

Covenant Health Knoxville Marathon  
Sunday, April 1, 2007, 7:00 AM  
Knoxville, TN

Knoxville is a very nice city located in the foothills of Great Smoky Mountains. As advertised, the course was hilly and tough (not an April Fools Day joke!). In my opinion, not suitable for PR, and certainly not for the timid. Start was outside the Convention Center. The finish line was less than a mile from the start line at the 50-yard line in Neyland Stadium (home of the University of Tennessee football team). Race day temperature remained in the 70s, overcast, on and off rain showers throughout the run which were actually helpful, and a bit humid. There were 18 water/sports drink stations, as well as several bands and individual musicians alongside the route. Sports gels at two locations. Mile markers were easily visible. Crowd support was sporadic. Start elevation: 887 feet. Finish elevation: 859 feet. The highest point: 964 feet. The lowest point: 823 feet. The first half was indeed scenic. From about mile 13.5 to about mile 17.5 was rather boring, as we ran through some road construction sites where footing was less than desirable. Shortly after mile 17.5, we entered The Old City, and from there to the finish was fairly scenic. We climbed the first hill shortly after the start. Whoever had designed the course showed his/her wicked sense of humor by making us climb the same hill less than a mile from the finish line! As we were crossing the finish line, we could see ourselves in the stadium's JumboTron!

Knoxville Track Club had organized a very fine running event. Packet pick-up at the Convention Center was very efficient. Good expo too. Our bag of goodies included the race T-shirt, running gloves, and a few sample items. Nice finisher's medal and embroidered running hat for the finishers. There were recovery food, water, and sports drinks at the finish. More refreshments at the post race party which was held inside the UT student center, and the long walk from the finish line to there did not bother me.

There were 436 finishers (299 men and 137 women). The winning times were 2:32:53 (overall male), 3:11:54 (overall female), 3:07:42 (male masters), and 3:30:25 (female masters). There were also 1592 half marathon finishers, and the winning times were 1:07:21 (overall male) and 1:20:43 (overall female). The other events were 4-person marathon relay, a 5K, and a Kids' run.

I ran the first half in 1:56 (8:51 pace) and crossed the finish line in 3:57:39 (9:04 pace). In spite of challenging nature of the course, I very much enjoyed it, mainly because I managed to stay within my limits throughout the run. A few days before this race, I had turned 51, and coincidentally, this turned out to be my 51<sup>st</sup> marathon (state #27)!

# **Covenant Health Knoxville Marathon**

## **April 1, 2007**

**Name:** Kamiar Kouzekanani

**Gender:** Male

**Age:** 51

**Age Group:** M 50-54

**Chip Time:** 3:57:39 (9:04 pace)

**Half Marathon** 1:56 (8:51 pace)

**Overall Place:** 108 out of 436

**Age Group Place:** 6<sup>th</sup>

**Gender Place:** 85 out of 299