

Jan/Feb 2024

FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



***Adkins becomes new
KTC president - pg 5***

***The Art of Trail
Running - pg 21***

***Final standings for
road, trail GP - pp 12-14***

***KTC Hall of Fame
nomination - pp 30-31***



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 Reymond decided it was time to expand to downtown to make healthy living more accessible to those who work and live in the city.

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



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

BUSINESS HOURS

Monday - Thursday 10am - 8pm

Friday - Saturday 10 am - 9 pm

Sunday 12:30 pm - 6 pm



FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL
RUNNING COMMUNITY



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FOOTNOTES

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ROAD RACE INFO
888-217-5635

TRAIL RACE INFO
865-548-4718

WEBSITE
www.ktc.org

ON THE COVER

More than 500 runners hit the pavement and rang in 2024 running KTC's annual New Year's Day 5k and kids mile.

cover photo © Michael deLisle
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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



KNOXVILLE TRACK CLUB

KTC Staff

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

Event Manager
Jessica Mead
888-217-5635 opt 3
EventManager@ktc.org

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

Board of Directors

Christina Adkins, President
Karla Gander, Vice President
Keith Jackson, Treasurer
Jennifer Moore, Secretary
Allison Baker
C. John Chavis, Jr.
Zane Hagy
David Hinkle
Adam Kolatorowicz
Kunle Lawson
Chris Meadows
Emily Miller
Angel Norman
Matt Stegall
Jason Wise

2024 KTC Officers

PRESIDENT
Christina Adkins
president@ktc.org

VICE PRESIDENT
Karla Gander
karla.gander@hotmail.com

TREASURER
Keith Jackson
keith@mollenhourgross.com

SECRETARY
Jennifer Moore
secretary@ktc.org



Volunteer Coordinators

MEMBERSHIP
Kathy Nash
865-982-1268

VOLUNTEERS
Teresa Williams
865-640-5667

SOCIAL CHAIR
Position Vacant

Committees

EXECUTIVE COMMITTEE:
Christina Adkins, Karla Gander,
Keith Jackson, Jennifer Moore

ROAD RACE COMMITTEE:
Eric Weatherbee (Chair), Chris-
tina Adkins, Dave Alderman, Jason
Altman, Chris Davis, Hannah Foust,
Karla Gander, Chris George, Pam
Haggard, Jessica Mead, Chris Mead-
ows, Suzanne Oliver, Muna
Rodriguez, Dana Rohloff, Andee
Swann

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

TIMING COMMITTEE: Tony
Owens (chair), Michael deLisle,
Rebecca Holder, Danielle Quintanar,
Troy Rebert

**TRACK AND FIELD COMMIT-
TEE:** Pam Haggard, Christina
Adkins, Steve Luper, Chris
Meadows, Chris Kane, Bryan
Brown, Don Madgett, Chad Cul-
ver, 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, Eric Weatherbee,
Brian Williams

MARKETING COMMITTEE:
Zane Hagy (Chair), Christina
Adkins, David Hinkle



THE STARTING LINE

Knoxville Track Club * FOOTNOTES * January/February 2024 edition



A Message from our Club President

Christina Adkins, new KTC President

If You Run, You Are a Runner



2023 ended with me earning the Kerry Trammell Memorial Award. Awarded for the first time in 2015, The Kerry Trammell Memorial Award, named for the late trail runner and volunteer extraordinaire, is designed to pay tribute to club members who have an exemplary influence and effect on the community at large, particularly in the area of trail racing. I also won the Trail Grand Prix Award despite taking the majority of the year off from running due to a nagging foot injury. I was in 107th place and got bumped to 1st. Rather than sulking and staying home, I sulked and volunteered.



2024 will be a new year and new role for me as I'll become president of the Knoxville Track Club. What's funny is that the role didn't even feel real until a runner referred to my boyfriend as the "First Gentleman." You're a riot, Brian Bischoff!

In all seriousness, when I joined the board of directors, I met with Alicia, who was president at the time and she told me that I needed to find my voice in this role. After 5 years of service and many grueling challenges the club has overcome, I think I feel confident moving into the new year thanks to the mentors and leadership I've learned from along the way.

One of my favorite quotes is by the great John Bingham, who said, "If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run." — John Bingham

That's what I love about our running community here in East Tennessee. We may look different, run at different paces, run at different times, run different races, wear different brands of shoes, wear different kinds of clothes when we're navigating the seasonal challenge of dressing ourselves. One thing is certain though, we're all running in the same direction: **forward.**

When I first moved to Knoxville, I was a single mom, worked full-time as a high school English teacher, and was in the weeds of grad school. My only hobby was working, cooking, cleaning, studying, and keeping my kid alive. He's 11 now in case you're wondering. Before I started running, I was lonely, depressed, and felt like I had no purpose in life. It actually makes me cry thinking back to those times.

The Knoxville running community changed all of that. A coworker gifted

me a jogging stroller and told me to show up to a group run with him. As you know, group runs are the gateway drug to becoming a runner. I wasn't fast, but I was consistent.

I attended most of the group runs in town with my stroller and made friends along the way. The first Saturday of every month, I'd head over to Runner's Market to run with Sam Pack. She didn't know me from Adam, but she made me feel important when she'd greet me with that big of hers and say "Hey! I'm glad to see ya again." I met my boyfriend at the old BBM run, created the 865 Running pages to help people find a running group, started a Friday night beer run, switched to being a 5am runner, and eventually became a KTC Board Member. I kept coming back because every runner I met was so friendly and encouraging whether or not I'd only known them for 5 seconds in passing. Like I said, running truly is a gateway drug and it led me straight to where I am today.

As the newest president of KTC, I have some ginormous shoes to fill. With any organization's transition, we all need to pitch in where we can. It can only get better from here.

How can you play a part in that? Be kind to one another. You never know the loads people carry when they're

**** continued on page 16 ****



Happy Holidays, Happy New Year

*Eric Weatherbee,
KTC Executive Director*



As you may know, I love history, and I love to use this space to talk about the Knoxville Track Club's history.

The first director of the track club was Allan Morgan, whom many of you know and to whom we, as a club, owe a lot of today's success. I started running when I was very young, and in 1988ish, I completed my first race with my parents. In an edition of Footnotes from 1988, Allan talked about the growth of KTC and had this to say:

"So, what does being "big" mean and how big would we like to be? I say this with the state of Oregon in mind. "Come and visit," the billboards proclaim, "But we'd prefer you don't hang around to stay." When things get too big, you get congestion, anxiety, heart disease, and just another lost face in the crowd. You lose a sense of belonging, the sense of the personal, of feeling you can make a difference. I and a number of others are wary of these potholes. If you feel this, give me a call, or come to one of our Classic Series Races. We

don't want to lose more than we gain by being big. But being big? Again, why go for it? It generates excitement. Witness Expo, Springfest, Fireball, Artfast, Autumnfest. More folks enlarges our pool of volunteers and as we attempt to do more things in and for the community, those added faces are mighty helpful."

A few caveats – locals aren't as worried about Oregon transplants these days; billboards are much more welcoming; names may have changed, but some of those races still exist today!

A member-driven organization like KTC needs to be big. The more that people align with our mission, the greater the impact we can have in our community. Not just in terms of volunteers, but opportunity to host more group runs, to raise more money for our partner organizations, and to create a place for all people, young and old, to invest in their physical health. Allan was very aware of the pitfalls of growth, and we should be, too. We do **not** want to lose the sense of belonging we have. We do

not want people to feel like now they can't make a difference. I, our staff, and our board, are always available to discuss these with anyone who has concerns – we're all aligned in our desire for this community we love to grow and thrive.

As we close out the year, we're celebrating a lot of things. Participant records being shattered at Turkey Trot, numerous races growing in their areas, memberships increasing month after month, so many PRs and BQs from our RunKNOX team. We're recognizing our top volunteers, our grand prix series winners, the commitment and dedication of outgoing board members. And 2024 brings with it the hope of a fresh start, new opportunities, new partners, and new members. If you weren't as engaged as you wanted to be in 2023 (injury, work, schedule conflicts), ease yourself back in. The calendar may turn over, but we (KTC) are already revving up for a big January and a big 2024.

Remember, don't neglect the gift, run the extra mile!

KTC VOLUNTEERS NEEDED

- | | |
|--------|---|
| Jan 20 | Oak Ridge Ten Miler and Kids Mile |
| Jan 21 | Wanderers Trail Race and Kids Trail Mile |
| Feb 17 | Strawberry Plains Half Marathon and 10k |
| Feb 18 | Dark Hollow Wallow 11M, 5M, and Kids Trail Mile |
| Mar 2 | Whitestone Weekened presented by BK Graphics |



MUSINGS FROM THE EDITOR'S DESK

Michael deLisle - Footnotes Editor



Still a Newbie at Heart

Like most of us, when I immersed myself in the running community and the running lifestyle, I jumped in feet first. (Guess that's obvious; I mean, what other way can you jump into running?)

But what I mean is that I got involved in just about every way I could. Once I realized that races happened almost weekly - at least they did back then in 1990 - I was signing up rapidfire, keeping track of times and PRs (which happened rather concurrently in those early days). Living in rural East Tennessee, I had a plethora of choices when it came to highly challenging and rewarding routes to run, and of course I measured them out to the tenth of a mile and kept track in a (paper) training log, two years before I realized that if I didn't get a computer, this old world was gonna pass me by at track speed.

When I found out about KTC, I immediately called the membership chair at his home and talked his ear off, and as fast as the US Postal Service could get me a membership application, I joined the club. The first meeting I attended was upstairs at Patrick Sullivan's Saloon with nearly fifty people in attendance (yes, back then members at large actually attended board meetings). What a buzz!

Within six months I was invited to join the KTC Board, an invitation I joyfully accepted and stayed onboard for sixteen (!) years. I served as KTC Vice President under four Presidents during that time, and was active on the Long Distance Committee (predecessor to today's Road Race Committee), as well as KTC's Vision Committee and Strategic Planning Committee.

I proudly served on Knoxville Mayor Victor Ashe's first Greenways Commission that constructed the initial plan that ultimately resulted in the development of the terrific greenway system enjoyed today. That same year I was appointed Tennessee State Representative to the Road Runners Club of America in 1991 and served until 1996. As state rep, I was privileged to attend RRCA national conventions in Portland, Washington DC, Allentown and Knoxville, and was a guest speaker at races and club meetings throughout the region, as well as addressing the RRCA at six different National Conventions. Additionally, I directed the Volunteer Tour, a series of road races held in state parks around Tennessee.

In 1995, several of us pitched in and helped KTC Executive Director Allan Morgan formulate the successful bid for KTC to host the 1996 RRCA National Convention, still thought of by many as the best convention ever.

Racing days behind me as the century turned, in 2004 Marty Sonnenfeldt and I founded the KTC trail running series that's still going strong today in its 21st season, now involving 15 stalwart trailsters in successful administration of the series.

And, oh yeah. Footnotes. In 1992 I assumed the editorship of this already award-winning publication, after a year of tutelage under computer whiz Donnie Baldock. As steward of this grand publication, I've been fortunate enough to be recipient of seven regional and five national awards for best club newsletter, as well as multiple regional and national individual awards for best club writer. Besides the scads of articles and essays published in *Footnotes*, running articles of

mine were published in Running Journal, Well Magazine, and in the online version of Runners World Kids Running.

And then there's the KTC website that in 1997, my wife at the time, Kris Corbitt, began building. I took over sole operation in 2000, becoming KTC webmaster, a position I held for more than twenty years. During that time, the website was twice been named Top Site by the RRCA, and served as a highly comprehensive and much lauded source of information, replete with photos, results, a very active message board, and more.

Since 2000, I've prowled the streets taking and publishing tens of thousands of KTC race photos online, an activity that allows me to maintain a measure of touch with the ever evolving racing community.

When the KTC Hall of Fame was established, I helped by producing the written program and the first five HOF websites, in addition to being honored with induction into the Hall in 2014.

I also stayed in touch with my running family during my 20+ years managing Runners Market.

My point here is not to blow my own horn but to show how many different ways a person can immerse themselves in this august community of which we are all part. Whatever your interest, whatever your skillset, know for a fact that your running and racing halcyon days will most assuredly come to a halt, and that there exist multiple avenues within which your assistance to and enjoyment of the KTC can extend your identity as a runner long past the day you take your final running steps. Stick around. The fun's just beginning.

YOUR KTC MEMBERSHIP

Kathy Nash, KTC Membership Chairperson



Anouncing the new member shirt for 2024! The shirt is royal blue with white lettering and the KTC logo on the front. When you register or renew your KTC membership, I will send you a letter. Your letter will include a car decal, a \$20 off coupon for a KTC race, a membership card to use for discounts at various local businesses, and a red card to turn into me for a free member shirt. You can also purchase additional shirts for \$5 each. The sizes are from Youth Medium to Unisex Extra Small to 3XL.



I am at most KTC events and races. I am usually helping with registration with a duffel bag of member shirts nearby. You can always contact me to verify that I will be there to pick up your KTC member shirt. I can be reached at knoxtrackmembership@gmail.com.

We are excited about the member shirts as a method of marketing for our great club. 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/knoxville/default.aspx>



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

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

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



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



TAKE ADVANTAGE OF THE BEST RACING DEALS AROUND!

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

New for 2024! Recognizing that not everyone is gearing up for a marathon, there is a 1/2 Series Option as well (Oak Ridge 5 Miler, Strawberry Plains 10k, Whitestone 12k, Covenant Health Half Marathon).

Trail Runners! This year we again offer 9-race and 12-race bundles, as well as kids 9-race packages, all of which save you big bucks and keep you accountable getting to as many trail races as you want. Register for the series or individual races on Runsignup.com. All races are open now!

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



Covenant Health Knoxville Marathon



JOIN US FOR THE 20TH ANNUAL EVENT! APRIL 6-7, 2024

**CITY OF KNOXVILLE – RUNNERS MARKET – KELLOGG’S
 ASSOCIATED SCAFFOLDING – IMAGE MATTERS – HARD KNOX PIZZERIA
 ALL OCCASIONS PARTY RENTALS – TENNESSEE SCHOOL OF BEAUTY
 COMMERCIAL METALS COMPANY - 99.1 WNML – TVA – YOGASIX BEARDEN
 NEWSTALK 98.7 – MAYFIELD DAIRY – T2 GRAPHIC DESIGN**

COVENANT HEALTH KNOXVILLE MARATHON

KTC GEARING UP FOR 20TH COVENANT HEALTH KNOXVILLE MARATHON

Jason Altman, Director, Covenant Health Knoxville Marathon

As 2023 wraps up and 2024 begins, the days until the Covenant Health Knoxville Marathon quickly approach. Folks who plan to do the full marathon should be training by now. We started our Saturday group runs December 2nd and have had a great turnout thus far. Sponsored by Eddie's Health Shoppe, Eddie's Health Shoppe Downtown, Tennessee Pre, and ZenEvo Chocolate, the group training runs are offered at no charge to participants who attend. We provide water on the course along with post-run refreshments and snacks. Our half marathon trainees will join us starting on January 6th. For a listing of dates and locations where we will meet in the new year, visit knoxvillemarathon.com.

With New Year's Resolutions kicking in, many area companies will look to encourage employees to participate in the Fittest Company Challenge to get healthy. This year's Challenge is an opportunity for friendly competition among area businesses during all the marathon events. For each employee who finishes a race, the company will receive 1 point per mile finished. (26.2 points for the marathon, 13.1 points for the half marathon, etc.). We are excited to offer additional categories to the 2024 FCC! Instead of three categories, we will offer five categories (Extra Small, Small, Medium, Large, and Extra Large) for competitors based upon the number of employees at each company. For those interested, we can

provide free informational video session for area human resource representatives and wellness representatives to learn about the Challenge and receive ideas on how to promote and recruit their employees to participate in the CHKM and its events. If you or someone from your company is interested, please contact me for more information.



Come February 10th, our annual Covenant Kids Run "Marathon" program will kickoff at a new location – Dick's House of Sport! Registration will open at 8 am and the run/walk will start at 9 am. Children 8th grade and younger can participate in the Covenant Kids Run. The registration fee is \$30, and this also covers the child's registration for the official Covenant Kids Run on April 6th. By participating, kids can run a "marathon". Each child receives a mileage log to start tracking his or her miles and exercise between February 10th run and the official CKR on April 6th. Kids can finish the last mile of the marathon at the World's Fair Park Finish Line – just like the adults!

We are excited to announce that we are offering \$5,600 in prize money to area schools through our 2024 Fittest School Challenge. We are offering this incentive to area schools in nine counties. (Anderson, Blount, Hamblen, Jefferson, Knox, Loudon, Roane, Sevier, and Union). Winning schools are based upon the highest percentage of student population participating in the April 6th Covenant Kids Run. (Fast or slow, all

kids count the same in the challenge. We are encouraging participation!) To be counted toward their school's total, a child needs to participate in the April 6th Covenant Kids Run and identify their school during registration. Prize money and plaques will be awarded to the winning schools after the race. Back this year, we will have two categories for the schools. Schools with more than 300 students enrolled will compete in the large category; the schools with 300 or less students will compete in the small division.

We're excited to welcome our 2024 Covenant Health Knoxville Marathon Expo Special Guest Speaker, Des Linden! She's a 2-time Olympian for Team USA, she's the current world record holder for the 50K (2:59:54), she just broke the U.S. Masters Women's Marathon record in Chicago with a 2:27:35, and she's the 2018 Boston Marathon Champion! We will post updates about her weekend appearance on our website and on social media as we get closer to April. We hope you'll come out and celebrate Des Linden's career as we celebrate 20 years of the Covenant Health Knoxville Marathon!

Registration numbers for our 20th CHKM are going strong! After our price increase on December 1, we are on pace for a fantastic turnout in 2024.

Looking to volunteer? I am still in need of some key volunteers to serve on the 2024 Marathon Organizing Committee. If interested, please contact me at knoxvillemarathon@gmail.com for more information. Happy New Year!

THE 2023 Grand Prix Top 10



KNOXVILLE TRACK CLUB

MALES

1. **Brian Huskey**
2. **Sam Plemons**
3. **Kenneth Sirois**
4. **Darren Driscoll**
5. **C. John Chavis**
6. **Chris Meadows**
7. **Matt Stegall**
8. **Bill Stokes**
9. **Brian Bischoff**
10. **David McLennan**

FEMALES

1. **Shirley Sirois**
2. **Marian Schmidt**
3. **Angela Sellers**
4. **Jennifer Moore**
5. **Andee Swann**
6. **Becky Tener**
7. **Leah Meadows**
8. **Kathy Nash**
9. **Deb Ross**
10. **Betesu Williams**



EDDIE'S HEALTH SHOPPE/DRIVING ENERGY



RUNNER'S MARKET



THE LONG RUN



KNOXVILLE TRACK CLUB 2023 TOP TEAMS



TEAM REALLY



SCRUFFY CITY ENDURANCE



HYPER PACERS

WELCOME KTC MEMBERS

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

Julie Adams	Carina Denney	Abagael Hicks	Justin Loss	James Oakes	Payne Stanifer
Hana Akimoto	Kurt Davis	Tim Hill	Aaron Love	Daniel Park	Jason Stankus
Bacon Family	Dustin Day	Hinten Family	Julia Martin	Danny Parrott Jr.	Christopher Stanley
Sadie Bales	Jim Decker	Edward Holton	Sophie Maynard	Katie Pelger	Richard Starnes
Beecher Family	DeLarco Family	Hosenfeld Family	McCarrell Family	Tyler Pickering	Jessica Stiles
Jessica Beeler	Zachary Dew	Amy Hudson	Connie McCormick	Pinzon Family	Candy Stooksbury
Blake Family	Doane Family	Julian Huffaker	McNally Family	Kathryn Powell	Stuart Family
Boon Family	Draime Family	Hultz Family	Mead Family	Price Family	Robyn Sturgeon
Bornhoeft Family	Driscoll Family	Hilary Hunter	Joshua Melton	Rong Pruitt	Melodie Summers
Brede Family	Jeanne Fair	Jansen Family	Metz Family	Susan Reichelt	Charlotte Tallent
Bryant Family	Fickey Family	Emily Jellicorse	Katie Meyer	Reitz Family	Tammie Taylor
Chris Burris	Eric Fox	Jones Family	Midnight Family	Steven Ripp	Jody Telando
Buttigieg Family	Christy Franklin	Sarah Keith	J. Miller Family	Noelia Rodriguez	J.J. Thomas
Campbell Family	Scott Fugate	Kennedy Family	K. Miller Family	Rudolph Family	Gary Thomas
Henry Campen	Martin Granum	Jacqueline Kerr	Eric Minton	Salas Family	Peter Waldrop
Jimmy Cannington	Gary Gray	Heather Kibler	Monroe Family	David Santoski	Wallace Family
Lindy Carroll	Griffin Family	Kirby Family	Joe Montgomery	Savage Family	Weaver Family
Audrey Carter	Debbie Gronstrom	Kubiak Family	Moss Family	Angela Sellers	Weich Family
Clark Chambers	Groves Family	Kunle Lawson	Becky Mumper	Shelton Family	Katie Whitaker
Jeff Colfer	Bonnie Harlow	Kiki Lee	Andrew Nack	Joanie Simpkins	Brandella White
Jenny Connatser	John Harris	Levko Family	Brad Nance	Will Skelton	Rebecca Whitehead
Richard Connelly	James Harrison	Isabelle Lindsay	Susan Nelson	Jennifer Smith	Lori Wiggins
Councill Family	Hepp Family	Lloyd Family	Nielsen-Lensgraf Family	John Snelling	Williams Family
Christian Cummins	Michelle Herschelmann	David Locke	Mark Nipper	Jacob Stanberry	Matthew Williams
					Jeanne Williams
					Wilson Family
					Timothy Zawisza

2023 Trail Series Grand Prix Standings Final Point Totals

Chris George, keeper of the points

OPEN MALE

Sean Hagstrom	600
Emanuel Huber-Feely	330
Matthew Brahlek	280
Blake Wahlert	270
Nathaniel Shelso	265
Austin Turner	190
Jamel Patterson	180
William Wilson	165
Blake Buck	150
Matthew Kay	140
Robert Singleton	140
Donnie Hicks	130
Eric Cannon	120
Nathan Helton	120
Gary Krivo	120
Joey Weston	120

OPEN FEMALE

Becky Price	555
Elizabeth Neely Box	520
Trish Turley	340
Sophia Etienne	290
Shelby Scott	200
Monica Chapman	190
Adriana Stiles	175
Lindsay Crockett	175
Sarah Solovey	165
Ava Moody	140
Ashley Bennink	130
Lindsey Luttrell	120
Claire Marvinney	110
Cady Nix/Gabriella Wolf	100
R.Guarnien/C.Duggan	100
M.King/J.Scarbrough	100

MASTERS MALE

Jeremy Donahue	900
Marcus Steward	550
Chris Stayman	470
Jamie McCart	450
David McLennan	430
Michael Morrell	390
Adam Kolatorowicz	355
Michael Wehrle	230
Justin Bornhoeft	200
Jim Bishop	180
Christopher Nelson	170
Jason Cathey	170
Todd Randles	170
Sebastian Crepieux	160
Alex Zirkparvar	130
Andrew Nack	110

MASTERS FEMALE

Meg Guy	680
Tara Reitz	520
Malinda Honkus	380
Johanna Worley	360
Michelle Hillard	340
Sonja Hurt	320
Connie McCormick	305
Jennifer Weston	300
Kelly Novarro	265
Trisha Bruce	240
Kathy Smith	210
Meredith Wallace	160
Alondra Moody	140
Kyra Donnell	140
Jennifer Parker	140
Jen Shaffer	130



Treadin' Trodden Trails



Michael deLisle
KTC Trail Series Director

Wandering Around

When we first put together KTC's trail series back twenty years ago, it was a relatively unambitious slate of races. Distances ranged from 5k to 6-7 miles, some of the race courses were simply cross country races on grass in city and county parks, and events were scheduled only in the temperate months of the year. Seemed at the time a wise and safe to approach things.



It was in 2012, however, that we said, "What the heck?" and began scheduling trail races year round. Predicting the weather in January is a total crapshoot, and the years since the first Wanderers race have proved that. We've had sunny, mild days with temperatures resting gently in the 50s and 60s, we've had rain (though no major downpours, thankfully), a year or two of picturesque snow falling lazily to the ground but not causing any problems, a couple of chilly, dreary days, etc. You get the picture. January in East Tennessee.

We were, however, forced to switch things around in 2021, when a genuine taste of winter descended during the week leading up to Wanderers and we had to swap things around, switching dates with the Lakeshore Trail Trek (also directed by the amazing Kathy Smith). That worked out fine, but we reverted to scheduling Wanderers in the leadoff



spot the following year, where it remains to this day.

In the beginning Wanderers was a four-miler before morphing to its current 5k distance. In its first year it drew nearly 300 runners and has done so every year since, tallying the highest number of registrants virtually every year of its existence.

In one of those first years, rain fell heavily on the course, creating an unavoidable seasonal creek that bisected the path partway through the race. I'd noticed a young woman at the starting line wearing bright new pink and yellow running shoes and grimaced to myself, fully expecting an angry, mud-covered gal approaching the finish line ready to cuss us a blue streak for ruining her shoes. Instead, she crossed the line grinning widely, shoes caked with mud, telling everyone within earshot that she'd never had so much fun in her life.

Part of the appeal of the Wanderers Trail Race is its suitability for newcomers to trail running. Much of the route is grass covered, its slight elevation gain barely noticeable. It is trail running's version of "flat and fast." Very few rocks and roots encumber the participant's ability to remain upright and the short distance

can be covered by nearly any runner, although, to my chagrin, I did manage to fall and hurt my finger (?) in the 2023 race, twisting it rather violently hitting the ground awkwardly while holding a trekking pole. Not a good thing to happen to a guitar player. Oh, well, live and learn.

Other untoward shenanigans at the Wanderers race include a few years ago when an irate resident of a street bordering the woods near MacArthur Pavilion decided she didn't like having a trail near her house. When Tony and Kathy marked the course, then checked their markings, they discovered that all the flags near the woman's house had been moved. Puzzled, they remarked that short stretch of trail, only to discover the next morning when checking the course prior to the race that they'd been moved yet again. Fortunately our persistence won out and we've not encountered that particular problem since.

Anyway, we're on our way toward another big crowd signing up for the 2024 event and we're looking forward to its arrival heralding the new season. It is also the first race of the various multi-race bundles that we've offered the last several years. Runners can save big bucks signing up for either a nine-race or a twelve-race package deal (the nine-race bundle excludes three of our longest events: Whitestone, Big South

**** continued on page 16 ****

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.

Treadin' Trodden Trails

AAA continued from page 15 AAA

Fork, and the Norris Ultra). We also offer a nine-race super inexpensive package for the kiddos that costs barely three bucks a race! Such a deal !!! Registration can be completed smoothly on Runsignup.com.

As always, we'll provide a single high-tech short sleeve T-shirt for each runner. We ask that each runner only take one shirt per season (the same shirt is given out at each race). We've recruited the help of Russ Faulkner, formerly of Joe Shirt, on the design for the new shirt and we expect it to be extremely well-received. The reason we only present one shirt is so that our net profits—of which every penny is donated—can be maximized.



More than a hundred thousand dollars in donations have been presented to various groups over the years to thank those whose help and cooperation allow us to put on our races. Recent recipients included the Appalachian Mountain Bike Club, Ijams Nature Center, Cumberland Valley Trail Alliance, WatR of East Tennessee, Big South Fork Bike Club, Maryville College Cross Country Team, and the Friends of Norris Dam and Big Ridge State Parks.

Once we get Wanderers under our belt for the thirteenth (!) time, we'll start readying for the second race on our

2024 schedule, our return to Big Ridge State Park and the Dark Hollow Wallow. That race is another that has twice been affected by the weather, once when a significant snowstorm forced us to postpone for a week, and once when we ran the race as scheduled but had to reroute due to breathtaking flooding on Norris Lake after continued deluges in weeks leading up to the race completely submerged major sections of our usual fun but challenging course.

Hopefully the weather gods will be kind to us this year. Forecast watching can provide the gamut between optimistic, humorous, and downright threatening. At time of publication, the forecast has shifted significantly three times in past days, ranging from cloudy and mild to cool and rainy to this morning's forecast of rather frigid. Undoubtedly it'll sway back and forth again a few more times before race day. January in East Tennessee.

Regardless, it continues to be an exquisite pleasure steering this committee and offering such a wonderful slate of races to the East Tennessee trail running community. It's highly rewarding to work with the fun-loving and hardworking women and men of the trail committee and I salute every one: Tony Owens, Bobby Glenn, Kathy Smith, Pete Crowley, Tim Hill, Rebecca and Doug Holder, Stephanie Johnson, Brian Williams, Alex Walker, Alondra Moody, John Storey, Chris George, and Ken Lonseth are all exemplary volunteers who help and friendship I value most highly. Thanks to all !!!

Message From the Club President

AAA continued from page 5 AAA

running. Encourage your fellow runners whether they're faster or slower than you. Give yourself grace. Yes, we all have setbacks, but consider them as stepping stones towards your

goal. Volunteer. KTC cannot put on an event without our volunteers. You get to cheer on your friends, earn a \$5-\$10 discount for your service, AND maintain eligibility for the Grand Prix Competitions. Try trail running. Trail runs will take you on adventures through most of the local parks and give your knees a break from pounding that pavement day in and day out.

2024 TRAIL RACE SCHEDULE

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

PANTHER CREEK CHALLENGE — Sunday, September 8, 2024, 9:00 am. 10 miles and 5 miles PLUS Kids Trail Mile*. Panther Creek State Park, Morristown.

BIG SOUTH FORK TRAIL RACE — Saturday, September 28, 2024, 8:30 am. 17.5 miles 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*

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



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Knoxville TN
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LET'S MAKE IT OFFICIAL BECOME A TRACK OFFICIAL



by Christina Adkins, KTC Secretary, member KTC Officials Association

It's almost track season! Indoor track events kick off on January 6th at Vanderbilt University. Outdoor track season starts March 2nd at Farragut High. Chris Kane from Knox Youth Athletics is on the prowl recruiting officials. Have I mentioned that there are not enough officials to go around? There is an ongoing shortage of officials throughout Tennessee especially when high school events are scheduled at the same time as collegiate meets. I'm serious when I say that we need you. I know that you know that we need you, so let's get you certified! Not sure which event to train for? Try them all.

Like previous articles, I'll be introducing officials that I've had the opportunity to train with at track meets. Unfortunately, I haven't had the chance to train with Rich Weinhandl during the track season, but we did participate in a Cross Country Coaches Book Study and man, does he know his stuff! I could seriously fill a book with tips and tricks he has shared for cross country coaching and building programs, but this isn't an article for cross country. I'm supposed to be talking about track, so here we go.

Rich is currently the cross-country coach for Central High of Knoxville but will switch over to track officiating in the spring. You'll typically see him as an implement inspector, but he's worked every event. As an implement inspector, he weighs and inspects all throwing implements (i.e. javelin, shotput, discus, etc.) to make sure they're legal and safe. He's been officiating for almost

50 years and has won the Illinois High School Association's (IHSA) 40 year service award.

As an athlete, he ran cross country, indoor track, and outdoor track. Like most officials, he became certified to give back to these sports. This 2024 season, he'll be officiating for 49 years! Impressive, right?? When it comes to track disciplines, he doesn't pick favorites and truly enjoys them all.

Over the span of almost 50 years, he's had several favorite moments from meets. He was the Starter at HS meet Evan Jager raced. He was the Assistant Starter at the Illinois State Meet. He was the Starter at 35+ Illinois HS Sectional meets. He's also worked Implements inspection at SEC Championship and International Multi Events meet. He even witnessed a Canadian National record in Hammer throw. His favorite meets have been at the NAIA Outdoor Championships in Gulf Shores, Alabama, the SEC Outdoor Championships of Knoxville, ACC, Sun Belt, C-USA Indoor Championships in Birmingham Alabama, and the Thorpe Multi events in Knoxville.

Most National-Level Officials work outside of Tennessee. Rich is a certified official for Illinois, Tennessee, and Alabama. One of Rich's mentors included Kenny Rudd. When Rich moved to Tennessee, he was done with officiating. He was discouraged after a female official who did not meet the requirements to be a Starter (you must be a

Certified level) at the State XC Championships nevertheless was allowed to be the Starter. He'd had enough of the "Social Climbers". Kenny mentored him to make the switch from being a Starter to doing implement inspection instead. It has renewed his passion as an official and he's been an implement inspector ever since.

His advice for future officials--Officiating has taken him across the Midwest. He's met many amazing people including officials and athletes. The test to be certified isn't difficult. There are numerous events to become proficient in, but he really encourages new folks to try learning them all.



REACH OUT TO KTC STAFF!

ERIC WEATHERBEE
EXECUTIVE DIRECTOR:
eric@ktc.org

JESSICA MEAD
EVENT MANAGER
knoxtrackevents@gmail.com

SCOTT SCHMIDT
runKNOX COORDINATOR
runknox@gmail.com

MICHAEL DELISLE
TRAIL RACE SERIES DIRECTOR
mdelisle@comcast.net





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The Art of Trail Running: Nurturing Your Body Through Recovery and Self-Care

by *Dr. Bert Solomon*

Sports Chiropractor—Knoxville Spine and Sports

Trail running is more than just a physical activity; it's a liberating journey through nature that challenges both the body and the mind. As trail runners conquer rugged terrains and navigate through breathtaking East Tennessee landscapes, it becomes crucial to recognize the significance of recovery and self-care in maintaining a sustainable and fulfilling trail running experience throughout the year. Trail running is a lifestyle not an event.

The Physical Demands of Trail Running

Trail running is a high-impact sport that engages various muscle groups and demands exceptional cardiovascular endurance. The uneven surfaces, steep ascents, and descents can put a strain on muscles and joints, leading to fatigue and potential injuries. Recognizing the physical demands of trail running is the first step towards adopting a holistic approach that includes proper recovery and self-care practices.

The Importance of Recovery

Trail running creates microscopic damage to muscle fibers, contributing to muscle soreness. Adequate recovery time allows these fibers to repair and grow stronger. Post-run stretching, foam rolling, and yoga can aid in enhancing flexibility and reducing muscle tightness. Remember that a flexible muscle is less prone to injury and a tight and stiff muscle is more prone to injury.

Repetitive stress on muscles and joints can lead to overuse injuries. Incorporating rest days into your training routine is essential to prevent burnout and reduce the risk of injuries. Cross-training activities like swimming or cycling can help maintain cardio-

vascular fitness while giving your running muscles a break. I can't say enough about the importance of cross-training.

Quality sleep is a cornerstone of recovery. During sleep, the body releases growth hormone, which is crucial for tissue repair. Establishing a consistent sleep schedule and creating a conducive sleep environment can significantly impact your overall well-being and performance on the trails. If you can't sleep you can't heal.

Yoga and Pilates are great for restoring joint and skeletal mobility as well as working on balance (which is overlooked by most runners). Seeing a Physical Therapist and/or a Chiropractor for assessing joint motion and skeletal alignment issues that often go unnoticed by runners is not only smart but wisdom applied. Too many times we are too proud to ask for help or admit that there is a chink in our armor but the wise ask their neighbor for an additional viewpoint.

The Role of Nutrition

Trail running can lead to increased fluid loss through sweat, making hydration a vital component of recovery. Replenishing electrolytes with drinks or electrolyte-rich foods helps maintain a proper fluid balance and supports muscle function.

A balanced diet rich in carbohydrates, proteins, and healthy fats provides the necessary nutrients for energy production, muscle repair, and overall well-being. Including whole foods like fruits, vegetables, lean proteins, and whole

grains supports recovery and fuels your body for future runs.

Self-Care Practices

Trail running is not only physically demanding but also mentally challenging. Incorporating mindfulness practices such as meditation and deep breathing can help reduce stress, enhance focus, and promote mental recovery. Taking time to appreciate the natural surroundings during your runs can contribute to a positive mindset.

Regular massages or self-massage using tools like foam rollers can alleviate muscle tension and improve flexibility. Massage aids in enhancing blood circulation, promoting faster recovery, and preventing the buildup of adhesions in the muscles.

Paying attention to your body's signals is crucial. If you're experiencing persistent pain or fatigue, it's essential to adjust your training intensity or take additional rest days. Ignoring warning signs can lead to more severe injuries and prolonged recovery times.

Conclusion

Trail running is a holistic experience that extends beyond the time spent on the trails. Embracing recovery and self-care practices is fundamental to sustaining a long and enjoyable trail running journey. By nurturing your body through proper rest, nutrition, and mindfulness, you not only enhance your performance on the trails but also promote overall well-being, allowing you to continue exploring the beauty of nature with strength and resilience.

At Knoxville Spine and Sports, we exist to empower all people, young and old, to restore health and elevate performance through a functional evidence-based approach to health care.

Happy Trails, Dr. Bert





KTC BOARD OF DIRECTORS

Minutes of October 2023 Meeting

OCTOBER 23, 2023

The meeting was called to order by Brian Huskey at 6pm. In attendance were Christina Adkins, Gabrielle Cline, C John Chavis, Karla Gander, Angel Norman, Brian Huskey, Pam Haggard, Tim Hill, Keith Jackson, Jennifer Moore, Chris Meadows, Matt Stegall, and Jason Wise. KTC Staff Members Eric Weatherbee, Stephanie Bailey, Jason Altman, and Michael deLisle attended as guests.

Minutes – The September minutes were presented. Brian made a tweak to the September minutes regarding Bobby’s comment. Matt made a motion to approve the minutes as amended. C John seconded. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report (RunKnox, Track, Marketing) — No further discussion

Treasurer’s Report— no further discussion

Marathon Director’s Report— Des Linden is the guest speaker for 2024. 2024 will not finish in stadium. 2026 most likely will. Detour around Phillip Fulmer way for 2024.

Event Manager Report—no further discussion

Trail Committee/Footnotes— Michael asked for Footnotes articles.

Pam made a motion to approve reports. Jennifer provided a second. Re-

ports were approved unanimously.

BUSINESS

2023 Service Awards—Ginny Canfield Award (volunteerism): Kim Womack; Family Service Award: Chris & Leah Meadows; Allan Morgan Award (road racing): Allison Baker.

2024-2026 Board Nominations—Executive officers:

President: Christina Adkins; Vice President: Karla Gander; Secretary: Jennifer Moore; Treasurer: Keith Jackson. Keith made a motion to accepting the 2024 board slate as submitted with

potential to add to slate as needed prior to November Proxy notification. C John seconded.

Budget—Participation numbers, expenses, and revenues were conservative on 2024 budget. Keith asked if numbers were overstated. Expenses are overstated by \$20,000. Extra expenses/awards will be carried forward. How did KTC approach inflation for this year regarding cost of shirts/KPD? Eric shared that we rounded up for expenses using actuals. Angel asked how much flexibility would KTC have to increase what we’ve charged for a race? Would we need to increase costs? Race registrations will begin to be staggered for opening. Registration patterns remain the same with participants. Tim asked about athlete assistance. \$1000 for youth athletics. A line item was moved under marketing. Keith asked about changes on the admin spend versus prior years with planned increases in staff salaries. COLA not factored in yet. Eric would like to make capital purchases. Vote held until after executive session.

Race Categories—Keith asked for a motion for Eric to provide a full implementation plan for a new race category and a time frame for implementation by next board meeting for this new category prior to it being an option on January 1. C John asked for this to be added as an item agenda for the November meeting for further discussion. Matt seconded. Motion passed.

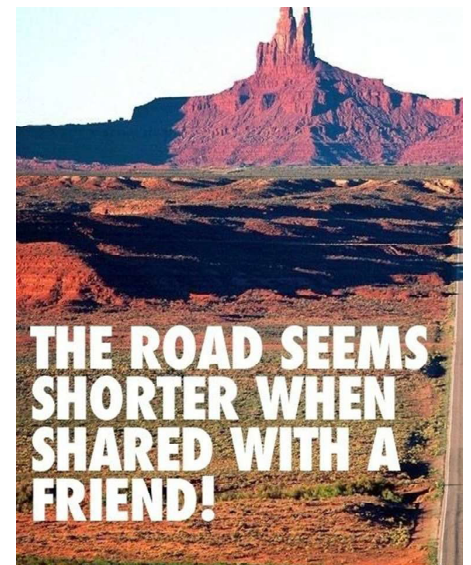
Roundtable

Christina asked for CrossKnox course monitors. Stephanie thanked the club for being her home for five years. Karla thanked Stephanie for her help with race directing. Chris, Matt, and Jason thanked Stephanie for her service.

At 7:34 pm Karla made a motion to adjourn. Pam provided a second. Meeting was adjourned.

Executive Session was held to vote on first draft of 2024 budget. Budget was approved.

Next Board Meeting Monday, November 27, 2023 at Legacy Parks.





KTC BOARD OF DIRECTORS

Minutes of November 2023 Meeting

NOVEMBER 27, 2023

The meeting was called to order by Brian Huskey at 6:04pm. In attendance were Christina Adkins, Gabrielle Cline, C John Chavis, Karla Gander, David Hinkle, Brian Huskey, Zane Hagy, Pam Haggard, Tim Hill, Keith Jackson, Chris Meadows, Jennifer Moore, Angel Norman, and Jason Wise. KTC Staff Members Eric Weatherbee, Jason Altman, Kathy Nash, and Michael deLisle attended as guests.

Minutes – The October minutes were presented. B Huskey made an amendment regarding race categories. Eric requested verb change for CHKM discussion. C John Chavis made a motion to approve the minutes. Karla seconded. The minutes were approved unanimously.

Regular Reports Consent Agenda

Executive Director Report (RunKnox, Track, Marketing)— Jessica Mead accepted offer as Event Manager. Jennifer asked how Turkey Trot increased in participation. SEO played into participation increase. Race was posted on multiple sites. Zane shared that 3000 first time visitors viewed KTC website. David H asked how to convert first time participants to members. Eric shared that we have outgrown Mill and Mine and the start line. Photographer was injured during Turkey Trot. David asked if we considered corrals. Eric shared that if we reuse the same venue. David H asked if we'd offer a 5k and 10k option. Brian H said the growth will be in the 5K. Pam asked if this should be a discussion for

Road Race Committee. Next hook will be New Year's Day 5k. Zane asked if the record number of participants from Turkey Trot are converting to memberships. Karla requested a separate packet pick up line for kids run participants. 5k will move to 45 min after the kids race start.

Treasurer's Report— no further discussion

Marathon Director's Report—Registration price increase. Group training runs start this Saturday. Thursday is the big meeting with UT regarding the finish line returning to Neyland Stadium. Zane asked how Jason feels about numbers so far. 7000 is the estimate. Multiple teasers showing the guest speaker.

Event Manager Report—no further discussion

Trail Committee/Footnotes— Michael shared a card from AMBC thanking KTC for their sponsorship.

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

BUSINESS

Finish Line—New arch looks more professional. Generators and electricity not required for new finish line arch. Sponsors can be recognized on the banner supports. Race experience could be improved with new finish line arch. Cost is \$4300. Karla asked how long it

would last. Michael asked if frame was aluminum. Zane asked if this was in budget for next year. Jason asked how many people it would take to set up. Zane asked if we have money in the budget for this year for this purchase. Angel asked for the differential in what we have and what it'd cost. Eric shared that \$1800 was remaining under equipment. Keith shared that we have no money remaining due to this year's deficit. Keith suggested that we need to consider this as a 2024 budget and expense item that is ordered early.



2024 Executive Committee Election— For the 2024-2027 term, Jason Wise made the motion for the election of Christina, Karla, Keith, and Jennifer to the Executive Committee roles of President, Vice-President, Treasurer (continuing), and Secretary respectively. C. John Chavis seconded the motion. The motion passed unanimously.

2024 Budget (2nd of two votes required)—\$4300 expense for new finish line arch will be added to 2024 budget. Keith asked if inflatable arch could be sold. Zane asked if budgeted about included any banners. Total price would include \$5000 for new arch plus shipping and \$800 for sponsorship banners. Tim asked how much TTT will be able to donate for community contribution. Jason asked what the repercussions are for not making community contributions due to significant loss in profits for the club. Keith made a motion to approve the budget with the

**** continued on page 25 ****



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Scott Schmidt, RunKNOX director

Spring goals are achieved in the heart of the winter. If you intend to run your FIRST or FASTEST race in 2024, you should start training now.

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

The Covenant Health Knoxville Marathon free Saturday Group Runs begin December 2 and continue up until race day. These meetups are a fantastic way to log a weekly long run. Whether you're beginning by walking a few miles or already hammering out 20 milers, you can benefit from the accountability of the group to keep your motivation high.

The question then becomes "what

should I do the rest of the week?". Whether you download a plan from the internet, join a local training group, or hire a personal coach, you need to follow a consistent plan. If you're not sure which

approach is right for you, we'd like to invite you to test the RunKNOX waters for free for 2 weeks. Our official CHKM Training Cycle doesn't launch until the week of December 17th, so you're welcome to participate in any of our group workouts from now until then. Our current workout schedule is: Monday 5am



on Cherokee Blvd, Tuesday 5:30pm from Tennessee Sports Medicine Group, Wednesday 5am at UT's Tom Black Track, and our Saturdays at 8am will coincide with the CHKM Group meetup. Joining us for any of our group workouts will give you a glimpse into our philosophy, be an opportunity to ask questions, and introduce you to a great group of people whom you can share miles with over the coming months. Whether you

choose to eventually join our program or not, you should be able to gain some value from a few trial runs with us. In addition to our in-person group program, we also have virtual training options, and personalized coaching packages.

KTC BOARD

AAA continued from page 23 AAA

addition of the new finish line arch. Zane seconded the motion. Tim H abstained. Motion approved.

Roundtable

David H asked about Grand Prix team scoring. Eric wants to add additional team categories like CHKM Fittest Company for large, medium, and small teams. Zane suggested communication that categories are being worked on, but will not go into effect by Jan 1. David H suggested to email all team leaders encouraging them to attend the RRC meetings AND push through socials/Footnotes Online.

Michael shared statistics about race categories. TTT committee would like to have the category added for 2024 season. Christina shared Holiday Party is December 12 and MetroKnox banquet is December 5. Keith heard positive feedback for Turkey Trot. Karla shared Turkey Trot is a great course. Eric reminded the board about our confidentiality agreement and to not talk about business with public before it's formally announced. Brian thanked the board.

At 7:49pm Karla made a motion to adjourn. Pam provided a second. Meeting was adjourned. Executive Session was held.

Next Board Meeting Tuesday, December 12 6pm at The Emporium.

DON'T FORGET...
April 6-7, 2024 The 20th Annual Covenant Health Knoxville Marathon, Half Marathon, Relays, 5k, and Kids Mile. Kids race and 5k Saturday evening, Marathon and Half Marathon Sunday morning. Whoa !!

Knoxville Track Club thanks

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

10847 Hardin Valley Rd
Knoxville 37932
865-896-3760



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

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

<https://hardknoxpizza.com>

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

Thank you for shopping local and supporting us!



Monday-Friday 10-6
Saturday 10-5





SPECTACULAR THROG TURNS OUT FOR REGAL TURKEY TROT

David Black, race director

November 23, 2023 will go down as a very special date in the story of the Knoxville Track Club. With 3,742 registered participants, a new record was established for the Thanksgiving Day Race. As a part of that 3,412 people registered for the 5k including 21 persons joining us virtually. This is the most people ever registered for a single distance race at a Knoxville Track Club event. 330 registered kids also set a new record for the Little Gobbler's 1-mile race.

Thanksgiving Day has become the most popular day for running in the United States. But I believe this new record is more than that. The Regal Turkey Trot offers a beautiful course through the streets of downtown Knoxville, including the Henley Street and Gay Street Bridges. This course also

allows runners to run both directions of Gay Street through the heart of downtown on a mostly flat route. Many runners state that this is their favorite course.



This was the 39th edition of the Knoxville Track Club hosting a Thanksgiving Day Race. Laura Taliaferro gave a stunning version of the National Anthem. Pre and post-race activities were held in the gorgeous Mill & Mine Event Center. DJ Sterl the Pearl, Sterling Henton, brought the energy for participants, who, in addition to great t-shirts, received a commemorative Christmas ornament at the finish line. Sterl recognizes the importance of every single participant and makes them feel welcome and celebrated. This event has truly developed into a tradition for so many people which is a testament to putting together so many pieces to form a great event.

This year we had participants from 35 states, the District of Columbia, the US Virgin Islands, and Germany. We had participants ranging in age from babies to 83-year-olds as part of the crowd as well. We are so thankful to all who chose to join us on this beautiful holiday run. This event offers a great mix of competitive runners, groups of families and friends, company groups and people doing their first 5K ever. This year, the Knoxville Track Club partnered with Variety of Eastern Tennessee, the Children's Charity, to collect donations from this race. Donations from the 2023 event totaled more than

\$2,300 dollars. Thank you to everyone who opted to give a little extra to help this amazing organization.

Colten Lee (15:41) and Rachel McGovern (18:50), both of Knoxville, took the top Male and Female finisher awards. Scott Greeves (16:07) and Darren Driscoll (16:17) rounded out the top three males. Elizabeth Whelpley (18:52) and Anna Roberson (19:17) were the second and third female finishers. Ethan Coffey took the top Masters position with a 16:39. Lauren Roth was top Masters Female with a time of 19:23.



As a race director, I am so thankful for every person who crosses the starting line with the goal of making it to the finish line, no matter what their personal goal is. I am equally

grateful for the host of volunteers and KTC staff who make this event possible. The support of the City of Knoxville, Knoxville Fire Department, and Knoxville Police Department is greatly appreciated. Thank you to all of the event sponsors including title sponsor Regal, Pilot Company, The Mill & Mine, BK Graphics, Eddie's Health Shoppe, Zen Evo and the 2023 KTC Grand Prix sponsor Patdome Promotions.

We are so thankful to all who chose to join us on this beautiful holiday run, and we look forward to seeing you again next year. Registration is now open for the 2024 Knoxville Turkey Trot. Make plans now to join us Thursday, November 28 by signing up today. Let's set a new record for the 40th anniversary of this wonderful event.

VOLUNTEERS!

SIGN UP TO HELP WITH CLUB EVENTS



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



MUDDY TIMES AT THE DIRTY SOUTH TRAIL RACE



Tim Hill, race director

If anyone was wondering the genesis of the nickname “Dirty South” for Knoxville’s Urban Wilderness (the South part should be self-explanatory), then they had no further questions after the 12th Annual Dirty South Trail Half/10k/ kids race. After a very dry fall, the Tennessee monsoon season came just in time with around 3 inches of rainfall between Friday and Sunday morning. Luckily for the runners, the clouds cleared way for a sunny and surprisingly warm race day, though the trails were still plenty muddy and the rocks assuredly slippery to make for a dangerously fun time.



around the nature center, half marathoners continue through some fast and flowing trails through West Perimeter and Lost Chromosome before hitting Aid Station 1 and the hills, rocks, turns and multitude of trails in the William Hastie Natural Area. The race then passes through the bamboo tunnel and down Toll Road through Marie Myers Park. After a hairy crossing of Sevierville Pike, the race enters the spoils of Meads Quarry with two final climbs up Burnett Ridge and Ross Marble trails before another carpet of rocks to the finish at the quarry headquarters. The 10k shares the early miles before peeling off to run the aptly named Flow Trail and connecting to Burnett Ridge from a mash up of Imerys and Turnbuckle.

boulders, a bridge, continuous views of the water and remnants of the location’s industrial past. However, it ended up providing only about 0.7 miles. A mile may be hard to achieve, but I like the section and would like to keep it and will continue to work on the most distance I can squeeze out of it.

For those familiar with the trail series, there are a handful of the annual races in which the courses will vary from year to year and a few that remain the same. The reasoning is a mixture of preference, availability, efforts of the AMBC, tradition and sometimes a bit of whimsy. Over the past five years I’ve been directing the race, I would say that the current route is a healthy blend of them all and I think this course will stay (subject to any curveballs the AMBC throws in their constant creative impulses toward what is possible to build out of those woods and hills).



The kids would not be left out with a unique course of their own (although much shy of the advertised mile). Past iterations have taken them out and back Imery or a combination of Imery and Flow. A last minute decision was to

Starting with a couple big climbs, including a rock staircase and a loop

route a quasi out-and-back along the bluff of the quarry and past the Primal Playground. The route is objectively way more scenic, including house sized

I believe there was little doubt that Derragh Zirakparvar would be the first kid as we all watched him warm up with exuberance, decked out in his cross-country kit. Even with the short course, his 4:31 was unexpectedly fast. After having to lead that speedy kids race as the volunteer rabbit, Blake Wahlert followed up with a commanding lead in the 10k with a time of 54:04. South Knox native Cassidy Gupton led the women in the 10k in a time of 1:00:07. It is difficult to follow the drama in a trail race because it is, well, out in the woods, but it sounded like a close race for the half until Luis Chavez pulled away in the last few miles for the win in 1:49:02. Malinda Honkus, a friendly familiar face in the East Tennessee trail and ultra scene, led the women in 2:15:52.



The TTT looks forward to returning to the Dirty South on December 8, 2024 for another throw down in the beautiful Knoxville Urban Wilderness.

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



TERRIFIC KICKOFF TO 2024 AT NEW YEAR'S DAY 5k



Suzanne Oliver, race director

Happy New Year 2024! Our first race of the year was a terrific kickoff with 625 total registrations which included 579 5km registrants, 13 virtual 5km'ers, and 33 kid mile runners. We had 510 finishers for the 5km and all 33 kids did a great job logging their first mile for the year. We appreciate Tennessee Sports Management Group (TSMG) for their sponsorship and willingness to open their facility to allow us to complete our check-in, after race activities and awards announcements inside in a warm space. Several runners enjoyed the stretching provided by their staff following the race too.



race, the first 100 male and first 100 female runners received a glass with our race logo imprinted on it. Our logo this year was created by the design team from z21 communications – we love the Year of the Dragon design and look forward to future logos from this company. We were able to use the fun logo on our race giveaway beanie hats too.



The top male and top female finishers received a BOCO backpack while the 2nd place finishers received a BOCO hat purchased at The Long Run, one of race sponsors. Our top male was Blaine

Metcalf and top female was Mary Alex Gary. The second-place finishers were Darren Driscoll and Elizabeth Herndon respectively.

Another tradition for this race is to acknowledge our oldest and youngest finishers with the oldest receiving a bottle of champagne and the youngest earning a bottle of sparkling cider. Ed Smith And Eli Miller earned these annual awards this year.

Please watch for race photos provided by Todd Temple and Michael deLisle. We appreciate the time and skill they brought to the morning activities. It is always fun to find your race photo after putting in the work to train and participate in races.

As is part of our tradition with this



As race director, I also want to thank the Knoxville Police and Fire Departments for their presence on the road and greenway. Safety for our participants is a priority and having their support for our community is appreciated.

KTC races could not be completed successfully without our KTC staff, Executive Director Eric Weatherbee and Events Manager Jessica Mead. They were amazingly organized and supportive before and during the event. In addition, KTC members, friends, and volunteers were key to the overall success for the morning – from registration, set-up/breakdown of the course, start and finish lines, water stop assistance and other necessary race activities – it truly takes a team effort!



KNOXVILLE TRACK CLUB HALL OF FAME

The 2024 Knoxville Track Club Hall of Fame Induction Dinner is coming up at The Lighthouse in Bearden on May 9, 2024, at 6:00pm. Nominations will be accepted until February 18, 2024 and distributed to the Selection Committee for review. Announcements will soon follow.

The Knoxville Track Club is eminently proud of the group of individuals whose boundless time and energy has contributed to the success of the KTC. In accordance, the club established in 2009 The Knoxville Track Club Hall of Fame to honor those individuals whose efforts were paramount to the creation and

growth of our club. The purpose of the KTC Hall of Fame is to recognize and honor current and former members for their long-term and significant contributions to the club, to recognize distinction in athletic endeavors, and to acknowledge related accomplishments enhancing the image of the club.

KTC Hall of Fame Nomination Form

The purpose of the KTC Hall of Fame is to recognize and honor current and former members for their long term and significant contributions to the club, to recognize distinction in athletic endeavors, and to acknowledge related accomplishments enhancing the image of the club.

Hall of Fame Induction Classes will typically be selected every 30 months. The first class was inducted in 2009, with ensuing classes in 2011, 2014, 2017, 2019, and 2021. Effective with the Class of 2016, classes were to consist of no more than eight inductees.

NOMINATION REQUIREMENTS

Individuals may be nominated for either athletic achievement or service to the Knoxville Track Club. Nominees must have been members of the KTC during the time period for which they are nominated.

1) Athletic Achievement

Individuals recognized for outstanding performance as a KTC representative in track, field, road racing, or trail racing competition. Preference is to individuals with outstanding performance on the national level. Examples include athletes who excelled at national events, Olympic competition, or dominance in local racing events/categories while representing the KTC.

2) Service

Individuals whose service went above and beyond that expected to the volunteer-based club to create, grow, or significantly enhance the Knoxville Track Club or the local running community. Examples include club founders, program creators, and individuals who bring major positive recognition to the club at a national or local level.

Nominations for the 2024 Knoxville Track Club Hall of Fame will be received until February 18, 2024.



Hall of Fame Nomination

Nominee:

KTC Years Active:

Nominated for:

- Athletic Achievement
- Service
- Both

Description:

Please use additional sheet if needed to fully describe your nominee's accomplishments

Event Schedule

January - April

JANUARY

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

FEBRUARY

- 17 Strawberry Plains - 8:00 am. **STRAWBERRY PLAINS HALF MARATHON and 10k. 2024 RRCA Tennessee State Half Marathon Championship**
- 18 Maynardville - 1:30 pm. **DARK HOLLOW WALLOW and KIDS TRAIL MILE**

MARCH

- 2 Paint Rock - 7:50 am. **WHITESTONE 30k, 30k RELAY, and 10k TRAIL RACES**
- 2 Paint Rock - 8:00 am. **WHITESTONE 30k, 30k RELAY, and 12k ROAD RACES**

APRIL

- 6 Knoxville - 5:30 pm **COVENANT KIDS RUN**
- 6 Knoxville - 7:00 pm **COVENANT HEALTH KNOXVILLE 5k**
- 7 Knoxville - 7:27 am **COVENANT HEALTH KNOXVILLE MARATHON, HALF, and RELAY 2024 RRCA Tennessee State Marathon Championship**
- 14 Knoxville - 7:30 am. **I.C. KING OF TRAILS 10k, 5k and KIDS TRAIL MILE**
- 27 Knoxville - 7:30 am. **HARD KNOX PIZZA DOGWOOD CLASSIC 5k and KIDS MILE**

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