

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JOGGING **AROUND**

CTC Long Runners

From the Club President

Healthy Running: Toes and Ankles

S. Chick. Greenway Nears Completion



CHATTANOOGA TRACK CLUB

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JOGGING AROUND

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Chattanooga Track Club Mission Statement

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

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

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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Greetings from the Chattanooga Track Club!

I hope this message finds our running community in good spirits. This has undoubtedly been a year much different than most of us planned. Many local races, as well as major races throughout the country, have been canceled. There is an aura of uncertainty that lingers over the running community. Yet, throughout it all, many of us have taken to running to provide ourselves with much-needed solace. Running provides a sense of normalcy. It serves as an escape of the things beyond our control.

During this time, I have been encouraged by the number of runners that have chosen to continue to challenge themselves. Many runners have decided to push forward with training plans, even with canceled races. Runners are out and about every morning, creating a better version of themselves one mile at a time. We encourage all our members to find ways to continue to motivate themselves. We must strive to become healthier and livelier versions of ourselves.

I am equally encouraged by the number of people who used their time in quarantine to explore the running world. It has been a great pleasure to receive emails from “new” runners looking for running groups or seeking advice. I love hearing their stories of finally being able to run a mile without walking or reaching double-digit mileage for the first time. There truly is no small achievement in running. The moment you make the decision to give it a go, you are winning! While we must still be vigilant with social/physical distancing, the CTC remains a resource for novice and experienced runners alike.

The Chattanooga Track Club has been busy working on ways to continue to serve our running community. We held our first-ever “Unity Run.” It was highly successful. A diverse group of Chattanoogaans came together to begin to connect and create a more unified community. There is more work to be done there. The Chattanooga Track Club remains committed to increasing diversity and connectedness in the running and overall community.

The Chattanooga Track Club also entered the virtual world for the first time. Both the Chickamauga Chase and Scenic City Scorcher were turned into virtual events. Both races had an excellent response. Through the Chickamauga Chase, we were able to raise funds for the National Park Partners and the Covid-19 Relief efforts of the Chattanooga Ronald McDonald House. In addition to those races, we kicked off our first ever Scenic City Summer Challenge. We challenged runners to



continue running/walking and logging miles. The response has been great! We are excited as many members continue to crush new goals! Be on the lookout for many other activities we are planning.

There remain so many unknowns. Our race calendar is tentative. We have canceled many events, and the status of others remains undecided. Nevertheless, 50 years later, the Chattanooga Track Club remains committed to promoting health and fitness throughout the Chattanooga area. While our physical togetherness is limited, we continue to be a united running community. The Chattanooga Track Club continues to “run the Scenic City!” Stay safe and remain active!

Jason Liggins is the 2020 president of the Chattanooga Track Club. He can be contacted at president@chattanoogatrackclub.org

ON THE COVER



Mornings in Chattanooga are a perfect time to enjoy a run. Chattanooga Track Club group runs meet throughout the week. Visit the CTC website at RunCTC.org to find the group run schedule and a list of suggested run routes, most starting downtown.

Photo by Sujeel Taj

Staying Involved as a CTC Member

Hello CTC members,

I hope everyone is doing well. On June 27, membership held its first ever CTC Scavenger Hunt. We hid 14 clues around the Northshore and Bluff View District and members were invited to get pictures of and try for one of five prizes and then a grand prize. Our winners were Larry Aulich and Jenni Berz. They both told me that they had a great time doing this event. So, thank you to both.

We hope that you all are receiving your reminders about membership and when it is time for your renewal that you will get that completed; we don't want you to miss out on anything.

We all know this has been a strange year and hope everyone is staying active in some way. The Camp Jordan 5k Race in early August was a lot of fun. It was great to see familiar faces again. The masks are available in two colors, white or blue, please contact me if you are interested in getting this one-of-a-kind CTC mask.

Stay tuned, we are working on some other opportunities for you our members to get involved an support each other and our community.

Take care and stay active,

Amy

Amy Smith is CTC Vice-president of Membership. She can be reached at vpmembership@chattanooga-trackclub.org



CTC Returning to In-Person Race Events

Hello runners!

On August 8, our club is going to take a shot at hosting our first 5k since we started having to cancel all of our spring and summer events due to the pandemic. Thank you, Ryan Shrum!!

It will be a very scaled back event, capped at 200 runners at most, with strict social distancing guidelines and no pre- or post-race village or gathering spaces. Definitely won't be anything like the community events that we have come to know and love over so many years, but at least it is a step forward – a small promise of an eventual return to the things we love.

Meanwhile, I hope everyone is taking advantage of the time and space we have been given to focus on our health,

our families and our friends and to look for ways we can help each other during this time.

Thank you, Jason and Michelle, for your idea for our Unity Run on June 20! Thank you both and Danna Vaughn for your words of hope and love before our run. I did not get a true full count, but I am fairly certain that there were at least 60 runners who headed out from the downtown YMCA that blue sky morning to run the Riverwalk toward the incline and then the state line - all safely and intelligently socially distanced, of course!

I am so grateful for our group runs and, especially now, I encourage anyone and everyone not already doing so to run or walk with at least one other friend on a regular basis.

Yes, the virus is real and serious and I personally have had three friends come down with it in the last 45 days (they all recovered well). Nonetheless, physical outdoor activities have been said to be safe (and are, in my opinion) as long as you pay attention to the basics – social distancing, self-support on fluids, hand-sanitizer, hand washing and masking up whenever in close proximity to others or indoors.

More than ever today, I am reminded of the essential nature that basic physical health plays in our ability to stay mentally healthy and positive.

When we run, fresh oxygen courses more rapidly throughout our bodies bringing vital energy to our cells and especially to those cells so critical – our neurons. Endorphins kick in, as well, naturally relieving stress and even providing an internal sense of delight. This is good stuff!

And when we run together, we share our presence with others. That alone is a comfort. We can also share our stories, our concerns, our frustrations and our hopes.

And we build friendships whose very nature strengthens our confidence in ourselves. In turn, our confidence and stability strengthen our families and, by further extension, our communities are strengthened. This is very good stuff! So maybe those races will be a bit longer coming back. We can wait. As Sherilyn J. reminded me a few weeks ago, this too shall pass. Truly, it will.

Meanwhile, we do not have to wait on this virus to run or walk and even, to be together. If you are not already doing it, get outside and run and find a friend or five join you!!

Bill Brock is the Vice-president of Races for the Chattanooga Track Club. Contact Bill at vpraces@chattanoogaclub.org



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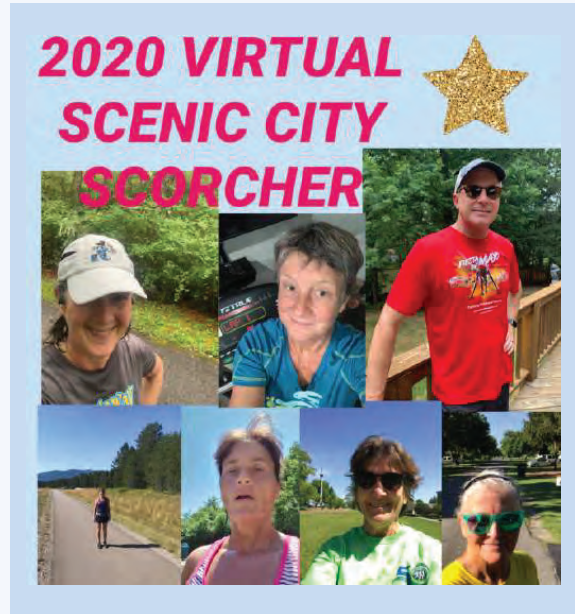
Scenic City Scorcher Goes Virtual

Jane Webb, Scenic City Scorcher race director

I love the Scorcher. It's unique and fast and gives a lot of our runners a great opportunity to set a Tennessee state 2 mile record. The race started off small, then showed excellent growth as clubs from other cities got interested and joined in. Adding the team competition was a great idea. Our CTC race team made that happen and it was growing into a wonderful tradition.

Sigh, then we were not able to have an in-person race this year. I am glad to have been able to keep it alive with a virtual event and sure hope we can have a real Scorcher in 2021.

Many thanks to all who participated!

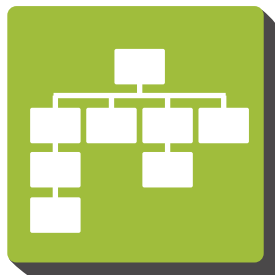


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As you head outdoors in the dog days of summer remember the weather in our area is unpredictable. Sunny skies in the morning can quickly turn to severe storms in the afternoon,



So before you head out be sure to turn to FOX Chattanooga on air and on-line for your first weather updates. Proud Partner of the Chattanooga Track Club.

Putting Your Best Foot Forward

Regardless whether you are a running newbie or log 1,000 miles a year, running begins the same for us all - when the foot hits the ground. Physical Therapists and Physicians at the Center for Sports Medicine and Orthopaedics treat a wide range of running-related injuries in competitive and recreational athletes, many of which stem from subtle foot and ankle issues. Range of motion and mobility deficits in the foot and ankle can contribute to several of the most common running-related injuries. Doctor of Physical Therapy Kelsey Foster joins Jogging Around to discuss why toe and ankle mobility are essential to healthy running. Center for Sports Medicine and Orthopaedics is a valued sponsor of the Chattanooga Track Club.

The great toe, AKA the “big toe,” is a “big deal.” The great toe needs adequate extension to let your body rotate or rock over your foot efficiently. Toe extension is the act of pulling your toes up, away from the ground.

Why is it important?

Extension of your big toe helps with shock absorption, assists in proper push-off and helps prevent compensatory patterns. Compensatory patterns which could occur when lacking toe extension are a more lateral push-off and inability to achieve full knee and/or hip extension.

How can you check?

Stand up onto both feet and try to pull your big toe up towards your knee while keeping your other toes flat on the floor.

What causes a lack of great toe mobility?

A lack of mobility at the great toe could be due to a tight plantar fascia or a joint restriction.

How can you fix it?

To improve great toe extension, begin by stretching your plantar fascia by pulling your big toe towards your knee while your ankle is also flexed towards your knee. (see Figure 1) Another exercise to perform at home is toe yoga. Sit in a chair with your feet flat on the floor, Pull your big toe up while keeping all other toes flat on the ground, then do the same with your other foot.



Figure 1

Ankle mobility also plays an important role in proper running mechanics. Dorsiflexion is the act of flexing your ankle up towards your nose.

Why is it important?

When you have at least 30 degrees of dorsiflexion range of motion when the knee is bent, it allows for greater shock absorption. Less ground reaction force equates to less stress further up the chain at the knees and hips. Adequate dorsiflexion also correlates to a decreased risk for ankle sprains.

How can you check?

Kneel on one leg and put the toes of your other leg against the wall. Can you touch your knee to the wall without your heel coming up?

What can cause a lack of dorsiflexion?

Tight calf or a joint restriction within the ankle joint.



Figure 2a



Figure 2b

How can you fix it?

Stretch your calf using any of the common methods (see examples in Figure 2). To increase joint motion, assume a half-kneeling position and drive your knee towards the wall, keeping your heel in contact with the ground (see Figure 3).



Figure 3

Healthy ankle and foot mechanics are essential to efficient running. These deficits can't always be "hidden" by your shoes or running form so don't forget to check off toe and ankle mobility when doing a pre-running self-assessment to help ensure a more effective and pain-free running experience.

Happy, Healthy Running!



Kelsey Foster is a Chattanooga native and 2019 graduate of the UTC Doctor of Physical Therapy program. She practices at the Hixson and C4 locations of Center for Sports Medicine and Orthopaedics. Kelsey and her husband share a love for Atlanta Braves baseball, friendly games of putt putt, and living an overall active lifestyle.



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THE CHATTANOOGA TRACK CLUB INTRODUCES...

THE 2019 LONG RUNNERS

The CTC Long Runner Awards recognize members who have achieved marathon milestones or completed ultra-marathon races in the previous year. The following people received custom Long Runner awards at the 2020 CTC Membership Banquet. The runner profiles were written by Lynda Webber.

RON BRANAM 50 MILER AWARD



2019 Qualifying Race: 50 miles at “Merrill’s Mile 48 Hour Run” in Dahlonega, Georgia on July 5.

Occupation: Engineer

No. of years running: 13

No. of years a CTC member: 12

No. of lifetime ultra events completed as of 11/30/19 (any distance over 26.2): About 8.

What inspired you to do your first ultra? “It was Lynda Webber’s fault. She talked me into doing the 2014 Black Warrior 50K in Moulton, Alabama, and it had rained so much the day before it was a slop-fest. But I found that ultra runners are a unique group of crazy people who are very fun to be around, and I was hooked.”

Favorite ultra: “The annual ARFTA (‘A Race For The Ages’) in Manchester, Tennessee, because so many interesting runners from all over the country come to participate, and some of them are legends of the ultra world.”

Advice for first-timers? “Just keep moving.”

Quote (copyrighted by Ron Branam): “The hills are our friends!”

Most people don’t know that I: “...am in the witness protection program.”

SONJA FORDHAM 50 MILER AWARD



2019 Qualifying Race: Antelope Canyon 50-Miler in Page, Arizona on March 9.

No. of years running: About 30.

No. of years a CTC member: About four.

No. of lifetime ultra events completed as 11/30/19 (any distance over 26.2): At least seven.

First 50-Miler: The rugged Chattanooga 50 Mile trail race in December of 2017.

Most memorable ultra: Lookout Mountain 2018. She earned her first DNF there, but instead of being discouraged, Sonja – like the champion she is – looked at it as a learning experience.

Motto: “Whatever doesn’t kill you makes you stronger!”

Quote to run by: “Real courage is when you know you’re licked before you begin, but you begin anyway and see it through no matter what.” (Harper Lee)

Ultra goal: “To someday run the Western States 100-Mile Endurance Run.”

Advice for first-timers: “When the going gets tough, take a little advice from [champion long distance runner] Ryan Hall and just ‘Run the mile you’re in.’”

DAVID LANE 50 MILER AWARD



2019 Qualifying Race: Badger Trail Race 100K in Belleville, Wisconsin on August 3.

Occupation: Correctional Administrator, Tennessee Department of Correction

No. of years running: About ten.

No. of years as a CTC member: About three.

No. of lifetime ultra events completed as of 11/30/19 (any distance over 26.2): Four.

What inspired you to do your first ultra? “My first ultra was the Strolling Jim 40-Miler in Wartrace, Tennessee, because the idea of participating intrigued me and I decided to see if I could complete it. I figured it would be a good test of my mental and physical endurance.”

Your ultra motivation: “The pure fun of being out on a trail or road for hours on end, not having to worry about anything else other than the present moment.”

Favorite ultra: “Even though I have not yet attempted to run it, the Badwater 135 is my favorite ultra. The people who complete that race are a true inspiration to me.”

Most memorable ultra: “The Badger 100K is my most memorable, simply because it’s the longest distance I have challenged myself with to date. In 2019, I had the opportunity for the second year in a row to sponsor baby Samuel Parker and raise money for his medical bills. This year I was able to raise \$2,000 for the family. It is such an honor to sponsor someone, and I’m happy I can do something I love at the same time.”

Biggest ultra challenge: “My biggest ultra challenge will, hopefully, be in 2020 when I complete a 100-mile run!”

Advice to first-timers: “Learn to be on your feet for a long time without sitting down, and always slow down during the run.”

Quote: “If you always put a limit on everything you do, physical or anything else, it will spread into your work and your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.” - Bruce Lee

Ultra-inspiration: “Watching others compete in these ridiculous races.”

Most people don't know that I: “...raise chickens and ducks with my daughter and grow flowers each year for my wife.”

SHERRIE RAHBE 50 MILER AWARD



2019 Qualifying Race: 52 miles at the “Sadler’s Creek Stumble 24-Hour Run” in Anderson, SC on November 14.

Occupation: RN

No. of years running: 35+ years

No. of years a CTC member: 20 + years

No. of lifetime ultra events completed as of 11/30/19 (any distance over 26): About seven.

What inspired you to do your first ultra? “In 2014, I had the opportunity to run on a team for cancer survivors and I ran 72 miles in honor of my father, who passed away with Leukemia at age 44.”

Ultra-motivation: “I so love the distance, and the time that I spend with nature running trails.”

Favorite ultra: “Run Amok 2018, because it was my first 100 mile trail race. It was my biggest challenge to date, but I completed it!”

Advice to first-timers: “Be positive about the fact that you will finish!! NO doubts!”

Quote: “I can do all things through Christ who strengthens me.” (Philippians 4:13) “I have this verse tattooed on my left shoulder so I will never forget it when the going gets tough!”

Ultra-inspiration: “My mother and father, who have both endured tremendous health issues.”

Most people don't know that I: “...run as a St. Jude Hero annually, and completed my 10th St. Jude Marathon Weekend in 2019.”

SERGIO BIANCHINI 100 MILER AWARD



2019 Qualifying Races: “The Annual Vol State 500K Road Race,” starting in Dorena Landing, MO on July 11, and 115 miles at ARFTA (“A Race for the Ages”) on Labor Day weekend, 2019

Nickname: “The Surge.”

Former Occupation: Retired, Hospitality Industry.

Current Occupation: Runner, adventurer, connoisseur of fine Italian wines, ladies’ man.

No. of years running: 35+ years

No. of years as a CTC member: 20+ year

No. of lifetime ultra events completed as of 11/30/19 (any distance over 26.2 miles): At least 22.

Claim to Fame: Consecutive five-time Vol State 500K Road Race finisher.

Favorite and most memorable ultra: His string of five consecutive Vol State 500K Road Races, the first of which was in 2015, when he was age 74. He finished in seven days, well within the 10-day time limit given for trekking across the State of Tennessee. In 2019, at age 78, he finished in eight days and some change. He says it’s his goal to finish Vol State again in 2020, and also in 2021 when he’s 80. Then he can celebrate (whatever that means!). The question is do we really think he’ll stop then?

Quote: “The older you get, the tougher you get.”

NOAH COCHRAN 100 MILER AWARD



2019 Qualifying Race: The Georgia Jewell 100-Miler on Sept21.

Occupation: Student at UTC. Up-and-coming trail running legend.

No. of years a CTC member: Since January 2019.

No. of lifetime ultra events completed as of 11/30/19 (any distance over 26.2 miles): At least three.

What inspired you to do your first ultra? “I have always loved running long and I enjoy doing things that most people don’t, so I guess I could say that I was inspired by my own desire to see what I could do.”

What is your ultra motivation? “I truly love it! I will continue to run ultras until I die. I have a never-ending desire to see what I am truly capable of and I hope to accomplish more and more.”

Favorite ultra: “The Georgia Jewel is my favorite. It is an awesome experience and the course is beautiful. The event is amazing and one worth being a part of every year.”

Claim to Fame: The Georgia Jewell was Noah’s first ultra over 43 miles, and he blew away the field. Out of 64 starters, he finished first in this tough 100-mile race with an almost two-hour lead over second place, and he set a course record at the same time.

Greatest ultra challenge to date: “At mile 95 of the Georgia Jewel I fell on a rock and my handheld flashlight broke. That was a small challenge near the end of the race!”

Motto: “Fear nothing.”

Quote: “The best competition I have is against myself to become better.” (John Wooden)

Ultra-inspiration: “My dad, Jeff Cochran. He inspires me every single day to be my best and get the most out of myself. He is the best man I know and I always want to make him proud.”

[Note from The Management: Noah, we are sure you make him proud every day!]

Noah adds: “I am a runner with huge goals. I want to be the absolute best that I can possibly be I love improving and seeing what I can get out of myself. I hope to run until I die and never take anything for granted in life. I plan on continuing to run long distances and do some things that have never been done before!”

[Note from The Management: Winning the Western States 100 is definitely in his future!]

He races: “For the swag, and especially for the post-race food!”

SAL COLL 100 MILER AWARD



2019 Qualifying Race: The Annual Vol State 500K Road Race, starting in Dorena Landing, MO, on July 11.

Years a CTC member: Over 14

Nickname: “The Machine.”

Claims to Fame: Six-time Vol State 500K finisher. Eight-year CTC Long Runners “100-Mile Award” Streak. Finisher of over 150 lifetime ultramarathons – more than any CTC member to date – including several grueling multi-day events.

Favorite ultra: “Vol State, because I love traveling the open road, and each year it’s a different adventure. It’s addicting. Something just keeps me going back for more torture!”

Ultra advice to first-timers: “If you train your mind for running, everything else will be easy!”

Sal’s ultra advice to no one but himself: “If you have a pain, run 20 miles and it will go away.”

TRUMAN SMITH 100 MILER AWARD



2019 Qualifying Race: 100 miles at ARFTA (A Race for the Ages) in Manchester, TN on Labor Day Weekend

No. of years running: Over 36

Years a CTC member: Over 16

Former Occupation: Retired - Electrical Engineer

Present Occupation: Marathon Collector

Nickname: “The T-Man.”

Claims to Fame: Recipient of first (and only, to date) Long Runners Grand Slam Award in 2016. This CTC member has done it all!

[Note from The Management: Although Truman reached this goal during the 2020 season-that-wasn't, it is definitely worth noting that on March 3, 2020 he completed his 200th marathon just before the Zombie Apocalypse struck on the weekend of March 10 and started the Great Shut-Down!]

No. of lifetime ultra events completed (any distance over 26.2 miles): At least 26.

What inspired you to do your first ultra? “Just had an urge to run the Land Between the Lakes 60K in 2007.”

What has motivated you to continue ultra running to date? “It is my policy to always have a reachable goal in place and a reset button when you achieve that goal!”

Favorite ultra: “The Pistol Ultra, when it was a January event. The paved trail along the Pistol Creek is about the top of my ability level, i.e. no roots or rocks to deal with!”

Biggest ultra challenge: The January 2, 2016 Pistol Ultra 100-miler. The way we’ve heard this tale, Truman signed up for this event - his first 100-miler – when he was challenged to go for the CTC Long Runners Grand Slam Award. It was around 4:00 a.m. on a dark and bitterly cold winter morning, and Truman (my spell-check keeps wanting to do “Trauma,” which may be appropriate here) had been slogging along the Pistol course for hours and hours. He was completely zonked and mechanically putting just one foot in front of the other when all of a sudden his toe hit a buckle in the pavement and down he went. He zoned out on the ground for what seemed an interminable amount of time, and then he finally said to himself, “Dad gummit. I’m gonna finish this thing if it’s the last thing I do. I haven’t wasted all this time for nothin’!” So he hoisted himself to his feet and began shuffling into the sunrise, finishing his first 100-miler in 27:43:06.

Quote: “Only the strong survive.”

Quote runner-up: “It’s tough being me!”

Ultra advice to first-timers: “Be patient up front.”

Ultra inspiration: “Richard Westbrook!”

Most people don't know that I: “...used to be a power lifter and, once upon a time, bench pressed 340 lbs in competition!”

[Note from The Management: Truman, you are an inspiration to former power lifters everywhere!!]

RICHARD WESTBROOK 100 MILER AWARD



2019 Qualifying Race: The Annual Vol State 500K Road Race, starting in Dorena Landing, MO, on July 11.

No. of years running: 51 (46-year running streak as of Dec. 29, 2019)

No. of years as a CTC member: At least six.

Occupation: Teacher (physical education) / coach (cross-country; track & field); high school, middle school, youth club, college (graduate assistant)

No. of lifetime ultra events completed (any distance over 26.2 miles): 100+

Claims to fame: Seven-time Vol State 500K Road Race finisher. Masters Winner, 1992 Runner's World Trans America Footrace. CTC Long Runner's "Streaker Award" (2018), celebrating his 40+ year running streak with the USRSA.

What inspired you to do your first ultra? "Since I started running steadily in college after giving up football at Austin Peay State University in Clarksville, Tennessee, I have been fascinated with the challenge of distance instead of speed. This led me to run my first ultra-distance journey across the Florida panhandle, north to south, from the Alabama state line in Florala, Alabama to Ft. Walton Beach, Florida. I was teaching and coaching in Ft. Walton Beach at the time. The distance was 52 miles and it was a definite learning experience. After getting my feet wet with that run, I proceeded to enter an ultra race of 50 miles at Stone Mountain, Georgia. After that, I was hooked and looking for more ultra races, but there weren't that many in the South at that time."

What is your ultra motivation? "Improvement, the challenge of distance, the experience of the race, the solo experience and adventure of journey runs."

Favorite ultra: "The Last Annual Vol State Road Race held each July. It starts in Missouri and ends in Georgia with most of it in western Tennessee and a little bit in Alabama. I like to run in the "screwed" (self-supported) division to add to the adventure of the run. It is my favorite to date because of the adventure, the runners I meet and reacquaint with, the scenery, and the challenge of the course – the climate, the self-support, and the distance (314 miles)."

Most memorable ultra: "The 1992 Runner's World Trans America Footrace. It was unique, and the adventure of a lifetime. It ran from Huntington Beach (Los Angeles), California to Central Park in New York City. Of approximately 30 starters, there were 13 finishers of whom I finished 4th and the first masters runner."

Biggest ultra challenge: "After entering Illinois and crossing the Mississippi River during the 1992 Runner's World Trans America Footrace, I had a case of deep-seated shin splints after finishing the previous day's run into Hannibal, Missouri. I had to run with the left shin wrapped and iced, and I had to take anti-inflammatory medication given to me by Dr. Andy Lovy of the Chicago College of Osteopathic Medicine. He had a crew going along with the race to conduct research on the runners. I ran across Illinois under that condition, and upon entering Ohio I was healed...but I had lost two places in the race."

Second biggest ultra challenge: Completing the entire 2018 Vol State 500K with a broken toe. He was the last to finish that year after dragging his toe along for 311 miles, but quitting was not an option. His finishing quote: "I am never doing that again."

[Note from The Management: As James Bond once said, "Never Say Never!"]

Ultra advice to first-timers: "Start slow and taper off. Run to finish, have fun with no other race goal but those."

Richard's Ultra-inspiration: Ted Corbitt, the "father of long distance running."

Quote(s): (1) "To be what he is, man must run." (Ken Doherty, former Penn T&F coach); (2) "Every day I put on my running clothes, I am born again." (Dr. George Sheehan)

CYRUS RHODE

2019 SPECIAL ACHIEVEMENT AWARD 200 LIFETIME MARATHONS



Occupation: Retired oceanographer, full-time runner, and adventurer.

No. of years running: About 35

No. of years as a CTC member: About 14

Favorite marathon: Boston, 15 consecutive qualified finishes

Most memorable marathon: Comrades Marathon (89K), South Africa, earned bronze medal.

Biggest marathon challenge: Inca Trail Marathon to Machu Picchu (2014)

What, when and where was your first marathon?: Cherry Blossom, Macon, GA, March 2003.

What, when and where was your 200th marathon? Bay State, Lowell, MA, October 20, 2019

What compelled/inspired you to strive for 200 marathons? "It was my motivation to keep marathoning!"

What other personal goals have you accomplished to date? "A marathon in each of the 50 States, a marathon on each of the seven continents, and at least one marathon in 50 different countries. 48 countries to date."

Most people don't know that I: "...was an international alpine mountain climber from 2011-15."

Quote: "Keep moving forward."

Mantra for when the going gets tough: "Take it one step at a time."

YOU, TOO, CAN BE A CTC LONG RUNNER!

Check out the [Long Runner rules and challenges on the CTC website](#) by clicking on the "Long Runners" button on the home page!

The Long Run Endowment Fund

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

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

A gift to the Chattanooga Track Club endowment can be made to honor a friend, a special occasion or to remember someone who has passed. An acknowledgement of the gift is sent to the recipient (or their family) and to the donor. Contact the CTC club manager for additional details at clubmanager@chattanoogatrackclub.org

IN MEMORY OF:

Jon Chew

Bradford Harvey

John Madzin

George Skonberg

Jerry Lastine

George Skonberg

Mike Griffin

George Skonberg

Cameron Bean

Alan Outlaw and Family

Van Townsend

Alan Outlaw and Family

Daniel Hamilton Webb

Jane Webb

IN HONOR OF:

John Mazdin

Steve Rogers

Bill Brock

George Skonberg

The Enicks Family

Colonel Hugh Enicks

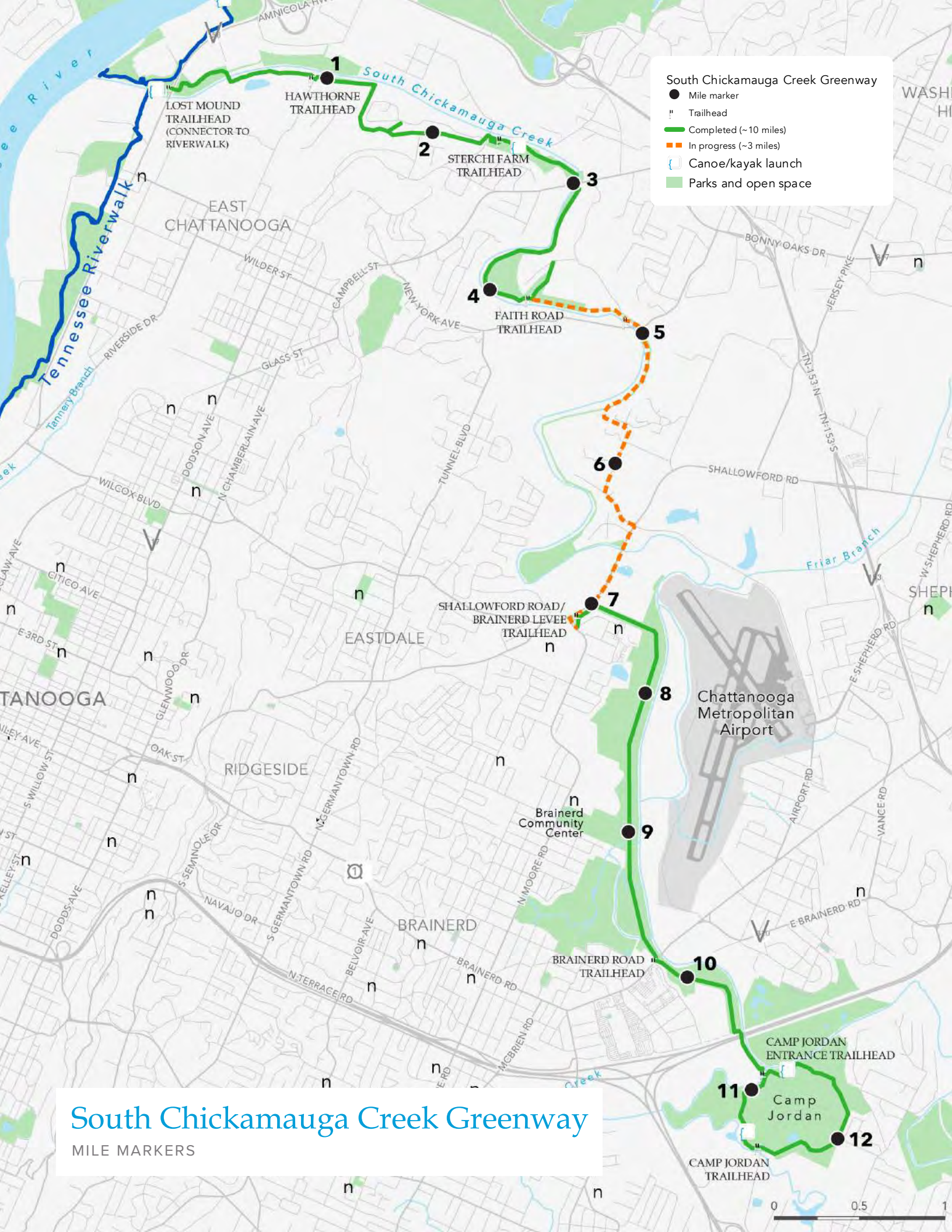
ENDOWMENT CONTRIBUTORS

Jeff Elliott

Blaine Reese

Thomas Starke

Shanna Veale

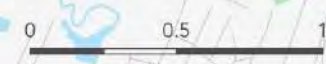


South Chickamauga Creek Greenway

- Mile marker
- ▬ Trailhead
- Completed (~10 miles)
- - - In progress (~3 miles)
- ☒ Canoe/kayak launch
- Parks and open space

South Chickamauga Creek Greenway

MILE MARKERS



S. CHICKAMAUGA CREEK GREENWAY NEARS COMPLETION.

WILL CONNECT CAMP JORDAN TO TENNESSEE RIVERWALK

David Johnson, Chattanooga Program Director, Trust for Public Land

South Chickamauga Creek Greenway is part of an extraordinary vision lead by The Trust for Public Land and the City of Chattanooga to create a healthier, more accessible city by connecting the trails along the Tennessee River and its tributaries to those on Lookout Mountain, Covenant College, Lula Lake Land Trust, and Cloudland Canyon State Park. Our work to complete the missing, middle segment will create a 23-mile greenway system that provides stunning views and easy access to the area's valleys, urban forests, historic urban neighborhoods, and downtown Chattanooga. We expect to complete the final, 3-mile section of the 12-mile greenway before the end of this year.

This project has been a joint public-private partnership throughout its development with funding from a variety of federal, state and local sources. The greenway follows the creek through the middle of metropolitan Chattanooga (see map). The design of the greenway highlights the natural beauty of the creek, providing elevated views of the water, landscape and topography, while minimizing impact to the land. Once finished, it will connect the 275-acre Camp Jordan to the Tennessee Riverwalk.

Here's what donors to our online campaign had to say about it:

"The South Chickamauga Creek Greenway is one of the most beautiful paths to run. I've run on many trails throughout the country; I feel lucky to have one of the best in my hometown!"

"I run the South Chickamauga trail at least once a week. There are so many trails to run in the Chattanooga area, but this one is by far my favorite. The Riverwalk is nice, but South Chick is peaceful, and I always feel safe running on my own. Happy to contribute to finishing it."

The greenway will become the backbone of the city's park system and a connector of people and places across Chattanooga. Thank you for helping us realize the long-held community vision of creating a green, connected, and healthy Chattanooga for everyone, where the outdoors is accessible to everyone.

The Trust for Public Land is a national non-profit organization whose mission is to create parks and protect land for healthy, livable communities. In Chattanooga, TPL has been instrumental in projects like the Stringer's Ridge Trails, Sterchi Farm, University Greenway and more. For information or to volunteer or donate go to www.tpl.org/Chattanooga.

The logo for The Trust for Public Land is displayed on a green rectangular background. The text "THE TRUST FOR PUBLIC LAND" is written in a bold, white, sans-serif font, stacked in four lines: "THE", "TRUST", "FOR", and "PUBLIC LAND".

THE
TRUST
FOR
PUBLIC
LAND



CHICKAMAUGA BATTLEFIELD MARATHON

Marathon, Half Marathon and Junior Marathon Distances Canceled for November's Race But 5K Will Go On.

Dear CTC family,

We waited, planned and hoped for the best, but we've reluctantly made the decision to cancel the Chickamauga Battlefield Marathon, Half Marathon, and Junior Marathon scheduled November 14, 2020.

The National Park Service, whose staff have welcomed and supported this race for 40 years, couldn't assure us of a race permit and, given the time needed to prepare for the CTC's biggest event of the year, we needed to make a decision soon. There is a bit of good news, however. Although the Marathon, Half Marathon, and Junior Marathon are canceled, our 5K race, the Fort Oglethorpe 5K, will still take place on November 14, 2020, as the 5K course does not enter the national park. Registration for the Fort Oglethorpe 5K is now open online at RaceCTC.org.



Everyone currently registered for the Chickamauga Battlefield Marathon, Half Marathon, and Junior Marathon will be automatically deferred to next year's race scheduled November 13, 2021. We look forward to a great race in 2021. If you have questions please contact the race director, Sarah, by email at marathon@chattanoogatrackclub.org

Remember, if you registered for the 2020 Chickamauga Battlefield Marathon, Half Marathon or Junior Marathon, your registration will now be for the same distance in the 2021 race. To run in the 2020 Fort Oglethorpe 5K you must go online and register for that race. Thanks for everyone's patience and support for the Chattanooga Track Club. Stay healthy, keep in touch and happy running!



CTC RACES RETURN WITH CAMP JORDAN 5K

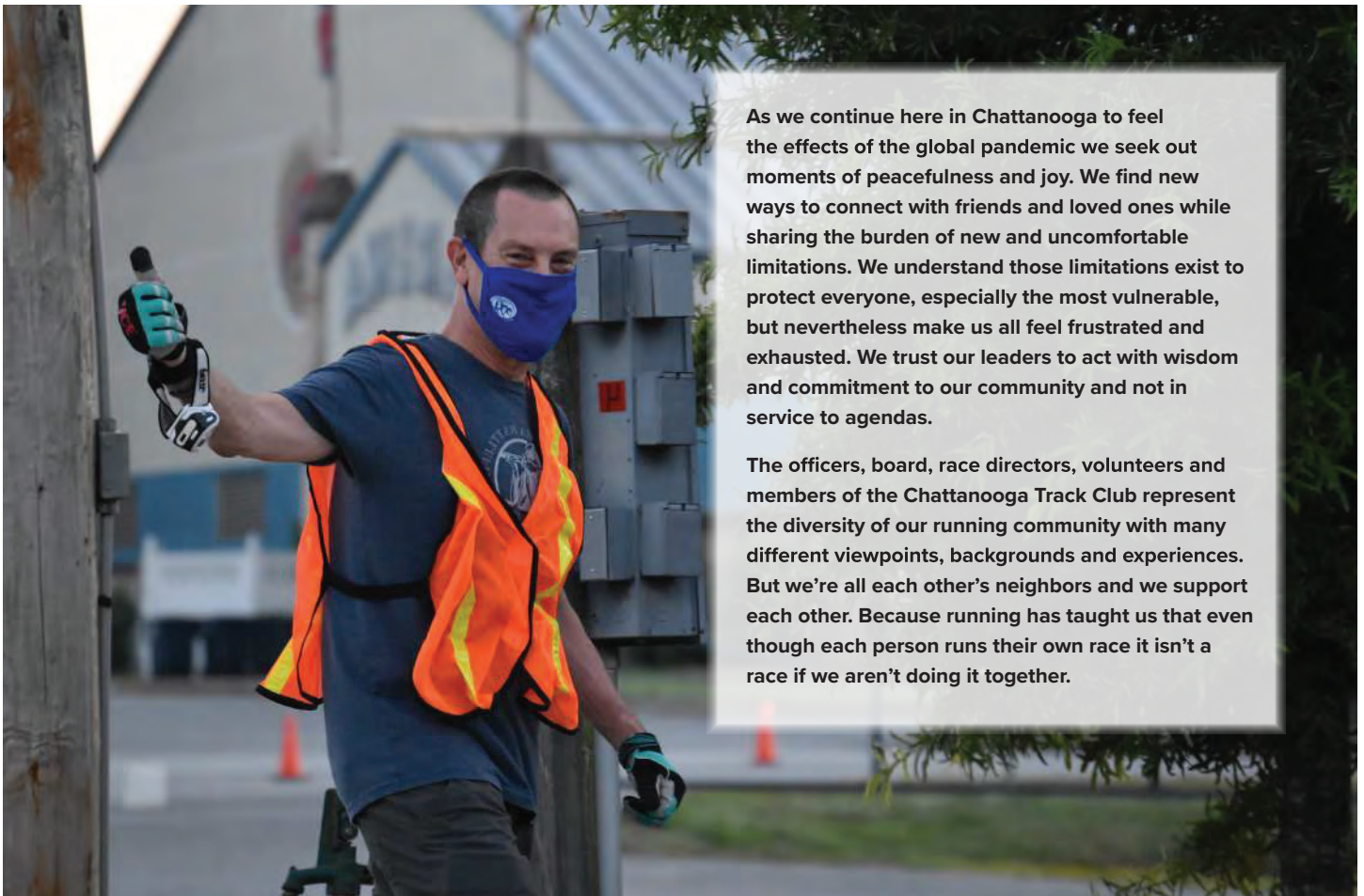
When the Missionary Ridge Road Race was cancelled, race director Ryan Shrum quickly organized an alternative event at Camp Jordan in East Ridge. Runners and volunteers followed safe distancing and other safety practices.

While many things remain uncertain the CTC is committed to supporting local runners and providing opportunities, both virtual and in-person, to set goals and test your limits. Find race results for Camp Jordan 5K and other events on the CTC website at RunCTC.org





Chattanooga Track Club
1014 Dallas Road, Suite 101
Chattanooga, TN 37405



As we continue here in Chattanooga to feel the effects of the global pandemic we seek out moments of peacefulness and joy. We find new ways to connect with friends and loved ones while sharing the burden of new and uncomfortable limitations. We understand those limitations exist to protect everyone, especially the most vulnerable, but nevertheless make us all feel frustrated and exhausted. We trust our leaders to act with wisdom and commitment to our community and not in service to agendas.

The officers, board, race directors, volunteers and members of the Chattanooga Track Club represent the diversity of our running community with many different viewpoints, backgrounds and experiences. But we're all each other's neighbors and we support each other. Because running has taught us that even though each person runs their own race it isn't a race if we aren't doing it together.