

LOGGING AND TUNING

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
Blaine Reese
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
Will Musto
Dawn Salyer
Walt Sinor
Melodie Thompson
Oliver Trimiew
Mark Wisdom

Staff

Bookkeeper:
Connie Hall

Design and Layout for Jogging Around:
Keith Finch

Equipment Manager:
Flash Cunningham
EquipmentManager@chattanoogatrackclub.org

Timing Manager:
Steve Morrison
TimingManager@chattanoogatrackclub.org



Runner Club Member

JOGGING AROUND

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
Chattanooga Waterfront Triathlon.....	2-8
CTC Membership Form	9
Hiking Fun	10
Healthy Living Expo.....	11
2010 BlueCross Riverbend Run Continues CTC Tradition for Record-Breaking Participation	12-18
A View From The Road.....	19
BlueCross Chattanooga Chase 8K Results.....	20
Joe McGinness Runner of the Year Standings	21
State Records Fall at Market Street Mile	22-23
Maintaining Motivation.....	24
King of the Mountain 4M Results.....	26
Marathon Man	27
Meet a New Member: Steve Smalling	27
Welcome New and Returning Members.....	28
CTC Donors	28
Bulletin Board	29

Jogging Around Ad Rates

Ad Size	Single run	3 Issue run	Year Run
Full Page	\$90/Issue	\$85/Issue	\$70/Issue
Half Page	\$55/Issue	\$49/Issue	\$44/Issue
Qtr Page	\$40/Issue	\$36/Issue	\$32/Issue
Business Card	\$25.00	\$22.50	\$20.00
Inserts are \$60/issue			

Ad Info

For Current Ad Information, please contact
Jenni Berz,
VPCommunications@chattanoogatrackclub.org

WORD FROM THE PREZ'S PERCH

What a summer we have had in Chattanooga! Most races have set participation records. There are several opportunities to participate in races in the months ahead from 1-mile walks to 10Ks. Be sure and check out the list of races on the back page. For a complete list of races, check out the Chattanooga Track Club website at www.chattanoogatrackclub.org.

May was a busy month. Once again Walt Sinor was an excellent race director at the Market Street Mile. Participation was up by 20 percent. Congratulations to Tim Ensign, Joe Johnson and Jane Webb who broke state records. Also, Chas Webb was an excellent race director at the BlueCross Chattanooga Chase 8K. Over 254 participants enjoyed the beautiful course in North Chattanooga. Participation for this race was up 57 percent.

As a first time race director, Blaine Reese did an excellent job at the BlueCross Riverbend Run. It was a hot day as 1,560+ participants completed the 10K, 5K and walk. Participation was up by 40 percent.

This years Chattanooga Waterfront Triathlon honored co-founders Betsy and Calder Willingham. Not only did we sell out a record three weeks in advance of the race, we introduced a new award in honor of the Willinghams, the "Spirit of the Tri" Award. This award is given to a local triathlete who demonstrates the spirit of the triathlon by overcoming challenges and promoting health and fitness. This years award was presented to George Skonberg. Congratulations George.

If you have ever thought about running a marathon, why not run one in every state and then one on every continent. Truman Smith is doing just that. Learn more about the Marathon Man on page 23. He will inspire you to set your own marathon goals.

With all of the recent races, the Runner of the Year race is really heating up. Check out the results to date on page 21. Remember, to be eligible for a Runner of the Year award, you need to volunteer at two races or on two different days for the same race, but not on race day. Details can be found at the Chattanooga Track Club website.

As of July, Steve Morrison is our new Timing Manager. Steve comes to CTC with a wealth of knowledge and will do an excellent job. He is responsible for timing all Chattanooga Track Club races. We are very excited to have Steve take on this duty and help us have race results faster and more accurate. Welcome Steve.

Another recent change on the Chattanooga Track Club board is the position of VP of Membership. I would like to congratulate Blaine Reese for accepting this open position. Blaine, a current board member and long-time CTC member is

incredibly energetic and a great asset to our club. I would like to thank Mitzie Dyer for her service on the Board. She brought a lot of great ideas and input and will be missed. Thanks Blaine for taking on this responsibility. I know you will do a great job.



Since Blaine Reese was a CTC Director, a position opened up and Will Musto accepted this position. Will, an avid runner and regular reporter of CTC events and other area running events for the Chattanooga.com and other internet media, will serve on the Communications Committee. Thank you Will for joining the board. We look forward to you sharing your talents with our club.

As I mentioned earlier, race participation is up. Most recently, registration for the Chickamauga Battlefield Marathon and Half Marathon closed, more than 3 months in advance. This year we have a new Race Director, Jenni Berz. I am very confident she will continue the great work Doug Roselle has been doing for the past 4 years. Thank you Jenni for accepting this position. I know you will do great.

This year we also have a new Jr. Marathon Race Director, Jennifer Morrison. Jennifer will be promoting and directing the cross-country runs in September and October as well as promoting and directing the Jr. Marathon which will be the same day as the Chickamauga Battlefield Marathon and Half Marathon, Saturday, November 13. I'm excited Jennifer has accepted this position and I know she will do an excellent job. Thank you Jennifer.

I would like to thank the volunteers who make the races possible. Without volunteers, there would be no races. I would especially like to thank the 350+ people who volunteered at the Chattanooga Waterfront Triathlon. Many volunteered for the whole weekend. Everyone should be proud for contributing to its success.

Volunteering is a fun way to enjoy the race and be involved if you are unable to participate in the race. There are several races coming up that need volunteers. Since the Chickamauga Battlefield Marathon and Half Marathon have already sold out, you can have fun by volunteering. Just go to the Chattanooga Track Club website and click on Volunteer Now on the left side of the page or email me at steve.sherilyn@comast.net.

Have fun running and volunteering. Stay hydrated.

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.



2010 Chattanooga Waterfront Triathlon *In Honor of Founders Calder and Betsy Willingham*

By Bill Brock

It happened again. A stormy, bright and hot weekend on the riverfront saw over 400 volunteers working a myriad number of positions from pre-dawn to early-dusk to once again produce a flawless and spectacular event for over 1300 participants from all over the nation and then some.

The athletes are the center of attention, of course, and they deserve to be for the long and tough hours they put in training their bodies and their minds for the challenge of this triathlon. It's no easy task, after all, pedaling highway 27 out and back for 26 miles after a 1-mile swim down the Tennessee River and then hitting the Riverwalk for a final 10k out and back. It's a tough course and a tough event.

What is most remarkable to me, though, is the way this event blossoms into being, explodes into activity, and then wraps itself up down to picking up the last wire tie in a period of less than 96 hours. When I sit down and really consider all the moving parts, it just blows my mind.

The Chattanooga Track Club, Team Magic and Outdoor Chattanooga/Chattanooga Parks and Recreation are

certainly the three legs that form the base strength for this event. We would totter and fail, though, without the additional support of the University of Tennessee, the Tennessee Department of Transportation, Chattanooga City Traffic Engineering and our Chattanooga City Special Events Unit.

Our sponsors, in turn, bring all of the added value of great food, refreshments, beer, event support, and financial support that enhance the branding and quality of our event while insuring that our own efforts bring us the funding we need to continue to pursue our club's mission of supporting running and fitness in our community.

And it is our volunteers, finally, that bring the muscle, enthusiasm, care, attention, sweat and smiles that insure our athletes have a safe, enjoyable and rewarding experience as they fulfill their objectives on Sunday morning and relish in their accomplishments once they are done.

In a nutshell, it's just a small number of things that make this event happen – all listed in the paragraphs above. Ah, but blow the details from those paragraphs into the names and stories from the first planning meeting for this year's event through

the last drops of sweat and final hugs on Sunday evening, July 11, 2010 and you'll have hundreds of pages of names and stories that will make you grin, swear, cringe, cry and laugh.

Check out pictures in this JA, and definitely check out the multiple pictures from our contributing photographers on our web site. Review the list of volunteers on page 8. If you were one of the team, take some time and reflect. Remember the day - the color, the heat, the athletes, the other volunteers on your team, the sound, the water, the bikes, the grass, the tents, and the energy. Please forgive me for anyone I left off – it certainly was not intentional.

Before I leave you to peruse the credits for this event or to move on to other stories in this issue, I want to thank a few very special people:

Betsy Willingham, thank you for the work that you and Calder did to make this event possible. None of this would have happened without your creativity and persuasiveness in building the partnerships that would enable this event to come into being.

Sherilyn Johnson, thank you for your energy, your enthusiasm, your relentless attention to detail and your patience with me. Thank you for making it all happen, and for your commitment to keep it all going and growing.

Philip Grymes, thank you for your commitment to this event, your advocacy with the city, your tireless energy and your willingness to do or get done every task necessary.

Faye and Therese, thank you for the professionalism, flexibility, enthusiasm, creativity and energy that you continue to bring for us year after year. It is a very good partnership.

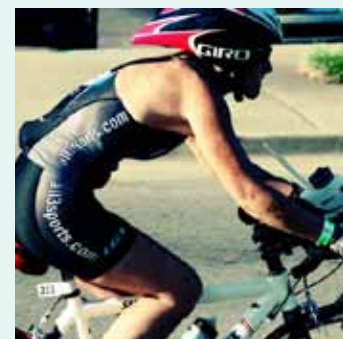
Lynda Weber, Susan Gallo and Kelly Bullock, thank you for the dedication, perseverance, willingness and talent that you've brought to our club for this event and for the marathon. We could not do it without you.

Special thanks to next-year's co-director, Jenni Berz. Thank you for filling in all the gaps while still keeping all those other balls in the air, always with a smile on your face. I look forward to working for you and Sherilyn next year.

Thank you to everyone else on our leadership team and to our core partners – Dawn Salyer, Rick Loggins, Butch Cooke, Bill Moran, Flash Cunningham, Sgt. Austin Garret, Becky Roberts, Ron Nelson, Robert Espeseth, Mike Royster, Lacy Word, Ken Radley, Taylor Watson, Pam and Harry Stone. Each of your roles represented a critical component to our event – thank you for everything.

Finally, congratulations to the Chattanooga Track Club, its board of directors and its vibrant, outstanding membership. This is a very special event that you've created and built over the last 7 years. It has earned a regional and national recognition for its overall unique quality. We were not sure, 8 years ago, that this could or would come about. I believe it is safe to say that it has exceeded most, if not all of our expectations.

Congratulations, and I look forward to 2011!



CHATTANOOGA WATERFRONT TRIATHLON - 2010

PRO-ELITE-MALE 1-99 DIVISION

1	Eric Limkemann	1:57:37
2	James McCurdy	1:58:36
3	Tony White	1:58:37
4	Samuel Morgan	1:59:31
5	Nick Wainger	2:00:18
6	Andrew Hodges	2:01:38
7	Kyle Lee	2:06:03
8	Kevin Ryan	2:08:30
9	Zach Winchester	2:15:27
10	Casey Dawley	2:20:31
11	Thomas Pilliod	2:24:47

PRO-ELITE-FEMALE 1-99 DIVISION

1	Jessica Jacobs	2:11:41
2	Hallie Blunck	2:17:51
3	Kirsten Sass	2:19:25
4	Allison Stewart	2:24:37
5	Jamie Tassa	2:26:27
6	Helen Libby	2:30:01
7	Samantha Clark	2:34:39
8	Lanni Marchant	2:38:29

MALE MASTERS OVERALL WINNER

1	Bruce Gennari	2:05:17
2	John Hanna	2:13:15
3	David Meadows	2:14:27

FEMALE MASTERS OVERALL WINNER

1	Kathleen Johnson	2:28:27
2	Pam Rogan	2:29:48
3	Barbara Chandler	2:31:08

MALE OVERALL WINNER

1	Allen Gardner	2:02:09
2	Jason Watson	2:05:07
3	Aaron Ainsworth	2:06:02

FEMALE OVERALL WINNER

1	Katie June	2:21:58
2	Kimberly Humphries	2:27:25
3	Sarah Welton	2:28:57

BEGINNER-MALE OVERALL WINNERS

1	Doug Jipping	2:35:17
2	Ben Boyer	2:35:50
3	Michael Ressel	2:39:06

BEGINNER-FEMALE OVERALL WINNERS

1	Kristie Butler	2:42:53
2	Becky Beasley	2:53:21
3	Shelley Wagner	2:55:14

MALE 15-19 DIVISION

1	Matthew Schaefer	2:11:54
2	Matthew Sweet	2:16:38
3	Christopher Debarge	2:30:52
4	Justin Clark	2:31:28
5	Trent Swarts	2:37:07
6	Mark Straussberger	2:44:03
7	Adam Thomas	2:48:03
8	Jeremy Obach	2:49:05
9	Dillon Martin	2:54:05
10	Alex Jobin	4:06:43
11	Matthew Lawson	4:58:42

FEMALE 15-19 DIVISION

1	Hannah Meadows	2:31:31
2	Katie Colville	2:45:55
3	Megan Marks	3:19:26

MALE 20-24 DIVISION

1	Dalford England	2:11:03
2	Ben White	2:12:27
3	Sam Uhlman	2:14:28
4	David Chapman	2:16:59
5	Sean Kilgallon	2:18:50
6	Justin Ferrell	2:19:25
7	Mark Fisher	2:21:41
8	J Bruhn	2:23:18
9	Robert Bedsole	2:23:41
10	Kevin Roberts	2:25:50
11	Matt Uhlman	2:30:47

12	Nathan Weaver	2:33:00
13	Conrad Blunck	2:37:11
14	Ashton Austin	2:37:24
15	William Edgar	2:41:55
16	Armin Orucevic	2:44:22
17	Richard Talbot	2:45:22
18	Zach Lemley	2:46:40
19	Austin Abbey	2:48:40
20	Hardy Reynolds	2:49:32
21	Ben Davis	2:49:51
22	Robby Marcum	2:50:48
23	Gabriel Rangel	3:08:33
24	Steve Hotz	3:16:17
25	Andrue Potts	3:47:54
26	Lee Craft	3:51:19

FEMALE 20-24 DIVISION

1	Caroline Ward	2:35:04
2	Michelle Hanson	2:41:00
3	Vanessa Cook	2:49:06
4	Emily Waters	2:51:44
5	Michelle Dunphy	2:58:39
6	Sarah Hohwald	3:02:56
7	Tracia Lagdaan	3:14:36
8	Julia Warren	4:02:00
9	Selena Shanahan	4:12:10

MALE 25-29 DIVISION

1	Ryan Wolfe	2:09:06
2	Charles Straka	2:09:22
3	Doug Van Wie	2:12:16
4	Josh West	2:13:50
5	Chad Williamson	2:15:07
6	Josh Merry	2:15:32
7	George News	2:18:03
8	John Curwen	2:18:41
9	John Gregg	2:23:59
10	Ricky Bell	2:24:12
11	Jason Burge	2:26:14
12	Jason Silvers	2:27:47
13	Von Shenefeld	2:27:48
14	Taylor Bronikowski	2:28:19
15	Daniel Schultheiss	2:30:08
16	Labronn Anderson	2:31:53
17	Garey Gomez	2:31:59
18	Nathan Chenette	2:32:34
19	Jonathan Garrett	2:33:26
20	Matt Watson	2:33:31
21	Clint Anderson	2:33:43
22	Andrew Shanks	2:34:02
23	Nathan Harper	2:34:09
24	Aaron Myers	2:34:35
25	Joseph McLeod	2:34:39
26	Philip Hauserman	2:34:43
27	Paul Chichester	2:34:58
28	Andy Sweet	2:34:59
29	Sean Joyce	2:35:51
30	Eric Myers	2:36:28
31	Paul Press	2:37:07
32	Cameron McCoy	2:37:21
33	Drew Snipes	2:37:32
34	Brian Page	2:37:52
35	Kyle Upton	2:38:03
36	Christopher Griego	2:39:18
37	Drew Jennings-Griha	2:40:06
38	Jason Thomas	2:40:23
39	Jeff Wilkerson	2:40:29
40	Mariano Cebrian	2:40:32
41	Joshua Hall	2:40:49
42	Josiah Witmer	2:40:53
43	Brandon Allen	2:41:58
44	Robert Lasater	2:42:14
45	Chris Heberer	2:42:27
46	Erik Hurley	2:43:31
47	Joe Miller	2:43:37
48	David Daly	2:44:35
49	Jason Kimball	2:45:36
50	Erik Bigelow	2:45:45
51	Daniel Tardy	2:45:57
52	Daniel Nelson	2:46:11
53	Jacob Hudson	2:46:11
54	Isaac Swindle	2:46:20
55	Ty Vernon	2:48:13

56	Chris Cannon	2:49:08
57	Trey Kitchens	2:50:26
58	Ben Marchman	2:51:43
59	Nate Lelek	2:51:59
60	James Sobeck	2:52:16
61	Samuel French	2:52:33
62	Sloane Southard	2:56:14
63	Adam Moore	2:57:02
64	John Heffner	2:58:32
65	Brett Curtis	3:01:51
66	Zachary Rabold	3:03:11
67	Michael Morris	3:03:13
68	Matt Kochie	3:03:21
69	Brack Hassell	3:04:02
70	Wesley Cox	3:05:38
71	Grayson Holsinger	3:09:10
72	Kevin Shanahan Jr.	3:09:49
73	William Archie	3:09:54
74	Josh Pittman	3:10:40
75	Kenneth Swanger	3:11:07
76	John Trapp	3:12:31
77	Brian Mora	3:14:25
78	James Painter	3:15:46
79	Dean Roy	3:22:40
80	Andrew Smith	3:24:11
81	Daniel MOUNTS	3:25:26
82	Will Sanford	3:25:46
83	Christian Orth	3:26:34
84	Tim Shirley	3:26:48
85	Robin McConnell	3:29:54
86	Michael Roessler	3:37:54
87	Nik Meeks	3:38:11
88	Christopher Kulisek	3:40:19
89	Justin Vaughn	4:06:22

FEMALE 25-29 DIVISION

1	Sara Phelps	2:30:20
2	Crystal Perkins	2:30:27
3	Elizabeth Bulat Turn	2:31:08
4	Bethany Rutledge	2:31:39
5	Kinsey Snell	2:32:36
6	Dustin Yonke	2:32:41
7	Angela Kampfer	2:37:22
8	Vicky Jones	2:37:34
9	Catherine Dewberry	2:37:48
10	Jacquelyn King	2:39:47
11	Kailin Acheson	2:41:26
12	Heather Chenette	2:42:30
13	Lori Chambers	2:44:34
14	Mindy Craven	2:45:59
15	Rachel Gage	2:46:40
16	Katie Pothier	2:48:26
17	Kimberly Barton	2:48:43
18	Colleen Durham	2:49:04
19	Dawn Painter	2:49:44
20	Naomi Kirchner	2:51:25
21	Cortney Mild	2:53:07
22	Lindsay Rambo	2:56:09
23	Lauren Aschmann	2:57:51
24	Lauren Dieterich	2:58:08
25	Ashley Bell	2:58:29
26	Amy Krieg	2:58:40
27	Hannah Pate	3:00:40
28	Janna Vitale	3:01:09
29	Emily Maddux	3:01:24
30	Kristin Dondero	3:02:05
31	Alice Metzger	3:03:05
32	Laura Mills	3:04:08
33	Alexis Seymour	3:04:50
34	Audrey Cates	3:05:17
35	Mary Ellen Mattison	3:06:58
36	Jesica Davanza	3:07:39
37	Melissa Smith	3:08:10
38	Katherine Rutledge	3:08:12
39	Elizabeth Scutchfiel	3:09:37
40	Jennifer Cazeaux	3:09:42
41	Corrie Logan	3:09:44
42	Amanda Pack	3:13:01
43	Amanda McAnnally	3:14:44
44	Tracey Suvak	3:17:37
45	Amber Smithsims	3:17:49
46	Whitney Sorensen	3:18:18
47	Joy Bodie	3:18:56

48	Leslie Lybarger	3:20:45
49	Ashli Hunt	3:20:57
50	Tracy Cermak	3:21:55
51	Deanna Copeland	3:22:18
52	Kari Krouse	3:23:03
53	Lindsey Basham	3:23:57
54	Julia Buerger	3:24:10
55	Julie Ling	3:27:14
56	Sarah Miracle	3:28:23
57	Joy Smith	3:30:14
58	Wendy Stafford	3:33:02
59	Audrey Langham	3:34:09
60	Courtney Masters	3:35:13
61	Stefanie Swanger	3:38:42
62	Maribeth Butts	3:40:15
63	Megan Bowman	3:42:48
64	Laurie Buchanan	3:52:27

MALE 30-34 DIVISION

1	Kevin Boucher	2:12:01
2	Avery Ainsworth	2:13:38
3	Trey Propahater	2:15:54
4	Andrew Saar	2:17:00
5	Teddy Park	2:17:29
6	Charles Duke	2:18:02
7	Ryan Hurley	2:23:28
8	Scott Gentles	2:24:29
9	Bo Parrish	2:25:08
10	Nicholas Evans	2:25:13
11	Jason Caudle	2:25:15
12	Hendrik Fiedler	2:26:02
13	Colin Soniat	2:26:14
14	Frank Gregalit II	2:28:41
15	Jeffrey Reece	2:28:43
16	Keenan Clark	2:29:06
17	Lonnice Milligan	2:29:30
18	James Johnson	2:29:44
19	Daniel Coonce	2:30:26
20	John Rutledge	2:30:40
21	Daniel Carter	2:31:32
22	Jason Tant	2:33:36
23	Brent Okeefe	2:34:03
24	Chet Mathe	2:34:11
25	Nicholas Dietrich	2:34:37
26	Michael McGinniss	2:34:43
27	Shane Giardino	2:35:48
28	Patrick St.Charles	2:36:03
29	Brandon Beckett	2:36:03
30	Blake Snyder	2:36:38
31	John Tilstra	2:36:57
32	Todd Angel	2:37:25
33	Daks Hamner	2:38:46
34	John Kilmartin	2:38:49
35	Clinton Pritchard	2:39:39
36	Alex Petrochko	2:40:01
37	Chris Gentry	2:40:10
38	Scott Martineau	2:40:35
39	Jason Ingalls	2:41:14
40	Mitchell Hollis	2:41:43
41	Christopher Hartley	2:42:56
42	Joseph White	2:44:10
43	Jared Brown	2:44:45
44	Tim Smith	2:45:01
45	Mark Freeman	2:45:23
46	Brad Martin	2:45:37
47	Chip Clifton	2:47:05
48	George Hurgeton	2:47:33
49	Jonathan Sierra	2:47:53
50	Heath Clark	2:48:13
51	Jonathan Bialek	2:48:15
52	Thomas Morrison	2:48:18
53	Jason Mitchell	2:48:20
54	Brandon Orear	2:48:24
55	Taylor Sorensen	2:49:08
56	Mark Breugem	2:50:18
57	Vasileios Sfyris	2:50:36
58	Dave Brautigam	2:50:42
59	Brandon Reynolds	2:51:13
60	William Gonzalez	2:51:13
61	Benjamin Whittam	2:51:30
62	Bret Hightower	2:52:13
63	Eric Bonner	2:52:36
64	Robert Kulisek	2:52:39

20	David Cater	2:27:31	103	Kerry Hazelwood	3:03:25	44	Jennifer Batura	3:14:08	55	Craig Ostrom	2:59:57	
21	Will Anderson	2:28:18	104	John Southern	3:03:42	45	Tracy Montgomery	3:14:42	56	Anton Mertens	2:59:59	
22	David Zopf	2:28:31	105	Stephen White	3:04:07	46	Wendy Richardson	3:14:52	57	David Parker	3:00:05	
23	Andrew Willingham	2:29:32	106	Jim Wood	3:05:01	47	Lori Goldstein	3:15:01	58	Reuben Adams	3:01:14	
24	Mike Gaw	2:29:44	107	James Boylan	3:05:08	48	P. Kaye Jaynes	3:15:30	59	Mark Baldwin	3:02:54	
25	Tom Malin	2:29:56	108	Greg Killeen	3:05:54	49	Heidi Liefer	3:16:26	60	Charlie Conway	3:04:03	
26	Dave Brannon	2:30:01	109	Stephen Smith	3:06:00	50	Jean Ballweg	3:16:40	61	Dean Kostakos	3:04:53	
27	Mike Jaynes	2:30:17	110	Alan Christian	3:06:17	51	Anne Wanner	3:17:13	62	Charles Etheredge	3:05:15	
28	Todd Allen	2:30:22	111	Scott Nelson	3:06:22	52	Cheryl Self	3:17:59	63	Marlin Dayoub	3:05:53	
29	Jason Massie	2:30:44	112	James Bastone	3:06:55	53	Theresa Small	3:19:30	64	David Weil	3:05:59	
30	Tom Gale	2:31:03	113	Daniel Merchant	3:07:09	54	Shanna Curry	3:20:59	65	James Rouquie	3:06:12	
31	Edward Lomicka	2:32:00	114	Mauricio Lino	3:08:39	55	Sarah Prince	3:22:15	66	Alberto Ortiz	3:06:16	
32	Dr. Anthony Houssain	2:32:32	115	Scott Wilhoit	3:10:55	56	Shukyi Choi	3:23:33	67	Marty Thomas	3:06:20	
33	Mike Jones	2:32:56	116	Andrew Lyons	3:11:21	57	Nancy Clark-Memahon	3:26:28	68	Sean McMillan	3:07:03	
34	Bradley Spenny	2:33:07	117	John Navin	3:11:58	58	Marietta Hollada	3:28:23	69	Henry Jones	3:07:19	
35	David Lee	2:33:17	118	John Wellons	3:12:12	59	Helena Koo Prieto	3:31:08	70	Michael Sims	3:08:50	
36	Laird Smithson	2:33:20	119	Mike Witt	3:12:55	60	Renee Goldstein	3:31:23	71	James Kozma	3:09:20	
37	Toralf Peters	2:33:26	120	Jud Wells	3:13:12	61	Krissi Rouquie	3:31:30	72	Ron Whitehead	3:09:28	
38	Mike Coggin	2:33:47	121	Chris Freeman	3:14:06	62	Lynn English	3:33:41	73	Scott Brady	3:09:55	
39	Randall Rathmann	2:34:55	122	Craig Wilwerding	3:14:13	63	Paige Collier	3:33:44	74	Vic Kinnunen	3:10:45	
40	Troy Dover	2:35:21	123	Troy Ash	3:14:28	64	Nobuko Fogarty	3:34:16	75	William Murphy	3:13:40	
41	Pat Stacey	2:35:57	124	Felipe Hernandez	3:15:24	65	Barbie Steward	3:34:44	76	Michael McMahon	3:14:18	
42	Eric Doehrman	2:36:08	125	Warner Morris	3:15:36	66	Susan Oslund	3:35:02	77	William Burdette	3:17:21	
43	Ron Teed	2:36:28	126	Kevin Paul	3:16:28	67	Angie Comer	3:40:53	78	Charles Fricks	3:18:37	
44	Diego Martinez	2:36:28	127	Kyle Roach	3:17:04	68	Kathy Sego	3:52:19	79	Glenn Couper	3:19:41	
45	Jeff Conley	2:37:00	128	Dave Mulkey	3:20:36	69	Michelle Meyers	4:01:26	80	Patrick Foley	3:21:07	
46	Chad Hathorne	2:37:21	129	Michael O'Keefe	3:24:17	70	Lisa Bacote	4:32:35	81	Tim Warnock	3:23:36	
47	David Brown	2:37:44	130	Dennis Berkemeier	3:24:51				82	Tommy Holder	3:23:39	
48	Joey Latulippe	2:38:35	131	Juan Rodriguez	3:31:17	MALE 45-49 DIVISION				83	Kenneth Whitehouse	3:28:36
49	Lawrence Bear	2:38:42	132	Dale Reichman	3:34:22	1	Sean McSheehy	2:19:29	84	Jonathan Blotner	3:29:01	
50	Juan Pelaez	2:39:15	133	Tommy Laccetti	3:39:21	2	Kevin Richardson	2:22:51	85	Thomas Christian	3:31:16	
51	Greg Whited	2:39:55	134	Derek Sego	3:41:35	3	Jeffrey Bowman	2:23:26	86	George Bishop	3:38:05	
52	David Wilson	2:40:09	135	Eric Tucker	3:51:28	4	Thomas McFadden	2:23:42	87	Brian Will	3:42:02	
53	Pepper Huff	2:40:33	136	John Harvey	3:52:29	5	Dean Tilman	2:25:17	88	Andrew Booth	3:43:04	
54	Todd Bohanan	2:41:05	137	Tony Toson	3:56:35	6	Mark Rosing	2:25:39	89	Jim Darling	3:54:57	
55	Michael Abbagnaro	2:41:37	138	Mike Worley	4:07:27	7	Brad Loucks	2:25:48				
56	Jamal Lacour	2:41:53				8	Kerry Hoover	2:27:20	FEMALE 45-49 DIVISION			
57	Jason Rinks	2:41:57	FEMALE 40-44 DIVISION			9	Don Ramon	2:27:28	1	Janie Davis	2:34:47	
58	David Sawyer	2:42:35	1	Sandra Murphy	2:31:37	10	Greg Denney	2:28:42	2	Cecelia Wigal	2:35:46	
59	Michael King	2:42:42	2	Vicki Updike	2:32:33	11	Jeff Plank	2:30:03	3	Denise Dillon	2:36:59	
60	Damon Grimes	2:42:55	3	Denise Novicki	2:35:13	12	Joe Whitwell	2:30:13	4	Rhonda Cloinger	2:39:22	
61	Daron Boys	2:43:34	4	Ann Marie Vollmar	2:36:37	13	Wesley Williamson	2:30:25	5	Lori Hatcher	2:42:58	
62	Ron Ben-Moshe	2:43:54	5	Susan Allen	2:38:46	14	Jim Hoover	2:30:30	6	Teresa Marchetti	2:43:53	
63	Robert Corser	2:43:58	6	Kelli Sliwinski	2:39:19	15	Kevin Wilson	2:30:35	7	Sophia Lal	2:44:55	
64	Donald Danbury	2:44:09	7	Julie Elmer	2:39:44	16	Bruce Sladick	2:30:50	8	Susan Mullins	2:49:59	
65	Alejandro Urizza	2:44:19	8	Ann Schwartz	2:40:04	17	Donald Hellen	2:31:54	9	Angela Adams	2:50:24	
66	Donald Knapp	2:45:27	9	Leanne Wakelin	2:40:33	18	William Belser	2:33:41	10	Nancy Hale	2:50:51	
67	Rodney Osborne	2:45:41	10	Jennifer Morris	2:43:55	19	Fred Mehrer	2:34:47	11	Beth Umstead	2:50:58	
68	Jeff Dortch	2:47:02	11	Nicole Canavan	2:44:11	20	Richard Baker	2:35:02	12	Kristi Kay	2:51:01	
69	Dale Klein	2:47:44	12	Heather McGee	2:45:47	21	Robert Barrett	2:37:08	13	Kathy Poston	2:51:08	
70	Peyton Taliaferro	2:48:45	13	Kay Goodrum	2:47:08	22	Randy Walton	2:37:14	14	Sheila Howard	2:51:32	
71	Keenan Sharpe	2:49:58	14	Kate Morefield	2:49:23	23	Carlton Vollberg	2:37:15	15	Karen Sladick	2:52:06	
72	Michael Russell	2:50:02	15	Stacey Hurd	2:49:54	24	Jerome Pelfrey	2:37:26	16	Janet Ritchie	2:53:47	
73	Steve Schwartz	2:50:24	16	Becky Taylor	2:49:54	25	Tom Bryson	2:38:19	17	Karen Doehrman	2:55:11	
74	Brad Somer	2:50:45	17	Christine Allen	2:51:03	26	Gerald Grand	2:38:53	18	Beth Pelfrey	2:56:38	
75	Michael Miller	2:50:57	18	Caprice Fussell	2:51:12	27	Robert Baima	2:40:20	19	Georgette Rae	2:58:55	
76	Jim Day	2:51:37	19	Sue Hackett	2:51:57	28	Ray Kellum	2:40:50	20	Becky Sharpe	2:59:42	
77	Peter Van Der Reyden	2:51:52	20	Dana Peele	2:52:35	29	David Brannon	2:41:19	21	Robin Swarts	3:01:01	
78	Tom Miller	2:52:55	21	Ann Evangelista	2:53:01	30	Thomas Jones	2:41:58	22	Barbara Monaghan	3:01:42	
79	Jeffrey Cross	2:53:13	22	Marco Butturini	2:54:19	31	R Howard Pike	2:42:32	23	Natalie Taylor	3:03:30	
80	Kent Fawcett	2:54:17	23	Christa Sullins	2:54:36	32	Andy Ponseigo	2:42:34	24	Jo Fort	3:07:46	
81	Gary Valcana	2:54:44	24	Amy Westergren-Amlic	2:55:46	33	Shahin Hadian	2:43:12	25	Michelle Durrett	3:08:03	
82	Brian Baeder	2:54:58	25	Katie Gilbert	2:56:34	34	Joseph Shortt	2:43:43	26	Susan Warwick	3:09:26	
83	Gregory Griffin	2:55:54	26	Miriam Vos	2:57:05	35	Rick Vest	2:44:10	27	Cheryl Williams	3:11:15	
84	Daniel Sheehan	2:56:13	27	Holly Kimsey	2:57:20	36	Ed Rusk	2:45:18	28	Missi Johnson	3:11:20	
85	Burton Smith	2:56:16	28	Kayla Boys	2:58:51	37	Glen Mizer	2:47:05	29	Patti Hitchcock	3:11:41	
86	J.D. Allen	2:56:18	29	Teri Thompson	3:01:03	38	Harold Bowen	2:47:24	30	Lizz Norman	3:12:01	
87	Scott Edlein	2:57:05	30	Johnna Davis	3:04:27	39	Charles Elmer	2:49:58	31	Laura Davis	3:14:04	
88	Jeff Lyon	2:57:11	31	Andrea Fannin	3:04:50	40	Robert Rausch	2:50:20	32	Kennette Pyles	3:14:27	
89	James Rickett	2:57:55	32	Caroline Strain	3:05:02	41	Wayne Graham	2:51:48	33	Mary Tanenblatt	3:14:42	
90	Bob Frutchey	2:58:07	33	Christine Grant	3:06:23	42	Terry Stickler	2:51:53	34	Margaret Dwyer	3:15:24	
91	Todd Kelley	2:58:55	34	Teresa Moore	3:07:22	43	Don Gibbon	2:52:53	35	Sally Holbrook	3:20:55	
92	Aaron Todd	2:58:58	35	Tonya Morris	3:07:55	44	Daniel Raudebaugh	2:53:25	36	Barbara Evans	3:26:58	
93	Christopher Matz	2:59:44	36	Gia Maddry	3:07:56	45	Richard Hopkins	2:53:50	37	Tammy Soma	3:29:15	
94	Brian Shwer	3:00:53	37	Amy Arnold	3:08:24	46	David Bukowski	2:55:03	38	Lorraine Hurley	3:30:27	
95	Jeff Hylton	3:01:32	38	Lynne Williamson	3:09:10	47	Mike Duffy	2:55:27	39	Sarah Tracy	3:31:22	
96	Blaine Williams	3:01:36	39	Karin Langan	3:09:13	48	James Knauer	2:55:38	40	Rhea Spratt	3:33:36	
97	Kevin Morrissy	3:01:51	40	Elizabeth Howell	3:09:39	49	Randy Allen	2:55:58	41	Susan Leblanc	3:34:21	
98	Harry Goslow	3:02:01	41	Alexandra Miller	3:10:59	50	Steven Bush	2:56:36	42	Jennifer Ponseigo	3:37:24	
99	Lawson Brown	3:02:08	42	Ann Mehrer	3:12:34	51	Jean Vaudreuil	2:58:28	43	Tammy Wilson	3:43:30	
100	Mark Klafter	3:02:40	43	Sonia Steely	3:13:24	52	Kurt Lammon	2:58:42	44	Tammy Higgs	3:43:32	
101	Scott Lakes	3:02:43				53	Darryl Bird	2:58:52	45	Dawn Ely	3:56:28	
102	Jason McNeily	3:02:51				54	Curtiss Samuel	2:59:02	46	Deb Chichester	4:40:49	

MALE 50-54 DIVISION

1 Casey Fannin	2:17:47
2 Wesley Spratt	2:17:47
3 Daniel Chechele	2:18:01
4 Bruce Berger	2:22:24
5 Samuel Milton	2:24:00
6 Stephen Morrow	2:26:38
7 Charles Francke	2:27:11
8 George Dewitt	2:29:01
9 Ray Thompson	2:31:34
10 Gregg Radloff	2:34:12
11 Kevin Lloyd	2:37:16
12 Chip Magner	2:38:09
13 Perry Seltz	2:38:45
14 Clyde Ball	2:40:18
15 Chris Crevasse	2:40:25
16 Bert Warren	2:41:51
17 Danny Cox	2:43:02
18 Edward Parrish	2:43:03
19 David Pilliod	2:46:03
20 Richard Miller	2:47:28
21 Steve Anderson	2:47:49
22 John Heflin	2:48:17
23 Jeff Beasley	2:49:03
24 William Lee	2:49:08
25 Jim Hunter	2:49:34
26 Pablo Piquerez-Cavig	2:51:13
27 David Schmitt	2:53:31
28 Michael Seibel	2:53:31
29 Jay Sherman	2:55:07
30 Bill Finegan	2:55:15
31 Jon Craig	2:56:36
32 Benjamin R Probasco	2:57:00
33 Greg Ballweg	2:57:35
34 John Nowell	2:57:57
35 Terry Miller	2:59:56
36 Claude Hager	3:03:14
37 John Rowlett	3:03:40
38 Harold Solomon	3:04:37
39 Barry Asmann	3:05:13
40 Carl Sloan	3:05:50
41 Peter Hurley	3:06:14
42 Stephen Martin	3:07:43
43 Clark Fisher	3:10:21
44 Paul Shuman	3:10:38
45 Duff Zimmerman	3:13:21
46 Michael Sparks	3:15:29
47 Richard Meyer	3:15:31
48 Dave Wilson	3:16:28
49 Dan Hammond	3:18:26
50 Bill Cook	3:19:29
51 Jerry Holder	3:21:48
52 Jeffrey Balsler	3:25:31
53 Kelly McCauley	3:27:56
54 John McKeeman	3:28:51
55 Brad Wolff	3:44:45
56 Omar Perez	3:47:31
57 Rodney Owen	3:52:00
58 Doug Strommen	3:55:01
59 Greg Askew	3:58:13
60 Cleve Meacham	4:01:16

FEMALE 50-54 DIVISION

1 Amy Griffith	2:34:59
2 Lisa Kelley	2:42:29
3 Brooke Nelson	2:44:48
4 Ginny Crumley	2:48:43
5 Tracy Epps	2:48:48
6 Ana Bailie	2:53:32
7 Mary Stuart Bland	2:55:32
8 Kerri Williams	2:56:51
9 Deborah Meservy	2:58:22
10 Faye Lefkoff	2:58:24
11 Becky Pommer-Jones	3:00:48
12 Betty Holder	3:03:05
13 Eileen Stigers	3:03:30
14 Donna Godsey	3:04:54
15 Lisa Bennett	3:11:37
16 Charlotte Marks	3:23:40
17 Candie Bishop	3:29:27
18 Tanya Uherka	3:31:40
19 Meg Zimmerman	3:33:53
20 Lia Pokkinen	3:37:58

21 Anne Barratt	3:38:31
22 Angela Conroy	3:53:00
23 Lisa Gardner	4:00:02
24 Gina Nowell	4:03:31
25 Peggy Copeland	4:06:29
26 Lisa Adkins	4:20:46

MALE 55-59 DIVISION

1 Bruce Coleman	2:27:15
2 Michael Zoellner	2:30:05
3 Jerald Ainsworth	2:32:48
4 David Honeycutt	2:36:02
5 Marshall Horton	2:36:38
6 Ironman Billy Collie	2:37:22
7 Karl Crossen	2:37:41
8 Rick Greif	2:42:11
9 Mike McCammack	2:43:37
10 Bob Funke	2:43:52
11 David Gregory	2:44:45
12 Jeffrey Peck	2:48:18
13 Larry Young	2:49:08
14 Dick Jones	2:53:57
15 Daryl Mills	2:57:03
16 Doug Roselle	2:58:22
17 James Love	2:59:17
18 Ken Ferguson	2:59:33
19 Scott Dickson	3:01:29
20 James Bolton	3:03:26
21 Jim Johnson	3:06:02
22 Mike Morrissey	3:09:24
23 Thomas Russe	3:11:38
24 Frank Rivera	3:12:06
25 Peter Pate	3:14:07
26 George Skonberg	3:16:48
27 James Mansell	3:17:33
28 Walter Woliver	3:18:41
29 Charles Nelson	3:29:30
30 Frank Kiefer	3:29:51
31 Paul Beach	3:29:59
32 David Keller	3:32:41
33 Gary Singer	3:32:53
34 Bill Moore	3:34:08
35 Hank McMahan	3:38:35
36 Charles Fenton	3:39:46
37 Terry Moffett	3:41:44
38 Bruce Polon	3:46:10
39 Tim Bates	3:56:08

FEMALE 55-59 DIVISION

1 Merri Blunck	2:39:23
2 Deborah Price-Alexan	2:40:15
3 Mary Galbraith	2:54:05
4 Mary Creel	2:57:00
5 Lynne McGanity	2:58:56
6 Elizabeth Laroche	3:00:04
7 Adri Herman	3:08:50
8 Karen Shiver	3:16:53
9 Joan Iacobelli	3:25:35
10 Suzanne Blaylock	3:25:46
11 Deborah Nash	3:32:19
12 Elizabeth Vane	3:33:45
13 Sue Azoteta	3:47:49
14 Craig Heigerick	3:49:02

MALE 60-64 DIVISION

1 Steve Chapman	2:30:51
2 Ken Robinson	2:44:21
3 Art Higley	2:53:14
4 Al Montgomery	2:57:44
5 Tom Perry	2:58:44
6 James Hawkins	3:04:36
7 Trevor Torr	3:05:21
8 Kent Levenson	3:05:27
9 Richard Snow	3:07:08
10 Paul Matrisian	3:18:09
11 Bill Benham	3:40:01
12 John Bips	4:04:57

FEMALE 60-64 DIVISION

1 Jo Adamson	2:58:08
2 Cheryl Torr	3:19:12
3 Mary Duguay	3:26:38
4 Erin Swenson	3:44:29

5 Elizabeth Wilkins	3:50:25
6 Donna Waddell	4:20:16

MALE 65-69 DIVISION

1 Dale Vaughan	2:39:57
2 Francis Schauer, Jr.	2:49:14
3 Fox Ferrel	2:58:57
4 Tomas De Paulis	3:02:47
5 Kinji Tanaka	3:06:31

FEMALE 65-69 DIVISION

1 Anne Wright	3:01:55
2 Barbara Bogart	4:17:53

MALE 70-74 DIVISION

1 John Adamson	2:42:41
----------------	---------

MALE 75-79 DIVISION

1 Robert Alt	2:54:55
--------------	---------

MALE 80-99 DIVISION

1 Dean Davis	3:55:14
--------------	---------

CLYDESDALE 1-39 DIVISION

1 Adam Somerral	2:26:44
2 Clinton Fletcher	2:29:06
3 John Noble	2:36:02
4 Todd Haney	2:36:36
5 Ryan McCready	2:42:58
6 Eric Broyles	2:44:13
7 Trey Harris	2:44:26
8 Ian Jones	2:47:49
9 David Gaynoe	2:50:14
10 Andrew Rader	2:52:50
11 Chris Young	2:53:06
12 James Hald	3:01:01
13 Joseph Dollyhigh	3:03:11
14 Jim Locum	3:05:30
15 John Ross	3:07:08
16 David Rose	3:09:59
17 Gregory Jones	3:10:53
18 Matt Cayce	3:13:39
19 Adam Teja	3:14:45
20 Will Irvin	3:16:42
21 Marc Cloete	3:18:35
22 Josh Melhorn	3:25:15
23 Ryan Parker	3:29:41
24 Christopher Moon	3:34:38
25 David Waters	3:34:42
26 Bryan Hoss	3:50:26
27 Richard Tuggle	4:23:00

CLYDESDALE 40-98 DIVISION

1 Mark Buckreis	2:26:37
2 Doug Zacharias	2:30:29
3 Kevin Kimbell	2:33:08
4 Wayne Patterson	2:46:56
5 Shan Carpenter	2:47:14
6 Todd Swarts	2:47:42
7 Brian Oringderff	2:50:25
8 Michael Smallcombe	2:52:14
9 David Bertrand	2:54:04
10 Jack Lovelady	2:57:15
11 John Jordan	2:58:48
12 Timothy Phillips	3:00:11
13 Richard Hanson	3:00:27
14 Ray Porter	3:00:39
15 Adam Royer	3:03:11
16 David Speight	3:08:27
17 Scott Ferguson	3:11:48
18 W. Andy Griffin	3:14:46
19 Chris Potter	3:14:49
20 Tony Osani	3:17:08
21 Chuck Jones	3:23:59
22 Joseph Laufer	3:27:13
23 Chris Showman	3:27:52
24 Tom Shepard	3:32:29
25 Todd Scarse	3:37:16
26 Bobby Dann	3:40:51
27 Robert Frutoz Jr.	4:01:34
28 Dennis Miller	4:02:19

ATHENA 1-99 DIVISION

1 Karen Richardson	2:55:25
2 Kimberly Archbold	2:59:36
3 Marne McLyman	3:00:34
4 Joleyn Smithing	3:02:26
5 Ally Petrilla	3:03:35
6 Tiffany Inman	3:04:00
7 Lisa Hardin	3:06:12
8 Becky Caldwell	3:07:32
9 Belinda Hickling	3:08:54
10 Rebecca Canada	3:08:59
11 Belinda Leslie	3:11:29
12 Lindsey Knowles	3:12:25
13 Melissa Baxter	3:29:16
14 Gayle Reese	3:32:43
15 Karen Mann	3:38:31
16 Erin Melhorn	3:40:50

AQUABIKE-M 1-99 DIVISION

1 Jim Christian	1:44:26
2 Warren Lusk	1:55:06
3 Mark Hearn	1:58:22

AQUABIKE-F 1-99 DIVISION

1 Andrea Lane	2:13:52
2 Jen Conner	2:16:26

PARATRIATHLETE-M 1-99 DIVISION

1 Marshall Hamilton	3:54:52
---------------------	---------

MALE TEAM

1 Blue Ridge Sports Societ	2:30:37
2 Cobra Kai	2:31:17
3 BluesBrothers (BCBST)	2:41:15
4 Old Heads	2:45:42
5 Law and Medicine	2:49:27
6 Breazeale	2:50:57
7 Rogers and White	2:57:26
8 Cornwall Dragons	3:07:32

FEMALE TEAM

1 Tenacity	2:48:00
2 AKAK	2:49:10
3 hustlin' hotties	2:54:25
4 Ward-Stallo	2:54:39
5 SLiK	3:03:25
6 Nashville Nasties	3:03:50
7 Why Tri?	3:08:26
8 Jazzzy J	3:15:28
9 TRINOT2	3:17:04
10 Beach Bound Babes	3:20:55
11 WWP	10:21:17

COED TEAM

1 Marshall-Smoot-Logan	2:19:38
2 Brawny Brimers	2:25:15
3 Team BBC	2:29:31
4 Go Joe	2:30:21
5 Team Spencer	2:37:33
6 In Low Gear	2:39:00
7 Team Memo!	2:43:08
8 Triple T	2:44:51
9 Team Magic	2:46:36
10 Team Davis	2:48:01
11 Three's Company	2:51:17
12 Crosstimbers Crew	2:52:33
13 Dirtee Deez	2:53:55
14 MPH	2:55:58
15 Tri-Borgs	3:00:13
16 Pimp my Stride	3:00:34
17 The Fourth Leg	3:03:16
18 Body By Porter	3:03:31
19 Team Triceratops	3:06:24
20 WHAT WAS I THINKING	3:09:06
21 Triple Trouble	3:10:37
22 Team Roberts	3:21:07
23 Team Burkus	3:28:46
24 Team Velloil	3:43:22
25 Chip's Chicks	3:55:25

CORPORATE TEAM

1 Interstate Battery	2:39:13
----------------------	---------

CHATTANOOGA WATERFRONT TRIATHLON

VOLUNTEERS

Aaron Kilby
Adam McCrary
Alan Shook
Alana Holloway
Alex Patton
Alton Danielson
Amy Rowe
Ana Garcia
Andrea Clabo
Andres Garcia
Andrew Scharff
Andria Connelley
Andy Jones
Anita Thornton
Ann Garner
Anna Morgan
Art Jones
Ashley Mehrer
Ava Whitehouse
Avery McCuiston
Bernice Delaney
Bernie Hilbrandt
Beth Ford
Beth Petty
Betty Holder
Bill Brock
Bill Collier
Bill Darby
Bill Gautier
Bill Hester
Bill Moran
Bill Parsons
Blaine Reese
Blair Brown
Bob Gift
Bonnie McGhee
Bonnie Wasson
Brenda Gift
Brian Crooks
Brian Santin
Bridgette Wisdom
Bryan Davis
Carissa Conner
Carla Noya
Carol McDonald
Carrie Reeves
Carter Daniels
Casey Carroll
Cassie Mullins
Cathy Champlin
Cathy Matherly
Chad "Nash, Jr."
Chad Nash
Charlene Simmons
Cheryl Parker
Chip Beard
Cindy Stevenson
Clay Crooks
Clinton Cadem
Colleen Carboni
Cookie Cooke
Corinne Henderson
Corte Iarossi
Crandall Caughman
Cris Larsen
Cristy Clark-Adams
Cynthia Fagan
Cyrus Rhode
Dale Ingram
Dana Moore
Daniel Sapp
Darlene Ownbey
Darren Lewis
David Barron
David Moghani
David Sternberg
David Storm
Dawn Navolt
Dawn Salyer
Debbie Smith

DeLeslyn Mitchell
Dennis Ford
Devin Vaudreuil
Dick Dillard
Don Lastine
Dorothy Freeman
Doug Hawley
Doug Roselle
Dylan Kilby
Ed Parrish
Edwina Cohen
Elizabeth Monson
Emily Hampton
Emily Patton
Eric Anderson
Eric O'Brien
Erin Park
Ernie Pierce
E'tienne Easley
Fabiola Noya
Flash Cunningham
Frances Martin
Gary Camp
Gene Nelson
Gina Rogers
Ginny Smith
Gray Fletcher
Gwynn Lewis
Harry Hawkins
Hilary Smith
Hillary Libby
Hiwatha Haywood
Hutch Brock
Jack McAfee
Jack Wheeler
Jackie Gardner
James Williams
Jane Forsythe
Jane Webb
Janet Reese
Jasmine Hunt
Jason Castro
Jason McKinney
Jason Walker
Javie Norris
Jay Gill
Jean Volkwein
Jeff Cochran
Jenni Berz
Jenni Kilby
Jennie Brown
Jennifer Morrison
Jerry Holder
Jim McAfee
Jim Steffes
Jim Wright
Jimmy McGinness
Joan Hearn
Joanna Crooks
Joe Pratt
John Crawley
John Harrison
John Hilbrandt
John Hunt
John Marshall
John Morrow
John Southern
John Tyler
Joseph Siteneci
Josh Carter
Judy Daniels
Justin Hutsell
Karen Adams
Karen Galyon
Karen Grider
Karen Pilliod
Karen Tallon
Karen Wheeler
Karin Maucere
Katherine Rowe
Katie Schumacher

Keith Brogan
Kelly Bullock
Kelly Burdge
Kelly Myers
Kelvin Stamper
Ken Radley
Ken Shadwick
Kenyon Jones
Kim Anderson
Kim Blevins
Kim Southern
Kim Whitehouse
Kirk Bates
Larry English
Laura Brock
Lauren Ford
Lauri Slade
Leigh Miller
Leslie Becht
Lester Galyon
Linda Busby
Lindsay Lucus
Lindsey Cochran
Lisa Becht
Lisa Jones
Lissa Moore
Liz Pratt
Lora Prouty
Lynda Webber
Marco Bianchini
Margaret Godfrey
Maria Iarossi
Marianne Douglas
Mark Bullock
Mark Kuhn
Mark Wisdom
Martha Wentworth
Marty Brown
Mary Reid
Mary Stoetzner
MaShay Burnams
Maurice McClure
Max Whitehouse
Melissa Hale
Melodi Collier
Melodie Thompson
Michael Hiscock
Michael Johnson
Michael Rhudy
Michael Sapp
Mike Fraser
Mike Leary
Mike Martin
Mike Willingham
Missi Johnson
Mitzie Dyer
Mrs. Sternberg
Nanci Rosing
Neal Adams
Nicholas Sapp
Nick Adams
Nick Honerkamp
Nicole Fuller
Nolan Daniels
Pam Bryson
Pam Cummings
Pat Allison
Paul Harwart
Peter Connolly
Peter Murphy
Phil Thomas
Philip Sparr
Rachael Parrish
Raechel Holloway
Rajeeyah Hunt-Strong
Reuben Castro
Rhonda Messer
Richard Meek
Rick Hicks
Rick Loggins
Rick Schumacher

Rick Volkwein
Rick Williamson
Rick Worley
Riley O'Brien
Robert Powderly
Roger Lambert
Ron Branam
Ron Rogers
Ronald Nudo
Roseann Grandy
Ryan Davis
Ryan Shrum
Sam Baker
Sandy Banks
Sandy Battles
Sarah Lambert
Scott Carroll
Sean Ashley
Sergio Bianchini
Shelley Moore
Sheryl Johnson
Sherry Holmes
Stacy Marshall
Stephanie Essex
Steve Barlew
Steve Couch
Steve Higgs
Steve Johnson
Steve Morrison
Steve Rogers
Steve Smalling
Steven Briggs
Susan Gallo
Tad Bromfield
Tammy Colvard
Tammy Larson
Taylor Watson
Teri Akovenko
Teri Cadem
Terry Haywood
Tim Adams
Tim Ensign
Tim Holmes
Tom Angsten
Tommy Grisham
Tony Myers
Tresa Vaudreuil
Treva Walshe
Tyler Vaudreuil
Vanessa Gramm
Vickie Walker
Walt Sinor
Webb Tallon

PARTNERS

Team Magic
Outdoor Chattanooga Chattanooga
City Traffic Engineering
Chattanooga Police Department
Chattanooga Parks and Recreation
University of Tennessee at Chattanooga
Tennessee Department of Transportation
Red Bank Police
Tennessee Highway Patrol

CLUBS

The Purple Wing Motorcycle Support
Tennessee Valley Canoe Club
Chattanooga Triathlon Club

SPONSORS AND VENDORS

Adams Masonry
Affordable Botox
Bear Creek
Big River & Carter Distributing
BikeToursDirect.com
Blue Ribbon Foods
Bondi Band

Chattanooga Times Free Press
Chattem
Coke
Fast Break
First TN
Fluid Flair Tees
GreenLife Groceries
Hand Foundation
Kelly Subaru
Kirk Bates
Marriott Courtyard
McKee
Milestones Jewelry
Miller Frozen Drink
New Balance
Pack Rat
Recycle Jewelry
Republic Parking
Skin Sake
Sports Barn
St. John's Rest
Swim Zone
TN Valley Chiropractic
US Stove
Walmart
WDEF
WDSI/Fox 61

LEADERSHIP TEAM

Sherilyn Johnson
Bill Brock
Jenni Berz
Philip Grymes
Theresa Bynum
Faye Yates
George Mattison
Bill Moran
Rick Loggins
Butch Cooke
Dawn Salyer
Lynda Webber
Susan Gallo
Kelly Bullock
Nick Adams
Sgt. Austin Garret
Becky Roberts
John Van Winkle

Not A CTC Member Yet? Join Today.

<u>BASIC MEMBERSHIP</u>	<u>DONOR LEVEL MEMBERSHIP</u>	<u>SPONSOR LEVEL MEMBERSHIP \$250+ PER YEAR</u>
Individual: \$24 Per Year Family: \$36 Per Year Student: \$18 Per Year Basic Membership Benefits: <ul style="list-style-type: none"> ▪ CTC publication, Jogging Around, 8 times per year ▪ 10% Discount at Fast Break and Front Runner ▪ Weekly organized runs with the opportunity to meet other runners ▪ Weekly email newsletter ▪ Four fun social events per year ▪ Discounts on several CTC Race/Events ▪ Opportunity to compete in the Runner of the Year 	Individual: \$50 Per Year Family: \$100 Per Year Donor Level Membership Benefits: <ul style="list-style-type: none"> ▪ All benefits of Basic Membership, plus ▪ Name published in Jogging Around as a Donor Level Member ▪ Name listed on CTC Website as a Donor Level Member 	Sponsor Level Membership Benefits: <ul style="list-style-type: none"> ▪ All benefits of Basic Membership, plus ▪ Name published in Jogging Around as a Sponsor Level Member ▪ Name listed on CTC Website as a Sponsor Level Member ▪ Other logo presentation and advertising opportunities vary based on the size of the gift. Please contact Connie Hall, conniehall@chattanooga.net, for more details.

Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through clubs and media.



Chattanooga Track Club Membership Application

Please make check payable to: Chattanooga Track Club, P. O. Box 11241, Chattanooga, TN 37401

CTC membership dues are on a calendar basis (Check One) **New** **Renewal**

For new members, dues are prorated on the quarter the member joins, please check the one that applies to you:

Individual: \$24 (Jan-Mar) \$18 (Apr-June) \$12 (July-Sept) \$6 (Oct-Dec)

Family: \$36 (Jan-Mar) \$27 (Apr-June) \$18 (July-Sept) \$12 (Oct-Dec)

Students: \$18 (Jan-Mar) \$13.50 (Apr-June) \$9 (July-Sept) \$4.50 (Oct-Dec)

Name _____ Birthdate _____

Name _____ Birthdate _____

Name _____ Birthdate _____

Name _____ Birthdate _____

Street _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Email #1 _____ Email #2 _____

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

Signature _____ Date _____ Signature _____ Date _____

Signature _____ Date _____ Signature _____ Date _____





the area's largest **Health, Nutrition & Fitness Expo**
October 1 & 2, 2010
Chattanooga Convention Center

Healthy Living, Healthy Planet by "Natural Awakenings"

Natural Health pavilion is presented as "Healthy Living, Healthy Planet" by East Tennessee's Natural Awakenings magazine, with businesses that feature natural health and environmentally friendly products and services.

GREEN LIVING, has become one of the fastest growing areas of the expo. Exhibitors with products and services showcase ways to make our planet healthy, a big part of creating a healthy life.

Senior Day is held opening day with FREE ADMISSION FOR SENIORS. All activities focus on seniors. Entertainment such as gospel music, bingo and Tai Chi create fun yet informative for seniors and their caregivers.

A successful program for the area's largest employers, the **Employer Edge Program** offers tickets to employees of participating companies to promote a healthier lifestyle. Over six years, tens of thousands of employees were provided tickets by hundreds employers in the region.

NBC's "Biggest Loser" Contestants

Healthy Living Expo hosted several contestants from NBC's hit program The Biggest Loser such as: Gary Deckman, Kelly Miner, Brian Starkey, Bobby Moore and Tara Costa. Each contestant brought hundreds of visitors to listen to their motivational stories. See who will be the next contestant to speak at the expo.

Prizes, Prizes, Prizes and Fun Activities

Special areas, Cooking Stage, Fit Family, Movement & Activity Stage and Walking Track are hugely popular. They feature activities and speakers offering healthy living tools, tips and techniques with prize drawings after every activity for today's families creating an atmosphere both exciting and

The **Cooking stage** with local chefs, dietitians and nutritionists demonstrate how to prepare healthy meals and offer samples of featured dishes. Exhibitors offering products or services pertaining to nutrition will surround the area providing sampling for visitors to taste.

The **Movement & Activity Stage** showcases fitness through movement. Demonstrations range from dance, karate and gymnastics to pilates, kickboxing, yoga, offering entertaining and effective fitness options.

The **Healthy Living Walking Track**, a quarter-mile indoor area surrounding the exhibit floor, allows visitors the chance to participate in scheduled walks for prizes and to help support local charities.

Health Screenings

The Healthy Living Expo includes dozens of FREE health screenings, including dietary and nutritional evaluations, strength screenings, blood typing, blood pressure, cardiovascular screenings, and other tests. Mammograms and other special screenings will be offered at reduced Expo prices.

Just for the Health of It!

With exhibitors representing products and services relating to healthcare, nutrition, fitness, natural health, family fitness and "green" living, visitors to The Healthy Living Expo are sure to find something to enhance their lifestyle. By participating in Expo activities, watching demonstrations, sampling nutritious foods, gathering information and accessing dozens of free health screenings, visitors leave better prepared to meet the challenge of Healthy Living.

For more information or to exhibit please visit:
www.TheHealthyLivingExpo.com
Or call: 865-851-8141

2010 BLUECROSS RIVERBEND RUN CONTINUES CTC TREND FOR RECORD- BREAKING PARTICIPATION

By Blaine Reese

On Saturday, June 19, over 1,560 participants vaulted past the record breaking 2009 BlueCross Riverbend Run record attendance of 1,112. The one year, 40% growth for the event was both gratifying and problematic for event sponsor BlueCross BlueShield of Tennessee, Friends of the Festival, and the Chattanooga Track Club as all members of the presenting partnership scrambled to respond to the record growth.

Local runners, all from Chattanooga, took top positions for both male and female divisions in the 5k and 10k races. For the 10k, Joseph Setenei was the male overall winner with a time of 33:44.03 and Jan Gautier finished first among the ladies with a time of 43:46.90. In the 5k, Patrick Hall was the male overall winner with a time of 16:28.04 and Lanni Marchant was the ladies winner at 17:59.01.

The race start was delayed eight minutes to permit late arrivals hampered by traffic issues to get to the starting line. Still, there were racers hustling to the starting line when the horn sounded to start the race. Race results were delivered in a timely fashion to permit the awards presentations to proceed on schedule. The only snafu's regarding awards were two cases of female first place age group winners being erroneously declared due to someone wearing the wrong race number and timing device. These issues have been corrected with resulting changes posted on the Chattanooga Track Club website within 48 hours of race completion.

The Chattanooga Track Club is extremely fortunate to have the continued support of Robert Berman, Southern Coffee Service, for providing his equipment, coffee service, and Emcee skills to the majority of CTC events, as he did for the BlueCross Riverbend Run. The tag team of Jed Mescon, WRCB TV, and Ron Harr, BlueCross BlueShield of Tennessee provided lively and entertaining post race and awards commentary.

I believe the unprecedented growth for the 2010 BlueCross Riverbend Run would have been a challenge for an experienced race director. This was certainly the case for me in my debut as race director. During the last ten days before

Race Day, I often felt like I believe a snow skier would if he were in front of an avalanche and racing desperately to avoid being overtaken. It is a gross understatement, but I must say that without the help of all presenting partners and many volunteers who stepped up, I could not have completed my assigned task.

I am deeply grateful for the assistance and advice of long term BlueCross Riverbend Run Race Director Rita Fanning. I would not have accepted the role of race director without her promise of support and could not have executed the race plan without her help. 2009 BlueCross Riverbend Run Race Director, Tammy Sitton, in her new role with Friends of the Festival, was irreplaceable in responding to the growth of the event. Representatives of BlueCross BlueShield of Tennessee coordinated most of the set-up for the race day venue and provided many volunteers as well as signage that helped participants on and off the race course. Experienced team leaders for the more than 130 volunteers returned to their valuable roles on race day as well as at packet pick-up. Runners, please continue to say "Thank You" to our many volunteers.

I have received many comments post race regarding positive aspects of the 2010 BlueCross Riverbend Run as well as areas for improvement. As race director, I accept full responsibility for organizational issues that resulted in inconvenience or discomfort to any participant. All of these issues will be addressed by the participating partners in the Post Race Recap. I hope that for everyone, the overall experience of the 2010 BlueCross Riverbend Run was positive and that you will return for an improved 2011 BlueCross Riverbend Run.



21	Freddy Morgan	55:40.18	14	Steve Smalling	1:02:09.71	FEMALE AGE GROUP: 1 - 18	50	Candice Silvers	1:34:00.56			
22	Jason Carden	55:52.50	15	David Lawrence	1:03:28.94	1	Stephanie Shipley	48:32.20	51	Sharon Sweat	1:41:29.80	
23	Tinh Lam	56:04.23	16	Tony Fien	1:03:59.81	2	Bekah Houston	51:03.37	52	Crystal Campbell	1:41:36.84	
24	Greg Haddock	56:11.69	17	Anthony Melton	1:07:33.27	3	Mary Alice Murphy	1:18:36.90	FEMALE AGE GROUP: 30 - 34			
25	Scott Kennedy	56:14.13	18	Leonard Siemasz	1:11:47.52	4	Amber Palmer	1:21:09.72	1	Janebrooks Curtis	47:24.65	
26	Larry Post	57:05.76	19	Robert Starnes	1:41:48.17	5	Courtney Osborne	1:21:30.87	2	Teri Akovenko	47:59.29	
27	Ronald Johnston	58:45.69	MALE AGE GROUP: 50 - 54		6	Cassidy Bates	1:21:35.37	3	Rebecca Moore	50:06.39		
28	Timmy Johnson	58:59.70	1	Don Gregg	44:53.07	FEMALE AGE GROUP: 19 - 24		4	Misty Mann	52:13.46		
29	Sean Price	59:25.31	2	Edward Kern	49:52.35	1	Leigh Norris	49:51.79	5	Allison Tuckowski	52:36.33	
30	Jeff Slatton	59:59.18	3	Michael Heinichen	50:35.43	2	Dana Streufert	50:03.43	6	Maureen Foster	53:17.50	
31	Scott Smith	1:00:10.18	4	Billy Bearden	50:55.15	3	Katlyn Liszewski	51:24.13	7	Elizabeth Warlick	54:15.77	
32	Jeff Martin	1:02:06.12	5	Timothy Cleary	51:54.82	4	Amanda Hamilton	52:02.52	8	Valerie Stafford	57:42.19	
33	Jerry McNair	1:02:09.60	6	Reggie Bishop	52:09.95	5	Aimee Moffat	55:34.61	9	Kathryn Nash	58:16.52	
34	Brad Farmer	1:02:52.34	7	Gregory McFall	55:02.15	6	Sydnee Bowman	57:10.58	10	Stephanie Law	58:50.00	
35	Dennis Climer	1:04:03.43	8	Bill Brock	55:28.56	7	Lisa Gage	1:01:50.54	11	Brittney Lord	59:40.50	
36	Brant G. Holt	1:04:44.52	9	James Mansell	55:44.37	8	Jenny Blackwell	1:04:17.87	12	Laura Roberts	59:41.71	
37	Gary Petty	1:05:51.72	10	Douglas Roselle	55:53.50	9	Elana Gulas	1:04:37.70	13	Marya Schalk	1:00:08.74	
38	Brian Smith	1:09:27.24	11	Rick Saputa	58:55.93	10	Staci Fisher	1:04:52.01	14	Leah Watson	1:01:20.37	
39	Joshua Post	1:10:47.46	12	James Hildebrand	1:00:15.49	11	Heather Taylor	1:08:26.99	15	Lela Moore	1:02:11.44	
40	Mark Klepper	1:11:10.97	13	Rick Cobb	1:00:46.94	12	Ashley Finch	1:09:27.45	16	Kelly Maina	1:02:11.61	
41	Brian Turner	1:12:51.44	14	Lane Jackson	1:03:28.66	13	Adrienne Hamilton	1:10:54.02	17	Jackeline Morales	1:02:28.95	
42	Greg Hawkins	1:23:37.64	15	Bob Tramel	1:04:21.47	14	Julie Cline	1:11:14.90	18	Sandy Banks	1:02:53.38	
MALE AGE GROUP: 40 - 44				16	Clive Delaporte	1:04:47.95	15	Emily Hutchins	1:11:42.39	19	Mandi Moffitt	1:03:11.83
1	Ryan Shrum	39:12.03	17	Ian Harper	1:10:29.60	16	Summer Blizzard	1:11:45.16	20	Jennifer Harper	1:03:31.66	
2	Les Conner	41:06.68	18	Don Vanlandingham	1:10:39.32	17	Jeri Turner	1:12:55.75	21	Jill Sizemore	1:03:57.06	
3	Jim Harrison	45:25.43	MALE AGE GROUP: 55 - 59		18	Karin Zylstra	1:14:10.61	22	Kristi Zimmerman Zim	1:04:35.82		
4	David Moghani	45:40.86	1	Randall Godwin	44:52.51	19	Christi Osborne	1:18:33.46	23	Becky Sparks	1:04:38.24	
5	Robert Lang	45:53.61	2	Tommy Nichols	46:56.49	20	Sara Queirolo	1:22:36.29	24	Amy Park	1:04:39.46	
6	Greg Sikes	46:09.97	3	David Leatherman	47:10.46	21	Blythe Rollins	1:26:53.97	25	Rachel Fisher	1:07:14.75	
7	Joe Kibble	46:28.80	4	Roger Harris	48:07.29	22	Cassi Woods	1:29:02.97	26	Nicki Floyd	1:07:24.28	
8	Greg Henry	48:02.03	5	John Walker	48:43.88	FEMALE AGE GROUP: 25 - 29		27	Amy Griffith	1:07:42.49		
9	David Wilson	48:43.80	6	Terry Strawser Sr.	49:10.59	1	Elizabeth Sawyer	44:31.79	28	Teresa Klein	1:07:46.71	
10	Timothy M Robins	51:01.35	7	Rick Rogers	49:59.28	2	Ashley Manning	46:29.43	29	Melissa Nati	1:08:24.81	
11	Dirk Schmidt	52:34.90	8	Allan Taylor	50:44.58	3	Natalie Kizziah	48:57.46	30	Mande Chapman	1:08:39.74	
12	Robert Estoye	52:54.99	9	John Crawley	51:08.51	4	Katie Goodwin	49:54.42	31	Deleslyn M. Mitchell	1:09:00.23	
13	Jeff Connor	53:51.42	10	Tom Roark	51:33.34	5	Vanessa Gramm	53:54.37	32	Angie McAmis	1:09:06.30	
14	Keith Turner	54:13.98	11	Paul Whitt	53:06.58	6	Rachel Winters	56:44.60	33	Becky Potts	1:09:17.94	
15	Frank Bartuska	55:10.01	12	Thomas Russe	55:48.80	7	Ryan McNealy	56:53.42	34	Cheryl Howe	1:10:21.28	
16	Mark Bishop	55:45.02	13	Bill Henderson	56:15.36	8	Rachel Chinault	57:29.94	35	Danelle McDaniel	1:10:48.85	
17	Stephen Wilson	56:00.62	14	Jim Johnson	57:06.26	9	Aj Brown	57:54.53	36	Julia Moran	1:12:11.21	
18	Richard Beeland	56:42.88	15	Spencer Evans	57:45.42	10	Lindsay Manning	58:35.94	37	Holly Hollis	1:12:24.34	
19	Scott Lingerfelt	57:33.27	16	Michael Gardner	58:56.71	11	Maggie Barys	59:21.26	38	Amy Thompson	1:13:00.83	
20	Bob Lewis	57:40.87	17	J. Dewayne Sandidge	59:52.91	12	Saana Ingram	59:59.20	39	Amber Beason	1:14:01.53	
21	Eric Whittington	58:09.75	18	Terry Nash	1:03:44.92	13	Meredith Bridges	1:00:24.36	40	Crystal Wilson	1:14:25.28	
22	Tom Major	58:25.01	19	George Skonberg	1:04:16.56	14	Stephanie Turner	1:00:30.84	41	Stephanie Hawkins	1:14:25.71	
23	Mike Howard	58:25.33	20	Tom Wendle	1:10:48.90	15	April Grubbs	1:00:52.74	42	Elizabeth Petty	1:14:41.20	
24	Barry Shulman	58:30.98	21	Martin Jansen Vanren	1:14:48.32	16	Amber Montgomery	1:00:57.57	43	Lena Hall	1:16:39.40	
25	Geoff Rodgers	59:13.39	22	Gary Putman	1:17:51.45	17	Susan Edgeworth	1:03:16.68	44	Erika Moore	1:17:25.11	
26	Jerry Hoffer	59:22.17	23	Steve Breece	1:43:30.06	18	Alethea Pickett	1:03:33.49	45	Sarah Treat	1:19:59.05	
27	Will Corrington	59:35.69	MALE AGE GROUP: 60 - 64		19	Rebecca Williamson	1:04:37.59	46	Kelly Burdge	1:20:40.67		
28	Scott Wilhoit	1:02:05.38	1	Iman Majid	50:38.97	20	Brittany Kunz	1:04:51.76	47	Benita Phipps	1:21:06.15	
29	Paul Snyder	1:02:14.25	2	Dorn Walker	53:50.28	21	Tyler Thurston	1:05:04.49	48	Stephanie Essex	1:33:19.44	
30	Neal Gibson Iii	1:02:16.23	3	Dr. Frank Patterson	56:00.84	22	Erin Melhorn	1:05:22.35	49	Jennie Brown	1:41:22.36	
31	Rick Worley	1:02:51.43	4	Jack Pickett	1:00:25.97	23	Katie Mayo	1:05:34.39	FEMALE AGE GROUP: 35 - 39			
32	Thom Lerch	1:03:06.98	5	Dwayne Burnett	1:01:44.94	24	Emily Bramlett	1:06:29.69	1	Lisa Logan	47:17.42	
33	Timothy Haley	1:03:24.51	6	James Barnawell	1:01:54.95	25	Audra Jones	1:06:54.06	2	Marsha Potter	52:40.25	
34	Michael Riccio	1:03:43.00	7	Ronald Rogers	1:02:21.80	26	Elizabeth Price	1:07:55.19	3	Tracy Bruce	52:40.76	
35	Billy Wilhite	1:04:50.38	8	Tom Schaap	1:03:00.73	27	Sarah Weeks Merrell	1:08:50.88	4	Rene Bullock	53:27.07	
36	Troy Ash	1:09:30.08	9	Michael K. Owens	1:05:58.25	28	Andrea Asche	1:09:04.20	5	Cassie Collins	53:30.89	
37	Johnathan Wood	1:11:03.98	10	William Bradford	1:06:30.24	29	Lindsay Smith	1:09:27.15	6	Carrie Bishop	55:44.92	
38	Bill Oberg	1:11:31.19	11	Robert Harrison	1:11:46.73	30	Mandy Smith	1:10:14.92	7	Sissy Jones	56:37.01	
39	Scott Farley	1:11:34.20	MALE AGE GROUP: 65 - 69		31	Sheri Goulart	1:10:31.55	8	Michelle Morgan	57:55.60		
40	Ca Campbell	1:11:43.61	1	Sergio Bianchini	43:59.82	32	Melissa Post	1:11:01.61	9	Dena Fairley	59:04.52	
41	Tony Klein	1:16:34.88	2	Doug Hawley	1:00:48.62	33	Brittany Garner	1:11:18.17	10	Melissa Hale	1:03:47.52	
MALE AGE GROUP: 45 - 49				3	Phillip Thomas	1:34:24.04	34	Lindsey Houston	1:12:03.57	11	Renee Queen	1:04:05.21
1	Jude Hachel	44:06.90	MALE AGE GROUP: 70 - 99		35	Meghan Oakley	1:12:53.02	12	Grace Tuju	1:04:36.01		
2	Mitchell Hayes	45:33.56	1	Jesse Roberson	1:02:36.08	36	Christi Jensen	1:13:01.02	13	Kathy Post	1:05:04.54	
3	Mike Sparkman	47:24.86	OVERALL FEMALE		37	Ashley Leinbach	1:13:17.57	14	Tonya Cope	1:05:50.74		
4	Van Ford	51:39.99	1	Jan Gautier	43:46.90	38	Elizabeth Devereaux	1:13:18.29	15	Erica Zimmerman	1:06:04.30	
5	Frank Pazera	51:42.02	OVERALL FEMALE MASTERS		39	Karen Dees	1:14:07.59	16	Susan S. Holt	1:07:03.14		
6	David Pearson	53:33.52	1	Barb Nausley	50:15.15	40	Anna Haynes	1:15:03.49	17	Lisa E. Montelongo-C	1:08:34.87	
7	Howard Reagor	55:30.50	OVERALL FEMALE GRAND MASTERS		41	Ashley Cleary	1:16:16.42	18	Nancy Polk	1:08:40.01		
8	Mike Shaver	56:16.78	1	Mary Preisel	50:35.96	42	Chrystal Murphy	1:19:52.00	19	Dana Colquitt	1:08:52.25	
9	Wade Floyd	56:29.99			43	Alicia Klepper	1:20:41.94	20	Melanie Severs	1:08:59.06		
10	Ronald Creech	57:25.75			44	Allison Touchstone	1:22:03.36	21	Marie Sikes	1:09:11.67		
11	David Sekura	58:10.22			45	Lacey Yerbey	1:22:39.35	22	Sharon Pitzl	1:09:53.94		
12	Glen Coronis	59:18.76			46	Leslie Lyans	1:24:16.77	23	Rebecca Stein	1:10:53.05		
13	Scott Buffington	1:00:14.73			47	Kristen Harvey	1:24:21.27	24	Jennifer Goodman	1:11:46.46		
						48	Charlotte Smith	1:28:41.78	25	Beth Davis	1:12:59.98	
						49	Jenny Godwin	1:32:05.04	26	Kristy Clark	1:15:34.54	

27	Mimi Long	1:17:02.48	13	Jennifer L. Cronin	1:12:50.99	11	Laura J. Blodgett	1:06:58.44	FEMALE AGE GROUP: 60 - 64		
28	Denise Ziegler	1:20:45.52	14	Wendy Bovell	1:13:17.32	12	Gwen Meeks	1:07:17.71	1	Sue Anne Brown	57:08.62
29	Cally Seymour	1:21:25.62	15	Leslie Alexander	1:13:21.98	13	Mary Holder	1:10:58.17	2	Nancy Widener	57:09.81
30	Danna Bailey	1:22:01.67	16	Jamie Wilson	1:14:33.70	14	Tammy Larson	1:20:08.27	3	Phyllis Sizemore	59:22.25
31	Sarah Hyde	1:22:01.80	17	Marissa Crawford	1:16:07.73	15	Susan Lyon	1:28:41.68	4	Lynnda Owens	1:02:52.80
32	Allison Cornell	1:23:54.53	18	Mary Murphy	1:18:01.21						
33	Lee Ann Flinn	1:24:17.75	19	Dawn Hampton	1:21:11.71	FEMALE AGE GROUP: 50 - 54					
34	Rose Berry	1:26:18.21	20	Marcie Osborne	1:21:55.75	1	Lynda Webber	53:11.25	FEMALE AGE GROUP: 65 - 69		
35	Jennifer Dotson	1:27:11.73	21	Ruth Dammann	1:21:38.36	2	Pam Bearden	54:12.32	1	Bonnie Wasson	1:20:06.09
36	Jean Angle	1:32:40.49	22	Robin Williams	1:24:21.13	3	Rhonda Gage	55:40.40			
37	Dawn Navolt	1:33:16.11	23	Gloria Blevins	1:26:53.93	4	Susan Gallo	57:29.77			
38	Martie Johnston	1:39:30.86	24	Stephanie Pearson	1:30:33.03	5	Heidi Devries	1:01:49.93			
			25	Carrie Phelps	1:30:34.49	6	Jackie Gardner	1:01:52.62			
			26	Wendy Black	1:35:33.51	7	Linda Andreae	1:03:48.37			
						8	Colleen Gordon	1:06:28.33			
FEMALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 45 - 49			9	Candie Bishop	1:07:07.09			
1	Tracey Wade	52:47.57	1	Connie Mills	52:16.68	10	Elaine Edwards	1:10:22.78			
2	Holly Kimsey	55:26.81	2	Christine Post	53:37.92	11	Brenda Starks	1:19:38.70			
3	Treva Walshe	58:03.87	3	Joan Wagner	56:45.07	12	Nona Hodges	1:20:40.87			
4	Danna Vaughn	1:00:22.23	4	Corinne Henderson	59:54.68	13	Gaye Coker	1:44:13.07			
5	Sherrie Forrest	1:01:43.43	5	Nikki Thomas	1:00:18.09						
6	Tammy Cook	1:01:56.66	6	Sharon Totten	1:01:06.70	FEMALE AGE GROUP: 55 - 59					
7	Monica Daum	1:04:14.17	7	Renee Anderson	1:03:39.07	1	Deborah Nash	1:07:06.86			
8	Lynne Austin	1:04:28.09	8	Pam Keeter	1:06:10.36	2	Caroline Ashton	1:14:23.51			
9	Rebecca Mackey	1:04:41.07	9	Janice Kelly	1:06:37.66	3	Gail Godwin	1:15:15.10			
10	Jeannice Nolan	1:05:38.90	10	Mary Byars	1:06:52.75						
11	Katie Warwick	1:06:52.68									
12	Jennie Wallace	1:08:27.24									

Come Jingle with Us!

Get in the spirit this holiday season at the Arthritis Foundation's Jingle Bell Run/Walk for Arthritis. Be one of the thousands of runners and walkers who hit the nation's pavements, pathways and parks this season to fight the most common cause of disability in America.

Chattanooga, TN

Saturday, November 20, 2010

Registration at Chattanooga Riverwalk
Registration begins at 9 am and the race begins at 10 am



Register Online at www.chattanoogaajbr.org

ARTHRITIS FOUNDATION
Take Control. We Can Help.™



A View From The Road

Oak Barrel Half Marathon | Lynchburg, Tennessee
By Steve Smalling

Runners leaving cloudless Chattanooga (or Jasper, in my case) who failed to check the weather radar were surprised upon crossing Monteagle Mountain to see a dark cloud bank toward the west, apparently centered over Lynchburg, Tennessee. Pre-race thunderstorms drifted away from the starting line just before the race, but rain, occasionally heavy, persisted on and off throughout the inaugural running of the Oak Barrel Half Marathon, presented on April 3 by the Mach Tenn Running Club of Tullahoma and Jack Daniel's Distillery.

The race was run mostly on rural roads in the quiet, picturesque countryside outside Lynchburg. Starting on the Lynchburg town square, approximately half the race was run on a ridge above Lynchburg, accessed by running up Whiskey Hill, which is steep, but not overly long. (As a point of reference, Chattanooga runners familiar with the hill between the switchyard and visitors' center at Raccoon Mountain Pumped Storage Plant would not be intimidated.) Once on the ridge, there are a few rolling insignificant hills, with a slight downgrade to flat the last four miles. Every mile was marked, and the course is certified. Gun time and chip time were recorded. There were six water stops on the course manned by plenty of volunteers. Traffic was carefully patrolled in town, and most of the race was run on country roads with limited traffic. The race ended directly in front of the entrance to Jack Daniel's Distillery.

Reviewing the results, I count 33 of 689 finishers from the Chattanooga area. Jason McKinney of Rossville, Georgia, won the race by 11 seconds, with a time of 1:16:59. Thomas Sell of Chattanooga was 5th (1:25:53), William Payne of Chattanooga was 29th, and Lisa Logan of Ringgold was the 4th overall female, 1st in the female 35-39 age group, and 49th overall with a 1:41:28 time. Other Chattanooga area finishers, in order

of finish, include Dwight Gardenhire, Jeffrey Cochran, Blake Pierce, Bradley Nance, Bill Brock, Angie Hughes, Jason Cooley, Howard Reager, Richard Miller, Kimberly Atkins, Rowan Johnson, Bill Puckett, Claude Hager, Kevin Law, Mark Taylor, Treeva Walshe, Kimberly Durham, Stephanie Law, Karen Zatkulak, Catherine Griffin, Steve Rogers, Voreata Waddell, Andrew Bender, Steve Smalling, Kenneth Garland, Jeniffer Jensen, Tess Madeya, Matt Richardson, and Kristen Smith. If I missed anyone, I apologize.

For more information, ask one of the Chattanooga runners listed above, or see the website www.oakbarrelhalf.com. Lynchburg is 96 miles from downtown Chattanooga, with 70 miles of the route travelled on Interstate 24. April 2, 2011 is tentatively set as the date for next year's race. The 2010 race was limited to 800 runners, each of whom received a long sleeve technical race shirt and finisher's medal. Anyone with remaining energy could take the free tour of the Jack Daniel's Distillery until 4:30 p.m. Finally, no matter what the weather looks like in Chattanooga, always pack a change of clothes!



BLUECROSS CHATTANOOGA CHASE 8K - 2010

OVERALL FEMALE

1	Jan Gautier	33:06
2	Erin Rayburn	35:11
3	Kristy Altman	36:49
4	Jackson Bangs	29:48
5	Ryan King	34:59
6	Tyler Tatum	40:22
7	Brad Keck	42:56
8	Van Patton	44:50
9	Brandon Dicatoro	50:05

OVERALL MALE

1	Patrick Hall	26:30
2	Andy Highlander	26:56
3	Alan Outlaw	27:08

FEMALE MASTERS

1	Tracey Wade	39:32
2	Lynda Webber	39:45
3	Barbara Ensign	39:51

MALE MASTERS

1	Mark Lorello	29:26
2	Ryan Shrum	29:54
3	Jude Hacherl	33:15

FEMALE GRAND MASTERS

1	Susan Gallo	42:26
2	Sue Anne Brown	44:09
3	Hilary Popham	56:33

MALE GRAND MASTERS

1	Sergio Bianchini	33:23
2	Mike Usher	34:53
3	Roger Harris	35:22

FEMALE AGE GROUP: 14 & UNDER

1	Lindsey Cash	48:38
2	Savannah Griffith	1:09:54

MALE AGE GROUP: 14 & UNDER

1	Grant Hacherl	35:11
2	Kudy Kington	44:46
3	Graham Kington	54:19

FEMALE AGE GROUP: 15 - 19

1	Danae Patrick	47:30
---	---------------	-------

MALE AGE GROUP: 15 - 19

1	Jacob Bradley	27:17
2	Seth Ruhling	30:26
3	Ryan Hacherl	31:06
4	Austin Ethridge	32:34
5	Blake Childers	32:47
6	Marco Bianchini	35:12
7	Marco Italia	39:10
8	Tyler Keys	39:44
9	Drew Tompkins	43:56

FEMALE AGE GROUP: 20 - 24

1	Marie Daugherty	41:52
2	Staci Fisher	45:59
3	Shannon Wall	50:05
4	Theresa Yanquest	55:00
5	Bailey Conwell	55:04
6	Brittany Dilbeck	55:04

MALE AGE GROUP: 20 - 24

1	Allen Thurman	27:09
2	Andrew Dorn	27:12
3	Drew Streip	29:36

FEMALE AGE GROUP: 25 - 29

1	Katie Godwin	37:04
2	Letisha Hiding	38:34
3	Karin Maucere	39:05
4	Ashley Norman	47:32
5	Stacy Campbell	48:48
6	Sarah Merrel	50:57
7	Jennifer McDonald	56:43
8	Justina Holmes	1:03:59

MALE AGE GROUP: 25 - 29

1	Taylor Simms	32:38
2	Blake Pierce	34:11
3	Joseph Parks	37:22
4	Jason Brannen	41:02
5	Aubrey Black II	41:32
6	Kevin O'Leary	41:33
7	Nathan Daugherty	42:20
8	Robert Mitzel	46:59
9	Keith Bolis	52:16

FEMALE AGE GROUP: 30 - 34

1	Maureen Foster	39:24
2	Elizabeth Warlick	41:21
3	Nicole Kammeyer	43:28
4	Marya Schalk	45:07
5	Mandy Houts	47:30
6	Mandi Moffitt	48:44
7	Sandy Banks	48:50
8	Jenny Nicely	49:13
9	Amanda Morgan	49:29
10	Desleslyn Mitchell	52:17
11	Sheron Smith	52:38
12	Kristin Ownby	55:17
13	Jana Barnett	55:47
14	Amanda Jackson	1:05:41
15	Elisabeth Hubbard	1:05:41
16	Jennifer Brown	1:13:27

MALE AGE GROUP: 30 - 34

1	Jason Altman	27:33
2	Lee Yarnell	30:37
3	Michael Ressel	32:45
4	Josh Carter	33:10
5	Thomans Auten	34:14
6	Jason Denson	34:19
7	Jonathan Tucker	34:43
8	Anthony Warlick	37:33
9	Nathan Morris	37:45
10	James Case	38:33
11	Chad Hiding	38:34
12	Keith Lilly	41:01
13	David Hopkins	43:26
14	Carlos Flores	43:54
15	Shane Newberg	47:01
16	Melissa Baskette	52:48
17	Morgan Grace	57:44

FEMALE AGE GROUP: 35 - 39

1	Melissa Hale	46:40
2	Leigh Miller	47:29
3	Grace Tugie	48:57
4	Diana Cruz	49:17
5	Sherri Lewis	52:50
6	Elizabeth Hunter	55:49
7	Cristine Collier	55:52
8	Heather Kington	57:02
9	Melody Hammontrac	57:04

MALE AGE GROUP: 35 - 39

1	John Windom	34:51
2	John Moore	34:58
3	Adam Burnett	35:40
4	Elijah Baurera	36:07
5	David McDaniel	36:53
6	Paul Brewster	37:37
7	Clint Wilson	37:44
8	Scott Hamby	38:28
9	Tommy Brooker	38:57
10	Edward Tate	39:04
11	Ben Wiley	42:17
12	Joe Alegee	45:29
13	Jason Nicely	46:58

FEMALE AGE GROUP: 40 - 44

1	Treeva Walshe	42:21
2	Sherrie Forrest	45:27
3	Tammy Cook	46:26
4	Bernice Delaney	50:38
5	Jennifer Kilby	50:58
6	Katie Warwick	53:12
7	Laura Bailey	55:52
8	Wendy Bovell	56:18
9	Cheryl Parker	1:03:38
10	Robin Williams	1:13:23

MALE AGE GROUP: 40 - 44

1	Jim Levine	33:54
2	David Wilson	35:41
3	Wade Priddy	36:07
4	David Moghani	36:34
5	Jeff McDonald	39:04
6	David Turner	42:05
7	Chuck Miller	43:18
8	Scott Wilhoit	45:26
9	Geoff Rodgers	45:35
10	Jerry Hoffer	46:08
11	Troy Ash	49:19
12	Steve Cassidy	59:13
13	Stewart Hale	1:00:33
14	Hunter Griffith	1:09:54

FEMALE AGE GROUP: 45 - 49

1	Jamice Grile	41:10
2	Corinne Henderson	47:41
3	Pam Keeter	48:49
4	Mary Holder	51:11
5	Mary Byars	53:12

MALE AGE GROUP: 45 - 49

1	Joey Howe	34:25
---	-----------	-------

2	Mike Sparkman	35:52
3	Ray Kellum	36:02
4	David Pearson	39:28
5	Howard Reagor	39:42
6	Dean Ward	44:34
7	Terry Smith	45:22
8	Kenn Kington	46:01
9	Larry Barber	46:21
10	Steve Tompkins	47:10
11	James Speace	58:26
12	Robert Starnes	1:14:13

FEMALE AGE GROUP: 50 - 54

1	Pam Bennett	59:46
2	Barbara Burrow	1:04:44

MALE AGE GROUP: 50 - 54

1	Dwight Gardenhire	36:53
2	Hugh Sharber	37:08
3	Dave Swearingen	38:06
4	Jeff Houston	38:16
5	Glen Hicks	40:37
6	Terry Hampton	41:12
7	Sam Cash	48:40
8	Ian Harper	51:30
9	Richard Meek	53:42

MALE AGE GROUP: 55 - 59

1	Tommy Nichols	35:51
2	John Crawley	38:15
3	Thomas Russe	40:26
4	Robert Gift	40:30
5	David Keller	41:58
6	Carter Lynch	42:58
7	Jim Johnson	43:43
8	Steven Rubenstein	45:08
9	George Skonberg	46:36
10	Lucien Ellington	53:50
11	Cas Mann	53:56

MALE AGE GROUP: 60 - 64

1	Ron Reid	37:12
2	Dave Scholes	42:18
3	Vack Picket	44:19
4	Dwayne Burnett	46:39
5	Dan Wougher	47:50

MALE AGE GROUP: 65 - 69

1	Cyrus Rhode Jr	39:52
2	Doug Hawley	43:55
3	Henry Mesarosh	44:33
4	Walter Sinor	50:40
5	Phil Thomas	1:13:30

MALE AGE GROUP: 70 & OVER

1	Jesse Roberson	46:26
2	Lee Meadows	1:13:30

UNKNOWN 8K PARTICIPANTS

1	Mike Martin	43:43
---	-------------	-------

Joe McGinness Runner of the Year Standings as of August 14, 2010

Age Groups determined by runner's age on 12/31/2010 | Runner must have been a current CTC member on day of race (updates available at www.chattanooga-trackclub.org)

OVERALL FEMALE	Total Points	FEMALE 15 & UNDER	FEMALE 50-59				
Lynda Webber	420	Savannah Griffith	200	Susan Gallo	690	Micah Boaz	60
Susan Gallo	390	Kim Jade Wycherley	200	Lynda Webber	580	Nathan Morris	60
Treva Walshe	370	Maria Walshe	100	Rhonda Gage	390	Matthew Wiseman	50
Rhonda Gage	340			Jackie Gardner	190	Scott Hamby	50
Karen Maucere	290	FEMALE 16-29		Karen Galyon	180	Brant Jordan	90
Leslie Becht	200	Karen Maucere	300	Janice Wycherley	90	Joe Alegre	70
Barbara Ensign	190	Staci Fisher	280	Cindy Leary	80		
Belinda Young	190	Leslie Becht	200	Theresa Samuelian	80	MALE 40-49	
Maureen Foster	170	Gilly Wiseman	180	Sally Hoffman	70	Ryan Shrum	560
Gwen Meeks	130	Laura Walker	100	Melodie Thompson	70	David Moghani	530
		Ashley Williams	90			Jude Hacherl	320
OVERALL MALE		Rebecca Potts	90	FEMALE 60+		Mark Wisdom	310
Josh Carter	450	Amber Regal	90	Bonnie Wasson	590	Raymond Beem	290
Ryan Shrum	430	Sarah Dow	80	Joan Hearn	100	Ray Kellum	250
Jason McKinney	390	Theresa Yanquest	80			Steve Tompkins	220
Alan Outlaw	300	Leigh Cox	80	MALE 15 & UNDER		Tim Ensign	190
Hugh Enicks	280			John Walshe	100	Marc Erickson	170
Sergio Bianchini	230	FEMALE 30-39				Mark Kuhn	170
Charles Webb	220	Melissa Hale	230	MALE 16-29			
Jude Hacherl	200	Elizabeth Petty	220	Marco Bianchini	620	MALE 50-59	
Marco Bianchini	190	Maureen Foster	190	Charles Webb	390	Tommy Nichols	730
Keven Boucher	180	Carla Noya	170	Jonathan Baxley	270	John Crawley	650
Tim Ensign	180	Jill Sizemore	160	Keith Bolis	210	Hugh Enicks	300
		Sissy Jones	160	Jai Rhodes	170	Dave Swearingen	230
		Fabiola Noya	130	Nik Meeks	170	John Walker	170
		Grace Tuju	130	Kevin O'Leary	140	Jim Johnson	140
		Angie McAmis	120	Blake Pierce	100	Rick Rogers	130
		Gina Krabbendam	100	Matt Mansell	100	Reggie Bishop	130
		Teri Akovenko	100	Ryan Walker	90	Jeff Straussberger	120
						Thomas Russe	110
		FEMALE 40-49		MALE 30-39		Tim Holmes	100
		Treva Walshe	560	Josh Carter	790		
		Corinne Henderson	410	Jason McKinney	400	MALE 60+	
		Gwen Meeks	270	Sean Price	350	Sergio Bianchini	600
		Jennifer Kilby	270	Adam Burnett	320	Cyrus Rhode, Jr.	490
		Barbara Ensign	260	Alan Outlaw	300	Butch Cooke	350
		Sherrie Forrest	230	Clint Wilson	280	Pat Hagan	280
		Belinda Young	200	Keven Boucher	190	Mike Martin	260
		Pam Keeter	170	Gary Petty	120	David Scholes	230
		Tammy Cook	140	James Case	110	Doug Hawley	230
		Wendy Bovell	130	Zach Cowart	90	Phil Thomas	220
				Chris Gentry	80	Roy Webb	200
				Steve Gordy	70	Bill Henderson	200
				Sean Menton	60		

2010 Joe McGinness Runner of the Year Competition

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. Volunteer for at least two CTC Events or at one event on two different days.

See CTC website for full guidelines. www.chattanooga-trackclub.org



State Records Fall at Market Street Mile

By Walter Sinor, Race Director and Will Musto

This year's Market Street Mile wasn't graced with the best or worst weather of the spring, however several state records were eclipsed in the event, which was broken up into six individual races—three per gender: ages 18-39, Masters (40+), and Under 18.

There was a lot of hard work before the race with registration and set up for the course and bagging the parking meters. In addition, Bill Moran who was serving as Safety Coordinator was busy having every one on his team in place to make sure everything was done to insure the safety of our participants. The morning of races began when Alyssia Lindsay, a Bryan College athlete, won the women's 18-39 race in 5 minutes, 38 seconds.

In the men's 18-39 race, Bryan College's Colby Smith matched his female counterpart and set a personal best of 4 minutes, 33 seconds as he led his teammate, Jake Bradley (who finished in 4 minutes, 36 seconds) across the tape. Jason McKinney finished in third place in 4 minutes, 47 seconds.

The men's Master's race saw two age group state records fall. The 48 year old Joe Johnson and 47 year old Tim Ensign battled the entire race as each tried to best the state record for their respective age groups. Johnson broke the tape first in 4

minutes, 50 seconds (also good for the fourth fastest time of the day) as he edged Ensign by two seconds and bettered the previous 48-year-old state record by eight seconds. Ensign's finishing time was the fifth fastest of the day and nine seconds faster than the previous 47-year-old state record. The women's Master's race also saw an age group record fall; Jane Webb finished in 9 minutes, 7 seconds—1 minute, 25 seconds faster than the previous 57-year-old women's state record.

The second place female was 13 year old Sydney Gautier, who crossed the finish line in 6 minutes even, and the third place female was 38 year old Rebecca Shearer, who finished in 6 minutes, 17 seconds.

Participation for this event was up 20 % from the previous years event.

We wish to thank all of our volunteers who made this race successful: Jenni Berz, Bill Brock, Flash Cunningham, Dick Dillard, Mitzie Dyer, Ann Garner, Melissa Hale, Sherilyn Johnson, Steve Johnson, David Klinger, Don Lastine, Angie McAmis, David Moghani, Bill Moran, Clark Morris, Javiere Morris, Sean Price, Blaine Reese, Doug Roselle, Carla Sloan, Steve Smalling, Melodie Thompson, Rick Volkwein. We would also like to thank our sponsors: Big River Grille, Coca Cola Company, Republic Parking and Southern Coffee Service.

MARKET STREET MILE - 2010

FEMALE AGE GROUP: 11 & UNDER

1	Alison Anderson	6:38
2	Chandler Gentry	7:40
3	Kierstyn Meredith	7:43
4	Cara Lewis	7:46
5	Mandy Gladden	9:42
6	Ava Akovenko	9:52
7	Makenzie Regal	9:54
8	Elizabeth Funk	9:59
9	Kate Aquila	10:27
10	Ellie Lewis	10:39
11	Tori Miller	11:20
12	Kendall Gentry	11:31
13	Reese Poteralski	11:43
14	Avery Poteralski	11:44
15	Brenley Gentry	15:43
16	Ha Athouge	16:00
17	Madelyn Woods	16:17

MALE AGE GROUP: 11 & UNDER

1	Trevin Meredith	7:23
2	Mateo Althouge	7:26
3	Andrew Sinor	7:27
4	John Walshe	7:33
5	Elijah Prevost	7:37
6	Chaney Martin	7:39
7	Lance Marshall	8:10
8	Wright Eli	8:48

FEMALE AGE GROUP: 12 - 14

1	Sydney Gautier	6:00
---	----------------	------

MALE AGE GROUP: 12 - 14

1	Joshua Kitts	5:31
2	Chase Martin	6:22

FEMALE AGE GROUP: 15 - 18

1	Maria Walshe	7:14
2	Katie Blevins	11:54

MALE AGE GROUP: 15 - 18

1	Michael Zeiser	5:03
2	Ryan Walker	5:17
3	Blake Childers	5:33

FEMALE AGE GROUP: 19 - 24

1	Alyssia Lindsay	5:38
2	Marie Daugherty	6:25
3	Amanda Kohr	8:02
4	Leanna Thurman	8:31
5	Ashley Gravitt	8:35
6	Brittany White	9:50

MALE AGE GROUP: 19 - 24

1	Colby Smith	4:33
2	Jacob Bradley	4:36
3	Charles Webb	5:00
4	Dillon Jennings	5:50
5	Nathaniel Ballew	7:21

FEMALE AGE GROUP: 25 - 29

1	Karin Maucere	6:27
2	Amber Regal	7:32
3	Amy Plemons	8:35
4	Shelley Castle	8:59
5	Whitney Kocher	9:25
6	Sarah Dow	12:32

MALE AGE GROUP: 25 - 29

1	Ross Tilghman	4:56
2	Jai Rhodes	5:26
3	Nathan Daugherty	6:07
4	Keith Bolis	7:31

FEMALE AGE GROUP: 30 - 34

1	Stacy McKinney	7:02
2	Elizabeth Petty	8:04
3	Jalila Cunningham	8:46

MALE AGE GROUP: 30 - 34

1	Jason McKinney	4:47
2	Josh Carter	5:44
3	Benjamin Harper	5:49
4	Joshua Rogers	6:08
5	Jeff Poteralski	6:21
6	Jonathan Hagen	6:27
7	Travis Wright	7:07
8	Patrick Kelly	7:40

FEMALE AGE GROUP: 35 - 39

1	Rebecca Shearer	6:17
2	Stacy Marshall	7:26
3	Shelley Prevost	9:43
4	Natalie Johnson	9:50
5	Tina Blevins	10:46

MALE AGE GROUP: 35 - 39

1	Denny Marshall	6:06
2	John Moore	6:11
3	Gary Petty	7:23
4	Chad Coley	7:25

FEMALE AGE GROUP: 40 - 44

1	Treva Walshe	7:11
2	Jennie Wallace	8:11
3	Leslie Wortman	8:29
4	Lisa Parris	9:31
5	Terry Jump	10:14

MALE AGE GROUP: 40 - 44

1	Ryan Shrum	5:15
2	Mark Wisdom	5:32
3	David Moghanz	6:04
4	David Pendleton	6:40
5	Jeff Berger	7:19
6	Patrick Walshe	8:08
7	Scott Fontana	8:19

FEMALE AGE GROUP: 45 - 49

1	Corinne Henderson	7:40
---	-------------------	------

MALE AGE GROUP: 45 - 49

1	Joe Johnson	4:50
2	Tim Ensign	4:52
3	Michael Berry	5:12
4	Patrick Wortman	6:15
5	Scott Buffington	6:24
6	Steve Tompkins	7:22

FEMALE AGE GROUP: 50 - 54

1	Lynda Webber	7:00
2	Susan Gallo	7:33
3	Beth Caraccio	12:25

MALE AGE GROUP: 50 - 54

1	Paul Alar	5:23
2	Steve Bradley	5:34
3	Tim Rock	5:59
4	Tim Holmes	6:05
5	Douglas Roselle	7:14
6	Alan Thrailkill	11:46

FEMALE AGE GROUP: 55 - 59

1	Jane Webb	9:07
2	Katy Jones	11:16

MALE AGE GROUP: 55 - 59

1	John Crawley	6:23
2	Will Hixson	6:56
3	Jim Johnson	7:00

MALE AGE GROUP: 65 & OVER

1	Russ Haynes	6:45
2	Cyrus Rhode	7:01
3	Jesse Roberson	8:04
4	John Smithson	11:44

 **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

Maintaining Motivation

By Barbara J. Walker, Ph.D.

Beep, beep, beep ... Beep, beep, beep. 5 a.m. You rub the sleep from your eyes. Make a cup of coffee, and assess the conditions outside. The soft glow of a sunrise-to-be is growing on the horizon. The air is cool and comfortable. Your legs are beginning to show signs of an eagerness to get moving. There's a restless anticipation building inside. Check list time: Shorts, shirt, shoes? Check. GPS? Check. Water? Check. It's GO time!

For most committed runners, the preceding scenario is a pretty normal occurrence during the on-season. It's a situation where the motivation to train comes compliments of the morning sunlight. But what do you do when the conditions are not so favorable, when the air is cold, and it is raining or snowing, and windy? When the sun is on vacation and you're feeling that you should be, as well, just as you might find during the off-season?

Motivation during a training season is not very difficult for most serious runners. In fact, in my practice as a sport psychologist, I often have discussions with my clients about the risks of being overly zealous and "too motivated," and about helping them carve in easy/rest days and more sleep. Training, just like the seasons, has to change from time to time to be the most fruitful. The winter off-season is the time to build your strength for your upcoming season, allow other muscle groups to become stronger, and especially allow some recovery. It's a great time to do some cross-training, including swimming, indoor cycling, strength work, pilates, and/or yoga, or just take more time to rest. It's when we build on the hard work and successes of our recent past, and prepare for even greater success in the future. So, we now have the perfect justification to train in the off-season, but how do we find the motivation to do it? What tools do we have to keep the fire burning inside and the heart pumping? Two of the most powerful and most utilized tools in the sports psychologist's toolbox are goal setting and visualization.

We've all heard about the importance of setting goals, but few people know how to set them effectively. The goal-setting process is simple in theory, but takes critical thinking and planning to do it well. Teaching yourself to set realistic, yet challenging personal performance-oriented goals will allow you to do the work necessary to achieve those goals, allow you to see improved performance, lead to increased confidence, and ultimately lead to your success as an athlete.

The goal-setting process consists of seven steps.

Take your time with each step and write your answers for each point down on paper.

1 DEFINE WHAT YOU WANT TO ACCOMPLISH THIS YEAR.

What did you do last year? What excites you and gets you looking forward to getting up in the morning to actually look forward to your workouts? Do you want to try something completely different or do you want to set a new PR? Think big (but realistically) and imagine where you want to go with running this year. See it and feel it. For goal-setting purposes, we'll call this your Outcome Goal. Now, with outcome goals, it's OK to think in terms of placement, but we have no control over placement in a race. We all really want to be in first place. You never hear someone say that they hope they come in fifth, right? Assume that all your competitors want first, as well; that will be a given. I suggest you set time goals or some performance-oriented goal for yourself, something you have more control over. You could have the best race of your life and still not be in first place. If you set a placement goal, you may tend to be disappointed in your race, rather than celebrate the fact that you just had a personal best.

2 KNOW WHERE YOU ARE RIGHT NOW.

How are you doing right now? Get feedback from your training partners, life partners, and/or coaches. What's your typical training and/or racing pace? How strong are you?

3 BE HONEST ABOUT WHAT YOU NEED TO DEVELOP.

This is a tough, yet critical step. You will need to be objective with yourself to know where the gaps are! Again, get feedback from others. Dig deep and put your ego aside; it will help you in the long run. Would it be beneficial for you to work on your core? On hills or speedwork? Improve your confidence?

4 SET SUB-GOALS.

Break down your outcome/season-long goal into specific concentrated areas, like physical, nutrition, and mental skills.

We recommend, as with all fitness and health issues, you consult with your physician before instituting any changes in your fitness program.



Because athletes require more than the average person...

Specializing in sports injuries, joint & spinal steroid injections, erbium laser peels, therapeutic & cosmetic BOTOX, Juvederm & 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



FAST **BREAK**

Chattanooga's Ultimate Running Store

**19 Cherokee Boulevard
Chattanooga, TN 37405**

(423) 265-0531



ENGRAVING • LASERING • DIGITAL PRINTING

3837 Hixson Pike

423.870.4231

orders@awardcountry.com

KING OF THE MOUNTAIN 4M - 2010

OVERALL FEMALE

1 Debby Vannoy

24:42

6 Kristyn Clark
7 Emily Holesinger
8 Piper Cook
9 Bonnie Young
10 Brittany Bowman

38:36
40:53
53:06
1:08:30
1:08:31

OVERALL MALE

1 Jason McKinney

21:54

FEMALE MASTERS

1 Cecelia Wigal

26:17

MALE AGE GROUP: 20 - 29

1 Ross Tilghman
2 Jonathan Baxley
3 Bill Puckett
4 Chris Scott
5 Nik Meeks
6 Jason Labonte
7 Richard Bryant
8 Brandon Spurgin
9 David Holesinger
10 Carter Hancock
11 Keith Bolis

23:22
23:41
26:13
28:11
28:32
29:12
29:18
29:28
30:32
31:14
35:45

MALE MASTERS

1 David Boozer

24:20

FEMALE AGE GROUP: 14 & UNDER

1 Margaret Martin
2 Courtney Ford
3 Mary Margaret Arrowsmith
4 Alice Martin
5 Grace Fugate
6 Savannah Griffith

29:00
32:30
35:16
38:36
39:38
51:42

MALE AGE GROUP: 14 & UNDER

1 Banner Brock
2 King Jemison
3 Jimmy Wright
4 Jim Govan
5 Parrish Pettway
6 George Arrowsmith
7 John Arrowsmith
8 Foster Ligon

27:39
27:45
27:49
31:34
32:30
34:08
34:12
50:48

FEMALE AGE GROUP: 30 - 39

1 Kim Brock
2 Anna Hunter
3 Alicia Oliver
4 Brooke Pippenger
5 Jen Klene
6 Currie Elliott
7 Marya Schalk
8 Mandi Moffitt
9 Rita Lawrence
10 Natalie Allen
11 Elizabeth McCoin
12 Kathryn Lindley
13 Patricia Alfonso
14 Anna George
15 Heather Degaetano
16 Kristin Waycaster
17 Jennifer Regan
18 Cynthia Choate
19 Treasure Coulter
20 Gessy Duncan
21 Maura McKenna
22 Carrie Debilzan
23 Kelli Jeffries

28:47
29:21
30:03
33:27
33:28
33:30
33:31
33:31
35:21
35:41
36:04
36:26
36:27
39:56
40:09
41:27
41:30
42:41
42:43
43:42
43:58
44:04
51:37

FEMALE AGE GROUP: 15 - 19

1 Anne Marie Rowe

32:20

MALE AGE GROUP: 15 - 19

1 Haden York
2 Marco Bianchini
3 Andrew Woods

23:38
25:46
28:30

FEMALE AGE GROUP: 20 - 29

1 Karin Maucere
2 Micheala Whitworth
3 Sue Von Peters
4 Summer Blizzard
5 Elsa Von Peters

29:04
33:41
34:38
37:47
37:52

MALE AGE GROUP: 30 - 39

1 Lee Yarnell
2 Tim Deroehn
3 Josh Carter
4 Jeff Elrod
5 William Downes
6 David McDaniel
7 Chad Hiding
8 Richard Elm
9 James Case
10 Joel Swanson
11 Shane Newberry
12 Scott Kennedy
13 Sean Price
14 Ryan Faught
15 Christopher Perry
16 Patrick Kelly
17 Michael Hooper

23:43
23:53
25:03
26:20
27:48
27:52
28:04
30:21
30:39
31:04
31:22
32:11
32:24
32:25
32:47
38:04
42:11

5 Keith Curtis
6 John Holden
7 Ronald Creech
8 Jc Campbell
9 Darren Richmond
10 Shawn Flaherty
11 Donnie Gregory
12 Savas Kyriadkidis
13 Mark Gravley
14 Steve Tompkins
15 David Dehart
16 Hunter Griffith
17 Ernest Minges
18 Lynn Woods

27:42
28:49
29:09
30:41
31:49
33:09
33:33
34:27
34:37
34:39
34:45
38:36
43:07
51:42

FEMALE AGE GROUP: 50 - 59

1 Susan Gallo
2 Lesa Duvall
3 Darlene White
4 Jan Lewis

31:55
38:29
1:00:54
1:00:55

FEMALE AGE GROUP: 40 - 49

1 Belinda Young
2 Jill Richmond
3 Jo King
4 Angie Sutherland
5 Dawn Pettway
6 Sherri Minges
7 Gwen Meeks
8 Ellen Daniel
9 Patricia McLelland
10 Jennifer Kilby
11 Mary Holder
12 Laura Bowling
13 Marcia Curtis
14 Julie Wiedmer
15 Cheryl Parker
16 Elizabeth Ligon
17 Sandi Mitchell
18 Stephanie Young

27:40
32:07
33:22
33:27
33:36
35:08
35:27
36:09
36:27
37:02
37:44
38:10
40:41
43:20
43:48
46:39
53:01
1:08:31

MALE AGE GROUP: 50 - 59

1 Roger Harris
2 Tommy Nichois
3 John Crawley
4 Len Teagan
5 Glen Hicks
6 Jon Huebschman
7 Andy Govan
8 Jim Duvall
9 Scott Bailey
10 Kenn Brown

26:54
27:09
28:40
29:40
30:29
31:22
34:05
34:47
37:56
51:42

FEMALE AGE GROUP: 60 - 69

1 Sue Ann Brown

33:07

MALE AGE GROUP: 60 - 69

1 Sergio Bianchini
2 Butch Cookie
3 Pat Hagan
4 Henry Williams
5 Larry Godair
6 Phil Thomas

26:34
30:35
31:25
33:49
38:53
43:33

MALE AGE GROUP: 40 - 49

1 Marc Erickson
2 David Moghanz
3 Marshall Rowe
4 Garrison Martin

26:01
26:47
27:31
27:35

Marathon Man

By Holly Leber, Chattanooga Times Free Press
hleber@timesfreepress.com

Family Married since 1972 to Cheryl; two sons and a daughter, four grandkids, one on the way. | **Runs** 35-40 miles a week. | **Goal** To run 100 marathons. | **Best marathon time** 3:35, 1988, Huntsville Rocket City Marathon. | **Worst marathon time** 6:21, Great Wall, (before that, 4:38, Erie, Pa.). | **What's next** Mt. Kiliminjaro.

In 1996, Truman Smith's wife told him to find a hobby.

He'd already run eight marathons at that point, so he figured it was a good activity to build on. Fourteen years and 74 marathons later, Mr. Smith, 63, has run in all 50 states and is aiming to marathon on each of the seven continents. He recently ran the Great Wall marathon in China.

If ever Cheryl, his wife of 38 years, finds being the wife of a marathoner tiresome, he said he affectionately reminds her: "I believe you told me to find a hobby."

Why did you decide to run marathons around the world? It was a way to see the country and actually touch the land that you wouldn't normally touch. You actually spend four hours out on somebody's highway really being in the atmosphere, seeing whatever the state's all about.

What memories do you have of your first marathon? Just training to get there. I started that hoping I could run a 5K. I ran (one) out at Northgate Mall. It was a brand new mall back then. I was so thrilled and pleased that I was able to get 3 miles. Then I set my sights on a 10K. I ran my first half marathon out in Collegedale. After, I told some of my friends I would never run a marathon because that was so tough. In 1987, I ran the Chickamauga Battlefield Marathon, and that pretty much got it started. Lots of people can run 20 miles. It's that last 6.2 that you never know how it's going to

turn out. I've experienced a few good days and a lot of struggles.

You recently returned from China. How was it running a marathon there? The Great Wall marathon was the toughest marathon I've done to date. That was my 82nd marathon. There's a section you do on the wall, and it has 5,165 steps you have to negotiate. All the steps were not uniform; they varied in height and the tread on the steps was different. It was made that way for military purposes when the enemy tried to charge the towers, they couldn't get a running cadence up the stairs because the stairs were not uniform. I told somebody, "Well it stopped the Mongolians and it's stopping us too."

Why run so many marathons? It's the person I happen to be, the kind of person who wants to see what's on the other side of the mountain.

What would you say is the most memorable marathon you've participated in? Anything on Highway 101. It runs up and down the western side of the United States. I ran the Big Sur on Highway 101. I ran Newport, Oregon, and it had a piece of it on 101. Then I ran Port Angeles, Washington, and it ran parallel to Highway 101, so I got to see all of that coastal highway. Alaska was a sight to see, too. It was on the longest day. The sun never goes down there in June; it's pretty much daylight all the time.

You wish to run marathons on all seven continents. How do you anticipate Antarctica will be? I look at Antarctica as a physical challenge. There's nothing there perhaps, there's no outlet stores or malls. My curiosity is just wild about going across the Drake Passage. There's a 10-day time on a boat, then one day they set us free to run a marathon. There's one that's directly at the South Pole. That's a little bit of a different animal.

Meet a New Member: Steve Smalling



Why did you decide to join the track club? I lived in Memphis for 22 years and tried to schedule my visits to family in Jasper TN to coincide with Chattanooga race weekends, so I have been running occasional CTC races for many years. When I moved back home in April 2009 to look after my mother, who has Alzheimer's, I joined CTC to support the club and try to meet some people. | **What got you into running?** I have been running since 1985. I started running to "try to catch" a certain woman in graduate school who was a runner. She got away, but I kept running. My favorite race was my only marathon ever, the 1985 New York City marathon, which I finished in 3:45. Second favorite was the 1985 Philadelphia Distance Run, which I ran in 1:38:30. I can honestly claim to have run in a race in which a world record was recorded, as the half marathon world record which stood for five years was posted in that race in Philadelphia. (I was not the "rabbit!") | **Where do you like to run?** My favorite place to run in Chattanooga is around the dam at the top of the Raccoon Mountain Pumped Storage Project. It is quiet, peaceful, and beautiful, and there is a challenging, half-mile long hill between the switchyard and visitor's center, plus a certified 10K course. My father was the construction engineer on that TVA project from the day it started in 1970 until the day it was finished about 10 years later, so I also feel like I am honoring his memory when I run there. I encourage everyone to run the 10K race at Raccoon Mountain on August 28. | **Do you have any specific running goals?** I do have one modest goal. I want to run a sub-50 minute 10K again before I turn 50 on August 23. Unfortunately, I've got about three minutes to shave off, and a bout with gout has set me back several weeks. I don't think I'm going to make it, but I'm trying. If I don't make 50 by age 50, I'm going to keep trying until I get below 50 minutes again.



FRONT RUNNER ATHLETICS

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

4251 Hixson Pike
Chattanooga, TN 37415

cvarga@frontrunnerathletics.com
www.frontrunnerathletics.com

Welcome New and Returning Members

Joe Axley
Elijah Barrera and
Family
Jonathan Baxley
Ray Beem and
Family
Wendy Bovell
Carlos Breeden
Judith Coffey
Cheryl Cox

Sarah Dow
Sherrie Forrest
Maureen Foster
Rhonda Gage
Jackie Gardner
James Hall
Jeri Harris
Steven Hassler
Jennifer Kilby
Mark Kuhn

Timothy Kuhns
Cindy Leary
Darren Lewis
Amanda Lucas
Lindsay Lucas and
Family
Don Lyons
David Martin and
Family
Kirk McDermott and
Family

Jason McKinney and
Family
Reginald McLelland
Chuck Miller
Michael Mooney and
Family
Jeannie Nolan and
Family
Connie Petty
Rebecca Potts
Jai Rhodes

Jeff Richard and
Family
Ronald Rogers
Thomas Russe
Samantha Smith
Virginia Smith
Terry Smith
Philip Sparn
Candise Stephens
Lucy Stokely
Mark Taylor

Daniel Uson
Paul Wells
Nancy Widener

List of CTC Donors (as of 8/29/2010)

Sponsor Individual
Timothy Davis, M.D.

Donor Family
Steven Bush family
Mary Carpenter family
Bill Collier family
Vann A Newell family
Jack Richmond family

Individual Donor
Glenn Beasley
Ron Branam
Clay Crumbliss
Les Kertay
Michael Mason
Christopher Mawata
Nik Meeks
Cyrus Rode Jr.
Charlene Simmons

**Contributions to
The Long Run
Endowment Fund**
Dan Bailey
Rita Fanning
Pat Hagan
Tim Holmes
Dale Ingram
Jim Johnson
Quinton Mansell

Richard Park
Randall Peters
Blaine Reese
George Skonberg

**Club Operations
Gift**
Reggie Bishop
Dale Ingram
Quinton Mansell
Randall Peters

SUNDAY RECOVERY HIKE

For more information, e-mail Walt Sinor at waltersinor@yahoo.com

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

Jog/Walk Program Schedule:

Wednesdays 6:00pm Fast Break Athletics Runners, Speedwalkers, Joggers, Slow Runners and Walkers are all welcome! If you are injured or starting your running program all over again this would be a great place to start. For more information please e-mail Walt Sinor @ waltersinor@yahoo.com

SPEEDWORK

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

Need Volunteer Points?

Volunteers Needed for Upcoming CTC Races
For more information, go to www.chattanoogatrackclub.org, click on "Volunteer Now"

Join a Saturday Group Run!

6:30 a.m. - visit grouprun.com for weekly location

7:00 a.m. - Marathon Training: Contact flashcunningham@att.net for weekly locations

"Don't fear moving slowly forward...fear standing still."
- Kathleen Harris

Monday 6:00

Easy Run-Good for Beginners,
Fast Break Athletics contact flashcunningham@att.net

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 CTC Classifieds
chattanoogatrackclub.org



Send Bulletins to
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 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.

SEPTEMBER	OCTOBER	
23 - CTC Elementary Cross Country Series, Race Day 2	2 - Friends of Hixson/YMCA 5K & 1 Mile Fun Walk, Hixson, TN	16 - Signal Mountain Road Race/Pie Run 10K
26 - Komen Chattanooga Race for the Cure, Chattanooga, TN	2 - Bradley Bear Tear 5K Run/Walk	16 - Dalton Half Marathon
30 - CTC Elementary Cross Country Series, Race Day 3	3 - Inaugural Run Crazy Horse Half Marathon, Marathon and 5 person Marathon Relay, South Dakota	23 - Oktoberfest Ram Run 5K & 1 Mile Fun Run/Walk
	4 - 4K for Katie	23 - Upper Cumberland Haunted Half Marathon
	7 - CTC Elementary Cross Country Series, Race Day 4	23 - RHS Tiger Trail 5K
	9 - 5th Annual Runaway Pig Race	24 - McKee Foods 5K Run & Walk
	9 - Run with the Pack 5K & 1 Mile Fun Walk	30 - Clarksville Half Marathon
	14 - CTC Elementary Cross Country Series, Rain Date, If Needed	30 - Run for Mercy Ministries 5K & Family Walk
		30 - Joe Johnson 10K Run for Mental Health

Our Sponsors

