



# joggingaround

- health and wellness tips
- weight loss programs
- treatment options
- WalkingWorks
- health education
- vitamin discounts
- care management
- nutritional guidance

**BlueCross BlueShield of Tennessee encourages good health with new ads...page 17**

## 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 the casual walker is welcome.*



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## Jogging Around

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

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## Welcome New and Returning Members

Steven Rubenstein  
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Mark & Bridgette Wisdom

## Words from the Prez's Perch

I can hardly believe that 2007 is almost here. This is the time of year that I look back over the year and ask myself if I have accomplished all of the goals that I set out for myself a year ago. This is much like running. You look back to see how far you've come. Personally, I did more running around than I did of actual running. It really has been a great year though. The club has had its ups and downs, but if we weren't growing and progressing, we wouldn't have those ups and downs.



I've already begun setting my goals for 2007. Fitness and relaxation is the top of my priority list. I am glad that I have all of the club resources to help with that. Our website has come so far and I can't imagine serving in this position without it. Now I look forward to having it serve me in a different capacity.

Congratulations to Tim Ensign for capturing the Male Masters state record at the Joe Johnson Mental Health 10k with a time of 33:13. Quite impressive for a man of his age!!

The fall membership meeting was held at Porkers on November 7. We had a great time seeing everyone and are glad that everyone met the new Board members. We are very excited to have a few of our long time members joining

(or re-joining) the Board and are glad to have some new ones joining us. We thank those that are rolling off for their commitment to the club and for everything they have done.

The Chickamauga Battlefield Marathon was a great success. Thanks to Doug Roselle and all of the volunteers that helped. As well, thanks to all of our sponsors. We cannot put on events without them!

For those of you that don't already know, a longtime Chattanooga Track Club member, runner and booster, Arnold Godwin, died. Arnold was 90 years old. Until recently Arnold could be seen at all the CTC races cheering on the runners. He was RUNNING the CTC races when he was 80 years old! Arnold also ran many marathons in his day. He loved all runners and everyone loved Arnold. He will truly be missed.

We hope to see you on the streets, trails and walkways. Remember that the Board meets on the first Tuesday of every month and as always, everyone is welcome to join us. I look forward to seeing all of you.

Donna Dravland  
CTC President

## The Long Run

*The Long Run is the endowment fund of The Chattanooga Track Club.*

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

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

## Wauhatchie Trail Run to be held December 16

The 22<sup>nd</sup> annual Wauhatchie Trail Run is slated for the 16<sup>th</sup> of December at the Chattanooga Nature Center. This is sure to be an exciting event that features 6.7 miles of scenic trails - and an overall elevation of 410 feet - on the lower slopes of Lookout Mountain.

As in past years, this will be an age/sex handicapped race; so the playing field will be level, and it will surely be an exciting race to the finish. There will also be a competition between 2-person family teams. Special awards will be presented to the overall individual and team winners. Keeping with tradition, runners are invited to bring snacks for the post race celebration, and bring those old running shirts and awards for the prize table.

This is a Chattanooga Track Club ROY event. Applications will be available online at [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) and at local venues. Cost is \$10 - \$9 for CTC members.



# FRONT RUNNER

## ATHLETICS

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# Chattanooga Track Club Election

By Melodie Thompson

If you missed the Chattanooga Track Club Elections this year, you missed some good barbeque at Porker's BBQ on Market Street, on Tuesday, November 7<sup>th</sup>. James Dravland distributed the ballots and the election took place. The following will be serving in '07:

Past President-Donna  
Dravland

President for '07-Melodie  
Thompson

VP/President-Elect-James  
Williams (to serve in '08)

VP of Communications +  
Programs-Charlene Simmons

VP of Races + Equipment-  
Robert Gustafson

Secretary-John Hunt

Treasurer-Dan Bailey

Newly Elected Directors:

Lynda Webber

James Dravland

Flash Cunningham

John Harrison

Amy Mullens

Jimmy McGinness

Walt Sinor

Chris Segler

Sherilyn Johnson

Directors with 1 more year  
to serve:

Kristina Guy

Tara Murdock

Phil Stewart

Since James Dravland is the Secretary of our club, he took all of the ballots and the Member of the Year will be announced at the Chattanooga Track Club Banquet on Sunday, January 21, 2007. We hope to see you there!

Congratulations to all of our new officers who will assume their respective roles following our annual banquet!



## 2006 Karen Lawrence Run

By The Lawrence Family

This New Year's Eve will mark the 28<sup>th</sup> Annual Karen Lawrence Run for St. Jude. The 2-mile fun run/walk and 4-mile run is being held in memory of Karen Lawrence, who was treated as a patient at St. Jude Children's Research Hospital. Karen began her battle with leukemia in May, 1978 and despite her treatment's initial success, she lost her battle in March, 1980 at age 11. Even at such a young age, Karen was determined to raise money for the Hospital and helped develop an idea for a charitable run in Chattanooga. She was even able to fire the shot to start the first run in 1979. The Lawrence family continues to honor Karen and her love for St. Jude through the annual run and was able to raise \$26,000 last year alone! Because of fund raising events like this one, St. Jude has seen childhood cancer survival rates soar from 40% in 1979 to 85% today! Registration for the event will start at 5:00pm, December 31<sup>st</sup> at the Sports Barn downtown, which will also serve as

the run's start and finish. The 2-mile event starts at 6:30pm and the 4-mile event starts at 7:00pm. Besides a great workout, the runners receive a nice long sleeve running shirt and trophies. We give prizes for sponsor donations, door prizes, snacks and beverages. We appreciate Tim Veazey entertaining again this year. The Karen Lawrence Run is the oldest St. Jude fund raising event in our country and if you cannot attend, but would like to support this event, please send a deductible donation of \$28.00 (or more) for our 28 years, payable to: Karen Lawrence St. Jude Run and mail to:

Phyllis Lawrence  
13 Danbury Drive  
Chattanooga, TN 37377

(423) 886-3547.

Thank You! The Lawrence Family

# Maui Marathon 2006 Adventure

By Truman Smith

OK, I assume everyone is back safely from Maui and the surrounding islands, so I suppose it's time for the trash talk and the trash pictures to start flying.

Just for the record, Walter won and collected the \$\$\$ for besting his average time for his three previous marathons. He did this on one good foot, so I'm afraid to think where he would have finished if he had had two good feet.

There is some rumor, going around though, that he was medicated for the race and possibly could have been disqualified from the marathon if he had been drug tested. Of course, there was nothing in "the bet rules" about using performance enhancing drugs, so I suppose Walt is still the final bet winner. Good job, Walt!

Now, the marathon story from a **Winners Point of View**:

All the folks from the Chattanooga area made it OK to the assembly area near the Maui Marathon start line on Sunday morning. There were no slackers.

At the announcement to line up for the start, Dennis, Nik and I lined up somewhere near the middle of the pack. Missi and JoAnna had walked to the start area with us but disappeared in the crowd. We thought they were behind us. Dennis and I started shouting their names and waving our hands to try to find them. We never got a response. We did see Dan and Phil near the back of the pack. However, I don't remember seeing Walt at the start ... hummmmm! I didn't see Aaron or Brian either, but I assumed that they were at their usual starting positions, i.e. front and center. I also didn't see either Sherilyn or Barbie at the start line.

The gun sounded, and the pack started to move. I thought I was really jammed-in, so I started looking for a running lane near the left outside lane. I found some space and fell into an easy jog. Somewhere near the end of the first mile, I saw a big ponytail twenty-five yards ahead of me. I re-focused and saw Missi and JoAnna. I realized, only then, that while Dennis and I were looking backward and calling out Missi's and JoAnna's name, they were pulling an "Aaron and Brian" on us and had moved to ..... you got it, front and center.

I really wanted to run with Missi and JoAnna, because I thought we could keep each other going on our normal and near average four hour pace. I pushed forward a little to catch them and commented when I caught up that they were running a little fast for me. Missi said she thought the pace was fast also, but JoAnna never acknowledged anything about

the pace. The three of us ran together for five or six miles. Both Missi and JoAnna would slow down at the water stations to get fluids. I was able to keep moving through the water stations. JoAnna finally took the lead and started to pull away. Missi and I were running pretty much the same pace.

I don't know what happened, but one time after a water station Missi didn't come back and run with me after slowing for water. I remembered how she passed me in Nashville a couple of years ago at 14 miles, so I figured that she had a plan and that sooner or later she would make her move. JoAnna was now about 200 yards ahead of me and running very strong.

Then came the hills. (Prior to the marathon, I made pictures of the hills. I will either send or post them later for everyone's happy remembrance.) I leaned forward and started my short step hill climbing conservation program. I kept looking for JoAnna. I could see her every now and then as we ran through the curves in the hills. I thought I might be gaining on her. A little later, sure enough, on a long straight hill climb, in a stiff head wind, I could see her 50 yards ahead. I eased up behind her and started to draft. I was able to draft her for about 3/4 of a mile before I coughed and gave my position away. She promptly moved to one side and gave me a look as if to say, "Sorry pal, but you ain't drafting off of me." It was too late though, for her. I was rested, and she was tired from pushing through the head wind. I moved to one side and started pulling away. I felt like she too would be coming along on the downhill side of the hill.

It was getting hot by this time. We were running in full sunshine. I fell into a comfortable pace and tried to concentrate on just finishing this bad boy.

A picture taking chase team, made up of my wife, Cheryl, Aaron's wife, Jen, and Dan's wife, Irene, were driving up and down the course in a red jeep. I saw them at about mile 7, at mile 14, mile 20 and mile 25. The chase team took pictures of most of us at these points.

Somewhere, near mile 19, I noticed a fellow in front of me that looked just like Brian Crooks. As I pulled up beside this person, to my amazement, it was Brian. I asked him if he was OK, and he responded that he was "done" and just wanted to finish. I felt a little awkward running beside an elite runner, especially in a marathon, and I really didn't know what to say. I had a little faster pace going than he was running, so I decided to continue onward.



At about the twenty mile mark, I saw the chase team. Jen was there. I told her that they needed to get to the finish line, because Aaron would be crossing in just a few minutes. Jen responded, "Aaron is just right up there," and pointed to someone 50 yards ahead of me.

WOW! Did I get excited. I knew I had to make a move. I had to at least catch up to Aaron and do the "I Touched You" move. (The "I Touched You" move is something Aaron created at Grandfather Mountain last year. Aaron caught up with Jeff Stracener in the last few miles of that marathon and touched him on the shoulder to let him (the "more elite" runner) know that he (the assumed "less elite" runner) was within arms length near the end of the marathon.)

I did the move on Aaron. In my mind, my marathon was now complete. Aaron acknowledged the dreaded "touch" and said that he too was "done." He also said that I could run with him to the finish if I wanted to, but that I would have to do some walking along the way if I stayed with him. I ran a short way with Aaron, but I felt that I still had a little left in the tank. I eased away and decided to try to get in under 4 hours.

The next couple of miles finished me off, too. I had to walk several times. A young fellow, Jason Web, from Ringgold, Georgia, came up beside me at mile 23 or 24, and we ran together for a mile or so. I'm not sure what happened to him. He also fell back for some reason.

I knew that I had a really big "bragging deal" in the works if I could just hang on. I kept looking for Missi or JoAnna to come prancing by me. I knew I had to keep moving. I also feared that Aaron and/or Brian would regain consciousness and come after me.

Thank goodness the finish line finally showed its face. When I crossed the finish line, I realized that **the blind hog had just found an acorn!** And oh, what an uncelebrated joy it was to finally find an acorn!

All of us waited at the finish line as long as we could for everyone to come in. **Naturally, I waited for Aaron to finish.** Jason was close behind me. Brian and Aaron came in together, then Walt, JoAnna, Missi, Dennis, Nik, Phil and Dan. I wanted to be there when Sherilyn and Barbie finished, but I finally had to give it up. I could hear the hot shower and hot food making a serious call.

This is my story as recollected on Monday September 25, 2006. So as I, this day, affirm that it actually occurred as written, so let it be the recorded history. I love all of you marathoners and GroupRun folks. Thanks for letting me be part of the group. I hope all of you are doing well.

Anyone want to do the Baltimore Marathon on October 14th?



**MAUI MARATHON**

191	Truman Smith	55 - 59	Hixson	4:00:22	9:10
208	Jason Webb	30 - 34	Ringgold	4:02:35	9:15
254	Joseph Oh	55 - 59	Rome	4:11:16	9:35
278	Brian Crooks	40 - 44	Ooltewah	4:15:04	9:44
279	Aaron Mercer	35 - 39	Chattanooga	4:15:05	9:44
359	Walter Sinor	60 - 64	Valley Head	4:27:13	10:11
385	Joanna Johnson	35 - 39	Ooltewah	4:31:13	10:21
508	Missi Johnson	40 - 44	Chattanooga	4:47:49	10:59
601	Dennis Henderson	50 - 54	Hixson	5:05:08	11:38
693	Karen Mann	40 - 44	Ringgold	5:21:22	12:15
748	Nik Meeks	20 - 24	Chattanooga	5:29:55	12:35
761	Phillip Thomas	60 - 64	Soddy Daisy	5:31:11	12:38
762	Daniel Bailey	60 - 64	Hixson	5:31:12	12:38
1038	Sherilyn Johnson	40 - 44	Chattanooga	6:44:16	15:25
1039	Barbie Stewart	35 - 39	Soddy Daisy	6:44:17	15:25

# 2006 Stump Jump 50K Trail Run

By Jim Farmer (aka "Opie")

The smack talk started about two weeks prior to the race. Woody, Sponge Bob, Closet, Opie, Craven and the rest of the local trail running legends and wannabees jostled via email with wildly boastful claims of world domination mixed with spurts of self deprecation. Okay, it was just me spewing the world domination thing, but it's all I got. As usual, the banter was mostly about the Stump Jump interlopers coming into Chattanooga from "other places." You know, them "fernners", coming here to take our jobs and our women and our trail races. Unlike the last couple of years, where superstuds like Bryan Dayton from Boulder and Josh Beckham from Nashville, put the fear of God into everybody, this year's race was sort of a toss up. There would be a lot of fast runners but many of them hadn't established themselves in the trail running circuit yet or simply hadn't done this kind of distance to date.

The lack of an alpha-male was evident as all one hundred and sixty 50Kers left the front of Nolan Elementary School on a brisk October morning. It was a conversational pace for the first couple of miles as the lead group pounded the trails around Shackleford Ridge Park and then out towards Mushroom Rock, a rock formation that definitely earns its moniker. I figured that my "hey, is this a group run or a race" comment would stir the pot a bit, but the feel-out period continued. That's until we approached Mushroom Rock and the near vertical drop that took us down to the swinging bridge that crossed North Suck Creek. If I had any advantage over most of this group it was the knowledge of the trails, along with my ability to act like a pinball on the gnarly, technical downhills that littered the course. I couldn't resist the temptation and bolted out to the front just before the turn onto the singletrack.

I didn't do my usual full-out sprint downhill, figuring it would be wise to save my knees and quads for later, but I put enough time on the bunch to have the entire swinging bridge to myself. Trust me; going across that span with a dozen or so runners at the same time is comical if you're a bystander, but downright nauseating if you're racing. I continued to hold the group off as we climbed up and over the next ridgeline, then plummeted down to the Suck Creek road aid station. I had a good hundred yard lead as I climbed the steps on the other side of the road that took us into the main part of the Prentice Cooper Wildlife Management Area (WMA), but I had no delusions of holding off the pack for much longer. As my old man would say, "I'm dumb, but I ain't stupid."

Two runners caught up to me and we started chatting. "Where are you from?" came the voice from behind. "Chattavegas," I responded. "Good, you know the trails then, so we won't get lost." "Sure do," I responded. Moments later we were scrambling uphill through the briars as we watched the lead pack go by on the main trail about 50 feet above us. Why those two guys trusted me in the first place, I'll never know. Suckers. But at least our little jaunt through the woods got the blood flowing, literally. My fifteen minutes of fame were up, so now it was time to go back to work with the rest of the crew.

Although a little spread out by now, there were twenty or so runners all within sight of the front pack by the time we hit the next aid station at Indian Rockhouse, another wicked rock formation that locals like me take for granted all too often. There was no time to smell the roses though as the first moves of the day were made. I knew how much of a mental boost it was to stay near the front, especially in such a long race, and how much of a downer it can be to get dropped, so I made quick work of refilling my hand-held water bottle and put it into overdrive to get back into the mix. The next section of the trail, with plenty of uphill slogs and tight singletrack, was going to separate the men from the boys. With over ten miles under our belts, the race started in earnest. I settled in with a group just behind the leaders and enjoyed some of the views along the Tennessee River Gorge as I got back into my comfort zone. I could handle a few of these surges, but I'm more of the slow and steady type in the long run.

Hitting Snoopers Rock, we made the turn west along the Mullen's Cove Loop taking us back across Tower Road which bisects the WMA. Things had spread out quite a bit after this aid station and it was time for me to settle in, keep the engine fueled, and simply keep on plugging. Without a ton of training base miles under me, plus the lack of speed that the guys up front possessed, my pragmatic side took over and it was time to race my race. If I passed or got passed, so be it. Years of adventure racing and plenty of other epic rides, runs, paddles, etc. had me very well acquainted with my personal physiology. I knew what I could do and what I couldn't do and I was cool with that.

I had promised myself a small break at the Rock Garden near the back end of the loop part of the course in order to get a little food in my stomach, replenish the electrolyte stores and rehydrate in preparation for the last third of the race. The



Rock Garden is, as its name implies, a boulder field at the base of the Mullen's Creek Gorge. This section of the Cumberland Trail, which is, by the way, the beneficiary of the funds raised from this race, is extremely technical. You can't keep much of a pace while hopping from one loose and mossy boulder to the next, so I just used it as a moving pit stop for lack of a better term. The return to Indian Rockhouse is at just a little over mile twenty, with the rest of the course being a rehashing of the first leg of the race in the opposite direction. The 20-mile mark is infamous in road marathons and holds true in the Stump Jump as well. Physiologists suggest that this is the point where the body's glycogen stores are used up, resulting in the dreaded "bonk". Personally, I think it's some sort of Bermuda Triangle deal that hangs over Indian Rockhouse. Either way, I passed one runner at the aid station as I grabbed a few more Hammer Gels and a Zip Loc full of Endurolytes and Motrin from my drop bag and hit the trails again for the return trip home.

Not knowing how my body would hold up this deep into the race, I was very happy to be able to keep a fast pace along the technical singletrack without the dreaded cramps creeping in as of yet. Passing a couple more racers before hitting Suck Creek Road, my confidence was high heading back up and over the ridge, passing one more runner along the way. I was safely in the top ten by now, and not too far behind a few more potential victims.

Unfortunately, I was unable to run most of the steep climb back up to Mushroom Rock as the calf cramps finally started to rear their ugly heads. Once at the top, I simply had to keep moving and try to work out the cramps as the last of the big climbs was over and all that remained were undulating jeep roads back to the finish.

Unfortunately, I never caught sight of anybody else until I neared the finish line. I crossed under the banner in eighth place with a time of 4 hours, 33 minutes and change. That was twenty minutes better than my previous best from two years before. Unfortunately, with the Stump Jump attracting a greater number of racers each year, as well as many of the strongest runners around, my personal improvements don't manifest themselves into a better placement overall. But that's okay. This is an epic race in an epic place and I'm just glad to be a part of it. As usual, I have grandiose plans of heavy training in preparation for the 2007 race. Odds are that I'll be toeing the starting line again next October wondering where all that extra training time went. *C'est la vie.*



# 2006 Buff Betty All-Women Adventure Race

The Buff Betty All-women's Adventure Race was held in Coolidge Park on Sunday, November 12. This points based race had solos and teams of 2, 3 and 4 starting on a chilly morning with a 6.5 mile run, followed by a 6 mile paddle. Teams were then given the task of climbing the Walnut Street Bridge Wall and jumping on their bikes to complete a 15 mile course that included roads, singletrack and jeep roads. The end of the race had teams scouring the woods of North Chattanooga for 10 orienteering flags before they returned to Coolidge Park all in a six hour time frame.



## Overall

- Team Blackdome Bettys** 4:50 48/48 points  
Cathi Cannon-Chattanooga, Monica Curwen-Asheville, Shannon Greenhill, Atlanta-Patricia Williams Smith, Maryville
- Team Outdoor Chattanooga Chicks** 5:40 48/48 points  
Dale Tillman, Chattanooga, Cecilia Weigel, Chattanooga
- Team Enduraventure** 5:18 46/48 points  
Lisa Randall, Atlanta, Kim Moore, Atlanta

## Masters (40 and over)

- Team Outdoor Chattanooga Chicks** 5:40 48/48  
Dale Tillman, Chattanooga, Cecilia Weigel, Chattanooga
- Team True Grit** 5:37 44/48 points  
Paula Guffy, Chattanooga, Dean Pickett, Chattanooga, Kim Leasure, Chattanooga
- Team Slow and Beautiful** 5:27 40/48 points  
Lynn Seeger, Chattanooga

## OVERALL RESULTS

FINISH	# OF PEOPLE		TEAM NAME	TIME IN	POINTS
	ON TEAM				
1	4		Blackdome Bettys	4:50	48/48
2	2-masters		Outdoor Chattanooga Chicks	5:40	48/48
3	2		Enduraventure	5:18	46/48
4	3		Betty and the Jets	5:53	45.33/48
5	3-masters		True Grit	5:37	44/48
6	2		Women of Cave Run Bike Shop	5:44	44/48
7	3		Mystique	5:20	43/48
8	4		Break yo'self Fool Bettys	5:55	42/48
9	2		3o	5:53	41/48
10	1-masters		Slow and Beautiful	5:27	40/48
11	4		Flaming Veronicas	5:36	39/48
12	3		Icy Hot Divas	5:45	38/48
13	4		Bodacious Bettys	5:55	37/48
14	3		Women of Faith	5:54	36.33/48
15	2		Fukarwi Estrogenized	5:26	36/48
16	2		CAD Monkeys	5:47	36/48
17	2		Tortured Rootstock	5:54	36/48
18	2-masters		No Man's Land	5:44	35.33/48
19	2		Thelma and Louise	5:24	34/48
20	1		Pamela Bower	5:39	34/48
21	2		First Timers	5:54	34/48
22	2		Grrrls with Gear	5:28	31/48
23	3		Sarah Leigh and Me	6:10	25.33/48
24	2		Los Locos	5:54	7 DNF-lost passport
25	2		Murray State Adventure Racers	5:02	DNF/medical

# Exercise - the Fountain of Youth?

By Cathy Feiseler, MD

Every day a patient makes a comment about the woes of getting older, especially when dealing with an injury. I know of only one alternative to aging and it is not a good option for anyone. For centuries, explorers have searched for the fountain of youth; in times of old, this was by land and by sea. Now, it is through surgery, cosmetics and drugs that a false fountain is found.

Aging affects many facets of exercise. As a person ages, there is a decrease in maximal heart rate, maximal cardiac output, maximal lung capacity, maximal oxygen uptake, strength, flexibility, lean body mass (muscle) and resting metabolic rate. There is a 9-15% reduction in VO<sub>2</sub> max per decade over the age of 25 years in sedentary adults. (VO<sub>2</sub>max is the body's oxygen consumption near the point of exhaustion and the capacity to take in oxygen remains at a steady level despite further increases in workload.) Maximal heart rate decreases by 6-10 beats per minute each decade over the age of 25 years. The average sedentary adult loses 5-7 pounds of muscle every decade; there is an accompanying 2-5% decrease in resting metabolic rate during this time. Additionally, with aging comes a loss in bone mineral density.



Enough of the bad news; exercise is as close as most of us will ever come to a fountain of youth. The initiation of prolonged endurance exercise results in a 10-30% increase in VO<sub>2</sub> max; chronic exercise started earlier in life significantly slows the rate of decrease of VO<sub>2</sub> max with aging. Exercise decreases blood pressure with activity and at rest. Chronic exercise slows the age-related decrease in metabolic rate at rest. Strength training will increase muscle strength and size, while decreasing the percentage of body fat and increasing bone density. Stretching will improve the age-related decrease in flexibility.

As we get older, we need to pay more attention to stretching and strengthening in conjunction with running. Years of running, along with age-related changes, could create a number of muscle and tendon problems; chronic hamstring strains and Achilles tendinitis are common maladies in middle-aged and older runners. Attention to flexibility and strengthening exercises will aid in the prevention of these injuries.

Recovery also becomes a very important training factor as we age. It takes longer to recover from hard workouts at age 45 than at age 25. Failure to completely recover from a workout or race not only increases the risk of injury, but also has a negative impact on training. Improvement occurs through recovery from a hard workout; inadequate recovery causes continued muscle breakdown and slowing times. This often prompts the athlete to increase training, resulting in a continuing downhill spiral. Time off instead of more training is the answer to this problem. You may consider cross training as part of the recovery process. Regularly scheduled time off from running as we age will increase the likelihood of a long running career.

So how are we supposed to add more exercise to an already busy schedule? As little as 20 minutes of strength training twice a week can work wonders. One exercise involving each of the major muscle groups (biceps, triceps, abdominal muscles, lower back muscles, quadriceps, hamstrings, calf muscles and shin muscles) will suffice.

Create ways to add stretching to your daily routine. If you are working at a desk, you can stretch while talking on the phone. Pull out a desk drawer and prop your foot on it; lean over the leg and hold for 20-30 seconds as you stretch your hamstrings. In time, you will come up with numerous stretches that can be performed while you are busy with other activities.

Appropriate diet and adequate rest are important components of training; too often we are pulled in so many directions that sleep is sacrificed and meals (I use that term loosely) are eaten on the run. Many of us did these things in college for much different reasons, and we seemed to perform well. That is not the case later in life. Stress is not avoidable; learn to adjust to it, especially in regard to training. An unscheduled day off may save you from an injury that could sideline you for an extended period of time. An easy run in lieu of an interval workout may help deal with stress instead of creating stress.

So what is the bottom line? Don't grow old gracefully; fight it tooth and nail through exercise. Be aware of changes that come with aging and adjust your training accordingly. Most of all, have fun!





## It's Not Always About the Time

By Jack Richmond

I'm no different than any other runner when it comes to setting goals and going after them. Such was the case when I set my sights on the 2006 Marine Corps Marathon. I trained hard and felt I would finish in 4:30, and barring any problems maybe even better.

Having gotten badly dehydrated at my last marathon I wasn't taking any chances this time. So I had to make three "pit stops" on the way to the start line. It was in line at the last stop when my goal changed. I noticed John's leg as soon as he walked up. Amputees who run marathons are not common (to say the least). John and I were checking out each other's carbon fiber legs and talking technology issues like some runners talk about shoes.

I soon found out it was John's first marathon and he was concerned about getting over the bridge before they closed the course. I wished John good luck and turned away to go catch up with Bill and the group from Chattanooga. I only got about two steps away before I turned back to John and said "Hey, my time today doesn't matter, let's run this marathon together." John happily accepted the proposal and we headed for the start.

I was running the marathon as a memorial to my Dad, a proud Marine who would have been 80 this year. I also did it as a fund raiser for the Wounded Warriors Project, raising over \$4,000. I soon discovered John is himself, a wounded warrior and an active duty pilot in the Air Force and holds

# Track club ready to hire full-timers

By Ron Bush, Deputy Sports Editor, Chattanooga Times Free Press

The Chattanooga Track Club is about to make a big surge onto a new stretch of road.

At least its board of directors is, and club officials are convinced the pack is ready to go with them.

It's time to make a commitment to full-time staff, the directors have decided. Going forward with that plan will be a big part of the discussion in the board meeting Tuesday evening.

The immediate objective is to hire a "coach/director" to oversee CTC events, speak regularly on behalf of the club, make regional and national connections and solicit corporate sponsorships to fund more workers and additional projects. BlueCross BlueShield of Tennessee has already committed to a three-year sponsorship.

The position will pay \$45,000 to \$55,000 a year depending on management and/or marketing experience, but that is without insurance or other benefits for now, club treasurer Dan Bailey said.

"Ideally, we'd like to have someone hired by January," he said. "I don't know if we can find the right person by then, and we'll leave the position unfilled until we do."

"We've been working on this concept about three years," said Bill Brock, a past club president, citing the "CTC Vision 2016, 2056" approved by the board last year. "It goes with our over-arching mission of proactively getting people healthy."

That vision plan projects the structure of the club and its work for 10 years from now, with a CTC-sponsored competition at the rate of once every two weeks. Those would include track meets for schools and adults as well as existing and added road and trail races from 5-kilometer (3.1 miles) to marathons and beyond.

The club's work will go far beyond putting on races, however — to marketing health, essentially. That will include year-round running, walking and health clinics and weekly group training sessions. The vision plan projects another 26 events specifically linked to school programs.

the rank of Lt. Colonel. He is the first Air Force pilot to be returned to full active duty after losing a limb in the line of duty. As the miles rolled by several stops were needed for John to adjust his prosthesis. He dug deep and even with the stops, we held a pace that got us across the bridge with plenty of time to spare.

We covered the last mile at an 8:30 pace then sprinted up the hill to the finish line crossing it together stride for stride. John was grateful for the coaching and support, I was grateful for the opportunity to help a Wounded Warrior become a Marathon Finisher.

A foundation has been laid. About 400 elementary children participated in 1-mile cross country meets every Thursday this September at the Tennessee RiverPark, with Robert Gustafson leading the track club's contribution with considerable help from University of Tennessee at Chattanooga coach Bill Gautier.

"That was awesome. It was great," Brock said. "The schools were already doing it. We just went in to help."

But dependable help is harder to find and retain these days, and it likely will be more so in the future. The CTC has relied on volunteers throughout its 36-year history, and substantial unpaid aid will still be necessary, but the plans are too extensive to be carried out entirely by people with unrelated full-time jobs plus family and other obligations.

Without going forward with full-time staff, Brock and Bailey said, the club is in danger of going backward as longtime race directors and workers gradually step aside. "These events don't just happen," Bailey said.

In addition to the coach/director, the vision plan includes a coach assistant and a youth director to work full time plus part-time equipment management, publications support and finish-line workers. Pat Hagan and Keith Finch already are handling the equipment and publications aspects, and Connie Hall is a contract employee doing some of the club-assistant functions, including bookkeeping and coordinating the "Jogging Around" magazine. She was a part-time executive director for a year.

"Connie did a great job, but she's also the executive director of an advertising group and has bookkeeping clients," Brock said. "By her choice, she had to back down on what she did for us."

The club's directors hope to have \$50,000 in annual corporate sponsorships by 2016, to go with 1,500 memberships at \$25 each. Other revenue would come from event entries and race management fees.

The next Day John invited me to join him and visit seven soldiers at Walter Reed Medical Center in DC who had recently lost a limb in Iraq. We had the opportunity to share our marathon story and encourage them to think about the day they will run again.

I'll proudly post my finishing time of 6 hours and 5 minutes right next to the picture of John and me crossing the finish line together.



# Chattanooga Track Club Social Report

By Melodie Thompson

Friday, September 29<sup>th</sup> the CTC had a quarterly social for the members at Out of the Blue in the Riverpark. We had a buffet and a nice gathering of 32 or so track club members. Prizes were donated by Front Runner Athletics, Fast Break Athletics, and Out of the Blue. Several people went out for an easy run before we ate. We had wonderful weather and were able to stay outside. The kids (little and big) could play with hula hoops, bubbles, Slinkys, and Nerf Balls. The food was great. A good time was had by all and all of you who missed it maybe next time we will see you around....



*Check out the  
Chattanooga  
Track Club  
Web site at  
www.*

**Chattanooga  
TrackClub.org**





## Chickamauga Battlefield Marathon 2006 - A Unique Experience

By Doug Roselle

By my rating system this year's Marathon and 10 mile race were a success. My criteria: nobody got hurt, everyone had fun, we had more participants than last year (638), and lots of folks said they will be back. The marathon had a new male overall winner -Matt Lavine from nearby Chicago, IL (2:44:51). Hugh Enick, Signal Mountain, again showed how tough he is coming in second overall (2:48:04) winning the masters male overall. For the ladies Kristine Whorton from right here in Chatt Town led the way (3:24:01). Lynn Mooney from our southern burb of Marietta was the master female overall winner (3:39:44). Those who ran enjoyed the wonderfully smooth roads that make the course even better. They also were able to experience everyone's favorite hills back on Viniard-Alexander. A common comment on feed back is "those hills were tougher than I thought they would be!" Best of all the weather that was threatening held off and we had mild, mostly dry conditions throughout the race.

One of the questions I get asked a lot (besides what time does the race start) is why take on the task of putting on the marathon? That's a good question for the club in general. It is a lot of work for everyone. It takes many times more volunteers per runner than any other road race. The logistics are staggering! The answer came to me during this race. I saw a Mom and daughter running together sharing an experience they will talk about for years. I saw a Dad help his son across to finish his first marathon, telling him how proud he was, what a powerful life lesson in what you can accomplish. I had a Mom tell me about sending her finisher's medal to her son in Iraq, he was a marathon runner and it was her way to show she was thinking of him. I met and got to talk with a couple of kids who came up from Marietta to watch their Dad finish his first marathon and learn how tough he really is. I listened to spectators and

participants in awe of Hugh, Sergio, Mary and Bonnie - what a tribute they are to an active running lifestyle. Lot's of 50 state marathoners use CBM for their Georgia race and tell me it is one they will remember. There are other running races, there are other sporting events, but the marathon is a unique experience. When you combine the marathon run with the Chickamauga Battlefield location steeped in history and wonderful scenery, throw in friendly, enthusiastic volunteers..... Well OK I could go on a long time. It is a very special event.

It is also an event that would not happen without key support. We have several major sponsors. Please, please, please patronize these businesses and tell them thank you: Scenic City Orthopedics, The North Chat Cat (tell Dennis thanks), Davis and Hoss law firm. The race would also not happen without Oakwood Baptist Church allowing us to use their wonderful facility. The food would not be what it is without Out of the Blue Café and Kites (Peggy Roselle), the Snickers Marathon Bar (Nancy Divasto), Lookout Tomato and Banana (Dale Schenk), and Powerade. I wish I could thank personally every volunteer here - you know who you are, but I will mention a few that make it happen: David Presley measures the course to standards that ANSI would admire, he also is a huge help race day. Sharon Irish gets everyone registered despite their poor handwriting. Tim Ensign and Chris Levan continue to help before, during, after the race. My wonderful wife Peggy puts up with all this nonsense for weeks and weeks, and helps me remember what I need to get done.

So put November 10, 2007 on your calendars. Watch for the January issue of Runners World. Get involved, or plan on running. Experience the Chickamauga Battlefield Marathon and see if you don't get caught up in a one of a kind event.

# Chickamauga Battlefield 10 Mile Results – 2006

## FEMALE AGE GROUP 14 - 18

1	Anne Rowe	1:31:32	6	Misty Mann	1:32:34	5	Lisa Thompson	1:23:35	5	Montie Edwards	1:32:18
2	Kiersten Vradenburgh	1:38:24	7	Kristy Altman	1:33:08	6	Tanya Boyd	1:23:59	6	Terry Dawson	1:40:57
3	Caitlyn Epps	1:40:21	8	Natalie King	1:33:29	7	Torill Nelsonq	1:25:00	7	Wade Kirstein	1:43:30
4	Kari Vradenburgh	1:43:04	9	Janelle Simpson	1:35:03	8	Christine Post	1:27:33			

## MALE AGE GROUP 19 - 24

1	Nathan Beverly	1:03:25	11	Amy Hildreth	1:35:13	10	Linda Eady	1:35:34	1	Bud Wiseman	1:22:58
2	Bruce Smith	1:15:40	12	Jennifer Orr	1:43:40	11	Karen Vitko	1:40:02	2	Ted Hegebarth	1:23:26
3	Joshua Hall	1:23:34	13	K Beth Tittsworth	1:44:41	12	Mary Ann Zwicknagel	1:40:12	3	Doug Hawley	1:26:29
4	Drew Smith	1:28:58	14	Amanda Pettie-Shahee	1:45:33	13	Sharon Armour	1:43:02	4	Harry Ireland	1:37:03
5	Daniel Barton	1:34:20	15	Jill Sizmore	1:47:03	14	Lisa Meister	1:54:42			

## FEMALE AGE GROUP 19 - 24

1	Lucy Miller	1:20:44	20	Keely Demarino	2:21:23						
2	Charlotte Okie	1:22:27									
3	Carrie Ferguson	1:25:56									
4	Anna Young	1:28:04									
5	Katherine Hopkins	1:31:07									
6	Rebecca Aiello	1:33:29									
7	Tiffany Tucker	1:34:01									
8	Heidi Allison	1:44:15									
9	Vanessa Moss	1:45:11									
10	Erin Sullivan	1:45:12									
11	Naomi Raih	1:51:41									
12	Amanda Morris	2:04:45									

## MALE AGE GROUP 25 - 29

1	Jason Altman	1:00:38	13	Robert Estoye	1:20:13	13	Franklin Mcglothlin	2:29:28			
2	James Rouse	1:12:50	14	Curt Hammontree	1:24:54						
3	Jon Metzger	1:14:34	15	David Brown	1:29:00						
4	Stephen Smith	1:15:28	16	Ric Johnson	1:29:30						
5	Aaron Denson	1:18:34	17	David King	1:33:45						
6	Robbie Reel	1:18:40	18	Benjamin Silk	1:44:12						
7	Will Hutchinson	1:19:15	19	Ick Lee	1:52:58						
8	Russ Hunt	1:21:25	20	Tony Mason	2:01:09						
9	Rocky Lepere	1:25:17									
10	Danny Hesterly	1:26:30									
11	Alex Scott	1:26:48									
12	Mike Mcdonald	1:28:05									
13	David Hedelius	1:31:37									
14	James May	1:33:28									
15	Thomas Gross	1:34:00									
16	Adam Webb	1:37:03									
17	Bart Rolen	1:37:31									
18	Stephen Williams	1:38:57									
19	Cory Holt	1:40:50									
20	Robert Newberry	1:45:11									
21	Heath Clark	2:01:17									

## FEMALE AGE GROUP 25 - 29

1	Emily Cooper	1:12:15	14	Courtney Zeitler	1:35:22						
2	Michelle Meek	1:17:21	15	Elizabeth Mitchell	1:35:27						
3	Julia Downs	1:20:55	16	Renee Queen	1:43:46						
4	Sarah West	1:23:53	17	Bridgette Wisdom	1:44:32						
5	Julie Moore	1:27:16	18	Beth Ford	1:46:58						
6	Michelle Adkins	1:35:46	19	Laurie Cooper	1:53:37						
7	Kate Rolen	1:37:55	20	Wendy Miller	1:56:08						
8	Virginia Allen	1:39:57									
9	Jane Ellis	1:42:26									
10	Lisa Raff	1:46:03									
11	Alison Davis	1:46:25									
12	Rebecca Clark	2:02:52									
13	April Costner	3:02:59									

## MALE AGE GROUP 30 - 34

1	Kevin Croft	1:02:38	1	Jon Risley	1:01:29						
2	Danny Broetzman	1:11:18	2	John Simril	1:03:58						
3	Jeff Poteralski	1:19:56	3	John Stein	1:07:17						
4	Michael Ware	1:26:34	4	Herbert Krabel	1:09:18						
5	Danny Black	1:28:08	5	Bruce Mitchell	1:11:59						
6	Thomas Brasel	1:28:51	6	Mark Wisdom	1:12:40						
7	Gregory Buppert	1:29:26	7	Brian Crooks	1:17:58						
8	Jason Lesniad	1:31:08	8	David Oakland	1:18:04						
9	Matthew Rogers	1:39:21	9	Jeffrey Little	1:18:04						
10	Dustin Smith	1:40:14	10	Bruce McCall	1:18:05						
11	Stephen Onufrak	1:44:08	11	Peter Wilson	1:18:29						
12	Andres Garcia	1:47:37	12	Jeff Cochran	1:18:52						
13	Scott Black	2:04:45	13	Kurt Lammon	1:20:07						

## FEMALE AGE GROUP 30 - 34

1	Marion Pound	1:17:59	14	Daniel Forcier	1:23:43						
2	Kristina Guy	1:22:25	15	Paul Talbott	1:20:18						
3	Rebecca Shearer	1:25:52	16	Martin Finnegan	1:20:40						
4	Charlene Simmons	1:28:33	17	Daniel Forcier	1:23:43						
5	Emily Guyer	1:28:57	18	Marshall Rowe	1:31:09						

## FEMALE AGE GROUP 40 - 44

1	Jan Gautier	1:07:01	19	Alton Danielson	1:37:37						
2	Leigh Ceci	1:19:24	20	Jim Hauper	1:39:39						
3	Laura Hodges	1:19:58	21	Steve Tompkins	1:40:11						
4	Janice Comett	1:23:06	22	Barry Vradenburgh	1:40:16						
			23	Benji Cordell	1:44:08						

5	Montie Edwards	1:32:18
6	Terry Dawson	1:40:57
7	Wade Kirstein	1:43:30

## MALE AGE GROUP 65 - 69

1	Bud Wiseman	1:22:58
2	Ted Hegebarth	1:23:26
3	Doug Hawley	1:26:29
4	Harry Ireland	1:37:03

## FEMALE AGE GROUP 65 - 69

1	Joan Maney	2:01:16
2	Rebecca Chapman	2:30:26

## MALE AGE GROUP 70 - 79

1	Thomas Farley	2:15:17
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## MALE AGE GROUP 45 - 49

1	Tim Holmes	1:05:12
2	Mitchell Liao	1:08:53
3	David Randolph	1:09:33
4	James Zahn	1:10:34
5	David Brown	1:12:21
6	John Turner	1:15:00
7	Jon Huebschm	1:19:42
8	John Newland	1:27:56
9	Bryan Davis	1:29:41
10	Bill Harris	1:31:39
11	Rob Dankel	1:40:08
12	Bill Nation	1:40:17
13	Franklin Mcglothlin	2:29:28

## FEMALE AGE GROUP 45 - 49

1	Mary Anne Rogers	1:18:00
2	Ana Barlie	1:30:51
3	Beth Segars	1:31:53
4	Tere Manresa-Cordell	1:43:49
5	Mary Loggins	1:44:12
6	Patti Higgins	1:49:58
7	Lianne Griffin	1:53:27
8	Kay Gaither	1:56:10
9	Elizabeth Thompson	2:10:14
10	Betsy Williams	2:10:22
11	Marcia Ritter	2:16:49

## MALE AGE GROUP 50 - 54

1	Roger Harris	1:12:12
2	Buddy Rabun	1:12:24
3	David Gregory	1:19:23
4	Tom Gray	1:19:45
5	Richard Devine	1:21:37
6	Gus Hutto	1:21:39
7	Richard Meek	1:22:14
8	Art Dunn	1:23:08
9	Miles Tanenbaum	1:25:01
10	Timothy Glascock	1:37:40
11	Thomas Lawson	1:55:27

## FEMALE AGE GROUP 50 - 54

1	Judy Gray	1:38:01
2	Kitty Halfacre	1:41:19
3	Debra Barton	1:43:08
4	Debbie Bryant	1:49:53
5	Rebecca Meglothlin	1:52:59
6	Iris Rice	1:53:43
7	Sharon Thomas	2:08:40
8	Kathy Davidson	2:09:49
9	Mary Beth Sutton	2:10:32
10	Betty Bates	2:30:25

## MALE AGE GROUP 55 - 59

1	James Davis	1:12:52
2	Rick Rogers	1:13:46
3	Bob Braddock	1:19:41
4	Danny Casteel	1:19:42
5	Pat Hagan	1:23:10
6	Mike Naugher	1:29:21
7	Roy Webb	1:37:28
8	Bob Cutrer	1:38:30
9	Earl Kelle	1:39:47
10	Sam Mcginness	1:39:55
11	Jim Hamblen	1:40:03
12	Michael Jacocks	1:49:57
13	Charlie Breeding	1:58:15
14	George Mcginness	2:00:00

## FEMALE AGE GROUP 55 - 59

1	Debbie Williams	2:07:07
2	Marjie Tyson	2:08:40
3	Sharon Black	2:35:20

## MALE AGE GROUP 60 - 64

1	Doyle Thomas	1:11:49
2	Terry O'brien	1:25:13
3	Larry Kuglar	1:27:31
4	Walter Sinor	1:27:43

# Chickamauga Battlefield Marathon Results – 2006

<b>MALE AGE GROUP 1 - 24</b>			13	Melissa Coker	4:46:55	31	Jeffrey Dorr	4:41:23	12	Joy Newby	4:57:04
1	Kevin Obrien	3:17:42	14	April Springfield	4:48:57	32	Loren Griswold	4:47:01	13	Juantia Motley	5:09:38
2	James Malcolm	3:43:38	15	Lana Mades	5:26:57	33	Chris Plows	4:53:45	14	Mona Landry	5:17:10
3	John Wiygul	3:46:24	<b>MALE AGE GROUP 35 - 39</b>			34	Mel Hull	4:55:17	15	Kim Mckenney	5:17:37
4	Christian Webber	3:50:05	1	Wade Oliver	2:57:52	35	David Clark	5:10:39	<b>MALE AGE GROUP 50 - 54</b>		
5	Brenton Floyd	3:53:17	2	James Bichelhaupt	3:00:24	36	Jerry Hoffer	5:40:17	1	Eddie Boswell	3:29:17
6	Casey Steffes	4:05:14	3	Ryan Reardon	3:21:51	37	Kenny Samples	5:50:44	2	Michael Pomarole	3:37:10
7	Matt Knepper	4:05:49	4	Brett Noerager	3:24:56	38	Max Cassidy	5:55:31	3	Scott Ludwig	3:38:50
8	Bradley Webber	4:08:36	5	Robert Williams	3:28:08	<b>FEMALE AGE GROUP 40 - 44</b>			4	John Ferguson	3:39:29
9	Marco Bianchini	4:15:03	6	Jeff Bonasso	3:29:48	1	Kristine Whorton	3:24:01	5	Ross Dempster	3:47:40
10	Michael Burnett	4:55:14	7	Errol Josephs	3:30:41	2	Lynn Mooney	3:39:44	6	Jerry Milner	3:48:30
<b>FEMALE AGE GROUP 1 - 24</b>			8	Chris Wilds	3:37:44	3	Debbi Legg	3:40:18	7	William Hutton	3:52:02
1	Tami Smith	4:11:58	9	Billy Hudson	3:39:00	4	Lisa Brannan	3:45:10	8	Jim Frey	3:53:27
2	Melissa Chapman	4:22:48	10	Jeffrey Hirsch	3:44:44	5	Beverly Leamon	4:04:54	9	James Mcginness	3:53:48
3	Jessica Boisse	4:31:50	11	Robert Gustafson	3:44:57	6	Bonnie Elam	4:13:34	10	J. R. Molen	3:57:18
4	Erkia Grissinger	4:40:00	12	Robert Fitz	3:46:35	7	Mary Wagner	4:18:10	11	Richard Nikonovich-K	4:00:30
5	Amy Givens	4:40:53	13	Ryan Shrum	3:48:45	8	Sherri Welch	4:21:27	12	Ken Diehl	4:00:56
6	Jessica Brown	4:49:57	14	Mark Kuhn	3:54:28	9	Christie Richardson	4:34:40	13	Jim Steffes	4:05:37
7	Dawn Parker	4:57:58	15	Scotty Pope	3:55:37	10	Amy Oliver	4:34:54	14	Wes Rogers	4:07:30
8	Michelle Grissinger	5:12:26	16	Todd Nellis	3:58:03	11	Kim Griswold	4:46:56	15	Jeff Stracener	4:08:10
9	Heather Dennis	5:14:47	17	Taz Dixon	3:58:44	12	Sue Davis	4:53:19	16	David Wilkerson	4:11:24
10	Serena Rimer	5:18:11	18	Jeff Bynum	3:59:01	13	Gail Gibson	4:58:56	17	Tom Monaghan	4:17:11
11	Elizabeth Park	5:19:54	19	Terry Howell	4:02:53	14	Beverly Weaver	5:06:56	18	John Saunders	4:27:44
12	Darcy Rebekah Parker	5:41:25	20	Christopher Segler	4:02:53	<b>MALE AGE GROUP 45 - 49</b>			19	Larry Reynolds	4:27:57
<b>MALE AGE GROUP 25 - 29</b>			21	Phillip Avans	4:03:49	1	Hugh Enicks	2:48:04	20	George Higgs	4:42:33
1	Roger Hutto	3:21:09	22	Geoff Rodgers	4:04:16	2	Eric Clarke	3:08:23	21	Greg Harris	4:44:29
2	Christopher Pierce	3:49:32	23	Chris Gaither	4:09:46	3	Carl Patterson	3:10:07	22	Paul Fournier	4:52:17
3	Andrew Davidson	3:52:56	24	Zsolt Nemedi	4:10:14	4	Sal Coll	3:12:24	23	Phil Min	5:13:44
4	Jonathan Bialek	3:53:58	25	Aaron Mercer	4:15:41	5	Douglas Cullum	3:26:41	24	Dale Allen	5:21:15
5	Beau Wendholt	3:57:55	26	Brian Carlinnia	4:19:51	6	Thomas Towner	3:29:04	<b>FEMALE AGE GROUP 50 - 54</b>		
6	Darrick Alford	4:02:56	27	Richard Toller	4:23:37	7	Ed Freeman	3:31:59	1	Deborah Lazaroff	4:10:58
7	Bart Wallin	4:04:19	28	David Ray	4:30:29	8	Kerry Smith	3:32:03	2	Melodie Thompson	4:28:25
8	Jeremiah Johnson	4:17:18	29	Leo Anderson	4:38:07	9	Ramdall Thompson	3:36:18	3	Patsy Closs	4:51:54
9	Brock Wester	4:22:52	30	Kelvin Stewart	4:50:30	10	Larry Epps	3:36:20	4	Cathie Johnson	4:53:47
10	Joseph Reed	4:41:14	31	Jay Remko	4:51:13	11	Gregory Beavers	3:36:28	5	Holly Motes	4:58:55
11	Robert Bishop	4:46:54	32	Warren Sanks	4:53:14	12	Don Pattison	3:40:47	6	Gail Stansel	5:10:39
12	Jay Sims	5:02:57	33	Robert Hoffbauer	4:56:03	13	Van Ford	3:41:38	7	Ann Croft	5:37:33
13	Allen Michot	5:24:09	34	Jim Jacobs	5:04:51	14	Bill Sanderson	3:42:01	8	Mary Mcdonald	5:42:42
<b>FEMALE AGE GROUP 25 - 29</b>			35	Todd Adams	5:08:50	15	William Parr	3:43:54	9	Anne Fayssoux	5:58:00
1	Micheala Mendez	4:18:58	36	Mike Bell	5:27:30	16	David Meek	3:45:34	<b>MALE AGE GROUP 55 - 59</b>		
2	Amanda Whatley	4:35:37	<b>FEMALE AGE GROUP 35 - 39</b>			17	Greg Chapman	3:47:37	1	Duane Fishel	3:24:19
3	Claire Honeycutt	4:37:10	1	Kelly Bullock	3:39:49	18	Jeff Edwards	3:50:59	2	Tony Halfacre	3:45:09
4	Anne Renshaw	4:54:27	2	Lisa Dahl	3:43:39	19	Joe Redmond	3:51:29	3	Flash Cunningham	3:57:45
5	Meredith Camp	5:01:28	3	Gina Bolen	3:54:06	20	John Zemp	3:54:21	4	Mike Martin	3:57:48
6	Nancy Ray	5:05:47	4	Patricia Burgess	3:54:14	21	Randy Whorton	3:56:02	5	Leonard Hymes	4:11:01
7	Anna Lins	5:15:23	5	Belinda Young	3:54:28	22	Kent Kinderwater	3:56:24	6	Craig Kelly	4:11:36
<b>MALE AGE GROUP 30 - 34</b>			6	Mae Quinn	3:55:09	23	Jim Pearce	3:58:44	7	Don Cleveland	4:16:39
1	Matthew Lavine	2:44:51	7	Tara Murdock	3:59:48	24	Cliff Milam	4:00:20	8	Steven Freedman	4:23:31
2	Jason Hanlin	2:56:46	8	Nancy Dodson	4:00:32	25	Jeff Ledford	4:05:47	9	Jerry Stokes	4:23:44
3	Chris Greenwood	3:10:07	9	Heather Mclean	4:04:15	26	Scot Goss	4:08:23	10	Dale Zanchi	4:34:55
4	John Dunne	3:16:59	10	Carolyn Bowen	4:10:37	27	Bill Thomas	4:10:33	11	Michael Maney	4:39:11
5	Jason Hamrick	3:20:20	11	Anna Morgan	4:11:53	28	Craig Watson	4:13:08	12	Gary Williams	4:39:45
6	Michael Drew	3:23:19	12	Julie Moran	4:18:14	29	Larry Tanner	4:15:13	13	Bill Hayne	4:52:32
7	Jason Forster	3:34:40	13	Sonya Reagor	4:42:18	30	Bryon Blankenbecler	4:16:51	14	Troy Johnson	4:54:27
8	Cory Hall	3:42:37	14	Lisa Smith	4:59:38	31	Terry Bailey	4:17:17	15	Skeet Hartman	5:08:50
9	Bradley Zanoska	3:47:05	15	Brenda Simpson	5:21:20	32	Chris Amato	4:18:15	16	David Thompson	5:41:22
10	Chris Cook	3:51:10	16	Ashley Remko	5:26:24	33	Tag Welch	4:19:14	17	Frank Bartocci	5:56:45
11	Christopher Harris	3:53:35	<b>MALE AGE GROUP 40 - 44</b>			34	Phillip Webster	4:22:18	<b>FEMALE AGE GROUP 55 - 59</b>		
12	John Voltz	3:57:39	1	Robby Callahan	3:10:20	35	Bill Kahle	4:24:52	1	Michele Young	4:23:47
13	Chris Kemp	3:58:17	2	Thomas Herring	3:12:48	36	John Mrosek	4:26:08	2	Sandra Zanchi	4:55:26
14	Trevor Ledford	4:03:10	3	Doug Ross	3:14:56	37	Wayne Baker	4:26:14	3	Mary Snyder	4:58:30
15	Zach Cowart	4:06:10	4	Sean O'connor	3:22:29	38	Richard Luna	4:28:01	4	Margaret Darneille	5:01:24
16	John Sanke	4:09:45	5	Mikey Cummings	3:28:44	39	Wallace Tarry	4:28:47	5	Mary Ann Sherrod	5:28:06
17	Rob Schweak	4:12:55	6	Mike Ford	3:33:21	40	Bob Poulosen	4:29:04	6	Patricia Hannan	5:29:27
18	Jeff George	4:17:04	7	Daniel Mattle	3:34:27	41	Jeff Burroughs	4:36:30	7	Caren Carmichael	5:48:23
19	George Flatau	4:19:39	8	Robert Rousseau	3:36:48	42	Phillip Garland	4:36:56	<b>MALE AGE GROUP 60 - 99</b>		
20	Jim Wells	4:21:47	9	Billy Brown	3:38:59	43	Richard Speake	4:38:56	1	Ken Brewer	3:25:30
21	Anthony Schatz	4:27:47	10	Gregg Davis	3:44:40	44	Larry Gipson	4:46:30	2	Sergio Bianchini	3:36:09
22	Stan Gibson	4:41:22	11	Greg Halen	3:47:01	45	Andrew Alexson	4:47:02	3	A Barker	3:59:04
23	Marc Downs	4:41:29	12	Mel Edwards	3:48:35	46	Stanley Richter	5:02:07	4	Richard Decample	3:59:23
24	Matthew Mcintyre	4:42:15	13	Douglas Walter	3:52:42	47	D Sinclair	5:12:29	5	Roger Lee Lambert	4:04:27
25	Jimmy Lea	5:46:57	14	Mark Colbert	3:55:03	48	Dewayne Wesley Stans	5:14:40	6	Jay Magieren	4:13:25
<b>FEMALE AGE GROUP 30 - 34</b>			15	Dale Pelletier	3:55:39	49	Keith Mckenney	5:18:08	7	Antony Pleasance	4:25:00
1	Lisa Barrett	3:41:08	16	Stephen Bledsoe	3:57:14	50	Brad Townsend	5:24:26	8	Richard Allen	4:40:20
2	Amy Luster	3:53:42	17	Mark Willingham	3:58:20	51	Ian Harper	5:41:18	9	Nelson Fltzpatrick	5:01:28
3	Kasha Jones	4:07:04	18	Don Allen	3:58:53	52	James Shank	6:03:02	10	Raymond Mattle	5:21:41
4	Rebecca Finnin	4:08:37	19	Ricky Krisle	4:00:19	<b>FEMALE AGE GROUP 45 - 49</b>			11	Randal Whorton	5:28:56
5	Minnette Lusk	4:12:26	20	Todd Rechenbach	4:06:41	1	Loraine Hillard	3:40:10	<b>FEMALE AGE GROUP 60 - 99</b>		
6	Mary Stoetznier	4:22:12	21	Edward Ferrell	4:07:29	2	Susan Lance	3:49:55	1	Phyllis Sizemore	4:13:43
7	Caryn Lamphier	4:23:36	22	James Ellis	4:11:06	3	Jan Fratto	3:52:29	2	Bonnie Wassin	5:23:30
8	Maureen Bodkin	4:27:34	23	Steve Hogan	4:17:30	4	Rebecca Stevens	3:57:39			
9	Jennifer Blanchard	4:27:44	24	Ted Welch	4:26:37	5	Kimberlie Budzik	3:57:54			
10	Rachel Dankel	4:32:23	25	Lawrence Williams	4:28:36	6	Karen Slobod	3:59:48			
11	Alisha Thompson	4:46:04	26	Mark Dail	4:31:50	7	Sharon Wright	4:29:04			
12	Amy Nelson	4:46:28	27	Randy Dover	4:32:07	8	Betty Holder	4:30:02			
			28	Howard Reagor	4:33:26	9	Cindy Hoy	4:32:56			
			29	Jeff Knop	4:37:08	10	Angie Dyer	4:49:25			
			30	Phil Daniel	4:40:21	11	Suzie Gladde	4:56:03			



# BlueCross BlueShield of Tennessee Encourages Good Health with New Ads

Take a quick look around town or turn on the television and you may notice some of the new billboards and advertising by BlueCross BlueShield of Tennessee. CARTA buses, grocery store floors and some key Web sites highlight ways in which the company is promoting better health in Tennessee.

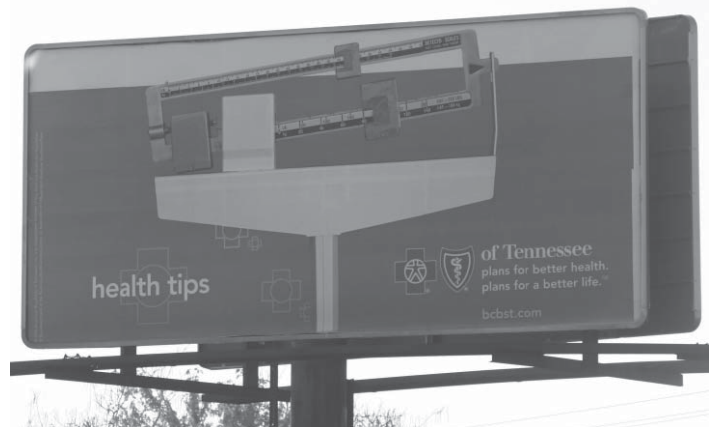
BlueCross launched an extensive advertising campaign earlier this year to promote better health and encourage people to make smarter choices when it comes to their personal well being. A primary corporate sponsor of the Chattanooga Track Club, BlueCross is committed to improving the overall health and wellness of our community.

As most runners know, walking is a great way to warm up and cool down before and after a run. It's also a terrific way to begin an exercise routine and to train for running.

WalkingWorks, a program managed by BlueCross, is one of the features of the new advertising campaign. The program provides businesses and individuals with the information and tools needed to begin – and stick with – a walking program.

Other billboards and advertisements highlight some of BlueCross' key plan benefits, such as nutritional guidance, fitness rewards and health tips, many of which can be found online at [www.BCBST.com](http://www.BCBST.com).

As you resolve to stay healthy for the rest of the year and the years ahead, consider some of the resources and tips you can find online at [www.BCBST.com](http://www.BCBST.com). And it's not too early to start thinking about the BlueCross Market Street Mile & Mystery History Quest on April 21 and the BlueCross Riverbend Run & Walk on June 16, both of which are Chattanooga Track Club events.



Examples of area billboards promoting healthy lifestyles.



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- WalkingWorks
- health education
- vitamin discounts
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An example of an advertisement aimed at human resources managers.

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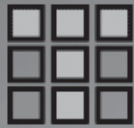
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# Chattanooga Track Club Board of Directors Meeting Minutes

October 3, 2006

**In attendance:** Donna Dravland, John Hunt, Dan Bailey, Robert Gustafson, Bill Brock, James Dravland, Melodie Thompson, George Skonberg, James Williams .

**Absent:** Cindy Richie, Tara Murdock, Phil Stewart, Jared Chastain, Kristina Guy.

**Non-board member present:** Flash Cunningham

Donna called the meeting to order at 6:08 pm

September minutes were reviewed. Several minor changes were noted, and were corrected. A motion was made to pass the amended minutes. The motion was seconded and passed unanimously.

## Races Committee

Robert reiterated his concerns from the August meeting concerning the lack of people trained on RunScore. This is a must for the club moving forward. He also indicated that the race equipment was showing signs of mistreatment, and needs to be taken better care of. Specifically, one of the clocks is not working, and the new mile markers have been damaged. This is not necessarily the fault of the equipment manager, but more of the rest of the club and each race taking more ownership of keeping our equipment in the best condition possible. James D. mentioned that at one time a contract for the equipment had been created, and Robert said that we need to move back to that, so that each time our equipment is used, the contract indicates the condition of the equipment being used both when it is received and returned.

Bill said that the authority over the equipment and the equipment manager resides with the Races Committee. Robert then suggested that all race directors should be required to show up at the Races Committee meetings, or at least the one prior to their race. Bill said he would provide a distribution list for Robert to use when communicating with Race Directors.

Robert brought up the issue of insurance, wondering why the Stump Jump a CTC race when the CTC does not "run" the race. It is covered by CTC insurance, as is the River Gorge Run. He was not sure we should be covering those races

when we do not receive any of the benefits from the race.

It was announced that a new Director had been found for the Triathlon. Bill Brock will be the new director, taking over for the Willinghams. Laura Powell and Sherilyn Johnson have agreed to be on the initial committee, with more to be announced.

Other news:

- The Joe Johnson race will have EM's on site.
- Nolan Elementary has asked for an Insurance Certificate for the Stump Jump. The certificate is needed to indemnify a specific entity.
- Rita Fanning would like to know if she will be needed as the race director for the Market Street Mile. Donna and George both indicated that they would contact Jane Overbeck from BCBST to get their input.
- The Chickamauga Marathon is receiving 5-7 entries per day. To date, there are 147 total entrants for the Marathon and 10 mile race.
- John Wilke has agreed to take over as Keeper of the Points for ROY. He needs a current list of members to work from.
- Donna said that she would be contacting Jerry McClanahan re the new laptop and RunScore training.

The next meeting of the Races Committee is TBD.

## Communications Committee

John and Phil have been working on locations for the banquet, which will be on either Jan. 21 or Jan. 25. So far Phil has contacted six of the following options.

- They are:
- Chattanooga Radisson
  - The Theatre Centre
  - Hunter Museum
  - Downtown YMCA
  - Chester Frost Park
  - The Aquarium
  - Discovery Museum
  - Clarion

30 people showed up at the fun event last week at Out of the Blue. Fast Break and Front Runner were both sponsors of the event, as well as Out of the Blue.

The next meeting of the Communications Committee will be on October 17.

## Membership

John will call former members who have let their memberships lapse. Bill will provide him with a corrected file of members to use.

## Treasurer's Report

Dan went over the finances, and recommended that we use \$10,000 to purchase two more \$5,000 CDs. He also recommended closing out the Raymond James savings account. A motion was made to pass the report as read. The motion was seconded, and was passed unanimously.

## President's Report

Donna asked if there was a policy written for adding links to other web sites from ours. Bill said that none exists today, but a policy was in the works. George mentioned that we should let others link to our site, provided they pay for that

service. The hiring committee will meet next Tuesday the 10<sup>th</sup> at 5:45.

## Member Questions

Flash Cunningham wondered if Joe Johnson was a CTC race and ROY race. And that if it was not, then it should be.

## New Business

We discussed possible Board members. James Williams was asked to consider becoming President Elect, Dan will remain as Treasurer, John would take over as Secretary, Robert will remain VP of Races, Melodie will move up to President, and Donna will move to Past President.

**The next board meeting will be held November 7, 2006 at Porkers. This is election night. The meeting will be at 5:30, with dinner at 6:30 Meeting adjourned at 7:24.**

# Chattanooga Track Club Financial Statements

## BALANCE SHEET AS OF OCTOBER 31, 2006

### ASSETS:

CASH	\$37,322.15
ENDOWMENT FUND	\$1,399.91
EQUIPMENT (AT COST)	\$15,632.54
<b>TOTAL ASSETS</b>	<b>\$54,354.60</b>

### LIABILITIES:

MONEY HELD FOR OTHERS	\$ 0.01
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### EQUITY:

RETAINED EARNINGS	\$54,354.59
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**TOTAL LIABILITIES & EQUITY: \$54,354.60**

## STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

### REVENUES:

MEMBERSHIP DUES & DONATIONS	\$24,746.32
RACE RECEIPTS/JOGGING AROUND PROGRAMS	\$5,228.67
<b>TOTAL REVENUE</b>	<b>\$81,263.10</b>

### EXPENSES:

PROGRAMS	\$7,568.76
STAFF SALARY	\$18,521.17
DONATIONS/SPONSORSHIPS	\$5,228.67
JOGGING AROUND	\$9,776.37
ADMINISTRATIVE	\$10,582.62
RACE DISBURSEMENTS	\$24,633.50
<b>TOTAL EXPENSES:</b>	<b>\$76,311.09</b>

**NET INCOME (LOSS): \$4,952.01**

# 2006 Joe McGinness Runner of the Year Competition Update

By John Wikle

The 2006 ROY competition is almost over with only the Wauhatchie Trail Run remaining. Some of the division winners have clinched, but most could be decided by the last race or volunteer points. The current standings are listed below. The ROY rules state that in order to qualify for an award, you must volunteer for at least one event. There are a lot of runners at the top of the standings that have not been credited for volunteering and they are listed below with an asterisk. If you have volunteered and want credit, you need to contact me by e-mail at [jwwikle@comcast.net](mailto:jwwikle@comcast.net) or phone at 593-7861. You may also contact me if you think that the points have not been calculated correctly. The full results are on the Club web site.

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[www.chattanoogaestateco.com](http://www.chattanoogaestateco.com)

## Joe McGinness Runner of the Year

### Current Standings

# MEN

#### Overall Men

Hugh Enicks (720)\*  
Sean Higgins (670)\*  
Zach Cowart (500)  
Gregg Hansen (460)\*  
John Harrison (460)  
Chad Varga (390)  
Tim Holmes (350)\*  
Mitch Keebler (310)\*  
Tim Ensign (300)\*  
Sergio Bianchini (290)

#### Junior Men (0-15)

Marco Bianchini (390)  
Jack McGinness (300)\*  
Andrew Gennett (270)\*  
Andrew Enicks (190)\*  
Tyler Keys (180)\*  
Quinn McGinness (150)\*  
Ford Charman (100)\*  
Bill Alexson (70)\*

#### Adult Men (16-39)

Zach Cowart (910)  
Sean Higgins (770)\*  
Daniel Uson (590)  
Brenton Floyd (350)\*  
Curt Sims (320)\*  
David Moghani (290)\*  
Robert Gustafson (270)\*  
Will Enicks (270)\*  
Marco Bianchini (260)\*  
Jim Farmer (230)\*

#### Master Men (40-49)

Hugh Enicks (720)\*  
Gregg Hansen (590)\*  
Tim Holmes (420)\*  
Chad Varga (400)  
Mitch Keebler (350)\*  
Sal Coll (340)\*  
David Wilson (320)\*  
Tim Ensign (300)\*  
Jeff Stracener (240)\*  
Don Gregg (240)\*

#### Grand Master Men (50-59)

John Harrison (1180)  
Flash Cunningham (680)\*  
Michael Martin (600)\*  
Rick Rogers (490)\*  
John Walker (400)\*  
Nick Honerkamp (330)\*  
David Presley (280)\*  
Tim Ross (270)\*  
Pat Hagan (260)\*  
Jim Steffes (210)\*

#### Senior Men (60+)

Sergio Bianchini (1080)  
Jesse Roberson (540)\*  
Jim Selman (530)\*  
Walter Sinor (390)\*  
Doug Hawley (290)\*  
Cyrus Rhode (250)\*  
Harry Ireland (240)\*  
Lee Meadows (230)\*  
David Wycherley (220)\*  
Allen Buquo (180)\*

# WOMEN

#### Overall Women

Jan Gautier (630)  
Belinda Young (610)\*  
Melodie Thompson (600)  
Lynda Webber (410)\*  
Sue Barlow (370)\*  
Amy Mullens (360)  
Denys Tawzer (360)\*  
Joanna Crooks (250)\*  
Michelle Meek (250)\*  
Sarah Bowen (250)\*

#### Junior Women (0-15)

Ashley Riner (710)  
Caitlin Duggan (290)\*  
Kim Jade Wycherley (190)\*  
Danielle Thompson (90)\*  
Jeneva Steffes (80)\*  
Lydia Gennett (80)\*

#### Adult Women (16-19)

Belinda Young (640)\*  
Joanna Crooks (410)\*  
Denys Tawzer (390)\*  
Nancy Dodson (260)\*  
Michelle Meek (260)\*  
Dreama Campbell (240)\*  
Emily Breeding (220)\*  
Paige Segler (200)\*  
Tara Murdock (190)\*  
Mary Stoetzner (190)\*

#### Master Women (40-49)

Lynda Webber (640)\*  
Jan Gautier (630)  
Bernice Delaney (620)  
Sue Barlow (380)\*  
Sharon Armour (380)\*  
Missi Johnson (330)\*  
Betty Holder (260)\*  
Christine Post (250)\*  
Sally Hoffman (250)\*  
Donna Dowlen (230)\*

#### Grand Master Women (50-59)

Melodie Thompson (1150)  
Amy Mullens (910)  
Sarah Bowen (400)\*  
Lenora Pou (350)\*  
Joan Hearn (160)\*  
Theresa Samuelian (180)  
Sue Ann Brown (90)\*  
Cindy Pointer (80)\*  
Mary Reid (70)\*  
Jane Phillips (60)\*

#### Senior Women (60+)

Bonnie Wasson (1210)  
Edwina Cohen (760)  
Sue Ann Brown (500)\*  
Betty Burrell (350)\*  
Ann Garner (270)\*  
Frances Martin (130)\*

\*needs volunteer credit to be eligible for an award



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# Chattanooga Track Club Membership Levels for 2006

## I. Basic Membership

Individual	\$24 Per Year
Family	\$36 Per Year
Student	\$18 Per Year

### Basic Membership Benefits:

- CTC publication, *Jogging Around* 8 Times Per Year
- 10% Discount at Fast Break and Front Runner
- Weekly Organized Runs with the Opportunity to Meet Other Runners
- Weekly E-mail Newsletter
- Four Fun Social Events Per Year
- Discounts on Several CTC Race/Events
- Opportunity to Compete in the Runner of the Year
- Membership is Tax-Deductible

## II. Donor Level Membership

Individual	\$50 Per Year
Family	\$100 Per Year

### Donor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Donor Level Member
- Name Listed on CTC Website as a Donor Level Member

## II. Sponsor Level Membership, \$250+ Per Year

### Sponsor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Sponsor Level Member
- Name Listed on CTC Website as a Sponsor Level Member
- Other Logo Presentation and Advertising Opportunities Vary Based On the Size of the Gift. Please Contact Connie Hall for More Details At 423-843-3207

*Donors and sponsors give more for their membership primarily to help insure that the Chattanooga Track Club is able to fulfill its mission and vision. Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through club events and media.*

Make checks payable and return to:

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

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



## MEMBERSHIP APPLICATION

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: \_\_\_\_\_

# New Member Profile

## Laurie Shipley

**Occupation:** Vice President of Development and Marketing for Girls Inc. of Chattanooga

**Age:** 46

**Marital Status:** Married for 20 years to Tom Shipley

**Children:** One Daughter - Keli (14) freshman at GPS

**Hobbies:** Exercise, cooking, cross-stitching

**Running Status:** NOVICE!!!!

**How did you hear about the track club?:** Heard about Chattanooga Track Club through Donna - I was the 2006 Race Chair for the Komen Race. Donna encouraged me to join.

**How long have you been in the Chattanooga area?:** I've lived in Chattanooga for the past 12 years. Transplanted "Yankee!"



## Jogging Around Ad Rates

Ad Size	Single run	3 Issue run	Year Run
Full Page	\$90/Issue	\$85/Issue	\$70/Issue
Half Page	\$55/Issue	\$49/Issue	\$44/Issue
Qtr Page	\$40/Issue	\$36/Issue	\$32/Issue
Business Card	\$25.00	\$22.50	\$20.00

*Inserts are \$60/issue*

## Jogging My Memory

By Bill Brock

My first experience with running was when I went out for junior-high cross-country at McCallie. I was never a great athlete – always smallest in my class and last-picked for any team, regardless of the sport, so I'm not sure that I expected a lot out of cross-country. What I knew was, that it was the one sport opportunity I could think of where physical contact or direct confrontation with guys bigger than me weren't part of the deal.

Something very lucky happened for me that fall. My feet were pretty hardy. My soles had developed over many summers of walking barefoot over asphalt, beach sand and white sidewalk in Sarasota Florida where my mom would take us each year. Walking on gravel barefoot wasn't the greatest, but not much else ever bothered me.

Lane McKown ran first on our team. He was one of the few guys I'd ever met my own age who was lighter than I was. He flew. And he ran barefoot. It only took me one look at him running that way to decide to kick my shoes off as well and see what it was like. Lane and I both ran barefoot that whole season, and I'm very grateful that our coach, John McCall, let us get away with that. Those runs and meets offer some of the most pleasant memories of my life, to this day.



Cross-country proved the sport of choice for me. It wasn't that I won any meets. I ran third in practices, in fact, and then Donald Gott would inevitably take that spot from me in every actual meet. Today, I'd know to call him a slacker... My cousin, David Brock, ran second, and I always thought of us as 'the top four.' Actually, if you asked me at the time, I'd have told you I ran third on the team... (we ran more practices than meets, after all!).

I learned a good lesson, by the way, about runners and body-types. Scott Massey was a tall, gangly guy who was just slower than molasses on our team. I always wondered what made him want to run. I stopped wondering that first day we ran sprints on the football field and Scott beat even my cousin David (also a long-legged guy) by a good 15 yards. I gained a new respect for Scott that day, and didn't wonder why he ran anymore.

Two more memories from that team and those runs. Running 'billy-goat hill' at McCallie was one of my favorite things to do. Barefoot and lighter than anyone else, I could float up that hill, and it was sheer joy to beat all those guys I couldn't stand up to any other way. And I loved the course at Baylor, with the one exception of their gravel road on the lower field... Did I mention that I ran barefoot?

# January 21, 2007

## Save the Date...CTC Banquet!



# WEDNESDAY NIGHT TRAIL RUN

For more information, e-mail  
farmerjp@bellsouth.net

## Jog/Walk Program Schedule:

Wednesdays 6:00pm Fast Break Athletics  
Runners, Speedwalkers, Joggers, Slow  
Runners and Walkers are all welcome!  
If you are injured or starting your running  
program all over again this would be a  
great place to start. For more information  
please send email to [jumpytwo@hotmail.com](mailto:jumpytwo@hotmail.com)  
or call Melodie at 535-3259.

For "Footnotes" from the RRCA  
go to [www.rrca.org](http://www.rrca.org) - this newsletter  
is no longer printed, but the same  
great information can be found online.  
Keep up to date on food, racing,  
coaching and much more!

## SPEEDWORK

Thursday Night at 6:30pm at  
Fast Break Athletics - Joey Howe  
leads this pack - All Speeds Welcome.

### Volunteers Needed!

Can't run in a race, that's ok - volunteer instead. We're looking  
for volunteers to help out with upcoming races.

Get ROY points - In order to qualify for an award, you must  
volunteer for at least one event

## Walking Works

- Monday evenings at 7PM
- meet at Fast Break Athletics, 104 Tremont St.

## Group Run

Getting Ready for a Marathon?  
New in town and need new long  
distance running companions?  
Go to [www.grouprun.com](http://www.grouprun.com) for  
the latest group run schedule,  
track workouts and the yearlong  
marathon schedule.



Please send  
your bulletins to  
[bbrock@tech-projects.com](mailto:bbrock@tech-projects.com)

Check out the new CTC website at  
[chattanoogatrackclub.org](http://chattanoogatrackclub.org)

### Speed/Hillwork

Wednesday Mornings  
Leave from Downtown  
YMCA at 6 a.m.






# BULLETIN BOARD

# Race Calendar

Please see [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) for a complete list of events past and present, further rules, changes and regulations. 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.


## Legend

-  CTC Event
-  Joe McGinness Runner of the Year (JMROY)
-  JMROY Volunteers Points Only

Send race information to:  
Jerry McClanahan  
831 Creek Drive  
Chattanooga, TN 37415  
[ojkmcclanahan@comcast.net](mailto:ojkmcclanahan@comcast.net)

### DECEMBER

9 – Carpet Capital 10 Miler  
10 Mile Run  
Site: Dalton, GA

16 – Wauhatchie Trail Run  
6.7 Mile Run  
 Site: Chattanooga, TN


31 – Karen Lawrence Run  
4 Mile and 2 Mile Run  
Site: Chattanooga, TN

### JANUARY

21 – CTC Banquet  
Site: TBD


### MARCH

10 – Half Marathon, 5K Run, 2 Mile Strut  
Your Mutt  
Site: Chattanooga, TN


31 – 65 Roses 5K Walk and Run  
 Site: Cleveland, TN

31 – Rock Creek River Gorge Trail Run  
10.2 and 6.5 Mile Run  
 Site: Chattanooga, TN

### APRIL

14 – Chickamauga Chase  
5K and 15K Run  
 Site: Chickamauga, GA


21 – BlueCross Market Street Mile  
1 Mile Run  
 Site: Chattanooga, TN

21 – Gateway Bank 5K and 1 Mile Fun Walk  
5K and 1 Mile Fun Walk  
 Site: Ringgold, GA

### MAY


12 – King of the Mountain  
Site: Lookout Mountain, GA

19 – Greenway Challenge  
Site: Chattanooga, TN


28 – Chattanooga Chase  
5K and 8K Run  
 Site: Chattanooga, TN

TBD – Wild Race  
Site: Chattanooga, TN


### JUNE

16 – BlueCross Riverbend Run  
5K Run  
 Site: Chattanooga, TN


### JULY

15 – Chattanooga Waterfront Triathlon  
 Site: Chattanooga, TN

### AUGUST

4 – Missionary Ridge Run  
4.7 Mile Run  
 Site: Chattanooga, TN

12 – Sprint Triathlon  
Site: Chattanooga, TN

25 – Raccoon Mountain Run  
 Site: Chattanooga, TN

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

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