

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JOGGING **AROUND**



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[WHY WE RUN: THE WEBB FAMILY](#)

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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

IN THIS ISSUE

From the CTC President (Jenni Berz)	1
Why We Run (Roy, Jason and Helen Webb)	2
The Long Run, Endowment Fund (George Skonberg)	6
Runner in Training: Monitor Yourself (Dan Hanson)	11
Race Results: Missionary Ridge Road Race	12
Long Runner Awards: Runner Profiles (Lynda Webber)	14
Race Results: Raccoon Mtn. Road Race	20
CTC Race Calendar	Back Cover



FROM THE

CLUB PRESIDENT



In thinking about what the Chattanooga Track Club has been doing over the past 9 months, one thing that stands out is the extraordinary number of volunteers it takes to accomplish what we do. I want to take this opportunity to express my sincere appreciation and gratitude to all of our volunteers. We are extremely fortunate to have a pool of incredible people, several hundred, who share their time and talents to help run this organization, manage races, work races, lead group runs and special programs and serve on various committees that support our mission. Thank you all for the countless hours, teamwork, creativity, patience, dedication, generosity and giving spirit, time and time again. You matter to this organization.

What a phenomenal year we have had - Increased participation at all of our races; record numbers at our Train Together group runs; and a 27-member Race Team that is exciting to follow. On My Own Two Feet & Wheels continues to have a positive impact with homeless women and men and our community partners continue to add value to our races. Participation in our Battle for Chattanooga race series doubled this year and one of my favorite events, the Elementary Cross Country Series, brought together 600 third, fourth and fifth graders.

In November, in addition to our biggest race of the season, the Chickamauga Battlefield Marathon, Half Marathon, Jr. Marathon & Fort Oglethorpe 5k, the membership will elect the 2019 Board, November 15. We are always looking for folks who have an interest in and passion for what we do. Contact me for more details.

As we approach shorter days, more of our runs may start and/or finish in the dark. Keep in mind some simple tips: Run with a friend or group, keep phone and I.D. on hand, be visible with reflective clothing or lights, stick to familiar routes and make sure you can hear your surroundings.

Last but not least, as a running club, we do tend to focus on running a lot. I am reminded at every race, meeting or group run that running is the catalyst for so much more. We foster friendships, support each other through life's ups and downs, inspire leadership, promote local business and encourage healthy lifestyles. At the end of the day, we have a positive impact on the well-being of our members and community.

Thank you for your continued support of running and Happy Fall!

Jenni Berz is the 2018 CTC President. She can be reached at president@chattanooga-trackclub.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.

Read George Skonberg's article about The Long Run on page 6 of this issue.

ON THE COVER



Thirty-four runners at the Scenic City Scorcher set new state time records for the 2-mile distance, including Jan Gautier (#302) who also won the Female Grand Masters division.

WHY WE RUN

ROY, JASON AND HELEN WEBB

ROY WEBB

You might say our family began running together at The Leader “Dash at Dawn” race around Northgate Mall in the early 80’s but it really started at the Boulevard Bolt in Nashville on Thanksgiving Day 1999. Seven or eight ran that day and we continued running it for 15 years.

My sons Jason and Adam started the insanity when they ran their first marathons in 2001 and 2003. I was content to be a cheering supporter until daughter Lori talked my wife Karen and me into running the first Knoxville half marathon in 2005. I doubted I could do it but she was persistent and I wanted the experience of finishing on the 50 yard line of Neyland Stadium, where I saw my first Tennessee game in 1958. With the boys’ marathon experiences, I knew to start off with shorter distances and build up to the race goal.

Since that race was at the end of March, I ran and trained in winter for the first time and became hooked. Seeing snow on the ground and through the trees at Chickamauga Battlefield was absolutely incredible. The feeling at the Knoxville Half of coming down the tunnel and running out on the field was exhilarating. Since that time, Karen, appropriately ran Grandma’s as her first marathon with son Jason in 2005. I was content with the half marathons until the 2009 Shamrock Marathon in Virginia Beach with son Jason and daughter Lori. The next year son Adam joined the group at the Snickers Albany Marathon where he and Jason both qualified for Boston. Since then there have been 71 marathons and 61 half marathons by our group with our lovely daughters-in-law joining us in Louisville for the Kentucky Derby Mini-marathon in 2006.

It has been a great pleasure watching our grandkids grow and join in on the fun at events like the Market St Mile, Chattanooga Chase 1 Mile Run and the Chickamauga Battlefield Jr. Marathon. Last November, two of our grandchildren ran the Battlefield Fort Oglethorpe 5k and three ran the Jr. Marathon. Seven of our nine grandkids, ages 5 through 13, have run at least one event and in 2017, grandson Henry set the state record for 10 year olds in the 2 mile distance at the Scenic City Scorcher. Some events that stand out for me are the Scenic City Half with all three of our children—well, not running with them but being on the start line and watching them go. My grandson Henry and I ran a Superheroes’ run in matching Spider Man shirts and my granddaughter Ruthie and I completed the Chattanooga Chase one miler on the same day as our shared birthday. We also got my father, Boyd, at 92 years old, to walk the Market St Mile with us three years ago. He had a great time and his finish that day came close to the state record.

Though I don’t run as much or as fast, I still enjoy running for overall health and to be outdoors and, most importantly, for The friendships and relationships developed along the way. I would encourage anyone who is interested to just get out and start moving and do it. I didn’t start seriously running until I was 56 and I have run 32 half marathons and 4 marathons since then so I know that anyone can. I think running has been a huge part of my life for the last 13 years and I look forward to continuing it as long as I can.



Roy, Henry, Boyd and Jason Webb at the Market Street Mile

JASON WEBB

I feel like most people either love running or they are in the “I only run if being chased” camp. I’ve pretty much always had a love for running, but my family has certainly made me love it more. I started running regularly in college at UT (Go Vols!), mainly as an outlet and a way to get outside. Then I started doing a few races, and after a couple years our family decided to run the Boulevard Bolt 5 miler on Thanksgiving Day in Nashville. All five Webbs, an uncle and a cousin did it. We made it a family affair. From that year on, anywhere from six to ten of us would go run before coming home to stuff our faces with turkey and dressing.

In 2005, my mom, Karen, and I both got into Grandma’s Marathon in Duluth, Minnesota after missing out on registration the year before (it filled up in three days). My parents, Karen and Roy (who ran the half), my wife, Whitney and then six-month old daughter all traveled to Duluth for the race. The whole marathon experience was perfect. The course was beautiful along the shoreline of Lake Superior. Although Karen and I could barely walk the next couple of days, I was hooked and decided since I loved marathons as well as seeing our country I may as well shoot to become a Fifty-Stater.

Thirteen years, two more sons, and twenty-eight states later, and I’m still chasing that bucket list. We average about two states a year as we compete with school and life, but when we choose a marathon we try to build a vacation, a “runcation” if you will, around it. We’ve been to Maine and coastal Rhode Island in fall, the Badlands, Black Hills, and Mount Rushmore. We’ve seen the Alamo, waterfalls galore in Oregon, run a lap around Lambeau Field in Green Bay the year after the Packers won the Super Bowl. We’ve seen California and the amazing Yosemite National Park, and got to spend a few wicked ah-some Patriot’s Days in Boston for our country’s best marathon.

What’s cool through this journey is it hasn’t been a solo affair. I’ve run at least fifteen marathons where at least one of the five Webbs were running either the marathon or the half. In fact, so many in my family run, I’ve lost count. My brother, Adam, and I have certainly logged the most miles together. We are accustomed to sending or receiving the Friday night text message: “What time? How far? From where?” Whether we’re training for a marathon or just trying to log some base miles, we know the text is coming about our Saturday morning long run.

When my father Roy and sister Lori both decided to jump on the marathon bandwagon in 2009 for the Shamrock Virginia Beach marathon, I gladly signed up, too. We all ran the entire race together with Lori finishing just ahead of Roy in their debuts. After this race, I had run a marathon with my mom, dad, brother, and sister. Whether it’s a full marathon, or half, we have all piggy backed on each other’s races through the years. This makes it easy to support each other and train together.

Without question, the Chickamauga Battlefield Marathon has become one of my favorite races and almost a holiday for our family.



It’s beautiful. It’s our hometown course and the weather is always nice and cold on a crisp fall day. Each year we typically will all do one of the races with our kids joining in the fun, first with the Kid’s Jr. Marathon, to now graduating up to the 5K. Afterwards, we relax and come back home where we spend the rest of the day outside watching UT football under the stars, next to fire pits, outdoor heaters and blankets while stuffing our faces with as many s’mores as we want.

This has all been great, but the coolest part of this journey has been my kids, Helen (thirteen), Henry (eleven), and Oliver (six) joining in the mix. Helen and Henry each did their first 5Ks with their Pop-Pop (Roy) when they were about eight. They have followed that up by running Cross Country with their elementary schools and several other CTC races. They all love the Market Street Mile the best. Helen and Henry have both turned out to not only run races, but to win age group awards as well. As a dad, the only thing better than doing well at a race is seeing your kids do BETTER.

This fall Helen will be running cross country for Baylor High School and, for the first time ever, had summer workouts assigned by her coach. I ran some of them with her, including several runs through the monuments in our nation’s capital during our summer trip to Washington, D.C. We are beginning to love our daddy/daughter runs. So, of all the things running is great for, the social aspect of it is certainly one of the best. And what better social network is there than your own family? Even my 91 year old grandfather, Boyd Webb, ran the 2015 Market Street Mile with us, and to this day, will say, “There’s not a one of you that will outrun me!”

Running all the marathons and getting to travel our country aside, the thing that has trumped all of this has been getting to run with my kids. With running, you can be any age or sex and still compete in the same event which not many other sports can claim. So, yes, the Webb family runs, and yes, we run together.

PS: It doesn’t hurt that race photographer extraordinaire, Catherine Crawley, is a sucker for a running family, so we’re always guaranteed great race photos! We love you, Catherine!

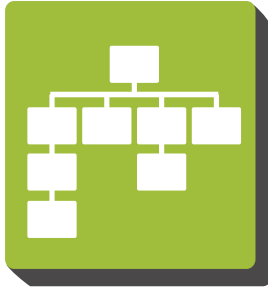


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HELEN WEBB

I used to think running was pointless. I didn't understand how my dad could just go outside in the blazing heat, freezing cold, or pouring rain and run for hours. I would've much rather gone to play a game of soccer. Then, one day my dad asked me if I wanted to go for a run and I said yes because it felt amazing outside and I wasn't tired at all. It was only about a mile, but during it I was having the time of my life. I absolutely loved it. And now I guess you could say I'm hooked. I have done so many races and have enjoyed all of them. Right now I am on Baylor's high school cross country team and I also run track. Every time I go out to run I get excited especially in practices with a team. Team practices are so much fun because you are surrounded by people that share the same passion as you. Practicing with a team also motivates me. When I am slowing down or not feeling great they always push me and help me make it to the end.

My first race ever was the Market Street Mile when I was 7 years old. Since it was my first race I wasn't nervous because I didn't really know what I was capable of. I really surprised myself at the end when I won my age group. I was so proud of myself; I couldn't believe I'd won a race. It made me want to run even more and still does today.

Last spring I ran the Chickamauga Chase 5k with my brother, Henry. The race didn't turn out how I had expected it to in two different ways. I started out way too fast and about halfway through didn't feel good at all. My brother, who was in 4th grade at the time, passed me. That made me angry because he had never beaten me before and I didn't want it to happen that day. A few minutes later I had to stop, and I never stop in races even if it means jogging slower than I can walk. My stomach felt really weird. All of a sudden, I threw up but after that I felt much better. I started to run again and could see my brother was way ahead of me and there was no way I was going to be able to pass him. There was half a mile left and my legs were so tired. Finally, I saw the finish line and heard the announcer shouting "Here comes the first female!" I didn't think I would be that close to the first female, especially after stopping to puke. I got closer and realized they were talking about me. I was the first female! I got to the finish line and everyone was congratulating me. I was so surprised and very proud of myself but I was also disappointed. It was the first time Henry had beaten me and I knew he would be bragging about it later on. He did brag but I would be proud, too, if I beat someone that much older than me. It was okay because I was very proud of myself, too, for getting first overall female.

I have done one triathlon and am on a swim team for Baylor during school and for Catoosa County in the CASL league. Sometimes I can't decide which I like better, swimming or running, but it's running I usually come back to as my number one. I currently run Cross Country and track for Baylor.

It's great to have family members that push you because it can help you reach your goals. My dad says he is going to finally let me run the Wauhatchie Trail race this December and put me on his family team since I get a nice head start, but we will then have to challenge Uncle Adam and Aunt Lori for our family championship. We love the internal competition.



Roy and Henry Webb



Helen and Jason Webb



Helen and Henry Webb



GOING LONG: Endowment Fund Secures CTC Future

George Skonberg

In 2005, at the ripe young age of 35, the Chattanooga Track Club took a giant leap forward to developing as a sustainable and viable non-profit organization. It was a year of significant progress, rejuvenation, and realignment of the club – and much of what we see today as members was rebirthed in that period building on a great legacy going back to 1970.

To me, one of the Club’s most important steps forward was the Board’s resolution to establish *The Long Run*. The Long Run was established as an endowment fund to create a perpetual investment and financial resource to further the mission of The Chattanooga Track Club. I remember writing with much excitement that initial article for *Jogging Around*. The Club had received a kind and unsolicited donation, and the Board voted to earmark a portion of that gift as seed money for an endowment fund. On July 5th, 2005, The Long Run began with a \$1,000 investment. Today, the fund stands at \$22,817. That’s pretty good progress, but I can’t help but believe it should be some significant multiple of that number. Over the next few paragraphs, and with consistent emphasis from the Club, I hope we can rekindle that excitement about The Long Run that I felt 13 years ago at its creation. Let’s take a few steps to help us fully understand what an endowment fund can mean to a non-profit organization.

From a fiscal perspective, the formative years of a non-profit are focused solely on the current or next year’s budget– operating expenses versus income. That can be a tough annual battle for an organization

and failure has closed the doors of many well-meaning non-profit ventures. Endowments may be generally described as assets (usually investments) set aside so that the original assets (known as the “corpus”) grow over time as a result of investment earnings of the fund. The corpus may also be added to over time, and typically make up a large portion of an endowment fund’s annual increase. This corpus is generally not used to fund an organization’s annual operating expenses. As the underlying corpus increases in value over time, the investment earnings may be available annually for the stated purpose of the endowment fund.

corpus: the original assets of a fund.

Most of us are familiar with the role and power of endowment funds. These funds are major mission drivers for organizations of all types, including universities, private schools, churches, health and welfare entities and just about everything established as a non-profit. A successful endowment sends a signal to the community and donors that the organization is thinking long-term and building assets for its own future sustainability while pursuing its stated mission.

The growth of an endowment fund will depend of course on how well the underlying investments perform as well as the fiduciary behavior of the



organization in their approach to annual withdrawals to further their mission.

The Resolution of The Chattanooga Track Club for the Establishment and Policies of an Endowment Fund is an official part of the Club's operating by-laws. A copy is available to any member upon request. An important component of this policy is the spending provision for the Fund- how much can be withdrawn to support the mission of the Club. Article 11 of this policy states, "At the time of the annual report of The Long Run, up five percent (5%) of the Fund may be transferred to the general operating fund of the Club to fund operations and programs in support of its mission.A disbursement will not be made during any year that the Fund fails to achieve an annualized return of at least 5% in the previous three-year period." In the 13 year history of The Long Run, the Club has been consistently frugal and respectful of the corpus of the Fund.

The Long Run corpus: \$1000 in 2005.

Given excellent investment results and the frugal handling of the fund by the Board, what can the fund contribute to the mission of the Club today? \$1,140 (5%) from the Fund's balance of \$22,817. Yes, that is a lot of money, but think of where it could be. As I began this article, I clearly stated my thoughts that we can do better – far better- in building an endowment that can impact the mission of the Chattanooga Track Club for generations to come.

endowments: funds set aside to grow over time as a result of investment earnings.

I moved to Chattanooga in 1983. For those who can remember, that wasn't a particularly glorious period for our community. Business and industry was shrinking, as was the population base, and investment into our community was drying up rapidly. But through all the dimness, Chattanooga was sustained and reborn due in large part to our community's philanthropic heritage. The stories of giving are endless, and maybe the most visible was a large generous contribution to the creation of the Tennessee Aquarium by the Lupton family. Our town today is clearly one of the most desirable and livable communities to be found anywhere.

Chattanooga's philanthropic nature is notable and laudable, it permeates our businesses, schools and our everyday lives. It won't take long for any of you to think about the impact that non-profit organizations have made on the great place to live that Chattanooga has become. I shudder to think of living here without their good works. That includes the Chattanooga Track Club. And this very admirable giving characteristic can pose a headwind to organizations like the CTC who are in the early, formative years of building an impactful endowment fund. Why? Because we are all asked, and asked often, for help from a multitude of worthy causes. And many of these causes have much more

refined and powerful solicitation practices than our home grown CTC. Think about how often you receive a donation request. This bombardment of "asks" is hard to ignore, but they effectively camouflage the needs of an organization like the CTC. Although we probably won't ever match the solicitation power of many professional charitable campaigns, the leadership of the Chattanooga Track Club has re-committed to promoting The Long Run. Going forward you will see regular updates on contributions and reporting on the fund, as well as receive encouragement to consider The Long Run as part of your annual giving plans.

Looking back, part of my initial excitement when The Long Run was born had to do with the name itself – perfect for an organization based on the healthy impact of running and fitness. Even the most casual runner, when contemplating that gold standard of our sport – the marathon— understands the importance of a long term training plan. The plan must include regular fitness deposits of various weekly runs, and gradually increasing long runs towards the 26.2 mile journey. Nobody just wakes up on a weekend morning and says, "I think I'll run a marathon today." Our endowment fund is no different. It will benefit greatly from regular frequent deposits and increasingly larger ones over time. In order to make a sustainable impact on our mission, it must receive these deposits over time. And in the investing world, time is our ally.

So what can we do to help make The Long Run a vital economic engine? Just like your marathon training program, we should focus on the long term goal while knowing that small and frequent contributions reap

huge benefits over time. Many of us have looked for easier routes to crossing the finish line, and there has yet to be a discovery of a get-there-quick scheme. Albert Einstein reportedly said, "Compound interest is the eighth wonder of the world. He, who understands it, earns it. Compound interest is the most powerful force in the universe. Compound interest is the greatest mathematical discovery of all time." Pretty heady stuff from the guy who knew more than any human being about gravity, light, energy and more. An endowment fund, like your retirement savings, is based on the principles of compounding – the prompt reinvestment of earnings into the original investment corpus.

Let's recommit to The Long Run, together we can create a powerful force and help elevate The Chattanooga Track Club to an even bigger role in the lives of Chattanoogaans who place a premium on their health and fitness.

George Skonberg served as CTC president in 1995 and 1996. As race director of the Chickamauga Chase for more than twenty years, George is the track club's longest-serving race director. He was instrumental in establishing The Long Run endowment fund and continues his active involvement in the CTC and other community organizations.

The Long Run Investment: Vanguard's STAR Fund (VGSTX)

"Vanguard STAR provides a broadly diversified portfolio with exposure to some of Vanguard's best actively managed strategies. Additionally, its rock bottom price tag and steady results add to the appeal. This balanced fund stands out for its consistency. It doesn't deviate from its 60/40 stock and bond split."

Rating for STAR Fund: 4 to 5 stars of a possible 5 over the past 3, 5, and 10 year periods, along with a coveted Silver analyst rating. The fund's lifetime, compounded rate of return has annualized at an attractive 9.51% while assuming risk (standard deviation) that is 40% lower than the overall stock market. Fund expenses are far below industry norms at only 0.32%.

Fund information provided by Morningstar®

WHAT CAN YOU DO TO HELP GROW THE LONG RUN?

- Each year when you renew your CTC membership, add a modest sum to your dues earmarked as a donation to The Long Run. In the near future, the CTC renewal process will prompt you to consider this option as you renew.
- Make a gift in honor of someone who shares your same passion for running and fitness. Promotions, recognition, retirement, milestone birthdays all create giving opportunities.
- Make a gift in memory of a person or family member whose lives were enhanced by running and fitness.
- Make a bet with your training pal(s). Lose it, and you make the donation in their honor. The bet can be the next 10k, half, or whatever. It can be as simple as a football rivalry. (Isn't that right Steve Rogers?)
- Consider leaving a testamentary gift in your estate plan. It doesn't have to be your life's fortune, but smaller nominal gifts of a few hundred dollars or more can make a tremendous impact on the fund. This can usually be accomplished by adding a simple, notarized codicil to your will.
- Gifts can be made by check, cash, or credit card. Gifts of stock can also be accepted. This can be great tax break if you own shares of highly appreciated companies. You receive a deduction for the full market value of the gift, and neither you nor the CTC pays tax on the capital gain.

WHAT WILL YOU RECEIVE IN RETURN?

- Contributions to The Long Run are deductible as charitable contributions. The CTC will send you (the donor) a formal acknowledge that your gift was received and is deductible as a contribution to a 501(c) (3) organization.
- If your gift is made to recognize someone (honoree, memorial, etc.), they, or their family, will receive a letter from the CTC that a gift was made in their honor, or memory of, etc.
- Gifts and donations will be displayed on a regular basis in Jogging Around, unless the donor wishes to remain anonymous.
- But the most gratifying return that you receive for donating to The Long Run is the knowledge that you have contributed to the long term success of the Chattanooga Track Club and the role it plays in the lives of our community!

THE LONG RUN ENDOWMENT 2018 CONTRIBUTORS

Jeff Elliott

Steve Rogers – In honor of John Mazdin

George Skonberg – In honor of Bill Brock

George Skonberg – In memory of John Madzin

George Skonberg – In memory of Jerry Lastine

George Skonberg – In memory of Mike Griffin

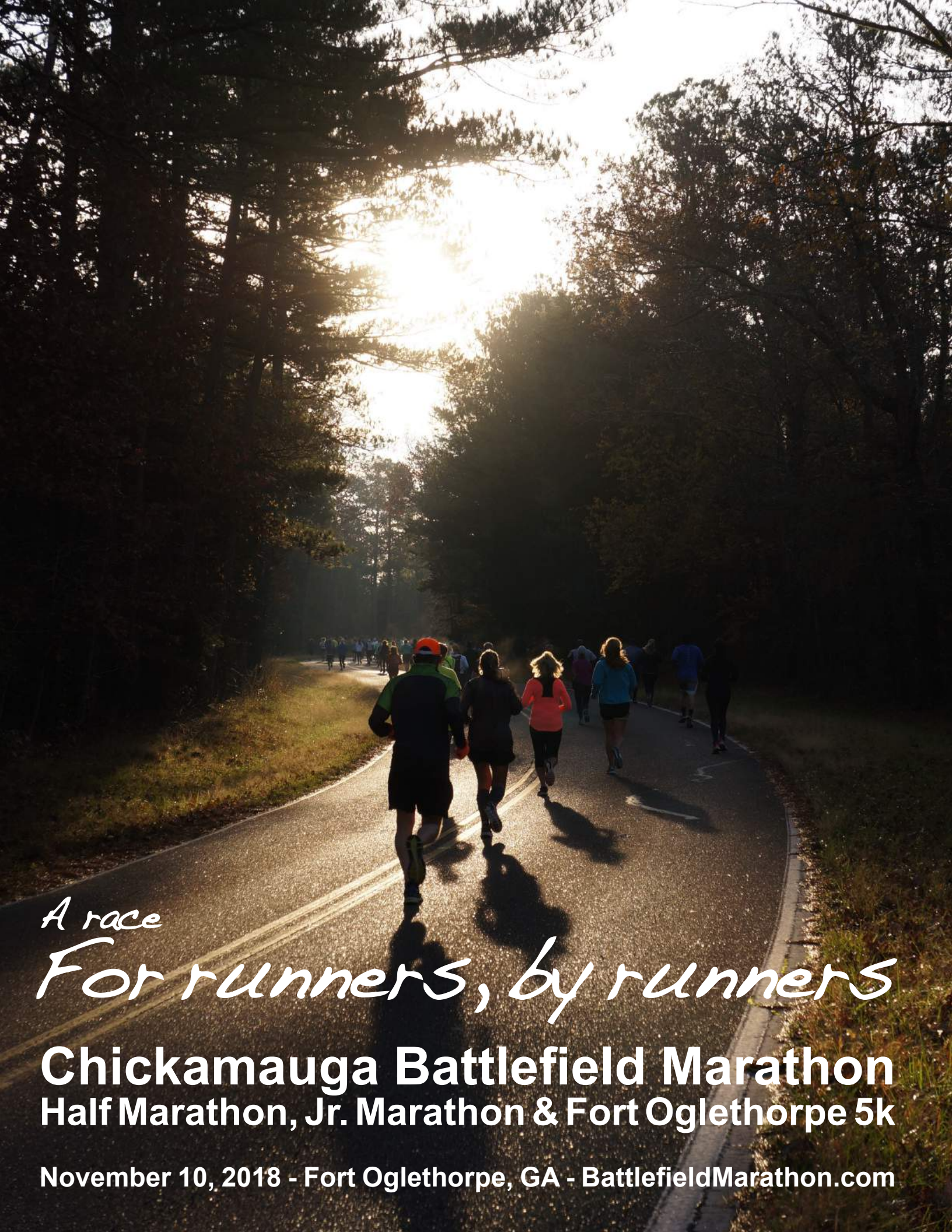
Alan Outlaw & Family – In memory of Cameron Bean and Van Townsend

Blaine Reese

Shanna Veale

Jane Webb – In memory of Daniel Hamilton Webb

To contribute to The Long Run endowment, visit RunCTC.org or contact the CTC club manager.



A race

For runners, by runners

**Chickamauga Battlefield Marathon
Half Marathon, Jr. Marathon & Fort Oglethorpe 5k**

November 10, 2018 - Fort Oglethorpe, GA - BattlefieldMarathon.com

RUNNER IN TRAINING: MONITOR YOURSELF

Running athletes in training monitor EVERYTHING: mileage, splits, cadence— it's a never ending list. Monitoring your recovery during the demands of race training may be the most important metric to consider during your training. Dan Hanson, Sports Performance Coach from C4 Sports Therapy and the Center for Sports Medicine & Orthopaedics, discusses essential elements of recovery for the running athlete during training.

RECOVERY

There's no such thing as "one size fits all" when it comes to recovery. Athletes and coaches must consider the type of competition and individual needs of the athlete to optimize performance.

NUTRITION:

Tracking caloric intake can help avoid excess weight gain before a race. For an even more detailed approach, adjust caloric intake within the phase. For example, higher calorie intake on training days versus low calorie intake on rest days. On training days, meals high in protein and carbohydrate have been shown to enhance muscle recovery post-exercise.

HYDRATION

Monitoring water intake can play a key role in aerobic performance. It is especially important for athletes to increase their water intake during hotter training months in the summer. I recommend athletes drink a large glass of water first thing in the morning. This is a great way to get your metabolism started for the day.

Hydration, much like sleep, is cumulative and optimized when maintained throughout each day. Athletes should aim for at least half of their body weight in ounces of water per day (ex: 200lb athlete drinks 100oz of water per day).

FATIGUE

There are times during training when higher levels of fatigue are acceptable. Keep in mind the goal of the phase and timing relative to race day. It may be helpful to use fatigue monitoring to avoid over-training and potential risk for injury.



Dan Hanson is a Sports Performance Coach at C4 Sports Therapy. After earning his degree in Exercise Science from Colorado State University, Dan spent the past 5 years in Chattanooga training athletes at D1 Sports and The McCallie School. He and his wife, Rachel, have one daughter, Haley.

SLEEP

A recent study showed that athletes who sleep less than 8 hours per night (on average) have a 1.7 times greater risk of injury than those who sleep more than 8 hours. Sleep loss/deprivation results in decreased muscle glycogen storage, lower general health, increased stress, and decrease in performance. One study even suggested that 'sleep extension' (increasing average hours of sleep) had the most beneficial effects on performance compared to other methods of recovery. Fatigue hides fitness!

DO ICE BATHS REALLY WORK?

Sort of. A recent study showed that cold water immersion at 50°F for 10 minutes decreased inflammatory cells in skeletal muscle tissue post-exercise. They then showed that active recovery post-exercise (in the form of low intensity cycling) for 10 minutes produced the same decrease in inflammatory cells. What's the message here? Ice baths can be an effective method of recovery, however, there may be less torturous ways to go about it.

Happy Running and Recovery!



For Sports Medicine & Orthopaedics

Because Life Happens In Motion

To inquire or schedule a Performance Session with Dan, call 423-713-5639. To schedule a visit with Physical Therapist or Physician, schedule by calling 423-624-2696.

MISSIONARY RIDGE ROAD RACE (4.7M)

SATURDAY, AUGUST 11, 2018

RESULTS

OVERALL FEMALE

1. Paige Thompson 29:39

OVERALL MALE

1. Christian Thompsom 23:49

FEMALE MASTERS

1. Janis Kelma 35:11

MALE MASTERS

1. Rodney Stoker 26:16

FEMALE GRAND MASTERS

1. Sue Damstetter 42:00

MALE GRAND MASTERS

1. Thomas Starke 32:08

FEMALE SENIOR GRAND MASTERS

1. Cathy Gracey 48:06

MALE SENIOR GRAND MASTERS

1. Jeff Stracene 33:49

FEMALE AGE GROUP: 14 & UNDER

1. Rebecca Huisman 48:16

2. Lauren Lovati 50:16

MALE AGE GROUP: 14 & UNDER

1. Zachary Youngblood 37:01

2. Jackson Hartman 49:51

3. Roland Lawrence 1:03:48

4. Caden Ryder 1:21:56

FEMALE AGE GROUP: 15 - 19

1. Sadie Lane 47:45

MALE AGE GROUP: 15 - 19

1. Forrest Webb 33:47

2. Jackson Wilson 33:59

3. Mason Burkett 34:27

4. Jake Wertanen 34:28

5. Bailey Burns 35:08

6. William Stamper 44:28

7. Maguire Shaw 46:55

FEMALE AGE GROUP: 20-24

1. Ivy Chastain 32:28

2. Julia Bursch 44:21

3. Jordan Wideman 50:03

MALE AGE GROUP: 20 - 24

1. Joseph Wilson 27:59

2. Daniel Schmidt 36:17
3. Robert Scott Galligan 36:46
4. Jay Echols 46:03

FEMALE AGE GROUP: 25 - 29

1. Jennifer Huwe 31:01
2. Haley Moody 32:16
3. Emily Elliott 37:55
4. Sara Hunt 42:39
5. Jessica Partridge 43:09
6. Ashley Dimaiolo 44:46
7. Alissa Hicks 45:02
8. Sarah Day 45:22
9. Veronica Bush 47:58
10. Kelsey Scott 48:52
11. Becca Katz 50:25
12. Jaclyn Nasoni 51:53
13. Lindsey King 52:11
14. Jessica Walker 54:41
15. Gabrielle Martens 56:09
16. Evelyn Stout 56:10
17. Jennifer Raulston 58:04
18. Kristi Herin 1:14:17

MALE AGE GROUP: 25 - 29

1. Lucas Cotter 24:57
2. John Gilpin 25:15
3. Ken Curran 29:04
4. Josh Erhard 30:04
5. Joel Long 30:59
6. Luke Wilson 31:47
7. Brad Jones 34:37
8. Brent Blalock 38:44
9. Chip Wilson 44:28
10. Chirag Patel 47:57
11. Paritosh Bhole 48:47
12. Stuart King 56:48

FEMALE AGE GROUP: 30- 34

1. Andrea May 36:07
2. Brianna Stambaugh 40:45
3. Shannon Sharkey 43:21
4. Emily Brown 43:39
5. Casey Kaylor 43:57
6. Amanda Matson 45:25
7. Casey Jacobs 46:41
8. Haley Kaye 48:52
9. Melinda Jamieson 50:27
10. Gianna Rakes 52:03
11. Erika Ferrell 53:44
12. Kirsten Pitcock 54:48
13. Ashley Agard 55:21

14. Kasandra Helms 1:13:58

MALE AGE GROUP: 30 - 34

1. Kevin Huwe 25:57
2. Adam Veron 27:13
3. Dwight Sell 31:27
4. David Wagner 34:40
5. Ryan Heming 35:57
6. Clayton Burriss 36:11
7. Michael Young 36:30
8. Taylor Davidson 38:39
9. Caleb Stambaugh 38:43
10. Joshua Kaylor 44:59
11. Brian Parker 46:45

FEMALE AGE GROUP: 35 - 39

1. Dana Rohloff 36:18
2. Mindy Freeman 36:44
3. Emily Perry 38:29
4. Sarah Webster 39:35
5. Apryl Barrett 44:29
6. Jessica Smith 44:30
7. Maegan Million 44:36
8. Donna Bedwell 46:51
9. Kristin Robertson 48:06
10. Elizabeth Igou 49:05
11. Whitney Allison 49:51
12. Jill Lovati 50:17
13. Sara Lankford 53:51
14. Carrie Blansit 1:04:37
15. Elizabeth Sullivan 1:07:17
16. Betsy Craig 1:13:43

MALE AGE GROUP: 35 - 39

1. Ryan McGinnis 28:19
2. James Young 31:06
3. Adam Bryan 31:42
4. Sloan Youngblood 33:07
5. Shaun Walker 35:26
6. Steven Lamar 36:00
7. Michael Kelly 37:23
8. Keith Guillot 39:05
9. Nathan Burns 39:52
10. Jason Liggins 40:52
11. Jason Cline 40:53
12. Brian Stoddard 40:54
13. Jonathan Waller 46:56
14. Blake Weber 49:05
15. Reed Gregory 57:40
16. Carolina Roman 1:18:06

FEMALE AGE GROUP: 40 - 44

1. Cathi Swanson 38:22
2. Michelle McIntyre 38:39
3. Erin Reade 40:08
4. Criscilla Tyler 40:27
5. Myra Heptinstall 40:58
6. Stacey Malecky 41:02
7. Rachel Negron 44:23
8. Jennifer Regan 44:30
9. Virginia Allen 44:55
10. Heather Whaley 46:10
11. Kate Norwood 47:24
12. Erin Tocknell 49:49
13. Lauren Tessier 50:01
14. Marie Moore 50:23
15. Heather Lawson 50:43
16. Kristie Buchanan 52:18

17. Keri Davis 54:41
18. Kimberly Vaughn 56:31
19. Autumn Betts 58:28
20. Serena Young 1:18:05

MALE AGE GROUP: 40 - 44

1. Paul Archambault 26:59
2. James Hintz 30:50
3. Dennis Miller 34:11
4. Tim Willis 36:36
5. Mike Newton 44:56
6. John Husman 48:40
7. Jason Hartman 49:53

FEMALE AGE GROUP: 45 - 49

1. Lisa Logan 35:34
2. Barbara Ensign 38:17
3. Jennie Gentry 38:31
4. Embree Poole 39:07
5. Susan Cobb 41:20
6. Bethany Malloy 41:54
7. Robyn Ward 42:14
8. Clarissa Quinn 42:37
9. Lori Lyn Hicks 45:38
10. Lisa Capehart 49:11
11. Libby Hickman 49:23
12. Lisa Harris 49:42
13. Gina McDaniel 50:03
14. Gwen MacAllister 51:27
15. Kim Borco 51:40
16. Colleen Burer 51:47
17. Gena Thompson 53:36
18. Anna Millard 53:47
19. Audra Bullock 54:24
20. Kimmi Patterson 55:09
21. Julie Thornton 58:15
22. Jacqueline Smith 58:55
23. Robin Morrison 1:00:06
24. Barbie Sutton 1:03:25
25. Amanda Lawrence 1:03:49
26. Christine Ryder 1:22:47

MALE AGE GROUP: 45 - 49

1. David Lane 33:30
2. Dustin Epps 35:18
3. Chad Burdyslaw 35:33
4. Gregory Highwood 35:50
5. Tye Young 36:03
6. Tony Gabbert 37:43
7. Grant Wilson 38:25
8. Christopher Poole 39:48
9. Tom Bodkin 39:54
10. David Hartman 39:55
11. Steve Sanders 40:32
12. Thad Holt 42:01
13. Todd Tessier 42:30
14. Will Cox 42:35
15. Christopher Fason 43:08
16. Eric Garrard 43:31
17. Nick Norwood 46:53
18. Brad Nance 47:22
19. Jay Toney 47:57
20. Watkins Cannon 49:03
21. Taylor Newman 51:56
22. Ted Bullock 54:25

FEMALE AGE GROUP: 50 - 54

1. Melissa Kroll 42:39

2. Dayna Smith	45:00
3. Susan Elrod	45:50
4. Cynthia Dunn	49:09
5. Marcia Curtis	49:17
6. Karen Cofer	52:06
7. Kelly O'rourke Peterso	54:10
8. Annette Tolliver	58:09
9. Dina Couch	1:02:23
10. Beth Baldrige	1:05:20
11. Michele Wollert	1:06:36
12. Juliann Mathis	1:18:05
13. Diane Kuykendall	1:21:44

MALE AGE GROUP: 50 - 54

1 Robert Barnes	32:20
2 David Moghani	34:33
3 Dwayne Brumlow	36:41
4 Aaron Mercer	38:03
5. Rick Hicks	38:13
6. Larry Aulich	39:27
7. Tony Greaney	39:28
8. David Glenn	40:39
9. Mike Polcari	41:26
10. Randy Borrego	42:23
11. Tony Boals	42:59
12. Clayton Cornell	43:55
13. Blake Young	45:21
14. Lloyd Baldrige	45:34
15. Donny Davidson	46:02
16. Todd Ives	46:50
17. Keith Turner	47:57
18. John Nutt	49:41
19. Steve Hancock	51:27
20. Danny Tolliver	58:08
21. Robert Wilfong	59:17
22. Brian Hale	1:04:46
23. Shawn Medlin	1:09:14

FEMALE AGE GROUP: 55 - 59

1. Jennifer Moore	43:01
2. Lynne Barkeloo	44:43
3. Gwen Meeks	48:32
4. Tamara Hamilton	48:33
5. Dana Perry	52:56
6. Wanda Bennudriti	57:41
7. Ann Humphries	1:03:38
8. Judy Price	1:06:42
9. Sherry Turner	1:09:13

MALE AGE GROUP: 55 - 59

1. Tulio Soto	33:47
2. Michael Hicks	35:39
3. Ray Beem	35:46
4. Thomas Marshall	36:53
5. Jimmy Layne	37:30
6. Tim Cleary	39:08
7. Rick Peters	40:10
8. Greg Bruner	40:24
9. Joe Dumas	40:43
10. David Long	41:09
11. Mike Sparkman	42:02
12. Mark Clayton	43:11
13. Anthony Grossi	46:43
14. Andy Zorca	47:20
15. John Echols	47:33
16. Kyle Elrod	47:47
17. Tommy Rogers	48:01

18. Bill Webb	49:52
19. Bobby Elrod	50:46
20. Billy Woodall	50:49
21. Steve Smalling	52:42
22. Rob Elsea	54:27
23. Marcus Easley	54:27
24. John Shearer	54:51
25. Terry O'Neill	59:13

FEMALE AGE GROUP: 60 - 64

1. Marian Roides	51:25
2. Diane P Stolmar	54:33
3. Mary Oneill	1:10:47
4. Vanessa Smith	1:22:33

MALE AGE GROUP: 60 - 64

1. David Leatherman	36:41
2. Mike Usher	37:04
3. Dwight Gardenhire	37:15
4. Jimmy McGinness	37:15
5. Roger Smith	42:49
6. David Gregory	43:06
7. David Lindberg	44:25
8. Thomas Russe	45:08
9. Walter Stamper	46:11
10. Ironman Billy Collier	47:03
11. Tim Murray	50:35
12. Craig Johnson	53:03
13. Robert Stroud	53:40
14. David Halicks	53:43

FEMALE AGE GROUP: 65 - 69

1. Lynn Harmon	49:42
2. Leslie Dodson	1:03:15
3. Ginnie Gray	1:04:31
4. Debbie Garrison	1:05:41
5. Brenda Eddings	1:14:08

MALE AGE GROUP: 65 - 69

1. Ron Reid	37:46
2. Randall Godwin	38:28
3. John Crawley	38:48
4. Greg Heath	39:25
5. Moe Morris	43:07
6. Daniel Kolber	44:23
7. Stephen Bennett	44:46
8. Michael Martin	44:57
9. Carter Lynch	46:00
10. Bill Henderson	47:29
11. Clay Thompson	51:12
12. Tim Metcalf	54:33
13. Larry Rigsby	54:57
14. Jerry Ferrari	55:47

FEMALE AGE GROUP: 70 & OVER

1. Sue Anne Brown	51:46
2. Bonnie Wassin	1:02:43

MALE AGE GROUP: 70 & OVER

1. Jeffrey Soderman	36:49
2. Sergio Bianchini	42:10
3. Willard Thrash	46:07
4. Truman Smith	50:08
5. Roy Webb	51:23
6. Bob Galligan	53:45
7. Robert Rose	58:37
8. Dr. Frank Patterson	1:00:11
9. John Smithson	1:24:47



INTRODUCING...

THE 2017 CTC LONG RUNNERS!

Recognizing those who had a long way to go... Or who took a long time to get there

Lynda Webber

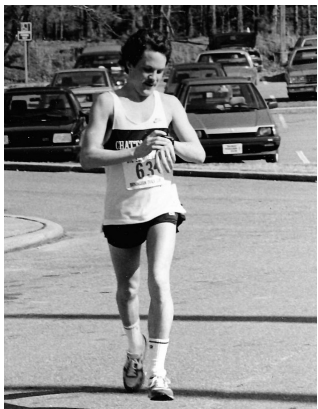
THE CTC PIONEERS – 2017 SPECIAL ACHIEVEMENT AWARD

Trailblazers of CTC Ultra Running and members for over 30 years



PAT HAGAN

A CTC member for over 36 years, Pat served as CTC President twice, ran the Chickamauga Battlefield Marathon for 24 consecutive years, and received the Long Runners' 100+ Marathons Award in 2013 after having completed 155 marathons. He also completed approximately 10 ultras during his running career, including five 50-milers, and he was on the CTC team that placed first at the old Birmingham 50-Mile Road Race in 1986, 32 years ago, covering the distance in 7:46:30. Most memorable ultra: "The 1989 Birmingham 50...a tornado early in the morning of the race delayed the start time 2-3 hours, and changed the course. Runners had to complete a 2.5 mile loop 20 times, some of it on trails." Pat's advice to someone thinking about running their first ultra: "Go for it!"



JEFF RICHARDS

A CTC member for approximately 37 years, Jeff was a former smoker who gained a lot of weight when he stopped smoking – so in 1980 he took up running and literally took off. Pat's teammate at the 1986 Birmingham 50-Mile Road Race 32 years ago, Jeff averaged a blistering 7:39 min/mile pace over 50 miles and finished first for the team and fourth overall with a time of 6:22:21. Jeff was also CTC Runner of the Year in 1985, 1986 and 2002, Masters Runner of the Year in 2003, and won the Chickamauga Battlefield Marathon in 1985, 1986 and 1988. He has diversified over the years to become an expert whitewater kayaker! Jeff's advice to first-timers: "Patience and focus are keys to running long distance. Run your own race."



RICHARD PARK, SR.

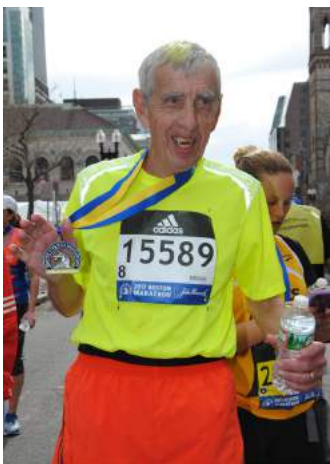
A CTC member for 40 years, Richard ran track in high school but, in his own words, had become a couch potato by the time he was 40 in 1977. He decided to get back into running after observing the Chickamauga Chase that year and figured the Missionary Ridge Road Race would be a good place to start. He collapsed at the finish line suffering heat stroke and ended up in the hospital with a temperature of 106 degrees, but he earned his 15 minutes of fame when his photo turned up in the paper the next day showing him laid out on the ground. Undaunted, Richard used this as a learning experience and was soon running every race on the club schedule, eventually gravitating towards ultramarathons – of which he has done 15. In 1983, when he was

Long-distance runners have to be very strange people. You have to really want to do it.
You don't have to win or beat someone. You just have to get through the thing.
That's the sense of victory. The sense of self-worth. *(Ted Corbitt)*

45 years old, he earned his buckle at the granddaddy of all endurance runs, the Western States 100-mile Trail Run in California. Western States was especially memorable for him because his then teenaged son Ricky, who was CTC President in 1997, ran with him for 30 miles towards the end. Richard's challenges did not end with Western States, as he went on to hike the entire Appalachian Trail and later battled and conquered cancer. He has also been named CTC Volunteer of the Year twice and started the New Years Day Run up the W Road, a tradition which is carried on to this day.

HEARTBREAK HILL AWARD – 2017 SPECIAL ACHIEVEMENT

Running the Boston Marathon for over a Quarter-Century



BUD WISSEMAN

Bud Wisseman qualified for and completed his first Boston Marathon at the age of 50... and was immediately hooked on the thrill of finishing the worlds' oldest and most prestigious annual marathon. He went on to qualify – and finish – the marathon for the next 24 years, thereby earning admission to the elite Boston Quarter Century Club in 2014. He is one of only a few runners who have ever completed 25 consecutive Boston Marathons, and the only runner in Tennessee to have ever done so. Like a well-tuned car with plenty of gas left in the tank, Bud went on to complete three additional Boston Marathons before he finally retired his 28-year streak, in April of 2017, as one of the true enduring champions of the Boston Marathon.

ANNUAL 50-MILER AWARD

Presented annually to each CTC member who has completed at least one single-day event (road or trail) of at least 50 miles and less than 100 miles



TAMMY APTHORP (First-Timer)

Tammy, a CTC member for three years, has been running for 41 years and wanted to complete an ultra ever since she finished her first marathon in 1994. She and her husband moved 15 times throughout their marriage, “from coast to coast and everywhere in between,” but running has been a constant in her life and she states it has enabled her to meet a lot of great people and see a lot of great places. Doing a 50-miler became something she started talking about when she turned 50, and she celebrated her first 50-miler at age 53 when she finished the CTC's Locomotion 12-Hour endurance run on April 15, 2017. Her motto: “You miss 100% of the shots not taken!” (Wayne Gretzky).

THE 2017 CTC LONG RUNNERS!



HENRY LYNN (First-Timer)

Henry completed his first ultra, 50 kilometers at the 2016 Locomotion 12-Hour Run, the same day he set a PR at the 65 Roses 5K in Cleveland, Tennessee. He started the Locomotion like he was running a marathon, burned out at 50K, and vowed never to run another ultra. However, several months passed and he forgot about the pain, so he signed up for the 2017 Locomotion 12 hour run - determined to race smarter and become a CTC Long Runner! He jubilantly completed 50 miles, stating the experience was probably comparable to giving birth, and claims that a 100-miler is now his ultimate goal. Quote: "If it was easy, everyone would be doing it (Bob Parsons)." Mantra: "One more lap... just one more lap..."



ANNETTE TOLLIVER (First-Timer)

"Nette," a CTC member for one year, ran track in junior high and high school and afterwards continued to stay active by running and lifting weights. She eventually decided that she wanted to try a 50-miler to see how far she could push herself, and with the help of her friend and her ultra-inspiration, Sherrie Rahbe, she finished her first 50 miler at the Sleepy Hollow Hourly Ultra in Canton, Georgia on October 28, 2017. She says she learned a lot of things about herself because of the experience and knows that she wants to "keep pushing" the limits. Quote: "Tough runs don't last. Tough runners do."



HANNAH WINCHESTER (First-Timer)

Hannah has been a member of the CTC for one year, although she states she's been "hanging around for about seven." She completed her first 50K at The Pistol in Alcoa Tennessee on December 31, 2016, and she enjoyed the experience so much that she worked as a volunteer alongside her husband after she crossed the finish line...they rang in the New Year together while working an aid station. Hannah will tell you she had a very busy year in 2017 and all sorts of reasons not to train, one of them being a "wild" toddler who keeps trying to tear the house down, but she says her running group was there to keep her going and she completed her first 50 at Run Amok in Harrison Bay State Park on November 11, 2017. Hannah states: "It was the best runners high I've ever had, and it lasted three days!" Her advice to other first-timers: "When the going gets tough, know that the pain is temporary... and it's not as hard as being home all day with a newborn!"



COREY EVATT (Veteran)

Corey Evatt has been running for four years and a CTC member for two years. After having completed four tough 50Ks, the Chattanooga Mountains Stage Race in 2015, and the Lookout Mountain 50-Miler in 2015, Corey was looking for a bit more of a challenge in 2017 so he went out and conquered the 68-mile Georgia Death Race in Blairsville, Georgia on April 1, 2017. Corey states he is DONE with that one, but he'd love to do several other ultras. He's definitely up for the 100-mile distance because he loves to push himself "beyond what he perceives as possible." Favorite ultra: the Barkley Fall Classic 50K – "There's no other race that's as demoralizing and uplifting all at the same time." Quote: "If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced." - Vincent Van Gogh. Mantra: "It only sucks right now."

GIVE KUDOS



SNIP & SHARE THESE MESSAGES WITH RUNNERS! HIDE THEM IN SHOES, BACKPACKS, OR PIN THEM TO YOUR MIRROR.

positive
Mind
negative
Splits
you got this!

#givekudoschattanooga

**BE
AWESOME
TODAY**

I'M ROOTING FOR YOU!

#GIVEKUDOSCHATTANOOGA

A mile is
a mile.

A minute is
a minute.

Keep Going!

#givekudoschattanooga

THE 2017 CTC LONG RUNNERS!



STACY MALECKY (Veteran)

Our favorite new millennium hippy chick, the ultimate ultra-purist, will tell you that she keeps no training logs or spreadsheets, no gadgets or devices, and only one pair of road shoes and one pair of trail shoes. In her fifth year as CTC Manager, Stacey has been running “20 years or so.” She’s completed numerous 50Ks and 50-milers, one 100K, two 100-milers, and the Chattanooga Mountains Stage Race – twice. Her 2017 finish at the Nashville Running Company’s Dark Sky 50-miler in Jamestown, Tennessee put her name on the Long Runners Wall again for the Annual 50-Miler Award. Favorite ultra: She’s loved almost all of them, but the 2012 Run With Scissors in Ohio was “a real doozy” (check out her Long Runners write-up in the online April 2016 issue of Jogging Around). Advice to First-Timers: “Run when YOU need to run, walk when YOU need to walk, eat and drink when YOU need to eat & drink. Don’t try to run somebody else’s race on race day!”



SHERRIE RHABE (Veteran)

Sherrie started running 30+ years ago, but it wasn’t until 2014 that she finished her first ultra by completing 60 miles in the 24-hour Virginia Run for Cancer. Her favorite race is not an ultra, but actually the St. Jude Marathon/Half Marathon series, in which she has participated several times and works hard each time to raise money for the kids of St. Jude Hospital. Sherrie, a 2017 member of the CTC Racing Team, is also a four-time veteran of 50-mile races – her most recent being the Sleepy Hollow Hourly Ultra on October 28, 2017 in Canton, Georgia. She hopes to have her first 100-mile finish in 2018, and her long-distance mantra is tattooed on her shoulder: “I can do all things through Christ who strengthens me.”



LYNDA WEBBER (Veteran)

Lynda hit the ground running in the Long Runners 2017 season by finishing second in her age group in the 100K at the Pistol Ultra in Alcoa, Tennessee on December 31, 2016, and by winning the RRCA Female Masters medal at the CTC Locomotion 12-Hour Run on April 15, 2017. She suffered a torn meniscus in August of last year, however, and is presently in the process of reinventing herself – and not for the first time. Another adventure is presently in the works! Quote: “You are NEVER too old to reinvent yourself.” (Steve Harvey). Biggest ultra challenge: 2015 Vol State 500K Road Race. Biggest ultra-inspirations: Betty Holder and Sergio Bianchini – each one the epitome of a CTC team player– for their indomitable spirits and true grit; and all the CTC Long Runners, for reaching their goals and for boldly going where few have gone before!

ANNUAL 100-MILER AWARD

Presented annually to each CTC member who has completed at least one event (road or trail) of 100 mile or more in length



SERGIO BIANCHINI (Veteran)

Not many people will start running at the age of 60...Sergio is one of them. Even fewer people will begin an ultra running career at the age of 74. Sergio did, when he finished the 2015 Vol State 500K Road Race “screwed,” completely self-supported, in just a little over seven-and-a-half days. He repeated this feat in 2016 and 2017 and, incredibly, each year he had a faster finish (it probably helps that he has no body weight to speak of) – climbing Sand Mountain in North Alabama and touching The Rock in just over six-and-a-half days in 2017. He is a true man of the open road.



SAL COLL (Veteran)

“The Machine” has completed over 150 lifetime ultramarathons, including several grueling multi-day events like the Vol State 500K Road Race, of which he is a four-time finisher. Like Sergio, he just loves the adventure of the open road. He’s completed the most ultramarathons of any CTC member to date, and he’s completed almost all of them as a CTC member. This gentleman is on a streak - he has been recognized as an annual 100-miler since the inception of Long Runners in 2013, and in 2017 he successfully finished 14th out of 66 finishers at the Pistol 100-Miler in Alcoa, Tennessee, with a time of 22:41:21.



RICHARD WESTBROOK (Veteran)

Richard gave up playing football in college for running, and he’s never looked back. Running is his life, and when he talks about it you can tell that the miles and miles he’s covered have turned him into a thinker, a strategist, and a philosopher. In fact, his favorite quote is “To be what he is, man must run.” He raced across America in 64 days in 1992, has done a number of 50 and 100-mile races since then, and has coached many a successful running career. He finished his fifth “screwed” (i.e., completely self-supported) Vol State 500K Road Race in 2017, and has every intention of keeping the streak going.

Interested in nominating yourself or another CTC member for the Long Runners Club? See the Long Runner Rules on the drop-down under tab “Races” on the CTC website, and get your 2018 nomination in by November 30. Be sure to check out the Long Runners Wall on the drop-down under tab “Results” on the CTC website!

RACCOON MOUNTAIN ROAD RACE 10k RESULTS

OVERALL FEMALE

1. Kristen Curtis 41:38

OVERALL MALE

1. John Gilpin 34:39

FEMALE MASTERS

1. Jennie Gentry 50:27

MALE MASTERS

1. Jeremy Miller 39:35

FEMALE GRAND MASTERS

1. Barbara Ensign 51:12

MALE GRAND MASTERS

1. Mayes Starke 45:07

FEMALE SENIOR GRAND MASTERS

1. Ivy Knight 56:57

MALE SENIOR GRAND MASTERS

1. John Crawley 53:14

FEMALE AGE GROUP: 19 & UNDER

1. Olivia Young 49:52

MALE AGE GROUP: 19 & UNDER

1. Hayden Endicott 1:07:10

FEMALE AGE GROUP: 20 - 24

1. Erin Brown 54:54
2. Bonnie Taylor 1:14:33
3. Erica Swift 1:14:33

MALE AGE GROUP: 20 - 24

1. Bailey Burns 45:43
2. Alex Lee 50:46
3. Kevin Umphrey 59:37

FEMALE AGE GROUP: 25 - 29

1. Haley Moody 42:00
2. Janette Potts 58:45
3. Sarah Day 59:50
4. Mary Cockrell 1:01:11
5. Lindsey King 1:03:19
6. Amanda Zimmerman 1:05:51
7. Jaclyn Nasoni 1:08:15
8. Callie Lance 1:30:36

MALE AGE GROUP: 25 - 29

1. Craig Dockery 46:03
2. Rey Estrada 46:05
3. Stan Brown 49:20
4. Jonathan O'Mary 54:24
5. Chip Wilson 58:12
6. Quinn Hickey 1:01:57
7. Stuart King 1:16:39
8. Chirag Patel 1:22:52

FEMALE AGE GROUP: 30 - 34

1. Jessica Suddeth 49:28
2. Jennifer Hogg 52:24
3. Cara Cincere 54:41

4. Leigh Williams 55:32
5. Mia Allen 59:54
6. Nikki Wortman 1:00:14
7. Amy Ingle 1:01:52
8. Kelly Etchells 1:04:47
9. Adrienne Blackwell 1:07:49
10. Danielle Tate 1:23:43

MALE AGE GROUP: 30 - 34

1. Jared Dobbs 44:33
2. Wesley Wortman 52:40
3. Jason Hamill 58:42
4. Chris Etchells 1:04:51

FEMALE AGE GROUP: 35 - 39

1. Arynne Frazier 47:54
2. Laura Wallace 58:42
3. Elizabeth Igou 1:09:38

MALE AGE GROUP: 35 - 39

1. Ryan McGinnis 37:58
2. Steven Moore 47:38
3. Brandon Cincere 50:52
4. Jason Liggins 54:31

FEMALE AGE GROUP: 40 - 44

1. Michelle Reynolds 50:43
2. Erin Reade 54:15
3. Criscilla Tyler 57:49
4. Jennifer Regan 1:05:02
5. Steph Bradford 1:05:48

MALE AGE GROUP: 40 - 44

1. Jason Lyles 55:14
2. Chris Duffey 56:16

FEMALE AGE GROUP: 45 - 49

1. Debra Cole 1:00:07
2. Maria Vives 1:02:54
3. Michelle Allen [no record]

MALE AGE GROUP: 45 - 49

1. Tripp McCallie 40:27
2. Ted Hackett 52:24
3. Larry Laverty 1:05:51

FEMALE AGE GROUP: 50 - 54

1. Hollie Williams 1:03:23
2. Sally Hays 1:42:59

MALE AGE GROUP: 50 - 54

1. Wim Vergauwen 47:32
2. Stef Nemeth 51:25
3. Blake Young 58:36
4. John Nutt 1:05:43

FEMALE AGE GROUP: 55 - 59

1. Suzanne Damstetter 56:21
2. Jodi Robison 1:04:22
3. Ronda Lyons 1:08:12
4. Pearl Pangkey 1:08:28



MALE AGE GROUP: 55 - 59

1. Anthony Grossi 1:00:22
2. Kyle Elrod 1:03:42
3. Scott Bailey 1:11:45

FEMALE AGE GROUP: 60 - 64

1. Cathy Gracey 1:06:28

MALE AGE GROUP: 60 - 64

1. David Presley 54:57
2. David Halicks 1:12:21

FEMALE AGE GROUP: 65 - 69

1. Ginnie Gray 1:23:44

FEMALE AGE GROUP: 70 & OVER

1. Sue Anne Brown 1:10:35

MALE AGE GROUP: 70 & OVER

1. Sergio Bianchini 56:12
2. Willard Thrash 1:02:47

RACCOON MOUNTAIN 5K RESULTS

OVERALL FEMALE

1. Kristen Bonsor 20:58

OVERALL MALE

1. Brandon Humphrys 18:51

FEMALE MASTERS

1. Vicki Gilley 24:36

MALE MASTERS

1. Courtney Bowman 22:32

FEMALE GRAND MASTERS

1. Rhonda Gage 28:51

MALE GRAND MASTERS

1. Nick Honerkamp 24:52

FEMALE AGE GROUP: 14 & UNDER

1. Gabrielle Stoll 39:58

FEMALE AGE GROUP: 15 - 19

- 1. Anna Lunsford 23:30
- 2. Rachel-Anne Scalla 23:49

FEMALE AGE GROUP: 20 - 29

- 1. Ashley Dimaiolo 26:54
- 2. Sydney Mason 27:27
- 3. Laura Dickeson 29:13
- 4. Tera Davidson 29:43
- 5. Gabrielle Martens 32:52
- 6. Evelyn Stout 32:52
- 7. Amelia Badeau 36:18
- 8. Traci Perry 37:08

MALE AGE GROUP: 20 - 29

- 1. Marcos Salazar 24:22
- 2. David McCarville 29:26

FEMALE AGE GROUP: 30 - 39

- 1. Brianna Stambaugh 24:39
- 2. Angela Gregory 42:52

MALE AGE GROUP: 30 - 39

- 1. James Mason 19:56
- 2. Patrick McGinnis 21:27
- 3. Caleb Stambaugh 23:31
- 4. Taylor Davidson 23:42
- 5. Aaron Case 24:07
- 6. William Squires 24:09
- 7. Adam Sanders 29:23
- 8. Adam Patrick 32:10
- 9. Reed Gregory 36:11
- 10. Anthony Dimaiolo 40:51

FEMALE AGE GROUP: 40 - 49

- 1. Krystye Dalton ww29:34
- 2. Karen Stoll 40:13
- 3. Paula Vaughn 45:39
- 4. Stephanie Pickett 50:07

MALE AGE GROUP: 40 - 49

- 1. Robert Viall 38:31
- 2. Malcolm Betts 42:52

FEMALE AGE GROUP: 50 - 59

- 1. Laura Baker 30:23
- 2. Kim Brown 31:12
- 3. Ellen Elam 33:03
- 4. Lauren Hunt 33:50
- 5. Beth Luebbering 36:54
- 6. Brady Johnson 41:06
- 7. Corinne Henderson 1:05:22

MALE AGE GROUP: 50 - 59

- 1. Mark Clayton 27:09
- 2. Lee Garwood 27:48
- 3. Ronald Creech 28:56
- 4. Jim Bojan 31:10
- 5. Mark Elam 33:02

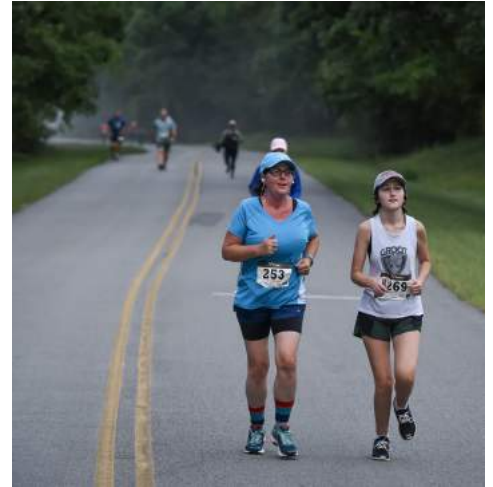
FEMALE AGE GROUP: 60 & OVER

- 1. Susan Haisley 36:39
- 2. Rita Boydston 37:44
- 3. Marcia Miller 37:48
- 4. Patricia Stamper 39:59
- 5. Bonnie Wasson 42:40

- 6. Rhonda Moore 51:10

MALE AGE GROUP: 60 & OVER

- 1. David Gregory 26:40
- 2. Walter Stamper 27:23
- 3. Warren McEwen 30:57
- 4. Jerry Ferrari 33:40
- 5. Louis Anderson 33:49
- 6. Craig Johnson 41:05
- 7. Doug Rand 42:00
- 8. Earl Kelle 42:44
- 9. Marty Pickett 50:07



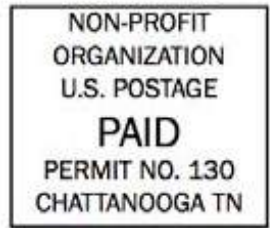
photos by Tennessee Sports Pic's



Hugh Enicks (far left in the photo) recently competed in Spokane Washington at the 2018 USATF Masters Track Championships. Hugh placed 3rd in the 5,000m and 2nd in the 10,000m as well as anchored the winning, national champion 4x800 relay. submitted photos



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

NOVEMBER

- 10 Battlefield Marathon, Half, Jr. Marathon 5k
- 22 Sports Barn Turkey Trot



DECEMBER

- 15 Wauhatchie Trail Run



***Battle for Chattanooga
2019 Race Series begins at the
Chickamauga Battlefield Marathon, Half
Marathon, Jr. Marathon and 5k Race
November 10, 2018***

details at RunCTC.org/battle