

**Chattanooga
Waterfront
Triathlon...pages 3-6**



joggingaround

Chattanooga Track Club

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Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal. No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to the casual walker is welcome.



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Jogging Around

A newsletter published eight times per year by the Chattanooga Track Club.

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Words from the Prez's Perch

Welcome to the heat and humidity that we call Summer! That did not stop nearly 1,000 participants from coming out to the Chattanooga Waterfront Triathlon though. The day started out perfect with the sun shining over the horizon, the athletes at the waterfront bright and early and our volunteers putting the last minute touches to start the day off. Although temps went well into the 90s, smiling faces were in abundance. Our hats are off to Calder and Betsy Willingham for an extraordinary job they did this year. Our thanks also go out to our Club Manager, Tammy Sitton for the hard work she put into the event. It was nearly a year of planning and a whole lot of sweating on their part and CTC owes them a great deal of gratitude. All of their hard work paid off with a great event. They've set the bar high for the next race director. Pictures of the event will be posted soon, so continue to check out the CTC website.



The year is flying by. Now we're looking forward to the FCA, Symphony Classic and Komen races. This fall will surely provide us with plenty of opportunity to get out and see our friends and running buddies.

For those of you that may not always read "Jogging My Memory" this month we have an article that you just can't miss. Our ever

amusing Tim Ensign has shared his memories with us and it will surely put a smile on your face! For those of you who know Tim, you'd expect nothing less. And for those of you that do *not* know Tim, what are you waiting for?... Flip straight to the back and read on. So *Tim*, thank you for providing us with the entertainment for the day. Shoot straight from the hip and keep running.

If you've ever wondered just how much goes into running the Club and you'd like to be part of it, please let us know. Annual elections will be here before you know it, but we begin planning months ahead of time to ensure that anyone that wants to be part of the Board has an opportunity.

Do you know of people that love to run or walk, but aren't members of CTC? Ask them "*Why Not?*" It is one of the best ways to strengthen friendships and your health, so encourage everyone to join. We hope to see you on the streets, trails and walkways. Remember that the Board meets on first Tuesday of every month and as always, everyone is welcome to join us. I look forward to seeing all of you.

Donna Dravland
CTC President

The Long Run

The Long Run is the endowment fund of The Chattanooga Track Club.

The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club.

The Club is committed to being a good steward of these funds, and is appreciative of your generosity to help build this legacy for our community.



Chattanooga Waterfront Triathlon Proves to be a Scorcher

By Melonee McKinney Hurt

The name of the game for the recent Chattanooga Waterfront Triathlon held at the newly update Chattanooga Waterfront on July 16, was *hot*. In fact, some even said *brutally hot*.

Temperatures soared into the upper 90s with high humidity and blazing sun. Even the fast racers who finished early didn't get a break from the heat. But the temperatures didn't stop the participants from coming out in droves for the second annual race hosted jointly by the Chattanooga Track Club and Team Magic.

The unique course, (a 1.5k swim, 40k bike and 10K run) utilized a section of the Tennessee River, the redeveloped waterfront (including the stairs!) and surrounding roads. But participants, for the most part, seem to really enjoy the current-aided swim, the obstacle course-like run and the hilly two-loop ride, which was redesigned from last year to accommodate additional racers. In its inaugural year, race directors closed the Chattanooga Waterfront Triathlon at 700 participants. This year it was open to 1,000 and just shy of that registered.

Race director Faye Yates of Team Magic said this race is so attractive to triathletes because of the location, the distances and the overall atmosphere.

"The big thing about the Chattanooga race is it's an intermediate distance race which is such a rarity anymore," Yates said. "The focuses have been on Ironman races and sprint distances. So the fact that we have this intermediate distance, which was the staple of triathlon for so long, combined with this amazing downtown venue, I think that's what the magic is."

The venue, she said, is not only attractive to the racers, but their families as well. There is plenty for the spectators to do while awaiting their loved ones who are racing.

"It was so much fun to race on my home territory," said Kim Leasure, 42, an engineer from Soddy Daisy, TN. "Between the volunteers and spectators, I had people cheering and yelling my name the whole time. That's another aspect that made this race so much fun."

But ask any participant what stuck out in their mind about this race and one word immediately comes to mind: "stairs." The 10k run course leaves from the waterfront area and ascends up several flights of stairs and then continues to climb up a steep hill at the top of the stairs before leveling out into a nice river-lined, partially shaded run.

Leasure said she liked the challenge and feeling of accomplishment from a tough run. "It's one of the toughest run courses I've done," she said. "But I would never suggest taking the passageway stairs or the 1st Street hill out."

Dan Moss, this year's winner from Atlanta with a time of 1:52:01, said he knew what to expect on the run since he did the race last year. Despite a bike crash and a bee sting to the head during training earlier in the week, he managed to have a great race. "I really like this race despite the run being a bit different and challenging," Moss said. "I like the stairs as they were easier to go up than that steep little hill that is right after the steps."

Yates said she does hear a lot of feedback about the run, and that most people say it's challenging but beautiful. "It goes through a historic section of downtown, you climb and descend stairs and people just enjoy doing it," she said. "It's challenging for sure, but people love the Riverwalk. We get great kudos on that course."

The bike course, although enjoyed by the bulk of the racers, did pose some problems that a few bikers fell prey to. Several wrecks happened because of a gap in the road between the road surface and the shoulder. Yates said Team Magic did everything they could to warn bikers to stay on the road and not the shoulder to avoid hitting the gap.

"The only concern with this new bike course was the type of roads involved," she said. "It gets you into some things that can't be controlled because it was major highways."

But the newly designed course helped show off more of Chattanooga, which the locals wanted, and it opened up the course to more participants, which race management wanted.

Yates said next summer there might be some construction issues that will force yet another change in the bike course, but won't affect the race overall.

Herbert Krabel, the director of sports marketing for Litespeed and Quintana Roo, was a race participant and a sponsor of this year's event. Krabel finished fourth in his 40-44 age group with a time of 2:14:46. "The race venue is spectacular and as someone living in Chattanooga, I am very proud that we have such a great event in town," he said. "I think this race will grow indeed and by next year we might see as many as 1,200 racers flock to this event."

Chattanooga Waterfront Triathlon – 2006

ELITE FEMALE

1	Andrea Ratkovic	2:06:37
2	Carole Sharpless	2:08:03
3	Shelby Sheffield	2:14:19
4	April Gellatly	2:17:02
5	Margot Gathings	2:21:19
6	Hannah Gerber	2:33:50

ELITE MALE

1	Daniel Moss	-----
2	Jeffrey Boyd	1:53:29
3	Kevin Wessinger	1:56:50
4	Tyler Stanfield	1:57:00
5	Damian Walsh	2:03:22
6	Dennis Reardon	2:05:16
7	Jeff Abbott	2:05:18
8	Allen Gilchrest	2:05:36
9	Jamie Summitt	2:17:21
10	Hayden Baker	2:26:57
11	Daniel Tardy	2:39:34
12	Matt Nason	2:46:00

MASTERS FEMALE

1	Julie Murphy	2:20:45
2	Janie Davis	2:22:29
3	Kathleen Johnston	2:24:26

MASTERS MALE

1	Donny Forsyth	2:01:14
2	Robert Hutchison	2:08:58
3	Kevin Richardson	2:09:23

ATHENA

1	Erin Murray	2:51:09
2	Becky Shuler	2:57:28
3	Renee Queen	3:00:05
4	Becky Caldwell	3:01:19
5	Jenny Wagnon	3:11:06
6	Barbara Greenfield	3:13:20
7	Wendy Price	3:14:14
8	Laurie Hubbard	3:20:30
9	Laurie Ford	3:22:22
10	S. Christina Raia	3:27:31
11	Allison Taylor	3:29:41
12	Barbara Waring	3:43:16
13	Beth Rolfson	3:47:58

BEGINNER FEMALE

1	Nettie Halcomb	2:27:42
2	Chaye Hart	2:30:33
3	Anne Chrzanowski	2:39:30
4	Elena Whisler	2:47:53
5	Christina Cooke	2:48:47
6	Abigail Lynn	2:50:42
7	Alicia Dumont	2:52:12
8	Dani Grabol	2:52:54
9	Nancee Kerkman	2:56:50
10	Penny Knight	2:57:36
11	Katherine Amideo	2:58:01
12	Beth Wilcher	2:59:04
13	Beth Budden	3:01:29
14	Melissa Stanchak	3:04:49
15	Jessica Easton	3:06:11
16	Alexandra Aldrich	3:06:49
17	Kathryn Hoffmeister	3:08:40
18	Judy Skaer	3:09:22
19	Rachel Conn	3:10:10
20	Jessica Hacker	3:14:41
21	Caroline Willingham-Higgins	3:16:05
22	Caitlin Walther	3:17:40
23	Betty Holder	3:19:45
24	Amy Etheredge	3:21:13
25	Amber Worrell	3:21:44
26	Lauren Haraczak	3:27:34
27	Renee Rizzo	3:30:21
28	Cherie Rudd	3:34:05
29	Rachel Hammers	3:34:37
30	Christina Wolvertton	3:57:06
31	Jazzmaine Francis	3:57:45
32	Jaime Wilson	3:57:57

BEGINNER MALE

1	Erik Noschka	2:18:06
2	Spencer Whittier	2:19:34
3	Lucas Ridley	2:20:30
4	Patrick Broderick	2:22:42
5	William Dann	2:23:14
6	Jack Easter	2:27:07
7	Todd Spaanstra	2:27:31

8	Will Reisman	2:29:45
9	Michael Fellona	2:30:01
10	John Wiygul	2:31:26
11	Jacob McGrew	2:31:41
12	Cayce Powell	2:32:48
13	David Goo	2:32:49
14	Christian Nahas	2:33:07
15	Justin Beach	2:33:49
16	Matthew Atchley	2:35:30
17	Mark Oates	2:36:45
18	Joseph Minton	2:37:37
19	Kevin Pawlik	2:37:49
20	Matthew Whisler	2:37:57
21	Danny Wright	2:38:01
22	Robert Greene	2:38:32
23	Greg Block	2:38:52
24	Fritz Doster	2:40:38
25	Michael Ferrin	2:41:53
26	Scott Kellogg	2:42:52
27	Herman Sledge III	2:44:01
28	Jeff Tieder	2:44:12
29	Bert Kaiser	2:47:18
30	Dennis Duffy	2:48:27
31	Paul Strom	2:49:54
32	Scott Castle	2:50:03
33	Bryan Padilla	2:50:27
34	Brandon Allen	2:50:35
35	David Bukowski	2:51:19
36	Ryan McKinney	2:51:52
37	Laird Smithson	2:52:22
38	David Harper	2:52:49
39	John Woody	2:53:02
40	David Allen	2:53:38
41	Matthew O'Neill	2:53:49
42	Nathan Heslink	2:53:57
43	Buddy Early	2:54:13
44	Andrew Dollar	2:54:24
45	James Linder	2:54:28
46	Donavon Graves	2:54:55
47	William Kimsey	2:55:00
48	Claus Wetjen	2:56:30
49	G Scot Buonavita	2:57:12
50	Andrew Willingham	2:58:56
51	Matthew Weishaar	2:59:07
52	Hal Smith	3:00:30
53	Bill Hammons	3:01:04
54	Barry Moomaw	3:03:08
55	John Porter	3:03:39
56	Chet Graham	3:07:37
57	David Bradford	3:10:36
58	John Phillips	3:11:05
59	Cole Anderson	3:11:17
60	Terry Moffett	3:12:40
61	Jonathan West	3:14:15
62	Vernon Williams	3:16:28
63	Jeff Horn	3:17:30
64	Nick Walther	3:17:39
65	Steven McCorkle	3:18:47
66	Ben Wyrosdick	3:20:15
67	Matthew Schaffner	3:20:50
68	Henry Hine	3:23:06
69	Mark Price	3:23:17
70	Samuel Mortimer	3:23:39
71	James Drozdek	3:29:43
72	Michael Smith	3:32:59
73	David Judah	3:43:07
74	Thomas Reilly, Jr.	3:46:24
75	Ken Crisp	3:54:50
76	Rick Coad	3:59:21

CLYDESDALE

1	Matt McAfee	2:18:13
2	David Haight	2:19:28
3	Isaac South	2:27:40
4	William Lunsford	2:30:34
5	Drew Hendry	2:31:24
6	Kevin Hill	2:31:25
7	Eric Obrien	2:34:43
8	Rob Kiely	2:38:35
9	Kelly Comstock	2:39:15
10	Philip Stewart	2:40:44
11	Bill Hood	2:41:35
12	Jon Gilbert	2:42:07
13	Sean Covert	2:42:19
14	Steve Gawrys	2:42:22
15	Tom Pendley	2:44:33
16	Trey Higgins	2:45:51
17	Trey Gross	2:47:55
18	Bill Jordan	2:48:30

19	Christopher Brown	2:49:56
20	Jim Boles	2:51:30
21	Arthur Langham	2:52:20
22	Richard Spence	2:54:39
23	Robert Barnes	2:56:34
24	Trevor Allen	2:58:29
25	Ryan Pewett	3:03:28
26	William Ernest	3:06:36
27	Shelly Williamson, Jr.	3:06:36
28	Andrew Perlmutter	3:07:25
29	Chad Weaver	3:07:43
30	Lee Amlicke	3:11:57
31	Kevin Donovan	3:12:19
32	Alan Conner	3:14:03
33	Marc Weekly	3:14:43
34	Scott Pryor	3:17:19
35	Mike Martin	3:34:22
36	Clint Ivester	3:48:49
37	Christopher Bost	3:50:05

CLYDESDALE MASTERS

1	Tom Jones	2:23:26
2	Nelson Whitfield	2:30:02
3	Mark Johnson	2:33:14
4	Barry Powell	2:33:58
5	Robert Boehm	2:36:44
6	Gerald Breeden	2:38:52
7	Kevin Arthur	2:42:33
8	Scott Schoel	2:44:11
9	Tim Meredith	2:49:30
10	Chase Ledbetter	2:52:03
11	Jerry Hoffer	2:53:06
12	Parker Edmiston	2:54:46
13	Keith Buck	2:57:05
14	Marcus Williamson	2:59:16
15	Elmer Pinzon	3:00:03
16	Bruce Gordon	3:16:02
17	Kenneth Radley	3:16:56
18	Michael Rogillio	3:21:25
19	Brian Reid	3:23:07
20	Bruce Buntain	3:27:10
21	Benji Cordell	3:38:18
22	Ken Cooksey	3:43:24
23	William Hollimon	

OPEN FEMALE 15 TO 19

1	Elaine Clark	2:53:35
2	Danielle Alfano	2:54:15
3	Katie Shelley	2:57:23
4	Dena Graeub	3:01:57

OPEN FEMALE 20 TO 24

1	Sarah Breevoort	2:22:15
2	Sarah Gardiner	2:27:23
3	Jennifer Smith	2:30:48
4	Lucy Vandervoort	2:41:58
5	Megan Cole	2:50:31

OPEN FEMALE 25 TO 29

1	Jamie Tassa	2:18:09
2	Kerstin Blomquist	2:19:31
3	Carrie Andrews	2:31:20
4	Alison Hulsey	2:33:38
5	Lisa Witzlib	2:37:23
6	Lauren Sanders	2:42:07
7	Stacy Guess	2:42:08
8	Jenna McCain	2:44:51
9	Gretchen Hammel	2:46:51
10	Nina Goldberg	2:48:01
11	Jennifer Waller	2:48:57
12	Jenny Molaison	2:50:22
13	Katherine Buckspan	2:52:07
14	Michelle Meek	3:00:27
15	Susanna Carter	3:09:21
16	Marne McLyman	3:10:52
17	Laura Gregor	3:15:50
18	Andrea Baeder	3:17:10
19	Kariss Blalock	3:22:15
20	Kathleen Marino	3:29:41
21	Silke Cousin	
22	Meghan Lees	

OPEN FEMALE 30 TO 34

1	Amy Stewart	2:17:55
2	Carrie Heitzler	2:25:47
3	Lisa Battaglia	2:26:29
4	Elaine Mattison	2:27:56
5	Katherine Karrick	2:28:35
6	Brannon Schroerlucke	2:30:00

7	Dreama Campbell	2:30:54
8	Melissa Critz	2:32:12
9	Larkin Montgomery	2:33:21
10	Amy Kistler	2:34:18
11	Kate Parker	2:35:46
12	Katie Durkee	2:36:14
13	Natalie Sims	2:36:18
14	Heather Love	2:36:57
15	Nicole Black	2:39:46
16	Lana Sain	2:40:38
17	Marie-pierre St-ongue	2:40:46
18	Karen Lang	2:40:53
19	Jane Zerface	2:41:27
20	Cynthia Smith	2:44:32
21	Aimee Harvey	2:45:21
22	Kristin Marino	2:46:01
23	Collette Ragan	2:46:02
24	Leslie Teed	2:46:14
25	Linda Wood	2:46:36
26	Jennifer Klepacz	2:48:30
27	Leslie Whately	2:49:44
28	Sarah Hackler	2:50:54
29	Holly Marzetti	2:53:59
30	Carlyn Brune	2:54:24
31	Emily Plotkin	2:55:16
32	Kelly Brown	2:55:22
33	Kyung Shin	2:58:42
34	Cheryl Triko	2:59:15
35	Ansley Yeomans	3:04:23
36	Julie Lorio	3:05:06
37	Claire Wolfson	3:11:52
38	Nikol Whitten	3:14:22
39	Alicia Nelson	3:16:20
40	Emma Williams	3:18:30
41	Stephanie England	3:19:11
42	Cathy Lipop	3:27:36
43	Barbara Johnston	3:27:47
44	Christie Malpede	3:27:58

OPEN FEMALE 35 TO 39

1	Katherine Tindol	2:22:02
2	Gina Tolbert	2:25:06
3	Kati Vines	2:25:48
4	Jennifer Engelstad	2:26:41
5	Karen Wallace	2:26:47
6	Susan Allen	2:27:53
7	Jodie Gleason	2:31:50
8	Tracy Pewett	2:31:50
9	Mallory Slaughter	2:32:43
10	Molly Brown-boulay	2:33:19
11	Beverly Hutchison	2:33:56
12	Becky Grant	2:34:07
13	Nicole Canavan	2:34:12
14	Wendi Andon	2:36:35
15	Dana Martin	2:37:05
16	Kelly Skinner	2:37:57
17	Jessica Fulton	2:39:11
18	Elizabeth Branch	2:39:21
19	Stephanie Honeycutt	2:40:10
20	Ellen Welch	2:41:12
21	Linda Hearn	2:41:15
22	Stephanie Robinette	2:41:52
23	Miki Martin	2:43:55
24	Michele Emerson	2:44:17
25	Katie Gilbert	2:44:59
26	Ann Evangelista	2:45:04
27	Luzmaria Ronse	2:46:04
28	Amy Arnold	2:49:31
29	Kelli Baker	2:49:48
30	Karen Isgur	2:50:11
31	Lynn Fretwell	2:50:20
32	Christine Sullivan	2:54:04
33	Karen Fallon	2:54:54
34	Kristi Smith	2:54:59
35	Joanna Johnson	2:58:59
36	Melissa Hudson-gant	3:01:37
37	Gwynn Swallows	3:05:10
38	Jenifer Juarez	3:06:33
39	Wendy Merz	3:11:40
40	Melonee Hurt	3:14:48
41	Lynne Austin	3:15:38
42	Trisha Esposito	3:16:25
43	Michelle Ardisson	3:20:55
44	Elizabeth Ramey	3:21:44
45	Christie Walters	3:28:15
46	Cheryl Hooper	3:29:55
47	Tresa Vaudreuil	3:31:19

Chattanooga Waterfront Triathlon - 2006

OPEN FEMALE 40 TO 44			14	Corey Kallenberg	2:46:36	35	Fielding Logan	2:32:13	56	Edward Lomicka	2:34:08
1	Barbara Chandler	2:25:30	15	Calvin Tittle	3:08:07	36	John Ozbek	2:32:53	57	Russell Bradley	2:35:01
2	Cecelia Wigal	2:26:33	16	Jeffrey Gotcher	3:18:51	37	Chad Nikazy	2:33:16	58	Eric Larson	2:35:03
3	Beth Wiggins	2:27:43	OPEN MALE 25 TO 29			38	Andy Russell	2:33:22	59	Todd Bohanan	2:35:04
4	Amy Westergren-Amlicke	2:31:51	1	Eric Bell	1:58:18	39	Matt Hurst	2:35:44	60	Scott Brownlow	2:35:59
5	Robin Waldrup	2:38:02	2	Zach Winchester	2:00:06	40	Chad Helberg	2:36:08	61	Mathew Zenner	2:36:42
6	Janice Cornett	2:39:37	3	Alan Horton	2:03:27	41	Matthew Ockerman	2:37:05	62	Anthony Houssain	2:37:01
7	Loranne Ausley	2:40:17	4	Jason Frey	2:03:33	42	Richie Moore	2:36:54	63	Chad Hathorne	2:37:50
8	Cindy Heatherly	2:41:35	5	Troy Ketchum	2:08:36	43	Jeff Grant	2:36:59	64	John Nevans	2:37:57
9	Doreen Clayton	2:42:53	6	Kevin Boucher	2:11:04	44	Eric Smith	2:37:43	65	Brad McNeely	2:38:32
10	Caroline Butler	2:44:33	7	Ryan Oconnor	2:11:52	45	Kevin Reed	2:38:10	66	Thomas McGuigan	2:38:51
11	Susan Ford	2:46:15	8	Conner Townsend	2:13:52	46	Tony Myers	2:40:35	67	Jason Smith	2:38:52
12	Kim Leasure	2:49:31	9	Bret Amideo	2:15:28	47	Andrew Stephenson	2:41:29	68	Ron Teed	2:39:09
13	Florence Bradley	2:56:58	10	Nemanja Pavlovic	2:15:54	48	Bryant Artigas	2:41:29	69	Christopher Tufts	2:39:27
14	Janet Byers	2:58:00	11	Charles Hartsfield III	2:17:18	49	Matthew Johnston	2:41:47	70	Louis Shainberg	2:40:09
15	Amy Oliver	3:00:27	12	Paul Herron Iii	2:19:40	50	Blake Tablak	2:41:52	71	Ron Dean	2:40:57
16	Suzette Allan	3:01:06	13	Reynolds Fischer	2:20:06	51	Sean Caine	2:42:19	72	Franklin Farrow	2:41:17
17	Jamie Miles	3:02:53	14	Josh Berwald	2:21:43	52	Larry Nolan	2:43:14	73	Todd Domangue	2:41:26
18	Gina Hamel	3:04:04	15	William Hager	2:22:14	53	Johnny Goforth	2:44:10	74	Kevin Glass	2:41:45
19	Laurie Schultz	3:06:16	16	James Rudd	2:22:30	54	John Jackson	2:44:21	75	Daniel Sheehan	2:42:11
20	Rena Stewart	3:15:16	17	David Harvey	2:24:27	55	David White	2:44:38	76	Todd Wright	2:42:18
21	Katrina Blasingame	3:17:38	18	Lucas McCain	2:25:04	56	Thompson Brook	2:48:37	77	Anthony Miller	2:43:08
22	Lesley Curtis	3:18:17	19	Chris Maurer	2:26:46	57	Marcus Gordon	2:49:51	78	Rick Collett	2:43:28
23	Mitzi McCandless	3:18:20	20	Matthew Lawhern	2:26:57	58	Ryan Bowman	2:51:43	79	Robert Kingsfield	2:44:06
24	Pamela Rasberry	3:30:09	21	Javier Rodriguez	2:27:05	59	Anthony Masters	2:56:56	80	Timothy Hopkins	2:44:30
25	Karen Cooksey	3:44:22	22	Patrick Stcharles	2:27:07	60	Chris Lynn	2:59:25	81	Lance Steele	2:44:40
26	Karen Lowe		23	James Moeckel	2:28:12	61	Ponda Madati	2:59:55	82	David Bishko	2:44:42
OPEN FEMALE 45 TO 49			24	Nobe Aleman	2:35:28	62	Marcus Rock	3:01:23	83	Donny McMillian	2:44:51
1	Rhonnda Cloinger	2:27:09	25	Laurence McCullough Iii	2:35:39	63	Bradley Davis	3:11:35	84	Duane Hebert	2:45:49
2	Amanda Sharp	2:39:54	26	Matthew Cantonis	2:39:44	64	Troy Rose	3:19:30	85	Lane Cummins	2:45:56
3	Janet Ritchie	2:40:46	27	Zack Rippeon	2:41:54	65	Nathan Karp	3:23:16	86	Mark McOmie	2:45:59
4	Laurie Little	2:41:20	28	Matt Bengochea	2:43:01	66	Steel Olson	3:32:41	87	Rand Linton	2:46:13
5	Casey Braddock	2:42:38	29	Justin Andrews	2:45:01	67	Michael Lynch	3:41:09	88	Jeff Baer	2:46:56
6	Ginny Crumley	2:44:43	30	Georg Petmecky	2:45:38	68	Adam Samko		89	Craig Reed	2:47:53
7	Kerri J Williams	2:46:06	31	Carter Coe	2:47:17	OPEN MALE 35 TO 39			90	Jay Remko	2:50:19
8	Mary Doyle	2:48:05	32	Beau Wendholt	2:47:23	1	Tony Allen	2:06:15	91	Daniel Boles	2:50:30
9	Melinda Yantch	2:49:21	33	Craig Walker	2:48:18	2	Kevin Patton	2:06:45	92	Keenan Sharpe	2:51:18
10	Lynn Elam	2:49:30	34	Thomas Messner	2:48:37	3	David Shearon	2:07:15	93	Rich Graham	2:52:12
11	Cecile Mason	2:52:28	35	Robert Brunson	2:48:39	4	David Meadows	2:07:33	94	Richard Catlett	2:53:48
12	Becky Pommer-jones	2:55:08	36	Wallace Ehrenclou	2:48:48	5	Miles Fortas	2:08:35	95	Keith Bernard	2:54:02
13	Catherine McDonald	2:55:17	37	Lee Leddy	2:48:57	6	Richard Kenmuir	2:09:07	96	Christopher Floied	2:54:26
14	Carolyn Sanders	2:55:41	38	Brent Freeman	2:49:33	7	Dustin Finley	2:10:13	97	Michael Hackett	2:55:18
15	Cindy Pounds	3:08:37	39	Justin Wyatt	2:50:03	8	Warren Kitchens	2:11:49	98	Mitchell McKee	2:55:54
16	Jackie Estes	3:09:58	40	Matthew Thatcher	2:50:49	9	Reid Manley	2:11:54	99	William Sutterfield	2:56:02
17	Elizabeth Wilson	3:10:19	41	Robert Kulisek	2:54:20	10	Bob Boer	2:11:56	100	John Hatfield	2:56:25
18	Cindy Spillers	3:10:46	42	Chiawen Kiew	3:00:15	11	Todd Kennedy	2:12:08	101	Jude Seeber	2:56:36
19	Nancy Andrews	3:25:29	43	Randall Strevy	3:01:31	12	Craig Williams	2:12:10	102	Chris Erickson	2:57:53
20	Teresa Manresa	3:27:32	44	Christopher Edwards	3:02:48	13	Brett Noerager	2:14:12	103	Mike Malpede	2:58:24
21	Celeste Burr	3:38:22	45	Jimmy Moncrief	3:03:12	14	Chris Wilds	2:15:39	104	John Reeder	3:00:34
OPEN FEMALE 50 TO 54			46	Michael Buckelew	3:19:35	15	Billy Jolley	2:16:02	105	Vance Derryberry	3:01:26
1	Ann Sims	2:27:38	47	Russell Burns	3:38:57	16	Craig Traynor	2:16:19	106	Jim Schroder	3:03:32
2	Sarah Bowen	2:40:34	48	David Peet	3:47:33	17	Harry Dinham	2:18:03	107	Marty Gorby	3:06:06
3	Mary Creel	2:50:10	49	Ed Aponte	-----	18	Brandon Sheppard	2:18:34	108	Scott Reese	3:17:40
4	Mary Ann McCain	2:55:21	50	Aaron Derdowski	-----	19	Jon Hall	2:20:05	109	Paul Taylor	3:18:13
5	Joan Iacobelli	3:08:13	OPEN MALE 30 TO 34			20	Wolfgang Kneer	2:20:59	110	Alberto Gonzalez	3:18:39
OPEN FEMALE 55 TO 59			1	Rob King	2:01:57	21	Mike Waugh	2:21:00	111	Kenny Young	3:20:12
1	Linda Lamm	2:57:11	2	Richard Klepacz	2:02:32	22	Scott Gilpatrick	2:21:14	112	Johnny Evans, Jr.	3:21:58
2	Nancy Marino	2:57:25	3	Jeff Gibson	2:04:34	23	Richard Tomkins	2:21:34	113	Ted Boyle	3:52:11
3	Karen Oriordan	3:13:30	4	Joel McCutcheon	2:06:50	24	David Lowry	2:21:37	114	James Filmore	-----
OPEN FEMALE 60 TO 64			5	Jeremy Sipos	2:07:50	25	Mike Gaw	2:21:58	OPEN MALE 40 TO 44		
1	Charlotte Mahan	2:58:38	6	Derek Champigny	2:09:44	26	Craig Brimer	2:22:02	1	Doug Ross	2:09:29
OPEN MALE 12 TO 14			7	Danny Broetzmann	2:10:33	27	Kevin Christiansen	2:22:14	2	Mike Roberts	2:10:32
1	Colin Johnson	2:50:58	8	Matt Sims	2:14:02	28	Michael Greiff	2:24:12	3	Dan Clark	2:11:58
OPEN MALE 15 TO 19			9	Emmette Barran	2:14:21	29	Lyles Rudder	2:24:24	4	Herbert Krabel	2:14:46
1	Thomas Pilliod	2:06:10	10	Chris Clarkson	2:14:42	30	Jeff Kauppi	2:24:33	5	Kerry Hoover	2:15:25
2	Josh Wheeler	2:09:25	11	Micah Morrison	2:15:12	31	Andrew Bell	2:24:50	6	Michael Tindol	2:17:48
3	Conrad Taylor	2:11:54	12	David Buntin	2:15:35	32	Billy Hudson	2:25:11	7	Mark Swicichowski	2:18:12
4	Joseph Welsh	2:12:17	13	John Howard, Jr.	2:17:04	33	James McGhee	2:25:14	8	Jeff Plank	2:18:47
5	Matt Smith	2:20:14	14	Andrew Saar	2:17:10	34	David Knowles	2:25:40	9	Nader Massoumi	2:19:14
6	Carter Whittier	2:30:58	15	Jason Howard	2:17:24	35	Ken Birdsong	2:25:49	10	Kenneth Rizer	2:20:35
7	Dillon Martin	2:46:09	16	Gregory Garcia	2:17:42	36	Jason Massie	2:27:08	11	Richard Baker	2:22:50
OPEN MALE 20 TO 24			17	Neil Simon	2:17:47	37	Kevin Gray	2:28:06	12	Jeff Hoy	2:23:33
1	Tim Fuller	2:07:46	18	Aaron Highfill	2:19:23	38	Kelly McCreight	2:28:12	13	Blake Young	2:24:06
2	Lukas Siska	2:08:13	19	Jimmy Quick	2:20:18	39	Ronald Miksa	2:28:38	14	Brian Christine	2:24:53
3	Patrick Mullinix	2:13:00	20	Eric Mullins	2:21:32	40	Patrick Salcedo	2:28:56	15	Richard Lawson	2:25:05
4	Ryan Wolfe	2:14:00	21	Tim Davis	2:21:55	41	Brian Strack	2:29:08	16	Nick Nicholson	2:25:25
5	Danny Catino	2:16:17	22	Samuel Schroerlucke	2:22:42	42	Zachary Callahan	2:29:31	17	Tom Donoghue	2:27:46
6	Patrick Dupree	2:19:26	23	Chris Childers	2:23:14	43	Marty Rubin	2:29:43	18	Carlton Vollberg	2:32:16
7	Timothy Ofallon	2:21:31	24	Michael Cork	2:23:28	44	Bill Berrell	2:30:02	19	Donald Hellen	2:33:06
8	Rob McLendon	2:22:28	25	Marc Downs	2:24:05	45	Richard Mitchell	2:30:08	20	Tom Holt	2:34:21
9	Nate Renaud	2:24:27	26	Colin Soniat	2:24:13	46	Chris Hamblen	2:30:26	21	Tim Lepping	2:34:28
10	Joe Fulton	2:25:59	27	Daniel Crane	2:24:43	47	Tyler Bennett	2:30:41	22	Bartley Loftin	2:36:40
11	William Ansick	2:27:57	28	Shane Petty	2:24:51	48	Jason Burnett	2:31:12	23	Russell Kohl	2:37:45
12	Jeff Dadisman	2:28:08	29	Jason Hamrick	2:25:00	49	Jay Ballard	2:32:09	24	Thomas McFadden	2:38:08
13	Richard Hine	2:42:48	30	Benny Sum	2:28:15	50	Jim Burt	2:32:54	25	Sam Torres	2:38:10
			31	Benjamin Koehenower	2:29:22	51	Mike Fruechtl	2:33:13	26	Darryl Lehtola	2:38:14
			32	Matthew Friedman	2:30:41	52	Lee Foster	2:33:22	27	Thomas Thagard	2:38:53
			33	Bret Alexander	2:31:31	53	Gary Welch	2:33:34	28	Blake Martin	2:38:57
			34	Josh Harper	2:31:39	54	Steve Durkee	2:33:40	29	Andy Byrn	2:39:12
						55	Drew Downs	2:34:07	30	Paul Anderton	2:39:25

Chattanooga Waterfront Triathlon - 2006

31	Jeff Ray	2:40:09	23	Peewee Bramblett	2:32:07	22	Greg Ballweg	2:53:04	TEAM-MALE		
32	Kent Fawcett	2:40:22	24	Douglas Ray	2:33:51	23	Jeff Scott	2:54:21	1	Juris-bank Of America	1:52:53
33	Randy Allen	2:40:44	25	Stephen Morrow	2:34:00	24	Richard Rogers	2:56:00	2	R Is For Relay	2:09:43
34	Ricky Park	2:40:58	26	Rick Moran	2:36:00	25	Mark Sharp	2:56:51	3	Dirty Martini	2:14:42
35	Wayne Holliman	2:41:38	27	James Wright	2:36:48	26	Randy Wood	2:57:33	4	Two Old Guys	2:17:49
36	Jeffrey Cochran	2:41:47	28	Mark Evans	2:36:49	27	Anthony Hooten	3:06:03	5	Funnyboys	2:26:15
37	William Cook	2:43:01	29	Mitchell Samuelian	2:37:43	28	Arney Guess	3:09:53	6	Two Nukes	2:42:15
38	David Montague	2:43:08	30	Wylie Ewing	2:37:52	29	David Barber	3:09:51			
39	Peter Wilson	2:46:45	31	Barrett Painter	2:38:07	30	Michael Stone	3:11:56	TEAM-MIXED		
40	Charles Segal	2:47:02	32	Edward McClarty	2:39:06	31	Jon Rubel	-----	1	Two Caucasians And An Asian	2:23:29
41	Bill Boyd	2:47:08	33	Frank Melvin	2:39:56				2	Cushings Triad	2:30:49
42	Brian Jones	2:47:25	34	Stephen Martin	2:40:14	OPEN MALE 55 TO 59			3	Team Turtle	2:31:57
43	Scott Saxton	2:47:57	35	Thomas Bryson	2:40:57	1	Rod McDonald	2:23:19	4	Martin & Lori	2:33:14
44	Brian Gleason	2:49:13	36	John Phillips	2:41:50	2	Greg Chiarello	2:32:11	5	Sink, Crash, Bonk	2:33:45
45	John Swan	2:49:50	37	Carl Sloan	2:42:12	3	David Tosch	2:32:25	6	Miller & Martin 45+	2:35:12
46	Manny Ramirez	2:51:07	38	Terry Hampton	2:42:17	4	David Stock	2:35:30	7	Tuscaloosa Triathletes	2:37:37
47	Mike Beach	2:52:34	39	Thomas Durham	2:43:17	5	Jim Rainey	2:38:45	8	Vanessa and jochen	2:38:56
48	Joseph Blessing	2:53:58	40	Ray Hubbard	2:44:02	6	John Minton	2:38:47	9	Team Kelly Subaru	2:40:37
49	Francisco Mayorquin	2:55:28	41	David Shuler	2:44:46	7	Leonard Fumi	2:45:44	10	Unholy Trinity	2:50:33
50	Steven Bush	2:57:25	42	Doug Lego	2:45:20	8	George Allen	2:46:37	11	Lobos / Cornhuskers	2:52:55
51	Burt Chandler	2:57:45	43	Owen Smitherman	2:45:32	9	Bob Braddock	2:52:04	12	2 Women And A Man	2:59:50
52	James Haley	2:57:49	44	David Wilson	2:45:34	10	Glenn Bucksman	2:54:13	13	Team G-racer	3:06:43
53	Ron Jurek	2:57:56	45	Bill Long	2:46:09	11	Robert Powderly	2:59:09	14	2 Guys And A Gal	3:07:48
54	Ivan Everitt	2:58:00	46	Gregg Smith	2:46:45	12	Jon Hudgens	3:00:15			
55	Randy Pardue	2:58:00	47	Barry Bresnahan	2:47:29	13	Arthur Higley	3:02:04	ELITE MALE		
56	Philip Bader	2:58:05	48	Clark Fisher	2:47:49	14	Dale Ingram	3:02:18	DNF	Bruce Gennari	-----
57	Jay Toney	2:58:53	49	Charles Campbell	2:48:48	15	Ken Lass	3:08:21	OPEN FEMALE 30 TO 34		
58	David Leon	3:00:47	50	Rick Arnold	2:49:06	16	Ben Whitehead	3:08:36	DNF	Jennifer Schuble	-----
59	Chris Pastina	3:03:28	51	Kevin Mahan	2:49:11	17	Gary Owen	3:15:12			
60	Chuck Hughes	3:03:43	52	David Musgrave	2:50:52				OPEN MALE 35 TO 39		
61	Ned Blum	3:05:12	53	Craig Elam	2:51:00	OPEN MALE 60 TO 64			DNF	Robert Cowart	-----
62	Tim Enevoldsen	3:06:05	54	Jim Fallon	2:51:34	1	Norman Feaster	2:40:27	DNF	Jason Robbin	-----
63	Steve Arney	3:06:06	55	Howard McNaughton	2:55:45	2	Clark Griffith	2:58:09			
64	Scott Gill	3:08:11	56	Joel Cram	2:59:05	3	James Walker	3:14:48			
65	David Martens	3:08:45	57	Mike Isaack	2:59:05				BEGINNER MALE		
66	Terry Harvey	3:09:21	58	Chip Liles	3:00:21	OPEN MALE 65 TO 69			DQ	Robert Nasca	2:11:49
67	Donald Smith	3:11:24	59	Timothy Daly	3:00:37	1	Fox Ferrel	2:33:45			
68	Lawson Porter	3:12:32	60	Sal Coll	3:01:46	2	Karl Wentzel	2:38:04	CLYDESDALE		
69	Robert Dauchot	3:14:58	61	Bill Bolton	3:02:15	3	Dick Berry	2:43:32	DQ	Ryan Cleary	2:25:14
70	Anthony Ezell	3:16:41	62	Coach Harry Sowieja	3:02:58	4	Sergio Bianchini	2:52:27	DQ	Lee Walter	2:36:02
71	Jean Vaudreuil	3:16:56	63	James Crowe, Jr.	3:05:59	5	Leroy Lamm	2:58:03	OPEN FEMALE 30 TO 34		
72	John Stein	3:17:59	64	Robert Holland	3:06:59	6	Gerald Cram	3:17:45	DQ	Laura Plank	2:47:55
73	Danny Smith	3:19:59	65	Michael Yarbrough	3:15:38	7	Bill Cochran	3:46:17			
74	Michael Showalter	3:28:27	66	David Landry	3:27:01	OPEN MALE 70 TO 74			OPEN FEMALE 35 TO 39		
			67	Roy Thomas	3:28:47	1	Robert Alt	2:37:44	DQ	Vanessa McConnaughy	2:28:43
						2	Errol Lassiter				
OPEN MALE 45 TO 49			OPEN MALE 50 TO 54						OPEN MALE 30 TO 34		
1	Russell Arnold	2:12:59	1	Clifford Adlerz	2:14:20	PHYSICALLY CHALLENGED			DQ	Michael Lackey	2:09:54
2	Tom Selden	2:13:06	2	Charles Francke	2:15:15	1	David Prince	2:56:23	DQ	Michael Frazier	2:43:28
3	Casey Fannin	2:14:24	3	Richard Gerardi	2:22:13						
4	John Obrien	2:15:18	4	Bruce Coleman	2:29:42	TEAM-CORPORATE			OPEN MALE 35 TO 39		
5	Rick Loggins	2:17:50	5	Floyd Coleman	2:30:51	1	Set - Soap Suds	3:04:38	DQ	Alex (Alvaro) Gordillo	2:17:07
6	Jeffrey Bowman	2:19:19	6	Gwin Anderson	2:32:10				DQ	Jon Stahlman	2:17:18
7	Chris Coraggio	2:21:55	7	Reed Trickett	2:35:59	TEAM-FAMILY			DQ	Robert Mitchell	2:51:00
8	Bob Allbritton	2:22:08	8	Wayne Patterson	2:36:31	1	Team Ace	2:29:42			
9	Wade Wilson	2:22:49	9	John Walker	2:38:48	2	Go Hogs	2:41:15	OPEN MALE 55 TO 59		
10	Keith Woodward	2:23:58	10	Bob Naber	2:40:02	3	Dondal	2:43:14	DQ	Michael Mason	2:57:17
11	James Stinson	2:24:01	11	Raymond McCain	2:40:42	4	Team C Ledger	2:49:43			
12	Jimmy Crossett	2:26:25	12	Douglas Roselle	2:41:27	5	Bring It On	3:02:52	TEAM - MIXED		
13	Chuck Bengochea	2:27:22	13	Richard Meek	2:41:39	6	The Perez	3:17:40	DQ	Sharks Of 5Th	2:34:10
14	Pat McCauslin	2:28:21	14	Chris Byal	2:44:50						
15	Gregg Radloff	2:28:53	15	David Gregory	2:45:37	TEAM-FEMALE					
16	Casey Hannan	2:29:04	16	Matthew Coyle	2:46:55	1	Outdoor Chattanooga Chicks	2:16:52			
17	Tom Leanza	2:29:07	17	Patrick Leahy	2:47:16	2	Snl	2:45:08			
18	Jeff Brooks	2:29:58	18	Steven McKinney	2:47:22	3	Rented Panties	2:51:27			
19	Michael Seibel	2:30:05	19	Scott Dickson	2:48:49	4	Citation Avenue Girls	3:02:33			
20	David Pilliod	2:30:09	20	Wesley Allen	2:49:52						
21	Danny Cox	2:30:49	21	J Mansell	2:51:28						
22	Glenn Alex	2:31:21									



18th Annual Chattanooga Symphony & Opera Classic – Save the Date

Coolidge Park • September 16 • 8:30 a.m.

By Cynthia Fagan

Saturday, September 16 a crash of cymbals will mark the start of the Chattanooga Symphony & Opera Classic 5K Run's 18th running. Proceeds from the 5K event benefit the CSO Guild Sally Brewer Scholarship program for young, local musicians.

The 5k race is open to both runners and walkers, but please – no pets or strollers. The course is fast, flat and USATF certified, so it is fun for seasoned runners and novices alike. The course starts and ends in Coolidge Park and runs through Heritage Landing, allowing non-residents their only opportunity of the year to run that route.

Registration begins at 7:00 am, and the race starts at 8:30 am. Pre-registration is \$13; registration after September 8 is \$15. Online registration is available at active.com.

All registered participants will receive t-shirts, and door prizes will be awarded while race results are tallied. Prizes are awarded to overall and bracket winners, male and female.

Race directors are CSO Guild members Kris Mercer and Cynthia Fagan. To volunteer or participate, please contact Cynthia Fagan at cynthiadfagan@yahoo.com or 423.697.3807.



The CSO Guild is comprised of over 150 volunteers dedicated to promoting and supporting the Chattanooga Symphony & Opera. Proceeds from the Symphony & Opera Classic support the CSO's educational programs.

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(423) 875-3642
(423) 875-9452 fax

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FOR MORE INFORMATION CONTACT TERESA WADE AT 490-0465

Personal Fitness Specialists Presents: Think Light

Question: WHAT IS THE THINK LIGHT-LOWFAT LIVING PLAN?

Answer: THINK LIGHT is a 12 week low fat living program to show uninformed individuals how to eat responsibly. There are seven THINK LIGHT habits outlined in the program:

1. If you want less fat on you, put less fat in you
2. Eat foods high in complex carbohydrates and fiber with every meal or snack
3. Eat less, more often
4. Find ways to include enjoyable exercise in your life
5. Think light every day
7. Keep the process of change moving forward by recognizing and stopping negative self-talk before it stops you
7. Always remember there is no such thing as cheating, there is only wandering. Wandering is not wrong or bad, wandering is normal.

THINK LIGHT is not a diet. It is a lifestyle change, and it tackles the issues of boredom and long-term effectiveness. THINK LIGHT not only gives dietetic and exercise support. It also addresses the emotional and mental issues that come with changing your lifestyle.

The Sports Barn restaurant downtown is going to be a key ingredient for the new THINK LIGHT program. Everyday, the restaurant will be providing a THINK LIGHT menu choice. These meals come straight from the THINK LIGHT program.

**PLEASE CONTACT: GRETCHEN HAMMEL: 266-1125 OR 892-4211 (HOME) OR
TERESA POTTS WADE: 266-1125**

BlueCross Riverbend Run

By Rita Fanning

The inaugural BlueCross Riverbend Run 10K appears to have been a success according to the E-mails I received from participants. Many said they liked the course and not to change a thing for next year. A few suggested we flatten out Riverside Drive, but I'm not sure that we can get that done by next year – so it looks like the course will remain the same. The new 5K walk was well received as well. Now the BlueCross event has something for the entire family – 10K and 5K races, 5K walk and a 1-mile fun run/walk.

Something else new for the race this year was a starting mat for the ChampionChip® scoring system. Results at www.chattanooga-track-club.org show two finish times, one from the starting horn and one from the starting line for both the 10K and 5K.

Nearly 1000 participants came out June 17th and enjoyed Robert Berman's (Southern Coffee's) coffee and banter. They were entertained by Jed Mescon at the awards ceremony. Many won great door prizes besides the beautiful race awards received by the winners. They ate wonderful bread and cookies provided by Great Harvest Bread and Snickers Marathon Bars. Dale Schenck at Lookout Mtn. Tomato and Banana provided bunches of bananas (get it – "bunches" of bananas.) Plenty of Powerade and Dasani water were provided by Coca-Cola as they are always kind enough to do for our CTC races.

The event was so successful because of assistance from sports management students from UTC Justine Boddie, Stephen Evans, Nick Matthew, Nicole Mattison, C. J. Recher, and Ryan Townsend. Special thanks to team leaders Leroy Fanning, Bill Gautier, Rusty Howell, Willanna Roy, Elaine Roberson, Carol Money, Taylor Watson, and Lydia Burroughs. There isn't enough room here to list the other 125 volunteers – but each of them played a big part in making the BlueCross Riverbend Run a terrific event.

Besides the wonderful volunteers, what made this event so special is the first class way everything is done at BlueCross BlueShield of Tennessee. Emily Dockery worked countless hours to make sure every piece of printed material, every sign, and every award were perfect. It was truly a pleasure for me to work with such a wonderful sponsor.

If you were not a part of the BlueCross Riverbend Run this year, do plan to come out and join us next year.

BlueCross Riverbend Run 5K Results – 2006

MALE OVERALL RESULTS

1	Michael Mentz	16:03	11	Stephen Callaway	21:05
2	Jeffrey Taylor	17:00	12	Christopher Chow	21:09
3	Chuck Jones	17:08	13	Andrew Bruner	21:16
			14	Cayce Harper	21:59
			15	Kody Ratcliff	22:07

MALE MASTERS OVERALL RESULTS

1	Joe Johnson	17:29	16	Eric Martin	22:09
			17	Paul Davies	23:21
			18	Andrew Enicks	23:56
			19	Stephen Manson	23:57
			20	Zeth Ford	25:44

FEMALE OVERALL RESULTS

1	Shelley Taylor	19:51	21	Andrew Gennett	26:18
2	Alexandra Mullin	20:28	22	Jared Dobbs	26:19
3	Jessica Duble	21:38	23	Thomas Dykes	26:42
			24	Ben Treine	29:47
			25	Davey Eaton	31:56

FEMALE MASTERS OVERALL RESULTS

1	Paula Cooper	23:31	26	Tyler Eaton	37:29
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MALE AGE GROUP: 9 - 12

1	Isaac Pacheco	21:30	1	Jordan Turner	19:45
2	Alex Bradbury	22:14	2	Andy Johnson	20:19
3	Grayson Mullin	22:30	3	Matt Knrpper	20:34
4	Caleb Carlson	26:13	4	Adam Bryan	20:58
5	Matthew Phillips	26:19	5	Jeff Burgess	21:23
6	Clay Crooks	27:27	6	Travis Harris	22:45
7	Chase Johnson	30:06	7	Adam Dodson	22:56
8	Nolan Daniels	31:01	8	Justin Blair	23:10
9	Taylor Condra	44:31	9	Nik Meeks	23:41
10	Tanne Eaton	50:22	10	Caleb Rutledge	23:46

MALE AGE GROUP: 19 - 24

1	Bryson Harper	18:01	11	Nathan Harper	23:53
2	James Turner	18:04	12	Brandon Corbitt	24:34
3	Leighton Steadman	18:31	13	Johnathan Graf	25:03
4	Allen Thurman	18:36	14	Matthew Hicks	25:42
5	Robert McMillan	18:44	15	Anthony Hall	25:52
6	John Bruner	18:52	16	Nathan Line	27:26
7	Dillon Martin	19:00	17	Daniel Bryant	27:45
8	Cody Carlson	19:14	18	Ikaika Dankowski	28:32
9	Ford Charman	19:59	19	Jason Hamill	28:58
10	Thomas Barker	20:21	20	Robert Sanders	29:59
			21	Zack Ford	31:29
			22	Mark Smith	43:30

MALE AGE GROUP: 25 - 29

1	Fred Wiechmann, Jr.	21:10	18	Justin Hutsell	29:23
2	Michael Ketterer	21:15	19	Michael Gwatney	29:28
3	Nathan Daugherty	22:15	20	Chris Watson	29:38
4	Lim Seang	22:10	21	Jay Curtin	30:13
5	Lee Morse	23:34	22	James Simpson	30:56
6	Jeremy Cardwell	23:36	23	Chris Morrison	31:01
7	Christopher Seal	24:16	24	Dominic Tutera	32:12
8	Brian Sparks	25:18	25	Jason Irvin	32:17
9	Britt Reid	25:18	26	Jon Vincent	32:23
10	Zachary McCarty	25:18	27	Michael Zwicknagel	32:45
11	Patrick Johnson	26:20	28	David Boff	33:24
12	Matt Moore	26:23			
13	Jason Cox	26:23			
14	Travis Roland	26:59			
15	Skeeter Chapman	29:11			
16	Brandon Lewis	29:27			
17	Wes Thacker	29:53			
18	John Connor	30:03			
19	Tim Vita	30:30			
20	David Massey	31:55			
21	Rodney Gass	32:35			

MALE AGE GROUP: 30 - 34

1	Russell Barry	20:42	1	Salvador Alcantara	17:40
2	Jon Hess	21:18	2	Phillip Avans	21:13
3	Jeremy Gwin	22:01	3	Bret Renfroe	21:28
4	Chad Slaughter	22:13	4	Ryan Shrum	22:33
5	Chris Wilson	22:27	5	Kevin Brown	22:42
6	Brian Garots	22:51	6	Rich Heinsman	22:52
7	Jason Gehrlein	22:52	7	Brian Beavers	24:04
8	Jon Ritterbush	23:22	8	Jeff Connor	24:10
9	Mayak Sharma	23:40	9	Greg Sumrall	24:56
10	Trey Campbell	24:03	10	Greg Loving	25:39
11	Tim Willis	24:28	11	Jim Morrison	26:01
12	William Kaska	25:13	12	Shawn Reynold	26:10
13	Joel Hallman	26:16	13	Eric Clymer	26:29
14	Jeffrey Wood	26:44	14	Mike Rouse	26:34
15	Brian Morris	27:12	15	Thomas Cannon	26:57
16	Richard Llewellyn	27:21	16	John Smith	27:24
17	Scott Smith	28:15	17	Ali Reza Zarrabi	28:14
			18	Chaz Brown	28:20
			19	Jim Kumber	29:19
			20	W. Gibson III	30:19
			21	Roger Batchelor	30:43
			22	Hunter Griffith	30:53
			23	Chris Arnt	31:03
			24	Frank Matthews	31:32
			25	Mark Wisdom	32:30
			26	Charles Sweeney	33:58
			27	Bill Brueckner	35:47
			28	Mike Bates	42:21

BlueCross Riverbend Run 5K Results – 2006

MALE AGE GROUP: 40 - 44

1	Juan Alcantora	19:17
2	Lee Simril	19:23
3	Bill Minchan	19:40
4	Brian Reed	20:17
5	Michael Evers	22:47
6	David Mullen	23:39
7	Howard Reagor	25:24
8	John Roberts	25:29
9	Lyle Swartzel	25:33
10	Monty Riley	25:56
11	Dennis Holmes	26:01
12	Bruce Roberts	27:05
13	Brian Crooks	27:27
14	Gary Brainerd, Jr.	28:22
15	David Eaton	29:00
16	Mark Wimberly	29:59
17	Keith Johnson	30:06
18	Jeff Henly	30:22
19	Thomas Grein	31:06
20	Carl Vining	32:59
21	Tim Ames	33:27
22	Rob Harrison	35:35

MALE AGE GROUP: 45 - 49

1	Mitch Samuelian	20:48
2	Stephen Martin	21:09
3	Douglas Daugherty	21:38
4	Craig Morris	22:26
5	Walter Stamper III	24:32
6	Eric Carlson	24:59
7	Barry Brock	25:04
8	Barry Simpson	25:44
9	Sam Wills	25:59
10	Gary Ray	26:02
11	Mike Fox	26:23
12	Kris Phillips	26:24
13	David Halicks	28:19
14	Brad Yates	28:44
15	Mark Hales	29:19
16	Jimmy Eller	30:06
17	Jere Ownby	40:20
18	Chris Overton	43:09
19	Michael Swan	43:39

MALE AGE GROUP: 50 - 54

1	Bobby Smith	21:21
2	Marvin Watson	22:22
3	Carey Watson	23:57
4	Spencer Evans	25:19
5	Rick Whitt	25:42
6	David Mouron	26:25
7	Richard Rogers	26:39
8	Don Lastine	27:33
9	Mike Eaves	28:34
10	Steve Brooks	28:59
11	John Mullins	29:35
12	Bill Moran	33:06
13	Bill Riner	33:41
14	Verlin Tucker	37:51
15	Mel Walters	44:58

MALE AGE GROUP: 55 - 59

1	Joe Axley	21:26
2	Fred Wiechmann	21:33
3	Gary Taylor	22:55
4	Robert Mecanko	24:24
5	Mike Mason	24:36
6	Larry Leigh	24:36
7	David Sanders	24:37
8	Mike Naugher	25:54
9	Earl Kelle	26:30
10	Bob Cuter	27:02
11	Terry Hoye	27:13
12	Bill Henderson	27:18
13	Jim Hamblen	29:38
14	Don Stites	30:23
15	James Patching	30:35
16	Charlie Breeding	31:28
17	Rob Archer	31:32
18	Roy Webb	31:48
19	Charlie Edwards	32:22
20	Gary Thomas	36:08
21	Dan Woughter	37:15
22	Jerone Dietrich	45:21

MALE AGE GROUP: 60 - 64

1	Allen Buquo	21:48
2	John Elliott	22:47
3	Jim Selman	25:42
4	Rocco Lepere	30:36
5	Ben Rains	31:46
6	David Wycherley	32:05

MALE AGE GROUP: 65 - 69

1	Ronnie Bryson	22:52
2	Doug Hawley	24:37
3	Dick Orendorff	28:59
4	Dan Johnson	30:52
5	Win Billingsley	35:55
6	Lee Meadows	38:06

MALE AGE GROUP: 70 - 99

1	Johnny Adams	26:01
2	Bill Kleber	29:37
3	David Bishop	32:15
4	Bruce McDuffie	54:30

FEMALE AGE GROUP: 1 - 8

1	Erin Hall	25:39
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FEMALE AGE GROUP: 9 - 12

1	Caitlin Duggan	28:37
2	Lindsay Rufolo	30:20
3	Carissa Conner	34:09
4	Alli Frye	47:04

FEMALE AGE GROUP: 13 - 18

1	Charity Blai	21:54
2	Allison Mayhew	22:54
3	Jessica Moore	24:40
4	Stephanie Shipley	24:41
5	Sydnee Bowman	25:55
6	Jackey Sutton	26:10
7	Meredith Milligan	26:26
8	Jenny Rose Dodds	27:04
9	Ella Yates	28:39
10	Katelyn Campbell	28:45
11	Evelyn Holladay	29:12
12	Megan Eller	30:01
13	Ashley Riner	30:25
14	Lydia Gennett	30:29
15	Lisa Gage	30:33
16	Jennica Melendez	30:59
17	Nicole Grein	31:14
18	Jessica Bradbury	31:56
19	Elizabeth Beem	34:37

FEMALE AGE GROUP: 19 - 24

1	Ashley Manning	22:02
2	Alana Retseck	24:16
3	Laura Kilpatrick	25:32
4	Leah Dennis	26:04
5	Kristen Fischer	27:24
6	Logan Tiller	27:25
7	Blythe Broom	27:35
8	Rebecca Ketterer	28:06
9	Laura Roop	28:12
10	Shellie Underwood	28:24
11	Sarah Kuchenreuther	28:36
12	Cherish Cleghorn	28:58
13	Lisa Brown	29:08
14	Heather Scarabrough	29:46
15	Amanda Arrants	29:59
16	Katie Bailey	29:59
17	Lori Drake	30:00
18	Sheri Goulart	30:12
19	Elizabeth Rushworth	30:18
20	Elizabeth Mortellaro	31:07
21	Antigone Davoulas	31:33
22	Jade Stone	34:12
23	Hannah Rutledge	34:18
24	Catherine Moran	37:24
25	Laura Moran	37:27
26	Tara Weaver	40:05

FEMALE AGE GROUP: 25 - 29

1	Kari Gentry	26:57
2	Jennifer Harper	27:17
3	Krissy Llewellyn	27:21
4	Angela Cecil	29:15
5	Naylene Orr	29:17
6	Tracy Hester	29:41

7	Kelly Grubbs	29:41
8	Kelly Hemming	30:38
9	Jennifer Hewitt	30:54
10	Mary Stone	31:27
11	Allison Best-Tutera	32:12
12	Kristin Clouse	32:54
13	Catherine Miller	33:27
14	Sandra Townsend	33:39
15	Augusta Webb	33:42
16	Anne Craven	33:56
17	Stephanie Todd	34:13
18	Amy Griffith	34:20
19	Shannon Kincer	35:15
20	Katie Connor	35:59
21	Rachel Evans	36:12
22	Hannah Ginese	37:18
23	Jenny Holcombe-Curry	44:26
24	Candice McCallie	47:48

FEMALE AGE GROUP: 30 - 34

1	Gwendolyn Connelly	26:24
2	Stacie Ledridge	26:47
3	Lauren Moore	27:11
4	Amy Beavers	27:35
5	Lisa Montelongo	29:36
6	Michelle Fowler	29:36
7	Paige Phillips	30:52
8	Jennifer Chestnut	30:56
9	Elizabeth Simpson	30:56
10	Emily Breeding	31:22
11	Andrea Irvin	31:31
12	Mary Beth Sweeney	31:46
13	Kari Tittsworth	32:49
14	Jennifer Somerville	33:18
15	Talia Welsh	33:31
16	Danielle Landrum	33:39
17	Dawn Bradley	34:02
18	Manda Gwatney	34:33
19	Kim Hale	35:30
20	Destin Griffin	35:46
21	Jeri Rector	36:53
22	Marka Wortman	37:32
23	Laura Manis	38:37
24	Mona Reeves	39:47
25	Tracy King	40:06
26	Trinette Ballard	48:55

FEMALE AGE GROUP: 35 - 39

1	Heather McLean	24:42
2	JoAnna Johnson	26:02
3	Christine Marston	26:56
4	Sonya Reagor	27:15
5	Kimberly Grimm	27:24
6	Angie Rouse	27:55
7	Erin Lindley	29:02
8	Sarah Larisey	29:28
9	Sherry Ames	29:31
10	Nikki Mattson	29:42
11	Amy Culton	29:48
12	Deanna Eaton	30:26
13	Christie Birdwell	30:34
14	Patrice Batchelor	30:43
15	Misty Heinsman	30:46
16	Bridgette Wisdom	32:30
17	Gina Howard	32:34
18	Melissa Boff	33:23
19	Leslie Wortman	33:28
20	Lisa Wood	33:50
21	Judith Daniels	34:28
22	Dana Rooney	35:50
23	Teresa Lynch	41:18
24	Teresa Bates	42:21
25	Christy Callaway	44:50
26	Jolee Carter	47:05

FEMALE AGE GROUP: 40 - 44

1	Margie Bruner	23:46
2	Connie Mills	25:04
3	Lauren Hunt	25:48
4	Nikki Thomas	26:26
5	Mary Ann Zwicknagel	30:23
6	Susan Hughes	30:44
7	Angela Bradbury	31:58
8	Ginger Duggan	32:11
9	Tammy Brown	34:06
10	Laura Rufolo	34:30
11	Allison Cardwell	34:38

12	Corinne Henderson	34:43
13	Gina Griffin	38:50
14	Angie Wynn	40:23
15	Debra Horn	40:35
16	Dana Perry	40:46
17	Garnette Thomas	40:54
18	Sherry Smith	43:30
19	Debra Gates	44:27
20	Bonnie Eaton	50:23

FEMALE AGE GROUP: 45 - 49

1	Colleen Gordon	26:13
2	Donna Dowlen	26:31
3	Beverly Bales	29:23
4	Sally Hoffman	30:31
5	Susan Gallo	30:42
6	Mary Thorne	30:59
7	Pam Kiper	32:19
8	Janice Wycherley	32:28
9	Mary Robinson	36:16
10	Connie Powell	36:39
11	Yvonne Kilpatrick	38:52
12	Brenda Whiteside	41:39

FEMALE AGE GROUP: 50 - 54

1	Brenda Ross	24:52
2	Eileen Johnson	26:55
3	Theresa Samuelian	28:14
4	Libby Smith	28:57
5	Helen Sanders	29:59
6	Anne Louise Horgan	32:21
7	Judy Young	32:31
8	Anne Kerley	33:09
9	Vicky Werner	35:15
10	Jean Tucker	37:51
11	Janet Nelson	41:40
12	Patricia Downing	43:26

FEMALE AGE GROUP: 55 - 59

1	Frances Archer	31:32
2	Leslie Rains	32:37
3	Kathleen Noll	34:28
4	Trisha Dietrich	47:03

FEMALE AGE GROUP: 60 - 64

1	Ann Garner	35:05
2	Ruth Turse	40:09

FEMALE AGE GROUP: 65 - 69

1	Billie Phifer	35:26
2	Susan Harrison	42:43

FEMALE AGE GROUP: 70 - 99

1	Susie Bishop	36:50
2	Marian Gardner	52:21

BlueCross Riverbend Run

10K Results - 2006

MALE OVERALL RESULTS

1	Colin Sullivan	33:15	6	David Moghani	48:16
2	Geno Phillips	34:27	7	Matt McLelland	48:56
3	Chad Dean	35:14	8	Ryan Taylor	50:45
			9	Brent Ashley	50:47
			10	Scot Davis	50:53

MALE MASTERS OVERALL RESULTS

1	Hugh Enicks	36:23
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FEMALE OVERALL RESULTS

1	Jan Gautier	39:48
2	Suzanne Walker	41:19
3	Gretchen Hammel	44:16

FEMALE MASTERS OVERALL RESULTS

1	Susan Hales	49:02
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MALE AGE GROUP: 9 - 12

1	Grant Bowers	1:04:43
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MALE AGE GROUP: 13 - 18

1	William Enicks	39:59
2	Jake Cook	46:20
3	Marco Bianchini	53:01

MALE AGE GROUP: 19 - 24

1	Matt Jenkins	38:45
2	Todd Stevenson	44:13
3	Jeremy Williams	45:55
4	Justin Maynard	53:52
5	Michael Stone	57:02
6	Wesley Easter	59:20
7	Arthur Chung	59:20
8	Aaron Reid	1:21:34

MALE AGE GROUP: 25 - 29

1	Kevin Bouchar	36:58
2	Troy Ketchum	38:00
3	Steve Burtis	43:26
4	Daniel Shrum	43:45
5	Patrick St. Charles	45:02
6	Thomas Auten	45:05
7	Adam Webb	45:28
8	Kenton Johnston	47:09
9	Paul Smith	47:50
10	Donnie Mullins	50:57
11	Joel Swanson	52:23
12	Mark Coffman	52:31
13	Alex Scott	52:39
14	Bill Copeland	53:02
15	Jeff Rawles	54:05
16	Rusty Mawk	58:16
17	Justin Schumacher	1:05:46
18	Matthew Bartholomew	1:18:46

MALE AGE GROUP: 30 - 34

1	Michael Drew	42:50
2	Steve Thaxton	43:18
3	Matthew Hurst	44:39
4	Brian Peters	44:41
5	Shannon Coley	45:49
6	William Payne	46:21
7	Curt Sims	46:25
8	Eric Landrum	46:38
9	Randy Malone	47:07
10	Andy Gill	48:52
11	Lance Steel	49:00
12	Michael Spillman	49:20
13	Steven Moore	50:55
14	Jeffrey Tieder	50:57
15	John Green	51:19
16	Matt Goldstein	52:28
17	David Wyke	54:45
18	Carmen Felus	55:51
19	Matthew Rack	56:26
20	Spencer Morgan	57:25
21	PJ Powell	57:58
22	Timothy Sigiba	58:49
23	Brendan Buechel	1:01:28
24	Nathan Kile	1:01:49
25	Brian Smith	1:02:14
26	Brandon Test	1:02:17
27	Jeff Horn	1:06:47

MALE AGE GROUP: 35 - 39

1	Joe Sneed	38:01
2	Jim Farmer	42:07
3	Daniel Uson	44:30
4	Chris Rutledge	46:05
5	Dale Burrell	46:18

6	David Moghani	48:16
7	Matt McLelland	48:56
8	Ryan Taylor	50:45
9	Brent Ashley	50:47
10	Scot Davis	50:53
11	Rick Hicks	51:29
12	Scott Michael	51:30
13	Robert Estoye	53:03
14	Bill Baker	53:16
15	Glenn Smith	54:21
16	Eddie Tate	54:25
17	John Turner	55:51
18	Richard Moody	57:39
19	Will McCalley	57:53
20	John Riddle	58:07
21	Jason Eslinger	58:56
22	Chris Potter	59:57
23	Dane Barasoam	1:11:16

MALE AGE GROUP: 40 - 44

1	Dan Stanley	40:05
2	David Wilson	40:18
3	Thomas Nissalke	43:55
4	Robert Mingus	46:19
5	Kurt Lammon	46:55
6	Jeff Cochran	47:48
7	Ricky Park	48:15
8	Ray Kellum	48:58
9	Joey Howe	49:00
10	Paul Talbott	49:39
11	Craig Grimm	49:59
12	Rodney Worden	51:59
13	Steven Bush	53:19
14	Bruce Nichols	54:40
15	Rodney Mathis	54:47
16	Ray Beem	55:02
17	Rory DeWeese	57:58
18	Chris Cornett	59:21
19	Charles Billingsley	1:04:14
20	Miles Terry	1:04:22
21	Kenneth Struthers	1:10:43
22	Tharmon Wynn	1:16:32

MALE AGE GROUP: 45 - 49

1	Chad Varga	37:05
2	Jeffery Dudas	39:38
3	Randy Whorton	41:20
4	Gregg Hansen	41:35
5	Mark Miller	41:50
6	Don Gregg	42:19
7	William Coll	43:29
8	Rick Loggins	43:50
9	Greg Nelson	45:23
10	Danny Gill	45:29
11	John Turner	45:37
12	Brent Gamble	46:09
13	John Wikle	46:42
14	Greg Bruner	47:33
15	Steve Golden	48:29
16	Van Ford	48:47
17	Terry Hampton	50:40
18	Edward Kern	50:57
19	Michael Leary	51:02
20	Butch White	51:48
21	Chris Kleehammer	51:54
22	Richard Meek	52:07
23	Allen Hughes	53:07
24	Steve Smalling	53:15
25	John McCluskey	53:55
26	Joe Brown	55:08
27	Bill Brock	57:37
28	Jim Bronstien	58:24
29	Robert Riden	59:37
30	Carl Holladay	1:02:54
31	Robert Tramel	1:03:55
32	Kent Bowers	1:04:54
33	Bill Rush	1:05:58
34	Sanford Hall	1:07:55

MALE AGE GROUP: 45 - 49

1	Dan Stanley	40:05
2	David Wilson	40:18
3	Thomas Nissalke	43:55
4	Robert Mingus	46:19
5	Kurt Lammon	46:55
6	Jeff Cochran	47:48
7	Ricky Park	48:15
8	Ray Kellum	48:58
9	Joey Howe	49:00
10	Paul Talbott	49:39
11	Craig Grimm	49:59

12	Rodney Worden	51:59	13	Virginia Mullins	1:07:31
13	Steven Bush	53:19	14	Michelle King	1:13:18
14	Bruce Nichols	54:40	15	April Baker	1:23:43
15	Rodney Mathis	54:47			
16	Ray Beem	55:02			
17	Rory DeWeese	57:58			
18	Chris Cornett	59:21			
19	Charles Billingsley	1:04:14			
20	Miles Terry	1:04:22			
21	Kenneth Struthers	1:10:43			
22	Tharmon Wynn	1:16:32			

MALE AGE GROUP: 50 - 54

1	Mitch Keebler	39:10
2	John Walker	42:34
3	John Harrison	43:33
4	Danny Casteel	45:32
5	Randy Wood	48:56
6	David Gregory	49:00
7	Robert Knies	49:58
8	Mark Brooks	50:04
9	Bob Sikorski	50:46
10	Richard Devine	51:58
11	Michael Walker	52:10
12	Harrell Cox	54:09
13	Jerome Ferrari	54:41
14	Doug Roselle	55:04
15	Rich Mercer	55:35
16	Ken York	1:01:28
17	Don VanLandingham	1:07:38

MALE AGE GROUP: 55 - 59

1	Mike Martin	45:05
2	Richard St. John	47:57
3	Flash Cunningham	48:59
4	Iman Majid	51:02
5	Tom Wolfe	54:43
6	John Hampton	56:42
7	Tom Downing	58:13
8	H. Clay Thompson	59:17
9	David Thompson	1:01:09

MALE AGE GROUP: 60 - 64

1	Bobby Ogle	45:53
2	Russ Haynes	55:37
3	Cyrus Rhode, Jr.	55:57
4	Nicholas Flaco	58:57
5	Roy Dye	1:01:55
6	Don Vining	1:02:12
7	Dan Bailey	1:10:50

MALE AGE GROUP: 65 - 69

1	Sergio Bianchini	44:35
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MALE AGE GROUP: 70 - 99

1	B.P. Daniel	1:24:35
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FEMALE AGE GROUP: 9 - 12

1	Shelby Balch	59:03
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FEMALE AGE GROUP: 13 - 18

1	Chantal Dye	53:48
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FEMALE AGE GROUP: 19 - 24

1	Alicia Dumont	47:47
2	Mallory Kirkland	51:14
3	Aden Rogers	52:16
4	Jourdan Shockey	53:49
5	Julia Davis	54:38
6	Courtney Roark	54:48
7	Lora Liu	56:22
8	Amber Brodie	58:22
9	Elizabeth Inskip	58:53
10	Janie Mayo	58:54
11	Amber Collins	59:11
12	Andrea Anderson	59:28
13	Karrah Leary	1:00:55
14	Anna Cable	1:01:37
15	Lindsey Eck	1:01:49
16	Elizabeth Park	1:01:51
17	Melissa Hicks	1:02:25
18	Beth Hicks	1:02:57
19	Annette Schumacher	1:05:46
20	Lee Feeley	1:13:26

FEMALE AGE GROUP: 25 - 29

1	Michelle Meek	50:18
2	Kathryn Copeland	50:21
3	Rebecca Northern	51:42
4	Kellye Ketchum	54:39
5	Robin Bishop	55:28
6	Elizabeth Stewart	56:40
7	Erika Cooke	58:05
8	Kristie Wilder	58:46
9	Erica Hutsell	59:12
10	Katie Ward	1:00:00
11	Julie Moran	1:02:53
12	Kimberly Hardman	1:03:29

FEMALE AGE GROUP: 30 - 34

1	Denys Tawzer	47:23
2	Rachel Wilson	48:55
3	Dreama Campbell	49:01
4	Misty Griffin	49:36
5	Emily Buyer	55:45
6	Charlene Simmons	57:37
7	Tanja Benton	57:45
8	Lisa Drew	58:10
9	Stacy Eiselstein	59:28
10	Anita Talbott	1:00:54
11	Misty Mann	1:02:00
12	Gena Schmid	1:03:36
13	Jennifer Dewey	1:08:21
14	Amy Tyrrell	1:12:39
15	Tracy Hoose	1:15:00
16	Kim Turner	1:16:22
17	Cherise Felix	1:23:44

FEMALE AGE GROUP: 35 - 39

1	Belinda Young	46:38
2	Kelly Bullock	47:15
3	Anna Morgan	49:12
4	DeeDee Wamsley	52:32
5	Tara Murdock	52:38
6	Tracie Dennis	53:50
7	Nancy Dodson	53:59
8	Theres Reed	56:32
9	Raquel Jones	56:37
10	Janque Vining	1:02:12
11	Lisa Flint	1:16:22

FEMALE AGE GROUP: 40 - 44

1	Janice Cornett	51:07
2	Missi Johnson	53:51
3	Lisa Edwards	54:54
4	Maria Hansen	55:01
5	Mary Johnson	55:07
6	Gwen Meeks	55:39
7	Kimberly Atkins	55:43
8	Theresa Carr	55:54
9	Jennifer Caldwell	57:44
10	Bernice Delaney	57:47
11	Christine Post	57:53
12	Janna Martin	57:57
13	Michelle McCluskey	1:00:54
14	Sharon Armour	1:01:40
15	Judy Fagan	1:03:59
16	Laurie Brown	1:05:37
17	Kim Ford	1:06:37
18	Laura White	1:13:00

FEMALE AGE GROUP: 45 - 49

1	Sharon Owens	50:28
2	Lynda Webber	52:32
3	Sharon Grainger	53:22
4	Patricia Quick	53:39
5	Cindy Richie	55:05
6	Teresa Wade	55:34
7	Linda Andrae	57:17
8	Millicent Flake	1:02:50
9	Carol Martin	1:02:52
10	Cathy Messier	1:07:12
11	Pamela Cuzzort	1:10:41
12	Beth Gaffney	1:20:41
13	Nancy Mundy	1:21:11

FEMALE AGE GROUP: 50 - 54

1	Sarah Bowen	51:17
2	Amy Mullens	57:55
3	Ann Walker	58:37
4	Lenora Pou	1:10:32

FEMALE AGE GROUP: 55 - 59

1	Baiba St. John	59:10
2	Joan Hearn	1:04:10
3	Ann Wolfe	1:17:14

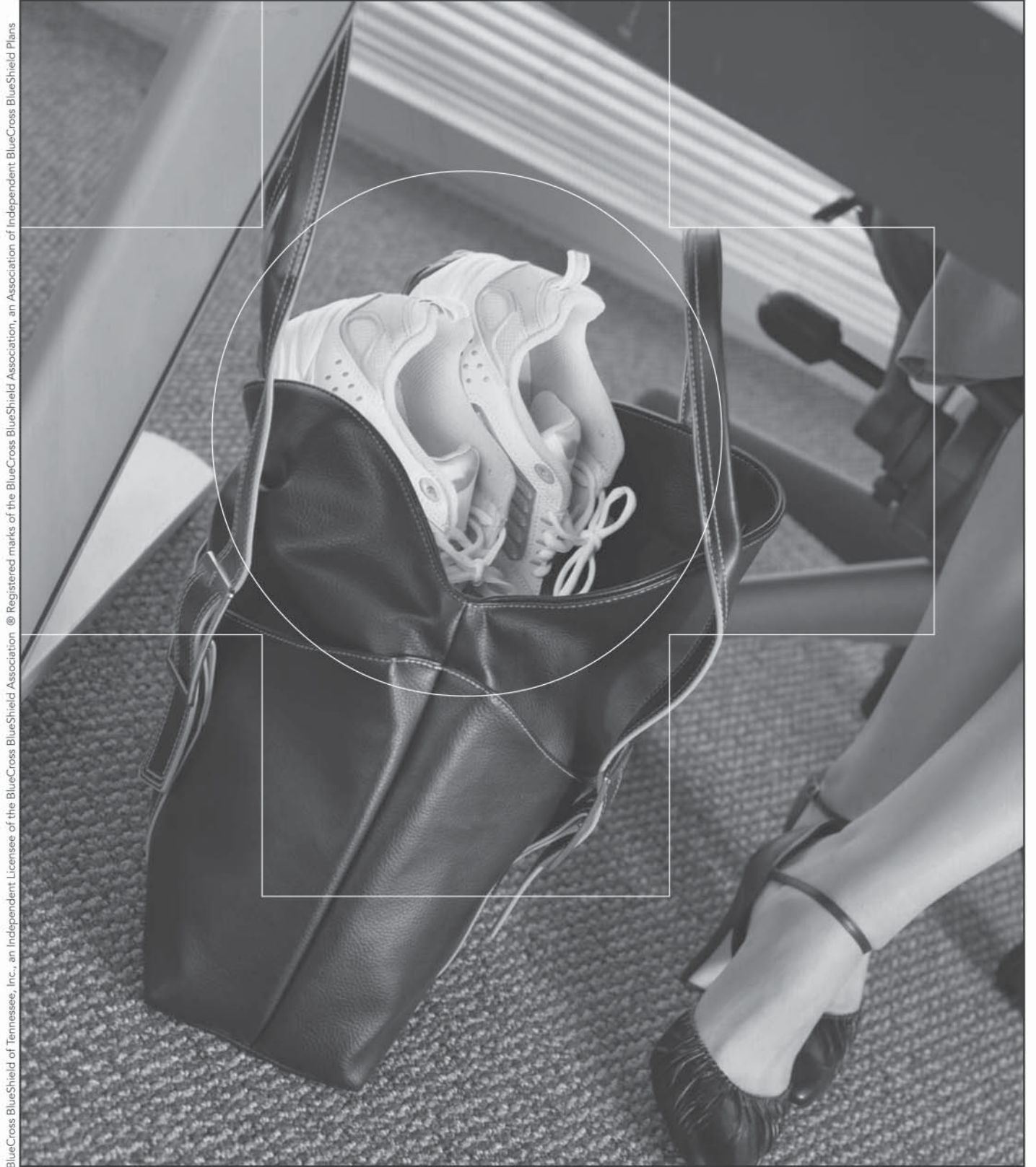
FEMALE AGE GROUP: 60 - 64

1	Sue Anne Brown	54:14
2	Marie Robinson	1:03:34
3	Bonnie Wasson	1:15:00

FEMALE AGE GROUP: 65 - 69

1	Judy Kirchoffer	1:08:42
2	Edwina Cohen	1:47:00

FEMALE AGE GROUP: 70 - 99



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Walk, and run better

By Martin Barnard

Runners are willing to try just about anything to get faster, or to somehow get more out of training fartlek, intervals, heart-rate monitors, carbo gels, and even LSD (the running kind, that is). But walking? For that serious runner who is about to turn the page with a smirk, read on. Once commonly viewed as a sign of weakness, walking is emerging as a useful training tool to boost your running performance.

The idea of adding walks to runs in training and during long races certainly isn't new, but it has been winning converts in recent years, especially with the resurgence of the marathon. Walking can be a useful tool for runners of all abilities. Let me outline six ways that walking can help your running.

Surviving a long race

Joe Henderson, the West Coast editor for Runner's World, is a lifelong runner who has written about running for over 25 years. Henderson, once a self-described "running purist," lived by the words "Real runners don't take walks." Now he is a crusader of walks for runners and claims that walking has saved his marathoning career. After mileage-limiting surgery, Henderson thought he would be forced to give up marathons altogether. Now he's averaging two marathons a year. Henderson states, matter of factly, "I wouldn't be finishing any marathons without the walks."

Walking breaks dramatically reduce the stress of continuous running on the legs, without a loss in aerobic benefit. In fact, many runners report that they can cover two and three times the maximum distances they could attempt without walking breaks. If you've entered a long race but just haven't been putting in the miles, consider taking walking breaks during the race. Or if you're thinking of moving up from 10Ks to half-marathons, half-marathons to full marathons, or marathons to ultra-marathons, short walking breaks may be just the boost you need to cross the finish line.

Exactly how long should your walking breaks be? Over the years, Henderson and Jeff Galloway, another walking advocate, have experimented with lengths of walking breaks in search of the best ratio of running to walking. Independently, both arrived at the formula of one minute of walking every 10 minutes, which translates into six minutes of walking per hour. There is no magic formula for exactly when to slow down, but for marathons, Henderson suggests slowing at every aid station, or every few miles. The one in 10 formula translates to 48 seconds of walking per aid station, if you are running 8-minute miles. Walking through the aid stations will also have an important side benefit you'll have time to take in lots of liquid as you go by.

Increasing your weekly mileage

How many times have you heard after a race, "If only I could have squeezed in more miles in training..." Easier said than done. The biggest problem with adding mileage is that it can lead to every runner's nightmare a downward spiral of injury or overtraining. Walking can help avoid this problem both by extending the distance of the long run and by reducing the impact of extra mileage.

If you include a long easy run in your program to build up endurance, then walking can help. For marathoners, half-marathoners, and 10K runners, those long aerobic runs can really punish the body. Walking breaks can make the long runs a little less taxing on the body, so you can recover faster. Depending on your schedule, a quicker recovery might make it easier for you to handle some of the faster miles, making the rest of your training week more productive.

The best way to find out is to experiment. Test Henderson and Galloway's formula, or try your own time frame. Make sure that you insert the walks early enough in the workout or race to reap the benefits later. If you don't take a break until your body starts screaming, you've waited too long. Ideally, you should feel good throughout the long runs and stop when the time is up not because you have to.

Regaining fitness

If you're a beginner just starting out or an experienced runner returning from injury, walking can help you reach your goals faster. When you're out of shape, a training run can seem daunting, especially if you are used to covering the distance with ease. Running harder for shorter bursts is more effective for elevating your fitness level than slugging it out slowly without stopping.

Jack Daniels, head cross country and track coach at State University at Cortland, N.Y., studied the benefits of walking and running for beginners. In a study for Nike, Daniels examined the effects of walking on a group of sedentary women between the ages of 20 and 40. The women participated in four 3-week stints of either continuous running or a combination of walking and running. They exercised for three days each week, ranging from 20 minutes a day during the first 3-week period to 45 minutes a day in the final three weeks. The greatest improvements were realized by the group that mixed walking and running.

Daniels explains, "In effect, the walking breaks turned the workouts into a big interval session, which allowed [the women] to go faster than continuous running for the same amount of time."

The same technique can be used for returning from injury. If your legs can only put up with limited miles, then walking breaks will help you to cover the running miles much faster, which will speed your return to fitness.

Burning fat

Owen Anderson, editor of Running Research News, theorizes that walking during your hard training runs may be a way to burn more fat. As exercise intensity increases, blood flow to the working muscles goes up to ensure that the muscles get a steady supply of oxygen. The problem with this is that most of the free fatty acids (FFA) released from fat cells during exercise are not located in the muscles they are released from fat stores. Because most of the blood is in the muscles, the FFAs have a difficult time getting circulated to be metabolized as fuel. During a walking break, however, the heart rate drops and the blood is diverted away from the muscles and back into the central core of the body. This increases the concentration of FFAs in the blood, so that when exercise resumes, the blood flows back into the working muscles where the FFAs can be used as fuel.

Another benefit of walking breaks is that they can lengthen the time you spend exercising, which in turn burns more calories during the workout. If you are trying to lose weight, this may be a way to add volume to your workouts without adding stress to your body.

Warming up and cooling down

Walking seems to be a natural activity for warming up and cooling down, since it uses a lot of the same muscles as running. Henderson recommends walking as a good way to ease into a run or slowly wind down from a hard workout. Anderson, however, sees walking only as a form of recovery for non-workout days. He explains, "Not many elite runners use walking for warm-up or cool-down."



Before a difficult workout, jogging may still be the best way to warm-up to get your heart rate up relatively quickly and blood flowing to the working muscles. For those workouts, try walking before jogging to bring the heart rate up to jogging speed, then jog to bring the heart rate up to workout speed.

The same applies to the cool-down. Walking during a cool-down is a form of active recovery, which helps clear the lactic acid out of the muscles faster than if you come to a dead stop. Jogging may be more effective after a hard workout, but usually walking is a more comfortable way to cool down especially in the heat. You'll have to experiment to find out what works best for you.

Cross-training

The jury is still out on using walking as cross-training. The Penn State Sports Medicine Newsletter says that "fitness walking is a good cross-training technique because it involves different muscle groups and different biomechanical motions" than running. Henderson agrees. He recommends walking for cross-training because it "is as close to running as you can get." Walking also fits your schedule and budget just as well as running does other forms of cross-training require extra equipment, time, and/or money.

However, Anderson believes that there are several better cross-training choices for runners. He explains, "I would rank walking behind activities like cycling, weight training, aqua-running, and the Stairmaster." Anderson cited several studies that have shown cycling and aqua-jogging to be very useful to runners, but "there has been very little evidence to support walking."

Daniels believes that cross-training is fine, but he cautions against replacing running workouts with walks. He believes that walking can be beneficial in addition to regular training but that it is no substitute for weekly mileage. Daniels adds, "If the cross-training helps you avoid injury, then it would certainly benefit you, but only because you would be able to run more."

So whether you're a beginner runner just starting out or a hard-core pavement pounder, walking can benefit your running. In your efforts to go farther and faster, don't forget one technique that might help you get there in record time slowing down all the way to a walk.

How walking helps your running

1. Helps you survive a long race on a reduced training base.
2. Extends the distance of long runs while reducing wear and tear on your legs.
3. Improves fitness faster if you're just starting or are returning from injury (interval effect).
4. Burns more fat by mobilizing free fatty acid stores during walking breaks, and burns more calories by extending the length of your workouts. Increases aerobic training when your body can't handle more mileage (cross-training effect).
5. Eases you into your run when warming up and helps you actively recover while cooling down.

Originally from Toronto, Canada, Martin Barnard has degrees in both economics and kinesiology. He is an acquisitions editor for Human Kinetics. Before landing in Illinois, Martin was a Contributing Editor for Rocky Mountain Sports magazine and a Contributor for Inside Triathlon magazine in Boulder, Colorado.

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There's a New Race in Town!

By Theresa Samuelian

Looking for a new running venue? Tired of downtown races???

Come join us in starting a new tradition in the Chattanooga Area. On August 26, 2006, TVA together with the Chattanooga Track Club will host this inaugural race - Raccoon Mountain – Round the Rim Run - a 10K & 5 K run with a 5K walk. The race will take place at the Raccoon Mountain facility with the start and end of the race at Laurel Point. Participants need to arrive at the race start prior to the access gate being closed. The access gate will close at 7:00 AM EDT. The race will start promptly at 7:30 AM EDT. There is ample space for parking. The course is free of traffic and there is an abundant

supply of clean air! The 10 K course will take participants around the reservoir with incredible views of the surrounding mountains and the Tennessee River. Some runners may even catch unregistered participants- wild turkeys and deer- checking out the course! Numerous trees will provide participants shade. The 5K is an out and back run that follows the reservoir dam. August can be hot and humid so there are several water stops on the course.

After the race, enjoy race fare provided by Panera Bread, Greenlife Grocery and Coca-Cola. Relax among the trees and listen to the sounds of live music while anxiously hoping that your race number will be called for one of the great door prizes provided by Tennessee Aquarium, Cold Stone Creamery, Smoothie King, Natural Body, Boathouse, and Easy Seafood to name a few. Race awards for overall winners and age group winners three deep promise to be unique.

So what are you waiting for? Race applications can be found around town at running stores, Sports Barn, YMCA, in this copy of Jogging Around or you can register at Active.com. Additional information can be found at www.chattanoogatrackclub.com or contact race Director – Theresa Samuelian at t_samuelian@comcast.net for questions. See you on the 26th!

Life Is an Adventure Race

By Jim Farmer

Adventure racing defines me. That was quite an epiphany when my wife dropped this bombshell while discussing life, the universe and everything one evening. Maybe I just hadn't given it much thought or I just couldn't see the forest for the trees. Either way, I had been plodding along, day after day, week after week, race after race, not realizing what this sport had done to my life and to everything and everyone around me. Meeting my old friend Brad for lunch the other day, his first question was "What race did you do THIS weekend?" Not, "How are you?" or "Whatcha been up to lately?" but "What race did you do THIS weekend?" I have to admit, I was a little dismayed. Perhaps, post-epiphany, I was a little bit sensitive to it. But he was right. I immediately went into my dissertation on the thirty-hour, gut-busting, pain-fest that I endured on Saturday while he was probably spending the afternoon grilling out and water skiing on his boat with his lovely wife. I left my lovely wife at home on her birthday that weekend. What the hell am I doing?

I had struggled for a long time with finding my passion in life. I tried academics, career, community service and even other sports. I loved adventure racing though, right from the get-go. But at first, I was simply a guy that "did" adventure races and still had a career and a life. Somewhere along the way I become "an" adventure racer. I guess it's difficult to see your own personal transformations. Sure, I have a different body, a different lifestyle, different friends, etc. But I just didn't wake up one day and "poof", I'm an adventure racer. It was a long, drawn out process. It was an evolution of sorts, and just like the Darwinian processes at work in nature, things just don't happen overnight.

Now don't get me wrong here. I still have a life outside of racing. Carol and I both pride ourselves in our volunteer work and heavy involvement with several non-profits. We also have successful careers and plenty of friends both inside and outside of adventure racing. But when it comes down to it, I eat, sleep and drink this sport. I dream about it. I'll go back over old race maps and relive epic battles in my head. I have to take an Ambien the night before a race because I'm so juiced about the upcoming carnage. Sometimes, I can't get to sleep the night after a race, even after ones that last more than a day, simply because I have trouble coming down from it all. The maps dance in my head. I can still see the topographical features from critical parts of races that happened months and even years ago. It's freaky. But I can't help myself.

Work has simply become a way to support my habit (I hope my boss doesn't read this). I can't wait to get done with a piece of code that I'm developing so that I can peruse the message boards or fire up Google Earth to scout out the area for an upcoming race. And there's always an upcoming race. There's no off-season. I don't think I've ever raced in December before, but that's the only month on the calendar that I could consider an off-season. Don't tempt me though. I'm sure there's one out there if I just look hard enough.

My body is a testament to my addiction. The scars on my legs look like the canals on Mars, a crisscrossing of white lines that, luckily, blend in well with my pale skin tone. My toenails, at least the ones that are left, look like a piano keyboard, every other one blackened and raised from the incessant pounding of downhill running. I'm also usually sporting sores or chaffing marks from carrying a heavy pack and a map case for days on end. Don't get me wrong. I'm not complaining. I take great pride in my war wounds. I have to admit that I enjoy the shock value that my butchered legs, arms and feet get from the folks at the Waffle House when we show up for our post-race feast of omelets, waffles and hash browns. Extra butter and plenty of syrup, thank you very much.

I'm not sure where I'm going with all of this, and I'm pretty sure you have no clue either. I guess I'm not trying to go anywhere with it. It's just sort of cathartic. All of my articles are that way in a sense. I don't really care if anybody reads this drivel although I know that a few of you can at least sympathize. I'm not going to stop adventure racing anytime soon, so this isn't a sad commentary on some sort of mid-adventure racing-life crisis. I'm not at a crossroads or anything like that. I'm simply trying to come to terms with the epiphany that I'm Jim Farmer, THE adventure racer. Is that really what I want on my tombstone?

P.S. More of the "Life Is An Adventure Race" series can be found at www.TrailBlazerAR.com under the Chattanooga Chapter section.

Joe McGinness Runner of the Year

Current Standings

MEN

Overall Men

Sean Higgins
M – Mitch Keebler
Zach Cowart
M – John Harrison
M – Chad Varga
M – Hugh Enicks
M – Tim Ensign
M – Joe Johnson
Daniel Uson

Junior Men

Jack McGinness
Marco Bianchini
Graham Hammond
Caleb Carlson
Will Hammond
William Estes

Adult Men

Sean Higgins
Zach Cowart
Daniel Uson
Curt Sims
Bernardo Lopez
Phil Stewart
Kevin Boucher
Will Enicks
Mark Erickson

Master Men

Mitch Keebler
David Wilson
Gregg Hansen
Chad Varga
Hugh Enicks
Tim Ensign
Chuck Denham
Joe Johnson
Jimmy McGinness

Grand Master Men

John Harrison
Michael Martin
Tim Ross
David Klinger
Flash Cunningham
David Presley
Carter Lynch
Jim Hamblen
Earl Kelle

Senior Men

Sergio Bianchini
Jim Selman
Doug Hawley
Jesse Roberson
Ted Hegebenbarth
Cyrus Rhode
Walter Sinor
Phil Thomas
James Hefner

WOMEN

Overall Women

Melodie Thompson
Belinda Young
Dreema Campbell
Shamon Armour
Amy Mullens
Lynda Webber
Aimee Harvey
Denys Tawzer
Sue Anne Brown

Junior Women

Adult Women

Belinda Young
Dreema Campbell
Melissa Hicks
Joanna Johnson
Aimee Harvey
Denys Tawzer
Joan Vos
Michelle Meek
Nancy DiVasto

Master Women

Lynda Webber
Bernice Delaney
Sharon Armour
Sally Hoffman
Missy Johnson
Vee Spears
Karen Galyon
Terrie Corbin
Betty Holder

Grand Master Women

Melodie Thompson

Amy Mullens

Lenora Pou
Sue Anne Brown
Theresa Samuelian
Jane Phillips

Senior Women

Bonnie Wassin
Edwina Cohen
Betty Burrell
Sue Anne Brown
Frances Martin

The 7th Annual Komen Chattanooga Race for the Cure®

By Rita Fanning

The 7th annual Komen Chattanooga Race for the Cure® will take place Sunday, September 24 at 2:00 p.m. As with past Race for the Cure® events this one will be much more than a race – it will be a happening.

It will be a time to celebrate and honor over 300 breast cancer survivors who will be there. It will be a time to remember all of those who have fought and lost their battle with breast cancer. It will be a time to take part in the largest 5K series in the world, run or walk a great 5K or 1-mile course with 6000 other people, chat with friends, see people you haven't seen in years, enjoy food and beverages provided by terrific sponsors, visit great vendor booths, win door prizes, buy pink ribbon merchandise, win race awards, see which teams win team awards, and have a fun Sunday afternoon with your entire family.

There are numerous volunteer opportunities before and on race day. Please contact Carol Money by phone 423-421-3016 or email carol0405@comcast.net.

New online registration for both individuals and teams is available through our website at www.ChattanoogaRaceForTheCure.com or you can print an application.. Race information and a course map can be found there as well.

See you September 24th at the McKenzie Arena on the UTC campus.

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FCA 5K and Kiddy 1K Scheduled for Labor Day

By Chad Varga

Can you believe that fall is just around the corner! And with it comes the most glorious running time of the year: cross-country season. Put that summer heat behind you and prepare for cooler temperatures and faster 5K times. As you begin your fall racing schedule, don't forget to include the Fellowship of Christian Athletes (FCA) 5K and Kiddy 1K on Labor Day, September 4th in your plans. The eighteenth running is on the same flat and fast certified 5K course as in the past. And it is also a CTC points race. A perfect race to get ready for the fall cross-country and marathon-racing season. The race and walk begin and end on the campus of Chattanooga State, with the majority of the race on the Tennessee River Park. The race will start at 8:00 am and the walkers at 8:05 am. The Kiddy 1K will start at 9:15 am.

The mission of the FCA is "to present athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the Church". The FCA focuses on teaching positive personality traits and in our middle schools, high schools, and colleges, and standing up for your faith. Your entry fee and donation goes towards a college scholarship for a deserving FCA high school senior. Last year's winner was Andrew Sliker of Rhea County High School. This is a tradition started by Louis and Sandy Priddy in 1988.

Our focus is on providing a great race and a good time for the entire family. As always, to encourage full family participation, the early entry fee is a low \$15 per person or \$45 for an entire family. With cross-country season just beginning, the entry fee is \$12 per athlete and with a total team entry fee at \$60. And don't forget the ever popular post-race Kiddy 1K for the kids age seven and under for \$2. Natalie and Zachary are running laps around the house getting ready to take on all challengers. So register early and take advantage of these discounts.

The FCA 5K also provides the largest number of age-group awards (74) of any CTC race. Winners in the Overall, Masters, and Grand Masters will receive \$50 gift certificates courtesy of Outback Restaurant. We will be giving away great post-race door prizes courtesy of New Balance (5 pairs of shoes), and Front Runner. As always, we will have plenty of post-race refreshments courtesy of Powerade.

Please remember the financial sponsors who provide money to support this great cause and only ask for your consideration if you are in need of their services. These are North River Physical Therapy and Bruster's Ice Cream.

See you on Labor Day!

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF JUNE 30, 2006

ASSETS:

CASH	\$18,440.11
ENDOWMENT FUND	\$1,302.22
EQUIPMENT (AT COST)	<u>\$14,819.57</u>
TOTAL ASSETS	\$34,561.90

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 218.77
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EQUITY:

RETAINED EARNINGS	<u>\$34,343.13</u>
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TOTAL LIABILITIES & EQUITY:	\$34,561.90
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STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

REVENUES:

MEMBERSHIP DUES & DONATIONS	\$15,204.51
RACE RECEIPTS/JOGGING AROUND PROGRAMS	<u>\$24,302.46</u>
TOTAL REVENUE	\$39,506.97

EXPENSES:

PROGRAMS	\$7,568.76
STAFF SALARY	\$13,836.98
DONATIONS/SPONSORSHIPS	\$2,620.67
JOGGING AROUND	\$7,403.51
ADMINISTRATIVE & STORAGE UNIT	\$6,431.46
RACE DISBURSEMENTS	<u>\$16,705.04</u>
TOTAL EXPENSES:	\$54,566.42

NET INCOME (LOSS):	(\$15,059.45)
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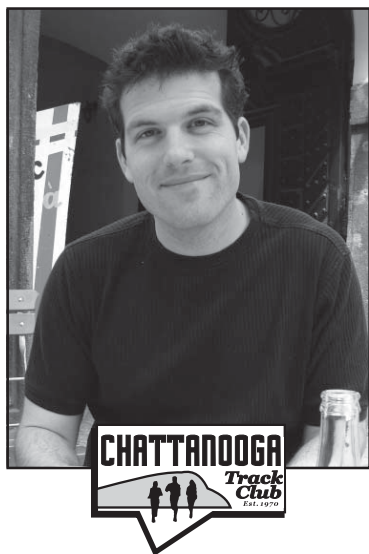
UTC Cross Country Meet

By Bill Gautier

The UTC Powerade 5k run has been changed to Friday, September 8th, 2006. The race will be held at 6:45 P.M., following the Men's and Women's college meet Friday night. UTC will be hosting Alabama, Auburn, Middle Tennessee, and other Division I schools. Saturday morning, September 9th, will be the Powerade High School Invitational with some of the top high schools from Florida, Georgia, and Tennessee participating.

On October 14th, UTC will be hosting a second Invitational, competing against schools such as Georgia Tech, Alabama, Mississippi State, etc. UTC will also be hosting the Southern Conference Championships on October 28th. Come out and support the UTC Mocs Cross Country program.

New Member Profile



Eric Silberman

Occupation: Business Development & Sales for True North Custom Publishing

Age: 29

Marital Status: Married

Children: None

Hobbies: Running, Travel, Food, Kayaking, Gardening

Hero: Mr. T—I loved the A-team as a kid

Favorite Place to Run: Chattanooga's River Walk (I love to see the variety of people taking advantage of this part of the city)

Favorite Race/Distance: 5K (I'm not setting any records, but it is a great distance to push myself with on my times)

Why do you run?: A feeble attempt to outpace my love of food.

How long have you been running: Two years regularly, but on and off for five.

Who or what prompted you to join the CTC?: After participating in a number of the CTC events, I wanted to be a part of & support what I feel is a real asset for Chattanooga.

How did you hear about the track club?: Through several of its warm and friendly members.

How long have you been in the Chattanooga area?: I have been in Chattanooga for all of my 29 years.

Chattanooga Track Club Board of Directors Meeting Minutes

July 11, 2006

In attendance: Dan Bailey, Donna Dravland, James Dravland, Robert Gustafson, John Hunt, Tara Murdock, Tammy Sitton, George Skonberg, Cindy Smith, Phil Stewart, Melodie Thompson, James Williams

Absent: Bill Brock, Jared Chastain, Kristina Guy

Donna called the meeting to order at 6:00pm

Minutes

June Minutes were reviewed and approved.

Races Committee

George discussed the financial results of the Chickamauga Chase. He indicated that UBS made a volunteer matching contribution of \$1,901. The CTC earned a total of \$975 for the event. For the future, Mary at Gateway Bank approached George and offered to be a co-sponsor of the Chase. They would take the 5K to replace the Communities In Schools race they do in Ringgold. George conceded that the offer was tempting; especially with the promotional skills that Mary can

bring to the table. But, because the race benefactor would not be the Park, he would be turning Gateway down.

Tammy discussed the Waterfront Triathlon. It will be very exciting. This year will have food vendors on site, including Tubby's and Sticky Fingers. If these vendors do as well as we think they will, we will be able to attract other vendors by showing them those results. At this time, there are 900 that have signed up for the event. We expect to come close to the 1,000 cutoff. As for volunteers, we are currently only 4 short of the number needed.

Donna mentioned that Calder and Betsy used a list of suggestions from last year's race to help make this one better. She also said that this would be the last year Calder and Betsy would be Race Directors for the Triathlon, and that we need to find new ones to take over. Phil asked that we think of finding a permanent race director.

Donna said that Mayor Littlefield will be kicking off the awards ceremony this year.

Tara wanted to be sure that everyone knew how well she felt the Riverbend Run went. One suggestion she had for next year would be closing down a lane on 4th street rather than forcing people to run on the sidewalk.

Robert said that the next committee meeting would be July 25, at the Hair of the Dog.

Communications

There was no June meeting. The next meeting will be July 18th at the Tortilla Factory.

Sponsorship Development

No report.

Membership

No report.

Treasurer's Report

Dan Bailey indicated that we have purchased two new CDs. He also stated that we received \$5,000 from the BlueCross Market Street Mile, but not, as of yet, the \$975 from the Chickamauga Chase.

The BlueCross Riverbend Run was budgeted at \$5,000, but we only spent \$2,500. There was an over budgeting of \$2,500. Taking that into account, after 6 months we are \$500 under the projected amount for the entire year, with more big money races on the horizon.

Club Manager

Tammy said that, regrettably, she would have to begin looking for another job after the triathlon. She went on to say that she loved the work she was doing and that her decision to leave was purely for financial reasons only.

President's Report

Donna said that we would immediately begin looking for Tammy's replacement, as well as reexamining the compensation for the club manager position.

Tammy also suggested that we use the UTC intern program to assist the manager.

The next board meeting will be held August 1, 2006. Meeting adjourned at 7:05

Chattanooga Track Club Membership Levels for 2006

I. Basic Membership

Individual \$24 Per Year
 Family \$36 Per Year
 Student \$18 Per Year

Basic Membership Benefits:

- CTC publication, *Jogging Around* 8 Times Per Year
- 10% Discount at Fast Break and Front Runner
- Weekly Organized Runs with the Opportunity to Meet Other Runners
- Weekly E-mail Newsletter
- Four Fun Social Events Per Year
- Discounts on Several CTC Race/Events
- Opportunity to Compete in the Runner of the Year
- Membership is Tax-Deductible

II. Donor Level Membership

Individual \$50 Per Year
 Family \$100 Per Year

Donor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Donor Level Member
- Name Listed on CTC Website as a Donor Level Member

II. Sponsor Level Membership, \$250+ Per Year

Sponsor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Sponsor Level Member
- Name Listed on CTC Website as a Sponsor Level Member
- Other Logo Presentation and Advertising Opportunities Vary Based On the Size of the Gift. Please Contact Connie Hall for More Details At 423-843-3207

Donors and sponsors give more for their membership primarily to help insure that the Chattanooga Track Club is able to fulfill its mission and vision. Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through club events and media.

Make checks payable and return to:
 Chattanooga Track Club
 P.O. Box 11241
 Chattanooga, TN 37401



MEMBERSHIP APPLICATION

Annual Membership (Check One): Family (\$36/year)
 Individual (\$24.00/year)
 Student (\$18.00/year)

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____
 Name: _____ Birthdate: _____ Name: _____ Birthdate: _____
 Street: _____ City: _____ State: _____ Zip: _____
 Home Phone: _____ Work Phone: _____ Email: _____

Members Release: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattanooga Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____
 Signature: _____ Date: _____
 Signature: _____ Date: _____
 Signature: _____ Date: _____

Jogging My Memory

By Tim Ensign

Okay, I've read all the previous "Jogging the Memory" columns ... gentle reminisces of days gone by, full of gratitude for fellow runners with whom the road has been shared and who together have made the CTC what is today.

Enough of that pussyfooting, Pollyannaish poop!

It's time you heard from a real old fart, a 70s runner enlightened enough to realize that running has gone to hell in a hand basket and ain't ever coming back to what it used to be.

Let me start with the runner's wardrobe. In my day, unless you were Stevie Wonder, you didn't wear sunglasses – especially when running. There was no fancy, smancy under-armor. You wore cotton t-shirts and told yourself cotton "breathed." You didn't need a watch connected to a global satellite to tell you how far you'd gone – and you sure as hell didn't stick an i-Pod in your ear to listen to Peter Frampton. No, back then, we left the 8-track in the Pinto, squinted a lot, got cold, got hot, got bored -- and dealt with it! When people asked what we thought about while running, the answer was simple: "how much longer til' I'm done." We knew the essential truth: running and suffering go together – if you didn't like it, you bowled, you fished ... or, if you were really soft, became a triathlete.

What about our local running routes? Some may marvel today at the Scenic City's urban renewal, the thriving riverfront, the gentrification of Hill City. I say, Riverwalk, smiverwalk!

Who among us would rather run down the Riverwalk, life & limb imperiled by Lance wannabees, then sprint around the dusty old cinder track behind Riverside High (now CSAS)? Ah, I close my eyes and can still smell the sweet perfume of refining sewage and taste the dead gnats that filled my gaping mouth as I ran my secret mile repeats back there on late summer nights, preparing to do battle with Tom O'Bryant and Leslie Wells come cross country season. Other than the broken malt liquor bottles, it was comparable to the cinder tracks at Oxford where Roger Bannister trained (or so I told myself).

And then there was the Walnut Street Bridge after it was condemned for vehicular traffic. Sure, you could run on it, but you had to first scale a chain-length fence and give yourself a boost by stepping off the sharp metal "no trespassing" sign. Once you navigated that, it was the perfect place for half-mile repeats, a favorite workout for my fellow Mocs back in the day. Only once were we interrupted by a pedestrian, a sad soul down on his luck who was perched on the outside of the bridge railing, contemplating ending it all

by plunging into the mighty river. A freshman, no doubt eager for a break from our workout, went over to the fellow and in an act of dubious psychology, grabbed the guy's jacket which he had left hanging on the rail. Our daring young Dr. Phil threatened to steal the man's jacket if he jumped. That twisted logic miraculously worked, because the guy climbed back over the rail and started chasing our teammate to get his jacket back. About that time, the cops showed up and tackled the fellow and congratulated us on saving his life. True story!

Running around North Chattanooga these days I'm like that old Indian in the pollution commercials, with the big tear running down his cheek. Where have all the flowers gone – and my favorite running spots? Sure, the Enclave is nice, if you like running around a cul de sac. If you asked me, they should have left the old Rivermont Golf and Country Club alone. My City High harriers would sneak on there at night, running intervals from hole to hole. Aside from occasionally busting an ankle by stepping on a water sprinkler in the dark, it was a darn fine place to run.

For brave hearts and simple minds, there was the City High "cross country" course, a course so insane that we only had one home meet during my fours years as a Dynamo. Nobody would race us. It started with one lap around the cinder track on the old football field down behind City, then you ran up Cardiac Hill, a half-mile quad burner that became steeper by the step. Once you topped the hill, you ran down White Oak Road turning left by the Kingdom Hall and up Dump Hill past Pine Breeze, then back down to the track. At that point, guess what? You had to run it a second time! For old times' sake, I tried to run that course recently. The track is now covered by a pre-school and Cardiac Hill is so overgrown with kudzu you can't make it more than 50 yards. What really appalled me was the new gated community going up on the site of the old Pine Breeze, where they used to send wayward boys so bad they had gotten themselves kicked out of public school. What lame-brain developer decided to build McMansions on the hallowed ground of a former reform school overlooking the "hood" on one side and a beautified landfill on the other? Leave Dump Hill the way it was – so steep and stinking that only the stupid ran up it ... and that's the way we liked it!

I could go on "jogging my memory," elevating my blood pressure thinking about how the Red Bank Road Race course was ruined by the extension of Highway 27 in a Quixotic attempt to civilize Soddy-Daisy, but I'm too old, tired and disgusted.

I'll see you on the roads – look for the guy squinting, swearing, spitting – and wearing cotton ... keep on truckin', dudes!

Jogging Around Ad Rates

Ad Size	Single run	3 Issue run	Year Run
Full Page	\$90/Issue	\$85/Issue	\$70/Issue
Half Page	\$55/Issue	\$49/Issue	\$44/Issue
Qtr Page	\$40/Issue	\$36/Issue	\$32/Issue
Business Card	\$25.00	\$22.50	\$20.00

Inserts are \$60/issue

WEDNESDAY NIGHT TRAIL RUN

For more information, e-mail
farmerjp@bellsouth.net

Jog/Walk Program Schedule:

Wednesdays 6:00pm Fast Break Athletics
Runners, Speedwalkers, Joggers, Slow
Runners and Walkers are all welcome!
If you are injured or starting your running
program all over again this would be a
great place to start. For more information
please send email to jumpytwo@hotmail.com
or call Melodie at 763-3529

For "Footnotes" from the RRCA
go to www.rrca.org - this newsletter
is no longer printed, but the same
great information can be found online.
Keep up to date on food, racing,
coaching and much more!

SPEEDWORK

Thursday Night at 6:30pm at
Fast Break Athletics - Joey Howe
leads this pack - All Speeds Welcome.

Volunteers Needed!

Can't run in a race, that's ok - volunteer instead. We're looking
for volunteers to help out with upcoming races.

Get ROY points - In order to qualify for an award, you must
volunteer for at least one event

Walking Works

- Monday evenings at 7PM
- meet at Fast Break Athletics, 104 Tremont St.

Group Run

Getting Ready for a Marathon?
New in town and need new long
distance running companions?
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.

Check out the new CTC website at
chattanoogatrackclub.org



Please send
your bulletins to
bbrock@tech-projects.com

Speed/Hillwork
Wednesday Mornings
Leave from Downtown
YMCA at 6 a.m.






BULLETIN BOARD

Race Calendar

Please see www.chattanoogatrackclub.org for a complete list of events past and present, further rules, changes and regulations. Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

AUGUST
5 – Missionary Ridge 4.7 Mile  Site: Chattanooga, TN Info: www.chattanoogatrackclub.org
5 – Woodstock 5K Site: Anniston, AL Info: www.annistonrunners.com/Woodstock5k.htm
13 – Sports Barn/Quntana Roo Sprint Triathlon Site: Chattanooga, TN Info: www.sports-barn.com/sprint.htm
19 – OLPH RAM Run 5K & 1 Mile Walk/Run Site: Chattanooga, TN Info: www.chattanoogatrackclub.org
19 – Maggie Valley Moonlight Race Site: Maggie Valley, NC Info: www.mvmoonlightrace.com
19 – Run for the Bears Site: Pigeon Forge, TN Info: www.appbears.org
26 – Raccoon Mtn 10K, 5K and 5K Walk  Site: Jasper, TN Info: www.chattanoogatrackclub.org

26 – Julie Diener Rainbow 5K Site: Rainbow City, AL Info: www.running8k.com/juliedienerainbow5k
26 – Smyrna Parks and Rec 5K Run/Walk Site: Smyrna, TN Info: www.townofsmyrna.org/Parks-Rec/index.htm

SEPTEMBER
4 – FCA 5K  Site: Chattanooga, TN Info: www.chattanoogatrackclub.org
4 – 28th Annual Franklin Classic 5K/10K Site: Franklin, TN Info: www.franklinclassic.org
8 – Cross Country Meet  Site: Chattanooga, TN Info: www.chattanoogatrackclub.org
16 – Symphony Classic 5K  Site: Chattanooga, TN Info: www.chattanoogatrackclub.org
17 – Maui Marathon
24 – Komen Race For The Cure  Site: Chattanooga, TN Info: www.chattanoogatrackclub.org

OCTOBER
7 – Joe Johnson Run For Mental Health 10K & 3 Mile  Site: Chattanooga, TN Info: www.chattanoogatrackclub.org
7 – Stump Jump Trail Run  50K & 11 Mile Site: Chattanooga, TN Info: www.chattanoogatrackclub.org
7 – HMC Walk/Race to Remember 5K & 1 Mile Fun Run Site: Boaz, AL Info: www.hospicemc.org
21 – Signal Mountain Road Race 10K 50K & 11 Mile  Site: Chattanooga, TN Info: www.chattanoogatrackclub.org

Send race information to:
Jerry McClanahan
831 Creek Drive
Chattanooga, TN 37415
or jkmccclanahan@comcast.net

Chattanooga Track Club
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Chattanooga, TN 37401

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