

# JOGGING AROUND TOWN

# Chattanooga Track Club

## Officers

President  
Sherilyn Johnson  
President@chattanoogatrackclub.org

President-Elect  
Bill Moran  
PresidentElect@chattanoogatrackclub.org

VP/Communications  
Jenni Berz  
VPCommunications@chattanoogatrackclub.org

VP/Membership  
Mitzie Dyer  
VPMembership@chattanoogatrackclub.org

VP/Races  
Doug Roselle  
VPRaces@chattanoogatrackclub.org

Secretary  
Susan Gallo  
Secretary@chattanoogatrackclub.org

Treasurer  
Tim Holmes  
Treasurer@chattanoogatrackclub.org

## Directors

Bill Brock  
Crandall Caughman  
Flash Cunningham  
Tim Ensign  
Beth Ford  
Brad Harvey  
Blaine Reese  
Dawn Salyer  
Walt Sinor  
Melodie Thompson  
Oliver Trimiew  
Mark Wisdom

## Staff

Bookkeeping: Connie Hall  
Design and Layout for Jogging Around:  
Keith Finch  
Equipment Manager: Flash Cunningham  
EquipmentManager@chattanoogatrackclub.org  
Timing Manager: Dawn Salyer  
TimingManager@chattanoogatrackclub.org

# JOGGING AROUND

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

## Editors

Jenni Berz | Sherilyn Johnson

## Layout / Design

Keith Finch

## Printing

Shaw Printing Solutions

## 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.

## In This Issue...

Words from the Prez's Perch .....	1
BlueCross Riverbend Run and Walk Set for June 19 .....	2
65 Roses Ready To Bloom .....	3
Cleveland Rotary Run Announced .....	3
Scenic City Half Marathon, 5K & Charity Challenge .....	4-8
Gear Up For Battle Chattanooga .....	8
42nd Running of the Chickamauga Chase.....	9
Joe McGinness Runner and Volunteer of the Year .....	10-11
UTC Check Presentation.....	10
The Butterfly Effect .....	12
Take a Hike...Literally.....	14-15
Race Directors Meeting .....	15
BlueCross Walk Around Town Challenge .....	16
Get Out and Walk At Lunch .....	17
New & Returning Members.....	18
Bulletin Board .....	21

## Our Sponsors



## Individual Sponsor

Timothy Davis

## Family Donor

Steven Bush  
Mary Carpenter  
Bill Collier  
Vann Newell  
Jack Richmond

## Individual Donor

Glenn Beasley  
Ron Branam  
Clay Crumbliss  
Les Kertay  
Michael Mason  
Chris Mawata

Nik Meeks

Cyrus Rhode, Jr.  
Charlene Simmons

## Long Run Endowment Contributors

Dan Bailey  
Rita Fanning  
Pat Hagan  
Tim Holmes  
Dale Ingram  
Jim Johnson  
Quinton Mansell  
Richard Park  
Randall Peters  
Blaine Reese  
George Skonberg

# WORD FROM THE PREZ'S PERCH



The CTC race season started off with a bang on Saturday, February 27 with the Scenic City Half Marathon, 5K & Charity Challenge. Kudos to Bill Moran who did an excellent job directing the races and coordinating the many volunteers. Eight charities benefited greatly from the 1100 participants who chose the local charity they would like to support with a portion of their entry fee, which raised approximately \$17,000. This event also kicked off the BlueCross Walking Works program. If you participate in 3 of the 4 BlueCross Walking Works events, you earn a free CTC membership and a gift packet from BlueCross BlueShield. Check out the details on page 16.

The 8th annual 65 Roses 5K & Walk for Cystic Fibrosis Research directed by Bill Estes is coming up in a few days on March 27. Lee University in Cleveland, Tennessee hosts this event which starts and ends at Lee University and meanders through Main Street and the Cleveland Historic District. This is a fun family event not to be missed. By the way, CTC members get a \$3 discount on the 5K run. Check out the details on page 3.

The 42nd annual Chickamauga Chase 15K/5K directed by George Skonberg will be on April 17. These races take runners around the Chickamauga and Chattanooga National Military Park. It is a great way to enjoy the outdoors and reflect on the history of Chickamauga and Chattanooga. The 15K race also kicks off the Battle of Chattanooga Race Series. Everyone who completes the Chickamauga Chase 15K, Missionary Ridge 4.7, and Chickamauga Battlefield Marathon or Half Marathon receives a participation medal. Runners with the combined fastest times in the 15K, 4.7M and 26.2 will be awarded the coveted Battle of Chattanooga Award. By the way, CTC members get a \$3 discount on the 15K run. Check out the details on page 9.

Recently CTC sent out a survey pertaining to the Runner Of the Year (ROY) awards, which are presented each year at the Annual Awards Banquet in January. After much deliberation, CTC is modifying the ROY rules to place total emphasis on running by removing the volunteer points from the calculation of ROY. With this change, the Volunteer Of the Year (VOY) award was modified to be based solely on volunteer points. VOY awards will now be given to the top five volunteers. Check out the details on page 11.

I'm sure you noticed in the races mentioned above that CTC members get a \$3 discount. This promotion is new this year and we have 8 races where CTC members get a \$3 discount. With an individual CTC membership costing \$24, you will get your membership free if you run all 8 races. For more information about these and other upcoming CTC and area races go to [www.chattanoogaattrackclub.org](http://www.chattanoogaattrackclub.org)

As you can tell, CTC has made several changes this year to encourage runners and walkers to become more active in the CTC as well as to enjoy fitness and the outdoors. We are listening to your comments and are excited about the year ahead. If you have suggestions, please let us know. We are here to serve you and the community.

Sherilyn Johnson  
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.*





## BlueCross Riverbend Run and Walk Set for June 19

On Saturday, June 19, Chattanooga will welcome walkers and runners of all ages and skill levels to the 28th annual BlueCross Riverbend Run and Walk, a featured event of the Riverbend Festival.

The BlueCross Riverbend Run and Walk is designed to provide healthy family fun and to encourage and promote healthy lifestyles for Tennesseans of every age, a key mission of title sponsor BlueCross BlueShield of Tennessee. The event offers several options to appeal to individuals of all abilities. There are two competitive and two non-competitive races.

The competitive 10K and 5K races will use the IPICO Sportag™ electronic timing device to record each racer's time. Following the race, winners from various gender and age categories will be announced and prizes will be awarded for top competitors.

The use of strollers and wheelchairs are encouraged during the two non-competitive races: the 5K walk and 1-mile Family Fun run & walk. This portion of the event will not be timed and is used to promote exercise for those of all physical abilities.

The 10K Run, 5K Run and 5K Walk begin at 8:00 a.m., and the 1-Mile Fun Run/Walk begins at 8:05 a.m. Registration fees range from \$8 to \$24, depending on age and date of registration. Additional information is available online at [riverbendfestival.com](http://riverbendfestival.com).

Individuals who do not wish to participate in the race but still want to be involved can volunteer in multiple areas. Volunteer opportunities include registration, set-up, course monitoring, water stops, refreshments, timing and race packet pick-up. For more information on volunteering for the BlueCross Riverbend Run & Walk, contact Volunteer Coordinator Chris Berry at [Christopher-Berry@utc.edu](mailto:Christopher-Berry@utc.edu).

# 65 Roses Ready To Bloom

The 65 Roses 5K for Cystic Fibrosis Research will be held March 27th at Lee University in Cleveland, TN. Cleveland business leader Bob Card, Jr., will serve as honorary chairman of the 2010 "Great Strides: Taking Steps to Cure Cystic Fibrosis," according to campaign officials at Lee University.



"Bob Card Jr. is the perfect person to lead our Great Strides project this year," said Lee president Paul Conn in making the announcement. "No one in this community is more highly respected as a leader who 'gives back' to his hometown in so many ways. He is a great friend of Lee University, and we are thrilled that he will be working with us in this important effort."

"The Cystic Fibrosis Foundation is a very worthy cause," Card said. "The Great Strides walk and run provide a terrific opportunity for Cleveland individuals and organizations to get involved. This community has raised over \$364,000 for CF research in the past nine years, and it makes a difference."

The Great Strides event will mobilize hundreds of community participants and Lee University students to raise money for the Cystic Fibrosis Foundation. This year the event hopes to draw 300 walkers, 600 5K runners, and as many "fun run" participants as manageable. Last year's total

of more than \$64,000 raised for CF research will be hard to top, but that is the goal. Always a family oriented event, the usual snow cones, cotton candy, and jumpy toys will once again make an appearance. Cost of the race is \$20 for early entry and all CTC members will receive a \$3 discount. Technical shirts by Ridoto are guaranteed for all participants. The USTAF certified route for the 5K run will begin and end on the Lee campus and will travel throughout Cleveland's historic downtown area. The road race begins at 8:30 am and the walk at 10 am.

Cystic fibrosis (CF) is a complex genetic disease which damages and eventually destroys the lungs of patients. About 30,000 children and young adults in the United States have been diagnosed with the disorder. Currently there is no cure.

According to Tiffany Kerns, East Tennessee special events coordinator for the CF Foundation, "research funded by the CF Foundation is making a difference. There are now more CF therapies than ever before, and the CF Foundation's care center network has been recognized by the National Institutes of Health as a model for delivering care for a chronic disease. The outlook for people with cystic fibrosis continues to improve steadily each year. The median age of survival for those with CF has risen to over 37 years – that's an increase of over five years just since 2002."

More information about the Cleveland Great Strides is available by calling Rosie Holsinger, walk coordinator, at 614-8406 or at the local Great Strides website at [www.leeuniversity.edu/cf](http://www.leeuniversity.edu/cf).

## Cleveland Rotary Run Announced

The Cleveland Rotary Club announces the Rotary Run 10K scheduled for May 1, 2010. The race is a fund-raiser for the local club's projects which benefit literacy and clean drinking water. The 10K will begin and end at the Cleveland High School stadium making for a "victorious" finish line in front of cheering spectators!

The course itself takes in the popular 2-mile long Cleveland/Bradley County greenway along Keith Street. The course then ventures into the historic neighborhood district among some of the finest examples of early 20th

century Southern architecture, skirting downtown Cleveland, then back through more neighborhoods. The race ends up on the greenway for the final mile.

The Rotary Run is for everyone - walkers and runners. Registration and more information is available at the CTC Web site. Registration is with [active.com](http://active.com).



# Scenic City Half Marathon, 5K & Charity Challenge

By Bill Moran

On Saturday, Feb. 27th over 900 runners participated in the Scenic City Half Marathon, 5K, and Charity Challenge. This is the third year for the event at its current venue and course. There were participants from 21 states in this year's race. The half marathon overall male winner was Kenneth Brooks from Portage, Michigan while the half marathon overall female winner was Gina Krabbendam who resides on Lookout Mountain, Tennessee. Brooks ran the course in 1:13:26 while Krabbendam covered the distance in 1:28. The course changed slightly this year due to the repairs being done on the Walnut Street Bridge with the runners crossing the Tennessee River on the Market Street Bridge. The half marathon was also the Tennessee State championship for the Road Runners Club of America.

In the 5K race the overall male winner was Zach Winchester with a time of 15:55. Katie Landry was the overall female winner in a time of 20:45. The event also featured a Charity Challenge fund raising event for 8 local non-profit organizations. The 8 charities featured this year and who also participated last year were: Area 4 Special Olympics; The Bethlehem Center; Chattanooga Room in the Inn; Children's Advocacy; Children's Home/Chambliss Shelter; McKamey Animal Care and Adoption Center; Tennessee Aquarium; and the Partnership for Families, Children, and Adults. This year over \$18,000 was raised for these charities. The money raised came from a portion of each runner's registration fee plus additional funds that were solicited by the runners and volunteers for their favorite charity. Charity Challenge awards went to Anne Marie Spencer who was the top individual fund-raiser this year raising \$2,175 for Children's Home/Chambliss Shelter. And the overall charity winner was the McKamey Animal Care and Adoption Center who went home with over \$3,600 for their organization. This is the third year that McKamey has won the top spot, however, this year they narrowly edged out the Children's Home/Chambliss Shelter who finished a close second.



According to Bill Moran, the Scenic City Half Marathon race director, the feedback from the runners has been positive for this year's race in spite of a delay in the race start due to the two different chip timing systems developing a problem prior to the start. Moran said, "The runners loved the downtown Chattanooga and riverwalk course, the bridges, the weather, and the volunteers". And the number of compliments about the volunteers has been great. I can't thank enough the 150 volunteers who gave up their Saturday morning to make this a great event." Over 100 of the volunteers were provided by the 8 charities with the balance coming from the Chattanooga Track Club. Moran also said that the popularity of half marathons has also led to the growth of the Scenic City Half Marathon. The number of participants this year increased by 40% from last year. The support from major sponsors has also helped grow this race. Publix Markets returned for the third year as a Platinum Sponsor and was joined with the new addition of Budweiser of Chattanooga .

The Scenic City Half Marathon, 5K and Charity Challenge has become one of the cornerstone races for the Chattanooga Track Club that also includes the Chickamauga Marathon, and the Waterfront Triathlon. It is also the first Chattanooga Track Club race to move towards a more "green" event. The race featured a paperless registration process, a "cafeteria" style packet pickup that reduced waste from unwanted packet literature, and the recycling of all the plastic water and Powerade bottle.

Saturday, Feb. 26th will be the date for the 2011 Scenic City Half Marathon, 5K, and Charity Challenge. An announcement will be made when the registration opens.



# SCENIC CITY HALF MARATHON, 5K & CHARITY CHALLENGE - 2010

## HALF MARATHON RESULTS

### OVERALL FEMALE

1 Gina Krabbendam 1:28:00

### OVERALL MALE

1 Kenneth Brooks 1:13:26

### FEMALE MASTERS

1 Liza Vannoy 1:35:41

### MALE MASTERS

1 William Enicks Iv 1:18:11

### FEMALE GRAND MASTERS

1 Karen Heath 1:56:33

### MALE GRAND MASTERS

1 Steve Rogers 1:27:48

### FEMALE AGE GROUP: 18-24

1 Tera Woods 1:43:03

2 Jamie Beckwith 1:43:29

3 Hannah Matthews 1:43:46

4 Kiersten Vradenburgh 1:45:26

5 Rachel Anderson 1:45:36

6 Carrie Shirah 1:47:47

7 Pryce Scarborough 1:52:21

8 Judith Coffey 1:53:25

9 Laura Walker 1:54:33

10 Leigh Norris 1:55:24

11 Alyse Flack 1:57:40

12 Catherine Kercher 1:57:55

13 Brooke Devon 1:58:28

14 Sarah Woody 2:04:57

15 Laurie Clifton 2:05:43

16 Kari Vradenburgh 2:05:55

17 Stephanie Ammons 2:07:33

18 Jill Pearson 2:08:09

19 Anna Downer 2:09:16

20 Molly Ross 2:14:31

21 Laura Wagner 2:15:09

22 Kristen Barker 2:17:07

23 Madeline Rowell 2:17:54

24 Ashley Steele 2:18:20

25 Mary Carlisle 2:18:47

26 Kasey Gust 2:19:53

27 acqueline Coates 2:19:53

28 Shelby Wolf 2:22:18

29 Margaret Browning 2:23:13

30 Sarah Steenblock 2:23:51

31 Brenda Nelson 2:25:02

32 Emily Haas 2:25:04

33 Annie Brown 2:25:04

34 Whitney Cannon 2:32:18

35 Neda Alford 2:32:43

36 Olivia Perry 2:33:20

37 Stacey Hoksbergen 2:33:22

### MALE AGE GROUP: 18-24

1 Charles Webb 1:23:27

2 Daniel Pick 1:23:44

3 Jonathan Preg 1:25:21

4 Enoch Elwell 1:26:12

5 Peyton Miller 1:27:41

6 Jonathan Digiogia 1:30:30

7 Zach Barnett 1:31:24

8 Micah Schreiner 1:32:49

9 Timothy Zorca 1:39:05

10 Eric James 1:41:46

11 Marco Bianchini 1:42:17

12 Alex Anderson 1:44:10

13 Jonathan Pelts 1:49:22

14 Josh Morin 1:49:51

15 Aaron Davis 1:52:20

16 Jereme Whiting 1:52:25

17 Troy Ooley 1:52:44

18 William Shacklett 1:54:56

19 Luke Irwin 1:56:47

20 Daniel Gross 1:57:37

21 Matt Whittington 2:00:33

22 Benjamin Loderhose 2:04:53

23 Ben Wagner 2:06:57

24 Rashad Gober 2:07:07

25 Justin Logan 2:23:03

26 Brett Roberts 2:35:40

### FEMALE AGE GROUP: 25-29

1 Debby Vannoy 1:33:04

2 Elizabeth Sawyer 1:35:24

3 Mindy Williford 1:43:27

4 Amanda Sisel 1:47:25

5 Elisabeth Adel 1:48:22

6 Laurie Cook 1:48:23

7 Vanessa Irons 1:48:31

8 Meagan Moyers 1:48:55

9 Emily Piersant 1:49:55

10 Meghan Whitley 1:50:44

11 Lauren Hollingsworth 1:53:41

12 Joy Dixon Wilman 1:55:21

13 Mandy Hyde 1:55:45

14 Jessica Pitts 1:57:10

15 Mary Loveless 1:57:57

16 Holly Earhart 1:58:16

17 Natalie Kizziah 1:59:57

18 Hayley Gerber 2:01:29

19 Lindsay Manning 2:03:35

20 Kristen Corrigan 2:05:46

21 Karen Zatkulak 2:10:48

22 Crystal Dempse 2:11:08

23 Erika Cooke 2:13:44

24 Carla Wyatt 2:16:38

25 Amanda Morgan 2:16:46

26 Sabrina Gibson 2:17:07

27 Lindsey Simms 2:17:48

28 Jessica Mullins 2:18:04

29 Theresa Vasil 2:18:55

30 Casey Pash 2:20:45

31 Kelly Elie 2:22:27

32 Alethea Pickett 2:22:27

33 Kelli Higgins 2:22:50

34 Rachel Witkiewicz 2:23:45

35 Nery Estrella 2:24:08

36 Ashley Williams 2:27:58

37 Ashley Leinbach 2:28:28

38 Carrie Hall 2:28:46

39 Rachel Browder 2:30:42

40 Amanda Zimmerman 2:32:16

41 Rachel Call 2:36:53

42 Melissa Carter 2:37:38

43 Jarrelle Sartwell 2:37:55

44 Sara Watkins 2:43:14

45 Jamie Rohrbaugh 2:58:57

### MALE AGE GROUP: 25-29

1 Brandon Wise 1:21:20

2 Hamish Wilman 1:22:20

3 Ben Grady 1:39:10

4 Taylor Simms 1:40:39

5 Casey Gallaher 1:45:29

6 Jim Vastano 1:46:26

7 Nicholas Osburn 1:46:48

8 Jeremiah Reynolds 1:52:45

9 Seth Hermesmeyer 1:52:55

10 Nathan Harper 1:53:03

11 Chad Corrigan 1:53:57

12 Kyle Page 1:53:59

13 Jeffrey Bennett 1:54:22

14 Jared Inman 1:55:23

15 Kevin O'Leary 1:55:25

16 Daniel Martin 1:57:32

17 Zachary McCarty 1:57:33

18 Samir Djabi 1:57:34

19 Brett Hulgán 1:58:02

20 Sam Lewis 1:58:11

21 Patrick Cleary 2:00:38

22 Jon Rhea 2:01:07

23 Eric Masterson 2:01:34

24 Miles Mason 2:03:17

25 Wes Johnson 2:03:21

26 Clark Crosson 2:03:46

27 Michael Osburn 2:04:19

28 Alan King 2:05:26

29 Chip Clifton 2:05:43

30 Nathan Carter 2:07:05

31 Robert Medwed 2:11:41

32 Ryan Davis 2:12:04

33 Nathan Harless 2:17:03

34 Josh Davis 2:17:16

35 William Hale 2:19:51

36 Seth Meek 2:22:18

37 Tyler Hall 2:28:46

38 Karim Djabi 2:33:41



39 Christopher Hadsell 2:38:26  
 40 Josh Blair 2:43:17  
 41 Matt Lewis 2:50:44

### FEMALE AGE GROUP: 30-34

1 Kari Bowen 1:39:45

2 Jennifer Croft 1:41:34

3 Jane Curtis 1:45:17

4 Frances Price 1:45:35

5 Shelley Sloan 1:45:40

6 Karen Polaschek 1:47:04

7 Claudia Brinkruff 1:49:03

8 Kristy Altman 1:50:11

9 Cyndi McKinney 1:51:28

10 Kara Wendholt 1:55:14

11 Kimberly Chrismer 1:56:11

12 Donna Rene Bullock 1:57:43

13 Jennifer Cooley 1:57:52

14 Stacie Smith 1:58:09

15 Lela Moore 2:00:05

16 Karen Davis Czarnecki 2:00:49

17 Amy Dugger 2:01:10

18 Carla Noya 2:01:17

19 Meredith Baker 2:02:59

20 Hillary Libby 2:03:03

21 Susan Kelly 2:03:48

22 Courtney Leach 2:06:32

23 Jenifer Taherian 2:07:52

24 Kelly Modena 2:08:17

25 Katherine Blake 2:08:55

26 Natalie Donald 2:09:01

27 Ginny Mullins 2:09:29

28 Kristin Waldo 2:10:00

29 Jaclyn York 2:11:41

30 Michelle Rains 2:13:56

31 Andrea Jungles 2:16:18

32 Windy Hammontrout 2:16:36

33 Amanda Donnahoe 2:18:39

34 Fabiola Noya 2:21:35

35 Julia Moran 2:22:14

36 Sandy Banks 2:22:21

37 Abby Ward 2:22:46

38 Patty Hart 2:24:06

39 Deleslyn Mitchell 2:26:11

40 Stacey Moore 2:27:25

41 Emily Goodman 2:28:47

42 Christina Myers 2:28:59

43 Mendy Scanlon 2:34:49

44 Hannah Stalcup-Burris 2:35:49

45 Emily Ahlquist 2:36:01

46 Andrea Kuban 2:36:26

47 Michelle Lopez 2:40:33

48 Benjamin Webb 2:41:28

49 Rebekah Webb 2:41:28

50 Allison Elkins 2:42:06

51 Katie Harbison 2:46:31

52 Rox Rei 3:05:22

53 Cristina Johnson 3:13:11

### MALE AGE GROUP: 30-34

1 Jason McKinney 1:18:40

2 Kevin Boucher 1:19:36

3 Robert Stanfield 1:25:13

4 Matt Gregory 1:26:00

5 Travis Morgan 1:29:06

6 Steven Moore 1:30:19

7 Jeremy Lively 1:34:44

8 Daniel Carter 1:35:58

9 Josh Carter 1:38:19

10 Matthew Lovitt 1:39:01

11 Aaron Oliver 1:39:55

12 John Baker 1:42:52

13 Chuck Mindel 1:43:42

14 Rowan Johnson 1:44:22

15 Greg Barclay 1:45:43

16 Scott Powell 1:46:35

17 Dan Follmer 1:46:41

18 Ben Cooper 1:47:52

19 Kerry Kerlin 1:48:20

20 Brad Carney 1:49:12

21 Kevin Blasberg 1:50:17

22 Patrick Johnson 1:52:34

23 Marc Mayes 1:53:00

24 Eric Pope 1:53:42

25 Jason Cooley 1:55:13

26 Chris Selby 1:55:31

27 Beau Wendholt 1:57:30

28 Bret Sullivan 1

# SCENIC CITY HALF MARATHON, 5K & CHARITY CHALLENGE - 2010

32	Jennifer Morrison	2:26:38	<b>MALE AGE GROUP: 40-44</b>		8	Jim Bruhn	1:38:30	6	Theresa Samuelian	2:17:21	
33	Jeri Harris	2:35:02	1	Ryan Shrum	1:23:38	9	James Zahn	1:39:13	7	Diane Barnes	2:21:55
34	Marielisa Rincon	2:37:20	2	Edward Lang	1:24:00	10	Ray Kellum	1:40:04	<b>MALE AGE GROUP: 55-59</b>		
35	Dawn Bradley	2:38:32	3	Les Conner	1:26:09	11	Sean Sanderson	1:41:01	1	Bill Warner	1:28:45
36	Shannon Butt	2:44:32	4	Bradford Harvey	1:29:25	12	Andrew Rose	1:42:29	2	Curt Zacharias	1:31:29
37	Jamey McMin	2:45:42	5	Gil Milton	1:30:08	13	Barry Vradenburgh	1:42:36	3	Tommy Nichols	1:39:47
38	Beth Davis	2:49:55	6	Adam Smith	1:31:40	14	Raymond Beem	1:43:40	4	Ronald Wilson	1:41:32
39	Jennifer Higdon	3:09:15	7	Sean Pfister	1:32:38	15	Peter Sestak	1:45:09	5	Roger Harris	1:43:27
40	Tammy Mark	3:13:11	8	Bernardo Lopez	1:34:46	16	Kurt Lammon	1:47:10	6	Bobby Smith	1:43:55
<b>MALE AGE GROUP: 35-39</b>			9	Mark Wisdom	1:34:51	17	Howard Reagor	1:48:34	7	Marshall Horton	1:46:48
1	Geno Phillips	1:17:00	10	James Williams	1:35:41	18	Peter Wilson	1:52:44	8	Richard Jonardi	1:47:07
2	Brian Robinson	1:25:53	11	Bill Darby	1:36:09	19	Michael Mooney	1:52:49	9	Dennis Ford	1:54:27
3	Carl Epley	1:27:25	12	Glenn Walker	1:39:27	20	Nelson Mills	1:55:39	10	John Crawley	1:54:34
4	Lance Steele	1:28:36	13	Greg Nearing	1:39:40	21	Jefferson Campbell	1:58:05	11	James Kuhns	1:56:47
5	Rick Bowers	1:30:37	14	Greg Henry	1:41:36	22	Stephen Montano	1:58:23	12	Thomas Russe	1:58:09
6	Brian Lowman	1:34:18	15	David Maguirk	1:44:05	23	Anthony Grossi	1:59:53	13	Larry Riggsby	1:58:12
7	Makasi Erickson	1:36:14	16	Joe Kibble	1:44:23	24	Robert Buresh	2:00:34	14	Jim Johnson	1:58:14
8	Adam Burnett	1:37:46	17	Craig Baker	1:44:57	25	Sumner Bouldin	2:00:42	15	Dennis Bilbo	2:02:08
9	Cason Conn	1:39:45	18	Pete Wolfe	1:47:11	26	Cameron Fisher	2:00:51	16	Steven Rubenstein	2:07:19
10	Jeffrey Miller	1:39:56	19	Paul Smith	1:49:30	27	Duane Dukles	2:02:05	17	Pat Hagan	2:18:45
11	Christopher Stephens	1:42:08	20	David Perry	1:49:57	28	Jeff Woody	2:05:03	18	Paul Willson	2:22:17
12	Trey Helton	1:44:15	21	Alan Kelley	1:50:53	29	Colin Heath	2:05:57	19	Joseph Aloisio	2:25:01
13	Bradley Nance	1:44:36	22	Charles Brown	1:51:15	30	Swede Pearson	2:08:12	20	Daniel Smith	2:26:26
14	Chad Burbrink	1:46:36	23	David Moghani	1:52:23	31	Donnie Gregory	2:11:12	21	David Klingler	2:28:27
15	Matt Brown	1:47:46	24	Jeff Bennett	1:53:26	32	Ron Branam	2:11:37	22	Richard Hyatt	2:45:44
16	Timmy Johnson	1:52:36	25	Thomas Herring	1:54:32	33	Jeffrey Balsler	2:12:48	23	Lucien Ellington	2:53:56
17	Chad Burdyslaw	1:53:04	26	Joe Littleton	1:54:45	34	Ernie Ellis	2:14:58	<b>FEMALE AGE GROUP: 60-64</b>		
18	Kelly Meredith	1:53:26	27	Robert Estoye	1:55:14	35	John Nunley	2:15:37	1	Sue Anne Brown	2:03:49
19	Elijah Anderson	1:55:41	28	Jay Gill	1:55:16	36	Mark Longwith	2:16:55	2	Joan Hearn	2:06:14
20	Marc Funk	1:56:26	29	Jeffrey Myers	1:55:44	37	Scott Ray	2:24:47	3	Voreata Waddell	2:18:41
21	Mike Rogers	1:58:00	30	Michael Emerling	1:59:13	38	Ward Blair	2:24:49	4	Dorene Pederson	3:38:58
22	Brett McDonough	1:59:11	31	Eugene John	2:00:35	39	Ken Shumake	2:25:16	<b>MALE AGE GROUP: 60-64</b>		
23	Carlos Breeden	1:59:16	32	Mitch Sanford	2:01:22	40	Ian Harper	2:30:23	1	Craig Kelly	1:47:38
24	Vinnie Bellofatto	1:59:27	33	Michael Windham	2:02:29	41	Keith Dixon	2:31:03	2	Reinhard Zachau	1:59:10
25	Lex Oren	1:59:48	34	Craig Mattes	2:03:41	42	Rory Deweese	2:31:30	3	Dave Scholes	2:01:02
26	Chris Truelove	2:00:42	35	Steve Gibson	2:04:38	43	Barry Leshinsky	2:32:38	4	Dwayne Burnett	2:18:04
27	Ingo Gryglewski	2:02:45	36	Chuck Miller	2:07:30	44	Jerry Smith	2:33:09	5	Michael Owens	2:26:30
28	Wes Kelley	2:02:52	37	Kirk Davis	2:09:11	45	Greg Mattick	2:33:42	6	Max Trick	2:34:11
29	Kyle Roach	2:03:13	38	Keith Sanders	2:09:47	46	Shannon O'Kelley	3:28:10	<b>FEMALE AGE GROUP: 65-99</b>		
30	Bob Colwick	2:03:53	39	William Thornton	2:11:05	<b>FEMALE AGE GROUP: 50-54</b>		<b>FEMALE AGE GROUP: 65-99</b>			
31	Andres Garcia	2:05:12	40	Michael Whelchel	2:13:33	1	Lynda Webber	1:57:52	1	Bonnie Wasson	2:42:25
32	Alex Pendon	2:05:55	41	Scott Wesson	2:13:46	2	Susan Gallo	2:00:36	<b>MALE AGE GROUP: 65-99</b>		
33	Ben Peters	2:07:13	42	James Caldwell	2:14:19	3	Frances Mulkin	2:15:23	1	Sergio Bianchini	1:38:06
34	George Rinkle	2:07:14	43	Mike Hickman	2:14:59	4	Penny Spinner	2:15:53	2	Cyrus Rhode Jr.	1:52:11
35	Kevin Tawzer	2:08:05	44	Jason Eslinger	2:19:30	5	Victoria Slocum	2:18:47	3	Paul Spinner	1:56:41
36	Watkins Cannon	2:13:41	45	Robert Prayther Jr	2:20:35	6	Melodie Thompson	2:23:47	4	Roger Lambert	2:04:09
37	Curtis Casey	2:13:50	46	Troy Ash	2:32:31	7	Karen Smith	2:27:21	5	Doug Hawley	2:06:06
38	Thomas Rodger	2:25:18	47	Kale Bragwell	2:37:46	8	Tricia Strong	2:44:12	6	Boyd Brown	2:19:46
39	Sean Price	2:26:10	48	Charles Sebourn	2:39:18	9	Rhonda Mattick	3:00:37	7	Phil Thomas	2:59:50
40	Jay Munneke	2:31:17	49	Phaen Stone	2:45:45	10	Vicki Hall	3:02:29	<b>MALE AGE GROUP: 65-99</b>		
41	Scott Devine	2:36:55	50	Stacy Middleton	3:02:42	11	Susan Beck	3:33:21	1	Zach Winchester	15:55
42	Jason Maddox	2:40:20	<b>FEMALE AGE GROUP: 45-49</b>		1	Cathy Willis	3:33:22	<b>FEMALE MASTERS</b>			
43	Kirk Mabry	2:41:01	1	Susie Parker	1:46:56	<b>MALE AGE GROUP: 50-54</b>		<b>MALE MASTERS</b>			
44	Kent Callison	2:44:01	2	Janice Cornett	1:53:04	1	Steven Bradley	1:33:54	1	Michael Hancock	21:24
<b>FEMALE AGE GROUP: 40-44</b>			3	Kelly Jennings	1:54:51	2	David Randolph	1:35:49	<b>FEMALE GRAND MASTERS</b>		
1	Tammy Kelle	1:43:17	4	Sally Price	1:55:48	3	John Turner	1:36:11	1	Rhonda Gage	24:51
2	Alisa Stipanov	1:49:56	5	Jamie Thomas	1:55:59	4	Dave Swearingen	1:44:27	<b>MALE GRAND MASTERS</b>		
3	Anna Morgan	1:51:24	6	Roberta Sestak	1:56:32	5	Doug Arnold	1:48:26	1	Mike Usher	21:38
4	Dee Dee Allen	1:56:04	7	Maria Amerigo	2:01:01	6	Claude Hager	1:52:55	<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>		
5	Paula McGown	2:00:10	8	Kellye Dykes	2:01:45	7	John McCusker	1:53:07	1	Madeleine Jennings	28:05
6	Danna Vaughn	2:01:50	9	Melissa Butler	2:06:34	8	Edward Russell	1:54:24	2	Ali Hamby	31:31
7	Trish Newsom	2:02:47	10	Corinne Henderson	2:09:11	9	Eric Glasgow	1:55:10	3	Mary Lyle Devaney	31:53
8	Amy Russell	2:02:49	11	Susan Thomas	2:13:58	10	Timothy Cleary	1:56:37	4	Mary Grubb	32:31
9	Ginny Bevil	2:03:53	12	Sue Key	2:14:21	11	Terry Hampton	1:57:42	5	Kennedy Blair	32:57
10	Katrin Schwerbrock	2:05:10	13	Beth Teague	2:15:46	12	Tim Spires	1:57:59	6	Kacee Hedrick	32:58
11	Angelia Jones	2:05:36	14	Susan Spencer	2:16:52	13	Lew Wallace	2:00:00	<b>MALE AGE GROUP: 14 &amp; UNDER</b>		
12	Kristin Alexin	2:06:53	15	Susan Elrod	2:19:13	14	Kent Bowers	2:00:02	1	Andrew Imeson	30:32
13	Michele Dicks	2:08:38	16	Tammy Higgs	2:20:25	15	Fred Garmon	2:00:36	<b>FEMALE AGE GROUP: 15-19</b>		
14	Cynthia Moore	2:08:39	17	Cindy Browning	2:24:09	16	Terry Bailey	2:00:55	1	Courtney Edens	25:57
15	Susan McDowell	2:13:13	18	Ann Browning	2:25:46	17	Reggie Bishop	2:01:10	2	Rachael Sickler	27:02
16	Judith Whelchel	2:13:35	19	Theresa Dittmer	2:32:19	18	Danny Cox	2:09:05	3	Chandler Clausen	29:02
17	Sarah Prince	2:14:01	20	Susan Cox	2:32:38	19	Paul Mims	2:13:05	<b>MALE AGE GROUP: 14 &amp; UNDER</b>		
18	Laura Williams	2:15:46	21	Patty Smith	2:33:09	20	Donald Finchum	2:15:15	1	Brenda Ross	2:08:01
19	Kristi Garrett	2:15:50	22	Jennifer Manner	2:35:08	21	Jeffrey Spencer	2:16:50	2	Patsy Ging	2:12:40
20	Sharon Farrelly	2:17:52	23	Jamie Bragwell	2:37:46	22	George Hovanec	2:18:39	3	Elaine Hyde	2:12:49
21	Kimberly Gregg	2:18:32	24	Mary Stewart	2:38:53	23	Mansoor Nazaraghaie	2:21:15	4	Patsy Dreher	2:13:57
22	Karen Grider	2:19:46	25	Melisa Hartman	2:51:59	24	Randy Riggs	2:21:35	5	Kathi Wagner	2:15:09
23	Michelle Logan	2:23:02	26	Caroline Bolvig	2:57:02	25	Craig Logan	2:23:03	<b>FEMALE AGE GROUP: 55-59</b>		
24	Robyn Redd	2:27:34	27	Judi Phillips	3:10:36	26	Andrew Alexson	2:25:43	1	Brenda Ross	2:08:01
25	Dominique Gable	2:28:06	<b>MALE AGE GROUP: 45-49</b>		1	Kevin Stewart	2:28:16	2	Patsy Ging	2:12:40	
26	Tristan Middleton	2:32:53	1	David Schwerbrock	1:25:37	<b>FEMALE AGE GROUP: 55-59</b>		3	Elaine Hyde	2:12:49	
27	Nancy Olson	2:55:35	2	Chuck Denham	1:30:52	1	Brenda Ross	2:08:01	4	Patsy Dreher	2:13:57
28	Pamela Spurgeon	3:01:04	3	Tommy Kell	1:31:29	2	Patsy Ging	2:12:40	5	Kathi Wagner	2:15:09
			4	Marshall Rowe	1:31:52			6	Elaine Hyde	2:12:49	
			5	N. Butler	1:33:19			7	Patsy Dreher	2:13:57	
			6	Jeff Wade	1:35:35			8	Kathi Wagner	2:15:09	
			7	Jude Hacherl	1:37:40						



4	Sarah Grubb	29:13
5	Andi Fisher	30:26
6	Caitlyn Reynolds	32:57
7	Tori Hamby	42:33
8	Hallie Imeson	57:11

**MALE AGE GROUP: 15-19**

1	Matthew Jenkins	17:41
2	Wesley Landry	21:48
3	Cameron Beem	24:09
4	Sam Devaney	28:14
5	Quinton Elder	51:29

**FEMALE AGE GROUP: 20-24**

1	Kelly Gillikin	22:34
2	Ansley Whitehead	26:26
3	Sheena Cotten	26:32
4	Genevieve De Claire	27:13
5	Tarra Landry	30:40
6	Heather Taylor	30:57
7	Annelies Mervielde	31:10
8	Alana Deyo	31:29
9	Mary Cox	31:35
10	Lydia Dorsey	32:02
11	Amanda Hughes	33:01
12	Kelley Smith	33:11
13	Ashley Mims	33:40
14	Amanda Sciortino	34:15
15	Sasha Clevenger	34:39
16	Ashley Cantrell	36:37
17	Patience Harris	37:23
18	Lauren Daniel	49:24

**MALE AGE GROUP: 20-24**

1	Michael Koshis	24:08
2	Timothy Kuhns	25:41
3	Kevin Kudlak	31:51

**FEMALE AGE GROUP: 25-29**

1	Rebecca Potts	25:15
2	Linlee Baugh	25:49
3	Beth Tyler	27:11
4	Laura Kirk	27:36
5	Julie Duryee	27:44
6	Carrie Sherbesman	27:56
7	Zanna Bagrin	28:29
8	Bettyjayne Lazon	30:05
9	Catherine Hoffman	30:26
10	Ashley Ham	30:35
11	Aubree Sullivan	30:40
12	Jamie Barbeauld	30:49
13	Rebecca Williams	30:57
14	Amy Plemons	30:58
15	Elizabeth Pittman	30:59
16	Stacie Guines	31:03
17	Katie Gruber	31:04
18	Rachel Davis	31:17
19	Erica Millican	31:17
20	Maggie Shuttters	31:31
21	Betsy Shuttters	31:43
22	Erin Thurman	32:16
23	Amy Cooley	32:22
24	Michelle Daniel	33:31
25	Lisa Leopold	33:58
26	Emily Walker	33:58
27	Michelle Sledge	34:03
28	Amber Hixon	34:11
29	Kalani Lestmann	34:49
30	Annie Loveless	35:17
31	Leah Stansell	35:25
32	Sara Cooke	35:25
33	Baley Whary	36:05
34	Ashley Lucas	36:06
35	Stephanie Stone	36:28
36	Arlyn Haycock	36:50
37	Hannah Hutman	36:52
38	Latoya Jackson	38:15
39	Ellen Gentry	39:52
40	Jennifer Edge	40:20
41	Marisa Porter	40:43
42	Elizabeth Mann	42:02
43	Brittany Elrod	48:47
44	Ashley McCoy	49:03
45	Riann Bilderback	50:54
46	Naquita Lester	53:57
47	Stephanie Dorris	58:41

**MALE AGE GROUP: 25-29**

1	Steven Butler	20:53
2	Francis Radnoti	22:26
3	Erik Wells	24:47
4	Ryan Miller	25:39
5	Daniel Kelley	26:00
6	Thomas Loveless	26:10
7	Eric Henderson	26:11
8	Greg Tyler	26:59
9	Christopher Smith	27:08
10	Zach Roberts	27:25
11	Kyle Taylor	27:36
12	Scott Egan	27:57
13	Aaron Stanley	29:31
14	Chris Sherbesman	30:29
15	Michael Sciortino	34:15
16	David Mitchell	34:50
17	Benjamin Cantrell	35:50
18	Michael Afdahl	37:00
19	Aaron Smith	41:43
20	Joel Smith	41:44
21	Leslie Blackstock	1:02:48

**FEMALE AGE GROUP: 30-34**

1	Meghan Cobble	24:20
2	Shannon Wheeler	25:23
3	Kathryn Vinson	25:38
4	Mina Sartipi	26:26
5	Deanna Miller	28:03
6	Jaime Herndon	28:14
7	Elizabeth Petty	29:25
8	Rebecca Anderson	29:34
9	Beth Salling	29:46
10	Angie McAmis	29:46
11	Heather Blair	29:47
12	Jenny Silberman	29:50
13	Lara Eddleman	30:20
14	Elaine Manglicmot	30:27
15	Kelly Brexler	30:48
16	Amanda Morgan	31:00
17	Samantha Hartsell	31:35
18	Nicole Winton	31:58
19	Amanda Simpkins	32:12
20	Lori Maddron	32:23
21	Michelle Edwards	32:55
22	Allyson Osmundsen	32:59
23	Ashley Crain	33:40
24	Natalie Atwell	34:27
25	Jennifer Daniel	35:30
26	Heather Hamilton	35:42
27	Mande Chapman	35:44
28	Eva Vanhook	37:57
29	Meghan Hudson	38:05
30	Ashley Herrick	38:18
31	Sarah Barnes	38:27
32	Tracy Bryant	38:54
33	Kendall Dixon	38:55
34	Christy Jone	40:04
35	Abbey Keehn	40:30
36	Amy Lovitt	40:33
37	Stephanie Essex	44:35
38	Jennie Brown	49:46
39	Melissa Johnson	52:26
40	Kisha Fifer	53:57

**MALE AGE GROUP: 30-34**

1	Jason Altman	16:42
2	Jason Allen	18:05
3	William Meiners	18:42
4	Jason Hartsell	26:18
5	Dieter Vermeire	27:37
6	Jason Malone	28:29
7	Ashley Hammonds	28:49
8	Zac Odom	29:12
9	Matthew Hutman	29:28
10	Garron Haycock	29:29
11	Kenny Cobble	29:31
12	Joshua Crain	29:57
13	Jon Goodwin	32:00
14	Marty Elkins	32:37
15	Ray Russell	33:12
16	John Simpkins	33:48
17	Stephen Williams	37:17
18	James Vandervort	38:28
19	Nick Edge	40:32
20	John Bilderback	50:55
21	Jason Brown	58:41

**FEMALE AGE GROUP: 35-39**

1	Carrie Wolf	27:09
2	Paige Phillips	27:24
3	Stacy Marshall	28:24
4	Laurel Zahrobsky	28:56
5	Michelle Richardson	29:01
6	Lori Johnson	29:20
7	Kendra Hedrick	29:48
8	Stephanie Oliver	29:56
9	Laura Vandenburg	30:15
10	Lee Hardin	30:20
11	Jennifer Brewer	31:01
12	Jenny Peet	31:13
13	Cindy Smith	31:31
14	Sandy Crosland	31:34
15	Amy Diamondidis	31:41
16	Leah Daniel	31:53
17	Rebecca Betancourt	33:15
18	Rebecca Betancourt	33:16
19	Jennifer Goodman	33:28
20	Rebecca Royval	34:25
21	Laura Middleton	34:42
22	Martha Love	35:11
23	Natalie Johnson	35:29
24	Melisa Moore	35:31
25	Christina Johnson	35:44
26	Joannah Bartoo	36:07
27	Joni Franklin	36:19
28	Pilar Munneke-Sanchez	36:44
29	Karen Muscatell	36:51
30	Amy Terry	37:47
31	Melissa Palus	37:47
32	Laura Roland	38:59
33	Jillian Lacy	39:11
34	Shellie Talley	39:38
35	Autumn Trainor	39:44
36	Allyson Cornell	40:07
37	Janet Nichols	40:35
38	Tara Hurt	42:17
39	Dawn Navolt	44:36
40	Shirleen Gonzales	45:01
41	Margaret McKay Martinez	49:38
42	Tonya Bullocks	51:39
43	Sarah Wolverton	1:02:55

**MALE AGE GROUP: 35-39**

1	Johnny Alvis	22:18
2	Paul Snyder	24:26
3	James Smith	24:48
4	Denny Marshall	25:10
5	Mark Kirk	25:22
6	Steve Coffman	26:38
7	Jerry McNair	27:59
8	Wath Lim	29:01
9	Gary Petty	30:20
10	Rob Vanhook	30:40
11	Jason Sneed	33:06
12	Walter Tindall	33:11
13	Rodney Wiggins	33:15
14	Timothy Harris	33:20
15	Jim Morgan	33:39
16	James Patrick	35:42
17	Larry Anderson	37:51
18	William Wynn	39:43
19	Jeffrey Cornell	40:06
20	John Gonzales II	45:01
21	Alvin Banks	51:23

**FEMALE AGE GROUP: 40-44**

1	Julie Garrett	26:39
2	Mary Sickler	26:42
3	Lanette Young	28:26
4	Leslie Wortman	30:42
5	Patricia McLelland	30:52
6	Heather Devaney	30:55
7	Anne-Marie Spencer	30:59
8	Beth Self	32:06
9	Julie Wiedmer	35:18
10	Renee Hood	35:35
11	Lee Stallings	35:46
12	Theresa Brantly	39:44
13	Lori Wortman	39:49
14	Patrice Schermerhorn	44:18
15	Carol Mitchell	49:04
16	Tonja Hunkapiller	49:24
17	Patti Marsh	49:26

**MALE AGE GROUP: 40-44**

1	Jerry Hoffer	25:52
2	Duane Chrismer	26:01
3	Jep Price	26:51
4	Ken Janke	27:31
5	Mike Riccio	27:52
6	James Faris	28:00
7	Chris Adams	28:47
8	John Sickler	29:49
9	Jonathan Wood	30:01
10	Chris Devaney	30:54
11	Shelley Brown	31:00
12	Brian Freeburg	31:42
13	David Lefon	32:00
14	Patrick Walshe	32:06
15	Donald Muscatell	32:58
16	David Pendleton	35:27
17	Stewart Hale	35:38
18	Ed Graham	39:38
19	Steve Higgs	41:51
20	Bill Hammontree	49:08
21	Joe Wolverton	1:02:54

**FEMALE AGE GROUP: 45-49**

1	Sherry Jennings	30:16
2	Candy Stephens	30:38
3	Betty Darbe	32:52
4	Kelli McLure	33:11
5	Becky Janow	34:05
6	Tina Barringer	37:23
7	Jill Blair	37:54
8	Victoria Galen	38:24
9	Lorie Torres	47:17
10	Gladys Perez-Sanchez	47:37
11	Renee Hammontree	51:31

**MALE AGE GROUP: 45-49**

1	Patrick Wortman	24:15
2	Terry Smith	25:41
3	Mike Burnett	28:54
4	Don Kudlak	31:51
5	Terry Janow	34:05
6	John Sutfin Shoemaker	36:19
7	Harold Talley	38:00
8	John Hansel	40:27
9	Edwin Sanchez	47:38

**FEMALE AGE GROUP: 50-54**

1	Lucretia Horner	27:54
2	Sandy Landry	30:13
3	Gale Moore	30:44
4	Jan McRae	30:45
5	Kim Clausen	32:33
6	Kathy Fulton	34:56
7	Jacqueline Hoover	35:20
8	Sandra Harris	36:33
9	Marielu Lopez	49:53

**MALE AGE GROUP: 50-54**

1	Michael Heinichen	22:45
2	Jeff Parker	26:03
3	Patrick Teasdale	28:51
4	Mark Marshfield	34:00
5	Bobby Elrod	43:16
6	Steve Breece	49:55

**FEMALE AGE GROUP: 55-59**

1	Janet Donovan	37:20
2	Patricia Owens	40:36
3	Mj Martin	55:19
4	Nancy White	57:26

**MALE AGE GROUP: 55-59**

1	Bob Gift	25:12
2	H. Francis Bush	29:11
3	John Egan	32:16
4	Chip Koshis	35:57
5	William Toop	55:18
6	Harold White	57:26

**MALE AGE GROUP: 60-64**

1	Dan Woughter	30:22
---	--------------	-------

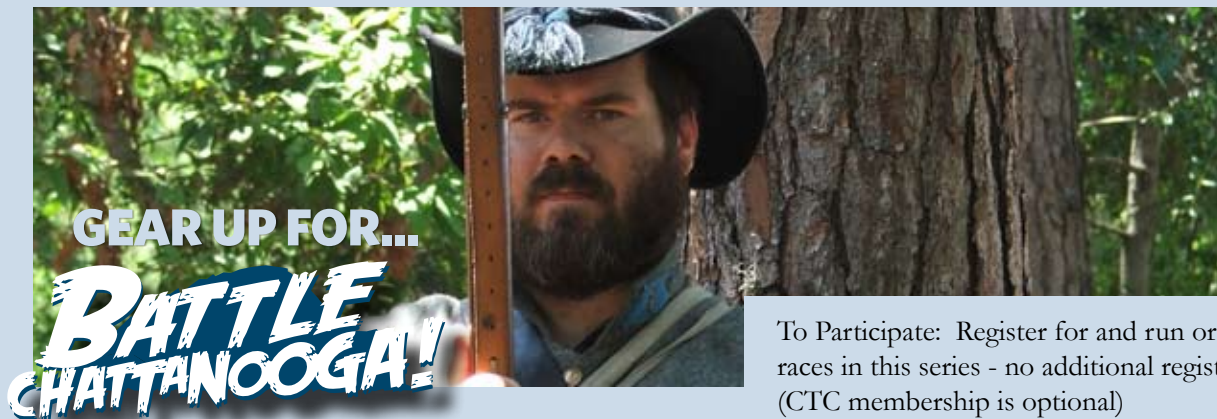
**MALE AGE GROUP: 65-69**

1	Phil Accord	1:02:55
---	-------------	---------

**FEMALE AGE GROUP: 70-99**

1	Phillis Roberts	
---	-----------------	--

# Scenic City Charity Challenge Volunteers



Introducing the “Battle for Chattanooga”, a new race series featuring three popular Chattanooga Track Club annual races:

- Chickamauga Chase 15k & 5k  
April 17, 2010  
[www.chickamaugachase.com](http://www.chickamaugachase.com)
- Missionary Ridge Road Race  
August 14, 2010  
[www.chattanoogastrackclub.org](http://www.chattanoogastrackclub.org)
- Chickamauga Battlefield Marathon & Half Marathon  
November 13, 2010  
[www.battlefieldmarathon.com](http://www.battlefieldmarathon.com)

**To Participate:** Register for and run or walk in all three races in this series - no additional registration fee is required. (CTC membership is optional)

**To Compete for a Battle for Chattanooga Award:** You must complete the Chickamauga Chase 15k, Missionary Ridge Road Race and Chickamauga Battlefield Marathon. Awards given to runners with the fastest combined times in the following categories: Overall Male and Female, Masters (40 & over) Male and Female, Grandmasters (50 & over) Male and Female

**To Collect a Battle for Chattanooga Medal:** Everyone who runs or walks in all three races in this series will be awarded a participation medal.

Awards & Participation Medals will be presented at the Chickamauga Battlefield Marathon.



# The Chickamauga Chase

April 17th, 2010 • The 42nd Running  
Chickamauga & Chattanooga National Military Park  
15k, 5k, Scenic Walk, & Kiddie K  
www.chickamaugachase.com • 423-757-7633

## 42nd Running of the Chickamauga Chase April 17, 2010

As always, I want to cordially invite everyone to join us on Saturday, April 17th for the forty-second running of The Chickamauga Chase at the Chickamauga and Chattanooga National Military Park. We have been generally pleased with the slightly later April date over the last few years to allow us to enjoy better spring-like weather. I have probably jinxed it by saying so!

I want to invite each of you to visit our new website, [www.chickamaugachase.com](http://www.chickamaugachase.com). The new site was constructed by volunteer Ronnie Tidwell, a very talented web designer who lives near the Park and simply wanted to help! The site now offers tons of content and beautiful photography from the award winning essay, Signed with Their Honor by Robin Rudd, and Jim Cox of Cox Sports Photos. The site is meant to be all things to all people, so we welcome your comments. What would you like to see? More history, more race details, etc. Just let us know.

I also want to solicit help from any and all sources for volunteers, like web designer Ronnie Tidwell. The

Chase needs approximately 100 warm and willing bodies to conduct the event, and we can always use your help. Please let me know, we will put your offer to good use.

You can of course register on our website via [active.com](http://active.com), or pick up a race application at most any fitness club or retailer. We are very pleased with our new location for pre-race packet at Outdoor Chattanooga in Coolidge Park in North Chattanooga. Packet pickup and registration will be held Friday, April 16th from 11:30 a.m. to 7:00 p.m. Race day registration begins at 7:00 a.m. at the staging area beneath Wilder Tower in the Park. It always helps to make a more successful race if you will register as early as possible, and make an attempt to pickup your race packet on Friday.

See ya on April 17th at the Battlefield! The tradition continues.

George Skonberg  
Race Director  
[george.skonberg@ubs.com](mailto:george.skonberg@ubs.com)  
or 423-757-7633



# CTC RACE COMMITTEE ANNOUNCES 2010 JOE MCGINNESS RUNNER OF THE YEAR COMPETITION GUIDELINES

CTC Race Committee Announces 2010 Joe McGinness Runner of the Year Competition Guidelines.

The CTC Race Committee met in January to evaluate the annual Joe McGinness Runner of the Year competition, what works about the competition and what changes need to be made going forward to enhance the competition for 2010.

V.P. of Races, Doug Roselle surveyed the membership and found that respondents want to see the competition recognize the best runners in the area. They also agreed overwhelmingly that volunteering should be a requirement, however, the points for volunteering should be counted toward a Volunteer of the Year competition, which is something new that the CTC Board voted unanimously should be added to recognize our top volunteers. Finally most folks wanted to expand the number of races that would count towards Runner of the Year. As you will see, the rules have been tweaked to improve the contest, yet not lose what people like.

If you have questions, would like to see summary results of the survey, or just have comments email [DougRoselle@comcast.net](mailto:DougRoselle@comcast.net) Hope everyone has a great year of running!!

## JOE MCGINNESS RUNNER OF THE YEAR Final Standings - 2009

MEN



RYAN SHRUM

### Overall Men

Ryan Shrum (1090)  
Charles Webb (970)  
Sergio Bianchini (720)  
Phil Thomas (390)  
Doug Roselle (330)  
Cyrus Rhode (280)  
Butch Cooke (270)  
John Crawley (200)  
Quinton Mansell (120)  
David Moghani (100)

### Junior Men

James Larson (470)  
John Larson (60)

### Adult Men

Charles Webb (1060)

### Masters Men

Ryan Shrum (1320)  
David Moghani (690)

### Grandmasters Men

John Crawley (890)  
Butch Cooke (550)  
Doug Roselle (530)  
Quinton Mansell (440)

### Senior Men

Sergio Bianchini (1390)  
Cyrus Rhode (1000)  
Phil Thomas (920)  
Doug Hawley (700)

WOMEN



SUSAN GALLO

### Overall Women

Susan Gallo (1090)  
Patsy Ging (890)  
Gwen Meeks (540)  
Bernice Delaney (500)  
Ann Garner (390)  
Melodie Thompson (390)  
Bonnie Wasson (330)  
Tammy Larson (250)

### Junior Women

Caitlin Duggan (560)

### Masters Women

Gwen Meeks (760)  
Bernice Delaney (710)  
Barbara Ensign (690)  
Tammy Larson (500)

### Grandmasters Women

Susan Gallo (1450)  
Patsy Ging (1220)  
Melodie Thompson (720)

### Senior Women

Bonnie Wasson (1030)  
Ann Garner (880)



### CTC Check Presentation

Chattanooga Track Club Board Member and former UTC Cross Country and Track Athlete, Tim Ensign, and CTC Board President, Sherilyn Johnson, presented a \$1500 donation to the UTC Cross Country and Track program at a recent basketball game at McKenzie Arena. Accepting the donation was Head Coach Bill Gautier and daughter, Sydney Gautier. Coach Gautier has been head coach at UTC for 17 years. Under Gautier's leadership, UTC has won numerous individual championships and top-athlete honors along with several men's and women's league titles. We appreciate all Coach Gautier and UTC do to foster running in the Chattanooga area and thank them for their continued support of the Chattanooga Track Club.

**from left to right:** Sherilyn Johnson, CTC Board President, Ella Ensign and Tim Ensign, CTC Board Member, Head Coach Bill Gautier and Sydney Gautier

# 2010 Joe McGinness Runner of the Year Competition and Volunteer 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 participation in CTC events.

## Eligibility Guidelines for Runner of the Year

1. Be a current CTC member at the start of the ROY event. Points are not retroactive.
2. Compete as a runner or walker in at least five (5) ROY events. See CTC calendar for eligible events. All ROY races completed count towards the standings. [To compete in 5 races, one must begin collecting points before the Signal Mountain Pie Run, October 16, 2010]
3. The competition is divided into 12 different categories based on age and gender:
  - Junior Men/Women (15 and younger)
  - Young Adults Men/Women (16 – 29)
  - Adults Men/Women (30-39)
  - Master Men/Women (40 – 49)
  - Grand Masters Men/Women (50 – 59)
  - Senior Men/Women (60 and over)
3. The competition is divided into 12 different categories based on age
4. Points are awarded to the first ten ROY eligible finishers in each ROY category as follows. Must be a CTC member at the start of the race in order to collect ROY finishing points.

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
5. Volunteer in at least two (2) CTC events. Shifts must be at least three hours in duration (or until released by the Race Director) Must be a current CTC member at the time of volunteering. Volunteer credit is not retroactive.
6. ROY competitors cannot earn volunteer credit and ROY points at the same event, unless the volunteer credit and competitive points are earned on separate days. ROY competitors will receive thirty (30) points for each time they volunteer which may be applied to Volunteer of the Year [VOY] but will not count toward ROY points.
7. Members may earn NEW Participation Bonus Points of 10 points per race when participating in any Non-ROY event within 50 miles of Chattanooga. A print out of official event results must be provided to the ROY point's keeper in order to be eligible. A bib number or proof of registration only will not be accepted.
8. Awards will be given as follows:
  - Overall Female: Given to the top 5 female competitors
  - Overall Male: Given to the top 5 male competitors
  - Age Group Awards: Given to the top 3 female and male competitors in each category.Runners of the Year are announced at the Annual CTC Banquet, January 2011 and will receive high quality CTC logo running apparel. *Winners of the Overall Category are not also eligible for Age Group Awards.*

## ROY Standings

Runners can check the current ROY standings by visiting the ROY points page. Please note, ROY standings are updated as finishing results and volunteer information are made available. It is the responsibility of race directors and volunteer coordinators to submit volunteer points to the ROY points keeper.

## Volunteer of the Year (VOY)

Chattanooga Track Club events would not be possible without the work and contribution of its volunteers. The majority of organization and management of CTC events along with the promotion, setup, timing, support and take down is done by an array of volunteers who work tirelessly to provide the best experience for CTC members and the thousands of people who travel to the Chattanooga area to participate in CTC events.

CTC offers the Volunteer of the Year [VOY] competition to promote and encourage volunteerism in CTC events to show its appreciation for its volunteers.

### To be eligible for VOY:

1. Be a current CTC member at the start of the volunteer shift. Points are not retroactive.
2. Volunteer in at least two (2) CTC events. Volunteer shifts must be at least three (3) hours in duration (or until released by the Race Director).
3. Participants earn thirty (30) points for each time they volunteer. For multiple day events, participants will receive thirty (30) points per day. VOY competitors cannot earn volunteer points and ROY points at the same event, unless the volunteer and competitive points are earned on separate days.
4. Volunteer of the Year will be awarded to the top 5 volunteer point leaders as of December 31, 2010. Winners will be announced at the Annual CTC Banquet, January 2011 and will receive high quality CTC logo apparel.

### VOY Standings:

Volunteers can check the current VOY standings by visiting the VOY points page. VOY standings are updated as volunteer information is made available. Volunteer points often take longer to post then running results. It is the responsibility of race directors and volunteer coordinators to submit volunteer points to the VOY point's keeper.

For additional information, contact Doug Roselle, V.P. of Races, at [VPRaces@chattanoogatrackclub.org](mailto:VPRaces@chattanoogatrackclub.org)



## The Butterfly Effect

*Small things we do add up to make us who we are as runners*

By John Bingham



I am not a physicist. I am a writer, runner, and recovering bass trombonist. But that doesn't stop me from thinking that I understand physics. I've read about a concept called "The Butterfly Effect." The definition goes something like this: Small variations of the initial condition of a dynamic system may produce large variations in the long-term behavior of the system. It suggests that a butterfly flapping its wings in Hong Kong can eventually affect the weather in Kansas. Cool, huh?

It got me thinking about how small variations or changes in our lives can have unexpected long-term effects. I used to be an overweight smoker who didn't exercise, but small decisions over the years—like going for that very first run—have produced large variations in my long-term behavior, helping me become the 45-time marathoner I am today. That transformation didn't happen overnight. It didn't happen after one run, though many of us expect just that. We think that every run needs to produce some immediate benefit. Whether it's supposed to make us faster or build our endurance, the effects of today's run are supposed to take effect, well, today.

I think that's why many of us like to sprint the last quarter mile of our daily run. We like the feeling that comes from a hard effort. It feels like we're accomplishing something. (By the way, that final sprint at the end of a run is a good way to pull a hamstring. Trust me on this.)

What I didn't know then was that there is a Butterfly Effect in running. It isn't the grand gestures and epic achievements that make us runners. Sure, running for 30 minutes nonstop

is great. Qualifying for Boston is great. But that's not ultimately what makes you a runner.

It's the little things we do every day adding up over time that matter. It's not just running one morning; it's getting up morning after morning and running. It's not just eating better at one meal; it's making better decisions at every meal. It's the small decisions we make almost without thinking that make us runners.

The lesson from today's run may not be important right away. Learning you're more comfortable wearing a long-sleeve shirt even when it's not that cold out may lead to the best race of your life years later. Learning that you shouldn't have eaten the Firebrand Salsa on your nachos the night before a long run may mean a marathon PR somewhere down the road.

It may be a function of aging, or it may be a function of maturing as a runner, but knowing I don't have to squeeze significance out of today's run has made running much more satisfying. Today's run might just be a run. I take it in as a point of data on an elaborate matrix. I don't try to assign a meaning to it. I have faith that somewhere, sometime, it will matter.

I run now with enormous confidence that I am doing something good for myself. I run understanding that I may never know where the winds of some running epiphany started. And I run understanding that not understanding is all right.

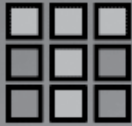




# TECHNOLOGYPROJECTS

Web Application Design & Development

Web Application Design & Development



# TECHNOLOGY PROJECTS

What ARE web applications?

Cold Fusion Server Windows 2000 IIS5.0 SQLServer 2000 Javascript ASP VBScript



Technology Projects  
1014 Dallas Road, Suite 102  
Chattanooga, TN 37405

p.423.267.7375  
f.423.756.9672

bbrock@tech-projects.com  
lbrock@tech-projects.com



Because athletes require more than the average person...

Specializing in sports injuries, joint & spinal steroid injections, erbium laser peels, therapeutic & cosmetic BOTOX, Juviderm & facial fillers, natural hormone replacement, laser therapies for sun damage & moles, Obagi skin care

The Ford Center for Anti-Aging & Pain Mangement  
2020 Keith St. NW - Suite C  
Cleveland, TN 37311  
(423)614-0535

10% Discount for all Chattanooga Track Club members. For more information visit [www.fordcenters.cc](http://www.fordcenters.cc)







# Take a Hike...Literally

The Sunday recovery hike is new to the weekly CTC schedule. It's a great way to work through sore muscles from my long runs on Saturday, says Susan Gallo, CTC 2009 Female Runner of the Year and it's a great way to get to know other runners and walkers in a more relaxed atmosphere. There is a different location each week that features some of the most scenic trails in the area. Locations are posted in the weekly CTC E-news. For more information, contact one of the hike leaders:

Bernice Delaney .....876-7259

Walt Sinor..... (256) 996-0728

Lynda Webber .....267-0729

All levels welcome.



## RACE DIRECTORS MEETING



The CTC Races Committee held its annual Race Directors Meeting, March 2, 2010 at Out of the Blue Café'. In attendance were CTC Board members, members of the Races Committee and Race Directors for over ten area events. The purpose of the meeting was to provide a good directory of information and review resources available to race directors. There was a really good exchange of information, said V.P. of Races, Doug Roselle. The questions were good and I hope that the directors received valuable information to help with

their event. Other CTC event support were on hand to help provide information on promotion, timing, equipment, volunteers and safety.

If you are a Race Director or thinking about directing an event and have questions or need support for your event, contact Doug Roselle at [vpraces@chattanoogatrackclub.org](mailto:vpraces@chattanoogatrackclub.org)





# MAKE SURE Your Shoes Are UP FOR THE BlueCross Walk AROUND TOWN CHALLENGE!

**Want to earn a free year's membership to the Chattanooga Track Club and a WalkingWorks prize pack?** Pick up a 2010 Walk Around Town Challenge card at the next Chattanooga Track Club event and follow these three steps:

## 1. Walk in three out of four of the following Chattanooga Track Club events:

Scenic City Half Marathon, 5K & Charity Challenge  
5K Walk - February 27, 2010  
Chattanooga

BlueCross Riverbend Run & Walk  
5K Walk and 1-Mile Fun Run & Walk - June 19, 2010  
Chattanooga

BlueCross Chattanooga Chase  
1-Mile Walk - May 31, 2010  
Chattanooga

Raccoon Mountain  
Round the Rim Run  
5K Walk - August 28, 2010  
Chattanooga

## 2. Get your card punched at the Chattanooga Track Club table after you complete each walk.

## 3. Mail your card to:

Chattanooga Track Club  
PO Box 11241  
Chattanooga, TN 37401

***"Anybody running beats anybody walking, and anybody walking beats anybody sitting."***

***- Tom Bunk***

# BlueCross WalkingWorks Encourages You To Get Out and Walk At Lunch

Now is the time to take charge of your health and get physically fit. The BlueCross BlueShield of Tennessee WalkingWorks program offers an easy way to integrate a walking plan into your everyday routine. A great way to get started is by stepping outside to enjoy the warmer spring temperatures with a walk at lunch.

According to the American Heart Association, Americans spend the majority of time at work. With businesses spending more than \$12 billion a year in obesity-related medical expenses, it is especially important to find ways to incorporate physical activity during the day. Some of the benefits include:

- Active employees take 27 percent fewer sick days;
- Active employees have a 15 percent increase in work performance;
- Higher staff morale;
- Improved memory and concentration.

While it's easy to see the benefits of walking on paper, it's another thing to actually start a walking plan at work. Make motivating yourself and your co-workers easy by following a few simple tips:

- Spread the word around the office through e-mail and fliers;
- Organize employees according to skill level, assigning beginning, intermediate and advanced-level walkers into groups;
- Plan ahead for routes and weather conditions;
- Make it fun. Start a challenge or competition;
- Reward each other with a nutritious potluck.

One hurdle to walking at work is the potential for sweating and ruining clothes for the rest of the day. But don't let that stop you. Just follow these tips:

- Wear layers of clothing;
- Choose breathable fabrics like cotton or wicking material (wicking material draws moisture away from the body and can be found in most undershirts);
- Pack wet wipes to absorb moisture and odor;
- Cool down 5-10 minutes to allow sweat to evaporate.

While walking at lunch is a great way to get you out of the office and into a healthy routine, the long-term goal is to motivate and encourage healthy choices throughout the year. For more information on starting a walking program, contact BlueCross BlueShield of Tennessee.



# New & Returning Members

Teri Akovenko	Ella Cowart	Colin Gift	James Larson	Gary Perry, Jr.	Alisa Stipanov
Kristin Alexin	Harper Cowart	Robert Gift	John Larson	Randall Peters	Lucy Stokely
Johnny Alvis	Laurie Cowart	Daniel Gill	Tammy Larson	Elizabeth Petty	Jeff Stracener
Courtney Armstrong	Zach Cowart	Stephen Gordy	Tim Larson	Jane Phillips	Jean Straussberger
Joel Armstrong	John Crawley	David Grandy	Don Lastine	Wayne Phillips	Jeff Straussberger
Kimberly Atkins	Ronald Creech	Tom Gribben	Karrah Leary	Blake Pierce	Mark Straussberger
Joe Axley	J. Clay Crumbliss	Amy Gruber & family	Michael Leary	Vickie Pitts	Sara Straussberger
Dan Bailey	Roger Cunningham	Pat Hagan	Carter Lynch	Cindy Pointer	Daryl Street
Thomas Barker	Holly Curvin	Melissa Hale	Clifford Lynch	Bill Pollard	Gwynn Swallows
Larry Barlow & family	Bob Cutrer	Connie Hall	Don Lyons	Vicki Postelle	Alice Swearingen
Charles Barrett	Pamala Cuzzort	Diane Halstead	Stuart Mabry	Andrue Potts Wade	David Swearingen
Jonathan Baxley	Bryan Davis	Jeri Harris	Bonnie Mansell	Scott Potts Wade	Lisa Swearingen
Jeannette Beach	Timothy Davis	John Harrison	Matthew Mansell	Teresa Potts Wade	Mary Jo Swearingen
Glenn Beasley	Ashton Debord	Susan Harrison	Quinton Mansell	Sean Price	Sid Swearingen
Leslie Becht	Danielle Debord	Donald Harvey	Quinton Mansell Jr.	Eric Pritchard	Mark Taylor
Lisa Becht	Bernice Delaney	Jane Harvey	David Martin	Kenneth Radley	Jennifer Terry
Ray Beem & family	Rory DeWeese & family	Steven Hassler	Michael Mason	Shawen Ransby	Rebecca Tharp
Robert Berman	Ali Donahue	Doug Hawley	Chris Mawata	Blaine Reese	Phil Thomas
Michael Berry	Marianne Douglas	Doug Hawley	Brendon McDermott	Mary Reid	Melodie Thompson
Jenni Berz	Caitlin Duggan	Joan Hearn	Kirk McDermott & family	Cyrus Rhode, Jr.	Steve Tompkins
Marco Bianchini	Caroline Duggan	Bill Henderson	Jason McKinney & family	Mark Rhoden	Oliver Trimiew
Paula Bianchini	Ginger Duggan	Corinne Henderson	Matt McLelland	Becky Richard	Daniel Uson
Sergio Bianchini	Mark Duggan	Sally Hoffman	Patricia McLelland	Brandi Richard	Emily Valencia
David Bishop	John Ellington	Betty Holder & family	Lee Meadows	Jeff Richard	Don VanLandingh
Reggie Bishop & family	Anna Ellis	Tim Holmes	Gwendolyn Meeks	Jack Richmond	Chad Varga
Dave Boozer	Catherine Ellis	Lucia Hopper	Nik Meeks	Laurie Richmond	Denise Varga
Jane Boozer	Christine Ellis	Sherry Hopper	Sean Menton	Marielisa Rincon	Natalie Varga
Kevin Boucher	Daniel Ellis	Deb Horn	Jed Mescon	Jesse Roberson	Zachary Varga
Wendy Bovell	Elizabeth Ellis	Joey Howe	Susan Mientling	Geoff Rodgers	Carolyn Varnell
Ed Boyles	Rebecca Ellis	Lauren Hunt & family	Chuck Miller	Richard Rogers	Rod Varnell
Ron Branam	Michael Emerling	Lanise Hutchins	Bill Minehan	Rick Rogers & family	Richard Volkwein
Carlos Breeden	Missy Emerling	Dale Ingram	Jack Minehan	Steve Rogers & family	Joan Vos
Bill Brock	Andrew Enicks	Sharon Irish	David Moghani	Doug Roselle	Dorn Walker
Laura Brock	David Enicks	Terry Irish	Denise Moon	Peggy Roselle	Laura Jane Walker
Beverly Brockman	Hugh Enicks	Eileen Johnson	Michael Mooney & family	Thomas Russe	Maria Walshe
Chris Brockman	Will Enicks	Jim Johnson	Mary Margaret Moore	Dawn Salyer	Treva Walshe
Jennifer Brockman	Barbara Ensign	Joe Johnson & family	Bill Moran	Mitchell Samuelian	Patrick Walshe
Tad Bromfield	Ella Ensign	Mary Johnson	Nathan Morris	Theresa Samuelian	Craig Wandelt
Jennifer Brown	Kelsey Ensign	Missi Johnson	Jerre Mosley	David Scholes	Andrew Warner
Marty Brown	Tim Ensign	Russ Johnson	Lorraine Nance	James Selman	Bill Warner
Adam Burnett	Marc Erickson	Sherilyn Johnson	Chase Newell	James L. Shank	Jonathan Warner
Steven Bush & family	Billy Estes	Steve Johnson	Cord Newell	Ryan Shrum	Sharon Warner
Valerie Campbell & family	Leroy Fanning	Art Jones	Jodz Newell	Charlene Simmons	Bonnie Wassin
Colleen Carboni	Rita Fanning	Sissy Jones	Vann Newell	Tommy Sims	Charles Webb
Mary Carpenter	D. Scott Farley	Andrea Jungels	Tommy Nichols	Walter Sinor	Karen Webb
Joshua Carter	Jerry Ferrari	Earl Kelle	Bruce Novkov	Kathy Sisemore	Roy Webb
Candy Clark	Beth Ford	Emma Kellum	Holly Novkov	Thomas Sisemore	Lynda Webber
Judith Coffey	Chris Ford	Jo Kellum	Carla Noya	Jill Sizemore	Carol White
Edwina Cohen	Dennis Ford	Ray Kellum	Fabiola Noya	George Skonberg	Frank White
Melody Coleman	Lauren Ford	Les Kertay	Ronald Nudo	Leigh Skonberg	John Wikle
Sal Coll	Sherrie Forrest	David Klinger	Terrance O'Brien	Stephen Smalling	Ben Wiley & family
Billy Collier	Jennifer Funk	Andy Koss	Abner Oldham	Melissa Smeltzer & family	Ashley Williams
Hope Collier	Rhonda Gage	Gina Krabbendam	Alan Outlaw & family	George Smith	Bridgette Wisdom
Melodi Collier	Susan Gallo	Karin Krey	Jaime Overturf	Katie Smith	Mark Wisdom
David Coniglio	Karen Galyon	Mark Kuhn	Tom Owen	Scott Smith	Gilly Wiseman
Tammy Cook	Lester Galyon	Roger Lambert	Pamela Park	Terry Smith	Matt Wiseman
Butch Cooke	Ann Garner	Erika Lammon	Richard Park	Truman Smith	Bud Wiseman
Gail Cooke	David Garvey	Etsako Lammon	Richard Park, Sr.	Jeffrey Sodemann	Sonia Wisseman
Katharine Cooper	Henry Gaudet	Hannah Lammon	Emily Patton	Philip Sparr	David Wycherley
Terrie Corbin	Andrew Gennett	Kurt Lammon	Beverly Peacock	Vee Spears Peek	Janice Wycherley
	Diana Gennett	Daniel Lamsey & family		Don Spellman	Kim Jade Wycherley
	Lydia Gennett	Sandy Lane		Herbert Spittler	Belinda Young
	Christopher Gentry			Candise Stephens	Theresa Youngquist
	Brenda Gift				Curt Zacharias
					Mary Zacharias





## **Smokin' Cajun Cookout**

April 17, 2010, 6:00 -10:00 p.m.

On the South Green in front of  
Blue Plate Restaurant

Crawfish Boil & Tamales by  
Champys and Live Entertainment

Hosted by the Chattanooga  
Track Club.

Ticket information available at  
[www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

# **FRONT RUNNER** ATHLETICS

(423) 875-3642  
(423) 875-9452 fax

4251 Hixson Pike  
Chattanooga, TN 37415

[cvarga@fronrunnerathletics.com](mailto:cvarga@fronrunnerathletics.com)  
[www.fronrunnerathletics.com](http://www.fronrunnerathletics.com)



# **FAST** **BREAK**

*Chattanooga's Ultimate Running Store*

**19 Cherokee Boulevard  
Chattanooga, TN 37405**

**(423) 265-0531**



[www.NameTagCountry.com](http://www.NameTagCountry.com)  
[www.PersonalizedCountry.com](http://www.PersonalizedCountry.com)  
[www.AwardCountry.com](http://www.AwardCountry.com)

ENGRAVING • LASERING • DIGITAL PRINTING

3837 Hixson Pike      423.870.4231

[orders@awardcountry.com](mailto:orders@awardcountry.com)

Also Visit Our New Location

AWARDS

*Custom  
Awards  
& Gifts*

TROPHIES

1335 Mackey Branch Dr - 423-899-4727



## SUNDAY RECOVERY HIKE

For more information, e-mail Walt Sinor at [waltersinor@yahoo.com](mailto:waltersinor@yahoo.com)

## 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 e-mail Walt Sinor @ [waltersinor@yahoo.com](mailto:waltersinor@yahoo.com)

Check out CTC Logoed Apparel at Front Runner and Fast Break

## SPEEDWORK

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

Volunteers Needed!  
Earn V.O.Y. Points.

Upcoming Volunteer Opportunities!

March 27 - 65 Roses,

April 17 - Chickamauga Chase.

More info at

[www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

## Join a Saturday Group Run!

6:30 a.m. - visit [grouprun.com](http://grouprun.com) for weekly location

8:00 a.m. - Meet at Downtown Sports Barn

## Walking Works

Sign up for a Walking Works event

## 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.

Tuesday Night Run  
6:00 pm at Greenway Farm  
(off Hamill Rd in Hixson)

Sponsored by Front Runner Athletics. Led by Ryan Crews

Check out the 2010 CTC Race Schedule  
[chattanoogatrackclub.org](http://chattanoogatrackclub.org)

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



Send Bulletins to  
[vpcommunications@chattanoogatrackclub.org](mailto:vpcommunications@chattanoogatrackclub.org)

# BULLETIN BOARD





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

NON-PROFIT  
 ORGANIZATION  
 U.S. POSTAGE  
**PAID**  
 PERMIT NO. 130  
 CHATTANOOGA TN

## CHANGE SERVICE REQUESTED

# RACE CALENDAR

Please see [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) for a complete list of events past and present, further rules, changes and regulations. Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

### MARCH

- 20 - 11th Annual Gateway Bank & Trust 5K Run for Communities in Schools
- 27 - 65 Roses 5K & Walk for Cystic Fibrosis Research

### APRIL

- 3 - Oak Barrel Half Marathon
- 11 - Kiwanis Club of Collegedale 5K Run/Walk
- 17 - Chickamauga Chase 15K/5K
- 23 - Southern Blue Relay
- 24 - Belvoir Christian Academy's 2nd Annual "Run with the Lions" 5K Race, Walk and Kiddie K
- 24 - Run for Education 8K and 2 Mile Fun Run/Walk

### MAY

- 1 - Strawberry Chase 10K, 5K and 1 Mile Family Fun Run
- 1 - Cleveland Rotary Run 10K
- 1 - 30th Annual Bill Gregory Healthcare Classic
- 1 - CASA's Run for the Child 5k and 1 Mile Fun Run
- 8 - King of the Mountain
- 22 - Market Street Mile
- 31 - BlueCross Chattanooga Chase 8K & 1 Mile Walk

### JUNE

- 19 - BlueCross Riverbend Run & Walk

### JULY

- 11 - Chattanooga Waterfront Triathlon