

Sep/Oct 2022

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



***RunkNOX seeks
new coach - pg 11***

***SUP with standup
paddleboarding - pg 19***

***The CORE of low
back pain - pg 17***

***Race recaps from six
KTC races - pg 24-29***



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

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888-217-5635

WEBSITE
www.ktc.org

ON THE COVER

A group of fast runners cross a wooden greenway bridge early in KTC's July 16 Springbrook 10k.

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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ROAD RACE COMMITTEE: David Black—chair, David Black (Chair), Dave Alderman, Jason Altman, Stephanie Bailey, Chris Davis, Justin Emert, Hannah Foust, Karla Gander, Chris George, Pam Haggard, Sally Joines, Suzanne Oliver Muna Rodriguez, Dana Rohloff, Robyn Smith, Runners Market Race Team, Allison Slater, Andee Swann

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, Joy Barber, Steve Barber, Pete Crowley, Chris George, Bobby Glenn, Tim Hill, Doug Holder, Rebecca Holder, Stephanie Johnson, Ken Lonseth, Alondra Moody, Tony Owens, Kathy Smith, John Storey, Alex Walker

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Pam Haggard, Vice President
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Christina Adkins, Secretary
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Zane Hagy
Tim Hill
David Hinkle
Jennifer Moore
Suzanne Oliver
Matt Stegall
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865-982-1268

VOLUNTEERS
Teresa Williams
865-640-5667

SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * September/October 2022 edition



A Message from our Club President

Brian Huskey, KTC President



Habits

I am in the middle of reading a book that is effectively a guide to building good habits. These habits, essentially by definition, involve action. Doing something. Usually, for us, that something is running.

I'm also listening to a podcaster who suggests that many new ideas are really old ideas. He's not talking about the latest scientific breakthroughs, but rather he is saying there are some fundamental truths that occasionally get recycled or repackaged to fit the times. I think that's true on many occasions.

A couple of the primary recommen-



dations of good habits from the book are to be with people and to get out in nature. The book was published 80 years ago, so it is about twenty years older than the Knoxville Track Club. I cannot really draw a straight line from those habits of being social and getting outside to the *raison d'être* of KTC, but it does fit nicely with the club's mission to encourage life-long physical well-being through running and walking as it tries to realize the vision of "Healthy living, healthy community – one step at a time."

Jason Altman (Covenant Health Knoxville Marathon Director) recently

announced the selection of the Boys and Girls Clubs of the Tennessee Valley as the 2023 Covenant Health Knoxville Marathon Community Partner. The BGCTV has a vision that, "Every child who walks through our doors will be prepared to graduate with a plan for post-secondary education, live a healthy lifestyle, and become a contributing member of our community."

I'm very excited about this partnership as it is a great opportunity for both groups to work together to fulfill our mutual goal of building healthy members of the community. I hope we can connect with these young people and help them develop the habits of being physically active that are so central to our club.

The club has several opportunities to exercise those good habits. The Pilot CrossKnox 15k is one of my favorite races of the year with its point-to-point course. The Townsend 15k/10k follows backcountry roads near the Little River that offer some nice scenery as you navigate the usual East Tennessee hills. Also, the club is offering a special bundle for the Regal Turkey Trot, Pigeon Forge, and New Years Day 5k races. Sign-up now and commit yourself to showing up. Or really get out in nature and run the Big South Fork or Fort Dickerson trail races. If running isn't an option for you right now, we are always happy to have more volunteers to support those races. I hope to be out there putting my habits to work and that I'll get to see you there as well!

HEY KTCers! HAVING RUNSIGNUP PROBLEMS?

Have you registered for a variety of races -- not only KTC races, but races in other areas? You may have inadvertently created more than one Runsignup account. To consolidate your accounts, follow this link: <https://tinyurl.com/3l78q6v8>





Milestones

*David Black, Executive Director
Knoxville Track Club*



In 1962 eight gentlemen got together with a common goal of establishing a team to compete in the AAU track competition. This was the start of what would become the Knoxville Track Club. Through the six decades since, the Knoxville Track Club and the running world in general has seen many changes and milestones.

When the KTC started, the world record times for marathon were 2:15:16 (Men) and 3:40:22 (Women). Sixty years later the world record times are 2:01:39 (Men) and 2:14:04 (Women). For the outdoor mile distance we have seen the men's time go from 3:54.4 to 3:43.13 and the women's time go from 4:41.4 to 4:12.33 during the same sixty years. Countless world records have been set in track and field, along with distance running. Our club has seen course, event and state records set fairly regularly during its history.

More than just records, we have experienced many changes during that time period. Frank Shorter, known as the father of the running boom in the 1970s, was in Knoxville for the 2021 Covenant Health Knoxville Marathon. He was describing to me the clothing that he competed in during the 1972 Summer Olympics. Long before running technical clothing was the norm, the uniform was thick with the letters USA sewn on the front. Frank went on to start a sportswear company.

Over the years since the KTC was

founded, clothing has been one of many things which has seen major changes. Years ago, all participant shirts were cotton or a similar material. This eventually led to a mix of technical shirts and cotton shirts and, for a while, nearly all technical shirts. As the industry advanced, so did the shirts. We saw that many runners were particular about what they ran in and eventually we made another

switch in the participant shirts. In recent years, most of the shirts we give to participants have been a very soft tri-blend shirt. For the most part, these are not necessarily shirts that people will run in. However, they may wear post-race, before another race, or on any random day. Meanwhile the sportswear industry is ever changing with very lightweight, often breathable, and wicking shirts. For today's runners, it is difficult to imagine running in what people did ten to fifteen years ago, much less sixty years ago when the KTC started.

Naturally shirts are just one aspect of the milestones. Advancements in shoe design and technology, shorts, sports bras, hats, and so much more, all designed to making running more en-

joyable and efficient. The technology advances in watches and phone apps for mapping and pacing have been nothing short of amazing. The ability to program workouts or route maps to watches and apps are another great thing making running more efficient. In recent years, I have been known to write workouts on my arm, use sticks or rocks to count repeats. I'm sure I will continue to do this at times, but the ability to program the workout and follow directions is so helpful for training.

More than thirty years ago, the first edition of Footnotes was published. Over the years this magazine has been nothing short of amazing, providing great content from so many contributors. Our own Michael deLisle has been the editor since November of 1992. This publication was once a simple newsletter, black ink on white paper. In 2003 the magazine went full color. While the print version was phased out within the past decade, the PDF version has still been produced and distributed to members.

Recent surveys and research have shown that the content in this publication is still a very valuable asset to the

**** continued on page 7 ****

REACH OUT TO KTC!

**DAVID BLACK,
EXECUTIVE DIRECTOR:**
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EVENT MANAGER:**
knoxtrackevents@gmail.com



UPCOMING KTC EVENTS

- 7/3:** Pilot Fireball Moonlight Classic 5k
- 7/9:** Haw Ridge Trail Race & Kids Mile
- 7/16:** Springbrook Splash 10k / 5k
- 8/6:** Pigeon Forge Midnight 8k

Milestones

*** continued from page 6 ***

running community, but we saw a need for a new delivery method. Moving forward you will be able to see the content across various channels, whether it be a blog, email, website, or social media platform. We believe it is important to adapt with the times and make the great information more readily available.

While some KTC races have come and gone, others have been around for decades. Distances and locations may have changed some over the years, but the traditions for many have continued. During September we will have the Townsend 15k and 10k. This year marks 47 years of KTC racing in Townsend. Meanwhile we are closing in on thirty years for the Big South Fork Trail Race.

October will see a second-year event, the Sweetwater Valley Half Marathon and 5k on the road side, and a third year trail race, the Fort Dickerson Frolic. Trail runners will round out the year with the Norris Dam Hard Trail race in November and Dirty South Half Marathon and 10k in December, while road racers will participate in the Regal Turkey Trot on Thanksgiving Day and the Pigeon Forge Half Marathon and 5k in December.

I recently marked my fifth year as being the Executive Director of the KTC. It is interesting to think of the changes and milestones that have happened during that time period. Many records set, new courses and events developed, new timing technology and now a new distribution method for the great content of our Footnotes magazine. By the same token, it is exciting to think about the changes and milestones of the next five years. We can only imagine what the coming years will bring.

I encourage you to visit <https://ktc.org/history/> to read some of the history of the KTC. Be sure to follow us on social media and keep your membership active to receive all the upcoming content.



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor

A Brief Thirty Years

As I awaken, I note the dappling of early morning sunshine against the waxy leaves of the magnolia and delight to hear the song of the thrush perched high in a nearby sourwood. I thrill to the melody, grateful for nature's dispensation.

And then I pause. There's only one bird singing out there. It's early morning. Other songbirds should be joining in bucolic symphony. Yet, aside from the redbreast, only a frisky mockingbird joins the concert.

When I was a boy growing up in the woodlands of the north, I often sat for hours in the shade of old Brownfield Woods, bathing my ears in the raucous crescendos of the songbirds. Scarlet tanagers, goldfinches, cardinals, and warblers tantalized my eyes with their brilliant plumage as much as my ears with their joyous songs.

Where are they now? A few redbirds still perch in the redbuds, and a bluebird twitters on a dogwood branch at the edge of the woods. But the euphony of my youth is no longer. And it saddens me.

The countryside is changing. Beetles kill off the pines, wooly adelgids doom the hemlocks, gypsy moths creep closer, killing the oaks. Elms and chestnuts have long since met their fates. The face of the American forest is changing forever.

Yet the forest will recover. Tall, fast growing tuliptrees, sweetgums, and red maples leap upward to claim the sunlight. And though I may not be here to see and enjoy the recov-

ery, it gladdens my heart to know that the woods will regrow in a new and vibrant fashion.

I have no such confidence about the songbirds. Or the amphibians. What used to be a boisterous chorus of spring peepers clinging to trees in moist lowlands is now but a whisper by comparison. Frogs and other amphibians the world over have disappeared in stunning numbers.

It's said that the world has entered another period of mass extinctions. This time the blame cannot be laid upon a rogue asteroid. Instead it's a rogue species, a cunning, two-legged predator who walks heavy on the land, leaving footprints that will last a thousand years. Most of us create this destruction unknowingly, or at least without malice. But the obliteration of woodland habitat, the fouling of the air and water, the incredibly conspicuous consumption of resources, all are happening in unprecedented and irrevocable finality.

Those few of us who stand vigil, trying to do our small part, are dwarfed by the seven-billion pound gorilla that is the human species, lumbering onward, making vast advances in science, technology and the arts, yet clumsily killing off our neighbors and bespoiling the planet.

These past thirty years of my editorship—a nanosecond in the grand scheme of time— have borne witness to amazing changes, some wondrous, some not so much. I truly hope the next thirty bestows bounteous joy and happiness in your lives and those of your neighbors on our celestial ball of clay and granite.



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

KTC SELECTS COMMUNITY PARTNER FOR 2023 CHKM

Jason Altman, Director, Covenant Health Knoxville Marathon

The Knoxville Track Club selected Boys & Girls Clubs of the Tennessee Valley as the marathon's 2023 Community Partner. A portion of proceeds from the event will be donated to the non-profit.

Prior to and throughout the 2023 races, the Covenant Health Knoxville Marathon and Boys & Girls Clubs of the Tennessee Valley will cross-promote the event and the organization's mission to encourage active lifestyles among East Tennessee youth.

"We look forward to working alongside Boys & Girls Clubs of the Tennessee Valley as the 2023 marathon races toward us," said Jason Altman, race director of the Covenant Health Knoxville Marathon. "The nonprofit and its leaders hold many of the same values as the team behind the Covenant Health Knoxville Marathon, including the well-being of young people in our area. With the partnership of Boys & Girls Clubs of the Tennessee Valley, we intend to have more young people participating than ever before and encourage youth to be involved for

years to come."

Boys & Girls Clubs of the Tennessee Valley provides an array of youth development services to more than 6,700 children in Knox, Blount, Loudon, Anderson, and Claiborne counties. Young people of all backgrounds can access the nonprofit's programs from Pre-K through high school.

The nonprofit currently facilitates a healthy lifestyle program that supports lifetime wellness activities, team sports, nutrition education, and mental health services. Members of the clubs' YouthForce, a workforce development program for teenagers, also will assist on-site at the marathon and cheer on participants.

"A partnership with the Covenant Health Knoxville Marathon is an exciting opportunity to inspire East Tennessee youth to be active," said Bart McFadden, president, and CEO of Boys & Girls Clubs of the Tennessee Valley. "As the 2023 Community Partner, our goal is to help East Tennessee youth improve their overall health and develop good habits for the rest of

their lives. This is a fun and accessible event that can inspire the children we serve to get on a healthy track."

Since 2005, the Covenant Health Knoxville Marathon and the Knoxville Track Club have donated more than \$240,000 to local charities through the community contribution program. In 2021, Emerald Youth Foundation was named a community partner to benefit alongside Patricia Neal Rehabilitation Center, which has an ongoing partnership with the marathon. Emerald Youth Foundation received \$12,500 to fund its Emerald Force Track Program, and Patricia Neal Rehabilitation Center received \$6,250 for its Innovative Recreation Cooperative (IRC) program.

If you would like to participate in the 2023 event and support the Boys & Girls Clubs of the Tennessee Valley, go ahead and register today! Our next price increase will be December 1st. Be sure and register by 11:59 pm EST on November 30 in order to save up to \$10 on your registration fee. Also note that as a KTC member, you are eligible to receive a \$10 discount off of your CHKM event registration when registering online. Since we are using RunSignUp for the marathon registration again, the system will verify your club membership and automatically deduct your discount as long as you are a member in good standing.

Good luck with your training....see you on the roads!



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.

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



Have you changed your email address or mailing address?

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

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



Scott Schmidt, RunKNOX director

Hey KTCers! Last edition I talked about my desire to develop life-long runners. I like the long play with a slow, steady approach to training where we focus on the process first and know that the result will follow. I believe in a training approach that will challenge you, but not destroy you. As a coach I err on the conservative side of the spectrum. I'd rather you get to the start line a bit undertrained, but 100% healthy rather than super fit and broken. Knowing when to push harder and when to pull back is tricky. Personal experience is probably the best coach. If you've been running long enough you've likely screwed up plenty of times. Have you crossed that thin line and violated the rule of toos (too much, too fast, too soon) and gotten injured? Yes, I have. Hopefully you've learned from your mistakes and have avoided those pitfalls in

<https://runknox.trainingtiltapp.com>

subsequent training cycles. Having a coach or trainer that you can trust could help you sidestep those mistakes but know that a coach is only as good as the communication that you have with them. They can design beautiful training calendars, but that training will be ineffective if you don't provide feedback to tell your coach how the workout felt.

In RunKNOX I tend to be a hands-off coach. If I don't hear from an athlete, then I assume that they're trucking along fine. I'm happy to provide more attention or feedback, but for the most part I expect them to initiate those conversations with a simple "hey coach...". The longer you're in the RunKNOX system and the more I get to know your person-



ality or tendencies the more likely I'll notice problems, but within our group setting it's tough to have eyes on every person every second. I need our folks to be engaged and proactive in communicating back to me to avoid being lost in the shuffle.

RunKNOX is currently at a transition point where I need to recruit another coach to have eyes, ears, or hands on at practices. If you or someone you know has a similar philosophy to training as I've been sharing in this column over the years, reach out. Below is the general job posting:

The Knoxville Track Club is in search of a Coach for its RunKNOX Training Program. Responsibilities of the position include attending, leading, and/or participating in weekly runs, assisting clients in setting goals, developing training programs, and modifying workouts, and assisting program director in developing social media posts, public blog content, and internal team communications. Preferred qualifications include a degree in a related field such as Kinesiology, Biomechanics, Physical Therapy, Athletic Training, Sports Management, Nutrition, etc., accredited certifications such as Running Coach, Personal Trainer, Strength Coach, etc., previous coaching or training experience, or extensive personal experience in endurance sport participation. Submit inquiries, resume, and/or cover letter to runknox@gmail.com and knoxvilletrackclub@gmail.com

Whether you're interested in joining us as a participant or a coach, I'd love to hear from you!

KTC Group Runs

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

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

Knoxville Track Club

Offers valid 4/1/2022 - 1/31/2023

Knoxville Track Club
Valid 4/1/2022 - 1/31/2023



— VALID IN-STORE ONLY —

TAKE
\$10 OFF

A PAIR OF ATHLETIC FOOTWEAR
OR CLEATS \$59.99 OR MORE

Limit one item per coupon per customer. Excludes: YEEZY footwear, taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



P00046787O241BR1T

Knoxville Track Club
Valid 4/1/2022 - 1/31/2023



— VALID IN-STORE ONLY —

TAKE
\$10 OFF

YOUR PURCHASE OF \$50 OR MORE

Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



P00046788O241BR1T

Knoxville Track Club
Valid 4/1/2022 - 1/31/2023



— VALID IN-STORE ONLY —

TAKE
20% OFF

AN ATHLETIC OR OUTDOOR APPAREL ITEM

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



P00046790O241BR1T

Knoxville Track Club
Valid 4/1/2022 - 1/31/2023



— VALID IN-STORE ONLY —

TAKE
\$20 OFF

YOUR PURCHASE OF \$100 OR MORE

Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



P00046789O241BR1T

2022 TRAIL RACE SCHEDULE

BIG SOUTH FORK TRAIL RACE — Saturday, September 24, 2022, 8:30 am. 17.5 mile and 10k. Bandy Creek Campground, Big South Fork NRRRA, Oneida.

FORT DICKERSON FRANTIC FROLIC — Saturday, October 15, 2022, 9:00 am. 10k and 5k PLUS Kids Trail Mile*. Fort Dickerson Park, Knoxville.

NORRIS ULTRA DAM HARD TRAIL RACE — Saturday, November 5, 2022, 8:00 am. 50k or 25k. Norris Dam State Park, Norris. (PLEASE NOTE ADJUSTED START TIME)

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.

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

WELCOME KTC MEMBERS

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

Luis Atencio
Walter Baird
Jonathan Bell
Ashley Bentley
Wally Birchfiel
Bloch Family
Amy Bollinger
Butch Bourque
Ryan Bradley
Tonya Brown
Steven Campbell
Bryan Campbell
Brittney Cannon
Carmicle Family
Carpenter Family
Lindy Carroll
Chaffins Family
Luis Chavez
Heather Clark
Stacy Clower
Andrew Cochran

Craft Family
Seth Crum
Cutrer Family
Tammy DeBow
Candice Doolan
Trinny Duncan
Jenna Dwyer
Eldridge Family
Laura Evon
Tim Forrester
Michelle Garrett
Ann Gentry
Chase Givens
Gleason Family
Samantha Graffius
Linda Graham
Pam Haggard
Keith Hall
Mark Hall
Michelle Harrington
Donald Harville

Emalie Hayse
David Hicks
William Hicks
Hillenbrand Family
Jonas Holdeman, Jr.
Holmes Family
Hosenfeld Family
Jhala Family
Johns Family
Iain Jones
Kregel Family
Christal Lane
Keri Lattimore
Rebecca Lynch
Kim Mackenzie
Marsha Marion
Charles McCallie
Kelly Novarro
Nancy Owens
Lauren Phillips-Stadler
Konstantin Pieper

Soisuda Pingsanoi
Manny Rodriguez
Jessica Rose
Jonathan Ruff
Timothy Rutherford
Anna Sandelli
Maureen Saygers
Scott Schimmel
Shaun Sheets
Sirois Family
Allison Slater
Kathy Smith
Chris Stayman
Ethan Turner
Kelly Tyler
Victoria Family
Tim Wade
Justin Weinmeister
Bob Weismueller
Jessica White-Horton
Lourdes York

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

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Thirty Running Mantras

by Whitney Heins

Mantra: a single word or short phrase that runners can repeat when the going gets tough, and has the power to stop the cascade of negative thoughts provoked by the pain of running and racing.

Studies show mantras can set you up for faster running. Specifically, a 2015 *Brain and Behavior* journal study found that, “subjects who repeated a mantra displayed decreased brain activity, allowing for increased focus and relaxation.”

That’s pretty darn powerful.

But you have to be able to choose the right mantra that fits you, your goals, and the race or run at hand.

The mantra you choose for running can be something that invokes a positive quality in yourself such as your toughness or persistence. It can also be your intention for the day—to try your hardest, get what you worked so hard for, or to be proud of yourself.

Your mantra should resonate with you. It should feel familiar, comfortable, like it fits you—not something you are striving to be.

30 Best Mantras for Runners

Okay, now let’s get to the good part. Listed to the right are thirty good mantra quotes for runners.

These mantra examples come from me, fellow runners, and elite runners. Choose the best mantra for you or use them to brainstorm your own.

- ◆ Pain only hurts—Scott Jurek
- ◆ Fighter—Kara Goucher
- ◆ Run without any regrets—Shalane Flanagan
- ◆ Belong—Des Linden
- ◆ Calm, calm, calm. Relax, relax, relax
- ◆ Fearless
- ◆ Send it
- ◆ Let yourself run
- ◆ Get into it—Bob Kersee, Allyson Felix’s coach
- ◆ Run with it
- ◆ Don’t be a wimp – Matt Fitzgerald
- ◆ Good is good enough—Keira D’Amato
- ◆ Embrace the suck – D’Amato
- ◆ I’m deserving of my goals – D’Amato
- ◆ Hard doesn’t mean impossible
- ◆ No one else will do it for you
- ◆ Fit is not a feeling
- ◆ Run the mile you’re in
- ◆ Keep it strong, stupid
- ◆ I can do hard things
- ◆ Summer miles brings fall smiles (for training in the heat)
- ◆ Stay smooth
- ◆ Stay in control
- ◆ Just. Run.
- ◆ I got this
- ◆ I’m fast
- ◆ I’m strong
- ◆ I’m a grinder
- ◆ I worked hard for this
- ◆ Stay strong



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Getting to the CORE of Low Back Pain

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

Most healthcare practitioners know that the key to a healthy low back is a strong core, and at this point many individuals into physical fitness have heard or read about the importance of a stable core. When seeing your healthcare professional or doing a quick google search for core rehabilitation exercises, your results will often include bird-dogs, planks, bridges, single leg lowers, etc. These exercises are fantastic for strengthening the majority of the core stabilizing muscles, such as the lumbar erectors, quadratus lumborum, internal oblique, external oblique, transverse abdominus muscles, and many more. However, there is one core muscle that is often overlooked,

despite its extreme importance for core function and low back stability, and that is the diaphragm.



The diaphragm is not only imperative for proper breathing technique, but also low back stability. When the diaphragm contracts, it creates a negative

pressure in the chest cavity by contracting downward, which draws air into the lungs. At the same time, the contraction of the diaphragm also increases pressure in the abdomen. The increase in pressure created by the diaphragm stabilizes the low back when performing physical activities. With that being said, at the end of the day, the diaphragm is a muscle and just



like every other muscle in the body, and it can become weak. With training, however, we can increase the strength and endurance of this muscle over time.

Diaphragmatic strength and endurance are of extreme importance for endurance athletes, such as runners, tennis players, and swimmers. There are a couple of research papers that can be found below that demonstrate and discuss the importance of diaphragmatic function. These papers found that whenever the diaphragm fatigues, the body directs more blood flow to the diaphragm. This redirection process occurs because the intake of oxygen is essential to the body's function, thus the brain makes sure that the primary oxygen generator gets priority. When this occurs the decreased blood flow to

other spinal stabilizers and the muscles of the lower extremity, will fatigue quicker, which can lead to a higher chance of injury.

One of the best ways to work on diaphragmatic strength and endurance is focusing on your breathing. You can start by first lying on a flat surface, such as the ground or your bed, with your knees bent. While in this position, place one hand on your chest and the other on your stomach. While pressing the low back into the ground, take a slow and controlled breath in through your nose imagining yourself breathing into your belly. When doing this, the hand on your chest should remain still whereas the hand on your stomach should rise with each breath. You can then exhale while tightening your core muscles as your belly returns to its resting position. Give it a try and see if it improves your low back pain or athletic performance.

Janssens L, Pijnenburg M, Claeys K, McConnell AK, Troosters T, Brumagne S. Postural strategy and back muscle oxygenation during inspiratory muscle loading. *Med Sci Sport Exerc.* 2013;45(7):1355-62.

Harms CA, Babcock MA, McClaran SR, et al. Respiratory muscle work compromises leg blood flow during maximal exercise. *J Appl Physiol.* 1997;82:1573-1583.

The New Balance logo is a large, stylized white "NB" on a red background. Below it, the words "new balance" are written in a white, lowercase, sans-serif font. At the bottom of the red box, the address "8027 Kingston Pike Suburban Plaza Knoxville TN 865.539.1100" is written in white text.



2022 Trail Series Grand Prix Standings

Point Totals - through Concord



Chris George, keeper of the points

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Tim Hill	230	Monica Chapman	390	David McLennan	625	Meg Guy	490
Blake Wahlert	220	Elizabeth Neely	305	Matt Stegall	500	Jill McNeal	300
Nathan Helton	220	Jaclyn Noshay	300	Jim Bishop	320	Jen Shaffer	260
Wesley Crane	200	Jessica Tucker	270	Jamie McCart	290	Malinda Honkus	200
Eric Cannon	190	Jessica Sheah	220	Adam Kolatorowicz	280	Connie McCormick	190
Jackson Slagle	170	Olivia Pfeifer	200	Marcus Steward	280	Kelly Novarro	190
Lancy Cundy	160	Megan Von Bergen	180	Joshua Scott	220	Kyra Donnell	160
Micah Morgan	160	Kaelin Porter	180	Jared Lawrence	220	Sonja Hurt	160
Joshua Melton	150	Maci Brede	160	Scott Schmidt	170	Alahna Jansen	150
Robert Taylor Jr.	150	Sarah Crowley	150	Jason Cathey	160	Angelina Borisov	130
Alex Zirakparvar	140	Lora Doherty	115	Jeff Hackler	140	Becky Ray	120
Kevin Ellison	140	Maggie Dugan	100	Kevin Brown	130	Mary Patterson	120
Matthew Williams	110	Minttu Hukka	100	Mark Hall	105	Amy Jones	100
Brandon McCloy	100	Meredith Hale	100	Ron Wireman	100	Jennifer Weston	100
Peyton Gupton	100	Sophia Etienne	100	Steven Campbell	100	Erin Bradford	95
Carter Hall/Zeb Swager	100	Terra Haggard	100	Jacob Prater/Michael Morrell	90	Swager/Donnelly/Wooten	90

KTC Road Race Grand Prix through Pigeon Forge

Jerry Schohl, keeper of the points

MALE

Matt Stegall	59
Brent Bueche	42
David Johnson	42
Ken Sirois	39
Ron Watzke	39
Ethan Coffey	38
Chris Davis	37
Jeff Colfer	35
Cian Bell	34
Darren Driscoll	34
Paul Horton	34
Sam Plemons	34
Joshua Mower	32
Chase Givens	30
Hal Bibee	28
Seth Crum	27
Steven Campbell	26
Brian Huskey	26
Travis Wilson	26
Will Jeter	25

TEAMS

Team Runners Market	920
Zen Evo / Long Run	904
Team Really	126
RunKNOX	79
KTC Socialites	37
Carter Sports	36
Back of the Pack Elite	36
Scruffy City Endurance	33
UT-Battelle-ORNL	28
Pilot Company	20



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

FEMALE

Elizabeth Herndon	49
Shirley Sirois	49
Kathy Wolski	44
Angela Sellers	40
Jennifer Weston	38
Bekah White	34
Stacy Clower	31
Marsha Morton	31
Marian Schmidt	31
Angelina Borisov	30
Jennifer Singh	30
Maci Brede	27
Kyoko Yamamoto	27
Jennifer McKelvey	26
Andee Swann	25
Lorrie Johnson	22
Jennifer Moore	21
Deb Ross	21
Becky Tener	21



TRI-BAL KNOWLEDGE

What's SUP?

by Larry Brede



Though the vast majority of races are competed as triathlon, multisport actually has a lot of different formats. I've tried many of them, but this past July was a brand-new version for me. Personal Best Racing's "Heart of the Lion" SUP-er-Yak was competed as a paddle followed by a trail run. As you probably can figure out by its name, paddling was a choice of either a standup paddleboard or kayak.



My daughter Maci and I LOVE to standup paddleboard! We both have SUPs and spend a lot of time on the lake each summer. Though I've never attempted to paddle one for speed, I figured this format was right up my alley. It would have been right up Maci's alley as well, but she was out of town on a church mission trip and had to pass. Her absence meant that her board was available for someone else, and my friend John Smith elected to join me on race day. It was only his second time on a SUP, so he experienced the double-fun of racing *and* learning how to standup on the same day!

The SUP-er-Yak is staged out of the Whitestone Inn, home of the KTC's

30k road and trail events every winter. It's a beautiful venue and getting to enjoy the lake in July adds a bonus we don't get when there to compete in February. The event included a triathlon that started an hour before the SUP-er-Yak, so I was able to serve as a swim safety and get out on the board prior my event starting. With a lot of friends in the triathlon it was fun watching them roll through the course while enjoying time on the water.



When it was our turn to start, all the SUP and kayak competitors lined up in a tiny cove adjacent to the swim course. We started at the same time, so it was fun paddling with multiple watercraft racing buoy to buoy. The course was set out at a rough triangle, with a headwind blowing pretty steadily on the final leg. As mentioned earlier, I've never attempted to paddle for speed and certainly not into a headwind. It was little bit of an adventure, but we were on the water less than 15 minutes so not too crazy. I will note that John's efforts on the SUP were outstanding, finishing strongly despite attempting a brand-new sport.

I know a lot of KTCers know the Whitestone trail system, but I didn't. The run was all new to me, across the street from the Inn and then a clover-leaf pattern of trails. It's really beautiful, though a hilly challenge. Trey Murphy manned a water stop we passed three times at the base of the clover, and did a great job providing useful tips like, "run around the barn," and "watch out for all the ticks." We might have to come back to run the Whitestone 30k trail race next winter when that last tip won't be needed!

The finish line was co-located with the triathlon finish, providing ample opportunity for post-race socializing. I really loved this event and the pretty unique paddle/trail run format. It's definitely a race to put on the calendar again in 2023, especially when Maci can join in the fun!



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TAURINE WAS ADDED TO GIVE YOU A BOOST OF ENERGY AND HELP YOU GET OUT OF THE DOOR TO TRAIN EACH DAY

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06 N-ACETYL L-CYSTEINE

NAC (N-Acetyl-L-Cysteine) was added because it boosts an important antioxidant in our bodies called glutathione, which allows our lungs to function optimally.



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KTC BOARD OF DIRECTORS

Minutes of June 2022 Meeting

JUNE 27, 2022

The meeting was called to order by Brian Huskey at 6:02pm. In attendance were Christina Adkins, John Chavis, Brian Huskey, Karla Gander, Bobby Glenn, Tim Hill, Keith Jackson, Suzanne Oliver, Matt Stegall, Eric Weatherbee, and Jason Wise. David Black, Jason Altman, and Michael deLisle attended as guests.

Minutes – The May minutes were presented. There were no questions or amendments. Gabe moved to approve; Keith provided a second. The minutes were approved unanimously. ***Correction*** May’s minutes listed Pam as being present when she was absent. May’s minutes have been corrected to reflect her absence.

Regular Reports Consent Agenda

Executive Director Report—Age minimums have been adjusted on RSU. RunKnox is celebrating 10 years. Eric noted that he is missing his time from Hal Canfield. Timer was notified to get his time. Christina asked if our timing equipment, specifically the timing mats, have been evaluated. Michael D suggested using foam back bibs for trail series to prevent timing issues moving forward due to lower participant numbers. Christina asked how frequently timers are testing equipment prior to race day. David said equipment is used and tested weekly.

Treasurer’s Report—Finance



committee met Wednesday. Financials are wrapping up and will go to CPA soon. First quarter summary will be ready by next meeting.

Marathon Director’s Report—2021 financials hit a snag due to invoice received several months late. 2022 books will close in June pending KPD invoice. Price increase coming in July. Only 7 community partners have applied so far. MAC had a productive meeting earlier in June. Bobby asked about a potential kids run held at Dollywood. Jason A is trying to attract more east Tennessee school-aged kids. Brian wants to leverage East Tennessee to build regional relationships to grow the identity of CHKM. Suzanne agrees that it would be a draw for CHKM to finish in the stadium pending stadium construction. Jason A said the projected construction completion date would be around 2026.

Event Manager Report—Fireball promo will run on Channel 10

Trail Committee/Footnotes—No further discussion

Website/Communications Committee— No further discussion

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

Community Engagement—No

further discussion

Roundtable—Jason A accepted a new position as West High’s XC Coach and shared that Eddie Reymond’s (owner of Eddie’s Health Shoppe) mother passed away. Jason will still maintain his role as CHKM RD. Suzanne shared that the new Knox Schools superintendent has participated in the CHKM and is an avid runner. She’d like to see a partnership with him to grow the school’s challenge and youth program. Michael asked for an update on the Communications Committee and requested a consultation with the committee. Brian has a vision for Footnotes to be accessible to non-members and on all social media pages to increase the KTC digital footprint. Matt said there are 10000 followers on Facebook and it would be nice to see increased traffic to KTC website. Eric wore his vintage Fireball t-shirt. David B shared that a KTC Pigeon Forge Midnight race shirt is currently on Ebay for sale. David B said there used to be different heats for the Hal Canfield Mile when it was called a community mile and would like to see the race become more inclusive to all paces and runners. David B will bring Hal Canfield community mile idea to RRC. Suzanne shared that Lauren and Gerald are recruiting people for the Beer Mile series that will resume Spring 2023.

At 7pm, Eric moved to adjourn the board meeting. Gabe provided a second. The board adjourned.

Next Board Meeting will take place July 25, 2022 at the Legacy Parks office.



2020 Marine Mud Run

Saturday September 12, 2020

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KTC VOLUNTEERS NEEDED

- | | |
|--------|---|
| Sep 11 | Townsend 15k / 10k |
| Sep 24 | Big South Fork Trail Races |
| Oct 1 | Sweetwater Rocky Top Half Marathon / 5k |
| Oct 15 | Fort Dickerson Frantic Frolic 10k / 5k / Kids Trail Mile |
| 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 |

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



KTC BOARD OF DIRECTORS

Minutes of July 2022 Meeting

JULY 25, 2022

The meeting was called to order by Brian Huskey at 6:01pm. In attendance were Christina Adkins, Gabrielle Cline, Bobby Glenn, Pam Haggard, Zane Hagy, David Hinkle, Jennifer Moore, Eric Weatherbee, and Jason Wise. David Black, Jason Altman, Stephanie Bailey, Kathy Nash, and Michael deLisle attended as guests.

Minutes – The June minutes were presented. There was an amendment to add Gabe Cline to the attendance for June’s meeting. Eric moved to approve; Gabe provided a second. The minutes were approved unanimously.

Rocky Top Multisport Club— RTMC has 146 current members. Matthew Bonn shared the need for a partnership between the triathlon club and KTC to boost their membership via bundle membership, race discounts, etc. They are starting a youth program (age 8-17) with USA Triathlon. Their goal is to have an Olympic development process through Knoxville. They would like 30 USAT youth membership scholarships to cover local triathlon and open water swimming entry fees. They requested a \$500 sponsorship from KTC to cover those youth entry fees for 3 races. David requested their race kits to have KTC logo featured. Board discussed the benefits and risks of this potential commitment and will review the budget to fit in for next year. Eric made a motion to discuss this potential commitment with a small committee consisting of

Jason W, David B, and David H. Jason W provided the second.

Regular Reports Consent Agenda

Executive Director Report— David B would like to boost numbers for Wednesday night fun run. RunKNOX is losing Sarah Hopkins, who is also the Monday night group leader. RunKNOX is looking for a replacement.

Treasurer’s Report— No further discussion

Marathon Director’s Report—2022 is showing similar numbers to 2019 (pre-Covid). Jason A met with WBIR and had a great conversation with the general manager. CHKM received ten applications for Community Partners. Winner will be announced next month.

Event Manager Report—RRC meeting member David Alderman brought up the need for a SWOT analysis for the club. Brian mentioned this would be better suited in the RRC with the RDs. Brian requested more information regarding the SWOT.

Trail Committee/Footnotes— David B, Zane, and Michael had a meeting regarding Footnotes. TTT had their meeting and it was productive.

Website/Communications Committee— Michael will continue as editor of Footnotes. Zane will share the table of contents and editorial calendar. Footnotes issue will be re-

leased as a pdf first and articles will be shared with general public on the KTC platforms. Photos and race details could be shared more frequently rather than months after the event. Throwback Thursdays could be used to feature archived issues.

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

Roundtable

Jason W shared that Central High’s Track coach needs help advertising the Elf on the Shelf run on December 17th. KTC will be timing the Dollywood Santa race. Jason W would like to see a disclaimer on social media posts for races and group run invites. Christina shared that she’ll have a table for the New2Knox Adult Activity Fair on Sunday, August 14th from 3-6pm that will be a great event to network with new people in town. Kathy has membership shirts in the car. Pam passed around a card for Robyn, whose mother passed away. Brian asked for members to join him on the compensation committee.

At 7:06 pm, Bobby moved to adjourn the board meeting. Pam provided a second. The board adjourned.

Executive Session (if needed) Board Members: No Executive session held.

The next meeting of the Knoxville Track Club Board of Directors will take place on August 22, 2022, at the office of Legacy Parks at Volunteer Landing.





REPORTS FROM KTC ROAD RACES



SPEEDSTERS LET IT RIP AT PILOT FIREBALL 5k



Hannah Foust, race director

Neyland Drive was once again the setting for the 39th Annual Fireball 5k and Firecracker Kids Mile on July 3rd. The Independence Day eve festivities began at 8pm with 40 kids running out-and-back on Neyland in the Firecracker Kids Mile. Temperatures this year were typical for East Tennessee, but the heat and humidity didn't stop 494 runners from running along the river for a trip to Thompson Boling Arena and back.

Grayson Kennedy, Ethan Coffey, and Andrew Cross left it all on the course. Grayson crossed the finish line first with a time of 15:44, Ethan in 15:45, and Andrew in 15:50. On the



women's side, Jennifer Weston took the overall win with a time of 18:37. In second place, was Bekah White (18:53), while third place was earned by Ashely Zimmerman, who ran the 5k in 19:10.

For the second year in a row the Masters category was won by Seth Crum (16:25), with Andee Swann (19:26) taking women's Masters. Steven Campbell (17:54) and Stacy Jones (22:30) were top male and female Grandmasters. Best male and female Senior Grandmasters were Brent Bueche (19:33) and Jennifer Moore (26:17). Zo McCullough won Clydesdale with a time of 20:26 while Annie Reynolds won the Athena category in 24:57.

Special thanks to our title sponsor, Pilot Company, as well as our many other valued sponsors: New Balance Knoxville, Runners Market, WBIR-TV, RunKNOX, Covenant Health Knoxville Marathon, Dicks Sporting Goods, and Tennessee Sports Medicine.

A big thank you to the University of Tennessee for the use of its facilities, and to the City of Knoxville, the Knoxville Police Department, and the Knoxville Fire Department for keeping us safe on the course. Last but not least, a VERY special thanks to all the volunteers who worked so hard before, during, and after Fireball to make this year's event such a success! I hope to see everyone again for Fireball 2023! Happy running!

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
- * 1/2 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.

STORMS ABATE IN TIME FOR HAW RIDGE RACE



Pete Crowley, race director

I had my doubts! Driving to Haw Ridge Park at 5:30am on July 9th among the thunderclaps and lightning strikes, I wasn't too certain we'd actually be running the race later that morning! The registration volunteers and KTC Treadin' Trodden Trails committee members arrived between 6:00 and 6:30am. While we stood around inside the Clinch Valley Trail Alliance building watching the deluge of rain pondering the possibilities, I discussed KTC policies with trail master Michael deLisle and we contacted KTC Executive Director David Black. A quick social media post went out that we were watching the weather and would make a call asap. Additional posts and Runsignup messaging were "teed-up" in the event we needed to postpone or cancel, but thankfully it turned out those were not necessary!



We anxiously reached the 7:00am hour without seeing lightning or hearing thunder. With that, we were then in a final countdown to the 7:30am start for the kids race - hopeful the green colors on the weather radar meant only additional rain and no severe weather. We lucked out and no lightning or thunder occurred the rest of the morning. The races were on!



The true heroes of the day were the parking volunteers (Susan Fiscor, Adam Kolatorowicz, Chris George, Bobby Glenn, and Alex Walker) - who worked in the pouring rain to be sure no one's vehicle would need to be extricated

from the mud at the end of the morning.

While over 300 had registered for the races (virtual, Kids mile, and the main race), we had roughly half that brave the rain and finish either the kids or main race course. Kudosto all who made it out and faced the elements.

The kids course was a sweet out and back that was, perhaps, a little longer than a mile but that proved to be no challenge for the kids and assorted par-

ents who energetically completed the run. Ben Gear was the first boys finisher followed by brothers Colby and Callen Johnson. On the girls side, Cirabella MacLennan endured the wet course to take the title. She was followed by Addelyn Johnson (yes, the same Johnson family) and Kavannah Addington. All in all, the kids seemed to have a great time out on the course.



At 8:00am with the rain moving out of the area, the long race started with 129 ridge runners anxiously entering the Haw Ridge trail system from the Life Development Center on Old Edgemoor Road. After an appreciable climb and equally treacherous descent in the first two miles of the course, the trails flattened out along the lake edge for the balance of the 7+++ mile circuit. The rain cooled things off a bit and while thoroughly soaked at the end, runners generally had smiles at the finish line and all appeared to enjoy

the morning jaunt over the wet hills and peaks of Haw Ridge Park.

On the men's side, Michigan high schooler Zeb Swager ran a strong 1:00:39 in the wet conditions for the overall win, with Justin Weinmeister in second and Zeb's younger brother Leo finished third overall. All three top finishers were in the open (39 and under) male division.

On the masters level, Jamie McCart took the winner honors, running a brisk 1:10:10. Jamie was followed closely by Matt Stegall (who earlier had rabbited the kids mile), while third place was earned by Iain Jones.

Jaclyn Noshay was the first overall female and female open division winner with a time of 1:14:21. Jaclyn was followed through the finish line by Meg Guy - the first women's masters finisher - for second woman overall and local high schooler Rylee Gifford, third overall woman, second in the open division. Jessica Tucker was the third place in the open women's division.

Following Meg Guy for the Masters women was Julie Swager in second and Sonja Hurt in third.

Many thanks go out to our series sponsors and the race-specific sponsor of this edition of the Haw Ridge Runner race, Orange Hat Brewing Company. OHB provided some great awards for the top overall runners, free swag at the finish line, and all participants could stop by the brewery on race day for a discounted refreshing beverage!

We'll see you all at the next race!

REPORTS FROM KTC ROAD RACES

KTC DIVES AGAIN INTO SPRINGBROOK POOL

Allison Slater, race director

The Knoxville Track Club and Springbrook Splash returned to Springbrook Pool in 2022 on a pleasant summer morning!

But with the word “Go”, those pleasantries were over and it was a battle to the finish! Established for years as the Carter Mill 10k, this year’s event grew from its inception a year ago to provide runners a 5k option in addition to the event’s traditional 10k distance. And grow it did, indeed! This year’s event drew attendees from far and wide as individual runners, as group participants, and as amazing volunteers!

The Springbrook Splash course began near the pool entrance and followed the Maryville-Alcoa Greenway toward Clayton-Bradley Academy and back again, enjoying views along the way of Alcoa Duck Pond, Little River, and the Chilhowee Mountain ridgeline in the distance. Runners finish directly in front of Springbrook Pool and make a beeline to popsicles and drinks – and, of course, to jump in and cool off in the pool! Racers came from five different states to join us for this fun summer race, and all finishers received an awesome beach towel!

In the 10k distance this year, the 1st and 2nd place finishers swapped spots from 2021. Seth Crum and Cian Bell battled it out and finished just seconds apart. Several winning spots were faster times than last year and were also returning winners from last year! Congratulations to these winners!



The 10k overall winner was Seth Crum, who ran a swift 34:28, while second went to Cian Bell (34:44), and third to David Johnson (35:49). 10k female overall winner was Katie Baksa, timed in 38:32, followed by Elizabeth Herndon (39:03), and Bekah White (39:37). 10k masters winners were Matt Stegall and Kathy Wolski, grandmaster champs were Mike Caruthers and Jennifer McKelvey, and top senior grandmasters runners were Jeff Colfer and Debbie Allen.

In the 5k, our top three were TJ Polen (17:55), Iain Jones (17:57), and Cole Buckner (18:48). Our top female winner joined us all the way from New Mexico, Victoria Collins, who covered the 3.1 miles in 20:06. She was followed by Chelsea Stanford (23:53), and Kelly Fox (24:18). 5k masters winners were Ron Hees and Julie Anderson (from Ohio!), grandmaster champs were Christopher Martin and Kathy Tedford, while the fastest 5k senior grandmasters were Chris Knight and Debbie Gronstrom. Congratulations to these winners and to all our race participants!

The Springbrook Splash Kids Mile boasted 14 kiddos running a one-mile loop around the Alcoa Duck Pond. For many of these young runners, this was their very first race! We can’t wait for these kiddos and their families to join us again next year! All of the participants in the Kids Mile received a KTC Beach Ball to use in the swimming pool. Congratulations to each young athlete for participating!

Thank you so much to every volunteer who helped make this a successful race. Many volunteers pulled double-duty and volunteered before or after the race AND

ran the race. Wow, these hard-working runners truly represent the heart of a KTC member and the Volunteer Spirit! Thank you! A special thank you goes to Maryville College Senior Connor Cowart for singing our national anthem so beautifully to begin the race. Another special thanks also goes to two groups of high schoolers – the Alcoa High School Cross Country Team and Ulster Project of East Tennessee. The Ulster Project group included a group of American and Irish teenagers! From water stops to course monitors to food prep – these young people did an incredible job at every post! As a group of more than ten, these groups also earned money for their respective organizations from KTC. If you have a group of 10+ volunteers that would like to help in future KTC events, please reach via email out to KTC’s Event Manager Stephanie Bailey at knoxtrackevents@gmail.com.

And finally, KTC would like to extend a special thanks to the City of Alcoa, Alcoa City Schools, Blount County Parks and Recreation, Keep Blount Beautiful, and Alcoa First United Methodist Church for their support of this race. And no race would be possible without the ongoing support and commitment of our sponsors and partners. These included Tennessee Sports Medicine Group, Pilot, Threds, Runners Market, Eddie’s Health Shoppe, and RunKNOX. Our photographers for the event were Nick Morgan Photography and Michael deLisle. These two did an excellent job of capturing the day’s fun atmosphere in photos. Please check out those race pictures on our Facebook page! Thank you all for your support in Alcoa this year!

We look forward to this fun race next year, so if you missed out, be sure and mark your calendar for July 2023!



BIGGER CROWD BATTLES HUMIDITY AT PIGEON FORGE MIDNIGHT 8k

Justin Emert, race director

This year's Pigeon Forge 8k was held on August 7 on the main strip of Pigeon Forge. On this very humid night, we had 186 participants take part in this event, a nice increase over last year's turnout. It was a little warm, but turned out to be a very good night for this event.



On the men's side of the event, Cian Bell took first place overall, racing the 4.97 miles in 26:10. He was chased by runner-up Alex Morgan (26:47) and third place Blaine Metcalf (27:09). The masters winner was Hal Bibee, timed in

28:55. Fastest grandmaster was Matt Stegall, who ran 29:18 and the senior grandmaster was Brent Bueche, who clocked 31:32. The Clydesdale winner was Billy Wilson, whose time was 37:23.

For the women, Rebecca Howard from Kentucky won the overall, running 30:59. She was followed by runner-up Kathy Wolski (31:30) and Morgan Blazer (31:36). Masters winner was Kyoko Yamamoto in a time of 38:22, while grandmasters went to Janet Easterday (38:54) and senior grandmasters to Rose Williams

(41:00). The Athena winner was Tracy Caldwell in 37:53.

In addition we had three male wheelchair competitors. They were led by Michael Sprouse in a time of 15:35. The female wheelchair division was won by Margaret Sprouse in a time of 21:12

Thanks to all the sponsors and volunteers. Without help from all these gracious folks, especially the volunteers at this late hour, none of our races would be possible. We'll look forward to seeing you all at next year's Pigeon Forge Midnight 8k race.

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
- * 1/2 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.



NEW TRAILS ABOUND AT CONCORD

Stephanie Johnson, race director



Once again we were able to show off some new trails at The Trails That Can't Be Concord, staging our annual trail soiree offering a five mile race and our usual festive Kids Trail Mile. The course was marked on Friday afternoon to provide a choice for virtual runners to either run the race course or run five miles anywhere and submit their times.



As happens frequently in the area, and especially at Concord, we encountered even more new trails than we'd anticipated. AMBC and local parks personnel continue to provide more and better trail offerings for local trail enthusiasts to enjoy, and their efforts are much appreciated. And of course once

we spotted these new trails, we simply had to do our best to include them.

The five mile course toured both the Calloway Ridge section and the western part of the park. Most

of the course was very runnable and fast, despite a gravelly uphill finish. The kiddos stayed in the western half, running a lollipop-shaped course with the same uphill finish. Both distances saw surprisingly fast finishing times.



Steven Campbell roared to the overall victory (34:52), outpacing TTT's Tim Hill (35:22) and speedster Jamie McCart

(36:01). Open Masters competitor Meg Guy breezed to the overall women's victory by running 43:28, almost four minutes ahead of her pursuers, runnerup Sarah Crowley (47:17) and third place Maci Brede (47:21).

The Kids Trail Mile was a kick to the finish, with Nolan Faugot (8:34) outleaning CiraBella McLennan (8:35) to earn the crown, with Arabelle Wray (9:14) securing bragging rights for the distaff set again by finishing third overall.

Congratulations to all the runners and many thanks to all who volunteered before, during and after the race. We couldn't do this without you!





SWITCHES AND CHANGES MARK 2022 CROSSKNOX 15k

Christina Adkins, race director

This year's CrossKnox 15k moved from Sunday to Saturday and removed the 30k option. We had 230 total registrations and 180 actual finishers. Last year's 15k/ 30k event had 240 total registrations, we had a decent turnout for the 2022 single event, though pre-Covid, this event brought in close to 300 participants. The morning started off with quite a few glitches regarding porta johns and buses. Both were confirmed earlier in the week but were nowhere to be found till 6:15am on race morning. Though the original forecast called for rain, skies ended up clear and sunny, with the heat on from start to finish.



along with Threds, Tennessee Sports Medicine Group, Runners Market, City of Knoxville, The Island, WBIR, RunKNOX, Knoxville Track Club, and Patdome Promotions. Swag for this year switched from being a long-sleeved t-shirt to a tank. I figured since this moved from a fall race to a summer race, it was time to switch it up. Age group winners received a PopSocket for their phones, while overall winners (along with Masters and up) received gift certificates from our various sponsors.



and third place male finishers were Seth Crum (54:07) and Ethan Coffey (54:38). Fastest female 15k finisher was Gina Rouse, whose time was 58:18. She was followed by Elizabeth Herndon (59:09) and Jennifer Weston (1:01.51).

Teams with largest turnout were Long Run/Zenevo (21), Runners Market (19), and Back of the Pack Elite (12). Other race teams included Pilot Company, RunKNOX, Team Really, Scruffy City Endurance, Happy Sole Runners, Redway Runners, and 865 Running.

Pilot Company, a longtime partner and supporter of Knoxville Track Club events, was our title sponsor this year

Our reigning male 15k champion, Cian Bell, crossed the finish line in 52:50, two minutes faster than his winning time from last year (54:39). Second

Thanks so much to our sponsors, staff, participants, City of Knoxville special events, police department, fire department, and most importantly the volunteers. CrossKnox and every single KTC event would not exist without you. See you at next year's CrossKnox 15k!



Event Schedule

Sept - Nov 2022

SEPTEMBER

- 3 Loudon - 5:30 am. Tomahawk Sprint and Super Sprint Triathlons
- 3 Ten Mile - 8:00 am. Labor Day Lakeside Ten Mile 5k
- 10 Knoxville 8:00 am. Marine Mud Run
- 10 Summerville GA - 9:00 am. Twisted Ankle Trail Race
- 11 Townsend - 8:00 am. **TOWNSEND 15k / 10k**
- 17 Church Hill - 8:00 am. Laurel Run Ascent Trail Race
- 24 Oneida - 8:30 am. **BIG SOUTH FORK TRAIL RACES**
- 24 Oak Ridge - 8:30 am. Oak Ridge Fall Classic 5k

OCTOBER

- 1 Sweetwater - 8:00 am. **SWEETWATER ROCKY TOP HALF MARATHON / 5k**
- 1 Knoxville - 8:30 am. SJN Mustang Miler 5k and One Mile Fun Run
- 1 Maynardville - 9:00 am. Ridge Runner 5k and One Mile Fun Run
- 2 Oak Ridge - 10:00 am. Hot Trot Trail Race
- 15 Knoxville - 9:00 am. **FORT DICKERSON FRANTIC FROLIC and KIDS TRAIL MILE**
- 15 Jefferson City - 9:00 am. Raising Spirits Against Breast Cancer in Memory of Christy Bowlin
- 22 Nashville - 7:00 am. Nashville Ultra
- 29 Corryton - 7:00 am. Corryton Possum Chase 8-Miler and 2-Miler
- 30 Knoxville - 4:00 pm. Starry Night Knoxville

NOVEMBER

- 5 Norris - 8:00 am EST. **NORRIS ULTRA DAM HARD TRAIL RACES 50K, 225K, 5K**
- 5 Knoxville - 9:00 am. Fun Run and Roll
- 12 Corbin KY - 8:15 am. Colonel Sanders Half Marthon / 10k
- 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**

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