

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JOGGING AROUND



[CTC MEMBERSHIP: WHAT'S IN IT FOR ME?](#)

[RUNNER OF THE YEAR: WINNER PROFILES](#)

[RACE RESULTS](#)

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Katie Outlaw	Class of 2020
Jennifer Regan	Class of 2020
Latisha Simmons	Class of 2020
Caleb Stambaugh	Class of 2020
Lynda Webber	Class of 2020

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JOGGING AROUND

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

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Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal.

No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to casual walker is welcome.

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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I ARRIVED IN CHATTANOOGA

in 2013 not knowing a soul and in need of a job. I submitted my resume to the Chattanooga Track Club manager hiring committee thinking I didn't stand a chance, but much to my surprise they took a chance on ME! And WHAT a five and a-half years it has been. The experiences I have had and the friends I have made are irreplaceable and I am so incredibly fortunate to have walked this road with some amazing folks beside me. I could never have imagined such an experience and I am so grateful for all I have learned from our running community.

The time has come, however, for me to move on. It's certainly bittersweet to be stepping away from something I've poured heart and soul into, but it brings me joy to know that there are many ways I'll be able to stay involved. In fact, I'm a bit excited to join the ranks of the Best Volunteers Ever! Although I will be stepping down as club manager, I'm so happy to say I will still be right here in the Chattanooga running community working at Fast Break Athletics – come on over and visit me sometime!

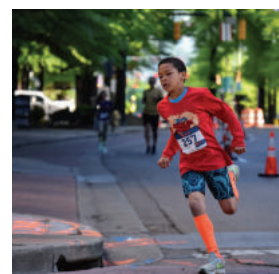
I thank everyone who welcomed, encouraged and supported me in the club manager role over the years. I couldn't have asked for a better city of runners to work for! The Chattanooga Track Club has a bright future and I'm excited about all that lies ahead in the next 50 years and beyond. I've had the opportunity to work with some pretty amazing board and committee members, volunteers, and race directors – and I can tell you there are MANY passionate, committed folks working hard for the CTC. I look forward to our big "5-0" celebration next year, and the many great years to follow. And I hope I'll see you there!

After five years as CTC club manager, Stacey Malecky left the position at the end of April. The CTC board of directors has formed a search committee for the open club manager position and welcomes member input. Contact CTC president Jennifer Heinzl at president@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. To contribute, please contact the Chattanooga Track Club.

Jeff Elliot, Blaine Reese, Thomas Starke, Shanna Veale, Sujeel Taj, Colonel Hugh Enicks, Bradford Harvey – in memory of Jon Chew, Steve Rogers – in honor of John Mazdin, George Skonberg – in honor of Bill Brock, George Skonberg – in honor of John Madzin, George Skonberg – in memory of John Lastine, George Skonberg – in memory of Mike Griffin, Alan Outlaw & family – in memory of Cameron Bean and Van Townsend, Jane Webb – in memory of Daniel Hamilton Webb.



ON THE COVER

Quentin Smith rounds the corner at the halfway point of the Market Street Mile. Race results and photos are on page 19.

RUN'N ACROSS TENNESSEE

Gene Hodge

Gene is a CTC member who recently shared with this newsletter, some thoughts about a running journey he made last summer.

I've been a runner for several years. Ran one marathon, numerous road races and competed in triathlons. This summer my weekly running courses had become "humdrum" and just-another-run. After reading stories about people running across the country and watching Forest Gump run across America five times I thought "This is it. The time is now. I'm going to run across Tennessee." As a Soddy Daisy resident originally from Sparta, I was very familiar with Highway 111. It travels from Soddy Daisy to the Kentucky line and has a wide shoulder making it safe for running or biking.

I purchased a Chattanooga map and mapped my course. It led me, dodging traffic by jumping in and out of ditches and driveways, from Rossville, Missionary Ridge, through East Ridge, Brainerd, Hixson, then into Soddy Daisy. I ran two challenging mountains, Flattop and Cagle, descended Spencer Mountain to the White County line at the Caney Fork River Bridge and recorded my "halfway smile."

With the mountains behind me, I began incorporating bike riding back to my car after each run. I endured the heat of July and August, being chased by dogs, and weathered pouring rain to



finish on November 16, beneath a blue "Welcome to Kentucky" sign heralding "Unbridled Spirit."

Some may ask why I run. Obviously, I run because I love to, for my health, mentally and physically; for the beauty and freedom that perhaps only a runner understands. Every day I see people, some on walkers, canes and in wheelchairs; some barely standing.

I run for them. For those who drive by me on the streets and highways, who desire to run but for some reason can't, or won't, I run for you.

I run because it is a gift from my Creator, a love song in motion. I always believe the sky above me is smiling and the ground below my feet is laughing with joy.

This adventure has been a thrilling reward.

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THE RUNNERS KNEE:

Treating Knee Pain in Runners

Pablo Alvarez, PT

RUNNING WITH PAIN

All runners deal with aches and pain at one point or another and when it happens to you, Don't Panic! You can treat the problem but it begins with not ignoring the pain. Have you ever heard a runner say "Suck it up and run" or "No pain no gain"? Well, the mindset that helps endurance athletes push through and persevere can also be the mindset that causes a minor injury to become a more serious one. Know the difference. Know your body enough to take a step back and deal with a possible injury.

COMMON CAUSES FOR KNEE PAIN IN RUNNERS

1. Iliotibial Band Syndrome (ITBS): Also known as IT Band Syndrome, this is typically characterized by pain on the outside of the knee. Your IT band runs from your hip down the outside of your leg and over the outer protruding edge of your femur. For multiple reasons, the IT band begins to rub over the femur and irritate the tendon.

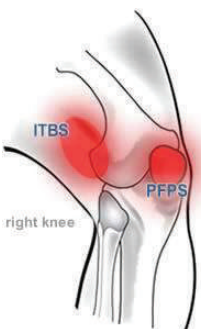
Possible causes: Tight IT band; Weak hip and quad muscles; Tight hamstrings; Running on uneven surfaces; Excessive training or overuse.

2. Patellofemoral Pain Syndrome (PFPS): This is most commonly characterized by pain around and under the patella (knee cap). It can also be associated with clicking and grinding sounds when the knee is bent or straightening out. When the patella does not track properly in its groove, it can cause pain during and after runs.

Possible causes: Weak quads; Tight hamstring and Achilles tendon; Poor foot support; Excessive training or overuse.

1. Reduce or change your training until pain symptoms are gone. This does not mean you need to stop exercising, but you may have to consider other activities that do not aggravate your symptoms.
2. Ice and anti-inflammatory medication. Since inflammation is present with both of these injuries so a regimen of ice and anti-inflammatory medication can be helpful.
3. Address the deficits that may have caused the injury in the first place. For some it may be lack of flexibility and for others it may be muscle weakness. A trained professional can help you determine the appropriate treatment plan to help you back to pain-free running and avoid future injuries.
4. Once symptoms are gone, be sure to gradually resume your training. A common mistake is for runners to resume training at the level they were prior to the injury. It is important that you slowly re-introduce mileage back to your training and avoid any setbacks that may cause you to have to back off your training again.

HAPPY, HEALTHY RUNNING!



HOW TO TREAT THESE INJURIES

Treating knee pain in runners begins with not only properly diagnosing the injury, but also identifying the reason it began in the first place. Your General Practitioner, an Orthopaedic doctor or a Physical Therapist can assist you with this. Once the source has been identified, here are some general guidelines in treating these injuries.



Pablo is the lead Physical Therapist at C4 Sports Therapy with the Center for Sports Medicine & Orthopaedics. Pablo is an avid mountain biker and has 17 years of experience treating athletes from the weekend warrior, local little leaguers and up to the professional ranks seeing expert care. Pablo and his wife Elaidys have two sons: Noah (11) and Eli (9).

To schedule an appointment with a CSMO medical or rehab care provider, call 423.264.2696. Center for Sports Medicine & Orthopaedics is a valued sponsor of the Chattanooga Track Club.

CTC 2019, SPRING RACES REPORT

Bill Brock

HELLO RUNNERS!

I'm really excited to report that 2019 has kicked off with a bang in all things races related. Our Runner of the Year Points Series started out with the Communities In Schools 5k on March 16 and the points board began filling up with members of the Webb family – way to go Webbs! The Chickamauga Chase saw many more runners posting points with familiar combatants topping the leaders boards, as well as a number of new names showing us all, you can never take your spot for granted – gotta keep working for it!! Check out everyone's latest scores at: <http://runCtc.org/raceresults/royResults.cfm>.

Our next series of late spring, early summer races are approaching fast now with the hugely popular (800-1000+) Chattanooga Chase on Memorial Day, followed by a completely redesigned – promising to be tons of fun - Riverbend Run on June 8th that is being sponsored by Chattanooga Sports Medicine and co-produced with the Riverbend's management team at Friends of the Festival. You really don't want to miss either of those events!

And then there's the Scenic City Scorcher that will be burning up the roads with our own CTC Race Team members in what we hope will be a new tradition of throw-down, show-me-what-you-got challenge with the Nashville Harriers. This event is truly a blast of a run – a very fast, flat 2-mile course leaving from the edge of Coolidge park to race through the beautiful Heritage Landing neighborhood and then back. No kidding, this race is called the Scorcher for a reason!! So much fun and then ice-pops to help cool you done at the end!

Speaking of our race team, we have 29 members running for us for 2019, and they look fantastically strong. Several were at Boston in April, posting very strong times – several under three hours and several more crushingly close to that breakpoint. We have a strong women's contingent, in particular with both some familiar returning faces and some new faces, as well. Our Captains, Trip McCallie, Jennifer Huwe and Ryan Shrum are looking to set up some more inter-city team competitions that we hope will become traditional and something we can all look forward to year-in, year-out. Keep your eyes open for news in that area. Of course, we will also be headed back to the Cross-Country Nationals this year, under the guidance and encouragement of our Masters XC Team Captain, Tim Ensign.

Finally, if you've raced in one of our 2019 events yet, whether ours or timed by us, you will have noticed those cool new timing mats at the start and finish lines. Not only have we significantly upgraded our timing equipment and systems, we have also expanded our timing team, enhanced our skill sets and expanded our service offerings for third-party events who need / want high-quality timing and scoring for their own events.



Matthew Studholme is now our timing manager, coming to us from State of Franklin Track Club where he timed tons of events for years. Matthew is also the USA Track and Field Course Certifier for Tennessee, West Virginia and Mississippi and, needless to say, he's done his fair share of course measuring and certification. Matthew is backed up by Timing Engineers Sherilyn Johnson and

Trey Stanford who both have years of experience with our own timing systems, as well as with performing all race timing and equipment support logistics for our events. All together, they make for a tremendously strong timing team for our own events and also for the third-party events where further fulfill our mission of promoting running and fitness beyond just hosting our own events.

I can't close on the topic of our race support team without also noting what a significant asset with have in our Equipment Manager, Paul Wells. Our timing team absolutely does not stand alone and we would all be at a loss without the precision expertise and rock-solid reliability that Paul has brought to our club, along with his son Nick, for so many years now. Known as 'MacGyver' among the club for his incredible ability to pull miraculous solutions out of thin air with no more than a pocket knife and loose twine, we have grown happily dependent on Paul and I could not imagine how we could have a stronger overall race timing and equipment team with the wonderful assets we have now in place.

And one final note. We could not have gotten here at all without the full-time energy, intelligence and commitment of our Club Manager, Stacey Malecky, and, as she promised, her entire clan (Mark, Stella and Killian) thrown in for good measure. Yes, she is moving on from her role this year, but she's not moving far and we know she'll still be tightly involved for many years to come. Thanks for a fantastic 5+ years, Stacey and for these strong foundations you helped us build. We promise to make you proud.

CTC MEMBERSHIP, WHAT'S IN IT FOR ME?

MANDEE KEITH

Have you ever questioned the value of the club? Asked yourself what's in it for me? As the VP of membership I have been asked about the value so I thought I would take this time to delve a little deeper into what I see is the value of the club. Of course here are the givens: your tax deductible membership is essentially returned to you each year through weekly emails, the quarterly Jogging Around publication, numerous discounts throughout the Chattanooga area, as well as free members-only swag. We are a non-profit working to support the running community as well as providing support to other local nonprofits. We work to promote a love for exercise and running with the youth in the community through the Fall Elementary Cross-Country league. Additional perks include free training plans, group runs, socials and the Runner of the Year (ROY) competition just to name a few.

But to me the biggest value is the members themselves. Each one of you makes the club what it is today: successful,

supportive, and fun. We care about our members and would love to know about your successes as well as your challenges. I've seen the support the members of this club provide to one another first hand. Many amazing friendships have started as a result of this community of runners and volunteers. Please feel free to reach out to us and let us know how you are doing!

We recently ramped up our Strava group. If you are on Strava please check us out and join the club page. This online activity tracker is a great way to support, motivate, and celebrate one another.

We value you and your opinion so if you have suggestions for how the club can improve please send them our way.

Happy running!

Mandee

Mandee Keith is the CTC Vice-president of Membership and can be reached at vpmembership@chattanooga-trackclub.org

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CHICKAMAUGA CHASE RACE RESULTS

Partial listing, full results available on the CTC website.



5K RESULTS

OVERALL FEMALE

1. Kristen Bonsor 20:49

OVERALL MALE

1. Jerryd Tennyson 17:45

FEMALE MASTERS

1. Paula Cooper 26:55

MALE MASTERS

1. Doug Murphy 20:47

FEMALE GRAND MASTERS

1. Dayna Smith 27:02

MALE GRAND MASTERS

1. Eric Marshall 21:56

FEMALE SENIOR GRAND MASTERS

1. Cheryl Hamrick 28:33

MALE SENIOR GRAND MASTERS

1. Bill Wright 24:15

FEMALE AGE GROUP: 14 & UNDER

1. Hadley Golden 25:23
2. Caroline Curtis 25:23
3. Savannah Miller 25:45
4. Catherine Curtis 26:05
5. Gracelynn Garland 28:36
6. Anna Claire Connor 31:16
7. Abby Brown 34:40
8. Piper Piatt 41:08
9. Presley Piatt 41:08
10. Brianna Allen 45:26

MALE AGE GROUP: 14 & UNDER

1. Henry Webb 20:34
2. Brannon Smith 21:02

3. Sebastian Hilles Moya 23:21
4. Caleb Phillips 23:26
5. Jason Wooldridge 25:48
6. Anderson Golden 26:03
7. Owen Tumej 27:37
8. Timothy Connor 27:44
9. David Garland 28:35
10. Luke Bryant 30:13

FEMALE AGE GROUP: 15 - 19

1. Macy Sheets 26:47
2. Mia Brady 36:27
3. Victoria Woodward 37:34
4. Megan Morrison 39:14

MALE AGE GROUP: 15 - 19

1. Gavin Chandler 18:20
2. Clay Connor 19:42
3. Forrest Webb 20:21
4. Cohen Miller 22:00
5. Cooper Shull 23:13
6. Daniel Chen 25:04
7. Zac Moore 27:12
8. Caleb Crunk 30:12
9. Ruslan Ryabchuk 31:46

FEMALE AGE GROUP: 20 - 24

1. Alexis Stoops 24:38
2. Sarah Wilson 26:47
3. Laura Dickeson 28:47
4. Haley Kinser 29:02
5. Abigail Armour 29:54
6. Erica Godbehere 32:09
7. Savannah Hammerton 37:03
8. Sarah Harrison 43:16
9. Darcy Phinney 43:16

10. Abby Kinnard 44:32

MALE AGE GROUP: 20 - 24

1. Isaac Thomas 27:51
2. Zefeng Lyu 29:03
3. Ryan Armour 29:16
4. Christian Thomas 34:27

FEMALE AGE GROUP: 25 - 29

1. Emma Studholme 25:34
2. Emily Elliott 25:45
3. Holli Guthrie 26:00
4. Ashley Dimaiolo 26:16
5. Liberty Weber 27:27
6. Jessica Newman 27:51
7. Brianna Johnson 30:02
8. Katie Intemann 30:19
9. Rebecca Bailey 32:33
10. Rachel Thompson 34:18

MALE AGE GROUP: 25 - 29

1. Brennan Boydston 25:08
2. Jason Lewis 25:23
3. Preston Ledford 26:28
4. Matt Kofel 27:27
5. David McCarville 28:26
6. Devonte White 28:47
7. Alex Bryant 28:56
8. Craig Dockerly 29:01
9. Ryan Womble 29:38
10. Michael Taylor 29:50

FEMALE AGE GROUP: 30 - 34

1. Charla Nix 28:35
2. Brittany Garrett 29:39
3. Felicia Christopher 29:43
4. Claudia Beuster 31:19
5. Jennifer McFerron 31:57
6. Merri Mebane 33:04
7. Danielle Campbell 34:11
8. Amanda Brown 34:51
9. Myrissa Rooks 36:45
10. Jenny Wise 36:47

MALE AGE GROUP: 30 - 34

1. Joseph Holbrook 19:59
2. Timothy Ferguson 23:02
3. Taylor Davidson 25:01
4. Vitaly Voytenko 25:53
5. Ryan Kemmet 26:29
6. Brad Hurst 26:31
7. Joshua Kaylor 27:30

8. James Smith 27:50
9. Chris Cooper 29:44
10. Ben Tate 29:45

FEMALE AGE GROUP: 35 - 39

1. Ashley Humble 22:06
2. Amanda Hodges 22:21
3. Jennifer Hogg 23:34
4. Stephanie Dillard 24:49
5. Clarissa Immel 27:02
6. Laura Webster 27:49
7. Andrea Baer 29:24
8. Ashley Hale 29:35
9. Cassie Sparks 30:07
10. Christi Barr 33:13

MALE AGE GROUP: 35 - 39

1. James Mason 19:30
2. Lucas Clark 21:51
3. Dustin Walker 22:06
4. Dale Witt 25:32
5. Tim Newsome 25:57
6. Shawn Whitson 26:17
7. Marcus Mims 27:24
8. Ryan Hicks 28:20
9. Dustin Beard 29:35
10. Jason Bridges 30:07

FEMALE AGE GROUP: 40 - 44

1. Sara Coffman 27:45
2. Michelle Smith 29:29
3. Lauren Tessier 29:46
4. Sabrina Allen 30:38
5. Laura Burnette 31:16
6. Paula Connor 31:21
7. Melissa Miller 32:02
8. Tina Martin 32:02
9. Alyson Phillips 33:08
10. Martha Price 34:31

MALE AGE GROUP: 40 - 44

1. Courtney Bowman 21:25
2. Jason Webb 22:02
3. Jason Lyles 25:54
4. Matt Wentworth 26:37
5. Jason Bautsch 28:54
6. Mike Connor 28:56
7. Wesley Morrison 31:12
8. Brett Stokes 32:15
9. Mike Carroccio 33:41
10. Kenneth Cox 48:10



Photos by Don Luzynski / Tennessee Sports Pics

FEMALE AGE GROUP: 45 - 49

1. Kelley Hodge	28:54
2. Nancy Murphy	29:05
3. Nancy Olson	30:51
4. Dawn Crough	31:33
5. Cheryl Ward	34:04
6. Jacqueline Smith	34:35
7. Patrice Glass	42:24
8. Sara Miller	43:16
9. Penny Selman	43:32
10. Kristy Hill	47:41

MALE AGE GROUP: 45 - 49

1. Erik Jerman	22:36
2. Brent Jordan	23:17
3. Mike Newton	25:47
4. David Denman	26:35
5. Will Cox	28:16
6. Watkins Cannon	29:40
7. Tim Durham	29:44
8. Hal Kearney	31:30
9. Andy Talford	32:19
10. Jason Smith	32:31

FEMALE AGE GROUP: 50 - 54

1. Miriam Dial	30:07
2. Jo Kellum	34:58
3. Michele Wollert	35:33
4. Annette Tolliver	35:39
5. Lori Smith	35:40
6. Trish Cole	36:50
7. Amanda Murphy	37:37
8. Rennie Worsham	37:51
9. Julia Henry	38:06
10. Ronda Gentry	39:14

MALE AGE GROUP: 50 - 54

1. John Marshall	22:08
2. Jeffrey Cochran	23:43
3. Clark Miller	23:43
4. Ty Goodwin	26:04
5. Chuck Dugger	30:19
6. Michael Anderson	31:07
7. William Price	32:04
8. Troy Essex	35:24
9. Danny Tolliver	35:38
10. Ken Karch	37:48

FEMALE AGE GROUP: 55 - 59

1. Barbara Kennedy	29:56
2. Lisa Tennyson	30:38
3. Lisa Heyer	30:40
4. Barb Fleming	31:57
5. Patti Silvers	32:16
6. Pearl Pangkey	32:22
7. Judy Price	32:52
8. Caroline Newbern	33:15
9. Jean Straussberger	34:27
10. Sherin Gottlieb	37:27

MALE AGE GROUP: 55 - 59

1. Michael Andres	22:06
2. Joey Howe	23:41
3. John Selman	25:42

4. Jim Roides	29:12
5. Jon Wooldridge	29:50
6. Danny Newbern	35:24
7. Mark Brittan	41:29
8. Bill Webb	44:00

FEMALE AGE GROUP: 60 - 64

1. Marian Roides	30:29
2. Sarah Bowen	30:36
3. Sue Connor	33:02
4. Darline Morgan	37:48
5. Jamie Harvey	42:13
6. Christa Abegg	49:15

MALE AGE GROUP: 60 - 64

1. Craig Johnson	31:18
2. Richard Devine	32:08
3. Terry Bailey	32:33
4. Michael Ogles	35:20
5. Doug Rand	46:11
6. Hal Abegg	48:59

FEMALE AGE GROUP: 65 - 69

1. Judy Hulsey	37:21
2. Leslie Dodson	38:03
3. Sally Taylor	39:22
4. Ginnie Gray	41:15
5. Robin McKenna	50:54
6. Mary Calfee	55:58

MALE AGE GROUP: 65 - 69

1. Michael Martin	29:04
2. Jack McConnell	37:27
3. Pat Hagan	38:51
4. Monty Montgomery	49:07

FEMALE AGE GROUP: 70 & OVER

1. Beth Dial	37:26
2. Barbara Grant	44:42

MALE AGE GROUP: 70 & OVER

1. Gene Hodge	27:00
2. Willard Thrash	27:49
3. Roy Webb	32:41
4. Howard Dial	33:26
5. Craig Kelly	35:56
6. Anthony King	36:27
7. Charles Wright	42:01

UNKNOWN 5K PARTICIPANTS

1. Kane McMahon	35:34
2. Lara Miller	39:13

8 MILE TRAIL RACE RESULTS

OVERALL FEMALE

1. Lindsay Mies	1:03:44
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OVERALL MALE

1. Mitchell Kohlmann	56:40
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FEMALE MASTERS

1. Leah Golden	1:10:59
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MALE MASTERS

1. Colin Heenan	1:04:09
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FEMALE GRAND MASTERS

1. Melissa Kroll	1:23:15
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MALE GRAND MASTERS

1. Dave Boozer	1:04:25
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MALE SENIOR GRAND MASTERS

1. Hans Van Velze	1:23:53
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FEMALE AGE GROUP: 19 & UNDER

1. Emmy Holliday	1:25:41
2. Price Andersen	2:05:19

MALE AGE GROUP: 19 & UNDER

1. Oliver Polikowsky	1:14:53
----------------------	---------

FEMALE AGE GROUP: 20 - 29

1. Kiersten Boyd	1:08:39
2. Abby Beveridge	1:13:41
3. Hannah Lutz	1:23:04
4. Tanya Ryabchuk	1:23:58
5. Cintly Guzman Hern	1:26:06
6. Julia Savage	1:34:10
7. Hailey Keith	1:47:47
8. Emily Forlenza	1:49:42
9. Amber Carver	1:59:16

MALE AGE GROUP: 20 - 29

1. Eric Beveridge	59:22
2. Ben Sollman	1:00:39
3. Jay Bolen	1:01:32
4. Justin Jones	1:07:35
5. Everett Reeck	1:18:25
6. Zach Onusic	1:31:54

FEMALE AGE GROUP: 30 - 39

1. Meredith Adams	1:04:52
2. Stephanie Rynas	1:20:17
3. Saskia Van Velze	1:21:17
4. Laura Kilpatrick	1:23:14
5. Erin Hungenberg	1:25:33
6. Aubrey Stout	1:27:02
7. Jessica Bautsch	1:28:33
8. Trena Phillips	1:28:36
9. Spring Watters	1:29:23
10. Rachel Appleby	1:29:24

MALE AGE GROUP: 30 - 39

1. Matthew Barry	58:00
2. Zach McElrath	58:09
3. Joseph Watson	58:45
4. Adam Dodson	58:58
5. Barrett Holder	1:00:17
6. Andrew Burnett	1:01:04
7. Jeff Barry	1:03:54
8. Joe Klein	1:06:36
9. Bill Squires	1:07:00
10. Kenneth Croft	1:08:59

FEMALE AGE GROUP: 40 - 49

1. Anne Polikowsky	1:20:23
2. Lara Baker	1:28:47
3. Nasera Souidr	1:30:49
4. Erica Austin	1:44:26
5. Sandra Saylor	1:50:33
6. Nicci Cantrell	1:51:18
7. Tracey Lawson	1:56:49

8. Jessica Peterson	2:10:17
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MALE AGE GROUP: 40 - 49

1. Chris Curtis	1:05:28
2. Troy Polikowsky	1:08:17
3. Johnny Ferguson	1:08:44
4. Daniel Shartle	1:10:32
5. Brad Smith	1:10:58
6. Eric Shankles	1:12:03
7. Eric Renneisen	1:12:18
8. Allen Bradberry	1:12:33
9. Travis Griffith	1:12:35
10. Bryan Holbrook	1:18:32

FEMALE AGE GROUP: 50 - 59

1. Mary Corbett	1:45:23
2. Marianne Urbain	1:45:38
3. Kay Henderson	2:00:50
4. Amy French	2:10:16
5. Rosalind Daly	2:39:37

MALE AGE GROUP: 50 - 59

1. David Martin	1:04:41
2. Ronald Blessinger	1:12:17
3. Deron Austin	1:21:04
4. Rick Peters	1:24:11
5. Tim Fortune	1:37:25
6. Andrea Tierney	1:37:27
7. Steve Smalling	1:46:53
8. Mike Andersen	2:05:20
9. Paul Daly	2:19:00

MALE AGE GROUP: 60 & OVER

1. Jeff Straussberger	1:23:58
2. Ironman Billy Collier	1:33:55
3. Tim Hancock	1:40:45
4. Mark Kimbrough	1:42:47
5. David Snow	2:21:40

15K RESULTS

OVERALL FEMALE

1. Renee Jackson	1:05:53
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OVERALL MALE

1. John Gilpin	50:33
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FEMALE MASTERS

1. Amy Karch	1:13:22
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MALE MASTERS

1. Van Dick	56:59
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FEMALE GRAND MASTERS

1. Maria Studholme	1:13:27
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MALE GRAND MASTERS

1. Mitchell Phariss	1:05:23
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FEMALE SENIOR GRAND MASTERS

1. Doris Windsand	1:21:51
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MALE SENIOR GRAND MASTERS

1. Mayes Starke	1:05:57
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FEMALE AGE GROUP: 19 & UNDER

1. Abbey Bullock	1:47:55
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MALE AGE GROUP: 19 & UNDER

1. Hayden Apps	59:54
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2. Clay Rigsby 1:22:54

FEMALE AGE GROUP: 20 - 24

1. Rachel Nokes 1:09:43
2. Caitlyn Moro 1:11:03
3. Libby Schwartz 1:12:12

MALE AGE GROUP: 20 - 24

1. Noah Cochran 53:41
2. Joseph Wilson 53:41

FEMALE AGE GROUP: 25 - 29

1. Carrie Minnis 1:14:03
2. Cadia Spraker 1:21:41
3. Ashlei Boron 1:23:33
4. Hannah Williams 1:24:33
5. Janette Potts 1:28:09
6. Hannah Westfall 1:28:24
7. Anna Brainerd 1:35:36
8. Amelia Badeau 1:42:28
9. Kendall Sandridge-Mo 1:50:27

MALE AGE GROUP: 25 - 29

1. Jonathan Hutchins 1:01:36
2. Nathan Hodges 1:04:03
3. Benjamin Ladner 1:09:02
4. Ed Prok 1:13:24
5. Kyle Branning 1:13:56
6. Chris Temple 1:13:57
7. Noah Lasley 1:16:21
8. Taylor Witt 1:22:15
9. Michael Williams 1:24:33
10. Quinn Hickey 1:27:04

FEMALE AGE GROUP: 30 - 34

1. Brianna Stambaugh 1:17:28
2. Leigh Williams 1:18:32
3. Hanna Burnett 1:21:49
4. Katie Freeman 1:27:22
5. Anna Mulligan 1:28:23
6. Amanda Muller 1:29:32
7. Jessica Smith 1:30:38
8. Carla Tate 1:33:12
9. Brittany Works 1:35:28
10. Karen Jolley 1:35:40

MALE AGE GROUP: 30 - 34

1. Michael Christopher 1:07:50
2. Michael Hullender 1:09:58
3. Caleb Stambaugh 1:19:52
4. Chip Wilson 1:31:18
5. Cory Taylor 1:50:24
6. Thomas Crocker 1:51:36

FEMALE AGE GROUP: 35 - 39

1. Jessica Vihon-Pierre 1:11:19
2. Jennifer Curtis 1:12:04
3. Mindy Freeman 1:13:37
4. Sarah Webster 1:17:44
5. Jennifer Reeves 1:19:58
6. Erin McCall 1:21:31
7. Meagan Moyers 1:23:57
8. Marjorie Daniell 1:27:20
9. MacCarena Blackhart 1:29:31
10. Ashley Collins 1:30:29

MALE AGE GROUP: 35 - 39

1. Wilson Meads 1:03:24
2. Andy Gean 1:04:43
3. Clinton Cooke 1:06:06
4. Joseph Davis 1:08:56
5. Nicholas Varvel 1:15:36
6. Jeremy Sharp 1:18:10
7. David Pierre 1:26:05
8. Jason Liggins 1:35:14
9. Josh Lowery 1:42:12
10. Keith Guillot 1:46:12

FEMALE AGE GROUP: 40 - 44

1. Shanna Veale 1:13:59
2. Molly McKenna 1:21:52
3. Erin Reade 1:21:56
4. Kate Norwood 1:25:09
5. Jessica Craig 1:28:45
6. Sara Lefler 1:33:08
7. Elizabeth Petty 1:46:48
8. Amanda Schaap 1:51:51
9. Misty Sims 1:52:51
10. Jenn Campbell 1:54:26

MALE AGE GROUP: 40 - 44

1. Jeremy Miller 59:12
2. Anthony Daniell 1:06:15
3. Nate Barstow 1:06:28
4. Tim Willis 1:12:57
5. Shawn Kelley 1:13:03
6. Dennis Miller 1:13:56
7. Patrick Chapman 1:16:20
8. Jeffrey Reese 1:18:25
9. Todd Craig 1:20:37
10. Knut Hilles 1:21:22

FEMALE AGE GROUP: 45 - 49

1. Lisa Logan 1:14:47
2. Jenna Robinson 1:20:24
3. Mindy Timmons 1:20:32
4. Tonya Campbell 1:26:38
5. Deb Rodwell 1:26:39
6. Tonya Paul 1:29:57
7. Maria Vives 1:34:17
8. Kim Pratt 1:40:23
9. Jenni Claeys 1:41:21
10. Colleen Burer 1:44:01

MALE AGE GROUP: 45 - 49

1. Tripp McCallie 1:01:14
2. Craig Raughton 1:05:50
3. David Lane 1:07:27
4. Francisco Soutuyo 1:07:50
5. Daniel Pratt 1:10:15
6. John Holcombe 1:11:20
7. Dustin Epps 1:12:00
8. Chris Phillips 1:12:24
9. Rich Graham 1:14:49
10. James Mason 1:16:07

FEMALE AGE GROUP: 50 - 54

1. Connie Roberts 1:16:19
2. Jennie Gentry 1:17:29
3. Barbara Ensign 1:18:34



Jack McFarland was honored at the 50th anniversary of the Chickamauga Chase for having run every year of the race. Photo by M.A.Locke / The Chattanooga

4. Kimberley Peak 1:37:44
5. Kimmi Patterson 1:37:54
6. Nikki Bautista 1:38:58
7. Cynthia Dunn 1:39:30
8. Laura Gaddis 1:43:16
9. Marcia Curtis 1:45:35
10. Kristin Alexin 1:57:07

MALE AGE GROUP: 50 - 54

1. Johnny Johnson 1:05:42
2. Robert Barnes 1:06:27
3. David Hartman 1:06:47
4. David Moghani 1:07:32
5. Jim Schwab 1:07:33
6. Ed Rusk 1:10:47
7. Paul Maloney 1:13:17
8. Greg Henry 1:13:24
9. Shawn Parnaby 1:19:22
10. Todd Fortner 1:25:02
11. Rusty Reece 1:35:27
12. Tony Boals 1:35:35
13. Jay Roueche 1:35:48
14. David Antrim 1:37:16
15. John Nutt 1:42:58
16. Steve McCune 2:14:45

FEMALE AGE GROUP: 55 - 59

1. Karen Leavitt 1:16:22
2. Sue Damstetter 1:27:39
3. Jennifer Moore 1:30:01
4. Coleen Pruitt 1:35:13
5. Brenda Zorca 1:41:12
6. Connie Brand 1:41:22

MALE AGE GROUP: 55 - 59

1. Tulio Soto 1:10:31
2. John McCusker 1:13:17
3. Ray Kellum 1:14:22
4. Jimmy Layne 1:16:12
5. Mike La Rue 1:22:16
6. Joe Dumas 1:25:25
7. Terry Smith 1:33:25
8. Mark Brittain 1:33:55

9. Andy Zorca 1:35:06
10. Matt O'Neill 1:43:48

FEMALE AGE GROUP: 60 - 64

1. Leslie Latterman 1:29:23 9:36
2. Cathy Gracey 1:35:54
3. Beth Rice 1:37:44
4. Becky Mietzner 1:46:26
5. Gincy May 2:12:12

MALE AGE GROUP: 60 - 64

1. Jeff Stracener 1:08:46
2. Mike Usher 1:18:01
3. William May 1:22:54
4. Thomas Russe 1:24:01
5. David Presley 1:25:47
6. Hank McMahon 1:26:07
7. David Latterman 1:32:46
8. Dave Mietzner 1:46:26
9. Rob Elsea 1:56:31

FEMALE AGE GROUP: 65 - 69

1. Kristine Johnson 1:37:06

MALE AGE GROUP: 65 - 69

1. John Crawley 1:18:48
2. Greg Heath 1:19:00
3. John Walker 1:20:29
4. Tom Smith 1:29:07
5. Stephen Bennett 1:31:04
6. Ted Verville 1:38:19
7. Michael McKenna 1:43:42
8. David Cowan 1:47:58
9. Daniel Smith 1:49:49
10. Larry Rigsby 1:51:24

FEMALE AGE GROUP: 70 & OVER

1. Sue Anne Brown 1:50:14
2. Bonnie Wasson 2:11:50

MALE AGE GROUP: 70 & OVER

1. Jeffrey Sodemann 1:15:01
2. Richard Westbrook 1:24:16
3. Larry Kuglar 1:24:33
4. Sergio Bianchini 1:24:55

The Joe McGinness Runner of the Year (ROY) contest is an annual competition for CTC members designed to promote running and fitness and to recognize our most competitive runners overall and by age group.

by Lynda Webber

OVERALL FEMALE: LISA LOGAN



YEARS RUNNING: 20+.

YEARS RACING: around 17

NO. OF YEARS A CTC MEMBER: six

FAVORITE RACE: Boston Marathon (five times)

FAVORITE DISTANCE: The Half Marathon. (The Chickamauga Battlefield Half Marathon, the Oak Barrel Half Marathon and the Southern Tennessee Plunge Half Marathon are equal favorites)

MOST MEMORABLE RACE: "The 2012 Southern Tennessee Plunge full marathon, because it was full of 'firsts.' It was my first marathon in the Master's Category, it was the first time I broke 3:30 with a 3:29 finish, and it was the first time I was the overall female winner of a race. It was also at that race where I ran/talked with a 63-year-old fellow runner named Paul, who told me of all the positive changes he had made in his life after being an unhealthy and overweight 40-year-old. He pulled away from me at 14 miles and I did not see him again until after his finish, when he ran back to encourage me the last quarter mile. He was the first runner who truly inspired me by showing me that a human being can take charge of his or her life at any time through dedication, determination, and a positive outlook.

[Note from The Management: We think that anyone who can run and talk for the first 14 miles and still win a marathon is pretty inspirational, too!]

OVERALL MALE: RYAN MCGINNIS



YEARS RUNNING/RACING: six

NO. OF YEARS A CTC MEMBER: six

FAVORITE DISTANCE: 5K

FAVORITE CTC RACE: the Chickamauga Battlefield Marathon

MOST MEMORABLE RACE: "Winning the 2018 Riverbend 10k was pretty special, especially as my wife, Megan, and son, Carter, were cheering and waiting for me at the finish." Ryan says he races to fuel his competitive spirit, and his "quote to run by" is from the late, great Steve Prefontaine: "To give anything less than your best is to sacrifice the gift." We suspect that Ryan's confidence is also a key to his success, as his second favorite quote, attributed to Eliud Kipchoge, is "The most important thing is, that you believe making a breakthrough is possible."

RYAN'S "MOST PEOPLE DON'T KNOW THAT I" TRIVIA: "Most people don't know that I... drink three cups of coffee before every run, and they wonder why I never stop talking!?! Hahaha."

GRAND SENIORS FEMALE (70+): SUE ANNE BROWN



YEARS RUNNING/RACING: Over a half century! (Her words!)

FAVORITE DISTANCE: "The 10K, because it's reasonable, with reasonable training!"

FAVORITE CTC RACES: the Wauhatchie Trail Race (even though she broke her arm there on one occasion) and the Chattanooga Chase. Sue Anne grew up as an Army brat and traveled the world, evolving into an expert athlete during that time in ice skating, downhill skiing, and cycling. She was also introduced to running while living on an overseas Army base, and it became as much a part of her life as her marriage and her children. She moved to Chattanooga in 1972 where she immediately joined the CTC, and has fond recollections of the evening meets the CTC used to have at the Baylor track once a week in the 70s. During Sue Anne's illustrious (and continuing) running career, she completed two 10Ks under 40 minutes, three half marathons in the 1:33 to 1:36 range, and had a 6:02 PR for the mile.

QUOTE TO RUN BY: "Never, never, never, give up." – Winston Churchill

[Note from The Management: We don't really know how many miles the amazing Sue Anne has run and raced over the years. She is indeed a CTC running legend.]

**GRAND SENIORS
MALE (70+):
SERGIO BIANCHINI**



YEARS RUNNING/RACING: 17

NO. OF YEARS AS A CTC MEMBER: 17

FAVORITE DISTANCE TO RACE: Half Marathon. "Anything less hurts because I have to push too hard. Anything more, I get kind of bored sometimes."

FAVORITE CTC RACE: The Chickamauga Chase.

MOST MEMORABLE RACE: The Annual Vol State 500K Road Race. All four of them to date (2015-2018).

STATES SERGE: "Every day is an adventure while running across the State of Tennessee!"

QUOTE TO RUN BY: "I overslept my alarm clock!" – Sergio Bianchini. Serge runs... "To socialize, to feel good, and to talk to the ladies! I race, because I enjoy the competition!"

CLAIM(S) TO FAME: Sergio is a four-time Grand Seniors ROY winner AND scored the annual Long Runner 100-mile award for the fourth year in a row during the 2018 season. In addition, he captured the Tennessee State record for the one mile run each year from ages 70-75 - and the Tennessee State record for the two mile run each year from ages 75-77 (the past two years he accomplished this feat only two days after finishing the grueling Vol State 500K road race). He is also the only CTC member to date to take up (and excel at!) multi-day ultra running beginning at age 74. At his present age of 78, the sky is still the limit for the incredible Sergio Bianchini!

**SENIOR FEMALE
(60-69):
CATHY GRACEY**



YEARS RUNNING/RACING: nine.

NO. OF YEARS A CTC MEMBER: nine.

FAVORITE DISTANCE: "The Marathon. ...When all my body parts are willing and able!" Cathy's personal favorite is the London Marathon "because it's like running through a history book," but her favorite CTC race is the Chickamauga Battlefield Marathon...she loves the soup, the costumes, and the Barefoot Nellie band!

CATHY'S PERSONAL MOTTO IS: "I do this today because I CAN." Why? She decided to try running in 2005 after being told by her physician that her osteoporosis wasn't improving, and immediately set her sights on the Nashville Rock 'N Roll Half Marathon, even though she initially couldn't run a mile without walking. She was determined to complete that half marathon before she turned 50 and she did, but she injured her knee in the process and it took two years before she could run on that knee again. Cathy continued to persevere, and four days after turning 60 in 2014 she ran her first marathon (The New York City Marathon), followed by the Chickamauga Battlefield Marathon six days later. The following year she self-trained for and finished IronMan Chattanooga...and she just keeps going. If Cathy could sell to us "mature women" whatever water she's been drinking, she'd make a fortune!

CATHY'S "MOST PEOPLE DON'T KNOW THAT I" TRIVIA: "Most people don't know that I... was on Family Feud in 1981!" Says Cathy: "Richard Dawson was the host and yes, he gave me a big, slimy kiss!"

**SENIOR MALE (60-69):
THOMAS "MAYES"
STARKE**



YEARS RUNNING/RACING: 47

NO. OF YEARS AS A CTC MEMBER: nine

FAVORITE DISTANCE TO RACE: Half Marathon

FAVORITE RACE: "The Chickamauga Battlefield Half Marathon. In my opinion, there is no better place to run and it's the perfect time of year – late fall with just the right amount of coolness in the air. Plus, the CTC always does an outstanding job of putting on the race."

MOST MEMORABLE RACE: "The 2016 Chickamauga Half Marathon. My oldest son John ran this as his first half marathon at the age of 36 and finished in less than two hours! It was a very special time for me to enjoy with him!" Mayes adds, "I enjoy racing because it helps me feel all the emotions of life – and I know I am very alive! I run because it's a gift from God."

MAYES' "MOST PEOPLE DON'T KNOW THAT I" TRIVIA: "Most people don't know that I... was in the San Francisco Earthquake of 1989. I'm glad to be here!"



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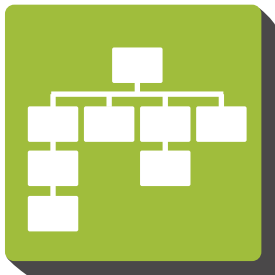


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GRAND MASTERS FEMALE (50-59):

KAREN LEAVITT



YEARS RUNNING: 40+

YEARS RACING: 40+.

NO. OF YEARS A CTC MEMBER: four. Karen wears many hats (Commercial Real Estate Consultant, Notre Dame Head XC and Track Coach, Personal Running Coach, Professional Organizer), but she is first and foremost a long-time runner with over 500 races under her belt including the 1988 Olympic Trials Marathon in Pittsburgh, PA. A force to be reckoned with, Karen burned up the pavement behind her at the 2018 Scenic City Scorcher and set the Tennessee two-mile running record for her age group. Bumping up the distance a little, she placed 3rd in her age group in the 2018 New Orleans Half Marathon during her 25th wedding anniversary road trip to the Big Easy Running Festival. Keeping the momentum going into 2019, she completed the Snickers Marathon in Albany, Georgia and qualified for the 2020 Boston Marathon. Karen steps into a new age group this year in August, and if her 50s were Fabulous for her, we're pretty sure that her 60s will be Smokin'!

QUOTE TO RUN BY: Isaiah 40:29-31: Karen adds: "Running is one of many things in my life that I enjoy because it helps me get outside and see the amazing things that God has created! I love seeing beautiful sunrises, flowers and trees, and hearing the birds singing...there are so many things that I wouldn't notice if I didn't get outside to run!"

GRAND MASTERS MALE (50-59):

DAVID MOGHANI



YEARS RUNNING: about 30

YEARS RACING: 27

NO. OF YEARS AS A CTC MEMBER: 21

FAVORITE DISTANCE TO RACE: 10K.

FAVORITE RACE: "The NYC Marathon! It's very scenic, and the spectators are very supportive all along the route."

FAVORITE CTC RACE: "Missionary Ridge. I like the rolling hills and scenic views."

MOST MEMORABLE RACE: "The 2018 Chickamauga Battlefield Marathon. I was between 24 and 25 miles and had already conceded the race as far as achieving my goals, when I suddenly ran out of energy and hit that "wall." I was exhausted and disoriented, and seriously considering calling it quits when I saw this guy on a bike giving encouragement and assistance to the runners. I approached him and he offered me something to drink, after which I felt better and more confident. This 'guardian angel' rode his bike alongside me as I managed a slow jog, but when I heard the finish line announcer ahead of me I was able to pick up the pace and finished with a sub-4-hour time, all thanks to his help."

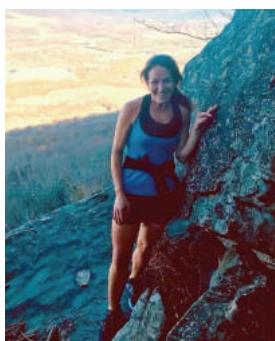
DAVID'S ONE RULE TO LIVE BY – AND RUN BY: "Once you start an endeavor, see it through to the finish no matter how arduous the journey may be."

DAVID'S "MOST PEOPLE DON'T KNOW THAT I" TRIVIA: "Most people don't know that I... love to read academic books on the subjects of philosophy and science when I'm not running!"

[The Management's philosophical quote-to-consider for David: "Do you live each day as if it's your first or your last? Either way you should probably have a diaper on." – Ellen DeGeneres]

MASTERS FEMALE (40-49):

BARBARA ENSIGN



YEARS RUNNING: 20

YEARS RACING: 15 years.

NO. OF YEARS A CTC MEMBER: 15

CLAIM TO FAME: half of the famous "Ensign Racing Team." The other half is her husband, Tim, and the two of them are a force to be reckoned with (together, they won the 2018 Wauhatchie Trail Race Family Competition). Barb's favorite distance to race is the 10K, and her favorite races are the Chattanooga Chase (because it's in her neighborhood) and the Signal Mountain Pie Run (because of the great pies!). Her most memorable race was the Seven Bridges Marathon Relay. This was a "very last minute opportunity" where she was asked to help out a neighbor and run the anchor leg, and her team ended up winning the marathon relay!

ANTHEM TO RACE BY: Queen's "Don't Stop Me Now."

QUOTE TO LIVE (AND RUN) BY: "Good things come to those who believe, better things come to those who wait, best things come to those who don't give up."

BARBARA'S "MOST PEOPLE DON'T KNOW THAT I" TRIVIA: "Most people don't know that I ... was a competitive figure skater!"

*[Note from The Management: You will *never* see Barbara do a Triple Klutz during a foot race – that's because a klutz will never get many ROY points!]*

MASTERS MALE (40-49):

TRIPP MCCALLIE



YEARS RUNNING: eleven

YEARS RACING: eight

NO. OF YEARS AS A CTC MEMBER: eight

FAVORITE DISTANCE TO RACE: 8K and 15K

FAVORITE RACE: "The Boston Marathon!"

FAVORITE CTC RACE: "The Raccoon Mountain 10K. For some reason, it's the only race I've done every year since I started racing!"

MOST MEMORABLE RACE: "The 2015 Chickamauga Battlefield Marathon. My wife had two neck surgeries between August and November of that year; the last one four days before the race. Although I had signed up, I was not going to do it because I was still staying at the hospital with my wife. We had not discussed it, but the day before, my wife says, "Isn't your race tomorrow?" So, I woke up the next morning at Erlanger Hospital and headed to the race. I ended up setting a marathon PR by 10 minutes, and afterwards I headed straight back to Erlanger. I am happy to say that my wife has recovered since then and has even been able to start running a little again." Trip adds: "At a time when I was injured, I saw a guy on Strava post that he was having open heart surgery the next day, but that when he recovers, it's back on the comeback trail and that every mile will be a celebration no matter how fast or how slow. That inspired me, and hopefully it will inspire others as well."

TRIP'S "MOST PEOPLE DON'T KNOW THAT I" TRIVIA: "Most people don't know that... in college, I could do a solid impersonation of Richard Pryor's 10 minute+ "Mud Bone/Little Feets." It is very inappropriate, but really funny. I was also known to perform David Allen Coe's "You Never Even Called Me By My Name" at David's restaurant during karaoke Saturday nights."

[Note from The Management: Already booked as entertainment for the next Chickamauga Battlefield Marathon pre-race dinner.]

ADULT FEMALE (30-39):

BRIANNE STAMBAUGH



YEARS RUNNING/RACING: seven

NO. OF YEARS A CTC MEMBER: five

FAVORITE DISTANCE TO RACE: The Marathon

FAVORITE RACE: the 2018 St. Jude Memphis Marathon, which was very meaningful to her for having earned St. Jude "Hero" status after fundraising throughout her training.

FAVORITE CTC RACE: the Chickamauga Battlefield Marathon "because the run through the park is always beautiful and peaceful."

MOST MEMORABLE RACE: the 2017 Walt Disney World Half Marathon. She and her husband were running the Dopey Challenge, a four-day series of races covering a distance across Walt Disney World Resort of 48.6 miles (5K, 10K, Half Marathon and Marathon), but Disney cancelled the half marathon due to severe weather. Rather than let the weather stop their plans to complete the race, they – along with many other runners – ran a half marathon distance around the resort where they stayed. As they ran and cheered each other on, family members, friends, and even resort staff set up makeshift aid stations and also cheered on the runners. This experience embodied everything Brienne loves about the running community – "people who come together, encourage each other, and persevere to meet a common goal."

ADULT MALE (30-39):

JASON LIGGINS



YEARS RUNNING/RACING: nine

NUMBER OF YEARS AS A CTC MEMBER: eight.

FAVORITE DISTANCE TO RACE: half marathon.

FAVORITE RACE: "The Chickamauga Battlefield Half-Marathon. It was my very first longer race and I loved its historical significance. I ran it just four months after beginning running. I had never been so proud of myself, and I will always think of the emotions I felt crossing the finish line."

MOST MEMORABLE RACE: "The 2018 Flying Pig Marathon. It was by far my most challenging marathon and my best to date. I finished with a PR, which is insane considering the elevation during the first 12 miles or so." **JASON ADDS:** "I began running to lose weight. Little did I know that it would become a passion. I can't imagine not running, because it makes me feel like there isn't anything that I can't conquer. Through running, I have pushed myself to new limits that I could never have imagined. I have completed 12 half-marathons, six marathons, two 50Ks, and one 50-miler."

ANTHEM TO RACE BY: "Stronger," by Kelly Clarkson.

CLAIM TO FAME: CTC President-Elect, Jason will be presiding during the CTC's 50th Anniversary year in 2020! Jason's "Most People Don't Know That I" trivia: Most people don't know that "I... am addicted to reality TV. Sadly, I am a reality TV junkie."

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The YMCA is committed to building assets in youth of all ages. YMCA camps create positive experiences that help children live, learn and thrive.

Overnight, day or specialty camps at the Y share one thing: they're about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting friendships and memories. And, of course, it's fun too!

REGISTER TODAY FOR
DAY CAMP - Rising 1st - rising 5th graders
YMCA CAMP OCOEE - Ages 7-17
OPEN AIR ACADEMY
& BOLD/GOLD - Ages 12-14 & 15-18

ymcachattanooga.org

**YOUNG ADULT
FEMALE (20-29):
JENNIFER HUWE**



YEARS RUNNING: 20 years.

YEARS RACING: around six (started when she met her husband-to-be, Kevin, and he began training her).

NO. OF YEARS A CTC MEMBER: about three.

FAVORITE DISTANCE: 10K.

Favorite races: the Chattanooga Chase 8K and the Wauhatchie 6.7-mile Trail Race, specifically for the food, the fun and the fellowship which are a hallmark of these two events.

MOST MEMORABLE RACE: the 2018 Boston Marathon, in part because this was her first one and it was a goal she had been aiming towards a long time. It was also a PR marathon for her, despite the worst weather for the Boston Marathon in years – with howling winds, lashing rain, and temps in the upper 30s! Whenever the going gets tough, she thinks about the words of Australian former world champion marathon runner Rob de Castella: "The marathon's about being in contention over the last 10K. That's when it's about what you have in your core. You have run all the strength, all the superficial fitness out of yourself, and it really comes down to what's left inside you. To be able to draw deep and pull something out of yourself is one of the most tremendous things about the marathon."

**YOUNG ADULT
MALE (20-29):
KEN CURRAN**



YEARS RUNNING: around ten.

YEARS RACING: five.

NO. OF YEARS A CTC MEMBER: three.

FAVORITE DISTANCE: The Marathon... because it's "long enough to be able to adapt throughout."

FAVORITE RACE: Boston! Favorite CTC race: Chickamauga Chase 15K.

MOST MEMORABLE RACE: "The 2017 Chickamauga Battlefield Marathon, because I led the field until the last 5K, when the guy riding my tail the entire race laid the hammer down with some 5:30s."

KEN'S RACING MOTTO: "Train hard so the race is easy!"

ADDS KEN: "The most important thing in becoming a more successful runner was trying new things until something worked for me. Everyone wants to sign on to some plan and stick to it, but you need to explore for years. Expect some disappointment along the way, but don't let that stop you. Learning and adapting, even during something as short as a race, will go much further than it seems at first."

KEN'S "MOST PEOPLE DON'T KNOW THAT I" TRIVIA: "Most people don't know that I... met my wife pacing at the Chattanooga Half Marathon in 2016, after my mom asked me to volunteer in some way as her birthday gift."

[Note from The Management: Lesson learned? Always take every opportunity to be a CTC volunteer!]

**JUNIOR FEMALE
(16-19):
EMMA MEEKER**



YEARS RUNNING: three.

YEARS RACING: two.

NO. OF YEARS A CTC MEMBER: one.

FAVORITE CTC RACE: the Sports Barn Turkey Trot 5-miler.

FAVORITE DISTANCE: 5K... specifically the Scenic City Mud Run 5K held at the Greenway Farms in Hixson, and the muddier, the better.

SAYS EMMA: "This is the one race a year my entire team runs together, and it's always a good time. I get to run this amazing obstacle course at a place I love with people I love. What could be better?" So what makes Emma a successful mud runner? Her tough-it-out attitude, which is exemplified by her motto: "I've been through worse, so I can get through this!" **Emma adds:** "I race... to challenge myself and connect with other runners through our mutual suffering. Most people don't know how much I adore my teammates and friends. I wouldn't be the person I am without each and every one of them. We push each other to do our very best and congratulate each other on every victory."

[Note from The Management: We love to see a good sport and a team player!]

JUNIOR MALE (16-19):

JIVAN TAJ



YEARS RUNNING/RACING: eight.

FAVORITE DISTANCE TO RACE: 10K.

FAVORITE RACE: Chattanooga Chase – “just a beautiful course!”

CLAIM TO FAME: Dad is Sujeel Taj – former CTC President, editor of CTC Jogging Around, and CTC Long Runner.

QUOTE TO RACE BY: "Getting up is the hardest part" (attributed to dad).

JIVAN'S "QUOTE TO RUN BY" (WHICH WORKS WELL WITH DAD'S): “You don't have to be the fastest, you just have to show up and try.”

[Note from The Management: Nice try during the 2018 season, Jivan!]

YOUNG FEMALE (15 & UNDER):

HELEN WEBB



YEARS RUNNING/RACING: seven.

NO. OF YEARS A CTC MEMBER: four or five.

FAVORITE DISTANCE: 5K.

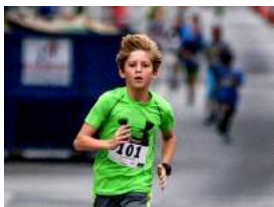
FAVORITE RACE: The Chickamauga Battlefield 5K - because she loves that time of year and her whole family is always there. (We're guessing the fact that she also clobbered the age group competition last year at the CBM5K by averaging a 6:41 pace probably also has something to do with it!) Helen states that her most memorable race was the 2018 Chickamauga Chase 5K because it was the first time her then 10-year-old brother, Henry, beat her... by all of 30 seconds.

SAYS HELEN: “Honestly, in that moment it made me hate him! But now I am proud of him because he had to train really hard to do that.”

[Note from The Management: How many 10-year-olds do you know of who “train really hard?” We think his inspiration is his big sister, 13-year-old Helen, who actually won Overall Female at the 2018 Chickamauga Chase 5K! Look out ladies... here she comes!]

YOUNG MALE (15 & UNDER):

HENRY WEBB



YEARS RUNNING/RACING: five (about half his life). This young rocket was ten years old when he won the 15 and under age group at the 2018 Chickamauga Chase 5K with a time of 20:29. Not only that, he came in 8th overall there out of 411 finishers. No wonder the “Little Chick” is his favorite race. His “anthem to race by” may be “The Lion Sleeps tonight,” but this young lion sure doesn't sleep when he races. He ROARS.

Jokes Henry about his 2018 finish at the Chick Chase 5K: “I beat my sister [Helen]. I know she was sick about it!” When asked to fill in the blanks for the statements, “I run ____” and “I race ____,” Henry responds “quietly.” So if you're running hard and trying to win, keep an eye and an ear out or Henry is going to sneak by you! We suspect he may just be the next Prefontaine....

SUJEEL TAJ – 2018 VOLUNTEER OF THE YEAR



NO. OF YEARS AS A CTC MEMBER: nine.

FAVORITE CTC RACE AT WHICH TO VOLUNTEER, AND WHY: “It's a tie between the Chickamauga Battlefield Marathon and the Chattanooga Waterfront Triathlon, but my reasons are the same... both races require a phenomenal amount of time and energy from so many people. They are very complex events that, year-after-year, are great successes due to wonderful leadership and dedicated, passionate volunteers who are committed to making sure each runner has the best experience possible. I love being a small part of that group energy.”

MOST MEMORABLE VOLUNTEER EXPERIENCE: “Working the VIP pancake breakfast at the Scenic City Half Marathon. CTC members gathered in the press box at Finley Stadium and enjoyed free food and a warm place to stay with amazing views of the finish line on the field below. It was nice to acknowledge our members and let them feel appreciated in this way.

WHEN ASKED WHY HE VOLUNTEERS, SUJEEL REPLIES: “I get a lot from the Club and it's important to give back. Volunteering early and following through on my commitment means one less thing, no matter how small, that doesn't require attention and energy from the race director. I'm helping make the world less stressed one water station at a time!

SUJEEL'S "MOST PEOPLE DON'T KNOW THAT I" TRIVIA: “Most people don't know that I... look stunning in sequins!”

*[Note from The Management: Sujeel, we would sure love to know the REST of *that* story!]*

TIME TO TRI



SUNDAY, JUNE 23, 2019

DOWNTOWN CHATTANOOGA
Sprint and Olympic Distance



Presented by



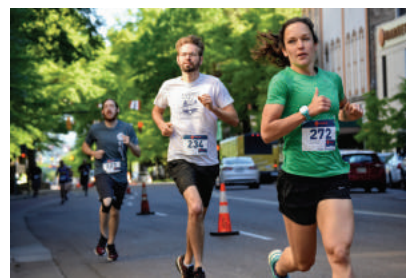
Made Possible By



RunCTC.org

MARKET STREET MILE

RACE RESULTS



OVERALL WHEELCHAIR FEMALE

1. 90 Paisley Carroll 10:15.62

OVERALL WHEELCHAIR MALE

1. 65 Johnathan Grime 7:32.88

OVERALL ADAPTIVE BIKE FEMALE

1. 100 Wendy Williams 23:03.65

OVERALL ADAPTIVE BIKE MALE

1. 1 Drew Forsey 3:13.46

OVERALL FEMALE

1. 29 Kristen Bonsor 5:50.83

OVERALL MALE

1. 2 John Gilpin 4:30.29

FEMALE MASTERS

1. 51 Lisa Logan 6:41.21

MALE MASTERS

1. 4 Rodney Stoker 4:47.95

FEMALE GRAND MASTERS

1. 56 Karen Leavitt 7:03.69

MALE GRAND MASTERS

1. 13 Joe Johnson 5:15.13

FEMALE SENIOR GRAND MAS-

TERS

1. 81 Beth Rice 8:34.52

MALE SENIOR GRAND MASTERS

1. 34 Mayes Starke 6:00.04

ADAPTIVE BIKE 1 MILE RESULTS

1. Drew Forsey 3:13.46
2. Cecil Williams 5:07.65
3. Alex Borrero 5:25.72
4. Brad Broesche 7:10.19
5. William Joel 8:23.60
6. Hunter Moore 8:31.61
7. Vahid Alavian 9:18.20
8. Kyle Koehler 13:23.28
9. Wendy Williams 23:03.65

WHEELCHAIR 1 MILE RESULTS

1. Johnathan Grimes 7:32.88

2. David Cunningham 8:23.80

3. Paisley Carroll 10:15.62

FEMALE AGE GROUP: 5 & UNDER

1. 93 Braylee Westbro 11:18.09

2. 95 Peyton Keegan 11:28.20

MALE AGE GROUP: 5 & UNDER

1. 94 Kael Bryant 11:22.84

FEMALE AGE GROUP: 6 - 10

1. 39 Emma Cissna 6:10.14

2. 53 Mallory Comman 6:55.21

3. 73 Sage Youngblood 8:01.02

4. 83 Tatum Gean 8:59.22

5. 84 Lauren Command 8:59.29

6. 85 Emery Doescher 8:59.89

7. 89 Elia Tumey 9:41.02

8. 91 McCartney Norris1 0:24.78

9. 96 Anna Kimball Doe 11:42.79

MALE AGE GROUP: 6 - 10

1. 32 Cameron Hardy 5:55.54

2. 42 Quentin Smith 6:15.11

3. 69 Owen Tumey 7:42.97

4. 86 Oliver Webb 9:13.04

FEMALE AGE GROUP: 11 - 14

1. 35 Estella Clemons 6:00.61

2. 79 Victoria Parnaby 8:29.20

MALE AGE GROUP: 11 - 14

1. 15 Grady Outlaw 5:16.83

2. 23 Zachary Youngblo5:41.46

3. 27 Owen Clemons 5:49.58

4. 28 Mac Meredith 5:49.80

5. 37 Henry Webb 6:00.98

FEMALE AGE GROUP: 15 - 19

1. 50 Sydney Logan 6:37.22

2. 92 Emily Detre 10:55.41

MALE AGE GROUP: 15 - 19

1. 16 Brandon Humphry 5:23.81

MALE AGE GROUP: 20 - 24

1. 8 Noah Cochran 5:03.38

FEMALE AGE GROUP: 25 - 29

1. 33 Meredith Zinke 5:57.53

2. 60 Sydney Mason 7:16.59

3. 62 Janette Potts 7:18.84

MALE AGE GROUP: 25 - 29

1. 9 Josh Erhard 5:03.84

2. 24 Justin Shelton 5:43.96

FEMALE AGE GROUP: 30 - 34

1. 88 Belinda Gary 9:24.49

MALE AGE GROUP: 30 - 34

1. 3 Kevin Huwe 4:40.08

2. 45 Timothy Ferguson 6:21.48

3. 67 Christopher Gary 7:36.10

FEMALE AGE GROUP: 35 - 39

1. 48 Jennifer Curtis 6:30.11

MALE AGE GROUP: 35 - 39

1. 5 Adam Veron 4:50.57

2. 6 Ryan McGinnis 4:56.74

3. 17 Sloan Youngbloo 5:25.61

4. 21 James Mason 5:29.06

5. 25 Zack Hardy 5:48.33

6. 31 Patrick McGinnis 5:53.44

7. 38 Ben Hubbard 6:08.66

8. 55 Shawn Whitson 7:00.62

FEMALE AGE GROUP: 40 - 44

1. 70 Krystye Dalton 7:50.79

2. 71 Stacey Malecky 7:51.68

MALE AGE GROUP: 40 - 44

1. 10 Paul Archambault 5:06.64

2. 12 Jeremy Miller 5:08.47

3. 19 Mark Malecky 5:25.98

4. 22 Rafael Carmona 5:39.89

FEMALE AGE GROUP: 45 - 49

1. 78 Nancy Murphy 8:26.85

2. 99 Amy Smith 18:30.00

MALE AGE GROUP: 45 - 49

1. 7 Van Dick 4:59.46

2. 20 Tripp McCallie 5:28.26

3. 30 Francisco Soutuyo 5:51.83

4. 46 Brent Jordan 6:23.38

5. 49 Ted Hackett 6:31.05

6. 68 Renaud Courbiere 7:39.82

FEMALE AGE GROUP: 50 - 54

1. 61 Jennie Gentry 7:16.80

2. 97 Annette Williams 11:51.00

MALE AGE GROUP: 50 - 54

1. 41 David Moghan 6:15.05

2. 47 Shawn Parnaby 6:23.93

FEMALE AGE GROUP: 55 - 59

1. 72 Corine Henderson 7:56.62

2. 82 Brenda Zorca 8:52.86

MALE AGE GROUP: 55 - 59

1. 14 Tim Ensign 5:16.50

2. 26 Mitchell Phariss 5:48.57

3. 43 Ken Shelton 6:17.26

4. 44 Tulio Soto 6:19.92

5. 52 Doug Murphy 6:50.37

6. 64 Andy Zorca 7:28.92

MALE AGE GROUP: 60 - 64

1. 36 Joe Howell 6:00.85

2. 40 Jeff Stracener 6:13.92

3. 54 Keith Foster 6:58.41

MALE AGE GROUP: 65 - 69

1. 57 John Crawley 7:09.74

2. 59 Nick Honerekam 7:13.65

3. 63 Gregory Heath 7:27.33

MALE AGE GROUP: 70 & OVER

1. 66 Sergio Bianchini 7:34.05

2. 74 Richard Westbro 8:10.20

3. 76 Willard Thrash 8:23.73

5K for



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5K Timed Race

1K Junior Marathon

Kiddy K Race

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Family Friendly Atmosphere

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For Sports Medicine & Orthopaedics

RIVERBEND RUN

5K
10K

SATURDAY * JUNE 8

7:30 AM

**Race begins on Riverfront Parkway
at the green area between Erwin
Marina and the Olgiati Bridge**

- * New race village on the grass
- * Faster course with a downhill finish!
- * Breakfast, bloody marys AND beer!
- * Live music

Riverbend wristband discounted price of \$65 for those registered by May 28

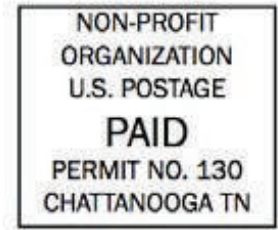
Register at runctc.org



riverbend



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

MAY


17 Chattanooga Chase 

10 Elementary Cross Country 

JUNE

08 Riverbend Run 

28 Raccoon Mountain Race 

23 Chattanooga Waterfront Triathlon 

OCTOBER

05 Moccasin Bend Fall Classic 10K 

JULY


20 Scenic City Scorcher 

19 Signal Mountain Pie Run 

AUGUST


10 Missionary Ridge Road Race 

NOVEMBER

09 Battlefield Marathon, Half, Jr. Marathon, 5K 

SEPTEMBER

02 FCA 5K 

28 Sports Barn Turkey Trot 

DECEMBER

21 Wauhatchie Trail Run 