

CHICK. BATTLEFIELD MARATHON (15-17) CTC SUMMER PICNIC (19)

MISSIONARY RIDGE ROAD RACE (2-3) RACCOON MTN ROAD RACE (4-5)



# joggingaround

OFFICIAL NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JULY 2008

VOLUME 40, ISSUE 5

# Chattanooga Track Club

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## Jogging Around

*A newsletter published eight 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.*

## New & Returning Members

Meg Aiken  
Rachel Bartlett  
Patrice Batchelor  
Steven Bradley  
Dreama Campbell  
Joshua Cutler  
Rory DeWeese

Clifton Goodgame  
Vanessa Harris  
Rudolph Hausler  
John Hunt  
Carter Lynch  
Don Lyons  
Lisa Massey

Vonetta Maston  
RonTrell Moore  
Emily Patton  
Kelly Peterson  
Ward Petty  
Sherri Ricketts  
Warren Sinor

Walter Tindall  
Daisy Tucker  
Vanessa Walden  
Thad Whitfield

# Words from the Prez's Perch

I hope everyone is enjoying the summer. For runners, this means enduring heat, humidity, the occasional afternoon shower and lots of sweat. As always, good hydration is key to any successful running program, so be sure to drink extra during your runs over the next few months. Of course, if you are like me and feeling the effects of having moved into the masters ranks, your summer running program may also need to include healthy doses of ice, Ibuprofen and, unfortunately in my case, the name of a good podiatrist.



A number of you have asked me about the Track Club now that we presently do not have an executive director. Questions include: How is the Track Club going to function without an ED? Who's going to do X, Y and Z? Or, as a member of my morning running group so eloquently put it: "so James, what's the deal with the Track Club?" Allow me to respond. First, it's important to keep in mind the CTC has existed for 37 years without an executive director, and for the most part, has been an all-volunteer organization. Second, your Board remains committed to the idea that having an executive director is critical to moving the CTC forward to its long-term vision. We believe this position is necessary to carry out the day-to-day tasks of the organization, to oversee various programs (e.g., youth running) and to maintain CTC's relationships with sponsors, public partners and the community at large. Our challenge, of course, is ensuring the financial sustainability of this position. This will require identifying additional sponsors and, perhaps, re-examining our current revenue model. These are some of the issues your Board will be considering in the coming months. We recognize it may be up to a year (or possibly longer) before this position will be filled. In the meantime, however, rest assured that the Track Club will continue to do what it does best: putting on quality events and working towards our mission of stimulating interest in running and fitness.

Speaking of quality events, preparation for the 2008 BMW of Chattanooga Waterfront Triathlon is heading into the final stages as we gear up for Chattanooga's hosting of this

premier Olympic distance triathlon. Race directors Bill Brock and Sherilyn Johnson, along with Team Magic, Outdoor Chattanooga and others have teamed together to make this another spectacular year. A volunteer leadership meeting was held on June 24, 2008, and everything seems to be coming together well. We hope to see you there on July 13.

Once again, the BlueCross Riverbend 10K and 5K races were a great success. Thanks to Rita Fanning and all who volunteered to make this event a premier CTC race. Also, don't forget to sign up for the Missionary Ridge and Raccoon Mountain races, which are just around the corner.

For those of you with children in kindergarten through fifth grade, now is a good time to sign them up for the junior marathon (if you have not already). Applications are available on the CTC website. The event is free to Track Club members and \$5.00 for non-members. All kids will receive a mileage log sheet. The goal is to run at least 25 miles by the Chickamauga Battlefield Marathon, which is on November 8. The runners will then complete their last mile at the marathon finish line, and will receive a t-shirt and medal. It's a great way to get kids involved in running.

In case you haven't already noticed it on our website, the CTC is launching a new marathon and half marathon training program beginning July 17, 2008. This is a sixteen-week program designed to prepare runners, from beginners to the experienced, for the Chickamauga Battlefield Marathon and Half Marathon scheduled for November 8, 2008. The program will include providing runners with a weekly schedule plus two weekly group runs that will include a Wednesday night mid-week tempo run and a Saturday morning long run. If you have never been on a long run on a Saturday morning in the Chickamauga Battlefield, you are missing out. So don't let this great opportunity get by you! Special thanks to Charlene Simmons for putting this together. Learn more about this training program at [www.battlefieldmarathon.com](http://www.battlefieldmarathon.com).

Happy and safe running.

James T. Williams  
CTC President

# Missionary Ridge Road Race - Saturday August 2

Hosted by Chattanooga Track Club, a ROY Event

**It's that Time Again!** Saturday, August 2, 2008, will be the 35th Annual running of the John Bruner Memorial Missionary Ridge Road Race with proceeds from the race to the local chapter of the American Red Cross and a scholarship to Team Bruner. 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.

## Contact Info

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

## Awards Info

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.

A special award will be presented to the oldest participant in the race in honor of Arnold Godwin, a long time runner in the Chattanooga area. This was his favorite race each year.

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

## Location

There is **NO PARKING** at Bragg Reservation. Parking and a free shuttle service will be available at First Lutheran Church, 2800 McCallie Avenue (near the Brainerd/McCallie tunnel). The shuttle service will operate from 6:00 AM until 10:30 AM from the church parking lot to the reservation and back after the race.

## Registration


Registration starts at 6:30 AM and the race will start at 8:00 AM. Pre-registration is \$20. After July 25, 2008, \$25. Pre-registered CTC members will receive a \$1.00 discount.

Participants may also register online at [www.active.com](http://www.active.com)

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 4:30 PM Monday through Friday during the week of July 28 through August 1, 2008.

## Benefits

All proceeds from the race will go to the American Red Cross (local chapter) and a scholarship to Team Bruner.



Enhance your lifestyle  
for a better you  
Let's get personal.

Are you really getting the **results YOU WANT**  
from your workout program?  
**IF YOU AREN'T THERE COULD BE SEVERAL REASONS**  
Maybe you aren't working out as **consistently** as you should.  
Maybe your program doesn't correspond to your **fitness goals**.  
Maybe you're working at an **intensity** that won't deliver the results  
Maybe your body has become too familiar with your **regular exercise routine**.

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Teresa Wade 423-266-1125

[www.personal-fitness.com](http://www.personal-fitness.com) Personal Fitness Specialists

**It's That Time Again...**  
**The John Bruner Memorial**  
**35th Annual Missionary Ridge Road Race**  
**Saturday, August 2, 2008, at 8:00 a.m.**  
**Application**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Age: \_\_\_\_\_

Check one: Male \_\_\_\_\_ Female \_\_\_\_\_

Circle T-Shirt Size: Adult: S M L XL

Entry Fee: By July 25 \$20.00; after July 25 \$25.00 -NO REFUNDS

I would like to make a contribution of \$\_\_\_\_\_ to the Greater Chattanooga Area Chapter of the American Red Cross.

Make Checks Payable To:

Greater Chattanooga Area Chapter of the American Red Cross

801 McCallie Avenue

Chattanooga, TN 37403

**Waiver — Please Read Carefully and Sign**

I know that running a road race is a potentially hazardous activity, and I should not enter or run 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 this run. I assume all risks associated with running this event, including but not limited to: falls; contact with other participants; the effects of the weather, including high heat and humidity; traffic and the conditions of the road — all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the American Red Cross, Chattanooga Track Club, all sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though this liability may be the result of negligence on the part of persons named in this waiver. I understand that bicycles, skateboards, baby strollers/joggers, roller-skates/blades, animals, and headsets are not allowed in the race, and I will abide by these guidelines.

\_\_\_\_\_  
Signature of Applicant or (if under 18) Parent or Guardian

For information, contact Dan Bailey, Race Director at [drbailey43@aol.com](mailto:drbailey43@aol.com) or (423) 667-2440.

The race begins at 8 a.m. on Saturday, August 2.



# Raccoon Mountain Road Race - Saturday, August 23

Hosted by Chattanooga Track Club, a ROY Event

This unique event features a 10k race, a 5k race, and a 5k walk around TVA's scenic Raccoon Mountain hydroelectric reservoir. Proceeds from the race benefit TVA's Partners in Education Program.

All events begin at 7:30 AM EDT

## Benefits

Partners in Education - sponsored school - Jasper Middle School

## Course Info

The course will be closed to traffic. The course begins and ends at Laurel Point. The 10K course is one loop around the reservoir. There is a good hill between mile 4 and 5. The 5K course and walk are and out and back course. There is a slight climb to the reservoir. There will be several water stations on both courses.

\*\*\* Both the 10K and the 5K are currently being certified. Official TN course certification is expected before the event.

## Registration

Early registration is 20.00 until August 9, 2008.  
Registration is 25.00 after that date and day of race (6:30-7:15)

Current CTC members can take a 3.00 discount.

You can register at Active.com or use a paper application

There will be packet pick-up at the downtown Sports Barn on Friday August 22, 2008 from 4 - 7 PM.

# RACCOON MOUNTAIN

## ROUND THE RIM RUN

10K & 5K (PENDING COURSE CERTIFICATION)

5K WALK

SATURDAY, AUGUST 23, 2008

HOSTED BY CHATTANOOGA TRACK CLUB & TVA

JOIN US FOR THE 3<sup>RD</sup> ANNUAL EVENT TO BENEFIT TVA'S PARTNERS IN EDUCATION PROGRAM



START: ALL RACES WILL BEGIN AT 7:30 EDT SHARP. THE ACCESS GATE TO THE RESERVOIR WILL BE CLOSED AT 7:00 AM EDT. ALL PARTICIPANTS MUST ARRIVE AT THE START PRIOR TO THE GATE BEING CLOSED.

COURSE DESCRIPTION: THE COURSE WILL BE CLOSED TO TRAFFIC. THE COURSE BEGINS AND ENDS AT LAUREL POINT. THE 10K COURSE IS ONE LOOP AROUND THE RESERVOIR. THERE IS A GOOD HILL BETWEEN MILE 3 AND 4. THE 5K COURSE AND WALK ARE AND OUT AND BACK COURSE. THERE IS A SLIGHT CLIMB TO THE RESERVOIR. THERE WILL BE SEVERAL WATER STATIONS ON BOTH COURSES.

DIRECTIONS: FROM I-24 W, TAKE EXIT 175 AND MAKE A RIGHT ONTO BROWNS FERRY ROAD. TAKE A LEFT ON ELDER MOUNTAIN ROAD. FOLLOW THE ROAD UP THE MOUNTAIN AND TAKE A LEFT AT THE RACCOON MOUNTAIN ENTRANCE. FOLLOW SIGNS TO THE RACE.

FROM I - 24 E, TAKE EXIT 175 AND MAKE A LEFT ONTO BROWNS FERRY ROAD. TAKE A LEFT ON ELDER MOUNTAIN ROAD. FOLLOW THE ROAD UP THE MOUNTAIN AND TAKE A LEFT AT THE RACCOON MOUNTAIN ENTRANCE. FOLLOW SIGNS TO THE RACE.

FEES: \$ 20.00 UNTIL AUGUST 09, 2008, AFTER 8/09 \$ 23.00. CTC CURRENT MEMBERS MAY TAKE A \$3.00 DISCOUNT.

PACKET PICK-UP: WILL BE AT DOWNTOWN SPORTS BARN ON FRIDAY, AUGUST 22, 2008 FROM 4 - 7 PM. RACE DAY REGISTRATION AND PACKET PICK - UP FROM 6:30 - 7:15 AM EDT

AWARDS: FOR THE 10K & 5K RACE: OVERALL FEMALE & MALE, MASTERS (40 +), GRAND MASTERS (50+) AND FOR THE 10K - 1ST, 2ND & 3RD PLACE MALE & FEMALE RUNNERS: 19 & UNDER -20-24 - 25-29 - 30-34 - 35-39 - 40-44 - 45-49 - 50-54 - 55-59 -60-64- 65-69- 70+ AND FOR THE 5K 1ST, 2ND & 3RD PLACE MALE & FEMALE RUNNERS: 14 & UNDER-15 - 19 -20- 29-30-39-40-49 - 50-59 - 60+

\*\* THERE WILL BE NO DUPLICATION OF AWARDS.

QUESTIONS: PLEASE CONTACT RACE DIRECTOR - THERESA SAMUELIAN AT T\_SAMUELIAN@COMCAST.NET OR WWW.CHATTANOOGATRACKCLUB.ORG

### OFFICIAL ENTRY FORM: RACCOON MTN - ROUND THE RIM RUN

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age (on 08/23/08): \_\_\_\_\_

Sex: F \_\_\_ M \_\_\_ Event: 10K \_\_\_ 5K \_\_\_ Walk \_\_\_

Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

*Race shirts will be available race day for pre-registered runners. Late entrants will receive shirts while supplies last, or at a later date should supplies run out.*

**MAKE CHECKS PAYABLE TO: CHATTANOOGA TRACK CLUB**

**MAIL TO: CTC, PO Box 11241, CHATTANOOGA, TN 37401**

Please read and sign waiver:

I know that running in a race is a potentially hazardous activity, and I should not enter and run 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 this event. I assume all risks associated with running this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Chattanooga Track Club, TVA, and its employees, officers, and directors, and all Raccoon Mtn Round the Rim Run Sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though this liability may be the result of negligence on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller-skates/blades and animals are not allowed in this race, and I will abide by these guidelines.

Participant's Signature Date \_\_\_\_\_

(If under 18, parent or guardian's signature) Date \_\_\_\_\_

I am the parent or legal guardian of the above-named minor participant, and I hereby give permission for said child to participate in this event. I have read and understand this waiver agreement, and I hereby agree, on behalf of myself and the above-named minor participant, to all of its terms.

# Sitienei and Gautier Triumphant at BlueCross Riverbend Run

Joseph Sitienei, 33, won the BlueCross Riverbend 10k held in downtown Chattanooga on Saturday June 14, 2008. Sitienei covered the 6.2 mile course in 32:50, averaging a 5:17 per mile pace. Jan Gautier, 42, was the female champion, with a time of 42:58 (6:55 per mile pace).

The BlueCross Riverbend Road Races included a 10k race, a 5k race, a 5k walk, and a 1-mile family fun run/walk.

The 5k race was won by Cameron Bean, 21, in a time of 15:54 (5:07 pace). Tara Gietma, 19, was the 5k female champion, finishing in 19:34 (6:18 pace).

Hugh Enicks, 48, won the 10k male masters division., Susan Laughrey, 45, won the 10k female masters division. Bill Warner, 55, won the 10k male grand masters division. Mary Preisel, of 61, won the 10k female grand masters division.

Joe Johnson, 47, took the 5k male masters title. Wendy Houston, 42, won the 5k female masters division. David Bartlett, 51, won the 5k male grand masters division. Brenda Ross, 53, won the 5k female grand masters division.

The 5k walk and 1-mile family fun run/walk were non-competitive events designed to encourage everyone, especially families, to take steps toward a healthy lifestyle.

The race was made possible through the generosity and hard work of over 135 volunteers.

The 2008 BlueCross Riverbend Run & Walk was a Chattanooga Track Club event and was sponsored by BlueCross BlueShield of Tennessee, Powerade, Snickers Marathon Energy Bar, Comcast and Friends of the Festival.

## BlueCross Riverbend Run 5K Results – 2008

<b>MALE OVERALL</b>		10	Kevin Gordon	27:34	11	Anna Downer	27:47	5	Lindsay Manning	27:45				
1	Cameron Bean	15:54	11	Connor Howard	28:13	12	Jenny Blackwell	28:06	6	Megan Roderick	28:16			
<b>FEMALE OVERALL</b>		12	David Wood	32:02	13	Ashley Mello	28:29	7	Jennifer Cowart	29:18				
1	Tara Gietma	19:34	13	Ty Davison	33:38	14	Shelley Gage	29:11	8	AJ Brown	29:22			
<b>MALE MASTERS OVERALL</b>		14	Chris Osborne	35:01	15	Alison Counts	29:23	9	Stacy Williams	29:54				
<b>FEMALE MASTERS OVERALL</b>		<b>FEMALE AGE GROUP: 13 - 18</b>												
1	Joe Johnson	17:47	1	Anita McLure	20:30	16	Karen Anderson	29:38	10	Mary Stone	31:07			
<b>FEMALE MASTERS OVERALL</b>		2	Caitlin Duggan	23:50	17	Anne Campeau	29:53	11	Sandy Banks	31:30				
1	Wendy Houston	23:01	3	Catherine Ellis	24:09	18	Amber Regan	30:08	12	Jennifer Cooley	31:42			
<b>MALE GRAND MASTERS OVERALL</b>		4	Bekah Houston	24:36	19	Amy Vischetti	30:08	13	Kristen Wright	31:45				
<b>FEMALE GRAND MASTERS OVERALL</b>		5	Sarah Stinnett	25:11	20	Amy Mashburn	30:12	14	Angel Jacobs	31:52				
1	David Bartlett	20:07	6	Haley Horsch	25:16	21	Annie Loveless	30:43	15	AnnaLea Malone	31:59			
<b>MALE AGE GROUP: 8 &amp; UNDER</b>		7	Mary Dyer	25:48	22	Crystal Keel	30:46	16	Heather Sulok	32:31				
<b>FEMALE AGE GROUP: 8 &amp; UNDER</b>		8	Rachel Pioth	27:02	23	Lisa Gage	31:17	17	Kristin Sparks	32:37				
1	Xian Campbell	46:23	9	Sarah Dolmovich	27:15	24	Nicole McGinnis	31:53	18	Brittany Bryan	32:45			
<b>MALE AGE GROUP: 9 - 12</b>		10	Ashley Riner	29:57	25	Emily Barker	32:14	19	Mandy Sutton	33:16				
<b>FEMALE AGE GROUP: 9 - 12</b>		11	Molly Kitts	31:28	26	Becky Welch	32:30	20	Virginia York	33:38				
1	Kayla Regan	44:15	12	Carissa Conner	31:46	27	Gracyn Sansbury	32:34	21	Kristin Ownby	34:25			
<b>MALE AGE GROUP: 13 - 18</b>		13	Kaycee Whiteside	33:38	28	Meredith Neal	33:27	22	Rachel Kemp	34:39				
1	Jacob Rainey	16:39	14	Sara Smith	35:59	29	Vita Livarchuk	39:18	23	Meredith Bridges	36:38			
2	Calvin Cofield	17:33	15	Ann Schmidt	39:19	<b>MALE AGE GROUP: 25 - 29</b>								
3	Isaac Pacheco	19:44	16	Courtney Jones		1	Patrick St. Charles	20:14	24	Jennifer Ball	38:51			
4	Dylan Harper	20:08	<b>MALE AGE GROUP: 19 - 24</b>		1	Adam Dodson	20:33	2	Patrick Johnson	23:23	25	Julie Atchley	42:12	
5	Michael Zeiser	20:53	2	Matt Bryson	21:32	2	Travis Goodwin	21:54	3	Ryan Shelton	23:35	26	Christi Regan	44:14
6	Andrew Enicks	22:57	3	Travis Goodwin	21:54	3	Dan Chismark	22:41	4	Alan Sisk	24:04	27	Britney Bertsch	46:09
7	Davey Eaton	24:28	4	Dan Chismark	22:41	4	Jonathan Edwards	22:48	5	Michael Hampton	24:08	<b>MALE AGE GROUP: 30 - 34</b>		
8	Matthew Heinichen	26:02	5	Jonathan Edwards	22:48	5	Kyle Bradford	24:14	6	Mike Patty	24:32	1	Tarmo Virkhaus	18:08
9	Anthony Schmidt	27:30	6	Daniel Byers	25:39	6	Richard Cope	24:47	7	Casey Thurman	24:38	2	Russell Berry	20:06
<b>MALE AGE GROUP: 19 - 24</b>		7	Richard Cope	24:47	7	Jonathan Edwards	24:47	8	Derek Morin	24:53	3	Jason Cooley	24:18	
1	Leslie Malone	21:53	8	Jonathan Edwards	24:59	8	Philip Crosby	25:21	9	Michael Blankenship	25:27	4	Ross Gloyna	24:57
2	Karin Krey	23:05	9	Daniel Byers	25:39	9	Michael Blankenship	25:27	10	Josh Davis	26:18	5	Jeff Rawles	25:12
3	Marie Loizeaux	23:17	10	Will Anderson	25:43	10	Josh Davis	26:18	11	Nik Meeks	26:18	6	Matthew Amick	25:18
4	Laura Davies	23:29	11	Brandon Dicurato	26:05	11	Nik Meeks	26:18	12	Hunter Robins	26:30	7	Kenneth Webster	25:58
5	Fritsi Butler	23:36	12	Kyle Clarkson	28:05	12	Hunter Robins	26:30	13	William Walrven	26:45	8	Patrick Cruise	26:01
6	Elizabeth Tubergen	24:19	13	Jeff Dutton	29:42	13	William Walrven	26:45	14	Jeremy Ballard	27:00	9	Adrian Seaver	27:27
7	Nicole Thurman	24:38	14	Isaac Lockman	31:17	14	William Walrven	27:00	15	Jason Bridges	27:33	10	Robert Greene	28:37
8	Shantell Robbins	26:05	15	Matthew Malone	32:00	15	Jason Bridges	27:33	16	Brandon Sutton	27:35	11	W. Justin Hutsell	28:42
9	Erika Powell	26:14	<b>FEMALE AGE GROUP: 19 - 24</b>		1	Leslie Malone	21:53	17	Josh Melhorn	27:41	12	Christopher Seal	28:45	
10	Stacy Birchett	26:30	1	Leslie Malone	21:53	2	Karin Krey	23:05	18	Stanton Peppers	29:42	13	John Thompson	29:25
<b>MALE AGE GROUP: 25 - 29</b>		2	Karin Krey	23:05	3	Marie Loizeaux	23:17	3	Michael Mason	29:51	14	Robert Henry	29:27	
1	Katie Stanford	22:22	4	Laura Davies	23:29	4	Laura Davies	23:29	4	Bryan Wilbourn	30:01	15	Robert Henry	29:27
2	Aden Rogers	25:56	5	Fritsi Butler	23:36	5	Fritsi Butler	23:36	5	Adrian Copeland	31:17	16	Jeff Poteralski	31:07
3	Jessica Anthony	26:09	6	Elizabeth Tubergen	24:19	6	Elizabeth Tubergen	24:19	6	Josh Ashlinger	31:29	17	Gary Petty, Jr.	31:30
4	Kari Gentry	27:00	7	Nicole Thurman	24:38	7	Nicole Thurman	24:38	7	Derek Ball	31:57	18	Nathan Watts	31:31
<b>FEMALE AGE GROUP: 30 - 34</b>		8	Shantell Robbins	26:05	8	Shantell Robbins	26:05	8	Michael Bertsch	46:45	18	Matt Holden	32:28	
1	Heather Store	21:23	9	Erika Powell	26:14	9	Erika Powell	26:14	<b>FEMALE AGE GROUP: 25 - 29</b>			19	Andrew McMahan	33:32
2	Janet Smith	23:35	10	Stacy Birchett	26:30	1	Katie Stanford	22:22	1	Bryan Wilbourn	30:01	20	Richard Barnhart	35:58
3	Anna Hunter	24:31	<b>MALE AGE GROUP: 13 - 18</b>		1	Jacob Rainey	16:39	2	Adrian Copeland	31:17	2	Matt Holden	32:28	
4	Makala Bumgarner	25:33	1	Jacob Rainey	16:39	2	Calvin Cofield	17:33	3	Josh Ashlinger	31:29	18	Matt Holden	32:28
5	Margaret Godfrey	25:37	2	Calvin Cofield	17:33	3	Isaac Pacheco	19:44	4	Derek Ball	31:57	19	Andrew McMahan	33:32





# BlueCross Riverbend Run 10K Results – 2008

## MALE OVERALL

1 Joseph Siteneci 32:50

## FEMALE OVERALL

1 Jan Gautier 42:58

## MALE MASTERS OVERALL

1 Hugh Enicks 36:40

## FEMALE MASTERS OVERALL

1 Susan Laughrey 46:33

## MALE GRAND MASTERS OVERALL

1 Bill Warner 39:06

## FEMALE GRAND MASTERS OVERALL

1 Mary Preisel 49:53

## MALE AGE GROUP: 18 & UNDER

1 Jake Bradley 37:10  
2 Thomas Barker 39:08  
3 Ryan Hacherl 45:38  
4 Marco Bianchini 48:42  
5 Thomas Dykes 52:38

## FEMALE AGE GROUP: 18 & UNDER

1 Claire Turner 43:49  
2 Shelby Balch 49:18  
3 Sarah Woerner 50:55  
4 Sarah Zeglen 58:14

## MALE AGE GROUP: 19 - 24

1 Matt Mansell 36:17  
2 Charles Webb 38:49  
3 Jonathan Warner 40:09  
4 Nathan Harper 44:48  
5 Shane Eason 45:30  
6 Todd Stevison 45:52  
7 Phillip Lineberry 48:43  
8 Matthew Clemmer 50:14  
9 John Howell 1:04:21

## FEMALE AGE GROUP: 19 - 24

1 Leslie Becht 46:34  
2 Ashley Manning 49:51  
3 Leslie Gilbert 49:57  
4 Bethany Kittle 50:01  
5 Diana Melcher 50:22  
6 Judy Cummings 50:34  
7 Heather Wilson 53:02  
8 Olivia Johnson 54:51  
9 Nicole Vincent 55:28  
10 Becky McCann 55:30  
11 Ali Donahue 1:00:18  
12 Melissa Hicks 1:01:49  
13 Cindy Lerch 1:03:18  
14 Helen Castro 1:05:22  
15 Hope McKinney 1:06:36  
16 Amanda Hodges 1:09:41  
17 Jennifer Castro 1:11:04  
18 Ashley Cleary 1:14:01  
19 Amanda St. Pierre 1:23:41

## MALE AGE GROUP: 25 - 29

1 Alan Horton 34:35  
2 Joseph Goetz 36:08  
3 Casey Gallaher 47:01  
4 Jonathan Moblely 48:00  
5 Matt Ruehlmann 48:59  
6 Dennis Tuckowski 49:06  
7 Zachary McCarty 50:01  
8 Thomas Prettyman 50:03  
9 Aaron Denson 50:33  
10 Benjamin Palmer 50:34  
11 Matthew Polston 50:38  
12 Richard Hall 51:18  
13 Bart Rolen 51:28  
14 Kelly Bellar 51:50  
15 Brandon Hetrick 51:55  
16 Kerry Kerlin 52:17  
17 Zach Donahue 52:43  
18 Joshua Cutler 53:29  
19 Joe Schnebel 53:37  
20 Jimmy Case 53:53  
21 Danny Wade 53:53  
22 Chad Mackens 54:31  
23 Nick Hall 55:45  
24 Matt Moore 56:52

25 Matt Black 57:48  
26 Christopher Klapp 57:58  
27 Justin Porter 58:03  
28 Brad Smith 59:13  
29 Michael Ryan 1:02:30  
30 Brad Moody 1:04:11  
31 Cory Brant 1:04:32  
32 Kenny Hammontree 1:06:32  
33 Bryan Lawler 1:06:44  
34 Thomas Paris 1:13:13  
35 Andrew LaBonne 1:13:13  
36 Charleton Wiley 1:22:19

## FEMALE AGE GROUP: 25 - 29

1 Jeanette Wilson 46:22  
2 Melissa Griffey 49:13  
3 Amanda Denson 50:50  
4 Kathryn Copeland 51:38  
5 Robin Bishop 52:18  
6 Marya Wegenka 52:20  
7 Michelle Meek 52:40  
8 Alli Tuckowski 53:52  
9 Kate Rolen 54:08  
10 Rebecca Moore 55:23  
11 Selena Cameron 56:11  
12 Kathryn Miller 56:16  
13 Kristen Mackens 56:19  
14 Maggie Barys 57:27  
15 Sarah Barker 58:10  
16 Lana Obanion 58:15  
17 Laura Lundy 58:42  
18 Holly Hunnicutt 59:38  
19 Kristin Smith 1:02:01  
20 Rebekah Myers 1:05:39  
21 Kasey Brant 1:07:25  
22 Hannah Baker 1:07:58  
23 Melinda Trimby 1:19:38

## MALE AGE GROUP: 30 - 34

1 Christian Allan 40:32  
2 Steve Thaxton 41:47  
3 Jason Webb 42:23  
4 Adam Webb 43:32  
5 Josh Carter 45:49  
6 Joseph Kinunda 45:50  
7 Adam Burnett 46:21  
8 Shawn Kelley 47:25  
9 Chris Stewart 48:02  
10 Britt Reid 48:11  
11 Brian Sparks 48:19  
12 Brian Canny 48:31  
13 William Copeland 50:08  
14 Jason Denson 50:41  
15 Travis Musick 51:16  
16 Mitchell Hollis 51:54  
17 David Padilla 51:57  
18 Rowan Johnson 52:17  
19 Bryant Artigas 53:27  
20 Jeff Ringer 53:31  
21 Mark Dietrich 53:38  
22 Aaron Gray 54:44  
23 Chris Omary 55:48  
24 Rusty Mawk 57:13  
25 Geoff Ownbe 58:18  
26 Todd McGrath 59:31  
27 Shea Sartin 1:00:20  
28 Alex Keltner 1:03:44  
29 Stephen Regan 1:07:48  
30 Jamie Daniel 1:08:38  
31 Owen Smith 1:09:34  
32 Skeeter Chapman 1:09:58

## FEMALE AGE GROUP: 30 - 34

1 Misty Griffin 47:37  
2 Sandra Calfo 50:09  
3 Marsha Potter 51:47  
4 Lisa Drew 52:38  
5 Meredith MacPherson 53:39  
6 Carrie Brisendine 58:23  
7 Emily Guyer 58:42  
8 Jesalyn McCurry 59:16  
9 Shannon Mathews 59:42  
10 Carrie Wolf 1:00:23  
11 Kera Hughes 1:00:25  
12 Christa Payne 1:00:58  
13 Melanie Chakwin 1:02:01  
14 Carie Daniel 1:02:04  
15 Stacy Cook 1:02:21

16 Jackeline Morales 1:04:00  
17 Mary-Margaret Moore 1:04:07  
18 Brook Sprayberry 1:04:45  
19 Amber McDowell 1:05:17  
20 Leah Gill 1:05:21  
21 Jennifer Somerville 1:07:47  
22 Deborah Dennison 1:08:05  
23 Shelly Tullier 1:11:02  
24 Kelli Sobota 1:12:09  
25 Jennifer Littel 1:17:01  
26 DeLeslyn Mitchell 1:17:26

## MALE AGE GROUP: 35 - 39

1 Manuel Ferrer 38:27  
2 Justin Guy 40:55  
3 Lance Steele 43:27  
4 Rob Standish 45:24  
5 Jason Irvin 45:38  
6 Kevin Bixler 46:21  
7 Paul Elliott 46:26  
8 Jeffrey Miller 46:39  
9 Jeff Keith 46:47  
10 Robert Estoye 48:37  
11 Kevin Knudsen 48:53  
12 Timmy Johnson 49:43  
13 Mark Gore 49:54  
14 Robert Buggs 50:30  
15 Mike Drew 52:38  
16 Robert Parham 52:54  
17 Peter Greene 53:07  
18 Gary Snodgrass 54:19  
19 Eddie Tate 55:30  
20 Steve Pickett 55:52  
21 James Baldwin 56:18  
22 David Hearn 56:22  
23 Scott Hawkins 57:29  
24 Kevin Akins 58:45  
25 Chad Young 58:52  
26 Kyle Haren 1:01:49  
27 Roger Batchelor 1:05:28

## FEMALE AGE GROUP: 35 - 39

1 Kimberlie Morris 47:22  
2 Lisa Logan 48:03  
3 Angela Hill 53:52  
4 Ginger Gray 54:24  
5 Blanca Rios 55:25  
6 Deanna Lord 59:07  
7 Karen Tinsley 59:46  
8 Sarah Haren 1:02:56  
9 Patrice Batchelor 1:05:29  
10 Stephanie Graham 1:05:30  
11 Carina Denney 1:06:16

## MALE AGE GROUP: 40 - 44

1 Mark Wisdom 41:57  
2 Glenn Smith 45:43  
3 Ray Kellum 47:19  
4 Stephen Wilson 47:51  
5 Chris Conine 48:36  
6 Eric Whittington 51:38  
7 Mike Bates 53:19  
8 David Moghani 54:59  
9 Bill Estes 55:12  
10 Willie Warren, Jr. 1:02:05

## FEMALE AGE GROUP: 40 - 44

1 Kelly Bullock 50:05  
2 Christine Post 51:30  
3 Missi Johnson 52:26  
4 Shelley Huckabay 52:47  
5 Mary Johnson 53:36  
6 Bernice Delaney 58:44  
7 Bridgette Wisdom 1:01:07  
8 Vanessa Walden 1:20:38

## MALE AGE GROUP: 45 - 49

1 C Clifton Milam 40:15  
2 Chuck Denham 40:49  
3 John Gracy 41:18  
4 Sal Coll 41:33  
5 Jude Hacherl 45:30  
6 Michael Heinichen 49:19  
7 Kyle Gilreath 49:35  
8 Edward Kern 51:23  
9 Donnie Gregory 55:33  
10 Matt Clemmer 57:03

11 John Echols 57:41

## FEMALE AGE GROUP: 45 - 49

1 Beth Gross 53:45  
2 Sharon Grainger 53:55  
3 Julia Fields 54:34  
4 Betty Holder 55:21  
5 Gwen Meeks 58:57  
6 Kim Ford 59:24  
7 Linda Andreae 59:48  
8 Leigh Harris 1:04:49  
9 Lorrie Nance 1:15:33  
10 Ruth Gonter 1:30:06  
11 Nona Hodges 1:30:06  
12 Lisa Williams 1:34:48

## MALE AGE GROUP: 50 - 54

1 Don Gregg 44:12  
2 Tommy Nichols 46:51  
3 Jack King Jr. 47:05  
4 Michael Leary 48:52  
5 Jeffrey Phillips 48:58  
6 Steve Cotter 49:18  
7 Joseph Fanelli 49:40  
8 Richard Devine 52:36  
9 Douglas Roselle 54:03  
10 William McCarthy 55:14  
11 Sam Wells 57:11  
12 Dennis Henderson 57:57  
13 Anthony Patterson 59:26  
14 Thomas Sisemore 59:28  
15 Dewayne Sandidge 1:00:50  
16 Robert Elliott 1:03:29  
17 Robert Tramel 1:04:43  
18 Randall Green 1:07:21  
19 Bill Brock 1:07:45  
20 Robert Wharton Jr 1:09:04

## FEMALE AGE GROUP: 50 - 54

1 Sarah Bowen 52:12  
2 Colleen Carboni 1:00:08  
3 Deborah Nash 1:00:58  
4 Jan Lewis 1:40:09  
5 Darlene White 1:40:10

## MALE AGE GROUP: 55 - 59

1 John Walker 44:06  
2 Randall Godwin 45:51  
3 Iman Majid 49:15  
4 Mike Martin 49:17  
5 Danny Casteel 49:25  
6 John Crawley 49:48  
7 Butch Cooke 53:11  
8 Joe Davis 1:00:17  
9 C.L. Dunn 1:00:17  
10 Terry Nash 1:02:46

## FEMALE AGE GROUP: 55 - 59

1 Carolyn Mather 51:41  
2 Alice Biggs 55:51  
3 Caroline Fanelli 1:34:49  
4 Gail Hoxworth 1:40:01

## MALE AGE GROUP: 60 - 64

1 Cyrus Rhode 53:39  
2 David Scholes 54:07  
3 Thomas Schaap 55:30  
4 Jack Pickett 59:03  
5 Eric Geissinger 59:33  
6 William Bradford 59:53  
7 Thomas Cory 1:02:52  
8 Skip Patty 1:03:33  
9 Charlie Breeding 1:08:51

## FEMALE AGE GROUP: 60 - 64

1 Sue Anne Brown 55:16  
2 Bonnie Wasson 1:09:44  
3 Pat Cory 1:09:48

## MALE AGE GROUP: 65 - 69

1 Sergio Bianchini 43:15  
2 Doug Hawley 53:12  
3 Jesse Roberson 53:50  
4 Walter Sinor 57:23  
5 Roy Dye 58:26  
6 Lee Meadows 1:27:43

# Bored With Your Workout Routine? Regain Your Enthusiasm for Running!

Stuck in a workout rut? When you run or walk often, your normal routine can get boring after awhile. Try these tips to reinvigorate your exercise routine.

- **Change your route.** Go to a neighborhood you haven't run in before and use your run or walk to explore. Be sure you pay attention to street signs, so you don't get lost in an unfamiliar location. Another easy way to see new sights on your run is to run your normal route in the opposite direction.
- **Exercise with a friend/exercise alone.** If you typically go for runs or walks alone, bring a friend along for company. Or, if you tend to work out with others, try going solo a few times so you can really concentrate on your own thoughts.
- **Play games.** Remember playing the 'license plate game' on road trips as a kid? As you run or walk, see how many different state license plates you can find. Another game to play is the alphabet game, where you use street signs, license plates, or advertisements to find every letter of the alphabet in order.
- **Try new audio.** If you always listen to the same music while you run or walk, make a new playlist to add some interest to your workout soundtrack. Or, leave your mp3 player behind! Listen to the sounds of children playing, birds singing, cars honking, or even just your own thoughts.
- **Make a new goal.** Pick an upcoming race from the BlueCross WalkingWorks® section of bcbst.com or the Chattanooga Track Club website, and use it to motivate yourself. Visualize yourself crossing the finish line with a personal best time.

Even the most committed athlete gets bored with his or her sport sometimes. Small changes can make a big difference in your enthusiasm for exercise! Check out the WalkingWorks section of the BlueCross BlueShield of Tennessee website at bcbst.com for more tips.



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# Do Ya Wanna Boogie?

By Lynda Webber

## MARATHONERS BEWARE:

**This is not your normal marathon. This is all rural, not a city marathon. The course is not certified. You will be in the middle of nowhere all the time with no porta-potties, no splits, no mile markers, no spectators, and late in the run possibly even no other runners. There are only 6 houses on the course and they have dogs. Aid stops are over 5 miles apart, so you will need to carry a water bottle. If you decide to quit, there are no pick-up vans, so you will either have to walk to the aid station or hitch a ride with somebody. The race will start at 6 pm and the temperature will probably be about 85 degrees with little shade. Darkness comes about 9 pm and there are no street lights. You will need a light for the reasons cited in the waiver. If you need to be catered to every couple of miles along the course or worry about running in the dark, perhaps you should not come. We really have seen everything listed in the waiver except the polecats and they are there too. The drop out rate among veteran 50-milers is usually 40% or so. Think long and hard before you enter this event. If Lao-tzu were to give advice about this event he would say, "Come with no expectations and you will not be disappointed."**

...So says race director and Mangum Track Club Madman Doug "Boogie Man" Dawkins on his website for the "Boogie Races," held this year on a sweltering Saturday evening, June 14, at 6:00 p.m. in Ellerbe, North Carolina. ([www.mangumtc.org](http://www.mangumtc.org))

*What are the "Boogie Races?"* You have the "Bethel Hill Moonlight Boogie 50-miler," a popular event for hard-core heat lovers just checking off its 14<sup>th</sup> straight year with 53 starters, 30 "survivors," and a median finishing time of approximately ten hours and 18 minutes. You also have the relatively new "Boogie Marathon," rapidly gaining in popularity since it's inaugural run five years ago when there were only 17 survivors (as compared to this year's field of 44 out of approximately 63 starters), and a median finishing time of approximately five hours and nineteen minutes. Both races begin together on the same starting line at the same time.

*Where is Ellerbe, NC?* I've been there, but heck – I couldn't tell you how I got there – and how I ever managed to get back home. All I can say is it's somewhere east of Charlotte, out in the deep boondocks, so I figure they should have called it the "Boondock Boogie" for sure.

This one wasn't even on my radar for the year, but my friend and former co-worker Kim Budzik of Houston, TX has been collecting a string of grueling distance runs like grisly trophies (the 2007 Turtle Marathon in Roswell, NM, where masochists slog 13.1 miles out into the searing, empty desert and back; the



Lake Tahoe Triple, where more masochists get up and do a marathon every day for three days around some lake; and the Texas Independence Relay, where you get a team of masochists together somewhere out in Boondock, Texas and attempt to cover over 200 miles to get to the city of Houston, of all places – and allow me to note that Kim was voted "top masochist" by her fellow teammates for completing 75 straight miles of that 200).

Anyway, Kim was desperate to add the Bethel Hill Moonlight Boogie 50-miler to her string of scalps, mainly because some well-known distance runner out there whose name escapes me at the moment completed it on his journey to the Badwater 135-miler, an event whose website proudly proclaims it as "the challenge of the champions" but is, in reality, the ultramate masochist's mecca (what else could it be when you check out their photos and see some guy running across the desert in nothing but his fruit-of-the-looms and a hankie on his head because the temperature is 130 degrees?).

Kim and I had attempted to meet for a marathon a few times over the past couple years without success, but after hammering me with emails telling me that it was practically in my own back yard, she convinced me – against my better judgment – to join her for the Boogie Races in June. The marathon and the 50-miler started at the same time, and other than the marathoners having to complete a .2 mile out-and-back in the opposite direction at the beginning, the two events shared the same course so we decided to run together the whole way (at least, until I finished the marathon distance) so as to outnumber any boogies we might encounter on those lonely road loops – or, more likely, the purported rattlesnakes, copperheads, polecats, wildcats, and rednecks who like to drink and drive and throw things (see waiver, below).

The race started at the cute little white-frame Bethel Baptist Church, located in the middle of a well-paved road to nowhere and surrounded by nothing but a bunch of trees (I strongly believe that it sits there in order to ward off any of the aforementioned boogies or at least keep them firmly imprisoned within the Old Indian Burial Grounds, which I am sure are nearby). I forgot to check the temperature at the 6:00 p.m. starting time, but it was somewhere close to a balmy 89 degrees and we might as well have been plastered with large wet rags. Yours truly, however, had chugged a whole quart of Gatorade within the past three hours and carried some heavy-

duty electrolyte drink with her, so she was primed to plod. Caught up with Kim doing her 50-mile pace somewhere within two miles or thereabouts, and we proceeded to slog on down the road together.

Unfortunately, somewhere around the middle of the first loop, Kim started to feel somewhat nauseous – possibly due to the heat, possibly due to something she ate or drank – but she gamely and grimly forged ahead, hoping to break the spell. Near the end of the second loop (which was by then full dark), we saw a headlight up ahead that periodically appeared to be scanning the ground but which actually turned out to be an unfortunate soul heaving onto the side of the road. Psychologically speaking, this was not good for Kim, who was by this time feeling even more yucky, so she made what was for her a very hard decision but definitely the right decision – given the unlit and isolated nature of the course – and pulled out of the 50-miler at the main checkpoint.

Except for a few headlights winking at me on the four-mile out-and-back, this put me alone on the road for a while and I started my last loop at 10:30 p.m. It was a different course by then, with a three-quarter moon and ink-black trees against a boogie sky. Amazingly, however, the asphalt road was clearly a product of an advanced civilization and had lovely, bold white stripes at the edges which could be clearly seen in the dark without a head-lamp – as could the white boogie arrows painted on the road. Visuals were great. The few headlamps I encountered on the out-and-back were actually annoying, but I figured these were folks who made mommy turn the night-light on when they were little kids afraid of the boogie man. I knew I was smarter than that, and figured he *sure* wouldn't see me if I kept my light off and my mouth shut!

After crawling along in the heat for the past few hours, the partial Boogie Moon was a friend and I actually enjoyed the out-of-body experience of running along in the balmy night on a strange dark road. The aid station out on the far end of the loop was manned by several jovial fellows who gave me a chicken dog and a godspeed and sent me on my way – then they went back to their lamp which kept the boogies all at bay. Somewhere during the last 3.5 miles the wind whipped up, and I heard the rumbling of thunder in the distance. The rain rolled in and became a ten-minute downpour that stopped as suddenly as it started. The lightning flashing briefly on the horizon seemed to electrify me, though, as I turned the corner and charged the last quarter of a mile up the hill and across the finish line – passing a couple poor, deluded 50-milers in the process who wouldn't be through for hours yet. I had completed my goal and finished before the Witching Hour – at 11:45 p.m.

My hubby, Walt, was there to greet me, as were a whole slew of volunteers – who were still offering food of all sorts and who were amazingly cheerful considering they had been out there for hours. No doubt they were cheerful because it was we and not they who were silly enough to pay to run for hours

in the heat and humidity even *after* being specifically and expressly informed about the local color – including rattlesnakes, copperheads, polecats, wildcats, and rednecks who like to drink and drive and throw things (see waiver, below). Fortunately, I never encountered any of those things and, to my knowledge, only one poor soul (wearing a headlight) was carried off by the boogie man as a sacrifice to the local Indian Burial Ground (which I did not see but which is no doubt out there).

After completing the Harpeth Hills Flying Monkey Marathon last November (a unique and somewhat mystical course described by the Mad Monkey Master himself as “Beastly”) and now the Boogie, I think I could just get into the habit of doing “odd” marathons. They have a way of ... twisting you.

By the way, ten minutes after Walt and I beamed out of the Twilight Zone surrounding Ellerbe and back to our hotel in the town of Rockingham, the sky just opened up. Booming thunder. Strobe-like lightning. Monsoon rains. I could feel their pain. Trapped. Still out there on that 50-mile course... and I sure was happy I wasn't out there with them!

The Waiver:

---

***I realize June in North Carolina is hot and humid. Most people and doctors advise against running in heat and humidity. Also, running at night presents special problems such as seeing where you are stepping and watching out for cars. I understand that this area has specific hazards such as rattlesnakes, copperheads, polecats, wildcats, and rednecks who like to drink and drive and throw things. I know that 26 miles can be tough under any conditions but with the possible conditions in this event 26 miles could turn out to be much more of a challenge than I expected. Nevertheless, I like to struggle and really, really want to participate regardless of the expected pain or risk. Therefore, I want everyone to know that I am not being forced to do this event and that I agree for myself and any survivors or possible claimants that I may leave behind, to save, release, and keep harmless the Mangum Track Club, its members, the Runners From Hell and any volunteers or sponsors or any other helpers that may be involved with this event from all liability, claims, or demands for damages incurred by participation in this event or any of its parts. I assume all responsibility for my participation and certify that I am properly trained, mentally fit, and medically able to participate in this hot, hilly, and possibly night marathon. I agree to use a light after dark. I will not litter. I will not kill snakes. I am aware that this event is limited to the first 75 entrants and that all entries after the limit will be returned. I am aware that registering after the May 27 deadline means that I probably will not get a shirt or award. I realize that the race director's {or his delegate} authority is all encompassing and will abide by anything he tells me. Knowing everything in this waiver has not deterred me from entering this event and my signature below indicates that I have read and agree to all this stuff and still intend to participate. I also promise to have fun.***

---

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# BlueCross Market Street Mile Results – 2008

## MALE AGE GROUP: 11 & UNDER

1	Joshua Kitts	6:06.81
2	Robert Thompson	6:41.21
3	Cole Bullock	6:54.11
4	Christopher Tindall	7:05.96
5	John Davis	7:09.41
6	Will Anderson	7:10.81
7	Joshua Gable	7:11.71
8	Conner Hill	7:42.11
9	Casey Malone	7:43.01
10	Jonas Ervin	7:43.86
11	Steven Zellner	7:44.31
12	Omar Lopez	7:58.71
13	Nathan Williams	8:03.36
14	Andrew Sinor	8:42.61
15	Peter Zeglen	9:15.61
16	Baker Garrison	9:24.76
17	Eli Poss	9:46.86
18	James Boyd	10:04.21
19	Jack Fitzsimmons	10:04.26
20	Nick Skonberg	11:52.46
21	Harrison Williams	14:48.06
22	Jerry Short	15:46.21
23	Parker Graham	17:20.56
24	Carter Graham	18:35.46

## FEMALE AGE GROUP: 11 & UNDER

1	Kennedy Bullock	6:49.90
2	Courtney Boyd	6:55.30
3	Madison Shainline	7:27.95
4	Sara Brooks	7:34.70
5	Alison Anderson	7:49.50
6	Shania Hampton	7:53.00
7	Kristina Tindall	8:00.75
8	Madison Ervin	8:13.60
9	Balie Mitchum	8:20.15
10	Meg Case	8:27.60
11	Kathy Zeglen	8:29.60
12	Macy Milliken	8:36.20
13	Mykaula Hampton	8:41.65
14	Cybelle Gable	8:50.15
15	Sarah Cairns	8:53.40
16	Rose Winchester	8:53.50
17	Nicole Seltz	9:13.05
18	Babs Hudson	9:15.80
19	Ashley Clarkson	9:26.00
20	Maddie Milliken	9:37.10
21	Emily Feist	10:27.05
22	Gwen York	10:40.80
23	Sarah McLau	11:07.90
24	Merrit Newton	11:08.10
25	Jillian Joubelt	11:33.00
26	Lynsie Burke	11:33.15

27	Jordan Huynh-Luetkem	12:33.75
28	Emily Sinor	12:44.15
29	Patrica Miller	12:58.40
30	Mollie Burke	15:09.60
31	Reese Poteralski	29:17.50
32	Mayce Moore	30:27.95

## MALE AGE GROUP: 12 - 14

1	Skyler Winchester	5:15.30
2	Isaac Pacheco	5:45.35
3	Adam Tindall	8:04.20

## FEMALE AGE GROUP: 12 - 14

1	Catherine Ellis	6:33.18
2	Chelsie Dodds	7:26.23
3	Carissa Conner	8:09.73
4	Susie Zeglen	8:42.18
5	Ellie Amngton	15:06.15

## MALE AGE GROUP: 15 - 18

1	Marco Bianchini	5:32.97
2	Benjamin Johnson	6:00.12
3	Andrew Gennett	6:07.42
4	Alex Malone	9:19.97

## FEMALE AGE GROUP: 15 - 18

1	Hannah Jenkins	6:22.48
2	Jenny Rose Dodds	9:10.23

## MALE AGE GROUP: 19 - 24

1	Charles Webb	5:18.10
2	Brandon Dicorato	6:52.40
3	Stephen Lackey	7:00.55

## FEMALE AGE GROUP: 19 - 24

1	Leslie Malone	6:19.89
2	Lea Gennett	8:16.49
3	Kirsten Johnson	8:16.89

## MALE AGE GROUP: 25 - 29

1	Wim Codington	4:50.90
2	Jason Mitchell	4:53.90
3	Brandon Wagoner	6:12.10
4	Matt Wiseman	6:43.65

## FEMALE AGE GROUP: 25 - 29

1	Debby Vannoy	5:42.84
2	Jennifer Lass	6:42.59
3	Erica Akins	7:00.34
4	Kristen Blankenbecl	7:35.09
5	Rebecca Ammons	8:20.29
6	Virginia York	9:31.39

## MALE AGE GROUP: 30 - 34

1	Chris Clarkson	5:22.58
2	Cory Hall	5:25.48
3	Adam Burnett	5:54.48
4	Douglas Biddle	5:55.98
5	Jeff Poteralski	6:00.48
6	Patrick O'grady	6:34.53
7	Kenneth Webster	7:13.03

## FEMALE AGE GROUP: 30 - 34

1	Cathi Cannon	6:32.11
2	Susie Stanfield	7:24.66
3	Jeammie Myers	7:45.36
4	Kristie Jones	11:17.91

## MALE AGE GROUP: 35 - 39

1	Manuel Ferrer	5:02.53
2	Daniel Ellis	5:29.88
3	Brian Malone	5:46.73
4	Tim Hopkins	6:34.18
5	Chris Selman	6:53.08
6	Walter Tindall	7:02.28
7	Randal Rhudy	13:06.78

## FEMALE AGE GROUP: 35 - 39

1	Angela Hill	7:05.61
2	Stacy Eiselstein	7:21.46
3	Leslie Wortman	9:26.16
4	Andi Shadrick	75:06.86

## MALE AGE GROUP: 40 - 44

1	Mark Ervin	5:59.96
2	Jose Martinez	6:01.46
3	Clifton Goodgame	7:53.56

## FEMALE AGE GROUP: 40 - 44

1	Satci Zink	7:13.19
2	Hanna Winchester	7:52.19
3	Bernice Delaney	8:17.19

## MALE AGE GROUP: 45 - 49

1	Mark Carver	4:58.06
2	Sal Coll	5:29.86
3	David Winchester	5:56.26
4	Ray Beem	6:06.16
5	Rick O'Rear	6:40.51
6	Ben Cairns	8:26.01

## FEMALE AGE GROUP: 45 - 49

1	Lynda Webber	6:57.24
2	Betty Holder	7:27.79
3	Gwen Meeks	7:56.69

4	Mary Dyer	8:34.19
5	Lisa Anderson	9:55.79

## MALE AGE GROUP: 50 - 54

1	Don Gregg	5:21.82
2	Marvin Watson	5:58.07
3	Steve Cotter	6:09.52
4	Tommy Nichols	6:12.32
5	Michael Leary	6:16.62
6	Bill Pryor	6:57.32
7	John Wikle	7:10.62
8	Randall Nichols	7:43.87
9	Bill Brock	7:51.77
10	Bill Anderson	8:29.77

## FEMALE AGE GROUP: 50 - 54

1	Amy Mullens	7:54.53
2	Melodie Thompson	8:16.68

## MALE AGE GROUP: 55 - 59

1	Jim Bryan	6:09.37
2	Rich Phillips	6:16.27
3	Dwayne Burnett	6:59.72
4	Spencer Evans	7:07.87
5	Bill Morgan	8:14.47

## FEMALE AGE GROUP: 55 - 59

1	Joy Chapman	17:15.53
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## FEMALE AGE GROUP: 60 - 64

1	Susan Aderhold	7:04.53
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## MALE AGE GROUP: 65 & OVER

1	Sergio Bianchini	6:00.97
2	Jesse Roberson	7:17.67
3	Jim Selman	7:50.37
4	David Bishop	9:53.77
5	John Smithson	10:21.32
6	Bruce Meoufele	20:44.32

## FEMALE AGE GROUP: 65 & OVER

1	Susie Bishop	11:51.98
2	Edwina Cohen	17:57.18

Get Jogging Around in

# COLOR

Help the CTC AND the environment.

Sign up for the e-edition by visiting the CTC's Web site

([www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)) and look for the *Jogging*

*Around* image on the right side of the screen. Sign up to

receive your next edition of *Jogging Around* in electronic format.



## 12th Annual Mountain Ranger Run (Or, “Something Really Fun to Do in North Georgia on a May Weekend”)

By Lynda Webber

Ever been to beautiful, deep-green Dahlonega (Dah-LAH-nega)? My hubby was planning to participate in a two-day series of evening cycling races at the Dick Lane Velodrome in Atlanta on May 9<sup>th</sup> and 10<sup>th</sup>, so since I was going along to serve as chief cheering squad, I decided to see if I could find an interesting running event nearby to participate in on Saturday morning. Via the Atlanta Track Club’s website, I located the Mountain Ranger Run in Dahlonega, a town I’d never heard of about 60 miles northeast of Atlanta. It didn’t really fit the “nearby” criteria, but it did sound interesting so I signed up.

Dahlonega, referred to by the locals as the “gateway to the Appalachian Mountains,” is a little jewel of a small town – complete with quaint, old-fashioned town square – that had its 15 minutes of fame way-back-when in 1828, when it was the site of the very first major U.S. gold rush. It has since evolved into a center for the performing and visual arts in the North Georgia mountains, is surrounded by several major wineries, and serves as the finish site for the Tour De Georgia mountain stage. It also maintains a neighborly relationship with the nearby Frank D. Merrill Army Ranger Camp – home of the Annual Mountain Ranger Run.

Camp Merrill, snugly situated in a beautiful little valley surrounded by trees, is where the 5th Ranger Training Battalion trains its soldiers to plan and execute small unit combat missions in mountainous terrain. This is serious bizness for them, but once a year they let their hair down (and this is just a figure of speech because you can bet your bottom dollar those army boys are shaved down to the *scalp*) by hosting a day-long “open house” for their neighbors in Dahlonega and the rest of the general public. Visitors to the open house are able to see numerous displays and live examples of the mountain phase of Ranger training (*really* neat stuff – bring the kiddies!), and everything kicks off in the morning with the Mountain Ranger Contests – all open to the general public and all aid stations manned by authentic

mountain rangers! These events include a one-mile fun run, a 5K run, a 15K run (for both solo participants AND for teams consisting of six members, all of whom must stay together during the entire course), a duathlon (2-mile run/34K bike/2-mile run), and a 34K mountain bike race.

I arrived at the camp just in time to watch the 63 mountain bikers start their event, and it was so neat to see such a variety of activities going on and so many people having fun in the great outdoors. My event, the 15K Mountain Ranger Run, started 45 minutes later and wound its way through the lovely Chattahoochee National Forest in a hilly loop along non-paved jeep trails. For those of you who are leery of the potential hazards of trail running, there wasn’t much to worry about on the 15K as the footing was very good (with only the occasional rock here and there) and a lot more forgiving on the legs than pavement. The course was quite rolling with a couple of pretty good hills – however, what goes up must come down, so after putting in a particularly grueling effort slogging up one incline you can generally be assured of some good ol’ recovery time until you hit the next hill, and so on. For me, it was definitely more enjoyable than a fast, flat course where I generally tend to blow myself out... and the forest itself was absolutely glorious. What a fabulous place to run! What a great trail! ...And fit young army guys, handing out cups of water every couple of miles! What more could a girl ask for?

Next May, if you’re looking for a great way to spend a day in the beautiful outdoors, find yourself a place to stay in lovely “downtown” Dahlonega and participate in one of the Mountain Ranger races on Open House Day at Camp Frank D. Merrill – then watch “some of the Army’s finest soldiers demonstrate the skills and professionalism of the American Ranger” afterwards. It’s well worth the two-hour drive from Chattanooga!

<http://www.5thrtb.org/rangerrun.htm>



# Chickamauga Battlefield Marathon 2008 – Change is a constant

If you have ever had to read the short book “Who moved my Cheese?” by Spencer Johnson you are familiar with the phrase: **Change Happens, They Keep moving the Cheese.** So it is with the Marathon. We continue to change with the objective of continuously improving the race logistics, marketing and quality. How do we measure if we are doing the right things? By listening to the participants. So here are some exciting developments for this year’s marathon.

By far the biggest change for 2008 is that the North Georgia Tourism Committee has joined as the presenting sponsor. This group decided to partner with the Chattanooga Track Club to make the marathon a community event that will bring recognition to the Fort Oglethorpe area. The Start and Finish will be on historic Barnhardt Circle, with activities on the Polo fields of the old post. We will concentrate all the events – Packet Pickup, Runners Expo, Pasta Dinner, Day of Race Registration and Award all in one area that includes the 6<sup>th</sup> Calvary Museum. I am personally very excited about partnering with the Committee and looking forward to working together to grow the participation of the local businesses and community.

Second big change - Let’s have a Half Marathon. So lots of folks really liked the 10 Mile Race, but when you look at other Marathons of similar size everyone has a Half Marathon as well. And, guess what – they are really popular! With the change of the start/finish and the expert course design of David Pressley our plans are to create a course where everyone starts together, runs the loop of the Battlefield once, then those lucky marathoners get to run a second loop!

Another change – Let’s invite everybody. You might have noticed our little event in several big publications – Runners World Calendars, Running Journal Calendars, Active.com emails. We handed out thousands of flyers at a CTC booth at the Atlanta Marathon. And yes, coming soon even Billboards!!

Not really a change but more of a priority – Let’s have marathon training programs that will get folks involved with the Chattanooga Track Club. Charlene is planning and promoting these programs, see the information included in this newsletter.

What will stay the same – All of the things that folks told us we did well: High quality shirts with a great design, A special medal featuring a monument in the park (Michigan for 2008), Plenty of enthusiastic volunteers (If you would like to volunteer sign up through the CTC website), Fantastic post race food, and overall a well run race. Rita Fanning, Betty Holder, and Charlene Simmons are all working hard to put together another great marathon. If you would like to join in send me an email. If you would like to run or read more about the race check out the web site:

BattlefieldMarathon.com  
If you would like to help promote the marathon – personally invite your running buddies from out of town or local.

I personally am not a big fan of change. I like things they way they have always been! I’m

confident, however, when we are looking back a couple of year’s from now we will all be saying “Hey – I’m glad they moved my cheese.” Well, Ok, maybe you will be saying “The Marathon just gets better every year”



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## Training Program & Opportunities

Looking for other runners to train with in Chattanooga? Why not join our official training program designed to prepare runners for the Chickamauga Marathon and Half Marathon.

The program includes:

- A training schedule mapping out weekly and daily mileage (see next two pages)
- Wednesday night mid-week group runs leaving the Downtown Sports Barn (301 Market St, Chattanooga) at 6:15 pm
- Saturday morning group long runs - start times and locations vary and will include several runs at the Chickamauga Battlefield (Saturday run schedule)

To learn more about the program please attend an informational meeting on Thursday July 17th at 6:30 pm at the downtown Sports Barn (301 Market St, Chattanooga).

Weekly groups runs begin the week of July 21st.

The Chattanooga based training program is offered free to registrants of the Chickamauga Battlefield Marathon or Half Marathon, members of the Chattanooga Track Club, members of the Sports Barn, and employees of CTC corporate sponsors. A \$24 fee applies to all others. The fee includes membership to the Chattanooga Track Club.

# Half Marathon Training Plans



## Beginner Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday Total	Mileage
7/21	1-2 mi easy	Rest / XT	1-2 mi easy	Rest / XT	Rest / XT	2 mi long	Rest	4-6 mi
7/28	1-2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	2-3 mi long	Rest	5-7 mi
8/4	2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	3 mi long	Rest	7 mi
8/11	2-3 mi easy	Rest / XT	2-3 mi tempo	Rest / XT	Rest / XT	3-4 mi long	Rest	7-10 mi
8/18	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	10 mi
8/25	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	5 mi long	Rest	11 mi
9/1	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
9/8	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	15 mi
9/15	3 mi easy	Rest / XT	5 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	18 mi
9/22	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	15 mi
9/29	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	17 mi
10/6	3 mi easy	Rest / XT	8 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	19 mi
10/13	3 mi easy	Rest / XT	8 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	21 mi
10/20	3 mi easy	Rest / XT	8 mi tempo	Rest / XT	Rest / XT	12 mi long	Rest	23 mi
10/27	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
11/3	3 mi easy	Rest / XT	2 mi tempo	Rest / XT	Rest / XT	Half Marathon	Rest	18.1 mi

Prior to the week of July 21st you should build up your running to the point where you feel comfortable running a 2 mile long run. You should also be comfortable running a total of three days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two to three days a week, if you like.

Key to schedule:

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

## Experienced Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday Total	Mileage
7/21	4 mi easy	Rest / XT	4 mi tempo	3 x 400	Rest / XT	8 mi long	Rest	18.75 mi
7/28	4 mi easy	Rest / XT	4 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	19.5 mi
8/4	4 mi easy	Rest / XT	4 mi tempo	2 x 1600	Rest / XT	8 mi long	Rest	20 mi
8/11	5 mi easy	Rest / XT	5 mi tempo	3 x 400	Rest / XT	6 mi long	Rest	18.75 mi
8/18	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
8/25	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
9/1	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	10 mi long	Rest	24 mi
9/8	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	25 mi
9/15	5 mi easy	Rest / XT	8 mi tempo	3 x 1600	Rest / XT	10 mi long	Rest	26 mi
9/22	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	10 mi long	Rest	25.5 mi
9/29	5 mi easy	Rest / XT	8 mi tempo	3 x 1600	Rest / XT	8 mi long	Rest	28 mi
10/6	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	23 mi
10/13	5 mi easy	Rest / XT	8 mi tempo	6 x 400	Rest / XT	12 mi long	Rest	29.5 mi
10/20	5 mi easy	Rest / XT	8 mi tempo	4 x 1600	Rest / XT	8 mi long	Rest	27 mi
10/27	5 mi easy	Rest / XT	5 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	21.5 mi
11/3	5 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	Half Marathon	Rest	21.1 mi

Prior to the week of July 21st you should build up your running to the point where you feel comfortable running a 8 mile long run. You should also be comfortable running a total of four days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two days a week, if you like.

Key to schedule:

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Thursday: speed work run at 5k pace, warm up and cool down 1 mile each, take jogging break between sets (break should be half the distance of each set). Example: on a 4 x 400 day, you should warm up a mile, then run a 400 meter lap at 5k pace, then jog 200 meters, then repeat process three additional times, Finish with a one-mile cool down.
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

**For more information on groups runs and the half marathon training program please visit [BattlefieldMarathon.com](http://BattlefieldMarathon.com)**

# Marathon Training Plan



Week	Monday	Tuesday	Wednesday (Beg./Exp.)	Thursday	Friday	Saturday	Sunday	Total Mileage
7/21	6 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	26 mi / 29 mi
7/28	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	12 miles	Rest	27 mi / 30 mi
8/4	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	14 miles	Rest	28 mi / 31 mi
8/11	6 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	27 mi / 29 mi
8/18	5 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	32 mi / 34 mi
8/25	5 miles	Rest / XT	7 mi / 8 mi	4 miles	Rest / XT	18 miles	Rest	34 mi / 35 mi
9/1	4 miles	Rest / XT	6 mi / 8 mi	4 miles	Rest / XT	20 miles	Rest	34 mi / 36 mi
9/8	6 miles	Rest / XT	6 mi / 10 mi	6 miles	Rest / XT	10 miles	Rest	28 mi / 32 mi
9/15	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
9/22	5 miles	Rest / XT	8 mi / 10 mi	4 miles	Rest / XT	20 miles	Rest	37 mi / 39 mi
9/29	6 miles	Rest / XT	7 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	34 mi / 35 mi
10/6	7 miles	Rest / XT	7 mi / 10 mi	7 miles	Rest / XT	10 miles	Rest	31 mi / 34 mi
10/13	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	20 miles	Rest	35 mi / 38 mi
10/20	4 miles	Rest / XT	8 mi / 10 mi	5 miles	Rest / XT	12 miles	Rest	29 mi / 31 mi
10/27	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	8 miles	Rest	22 mi / 25 mi
11/3	3 miles	Rest / XT	5 mi / 6 mi	3 miles	Rest / XT	Marathon	Rest	37 mi / 38 mi

Prior to the week of July 21st you should build up your running to the point where you feel comfortable running a 8 mile long run. You should also be comfortable running a total of four days a week.

## Suggested Beginner Approach

Mondays – run at an easy pace  
 Wednesdays – run at race tempo pace  
 Thursdays – run at an easy pace, can add speed work after week 9  
 Saturdays – run at a pace at least one-two minutes a mile slower than your intended race pace

## Suggested Experienced Approach

Mondays – run at an easy pace  
 Wednesdays – run at race tempo pace  
 Thursdays – speed work  
 Saturdays – run at a pace at least one-two minutes a mile slower than your intended race pace, with 4 miles at race pace

# Half & Full Marathon Saturday Run Schedule



Date & Time	Start Location	Half Marathon Beginners	Half Marathon Experienced	Full Marathon Both Programs	Route
7/26 - 7:00 a.m.	Sports Barn	2 mi	8 mi	10 miles	Moccasin Bend
8/2 - 7:00 a.m.	TBA	2 - 3 mi	8 mi	12 miles	To Be Announced
8/9 - 7:00 a.m.	Sports Barn	3 mi	8 mi	14 miles	St. Elmo / Stateline
8/16 - 7:00 a.m.	Camp Jordan	3 - 4 mi	6 mi	10 miles	Camp Jordan & Levee
8/23 - 7:00 a.m.	TBA	4 mi	8 mi	16 miles	To Be Announced
8/30 - 7:00 a.m.	Sports Barn	5 mi	8 mi	18 miles	St. Elmo & Moccasin Bend
9/6 - 7:00 a.m.	Battlefield	6 mi	10 mi	20 miles	Chickamauga Battlefield
9/13 - 7:15 a.m.	Camp Jordan	8 mi	10 mi	10 miles	Camp Jordan & Levee
9/20 - 7:15 a.m.	Sports Barn	10 mi	8 mi	16 miles	St. Elmo / Stateline
9/27 - 7:15 a.m.	Battlefield	6 mi	10 mi	20 miles	Chickamauga Battlefield
10/4 - 7:30 a.m.	Sports Barn	10 mi	10 mi	16 miles	St. Elmo / Stateline
10/11 - 7:30 a.m.	Moccasin Bend	8 mi	8 mi	10 miles	Warm up & Joe Johnson 10k
10/18 - 7:30 a.m.	Battlefield	10 mi	12 mi	20 miles	Chickamauga Battlefield
10/25 - 7:30 a.m.	Sports Barn	12 mi	8 mi	12 miles	Red Bank
11/1 - 7:30 a.m.	Sports Barn	6 mi	8 mi	8 miles	Moccasin Bend
11/8 - 7:30 a.m.	6th Cavalry	13.1 mi	13.1 mi	26.2 miles	Race

## Starting Locations (directions available at [BattlefieldMarathon.com](http://BattlefieldMarathon.com))

Sports Barn – Downtown Sports Barn (301 Market St., Chattanooga) – parking available in UNUM lot at corner of 4th & Cherry St.  
 Camp Jordan – located in East Ridge, TN (exit 1 off I-75) – park by arena  
 Battlefield – Chickamauga Battlefield Visitors Center – Fort Oglethorpe, GA – park at Visitor’s Center  
 Moccasin Bend – Moccasin Bend Hospital (100 Moccasin Bend Rd., Chattanooga) – park at hospital (look for race day parking for the Joe Johnson Mental Health 10k)  
 6th Cavalry – 6th Cavalry Museum (6 Barnhardt Circle, Ft. Oglethorpe, GA)  
 TBA - To Be Announced – check [BattlefieldMarathon.com](http://BattlefieldMarathon.com)

For more information on groups runs and the marathon training program please visit [ChattanoogaTrackClub.org](http://ChattanoogaTrackClub.org)

# 2008 Joe McGinness Runner of the Year

The Joe McGinness Runner of the Year (ROY) contest is an annual competition designed to promote running and fitness among Chattanooga Track Club (CTC) members and encourage volunteer support of the track club.

## Eligibility

ROY competitors must be members of the Chattanooga Track Club, with 2008 dues paid in full, by March 1, 2008.

The competition is divided into ten different ROY categories based on age and gender:

- Junior Men (14 and younger)
- Junior Women (14 and younger)
- Young Adult Men (15 – 19)
- Young Adult Women (15 – 19)
- Adult Men (20 – 39)
- Adult Women (20 – 39)
- Masters Men (40 – 49)
- Masters Women (40 – 49)
- Grand Masters Men (50 – 59)
- Grand Masters Women (50 – 59)
- Senior Men (60 and over)
- Senior Women (60 and over)

Age division awards are based on the age of the competitor on December 31, 2008.

To be eligible for awards, ROY competitors in the young adult, adult, masters, grand masters, and senior divisions must:

- Compete as a runner or walker in **five** ROY events, and
- Volunteer at **two** CTC events

To be eligible for awards, ROY competitors in the junior divisions must:

- Volunteer at **two** CTC events

## Earning ROY Points

ROY competitors earn points by competing at ROY races and volunteering at CTC events. ROY points are awarded at official

ROY events only. See the 2008 ROY calendar for a list of official events.

## Competitive Points

At an official ROY event, competitive ROY points are awarded to the first **ten** ROY eligible finishers in each ROY category. Race participants who are not ROY eligible will not be calculated in the ROY finishing points.

ROY competitive points are awarded as follows:

1 <sup>st</sup> place	100 points	6 <sup>th</sup> place	50 points
2 <sup>nd</sup> place	90 points	7 <sup>th</sup> place	40 points
3 <sup>rd</sup> place	80 points	8 <sup>th</sup> place	30 points
4 <sup>th</sup> place	70 points	9 <sup>th</sup> place	20 points
5 <sup>th</sup> place	60 points	10 <sup>th</sup> place	10 points

## Volunteer Points

All ROY competitors must volunteer at **two** CTC events. Volunteer shifts must be at least three hours in duration or however long the race director needs the volunteer.

ROY competitors will receive 30 points for each CTC event they volunteer at. CTC events requiring multiple days of volunteering will award 30 points for each day of volunteering.

ROY competitors can **not** earn volunteer points and competitive points at the same event, unless the volunteer and competitive points are earned on separate days.

Race directors and volunteer coordinators are responsible for submitting volunteer points to the keeper of the points John Wikle (jwwikle@comcast).

## ROY Awards

ROY awards will be awarded to top **five** competitors in each of the ten ROY divisions at the conclusion of the 2008 ROY season. ROY awards will be handed out at the annual CTC banquet in early 2009.

Date	Race	Adult Divisions*	Junior Division
March 1	Scenic City Half Marathon	Half Marathon	5K
March 15	Gateway Bank	5K	5K
April 12	65 Roses	5K	5K
April 19	Chickamauga Chase	15K	5K
May 17	BlueCross BlueShield Market Street Mile	1M	1M
May 26	Chattanooga Chase	8K	8K
June 14	BlueCross BlueShield Riverbend Run	10K	5K
July 13	Chattanooga Waterfront Triathlon	(volunteer points only)	(volunteer points only)
August 2	Missionary Ridge Road Race	4.7M	4.7M
August 23	Raccoon Mountain Road Race	10K	5K
September 1	FCA 5K	5K	5K
September	Elementary Cross Country Races	(volunteer points only)	(volunteer points only)
October 11	Joe Johnson Mental Health 10K	10K	10K
October 18	Signal Mountain Road Race	10K	10K
November 8	Chickamauga Battlefield Marathon	Marathon	10M
December 13	Wauhatchie Trail Run	6.7M	6.7M

\* Adult divisions include: young adult men, young adult women, adult men, adult women, masters men, masters women, grand masters men, grand masters women, senior men, and senior women. Adults participating in junior races will not earn competitive ROY points but will be given credit for participating in a ROY event. This credit will count towards the competitor's five race eligibility requirement.

# Joe McGinness Runner of the Year

## Current Standings

MEN

### Overall Men

Charles Webb (500)  
Joseph Goetz (400)  
Bill Warner (300)  
Hugh Enicks (270)  
Sal Coll (250)  
Joey Howe (150)  
Sean Pfister (170)  
Clay Warner (160)  
Zach Cowart (140)  
Jonathan Warner (130)

### Junior Men (0-14)

James Larson (200)  
Nick Skonberg (100)  
Holden Zenker (100)  
Cameron Beem (100)

### Young Adult Men (15-19)

Marco Bianchini (660)  
Kenny Steffes (300)  
Andrew Gennett (170)  
Thomas Barker (100)

### Adult Men (20-39)

Charles Webb (540)  
Joseph Goetz (400)  
Adam Burnett (390)  
Zach Cowart (230)  
Bruce Smith (200)  
Clay Warner (190)  
Sean Pfister (190)  
Jonathan Warner (170)  
Dan Ellis (160)  
Matt Wiseman (150)

### Master Men (40-49)

Sal Coll (480)  
Hugh Enicks (300)  
Mark Wisdom (290)  
Joey Howe (270)  
Mitch Samuelian (230)  
John Gracy (220)  
Ray Beem (210)  
Ryan Shrum (180)  
Chuck Denham (180)  
Ray Kellum (150)

### Grand Master Men (50-59)

Tommy Nichols (550)  
Bill Warner (400)  
Michael Leary (370)  
Flash Cunningham (230)  
John Crawley (190)  
Bill Moran (180)  
Don Gregg (180)  
John Walker (180)  
Butch Cooke (170)  
John Wikle (150)

### Senior Men (60+)

Sergio Bianchini (700)  
Rich Phillips (470)  
Cyrus Rhode (360)  
Walter Sinor (330)  
Doug Hawley (310)  
Skip Patty (170)  
Ted Hegenbarth (170)  
Phil Thomas (150)  
Jesse Roberson (150)  
Jim Selman (150)

WOMEN

### Overall Women

Lynda Webber (440)  
Catherine Ellis (260)  
Kirsten Johnson (260)  
Charlene Simmons (240)  
Missi Johnson (240)  
Belinda Young (200)  
Debby Vannoy (200)  
Melodie Thompson (200)  
Amy Mullens (170)  
Bernice Delaney (160)

### Junior Women (0-14)

Catherine Ellis (590)  
Caitlin Duggan (280)  
Kim Jade Wycherley (180)

### Young Adult Women (15-19)

Lydia Gennett (100)  
Claire Turner (100)

### Adult Women (20-39)

Kirsten Johnson (430)  
Rebecca Ammons (280)  
Charlene Simmons (250)  
Belinda Young (200)  
Debby Vannoy (200)  
Melissa Hicks (140)  
Leslie Becht (130)  
Vanessa Hammond (120)  
Beth Ford (110)  
Jennifer Funk (100)

### Master Women (40-49)

Lynda Webber (580)  
Bernice Delaney (430)  
Gwen Meeks (400)  
Betty Holder (300)  
Missi Johnson (290)  
Bridgette Wisdom (260)  
Susan Gallo (170)  
Linda Andraea (110)  
Kelly Bullock (100)  
Leigh Harris (100)

### Grand Master Women (50-59)

Melodie Thompson (510)  
Amy Mullens (400)  
Theresa Samuelian (270)  
Sarah Bowen (200)  
Colleen Carboni (170)  
Karen Webb (90)  
Cindy Pointer (90)  
Kathy Fulton (70)  
Sandy Lane (60)  
Marty Brown (30)

### Senior Women (60+)

Bonnie Wasson (600)  
Ann Garner (360)  
Edwina Cohen (260)

# CTC Summer Picnic

There's more to summer evenings than marathon training runs!

The CTC Summer Picnic at the Chattanooga Lookouts is Saturday, August 30<sup>th</sup>. Clear your training schedule, put up your running shoes and plan to socialize with your fellow runners. It's a chance to catch up with each other and chat without having to wait for a water stop!

When: Saturday, August 30.

Where: Lookouts Stadium, Down the left field line picnic area with tables and large overhead umbrellas

Cost: \$8 for CTC members and \$12 for non-CTC members.

Included in cost: Admission to game and food

Food per person: 1 hamburger, 1 hot dog, baked beans, cole slaw, potato chips, 1 Mayfield ice cream sandwich, all you can drink soft drink and water, \$1 beer until start of game.

Food and drinks start at when the gates open at 5:30 . Food and drinks are taken away when the game starts at 7:15 pm.

Please RSVP Sherilyn Johnson at [steve.sherilyn@comast.net](mailto:steve.sherilyn@comast.net) if you are planning to attend. Payment is due to Sherilyn by Saturday, August 16. Please make checks payable to Chattanooga Track Club and mail to Sherilyn Johnson, 524 Las Lomas Drive, Chattanooga, TN 37421.



# The Power of Yoga for Recovery

By JulieAnne White

*This article is provided by the Road Runner's Club of America ([www.rrca.org](http://www.rrca.org)).*



Sri Aurobindo, a well-known Indian teacher, believed that yoga develops your ability to achieve and maintain inner peace. The ability to establish inner peace allows you to reach the optimum level in all your physical and mental endeavors. Creating inner calmness or an inner state of tranquility is referred to as the "skill" in the Bhagavad Gita, the Indian philosophical epic. Sri Aurobindo believed that for people to attain excellence on the physical, vital, mental, intellectual and spiritual levels, they needed to attain mastery over the mind.



Yoga still tends to conjure up images of crystal balls and mindless chanting and to elicit rolling of the eyes from those ignorant of the powerful benefits of this ancient skill. Yoga is the perfect choice for any athlete, but especially those engaging in endurance events. Runners and triathletes require an especially powerful mind that can reach a state of complete, peaceful control should difficult situations arise during a competitive event.

Athletes can choose from a wide range of modalities that enhance training and, more importantly, assist recovery. Choices vary from chiropractic adjustments and therapeutic massage to acupuncture, deep water running and yoga. As an athlete I have used all of these, and as a coach I advise my athletes to incorporate as many as possible into their recovery mode. As a rehabilitative and physical therapist, I know they can all work well to enhance recovery.

Yoga has reached a whole new degree of popularity with athletes at all levels. Professional baseball, basketball and, yes, even football teams have employed this ancient practice of physical repair. Hatha yoga is the most popular form and requires attention to balance, posture and alignment. Hatha yoga will help prevent injury, improve breathing capacity and enhance performance, whether in day-to-day training or competition. Various stretches and poses will help to realign the body's posture. Poor posture exerts undue strain on muscles, ligaments, tendons and bones-strain that can lead to tears in opposing directions if not corrected, opening the door to injury.

Runners are prone to overuse injuries, often as a result of poor mechanics or technique. Having said that, it remains true that some of the best runners in the world have unsightly technique, but nevertheless get the job done in true champion fashion. When runners or triathletes become injured while running, they often turn to cross training for recovery purposes. Although very beneficial for overall conditioning, cross training will not correct imbalances or misalignment issues. Cross training will give injured connective or muscle tissue a period of time to heal. But once the athlete is healed and returns to running, the imbalance is once again aggravated. The old injury is apt to recur again and again as tight muscles need stretching. A stiff, inflexible body becomes prone to all sorts of muscular imbalances and structural misalignment issues that can eventually cause injury.

Increased flexibility and mind-body relaxation are important components of Hatha yoga. The mental skills acquired through the stillness required for yoga poses and stretches can be applied to a demanding training session or difficult competitive day. Mind-body relaxation teaches yoga students to focus on breathing. As participants are able to control their pattern of breathing, they learn how to release the deep stressors within their muscular systems and reach a greater level of peaceful tranquility.

I started practicing Hatha yoga in 1995, and I have found a whole new level of concentration, strength, power and

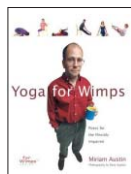
flexibility from it. I have fine-tuned a program that I can perform daily to comply with my training program and my own personal requirements. I suggest that athletes try attending a class offered by a qualified yoga instructor to begin the practice of Hatha yoga. A qualified yoga instructor can gently ease individual athletes into personalized programs that suit their needs. Some may feel incredibly tight during the first few sessions but this should be encouraging, as the body can only grow physically and mentally from this point forward.

When new yoga students feel comfortable with the various poses and achieve a level of competence at the beginning level, they may wish to practice on their own daily. A number of qualified instructors have produced training videos-Rodney Yee and Patricia Walden are among the best. These videos are aimed at a variety of skill levels-from complete beginners to more advanced practitioners-and incorporate concepts of strength, energy, meditation and increased flexibility.

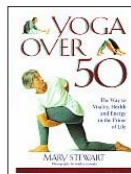
Many of the athletes I train have incorporated Hatha yoga into their training programs to enhance their levels of flexibility, relaxation and meditation. In each case, the athlete has experienced new growth in training and competitive success. Many are male triathletes who at the first mention of yoga, said, "No way," but then, "OK, I guess it can't hurt." Now these same athletes attend classes regularly in addition to practicing at home, and they can't stop raving about the results they have attained both physically and mentally.

If you want to reap the benefits of increased performance, enhanced body awareness and health, then I suggest you find a Hatha yoga class you can attend weekly. Believe me, you will become a more responsive person, both physically and mentally.

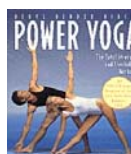
## Here are some books to get you started:



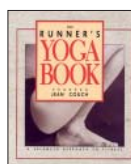
Yoga For Wimps  
Poses for the flexibly impaired  
Miriam Austin  
\$17.95



Yoga Over 50  
The way to vitality, health, and energy in the prime of life  
Mary Stewart  
\$16.00



Power Yoga  
The Official Yoga Program For The New York Road Runners Club  
Beryl Bender Birch  
\$16.00



The Runners Yoga Book  
A balanced approach to fitness  
Jean Couch  
\$21.95

– compiled by Sally Young

JulieAnne lives with her husband and 5 dogs in Vista, CA. She is a correspondent for Slowtwitch.com and earns her living coaching runners and triathletes via the Internet. You can e-mail her at [ukgirl@slowtwitch.com](mailto:ukgirl@slowtwitch.com).

Make checks payable and return to:

Arrival M

Members unless I s risks, asso including waiver an liabilities the pers

Apr '08 Chattanooga Track Club Membership Application

CTC Memberships are priced and run on an annual basis.

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

Name:  Pre.  First  Mid.  Last  Suffix

Email:  Primary Email

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

\*Renewing members need to [log in](#) to see the 2008 only rates.

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

\$ Amount  In Memory Of (optional)

## MEMBERSHIP APPLICATION

Birth-date:

Birth-date:

Date:  Zip:

I should not be held responsible for any injury or damage to my ability to safely participate, the effects of the weather, or any other factors. I have read this waiver and agree to it. I understand that my participation is at my own risk and I am releasing the organizers and representatives of the club from any and all liability for any injury or damage out of negligence.

**Did you know you can renew your membership on the club website?**

# Chattanooga Track Club

## Board of Directors Meeting Minutes

May 6, 2008 – Out of the Blue Cafe' on Brainerd Road

**Present:** Peter Murphy, Teresa Samuelian, Walt Sinor, Steve Rubenstein, Sherilyn Johnson, Butch Cooke, Melodie Thompson, Flash Cunningham, Bill Moran, Jimmy McGinness, Janice Cornett, Lynda Webber (came late, leading a BCBST Walking Works Group)

**Absent:** John Harrison, Edwina Cohen & Amy Mullens (leading a BCBST Walking Works Group), Jim Steffes, & Charlene Simmons

Meeting was started at 6:05 PM – Butch (aka Cookie) Cooke read the CTC mission

### TREASURER'S REPORT

James Williams covered the Treasurer's Report for Jim Steffes. About \$6,300 is remaining in our checking account. This does not include the grant money which has to remain separate for timing chips it was meant to purchase; James will discuss with Jim how we earmark the 10K until we buy the chips. Flash Cunningham and Bill Moran made a motion to approve the Treasurer's Report and the board approved.

### RACE CALENDAR / RACES COMMITTEE / UPCOMING RACES

Walt Sinor reported the Races Committee had the Annual Race Directors Training Session at the Sports Barn on April 25<sup>th</sup> and it was well attended. Present were Sean Pfister, Rita Fanning, George Skonberg, Charlene

Simmons, Andy Gill, Flash Cunningham, and the new Symphony directors. The new Symphony Directors will be attending the next Race's Committee meeting on May 13. The Chattanooga Chase is coming Monday, May 26<sup>th</sup>.

Flash Cunningham gave the Equipment Report and said that several of the timers were damaged by rain/water at the Strawberry 1/2 Marathon and they would need to be sent off for repairs and did not know how much it was going to cost. Flash read a letter about good comments he had received about the CTC.

Flash needs us to withhold taxes on him as it is making his personal finances difficult. James Williams said he would get with Jim Steffes and Connie Hall to see what we could work out.

### COMMUNICATIONS CALENDAR / COMMUNICATIONS COMMITTEE

Janice Cornett said that all Communications material needed to be submitted by May 18<sup>th</sup> for Jogging Around. The material needs to be submitted earlier, because of a number of factors that arise unexpectedly. Also,

Communications Committee meeting will be on 6/19 at Starbucks at the Read House.

### MEMBERSHIP COMMITTEE REPORT

Sherilyn Johnson gave the Membership Report. Looking at logos that Janice Cornett is designing, as she has time to develop, and the Board will decide later which logo they like the best. May 15<sup>th</sup> is next Membership Committee Meeting at the Starbucks at the Read House at 5:15 PM. Also, the table and give-a-ways created more enthusiasm at the race. Several options for club activities are being investigated: looking at a Lookouts Game, possible speakers for the banquet in January, and Fuelbelt promotional.

### PRESIDENT'S REPORT

James Williams reported he had discussed the CTC financial situation with Sean Pfister. Sean had proposed working through the end of May and directing the Chattanooga Chase, to leave on a positive note. James proposed we make a motion for the termination of Sean's position on these terms – i.e., that he work through May and be paid for that month.

This was approved by the Board, including 2 by proxy (Edwina and Amy). James also mentioned that Sean had raised the issue of unemployment compensation, and there was discussion concerning the possibility of him making such a claim.

The Board needs to look at the Bylaws and address changes that need to be made.

Lynda made comments about needing more publicity at BCBST on the Walking Works Program. It is on Tuesdays, Downtown at the Pine (Gold) Building and Eastgate Building at 5:00 PM.

James said the next board meeting will be on June 3<sup>rd</sup> at Out of the Blue Café on Brainerd Road at 6:00 PM.

The meeting was adjourned at 6:53 PM.

Respectfully,  
Melodie Thompson  
Past-President

## 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
<b>Inserts are \$60/issue</b>			



# Chattanooga Track Club Financial Statements

## BALANCE SHEET AS OF MAY 31, 2008

### ASSETS:

#### CURRENT ASSETS

CHECKING/SAVINGS	
CD 9 MONTH JR MARATHON 9/2/08	\$4,000.00
CD 9 MONTH JR MARATHON 12/8/07	
CD 6 MONTH MATURES 10/5/08	\$5,000.00
CD 3 MONTH MATURES 7/8/07	
CD 9 MONTH MATURES 12/1/08	
FIRST TN CHECKING	\$5,518.59
TOTAL CHECKING/SAVINGS	<u>\$14,518.59</u>

**TOTAL CURRENT ASSETS** **\$14,518.59**

#### FIXED ASSETS

EQUIPMENT \$21,358.69

**TOTAL FIXED ASSETS** **\$21,358.69**

#### OTHER ASSETS

CD 3 MONTH COM FOUND GRANT 8/13 \$10,000.00  
 ENDOWMENT FUND – EST. 7/5/05 \$3,698.08

**TOTAL OTHER ASSETS** **\$13,698.08**

**TOTAL ASSETS** **\$49,575.36**

### LIABILITIES & EQUITY

#### LIABILITIES

##### CURRENT LIABILITIES

OTHER CURRENT LIABILITIES	
COMMUNITY FOUNDATION LIABILITY	\$5,000.00
CHARITY FEES PAYABLE	\$746.14
PAYROLL LIABILITIES	
<b>TOTAL OTHER CURRENT LIABILITIES</b>	<u><b>\$5,746.14</b></u>

**TOTAL CURRENT LIABILITIES** **\$5,746.14**

#### TOTAL LIABILITIES

**\$5,746.14**

#### EQUITY:

OPENING BAL EQUITY	
RETAINED EARNINGS	\$55,074.68
NET INCOME (LOSS)	(\$11,245.46)
<b>TOTAL EQUITY</b>	<u><b>\$43,829.22</b></u>

#### TOTAL LIABILITIES & NET ASSETS

**\$49,575.36**



Web Application Design & Development



TECHNOLOGY PROJECTS

What ARE web applications?

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

# 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 535-3259.

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

## SPEEDWORK

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

Group Runs - New Start Times  
Posted: Wednesday, June 18, 2008

New summer start times for several group runs:  
\* Monday night Fastbreak group will now meet  
at 6:30 pm (instead of 6 pm)  
\* Tuesday night downtown Sports Barn group  
will now meet at 6:30 pm (instead of 6 pm)  
\* Saturday morning downtown Sports Barn  
group will now meet at 7:00 am  
(instead of 7:30 am)

Get ROY points - in order to qualify  
for an award

## Walking Works

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

## Group Run

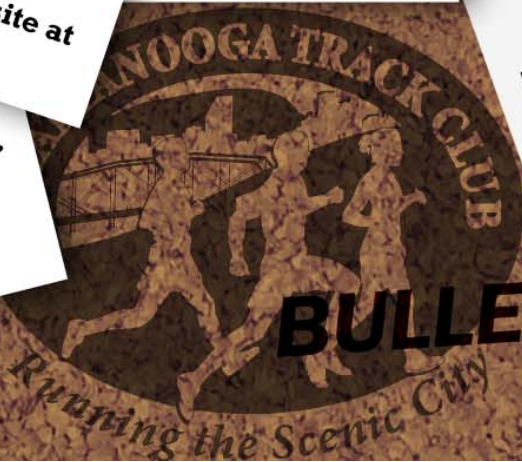
Getting Ready for a Marathon  
New in town and need new long  
distance running companions  
Go to [www.grouprun.com](http://www.grouprun.com) for  
the latest group run schedule,  
track workouts and the yearlong  
marathon schedule.

**NEW!**  
Tuesday Night Run  
5:00 pm at the Gateway Farm  
(off Hamill Rd in Hixson)  
Run led by Ryan Crews of Front Runner

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

CTC Group Run  
Wednesday Nights - 6:15 p.m.  
Downtown Sports Barn  
(301 Market Street)




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



# BULLETIN BOARD


# Race Calendar


## Legend

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


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.


### AUGUST

2 - Missionary Ridge Road Race  
 Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

23 - Raccoon Mountain Road Race  
 Site: Lookout Mountain, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

### SEPTEMBER

1- FCA 5K  
 Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)


6 - Powerade UTC Cross Country Race  
 Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

13 - Symphony Classic 5K Run  
Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

21 - Augustus Ford 10K/5K Trophy  
Classic & 1 Mile Luau  
Site: Cleveland, TN  
Info: [fordcenters.cc/fall\\_016.htm](http://fordcenters.cc/fall_016.htm)

27 - 5K Duck Race  
Site: Ringgold, GA  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)


### OCTOBER

11- Joe Johnson Mental Health 10K  
 Site: Chattanooga, TN/Moccasin Bend  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)


18 - Signal Mountain Road Race  
 Site: Signal Mountain, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

25 - Southern Shuffle Moonlight 5K Run  
& 1 Mile Fun Run/Walk  
Site: Southern Adventist University  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

### NOVEMBER

8 - Chickamauga Battlefield Marathon,  
Half Marathon & Jr. Marathon  
 Site: Chickamauga, GA  
Info: [www.battlefieldmarathon.com](http://www.battlefieldmarathon.com)

### DECEMBER

13 - Wauhatchie Trail Run  
 Site: Chattanooga Nature Center  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

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

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