

# JOGGING AND

The title 'JOGGING AND' is rendered in a large, bold, teal-colored font. Each letter of the text contains a circular cutout that reveals a photograph of a person jogging. The photos show various joggers in motion, some wearing headbands, sunglasses, and athletic gear. The background of the entire page is a solid teal color.

# Chattanooga Track Club

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Runner Club Member

# JOGGING AROUND

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

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### Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal. No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to the casual walker is welcome.

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# BILL'S QUILL

It's a new year and we are off to a great start. Our annual banquet was held at the Walden Club in February with the room filled with members, friends, family, and sponsors. With the New Year also comes a new set of CTC officers and board members. And we have a great team this year with a lot of energy, commitment and new ideas. In fact after one suggestion, we have jumped into the social network arena with our Facebook and Twitter pages. Check them out. The first race of the year, the Scenic City Half Marathon, was held on February 26th. It was a perfect day to run and the race ended with a little drama when a bandit was the unofficial race winner. The event with about one thousand runners raised a record \$21,000 for eight local charities. Recently we held a race director seminar that had over 25 folks in attendance to learn how to put on a race or improve their race. And that means that the race schedule is filling up. Check out the list of races on our web page. At this time there are 40 local races listed for the year and it is growing. Recently we have also been contacted about sponsorships with several organizations that want to be associated with our popular, quality races. Watch for announcements to be made in the coming months about new sponsors.

It is also that time of year to renew your CTC membership. If you have not done so, re-up today so you will be eligible for all the club benefits including Runner of the Year points and discounts with some of our sponsors. As the membership renewals have come in, I was surprised to see how many members pay the extra amount to be a Sponsor Member

or donate to our CTC Long Run Endowment Fund.

I thank you for your support above and beyond. I was particularly moved by the renewal by one of our senior members. She wrote a personal note to the club recounting years long since past when she a very active runner and an officer of the club for a period of time. She does not run any more; in fact, she says she has trouble walking. She also is battling a serious illness. Yet this woman continues here membership in the Chattanooga Track Club. She says "I am rejoining the CTC because of all it has meant to me over the years. I have made a lot of good friends – and unfortunately lost some of them – and experienced special times through the club...running became a major part of my life." Our club is only as good as its members and I think this woman typifies our membership base – active in the Club, passionate about running, and loyal to the Club!

I look forward to meeting and running with many of you in coming months.

Bill Moran  
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.*

# BRYAN COLLEGE INDOOR RECAP

The Bryan College Track & Field team wrapped up the indoor season at the NAIA Indoor Championship held in Geneva, Ohio at the GaREAT Sports Complex March 3rd through March 5th, where senior Zach Buffington (Ooltewah, TN), junior Bryson Harper (Pikeville, TN) and sophomore Jason McLeod (Ocoee, FL) competed for the Lions.

In route to the championship the Lion's roster produced five school records and a multitude of personal bests. Leading the charge this indoor season has been former Sequatchie County High standout Bryson Harper. Harper has turned in two school records and during his progression over a three week period set career bests in six consecutive races. Racing twice at Indiana University and once at ETSU, Harper finished 2nd and 3rd in Invitational sections of the mile and he went into nationals with marks of 1:55.62 at 800 meters, 4:11.95 for the mile, and 8:30.44 for the 3000 meter run. He competed in the 3k at the championship in Ohio.

Buffington lowered the school record in the 5k to 15:14.62 in his only test at the distance while in Bloomington, IN at the Indiana Relays on January 29th. He set a lifetime best in the 3k as well while in Johnson City, TN at in the Niswonger Invitational when he finished fourth in 8:42.92. Buffington competed first at the championship in the 5k prelim which started at 4:45pm on Thursday, March 3rd. Sophomore Jason McLeod lined up in the mile semi-

final heat on Friday, March 4th at 2:20pm. McLeod qualified for the championship with his 4:20.62 performance at ETSU in early February.

At Nationals, Bryson Harper finished 5th in the 3k to claim his second All-American honor, while Buffington set a school record in the 5k when he ran 15:05.40 in the semi-final. Jason McLeod ran a personal best in the mile at 4:19.31, but missed the final.

Ericka Simpson (SR, Grayson, GA) has accumulated two school records and four personal best during her indoor campaign. She set school records in the 3k (10:56.95) and 5k (18:50.69) and will compete next at the Wake Forest Open to start her outdoor season March 18th & 19th. Teammate Alyssia Lindsay snagged three lifetime marks as well with her best performance at the 5000 meter distance with a 19:03.44 clocking.

“Our group has been fantastic this indoor season and it is even more impressive with where they are in their training. Harper is reaping the benefits of consistent training for the first time since his arrival in Dayton and our ladies are starting to develop the way we hoped. It will be a fun championship for the three young men competing and our entire group is anxious to have some fun on the track during the outdoor season,” said head coach Rodney Stoker.

For full recaps of the indoor season and a look at the outdoor track schedule, visit [www.bryanlions.com](http://www.bryanlions.com).

# UTC INDOOR RECAP

In his twentieth year at the helm of the UTC Track and Field Team, Coach Bill Gautier continues to guide individuals and relay teams to top honors in the Southern Conference. This year's Southern Conference Indoor Track Championship was held in Clemson, SC on February 26 and 27.

The men's Distance Medley Relay Team consisting of Kyle McLarty, Jake Simms, Josh Vasquez, and Lucas Cotter placed first in an exciting race with Sophomore Cotter surging away from his competitors in the final laps of the anchor leg to win, recording a 1600m split of 4:15.

Junior Chris Berry earned All-Conference honors for the seventh time in his career at UTC by placing third in the 3000m run with a time of 8:25. He followed that up the next day placing fourth in the 5000m with a time of 14:46.

After hurting his foot during the 3000m on Saturday, Junior Emmanuel Kirwa bounced back on Sunday placing third in the 5000m with a time of 14:46, garnering All-Conference honors.

Senior David Moore from Sarnia, Ontario took fifth in the 800m final, despite battling an Achilles injury during the previous week. Moore also maintains a 4.0 in UTC's MBA program.

On the Women's side, Senior Shelley Taylor ran 5:12 for the 1600m leg of the Distance Medley Relay and came back to run strong in the open mile the next day. Junior Tara Gietema ran a solid 18:33 in the 5000m and freshman Gabby Cader, a graduate of Walker Valley High School, ran 59 in the open 400m race.



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# Boston Athletic Association Adjusts Registration Process

By Jennifer Funk

In response to an all-time record for this marathon (2011 filled in 8 hrs, 3 min), the Boston Athletic Association announced in February new qualifying procedures for future Boston Marathon races. These procedures attempt to maintain fairness in registration as well as maintain prestige as an elite running event. Instituting these changes will be a two-year process. For 2012 the new rolling admission approach for qualifying runners begins, allowing the fastest runners to register first. Then in 2013 an additional twist occurs. The qualifying times will be lowered by 5 minutes across all age groups and both genders.

The rolling admission process eliminates the rush to registration as seen for 2011. Instead, registration for 2012 begins on Sept. 12th and will progress until Sept 23rd allowing the fastest runners to register first. The initial days limit registration to those who have qualified in their respective categories by 20 minutes or more. Day 3 registrants qualifying by 10 minutes or faster may apply. On Day 5 if there is still availability in the field qualifiers achieving their qualifying times by 5 minutes or more are allowed to register. On the 8th day registration opens to all qualifiers and closes Day 12, which is Sept. 23rd. The overall number of registered runners will remain the same, so there will still be more demand than actual participants.



For 2013, in addition to the rolling admission process the revised standards for qualifying times take effect (note that the seconds are now 0, not 59):

Age Group	Men	Women
18-34	3:05:00	3:35:00
35-39	3:10:00	3:40:00
40-44	3:15:00	3:45:00
45-49	3:25:00	3:55:00
50-54	3:30:00	4:00:00
55-59	3:40:00	4:10:00
60-64	3:55:00	4:25:00
65-69	4:10:00	4:40:00
70-74	4:25:00	4:55:00
75-79	4:40:00	5:10:00
80+	4:55:00	5:25:00

The B.A.A. also instituted concessions for long-time entrants of the Boston Marathon which recognize these runners who have participated in the race 10 or more consecutive years. For more detailed information on all of these changes related to qualifying and registering for the Boston Marathon, visit [www.baa.org](http://www.baa.org).



# Sillery, Humphries win Scenic City Half Marathon

Although race-bandit Joseph Sitienei crossed the finish line first at the 2011 version of the Scenic City Half Marathon, emergency room doctor John Sillery was named the winner of the 13.1 mile race after he finished in 1 hour, 16 minutes, 37 seconds. The women's race was won by Kimberly Humphries, also a Chattanooga native, in 1 hour, 29 minutes, 28 seconds.

Sillery bolted off the starting line as if he were racing only a one mile race, and then led the first several miles. He said that Sitienei, a native of Kenya, caught him and the two ran together until the tenth mile, but the Capital Toyota sponsored runner pulled away over the final kilometers of the race. Sitienei's unofficial finishing time was 1 hour, 16 minutes, 12 seconds, although he does not show up in the race results since he was a bandit.

Chattanooga Track Club member Sergio Bianchini, only a day after his 70th birthday, finished in 54th place with a time of 1 hour, 37 minutes, 2 seconds.

The event supports eight local charities through a fundraising competition titled the Charity Challenge. This year's Charity Challenge was swept, once again, by McKamey Animal Care & Adoption Center.



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A person is holding a minimalist running shoe sole up to the camera. The sole is grey with green accents and a textured pattern. The person's face is blurred in the background.

# **THE MINIMALIST MYSTIQUE: UNCOVERING THE MYTH AND MERITS OF RUNNING BAREFOOT AND IN MINIMALIST FOOTWEAR BY ANDREW DORN**

Editor's Note: Andrew Dorn, an alumnus of both Chattanooga Christian School's and Bryan College's cross country and track programs, and now the manager of Front Runner Athletics, will be penning a coaching column for Jogging Around. This is the first piece.



Any enthusiast of distance running has surely observed a recent popularity-explosion of this thing called Minimalism. It represents a controversial divide among experts in the scientific and coaching communities alike, and it leaves many runners conflicted about whether or not ditching the Nikes is a sound training tweak. In my line of work, I encounter this Minimalism concept on a daily basis, and it is conclusive to me that it fills more runners with confusion and skepticism than the constructive confidence its many advocates like to promise. This essay strives to provide an objective analysis of the core subject points around which Minimalism is generally supported.

## **MINIMALISM: WHAT IT IS AND WHY PEOPLE RECOMMEND IT**

Proponents of minimalism typically cite two major benefits as being directly correlated with running barefoot or in minimalist footwear: a reduced likelihood of injury and an increase in biomechanical efficiency.

The Reduced Injury argument is observed to result from both a change in running form and the strength and flexibility gains attributed with allowing the foot to move in an uninhibited, natural state. Minimalist advocates point out that running barefoot or in a shoe that offers very little structural rigidity stresses the muscles and connective tissue in the foot in a way that stimulates an increase in strength and flexibility, while also allowing for a less-traumatic stride. A gait that is inherently encouraged by running with little or no material beneath the heel of the foot is characterized by striking the ground with the mid-foot or forefoot, as opposed to the heel, which is often the case in runners sporting traditional running shoes. The typical running shoe features a heavily cushioned heel and a significant drop from the heel to the forefoot (most traditional running shoes are engineered with a 2 to 1 heel-to-forefoot thickness ratio). In contrast to this design, minimalist running shoes are distinct in that they feature little or no thickness difference between the heel and forefoot, thereby encouraging a point of impact much closer to the mid-foot.

Minimalists note that shifting the impact-point to the mid-foot is consistent with the natural biomechanical tendency of the running human, as dictated by the complex process of human evolution. Experts in the field of biomechanics have observed that the human body has evolved into a machine well suited for running, and that a running gait characterized by a mid-foot strike most effectively allows the tissue and bones involved in the running motion to safely absorb shock and propel the runner forward. The heel-strike that is encouraged by modern running shoes, regardless of how cushioned they are, results in an impact angle and striking point that is more jarring on the bones, and is less effective at dispersing impact trauma. Some experts draw connections between “overuse” injuries that commonly afflict runners with the inadequate shock absorption and unnatural angle of shock diversion associated with heel-striking. The Reduced Injury argument, then, is edified by the suggestion that striking the ground with the mid-foot represents the human body’s most effective and efficient running gait, whereby impact shock is most properly dispersed, and the energy-return that repeatedly hurls the runner forward is at a maximal level.

Tied in with the argument of Reduced Injury is that of increased running efficiency. The barefoot runner not only tends to strike the ground at the mid-foot, but in so doing, shifts this point of impact to directly beneath the runner’s center of gravity. The argued benefits of such a gait are twofold. As inferred by the Reduced Injury argument, a point of impact that sits directly beneath a runner’s center of gravity allows for the body to most effectively absorb shock, and helps move the runner forward, thereby minimizing the development of injury, and maximally utilizing the impact-shock as an energy-source that encourages forward momentum.

The second benefit of striking the ground this way is that it eliminates the sluggish “reaching-and-pulling” motion that occurs when planting the foot far ahead of the body’s center of gravity. The stride of a runner who impacts below his or her center of gravity immediately begins pushing up and forward into the next stride, whereas the runner who throws the foot far out in front of the body must endure a jarring or “braking” effect on impact, pull the body forward so that it is then positioned over the center of gravity, and then finally

push up and forward into the next stride. It does not take a PhD in Human Performance to conclude that the latter process is far more taxing on the running muscles than the former.

## **BORN TO RUN: A MINIMALIST LOVE STORY**

The positivities of Minimalism make a strong case for a paradigm-shift in running footwear. I would argue, though, that much of the research and real-life success stories surrounding it are somewhat sensational and intentionally omit certain details (a prime example: the East Africans who consistently dominate the competitive distance-running scene train barefoot. This is false. See *More Fire: How to Run the Kenyan Way* by Toby Tanser for confirmation) that could dissuade runners from hopping on the bandwagon.

The work most guilty of this is Chris McDougall's *Born to Run*, which chronicles the enigmatic endurance-feats of a primitive Mexican tribe called the Tarahumara. The Tarahumara, who have occupied the desolate canyons of Mexico's Barrancas del Cobre for countless generations, sustain themselves and their unique culture by running unthinkable distances for food, travel, and sport. And they do so either barefoot or in flimsy sandal-like footwear called huaraches. McDougall writes of how everyone among the Tarahumara tribes—children and elders included—tackles runs (or at least walks) equaling two or three times the distance of a marathon with unprecedented ease, and always wearing little or nothing on their feet. He describes how they never get injured, and how the grace of their stride is almost surreal. McDougall lauds the Tarahumara as being the ideal manifestation of the supreme distance-running machine, flawlessly crafted by millions of years of Evolution. And perhaps they are just that. But before we go kicking off our shoes and jumping headlong into training barefoot, let's take a moment to draw distinctions between the average American runner and the canyon-dwelling Tarahumara.

Most of the differences between the modern Westerner and the Tarahumara are glaring. On the whole, we do

not live in an undulating, jagged desert-scape. They do. We grow up walking on hard, smooth surfaces almost nonstop. They do not. In fact, McDougall draws special attention to one Tarahumara native, whose Leadville 100 mile race, cataloged in *Born to Run*, hosted the super-runner's first ever encounter with asphalt. Their society is utterly void of any technological luxury that could allow for physical laziness. Without running and toil, they do not eat. Our lifestyles are in such stark contrast that to embrace virtually any tenet of Tarahumara life, one would encounter a notable period of adaptation and acclimatization.

## **THE RELATIVITY OF TRAINING AND RACING GOALS**

The lengthy and tedious process of adapting to minimalist footwear is often glossed over by staunch advocates. Minimalism is portrayed as a “magic pill” solution to anyone who has ever struggled with injuries or been stuck in a training rut, when it is rarely, if ever, the most practical course of action for the injured and frustrated runner. I certainly agree that running in

minimalist footwear will yield strength and biomechanical improvements, but it is prudent that runners considering a change to minimalism ask themselves whether setting aside the necessary time to adapt to a wholesale renovation of their gait is consistent with their individual training and racing goals. For example, if a runner's primary goal is to complete a 10k wearing Vibram FiveFingers, then minimalism is the answer, and he or she would absolutely need to

incorporate regular runs in Vibrams and increase the distance run in them at a moderate rate leading up to goal race-day. In training-speak, this approach is known as the principle of Specificity: whatever you do often and in moderation, you will adapt to and improve upon. But what if a runner's goal is to, say, improve a marathon time from 2:40 to 2:30 within a year? It must be understood that it could feasibly take months to safely transition into minimalist footwear to the point that normal training practices may be

**“...HARD WORK,  
PATIENCE,  
AND PROPER  
TRAINING ARE THE  
INGREDIENTS TO  
RACING SUCCESS”**

resumed. Also, it must be recognized that the level of training necessary to yield such an increase in fitness will inherently place the runner at some risk of injury or setback. Is the runner, then, better off potentially pushing his or her training back several months to get used to minimalism? In the time-frame provided, which I would say is completely reasonable for most runners of this ability, it is a waste of time. There is a multitude of strengthening drills and graduated proprioceptive exercises that may be performed simultaneously to ideal training levels that are extremely effective at warding off injury and improving biomechanical efficiency (for excellent examples, see Jay Johnson's DVD Building a Better Runner) without postponing any fitness goals. In summary, a runner's decision to embrace minimalism ought to reflect a runner's specific training and racing goals, and that any degree of running proficiently in minimalist footwear is in no way a substitute for thorough, event-specific training. It is this time-tested fact that is so frequently ignored by partyline Minimalists. Train smart. Do not fall into this trap.

## **NO SHORTCUTS**

Is there merit to the hopeful claims of the Minimalist community? No doubt. But the history of competitive distance running is primarily a narrative of how hard work, patience, and proper training are the ingredients to racing success. This will always be the case, and we are best off to remain focused on our training goals at hand, not become distracted by the latest pseudo-scientific sensation that makes improvement seem to come easy. Keep logging the miles and increase training in moderation. There is no replacement for proper, consistent training.



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## In the MIDDLE of the Pack

Everybody cheers for the top finishers. The crowd applauds the final runners to salute their fortitude.

But what about the mid-packers, those who are in there banging elbows, spitting and clawing, where the traffic is the thickest?

We decided it was high time we showed the middle of the pack some love. So let's hear it for Brianna Burnette, who placed 267th at the Scenic City Half Marathon – with 266 runners ahead and 266 behind her.

The 31-year-old graduate acute care nursing student at Southern says the middle of the pack is the place to be.

**JA: Was this your first half-marathon?**

**Brianna:** Yes it was and I'm so glad I chose this hometown event. It was really put on well.

**JA: What was your goal?**

**Brianna:** Mainly to finish! But I had my sites on 10-minute miles and ended up doing 9:14, so I was thrilled!

**JA: In the middle of pack, did you have people to run with most of the way?**

**Brianna:** I did have people to run with and it flowed nicely. There were some that depending on the terrain



we would pass each other several times. It was some incentive to be able to see others and try to catch them.

**JA: What's the view like when you are smack-dab in the middle?**

**Brianna:** The start resembles a can of sardines. This course allowed you to see different people at different paces. On Amnicola, you could see the lead pack on the Riverwalk and vice versa. You knew you weren't in the back.

**JA: Any running goals coming up?**

**Brianna:** I hope to do my first marathon in Nashville so this half was my "long run" day. My other goals are to do the three-race series that the CTC is putting on. I'm on a women's cycling team (Team Mystique) so much of my time will be road racing or mountain bike racing. Running is good cross training for me.



## Meet a New Member: Dr. Merritt Adams

**How long have you been a runner?** I'm not really a runner. I'm the slow blob in the back of the pack. But I try to keep in shape and do triathlon training.

**Do you have a favorite race?** Any fun adventure race.

**What's your next running goal?** The Warrior Dash, a three-mile race with multiple obstacles like repelling, crawling through mud, etc.

**Any running tips you would pass on to your fellow runners?** I wish they would give me some!

**Do you have any favorite running routes?** I am fairly new to town and not that familiar with many running trails. When I can make it running with the track club I prefer to do that. I do much better with a running partner, but a lot of times I can't make it so I will just run around the Fortwood area and to the Riverwalk.



## THINGS TO DO:

1. RAMP UP TRAINING
2. RACK UP ROY POINTS

CTC Group Run  
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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.

**SPEEDWORK**  
Thursday Night at 6:30pm at  
Fast Break Athletics – Joey Howe  
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"When you see everybody running very fast,  
you start to think it is possible for you, too."  
- Ronata Canova

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## CHANGE SERVICE REQUESTED

# 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.

### MAY

- 7 - King of the Mountain 4-Miler
- 7 - Bill Gregory Healthcare Classic
- 14 - Ed Gentry Memorial Strawberry Chase
- 21 - IHN 5k Run to End Homelessness
- 28 - Knoxville Track Club EXPO 10k
- 30 - Chattanooga Chase 8k

### JUNE

- 18 - BlueCross Riverbend Run 5k/10k

### JULY

- 10 - Chattanooga Waterfront Triathlon

### AUGUST

- 13 - John Bruner Memorial Missionary Ridge Road Race
- 27 - Raccoon Mountain Round the Rim Run 5k/10k