

JOGGING **AROUND**



WILD TRAILS + CTC

**BUD WISSEMAN COMPLETES 26TH
BOSTON MARATHON**

WHY I RUN: LAURA WAGNER

CTC RACE RESULTS



Chattanooga Track Club

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JOGGING AROUND

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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 casual walker is welcome.

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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FROM THE CLUB PRESIDENT



Take a look at the picture above, what do you notice? At first glance, the guy in the prom dress is hard to miss, but look closer. Notice the smiles, the various ages and physical "types" of the people in the picture. Our track club is a pretty diverse group brought together by two ideas; first, a love of running, and second, knowing that what we do makes our community better. At the Market Street Mile we had a great time as race participants joined together to "Go Red" for the Chattanooga American Heart Association. This charity is one of many that the Chattanooga Track Club supports through races and programs each year. Each charity and service organization in turn helps build a stronger Chattanooga, a city whose residents are more connected, more involved. I'm part of the Chattanooga Track Club because I'm convinced that the club represents, in its people and its mission, the best of our community.

The year is now more than half over. It's already been a busy year for the club and we have more planned in the coming months. We will be adding new CTC races to the calendar and continuing our series of free community workshops. What goals did you set at the beginning of 2015? Was it to run your first 5K race or to simply run for the first time since you were a kid? Are you aiming for a marathon finish or to find a group of friends to support your fitness goals? If you are a member of the Chattanooga Track Club, what have you gotten out of it? What have you contributed?

Whatever your goals were for this year, and however close or far away you are from reaching them, now is the time to look around, appreciate how far you've come and re-focus on where you want to be. It isn't too late to start fresh. If you need advice or inspiration on how to keep moving forward towards your goal, just ask a runner.

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

Advertising Info: For current ad information, please contact
vpcommunications@chattanoogatrackclub.org

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 this fund and appreciates your generosity in helping build this legacy for our community.

To contribute to The Long Run, please contact the Chattanooga Track Club.



FINDING PEACE IN FEAR

Stacey Malecky

BE NOT AFRAID.

THE POWER OF THOSE THREE SIMPLE WORDS AMAZES ME.

I registered for the 2015 Thunder Rock 100 despite a rather miserable personal failure at the 2014 race. To sum up my 2014 experience – I was basically afraid of what 100 miles on an extremely challenging and remote course would be like. The thought of running alone at night in the woods horrified me. I kept playing out the worst possible scenarios in my head and had a complete lack of confidence in my ability to handle the challenges I could potentially encounter. In the end, I believe those very thoughts and that very lack of self confidence in my ability were the reason for my ‘epic failure’. I ended up dropping at mile 40 after becoming wickedly sick to the stomach. It was ugly, but it was my own doing. I didn’t listen to my body, I didn’t trust my judgement or my training and second guessed every move I made. I was too busy being afraid of everything that could go wrong, I failed to see that I possessed the ability to make it go right.

Fast forward to 2015. I registered early in the year with feelings of trepidation. This year, I decided to start my adventure with the mantra ‘be not afraid’ repeating in my mind. I went through the list of things I knew were worrying me and had kept an internal running dialogue. Be not afraid of: pain and discomfort, missing the next cutoff, being alone in the dark in the wilderness, falling down, glowing eyes in the dark, large mystery insects, exhaustion, 3000 foot climbs, running along ravines – Be not afraid of fear itself! The list was long. But interestingly enough, owning those fears made all the difference in my experience.

I should warn you that I did not reach the finish line this year, either – but given my 2014 experience, I believe 2015 can be categorized as wildly successful. By repeatedly reminding myself that I was strong and capable when fear crept in, I was able to meet the significant milestone of running until sunrise. Those hours alone in the darkness took on an entirely new feeling this time around. I made the

conscious decision to acknowledge my fear and say “NOPE”. As a result, instead of envisioning all the awful things that could happen, I was able to enjoy one of the most beautiful summer nights I’ve ever experienced. I saw so many amazing things by the light of my headlamp: Snakes, toads, lightning bugs, salamanders, at least a million stars, spiders zip lining from trees, bright red flowers in bloom (at midnight). I heard bullfrogs, peeper frogs, owls and other strange birds singing deep into the night. Each time I approached an aid station, the glow of headlamps in the distance and the cheerful voices of the volunteers filled me with a sense of joy that I find difficult to describe. What I felt, despite blisters and aching muscles, was absolute peace.

At the end of the day (or somewhere around 9 am, rather) – I reached a total of about 70 miles. I checked in at the mile 64 aid station and missed a turn while en route to the next. Those few miles off track left me with no realistic way to meet the 30 hour cut off (picking up speed was not an option for me by that point). I worked my way back to the last aid station and surrendered. I knew I would be pulled at the very next stop. It was a VERY difficult decision to throw in the towel, but I didn’t need to travel an 10 extra miles to place a kind, exhausted volunteer in the position of bearing such news at mile 75. Does this qualify as a failure? Maybe to some, but I would have to disagree. The experience has left me feeling intrigued and optimistic about another attempt next year. With a little more experience and in the right circumstances, I am convinced I will get there. I may not have made it 100 miles this time, but guess what? I’m not afraid anymore.

Stacey Malecky is Club Manager for the Chattanooga Track Club. She can be reached at smalecky@chattanoogaclub.org

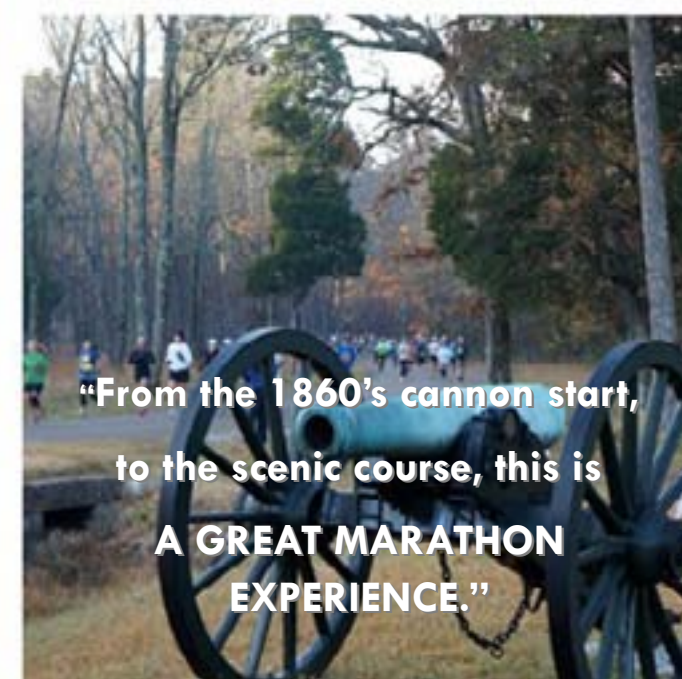


CHICKAMAUGA BATTLEFIELD MARATHON

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WHY I RUN

Laura Wagner

My love for running comes from one very important person in my life, my mother Kathi. When I was younger, we would spend many Saturdays attending races from the Chickamauga Battlefield Marathon to the 100th running of the Boston Marathon. I was her cheerleader from the sidelines with my brother and my dad giving her high-fives as she neared the finish line. She was my inspiration for joining the middle school cross country team at GPS. I had a love-hate relationship with running for many years, and my mom had slowly given up on her dream of us running together.

During my freshman year at Rhodes College, my mom tried one more time to get me to run and asked if I would be interested in signing up for the Scenic City Half Marathon. "It would be fun!" she said. At that time, running 13.1 miles seemed like a nightmare, definitely not fun, but I gave in and registered to run my first half marathon. To train for the race, I ran in the Battlefield with my mom and Bud Wisseman. My first 10 miler took me half of the morning, but they were both supportive and gave me ample walking breaks (especially on Papa Bear Hill). I discovered that morning that the sunrise in the Battlefield is one of the most beautiful, peaceful times to run. For the past five years I have witnessed many more sunrises coming over the field by Wilder Tower. February came much too quickly and before I knew it, it was race day. It was one of the coldest mornings of the winter and the wind was brutal. By mile 10 my legs felt like lead, and like a toddler, I asked my mom "Are we there yet?" Over two hours later, I had completed my first half and swore up and down I would never complete an entire marathon.

To my great surprise, my mind apparently forgot just how bad my legs hurt at mile 11 and 12, and two months later I registered for the Disney Marathon in Orlando. Countless half marathons and 6 full marathons later, I can safely say I'm a running addict. For me the races are fun, but the best part of running is the companionship. I can't even begin to count the number of hours my mom and I have spent on the road together. It has been a truly amazing bonding experience.



I have also made many lasting friendships during all of my training runs. One of my favorite races was the 2013 Disney Princess Half Marathon with Nicole Smith, Beth Warren, and my mom. If you have never entered a race where you leave the stop watch at home, wear a completely ridiculous costume like a tutu and tiara, and take your time on the course, I highly recommend it. Sometimes the crazy, fun runs are even more memorable than getting a PR on a hard course.

During one of my long distance runs in the Battlefield, I met Catherine Gomez who has been a fantastic running buddy. She has inspired me to try to qualify for the Boston Marathon so we can run it together someday. I know that might take years, but I look forward to many more miles of running with these amazing people. Some people say I am crazy for running, but I know I run for the sunrises in the Battlefield, the tutus and tiaras, and the PRs, but most importantly I run for the friendships formed during miles on the road.

Laura Wagner is a native of Chattanooga and graduated from GPS and Rhodes College. She works for Center for Sports Medicine and Orthopaedics and is returning to school this fall for her masters in Physician Assistant studies. She has completed 6 marathons.



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DON'T MISS THE FUN WITH THE CHATTANOOGA TRACK CLUB

Jennifer Heinzl

There is no club or organization that can exist without their members. Why do people become members of an organization? Maybe they want to be part of "the bigger picture".... maybe they just like being around people with common interests. No matter what the reason, that group that they belong to will only grow stronger with each member.

I personally would like to thank each and every person that chose to become a member of the Chattanooga Track Club!! Fitness, running, and walking are our common interest....we are all part of the bigger picture for health and wellness in Chattanooga....there is such an energy among the members that the relationships continue to flourish. THIS is what being a member of a club or organization is all about!

We all love having support at our races and having our own personal cheering section at times. As the foundation of running in Chattanooga, the CTC embraces every walker and runner to help encourage them to keep moving their feet in the right direction....one step at a time. If there is a race you aren't running, volunteer at that race and be the positive vibe for someone else who could use that encouragement! Even if you are racing, extend a warm congratulations to every runner or walker that you see....you have no idea how that could make someone's day so much better and boost their confidence.

You know how good you feel being a part of the CTC? Share that same great feeling to your family, your friends, your coworkers...everyone! Spread the "word" and importance of a healthy Chattanooga to everyone you know. We can't just wish or hope that the CTC (and the world) becomes better. As Mahatma Gandhi best said, "be the change you want to see in the world". This is a heavy job for the members of the Chattanooga Track Club, but it really does start with us!

The CTC hosts a variety of free events for all our members to enjoy: clinics, group runs, group walks, picnics, and an annual banquet. These events open the door for opportunity for you to invite a friend to one of them and introduce that person to a member/friend of the Chattanooga Track Club so that they can feel that positive energy....they are going to want to be around that positivity more!!

Recently the Membership Committee hosted their first picnic and scavenger hunt. What a great day! People were connecting with other runners who they may have never met yet, or they were reconnecting after some time apart. The scavenger hunt was done primarily in teams and it was great to see our members working together in a laid back, fun way to win prizes! Comradery is what it is all about!

If you have an idea for a great clinic or social event for the members, please feel free to contact us!! If you haven't attended a CTC event, other than races, you have no idea what you are missing!

Jennifer is the CTC Vice-president of Membership, contact her at VPmembership@chattanoogatrackclub.org



The City of Chattanooga announced the Chattanooga Marathon at a recent press conference. CTC members were instrumental in planning and will be a big part of the race to be held in 2016.



"Bellyoga" community workshop at Outdoor Chattanooga.



CTC family picture at the King of the Mountain race.



Andy Pearson was excited to win the Litespeed bike given away at the Scenic City Half Marathon.



The weather for the CTC picnic was perfect.



The food was even better than the weather!



Drs. Joe and Becky Klien of Inspire Chiropractic at a CTC community workshop.



Hard working CTC volunteers at the Ironman Half.



CTC Race Team members showing their pride.



CTC races are serious business...



CTC committee meetings need member support.

CTC MEMBERSHIP DISCOUNTS

The following merchants offer a discount to Club members. Just show your CTC membership card before making your purchase. And don't forget to thank these businesses for supporting the Chattanooga Track Club!

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- (CLUB MEMBER, NATHAN KILE 423-994-0564)
- FAST BREAK ATHLETICS
- FRONT RUNNER ATHLETICS
- NEW BALANCE CHATTANOOGA
- NATURAL BODY SPA – DOWNTOWN
- MOVEMENT ARTS COLLECTIVE
- SOULSHINE MASSAGE THERAPY
- INSPIRE CHIROPRACTIC
- FITNESS COACH KELLY SUMMERSETT
- THE CAMP HOUSE





KING OF THE MOUNTAIN (4M) 4 MILE RACE RESULTS

OVERALL FEMALE		3 Andy Highlander	23:27	16 William Collier	32:02	20 Jens Nerestant	37:43
1 Jessica Marlier	24:31	4 Marco Bianchini	28:46	17 Jeremy Jacobs	32:59	21 Watkins Cannon	38:14
OVERALL MALE		5 Eric Anderson	28:58	18 Wilson McGinni	33:06	22 Mark Akers	39:59
1 Geno Phillips	21:53	6 Carson Whitmor	30:09	19 Jason Lyles	33:07	23 Tim Harris	41:43
FEMALE MASTERS		7 Galyn Tengue	30:38	20 Ben Hubbard	33:23	24 Del Ashcraft	43:07
1 Lisa Logan	29:37	8 Tyler Bowman	39:26	21 Albert Leavengoo	33:24	25 Craig Keener	44:11
MALE MASTERS		9 Aaron Riddle	43:40	22 Adam Reynolds	34:27	26 Chris Devaney	44:19
1 Dean Thompso	22:57	10 Cory Taylor	44:08	23 Matt Mulvaney	37:44	27 Travis May	46:42
FEMALE AGE GROUP: 14 & UNDER		11 Matt Moore	46:15	24 Matt Dunmore	39:47		
1 Myra Brock	29:15	12 Ricardo Fagan	48:09	25 Jeremy Bordelon	42:02		
2 Grace Burks	34:55	FEMALE AGE GROUP: 30 - 39		26 Wesley Forrest	45:19	FEMALE AGE GROUP: 50 - 59	
3 Olivia Lacy	35:55	1 Jennifer Curtis	27:53	27 Stephen Regan	48:30	1 Karen Leavitt	32:13
4 Roo Martin	36:18	2 Susan Eckelmann	29:33	28 Stuart Brazzle	50:12	2 Farrell McGinnes	34:23
5 Haley Dunham	37:41	3 Christy Brown	31:18	29 Jason Wright	1:11:11	3 Ronda Lyons	35:49
6 Louisa Bohner	39:48	4 Katie Stanford	33:39	FEMALE AGE GROUP: 40 - 49		4 Corinne Henders	36:30
MALE AGE GROUP: 14 & UNDER		5 Jaclyn Beckler	34:00	1 Heather Biebel	29:52	5 Sherri Minges	36:52
1 John Arrowsmith	26:54	6 Amy Tolson	35:53	2 Trish Newsom	30:45	6 Amy Oliver	38:06
2 Jasper Wilson	27:23	7 Stacey Buckner	36:19	3 Heather Newsom	32:29	7 Atress McBee	38:52
3 Connor Coakley	31:53	8 Tracy Phillips	36:59	4 Michelle Coakley	32:37	8 Christy Charman	39:34
4 Gage Whited	31:59	9 Ginny Norris	37:12	5 Heather Corley	32:37	9 Annie King	57:16
5 Garrison Corley	37:45	10 Casey Hollis Jaco	37:35	6 Jennie Gentry	32:48	MALE AGE GROUP: 50 - 59	
6 Teddy Arrowsmi	38:53	11 Kristi Jordon	37:53	7 April Threlkeld	34:02	1 Hugh Enicks	23:40
7 Luke Morrison	47:17	12 Lindsay Irvin	38:14	8 Cyndi Matheny	35:28	2 Bill Minehan	25:52
FEMALE AGE GROUP: 15 - 19		13 Jennifer Black	38:23	9 Stephanie Bradf	36:12	3 Dwight Gardenhi	29:06
1 Elizabeth Oliver	38:09	14 Kim Edgeman	38:48	10 Alicia Miller	37:58	4 Kurt Lammon	29:22
MALE AGE GROUP: 15 - 19		15 Jennifer Mixon	38:52	11 Paige Phillips	38:17	5 Damon Raines	30:27
1 Matthew Jones	24:08	16 Kelly Henry	39:17	12 Lisa Cannone	38:47	6 Marshall Rowe	30:45
FEMALE AGE GROUP: 20 - 29		17 Jocelyn Wilcox	39:44	13 Gwen MacAlliste	40:44	7 Henry Lynn	31:01
1 Ashley Patrick	29:06	18 Jessica Baumunk	39:46	14 Barbara Blansett	43:48	8 Reggie Bishop	31:44
2 Emily Davis	30:24	19 Kathleen Whole	40:32	15 Laura Harris	44:31	9 Jimmy Layne	32:50
3 Kellye Tilford	30:50	20 Apryl Barrett	40:39	16 Jennifer Regan	44:39	10 David Autry	34:29
4 Tera Davidson	31:10	21 Holly Haynes	41:29	17 Michelle Simps	45:19	11 Steve Tompkins	38:37
5 Aften Whitmore	32:36	22 Laura Dueitt	42:14	18 Esme Brien	45:23	12 Steve Smalling	40:50
6 Hannah Loizeaux	32:40	23 April Watson	42:31	19 Jennifer Heinzel	48:03	13 Bobby Morrison	47:21
7 Kaitlin Gunter	33:15	24 Stephanie Carter	48:47	20 Amy Miller	50:42	14 Philip Harris	50:58
8 Molly Peele	33:27	25 Meaghan Hall	48:51	21 Alisa Lemley	57:37	FEMALE AGE GROUP: 60 - 69	
9 Brienne Stamba	34:03	26 Karen Hulle	49:23	22 Tiffany Dunham	57:37	1 Cathy Gracey	35:50
10 Irene Sewell	35:19	27 Natalie Green	52:05	23 Clare Wilson	1:11:11	2 Connie Regal	38:13
11 Gretchen Rowe	36:41	28 Danielle Warre	57:26	MALE AGE GROUP: 40 - 49		3 Victoria Berghel	39:02
12 Anne Marie Row	37:53	29 Heather Fanni	59:17	1 Ryan Shrum	23:49	4 Sue Anne Brown	39:11
13 Jessica Rowe	40:49	30 Shannon Rainwa	59:17	2 Tripp McCallie	25:29	5 Jane Webb	48:59
14 Shellie Gibson	43:11	31 Kristen Waycast	59:32	3 Leslie Conner	26:03	MALE AGE GROUP: 60 - 69	
15 Leslie Sammons	46:15	MALE AGE GROUP: 30 - 39		4 Dave Boozer	26:40	1 Mike Usher	29:41
16 Kathryn Taylor	46:26	1 Joseph Goetz	22:29	5 Ted Arrowsmith	26:59	2 Greg Heath	30:23
17 Kelsie Bowman	46:46	2 Mark Malecky	24:16	6 Jeffrey Cross	27:06	3 Carter Lynch	35:31
18 Kelly Layne	49:50	3 Peter Lindquist	25:19	7 James Bevill	28:05	4 David Mann	37:00
19 Christina Thoma	51:04	4 Nathan Fugate	26:27	8 Larry Aulich	29:04	5 Thomas Sisemor	37:00
20 Lindsey Reed	57:38	5 William Norris	26:31	9 Todd Dobson	29:41	6 Steve Bennett	37:27
MALE AGE GROUP: 20 - 29		6 Jason Peters	26:33	10 Wade Priddy	31:16	7 Pat Hagan	38:10
1 Jack McGinnis	22:17	7 Jc Thompson	26:57	11 Sean Coakley	31:57	8 Jack McConnell	46:30
2 Matt Jenkins	23:15	8 Eric Sisemore	27:09	12 Garrison Martin	33:07	9 Michael Chase	58:01
		9 Ansley Defoor	28:00	13 David Glenn	33:16	AGE GROUP: 70 & OVER	
		10 An Tran	29:07	14 Kevin Phillips	33:42	1 Bonnie Wassin	48:12
		11 Michael Christo	29:09	15 Thompson Pettw	34:26	MALE AGE GROUP: 70 & OVER	
		12 Keith Guillot	29:55	16 Brent Burks	35:01	1 Sergio Bianchini	30:54
		13 Timothy Sceggel	30:51	17 Sujeel Taj	35:33		
		14 Jason Jones	31:42	18 Ryan Taylor	35:51		
		15 Tim Goss	31:55	19 Lee Haggard	37:24		

BUD WISSEMAN COMPLETES 26TH BOSTON MARATHON IN 2015

This year, Bud Wisseman completed his 26th Boston Marathon, his 53rd marathon overall. At 75 years old, Bud has been running for 37 years and is a familiar face at Chattanooga Track Club races. At the 2015 CTC membership banquet, Bud was recognized with the Long Runners Lifetime Special Achievement Award, the first award to be given in this category, noting his induction into the Boston Quarter Century Club. The Century Club is for those Boston Marathon participants who have completed 25 consecutive races, which Bud did in 2014.

Before leaving for Boston, Bud ran his final training run at Chickamauga Battlefield Park and several CTC members were there to share the run with him and offer encouragement for his upcoming race.

photo credits: Whitney Allison



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ymcachattanooga.org/bold/gold



WILD TRAILS AND CHATTANOOGA TRACK CLUB, EVEN BETTER TOGETHER

Photo Credit: Gregg Gelmis/We Run Chattanooga

Chattanooga runners don't always choose to run on pavement. Our region is blessed with hundreds of miles of trails through some of the most scenic natural areas anywhere. Wild Trails is a local nonprofit bringing nationally-recognized trail races to this area for several years. The Chattanooga Track Club has previously partnered with Wild Trails to add trail events to our existing races. Beginning this year, our organizations will work even more closely together to support the growing, active, outdoor community. Visit WildTrails.org to learn more.

The main mission with Wild Trails is to put on the best trail races in the country, but a side benefit of that goal is to use the proceeds to see what small or large changes we can make toward improving the health and wellness of our community through a variety of outdoor experiences. In addition, then, to running a trail race, there are social opportunities with group runs and in numerous volunteer capacities directly related to race facilitation, as well as trail work, etc.

Wild Trails is also driven to connect and partner with area organizations with similar missions and we are thrilled with our partnership with the Chattanooga Track Club. We are not only planning on orchestrating more races with a trail option—like the Chickamauga Chase, but we also hope to combine our organizational and volunteer resources with the CTC's to help improve the health and overall wellness of our city through a variety of events and other social and fund raising venues.

— Kris and Randy Whorton, Wild Trails



SATURDAY, AUGUST 29, 2015

8:00 AM CDT

5K RACE AND KIDDIE K



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CHICKAMAUGA CHASE 5K/15K

5K RESULTS

Overall Female		11 Killian Malecky	30:47
1 Jennifer Stocks	18:26	12 Logan Miller	32:19
		13 Alex Duck	33:27
Overall Male		14 Theo Kyriakidis	33:42
1 Jack Findley	16:48	15 Luke Morrison	38:34
		16 Cayden Henry	50:45
Female Masters		17 Jivan Taj	
1 Sharon	23:52	18 Austin Fleming	
Male Masters		FEMALE AGE GROUP: 15 - 19	
1 Warren Sinor	20:16	1 Brooke Guess	28:04
		2 Lynthany Harris	31:48
		3 Jessica Hinkle	35:14
		4 Nina Pearson	36:58
		5 Sydney Hinkle	37:35
Female Grand Masters		MALE AGE GROUP: 15 - 19	
1 Renee McClanaha	27:25	1 Noah Cochran	20:06
		2 Justin Crow	22:37
		3 Jack Oberholzer	24:30
		4 Dustin Jackson	27:01
		5 Jake Hromi	33:03
		6 John Webster	35:12
		7 John Thomas	36:16
Male Grand Masters		FEMALE AGE GROUP: 20 - 24	
1 Bill Wright	22:03	1 Stephanie Silvers	22:46
		2 Emily Payne	27:37
		3 Kristen Stoll	27:53
		4 Stephanie Medina	28:29
		5 Casey Chiesa	28:29
		6 Hannah Blanton	31:58
		7 Rachel Weeks	41:20
		8 Courtney Atkins	54:54
Female Senior Grand Masters		MALE AGE GROUP: 30 - 34	
1 Connie Regal	28:49	1 Zoe Long	19:23
		2 Lim Seang	19:39
		3 Nathan Daugherty	21:23
		4 Keith Barclift	22:12
		5 Thomas Clark	22:53
		6 Justin Edgeworth	24:12
		7 Jason Jones	24:23
		8 Ernest Berzai Jr.	25:09
		9 Akeem Williams	25:20
		10 Harry Grant	26:50
		11 Derek Hinkle	37:35
		12 Scott Jenno	38:34
		13 Jeremy Singletar	39:10
		14 Will Bradley	44:21
Male Senior Grand Masters		FEMALE AGE GROUP: 35 - 39	
1 David Leatherman	22:35	1 Vanessa McDaniel	27:02
		2 Laura Burnette	27:26
		3 Brandy Jenkins	27:50
		4 Michelle Smith	28:12
		5 Heather Stalvey	30:11
		6 Stephanie Clanton	30:36
		7 Mindi Oberholzer	30:43
		8 Stacey Malecky	30:59
		9 Marti Russell	31:29
		10 Cristina Reese	31:41
		11 Stephanie Wood	31:47
		12 Allison Roberts	31:48
		13 Abby Bender	31:49
		14 Amy Brock-Hon	31:54
		15 Jocelyn Miller	32:52
		16 Jamie Gaines	33:08
		17 Sarah Rapier	33:17
		18 Candice Thompson	34:11
		19 Jennifer Bradford	34:35
		20 Melissa Guinn	35:02
		21 Suzy Anthony	35:57
		22 Rebecca Vass	36:15
		23 Emily Collier	36:50
		24 Jana Eichel	37:48
		25 Christina Tracy	38:04
		26 Mary Harless	38:32
		27 Abigail Bowen	41:23
		28 Katrina Hayes	42:09
		29 Beth Luehrs	47:36
		30 Cindy Duck	49:52
		31 Andrea Pierce	49:52
		32 Elizabeth Petty	55:08
		33 Eva Snider	1:00:24
Female Age Group: 14 & Under		MALE AGE GROUP: 40 - 44	
1 Skye Remko	23:17	1 Kelley Morse	26:36
2 Slone Butler	23:30	2 Marlo Dugger	28:44
3 Kathryn Estes	26:07	3 Marsha Wood	29:33
4 Bethany Hinkle	27:00	4 Jessica Hacker	29:56
5 Zoe Stalvey	29:08	5 Jennifer Brogdon	31:00
6 Kennedy Webster	35:11	6 Amy Butler	31:56
7 Madeline Fleming		7 Jeana Handley	32:47
		8 Dana Sims	32:56
		9 Cathy Decker	33:45
		10 Rachel Degarmo	35:04
		11 Michelle Hanes	35:34
		12 Melissa Cross	36:23
		13 Alicia Robkin	36:40
		14 Kirsten Ridge	36:57
		15 Shelly Miller	37:13
		16 Misty Sims	38:24
		17 Tammy Lambert	38:38
		18 Suzanne Jabaley	40:21
		19 Stephanie Jones	41:24
		20 Audra Kennedy	41:31
		21 Leigh Ann Potter	42:23
		22 Carrie King	42:36
		23 Amy Hudgins	43:28
		24 Tiffany Dunham	44:06
Male Age Group: 14 & Under		FEMALE AGE GROUP: 45 - 49	
1 Jasper Wilson	21:00	1 Lisa Anderson	24:03
2 Jackson Lillard	21:10	2 Robbie Elliott	26:40
3 Dane Beard	21:56	3 Kenna Mayeux	28:46
4 Gage Whited	23:25	4 Teresa Jurgens-Ko	30:03
5 Bailey Romans	26:02	5 Marie Howell	30:32
6 Henry Webb	26:48	6 Sheri Schannuth	31:38
7 Brannon Smith	27:50	7 Gayla Williams	32:33
8 Dalton Farris	28:38	8 Karen Chapman	32:42
9 Ian Wilson	29:32	9 Debbie Littlejohn	33:29
10 Aidan Sims	30:01	10 Dominique Gable	34:23
		11 Brenda Szabo	37:13
		12 Pennie Worsham	37:37
		13 Patrice Glass	39:04
		14 Shelia Taylor	39:33
		15 Janice McDaniel	40:01
		16 Stephanie Pearson	46:09
		17 Carrie Phelps	46:09
		18 Gayle McFarlan	57:45
		19 Michelle Shadwick	
		MALE AGE GROUP: 55 - 59	
		1 Brian Clements	22:41
		2 Quint Mansell	26:24
		3 Tim Hollenkamp	27:05
		4 William Trotter	31:24
		5 Tim Boles	32:30
		6 Nick Davis	32:31
		7 Claude Hager	35:20
		8 Bobby Morrison	38:35
		9 Hal Abegg	53:26
		FEMALE AGE GROUP: 60 - 64	
		1 Vicki Corbett	28:50
		2 Judy Hulsey	34:14
		3 Leslie Dodson	36:19
		4 Mary Ownbey	38:35
		5 Evelyn Denton	55:08
		6 Karen Bowen	
		MALE AGE GROUP: 60 - 64	
		1 Louis Bryan	23:10
		2 Randall Godwin	23:37
		3 Gary Hosmer	24:27
		4 Thomas Sisemore	25:47
		5 Mark Hays	26:15
		6 Pat Hagan	27:19
		7 David Marr	29:48
		8 Steve Brooks	31:53
		9 Jack McConnell	37:11
		10 Lucien Ellington	38:26
		11 Tommy Grisham	38:34
		12 David Tuggle	40:57
		13 Johnny Woody	46:44
		14 Maurice Layne	50:02
		FEMALE AGE GROUP: 65 - 69	
		1 Brenda Eddings	42:58
		MALE AGE GROUP: 65 - 69	
		1 Roger Ours	25:14
		2 Gene Hodge	25:33
		3 John Rennich	26:07
		4 Nick Honerkamp	26:42
		5 Roy Webb	28:36
		6 Michael Owens	29:02
		7 Louis Anderson	34:48
		8 Jim Hamblen	36:21
		9 Ron Finley	37:55
		FEMALE AGE GROUP: 70 & OVER	
		1 Beth Dial	33:54
		2 Barbara Grant	40:20
		MALE AGE GROUP: 70 & OVER	
		1 Lawrence Cook	27:54
		2 Howard Dial	28:51
		3 John T. Smithson	49:42
		4 Jack McFarland	57:45

Overall Female		1 Vanessa McDaniel	27:02
11 Josh Edwards	40:37	2 Laura Burnette	27:26
12 Scott Griffin	45:50	3 Brandy Jenkins	27:50
13 Caleb Bradley	49:58	4 Michelle Smith	28:12
		5 Heather Stalvey	30:11
		6 Stephanie Clanton	30:36
		7 Mindi Oberholzer	30:43
		8 Stacey Malecky	30:59
		9 Marti Russell	31:29
		10 Cristina Reese	31:41
		11 Stephanie Wood	31:47
		12 Allison Roberts	31:48
		13 Abby Bender	31:49
		14 Amy Brock-Hon	31:54
		15 Jocelyn Miller	32:52
		16 Jamie Gaines	33:08
		17 Sarah Rapier	33:17
		18 Candice Thompson	34:11
		19 Jennifer Bradford	34:35
		20 Melissa Guinn	35:02
		21 Suzy Anthony	35:57
		22 Rebecca Vass	36:15
		23 Emily Collier	36:50
		24 Jana Eichel	37:48
		25 Christina Tracy	38:04
		26 Mary Harless	38:32
		27 Abigail Bowen	41:23
		28 Katrina Hayes	42:09
		29 Beth Luehrs	47:36
		30 Cindy Duck	49:52
		31 Andrea Pierce	49:52
		32 Elizabeth Petty	55:08
		33 Eva Snider	1:00:24
Female Age Group: 25 - 29		MALE AGE GROUP: 35 - 39	
1 Megan Brown	25:35	1 Scott McDaniel	20:36
2 Aimee Moffat	27:39	2 Chad Anderson	21:07
3 Katie Boles	31:26	3 Curtis Jackson	23:18
4 Jessica Justice	31:51	4 Jason Lyles	23:56
5 Danielle Gibson	32:17	5 Andrew Kean	24:00
6 Kelly Layne	32:19	6 Michael Muncie	24:37
7 Rachael Roden	33:28	7 John Shumpert	24:57
8 Jessica Morrow	34:23	8 Kevin Smith	25:09
9 Brittny Lawson	34:34	9 Shadrack Guinn	25:26
10 Sarah Beach	35:07	10 Michael Pierce	25:58
11 Jenny Lunsford	35:43	11 Bill Copeland	26:48
12 Megan Corcoran	35:59	12 Jason Webb	26:48
13 Katy Whittle	37:33	13 Jason Bridges	27:26
14 Jessica Aubert	38:26	14 Dustin Beard	27:57
15 Sarah Hyatt	42:16	15 John Gonterman	28:07
		16 Aaron Oliver	28:19
		17 Daniel Thompson	28:26
		18 Chad Olmstead	32:26
		19 Brian Rollins	33:11
		20 Kevin Trussell	33:15
		21 Clint Johnson	33:30
		22 Chris Pascarella	34:39
		23 Stuart Brazzle	35:14
		24 Mike Anthony	35:57
		25 Jason Burnette	36:10
		26 Bobby Dueitt	37:42
		27 Harold Flemister	38:24
		28 Brad Dotson	38:32
		29 Todd Harless	38:55
		30 Robert Mountjoy	38:56
		31 Jon Varnon	38:57
Male Age Group: 25 - 29		FEMALE AGE GROUP: 40 - 44	
1 Nathan Helton	18:21	1 Kelley Morse	26:36
2 Paul Lupcke	24:14	2 Marlo Dugger	28:44
3 Justin Faith	25:23	3 Marsha Wood	29:33
4 Steven Holdaway	26:10	4 Jessica Hacker	29:56
5 David Wagner	26:23	5 Jennifer Brogdon	31:00
6 Morgan Gibson	28:24	6 Amy Butler	31:56
7 Nick Davis	28:42	7 Jeana Handley	32:47
8 Will Easterly	32:42	8 Dana Sims	32:56
9 Aaron Riddle	32:52	9 Cathy Decker	33:45
10 Terry Delancett	35:02	10 Rachel Degarmo	35:04
11 Cameron Lawson	35:42	11 Michelle Hanes	35:34
12 Micah Aubert	38:26	12 Melissa Cross	36:23
13 Jeremy Newell	40:16	13 Alicia Robkin	36:40
		14 Kirsten Ridge	36:57
		15 Shelly Miller	37:13
		16 Misty Sims	38:24
		17 Tammy Lambert	38:38
		18 Suzanne Jabaley	40:21
		19 Stephanie Jones	41:24
		20 Audra Kennedy	41:31
		21 Leigh Ann Potter	42:23
		22 Carrie King	42:36
		23 Amy Hudgins	43:28
		24 Tiffany Dunham	44:06
Female Age Group: 30 - 34		MALE AGE GROUP: 50 - 54	
1 Ashley Humble	23:15	1 Zoltan Szabo	22:51
2 Natalie Hostettler	25:29	2 Jeffrey Cochran	23:47
3 Erin Brock	27:15	3 David Oster	24:18
4 Susan Edgeworth	27:44	4 Rocky Dudley	24:40
5 Rebecca Williams	28:42	5 Mark Brock	24:55
6 Lauraheleen Clark	29:04	6 Doug Torrance	25:47
7 Cindy Kean	29:04	7 Jon Wooldridge	27:33
8 Lisa Johnson	30:26	8 James Coleman	27:35
9 Deanna Brown	30:32		
10 Laura Skonberg	30:56		
11 Kim Stone	31:01		
12 Selena Cameron	31:45		
13 April Watson	31:51		
14 Laura Dueitt	32:55		
15 Candace Gamlen	33:17		
16 Tiffany Hinkle	34:15		
17 Lena Pascarella	34:39		
18 Stephanie Carter	34:48		
19 Brandi Oliver	35:15		
20 Athena Singletary	35:17		
21 Holly Ferguson	35:17		
22 Andrea Watson	35:35		
23 Nicki Kent	35:58		
24 Jennifer Isaacson	35:59		
25 Stacy Fleser	35:59		
26 Meaghan Hall	36:14		
27 Cecilia Flores	36:42		
28 Melanie Wood	36:45		

MARATHON & HALF MARATHON TRAINING PROGRAM

A 16-week training program designed to prepare runners, from beginner to experienced, for fall marathons and half marathons, including the Chickamauga Battlefield Marathon & Half Marathon.

INFORMATIONAL MEETING

Thursday July 23rd - 5:30 - 7:00 pm
Outdoor Chattanooga (200 River St.)

WEEKLY GROUP RUNS

Mondays - 6:15 pm
Downtown Sports Barn (301 Market St.)

Wednesdays - 6:15 pm
Downtown Sports Barn (301 Market St.)

Saturdays
start times and locations vary



The training program begins the week of **July 27th**. Learn more at:

BattlefieldMarathon.com



UPCOMING CTC RACES AND EVENTS

Scenic City Scorchers

July 25

A brand new CTC race. An early start time to beat the heat and a flat, fast, certified 2-mile course to beat existing Tennessee State records. Available registrations are limited.



Missionary Ridge Road Race

August 8

A classic CTC event and part of the Battle For Chattanooga race series.

This scenic 4.7 mile out-and-back adds a new option this year, a 1-mile Fun Run/Walk.



Affordable Botox Superhero Race

August 22

Wear your favorite superhero costume and choose your event, 10K, 5K or 1-mile Fun Run/Walk. Benefitting Make-A-Wish East Tennessee, this race features beautiful, hand-crafted awards made by the Make-A-Wish kids themselves!



Jasper Highlands 5K

August 29

Another brand new CTC race for 2015. This 5K winds through the most scenic community in Marion County, just 25 minutes from Chattanooga. You don't want to miss the post-race celebration at the Pat Summitt Pavilion!



19 Cherokee Boulevard, Chattanooga, TN 37405
423.265.0531 fastbreakathletics.com

15K RESULTS CONT.

MALE AGE GROUP: 35 - 39		15 Scott Sutherland	1:17:20
1 Jeremy Miller	58:34	16 Chris Dills	1:18:49
2 Jose Pulido	1:02:15	17 William Boyett	1:20:55
3 Russ Rogers	1:07:06	18 Kris Erskine	1:22:28
4 Jeff Richmond	1:07:25	19 Kevin Bartenfield	1:24:26
5 Nathan Barstow	1:09:09	20 Michael Hammel	1:24:57
6 Shane Wright	1:09:50	21 Michael McGann	1:25:32
7 An Tran	1:10:24	22 Jason Keur	1:26:30
8 Keith Guillot	1:13:21	23 John O'Keefe-Odo	1:26:44
9 Douglas Kelly	1:15:41	24 Donald Landen	1:28:14
10 Eric Waddle	1:18:25	25 Joe Robertson	1:32:42
11 Stan Gregory	1:18:26	26 Lee Haggard	1:33:20
12 Jeremiah McBrid	1:18:59	27 Tim Harris	1:36:52
13 Johnny Ferguson	1:19:29	28 Mark Swope	1:47:47
14 Brian Thompson	1:20:22	29 Craig Casalou	1:56:22
15 Patrick Ellis	1:20:25	30 Tim Shadwick	
16 Rowan Johnson	1:25:35		
17 Adam Reynolds	1:26:13		
18 Wesley Forrest	1:29:13		
19 Brandon Potts	1:30:31		
20 Christopher Nethe	1:35:01		
21 Chad Taylor	1:35:55		
22 Daniel Batts	1:39:25		
23 Ray Russell	1:39:41		
24 Matt Mulvaney	1:40:47		
25 Matthew Dunmor	1:42:01		
26 Jeremy Bordelon	1:52:23		

FEMALE AGE GROUP: 40 - 44		15 Scott Sutherland	1:17:20
1 Kristen Curtis	1:14:41	16 Chris Dills	1:18:49
2 April Threlkeld	1:21:54	17 William Boyett	1:20:55
3 Vivian Anderson-B	1:22:37	18 Kris Erskine	1:22:28
4 Heather Newsome	1:24:27	19 Kevin Bartenfield	1:24:26
5 Cyndi Matheny	1:25:13	20 Michael Hammel	1:24:57
6 Angie Owens	1:26:54	21 Michael McGann	1:25:32
7 Heather Cooper	1:27:14	22 Jason Keur	1:26:30
8 Stephanie Bradfor	1:28:55	23 John O'Keefe-Odo	1:26:44
9 Maria Vives	1:30:16	24 Donald Landen	1:28:14
10 Paige Phillips	1:30:33	25 Joe Robertson	1:32:42
11 Danielle Norton	1:31:35	26 Lee Haggard	1:33:20
12 Jennifer Baxter	1:31:42	27 Tim Harris	1:36:52
13 Suzonne Meyers	1:31:54	28 Mark Swope	1:47:47
14 Rebecca Stein	1:31:59	29 Craig Casalou	1:56:22
15 Jenni Claeys	1:32:05	30 Tim Shadwick	
16 Mary Stoetzner	1:34:25		
17 Christa Dibasi	1:34:48		
18 Elizabeth Seymou	1:34:49		
19 Alicia Miller	1:35:44		
20 Susan Elder	1:36:46		
21 Marsha Potter	1:38:47		
22 Candice Frost	1:38:50		
23 Leigh Todd	1:40:02		
24 Laurie Crow	1:40:19		
25 Jeri Harris	1:43:15		
26 Renee Purcell	1:45:29		
27 Barbara Blansett	1:46:29		
28 Allison Evans	1:46:59		
29 Kimberly Cilley	1:48:01		
30 Jennifer Regan	1:48:05		
31 Ginger Miller-Lig	1:48:58		
32 Becky Croft	1:48:58		
33 Mimi Long	1:48:58		
34 Jennifer Robertson	1:50:14		
35 Jennifer Johnson	1:51:48		
36 Joni Keur	1:53:47		
37 Michelle Simpson	1:54:14		
38 Maggie Minsk	1:58:53		
39 Jennifer Heinzl	1:59:20		
40 Meredith Miller	2:02:16		
41 Amy Miller	2:08:52		

MALE AGE GROUP: 40 - 44		15 Scott Sutherland	1:17:20
1 Philip Rogers	1:00:16	16 Chris Dills	1:18:49
2 Scott Hamby	1:04:43	17 William Boyett	1:20:55
3 Elijah Anderson Ba	1:09:00	18 Kris Erskine	1:22:28
4 Nick McKinney	1:09:09	19 Kevin Bartenfield	1:24:26
5 Aaron Thomas	1:10:38	20 Michael Hammel	1:24:57
6 Jeffrey Cross	1:11:32	21 Michael McGann	1:25:32
7 Jason Butcher	1:12:43	22 Jason Keur	1:26:30
8 John Windom	1:13:58	23 John O'Keefe-Odo	1:26:44
9 Jason Ledford	1:14:00	24 Donald Landen	1:28:14
10 Todd Dobson	1:14:59	25 Joe Robertson	1:32:42
11 John Anderson	1:15:02	26 Lee Haggard	1:33:20
12 Stewart Williams	1:15:34	27 Tim Harris	1:36:52
13 Brian Bolt	1:15:48	28 Mark Swope	1:47:47
14 Scott Rice	1:17:16	29 Craig Casalou	1:56:22
		30 Tim Shadwick	

FEMALE AGE GROUP: 45 - 49

1 Connie Petty	1:16:36
2 Trish Newsom	1:16:44
3 Barbara Ensign	1:19:20
4 Paige Shaw	1:21:46
5 Jennie Gentry	1:22:08
6 Lane Park	1:29:55
7 Tara Murdock	1:29:55
8 Kimberly Thorsten	1:31:10
9 Cynthia Hoeng	1:31:11
10 Debbie Smith	1:33:28
11 Cindy Moore	1:34:19
12 Gina McDaniel	1:35:25
13 Leslie Michael	1:38:06
14 Mia Ballard	1:39:44
15 Lisa Romanchik	1:41:59
16 Tracy Bryant	1:44:29
17 Nikki Bautista	1:50:32
18 Bernie Maynard	1:53:36
19 Vanessa Walden	2:06:54
20 Norma Aldridge	2:34:22

MALE AGE GROUP: 45 - 49

1 Les Conner	1:03:02
2 Ted Arrowsmith	1:06:11
3 Robert Barnes	1:06:49
4 David Moghani	1:07:17
5 Scott Williams	1:08:32
6 Troy Ivey	1:11:52
7 Jerry Mochabee	1:14:26
8 Troy Bage	1:16:14
9 Matt Brown	1:18:54
10 Brian Horton	1:19:58
11 Charles Dugger	1:21:31
12 Allen Hammontr	1:22:44
13 Bill Estes	1:24:36
14 Jay Roueche	1:25:32
15 Sujeel Taj	1:25:38
16 Daniel Holliday	1:29:01
17 Shawn Hinkle	1:31:51
18 David Champion	1:32:05
19 Esteban Minsk	1:32:27
20 Patrick Sweetman	1:35:05
21 Dewayne Galyon	1:35:32
22 Andre Rado	1:37:10
23 Keith Perry	1:43:14
24 Del Ashcraft	1:50:18
25 Travis May	1:50:54
26 Laura Harris	1:51:26

FEMALE AGE GROUP: 50 - 54

1 Nikki Thomas	1:24:55
2 Corinne Henderso	1:26:59
3 Ronda Lyons	1:28:13
4 Pam Keeter	1:30:51
5 Kim Lingerfelt	1:38:28
6 Renee McLaughli	1:39:47
7 Karen Hyatt	1:39:56
8 Laurie Slade	1:40:19
9 Cathy Hyde	1:42:29
10 Terrie Corbin	1:42:38
11 Sharon Henderso	2:01:55
12 Marica Merck	2:21:06

MALE AGE GROUP: 50 - 54

1 John Gracy	1:03:14
2 Paul Talbott	1:08:56
3 Jude Hachlerl	1:09:06
4 Ray Kellum	1:12:54
5 Thomas Marshall	1:14:06

6 Damon Raines	1:14:42
7 Michael Marcum	1:15:23
8 Kevin Stewart	1:16:37
9 Timothy Ellinger	1:17:44
10 Henry Lynn	1:18:00
11 Jimmy Layne	1:20:41
12 Kelvin Douglas	1:21:20
13 David Gutillo	1:21:41
14 David Autry	1:23:41
15 Joe Dumas	1:24:23
16 Phillip Baker	1:26:58
17 Carey Cooper	1:31:24
18 Rob Norred	1:33:25
19 Jose Martinez	1:35:26
20 Scott Williams	1:35:56
21 David Lupcke	1:36:52
22 Michael Smith	1:43:55
23 Steve Smalling	

FEMALE AGE GROUP: 55 - 59

1 Doris Windsand-D	1:17:37
2 Connie Brand	1:32:05
3 Vickie Pitts	1:34:01
4 Betty Holder	1:38:27
5 Annie King	2:36:03

MALE AGE GROUP: 55 - 59

1 Larry Gammon	1:09:16
2 Dwight Gardenhir	1:09:17
3 Geary Fults	1:10:29
4 Don Gregg	1:12:42
5 Jeff Straussberger	1:13:13
6 Reggie Bishop	1:17:13
7 Bill Brock	1:18:30
8 James Peace	1:19:12
9 John Lanham	1:20:23
10 Mike Kirkland	1:24:04
11 Tom Kennedy	1:24:09
12 Terry Hampton	1:27:15
13 Steve Johnson	1:27:42
14 Joe White	1:27:45
15 Mark Gowin	1:35:04
16 David Halicks	1:38:26
17 Darrell Hyatt	1:39:56

FEMALE AGE GROUP: 60 - 64

1 Victoria Berghel	1:31:58
2 Eileen Johnson	1:36:01
3 Kristine Johnson	1:36:54
4 Jane Webb	1:58:25

MALE AGE GROUP: 60 - 64

1 Mike Usher	1:11:08
2 John Crawley	1:13:38
3 Greg Heath	1:15:21
4 John Walker	1:16:27
5 Dick Miller	1:23:24
6 Michael Martin	1:25:35
7 Tim Effler	1:26:17
8 David Mann	1:29:46
9 Stephen Bennett	1:30:52
10 Larry Rigsby	1:32:51
11 Carter Lynch	1:34:02
12 Theodore Verville	1:35:05
13 Michael Chase	1:49:15

FEMALE AGE GROUP: 65 - 69

1 Sue Anne Brown	1:34:44
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MALE AGE GROUP: 65 - 69

1 Craig Kelly	1:24:33
2 Steve Rogers	1:24:41
3 Steve Deuel	1:43:05

FEMALE AGE GROUP: 70 & OVER

1 Bonnie Wassin	2:00:51
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MALE AGE GROUP: 70 & OVER

1 Sergio Bianchini	1:15:05
2 Al Klimaitis	1:28:28

8M TRAIL RESULTS

OVERALL FEMALE	
1 Kiersten Boyd	1:03:22
2 Jan Gautier	1:06:44
3 Mary Wood	1:07:53

OVERALL MALE	
1 Mark Malecky	54:29
2 Cullom Boyd	54:33
3 Fred Edgemon	57:48

FEMALE AGE GROUP: 19 & UNDER	
1 Lea Mulligan	1:19:41
2 Cintly Guzman Her	1:22:42
3 Brooke Cilly	1:29:42

MALE AGE GROUP: 19 & UNDER	
1 Caleb Casey	1:01:22

FEMALE AGE GROUP: 20 - 24	
1 Kiersten Boyd	1:03:22
2 Leah Talley	1:21:00
3 Laura Dickeson	1:23:48
4 Olivia Wagstaff	1:24:42
5 Stormi Campbell	2:01:04
6 Jessica Shepherd	2:09:30

MALE AGE GROUP: 20 - 24	
1 Roni Garayanala	1:18:32
2 Tyler Bowman	1:50:09

FEMALE AGE GROUP: 25 - 29	
1 Jordan Stern	1:16:12
2 Kate Laminack	1:16:55
3 Kellye Tilford	1:18:14
4 Hannah Loizeaux	1:18:59
5 Melissa Mitchell	1:30:58
6 Lindsay Dawkins	1:57:37

MALE AGE GROUP: 25 - 29	
1 Joshua Cornelius	1:07:06
2 William Hale	1:07:16
3 Charles Stewart	1:09:04
4 Ryan Widener	1:16:36
5 David Jacobs	1:25:55
6 Justin Comer	1:26:42
7 Garrett Mitchell	1:30:58
8 Harrison Keely	1:39:41
9 Shane Hooker	1:40:47

FEMALE AGE GROUP: 30 - 34	
1 Rebecca Beasley	1:13:56
2 Shannon Ritchie	1:23:50
3 Chrissie Griffith	1:28:45
4 Katherine Lumley	1:29:21
5 Beth Igou	1:31:00
6 Crystal Henry	1:31:55
7 Stephanie Rogers	1:32:38
8 Jocelyn Wilcox	1:36:45
9 Holly Haynes	1:38:32
10 Kristin Sparks	1:39:45

MALE AGE GROUP: 30 - 34	
1 Cullom Boyd	54:33
2 Fred Edgemon	57:48
3 Brian Hay	1:00:43
4 Ryan Davis	1:02:21
5 Joseph Watson	1:04:11
6 Matthew Loizeaux	1:20:52
7 Shane Unsworth	1:22:13
8 Scott Johnson	1:23:50
9 Bradford Lumley	1:30:05
10 Shaun Gibson	1:32:53

FEMALE AGE GROUP: 35 - 39	
1 Chantelle Kirk	1:13:27
2 Stacey Prentice	1:14:23
3 Jessica Hay	1:20:31
4 Charlene Simmons	1:23:47
5 Sonia Zin	1:26:37
6 Holly Scott	1:32:38
7 Tracy Phillips	1:34:02
8 Jennifer Shattuck	1:35:05
9 Kimberly Nydick	1:38:41
10 Amanda Hickey	1:39:45
11 Karen Hullely	1:55:30
12 Allison Block	1:58:54
13 Natalie Gill	2:01:41

MALE AGE GROUP: 35 - 39	
1 Mark Malecky	54:29
2 Dan Henry	1:08:27
3 Josh Carter	1:11:06
4 Josh Henry	1:13:39
5 Matt Baker	1:13:42
6 Yuri Davis	1:15:30
7 Jason Shattuck	1:15:49
8 Ricardo Salaises	1:16:34
9 Joshua Curtis	1:19:41
10 Owen Long	1:30:08
11 Chuck Kemp	1:32:57
12 Damon Callahan	1:47:3



THE ROAD IS CALLING.



Photo by: Beth Petty



BULLETIN BOARD

SPRING 2015

JOIN A
RUNNING
GROUP!

Volunteer
with CTC for the
IRONMAN
Aid-Station

Marathon Training
Info Session
July 23rd
@ OUTDOOR
CHATTANOOGA

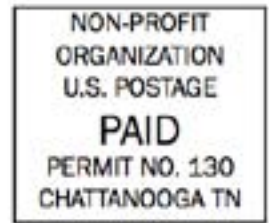
CTC MEMBERSHIP
DISCOUNTS
@ LOCAL
BUSINESSES

JOIN
or
RENEW
MEMBERSHIP

FOR 2015!



Chattanooga Track Club
 P.O. Box 11241
 Chattanooga, TN 37401






CHANGE SERVICE REQUESTED


RACE CALENDAR

Race dates are verified but might change.
 Please visit www.chattanoogatrackclub.org
 for the latest information on races and events.

LEGEND


-  CTC EVENT
-  JOE MCGINNESS RUNNER OF THE YEAR (JMROY)
-  VOLUNTEER POINTS ONLY

JULY

25 Scenic City Scorcher 

AUGUST


8 Missionary Ridge Road Race 


22 Make A Wish Run for Wishes 

29 Jasper Highlands 5K 

SEPTEMBER


7 FCA 5K and 10K 

3,10 CTC Elementary Cross
 Country #1, #2 

17,24 CTC Elementary Cross
 Country #3, #4 


26 Raccoon Mtn. 5K and 10K 

OCTOBER

10 JMHC Pumpkin Run 

24 Signal Mtn. Pie Run 

NOVEMBER

14 Battlefield Marathon, Half & 5K 

26 Sports Barn Turkey Trot 

DECEMBER

19 Wauhatchie Trail Run 