

CITY OF KNOXVILLE

# EXPO 10,000

Knoxville, Tennessee - May 23, 1987



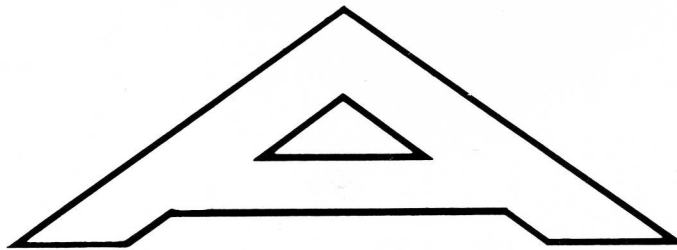
**10th Annual**

For the Benefit of the Knoxville Track Club  
Sponsored by Athletic House  
Supported by Fort Sanders Regional  
Medical Center, Reebok Shoes and WIMZ  
Results Computed by University of Tennessee  
Computing Center

# EXPO 10,000



**Sponsored by**



**Athletic House**

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**MIDLAND CENTER**  
Maryville, Tennessee

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**CONCORD**  
Kingston Pike

**SUBURBAN**  
Kingston Pike

**SCHOOL DEPARTMENT**  
400 State Street

# DO YOU NEED ATUNE-UP?

Americans spend thousands of dollars keeping their cars in good condition but often neglect their own health and physical fitness. They run, jog, walk, swim and exercise their way back in shape . . . ignoring the risk of injury during physical activity.

## STAR Fitness Screening

The Fitness Screening Program at the Sports Treatment and Rehabilitation Center (STAR) at Fort Sanders Regional Medical Center can help these people shape up, stay healthy and injury free.

Sports therapists with sophisticated equipment can test for weak muscles, limited joint flexibility, improper body alignment, poor cardiovascular condition and excessive body fat. Specific exercises are then prescribed for a safe tune-up.

## Who Needs A Fitness Screening?

Individuals starting an exercise program . . . The fitness advocate . . . the organized sports participant . . . the curiosity seeker . . . dieters in a weight loss program . . . the weekend athlete . . . and people who want to learn how exercise affects the body.

The STAR Fitness Screening includes:

- An evaluation of primary muscle groups using the Cybex II Isokinetic Dynamometer.
- Joint range of motion measurements to determine relative tightness or looseness of specific joints.
- A postural evaluation indicat-

ing structural or postural abnormalities which could contribute to increased stress being placed on weight bearing structures.

- Body fat assessment using both underwater weighing and skinfold caliper techniques to determine relative body leanness.
- An assessment of aerobic capacity determined by a bicycle ergometer evaluation.
- A test of lung capacity and function.

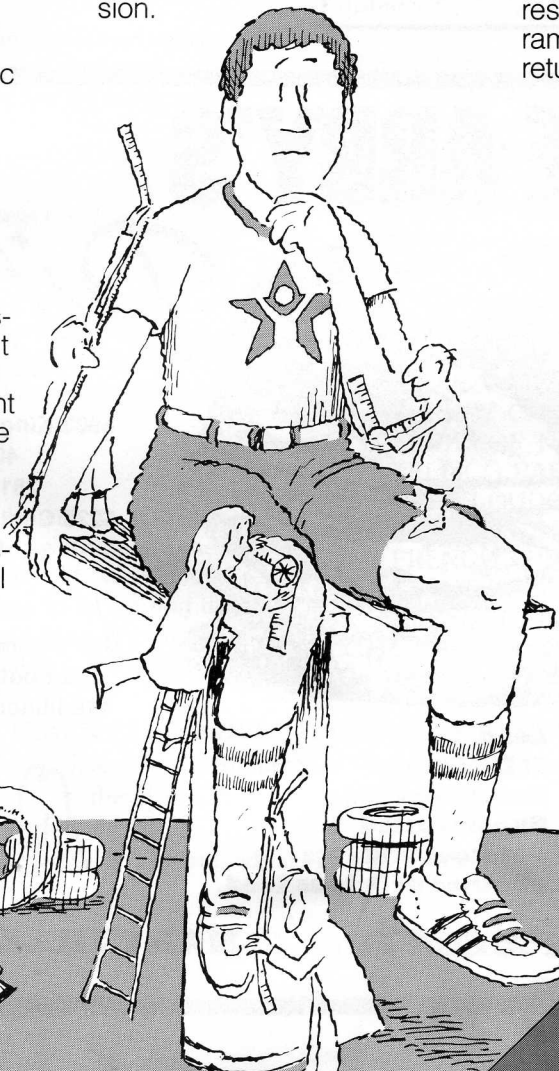
Individual parts of the screening are available. Test results and exercise prescriptions are given at a follow-up review session.

## STAR. A Program for Professional and Weekend Athletes Alike

STAR recognizes the same principles of injury prevention and sports rehabilitation that the pros depend on are just as important to the weekend athlete.

STAR is staffed with highly qualified physical therapists and an exercise physiologist experienced in current treatment and rehabilitation techniques for specific athletic injuries.

Working on a physician's referral basis, therapists use a variety of treatment modalities and implement individualized progressive resistance exercise programs to encourage safe, quick return to normal activity.



**STAR**  
Sports Treatment and  
Rehabilitation Center  
615/971-1300

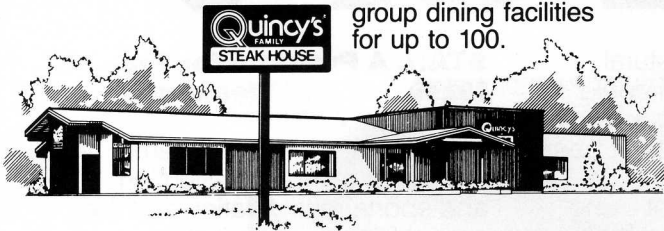


OUR JOB IS LIFE  
**FORT SANDERS  
REGIONAL  
MEDICAL CENTER**

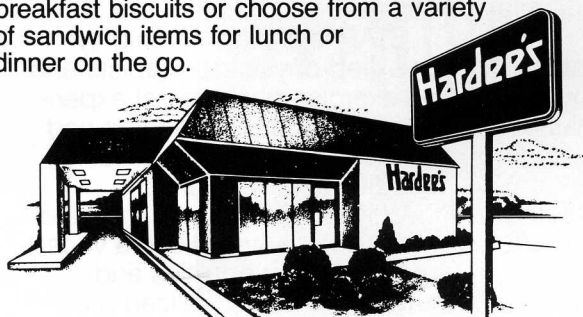
Fort Sanders Regional  
Medical Center  
is a contributing  
sponsor of  
Expo  
10,000

## Two of the Southeast's best attractions

Quincy's features great steaks and more, with fast, efficient service and group dining facilities for up to 100.



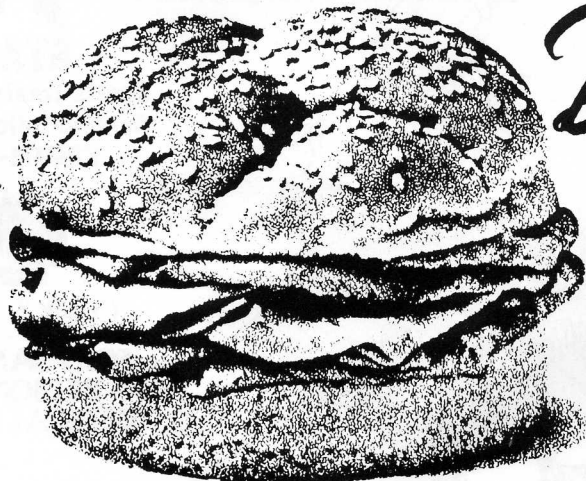
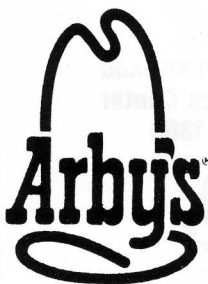
Enjoy Hardee's famous "Made from Scratch" breakfast biscuits or choose from a variety of sandwich items for lunch or dinner on the go.



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## TASTE THE ARBY'S<sup>®</sup>



**Lean, Trim & Delicious Roast Beef plus Superstuffed Potatoes and lots of other delicious food.**

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- 400 Cedar Bluff Road (West)
- 2819 Chapman Highway (South)
- 5228 Clinton Highway at Kermit Road (North)
- 430 Gay Street (Downtown)
- 2657 Magnolia Avenue (East)
- 4849 Broadway (Fountain City)
- U.S. Highway 441 at Pigeon Forge, Tennessee
- 816 Foothills Drive at Maryville, Tennessee
- 118 Illinois Avenue at Oak Ridge, Tennessee



**KNOXVILLE, PIGEON FORGE, MARYVILLE, OAK RIDGE**

# Knoxville Track Club

Since 1961, the first club in the Southeast to sponsor a yearly distance running program.

## Information Membership Application

### PURPOSE:

KTC wishes to help the runner. We encourage physical well being through running, jogging, competitive road racing, funruns, cross country, and track and field in the greater Knoxville area.

### MEMBERSHIP:

KTC encourages those who have an interest in the sport to become a member and to participate in our varied schedule of events as competitors, officials, volunteer helpers, or spectators. Whether you are a casual jogger, an experienced runner, a former track and field athlete, a devoted road racer, or simply an individual curious to know more about the running phenomenon, KTC welcomes you to its running community.

### BENEFITS:

(1) All members receive our bi-monthly newsletter FOOTNOTES which contains one of the most complete schedules of road races in the area.

(2) Participation in our various functions including races, program meetings, and clinics, annual September picnic, summer program, trips.

(3) Advice about running related problems and injuries, including professional assistance of a local podiatrist.

(4) A \$1.00 discount off the entry fee for most major KTC road races in the Premier Series.

(5) A KTC decal for your car. An official KTC membership card which entitles you to a 10% discount off all running merchandise purchased at Powder and Pavement Sports and Robert A. Deane's Sports Emporium.

(6) An opportunity to wear KTC uniforms, to compete for awards in the KTC Grand Prix Series. A chance to travel to specific out-of-town road races with other club members.

(7) As a KTC member you also become a RRCA (Road Runner's Club of America) member and receive without cost their magazine FOOTNOTES.

### OUR UNIQUENESS

KTC is unusual among running clubs with its dual identity. While most members are long distance runners, others join because of their interest in Track and Field. We can take pride and pleasure in both. It's one thing to be among the 2000+ runners who take on Expo each May. It's another to be able to sit in the stands at Tom Black Track and view

some of the finest sprinters, hurdlers, and vaulters in the country compete at one of our sponsored or co-sponsored spring meets for high school, college, or graduate athletes.

### KTC ROADRACING

#### Premier Series:

Highly organized, primarily shorter races designed for the novice and experienced runner. We attempt to provide shirts free of blatant or distasteful advertising, awards of quality, refreshments and prizes. We like for these races to be gala celebrations. Expected registrants: between 300 and 3000 runners. Some races are definite fund raisers for KTC; others benefit charity. Entry fees: \$5.00-\$10.00.

**TWI-LITE RUN FOR THE PUMPKINS 5 MILER:** KTC's great Halloween, costume and post-race party bonanza.

**AUTUMFEST 5 MILER:** Thanksgiving morning at UT campus. Giveaway turkeys and more.

**SMOKY MOUNTAIN MARATHON:** The most scenic marathon course in the East.

**SPRINGFAST 5-K:** March's great spring kickoff for the running season.

The EXPO 10,000: K-Town's celebration.

**RUN-FER-THE-HILLS 10-K:** For those who think EXPO is too cool and easy.

**FIREBALL CLASSIC 5,000:** Starting off July 4th with a bang.

**TENNESSEE MILE:** How fast can you run the magic distance?

#### Classic Series:

Generally longer, low-key races designed for experienced runners. Courses are typically run over scenic, untrafficked, challenging terrain. These are no-frills races. No specific T-shirts. No necessary pre-registration. Come with the spirit of running for the sheer joy of competition or to volunteer as course monitors. Expected registrants: 50-100. Six age divisions for men, five for women; total of 38 awards in all. Other prizes include annual subscriptions to running magazines, running bags or watches, gift certificates from sporting goods stores. Entry fee: \$1.00.

**WEARS VALLEY 15-K**

**TURKEY CREEK 10 MILER**

**FORKS OF THE RIVER 5 MILER**

**TELLICO PARKWAY 20-K**

**LAKE LOUDOUN 3 MILE CROSS COUNTRY**

**CHOTA 10 MILER**

**FRENCH BROAD RIVER 5 MILER**

**HIGHTOP 5 MILER**

All KTC Roadraces in both series are TAC SANCTIONED. EXPO., THE SM MARATHON, AND THE FIREBALL CLASSIC are TAC CERTIFIED courses.

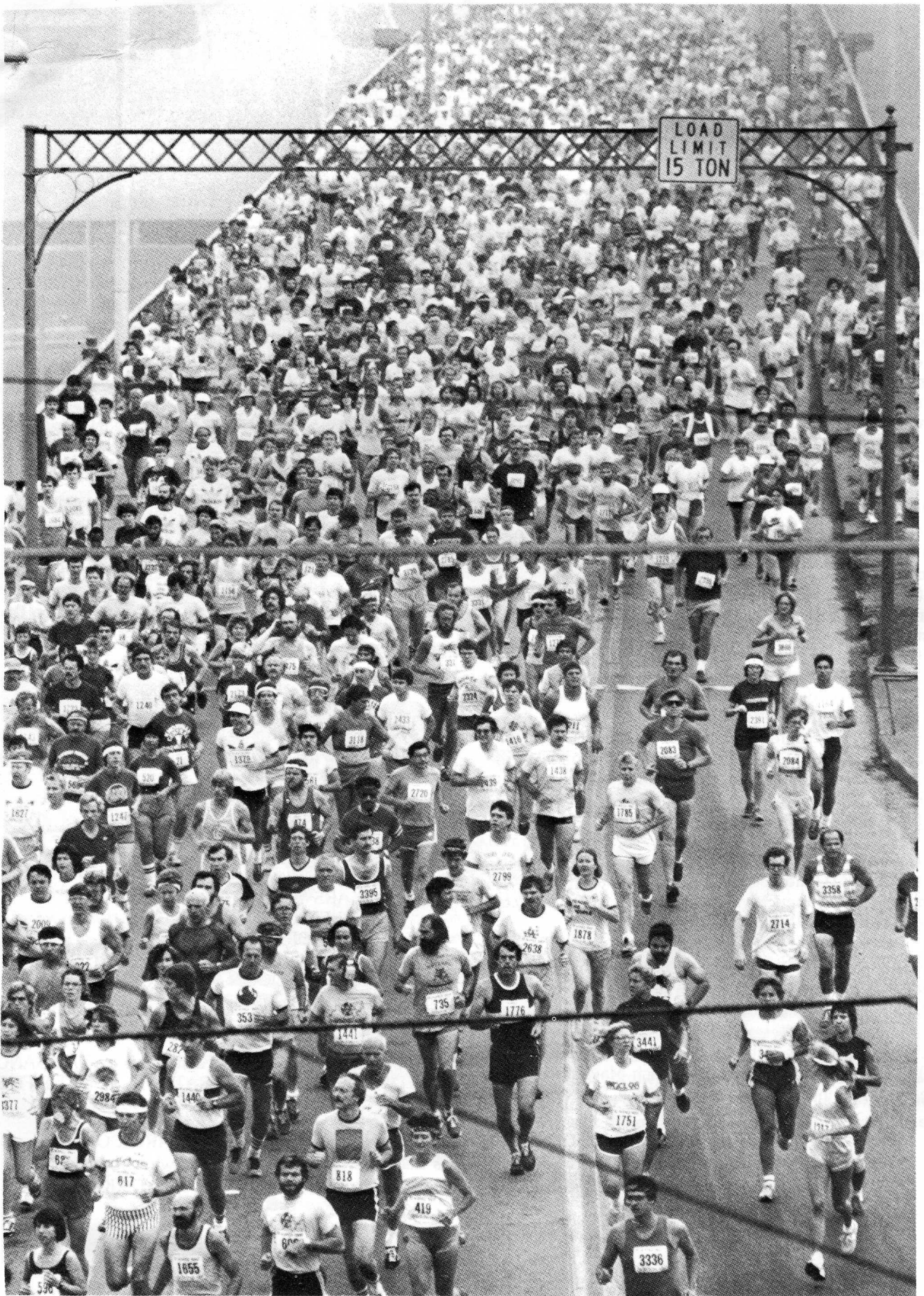
### JOIN THE KNOXVILLE TRACK CLUB NOW — BIGGER & BETTER THINGS ARE COMING!

Join and receive our newsletter, learn where the races will be, what the programs are, what you may be missing. Make check payable to the Knoxville Track Club and send to: P. O. Box 967, Knoxville, Tennessee 37901.

Annual dues are: \$5.00 Students, \$7.00 Individual, \$12.00 Family.

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_



# 10 YEARS OF THE EXPO 10,000

by Allan Morgan

Pat Kouns is a remarkable lady. For nine years she was in charge of Expo's registration. Her pay? Satisfaction and a lot of warm memories. When I sat down with her the other evening to recapture some of Expo's past, she had lots to say. Like the first year: "Well, we expected between 600-700 folks. We got 1576. We had one chute, runners lined up for a block, and overwhelming chaos. But don't write that," she laughed. "It's too negative."

"And then there was our own Rosy Ruiz, this middle aged lady who slipped in during the middle of the race. And was she adamant at the end. Only when the real winner, Phyllis Hines, suggested that they do the course again, did she begrudgingly relinquish . . . but don't print that."

"And then there was what some would term our own incident regarding "Rosy Ruiz." Seems some middle aged lady, by creating her own shortened version of the course, crossed the tape first. Only when someone suggested that she run a second time against the second place finisher did she begrudgingly relinquish . . . but don't print that."

Well, Pat, I've gone ahead and written it because it's been written about before and in retrospect, both of us are laughing. It goes to show that despite good intentions and a wonderful volunteer spirit, you can't control everything.

And despite all, Expo continues as Knoxville's premier running event. It's in a class by itself — the crowds, the course, the magazine, the festivity, the helicopters, the tradition, that charge in the air. There is no other morning of the year when Gay Street pulses with such electricity.

As some oldtimers know, it started as an idea in the head of former **Sentinel** Sports Editor Tom Siler. That was in 1973. He later got together with Frank Calloway of the Athletic House and past KTC President Mike Crawford. Tom's idea: The race should be downtown and should encompass the entire city. Then came the 10-K distance. Also the belief that EXPO belonged to the average runner. It should be a personal and family affair: hence all the specialty divisions, hence the lack of bringing in name runners, hence the fun.

Although EXPO has concentrated on being a family affair for 10 years, it has not remained static. In 1982 the course finish was moved to Church Avenue adjacent to the City Coliseum. Better parking, more ample room for post race ceremonies, and a truly great finish lane resulted. In 1983, the UT Computer Center took over the computation of results.

In 1984, the course became TAC Certified. The same year, some 65,000 also saw for the first time a half hour devoted to the race on the WBIR evening news.

1986 saw the inclusion of posters and a one mile fun-run or walk. Complete results were also printed in the Sunday edition of the **News-Sentinel**.

1987 will mark the official endorsement by the City of Knoxville. Also the beginning of a Corporate Event, and to commemorate a decade, handsome, custom-embossed medallions to all finishers.

Expo has changed and yet for most of us, it's hard to pin things down. Our memories shift and we think, yes, there was that frosty morning with temperatures down in the 30's, another when we were sweating even before the gun went off. And then that nearly perfect one, When was it? 1985 was one year.

Besides weather, we remember incidentals. Didn't we get orange juice one year before the race? You bet. In 1980, the old S & W Cafeteria provided it. We remember faces. Larry Anderson's look of determination as he ran his wheelchair to more victories than any other handicapped entry.

Hal Canfield in his baseball cap trying to direct 3000 runners to the start. Kent Feary of Oak Ridge who has run multiple Expos on his two artificial legs, Marjorie McLean who has probably finished last in more Expos than any, picking up litter.

We remember hundreds of moments when our legs told us to quit and we replied, "No." For folks like Kent Feary, for ourselves, we replied, "No." Our yes would come at the tape, in the fountain at the Coliseum. And it did and it was that much sweeter.

On the lighter side, we also remember lots of anonymous rear ends as we chugged up the Gay Street for the second time. We remember words of encouragement from fellow runners, breakfast at Harold's Deli, the rush of balloons at the start, and the crowds cheering over the Henley Street pedestrian overpass. Above all the excitement and cheering, to hear your name shouted out. What a thrill, and you kick a bit harder, just for the fun of it.

Expo is fun. We remember. We also forget, forget bits of trivia strewn along the course. In that spirit try the following trivia quiz. Perhaps it will spur memories of your own.

## EXPO TRIVIA QUIZ

1. In 1984 the official course record of 29:43 was set by former Knoxvilleian (1) Ed Leddy (2) Big John Tate (3) Chuck Crabb (4) Archie Campbell.

2. In 1982, as Randy Tyree got set to start the race, the (1) shotgun (2) starter's pistol (3) cannon (4) carbine failed to fire and the mass of runners rushed forward on the sound of the click.

3. In 1981, though the race was unofficially won by late entrant (1) Bill Rogers (2) Sal Vega (3) Cas Walker (4) Mad Jack, the true winner was (1) 2nd (2) 3rd (3) 4th (4) 5th place winner Bryan Kilpatrick.

4. In 1982, Dave West and eight others won the arthropod division by forming a 45 foot long (1) grasshopper (2) millipede (3) street urchin (4) centipede.

5. In 1985, leaders Pat Davey and Tiny Kane failed to turn right at the corner of \_\_\_\_\_ & \_\_\_\_\_ (1) Broadway and Fifth (2) Fifth and Gay (3) Gay and Blount, (4) Blount and Henley when the lead TV camera car stopped.

# 10 YEARS

6. In 1980 a pair of five old year twins became the youngest finishers. Known as (1) the Boyer Boys (2) the Jones Boys (3) the Knox Boys (4) the K-Town Twosome, they became a common sight at many road races around town.

7. Which runner has succeeded in winning the overall male or female Expo title four times: (1) Ed Leddy (2) Missy Kane (3) Randy Tyree (4) Dolly Parton?

8. Expo participation peaked in (1) 1981 (2) 1982 (3) 1983 (4) 1984 at 3675 finishers.

9. In 1982, which Knoxville lead runner, upon looking over his shoulder in front of Baptist Hospital between the 3rd and 4th miles, unintentionally stepped into a sewer grate, thus bowing gracefully out of the race? (1) Phil Cane (2) Pat Davey (3) Dennis Fair (4) Marty Sonnenfeldt.

10. Which of the following shoe companies has **not** helped to sponsor the race: (1) Adidas (2) Saucony (3) Reebok (4) Nike?

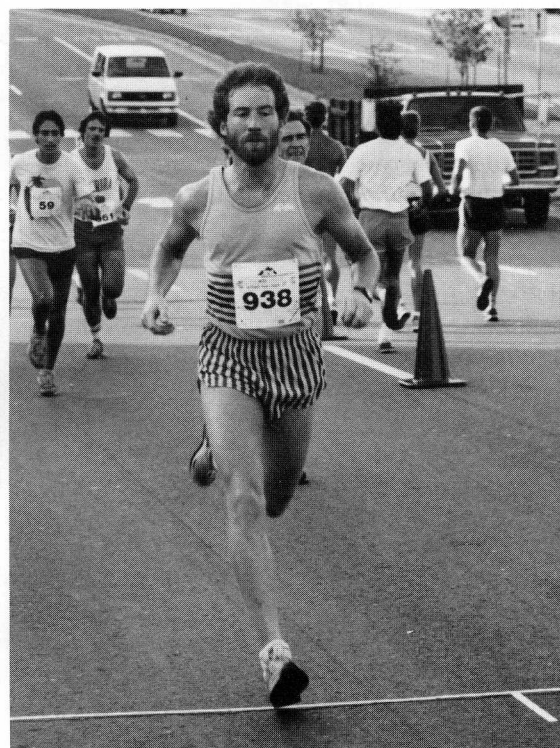
Bonus: In 1985, what was the name of the six year old yellow Labrador, number 996 and size x-large T-shirt who finished the race in about 53 minutes? (1) Peanuts (2) Peapocket (3) Peabody, (4) Sweetpea.

What the answers to the above don't show are other changes in ourselves. Over the years our times may have gotten slower, stayed the same, or even improved a bit. Yet, if we have kept our old Expo magazines, we realize our photos have aged just a tad. And to think we may have changed age groups not once but twice . . .

Neither Expo nor running will keep us from getting old. Both however, will help us feel less aged. Both will help us stay healthier, in a mind and body to celebrate ourselves, our friends and family, and our town.

For as thousands of us thunder across the Gay Street Bridge this Saturday, May 23rd, and the sun streams through the mist, as it has done so many times in the past, we can laugh and proudly carry history with us just one more step.

And if tradition holds true, the sun will shine. For has Pat Kouns whispered to me, "You know, it's never rained during the actual running Expo. Can you believe that?" But then with a chuckle, she added, "But don't write that."



## Answers to Trivia Quiz:

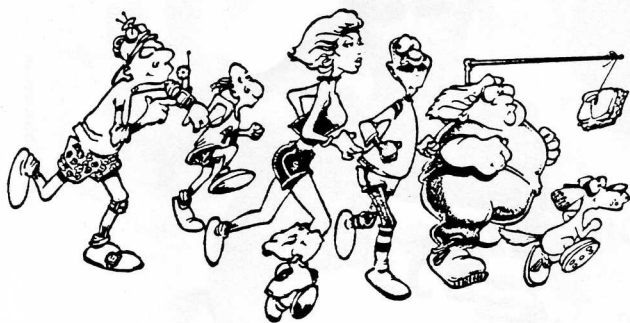
1. (3)
2. (2)
3. (2) (3)
4. (4)
5. (1)
6. (1)
7. (2)
8. (2)
9. (4)
10. (2)

Bonus (3)



# North Knoxville Physical Therapy Clinic

*To Get You Back on Track*



North Knoxville Physical Therapy Clinic is staffed with highly qualified physical therapists and a variety of sophisticated treatment modalities for individualized programs to help you get back on track.

For professional sports rehabilitation for pros and weekend athletes alike...come to North Knoxville Physical Therapy Clinic.

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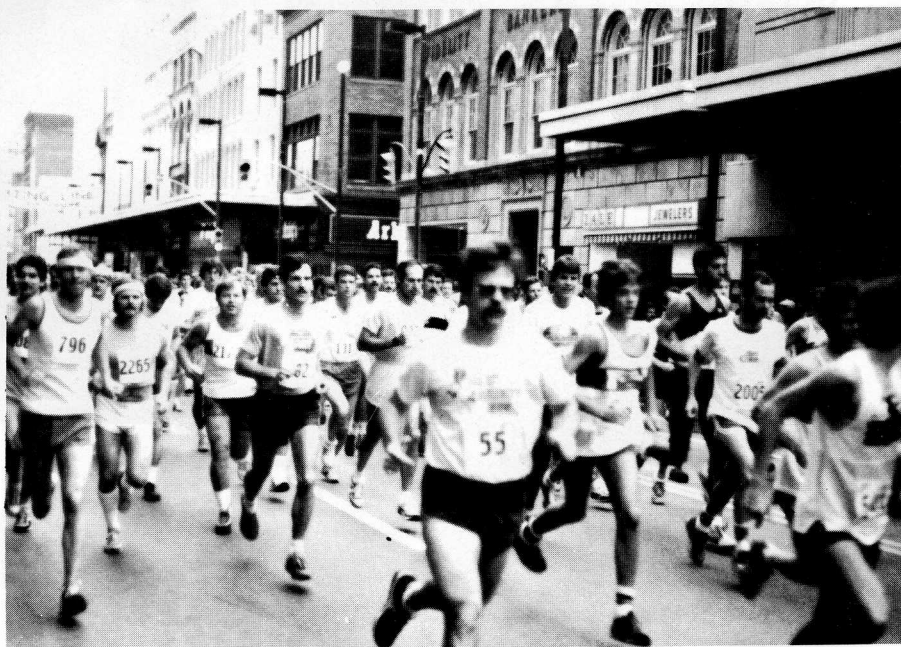
# athletic

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Whether you want to get down to business or get away for the weekend, you can make it happen at the Hyatt.

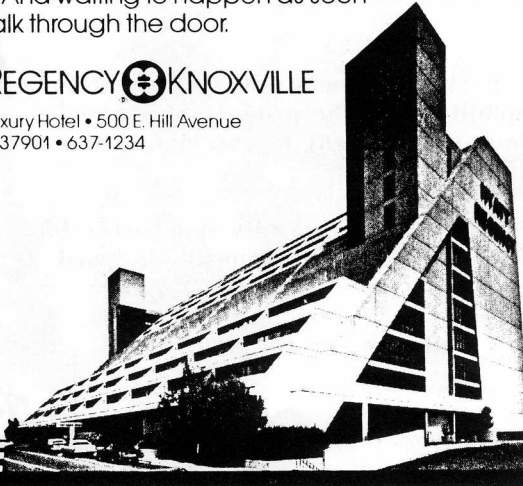
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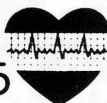
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Runners World, September 1986

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**And to be number one, you don't compromise on your commitment to excellence.**

**To push the dream to its limit, you try a little harder every day to be the best. At Rolf Lanz Sports Center, we share your determination to be superior.**

**Competition is tough and that's why to be the best, you need high performance sportswear and equipment. Rolf Lanz offers distinctive men and women's sportswear of only exceptional quality.**

**Come in today and let our staff help you beat the competition.**

***Rolf Lanz* SPORTS CENTER**

**(615) 584-6197**



# And The Winners Are . . .

EXPO 10,000 IX  
May 24, 1986  
Knoxville, Tennessee

## MALES OVERALL

1. 30:04 J. Rogers
2. 30:23 J. Young
3. 30:33 C. Thompson
4. 30:42 M. Snyder
5. 31:00 C. Law

## MALES 10-14

1. 36:04 S. Thornton
2. 37:20 A. Clinton
3. 37:36 M. Montgomery
4. 38:34 D. Burroughs
5. 39:10 S. Taylor

## MALES 20-24

1. 30:23 J. Young
2. 30:33 C. Thompson
3. 30:42 M. Snyder
4. 31:00 C. Law
5. 31:37 D. Thompson

## MALES 30-34

1. 31:23 P. Kane
2. 31:30 E. Merkle
3. 32:57 J. Brown
4. 34:00 G. Giles
5. 34:14 C. Garrett

## MALES 40-44

1. 33:35 W. Orr
2. 33:51 J. Curwen
3. 35:14 A. Morgan
4. 35:17 F. Stroud
5. 36:29 J. Sinks III

## MALES 50-54

1. 39:49 P. Barrette
2. 40:07 J. Medway
3. 40:49 S. Eichel
4. 42:09 R. Hllngsworth
5. 42:12 G. Reece

## MALES 60-69

1. 40:50 J. Buffler
2. 42:10 D. Klebenow
3. 43:36 B. Michel
4. 43:43 C. Zwick
5. 47:04 D. Yu

## FATHER-SON:

1. L. Greer — B. Greer
2. G. Captain — J. Captain
3. J. Clinton — A. Clinton
4. C. Montgomery — M. Montgomery
5. D. Silvas — D. Silvas, Jr.

## MOTHER-DAUGHTER

1. B. Weber — J. Weber
2. M. Faulkner — J. Faulkner
3. L. Montgomery — S. Montgomery

## FEMALES OVERALL

1. 34:12 T. Ornduff
2. 35:05 J. High
3. 35:23 K. Hadler
4. 36:31 J. Weber
5. 36:40 R. Price-Wlkn

## FEMALES 10-14

1. 43:37 Jody Lowe
2. 46:34 P. O'Roark
3. 47:03 L. Heiser
4. 47:52 J. Carmany
5. 56:29 S. Bushmore

## FEMALES 20-24

1. 35:23 K. Hadler
2. 36:31 J. Weber
3. 37:01 S. Shipley
4. 37:49 D. Vaughn
5. 38:54 J. Keller

## FEMALES 30-34

1. 39:29 M. Winkler
2. 39:56 J. Grah
3. 40:12 A. Hawkins
4. 41:02 P. Lees
5. 41:56 C. Parise

## FEMALES 40-44

1. 40:34 V. Johnson
2. 47:01 B. Winter
3. 47:33 B. Faulkner
4. 48:24 A. Dunavart
5. 50:02 E. Brown

## FEMALES 50-54

1. 45:41 V. Austin
2. 46:32 J. Hunter
3. 49:23 M. Mabee
4. 50:56 G. Kiser
5. 57:55 E. Johnson

## FEMALES 60-69

1. 56:22 N. Claiborne

## MOTHER-SON:

1. M. Faulkner — J. Faulkner
2. V. Silvas — D. Silvas
3. M. Ulmer — J. Ulmer
4. E. Johnson — S. Johnson
- S. Simmons — B. Simmons

## HUSBAND-WIFE

1. C. Thompson — E. Thompson
2. V. Vaughn — D. Vaughn
3. B. Martin — K. Martin
4. G. Nier — L. Nier
5. R. Grizzard — P. Lees

## MALES 9 & UNDER

1. 52:16 D. Clark
2. 58:08 T. Bryan
3. 58:40 A. Hillmer
4. 1:04:59 A. Roberto

## MALES 15-19

1. 33:07 J. Lynn
2. 33:13 B. Greer
3. 33:19 J. Faulkner
4. 34:58 D. Hughes
5. 35:36 M. Madgett

## MALES 25-29

1. 31:03 G. Loe
2. 32:31 A. Hendrick
3. 32:48 B. Miller
4. 34:10 J. Murray
5. 34:36 S. McLuckey

## MALES 35-39

1. 32:39 J. Habel
2. 34:40 L. Reece
3. 34:53 M. Crawford
4. 34:54 R. Winter
5. 35:17 J. Carter

## MALES 45-49

1. 34:46 K. Plummer
2. 36:04 S. Stone
3. 36:09 R. Sayer
4. 36:36 I. Oxley
5. 36:44 G. Ernsberger

## MALES 55-59

1. 42:32 A. Pugliese
2. 42:41 H. Hunter
3. 43:59 S. Fowler
4. 44:13 W. Smith
5. 44:24 H. Diftler

## MALES 70 & Over

1. 55:06 M. Springer

## FEMALES 9 & UNDER NONE

## FEMALES 15-19

1. 40:14 J. Faulkner
2. 43:16 Julia Lowe
3. 44:10 D. Hopkins
4. 45:00 C. Cawood
5. 45:35 J. McNutt

## FEMALES 25-29

1. 35:05 J. High
2. 36:40 R. Price-Wilkin
3. 37:24 B. Sonnenfeldt
4. 39:30 E. Thompson
5. 40:30 A. Baxter

## FEMALES 35-39

1. 43:40 L. Mize
2. 44:21 S. Groce
3. 45:09 L. Nier
4. 45:18 J. Price
5. 45:25 J. Huster

## FEMALES 45-49

1. 41:57 B. Weber
2. 47:19 V. Silvas
3. 50:00 F. Downing
4. 50:32 M. Ulmer
5. 50:56 S. Adams

## FEMALES 55-59

1. 1:01:40 B. Berry
2. 1:04:41 P. Westbrook
3. 1:07:54 G. Frye
4. 1:14:39 R. Long
5. 1:54:53 M. McLean

## WHEELCHAIR

1. 28:01 L. Anderson
2. 28:02 M. Tilson
3. 55:34 D. Guiliano
4. 1:06:47 J. Gilreath

## FATHER-DAUGHTER:

1. R. Weber — J. Weber
2. J. Perez — K. Perez
3. C. Montgomery — S. Montgomery
4. J. Lowe — Julia Lowe
5. J. Lowe — Jody Lowe

## OVER 220 lbs.

1. R. Matera
2. D. Peters
3. B. McNeely
4. J. Woofter
5. R. Alderson



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of

**THE WAKING CREW**

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