

JOGGING AROUND

The title 'JOGGING AROUND' is rendered in large, bold, blue-outlined letters. Each letter is filled with a different photograph of a runner. The 'J' shows a runner's arm and shoulder. The first 'O' shows a runner's face wearing sunglasses and a black headband. The 'G' shows a runner in an orange shirt. The first 'G' shows a runner in a blue shirt with a yellow bib. The 'I' shows a runner's legs. The second 'N' shows a runner's legs. The 'G' shows a runner's legs. The 'A' shows a runner's legs. The 'R' shows a runner's legs. The 'O' shows a runner's legs. The 'U' shows a runner's legs. The 'N' shows a runner's legs. The 'D' shows a runner's legs.

Chattanooga Track Club

Officers as of Jan. 22, 2011

President
Bill Moran
President@chattanoogatrackclub.org

Past President
Sherilyn Johnson
PastPresident@chattanoogatrackclub.org

President-Elect
Open
PresidentElect@chattanoogatrackclub.org

VP/Communications
Open
VPCommunications@chattanoogatrackclub.org

VP/Membership
Blaine Reese
VPMembership@chattanoogatrackclub.org

VP/Races
Doug Roselle
VPRaces@chattanoogatrackclub.org

Treasurer
Jennifer Funk
Treasurer@chattanoogatrackclub.org

Secretary
Don Lastine
Secretary@chattanoogatrackclub.org

Directors

Jenni Berz
Bill Brock
Crandall Caughman
Pam Cuzzort
Tim Ensign
Susan Gallo
Brad Harvey
Denny Marshall
Melodie Thompson
Charles Webb
Jane Webb
Mark Wisdom

Staff

Bookkeeper:
Connie Hall

Design and Layout for Jogging Around:
Keith Finch

Equipment Manager:
Flash Cunningham
EquipmentManager@chattanoogatrackclub.org

Timing Manager:
Steve Morrison
TimingManager@chattanoogatrackclub.org



Runner Club Member

JOGGING AROUND

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Interim Editor

Tim Ensign

Layout / Design

Keith Finch

Printing

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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

The end of 2011 is fast approaching and I want to take a moment to reflect on what we've accomplished the past year and where we are headed in 2012. But first of all I want to thank all of you who have volunteered and helped our Club put on all the CTC races this past year. Our Club would not exist without your help. Thank you!

In 2011 we continued with great participation in our signature Club events: the Scenic City Half Marathon, the Chickamauga Chase, the Chattanooga Waterfront Triathlon, and the Chickamauga Battlefield Marathon. A big thank you to the Chickamauga Chase race directors for making this event happen in spite of near record rainfall and flooding for 36 hours prior to the race start. In May we held the 44th running of the Chattanooga Chase followed a couple of months later by the 38th running of Missionary Ridge – all part of the great tradition of our Club.

Besides putting on great races for area runners, the Club again has helped several Chattanooga charity groups raise funds and/or awareness for their cause. In June with only a few weeks of preparation, the Club put on the Run for Ringgold race benefitting the Ringgold High School athletic boosters who lost all their equipment and band instruments in the Ringgold April tornado. The 5K race raised \$35,000. We also helped groups with inaugural events, two of which were the Interfaith Homeless Network 5K and the New Monumental Baptist Church "I'm Chasing You" 5K.

The year 2011 marked the beginning of an association between the Club and the Children's Hospital Foundation. The Hospital Foundation and Club partnership is two fold. First, the Hospital

Foundation will focus on growing our children's programs and will sponsor the Market Street Miracle Mile, the grade school cross country series, and the Junior Miracle Marathon. The Hospital Foundation will also recruit athletes to participate in our events and fund raise for the Hospital Foundation. We are excited about this partnership and how it will benefit the children in our community. We look forward to working with the Hospital Foundation for many years to come.



What's in store for 2012? First and foremost we want to continue to put on quality events for you, the members. We certainly want to grow our events, but we will not do so by sacrificing quality. We also are offering a Corporate Fitness Program where companies will participate in Club races as part of their corporate health and wellness programs. We have so many individual health success stories in the Club. Companies realize these potential health benefits and want to get their employees involved in regular exercise such as our races and weekly runs. If your company might be interested, let us know.

It's been a great year and we are looking forward to 2012. So, when you make your list of New Year's resolutions don't forget to include renewing your Club membership and volunteering for one or two of our CTC races. See you at the Scenic City Half Marathon on Saturday, Feb. 25th.

Bill Moran
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.



CTC PARTNERS WITH CHILDREN'S HOSPITAL FOUNDATION

In April the Chattanooga Track Club formed a partnership with the Children's Hospital Foundation that promoted our junior running program and that raised awareness within Chattanooga of the premiere care available for children from the Hospital. The association provided the Foundation an opportunity to fund raise and for runners to support the Children's Hospital Foundation at the Chickamauga Battlefield Marathon and Half Marathon. This partnership helps fulfill the Club's mission for promoting health, fitness, and wellness particularly in our grade schools. The Children's Hospital Foundation became a part of all three CTC junior running events which took place in 2011 and will continue in future years. They are:

The Children's Hospital Foundation Market Street Miracle Mile: This event is the kick-off for the junior marathon program. School children will run their first mile as part of their "marathon" program. The junior runner heats will be part of the overall CTC mile event that is run every spring downtown. This provides the junior runners a chance to see other runners in the same event that they are running.

The Children's Hospital Foundation Grade School Cross Country Series: This series of runs takes place on Thursdays in September and provides grade school students more opportunities to log more miles in their Junior Marathon log books towards their goal of 26.2 miles.

The Junior Miracle Marathon presented by the Children's Hospital Foundation: This is final mile run by junior runners as part of their "marathon". It is run in conjunction with the Club's November Chickamauga Battlefield Marathon (voted the most family-friendly race by Runner's World readers).

The Track Club will continue to operate these races in their entirety as has been done in the past. The Children's Hospital Foundation will focus on promotion of these events within the community and on enhancing participation by junior runners within the school systems. Bill Moran, Track Club president, said, "the Track Club association with the Children's Hospital Foundation is a perfect fit. The Club will continue to provide the race venue and management for these events and the Hospital will use their network to increase participation. The resulting promotion of health and fitness in our grade school age children is in line with the objectives of both our organizations."

The Children's Hospital Foundation will also have a team of runners in the Chickamauga Battlefield Marathon and Half Marathons each year. The Club has reserved a number of spots for the Foundation and their Miracle Team of supporters. These Miracle Team runners will fund raise on behalf of Children's Hospital Foundation. In the past many of these supporters have traveled out of town to other races and fund raised on the Children's Hospital's behalf. They will now be able to do that locally at the Chickamauga Battlefield Marathon and Half Marathon. At the Chickamauga Battlefield race this November, it was announced that over \$25,000 was raised for the Children's Hospital Foundation through these supporters and the Run for Miracles events! Adding the Hospital's Miracle Team to the Chickamauga Battlefield Marathon injected even more enthusiasm into the event for the runners – not only reaching a personal sense of accomplishment of completing a marathon but also raising money for such a deserving cause. For more information on the Children's Hospital Foundation's involvement go to: www.runformiracles.org.



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Training Intensities Explained

By Andrew Dorn

On the surface, running is one of the simplest things a person can do. I am reminded of a time when a friend of mine, noticing a training book on my shelf, gestured to it and asked, sarcastically: “So what’s in that book? Right foot, left foot, right foot, left foot?” On one level he was right: running is merely placing one foot in front of the other, over and over again. It becomes a far more complicated matter, however, when trying to figure out how to do this faster and faster, over distances ranging from less than a mile to over 26.2. When running faster becomes the goal, running suddenly becomes something called training, and training brings with it a rich lexicon, full of terms like “lactate threshold” and “velocity of VO₂ max.” Suddenly running got complicated. But fear not: the motivated and self-coached runner of today does not need to earn an advanced degree in exercise physiology to decipher and apply these terms. To minimize the risk of overcomplicating things, I have attempted to make this article as practical as possible, and not necessarily as scientific as it could be.

Exercise can be divided into two basic categories: aerobic and anaerobic. The term “aerobic” literally translates to mean “with oxygen” and describes any form of exercise that is done at a level of intensity that could be sustained indefinitely by the presence of oxygen alone (assuming, of course that the exercising muscles are being exposed to sufficient levels of food, water, and sleep). Walking is the most commonly experienced example of aerobic exercise, though to a runner, so is jogging, or any form of running during which you could easily carry on a conversation without straining for air. Oxygen is a necessary agent involved in the body’s normal muscular-contraction process, and so long as it is available in plentiful supply, muscles are capable of operating normally forever, unless deprived of some other energy source.

The second category of exercise is described as anaerobic, and literally translates to “without oxygen.”



An all-out sprint is a good example of anaerobic exercise; it is an action done at a level of intensity that can only be sustained for a short time before the exercising muscles begin to shut down. During anaerobic exercise, the energy demands of the muscles exceed that which could ever be met by oxygen, and instead rely on rapid-burning fuel stores that are quick to deplete.

Depending on race distance, the goal of training is to expose the body to differing levels of each form of exercise, so as to maximize the runner’s speed over a given distance. Distance running is largely an aerobic activity that can last anywhere from a few minutes to several hours. For this reason, relatively easy, aerobic running makes up the bulk of the competitive runner’s weekly mileage. Physiologically, easy aerobic running strengthens the running muscles—which includes the heart—by exposing them to repeated, low-intensity flexion. The bones in the legs become denser to adapt to the impact, and capillary density in the working muscles increases, so as to more efficiently deliver oxygen-rich blood in greater volumes. Due to the relatively low intensity of aerobic running, it can be done year-round without the need of any significant

break. Aerobic running is the most important form of exercise for the runner, because it prepares the body for more intense training to come, and it can be done year round and yield consistent improvements in fitness.

The next intensity-level relevant to training goes by several names, but I will refer to it here as the lactate threshold intensity. During exercise, the chemical reactions that take place in the muscles produce waste products that manifest in several ways. One is CO₂, which is expelled from the body through the lungs. Another, known as blood lactate or lactic acid, permeates the bloodstream and muscle tissue. Depending on a runner's fitness-level and physiological composition, lactic acid can be metabolized by various systems in the body and be neutralized, allowing the exercise to continue at its present rate. If lactic acid begins to accumulate at a rate that is greater than the body's ability to flush it out, the exercising muscles will eventually become saturated with the acidic bi-product and shut down. The point at which this rate of acid-accumulation exceeds the body's ability to flush it out is the lactate threshold. In running-terms, this effort-level is roughly equivalent to the maximum pace a runner could maintain for one hour. For example, if a runner completes a 10 mile race in 60 minutes, then it is safe to estimate that his lactate-threshold pace is 6 minutes per mile.

If a runner pushes much harder, the running muscles will soon be working at a level that maxes out their ability to utilize oxygen as a fuel-source. Heart-rate is approaching its maximum and the rate of lactic acid-accumulation rises sharply. This level of effort, at which the exercising muscles are stressed to a degree that maximizes their ability to metabolize oxygen as a source of fuel, is known as VO₂ max. In terms of running speed, VO₂ max is usually achieved while running somewhere near a person's 3k and 5k race-pace, and can be maintained for between 8 and 10 minutes before acid buildup begins to slow the body down.

Any speeds faster than vVO₂ max (minimum pace at which VO₂ max occurs) and you enter what I will call glycolytic anaerobic effort levels. This is basically a fancy way of saying that you are running at an intensity that is beyond the body's ability to sustain using oxygen

at all, and a new glycogen-rich fuel-source has replaced oxygen as the provider of fuel. At this point, you are nearing sprinting speeds, and most people can only maintain glycolytic anaerobic efforts for 2 to 3 minutes before acidosis clogs the working muscles.

It is critical to remember that, while each of these training intensities have their place, there is no substitute for consistent, easy aerobic running. High-intensity training sessions yield quick jumps in fitness, but they greatly increase a runner's risk of injury and burnout when performed frequently over the course of months or even weeks. That said, listen to your body, and strive to incorporate workouts that closely replicate running speeds you will experience during the actual race. Don't spend too much time training at paces that don't simulate anything you would ever encounter in a race; whatever you do often, your body will learn to do better!



2011 Chattanooga Track Club Elementary Cross Country Series

The 2011 Chattanooga Track Club Elementary Cross Country Series was an exciting and huge success. We had 600 runners at each meet – with some serious and fun competition. As part of the Children’s Hospital Foundation’s Run for Miracle Series, we hope to get more schools involved next year and also encourage parent participation in volunteer support. Unfortunately, we had some rain outs this year that shortened the season, but we still had some exciting races with amazing times from the young runners. Denny Marshall directed the series.





Not pictured: Steve Smalling, Denny Marshall

Meet the 2012 Board of Directors

The Annual CTC Board Election Social was held on November 8th at Porker's Barbeque Restaurant. CTC members cast their vote for open positions on the 2012 Board of Directors and the results are in:

Officers

President: Bill Moran

President-Elect: Chas Webb

Vice President Races and Equipment: Mike Leary

Vice President Communications: Pam Cuzzort

Vice President Membership: Jane Webb

Treasurer: Jennifer Funk

Secretary: Melissa Hale

Directors

One year remaining **Two year term**

Jenni Berz

Ron Branam

Susan Gallo

Brad Harvey

Don Lastine

Julian Jackson

Denny Marshall

Jason Liggins

David Scholes

Steve Smalling

Mark Wisdom

Treva Walshe

This event at Porker's is always such a treat, as we get to enjoy a delicious dinner and socialize with a great group of track club people.

This year proved to be excellent with a very good turnout and high spirits anticipating a great 2012. A big thank you to CTC for picking up the tab!

President Bill Moran handed out the ballot of Officers and Directors and all were unanimously voted into office.

This is an awesome lineup of experience, enthusiasm and talent! Thank you to everyone who has agreed to serve and lead this diverse and growing group of runners, walkers and hikers!

The Board is always in need of volunteers to help on their respective committees. If you would like to help, shoot a note to Bill at ctc_bill.moran@att.net



CHICKAMAUGA BATTLEFIELD
MARATHON

**A Big Day at the Battlefield:
Chickamauga Battlefield Marathon,
Half Marathon and Junior Miracle Marathon**

by Jenni Berz and Sherilyn Johnson

Another Chickamauga Battlefield Marathon is in the books. As race directors, you hope and pray that the weather will be nice -- anything but rain. You hope that everything you ordered for race day arrives on time, that you have enough food and beverages for racers and volunteers, that you have enough volunteers, that the race starts on time and results are timely. You hope there are no injuries and everyone leaves with a smile on their face, satisfied with their experience.

We are happy to report that we accomplished most of our goals for the 2011 race. Not sure how we lucked out again this year with the weather, but we are grateful. There are a few things we could have done differently and we are already talking about how we can make the 2012 race even better.

For now, we are enjoying reading the post race comments from veteran to first-time participants, mostly relating to how much they like the course and the great volunteers. One racer stated simply, 'Beautiful course, great organization and wonderful volunteers!!' We are fortunate to have access to this historic and scenic venue and equally lucky to have wonderful volunteers who support this race each year.

This year we hosted runners from 32 states, ranging in age from 15 to 83. In addition, we had 153 first through sixth graders run their final mile to complete their Junior Miracle Marathon. We added a wheelchair division and introduced our new partnership with Children's Hospital Foundation and the Run For Miracles Series. We expect the wheelchair division and the Run for Miracles Series to grow in the years ahead and provide another dimension to what is --already considered a tremendous event.

We would like to thank our partners: Fort Oglethorpe Tourism Association and the City of Fort Oglethorpe, the National Park Service and Children's Hospital Foundation, along with our sponsors. We would also like to thank all CTC members who support this race either by racing, leading training runs, volunteering or in some cases all of the above. Last but not least, we would like to thank all of the people who put in extra hours before, during and after the race: Denny Marshall, Chris McKeever, David Presley, Doug Roselle, Jane Webb, Bridgette Wisdom, Mark Wisdom and CTC Timing Manager, Trey Stanford and Equipment Manager, Flash Cunningham. We could not put this race on without your time and support.

Thanks for a great event. We look forward to being your race directors in 2012.

[full results posted at www.chattanoogaatrackclub.org]



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RAGNAR
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Ragnar Relay 2011

The Ragnar Relay ... it's only been two years since the overnight relay from Chattanooga to Nashville began, but the experience has already created a devoted following among those who have done it. Once again, the CTC and several other local 12-person teams ran through the night to complete the 200-mile route over the rolling highways and byways between the Scenic City and Music City. It sounds like nuts - but the crazies who do it will tell you there's nothing like it!



I'M CHASING AFTER YOU 5K

Hold the

Date!!

Saturday evening, January 21
Chattanooga Track Club Annual
Awards Banquet at the Walden Club

Make plans now to be present with other Chattanooga Track Club members and guests for our annual Awards Banquet. In addition to a great meal catered by the chef and staff at the Walden Club, we will meet the officers and board members for the 2012 running season, recognize and honor the outstanding runners in each category and age/gender division for the 2011 running year, socialize with our running community, and hear a presentation by an outstanding motivational speaker. This should be a must do event for all casual and serious runners.

Watch for details on chattanoogatrackclub.org



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Soldier Marathon -A Well-Oiled Machine

By Robert Gustafson & Ed Rusk

The air was cool, the sky was blue and the atmosphere was reverant as Robert and Ed arrived at Fort Benning to the National Infantry Museum on Veterans Day, November 11th. This was to be the 2nd running of the Solider Marathon. Whether the organizers chose this date to coincide with Veterans Day I don't know, but it made for a pretty reverant atmosphere as they saw soliders milling around welcoming them. Getting a few shots with the soldiers was a bonus. Robert and Ed have always appreciated our military personnel and to have them be the beneficiaries and support crew of this marathon just seemed to be extra special.

There was a pretty small expo, as most marathons have, but since the race checkin was in the Infantry Museum, they had the opportunity to look around at this beautiful museum. Walking into packet pickup was a breeze. It was set up in a counter-clockwise loop and flowed very smoothly. The last booth you came to, though, was the coolest thing they've seen yet at a Marathon. Runners had the opportunity to race for a fallen hero (a service man or woman who had fallen in the line of duty recently). Ed chose someone who had fallen a day after his anniversary while his wife and he were on vacation celebrating. That seemed fitting, since if it weren't for his sacrifice we probably couldn't do the things we enjoy. Thank you, Sgt Eppinger! Ed was to wear his name on his shirt as he ran – and he received a photo of him along with some specifics of who he was.

After registration, while Robert was manning the Pacers booth, Ed walked around outside to the Avenue of Flags where the start/finish would be. There were several yellow roses on the ground underneath the flags. He walked up to an older gentleman who was placing yellow roses down and asked him if he was a veteran. Yes he was. After thanking him for his service, he asked where the gentleman served. "Vietnam," he said – "4

tours." Ed told him that his brother was drafted, then recalled at the last minute – adding another thank you that this gentleman's service allowed Ed to grow up knowing his oldest brother. With a wet eye, the gentleman reahed out and heartily shook hands. Two generations apart, yet joined together with a simple "thank you". What a great venue on such a moving weekend of honoring our military.

The course starts our running through Fort Benning before bringing you around to the edge of the Chattahoochie River. Similar to Chattanooga, Columbus, GA has created a nice riverwalk next to their river. Columbus, GA has made their riverwalk out of asphalt, which makes the joints much happier. The course is basically an out and back after a loop through Fort Benning. It was relatively flat, except for a hill in Ft Benning itself that was early in the course.

Race morning was pretty cool and Robert and Ed were still debating what to wear. The temperature guages read 38 but it felt more like 28. There was a fog in the air, and everyone was trying to stay inside until the last minute. The national anthem was sung by a gentleman with an incredible voice, not one of these canned recorded versions others play. He hit every note perfectly which reverberated against the crisp morning air like the sharpness you can only find in a military setting.





The 3:35 pace group was made up of about 12, including a Brigadere General, Master Gunnery Seargent and a Master Chief. Robert kept everyone talking and answering questions to keep their minds off the marathon itself. Isn't that what a good pacer is supposed to do?

At the 10 mile mark, the 1/2 marathoners turned back and the rest continued. The group dwindled to 6 and they took turns carrying the pacing flag. At each water stop there were military personnel handing out water, lots of cheers, good music and motivation. The views along the way were very enjoyable and even the farthest point in the race, when most courses will be desolate, there were plenty of spectators cheering on the runners. There were a few times during the race when things got hard (don't they always in a marathon?) and then you look down and remembered who you were running for. Sgt Eppinger wouldn't quit here, would he? He would keep going!

The most incredible part of the race, though, was the finish line. Running up the Avenue of Flags, which had a flag from each state and protectorate, was incredibly moving. The announcers did a great job of calling out everyone's name as they crossed and keeping the crowds interested in the runners. The finishers medal looked like 2 dog-tags which would only have been cooler if they were actual dog tags. Additionally, there was a base coin you were handed. Base coins are collectors items. This wasn't an actual base coin, but one designed specifically for this marathon.

After crossing the finish line, Robert had the privilege of meeting the base commander, 2-Star General Robert Brown. After relaying a moving story about Robert's grandfather, who fought in WWII and the Korean War (nearly losing his life) and Roberts father, who fought and died in Vietnam, the General, who was extremely engaging and generous, reached into his pocket and presented Robert with a Commanders Coin. Suddenly this marathon took on a very special, emotional feel, as 2 men, who each understood too well the sacrifices that come with the military, stood side by side as proud Americans.

Discussing with Robert afterwards, he says "this race took over my #1 spot - which was previously held for many years by Twin Cities Marathon. Yes, it was that good. I've never been brought to an emotional state at a race, but this one did it several times & for several reasons. It was an honor to meet & run with some of our country's finest soldiers. It was an honor and privilege to meet the commanding general afterwards. His hospitality, as well as everyone involved with this race-from the race director to the water stop volunteers-made this unique & very special to me. I, too, plan on doing this again. Maybe even make it an annual event? It's the best of the best, in my opinion." This was a wonderfully put on race that went off without a hitch. Aid stations were fully stocked, people were very supportive, the military personnel were sharp and attentive. All in all, this race was run like a well oiled machine, even though it was only the 2nd year. Ed and Robert both expect to return - this was worth the trip.

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.

CTC Competes at Club Nationals

The Chattanooga Track Club was well-represented at the USATF National Cross Country Championships on Dec. 10 in Seattle. More than 300 runners from clubs across the country competed in the men's masters race, which was won by Malcolm Campbell of the Atlanta Track Club, the overall club champion. Pictured at the finish line are (left to right) Bill Minehan, Joe Sneed, Dean Thompson and Tim Ensign. Thanks to the Front Runner for outfitting the team in slick uniforms. Next year's event will be in Lexington, Ky, and the CTC hopes to field teams in several age-group categories.



THINGS TO DO:

1. RAMP UP TRAINING
2. RACK UP ROY POINTS

CTC Group Run
Wednesday Nights - 6:25 p.m.
Downtown Sports Barn
(302 Market Street)

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.

SPEEDWORK
Thursday Night at 6:30pm at
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leads this pack – All Friends Welcome.

**Join a Saturday
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6:30 a.m. - visit grouprun.com
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Karen Lawrence
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Saturday, December 31, 2011
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- Ronata Canova

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Chattanooga Track Club
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Chattanooga, TN 37401

CHANGE SERVICE REQUESTED

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RACE CALENDAR

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.

DECEMBER

- 17 - Wauhatchie Trail Run 6.7 miles
- 31 - Karen Lawrence 4 Mile Run for St. Jude Children's Research Hospital

MARCH

- 17 - Gateway Bank 5K
- 24 - Rear in Gear 5K
- 31 - 65 Roses 5K and Walk for Cystic Fibrosis

APRIL

- 14 - Rotary Run 10K
- 21 - Chickamauga Chase 15K and 5K

FEBRUARY

- 25 - Scenic City Half Marathon & 5K Charity Challenge