

JOGGING AND GUNDS

Chattanooga Track Club

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Runner Club Member

JOGGING AROUND

A newsletter published five times per year by the 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 Ad Rates

Ad Size	Single run	3 Issue run	Year Run
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Inserts are \$60/issue			

Ad Info

For Current Ad Information, please contact
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WORD FROM THE PREZ'S PERCH

Happy New Year! The past year has flown by. It seems like only a few weeks ago we were planning for the 2010 Scenic City Half Marathon & 5K Charity Race in February. The CTC race calendar is set and we are preparing for our 1st event of year, the Scenic City Half Marathon, 5k and Charity Challenge, which is February 26.

In 2010 we experienced an increase of 20% in race attendance. This shows the dedication of everyone who directed and volunteered. Over 1000 volunteer time slots were filled to make our events successful. Great reviews were received. Thank you volunteers. These events would not be possible without you.

A special thanks goes to the fall race directors. Dan Bailey once again did an excellent job directing the John Bruner Missionary Ridge Road Race while raising money for both the Chattanooga Chapter of the Red Cross and Team Bruner. Doug Roselle took over the reigns from Theresa Samuelian as the race director of the Raccoon Mountain Round The Rim 10K & 5K and as expected, he did an awesome job. Chad Varga directed the FCA 5K while raising money for runner scholarships. Jennifer Morrison was a pro as she directed the Elementary School Cross Country Meets and the Chickamauga Battlefield Junior Marathon. Bill Minehan hosted another successful Signal Mountain Pie Run. Doug Roselle passed the leadership to Jenni Berz who was outstanding as she directed her first race and first of many Chickamauga Battlefield Marathons & Half Marathons. Jim Steffes followed Andy Gill as he directed the last CTC race of the year, the Wauhatchie Trail Run with great dedication and ease. All of the race directors spent many hours planning and organizing details to ensure the events were flawless. Thank you race directors.

New to the 2010 race scene was the Battle For Chattanooga race series. The races in this series included the Chickamauga Chase 15K & 5K in April, the John Bruner Memorial Missionary Ridge Road Race in August and the Chickamauga Battlefield Marathon & Half Marathon in November. Thirty runners participated in all three races and received a participation award. Runners who ran the Chickamauga Chase 15K, John Bruner Memorial Missionary Road Race and the Chickamauga Battlefield Marathon were eligible for the Battle For Chattanooga Overall Awards. Congratulations to the overall winners: Overall Female – Leslie Becht, Overall Male – Chuck Denham, Overall Masters Female – Lynda Webber, Overall Masters Male – Mark Kuhn, Overall Grand Masters Female – Susan Gallo and Overall Grand Masters Male – Randall Godwin. Look for more details on the CTC website for this year's Battle for Chattanooga Race Series. No need to sign up, just run the races mentioned above and you will be eligible for an award.

On November 9th the CTC elections were held at Porkers BBQ. The new board will be lead by Bill Moran, CTC's 2011 President, who will take office at the CTC Awards Banquet on January 22nd at the Walden Club. Make plans to attend. This is going to be a celebration of a great year.

Thank you for letting me be your President in 2010. This has been a busy and rewarding year. I will never forget this year of fun.

Sherilyn Johnson
CTC President



Welcome New and Returning Members

Joe Alegre	Frank Chmielewicz	Andrew Highlander	Denny Marshall and family	Megan Riser	Frances Price
Joe Axley	Eric Clarke and family	Gabriel Hill	David McGill and family	Carlton Sheffield	Jeff Tanner and family
Natalie Allen and family	Jeff Colfer	Bert Hull	Kathryn Miller and family	Amanda Sines and family	Dean Thompson
Sandra Allen and family	Alison Counts	Chris Humphries	Helen Morris	Phyllis Smith and family	Kathleen Welch
Elizabeth Baker and family	Pamala Cuzzort	Amanda Janda	Steven Morrison	Bethany Smithers and family	James Wooldridge
Josh Baker and family	Rita DeHart and family	Steven Johnston	Will Musto	Thomas Starke	
Sam Baker	Joseph Dumas	Greg Johnson	Vanessa Patino	Kori Studley	
Marco Bianchini	Lillian Evans	Jacqueline Jones and family	Elizabeth Petty and family	David Swearingen and family	
Sergio Bianchini	Jennifer Flaherty and family	Mike Kirk	Tyler Pilkington	Mike Usher	
Samuel Boozer and family	Lee Glover and family	Patrick Kushman and family	Blaine Reese	Nicholas Poe	
Stan Brodka		Bart Lane and family			
Matthew Carlton		Kami Leonard			

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.

Race Highlights

August thru December



Full race results are available at www.chattanoogatrackclub.com. Check out photos throughout this issue and on the Chattanooga Track Club website.

John Bruner Memorial Missionary Ridge Road Race

In its 37th running, the Missionary Ridge Road Race saw a 30% increase in registration. This event was the second in the Battle for Chattanooga series. Proceeds from this race were divided equally between the local chapter of American Red Cross and the Team Bruner Scholarship Fund.

Date: August 14

Location: Historical Bragg Reservation, Missionary Ridge

Finishers: 220

Top Finishers:

OVERALL

Lanni Marchant 27:00

Chris Berry 24:14

MASTERS

Laura Gearhiser 34:52

Tim Ensign 26:53

22nd Annual 5k for Fellowship of Christian Athletes

This popular family-friendly Labor Day event helped raise funds to support Greater Chattanooga/Southeast Tennessee Fellowship of Christian Athletes annual programming.

Date: September 6

Location: Chattanooga State Technical Community College

Finishers: 413

Top Finishers:

Lanni Marchant 16:45

Rodney Stoker 15:57

Signal Mountain Pie Run

Runners enjoyed the sunrise over the Tennessee valley and homemade apple pies compliments of The Bread Basket.

Signal Mountain Pie Run (continued)

Date: October 16

Location: Signal Mtn Athletic Club

Finishers: 181

Top Finishers:

Erin Rayburn 43:55

Andy Highlander 34:48

Chickamauga Battlefield Marathon and Half Marathon

This year marked the 31st running of the Chickamauga Battlefield Marathon. The weather was perfect and we received great feedback. This race would not be possible without the partnership of the City of Fort Oglethorpe and the Fort Oglethorpe Tourism Committee, the National Park Services and the over 200 volunteers. Check out the photos on pages 10 & 11.

Date: November 13

Location: Chickamauga and Chattanooga National Military Park

Finishers: Marathon – 502 Half Marathon - 611

Top Finishers:

MARATHON – OVERALL

Kaye Starosciak 3:03:44

Jason Altman 2:39:44

MARATHON – MASTERS

Hayriye Ayhan 3:30:07

Jack Westrick 2:51:10

MARATHON – GRAND MASTERS

Lynda Webber 3:53:31

Sam Norman 3:18:18

HALF MARATHON – OVERALL

Laura Peterson 1:35:48

Hugh Enicks 1:19:45

HALF MARATHON – MASTERS

Melissa Barlow 1:49:57

William Warner 1:22:18

HALF MARATHON – GRAND MASTERS

Lorna Bolkey 1:52:00

Todd Matson 1:33:30

Wauhatchie Trail Run

Runners hit the trails for this no-nonsense run. This was an age/sex handicapped race. Males 25-29 were considered the fastest group and started at time “zero.” All other groups received a head-start. Females 70 and over started at 9:45 a.m. and males 25-29 started at 10:17:45 a.m. The course was a hilly 6.7 miles of gravel/dirt roads and rough double track trails on the lower slopes of Lookout Mountain.

Date: December 18

Location: Chattanooga Nature Center – Reflection Riding

Finishers: 78 Individuals and 24 Families

Top Finishers:

Tim Ensign	0:36:47
Daniel Goetz	0:38:22
Brad Chronister	0:38:41
Patrick Hall	0:38:50
Jacob Bradley	0:38:57
Joseph Goetz	0:40:16
Paul Patterson	0:40:44
Chad Varga	0:41:05
Sergio Bianchini	0:41:57
Shannon Wood	0:43:12

Other local races supported by CTC

Raccoon Mountain Round the Rim Run 10k and 5k

This race benefits TVA’s Partner’s in Education Program and is recognized as one of the area’s most scenic runs.

Date: August 14

Location: Laurel Point, Raccoon Mountain

Finishers: 265

Top Finishers:

5k – OVERALL

Dianna Leun	22:31
Stephen Wilber	20:37

5k – MASTERS

Christina Post	25:11
Ed Adcox	20:59

5k – GRAND MASTERS

Jane Webb	33:07
Mike Usher	21:07

10k – OVERALL

Jane Curtis	47:39
Andrew Bender	31:36

10k – MASTERS

Sue Barlow	51:24
Ryan Shrum	41:15

10k – GRAND MASTERS

Lynda Webber 53:40

Sergio Bianchini 45:47

Joe Johnson 10k Run for Mental Health

This annual event benefits the Johnson Mental Health Center. It is the fastest 10k in the state and runners proved that again this year. In celebration of Halloween many runners dressed up. Awards were given for the best costumes. Congratulations to all age group winners.

Date: October 30

Location: Historic Moccasin Bend

Finishers: 93

Top finishers:

Stacy Muller 45:13

Daniel Goetz 32:56

Sports Barn Turkey Trot

Benefiting the Kidney Foundation, this annual race saw record high temperature and participation this year.

Date: November 24

Location: Sports Barn East

Number of Finishers: 1086 [does not include 3 mile and 1 mile walk]

Top Finishers:

OVERALL

Anneli Uys 30:11.28

Chris Berry 24:48.66

MASTERS

Cecelia Wigal 35:02.38

Tim Ensign 27:41.45

Karen Lawrence Run

This year marked the 32nd annual Karen Lawrence Run for St. Jude making it one of the longest running St. Jude events in the country. Funds raised by the run help support current St. Jude patients, including those from the Chattanooga area, and fund the lifesaving research continuously conducted at St. Jude.

Date: December 31

Location: Sports Barn-Downtown

Number of Finishers: 287

Top Finishers:

OVERALL

Lanni Marchant 23:21

Chris Berry 20:09

MASTERS

Lynn Burnett 27:13

Ryan Shrum 24:50

2011 Race & Event Calendar

Check the CTC website for full details and updates.

DATE	CTC RACE	ROY. EVENT	EVENT	DISTANCE	LOCATION
January					
22			CTC Annual Awards Banquet Guest Speaker: Jan Gautier Register at www.chattanooga-track-club.org		Walden Club 633 Chestnut St, Ste. # 2100 6:00 p.m.
February					
26	✓	✓	Scenic City Half Marathon & 5K Charity Challenge	13.1 mi / 5k	Finley Stadium - Chattanooga, TN
March					
5			Hospice of Marshall County Race to Remember	5k / 1 mile	Snead State Comm. College - Boaz, AL
12			Get Your Rear in Gear	5k	Riverwalk – Chattanooga, TN
19		✓	Gateway Bank Run for Communities in Schools	5k	Gateway Bank - Fort Oglethorpe, GA
26			Homeless Network Run	5k	Riverwalk - Chattanooga, TN
April					
9	✓	✓	65 Roses 5K and Walk for Cystic Fibrosis	5K	Lee University - Cleveland, TN
9			Run at the Mill	13.1 / 5k	Prater's Mill – Varnell, GA
16	✓	✓	Chickamauga Chase	15K / 5K	Chickamauga Battlefield -Fort Oglethorpe, GA
30			Belvoir Christian Academy	5K	Chattanooga, TN
May					
7		✓	King of the Mountain	5k	Town Commons - Lookout Mtn GA
21	✓	✓	Market Street Mile	1 Mile	Downtown - Chattanooga, TN
31	✓	✓	Chattanooga Chase	8k	Riverview - Chattanooga, TN
June					
18		✓	BCBS Riverbend Run	10k / 5k	Downtown – Chattanooga, TN
July					
10	✓		Chattanooga Waterfront Triathlon	Intermediate	21 st Century Waterfront - Chattanooga, TN
August					
13	✓	✓	John Bruner Memorial Road Race	8k	Missionary Ridge - Chattanooga, TN
27		✓	Raccoon Mountain Round the Rim Run	10k / 5k	Raccoon Mtn - Chattanooga, TN
September					
5	✓	✓	FCA Run	5k	Chattanooga State Community College
8	✓		CTC Elementary Cross Country Series	1 mile	River Park - Chattanooga, TN
10			Symphony Classic	5k	Coolidge Park - Chattanooga, TN
25		✓	Susan G. Komen Race for the Cure	5k	UTC McKenzie Arena - Chattanooga, TN
October					
8			Run with the Pack	5k	Ringgold, GA
15	✓	✓	Signal Mountain Pie Run	10k / 5k	Signal Mtn, TN
22			Octoberfest Ram Run	5k	Finley Stadium - Chattanooga, TN
29			Johnson Mental Health Pumpkin Run	10k	Johnson Mental Health Center - Chattanooga, TN
November					
4			RAGNAR Relay Tennessee	181 miles	Chattanooga to Nashville
12	✓	✓	Chickamauga Battlefield Marathon, Half Marathon and Jr. Marathon	26.2 / 13.1 / 1 mile	Chickamauga Battlefield, - Fort Oglethorpe, GA
24		✓	Turkey Trot	8k	Sports Barn East – Chattanooga, TN
December					
17	✓	✓	Wauhatchie Trail Run	10k	Nature Center - Chattanooga, TN
31			Karen Lawrence Run	4 Mi / 2 Mi	Sports Barn Downtown – Chattanooga, TN

FCA 5K



FAST --- **BREAK**

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Things to Do This Month...Renew CTC Membership

BASIC MEMBERSHIP

Individual: \$24 Per Year

Family: \$36 Per Year

Student: \$18 Per Year

Basic Membership Benefits:

- CTC publication, Jogging Around, 5-6 times per year
- 10% Discount at Fast Break and Front Runner
- Weekly organized runs with the opportunity to meet other runners
- Weekly email newsletter
- Four fun social events per year
- Discounts on several CTC Race/Events
- Opportunity to compete in the Runner of the Year

DONOR LEVEL MEMBERSHIP

Individual: \$50 Per Year

Family: \$100 Per Year

Donor Level Membership

Benefits:

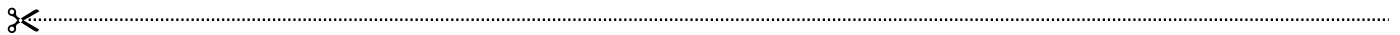
- All benefits of Basic Membership, plus
- Name published in Jogging Around as a Donor Level Member
- Name listed on CTC Website as a Donor Level Member

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, conniehall@chattanooga.net, for more details.

Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through clubs and media.



Chattanooga Track Club Membership Application

Please make check payable to: Chattanooga Track Club, P. O. Box 11241, Chattanooga, TN 37401

Membership Dues New Renewal (Check One)

For new members, dues are prorated on the quarter the member joins, please check the one that applies to you:

Individual: \$24

Family: \$36

Students: \$18

Name _____ Birthdate _____

Name _____ Birthdate _____

Name _____ Birthdate _____

Name _____ Birthdate _____

Street _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Email #1 _____ Email#2 _____

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 affects of the weather, including high heat and / or humidity, the conditions of the road and traffic on the coarse, all such risks being known and appreciated by me. Having read this waver 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 _____



Meet the 2011 Board of Directors and Support Staff

The Annual CTC Board Election Social was held on November 9 at Porker's Barbeque Restaurant. CTC members cast their vote for open positions on the 2011 Board of Directors and the results are in:

Officers

President: Bill Moran
Past President: Sherilyn Johnson
Vice President Races and Equipment: Doug Roselle
Vice President Communications: Will Musto
Vice President Membership: Blaine Reese
Treasurer: Jennifer Funk
Secretary: Don Lastine
President Elect: Open

Directors

One year remaining	Two year term
Bill Brock	Jenni Berz
Crandall Caughman	Pam Cuzzort
Tim Ensign	Susan Gallo
Brad Harvey	Denny Marshall
Melodie Thompson	Charles Webb
Mark Wisdom	Jane Webb

We also have several people who provide key support services and will continue in their role for 2011. They are: Connie Hall - Bookkeeper, Flash Cunningham - Equipment Manager, Keith Finch - Jogging Around Designer, Steve Morrison - Timing Manager

If you are interested in learning more about the Board of Directors or are interested in serving on a Board Committee, check out the club by laws on the CTC website at <http://www.chattanoogatrackclub.org/clubInfo.cfm?contentid=bylaws> or contact 2011 President, Bill Moran at ctc_bill.moran@att.net

Last but not least – Thanks and appreciation to the 2010 Board of Directors for your hard work and service to the club and the running community. We are so lucky to have the leadership of Sherilyn Johnson, who was involved with all aspects of the CTC and in addition to serving as president she co-directed the Waterfront Triathlon, served as volunteer coordinator for the Chickamauga Battlefield Marathon and supported timing and other tasks at a majority of not only CTC races, but other area runs as well. She helped carry the torch for a year of growth with each of our events and expansion of our club within the running and fitness community. Terms of service ending in 2010 are Mitzie Dyer, Dawn Salyer, Walt Sinor, Oliver Trimiew, Beth Ford, and Flash Cunningham, who will continue to serve as Equipment Manager. We know you will continue to be involved and support the mission of the club in significant ways.



Battle for Chattanooga Winners

- | | | |
|----------------|----------------|--------------------|
| Leslie Becht | Pat Hagan | Tommy Nichols |
| Max Berueffy | Stephen Hart | Laura Peterson |
| Reggie Bishop | Kay Henderson | Erin Rayburn |
| Bill Brock | Joe Jellison | John Selman |
| Josh Carter | Pam Keeter | Jeff Straussberger |
| John Crawley | Thomas Kennedy | Tracey Wade |
| Chuck Denham | Mark Kuhn | Treeva Walshe |
| Susan Gallo | Don Lastine | Roy Webb |
| Randall Godwin | Michael Martin | Lynda Webber |
| Jude Hacherl | David Moghani | Paul Wells |



**BATTLE
CHATTANOOGA!**



Ragnar Relay Series Comes to Tennessee

Chattanooga Track Club members participated in the inaugural Ragnar Tennessee Relay, November 5-6. For those who are unfamiliar with the Ragnar Relay Series it is a 2-day event where a 12-person team runs day and night, non-stop, relay-style from point A to point B. In this case, teams left from Coolidge Park in Chattanooga, traveled 195 miles along the Tennessee River, over Monteagle Mountain, through Lynchburg and finished in Nashville at the Country Music Hall of Fame.

During the relay, each team member ran three legs, each leg ranging between 3 - 8 miles and varying in difficulty. Each team was responsible for providing two support vehicles, with six runners in each vehicle. The first vehicle dropped off the first runner, drove ahead a few miles and provided encouragement and nutrients along the way. This vehicle met the first runner at the exchange point,

picked up that runner and dropped off the next runner. They repeated this pattern for six legs until they handed off to their second vehicle. This leapfrogging pattern continued all the way to the finish line.

Along the way, jokes were told, pranks were played, songs were sung and fun was had by all. According to race organizers, it is like a slumber party without sleep, pillows or deoderant. At the end of the journey, these runners developed a bond and shared an experience unlike your typical 5k or marathon and if you are among them you just may hear a chant or a call that is like a secret handshake.

For more information about the Ragnar Relay Series, visit www.ragnarrelay.com



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WEBBER AND NICHOLS HOLD NARROW LEAD FOR RUNNER OF THE YEAR



As of December 1, Lynda Webber and Tommy Nichols are in the lead for the 2010 Joe McGinness Running for the Year award. Final results for Runner of the Year [ROY] and Volunteer of the Year [VOY] will be announced at the Annual CTC Banquet, January 22, 2011 at the Walden Club. For full details of ROY standings, go to www.chattanoogatrackclub.org.

Congrats to Track Club Members who participated in the Huntsville Marathon, December 11th

Carlos Breeden	Sabrina Melton
Bill Brock	Steve Morrison
Bernice Delaney	Carla Noya
Jennifer Funk	Fabiola Noya
Susan Gallo	Bonnie Wassin
Andres Garcia	Lynda Webber
Dick Miller	Bridgette Wisdom
Butch Cooke	Mark Wisdom
Gina Krabbendam	Bud Wisseman



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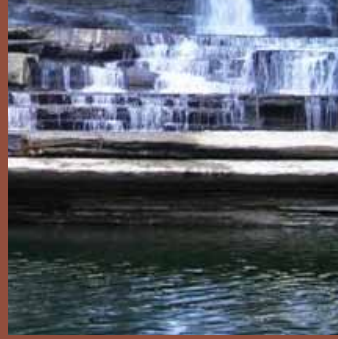
cvarga@frontrunnerathletics.com
www.frontrunnerathletics.com



SIGNAL MOUNTAIN PIE RUN



KAREN LAWRENCE RUN



HIKING ADVENTURES

NEW MEMBER LAUREN HUNT



You completed the 2010 Kona Ironman Triathlon World Championship in October, finishing the 2.4-mile ocean swim, 112-mile bike and 26.2-mile run in 16 hours, 44 minutes. Congratulations, CTC Iron-woman!

How did you wind up competing in Kona?

The first ironman race took place in Hawaii in 1978. Conceived by Navy military athletes, the first race had 15 entrants. Today, the race has transformed into the world championship, with tens of thousands of people trying to earn one of the 1800 coveted spots through various qualifying races throughout the world.

I competed in Kona thanks to the race's lottery system. The lottery began in 1983 thanks to the vision of one of Ironman's founders as a way to provide athletes of all abilities the opportunity to qualify for the world's most challenging one day endurance event. It's like getting to play football at the Super Bowl or throw a pitch in the World Series.

From the time I heard about the Ironman, I wanted to compete. Although there are ironman distance races all over the world, I wanted to do the Hawaii race— and decided to wait until I won or qualified. It took seven years of applying to the lottery to be selected. My entry was one of 200 picked from 7000 others.

Tell us about your training. Which event was hardest to prepare for?

The training was a journey in and of itself. I selected a training program online and followed each day's workouts for almost six months. I spent anywhere between 12 and 16 hours training each week.

The most challenging part was becoming comfortable with open-water swims. Once I got used to swimming in the river here in Chattanooga, the swimming pool suddenly became too small. The swim in Hawaii is just like swimming at the Tennessee Aquarium – clear, beautiful and full of sea life. It was an unexpected gift, for sure!

You actually completed a full triathlon in Louisville just six weeks before Kona. Was that something you planned?

No! I hadn't planned on finishing an ironman distance race until Hawaii. However, I started thinking I needed some true race day conditions. I thought I would do the swim, bike and a few miles of the run in Kentucky. After meeting up the day before the race with some Chattanooga area triathletes, they convinced me I could finish the marathon by walking – which I did! It was a total surprise and very exciting.

Tell us about the race. Did you ever doubt you would finish?

The actual race in Hawaii is exactly as it appears on T.V.! It was very surreal to be a part of the action after watching it for so many years in the comfort of my home. I was a little sea sick after the swim – I wasn't used to swimming with swells. By the time I rode my bike 100 miles and consumed 15 or so sports gel packets with water, I got really sick. However, after I finished the bike, I rested in the transition area and consulted with the medical team. Around that time, a woman in her 70's came through the transition area and put on a pink running skirt and scooted off for her marathon. I knew then I had to keep moving forward and not look back. I sipped Coke for the next 6 hours. She inspired me!

What advice would you give runners who are thinking about giving the triathlon a try?

The motto of Ironman is, "Anything is possible." This is so true. While in Hawaii, there was a group of men and women in their 70's, one guy who was 80, many people with missing limbs and one guy with stage 4 cancer who were competing. ALL of them beat me to the finish line. If you want inspiration, this is the sport for you! Now that I've finished the race, I feel empowered – mentally and physically - to do anything I want.

Other than a desire to push myself to be my best, my athletic abilities fall within the average range – nothing special. Trust me, if I can do it anyone can. There are tons of group swims and rides through the Chattanooga Tri Club and group runs through the Chattanooga Track Club. You can also swim with the Chattanooga Open Water Swimmers. All beginners welcome. Go for it!

SCENIC CITY HALF MARATHON, 5K & CHARITY CHALLENGE

February 26th, 2011

Finley Stadium
Chattanooga, TN

8:00 AM EST
5k begins at 8:30 AM



Details: 13.1 miles touring the great city of Chattanooga while also giving back to the community! A portion of each participant's race fee will be donated to a participating local charity. Additional funds can also be raised through the online fund raising system.

Half Marathoners receive a Technical Race Shirt and medal. Awards to top 3 in each age group.

5k runners receive a race T shirt. Awards to top 2 in each age group

Charities: Area 4 Special Olympics, Bethlehem Center, Chattanooga Community Kitchen, Chattanooga Room in the Inn, Children's Advocacy Center, Children's Home Chambliss Center, McKamey Animal Care and Adoption Center, and Partnership for Families, Children, and Adults.

Registration Information: Register at www.sceniccityhalfmarathon.com

Fees: Half Marathon - \$7.50 of each registration fee goes to our charities

\$45 before January 9, 2011

\$50 after January 9, 2011

5k - \$5.00 of each registration fee goes to our charities

\$25 before January 9, 2011

\$30 after January 9, 2011

More information available at www.sceniccityhalfmarathon.com

Chattanooga's Top 10 Running Moments of 2010

10

By Will Musto

2010 was an incredible year for Chattanooga's running scene. Here are, in no particular order, my top ten moments of the year.

LaQuisha Jackson's State Championship track meet

As I prepared to be the video commentator for the high school girls state track meet in May, I got a text message from one of my crew members: Look out for girl from Howard HS. Nationally ranked in the 100m. As I researched further, I came across LaQuisha Jackson, a sophomore at Howard who had run one of the top fifteen fastest times of the year for high school girls in the 100 meter dash. I was excited to see her perform that evening. She had qualified in the 100m and the 200m, and Howard had teams in the 4x100m Relay and the 4x200m Relay. One had to assume that she would be the anchors for those events as well. As the girls teams lined up for the 4x100m Relay, my co-commentator, Josh Helton, told our audience that we expected Miss Jackson to anchor the Tigers' relay team. As the race progressed, by the middle of the third leg, things weren't looking good for Howard. They sat in the middle of the field, several meters behind the first place team. And then LaQuisha Jackson was handed the stick. In nearly effortless fashion, she proceeded to "walk down" every opposing team, carrying her team's baton across the finish line several strides ahead of anybody else. It was an incredible performance. Twenty minutes later, she lined up for the 100m dash. A buzz moved throughout the crowd. Everybody was excited for what was in store. LaQuisha didn't disappoint, breaking the tape a mere 11.46 seconds after the crack of the starter's pistol, a new state record and the second fastest time in the United States up to that point. Later in the day, she led her team to victory in the 4x200m Relay, and was commandingly victorious in the 200m dash. It was an incredible day for an incredible athlete. The best part: she has two more seasons to compete in high school. Watching her race is worth getting out to a local high school track meet next spring.

Brandon Lord's track season

Brandon Lord entered the 2010 track season as a talented high school senior who had lived in the shadow of 2009 Baylor graduate Bill Matthews for his entire (albeit short-lived) career. Brandon grew up a swimmer, and didn't start running until his sophomore year of high school. That didn't negatively impact his high school career, though. Entering his senior track season, his resume included a silver medal at the Junior (U-20) Mountain Running Championship race. In April, Brandon traveled to California for the Arcadia

Invitational, a nationally-respected meet. This year's 3200m boys race was advertised as the fastest field ever assembled. The race didn't disappoint, and Brandon shocked even himself when he finished in third place, stopping the clock in 8 minutes, 55.42 seconds. Not only was that good for third place in the race, but it was the third fastest time of the year in the entire country. Later in April, Brandon ran a "solo" 4 minutes, 09.69 seconds for 1600 meters at McCallie's Mid-South track meet, (Second place crossed the finish line over twenty seconds later in 4:31.64.) which ended up being the 17th fastest time of 2010. Brandon continued on to the State Track meet, where he won the 3200m and 1600m and finished second in the 800m after getting out-leaned by Ike May of University School of Nashville.

Hannah Jumper's state track meet

Hannah Jumper has always been a standout runner. Even in middle school, onlookers knew the Baylor Red Raider was something special. In high school, she hasn't let down, and 2010 was her best year yet. On the track, she ran a 1600m in 5:01.79 (winning a state championship in the process), a 3200m in 11:03.04, and an 800m in 2:15.20 (winning the Best of Preps meet in the process). She also won the 3200 and 800 at the State Championship meet. Most of the time, these wins included an absolute decimation of all competitors in the field. (At Best of Preps, for example, she won the 800m run by eight seconds.) She also finished in 4th place at the New Balance Outdoor Track Nationals Emerging Elite mile, crossing the line in 5:00.64. Then came cross country. First, she qualified for the World Mountain Running Championships. Then she won the Front Runner City Championship meet. Then she won the State cross country meet. Then she finished fifth in the qualifying meet for the Nike Cross Country Nationals meet. Finally, she finished 56th at the National Championship meet, against the best high schoolers in America. Not a bad way for a five time All-State finisher in cross country to end her high school career.

Josh Bradley's track season

Josh Bradley was an NAIA All-American in the outdoor 800m run in 2008 and many locals considered him to have "broken out." But in 2009, he struggled, and failed to even qualify for nationals. Then came his 2010 campaign. He finished 4th at Nationals in a personal best 1:49.90, and then set his sights higher: USA Track & Field (USATF) Nationals. The Bryan College runner finished in 7th place against a stacked field at Nashville's Music City Distance Carnival, crossing the line in 1 minute, 48.61 seconds--less than half a second shy of the "B" standard for the USA Championship meet. Though he missed the standard, he truly broke out and has an exciting future ahead of him.

Emmanuel Kirwa's senior cross country season

Emmanuel Kirwa transferred to the University of Tennessee-Chattanooga after his freshman year at Benedict College, and quickly became a standout runner for the Mocs. He won the Southern Conference Cross Country Championship in his sophomore, junior and senior years. In both 2008 and 2009,

his sophomore and junior years, he nearly qualified for the NCAA Cross Country National meet--considered by many to be one of the most competitive races in the world. Finally, in 2010, he reached the big show. At NCAA Nationals, he finished in 47th place, one of the best Chattanooga Mocs performances in history, and an impressive end to his collegiate cross country career.

Hugh Enicks' marathoning prowess

Hugh Enicks is an icon any Chattanooga area high school cross country runner knows well. "The Colonel" is the head coach at Red Bank High School, and his enthusiasm for his athletes' performance is immediately obvious. He's also 51 years old and runs more miles per week than any of his high schoolers. In Boston, in April, he ran the marathon in 2 hours, 46 minutes, 17 seconds and finished in sixth place in the 50-54 age group. In October, he finished in 14th place at the USATF Masters Marathon Championships--third in the 50-54 age group.

Baylor Girls' Cross Country season

The Baylor Lady Red Raiders swept the TSSAA Division II in 2010, taking home the champions' trophies in both track and cross country. Their cross team was one of the best Chattanooga has ever seen. They placed individuals first, second, third, fourth and seventh at the Front Runner City Championship, to score a mere 17 points and win by nearly 100, and then scored only 20 points at the state meet to win by 50.

Bryan College Lions finish 7th at Nationals

The Bryan College Track and Field/Cross Country program is but five years old, but they've made a huge splash in the

NAIA. In 2009, they won the Southeastern Classic meet--a "who's who" of the NAIA south of the Mason-Dixon line--but disappointed at Nationals when they finished in 29th place. In 2010, they again won the Southeastern Classic meet, but this time showed up to play at Nationals as well, where they finished in 7th place, including an All-American effort by senior Bryson Harper (a 2007 graduate of Sequatchie County High School).

Chattanooga TC finishes 8th and 14th at Club XC Nationals

The Chattanooga Track Club was well represented at the USATF Club National Cross Country Championship meet. The club's grandmasters (50+) team finished in 8th place out of 18 teams from across the country, while the masters (40+) team finished in 14th place--only six points away from a top-10 finish--out of 23 teams. Colonel Hugh Enicks led the grandmasters team with a 21st place finish in the 50-54 age group, while Tim Ensign and Dean Thompson finished 16th and 17th in the 45-49 age group. William Warner had the best age-graded effort of the day when he finished 7th in the 55-59 age group.

Patrick Hall runs 2:35 in Chicago

Patrick Hall was a standout runner in high school for Chattanooga Christian School, qualified for NAIA Cross Country Nationals twice while an athlete for Covenant College, and has recently taken to lighting up the post-collegiate running scene. He ran 2:35:42 at the 2010 Chicago Marathon, finishing 121st out of over 36,000 runners. The effort was also a nine minute personal best for Hall.



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2010 Elementary Cross Country Series and Junior Marathon

With participation from over 20 area schools and over 600 kids, this year's Elementary Cross Country Series was a huge success. In her first year as race director, Jennifer Morrison kept the excitement going from the first meet in September to the final mile at the Chickamauga Battlefield Marathon. Everyone who participated in the Cross Country meet series received a participation ribbon and awards were given at each meet for the top finishers in each age group. Each of the runners who completed the 25.2 miles toward the Junior Marathon, ran their final mile along with marathoners at the Chickamauga Battlefield Marathon, November 13. At the marathon, each runner received a finisher medal along with a variety of goodies as part of their race participation. Thanks and appreciation goes out to the schools, the parents and the volunteers who help promote and support this popular and worthwhile fall event.

Full results of the Elementary Cross Country Series are available at www.chattanoogatrackclub.org.

3RD GRADE



4TH GRADE



5TH GRADE



Participating Schools: Allen Elementary, Alpine Crest Elementary, Big Ridge Elementary, Bright School, CSAS, C.S. THEA Home School, Daisy Elementary, East Ridge Elementary, Fairyland Elementary, Ganns Middle Valley, Lookout Mtn, Elementary, McConnell Elementary, Nolan Elementary, Normal Park School, Smith Elementary, Red Bank Elementary, Snow Hill Elementary, Soddy Elementary, St. Jude, Thrasher Elementary, Wallace A. Smith

THINGS TO DO:

1. RENEW CTC MEMBERSHIP
2. ATTEND CTC BANQUET

CTC Group Run
Wednesday Nights - 6:15 p.m.
Downtown Sports Barn
(301 Market Street)

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.

SPEEDWORK

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

Scenic City Half Marathon Run or Volunteer

sceniccityhalfmarathon.com

Join a Saturday Group Run!

6:30 a.m. - visit grouprun.com
for weekly location
8:00 a.m. - Meet at the Sports Barn
Downtown, contact
dougrosele@comcast.net

"Don't fear moving slowly
forward...fear standing still."
- Kathleen Harris

Monday 6:15

Easy Run-Good for
Beginners,
Sports Barn Downtown
contact
endurogal@bellsouth.net or
gm_runningallo@att.net

Tuesday Night Run
6:00 pm at Greenway Farm
(off Hamill Rd in Hixson)

Sponsored by Front Runner Athletics, Led by Ryan Crews

WANTED – RACE DIRECTORS
Contact dougrosele@comcast.net



Send Bulletins to
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