

# SPLIT TIMES

State of Franklin Track Club



## Upcoming Events

- Feb 15 War Party 10k
- Mar 3 Board meeting
- Mar 14 Surgoinsville 10 miler
- Mar 15 Virginia Creeper Marathon
- Mar 21 Union Half Marathon
- Mar 22 Chip Timing Training

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February 2020

## NEW SERIES!!

In support of SFTC's commitment to promote walking for physical fitness, good health, and sport, we are pleased to announce the SFTC Fitness Walking Series. The Fitness Walking Series is not a competition but is a recognition of walkers who complete the required number of mile races in the area.

To be eligible for the Fitness Walking Series, you must: - Be an SFTC member; - Contact the Fitness Walking Series Manager and request to be included in the series; - Earn at least 5 volunteer service points; and, - Complete at least 4 of the mile races listed below. Please note that a virtual race will NOT count as a completed race.

2020 mile races include: New

Year's Wake Up Mile Duck Island Spring Mile The River Mile The Downtown Mile All four of the mile races at the SFTC Summer Track Meets Duck Island Summer Mile Duck Island Fall Mile

All persons meeting the above criteria will each receive a \*FREE\* special award at the SFTC Awards Banquet in January.

Throughout the year, the Fitness Walking Series Manager will maintain a chart showing the total monthly mileage each Series participant walked for personal fitness. On the first day of each month, the Series Manager will contact each participant for their monthly total.

These totals must be actual, intentional walking miles, not total number of steps converted to miles. Awards to the male and female with the most miles logged will be named Fitness Walker of the Year at the SFTC annual awards banquet. In order to be eligible for these awards, walkers must have fulfilled all of the requirements of the Fitness Walking Series. In the case of a tie, multiple awards shall be given. Full rules on the website. To sign up for this new series for 2020 please contact Donna Bays at: [dmbays01@gmail.com](mailto:dmbays01@gmail.com).

## Virginia Creeper Marathon

This year marks the 22nd annual running of the Virginia Creeper Marathon in beautiful Abingdon Va on Sunday March 15, 2020. Race director Frank Kibler has put on a spectacular race each year drawing runners from all over the country and occasionally from outside the US as well. The race takes place

on the Virginia Creeper Trail and has a central rally point that runners cross multiple times which makes it convenient for volunteers to truly take care of the runners. Frank would love to have you as a volunteer if you available for an hour or two or more!

Please contact Frank at [runfrankrun@hotmail.com](mailto:runfrankrun@hotmail.com) for more information.



## New Food Series update...

The races you've all been training for... the State of Franklin Track Club presents the Food Series Challenge. The Food Series Challenge is a series of 4 food themed One Mile races scheduled for 2020. While running a One mile course, contestants must consume the food for that race to be eligible for prizes. Runners can compete in individual races for \$5 per race, or the entire series for \$20 and families (2-4 runners) can register and compete together for \$50. Those running in family category are not eligible for individual awards. Runners who register and complete the entire series will

receive the finisher's shirt regardless of whether you consume all of the food items during the race. Their cumulative points from all events for those who qualify (complete the events and consume all food items) will determine the Grand Prize Male, Grand Prize Female, and Grand Prize Family Winner. To be eligible only one family member has to meet the qualifications, however **at least one** family member must qualify in **each race** of the series. Grand Prize Winners receive a \$50 gift card for Publix Supermarket. Preregistration on RunSign Up is required for these races.

At each race we will be collecting donations for the local food bank and all profits from these races will also be given to the local food bank. So come out, have some fun, support your community, and earn bragging rights in the first annual SFTC Food Mile Series!

May 5 Taco Run 7pm Duck Island, Warriors Path KPT

July 10 Soda Mile 7pm Dobybns Bennett High Track KPT

Aug 22 Donut Mile 7pm Founders Park JC

Sept 15 Hot Dog Mile 7pm Borden Park KPT

## Chip Timing Training

*"I'll be happy if running and I can grow old together."*

*Haruki Murakami*

SFTC is in need of more timers using the chip timing system. To accomplish this Michael Tipton has set up a training session to get everyone interested in learning how to chip time up to speed complete with practice sessions at local races to become familiar and comfortable with the process. The next training session is scheduled for March 22 at 3pm

at Washington Elementary School in Kingsport. Come out dressed warm and willing to run a lap or two to help everyone get proficient with the timing set up and program.



## SFTC Travels to Strawberry Plains Half/10K



A favorite race by many of our members put on by the Knoxville Track Club was held February 1st at Rush Strong School. Perfect running weather was reported and several runners set PR's on a beautiful rolling course. Amenities included great swag (jackets and finisher's medals), free breakfast buffet, and a warm place to visit with your running buddies after the race. Photographers were stationed

on the course and at the finish line and provided free pictures of the event.

Congratulations everyone!

## How to find what you need on the SFTC calendar

Looking for a particular race but don't want to scroll like you're playing the slots? Use the convenient filter at the top of the calendar and eliminate unwanted information quickly and easily. You can filter by type (maybe you want just races, or just board meetings), region (local or out of town), state (TN, VA, or NC), or by specific SFTC series races! Click on each drop down as appropriate and no more scrolling through pages and pages of info you don't need to see.



## Cold weather running tips

Cold weather running has its own hazards you should be aware of, because the training never stops. Consider leaving headphones at home. Your ears may alert you to dangers your eyes may not see. Wet wintry conditions may weaken tree limbs causing them to fall. Hearing the crack before the fall may be the difference between avoiding the branch or an injury. Avoid running on

roads during snowy conditions as drivers have a decreased ability to maneuver. Wear bright (neon green, white, yellow) reflective clothing or a reflective vest and light to be more noticeable. Wear layers of clothing to maintain core body temperatures and remove/replace layers as needed. Wear traction devices if running in icy conditions. Bring a dry change of clothes and a

blanket for emergency situations. Stay alert of your surroundings and changing weather conditions. Know where to find shelter on your route if weather turns sour. Do not ignore shivering as it is an important first sign of losing body heat and you may be in danger of hypothermia.

Courtesy of RRCA

*"If you don't have answers to your problems after a 4 hour run, you ain't getting them."*

*Christopher McDougall*



## DESTINATION...RUN!

Looking for that next new race destination for vacation, or just looking to try something new? Each month a new race will be featured in this space to let you know what's out there. And if you've found something interesting let us know! Submit destinations to patsycan-tordpt@yahoo.com. Be sure to include at least one photo and a statement of why someone would want to travel to the race you're featuring. To

start us off we'll be featuring the **Marine Corps 50K**, which ran its inaugural running in 2019 in conjunction with the Marine Corps Marathon and 10K. The best thing about this road ultra is the start. Imagine you're a middle of the pack runner, you're in a race with 50,000 other runners, and you get to start FIRST!! You get an additional 5 miles of course that no one else sees with minimal crowd and the best

pacers you could ask for. You can't predict the weather for any race and 2019 was the wettest and hottest on record all in one day, yet the photographers on the course were still able to get great shots even in the monsoon. Couple the great race with all there is to see and do in Washington DC makes the Marine Corps 50K a great destination race for 2020. Sign ups begin in March, check their website.





## State of Franklin Track Club

Official publication of the  
State of Franklin Track Club,  
serving the Runners and  
Walkers of the Tri-State area.

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[www.runtricities.org](http://www.runtricities.org)

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The State of Franklin Track Club (SFTC) is dedicated to promoting distance running and fitness walking in the TriCities area of Northeast Tennessee and Southwest Virginia. Throughout the year, SFTC organizes several road races for all abilities and ages from one-mile races to 26.2 mile marathon distance. The club is also "available for hire" through its timing services to time and tabulate results; we are regularly hired to manage finish lines for races in the TriCities. Upcoming events can be posted for free on the website's event calendar; after the event, race results can also be submitted by any race organization for (free) publication.

## AT VAndeunter Shelter Run Aug 2019

