November 21, 2026

2026 USATF South Carolina Association

Lifetime Service Award Recipient

Over 40 years ago, Tami Dennis began making an indelible mark upon youth athletics.

Once upon a time, she was a competitive swimmer. By the age of 15, she was the head coach of the swim team, a team in a summer league that went undefeated for seven summers.

After graduating from Clemson, she enjoyed a 25-year career in pharmaceutical sales. But, after she graduated from Clemson, she also became involved in running after graduating from Clemson.

Tami created an after school running program in Spartanburg in 1989, and thus began her long and storied track & field coaching career. Footsteps to Fitness began with 150 kids and blossomed to over 2,500 runners. Out of this was born the Spartanburg Striders.

In 2002, a running dynasty was born when she moved to Mount Pleasant, and along with Jimmy Stephens, created the Mount Pleasant Track Club. This USATF Club has produced countless All-Americans and National Champions. And, an untold number of Division I scholarship athletes.

Tami's list of accolades is long, and her list of accomplishments are too many to name. A few of the highlights include:



- Founder of Footsteps to Fitness
- Runner's World Golden Shoe Award
- Spartanburg Striders Coach
- Founding member of Mouth Pleasant Track Club
- Head Coach at Mount Pleasant Track Club
- Head Coach at Ashley Hall High School
- Road Runners' Club of America Hall of Fame Coach
- USATF Hall of Fame Coach

Additionally, Tami Dennis has played a major role in the success of the USATF South Carolina Association. She has been:

- long-time member of the USATF South Carolina Association
- a long-time member of the USAFSC Youth Committee
- USATF South Carolina Association Vice President (2018-2021)
- USATF Club Coach and mentor
- at any meet, Tami was always one of the first to volunteer.

But, today is not about what Tami has accomplished. Today we focus on Tami, who for so many years gave selflessly to help others, to make a difference. Today, as she retires, we recognize Tami Dennis for a lifetime of dedication and commitment to developing young athletes, for her support of Track and Field and Cross-Country, as well as her service to the USATF South Carolina Association. Well done Tami Dennis. You have truly made a difference, and we thank you.

Today, we proudly honor Tami Dennis with the USATF South Carolina Association Lifetime Service Award.