

Sep/Oct 2023

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



KTC wins masters title at H2C - pg 13

2024 trail race schedule - pg 24

Should you pop a running blister? pg 15

Madcap recap of road & trail - pp 25-31



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

INSIDE THE SEP/OCT ISSUE

The Starting Line

- Brian Huskey, A Message from our Club President..... 5
- Eric Weatherbee, KTC Track Through the Years 6
- Michael deLisle, Musings from the Editor's Desk 7

Feature Columns

- Jason Altman, Marathon Update 9
- Kathy Nash, Your KTC Membership 10
- Scott Schmidt, RunKNOX. 11
- Whitney Heins, Should You Pop a Running Blister 15
- Christina Adkins, KTC Officials 17

Guest Columns

- Jason Altman, KTC Masters Team Wins Hood to Coast . 12

Other Features

- List of Officers and Board Members 4
- 2023 Treadin' Trodden Trails Trail Race Schedule 19
- KTC Trail Race Grand Prix Standings 19
- Board of Directors Meeting Minutes 20-21
- Membership 10, 23

Race Writeups

- Pilot Fireball Moonlight Classic 25
- Haw Ridge Trail Race 26
- Springbrook Splash 27
- Pigeon Forge Midnight 8k 28
- The Trails That Can't Be Concord 29
- I.C. King of Trails Race 30

Event Calendar 33



FOOTNOTES

Footnotes volume 123 issue 5. A bimonthly publication of the Knoxville Track and Field Club, PO Box 52266, Knoxville TN 37950-2266. The views, information, or opinions expressed in Footnotes Magazine are solely those of the individual authors, have not been independently verified, and do not necessarily represent those of the Knoxville Track and Field Club, Inc. or its Board of Directors. Anyone wishing to write or submit photos pertinent to the running community are invited to send copy, photos, and letters by email to mdelisle@comcast.net to the editor, Michael deLisle. Copy and art deadlines are the 15th day of each even numbered month. Publication is bimonthly, beginning with the January issue. Contents © 2023 Knoxville Track Club.

ROAD RACE INFO
888-217-5635

TRAIL RACE INFO
865-548-4718

YOUTH ATHLETICS
888-217-5635

WEBSITE
www.ktc.org

ON THE COVER

Cian Bell of Team Runners Market blistered the field to win KTC's 37th annual Townsend 15k.

cover photo © Todd Temple
entire contents © 2023 Knoxville Track Club

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



15 tips from the RRCA

RUNNING SAFETY

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

KNOXVILLE TRACK CLUB

KTC Staff

Eric Weatherbee
Executive Director
888-217-5635 opt 1
eric@ktc.org

Stephanie Bailey
Event Manager
888-217-5635 opt 3
knoxtrackevents@gmail.com

Jason Altman
Marathon Director
888-217-5635 opt 2
knoxvillemarathon@gmail.com

Michael deLisle
Trail Running Series Director
Footnotes Editor
865-548-4718
mdelisle@comcast.net

Scott Schmidt
RunKNOX program coordinator
888-217-5635 opt 4
runknox@gmail.com

Committees

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

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

MARATHON ADVISORY COMMITTEE: Eric Weatherbee (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, Pete Crowley, Chris George, Bobby Glenn, Tim Hill, Doug Holder, Rebecca Holder, Stephanie Johnson, Ken Lonseth, Alondra Moody, Tony Owens, Kathy Smith, John Storey, Alex Walker, Brian Williams

2023 KTC Officers

PRESIDENT
Brian Huskey
knoxtrackpresident@gmail.com

VICE PRESIDENT
Pam Haggard
pamelakayhaggard@gmail.com

TREASURER
Keith Jackson
keith@mollenhourgross.com

SECRETARY
Christina Adkins
secretary@ktc.org

Board of Directors

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

Volunteer Coordinators

MEMBERSHIP
Kathy Nash
865-982-1268

VOLUNTEERS
Teresa Williams
865-640-5667

SOCIAL CHAIR
Position Vacant



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * September/October 2023 edition



A Message from our Club President

Brian Huskey, KTC President



Running is Dumb (?)

As I was doing my long run on Saturday, I went past a gentleman with a shirt that proclaimed, "Running is dumb."

Running is dumb

- ◆ It makes you get up at 4:15am twice a week to meet your friends.
- ◆ It makes you race 135 miles through Death Valley.
- ◆ It makes you do your long run starting at 2:16am, so you can hop in the car three hours later to start a family trip.
- ◆ It makes you drive to Pigeon Forge for a midnight race.
- ◆ It makes you "sleep" in a van overnight as part of a 200 mile relay race.
- ◆ It makes you get out in blazing hot temperatures.
- ◆ It makes you get out in freezing temperatures.
- ◆ It makes you get out in the rain.
- ◆ It makes you get out in the dark.
- ◆ It makes you learn physiology so you can know what a psoas is.
- ◆ It makes you push so hard, it hurts.



- ◆ It makes you spend lots of money on shoes. (It also makes you lose the moral high ground as you now have more—and more expensive—shoes than your wife.)
- ◆ It makes you spend money on races.
- ◆ It makes you spend money on travel to races.
- ◆ It makes you go to bed early.
- ◆ It makes you learn a whole new vocabulary that includes terrible things like intervals, hills, and fartleks.
- ◆ It makes you miss sleep.
- ◆ It makes you put more miles on your shoes than on your car some days.
- ◆ It makes you skip enjoying a beer sometimes.
- ◆ It makes you miss out on some nice meals as you try to keep your diet healthy or bland.
- ◆ It makes you exercise while on vacation.
- ◆ It makes you skip lounging around on holidays.
- ◆ It makes you chafe.

- ◆ It makes you pay attention to electrolytes and your hydration.
- ◆ It makes you add a Physical Therapist to your favorite contacts.
- ◆ It makes you sad when you miss a goal.
- ◆ It makes you sign up for a training group to help you achieve your goals.
- ◆ It makes your toenails ugly (or fall off).
- ◆ It makes you use more porta-potties than you would ever care to think about.
- ◆ It makes you and your clothes stink.

Running is dumb for all those reasons and I hope that I never have to stop. I also hope that I see you running soon!

VOLUNTEERS!

SIGN UP TO HELP WITH CLUB EVENTS



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



KTC Track Through the Years

*Eric Weatherbee,
KTC Executive Director*



In my opinion, one of the coolest things about the Knoxville Track Club is its history. Other meets and races have come and gone, shorts and shoes change lengths and stack heights, but KTC has remained a fixture. Longevity is something that every runner hopes for, running/walking their way to the finish line until they physically can't do it any longer. Longevity is something that KTC takes pride in, consistently offering training programs and group runs, road and trail races, and, most importantly, a sense of community among those who place value on their health and wellness.



I've always enjoyed history, in general. Hearing stories about World War II from my grandfather, learning about our family lineage from others, heck, I could binge watch the old History Channel documentaries for days. The history of running is told in mostly black and white videos of big track meets through the years, showcasing the likes of Jesse Owens, Roger Bannister, Steve Prefontaine, Frank Shorter, Lasse Viren, Kathrine Switzer, Abebe Bikila, among so many others. The history of the Knoxville Track Club is told similarly, through the pages of old editions of Footnotes and in old race programs. Race recaps and results, running and related health tips, highlights on former club members. For this version of the Executive Director report, I want to share an article I found in the 1981 Expo Program, written by Thomas O'Toole, titled "The Track Center of the South."

As you read through, think about the similarities between then and now... a growing community of runners, lots of races, a wildly successful Tennessee Track & Field and Cross-Country program under Coach Ross... It's a bit of a read, but it's a great reminder of where KTC came from and where we're working to get back to!

"When the first Expo 10,000 exploded down Gay Street three years ago, this ambitious little project created a chain reaction throughout Knoxville and the surrounding area.

Already known as a hub for runners, Knoxville and its running community suddenly grew bigger and bigger, much like the mushrooming effect of an atom bomb. Fun runs, 10ks, 5ks, mini-marathons... you name it. Races of all shapes and forms sprung up; so many, in fact, there is hardly an event-free weekend from February through July.

In addition to these informal road races, Knoxville also plays host to a variety of national collegiate and open track meets on the University of Tennessee campus. The Dogwood Relays and Tom Black Track Classic are fixtures on

the spring circuit. The Volunteer Track Classic is one of the major high school meets in the nation.

This June, The Athletics Congress men's junior championships will be held at Tom Black Track, and in 1982, the senior nationals are scheduled.

What all this means, is that Knoxville, mainly with the help of the Knoxville Track Club and the Expo 10,000, has become what some people like to call the track center of the south.

"There's a lot of diversity now, and I think the thing that kicked it off was the first Expo run. So many people found out then that this is a whole lot of fun," says Charlie Durham, a KTC official.

The running world does not revolve around Knoxville. Houston, Eugene, Philadelphia, Los Angeles and some others are bigger track towns. But Knoxville has moved into the upper echelon of running cities.

Part of this has to do with the Knoxville Track Club, which since 1961 has been the moving force behind track in this area.

REACH OUT TO KTC!

ERIC WEATHERBEE
EXECUTIVE DIRECTOR:
eric@ktc.org

STEPHANIE BAILEY
EVENT MANAGER:
knoxtrackevents@gmail.com

MICHAEL DELISLE
TRAIL SERIES DIRECTOR
mdelisle@comcast.net

AAA continued on page 16 AAA



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle - Footnotes Editor



Apology and Eulogy

Apologies to loyal readers of this magazine for its very late publication date. The KTC Board of Directors felt that the current format of bimonthly publication did not allow for information to be disseminated in a timely enough fashion. Thus, more frequent posts on social media have been hitting inboxes over the past couple months. This allows for race recap articles and grand prix standings to be released far more quickly, features that club members have been wanting for some time.

Going forward, it's my intention to get back as close as I can to publishing on the first day of each odd numbered month with our longstanding PDF magazine format. No doubt some of you may have read much of the included info already prior to receiving the electronic magazine, but I'm confident that there are still a significant number of KTC members who look forward to and en-

joy sitting down with this old fashioned magazine and catching up on what's been happening with the club we all love so much.

From time to time bonus material will be included in these pages that did not make it into the weekly newsletter. This issue, for example, we offer a useful and entertaining look by regular Footnotes columnist Whitney Heins about whether or not to pop a blister and how to do so safely if you so choose. We all know how small and seemingly insignificant a blister can be. But we also know if you ever develop one with miles to go during a long run or race, what a drag it can be, then and for days afterward.

Last issue I took a wistful look at the passing of another KTC great, Hall of

Fame member Wendy Williams. Sadly, I have the death of another Hall of Famer to report, this time club co-founder Jerry Wrinkle. In 1962, he and fellow Hall of Fame member Charlie Durham organized the first group of athletes that competed as the KTC. Jerry was part of the first slate of officers for the 1963 KTC as Chairman of the Membership Committee and Secretary/Treasurer. He served as the head finish judge for UT track meets, which included the SEC and NCAA Championships. In 2014 He was inducted into the Greater Knoxville Sports Hall of Fame. Jerry's list of accomplishments goes on and on, many of which were detailed in the 2011 Hall of Fame Program (contact me if you'd like a copy) and in his obituary <https://tinyurl.com/3mpnhsym>. He will be sorely missed.



KTC VOLUNTEERS NEEDED

- Sep 30 Big South Fork Trail Race
- Oct 28 Pilot CrossKnox 15k
- Nov 4 Norris Ultra Dam Hard Trail Race
- 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 and 5k

PLEASE CHECK UPDATED RACE INFO ON KTC WEBSITE



Covenant Health Knoxville Marathon



2024 REGISTRATION IS NOW OPEN! JOIN US APRIL 6-7, 2024!



**CITY OF KNOXVILLE – RUNNERS MARKET – FIRSTBANK
ASSOCIATED SCAFFOLDING – IMAGE MATTERS – HARD KNOX PIZZERIA
ALL OCCASIONS PARTY RENTALS – TENNESSEE SCHOOL OF BEAUTY
DICK'S HOUSE OF SPORT - 99.1 WNML – KELLOGG'S – TVA – YOGASIX BEARDEN
NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN - JVFC**

COVENANT HEALTH KNOXVILLE MARATHON

KTC GEARING UP FOR 20TH COVENANT HEALTH KNOXVILLE MARATHON

Jason Altman, Director, Covenant Health Knoxville Marathon

Although we are smack dab in the middle of the heat and humidity of summer, it is never too early to think about the Covenant Health Knoxville Marathon. We have set the date for next spring's event, as it will be the weekend of April 6-7, 2024. Next spring will mark the 20th edition of the event...it is hard to believe how time has flown by!

We have big plans for 2024! We are excited about our community partnership for our 20th edition. While we are a nonprofit ourselves, one of the goals of the Knoxville Track Club is to help raise funds for other area nonprofit organizations through the success of the Covenant Health Knoxville Marathon. 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.

The Knoxville Track Club has selected Boys & Girls Clubs of the Tennessee Valley as the marathon's 2024 Community Partner. A portion of proceeds from the event will be donated to the nonprofit. Prior to and throughout the 2024 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.



Speaking of big plans, mark your calendars for Saturday, February 10th. Our Annual Covenant Kids Run Kickoff Event is

changing venues in 2024.... more details to come as they are confirmed, but we are excited about this new opportunity!

This year's training group runs will be sponsored by Eddie's Health Shoppe, ZenEvo Dark Chocolate, and Tennessee Pre. With the support from these businesses owned by Eddie Reymond, we will provide the group runs free of charge while providing water, sports drinks, and post-run food. While a few of the training runs will start from one of Eddie's business locations (including both Health Shoppe locations), we will also meet at other locations around town, including Runners Market, New Balance Knoxville, Fleet Feet Knoxville, The Long Run, and Tennessee Sports



Medicine Group. We will kick-off the group runs for marathoners on Saturday, December 2, at 8 am at Eddie's Health Shoppe in the Suburban Plaza Shopping Center. While the half marathon group run schedule doesn't officially begin until January, we still would encourage any half marathoner who wants to log a few miles with the company of more than 100 other walkers and runners to join us!

If you would like to participate in the 20th Annual event in 2024 and help us support the Boys & Girls Clubs of the Tennessee Valley, go ahead and register today! Our next price increase will be October 1st. Be sure and register by 11:59 pm EST on September 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 summer training....see you on the roads!

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



Scott Schmidt, RunKNOX director

Running is one of the simplest, most complicated, enjoyably frustrating sports. It can be as easy as lacing up a pair of shoes, stepping out the door, and putting one foot in front of the other. For many of us that's exactly how it is, until it isn't. Yes, to get better at running we need to run a lot. Compiling days/weeks/months/years of running builds the aerobic engine necessary to improve endurance. However, the downside of all that running is increased risk for over-

There's more to running than just running...
<https://runknox.trainingtiltapp.com>

use injuries. I can guarantee that if you run long enough, you'll eventually get dinged up. One thing that we pride ourselves on in RunKNOX is that we consistently emphasize doing the "other stuff". In addition to running, we regularly prescribe cross training. We want you to cycle, swim, hike, row, and use the elliptical machine. We want you to lift weights, practice yoga, and establish a relationship with a physical therapist and/or massage therapist. You will be a

stronger and healthier runner if you create a balanced fitness training program.

One way that we support the non-running portion of our member's programming is through our partnership with Blue Ridge Yoga. Every RunKNOXer gets complimentary yoga classes at BRY. Whether you're an experienced super bendy yogi, or so stiff that you can't touch your shins, there's a class that can benefit you.

To encourage a regular weekly yoga practice, we're launching a group run from BRY on Thursday evenings at 6pm. We'll run the Grigsby Chapel Greenway and then pop back into the studio for a Deep Stretch class. This social run will be free and open to the public (if you want to do yoga, you'll need to be a paying RunKNOX member or a Blue Ridge Yoga member though), so come out and join us for a few friendly miles in Farragut.

As always, we'd love to be a part of your running journey. If you need guidance, encouragement, or simply new running buddies, c'mon. If you're interested in learning more about RunKNOX, just ask!



KTC WINS MASTERS TITLE AT HOOD TO COAST

by Jason Altman

Hood to Coast is known as the “Mother of All Relays”. 2023 marked its 41st year, making it the oldest relay road race in the world. Starting at the Timberline Lodge in Mt. Hood, Oregon, the race starts at 6000 feet of elevation and torpedoes down the mountain. It travels southwest toward downtown Portland, Oregon, and then continues west. It traverses the Oregon countryside, until finally reaching the small coastal town of Seaside, where the finish line is at the Pacific Ocean. A total of 197 miles, the relay is segmented into 36 legs, which range in distance from 4 to 8 miles each. A team of 12 tackles the relay, each participant running three separate legs. After running a leg, the runner jumps in the van and travels with his team to the next exchange zone while the team’s current runner is racing. The race is in continuous motion, and with over 1200 teams and 2400 vans, it feels like a nearly 200-mile rock concert.

The Knoxville Track Club has had tremendous success sending teams to Hood to Coast. We first sent a KTC sponsored team in 2009, which was a men’s team that finished 3rd Overall. The following year, KTC took 2nd place behind Nike’s Bowerman Athletic Club. In 2011, we finally took the top spot winning the event. We returned the following year, placing 3rd behind Toyo University and Bowerman Athletic Club.

KTC sent subsequent teams in 2013 (Women’s team that placed 5th), 2016 (Men’s team that placed 3rd), and 2018 (a KTC/Oofos combined team that finished 5th).

Whispers of going back began in the summer of 2022, as the bulk of the men

who ran on the teams a decade or more ago are now in their 40s. With age comes a variety of different variables...family commitments, work commitments, more prone to injury, and let’s be honest...we are getting a little slower as we age. But there was enough momentum to register a KTC team of men 40 years or older to try and tackle the 2023 HTC Men’s Master Championship.

Typically, they have the fastest teams start last with the idea in mind that most of the teams will hit the finish around the same time making for an epic post-race party. The start time for KTC was listed as 1:30 pm on Friday, August 25th, as we were projected as the fastest Masters team in the field. Defending champion Dead on Arrival began at 10:35 am. The gap in start times is a little unfortunate, because you would rather be racing head-to-head with your competition. As it turned out, the fastest Super Masters (we call them Grandmasters here, 50-years-old and up) Men’s team proved to be better competition than Dead on Arrival. They were named Boulder Road Runners, and we would see them throughout most of the race.

Brad Adams took leg 1 down the mountain. 2000 feet of elevation drop in 5.44 miles. He handed off to Stewart Ellington who continued down the mountain for 5.64 miles. The final steep leg

off the mountain went to Matt Rouse for a 4.66 mile run. He handed to Nick Morgan who ran a gradual downhill of 7.18 miles. Next up was Ethan Coffey, who had a hilly 6.05 miler. Matt Stegall finished van 1 off with a 7.1 mile run into Sandy High School, where he handed off to Errol Griebel. After the first six legs, KTC was down to Boulder by approximately 8 minutes. Errol ran 5.25 miles and made up a couple of minutes on Boulder. He handed to Seth Crum for a 6 mile leg where Seth closed the gap to less than 2 minutes. Elijah Shekinah ran his 5.38 miles harder than planned as he was chasing down the Boulder runner. Chad Dean was next, running 5.54 miles as we finally passed Boulder. Sam Plemons was next, running 5 miles along a Portland bike path, before handing off to me, Jason Altman, for a 5.85 miler into downtown Port-

land. After I handed off to Brad Adams for his second leg, we stopped to catch the time difference to Boulder. We were up 6 minutes on them going into our second rotation. Brad

fought through a nasty blister (check the pictures on his Facebook page if you have the stomach for it) suffered on his first leg, to hammer out a 5.21 miler. Van 1 was back in rotation with Stewart running 6.04 miles, Matt Rouse 7.25, Nick 3.92, Ethan 5.32, and Matt Stegall 3.76. Boulder briefly passed us during the early parts of this rotation, but Ethan



*** continued on page 13 ***

HOOD TO COAST

AAA continued from page 12 AAA

Coffey passed them back and Matt Stegall handed off to Errol with KTC still ahead of them.

Once you get into the second rotation for Van 2, we are deep in the Oregon countryside. There is no cell service for about 12 legs. Logistically, this is the biggest challenge of the event. We've caught up to tons of other teams, so there are upwards of 100 vans trying to roll into each exchange zone. Combine that with the fact that it is pitch black in the middle of the night and there is no cell communication available, it is quite the challenge.

Additionally, since we are one of the faster teams, sometimes your van doesn't get to an exchange zone before your runner does. Once we would hit gridlock, we would have our next runner get out of the van and start warming up toward the exchange zone. Thankfully, we were less than a mile from the zone at most of them, and there was adequate time for the next runner to get lined up. I was nervous about this on my second leg, so I jumped into another team's van that was ahead of us and hitchhiked a ride to my exchange zone. Huge shoutout to team Running Sux for the assist!

Van 2 started its second rotation with Errol taking on a grueling 5.89 miler. Next up was Seth with quite possibly the hardest leg of the relay. It's a 5.75 miler which is almost completely uphill on a gravel road where vans are constantly kicking dust and rocks in your face. He handed off to Elijah for his 5.06 miler, followed by Chad with his 6.7 miler. Sam ran a quick 4.23 miler before handing back off to me for a flat 4.87 mile run into the major exchange zone in the small town of Mist. As I handed back off to Brad Adams, I realized that we had not seen

Boulder for our entire rotation, so I hoped that we had a large lead on them.

Brad's final leg was 3.8 miles, followed by Stewart's 5.65 miler. Matt Rouse ran 6.36 miles, and Nick ran 3.83 miles. Ethan's final leg was a tough 5.97 miler, followed by Matt Stegall's 5.32 miler. As Matt handed back off to Errol, Van 1 leapfrogged to Seaside to wait on Van 2 to reach the finish. Errol ran 3.96 miles before handing off to Seth. Seth's final leg was 4.2 miles, and we were finally able to have cellular service. Elijah ran 7.72 grueling miles, before handing off to Chad for 4.12 more. Sam ran 7.07 miles on a gravel, dusty path, finally handing off to me with 5 miles to go for the team.

As I warmed up (more like going through the motions of a warmup at this point), the final runner for Boulder Road Runners started warming up next to me. We had not seen them for over 18 legs, so I thought that they were a distant memory. Now all I can think is that this is going to come down to the final leg! As Sam approached me, I could see probably 30 seconds behind him. I didn't see the Boulder runner, but once I took off, I had no idea what the gap was. I ran that last leg like he was on my tail the entire time...no way did I want a 197-mile race to come down to one leg and for me to get passed on that final leg. My first mile was on a trail and uphill, as I ran a 6:09 mile. Mile two was out on the road, and after climbing for a quarter mile, it dropped fast for the next 1.75 miles to get down to sea level. Mile 2 was 5:32, and I carried that momentum downhill to a 5:25 third mile. As it flattened out, I tried to maintain a rhythm and came through mile 4 in 5:57. As I hit mile 4, we approached a red light. The volunteer screamed at me to STOP!!! Once I did,

she hit the crosswalk button. I was furious...she could see me, along with three others that I was passing approaching the road and neglected to hit the button before we got there. I told her that I was in a race with another team and that he might catch me because of this (I snuck a peak back as I pointed but didn't see him anywhere). Once the light changed, we crossed the street, and I tried to regain my pace toward the finish line. It was a half mile to the boardwalk, and then a half mile along the boardwalk to the finish. Last mile 5:56, as I crossed the finish line timing mat.

They called out team Knoxville Track and Field Club, as our team ceremoniously ran on the sand through the finish line structure. Final time for the team of 20 hours, 29 minutes, 33 seconds, which is an average of 6:16 per mile for the 197 miles. Boulder Road Runners finish 10 minutes back of us, and we took the Men's

Masters Title, with Dead on Arrival finishing 43 minutes behind. Overall, we placed 13th out of the 1200 teams.

At the awards ceremony, it was great to reminisce with the Hood to Coast staff who remembered several of us from the 2011 championship team. There were also dozens of teams that recognized the Knoxville Track Club team as being a strong competitor over the years. In addition to local Oregon teams, random teams from various places like North Dakota, Minnesota, Georgia, Pennsylvania, and Missouri recognized and complimented us.

Mission accomplished. The goal was to go to Hood to Coast and bring back the Men's Masters Title. Now the question is.....do we want to defend that title?



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**





Should You Pop a Running Blister?

by Whitney Heins

Should you pop a running blister? It's a question many runners ask. Thanks to Dr. Carley Fowler of Knoxville Center for Dermatology and Plastic Surgery, we have an answer!

Blisters form due to friction when running. Your skin rubs against your socks and shoes with each step you take and over time that creates space for fluid (also known as serum) to fill in between the layers of your skin. This fluid-filled skin bubble becomes painful to the touch, especially when your running socks and shoes rub against it.

Sweat, the wrong shoes or socks, certain running gaits, and certain shapes of your feet can make you more blister prone.

Now to the pressing question (that was kind of clever, right?), should you pop a blister or leave it? In most cases, you should leave a blister alone, says Dr. Fowler.

As with pretty much everything, remember your body is smart and knows how best to heal itself. Your skin acts as a band-aid to the skin below. The serum inside your blister helps protect the skin below. If you leave a blister alone, it should heal on its own in about a week.

How to Drain a Blister

If your running blister is large, full, and painful when running, you can

delicately drain it by:

- ◆ Cleaning the blister first
- ◆ Putting a tip of a needle into a flame to disinfect it
- ◆ Pierce the blister on the distal end (far end of the main part) with the clean needle and blot the fluid as it drains
- ◆ Keep the top skin intact to act as a band-aid
- ◆ Apply moleskin, blister tape, or loose bandaid



- ◆ Periodically apply an antibiotic ointment like Neosporin to aid in healing
- ◆ Regularly wash your open blister to prevent infection

How to Tape a Blister

If you're curious about how to tape a blister, there are many options for covering it and preventing infection!

- ◆ zinc oxide tape
- ◆ tape purposed for blisters such as KT blister tape
- ◆ moleskin
- ◆ hydrocolloid bandage
- ◆ a loose cotton gauze pad secured with surgical tape
- ◆ blister plasters

- ◆ thinmicropore tape and medical adhesive spray

Avoiding Blisters in the First Place

And if you want to avoid this situation in the first place, follow the below steps:

1. Get properly fitting shoes and insoles
2. Buy good no blister running socks or toe socks
3. Lube up your feet with Vaseline or Body Glide
4. Change your socks if your feet get sweaty throughout your run
5. Tape or cover areas prone to blisters with moleskin

Get more info and free training plans at themotherrunners.com.

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 !!



KTC TRACK HISTORY

AAA continued from page 6 AAA

When Chuck Rohe became head track coach at Ten-nessee, he pumped new ideas into the fledgling club.

And perhaps the biggest boost to the club has come from the Tennessee programs. The men, under Stan Huntsman, have won two national titles, one in outdoor track, one in cross-country. This winter they finished third in the NCAA Indoors.

In a relatively short time Coach Terry Crawford has taken a nonexistent women's team (she was the first and only member in 1969) and turned it into a national power.

Crawford, who was helped by the KTC as much as anyone, has a soft spot in her heart for the club.

"I owe everything to them," she says. "They helped me do a lot of things I might not have been able to do. It was unique then because there weren't that many running clubs in the south then."

Besides her program, Crawford is optimistic about the future of running in Knoxville.

"Running hasn't peaked at all," she says. "Enthusiasm for running is here to stay. The awareness level for staying in good shape is at an all-time high.

"I think Expo '82 will add a big boost, but the Expo run has really gotten the community involved. It has given them something they can relate to."

Huntsman has also given people something they can relate to - winners. His teams are a fixture in the NCAA's upper echelon.

Part of the reason is quality athletes. Another is community involvement, in the form of officials, fans, and boosters.

"We've been real fortunate to have the Knoxville track club, which was here before the University of Tennessee emphasized track," said Huntsman. "Also (Athletic Director Bob) Woodruff has been a real entrepreneur in the South. We were the original leaders in the South in track and field."

VOLUNTEERS!

SIGN UP TO HELP WITH CLUB EVENTS



Sign up on Runsignup.com

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



LET'S MAKE IT OFFICIAL BECOME A TRACK OFFICIAL



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

I started this series to not only recruit more USATF officials for our KTC Association of Officials, but to also preserve the memory of our officials and pass on their wisdom. Each article will highlight my own experience as a new official and share some insight from veteran officials. My most recent track official meet was the Amateur Athletic Union (AAU) Track and Field Area 6 meet hosted at Hardin Valley Academy that included athletes from Tennessee, Alabama, and Kentucky. This meet acted as the regional qualifier for the Junior Olympics.



them look like micro professionals! What made it more amazing was that I had a front row seat to the competition!

On Friday, rain delayed the event for 3 straight hours. Officials stayed dry in the weight room that served as the hospitality area for us. Although we knew it'd mean a long day for us, we pushed through and made sure all of our participants had a great time at our events. Speaking of the participants, Holy Cow! I've never seen so many kids at a meet! The stands and the walking areas around the track were packed with team tents and kids. There were hundreds of athletes aged 5 through 18. The little itty biddies had to hold hands single file with the clerks to the start line and field events, which was absolutely adorable.



During the track events, course officials lined each lane with cones to make sure the littles would stay in their lane. You'd think that little kids would struggle with their running form, but their strides, arm pumps, and leg kicks made

It was just amazing to watch. I worked horizontals both days judging the long jump and score keeping. After having a dozen track meets under my belt, I finally feel comfortable being a score keeper and running the sheets up to the meet director in the press box. When I first started, I didn't know where to write the numbers, what to write, or how to write. I was asking so many questions that I'd often distract the flagger from doing his job. What has really helped me grow as a new official is the veterans they place me with. It's ok to ask questions because you're learning. Everyone has a first day. Everyone started out as a newbie like me. If I have a question about run throughs, measurements, or when to even mark a score, there is someone who has decades of experience there to help me along the way. Like I've said previously, all of our USATF officials are helpful, encouraging, and so knowledgeable. These folks know the rule book like the back of their hands and they do not mind helping to show you the ropes.

an official who was a dear friend and mentor for many years within our USATF Official Association who recently passed away: Wendy Williams.

Wendy was a well-known member of the Knoxville Track Club and running community. At one point, she held close to 40 state road racing records! She currently still holds about 29 state running records for age 57 and up.



Like most of the officials in our association, Wendy became an official to give back to the sport of running. She volunteered at local races all over town and was a track official for several decades. In 2010, she was inducted into the Anderson County Hall of Fame. In 2016, KTC inducted her into their own Hall of Fame. In 2015, Wendy received the Lifetime Achievement Award presented by the University of Tennessee to longtime officials who have worked UT Track and Field meets. She worked the Sea Ray Relays for over a decade before the event was renamed the Tennessee Track and Field Invitational. Her events included umpiring and her fellow officials remember her as always being punctual, dependable, always having a good understanding of the rules. She was not afraid to raise a yellow flag when she observed a violation of those rules too. She will be greatly missed by the running community and association of track officials.

For this article, I wanted to highlight



If you're interested in becoming a track official, reach out to Steve Luper, who coordinates the UT Track Officials group, at stevluper74@gmail.com.

Knoxville Spine & Sports

Proud Sponsor of Knoxville Track Club

Services Offered

- Sports Chiropractic Care and Extremity Adjusting
- Physical Therapy
- Active Release Technique (ART)
- Class 4 Laser Therapy
- Dry Needling
- FAKTR
- McKenzie Method of Diagnosis and Treatment
- Massage Therapy
- Webster Technique for Perinatal Care



Integrated Sports Medicine and Chiropractic Care



Dr. Bert Solomon, DC, CCS

At Knoxville Spine and Sports we are as strong, individually as the sum of our parts. We firmly believe in a network of care where multiple practitioners contribute to your care plan. We understand that individually we may not always be able to solve all your problems but we strive to always have an answer that will

lead to the next step towards resolution. We work together to get you better.

We are together for health.



8029 Ray Mears Blvd. Suite #300, Knoxville TN 37919

Tel 865-337-5574

www.knoxvillespineandsports.com

KTC Road Race Grand Prix * presented by Patdome Promotions

Point totals through Pigeon Forge Midnight 8k

MALE

Brian Huskey	46
Sam Plemons	38
Alex Widmer	38
Stewart Ellington	36
Jeff Colfer	34
Ken Sirois	34
Larry Brede	31
Jeremy Donahue	28
Travis Wilson	28
Darren Driscoll	27
Ken Shelton	26
Cian Bell	25
Ethan Coffey	25
Luis Chavez	25
Ryan Jandro	25
Austin Turner	25
Chase Givens	24
Karl Kreis	24
2 men tied with	23

TEAMS

Health Shoppe/Driving Energy	942
Team Runners Market	877
The Long Run	170
Team Really	92
Scruffy City Endurance	71
RunKNOX	55
Personal Best Racing	46
Fleet Feet Knoxville	44
Back of the Pack Elite	40
Hyper Pacers	39
Knoxville Endurance	21



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

FEMALE

Shirley Sirois	50
Elizabeth Herndon	49
Elizabeth Whelpley	41
Marsha Morton	37
Marian Schmidt	34
Angela Sellers	34
Mary Alex Gary	33
Lindsay Parks	32
Ashley Zimmerman	32
Katie Lance	30
Amy Hudson	28
Jennifer Singh	28
Jennifer Weston	28
Ivy Milligan	27
Katie Baksa	26
Elizabeth Hagler	26
Jennifer Moore	26
Lauren Roth	25
Kyoko Yamamoto	25
2 women tied with	23

2023 Trail Series Grand Prix Standings Totals Through I.C. King of Trails Race

Chris George, keeper of the points

OPEN MALE

Sean Hagstrom	380
Matthew Brahlek	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
Shelby Scott	200
Monica Chapman	190
Sophia Etienne	190
Adriana Stiles	175
Lindsay Crockett	140
Ava Moody	140
Sarah Solovey	125
Lindsey Luttrell	120
Claire Marvinney	110
Cady Nix	100
Gabriella Wolf	100
Morgann King	100

MASTERS MALE

Jeremy Donahue	800
Marcus Steward	490
Chris Stayman	370
Jamie McCart	360
Adam Kolatorowicz	320
David McLennan	270
Michael Morrell	260
Michael Wehrle	230
Justin Bornhoeft	170
Jason Cathey	130
Jim Bishop	120
Alex Zirkparvar	110
J Steeves/C Ghanemi	100
C Nelson/ S Campbell	100
M deLisle/ Crepieux	100

MASTERS FEMALE

Meg Guy	530
Tara Reitz	340
Sonja Hurt	320
Johanna Worley	310
Connie McCormick	305
Jennifer Weston	300
Trisha Bruce	240
Michelle Hillard	220
Malinda Honkus	190
Kelly Novarro	160
Kathy Smith	160
Kyra Donnell	140
Jen Shaffer	130
Meredith Wallace	130
Alondra Moody/Amy Owens	120



KTC BOARD OF DIRECTORS

Minutes of June 2023 Meeting

JUNE 26,, 2023

The meeting was called to order by Brian Huskey at 6:00pm. In attendance were C. John Chavis, Karla Gander, Bobby Glenn, Zane Hagy, Brian Huskey, Keith Jackson, Matt Stegall, and Jason Wise. KTC staff members Eric Weatherbee, Stephanie Bailey, Michael deLisle, Kathy Nash, and Jason Altman attended as guests.

Minutes – The May minutes were presented. Matt made a motion to approve the minutes as amended. Keith seconded. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report— Christina asked why the Dicks HoS running event was a flop. Eric said it was a culmination of no one showing up, poor marketing, and the event being scheduled on a holiday weekend. Zane shared that our engaged followers only see 3-7% of our posts. KTC will explore hosting a Covenant Kids Run there in the future based on our return. Michael asked if KTC participants are using the Dick's coupons they receive from Footnotes. They are. Dick's HoS Knoxville is the top selling shoe location anywhere in the US because of their visibility, so KTC would like to continue their partnership with them.

Treasurer's Report— KTC has spent more money than has come in for this year. They are not in a deficit, but are behind from where they'd like to be financially to cover the remain-

ing 2023 budget. Budgeted Revenue was inflated and less than was actually received. KTC can transfer money from their Trust Company savings account into the general account to settle all expenses. All race expenses could be paid prior to the race using Runsignup. Keith shared that because KTC collects their money up front and there is no reason they can't pay their vendors as a good steward of this community. Revenues are down and expenses are up. Working capital must be restabilized. Michael asked how immediate would the \$15,000 be transferred. Keith shared that it would occur this week. There would need to be another transfer to help return KTC to their working capital. Money would come out of the money market account and no stocks would need to be sold. John asked if the balance in the money market account are all market gains or new deposits. Keith said it is all gains. Eric shared a major variance in budgeted race revenue and actuals. Moving forward, RSU registration fees and frequency of price increases will need reevaluation. Eric said if we meet our participant number to meet our RSU fees, we could meet our budget. Zane made a motion to allow the finance committee to transfer money from the Trust savings account to the general account to offset the current deficit in the budget. C John seconded. Michael would like race directors to steward their budgeted amount instead of increasing registration fees. Keith said KTC needs more communication with the race directors to better stick to the budget. Future budgets can be tweaked based on invoices. C John said we'd risk losing participants if fees increase.

Bobby was surprised about the barely breaking even profit from CHKM due to a major increase in expenses. Jason A discussed adding a slight increase in registration fees in case sponsors don't commit for future years. Michael asked if other races are seeing a decrease in participation and profit in other major races. Jason A said there is still a decline post-Covid affecting participation numbers for half/full marathons. Keith asked if other races are increasing their registration numbers to offset costs. Jason A said Columbus Marathon had their opening cost set high compared to CHKM. Bobby is concerned about the rest of the year's budget for KTC based on the drop in profit from CHKM. Keith asked if data showed mostly Knoxville participants or an increase in outside of Knoxville participants. Karla said the \$350 hotel rooms could be a deterrent for out-of-town CHKM participants.

Event Manager Report (Youth Development)— Fireball still needs a few volunteer spots filled.

RunKnox — Karla asked how the 5k program is going. Eric shared Justin is enjoying it. Scott might start a Thursday evening group run open to the public. Karla asked if they'll start a beginner 5k program again. Brian said they're exploring new opportunities.

Trail Committee/Footnotes— no further discussion

Website/Communications Committee— no further discussion

Matt made a motion to approve reports. Jason W provided a second.

Marathon Director's Report—

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

KTC BOARD

AA continued from page 20 AA

Reports were approved unanimously.

ED Welcome & Priorities—Eric is officially the Executive Director of the club. He'll begin working on clarifying job descriptions, roles, committees, expectations, responsibilities, race directors, compensation, contractor versus employee, and staff moving forward. Bobby wants to hear the good and bad news rather than glossing over issues. Eric wants KTC to be able to be prepared rather than react.

Track & Field Committee—Eric met with Chad Culver (Visit Knoxville) and Brian Brown (Knox County Schools AD). Eric sat in on the Knox County Advisory Board recently and met them. New committee would oversee the Vol Track Classic, VTC Meet Director, and Thursday nights at the track. New Track and Field committee would include certified USATF officials, city/county officials, track coaches, and our official's coordinator. Keith made a motion to approve the committee. Bobby seconded the motion. Motion approved.

Weather Policy—new policy included travel conditions, eliminated races were removed from the policy. Zane made a motion to send Alicia (KTC lawyer) for approval of the new weather policy. Matt seconded the motion. Motion approved.

Conferences/Training—2020 was the last Running USA conference attended by KTC. Eric asked for approval for staff to attend the 2024 event and approval for KTC to become a Running USA member to allow access to nationwide press releases, conference discounts, and resources. Running USA membership would have an annual fee. Jason W asked if there are discounts if you don't attend the conference. Jason A said the conference occurs annually, so membership cost would be the same regardless. Stephanie shared that it

also helps with staff bonding and networking with other race directors and vendors. Michael shared that KTC used to attend the RRCA convention annually and it was a valuable experience that helped bring the club to what it is today. Zane said that next year's request would be based on the value of. Bobby made a motion to approve four staff members attending the Running USA 2024 Conference and become Running USA members. Matt provided a second. Motion approved.

Membership Committee — Jason W spoke with other publications and running clubs. There is membership burnout all around because of industry changes. Members want to know what's in it for them and where their money is going. Jason W looked into lifetime membership costs and benefit. Free student memberships would be defined as anyone under 18 and college students to grow long term memberships. Committee also considered discounted membership costs for seniors, volunteers, first responders, and other non-profit groups. Exclusive, high-quality merchandise could be available for purchase to encourage memberships. Keith suggested a membership tent available at every race showcasing value of the club. Karla requested a graphic to become a KTC member that could be easy to share. Committee will meet with Eric to formalize a motion.

Roundtable

Karla shared that Pam appreciated the condolences and plant for her father's passing. Keith asked if Eric's board seat was ever filled. Bobby would like to see a UTK coach on the board. Jason A shared names of the 12 members on KTC's Hood to Coast Master's team.

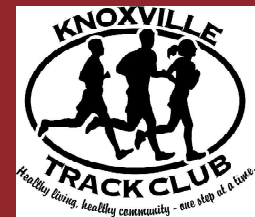
At 7:32pm Karla made a motion to adjourn. Jason provided a second. Meeting was adjourned.

Next Board Meeting Monday, July 24, 2023 at Legacy Parks

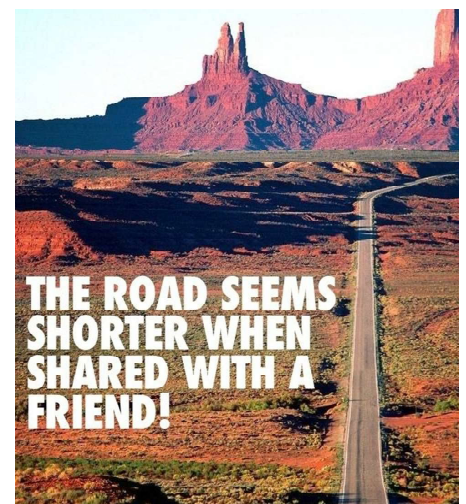
Join KTC Group Runs

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

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



Seasonal get-togethers also occur in the runup to Covenant Health Knoxville Marathon and the Pigeon Forge Half





KTC BOARD OF DIRECTORS

Minutes of July 2023 Meeting

JULY 24, 2023

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

Minutes – The June minutes were presented. C Johnmade a motion to approve the minutes as amended. Gabe seconded. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report— Brian asked how many signed up for Track Thursday before the event was cancelled due to weather. Eric said 35 people. Brian asked how many folks used to do the event in the past. Exact numbers were not shared, but event was popular in the past. Chris Meadows,



meet director, would like the event to be rescheduled. Eric is talking with Knox County Schools to work the event back into their schedule. Jason A asked if Eric has considered other sites like UT. Eric said Coach Ross doesn't believe the track will be completed in time. Eric said he wants the Townsend 8k to benefit Townsend Elementary School this year. Townsend 8k is the day after the Vacation Races Smoky Mountain Half Marathon. Eric would like to partner with Vacation Races. Angel asked if KTC could host a booth at the Vacation Races expo. Results page was updated on KTC.org. Christina asked how many hits the website has received since the newsletter was pushed out. Eric said website traffic is up 4% due to the digital formatting of the newsletter. Sponsors are also getting clicks through the newsletter. The Springbrook post-race article went out immediately following the event.

Treasurer's Report— \$20K was taken out of Trust fund and \$7K out of savings to stabilize KTC general funds. Savings will be replenished to restore \$15k balance.

Marathon Director's Report—KPD invoice increased by \$16K for 2023. Because the CHKM 5k was on UTK Campus, they put more officers to protect student residents because of the 5k re-route. On average, there has been a \$5K increase for KPD. KPD cost increased from \$36,717 when held at Neyland Stadium to \$78,354 with the finish line held at World's Fair Park. Marathon budget will

need re-evaluation in August at the MAC meeting. Eric will ask City of Knoxville Special Events Coordinator to see if 3rdparty agency could be used for traffic control to offset KPD cost or KTC can look for a sponsor to cover KPD cost during marathon weekend.

Event Manager Report—Midnight race needs course monitors and water stop volunteers.

RunKnox—no further discussion

Trail Committee/Footnotes—No further discussion

Website/Communications Committee—no further discussion

Keith made a motion to approve reports. Karla provided a second. Reports were approved unanimously.

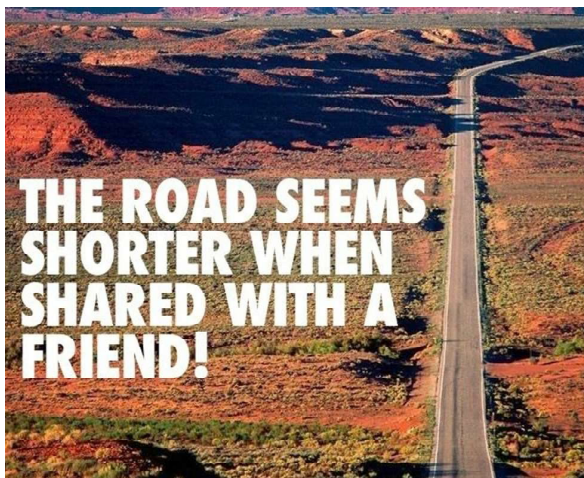
Roundtable

David H asked for promotion of KTC's partnership with Rocky Top MultiSport kid's triathlon program. Zane shared that Eric has taken initiative to work on the website updates and new KTC.org emails were pushed today. Pam shared that her cross country teams volunteered at the Springbrook race and one of the parents actually participated in the event, Jason A said Hood to Coast team will be completed one month from today.

At 638pm Pam made a motion to adjourn. Karla provided a second. Meeting was adjourned.

Executive Session was held to discuss the event manager contract.

Next Board Meeting Monday, August 28, 2023 at Legacy Parks



WELCOME KTC MEMBERS

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

Dewayne Atchley
Walter Baird
Bayola Family
Jonathan Bell
Bennink Family
Blake Family
Amy Bollinger
Ryan Bradley
Jim Breitenbucher
Tonya Brown
Shawn Campbell
Brittney Cannon
Carmichel Family
Mike Caruthers
Heather Clark
Elane Clements
Elizabeth Corbett
Seth Crum
Cunningham Family
Cutrer Family
Heather Davis
Stacy Dickerson

Constance Dickey
Trinity Douglass
Fagan Family
Janell Frost
Jeff Givens
Allison Granata
Errol Griebel
Chris Hagler
Mark Hall
Emalie Hayse
Sam Hearl
William Hicks
Brent Hicks
Hillenbrand Family
Jonas Holdeman Jr
Holmes Family
Ickowitz Family
James-Waddell Family
Johns Family
Krewson Family
Avigail Laing
Stephanie Lawson

Lazari Family
Stephen Lowe
Huimin Luo
Tim Marohn
Mattern Family
Janet Miller
Miller Family
Hannah Misako
Mark Montgomery
Marsha Morton
Steven Moseley
Myhre Family
Newman Family
Kelly Novarro
Mike Parton
Perkinson Family
Konstantin Pieper
Brenda Pracheil
Quintanar Family
Patrick Rakes
Rayder Family
Todd Rechenbach

Danny Renfro
Sharon Rivers
Anna Sandelli
Larry Satkowiak
Maureen Saygers
Scott Schimmel
Brent Scott
Brittany Shelton
Daryl Shute
Sirois Family
Allison Slater
Nicole Slayton
Randy Small
Kathy Smith
Chris Stayman
Matt Stegall
Joshua Tener
Walker Family
Justin Weinmeister
Hayley Wilson
Wolf Family
Wysmierski Family
Lourdes York
Zirkle Family

DON'T FORGET...

April 6-7, 2024 The 20th Annual Covenant Health Knoxville Marathon, Half Marathon, Relays, 5k, and Kids Mile. Kids race and 5k Saturday evening, Marathon and Half Marathon Sunday morning. Whoa !!



REACH OUT TO KTC STAFF!

ERIC WEATHERBEE
EXECUTIVE DIRECTOR:
eric@ktc.org

STEPHANIE BAILEY
EVENT MANAGER:
knoxtrackevents@gmail.com

MICHAEL DELISLE
TRAIL RACE SERIES DIRECTOR
mdelisle@comcast.net



2023-2024 TRAIL RACE SCHEDULE

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

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

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

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, 9:00 am. 10k, 5k PLUS Kids Trail Mile*. Fort Dickerson Park, Knoxville.

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



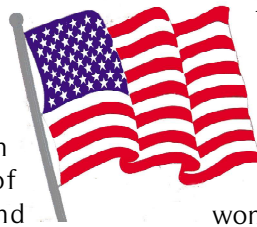
ANOTHER STEAMY FIREBALL CROWD BLAZES DOWN NEYLAND

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 71 kids running out-and-back on Neyland to finish the Firecracker Kids Mile. Temperatures this year were typical for East Tennessee. The heat and humidity didn't stop 669 runners from running along the river for an out-and-back trip to Thompson Boling Arena.



Grayson Kennedy repeated as the overall winner, running a swift 15:39. Luis Chavez and Ransom Lester rounded out the top three by clocking 16:19 and 16:24, respectively. On the women's side, Katie Baska took the overall win with a time of 16:42. In second place, was Peighton Meske (17:10), and in third Katie Lance (19:14).



Huskey (19:09) and Marsha Morton (23:46) were first place male and female Grandmasters. Brent Bueche repeated as male Senior Grandmaster winner, crossing the line in 21:30, while Jennifer Singh (27:15) won female Senior Grandmasters. Juraj Maksi won the Clydesdale category with a time of 22:48 while Jill Thompson won the Athena category in 22:02.

We expect the flat course to bring us fast finishes and this year was no excep-

tion. In the Masters category, the top male and female were Stewart Ellington (17:18) and Lauren Roth (19:51). Brian

Special thanks to all of our sponsors: especially title sponsor Pilot Company, as well as Runners Market, RunKNOX, Covenant Health Knoxville Marathon, Dicks Sporting Goods, and Tennessee Sports Medicine.





HAW RIDGE RACE A MIDSUMMER SUCCESS



Pete Crowley, race director

After the soggy version of this race in 2022 it was a great feeling to get to Haw Ridge Park early on July 8 with no weather concerns! Our core of steady race volunteers and a few new volunteer faces helped make the 2023 Haw Ridge Runner a successful morning in the woods.



with aplomb. The fastest finisher was Maeve Grossman with a speedy time of 9:23. Maeve was followed by Mille Brahlek in 10:05, who was just a little faster than third place finisher Walker Knauth who was timed in 10:09.

With the kids mile wrapped up it was time for the long race to begin.

141 runners

packed the start line, racing to be the first to the trailhead and avoid the bottleneck getting onto the trails! After completing the seven plus plus mile circuit up, over, and around Haw Ridge Park, runners were treated to post race refreshments from the trail series sponsors



as well as the race specific sponsor, Orange Hat Brewing.

The top three overall finishers were Male Open division winner Scott Drama, breaking the 1 hour mark with a time of 59:04. Scott was followed by fellow Open division runner Austin Turner (1:04:08) and Male Masters division winner Jeremy Donahue (1:04:50). Third place in the Male Open division was Kris Jones (1:06:26). Second and third place in the Male Masters division were Jamie McCart (1:06:08) and Chris Stamen (1:06:45), respectively.

Staged from the Clinch Valley Trail Alliance Headquarters campus (formerly the Life Development Center), we kept the course the same and ordered up reasonable (for July) conditions for the kids mile and 7 (actually 8) miler.

The Kids Trail Mile was an out and back that 18 participants conquered

On the women's side, Female Open division winner Sophia Etienne posted a 1:12:18 time and was the first female to cross the line overall, followed by Jennifer Weston (1:13:46) and Meg Guy (1:30:48). Jennifer and Meg were first and second in the Female Masters category, with Tricia Bruce (1:38:37) in third. Completing the top three in the Female Open division were Elizabeth Neely Box in 2nd (1:34:09) and Jane Chen in 3rd (1:37:41).

Many thanks go out to our numerous series sponsors, including Cool Beans, SoKno Taco, Flats'n'Taps, Runners Market, Pilot, Knoxville Spine and Sports, Tailwind, Baker Marketing Lab, and John Hildreth LLC, as well as the race-specific sponsor of this edition of the Haw Ridge Trail race, Orange Hat Brewing Company. OHB provided some great awards for the top overall runners, free swag at the finish line, and invited all participants to stop by the brewery on race day for a discounted refreshing beverage!

We'll see you next year at Haw !!!

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>





RECORD NUMBERS HIGHLIGHT SPRINGBROOK SPLASH 2023

Allsion Slater, race director

The Knoxville Track Club returned to Springbrook Pool to present the third year of the Springbrook Splash in Alcoa. Formerly the Carter Mill Splash 10k, this summer tradition has grown from its reboot in 2020 to become one of KTC's fastest growing races in 2023! This year's event saw over 400 participants making a mad dash from the pool and back!



The Springbrook Splash course route begins near the pool entrance and follows the Maryville-Alcoa Greenway toward Clayton-Bradley Academy and back again. Runners enjoy views of the Alcoa Duck Pond, Little River, and the Chilhowee Mountain ridgeline in the distance. The finish line is set directly in front of Springbrook Pool with runners ready to jump in and cool off after a healthy dose of watermelon and popsicles!

This race brings individuals and groups of runners from near and far for a unique event for every level of runner. A few special groups participating at Springbrook include the Run for God group out of LaFollette for the second year in a row as well as the Fit4Mom group from West Knoxville. Congrats to these groups who came out to run the race and cheer on their friends and family!

The 10k Male overall winner was Alex Widmer, who finished in 35:34. Runner up was masters ace Stewart Ellington (36:24), while third place went to Justin Weinmeister (36:33). The 10k

Female overall winner was Katie Baksa, who was second overall with a splendid time 35:55. Female runner up was Peighton Meske at 37:01, and a solid fifth overall. Third was 57-year old Kathy Wolski, who ran a strong 39:48. Masters winners were Sam Plemons (38:08) and Jennifer Weston (41:00), and Grandmaster champs were William Hicks (42:52) and Marsha Morton (50:10).

Top Senior Grandmaster runners were Ken Shelton (49:47) and Jennifer Singh (57:54).

In the 5k race, the Male Overall winner was masters runner John Yarbrow, who ran 16:52, while second and third were earned by Cole Buckner (18:17) and Christopher Martin (21:05.) The fastest 5k female was Jennie Tillery, whose time was 21:28. Second place was Michelle Derenski (22:05), and third was Abby Turnbull (22:53). 5k Masters champs were Erin Bankes (21:53) and Jennifer McKelvey (23:52). Top Grandmaster runners were Andrew Sauter (23:18) and Maria Prado (30:08). Senior Grandmaster winners were Brian Buchner (26:03) and Debbie Gronstrom (37:59). Congratulations to these winners and to all our race participants!



The Springbrook Splash Kids Mile featured 29 youngsters running a 1-mile loop around the Alcoa Duck Pond. Again, these kiddos broke the record for participants in 2023! For many of

these young athletes, this was their very first race! It is so exciting and such a privilege to watch these young runners and their families come across the finish line together with smiling faces! The KTC seeks to make communities healthier, and having families at races fulfills this mission for our club! Congratulations to these kiddos for participating!

We appreciate each volunteer who helped make this a successful event from start to finish. 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 thanks goes to three groups of high schoolers – including the Alcoa High School Cross Country Team, Central High School Swim Team, and Ulster Project of East Tennessee. The Ulster Project group included a group of teenagers from America and Northern Ireland that participate in service projects together, including providing for our thirsty runners at Springbrook Splash! From water stops to course monitors to food prep – these young people did an incredible job at every post! Thank you for joining us and helping out!

Special thanks are needed to individuals who gave a little extra at Springbrook, especially Maryville College Senior Connor Cowart for once

**** continued on page 27 ****



SPRINGBROOK

Continued from page 26

again singing our national anthem so beautifully. Thank you! Also a salute goes to our volunteer bicycle lead, Lauren Crisp, who led the Kids Mile and the 10k race. Lauren frequently steps up on the bike to lead many KTC races throughout the year, including the Covenant Health Knoxville Marathon, to help keep runners on course. KTC appreciates you, Lauren!

And lastly, KTC would like to say a big thank you to the City of Alcoa, Alcoa Police Department, Alcoa Fire Department, Alcoa City Schools, Blount County Parks & Rec, and Alcoa First United Methodist Church for their partnership and support of this race. And no race would be possible without the ongoing support and commitment of our business sponsors. This year's sponsors include Harper Auto Wash, Tennessee Sports Medicine Group, Dick's House of Sports, and RunKnox. Our photographer for the event was Todd Temple with T2 Graphic Design, and he captured the race and atmosphere beautifully. Thank you, Todd! Please check out those race pictures on the Springbrook Splash Runsignup page! Thank you, runners, volunteers, and sponsors, for your support in Alcoa this year!

We look forward to this fun race next year, so be sure and mark your calendar for July 2024!

MIDNIGHT RAMBLING IN PIGEON FORGE

KTC Staff

The Knoxville Track Club ventured back to Sevier County to host the Midnight 8k. This race is a flat

and fast course down the Parkway in Pigeon Forge, run under the lights at midnight each August. This year, over 200 folks sacrificed sleep and joined us for the race. This year's overall and age-group awards were provided by Old Forge Distillery.

Additional thanks to the City of Pigeon Forge Public Works and Police Departments, who kept traffic at bay and allowed our athletes this unique location to run.

Male Overall Winners: 1st Place was Raymond Brugmans, 2nd Place was Tyrell Hughes, and 3rd Place was Nathan Taal. Interestingly, Raymond was in Pigeon Forge with some friends on Saturday, heard there was a road race happening, and signed up on race-day. Hailing from the Netherlands, he celebrated his home country's Women's World Cup victory with a victory of his own.

Female Overall Winners: 1st Place was Olivia Paxton, 2nd Place was Jenni-

fer Weston (Runner's Market), and 3rd Place was Rebekah Howard.

Our Master's Division winners were Sam Plemons (Runner's Market) and Kyoko Yamamoto (Eddie's Health Shoppe/Driving Energy).

Grandmaster winners were Brian Huskey (Runner's Market) and Jennifer Singh (Eddie's Health Shoppe/Driving Energy).

Senior Grandmaster winners were Christopher Martin and Chang-Hong Yu.

Full race results are available from ktc.org/results.

We are super appreciative of each volunteer who helped make this a successful event from start to finish. Many volunteers pulled double-duty and volunteered before or after the race AND ran the race.

Want to join the fun with us in Sevier County? You don't have to wait until next summer. The Pigeon Forge Half-Marathon, Relay, and 5k are coming up December 9. Registration is open





HUGE GROUP OF SPEEDY KIDS HIGHLIGHT TTT CONCORD RACE



Stephanie Johnson, race director

KTC's Treadin' Trodden Trails crew gathered on August 13 for The Trails That Can't Be Concord, a 5 mile main event trail race and a Kids Trail Mile. Once again we were able to show off several new trails in the wake of the latest burst of activity on the part of AMBC and others.



The new five mile course through the thick green woods of the western section of Concord Park was scorched by a slew of blistering times, many of which are detailed below.

In addition, our Kids Trail Mile was contested by 31 participants, our best kids turnout of the season by far. The kiddos ran a lollypop course that covered some of the same trails as the adults, and it yielded very fast finishing times.



It was a real family affair for me, as for the first time, two of my grandkids ran the kids mile and my daughter and daughter-in-law swept the kids course. I was so happy to be able to share what I love with them!

As has happened often during this TTT season, male masters runners dominated the podium. The overall winner was Jeremy Donahue, who sped through the five miles in 35:31,

followed closely by Jamie McCart (35:40). Bruce Spottiswoode was third, running a strong finishing time of 37:41.

The women's champ was also a masters competitor, Jennifer Weston. Her time of 39:35 was a full four minutes ahead of runner up Gabriela Wolf, who clocked 43:35 for the 5M distance. Perennial top finisher Meg Guy (46:06) earned third place. She, too, is a masters runner.

In the Open Male category (39 and under) Matthew Brahle covered the five miles in 39:22 to earn the top spot, followed by Andrew Smith (39:37) and Brian Dixon (40:45). Noteworthy, too, is the fact that the top three Open runners are 37, 38, and 39, respectively, and will infuse the Masters category with even more strength in the future.

For the women's 39 and under group, Monica Chapman ran a solid 51:13 and was followed by Becky Price (52:40) and Elizabeth Neely-Box (54:24).

The fast and furious Kids Trail Mile was won by Darragh Zirakparvar, who blazed around the course in a swift 7:36. Mason Johnson was just

behind at 7:43 and Hudson Hewson completed the top three by clocking a solid 8:08 time.

Among the girls, Millie Brahle proved strongest, etching a great time of 8:42, with Grace Elliott (8:52) and Charley Cannon (8:58) chasing her to the finish line.

Congratulations to all the runners and a big thank you to all who volunteered before, during and after the race. We clearly couldn't put on a race of this caliber without help from all of you!

A big thank you also goes out to James Major, Grounds Maintenance Supervisor for Parks & Recreation, for always being there early to open the gates, bathrooms and concession stand for our use.

We'd also like to express tremendous gratitude to Dave with AMBC for getting out on the trails and removing the trees that were downed by storms just a week prior to the race.



As always, it was a great day in the woods! We hope you join us at our many great KTC/TTT events this season and on into the future.

**RUN WITH KTC'S TREADIN' TRODDEN TRAILS!
BE PART OF THE SOUTHEAST'S MOST EXCITING TRAIL SERIES!**



RUNNERS RAVE ABOUT NEW IC KING TRAILS



Michael deLisle, race director

A gorgeous early September morning awaited an enthusiastic crowd of trail runners as KTC's Treadin' Trodden Trails crew staged a triple treat of trail races at the new and much improved face of IC King Park. As we almost always do, we led off the day's festivities with a rollicking Kids Trail Mile, and when the kiddos were done romping through the woods, the bigger kids (sometimes referred to as adults) hit the trails for their choice of 4 miles or 10k.



Those who hadn't visited the park in a while were truly thrilled by the improvements. Knox County built a beautiful—and much safer—entrance to the park off the pastoral reaches of Maryville Pike. No more hair-raising turns on and off Alcoa Highway. Also, the new facility features real bathrooms, a kids' playground, and a large dog park. Participant parking is still a challenge, but with good planning, cooperation from Knox County Parks and Rec, and hard work by our parking attendants, led by Alex Walker, we managed to work the same magic that we did in 2022, the first time we staged a race here.



haven't returned since were treated to several new trails, thanks to the energetic and creative work of our partners at the Appalachian Mountain Bike Club.

The new trails allowed us to lead runners on a whirlwind tour of previously unexplored sections of the park, as the 4-milers twisted, turned, and frolicked through the verdant woods. More ambitious 10k runners toured every inch of trail that the 4-milers did, plus a challenging jaunt up and down two of the big hills that lurk there across the inlet.

The Kids Trail Mile was eye-opening, as the fastest six (!) runners were girls, led by speedy Cirabella McLennan, who covered the mile in a quick 8:20.

Not far back were sisters Charley and Murphy Claire Cannon at 9:01 and 9:04. In the wake of this distaff shellacking (including by two of his older sisters) six-year old Carsten Addington was top finisher among the boys, clocking a very respectable 10:23. Another pair of brothers, Benaiah and Judah Treat, were second and third among the lads (but they, too, were outrun by older sister Myriam.)

cisely 9:00, almost a hundred trail runners leapt from the starting line and began working their way up the first hill (yes, it was an uphill start AND an uphill finish). They ran together the first two miles, then went separate ways at the bridge over Knob Creek. By that point, they'd successfully traversed five-way, six-way, and four-way trail junction, manned astutely by TTT volunteers Tim Hill, Bobby Glenn, and Doug Holder. We're usually quite confident in our ability to mark trails but these intersections, if unmanned, had potential to confuse even the most experienced runners, so having veteran TTTers in place, each having directed and run countless races themselves, gave the Race Director confidence that all



who left the start line would return in relatively good form.

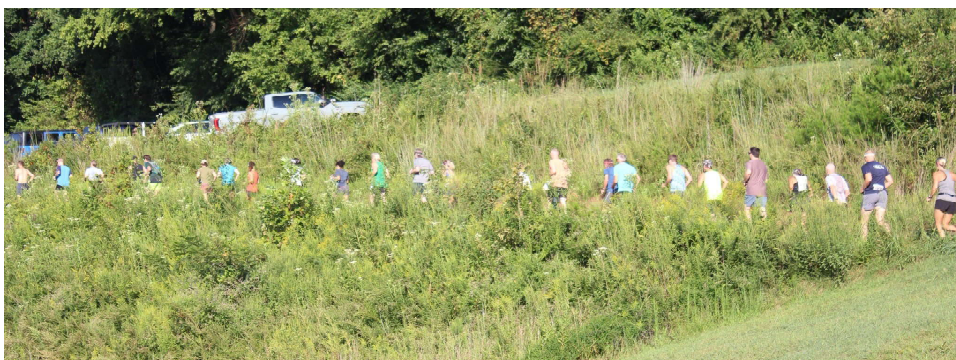
And when the hill climbing, twisting, tumbling, and turning was done, all who started did indeed return, virtually everyone raving about the course and its attributes. The four mile victory was earned by Jamie McCart, who whipped through the course in a fleet 28:56, more than six minutes (!) ahead of runner-up Joey Weston (35:30). Jesse Garren was third in 38:03. Fastest female was sixth place Michelle Hilliard, whose clocking of 42:22 was more than two minutes ahead of 14-year old Kenda Hurt, who finished second in 44:38, with Adriana Stiles (44:46) taking third place among the women.

Masters runners dominated the 10k, with Grand Prix leader Jeremy Donahue taking yet another win, running the 6.2 miles in 44:39. A couple minutes back was Chris Stayman (47:03.) Third place

AAA continued on page 32 AAA

Folks who ran this race in 2022 but

When the air horn sounded at pre-



IC KING

AAA continued from page 31 AAA

went to David “MacAttack” McLennan, who ran 52:08. Women’s 10k Top Three were Morgan King (55:17), Allison Granata (56:18), and Elizabeth Neely-Box (1:02:40).

I had an all-star crew of volunteers and I want to thank each of them heartily. Assistant RD, Pete Crowley, served in multiple ways, hauling a myriad of equipment to and from the race site (this after storing much of it in his garage since our last race) and manning the water stop by the bridge. Tim Hill took part in the Rabbit Relay (this may become a theme as our TTT crew ages and becomes less and less mobile!), then skillfully directed runners through the five-way intersection encountered first and last in the race course. Bobby Glenn helped with parking then went to the Kids Mile turnaround. Once done there, he hiked out to the six-way intersection and cheerfully guided all the runners twice through that mesmerizing array of trailheads. Doug Holder hauled a heavy load of liquid refreshments with his Big Blue Chevy, then trekked out to the four-way to ensure runners made their way around a sharp, partially obscured turn onto Upper Lake trail. 10k runners were privileged to encounter veteran trail runners Brian Williams and Kathy Smith during the adventurous loop around the big hills of Middle and Kimble. Finish line timing was handled expertly by Rebecca Holder, with able assistance from Tony Owens and Danielle Quintanar. Speaking of Tony (another who wore multiple hats), he also timed the kids race after spending an enjoy-



able several hours in the woods Saturday with Kathy Smith and the RD marking the great course. Alexander Walker was crew chief of our most excellent parking crew, aided ably by Adam Kolatorowicz. Their skillful work was essential to the success of the event, somehow situating vehicles that transported more than 100 runners and their families into a parking area designed for 38 cars. A veritable act of magic! None of the successes of this (or any) race could have been accomplished without the terrific work of our veteran registration crew, Christina Adkins, Kathy Nash, and David McLennan.

An additional salute to Alondra Moody, who in the wake of running (and winning!) an ultra the day before, cheerfully took part in the Rabbit Relay and then swept the four-mile course. Kudos, too, to Kathy Smith, who swept the hilly chunk of the 10k course after all those runners had finished their travails on the trail. Also, a veritable mountain of watermelon chunks and orange

slices were continually made ready by Jessie Thompson. Thanks also to non-TTT volunteers Elizabeth Cathey and Mael Milardet, whose assistance with numerous last-minute tasks was invaluable. Appreciation also to Eric Weatherbee and Jonathan Addington for shooting a slew of race photos and posting them on Facebook. Thanks also to Maryville College Cross Country coach Kaitlyn Carringer-Adams, who offered to bring 10-12 members of her team to help out. By the time she reached out, we were already fully

staffed, so I thanked her for her generous offer and invited them to join us later in the year.

Looking back at this overlong missive, I notice that the paragraph thanking volunteers dwarfs my mention of the runners themselves. While I recognize that without the runners, we’d have no reason to assemble and hang out at the park early on a holiday weekend, it does not go without saying that without the large group of volunteers, mostly TTT committee members, these events simply could not exist. So my great thanks to my fellow trail dawgs. Y’all are the greatest.

Thanks also to our sponsors, specifically Cool Beans, SoKno Taco, Flats’n’Taps, Runners Market, Knoxville Spine and Sports, Pilot, Blackhorse Brewery, Baker Marketing Lab, and John H Hildreth. Thanks, too, to our partner affiliates AMBC, CVTA, CHKM, and Knox County. Folks at the county were especially helpful with several last minute tasks on the Friday before the race.

As we almost always say after one of our races, it was a great day in the woods. And I know, even a bad day in the woods beats the hell out of a good day at the office, but still. It was a great day in the woods. Thanks to all who took part. And to those who didn’t? You missed a good ‘un.



Knoxville Track Club

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

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

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

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

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



P00048556O241CCLJ

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

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

YOUR PURCHASE OF \$50 OR MORE

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



P00048557O241CCLJ

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

DICK'S — 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, prior credits, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or scan checks accepted. Offer not accepted at DICK'S Warehouse Sale Store or Being, Being, Being locations.



P00048559O241CCLJ

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

DICK'S — VALID IN STORE ONLY —
TAKE \$20 OFF

YOUR PURCHASE OF \$100 OR MORE

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



P00048558O241CCLJ

DID YOU KNOW THAT THE AVERAGE CHILD TODAY SPENDS LESS THAN THREE YEARS PLAYING A SPORT, QUITTING BY AGE 11?*

HELP US SAVE YOUTH SPORTS



LEARN MORE AT
SPORTSMATTER.ORG
ON HOW YOU CAN HELP

*THE SPENCER CENTER FOR YOUTH SPORTS

Event Schedule

Sep - Dec 2023

SEPTEMBER

- 10 Townsend - 8:00 am. **TOWNSEND 15k/7k**
- 30 Oneida - 8:30 am. **BIG SOUTH FORK TRAIL RACES**

OCTOBER

- 7 Jefferson City - 8:00 am. Race for Breast Cancer Awareness in Memory of Christy Bowlin
- 28 Knoxville - 8:00 am. **PILOT CROSSKNOX 15k**
- 28 Corryton - 8:30 am. Corryton Possum Chase 8-Miler and 2-Miler

NOVEMBER

- 4 Norris - 8:00 am. **NORRIS ULTRA DAM HARD TRAIL RACE**
- 10 Pigeon Forge - 11:00 pm. Dollywood's Light the Way 5k
- 11 Oak Ridge - 8:00 am. Secret City Half Marathon and 5k
- 18 Townsend - 11:00 am. Little River Run 5k
- 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**

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