

Nov/Dec 2022

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



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encore - pg 5***

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Footnotes - pg 7***

***Marathon group
runs to begin - pg 9***

***Getting faster as
we age - pg 15***



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

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



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

BUSINESS HOURS

Monday - Thursday 10am - 8pm

Friday - Saturday 10 am - 9 pm

Sunday 12:30 pm - 6 pm



FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



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FOOTNOTES

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ROAD RACE INFO
888-217-5635

TRAIL RACE INFO
865-548-4718

YOUTH ATHLETICS
888-217-5635

WEBSITE
www.ktc.org

ON THE COVER

A trio of colorfully decked out runners from Back of the Pack Elite running club contest the Sweetwater half.

cover photo © Nick Morgan Photography
entire contents © 2022 Knoxville Track Club

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



15 tips from the RRCA

RUNNING SAFETY

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

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

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

2022 KTC Officers

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SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * November/December 2022 edition



A Message from our Club President

Brian Huskey, KTC President

Run the Club... Again!

Hello Knoxville Track Club members... and friends! We are excited to make the stories and articles from Footnotes, our award winning newsletter, available to everyone - not just members. For 30 years, we've shared news, training tips, race recaps, and numerous other features with the membership. We've decided we should really share these articles with the entire running community. For my first message, I'm going to tweak and rerun the note I wrote at the beginning of 2022...



Knoxville Marathon. RunKNOX training will help runners achieve their goals throughout the year. We'll support local athletes like those running team relays or representing the Tennessee Running Club. We'll provide operational and timing services to non-KTC races. We'll do all the behind the scenes work to maintain our status as a non-profit organization. Running the Club is all about executing well.

Grow the Club

Growing the Club is just that - adding members to the roll, increasing the number of participants at races, growing the RunKNOX training group, signing up more volunteers to support the other activities, etc. These are the incremental changes that will allow the Knoxville Track Club to have a greater impact in the community.

And here is the first call to action...

- ◆ If you aren't a member, please join the club. The membership will pay for itself through race and other local discounts!
- ◆ If you are a member, think about including your entire family when you renew your membership.
- ◆ Invite a friend to join you at a race.
- ◆ Want to run more or faster? Sign-up for a RunKNOX training cycle and get coaching expertise, group accountability, and a great support community.
- ◆ If your organization doesn't par-

ticipate in the Covenant Health Knoxville Marathon's Fittest Company or School Challenges, reach out and let's get connected.

- ◆ Spread the word about KTC activities - like, share, retweet on social media.
- ◆ Did you have a great experience at another race or receive cool swag? Let us know what things get you excited about participating.
- ◆ Are you a student or someone who needs volunteer hours? Sign-up to be a course monitor or to work a water stop.

Transform the Club

Transforming the Club is the most exciting area, but also potentially the most difficult. These are the activities where the Knoxville Track Club tries something new. For us, we are still trying to figure out what this might be. Is it developing a deep partnership with another organization that has similar goals? Is it a capital project like building a community track? Or working with the University of Tennessee to support the Track and Field team? What can we do to fulfill our mission of encouraging life-long physical well-being through running and walking? How do we enable our vision of "Healthy living, healthy community - one step at a time?" How do we give back to the community?

The second call to action...

Let us know your thoughts on a big goal for the Knoxville Track Club. Think your organization would be a good fit as a partner? Reach out!

With an amazing 60 year history, the Knoxville Track Club has a tremendous foundation to build upon. I'm excited to see how it grows and transforms in the future!

The Knoxville Track Club continues to put on races, support local athletes, volunteer, and do all the other things that support our mission to encourage life-long physical well-being through running and walking as we try to realize our vision of "Healthy living, healthy community - one step at a time."

Towards those ends, I will be challenging the staff, the board of directors, our members and friends, to help us achieve those goals. One way to think about an organization is by dividing its activities into three areas: Run the Business, Grow the Business, and Transform the Business. For us, we'll tweak those labels, but the principles apply.

Run the Club

Running the Club is about the core activities and all the things that come to mind when you think of the KTC. We'll put on road and trail races - including our premier event the Covenant Health



Wrapping Up 2022 in Style

*David Black, Executive Director
Knoxville Track Club*



What a great year it has been for the Knoxville Track Club. The year started on the tail end of the pandemic and Omicron scare. As things seemed to be trending to normal, Mother Nature decided to throw a curve ball. The week leading up to the Strawberry Plains Half Marathon the temperatures were dropping and predicted race day temps around zero, with the “feels-like” even lower. Extra precaution was made but overnight before the race brought snow and ice along the race route. The event had to be cancelled in order to keep everyone safe.

Jumping forward to June Mother Nature had another trick up her sleeve. Ultimately the Hal Canfield Memorial Milefest had to be postponed due to dangerously hot temperatures. The race was moved to a Saturday morning and luckily the temps were more favorable.

Overall we have had a truly amazing year. Like any year, there have been speed bumps but many things to celebrate during the 60th anniversary of the KTC including the record setting Townsend event during its 46th year.

But it's not over yet. We have two amazing trail races left, including our longest trail distance, the Norris Ultra Dam Hard 50k. This also has 25k and 5k options. The Dirty South Half Marathon and 10k will round out the season in December.

The Norris race lives up to its “Ultra Dam Hard” name, but what a great experience. Located on beautiful trails by Norris lake, participants will enjoy some great scenery while pushing them-

selves. Got a friend or family member doing the 25k or 50k but you aren't quite up to the distance? The 5k option will still provide some great scenery on a challenging course.

The Dirty South event features the Urban Wilderness in South Knoxville. This wooded escape is just minutes from downtown Knoxville and truly is a special place that we're blessed to have so close to the city center.

For the road side we have the great holiday tradition Regal Turkey Trot 5k on Thanksgiving morning. This is one of the flattest courses for the KTC. Starting and finishing at the Mill and Mine by the Old City, the course runs up Gay Street, cuts over and crosses the Henley Street Bridget to the South side. Runners then take Blount Avenue and turn left by the Regal headquarters onto Gay Street. There is something special about running Gay Street through our beautiful city. This is an amazing experience for all involved. If you haven't done this yet, we encourage you to join us for what will likely become a yearly tradition.

In December, take it to the foothills of the Smoky Mountains, as we round out the year with the Pigeon Forge Half Marathon and 5k. This is another one that if you know, you know there's something special about this event. The

race features many miles on the Pigeon Forge Greenway along the West Prong Little Pigeon River. There is one tough hill along the route, but participants are rewarded with panoramic views of the Great Smoky Mountains from the beautiful Cal Ripken Experience. The 2021 edition provided the best race photos we have ever seen with an amazing mountain sunrise as the backdrop.

A special note of thanks to Michael deLisle, who has been editing the Footnotes Magazine for thirty years. Michael has done an amazing job with

this award winning publication for three decades. While Footnotes is evolving to a new format, he'll still be highly involved in delivering this great content.

Join the KTC at one of the four remaining 2022 races:

- ◆ Nov 4 - Norris Dam Hard Trail Race
- ◆ Nov 24 - Regal Turkey Trot
- ◆ Dec 4 - Dirty South Trail Race
- ◆ Dec 10 - Pigeon Forge Half / 5k

Also, mark your calendar to join us at the following:

- ◆ Nov 19 - RunKNOX 10 Year Anniversary Party Saturday November 19 at Albright Grove Brewing Company on Sutherland Avenue.
- ◆ Dec 14 - KTC Holiday party at The Mill and Mine. This is a great time as we celebrate our key volunteers for the 2022 year. Hope to see you there !!!

REACH OUT TO KTC!

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MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



An All Star Cast

Okay, so it's been thirty years since I started this "job." Thirty. Exactly. Can't think of too many other things I've done for thirty years. It's kind of a long time. Things have changed a lot over that period of time.

Like the rotating cast of characters who've put pen to paper or fingers to keyboard in the process of contributing articles, stories, essays to this publication we still call Footnotes. Articles and stories mostly about running, but not always. I'm the biggest offender, frequently abusing the bully pulpit to rant and rave about all kinds of things, issue after issue. Sometimes it's been hard to do, sometimes easy. This issue will be easy — except it's gonna take a while, cuz I'm gonna try to salute at least the most illustrious of the brilliant writers who've made Footnotes my labor of love, as well as the ticking heart of the track club for all these many years.

To start with, hats off to the only other KTC member who's done this writing gig as long as I have. Longer, in fact. When I started in 1992, Bob Godwin, a youngster in his 40s and an excellent cyclist and runner, was already penning his Biking With Bob column. And he's still at it, employing his sharp eye, keen wit, and kind soul to describe the world as seen from two wheels. A biking column in a running magazine? Sure. It's fitness, too, and something we all did as kids and many of us still enjoy doing. Thanks, Robert. May you keep rolling down the road.

The editor from whom I inherited this job was Jonas Holdeman. Long gone from Knoxville, teaching and coaching in West Tennessee and Virginia, his sphere of influence still lights

up each year's Big South Fork Trail Race, which he co-directed with Bobby Glenn at its inception, and has contributed colorful and conversation-inducing designs for each of the 29 years of this grand old race.

But it wasn't just Jonas who passed the helm my way. Donnie Baldock was the tech whiz who taught me the basics of computer graphic design and layout, guiding me through the first few issues before also leaving KTown for Memphis, where he still runs and raises big bucks for St. Judes. Helluva guy.

And then there's the man to whom no one mastered the art of saying no. Longtime KTC Executive Director Allan Morgan took me for a run through Sequoyah Hills in the summer of '92 and surprised me while in the throes of oxygen deprivation by asking if I wanted to become editor of the club newsletter. Startled, I opened my mouth, intending to graciously refuse, and instead heard my breathless reply agreeing to do it. Allan's leadership of the club for some seventeen years took us through the most rapid period of growth and development this club has ever seen, and his writing over the years helped chronicle those changes. To this day, the club owes Allan a major debt of gratitude.

During my 30+ year involvement with KTC, we've had several Executive Directors, including Kristy Altman, Betty Schohl, Bobby Glenn, and our current ED, David Black, all of whom contributed an article every issue. As for club Presidents, there have been upwards of a dozen who have also submitted bimonthly articles. Every one of the directors has been a reasonably skilled communicator and com-

posed thoughtful, informative pieces to the magazine. It would be nice to say that all of our esteemed leaders were also punctual, for in the majority of cases, this would be true. But through the years, the individuals whose articles needed to be chased down were almost exclusively those in the leadership positions, generating some of the more frustrating moments I've experienced.

Also chronically late were various race directors. It's possible they haven't always had it explained to them that part of their job includes writing a postrace recap for Footnotes, but regardless, I've had to spend too much time reaching out with emails, texts, Facebook messages, and phone calls, beseeching recalcitrant RDs to do the final, apparently distasteful, piece of the broad scoped job they've agreed to.

Other, usually longterm, race directors have simplified that task by submitting basically the same writeup each year, just plugging in a few details about the weather, volunteers, sponsors, and results of the race. Not sure they realize that I recognize their shortcuts, but I appreciate their efforts nonetheless.

A loosely confederated group of writers has, though their disjointed efforts, made this job quite fun (as opposed to the ulcer-inducing task of chasing down overdue submissions as the deadline approaches and often passes.) We've been blessed over the year with just a few of these talented humorists, most notably Sherman Ames and Randall Pierce, whose contributions ranged from satirical to sublimely and subtly funny to ridiculously uproarious.

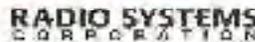
**** continued on page 15 ****



Covenant Health Knoxville Marathon



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



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

COVENANT HEALTH KNOXVILLE MARATHON

MARATHON GROUP RUNS SET TO BEGIN

Jason Altman, Director, Covenant Health Knoxville Marathon

Now that we are in the last couple months of 2022, it can only mean one thing. Training for the 2023 Covenant Health Knoxville Marathon is just around the corner!

This year's training group runs will be sponsored by Eddie's Health Shoppe and ZenEvo

Dark Chocolate. With the support from these businesses owned by Eddie Reymond, we will provide the group runs free of charge while providing water, sports drinks, and post-run food. While a few of the training runs will start from one of Eddie's business locations (including the downtown Health Shoppe!), we will also meet at other locations around town, including Runners Market, New Balance Knoxville, Fleet Feet Knoxville, The Long Run, and Tennessee Sports Medicine Group. We will kick-off the group runs for marathoners on Saturday, December 3, at 8 am at Eddie's Health Shoppe in the Suburban Plaza Shopping Center. While the half marathon group run schedule doesn't officially begin until January, we still would

encourage any half marathoner who wants to log a few miles with the

company of more than 100 other walkers and runners to join us!

As you may recall, we opened registration in May. Registration numbers have been solid! I believe that the excitement about the 19th CHKM will keep registration numbers growing, and we

will end up with a great turnout come March 29. Don't forget; our next price increase is December 1, so be sure and register by November 30 to save up to \$10 on your event.

It's not too early to mark your calendar for our Covenant Kids Run Kickoff at Zoo Knoxville. This coming year's Kickoff will be Saturday, February 4. Children will log their first mile of their two-month 26.2 mile journey at the Zoo that day. They will then receive a mileage log where they can log the remaining miles until ultimately finishing their remaining mileage on April 1 at the Covenant Kids Run!

If you happen to be doing a fall

marathon or half marathon, be on the lookout for us! We will take our marketing campaign to several expos in the region including Dayton, Columbus, Indianapolis, and Kiawah. Locally, we will be at several area company health fairs. Be sure and say hi if you see us at one of those expos!

Speaking of companies, our Fittest Company Challenge Luncheon will be held on Tuesday, November 15, at ORNL FCU. This luncheon is a great opportunity for wellness directors, human resource managers, or other company leaders to learn more about the Challenge and take away ideas to encourage employees to participate in the 2023 CHKM. For

more information, please reach out to me via email at knoxvillemarathon@gmail.com

Looking to volunteer in a larger capacity for the Covenant Health Knoxville Marathon? I am currently recruiting committee captains to serve as key volunteers for the 2023 event. Some of the positions even allow you to run one of the races! If interested, please contact me at the above email for more information.



YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson

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

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

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

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

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

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

Any additional businesses offering KTC discounts? Please contact us



Eddie's Health Shoppe
<https://eddieshealthshoppe.com>
Knoxville Acupuncture LLC
<https://knoxvilleacupuncture.com>
Holly's Gourmets Market
<https://gourmetsmarketandcafe.com>
Knoxville Track Club Road Races
<http://www.ktc.org/Events.html>
M6 Strength and Conditioning
<https://www.m6knoxville.com>
The Long Run
<https://thelongrun865.com>
Personal Best Racing
<https://personalbesttracing.com>
(use **kct10** for 10% discount)
RunKNOX
<http://www.ktc.org/RunKNOX.html>
Runners Market
<http://www.runnersmarket.com>
Swim and Tri
<https://www.swimandtri.com>
This Little Scissor
<https://thislittlescissor.com>
New Balance Knoxville
<http://stores.newbalance.com/knoxvildefault.aspx>
Endurance Sports Management
<https://www.endurancesportsmanagement.com>



Have you changed your email address or mailing address?

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

Please send your updates to knoxtrackmembership@gmail.com so that revisions can be made to the KTC Membership List.



Scott Schmidt, RunKNOX director

In an attempt to reach a broader audience, the Knoxville Track Club has decided to retire its traditional bimonthly members-only *Footnotes* magazine and will now share content openly via social media. For those of us who have been submitting articles for years (and frankly running out of material) this serves as a fresh start. I apologize to the few readers who've religiously read the RunKNOX column over those many years as you're about to hear all the old stories again. For the new readers, let me introduce you to RunKNOX!

<https://runknox.trainingtiltapp.com>

In 2012 Coach Darren Brown piloted a training program under the KTC Leadership of Kristy Altman that stemmed from the Rogue Training System that he worked with in Austin, Texas. The goal was to educate and

integrate both novice and seasoned runners into a proper, structured training program.

RunKNOX believes that every level of runner can benefit from focused, goal-oriented training. We challenge our athletes (yes you are all athletes) to train in a consistent and effective manner that leads to healthy progress over time and develops a lifelong love of the sport.

We understand that every bar, brewery, and shoe store in town offers a free social run. We love the fact that on any given day we can find fantastic people to run with, but these standalone runs don't foster long-term development or generate lasting



lifestyle changes.

Our program is different in that we provide a fully periodized training program. We teach that every run has a purpose. Our workouts aren't random. Every mile (speed, tempo, hills, easy, long) is prescribed in a specific format to develop the physiological components necessary to improve running performance. We stack days, weeks, months, and years of running to literally transform our bodies inside and out to make ourselves stronger runners.

RunKNOX is deeply rooted in creating community. We want to build a social running experience where the team supports each individual's goals. We show up not only because we need to do the work, but because our teammates are counting on us to be there. The level of accountability is higher, and it builds a greater sense of camaraderie.

We acknowledge that in order to be a better runner we need to run more, but we also understand that we must find balance in our lives, therefore we prescribe a healthy mix of cross training and strength training and we partner with other experts in the community such as Cobra Wellness, Prime IV Hydration and Wellness, Blue Ridge Yoga, and The Long Run to offer our athletes special access to services that support their long-term development.

If you're interested in learning more about RunKNOX, explore our website or send us an email.

Other KTC Group Runs

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

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

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

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

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

Treadin' Trodden Trails

Michael deLisle
KTC Trail Series Director

20th Year of KTC Trail Racing

I've told the story before in these pages about sitting down with Marty Sonnenfeldt in late 2003 after a board meeting and roughing out plans for an offroad running series. Grown from humble beginnings of six short trail and cross country races spread over a seven month period to an annual slate of monthly soirees with multiple distance options in wooded locations both local and faroff, the Knoxville Track Club's trail series is second to none. And our upcoming season will be in celebration of our 20th year of outrageous outdoor fun.

As detailed on page 13 of this issue, we recently nailed down the specifics of our 2023 schedule, but haven't yet added all the embellishments with which we hope to celebrate the anniversary. It's our hope that the trail running community, and the running community at large, will join the fun and help us in our celebratory year of trail racing.

As we almost always do, we'll open the 2023 season in mid-January with a short romp through the woods behind Maryville College at the Wanderers Trail Race. With Kathy Smith once again at the helm, this kickoff 5k event will get things rolling.

For the last few years, our February offering has been held in conjunction with our compadres on the road racing side of the club, as we journey to a lakeside locale outside Paint Rock TN

for the annual Whitestone event. The 30k road race has been going on for many years, while this will be the fifth year we've staged a 30k trail race and relay on the grounds and the woods adjacent to the stately Whitestone Inn. TTT committee stalwarts Tony Owens and Chris George will direct the trail and road races, respectively. Should be a ton of fun!

In March, we'll make our annual journey to Big Ridge State Park near Maynardville for the 12th annual Dark Hollow Wallow. Veteran RD Bobby Glenn always ensures a fun romp in the woods, with a hill or two tossed in for good measure.

On April 8, we'll run a trail half marathon and 10k on the first trails I ever explored in East Tennessee, at the North Boundary Greenway west of Oak Ridge. Big John Storey will be in charge of the springtime festivities.

We're more than excited to announce our first night race in a while, which will take place on the evening of May 6 in the Urban Wilderness on the trail system near Anderson Head Start off Chapman Highway in beautiful South Knoxville. And lest I forget, we will, of course, offer another of our rousing Kids Trail Mile races at this and most of our other 2023 races. Details appear on the schedule on the next page. The kiddos' night race will start at dusk, while the big people head into the woods in full darkness. Headlamps required.

Our June race will tour the delightful trails up on Sharps Ridge, most likely replicating the dual course options from this past year. Good hill workout and fabulous scenery.

The venerated Haw Ridge Trail Race takes its rightful midsummer spot on the calendar, with Pete Crowley heading up the TTT crew putting together this great hot weather seven-mile sprint around the peninsula. There may be a hill involved.

We'll return to the new sections of Concord Park in mid-August, with race director Stephanie Johnson in charge of the early morning fun. Course will be similar to 2022 but ya never know what new trail shenanigans the AMBC crew might lay out between now and then.

Biggest oddity of the 2023 schedule emanates from the all too crowded October schedule. Thus Fort Dickerson moves from mid-October to Labor Day Weekend, to be followed four weeks later by the grandfather of East Tennessee trail racing, the Big South Fork Trail Races on September 30. This actually spaces our races out better, even though the calendar says we'll have two events in September and none in October this time around. Veteran race directors Michael deLisle (Fort Dickerson) and Bobby Glenn (BSF) will make sure of ample challenges and rewards at both.

We'll celebrate the end of Daylight Savings Time up at Norris Dam State Park in November 2023 by staging the Ultra Dam Hard 50k/25k/5k triumverate. The Holders have directed this one for several years and will be there once again to steward the day's delights.

We'll wind up our anniversary year circling the Urban Wilderness once again in December at the Dirty South Half Marathon/10k. Kids get to play, too.

So there it is. 2023. Hard to believe it's almost here. But we're stoked about it, and hope that more of y'all than ever before come on out and join the fun. See you on the trails !!!



2022-23 TRAIL RACE SCHEDULE

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 5, 2022, 8:00 am. 50k, 25k, and 5k. Norris Dam State Park, Norris.

DIRTY SOUTH TRAIL HALF MARATHON — Sunday, December 4, 2022, 9:00 am. Half Marathon and 10k PLUS Kids Trail Mile*. Mead's Quarry, Ijams Nature Center, Knoxville.

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

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

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

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

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

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

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

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

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

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

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

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

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

Knoxville Track Club thanks

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10847 Hardin Valley Rd
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865-896-3760



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

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Getting Faster With Age

by Whitney Heins

Can you get faster as a masters runner? Yes! Yes, you can but you must pay attention to the “little things” to stay healthy & strong. These little actions can help counteract the natural declines in tissue elasticity, muscle mass, & mobility.

They are things all smart runners do but are more important than ever when running over 40+.

Here are some tips to help you get faster with age (& stay healthy!)

Never skip the warm-up’. Take 5 minutes to do some dynamic stretching and about 10 minutes of easy run-

ning before picking up the pace.

Run easy on easy days. Be sure you amplify your recovery by running at a conversational pace for about 80 percent of your weekly running volume.



Do quality over quantity.

That other 20 percent should be faster running. If you don’t use your speed, you will lose it. Run strides, hills, tempos, intervals, race pace, etc. Be open to cross-training on recovery days for less stress on your body.

Strength train. Twice a week on high-intensity run days, lift heavy

weights that you can only lift a few reps. Incorporate plyometrics, core, and mobility work into your strength training.

Fuel well. Be sure to eat around your runs, upping your protein, collagen, calcium, and vitamins C and D.

Wear the right shoes. Keep track of your running shoe mileage (most wear out between 300-500 miles) & wear recovery shoes like OOFs when not running.

Take regular rest days. This is when your body can fully recover & rest. Do yoga, foam roll, stretch, or just chill.

SLEEP! Aim to get at least 7 hours a night to allow your body to build back up from the damage you did that day.

Have a support team. Have a PT, massage therapist, doctor, etc. who works with runners for maintenance and to call if you have any pains pop up.

CELEBRATE! Running is hard work - even for young whipper snappers! So, celebrate how awesome you are!’

Thirty Years

*** continued from page 7 ***

It was always a treat to watch their uniquely ascerbic words appear onscreen and end up (at least for many years) on the printed page.

We’ve also enjoyed the earnest efforts of many speed merchants over the years. Articles like *The Faster Master*, penned by a number of quickfooted forty plussers, and *Mac on Track* (early efforts from noted coach Greg MacMillen when he lived and trained here) offered glimpses into the painful and sweaty world of speedwork and hard training. After all, we are a track club and we primarily put on races, and races ARE about running fast, right?

The musings and technical explorations of a whole stable of speedsters for years formed part of the backbone of Footnotes and has been something I’ve frankly missed over the past few years.

I held the lofty goal when I began this column of saluting nearly everyone who’s contributed to this august publication, but I’m realizing that in thirty years, there’s probably been a hundred or more, and without days of research and many additional text-rich, eye-glazing pages tagged onto this overlate issue, that’s not going to be possible.

Thus I’m forced to close with a broad statement of gratitude and love, directed at the marvelous stable of writers who’ve made this job largely a labor of love for a staggering three decades.

And being both editor and columnist (penning an article or two in each of these 180 issues) of a running magazine has blended multiple loves nurtured over the course of my years. I wrote my first “book” at age five, edited the school newspaper in second grade and throughout junior high school, and even written a number of unpublished novels. Throughout most of my life I have also been a runner, interscholastically and as an adult. Even during these late years when I’m not able to do more than walk and hike, it still forms a big part of my identity. I’ve been lucky to combine these two loves in a format that has earned me far more than a few dollars. It’s been one of the most satisfying things I’ve ever done. Thanks for the opportunity, the readership, and the support. It’s been a great run.

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Biking With Bob

by Bob Godwin



Fun Florida Adventures

Off to Florida, but not in our SUV, which was totaled in an accident the week before departure. I was the sole occupant and escaped serious injury thanks to seat belt, airbags, and good luck. We drove the Hyundai sedan which sits much lower than the SUV, which will prove important later.

First on the agenda was a visit with my cousin Becky who lives in Venice, on the Gulf Coast, joined by my other cousin, Mike, from Indiana, for two days of delightful company. We are the remaining three cousins of five, having lost two in the past year and a half. We have not bet on who's next.

Then 80 miles north to a “mom and pop” motel in Indian Rocks Beach which we have stayed at for years. We unpacked, settled in, and I enjoyed a bike ride on the level roads in delightfully warm and sunny weather.

The next afternoon, however, we were summarily ousted by the police in a mandatory evacuation due to the fearsome Hurricane Ian sauntering up the Gulf, expected to make land-fall right over us. A call to Becky seeking temporary lodging was accepted, and we repacked and headed 80 miles south again.

The next day was beautiful with the only disappointment being a fail-

ure to spot the alligator in the small lake behind her house. It is reportedly about four feet long, but you couldn't prove it by us.

The following day brought some wind, and that night brought the hurricane we fled. It found us and raged all night long with 105 mph wind and torrents of rain. No real damage to the house, but we lost power the afternoon before its arrival. We had adequate flashlights and amused ourselves with a 1000 piece jigsaw puzzle. We charged our cellphones by running the car.

Fortunately, Becky suffered only damage to plants and a slightly flooded garage. But the street was now a river, complete with fish and a snake—too deep to drive in. We were unable to leave for two more days.

At last we said goodbye and left on the 70 mile trip back up to Treasure Island where our second week was scheduled. Little did we know that accessing I-75 involved 2.5 miles on a road covered with water. Though it was deep enough to cover my exhaust in spots, we made it!

The folks at our timeshare were happy to see us and we settled in for a week of rest and relaxation and the continuation of our search for the best Cuban sandwich in Florida.

Although the following Saturday we had to vacate our efficiency by 11:00am, we had use of the common areas and settled in to watch UT destroy LSU, before heading north to home sweet home. At this writing, we have bedecked ourselves in orange and white as we await the Alabama Tide. (I'm old enough to remember the last time we beat them!) Go Big Orange!



new balance

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2022 Trail Series Grand Prix Standings Point Totals - through Fort Dickerson



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Wesley Crane	300	Monica Chapman	495	David McLennan	785	Meg Guy	680
Blake Wahlert	270	Elizabeth Neely	395	Matt Stegall	500	Jen Shaffer	350
Eric Cannon	260	Jaclyn Noshay	390	Jim Bishop	400	Jill McNeal	300
Nathan Helton	260	Jessica Tucker	330	Adam Kolatorowicz	350	Malinda Honkus	200
Tim Hill	230	Sarah Crowley	230	Jamie McCart	290	Alahna Jansen	230
Alex Zirakparvar	210	Jessica Sheah	220	Marcus Steward	280	Sonja Hurt	210
Jackson Slagle	170	Olivia Pfeifer	200	Kevin Brown	240	Connie McCormick	190
Lance Cundy	160	Megan Von Bergen	180	Joshua Scott	220	Kelly Novarro	190
Micah Morgan	160	Kaelin Porter	180	Jared Lawrence	220	Kyra Donnell	160
Joshua Melton	150	Maci Brede	160	Jason Cathey	210	Angelina Borisov	130
Robert Taylor Jr.	150	Sophia Etienne	150	Scott Schmidt	170	Alondra Moody	120
Kevin Ellison	140	Christina Adkins	135	Jeff Hackler	170	Becky Ray	120
Scott Thomas	140	Kelly Fox	120	Mark Hall	105	Mary Patterson	120
Matthew Williams	110	Lora Doherty	115	Ron Wireman	100	Amy Jones	100
McCloy/Hall/Cathey	100	Laura Parkison	110	Steven Campbell	100	Jennifer Weston	100
Gupton/Swagey	100	Sarah Hopkins	105	J. Barnwell/J. Bailey	100	E. Bradford/K. Smith	95

KTC Road Race Grand Prix through Sweetwater

Jerry Schohl, keeper of the points

MALE

Matt Stegall	71
David Johnson	61
Brent Bueche	54
Ethan Coffey	53
Ron Watzke	49
Ken Sirois	47
Jeff Colfer	45
Cian Bell	43
Darren Driscoll	41
Chris Davis	40
Sam Plemons	38
Chase Givens	37
Paul Horton	36
Seth Crum	35
Travis Wilson	35
Ron Wireman	35
Joshua Mower	32
Steven Campbell	32
Doug Singh	31
Hal Bibee	28

TEAMS

Zen Evo / Long Run	1163
Team Runners Market	1146
Team Really	173
RunKNOX	90
Scruffy City Endurance	46
Back of the Pack Elite	45
KTC Socialites	37
Carter Sports	36
East Coast Adventures	35
Two teams tied with	28



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

FEMALE

Elizabeth Herndon	65
Shirley Sirois	59
Kathy Wolski	56
Jennifer Weston	52
Angela Sellers	48
Jennifer Singh	48
Marsha Morton	42
Marian Schmidt	41
Stacy Clower	36
Jennifer Moore	36
Gina Rouse	35
Angelina Borisov	34
Bekah White	34
Andee Swann	33
Kyoko Yamamoto	30
Becky Tener	29
Constance Bailey	27
Maci Brede	27
Jennifer McKelvey	26
Kathy Nash	25



TRI-BAL KNOWLEDGE

Fulfilling a Lifelong Dream

by *Larry Brede*



As a kid growing up on Oahu, I was fortunate enough to experience the joys of ocean swimming and tropical running. I was 15-years old when I completed my first triathlon in 1982, the same year Ironman exploded on the national sports scene. At that time, I set a goal to compete in an Ironman competition. Time progressed and I continued to compete in all kinds of multisport events, including triathlon. The sport continued to grow, and where there was only a single Ironman event in Kona, Hawaii 40 years ago, it grew into multiple events worldwide. Kona now hosts the Ironman World Championships, and to compete at that venue athletes must earn a slot by finishing in the top 1 or 2 in their age group at one of those other events.



About ten years ago external commitments reduced to the point where I had the time and energy to commit to working for one of those slots. Last year, during my eighth “go” at that distance, and my fourth really trying to qualify, I was lucky enough to gain a slot to the 2022 Ironman World Championship. That was in October, and we immediately signed up and committed to race.

Unfortunately, I had a significant knee injury in November with corrective surgery in December (success thanks to Dr. Chris Shaver). A couple months on crutches later and I could

walk but spent months chasing issues all around my lower body. Thankfully Justin Loss worked his Physical Therapy magic on me for months, and I had a month of pain-free running prior to race day.

My wife, Sarah, and I arrived in Kona a week prior to race day. Though I grew up in Hawaii, I didn't really spend any time on the west side of the Big Island, so we spent days just being tourists. We visited a green sand beach, Kilauea volcano, some family, and swam in lava tubes. Super fun! The Ironman event is split into two days now, with women racing Thursday and men racing Saturday. This split allowed Sarah and me to work the finish line at the women's event, which was fantastic as well. We saw the top women Ironmen competitors in the world cross the line! They're incredible.

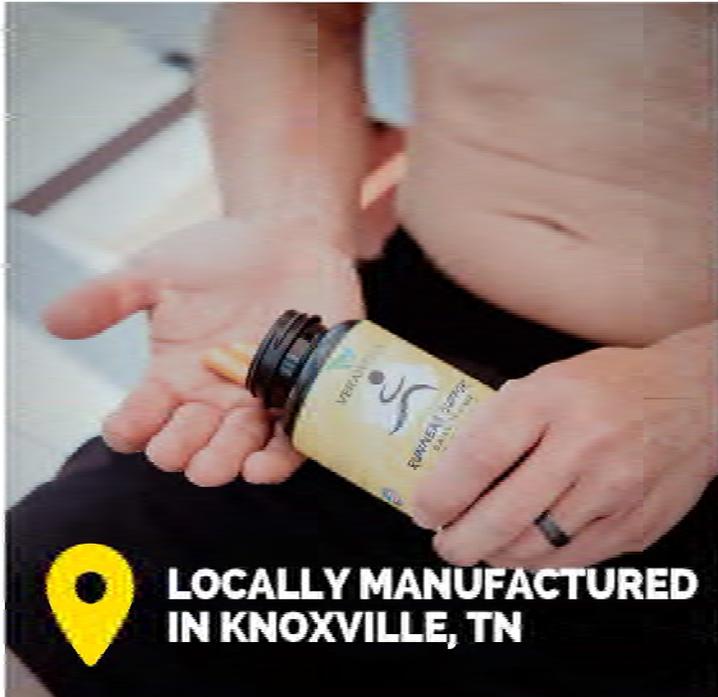
My friend and teammate Bill Beecher also competed this year. Saturday morning, we got to the race venue early and were able to spend over an hour together before the gun went off. The Pro heat went off at 6:25, with various age groups in a rolling start afterwards. Bill was off at 7:20 and my group started at 7:35.

The 2.4-mile swim was great! I've been able to swim even since right after surgery, grew up doing open water ocean swims, and have been doing miles at the Concord Cove all summer. The result – an enjoyable hour and change plopping around the Pacific. I took my time in transition rinsing salt water off and hydrating, then was off on the 112-mile bike. Though I'd biked quite a bit over the summer, this one was quite a challenge. The route was surprisingly hilly, and the lava fields are very exposed, so the sun baking down and high humidity ummm...sucked! Finished about a mile-an-hour slower than I'd anticipated, but that was fine.

Then it was off on the run. With my injury/recovery, I hadn't had any ability to train for the run and had zero expectations coming into this event. My joints didn't hurt at all, but the lack of leg muscle resulted in a bunch of walking and an extremely slow (5:45) marathon. Totally irrelevant though as the physical pain was seriously outweighed by the emotional joy of just competing in Kona. I crossed the finish line right at 13 hours, after my daughters and parents arrived in Kona and were able to watch me cross. Though this was over three hours slower than my Ironman PR, it was the best feeling ever. After forty years, it's fantastic to have completed a childhood dream! My 9th and final Ironman was the happiest of them all!



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KTC BOARD OF DIRECTORS

Minutes of August 2022 Meeting

AUGUST 22, 2022

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

Minutes – The July minutes were presented. Keith moved to approve; Gabe provided a second. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report— Sweetwater Marathon resulted in an increase of \$160,000 in property taxes due to a developer visiting the city for his daughter’s marathon.

Treasurer’s Report—Follow up

needed with Trust Company regarding accounts.

Marathon Director’s Report— Numbers of participants are climbing. RD will be able to travel for marketing. Boys and girls club meeting open to staff on Aug 31 at 1pm.



Event Manager Report
- Follow up needed for SWAT on RRC side of KTC

Trail Committee/ Footnotes—2nd rabbit needed for trail races. Kid lost at Concord Trail. Footnotes will still post on pdf via RSU membership email and evolve into more live content on social media pages for the public to access.

Website/Communications Committee— no further discussion

The reports were presented as a consent agenda. There were a few questions. Jason moved to approve the reports

as presented; Eric provided a second. Reports were approved unanimously.

Roundtable

David H said we need to move forward with the triathlon club. Jason A asked if Danielle was good to go for cross country meets that start this week. He also mentioned KTC needs to follow up on the maintenance of our local greenway mile markers. KTC will ask the membership for volunteers to report damage of mile markers and help with the maintenance. More signage or maps needed to direct people to destinations along greenway. Brian brought up the year end party and need to look at board members rolling off. Will meet to discuss when to push out the BOD applications.

At 6:27pm, Pam moved to adjourn the board meeting. Gabe provided a second. The board adjourned.

Next Board Meeting September 26, 2022 Legacy Parks

KTC VOLUNTEERS NEEDED

- Nov 5 Norris Ultra Dam Hard Trail Race 50k / 25k / 5k
- Nov 24 Regal Entertainment Turkey Trot 5k / Little Gobblers Run
- Dec 4 Dirty South Trail Races Half Marathon / 10k / Kids Trail Mile
- Dec 10 Pigeon Forge Half Marathon / Relay / 5k
- Jan 1 New Year’s Day 5k
- Jan 15 Wanderers Trail Race and Kids Trail Mile
- Jan 28 Strawberry Plains Half Marathon / 10k

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE

KTC BOARD OF DIRECTORS

Minutes of September 2022 Meeting

SEPTEMBER 26, 2022

The meeting was called to order by Brian Huskey at 6:04 pm. In attendance were Christina Adkins, C. John Chavis, Gabrielle Cline, Karla Gander, Pam Haggard, Zane Hagy, Jennifer Moore, Suzanne Oliver, Matt Stegall. David Black, Kathy, Nash, and Stephanie Bailey attended as guests.

Minutes – The August minutes were presented. Jennifer moved to approve; Gabe provided a second. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report— RunKNOX is celebrating their 10th year and currently hiring a new coach. Timing equipment has been checked, repaired, and replaced. Three people are interested in helping with timing to help out current timers. Brian wants to ensure ongoing timing management with our people, process, and equipment since it represents KTC.

Treasurer's Report — No further discussion.

Marathon Director's Report— Need to see final totals for the year in each report.

Event Manager and Youth Development Report — Brief discussion regarding Sweetwater numbers: Were they down due to the lack of a fall marathon? Or because of the UT bye week/Fall Break? Or the 40+ other races in October? What are we doing to attract and retain participants? A new school contacted KTC about starting a youth program. They were offered free kids entries for the Turkey Trot.



Trail Committee/Footnotes — Brian asked how they plan on boosting participation numbers.

Website/Communications Committee — Zane shared that the Run for Eliza posts had a reach of 300K+. David B said the comments were very inspirational in how they planned to join in on the 3.4 mile run in Eliza's memory. Kathy shared that her group will sign up for a 5k if there is a medal. Karla said the Back of the Pack would run for bling, too. Christina asked about the next Footnotes issue: How will it be dispersed online? Zane said they will be pieced out more using Mail Chimp platform. It'll be the same content, but processed differently. It'll be pushed out to the public and not just the membership.

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

Greenway Maintenance — A local runner tripped on sidewalk of greenway and broke her jaw. She'd like to use neon paint to mark uneven points on greenway. Stephanie said greenway ambassadors are supposed to check in with the greenway committee chairman whenever they see an issue to process its repair. KTC could make a social post regarding greenway repairs needed. Gabe asked if a form could be automated to share on our KTC pages. David said we could have the public volunteer to join the greenway committee as an ambassador.

Roundtable

Stephanie asked for the hurricane to move away from Sweetwater. Volunteers are needed for Sweetwater.

At 6:35pm, Zane moved to adjourn the board meeting. Pam provided a second.

Executive Session with Board Members: Executive Session held.

Next KTC Board Meeting will be held October 24, 2022 at the offices of Legacy Parks.

VOLUNTEERS!

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SO MUCH MORE AT KTC'S TOWNSEND 15k / 10k

Sally Joines, race director

As a runner, when choosing what races in which to participate, I think about the scenery in the miles ahead, the energy of fellow participants and the fun race swag. As a Race Director, I think about these things even more, hoping that we can exceed the expectations of participants and have them leave with more than just a 'been there/done that/got the tshirt' experience.

The 46th running of the Townsend 15k was welcomed by great temperatures and 205 participants who completed the courses. This year the 10k route followed the same course as the 15k, giving those runners a lot of extra peer support and beautiful scenery, while the 15k runners enjoyed the same course plus a couple more miles on the beautiful backroads of Townsend.

In the 10k, the Male Overall winner

was David Santoski, finishing in 40:44. The Female Overall titlist, with a finishing time of 52:46, was Annika Brashear.



In the 15k, Seth Koloss earned first place finish with a time of 49:57 and Gina Rouse secured first place female, racing to a 55:38 clocking. For a complete listing of results, please see the KTC website.

Like all KTC events, we could not have done this without our most wonderful sponsors. In particular, the Abbey has graciously opened their doors for us, providing the perfect spot for race day! If you've not been there, you are missing out! They are almost done with some amazing outdoor spaces that will make your next trip to Townsend complete! In addition, we want to thank other sponsors who supported us, including Pilot, B-Dry Towel, Townsend Strategy, Tennessee Sports Medicine, WBIR, Little River Campground and It's Not The Coffee.

No race recap would be complete without giving a huge shout out to all the volunteers who woke up early, stayed late, dealt with the crazy, and overall provided a lot of awesome! In particular, I'd like to give a shout out to those who stepped in for parking duty. This is a job that few are brave enough to do, but are an essential part of a successful event. In addition, a huge thank you to Coach Pam Haggard/aka previous most awesome Race Director for this event. Thank you Coach P for motivating a bunch of teenagers to come out and support this event. Your Alcoa High School Cross Country team is a huge blessing to our community of runners!

Once again, it was awesome hosting this race morning on the Peaceful Side of the Smokies. Amazing athletes, fun runners, smiling faces, and good times were abundant. We hope that you left the race with thoughts of been there/done that/got the tshirt - plus so much more!!





A SMOOTH BSF 29 IS IN THE BOOKS



Bobby Glenn, race director

As we approached the 29th running of the Big South Fork Trail Races I was worried about the heat as temps had climbed into the 90s again the week of the race. No need to worry! Fall blew in just in time and we had morning temps in the mid-50s and a perfect weekend for camping, running and barbequing.

This year's shirt design was (again) one of my personal favorites in all the years we've run the race, so kudos to Jonas Holdeman and Russ Faulkner for producing another classic.

This had to be one of the smoothest years ever as we had no major injuries, very few bee stings, and a fantastic

group of enthusiastic volunteers who continue to make my job very easy.

Many thanks to Mary Nelle Glenn, Liza Graves, Tracy Rafferty, Susan Musser, David

McLennan, Jack Marshall, Charmaine Lingard, Michael deLisle, Doug and Rebecca Holder, Tony Owens, Kathy Smith, Pete and Sarah Crowley, Alex Walker and Julia Conner (major kudos for sweeping the entire course) and John Storey (big help with course setup on Friday).

Scott Thomas (46:55) and Sophia Etienne (51:18) claimed the overall victo-

ries in the trail 10k, while Jason Bailey (2:11:34) and Eden Slater (2:15:56) were victorious in the illustrious 17.5 mile race.

Rickard Ridge Barbecue was back providing a great barbecue lunch for the runners and their guests.

Many thanks to Big South Fork National River and Recreation Area for hosting us, and to our sponsors Runners Market, Knoxville Spine and Sports and Black Horse Brewery.

Next year marks the 30th running. Hard to believe we've been doing this since 1994! Who knows, we might even do something special. Come and find out!





SWEET TIMES IN SWEETWATER

Stephanie Bailey, race director

2022 has seen a return to a more normal race schedule, thus Covenant Health Knoxville Marathon also returned to the spring this year. While we're thrilled to get back to normal, it meant we had to move the Sweetwater event. We opted to return to the picturesque, quaint small town in the fall this year, and we dropped the full marathon. In addition, we partnered with the local Kiwanians Club, and incorporated their established Rocky Top Run 5k with our event.

With Hurricane Ian nearing land as we approached our October 1 race date, many of us had flashbacks to the 2021 spring event where we started the morning with lightning and heavy downpours. We were not looking forward to a repeat of the monsoon race for 2022. However, whatever was thrown at us, we got this! Come race morning, we were met with clear skies and crisp fall temperatures.

Fifty-four 5k runners and 95 half-

relay runners toed the starting line at the gazebo on Main Street. The courses highlighted the historic neighborhood, iconic Sweetwater High School, Willow Creek Subdivision, scenic farmland, Christiansburg neighborhood, and downtown Sweetwater.

Top honors for the half marathon went to David Johnson of the Zen Evo/Long Run team, who covered the 13.1 miles in 1:14:47 and Lauren Roth (of Team Runners Market, who ran a solid 1:28:10. 5k winners were David Santoski (19:13) and Jennifer McKelvey (24:08).

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 Sweetwater Elementary Cross Country Team and the Bearden Dance Team for coming out and covering a lot of our needs.

A huge thank you to the City of

Sweetwater, the Sweetwater Police Department, Sweetwater Parks and Rec, and Sweetwater Roads department. The city as a whole is always very welcoming and accommodating.

We would like to thank our sponsors: Noverhed, Inc., Pilot, Phillips Constructions Company, Oldies 98.3, Peoples Bank of East Tennessee, Jinks Concrete Contractors, Inc., Runners Market, A&S Auto Body and Towing, Volunteer Federal, Sweetwater Valley Collision, Sweetwater Hospital Association, KOA Sweetwater, Fairweather Financial, FMT Insurance, Capstar Bank, Archer's Total Home Healthcare, Warren Jackson, John M. Fox DDS, Sweetwater Insurance Agency, Dinner Bell, Foster Family Eyecare, Gruenefelder Chiropractic, Attorney Charles Ridenour, Swann Rentals, East Tennessee Livestock, Fat Hats Grill, Paramount Insurance, NGK Metals, Monroe County Animal Clinic, and Sweetwater Utilities.



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PRE-RACE FRANTIC, RACE DAY FROLIC

Michael deLisle, race director

Because I was late for the TTT quarterly meeting April 4 due to coaching youth baseball, I was assigned the directorship of the October race at Fort Dickerson. I accepted with good humor, as it's traditional to assign tasks to people who are late or don't show up at all, plus I like that race and figure it'd be relatively easy to direct. Besides, I had six months to prepare, unlike 2021 RD Pete



Crowley, who stepped up with only ONE WEEK to slam things into place. (For the record, he nailed it, with staunch assistance from a half dozen or more TTT crew members.) But again, fun race, six months lead time? Easy peasy.

The months slid by rapidly, and next thing I knew, it was September. Time to start piecing things together. But then Big South Fork. Race photos. Other stuff. No problem, I thought. I'd assign tasks to everyone at the October TTT meeting and that would be that.

Until the night of the meeting, when fully ten of my trail cohorts announced they'd be unavailable on race day. Then I looked at the Runsignup volunteer page. Maybe there'd be a bunch of folks who'd already stepped up...? Nope. One. A total of one. And it hit me like a sledgehammer. I had a timer. And, and, uh... me.

relief washed over me, followed by a tsunami of relief the next time I looked at the Runsignup page, where fully ten people had signed up that day, with a couple more to follow the next day.

All right! Let's get this party started! We were blessed with fine weather on Friday afternoon when I met up with Sarah Crowley and Stephen Bassett at the storage unit to load large items to haul on race morning. Then on to the race site to meet Tony and Adam Kolatorowicz for course marking. They headed uphill to mark the 5k while I did the kids mile. With only a few hiccups, the course got marked perfectly, and as dusk fell over Augusta Quarry, we piled wearily into our vehicles for the drive home.

Race day dawned clear and quite chilly, especially at the staging area, where cool air gathers over the quarry. But excitement, too, was in the air, and before I knew it, most of the volunteers had checked in and were sent their various ways, and a large crowd of trail runners had assembled.

Nearly two dozen kiddos blasted off in pursuit of soon-to-be overrun rabbit Emily Withrow, whose husband BJ jumped in and led the way wearing blue jeans when he saw how fast those kids were going. Less than eight minutes later, the youngsters began zipping across the finish line under the watchful eye of ace timer Rebecca Holder.

Then it was time to start the main event, and more than a hundred runners exploded from the starting line and

headed uphill around the quarry. Veteran trail runners Dan Holbrook and Patrick Rakes were stationed at important trail junctions to guide the runners, while Tony O awaited at the top, along with the Riveros at the aid station, to make sure they circled the earthworks correctly and got back on the trail heading downhill.

As it turned, no one got lost, the 5k runners successfully completed their single loop and the 10kers did it twice. The Rice Family guided all the participants from the point they exited the woods back down toward the finish line.

Special kudos to finish line magnate Rebecca Holder, as her timing equipment prematurely began running out of juice, and she was forced to finish the job using her GoPro camera alone. That required hours of extra work the next day collating photos with bib numbers with names with times. Her net earnings for the project didn't even reach three bucks an hour. Huge thanks !!

Speedsters Wesley Crane and Jared Barnwell duelled throughout, with Wesley edging Jared by a mere five seconds for the 10k win, while Meg Guy was the first place female. In the 5k, the teens ruled, as 13-year old Ben Greear topped the men and 18-year old Abigail Webb was fastest female.

Thanks so very much to all the volunteers. In addition to those mentioned above, my gratitude extends to David MacLennan, who did registration AND swept the course, his fellow registrars John Witherspoon, Christina Adkins, and Michelle Brackett, kid race assistants John Greear and Colin Box, and race photographers Matt Sams and Brianna Ross. A special thanks for the guys who came early to manage parking, Chris George, Dan Holbrook, and Patrick Rakes.

This year's Fort Dickerson race was another in a great series of satisfying adventures on the trails. Fortunately in this case, almost all the adventures came beforehand rather than during the race. See you next time !!!



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

Sherith Bankston
Bayola Family
Suzanne Becker
Morgan Berg
Mamie Boling
Lauren Bowman
Ernie Brooks
Kevin Brown
Bueche Family
Brady Burnum
Amory Cannon
Tony Cantrell
Carrell Family
Garry Chin
Lindy Clapp
Gabrielle Cline
Cook Family
Virginia Couch
Cross Family
Stacy Cummings
Sandra Davis

Ward Digby
Bonnie Dodge
Eisenberg Family
Ely Family
Fadgen Family
Rafael Ferreira dos Santos
Danny Ferrell
Fickey Family
Byron H Foust
Abigail Fritts
Alan Gulley
Hannah Gump
Harris Family
Teri Hodges
Julian Huffaker
Catherine Hunkus
Sonny Hunter
Richard Ibberson
David Johnson
Bradford Jones

Will Jorgensen
John Keck
Sarah Keith
Kistler Family
Klein Family
Chris Knight
Bailey Lane
Stephanie Lawson
Michelle Lindsey
Jerry Lynn
Hugh McCampbell
Kathy McCoy
Casey Mccracken
Joanna McFarlane
McLennan Family
Mead Family
Dailee Metts
Emily Miller
Miller Family
Chuck Morris
Nahom Family

James Oakes
Ownby Family
Parsley Family
Brent Pendergast
Bruce Peters
Christy Phelps
Powers Family
Andrey Prokopenko
Patrick Rakes
Teddi Reynolds
Mike Reynolds
Lauren Roth
Ron Sandack
Robert Taylor, Jr.
Kat Uchman
Marty Velas
Walker Family
Rose Williams
Williams Family
Patrick Wolf
Sarah Zarczynski

Event Schedule

Nov 22-Feb 23

NOVEMBER

- 5 Norris - 8:00 am EST. **NORRIS ULTRA DAM HARD TRAIL RACES 50K, 25K, 5K**
- 5 Knoxville - 9:00 am. Fun Run and Roll
- 12 Corbin KY - 8:15 am. Colonel Sanders Half Marthon / 10k
- 12 Tellico Plains - 8:00 am. True Hero Veterans 5k
- 12 Townsend - 11:00 am. Little River Run 5k
- 13 Knoxville - 1:00 pm. Friend of the Poor 5k
- 19 Oak Ridge - 9:00 am. Secret City Half Marathon / 5k
- 24 Knoxville - 8:00 am. **REGAL KNOXVILLE TURKEY TROT 5K and LITTLE GOBBLERS RUN**

DECEMBER

- 3 Loudon - 8:00 am. Run LoCo
- 4 Knoxville - 9:00 am. **DIRTY SOUTH TRAIL HALF MARATHON, 10k, and KIDS TRAIL MILE**
- 4 Maryville - 2:00 pm. Reindeer Run
- 10 Pigeon Forge - 7:00 am. **PIGEON FORGE HALF MARATHON / RELAY / 5k**
- 17 Knoxville - 8:30 am. Elf off the Shelf 5k and Kids Fun Run

JANUARY

- 1 Knoxville - 9:00 am. **CALHOUNS NEW YEAR'S DAY 5k**
- 15 Maryville - 2:00 pm. **WANDERERS TRAIL RACE 5k and KIDS TRAIL MILE**
- 28 Strawberry Plains - 9:00 am. **STRAWBERRY PLAINS HALF MARATHON and 10K**

FEBRUARY

- 19 Paint Rock - 7:50 am. **WHITESTONE TRIPLE TRAIL 30k and 30k RELAY**
- 19 Paint Rock - 8:00 am. **WHITESTONE 30k ROAD RACE and 30k RELAY**

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