty metal with front and back engraving displaying that year's featured aircraft. In addition to a shirt, included with your race packet is an embroidered patch commemorating that year's race.

The Health and Fitness Expo is held

on Thursday and Friday at the Nutter Center on the campus of Wright State University in Fairborn, Ohio. The Expo is equivalent to many of the large race expos that I've attended. There are plenty of vendors and some great deals on merchandise. If you're interested, the Expo also offers guest speakers.

There is ample free parking for all of the events. Parking for Saturday's races are on the Air Force Base. Parking for the Expo and Saturday's events are at the large Nutter Center parking lot.

There are many hotels in the Dayton area at reasonable rates. If you plan on spending an extra day or two in the area, Wright Patterson AFB is the home of the US Air Force Museum. This is a huge museum that includes several hangers with numerous aircraft on display, including some retired Air Force One jets and many space program aircraft. You can easily spend a day or two touring this museum, admission is free.



**10% Discount**

If you're interested in running one or more of the 2023 Air Force races, you can receive a 10% discount by using the following link <https://tinyurl.com/3wp87wr9> and then entering the discount code **KSIROIS23**

**Free Race Entry**

For the first person that contacts me in person or emails me at [kensirois1@att.net](mailto:kensirois1@att.net), I can offer you a free entry to one of the 2023 Air Force races.

I hope to see some of you there this September.



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# Strength Training for the Running Athlete

by Tommy Lane, PT, DPT — Knoxville Spine and Sports

Strength training, lifting weights, pumping iron, whatever you call it, isn't just for bodybuilders and powerlifters, and to many it may seem counterintuitive to train your muscles for a sport which stresses efficiency and lightness over all, but that is exactly what most runners should be doing. Strength training in your legs can help you improve your times and even reduce your risk of injury.

I'll start off by addressing the elephant in the room. Why would I try to lift weights, which could build muscle mass, when I need to be as light as possible to run faster and for longer?

Well there is a healthy body of evidence which shows that that is exactly what you should be doing to beat your race time PRs. You may be asking how? There is an odd mechanism proposed by researchers called the interference phenomenon which states that when you are participating in an endurance training program, the body will resist significant muscle hypertrophy. This is all to say that you won't have to worry about packing on the muscle as long as you are still participating in your running program. These researchers found that although the participants weren't gaining mass, they were significantly improving their strength and stimulating changes in the muscle fibers.

These researchers also found that those that participated in strength training were significantly improving their running economy and efficiency, meaning they were able to run at the same speed or faster while not having to take in as much oxygen. The studies state this is likely due to improving tendon stiff-

ness and elasticity in the muscles (which basically gives you more spring in the muscles to recoil back instead of you using muscular force to recoil them), and improving neuromotor firing patterns in the muscle belly so that more of the efficient type 1 muscle fibers are contracted instead of the less efficient type 2 fibers.

There are other proposed theories, but these seem to be the most prevailing.

When it comes to preventing injury, the evidence isn't quite as strong as it is for improving running economy, but there is still some decent level evidence that shows improving your lower extremity strength can reduce your injury risk for a number of reasons. One of the most common reasons runners injure themselves is due to their form breaking down as fatigue sets in. This form breakdown leads to movement patterns that can be detrimental for your hips, knees, and ankles. If you have ever run to the point of exhaustion, you have surely felt this. You can help prevent this by strengthening the muscles in your core, hips, and legs. The primary muscle groups you should be focusing on are the hip abductors, glutes, quads, and calves.

Secondary to helping keep your form in tip-top shape, strengthening these muscles just makes them more resilient overall and makes them less prone to tendon injuries and ruptures which can completely sideline you for the season.

So we have covered the basics of how strengthening is going to help you beat your competition and your past PRs, but what exercises should you be doing? There isn't necessarily a wrong answer here, but the best exercises you can be doing are going to be heavier

compound lifts mixed in with some plyometric exercises. I'll break down some of my favorite choices for each muscle group below.

- ◆ Quads: Back squats, walking lunges, split squats
- ◆ Glutes: Step ups, deadlifts, mule kicks
- ◆ Hip abductors: side lying leg raises, side planks (feet elevated), cable hip abduction
- ◆ Calves: barbell straight leg calf raise, seated weighted calf raise, farmers walks on toes
- ◆ Core: bird dogs, dead bugs, paloff press
- ◆ Plyometrics: pop squats, reverse lunge to knee-up jump, lateral lunge to runner's jump (keep in mind that plyometric exercises are very high level movements. Start slow and build yourself up gradually)

This may seem daunting for those of you that aren't as familiar with these exercises, but rest assured that they are much easier to learn than it may seem at first. Start with lighter weights to learn the movements and then increase the load as you can tolerate. It would still be very beneficial to seek help from a personal trainer, physical therapist, or chiropractor and discuss your goals with them and let them help you along that journey and ensure you are performing these movements correctly.

There are a million different articles you will find online trying to sell you some product or service which will supposedly improve your running, and chances are that most of them are snake oil. When you boil it all down into what has proven evidence and sound science behind it, strength training is one of the best activities you can be doing to improve yourself, and as a bonus, it is totally free (minus the gym membership). In the end though, keep running, keep training, get quality sleep, fuel your body healthily, do a proper warm up, stretch some after your run, and never forget to enjoy what you do!





# KTC BOARD OF DIRECTORS

## Minutes of February 2023 Meeting

**FEBRUARY 27, 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, Bobby Glenn, Keith Jackson, Pam Haggard, Zane Hagy, Brian Huskey, Angel Norman, and Jason Wise. Eric Weatherbee, Jason Altman, Stephanie Bailey, Tony Owens, Michael deLisle, and Kathy Smith attended as guests.



**Minutes** – The January minutes were presented. Michael noted that he was not present for the January meeting. Minutes were amended. Pam made a motion to approve the minutes. Gabe seconded. The minutes were approved unanimously.

**Timing**—Tony Owens shared that he created a timing committee: Michael, Tony, Rebecca, Troy, Crockett, Danielle. He shared it's open to more members. A few things they're doing: going through old Ipico equipment and have it loaned out to someone else. They're looking to sell the equipment to clean out old equipment. End of year last year/beginning of this year, they have a more structured pay structure for timers that is more competitive. Purchased more equipment recently. Biggest issue with timing is equipment failures used for KTC, assisted races, and cross country. Equipment is stored in storage unit. Equipment maintenance is built into timing pay. Tony has been working with Troy. Christina asked how many clocks we have. Bobby asked how we compare to other timing companies used for cross country meets. Tony shared that our equipment versus KYA, ours are built more for road races. RFD doesn't work well for bike/cross country

races because of the multiple runners entering the finish shoot. We don't have a good location to store and maintain the equipment. Tony would like to include an hour for timers to cross check equipment before and after the event. Tony would like a more efficient space to store equipment. Karla asked if it'd be possible to purchase equipment specifically for cross country meets more effectively. Bobby asked what's the best option for what we have. Tony replied we just need to take better care of our timing equipment.

Jason A shared he asked Troy if this is the best equipment for the KTC events we put on and Troy said it is. Pam asked if KTC plans to take bids for timing cross country meets knowing our limitations in timing equipment. Tony said we need to use the back up system of a camera when clusters enter the finish line shoot. Tony shared if we plan on taking bids to time track meets, we need to have a camera timing system. Tony shared if we want to do more cross country meets, club should purchase equipment to do so. Jason A asked where timing committee plans to store the timing equipment we currently have. Tony said by clearing out storage unit of unused equipment and having a designated location in the storage unit used only for timing would prevent further damage. Jason W. asked how much we'd make off of selling the old equipment. Tony said not much. Jason W asked if we could just donate it if it'd save space in storage. Eric shared that another timer offered \$1000 for old equipment and Tennessee Sports Medicine Group has temperature-controlled storage space available that would be closer to the storage unit and have limited access to prevent further damage. Eric shared that maintaining a budget for upkeep and maintenance

of timing equipment will help it last longer. Pam asked why we've been loaning timing equipment to a competitor timing company rent free while they make a profit. Keith asked if we could use the Ipico system for cross country. Tony shared that the timing committee was formed to combine knowledge and help all the timers receive free score keeper certification. Matt asked what the benefit of timing cross country meets would be. Pam said she'd like to see KTC being more involved in local youth programs to grow the KTC youth program to what it once was. Pam asked timing revolves around what our mission is. Christina asked if there was an inventory spreadsheet made of what is in storage. There is not. Tony made an inventory list for timing with what we have to better maintain it.

### Regular Reports Consent Agenda

**Executive Director Report**— shared that the VTC's original 4/15 date was moved due to Orange and White game conflict. UT proposed April 1 (CHKM weekend) or April 28<sup>th</sup>. Eric said it was more important to maintain the venue rather than the date. KTC doesn't have a relationship with the UT running coaches staff and wants to reestablish that. Eric talked to other coaches to split up their teams to enter the event. Jason shared that the CHKM 5K was moved off campus April 1<sup>st</sup> weekend due to the Eagles concert, so it would not be feasible to host the track meet there. Eric and Tony are getting RRC race director certification. Eric shared that membership is down and is planning a membership drive that includes a paper form to recruit previous members. Christina asked if we could have a

*\*\*\* continued on page 21 \*\*\**

# KTC BOARD

*AA continued from page 20 AAA*

tablet or computer to register people as members in the KTC tent at CHKM expo. Eric shared we need more financial transparency for the board to show revenue and expenses monthly for all completed and upcoming events. Eric said Stephanie is opening and closing early bird registration sooner than previous years due to late sign ups.

**Treasurer's Report**— Pam asked about the variance in the accounts to see if we've had any recent large expenses. Eric and Keith shared it's due to the late invoices coming in. BK graphics had a large invoice recently for shirt and swag orders.

**Marathon Director's Report**— registrations have eclipsed '21 and '22 numbers. Jason A doesn't think we'll reach 2019 numbers, but we should trend towards 6000. CHKM has confirmed several new sponsors making a new PR in sponsorship dollars. Electric bikes will be the pacers for CHKM this year. Harper Infiniti will still be the pace car for CHKM live feeds on social media pages. 5K course has changed since last month due to Eagles concert and Big Ears Festival. New 5K course is now running through Ft. Sanders neighborhoods. Marathon sections are paved near the Smokies stadium. Hats and medals have been delivered. Zane congratulated Jason A on the news coverage.

**Event Manager Report (Youth Development)**— Course monitors are needed for Oak Ridge 10miler.

**Trail Committee/Footnotes**— Dark Hallow race this Sunday with Bobby G as the RD. Michael shared that trail has seen several late registrations on the day of.

**Website/Communications Committee**— No Further Discussion

The reports were presented as a consent agenda. Pam moved to approve the reports as presented; Gabe provided

a second. Reports were approved unanimously.

**Trailer Purchase**— Eric shared that we need to buy a new trailer that costs \$3900. KTC has spent several thousand dollars on U-Haul rentals. It'd be more cost efficient to buy a new pull-behind trailer and sell the old one. Keith asked if we could store timing equipment in the new trailer. Eric shared that a previous trailer was stolen from the storage unit lot, so we wouldn't want to keep anything of value inside the trailer. Angel asked if \$3900 would include the trailer and brand logo for the side. It would not. Eric is looking for trailer sponsorship.

**Board Opening**—C. John Chavis shared that another attorney was nominated. Karla wants to see more trail people. Michael shared Alex from TTT would be a good fit. Pam said the names would be given to Brian to reach out to them.

## Roundtable

Jason asked if we've considered lowering the group volunteer minimum from 10 to 5 for the KTC donation. Half the people for half the money or show up at 2 events. Angel asked if club was

aware of Serve UTK to recruit volunteers. Stephanie shared UT running club has helped at several events. Stephanie filled out the form with Serve UTK this week. Jason asked if CHKM was added for event specific volunteer requests. Stephanie would follow up. Christina shared the Triathlon Expo was a great event. Eric said we need a social chair to post on social media and show up at group runs. Bobby asked if the ED transition has ended. It ended yesterday. Pam shared the Hal Canfield scholarship had 4 applicants this year. Last year, we had 1. It is open-ended to any high schooler who has volunteered and/or participated in a KTC event. Jason A asked when selection would be and if check presentation could be in May during awards ceremonies. Christina asked if the scholarship could be mentioned more regularly in Footnotes and on social media.

At 712pm, C John Chavis moved to adjourn the board meeting. Matt provided a second.

Executive Session was held with Board Members. Budget was set to \$2500 for ED search.

Next Board Meeting Marcy 27, 2023 at Legacy Parks

## 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>*







# KTC BOARD OF DIRECTORS

## Minutes of March 2023 Meeting

**MARCH 27, 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, Keith Jackson, Zane Hagy, Tim Hill, David Hinkle, Brian Huskey, Jennifer Moore, Angel Norman. Eric Weatherbee and Jason Altman attended as guests.

**Minutes** – The February minutes were presented. Christina noted that March was spelled March. Zane made a motion to approve the minutes. Keith seconded. The minutes were approved unanimously.

### Regular Reports Consent Agenda

**Executive Director Report**— Christina asked if road races should open earlier in the year similar to how TTT opens their entire series in January. Eric shared that the plan is to have all road races’ registration open 18 months out. Brian shared that a place holder is needed to avoid members signing up with competition. David H asked if that would only be for the key races. Jason A shared that RSU would merge the data if both current and future event are opened at same time. Eric said it would increase search engine optimization. Zane was concerned about membership numbers decreasing. Eric shared that in April/May, he’ll talk more about KTC Officials association, membership, sponsorship contracts with financials, and the RunKNOX demo day at Dicks House of Sport. Keith asked about USATF membership lapsing in 2020. He asked if we’re still in good standing with other memberships.



Eric shared we’re still in RRCA, but not in AAU. Christina asked if USATF membership being suspended would hinder our Vol Track Classic. This would prevent KTC from submitting state records from our events and awarding prize money. USATF membership requires admin go through Safesport courses and have background check. Keith shared USATF admin should always include club president and possibly executive committee. David H shared the need for reoccurring memberships lists. Keith J and Eric are currently working on the financial summaries for a more comprehensive club calendar.

**Treasurer’s Report**— no further discussion

**Marathon Director’s Report**— participant numbers are 2000 ahead. PR in sponsorship dollars. Fittest Company Sponsor is still open. WATE has been covering CHKM regularly. They’re already talking about coverage for next year. Volunteer Appreciation Party will be April 12 at Calhoun’s on the River. Press conference will not happen tomorrow as planned. Finish line band will play until 1:30pm and DJ will play until race closes at 3pm. Team set up tents/corporate sponsorship tents available on the lawn for post-race party. Karla asked if teams can bring their tents. Jason said the more tents the merrier.

**Event Manager Report**—No further discussion

**Trail Committee/Footnotes**— No further discussion

**Website/Communications Com-**

**mittee**— No further discussion

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

**Rocky Top Multisport**—Eric met with RTMC in February to formalize their request to get KTC’s support for their youth program. Eric proposed a financial contribution of \$1000 from the Knoxville Youth Runs program to be used by RTMC for easing their financial burden of supporting youth triathletes. This would include an additional \$1000 in RunSignUp discounts/coupon codes to youth members of the RTMC to run Knoxville Track Club races, and \$500 in discounts/codes to parents when they participate with their kids. Zane would rather see more people engaged than have the money sit. Keith asked if the goal for RTMC is to get people into triathlons. Zane shared that it’s more about encouraging people to be active, which is similar to KTCs mission. David H shared that there are several kid triathlons in the area. Keith shared that the club’s account holder could give us access to pools for youth. He’ll share that information with David. David would like to see ways that would allow both groups to work together. Zane made motion to approve as stated and Jennifer seconded.

**Board Opening/Succession Planning**—Brian wants the board to send recommendations for potential board members so he can reach out. Pam and Brian are rolling off at the end of the year. Those spots will need filled, as well. Board needs to look for leadership recommendations to fill 2024 VP to

*\*\*\* continued on page 24 \*\*\**

# MARATHON

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second place for the third consecutive year with her time of 1:20:08. Finishing third for the second straight year was Jennifer Weston of Oak Ridge in a time of 1:25:23. The female Masters competition was claimed by Lauren Roth. She ran 1:28:55 to best Liz Ford (1:32:04) of Knoxville and Tammy Slusser (1:38:13) of Monroeville, PA. Liz and Tammy still earned second and third place Masters, respectfully, for their great efforts. Female Grandmasters champion Michelle Nahom (1:41:29) joined us from New Tazewell, and Monica Joyce of Knoxville, took home Senior Grandmasters honors for her 1:49:51 half marathon.

We had four participants in the marathon handcyle division. Dane Pilon completed the full marathon in his handcyle to win in 1:31:37. Second place went to David Neumer in a time of 1:49:42. Third place male was Tom Pomeroy in 2:21:29. Carly Pearson of

Knoxville took top female honors in 2:35:41.

The full marathon saw new champions crowned on both the men's and women's side. Stephen Martinez of Stone Mountain, GA, ran a steady race, taking the lead at mile 19. He pulled away for a decisive victory in a time of 2:32:28. Christian Brewer, a former South-Doyle runner who now lives in Denver crossed the line second in 2:38:37. Seth Kolosso set the early pace and took home third place with a time of 2:39:38. The men's Masters competition saw a good battle as Hal Bibee (2:57:49) of Knoxville, Daniel Park (2:59:21) of Knoxville, and Paul Schleyer (3:05:23) of Knoxville, took first through third respectively. Ryan Shrum of Rossville, GA (3:24:36) won the Grandmasters title for males, and Dave Ketelsen (3:31:53) of Ringgold, GA, was the Senior Grandmasters Champion.

The battle between the ladies was more decisive than the men's competition. Stephanie Buchanan of Bristol led

wire to wire and crossed the line first in 2:44:26. After Stephanie, Katie Baksa of Knoxville, finished in 2:53:05. Mary Alex Gary from Knoxville, was third female in 2:53:55. Maryville resident Sarah Dixon (3:15:00) won the Masters Division and she was followed in second by Lindsay Parks (3:21:55) of Knoxville, and in third by Becky Grindstaff (3:38:48) of Corryton. Grandmasters female champion was Gina Hager-Moitoso (3:44:25) of St Simons Island, GA, and Senior Grandmasters winner Kathy Taylor (4:43:29) of Sevierville rounded out our superlatives.

Over the course of the next several hours, thousands of happy and exhausted faces partied at World's Fair Park with friends and family members as they celebrated their accomplishments. When the dust had settled, only a few finisher medals were left over, race results were posted online, and equipment was being placed back into storage. We hope to see you April 6-7, 2024, for the 20th Edition of Covenant Health Knoxville Marathon Weekend!

## KTC Road Race Grand Prix \* presented by Patdome Promotions

**Jerry Schohl, keeper of the points - totals through Covenant**

### MALE

Cian Bell	25
John Byrd	25
Brian Huskey	20
Larry Brede	18
Joseph Hicks	18
Travis Wilson	18
Darren Driscoll	17
Stewart Ellington	17
Ethan Coffey	16
Jeff Colfer	16
Austin Turner	16
Ryan Jandro	15
Blaine Metcalf	15
Bill Beecher	14
Luis Chavez	14
Ron Manis	13
Paul Schleyer	13
2 men tied with	12

### TEAMS

Team Runners Market	453
Health Shoppe/Driving Energy	429
The Long Run	59
Team Really	32
Scruffy City Endurance	25
Fleet Feet Knoxville	24
Personal Best Racing	21
ORNL/UT-Battelle	17
Knoxville Endurance	16
Covenant Health	14



\*note: Space limitations prevent us from printing all team scores. For those, please see [www.ktc.org](http://www.ktc.org)

### FEMALE

Mary Alex Gary	25
Elizabeth Herndon	24
Doris Windsand	22
Ashley Zimmerman	22
Lindsay Parks	21
Shirley Sirois	20
Hannah Rosen	19
Lauren Roth	19
Jennifer Moore	18
Marian Schmidt	18
Constance Bailey	16
Elizabeth Hagler	16
Marsha Morton	15
Maryjane Pitts	15
Angela Sellers	14
Becky Tener	14
Jennifer Weston	14
3 women tied with	13



# ANOTHER FANTASTIC DAY AT DARK HOLLOW



*Bobby Glenn, race director*

We had another fantastic day in the woods up at Big Ridge State Park on March 5. The trails were in great shape. As usual, Keith Montgomery and his crew did a great job clearing blowdown, making way for everybody to enjoy a super day on the trails. Keith, in fact, was seriously injured clearing trail up on Chestnut Ridge when a tree fell into the cab of his backhoe a few days before the race; he's doing well now though but all these guys go the extra mile.



Out on the race course masters runners ruled the day in the 11 miler with Jeremy Donahue taking the men's race in 1:38:55 and Meg Guy capturing the female crown in 2:03:48. In the 5 miler Tim Hill (40:28) and

Sophia Etienne (44:02 and 2<sup>nd</sup> overall) both narrowly missed the course record in taking the wins. Masters titles went to Jason Cathey (48:49) and Kelly Novarro (58:43). We had a total of 113 finishers (49 in the 11 miler and 64 in the 5 miler).

One ambitious and slightly disoriented runner even managed to (unintentionally) run the Indian Rocks loop twice so if you've been back there kudos to that!

Our crew of volunteers was fantastic this year. Thank you Alondra Moody, Pete Crowley, Tony Owens, Kathy Smith, Michael Bowling, Adam Kolatorowicz,

Kathy Nash, Michael deLisle, Rebecca Holder, David McLennan, John Storey, Tim Hill (kids run rabbit) and Chris George (water hauler boss man). Alondra and John also pitched in to sweep the course so a) nobody was left in the woods and b) all the course markings were picked up.



If you happen to be one of those folks who hasn't

checked out this great trail system at Big Ridge State Park, put it on your list as these are some of the best trails around (they are planning to expand the trail network so stay tuned). Big thanks to Keith Montgomery and the staff there for hosting us again. We'll see you there in 2024 for the lucky thirteenth running of the Dark Hollow Wallow !!!

## KTC BOARD

*Continued from page 22*

and President roles.

**Roundtable**— Tim H asked about adding more categories to RSU. Eric shared that we're part of the top 10 track clubs in America (we used to be top 2) and are comparable to Houston. Christina shared that the 55<sup>th</sup> annual VTC has 3 out of 76 volunteer spots filled. Volunteers are needed to help event run successfully. Thirty eight teams (5 from Knoxville) are registered so far with only 8 with athletes scheduled for events. Seven states are attending from

VA, NC, TN, KY, GA, OH, and AL. Zane shared that ED search has 5 candidates scheduled for first-round interviews. \$700 was used to post opening on FB and Indeed. Board will vote twice for the paid staff position once candidate is selected. Zane will notify us at April meeting who they have selected. After candidates are chosen in search committee, Executive committee would make recommendation, and present it to the board for approval and votes. Jennifer asked staff for their priorities and needs in the new ED. Staff work a lot of holidays and would like to see staff paid time and a half. Brian would like compensation committee to review holiday time and a half pay discussion

for staff and contractors. David H would also like to see healthcare options for staff and future ED using small-group policy. Karla needs volunteers for Dogwood 5K. Eric reached out to FloSport to rebroadcast track events and showcase VolTrack Classic and CHKM. This would showcase UT facilities.

At 7:08 pm, Zane moved to adjourn the board meeting. Gabe provided a second. An Executive Session was held with Board Members regarding the ED search update.

The next meeting of the KTC Board of Directors will take place on April 24, 2023 at Legacy Parks.





# NORTH BOUNDARY CREW MOVES FAST

*John Storey, race director*



On April 8, the Treadin Trodden Trails Committee continued their 2023 series with the North Boundary Traverse. The North Boundary Trail encompasses part of the old “patrol” road on the Department of Energy’s Oak Ridge Reservation and was actually patrolled on horseback for many years when Oak Ridge was the Secret City. The trail became an official greenway in the 90’s and is much used, particularly since 2020 as folks looked for outdoor activities. This past year has seen many more people out enjoying the trail. Although the North Boundary Trail itself is gravel, the late Kerry Trammel and now the Clinch Valley Trail Alliance (CVTA) have added some terrific single track over the years, which we again featured in this year’s race.



weather, with 53 half marathoners and 50 10k runners showing up. The trails in the North Boundary system drain remarkably well with the exception of the dirt road through the Horizon Center field at the start and finish.

The Kids Trail Mile ran up to an old graveyard and back, including a significant uphill on the way out and downhill on the way back. Emmet Daniels gave our rabbit Nate Helton a good warmup, finishing in a blazing 7:13, followed by Myers Slagle and Nolan Faugot. All three boys finished under 8:00! On the girls side, Cirabella McLennan led the way, followed by Kavannah Addington and Aletta Wirtz.



The 10k and Half Marathon courses covered roughly the same ground until the Half-ers started their second loop. Across the large field to the gravel road, around the quarry and up Sink-hole trail to the top. Steve Barber and daughter Emma hosted an aid station on the top part of the North Boundary Trail, a little more than four miles into the race. The runners had a fast downhill on Gallaher trail to the quarry, with 10k runners finishing (with some bonus distance) and half marathoners continuing back around. The second loop featured Boulder trail with its large boulders and a very solid climb midway up the trail. After hitting the Barber Aid Station again, Half’ers were treated to big climb around mile 11 and a fast downhill finish via Hunley Rd.

Erick Russell of Kingston overcame a long layoff due to injury to win the 10k Plus (actually 7.4 miles) under an hour with Geoff Schwaner of Oak Ridge only 17 seconds behind. Nathaniel Shelso of

Knoxville rounded out the top 3. Becky Price of Knoxville was a convincing first female and 8th overall, with Connie McCormick of Knoxville and local legend Kathy Smith of Maryville 2nd and 3rd. 51 runners finished the race.

In the Half, Roan Mountain speedster Tyrell Hughes made the trip down worthwhile with a convincing, if tight win in the Half Marathon, edging Jeremy Donahue of Knoxville, who was only eight seconds back. Michael Morrell of Heiskell rounded out the top 3. On the women’s side, Jennifer Weston of Oak Ridge was 4th overall, and 22 minutes ahead of 2nd place Malinda Honkus of Knoxville. Michelle Hillard of Knoxville was in third.

Our sponsors included Blackhorse Brewing who provide post-race refreshments, Tailwind who provided hydration during the race, and Bryan “Howie” Howington of SoKno, Cool Beans, and Flats’n’Taps, who once again donated cases of tasty oranges and bananas.

Volunteers included Race Director John Storey, Steve & Emma Barber, Rebecca & Doug Holder, Tony Owens, Michael deLisle, Kathy Smith, Pete Crowley, Tim Hill, Nate Helton, David McLennan, Adam Kolatorowicz, and Stephanie Johnson who helped mark the long course. See ya next year !!!

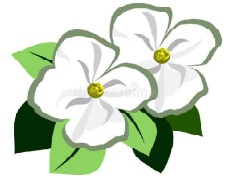
2023 brought some surprises, the biggest being a Turkey Hunt Scouting Day taking place during the race morning, resulting in the greenway being closed to all users except hunters. There had not been a Turkey Hunt in at least 5 years, so this was not expected, and caused a mad scramble Friday afternoon to contact volunteers and then participants about moving the race to the afternoon. The next day was Easter Sunday, and the following weekend was the actual Turkey Hunt, so Saturday afternoon was our only chance at having the race. Fortunately, our wonderful volunteers stepped up and changed their schedules to be there at the race, and we got about the same turnout as the year before.

The NoBo Traverse started at the Horizon Center because of parking needs. Cold rain fell off and on throughout the afternoon, but we had a great crowd, surprising for such nasty

**DON'T MISS IT...**  
Saturday, May 6, 9:00 pm  
**HANN JIVIN' IN THE DARK  
6 MILER and KIDS TRAIL  
MILE.** Be a part of East Tennessee's best trail running series. Sign up online today !!!



## SURPRISE CLEAR WEATHER FOR DOGWOOD



*Karla Gander, race director*

Race directors can't pick their race weather, but if we could, I would pick Saturday's weather every time! The 10 day forecast leading up to the Hard Knox Pizza Dogwood Classic 5k looked wet. About three days out, I stopped checking because it just got worse each time I looked. On Friday, I sent up a quick prayer, prepared for rain, and hoped for the best. Saturday dawned cool and clear: perfect race weather.



Leading the way down the Boulevard with the overall win was Scott Greeves in 16:22! Hot on his heels came Alex Morgan in 16:37 and Alex Widmer in 16:40! Elizabeth Herndon came in first overall for the females, in a lightning fast 17:39! Close behind her was Rachel McGovern in 18:45 and

Elizabeth Whelpley in 19:31.

Thank you to our title sponsor, Hard Knox Pizzeria in Bearden! They wore their Dogwood Classic shirts and made some delicious breakfast pizzas for race

participants to enjoy. We really appreciate them opening early and being so supportive of our runners! And what is a springtime race without a springtime themed award? Stanley's Greenhouse came through once again with some absolutely beautiful tomato plants for our age group award winners. If you haven't stopped by to see them, make sure to add a visit to Stanley's to your weekend agenda. They've got beautiful plants and flowers to make your yard shine this season! Tennessee Sports Medicine

Group was onsite post-race for injury assessment and post run stretching and I know lots of runners took advantage of having them there.

Races like this are possible because of the amazing running community in Knoxville and all of the runners who step up to volunteer. They keep us safe, direct us on the course, make sure we stay hydrated, and hand out the snacks! Thank you thank you thank you to all of my awesome volunteers! I couldn't do it without you! And a shout out to Stacy Hillenbrand who answered my desperate plea for a singer and did an amazing job performing the National Anthem!

I know there were a lot of runners there for their first 5k, and I hope they all had a wonderful day and a great race. My hands are still torn up and bloody from ringing cowbells at the finish, but it's worth it for people to have a great experience!

### 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](https://runsignup.com)**

# Event Schedule

May - Aug 2023

## 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
- 6 Harriman - 8:00 am. Run for A-Rare-Ness and Wiffle for a Cure
- 7 Norris - 3:00 pm. **KTC Beer Series 5 - Clinch River Brewing**
- 13 Maryville - 8:00 am. Listen for Life 5k
- 13 Norris - 8:00 am. Renaissance Run 5k
- 21 Knoxville - 3:00 pm. **KTC Beer Series 6 - Printshop Beer Co.**
- 27 Knoxville - 8:00 am. **EXPO 10k, 5k, and KIDS MILE**

## JUNE

- 10 Knoxville - 8:00 am. **SHARPS RIDGE RUNNER and KIDS TRAIL MILE**
- 10 Knoxville - 7:30 am. Peace Out 5k
- 15 Knoxville - 7:00 pm. **HAL CANFIELD MEMORIAL SOUTHSIDE MILEFEST**
- 17 Caryville - 8:00 am. Cove Lake 5k

## JULY

- 3 Knoxville - 8:00 pm. **PILOT FIREBALL CLASSIC 5k and LITTLE FIRECRACKER KIDS MILE**
- 8 Oak Ridge - 8:00 am. **HAW RIDGE TRAIL RACE and KIDS TRAIL MILE**
- 15 Alcoa - 7:00 am. **SPRINGBROOK SPLASH 10k / 5k**
- 29 Maryville - 8:00 am. Scholars Run 6k

## 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**

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