

KACHEA Running Club 2022

History

2022 marks the 13th season of the KACHEA Running Club.

Focus

Our training is focused on age-appropriate distance running for the glory of God. Practice activities will include active stretching, strengthening exercises, and various structured running workouts.

Structure

Participants choose to run in either the physical fitness group or competitive group based on their own desired goals at each practice and can change groups at any time. Participants are always free to modify or limit the activities to fit their desires and fitness levels. Unstructured, "open" runs are always an option if you don't feel comfortable with the structured training.

Ages

7 through 99, although younger children are welcome if they are accompanied by a parent for the entire practice. Often entire families participate together in our practices and our competitions! The running club is intended to be an outing that the entire family can be part of.

When Does the Club Meet?

Mid-May through mid-October weekly on Thursday evenings starting at 6:00 p.m. and ending at 7:00 p.m. (unless alternate plans are communicated)

Where Does the Club Meet?

At a local venue in the greater Kingsport area (Warriors Path, a local school track or other facility) that provides high visibility and safe area to practice. Each week the coach will send out an email confirming the location of the run and make any necessary announcements. [To be included on the email distribution list please send a request email to either coach listed below.](#)

What Should I Bring?

Your own water or sports drink and appropriate footwear. While you will need to come with lots of energy, bringing a full stomach is not recommended.

Physical Fitness Group

The physical fitness group will focus on basic running technique, overall fitness, and endurance. It is appropriate for ages 7+ and all interest levels. There will be no expectations for running/practice outside of our weekly meetings, although such activities will be strongly encouraged. Activities and workout intensity will vary from week to week, as we seek to keep the children engaged. Additionally, there will be several opportunities for competition throughout the summer through optional participation in track meets and other local race events. Some of our workouts will include participation in these events.

Competitive Group

The competitive group will focus on running technique, speed, endurance, form, pacing and overall health. This is appropriate for middle school and high school students who are willing to commit to a schedule in addition to our weekly meetings. No previous experience is needed, no minimum mile time, etc., only a willingness to work hard and to run for God's glory. Should we have enough interest, we would like to field both men's and women's cross country teams for the fall XC season. (In order to compete in the Cross Country season, you must be a KACHEA member.). Coaches will assist runners develop a schedule and goals to help runners improve, with the goal of competing in the cross country events in the fall. Similar to the PF group, participants will be informed of multiple opportunities to participate in road, track, and trail competitions throughout the summer and fall, with race opportunities of various distances.

Additional Resources

State of Franklin Track Club

SFTC membership entitles you to a minimum of \$1.00 discount for many races, as well as ability to participate at no extra charge in multiple SFTC competitions, and attend the annual awards banquet. The Track Club also offers scholarship opportunities for high school seniors or rising college freshmen as well as volunteer opportunities. Visit www.runtricity.org for more information about the club, upcoming local races, etc.

Coaches

Head Coach Travis Olinger
twoolinger@gmail.com
mobile: (423) 491-2827

Assistant Coach Mathew Rivera
missionarymatthew1@gmail.com
mobile: (865) 272-2798

Assistant Coach Bill McSpadden
billymac@reagan.com
Mobile: (423) 765-7189