

Jan 2020

# FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL RUNNING COMMUNITY



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for CHKM- pg 9***

***Pigeon Forge half  
a big hit - pg 27***

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***Record breaking  
Turkey Trot - pg 29***





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# FOOTNOTES

KTC'S EYE ON THE LOCAL AND REGIONAL  
RUNNING COMMUNITY



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## FOOTNOTES

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### ROAD RACE INFO

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### TRAIL RACE INFO

**865-548-4718**

### YOUTH ATHLETICS

**888-217-5635**

### WEBSITE

**[www.ktc.org](http://www.ktc.org)**

## ON THE COVER

The inaugural Pigeon Forge Half Marathon on November 2 was a huge success with great weather, a big turnout, and a fun course.

cover photo by Tim Morse  
entire contents © 2020 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

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MARATHON ADVISORY COMMITTEE: David Black—chair, Jason Altman, Bobby Glenn, Tim Monroe, Troy Rebert, Eddie Reymond, Glenn Richters, Sharon Rivers, Robyn Smith, and Alicia Teubert

TRAIL COMMITTEE: Michael deLisle—chair, Michele Anderson, Pete Crowley, Chris George, Bobby Glenn, Tim Hill, Doug Holder, Rebecca Holder, Stephanie Johnson, Ken Lonseth, Andrea Ludwig, Alondra Moody, Tony Owens, Kathy Smith

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Robyn Smith, Treasurer  
Gabrielle Cline, Secretary  
Christina Adkins  
Summer Jo Brooks  
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Doug Holder  
Brian Huskey  
Keith Jackson  
Suzanne Oliver  
Scott Schmidt  
P Mark Taylor  
Alicia Teubert  
Jason Wise  
Gerald Witt

## Volunteer Coordinators

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Kathy Nash  
865-982-1268

VOLUNTEERS  
Position Vacant

SOCIAL CHAIR  
Position Vacant





# THE STARTING LINE

Knoxville Track Club \* FOOTNOTES \* January / February 2020 edition



## A Message from our Club President

*Tim Monroe, KTC President*



# Getting Off to a Running Start

I hope everyone had Happy Holidays and a Happy New Year! Every time the calendar turns from December to January, I take the opportunity to look back fondly on the good times, consider what lessons I can learn from the hard times, and then quickly turn my attention to the excitement and opportunities the new year holds. 2020 is no different for me, both personally and for the club.

Looking back over the last decade, my involvement with KTC has grown in ways I couldn't even imagine. From my first KTC race (2010 Knoxville Covenant Health 5K) to my tenure on the Board of Directors over the last several years, and now the opportunity to serve as the Board President, it has been a great adventure. I've gotten to see a lot of the behind the scenes activity with my various roles as the Membership Chair and as a Marathon Advisory Committee member. My running has thrived by training with RunKNOX.

My appreciation for both our incredible KTC staff and always willing volunteers has also grown. The amount of effort it takes to pull off all the KTC programs and events is remarkable. If you have never taken the time to volunteer at a KTC event or assist with a program, please make that one of your New Year's Resolutions. You'll love it, I promise!



I'm also very grateful to all those that have come before to make the club what it is today. From the club's humble start back in 1962 when eight founding members established a team to compete at an AAU track meet to the current day version of the club, the club is poised to do great things. The current state of the club is impressive. Just a few highlights include: membership of almost 2,000; a world-class marathon; about 20,000 annual race participants of all ages; great training programs like the school track program and RunKNOX; and a host of community partnerships that help us realize our vision of "Healthy living, healthy community - one step at a time." I can't wait to see what the future holds for the club.

In the spirit of looking to the future, I'd also like to introduce three incredibly talented people that will provide vital counsel to me, the entire Board of Directors, and the KTC staff over the next couple of years.

Pam Haggard will serve as the club's Vice President. During the day, Pam works as a School Psychologist and the XC/Track Coach with Alcoa High School. She brings over 20 years of experience with KTC as an avid runner, Race Director, Road Race Committee Member, Strategic Planning Committee Member, and Hall of Fame Selection Committee Member. Pam will also be serving on the 2020 Harold W.

Canfield Memorial Scholarship selection committee.

Robyn Smith continues her role as Club Treasurer for 2020. Robyn works as an Accountant/CPA for the Public Building Authority of Knox County and the City of Knoxville, TN (PBA). Robyn has been involved with KTC for the last 15 years, giving of her time and talents in almost every aspect of KTC. She has trained with RunKNOX and serves on the Marathon Advisory Committee and Marathon Organizing Committee. You can always find Robyn doing some sort of volunteer activity for the club whether its putting timing chips on 9,000 marathon weekend bibs, working a race day registration table, or greeting racers at the finish line.

Gabrielle (Gabe) Cline will serve as the club's Secretary. Gabe's day job is the Chief Clinical Services Officer for the Volunteer Ministry Center. The VMC works to prevent and end homelessness by helping people achieve and maintain housing. Gabe has been an active member of KTC for the last decade as a RunKNOX participant, race participant and volunteer.

Last, and definitely not least, let me express my thanks to each of the KTC staff and Key Volunteers for their past and continued service to the club. The next time you see David, Jason, Stephanie, Michael, Scott, Troy, Justin, Lauren, Kathy, or Sara, be sure to thank these folks everything they do for your club.



# What's Your Vision?

**David Black, Executive Director  
Knoxville Track Club**



A new year is always a great time for reflection of the recent past and planning a vision for the future. 2019 was a great year for the KTC with record registered participant numbers set at the following events:

Calhoun's 10 Miler (28<sup>th</sup> Year), Strawberry Plains 1/2 & 10K (33<sup>rd</sup> Year), Beer Series (2<sup>nd</sup> Year) & Regal Turkey Trot (35<sup>th</sup> Year) \*Potentially all-time record road race for KTC, excluding the Covenant Health Knoxville Marathon events.

The Treadin' Trodden Trails saw record numbers at the following events: Wanderers (2<sup>nd</sup> Largest TTT event ever), Dark Hollow and Dirty South (Largest TTT event ever) and had the first Whitestone Trail race at the same time as the Whitestone Road race.

We saw an increase in our after-school youth program from spring to fall. Throughout the year we had many new volunteers and sponsors getting involved. Exciting things are happening with the Knoxville Track Club. The RunKNOX training program expanded into Oak Ridge. We offer a variety of

scholarship options and were blessed to give back thousands of dollars to various non-profits. At the finish line for the 2019 Calhoun's 10 Miler we had a couple get engaged. This was also the 2019 10 Mile state championship race.

The events of the 2019 Covenant Health Knoxville Marathon finished at the beautiful World's Fair Park for the first time.

This made for an enhanced experience for participants and fans. The 2020 Covenant Health Knoxville Marathon is the state championship marathon for Tennessee.

We partnered with the City of Pigeon Forge to have the inaugural Pigeon Forge Half Marathon and 5K. This was a great success and plans are underway for the 2020 event.

We strive to offer the best events and programming possible. As we look forward to the new year and decade we

are intrigued by the possibilities. Knoxville and the surrounding area have proven to become more active with each year. There are plans for more greenways and trails in many areas. The KTC road and trail race directors are working diligently on making their events better than before.

Our goal is to be the best, in everything we do. As we enter this new decade we will continue evaluating each event and working towards this goal. We encourage you to do the same. Keep in mind that your best doesn't always mean your fastest race, rather doing the best for the day you have been given.

Keep putting one foot in front of the other and help us in making the Knoxville area a better, healthier community.

**REACH OUT TO KTC!**

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**UPCOMING KTC RACES**

**1/1:** Calhoun's New Year's Day 5k

**1/12:** Wanderers Trail Race

**1/18:** Calhoun's Ten Miler

**2/1:** Strawberry Plains Half and 10k

**2/23:** Whitestone 30k Road and Trail

**3/8:** Dark Hollow Wallow Trail Race

**3/28:** Covenant Kids Run and 5k

**3/29:** Covenant Marathon and Half

**4/5:** North Boundary Traverse

**TROUBLE WITH KTC  
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Contact  
KTC Membership Chair  
Kathy Nash  
knoxtrackmembership@gmail.com



# MUSINGS FROM THE EDITOR'S DESK

Michael deLisle, FOOTNOTES Editor



## It's All Weekend

When my son Jesse was still in school, he'd sometimes ask, "Weekend?" It wasn't that he longed for the weekend specifically, as he really enjoyed his years at Bearden, but he liked sleeping in (who doesn't?) and the freedom offered by those two days.

Now, however, since graduating (and his dad moving ever closer to retirement), it's all weekend. Sure, we maintain a busy schedule of activities, horse-back riding, YMCA hoops, hiking, other sports in season, etc. But relatively unstructured daily regimens with big blocks of free time are something that both Jesse and I enjoy.

This past week was a great example. Because his mom and I still follow the arcane schedule worked out by lawyers almost twenty years ago, we each get about ten consecutive coparenting days flanking Christmas, alternating the first half and second half of the vacation yearly. And as this year turned out, my time with Jesse filled this incredible week of bright, balmy weather.

It's not unheard of to enjoy sixty or even seventy degree days in December, but seven straight, unsullied by rain

or even very many clouds? What a treat! And we made the most of them.

Our three favorite activities are trail hiking, basketball, and music. So we hit the trail almost every day, starting with a Christmas Eve jaunt on the new trails at Concord Park with good buds Tony Owens and Kathy Smith. Brilliant sunshine graced the day and the trails were in fine shape. Jesse and I even finished it off with a short but brisk gallop toward the end. Fun stuff.

On Christmas Day we took a greenway walk with Jesse's mom and her dog that turned into half walk, half run for Jesse, as he broke into a run as soon as we turned around and trucked all the way back to the start, just so he could maximize his time on the swingset in the side yard of a nearby church.

Not to be outdone, we followed those great hike/run adventures by touring the soft, dry singletracks at North Boundary on Thursday, at Sharps Ridge on Friday, and meeting up with Tony and Kathy again Saturday at I.C. King, where Jesse reprised his long solo run, this time so he could spend time near the lake chucking rocks into the shallow water adjacent to the CSX train tracks.

Basketball? We went to two UT games (one of which involved running several blocks to get there in time for tipoff — don't tell my knee surgeon!) We also hit the YMCA a few times, a ritual that's turned out to be delightful fun during the school year, as we often get the whole gym to ourselves for an hour. We even play a few minutes of full court hoops, at least till the old guy among us is forced to act his age and quit huffing and puffing up and down the court — again, please don't tell Dr. Robbins about my injudiciousness! We rounded out a week of basketball by shooting outside in our side yard with a new Spalding ball courtesy of Santa.

Music? Aside from cruising back roads listening to WDVX in the car, we also hosted a couple jam sessions at the house and went to three open mic events, one on Market Square and two in Bearden. Jesse chipped in on percussion during the two jams at home, and was content to sit and listen at the bars.

All too soon we ran out of "weekend", but I'm here to tell you that this semi-retirement gig is at least as much fun as I thought it'd be. Truly the best of both worlds, and I hope I'm able to keep at it for a good while longer.

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## TAKE ADVANTAGE OF THE TWO BEST RACING DEALS AROUND!

**Road Runners!** Be part of KTC's Winter Long Distance Series, running the Calhoun's Ten Miler on January 18, Strawberry Plains Half Marathon/10k on February 1, and Whitestone 30k and Team Relay on February 23. Sign up for all three races for only \$100. Deal expires January 17 11:59 pm.

**Trail Runners!** Register for nine Treadin' Trodden Trails races for \$109! Deal includes Wanderers Trail Race (1/12), Dark Hollow Wallow (3/8), North Boundary Traverse (4/5), Baker Creek Blitz (5/9), Loyston Point Scramble (6/6), Haw Ridge Trail Race (7/11), Trails that Can't be Concord (8/15), Fort Dickerson Frantic Frolic (10/25), and Dirty South Trail Half and 10k (12/6). Expires January 12, 2020, 1:59 pm.

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# Covenant Health Knoxville Marathon

Online registration for the 2020 Covenant Health Knoxville Marathon is open!

KTC Members receive their \$10 club discount when registering online!



WHERE SHOPPING IS A PLEASURE

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# COVENANT HEALTH KNOXVILLE MARATHON

## KTC GEARING UP FOR 16TH ANNUAL COVENANT HEALTH MARATHON

*Jason Altman, Director, Covenant Health Knoxville Marathon*

As 2019 wraps up and 2020 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 7 and have had a great turnout thus far. Sponsored by Health Shoppe, Knoxville Performance Lab, and ZenEvo Dark 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 4. For a listing of dates and locations where we will meet in the new year, visit [www.knoxvillemarathon.com](http://www.knoxvillemarathon.com).

In mid-November, we held our annual Fittest Company Challenge Luncheon at ORNL FCU. Sponsored by Humana, this year's Fittest Company 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.). Our luncheon was a free informational 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 missed out, please contact me for a recap of the presentation.



Come January 25, our annual Covenant Kids Run "Marathon" program will kickoff at Zoo Knoxville. Registration will open at 10 am and the run/walk will start at 12

pm. Children 8<sup>th</sup> grade and younger can participate in the Covenant Kids Run. Admission to the zoo is free for each child who registers and one accompanying guest. All other admissions are half-price. The registration fee is \$20 and this also covers the child's registration for the official Covenant Kids Run on March 28. By participating, kids can run a "marathon". Each child receives a mileage log to start tracking his or her miles and exercise between the Zoo run and the official CKR on March 28. 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 Fittest School Challenge. The Challenge is sponsored by Regal, and 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 March 28 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 March 28 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.

Registration numbers for our 16<sup>th</sup> CHKM are soaring! After our price increase on December 2, we are on pace for a fantastic turnout in 2020.

Looking to volunteer? I am still in need of some key volunteers to serve on the 2020 Marathon Organizing Committee. If interested, please contact me at [knoxvillemarathon@gmail.com](mailto:knoxvillemarathon@gmail.com) for more information. Happy New Year!





# Treadin' Trodden Trails

Michael deLisle, Trail Series Director

## Not Enough Months

So here's the problem. One hand, we are extraordinarily fortunate to live in an area replete with fantastic trails suitable for running, biking, hiking, you name it. On the other, the last time I looked, the Gregorian Calendar still has only twelve months during which to schedule events. And our experience dating back to 2004 when this trail running venture was born shows that putting on one race per month is about right.



Sure, we did try offering a 14-race slate back a few years ago, but even with the combined skills and energies of the hellbent for leather trail committee with whom I'm privileged to work, that idea proved barely manageable and was scrapped the following year.

So from time to time we place various race venues on hiatus for a year or two and introduce new (or new to y'all) trail systems that we feel are crying out to have a few hundred pairs of feet pounding on them for an hour or two annually.



And this works. Sorta. But it nags at me, usually at this time of year when assembling the schedule of events for the upcoming trail running season. There are simply too many great trails. Either that or not enough months. Maybe we should start ignoring the calendar and just rotate all these terrific trails, all fifteen or twenty or twenty five of them. Yeah, that would

mean we'd end up skipping a few during the course of a particular calendar year, but ultimately we'd hit 'em all.

I especially miss putting on races out at the 26-mile long East Lakeshore Trail System that runs along what used to be the Little Tennessee River stretching from the Fort Loudon Dam down to near Greenback. We've run every bit of it at one time or another (and Magic Number Events put on a great fall Ultra, so it's not going unused) but it's been a few years since TTT has been out there and I hope to remedy that before too many more used calendars hit the recycling bin.

We've staged a lot of races in the Urban Wilderness over the years (and still do) but we've discontinued the Forks of the River Trail Race and the Stalk Your Quarry event in the past few years. Don't a few of you sado-masochistic types miss the lungbusting traipse over Tharps Trace?

And what about Seven Islands? Fun place, not real technical, but scenic, especially with a new bridge and trails going out and around the island. To be sure, we tried to incorporate it in the 2020 schedule but were unable to persuade the powers that be of the inherent

desirability of our race. Rest assured we won't stop trying.

This year we've added an October race at Fort Dickerson that's gonna be fast, fun, and furious, but in the process had to select I.C. King as a venue to skip for a year. Yes, ICK has a new trail that's lots of fun, but by 2021 there promises to be even more new stuff, so our return there is highly likely.



Adding the new trails at the western end of Concord Park will bring a delightful early summer race onto the TTT race schedule, but similar to the I.C. King situation, that addition required a subtraction, this time Sharps Ridge. And we love Sharps. A fun and scenic trail system that dries better and more quickly than most in Knoxville, it's been a staple of our calendar for several years. But again. Twelve months. Only twelve.

Other attractions that we're ignoring? Well, not ignoring, but thus far unable to include in our craziness. There's a great and challenging trail that ascribes a bumpy arc along the north side of Oak Ridge, aptly named the North Ridge trail, that will someday host a TTT event. Just hasn't happened yet.

Back in the early days we used to run a fun little event once (or twice!) a year out at Melton Hill Park called The Belly of the Beast. It had a couple of stiff little hills in it that induced a lot of

\*\*\* continued on page 11 \*\*\*



AAA continued from page 10 AAA

vomiting during interscholastic cross country meets held there before they (and we) outgrew the park. Probably won't go back, but it does evoke some pleasant (and unpleasant) memories.

And what about the old part of Concord Park? We've held a slew of races there in the past and will very possibly return there at some point. The plethora of "accidental on purpose" shortcuts make marking the course hard and getting off course easy, but heck, they're trail races. That's how they roll.

One of my personal favorites that's been backburned more than once is Beatin' a Hastie Retreat, a multiple distance adventure staged at Anderson School. The short race stayed within William Hastie Natural Area but the long route toured Marie Myers, which has been disrupted by the mountain bike trail construction. However, an easy workaround for a Hastie long course could zip into and out of the high ground at Baker Creek. Stay tuned.

And who can forget that zany Hann Jive race, especially when we ran it in the dark just as a highly entertaining thunderstorm rolled in? Those meandering trails around Brian Hann's property are fun in any weather and in any degree of lighting (or lack thereof!) A worthy candidate for a reprise, for sure.

I almost forgot Panther Creek. Five and ten mile springtime jaunts out there were a ton of fun. Great trails, great staging area, overnight camping, great support from race director/Park superintendent John LeCroy.

So you see my problem? I've mentioned fully a dozen race sites, all worthy, but none on the 2020 schedule. The epitome of how I generally close this column: so many trails, so little time. (Anyone want to work on designing a twenty-four month calendar?)

## UPCOMING TRAIL RACES

**WANDERERS TRAIL RACE** — Sunday, January 12, 2020, 2:00 pm. Maryville College. 5k PLUS Kids Trail Mile\*. Maryville College.

**WHITESTONE TRIPLE TRAIL 30k** — Sunday, February 23, 2020, 7:00 am. Whitestone Inn, Paint Rock. 30k, 30k Trail Relay.\*

**DARK HOLLOW WALLOW** — Sunday, March 8, 2020, 2:00 pm. 11 miles or 5 miles PLUS Kids Trail Mile\*. Big Ridge State Park, Maynardville.

**NORTH BOUNDARY TRAVERSE** — Sunday, April 5, 2020, 9:00 am. 15 miles or 10k PLUS Kids Trail Mile\*. North Boundary Greenway, Oak Ridge.

**BAKER CREEK BLITZIN' THE DARKNESS** — May 9, 2020, 9:00 pm. 5k PLUS Kids Trail Mile\*. Baker Creek Trailhead, Knoxville.

**LOYSTON POINT SCRAMBLE** — Saturday, June 6, 2020, 8:00 am. Half Marathon or 10k PLUS Kids Trail Mile\*. TVA Loyston Point Campground, Andersonville.

**HAW RIDGE TRAIL RACE** — Saturday, July 11, 2020, 8:00 am. 7+ miles PLUS Kids Trail Mile\*. Haw Ridge Life Development Center, Oak Ridge.

**THE TRAILS THAT CAN'T BE CONCORD** — Saturday, August 15, 2020, 8:00 am. 5 miles PLUS Kids Trail Mile\*. Concord Park near The Cove, Farragut

**BIG SOUTH FORK TRAIL RACE** — Saturday, September 26, 2020, 8:30 am. 17.5 mile or 10k. Bandy Creek Campground, Big South Fork NRR, Oneida.

**FORT DICKERSON FRANTIC FROLIC** — Sunday, October 25, 2020, 9:00 am. 5-7 miles PLUS Kids Trail Mile\*. Ft. Dickerson Park, Knoxville.

**NORRIS ULTRA DAM HARD TRAIL RACE** — Saturday, November 14, 2020, 7:00 am. 50k or 25k. Norris Dam State Park, Norris.

**DIRTY SOUTH TRAIL HALF MARATHON** — Sunday, December 6, 2020, 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*

## BE PART OF THE SOUTHEAST'S MOST EXCITING TRAIL SERIES!

# YOUR KTC MEMBERSHIP

*Kathy Nash, KTC Membership Chairperson*

Your KTC Membership entitles you to discounts at merchants and services listed below. Also, if you lost your membership card and/or need a new decal, please email [knoxtrackmembership@gmail.com](mailto:knoxtrackmembership@gmail.com)

Eddie's Health Shoppe  
<https://eddieshealthshoppe.com>

Knoxville Acupuncture  
<https://www.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://personalbestracing.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 Scissors  
<https://thislittlescissor.com>

New Balance Knoxville  
<http://stores.newbalance.com/knoxville/default.aspx>

*Any additional businesses offering KTC discounts? Please contact us*



Have you changed your email address or mailing address?

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

Please send your updates to [knoxtrackmembership@gmail.com](mailto:knoxtrackmembership@gmail.com) so that revisions can be made to the KTC Membership List.





*Scott Schmidt, RunKNOX director*

As each year comes to a close, it's been tradition to look back before we look forward. We set dozens of Personal Records from 1 mile up to 100 miles. We ran Boston Qualifiers and New York Qualifiers. We had teammates representing at all the KTC road and trail races and we raced in 19 different states. We met goals and had setbacks, sustained injuries and recovered, welcomed new members and watched others move away. In good times and



bad, we worked together to overcome.

2020 is already promising to be a great year. We're on track for our largest CHKM training program since inception in 2012. We're up to 6 workouts per week, including an Oak Ridge option. We continue to build a culture focused on achieving individual goals within a group setting.

If you're ready for something new in 2020, check us out.

We'd love to help you reach your goals. For information on ongoing and upcoming training opportunities visit: <https://runsignup.com/Race/TN/Knoxville/RunKNOXTraining2020>

Or, click on the RunKNOX tab at [www.ktc.org](http://www.ktc.org) and give us a follow on social media. And if you have any questions, shoot me an email to [runknox@gmail.com](mailto:runknox@gmail.com)

Wishing you a great New Year!





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**







## TRI-BAL KNOWLEDGE

# Personal Best Racing

by *Larry Brede*

This year saw another addition to the Knoxville multisport community. Muna Rodriguez and her team (Jamie Neill and Jennifer Billingsly) brought Personal Best Racing to town. Combining a series of events that were formerly managed by Endurance Sports Management along with some new events, Personal Best Racing triathlons are great for both adults and kids who want to learn more about the sport.

For many athletes considering a triathlon, the swim is the most intimidating event. Personal Best Racing's events include many pool swims. They will offer some open water options in 2020, but the pool sprints will still be their focus and specialty. These shorter options average 150 yards make these events super options for people who want to experience a triathlon without having to attempt the swim in a lake where they can't see the bottom! With bicycle courses in the 10 – 16 mile range and runs typically at a 5k distance, these triathlons are short enough for our average KTC members to train for and prepare, but long enough to be a real challenge as you experience multisport. Though these Personal Best Racing events are all "Sprint" distance, don't let that word fool you. Competitors in "Sprint" races regularly are on the course from 1-1/2 hours to over 2

hours. You'll definitely want to train!



One of Personal Best Racing's Adult Triathlons is held just for women. Triathlon can be intimidating enough for new athletes looking at how to enter the sport, but maybe a little more for women who want to see what it's about without all the testosterone men bring to the transition area.

The Wild Rose Women's Triathlon offers that venue. My daughter Alex participated in her first triathlon at this race, and she just loved it! A lot of strong women having a good time and being very accepting of first-time triathletes.



Personal Best Racing also hosts a series of Kid's Triathlons for children aged 2 – 14 (and I've seen some 2-year old cuties out there!).

With three race options ranging from a 25-yard swim/0.75-mile bike/0.5-mile run up to a 100-yard swim/3-mile bike/1-mile run, there is an event for kids of all abilities. My youngest daughter Maci participated in six of these kids' triathlons, and she loves it.



It's been amazing to watch her progression and comfort over the past three years since she first started, and it's so much fun volunteering and watching the youngsters out there racing. Super huge smiles everywhere – kids, parents, volunteers. This year showed some growth in these events, so they are offering more junior divisions next

year in addition to their kid's series.

The Personal Best Race Triathlon Series is between April – September every year. It's not too early today to start thinking about competing in a 2020 triathlon, and these races are a great option for first timers and veterans alike. Check out the website at <https://personalbesttracing.com/> for more information.



**[www.ktc.org](http://www.ktc.org)**

- Complete race results;**
- Event photo galleries;**
- Race calendar**
- Online registration links;**
- Trail series information;**
- Grand Prix standings;**
- Social events and parties;**
- Links to running sites;**
- Marathon updates;**
- ...And much, much more!**





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Proud Sponsor of Knoxville Track Club

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- McKenzie Method of Diagnosis and Treatment
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lead to the next step towards resolution. We work together to get you better.

We are together for health.

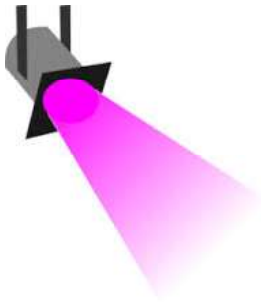


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# KTC High School Spotlight

## The Hal Canfield Memorial Scholarship



by *Patty Tracy-Thewes*

In this brief lull between cross country season and track season, we're going to skip an issue of interviewing outstanding local high school athletes and instead explain a little bit about KTC's prized Harold W. Canfield Scholarship.

Each year, KTC is proud to be part of the process of awarding the Harold W. Canfield Scholarship to a well deserving senior high school student.

For those who may be interested in applying, details are below. The application period will be ending soon on February 15, 2020.

How this scholarship came to be is intertwined with the history of the Knoxville Track Club, and it is in honor and memory of Harold(Hal) W. Canfield.

Over 50 years ago, Hal along with others were interested in promoting high school Track and Field and running in Knoxville area. As a result, they founded the Knoxville Track Club (KTC) in 1962.

Hal was a pioneer in staging the first road races back in the 60's before running road races was so mainstream. KTC road races were the first of their kind in the entire Southeast.

Additionally, Hal had officiated many Knoxville High School and College Track Meets. He set up numerous Coaches and Official clinics in the Knoxville area to train others, as well. He received the highest honor by USATF in recognition of his track officiating skills,

being named an Emeritus Official, and culminating with his selection as the Outstanding Track Official of the Year by The Athletics Congress/USA. He served as an official for the 1984 Olympic Games, the 1987 Pan American Games, and other national and international events.

Hal, along with Charlie Durham started the KTC Youth Program back in the 60s. KTC continues his legacy thru youth driven events such as the Volunteer Track Classic HS Track Meet, Youth Greenway Series, Elementary School Track and Field program and Timing services plus funding to the Knoxville area High School Cross Country Events.

Hal was a multisport athlete, participating in track, cross country, and basketball at Syracuse University. In 1948 he placed fifth in the Olympic Trials in the half mile and competed in the 1964 and 1968 Olympic Trials in the marathon. His mile PR of 4:07 was one of the leading times in the world. In his career as a distance runner, he logged more than 140,000 miles, completing 38 marathons, including eighteen consecutive years at Boston. In addition to his influence in the running community, he was a talented violinist with the Knoxville Symphony for 23 years.

Hal Canfield passed away in 2009. To memorialize and honor this great man, the Harold W. Canfield scholarship was established. Numerous high school student-athletes have been awarded and aided with their college pursuits thru this scholarship since.

For those who would like to apply for this scholarship, please visit [EastTennesseeFoundation.org](http://EastTennesseeFoundation.org)

The application period ends for 2020 Harold W. Canfield Scholarship on February 15. The recipient of the Scholarship will be notified in April of 2020.

### Harold W. Canfield Memorial Scholarship Details

**Purpose and History:** Established in 2009 to memorialize the life of Hal Canfield, a founding member of the Knoxville Track Club (KTC).

**Scholarship Amount:** \$1900 one-time award for 1 year

### Eligibility Requirements

**Residency Requirement:** Anderson, Blount, Campbell, Grainger, Jefferson, Knox (TN), Loudon, Roane, Sevier, or Union County

**Education Requirement:** Graduating high school seniors

**Field of Study:** Not Applicable

**GPA Minimum:** 3.0

**College/Enrollment Requirement:** Full-time enrollment at an accredited not-for-profit college or university

**Financial Need:** Not Applicable

### Additional Requirements

Participation in Knoxville Track Club with preference given to applicants who display passion for KTC and running, and who have given back to the KTC. Please note: The Knoxville Track Club is NOT KYA(Knoxville Youth Athletics). Also required is U.S. Citizenship.

# An Interview with Ex-Pro Runner Sarah Brown

by Whitney Heins



Sarah Brown was one of the top milers in the U.S. and, until earlier this year, ran professionally for New Balance. But you may know Sarah as the focus of the documentary debuted at the Tribeca Film Festival and aired as an ESPNW series, called “Run Mama Run.” The documentary details Sarah’s journey to the Olympic Trials 16 weeks after giving birth to her first baby girl, Abigail, in 2016.

As if nursing a baby around the clock and grinding out physically demanding workouts wasn’t enough, Sarah suffered from postpartum osteoporosis leading to two cracked vertebrae and a broken hip. Yet, she continued to nurse her baby girl—leaching calcium from her bones to give to her baby—and train, toeing the line at the trials for the 1500 meters. Sadly, during the prelims, Sarah’s Achilles tendon popped and her heel broke.

Sarah underwent reconstructive surgery and continued to compete for New Balance with her husband, Darren (once a pro runner himself, who served as interim KTC Youth Athletics Director in 2012 and was the first RunKNOX program coordinator), as her coach. After becoming pregnant with their second daughter, Isabelle, born in April 2019, Sarah decided to retire.

But Sarah did not hang up her running shoes. She still runs but now it’s on her terms. If she feels like a progression run that day, she’ll do it. If she wants to run easy, she can. Sarah also coached

a high school cross country team outside Boston where she and her family now reside.

Sarah ran for the University of Tennessee, and I often saw her and Darren gliding down the road at lightning fast speeds they made look effortless. I was able to catch up with her by phone as she made, once again, a hard task—diverting her attention away from her two small children to talk to me—seem effortless.

Sarah’s dedication to both her running and children is—without a doubt—inspiring. But what I admire most is that when the two come in conflict, she knows where her heart truly lies.



Here’s Sarah on:

## Running while pregnant

Sarah trained pretty hard while pregnant so that wasn’t starting from zero after having Abigail. She learned a few things along the way:

**Be flexible.** Sarah says, “Things can change so quickly

when you’re pregnant. Some days can go from good to bad or bad to good very quickly. Listen to your body.”

**Stay consistent in footwear.** “I didn’t change my shoes to run in racing flats, or any other shoe. I did all my workouts in my cushioned trainers for the added support.”

**Mind your hips and pelvic floor.**

“Start early in doing hip strengthening routines that adapt to your stage of pregnancy. Also, begin pelvic floor exercises.”

## Running postpartum

Sarah took a week completely off running after giving birth. She then cross-trained for 3 weeks before running. (Everyone is different, so please consult your doctor and listen to your body before resuming running!). While getting back to running, Sarah focused on:

**Consistent strengthening of hips and pelvic floor.** During this time, Sarah continued her hip and pelvic floor exercises.

**Core exercises.** “You don’t realize until you have a kid how important having a strong core is and how broken down it gets after being pregnant. Having a strong core is so important for all we do as moms and runners.”

**Get a splint.** “I ran in FIT splint while pregnant and postpartum for several weeks. It provides the total core body support that you’re lacking. It helped me feel secure and supported.”

## Running with kids

Sarah folds her girls into her exercise routine as much as she can.

**Toddler-stage.** The Browns’ workout equipment is at the back of a room full of toys and a TV. While she’s running, her girls play near mama. Sarah will load songs onto an iPad for her girls to listen to and is able to hop off the treadmill if necessary to grab a pacifier or snack. Her oldest, Abigail, will watch Sarah run and cheer her mama on. Baby gates are set up around the equipment to keep little fingers from getting squished.

**Baby-stage.** Sarah has a pack n’ play for her youngest that she rotates special toys in so the entertainment is always fresh. She also has a mamaRoo

\*\*\* continued from page 19 \*\*\*



# Sarah Brown

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nearby that can be controlled by smart phone so she can change the setting if Isabelle gets fussy. Sarah also knows how long Isabelle will stay entertained with a certain toy. For example, a walker will give Sarah about 30 good minutes of exercise.

**Stroller running.** Novelty is the name of the game for stroller running, says Sarah. She'll pack the tablet with songs and videos and take along some stroller-only toys. Sarah's not opposed to using electronics to entertain her kids if needed; just like she's not opposed to having nursery rhymes stuck in her head for the rest of the day in order to keep everyone happy.

## Dealing with mom guilt

As every mom knows, doing something for herself can come at the cost of feeling guilty or selfish because it means time away from the kids. Sarah now aims to get her exercise done early in the morning before Darren leaves for work and her kids wake up. She has found that, "If I can do something for myself that makes me feel good, then I can be better prepared for the things that motherhood brings that day."

## Handling sick kid

Being a mom and runner never seem to be more at odds than when you have a sick child who needs you around the clock. In those moments, that's when the mom role always wins, says Sarah. "All of a sudden, it's so easy to prioritize. I know where I need to be. It's not even a question."

Sarah says she doesn't have guilt about missing a workout and, if she ever did, Darren is quick to remind her that a single workout is never make or break.

## Handling attached kids

When Abigail was really little, the Browns had a babysitter that would watch her while Sarah ran around the Harvard University track. If Abigail got upset, Sarah would involve Abigail in the workout like having her bring a water bottle or give a high-five.

"I know I'm mixing business with pleasure, but that's part of what motherhood is," shared Sarah. "Motherhood is pushing you out of your comfort zone and what better way to do that than face it every day."

## Cross-training

Because of her postpartum osteoporosis risk, Sarah alternates running with cross-training. Every other day, she hops on the ElliptiGO or bikes on a trainer using the Zwift app which she loves because it helps improve running turnover. During her pro running days, she strength trained using circuits twice a week and yoga once a week. Now, Sarah sporadically fits in and does body weight exercises throughout the day to keep her core strong and bones healthy.

"I usually try to do yoga or core with the girls. Abigail likes to join in sometimes and I just try to catch Isabelle when she is willing to play contently with her toys on the floor beside me," shared Sarah.

## Dealing with disappointment

While Sarah's list of running accomplishments is long, she's been dealt many hard blows. An injury robbed

her of making the Olympic team in 2012 and again in 2016. But since becoming a mom, she doesn't take the disappointments as hard because motherhood has put running into perspective.

"One bad running moment doesn't change anything," she says. "I'm still me. I still have two kids and a husband who need me. This mentality not only allows you to be able to move past disappointment, but it allows you to take more risks without added pressure. Life continues moving forward whether you run a PR or not."

## Impression on kids

Growing up with two parent athletes, Abigail knows exercise as something mom and dad do, kind of like eating and breathing. While only three, she already has an interest in running. "She'll act like she's in a starting block and run laps around the house and has me time her," says Sarah. "If anything is a competition, she's all for it."

Sarah says running has impacted her in such a positive way and brings her joy that she's thrilled to be able to share it with her girls.

"I want them to know that it's worthwhile to go after their own dreams and aspirations in the same way that I've pursued mine. Whether it's running or something else, I want them to know it's okay to have goals and it's okay to go after those goals. Basically, I want to be a role model by example."

Mission accomplished



# KTC VOLUNTEERS NEEDED

Jan 1	Calhoun's New Year's Day 5k
Jan 12	Wanderers Trail Race and Kids Trail Mile
Jan 18	Calhoun's Ten Miler
Feb 1	Strawberry Plains Half Marathon / 10k
Feb 23	Whitestone 30k Road and Trail Trek
Mar 8	Dark Hollow Wallow and Kids Trail Mile
Mar 28	Covenant Kids Run and 5k
Mar 29	Covenant Health Knoxville Marathon & Half Marathon
Apr 5	North Boundary Traverse and Kids Trail Mile



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## VOLUNTEERS!

SIGN UP TO HELP  
WITH CLUB EVENTS



Sign up on  
[Runsignup.com](http://Runsignup.com)



# Confessions of a Social Jogger

by Lauren Chiles, KTC Social Director

## ONE LAST VIEW FROM THE REAR

As I sign off as social director, I've had conflicting emotions. I've alternated between disappointment that the time is ending to resolve that it's time for someone new to place their stamp on the position. A few long-time track club members have reached out to thank me for my efforts as I step away, but truly the gratitude is mine. And as my mother taught me, a good Southerner always sends a note.

Thank you to those that welcomed me at my first Wednesday night run. Your simple kindness in saying, "you can run with me," disproved my assumption that the track club was just for fast guys. You gave me, a new Knoxville resident, a feeling of belonging and a healthy activity to join every week. Watching you achieve your goals inspired me to

see what I could accomplish.

Thank you to those that saw something in me that might benefit the track club. You asked me to serve in this position, and I wasn't sure I had the skill set or time. Heck, I'm terrible at remembering names. However, you supported my ideas and helped me do my best to contribute to our welcoming and supportive community, allowing me freedom to try different activities. Some worked, like the pizza runs. And sure, some flopped (cough – the Leap Day Leap Frog Run was forgettable) but we had fun trying.

Thank you for joining me at the social runs. You showed up. Some of you marked the courses. Many of

you ran when the route was only provided in rhyme. You designed a logo, joined a racing team, and bought a Socialites calendar, all in the name of inclusion. You welcomed new runners like I had been welcomed.

Thank you for providing positive feedback. Oh sure, there were occasional negatives, and that was also helpful. But thank you for the email replies, Lauren Chiles Appreciation Day, and high fives, both literal and metaphorical.

Thanks to the Knoxville running community. You grew and prospered. New social runs have emerged all over the city at parks and breweries and restaurants. Those new runs brought others the same sense of belonging that I found by having running buddies.

Most importantly, thank you for your friendship. I have gotten to meet so many interesting, diverse, fun, and talented (in many ways) runners. There is no way I would have come across each of you in any other way. Thank you for the wonderful company on our many miles together, as we each participated in a little running therapy. Thank you for the hellos as we pass on the greenway. It really is always good to see you. And yes, it will always feel weird to see you showered and in regular clothes. Thank you for the laughter, both with me and at me.

## KTC GROUP RUNS

**MONDAYS:** The Monday meeting place is Balter Beerworks on Broadway downtown. 6:00pm.

**WEDNESDAYS:** Runners Market, 4443 Kingston Pike Avenue, Western Plaza. 5:30 pm. For more info, email [social@ktc.org](mailto:social@ktc.org).

**SATURDAYS:** Scheduled group runs in preparation for the Covenant Health Knoxville Marathon and Half Marathon, as well as the Pigeon Forge Half Marathon / 5k. For more information: [knoxvilletrackclub@gmail.com](mailto:knoxvilletrackclub@gmail.com) or [www.knoxvillemarathon.com](http://www.knoxvillemarathon.com)







# KTC BOARD OF DIRECTORS

## Minutes of October 2019 Meeting

**OCTOBER 28, 2019**

The meeting was called to order by Alicia Teubert at 6:00 pm. In attendance were: Christina Adkins, Summer Jo Brooks, Gabrielle Cline, Bobby Glenn, Pam Haggard, Doug Holder, David Huntsinger, Brian Huskey, Tim Monroe, Scott Schmidt, Alicia Teubert, Patty Thewes, and Gerald Witt. David Black, Jason Altman, and Stephanie Bailey attended as guests.

**Minutes:** September minutes were amended to include Patty Thewes in attendance. David Huntsinger moved to accept as amended; Brian Huskey seconded. The minutes were passed unanimously.

**Consent Agenda:**  
Executive Director Report  
Treasurer's Report  
Marathon Director's Report  
Event Manager Report (Youth Development)  
Trail Committee/Footnotes/Website

Discussed that the marathon community partnership application is out. Christina Atkins motioned to approve consent agenda; Brian Huskey seconded. Consent agenda was approved unanimously.

**Pigeon Forge Half Marathon & 5K Update:** David Black reported that we are expecting a great race. Publix is an in-kind sponsor (food and tents). Volunteers are still needed. We have a lot of support from the City. Course and finish line are fun. Hotels are really supporting and will be encouraging guests to cheer from their balconies. The board is encouraged to please help spread the word about this race.

**Marketing Committee Report/Discussion:** Christina Atkins and Gerald Witt reported. The committee would like the website to get a facelift. It functions fine and does what we need it to do but looks about 10 years too old. Christina noted that the committee discussed that we need to get our logo out more and be more visible in the community. Volunteers could be given nicer swag (KTC jacket for example) that they could wear at events. Managing social media is really a full-time job and it is too much to expect existing staff to take this on. The committee suggests that hiring an intern to manage social media should be considered. It's not realistic to ask existing staff to cover this as well. An intern could also focus on search engine optimization. The committee would like to look at adding events such as the KTC group runs on Strava. The committee also discussed the possibility of revamping our logo.

Patty Thewes noted she'd like to

have targeted marketing materials. She noted that we are missing an opportunity at events such as KIL and other cross-country events to be handing out materials at the finish line. David Black noted that if marketing is a board objective, we need to work it into the budget. If we create/post all social events on FB, this gets overwhelming because of the need to respond to posts. If marketing is an objective, we need to dedicate someone to address it. Brian Huskey noted that if we want to revamp



the logo/branding that would need to come before a website update. Gerald noted that it's important to keep in mind that any marketing strategy will take at least a year to get up and running. He discussed that UT would likely have students from communication and/or business that could do an internship. Next steps – David Black and Gerald explore internship, define what an intern would do, and look at what this might cost; committee to continue to explore who the contacts are in Knoxville who can give us direction.

**Appointment of Executive Director 2020 Contract Committee:** Current exec committee and future exec committee will serve as the committee. This group was asked to stay briefly after the board meeting to identify a meeting time.

**Nominating Committee Recommendation:** Tim reported on the recommendations. Zane Hagy, Tim Gregory, Keith Jackson, and Jason Wise

*\*\*\* continued on page 23 \*\*\**

**KTC 2020 SUNDAY BEER RUNS**

Join KTC club members and friends and families for sunny, suds-filled Sunday afternoons.



**MAR 22, APR 5, APR 19  
APR 26, MAY 3, MAY 10**

SEE KTC WEBSITE FOR MORE INFO

# KTC BOARD

AAA continued from page 22 AAA

have been proposed. This would make our board be 19 individuals. Pam Haggard moved to accept all four. David Huntsinger and Gerald Witt both seconded. The slate was approved unanimously.

**Bylaw Amendment Proposal:** Alicia Teubert presented the proposed amendments to the bylaws, pointing out the differences from the current bylaws. Brian Huskey motioned to approve; Tim Monroe seconded. The approval was unanimous. Alicia will get the amended bylaws onto the ballot for full club approval at the annual meeting

**2020 Draft Budget Presentation:** David Black presented on the draft budget. He noted that we are saving money by having our fall event in Pigeon Forge because police/cones/

EMS are being donated by the community. This line item looks much better compared to Farragut. David highlighted that in the trail budget registration prices are increased, but we are now providing the KTC club discount. David noted that historically trail races contributed to the KTC youth program, however, when the youth program diminished, they reallocated. Currently, 50% goes to youth and 50% to other community programs selected by the trail committee. David has suggested that the 50% allocated for youth just goes back to general KTC needs. David plans to have the budget updated and sent out one week before the next board meeting.

David noted that we have two equipment needs that are not in the budget but need to be discussed. There is a need for new timing equipment; Troy Rebert has submitted an analysis of our current system compared to the new equip-

ment. Current equipment (IPICO) is more challenging to use, bibs are more expensive, and the equipment is heavy. The IPICO system we currently own could be sold to recoup some money. The Trident system is compatible with less expensive chips, less technical knowledge is needed so training for people to monitor at splits is easier, and it is easier to set up. We have the money in savings to purchase a new system. The cost would show up in the budget in future years as depreciation allocated to the various races, including the marathon. Bobby Glenn asked about the read error rate. Scott Schmitt noted that he trusts Troy Rebert's research into the Trident system. The request is for 6 readers, 2 mats, and 8 antennae. The total cost is \$32,305, but a conservative estimate of



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## 2019 KTC Final Grand Prix Point Totals

Jerry Schohl, keeper of the points

### MALE

Nick Morgan	62
Justin Weinmeister	61
Brent Bueche	58
Ethan Coffey	57
Larry Brede	55
Stewart Ellington	55
Christopher Rayder	55
Ron Watzke	52
Mike Digirolamo	48
Chase Givens	48
Jeff Colfer	46
Jason Bailey	45
Andy Jones	43
Paul Horton	43
Brandon Ward	42
David Hinkle	39
Juraj Maksi	38
Ken Childs	38
Doug Ross	34
Brian Huskey	34
Ken Sirois	34
Alex Morgan	32
Tim Gregory	31

### TEAMS

KPL / ZenEvo	1122
Team Runners Market	897
RunKNOX	290
Health Shoppe/Podium Sports Medicine	199
KTC Socialites	147
Team Really	138
Team Pilot / Flying J	84
Back of the Pack Elite	59
CNS Y-12	40
Carter Sports Therapy	35
High Gravity Racing	30
865 Running	28
Scruffy City Runners	21



\*note: Space limitations prevent us from printing all scores. For more, please see [www.ktc.org](http://www.ktc.org)

### FEMALE

Kris Corbitt	70
Jennifer Singh	69
Andee Swann	63
Whitney Elliott	61
Elizabeth Hagler	60
Shirley Sirois	58
Becky Tener	56
Marsha Morton	51
Stacy Clower	50
Kelly Davis	46
Constance Dickey	44
Angela Sellers	41
Jenny Jones	40
Katie Taylor	40
Kathy Wolski	38
Gina Rouse	36
Kathy Nash	35
Michelle Midnight	32
Jennifer McKelvey	32
Alicia Teubert	30
Maryjane Pitts	29
Constance Bailey	29
Leann Adkins	29



# KTC BOARD

AAA continued from page 23 AAA

what we can get from the IPICO system is \$10,000. David Huntsinger moved to approve; Brian Huskey seconded. The motion was approved unanimously.

The second piece of needed equipment is an AED. We have been quoted \$1275 for the unit, first responder kit and program management is \$179/year (with the first year free) and a current \$200 discount through the end of October. We have internal policy that stipulates that the AED will be taken to races only (not other KTC events) and that designates who is responsible for man-

aging the AED. We can pay for the AED out of unused athlete support funds. Tim Monroe motioned that we use current operating funds for the HeartSign AED, David Huntsinger seconded. The motion passed unanimously.

## Roundtable

**Alicia:** Thanks to Patty for taking on East Tennessee Foundation Scholarship; Pam is taking on the scholarship next year.

**P. Mark:** wanted everyone to know that South Doyle has paved track now.

Next meeting we are voting on contract and budget – board needs to meet immedi-

ately prior to annual meeting at Maple Hall on 12/19 so that we can discuss

**David Black:** Volunteer chair - Bobby West from Back of the Pack Elite is going to be our new chair; David Black is going to take on social chair

**Jason Altman:** Chad Culver – AAU nationals at Victor Ashe on November 7th; there will be a parents/coaches' race at 2:35 for anyone who wants to attend

**Greenway update:** ribbon cutting at IC King. Powell greenway is closed for repairs.

Meeting was adjourned at 7:20 pm.

## PROMOTIONAL OPPORTUNITIES WITH THE KNOXVILLE TRACK CLUB

The Knoxville track Club has three advertising options that may make sense for your business or organization:

- \* Advertising in our award-winning bi-monthly magazine, "Footnotes" that goes to each of our 1,450 member households and nearly 2000 members.
- \* Sponsoring or co-sponsoring one of our official KTC race events.
- \* A general sponsorship of the Knoxville Track Club, East Tennessee's premier running organization.

### KTC AD OPPORTUNITIES AND RATES

Footnotes ads are available as follows:

- \* Inside Front Cover \$200
- \* Full Page Ad \$125
- \* ½ Page Ad \$ 75

Multi-issue packages at volume discount rates are available

### KTC SPONSORSHIP OPPORTUNITIES

#### \* Race Sponsorships

Most KTC sponsorship packages are race specific. Race sponsorship and co-sponsorship packages are typically negotiated on a case-by-case basis and may include the sponsor's logo on the race t-shirt, annual KTC race calendar, KTC sponsors logo page in "Footnotes" Magazine, the race entry form and all race advertising and correspondence as well as complimentary ads in "Footnotes" magazine. Race sponsorship packages generally range from \$1,000 to \$10,000 depending upon the size and prominence of the race in question. Co-sponsorship packages generally range from \$500 to \$5,000.

#### \* General KTC Sponsorships

A limited number of general Knoxville Track Club sponsorship opportunities are available and would include a customized package of KTC benefits commensurate with the sponsorship value. General sponsorship packages normally range from \$5,000 to \$25,000 and may consist of any combination of cash, product and/or in-kind services.

**For more information on these or other KTC promotional opportunities, please contact Stephanie Bailey, KTC Operations Manager, at 888.217.5635.**



# Trail Series Grand Prix Standings

## Final 2019 Point Totals



**Chris George, keeper of the points**

OPEN MALE		OPEN FEMALE		MASTERS MALE		MASTERS FEMALE	
Nate Helton	655	Cassidy Giles	720	Robert Bonamarte	685	Sarah Hamilton	495
William Ferrell	390	Alden Larrick	380	Jim Bishop	590	Hannah Gump	320
Peyton Gupton	300	Jessica Tucker	350	Mike Parton	420	Kris Corbitt	310
Brandon Ward	300	Michelle Horton	350	Sam Plemons	340	Kathy Smith	290
Tim Hill	270	Grace Weber	300	Jim Hall	280	Ivy McIver	280
Michael Morrell	265	Mary Sketch	230	Heath Hildreth	275	Xiaosong Geng	240
Stephen Huskey	250	Tingting Xu	230	Ray Wilson	255	Lana Burl	230
Carter Hall	220	Karen McNeany	210	Bryan Howington	215	Stephanie Johnson	205
Keaton Brown	210	McKenzie Gibson	210	Jared Lawrence	195	Jonnie Mae	200
Jamie McCart	210	Sarah Hopkins	190	Patrick Fiveash	180	Jessi Ringer	190
Andrew Pack	200	Amanda Hardcastle	190	David Jenkins	160	Malinda Honkus	190
Jeven Hoeper	180	Jessica Braunstein	185	Doug Holder	160	Michelle Midnight	190
David Kesterson	180	Emily Johnson	180	Ken Lonseth	150	Chris Keim	185
Zack Darby	170	Samantha Stoklosa	180	David Black	140	Jennifer Parker	170
D Beckett/J Marshall	160	Mira Hensley-Field	170	Mike Norris	130	K Coward/S Hurt	165

## 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 Dogwood Classic 5k**

<https://hardknoxpizza.com>





# KTC BOARD OF DIRECTORS

## Minutes of November 2019 Meeting

**NOVEMBER 23, 2019**

The meeting was called to order by Alicia Teubert at 6:03 pm. In attendance were Christina Adkins, Summer Jo Brooks, Gabrielle Cline, Katie Culver, Bobby Glenn, Doug Holder, David Huntsinger, Tim Monroe, Suzanne Oliver, Scott Schmidt, Robyn Smith, P. Mark Taylor, Patty Thewes (by phone), and Gerald Witt. David Black, Stephanie Bailey, Jason Altman, Michael deLisle and Joe Sparks attended as guests.

**Approval of Minutes** – The October Minutes were approved as submitted with a motion and second by David Huntsinger and Tim Monroe.

### Consent Agenda Items

**Executive Director Report:** Bobby Glenn asked for a Pigeon Forge 13.1/5k report. Volunteer concerns were shared by David, but the overall event was a success and praise was given to people who stepped up to help at the last minute. There were no other questions regarding David's written report.

**Treasurer's Report:** No questions or discussion regarding the written report

**Marathon Director Report:** No questions or discussion from the board.

**Event Manager Report:** No changes or additions to written report.

**Trail Committee/Footnotes/Website Report:** No discussion or changes to the written report.

A motion was made by David

Huntsinger to approve all reports as submitted, this was seconded by P. Mark Taylor. Unanimously approved.

**CHKM Community Partner Approval:** Jason Altman, Marathon Director, requested a motion to approve Emerald Youth Foundation as the community partner for the CHKM 2020. A motion to approve this request was made by Gabrielle Cline and seconded by P. Mark Taylor. Unanimously approved by the board.

**KTC Volunteer Awards:** Alicia Teubert, Board President, shared nominations which were sent in for the following volunteer awards: Ginny Canfield, Allan Morgan, Kerry Trammell and KTC Family awards. After much discussion, recipients were selected and will be awarded at the Annual Holiday Party. A one-time, Exemplary Service to KTC Award will be given by the Executive Director. Motions and seconds were made for each award by the following people: Christina Atkins, Robyn Smith, Gabrielle Cline, P. Mark Taylor, Tim Monroe and David Huntsinger. All motions were passed unanimously.

**2020 Budget Vote #1** – The budget was updated 11/25/19 to reflect a slight raise for Sarah Hopkins for additional RunKnox coaching responsibilities in Oak Ridge. After minor discussions that did not create further changes, P. Mark Taylor made a motion to approve which was seconded by Tim Monroe. Passed unanimously.

### Roundtable

**Gerald Witt:** reminded everyone to RSVP for the 12/19 Holiday Party on RunSignUp.

**David Black:** reminded everyone about the Turkey Trot on Thursday morning. Volunteer spots are filled, turkey costumes are filled and Sterl the Pearl will be the morning DJ.

**Bobby Glenn:** shared that the AED is available now and training will be scheduled soon. Mentioned Jim Bemiller, who trains pole vaulters, is wanting to use UT facilities and is questioning insurance coverage for post collegiate athletes under KTC's insurance. Situation will be re-searched.

**Jason Altman:** shared sample finisher product for the 2020 marathon.

**Michael deLisle:** reminded everyone about the Dirty South Half marathon and 10km on December 8, 2019.

**Joe Sparks:** (Parkrun representative), thanked KTC for our sponsorship support and invited everyone to attend on Saturday mornings at 9:00 a.m.

The general meeting was adjourned, and guests/employees were dismissed. The Executive Board remained and discussed the Executive Director's compensation plan and bonus structure.

The overall contract was approved with minor changes after a motion by Gabrielle Cline was seconded by David Huntsinger.

The bonus matrix was approved with amendments made following a motion by P. Mark Taylor and seconded by Gabrielle Cline.

The meeting was adjourned at 8:00 p.m. based on a motion by Doug Holder and seconded by Bobby Glenn.



## KTC'S NEW PIGEON FORGE HALF MARATHON A BIG HIT

*David Black, race director*

The Knoxville Track Club board of directors had a vision to work towards a fall premier event. As you know, the Covenant Health Knoxville Marathon is the premier spring event for the KTC. This new fall event was held in Farragut from 2014 – 2018. The decision was made in 2019 to make a move and Pigeon Forge turned out to be the ideal place. This was truly a fantastic event, well received by the participants.

I truly believe this is the start of what the board envisioned in wanting a premier event in the fall. The races started and finished on The Island in Pigeon Forge, a beautiful oasis with more than 30 shops, restaurants and attractions. The course covered many of the icons Pigeon Forge is known for: The Great Smoky Mountains Parkway, The Ripken Experience, Veterans Boulevard passing Dollywood, and a section of the beautiful greenway adjacent to the West Prong of the Little Pigeon River. Climbing the hill to The Ripken Experience

rewarded participants with spectacular view of the Great Smoky Mountains as they ran through the meticulous baseball complex.

Chase Givens and Jennie Tillery, both of Knoxville, were the half marathon winners, while top honors for the 5k went to Salvador Duran of Sevierville and Elizabeth Hagler of Knoxville.

There were participants from fourteen states and feedback was very positive. One example:

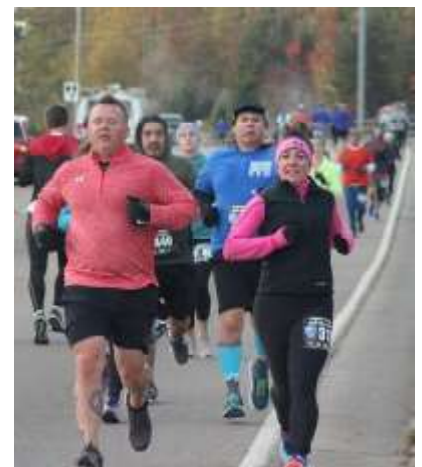
*“We recently moved to Tennessee from California and we can honestly say this was one of the best events we have participated in. We have participated in many events, including the LA marathon and multiple Ragnar races, and this event was so enjoyable. The finish line is usually an area where you are pushed through and encouraged to leave, but this was so welcoming. Great course and plenty of safety officers at*

*hand. Looking forward to participating next year!*

The postrace party featured music from Bary Jolly, beverages from Yee-Haw Brewing, food and drinks from Publix, and much more.

A special thank you to our sponsors: The Island in Pigeon Forge, Pilot/Flying J, New Balance Knoxville, Dick’s Sporting Goods, Margaritaville Island Hotel, Yee-Haw Beer, Ole Smoky Moonshine, Publix, BK Graphics, Zen Evo Dark Chocolate, Eddie’s Health Shoppe, Knoxville Performance Lab, Bojangles, The Ripken Experience and The City of Pigeon Forge. Many door prizes were donated from businesses including Knoxville Acupuncture and other great KTC sponsors.

Another thank you to staff, volunteers, and so many who made this event a great success. Hope to have you join us in 2020.







# ULTRA FUN FOR NORRIS RUNNERS

*Doug and Rebecca Holder, race directors*

The arrival of November means it's time for the longest race on the Knoxville Track Club schedule every year, the Norris Ultra Dam Hard 25k/50k.

The Treadin' Trodden Trail Series of the Knoxville Track Club has made a point over the years of introducing runners to trail systems in some of the most scenic areas and Parks surrounding Knoxville. The trails of Norris Dam State Park and the Norris Municipal Watershed are no exception. With approximately thirty miles of trails in both the Watershed system and in the park itself, Norris gives us the perfect opportunity to run the only Ultra distance event on Knoxville Track Club's schedule. Great views of Norris Lake and Norris Dam, as well as the opportunity to stay in one of the Historic CCC cabins, draw runners from several states each year to run this event.



Even with the onset of typically colder weather, the Norris Ultra Dam Hard 25k/50k saw runners from eight different states make the trip for this year's edition. Although temperatures hovered around the freezing mark for the start of the race, runners were rewarded with warming temps and sunshine as the day progressed. Volunteers Nathan Helton, Kim Coward, Heather England and the irreplaceable Tony Owens kicked things off around 5:30a.m. getting the crowd of runners registered and ready to go. A special thank you goes out to fellow trail committee member Chris George for arriving early and getting the fire started in the fireplace while we were busy unloading supplies! Maybe next year I'll remember to put the registration tables in front of the

fireplace to make for even happier volunteers.

After my pre-race pep talk, runners were ready to get started. The course for the Norris Dam Hard 25k/50k is a loop course with 25k runners completing a single loop while 50k runners complete two loops. In years past the first loop of the 50k was run in a clockwise direction with the second loop being counter clockwise. Although this worked well for the most part, it at times led to confusion for some participants and also proved to be a challenge for staff to mark. So this year's race had 50k runners complete both loops clockwise. Next year's event will change directions, everyone running counterclockwise.

If you've run this race before, then you realize this means an uphill finish for both distances, finishing with a climb up "Kerry's Revenge". Of course, 50k runners will get to do it twice!

After runners started, they quickly made their way to Lakeside Trail, entering the woods behind the historic Norris Tea Room. Lakeside trail meanders along the shore of Norris Lake for approximately five miles, offering runners great views of the lake while traversing a rolling singletrack. Around mile six, runners came to the first aid station, nicknamed the "Buttslide" Aid Station. While a course change no longer requires runners to "Buttslide" down a steep embankment to reach it, the name remains! Volunteers James Morgan and Patrick Kontovich took care of runners here and got them back on their way. A special



thanks to these two for sticking it out all day, providing aid for the 50k runners who passed a second time by a few hours later.

After leaving "Buttslide" runners were treated to a three mile flat fast section leading to the Water Tower aid station where Cole Nypaver, Abby Williamson, Bobby Glenn, and Ken Lonseth shared time making sure runners were ready for the first big climb of the day. After a quick run past the upper and lower Mill Ponds and the historic Rice Grist Mill, it was onto Cliff Trail, which climbs to the best view on the entire course atop Observation Point overlooking Norris Dam below. After completing the short loop, runners headed back down for their second stop at the Water Tower aid station and then undertook the second big climb of the day up over High Point by way of Ridgecrest trail. After managing two big climbs in the last five miles of the course, runners were treated to a fast technical descent back down into the historic CCC cabin area and a short stretch of asphalt to finish the course. For 50k runners, a short stop and check-in at the finish line and it was back out to do it all over again in the same direction.

Congratulations to this year's winner, Heath Brewer, who defended his win from last year, setting a new course record of 4:36:19! Our 50k female winner was Knoxvilleian Jessica Tucker, who finished in 6:30:52. 25k winner Jamie McCart also defended his win from last year, covering the course in 2:10:13. Dana Rohloff earned this year's female crown by finishing with a time of 2:44:17.

Thanks to all the volunteers and committee members who show up and help make this a great event every year. My wife Rebecca and I love being able to direct a race that brings runners in from states all over to enjoy one of our favorite parks here in east Tennessee! Now on to 2020 and new directions!



# MASSIVE CROWD TREADS REGAL TURKEY TROT

*David Black, race director*

Thanksgiving Day 2019 saw perfect weather and a record setting crowd for the Knoxville Track Club. This course showcases the beauty of downtown Knoxville and is a favorite for many participants. Participants run Gay Street in its entirety passing the Regal Riviera Cinema twice. The course also includes both the Henley Street and Gay Street bridges offering spectacular views of Knoxville.

Once again, the pre and post-race activities were in the beautiful Mill and Mine. This is truly an amazing entertainment venue which we are thankful to use for this very special Thanksgiving tradition. The Little Gobbler Run was the first event of the day. Over 150 of the nearly 200 kids registered ran through the city to start the day.

This holiday race is so fun to watch with highly competitive people, families running together, many people dressed festive

and of course a couple of “official turkeys” mixed in. In keeping with recent tradition, each finisher was given a custom Christmas ornament.

Christopher Rayder of Collierville won the 5k, marking his fourth KTC road win for the year. Jonathan Loy of Thomasville NC and Joshua Mower of Knoxville rounded out the top three. KTC Hall of Fame members Gina Rouse and Kathy Wolski took the first and second spots for the females, while Jenny Jones took third overall.



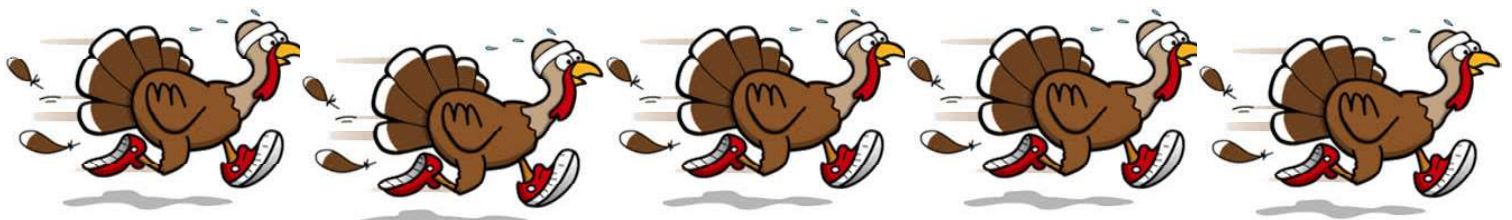
This year 2,409 total participants signed up, including 191 for the Little Gobblers Run. This made for the largest ever KTC Thanksgiving Day race. This marked

the 35<sup>th</sup> Thanksgiving Day Race for KTC, having attendees from 33 States, DC and Canada.

Special thank you to our sponsors: Regal Cinemas, Pilot/Flying J, Calhoun’s, The Mill and the Mine, BK Graphics, Elmore Stone & Caffey, Zen Evo Dark Chocolate, Eddie’s Health Shoppe, New Balance Knoxville, Knoxville Performance Lab, Academy Sports and Outdoors and Sterl the Pearl. Many door prizes were donated from businesses including This Little Scissor, Knoxville Acupuncture and other great KTC sponsors.



This is the largest KTC event behind the Covenant Health Knoxville Marathon events and it takes many amazing volunteers to organize. As race director and Executive Director, I would like to thank the volunteers, participants and sponsors. This is a very special Thanksgiving Day tradition for so many and we hope more will join us in 2020.







# Record Breaking Races at Dirty South



*Tim Hill, race director*

Anyone who has been through Knoxville's Urban Wilderness over the past decade can attest to the relentless evolution of its trails. From the original "south loop" and the various trail networks that spiraled off of it, has led to a renaissance of South Knoxville. We are very thankful for the continued efforts of the AMBC and other local partners to keep the trails clear and inventing more possibilities of mileage to explore. Now, with the combination of the Urban Wilderness's role as a rite of passage in Knoxville Trail running and the absolutely gorgeous weather on Sunday Dec 9<sup>th</sup>, we should have expected the record turn-out for the 2019 edition of the Dirty South Half Marathon and 10k.



son School and a flowing climb out of Forks of the River. The 10k intended to follow the half out of the quarry, take a dive down Southside Rd and reenter the woods for a fast and flowing finish back through Meads Quarry Trails.

During the weekend course marking, however, a property owner had closed off the planned connection from Southside Road back into the quarry. Without time to discuss easements, debate survey lines and clear trail (although two of our friends surprised us and did go clear the trail Saturday morning), we decided to reroute the 10k to avoid the conflict. What resulted was perhaps an improved course, taking runners on a figure eight, starting on the rocky and flowing trails of the quarry then crossing over to the main Ijams property to grab a hilly, scenic and smooth two miles.

We did not want to leave our kids out of the challenge and so they started out the morning with a one mile run up the rocky climb of Imerys trail and back down the aptly named "flow"

trail. Rush Mills crossed the finish line in 10:02.

It wasn't long after the wave of runners disappeared into the woods that Sam Lloyd-Perks, Andrew Bernstein and Harrison Calhoun returned for the 10k, crossed Island Home Avenue for a surprise climb and came in to finish at 42:37, 44:51 and 45:40, respectively. Hollie Watson, Laura Elzey and Alden Larrick took the womens 10k top 3 in 58:23, 1:00:32 and 1:02:11, respectively.

It was a tight race all morning for the half marathon, with the top 4 finishing within a minute of each other.



Keith Crouch, Zach Darby and Brandon Ward took top 3 in 1:49:52, 1:50:21 and 1:50:32. Mary Sketch (1:57:36) finished top lady, followed by Amanda Hardcastle (2:02:35) and McKenzie Gibson (2:10:08).

Thanks for everyone who came out, ran and hung out with us afterward. All of our volunteers are fantastic, but a particular shout out to Mark Taylor who helped manage a very busy parking situation! That's a wrap for the 2019 TTT series and we hope to see you again in 2020!





Join the Knoxville Track Club for the

2020 Race Events

January—February Races



Please note that discounts cannot be applied to mail-in registrations

New Year's Day 5K—1/1/20 (Check here if running this event)
Cost—\$35 Fleece Blanket for each participant No Blanket (Deduct \$5)

Form forms must be received 1 week prior to race date.

Caithon's 10 Miller—1/18/20 (Check here if running this event)
Cost—\$40
Shirt—Long Sleeve Unisex— Sizes (Choose One) S M L XL XXL No Shirt (Deduct \$5)

Strawberry Plains Half Marathon—2/1/20 or 10K (Choose ONE event)
Cost—Half Marathon \$60/ 10K \$35
Shirt—Quarter Zip for Half/ Long Sleeve Tee Blend for 10K
Unisex— Sizes (Choose One) S M L XL XXL No Shirt (Deduct \$5)

Whitestone 30K—2/23/20 (Please note 30K Road or Trail or Road or Trail Relay)
Cost—\$50 Relay \$30 Extra Meal Ticket—\$15 Please note road or trail.
Shirt—Gender Specific Singlet— Sizes (Choose One) W3 W4 W5 W6 W7 W8 W9 W10 W11 W12 W13 W14 W15 W16 W17 W18 W19 W20 W21 W22 W23 W24 W25 W26 W27 W28 W29 W30 W31 W32 W33 W34 W35 W36 W37 W38 W39 W40 W41 W42 W43 W44 W45 W46 W47 W48 W49 W50 W51 W52 W53 W54 W55 W56 W57 W58 W59 W60 W61 W62 W63 W64 W65 W66 W67 W68 W69 W70 W71 W72 W73 W74 W75 W76 W77 W78 W79 W80 W81 W82 W83 W84 W85 W86 W87 W88 W89 W90 W91 W92 W93 W94 W95 W96 W97 W98 W99 W100
No Singlet (Deduct \$5)

ATHLETE'S ASSUMPTION OF RISK, WAIVER, RELEASE, HOLD HARMLESS & COVENANT NOT TO SUE ("Waiver")

IT IS IMPORTANT THAT YOU READ THIS WAIVER. THIS WAIVER AFFECTS YOUR LEGAL RIGHTS AND INCLUDES A RELEASE OF LIABILITY. SEEK ADVICE OF AN ATTORNEY IF YOU ARE UNSURE AS TO ITS EFFECTS.

Part and in consideration of the Knoxville Track and Field Club, Inc. ("ETC") allowing me, the undersigned, to participate in the event (the "Event"), I, intending to be legally bound, hereby, for myself, my family, my heirs, executors, administrators and anyone credited to action on my behalf, fully and forever waive, release, discharge, hold harmless and covenant not to sue the Released Parties (defined below) from any and all liability, claim, demand, cause(s) of action, damages(s), loss or expense (including reasonable and necessary "Post") Loss(s) of any kind whether foreseeable or unforeseen, known or unknown (including but not limited to death, injury or property damage of any kind and nature whatsoever) which may arise out of, result from or relate in any way to my participation in the Event or Events and activities, even though the Loss may arise in whole or part from the negligence or negligence of the Released Parties. I further agree that, despite this Agreement, I, or anyone on my behalf, makes a claim for a Loss against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Loss which may be incurred by it as the result of such claim.

The "Released Parties" means ETC, Road Runners Club of America, Incorporated, all cities, counties, states, other political subdivisions, property owners, property lessees, property operators and all others as or on whose behalf, venue or property the Event is given or the Event or Events and activities (including but not limited to open, registration, public pickup, prize runs and social events) are held, all sponsoring, operating and co-sponsoring entities and persons related to the Event and Events and activities, ETC, insurance carriers, race and program directors, event personnel & volunteers, any and all municipal and other political agencies whose property and/or personnel are used in any way associated together with all owners, members, directors, officers, managers, agents, employees, contractors, representatives, affiliates, successors and assigns of each of the foregoing.

I understand and acknowledge that participation in athletic events is a generally hazardous activity. I hereby assume all risks of illness, damage(s) or injury(ies) that may be sustained while participating in the Event which include, but are not limited to, falls, collisions with other participants, animals and natural & man-made objects, effects of weather (including high heat and/or humidity, cold, snow and ice), traffic and other road hazards and conditions, damage to equipment and property, broken bones, dislocation and death, all such risks being known and appreciated by me. I am fully aware of the risks and hazards inherent in participating in the Event and hereby choose to voluntarily participate understanding these risks. I represent and warrant that I am in good physical condition and that I am medically able and properly trained to participate in the Event. I am responsible for my own safety and well-being at all times and under all circumstances, however, I shall abide by any decision of the Event's medical official(s) relative to my ability to safely continue to complete the Event. I hereby grant to the Event's medical official(s) access to all medical records (and physical(s) as needed) and authorize medical treatment as needed, however, I do have the right to refuse medical care provided by the Event's medical official. I assume responsibility for and shall pay any and all medical & emergency expenses (including, but not limited to, ambulance transport, hospital stays, physician and pharmaceutical goods and services) in the event of an accident, illness or other incapacity incurred as a result of my injury for or participating in the Event regardless of whether I have authorized such expenses.

I acknowledge and agree that any necessary medical, coaching, training or otherwise for any reason should I become unable to participate in the Event or if the Event is delayed, suspended or cancelled due to weather or any other reason. I further acknowledge and agree that ETC may, for any reason and in its sole discretion, register, suspend or revoke my participation in the Event or delay, suspend or cancel the Event. I will promptly abide by any and all decisions and directions of ETC, Event officials and emergency personnel including immediately ceasing participation in the Event if directed to do so. Further, I agree and acknowledge that I am personally responsible for making shelter in the case of a fire or other emergency regardless of being informed, alerted by ETC, Event officials or emergency personnel.

I understand that the use of headphones is prohibited at all ETC events that are open to traffic and is strongly discouraged at all other events. I acknowledge and agree not to use them in events open to traffic and that if I use them, then ETC has the right to confiscate them and remove anyone from the course. I understand and acknowledge that if the Event is open to traffic, then the Event is a no-headphone event.

I understand that no skateboards, roller skates, roller blades, inline skates, baby strollers or joggers, dogs or other animals (except for service animals) are allowed on the course and, unless I receive prior written authorization from the executive director of ETC, I will comply and abide by the these and all other rules and regulations established for the Event.

Further, I hereby grant to ETC and its directors, employees, contractors and agents full permission to and hereby authorize by their name, likeness, biographic information and athletic performance and to take and use any photographs, digital images, recordings, video or audio recording, or any other record of me participating in the Event for any purpose at any time without compensation.

Parent or Guardian Waiver for Minors (The undersigned parent and natural or legal guardian does hereby represent and warrant that, in like, acting in such capacity and grant permission for such minor to participate in the Event and agree to the above terms. The said parent/guardian further agrees to save and hold harmless and indemnify each and all Released Parties from all liability, loss, cost or damage whatsoever which may be incurred by or imposed upon said parent as a result of any claim by or on behalf of the minor participant or because of any defect in or lack of capacity to attend to the Released Parties on behalf of the minor.

I am not a child (or my parent, natural guardian or legal guardian, if I am under the age of 18) am of legal age and consent to enter into this Waiver.

MINOR SIGNING THIS RELEASE IF YOU DO NOT UNDERSTAND OR DO NOT AGREE WITH ITS TERMS.

I HAVE READ AND UNDERSTAND THIS WAIVER IN ITS ENTIRETY AND INTENTIONALLY AND VOLUNTARILY SIGN IT.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Email Address #: \_\_\_\_\_ \*Required for race communications. Zip Code: \_\_\_\_\_

Emergency Name/Number: \_\_\_\_\_

Gender (Circle One) Male Female Age on Race Day: \_\_\_ Birthdate (Mo/Day/Yr): \_\_\_\_\_

Clydesdale/Athena Division (Circle One If Applicable) 200+ lbs Male 150+ lbs Female

Check Total: \_\_\_\_\_ Please make checks payable to Knoxville Track Club; Mail to KTC Races, PO Box 52266, Knoxville, TN 37950

NO REFUNDS AND NO BIB TRANSFERS. NO EXCEPTIONS.





The Knoxville Track Club's Treadin' Trodden Trails 2020 Offroad Running Series proudly presents

# WANDERERS TRAIL RACE

**DATE/TIME PLACE:** Sunday afternoon, January 12, 2020. 2:00 p.m. EST. Starts/finishes at Maryville College in Maryville TN.

**COURSE DESCRIPTION:** This 5k course meanders through the woods, crossing hills, dales, rocks, roots, streams, and grassy knolls. Kids Trail Mile precedes main race at 1:30, running a similar fun course in the woods. Race will be chip timed.

**DIRECTIONS:** From Knoxville, take Pellissippi Parkway or Alcoa Highway toward McGee-Tyson airport. Past the airport, bear left toward Maryville on 35 (N. Hall Road) for 3 miles, then turn right onto 321 (Lamar Alexander Parkway). Turn left onto S. Court Street, then turn left into the Maryville College campus. Take your next two right turns, going by the baseball field then between two football fields. Race begins and ends at the pavilion next to the College Cemetery. Or just point your GPS device to latitude 35.749133, longitude -83.960869

**REGISTRATION AND FEES (NO REFUNDS AND NO BIB TRANSFERS):** Fee \$20.00 for pre-registration and online registration. KTC discount accepted. \$10.00 for students 14 and younger. Online registration available at [www.ktc.org](http://www.ktc.org). **NOTE:** Day of Race registration \$25.00, no KTC discount available day of race. Kids Run fee \$5.00 any time.

**SPECIAL SERIES REGISTRATION OFFER:** Sign up online for Nine for \$109 race series and **SAVE BIG!** Details at [www.ktc.org](http://www.ktc.org) Expires 1/12/2020.

**T-SHIRTS:** Special limited edition technical T-shirts will be printed for the series. This is the same shirt as at all other Treadin' Trodden Trails races; one shirt per runner **PER SEASON** please. Taking multiple shirts reduces monies we are able to donate to trail friendly causes.

**SPECIAL SERIES AWARDS:** Points will be awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (five each male / female and < 40 / 40+) will receive TTT Series awards. Overall top male and female and top male and female masters qualify for free entry to the entire 2021 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual must be a current KTC member and volunteer at a minimum of three Treadin' Trodden Trails events. Point totals accrue at all series races (details online) but individual totals are limited to the best scores in a maximum of eight series events.

**RESULTS:** Results will be available on the Knoxville Track Club website: [www.ktc.org](http://www.ktc.org)

**COURSE ETIQUETTE:** We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades or pets on the course.

**SAFETY:** Aid and water stations will be provided, but in an effort to be greener, we require all runners to carry their own water, i.e., no cups provided at aid stations. If you don't own a handheld, consider purchasing one. Otherwise a basic water bottle will be provided. We also strongly recommend that anyone sensitive to insect sting or bites carry their own medication. Finally, we urge that everyone do some pre-race training offroad, as there is no substitute for experience. We want you to have a good time.

**INFO FOR RUNNING OR VOLUNTEERING:** Contact race director Kathy Smith 865.806.5999 (no mexample@gmail.com). More info 865.548.4718 Volunteer info and signup is available on [Rm.signup.com](http://Rm.signup.com)

## OFFICIAL 2020 WANDERERS' TRAIL RACE ENTRY FORM

Race Number

Address \_\_\_\_\_

Race  5k  Kids

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name \_\_\_\_\_  
Last \_\_\_\_\_

Phone ( ) \_\_\_\_\_ - \_\_\_\_\_ E-Mail Address \_\_\_\_\_

First \_\_\_\_\_

In case of emergency, call \_\_\_\_\_  
at Phone ( ) \_\_\_\_\_ - \_\_\_\_\_

Sex Circle One male female

**We reserve the right to disqualify anyone who exhibit unsportsmanlike conduct or is abusive to volunteers!**

Age (as of 12-31-20) \_\_\_\_\_

Birthdate Mo. \_\_\_\_ Day \_\_\_\_ Yr \_\_\_\_

T-shirt Size (circle one)  
None XS S M L XL XXL  
YM YL

**ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.**  
I know that running and volunteering is fun, but it can also be occasionally hazardous activities. I should not expect and will not expect the Wanderers' Trail Race to be free from medical risk and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running and/or volunteering to work in the above mentioned race, including but not limited to fall, contact with other participants, the effects of weather, including high heat, humidity, ice and snow, the condition of the roads and/or off-road course, all such risks being known and acknowledged by me, having read this waiver and knowing these facts, and in consideration of your assumption of my application, for myself, and anyone included as one of my behalf, waive and release (KNOXVILLE TRACK CLUB, MARYVILLE COLLEGE, SEQUOIA COUNTY, AND THE CITY OF MARYVILLE) any and all members thereof, and all further successors, their heirs, executors, successors, from all claims or liability of any kind arising out of my participation in the above mentioned event, even though the liability may be one of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, video, audio, recordings, recordings, or any other record of this event for any legitimate purpose.

Fill Out Completely and Mail with Entry Fees to:

Michael deLisle, Wanderers' Trail Race  
1633 Heimbolt Rd  
Knoxville, TN 37909

Make checks payable to  
The Knoxville Track Club (No refunds)

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
& if under 18, parent's signature

\_\_\_\_\_  
Date



The Knoxville Track Club's Treadin' Trodden Trails 2020 Offroad Running Series proudly presents



# DARK HOLLOW WALLOW

**DATE/TIME/PLACE:** Sunday afternoon, March 8, 2020, 2:00 pm. **KIDS RACE** starts at 1:30 pm. Starts/finishes at Big Ridge State Park on state highway 61 between Norris and Maynardville.

**COURSE DESCRIPTION:** The eleven mile course delves into long forgotten, mud-slogged or evasive thought to be haunted by haunts, demons, banshees, phantoms, and poltergeists. There be hills, including one particularly memorable one on the long course. A shorter but similarly challenging five-mile course will also be offered, and a Kids Trail Mile will precede the main race at 1:30 pm.

**DIRECTIONS:** Take I-75 to exit 122, then follow Highway 61 east for approximately 12 miles. Park entrance is on the left. GP Junkies, look for 1015 Big Ridge Park Rd, Maynardville, TN 37807. Latitude, Longitude: 36.243240, -83.930417

**REGISTRATION AND FEES (NO REFUNDS AND NO BIE TRANSFERS):** Fee: \$20.00 for pre-registration and online registration. KTC discount accepted. \$10.00 for students 14 and younger. Online registration available at [www.ktc.org](http://www.ktc.org). NOTE: Day of Race registration \$25.00, no KTC discount available day of race. Kids Run fee \$5.00 any time.

**T-SHIRTS:** Special limited edition T-shirts will be printed for the series. This is the same shirt as at all other Treadin' Trodden Trails races; one shirt per runner PER SEASON please. Taking multiple shirts minimizes monies we are able to donate to trail friendly causes.

**GRAND PRIX POINTS:** Full points (i.e., 100, 90, etc.) will be awarded for the 11 Mile and Half points (i.e., 50, 45, etc.) awarded for the 5 Mile. **SPECIAL SERIES AWARDS:** Points will be awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (five each male/female and <40/40+) will receive TTT Series awards. Overall top male and female and top male and female masters qualify for free entry to the entire 2021 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual must be a current KTC member and volunteer at a minimum of three Treadin' Trodden Trails events. Point totals accrue in a maximum of eight series events.

**RESULTS:** Results will be available on the Knoxville Track Club website: [www.ktc.org](http://www.ktc.org)

**COURSE ETIQUETTE:** We reserve the right to disqualify anyone who exhibits un-sportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades or pets on the course.

**SAFETY:** Aid and water stations will be provided, but in an effort to be greener, we require all runners to carry their own water, i.e., no cups at these stations. If you don't own a handheld, consider purchasing one; they're quite useful out on the trail. Otherwise a basic water bottle will be provided and handheld bottle holders will be available for purchase inexpensively. We also strongly recommend that anyone sensitive to insect stings or bites carry their own medication. Finally, we urge that everyone do some pre-race training offroad, as there is no substitute for experience. We want you to have a good time.

**INFO FOR RUNNING OR VOLUNTEERING:** Contact race director Bobby Glenn 865.548.7664 or [bglenns@cloudf.com](mailto:bglenns@cloudf.com). More info 865.548.4718. Volunteer info and sign up available on [Runsignup.com](http://Runsignup.com).

## OFFICIAL 2020 DARK HOLLOW WALLOW ENTRY FORM

Race Number

Address \_\_\_\_\_

Race  11 Mile  5 Mile  Kids

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name \_\_\_\_\_  
Last \_\_\_\_\_

Phone ( ) \_\_\_\_\_ E-Mail Address \_\_\_\_\_

First \_\_\_\_\_

In case of emergency, call \_\_\_\_\_  
at Phone ( ) \_\_\_\_\_

Sex Circle One male female

**We reserve the right to disqualify anyone who exhibits un-sportsmanlike conduct or is abusive to volunteers!**

Age (as of 12-31-20) \_\_\_\_\_

Birthdate Mo. \_\_\_\_ Day \_\_\_\_ Yr \_\_\_\_

T-shirt Size (circle one)

None XS S M L XL XXL  
YM YL

**ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.** I know that running and volunteering to work on club races are occasionally hazardous activities. I should know and run on the Dark Hollow Wallow race. I am medically able and am clearly stated. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running and/or volunteering to work on the aforementioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and assumed by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my acceptance, I for myself and anyone else listed to act on my behalf, waive and release KNOXVILLE TRACK CLUB, BIG RIDGE STATE PARK, THE STATE OF TENNESSEE, UNION COUNTY, AND THE CITY OF MAYNARDVILLE, any and all members thereof, and all future successors, their respective heirs, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though such liability may arise out of negligence or carelessness on the part of the members named in this waiver. I also grant permission to all the foregoing to use my photographs, video recordings, recordings, or any other record of this event for any legitimate purpose.

Fill Out Completely and Mail with Entry Fees to:  
Michael deLisle, Dark Hollow Wallow Race  
1633 Helmolt Rd  
Knoxville, TN 37909

Make checks payable to  
The Knoxville Track Club (No refunds)

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
& if under 18, parent's signature

\_\_\_\_\_  
Date





First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Birthdate mm/dd/yy   /   /   Age on Race Day   Gender (M)   (F)  
 Street Address \_\_\_\_\_  
 City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 School \_\_\_\_\_  
 Grade (Circle one)  K  1  2  3  4  5  6  7  8  9    Shirt Size (Circle one)   YS   YM   YL   YXL   Adult S   Adult M

Parents and guardians may run with their child if they wish. For safety reasons, adults will be required to wear a bib/runners number to accompany the child on the course. Every child who enters the event will be given two bibs with the same number—one for the child and one for the accompanying adult. Each child receives ONE complimentary bib for an accompanying adult or guardian. If an additional adult wishes to participate with the child, please complete the "Additional Entry - \$5 Fee" section of the registration form. *No one is allowed on the course without a bib.* For lost parent/child reasons, the child and adult bibs will both contain the child's information. NOTE: Additional Entry - \$5 Fee" does NOT include a t-shirt for the accompanying adult.

PAYMENT INFORMATION	
Entry Fee	<input type="text"/>
10/1/2019 - 2/14/2020 - \$20	
2/15/20 - 3/15/20 - \$25	
At Expo/Day of Race - \$25	
Additional Entry: \$5	<input type="text"/>
<b>TOTAL FEE:</b>	<input type="text"/>
Mail completed entry form and check payable to Knoxville Marathon PO Box 53442 Knoxville, TN 37950	
<b>ENTRY FEE IS NON-REFUNDABLE</b>	
For office use only	
Rec'd <input type="text"/>	Check # <input type="text"/>

**PARENT or GUARDIAN ENTRY/ EMERGENCY CONTACT**

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Email \_\_\_\_\_

**ADDITIONAL ENTRY - \$5 FEE**

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

In consideration of your accepting this entry, I, the undersigned intending to be legally bound, hereby, for myself (my family, my heirs, executors, and administrators), forever waive, release & discharge any and all rights & claims for damages & causes of suit or action known or unknown, that may have against the Knoxville Marathon, The Knoxville Track Club, Covenant Health, The City of Knoxville, Road Runners Club of America, Altman Consulting, and all other political entities, all independent contractors & construction firms working on or near the course at Knoxville Marathon Race Committee persons, Officials & Volunteers, & all sponsors of the Marathon, & their associated Marathon Events & their officials, directors, employees, agents & representatives, successors, & assigns, for any and all injuries that may be suffered by me in this event. I attest that I am physically fit, am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have suitably trained for the completion of this event. I also agree to abide by any decision of an appointed official relative to my ability to safely continue or complete the run. I further assume and will pay my own medical & emergency expenses in the event of an accident, illness or injury regardless of whether I have authorized such expense. Further, I hereby grant full permission to the Knoxville Marathon and/or agents hereby authorized by photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. I further understand that there are no refunds, exchanges, transfers or rollovers, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspected terrorist activity. I understand if I use a MP3 player, iPod, headset, cell phone or other electronic device while participating in the event, I will do so in a reasonable way using common sense and awareness of those around me. I have read this waiver carefully & understand it.

**PARENT/GUARDIAN MUST SIGN BELOW TO COMPLETE THIS ENTRY FORM**

\_\_\_\_\_  
 Signature of Parent or Guardian (Required)                      Date





The Knoxville Track Club's Treadin' Trodden Trails 2020 Offroad Running Series proudly presents



# NORTH BOUNDARY TRAVERSE

**DATETIME PLACE:** Sunday, April 5, 2020, 9:00 am. Staging area will be on Renovare Blvd off the Oak Ridge Turnpike at the west end of Oak Ridge, TN. Kids Trail Mile starts 8:30 am.

**COURSES DESCRIPTION:** Both the rollicking fifteen-mile course and equally fun 6 1/2-mile course will traverse a combination of single track trail and jeep road. Hills will be available. More than one.

**DIRECTIONS** —From Knoxville: Take Pellissippi Parkway west to Oak Ridge. Go through town on Illinois Avenue and turn left onto the Oak Ridge turnpike (Hwy 95). Go about 6.1 miles to Renovare Blvd and turn right. Latitude 35.9577911 longitude -84.368991

**REGISTRATION AND FEES (NO REFUNDS AND NO BIRTH TRANSFERS):** 15miler \$25.00 for pre-registration and online registration. 10k \$20.00 for pre-registration and online registration. KTC discount accepted. Online registration available at [www.ktc.org](http://www.ktc.org) NOTE: Day of Race registration for 15-miler is \$30.00, 10k \$25.00. No KTC discount available day of race. \$10.00 for students 14 and younger. Kids Run fee \$5.00 any time.

**SPECIAL SERIES REGISTRATION OFFER:** Sign up online for Ninemiler for \$109 race series and SAVE BIG! Details at [www.ktc.org](http://www.ktc.org) Expires 1/12/2020.

**T-SHIRTS:** Special limited edition T-shirts will be printed for the series. This is the same shirt as at all other Treadin' Trodden Trails races; one shirt per runner PER SEASON please. Taking multiple shirts minimizes monies we are able to donate to trail friendly causes.

**GRAND PRIX POINTS:** Full points (i.e., 100, 90, etc.) will be awarded for the 15 miler and Half points (i.e., 50, 45, etc.) awarded for the 6.

**SPECIAL SERIES AWARDS:** Points awarded for overall finish (and volunteerism) at each of the TTT Series races. Top point earners at the end of the series (five each male / female and < 40 / 40+) will receive TTT Series awards. Overall top male and female and top male and female masters qualify for free entry to the entire 2021 Treadin' Trodden Trails racing season. In order to qualify for a series award, an individual must be a current KTC member and volunteer at a minimum of three Treadin' Trodden Trails events. Point totals accrue in a maximum of eight series events.

**RESULTS:** Results will be available on the Knoxville Track Club web site: [www.ktc.org](http://www.ktc.org)

**COURSE ETIQUETTE:** We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations, no headsets, earphones, bicycles, baby strollers, roller blades or pets on the course.

**SAFETY:** Aid and water stations will be provided, but in an effort to be greener, we require all runners to carry their own water, i.e., no cups at the aid stations. If you don't own a handheld, consider purchasing one; they're quite useful out on the trail. Otherwise a basic water bottle will be provided and handheld bottle holders will be available for purchase inexpensively. Weals strongly recommend that anyone sensitive to insect stings or bites carry their own medication. Finally, we urge that everyone do some pre-race training offroad, as there is no substitute for experience. We want you to have a good time.

**INFO FOR RUNNING OR VOLUNTEERING:** Contact race director Chris George at 865.223.1242 or [chefchris@frontier.com](mailto:chefchris@frontier.com). More race and Treadin' Trodden Trails series info available at 865.5484718. Volunteer info and sign up available on [Runsignup.com](http://Runsignup.com)

## OFFICIAL 2020 NORTH BOUNDARY TRAVERSE ENTRY FORM

Race Number

Address \_\_\_\_\_

Race  15 Mile  6 1/2 Mile  Kids

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name \_\_\_\_\_  
Last \_\_\_\_\_

Phone ( ) \_\_\_\_\_ E-Mail Address \_\_\_\_\_

First \_\_\_\_\_

In case of emergency, call \_\_\_\_\_  
at Phone ( ) \_\_\_\_\_

**COURSE CLOSES  
1:30 PM**

Sex Circle One male female

Age (as of 12-31-20) \_\_\_\_\_

Birthdate Mo. \_\_\_\_ Day \_\_\_\_ Yr \_\_\_\_

T-shirt Size (circle one)

None XS S M L XL XXL  
YM YL

**Fill Out Completely and Mail with Entry Fee to:**

Michael deLisle, North Boundary Traverse  
1633 Hehrbolt Rd, Knoxville TN 37909

Make checks payable to  
The Knoxville Track Club (Norefunds)

**We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers!**

**ATHLETE'S RELEASE: PLEASE READ TO RUN THE RACE, YOU MUST SIGN AND DATE IT.**

I know that running and volunteering to work on trails are occasionally hazardous activities. I should not enter and run the North Boundary Traverse unless I am medically able and soberly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and for volunteering to work on the aforementioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat, humidity, ice and snow, the condition of the trail and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, for myself, and anyone included in or on my behalf, waive and release (KNOXVILLE TRACK CLUB, THE CITY OF OAK RIDGE, THE STATE OF TENNESSEE, AND HANCOCK COUNTY, AND THE DEPARTMENT OF PUBLIC SAFETY and all members thereof, and all future successors, their respective heirs, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though the liability may arise out of negligence or carelessness on the part of the person named in this waiver. I also grant permission to all the foregoing to use my photographs, name or picture, recordings, or any other record of this event for any legitimate purpose.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
& if under 18, parent's signature

\_\_\_\_\_  
Date



# KTC Membership

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

Julie Adams	Aaron Byl	Draime Family	Herndon Family	Jenny Jones	Regis Monticeli	Jonathon Riggsbee	Andee Swann
Kelsie Ahbe	Wil Cantrell	Carri Duke	Heather Heydasch	Baker Jones	Morgan Family	Ringer Family	AJ Swann
Abby Allen Family	James Cantu	Eddlemon Family	Deana Hibbert	Christy Jones	Morse Family	Shaun Robbins	Swanner Family
Anna Allen Family	Lindy Carroll	Jessica Ende	David Hicks	Andrew Jordan	Megan Mouser	Patricia Robledo	Thompson Family
Altobelli Family	Mike Caruthers	Garrett Fadden	Kevin Hlava	Sarah Keith	Mullins Family	Matt Rogers	Threat Family
Vicky Anderson	Tyler Case	Tony Farmer	Edward Holton	Amanda Kennedy	Becky Mumper	Adam Rogers	Toedte Family
Toshinori Ariga	Joanna Case	Amelia Fass	Paul Honebrink	David Kesterson	Susan Musser	Ross West Family	Mike Townsend
Atkinson Family	Dennis Clabo	Danny Ferrell	Cheryl Horn	Susan Nelson	Susan Nelson	Cecile Rowlette	Angela Trent
Ault Family	Rob Clark	Fickey Family	Paul Howe	Mark Nipper	Caleb Rucker	Jeff Salyers	Jessica Tucker
Joe Axley	Meghan Cole	Hannah Foust	Shelly Howerton	Nolen Family	David Sarge	Eric Nussbaum	Jill Van Beke
Tim Backer	Jeff Colfer	Bruce Fox Family	Howington Family	Eric Nussbaum	Larry Sawyer	Kevin O'Connor	Max Warneke
Baker Family	Cordy Family	John Fox Family	Hoyle Family	Kellen O'Connor	Audrey Schlutt	O'Hagan Family	Vetter Family
Evan Baker	Freddie Cox	Connie French	Glenn Hudson	O'Hagan Family	Cameron Sears	Oliveros Family	Katie Walters
Jonathan Bell	Jenna Cox	Dane George	Matthew Hudson	Scott Larrick	Sellers Family	Sheila Palmer	Ross Whitfield
Bemiller Family	Xuehua Cui	Cassidy Giles	Sonny Hunter	David Lett	Jessica Shanks	Carl Papa, Jr.	Rebecca Whitehead
Bryan Benson	Katie Culver	Stephanie Gnann	Hilary Hunter	Lin Family	Lisa Shaver	Brent Pendergast	Angela Trent
Teresa Bones	Cunningham Family	Sally Goad	Elise Hurley	MacKintosh Family	Melissa Peplow	Jennifer Smith	Jeff Whittaker
Michele Brackett	Kelly Davis	Grambling Family	Jackson Family	Mamantov Family	Lauren Phillips-Stadler	Smith Family	Cindy Williams
Brandt Family	Sharon Deane	Gary Gray	Moriah Jambor	Martin Family	Erin Pickens	John Snelling	Katherine Wilson
Brede Family	Jim Decker	Gregory Family	Debbie Jenkins	Masters Family	Price Family	Sonja Spell	Suzy Wilson
Britt Family	Sue Deery	Matthew Hampton	Jernigan Family	David McLennan	Bill Proffitt	Stormer Family	Wilson Family
Brown Family	Eliza Dickenson	Scott Harold	Lesa Johnson	McNally Family	Oskar Reese	Susan Stout	Lori Woods
Kathy Browning	Kaycee Dixon	Aaron Harris	Jeff Johnson	Holly Mercer	Emily Reichard	Sudhoff Family	Woods Family
Colton Bryan	Brynn Downing	John Hassett	Betty Johnson Family	Metz Family	Tara Reitz	Michael Swaggerty	Rachel Zizka
		Hatfield Family	Lorrie Johnson Family	Derek Moessinger			

**ARTICLES:** Anyone who wishes to write or submit photos pertinent to the running community are invited to send copy, photos, and letters (preferably by e-mail to mdelisle@comcast.net) to the editor, Michael deLisle, 1633 Helmbolt Rd, Knoxville TN 37909, or call (865) 548-4718. Copy and art deadlines are the 15th day of each even numbered month (Feb, Apr, Jun, Aug, Oct, Dec). Publication is bimonthly, beginning with the January issue, and is usually distributed via email on or about 1st day of the month. Contents © 2020 Knoxville Track Club.

**JOIN THE KNOXVILLE TRACK CLUB:** The KTC meetings and races are open to anyone who is interested in physical fitness through running. Membership includes the award winning magazine FOOTNOTES, monthly business meetings, program meetings, KTC road trips, the annual picnic/awards banquet and the Christmas party. To join the KTC, fill out this application and send it with the appropriate fee to the membership chairperson at the address indicated, or sign up online at [www.ktc.org](http://www.ktc.org).

Membership in the Knoxville Track Club has many benefits. Members receive a \$20 race voucher for each year of membership (one per membership), a car decal, the award-winning bimonthly Footnotes Magazine, the monthly e-newsletter (The Start Line), discounts at many local businesses, social events, and a \$5 discount during early registration for any KTC road race (including the Covenant Health Knoxville Marathon but not the Trail Series.)

Individual Membership
___ 1 Year - \$25
___ 2 Years - \$45
___ 3 Years - \$65

Family Membership (must live at same address)
___ 1 Year - \$35
___ 2 Years - \$60
___ 3 Years - \$85

Student Membership (12th grade and under)
___ 1 Year - \$15
___ 2 Years - \$25
___ 3 Years - \$35

Special Military Discount: Deduct \$5 from any membership type for active duty members of the Military.

Please provide Military Branch: \_\_\_\_\_

All memberships include bi-monthly Footnotes Magazine delivery through email.

Please mail this application, along with your payment, to: Kathy Nash, KTC Membership, 1120 Ellsborn Ridge Road Maryville 37801-9330

Primary Member Name: \_\_\_\_\_ Gender: Male Female Date of Birth: \_\_\_/\_\_\_/\_\_\_

Family Member #2 Name: \_\_\_\_\_ Gender: Male Female Date of Birth: \_\_\_/\_\_\_/\_\_\_

Family Member #3 Name: \_\_\_\_\_ Gender: Male Female Date of Birth: \_\_\_/\_\_\_/\_\_\_

Family Member #4 Name: \_\_\_\_\_ Gender: Male Female Date of Birth: \_\_\_/\_\_\_/\_\_\_

Family Member #5 Name: \_\_\_\_\_ Gender: Male Female Date of Birth: \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

(Necessary for email delivery of bi-monthly Footnotes and monthly newsletter.)

How did you hear about KTC? \_\_\_\_\_

Would you like to volunteer at KTC events? Yes \_\_\_ No \_\_\_

**Member's Release:** I know that running and volunteering to work in club races are potentially hazardous activities. I assume all risks associated with running and/or volunteering to work in the aforementioned, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read the waiver and knowing these facts, and in consideration of acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release the Knoxville Track Club, RRCA, USATF, and any/all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in aforementioned events, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Signature (Parents, if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

# Event Schedule

Jan - Apr 2020

## JANUARY

- 1 Knoxville - 9:00 am. **CALHOUN'S NEW YEAR'S DAY 5K.** See enclosed entry form and info on KTC website.
- 11 Knoxville - 9:00 am. I Just Want to be a Unicorn Half Marathon and 5k. See info on KTC website.
- 12 Maryville - 2:00 pm. **WANDERERS TRAIL RACE and KIDS MILE.** See enclosed entry form and info on KTC website.
- 18 Oak Ridge - 8:00 am. **CALHOUN'S TEN MILER.** See enclosed entry form and info on KTC website.
- 25 Knoxville - 12:00 noon. **Covenant Kids Run at the Zoo.** See info on KTC website.
- 25 Knoxville - 10:00 am. Run 4 Their Lives. See info on KTC website.

## FEBRUARY

- 1 Strawberry Plains - 9:00 am. **STRAW PLAINS HALF MARATHON / 10k.** See enclosed entry form and info on KTC website.
- 15 Knoxville - 9:00 am. Zen Evo Hot for Chocolate 5k. See info on KTC website.
- 23 Paint Rock - 7:00 am. **WHITESTONE 30k TRAIL RACE.** See enclosed entry form and info on KTC website.
- 23 Paint Rock - 8:00 am. **WHITESTONE 30k ROAD RACE.** See enclosed entry form and info on KTC website.

## MARCH

- 8 Maynardville - 2:00 pm. **DARK HOLLOW WALLOW and KIDS TRAIL MILE.** See enclosed entry form & info on KTC website.
- 14 Knoxville - 7:45 am. Solid Rock Race. See info on KTC website.
- 21 Sevierville - 8:00 am. Warrior Half Marathon, 10 Miler, and 5k. See info on KTC website.
- 28 Knoxville - 5:30 pm. **COVENANT KIDS RUN.** See enclosed entry form & info on KTC website.
- 28 Knoxville - 7:00 pm. **COVENANT HEALTH KNOXVILLE 5k.** See enclosed entry form & info on KTC website.
- 29 Knoxville - 7:30 am. **COVENANT HEALTH KNOXVILLE MARATHON.** See info on KTC website.
- 29 Knoxville - 7:30 am. **COVENANT HEALTH KNOXVILLE HALF MARATHON.** See info on KTC website.

## APRIL

- 4 Alcoa - 8:30 am. Spring Sprint. See info on KTC website and in March FOOTNOTES.
- 4 Pigeon Forge - 7:30 am. Smoky Mountain Sprint Triathlon. See info on KTC website.
- 5 Oak Ridge - 9:00 am. **NORTH BOUNDARY TRAVERSE and KIDS TRAIL MILE.** See enclosed entry form & info on KTC website.
- 25 Knoxville - 8:00 am. **HARD KNOX PIZZA DOGWOOD CLASSIC 5k.** See enclosed entry form & info on KTC website.

### DON'T FORGET...

Sunday, March 29, 2020 - 7:30 a.m. Sixteenth Annual **COVENANT HEALTH KNOXVILLE MARATHON and HALF-MARATHON.** Marathon weekend kicks off with the **COVENANT KIDS RUN** at 5:30 pm Saturday evening followed by the **COVENANT HEALTH KNOXVILLE 5k** at 7:00. Online registration is available on the marathon website, [www.knoxvillemarathon.com](http://www.knoxvillemarathon.com).

**BE PART OF KNOXVILLE'S BIGGEST AND MOST EXCITING RUNNING EVENT!**



Knoxville Track Club Events are in **BOLD type**. For more details about regional races, see race calendars in Running Journal. Check the **KTC WEBSITE** <http://www.ktc.org> or call **KTC HOTLINE 888-217-5635**. See enclosed entry forms or website listings for details about particular races.