



joggingaround

TRADE THE TIRES FOR TENNIS SHOES (4) YOUR RUNNING DOC (12-13)



**Jim Johnson Sets PR
in Germany...page 2**

OFFICIAL NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

Chattanooga Track Club

Officers

President
James Williams
ctjamestw@yahoo.com

Past President
Melodie Thompson
jumpytwo@hotmail.com

President-Elect (2009)
Charlene Simmons

VP Communications
Janice Cornett
janicecornett@comcast.net

VP Races & Equipment
Walt Sinor
waltersinor@yahoo.com

VP Membership
Sherilyn Johnson
steve.sherilyn@comcast.net

Secretary
Lynda Webber
lwebber@millermartin.com

Treasurer
Jim Steffes
jim@bartohoss.com

Directors

Butch Cooke
rlcooke@vei.net

Flash Cunningham
flashcunningham@comcast.net

Edwina Cohen
edwinafromtn@webtv.net

John Harrison
jharrison@bakerdonelson.com

Bill Moran
ctc_bill.moran@att.net

Amy Mullens
amullens@bakerdonelson.com

Peter Murphy
pmurphy@disabilityfirm.us

Jimmy McGinness
jamesjimi@aol.com

Steven Rubenstein
SJRubenstein@comcast.net

Teresa Samuelian
T_Samuelian@comcast.net



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In This Issue...

Words from the Prez's Perch	1
About The Cover	2
Joe McGinness Runner of the Year	3
Trade The Tires For Tennis Shoes	4
Signal Mountain 10K Road Race Results	5
Ensign and Jones Win Johnson Mental Health 10K	6
Joe Johnson Mental Health 10K Road Race Results	6
Group Runs - New Start Times	7
Komen Chattanooga Race For The Cure 5K Results	9-10
Augustus Ford Classic 5K & 10K Results	11
Your Running Doc...on Injury Prevention	12-13
CTC Board of Directors Meeting Minutes	14-15
OLPH Ram Run 5K Results	15
Bulletin Board	17
Race Calendar	Back Cover

Jogging Around

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

Editors

Charlene Simmons
James Williams

Layout/Design

Keith Finch

Printing

Shaw Printing Solutions

Ad Info

For Current Ad Information, please contact Sean Pfister at 991-8500 or spfister@chattanoogatrackclub.org

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.

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
<i>Inserts are \$60/issue</i>			

Words from the Prez's Perch

It has been said that the most important thing the CTC does in furtherance of its mission is putting on quality events for its members and the running community at large. By that measure, the CTC has much to be proud of. Certainly, over the last few years CTC has witnessed the transformation of what is now the Waterfront Triathlon, and the addition of Scenic City Half Marathon, Elementary School Cross Country, the Junior Marathon and other events. And as of this writing, Doug Roselle and company are on track to hit an upper-deck home run with the Battlefield Marathon and Half Marathon.



But if quality events are the yardstick – and most would agree they are – then it follows that the CTC's most precious resource, aside from its membership and volunteer base, is its race directors. A running event is only as good the amount of time, organization, and effort that its director is willing to put into it. Having a hundred or so willing volunteers on Saturday morning is of little use if they don't know where to go, what to do or what time to do it. Fortunately, the CTC been blessed with an exceptionally strong roster of race directors, each of whom have shown exceptional ownership in his/her respective events.

So, let me get to the point. Presently, the rate at which some of our race directors are either retiring or

contemplating moving on to doing other things (after many, many years of dedicated service) is exceeding our pipeline of future directors. Some of you have probably seen the request on our website for individuals to direct events. Thankfully, Tammy Sitton has answered the call on the Riverbend Run, Bill Moran for the Scenic City Half Marathon, and Andy Gill for Wauhatchie Trail Run. But there remain other events in need of a director; not only for our traditional running events, but also for those events we would like to add to our race calendar in the coming years. (Remember, the CTC's vision is to have up to 26 events per year.)

We need your help. If the most important thing the CTC does to serve its membership is providing great, fun events, then we need more directors to make this happen. If you've ever finished a race and said something along the lines of: "you know, this event could have been much better if they'd only done x, y or z," then, you might have what it takes to be a director. Or if you love running, have a knack for organization, and have enough self-confidence that you don't cringe every time you hear your voice over a PA system, you may be a race director in the making! Consider taking this opportunity to make a difference for CTC and the running community. Challenge yourself. You'll be glad you did.

Happy and safe running.

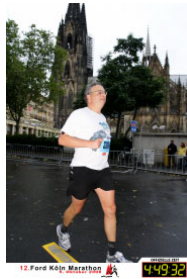
James T. Williams
CTC President

New & Returning Members

Angela Ballard	Farrell Hayes	Tiffany McKelvy
Jacquelyn Byrne	Lanise Hutchins	Steven Morrison
Peyton Carden	Julian Jackson	Hillary Mullins
Nicole Ellis	Mike Kirk	Erin Noseworthy
Michael Emerling	Deanna Lord	Zane Stone
Patrick Hall	Nestor Lucas	Jennifer Terry

About The Cover...

As part of the Chattanooga Track Club's new "Show off Your Club" photo contest, this month's cover shot is courtesy of Jim Johnson. Jim, the owner of Bike Tours Direct, was on a six country European tour this fall. While there, Jim stopped in Cologne, Germany to run in the Cologne Marathon. This photo was taken as he ran by the Cologne Cathedral, Germany's largest. Jim said, "Since the cathedral was at about the 22-mile mark, it was great to see it off in the distance-and getting closer and closer." Jim had a PR of 4:49:32 in Cologne. Evidently, the cathedral was inspirational! Or, alternately, maybe it's the shirt he's wearing that helped him reach his PR.



In the "It's a small world" department: Jim met a runner that had been in Chattanooga last year to run the Stump Jump. He and his wife invited Jim to meet up with them at the expo the day before the race. Jim's new friend had run the Cologne Marathon several times. Jim said it was good to spend time with a local runner who could tell him what to expect. He also enjoyed dinner in a 400-year-old restaurant, courtesy of his new friends. See what sporting your CTC gear can reward?

Congratulations Jim on your PR, your cover shot and your new friends!

DID YOU KNOW YOU CAN RENEW YOUR MEMBERSHIP ON THE CLUB WEBSITE?

Make checks payable and return to: CHATTANOOGA TRACK CLUB MEMBERSHIP APPLICATION

Apr '09 Chattanooga Track Club Membership Application

CTC Memberships are priced and run on an annual basis.

Already a CTC Member? Please click [here to login to renew your membership](#) (or retrieve your login info, if needed).

Name: Mr. Ms. Mrs. Miss. Other

First: Last: Suffix:

Birthdate:

Email:

Primary Email:

Membership Type	2008	2009 & 2009*
Student	<input type="radio"/> \$13.50	<input type="radio"/> \$31.50
Individual	<input type="radio"/> \$18.00	<input type="radio"/> \$42.00
Family	<input type="radio"/> \$27.00	<input type="radio"/> \$63.00
Individual Donor	<input type="radio"/> \$37.50	<input type="radio"/> \$87.50
Family Donor	<input type="radio"/> \$75.00	<input type="radio"/> \$175.00
Sponsor Member	<input type="radio"/> \$187.50	<input type="radio"/> \$437.50

*Renewing members need to [log in](#) to see the 2009 only rates.

Donate? Check here to make an additional contribution to the CTC Long Run Endowment Fund ([what is this?](#))

\$ Amount: In Memory Of (optional):

Joe McGinness Runner of the Year

Current Standings

MEN

Overall Men

- Charles Webb (1010)
- Joseph Goetz (930)
- Hugh Enicks (620)
- Sal Coll (540)
- Bill Warner (450)
- Flash Cunningham (360)
- Joey Howe (330)
- James Williams (300)
- Tim Ensign (290)
- Ryan Shrum (280)

Junior Men (0-14)

- James Larson (450)
- Cameron Beem (290)
- Nick Skonberg (160)
- Holden Zenker (100)
- Quinn McGinness (100)

Young Adult Men (15-19)

- Marco Bianchini (1130)
- Kenny Steffes (500)
- Andrew Gennett (410)
- Tyler Keys (230)
- Thomas Barker (200)
- Mark Straussberger (90)
- Andrew Enicks (90)
- Kyter Steffes (80)

Adult Men (20-39)

- Charles Webb (1150)
- Joseph Goetz (980)
- Adam Burnett (650)
- Bruce Smith (340)
- Zach Cowart (310)
- Dan Ellis (310)
- Rusty Mawk (270)
- Peter Murphy (230)
- Clay Warner (190)
- Sean Pfister (190)

Master Men (40-49)

- Sal Coll (900)
- Hugh Enicks (680)
- Joey Howe (450)
- Ryan Shrum (440)
- Mitch Samuelian (400)
- James Williams (380)
- Ray Beem (370)
- Chuck Denham (360)
- Ray Kellum (350)
- Mark Wisdom (350)

Grand Master Men (50-59)

- Tommy Nichols (890)
- Michael Leary (810)
- Bill Warner (600)
- Butch Cooke (500)
- Flash Cunningham (500)
- John Wikle (340)
- Tim Holmes (300)
- John Walker (300)
- John Crawley (290)
- Dennis Ford (290)

Senior Men (60+)

- Sergio Bianchini (1230)
- Rich Phillips (900)
- Walter Sinor (790)
- Cyrus Rhode (700)
- Doug Hawley (580)
- Phil Thomas (500)
- Blaine Reese (240)
- Skip Patty (230)
- Jim Selman (210)
- Dan Bailey (200)

WOMEN

Overall Women

- Lynda Webber (870)
- Sherilyn Johnson (590)
- Charlene Simmons (570)
- Melodie Thompson (500)
- Bernice Delaney (490)
- Catherine Ellis (420)
- Kirsten Johnson (410)
- Belinda Young (390)
- Theresa Samuelian (350)
- Sarah Bowen (300)

Junior Women (0-14)

- Catherine Ellis (780)
- Caitlin Duggan (380)
- Kim Jade Wycherley (280)
- Jeneva Steffes (80)
- Caroline Duggan (70)
- Hope Collier (30)

Young Adult Women (15-19)

- Claire Turner (100)
- Lydia Gennett (100)

Adult Women (20-39)

- Rebecca Ammons (580)
- Kirsten Johnson (580)
- Charlene Simmons (580)
- Belinda Young (390)
- Melissa Hicks (360)
- Beth Ford (320)
- Kim Morris (290)
- Leslie Becht (230)
- Debbly Vannoy (200)

Master Women (40-49)

- Lynda Webber (1100)
- Bernice Delaney (900)
- Sherilyn Johnson (720)
- Gwen Meeks (550)
- Betty Holder (420)
- Susan Gallo (350)
- Missi Johnson (320)
- Bridgette Wisdom (290)
- Barbara Ensign (270)
- Tammy Larson (270)

Grand Master Women (50-59)

- Melodie Thompson (980)
- Theresa Samuelian (630)
- Amy Mullens (460)
- Sarah Bowen (430)
- Colleen Carboni (390)
- Kathy Fulton (250)
- Marty Brown (180)
- Cindy Pointer (180)
- Karen Webb (120)
- Laura Brock (90)

Senior Women (60+)

- Bonnie Wasson (1250)
- Ann Garner (420)
- Edwina Cohen (350)
- Susan Harrison (90)
- Frances Martin (60)

Trade the Tires for Tennis Shoes



If you're like any other Tennessee motorist, you've probably been frustrated at some point by the rising gas prices or shortages we've experienced in the past few months. Some alternative methods for transportation like riding a bicycle, taking the bus or walking may have come to mind as you watched your gas meter drop. Maybe you measured the distance between your neighborhood grocery store and your front door and realized it was very close to the distance you usually run or walk during your exercise routine.

Why not ditch the motorized transportation every so often and exercise while you transport yourself on your very own legs and feet? BlueCross BlueShield of Tennessee's WalkingWorks® program provides a free log on its Web site for those who are ready to start tracking their route.

Walking to a place you usually drive can be a fun way to change your normal routine; and it's healthy too, for you and the environment! Depending on where you live, you could walk to a local shopping center, to a restaurant, to the bank or even to work if you're lucky. With a shopping bag on each arm, the walk home could bring an extra resistance challenge and help you build strength for upcoming races, you can total the miles you walked and impress your friends with the amount of money you saved by not driving those miles!

Give yourself a tune-up before you hit the road. Every running or walking routine requires extra care to ensure physical safety. Be sure to drink plenty of water and stretch to reduce stress on your heart and muscles. A complete list of walking tips and information about the WalkingWorks program can be found on the WalkingWorks portion of the BlueCross BlueShield of Tennessee Web site at www.bcbst.com. For more information about the Chattanooga Track Club, visit www.chattanooga-trackclub.org.

Signal Mountain 10K Road Race Results – 2008

FEMALE AGE GROUP: 16 - 19

1 Kusa Gage 1:06:06

MALE AGE GROUP: 1 - 15

1 Andrew Gennett 41:49

MALE AGE GROUP: 16 - 19

1 Mason Mackenzie 36:01
2 Tyler Keys 48:01
3 Marco Bianchini 48:31

FEMALE AGE GROUP: 20 - 29

1 Lisa Massey 45:35
2 Julie Simmons 46:34
3 Laurie Cook 47:23
4 Lisa Younk 48:05
5 Amy Haddock 52:08
6 Casey Dearborn 52:25
7 Melissa Hicks 54:54
8 Judy No 56:38
9 Alison Skiles 56:48
10 Rachel Dunn 58:00
11 Amy O'conner 1:02:08
12 Emily Ahlquist 1:02:19
13 Natalie Flerl 1:15:25
14 Christina Woodard 1:19:40
15 Nicole Ross

MALE AGE GROUP: 20 - 29

1 Joseph Goetz 34:41
2 Zach Winchester 35:08
3 Jimmy Swansbrough 37:10
4 Charles Webb 37:17
5 Justin Beach 38:30
6 John Gamble 41:27
7 John Hangstefer 41:30
8 Adam Davenport 44:08
9 Jeffery Wiese 48:56
10 Jonathan Frost 51:46
11 Nik Meeks 53:19
12 Christopher Klapp 53:57

13 Todd Stevison 54:54
14 Thomas Jacobs 55:02
15 Tom Cupo 55:05
16 Will Hale 58:54
17 Dustin Freeman 1:02:24

FEMALE AGE GROUP: 30 - 39

1 Belinda Young 45:51
2 Sims Natalie 48:13
3 Dianna Leun 50:18
4 Sissy Jonese 51:12
5 Ruth Ann Steen 52:33
6 Chari Russell 53:06
7 Jennifer Busch 53:24
8 Shannon Derogatis 54:07
9 Kristina Guy 55:52
10 Stacey Spann 55:55
11 Shanna Blackmon 56:56
12 Felicia Lane 57:40
13 Melissa White 58:48
14 Mitzie Dyer 1:03:03
15 Kathy Harper 1:09:14
16 Ainsley Wall-Hilliari

MALE AGE GROUP: 30 - 39

1 Brad Harvey 40:58
2 Jason Hamrick 41:59
3 Les Conner 42:06
4 Josh Carter 45:39
5 Brian Russell 46:35
6 Gilton Milton 47:03
7 Robert Gustafson 48:11
8 Patrick Birchfield 49:01
9 Rusty Sewell 49:43
10 Jake Thal 49:48
11 Andrew Lambert 50:48
12 Chad Monroe 52:00
13 Shawn Stallings 54:23
14 Matt Moore 54:38
15 Matt Brown 55:49
16 Scott Rowe 56:07

17 Jeff Kelle 56:47
18 Steven Palmer 1:02:52
19 Josh Harper 1:09:13

FEMALE AGE GROUP: 40 - 49

1 Susan Laughrey 49:17
2 Sherilyn Johnson 55:37
3 Jennifer Newton 56:53
4 Susan Gailo 57:57
5 Corinne Henderson 58:45
6 Kimberly Smith 59:08
7 Julie Hollis 1:02:56
8 Rachel Fisher 1:03:42
9 Mary Byars 1:07:37
10 Sara Merkle 1:08:31
11 Vanessa Nunley 1:20:10

MALE AGE GROUP: 40 - 49

1 Joe Sneed 36:50
2 Joey Howe 38:39
3 Sal Coll 40:03
4 Ray Kellum 44:09
5 Rick Loggins 46:49
6 David Moghani 47:35
7 Davidn Wilson 49:15
8 Mike Kirkland 49:18
9 Michael Heinichen 50:11
10 Fred Schendel 53:41
11 Lamar Ryland 58:34
12 Steve Tompkins 58:57
13 Mike Mikeska 59:09

FEMALE AGE GROUP: 50 - 59

1 Catherine Griffin 52:25
2 Theresa Samuelian 59:22
3 Melodie Thompson 1:02:11
4 Lucy Stokely 1:03:04

MALE AGE GROUP: 50 - 59

1 Mickael Leary 44:57

2 Ronald Wilson 45:24
3 Stan Lane 47:32
4 Miles Tanenbaum 48:50
5 Tom Popp 50:03
6 Van Bunch 50:08
7 Quint Mansell 52:30
8 Butch Cooke 55:03
9 Pat Hagan 55:52
10 Bill Brock 57:57
11 Tom Wilkey 1:01:29
12 Russ Earp 1:01:30
13 Don Spellman 1:02:49
14 Bill Trohanis 1:08:48

FEMALE AGE GROUP: 60 - 99

1 Bonnie Wassin 1:11:02

MALE AGE GROUP: 60 - 99

1 Sergio Bianchini 43:38
2 Roger Lambert 58:46
3 Walter Sinor 59:33
4 Dan Woughter 1:01:30
5 Phil Thomas 1:10:30

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Ensign and Jones Win Johnson Mental Health 10K

Tim Ensign, 45 of Chattanooga, TN, won the Mental Health Center 10k held at Moccasin Bend Hospital on Saturday October 11, 2008. Ensign covered the 6.2 mile course in 34 minutes, 22 seconds, averaging a 5:32 pace per mile. Sissy Jones, 37 of Hixson, TN, was the female champion with a winning time of 50 minutes, 11 seconds (8:05 per mile). The proceeds from the annual event, which is in its twenty fourth year, go to Christmas funds for clients of the Johnson Mental Health Center. Over 100 runners participated in the race. The event was co-produced by the Johnson Mental Health Center and the Chattanooga Track Club (CTC).



Joe Johnson Mental Health 10K Road Race Results – 2008

MALE OVERALL RESULTS

1 Tim Ensign 34:22

FEMALE OVERALL RESULTS

1 Sissy Jones 50:11

FEMALE AGE GROUP: 1 - 19

1 Chloe Caughman 1:01:12

FEMALE AGE GROUP: 20 - 24

1 Melissa Hicks 55:11

FEMALE AGE GROUP: 25 - 29

1 Ruth Bosshardt 57:19
 2 Rachel Dunn 58:11
 3 Kimberly Anderson 1:00:18
 4 Kate Miller 1:03:36
 5 Jennifer Terry 1:06:26
 6 Kristina Welke 1:06:42
 7 Christy Smith 1:07:36
 8 Hannah Baker 1:08:49
 9 Rebecca Ammons 1:09:27
 10 Christy Woodard 1:20:02
 11 Nicole Ross 1:38:31

FEMALE AGE GROUP: 30 - 34

1 Misty Mann 54:03
 2 Sara Deyoung 56:43
 3 April Baker 1:02:31
 4 Lanise Hutchins 1:09:36
 5 Melody Kober 1:17:42

FEMALE AGE GROUP: 35 - 39

1 Kristy Burchfield 52:01
 2 Rachel Fisher 1:03:37
 3 Wendy Lawson 1:13:18

FEMALE AGE GROUP: 40 - 44

1 Barbara Ensign 50:43
 2 Bernice Delaney 59:33
 3 Leann Barnes 1:01:19
 4 Lara Caughman 1:34:39

FEMALE AGE GROUP: 45 - 49

1 Lynda Webber 54:05
 2 Sherilyn Johnson 55:10
 3 Gwen Meeks 57:30
 4 Sally Hoffman 1:01:08
 5 Gayle Parks 1:07:04
 6 Tammy Larson 1:09:59
 7 Vanessa Nunley 1:21:29

FEMALE AGE GROUP: 50 - 54

1 Rhonda Gage 52:18
 2 Melodie Thompson 58:52

FEMALE AGE GROUP: 60 - 69

1 Sue Anne Brown 53:34
 2 Bonnie Wassin 1:09:55

MALE AGE GROUP: 1 - 19

1 Kenny Steffes 42:46
 2 Zach Orrison 43:13
 3 Marco Bianchini 43:44
 4 Tyler Keys 46:32

MALE AGE GROUP: 20 - 24

1 Charles Webb 37:34
 2 Adam Dodson 40:04

MALE AGE GROUP: 25 - 29

1 Jimmy Swansbrough 37:29
 2 Joseph Goetz 39:07
 3 Ben Palmer 42:51
 4 Amandrea Ewell 48:57
 5 Sam Simmons 49:01
 6 Chris Selby 51:27
 7 Jeremy McNelley 53:32

MALE AGE GROUP: 30 - 34

1 David Cook 44:16

MALE AGE GROUP: 35 - 39

1 Justin Guy 37:27
 2 Lance Steele 41:43
 3 Anthony Spallone 47:59
 4 Brent Parrish 52:02
 5 Stan Brodka 55:05
 6 Preston Goforth 57:14

MALE AGE GROUP: 40 - 44

1 Joe Sneed 36:41
 2 Ryan Shrum 40:26
 3 Aaron Mercer 44:25
 4 David Moghani 46:56
 5 Jay Caughman 1:07:11

MALE AGE GROUP: 45 - 49

1 Hugh Enicks 35:05
 2 Joe Johnson 35:31
 3 Chad Varga 36:59
 4 Sal Coll 39:45
 5 John Gracy 40:57

6 Tim Holmes 40:59
 7 Lee Davis 41:57
 8 Ray Been 42:57
 9 Ray Kellum 44:23
 10 Doug Torrance 50:01
 11 Steve Smalling 52:28
 12 Perry Mills 54:32
 13 Donnie Gregory 55:57
 14 Steve Tompkins 56:14

MALE AGE GROUP: 50 - 54

1 Tommy Nichols 44:49
 2 Michael Leary 45:34
 3 Miles Tanenbaum 48:23
 4 John Wikle 51:47
 5 Harrell Cox 55:30
 6 Bill Brock 1:00:23

MALE AGE GROUP: 55 - 59

1 Carey Watson 44:08
 2 Billy Collier 47:31
 3 Rich Phillips 47:48
 4 Butch Cooke 51:38
 5 Thomas Sisemore 52:34
 6 Dennis Henderson 54:49
 7 Pat Hagan 55:14
 8 Lucien Ellington 1:07:08

MALE AGE GROUP: 60 - 69

1 Sergio Bianchini 42:15
 2 Cyrus Rhode 51:23
 3 Doug Hawley 51:37
 4 Dave Scholes 51:54
 5 Walter Sinor 59:35
 6 Ted Davis 1:03:35
 7 David Wycherley 1:09:38
 8 Phil Thomas 1:14:25

MALE AGE GROUP: 70 - 99

1 Earl Marler 1:11:03

Group Runs – New Start Times

With the time change and earlier sunset two group runs have moved up their start times:

- The Monday night group run from Fast Break will now meet at 6:00 pm
- The Tuesday night group run at the Greenway will now meet at 5:00 pm

And starting on November 15th the Saturday morning 7:30am group will change to 8:00.

Here's an up-to-date list of local group runs:

Monday, Wednesday, Friday - 5:45 am - Lookout Mtn, GA at Lookout Mountain Market - 5.2 and 7.9 mile options, moderately fast pace - solid 8 minute miles - only 1 group of runners Contact Matt McLelland (mattmclelland@mindspring.com)

Monday 6:00 pm (note new start time) - easy run, great for beginners - Fast Break Athletics - corner of Frazier St and Tremont St (North Chattanooga). Run leader: Flash Cunningham (423-364-5415 or flashcunningham@comcast.net)

Tuesday 5pm (note new start time) - Greenway Farm - led by Ryan Crews of Front Runner. Directions to the farm available at: www.northchick.org/greenway.html. Get a free Front Runner shirt for running ten (10) Tuesday night Greenway Farm group runs.

Wednesday 6:15pm - 1 - 10 mile routes with drinks on course - downtown Sports Barn (301 Market St, Chattanooga)

Wednesday 6pm - beginning and recovering runners & walkers - Fast Break Athletics - corner of Frazier St and Tremont St (North Chattanooga)

Wednesday 6pm - Run in the Boonies Trail Run - for starting location and more information please visit www.runintheboonies.org/forum/ and click on "Training Runs."

Thursday 6:30pm - speed work - Fast Break Athletics - corner of Frazier St and Tremont St (North Chattanooga)

Saturday 6:30 am - starting location and route details available at: www.grouprun.com

Saturday 8:00 am - begins November 15 - downtown Sports Barn. Course and distances vary each week and are adjustable to your needs. Weekly runs are posted on www.ChattanoogaTrackClub.org (scroll down to events).

Saturday 7:30 am - ChristianRunners.org group run - Chickamauga Battlefield. Meet at the museum parking lot. More info: www.christianrunners.org (click on Chattanooga).

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Komen Chattanooga Race For The Cure 5K Results – 2008

MALE OVERALL

1 Brandon Peterson 18:10

FEMALE OVERALL

1 Gina Krabbendam 19:57

SURVIVOR OVERALL

1 Melinda Ellis 26:04

2 Cindy Hannah 27:31

3 Kathi Wagner 29:03

4 Samantha Smith 32:42

5 Paula Elkins 34:15

6 Patricia Nowlin 45:18

MALE MASTERS OVERALL

1 Tom Sell 18:39

FEMALE MASTERS OVERALL

1 Kelly Bullock 22:04

MALE GRAND MASTERS OVERALL

1 Sergio Bianchini 20:26

FEMALE GRAND MASTERS OVERALL

1 Paula Cooper 24:51

MALE AGE GROUP: 1 - 8

1 Thomas Sell 25:53

2 Cole Bullock 27:49

3 Wiley Pippenger 28:15

4 Connor Peoples 28:30

5 Gariel Hippo 36:01

6 Jesse Felker 37:29

7 Charles Baker 41:03

FEMALE AGE GROUP: 1 - 8

1 Savannah Roper 36:58

2 Emma Carter 53:03

MALE AGE GROUP: 9 - 14

1 Matthew Jones 19:17

2 Ryan Hacherl 19:51

3 Grant Hacherl 21:00

4 Tommy Ellis 21:11

5 Andrew Helton 21:52

6 Kyle Cox 22:00

7 Yuma Doi 22:14

8 Taylor Oscar 22:34

9 Connor Smith 22:34

10 Will Hopping 22:50

11 Alex Ramey 23:04

12 Terry Holmes 23:09

13 Philip Raffa 23:11

14 Logan Friday 23:12

15 Alex Roberts 23:39

16 Austin Henry 23:48

17 Caleb Canada 23:50

18 Quinn McGinness 24:04

19 Zachary Eller 24:19

20 Campbell Young 24:54

21 Kyle Winkler 24:56

22 Matt McCall 24:58

23 John Behrends 25:12

24 Kurt J. Faies 25:13

25 Will Duncan 25:13

26 Marshall Martin 25:26

27 Aaron Long 25:49

28 Michael Hippo 26:03

29 Greer Brody 26:38

30 Ramsey Seagle 26:40

31 Ty Ward 27:16

32 Chance Kesler 27:44

33 Wil Lindsey 27:51

34 Bryant Jenkins 27:52

35 Justin Stewart 27:56

36 Zack Wilcox 28:27

37 Parker Wilson 28:29

38 Reed Oscar 28:40

39 Nathan Greene 28:44

40 Davin Daum 28:47

41 Griffin Brody 29:24

42 Samuel Bond 30:34

43 Brendan Eiselstein 32:17

44 Josh Garner 33:27

45 Henley Edge 34:44

46 Tristan Woodside 36:29

47 Micah Carter 41:03

48 Joshua Vollberg 42:40

49 Grayson King 44:52

50 Chris Creasman 46:14

51 Colby Mai 46:43

52 T.C. Clark 53:03

53 Aj Schroder 58:12

FEMALE AGE GROUP: 9 - 14

1 Barbara Beville 23:10

2 Shelby Balch 23:48

3 Rebecca Jenkins 25:27

4 Katy Richardson 26:31

5 Lindsay Rufolo 26:37

6 Katherine Estep 26:57

7 Erin Garmany 27:12

8 Anne-Miller Welborn 27:24

9 Janelle Wigal 27:27

10 Haley Turner 27:36

11 Kennedy Bullock 28:02

12 Elizabeth Cooper 28:21

13 Bridget Bernarding 29:47

14 Meghan Melia 29:51

15 Lauren Oakes 29:59

16 Meagan Eiselstein 30:55

17 Meagan Oscar 31:06

18 Laura Champion 31:33

19 Katie Melia 32:46

20 Mimi Doi 33:31

21 Kim Jade Wycherly 36:19

22 Madison Ward 39:10

23 Vivian Baker 42:07

24 Carol Fleissner 42:13

25 Ali Schroder 58:11

26 Brittany Dugger 1:18:57

MALE AGE GROUP: 15 - 19

1 Christian Beddoe 18:32

2 Kyle Benge 18:52

3 Joshua Carithers 19:35

4 Nick Hobbs 20:22

5 Nick Xoimis 21:00

6 John Dorris 21:16

7 Jonathan Grayson 21:33

8 Konstantine Vlasov 21:53

9 Marco Bianchini 21:54

10 Chase Walker 22:43

11 Taylor Jordan 23:36

12 Cole Gossett 24:37

13 Taylor Mai 25:01

14 Taizo Watanabe 25:25

15 Corey Long 25:40

16 Daniel Watkins 26:29

17 David Gibbens 28:43

18 Zach Rutledge 32:06

19 Jeff Griffith 33:07

20 Caroline Vollberg 36:20

FEMALE AGE GROUP: 15 - 19

1 Kirsten Wolcott 22:39

2 Jessica Ewing 24:00

3 Liesel Schram 27:02

4 Lindsey Catlett 27:20

5 Michelle Brooks 28:02

6 Lauren Caradonna 29:38

7 Laura Wagner 30:09

8 Kenna Rewcastle 30:20

9 Cay Hendrickson 30:21

10 Hollie Macomber 30:34

11 Kinsley Whiteaker 30:40

12 Niki Legac 32:39

13 Jessica Spencer 36:42

14 Tasha Watts 47:50

MALE AGE GROUP: 20 - 24

1 Chas Webb 18:29

2 Mitchell Deacon 21:27

3 Travis Keeton 21:31

4 Jared Weber 21:42

5 Andrew Edwards 21:42

6 Daniel Douglas 22:11

7 Mark Ross 22:50

8 Greg Wrenn 24:05

9 William Hudson 24:16

10 Travis Bond 24:35

11 Daniel Klapp 31:45

12 Joshua Debush 40:12

13 Michael Thomas 41:27

14 Cordera Martin 1:02:44

FEMALE AGE GROUP: 20 - 24

1 Karin Krey 22:43

2 Katie Cosgrove 23:20

3 Ashley Kinser 23:26

4 Laura Davies 23:54

5 Jacqueline Koch 24:03

6 Nicole Thurman 24:41

7 Blaes Schmissrauter 24:44

8 Cherish Hamill 25:07

9 Emily Bregel 25:14

10 Becky McCann 26:24

11 Ashley Mello 26:59

12 Amy Vischetti 28:20

13 Neda Alford 28:39

14 Cindy Lerch 29:39

15 Alison Counts 30:20

16 Hannah Oliver 31:17

17 Sara Liberto 31:17

18 Tara Hoffman 32:24

19 Elisa Miller 32:26

20 Callie Mitchell 32:49

21 Amy Kelley 32:55

22 Kristy Cordell 33:09

23 Jeri Lewis 33:27

24 Annie Loveless 34:53

25 Theresa Youngquist 35:25

26 Meghan Morrison 36:04

27 Amy Vetter 36:38

28 Katrina Smyth 39:07

29 Shawna Whiting 40:35

30 Courtney Anderson 43:03

31 Kristin Seale 55:44

MALE AGE GROUP: 25 - 29

1 Thomas Auten 20:51

2 Scott Castle 21:48

3 Ryan Coon 21:49

4 Robert Hartmans 22:09

5 Danny Wade 22:34

6 William McGee 22:58

7 Casey Thurman 24:41

8 Jason Nicely 25:05

9 Jeremy Kennedy 25:09

10 Jimmy Case 25:41

11 Christopher Klapp 25:44

12 Austin Brooks 26:13

13 Darrin Evans 26:19

14 Adam Francescon 26:48

15 Chris Cunningham 27:13

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30 Christy Woodard 34:01

31 Sarah Ploehn 34:02

32 Rachel Kemp 34:58

33 Heather Sulok 35:01

34 Kim Anderson 35:06

Web Application Design & Development



TECHNOLOGY PROJECTS

What ARE web applications?

Cold Fusion Server Windows 2000 IIS5.0 SQLServer 2000 Javascript ASP VBScript



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Augustus Ford Classic 5K Results – 2008

MALE OVERALL RESULTS

1 Chas Webb 17:53

MALE MASTERS OVERALL RESULTS

1 Pearson Devaul 22:44

FEMALE OVERALL RESULTS

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FEMALE MASTERS OVERALL RESULTS

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 3 Paul Jackson 1:15:10

Your Running Doc...on Injury Prevention

My Running Doc was established by avid runner, CTC member, Ironman Finisher, and Award Winning Foot and Ankle Surgeon Dr. Christopher Segler. His website, "myrunningdoc.com" provides runners with all the resources needed to stay fit, go long, run fast and be strong. His focus is injury prevention. With that in mind he has prepared a series of articles for you...the educated active athlete. Jogging Around will be featuring his articles in the next few issues.

Part 3 - Oh My Aching Legs ... Shin Splint

Shin splints are the most common overuse injury among runners. Either you, or someone you run with, have likely suffered from this painful malady. Like most running injuries, shin splints are largely preventable. However, if not prevented, they can derail your training program and put your dream race in jeopardy.

Shin splints are an inflammatory condition of tibia (shin bone). The result is pain in the front or inside of the lower leg that usually gets worse with prolonged running. It may not hurt much in the first couple of miles, but will often evolve into a dull ache or throbbing pain as you run. It may be sore and tender for days following long runs. In most cases, it is tender when you press along the front or inside of the shin over the middle one third of the leg (halfway between the knee and ankle).

This is an injury that is caused by unaccustomed and excessive exertional forces to the legs...otherwise known as overtraining. The term "overtraining" confuses many people. I will often have patients who say they don't think they are overtraining, but suffer from classic overtraining injuries. Most often, it is a novice runner who is increasing mileage rapidly in preparation for a race. They seem to think that they can't be "overtrained" because they just started training. In this case it is not the total miles, but the sudden increase in stress from a rapid increase in either intensity or distance, that creates the stress known as overtraining. The stress overcomes the body's ability to compensate and injury results.

Let's say a new runner suddenly goes from running 2 miles a day, 5 days a week (10 miles per week), to running 3 miles a day, 5 days a week (15 miles per week). This would be a 50% increase in weekly mileage. If this novice runner has not yet prepared the musculoskeletal system with the requisite level of base fitness to deal with the stress of running, even though it is only 1 mile added each day, such an increase may cause an overuse injury. Additionally, most novice runners start improving both speed and endurance at the same time. The simultaneous increase in speed and distance can produce a dramatic increase in stress to the bones, muscles, ligaments, and supporting connective tissues.

The other scenario occurs with the seasoned runner. Although the experienced runner may have an extraordinary level of base fitness, it is still easy to develop overuse injuries. These folks are more likely to add speedwork sessions, intervals, or

hill training that can be enormously stressful to the legs. There is also the temptation to "go longer" on a given run if the sun is shining and you happen to feel particularly spry that day. The other time is when you delude yourself by remembering that after your last extra-long run you felt great, even if it was months ago.

In addition to the simple case of "overdoing it," there are other circumstances that can predispose any runner to shin splints. Running on hard surfaces such as concrete, running down-hill, and running only on one shoulder at the side of the road have all been related to shin splints. In addition, excessively worn running shoes, or running shoes that are the wrong type for your particular foot type and running style can also contribute to shin splints. The right running shoes in good condition can support the foot/legs and decrease the stress that can lead to shin splints.

Other biomechanical risk factors for shin splints include flat feet, high arches, and having one leg longer than the other (limb length discrepancy). Although these problems are inherent in a runner's make-up, they can be corrected. Wearing the proper shoes is most important. If that is not enough, a podiatrist can evaluate you to see if you need custom orthotics to correct the condition. In my practice, most people actually do not need custom orthotics, but are just using the wrong shoes, or making errors in their training program.

To prevent shin splints, increase your mileage gradually; 10% increases in weekly mileage are an old standard and generally safe. Otherwise follow a training program such as CTC's Marathon or Half Marathon Training Program. Wear your orthotics (if you have them to correct for flat feet, high arches, or a limb length discrepancy), but make sure they are in the right shoes. Replace the shoes when the outsole becomes worn, or when the midsole starts to collapse causing wrinkles in the back of the heel of the shoe. Avoid prolonged training on concrete. Run on the crown of the road, or alternate sides of the road. If you do hill training, start with running up, but walking down. Don't do intervals or any kind of speedwork without the guidance of an expert (the Chattanooga Track Club has a whole bunch of friendly ones who will likely guide you at the scheduled CTC sessions).

Above all, stick to your training program, put in the miles (but respect the rest days) and you, and your shins, will be ready for the big race.

Part 4 - Achilles Tendonitis

According to Greek mythology, when Achilles was born his mother tried to make him immortal by dipping him in the river Styx. However, when she dipped him in, she forgot the spot on the heel she held him by, which left one small area unprotected. In the end, Achilles was struck by an arrow in his vulnerable heel and was killed. Achilles shares his vulnerability with the rest of us entirely mortal runners, and that is why the tendon which

connects the calf muscles to the heel bone bears his name today. The Achilles tendon is the largest tendon in the entire human body and is very strong, but it is also the tendon we rupture the most often. Anyone who is active can suffer from Achilles tendonitis, a common overuse injury and inflammation of the tendon.

If you are out running hills and feel a sharp pain or dull ache in the back of the leg down near the heel, this could be Achilles tendonitis. That said, not all pain in the back of the leg or heel is Achilles tendonitis. If you have a tender swollen knot at the back of the heel where the tendon attaches it might not be Achilles tendonitis.

There is a condition called Haglund's disease (commonly known as "pump bumps") which is really bursitis and inflammation of the soft tissues near the attachment of your Achilles tendon. In some cases there may be an underlying bony enlargement as well. In most cases the tender bump is red, painful and more irritated by a stiff heel counter (the back of the shoe). If you have no pain doing toe raises and most of the pain is related to shoes rubbing on the area, it is more likely just bursitis. Bursitis is inflammation of the fluid filled sac that eases friction between tendons and bones. This will usually calm down with icing and shoes that don't press on the area.

If you feel along the course of the tendon (where it is mobile just above your heel bone) and you have tenderness, this is most likely Achilles tendonitis. Don't ignore this. Ice the area and decrease your activity level. Avoid hills or speedwork until it subsides. If it doesn't quickly get better, see your podiatrist. Otherwise you might end up sidelined for four to six weeks.

The best way to prevent Achilles tendonitis is to stretch and warm up before intense workouts. As mentioned earlier in this injury prevention series, a little self-restraint, the right pair of running shoes, and a good training program (such as the ones on the CTC website) can help you stay injury free. Always stretch before speed workouts, hill repeats and long runs. Stretching helps to keep the tendon pliable, preventing micro-tears. In addition, stretching can improve blood flow, enabling a speedy recovery if you do become injured. Stretching is most effective after a short warm-up; never stretch aggressively when you muscles are cold. This can increase your risk of problems. Include these stretches in your workout routine as follows:

Stand upright about one large pace away from the wall with your feet parallel and about hip width apart. Keep your feet in line as shown. Place your hands against the wall, at shoulder height. Move your right leg half a pace forward. Lunge forward on your right leg so that the knee is brought directly above the ankle. Stretch your left leg back as far as is comfortable with the foot and heel remaining flat on the floor. Slowly lean forward to stretch the left leg calf muscles and tendon. Hold the stretch for 10 seconds, relax, and repeat on the other leg.

This is for prevention ... do not stretch as illustrated if you have pain.

Symptoms of Achilles tendonitis can include mild pain after exercise or running that gradually worsens, a noticeable sense of sluggishness in your leg, and episodes of diffuse or localized pain, sometimes severe, along the tendon during or within a few hours after running. Other symptoms can be swelling, morning tenderness in the Achilles tendon, or stiffness at the back of the leg that generally diminishes as the tendon warms up with use.

Treatment depends on the degree of injury to the tendon, but normally includes rest. It may even mean a total withdrawal from running or exercise for a week, or simply cross-training with another exercise, such as swimming, that does not stress the Achilles tendon. Treatment can also include non-steroidal anti-inflammatory medication or orthoses, which are devices designed to help support the muscle and relieve stress on the tendon, such as a heel pad or shoe insert.

Other treatments are bandages specifically designed to restrict motion of the tendon, stretching, physical therapy, massage, ultrasound and appropriate exercises to strengthen the weak muscle group in front of the leg and the upward foot flexors that work against the Achilles tendon. If the tendonitis is mild, simple modifications of activities may help. Decreasing mileage, running on flats instead of hills, and backing off the activity level until there is no pain with exercise can allow the tendon to heal. In general ice is much better than heat for tendonitis.

Some medications can increase the risk of Achilles tendon ruptures (complete tear). If you are taking steroids (prednisone) or fluoroquinolone antibiotics (Cipro, Levaquin, etc.) you should not exercise unless you have discussed this with your treating doctor. You may have seen in the news where the FDA recently posted a strong "Black Box" warning about these antibiotics and the associated risk of tendon ruptures.

A torn Achilles tendon is serious. Interestingly, it is not always painful. However, there is usually significant weakness and difficulty standing up on the toes if this has occurred. Any suspected torn tendon can be serious and should be evaluated by a podiatrist. In rare cases surgery may be needed to repair the tendon.

If you happen to be a marathon or half marathon runner in training for battle in Chickamauga; warm up, stretch, and stick to your training program. Do not run through the pain if you think you have Achilles tendonitis. If you are a Trojan War hero in battle, and you see any arrows coming your way, stay low and keep moving!

Christopher Segler, DPM, AACFAS
MyRunningDoc.com
Ankle & Foot Center of Chattanooga (423) 634-2440
DrSegler@anklecenter.com
www.anklecenter.com

Chattanooga Track Club

Board of Directors Meeting Minutes

September 9, 2008 – Out of the Blue Cafe' on Brainerd Road

Board members present:

Edwina Cohan, Janice Cornett, Butch Cooke, Flash Cunningham, Sherilyn Johnson, Peter Murphy, Charlene Simmons, James Williams, Melodie Thompson, Teresa Samuelian, Bill Moran, and Walt Sinor.

Board Members absent:

Amy Mullens, Lynda Webber, John Harrison, Jimmy McGinness, and Jim Steffes. Steve Rubenstein resigned due to moving to Nashville.

Non-board members

present: Bill Brock and Doug Roselle

The meeting was called to order at 6:03 PM by James Williams, President.

The CTC Mission Statement was read by Melodie Thompson.

I. MINUTES/APPROVAL

Peter Murphy and Janice Cornett made motion to approve Minutes from the August Board meeting. The motion was approved by all in attendance.

II. TREASURER'S REPORT – JAMES WILLIAMS (FOR JIM STEFFES)

Peter had a question regarding whether or not the charities from the Scenic City ½ Marathon had been paid or not. James will check with Connie to see if they have

been, if not a disbursement will be made promptly or if they have been paid, the outstanding balance will be adjusted. Peter also questioned the difference of what was charged per runner, part of that is a carryover from last year, James will verify with Connie and Jim.

Bill Brock said that Faye from Team Magic had not completed all the dollars from the Triathlon as her mother had passed away. He will get this information some time next week after she has had some time to work through her personal loss. John Carr will get ½ of sponsorship, since he got that for the Triathlon for us. We should net between \$14K and \$15K for the Triathlon after expenses. Charlene, Bill, and Pete questioned the amount on the Treasurer's Report we have that we have received from the Triathlon, Bill should be able to have all of that information by next week. Walt and Bill made a motion to approve Treasurer's Report and it was approved. We will have more financial information next month and be able to determine the financial status once we have all the expense, etc. in from the Waterfront Triathlon.

III. RACE CALENDAR/RACES COMMITTEE/UPCOMING RACES – WALT SINOR

The last races committee meeting had a lot of new races and race directors in attendance. Christie Sell was there for the OLPH Ram Run, Jr. Miss-High Heel Run,

Donna Maddox from Joe Johnson, Chad Varga for the FCA, and a couple of other new races. Flash got 5 new leases. James brought up that he has had a lot of complaints about the cost of the equipment. Peter Murphy is going to check and see what other clubs are charging.

There was a general discussion of the board about the charge of equipment to educational races, such as UTC, and what they should charge for the use of the new chip system. Peter will check on those prices with other clubs as well. Bill Brock and Charlene mentioned we needed to have a clearer policy on equipment and the rental charges. Walt said the next Races Committee Meeting will be held on Tuesday, September 16 @ 6:00 PM at the Read House Starbucks.

Bill Brock wanted the board to go over the contract with Team Magic to see if they recommended any changes to the contract at this time. The board will vote on at the October meeting.

Flash will be purchasing to get 6-8 more garbage cans. A lot of ours have holes and are too beat up to use for water. Primarily, he will be getting them for the Race for the Cure.

Doug Roselle said the course maps are ready for the Chickamauga Battlefield Marathon, medals, shirts, coming together. Will need to rent another large tent for the

race in case of inclement weather for the Start/Finish. Bill Moran will mark the potholes.

IV. COMMUNICATION CALENDAR/COMMUNICATION COMMITTEE – JANICE CORNETT

Next meeting on September 17, Starbucks. Jogging Around almost ready. Walt asked if the Solder's Run was listed. It will be on the Riverwalk. Bill Moran mentioned about doing cover shots of various club members.

V. MEMBERSHIP COMMITTEE REPORT – SHERILYN JOHNSON

Membership Committee will meet on 9/18 at Starbuck's at 5:15 PM. CTC Picnic at Lookouts Game had a good turnout. CTC will have a covered dish/fun run on October 12 from 12:30-5 at the Sportsbarn. November 6 will be the CTC election for new board members and VP's at Porker's on Market Street from 5:30-8:30 PM.

VI. PRESIDENT'S REPORT

Executive Committee meeting discussed the BCBST contract. James asked Tammy Sitton to be race director for the BCBST Riverbend 10k & 5k Races, she is thinking about it. BCBST likes Tammy and she did a great job for the CTC

while she was employed by us. The BCBS/T contract was discussed regarding free memberships, they would only be eligible for the e-version of Jogging Around. Charlene discussed some changes she would like to see with the Market Street

Mile, we still need a director for this race. There was discussion regarding the Scenic City Half-Marathon. We are looking at several options for courses and need to find a dedicated race director to take ownership of the race. All decided we

would like better race course options for 2010, maybe at the Enterprise South site? Bill Moran and Flash Cunningham made motions to approve the changes to the 1/2 Marathon, the board passed the motions.

Meeting adjourned at 7:39 PM.

Respectfully submitted,
Melodie Thompson
Past-President

OLPH Ram Run 5K Results – 2008

FEMALE OVERALL

1 Heather Stone 21:19

MALE OVERALL

1 Rob Carden 17:07

FEMALE MASTERS OVERALL

1 Margie Bruner 22:47

MALE MASTERS OVERALL

1 Joey Howe 18:00

FEMALE GRAND MASTERS OVERALL

1 Paula Cooper 23:59

MALE GRAND MASTERS OVERALL

1 Sergio Bianchini 20:28

FEMALE AGE GROUP: 1 - 9

1 Alexandria Allbritte 35:04

MALE AGE GROUP: 1 - 9

1 Thomas Sell 23:48
2 Adams Robinson 26:06
3 Kevin O'Boyle 26:37
4 Grant Speer 35:19
5 Nicolas Robinson 35:54

FEMALE AGE GROUP: 10 - 14

1 Catherine Ellis 21:45
2 Samantha Sell 26:20
3 Madison Meggin 29:58
4 Danika Dorris 30:03
5 Jennifer Johnson 51:19

MALE AGE GROUP: 10 - 14

1 Elijah Wilson 18:56
2 Turner Voges 23:17
3 Philip Raffa 24:03
4 Brian Delaney 24:50
5 Christopher Allbritt 26:36
6 Dean Magat 27:40
7 Brennan O'Boyle 28:01
8 Caleb Gordon 28:53
9 Joseph Smith 28:59
10 Tyler Carpenter 37:07
11 Jacob Carpenter 37:08

MALE AGE GROUP: 15 - 19

1 Stephen Moore 19:11
2 John Dorris 20:40
3 Jarrett Curtis 20:44
4 Ted Dorris 21:49
5 Kevin Huebschman 25:42
6 Kyle Stokes 25:51
7 Ryan O'Boyle 28:02
8 Sean O'Boyle 47:12

FEMALE AGE GROUP: 20 - 24

1 Rachel Anderson 23:25
2 Blaes Schmissraufer 24:19
3 Crystal Keel 30:22
4 Elizabeth Cooper 37:38

MALE AGE GROUP: 20 - 24

1 Charles Webb 18:17
2 C.J. Baker 20:54
3 Tyler Leinbach 20:55
4 Peter Daniel Magat 22:33

FEMALE AGE GROUP: 25 - 29

1 Jill Higdon 26:11
2 Melydia Little 26:37
3 Mary Harless 27:50
4 Kelli Smith 29:39
5 Lara Rollins 32:14
6 Jennifer Mosgrvoe 50:04

MALE AGE GROUP: 25 - 29

1 Jason Nutz 23:54
2 John Lewis 25:38
3 Miles Mason 25:42

FEMALE AGE GROUP: 30 - 34

1 Amanda Lucas 27:45
2 Carrie Brisendine 27:48
3 Louise Cook 29:41
4 Joannah Bartoo 32:59
5 Kori Studley 35:00
6 Jackeline Morales 37:09
7 Heather Smith 38:53
8 Susan Speer Hulsey 50:06

MALE AGE GROUP: 30 - 34

1 David Cook 20:38
2 Eric Stone 21:44
3 Ben Peppers 27:14

4 Andrew McMahan 32:21
5 Todd Harless 36:09

FEMALE AGE GROUP: 35 - 39

1 Dianna Leun 22:51
2 Julie Scott 26:48
3 Tanya Swann 28:14
4 Stacy Marshall 28:49
5 April Threlkeld 30:01
6 Cindy Ramey 30:01
7 Ivette Palacios 30:01
8 Leigh Miller 33:54
9 April Eberly 49:15

MALE AGE GROUP: 35 - 39

1 Dan Ellis 19:21
2 Ken Hillman 20:34
3 Jeff Keith 21:31
4 Jeffrey Miller 21:36
5 Jon Flynn 21:53
6 Frank Larence 23:12
7 Tommy Seither 24:46
8 Denny Marshall 25:32
9 Link Klassen 27:48
10 Andrew Bender 28:03
11 Chris Ramey 30:02
12 Mike Johnson 30:26
13 Kevin Silvers 30:53
14 Rogelio Pacheco 36:01

FEMALE AGE GROUP: 40 - 49

1 Jill Richmond 24:27
2 Marina Delaney 25:01
3 Corinne Henderson 26:12
4 Anne Mahoney 27:53
5 Karen Fauer 28:07
6 Anne Bordash 28:36
7 Ann O'Brien 30:33
8 Jin Lee Moon 33:42
9 Margaret Hall 33:44
10 Kimberly Spence 33:54
11 Marcia Curtis 34:10
12 Christy Price 34:28
13 Ellen Thomson 34:48
14 Kay Henderson 37:08
15 Lisa Kosky 37:36
16 Hiwatha Haywood 37:39
17 Ocellia Whatley-Raul 38:20
18 Teresa Zachry 40:36

19 Bernadette Dorris 45:46
20 Lori Voges 47:04
21 Kelly Robinson 50:10
22 Barbara Brown 52:35

MALE AGE GROUP: 40 - 49

1 Tom Sell 18:38
2 Ryan Shrum 18:43
3 Tim Mullins 19:37
4 Joe Payne 21:34
5 Darren Richmond 23:17
6 Greg Bruner 23:23
7 Steve Tompkins 26:03
8 Rick Hicks 26:04
9 Don Kelley 26:12
10 Patrick Sweetman 26:24
11 David Waters 26:52
12 Lamar Ryland 27:06
13 Sheldon Chong 27:41
14 John Kosky 27:56
15 Eric Voges 28:26
16 Paul Smith 30:09
17 John Dorris 30:09
18 George Thomas 32:42
19 Jim Szykowski 51:18

FEMALE AGE GROUP: 50 - 99

1 Karen Carden 28:42
2 Elaine Dinsmore 31:08
3 Kathy Fulton 34:39
4 Martha Caughran 34:53
5 Darlene Ownbey 36:59
6 Jan O'Boyle 47:17
7 Susan Longmire 47:18
8 Gussie Courter 48:43

MALE AGE GROUP: 50 - 99

1 Michael Leary 21:04
2 David Presley 23:30
3 Mark Rhoden 24:39
4 Richard Kramer 27:07
5 Tim Nutz 27:23
6 Terry Anthony 27:52
7 Skip Patty 28:19
8 David Longmire 28:42
9 Tim O'Boyle 29:16
10 Tommy Grisham 36:10
11 Dale Ingram 37:08
12 Bill Courter 49:14
13 Danny Magat 50:12



FAST **BREAK**

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Chattanooga, TN 37415**

**cvarga@frontrunnerathletics.com
www.frontrunnerathletics.com**

ChristianRunner.org Group Run
Saturday 7:30 a.m.
Chickamauga Battlefield
(meet at museum parking lot)
Visit www.ChristianRunners.org
and click on Chattanooga

SPEED WORK
THUR. 6:30 P.M.
FAST BREAK ATHLETICS
FRAZIER & TREMONT ST.

**BEGINNING AND RECOVERING
RUNNERS & WALKERS**
Fast Break Athletics
corner of Frazier and Tremont streets
Wednesday, 6 p.m.

Run in the Boonies Trail Run
Wednesday, 6 p.m.
Visit www.runintheboonies.org/forum
and click on "Training Runs"

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 two

NEW!
Group Runs - New Start Times
Posted: Tuesday, November 11, 2008
With the time change and earlier sunset, two
groups have moved up their start times:
* Monday night Fastbreak group will
now meet at 6 pm
* Saturday morning downtown Sports Barn
group will now meet at 8:00 am

Group Run
Saturday 6:30 a.m.
visit www.grouprun.com

Tuesday Night Run
5:00 pm at the Greenway Farm
(off Hamill Rd in Hixson)

Run led by Ryan Crews of Front Runner
www.northchick.org/greenway.html
Free Front Runner shirt for running ten
Tue. night Greenway Farm group runs

Sports Barn (downtown)
Wednesday, 6:15 p.m.
1-10 mile routes with
drinks on course

Sat. - 8:00 a.m.
Sports Barn (downtown)
www.ChattanoogaTrackClub.org
for info on weekly runs

Monday 6:00 p.m. -
Fast Break Athletics,
Frazier and Tremont St.
Contact Flash Cunningham
(423) 364-5415 or
flashcunningham@comcast.net

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




Lookout Mountain Market
Mon., Wed., Fri. - 5:45 A.M.
5.2 & 7.9 mile runs, mod. fast
pace, 8 min. miles
Contact: Matt McLelland
mattmcllland@mindspring.com



BULLETIN BOARD

Race Calendar

Legend

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

Please see 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.

NOVEMBER

8- Chickamauga Battlefield Marathon,
 Half Marathon & Junior Marathon
Site:Chickamauga, GA
Info: www.chattanoogatrackclub.org


15 - High Heel Race
Site: Chattanooga, TN
Info: Melissa Hicks

22 - Free For Life 5K
Site:
Info: Barbie Graham

22 - Athens/McMinn Family
YMCA Turkey Trot
Site:
Info:

27 - Sport Barn Turkey Trot
Site: Chattanooga, TN
Info: Carolyn Varnell

DECEMBER

13- Wauhatchie Trail Run
 Site:Chattanooga, TN
Info: www.chattanoogatrackclub.org

MAY 2009

2- Bill Gregory Healthcare Classic
Site:Northwest GA

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

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