

JOGGING AROUND

The title 'JOGGING AROUND' is rendered in a large, bold, sans-serif font. The letters are filled with a collage of photographs showing a person jogging on a paved path. The path is surrounded by tall grass and trees, with sunlight filtering through the leaves. The background of the entire page is a solid dark blue.

Chattanooga Track Club

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JOGGING AROUND

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Chattanooga Track Club Mission Statement

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

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WORD FROM THE PREZ'S PERCH

It's hard to believe it's already December. It seems like only yesterday we were busy getting ready for the 2009 edition of the Scenic City Half Marathon, 5k & Charity Challenge and now the 2009 racing season is nearly over.

This fall the club has been busy with a series of races. Thanks to everyone who made these events possible – from the race directors who spent months preparing for the event to the club members who volunteered on race day. A special thanks to all who volunteered at this year's Chickamauga Battlefield Marathon and Half Marathon. Whether you helped plan the event, cleaned up the park in the weeks leading up to the race, stuffed bags the week before, or volunteered on race day, your efforts made it possible for the club to host our largest event yet.

I'd especially like to thank all of the race directors of our late summer and fall races. Dan Bailey, through the John Bruner Memorial Missionary Ridge Road Race, raised money for both the Chattanooga Chapter of the Red Cross and Team Bruner. Theresa Samuelian hosted the RRCA state championship at the Raccoon Mountain Round the Rim 10k and 5k. Chad Varga raised more money for runner scholarships through the FCA 5k. Robert Gustafson headed up both the Elementary School Cross Country Meets and the Chickamauga Battlefield Junior Marathon. Toni Wright put on the 25th edition of the Joe Johnson Mental Health 10k. Bill Minehan and Lee Davis hosted another successful Signal Mountain Pie Run. Doug Roselle directed his ninth, and the club's thirtieth, Chickamauga Battlefield Marathon and Half Marathon. And Andy Gill led the club's season finale, the Wauhatchie Trail Run.

As the 2009 season ends its time to turn our attention to 2010. The racing season will launch on February 27th at the Scenic City Half Marathon, 5k & Charity Challenge. Registration for the race has opened and is moving swiftly. In an attempt to be more environmentally friendly, this year registration will be available only online. You must register at www.ScenicCityHalfMarathon.com before race day – there will be no race day registration. Last year's race sold out, so don't wait to secure your spot!

The club is also excited to announce a new race series in 2010. The Battle for Chattanooga will feature three of the club's races – the Chickamauga Chase 15k in April, the Missionary Ridge Road Race in August, and the Chickamauga Battlefield Marathon in November. Details about the race series are now available at www.ChattanoogaTrackClub.org (click on the Battle for Chattanooga logo on the right).

Finally, I'd like to congratulate the club members elected to the 2010 CTC Board of Directors. The new board, lead by Sherilyn Johnson, the club's 2010 President, will take charge at the club's annual banquet in mid January 2010.

Hope to see you out running or walking,
Charlene Simmons
CTC President

The Long Run

The Long Run is the endowment fund of The Chattanooga Track Club. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of these funds, and is appreciative of your generosity to help build this legacy for our community.

CTC Banquet

The Awards Banquet will be Saturday, January 16, 2010, 6 p.m. at the Chattanooga Choo Choo in the Roosevelt Room. ROY awards will be handed out for the top five competitors in each of the ten ROY divisions. The volunteer of the year will be announced as well. Details and sign-up opportunity will be on the CTC website. The dinner options will be roast beef, chicken, or veggie lasagna. A cash bar will be available.

GEAR UP FOR...

BATTLE CHATTANOOGA!

Introducing the "Battle for Chattanooga," a new race series featuring three Chattanooga Track Club races:

- Chickamauga Chase 15k - April 17, 2010 - details at www.ChickChase.org (only the 15k will be included in the race series)
- Missionary Ridge Road Race (4.7 mile) - August 14, 2010 - details at www.ChattanoogaTrackClub.org
- Chickamauga Battlefield Marathon - November 13, 2010 - details at www.BattlefieldMarathon.com (only the marathon will be included in the race series)

To participate in the race series runners simply need to register and run the three races - no additional registration is required.

Overall (male and female), masters (40 and over male and female), and grandmasters (50 and over male and female) awards will be given to the runner in each category with the fastest combined times in all three races. The awards will be handed out at the last event in the race series.



FAST=====

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CTC ELECTION SOCIAL AND RESULTS

On a rainy night, CTC members gathered at Porkers BBQ to meet, greet, eat, and not to mention vote for the 2010 CTC board of directors. The votes were tallied and the new board of directors for 2010 is as follows:

2010 CTC Board of Directors

Introducing the 2010 CTC Board of Directors

President: Sherilyn Johnson

President-Elect for 2010: Bill Moran

Vice President of Communications: Jenni Berz

Vice President of Races: Doug Roselle

Vice President of Membership: Mitzi Dyer

Secretary: Susan Gallo

Treasurer: Tim Holmes

One year remaining on a 2-year directorship:

Flash Cunningham, Walt Sinor and Oliver Trimiew

Two year directors: Bill Brock, Crandall Caughman, Tim Ensing, Brad Harvey, Blaine Reese, and Melodie Thompson



SIGNAL MOUNTAIN PIE RUN (10K) - 2009

OVERALL FEMALE

1 Jan Gautier 42:14

OVERALL MALE

1 Nick Selbo 34:18

FEMALE MASTERS

1 Belinda Young 46:39

MALE MASTERS

1 Les Conner 38:57

FEMALE GRAND MASTERS

1 Patsy Ging 54:45

MALE GRAND MASTERS

1 Sergio Bianchini 43:51

FEMALE AGE GROUP: 14 & UNDER

1 Grace Carlson 51:18
 2 Kelsey Vradenburgh 57:13
 3 Lydia Williams 1:00:48

MALE AGE GROUP: 14 & UNDER

1 Lucas Slade 48:53

FEMALE AGE GROUP: 15-19

1 Kiersten Vradenburgh 46:02
 2 Annelise Arnold 47:08
 3 Karla Vradenburgh 47:20
 4 Jennifer Gordon 48:19
 5 Holly Zorea 49:47

MALE AGE GROUP: 15-19

1 Kenny Steffes 40:22
 2 Andrew Gennett 42:38
 3 Timothy Zorea 44:00
 4 Tyler Keys 44:21
 5 Marco Bianchini 45:56
 6 David Williams 47:45

FEMALE AGE GROUP: 20-24

1 Jessica Wiles 51:22
 2 Jennifer Torrance 52:26
 3 Molly Ross 56:01
 4 Kari Vradenburgh 57:54
 5 Karrah Leary 59:48

MALE AGE GROUP: 20-24

1 Charles Webb 37:13
 2 Joshua Maughon 52:54
 3 Spencer Whittier 52:54
 4 Bill Puckett 52:56
 5 Josh Bates 1:04:15

FEMALE AGE GROUP: 25-29

1 Jenny Lass 52:17
 2 Tara Wiese 55:50
 3 Katrina Femich 56:01
 4 Kristin Sparks 1:00:21
 5 Judy No 1:00:40
 6 Rebecca Ammons 1:04:25
 7 Vivian Garrett 1:19:28

MALE AGE GROUP: 25-29

1 Sam Linhoss 37:13
 2 Andrew Scharff 43:24
 3 David Scharff 43:59
 4 Jeffeny Wiese 47:46
 5 Joshua Elrod 49:16
 6 Patrick Cleary 50:20
 7 James Howard 54:04
 8 Alan King 56:06

FEMALE AGE GROUP: 30-34

1 Emily Cooper 43:17
 2 Teri Akovenko 46:14
 3 Kimber Bastone 52:0
 4 Kristin Bell 54:59
 5 Cardine Outlaw 58:06
 6 Andrea Hayduk 59:2
 7 Emily Ahlquist 1:03:38
 8 Carrie Tate 1:19:37
 9 Dawn Bradley 1:27:38

MALE AGE GROUP: 30-34

1 Jason McKinney 38:39
 2 Jason Hamrick 42:50



3 Britt Reid 45:39
 4 Brian Sparks 45:39
 5 Pradeep Sivakumar 46:14
 6 Josh Harper 47:34

FEMALE AGE GROUP: 35-39

1 Lisa Drew 48:30
 2 Shannon Derogatis 53:42
 3 Eunice Campbell 56:52
 4 Amy Rigsby-Meghee 1:00:37
 5 Melissa Hale 1:02:01
 6 Victoria Lim 1:03:35

MALE AGE GROUP: 35-39

1 Lance Steele 40:40
 2 David Cook 45:26
 3 Robert Gustafson 46:15
 4 Stephen Jackson 47:23
 5 Mike Dean 48:30
 6 David Yann 48:51
 7 Chad Burdyschow 50:46
 8 Mike Alley 51:05
 9 Eddie Tate 52:18
 10 Bryce Hollowell 52:34
 11 John Moore 58:44
 12 Jeff Kelle 58:49
 13 Paul Cevico 59:09

FEMALE AGE GROUP: 40-44

1 Hope Hessler 47:29
 2 Kelly Bullock 48:36
 3 Berna Slabber 48:47
 4 Jennifer Newton 50:04
 5 Barbara Ensign 51:05
 6 Mary Carlson 51:38
 7 Kim Durham 53:58
 8 Bernice Delaney 56:07
 9 Rae Moon 57:09
 10 Tammy Cook 58:04
 11 Mary Byars 1:06:33
 12 Ashlee Patten 1:13:26
 13 Wendy Black 1:17:42

MALE AGE GROUP: 40 - 44

1 Ryan Shrum 39:23
 2 Jim Farmer 39:53
 3 Brad Harvey 45:14
 4 Barry Vradenburgh 45:54
 5 David Wilson 46:08
 6 David Moghani 48:03
 7 Randy Martin 50:11
 8 Mark Bullock 51:54
 9 Jerry Hoffe 56:34
 10 Mike Moon 58:52
 11 Todd Stephenson 1:00:36
 12 Stewart Hale 1:20:23

FEMALE AGE GROUP: 45-49

1 Gwen Meeks 56:18
 2 Corinne Henderson 57:19

MALE AGE GROUP: 45-49

1 Mike Berry 39:05
 2 Warren Sinor 39:58
 3 Sheridan Ames 41:02
 4 Sal Coll 42:22
 5 Ray Kellum 45:26
 6 Jon Risley 47:08
 7 Joe Williams 47:17
 8 Michael Heinichen 48:40
 9 Doug Torrance 52:32
 10 Steve Smalting 53:42
 11 Perry A Mills 55:13
 12 Andy Zorea 1:00:12

FEMALE AGE GROUP: 50-54

1 Melodie Thompson 57:32

Susan Gallo 59:04
 3 Sandy Battles 1:00:21
 4 Tami Stubblefield 1:01:32
 5 Colleen Carboni 1:03:41
 6 Lori Wilson 1:04:03

MALE AGE GROUP: 50-54

1 Timothy Cleary 50:58
 2 Quint Mansell 51:14
 3 Bill Brock 51:22
 4 Chuck Keef 52:14
 5 Douglas Finlay 54:41
 6 Doug Roselle 56:21
 7 Mark Duggan 58:09
 8 Jerry Harper 59:13
 9 Mike Leary 59:53
 10 Ian Harper 1:01:35

MALE AGE GROUP: 55-59

1 Roger Harris 44:45

JOE JOHNSON MENTAL HEALTH 10K - 2009

MALE OVERALL RESULTS

1 Tim Ensign 34:52

MALE AGE GROUP: 20 - 24

1 Charles Webb 38:11

FEMALE OVERALL RESULTS

1 Berna Slabber 48:12

MALE AGE GROUP: 25 - 29

1 Benjamin Palmer 40:34
 2 John Detrick 43:55
 3 Jeffery Wiese 48:01
 4 Nik Meeks 49:55
 5 Brandon Spurgin 52:49

FEMALE AGE GROUP: 1 - 19

1 Lexi Holman 53:48

MALE AGE GROUP: 30 - 34

1 John Windom 44:55
 2 Brian Chapman 46:28

FEMALE AGE GROUP: 20 - 24

1 Staci Fisher 59:09
 2 Jenny Godwin 1:02:04

MALE AGE GROUP: 35 - 39

1 Eli Anderson Barrera 47:01
 2 Brad Nance 48:24
 3 Brent Parrish 50:54
 4 Kevin Tawzer 55:09
 5 Jeff Kelle 58:06

FEMALE AGE GROUP: 25 - 29

1 Leanne Brooks 1:01:05
 2 Aishlea Spurgin 1:15:13

FEMALE AGE GROUP: 30 - 34

1 Felicia Lane 57:46

FEMALE AGE GROUP: 35 - 39

1 Kristy Burchfield 51:33
 2 Shannon Derogatis 53:08
 3 Vivian Barrera 55:46
 4 Lynn Lepcio 1:09:32

MALE AGE GROUP: 40 - 44

1 Joe Sneed 35:04
 2 Dean Thompson 36:21
 3 Ryan Shrum 38:53
 4 Les Conner 39:41
 5 David Mogahni 47:04
 6 Geoff Rodgers 51:01

FEMALE AGE GROUP: 40 - 44

1 Barbara Ensign 50:29
 2 Lauren Hunt 50:59
 3 Tracey Wade 55:25
 4 Bernice Delaney 56:16
 5 Leann Barnes 1:00:17
 6 Saun Whittenburg 1:09:31

MALE AGE GROUP: 45 - 49

1 Joe Johnson 35:45
 2 Ray Kellum 44:21

FEMALE AGE GROUP: 45 - 49

1 Corinne Henderson 55:01
 2 Sally Hoffman 1:00:17
 3 Sheryl Johnson 1:03:16
 4 Pam Keeter 1:04:27

MALE AGE GROUP: 50 - 54

1 Chad Varga 37:32
 2 Cliff Milam 40:43
 3 Tim Holmes 43:53
 4 David Swearingner 47:07
 5 Miles Tanenbaum 51:52
 6 Tim Fortune 58:30

FEMALE AGE GROUP: 50 - 54

1 Rhonda Gage 52:01
 2 Diane Halstead 57:04
 3 Melodie Thompson 57:58
 4 Susan Gallo 59:33
 5 Janice Wycherley 1:03:01

MALE AGE GROUP: 55 - 59

1 Randall Godwin 44:18
 2 Carey Watson 45:01
 3 Billy Collier 46:18
 4 John Crawley 47:57
 5 Thomas Russe 52:07
 6 Spencer Evans 53:58
 7 Lucien Ellington 1:10:07

FEMALE AGE GROUP: 55 - 59

1 Patsy Ging 53:33

FEMALE AGE GROUP: 60 - 69

1 Sueanne Brown 54:06

MALE AGE GROUP: 60 - 69

1 Sergio Bianchini 42:59
 2 Cyrus Rhode 47:10
 3 Earl Kelle 1:01:59
 4 Phil Thomas 1:09:14
 5 Will Shipley 1:52:33

MALE AGE GROUP: 1 - 19

1 Agustin Jacobo 39:38
 2 Tyler Keys 45:22
 3 Tucker Parrish 54:51

IT'S ALL ABOUT THE CANNON!

Chickamauga Battlefield Marathon and Half Marathon 2009



Thanks to Marshall's Tennessee Battery and a great bunch of re-enactors the 30th Chickamauga Battlefield Marathon started off with a bang. A loud bang. A car alarm, window rattling, heard down at the south end of the park bang. In all the years I've helped with the marathon I always thought "How cool would it be to have a cannon kick this race off!" Then this year, in one of Lynda Webber's emails, she mentions – "...by the way, one of the pasta dinner band folks knows some guys with a cannon." But there was also:

The Sponsor Committee (Susan Gallo, Kelly Bullock, Lynda Webber, Betty Holder) in the midst of the economic meltdown wheeled, dealt and bartered with companies to provide the marathon with almost \$30,000 dollars in sponsorships mainly in goods, services and advertising. We had a terrific pasta dinner sponsored by Carrabbas with Miguel grilling fresh chicken, Barefoot Nellie picking and singing and the school cafeteria transformed to a festival by the decorating committee. Dick's Sporting Goods came through with bonus coupons for every participant and volunteer and additional \$\$ for the age group and overall winners. 180 Energy Drink sent a dozen of their team along with 1500 sample drinks and great door prizes. American Bike Group (Litespeed and Quintanaroo) not only led the way on their newest models, yes that was CEO Peter Hurley on the pace bike for the marathon, they donated a beautiful Quintanaroo Split for a door prize drawn from all participants. Of course our presenting sponsor – the City of Fort Oglethorpe, once again rolled out the red carpet and offered assistance at every turn with the help of Chris McKeever from the 6th Cavalary Museum. I could go on about all our sponsors but will settle for a quick list, please support them and tell them you appreciate them: PowerAde, WDSI / The CW, Chattanooga Times Free Press, Front Runner, Sportsbarn, Chattanooga Baking Co, Greenlife, Milestones Jewelry, and Out of the Blue Café & Kites.

That would be all the highlights except with Sherilyn Johnson heading up the volunteers. We had the best support ever. She pulled together over 160 folks that helped from Thursday night through Sunday making sure the participant's every need was met. We managed to address many items that needed improvement from last year. Steve Rodgers, Bill Brock, and Steve Johnson supplied and organized the water stops so well that I did not hear one person say they weren't offered a cup at an aid station. Dave Presley and Steve Rodgers made and

placed over 60 directional arrows and signs that kept 99.84% of the runners on course. Despite the runners best efforts Charlene Simmons and Theresa Samuelian kept the results accurate and got them out quickly. Charlene also managed to register 1491 folks and politely answer hundreds of questions throughout the year. Of those 1491 we had registered 1215 picked up their chips and 1192 completed the race. (More later on this). Flash Cunningham was there from Friday 09:00 to Saturday 17:00 helping to set up, operate and put away every piece of equipment plus a ton of other jobs.

So that would about cover it, except we also had a flawless safety plan that Bill Moran organized, covered all possible what ifs and monitored closely throughout the race. We were fortunate to have only minor mishaps, but we were prepared for any significant issue that may have come up.

Anything else?, oh yeah the weather was perfect, the post race food and drink was awesome and plentiful, the band playing on the polo field was great, we had vendors Friday night and Saturday that had a great time. We had a Junior Marathon that Robert Gustafson pulled together that introduced 220 youngsters to the concept of training towards a challenging, but rewarding goal. Again a local runner won the marathon!

But still....a cannon! How cool was that?

What about the Chickamauga Battlefield Marathon 2010? At press time there are still a lot of items that are not quite finalized. We will meet soon with the National Park Service folks for a review. That will likely determine our registration limits for next year. The race will also be covered in the January issue of Runners World in the annual Marathon Guide, (wow). That will effect how fast registration fills! So if you plan to run, register early and guarantee your spot.

I will be handing off the title of Race Director to someone new. With the dedicated, talented core team of volunteers who work so hard to put this race on it is sure to be a seamless transition. I can not say thank you enough to this group who have transformed the marathon around one of our favorite local running courses into a nationally recognized top quality event.

Oh by the way – Marshall's Tennessee Battery has promised to come back in 2010.

VOLUNTEERS MADE IT HAPPEN!



"The volunteers were great! I would highly recommend this event to anyone-half or full marathon!"

Thank you so much for volunteering and making the Chickamauga Battlefield Marathon and Half Marathon a huge success! It would not have been possible without you. I know many of you volunteered countless hours and practically spent your whole weekend at the battlefield. The comments about the marathon and half marathon on different forms are amazing. Below are some of the comments. Read them with pride.

"Volunteers were very clear and helpful."

"The volunteers were helpful, cheerful and plentiful".

All this praise goes to you!

If you did not get a volunteer shirt, you can pick one up at the downtown Sports Barn beginning tomorrow (11/20) after 3:00 pm.

Again, thank you for volunteering and I hope you will join us again next year.

Sherilyn Johnson
CTC President-elect

CHICKAMAUGA BATTLEFIELD MARATHON RESULTS

FEMALE OVERALL RESULTS

1 Emily Anne Vall 2:58:01

MALE OVERALL RESULTS

1 Geno Phillips 2:43:06

FEMALE MASTERS RESULTS

1 Christina Evans 3:16:39

MALE MASTERS RESULTS

1 Tim Stewart 2:57:27

FEMALE GRAND MASTERS RESULTS

1 Boonsom Hartman 4:07:26

MALE GRAND MASTERS RESULTS

1 John Tackett 3:12:55

FEMALE AGE GROUP 24 & UNDER

1 Stephanie Gibson 3:23:48
2 Whitney Lang 3:34:24
3 Heather Shoemaker 3:40:23
4 Ashley Kinser 3:57:45
5 Ashley Walsh 4:04:37
6 Deborah Peak 4:04:43
7 Natalie Findlay 4:09:44
8 Amber Hardin 4:17:58
9 Laura Davies 4:23:37
10 Katina Zuganelis 4:29:01
11 Malihe Shadmehry 4:38:04
12 Alice Fazlollah 4:50:49
13 Whitney Smith 5:05:27
14 Kristen Baker 5:27:18
15 Nicole Meyer 5:27:28
16 Katherine Hopkins 5:30:37

MALE AGE GROUP 24 & UNDER

1 Charles Webb 3:00:22
2 Harrison Fluman 3:08:39
3 Ken Curran 3:32:10
4 Hunter Perrin 3:35:49
5 Benoit Bordelon 3:36:35
6 Brian Boggs 3:37:33
7 Brett Luna 3:39:06
8 Dezmound Douglas 3:42:10
9 Lucas Cooper 3:51:25
10 Chris Robbins 3:58:27

11 Mark Bianchini 3:58:59
12 Julian Jackson 3:59:55
13 Tyler Keys 4:02:05
14 William Shacklett 4:02:33
15 Josh Barclay 4:24:19
16 Nathan Hope 5:09:52
17 Lucas Stephens 5:18:43
18 James Eames 5:47:20
19 Andrew Edwards 5:49:08

FEMALE AGE GROUP 25 - 29

1 Beth Presten 3:29:51
2 Elizabeth Sawyer 3:30:33
3 Katie Grauch 3:33:47
4 Mindy Williford 3:40:33
5 Noah Giles 3:45:18
6 Laura Scalzitti 3:56:23
7 Erin Noseworthy 3:57:17
8 Allison Dublinski 3:58:11
9 Edwina Merritt 3:59:14
10 Ashley Ruef 4:01:22
11 Ellie Trubey 4:10:41
12 Katie Logan 4:11:30
13 Elisabeth Adel 4:16:36
14 Lindsey Phelps 4:17:09
15 Jennifer Williams 4:29:02
16 Laura Dickey 4:41:16
17 Sarah Hughes 4:47:30
18 Anna Featherston 4:56:57
19 Linlee Sherrrell-Baugh 5:01:02
20 Christine Laskey 5:03:16
21 Laura Schillinger 5:12:11
22 Lindsay Hunt 5:16:01
23 Carrie Ricks 5:27:52

MALE AGE GROUP 25 - 29

1 Sam Linhoss 2:56:41
2 Owen Speer 2:57:51
3 Chris Bair 3:08:46
4 Brian Novak 3:18:10
5 Jared Ellerbrock 3:21:39
6 Joe Dollar 3:22:16
7 Tim Sommers 3:31:09
8 Kenneth Chilcoat 3:32:21
9 Bryson Vogelgtanz 3:33:41
10 Damian Smith 3:37:25
11 Joshua Findlay 3:38:53

12 Timothy Leone 3:50:03
13 Thomas Williams 3:50:03
14 Blake Pierce 3:51:25
15 Justin Neal 3:53:46
16 Adam Rudd 3:54:19
17 Alexander Reed-Krase 3:57:01
18 Ryan Knight 3:58:11
19 Rohith Kori 3:59:12
20 John Fones 3:59:43
21 Jeff Eller 4:03:59
22 Benjamin Hosea 4:07:54
23 Andrew Irwin 4:21:46
24 James Smith 4:24:43
25 Dennis Lackey 4:25:50
26 William Overcast 5:01:28
27 Andrew Partin 5:31:03
28 Jordan Allen 6:01:28

FEMALE AGE GROUP 30 - 34

1 Dawan Coombs 3:24:24
2 Jennifer Snell 3:34:31
3 Arden Stelly 3:40:14
4 Teri Akovenko 3:48:25
5 Amy Haddock 3:48:47
6 Christy Robinette 3:51:20
7 Kristina Higgins 3:58:29
8 Ami Roach 4:04:38
9 Nancy Carson 4:16:18
10 Robin White 4:17:30
11 Michele Hendrix 4:20:09
12 Kate Seader 4:23:48
13 Michelle McKenzie 4:24:31
14 Heather Iocca 4:25:14
15 Susie Dean 4:30:26
16 Stacie Smith 4:34:02
17 Jennifer Shaw 4:43:00
18 Caroline Outlaw 4:43:01
19 Virginia Allen 4:45:29
20 Hillary Libby 4:45:29
21 Jen Overstreet 5:00:47
22 Stacy Bell 5:28:01
23 Bethany Smith 5:38:03
24 Jennifer Preston 5:58:21

MALE AGE GROUP 30 - 34

1 Alan Outlaw 2:51:35
2 Brett Addington 3:01:46

3 Mike Beaudreau 3:12:35
4 Paul Archambault 3:26:27
5 Steven Moore 3:27:17
6 Peter Volgyesi 3:27:21
7 Keil Neff 3:30:22
8 Jarrod Clark 3:33:21
9 Daniel Niederjohn 3:35:48
10 Jeffrey Robinson 3:40:29
11 Jeffrey Ward 3:42:48
12 David Tuttle 3:47:12
13 Sam Horton 3:50:30
14 John Lerch 3:50:47
15 Joe Duero 3:51:25
16 Josh Kring 3:51:27
17 David Barron 3:55:47
18 Scott Sikes 3:58:43
19 Jerry Johnson 4:00:38
20 Eric Waddell 4:03:06
21 Chris Clark 4:06:43
22 Chris Stewart 4:07:53
23 Nathaniel Goodwin 4:11:34
24 Sean Holloway 4:12:35
25 Israel Marshall 4:19:05
26 Nicholas Hansen 4:22:38
27 Eric Reynolds 4:48:53
28 Brandon Wilson 4:49:00
29 Kevin Blasbery 4:51:49
30 Ben Cooper 4:51:50
31 Brian Underwood 4:58:14
32 Wade Preston 4:58:30
33 Jonathan Cooper 5:00:26
34 Matt Needham 5:06:43
35 Xiao Tu 5:07:20
36 Kevin Burke 5:18:17
37 Joe Keddington 5:58:01

FEMALE AGE GROUP 35 - 39

1 Kaye Starosciak 3:11:41
2 Amy Stewart 3:27:14
3 Jennifer Funk 3:39:27
4 Lisa Logan 3:40:16
5 Liz Kotanian 3:42:19
6 Sharon Ruiz 3:47:30
7 Rebecca Finnin 3:52:46
8 Nancy East 3:54:58
9 Andrea Thompson 3:58:50
10 Christine McCormick 4:01:31



CHICKAMAUGA BATTLEFIELD HALF MARATHON RESULTS

FEMALE OVERALL RESULTS

1 Emily Cooper 1:33:39

MALE OVERALL RESULTS

1 Greg Johnson 1:22:46

FEMALE MASTERS RESULTS

1 Beth Strong 1:42:47

MALE MASTERS RESULTS

1 Bill Owens 1:25:28

FEMALE GRAND MASTERS RESULTS

1 Pam Campbell 1:43:52

MALE GRAND MASTERS RESULTS

1 Steve Lemay 1:40:05

FEMALE AGE GROUP 19 & UNDER

1 Audrey Leach 1:54:01
 2 Kiersten Vradenburgh 1:54:09
 3 Kristin Clark 1:58:03
 4 Anna Burdelle 2:04:46
 5 Miranda Castleberry 2:07:29
 6 Margaret Welborn 2:11:45
 7 Abby Hitchcock 2:13:13
 8 Carrie Minnis 2:22:08
 9 Rachel Dance 2:22:08
 10 Amy Crenshaw 2:27:24
 11 Hannah Leach 4:17:01

MALE AGE GROUP 19 & UNDER

1 Mark Straussberger 1:37:24
 2 Michael Holland 1:37:45
 3 Quinn Hickey 1:41:49
 4 Joshua Finley 1:43:12
 5 Alex Ramey 1:46:57
 6 Sam Thompson 1:54:47
 7 Matt Butler 2:05:05
 8 Dallas Knight 2:12:56
 9 Justin Castleberry 2:27:10
 10 Levi Mintz 3:54:41
 11 Gregory Leach 4:11:57
 12 Jake Mintz 4:15:21

FEMALE AGE GROUP 20 - 24

1 Rachel Anderson 1:43:26
 2 Catie Skogen 1:46:06
 3 Renee' Jackson 1:47:05
 4 Sara Straussberger 1:49:02
 5 Marie Daugherty 1:51:20
 6 Jamie Gibson 1:51:23
 7 Lauren Grizzard 1:52:58
 8 Laura Bauson 1:55:39
 9 Katlyn Liszewski 1:56:57
 10 Rebekah List 1:57:57
 11 Taylor Cansler 2:01:16
 12 Leigh Norris 2:01:31
 13 Ashley Patrick 2:02:18
 14 Kristen Goodlett 2:06:55
 15 Kari Vradenburgh 2:07:06
 16 Brittany Barnes 2:09:15
 17 Rachel Bowen 2:22:08
 18 Elizabeth Garey 2:24:01
 19 Jessica Martin 2:27:24
 20 Michelle Friesen 2:30:20
 21 Wendy Ward 2:35:48
 22 Haley Zimmerman 2:39:50
 23 Kristy Walker 2:40:32
 24 Samantha Griffin 2:40:45
 25 Tiffany McKelvy 2:43:50
 26 Kimberly Gilmer 2:44:56
 27 Jessica Kaminski 2:45:17
 28 Mary Elleman 3:10:04
 29 Sara Hirter 3:35:00

MALE AGE GROUP 20 - 24

1 Gilberto Fraire 1:29:01
 2 Joshua Cornelius 1:33:23
 3 Nicholas Rulon 1:34:51
 4 Joseph Kimmet 1:42:22
 5 Brendan McRedmond 1:46:49
 6 John Dennis 1:48:46
 7 Michael Humphries 1:48:56
 8 David Begley 1:56:52
 9 Travis Chase 1:58:09
 10 James Griffin 2:17:34

11 Jonathan Franks 2:26:05
 12 Joshua Elleman 3:08:30
 13 Jonathan Davis 4:16:55

FEMALE AGE GROUP 25 - 29

1 Ashley Outhouse 1:41:59
 2 Christina Woodard 1:46:21
 3 Rebecca Eza 1:49:25
 4 Yvette Jaquish 1:51:44
 5 Lori Herwehe 1:52:08
 6 Lauren Varnell 1:52:26
 7 Lindsay Schenk 1:54:32
 8 Lisa Sullivan 1:54:46
 9 Rachel Baker 1:55:17
 10 Sarah Smith 1:56:50
 11 Elizabeth Carls 1:58:29
 12 Joy Dixon Wilman 1:58:35
 13 Sherri Brock 2:02:31
 14 Elizabeth Scroggs 2:03:18
 15 Krista Steere 2:03:24
 16 Adrienne Rulon 2:03:49
 17 Kimberly Chilcoat 2:04:35
 18 Lori Cunningham 2:04:52
 19 Kristy Meade 2:05:26
 20 Erin Welch 2:06:55
 21 Kate Courtney 2:07:47
 22 Jessica Jansen 2:08:54
 23 Jill Schubert 2:08:57
 24 Jill Heine 2:11:28
 25 Ellen Gray 2:12:50
 26 Meredith Bridges 2:14:15
 27 Jaclyn York 2:14:40
 28 Elizabeth Landry 2:15:40
 29 Erika Grissinger 2:15:45
 30 Erin Brock 2:16:14
 31 Andrea Williams 2:18:45
 32 Sarah Weeks 2:19:33
 33 Laura Lundy 2:23:15
 34 Lindsey Powell 2:24:07
 35 Julie Duryee 2:24:42
 36 Ashley Leinbach 2:25:13
 37 Ashley Robbins 2:26:40
 38 Anna Plack 2:28:41
 39 Sarah Garrett 2:29:17
 40 Sara Dollar 2:29:44
 41 Angela Hanley 2:30:08
 42 Lora Anne White 2:35:09
 43 Leah Mitchum 2:36:11
 44 Aubree Sullivan 2:36:54
 45 Lisa Ball 2:37:48
 46 Christina Norris 2:38:48
 47 Allison Touchstone 2:39:07
 48 Stefanie Swanger 2:41:16
 49 Taylor Bell 2:42:25
 50 Elizabeth Pittman 2:45:18
 51 Erin Looney 2:50:29
 52 Aishlea Spurgin 2:56:34
 53 Charlotte Canfield 3:01:00
 54 Crickett Tinney 3:10:04
 55 Elizabeth Poland 3:21:02
 56 Shelli Ferrell 3:29:54
 57 Melissa Wills 3:36:53
 58 Brandi Gilbert 4:00:12

MALE AGE GROUP 25 - 29

1 Gray Skinner 1:23:23
 2 Ryan Coon 1:28:34
 3 Justin Martucci 1:33:25
 4 Russell Courtney 1:35:02
 5 Philip Meyer 1:38:40
 6 Thomas Cook 1:41:26
 7 Joshua Harbison 1:51:11
 8 Joshua Lewis 1:51:11
 9 Taylor Simms 1:52:34
 10 Benjamin Hunley 1:52:37
 11 Dorian Shockey 1:55:27
 12 Jason Scalzitti 1:55:27
 13 Eric Varnell 1:55:50
 14 Eric Baker 1:55:52
 15 Ryan Vargas 1:55:57
 16 Brandon Spurgin 1:57:28
 17 Jason Bridges 1:57:43
 18 Josh Davis 2:01:11
 19 Miles Mason 2:02:26
 20 Benjamin Hansen 2:03:20
 21 Charles Rose 2:03:40
 22 Joseph Bone 2:04:29

23 Nathan Heine 2:07:21
 24 James Micheff 2:10:57
 25 Carter Hancock 2:13:00
 26 Jason Fleming 2:19:27
 27 Jonathan Walterhouse 2:35:52
 28 Connor O'Brien 2:36:11
 29 Kenneth Swanger 2:40:41
 30 Chris Pascorella 3:00:54
 31 Kevin Crabtree 3:07:37

FEMALE AGE GROUP 30 - 34

1 Mariska Van Rooden 1:43:04
 2 Sarah Visser 1:48:53
 3 Valarie Tipton 1:48:56
 4 Ann-Marie Fitzsimmons 1:50:20
 5 Valerie Campbell 1:51:17
 6 Jina Hawk 1:51:46
 7 Donna Rene Bullock 1:53:49
 8 Amy Tarpley 1:54:51
 9 Kristie Cook 1:55:11
 10 Julie Ricker 1:55:32
 11 Rebecca Moore 1:56:09
 12 Jennifer Hampton 1:57:05
 13 Michelle Hubbs 1:58:35
 14 Kay-Lynne Davies 1:59:15
 15 Holly Robison 1:59:25
 16 Bryn Caddell 1:59:48
 17 Maria Delaup 2:01:44
 18 Melissa Ross 2:01:54
 19 Kasha Jones 2:02:53
 20 Emily McAlister 2:04:50
 21 Cheryl Benton 2:05:02
 22 Erin Winn 2:05:19
 23 Cindi Holcombe 2:06:11
 24 Amy Dugger 2:06:14
 25 Susie Stanfield 2:07:58
 26 Jill Sizemore 2:09:49
 27 Lacie Stone 2:10:12
 28 Michelle Soriano 2:10:28
 29 Whitney Smith 2:10:29
 30 Joanna Clark 2:11:52
 31 Holly Martin 2:12:08
 32 Carie Daniel 2:12:14
 33 Elizabeth Wakefield 2:12:37
 34 Laura Roberts 2:13:00
 35 Heather McClendon 2:16:24
 36 Carla Callaway 2:18:01
 37 Brook Sprayberry 2:18:01
 38 Meredith Dalzell 2:18:36
 39 Rebecca Davenport 2:19:13
 40 Lindsay Richardson 2:19:13
 41 Leslie Van Sant 2:19:36
 42 Andrea Boswell 2:20:46
 43 Amy Gruber 2:22:05
 44 Jennifer Jundt 2:23:07
 45 Tanya Bindernagel 2:23:08
 46 Holly Hollis 2:24:45
 47 Carolyn McClain 2:26:09
 48 Cheryl Hopper 2:26:33
 49 Kristy Erhardt 2:27:06
 50 Rachel Oleksik 2:27:39
 51 Wendy Haustein 2:29:41
 52 Chelsie Niederhauser 2:31:05
 53 Sarah Pearson 2:33:14
 54 Haley Julian 2:33:41
 55 Amy Herron 2:40:39
 56 Elizabeth Petty 2:40:52
 57 Fernanda Costa 2:41:19
 58 Mindy Bush 2:41:19
 59 Desleyln Mitchell 2:46:27
 60 Lena Hall 2:47:06
 61 Kim Depriest 2:53:14
 62 Kathleen Cheek 2:55:14
 63 Lori Brakefield 2:55:39
 64 Andrea Lucado 3:01:01
 65 Kathy Wood 3:01:39
 66 Kate Shaw 3:04:37
 67 Suzanne Hicks 3:06:13
 68 Shannon Casajuana 3:14:45
 69 Gabrielle Darnell 3:27:07
 70 Misty Norman 3:29:56
 71 Sherri Nation 3:31:04
 72 Jennifer Rigsby 3:31:05
 73 Penny Grigalanz 4:11:32

MALE AGE GROUP 30 - 34

1 Paul Herron 1:30:11
 2 Will Hutchinson 1:37:39
 3 Jeffrey Plack 1:40:32
 4 Rory Tarr 1:41:43
 5 Ryan Wainwright 1:42:53
 6 Jeffrey Fisher 1:43:18
 7 Matthew Amick 1:43:28
 8 Nathan Cofer 1:46:14
 9 Jonathan Bodnar 1:47:50
 10 Ben Plahitsky 1:49:04
 11 Ryan Chamberlain 1:49:49
 12 Brian Welch 1:50:24
 13 Jonathan Dark 1:51:14
 14 Brandon Boswell 1:51:15
 15 Paul Guinn 1:51:20
 16 Philip Foster 1:51:57
 17 Mitchell Hollis 1:52:30
 18 Scott Williford 1:54:36
 19 Allen Jackson 1:55:44
 20 Matt Henderson 1:56:24
 21 Darren Bremmer 1:57:02
 22 Daniel Hodge 1:57:18
 23 Joseph Ruzicka 1:57:39
 24 Greg Winn 1:58:20
 25 Michael Tindle 1:58:24
 26 Joshua Taylor 1:58:25
 27 Kevin Law 1:58:51
 28 Mac McClure 2:02:11
 29 Michael Fennell 2:02:33
 30 Matt Tumey 2:03:26
 31 David Kaczorowski 2:03:36
 32 Greg Jameson 2:05:35
 33 Archie Crossland 2:07:35
 34 Taz Kicklighter 2:11:46
 35 Brian Wakefield 2:12:36
 36 Andrew Schweitzer 2:14:39
 37 Bret Sullivan 2:16:06
 38 Chris Petty 2:16:06
 39 Matthew Wiseman 2:18:11
 40 Clark Franklin 2:19:14
 41 Rob Dugan 2:19:29
 42 Chris Hammontree 2:25:04
 43 Mark Pearson 2:33:14
 44 Cavin Graham 2:35:48
 45 Jody Nation 2:41:41
 46 Ashley Hammonds 2:43:56
 47 Shaun Townley 2:45:16
 48 Joel Walton 2:53:31
 49 Blake Sargent 2:53:33
 50 Chris Brakefield 2:55:39

FEMALE AGE GROUP 35 - 39

1 Misty Griffin 1:37:02
 2 Heidi Spaeth 1:38:57
 3 Teresa Kirkman 1:39:12
 4 Sue Scholl 1:39:16
 5 Tammy Root 1:39:25
 6 Stacey Smith 1:40:26
 7 Kimberly Fuller 1:47:22
 8 Kym Klass Stilling 1:50:12
 9 Cory Allison 1:50:13
 10 Sissy Jones 1:53:24
 11 Meghan Nicolini 1:54:27
 12 Melissa Chapman 1:55:29
 13 Karen Hopkins 1:55:43
 14 Jolan Farkas 1:57:54
 15 Christy Varner 1:58:52
 16 Sarah Powe 2:00:13
 17 Becky Croft 2:01:30
 18 Rhonda Harrison 2:01:34
 19 Jennifer Stanfield 2:01:48
 20 Paige Phillips 2:02:53
 21 Sherrie Forrest 2:03:38
 22 Dee Persinger 2:05:02
 23 Sheila Porada 2:05:04
 24 Pamela Gonzalez 2:05:25
 25 Deanna Lord 2:06:13
 26 Vivian Barrera 2:06:52
 27 Amy Rigsby-McGhee 2:07:12
 28 Aimee Maschhoff 2:08:16
 29 Aundria Dishman 2:09:57
 30 Eden Lusk 2:10:19
 31 Cindy Tidwell 2:10:32
 32 Leigh Miller 2:11:10
 33 Jill Traub 2:11:35
 34 Alison Drummond 2:12:34

CHICKAMAUGA BATTLEFIELD HALF MARATHON RESULTS (CONT'D)

25 Chris Richey 2:20:47
 26 Stanislav Richter 2:27:24
 27 Jeffery Oliver 2:27:42
 28 Randy Elrod 2:29:21
 29 Marty Eaton 2:30:31
 30 David Higgins 2:39:47

FEMALE AGE GROUP: 55 - 59

1 Adri Herman 1:54:00
 2 Shari Lunsford 2:01:55
 3 Vicki Hubler 2:02:33
 4 Eileen Johnson 2:04:06
 5 Jeanne Welsh 2:12:06
 6 Barbara Eza 2:27:11
 7 Stephanye Peek 2:27:50
 8 Marsha Birdwell 2:40:28
 9 Maggie Lawry 2:49:38
 10 Janet Davis 2:55:19
 11 Debi Billington 2:57:53
 12 Susan Milovich 2:59:52
 13 Paula Sherman 2:59:53
 14 Mary Bevis 3:19:44
 15 Roxanne Hirter 3:35:00
 16 Claudia Moore 3:41:06

MALE AGE GROUP 55 - 59

1 Steve Sanders 1:46:59
 2 Daniel Maloy 1:47:57
 3 Ed Vise 1:51:34
 4 William Shine 2:00:00
 5 Joe Davis 2:01:03
 6 Rob Fetters 2:02:02
 7 Charles Morrissey 2:04:15
 8 Thomas Sisemore 2:06:12
 9 Brian Tindle 2:12:34
 10 Joseph Aloisio 2:12:49
 11 William McKinnon, Jr. 2:13:17
 12 Bob Scott 2:13:23
 13 Arthur Billington II 2:14:06

14 Jerry Clifton 2:14:25
 15 David Klinger 2:17:31
 16 Wesley Smith 2:21:07
 17 Silcard Daniel 2:22:31
 18 Dave Stever 2:24:29
 19 Max Berueffy 2:27:34
 20 James Morris 2:29:53
 21 Tommy Grisham 2:37:08
 22 Mike Eames 3:22:20
 23 Rick Hirter 3:35:00

FEMALE AGE GROUP 60 - 64

1 Molly Gray 1:57:46
 2 Sueann Brown 2:00:45
 3 Brenda Cooter 2:09:13
 4 Elizabeth Wilkins 2:18:16
 5 Carol Pilcher 2:31:13
 6 Nell Brownell 2:32:49
 7 Ellen Smith 2:41:35
 8 Gwen Cowart 2:46:49
 9 Jorja Davenport 3:01:32
 10 Margery Ozner 3:09:54
 11 Leanna Love 3:21:02
 12 Sandra Thomas 3:47:29

MALE AGE GROUP 60 - 64

1 Butch Sherrod 1:43:15
 2 Donald Sweeney 1:44:11
 3 Barry Warren 1:45:41
 4 William Reece 1:47:42
 5 Jim Kimball 1:54:18
 6 Roy Webb 1:57:27
 7 Dr. Frank Patterson 2:02:56
 8 David Phillips 2:10:13
 9 Jim Hamblen 2:15:15
 10 Ronald Rogers 2:15:28
 11 David Blough 2:20:01
 12 Ronnie Brownell 2:22:50
 13 George Briggs 2:28:42

14 David Crane 2:34:32
 15 Randall Franks 2:42:33
 16 Roger Cowart 2:47:41
 17 Les Downes 4:00:12
 18 John Gilbert 4:00:13

FEMALE AGE GROUP 65 - 69

1 Linda Zeeman 2:47:14

MALE AGE GROUP 65 - 69

1 Ron Heames 2:07:18
 2 Dick Gray 2:08:37
 3 Ted Heegenbarth 2:08:47
 4 Jay Pryor 2:08:56
 5 Haven Kicklighter 2:11:46
 6 Phil Thomas 2:50:25

MALE AGE GROUP 70 & OVER

1 Charlie Raper 2:08:07
 2 Richard Nadig 2:14:52
 3 Jacob Cooter 2:31:32
 4 Raymond Mattle 2:47:27
 5 Richard Dillard 2:51:08
 6 Bill Allen 3:12:25



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 (423) 875-9452 fax

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 Chattanooga, TN 37415

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 www.fronrunnerathletics.com



TRACK CLUB LAUNCH- ES HALF MARATHON- TRAINING PROGRAM

On Wednesday December 8th, 2009 the Chattanooga Track Club (CTC) will launch a half marathon training program. The 12-week program is designed to prepare runners, from beginners to the experienced, for the Scenic City Half Marathon scheduled for February 27, 2010 in downtown Chattanooga.

Along with providing runners with a weekly schedule designed to build runners' strength and endurance, the training program will offer participants two weekly group runs. The group runs include a Wednesday night mid-week tempo run and a Saturday morning long run.

The Wednesday night run will meet each week at 6:15 pm at the Downtown Sports Barn (301 Market St.). Distances will vary from 2 to 8 miles.

The Saturday morning run will meet each week at 8:00 am at the Downtown Sports Barn (301 Market St.). Distances will vary from 4 to 12 miles.

The group runs will include detailed course maps and water and sport drinks every few miles.

Those interested in participating in the program should visit www.ScenicCityHalfMarathon.com and/or drop into a weekly group run.

The training program is sponsored by the Chattanooga Track Club.

To learn more about the half marathon training program or the Scenic City Half Marathon, 5k and Charity Challenge please visit www.ScenicCityHalfMarathon.com.



31st Annual The Karen Lawrence Run for St. Jude

Thursday, December 31, 2009

(Proceeds to Benefit St. Jude Children's Research Hospital)

-
- Times:** 5:00 to 6:30 p.m. - Registration
6:15 p.m. -- 2-mile Junior, 2-mile Fun Run, 2-mile Walk
7:00 p.m. -- 4-Mile Open Main Event
- Place:** Race Headquarters, Start and Finish: The Sports Barn, 301 Market St. Chattanooga, TN (I-24 to Highway 27 North, Exit 4th Street, go 3 blocks to Market and turn left to 3rd Street).
- Course:** Course is mostly flat and downhill in downtown Chattanooga and along the Tennessee River. There is a 2-mile loop for the fun run, walk. The run loops twice for the 4-mile event.
- Facilities:** Restrooms and Lockers are available at The Sports Barn. Parking is available on Market and Broad Streets and in Sports Barn Parking Lots.
- Shirts:** Guaranteed for pre-registered participants on race night.
- Awards:** 4-Mile Run - Overall Open & Masters Male & Female;
Male & Female, 1st, 2nd, & 3rd Each Age Division
2-Mile Junior Run- Overall Male & Female Only
2-Mile Fun Run - Overall Male & Female Only

ST. JUDE CHILDREN'S RESEARCH HOSPITAL

The Karen Lawrence Run for St. Jude is a memorial to a beautiful, brave girl who lost her long battle with leukemia in 1980 at age 11. Karen was a patient at St. Jude and shot the gun to start the very first run on December 31, 1979. Karen's twin sister, Kim, and brother, Mike now start the run in memory of Karen. All sponsors and workers in The Karen Lawrence Run for St. Jude believe for a child to die before his time is simply unacceptable. Won't you please join us in the fight against catastrophic diseases in children? Help us raise the money needed for the research to wipe out childhood diseases from the face of the earth.

31st Annual

The Karen Lawrence Run for St. Jude

"THE 4 MILE RACE WILL BE CHIP TIMED"

IMPORTANT:

All Information on this page **MUST** be completed to be pre-registered
You may complete this registration form and mail your form/check to the address below, or register ON-LINE with a credit card at ACTIVE.COM

(PLEASE TYPE OR PRINT)

Entire Form Must be Completed.

Name _____ Phone () _____
(last) (first)

Address _____ City _____ State _____ Zip _____

Age _____ Sex: M F T-Shirt size: S _____ M _____ L _____ XL _____ XXL _____
(VERY IMPORTANT)

EVENTS (Must Check One)

- 2-Mile Fun Run 2-Mile Jr.
 2-Mile Walk 4-Mile Main Event

WAIVER/RELEASE: I hereby certify that I am adequately trained and physically fit to participate in this run and further that I fully understand the strenuous nature of this event in consideration of the acceptance of this entry. I the undersigned, for myself, my personal representative, beneficiaries and heirs, knowingly waive, release and forever discharge any and all rights and claims which I may have or may hereafter accrue to me or my estate against the race directors, officials or volunteers or other sponsors, groups of individuals, their agents, representatives, successors, and assigns for any and all injuries or death suffered by me in this event or for damage to or loss of personal property. I also give my permission for the use of my name and picture in broadcast, telecast, video tapes, or other news or publicity account of the event.

Signature: _____ Date: _____
(Signed by parent or guardian if under age 18)

ENTRY FEE: All events pre-registration \$25.00. Postmarked after 24th \$30.00
DAY OF RACE CASH OR CHECK ONLY.

Entry Fee Submitted \$ _____

**In celebration of the 31st Anniversary of The Karen Lawrence Run,
please accept my additional donation of \$30.00 or more.**

Additional donation \$ _____

Make checks payable to:
**St. Jude Children's
Research Hospital**
and mail to:
**Steve Rogers
P.O. Box 5599
Chattanooga, TN 37406**

DIVISIONS

DIVISIONS

Main Event
2-Mile Jr. (15 and under)
4-Mile

FEMALE

Open & Masters Overall
24 & under, 25-29, 30-34
35-39, 40-44, 45-49
50-54, 55-59, 60-69, 70 +

MALE

Open & Masters Overall
24 & under, 25-29, 30-34
35-39, 40-44, 45-49
50-54, 55-59, 60-69, 70 +



Race Headquarters
Start & Finish

SPORTSBARN
it's what you do for you

Market & 3rd St.
Chattanooga, TN

ELEMENTARY CROSS COUNTRY RESULTS - 2009

				Baylor Sept. 3		Baylor Sept. 10		Riverpark Oct. 1		Total Points
Participant Name	School	Grade	Gender	Place	Points	Place	Points	Place	Points	
Female - 3rd Grade										
1 Vradenburgh Kathryn	Home School	3	F	1	15	1	15	2	12	42
2 Roberts Jasmine	Red Bank	3	F	4	9	2	12	1	15	36
3 Meridith Kierstyn	Normal Park	3	F	2	12	5	8	5	8	28
4 Mitchum Jamee	Thrasher	3	F	5	8	6	7	3	10	25
5 Davis Gwendolyn	St. Jude	3	F	3	10	3	10			20
6 Behlau Anna	St. Jude	3	F	7	6			4	9	15
7 Schmidt Christina	Red Bank	3	F	8	5	4	9			14
8 Prifogle Leslie	Daisy	3	F	9	4	12	1	7	6	11
9 Henry Addie	Thrasher	3	F					6	7	7
10 Hill Audrey	Lookout Mtn.	3	F	6	7					7
11 Pritchard Emily	Thrasher	3	F	11	2			8	5	7
12 Vance Charlotte	Bright	3	F	10	3			9	4	7
13 Etherton Brenna	St. Jude	3	F			7	6			6
14 Daniel Rebekka	Snow Hill	3	F			8	5			5
15 McMahon Collette	St. Jude	3	F			10	3	11	2	5
16 Shropshire Mar Quay	East Ridge	3	F			9	4			4
17 Abello Cecilia	Thrasher	3	F					10	3	3
18 Lemmons Sierra	Soddy	3	F			11	2			2
19 Hein Lilly	St. Jude	3	F					12	1	1
20 Johnson Alyssa	Ganns Middle Valley	3	F	12	1					1
Male - 3rd Grade										
1 Osborne Andrew	St. Jude	3	M	2	12	2	12	2	12	36
2 Pippenger Wiley	Lookout Mtn.	3	M	7	6	1	15	1	15	36
3 Rhodes John	Allen	3	M	1	15	3	10	4	9	34
4 Arnhart Wesley	Wallace A. Smith	3	M	3	10			3	10	20
5 Beard Bryce	Red Bank	3	M	5	8	7	6	7	6	20
6 Sell Thomas	Normal Park	3	M	4	9	5	8			17
7 Adams Samuel	McConnell	3	M	8	5	11	2	6	7	14
8 Crispin Mitchell	Bright	3	M	6	7	6	7			14
9 Haman Dylan	Soddy	3	M			4	9	11	2	11
10 Mason	Normal Park	3	M					5	8	8
11 Branam Chris	Allen	3	M			8	5			5
12 Wickizer Sam	Thrasher	3	M					8	5	5
13 Johnson Luke	Thrasher	3	M					9	4	4
14 Musick John	Thrasher	3	M	9	4					4
15 Payne Scott	Thrasher	3	M			9	4			4
16 Hunt Justin	Allen	3	M			10	3			3
17 Martin Hunter	Thrasher	3	M	11	2			12	1	3
18 Watson Max	Thrasher	3	M	10	3					3
19 Davis Gill	Lookout Mtn.	3	M			12	1			1
20 McMeen Andy	McConnell	3	M	12	1					1

ELEMENTARY CROSS COUNTRY RESULTS - 2009

				Baylor Sept. 3		Baylor Sept. 10		Riverpark Oct. 1		Total Points
Participant Name	School	Grade	Gender	Place	Points	Place	Points	Place	Points	
Female - 4th Grade										
1 Brown Alexis	Big Ridge	4	F	1	15	1	15	1	15	45
2 Ellis Anna	Home School	4	F	3	10	2	12	2	12	34
3 Dupree Morgan	McConnell	4	F	2	12	3	10	3	10	32
4 Brooks Sara	Thrasher	4	F	4	9	4	9	6	7	25
5 Forrester Marissa	Snow Hill	4	F	7	6	9	4	4	9	19
6 Johnson Emma	Thrasher	4	F	5	8			5	8	16
7 Sullivan Emily	McConnell	4	F	12	1	5	8			9
8 Weatherford Morgan	Daisy	4	F	8	5			9	4	9
9 Bolling Jennifer	McConnell	4	F	11	2			7	6	8
10 King Casey	Home School	4	F	9	4	10	3	12	1	8
11 Heard Molly	Allen	4	F			6	7			7
12 Painter Destiny	Daisy	4	F	6	7					7
13 Massengill Jasmine	Wallace A. Smith	4	F			7	6			6
14 Camp Kendall	CSAS	4	F					8	5	5
15 Trotter Hailey	St. Jude	4	F			8	5			5
16 Campbell Avery	Thrasher	4	F	10	3					3
17 Hansen Anemone	Home School	4	F					10	3	3
18 Little Baily	Wallace A. Smith	4	F					11	2	2
19 Rollston Tarver	Thrasher	4	F			11	2			2
20 Clark Chyna	CSAS	4	F			12	1			1
Male - 4th Grade										
1 Parrott Jacob	Wallace A. Smith	4	M	1	15	1	15	1	15	45
2 Moore Ricky	Lookout Mtn.	4	M	2	12	2	12	2	12	36
3 Berry Austin	Thrasher	4	M	4	9	3	10	5	8	27
4 Smith Darien	Normal Park	4	M	6	7	6	7	4	9	23
5 Bingham Andrew	Snow Hill	4	M	5	8	5	8	7	6	22
6 Priest Thomas	Thrasher	4	M	3	10	7	6	11	2	18
7 Sullivan Jake	Wallace A. Smith	4	M			4	9	9	4	13
8 Carpenter Austin	Soddy	4	M			8	5	8	5	10
9 Hampton Michael	CSAS	4	M					3	10	10
10 Moore Jackson	Brainerd Baptist	4	M			10	3	6	7	10
11 Cook Krider	Thrasher	4	M	7	6	11	2			8
12 Tuttle Alexander	Normal Park	4	M	8	5					5
13 Elias Chandler	Red Bank	4	M	9	4					4
14 Goodpasture Thomas	Snow Hill	4	M			9	4			4
15 Hartline Hayden	Soddy	4	M	12	1			10	3	4
16 King Zac	Ganns Middle Valley	4	M	10	3					3
17 Bush Jackson	Thrasher	4	M	11	2					2
18 Gladson Ashton	Daisy	4	M					12	1	1

ELEMENTARY CROSS COUNTRY RESULTS - 2009

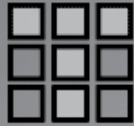
				Baylor Sept. 3		Baylor Sept. 10		Riverpark Oct. 1		Total Points
Participant Name	School	Grade	Gender	Place	Points	Place	Points	Place	Points	
Female - 5th Grade										
1 Anderson Alison	McConnell	5	F	1	15	1	15	1	15	45
2 Wardeburg Grace	Thrasher	5	F	4	9	3	10	4	9	28
3 Lanter Anna	Ganns Middle Valley	5	F	6	7	5	8	2	12	27
4 Mulligan Lea	Normal Park	5	F	3	10	4	9	5	8	27
5 Rasmueson Rachel	Ganns Middle Valley	5	F	5	8	6	7	3	10	25
6 Martin Margaret	Lookout Mtn.	5	F	2	12	2	12			24
7 Ackerson Bailey	Thrasher	5	F	8	5	8	5	6	7	17
8 King Lauren	Thrasher	5	F	7	6	9	4	9	4	14
9 Whalen Suni	St. Jude	5	F			7	6	11	2	8
10 Newbold Lucy	Thrasher	5	F	9	4	10	3			7
11 Colson Robyn	Red Bank	5	F					7	6	6
12 Kemp Tia	Bright	5	F	12	1			8	5	6
13 Brooks Taylor	Thrasher	5	F	10	3	12	1			4
14 Martin Abby	Ganns Middle Valley	5	F					10	3	3
15 Smith Serena	Normal Park	5	F	11	2					2
16 Thompson Emily	Red Bank	5	F			11	2			2
17 Casey Rachel	McConnell	5	F					12	1	1
Male - 5th Grade										
1 Nelson Jared	St. Jude	5	M	1	15	1	15	1	15	45
2 Groves Spencer	Big Ridge	5	M	7	6	2	12	2	12	30
3 Stallings Jacob	Thrasher	5	M	3	10	6	7	3	10	27
4 Wagner Brian	Home School	5	M	2	12	3	10			22
5 Gajewski Mark	St. Jude	5	M	9	4	4	9	5	8	21
6 Edge Henley	Brainerd Baptist	5	M	8	5	7	6	6	7	18
7 Jemison King	Lookout Mtn.	5	M	4	9	5	8			17
8 Cagle Blake	Alpine Crest	5	M	6	7	8	5			12
9 Johnson Parker	CSAS	5	M	10	3	9	4	8	5	12
10 Miller Garen	Wallace A. Smith	5	M					4	9	9
11 Sutherland Graham	Home School	5	M	5	8	12	1			9
12 Gaitner Logan	Allen	5	M					7	6	6
13 McMahon Murphy	St. Jude	5	M			11	2	9	4	6
14 Henry Colby	Brainerd Baptist	5	M			10	3			3
15 Rhodes Ryan	Allen	5	M					10	3	3
16 Cochran Noah	Wallace A. Smith	5	M					11	2	2
17 Prater Tate	Thrasher	5	M	11	2					2
18 Galbraith Grant	Thrasher	5	M	12	1					1
19 Myers Gene	Wallace A. Smith	5	M					12	1	1



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WALKINGWORKS IN WINTER

By Shannon Haslam

Don't let winter weather derail your fitness goals this year. You can still get your walking workout in – even on the coldest of days – with these simple tips:

Clothing

If your warm weather walking routine takes you outdoors, don't skip out on the fresh air in cooler months. Dressing in layers can keep you comfortable throughout your walk.

- Wear a moisture-wicking base layer. A tight-fitting shirt and leggings will keep your body warm and dry. Opt for a synthetic fabric rather than cotton, which holds sweat.
- Make sure your second layer is fleece or wool to keep body heat in and cold air out.
- Finally, look for a wind-resistant jacket for your outermost layer. If shorter winter days have you walking in the dark, it's a good idea for your top layer to have reflective panels. And don't forget your hands, head and ears – wear gloves and a hat for extra warmth.

Walking Indoors

If the cold weather isn't your style, give indoor walking a try.

- If you walk on a treadmill, remember to get your upper-body involved by pumping your arms for an extra aerobic benefit.
- Check with your local mall management company to see if they offer extended hours for indoor walkers.
- Create a path around your office building or house that involves climbing stairs to get your heart rate up.
- Wear a pedometer to count the number of steps you take each day and aim to increase your step count every week.

As always, be sure to check with your doctor before starting a new fitness routine. Visit www.bcbst.com and click on WalkingWorks to find winter walking events in your area.

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 - this newsletter
is no longer printed, but the same
great information can be found online.
Keep up to date on food, racing,
coaching and much more!

SPEEDWORK

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

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

Get ROY points - in order to qualify for
must
two events

Walking Works

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

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

Run led by Ryan Crews of Front Runner

Group Run

Getting Ready for a Marathon
New in town and need new long
distance running companions?
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.



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

Check out the new CTC website at
chattanoogatrackclub.org

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



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