Corbett and Fuller take over top offices

Martin Lyons and Marsha Morton lead KTC Grand Prix

It's on to the Final Four for Footnotes!

Kabasenche streaks to Autumnfest and Millennium wins
2002 will be the fourth year for the Ruby Tuesday's Triple Crown of Running in Blount County. Those participating in ALL THREE races will be eligible for Triple Crown cash awards, door prizes and a special memento!

However, if you are not able to participate in all three races, do not be discouraged. If you participate in the Reindeer Run and at least one other designated race, you still have a chance at winning the great Triple Crown door prizes! You are eligible whether you partipate in the 5K or 1-Mile Fun Run/Walk.

**TRIPLE CROWN DOOR**

Those who participate in at least two of the three races, one of which must be the Reindeer Run, will be eligible for numerous prize drawings valued at a minimum of $100 each. Prizes may include items such as resort/hotel accommodations, TV’s, stereos, cash, etc. A GRAND PRIZE DRAWING will take place as well. You must be present during the drawings at the Reindeer

**TRIPLE CROWN MEMENTO**

Those who participate in all three races will receive a special memento.

FOR MORE INFORMATION, PLEASE CALL PARKS & REC. AT
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Knoxville Track Club
"SHARE THE PRIDE"
15 tips from the RRCA

RUNNING SAFETY

✓ Don't wear headsets! Use your ears to be aware of your surroundings.
✓ Carry a quarter for a phone call.
✓ 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 other noisemaker.
✓ CALL THE POLICE IMMEDIATELY if something happens to you or someone else, or if you notice anything out of the ordinary.

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VICE PRESIDENT
Ron Fuller
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SECRETARY
Hal Canfield
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TREASURER
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687-6462

EXECUTIVE DIRECTOR
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FOOTNOTES / WEBSITE
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691-2319

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Marty Sonnenfeldt
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SOCIAL CHAIRPERSON
Cindy Messler
694-8169

KTC APPAREL
Kevin & Charlotte Mahan
988-3197
A note from the Editor

Michael deLisle

It’s often said that young people today are spoiled and inconsiderate, self-centered and impolite. Well, I wish to refute at least one, if not all of those blanket generalizations. I have been subjected recently to a recurring series of accusatory salutations. Let me explain.

The other night I was at the YMCA with my boys shooting some hoops. We’re gym rats once in a while, closing the place down like three alkies who order round after round in a bar and won’t leave: we just wanna’ keep shooting. Anyway, this particular night, there was a young man there, and he and I shot together and went at each other in a little one on one. I gave as good as I got, hitting a few jumpers over his long arms and driving around him a couple times. He in turn left me looking silly trying to stop his crossover dribble. After a while, he said he had to leave and nodded a sweaty farewell. Jesse, Ernest and I kept at it til the YMCA director came down and showed us out ten minutes after closing time. As we were leaving, the same young man, who had showered and cleaned up, was exiting. As to a peer, I waved and said, “Good workout.” Then he said it: “Thanks, sir.”

“Sir?” I screamed silently. I looked around to see if her was talking to me or some old geezer I hadn’t seen. The nerve!

Now if that was an isolated occurrence, I could let it go. But, as if in testament to my suddenly quickly greying temples, I’ve heard the S-word an awful lot lately. And I don’t much like it, to tell the truth.

But it does speak well of young people, at least the ones with whom I’ve been in contact. It could be that I haven’t been strolling around in the hood or at the mall. I mostly hang around athletes, either runners or folks at the YMCA. I’d like to think that we’re a cut above, and, in some ways, we are. On the other hand, I’d like to think that politeness and respect are regrowing in America. It might be borne of the disaster of September 11, who knows?

But just when I start feeling all warm and proud, my eleven year old actually said “Screw you” to me the other day. I might’ve had it coming, but it doesn’t matter. If I’d had the

A note from the Executive Director

Allan Morgan

A record turnout of 398 runners showed up on Neyland Drive at 10:00 a.m. January 1 to kick-off the 2002 version of the Millennium 5K. Sunny skies and the warmth of Calhoun’s Restaurant proved quite a contrast to the snow and a very cold Volunteer Landing of a year ago.

A year ago, I listed the top 10 races in 2000:

- Race for the Cure 5K: 8700
- Race Against Cancer 5K: 2100
- News-Sentinel EXPO 10/5K: 1422
- Run for Ed 5K: 1045
- Fireball Classic 5K: 1025
- Jingle Bells 5K: 1000
- Dogwood Classic 5K: 701
- Run for Excellence 5K: 608
- Smoky Mtn Marathon/8K: 531
- Autumnfest 8K: 455

With close to 70 annual races in the Knoxville area, how did they fare for 2001?

- Race for the Cure 5K: 8800
- Race Against Cancer 5K: 2236
- Run for Ed 5K: 2122
- EXPO 10/5K: 1534
- Fireball Moonlite Classic 5K: 1072
- Jingle Bell 5K: 702
- VMC 5K: 676
- Adam Downen Mem. 5K: 646
- Dogwood Classic 5K: 640
- Autumnfest 8K: 620

As you can see it’s pretty much a repeat of the previous year, save for the inclusion of the VMC 5K which has been steadily growing these past few years, as well as the Race for Responsibility, 5K in memory of Adam Downen.

Several new events made their debut in 2001. Most notable were the KTC’s Midsummer Night’s 4 Mile Challenge which replaced the former Brew Ha Ha, and the Hammer Duathlon, a joint effort of KTC and GKTC. Other new additions included the WOOT Moonlite 5K adding another night venue to Knoxville’s schedule, the Knox County Sheriff’s 5K Against Child Abuse, Lady Vol’s 5K, and the Power to Make a Difference 5K. All six of these are scheduled to return for 2002.

In looking back over 2001, I recall several

A note from the President

Elizabeth Corbett

Hello, and welcome to a new year. I am Elizabeth Corbett, and I am your new president, a position I take with a little trepidation and much anticipation. I thank our recent president, Bob Saulsbury, for his able leadership and gentle hand these past two years. Many of you know me because of my participation at races in the last ten years, and in the next two years through this column, you’ll get to know a little more about me as I tell you about my experiences with the KTC and with running in general. I’ll also tell you about my experiences as a middle school coach with cross country and track (currently at Farragut Middle) and all my kids I see every day who keep me smiling, young, and on the right track.

For my first column, I want to switch gears, as they say, and talk about biking and wearing a helmet. Wear a helmet! I know some kids think it’s not cool to have a helmet on and maybe my hair doesn’t always look its best when I take off my helmet, but I am sure that that little shell of plastic and foam saved my head from injury. I actually ended up breaking my leg in this bike accident, but the inconvenience of a month-plus on crutches and three months of rehab is nil compared to what could have been. I was out on that lovely 70-degree Sunday in late October with Dave, biking one of our usual routes around Fort Loudoun and up and around Beals Chapel Road. We often take Miller Road and zoom down a hill past an abandoned home with a few stray dogs. The dogs have never been menacing, but they do come down off the porch and give us a chase. Usually, we’re going fast enough by the time they realize we’re invading their space, and we’re safely past and enjoying the downhill. I usually go first, so that Dave can be the man and deal with them if need be (a role I ascribe to him, as I’ve also been bitten twice and fear strange dogs that chase me, so I put him behind me to keep them away). That Sunday I went first as customary, and I had picked up some speed by the time I realized that a dog was lying in the side of the road. I turned my head around to...
get the go ahead from Dave, who nodded for me to keep going. So I did, pedaling and charting my course down the hill. But that
dog had something on its mind, and it walked right into my path, and I hit it dead center. I
then flipped over my handlebars, did a 360, landed on the back of my head, and pro-
ceeded to skid a few feet down the road on my
back. After resting a bit there on the side of
the road, I realized I wasn’t too injured, but
we called the ambulance nevertheless.

Yes, I have been frustrated these last two
months with the nuisance of a broken leg, but
I am lucky... lucky to have flipped enough or not
enough in the air so that
when my head hit the pave-
ment with all its force, I
didn’t break my neck or my
back or suffer a concus-
sion. I am lucky... that there
were no real wounds (lots
of road rash and a sore
back and bottom for two
weeks), broken, or internal
injuries. I am lucky... that a
broken leg, really my only
injury, is not permanent (I
am humbled when I think of all the people in
wheelchairs and on crutches for life. This is
not an easy world for a person with disabili-
ties to navigate). I am lucky... that I was
wearing my helmet and wearing it properly.
Please wear yours.

Be safe.

Highlights. For the first time in KTC history, we
climbed over 2000 members, an amazing
statistic, considering the size of the Knoxville
community. Thanks to Michael deLisle, Foot-
notes won the RRCA Southern Region award
and is in the running for the national title.

We took a bold step by hiring Marty Son-
nenfeldt to head up our youth as well as our
track and field program. Marty for the past 10
years has played a major role in our youth
program and now has the opportunity to go at
it full time.

We had a good year with event sponsor-
ship. In part due to this, we
kept many race entry fees
the same and plan to keep
them the same this year.
That means that for the
majority of 2002 KTC races,
pre-registration is still $10
with the standard KTC $8.00
discount. If you look at
race fees in other cities,
you will find $15-20 not
uncommon with $25 on
race day.

We assisted a record 35
non-profit organizations in
helping them stage their own events. For a list
of these as well as other accomplishments, see
the 2001 KTC Summary Page later in this issue.

We did not get the needed 500 signatures
from folks regarding our plan to get an official
State of Tennessee Specialty License Plate, but
see “Exec Direc” page 32

Temerity to utter that phrase to my father when
I was eleven, he’d have knocked me into next
week. And I was tempted. But I held back.
And, in spite of that, I still think there’s an
upsweeping of concern and respect about.

Oh yeah, this column is where I’m sup-
posed to recapitulate what you’re about to
read in this issue of Footnotes, the first one of
the year 2002. Okay, let’s do it.

Usually January is our smallest issue. You
are holding in your hands a 60-page issue,
which, until this year was the biggest size we
had ever published. It’s just that so many
more people are doing so many more things
as a part of our extraordinarily active club.

For example, take Marty Sonnenfeldt,
recently hired as KTC Director of Youth Athle-
tics. Since he took the reins officially (remem-
ber, he’s been a driving force in youth run-
ning for years simply as a volunteer), he’s
given the indoor track program off the
ground, brought other track and cross coun-
try events to Knoxville, sold local officials on
the desirability of the adopt-a-school pro-
gram, and many more dynamic innovations.
And he’s taking a commensurate amount of
space in the newsletter, typically a couple,
three, four pages.

Also, lots of KTCers are hitting the roads
and bringing back some good yards to spin
about their adventures. This issue features
Bill Kelch, whose travels are legend, and
Steven Miller, who took the lead on the KTC
trip to run the Rocket City Marathon in Hunts
The Knoxville Track Club in 2001

A YEAR OF RECORDS AND
A YEAR of EXEMPLARY SERVICE to the YOUTH and ADULTS of the GREATER KNOXVILLE COMMUNITY

* Witnessed an all time record membership of over 2100 individuals. We are the largest club in Tennessee and of the 500+ RRCA running clubs in the country, KTC ranks near the top. Only NY, Atlanta, and Montgomery County are appreciably larger. Contributed $1000 to the RRCA Roads Scholar Program. Our own schedule of long distance events totaled 22 separate races from the mile to the half-marathon. New events included the Hammer Duathlon, a joint effort of the KTC and the GKTC as well as the Mid-Summer Night’s 4 Mile Challenge. Fireball continued with fireworks, EXPO had a challenging and hospitable new course, Pumpkins closed out after 20 years, Run for Excellence catered to the kids, and Autumnfest after 17 years drew a record 600+ number of registrants.

* Continued to expand and upgrade our web page www.ktc.org menu by continuing to offer the ability to download forms and on-line registration for KTC races. Again, we have provided a personal record history for runners who have run in any or all races listed on the Results Page. Innovations for this past year included new graphics, more race photo coverage, a new bulletin board giving folks the ability to interface directly with each other, and on-line runner evaluations for KTC races. At the end of 1999, we had recorded some 66,400+ hits. At the end of 2000, some 122,330; and at the end of 2001, some 202,180 hits since the page began in October, 1997. Footnotes also came out on tops of the RRCA South Region newsletter competition. What a great tribute to Michael deLisle for his dedication to both.

* Created a new KTC position by hiring Marty Sonnenfeldt as a full time Youth Athletics Director to coordinate all youth, track and field, and cross country programs. Raised over a $5000 in the second year of our Adopt a Kid Program, a fundraiser for kids in our summer program. Under Marty’s direction, the 36th KTC/News-Sentinel Youth Athletics Program in the summer recorded numbers of over 1000 kids at 17 sites in the greater Knoxville area. Both the boys and girls AAU teams swept the Region III National Qualifying meet in Savannah and a record 84 qualified for the Jr. Olympics in Norfolk which produced 40 KTC medalists. The AAU Cross Country team was the largest to date, offering for the first time four practice sites.

* Provided registration and results and awards for the High School Cross Country Championships, covered entry fees for all KIL teams at the Championship Track and Field Meet. Awarded some $3500 to the Middle School Track & Cross Country Programs and Elementary School Field Day. Also continued with our tutelage of Middle School Cross Country by providing computerized registration and results at its five fall meets. Program witnessed record turnout of 500+ students from over 25 schools. In working more closely with Knox City and Knox County Parks and Rec, we instituted two new championship courses at Northwest Park and Melton Hill Park.

* Continued with our ADOPT A HIGHWAY Program on our 1.5 mile stretch of Middlebrook Pike as well as our ADOPT A CREEK Program at 3rd Creek.

* Assisted a RECORD 35 NON-PROFIT ORGANIZATIONS with consulting, planning, volunteers, finish line coordination, and equipment for their own events. Two: the Buddy’s Race Against Cancer 5K (2100+) and The Run For Ed 5K (2000+), have grown to be among the largest of area races.

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8
Uncle Joe and the Music of Running

Unlike many of my friends, I didn’t come from a big family. Our family get-togethers were with grandparents and a particularly favorite aunt and uncle. There were a few others, but I mostly remember Uncle Joe and Aunt Marge.

She was my dad’s sister, and she was a hoot. Colorful, gabby, fun-loving and generous. She found out at one point that I enjoyed dabbling in the kitchen, and often sent me little gadgets. One in particular I always liked. It was a two-headed measuring cup made of clear amber plastic. When you got one end wet or sticky, you simply flipped it over and had a clean dry one to use. Although over time it cracked up one side, I held on to that cup for years, partly because it was darned clever and I’d never seen another one like it, and partly because it reminded me of her after she died quite a few years ago.

Aunt Marge’s second husband was my Uncle Joe. Uncle Joe was different than most of his contemporaries, a man ahead of his time. Back in the heyday of Wonder Bread, he was enjoying rich thick dark bread and other very tasty but undeniably healthy foods. He was a chiropractor when such practitioners were considered frauds and quacks. Once I happened to be suffering from a bad cold during a visit to Buffalo. He plopped me up on his table, did a little twist here and there, and, presto, the next day my cold was gone. Now I know that nothing in the way of spinal manipulation can affect the progress of a rhinovirus, but it was my first exposure to the power of the mind in healing. I simply believed Uncle Joe could do it. And he did.

The other thing about Uncle Joe was that he was a musician. His whole life. Played a mean trumpet and could play just about anything, but mostly remember his bass playing. He inspired me to take up the bass as a youngster, and I proceeded to enjoy a reasonably successful life as a semi-professional bassist and singer. It was a choice freely made, and I had a lot of fun and a tremendous amount of creative satisfaction doing so. I often thought back gratefully to Uncle Joe as my earliest musical influence. My grandmother played the piano nicely, but it was Uncle Joe who actually went out and performed in jazz bands at nights.

He was 75 when I got married, and, although I held little hope he’d be able to attend the wedding, he and his second wife drove down from Buffalo. He still glowed with that same vitality I always admired in him. It was wonderful to see him.

Since then, we only exchanged Christmas cards, but he continued to play his music, even after he retired from his chiropractic business. Then one night last fall, during a performance, he started feeling dizzy and couldn’t follow the notes on his sheet music. He sought medical attention the next day and was told he might’ve had a small stroke. Tests were run, however, and revealed bad news. The worst. He had inoperable lesions on his brain. Brain cancer was killing Uncle Joe.

The call came in mid-December from my dad. I considered dropping everything in the midst of Christmas and traveling to Florida. I deliberated for a few days and it was too late. Another phone call came. Uncle Joe was dead at 82.

Though I knew the news was inevitable, it still crushed a part of me. I responded the way I knew best: I strapped on my running shoes and went out the door. Usually I think mostly about my run while I run. Not this time. I thought about Uncle Joe and about others who have gone.

Footnotes columnist Randall Pierce had told me about Joe Barton, a 53-year old runner within their local group, who died of a heart attack in October while running in Percy Warner Park. Many KTCers remember Tom Dennie, who in September 2000, died during a long run at Turkey Creek. Tom was 48 and had been running steadily for seven years. His abrupt demise shocked all who knew him.

These men were very much like Uncle Joe.

No, I don’t know if my uncle ever ran a step in his life, but, like Joe and Tom, died while doing that which he loved dearly. Playing music, while not often an aerobic activity, has much in common with running. It sometimes is difficult to begin; the first few notes are the hardest to play. Once warmed up, things flow more easily. And, when fully in the groove, both activities become less consciously directed and more like a flowing conduction of life’s energies. In my own case, the best music I ever played came through me rather than from me; during my best runs I was no longer me, but a windtossed madstrom of oxygen, blood and muscle driven from one point to another by a force not at all purposeful. In both was I freed from the encumbrances of the mind limiting my performance. In both did I reach, or at least scratch the surface of my potential, of being the best musician, the best runner I could possibly be. I think Uncle Joe would’ve been a hell of a runner.

And so should we be saddened deeply by the passing of these three men? Of course, but, especially in the case of my uncle, their passing was not so terribly tragic. Each man died while doing something he loved doing more than anything else. It is sad that the younger men did not live longer to enjoy life with their families. However, we all know of friends and relatives who spend their final days wasting away in hospitals, nursing homes and hospices, their quality of life, their vital essence drained away long before. Such a terrible waste of resources: medical, financial and spiritual.

Would it be so bad to die suddenly doing something you love? I think not. While I’m not in a hurry to move on, I would certainly choose that over wasting away, bleeding everyone else dry.....

I finally returned from my run, my spirit strangely recharged in spite of my loss, possessed of a sense of clouture. I would miss Uncle Joe but revel in my knowledge of the love he and Aunt Marge gave to me and my family as I grew up. Then I walked into the kitchen and stifled a small cry as I looked down in the sink. The plastic measuring cup lay there broken.
RUNSPEAK
(WHAT WE MEAN BY...) by Randall Pierce

Runners are perceived to be a cliquish group. At least my ex-girlfriend thought so; therefore it must be true. She was always right about everything else. In fact, I often pondered the relative odds of one person never being mistaken. Usually I pondered while trail running – which is the perfect time and place to ponder. I never spoke while pondering, only pondered, mainly because I was not interested in learning the answer to the eternal question: If a man speaks in the woods, and his girlfriend is not there to hear him, is he still wrong? But I digress.

Because of this cliquishness, real or imagined, it can be difficult for a new runner to fit in at races. Ah, yes. New runners. <Sigh> You gotta love ‘em. It is important that we who are experienced in the sport nurture the neophyte runner; because they serve many useful purposes in running. For one, they help fill out the field in a race, therefore making it look good to the media. Second, they give the experienced runners something to laugh about. Third, the old-timers can retell their war-stories for the umteenth time to someone entirely new. Finally, and most importantly (and theoretically), they give us more people to beat in a particular race. Hey, I said theoretically.

However, one thing I will not do is join the debate over who is a new “runner” and who isn’t. This is because even I don’t have the nerve to talk bad (in print) about the “sea of purple walkers” common at major marathons these days.

Yet. But their time is coming.

No, my purpose today is to help fledgling runners as they try to master the art of running and racing. So, in the interest of providing a public service not seen in Footnotes since the lamented demise of Off and Running, here is a short primer on how a newbie – that’s the little-known insider term for a novice runner – can jump right in.

Wait, the editor has informed me that the term “newbie” is used for a novice in almost any endeavor. Well thank you so much. The newbies didn’t know that, now did they? We’re trying to impress them with our knowledge. But again, I digress.

This article will cover various race day phrases; providing valuable translations of all this previously indecipherable runner-speak. Now, I realize that experienced racers will shun me for divulging this confidential information. After all, it took most of us years and years to learn what a runner is really saying. However, this is the information age, and where do you want the poor, defenseless new runners to get their knowledge – from the cold, hard internet (chock full of bad advice), or from their Uncle Randall (a kindly old soul who knows all things running)? That’s what I thought.

But I’m going to do it anyway.

Running phrases can be broken down into two types – pre-race and post-race. There is no “during race” because if you have enough wind to talk, you aren’t running hard enough. Just listen to the labored breathing of an old-timer as he tries to race you, you’ll see what I mean.

PRE-RACE PHRASES
WWS (What We Say): I’m not in very good shape for this one.
WWM (What We Mean): I’m in great shape, so watch out.
WWS: I’m just going to run my own race.
WWM: I know I can’t beat you this week.
WWS: My (fill in body part here) has been killing me.
WWM: I need an excuse, ANY excuse….
WWS: I’d say this course is challenging.
WWM: Did you bring any rappelling gear?
WWS: This is my good friend and rival, Bob.
WWM: Ten bucks if you’ll trip him at the start.
WWS: So, you’ve never run a race before?
WWM: Fresh meat.
WWS: Let me give you some advice on how to run this course.
WWM: Could this be the first newbie to ever listen to me?

WWS: I’ve been running 60 miles per week this summer.
WWM: I’m lying about my mileage just like everybody else.
WWS: I’m in great shape, I love this course, and I’m gonna blow your doors.
WWM: I’m in great shape, I love this course, and I’m gonna blow your doors.

POST-RACE PHRASES
WWS: I ran about 38 minutes.
WWM: I ran 38 minutes 59.99 seconds.
WWS: You ran a really good race.
WWM: You beat me. I hate you.
WWS: Oh, was that you running behind me?
WWM: Can’t find a #&*%$ pace without me. Tucking in like a #&*%$ parasite!
WWS: Well, my high finish today is the product of months of intense workouts.
WWM: I got really, really lucky.

*** see "Runspeak" page 11 ***
WWS: THAT was your first race ever?!?!?
WWM: You are lying, you miserable little ringer!

WWS: Of course, today's race was nothing like the one in '87.
WWM: She's never heard ANY of my stories. Yippee.

WWS: Wasn't that a fantastic, fun, rolling course?
WWM: Good god, when did we start running in the #*%-*$ Alps?

WWS: My PR is 3:10 for 10K.
WWM: Set on a short, downhill course with a gale-force tailwind.

WWS: Wow!
WWM: I hate these guys that show up and beat me despite their never having run a race before and the fact that I've been training hard for years and it just makes me sick for one guy to have that much natural talent and I wish he'd move to Alaska and race polar bears or something and if that's not bad enough his girlfriend is a supermodel and he's a doctor and drives a Porsche and everybody likes him and he's good-looking, charming, smart, etc.

So there you have it. Remember that new runners are the future of our sport. As they gain experience, they will become faster. And as we age, we will become slower. Therefore, a changing of the guard — a passing of the torch — a make way for new blood — will occur. We'll get shuffled over, relegated to "has-been" or "never-was" status by the new studs and stud-ettes. They are the wave of tomorrow; and that's why we should give freely of our knowledge and experience.

Wait a minute. On the other hand, maybe we shouldn't help them. Maybe if they feel like they don't fit in, they won't come back. Yes, that's a much better idea. Because if I really need that 5th Place Male 35-39 trophy from the Treestump, TN Crabgrass Festival 5K Run for my collection.

So that's who I edged out in 1990 for 5th place at the Crabgrass Festival 5K! You'd think the guy would quit whining about it already...

KTC mourns the passing last week of a long time KTC member and volunteer, Col. Joe Shepherd. Joe was the first race director of the Expo 10K and an avid runner. We will miss seeing him amble down Cherokee Boulevard.

I have many fond memories of Joe Shepherd. Expo 10,000 / Peachtree Road Race, runs on Cherokee Boulevard. Joe was a great supporter of running in Knoxville and a big UT track fan. I first heard of the Colonel almost 25 years ago, just after my sophomore year at UT. At that time Joe was personnel director for the old Knoxville City School System. After competing in the NCAA Track and Field Championships in 1977, I thought it would be a good idea to join a couple of my teammates (Sal Vega and current UT Coach George Watts) and stay in Knoxville over the summer to train for cross country. As college students of meager means, we needed to find gainful employment to pay rent. We also needed the flexibility to train. Since all the football players had taken up the "watching the Astro Turf grow in Neyland Stadium" jobs, we asked Coach Stan Huntsman to help out. Stan made a few calls and finally hooked up with Joe Shepherd. Great jobs, he said, we'd love it. Report to West High at 8 a.m. Monday morning. So, after a morning 6 miler we went to West. Reporting to the head janitor, we found that our "dream jobs" for the summer would be to scrape the bubble gum (and various other substances) off the bottom of every chair at West. I will never forget that summer, running and scraping, running and scraping. Yet the summer's worth of hard running produced an SEC Cross Country Championship the following fall.

Thanks, Joe, for the great memories, your support and love of the sport will never be forgotten.
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There will once again be a two-tiered award system of valuable KTC apparel given to those who worked either a minimum of five or a minimum of twelve events. Qualifying events include road races, track meets, adopt-a-highway and summer youth program events.

VOLUNTEER AWARDS WILL BE PRESENTED AT THE KTC PICNIC AUGUST 2002

KNOXVILLE TRACK CLUB
RUN FROM MY KNIFE

by Dr. Brantley Burns, M.D.
KTC member
and local orthopedic surgeon

PLEASE RELEASE ME
(COMPARTMENT SYNDROME)

Besides explaining the rare diagnosis Compartment Syndrome, I’ll try to clarify and debunk a Runner’s World article on the same topic (January 2002, page 34).

First, the definition. The muscle coverings in the lower leg (and many other body areas) don’t stretch much. During exercise, all muscles enlarge because of muscle fiber hypertrophy and increased blood flow to feed the exercising muscle. Thus, the pressure inside all muscle compartments goes up with exercise. For some reason in compartment syndrome, the pressure goes too high. (There is an acute compartment syndrome, which is an emergency. Runners get the CHRONIC variety, which is NOT an emergency.) In this chronic exertional compartment syndrome, the pressure does go down—eventually. But, while it’s elevated, symptoms occur. The main and “usually” only symptom is PAIN. It’s not only the pressure itself that’s painful, but the pressure prevents enough oxygenated blood from entering the affected compartment. The pain is from ischemia (lack of oxygen) and is basically like heart pain or angina in your leg. The pain gets better when the oxygen to the muscle improves—by waiting a while and not exercising. Doesn’t sound sooo bad, but it basically means you stop running for a while—right in the middle of a run. Ugh!

Just why all this happens is unknown. Any other cause of leg pain is more common. All X-rays and bone scans and MRIs will be normal. At the doctor’s office, your pain will already be gone and your examination will be normal. Thus, the history (what you tell the doctor) is crucial. Above, I said pain was the “usual” symptom, but numbness can occur. The location of pain is usually at the front or outside of the lower leg, but can be in the calf (there are two compartments there). One key point is that the pain occurs about the same point in each run, for instance during mile three (for me that would be what, 10-15 minutes?)

Now for some debunking. The RW article states that a stress fracture is “almost impossible to diagnose without an MRI or bone scan.” FALSE. I consider myself an average doc and I need these fancy tests maybe 50% of the time.

The next major flub in the article is the “definitive test” to diagnose compartment syndrome. I can’t deny that an elevated pressure reading is mandatory for the diagnosis. Without this, it’s speculation. But, how do we get this pressure reading? Now, the rest of the story...

Unlike a cardiogram or EKG where the wires can stay attached to your chest during exercise, the pressure sensor is a needle attached to a palm-sized machine and must be intermittently stuck into the muscle compartment before, several times during, and after the exercise (treadmill, usually, which MUST be successful in reproducing your symptoms). At least one other compartment in the same leg is used as a reference, plus one in the “good” leg. OK, so far we are checking pressure in at least 3 places pre-run, several times during, and after. Each place you’re stuck has to be numbed up with local anesthesia (usually just once, but I’ve had to redo it). After each stick, there’s a little bleeding. This makes at least 15 total sticks. Did I mention that you’re panting and sweating and needing to walk around during this “break”? Have I painted a clear picture of the “test”? Good luck in finding someone willing to spend the time with you to do this correctly. I’m not saying I have a better idea, but that is how it’s done. It may be easier to rest (legs only) several months if the diagnosis is suspected and slowly try running again before submitting to “the test.” By the way, there are false negative and false positive test results.

Non-surgical treatments are explained well in the RW article. Just why does weightlifting (which causes enlargement of muscle fibers) help prevent compartment syndrome? Does it stretch the compartment covering? Don’t know, but I’d try it.

One thing is blatantly omitted. Any condition associated with inflammation also has swelling, so I’d liberally use non-steroidal anti-inflammatory drugs for the chance that something inflamed may be improved and the pressure lessened.

The surgery is easy compared to making the diagnosis. The outer covering (fascia) of the muscle compartment is slit with scissors. I’m making a bold statement here, but a runner might consider undergoing the surgical release without having the pressure tested in certain cases. These would be with classic symptoms, negative X-rays and scans, no response to conservative treatment, and presumed anterior (front-side) compartment. The posterior compartment (calf) doesn’t do as well surgically.

Try to understand and maybe prevent compartment syndrome (read the Runner’s World article), avoid surgery, and as usual, run from my needle/knife.

All previous columns of Run From My Knife are available at www.handfixer.com

Dr. Brantley Burns is a true “running doctor”, whose empathy for the runner extends far beyond that of many in the medical profession. If you’ve got a problem, check out the doc!
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ALL INQUIRIES MAY PICK UP A “JOB DESCRIPTION” AT RUNNERS MARKET. SUBMIT RESUME AND CORRESPONDENCE BY MAIL TO: RUNNERS MARKET, 4443 KINGSTON PIKE, KNOXVILLE, TN 37919, ATTENTION: KEVIN.
2002 is here and the starting gun has fired on another great year. Happy New Year to all KTC members and I hope your resolutions for better training and PR's materialize. As KTC’s Youth Athletics Director I look out and see a year of promise and potential.

Our cross country programs (see article) saw record numbers and this winter KTC started its first Indoor Track and Field Program. Thirty-five kids 8-18 are making a commitment to continue their track and field training through the winter. Coupled with the Volunteer Indoor Track Classic in February, KTC provides one of the few outlets in the state for experiencing Indoor Track and Field on a youth and high school level.

This summer will prove to be one of the busiest in KTC Youth Athletics history with new summer practice sites being added to the 17 existing ones. Our competitive team will have the great fortune of competing on their home track when the AAU National Championships comes to Knoxville in August. The nationals will bring the largest track and field meet in the country to Tom Black Track. 7500 of the country’s finest age group athletes will showcase their talents for 10 days.

Yet with all that is already planned for Youth Athletics in 2002 (check out the 2002 Youth Athletics Calendar) there is still much to accomplish for the youth of our community. I have written previously about the CDC’s (Center for Diseases Control) study which found that over 12.5% percent of our school aged kids (6-17) are overweight or obese. I feel that the KTC has a unique opportunity in this community to make a dent in these figures. Sure, we have one of the largest Youth Athletics Programs in the United States, yet we have missed the mark in changing the basic perception of running in the minds of our kids. Many of our youngsters look at running as punishment rather than play, thanks in great part to the many sports coaches who feel that running should be used punitively for poor performance or behavior. KTC has over 2000 members who have learned first hand the benefits of a healthy and active lifestyle. As I write this column we are in the initial planning stages of a fitness-based running program which can be delivered into our schools. This will be an opportunity for you as KTC members to share with our youth the benefits of running. This effort will need to harness the talents of 150 KTC Volunteers to make an impact.

If you are interested in getting involved on the ground floor or would like to be an volunteer as the program is rolled out please contact me at 865-406-4128 or email me at TennRunner@Aol.com There is always a need in Youth Athletics for those who want to give back to our youth. Together we can facilitate a healthy future for our kids.

KTC KICKS OFF FIRST-EVER INDOOR TRACK AND FIELD PROGRAM

In the early 80’s the TSSAA put the brakes on indoor track in the state. Since then, there have been limited opportunities in Tennessee for kids to participate in indoor track and field in this state. Interestingly enough, the states that border ours: Georgia, Alabama, North Carolina, Kentucky and Virginia all have indoor track programs.

You might ask why it is important to have indoor track. It is a short season – typically January through the end of February – and outdoor track starts in March. First and foremost it gives athletes in the technical events: sprints, jumps and throws an opportunity to get a leg up on the outdoor season. Most of these athletes start their track season in March and end in May, with the exception of those that go onto participate in our Youth Athletics summer track program. They don’t see another track until March of the following year. This puts them at a tremendous conditioning and motor skills disadvantage when compared to kids in neighboring states that do have indoor track.

After a few years of trying to get an indoor track program off the ground, KTC has launched its first Youth Indoor Track and Field Program. Without much promotion or fanfare, 35 kids ages 8-18 enrolled in our program this past December. We will compete in three meets: a youth all-comers in Bloomington Indiana, KTC’s Volunteer Indoor Track Classic in Knoxville and the AAU National Championships in Merrillville, Indiana.

We hope that, coupled with our successful high school meet (Volunteer Indoor Track Classic), we will generate future support and interest in the sport of Indoor Track and Field.
CROSS COUNTRY SEASON
GREAT SUCCESS

The 2001 KTC Youth Athletics Cross Country season experienced a 50% growth spurt in participation—a trend we hope to see continue into 2002. Experimenting with a format similar to our successful summer track program, KTC launched five different practice sites in 2001. Rather than having all the kids gather on Cherokee Blvd. we established sites at Karns—Nicholas Ball Park, Farragut Middle School, West High School, South Doyle High School and Central High School. This made it easy for parents and kids to get to a site close to home.

Many thanks to our hard working coaches at the sites: Sam Roberts, Elizabeth (break a leg) Corbett, Brint Adams, Donny Madget and Bobby Glenn. 90 distance runners participated in our program this year many of which participated in our Middle Schools Cross Country Program. The season had us competing in three meets: The AU Southeastern Association Championships—Knoxville; The Footlocker South Regional—Charlotte, NC; The AAU National Championships—Orlando, FL.

KTC was the host for the Southeastern meet (11/17) at Melton Hill Park (Knox County Park System). This meet served as the qualifier for the nationals. KTC athletes dominated the meet in numbers and performance. KTC qualified all of their athletes for the National meet on the tough Melton Hill course and had those athletes from the flatlands wondering how we could find so many hills on a cross country course.

Next up for KTC was the Footlocker South Regional meet in Charlotte, NC (11/24). Footlocker brings together over 3,000 cross country runners from 11 states Puerto Rico and the US Virgin Islands. The competition at Footlocker was fast and furious as we were evident by the top eight finishers in the seeded High School boy’s race breaking 15 minutes for 5K. KTC athletes responded well with many setting personal bests. Six KTC athletes (listed in bold below) made the Footlocker All-South team by placing in the top 24 in their respective races. Our TSSAA Girls State Cross Country Champion, Megan Cauble domed KTC colors to place 26th in the seeded High School girl’s race with a fast 18:33 for 5K.

The week after Footlocker the KTC Team ventured further south to Orlando, Florida for the AAU National Cross Country Championships. Held at Disney’s sprawling Wide World of Sports Complex, the National Championships provided many on the team with valuable racing lessons. Unlike last year Nationals in Joplin, Mo., where the temperatures at race time hovered in the low 20’s, Orlando was an unseasonable 70. The course although flat as a pancake required athletes to blast the first 500 meters of the course to get position prior to a series pack-bunching S-turns. For most of us running road races, hammering the first 500 meters of any race seems like suicide. For our athletes getting out hard was the difference in placing well or getting sucked up into a slow moving pack in the S-turns. Two athletes who accomplished this to perfection in their races were John Wright (Youth Boys) and Denton Jones (Intermediate Boys). Both athletes placed 12th in their respective age divisions, topping all other KTC athletes finishes (see results below). Certainly the experience of a tactical race such as nationals will benefit all those that participated in their middle school and high school seasons in the future.

KTC YOUTH ATHLETICS CALENDAR 2002

January – February 2002 – KTC Youth Athletics Indoor Track and Field Program – see www.ktc.org
February 16, 2002 – Volunteer Indoor Track Classic – High School Meet
February 18, 2002 – 6:00 PM Parent/Volunteer Information Meeting – Competitive Team Track and Field (summer 02) – Women’s Basketball Hall of Fame
March 20, 2002 – Youth Athletics Track and Field Program registration forms available: www.ktc.org
April 19-20, 2002 – Volunteer Outdoor Track Classic High School Meet
April 27, 2002 – Kids Road Mile – Dogwood Classic
May 25, 2002 – Kids Run-Jump-Throw – Expo 10,000
May 29, 2002 – First Competitive Team Practice
June 4, 2002 – First Youth Athletics Program Practice
June 8, 2002 – First Youth Athletics Program Track Meet
June 15, 2002 – Second Youth Athletics Program Track Meet
June 21-22 (tentative) AAU All-comers meet – Memphis, TN.
June 22, 2002 – Third Youth Athletics Program Track Meet
June 29, 2002 – First Youth Athletics Program Track Meet and Kids Road Mile – Tom Black Track
July 5-6, 2002 – Southeastern AAU Multi-Event Championships – Nashville, TN.
July 12-13, 2002 – Southeastern AAU Track and Field Championships, Johnson City, TN
August 3-10, 2002 – AAU National Track and Field Championships – Knoxville, TN
August 13, 2002 – Middle School Cross Country Coaches Meeting
September 2002 – KTC Middle School Cross Country Program Starts
September 3, 2002 – First Middle School Cross Country Meet
September 10, 2002 – Second Middle School Cross Country Meet
September 17, 2002 – First Middle Schools Cross Country Meet and KII All-Comers – Northwest Park
September 24, 2002 – Fourth Middle Schools Cross Country Meet
October 1, 2002 – Middle Schools Cross Country Championships
October 12, 2002 – Third Annual Run for Excellence
October 14, 2002 – KTC Youth Athletics Cross Country Program Starts

Visit the KTC website www.ktc.org for updates or changes to this calendar or call: Marty Sonnenfeldt at 865-406-4128
KTC Grand Prix Standings

Through Millennium 5K - January 1, 2002

**MALE**

- Martin Lyons 26
- Warren Heiser 23
- Greg Johnson 15
- Kevin Morton 14
- Paul Barrette 12
- Larry Brede 12
- Bill Kabasenchel 12
- Coye Blankenship 11
- Bruce Blankenship 11
- Jim Whitaker 11
- Nathan Bright 11
- Bob Cunningham 10
- Bruce Fox 10
- Chuck Boston 9
- David Smith 9
- Glen Farr 8

8 men tied with 7

**FEMALE**

- Marsha Morton 36
- Patrice Carroll 21
- Betty Schohl 20
- Melanie Cox 18
- Pat Denton 14
- Wendy Williams 11
- Barbara Winters 11
- Nina Miller 9
- Becca Fuller 9
- Annabelle Hurd 8
- Ingrid McMillen 8
- Jasmin Keller 7
- Joan Maney 7
- Leah Moore 7

7 women tied with 6

The KTC Grand Prix for 2001-2002 is a series of races, beginning with the Wears Valley 15K in September and concluding with the Midsummer Night’s 4-Miler in July. At the end of the season, points will be tallied, and awards given to the top ten male and female performers.

**EXPLANATION OF SCORING SYSTEM**

- OVERALL FIRST 7
- OVERALL SECOND 6
- OVERALL THIRD 5
- OVERALL MASTERS 4
- GRANDMASTERS 4
- FIRST AGE GROUP 3
- SECOND AGE GROUP 2
- THIRD AGE GROUP 1

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**2001-2002 KTC GRAND PRIX SCHEDULE**

- **Wears Valley 15K** — September 1, 2001
- **Big South Fork 17M Trail Run** — October 6, 2001
- **Run for Excellence 5K** — October 20, 2001
- **Run for the Pumpkins 8K** — October 28, 2001
- **Mill House 15K** — November 11, 2001
- **Autumnfest 5K** — November 22, 2001
- **Millennium 5K** — January 1, 2002
- **Calhouns 10 Miler** — January 26, 2002
- **Straw Plains Half Marathon / 10K** — February 9, 2002
- **Whitestone 30K** — February 23, 2002

- **Smoky Mtn Marathon / Half Marathon** — March 23, 2002
- **Foothills Duathlon** — March 30, 2002
- **Greenways 5K** — April 6, 2002
- **Dogwood Classic 5K** — April 27, 2002
- **TN Sports Medicine EXPO 10000/5K** — May 25, 2002
- **Kids Road Mile** — June 29, 2002
- **Fireball Moonlite Classic 5K** — July 3, 2002
- **Carter Mill 10K** — July 13, 2002
- **Midsummer’s Night 4-Mile Challenge** — July 20, 2002

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**RUN THREE, WORK ONE!**
by Greg Johnson

A FISH OUT OF WATER

Anyone who thinks road race 5Ks and the marathon are the same sport still has holiday visions of sugarplums dancing in their heads. It's more like a featherweight boxing a heavyweight: one might just get hurt. To put it in mathematical terms, the marathon distance of 26.2 miles is a little over eight times a 5K. One could then assume that the marathon should be eight times more difficult to prepare for and run than a 5K. Sounds logical, but something is just not quite right with this equation. After some personal tests in this area, I have come up to the conclusion that the proper mathematical equation of increased effort is exponential: 5K to the 8th power.

VIVA LA DIFFERENCE

♦ Running out of gas 2/3 the way through a 5K? You struggle at the two mile mark, gut out the last mile, possibly losing 20 to 30 seconds, and kick it in when you see the KTC finish line crew. Two thirds through a marathon, you are at mile sixteen and reviewing your living will support decision.

♦ During a rainy 5K, you are moving so fast, you can almost dodge the raindrops. After three hours of marathoning, your shoes and clothes weigh as much as a suit of armor. On the other hand, there is nonstop water available if you just open your mouth.

♦ Chances are one won't choke on some experimental energy food or gel during a 5K. But in a marathon, facing an empty gas tank, some mystery energy foods get swallowed that you'd never walk, much less run, out to your local grocer to purchase.

♦ At a 5K pre-race or post-race meal, chances are you won't hear runners discussing running a 5K in every state. At the marathon, you'll find out about the 50-Marathon craze and may meet people who started after sixty and have run in more states than you've even been in.

ON TO HUNTSVILLE

Well, back to my experimental marathon. Fourteen years ago, I had crawled to my hotel room after running the Boston Marathon. I had just crashed and burned for the fourth time. I decided that I was just not built for this marathon business. I prayed that if I ever walked again without pain or a limp, I would never get stupid enough to run a marathon again, much less the ultra that was in the back of my mind. Two years ago, my memory of that tragic disaster started to fade a bit and I went out and ran a marathon with a friend at reasonable pace for me. It went too well and earlier this year I did the same with similar results. Both times I had felt guilty about how well I felt afterwards. I thus decided I wanted to give Boston another try next year and would run Rocket City Marathon to qualify. It would, of course, have to be at a quicker pace than my "feel good" marathons. Everyone told me, "piece of cake." My preparation consisted of some long trail runs and a couple fifteen mile road runs at a pace a little faster than my marathon goal. I really wanted to do more long runs but a slight injury slowed me. Yet I convinced myself I could jump in and run on general fitness anyway. Wrong thing to do.

I hooked up with Mike Marchant, and we were off to Rocket City. The weather forecast called for warm with a 90% chance of rain. As we walked out of the hotel, I knew there might be trouble when it was too warm walking around in warmups at 6:00 a.m. At least it wasn't raining. Yet. The gun went off and it was mile two before it started to sprinkle a little and then it rained off and on for the duration of the race. I went out in six minute pace, too fast, and then finally settled into my goal of 6:15 per mile at mile four. I ran the next ten miles with the president of the Huntsville Track Club, who had a similar goal pace. But the pace felt more taxing than I wanted it to be that early in the race. At mile 15, I realized what distance I was properly trained for, and it wasn't 26.2. What followed was like getting a flat tire: slow down, pull over, lose time stopping to change it. Then drive slowly on that undersized spare praying to make it to the repair shop.

BONK!

Maybe it was the rain or the slight cold I had leading up to the race, but my energy was fading fast. There was no way I could run the next ten miles at my target pace. I then began a run/walk pattern for a couple of miles. With my head hanging pretty low to the ground, I ate the two packs of GU I had been carrying. I resolved that it just wasn't my day and began thinking of quitting altogether. My run/walking had netted two 7:00 miles and now a 9:00 mile. I began to focus on the amount of time I had left to qualify for Boston. I was still toast when a friendly runner stopped and talked me into trying to run it with him. He was struggling too. We settled into a few 7:00 miles and at around 20, I started feeling a little better and picked up the pace and ran 6:45's for the last 10K, finishing in 2:54. A painful run, but well under the qualifying standard for Boston.

Although painful, it was really exciting and Mike and I even made it back to Cindy Spanger's house for the KTC Christmas Party. A damage assessment run the next day revealed no injuries and I began my seasonal slowdown for a few weeks before I get some new tires in January. (For a good article on winter training, please check out "The Future is Now" in the January 2002 issue of Running Journal by a friend from back in Virginia, Richard Ferguson.)

KTC was well represented at Rocket City, and it's always good to see familiar faces. Warren Heiser finished third in his age division with a 3:10:58, Mike Marchant ran just over his goal but finished a very strong 3:16:57. Other KTCers who ran well included John Plummer, who clocked a 3:08:13, and Larry Brede, who ran 3:28:52.

Moral of the Story: Your race usually resembles your training. Be prepared!
2001 AAU CROSS COUNTRY

Marty Sonnenfeldt, Youth Athletics Program Director, and KTC V.P. Elizabeth Corbett with the AAU Team prepare to board the bus for the Cross Country Championships in Orlando

THE PROFESSIONALS

There are a number of outstanding professionals in our community who can enhance your running through medical, physical, mental and even spiritual means. Some of these who have shown a particular affinity for working with runners are listed here. Please consider patronizing their businesses.

PHYSICAL THERAPY -
- John Kruzenclaus - 584-1054
- Knoxville Sports Therapy / John Harris 690-5494
- Mick Larrabee - Therapy Center 740-5955
- Knoxville Physical Therapy / Linda Googe 637-2321
- Health South / David Higdon 558-4491
- East Tennessee Orthopedic / Tim Marshall 524-5365
- St Mary’s Rehab Service - East Towne / Lorna Cronje 545-8720
- Fort Sanders Therapy Centers - Phil Bevins 531-3710

PERSONAL COACHING -
- Robert Dills 966-7232
- Dirk Dandy 410-4371
- Michael & Kris deLisle 691-2319

PERFORMANCE ANXIETY COUNSELING - Jerry Fried, LCSW LMFT 588-7598

STRENGTH & FLEXIBILITY COACHING -
- Mick Larrabee 740-5955
- Robert Witherspoon 584-2328

PHYSICIANS -
- Dr. Gil Reed, DPM 632-5733
- Dr. Brantley Burns, MD 524-5365
- Dr. Heather Sandberg DPM 523-5655

CHIROPRACTIC -
- Paula Lawson, DC 588-0825
- David Corbit, BA, DC 368-1320
- Linda Hunter, DC 376-4684
- Donovan Stewart, DC 687-5700

MASSAGE THERAPY -
- Massage Therapy Center 558-9191
- Suzanne Stewart 525-6683
- Elisabeth Cox 588-0304

This is a partial listing and does not intentionally omit any other professionals who may do good work with runners. Those interested in being listed may contact this publication at PO Box 967, Knoxville 37901.
Redemption Run

I've been known to say that running is a spiritual pursuit. I've often wondered what I meant by that. So I've decided to test myself a little and see if my statement holds any water. I sense a little cereal box philosophy coming on, but I only mean to write something interesting on a pop level and certainly not meaningful by academic standards.

I am writing on the day after New Years Day. The waning days of Christmas, with an eye toward epiphany. Truly, a meaningful time, especially if you get past all the resolutions that we won't be keeping again this year.

I hold that we run not because we are resolved to, but because we find the new beginnings we need when we run.

The new year brings us fresh opportunity to reflect and start anew, but running provides us a venue for reflection and renewal. Daily. That is the beauty of running. We don't have to wait on the seasons to tell us when to look inward, outward, or upward. We are given roads for running, wings for flight on a daily basis.

I am not talking about a pagan appreciation for the nature around you while you run, rather a chance to cleanse one's soul everyday. I do think you should appreciate the nature around you. That might even be a part of the renewal you find. Some call it stress relief, but I believe it is more than that.

I think it can be found in the solitude of a solo run or the community of a group run. We're all packing for a place none of us has seen. A place that has to be believed to be seen. We just happen to have an arena for our packing that is easily attainable. You just have to lace up your shoes and step out the door.

Most of the activities of a monastery can be pursued on a run. Contemplation, meditation, soul-searching, and prayer are all attainable doing what we do. But even short of these overtures of faith, I contend that running provides refuge and solace. Not a hiding place, but a seeking place.

My run today was not perfect. That is one of the reasons I'll be back out there tomorrow. Not the only reason mind you, but one of them. Just like we strive for a perfect day, we yearn for the perfect run and the perfect race. Some of have had runs we think of as perfect. I've had workouts where I felt like a reached some other state of consciousness. Steve Prince's "field hill" workout put me there. That didn't feel like perfection. I thought I might die.

We accept our runs with their imperfections, but we get to make it better tomorrow. It is this pursuit that carries us along our journey. What we got can't be seen, bought, sold, denied, or stolen. I sure feel it though.

Running can be more like art than sport. I've heard art defined as man's attempt to communicate with God. It doesn't have to be so serious if you don't want it be, but this aspect is there if you let it be.

Dave Nelson once told me that once we find out that we are runners, it becomes simply what we do. Sure, we have a choice, but it's what we do. When we hit the road, we leave all that we can behind. We all have goals, PR's and newness of life among them.

Lace your shoes carefully, hit the road and enter a church not made with hands. Begin again.
A PLODDER'S PERSPECTIVE

by Bobby Purkey

"Happy Birthday to Me. 
Happy Birthday to Me. 
Happy Birthday Dear Plodder, 
Happy Birthday to Me."

On New Year's Eve my calendar turned another page. When I looked in my mirror the 16-year-old kid, who was there just yesterday, is now 57 years old. The mirror tells me that I look exactly the same as at 16. My high school annual picture tells me that the mirror lies.

Having achieved this semi-advanced age, I now qualify as a wise old sage/oracle. I guess that makes me a sororacle?

I thought that this might be a good time to share with you some of the wisdom that I have acquired in my journey of life (to date).

My first truism is that you will never be able to run as fast as you desire. Regardless of the level of effort that you expend, regardless of the number of miles that you run each week, regardless of your dreams, regardless of your goals and achievements, you will always want to run faster. Solution! Once you have done all that you can to improve, and you have leveled off, take time to enjoy the results of your efforts. Learn to be satisfied with your "best effort", and the results that you have accomplished, rather than being dissatisfied with what you can not do.

A second truism is that every birthday (after age 30) brings diminished skills and a corresponding level of performance. You can train harder, run more miles, but your skills will diminish with age. Some birthdays will occur and you will not even notice, but it occurs nevertheless. This does not mean that you should enjoy running less. In fact, as your speed decreases, you will have more time to enjoy the scenery, the atmosphere, and more importantly you can enjoy the fellowship of your fellow runners more as you find that you can carry on a conversation as you run at a reduced pace. The companionship shared during a good run (in my opinion) is much more enjoyable than the solitary efforts of an "all-out-run" that leaves you physically depleted.

Another truism is that body parts hurt more as you age, and the time to heal takes a little longer each year. This also does not mean that you should enjoy running less. It just means that you should try running smarter. Use all of the tools and knowledge that you have acquired over the years. For instance, you might modify your running plan from every day (this hurts after a while) to running every other day with a long run every fourth day. This allows you to keep your mileage up, and gives those older legs plenty of rest instead of the leg pounding of day after day of running. Start doing the things that you have read about for years but resisted doing. Things such as stretching (regularly) and cross training (Ugh!). There is no shame to mileage done on a treadmill. Use stationary or regular bikes. Swim daily at your local YMCA. Lift Weights. Build up those hams to counter your massive running quads. A healthy heart never says that "only running miles count" to strengthen the heart. All exercise is good.

Still another truism. A little effort can produce a lot of results. Whether in running or in life. Example! A couple of years ago I became acquainted with a camp for underprivileged children called Camp Billy Johnson. At no cost to the child or his/her family, each child is treated to a carefree week at camp where they can enjoy just being a child. The camp solicits anything and everything for these children including previously worn clothes (these kids literally have nothing). A chance remark that I made to Kevin Pack at Runners Market about the camp produced two large boxes of previously worn running shoes. The same shoes that you and I casually throw away after 300-400 miles, or we take to Kevin and say "If someone can use".

The report from camp was how thrilled the kids were to get these shoes. With such positive results, I got bolder and asked Alan Morgan about surplus Expo T-shirts, and I asked Laura Root the same question about run For Ed T-shirts. Both generously produced enough T-shirts for each child to have a couple of new T-shirts for the summer of 2001 camp that literally became part of their school wardrobe for the 2001 school year.

Because of these things, someone else heard about the camp and generously donated a new pair of running shoes for each child in attendance for the 2001 summer camp. The children were really pleased to receive "new" stuff. Based upon the running theme of shirts and shoes, and with a little information that the Plodder obtained from Marty Sonnenfeldt, the camp put on a Mini Olympics for the children, which they thoroughly enjoyed. All of these positive results from such a "little" effort. With your mind set in a positive frame, this little effort can help you improve your running, and also a "little" effort can make major changes in the world. Just look around. The opportunity to improve your life, of the life of others, is all around you. It requires a "little" effort.

Final Truism. Life is too short. If any of us doubt that all that you need to do is simply look back at September 11. This is not meant in a morbid sense as in "I’m old. Soon I will die". Rather I mean it in a positive way. We should all take time to enjoy the time we have. Enjoy running and racing (in their place). Take time to enjoy family and friends. It only takes a moment to share a hug or an "I Love You". You will always get back much more that you give. It is an unexplainable, but true law of
nature. Love given is returned many times. A life filled with love is simply more enjoyable. A life filled with love will allow you to enjoy your accomplishments more since you will have a loved one with whom to share your accomplishments. If you look at what you have accomplished instead of what you did not achieve or obtain, your life will be full. That 50 minute 5k that was a disappointment to you would be a treasured gift to many. When injured and unable to run, maybe you can use that time to share the love in your life with a child in the hospital, or one of our many senior citizens (No, not me) living alone and desperate for a visitor. Volunteer to work a race or two. Once again I point to Richard Dodson who when injured simply channeled his energy into volunteering instead of racing. He is a true inspiration.

More than ever Diane and I have adopted as our motto “Quality of Life”, or QOL for short. Essentially for us this means taking more time to enjoy life today. On January 1st we shared our 20th wedding anniversary. Those 20 years have flown by. As we talked about our lives together, we realize more than ever that time together is more important than things that we accumulate in life. An old saying goes that, “Happiness is not having what you want, but wanting what you have”. Maybe a little corny, but I am thankful that with Diane to share my life that I can truly say that is where I am in life.

Enough preaching. Fortunately for you readers I get philosophical only once per year. As always, run safely in 2003. Remember to take time to volunteer (and to take time to say thank you to others who are volunteering) at a race or three. Volunteering is our True Admission Price to race in all of the wonderful events that we have available to us in Knoxville.

Keep Plodding.

**THE COMPETITIVE EDGE**
by Bob Hawsey, member KTC and ORTC

**THE ARTICLE RUNNER’S WORLD WILL NEVER PRINT**

While I’m not a regular reader of Runner’s World magazine, I have to wonder if we’ll ever see a frank discussion of all the hype concerning “sports drinks.” Most of us know that such drinks are little more than sugar water for carbohydrates and a smidgen of “electrolytes and B-vitamins.” Especially in the summer months, sometimes runners like to augment plain old tap water with some of the commercial “sports drinks.” I’ve recently studied the ingredient labels of two alternatives to Gatorade or All Sport beverages. Let me jump to the bottom line: In my opinion, the alternatives are 1) better tasting and better for you and 2) less costly than the “sports drinks.”

Just what alternatives did I try? Good old orange juice and some of the V-8 bottled juice products. As Rick Alderfer and I noted during a recent ORTC Coffee Run, we’re not likely to see a discussion like this in a running magazine because Runner’s World depends heavily on advertisers of bottled “sports drinks” to keep the magazine afloat, and I doubt these advertisers will look kindly upon the chart I share below.

<table>
<thead>
<tr>
<th>Item or Nutrient (%) or daily value</th>
<th>Orange Juice</th>
<th>All-Sport</th>
<th>V8 Splash Berry Blend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per 8-oz</td>
<td>110</td>
<td>70</td>
<td>110</td>
</tr>
<tr>
<td>Fat (g)</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>0</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Potassium (mg)</td>
<td>14</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>Carbohydrates (%)</td>
<td>9</td>
<td>7</td>
<td>9</td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>24</td>
<td>19</td>
<td>28</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin C(%)</td>
<td>120</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>Thiamine(%)</td>
<td>10</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>Folate(%)</td>
<td>10</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin B-12(%)</td>
<td>0</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>Niacin(%)</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin B-6(%)</td>
<td>0</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>Pantothenic acid(B-5) (%)</td>
<td>0</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin A(%)</td>
<td>0</td>
<td>0</td>
<td>100</td>
</tr>
</tbody>
</table>

Now you’ll have noted by now the lack of B-vitamins in orange juice and the V-8 Splash. Will you miss these additions by forgoing the All-Sport? I think not. But I’d like to hear from fellow club members who’ve studied sports nutrition more than I.

“Now what about price?” you might ask. Prices for OJ, All-Sport, and V-8 Splash vary by quite a bit between grocery stores in town. Sometimes the local mega-discount chains (and we know who THEY are) have low sale prices on these drinks. Yet I can invariably find a 64-oz carton of OJ in the dairy case for less than $1.50 (store brand), making it the best buy of the three drinks I listed. V-8 Splash and the All-Sport are fairly close in price and always higher per serving than orange juice. Since the OJ contains the potassium (read: electrolyte) we all crave after a run (and a whopping 14 times as much as the All-Sport!), after guzzling lots of water I now enjoy a glass of ice-cold, all-natural OJ as my new “sports beverage” of choice after a warm Tennessee run.
SCHEDULE OF KTC GROUP RUNS

SUNDAYS: Every Sunday at 7:00 a.m., a group of KTC runners assemble at the Concord Telephone Exchange at the corner of Concord Road and Turkey Creek Road in Farragut. Long flat straightaways blend with rolling hills. Out’n’back courses and loops can be of nearly any length, and there’s generally someone going long every week training for some marathon or ultra. Others opt for short comfortable runs of varying lengths.

TUESDAYS: Track workouts take place on Tuesday afternoons at 5:30 p.m. at the University of Tennessee’s Tom Black Track on Volunteer Boulevard on the UTK campus. Two or more groups work out concurrently, with the leaders running quite fast and the other groups a bit slower. Workouts are planned with each runner’s ability in mind, and Coach Don Madgett orchestrates the activities in an encouraging and highly motivating manner. Also see Thursday activities.

WEDNESDAYS: A festive and relaxed group get-together occurs every Wednesday afternoon at 5:30 p.m. at Runners Market, 4445 Kingston Pike. The run usually takes place on the Third Creek Greenway/Bike Trail or the nearby Cherokee Boulevard/Sequoyah Hills neighborhood for a comfortably paced run of 5-6 miles. Afterward, cool beverages and good company are shared at The Market.

THURSDAYS: Many of the same runners who constitute the second group on Tuesday also meet on Thursday for a group run. Unlike the Wednesday group, wherein runners tend to spread out during the run according to varied paces, the Thursday runners stay together. Runs will sometimes stay in the UT area, sometimes head toward downtown, and sometimes run on the Greenways system. The emphasis is on a shared social run rather than performance.

SATURDAYS: A second workout for the competitive runners will often supplant a Saturday race. Most of these workouts will be on the track, but occasional jaunts away from Tom Black will replace the elliptical tour.

THEM’S SOMETHING FOR EVERYONE!

EMBODY KTC’S VOLUNTEER SPIRIT

KTC’S Splendid Finish Line Crew at the 3rd annual Millennium 5K
RUN THREE RACES, WORK ONE, RUN THREE!
Periodization

After returning from Tampa, and my first marathon experience, the residual soreness to my quads and hamstrings was a painful reminder of the work done by my muscles over the 26.2 miles. Consider that the average 150-pound man with a step length of 3.5 feet takes 1,175 steps in a 1-mile run. On top of that, each time the foot hits the ground there is a ground reaction force of 3-5 times the bodyweight of the runner that travels up the kinetic chain from the foot to the low back. Thus, a total of 528,000-881,000 pounds is imparted to the lower extremities during a short 1-mile run (at least 132 tons per leg). You can do the math and quickly see just how brutal the pounding to your legs can be during long runs. Obviously, the muscles of the lower extremities must be strong enough to absorb and control these repetitive stresses while preventing breakdown and injury. Therefore, strength training should be an integral component of any successful runner’s program.

When people look to improve distance running performance most train the aerobic side of the activity. It is well accepted that the major metabolic pathway used in distance running events is oxidative and that a high VO_2 max is essential for success. Although the need for aerobic endurance is clearly dominant, training for effective strength gains can also be very beneficial. In fact recent evidence suggests that strength training may indeed be essential to improve performance in the endurance sports. In addition to increasing strength, some of the areas that appropriate strength training will enhance include aerobic capacity, anaerobic endurance, flexibility, power, injury prevention, and decreased fatigue.

Most runners do not have an extensive background in resistance training and many are apprehensive to begin lifting weights. They feel they will get too tight or bulk up and lose their speed. This is not necessarily true — especially if you train properly. The most important thing to do initially is to step back and ask yourself “Why am I doing strength training and what do I want out of it?” The answer may not be as simple as you think . . . but once the reasons are identified then you can look into the best ways to achieve those goals. If you determine that strength training is worth your time, then it is definitely worth a little planning before aimlessly heading to the gym.

An effective plan, which will normally translate into better performance, is strongly dependent on the correct implementation of periodization. Periodization refers to the process of adapting the training regimen into phases in order to maximize the athlete’s capacity to meet the specific demands of a sport. This is accomplished by a gradual cycling of resistance, volume, intensity, and specificity in order to achieve peak levels of performance. In other words, you must change the stresses to the muscular system in order to keep improving performance.

Although no one program will fit the training needs of all individuals, I will attempt to provide a basic outline of the periodization concept for strength training. It is important to note that periodization is just as important with your running program as it is with your strength training. In fact strength training should be designed to complement what you are already doing on the road and track.

We begin by breaking the calendar year into 3 distinct phases: 1) preparatory, 2) competitive, and 3) transitional. The preparatory phase should begin approximately 2-3 months before the onset of the racing season. During this time all strength training should be performed 2-3 times per week. This initial phase can be further subdivided into hypertrophy and strength. The hypertrophy phase lasts anywhere from 4 to 6 weeks and the goal is to improve the muscular and metabolic base by performing exercises with low to moderate resistance and a high number of repetitions. Exercises should contain 12-15 repetitions for 3-5 sets at an intensity of 60-75% of 1 repetition maximum (1RM). The strength phase follows and usually lasts an additional 4-6 weeks. The goal here is to increase the overall strength potential of individual muscle groups by decreasing the number of repetitions per exercise (4-6 reps for 3-5 sets) and increasing the resistance (75-90% of 1RM).

The competitive phase starts with a 4 week preseason phase which is dedicated to power conversion and progression to explosive exercises. Strength exercises should be performed quickly and explosively 2-3 times per week and contain 3-6 reps for 2-3 sets at an intensity of 20-40% 1RM. Plyometric exercises may also be included 1-2 times per week with 1-3 sets of 8-10 reps. The actual competition phase is the final main phase with the goal to train the muscles to improve their ability to apply a repeated submaximal force. This phase can be performed throughout the race season to maintain strength levels. Primary exercises should be performed 1-2 times per week with moderate to light intensity (40-60% 1RM) containing 12 reps for 2 sets with emphasis on speed of movement.

The end of the competitive phase marks a gradual decline in training and is called the transition phase. During this time many runners take 1-2 weeks of complete rest secondary to the fatigue acquired during a long competitive season. The next 2 weeks represent a time when the athlete train 2-3 times per week at a much lower workload (40-50% of 1RM) with much less intensity for 2 sets of 12-15 reps.

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FLURRY OF GREENWAY CONSTRUCTION ADDS SUBSTANTIAL MILEAGE TO AREA TOTALS

by Will Skelton

Late 2001 saw a flurry of greenways work, with several miles of new greenways being added in the City and County. Here's a list of the Knoxville and Knox County greenways to run that were substantially completed (maybe a little work left) in 2001:

1. Third Creek Greenway Extension (Knoxville). The new portion extends from the old terminus at the UT Sutherland Avenue apartments to the Bi-Lo Grocery, and then over to Sutherland Avenue. It’s now substantially finished, except for the connection over to Sutherland. This completes the dream of connecting the Bearden area all the way downtown, since the Third Creek Greenway connects to the Neyland Greenway that gets you to the Regas Riverside Tavern. The new portion is about .5 miles; the total one way distance on the Third Creek and Neyland Greenways from the Bi-Lo to Regas Riverside Tavern is now just over 6 miles (with another .8 mile if you run the rest of Neyland Greenway west to the University Club).

2. Cavet’s Station Greenway (Knoxville). This greenway parallels the new Walker Springs Connector from I-40 (behind Sam’s Club and Wal-Mart) to Middlebrook Pike, on the east side, and actually uses a portion of the old Mars Hill Road. It connects to the Ten Mile Creek/Jeann Teague Greenways that still have some construction to go (when completed those greenways will extend from Parkside Road, under I-40, along Ten Mile Creek and one of its tributaries to the existing Jean Teague Greenway and West Hills Elementary School). This greenway is about .1 mile one-way.

3. Parkside Greenway (Knoxville and Farragut). This is a surprisingly nice greenway and is long enough for a decent jog (well over 2 miles one way). It starts on Lovell Road just south of I-40/75 and the Shoney’s Restaurant (there’s a dirt area you can park on which is a future McDonald’s Restaurant location), traverses the Turkey Creek wetland area, and then generally follows I-40/75 west to near Campbell Station Road. It actually ends for now on Parkside Drive but hopefully Farragut will in time connect it to their greenways, and especially their Grigsby Chapel Greenway. The Turkey Creek wetland and westernmost portions are especially nice, as they’re somewhat separated from all the development by distance/slopes, and the portion along the interstate is much nicer than might be expected.

4. Sterchi Hills Greenway (Knox County). This is currently the longest paved Knox County greenway at about 2.5 miles and is located in North Knox County. To get there, head north on Broadway, past Fountain City, over Black Oak Ridge, turn left onto Rifle Range Road, and drive about .3 mile to the new Halls Soccer Complex; park outside the gate if it’s closed. The Greenway starts at the Soccer Complex and follows an unnamed tributary of Knob Fork Creek westward, across Fountain City Road, then behind several subdivisions, across Dry Gay Pike, through the County’s new Sterchi Hills Park, then along an old roadbed and beside a creek to end at Jim Sterchi Road. A variety of scenery and distance make this an especially nice greenway. It was built by the County with substantial contributions of land by the developers of the Sterchi subdivisions in the area.

Over in Maryville and Alcoa, they have continued their expansion of the Pistol Creek Greenway, especially in Alcoa. New sections include:

1. The Clayton segment, about 1 mile, built along the creek below the new Clayton Homes headquarters building. There’s a new parking lot on Alcoa Trail Road, near its junction with Williams Mill Road (to reach Alcoa Trail Road, follow E. Hunt Road from Alcoa Highway/US 129 south from near McGhee Tyson Airport for a little less than 2.5 miles, Alcoa Trail will turn left).

2. Wright Road Extension from the Springbrook Park “Duck Pond” area and Alcoa High School along Springbrook Road to Wright Road. The Duck Pond area is where the longest connected greenway segment in Tennessee starts, from there it’s nearly 9 one way miles on the Alcoa Greenway and then the Maryville Greenway to Foothills Elementary School in Maryville.
Knoxville Metropolitan Area
Greenways Contact Persons

Knoxville

Sam Anderson, Director, Parks & Recreation Department - 215-2090; 215-2408 (fax); P. O. Box 1631, Knoxville, Tennessee 37901 sanderson@ci.knoxville.tn.us

Will Skelton, Chairman, Knoxville Greenways Commission - 521-6200; 521-6234 (fax); 900 South Gay Street, Suite 1700, Riverview Tower, Knoxville, TN 37902; wskelton@bassberry.com

Donna Young, Greenways Coordinator - 215-2807; 215-2408 (fax); P. O. Box 1631, Knoxville, Tennessee 37901; dyoung@ci.knoxville.tn.us

Knox County

Doug Bataille, Director, Parks & Recreation Department - 215-2346; 215-4587 (fax); City/County Building, 400 Main Street, Knoxville, TN 37902; knxparkes@esper.com

Susan Kerr, Knox County Parks and Greenways Coordinator - 215-4352; 215-4587 (fax); City/County Building, 400 Main Street, Knoxville, TN 37902; greenway@esper.com

Farragut

Greg Williams, Director, Parks & Recreation Department - 966-7057; 675-2096 (fax); 11408 Municipal Center Drive, Farragut, Tennessee 37932; greg.williams@farragut.tn.us

Maryville-Alcoa

Joe Huff, Director, Maryville, Alcoa and Blount County Recreation and Parks Commission PO Box 789, Alcoa, TN 37701 983-9244; 983-8831 (fax); joehuff@inscorp.com

Oak Ridge

Josh Collins, Director, Recreation & Parks Department 425-3449; 425-3418 (fax); P.O. Box 1, Oak Ridge, Tennessee 37830; jcollins@ci.oak-ridge.tn.us

Sevierville

Bob Parker, Director, Sevierville Parks & Recreation Department - 200 Gary Wade Blvd, Sevierville, TN 37862 - 453-5441; 428-2560 (fax); bparker@sevierville.org

Jefferson City

Walter Gibson, Recreation Director 1210 Buffalo Road, Jefferson City, TN 37760 475-5812

Lenoir City

Steve Harrelson, Parks Director 600 East Broadway, Lenoir City, TN 37771 - 986-2715; 988-5143 (fax); steveh@usi.net

Kingston

Tony Workman, Director, Kingston Parks and Recreation Department (865)376-1356; 201 Patton Ferry Road; Kingston, Tennessee 37763; twkingston@aol.com

Knox Greenways Coalition

Charlie Thomas, President - 522-7495 (w); 687-6090 (h); cthomas88@hosbox.com
Scott Campen, Publicity Chair - 544-4600 (h); 584-0440 (w)

STRENGTH & CONDITIONING

--- continued from page 25 ---

I have presented a few of the factors that must be considered to formulate an effective program using the periodization concept. Manipulation of these factors will influence how you progress. Exercise selection is another key variable that we have yet to touch on, but is extremely important in overall development. You must continue to challenge the muscular system in new ways or it will adapt and eventually lead to "burn out" or stagnation. However, gradual physiological development, refinement in skills, and maturation are important for a strong foundation and will lead to steady improvement for years to come.

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RUN THREE, WORK ONE!
The title above is not quite accurate. A trilogy is a three part body of artistic work, and my running is artistic in absolutely no sense of the word. I will nevertheless abuse the word’s definition to describe the three races I ran in Colorado in the summer and fall of 2001.

The first was the Pike’s Peak Marathon on Sunday, August 19. I drove to Colorado via Marquette, Michigan, a lovely city on the shore of Lake Superior, where I rode in the Ore to Shore Mountain Bike Epic Hard Rock 40 Mile Race the weekend before the marathon on Saturday, August 11. I finished the bike race in a very stately (in case you missed it, “stately” is a euphemism for slow) 4:45:04, but the race was wonderful fun in the northwoods of Michigan’s upper peninsula.

From Marquette, it was on to Manitou Springs, Colorado where the Pike’s Peak Marathon starts and ends. The marathon starts at 6,295 feet elevation, turns around at 13.32 miles and 14,110 feet at the summit of Pike’s Peak, and ends at 6,345 feet, a net altitude gain of 50 feet. That’s not so tough! Only 50 feet! Well, the 7,815 feet gained between the start and the turnaround does complicate matters a bit. Additional complications include the serious paucity of oxygen at those elevations with the resulting undoing effects on a person’s, especially a sea level person’s, physiology, and the fact that the marathon is almost all on a trail, the lower part of which is pretty civilized, but the upper part (at the highest elevations no less!) can best be characterized as challenging, not falling-down-every-100-yards challenging, but challenging nonetheless. The run was so complicated that I was pleased to finish before the marathon’s official cut-off time of ten hours in a stately (that word again!) 9:36:57. I strongly recommend that a runner do this marathon once as a personal challenge. If you do it more than once, I think you may be a bit daft. (I personally know a guy who has run this marathon a half dozen times, and he seems, in other respects at least, to be a reasonably sane fellow.)

After a brief return to Knoxville, I traveled again to Colorado for the Imogene Pass Run from Ouray to Telluride on Saturday, September 8, a 17 mile adventure on foot over the 13,114 foot Imogene Pass. If you look at a map, you will notice that you cannot get directly from Ouray to Telluride on a normal road. Rather than go way out of the way to get from Ouray to Telluride, the local runners thought it would be smart to go directly on foot over the mountain pass. They had this bright idea in 1974, ran over the pass then, and to this day still haven’t figured out what a silly idea they had in the first place. So, the event continues annually. It was actually quite fun leaving Ouray at 7,811 feet and arriving in Telluride 17 miles later at 8,820 feet after a brief sojourn in between at 13,114 feet. The altitude was again a big factor, but the mostly gravel road, dirt road and trail course is, for the most part, pretty civilized, and the scenery is unquestionably as good as any on earth, so this ever-slow runner (5:13:26) highly recommends this race.

After another break in Knoxville, I headed to Colorado a third time via Traverse City, Michigan and White Bear Lake, Minnesota (near St. Paul). In Michigan, I enjoyed the annual Iceman Cometh Challenge on Saturday, November 3, a 27 mile mountain bike race from Kalkaska to Traverse City. When I registered for the race, the entry fee seemed a little high at $40, but as I rode the race I understood why the fee was so high. It must have been terribly expensive for the race organizers to buy all the sand and hire all the dump trucks necessary to dump tons of sand right in the middle of the course! How thought-ful of them - everybody savors a challenge! If you think running in loose sand is fun, try bicycling in it! The race was pleasant despite the sand, and this slow bicyclist (3:10:52) I think a “pattern of slow” is emerging here enjoyed the northwoods of Michigan’s lower peninsula also.

Since I was driving to Colorado from Traverse City, and Minnesota is on the way, I decided I might as well stop on Sunday, November 4 to run the annual Freedom Ten Mile which circumnavigates White Bear Lake. It was a nice chance to stretch my legs, and I ran a reasonably swift (for me) 1:26:53 in some fine, sunny 60 degree Minnesota weather.

After driving from Minnesota to Colorado, on Saturday, November 10 I ran the 22.6 mile Rim Rock Run in the Colorado National Monument between Grand Junction and Fruita. The Rim Rock Drive was constructed directly on the edges of several canyons which generally face north toward the valley of the Colorado River, which in this area flows east to west. The views from the Rim Rock Drive are as spectacular as any you’ll ever see, and the race is probably the most scenic I have ever run. This is no exaggeration. The course is challenging (my time was 4:28:56, slow even by my standards) with a lot of elevation changes between about 5,000 and 6,500 feet, but not too challenging to spoil the fun. So, I recommend this race without qualification.

My Colorado running trilogy of the Pike’s Peak Marathon, Imogene Pass Run and Rim Rock Run coupled with the other miscellaneous races was a joy to me. Colorado has always been appealing, but my experiences there in 2001 intensified that appeal considerably. Running there more will be fun, but I also think I will climb a few of its 55 Fourteeners (14,000 foot mountains). I have climbed one already, and you will too after you complete the Pike’s Peak Marathon.
Rocks in the Rain

By Steven Miller

On December 8, a group of KTC members took to the streets of Huntsville, Alabama to tackle the flat and fast Rocket City marathon. Huntsville has always been known to be a city with unpredictable weather in the winter and this year was no exception. It had been raining all day Friday but the rain finally ended during the night giving hope to the 1300 runners that race day may be dry.

The start of this well managed marathon was exactly on time like it has been for many years. Runners began a course that leaves downtown and heads toward the very scenic part of the city, Huntsville’s historic district where one can see Alabama’s largest collection of pre-civil war homes. However, while running this section, the skies opened back up and a steady shower began soaking all runners and dashing everyone’s hopes of being dry. After leaving the historic district around mile 3, the runners returned through downtown and headed south through numerous subdivisions, a school yard, and even through a pedestrian tunnel under a highway until reaching mile 9 where the psychological challenge of this marathon begins.

At this point, we began running along a straight, five mile long, rainy stretch of highway which allowed runners to see far ahead and get a better perspective of just how long a marathon can be. Though running a never-ending highway seems like a nightmare for some runners, the outstanding crowd support along the way helped all of us ultimately survive this section and reach the point near the Tennessee river where the course turns back north toward downtown.

The next several miles were again run through subdivisions but it was much harder for many. After mile 15, runners began slowing down and even walking as the infamous “wall” began taking its victims. One runner even collapsed near mile 17 but was quickly rejuvenated and transported to the finish by the paramedics. It was mind over matter that enabled everyone to run the final miles of this race. Being soaked with rain, aching everywhere below the waist, and not thinking clearly, it was sheer will that drove runners to continue. In the end, runners sprinted, walked and even hobbled across the finish back in downtown Huntsville carrying an everlasting sense of pride of having conquered a marathon.

The winning male was 40 year old Gennady Temnikov from Russia who ran hard against another Russian and a Kenyan to finish in 2:20:21. The winning female was Gennady Temnikov also from Russia who finished in a time of 2:39:38. Further back in the pack were our fellow KTC members Al Gassell (3:43:27), Robert Brown (3:51:29) Chuck Blair (3:57:06), Tom Graumann (4:08:23), Steven Miller (4:17:15), and Diane Taylor (4:35:58). For anyone wishing to run a marathon for the first time or just looking for a race nearby, Rocket City offers plenty of crowd support, countless volunteers, and great management during a time of the year when the weather for running is (usually) ideal.
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THE LIGHTER SIDE OF BEING HEAVY

by Larry Brede

What are the biggest names in the Knoxville Track Club? The alphabetical sequence of Holcombe, Johnson, Kahasenche, Lyons, or Matern? Not even close. How about Carroll, Keller, or Morton? You're getting colder. No, the biggest names in the KTC are measured in pounds rather than seconds, and a "top 10" list would weigh in at over a ton. We are the proud Clydesdales, a group happy with our girth and perhaps the easiest training regime in the running world (more on that later).

My brother-in-law, who we'll call "Hank" (primarily because that's his real name), can't understand why there would ever be a separate category for those of us weighing over 200 pounds. Hank is a talented veterinarian, a phenomenal triathlete, and a great guy. Hank and I are both 6'3" tall. However, at 185 pounds, Hank lacks the additional 20 pounds that I carry around and can't fathom why my weight should separate us at a race. I argue that there is a long and storied history to weight-based athletics, and the Clydesdale division is simply an extension of this tradition. Here is my evidence.

♦ 1. Sumo Wrestling. Perhaps the truest form of the category, who can argue with two 800-pound guys boshing each other out of a ring? The sport has been around for centuries. If Japan can make these guys national heroes, why can't we heavy runners have our own category?

♦ 2. Armchair Quarterbacking. If you're not happy with a foreign example, here's a true American tradition, and one I actively participate in from late August through early January. This sport captures the heart of America: sitting in front of the tube, belly tucked snugly between your knees, intensely second-guessing every coach's decision while knocking down a series of frosty beers. Weight may not be a requirement to participate, but it does seem to be a common denominator.

♦ 3. Belly Flopping. A staple of all spring break parties, the belly flop always belongs to the fat man. The skinny guys can attempt to participate, but the grace of an arcing gut succumbing to gravity, followed by sheer water displacement, is always the sure winner.

♦ 4. The Fat Lady (the coup de grace to this slippery slope of logic). Every sporting event is subject to the "fat lady singing". Though I have neither seen nor heard the fat lady, she's an active participant in everything from baseball to gymnastics.

If you still don't support the Clydesdale division after these compelling arguments (Hank doesn't either), then maybe you'll surrender to hard scientific fact. Every time we run we're working out. A quick review of my college physics book reveals that "work" is defined in "foot-pounds" (ft-lb). As my text states, "when the force of one pound acts through the distance of one foot, one ft-lb of work is done". Now here's my deductive reasoning: every time I run a mile I am doing 5,280 feet x 205 pounds = 1,082,400 ft-lbs of work. Over a million pounds! No wonder I'm so tired. At 185 pounds Hank has to run 5,850 feet, over a tenth of a mile more, to do the same amount of work. Here's a potential moral dilemma. Either he should run 3.4 miles for every 5K I run, or our weight classes should be separated. Clearly, the race directors in the KTC, and yes, across the nation, have decided that the Clydesdale division is the only acceptable answer.

So how do we Clydesdales maintain our healthy physiques? Actually, our training principles probably aren't very different from your own (though implementation may vary slightly). First off, we eat right, which means basically anything we want to. The more inverted our food pyramid, the more likely we are to maintain our weight. It's a bonus that Hershey Bars are cheaper than Power Bars. Also, we drink plenty of fluids, primarily of the fermented and carbonated variety. Finally, we sleep a lot, usually on mornings when the skinner members of the KTC are out doing their long runs. It's a strict regime, but it all pays off in the end.

Now, the next time you see the Clydesdales receiving their division awards, voice your support! And if you're ever in Memphis, stop by Collierville Pet Hospital and tell Dr. Hank Wright that you are a Clydesdale advocate.

Note: On advice from my wife, I would like to clarify that the comments in this article pertain strictly to the men's Clydesdale division.

Larry Brede, despite his penchant for frosty brews and Hershey Bars, is outrunning a whole slew of skinny guys these days, clocking times that would place in most age groups.
Do You Run to Party or Party to Run?

KTC's annual Holiday Party
Thanks to Cindy Spangler for hosting this year's gathering.

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**Exec Direc**

--- continued from page 6 ---

We found in the likes of Cindy Spangler a Volunteer Coordinator worth her weight in running shoes. Thanks to her and all of you who supported KTC events as both participants and volunteers. Good to have you as a KTC member and at the starting line as we cross over into 2002. Remember with delight the rule of thumb for volunteering. Do your part to keep this grand KTC enterprise running with grace: run three races, then work one.

**Post-Script:** Do you know what happens if you switch numbers with someone else without informing registration? It happened at Jingle Bells. No malice intended, just a simple switch due to an absent runner. What happened was that the incognito person coming across the finish line showed up in the results as an award winner. Of course, that person wasn’t the same one in the computer. Sex and age were wrong. The consequence? Someone with the correct age and sex for that division got booted out of an award and then the whole thing went to the web page. Whoa! Big mess! Don’t switch!

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**Editor**

--- continued from page 6 ---

We found out just before going to press that Footnotes has once again been selected the best club magazine in the South Region of the RRCA. That makes five times in the last ten years. Not too bad. Now our magazine goes up against the best in the North, East and West Regions for the national award, which we won in 1988 and 1994. Good luck to us!

Hope you enjoy our “little” January issue. Keep your mileage and your spirits up!
KTC BOARD OF DIRECTORS

Minutes of Monthly Meetings

OCTOBER

The October meeting of the Knoxville Track Club's Board of Directors was held on the 16th at the office of the Knoxville Sports Association on East Hill Avenue. The meeting was called to order by President Bo Saulsbury at 7:05 p.m. The following Board members were present: Saulsbury, Elizabeth Corbett, Hal Canfield, Mike Marchant, Allan Morgan, Doug Anderson, Michael delisle, Richard Dodson, Don Madgett, Greg Johnson, Cindy Messler, Marge McLean, Bob Neff, Marty Sonnenfeldt and Cindy Spangler. Those absent included Brint Adams, Julia Langdon, Ken St. Germain and both the men's and women's UT track representatives.

Bo Saulsbury reported that he had been contacted by Stanley Underwood. He will be attending the National USATF convention in Mobile AL in early December and is requesting a grant for expense money, to a maximum of $500.00. The Board moved and approved a grant for expenses up to the requested amount. Stanley will report on the meeting activities at a future Board meeting.

The minutes of the September meeting were approved as written.

The treasurer's report as of 9/0/01 was as follows:

- Cash in AmSouth Bank: $24,389.71
- Vanguard Investment Fund: $81,470.88
- Total: $105,860.59

Regarding the revisions to the present club bylaws, a couple of additions and changes were made before the Board approved the new bylaws. They will not be presented to the general club membership before going into effect. The annual KTC membership meeting will be held on December 11, 2001 at the Knoxville Sports Association office beginning at 7:00 p.m.

The 2002 Board nominating committee for club officers made a report with the nomination of current Vice President Elizabeth Corbett for president. There were no other nominations from the Board and Corbett was selected by acclamation.

The forms were distributed regarding the evaluation of the executive director's performance for the present year. President Bo Saulsbury wishes to have the input from these forms returned to him by the November Board meeting. Also, Allan will make a self evaluation of his work and give the president his evaluation in time to be sent to all Board members.

The November issue of Footnotes is in the beginning stage of production. Anyone submitting material should send it in before the end of October.

The website has been putting out considerable information and results of the youth cross country program. The site is close to 200,000 hits presently, and should pass that number around the first of the year.

Allan Morgan reported that it's possible that this year's Run for the Pumpkins may be the last year that the Miller Distributing company will sponsor this race. This year will mark the 20th year of its existence. Entries have been dropping for the last couple of years.

Allan met with Bud Brooks of English Mountain Spring Water about their future sponsorship with the KTC. Mr. Brooks requested that Allan compose a letter to the membership explaining the advantages of their product in comparison with those of other bottled water companies. The Board approved this action for Allan to write a letter explaining our future affiliation with English Mountain Spring Water, which will be sent to them, and, in turn, they will reproduce it and send out to the KTC membership. A motion was passed to effect this.

Due to a long standing ruling by the Great Smoky Mountains National Park administration, there will be no competitive events staged on park property. Therefore we will not be allowed to conduct a road race on park property. This has been ad administrative rule dating back for more than twenty years and will be continued to be enforced.

Allan reported that Ron Fuller has expressed an interest in becoming a member of the Board of Directors. This met with the favor of Board members and will be pursued further.

Marty Sonnenfeldt reported that the upcoming Run for Excellence course was certified and all phases of the race are in order. His contract as KTC Director of Youth Athletics has been reviewed by legal council and is in order.

Allan has sent a letter to all Board members explaining his request for salary increases for the next three years. He asked for any further questions about this, but none were forthcoming. No action was taken by the Board and it will be on the agenda for a future meeting.

Marty Sonnenfeldt reported on the successful middle school cross country season and informed the Board that the KTC cross country program begins this week with competition scheduled for November 17 and 24, and the AAU National Championships a week later at Orlando FL.

The 2002 Junior Olympic track and field meet will include about 7500 athletes on the UT track during the last week of July and the first week of August. Also, information on next spring’s Volunteer Track Classic will be on our website by the middle of November.

The meeting was adjourned at 8:35 p.m.
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CARRYING THE TORCH

Although I have not been doing a lot of running lately (due to health problems), on December 5th, I had the opportunity to lace up my shoes for an unforgettable run. I had the incredible honor of carrying the Olympic flame 2/10 of a mile. It was two of the most exciting minutes of my life.

Coca-Cola and Chevrolet sponsor the Olympic torch relay and had asked for nominations for torchbearers some time last winter. My husband, who apparently is quite a writer, sent in an essay stating why he believed that I embodied the "Olympic Spirit". While I am not sure exactly what he said, I feel certain that he mentioned my love for running and the fact that I am a school psychologist who spends a lot of time working with children and families who are having difficulties.

Due to the fact that we moved over the summer and my mail had difficulty arriving, it was not until a few weeks before the relay began that I learned that I had been selected. In fact, it was not until the white torchbearer uniform arrived on November 16th that I knew I was going to get to take part in this exciting event. Along with the uniform I received notification of when and where I needed to be. I had been selected to run in Asheville, NC at around 11:00 am.

My parents and husband traveled with me the morning of December 5th as we made our way through the mountains to Asheville. My dad must have been excited, because he was driving so fast through the twists and turns on Interstate 40 that I thought I might get sick before getting there.

Fortunately, we made it safely to the Ingles grocery store where I had been instructed to meet my group at 9:00 a.m.

Others were already there as I arrived. I was immediately greeted by a torch relay officer who welcomed me and explained to me a little bit about our schedule for the morning. Eventually fifteen torchbearers gathered at our area along with seven support runners (each support runner ran with two torchbearers for a total of 4/10 of a mile). Family members were there taking pictures. Kyle Petty, who was one of the torchbearers in my group, was especially popular with photographers. Photos continued throughout the morning as we were gathered together and introductions were made. Photos again continued as torches were handed out to each of us while the crowd of family members and friends applauded.

Around 10:00 am we boarded a shuttle and were taken to the point in which our first torchbearer would begin his run. We waited for about forty-five minutes in the shuttle. We were shown a movie about the history of the torch and spent time discussing the relay and all its components. Finally, the relay made its way into town. There were many Chevrolet vehicles in this parade as well as some Coca-Cola vehicles, one of which had a DJ pumping up the crowd. Flags and Cokes were passed out to everyone lining the streets as we ran and waited for our moment. About five minutes after those initial vehicles, the truck carrying the flame came into sight. Our first torchbearer (we had been numbered earlier in the morning) departed the shuttle and our excitement began to mount.

One by one torchbearers and support runners left the shuttle with their torches in hand. I was the next to last. As I stepped out of the vehicle, my name was announced. Family members, as well as many folks from the community were there cheering and waving flags. There were a number of officials there directing me where to go. Almost immediately I was in the street and the flame was headed my way. We had been given strict instructions as to how to hold the torch to receive the flame (you don't pass the torch, just the flame) and how to hold it as we run. I was almost too excited to be nervous. Before I knew it, my moment had come. The torchbearer who preceded me held out his torch to mine and the flame jumped to my torch. I turned and began to run. I had support runners on both sides of me, two motorcycles outside of those runners and official vehicles in front and behind me. It was all surreal at that point. I ran and ran, savoring the excitement of holding the one and only Olympic flame, at that very moment.

As quickly as it began, it was then my turn to pass the flame on to the next torchbearer. My arm had begun to tire so I grasped the torch with both hands as I came to a stop, held out my torch, and passed on the flame. I was directed through a series of officials as my torch was extinguished and I was dismissed from my responsibilities. There was quite a crowd there taking photographs and sharing in the excitement. I reveled in the enthusiasm of family members as well as strangers.

I can honestly say I have had moments in which I was more proud of myself (finishing my first 5K, finishing my first 10K, completing a half-marathon, etc) it was not as if running a mere 2/10 of a mile was some sort of miraculous physical accomplishment. However, I can say that I have never had a moment in which I have felt more honored, more a part of something exciting and important, more fortunate to be able to run than I did that day.
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Vitamins ♦ Natural Foods ♦ Herbs ♦ Natural Medicines ♦ Sports Nutrition ♦ Exercise Equipment
The November meeting of the Knoxville Track Club's Board of Directors was held on Tuesday, the 15th, at the office of the Greater Knoxville Sports Association on East Hill Avenue. The meeting was called to order by president Bo Saulsbury at 7:05 p.m. The following board members were in attendance: Saulsbury, Vice-president Elizabeth Corbett, Secretary Hal Canfield, Treasurer Michael Marchant, Executive Director Allan Morgan, Brint Adams, Doug Anderson, Michael deLisle, Greg Johnson, Cindy Messler, Marge McLean, Bob Neff, Marty Sonnenfeldt, Cindy Spangler, Ken St. Germain and Myrtle Ferguson, representing the UT women's track staff. Those absent were Richard Dodson, Julie Langdon, Don Madgett and the men's UT track staff representative.

The minutes of the October Board meeting were approved with some spelling corrections and one addition.

The treasurer's report as of 10/31/01 was as follows:
Cash in AmSouth Bank $21,041.59
Vanguard Investment Fund $81,572.31
Total $102,613.90

The membership report as of 11/12/01 was as follows:
Memberships 1581
Members 2123

Brint Adams presented the preliminary budget for 2002, which estimates a net revenue of $5046 for the coming year. As of this meeting date, a couple of items are not known specifically and the final budget will be adjusted to take care of these. There was also discussion regarding the inclusion of general donations: Should they be included in the budget and should they be increased? The final budget will be reviewed and voted upon at the general membership meeting in December.

The subject of our assistance in helping outside organizations putting on road races was introduced. Allan Morgan proposed that we charge a minimum fee of $500 to organizations requesting our finish line/registration/consulting services. In order to give Allan more time to work on KTC races, organizations would also be given the option of renting basic finish line and timing equipment for $200, as well as instruction in operating it. A refundable damage deposit would also be assessed. A motion was made and approved to adopt this plan and to have Allan oversee its implementation.

Marty Sonnenfeldt is initiating a program he is calling "Adopt-a-School" to introduce Knox County elementary schools to the positive outlook on running. He has contacted four elementary schools to begin the program and is needing volunteers to help head up the program.

Regarding the Summer Youth Athletics Program, Lenoir City will have a site in 2002, and there is some interest in having a site at the Knoxville Boys' Club.

Allan Morgan has had contact with the Knoxville Police Department regarding a race on September 11, 2002 to commemorate the 9-11 tragedy. This would be sponsored by the Knoxville Police and Fire Departments. Allan also announced that this year's Run for the Pumpkins will be the last of the series sponsored by Cherokee Distributing Company.

The club has received an invitation to attend a Knoxville Speed hockey game as a group in the near future. A notice will be placed in Footnotes and a date will be arranged. Cindy Messler will coordinate.

Michael deLisle reported the November issue of Footnotes has been mailed. It will include 52 pages. It is hoped that Curly Cop will be updating their equipment to give us better quality of printing. Footnotes has again been entered in the club newsletter competition of the RRCA. We have also entered the website in the RRCA website competition. Results and photos of several recent races were well received. All were online within a few hours after completion of the races. Overall, our website continues to be our most important communication tool.

Michael deLisle also wishes to recognize Keith Gemeinhardt, who maintains our race results database. Keith lives in Florida, but comes to some of our races. We will recognize him in some way when he's here for his assistance.

The meeting was adjourned at 9:02 p.m.
WINNING ISN'T EVERYTHING.
OK, WELL MAYBE IT IS.
SO GIVE IT ALL YOU'VE GOT.
DO YOUR BEST.
NEVER QUIT.
YEAH, YEAH, YEAH.
THEN, WIN OR LOSE, GO
HAVE YOURSELF A COKE.

Knoxville Coca-Cola Bottling Company
SECOND ANNUAL ADAM DONNEN RACE FOR RESPONSIBILITY SET FOR APRIL 7

by Keith Donnen

The second annual Adam Donnen Race for Responsibility, 5K run/walk and an one mile fun run, will be held at 3:00 p.m. on St. Patrick’s Day, Sunday April 7th at the University of Tennessee’s Circle Park.

Adam Donnen was tragically killed when the vehicle he was riding in crashed into a utility pole less than a mile from his home on May 21st, 2000. He was 18 years old and just the night before had graduated with honors from Bearden High School. The driver was an intoxicated 17 year old. They had just left a convenience store where the 17 year old had purchased beer. Earlier in the evening they attended a graduation party, hosted by a fellow graduate’s parents, where alcohol was furnished.

The goal of “the Adam Donnen Race for Responsibility” is to raise awareness to the dangers of underage drinking and to promote proactive community involvement in the prevention of future needless tragedies.

Springtime is a particularly dangerous time of year for teens that are reveling in prom nights and graduation. Over 2000 teenagers died last year from alcohol related incidents. 100% of those deaths were preventable. Fatalities associated with underage drinking are the leading cause of death for teens.

Teen race participants will be given the opportunity to pledge, by signing a banner to be displayed in West Town Mall, that they will not drink and drive or ride in a vehicle driven by an impaired driver. Adult participants will be asked to pledge that they will not furnish alcohol to minors.

A new, less challenging, course with exciting musical entertainment, food, awards, and door prizes await participants. The very popular race t-shirt is given to all registered runners/walkers. Proceeds from the race go to charitable causes that fight underage drinking and help teens make life-supporting choices.

The success of last years race influenced formation of “Parents Communicating with Other Parents” groups, changes in state law pertaining to loss of driving privileges for teens who use a “fake ID”, in local ordinances regarding beer sales to minors, and has brought much needed educational presentations, about the facts of underage drinking, into local schools.

Your participation or donation is vital in the sustained effort to protect our communities greatest asset, our youth. Please participate, volunteer, or donate by contacting: Race for Responsibility, P.O. Box 52486, Knoxville, TN 37919.
WOULD YOU LIKE TO JOIN FELLOW KTC MEMBERS FOR KTC NIGHT WITH THE KNOXVILLE SPEED HOCKEY TEAM ???

SATURDAY MARCH 9
7:00 PM
TICKETS $12.00
(executive level lower balcony)

We need 20 people to get the group rate,
so if you are interested in attending, please let me know by January 31.

Cindy Messler 694-8169 or cindymessler@aol.com

EMBODY KTC'S VOLUNTEER SPIRIT

KTC'S STERLING CREW AT THE MILL HOUSE CLASSIC 15K
RUN THREE RACES, WORK ONE, RUN THREE!
November 11 dawned clear and frosty as 154 runners (up 40 from last year) lined up at 8AM for a hammer dulcimer rendition of the national anthem courtesy of nationally recognized musician Evan Carawan. The pastoral course which rises gently from the Little River into the foothills of the Great Smokies was coned in predawn darkness by Carl Sexton and Allan Morgan.

Staffing registration were Gail and Doug Anderson; water stops Marge and Bob McLean, Kim Swicegood, John and Catherine Siles— with the return of Millie, the Australian Shepherd adopted by the Siles at the 1998 Mill House! (Thanks to John and Kim Swicegood for offering their driveway as a new and improved water stop location!)

Course monitors were Donna Murphy, Megan Fuller, Bob Griffin, Bob Lothrop, and Teri Stephens. Split timers were Todd Skelton and Harry Savage, and finish line technicians Ron Fuller, Jerry Schohl, Gail Anderson and multi-task experts Todd Skelton, Carl Sexton and Gail Anderson.

Rick Coffee organized Blount County Radio Club support, and digital photographer was Michael deLisle. Angelique Blankenship skillfully juggled registration, results, and her beautiful baby boy Arthur. Driving the lead vehicle was Bobby Holcombe, with navigators Kristy and Casey Johnson just yards ahead of their father Greg Johnson who placed second overall.

The male overall winner was Martin Lyons in 50:57. Patrice Carroll ran a strong 56:05 knocking a minute off the women's course record which she set in 1999. Both broke state age group records. Jerry Dwyer took the male masters with 56:50 and Kristin Baska secured the women's masters title with 1:05:56.

Male grandmaster winner was Warren Heiser (1:00:07) and Women's grandmaster champion was Becca Fuller (1:19:12).

An unprecedented 12 state age group records fell during this year's Mill House: Nathan Bright (12); Nina Miller (17), Andy Baska (17), Sarah Damen (18), Patrice Carroll (29), Heather Hirschfield (33), Marsha Morton (35), Martin Lyons (39), Greg Johnson (43), Betty Schohl (48), Warren Heiser (55), and Roise Sayer, (60).

Following the race, runners and volunteers indulged in a quasi-guilt-free breakfast feast provided by Richard and Diane Estes, proprietors of the wonderful Mill House Restaurant.

George Dinwiddie Distributing provided beer and Coca-Cola donated Coke and Powerade. Door prizes were generously provided by Runners Market, Savelli's Italian Restaurant and The Marble Slab Creamery.

Magnificent weather, a beautiful (and forgiving) course, abundant food, 12 state records, and tireless volunteers—it simply doesn't get any better.
Kabasencbe Wins Autumnfest 8K

Bob Winter, race director

Autumnfest 2001! How about the biggest Autumnfest race ever? We had 620 runners sign up and 576 cross the finish line. In seventeen years, Autumnfest has experienced two rainy days, eight COLD days, and seven near perfect race days. This year’s race was one of those seven near perfect days with temperatures in the low 30’s and sunny skies. At the last minute, Cindy Spangler suggested that we move registration inside so that runners and volunteers could stay warm. It worked! Thanks Cindy.


Lawrence Brede (30:26) and Carol Mitchell (46:13) won Clydesdale.

Special thanks to our sponsors Tennessee Sports Medicine Group, English Mountain Spring Water, Best Bagels, WVL TV8, New Balance Store, B-97.5 and Sigma Nu Fraternity for making this year’s race one to remember. Also thanks to the Knoxville Police Reserve Unit and the Knoxville Fire Department for all their help and support. The paramedics were needed this year and they were very prompt and efficient in handling our emergency.

It took forty volunteers to handle this year’s race, and handle it they did! Thank you Joe, Bill, Dick, Cindy, Brent, and Eddie for heading up all of the volunteer activities, and THANK YOU volunteers for all of your help and taking time out of your busy Thanksgiving day to make our race a big success.

EMBODY KTC’S VOLUNTEER SPIRIT

KTC’S FINEST IN THE EARLY MORNING FOG AT THE LAKESIDE 5K
RUN THREE RACES, WORK ONE, RUN THREE!
WARM POST-RACE IS BIG HIT AT MILLENNIUM 5K

Eric Tadlock, race director

I may have been all those extra calories consumed over the holiday season or it may have been all those New Year’s Resolutions, but whatever the reason, the 3rd Annual Millennium 5K saw a record 398 runners brave the mid-twenties temperatures and deal with some hefty gusts of wind. Calhouns on the River, New Balance of Knoxville, Health Shoppe, Comcast Cable, Oldies 93.1 and WILT graciously sponsored this year’s running.

Registration and packet pickup were held in the banquet area of Calhouns which was a welcome change since it gave runners and volunteers the opportunity to step out of the cold till race time. The KTC Volunteer Spirit was evident very early as Allan Morgan and Richard French were at the race site at O-Dark-Thirty to help with the setting up of the registration area and the sound system. Close behind was Angie Manis who was already punching data into her computer so that we had those race results that she always magically has ready moments after the race has concluded. There were a plethora of volunteers that saved this first-time race director’s hide side all morning long, also.

The race started around 10:00 a.m. The later start time gave the sun some time to warm things up a bit and gave those that reveled a little to hard the night before some extra sack time. After the playing of the National Anthem, Neyland Drive came to life with runners who had come from as far away as Geneva, Switzerland (John Cobb). A few hopes of PRs may have been dashed by the cooler temperatures and the strong wind on the return portion of the course. The overall winners were no strangers to the Knoxville race circuit. Bill Kabasenchke blazed his way to the finish line in a time of 15:40, which left some wondering if Mercury lives among us. Patrice Carroll continued her dominance with a time of 18:02 to take the ladies’ crown. Even though this race doesn’t have age group divisions, Bruce Blankenship (19:04) and Ann Wahlert (22:27) were the would be master’s champions. The grandmasters were led by Warren Heiser (19:29) and Debbie Smith (23:17).

After the runners crossed the finish line, they stood in a bigger line: the food line. I realize that this was a big inconvenience for folks and we will take measures to try to rectify this for next year’s race. At the awards ceremony the top 75 male and female finishers received a commemorative wine goblet to remember their achievement. Also, the oldest and youngest participants were honored. The senior runners were Max Springer and Wendy Williams. Max gave a great pep talk, which I personally thought was the highlight of the awards ceremony. The youngest were a sister-brother tandem, Lily and Skylor Winchester.

A race takes many people who selflessly give of their time to make it a success. It is amazing to see the race volunteers who show up before the first runners arrive and stay after the last runner has left, work with such high levels of enthusiasm. I would like to thank them all by name. Even though I was called the race director, it is Allan Morgan, the Executive Director of KTC, who does almost all the prerace legwork getting the most minute detail taken care of. Cindy Spangler probably has one of the most difficult jobs in KTC as the Volunteer Coordinator and she does it admirably. If she approaches you with the volunteer clipboard, do yourself a favor and say, yes. I promise that you will have more fun than you thought that you would.

The first person at any race is usually Richard French with his sound equipment and his collection of tune which keeps us all entertained. Of course, the folks of the city (KFD, KPD and City Engineering) who keep us safe on the race course can never be thanked enough. It is always a welcome sight to see Michael Delisle roaming the crowds with his camera. Everyone is quick to check the KTC web page (www.ktc.org) to see if they made it into one of his frames. I’ll go a little faster here to save space, but if you see these folks take the time to let them know that they are appreciated. Eric’s Angels are: JoAnn Baier, Larry Brede, Ken Childs, Richard Dodson, Richard French, Ron and Becca Fuller, Gary Hancock, Bobby Holcomb, Angie Manis, Kitty McCracken, Ron McElhaney, Charlotte and Kevin Mahan, Allan Morgan, Jerry and Betty Schohl, Cindy Spangler, Teri Stephens, Dan Roberts, Diane Taylor, Frony Ward and Felon Wilson. Thank you all for a job well done! If I’ve left anyone’s name out, I sincerely apologize.

I wish everyone a Happy New Year and hope that everyone reaches their running goals during this year.
KNOXVILLE TRACK CLUB APPRECIATES ITS FINE SPONSORS
PATRONIZE THEM WITH DELIGHT AND GRATITUDE!

CEDAR BLUFF CYCLES

ON THE RIVER
CALHOUN'S

WBIR-TV

TheReal
Yellow Pages

Suprior

Comcast

Health Shoppe

GNC

River & Sports & ATHLETIC
House

HARPER'S
SCHWINN

WVLT-TV

WILLIAMSPORT

MIX 95.7

NEW BALANCE
KNOXVILLE

POWERADE

THREADS

ENGAGEMENT COMPANY

SINKS

KRUGER

BAGS BY COACH O

NEWS-SENTINEL

Well bring it home!

TENNESSEE
SPORTS MEDICINE GROUP
14th ANNUAL STRAWBERRY PLAINS
HALF MARATHON AND 10K

DATE AND PLACE Saturday, February 9, 2002. 9:00 a.m. Starts and finishes at Rush Strong School in downtown Strawberry Plains. Strawberry Plains is located about 10 miles east of Knoxville, just off highway 11-E. (See map below for directions from Knoxville.)

WARNING February is WINTER in East Tennessee. Be Prepared for COLD WEATHER. In case of race cancellation due to inclement weather, call the KTC Hotline at 673-8020.

DIRECTIONS From Knoxville, take I-40 East. Exit on the east side of town at Exit 394 (Ashville Hwy). Turn left & head east for six miles. Bear to the left on #11E. Go three and 1/4 miles. Turn left on Old Andrew Johnson Hwy. Eastview Memorial Gardens is on your right. Go 8/10 miles to the school.

COURSE DESCRIPTION AND HIGHLIGHTS Course CERTIFIED by the USATF (#TN 90001/WN) A lovely, rolling, scenic, & rural course that meanders through the Holston River Valley with views of Clinch and House Mountains. 10K course is mostly flat.


REGISTRATION & ENTRY FEE Pre-registration closes Saturday, February 2, 2002. Fee: $12.00 (KTC members eligible for $2.00 discount). From February 2 until 9:00 am on race day morning: $15.00 (no discount).

T-SHIRTS First quality, 100% cotton, long-sleeved. Pre-reg. runners receive shirts on race day. Late registrants, as supplies last or later date.

PACKET PICK-UP Packets will not be mailed. You may pick up your packet at Rush Strong School between 8:00 - 9:00 on race day morning.

AWARDS Awards to the top three overall, top Masters (40+), and top Grandmasters (50+), male and female. Awards to the top three Clydesdale (male, 200 lbs. + & female 150 lbs. +). Overall winners not eligible for age division awards (three deep). Awards must be picked up on race day morning. They will not be mailed. MALE & FEMALE Age Divisions in both races as follows:

REFRESHMENTS/CHANGING FACILITIES An abundance of good things to eat and drink. Changing facilities at the school.

RESULTS Complete results will be available on the KTC Web Page: 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 headphones, earphones, bicycles, baby strollers, roller blades or pets on the course.

INFORMATION Contact Race Director Kitty McCracken, 8030 Wimpert Dr. Knoxville, TN 37931. (423) 693-9478

OFFICIAL 2002 STRAWBERRY PLAINS HALF MARATHON/10K ENTRY FORM

Race Number ________________________________

Name _____________________________

First ________________________________

Sex male □ female □
Age (as of 2-09-2002) ____________

Birthday (month) ___(day) ___year___

Clydesdale: Circle if appropriate.

200 lbs. male □ 150 lbs. female □

Circle T-shirt size: M □ L □ X-L □ XXL □

Fill Out Completely and Mail with Entry Fee to:
Angie Manis, Strawberry Plains H. Marathon
8419 Carter Mill Rd
Knoxville, TN 37914

Make checks payable to
The Knoxville Track Club (NO REFUNDS)

Address _____________________________
City ______ State ______ Zip ______
Phone (_____)(____) - _____ KTC Pre-Reg. $2.00 Discount _____

Please Circle One: Half Marathon 10K

E-Mail Address: _____________________________

In case of emergency, call ______ at Phone ______

KTC’S VOLUNTEER SPIRIT: RUN THREE! WORK ONE!
HELP AT A FUTURE KTC EVENT BY CHECKING HERE___

ATHLETE’S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE!

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in STRAWBERRY PLAINS HALF MARATHON unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete the run. I assume all risks associated with running and for volunteering to work in the aforementioned role, 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 road 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 any entitle to act on my behalf, waive and release THE KNOXVILLE TRACK CLUB, KNOXVILLE CO-OP, KNOXVILLE PUBLIC SCHOOLS, TENNESSEE SPORTS MEDICINE, any and all members thereof, and all further sponsors, their representatives, successors from all claims or liability of any kind arising out of their participation in the aforementioned event. I also grant permission to all the foregoing to use any photograph, motion picture, record, or any other work of this event for any legitimate purpose.

Athlete’s Signature ___________________________

& if under 18, parent’s signature ______ Date ______

46
10th Annual
LOVE YOUR LIBRARIES
5k RUN & FUN WALK
HOSTED BY
THE UNIVERSITY OF TENNESSEE
GRADUATE STUDENT ASSOCIATION (GSA)

DATE TIME PLACE Saturday morning, February 16th 2002, 9:00am. Starts and Finishes at Circle Park Drive on the campus of the University of Tennessee. One mile walk starts immediately after the race begins.

COURSE DESCRIPTION Runs through the heart of the UT campus.

REGISTRATION AND FEES Runner may pre-register or sign up the morning of the race from 7:30 until 8:30 at Circle Park. Pre-registration fee (postmarked by February 10th 2002) $12.00. Late registration including day of race $15.00.

T-SHIRTS Race shirts guaranteed to all pre-registered runners. Day of race registrants may receive shirts at a later date.

AWARDS Emoney following the race. Awards to the top three overall, 1st Masters (40+), 1st Grandmasters (50+), male and female. Overall winners not eligible for age division awards (two deep). Awards must be picked up on raceday morning. They will not be mailed.

MALE 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
FEMALE 19 and under, 20-29, 30-39, 40-49, 50-59, 60+

RESULTS Results will be posted on KTC’s Web Page: www.ktc.org and the GSA Fun Run Web Page: web.utk.edu/~gsa

INFORMATION Contact Race Director Stacy Clement at 974-2377 or email gsa@utk.edu or go to http://web.utk.edu/~gsa

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OFFICIAL 2002 LOVE YOUR LIBRARIES 5K ENTRY FORM

Race Number (leave blank)

Name
Last ____________________________

First ____________________________

Sex male ☐ female ☐

Age___ Birthday: m:___d:___y:____

T-shirt Size m ☐ 1 ☐ xl ☐

Address ____________________________

City________________ State___ Zip_____

Phone (___) ______ - ________

In case of emergency call ___________

At phone number (___) ______ - ________

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or who is rude to volunteers.

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

I have read and understood the conditions presented on the reverse side of this page. I understand that running and volunteering in club races are potentially hazardous activities. I will not enter and run in the Love Your Libraries 5K Run and Walk unless I am medically able and properly 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/or volunteering to work in 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 appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release THE UNIVERSITY OF TENNESSEE, THE GRADUATE STUDENT ASSOCIATION, THE KNOXVILLE TRACK CLUB, any and all members thereof, and all other sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness of the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any record of this event for any legitimate purpose.

Athlete’s Signature ____________________________ & if under 18, parent’s signature ___ date ___

Fill Out Completely and Mail with Fee to:
GSA Fun Run
315E University Center
1502 West Cumberland Avenue
Knoxville, TN 37996-4800

Checks payable to Graduate Student Association

47
WHITESTONE 30K

THIRD OF FOUR RACES IN KNOXVILLE TRACK CLUB'S 2002 HIGH MILEAGE WINTER SERIES
Calhouns 10 Miler, Strawberry Plains Half Marathon, Whitestone 30K, Smoky Mtn. Marathon

DATE TIME AND PLACE  Sunday, February 24, 2002. 8:30 a.m. Starts and finishes at the Whitestone Inn on Watts Bar Lake.
DIRECTIONS From Knoxville, take I-75 south, exit 72 south of Lenoir City. Turn W on #72, go 9 miles. Right on Paint Rock Rd, just after Hwy #322 jet. Entrance is 4 miles on right, From I-40, exit 352 S on Hwy #58, Go 6 miles to left on Hwy #72E, then 5 miles to left on Paint Rock Rd, then 4 miles to the inn.
LODGING For reservations at one of the inn's 20 beautiful rooms, call (888) 247-2464 or moreinfo@whitestoneinn.com. Runners have priority on booking rooms before January 24, 2002. After that, the rooms are open to all. Book early. Explore their website at www.whitestoneinn.com.

COURSE DESCRIPTION AND HIGHLIGHTS Course CERTIFIED by the USATF. A lovely, rolling, scenic, & rural course that meanders through rural Tennessee countryside. Incredible downhill start, amazing uphill finish. The rest, pure bliss.

EXPECTED PARTICIPATION 200 runners
REGISTRATION & ENTRY FEE Pre-registration closes (must be postmarked by) Saturday, February 16, 2002. Fee: $25.00 (KTC member eligible for $5.00 discount). From February 17 until 8:30 am on raceday morning: $30.00 (no discount).
T-SHIRTS Special COOLMAX, long-sleeved. Pre-reg. runners receive shirts on raceday. Late registrants, as supplies last or later date.

PACKET PICK-UP Packets will not be mailed. You may pick up your packet at the Whitestone Inn between 7:00 - 8:00 on raceday morning.

AWARDS Awards to the top three overall, top Masters (40+), and top Grandmasters (50+), male and female. Awards to the top three Clydesdale (male, 200 lbs. + & female 150 lbs. +). Overall winners not eligible for age division awards (three deep). Awards must be picked up on raceday morning. They will not be mailed.


REFRESHMENTS A bounteous buffet brunch provided by the Whitestone Inn following the race.

RESULTS Complete results will be available on the KTC Web Page: 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 headphones, bicycles, baby strollers, roller blades or pets on the course.

INFORMATION Contact Race Directors Betty and Jerry Schohl at (865) 687-4617 or jschohl@usat.net

OFFICIAL 2002 WHITESTONE 30K ENTRY FORM

Race Number ____________________________

Name
Last ____________________________
First ____________________________

Sex male [ ] female [ ]

Age(as of 2-24-2002) ____________________________
Birthday (month) (day) (year) ____________________________

Clydesdale: Circle if appropriate.
200 lbs. male [ ] 150 lbs. female [ ]

Circle Cool Max shirt size: M [ ] L [ ] X-L [ ] XXL [ ]

Fill Out Completely and Mail with Entry Fee to:
Angelique Blankenship
Whitestone 30K
5910 Whisper Wood Rd
Knoxville, TN 37918

Make checks payable to
The Knoxville Track Club (NO REFUNDS)

Address
City ____________________________ State ____________________________ Zip ____________________________

Phone ( ) -- _______ KTC Pre-Reg. $5.00 Discount ____________________________

E-Mail Address: ____________________________

In case of emergency, call ____________________________ at Phone ____________________________

KTC'S VOLUNTEER SPIRIT: RUN THREE! WORK ONE! HELP AT A FUTURE KTC EVENT BY CHECKING HERE

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or abuses volunteers!

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

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the STRAWBERRY PLAINS HALF MARATHON unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safety complete the run. I assume all risks associated with running and/or volunteering to work in 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 road 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, I for myself, and anyone and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation or waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Athlete's Signature ____________________________ Date ____________________________

& if under 18, parent's signature ____________________________
4th ANNUAL CHEROKEE RUN

Event: 5K Road Race, 2 Mile Fitness Walk/Run

Date/Time: Saturday, March 2, 2002; 8:00 a.m. 5K & 2 Mile Fitness Walk/Run

Course: Fast “Loop” 5K Course which will start at South Doyle High School

Awards: 5K—Distinctive Awards Top 3 in each of the following age divisions:
Male/Female 14 and under; 15-19; 20-29, 30-39, 40-49, 50-59, 60+
2 Mile Fitness—Ribbons to all finishers
*Each registrant will receive a custom designed race T-shirt

Entrée Fee: ALL RACES - (Please Check One)

_ $12.00 preregistration (entries postmarked prior to 2/23/02)
_ $15.00 after 2/23/02 and Day of Race
_ “Virtual Racer” category for those who choose to pay registration fee and
support the program but not race: (will also receive t-shirt)

*Day of race registration 6:45-7:30 a.m.

Proceeds: Proceeds of this race will go directly to the South Doyle High School PTSA

Info: For further information and/or entry forms, please call:
South Doyle High School - Cherokee Run 577-4475

Return form with check or money order made payable to: South Doyle Cherokee 5K Run
c/o PTSA (Shirley Irwin) 6708 Park Lake Drive, Knoxville, Tn 37920

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Age on Race Day ____ Date of Birth _______ T-shirt Size: S  M  L  XL

ATHLETES RELEASE: PLEASE READ; YOU MUST SIGN and DATE to PARTICIPATE.
I know that running and/or volunteering to work in races are potentially hazardous activities. I should not enter and
run in the Cherokee 5K (5K/1 mile fitness Run/Walk or 2 Mile Road) unless I am medically able and properly
trained. I assume all risks associated with running and/or volunteering to work in the aforementioned race. Having
read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself,
and anyone entitled to act on my behalf release South Doyle High School, Knox Co and all sponsors and the Knox-
ville Track Club and all members thereof, and all further sponsors, their representatives and successors from all
claims and liability of any kind arising out of my participation in the aforementioned race.

Signature __________________ Parent’s Signature (under 18) __________________

Date ________ Official Use ________
TROT AGAINST CLOTS 5K

“Dedicated to education for the prevention, diagnosis, and treatment of blood clots, heart attack, and stroke”

“SAVING LIVES... ONE RACE AT A TIME”

RACE INFORMATION

Schedule of Events
All events take place in Humanities Plaza, UT Campus.

- 1:30 Race day registration
- 2:15 Pre-race Rally with warm-up, music, and fun!
- 3:00 5K Race—Runners, walkers, and wheelchair entries invited. (Race wheelchairs only due to insurance regulations)
- 3:30 Post-race Celebration and awards ceremony.

REGISTRATION

Entry Fees
Pre-registration $15  Late Registration $20

Late Registration/Packet Pick-up
Participants can pick up their race packets or register from 5-8PM on Friday, March 8 and 10AM-6PM on Saturday, March 9 at the Hyatt Regency hotel, 500 Hill Avenue SE, beside the Women’s Basketball Hall of Fame.

Team Registration
Each team must have a designated Team captain. Team Captains are responsible for packet pick-up for all team members.

Note: To assure that every entry is received and processed, please do not mail any entries after March 1.

Additional Information: BOPP Photography, Knoxville Track Club Finish Line Results, USA Track & Field Insurance.

AWARDS

Individual Awards
Individual awards will be given to the top three finishers in the following categories:
- Overall Male and Female
- Overall Master Male and Female (40+)
- Overall Wheelchair Male and Female

Awards will also be given to the top male and female in the following age categories:


Team Awards
Team awards will be given to the top three teams for greatest number of participants and greatest amount of money raised (entries and donations must be received by March 1).

SPECIAL RECOGNITION

Participants raising $150 for the American Thrombosis Association or bringing 15 pairs of used athletic shoes to recycle to make basketball courts and running tracks through Nike Reuse-A-Shoe® will receive the chance to be eligible for a variety of GREAT door prizes! For further information:
ATA: www.bloodclot.org
Reuse-A-Shoe: nikebiz.com/environ/reuse.shtml

Course Etiquette: Due to insurance regulations, no headsets, earphones, bicycles, strollers, skates, or pets on the course.

Trot Against Clots Registration Form: Please complete ALL of the following and include a check made payable to the American Thrombosis Association. Mail entry to: 825 Volunteer Blvd. #822, Knoxville, TN, 37916.

Name: ___________________________ Age on 3/10/02: _____ Email: ___________ Phone: (___)____________

T-shirt size: S  M  L  XL  XXL  Address: ________________________________________________________________

If participating with a team: Team name: ___________________________ Team Captain: ___________________________

I would like to receive life-saving ATA newsletters for free: _____YES! ______No thanks (Door prize drawing for newsletter participants!!)

I would like to make an additional donation of: $__________ I am a heart attack/blood clot/stroke survivor: ______

Athlete’s Release: In consideration for your acceptance of this entry, I the below signed, intending to be legally bound for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the TROT AGAINST CLOTS 5K RACE COMMITTEE MEMBERS, THE UNIVERSITY OF TENNESSEE, THE CITY OF KNOXVILLE, THE AMERICAN THROMBOSIS ASSOCIATION, USAF all race sponsors and their employees, and any other group or individuals associated with this event. If I do not follow the rules of this event, I could be removed from the competition. I attest to verify that I am physically fit and have sufficiently trained for this event. I also grant permission to all of the foregoing for use of any photographs, motion pictures, recordings, or any other record of this event for any legitimate purposes.

Notice of Drug Testing: Athletes who participate in this competition may be subject to formal drug testing in accordance with USA Track & Field Regulation 10 and IAAF Rule 55. Athletes found positive for such substances, or who refuse to be tested, will be disqualified from the competition.

Signature: ___________________________ Date: ________ Guardian Signature: (if under 18) ___________________________
HAMMER DUATHLON - 2nd ANNUAL

A FUNDRAISER FOR THE HUMANE SOCIETY OF LOUDON COUNTY IN MEMORY OF A DOG NAMED “HAMMER”

SPONSORS: THE KNOXVILLE TRACK CLUB & THE GREATER KNOXVILLE TRIATHLON CLUB

3 MILE RUN – 17 MILE BIKE – 3 MILE RUN SATURDAY, MARCH 16, 2002 8:00AM

LOCATION – TVA Tellico Dam Recreation Area (At start of Tellico Parkway), Lenoir City, TN – Exit I-75 at Lenoir City, take Rt. 321 South toward Maryville, past Rt. 11 & over Ft. Loudon Dam, exit right after dam to Tellico Parkway, go straight at stop sign. **park past race site** (Race site +/- 5 miles S of I-75) Course info at www.kornnet.org/gktc

AWARDS & PRIZES - Awards for top 3 overall Male/Female, top 3 masters M/F, top 3 age group M/F (10-14, 15-19, 20-24, 25-29, 30-34....65+), top 3 fat tire M/F (1 ½”), top 3 Clydesdale (200+), top 3 Athena (150+), Relays (2 person only) – top 3 Male/Female, top 3 masters M/F, top 3 co-ed, top high school

COURSE – Run- Off & on-road around & on Tellico Dam; Bike – Hilly out & back Tellico Parkway ***** USAT Rules Apply – No Drafting On Bike – ANSI Approved Helmets Required *****

USA TRIATHLON LICENSE – All participants MUST have a valid USAT license. **Those that do not hold a USAT license MUST purchase a $7 single-event license.** All participants must also sign a waiver during packet pickup. **Annual members must show membership card at packet pickup. NO CARD = $7 ONE DAY.

ENTRY FEES - $25 for individual postmarked by 3/3 - $5 discount for KTC or GKTC; $50 for relay teams postmarked by 3/3 (2 person only) - $15 discount for KTC or GKTC members. Postmark after 3/3 - $35 individual & $60 relay. - NO DISCOUNT AFTER 3/3!!!

PACKET PICKUP – Friday, March 15 - 5-7 p.m. (late reg.) at Tennessee Sports Complex 753 Hwy 321, Lenoir City (between Ford & boat dealer on left from I-75 – look for GKTC BANNER) & Saturday, March 16 - 6:30-7:30 a.m. at Race Site on Tellico Parkway. Packets include quality long sleeve t-shirt, water bottle & other items.

RACE DAY AM- 6:30-7:30 Packet pickup & Late Reg.; 7:45 Pre-race mtg- Drafting Info; 8:00 Race start; 10:30 Awards

ARRIVE early Saturday morning. Please obey TVA speed limit. DO NOT PARK NEAR BATHHOUSE or SURROUNDING ENTRANCE. ILLEGALLY PARKED CARS WILL BE TOWED. Park in designated fields past bathhouse parking area. Bike racks in bathhouse lot are first come first serve (lot closed to parking & vehicle traffic). Cedar Bluff Cycles will be on hand to assist anyone who needs minor repairs.

RESULTS – Results will be available at websites for KTC (www.ktc.org) & GKTC (www.kornnet.org/gktc). Also results may be obtained by enclosing a self-addressed stamped envelope with your application. INFO – Contact Race Director Kevin Mahan at 865-988-3371 or e-mail: kevinmahan@aol.com

CUT HERE

HAMMER DUATHLON ENTRY FORM

Postmarked by 3/3 Individuals-$ 25 Relays- $50 (2 person only) (Member KTC or GKTC Discount -$5 Ind. - $15 Relay) No Discount if Late! **LATE AFTER 3/3 ADD $5 or $15** ADD $7 USAT if not USAT Annual member **

Last Name _____________________________ First Name _____________________________ Ind. - _______ Relay - _______ Wgt. _______ Fat Tire Y / N

Address ______________________________ City ___________________________ Relay Name & Div.-

State ______ Zip _______ Date of Birth / / Sex M / F Age on 3/16/2002 _______ (min. age 10)

Home Phone __________________ Work Phone __________________ E-Mail __________________

T Shirt Size ______ S M L XL First Duathlon? Y N Emergency Contact __________________

USAT Fee (or USAT #) @ $7...$ _______ Fill out completely & mail with Entry Fee to:

Entry Fee ______________________________$ _______ GKTC c/o Kevin Mahan, 205 Cross Creek Lane, Lenoir City, TN 37771.

2002 KTC or GKTC discount ...$ _______ Checks payable to: Greater Knoxville Triathlon Club

Total Fee ______________________________$ _______ Donations to the Loudon County Humane Society are gladly accepted.

THANK YOU FOR YOUR SUPPORT OF THE LOUDON COUNTY HUMANE SOCIETY

51
2002 SPRING SPRINT
First Leg of Ruby Tuesday Triple Crown of Running
5K RUN & 1 MILE fun Run/Walk

SATURDAY, MARCH 16, 2002
9:00 A.M. - 5K RUN - 9:30 A.M. - 1 MILE FUN Run/Walk

A portion of the proceeds to benefit the Area 15 Special Olympics

Race sponsored by:

DATE, TIME, PLACE:
Saturday, March 16, 2002 - 9:00 a.m. - Springfield Recreation Center, 1537 Dalton Street, Alcoa, TN 37701

CHECK-IN:
7:45 - 8:30 a.m. the day of the race

REGISTRATION & ENTRY FEE:
Individuals can pre-register at the Parks & Rec. office located at 316 S. Everett High Road, Maryville, TN 37804
Pre-registration closes Thursday, March 14, 2002 at 3:00 p.m. Fee: $12.00
Day of race registration held 7:45 - 8:30 a.m. Fee: $15.00
Fee includes a T-shirt. Please add $1.00 for XXL shirt orders.

AGE DIVISIONS:
Overall: Male & Female
Masters: Male & Female (40 & older)

T-SHIRTS:
All runners will receive an attractive, high-quality T-shirt. Shirts will be available on the day of the race for day-of-race entries as long as supplies last. Those who do not receive a shirt may pick up a shirt at the Parks & Rec. office approximately 2 weeks after the race.

AWARDS/PRIZES:
An awards ceremony will be held on site immediately following the race at approximately 10:00 a.m.
Medallions will be given to the top three finishers in each age group, and the male/female Overall and Masters winners will receive a $50 gift certificate from Chain Reaction in the 5K. All Fun Run/Walk participants will receive a ribbon. Race participants will be eligible for race door prize drawings sponsored by Chain Reaction immediately following the 1 Mile Fun Run/Walk.

GENERAL INFORMATION:
The 5K course starts and ends at Springfield Recreation Center. The route goes along Alcoa Road to Mill Street to Faraday, Vose, Wright Road, E. Edison, Lodge and back to Alcoa Road. The course is rolling and goes through Springfield Park and quiet neighborhoods of Alcoa. The race will start on Alcoa Road in front of the recreation center.

No baby strollers, bicycles, roller blades, dogs or use of headsets are allowed to be used by any participant during the race.

Refreshments will be served immediately following the race for all registered participants.

For more information regarding this race or the Triple Crown of Running, please contact the Parks & Rec. office at (865) 983-9244.

DIRECTIONS:
From Knoxville, take 129 South to Wright Road (at Shoney's on left just before airport). Make a left onto Wright Road and go through two traffic lights. Make a right onto Alcoa Road. Springfield Recreation Center will be on your left.

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2002 SPRING SPRINT 5K Run & 1 MILE Fun Run/Walk
ENTRY FORM

Last Name ___________________________ First Name ___________________________ Sex __________
Address ____________________________________________________________________________
City ______________ State ______ Zip ______ Phone ______
I live in: □ Blount County □ City of Alcoa □ City of Maryville □ Other __________
Birthdate: (month) (day) (year) __________ Age as of March 16, 2002 _____________
5K ______ 1 Mile ______

Shirt Size: (Circle one) ADULT: MEDIUM LARGE XX-LARGE X-LARGE __________
("Please add $1.00 to entry fee for XX-Large shirt orders.

Emergency contact __________________________ Phone __________________________

ATHLETE’S RELEASE: I know that running in road races is a potentially hazardous activity. I should not enter and run in the Spring Sprint road race unless I am medically able and properly trained. I assume all risks associated with running in the Spring Sprint road race, including but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road 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, I, for myself and anyone entitled to act on my behalf, waive and release the Foothills Striders, Parks & Rec., Ruby Tuesday, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the Spring Sprint road race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature __________________________ (if under 18 years of age, Parent’s signature) __________ Date __________
THE BIG ONE
TOM KING HALF MARATHON AND 5K
MARCH 16, 2002
ADELPHIA COLISEUM/TITAN FOOTBALL STADIUM
FINISH ON FIFTY YARD LINE INSIDE TITAN STADIUM
EXPERIENCE AN OLYMPIC FINISH
PARTY AND AWARD SHOW IN STADIUM CLUB
MEDALS FOR ALL FINISHERS INCLUDING 5K
ABSOLUTELY FLAT, CERTIFIED COURSE. RUN THE LAST 2.5 OF
THE COUNTRY MUSIC MARATHON COURSE. CHIP TECHNOLOGY.
STARTING TIMES: 7:00 am: Half-Marathon Walkers
7:30 am: 5K
8:30 am: Half-Marathon

THE HALF MARATHON LIMITED TO FIRST 1,500 ENTRANTS
FEES: 5K: $18.00 to February 28, 2002
$23.00 after February 28, 2002
Half Marathon: $25.00 to February 16, 2002
$30.00 to March 9, 2002
$35.00 after March 9, 2002

AWARDS:
$300.00 to 1st overall, $200.00 to 2nd and
$100.00 to 3rd and Masters Winner.
Age group awards, five year, three deep

Name: ________________________________
Address: ________________________________
City: ____________ St: __________________
Sex: M F T-Shirt Size: M L XL

5K__ Half-Marathon__ Walker____
(Please fill in all information)
Checks Payable to Nashville, Striders, Inc.
P.O. Box 128276
Nashville, TN 37212
Also register: www.active.com

WAIVER: I know that running is a potentially hazardous activity. I
should not enter and run the race unless I am medically able and
properly trained. I agree to abide by any decision of a race official
relative to my ability to safely complete the run. I assume all risk
associated with running, including, but not limited to, falls, contact with
other participants, the affects of the road and traffic on the course, all
such risks being known and appreciated by me. Having read this
waiver and knowing these facts, I, for myself and anyone entitled to act
on my behalf, waive and release The Nashville Striders. The
Metropolitan Government of Nashville and Davidson County and its
employees, all sponsors, their directors, officers, employees, agents,
representatives, and successors from all claims or liabilities of any kind
or nature whatsoever arising out of my voluntary participation in this
race even though that liability may arise out of negligence or
carelessness on the part of the persons named on this waiver.

Signature

(UNDER 18 MUST BE SIGNED BY PARENT OR GUARDIAN)

Additional race details & registration forms available on
www.NashvilleStriders.com
SMOKY MOUNTAIN MARATHON & HALF MARATHON

DATE TIME AND PLACE  Saturday, March 23, 2002. 7:00 a.m. Both events start and finish on the Little River Rd in the heart of Townsend. Townsend is located some 40 miles southeast of Knoxville, 20 miles from Maryville. It borders the Cades Cove Entrance to the Great Smoky Mtns. National Park.

COURSE DESCRIPTION AND HIGHLIGHTS  BOTH COURSES USAF CERTIFIED. A scenic, challenging, double out and back course that meanders along the Little River and Carr Creek.

TIME LIMIT:  The course, with all monitors and aid stations, including the finish line, will close after 6 hours.

EXPECTED PARTICIPATION  300 in the Half Marathon and 300 in the Half-Marathon.

REGISTRATION & ENTRY FEE:  Pre-registration closes Tuesday, February 26, 2002. Fee: $35.00 for the marathon and $20.00 for the half marathon. KTC Members eligible for $10.00 discount on marathon, $5.00, on half-marathon. From February 27 until 7:00 a.m. on March 23, $40.00 for the marathon and $25 for the half-marathon. (No discounts.)

T-SHIRTS  First quality, coolmax, long-sleeved for marathoners, short-sleeved for half marathoners. Pre-registered runners receive shirts on raceday. Late and/or raceday registrants receive shirts as supplies last or at later date.

PACKET PICK-UP  Packets will not be mailed. You may pick up your packet at the Best Western Valley View Lodge on Friday evening between 5:30 and 8:00 p.m. or Saturday morning beginning at 6:00 a.m.

AWARDS  In the Marathon & Half Marathon, awards to the top three overall, top Masters (40+), and top Grandmasters (50+), male and female. Awards to the top three Clydesdale (male, 200 lbs. & female 150 lbs.). Overall winners not eligible for age division awards (three deep). Awards must be picked up on raceday morning. They will not be mailed.


REFRESHMENTS  Changing Facilities  Lots of good things to eat and drink. Changing facilities at Lodge.

LODGING AND RACE HEADQUARTERS  Overnight accommodations may be reserved by calling the Best Western Valley View Lodge at (423) 448-2237. Special rates to runners. $49.50 + tax per room. (Two night minimum) Suites are $59.50. Rooms and cabins are also available at the Maple Leaf Lodge. www.mapleleafodge.com.

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.

INFORMATION  Contact Race Director Julie McMahon, 2769 McCarter Lane, Sevierville, TN 37876 (865) 429-5206.

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2002 SMOKY MOUNTAIN MARATHON/HALF MARATHON ENTRY FORM

<table>
<thead>
<tr>
<th>Race Number</th>
<th>official use only</th>
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<tbody>
<tr>
<td>Name</td>
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<td>Last</td>
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<td>First</td>
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</tr>
<tr>
<td>Sex</td>
<td>male ☐ female ☐</td>
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<tr>
<td>Age (as of 3-23-02)</td>
<td></td>
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<tr>
<td>Birthday (month) _ (day) _ (year)</td>
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<tr>
<td>Clydesdale: Circle if appropriate</td>
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<tr>
<td>200 lbs. male ☐ 150 lbs. female ☐</td>
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<tr>
<td>Circle shirt size: S ☐ M ☐ L ☐ X-L ☐ XXL ☐</td>
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</tbody>
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Fill Out Completely and Mail with Entry Fee to:  
Angie Manis, Smoky Mtn. Marathon  
8419 Carter Mill Rd  
Knoxville, TN 37914  
Make checks payable to  
The Knoxville Track Club (NO REFUNDS)

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

I know that running and volunteering to work in club races are potentially hazardous activities. I hereby release and hold harmless the SMOKY MTN. MARATHON/HALF MARATHON, its sponsors, officials, directors, volunteers, officers, agents, employees, and assigns, from any and all claims or liabilities for any injury to me arising out of my participation in the SMOKY MTN. MARATHON/HALF MARATHON. I hereby assume all the risks involved with running, and in consideration of my acceptance of my application, 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 in the aforementioned race, including but not limited to falls, contact with other participants, the effects of the weather, including high heat, humidity, ice and snow, the condition of the roadway and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, I agree to and hereby accept the acceptance of any and all liabilities that may arise as a result of my participation in this event, even though there may be negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all forgoing to use any photographs, motion pictures, recordings, or any other record of the event for any legitimate purpose.

Athlete’s Signature ___________________________  Date ________________

& if under 18, parent’s signature __________________________ 

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Michael Curtin Renaissance Run
5K Run & Fun Walk to Benefit the Michael Curtin Scholarship Fund

Date Time Place: Saturday March 30, 2002 8:30 AM. Starts and finishes in Norris, TN. One mile walk/run begins after 5K start.

Directions: Take I-75 to Exit 122, turn east on Hwy. 61. Follow Hwy. 61 to traffic light, turn left. Follow signs for parking.

Course Description: The course begins in downtown Norris and winds through residential neighborhoods to end in downtown Norris. Course is moderately hilly.

Registration & Fees: Runners may preregister or sign up the morning of the race from 7:30 - 8:15 AM. Preregistration fee (postmarked by March 16, 2002)$12. Day of race registration fee $15.

T-Shirts: Quality shirts guaranteed to all preregistered runners. Race day registrants receive shirts as supplies last or at a later date.

Awards: Overall awards the top first, second, and third male and female. Other awards are two deep in the following age divisions:

Male 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+
Female 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Post Race Celebration: Awards ceremony, refreshments. Award winners must be present to receive awards; no awards will be mailed.

Proceeds: To benefit the Michael Curtin Renaissance Scholarship Fund. Michael was a 16 year old runner at Anderson County High School who died in an auto accident on Oct. 9, 1999.

For Further Information: Contact Dennis or Judy Curtin at (865) 494-0372.

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Official Michael Curtin Renaissance Run Entry Form

<table>
<thead>
<tr>
<th>Bib Number</th>
<th>5K Walk</th>
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<tr>
<td>Name</td>
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<tr>
<td>First</td>
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<tr>
<td>Sex</td>
<td>male</td>
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<tr>
<td>Age</td>
<td>Birthday m d y</td>
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<tr>
<td>T-shirt size</td>
<td>M _ L _ XL _</td>
</tr>
</tbody>
</table>

Address __________________________ State ____ Zip _______

Phone (____) ___ > __________________________

In case of emergency, call __________________________ at phone __________________________

We reserve the right to disqualify anyone who exhibits unsportsmanlike behavior or who is abusive to volunteers.

Athletes Release: Please read. To run the race you must sign and date it.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the Michael Curtin Renaissance Run unless I am medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to in the aforementioned race including but not limited to falls, contact with other participants, the effects of the weather, including high 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 this waiver and knowing these facts and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release East Tennessee Foundation, City of Norris, Tiptonville Track Club, any and all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out 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, motion pictures, recordings or any other record of this event for any legitimate purpose.

Athletes Signature __________________________

If under 18, parents signature __________________________ Date _________
OFFICIAL 2ND ANNUAL ADAM DOWNEN RACE FOR RESPONSIBILITY 2002 ENTRY FORM

Fill out form completely. RACE # ________________

Last Name ________________________________
First Name ________________________________
Address ___________________________________

City ______________________________________ State ______ Zip __________

E-mail ___________________________________

Phone ___________________________ Male ______ Female ______

(B)irddate: ____________________ Age as of 04/07/02 __________

Circle event you are entering: 5K Fun Run

Circle T-Shirt Size: S M L XL XXL
(Add $2 for XXL)

Mail completed forms with checks made payable to The Adam Downen Race For Responsibility to:

Angie Manis
Adam Downen Race for Responsibility
8419 Carter Mill Rd.
Knoxville, Tennessee 37914

All pre-registered entries must be postmarked by Saturday, March 30th. Fee: $12 for 20 and under; $15 for 21 and over.

Late or Day of Race Registration: $18 for all runners.

ATHLETES RELEASE: PLEASE READ-YOU MUST SIGN AND DATE TO PARTICIPATE.

I know that running and volunteering to work in races are potentially hazardous activities. I should not enter and run in the ADAM DOWNEN RACE FOR RESPONSIBILITY 5K RUN/WALK AND FUN RUN unless I am medically able and properly 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/or volunteering to work in 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 appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release THE ADAM DOWNEN RACE FOR RESPONSIBILITY, THE CITY OF KNOXVILLE, THE UNIVERSITY OF TENNESSEE, PI BETA PHI, KAPPA DELTA, ALPHA GAMMA RHO, PI KAPPA PHI, THE KNOXVILLE TRACK CLUB, and all further sponsors, their representatives, successors, from all claims or liability of any kind rising out of my participation in the aforementioned event, even though that liability may arise out 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, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Athlete’s Signature ________________ Parent’s Signature (if under 18) ________________ Date ________________
RUN FOR ED
5K Run/Walk and 1 Mile Run/Walk

Saturday, April 13, 2002
8:30 AM • Civic Coliseum • Knoxville, TN

RUN FOR ED will supplement fund-raising efforts for individual schools of Knox County. Secondary to fund-raising, this event will provide the opportunity for the community, staff, and students to work cooperatively to support education in Knox County, while promoting a healthy lifestyle.

Schedule of events
7 – 8am Late Registration
8:30am 5K Run/Walk begins
8:45am 1 Mile Run/Walk begins
9:15am Post-race refreshments
10:00am Awards Ceremony

THE COURSE
The 5K course is generally flat. It starts and finishes at the Civic Coliseum, looping through the 5th Avenue neighborhood and downtown. The 1 Mile Run/Walk will loop through downtown. Course certification: TN000068RI.

EARLY PACKET PICK-UP
Friday, April 12th from 11 AM – 5:30 PM at Runner's Market in Western Plaza, 4443 Kingston Pike.

SAFETY
For the safety of all participants, no pets, headsets, rollerblades, bicycles, or strollers are permitted in any of the events. There will be water and first aid stations along the routes.

PARKING
Parking will be available in the Church Street parking garages across from the Civic Coliseum.

AWARDS
Awards will be presented in the following categories (male and female):

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>Masters</th>
<th>Masters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>$100</td>
<td>$70</td>
<td>$50</td>
</tr>
<tr>
<td>2nd</td>
<td>$90</td>
<td>$60</td>
<td>$40</td>
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<tr>
<td>3rd</td>
<td>$80</td>
<td></td>
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</tr>
</tbody>
</table>

In addition, awards will be presented to the top 3 male and female 5K runners in the following age categories: 10 & under, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

Single age group winners (6-12), 1st, 2nd, and 3rd place, will be awarded for the 1 mile run/walk.

NO DUPLICATE AWARDS WILL BE GIVEN, AND YOU MUST BE PRESENT TO RECEIVE YOUR AWARD. AWARDS WILL NOT BE MAILED.

All pre-registered participants will receive a 100% cotton T-shirt and a race number. Awards will be presented to the schools with the highest percentage of pre-registered student and staff participation.

- $500 High School
- $500 Middle School
- $500 Elementary School (enrollment of 50-500)
- $500 Elementary School (enrollment of 501+)

DEADLINE FOR SCHOOL TEAMS IS THURSDAY, MARCH 21, 2002.

Fill out form completely. Race #

Last Name: ____________________________
First Name: ____________________________
Address: ______________________________

City: __________________ State: _______ Ap:
Phone: __________________ evening:
Male: ______ Female: ______

Birthdate /_____/____/____ Age as of 4/13/02: _______
Circle event you are entering:
5K Run/Walk
1 Mile Run/Walk
Circle Shirt Size: S M L XL XXL
Circle One: Student Staff Supporter

In case of emergency call: ______________________

Phone: __________________

Entry forms can be dropped off at any Knox County school or mailed to: Angie Manis
RUN FOR ED
8419 Carter Mill Rd.
Knoxville, TN 37914

Make checks payable to RUN FOR ED. If you have any questions, please contact Laura Root (RUN FOR ED Race Director) at 573-1340.

All pre-registered entries must be postmarked by Saturday, March 30, 2002. Fee: $12
Day of Race registration: $17

ATHLETE’S RELEASE: PLEASE READ! TO RUN THE RACE, YOU MUST SIGN AND DATE IT!
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the RUN FOR ED 5K/1 MILE FUN WALK unless I am medically able and properly trained. I assume all risks associated with running and/or volunteering to work in the 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 this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release RUN FOR ED, the City of Knoxville, Knox County Schools, Partners in Education, the Knoxville Track Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in the RUN FOR ED RUN/WALK, even though that liability may arise out 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, motion pictures, recordings, or any other record of this event for any legitimate purpose.
New KTC Members

We want to welcome all new members to the Knoxville Track Club

Brooke S. Hawkins
Jill Temple
Brian Jeffrey Cooper
Chris Reno
Steve Harris
T. J. Hall
Emily W. Barry
Charles L. Pope, III
Lisa A. Fisher
Nancy Hudson Larson
Rita Mehta
Anne B. Ferrell
Glen Tubb
Anne Gilbert

Jeff Brown
Harold D. Newton
Paul Z. D. Wolfensberger
Gary R. Bickford
Lee Ann C. Delahunt
James Wildman
Regina C. Key
Jeff S. Fickey
Patti Ferrell
Douglas L. Woerner
Spenser Tipton
Joan P. Tomlinson
Solang Velas
Christine E. Hames

Glenn Covington
Simon Henley
Robert R. Sears
Luther H. Rogers
Bobby Holcombe, Jr.
Hugh G. Ownby
Mary Ellen B. Holbrook
Eric J. Fields
Tanya J. Calhoun
William B. Myers
Kevin Miller
Patrick T. Brown
S. Camm Garrett
Jerry L. Duncan

ARTICLES: Anyone who wishes to write or submit photos pertinent to the running community are invited to send copy, photos, and letters (preferably on diskette or by e-mail to mkdelisle@earthlink.net) to the editor, Michael delisle, 1745 Piney Grove Church Road, Knoxville TN 37909, or call (865) 691-2319. Copy and art deadlines are the 10th day of each even numbered month (Feb, Apr, Jun, Aug, Oct, Dec). Publication is bimonthly, beginning with the January-February issue, and is usually mailed on or about the 10th day of the month. We cannot take responsibility for unsolicited manuscripts, but if you send a SASE, we can generally return these items. Contents © 2002 Knoxville Track Club.

CLASSIFIED: Call Executive Director Allan Morgan at (865) 673-8020 for rate quotation and circulation information.

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.

KTC MEMBERSHIP APPLICATION

Name__________________________Date of Birth________
Address________________________E-Mail address________
City________________________State________________________Zip________
Business Affiliation:________________________Business phone________Home phone________
Age_____________________________Sex________________________New member________________________Renewal________________________
Dues: Individual Membership ($20.00)________________________Two Years ($38.00)________________________Three Years ($50.00)________________________
________Family ($25.00)________________________Two Years ($48.00)________________________Three Years ($65.00)________________________
________Student (High school and younger ($13.00)________________________Two Years ($24.00)________________________Three Years ($33.00)________________________

MEMBERS 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 such races, including but not limited to falls, contact with other participants, the effects of the 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 this release/waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release THE KNOXVILLE TRACK CLUB, THE ROAD RUNNERS CLUB OF AMERICA, USATF, members thereof and all further sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the aforementioned races/activities, even though that liability may arise out of negligence or carelessness on the part of The Knoxville Track Club.

MEMBERS SIGNATURE_________________________________DATE____

SEND APPLICATION AND DUES TO: Ken St. Germain - KTC Membership PO. Box 967, Knoxville TN 37901 - MAKE CHECKS PAYABLE TO KNOXVILLE TRACK CLUB

We would very much appreciate your volunteer help in the "Adopt-a-Highway" and "Adopt-a-Creek" program, and/or at least two races a year. Those volunteering in club events can earn awards for their participation. Contact volunteer chairperson Cindy Spangler at 584-3512 for details. Please check those events that interest you. The race director will then contact you.

__ Adopt-a-Highway Cleanup Program ____________ ____________ ____________ ____________ ____________
__ Adopt-a-Creek Cleanup Program ____________ ____________ ____________ ____________ ____________
__ Wears Valley 15K -- September 16, 2001 ____________ ____________ ____________ ____________ ____________
__ Big South Fork 17M Trail Run -- Oct 6, 2001 ____________ ____________ ____________ ____________ ____________
__ Run for Excellence 5K -- Oct. 20, 2001 ____________ ____________ ____________ ____________ ____________
__ Run for the Pumpkins 8K -- Oct. 28, 2001 ____________ ____________ ____________ ____________ ____________
__ Mill House 15K -- November 11, 2001 ____________ ____________ ____________ ____________ ____________
__ Autumnfest 8K -- November 22, 2001 ____________ ____________ ____________ ____________ ____________

__ Millennium 5K -- January 1, 2002 ____________ ____________ ____________ ____________ ____________
__ Calhouns 10 Miler -- January 26, 2002 ____________ ____________ ____________ ____________ ____________
__ Straw Plains Half Marathon/10K -- Feb. 9, 2002 ____________ ____________ ____________ ____________ ____________
__ Winter 5K -- February 10, 2002 ____________ ____________ ____________ ____________ ____________
__ Smoky/Mountain Marathon/Half Marathon -- March 25, 2002 ____________ ____________ ____________ ____________
__ Foothills Duathlon -- March 30, 2002 ____________ ____________ ____________ ____________ ____________
__ Greenways 5K -- April 6, 2002 ____________ ____________ ____________ ____________ ____________

__ Vol Classic Outdoor Track Meet -- April 27, 2002 ____________ ____________ ____________ ____________ ____________
__ Dogwood Classic 5K -- April 27, 2002 ____________ ____________ ____________ ____________ ____________
__ Tennessee Sports Medicine EXPO 10000K/5K -- May 24, 2002 ____________ ____________ ____________ ____________
__ Summer Youth Program Meets -- June, 2002 ____________ ____________ ____________ ____________ ____________
__ Kids Road Mile -- June 29, 2002 ____________ ____________ ____________ ____________ ____________
__ Fireball Classic 5K -- July 5, 2002 ____________ ____________ ____________ ____________ ____________
__ Carter Mill 10K -- July 13, 2002 ____________ ____________ ____________ ____________ ____________
__ Midsummer Night's 4-Miler -- July 20, 2002 ____________ ____________ ____________ ____________ ____________

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JANUARY
19 Maryville - 11:00 a.m. Maryville YWCA Race Against Racism 5K. See entry form in November FOOTNOTES for details.
19 Knoxville - 9:00 a.m. Knoxville YWCA Race Against Racism 5K. See November FOOTNOTES for details.
26 Lenoir City - 9:00 a.m. 11TH ANNUAL CALHOUNS TEN MILE ROADRACE. See November FOOTNOTES for details.

FEBRUARY
2 Nashville, 11:00 a.m. Frost Bite Half Marathon. Lynda dePaulis 205 Woodland Ct. Hermitage, TN 37076 (615) 889-1306
2 Pensacola FL - 8:00 a.m. Pensacola News Journal Double Bridge Run 15 and 10K. $16 early registration before Jan, 17th www.Pensacolasports.com (850)434-2800 Contact: Kate Burttram <kburttram@pensacolasports.com>
9 Knoxville - 9:00 a.m. 14TH ANNUAL STRAWBERRY PLAINS HALF MARATHON & 10K. See enclosed entry form.
15 Knoxville - UT All comers College Indoor Meet at Stokely Athletic Center. 2:30 Field Events. 5:30 Running Events.
16 Knoxville - 8:00 a.m. KTC Volunteer Indoor High School Track Classic. Register online at www.ctc.org.
16 Knoxville - 9:00 a.m. Love Your Library 5K. See enclosed entry form for details.
16 Kingsport - 11:00 a.m. War Party 10K. Contact Tandy Fleming (423) 245-8311 for details.
24 Kingston - 8:30 a.m. 1ST ANNUAL WHITESTONE 30K. See enclosed entry form for details.

MARCH
2 Knoxville - 8:00 a.m. Cherokee 5K. See enclosed entry form for details.
9 Knoxville - Open Arms 4 Miler CANCELLED.
10 Abingdon VA - 9:00 a.m. Virginia Creeper Marathon. Frank Kibler (276) 452-4724 or www.runsftc.org/creepermarathon
10 Knoxville - Trot Against Clots 5K. See enclosed entry form for details.
16 Maryville - 9:00 a.m. Spring Sprint 5K. See enclosed entry form for details. First race in the Ruby Tuesday Triple Crown.
16 Tellico Parkway - 8:00 a.m. HAMMER DUATHLON. See enclosed entry form for details.
16 Nashville - 7:00 a.m. Tom King Hal Marathon & 5K. See enclosed entry form for details.
23 Townsend - 7:00 a.m. SMOKY MOUNTAIN MARATHON & HALF MARATHON. See enclosed entry form for details.
30 Norris - 8:30 a.m. Michael Curtin Renaissance 5K. See enclosed entry form for details.

APRIL
7 Knoxville - 3:30 p.m. Adam Downen 5K. See enclosed entry form for details.
13 Knoxville - 8:00 a.m. Run for Ed 5K. See enclosed entry form for details.

KNOXVILLE TRACK CLUB EVENTS ARE IN BOLD “CAPS”. For more details about regional races, see monthly race calendars in Running Journal. Check the KTC WEBSITE http://www.ktc.org or call KTC HOTLINE 673-8020 for details about a particular race. Race entry forms are often available online.
Tour de Cure

Saturday, June 1 – Sunday, June 2, 2002

NEW THIS YEAR: ONE DAY OPTION
Riders unable to commit an entire weekend will, for the first time, be able to ride Saturday only.

FULLY CATERED
All meals are provided starting with a light continental breakfast on Saturday and ending with lunch on Sunday.

FULLY SUPPORTED
Rest stops will be located every 8-10 miles and will include food, drinks and bathrooms. Tour is fully supported with enthusiastic volunteers, massage therapists, bike mechanics, traffic control, support-and-gear (SAG) vehicles and medical personnel.

FREE OVERNIGHT ACCOMMODATIONS
Dorm rooms are available free of charge Saturday night at Tennessee Wesleyan College. Hotel and camping options are also available.

RETURN TRANSPORTATION
Cyclists are returned on air conditioned motor coach busses. Bikes are padded and transported on cargo vehicles.

TRAINING OPPORTUNITIES
Fully supported training rides for all abilities will be hosted throughout the spring.

REGISTER NOW!
1-888-DIABETES

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