

EXPO 10,000 →

Knoxville, Tennessee
May 28, 1983



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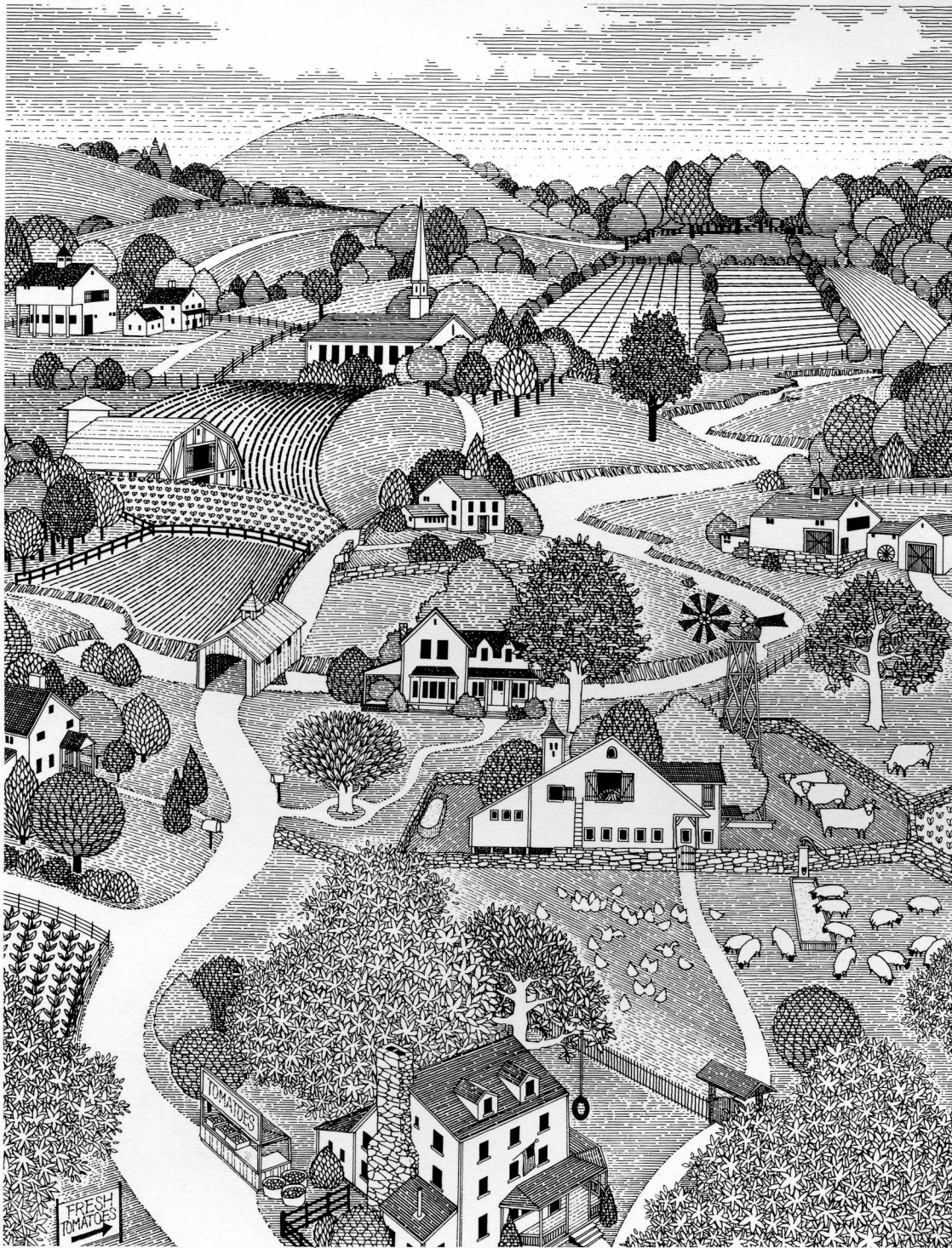
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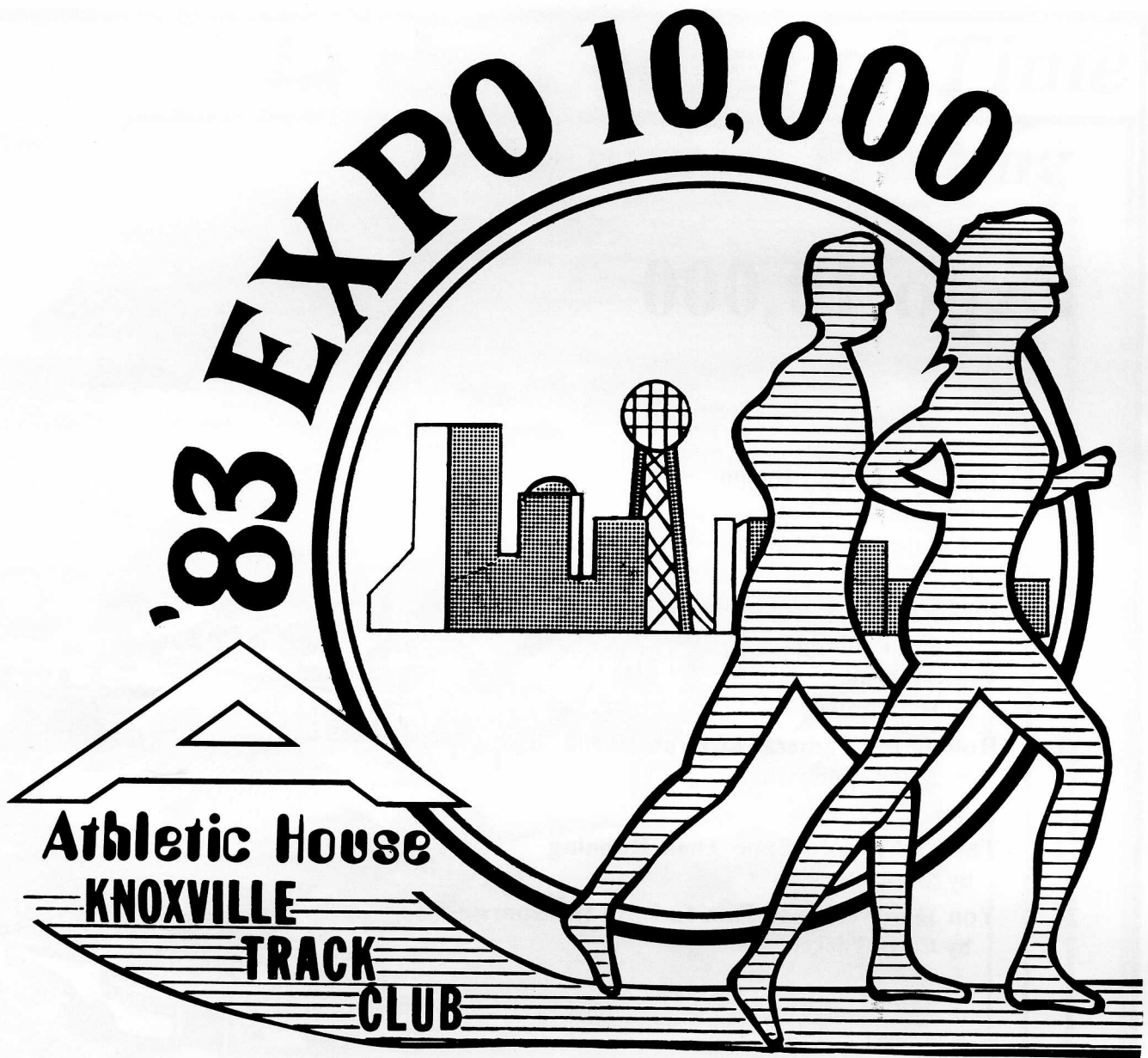


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Expo 10,000

- 3 **History of Expo 10,000**
by Thomas O'Toole
- 6 **A Lifetime of Running**
by Hal Canfield
- 13 **Pike's Peak: A Runner's Ultimate Challenge**
by Vicki Johnson
- 19 **Take A Walk**
by Hal Canfield
- 21 **Rolling the Cameras at Expo 10,000**
by Mandy Mitchell
- 23 **Expo '82 Results**
- 25 **There's More to Expo Than Running**
by Susan Reviere
- 27 **You Don't Have to Run to Love the Sport**
by Carol Tucker

Special thanks to Campus Practitioners at the University of Tennessee for their efforts in editing and compiling information for this year's Expo '83 Magazine.



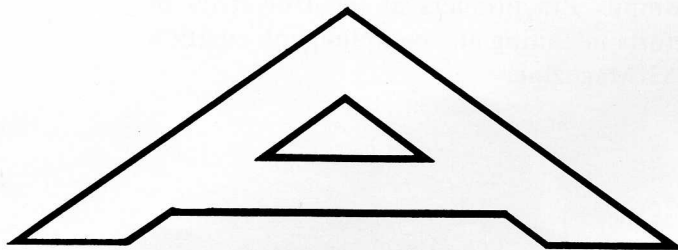
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History of Expo 10,000

By Thomas O'Toole

Missy Kane called it one of the highlights of her career. But the 1982 Expo 10,000 was more than that. It was *the* highlight of the event's five seasons. A record field, buoyed by the World's Fair, a new course and a storybook ending combined to make it another wonderful May romp through downtown Knoxville.

Missy, a former coach at Central High and an ex-Tennessee runner, won the women's division while Phil "Tiny" Kane, her husband, easily claimed the overall championship. Both say they will defend their titles this year.

For the first time, the race ended at Civic Coliseum instead of on Market Square Mall. Finish coordinator Mike Crawford supported the change and reported that it worked almost perfectly.

This year, more than 3000 runners are expected to participate. It seems like just yesterday a "mere" 1576 were crossing the finish line. As community and even state-wide interest grows, it's obvious the ambitious project has built a special place for itself in East Tennessee.

The first Expo was in 1978, but planning began in 1973. By 1977, the seed was sown.

Crawford, past president of the Knoxville Track Club, Tom Siler, retired sports editor of *The Knoxville News-Sentinel*, and Frank "Porkey" Calloway, Jr., head of the Athletic House, were there at the beginning.

"Without hesitation I can say Tom Siler first brought up the idea," Crawford explained. "He had always thought Knoxville should have a race of some

distance. He didn't really decide the distance, but he said it should encompass the entire city and be run in downtown to bring focus and attention to the town in general."

The Knoxville Track Club had been running small races throughout East Tennessee. But they weren't providing a showcase for the club. In early 1977, Charlie Durham of the KTC told Crawford that the Athletic House was interested in promoting a road race. Durham put Crawford in touch with Calloway. Over lunch, the Expo 10,000 was born.

"When you got the Athletic House, you had the locations and long-standing tradition of business involvement—something substantial," said Crawford.

Crawford, Calloway and Siler, at the time a KTC board member, began regular meetings, their optimism growing each time.

"I have nothing but praise for the Athletic House," said Crawford. "We have had total involvement. It has been a great marriage."

At the time plans for a road race were being made, the 1982 World's Fair was becoming a reality. Its first name was "Expo '82," hence the "Expo 10,000."

The trio then took the idea to the KTC, where it was readily accepted. Other people became involved, like Col. Joe Shepherd, coordinator since Expo's beginning.

The only holdup was discussion over where the race was headed. KTC wanted a race that would be lasting. They felt that with the combination of long-standing Knoxville organizations—the

News-Sentinel and the *Journal*, the Athletic House and the KTC—the future of the race would be secure.

They have taken that involvement a step farther this year. Nike, one of the world leaders in running shoes and equipment, and Pilot Oil, a highly successful Knoxville business, have joined as supporters. The University of Tennessee is even in the act. For the first time, the UT Computing Center will handle the results.

Compiling those results is not an easy task. The growth rate has been more than encouraging. The second year had 2190 finishers, the third 2278, the fourth 2439 and last year 3237.

Ed Leddy, a former East Tennessee State All-American from Ireland, won the first three. Two years ago, Bryan Kilpatrick won. Then came the Kanes.

Although the race continues to grow, its focus remains narrow. KTC does not want a national event. They are not committed to bringing in "name" athletes. That would cost money, and all the money that is earned from the Expo 10,000 goes back into the KTC and is used to promote running in the East Tennessee area. That all helps make the Expo 10,000 truly a community event.

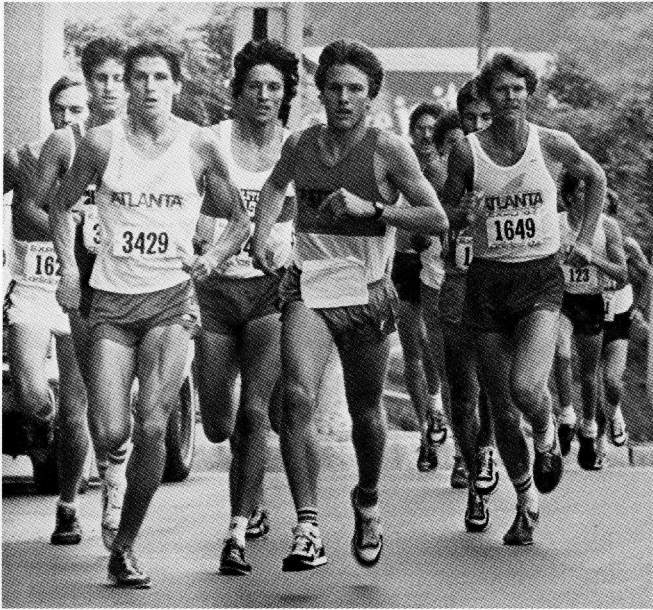
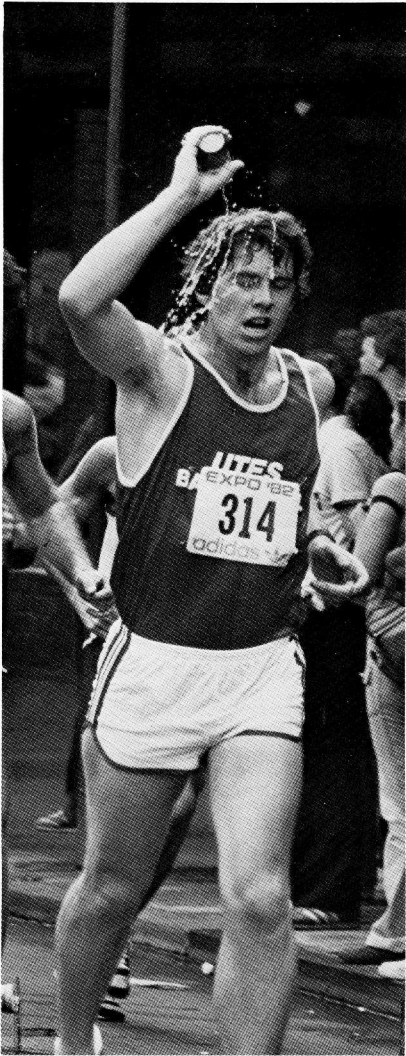
"To me it was a matter of putting the right parties together," said Crawford. "We had had people come to us wanting to put on a race in the past, but my concern was would they want to do it next year? After we got the right parties, there was no doubt in my mind it would work."

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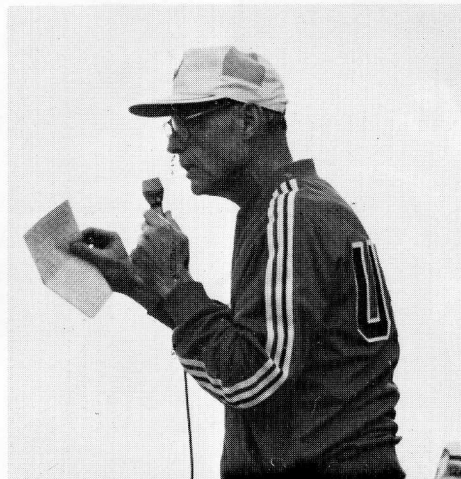


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A Lifetime of Running

by Harold W. Canfield



During a running career that has encompassed nearly half a century, I have covered enough mileage in training to have run around the world more than three times. Not that anyone seriously would consider running around the world three times. Once should be enough. If you've seen one world, you've seen them all. Most of this running has occurred—to paraphrase Winston Churchill—on the roads, on the beaches, and on the golf courses. In full view of the general public. In the 1950s and 1960s, you can imagine the stir this caused.

I've run along the street, clad only in shorts and t-shirt, past the homes of neighbors who are not into running. Their children see me pass and identify me: "Look, it's that jogger."

I seethe with anger. I am not a jogger; I'm a runner. There is a subtle difference. I pass a massive, mongrel dog snoozing on someone's front porch. The slapping of my shoes against the pavement awakens him. He lifts his head and barks twice as I pass. He doesn't run after me. It's hot and he doesn't want to expend the energy. He knows that I will run by some time later in the fall when it is cool. Then he will charge and rip my leg off.

The long distance runner plods on mile after mile, day after day, week after month after year. People turn to stare, and children want to know why I'm running. The best answer I've ever heard to this question came from Carl Zayas. He and Ted Corbitt were running in New York's Van Cortlandt Park on a Sunday morning when several kids threw this question at them. Corbitt simply gri-

maced, but Zayas was ready with a masterful retort, one that all runners should have tattooed on their forearms. "We're winding our watches," said Carl.

Other runners besides Zayas have managed to one-up the unappreciative public. I was running with a group in Boston, a couple days before the 1983 marathon and upon passing a street corner a heckler suggested that we lost our pants. Hal Higdon, who is never at a loss for words, came out with "we left them with your wife." Needless to say, that ended the conversation.

Distance running for me began in the early 1950s after a career of track in high school in the mid-thirties and college in the late-forties after World War II. It has been said that the 1960s image of a long distance runner was as an individual estranged from the rest of society. This was even more evident during the decade before. In those times, interest in running focused on the Olympic Games every four years and track and field. Distance running only made the newspapers when a major world's record was broken, and most books about running were limited to technical manuals written for college coaches.

During this period, the prestigious Boston Marathon attracted entry fields of 150 or so, breaking the 300 mark in 1964 with a total of 301 actual runners. There were only a half dozen marathons being run in the United States; Boston, the Yonkers marathon in New York, the Culver City and San Francisco on the west coast, the Cherry Blossom in Washington, and the annual AAU

National Championship.

Training during the 1950s and 1960s was pretty much on a trial and error basis. All too often the cherished secrets of those in the know were not disseminated, because most athletes just didn't bother to inform others of their practical running experiences. Running literature was almost non-existent. Most runners acquired their knowledge from high school and college coaches who themselves had not endured so extensive a personal experience. One cannot fully learn running from a book. Running is an art, not a science. It is learned, not only through years of extensive racing and training, but also through careful recording of workouts, observation, experimentation, and constant evaluation of these results.

There is a second difficulty: many years of experience are required before one can see the long-range effects of various training methods. It is ironic that those techniques which produce the quickest improvement do not result in the greatest possible gain when continued for a longer period of time. It is this unexpected feature of distance running which, I believe, has resulted in the confusion which exists today in coaching circles.

Until the 70s, most runners trained under coaches. These coaches were men who concerned themselves as much with hurdlers and vaulters as with distance runners. Overseas, the great coaches were associated with middle distance runners where interval training was the popular method. In 1969 Joe Henderson

published a book titled, *Long, Slow Distance*. A classic, Henderson's message was that you didn't need a stopwatch or a coach to be a runner. You didn't need to find a track to train. You didn't need to run to exhaustion to run well. You could jog out the door, head in any direction, enjoy the scenery, and still achieve success in the event that was to represent the ultimate in running; the marathon.

This was the training message that greeted the host of new runners inspired by what happened in the Munich marathon. They could play Frank Shorter, but not hurt in the process. Running moved from the age of the coach to the age of the author-advocate. Middle-aged runners had long since left the influence of their school coach—if they ever had one. They began to be "coached" by books and magazines about running.

There are few new wrinkles to training today. The methods by which Lydiard trained the New Zealanders two decades ago are still valid. You run a lot of mileage. You do a weekly long run. You get in some speedwork. You rest now and then and not feel guilty about it. Tom Osler said virtually these same things in his 30-page paperback in the middle 60s. "There are two aspects of a runner's conditioning which result in the overall capability he can display in a particular race on a given day. I call them his Base Conditioning and his Sharpening Conditioning."

Over the years I have come to believe two rules about training. The first: it is better to be undertrained than overtrained. The second: if things are going badly I am undoubtedly overtrained and need less work rather than more. This is the theory that the hard day/easy day schedule of workouts is based upon.

If you want to be a marathon runner, finding the proper shoes, knowing what to wear, what to eat, what exercises to do, how far to run, can safely take a secondary place. What you need most is to know it is possible, possible for you, possible for any common man. And then you must learn it is not just possible, but necessary. You need to know that there are ways to make what is possible and necessary, however difficult it appears, a source of joy and happiness. Running twenty-six miles is a feat that stretches a human being. At twenty miles, someone has said, the race is half over. Almost anyone can run twenty miles, but the last six are equivalent to twenty more. Here

the runner finds himself pushed to the absolute limit.

"I am a runner." Years ago that statement meant little more to me than an accidental choice of sport. A leisure time activity selected for reasons as superficial as the activity itself. Now I know better. The runner does not run because he is too slight for football, or hasn't the ability to put a ball through a hoop, or can't hit a curve ball. He runs because he has to. Because in being a runner, in moving through pain and fatigue, in imposing stress upon stress, in eliminating all but the necessities of life, he is fulfilling himself and becoming the person he is.

I have given up many things in this becoming process. None was a sacrifice. When something clearly became non-essential, there was no problem in doing without. And when something clearly became essential, there was no problem accepting it and whatever went with it.

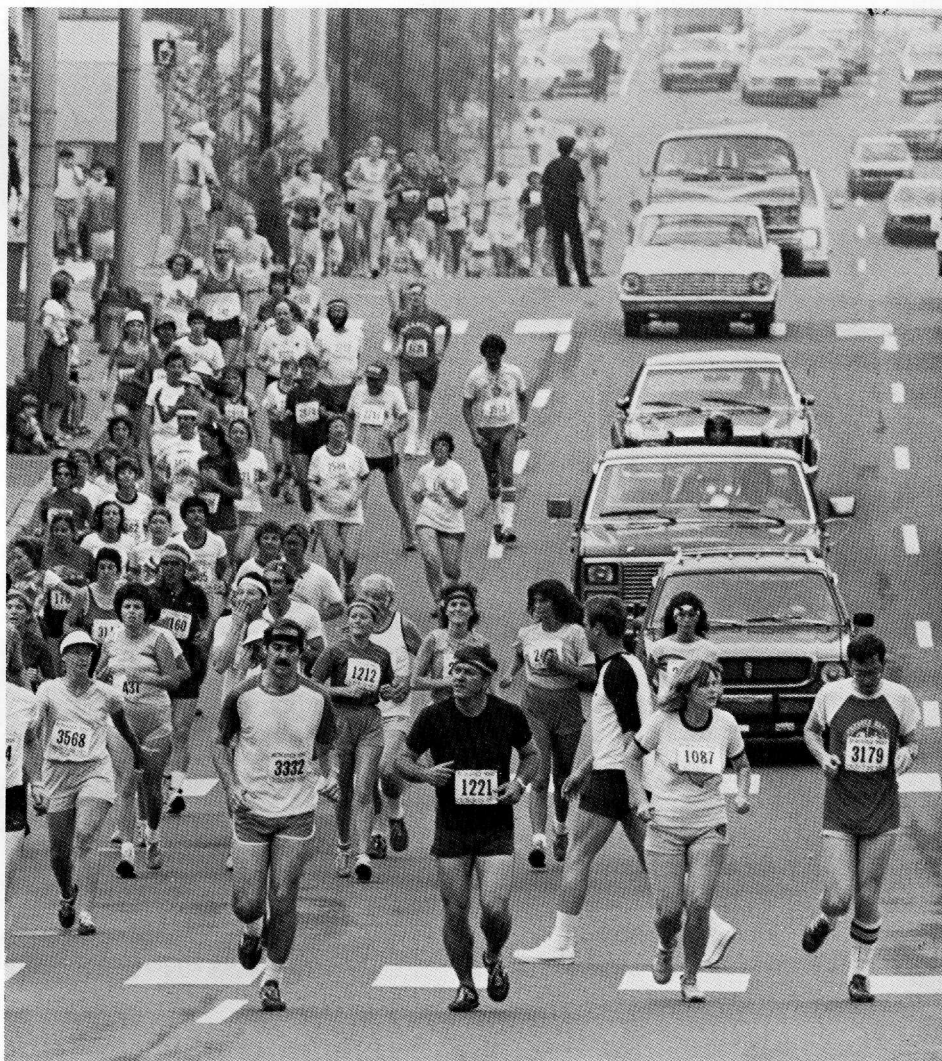
The runner does not deny his body, he accepts it. He does not subdue it or mor-

tify it. He perfects it, maximizes it, magnifies it. The finished product is therefore a lifetime work. This giving up, the detachment from attachments, is an uneven process. You should give up only what no longer has any attraction to you.

I am now sixty-three years of age, which is an awkward age to define. At sixty-three, I am no longer middle-aged, yet I could hardly be called elderly.

An awkward age then, to define, but a delightful one to live. I am aging from the neck up which means I am elderly enough to have attained a look of wisdom; middle-aged enough to have a body that allows me to do pretty much what I want. What will always remain youthful is the excitement of the race. Even though I'm not running any longer due to a heart rhythm condition, race-walking has enabled me to stay close to the race and the sport in which I have spent a lifetime enjoying.

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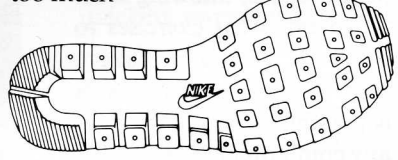
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Running Safely

by Dr. David Fardon

Running is beautiful for its simplicity. A pair of adequate shoes and enough clothing to be protective and decent are all you really need. That doesn't leave much for runners and their advisors to talk about, except for the elite who talk about speed training. The rest of us talk about injury.

Almost all runners suffer, at one time or another, from one or several of the overuse syndromes. These are painful, self-limited conditions such as tendonitis, bursitis, muscle strains, and stress fractures. They usually result from a training error, almost always from overly enthusiastic training. Naming, recognizing, treating, and preventing the various overuse syndromes have kept runners in communication with various kinds of doctors and other healers. These concerns have filled the pages of an expanding array of runners' magazines and books.

Overuse syndromes are exceedingly common occurrences. Runners and their advisors call them injuries. They are injuries, but different kinds of injuries with different consequences than what doctors and public safety people have been accustomed to calling injuries.

The fact that runners, advisors of runners, and writers of runners' literature

use the term "injury" when they are talking about overuse syndromes creates a misconception. The picture that emerges is that the runner's attention to safety should focus on such things as understanding iliotibial band tendonitis and stress fracture of the fibula. As frustrating as those problems may be, they seldom pose a lasting threat to health. They can almost always be successfully treated by rest, substitute and supplemental exercises, followed by a cautious return to running, slow warmups, more patience with progress, and use of local ice after exercise.

I, like most physicians, believe that running (or walking or jogging) is good for the mental health, physical health, and feeling of well-being for most people. Over fifty doctors will be demonstrating that conviction by running in this year's Expo 10,000. That doesn't mean that running doesn't present some hazards. Like with most good things, there are some trade-offs. For those who understand the hazards, the balance tips even further in favor of running. That understanding must be based upon consideration of the true health hazards without so much attention to overuse syndromes.

There are three major threats to the health of a runner: collision with vehi-

cles; heart malfunction; and heat (or cold) injury.

Most runners run on roads. Tracks and fields are safer, but they don't have the accessibility or the appeal of road running. The primary danger of running on roads is the potential for collision with a vehicle.

The basic safety principle of road running comes from the realization that, no matter how immortal a runner feels while running, when a runner and a vehicle collide, the runner loses. The corollary of this is that, regardless of how unlawful, careless, or inconsiderate some drivers may be, it is the runner's personal responsibility to make sure such collisions never occur.

Runners must dress in ways, run at times, and run in places that they can be easily seen by motorists. They must run single file when vehicles are present. If the lane is crowded, the runner must get off the road, even if it means stopping for a moment. Dogs rarely bite and, when they do, the injury is seldom serious, so don't dodge into a traffic lane to get away from a dog.

Running while plugged in to a Beethoven may be inspirational, but it must be done only on a track or field. Full hearing function is necessary for safe road running, and when it is unavoidably compromised, as from airplanes or other ambient noise, extra caution is in order. The sound of one car may obscure that of another so don't step out in the lane after a car passes you until you are sure another is not close behind. As a general rule, it is best to run into the face of traffic, though it is sometimes safer the other way, depending upon traffic, road, and shoulder conditions.

Most temperature-related health threats in this climate are from too much heat. Few days are cold enough to pose the threat of hypothermia to Knoxville runners.

Running generates a great deal of heat. Body temperature is kept down by sweating. Excessive loss of body fluids from sweating can result in permanent, serious injury, even death.



in the heat to acclimatize so that the efficiency of sweating improves. It is difficult to acclimatize if most of the day is spent in air-conditioned rooms.

Taking salt tablets before or during running does not help and may make things worse. So might heavy or salty food. Taking water during and especially before running does help. The presence of fever, recent vomiting or diarrhea, previous exercise in the same day, dehydration from recent alcohol or other drug ingestion, or prior history of heat injury all increase susceptibility. The temperature and humidity of the day, the clothing worn, and the duration and intensity of the effort are the main determining factors.

Earliest symptoms of excess heat and fluid loss are muscle cramps and decreased performance. The next stage, called "heat fatigue" or "heat exhaustion," is characterized by loss of initiative, confusion, and lethargy. The more severe "heat stroke" occurs when sweating diminishes, body temperature rises, and sometimes vomiting and convulsions occur. Symptoms of heat fatigue call for the runner to quit for the day and drink plenty of water. Symptoms of heat

stroke require emergency measures to lower body temperature (rub with iced towels) and to secure expert medical help to replace body fluids and support life.

The heart muscle is subject to the same principles of strengthening by repeated minor stress and injury by excessive stress that applies to other muscles. There are some unique features, though: the heart's own circulation may be tenuous in some people; large chunks of its mass cannot be spared as might be true with injury to other muscles; and it has a sensitive and vital electrical circuitry which may be especially vulnerable in certain individuals.

Some people should at least check with the doctor before beginning a vigorous exercise program. In some instances, more extensive testing or a supervised program may be necessary. Those included in the following list should at least check first: over thirty-five; very sedentary life; severe overweight; diabetic; history of heart disease, heartbeat irregularities, heart murmurs or chest pains; high blood pressure; heavy smoker; and family history of heart disease or sudden unexplained death. People on this list may definitely help some of these prob-

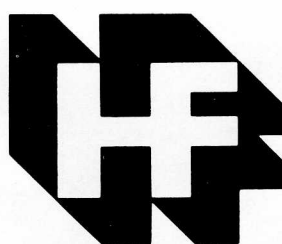
lems by running, but the project should receive their doctor's blessing first.

One controversial subject is the ingestion of coffee or other caffeine sources prior to running. There has been some evidence that relatively small doses of caffeine prior to distance running may slightly improve performance. The negative side of that is that there is also some experimental data which suggest that caffeine may increase the risk of irregular heartbeat. The answers to this aren't in, but until they are I suggest leaving off the caffeine before running.

Everyone should learn cardiopulmonary resuscitation. It gives you an extra margin of safety to run with someone who knows CPR. If you know it yourself, it gives you the confidence that you are ready to help someone else.

Some of this may have seemed a little complicated and scary. Don't be put off by it. All these things are just elaborations on common sense. If you know them and use common sense, running is among the simplest and safest of sports. It is the most healthful. And it can be the most fun, as we will all experience at the Expo 10,000.

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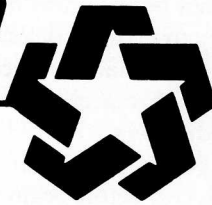


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PIKE'S PEAK: A Runner's Ultimate Challenge

by Vicki Johnson

The rain from the night before has stopped, and the morning is warm and damp. Runners jog up and down the street and mill about in the gray mist. The public address system announces 30 minutes until the 7 a.m. start, and as the television crew moves through the runners, the interviewer asks, "Would you tell me the reasons you have for doing this?" Wind ruffles the banner which reads "START. PIKE'S PEAK MARATHON. AMERICA'S ULTIMATE CHALLENGE." And off in the distance, barely visible in the early light, looms the reason for all the activity in town.

Looking toward Pike's Peak from downtown Manitou Springs, you first encounter Mt. Manitou with its vertical scar where the incline railway runs up its face. From the top of Manitou, you raise your eyes up and beyond, and there, far in the distance, is the mountain that Zebulon Pike said no human being would ever ascend. It is gray and ghost-like, even on a clear day; and most days it

is only partially visible as the peak rises into the clouds. At 14,110 feet the summit is 7,774 feet above the village and by burro trail it is 14.3 miles distant.

Pike's Peak Marathon is America's second oldest marathon. For 27 years, groups of runners ranging in number from 13 in 1956 to nearly 800 in 1982 have gathered early on a morning in August to meet the challenge of the Mountain—a 28.3-mile round trip to the summit on a dirt and rock trail.

The trail guide describes Barr Trail as an 18-hour hike and suggests that it not be attempted in a single day. It is a nine-hour ride on horseback and only a well-trained horse should be used. The trail is extremely steep for four miles and then levels somewhat before becoming extremely steep again for the last four miles. The surface is dirt, becoming increasingly rocky until, above the timberline, it is entirely rock. Thirty-two sharp switchbacks constitute the "16 Golden Stairs" of the final mile to the summit.

As "The Theme From Rocky" plays in the background, the starting gun fires at precisely 7 a.m., and we're off, amid last-minute words of encouragement from well-wishers and much nervous banter among the runners. We are immediately running uphill as we pass through the streets of Manitou. Already the front runners are sprinting ahead, trying to reach the trail entrance in the lead so they will not have to pass slower runners on the narrow trail. The street becomes increasingly steep as we approach the trailhead, and as we enter the trail, the middle-of-the-pack runners slow to a walk.

The trail is too narrow for two people abreast, and for one runner to pass another, one must move off the trail. This can only be done as trees, rocks and gullies permit. We soon learn to look ahead for a wide spot, holler, "On the left," and sprint past two or three people before ducking back in line. We begin a leap-frog kind of progression up the

steep slope where one person runs a bit, passes some people, and then ducks in to walk while people who were passed earlier run by and then duck back in line. People who have done this before assure us that this is one of the steepest places, and soon it will level off. I hope so, because I am anxious to run.

The first water stop is scheduled for 3.5 miles—nearly at the top of Mt. Manitou. Somewhat sooner than I expected we are there and have available plenty of cold water which has been piped through a hose from a stream. Since it is quite warm (75 degrees) and dry (28 percent humidity), we make it a point to stop and drink.

At 4.8 miles we reach the second water stop and the beginning of the "level" portion of the trail. Everything, I soon learn, is relative and this level stretch, while not quite as steep as what we had just run, is decidedly uphill all the way. However, it is possible to run for longer periods of time and to feel more like one is in a running race rather than a forced march.

The next water stop is scheduled at seven miles and according to my watch we should reach it soon. But we don't, and for the first time I feel distressed. I am trying to break the record time of 6:06:27 for a 39-year-old woman and am hoping to run up in 3:40 and back down in 2:20. The pace so far has been adequate, and I have been feeling positive. But I begin to get depressed as time passes, and we still have not reached seven miles.

But we push ahead and finally hear shouts of, "Water on the right." It is the station at 8.3 miles! The pace is okay after all. It is exactly six miles to the top, and I have almost two hours left. My spirits soar.

The footing to this point has not been too bad. As with any trail there are gullies, tree roots and rocks, and one must watch each foot plant carefully. But there



are no leaves here to obscure the hazards and not much loose gravel. However, as we move higher, the rocks are larger and there are more of them. The trail is also becoming increasingly steep and at the 10.8-mile water stop, the pace has slowed. We are 3.5 miles from the summit, and the dirt trail has given way to rock cliffs and immense boulders.

Suddenly runners ahead begin to shout, and as the words are passed on down the mountain I recognize the shout of "Runner! Runner!" and almost immediately a slight, tan figure flies around a rock directly toward us. We throw ourselves against the rocks on the right while he flashes by on the left. This is the lead runner and the beginning of what will become a new difficulty on this run—two-way traffic on a trail too narrow for one.

At 12 miles we begin the final segment of the uphill run—scaling the face of the peak. From here on very few people will run. An increasing number will sit among the rocks staring out into the distance or lean against a cliff swearing or crying. It has been described as the "battleground at the top," and indeed with discarded jackets strewn about and the inert forms of runners scattered in the rocks, this is an apt description.

For those of us still moving forward as rapidly as possible, we are alternately walking rapidly and standing pressed against the rocks while descending runners fly at us around blind corners.

The uphill progress seems negligible at times, and the water stop at the 13-mile mark is forever. But we arrive, drink, hear "Almost there," and begin to believe it. In fact, we can see the summit, and it does not look far. But there are 32 switchbacks in the last mile, and it takes nearly 30 minutes to negotiate them.

At the top a "Finish" banner signals the turn-around point. Hands reach from everywhere—tearing off the verification tag on my race number, writing a back-up verification, handing out ERG and water. They want to know if I want to sit down and rest a minute. The clock reads 3:34. I glance up and in the distance I can see forever. Though I am suddenly weak, dizzy, and on the verge of panic, I wheel and start down. There is no sense of exhilaration—and no feeling of victory or having conquered the mountain. I am afraid of heights, and the fear prevails.

I am immediately locked into the start of a brand new race—the downhill. The mind shifts gears and begins to play the litany of downhill trail running; relax, concentrate, watch your feet, while the body shifts to a new set of muscles for braking, turning and jumping. The trail is congested, and the footing very difficult. Downhill runners pass on the right or downslope side of the trail and sometimes within inches of a sheer drop of several hundred feet. Many of the people still coming up are staggering, weaving and too dazed to move off the trail. There

are several collisions, and I struggle to control my discomfort with the height.

Two miles from the summit the traffic clears, and the trail is such that it is possible to run at a good pace. I begin to enjoy the run and pick up speed, jumping gullies and rocks, braking for sharp turns and running full out. We are passing slower runners consistently, and I have a sensation of great speed and strength. Many of the people we pass are covered with dirt and blood from falls. Injured runners lie along the trail wrapped in blankets provided by the search and rescue teams.

We continue to thunder by, hollering, "On the left," as we go and flashing by runner after runner. It is a wild run, like a fast downhill ski on the edge of control. But there is discipline in the abandon, and the mind is ever-alert to tinges of cramps and muscle strain, making adjustments in stride and speed, widening cutbacks to ease strain and lengthening out on the straights.

It is difficult to calculate pace. The mind is fully occupied in selecting each foot strike and making split-second decisions about whether to jump over a rock or step on it and whether to jump over a gully or run through it. But 3.5 miles from the finish I know I can be under six hours, and I assert more control. If I do not "hit the wall," get a serious cramp or injury, I will make it.

At 27 miles we came off the trail and onto the road for the final mile through town. The road surface feels strange, and the mind and body struggle to adjust. There is a sense of general fatigue, a mental let-down and no real desire to go on. Two hundred people waiting to catch a train break into spontaneous and enthusiastic cheers. I try to wave and realize I can't lift my arm, so I nod. Soon the streets are lined with cheering people, and we are running through a corridor of spectators in the street. I raise my finger in acknowledgement and run woodenly.

Suddenly a wadded-up "Official Pike's Peak Finisher" T-shirt is thrust at me, as my number tag is ripped off. The clock reads 5:43:12. It is done. Fatigue and elation wash over me along with a profound sense of wonder at the power of the human body and of awe of the mountain which we have been on.

★



GOOD LUCK RUNNERS!

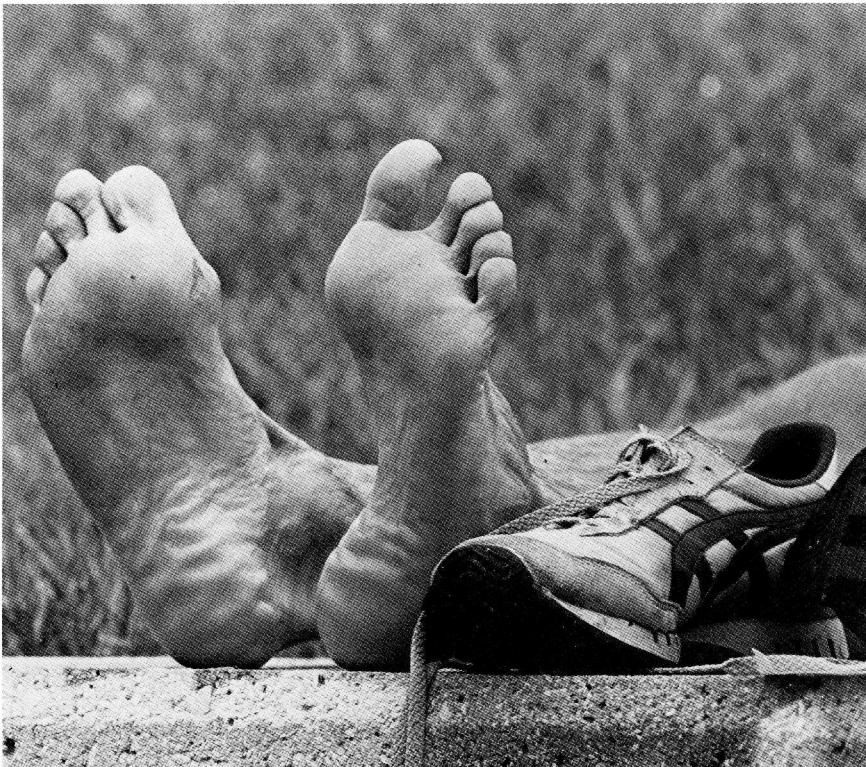
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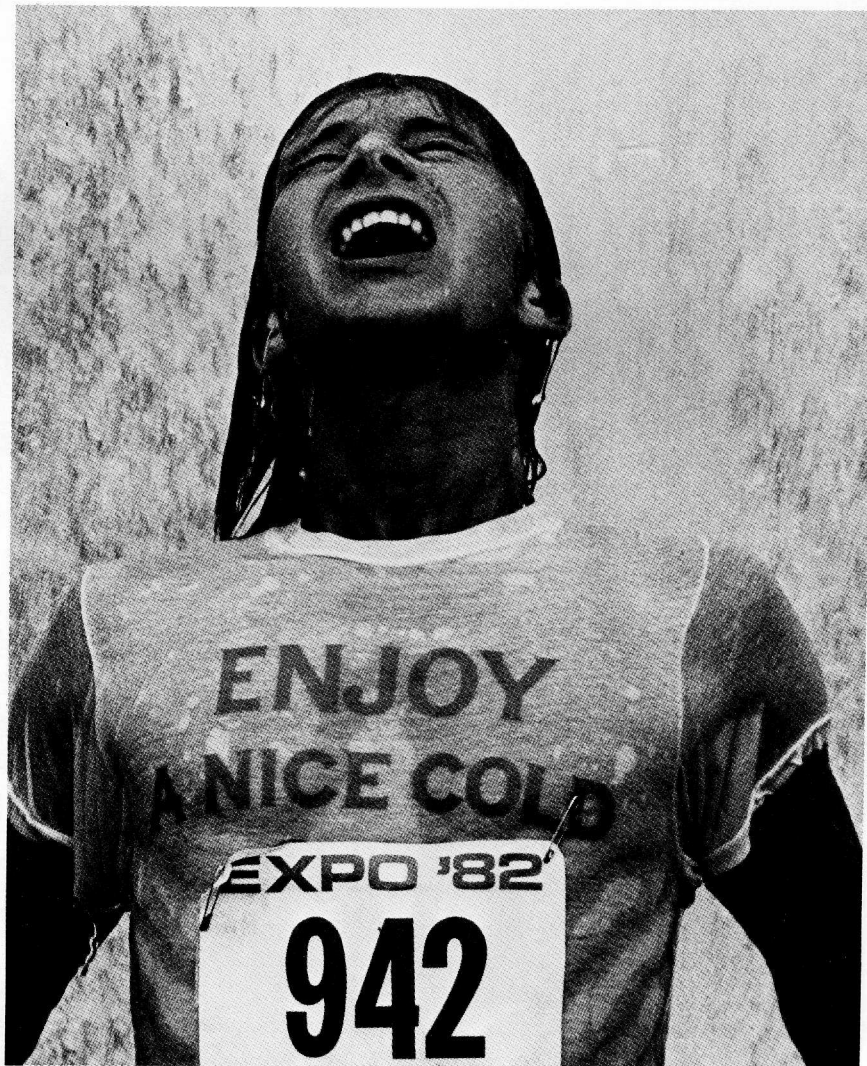
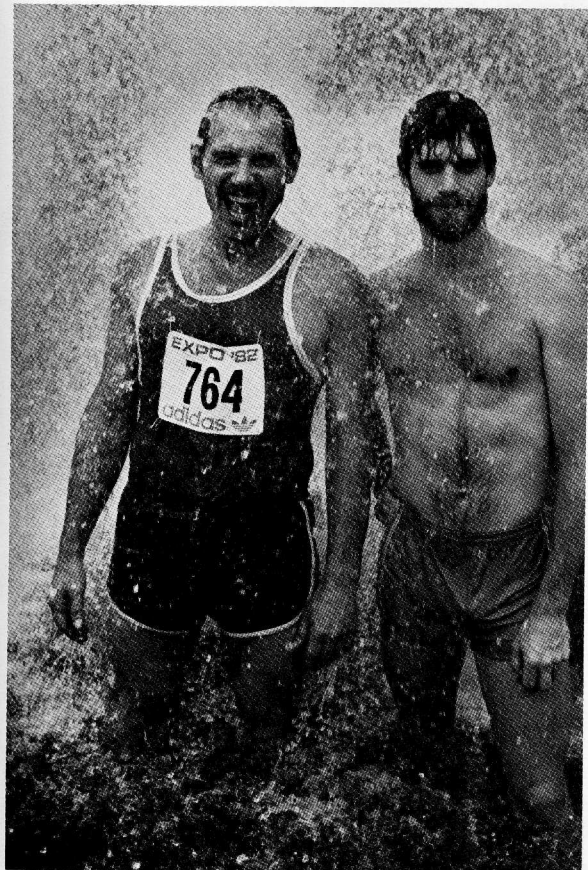
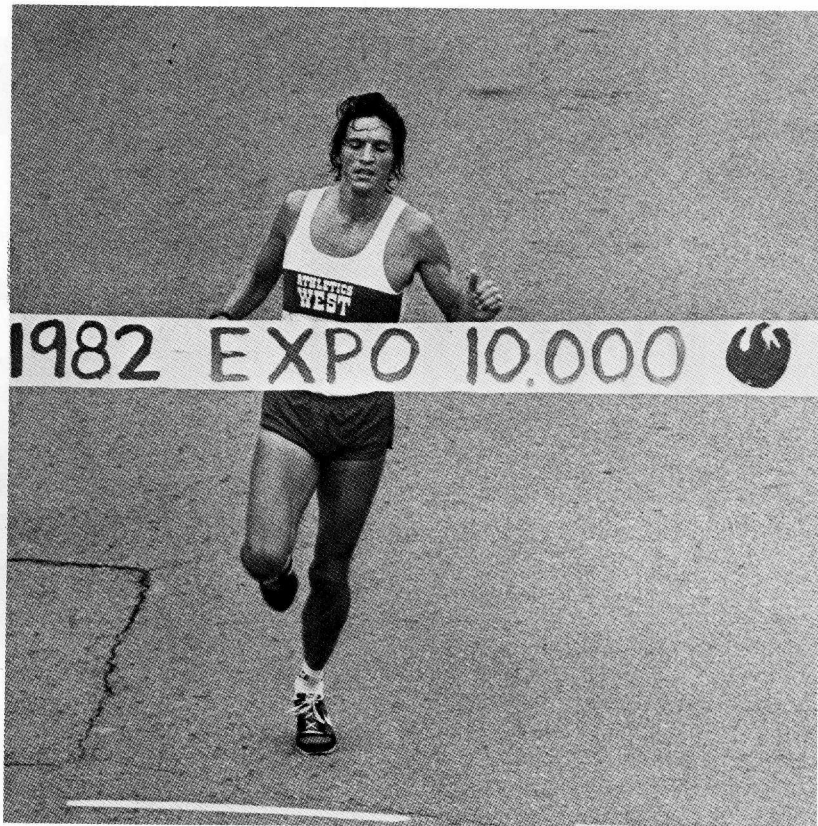
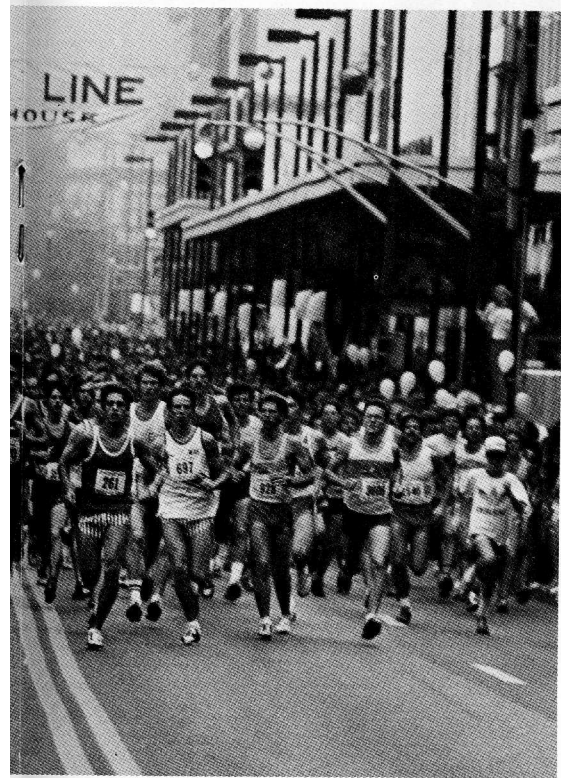
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EXPO



- 1982



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TAKE A WALK

by Harold W. Canfield

The story of participatory sports in America has been of fad after fad sweeping the country, involving millions of people at their peak and then slowly fading into the hard-core devout. The rest of us are deposited where we began—in front of our television sets, cheering on our favorites.

If you don't believe me, take a look at your neighborhood tennis courts. Remember the lines a few years ago. Or talk to your friends about jogging. A lot of them have at least tried it. Have they kept it up? Why not? Perhaps they ran religiously for a few weeks or even months until cold weather or hot weather or vacation or a muscle pull or a knee injury made them stop, and they never could get back into it. Oh sure, they say, "I'm going to start again when..." But both you and they are skeptical.

C. Carson Conrad, executive director of the President's Council on Physical Fitness and Sports, is now trying to convince Americans that they don't have to run, that they can walk at a brisk pace and still achieve the cardiorespiratory fitness that is so important in the prevention of heart disease. Research shows that whether you run three miles, jog three miles, run and walk three miles or just walk three miles doesn't make any difference as long as you do it at a pace of under 15 minutes a mile. The fact is, it is difficult to get it across to people that walking is important. A lot of people are into running, but they're experiencing back injuries, knee injuries and other problems, and it's important for them to get into something else. That's why I'm pushing walking.

If there is any area where walking scores a ringing victory over running (although I don't really see it as a contest), it's in terms of injuries. Runners themselves acknowledge this and much of the literature about the sport is directed toward avoiding or repairing various common injuries. A survey taken by *Runner's World* magazine showed that six out of ten runners are disabled at least part of any given year by injuries. Most runners' injuries aren't serious or permanently disabling, but they tend to

make this sport much more complicated than walking, which is practically injury-free.

It may come as a surprise to learn that walking has a long and rich tradition. Records show that walking races existed as far back as the 16th century, and in the 1700s and 1800s, walking races were held on a regular basis in Europe. These included organized national championship events.

However, true race walking as we know it today really began around the turn of this century, with the return of the Olympic Games. In the early years, the Olympic events vied with ultra-long-distance walks for popularity. Britain, the United States and Canada dominated early international competition. But this three-nation mastery was broken with the emergence of Italy's Ugo Frigerio, one of the most flamboyant and colorful characters in track and field history.

British walkers again dominated the sport in the 1930s but were replaced by the Swedes after World War II. Today it's the East Germans, the Russians and the Mexicans who seem to dominate. During the 1940s, '50s and '60s, race walking in the United States sank to perhaps the lowest level ever, with few real athletes taking part in the sport. In recent years, interest in the sport on an international level has increased considerably. Also, greater interest is evident among age-group and female athletes. Perhaps there will be a return to race walking in this country that will again bring our walkers to a position comparable to those in the European countries.

Race walking is easy to do. It requires no special gear other than a pair of comfortable shoes. Thus equipped, find an open space, do some stretching exercises, and you are ready to go. Take easy strides, planting your foot at the heel and rolling it forward to the toe. Keep the heel of your driving foot down as long as possible and use your buttocks muscles to help you push off. Swing your arms like pendulums—right arm forward when the left foot is planted and vice versa. This motion assists in increasing

your stride length and helps counterbalance the powerful force exerted by your legs.

Experienced race walkers pay attention to such things as breathing rhythm, walking speed, and the angle at which the arm is carried and so on. As a beginner, however, you need be concerned only with developing a comfortable gait.

Where and when you walk is entirely up to you. How many miles you go and your number of weekly workouts depend on your condition when you begin. Sore arms and legs are to be expected after the first few walks, especially if you have not used those muscles much for a long time. Excessive pain is a signal that something is wrong, and probably means you should see your doctor. So you should figure out how much walking is enough and keep tabs on your improving fitness.

Race walking may never catch on the way running has, because many people are self-conscious about the form. Because of the awkward movement of the body, a lot of people make fun of race walking. You've got to smile, wave to them, and invite them along. Once they try it, they will discover that it isn't child's play, and that top competitors can really move out. Ray Sharp proved that point at the 1983 Millrose Games at Madison Square Garden when he set an American record by going a mile in five minutes, 46.21 seconds, a time that a vast majority of runners have never achieved.

If you think that we are in the midst of a fitness boom now, just wait. With the trend toward increased leisure time continuing, more and more people will find and make time for their long-neglected bodies. The better informed and assertive people will not sit idly by and allow their future to happen to them. They will make their own future. This pertains to matters of health as well. We should be glad for more leisure time but be strong about not succumbing to a sedentary existence. You have to do some things with your body, and it will work for you. I hope that you will take the time to try walking as part of your leisure time activities.



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Rolling the Cameras at Expo

by Mandy Mitchell

On your mark, get set... Go! As runners in the Expo 10,000 race take off on the 6.2-mile run through downtown Knoxville, television cameramen will also be ready to "roll 'em" again this year.

With about seven camera crews set up at specific locations, television station WBIR will be on the spot to catch those "dramatic moments" in the race.

Dramatic moments? In a race through downtown Knoxville? Yes, there have been dramatic moments in the Expo 10,000 race as recently as last year. Hal Watson, director at WBIR, recalls last year's big moment as "the guy expected to win, turns the first corner of the race and falls." WBIR had a cameraman on a nearby hill taping the race. The cameraman saw the fall, grabbed his camera off the tripod and ran down the hill to capture the moment. "The cameraman filmed the whole thing and even got a comment from the guy after he fell, before he was taken to the hospital," Watson said.

Overall, the three most exciting shots of the race will be at the starting line before the starting gun sounds, at the finish line when the winner crosses and on the Gay Street bridge where all the runners seem to funnel across the bridge. "The runners are all spread out at the beginning of the race. Then they hit the bridge, and all come together to cross the bridge. We have a cameraman atop a building to get this shot. It's always a good one," Watson said.

But there is a lot more to filming the race than meets the eye. Planning the various locations where camera crews will be set up, driving through the locations a few weeks before the race and giving each crew a specific assignment to tape are all part of the preparations that go into televising the race.

After Watson gets the diagram of the race route, he takes the crews out, drives through the course and assigns the best locations for taping the race. Along with seven camera crews, about six reporters will cover the race.

A large remote unit will be set up at the starting line on Gay Street. The assigned reporter will give the introduction as the race begins. This segment takes up about 30 seconds of air time. From the starting point, the remote unit then moves to the finish line on Church Street. This must be quick because the fastest runners finish in only about 30 minutes.

Another camera located in the back of a pick-up truck moves in front of the runners at the beginning of the race. The truck then turns by the L&N depot and picks up the race there. From the L&N depot, the truck has about five minutes to get back to Gay Street to catch the race again.

When the runners turn back on to Gay Street, a pre-taped interview is edited into the program. The interview used depends on who is ahead in the race at this point. During the five minutes that the truck is traveling back to Gay Street,



another camera located on 5th Street tapes the race. Other locations are assigned to four other cameras—one on top of a building, another by Kerbela Temple and others to film the presentation of awards.

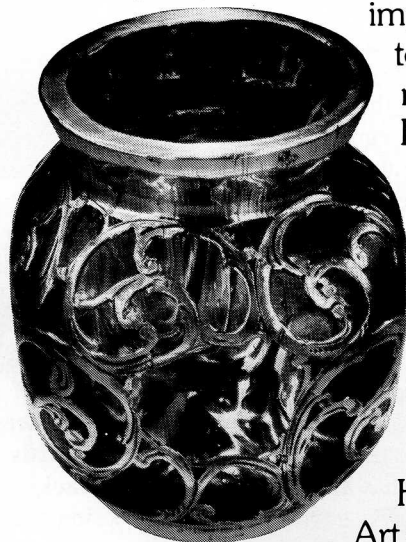
After the race is completed and the awards are presented, the crews meet back at WBIR and Watson begins editing the film. This tedious job has to be completed since the tape will be shown later in the day. That finishes another year of filming Expo.

What could make this year's race better than last year's? "Pray for sunshine," Watson said.

★

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MALE OVERALL

| | |
|--------------------------|-------|
| 1. Phil Kane | 30:23 |
| 2. John Mullins | 30:30 |
| 3. Al Rouch | 30:47 |
| 4. Mark Daniel Friedrich | 30:55 |
| 5. John Stubbs | 31:02 |

MALE UNDER 10

| | |
|--------------------------|-------|
| 1. Jack Agee Faulkner II | 42:49 |
| 2. Bourke David Boyer | 42:56 |
| 3. Craig Merritt Boyer | 42:59 |
| 4. Eric Morgan Boyer | 43:53 |
| 5. Chris Berini | 45:16 |

MALE 10-14

| | |
|-----------------------|-------|
| 1. John E. Faulkner | 36:13 |
| 2. Steven Parham | 37:38 |
| 3. Stephen B. Sherrod | 37:39 |
| 4. Terry McKee | 39:11 |
| 5. Lawrence Bozeman | 39:18 |

MALE 15-19

| | |
|---------------------|-------|
| 1. Brad Albee | 31:53 |
| 2. Steve Feagins | 31:54 |
| 3. Phillip Woodyard | 32:05 |
| 4. David Giles | 33:13 |
| 5. Chris Morrell | 33:15 |

MALE 20-24

| | |
|---------------------------|-------|
| 1. John Mullins | 30:30 |
| 2. John Stubbs | 31:02 |
| 3. Gary Loe | 31:10 |
| 4. Chris Payne | 31:31 |
| 5. Richard Harland Tucker | 31:35 |

MALE 25-29

| | |
|--------------------------|-------|
| 1. Phil Kane | 30:23 |
| 2. Al Rouch | 30:47 |
| 3. Mark Daniel Friedrich | 30:55 |
| 4. Chuck C. Crabb | 31:50 |
| 5. William Sampson | 31:52 |

MALE 30-34

| | |
|-----------------------|-------|
| 1. C. Kirk Pfrangle | 33:35 |
| 2. Tim Sutton | 33:59 |
| 3. D. Lee Boggs | 34:03 |
| 4. Patrick Mulholland | 34:48 |
| 5. Gary W. Lavasser | 35:18 |

MALE 35-39

| | |
|--------------------|-------|
| 1. Andrew Schramm | 33:09 |
| 2. Rick Alderfer | 33:49 |
| 3. Floyd C. Stroud | 34:23 |
| 4. Botch Sherrod | 35:20 |
| 5. William C. Orr | 35:39 |

MALE 40-44

| | |
|----------------------|-------|
| 1. Sam Stone | 35:56 |
| 2. Hugh D. Faust | 36:50 |
| 3. Robert W. Godwin | 37:00 |
| 4. Robert Lyles Love | 38:03 |
| 5. Royce O. Sayer | 38:13 |

MALE 45-49

| | |
|--------------------|-------|
| 1. Ron Green | 36:55 |
| 2. Charles Engle | 37:58 |
| 3. Bill J. Ruth | 39:05 |
| 4. Stu Eichel | 39:18 |
| 5. Mickey Monteith | 39:22 |

MALE 50-54

| | |
|-----------------|-------|
| 1. Don Johnson | 40:02 |
| 2. Chuck Boston | 40:20 |
| 3. Warren Bourn | 40:29 |
| 4. Ross Beavers | 40:51 |
| 5. Sam Fowler | 41:30 |

MALE 55-59

| | |
|---------------------|-------|
| 1. Matt Laitinen | 40:08 |
| 2. Bob Michel | 42:03 |
| 3. Charles J. Zwick | 42:45 |
| 4. B. W. Whittier | 45:44 |
| 5. Thomas C. Prince | 46:58 |

MALE 60-69

| | |
|------------------------|-------|
| 1. Carl J. Agriesti | 42:52 |
| 2. Charles R. Mariott | 43:45 |
| 3. Edward L. Nicholson | 45:30 |
| 4. C. S. Morgan | 47:26 |
| 5. Lloyd Lundin | 47:39 |

FEMALE OVERALL

| | |
|-------------------------|-------|
| 1. Missy Alston Kane | 35:54 |
| 2. Eileen S. Hornberger | 36:38 |
| 3. Donna McLain | 37:07 |
| 4. Ellen McCallister | 38:21 |
| 5. Cherry Payne | 39:10 |

FEMALE UNDER 10

| | |
|---------------------------|---------|
| 1. Ria Thress | 57:16 |
| 2. Sarah E. Hall | 1:02:27 |
| 3. Beth A. Mc Kenney | 1:05:25 |
| 4. Shannon Muse | 1:15:56 |
| 5. Brooke Brandis Judkins | 1:28:00 |

FEMALE 10-14

| | |
|------------------------|-------|
| 1. Julia E. Lowe | 42:52 |
| 2. Kelly Ann Taylor | 43:28 |
| 3. Jill Faulkner | 43:38 |
| 4. Ann Gwyn Faulkner | 44:05 |
| 5. Sharon Renee Minton | 46:26 |

FEMALE 15-19

| | |
|--------------------------|-------|
| 1. Donna McLain | 37:07 |
| 2. Pam Fillmore | 40:32 |
| 3. Sarah Dunsmore | 43:22 |
| 4. Elizabeth Klots | 43:25 |
| 5. Suzanne C. Montgomery | 44:05 |

FEMALE 20-24

| | |
|-------------------------|-------|
| 1. Eileen S. Hornberger | 36:38 |
| 2. Ellen McCallister | 38:21 |
| 3. Cherry Payne | 39:10 |
| 4. Betty Sonnenfeldt | 40:32 |
| 5. Barbara A. Singer | 42:34 |

FEMALE 25-29

| | |
|----------------------|-------|
| 1. Missy Alston Kane | 35:54 |
| 2. Martha J. Winkler | 39:32 |
| 3. Harry Kirk | 41:34 |
| 4. Suzanne K. Stone | 41:54 |
| 5. Donna Robb | 44:12 |

FEMALE 30-34

| | |
|-----------------------|-------|
| 1. Patti Harris | 40:41 |
| 2. Leslie E. Nier | 41:22 |
| 3. Ellie Smith | 42:54 |
| 4. Sue R. Leggett | 45:15 |
| 5. Jane Ellen Edwards | 46:06 |

FEMALE 35-39

| | |
|---------------------|-------|
| 1. Vicki Johnson | 41:05 |
| 2. Andrea Anderson | 45:39 |
| 3. Jeannie Kidwell | 45:59 |
| 4. Carol Chase | 47:14 |
| 5. Barbara Anderson | 47:43 |

FEMALE 40-44

| | |
|----------------------------|-------|
| 1. Joan Garrett | 44:21 |
| 2. Elaine Leamon | 46:34 |
| 3. Joey Shanks | 47:43 |
| 4. Catherine Ann Gilbreath | 48:13 |
| 5. Elizabeth Ellison | 48:13 |

FEMALE 45-49

| | |
|--------------------------|-------|
| 1. Wendy Williams | 45:15 |
| 2. Martha Huskins | 46:19 |
| 3. Micky Mabee | 48:17 |
| 4. Peg Margaret Achilles | 50:50 |
| 5. Jennie Morris | 51:54 |

FEMALE 50-54

| | |
|---------------------|---------|
| 1. Rachel Bourn | 45:05 |
| 2. Frances Lunsford | 53:31 |
| 3. Lois Ann Kennedy | 56:25 |
| 4. Betty P. Berry | 1:02:09 |
| 5. Margaret Johnson | 1:02:39 |

FEMALE 55-59

| | |
|----------------------|---------|
| 1. Nola L. Claiborne | 56:39 |
| 2. Pat Westbrook | 1:00:27 |
| 3. Jane S. Jennings | 1:02:25 |
| 4. Bettye L. Fuzek | 1:07:30 |
| 5. Evelyn S. Blakely | 1:08:17 |

FEMALE 60-69

| | |
|--------------------------|---------|
| 1. Margaret Goddard | 55:40 |
| 2. Evelyn White McKinney | 1:30:16 |

OLDEST FEMALE

| | |
|---------------------|-------|
| 1. Margaret Goddard | 55:40 |
|---------------------|-------|

YOUNGEST FEMALE

| | |
|-----------------------|---------|
| 1. Nancy Williams (7) | 1:31:19 |
|-----------------------|---------|

MOTHER-SON

| | |
|-------------------------|-------|
| 1. Andrew Carlton Bourn | 33:54 |
| Rachel Bourn | 45:05 |
| 2. John E. Faulkner | 36:13 |
| Margaret Faulkner | 50:57 |
| 3. Greg McGeehon | 41:55 |
| Vim Silvus | 50:12 |

MOTHER-DAUGHTER

| | |
|-------------------|---------|
| 1. Melissa Bourn | 45:05 |
| Rachel Bourn | 45:05 |
| 2. Jill Faulkner | 43:38 |
| Margaret Faulkner | 50:57 |
| 3. Sam Lunsford | 1:06:15 |
| Frances Lunsford | 53:31 |

OLDEST MALE

| | |
|------------------------|-------|
| 1. Herman Goddard (70) | 51:46 |
|------------------------|-------|

YOUNGEST MALE

| | |
|--------------------|---------|
| 1. Derek Vines (6) | 1:20:33 |
|--------------------|---------|

FATHER-DAUGHTER

| | |
|--------------------------|-------|
| 1. John E. Faulkner | 39:44 |
| Jill Faulkner | 43:38 |
| 2. Warren Bourn | 40:29 |
| Melissa Bourn | 45:07 |
| 3. Charles D. Montgomery | 41:54 |
| Suzanne C. Montgomery | 44:05 |

FATHER-SON

| | |
|-------------------------|-------|
| 1. Andrew Carlton Bourn | 33:54 |
| Warren Bourn | 40:29 |
| 2. John E. Faulkner | 36:13 |
| John E. Faulkner | 39:44 |
| 3. Tim Hendrick | 34:11 |
| Clarence Hendrick | 46:34 |

HUSBAND-WIFE

| | |
|----------------------|-------|
| 1. Missy Alston Kane | 35:54 |
| Phil Kane | 30:23 |
| 2. Cherry Payne | 39:10 |
| Chris Payne | 31:31 |
| 3. Cathey Daniels | 45:58 |
| Patrick Mulholland | 34:48 |

RACE WALKER

| | |
|--------------------|---------|
| 1. Mary T. Preisel | 1:07:39 |
|--------------------|---------|

DOCTORS

| | |
|-------------------------------|-------|
| 1. Charles E. Rutherford, Jr. | 37:40 |
| 2. Miles Donald Hyman | 39:22 |
| 3. James V. Lewis | 42:11 |
| 4. Richard W. Phelps | 42:55 |
| 5. David F. Fardon | 43:47 |

CITY TEACHERS

| | |
|----------------------|-------|
| 1. Missy Alston Kane | 35:54 |
| 2. Tom Cannon | 37:40 |
| 3. Tim Teague | 41:11 |
| 4. Patrick Luna | 43:02 |
| 5. Howard F. Rash | 45:15 |

OVER 220

| | |
|----------------------|-------|
| 1. Jim Duvall | 42:20 |
| 2. M. Edward Shelton | 45:42 |
| 3. Jim Vicars | 46:39 |
| 4. Rusty Cody | 47:14 |
| 5. Raymond J. Wise | 48:35 |

LAWYERS

| | |
|-----------------------|-------|
| 1. Robert Godwin | 37:00 |
| 2. Sherman Ames | 38:56 |
| 3. Paul D. Hogan, Jr. | 40:08 |
| 4. Dan W. Holbrook | 40:51 |
| 5. James H. Hickman | 40:50 |

COUNTY TEACHERS

| | |
|------------------------------|-------|
| 1. Robert Jerome Winter, Jr. | 36:10 |
| 2. Greg Herald | 39:18 |
| 3. Martha J. Winkler | 39:32 |
| 4. Tim Goddard | 44:55 |
| 5. Lacey N. Spivey | 45:10 |

RESULTS - 1982



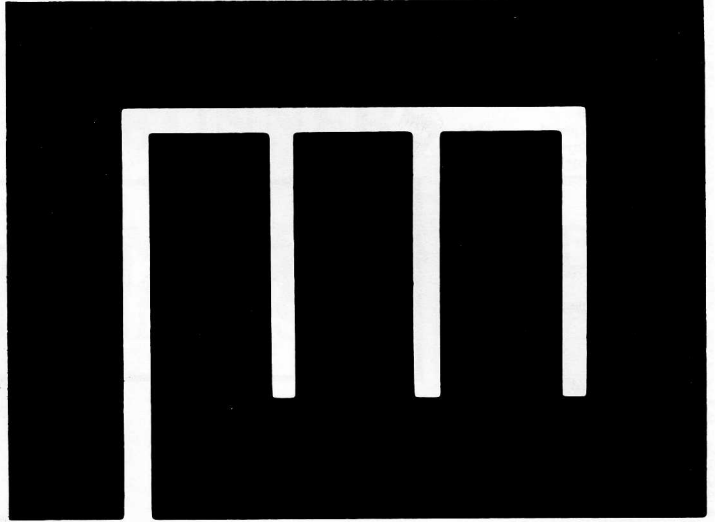


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There's More to Expo Than Running

by Susan Reviere

Why is there an Expo 10,000 Meter Race? "I often wonder," laughs Col. Joe Shepherd, who has been race coordinator since Expo's beginning six years ago.

Col. Shepherd, who coordinates all race planning from top to bottom, says he wants to make this race happen because he likes what it does for Knoxville. "I see people all over getting ready for Expo—trying to beat their times from last year. I think it's good for Knoxville. It gets people thinking about a good, healthy lifestyle," he said.

Col. Shepherd feels that this "certainly more healthful way of living" is important to our community and our nation. So he does something about it.

As race director, he plans year-round for Expo. When one race is over, he immediately begins planning for the next year. "In fact, we've already started planning for the next race," he said.

Some of his duties include preparing a calendar of events outlining dates and activities, assigning responsibilities, serving as Knoxville Track Club's primary representative and planning agenda for and convening meetings concerning the race.

In addition to this, he works with the publicity director, prepares welcome letters, instructions and letters of thanks. He contacts all city officials and agencies in connection with the race planning—the list goes on.

It seems that his responsibilities are endless. "It's a big coordination problem," he said. But still he continues his work to help Knoxville.

Though he does all of this, he hasn't run in the race since the first year it was held. There were just too many problems, he said. He felt he needed to be working these problems out instead of running.

However, he does his share of competitive running. In addition to Knoxville

Track Club activities, Col. Shepherd has run in several races in Atlanta, Chattanooga, Birmingham, Florida and many other places. He has won many of these races and has even run in the Boston Marathon.

It may seem that running occupies a large part of Col. Shepherd's life, and indeed it does. Running has had more to do with his lifestyle in the past 16 years than anything else, he says.

His running goes back to 1967 when he was a 53-year-old career Army officer with 30 years of active military service behind him and retirement only two years away.

At this time, he began a therapeutic exercise and swimming program after being hospitalized for 17 days in the fall of 1966 for a recurring back problem. His therapist advised swimming over running, because running would cause more trouble in the lower back region. So, he delved into his swimming with his usual competitive vigor.

As a professor of military science of Army ROTC at U.T., Col. Shepherd's office was near the U.T. Aquatic Center. During his lunch breaks he began serious work on swimming techniques with the help of the U.T. swim coach. When the swim team began training for the collegiate swimming season, Col. Shepherd noticed that Coach Bussard would have his team run a mile each day.

Here, he says, his "macho competitive nature began to emerge." He added running to his own exercise program due to the feeling that there was no reason that he could not become a world class swimmer for his age group.

But soon he found his true love. Each day he began to look forward to the running, while he dreaded the swimming more and more. He also found that running had no ill effects on his back. Before long, the running completely took the

place of swimming.

Although he began having some foot and leg problems due to poor running shoes, he was also noticing several good effects such as his loss of weight. "This was a goal that had been important to me since the Korean War when I was packing 185 pounds on a 5-foot-7-inch frame—my football playing weight at Alabama in the late '30s."

He also began to notice that his back was improving steadily. In fact, his overall health was beginning to improve, and he began to feel fresher and more alert.

In addition to all of this, he feels that running has added years to his life. "They say that running won't increase longevity; however, I'm not convinced that it hasn't already done this for me."

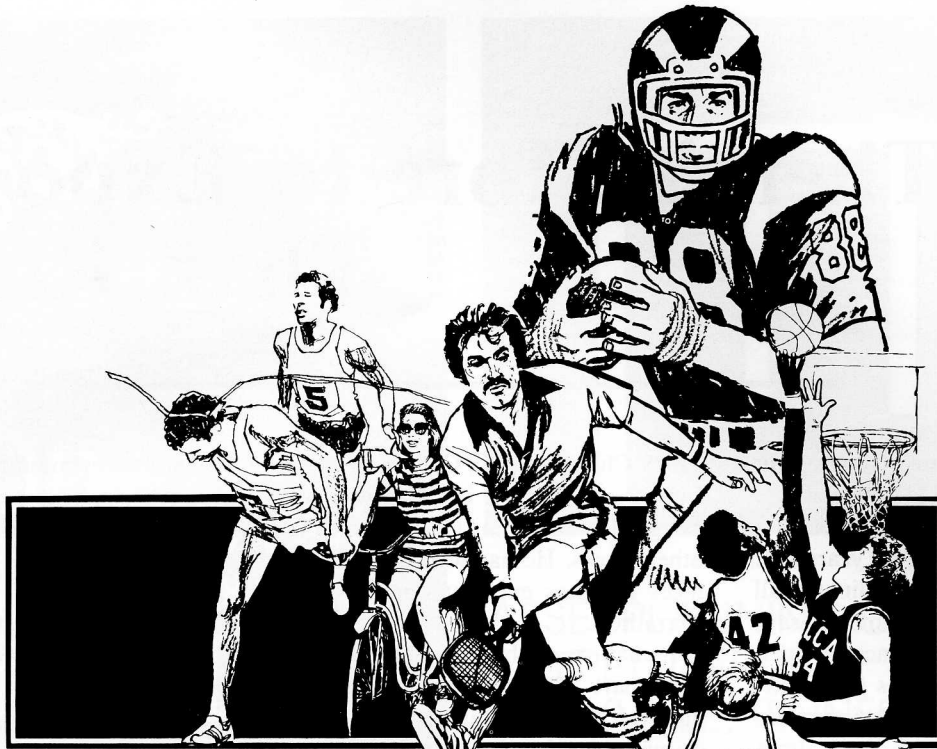
But the most satisfying benefit that Col. Shepherd has found in running is the close friendships he has made with other runners. He develops such friendships wherever he goes. Even in a recent trip to China, he ran with and even found ways to communicate with other runners who spoke no English.

"It (running) has brought me friends of all ages and in every walk of life," he said. "Runners have a special affinity for one another wherever you go."

With all of these benefits that he's found, Col. Shepherd admits that he is "totally addicted" to running. So after retiring from two careers—first the Army and then the Knoxville school system—he still stays busy. He maintains a regular training program in addition to handling all of his Expo responsibilities so efficiently.

An active and unselfish person, Col. Shepherd does all of this for his love of running, his love of people and his desire to help Knoxville. "The whole experience has been most satisfying," he says.





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You Don't Have To Run To Love The Sport

by Carol Tucker

Most people dedicated to the sport of running fall into one of many categories—the “jogger,” the “occasional road racer,” or the “marathoner,” to name a few. Ginny Canfield falls into a category of her own. She is the arms and legs of the sport in Knoxville; yet she doesn't even run.

Sometimes she gets up at 5:30 a.m. before a race. It's raining, she just puts on her rain gear. She makes it to the course before most of the runners, but you'll never see her on the starting line. Ginny Canfield is too busy registering last-minute runners, setting up markers for the race, and officiating with her husband, Hal Canfield.

After the race, though as exhausted as the runners are, she doesn't go home to soak her sore feet or to take a hot bath. She might be helping her husband unload the course markers into the garage. She might be answering telephone calls from runners wanting to know their official time in the race. Or she might finish editing the next newsletter for the Knoxville Track Club, of which she is secretary.

Ginny Canfield's behind-the-scenes work in supporting track and road races deserves much appreciation. She is well-known among local runners and members of the Knoxville Track Club. One member called her and her husband Hal “the premier track couple in Knoxville.”

“Why, that's nice, but it's not true. I don't even run!” she said, her modesty showing.

Hal Canfield is the man responsible for bringing Expo 10,000 to Knoxville. He is course director for the race. Runners have anxiously awaited behind the starting lines for the bang of his gun each year. Also a former marathoner, his expertise and experience with running have qualified him as an authority on running. As his obligations and responsibilities in promoting track have increased over the years, Ginny has been there to help him.

“I have taken the volunteer route in

life. My role is a helping role. It's a job that needs to be done, so I do it,” she said. “I don't always enjoy it, though.”

The part she doesn't always enjoy is getting up at the wee hours of the morning to help officiate a race. Not many people are willing to get up so early to do it, so usually there are only a few officials at a race, she explained. Her job at a race includes: entering runners, timing them, handing out finish sticks, or anything that needs to be done. Somebody has got to do it, she reasoned.

As secretary of the Knoxville Track Club, she has come to know and love many area runners. She has watched the club grow over the years. In her first years with the club, there were just 150 members. Now there are almost 375.

“The complexion of the track club has changed over the last three years. It used to be just a group of officials interested in promoting track in Knoxville. Now it has become more of a running club,” she said.

Ginny has been editor of KTC's newsletter *Footnotes* since 1981. It provides schedules of upcoming meets, information on treating injuries, and anecdotes on running by members of the club. It is a means of binding the runners together, she said.

Her interest in running stemmed from her husband's love for it. Hal Canfield does more for Expo than just the ceremonial tasks. He starts the race, but he also gives instructions, marks the course, hands out times, and reads stopwatches, too. However, he has never run in the race. “I don't even have a t-shirt,” he said with a grin.

Hal ran in his first marathon in Boston in 1951, a year after he and Ginny moved to Knoxville from New York. Ginny missed that race. She had to stay home and take care of the children.

Since then, Ginny has helped Hal with his many duties as a race organizer.

“Hal has come to depend on me more and more. Sometimes I feel like a one-arm paper hanger,” she laughed.

When Hal was elected manager of the



U.S. men's cross-country team for an international meet, Ginny accompanied him to Italy as “extra baggage.” He has recently been elected to officiate at the 1984 Olympics.

Runners throughout Knoxville have adopted Hal and Ginny Canfield as their information source and authority on running. Runners call the Canfields for anything from information about the next upcoming race to what to do about a pulled hamstring.

“We run a sort of clearing house here,” Ginny said. “It's like running a switchboard, especially right before a race.”

Ginny Canfield cannot escape from the sport, even in her own bedroom. “It takes an awful lot of tolerance to live with a runner,” she joked. “We have two bedroom closets. I have long since vacated the second one. Hal needs one closet for his clothes, and another one for his running clothes.”

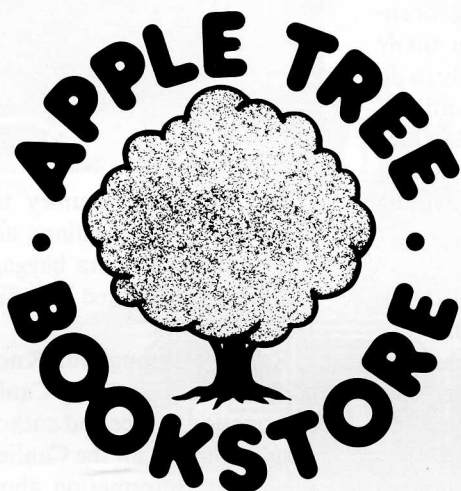
Expo 10,000 is a big event in the Canfield household. Hal is starting the race again, and Ginny will be anywhere they need her, which might be everywhere. They will keep things running smoothly, but they won't be wearing their running shoes.

Why does Ginny do it? “I believe in running. I share everyone's anticipation before a race, and it's nice to see them go away with great personal satisfaction,” she said.

Hats off to Ginny Canfield, who through her dedication to her husband and the sport of running puts her managerial skills, her time, and her love into the promotion of track in Knoxville!

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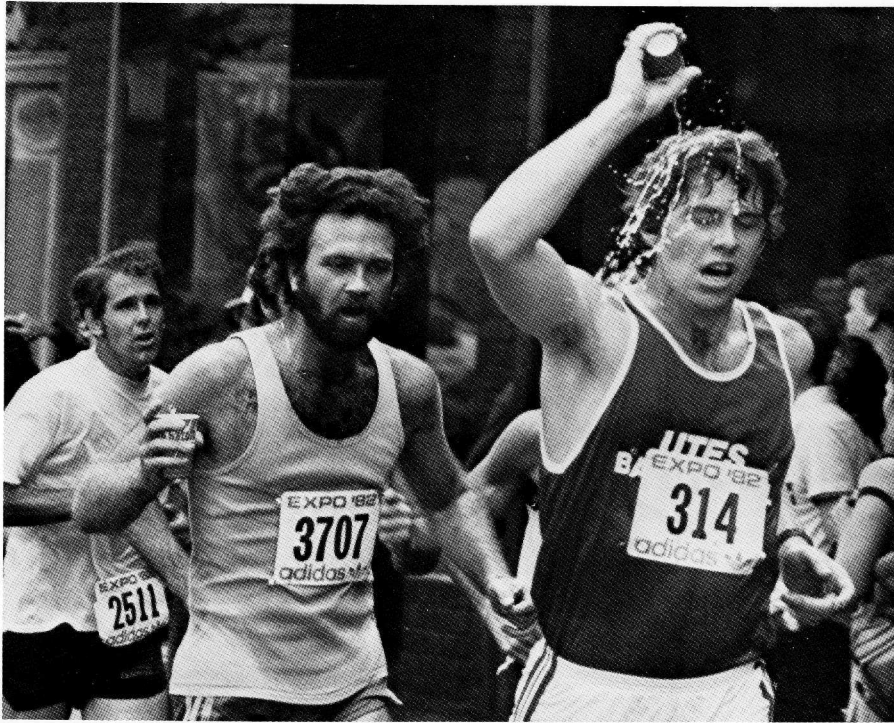
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History of the Knoxville Track Club

The Knoxville Track Club was founded on May 1, 1961, and incorporated by the State of Tennessee in May of 1971.

The Knoxville Track Club has sponsored or co-sponsored a total of 8 National Championship competitions in track and field and long distance running.

The Knoxville Track Club was the first club to sponsor a year-round distance running program in Southeastern United States.

The Knoxville Track Club has had a total of 5 Olympians among its membership.

The Knoxville Track Club was the first club in Southeastern United States to be represented in the Boston and the National AAU marathons.

The Knoxville Track Club was the first club in Southeastern United States to hold a track and field clinic to instruct officials.

The Knoxville Track Club sponsored and directed the only high school cross-country program in East Tennessee from 1964 through 1978.

Knoxville Track Club long distance races have produced a total of 4 American road records.

JOIN THE KNOXVILLE TRACK CLUB

The KTC meetings and races are open to anyone interested in physical fitness through running. Membership includes the newsletter, monthly business meetings, four program meetings, and the annual picnic. To join the KTC, fill out this application and send it with the appropriate dues to the address indicated.

KNOXVILLE TRACK CLUB MEMBERSHIP APPLICATION

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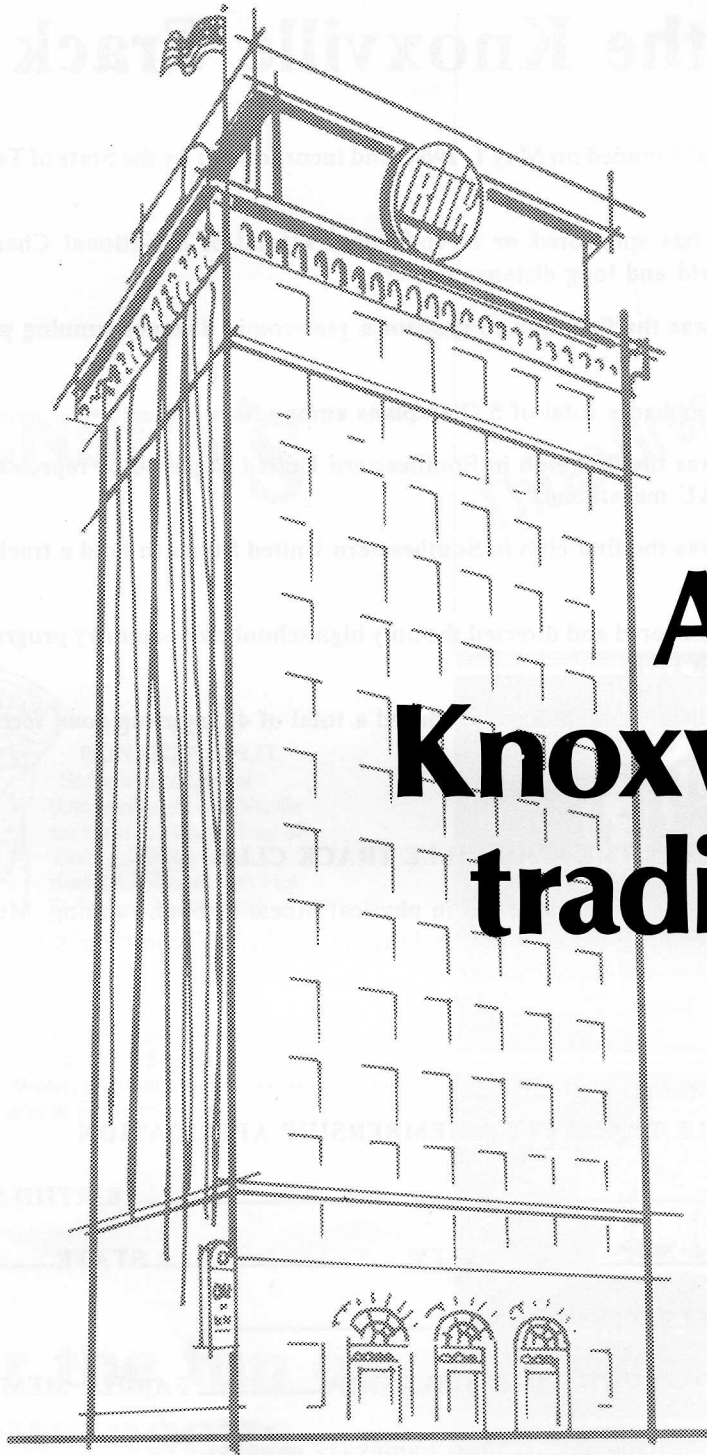
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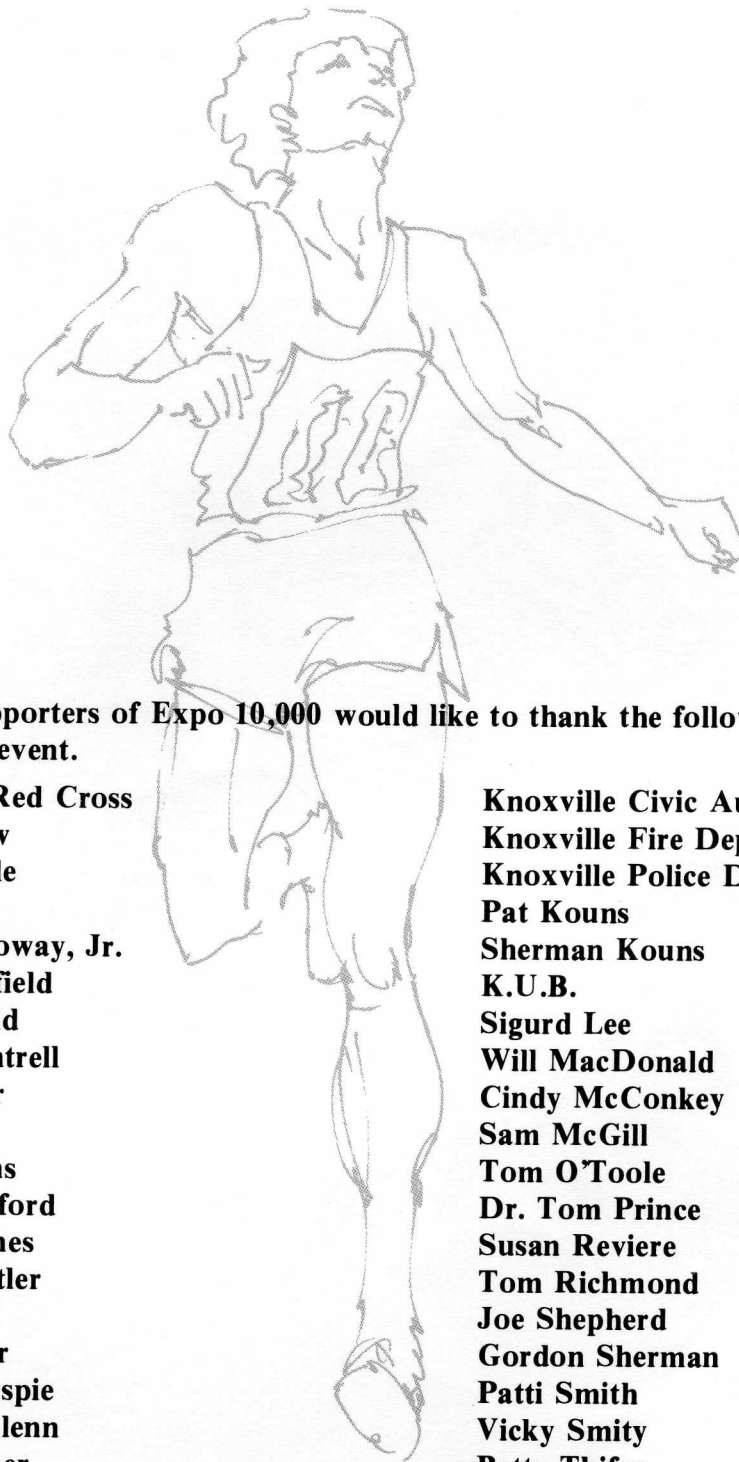


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