

Nov/Dec 2023

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



Des Linden talk to highlight CHKM - pg 9

Stress fracture protocols - pg 17

Full skinny on TTT 2024 schedule - pg 12

Is it okay to split up long runs? - pg 21



Have you heard that Eddie's Health Shoppe has opened a second location in the heart of downtown Knoxville? After serving West Knoxville for over 20 years, Knoxville Track Club hall of fame member Eddie 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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FOOTNOTES

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ROAD RACE INFO
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ON THE COVER

Hard charging trailster Adam Kolatorowicz works his way through the 50k at the Norris Ultra Dam Hard Trail Race on Nov 4.

cover photo © Nick Morgan Photography
entire contents © 2023 Knoxville Track Club

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



15 tips from the RRCA

RUNNING SAFETY

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

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

TRACK AND FIELD COMMITTEE Pam Haggard, Christina Adkins, Steve Luper, Chris Meadows, Chris Kane, Bryan Brown, Don Madgett, Chad Culver, Donnie Graham

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

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SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * November/December 2023 edition



A Message from our Club President

Brian Huskey, KTC President

Citius, Altius, Fortius Faster, Higher, Stronger



I'm nearing the end of my time as president and on the board of the Knoxville Track Club, so it seems natural to take a look back. When I joined the board almost six years ago, I was excited to help, but didn't have enough knowledge about the club to offer any specific goals. In the middle years, we (like everyone else) were simply trying to figure out how to navigate a global pandemic. When I took the role as president, I promoted a framework that divided our activities into three areas:

Running the Club was about the core activities and all the things that come to mind when you think of KTC.

Growing the Club was 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.

Transforming the Club was about considering new ideas, partnerships, capital projects, etc. that could dramatically change the club – think exponential vs incremental.

Of the three areas, I hoped that we could focus our efforts on growing the club. We had some success – seeing record numbers at lots of road and trail races along with a big jump at the Covenant Health Knoxville Marathon.

However, I'd be surprised if Eric Weatherbee (our Executive Director), Jason Altman (our Marathon Director), or any of the board members thought we'd maxed out in participation or membership.



My hope for the club is for continued growth. My dream is that the growth is dramatic in numbers, but also in passion. I think there is plenty of opportunity, but it will require imagination and a willingness to try new things. What worked for the club in the past may not be enough for today or in the future. For example, you can find multiple races almost any week-end. It should be no surprise that I'm biased and want you to run our races. Bringing Des Linden to the CHKM is an exciting example of trying new things. We want the KTC events to be the best – accurate courses, timing and scoring, fun routes, cool swag, etc. We want them to be successful so that we can fulfill our mission of encouraging lifelong physical well-being through running and walking. We want them to be successful so we can give back and help make Knoxville a healthy community.

And here is my continued call to action...

Invite a friend or family member to join you at a race. We are working hard to have distances that work for everyone.

If you are a member, think about including your entire family when you renew your membership. The membership easily pays for itself if you take advantage of any of the many discounts.

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 participate 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.

With your continued help, the future of the club is bright!

Citius, Altius, Fortius.

Faster, Higher, Stronger.

*Faster,
Higher,
Stronger!*





Four Seasons

*Eric Weatherbee,
KTC Executive Director*



We always hear transplants to East Tennessee say they were looking for somewhere to experience all four seasons. And most years, they're probably happy with the variability and the transitions. But goodness, if this year hasn't broken that mold... from warm to cold in the drop of a hat! It makes training for anything more challenging... how do we heat-train when the temperatures here are dropping? How do we prep for a cold-weather race when summer won't kick the bucket?

That said, we seem to have turned the corner. The "Third Saturday in October" always feels like fall, and this year is no different. The track club has been ramping up and prepping for the end of the year festivities, starting with

the Pilot CrossKnox 15k. New this year (and only this year, we hope!) was a route that deviated from the norm to avoid the paving work on the Third Creek Greenway. Most of y'all know, this section of greenway is one the most heavily traveled in our area, and is home to a number of races annually (including CHKM). It'll be great when the project is done, but in the meantime, it means a little adjustment is needed! We know the trails at Norris won't be closed, and if you're looking for an ultra, it'll be the site of KTC's only 50k.

We'll roll into the holidays from there, with the Regal Entertainment Group Turkey Trot on Thanksgiving morning. Outside of the marathon weekend 5k, this is our biggest race every year, and this year is trending toward

record numbers! It's an event that brings every element of the running community together – front runners and back-of-the-packers, solo-ers and families, young and old, the Turkey Trot showcases the best of our RRCA Runner-Friendly Community!

We know the temps will drop as the distances rise, and we'll finish the year with some long ones – the Dirty South trail races and the Pigeon Forge Half Marathon, 5k, and Relay. We'll wrap up the year once and for all on December 12 at our Annual Meeting and Holiday Party. This year, we'll celebrate our top volunteers, our grand prix winners, and more at The Emporium in Knoxville. It's free for members, but it'll help us tremendously if you'd register (here) so we can have the right amount of food!

For you who like to plan, we're working on getting our 2024 races live on Runsignup. You can find a list of all the upcoming races on the website: Upcoming KTC Races.

REACH OUT TO KTC!

**ERIC WEATHERBEE
EXECUTIVE DIRECTOR:
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**MICHAEL DELISLE
TRAIL SERIES DIRECTOR
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KTC VOLUNTEERS NEEDED

Nov 23	Regal Knoxville Turkey Trot and Little Gobblers Run
Dec 3	Dirty South Trail Half Marathon, 10k, Kids Trail Mile
Dec 9	Pigeon Forge Half Marathon, 5k, and Relay
Jan 1	New Year's Day 5k Run/Walk and Kids Run

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle - Footnotes Editor



The Writing Life

Seems like I've always been writing something or other. When visiting my dad not long before his passing, I came across a surprisingly intact six-page "book" I'd written when I was five. Originally titled "The Creaky Door," I suspect I realized I lacked the sophistication to write a mystery story and changed the title to "The Happy Boy." *Lame, but a start nevertheless.*

In 2nd grade (at least one of my 2nd grades - we moved twice during that inauspicious school year), I put together what passed for a class newspaper. Typically a one-page handout produced by what was, at the time, a state of the art mimeograph machine, it offered such meaty topics as health score winners and spelling rankings. Moving on.

Other than essays and book reports, the next writing project I embarked on was as editor of the school newspaper in Junior High School. Though I don't remember a thing about its content other than it was likely a tad less mundane than the one from 2nd grade, it was still

another stepping stone on my unwavering path to journalistic mediocrity.

It was when I picked up the guitar at 15 that the content picked up significantly in quantity, if not quality. Inspired, of course, by Lennon and McCartney, I began writing songs. *Platry, plaintive love ballads at first, my subject matter matured somewhat rapidly as the 60s moved on into the 70s and political topics rose to the forefront of my consciousness via the Vietnam War, Nixon, and trappings of the counterculture of that era.*

Songwriting continued to mark the passing of the years as I stumbled through my twenties, thirties, and early forties. I can look back at the list (yes, I have a list that's almost complete - the corner of that yellowed page has frayed, dooming a few titles from 1977-78 to permanent obscurity, lost to the ravages of time) and, based on the year and the title, recall in many cases who the song was written about and even specific instances in certain relationships that

sparked the creative process. Yes, lots of lost love and post-adolescent pining, but here and there a few gems endure to this day and can be heard now and then in the Knoxville night.

The music muse shut down when I semi-retired from performing when son Jesse was born. But words had to come out somehow, and before I knew it, I'd begun a journal, thinking that I'd better memorialize certain remembrances before the brain cells got too foggy.

That "journal" quickly grew to 500 pages and became my first novel. Others followed. Between 2005 and 2012, I completed seven, most of which comprise pretty decent yarns. Others got started but bogged down, and for some reason, that particular long fiction pipeline shut down. I made a few earnest attempts at getting published but to no avail. Maybe someday...

And then music popped back up. I

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TAKE ADVANTAGE OF THE BEST RACING DEALS AROUND!

Road Runners! The Winter High Mileage Series consists of the Oak Ridge 10 Miler (1/20), the Strawberry Plains Half Marathon (2/17), the Whitestone 30k 3/2, and the Covenant Health Half Marathon/Marathon 4/7/24 (CHKM incurs a additional fee. See knoxvillemarathon.com to register - Other registration on Runsignup.com

New for 2024! Recognizing that not everyone is gearing up for a marathon, there is a 1/2 Series Option as well (Oak Ridge 5 Miler, Strawberry Plains 10k, Whitestone 7 miler, Covenant Health Half Marathon).

Trail Runners! This year we again offer 9-race and 12-race bundles that save you big bucks and keep you accountable getting to as many trail races as you want. And don't miss our 2024 series kickoff with a great 5k and Kids Trail Mile, the Wanderers Trail Race on Jan 21. Registration on Runsignup.com opens soon!

Please note that because the bundled pricing is already discounted, additional coupon codes and discounts do not apply.

YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson



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

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

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

Also, I have had several members contact me about giving a KTC membership to a family member or a friend. We worked out all the details, and the person received their membership information from the gifter. If interested, please reach out to me via email.

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

Any additional businesses offering KTC discounts? Please contact us

DISCOUNTS AT:

Eddie's Health Shoppe
<https://eddieshealthshoppe.com>
Knoxville Acupuncture LLC
<https://knoxvilleacupuncture.com>
Holly's Gourmets Market
<https://gourmetsmarketandcafe.com>
Knoxville Track Club Road Races
<http://www.ktc.org/Events.html>
M6 Strength and Conditioning
<https://www.m6knoxville.com>
The Long Run
<https://thelongrun865.com>
Personal Best Racing
<https://personalbesttracing.com>
(use **ktc10** for 10% discount)
RunKNOX
<http://www.ktc.org/RunKNOX.html>
Runners Market
<http://www.runnersmarket.com>
Swim and Tri
<https://www.swimandtri.com>
This Little Scissor
<https://thislittlescissor.com>
New Balance Knoxville
<http://stores.newbalance.com/knoxvildefault.aspx>



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

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

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



20TH ANNUAL
COVENANT HEALTH KNOXVILLE MARATHON
APRIL 6-7, 2024
FEATURING SPECIAL GUEST SPEAKER DES LINDEN



WELCOME KTC MEMBERS

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

Edgar Baird	Dean Family	Jendrek Family	Emily Miller	Rachel Smith
Briana Bennett	Bonnie Dodge	April Johnson	Nahom Family	Kathy Smith
Benzon Family	Fadgen Family	John Keck	William Oldham, III	Sparks Tingle Family
Mamie Boling	Byron H Foust	Cindy Kistner	Gregory Ostermayr	Jason Stephens
Erin Bradford	María (Mercedes) Gabetta	Klimowicz Family	Palmer Family	Steward Family
Ernie Brooks	Katie Gardner	Chris Knight	RC Nick Parker	John Storey
Summer Brooks	Angela Goad	LaGraff Family	Lisa Paul	Stephen Thomas
Melissa Brown	Brent Grishkin	Jim Loar	Bruce Peters	Joe Verneuil
Bueche Family	Catherine Hatcher	Longmire Family	Peterson Family	Walker Family
Lindsey Clark	Rachel Haverkamp	Mannemuddhu Family	Rester Family	Bob Weismueller
Jeffrey Cooper	Stephanie Henson	Megan Martin	Mike Reynolds	Melissa Weiss
Kris Corbitt	Katherine Higgins	Larry Masters	Patricia Robledo	Welsh Family
Martin Cordell	Howe Family	Joan McAlexander	Brandi Rose	William Wilson
William Cox	Humphreys Family	McNeany Family	Paul Schleyer	Jason Wise
Laura Davis	Heidi Husick	Chris Meadows	Ann Schubert	Patrick Wolf
Kasi Starr De Las Arboles	Abby Jedlicka	Miller Family	Smith Family	

The Writing Life

AAA continued from page 7 AAA

began playing guitar in earnest about nine years ago and resumed performing in public soon afterward. It wasn't long before a few new tunes showed up, tentative and flailing at first, stronger and more assertive as time passed, so much so that I recorded an EP in 2022 featuring five of my best. Continuing on, in 2023 I've penned fully a dozen new songs, some of which are darn good, and I intend on hitting the recording studio again early next year.

And I almost neglected to reference the few hundred thousand words I've forced upon unwary readers of this magazine since 1990. Immediately after I re-started my running career at the advanced (!) age of 40, I began committing my impressions to paper, then a word processor (remember those?), and finally my very own 486x computer. Each issue of FOOTNOTES contains a couple articles I managed to

put together. At first it was the longrunning (pun intended) adventures of The Running Man, who first graced these pages in 1991 and survived till 1995, when he got hit and knocked out of his Asics Gel Exults by a UPS truck. I became editor in 1992 and thus added some form of editor's column to my bimonthly output in each issue.

When I turned 52, my column became 52-Card Pickup and became an avenue for me to explore the bitter-sweet taste of divorce, assuaged heavily by the joys of fatherhood. Then when trail running became my passion, the column title changed yet again, this

time to Treadin' Trodden Trails (which evolved into bimonthly coverage of KTC's trail racing scene and continues to this day.)

Few of my friends and acquaintances ended up making a career of the path they envisioned when still wet behind the ears. But somehow, with a lot of bouncing around, detours, and bad choices, I see now that those first few words I scribbled down in 1954 etched the beginnings of a path that I would tread for more than seventy years. Words are indeed a joy to me, moreso than for most, and I'll always be glad I made friends with them long ago.

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.





Treadin' Trodden Trails



Michael deLisle
KTC Trail Series Director

Let's Do This (Again!)

It's that time of year again. Our stalwart group of trail running aficionados has assembled another stellar slate of trail races for the coming year. And while most of the events look familiar, there's always a change or two to freshen things up. Thus we proudly present to you our 21st annual grouping of off-road running events, the 2024 Treadin' Trodden Trails race schedule.

WANDERERS JANUARY 21

Although there was a prior race with this moniker, it was in 2012 that TTT kicked off the year with the ambitious effort of staging a trail race in January. We wondered if our plans for a winter race—something we hadn't tried before then—might be derailed by snow, sleet, mud, rain, ice, oobleck, or some other weather phenomenon. Yet we decided to go for it. And the Wanderers race, our kickoff event for the year, took its proud place as lead-off hitter for the series. I shouldn't say this for fear of jinxing the event, but over those twelve years, though we've had a few instances of less than perfect weather, most of the time things have gone swimmingly. Race Director Kathy Smith has always presented a smooth, cheerful race, featuring hot soup at the finish line and a huge turnout. Registration numbers have exceeded 300 year after year, and we look forward to this year's race on Sunday, January 21, at MacArthur Pavilion at the edge of the



woods behind Maryville College.

DARK HOLLOW FEBRUARY 18

When planning our 2012 schedule, veteran race director Bobby Glenn brought to the committee the idea of a new race venue up a bit farther from town. It was a hit, and although we've had to contend with cold temperatures, a flood, and even were forced to postpone for a week due to snowcover, it's still one we look forward to every year. Moved back into February, tempting the winter weather gods even more, we'll travel north to Big Ridge State Park near Maynardville for our winter pilgrimage on some of the least known but most wonderful trails in East Tennessee. And if it's hills you crave, you'll leave fully satiated. There's an eleven-mile course and a five-miler, but even the short course ascends a lung-busting grade in mile two. The hill on the long course? Let's just say it's a Hill of a hill. And, like nine of our twelve races, there'll be a fast and furious Kids Trail Mile preceding the main event. Postrace we'll make sure there's a big stack of firewood readied for the afterparty at the pavilion.



WHITESTONE MARCH 2

KTC's road racers have been enjoying their annual foray on backcountry roads near Paint Rock TN since 2002

when inaugural race director Jerry Schohl and Hall of Fame Executive Director Allan Morgan teamed up to stage a 30k race out there. The race itself has always been a doozy, with a flurry of hills, dogs, and rural scenery. The only down side has been financial, as our involvement with the Whitestone Inn and the much-loved post race breakfast left the race at or below a break-even point most years. Not wanting to jettison the event, former ED David Black brought to the trail committee the

idea of staging a trail race concurrent with the road race. So in 2019 the first Whitestone road and trail extravaganza took place. Its first goal of helping the race move toward financial solvency was achieved and has continued to keep the

overall race afloat. And the trail race itself? Big fun! Committee member Ken Lonseth designed a memorable course touring a lovely wooded ridge directly across the road from the inn. The trail race side of things continues to grow, offering not only the full boat triple loop 30k but a team relay that allows nearly anyone to hit the trails and see what all the buzz is about. This year's race has moved from its old home in February on into March and for the first time will take place on a Saturday. RD Tony Owens promises a splendid time guaranteed for all.

IC KING OF TRAILS APRIL 14

Seems we can't get enough of IC

*** continued on page 12 ***

Treadin' Trodden Trails

AAA continued from page 11 AAA

King Park, especially since they built a fabulous new access, playground, and dog park off Maryville Pike, saving us from the thrilling—and highly risky—entrance and exit at our former staging area off Alcoa Highway. And due to uncertainties and slight conflicts with the powers that be at North Boundary, we're moving away from there for at least 2024, leaving an open date in April perfect for IC King and a chance to dance through the spring wildflowers, as well as see what changes those wild and crazy AMBC peeps have levied on what is already a dandy trail system. So we'll gather on Sunday, April 14, with veteran trail runner—but rookie RD—Brian Williams at the helm. 10k, 5k, Kids race, too. Yes, we'll be dealing with challenging parking logistics, but we've overcome them before and plan on doing it again.



HANN JIVIN' IN THE DARK MAY 11

We just love running in the dark and putting on those special kinds of races. And we had such fun running on the Lost Chromosome/Helix system this past spring that we happily present a rerun of Hann Jivin' in the Dark on Saturday, May 11. Sun sets at 8:32, just in time for the Kids Trail Mile, and by the time y'all head into the woods, it oughta be just about full dark. Alex Walker is in charge again and we know it's gonna be a beautiful night to go for a jaunt in the woods of South Knoxville.

SHARPS RIDGE JUNE 8

Straddling both sides of Sharps Ridge in North Knoxville lies another trail system that was already good and is now great. We raced here for the first time in 2016 and always look forward to hitting the trails at Sharps. As new RD in 2022, I added the new trails that snake down and around the back side of the ridge, allowing multiple distance

options of four or 6-7 miles. That's the plan again this year, but who knows what lurks in the woods when you have folks like the trail builders at AMBC around?

HAW RIDGE JULY 13

Runners Market honcho Kevin Pack started the craziness at Haw a good twenty years ago. Trail buffs had been storming around the 30+ miles of trail at Haw Ridge for many years before that, but the race in 2004 began an exercise in annual wildness that draws huge turnouts again and again. Finally abandoning the 5:30pm start on the hottest day of the year, we turned to a more sensible 8am kickoff time a few years ago, and will continue for the foreseeable future. RD Pete Crowley sets the tone here, kayaking out to

the aid station with heavy loads of water and Tailwind that threaten to capsize his kayak. The new course devised in 2020 is an absolute doozy, climbing tens of thousands of feet in the first two miles (well, not really, it just feels like that...) Anyway, mark this one on your calendar. You don't want to miss it.

CONCORD AUGUST 4

Yet another trail system that has been marvelously enhanced, Concord Park now offers several distinct sections of trail, two of which we utilize for our August TTT event. The old sections of Concord are still there, and are still tons of fun to run, but the new parts are even nicer, less overgrown, and more flowing. We'll offer a five miler on a hot Sunday morning, with Stephanie Johnson at the helm, and of course, the kiddos will get the day rolling half an hour before the rest of us. Haven't been out there yet? You owe it to yourself.

EARLY SEPTEMBER TBD

Until a couple weeks ago, we planned on returning to Fort Dickerson after a year's hiatus due to park construction. But apparently another project

will be underway in September, so we're currently exploring other possibilities. That's still ten months away, so we're not worried. Giving some thought to a long overdue return to Panther Creek. Or maybe East Lakeshore?

BIG SOUTH FORK SEPTEMBER 28

What can you say about a race and race director that has been so successful for thirty (!) years? All I can think of is: "Let's do it again!!!" But if you've never been to BSF, or have considered running it but haven't yet, make 2024 your year. The trails are nothing short of fabulous, and while 17+ miles is a long distance, they route is eminently runnable. Truth be told, the whole shebang is probably the best trail race in the Eastern United States. Bobby Glenn has been trail dawg since the race's inception and we're hoping he gives it another thirty years, because ain't no one can do it like he does.

NORRIS ULTRA DAM HARD NOV 2

We were just up there last weekend and I'm ready to go again. It's KTC's only ultra and it's a damn good, dam hard race. Ultra dam hard, to tell the truth. The Holders took over directing this race in 2014 or so, and put together a first class event up at Norris Dam State Park. The trails are terrific, simply put. Combine that with great food, fall colors, superb camaraderie, and a big stone fireplace, and you've got a winner. Put it on next year's calendar.

DIRTY SOUTH DECEMBER 1

All you have to do to get permanently hooked on Dirty South and Knoxville's amazing Urban Wilderness is sign up and run this year's race on December 3. RD Tim Hill is an experienced trailster and knows how to put on a professional quality half marathon and 10k, with, of course, a Kids Trail Mile to start off the day's festivities.

As for the rest of the 2024 season, go onto Runsignup and pick one of the multirace bundles. Heck, why not run 'em all? There ain't a loser among 'em. See you on the trails.

2023-2024 TRAIL RACE SCHEDULE

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.

WANDERERS TRAIL RACE — Sunday, January 21, 2024, 2:00 pm. Maryville College. 5k PLUS Kids Trail Mile*. Maryville College, Maryville

DARK HOLLOW WALLOW — Sunday, February 18, 2024, 2:00 pm. 11 miles and 5 miles PLUS Kids Trail Mile *. Big Ridge State Park, Maynardville.

WHITESTONE TRIPLE TRAIL 30k — Saturday, March 2, 2024, 7:50 am. 30k, 30k Trail Relay. Whitestone Inn, Paint Rock.

I.C. KING OF TRAILS RACE — Sunday, April 14, 2024, 9:00 am. 10k and 4M PLUS Kids Trail Mile*. I.C. King Park, Knoxville.

HANN JIVIN' IN THE DARK - Saturday, May 11, 2024, 9:00 pm. 6 miles PLUS Kids Trail Mile. Anderson School Head Start, Prospect Rd, Knoxville

SHARPS RIDGE SCRAMBLE - Saturday, June 8, 2024, 8:00 am. 7 miles and 4 miles PLUS Kids Trail Mile. Sharps Ridge Memorial Park, Knoxville.

HAW RIDGE TRAIL RACE — Saturday, July 13, 2024, 8:00 am. 8 miles PLUS Kids Trail Mile*. Haw Ridge Life Development Center, Oak Ridge.

THE TRAILS THAT CAN'T BE CONCORD — Sunday, August 4, 2024, 8:00 am. 5 miles PLUS Kids Trail Mile*. Concord Park near The Cove, Farragut

FORT DICKERSON FRANTIC FROLIC — Sunday, September 8, 2024, **CANCELED — REPLACEMENT TBD.**

BIG SOUTH FORK TRAIL RACE — Saturday, September 28, 2024, 8:30 am. 17.5 mile and 10k. Bandy Creek Campground, Big South Fork NRR, Oneida.

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 2, 2024, 8:00 am. 50k and 25k. Norris Dam State Park, Norris.

DIRTY SOUTH TRAIL HALF MARATHON — Sunday, December 1, 2024, 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*

GET INVOLVED WITH KTC TRACK AND FIELD

Track and Field activities will be ramping up again going into 2024. 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



new balance

8027 Kingston Pike
Suburban Plaza
Knoxville TN
865.539.1100

VOLUNTEERS!

SIGN UP TO HELP
WITH CLUB EVENTS



Sign up on
[Runsignup.com](https://www.runsignup.com)



LET'S MAKE IT OFFICIAL BECOME A TRACK OFFICIAL



by Christina Adkins, KTC Secretary, member KTC Officials Association

Our cross-country season wrapped up at the Regionals meet on Wednesday, October 25. Coaches who did not have teams that qualified for the state meet will give their athletes a short break before conditioning them for track season.

Track season officially kicks off on Saturday, March 2, at Farragut High's Jamboree. Luckily, I do not coach track and will switch over to being a track official in the spring. One of the benefits of being a track official is that you are only responsible for JUDGING. You don't have to coach any athletes, stay late for practices, fundraise or request sponsors, order uniforms, call around for transportation, NOTHING. You are responsible for being in your assigned area at meets and judging the competition. I've also learned that having certified officials at meets can make events run smoother, which impacts the entire atmosphere at the meet.

Because I'm a new track official, I am often paired up with veteran officials to learn how to officiate different field or track events. At the 2023 University of Tennessee Track Invitational, I was paired up with Head Umpire Dick Ledyard to learn how to umpire relays and track events.

He has received several awards from the running community over the years. He received the USATF Outstanding Service Award and was inducted into the Knoxville Track Club Hall of Fame in 2019. The most meaningful award to him was the 2010 Bob Neff Award. Bob was a special person who really had an impact on track in Knoxville.

Dick served KTC for several years as a board member, membership chair,

finish line official, top volunteer, and a USATF Collegiate Official. When I asked him what led him to join the USATF Association, he shared that back in 1992, Doug Mooney, KTC's President at the time asked Dick to help him with the Volunteer Track Classic doing meet management type stuff. While there, Stanley Underwood introduced himself and asked if Dick would like to come back the following weekend and help the track officials work a college track meet. He took him up on it and has been coming back to officiate for the past 32 years.

His first year as an unofficial official, he worked for Chuck Pate tracking finishes using a stopwatch. Two years later, Tennessee switched their timing over to the fully automatic timing (FAT) systems. That fall, Dick became a certified official. He has worked in the Indoor and Outdoor NCAA Championships for Divisions I, II and III. He's officiated in Alabama, Georgia, Kentucky, Louisiana, Mississippi, Missouri, North Carolina, Ohio, South Carolina, Tennessee and Wisconsin. Dick's mentors over the years were Stanley Underwood and Harold Jacobs. Stanley got him started and taught him what he needed to know. Harold provided opportunities and reinforced the same principles that Stanley did. Over the past 32 years, he's met a lot of wonderful people and helped meets be successful.

He enjoys the running events more than the field events, but there's no event that's boring to him. In field events, you're more likely to interact with the athletes than you would runners in the track events. His second

favorite area is the throws, but he preferred you must be alert. A lot of officials have been injured by thrown implements, particularly the hammer and javelin.

Dick shared some fond memories he's had over the years as an official. In 2018 when Tennessee hosted the SEC Championships, Kathy Nash accidentally walked out in front of Grant Holloway of Florida when he was warming up for the 110M Hurdles final. He could have run over her since he was a big guy, but he put her on his left hip and ran a few more steps with a huge smile on



his face. Kathy wasn't smiling, though she laughed when he put her down. Another embarrassing memory occurred when Tennessee hosted an international multi-event meet between the US and Germany. He was helping Bruce Borden with the women's javelin, recording and acting as flight director. A man looking over Dick's shoulder kept talking into a microphone stating who was up and how they were doing. Dick, who's deaf in the left ear, couldn't hear the other official because the guy with the microphone was talking in his right. Dick told the guy to get lost. Later, he found out the guy was Dan O'Brien, former Olympic Decathlon Champion.

Thank you, Dick Ledyard, for taking the time to share your story with me! I love preserving the wisdom and memories of our Officials Association Members and hope you enjoy learning about these fine folks, too. We need more officials for this upcoming season! Reach out to stevluper74@gmail.com for more information on how to become a USATF official.



KNOXVILLE Spine & Sports

Our goal at Knoxville Spine & Sports is not just to treat injuries, but to understand the athlete's story. Every athlete is unique, and so are their challenges.

By addressing the root causes and providing tailored treatments, we empower athletes to perform stronger, longer.

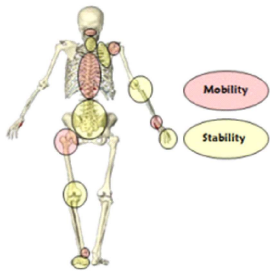
8029 Ray Mears Blvd.
Suite 300
Knoxville, TN 37919

(Across from Target)

865.337.5574



[KnoxvilleSpineAndSports.com](https://www.KnoxvilleSpineAndSports.com)



Treatment Protocols for Stress Fractures in Runners



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

Stress fractures are a common injury among runners, and they can be caused by a variety of factors, including overuse, poor running form, and improper footwear. If you're a runner who has been diagnosed with a stress fracture, or if you experience one in the future, it's important to follow the proper treatment protocols to ensure that you heal properly and avoid further injury.



compression can help support the bone and prevent further damage.

To apply ice, wrap a cold pack or bag of ice in a towel and apply it to the affected area for 20 minutes at a time, several times a day. To apply compression, use an elastic bandage or compression sleeve to wrap the affected area snugly but not too tightly.

Return to Running

Returning to running after a stress fracture requires patience and caution. You should only return to running once your healthcare provider has cleared you to do so, and you should start slowly with short distances and low intensity. As you begin to feel more comfortable, you can gradually increase your distance and intensity.

Rest and Recovery

The first step in treating a stress fracture is to rest the affected area. This means avoiding any activities that put stress on the bone, such as running or jumping. Depending on the severity of the fracture, you may need to use crutches, wear a cast or a boot to immobilize the affected area.

Medication

Over-the-counter pain relievers such as ibuprofen or acetaminophen can help relieve pain associated with stress fractures. However, it's important not to rely too heavily on medication, as this can mask the pain and prevent you from properly resting and recovering.

It's also important to pay attention to your body as you return to running. If you experience any pain or discomfort, stop running immediately and consult your healthcare provider.

Conclusion

Stress fractures are a common injury among runners, but they can be effectively treated conservatively with rest, recovery, ice and compression, medication, physical therapy, and caution when returning to running. By following these treatment protocols, you can ensure that you heal properly and avoid further injury.

In addition to rest, you should also focus on recovery. This includes eating a healthy diet that is rich in calcium and vitamin D, which are essential for bone health.

You should also get plenty of rest and sleep to allow your body to heal. Things such as swimming or stationary bikes are great alternatives to running that decrease the load on your lower extremities while also allowing you to keep up with your endurance.



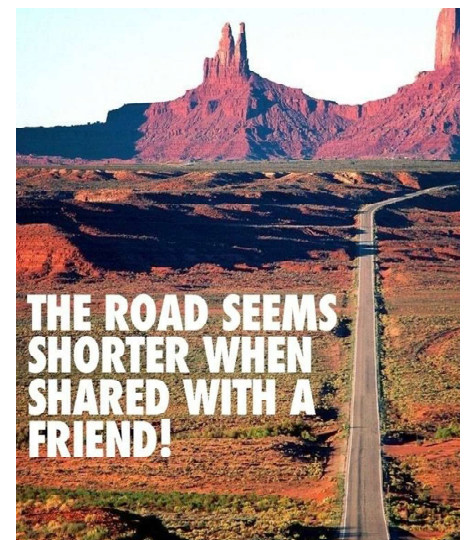
Physical Therapy and Chiropractic

Physical therapy and chiropractic can also be helpful in treating stress fractures. A physical therapist or chiropractor can help you develop an exercise program that will help you maintain your fitness level while

avoiding activities that put stress on the affected bone. They can also teach you exercises that will help improve your running form and prevent future injuries. Specifically at Knoxville Spine and Sports we have several modalities such as the class 4 laser and the shockwave, as well as the ability to make custom orthotics that can help expedite the healing process of this common running injury.

Ice and Compression

Ice and compression can also be helpful in treating stress fractures. Applying ice to the affected area can help reduce inflammation and swelling, while





KTC BOARD OF DIRECTORS

Minutes of August 2023 Meeting

AUGUST 28,, 2023

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

Minutes – The July minutes were presented. Pam made a motion to approve the minutes as amended. Tim H seconded. The minutes were approved unanimously.

MetroKnox Cross Country (Tentative) — MetroKnox had an agreement with KTC for \$5000 that also included timing. KTC is no longer timing MetroKnox XC meets for 2023 season. That \$5000 MetroKnox sponsorship was not in the budget. Money is in the budget for youth athletics. Eric’s concern is the return of investment. Brian asked if we’ll have a shortfall at the end of the year with our 2023 budget. Eric assured the board that it will only get better based on race participant projections. Pam and Christina abstained from the vote due to being MetroKnox coaches and board members. David makes a motion to provide \$5000 donation of financial support to the MetroKnox XC. Jennifer seconded. Motion approved.

2024 Board Nominations & Executive Committee — Brian asked for Executive Committee nominations. Brian appointed Chris Meadows to replace Eric’s board seat through 12/31.



He’ll be nominated in 2024 to officially join the board during elections. Gabe, Pam, and Brian are rolling off the board and will need their seats filled. Christina will lead the nominating committee. Angel asked if any UT track coaches have been asked to join the board. Eric is working on it to allow them to become non-voting members who attend when available. David asked if it’s possible to have an advisory board to include them. Pilot, Covenant, and UT would also be great additions to an advisory board. Eric is attending more health fairs in the fall and will encourage community partners to join a future advisory board. David would like to see more companies get involved with the club. Brian wants us focusing on asking people to join the board instead of just relying on a social media post. Angel asked how many people we need. Board needs three, but ideally we’d like four new members to join the board.

Regular Reports Consent Agenda

Executive Director Report— Eric met with City of Knoxville for variance to special event/KPD to use 3rd party traffic enforcement to lower the cost. Eric asked Randy Boyd if CHKM could finish in the stadium for 2024 events. KTC could charge VIP pricing for families to watch their finishers from the field or inside the stadium. This could boost participant numbers. CHKM would be the weekend before the orange and white game. Eric just wants a chance to talk about bringing back finishing on the 50 yard line. David thinks this could uniquely be a destination race. Tim H asked why the kickoff at the zoo was moved to Dick’s House of

Sport and was told the zoo contract expired. Eric has a contract with the mall for the CHKM Kids Run kickoff with the kids finishing on the DHOS track. Eric met with track committee. VTC will not be in March. Waiting on UT for 2024 VTC date. Visit Knox would support a National Masters meet, but not a state Masters Track and Field meet. KTC social media page engagement increased by 156.7%. David shared he liked seeing the Hood to Coast coverage on the KTC pages and it makes the club look like a community. Digital newsletter shows more engagement from viewers and sends more traffic to sponsors. Participant tracking is increasing with increased social media. Eric shared that you can create unique URLs for races. Eric created eight unique URLs for the KTC Turkey Trot. Eric brought up the value of virtual Footnotes that offers interactive goody bags for the community. Several participant referrals came from Running in the USA. Eric is looking for more avenues to increase search engine optimization for our events. Angel shared that Garmin pushed an update on watches, training plans now show race events when you search zip codes. Eric will look into how the Garmin events are populated. Jennifer asked if we’ve posted KTC events onto the Half Fanatics or Marathon Maniacs pages.

Treasurer’s Report — no further discussion.

Marathon Director’s Report— no further discussion.

Event Manager Report — no further discussion.

Trail Committee/Footnotes —

**** continued on page 19 ****

KTC BOARD OF DIRECTORS

Minutes of September 2023 Meeting

SEPTEMBER 25, 2023

The meeting was called to order by Brian Huskey at 6:05pm. In attendance were Christina Adkins, Gabrielle Cline, Bobby Glenn, Pam Haggard, Zane Hagy, Brian Huskey, Jennifer Moore, Chris Meadows, Matt Stegall, and Jason Wise. KTC Staff Members Eric Weatherbee, Kathy Nash, and Michael deLisle attended as guests.

Minutes – The August minutes were

AUGUST MINUTES

~~AAA continued from page 18 AAA~~

no further discussion

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

Roundtable

Brian wants to start promoting the scholarship. Eric asked how we avoid the administrative fee with the East Tennessee Foundation. It is up to KTC to promote the scholarship. Kathy requested that she manage the scholarship. Brian is concerned about the risk involved with institution management versus the risk of an in-house management. Brian is starting the process for volunteer awards. Christina shared the New2Knox meet up at Schulz Brau Sunday, September 20th 3-5pm. C John Chavis shared that the winner of the charity race that occurred over the weekend cut the course. Board discussed banning them for future KTC races.

At 7:15pm David H made a motion to adjourn. Pam provided a second. Meeting was adjourned. Next Board Meeting Monday, September 25, 2023 at Legacy Parks.

presented. Jason made a motion to approve the minutes as amended. Matt seconded. The minutes were approved unanimously.

Volunteer Awards - Brian will send out information and a request for recommendations to be discussed/voted on at the October meeting.

Regular Reports Consent Agenda

Executive Director Report (RunKnox, Track, Marketing)— Eric would like to add shorter distances to events (like we did at Townsend). Michael asked about kids' miles and Eric said we are making sure we have them where appropriate. Eric is building the annual report which could be used with sponsors. This led to further discussion about building the brand to showcase all that we do. Races will include more input from race directors to plan future budgets. Plan in place to grow RunKnox with PhysioLab. KTC is working with City of Farragut to host a race. Michael asked if Farragut will work with the club to offset cost to put on an event in their city limits. Eric said the cost was accrued from the cones. Jennifer asked if Farragut is requesting a specific distance. Eric said Town of Farragut is open for any distance. They just want a KTC presence out west. Bobby had concerns.

Treasurer— no further discussion

Marathon Director's Report— Met with UTK to see if CHKM could finish in stadium for 2024 and/or 20th anniversary. There will be a crane on the marathon route in 2024 due to construction. Reroute will be needed. Discussions in place to reduce cost of police bill for CHKM.

Event Manager— no further discussion

Trail Committee/Footnotes— Bobby has everything ready to go for Big South Fork.

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

Roundtable

Matt thanked KTC for sponsoring the Hood to Coast Masters team. Christina shared that the New2Knox activity fair table was voted as the favorite. Zane made a motion to add a non-binary division for road and trail races effective New Year's Day 5k to create equal opportunity for all. Gabe seconded. Kathy shared American Voltz Marching adding a new tag to their brand and KTC could do the same for whatever event/activity they're trying to push. Jennifer asked about differentiating pay for staff on holidays which would affect timing contractors. Jason asked about privatizing the endowment scholarship. Brian would like scholarship outsourced through ETNF due to the liability and oversight. Eric asked ETNF for a list of previous winners from ETNF to celebrate them on our website and was refused due to confidentiality. Jason will share his list of options for endowment management. Brian asked about the Nomination Committee progress. Christina shared the committee members and need for trail and finance representation.

At 6:52pm Pam made a motion to adjourn. Gabe provided a second. Meeting was adjourned. Executive Session was held. Next Board Meeting Monday, October 23, 2023 at Legacy Parks.



KTC Road Race Grand Prix * presented by Patdome Promotions

Point totals through Townsend 15k/7k

MALE

Brian Huskey	50
Sam Plemons	42
Ken Sirois	38
Alex Widmer	38
Stewart Ellington	36
Larry Brede	35
Cian Bell	34
Jeff Colfer	34
Chase Givens	31
Brent Bueche	29
Ken Shelton	29
Jeremy Donahue	28
Karl Kreis	28
Travis Wilson	28
Darren Driscoll	27
Peter Osickey	26
Ethan Coffey	25
Luis Chavez	25
Ryan Jandro	25
Austin Turner	25

TEAMS

Health Shoppe/Driving Energy	1040
Team Runners Market	966
The Long Run	185
Team Really	101
Scruffy City Endurance	78
RunKNOX	60
Personal Best Racing	50
Fleet Feet Knoxville	44
Hyper Pacers	44
Back of the Pack Elite	40
UT-Battelle-ORNL	40



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

FEMALE

Shirley Sirois	55
Elizabeth Herndon	49
Elizabeth Whelpley	41
Marsha Morton	40
Angela Sellers	37
Lindsay Parks	36
Ashley Zimmerman	36
Marian Schmidt	34
Jennifer Singh	34
Mary Alex Gary	33
Amy Hudson	33
Jennifer Weston	33
Katie Baksa	31
Katie Lance	30
Ivy Milligan	30
Lauren Roth	30
Kyoko Yamamoto	30
Elizabeth Hagler	26
Jennifer Moore	26
Hannah Rosen	26

2023 Trail Series Grand Prix Standings Totals Through Big South Fork Trail Races

Chris George, keeper of the points

OPEN MALE

Sean Hagstrom	460
Matthew Brahle	280
Nathaniel Shelso	265
Emanuel Huber-Feely	250
Blake Wahlert	210
Austin Turner	190
Blake Buck	150
William Wilson	145
Jamel Patterson	140
Donnie Hicks	130
Eric Cannon	120
Nathan Helton	120
Gary Krivo	120
Joey Weston	120
Adam Humphreys	110

OPEN FEMALE

Elizabeth Neely Box	520
Becky Price	460
Trish Turley	340
Sophia Etienne	290
Shelby Scott	200
Monica Chapman	190
Adriana Stiles	175
Lindsay Crockett	175
Ava Moody	140
Sarah Solovey	125
Lindsey Luttrell	120
Claire Marvinney	110
Cady Nix/Gabriella Wolf	100
Rachael Guarnien	100
Morgann King	100

MASTERS MALE

Jeremy Donahue	800
Marcus Steward	490
Chris Stayman	470
Jamie McCart	360
Adam Kolatorowicz	320
David McLennan	270
Michael Morrell	260
Michael Wehrle	230
Justin Bornhoeft	200
Jim Bishop	170
Jason Cathey	130
Alex Zirkparvar	130
Scott Harold	105
6 men tied with	100

MASTERS FEMALE

Meg Guy	580
Tara Reitz	380
Johanna Worley	360
Sonja Hurt	320
Connie McCormick	305
Michelle Hillard	300
Jennifer Weston	300
Malinda Honkus	280
Trisha Bruce	240
Kathy Smith	170
Kelly Novarro	160
Kyra Donnell	140
Jennifer Parker	140
Jen Shaffer/Alondra Moody	130
Meredith Wallace	130



Is It Okay to Split Up My Long Runs?

by Whitney Heins

One of the hardest things about training for a marathon is finding the time to run all the miles it requires. This is especially true of the weekly long run which can take hours to do. This is where splitting up the long run can be a good option for time-poor runners.

It's also a good option for new runners and injury-prone runners. But are you still getting the benefits of a long run if you split it?

Yes! Especially if splitting it (like doing 12 in the morning of a 20-mile run and 8 in the evening, for example) means you will get the weekly mileage in instead of accepting defeat and not doing it at all.

Here are pros and cons, according to an exercise physiologist.

Pros of splitting up a long run

- ◆ Splitting a long run session into two separate, shorter sessions can make it feel less daunting, especially for those training for their first marathon.
- ◆ If you're a time-starved athlete who can only run for a certain amount of time in the morning or at night, splitting the run can make the long run doable.
- ◆ Splitting up the distance can reduce your injury risk and enhance recovery as your body is able to replenish glycogen stores.
- ◆ Running a longer run in the

morning, and a short run in the afternoon/evening may spur hormonal changes that can help with recovery.

- ◆ Running a short run in the morning may help warm the body up for a longer run later in the day.

Cons of splitting the long run

- ◆ It takes more time than running all the miles at once because you must get changed, warm up, cool down, get something to eat, etc. before and after both runs.
 - ◆ You may not gain the mental strength or confidence of knowing you can completely the entire marathon distance without a break in between.
 - ◆ Runners may not get to train their gut adequately or practice proper fueling if both runs are shorter than an hour or hour and a half.
 - ◆ You don't get all the same cardiovascular and muscular endurance benefits as you would if you ran the entire thing at once.
- This includes things like:
- the body's ability to oxidize fat as a fuel (which is extremely important in races lasting longer than 90 minutes)
 - improving mitochondria and capillary density
 - and the ability of leg muscle fibers to withstand fatigue (i.e. fatigue resistance).

It's important to note that the cardiovascular benefits of the long run start to diminish after 2.5-3 hours, as the risks for injury increases.

Tips for Splitting Up Your Long Runs

- ◆ Aim to run 60-80% of your total mileage in the first run.
- ◆ If you can't, aim to run more than half in your second run. Quicken pace if you can.
- ◆ Avoid running longer than 3 hours in any segment.
- ◆ Have one run 90-120 min. long.
- ◆ Spacethem 4-12 hours apart.

Check out themotherrunners.com for more tips & info!

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 !!

Knoxville Track Club thanks

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

10847 Hardin Valley Rd
Knoxville 37932
865-896-3760



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

for its generous sponsorship of
The Hard Knox Pizza Dogwood Classic 5k

<https://hardknoxpizza.com>

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

Thank you for shopping local and supporting us!



Monday-Friday 10-6
Saturday 10-5





NEW DISTANCE OPTION ADDS TO FUN AT TOWNSEND

Chris Meadows, race director

The 37th running of Townsend 15k/7k was welcomed by great temps and a record number of signups. This year we also had a 7k option, which seem to be a huge hit. Both courses took runners on the beautiful backroads of Townsend with tons of beautiful scenery to look at.



In the 7k, the overall winners included male champion Joseph Westbrook, who finished in 28:42, and the female champ, Andee Swann, who was timed in 29:33. In the historic 15k race, Cian Bell took first place, running a smooth 52:09. Not far back, Peighton Meske earned the title of first overall female, clocking a very impressive time of 53:12. A truly great

job by all of our 2023 participants.

Like all KTC events we could not have done this without our amazing sponsors. In particular, The Abbey again graciously opened their doors for us, giving runners a great place to hang out after the race. We also want to thank Harper Auto Wash, Runners Market, RunKnox, the Lily Barn and Tennessee Sports Medicine Group for being sponsors of the race.



A huge shout out to all of our amazing volunteers who worked the race.

We truly cannot do this without their help. A special shout out to the Alcoa High School and Maryville College cross country team teams. Thank you to Coach Pam Haggard for everything you did and do for KTC. A special salute also goes to Phillip Tucker of the Alcoa XC team, who sung the national anthem. Another shoutout goes to the Blount Emergency Amateur Radio Service group who helped keep an eye on all things along the course.

It was awesome to be the race director of this beautiful race. I am blown away by our running community. They definitely showed up and showed out. See you at the 2024 Townsend 15k/7k!





CELEBRATING 30 YEARS OF TRAIL RUNNING AT BIG SOUTH FORK



Eric Weatherbee, KTC Executive Director

On Saturday, September 30, the Knoxville Track Club ventured back to the trails for the 30th running of the Big South Fork Trail Races. In typical Treadin' Trodden Trails style, the trail running community took over C loop (and then some) for the weekend and enjoyed spectacular weather for the event.

Prior to the race start, Bobby Glenn was presented a plaque and well-deserved "THANKS!" for his thirty years of directing this event. Yep – 30 years. Bobby has been a fixture in both the road and trail community in Knoxville for many years, and he continues to leave a legacy of service both on the trails and in the boardroom, serving yet again on the KTC Board of Directors, in addition to two past stints as club ED.



As the sun rose, the runners set off for their adventures on the single-track terrain outside Oneida. As trail running goes, the day was a huge success – every starter returned home safely. The runners (and families) were

treated to lunch from Rickard Ridge BBQ and a well-earned post-race stretch from Dr. Bert Solomon from series sponsor Knoxville Spine and Sport.



In the 17.5 Mile race, Chris Stayman was first overall, running 2:05.25, followed by Carter Hall (2:07.22) and David Kesterson (2:08.43). Fastest female was Sophia Etiennes, who cruised the course in 2:13.06, literally miles ahead of second place Jewly High (2:35.00)

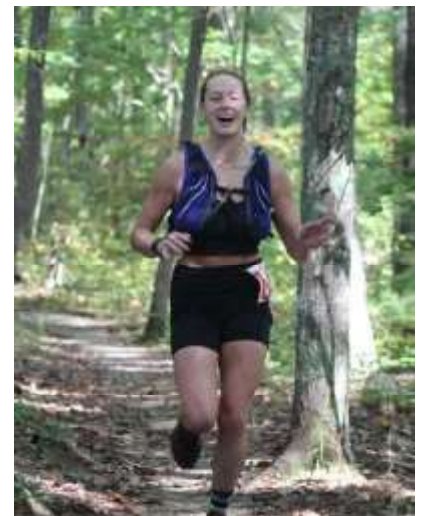
and third place Sarah Hopkins (2:43.43)

10k pacesetter was Kizer Meek, who was timed in 47:21. He was chased by runner up Spencer Lawson (54:11) and third place Tyler Matthews (56:17). Ariel Fipps (57:54) was top female finisher, ahead of second place Meg Guy (59:01) and third place Kelly Fox (1:00.58).



Full race results, expertly curated by Tony Owens, as well as race photos can be found on Runsignup.com and a gallery of race pix also appears on Flickr, courtesy of Michael deLisle.

We're already looking forward to next year's late September race. Make your plans early to spend the weekend enjoying Big South Fork National River and Recreation Area.





DUMPSTER FIRES AND UNICORNS HIGHLIGHT CROSS KNOX 15k

Christina Adkins, race director

What started off as a dumpster fire in race planning ended with the unicorns farting out cupcakes and peeing rainbows.

Leading up to the race, we received word that Morningside Park would be under construction. No big deal, right? We can just reroute around that and still start in front of the Alex Haley Statue. THEN, we found out that transportation would be added to this year's budget for the first time in over 20 years. There are three bus companies for Knox County Schools. Did you know that buses cost \$275-\$400 PER bus?? Oh, and this year's event was on the same weekend as the HUGE Seymour High School Band Competition that all area schools participated in, so bus drivers were SCARCE. Insert hyperventilating and screaming into a pillow as my nightly ritual. The kicker in the whole SHTF Fiasco was receiving word less than a month before the race that Third Creek Greenway would be torn up and repaved. 99.99% of the race is literally on Third Creek Greenway. We'd not only have to reroute UP the worst hills and side streets along Kingston Pike, but also rush the process of recertification.

I went through all the emotions that equate to a midlife crisis. I didn't know if I wanted to cry, pull my hair

out, or do the inevitable and ask my hairdresser to give me bangs. GASP. I settled on chopping off 12" of hair. I still don't know how I feel about the haircut, but what's done is done. Back to the race...

Luckily, I had an amazing support staff to ease the stress of pulling off the event including but not limited to the Knoxville Track Club staff and our community of volunteers.



CrossKnox 2023 was

Stephanie Bailey's final race as KTC's Event Manager. She leaves HUGE shoes to fill and will be missed greatly. If you don't already know, Stephanie is an absolute angel and the best bester bestest helper, encourager, do-it-all-and-then-some person. She texted me regularly to make sure I was okay AND offered to help with recruiting/messaging participants and volunteers. I had so many holes in the course monitor list that I literally wanted to give up. She asked more people to volunteer. All spots were filled by 10pm on race day eve [insert fat, angel babies singing]. I sent all runners and vols five emails (sorry for the spam!) to cover all info and control what I could control. I had THE Teresa Williams as my volunteer coordinator who volunteered ON HER BIRTH-

DAY, btw. Love you, Teresa!

The weather was PERFECT and the day went off without a hitch with runners and volunteers leaving happy. Other positives, Josh Harrell designed this year's logo after the Historic JFG sign, so we were able to memorialize it on our shirts before the sign was disassembled. Runner's Market also had their 28th Anniversary sale, so I finally replaced my trainers and snagged a pair of porta-potty shorts (IYKYK) following the race before delivering leftover swag to Eddie's Health Shoppe on Kingston Pike.

Overall and age-group winners received a super sweet pair of KTC sunglasses designed by the always amazing Tanya Ickowitz at Patdome Promotions. Overall winner Alex Morgan dominated the field with a monster lead on competition to win in 53:24, followed by Jeremy Donahue (57:13) and Giulio Rancadore (58:02). For the women,

Casey Levin (1:01:37), Elizabeth Whelpley (1:04:54), and Patricia Saint-Vincent (1:07:40). went 1-2-3. Top Masters runners were David Johnson (1:01:30) and Stacy Clower (1:10:19) Grandmasters winners were Ron Watzski (1:05:54) and Marsha Morton (1:14:10), while Christopher Martin (1:07:34) and Jennifer Singh (1:24:28) were the fastest Senior Grandmasters competitors.

Great job, runners !!! And THANK YOU to the volunteers for pulling off the craziest CrossKnox 15k of all time. I appreciate each and every one of you!





STRESS-FREE ULTRA AT NORRIS DAM HARD



Rebecca Holder, co-race director

I don't know about you, but I sure have been enjoying the beautiful Fall weather we've had in East Tennessee this year. What better way to spend it than in the woods on your favorite trails!

On Saturday, November 4th, we did just that at the Norris Ultra Dam Hard 25k/50k, in beautiful Norris, TN.

Speaking for myself, as co-RD of the race, I think this year was the most fun, stress-free race I have had over the 8 years Doug and I have been race directors of this event. Having the teamwork of the Treadin' Trodden Trails Committee folks and the wonderful volunteers that joined us, made the day that much more enjoyable. All the running participants seemed to have a great time and were appreciative of the yummy hot food and cold beverages at the end of their race. No one got lost (that I know of) thanks to the meticulous trail marking by Doug. We also ended the day with only a few minor scrapes for injuries. That allowed our awesome Norris Dam State Park Rangers to have a nice, boring, uneventful day!

Our top three overall male winners for the 50k distance goes to Robert Singleton, with the time of 5:11, second place goes to Peyton Gupton (5:23) and third place, Sean Hagstrom (5:46). Top three females went to Jess Scarbrough with a time of 7:03, runner-up Tara

Reitz (8:01), and third place Amanda Bucci (8:04).



The top three overall males in the 25k were Michael Morrell, who finished in a strong 2:17, sec-

ond place Oakley Atterson (2:24), and third place Kevin Black (2:27). Our top 3 females were Ashley Bennink, who ran 2:55, second place Meg Guy (3:00), and third place Angela Sellers (3:12).

A big THANK YOU goes to our hardworking volunteers, starting with the morning registration by cover boy Adam Kolatorowicz, speedy David "MacAttack" McLennan, and Stephanie Johnson. Kathy Russell, Chuck Morris, Dani Manley-Hood, Hannah Kitterman, Lindsey Clark, and Bobby

Glenn manned the famously named Buttslide Aid Station. Tim Hill spent his birthday along with Alondra Moody and Brian Williams managing the Water Tower Aid Station. Special thanks to TTT's Stephanie Johnson, who pulled double

duty at the finish line and turnaround aid station for the 50k, and teamed up with Kathy Smith in the post-race cleanup. Last, but clearly not least, Tony Owens did those race timing duties with ease, as always.

As a final thought on the day, it is one of my greatest pleasures to talk to the participants who choose to run the Norris Ultra Dam Hard 50k as their first ultra distance. Listening as they describe their experience and the look of accomplishment on their faces makes the many days of hard work worth it. I truly appreciate those who choose to return year after year to enjoy the challenges and beauty of this race.

Join us next as we present the Dirty South Half Marathon, 10k, and Kids Trail Mile in South Knoxville's fabulous Urban Wilderness on Sunday, December 3rd. See you on the trails!



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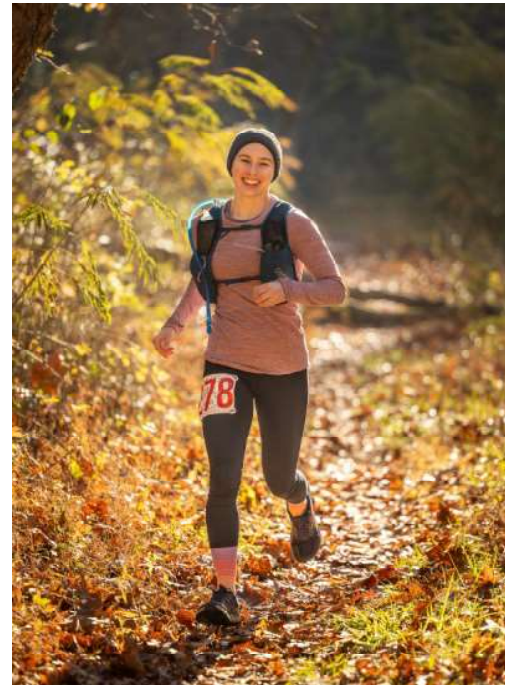


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Event Schedule

Nov 23 - Feb 24

NOVEMBER

- 10 Pigeon Forge - 11:00 pm. Dollywood's Light the Way 5k
- 11 Oak Ridge - 8:00 am. Secret City Half Marathon and 5k
- 11 Oliver Springs - 2:00 pm. Bigfoot Blasdt 5k/10k Trail Run
- 18 Townsend - 11:00 am. Little River Run 5k
- 18 Knoxville - 9:00 am. BK 5k Race
- 23 Knoxville - 8:00 am. **REGAL KNOXVILLE TURKEY TROT 5k / LITTLE GOBBLERS KIDS RUN**

DECEMBER

- 3 Knoxville - 8:30 am. **DIRTY SOUTH TRAIL HALF MARATHON AND 10k**
- 3 Maryville - 2:00 pm. Reindeer Run
- 9 Pigeon Forge - 7:00 am. **PIGEON FORGE HALF MARATHON AND 5k**

JANUARY

- 1 Knoxville - 8:30 am. **NEW YEAR'S DAY 5k**
- 20 Oak Ridge - 8:00 am. **OAK RIDGE 10 MILER and KIDS MILE**
- 21 Maryville - 1:30 pm. **WANDERERS TRAIL RACE and KIDS TRAIL MILE**

FEBRUARY

- 17 Strawberry Plains - 8:00 am. **STRAWBERRY PLAINS HALF MARATHON and 10k**
- 18 Maynardville - 1:30 pm. **DARK HOLLOW WALLOW and KIDS TRAIL MILE**

AND DON'T FORGET.....

April 6-7, 2024 — 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 !!



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