



# SPLIT TIMES

Newsletter of the State of Franklin Track Club  
Winter/Spring 2010

## SFTC'ers Run the State Parks

Submitted by Bob Townsend

Ten members of SFTC qualified for the Tennessee State Parks 2009-10 Running Tour. To qualify, a runner must run a minimum of five out of the twenty four races. The tour starts in October and ends with the Fall Creek Falls 15k race and banquet the first weekend in March. The following SFTC'ers qualified: Harriet Locke (Bristol), first, Over Seventy division (nine races; 268 points out of a possible 300); Marie Tedesco (Jonesborough) sixth, Senior Grand Masters (60-69) (five races; 140 points); Wendy Weidner (Bristol) ninth, Master's (50-59) division (five races; 109 points); Bill Dickerson (Gray), first, Senior Grand Masters (14 races; 298 points); Sam Culbertson (Kingsport), ninth, Senior Grand Masters (nine races, worked one; 164 points); Tony Borghetti (Surgoinsville) eleventh, Senior Grand Master's (six races; 108 points); David Bacon (Elizabethton), eleventh Grand Masters (six races, 116 points); Alan Dausman (Harriman), fourteenth, Grand Masters (seven races, 86 points); Tim McKindley (Johnson City), sixteenth in the Master's division (seven races; 51 points); and Bob Townsend (Limestone) third Grand Masters (ran ten races, directed two, 223 points).



Ready to roll: SFTC'ers before the start of the Fall Creek Falls 15k. Left to right, standing: Tony Borghetti; Bob Townsend; Bill Dickerson; David Bacon; and Sam Culbertson. Kneeling, left to right: Marie Tedesco, Harriet Locke, and Wendy Weidner.

## On the Run—From the Editors

This issue marks the return of *Split Times*, the newsletter of the State of Franklin Track Club. Even though the club maintains a fine website ([runtricity.org](http://runtricity.org)), many club members expressed a desire to maintain the newsletter, as well. For the past six years or so, Rob Schoberg has been responsible for editing *Split Times*—and has produced a high-quality and informative newsletter. Circumstances now prevent him from continuing as editor. All SFTC'ers owe Rob a great deal of thanks for taking the time to edit the newsletter.

The newsletter serves the track-club members and, as such, members need to have a say in what goes into the newsletter. Any suggestions for content—or completed articles—need to be sent to either Donna Bays ([dmbays@eastman.com](mailto:dmbays@eastman.com)) or Marie Tedesco ([tedescomar@embarqmail.com](mailto:tedescomar@embarqmail.com)). Some members, in the past, have expressed the desire to have a list of track club members, with their addresses and phone numbers. We do not want to publish such a list without the permission of members. Please let either Donna (email above or 239-0509) or Marie (email above or 753-0340) know your wishes—yes or no—on publishing your information.

## President's Message

Running in Winter can be tough—and this Winter offered its share of challenges with cold, snow, and ice. But Spring has finally arrived, to the delight of most runners! With the coming of the Spring races, keep in mind the many competitions offered by SFTC. For adults, the now 30-years old **King and Queen Competition** offers 34 races across the Tri-Cities region. To qualify, each participant must run at least six races, with the sum of the distances of those six totaling 25 miles, minimum. Race times are adjusted to make each result the equivalent to a 10K, no matter the actual race distance. Results also are age-graded. **Mr. and Ms. Mileage:** awards SFTC members who log the highest number of race miles at King and Queen races. **Long Distance Series:** recognizes, with a special award, participation in at least three races of ten miles or longer. Two of the races must be from a list of specific local events. One may be from a “wild card” race. The new **Trail Series** consists of five challenging trail races of varying distances. Scoring is based on finish relative to other SFTC members, rather than on time. Runners must run at least three races. **Kids Festival of Miles:** now in its eleventh year, the festival is geared toward runners 14 and under. Each runner must run at least three of the 12 KFOM races to qualify. **Adult Mile Series:** one must be at least 15 years old to qualify; there no upper age limit for qualifiers. Races are held on a variety of surfaces, with some of the track as part of the SFTC Summer Track Meets. Participants must run four of the nine races in the series to qualify for the competition.

Jason Goodman

# Profiling . . . .

## Harriet Locke

Editors' note: This article is the first in a series profiling individual SFTC members. Harriet has been both a long-time runner and cofounder of the track club. At the behest of the editors, Harriet wrote and submitted the article. We asked her how she came to be a runner and what are some of the highlights of her running career.



Above: Harriet at the March 2010 Tennessee State Parks Running Tour banquet at Fall Creek Falls.

During the early seventies, I was hiking the Appalachian Trail from Georgia to Maine and began running to boost my endurance. When I finished the trail (doing sections at a time over six years), I found that I really enjoyed running! My son ran cross-country for Tennessee High and ran some road races. While attending his road races, I was astonished to see adults running, too. That inspired me and on my 45th birthday, I ran my first race. It was in Steele Creek Park—and I came in second to last!

I became addicted to running. I ran early in the morning, rain or shine—got home, fixed the family's breakfast, and arrived on time to teach at Bluff City Middle School and later at Sullivan East High School. I ran any distance and in all the local races. I worked with Hubert Hill to help start SFTC and several times was "Queen of the Road." For marathon training, a group of us ran Saturday mornings. Our longest runs began at the old Piggly Wiggly on Euclid Avenue and ended at the Honda dealership on Stone Drive in Kingsport. (We put bottles of Gatorade along the route and left a car at the Honda place.) This run was 22 miles and was followed by eating just about the whole breakfast bar at Shoney's!

For many years, the oldest age division in races was 45 and over. This was my age group for a long time. Often, there was an "oldest runner" category award that I frequently won.

Some of my favorite races have been the YWCA Turkey Trot, the Appalachian House 10K, the Autumn Chase 10K, the Piggly Wiggly 10K, the Marine Corps Marathon, the Parkersburg Half-Marathon, Strawberry Plains Half-

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Marathon, Oak Ridge Half Marathon, and the Tennessee State Parks runs. I have run 700 races

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since 1981. I did no running for five years while I was in the Peace Corps in Nepal and the Philippines in the early 1990s.

But in Nepal, especially, I climbed many steep mountains. Some strange races I have run include the Abingdon McDonald's 10K, where the course monitors misdirected runners and, as a result the race director told members in each group to get together and determine how they placed. In the Abingdon race, men and women were placed in the same divisions and, as a result, no women won awards, except for me, because I was the only person in the "45 and over" category. At Roan Mountain one year, the course was changed due to four-five inches of snow on the ground. Most of us did some sliding, if not falling, but it was beautiful—with no traffic and very few runners.

Wendy Weidner and I did some overseas running. She ran the marathons and I ran the halves. We ran the Great Wall marathon near Beijing, China, and the Mt Kilimanjaro Marathon in Africa. The uniqueness of the Great Wall was the hundreds of uneven steps, while in the Kilimanjaro race we were given defizzed Cokes at the "water stops" and barefoot villagers ran with us for parts of the race.

How much more running will I do? Only my legs know!

## I'm Here Because . . .

No matter how bad I may look or feel before, during, or after a race, I'm having fun. I've discovered running, the challenge of putting one foot in front of the other, time and time again. There are friendly faces and laughter everywhere—and the joy of running and being outdoors is contagious. The camaraderie is inspiring and when I'm with other runners, I'm motivated and strong.

When I put on my running gear and join other runners, I'm a runner. I might not be at the front of the pack, but bringing up the rear is also worthy. Being part of the pack is what is important. With the wind, rain, or sun in my face, I'm out there and we're running because we can. If I'm dragging in the first, third, or final mile, without fail, I'll get a high-five or "atta-boy" of encouragement. My pace picks up, my spirits lift, and I'm feeling better and running faster. Runners support each other—no matter the level of ability—in every run.

Race volunteers make this fun happen and we couldn't run races without them. Their smiling faces make my day. They call out times, point the way, hand out water, and cheer us on. They're working long before the crowd arrives for an early morning race—setting up and putting things together behind the scenes. They organize and manage the race, direct us before and during the race, and pat us on the back when we finish. At the finish chute, I'm cheered and applauded just like an Olympian. And in spite of my fatigue or my time, I'm a winner and I'm walking on air.

## Board Matters .... By Donna Bays

For several months now, the board has been grappling with the issue of headphones; specifically, the club's policy regarding the use of headphones by race participants. Up until a year or so ago, this really was not an issue for us. It became an issue when the Road Runners Club of America (RRCA), SFTC's insurance provider, changed its policy from prohibiting the use of headphones during a race to prohibiting members from "actively promoting that headphones are welcome at RRCA insured events."

As with most issues, I can understand both sides of the argument. I work in a law office where limiting the client's liability is a top priority, but at the same time ... "don't touch my iPod!" When I began running, one of the first lectures/warnings I received was on the dangers of wearing headphones. The inability to hear what's happening around you increases the odds of injury, even death. A quick internet search will lead you to dozens of tragic stories. That was enough to convince me; I never wore headphones. Never, that is, until marathon number three.

I remember the first time I "hit the wall"; it was at mile 22 of the Virginia Creeper Marathon and like most people, I slammed into it! I don't recall much of those last four miles, I'm not even sure I was completely conscious at the end, but when I did come around I swore that I would train harder and the next time leap over that wall in a single bound! Yeah, right. Eight months later at mile 22 of the Kiawah Island Marathon ... BAM! That's when someone said, "Yeah, I couldn't make it through a marathon without my music. When it gets really tough I just let the beat take me to the finish line." The next day I ordered a pair of Oakley *Thumps*, an MP3 player disguised as sunglasses. IT'S TRUE!! I turned those babies on at mile 21.5 at the Myrtle Beach Marathon and sailed (in my penguin style ... don't want to mislead anyone here) to the finish line. I was hooked!

But then it happened ... a really close call. I was running at Warriors' Path State Park when a car came up behind me. I had my *Thumps* blaring and I had no clue the car was there. All of a sudden I felt something hot on the side of my leg and looked down to see the car's front bumper just inches away. I don't know if she swerved or if I swerved—maybe we both swerved, but I came very close to getting hit that morning. You would think that after a near miss like that I would leave my iPod at home, but I don't. My solution ... just wear one ear bud!

So, back to the board's decision. There's no doubt in my mind that a race without headphones is safer than a race with headphones. My only doubt is ... am I strong enough to vote with my head or am I going to put in that other ear bud and jam to the finish?

Let us know your thoughts about this issue. You can send an email to any member of the Board by clicking on the "SFTC Board" link on the website [www.runtricity.org](http://www.runtricity.org) or send letters to State of Franklin Track Club, P.O. Box 6427, Kingsport, TN 37663.

## **State of Franklin Track Club 2010 Scholarship Application**

The State of Franklin Track Club Scholarship Program was established to assist State of Franklin Track Club members who are beginning to work toward their first undergraduate degree.

### **SCHOLARSHIP AMOUNT:**

The State of Franklin Track Club (SFTC) will award two (2) \$250.00 scholarships to students enrolled in an accredited college or university for the 2010-2011 academic year. Scholarship funds will be paid directly to the school.

### **SELECTION CRITERIA:**

Applicants will be evaluated on the following three categories:

- Grade point average
- Community service & volunteer work
- Essay

### **DEADLINE:**

**Completed application, essay and transcript must be received by SFTC by the close of business on May 15, 2010.**

### **ELIGIBILITY REQUIREMENTS:**

Applicant must be a member of SFTC and must have joined SFTC by February 1, 2010.

Applicant must be a graduating high school senior or equivalent, or a rising freshman at an accredited college or university.

### **APPLICANT MUST SUBMIT:**

An official high school transcript. The transcript must be received by SFTC directly from the school in a sealed, stamped envelope by the close of business on May 15, 2010.

An original plus two (2) copies of each of the following:

- Completed and signed State of Franklin Track Club Scholarship Application.
- Typed, double-spaced essay on the following topic:

The State of Franklin Track Club is dedicated to promoting running and walking for physical fitness, good health and sport. How have you benefitted from your participation in running and/or walking, and what role has the State of Franklin Track Club played?

The essay should contain a minimum of 300 words and maximum of 500 words. Do not use your name in the essay or put it on the essay page.

**IMPORTANT: Failure to follow instructions may disqualify you.**

### **MAIL TO:**

SFTC  
Attention: Scholarship Program  
P O Box 6427  
Kingsport, TN 37663

It is the applicant's responsibility to see that the transcript and application with essay are received by SFTC by the close of business May 15, 2010. SFTC will not be responsible for lost, delayed or misdirected mail.

Scholarship applications will not be considered unless all required information is received by the close of business on May 15, 2010.

### **AWARDING OF SCHOLARSHIPS:**

Decisions will be made by June 1, 2010. All applicants will be notified by mail.

### **QUESTIONS:**

E-mail [runtricity.org](mailto:runtricity.org).

**2010 STATE OF FRANKLIN TRACK CLUB SCHOLARSHIP APPLICATION**  
**Application Deadline: May 15, 2010**

See eligibility requirements and instructions before you complete the application.

**YOU MUST BE A STATE OF FRANKLIN TRACK CLUB (SFTC) MEMBER.**

Please type or print all information. Download and print additional copies of this form online at [www.runtricity.org](http://www.runtricity.org).  
 Scholarship applications are current only for the academic year submitted.

**FAILURE TO FOLLOW ALL INSTRUCTIONS MAY RESULT IN YOUR APPLICATION BEING DISQUALIFIED.**

Mr. Ms. Mrs. Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone (\_\_\_\_\_) \_\_\_\_\_ Daytime Phone (\_\_\_\_\_) \_\_\_\_\_  
 E-mail Address \_\_\_\_\_  
 High school you now attend (if applicable) \_\_\_\_\_  
 College or university you plan to attend \_\_\_\_\_  
 Number of hours per semester you plan to take \_\_\_\_\_ Field of study/major \_\_\_\_\_

**SCHOLASTIC ACHIEVEMENT**

Indicate your GPA: \_\_\_\_\_ You must submit an official high school transcript. SFTC must receive your transcript directly from the school in a sealed, stamped envelope before the close of business April 30, 2010.

**COMMUNITY SERVICE & VOLUNTEER WORK**

List any community service or volunteer work performed during the past three (3) years. Include any non-paid activities performed in the community through service-based clubs, organizations or school.

Organization/ Group Benefited	2007	2008	2009	2010	Name of Supervisor/ Leader	Approx. hrs./year	Your Role/ Description of Activity

**ESSAY**

Respond to the following question. Your essay must be one page, typed, double-spaced, and contain a minimum of 300 words and a maximum of 500 words. Do not use your name in the essay and do not put it on the essay page.

The State of Franklin Track Club is dedicated to promoting running and walking for physical fitness, good health and sport. How have you benefited from your participation in running and/or walking, and what role has State of Franklin Track Club played?

I certify that the information in this application and all accompanying documents are true and correct. I also certify that I personally answered all questions and wrote the essay relating to this scholarship application. I agree that the track club may use my name and possibly a photograph (furnished by recipient) for publicity purposes.

**Applicant's signature** \_\_\_\_\_ **Date** \_\_\_\_\_

## When Your Running Partner Can't Run Anymore

Over 22+ years of running, I've run with a lot of people. Those who were regular training partners often started as casual acquaintances, but almost always ended up as good friends. Somehow, running together day after day or week after week leads to conversations and shared experiences that grow friendships. And then life circumstances, injury, or just simply different training goals break those bonds. First you miss one run, then another, then before long getting together to run is more the exception than the rule. I've never stopped running with someone because of a conscious decision to do so, it's just always "happened".



For the past 12 years I've had the most dedicated and enthusiastic running partner I could ever imagine. No, as wonderful as my husband Rick is, it's not him. My partner's name is Albert, and he's an Italian Greyhound. It's not a breed known for distance running, but from the first time he ran with me, he was hooked. Many days when I was tired or just not motivated, he was the reason that I ran. "Do you want to go for a run?" was almost always met with boundless enthusiasm. And when he ran, you could literally see the joy it brought him. Eight years ago, we ran AniMile together for the first time and I swear he thought the people lined up along Center Street to watch the parade were there to watch him. His normal joyful disposition was magnified a hundred times during that race. He held his head and tail high as he loped down Center Street (with me struggling along behind him—I'm sure not looking all that joyful), showing off for what I'm sure he thought were his "fans". (Continued on page 9)

We've run AniMile every year since. This year Albert turned 13 in early November and was slowing down on our regular runs. Several trips to the vet didn't turn up anything of real concern. It appeared that he did have an enlarged heart and a heart murmur, but that's not uncommon in older dogs, and we got the okay to run AniMile. We didn't run as fast as in past years, but we certainly had fun. Going a little slower allowed me to fully appreciate how much fun Albert was having. Little did I know at the time that would be our last run together. A little over 24 hours later we were at the pet emergency clinic and he was in respiratory crisis. I don't think anyone expected him to live to morning, but he's a tough little guy and he made it through. Later that day a trip to a specialist revealed that he had actually torn the wall of his left atrium in his heart.

To this day, none of the vets he has seen can believe he survived and that's he's still alive. The event however has significantly changed our lives, because he can't run with me anymore. For the first few weeks after the event, he would try to go with me when I headed out on a run and he would end up walking away dejectedly as I left the house. I think he's come to realize I won't be taking him with me anymore, at least not on runs. We do go on walks and have come to really appreciate easy walks together though. Oftentimes, I don't slow down to appreciate life and all that's around me. Walking with Albert now makes me do both, and allows me to bring joy into my little buddy's life as he's brought so much into mine. We don't know how long he'll live but every day is one more day and every walk is one more chance for me to give some joy back to him.

If Albert could share some wisdom about running I think he'd say –

Run with your head high, proud of what you're doing.

Rejoice in running with others.

If you want to stop and sniff, do it.

Rejoice every day that you are able to run, because you never know when you won't be able to.

Enjoy your running partners, because you never know when they won't be able to run anymore.

Vera McGill and Albert

## *In the Long Run*

### Holiday Lake 50k ++

I am a competitive soul trapped in the body of an extremely slow runner. I know the Lord has a specific purpose for this combination and I am confident that he will share that purpose with me during one of my long trail runs. I was hoping it would be at Holiday Lake; but maybe it's going to be at Promise Land.

When I first began running about five years ago, I quickly realized that my shelves were not going to be lined with awards. So, to satisfy my competitive soul, I decided to see if maybe I could run farther than the speedsters. As I began researching, reading, and talking to others about ultras, one name kept reappearing .... David Horton. I found out that he has high expectations not only for the leaders of his races, but also for those of us at the back of the pack. He pushes everything ... the mileage, the PRs, and the cutoffs. But I wasn't truly sold until I realized the reward ... a "Horton Hug". A hug from Dr. Horton isn't just a pat on the back; it's a big bear hug! That's when I knew it, my new challenge would be to officially finish a Horton race and get a "Horton Hug"!!

So, there I was at the starting area of my first Horton race, the 2010 Holiday Lake 50k++. It was a snowy morning with 6-8 inches of existing snow on the trail. The snow, I thought, was working to my benefit because Dr. Horton extended the cut-off by an hour, we would now have 9 hours to complete the 34 miles (4 hours, 15 minutes to complete the first loop). I was very thankful for that hour. The snow, I thought, wouldn't be that difficult because 260 some folks were going to pack it down for me. I was very thankful for that too.

After prayer and singing of the national anthem, we were off for a grand adventure. The half-mile of road at the start of the race went by quickly and I made the turn to the trail. The first few miles were fabulous. Just as I anticipated, everyone ahead of me had cleared the way. Running was pretty easy in this section. I made it to the first aid station within my allotted time and everything was going good. I didn't need to stop for anything, so I said thanks to the volunteers and went on my way.

This was where everything changed. The nice path that had been cleared for me turned into a trench that was about ten inches wide and six inches deep! After reading all the race reports I now realize this must have been the point where everyone was able to spread out well enough to run. The wide walking path was perfect for me, but the running path was about four inches too narrow. I felt like a drunkard trying to walk the white line! Each step in the trench was awkward and clumsy.

When I thought it couldn't get any worse I came to what I have dubbed .... the "wasteland" .... an open field area where the trail followed power lines. Here there was

no trench or path. Everyone had spread out and made their own tracks. Wow, what an energy drain that area was for me. It made me respect everyone's speed, energy, and endurance even more.

At the third aid station, I just about lost my mind. I know Dr. Horton thought, "Who in the world was that crazy woman!" As I was coming down the small hill at the aid station I looked up and saw a man holding a clip board. I think I actually said, out loud, "Oh, it's you!" I ran straight to Dr. Horton and wrapped my arms around him and gave him a big hug! Suddenly I came to my senses and realized that my goal was for *him* to hug *me*! I peeled myself off and quickly ran away like an embarrassed school girl.

The last segment of the loop was the slowest because by this time everyone was coming back around on the second loop (the first loop went clockwise, the second loop went counter-clockwise ...on snow-covered single track!!) As soon as I would see a runner coming toward me I would hop out of the trench or path and clap and cheer for them. I love to watch runners of all speeds, shapes, and sizes run. You inspire me to keep going.

I was very happy to finally get to the turnaround area, but unfortunately I didn't make it in time to continue on to the second loop. Of course, I knew several miles out that I wasn't going to make the cutoff, but I want to acknowledge the volunteer who made it official. I truly believe he understood how hard I had worked to complete the loop and instead of being sad he was ready to celebrate with me what I had accomplished. It was a grand adventure.

My next chance for that elusive hug will be on April 24<sup>th</sup> at the Promise Land 50k. Keep your fingers crossed for me. I'll let you know how it goes.

Donna Bays



State of Franklin Track Club  
P.O. Box 6427  
Kingsport, TN 37663

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Permit No. 212

### Selected Upcoming Runs and Walks

- May 8 Foot RX 5K , 3135 Peoples St. (Wellness Center) Johnson City, TN ,  
9 a.m. Contact: Steve Pastorek, 423-282-2235 or [steve@footrx.com](mailto:steve@footrx.com)
- May 8 Higher Faith 5K, Steele Creek Park, Bristol, TN, 11 a.m. Sponsored by  
Tennessee High School ROTC. Contact: 423-652-9494; ext. 340.
- May 15 Holly Help Pet Miles—runs and walk. Steele Creek Park, Bristol, TN ,  
8 a.m. To benefit Holly Help Spay and Neuter Fund, Bristol, TN. Contact  
Wendy Weidner, 423-652-2522 or [kival18@charter.net](mailto:kival18@charter.net)
- May 23 Snap-on 5K Run (9 a.m.) and 1 Mile Run/Walk (8 a.m. ), 2195 Stateline Rd,(Snap-  
on plant), Elizabethton, TN To benefit American Cancer Society. Contact: Aaron  
Baird, 423-342-8638.
- May 29 Bill Gatton Honda Memorial Freedom 5K, State St., Bristol, TN,  
under the “Welcome to Bristol” sign, 8 a.m. Contact: Trace Bratton, 423-  
340-9850 or [tmbo360@yahoo.com](mailto:tmbo360@yahoo.com)
- May 31 CASA Road Race 8K (8 a.m.) and Kids Mile (9:15 a.m.), Crockett Spring  
Park, 200 Crockett St., Rogersville, TN. Contact Mark Skelton, 423-345-  
2335 (h) or 423-272-4812 (w).
- June 5 Blue Plum Festival 5K, corner of Main and Buffalo streets, Johnson City,  
TN, 9 a.m. Contact 423-467-2583 or [director@blueplum.org](mailto:director@blueplum.org)
- June 5 Covered Bridge 5K Run ( 7:30 a.m.) and 3K Walk 7:45 a.m.), at the War  
Memorial, Elizabethton, TN. Contact Sharon Sheppard, 423-542-1338.
- June 12 Varmint Half-Marathon (8 a.m., runners; 6 a.m. walkers) and 5K (8 a.m.),  
Community Center, Burkes Garden, VA . Contact: Charity McDaniel, 276-  
979-8044 or [cmcdaniel@tazewell.k12.va.us](mailto:cmcdaniel@tazewell.k12.va.us)
- June 19 Rhododendron 10K (8:30 a.m.) and 1 Mile Fun Run (8 a.m.), Gouge Elementary  
School, Bakersville, NC. Contact: 1-800-227-3912.