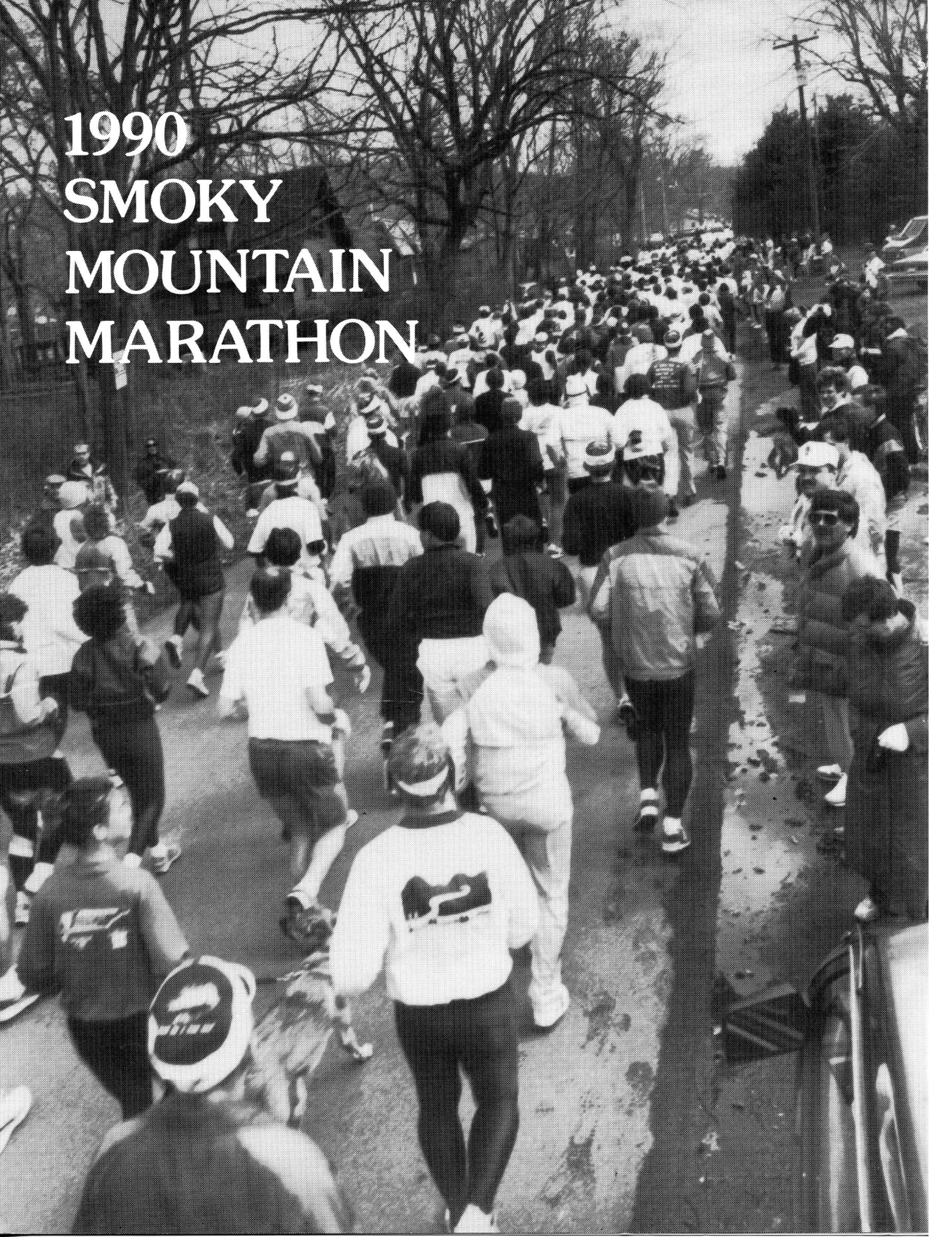


1990 SMOKY MOUNTAIN MARATHON



Smoky Mountain Marathon

More than 250 marathoners are set for Saturday's run along the river in Townsend

By Rodney K. McCash
Sports Editor

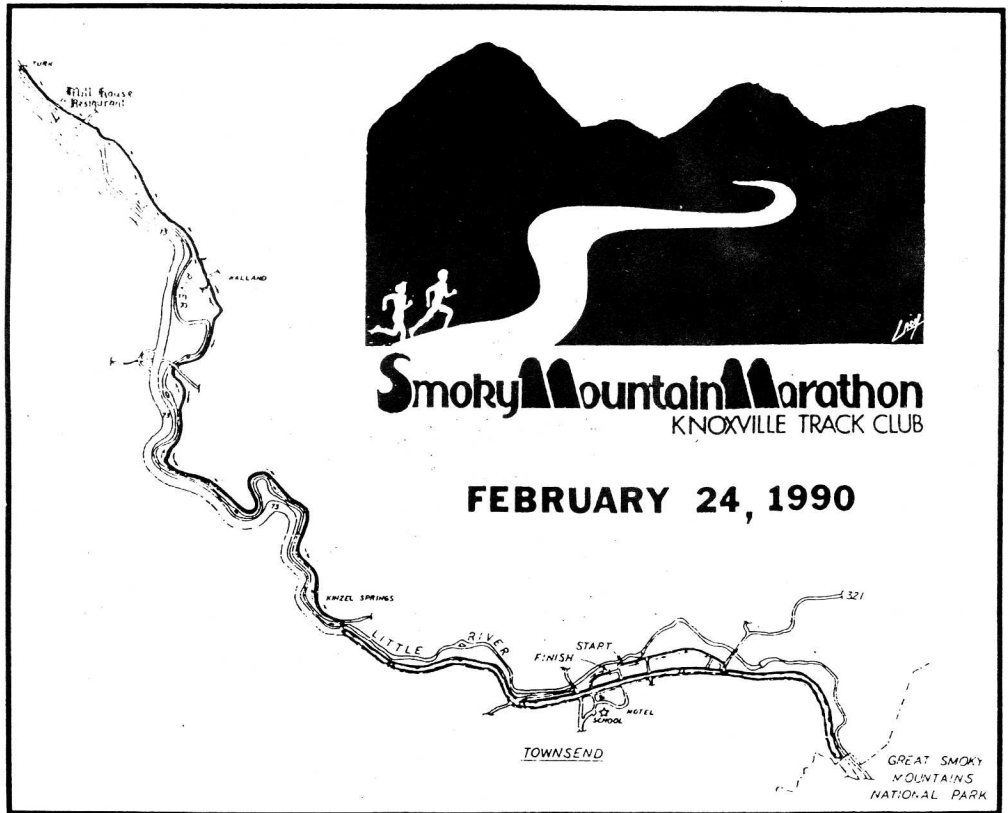
More than 250 racers will don their running apparel to embark on a "moderate" 26-mile jog through Townsend's bucolic setting in Saturday's 17th Annual Smoky Mountain Marathon.

"This particular race is not as large as some of our other races — like the Expo — but it is one of our premier events," said race director Chuck Pate, a Knoxville Track Club member.

The Athletic Congress (TAC) rated the hilly — not mountainous — Townsend course, which begins and finishes at the village center on Little River Road in Townsend near the antique railroad, and runs along the Little River for most of the race, as moderately difficult. And race organizers believe times will be faster this year than last.

"We expect times to be a little below (2:40.20 last year's fastest time) this year," Pate said. "I've got some that have run a 2:38 Boston Marathon. The winning time will be about 2:35. The course is not real hilly."

(See Marathon on page 16)



The Smoky Mountain Marathon begins and ends at the village center near the antique railroad in Townsend, runs along the Little River on Little River Road in, crosses the river onto U.S. Highway 321, and proceeds to the Smoky Mountains National Park. The course then turns around at the park entrance, and continues along 321 until it reaches the Kinzel House Restaurant where the course crosses the river again. It proceeds down the Old Walland Highway for about a mile past the Mill House Restaurant. Runners will turn around and return to the village center in Townsend for the finish.

Marathon features BC runners

(Continued from page 15)

About 15 states, with runners coming from as far away as Michigan and Minnesota, will be represented in the marathon. Several area marathoners will also participate in this year's race, which begins at 10:30 a.m.

"We've got a pretty good cross section of people this year," Pate said. "People from the North like to come down and run in this race. Even with a cold spell they think it's warm."

Tom Prossert, an ultra-marathoner from Brownsville, Ind., won the Smoky Mountain Marathon last year with a time of 2:40.20. Prossert, 27, who has run in more than 70 marathons, is one of the favorites to win this year's event.

Jill Johnston of Alexander City, Ala., who will not return this year, was the women's overall winner last year with a time of 3:03.50.

Although Johnston will not be back this year, Debra Moore, a 37-year-old marathoner, who placed 83rd in the Los Angeles Marathon last year, will be favored to win the women's marathon. Moore, who has 20 marathons under her belt, ran the Los Angeles Marathon in 3:28 in 80 degree weather, Pate said.

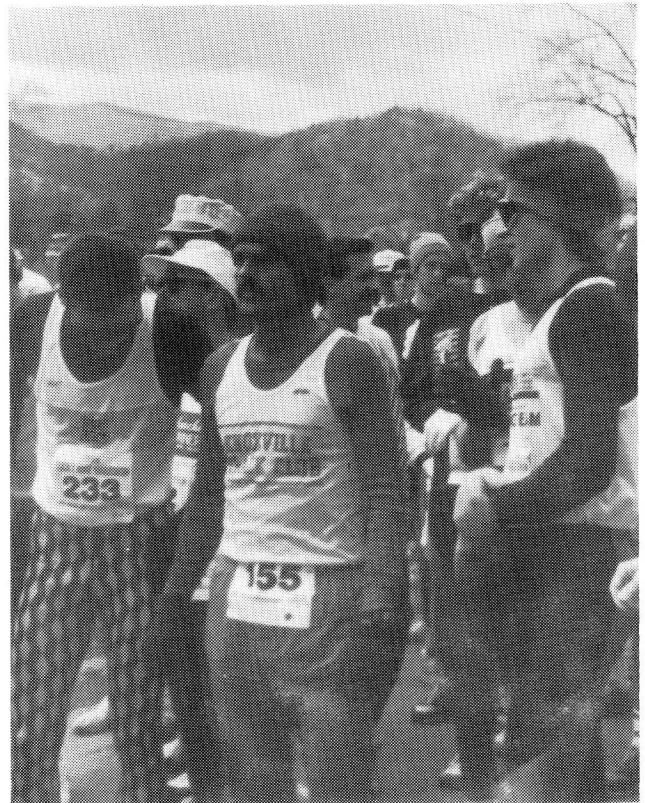
Several area marathoners entered in the race are: Dr. Charles Raper, Dennis Brooks, James McBreaty and Gene Phelps, all of Maryville.

Brooks, 36, will be entering this, his first Smoky Mountain Marathon, with 20 marathons to his credit. Raper, 53, has run 12 marathons with his best time being 3:26. This year's marathon will be McBreaty's second, and Gene Phelps' 13th.

The precursor to the Smoky Mountain Marathon, the Knoxville Track Club's oldest race, will be a 5-mile run beginning at 8:30 a.m. Pate said there are about 150 runners already entered in that race. Registrations will be taken until 8 a.m. for the 5-mile race at the old Townsend School.

The marathon course runs along the Little River on Little River Road in Townsend, crosses the river onto U.S. Highway 321, and proceeds to the Smoky Mountains National Park, then turns around at the park entrance. The course continues along 321 and crosses the Little River again at the Kinzel House Restaurant and proceeds down the Old Walland Highway for about a mile past the Mill House Restaurant. Runners will make an about face and return to the village center in Townsend for the finish.

The Blount Memorial Hospital Wellness Center is a prime sponsor of the Smoky Mountain Marathon.



KTC's Gene Phelps ponders 26.2 miles.



RUNNING

Townsend to host marathon

Popular site attracts out-of-state runners

By MIKE STRANGE
News-Sentinel sportswriter

There must be something romantic in the air of Townsend, at least if you breathe it while running 26 miles.

When the delegation from Winston-Salem, N.C., reports for the Smoky Mountain Marathon on Saturday, several names on the registration forms will be different than last year.

Wedding bells have been ringing for that old gang at the Twin City Track Club.

The club is bringing a group of 40-strong to the popular Townsend running event, 31 of whom will be participating in either the 26-mile marathon or the 5-mile race.

This year, Sandy and Annie Wetherhold will be running as husband and wife. Ditto for Bill and Charlotte Harmon. Another veteran of the 1989 race, Lynn Hockman, is engaged to marry in May.

"There must be some romance in the air up there," said Sandy Wetherhold, a 41-year-old real estate agent who will be running his 14th marathon.

The five-miler begins at 8:30 a.m. in the heart of Townsend. The the 17th annual Smoky Mountain Marathon begins at 10:30. As of Saturday, 235 had registered.

Last year, the Twin City group from Winston-Salem brought about a dozen members. They were so impressed with the scenery and the way the Knoxville Track Club staged the event, they've tripled their numbers this year.

Part of the group will come in an 18-seat van and stay in a three-bedroom rental house in Townsend. They intend to soak up every bit of available ambience — into the wee hours.

"They treat you really nice," Wetherhold said. "It was just an extraordinarily nice experience. I've put on races here and you really appreciate it when somebody puts on a first-class event."

Sandy and Annie, a pediatric sonographer, were married in January. Saturday's race will be a tune-up for their April honeymoon — the Big Sur Marathon in California.

The Harmon's, Bill and Charlotte, did them one better, at least as far as the actual nuptials. They were married during the Pikes Peak Marathon in Colorado.

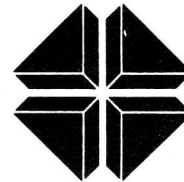
When Bill completed the uphill 13-mile leg to the top of Pikes Peak, there was Charlotte waiting with the minister.

"Bill had to run 13 miles back down the mountain," said Wetherhold, "so I doubt there was much of a honeymoon."

NOTEBOOK: Tom Possert of Richmond, Ind., will be back to defend his title. . . . On-site registration is Friday from 5-9 p.m. and Saturday 8-9 a.m. Headquarters is the Valley View Lodge. The race begins at the village center. . . . Chuck Pate (524-5040) is the race director. The course is TAC certified.



Laura Herrill and her Enthusiastic Blount Memorial Support Team



BLOUNT MEMORIAL HOSPITAL



Rick Alderfer and Tami Mixon
Our Marathon Computer Whiz Kids

Marathon runners ready for Friday feast at Walland

Smoky Mountain event is Saturday

By J. LAURIE BYRNE
News-Sentinel correspondent

Participants in the Smoky Mountain Marathon do their pre-race carbo loading in style.

Richard and Diana Estes make sure of that on an annual basis.

The Estes family, proprietors of The Mill House Restaurant in Walland, will sling open their doors for a Friday night pasta eating extravaganza in a gesture of hospitality for the runners. The pre-race dinner is expected to be a favorite attraction for approximately 250 entrants expected in this Saturday's 26-mile event in Townsend.

"Richard and Diana Estes have supported this race really wholeheartedly for the past three years," said Alan Morgan, executive director of Knoxville Track Club, sponsor of the race.

"They serve a gourmet pasta dinner. It's really a nice evening for the runners, quite unlike most pasta dinners that you have before a race."

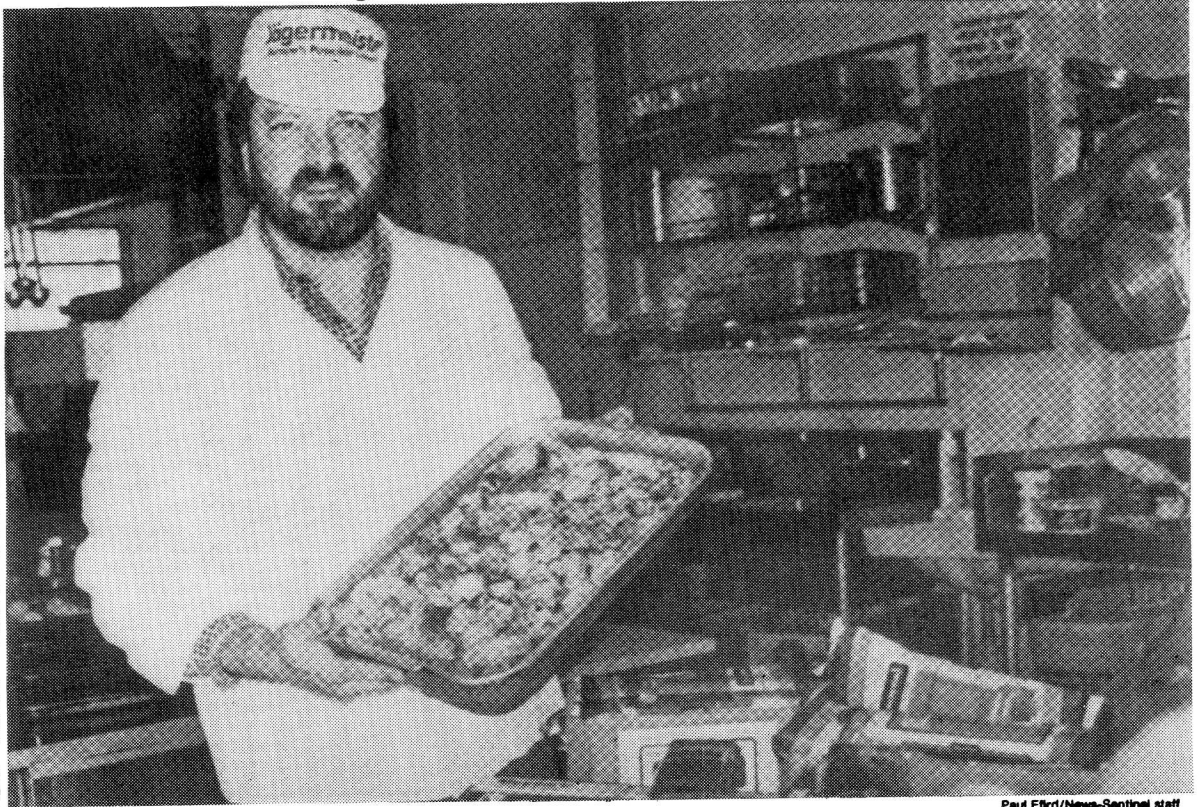
The TAC-certified marathon begins at 10:30 a.m. Saturday and is preceded by a five-mile race at 8:30 a.m. Both events will start behind the Little River Railroad.

Registration is Friday from 5-9 p.m. and Saturday between 8-9 a.m. at Townsend Elementary School, which will also be the award site following both races. The Valley View Lodge will serve as race headquarters.

Hospitality at The Mill House Restaurant is just one amenity that draws runners back to this event. The Smoky Mountain Marathon has gained a reputation of providing excellent support service in a tranquil setting along the river road route, since a location switch from Oak Ridge three years ago.

Dr. Mary Ann Woodring, a Maryville College graduate from Kingsport, who won the 55-59 age division in the 1989 Hawaiian Iron Man Triathlon, has entered the race in Townsend all four years.

"To me, it is more pleasant than running in a city," Woodring said. "Some people like cities because there is a crowd to cheer you, but I guess I am just a hillbilly and I like the country races better. This one is real scenic, ev-



Paul Elfrd/News-Sentinel staff

Richard Estes prepares goodies for a pasta extravaganza Friday night for runners in the Smoky Mountain Marathon.

erybody is friendly and there's a lot of support."

Other Townsend businesses will have welcome mats out for the runners and their supporters. Approximately 60 percent of the field is from out of the area and make a weekend of it, according to Chuck Pate, the race director.

"I'm happy to have them out here," said Richard Estes. "It's sort of my contribution to the community, too."

"They fill up the motels up there in Townsend and, of course, I look to those people for support, which is one of the things that spearheaded my involvement. Sure, if I can bring business to the area, let me do it because it's a one hand feed the other situation."

Participants will swarm the Estes' establishment in shifts Fri-

day night. The facility seats 75 people and last year 130 runners with voracious appetites were fed the pre-race meal.

One pound of uncooked pasta, one whole loaf of bread and a pint of sauce is prepared for each athlete by an inflated staff. Estes plans to double the size of the buffet line this Friday in order to offer more variety.

Lasagna, stuffed shells and spaghetti will be added to the menu that includes cheese sauce, alfredo sauce, clam sauce with mixed seafood, and marinara sauce. This year alfredo sauce with broccoli flowerets will be available to accommodate requests for a vegetable sauce.

"These people can put away some food," Estes said. "They burn off a lot of energy so they consume a lot. It's amazing that they can consume as much as

Mill House Restaurant

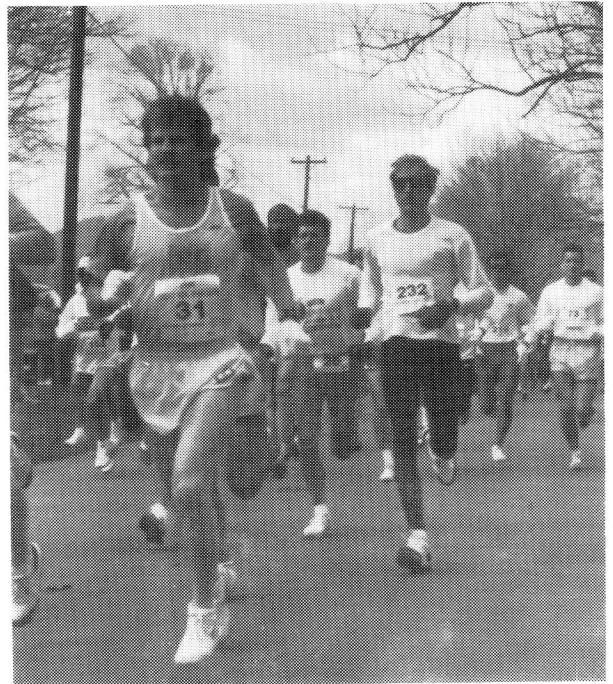
"The Best By A Dam Site"



Numbers for the runners, painters' caps for both participants and volunteer workers, which total approximately 75 people, and advertising materials are also contributed to the marathon by the Estes' clan.

When the event was moved to the Townsend route, local help was needed. Estes knew some individuals through his business who were involved with the Knoxville Track Club and a bond was formed. The Association has been mutually beneficial.

"Since I have been doing this, I've given up smoking and I've even considered running the race myself," Estes said. "I'm really becoming more fitness minded working with all these people who were just figures of health and vitality. It's become a personal commitment and the whole family feels that way, too."



they do.

"We've always had favorable comments. Apparently they do this a lot in a lot of different areas and many people have ranked our pasta loading as the premiere pasta loading anywhere."

Estes' sponsorship extends beyond the kitchen. The family, which includes Ivy, 7, and Adam, 6, also mans a water station in front of the restaurant, located at about the half-way mark in the race. The station is replete with liquids and classical music.

"It's become a traditional thing for me to take the speakers from the sound system in the restaurant and direct them onto the track as they run by and play such things as 'Chariots of Fire' and the 'Theme from Rocky.' Everybody says that we have the best watering hole on the track," Estes laughed.

Only 25.5 Miles to Go

By J. LAURIE BYRNE
News-Sentinel correspondent

Georgia man sets record at marathon

Paul Okerberg of Marietta, Ga., crossed the finish line in a course record time of 2:33.37 in the 17th annual Smoky Mountain Marathon over the weekend.

John Swicegood of Maryville was the last contestant to finish.

Although a 2:20 time difference separated the two men, they shared two things of importance: Both completed the race and both had an extensive support system throughout the 26-mile course.

Putting on a good show and extending hospitality to the 250-plus participants who converge on Townsend for the event takes top priority for the Knoxville Track Club.

Approximately 125 people were volunteers for Saturday's marathon, which resulted in one support person for every two participants.

"That's the magic of this particular race," said Doug Mooney, coordinator for the aid stations. "In other races you may have a lot more volunteers, but then you've got 10,000 runners.

"Up in the gymnasium, the runners have some hot soup waiting on them, they've got sandwiches, they've got a spread you wouldn't see in a restaurant, they've got a massage waiting on them, they have the availability of hot showers. I don't think you're going to find a marathon run anywhere, and I've run seven myself, that's going to treat the runners as well as we try to do here."

Sixty volunteers man 10 aid stations along the route, which follows the Little River. Since it's an out-and-back route, a station is placed every 1.1 miles. Each has water and other liquids, oranges, bananas, cookies and, for windburned faces and lips, salve.

"What we're trying to do is to get the runners all the stuff they need to complete the race, as well as a lot of moral support," Mooney said. "The runner not only knows about how far it's going to be ahead, but he knows he's got somebody clapping for him another mile down and that really helps."

Townsend Elementary School's gym served as both the registration and awards site. A hospitality table was in one corner, a massage therapist and her staff occupied another corner and a first aid section was in yet another.

Vendors offering accessories to help fight temperatures in the 30s and wind gusts of up to 30 mph also occupied space in the race's hub.

Doug and Gail Anderson of Knoxville assembled a table of food including sliced fruit, peanut butter, a variety of crackers, sandwiches homemade muffins, hot soup, coffee and cold drinks.

"I ran the marathon last year so I've seen both sides," said Doug Anderson. "When you get through running 26 miles, 385 yards, you are hungry and depleted and dehydrated."

Suzanne Stewart, a massage therapist from Knoxville, works with the KTC during the Smoky Mountain Marathon, the annual half marathon and the Expo 10,000. She and three assistants had four tables set up in anticipation of working on 45 to 65 runners after completion of the race.

"Some of these people drive in here four or five hours away, run this long distance, then they get in their cars, drive home and they're paralyzed," said Stewart. "I've heard stories of them not being able to get out of their cars when they get home.

"We help them open up their body systems for their cool down and help them stay flexible for tomorrow. This has been wonderfully beneficial in helping them from being sore the next day. That's our main objective."

Jean Roddy, with the Blount County Rescue Squad, and Laura Herrill, wellness director at Blount Memorial Hospital, donate their time to the annual endurance race.

Herrill said leg cramps and breathing problems are the two most likely problems to develop from running long distance in cold temperatures.

"These people are trained," Herrill explained. "They're not going to be running unless they're in good condition. Unless there's a freak accident or something out of the ordinary, we'll mainly just be looking at a few blisters and maybe some chapped faces."

Possibly the greatest source of support for the individual runners is from family members and friends who rally behind the athlete for the duration of the race, said racer Lynn Byrd from Kingsport.

A sign with "We love you Dad!" attached to the front of his truck by wife Paulette and daughter Kelly, 12, greeted him at every accessible road intersection. The pair massaged a calf cramp at the 18-mile marker and sent him on his way.

"We have different mile markers (where) we meet him and tell him what his splits are," said Paulette. "We have his own water and Gatorade, if he wants it, he can throw off clothes or pick up clothes and, if worse comes to worse, we can haul him back.

"It helps the morale of a runner if they have some friendly faces or somebody they know. It helps them get to that next marker if they know that person is going to be there cheering for them."



Men's winner Paul Okerberg of Marietta, Ga., gets a heat-conserving space blanket from race director Chuke Pate of the Knoxville Track Club.



Women's division winner Susan McKarns of Praftown, N.C., gets a hug at the finish line from friend Mike Hanes after posting a time of 3 hours, 12 minutes and 40 seconds.

17th Annual Smoky Mountain Marathon At Townsend

Men

Overall: 1. Paul Okerberg, Marietta, Ga., 2:33:37 (course record); 2. Kevin George, Woodbridge, Va., 2:41:46; **Masters:** 1. Tedd Baca, Knoxville, 2:50:06; **Grand masters:** 1. Jim Dugvay, Marietta, Ga., 3:10:18; **Youngest finisher:** Alfi Gunindi (15), Knoxville, 3:33:07; **Oldest finisher:** Don McElly (69), Rochester, N.Y., 4:51:59; **19 and under:** 1. Thomas Howell, 2:50:46.; 2. Alfi Gunindi, 3:33:07; 3. Cheng Tao, 3:34:08; **20-29:** 1. J.J. Curwen, 2:46:07; 2. John Cobb, 2:48:27; 3. Tom Possett, 2:49:44; **30-34:** 1. Terry Marcott, 2:44:48; 2. Patrick Byrnes, 2:52:42; 3. Brian Rogers, 2:57:03; **35-39:** 1. David Wilson, 2:52:24; 2. Tom Wells, 2:53:4; 3. Sherman Ames, 2:58:53; **40-44:** 1. A.J. Toups, 3:00:25; 2. Bob Furnish, 3:07:11; 3. Marshall Edwards 3:10:03; **45-49:** 1. Farris Jordan, 3:10:31; 2. Terrell McGee, 3:13:17; 3. Gene Phelps, 3:18:34; **50-54:** 1. Ken Burns, 3:12:28; 2. Author Moore, 3:20:02; 3. Ron Finley, 3:21:05; **55-59:** 1. Walter McDaniels, 3:13:49; 2. Eugene Barker, 3:46:53; 3. Adam Lanning, 4:02:40; **60 and over:** 1. Ken Robinson, 4:05:48; 2. Rolf Duerr, 4:19:25; 3. Stanley Levine, 4:22:23.

Women

Overall: 1. Susan McKarns, Praftown, N.C., 3:12:42; 2. Marsha Morton, LaFollette, 3:18:24; **Masters:** 1. Martie Ulmar, Knoxville, 3:31:35; **Grand masters:** 1. Mary Anne Woodring, Kingsport, 4:48:09; **29 and under:** 1. Katherine Williamson, 3:24:35.; 2. Suzanne Roat, 3:31:05; 3. Bronwen Howells, 3:36:39; **30-34:** 1. Beverly Robinson, 3:27:37; 2. Ann Bower, 3:30:24; 3. Miriam Sutton, 3:57:26; **35-39:** 1. Debra Moore, 3:29:41; 2. Ginny Dodd, 4:01:27; 3. Renita Burnet, 4:15:55; **40-44:** 1. Sharon Groce, 3:41:09; 2. Suzy Lorentz, 3:49:14; 3. Molly Gray, 3:54:01.

Smoky Mountain Marathon won by Paul Okerberg

Several hundred marathoners braved gusty winds and 40 degree temperatures Saturday to endure the pain and anguish of a 26-mile run in the 17th Annual Smoky Mountain Marathon.

The elements and the run proved too much for some runners who dropped out of the race early.

Paul Okerberg, 31, of Marietta, Ga., despite developing a blister on his right foot, managed to leave the rest of the field in the dust, coasting into first place with a 2:33.38 time, more than eight minutes faster than the second place finisher Kevin George. George, 30, of Woodbridge, Va. finished with a time of 2:41.46.

"I was in pain near the end. I had a blister on my foot," said Okerberg, who took the lead after the first mile and never relinquished it. "Nobody seemed to want to take the lead at the first so I said 'what the heck'."

Okerberg stretched his lead out to about 45 seconds in front of John Cobb of Blacksburg, Va. and Terry Marcott of Brownstown, Ind., who placed third in the marathon with a 2:44.48 time, at the 13-mile mark. By the 20-mile point, no other runners were close to Okerberg.

"When I was at the turnaround, I thought they were a lot closer," Okerberg said of the field. "I felt like I ran the same pace the whole race. There was a tailwind at their back and I thought they would be closing in on me.

"I was hoping someone would come up, and take turns breaking the wind," he said. No one did and he eclipsed last year's winning time of 2:40.20 by Tom Prossert.

Okerberg, who has run 17 other marathons — one them an earlier Smoky Mountain Marathon held in Oak Ridge — said he didn't expect to win Saturday's race.

"I've had to work long hours at my job, and I wasn't in shape," Okerberg said. "I didn't train very much. I ran 16 miles one week and 60 the second week. I was just going to run hard and get a good work out."

Susan McKarns, 27, of Winston-Salem, N.C., was the top women's finisher with a time of 3:12.32, a personal best.

"I was going to go for 3:30, and last night I decided to go for 3:15," McKarns said. "There were a lot of guys coming up to give me support. It was great."

McKarns took the women's lead early in the race, and held the lead through 24 miles of the course for the win.

"At the turnaround at the 15-mile mark, I knew there were a couple of people behind me," McKarns said. "I knew I had to keep up my pace.

"I had a couple of bad miles, so I didn't know how well I was doing," she said.

Marsh Morton, of LaFollette, was the second woman to cross the finish line with a time of 3:18.24, and Beverly Robinson, of Winston-Salem, N.C. placed third, running the marathon in 3:27.36.

Gene Phelps, 46, of Maryville, placed third in the 45-49 age division with a time of 3:18.34. Other Blount County marathoners were James W. McBrearty, 4:42.49; Charles Raper 3:39.38; and John Swicegood 5:14.03. Dennis Brooks of Maryville also ran in the race.



(Clockwise from top) A group of marathoners trot along U.S. Highway 321 during Saturday's Smoky Mountain Marathon; Paul Okerberg cruises along in the lonely first place position the entire race; women's winner Susan McKarns gets a cup of water at an aid station manned by Woody Staub of Knoxville; Adam B. Lanning runs with his Doberman pinscher in front of Jose A. Wilkie (No. 42), Donald Miller (No. 2) and Robert D. Porter.



KTC's Scott King Airborne for the Finish



Helen Phelps in the Finish Chute while Scott Heisdorffer ponders life's mystery

Smoky Mountain

5 miler

Men

Overall: 1. Craig Thompson, 25:55; **Masters:** 1. Michael Rollason, 27:15; **Grand Masters:** 1. Stew Eichel, 33:14.

Women

Overall: 1. Ilene Thompson, 30:28; **Masters:** 1. Anne Mansfield, 32:14; **Grand Masters:** 1. Wendy England, 35:17.

MALE

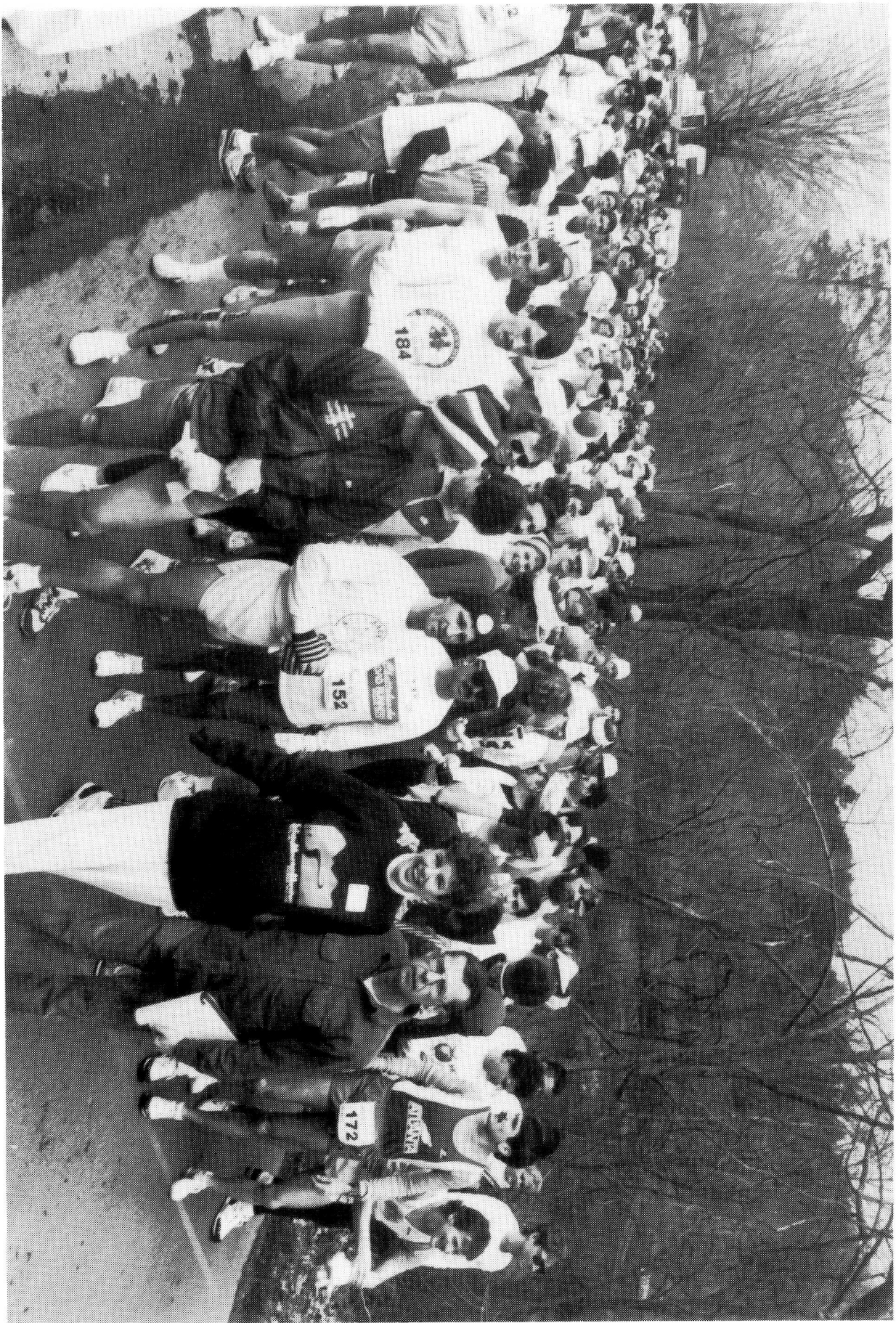
- 18 and under
- 1 Jeremy Spearman 28:11
- 2 Marc Sandefur 28:59
- 3 Eric Howard 29:25
- 20-29
- 1 Jonathan Huggins 26:32
- 2 Ken Osmun 26:58
- 3 Paul Pfefferkorn 27:20
- 30-34
- 1 Scott King 26:56
- 2 Buddy Thomas 29:09
- 3 Michael Hanes 29:50
- 35-39
- 1 Jerry McClanahan 28:36
- 2 Bob Krantz 31:08
- 3 Bill Fuqua 31:23
- 40-44
- 1 Jeffrey Sodeman 28:56
- 2 Glen Farr 29:02
- 3 Bob Winter 29:20
- 45-49
- 1 Terry Van Natta 29:36
- 2 John Sinks 29:45
- 3 Ian Oxley 31:39
- 50-59
- 1 Wayne Warnack 33:40
- 2 Charlie Engle 35:11
- 3 Freddie Atkins 33:50
- 60+
- 1 Chuck Boston 33:30
- 2 Dave Patterson 42:31
- 3 Stu McCombs 48:59

FEMALE

- 19 and under
- 1 Jonalyn Brown 40:46
- 2 Rebecca Mize 43:36
- 3 Laurel Creech 43:54
- 20-29
- 1 Jody Hanson 31:35
- 2 Belinda Warnack 31:45
- 3 Carolyn Kearns 32:05
- 30-39
- 1 Angie Baxter 31:05
- 2 Judith Wilson 31:58
- 3 Martha Winkler 33:29
- 40-49
- 1 Rosemary Hurayt 34:23
- 2 Ginger Truesdel 36:36
- 3 Linda Mize 36:55
- 50+
- 1 Joyce Hunter 38:22
- 2 Dorothy Sides 48:04
- 3 Shirley Feaux 53:23



Finish Crew Supreme: Steven Oxley, Scott Heisdorffer, Hayes Hunter, Rick Alderfer, Betty Sonnenfeldt, Frony Ward, Kid Cannon, and chief overseer Dave Silvus.



17th Annual SMOKY MOUNTAIN MARATHON

KTC's Oldest Race Feb. 24, 1990 10:30 A.M. TAC Certified Course Weather: Part. Sunny, 45 deg. Windy

OVERALL RESULTS

Table with columns: PLACE, DIV/TOT, NAME, AG, S, CITY, ST, MARATHO, PACE. Lists runners from 1 to 50, including names like Paul D. Okerberg, Kevin George, Terry L. Marcott, etc.

New record. Old record 2:39:03 By Sam Shirley'88 & 3:03:50 By Jill Johnston'89

17th Annual SMOKY MOUNTAIN MARATHON

KTC's Oldest Race Feb. 24, 1990 10:30 A.M. TAC Certified Course Weather: Part. Sunny, 45 deg. Wind

OVERALL RESULTS

Table with columns: PLACE, DIV/TOT, NAME, AG, S, CITY, ST, MARATHO, PACE. Continues runners from 51 to 100, including names like Garrett Christensen, Marsha Morton, etc.

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