



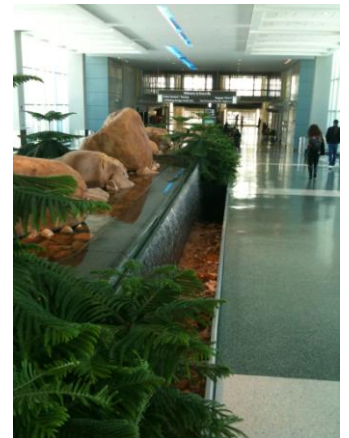
Knoxville Marathon Trip Notes April 1-5, 2011

It is true that I just returned from Italy and here I am without having even completed that trip report. I fear that I'm not giving myself time to truly relate to my experiences or fully saturate myself. I'm trying but worried about running out of time (smile.)

Good? - Absolutely yes. How could it be bad when I got first place in my age group and this cute little bobble-head trophy! **Problems?** – What marathon doesn't have improvement areas?

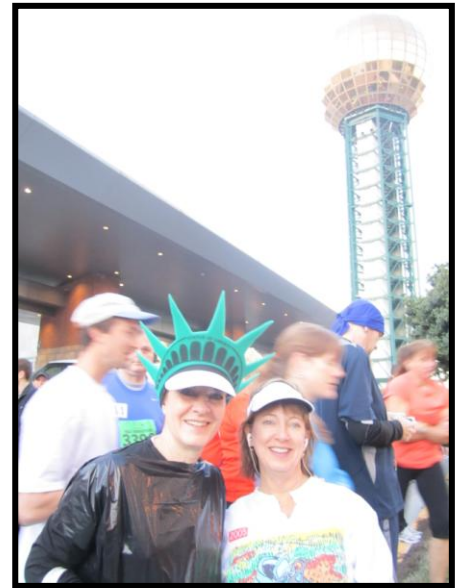
General comments

- **Registration** was available by mail which always pleases me to avoid both the hassle of Active and their ridiculous fees which far outweigh a 44 cent stamp. They gave a \$20 discount to 50-staters so \$55 was a bargain.
- **Website updates** were well done and frequent.
- **Airport** is little, convenient and modern. See all the marble fountains in this picture? It also has rows of rocking chairs, big and small, sitting alongside the walls of windows. There isn't shuttle service so a \$30-plus taxi ride required or a rental car that comes with \$8-\$12 day parking charges downtown. The airport does have free Wi-Fi and I was plenty comfortable during the four hour flight delay.
- **Tourist-wise** the town is interesting and worth staying for a couple extra days. It's also bordered by Gatlinburg, Dolly Parton's Dollywood and the Smokey Mountain National Park.
- **Arts Dogwood Festival** is the same weekend which gives the downtown Market Square a livelier feel as well as the neighborhoods a lot more color. Couple that with the tulips and daffodils being in full bloom and the timing is wonderful. One neighborhood had fields of tulips in bloom.
- **Hotels** are inexpensive and plentiful and it's easy to walk to the start and from the finish. I stayed at the Four Points by Sheraton which was the Cumberland House and was very happy. The Holiday Inn was about a block closer to the start line and connected to the Expo and a wee bit less money (but I'd gotten an extra deal at Sheraton.) The Hilton and the Hampton Inn would have been fine too. Note that most hotels have parking costs of \$8 to \$12 a day.
- **Expo** had more plentiful vendors than expected, though no samples. On Saturday early it was generally crowd free but when returning later it was packed. Earlier it had unfortunately a hugely long line just to verify the chip. In their defense they got onto it and assisted with the problem as well as they could. A staff member said they didn't know why their computers were working so slowly. We received a bright blue cinch backpack which always thrills me since my company in conjunction with the Palm Beach Marathon started those as a give-away.
- **Course** runs through most tourist attractions as well as some lovely neighborhoods all of which was excellent. It did however have a section on a highway ramp, the actual highway edge and a



heavily traveled bridge that was a bit disconcerting and at first I was sure it was a mistake and we were all off-course.

- **Pacers** – you’ve got to give credit to a marathon that arranges pacers to the 7-hour limit. That’s the good. The other side is that my pacer paid such zero attention to her charges that maybe that’s why by very early in the marathon (5-mile?) everyone but her one newbie was gone. I kept her in sight until about mile 20 when the usual hip issues caused me to revert to all walking. I kept waiting for the next pacer to come by knowing that he had to be behind me and that it was impossible to miss him. He never did but at the 24-25 mile mark I saw him up ahead on the bridge and I later saw where he crossed the finish line at a time much earlier than his pace goal. I presume he did what we saw another pacer do: she had no one left with her so when entering the few miles of the island, she simply didn’t go onto the island and instead skipped those miles. The pacer I’d intended to be with apparently never showed up to the starting line. I would later learn that my pacer only had 6 marathons to her credit. Clearly the organizers need some direction and control of their pacers.



- **Hills?** I read that there would be hills and I like hills but I’m not sure I’ve seen so many or so steep. Diane said one hill was so steep that some of them tried taking it backwards. Jim Simpson agreed about the steepness and plentiful hills but despite his having been at Martian Marathon the day before, the hills sure didn’t hold him back. The following day my abs sure reminded me that I needed more hill training.
- **Chips** were imbedded in the bib but managed by an unknown company who had a website breakdown the night of the marathon thus results were unobtainable for at least all of Monday. The only finish time I could get is certainly GUN time as proven by the picture I stopped to take under and before the timing mat. I’ve since had communications with the chip company who suggest they’ve found some more results and promise to correct them but once week later and the web site is still lacking.
- **Finish line goodies** included a nice hat, an okay medal though nothing to write home about, and off in another stadium (tough for some folks to walk that far and up that steep hill) was a large array of food. Amazingly and to their credit they have a separate room signed and reserved “for the 26.2 folks” so that food and massage would be available. And it was. Commendable!
- **Finish line** stayed open for 7-hours! How nice is that? They did start taking up cones and pulling down tents at 6-hours but that’s fair. They were still taking the videos at the finish line which became available on the web a few days later. Here I am at the finish line – yes I’m in the same clothes as the last few marathons since I just wash and re-pack.
- **Results** – no doubt they need a different company handling their chips when they can’t get the results up the next day. But I should care? I don’t think so, but I was curious. Marathonguide.com shows my gun time of 6:02 and I have now gotten the chip company to agree to give me the correct 6:00:01 time. Yet nearly a week later and very little of the results are up correctly on the site and not any of the splits.



Where am I?

This was my 6th marathon of the year, on top of two big hikes. Finishing up April will give me a week in London for the Marathon. The Month of May will be the Gettysburg Marathon, Capon Valley WVA 50K, and Traverse City, as well as a trip with Tom to Lake Tahoe followed by the 100th anniversary of San Francisco’s Bay to Breakers (also known as Bare to Breakers.) June starts with a hike through

Bryce and Zion National parks, then gives us a visit from little Marie and a trip to Boston. July is BIG starting with the famous Peachtree Race in Atlanta for July 4th then a hike in Glacier National Park followed by the highest marathon in the country and maybe the world in Montana and ending with a trip to San Francisco for the marathon and the wine country. Little Marie comes again in August when she'll have Surf Board Camp before I leave to Seattle for a hike in and around Mt Rainier.

September is with Tom who is accompanying me first to the Medoc Marathon which runs through chateaux of Bordeaux, a week in a house in Sarlot before going to Nice for a week. He'll fly home through Paris. I'll fly to Berlin to finish the last of the Five Major Marathons. October just grew with the addition of the Munich Marathon over their Oktoberfest, the Baltimore Marathon and ending in Dublin Ireland first for the marathon and then to Bunnary and Shannon.

If I could fit more in, I would. If I thought my legs would handle more, I'd try. I am clear that a time will come when I'll have to go to one or more of these marathons as a spectator and then please remind me how grateful I have been to be able to move so well at all. Life is good!

Back to Knoxville – my 6th marathon of the year and my 78th finish in total.



Dinner with Diane – Knoxville has a cute little Market Square that's both historic and yet full of restaurants and quaint little shops. It was also lively due to the Arts Dogwood Festival. We ate a pasta dinner at the wine bar called Oodles Uncorked and I tried to go back for the same foodstuff on Sunday but they closed at 4pm. I

happily ate at the Tomato Head, at La Costa both on the same square, as well as a couple fast food local places for things like fish tacos. On the last day with a storm I finally relegated myself to eating in my own hotel's restaurant and was pleasantly pleased with their Mediterranean pasta dish.



Weather – Marathon day weather was next to perfect at the start and then warmed up to a wee bit warmer than I like and enough that I slowed down. Considering what they had the week before and the day after, it was great weather and we were lucky. It was odd to have low 40s and then 80s all within the same day but maybe that's what fuels tornadoes.

Local Severe Weather Alert for Knoxville, TN ...SIGNIFICANT WEATHER ADVISORY FOR SEVIER...KNOX...WESTERN JEFFERSON AND GRAINGER COUNTIES UNTIL 130 PM EDT... AT 1223 PM EDT...NATIONAL WEATHER SERVICE DOPPLER RADAR WAS TRACKING A STRONG THUNDERSTORM 9 MILES NORTHEAST OF KNOXVILLE. THIS STORM WAS NEARLY STATIONARY. HAIL UP TO ONE-HALF INCH IN DIAMETER AND WIND GUSTS UP TO 40 MPH ARE EXPECTED WITH THIS STORM. LOCATIONS NEAR THE PATH OF THIS STORM INCLUDE...MALONEYVILLE... MASCOT...STRAWBERRY PLAINS AND BLAINE. THIS STORM MAY INTENSIFY...SO BE CERTAIN TO MONITOR LOCAL RADIO AND TV STATIONS...AS WELL AS LOCAL CABLE TV OUTLETS.

Question about police cars – Does anybody know if there's really such a huge safety reason for police cars to stay idling all the time? There were cars on every corner and sometimes two and they seemingly were idling for all the 6-hours. Now is that a waste of fuel or does it really save lives? (I've later learned that they keep the police cars running to run all their electrics. Really, batteries are so inefficient?)

The course – the number of pictures I took on the course should give me some sense of security that I might be able to finish a marathon before 6-hours. I've signed up for a few that close-down at 6-hours and I had to take a deep breath and realize that I'll either have to work at it or accept not getting a medal. If I believe what I say that I'm in it for the touring and the exercise, then that's okay.



On the way to the starting line and an overview of the Clinch Avenue Bridge and start line as taken from the Art Museum's balcony.



At the starting line which is on a bridge directly under the Sun Sphere. You can tell that I'm early since the wheelchair participants were not started yet. How they ever managed the hills is beyond me. Look! Spectators come in all sizes. And I found plenty of 'hat' costumes.



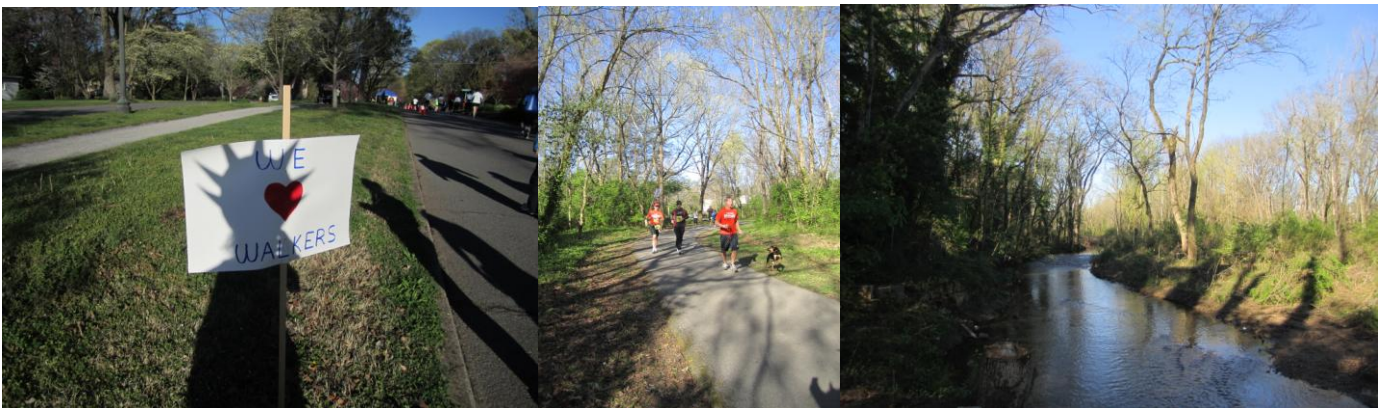
At the start and running with Diane and her Nashville friend who was in a cute little bunny hat.



We would see a lot of the river, both before and after the Sequoya neighborhood with their Dogwood and Tulip Festival. The church was adjoining the old headquarters of General Longstreet. Coincidentally I was reading Newt Gingrich's *Gettysburg* account in preparation for the Gettysburg Marathon on May 1st.



Knoxville has some varied and lovely neighborhoods.



Here is a self portrait of a Liberty Lady hanging over the "We Love Walkers" sign, just before entering the woods and trails with a creek running through it.



Old Town was too old for me. I'd wandered through it the day before and decided it might be a good night spot and a colorful reminder of olden days but that was it. See the Coca Cola sign for 5 cent cokes?



I think it was this neighborhood where the volunteers opened their food table to me. Another neighborhood was cooking hot dogs and readily shared those too. I used to think that I'd only consume 'official' food but then hunger overtakes me and I'll eat anything offered and often make requests too.



Above: Taiko drummers are always my favorite. This old high school is now an Education Museum and on the historical landmarks list. Then we were back to Old Town with these stacked pallets that looked like art work.

A sweet police-lady saw me taking a picture of this old time silver diner that is now housing Enterprise Rental Cars and insisted on taking my picture. Yes, I run like a pack mule now days since it's just easier to keep everything to include my extra long sleeve t-shirt, camera and iPhone with me than to check a bag and have to worry about getting back in time to retrieve it.



Soon thereafter we were in the area of the Basketball Hall of Fame.



The Women's Basketball Hall of Fame is outlined by the pyramid shaped Marriott hotel. It's a wee bit too far from the starting or finish line. It is next door to a historic fort, and right before we were directed onto the highway – I'd say DETOUR was an understatement and I was pretty certain it was a mistake but NOT – that was our course on the way to a long and very high bridge.



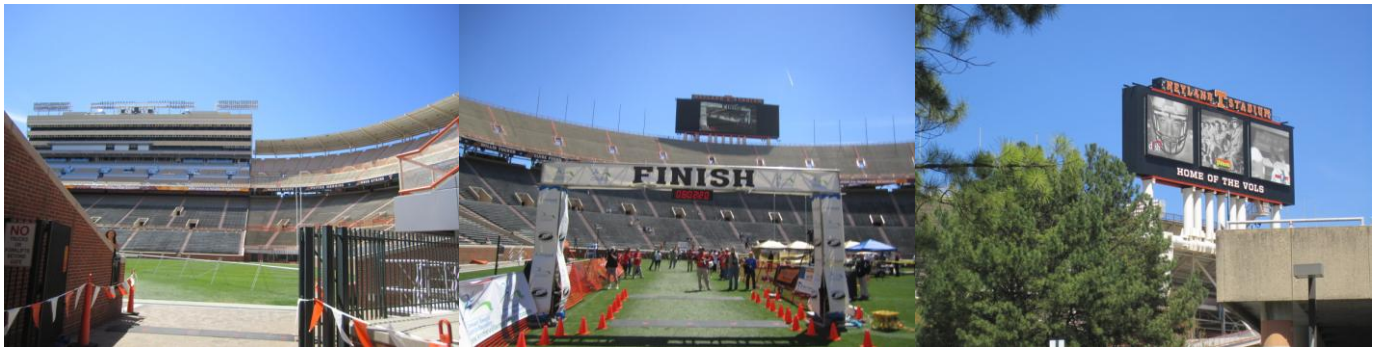
See above where we are on the bridge and looking down at the river where we would be next? This gives an example of the elevation of our hills and bridges. We would next go into Island Home which might not be an island any longer and is home to an airport and development of the nicest folks. Here we would experience two oddities: (1) no mats and the pacers must have known it because they skipped these few miles, and (2) there were many large arrows of a similar color to our pavement markers and we had more than a few marathoners following the wrong arrows and adding not less but more mileage. Eventually we would topple up to another bridge and find out way into downtown where we ran through historic Market Square right along with the tourists and diners. A treat but risky too.





Maniac Finishers

Long before I was finishing, probably in the 4:30 to 5-hour range, here's Diane with fellow Maniac finishers. Thanks for the pictures Diane! See you in Gettysburg May 1st and in Capon Valley for the 50K six days later.



Coming into Neyland Stadium and the finish line where I'm pleased to have the picture with the time shown because it was proof that my finishing time as reported was GUN time and not CHIP time. They admit that my time was found to be 6:00:01 which was a couple minutes less than reported but they've been unable to fix it and its nearly a week later. Do I really care? No, but I wanted to know my split times since I'm signing up for Stockholm in 2012 with a firm time of 2:50 at the half when they pull you.



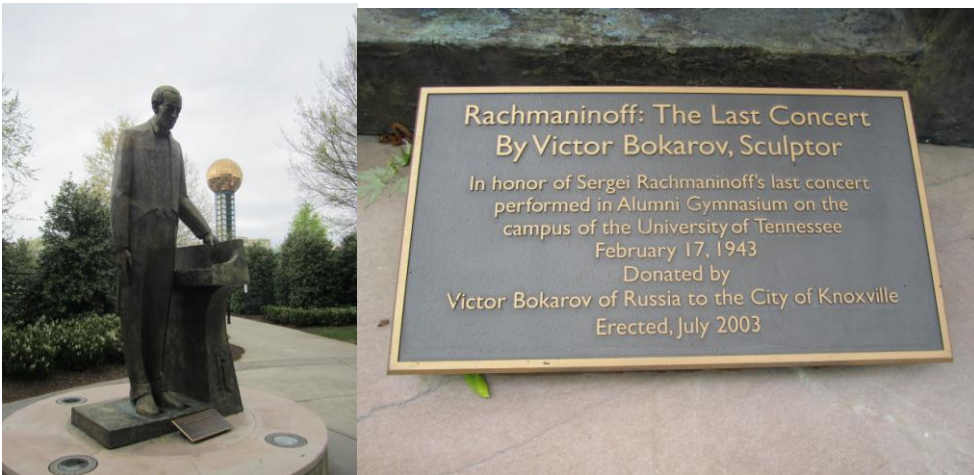
I love runners who are having fun and bold enough to wear a costume. We had a team of ballerinas doing the half and the relay. Inside the Thompson-Boling arena was this big screen of the finish line. It was here that the post race party goes on. Unfortunately many missed the signs and even once inside many missed that they had a separate room for the "26.2" crowd. See next picture.



With the intention of saving food and massage for the full marathoners they reserved a separate room. After leaving the Thompson-Boling arena, I by-passed the bus to the starting line. You're probably wondering why? I didn't think I had enough miles? Worse, I got lost on the University campus but pleasantly lost. Despite all the hills. I was looking for the Sun Sphere and look at it over the top of a building as though it were part of the house (below).



This is part of the huge campus, then the University Hill which is gorgeous lit up at night, and then back to the World's Fair Park and the canopy-performance center sitting over a lake. This is the area that was directly in front of my hotel.



Later that evening I would find there to be a lot more to this park, from waterfalls and more lakes to this statue of Rachmaninoff who performed his last concert at the University of Tennessee in 1943.

I should say **"The End"** but I hope it won't be because I have many more marathons and trips arranged. So onto touring.

Here's from my Knoxville Touring

Amazingly, while sitting at a restaurant in Pompeii and asking my dinner mates where they were from I found that it was Knoxville. Thus I was given a briefing well before arriving in Knoxville.



Knoxville Sun Sphere - This unique Knoxville landmark was built for the 1982 World's Fair and sat within the shadow (or was it the other way around) of my Four Points Sheraton Cumberland House hotel. I don't know if it was ever open for a trip to the top, but it wasn't during my weekend. A short walk across the World's Fair Park took me to the **Henley Street Bridge** – Here's a view from under the bridge spanning the river which flows by downtown Knoxville. It is a historically significant bridge but being totally renovated if not completely rebuilt currently.



Howard Baker Federal Courthouse - Named after Tennessee Senator Howard H. Baker, the U.S. courthouse is located at the end of Market Square in downtown Knoxville. I walked past this numerous times and we would run direct into it on the marathon course too. The most impressive feature of the building, a large copper dome, serves as the focal point of the aluminum and glass rotunda. Primarily clad in brick, the facade incorporates precast and ornamental roof materials for architectural appeal.

First Baptist Church of Knoxville - Surrounded by public buildings and towers, just up the hill from the river and not far from the University of Tennessee and within



sight of my hotel was the First Baptist church of Knoxville. The Sanctuary Building has been placed on the National Register of Historic Places. Not only were dogwoods in bloom but tulips and daffodils had just come up and had been planted in abundance. It was the most amazing walk up the hill to this church from the river: I'm really surprised the steepness was legal for the cars. Little did I realize that the next day I'd be tasked to run up and down some hills just as steep.



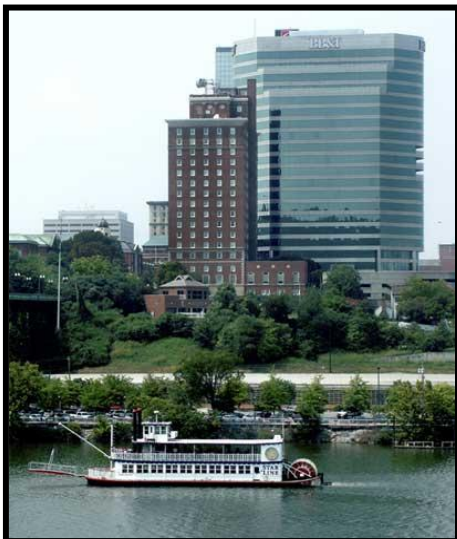
Our Finish Line at the University of Tennessee Neyland Stadium – Obviously a web shot or how could I get all this ‘orange’ color! Yet orange was the predominate color of the town no matter. This stadium has an official capacity of over 100,000. It was named for the man most responsible for the growth and development of Tennessee football -- General Robert R. Neyland. It would be the finish line where the marathon finished their course. It’s primarily noted as the home of The University of Tennessee Volunteers.

You’ll see pictures inside the arena for the finish line of the marathon above.

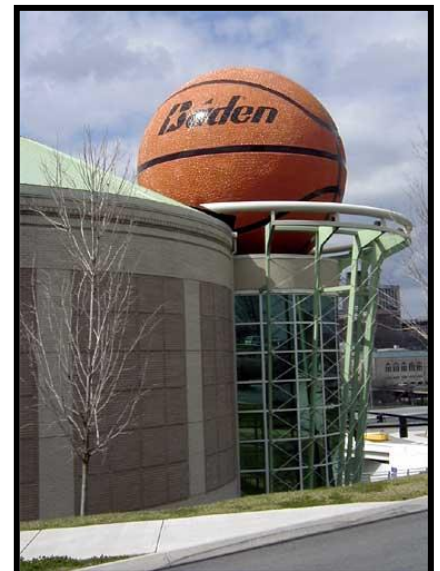
Thompson Boling Arena was just ‘next door’ on the University of Tennessee campus but up a major hill and farther away than the starting line and most of our hotels. I can understand why they did this however as there wasn’t suitable area for the awards, food and massage at the Neyland Stadium. The unfortunate thing was the number of runners who never noticed that there was a post-race party location and thought nothing was offered but water.

This too includes inside pictures for the post race party. It seemed a long way’s away from the start line by then!

Women's Basketball Hall of Fame – Still in downtown Knoxville, near to the river and almost abutting the Marriott Hotel in its huge pyramid building, this equally odd-shaped building features a thirty-foot tall basketball which weighs more than 10 tons and sits on top of a glass staircase that resembles a basketball net. From much of the town it can be seen.



River - This picture of the Star of Knoxville, an old time paddle wheeler riverboat that cruises the Tennessee River is a contrast of Knoxville's past and present. With the modern BB&T Bank building and other new and glass downtown Knoxville structures in the skyline it provides a testament to the old and new, and how they can coexist.



Oddly it was not easy getting to the river unless you were in a car as there were limited pedestrian access bridges. Down at the river were walkways, sculptures and a few restaurants such as Calhoun’s and Ruth’s Chris Steak House.

Volunteer Landing – One can take a tour on the Three Rivers Rambler Excursion Train for a ninety-minute train trip to the head of the Tennessee River. The train is pulled by a 1925 steam engine and has a 1932 coach car, a merchandise car, and a 1940 open-air car. It didn't seem to be running though the books claim it starts in April and this was April 1st and 2nd when I went looking for it. My quest gave me a few more miles of exercise at least.



Blount Mansion – This home sits on the river, near to the government buildings, and is known as Knoxville's registered National Historic Landmark. Blount Mansion was built between 1792 and 1830. This unassuming and gracious frame house served as the executive residence of William Blount, the first and only Governor of the Southwest Territory from 1790-1796. He was also Tennessee's first US Senator. Blount Mansion's authentic furnishings recreate and preserve the 18th century appearance familiar to statesmen, businessmen, Indians and pioneers who came to Knoxville during this period. AAA gives it a GEM status but I admit that must be due to the historical significance because other than the setting and a few pieces of ceramics, it wasn't very exciting. The best is that it sits near to the river and it too had tulips and daffodils blooming as well as dogwood trees in bloom.

Trolley called the KAT for Knoxville Area Transit -

The Knoxville website www.katbus.com has a rather progressive look to include a cute video "getting noticed." What I met on my trolley rides were nothing the same as the video! When the storms came on Monday and the lightning struck places in town and the rain came like monsoons, I got onto the free trolley to ride the sights. I'd been out walking and walked until the lightning scared me, and then I rode the trolleys until the other riders scared me. Real touring! The amazing sights were those who ride. There was the man who had a lit cigarette which is a no-no according to the driver so the smoker put it out in his mouth. Guess wet saliva works. There was the man who got on in the University hospital area with an open gangrene-looking wound on his lower leg and talked to his seatmates about how the doctor wanted to amputate and how they took the bandages off but wouldn't replace them. There was the wild and wooly looking woman who loudly talked to everyone and I'm not so sure but what she knew them better than she should. There were the university students who got on at one stop and off the next and I had to wonder what was wrong with walking as it wasn't raining at that moment. I guess free doesn't attract all the best.



These are Propane Hybrid Electric Trolleys and I hope it pays off for Knoxville to develop this extensive network and offer them free. However by the number and cost of parking garages I'm not so sure it's working.



Old City- restored and now an entertainment district with loft apartments, graffiti art work, little parks and a famous coffee called JFG.



From or about friends

Maricar was at Martian Marathon outside of Detroit and ran a 6:06. It must have been in honor of our 6 in '06 (smile) and I almost did the same timing at Knoxville the following day.

From Diane: *I'll be thinking of you if the weather facts stay true to their predictions. (Storms, tornadoes, hail, wind, etc.) How lucky the marathon didn't arrive a day earlier. Oh my neighborly pacer informed me that they moved this Knoxville marathon up a week from years past. It should have been last weekend...which was rainy and cold! (The day Annette & I ran the Greenway Marathon here in Nashville) Great call for Knoxville!!!! I would have hated hills with additional wind and cold rain! Congratulations on another age group award.*

Also from Diane: *I did enjoy Knoxville...somewhat. The hills were tough. Pretty steep! I did enjoy the neighborhoods. Funny when I run various places I can always envision moving there and living happily ever after. I especially enjoyed the very last neighborhood we ran thru as they seemed like a wonderful community very involved. Sidewalks, friendly neighbors...then again, all that I think may not be the real deal as I'd probably end up living next to a grumpy neighbor. Wish I could have stayed longer and have a glass of wine w/Diana. Annette, you would have loved the weather...in the 80's during my drive home. Actually not too bad during the run.*

Diane enjoyed the signs on the port a potties and thought she'd send the picture to her 5-star Maniac friends. Maricar and I once thought we'd like to collect pictures of all the crazy names on port a potties.

From BIL Carl who took up running at age 60: *Yes, I ran the Rock the Parkway in K.C. this weekend. Great weather, friendly course, good organization. I ran a PR of 2:13. Happy with that.*



From Judy: *Oh what an adorable cool trophy!!!! Congratulations Tarzana. That's great!!!!!!!!!!!!!! Celebrate 🏆!!!*

From Marie Bartoletti: *That's fabulous; and adorable. Kudos to you, my dear friend. You deserve everything you get, Diana!!! YOU are a hard worker and not a quitter!!! Glad to say you're my friend!!*

From David Holman: *Congratulations on the age group win. Deb and I leave for Paris on Thursday, so I need to start packing. Paris and London will both be larger than any race I've done. I did New York and Chicago, many years ago. They were large, but not as large as they are today.*

From Annette: *Nice and an even nicer award. Who cares how long it took.*

From Coach Jon who makes fun of my slow times but who I've always appreciated his bluntness: *Actually, if there was no one else in your age bracket, you were last. Other tidbits from Jon over time relating to speed:*

The reason that I ran so slow was that I changed my watch to a sundial.

Had you been slower that you'd be arrested for loitering.

He later added: Not my line. Last week a female runner your age finished the Antelope Island 50k in 7:32 - 150/160. She was the oldest finisher and only one in her age - until someone mentioned she was last in her age. Very few run seriously at our age. For health or to see something. If you had a good time, then it was worth it. I always like to say as I cross the finish line: Is it still Saturday?

True Love Goose story -- also from Jon, but on a totally different subject: A Goose Named Maria on www.youtube.com/watch?v=61WkeY9Jcvw.

From MSNBC.com: 92-year-old marathoner's secret? 'Think positive' - Hawaii honors 'Gladys' for breaking world record

HONOLULU— Gladys Burrill wasn't thinking about breaking a world record when she power-walked and jogged through the Honolulu Marathon at age 92. But Burrill, a part-time Hawaii resident nicknamed the "Gladysator," learned soon after finishing the Dec. 12 race with a time of nine hours and 53 minutes that she likely qualified for the recognition. Guinness World Records confirmed Burrill's accomplishment Saturday, and the Hawaii House of Representatives honored her with a certificate and lei during a ceremony Monday.

Her advice for others wanting to live a long and healthy lifestyle? "Just get out there and walk or run," she said Monday. "I like walking because you can stop and smell the roses, but it's a rarity that I work and inspiration, you can do what you set your heart to do," said state Rep. Gene Ward.

Burrill said she doesn't plan to run the Honolulu Marathon again this year, although she's tempted. Instead, she said she'll be cheering at the finish line for some friends in the race.

Burrill had been a multi-engine aircraft pilot, mountain climber, desert hiker and horseback rider before she ran her first marathon in 2004 at the age of 86. She said she was inspired when she saw early morning fireworks kicking off the marathon the year before.

'It's easy to get discouraged' - Since then, she's completed five of seven Honolulu Marathons. She dropped out of the race in 2008 just days after the death of her husband of 69 years, and a stomach ailment sidelined her in 2009 halfway through the course.

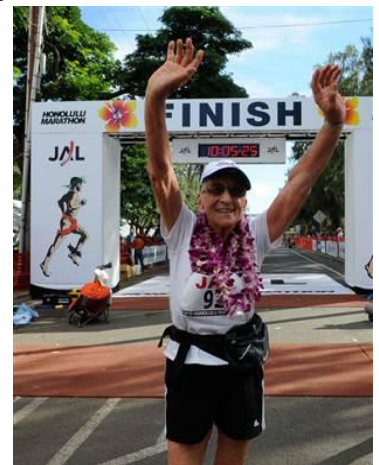
Burrill said her positive attitude gave her the strength to start running marathons and keep at it. She still walks dozens of miles a week, including 45 miles last week. "It's so important to think positive. It's easy to get discouraged and be negative," she said. "It makes such a difference in how you feel and your outlook on everything."

Burrill's feat also has been recognized by the World Records Academy and by USA Track and Field. She eclipsed the previous record held by Jenny Wood-Allen of Dundee, Scotland, who was 90 years old when she completed the 2002 London Marathon.

"This lady has proved to herself, to the world and all of us on this floor that through hard work and inspiration, you can do what you set your heart to do," said state Rep. Gene Ward.

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Gladys Burrill had been a multi-engine aircraft pilot, mountain climber, desert hiker and horseback rider before she ran her first marathon in 2004 at the age of 86. "Just get out there and walk or run," she said Monday. "I like walking because you can stop and smell the roses, but it's a rarity that I stop." 4/5/2011 3:29:40 AM ET



Now it really is The End or Goodnight Lucy!

Itinerary

Fri Apr 1

8:59am Depart Newark (EWR) via Cont#3151
11:08am Arrive Knoxville (TYS)

Transport – no known shuttles. Call Touch of Paradise Taxi (preferred provider by hotel) at 865 525 9580. I took a metered cab since Touch of Paradise couldn't come onto the airport pick up zone. \$32 cost for a 20-30 minute ride.

Hotel Sheraton Knoxville Four Points Cumberland House – 4 nights
1109 White Avenue, Knoxville, TN 37916 Tele 865 971 4663
Closest to finish line at stadium; 1 block from start on Clinch Avenue Bridge

The Cumberland House was designed to be uniquely Knoxville. It is the closest hotel to Neyland Stadium (the race finish.) The Cumberland House is just a couple blocks from the finish area and only one block from the start area on the Clinch Ave bridge! Cumberland House offers a variety of amenities, including:

- 130 generously appointed rooms and suites
- Restaurant & Bar
- Crabtree & Evelyn personal care package; Premium thread count linens; Pillow library; Oversized 100% cotton towels; Flat screen televisions; In-room gourmet coffee packages; Wireless high-speed Internet

Special Marathon Rate: Starts at \$115.

Sat Apr 2

9:00am Expo and packet pick up at Knoxville Convention and Exhibition Center at World's Fair Park, Exhibit Hall 3, 525 Henley Street, across the street from Sheraton Four Points Hotel, until 8pm

Campus is 10 minutes walk one direction and downtown is 10 minutes walk the other direction. There are free trolleys and maps available.

Sun Apr 3

7:30am Marathon start at World's Fair Park on Clinch Avenue Bridge – 1 block from hotel
Course allows 16 minute miles or 7 hours
www.knoxvillemarathon.com - Register pre-2/15/11 for \$75 fee; \$20 discount
"Maniac50"

The Marathon course is a 26.2 mile journey through scenic Knoxville, TN. The course has been designed to show-off Knoxville and run through several of its fine neighborhoods. Marathon finish at Neyland Stadium. Timed to 7:13 in 2010 with 525 finishers but supposed to cut off at 7 hours.

Tue Apr 5

1:35pm Depart Knoxville TYS via Cont#2736
3:32pm Arrive Newark EWR

Participants:

Diane Bolton – Saturday night only and at Holiday Inn
Kathy Kass

Diana 732 804 7514 cell

Amenities-All Marathon participants will receive an Asics technical t-shirt and goody bag upon packet pickup at the Health & Fitness Expo on Saturday, April 2nd. NOTE: This is mandatory packet pickup; there is NO RACE DAY PACKET PICKUP. At the finish line marathon finishers will receive a finishers' medal and finishers' running hat.

Refreshment - The marathon course will feature 18 runner refreshment stations. Each station will feature Powerade and Mountain Valley Spring Water. There will also be two gel station serving GU (flavors: Vanilla Bean, Chocolate Outrage, and Tri-Berry) at approximately the 11 and 16 mile marks. There will be another station serving fruit.

Live Music - We have 20 great musical acts lined-up all over the course! Dante Music Entertainment has recruited and coordinated live musical acts that will give you a feel for locally grown music and they'll keep you moving. While we are working on lining up the acts for 2011, you can get an idea about who will be playing by seeing who played in 2010. Just click [here](#).

Restrictions - Marathon participants must be 18 years of age or older. And you must be able to complete the course, whether running or walking, in 7 hours. The course will be rolled-up in a 16 minute/mile pace. At a pace slower than this, you will need to move to the sidewalks and proceed toward the finish. The finish line will remain open for 7 hours. There is no separate start time for walkers.

Timing - We will use a chip timing system for the marathon. Check back for more information.

Portable Toilets - On course, we will have plenty of portable toilets. They will be near (but not right next to) every water station. There will be 3 at each of the first 6 water stations, 2 at each of the next 9 water stations, and 1 at each of the remaining 3 water stations on course. There will also be plenty available at the start, as well as indoor restrooms in the Knoxville Convention Center concourse.

Pace Teams - We are organizing pace teams to help get you to the finish line. We will have pace teams led by experienced runners for time increments ranging from 3 hours to 6 hours. Please stop by the Pace Teams booth at the Expo for additional information.

Trip report long after the fact by Annette:

I did Knoxville during Spring Break last year took the whole family except Joe as he was still in school. It was a nice course lots along a paved multi use path I ran into Paula and Steve accidentally at the start which was a good thing as I got to run some with Paula, otherwise I knew no one! I kinda hit the wall there somewhere toward the end and remembered feeling rather sorry for myself for some odd reason (it has never happened again) and just wanting to go up to these big tree trunks lean my head against them and cry! It was so weird and so totally unlike me. We had a lot of fun on the trip as we did the bourbon tour in KY on the way home, kids had a blast I won't repeat but bet you will enjoy Oh and the weather was nice but a bit windy, you cross a river. I still have my wood presentation box of Bookers bourbon my priciest bottle ever! I sip a little every winter. I had not started doing trip reports or I would send it along. There is a nice place to run and walk in an upscale community, we did that the day before as one of the boys was really into cross country. Larry and kids ran some with me, it ended in a stadium with your finish on a jumbo tron. Lots of good food at the end including chocolate milk, pizza, beef sandwiches which everyone eats in the stadium while watching the end of the race. There is a nice expo near the dome which we rode up to the top for a view of the city and as usual the locals were very friendly. I bet Diane would run it! (And sure enough, Diane said yes!)

Knoxville is the largest city of eastern Tennessee and the third largest in the state with a population exceeding 173,000. Knoxville has a unique location within 500 miles of several major metropolitan areas and a crossroad for Interstates 40 and 75 traffic. Knoxville is the Gateway to the Smoky Mountains and the home to bluegrass music.



Within walking distance from all marathon activities are the Knoxville Museum of Art, Market Square District, One Vision Plaza (Knoxville's new downtown visitor center), East Tennessee History Center, Women's Basketball Hall of Fame, World's Fair Site, Volunteer Landing, and the Old City. The City of Knoxville has re-energized its downtown with renovations to Market Square including restaurants, shops, and nightspots. This area is within walking distance of the Convention Center as well as the Old City, with its uniquely charming antique and novelty shops, restaurants, and more.

The town's past is on display in a number of historic sites and buildings. James White's Fort commemorates the town's earliest dates as an Anglo settlement. The building dates to 1786, when White first arrived in the area. Blount Mansion, Knoxville's only National Historic Landmark, was built on the banks of the Tennessee River by William Blount, Tennessee's first governor and a signer of the constitution. The Mabry-Hazen House is a Civil War-era residence. Other historic buildings include the Confederate Memorial Hall (a mid-1800s home used as a battle headquarters during the Civil War) and the Armstrong-Lockett House (built in the 1830s, it includes the lovely W.P. Toms Memorial Gardens).

Knoxville is the home to the University of Tennessee, which will be the feature finish line for the event.

There are many other attractions to see while in Knoxville such as the Frank H. McClung Museum on the UT campus, the Knoxville Zoo, and the Knoxville Museum of Arts. You can also enjoy various musical entertainment such as the Knoxville Symphony and various plays.

Within an easy drive is Oak Ridge. This is the mystery city built as part of the Manhattan Project, which developed the first atomic bomb. Take time to visit the American Museum of Science and Energy which showcases the history of Oak Ridge.

Of course, please enjoy our mountains with trips to various locations in the Great Smoky Mountain National Park, the most visited of any national park.

★★★★★ **Fun and Challenging Course** (about: 2010)

Course: 4 Organization: 4 Fans: 4

[Tim Gregory](#) from Alcoa, TN (5/28/10)

4-5 previous marathons | 1 Knoxville Marathon

It was good to finally run my hometown race. Sequoia Hills lived up to its name and really made you push hard. But this is Tennessee, hills are the name of the game! The finish at the 50-yard line in Neyland made it worth running the race. And, if you don't forget to look up, you can see yourself on the Jumbotron. If you are thinking of running Knoxville, it's a race worth checking out.

★★★★★ **Challenging course, but a great marathon** (about: 2010)

Course: 5 Organization: 5 Fans: 4

M. S. from Greensboro, NC (4/4/10)

4-5 previous marathons | 3 Knoxville Marathons

This is a pretty tough course but a great marathon experience. The course is known for the elevation change (especially in the first half). You can manage it well if you put in some hill training, but you have to watch your pace. Your discipline on the hills in the first 8 miles will dictate the rest of your day. The race isn't just an exercise in speed and endurance; it's a real mental effort as well. Makes for a great marathon.

The course hits some of Knoxville's nicer running routes and city landmarks. The finish in Neyland Stadium is impressive. The spectators are concentrated in only a few locations and you'll find yourself running on your own quite a bit. Miles 22-24 have been really tough the past couple of years with the wind.

In my opinion, the expo/start/finish organization and on-course support are more than adequate (not a PowerAde fan, though). GU is available at miles 10.5 and 16. The mile markers are low and they're almost invisible until the crowd thins out around mile 5. Logistics at the stadium only give them room to serve water, but 200 yards away is a post-race party with a private recovery room and a ton of great food just for marathon finishers. It's meant to be a highlight, so ask around if you can't find it.

★★★★★ **Very hilly, well run** (about: 2010)

Course: 4 Organization: 5 Fans: 3

L. E. from USA (4/3/10)

11-50 previous marathons | 1 Knoxville Marathon

Enjoyed this marathon. The course took you through some great neighborhoods. Some areas were quite hilly but there were sections of nice, flat running also. Liked the variety. Not many spectators, but those that were out there were quite enthusiastic. Water stops were plentiful and even during the downpour they kept on smiling and handing out fluids. Bright orange tech shirt, great medal, and green finisher's hat... all good swag. Not a Tennessee Volunteers fan, but running across the 50 yard-line to finish was pretty neat. TONS of food, if you took the time to follow the signs to the post-race party. It was only a short walk away and it felt very good to keep the legs moving to get there.

★★★★★ **Great, tough course. How about a downpour?** (about: 2010)

Course: 5 Organization: 4 Fans: 4

D. S. from Cox's Creek, Kentucky (4/2/10)

1 previous marathon | 1 Knoxville Marathon

Good event. The course was very hilly, but nice. We ran through some great neighborhoods. The Knoxville policemen were AWESOME at traffic control. Saw interesting people and costumes in off-campus housing. Could probably use a few more water/PowerAde stops along the course, but volunteers were great. The last 5 miles were miserable due to a downpour and heavy headwind, but that's nobody's fault. Couldn't find ANY food at the finish line, which was lousy. Finisher's medal was nice, and the bright tech shirt is great for morning run visibility. I had a good time, and would recommend this marathon to others.

★★★★★ **Challenging but beautiful course** (about: 2010)

Course: 4 Organization: 4 Fans: 3

G. R. from Atlanta, GA (3/30/10)

11-50 previous marathons | 1 Knoxville Marathon

I have to say, Knoxville is a great town. Although very hilly, the course showcases some very beautiful neighborhoods. Good organization, friendly spectators and awesome volunteers.

Only complaint: where was the food? Please have something other than water immediately after the finish line. Signage for the food was confusing. I wound up walking back to my hotel without eating. I realize space was limited, but there could have been some fruit or

a recovery bar handed out with the water.

★★★★★ **Great after the start** (about: 2010)

Course: 4 Organization: 5 Fans: 5

[W. M.](#) from Brighton, CO (3/30/10)

50+ previous marathons | 1 Knoxville Marathon

This is a very well run event. My only complaints about the event are 1) there were insufficient bathroom facilities at the start; and 2) please keep the 5K runners out of the start area until ALL the marathoners are on their way. Both of these came together to create frustration for a number of runners (including myself). I was stuck in a bathroom line, and when I finally made it back outside the 5K runners were milling around and it looked like the race had not started. I looked up the hill and saw some runners and asked someone if the marathon had started. I was told that it had and then had to dodge 75 yards through 5K runners to get to the START LINE. After that, everything was great. Yes, it is hilly, but that's expected if you read the reviews. The private room for marathoners at the end was FANTASTIC!!! It was so nice for a back-of-the-pack guy like me to actually have food available at the end. A number of us were discussing how frustrating it is to pay more and run less than the halfers and then have them eat all the food. Not here! Keep up the good work. Thanks for a great day.

★★★★★ **Challenging Half Marathon Course** (about: 2010)

Course: 4 Organization: 5 Fans: 4

[S. H.](#) from Chattanooga, TN (3/29/10)

6-10 previous marathons | 1 Knoxville Marathon

The organization was great (love the checked bags that were taken right from start to finish line); there were few spectators but those there were encouraging; and there were wonderful volunteers and well stocked water stops. Real bathrooms in the convention center before race! Hills throughout most of half marathon course... some worse than others. Just train hills and you'll be fine, but don't let others talk them down. Train for them or they'll kill your time! The most disappointing for me was the low profile mileage markers (only a few feet off the ground and so easily obscured by other runners' feet). I had read from previous comments in earlier years that they were difficult to see, but I figured they would have fixed that problem by now... but not so. I missed at least two mile markers, which of course made it frustrating to track my pace. Also, it would have been great to maybe have a final lap in the stadium before the finish line. Over all, though, I'm glad I ran this race - despite the challenging hills. The volunteers and organization made it a 4-star race for me, but the mile marker problem prevented it from being a 5-star race in my experience.

★★★★☆ **Gun time? Really!?** (about: 2010)

Course: 3 Organization: 1 Fans: 4

[R. S.](#) from Knoxville, TN (3/29/10)

6-10 previous marathons | 2 Knoxville Marathons

A few things about this race are just disappointing, and it's sad, because this marathon could have been growing a lot better otherwise: PowerAde is not a good electrolyte replacement; the course could have been designed better; the goody bag is just lame in comparison with the marathons that are growing; the back of the pack doesn't get the same perks after the marathon (access to free massage, stretching); the food is different depending on what race you did; and on top of that, they're posting gun time here, while on milliseconds you can see the chip time (they do have the data!). Really!?! Cost cutting at its finest... no long term vision for making it a great event. Sad.

★★★★★ **Beautiful course and great organization!** (about: 2010)

Course: 5 Organization: 5 Fans: 4

[D. R.](#) from Cincinnati, OH (3/29/10)

11-50 previous marathons | 1 Knoxville Marathon

I recommend this marathon. The course is beautiful (lovely neighborhoods and parks) and kept my mind off the distance (I ran the marathon). We were lucky with weather; there was quite a downpour, but only for 3-4 miles (16-20 for me) - contra the forecast, which predicted rain all day. I was glad it was only for a short period. The packet pickup, start and finish were all well organized. Participants could use "real" toilets at the start and at the halfway point because the convention center was open. The medal was nice, as it had a lot of colors. Volunteers were awesome!

★★★★★ **Wonderful course, great experience!** (about: 2009)

Course: 5 Organization: 4 Fans: 4

[A. O.](#) from Louisville, Kentucky (6/8/09)

1 previous marathon | 1 Knoxville Marathon

I ran the half-marathon as a part of my training for a full marathon in May, and I loved this race! The course was wonderful, though indeed hilly. I had been training on hills, though, so I was prepared, and they weren't as bad as I had heard they were. The half course,

at least, is hilly throughout, though. The entire course for the half was very nice, great scenery and wonderful spectators. Although there weren't too many of them, they were pretty much everywhere and very encouraging. The expo was pretty decent, and the water stops were well spaced and well stocked. After having run my full marathon in Cleveland in May, I wished that I had made Knoxville my full. Maybe I will come back for the full sometime.

Pros:

Hilly, but lovely course.
Enthusiastic spectators.
Organization.

Cons:

The shirt was just a T-shirt, and it was ugly, and I got the smallest size and it was still way too big. I'll never wear it.
The medal was rather ugly as well.

The only cons were the t-shirt and the medal, but for me, those are the least important things. I had a wonderful time, loved the course, and have great memories. If Knoxville can get good shirts and a better medal, I'd say that it's perfect. After having done the full in Cleveland two months later in May, I wished I had chosen Knoxville for my full. I highly recommend this race.