



joggingaround



Chickamauga
Battlefield Marathon
PAGE 3

1 Chattanooga Track Club

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Donna Dravland, James Dravland,
Jerry McClanahan, Bill Minehan,
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Melodie Thompson-Smith
Members: Sarah Bowen (Public Relations)
Donna Dravland (Programs)

Membership:
Chair: John Walker
Nominating Co-chairs:
Linda Andrae
Sarah Bowen
Members: Virginia Waddell



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In This Issue...

Chickamauga Battlefield Marathon	3
2004 FCA 5K	4
Komen Chattanooga Race for the Cure®	5
Joe McGinness Runner of the Year	7
CTC Financial Statements	10
Symphony and Opera Classic Run	11
Area Race Calendar	13
Bulletins	14

Jogging Around

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

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For Current Ad Information
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Welcome New and Returning Members

Sharon Armour
Karina Butterfield
Jolee Carter
Terrie Corbin
David, Regan & Lauren Costello
Jerre Dill
Peter Groves
Kristina & Matthew Guy
Michael Leary
Julie Moran
Amy Mullins
Jaime Overturf

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 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.

Words from the Prez's Perch

Dear CTC Members,

I can't believe that it is fall already! This fall has presented me with quite a bit of change in my personal life. I took my oldest daughter off to college in St. Louis. My house has changed quite a bit – it is much quieter and much cleaner. It is also lonelier without her. However, the good news is that I still have one son at home, and I now have a wonderful opportunity to focus on him. Dinnertime conversation has changed from friends, hair and makeup to politics and religion. But, hey, I am adapting...

Change is hard, but change can also be very good. I have been thinking not only of my own personal changes but also of the changes our club is experiencing.

By now, most of you know that the CTC Board made a decision to hire Team Magic to manage the Dam Triathlon. Your Board did not make this decision quickly or without a great deal of thought and deliberation. Ultimately, we made this decision because we thought this change was needed – to improve participation at the event, to allow our club to focus on our running events, and to partner with the city as they move forward on their Outdoor Initiative. In short, we thought this was the best decision for our club and for our community.

Team Magic isn't the only change you will see with the Dam Triathlon. The venue, date, and name of the event are likely to change. Calder and Betsy Willingham have graciously agreed to champion the triathlon. They are working with Team Magic and the city on next year's event. The date hasn't been decided yet – but I can tell you that it looks like it will still be in the summer. And the venue will be one that takes advantage of our new downtown waterfront. Watch for more details...

Change is always uncomfortable, but that doesn't mean that it is bad. It is just different. I hope that each of you will continue to give the Board your feedback as we face new challenges in the future. Please know that we are trying to make this club the best that it can be. Your input and help are always appreciated.

Finally, I want to encourage you to take advantage of the great events we have scheduled this fall. We have a full race calendar, there are several running groups that are going strong and would love to have you join them, and our annual meeting to elect Board members will be coming up in November.

See you on the road,



Linda Andrae
CTC President



CTC Upcoming Race Schedule

10/23 Signal Mountain Road Race* (10K)

Lee Davis
lee@davis-wallace.com

11/13 Chickamauga Battlefield Marathon** (26.2 Miles, 10 Miles)

Tim Ensign
ensign@us.ibm.com

12/18 Wauhatchie Trail Run* (6.7 Miles)

Jeff Gaither
jgaither@gps.edu

* Joe McGiness Runner of the Year (JMROY)
** JMROY Points Only for Marathon

Please see www.chattanooga-trackclub.org for a complete list of events past and present, further rules, changes and regulations.

A Letter From the President-Elect

Running Matters....

As I write this, the wind is blowing down the first batch of leaves for the fall and the sun is splitting the trees' shadows on my lawn. I'm sitting on my porch taking it all in with my feet propped up and feeling pretty good about my 15-miler yesterday. Hard not to feel healthy and hopeful on a day like today.

I wanted to write a note for this issue of JA especially, because it feels like such an exciting time to me. For many runners, this is the busiest time of the year. Certainly, if you look at our race calendar, you can tell that fall is a popular time for holding races. Many distance runners are hitting their peaks in training for their first fall marathon – or maybe their first marathon ever. It's time for a 20-miler in the park, or – heaven help us – a bitchin' 23-miler through much of Red Bank, North Chattanooga and even downtown!

For our club, it is also a time of lots of energy and action as planned events come together and runners gather to compete against one another and themselves – to visibly see what changes their training has brought about in their strength, ability and skill. No matter how fast or slow, we all improve steadily as we run during the week – whether we adhere to a strictly disciplined

(continued on next page)



29th Annual Chickamauga Battlefield Marathon

By Tim Ensign

11.13.04

Marathon (26.2 Miles)

10 Mile Run

The countdown to the November election has begun — and so has the countdown to the 29th Annual Chickamauga Battlefield Marathon and 10-miler — Saturday, November 13.

Don't forget to vote with your feet and participate in one of these premier events on the CTC calendar. If you don't want to run the marathon or 10-miler, please consider volunteering for a few hours! It takes a village to raise a marathon... and we need all the spirited folks we can round up to show CTC hospitality to the over 500 runners from all over the country we expect to run this year's races.

To volunteer, please call race directors Tim or Barb Ensign at 756-3762 or e-mail: bensign16@comcast.net

Chris and Jan Levan and Joey Howe are once again helping the Enzymes lead the charge as we strive to put on an enjoyable, well-organized event that will reflect favorably on the CTC and the Chattanooga running community.

Last year, we raised \$5,000 to support the UTC Mocs running program and again plan to support the Mocs and the CTC through this all-volunteer effort. Special thanks to our financial sponsors for this year's race: The Orthopedic Specialists, Davis & Wallace, Attorneys at Law, and The North Chatt Cat. Please give all these fine folks your support — whether you have a bum leg that needs fixin', a bum steer that needs legal redressin', or just need a beer like a bum on a Saturday night.

Online registration for the race: see chattanooga-track-club.org. Applications also available at FastBreak Athletics and the Front Runner.

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Executive Communications,
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(423) 755-3525 t/1 8-745-3525
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A Letter From The

President-Elect

(continued from previous page)

schedule or whether we grudgingly pull back the covers in time to join our buddies more often than not. When we run, we get stronger.

In the daily choices that we make as runners, friends and fellow club members, we each give voice to a common attitude: running matters to us.

Running matters because it makes us stronger and healthier. It matters because it reinforces healthy habits for us in our daily lives. Running also matters because it reinforces a healthy social structure where we support each other in working toward goals and accomplishing goals.

Running is not always easy, though, nor is it an automatic given for all of us that we would just hop up and go for a run each day 'just because.' It's certainly not that way for me. I need fellow runners to help inspire me, to cajole me into that next mile or that next speed workout and to hold me accountable for those times that I do give in, roll over and pull the sheet over my head.

A powerful reality in our society, is that there are many competing factors that prevent people from adding a run (or even walk) routine to their lives. Anxiety and obesity have become American norms (see [Supersize Me](#) if you get the chance — obesity is now the #2 killer behind tobacco that is essentially a 'choice' disease).

We need to remind people that the greatest pleasure comes after you've done a bit of hard work to accomplish something that was important to you (like running your first 5k or finishing your first marathon). Running is a great medium for delivering this message and the Chattanooga Track Club is a great vehicle for delivering the media.

If you've been looking for more ways to get involved with the club, come to one of the club board meetings on the first Tuesday of each month. They're usually in the Lifestyle Center next to Sports Barn downtown. Board elections, also, are this November 2 — make the effort to be there to meet with other runners, have a little fun and help insure that our club is the best that it can be!

See you out there!
Bill

2004 FCA 5K

By Chad Varga, 2004 FCA Race Director



Oh how this year has flown by! The 16th Fellowship of Christian Athletes 5K was held on September 7th. Hurricane Francis held off one day in order to give us a beautiful sunny day Labor Day. We had another great turnout of over 400 and raised almost \$4000 for the FCA scholarship ministry. The Kiddy 1K drew its usual large and enthusiastic group of young runners and proud parents.

It was great day to run and many of the participants had personal bests. Joe Goetz won the Open Men's Division in a time of 17:05, close to his 16:59 effort last year. Joe Sneed was second in 17:36. Mandy Oakes just continues to improve and won the Open Women's Division in a time of 19:16. Joe Johnson won the Men's Masters Division in a time of 17:45, and was third place overall. Sarah Bowen took the Women's Masters Division in a time of 22:55. Not to be outdone by Sarah, her husband John Walker took home the Men's Grand Masters Division in a time of 19:15. And who else to round out this line-up of excellent runners but our Women's Grand Masters winner Mary Preisel, the Grand Dame of Chattanooga running in a time of 21:12.

Unfortunately, the Men's Open division experienced some controversy when two of the race leaders went off course twice.

This was unfortunate and the areas on the course where the runners got lost were noted and actions will be taken to lower the chances of this happening in the future. Overall division winners received gift certificates courtesy of Outback Steakhouse. So you may want to become friends with Sarah and John since they can just about treat the house with two of them!! Thanks so much to everyone who participated in this Chattanooga tradition.

We are so lucky to have such a wonderful group of sponsors. They would really appreciate consideration if you need their services. Post race refreshments and food, along with coupons, were provided by Bruster's Ice Cream, Coca-Cola/Powerade, Mayfield Dairy, and Out of the Blue Bakery and Kite Store. North River Physical Therapy also joined the team as a sponsor this year. The race would never happen without the expertise of the UTC Running Mocs and Coach Gautier. Thanks also to Sharon Irish and Jerry McClanahan (Registration and Scoring) and the Donna and James Dravland (Equipment). Sunny 92.3 (Mary Caldwell) provided pre-race and race day publicity. Chattanooga State and the Tennessee Riverpark provided facilities free of charge. New Balance provided six pairs of shoes as door prizes.

Thanks so much to all who have kept our family, and especially our daughter Natalie, in your prayers over the past year. Her CT scans continue to show that her medication has reduced the size of her tumor and we are waiting for the doctor's to either reduce or eliminate her doses. Denise and I have been touched with all the concern and cards from CTC members. We were also blessed with a new baby boy, Zachary, in April of this year so the fun just never stops!

The next few months are a runner's paradise. Get out and enjoy the nice cool weather and all the great races coming up this fall! Our CTC Master's team is again training to see if we can improve on last year's fifth place National Cross Country ranking. The race will be December 6th in Portland, OR. See you at the Front Runner!!



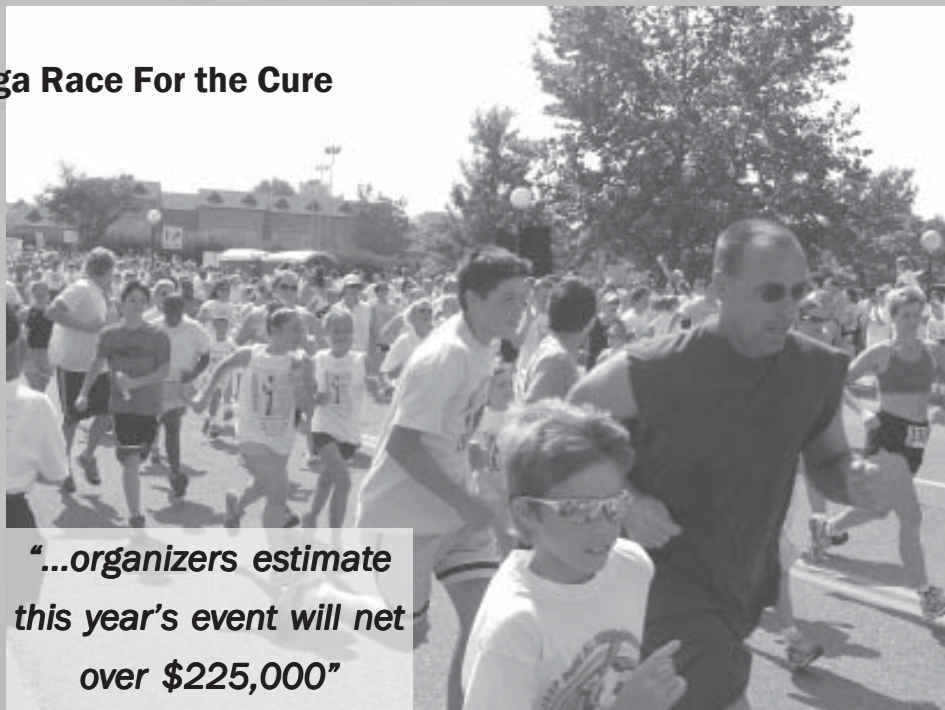
Bigger Than Ever

5th Annual Komen Chattanooga Race For the Cure

By Sarah Bowen

A hot sunny afternoon greeted the 5,980 runners and walkers taking part in the 5th Annual Komen Chattanooga Race For the Cure[®] held at UTC's McKenzie Arena on Sunday, September 26. Runners, walkers, baby joggers and even a few (not suppose to be there) dogs ran and walked in memory and in celebration of friends, family and co-workers who have battled breast cancer. The highlight of the afternoon was a salute to the nearly 250 breast cancers survivors in attendance. Over 400 volunteers made the race possible, many of them members of the CTC. Race Director, Rita Fanning and husband Leroy, kept the race details flowing, while Randall Hebert and Sarah Bowen organized the many vendors and corporate sponsors. John Walker had the finish line looking like a Broadway set with the help of Blaine Reese.

All the race proceeds have not been counted yet, but organizers estimate this year's event will net over \$225,000.



**"...organizers estimate
this year's event will net
over \$225,000"**

Seventy-five percent of this money will support local breast health education, treatment and screening programs while the remaining 25% will help fund groundbreaking breast cancer research programs.

**Special thanks to all who
ran, volunteered and
donated to the cause!**

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www.fronrunnerathletics.com



**5,980 runners and walkers
took place in this year's
Komen Chattanooga
Race For the Cure**

2004 Joe McGinness Runner of the Year

October Update

We're about three quarters of the way into the 2004 Joe McGinness Runner of the Year contest. We have 7 events under our belt and the results up through the Symphony race have been tabulated. The contests are heating up, but remember... All ROY competitors must volunteer at least once for a CTC race in order to be included in the final year-end scoring. A one-time bonus of 30 points will be earned for this requirement. It is the responsibility of the competitor to inform the ROY scorekeeper of his/her volunteering. Please make sure we have your points to ensure that you are eligible at the end of the year!! There are many jobs required before, during and after each event, and without volunteers we cannot put on the events that we all enjoy. Not only is it less of a burden on the race directors, but also helps make a better race for others in the community.

The contest is designed to reward those who consistently run in the CTC events. It is also a fun way to keep your eye on a goal and get together with fellow runners. Road races have gained great popularity and the CTC is glad to be there to, not only facilitate our own races, but to assist others that want to further running in our community.

As it stands Mark Miller has taken over the lead spot in the Overall Male Division, but there are plenty of races for Geno Phillips (leader in the Adult Male division) or Chad Varga to creep up and take over the lead. We'll watch as this competition plays out.

Rebecca Shearer is leading the Overall Females, as well as, the Adult Female divisions. Melodie Thompson has a strong lead in the Master Female division. Don't count anyone out yet! We still have several races left. The temps are cooling down, and it is a great time to get out on the roads and rack up some points. Even if you aren't a contender, come on out to the events, bring a friend and join the race for fun. *After all, good times and friends is what it is all about!*

Remaining CTC ROY Events

- Race for the Cure 5k*
- Signal Mountain Pie Run
- Chickamauga Battlefield Mar. (only)
- Joe Johnson 10K
- Wauhatchie Trail Run

* Designates races for junior division points

**Questions, concerns,
mistakes, gripes, bribes?
Contact James Dravland**

**400-7831(h)
donna.james@comcast.net**

*Special thanks to Bill Minehan for serving
the CTC JMROY points in the past!!*

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Joe McGinness Runner of the Year

New Races and Current Totals

	TOTAL	FCA	UTC	Symphony		TOTAL	FCA	UTC	Symphony
Overall Men					Senior Men (continued)				
M - Mark Miller	480	70	90	100	Art Jones	110	10	50	—
Kevin (Geno) Phillips	390	60	—	—	Arthur Knoll	100	50	—	50
M - Chad Varga	350	—	100	—	Women Overall				
GM - John Walker	270	40	70	90	Rebecca Shearer	470	90	—	100
M - Van Townsend	230	90	—	—	Belinda Young	300	—	100	—
Joey Howe	210	80	50	—	Kristin Parsley	280	100	—	90
David Kyle	200	100	—	—	M - Sarah Bowen	270	80	—	—
M - Tim Ensign	180	100	—	—	M - Melodie Thompson	250	—	—	20
Jordan Longstreth	160	—	—	—	Lisa Mihora	210	40	90	80
GM - Steve Rogers	135	—	35	70	Jan Gautier	200	—	—	—
Junior Men					Junior Women				
Tyler Keys	530	—	100	80	Ashley Riner	270	100	—	—
Cody Carlson	480	—	—	100	Shelby Hudson	190	—	—	—
Marco Bianchini	430	80	—	70	Jennifer Gordon	100	—	—	—
Joey Leahy	190	100	—	—	Karalee Gordon	100	—	—	—
Chris Guess	160	—	—	—	Ellen Gaither	90	90	—	—
Nathaniel Sandidge	100	—	—	—	Jana Leahy	90	—	—	—
James Bass	90	90	—	—	Adult Women				
Brandon Lord	90	—	—	90	Rebecca Shearer	470	90	—	100
Tyler Bass	70	70	—	—	Belinda Young	300	—	100	—
Thomas Walters	40	—	—	—	Kristin Parsley	280	100	—	90
Adult Men					Master Women				
Kevin (Geno) Phillips	420	90	—	—	Melodie Thompson	540	60	—	90
Randall Herbert	410	70	80	—	Sarah Bowen	400	100	—	—
Randall Bass	290	60	—	100	Linda Andrae	310	70	—	—
Peter Murphy	270	—	100	—	Sherilyn Johnson	220	80	—	—
David Kyle	190	100	—	—	Leslie Concannon	220	90	—	—
David Moghani	180	50	—	80	Catherine Griffin	130	—	—	100
Jordan Longstreth	170	—	—	—	Melodi Collier	110	40	—	70
David Lillard	170	—	90	—	Suzanne De Marchi	100	—	—	—
Robert Jefferson	170	—	—	70	Christy Clarke	90	—	—	—
Adam Burnett	130	20	—	60	Colleen Vanloh	90	—	—	—
Master Men					Grand Master Women				
Mark Miller	540	80	90	100	Ruth Grover	490	90	100	100
Chad Varga	380	—	100	—	Sue Anne Brown	280	100	—	—
Joey Howe	380	90	70	90	Deborah Rhoden	270	—	—	—
Van Townsend	270	100	—	—	Joan Hern	150	—	—	90
Don Gregg	220	—	80	—	Ann Shutters	130	80	—	—
Tim Ensign	200	—	—	—	Darlia Conn	90	—	—	—
Eric Carlson	190	—	50	80	Voreata Waddell	80	—	—	—
John Gracy	170	70	—	—	Eileen Johnson	80	—	—	—
David Presley	170	10	—	70	Jane Harvey	70	70	—	—
Chuck Denham	160	50	—	—	Senior Women				
Grand Master Men					Senior Men				
John Walker	600	100	100	100	Sergio Bianchini	720	90	100	100
Steve Rogers	520	80	90	80	Jesse Roberson	500	80	90	80
Joe Axley	400	90	80	70	Jim Selman	360	—	80	70
Michael Martin	320	70	—	60	David Wycherley	350	70	70	60
Terry Webb	250	—	—	—	Walt Sinor	340	60	—	—
Rick Rogers	230	50	—	50	Allen Buquo	280	100	—	90
Nick Honerkamp	180	—	—	—	Dan Bailey	140	40	—	—
Mike Sikes	140	—	—	—	Lee Meadows	130	20	60	20
Butch Cookie	130	30	—	40	Senior Women				
Senior Men					Senior Women				
Sergio Bianchini	720	90	100	100	Betty Burrell	370	90	100	—
Jesse Roberson	500	80	90	80	Marian Gardner	290	100	—	100
Jim Selman	360	—	80	70	Frances Martin	170	80	90	—
David Wycherley	350	70	70	60	Edwina Cohen	120	—	—	90
Walt Sinor	340	60	—	—	Betty Humphris	100	—	—	—
Allen Buquo	280	100	—	90	Clare Emery	80	—	—	80
Dan Bailey	140	40	—	—					
Lee Meadows	130	20	60	20					

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FOR MORE INFORMATION CONTACT TERESA WADE AT 490-0465

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Question: WHAT IS THE THINK LIGHT-LOWFAT LIVING PLAN?

Answer: THINK LIGHT is a 12 week low fat living program to show uninformed individuals how to eat responsibly. There are seven THINK LIGHT habits outlined in the program:

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2. Eat foods high in complex carbohydrates and fiber with every meal or snack
3. Eat less, more often
4. Find ways to include enjoyable exercise in your life
5. Think light every day
7. Keep the process of change moving forward by recognizing and stopping negative self-talk before it stops you
7. Always remember there is no such thing as cheating, there is only wandering. Wandering is not wrong or bad, wandering is normal.

THINK LIGHT is not a diet. It is a lifestyle change, and it tackles the issues of boredom and long-term effectiveness. THINK LIGHT not only gives dietetic and exercise support. It also addresses the emotional and mental issues that come with changing your lifestyle.

The Sports Barn restaurant downtown is going to be a key ingredient for the new THINK LIGHT program. Everyday, the restaurant will be providing a THINK LIGHT menu choice. These meals come straight from the THINK LIGHT program.

**PLEASE CONTACT: GRETCHEN HAMMEL: 266-1125 OR 892-4211 (HOME) OR
TERESA POTTS WADE: 266-1125**

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF SEPTEMBER 7, 2004

ASSETS:

CASH	\$29,813.93
EQUIPMENT (AT COST)	<u>12,500.69</u>
TOTAL ASSETS	\$38,858.53

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 630.45
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EQUITY:

RETAINED EARNINGS	<u>38,228.08</u>
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TOTAL LIABILITIES & EQUITY: **\$38,858.53**

STATEMENT OF REVENUES & EXPENSES

JANUARY 1 - SEPTEMBER 7, 2004

REVENUES:

DUES & OTHER REVENUE	\$14,239.54
RACE RECEIPTS/SPONSORSHIPS	<u>24,650.50</u>
TOTAL REVENUE	\$38,890.04

EXPENSES:

NEWSLETTER EXPENSES	4,750.18
INSURANCE	1,441.50
MEETINGS & EVENTS	2,680.81
POSTAGE	586.47
RACE EXPENSES	17,716.77
DONATIONS	250.00
WEBSITE IMPROVEMENTS	199.16
OTHER EXPENSES	<u>1,306.63</u>
TOTAL EXPENSES:	30,401.40

NET INCOME (LOSS): **\$8,488.64**

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16th Annual Symphony & Opera Classic Run Breaks Records

By Cynthia D. Fagan

Over 200 runners attended the Chattanooga Symphony and Opera Guild's Sixteenth Annual Symphony & Opera Classic 5K (3.1 miles) Run Saturday, September 18, in the best attended event to date. The race started and finished in Coolidge Park after winding through the Heritage Landing subdivision. Despite the high river, weather conditions by Saturday morning were perfect for a running event, with not a cloud in the sky, no winds and temperatures around 68 degrees.

After the race started with a crash of cymbals, 26 year-old Nick Wilkinson lead the race and won by a good margin in a finishing time of 16:15, averaging just under 5 minutes and 15 seconds for every mile. 30-year-old Mandy Oakes won the overall women's title, holding off Jennifer Croft by 3 seconds with a finishing time of 18:52. For a full list of results, please visit the Chattanooga Track Club online at www.chattanoogaatracclub.org.

A wide range of participants this year ranged in ages from 7 to 76 and included both veteran runners and first time finishers. The run helps celebrate the 20th Anniversary of the Chattanooga Symphony and Opera, and the proceeds from the runners and sponsors benefit educational programs and scholarship



CSO
TWENTIETH ANNIVERSARY

Sponsors of this year's Symphony & Opera Classic Run were: Chattanooga Track Club, Panera, Powerade, Carpets Plus, Shire Facial Plastic Surgery, Realty Center GMAC, Republic Parking System, Covista Communications, Petty & Landis, PC, Gary Chazen, Yessik's Design Center, Olsten Staffing Services, SMP Industries, Inc., Waffle House, Signal Mountain Travel and Maaco Auto Painting.

funds for the CSO Guild. This year's event went over goal and raised more money than ever before.

The CSO Guild gives special thanks to the Chattanooga Track Club, the volunteers, the runners and the many sponsors of this event for making the race an enjoyable, successful event.

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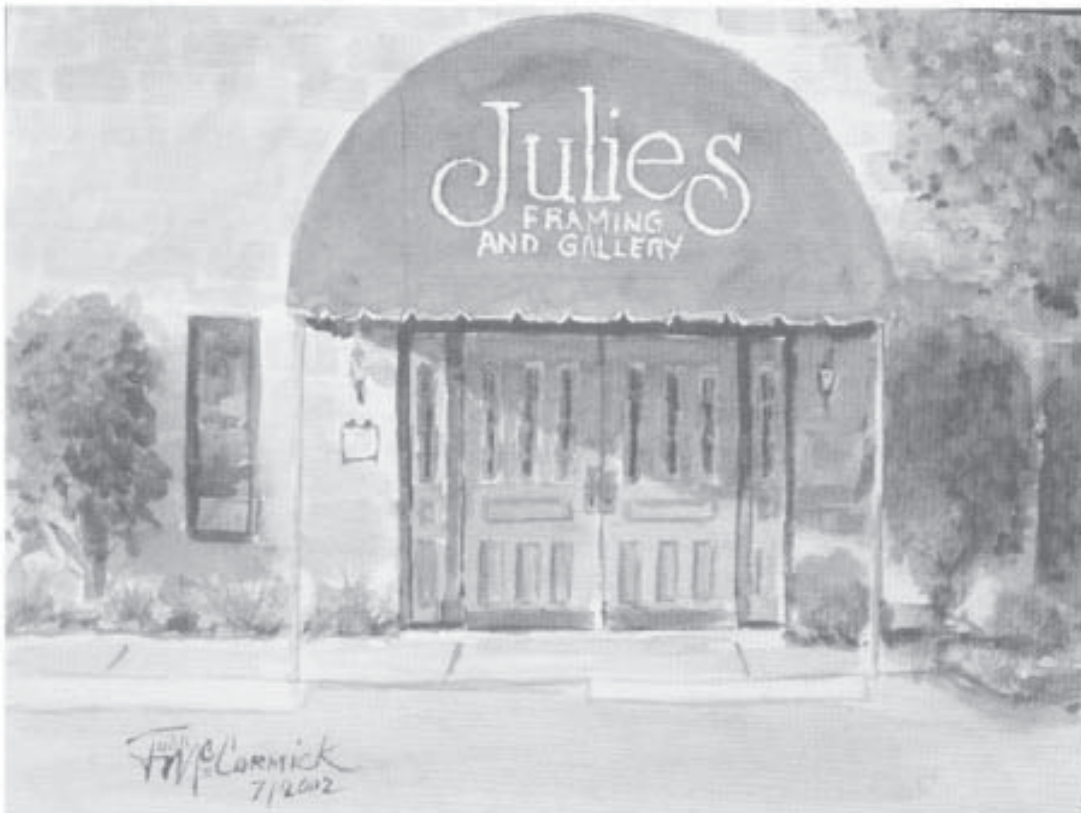
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Area Race Calendar

CTC and other local and area running and multi-sport events

RUNNERS: Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

OCTOBER

- 2 - Big South Fork Trail Race**
17.5 Miles
Site: Oneida, TN
Contact: (865) 688-0715 or bgruns@comcast.net
Info: www.ktc.org
- 2 - Joe Johnson Run For Mental Health 10K**
10K Run
Site: Joe Johnson Mental Health Center, Moccasin Bend, Chattanooga, TN.
Contact: Toni Wright at (423) 634-8884 or www.chattanoogatrackclub.org.
- 9 - Stump Jump 50K & 11 Miller.**
Site: Nolan Elementary School, Signal Mtn, TN.
Info: www.rockcreek.com/events/cumberland_race.asp
- 16 - Signal Mtn Road Race**
6.8 Miles
Site: Signal Mountain Middle School, Signal Mtn, TN.
Info: www.chattanoogatrackclub.org
- 30 - The Ridgeland 5K Run**
Site: Ridgeland High School, Walker County, GA.
Contact: Darren Crutcher at darrencrutcher@walkerschools.org or (706) 820-9063
- 30 - The St. Nicholas School 5K Trick or Trot Race and Monster Mile Fun Walk/Run**
5K Run and Fun Walk
Site: U.S. Xpress, 4080 Jenkins Road - take the Collegedale exit off I-75
Contact: Carol Quinn at (423) 899-3230

NOVEMBER

- 6 - New York City Marathon**
Site: New York, NY.

13 - Chickamauga Battlefield Marathon & 10 Miller

Site: Chickamauga, Georgia
Contact: Tim and Barbara Ensign, Race Directors, (423) 756-3762 or bensign16@comcast.net
Info: www.chattanoogatrackclub.org

13 - Huntsville Half Marathon and 5K

Site: Huntsville, Alabama
Contact: Mark or Sheryl Dummer at (256) 881-6754

20 - 10 CAN / 10K

Site: Cleveland, TN
Info: www.10can10k.com

21 - Kiwanis Club 5K Fall Road Race and Fun Walk

Contact: Teresa Potts-Wade at (423) 494-9566

25 - Sports Barn Turkey Trot

Site: Sports Barn East, Chattanooga, TN.
Contact: Carolyn Varnell at (423) 893-4889 or Sports Barn at (423) 855-0091

25 - Atlanta Marathon and Half Marathon

Site: Atlanta, Georgia
Info: Send self-addressed, stamped envelope to ATC/Atlanta Marathon, E. Shadowlawn Ave. NE, Atlanta, Ga. 30305

Send race information to
Jerry McClanahan,
831 Creek Drive,
Chattanooga, TN 37415
or jkmclanahan@comcast.net



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Fall Marathon Training

Interested in training for a fall marathon? Want some company on those long runs? Check out grouprun.com for weekly run schedules and/or email billandlaura@grouprun.com to get added to the weekly run notice list. Most runs head out from the downtown YMCA at 6:30am on Saturdays, while some longer runs are held down at Chickamauga Park. Beginners and experienced alike, pace ranges from very slow to a good deal faster and lots in-between, everyone is welcome and encouraged. It's about the miles and the smiles – please join us!

Chattanooga Track Club Elections!!

It is that time of year again...if you have the desire to serve the running community and wish to serve on the board in any capacity, please respectfully inform any board member of your nominee or self if you so desire!!

Election Site: Tortilla Factory - Upstairs on the deck (TF is across the street from the TN Aquarium)

Date: November 2, 2004

Time: 6:30-8:00 PM (after the board meeting)

The benefit of voting: one free drink coupon for a beer or a glass of wine or a non-alcoholic beverage, appetizers and a fantastic club!

Speed Work:

Wednesday evenings ladders / Red Bank track - Jeff Duncan and others are doing speedwork on Wednesday nights at Red Bank High School track at 5:30 PM

Thursday evenings interval training / speed work - Joey Howe and others are heading out from FastBreak on Frazier Ave. to do 45-60 minutes of interval training on Thursdays at 6:30pm. Pace doesn't matter - if you want to work on your speed, come on out.

From Roger Qualey / Kiwanis:

We are planning our third annual Kiwanis Club of Collegedale 5K Fall Road Race & Fun Walk. It will be Sunday November 21 at 2:00 p.m. in Collegedale. The race will start on Apison Pike across from the Winn Dixie and go down and back on Little Debbie Parkway.

The race director will be Teresa Potts-Wade.



Please send your bulletins to bbrock@tech-projects.com



BULLETIN BOARD

Make checks payable and return to:

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



MEMBERSHIP APPLICATION

Annual Membership (Check One): Family (\$36/year)
 Individual (\$24.00/year)
 Student (\$18.00/year)

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Street: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

Members Release: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattanooga Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

**Chattanooga Track Club
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Chattanooga, TN 37401**

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