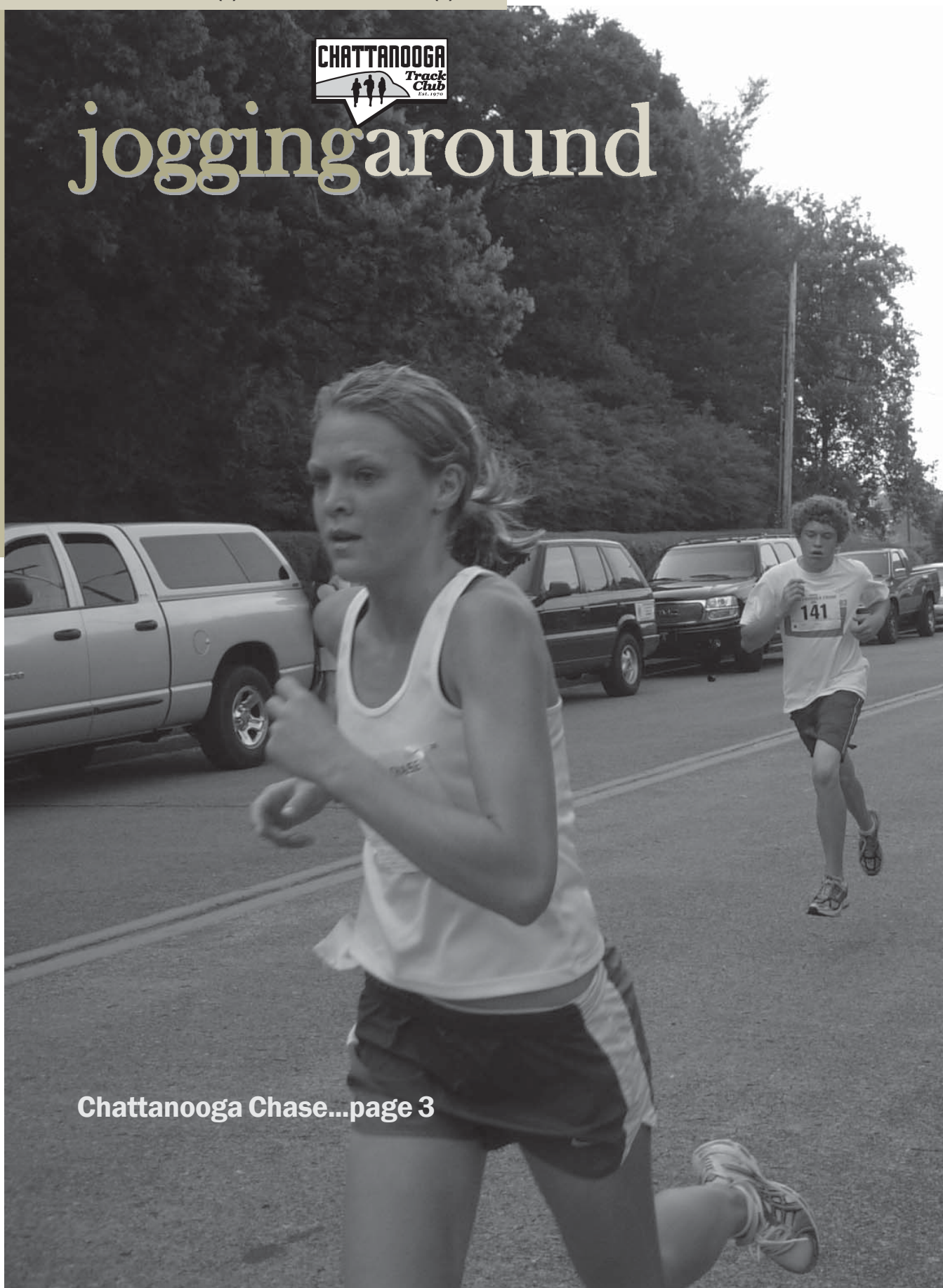




joggingaround



Chattanooga Chase...page 3

Chattanooga Track Club

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Chattanooga Track Club Mission Statement

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



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Jogging Around

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

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Welcome New and Returning Members

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Trevor Ledford
Robert and Sara Mingus
Brian Morris
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Jeff Poteralski
Richard Taliaferro
Ryan Taylor

Words from the Prez's Perch

What a great spring we are having! Those visiting Chattanooga are very interested in what CTC is doing. I get regular e-mails asking where to run and what there is to do here in Chattanooga while visiting. It really makes me think about what we have to offer runners and walkers.



CTC is gearing up for the Chattanooga Chase, the BlueCross Riverbend Run & Walk and the Waterfront Triathlon. So the word of the month is volunteerism! We need plenty of volunteers out on the courses this year.

The BlueCross Riverbend Run & Walk will have a 10k run for the first time! So runners have a choice now of either running the 5k or the 10k. We're hoping to see a lot of out-of-towners at the race along with the smiling faces of all of our running buddies. For more information on the Run, go to either www.chattanooga-track-club.org or at <http://www.riverbendfestival.com/front.htm>. Thanks to our corporate sponsor, BlueCross BlueShield of Tennessee, there will be cash awards for the overall top finishers and the 40 & over categories for both the 10k and 5k. We truly appreciate their partnership!

The second annual Chattanooga Waterfront Triathlon will be July 16. We are going to need plenty of volunteers, so we hope you will come out to support one of our biggest events. For those of you that missed the event last year, you *must* come to the festivities this year. Betsy and Calder Willingham are hard at work making sure all of the preparations are in order for an excellent event. The field has opened up to 1,000 participants. It is going to be a great time! If you'd like to volunteer, please contact Tammy Sitton, Club Manager and she will pass the information along to the race directors.

Do you know of people that love to run or walk, but aren't members of CTC? Ask them "Why Not?" It is one of the best ways to strengthen friendships and your health, so encourage everyone to join. We hope to see you on the streets, trails and walkways. Remember that the Board meets on the first Tuesday of every month and as always, everyone is welcome to join us. I look forward to seeing all of you.

Donna Dravland
CTC President

The Long Run

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

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

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



Chattanooga Chase –Mentz is 8K victor; Rome teen wins 5K

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

Michael Mentz is from South Africa, but he didn't travel from there to win the Chattanooga Chase 8-kilometer race Monday morning. He's a University of Tennessee at Chattanooga runner who also won the Karen Lawrence Run for St. Jude on New Year's Eve. The 17-year-old winner of the 5k race, Dustin Murphy, did come from Rome — the Georgia version. He and Rome High School cross country and track teammate Andrew Jones, who finished seventh, were looking for something to do for the holiday. "This was the only race close. We were bored," said Murphy, who recently won the Region 7-AAAA 3,200-meter run and finished 10th in the state. His cross-country distance 5k time Monday was 17 minutes, 27 seconds.

Allen Thurman, another 17-year-old, was second in 18:19, and 16-year-old Mike Walker was fourth in 19:02, three seconds behind 48-year-old Lee University coach Bruce Bayliss. Nick Dupuy, 27, was fifth, but the 15-17 crowd also had finishers six through nine and five others from 11th to 18th.

Jones and Murphy praised Rome coach Andy Blackburn for their running success. "He's the bomb," Jones said.

Alana Retseck was the women's 5K winner, 20th overall, in 23:23. Aimee Harvey was the first female and 22nd overall in the 8K, in 33:59, followed by Mallorie Williams in 36:09. Mentz won handily, his 26:44 beating second-place Chad Dean from Cleveland by a minute and 37 seconds.

"It was pretty easy from the get-go," Mentz said. "I thought my time was pretty good considering there were a lot of hills. I was

only about 40 seconds slower than what I normally run a flat 8K." Geno Phillips was aggravated about his third-place 28:48, however, and Dean supported him. "I feel bad for Geno. He made two wrong turns, and he was running good," Dean said. "They didn't mark the course good up top, and he went the wrong way." As Dean explained it, Mentz was far enough ahead that the police car pacing him wasn't visible to the closest pursuers.

"The UTC guy started pulling away about the mile mark. He had me on the hills," Dean said. "He wasn't that far ahead, but there were a lot of blind turns where we couldn't see them," said Phillips, who has won numerous area races the last few years, especially when current UTC runners weren't entered.

"The last two times I've run this race, it's been like this. In '04 I made two wrong turns too," Phillips added. "The results that year showed me first, but I didn't get the trophy. I guess they thought I shorted them. I didn't short it this year, that's for sure.

"I don't know that I could've caught (Mentz), but I would've liked to have tried. I felt really good going up Minnehaha."

Hugh Enicks was fourth in 29:15, followed by 18-year-old Caleb Morgan in 29:41. Enicks' son Will was 11th overall.

After Sergio Bianchini won the men's 65-69 age group and his son Marco was fifth in the 1-19 division of the 8k, they unofficially ran the 5K together and finished well.

Chattanooga Waterfront Triathlon Downtown for 2nd Year

By Faye Yates

Sunday, July 16th marks the date for the 2nd Annual Chattanooga Waterfront Triathlon. Team Magic is very happy to be partnering with the Chattanooga Track Club, City of Chattanooga and Outdoor Chattanooga once again to host this downtown event. It is a great combination of experience to bring this triathlon to be the best race in the Southeast region!

Team Magic is very happy with everyone we have worked with so far with the CTC, but hope to get even more involvement this year through participation or volunteering. If you are not into doing the whole triathlon but want to participate, start now trying to find a swimmer and biker that

want to participate with you! Relay teams can be a great time, and who knows, you may like it so much that you want to do the whole thing next year. If you are not able to or interested in racing, then be sure to volunteer through the CTC. This is a really fun atmosphere and a great event, don't miss out! This event sold out at 700 racers in 2005, and we are sure of a sellout in 2006. That is a lot of racers to manage, so come on out and make the CTC proud by welcoming triathletes from all over the country to the Chattanooga Waterfront. For more race information, visit www.team-magic.com. Contact your club officers about volunteer opportunities.



Gateway Bank & Trust 5K Run for Communities in Schools

By Mary Carpenter

Rain didn't dampen the spirits of the 7th Annual Run for Communities in Schools. It started out with just clouds and a few minutes after Eric Putnam spun in with a time of 16:22, the bottom fell out! He was the top runner for this rain blessed event. The overall female winner was Belinda Young 20:39.

This was the first year the Gateway Run was a Points race for Runner of the Year. Race Director, Mary Carpenter was disappointed that it rained but was very pleased with the number of runners. Over 100 runners came out despite the weather conditions. Mary also said this was the first year that the weather hadn't cooperated for this annual race. Being a points race is going to benefit this race greatly for the future, Carpenter said. I look forward to the time when there

are hundreds and hundreds of runners.

Communities in Schools is the recipient of the proceeds. With the help of sponsors from the Catoosa County area, over \$20,000 was raised for this non profit organization. Jaime Elliott, Executive Director of CIS said that with out the help of Gateway Bank & Trust a lot less children would be touched from Catoosa County. CIS promotes keeping kids in school – helping them to graduate. This organization has numerous programs geared toward every age level promoting and keeping kids interested in school.

Plans have begun for next year's race. If you would like more information about being a corporate sponsor, please contact Mary Carpenter at Gateway Bank & Trust.

Gateway Bank & Trust 5K – 2006

OVERALL MALE

1 Eric Putnam 16:22

OVERALL FEMALE

1 Belinda Young 20:39

MASTERS WINNER

1 Louis Magee 18:30

MALE AGE GROUP: 1 - 15

1 Is Paolino 21:30
2 Marco Polo 22:30
3 Ben Triene 23:30

FEMALE AGE GROUP: 1 - 15

1 Sidney Bowman 22:45
2 Jenny Dodd 26:20
3 Ashley Riner 28:12

MALE AGE GROUP: 16 - 19

1 Deal Atwell
2 Daniel Horseman 20:12

FEMALE AGE GROUP: 16 - 19

1 Amelia Atwell 24:03
2 Carey Carpenter 26:28
3 Shana Garrett 26:28

MALE AGE GROUP: 20 - 24

1 David Thomason 26:20

FEMALE AGE GROUP: 20 - 24

1 Christina Akridge 22:53
2 Amy Bryant 27:27
3 Kelly Asther

MALE AGE GROUP: 25 - 29

1 Adam Webb 18:59
2 Tony Watts 19:35
3 Justin Williams 27:28

FEMALE AGE GROUP: 25 - 29

1 Cara Standifer
2 Amanda Sedd 28:49
3 Melody Miller 28:59

MALE AGE GROUP: 30 - 34

1 Zach Cowart 19:44
2 Jason Webb 20:12
3 Shannon Coley 20:35

FEMALE AGE GROUP: 30 - 34

1 Alison Trupp 27:38
2 April Harpis 32:04
3 Misty Perry 32:04

MALE AGE GROUP: 35 - 39

1 Sean Higgins 17:06
2 Salvador Alcantera 17:19
3 Philip Avans 19:43

FEMALE AGE GROUP: 35 - 39

1 Belinda Young 20:39

MALE AGE GROUP: 40 - 44

1 Louis Magee 18:30
2 Juan Alcantera 18:33
3 David Wilson 20:41

FEMALE AGE GROUP: 40 - 44

1 Renee Anderson 25:11
2 Sharon Armour 27:17
3 Bernice Delaney

MALE AGE GROUP: 45 - 49

1 Eric Putnam 16:22
2 Mitch Keebler 18:08
3 Mark Miller 18:56

FEMALE AGE GROUP: 45 - 49

1 Linda Weber 23:50
2 Sandy Lane 30:37
3 Pat Snowden 33:56

MALE AGE GROUP: 50 - 59

1 John Harrison 19:48
2 Ken Howcraft 21:72
3 David Presley

FEMALE AGE GROUP: 50 - 59

1 Melodie Thompson 24:30
2 Becky Maples
3 Amy Mullens 26:10

MALE AGE GROUP: 60 - 99

1 Sergio Bianchini 20:55
2 Ronnie Bryson
3 Jim Selman 26:19

FEMALE AGE GROUP: 60 - 99

1 Bonnie Wasson
2 Edwina Cohen

Missionary Ridge Road Race – Save the Date!

By Dan Bailey

Saturday, August 5, 2006, will be the 33rd Annual running of the Missionary Ridge Road Race with proceeds from the race going to the *local chapter* of the American Red Cross. This is a 4.7 mile out and back course atop Missionary Ridge. It starts at the Bragg Reservation and goes out South Crest Road, extends around East Crest Road and then returns on South Crest Road to the finish line at Bragg Reservation. The scenic course is shaded by trees; there are two major hills and the rest gently rolling.

There is NO PARKING at Bragg Reservation. Parking and a **free** shuttle service will be available at First Lutheran Church, 280 McCallie Avenue (near the Brainerd/McCallie tunnel). The shuttle service will operate from 6:30 AM until 10:30 AM from the church parking lot to the reservation and back after the race.

Awards will be top overall male and female; top overall male and female masters and top three male and female by age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & better.

Door prizes will be given out after the race while waiting on the results from the run.

Registration starts at 6:30 AM and the race will start at 8:00 AM. Pre-registration is \$15. After August 1, 2006, \$18. Pre-registered CTC members will receive a \$1.00 discount. Participants may also register online at http://www.active.com/event_detail.cfm?event_id=1316110

All participants will receive a T-shirt. Pre-registered runners may pick up their race packets and shirts at the American Red Cross at 801 McCallie Avenue from 8:30 AM to 5:00 PM Monday through Friday.

Questions and concerns may be addressed to the Race Director-Dan Bailey at drbailey43@aol.com or calling (423) 667-2440.

Again, all proceeds from the race will go to the American Red Cross (local chapter).

Walking Works... if Running Hurts

By Emily Dockery

I love running. I love the feeling of euphoria I experience during and after a good run. I love challenging and pushing myself to keep surging forward over hills, up stairs and across endless city streetscapes. You can relate, I'm sure.

My knees, however, don't appreciate – and sadly, no longer support – my passion for running. After I ran my first – and only – marathon, I never thought I'd run again. It took my knees months to forgive me. You may be able to relate to this as well.

Over time, I did start running again. But it was during my running hiatus that I learned about the benefits and enjoyment of walking.

For me, walking provided many of the same benefits I enjoyed with running. I could walk through my favorite park and listen to the birds singing and the wind rustling leaves on stately trees. I felt the chill of the cool fall air on my face and the summer sun on my skin. I learned to challenge myself in new ways, and stimulate different muscles that had long been underutilized. And perhaps most enjoyable, I was able to use walking as a special time to walk – and talk – with friends. Not everyone is a runner, so long walks with friends provided an opportunity to exercise and reconnect with others.

Fortunately, walkers are provided many of the same fitness opportunities as runners. Several Chattanooga Track Club events include a walking component. For example, the Chattanooga Chase on May 29 features a 1-mile walk. The BlueCross Riverbend Run and Walk on June 17 has a new addition this year – a 5K walk. (It is also adding a 10K run for more competitive athletes.) The event still features a 1-mile fun run and walk for people of all ages and fitness levels. The Fellowship of Christian Athletes event on September 4 also includes a 5K walk.

What's more, the Chattanooga Track Club is providing a new social outlet for walkers – weekly group walks. Walkers of all ages and fitness levels are invited to walk with the Chattanooga Track Club on Monday evenings at 7 p.m. starting June 5. Walks will begin at Fast Break Athletics, 104 Tremont St.

WalkingWorks, a BlueCross BlueShield of Tennessee program, is a resource you can use to further support and enhance your walking routine. Log on to www.bcbst.com and click on "WalkingWorks" to access a walking log, training tips and nutritional information. Make walking part of your daily routine! I have, and it has made all the difference! Happy walking!

Sports Medicine Committee's Recommendations on Hot Weather Running

Running in the heat can be dangerous if the proper precautions and preparations are not followed. The following are some of the RRCA Sports Committee's recommendations for running in a hot environment:

- 1. Avoid dehydration!!!** You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indicators that you are running dehydrated are a persistent elevated pulse rate after finishing your run, and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.
- 2. Run in the shade whenever possible avoid direct sun and blacktop.** When you are going to be exposed, apply at least #15 sunscreen. Not only can the sun affect your skin, but its rays can affect your eyes, so when it is sunny wear sunglasses that can filter out UVA and UVB rays. Wearing a hat with a visor will not only shade your eyes but also the skin on your face.
- 3. When running, if you become dizzy, nauseated, have dry skin or the chills...STOP running and try to get a drink.** If you do not feel better, get help.
- 4. If you have a heart or respiratory problem or you are on any medication, consult with your doctor about running in the heat.** In some cases it may be in your best interests to run indoors. Also, if you have a history of heat stroke/illness, run with extreme caution.
- 5. Children should limit their running in the heat due to their lower tolerance of heat.**
- 6. Avoid plastic sweat suits, late morning races, salt tablets, and consuming drinks with high sugar concentration.** Avoid running ill.
- 7. DO wear light colored clothing, check hair and body for ticks after running in the woods, drink plenty of water, listen to the race director's pre-race announcements regarding the heat/humidity prior to racing, and tell someone your running route.**

Ayne Furman, DPM and Cathy Fieseler, MD

These tips may be reproduced, courtesy of Road Runners Club of America



"Wild Race 2006 was the greatest race yet for the red wolves at the Chattanooga Nature Center - raising more than \$20,000. Thanks so much to the Chattanooga Track Club for helping make this year the best yet!"

- Tina Harvey Crawford

Director of Development and Marketing, Chattanooga Nature Center

FRONT RUNNER

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(423) 875-9452 fax

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Chattanooga, TN 37415

cvarga@fronrunnerathletics.com
www.fronrunnerathletics.com

Wild Race 5K – 2006

OVERALL FEMALE

1 Michelle Meek 23:45

6 Charity Frick 31:01
7 Jade Stone 31:24
8 Amanda Morgan 31:26

8 Michelle Soriano 35:40
9 Che Fortaleza 35:40

MALE AGE GROUP: 40 - 44

1 Michael Evers 23:49
2 Chris O'connor 24:58

OVERALL MALE

1 Michael Mentz 16:29

MALE AGE GROUP: 20 - 24

1 Michael Mentz 16:29
2 Drew Jennings 20:53
3 Jacob Kavkewitz 24:31
4 Anthony Hall 24:51
5 Daniel Bryant 27:33
6 Zachary Stone 31:37

MALE AGE GROUP: 30 - 34

1 Kevin Croft 18:19
2 Michael Drew 20:13
3 Jon Hess 22:20
4 Lex Oren 23:32
5 Brian Morris 28:20
6 Quincy Jones 28:29
7 Shannon Hammett 28:52
8 Robert Henry 29:16
9 Tareck Kadrie 29:21
10 Marc Ciacciarella 30:44
11 Jeremy Langley 31:02
12 Jason Irvin 32:57
13 Philip Stewart 35:47

FEMALE AGE GROUP: 45 - 49

1 Donna Dowlen 27:17
2 Susan Gallo 30:52

FEMALE MASTERS WINNER

1 Paula Cooper 23:53

MALE MASTERS WINNER

1 John Selman 21:22

MALE AGE GROUP: 45 - 49

1 Wes Whitaker 21:46
2 Doug Torrance 22:28
3 Jeff Grisham 22:44
4 Brent Gamble 22:51
5 Walter Stamper, III 5:03
6 Mike Jennings 25:23
7 Barry Simpson 26:46
8 David Halicks 29:52
9 Chris Overton 44:37

FEMALE GRAND MASTERS WINNER

1 Billie Large 29:27

FEMALE AGE GROUP: 25 - 29

1 Michelle Meek 23:45
2 Kristy Meade 24:52
3 Kara Bieker 25:08
4 Jennifer Harper 28:44
5 Amy Gugliatta 28:47
6 Susan Mosteller 31:15
7 Therese Smith 33:04
8 Kacy Kirtley 33:13
9 Jill Glenn 33:15
10 Ashley Taylor 37:32
11 Shannon Kincer 41:34

FEMALE AGE GROUP: 35 - 39

1 Christine Marston 29:00
2 Jill Kadrie 29:22
3 Wendy Croft 29:35
4 Lynn Bourassa 31:31
5 Bonnie Baranowski 32:17
6 Dana Rooney 35:01
7 Barbie Stewart 35:47
8 Teresa Lynch 42:25
9 Krista Torrance 44:23

MALE AGE GROUP: 50 - 54

1 Doug Stone 28:44
2 Gene Nelson 29:24
3 Bill Moran 37:42
4 Mel Walters 45:26

MALE GRAND MASTERS WINNER

1 Doug Hawley 25:27

FEMALE AGE GROUP: 1 - 19

1 Jenny Dodds 25:55
2 Melissa Hicks 26:54
3 Ann Grisham 27:16
4 Catherine Stone 28:43
5 Beth Grisham 31:27
6 Catherine Moran 40:15

MALE AGE GROUP: 25 - 29

1 John English 23:04
2 Robert Hartmans 23:06
3 Jeremy Cardwell 23:22
4 Christopher Seal 24:17
5 Chris O'mary 24:54
6 Matt Lyons 25:43
7 Patrick Johnson 27:26
8 Shay Mayo 30:52

MALE AGE GROUP: 35 - 39

1 James Schroder 23:31
2 Bret Renfroe 23:41
3 Ryan Shrum 23:59
4 Bidarhalli Gopala 25:10
5 Greg Sumrall 25:35
6 Larry Williams 26:22
7 Ben Wiley 26:58
8 Jim Kumbar 29:44

FEMALE AGE GROUP: 55 - 59

1 Dianne Gardner 46:58

MALE AGE GROUP: 1 - 19

1 Matt Knepper 21:18
2 Wes Pettit 23:43
3 Jamison Daniels 23:47
4 Authy Williams 24:20
5 Matt Pirkle 25:04
6 Will Bishop 25:06
7 Zack Ford 30:20
8 Grant Walters 37:24

FEMALE AGE GROUP: 30 - 34

1 Heather Cline 27:30
2 Andrea Irvin 30:58
3 Brandy Reed 31:28
4 Emily Breeding 31:31
5 Jennifer Chestnut 32:50
6 Tracy Culver 34:13
7 Jeri Rector 35:20

FEMALE AGE GROUP: 40 - 44

1 Christine Post 26:24
2 Bernice Delaney 28:16
3 Amy Sitton 33:14

MALE AGE GROUP: 55 - 59

1 Earl Kelle 26:59
2 Richard Burnette 28:28
3 Don Stites 30:20
4 Ron Morin 31:16
5 Charlie Breeding 31:35

FEMALE AGE GROUP: 20 - 24

1 Logan Tiller 25:36
2 Kristen Fischer 26:25
3 Hilary Connelly 27:12
4 Lauren Tiller 28:47
5 Valerie Bryant 29:14

FEMALE AGE GROUP: 30 - 34

1 Heather Cline 27:30
2 Andrea Irvin 30:58
3 Brandy Reed 31:28
4 Emily Breeding 31:31
5 Jennifer Chestnut 32:50
6 Tracy Culver 34:13
7 Jeri Rector 35:20

FEMALE AGE GROUP: 40 - 44

1 Christine Post 26:24
2 Bernice Delaney 28:16
3 Amy Sitton 33:14

FEMALE AGE GROUP: 60 - 99

1 Billie Large 29:27
2 Marian Gardner 51:29

Wild Race 10K – 2006

OVERALL FEMALE

1 Gretchen Hammel 44:23

4 Amanda Gadd 1:01:41
5 Christine Young 1:11:36
6 Rebecca Daniels 1:11:55

4 Stacy Casteel 1:10:15
5 Dominique Gable 1:11:14
6 Rachel Henderson 1:22:54

MALE AGE GROUP: 50 - 54

1 John Walker 42:29
2 Richard Rogers 47:52
3 Rich Mercer 55:19
4 Michael Gardner 57:39

OVERALL MALE

1 Hugh Enicks 36:04

MALE AGE GROUP: 30 - 34

1 Chris Greenwood 41:29
2 Richie Moore 44:14
3 Tim Coyne 46:59
4 Jeff Poteralski 48:11
5 Clif McCormick 49:00
6 Scott West 53:07
7 Matt Siegel 55:28
8 Richard Jackson 56:37
9 Jimmy Lea 57:18
10 Matthew Rogers 58:53

MALE AGE GROUP: 40 - 44

1 David Wilson 41:22
2 Steve Tompkins 1:00:22

FEMALE AGE GROUP: 50 - 54

1 Sarah Bowen 51:54
2 Amy Mullens 57:23
3 Lenora Pou 1:02:51

FEMALE MASTERS WINNER

1 Sarah Bowen 51:54

MALE MASTERS WINNER

1 Bruce Bayliss 41:04

MALE AGE GROUP: 55 - 59

1 Flash Cunningham 48:23
2 Reinhard Zachau 49:26
3 Pat Hagan 50:47
4 David Thompson 59:36
5 Patrick Lavin 1:08:30

FEMALE GRAND MASTERS WINNER

1 Sue Anne Brown 54:56

FEMALE AGE GROUP: 30 - 34

1 Denys Tawzer 47:20
2 Dreama Campbell 50:20
3 Jenny Green 50:22
4 Kristina Guy 53:58
5 Lisa Drew 54:22
6 Mary Stoetzner 55:10
7 Jennifer Circeo 1:02:32

MALE AGE GROUP: 45 - 49

1 Hugh Enicks 36:04
2 Bruce Bayliss 41:04
3 Mick Circeo 43:23
4 Chris Klechhammer 47:31
5 Edward Kern 50:37
6 David Denny 51:18
7 Eric Carlson 51:40
8 Richard Meeks 51:55
9 Steve Smalling 52:09
10 Claude Hager, III 53:42
11 John Bode 53:59
12 Nick Bourbaki 56:59
13 Gary Ray 59:21
14 Mark Marshfield 1:02:20

FEMALE AGE GROUP: 55 - 59

1 Rosemary Hurayt 58:46
2 Patricia Cory 1:09:52

MALE GRAND MASTERS WINNER

1 John Walker 42:29

MALE AGE GROUP: 1 - 19

1 Cody Carlson 40:16
2 Marco Bianchini 46:43

MALE AGE GROUP: 35 - 39

1 Mark Hardison 41:09
2 Marc Erickson 44:04
3 Les Conner 45:27
4 John Pound 45:50
5 Dave Richter 46:50
6 David Moghani 49:05
7 Jeff Wolford 52:51
8 Eddie Tate 52:55
9 Paul Fagan 55:06
10 Alvin Billowes 58:09

FEMALE AGE GROUP: 45 - 49

1 Betty Holden 57:08
2 Virginia Waddell 58:51
3 Kristin Davenport 1:01:06
4 Andrea Crouch 1:05:23

FEMALE AGE GROUP: 60 - 99

1 Sue Anne Brown 54:56
2 Bonnie Wassin 1:15:07

FEMALE AGE GROUP: 20 - 24

1 Wim Codington 36:16
2 Jason Mitchell 37:20
3 Matt Jenkins 39:43
4 Derek Morin 59:43

FEMALE AGE GROUP: 25 - 29

1 Julie Moran 55:20
2 Pamela Reed 59:57
3 Sue Moore 1:10:13

FEMALE AGE GROUP: 25 - 29

1 Gretchen Hammel 44:23
2 Elizabeth Stewart 57:22
3 Karrie Kirkpatrick 58:34

Phillips and Jumper Prevail in 2006 King of the Mountain

By James Williams

Over 100 runners participated in the 2006 King of the Mountain Road Race. The morning of the race was sunny and cool, the type of conditions runners (and race directors) dream about. After the first 1.5 miles into the race, undoubtedly the toughest part of the course, runners went inside of Point Park and were rewarded with one of the best views of the Scenic City around. Based on comments from the runners, plan on seeing Point Park as a permanent addition to the course.

Geno Phillips made the challenging 4-mile course look easy, dominating the field with a time of 22:01. Second place was claimed by Hugh Enicks, who was also the overall Master's winner, with a time of 23:01. Third place went to John Risley, with a time of 23:40. In the women's race, 13-year old Hannah Jumper was the overall winner with a time of 27:22, just edging out the second place women's finisher, Belinda Young, whose time was 27:24. Cecilia Wigal was the overall female Master's winner with a time of 28:27.

Along with 13-year old Hannah Jumper, the other youth stand out of the day was 11-year old Simon Holden, a rising 6th grader, who finished the course in 26:22, and 11th overall. The senior standout was 65-year old Sergio Bianchini, who completed the course in 28:05.



There was an additional hundred or so participants in the 1-Mile Fun Run/Walk. All finishers were greeted with fruit, PowerAde and most important of all, Clumpies Ice Cream. The added bonus this year was that participants in the 4-Mile race received a pair of FGX Iron Man sunglasses, as a result of a generous donation by Foster Grant.

Once again, this event exceeded our goal in raising money for the scholarship fund at Good Shepherd School, which pays the tuition for families whose children wouldn't otherwise be able to attend. Thanks to our strong roster of financial sponsors, including Chatten, Fletcher Bright, the Robinson Team at Crye-Leike, US Xpress, Andrew Thompson Company, First Tennessee Bank, Toyota of Cleveland, and Miller & Martin PLLC, plus an army of volunteers, and solid participation by members of the community, we were able to raise over \$12,000.00 for this fund.

We hope to see everyone next year for the 3rd annual King of the Mountain Road Race. Look forward to a great day of camaraderie, fun and friendly competition. See you next year!

King of the Mountain Road Race – 2006

MALE AGE GROUP: 1 - 14

1	Simon Holden	26:22
2	Mathew Jones	32:08

FEMALE AGE GROUP: 1 - 14

1	Hannah Jumper	27:22
2	Gretchen Rowe	37:37
3	Jessica Rowe	40:35

MALE AGE GROUP: 15 - 19

1	Devin Mathis	28:46
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FEMALE AGE GROUP: 15 - 19

1	Emilly Mitchell	30:07
2	Anne Marie Rowe	31:49
3	Melissa Hicks	35:52

MALE AGE GROUP: 20 - 29

1	Matt Jenkins	25:06
2	Steve Vontekoe	26:11
3	Pater Herron	26:54
4	Robert Greene	28:33
5	Seth Roberts	29:26
6	Joel Swanson	31:39
7	Scott Hicks	34:40
8	Rusty Mawk	36:23

FEMALE AGE GROUP: 20 - 29

1	Liz Dull	29:13
2	Shannon Hayes	31:32
3	Missy Greene	33:55
4	Michelle Coghlin	37:03
5	Rebecca Daniels	44:55

MALE AGE GROUP: 30 - 39

1	Geno Phillips	22:01
2	Kevin Croft	23:55
3	Mitchel Cox	24:39
4	Chad Wamack	26:31
5	Tom Eddy	26:59
6	Marc Erickson	27:05
7	Aaron Mercer	27:47
8	Thompson Pettway	27:54
9	Tommy Dull	27:55
10	Les Conner	28:02
11	David Moghani	28:26
12	Matt Mclelland	28:50
13	Rick Bowers	28:52
14	Rob Schwenk	28:55
15	David Yann	29:11
16	Robert Estoye	30:28
17	Brian Johnson	30:50
18	Jeremy Langley	30:52
19	James Shrum	31:01
20	Michael Whelchel	33:14
21	Andy Gill	33:42
22	Eddie Tate	35:50
23	Ryan Dillard	35:52
24	Michael Word	35:59
25	Karl Schuler	36:16

FEMALE AGE GROUP: 30 - 39

1	Belinda Young	27:24
2	Alicia Oliver	32:08
3	Stacy Eiselstein	33:29
4	Charlene Simmons	33:56
5	Paige Phillips	37:41
6	Amy Shilman	39:44

7	Christy Mcbryar	41:21
8	Laura Durel	41:26
9	Lisa Wood	41:30
10	Julia Jones	41:52

MALE AGE GROUP: 40 - 49

1	Hugh Enicks	23:01
2	Jon Risley	23:40
3	Chuck Denham	25:26
4	Joey Howe	25:40
5	Mark Miller	25:56
6	William Coll	27:12
7	John Wike	28:13
8	James Mcginness	28:15
9	Eric Ellis	28:18
10	Larry Barlow	28:53
11	Horace Holden	29:27
12	Michael Leary	29:33
13	Terry Bailey	29:42
14	Jon Huebschman	30:01
15	William Hartley	31:26
16	Marshall Rowe	32:05
17	Jay Jumper	32:24
18	Nick Bourbaki	32:29
19	Steve Tompkins	33:15
20	Bill Brock	34:34
21	Rick Mullins	39:14

FEMALE AGE GROUP: 40 - 49

1	Cecelia Wigal	28:27
2	Sue Barlow	31:21
3	Missi Johnson	32:40
4	Vicky Jo Blaylock	35:09
5	Melinda Ellis	35:44

6	Farell Mcginness	35:45
7	Bernice Delaney	36:24
8	Kristin Davenport	36:43
9	Merrile Stroud	38:23
10	Sue Rowe	38:49
11	Maura Bradshaw	41:10

MALE AGE GROUP: 50 - 59

1	David Presley	29:24
2	Flash Cunningham	29:44
3	Curt Sims	29:54
4	Len Teague	31:24
5	Mark Brooks	31:31
6	Tom Gifford	32:37
7	Alec Taylor	32:41
8	Carter Lynch	32:49
9	Marshall Jemison	33:34
10	Pat Hagan	33:45
11	Bob Dann	34:40
12	Don Stites	39:38
13	Michael Bradshaw	41:52

FEMALE AGE GROUP: 50 - 59

1	Lenora Pou	40:28
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MALE AGE GROUP: 60 - 69

1	Sergio Bianchini	28:05
2	Cyrus Rhode	32:32
3	R.L. Williams	45:08

FEMALE AGE GROUP: 60 - 69

1	Sue Anne Brown	33:44
2	Bonnie Wassin	42:49

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

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

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

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

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

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Chattanooga Track Club

Board of Directors Meeting Minutes

May 2, 2006

In attendance: Dan Bailey, Bill Brock, Donna Dravland, Robert Gustafson, John Hunt, Bill Minehan, Tammy Sitton, Cindy Smith, Phil Stewart, James Williams

Absent: Jared Chastain, James Dravland, Christina Guy, Tara Murdock, George Skonberg, Melodie Thompson

The meeting was called to order at 6:00

Minutes

April Minutes were reviewed and approved.

Tammy confirmed, through Jerry McClanahan, Clarence Hartley's pending state record for Georgia. All information is submitted and awaiting approval.

Races

Robert began discussion in regards to PBS and their desire to work with the CTC on a race/event. Bill Minehan added to the discussion with information about the Signal Mountain Pie Run not being a good fit for PBS and their desires due to the nature of the course itself. Discussion then turned to PBS and the RUSH working in collaboration with the CTC for a running/walking event with a large downtown venue. Considerations for courses are possibly Greenway, Riverwalk, Chattanooga State, as well as, around the new park soon to be completed in N. Chattanooga.

Bill Minehan will contact Perry Muckerheide from WTCI TV 45 about making a new event focusing in on the specific interests for PBS. It was agreed that Tammy will follow up with PBS, and solicit the RUSH for sponsorship with this specific event. Tammy will also pursue the RUSH as a corporate sponsor.

Robert confirmed with Tammy that the Strawberry Chase is all set with needed equipment from the CTC. Tammy briefed the Board about communications with Brian Jenkins, regarding the RFB&D race in July. It has been proposed by Brian that we postpone the event until the Fall of 2007, so we may plan and market a quality race. The hope is to produce a family event, possibly incorporating the Discover Museum, or Aquarium for the children's portion. Brian is thinking along the lines of a "Saturday Night Around Town" event. Tammy confirmed a meeting with Theresa Samuelian, the director of the Raccoon Mtn 10K. Preparations for the race are moving forward. The CTC will charge \$250 for equip., plus insurance fee, plus \$1/participant as a management fee. Robert inquired about closure, in regards to the BlueCross Riverbend Run and ROY points. He proposed the 10K an adult ROY race, and

the 5K as a junior ROY race. It was discussed and approved. Tammy will clarify on the website as noted. Bill stated our involvement to seeing if the CTC can provide Brainerd Baptist Cross Country support and/or assist with the events in coming years and also this year if possible, as a tool to increase youth involvement. In George's absence, Donna briefed us on the Chickamauga Chase. There were a record number of participants this year, however, George wants to increase numbers to 1500. He wants to eliminate the Kiddie k next year, and utilize his helpers more by delegating responsibility. It was also stated that the top 3 teenage females were disqualified due to cheating. The girls were hoping to gain school credit for participating in the 5K, however, they jumped the course. George has amended the records, as well as, contacted the girl's teacher about the disqualification. He will have more detail at the June Board meeting.

Robert also began discussion about purchasing Mile Markers. Pat spoke earlier with Tammy and confirmed 26 Mile Markers (same as used by the KTC) for a total of \$751.72. The purchase was proposed and accepted. Tammy will get with Pat to order. The next Races Committee meeting is scheduled for Tuesday, May 30th, 6PM at Hair of the Dog.

Communications

John and the Communications Committee had April's meeting at Bill Brock's office. Bill offered a tutorial on updating and using the website. The committee also began discussion on ways to make the website more user-friendly. The next Communications Meeting is scheduled for Tuesday, May 9th, 6PM at Nikki's.

Treasurer's Report

Dan Bailey discussed our P&L statement to date. The difference between where we are and where we should be is assumed due to BCBS donations not clearing as of yet. Market Street Mile is not yet included on the statement. Dan is estimating a net loss on the 1st year event to be \$800. With a dollar value of approximately \$81,000 to run the club annually and with anticipated growth in membership (and revenues) and the numerous volunteers involved and with turnover in the officer's positions each year, I recommend we have an annual audit provided we can budget for it and afford it. He will check with Steve Cowan, a partner at a local CPA firm for rates, and report back to the Board.

Sponsorship

Donna indicated our need for sponsorship. As said before, Tammy will pursue the RUSH.

Donna asked that the Board to be mindful of our needs, and try to pursue companies for support. Donna stated that we do offer a sponsor package, but can definitely customize packages for interested sponsors.

Membership

431 "total" memberships as of May 2. It was discussed that the majority of the increase over the last couple of months is due to renewals. Chickamauga Chase turned in approximately 35 new members from the special rate. Tammy also gave a brief synopsis of the "Walk Around Town Challenge" presented by BCBS. The program comes with incentives for participants in 3 of 5 designated events. Robert mentioned having a free/discounted Riverbend Pin as an award. The venture is going well, and will hopefully increase participants.

President's Report

Donna discussed her recent meeting with Calder and Betsy Willingham for the upcoming Waterfront Triathlon. She discussed that we are in the 2nd year of a 2 year agreement with the Willingham's to direct the event, so we need to be mindful of who will take over next year. Bill mentioned it being a great event for a couple to direct. In addition, one main objective for this year's event is to increase the CTC's visibility by producing banners, t-shirts, etc. We (the CTC) will also kick off the awards ceremony, so that the CTC can thank everyone for coming out to "our" event. The CTC is also looking into ways to keep track of the volunteers, so that we may prove our worth with Team Magic. In regards to volunteers, it was discussed that we think about ways to add to CTC memberships by offering non-CTC volunteers some sort of introductory offer. Tammy will look into copyrights for the name "Chattanooga Waterfront Triathlon", so the CTC can sustain ownership of the event. It was also discussed that the CTC will solicit vendors to set up tents at the event for non-participants to purchase food. Bill brought up that we need to secure at least \$10,000 in sponsorships to insure CTC's maximum profit. Donna will continue to update the Board as time progresses.

Next meeting, Tuesday, June 6th, 2006
Meeting adjourned at 7:26

Respectfully submitted,
James Dravland, Secretary

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF MAY 31, 2006

ASSETS:

CASH	\$12,370.72
ENDOWMENT FUND	\$1,302.22
EQUIPMENT (AT COST)	\$14,819.57
TOTAL ASSETS	\$28,492.51

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 134.64
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EQUITY:

RETAINED EARNINGS	\$28,357.87
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TOTAL LIABILITIES & EQUITY:	\$28,492.51
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STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

REVENUES:

MEMBERSHIP DUES & DONATIONS	\$8,718.51
RACE RECEIPTS/JOGGING AROUND PROGRAMS	\$15,162.25
TOTAL REVENUE	\$23,880.76

EXPENSES:

PROGRAMS	\$7,568.76
STAFF SALARY & MILEAGE	\$11,221.87
JOGGING AROUND	\$6,282.69
ADMINISTRATIVE & STORAGE UNIT	\$5,222.30
RACE DISBURSEMENTS	\$14,629.85
TOTAL EXPENSES:	\$44,925.47

NET INCOME (LOSS):	(\$21,044.71)
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Volunteer Profile

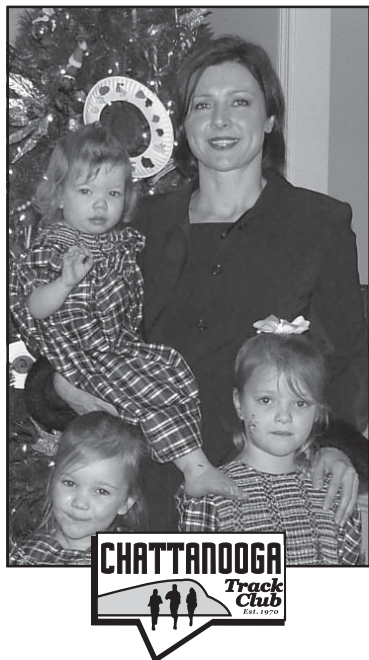


Sena Bolton

My name is Sena Bolton. I am a regional marketing director for a long-term health care company and travel overnight every week. I am divorced with two adult daughters, Candace is married and lives in Richmond, VA. and Lauren is an architect and lives in Vail, CO. Both have been influenced by my commitment to running and volunteering. Lauren ran the Chicago Marathon in 2005 and hopes to be selected for the Marine Corps Marathon in October 2006. Candace and her husband run shorter distances. They just completed the 10K Monument Run in Richmond.

My hobbies are cooking and gardening and trying new Chattanooga restaurants. Because of injuries I can not race anymore. I travel every week and miss connecting with the Chattanooga community. Volunteering is an opportunity to promote fitness through running and socialize (which I need). I usually help with registration and finish line. My fondest memory is Liz Benton encouraging me to run my first distance race at age 46 (Chickamauga Chase)..didn't start running until I was 44. I finished and was hooked on distance running. Now, I want to give back that encouragement to other runners.

New Member Profile



Denys Tawzer

Occupation: I am a personal fitness trainer and teach spinning at Hamilton YMCA. I also have a home-based embroidery business.

Age: 33

Marital Status: Married

Children: Olivia, 6; Michael-Anne, 4; Laura, 2

Hobbies: Running, Weight Training, Sewing

Favorite Place to Run: Riverwalk if I have time to drive somewhere.

Favorite Race/Distance: I usually run at least 6 miles, longer 8-10 on Saturdays. I am a beginning racer, so I am not set on a favorite race distance, but I know it will be 10K or longer.

Why do you run?: I am not coordinated enough to do step class or kick boxing.

Seriously, the most basic reason is for my health, both physical and mental!

It is a very efficient form of exercise, it requires minimal equipment and I do not have to drive to a gym to do it. It helps me manage my weight. And, it clears my mind.

Right now, I enjoy it, though I do go through spells where I do not.

How long have you been running: I do not know. I did not do track or cross country in high school or college. When I started college, I decided I wanted to lose some weight and since I did not have a gym membership, nor could I afford one, I just started running. I pretty much took an 8 year hiatus for pregnancies and all that comes along with those early years of childrearing. Now, my youngest is 2 and I reclaimed ownership of my body last August. I have been running 25-40 miles per week since then. So, if I started running about 13 years ago and subtract the 8 year hiatus, that is a net of 5 years.

Who or what prompted you to join the CTC?: Well, my husband tells me that I am obsessed and asks me who else I know that runs 5 days a week. I need to meet some people so I can give him some names.

How did you hear about the track club?: Seeing your office at the downtown Sports Barn. This was many years ago, and joining has always been in the back of my mind.

How long have you been in the Chattanooga area?: I have lived here all my life.

Chattanooga Track Club Membership Levels for 2006

I. Basic Membership

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

Basic Membership Benefits:

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

II. Donor Level Membership

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

Donor Level Membership Benefits:

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

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

Sponsor Level Membership Benefits:

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

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

Make checks payable and return to:
 Chattanooga Track Club
 P. O. Box 11241
 Chattanooga, TN 37401



MEMBERSHIP APPLICATION

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

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

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

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

Home Phone: _____ Work Phone: _____ Email: _____

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

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Jogging My Memory

By Steve Rogers

I was asked to write this article about past memories of the CTC and feel honored. I joined the CTC in 1984 (the same year I started running at age 35) and have been a member ever since. The support and encouragement I've received from the people I've had the pleasure of running with and working with in the administration of the club over the years has been priceless. That's what it's all about: the people.

When I began to exercise at 35, I was 210 pounds and had a terrible lifestyle-never watched my diet and drank way too many adult beverages. Also, my mood was always highly stressed and anxious. Over the period of a year, I changed all that thanks to exercise and my association with members of the club who shared my new interest and gave me the encouragement to "stick with it".

Until 1996 I ran almost all the CTC races and also brought my three young daughters to most of them. Looking back, over these years I was a "taker" in that I never volunteered to help with a race (other than the original "Fall Color Cruise" held in Marion County, which I directed and sponsored in 1989 and 1990- for any of you who remember that race, it was one of the most scenic races in our area at that time).

In 1996 I decided to give back something to the club that had given so much to me over the years and volunteered to "run" for Treasurer (I use the term "run" loosely because, unlike a road race, there was no one else in my age division or, for that matter in the entire race, so I finished first overall in the voting!)

I served as President in 1998 (the 30th anniversary of the CTC at which time Bill Rodgers came to town .We had a big banquet in celebration of 30 years the CTC had been in existence.) During my term as President, I gained a great respect for all the past presidents and those who followed me in this role.

Why did I start running back in 1984? I never could figure this out until I read an article by George Sheehan in an edition of Runner's World back in 1985. I have the article framed and in my study to this day! The reasons are still as valid to me today as they were back in 1984. Basically, it was to regain control of my life. As Sheehan says, my life had become a "conditioned response to others".

Through running I learned to develop a "healthy disrespect" for the opinions of others, which I still have. This was necessary, because back in 1984 I lived in South Pittsburg and runners were few and far between. It took a couple of years of running on highway 72 (the main road through town) with Beena Hyatt and my brother Richard to acclimate the people in town to seeing someone exercise in public. Basically, they thought I'd lost my mind and had an eating disorder since I'd lost 60 pounds by that time.



In his article, Sheehan lists four factors that are necessary ingredients in making a lifestyle change as I had done by beginning to run: behavior modification, substitute dependencies, increased religious involvement, which provides a stable source of increased hope and self esteem, and new relationships.

As I said at the start of this article, this last ingredient, new relationships, in my opinion, is the most important of the four. I've made some of the best friends I've ever known as a result of becoming involved in running and the CTC (including my new bride, Catherine!!). I've made a conscious effort not to mention any names for fear of leaving someone out, but you know who you are!! Thanks for the memories!!

Jogging Around Ad Rates

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

Inserts are \$60/issue

WEDNESDAY NIGHT TRAIL RUN

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

Jog/Walk Program Schedule:

Wednesdays 6:00pm Fast Break Athletics
Runners, Speedwalkers, Joggers, Slow
Runners and Walkers are all welcome!
If you are injured or starting your running
program all over again this would be a
great place to start. For more information
please send email to jumpytwo@hotmail.com
or call Melodie at 763-3529

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

SPEEDWORK

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

Volunteers Needed!

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

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

Walking Works

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

Group Run

Getting Ready for a Marathon?
New in town and need new long
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Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
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Check out the new CTC website at
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Speed/Hillwork

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Leave from Downtown
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BULLETIN BOARD

Legend

 CTC Event

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 JMROY Volunteers Points Only

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.

JUNE

17 – BlueCross Riverbend Run 5K

 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

JULY


4 – Independence Dash 5K Road Race
& 1 Mile Fun Run/Walk

Site: Etowah, TN
Info: www.chattanoogatrackclub.org

15 – Sports Barn Bridge Run


Site: Chattanooga, TN
Info: www.sports-barn.com

16 – Chattanooga Waterfront Triathlon

 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

AUGUST

5 – Missionary Ridge 4.7 Mile

 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

13 – Sports Barn/Quntana Roo Sprint
Triathlon

Site: Chattanooga, TN
Info: www.sports-barn.com/sprint.htm

19 – OLPH RAM Run 5K & 1 Mile Walk/Run


Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

17 – Raccoon Mountain 10K


Site: Jasper, TN
Info: www.chattanoogatrackclub.org

SEPTEMBER

4 – FCA 5K

 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

8 – Cross Country Meet


 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

16 – Symphony Classic 5K

 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

17 – Maui Marathon

24 – Komen Race For The Cure

 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

Send race information to:

Jerry McClanahan

831 Creek Drive

Chattanooga, TN 37415

or jkmccclanahan@comcast.net

MAUI MARATHON

The Maui Marathon is run on Sept. 17, 2006.

A large group from the CTC is planning to leave Chattanooga on Sept. 15, 2006 and return on Sept. 24, 2006.

We are planning to spend 5 nights on Maui and 3 nights on Oahu near Waikiki Beach. An email will be sent in January with package details, but if anyone wishes to register for the marathon (at a discount) in the meantime and sign up for the group trip later, that would be great. Many have already done so.

We will be providing more details about the trip and informational meetings in the very near future.

Please email Betty at 2betty@mindspring.com to get on the e-mail list for the trip, even if you are not running, but would like to be a spectator.

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

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