

Jogging Around



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Chattanooga Track Club

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Runner Club Member

JOGGING AROUND

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

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Chattanooga Track Club Mission Statement

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

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Chat with Chas

Greetings Fellow Runner,

The 2013 racing season is well underway. We have had a fantastic spring with some great races. The Scenic City Half Marathon and Chickamauga Chase were both fantastic events. Thank you to everybody who came out and participated and thank you to all the volunteers.

The running community was hit with a tragedy. The tragic events of the Boston Marathon affected us all. However we came together in the days and weeks following the disaster and showed Boston just what a caring community Chattanooga is. Your support really helped those involved. You the members of the Chattanooga Track Club are truly a compassionate group of people. Never was I prouder to be part of such a great organization, and never was I prouder to be President of that organization. Thank you for all of your support.

As we move into the summer season we have some great races coming up. The Market Street Mile is going to be spectacular this year as well as the Missionary Ridge Road Race. These two races will have plenty to offer and I can guarantee you will have a lot of fun participating. If you are into triathlons then check out the Waterfront Triathlon as well.

Thank you for being a member!

A handwritten signature in black ink that reads "Chas Webb". The signature is fluid and cursive.

Chas Webb
President, Chattanooga Track Club

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.



swim bike run the scenic city

Sunday July 14, triathletes from across the US and abroad will descend upon downtown Chattanooga for the annual Chattanooga Waterfront Triathlon. This year's race is part of the Best of the U.S. Amateur Championship Series which honors true citizen-athletes of all ages with the opportunity to compete head-to-head. The top three resident amateur men and women will represent Tennessee at the Annual Championship Race. Beyond recognizing top-performing citizen athletes, Best of the U.S. is all about celebrating the race directors, volunteers and the local community leaders who are deeply committed to the sport and to enabling the athletes to safely swim the waterways and bike and run the streets and parks.

For the first time in the Chasing the Finish Line series, our media partner Fox 61 / CW Chattanooga will feature a relay team. Thanks to Kelly Summersett, CTC member and owner of Fit by Kelly, we have connected with 3 first time triathletes. They each come from very different fitness backgrounds and are excited about the opportunity to work as a team to achieve their next fitness goal. If you are not familiar with Chasing the Finish Line, it is a locally produced series created seven years ago specifically for the Chattanooga Waterfront Triathlon. Check out the 2012 Chasing the Finish Line series at <http://www.myfoxchattanooga.com/category/212263/chasing-the-finishline>

Join the Fun! The weekend kicks off **Friday, July 12** with a Volunteer Appreciation Party. Contact Sherilyn Johnson for group or individual volunteer opportunities at sjohnson@chattanoogatrackclub.org. On **Saturday, July 13** a Sports Expo will take place with packet pick-up and on **Race Day**, among other festivities, CTC Corporate Sponsor Quintana Roo / Litespeed will giveaway a frameset.



race - sponsor - volunteer

www.chattanoogatrackclub.org



Jenni Berz

Allsup Wins Litespeed Bicycle at Scenic City Half Marathon, 5k and Charity Challenge

The Chattanooga Track Club and corporate partner Litespeed Bicycles kicked off the 2013 Season with a membership drawing for a 2013 C1 bicycle. The drawing was held at the Scenic City Half Marathon, 5k and Charity Challenge. Heather Allsup, from Fort Payne, Alabama was the winner.

To enter the drawing, CTC members had to join or renew their membership by January 31. If members also signed up for the Scenic City Half Marathon, 5k and Charity Challenge by January 31, they received a second entry. Allsup ran the 5k on Saturday and in addition to winning the Litespeed Bicycle, was awarded 1st place in the Female 30-34 category with a time of 25:30. Check out the video on the CTC Facebook page.

Heather Sweet, Director of Media Operations and Marketing for American Bicycle Group, presented the C1 to Allsup at Saturday's event. "This was a top-notch event and we loved being a part of the festivities and the drawing", said Sweet. Allsup will be going to Hub Endurance, located at 17 Cherokee Boulevard, next to Fast Break Athletics, to get her bike fit and build.

The American Bicycle Group, based in Chattanooga, Tennessee, manufacturers Litespeed and Quintana Roo bicycles. For details on the full line of their products, visit www.americanbicyclegroup.com.

Local dealers East Ridge Bicycles and HUB Endurance provide a 10% discount to CTC members on Litespeed and Quintana Roo products. Members should visit the Chattanooga Track Club website, www.chattanoogatrackclub.org, to access discount coupons. Stay tuned for more membership promotions throughout the year.





Sign Up Free With Athlinks – And View All Your Past Race Performances

Ever wish you had maintained a list of all your races from Day One?

Ever wish you could compare all your 5k races and all your 10K races and all your marathons or 50K trail runs? Ever wish you knew, right off the bat, how many races you had completed in each and every distance you had competed at, and could recall pertinent data for each one – such as overall, age group, or gender placing – in addition to pace and finishing time?

With Athlinks, you can do all this and more. Billing itself as “the world’s largest results database for endurance athletes,” Athlinks (<http://athlinks.com>) automatically tracks over 112,384,766 races from all over the world that have downloaded their post-race information to the internet.

Sign up to the site for free (there is no cost involved whatsoever), and simply by typing your name in the “find results field” you’ll pull up a list of all events you have completed (as long as the race director has, at some point, downloaded the results to the internet). If you are Bertha Jones and other ladies named Bertha Jones have also completed various events, you’ll be shown on the list as well as all the other Berthas. Look for the events you definitely know that you, Bertha Jones #1, have completed, and click on the “claim” button next to the race. Do this for all your races, and in no time Athlinks will have compiled a personal list for you.



If you know you’ve participated in a particular race and you don’t see it on the list Athlinks retrieves for you when you initially plug your name in, be aware that these things sometimes do slip through the cracks for one reason or another... especially if the race occurred prior to the year 2000. In that event, if you’re really obsessive-compulsive about adding to and keeping up your personal list of races, it’s up to you to Google your missing race results. Once you find them, Athlinks allows you to download them to your personal Athlinks results list. And after you’ve pulled together your initial list of races, you can also continue to build on it and add to it each time you complete a new race.

Simply go to Athlinks after you’ve logged in, type the name of the race you’ve recently done in their search box, and in most cases Athlinks will pull it up for you. Click on the “claim” button next to your name as it appears in the list of results for that race, and presto... the race is added to your personal list. If it’s a brand new race, chances are it’s not yet been added to the Athlinks database, but Athlinks will give you instructions on how to “add a race” and claim it for your list.

Anyway, give it a try – especially if you’d like to start keeping track of your racing miles or sharing your results with your fellow runners (easy to do on Athlinks). All your past race data will be right there at your fingertips!

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Market Street Miracle Mile

It is that time of the year again when one mile state records will be challenged and some broken on Saturday, June 22, 2013.

The 2012 competition saw five new state records achieved. Anneli Morrison, 24 years of age, overall female winner with a time of 5 minutes and 19 seconds, Mark Carver, 52 years of age, male masters winner with a speedy time of 4 minutes and 56 seconds, Octavio Cruz, 7 years of age, winner of male 10 and under group, Evelyn Olson, 86 years of age, winner of female 70 and over group with a phenomenal time of 25 minutes and 38 seconds and last but not least, perennial state record holder (65,66,67,68,70 and 71 age groups) and crowd favorite, Sergio Bianchini, 71 years of age, winner of male 70 and over group with a blistering time of 6 minutes and 24 seconds.

6



Our first wheel chair division saw Tim Phillips, 64 years of age master the course in 3 minutes and 57 seconds.

Hats off to these competitors and the entire field who took part in this fun filled competitive event.



2013 MARKET STREET MIRACLE MILE

SUPPORTING CHILDREN'S
HOSPITAL FOUNDATION

The MARKET STREET MIRACLE MILE is the official series kick off culminating with the grand finale, Chickamauga Battlefield Marathon, November 9, 2013 where the youngsters can run the last mile to go with their previous 25.2 miles to achieve their 26.2 mile goal.

Come, bring the family and join us for fun, competition, a shot at a new Tennessee state record and support a tremendous cause, Childrens Hospital Foundation.



I Run Because

Ten year-old Gavin Anchondo, along with his mother Jennifer, runs in honor of his little brother, Nicolas. Children's Hospital at Erlanger means a lot to Jennifer Anchondo and her family. "If not for the excellent care they provided to our youngest son, we may have lost him".

Gavin demonstrated his compassion for Children's Hospital in 2012 as the top Miracle Team fundraiser and he is already planning his strategy for 2013. He, along with other Miracle Team members, will run his first mile on June 22 at the Market Street Miracle Mile in a quest to complete 26.2 miles for Children's Hospital. While he has not set his monetary goal for this year's Miracle Team Series, he has already begun spreading the word at his school and encouraging others to support him and Children's Hospital Foundation.

"Gavin is an impressive 10 year-old", says Ali Cobb, Annual Giving Director for Erlanger Health System Foundation. "Spend a few minutes with him and you will be inspired by his thoughtfulness and ingenuity.

You will also be ready to join his team and his cause."

The Miracle Team Series will kick-off Saturday, June 22, with the Market Street Miracle Mile. The Market Street Miracle Mile features a family-friendly, one-mile race through downtown Chattanooga. This event will offer competitive adult, youth and wheelchair heats and a Children's Hospital non-competitive heat. Proceeds from the Children's Hospital non-competitive heat will directly benefit Children's Hospital Foundation. Other races in the series include the Elementary Cross Country Series and the Chickamauga Battlefield Marathon, Half Marathon and Junior Marathon. Special events including training programs, Miracle Team shopping days at area running stores and running clinics are also a part of the Miracle Team Series.

To become a part of the Miracle Team: Register for races in the series and dedicate your training and racing to benefit Children's Hospital Foundation. Each Miracle Team participant sets a goal of \$250 or more (\$100 or more for



kids) and fundraises for each race while they train. Miracle Team members will receive their own fundraising page with the ability to promote to friends and family and post their progress. Members who reach their goal receive special perks during each race, such as Miracle Team logoed items, V.I.P. parking, and one of the favorites of 2012, a V.I.P. port-a-john, ie no waiting in line.

Visit www.miracleteam.org to register to fundraise as a Children's Hospital Miracle Team member.

Visit www.chattanoogatrackclub.org to register for a Miracle Team Series event.

In It For The Long Run

“For all the hardship, I was still excited to be on the trail, testing my endurance, feeling especially alive as strength and fatigue flowed alternately through my limbs.” ~ General Colin Powell

The sky was black and ominous and the trees, previously silent and brooding in this neck of the woods, began to move restlessly with the approach of the coming storm... and it looked like it was gonna be a big one. It was March 23, 2013, I was about six miles in with 44 miles yet to cover in the inaugural Lake Martin 50 here in the beautiful Russell Forest of Central Alabama, and I only had three phobias. Heights were not an issue here, but lightning and tornados were, and I hoped I would at least make the first aid station at Butterfly Crossing - 7.26 miles out - before the storm hit. Safety in numbers, you know, and perhaps even a pickup truck to cower in while the funnel cloud spun me off to Oz. Best case scenario, maybe there wouldn't be a lightning storm OR a tornado and I would just have to finish the remaining 44 miles in a steady downpour... but I was determined to complete this 50 miler... the first I'd done in 12 years. It was partially because of the CTC that I was even out here on this adventure.

Always a supporter of marathon events, the Chattanooga Track Club took it a step further last season and, with the initiation of the new Long Runners Club, is encouraging its members to challenge themselves even further by accomplishing multiple marathons and ultramarathon events. In addition to the prestigious annual ROY awards that are handed out at the end of every season, special achievement awards are now being bestowed upon those members who have the dedication and the fortitude to take it a step further (well, several steps further, actually) and accomplish the following benchmarks:

- **Lifetime 50 marathons/50 states award:** to those members who accomplish a marathon in each of the 50 states
- **Lifetime 7 marathons/7 continents award:** to those members who accomplish a marathon on each of the 7 continents
- **Lifetime 100+ marathons:** speaks for itself
- **Annual 100-miler award:** to those members who complete at least one 100-mile event during the calendar year, either road or trail (stage races do not qualify unless one of the days is at least 100 miles)
- **Annual 50-miler award:** to those members who complete at least one 50-mile event during the calendar year, either road or trail (stage races do not qualify unless one of the days is at least 50 miles)



At the annual banquet on January 12, 2013, Sal Coll, Pat Hagan, Missi Johnson, Cyrus Rhode, Truman Smith and Bonnie Wasson were the very first CTC members to be inducted into the ranks of the newly minted Long Runners Club. I admired these folks for their tenacity and their ability to endure, but it never occurred to me even at the first of this year that I might actually consider qualifying. However, just a month later, I finished the annual Black Warrior 50K trail run on the moderately rolling terrain of the Bankhead National Forest in northwest Alabama, and figured that while I was still in long-run shape I'd look around and see if there were any other interesting events to do before the summertime heat rolled around.

After surfing the net for a bit, I happened to run into the website for the brand-new Lake Martin 50 in Alexander City, Alabama, and its corresponding 27-mile "fun run" on March 23. Although it was the fun run that initially caught my eye, that same eyeball kept sliding over the enthusiastic proclamation on the website that this was the "perfect course for a first 50-miler." Even more inviting were the words, "totally runnable."

Now, I don't do rocks. I swear they look for me, and they try to bring me down to their level. After my disheartening pull last June for being "over time" at the halfway point on Day Three of the Chattanooga Mountains Stage Race (Day Three consisting of the infamous Signal Mountain and rocks as far ahead as the eye can see - indeed, twenty miles of 'em), I was ready to attempt another challenge - and one that was "totally runnable" would definitely be at the top of the list.

With interest, I reviewed the Lake Martin 50 website which covered everything from the course to suggested training programs and tips for an ultra, and after checking out his impressive "pedigree" on ultrasignup.com and noting that he had completed

several notable ultras - including Leadville - I emailed David Tosch, race director and organizer, to see what kind of a sell job he could give me.

Not only did David patiently answer all my endless and annoying questions about the course, he encouraged me to come on out and participate and indicated that the Black Warrior 50K, because of its timing, was a great stepping stone. Thanks primarily to his motivating words and his clear desire to promote a do-able 50-mile experience to all interested runners, I went ahead and signed up and drove out to Alexander City, Alabama, all by my little old lonesome to participate in this 50-miler at 50-plus, and the first one I'd done in 12 years (the last one having been in the flatlands of East Texas).

Anyway, as I watched the storm roll in on that Alabama trail on March 23, I thought of Bonnie, Sal, Cyrus, Truman, Missi and Pat, and I figured that if they had endured and conquered, then I would give it the old college try myself - even if it meant I had to 'rassle a tornado. Thankfully, I did not get that opportunity as Mother Nature decided to smile upon me, and blew the storm clouds off to Timbuktu somewhere after only a smattering of rain. The rest of the day remained cool and cloudy - perfect for an ultra - so I was able to focus on just covering ground rather than looking for cover.

The inaugural Lake Martin 50 lived up to its website claims. It was, indeed, a very lovely and do-able 50-miler with generally great footing and fabulous volunteers, and I finished in just under twelve-and-a-half hours as the sun was sinking below the horizon. Didn't even need to turn my headlight on. However, I'm not gonna say it was easy! Remember I said that as you're slogging away on that last loop and cussing the day I was born! What it lacked in roots and rocks it made up for in hills, and there were plenty. There is a strategy for every race, though, and in this case mine

was “walk the hills.” It also helps if you have adopted the mantras, “The hills are our friends” and “Whatever doesn’t kill you makes you stronger.”

In summary, I would have to say that you get your money’s worth out of a 50-miler... it’s an all-day event for which you employ all sorts of different strategies, both mental and physical, to keep moving forward. In my case, I don’t call it “running”... I call it “covering ground,” because the idea is to cover ground in the most efficient manner possible to complete the event within the time limit (which, in the case of the LM50, was a very generous 14 hours).

Interspersed with periods of walking (and eating, and drinking – my Garmin indicated I burned over 4,000 calories after the event), I generally employ the old “dog trot” on a long trail run, and pretend I am a soldier slogging cross-country from Point A to Point B in combat boots wearing a 30 pound pack. Because I tend to fantasize when graced with my own company for hours on end, I also like to pretend that I am in a post-apocalyptic world and have to make it back to the safety of my fort before sundown, when the mutants come out. This definitely serves to keep me motivated and moving during an event of 50K or more. Whatever keeps you going over the long run!

So to all you adventurers out there, all you folks who are just a little bit insane, push the limits. Explore the inner Long Runner in yourselves. As Pink says in her current anthem (written, no doubt, especially for the CTC Long Runners)...

***Just because it burns
Doesn’t mean you’re gonna die
You’ve gotta get up and try, try, try...***
-Pink

For more info on the Lake Martin 50, the Lake Martin 27-Mile “Fun Run” and – in 2014 – the inaugural Lake Martin 100-miler, go to <http://lakemartin100mile.homestead.com/> or contact David Tosch at david@davidtosch.com.



2013 Summer Twilight Track Meets

What’s in a name? How can we be the Chattanooga Track Club and not have any track meets? We fixed that in 2013! Mark your calendars for the Twilight Open and Masters Track Meet Series. June 27, July 25, and August 22. Red Bank will be the location of the June and August meet. The July location to be announced.

That is right, for three Thursday evenings this summer at 7PM we will have a number of fun events including 100M, 200M, 400M, 800M, and 1 mile. Day of registration only will be from 6 to 6:45PM.

The plan is for this to be a no-frills event. Run one or all the events for the same low price of \$5. Bring the family and enjoy some summer evenings outdoors at our twilight track meets. Look for details in the weekly e-news and on the CTC website.



Missionary Ridge Road Race

Make plans now to join in the 40th running of a Chattanooga tradition, The Missionary Ridge Road Race. This year's race will be held on Saturday, August 10, 2013. This 4.7 mile out and back course atop Missionary Ridge starts at the Bragg Reservation and goes out South Crest Road, extends around East Crest Road and returning on South Crest Road to the finish line at Bragg Reservation. Shaded by trees this scenic course offers the challenge of two major hills while the rest is gently rolling.

There is NO PARKING at Bragg Reservation. Parking and a free shuttle service will be available at McCallie School, 500 Dodds Avenue (near the Brainerd/McCallie tunnel). The shuttle service will operate from 6:00 AM until complete from the school parking lot to the reservation and back after the race.

Missionary Ridge Road Race is proud to support the local Chattanooga chapter of American Red Cross as well as the John Bruner Memorial Scholarship Foundation. All race proceeds are distributed between these two organizations. The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. Over 91 cents of every dollar donated goes to fulfill the Red Cross mission. The John Bruner Memorial Scholarship Fund is an endowed scholarship established to honor the memory of John Bruner by providing college funds to a cross-country athlete who best exemplifies the personal and athletic traits of this outstanding 2006 Dalton High School Graduate. Please consider an additional donation to both or one of these valuable organizations that serve our local community in so many ways.

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

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

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

Registration starts at 6:30 AM and the race will start at 8:00 AM. Pre-registration is \$20. After August 1, 2013, \$25. Participants may also register online at www.active.com

All participants will receive a T-shirt. Pre-registered runners may pick up their race packets and shirts at the American Red Cross at 801 McCallie Avenue from 8:30 AM to 4:30 PM Tuesday through Friday (August 7 through August 9, 2013).

Not running? Consider volunteering instead. Volunteers are always appreciated and are a vital part to every race!

Questions and concerns may be addressed to the Race Director- Mark Wisdom at missionaryridgeroadrace@gmail.com or calling 423-304-5258.

WALK - RUN - TRAIN IN THE "SCENIC CITY"

JUNE 21

5-7 pm

Outdoor Chattanooga

200 River Street

MARATHON HALF MARATHON TRAINING PROGRAM KICK-OFF



The Chattanooga Track Club will kick-off it's annual Marathon and Half Marathon Training Program for people interested in training for a long distance fall event. The training program includes:

- A 16-week training schedule
- Weekly group runs for beginner and intermediate runners
- Water, Powerade and nutrition products during group runs
- Friendly conversation and advice from CTC members, who are some of the best long distance runners in the Scenic City

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NOV. 9



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Recap: 2013 Scenic City Half Marathon



When my friend, Amanda (who lives in Nashville), told me she wanted to train and run her first 13.1, I gladly volunteered to run it as well. I poked around on the Web and somehow found the Scenic City Half Marathon in Chattanooga, Tennessee, in late February. It was on a date that would work well for her schedule, it was close-ish to the Music City, and it slid right into my training plan for Flying Pig (with minimal rearrangement). We were set, and she began her training regimen. But like it has a tendency to do, life got in the way. Due to impending job interviews, she had to back out near the end of her training.

I was still determined to run the race. I'd already paid for it, and I was curious to see where my new-found speed would take me. I've set some goals for PRs this year, and I've been training harder than ever before. That means lots of hills and speedwork - two things I used to avoid.

I took off work Friday and drove down to get a good night's rest before the game. Packet pick-up was held at the historic Chattanooga Choo Choo, which is a thing that exists. I think it was an old train station that's been converted into a convention center-type building and maybe a hotel. I'm not really sure. There's a Wikipedia page you could read if you're really concerned.

The race field isn't that big, so I was curious about how well-organized the event would be. I walked into the Choo Choo and discovered a mini expo of sorts. There was a staff full of happy volunteers helping people in neat, alphabetical lines. That's where I met Courtney,

a friendly volunteer who let me know she would be manning a turnaround point during the race.

It had been raining for several days prior to race day in the Chattanooga area, yet despite a dampness in the air, it wasn't cold. I checked the weather one last time before falling asleep, and there was a 20% chance of precipitation the next morning. Rain isn't such a big deal for those of you without glasses. But for those of us with vision that isn't the best, running in the rain sucks. It's annoying. You're constantly trying to wipe water and/or condensation out of your line of vision.

Despite the comfy beds of the downtown Marriott (thank you, Priceline), I found myself in familiar night-before-a-race territory: waking up every hour. I finally rolled out of bed at 6:45 and got ready. Even with the lack of sleep, I wasn't tired. My hotel was half of a mile from the start line at Finley Stadium, home of the UT Chattanooga Moccasins football team. The walk added a built-in warm-up to my morning.

There was a 5K race going off 15 minutes after the start of the half, so there were a ton of people milling about outside the stadium and inside a pavilion across the street. And since I didn't know a single person running either race, I just wandered around taking pictures and generally acting creepy.

When we lined up for the race, organizers had placed people holding pace markers behind the start line. It was a great touch - especially combined with the repeated warnings to line up correctly. I stood next to the 9:00/mile pace marker - the first time I

would try to run that fast for this long. With blatant disregard for some of Dan Solera's Rules for Racing, I fully expected to PR this race. Even more than that, I wanted to finish in under 2:00:00 for the first time.

After rousing renditions of both God Bless the USA AND The Star Spangled Banner (Nooga don't mess around), we were off. The course followed the curve of the Tennessee River around the western side of Chattanooga before curling up into the bluff areas north of downtown. We ran past the Tennessee Aquarium and up a fairly large hill - all on a four-lane highway. After cresting the top of the incline, we began a gradual descent toward an industrial part of the city east of downtown. I recently bought a Garmin to track my pacing, and around mile 3, I glanced down to see I was running in the mid-to-upper 8s. I panicked slightly because I always have a tendency to start races way too fast and burnout toward the end. I needed to find a pacer - and fast.

As I'm wont to do, I name the runners who are pacing around me in a race. There was Vol, a woman who, despite not wearing a single article of orange clothing, reminded me of a Tennessee Volunteers fan. She kept spitting like crazy over and over. And there was That Guy, who was pacing just ahead of me and for whom I didn't feel like putting forth the effort to give an actual name. Sorry, That Guy.

And then there was Connie. I didn't name her that. Several people had shouted out to her, and she was a spunky little woman who was cruising along with little effort. At mile 4, I took a quick water/walk break and then decided to approach her to see if we could be race friends. Our conversation went something like this:

"I've heard people yelling, 'Go Connie' at you. Is your name Connie?"

"Yes."

"How fast are you running this?"

"I lined up with the 10:00 pacers, but I'm going faster than that. You?"

"I'd like to run a 9:00 pace. I'm looking for a pacing buddy."

"Cool. Let's do that."

Hold up a minute. This woman lined up with the 10:00 group, and on a whim, she decides to trim off an entire minute? Well, okay. Let's do that then.

Like I said, Connie is a slight woman, but she has a big personality. She talked and talked about Chattanooga, pointed out where she worked, commented on the course and the revitalization of the areas where we running, and gave me restaurant tips for after the race. The conversation made the miles melt away, and before I knew it, we were climbing a steep hill back into the arts district. We were running somewhere in the 8:50 range, and I still felt awesome. I took a walk break when I felt I needed it, and then caught back up.

We crossed the Walnut Street Pedestrian Bridge into the North Shore area of Chattanooga, ran for a short stretch down a gentrifying street, and turned back toward downtown across Veterans Bridge. At the end of the bridge, we began to retrace our steps back to where we started. I took one last walk break through a water stop, but Connie continued on. With less than two miles remaining, I was thrilled to have some legs left. At mile 12, I decided to pick it up a bit, and my last split was the fastest of the race.

I made one last turn back toward the start/finish line and glanced at the clock. I was elated (even though my Garmin had let me know I'd probably hit my goal).

Official chip time: 1:55:54

I had PR'd by nearly 20 minutes. I was so happy that I gave myself an uber-douchey fistpump. Volunteers cut off my shoe chip and placed the medal around my neck. Connie finished about 30 seconds ahead of me (and won her age group). And Amanda had come down from Nashville and saw me finish, which was awesome.

After stretching and showering, Amanda and I headed out to grab some food and check out the city. We took a free trolley toward the river and the arts area. Chattanooga is not what I expected. There seems to be a huge investment in preserving the historic parts of the city while complementing them with modern touches.

The people were friendly, and that seemed especially true for the race volunteers/organizers. I can't say enough good things about how well this race was run, and if you ever want to run a fun half in a cool city, I would recommend Scenic City in a minute.



CHATTANOOGA FINN

Scenic City Half
Marathon, 5k &
Charity Challenge



2013 SCENIC CITY 5K RESULTS

OVERALL FEMALE

1 Emily Lasater 20:18

OVERALL MALE

1 Jacob Bradley 16:37

FEMALE MASTERS

1 Berna Slabber 23:48

MALE MASTERS

1 Mike Stacks 22:38

FEMALE GRAND MASTERS

1 Carolyn Funderburk 27:51

MALE GRAND MASTERS

1 Douglas Oplinger 23:54

WHEELCHAIR DIVISION

1 Tyler Thompson 38:52

MALE AGE GROUP 14 & UNDER

1 Patrick Walsh 26:41
2 Janzen Nile 26:44
3 Asa Putnam 27:32
4 Jackson Sellers 27:37
5 Gage Whited 28:16
6 Michael Brinkley 28:48
7 Gavin Payne 29:43
8 Jivan Taj 35:35
9 Jameson Sellers 36:57

FEMALE AGE GROUP 15 - 19

1 Courtney Patrick 24:53
2 Tess Waibel 33:12

MALE AGE GROUP 15 - 19

1 Jody Lautigar 23:38
2 Remington Hooper 37:35
3 Wesley Kuhns 50:05

FEMALE AGE GROUP 20 - 24

1 Katherine Holland 27:42
2 Elizabeth Lantz 29:12
3 Janelle Arguijo 31:03
4 Brooke Svitak 31:35
5 Heather Tally 31:35
6 Aubrea Crockarell 31:50
7 Cristi Garner 32:03
8 Deanna Strode 32:35
9 Lauren Holcomb 33:14
10 Adriana Lowry 33:44
11 Lesleigh Stanfill 35:43
12 Rachel Johnson 35:49
13 Kelley Smith 38:29
14 Dannelle Castellan 38:55
15 Jennifer Beckett 39:10
16 Lydia Brown 42:03
17 Hannah Dominique 50:21
18 Nicole Dotson 54:44

MALE AGE GROUP 20 - 24

1 Jack McGinness 16:43
2 Hunter Hall 17:21
3 Seth Stinson 23:34
4 David Fenstermaker 25:31
5 Pierce Morrison 25:49
6 Max Waibel 33:12

FEMALE AGE GROUP 25 - 29

1 Ashley Patrick 23:11
2 Sophia Wanitschke 26:14
3 Lindsay Hall 26:50
4 Heather Wagner 27:41
5 Maria Villegas 27:46
6 Heidi Fowler 29:47
7 Kaitlyn Toland 30:31
8 Heather Phillips 30:34
9 Amanda Kranz 31:19
10 Lisa Booth 32:22
11 Angel Johnson 32:43
12 Brittany Carbonell 33:02
13 Buffle Neuendorf 33:33
14 Deena Olivas 33:33
15 Charlotte Shobert 33:53
16 Megan Rentz 34:29
17 Sarah Urie 34:30
18 Melissa Johnson 36:01

19 Myneika Malone 36:33
20 Sarah Bookout 37:14
21 Jaimee Connor 38:59
22 Laura Bass 39:18
23 Rachel Gates 39:51
24 Alissa Browning-Co 42:12
25 Ashley Leverett 45:54
26 Jennifer Dorman 48:50
27 Alexis Hughes 49:43
28 Lauren Brown 50:22
29 Ashley Hansen 53:07
30 Samantha Young 55:08
31 Anell Pullen 1:07:30

MALE AGE GROUP 25 - 29

1 Josh Morin 20:08
2 John Carbonell 23:37
3 Brandon Holland 27:42
4 James Thurman 27:48
5 Shannon Madden 28:23
6 Derek Pitman 32:37
7 Jacob Jackson 37:25
8 Tyler Thompson 38:52
9 Jonathan Yagel 38:53
10 Jeff Gazaway 41:49
11 Andrew Browning-Co 42:10
12 Howard Wright 1:07:31

FEMALE AGE GROUP 30 - 34

1 Heather Allsup 25:30
2 Leanne Chesney 26:02
3 Mary Cleghon 26:36
4 Lora Anne White 28:25
5 Amanda Jenkins 28:40
6 Selena Cameron 28:48
7 Cassandra Schmitz 29:17
8 Ashlee O'Steen 29:47
9 Naomi Fahsholtz 31:07
10 Kathleen Wohlers 31:16
11 Elisa Wilson 31:56
12 Rachel Brown 32:03
13 Julie Duryee 32:13
14 Ashley Guelfo 32:30
15 Jennifer Branton 32:40
16 Melissa Baskette 33:02
17 Jill McBryr 33:43
18 Tracy Cruse 33:54
19 Heidi Wood 34:14
20 Elizabeth Murphy 34:53
21 Carey Andrews 35:57
22 Rebekah Doreau 36:08
23 Lee Gates 36:49
24 Guilia Selimagic 37:24
25 Jamie Neeck 38:36
26 Mireya Sanchez 38:58
27 Miranda Young 42:01
28 Andrea Kleid 43:41
29 Patrice Banks 43:42
30 Summer Reynolds 43:56
31 Jenny Ingram 47:47
32 Elizabeth Blasbery 53:07
33 Ashley Raines 54:22
34 Jennifer Spezia 55:08
35 Tracy Bryant 55:28
36 Naquita Lester 55:28
37 Grace Mynatt 1:26:41

MALE AGE GROUP 30 - 34

1 Kevin Boucher 18:25
2 Edward Doreau 19:31
3 Andrew Dollar 20:28
4 Trey White 23:26
5 Jeremy Jones 23:41
6 Stan Gregory 25:16
7 Jason Cline 25:29
8 Allen Douglas 28:00
9 Kenny Rodgers 28:01
10 Justin Smith 31:48
11 Tommy Wilson 31:56
12 Kevin Phillips 32:53
13 Phillip Brown 46:06
14 Jason Smith 49:43

FEMALE AGE GROUP 35 - 39

1 Jaydene Reardon 22:06
2 Beth Santoro 22:54
3 Elizabeth Emmons 25:21
4 Angie Skiba 27:44

5 Liz McNelly 27:56
6 Jenny Allen 28:10
7 Lisa Wetzel 28:16
8 Toni Payne 30:06
9 Leslie Casteel 30:18
10 Sunny Tate 31:25
11 Michelle Mountes 31:43
12 Amber McCarver 31:47
13 Belinda Key 31:49
14 Casey Garrison 32:21
15 Amy Brock-Hon 32:49
16 Erin Saalwaechter 33:49
17 Samantha Hicks 33:58
18 Valoria Armstrong 34:17
19 Kori Studley 34:44
20 Donna Harrison 36:39
21 Jenna Littell 36:48
22 Stephanie Schwiete 37:08
23 Donna Nelson 41:31
24 Jamie Webb 41:31
25 Amy Smith 44:03
26 Tara Hurt 46:29
27 Kelley Davenport 46:30
28 Johnnetta Mathis 55:28

MALE AGE GROUP 35 - 39

1 Samuel Snyder 22:44
2 Adam Reynolds 22:51
3 Chris Ramage 24:04
4 Norman Davis 24:23
5 Knut Hilles 26:15
6 Timothy Skiba 27:38
7 James Clemmer 27:44
8 Chuck Kemp 28:19
9 Chad Taylor 28:38
10 Robbie Goolsby 28:59
11 Craig Johnson 29:32
12 Jason Sneed 30:29
13 Nick Lunardini 32:14
14 Chris Ownby 32:40
15 Eric Schwiete 35:28

FEMALE AGE GROUP 40 - 44

1 Trish Newsom 23:55
2 Paige Phillips 27:54
3 Robyn Gilchrist 28:06
4 Angie Chambers 28:23
5 Lanette Young 29:14
6 Becky Davidson 29:21
7 Danielle Brinkley 29:48
8 Jeannine Stout 29:48
9 Rebecca Mott 32:42
10 Cathy Meades 32:50
11 Carol Nix 33:11
12 Amanda Frederick 36:25
13 Rasharon King 36:37
14 Renee Hood 36:40
15 Deidra Ross 52:58
16 Michelle Hickerson 52:59
17 Kelly Coffet 53:13
18 Liesl Martz 55:08
19 Loren Jenkins 55:08

MALE AGE GROUP 40 - 44

1 Chris Smallwood 23:53
2 Sujeel Taj 26:17
3 Brian Winsett 26:20
4 Ted Hackett 27:05
5 Truman Robertson 27:21
6 Joe Divecchio 27:36
7 Jay Blevins 30:48
8 John Shilling 31:06
9 Kevin Sawyers 31:21
10 Clifford Suddeth 31:38
11 Gregory Haley 32:22
12 Kevin Hon 32:49
13 Jim Morgan 34:46

FEMALE AGE GROUP 45 - 49

1 Beth Lundy 27:48
2 Bethany Smith 27:50
3 Beverly Keel 27:55
4 Christy Chrisco 30:28
5 Ruthann Nielsen 31:28
6 Laura Varela 31:31
7 Hope Goempel 31:54
8 Ann Benson 32:19
9 Jennifer Pendergas 33:31

10 Missy Emerling 34:11
11 Jo Kellum 34:41
12 Beth Luebbering 37:31
13 Lori Wortman 41:28
14 Sonia Johnson 41:51
15 Katherine Ford 42:00
16 Tina Thurman 42:01
17 Kim Yeagain 43:36
18 Toni Hooper 43:51
19 Cathy Bell 46:38
20 Kim Smith 47:39
21 Michelle Dunn 55:08

MALE AGE GROUP 45 - 49

1 Patrick Wortman 22:48
2 James Stinson 23:32
3 Ken Chambers 24:33
4 David Glenn 25:40
5 Dave Porfiri 27:55
6 Jay Roueche 28:21
7 Rick McNabb 30:25
8 Brian Freeburg 31:39
9 Stephen Henry 32:14
10 Mike Simons 34:35
11 John Ford 36:46
12 Samuel Stubbs 37:14
13 Daniel Gilchrist 40:48
14 Bill Yeagain 43:34

FEMALE AGE GROUP 50 - 54

1 Michele Chandler 30:53
2 Sharon Henderson 31:31
3 Carol Bazemore 32:40
4 Pamala Cuzzort 33:07
5 Charlotte Bishop 34:32
6 Jodi Jones 34:59
7 Victoria Galen 35:27
8 Leesa Brown 38:46
9 Cindy Rollins 41:35
10 Laurie Hodge 43:56
11 Kimberle Tuttle 48:50
12 Rene Waibel 1:26:40

MALE AGE GROUP 50 - 54

1 Stephen Tompkins 24:56
2 David Chrisco 30:28
3 Jimmy Bell 36:58
4 John Blount 39:34

FEMALE AGE GROUP 55 - 59

1 Krista Goss 27:58
2 Colleen Gordon 29:59
3 Louise Cholette-Ha 32:41
4 Vickie Pitts 34:51
5 Angela Hampton 1:04:22

MALE AGE GROUP 55 - 59

1 Michael Cook 26:10
2 Joel Rhodes 26:38
3 Tom Walsh 27:03
4 Mark Peach 33:35

FEMALE AGE GROUP 60 - 64

1 Jane Webb 36:05
2 Helen Morris 39:35
3 Patty Owens 44:19

MALE AGE GROUP 60 - 64

1 Bob Cutrer 29:06
2 Ed Morris 30:15
3 Louis Profeta 30:16
4 Allan Elliott 35:26
5 Alan Haley 43:32
6 Charles Moore 47:25
7 David Harrison 52:59

FEMALE AGE GROUP 65 & OVER

1 Janice Smith 47:47
2 Dolores Reynolds 1:26:40
3 Deborah Mynatt 1:26:40

MALE AGE GROUP 65 & OVER

1 Michael Owens 26:23
2 William Wetzel 32:42
3 John Meldorf 39:33
4 Phil Thomas 45:33
5 Phillip Brown 46:06
6 Hugh Moore 52:58

2013 SCENIC CITY 5K RESULTS

OVERALL FEMALE

1 Ashley Evans 1:25:14

OVERALL MALE

1 Geno Phillips 1:14:27

FEMALE MASTERS

1 Dianna Leun 1:33:11

MALE MASTERS

1 William Enicks 1:18:46

FEMALE GRAND MASTERS

1 Beth Rice 1:49:39

MALE GRAND MASTERS

1 William Warner 1:28:10

FEMALE AGE GROUP 1 - 14

1 Katelyn Lepley 1:53:24

2 Scottie Sandlin 1:56:21

3 Hallie Spurlock 2:01:02

MALE AGE GROUP 1 - 14

1 Caleb Baldwin 2:30:12

FEMALE AGE GROUP 15 - 19

1 Karla Vradenburgh 1:35:50

2 Beth Burgess 1:44:00

3 Allie Anderson 1:46:44

4 Mary Beth Royal 1:59:42

5 Arianne Meberg 2:04:21

6 Abby Ziegenfuss 2:07:42

7 MacEy Mullens 2:10:30

8 Alison Hunt 2:12:28

9 Brooke Gilley 2:16:31

10 Elyse Coupens 2:26:33

11 Ansley Mosier 2:44:32

MALE AGE GROUP 15 - 19

1 Nico Mateo 1:34:00

2 Matthew Van Swol 1:48:24

3 Cameron Anderson 1:48:26

4 Brandon Edgeman 1:51:16

FEMALE AGE GROUP 20 - 24

1 Tera Davidson 1:43:38

2 Ariel Schwartz 1:44:30

3 Emily Perkins 1:46:09

4 Lindsay Hoffman 1:48:29

5 Kari Vradenburgh 1:50:57

6 Rebecca Keyes 1:52:28

7 Liz Neel 1:52:44

8 Laura Wagner 1:53:24

9 Kelly Tunder 1:57:36

10 Maddie Weeks 1:58:31

11 Mary Elliott 1:58:31

12 Ashley Block 1:59:41

13 Anna Boswell 2:05:00

14 Lauren Foster 2:01:01

15 Anne McGregor 2:01:34

16 Megan McDonald 2:02:11

17 Claire Hazlehurst 2:03:38

18 Rebecca Simons 2:04:48

19 Katelyn Fletcher 2:07:02

20 Amanda Burton 2:07:10

21 Kailee Sisson 2:10:51

22 Jacquelyn Layton 2:11:35

23 Gabriella Dicarolo 2:12:27

24 Danielle Sacci 2:13:36

25 Catherine King 2:18:26

26 Libby Robison 2:22:34

27 Cortney Willis 2:22:37

28 Meredith Brock 2:24:23

29 Sydney Hays 2:25:15

30 Megan Glover 2:25:16

31 Anne Meltzer 2:27:50

32 Brandi Cantrell 2:29:41

33 Tamra Bukowski 2:29:58

34 Anissa Meberg 2:31:15

35 Anne Grace Roberts 3:23:38

MALE AGE GROUP 20 - 24

1 Andrew King 1:17:43

2 Jake Groenendyk 1:21:32

3 Peyton Miller 1:23:07

4 Don Humphreys 1:25:51

5 Chris Paterakos 1:27:09

6 Matthew Gorter 1:29:38

7 Tim Zorca 1:30:14

8 Timothy Ahrenholz 1:32:33

9 Nathaniel Shelden 1:33:03

10 Marco Bianchini 1:36:58

11 David Connis 1:41:29

12 Adam Wilson 1:46:04

13 Connor Truss 1:46:06

14 Kailor Gordy 1:47:56

15 Jared Dobbs 1:48:46

16 Randy Willis 1:59:32

17 Matthew Van Stelle 2:02:04

18 J. Andrew Hancock 2:03:02

19 Michael Hays 2:03:10

20 James Rollins 2:06:30

21 Joseph Lynch 2:07:59

22 Justin Morgan 2:57:54

FEMALE AGE GROUP 25 - 29

1 Kimberly Humphries 1:34:06

2 Erika Thompson 1:35:43

3 Maranda Wilkinson 1:38:10

4 Ashley Porter 1:39:27

5 Morgan Howe 1:41:03

6 Amanda Thomas 1:42:07

7 Carlin Lucente 1:42:25

8 Katherine Goforth 1:45:59

9 Grace Frye 1:46:27

10 Laura Hansen 1:48:45

11 Rachel Jones 1:51:08

12 Sheena Cotten 1:52:59

13 Blaes Green 1:53:05

14 Bethany Graham 1:55:32

15 Kellie Knapp 1:55:56

16 Sharoda Dasgupta 1:56:19

17 Keresa Steichen 1:58:49

18 Julie Russ 2:13

19 Carol Hesse 2:02:06

20 Carissa Miller 2:03:31

21 Erica Simonich 2:05:19

22 Desiree Dollahite 2:07:07

23 Dawn Rushing 2:08:18

24 Jennifer Hoffman 2:08:47

25 Dana Degennaro 2:09:47

26 Jennifer Parr 2:09:58

27 Cara Roberson 2:10:44

28 Linlee Baugh 2:11:15

29 Babs Murray 2:12:13

30 Sarah Renfroe 2:13:41

31 Kendalyn Paulin 2:14:05

32 Amanda Green 2:14:14

33 Brandy Gothard 2:15:03

34 Ashlea Pulley 2:15:04

35 Abby Hysmith 2:15:19

36 Missy Smith 2:15:21

37 Sarah Hipp 2:17:29

38 Candace Smith 2:18:06

39 Brittany Patterson 2:19:39

40 Kelsey Wilson 2:19:52

41 Valarie Mills 2:21:43

42 Devin Jones 2:21:43

43 Jessica Moore 2:25:43

44 Valarie Crawford 2:27:50

45 Ashlee Kizer 2:28:06

46 Bethany Tharp 2:29:41

47 Kelly Rice 2:31:37

48 Gianna Graham 2:35:53

49 Mae Ensminger 2:48:47

50 Kristi Morrison 2:52:03

51 Stacy Dodson 3:18:41

52 Jennifer Dunn 3:44:39

MALE AGE GROUP 25 - 29

1 Ben Wagner 1:21:56

2 Brad Averitt 1:25:11

3 Scott Koch 1:27:39

4 Ryan Smith 1:29:37

5 Joey Greer 1:30:42

6 Jack Findley 1:30:43

7 Adam Sanders 1:31:04

8 Matthew Brooks 1:37:08

9 Scott Chism 1:37:38

10 Bryan Plumb 1:41:25

11 Mike Kelly 1:45:01

12 Arpan Desai 1:45:02

13 Jonathan Fong 1:45:40

14 Robert Wilkinson 1:45:44

15 Jared Haman 1:46:20

16 Van Patton 1:47:48

17 Alexander Klos 1:48:04

18 James Thompson 1:51:52

19 Jacob Campbell 1:56:17

20 Michael Poole 1:56:31

21 Nicholas Clark 1:57:41

22 Bryn Meredith 2:01:49

23 Brent Perkerson 2:04:13

24 David Richards 2:04:18

25 Tim Sceggel 2:04:24

26 Christopher Donova 2:06:07

27 Brian Hamby 2:06:44

28 Josh Scott 2:11:28

29 Jeff Gazaway 2:12:58

30 Thomas Benedict 2:13:39

31 Ryan Hysmith 2:15:19

32 Tyler Brooks 2:15:29

33 Taylor Northrup 2:19:58

34 Christian Funk 2:20:16

35 Jonathan Mason 2:20:39

36 Eric Bushey 2:27:33

37 Anthony Carter 2:55:20

FEMALE AGE GROUP 30 - 34

1 Julie Simmons 1:30:13

2 Mindy Williford 1:33:07

3 Emily King 1:44

4 Christina Woodard 1:44:07

5 Caroline Lamar 1:47:47

6 Debbie Sue Przybys 1:48:18

7 Amber Larason 1:54:53

8 Emily Martin 1:56:56

9 Lori Moss 1:56:59

10 Leanna Young 1:57:36

11 Joy Dixon 1:57:47

12 Rachel McCrickard 1:57:48

13 Angela Hanley 1:58:47

14 Stacy Hill 2:39

15 Ruth Bosshardt 2:02:59

16 Ashley Graham 2:04:50

17 Amy Hand 2:05:41

18 Kimberly Nydick 2:08:48

19 Alyson Chicosky 2:09:11

20 Michelle Rice 2:10:32

21 Tiffany Benoit 2:11:08

22 Julie Foster 2:12:28

23 Rebecca Millott 2:14:50

24 Theresa Wessels 2:15:48

25 Ann-Marie Gates 2:17:44

26 Erin Brock 2:17:46

27 Lauren Aune 2:20

28 Christen McNamara 2:20:17

29 Angie Nunley 2:22:28

30 Shaheen Dewji 2:24:03

31 Tamara Parks 2:27:16

32 Leslie Collins 2:27:41

33 Cheryl Gillespie 2:27:49

34 Jamie Stitt 2:29:07

35 Christina Cotreau- 2:29:15

36 Michelle Kimbrell 2:29:40

37 Janye Selby 2:32:31

38 Lindsey Simms 2:33:20

39 Christy Ha 2:33:20

40 Sara Cooper 2:44:22

41 Nandita Kaundinya 2:44:45

42 Rebecca James 2:49:24

43 Kelly Shaw 2:51:34

44 Sarah Barnes 3:29:12

MALE AGE GROUP 30 - 34

1 Aaron Ainsworth 1:19:42

2 Matthew Edin 1:33:00

3 Jimmy Przybylowicz 1:34:37

4 Scott Duncan 1:35:46

5 Jason Tanner 1:36:42

6 David Moorman 1:37:19

7 William Frontiera 1:41:21

8 Daniel Riley 1:41:35

9 Eric Manchir 1:41:48

10 Charles Smitherman 1:41:59

11 Todd Van Dyke 1:42:19

12 Clayton Montgomery 1:43:31

13 Kerry Kerlin 1:43:35

14 Brian Gallaher 1:46:13

15 Steven Clemons 1:46:57

16 Matthew O'Dell 1:47:21

17 Scott Bieniek 1:47:37

18 Alex Ransom 1:48:14

19 Beau Eckermann 1:49:19



Steve Smalling

Set a Time Goal at Any Age or Ability

Since most of this article is geared toward older runners, I'll start with a challenge for younger readers. It's simple: "Be on the list of runners thirty years from now." The CTC is fortunate to have archives from old races that yield some interesting statistics. For instance, near the peak of the running boom, 426 runners in their 20s competed in the 1981 Missionary Ridge Road Race. In 2011, only 49 runners between 50-59 years old competed, merely 12% of the number of 20-29 year olds thirty years prior. Perhaps more disturbing, only 34 runners between the ages of 20-29 competed in the 2011 Missionary Ridge Road Race. So, younger runners, besides continuing to run for the next 30 years, I encourage you to introduce your friends to the sport!

Most running stories that mention time focus on one of two topics: (a) meeting qualifying times to be accepted into certain races such as the Boston Marathon and (b) setting "personal bests" or "personal records." Yet many runners are not athletic enough to hope to qualify for a race such as the Boston Marathon, and every runner eventually reaches the age when he or she must accept the fact that setting "personal bests" will almost certainly not be possible going forward. I suspect that one reason too many participants quit running in their 40s, 50s, or 60s is discouragement, once the realization sets in that their fastest days are past history. Is it still possible for older and non-elite runners to be motivated by the clock? Absolutely! For example, my running goal is simple, yet quite challenging for me personally: "Three minutes, three years, or some combination thereof."

Here are some ideas for "middle of the pack" and older runners who are attempting to reach goals that are challenging, but not impossible. Remember, when seeking ways to motivate yourself to improve, "the clock is every runner's friend."

1 Run a certified 10K course in fewer minutes than your age in years.

This is my favorite and explains my personal goal. At age 52 years, 2 months, I finished the Joe Johnson 10K in 55:25 last October, putting me in 6th place out of 6 in my age group. Finishing last in my age group doesn't bother me, because I'm running against the clock, not other runners. Being 3:13 short of my goal leaves plenty of work to do, but not so much that the goal is impossible to achieve. Here are statistics from some area 10K races showing how many runners "outrun their age." Statistics show that the club is fairly exclusive for women, suggesting that some women may want to modify the guideline to add minutes or shorten the distance.

Huntsville 2012 Cotton Row 10K: (2022 finishers) On Memorial Day, 145 of 656 men over 40 years old, and 10 of 328 women over 40 years old, finished in fewer minutes than their age in years. Five men younger than 40 "outrun their ages." One 30 year old male finished in 29:25, while an 80 year old male finished in 1:02:47. A 41 year old female finished in 36:40, while a 65 year old female finished in 1:01:12.

Knoxville 2012 Expo 10K: (525 finishers) The Saturday prior to Memorial Day, 61 men and 6 women finished in fewer minutes than their age in years. The youngest, a 40 year old male, finished in 36:30, while a 47 year old female finished in 40:30. A 69 year old woman finished in 1:06:17.

2012 Joe Johnson 10K: The October race at Moccasin Bend is the flattest, fastest 10K in Chattanooga. Twenty men and one woman, CTC's Sue Barlow, finished in fewer minutes than age in years.

2012 Chickamauga Chase 15K: Might it be possible for a local runner to "outrun his age" in a 15K? Yes! Of 1200 participants, one runner, Sergio Bianchini, ran 9.3 miles in fewer minutes than his age in years, with over 4 minutes to spare!

2 Use an age-graded calculator to compare times from prior decades to current results.

www.runningforfitness.org/calc provides many options for comparing race times of various distances or race times recorded by male and female runners of different ages. One potential drawback is that the tables work by comparing a runner's performance to the world

record performance for each age, which might skew the output based on the efforts of one superhuman athlete. A runner's performance might be measured more accurately by comparing his or her time to the distribution of all runners of the same age and gender, not just the world-record holder. Nevertheless, age graded tables provide some comfort that a time recorded today is not too bad compared to that "personal best" set 20 years ago. In fact, you may be gaining on the world record holder for your age!

3 Work to qualify for better seeding in the Peachtree 10K.

With 60,000 participants, the world's largest 10K race occurs every Independence Day just 120 miles from Chattanooga, and I encourage every Chattanooga area runner to participate at least once. It's too late to register for the 2013 Peachtree Road Race, but times recorded on certified courses measuring 5K to 13.1 miles after January 1, 2012 (January 1, 2013 for top seeds) can be submitted in March 2014 to get seeding for the 2014 race. Download and print the table at <http://www.peachtreeroadrace.org/participant-information/start-waves>, then work throughout the year toward attempting to improve your seeding. On July 4 in Atlanta, starting in the "C" wave at 7:40 a.m. can be 10-15 degrees more comfortable than starting in the "X" wave at 9:00 a.m.!

4 Work toward beating the prior year's time at the same race.

Absent illness or injury, the difference in times recorded in the same race two consecutive years is going to depend much more on training and race-day weather than the difficulty of the course or aging. When I started running, it took awhile to accept that running the hilly Huntsville race in Memorial Day heat will yield a significantly slower time than the flat, cool Joe Johnson 10K in October, other things being equal. It took even longer to accept the effect of age. For instance, if you're 50 years old, don't be too upset if your Chickamauga Chase 15K time in April 2013 was 10 minutes slower than your time in 1993. However, if your time was 10 minutes slower than your time in April 2012, consider that a wake-up call! You probably did not train as hard during the winter of 2013 as you did in the winter of 2012.

2013 CHICKAMAUGA CHASE 5K

OVERALL FEMALE		7	Jonathon Heffington	37:17	19	Nathan Rochester	38:53	14	Rebecca Donaldson	33:09	
1	Becca Umbarger	21:29						15	Melissa Finch	33:18	
OVERALL MALE								16	Dena Cutshall	33:47	
1	Jason McKinney	18:09	FEMALE AGE GROUP 20-24		FEMALE AGE GROUP 30-34			17	Kathryn Blevins	33:55	
			1	Lucy Branam	26:32	1	Kristy Meade	23:57	18	Amy Butler	34:01
FEMALE MASTERS			2	Abbey Brown	27:22	2	Jaclyn Beckler	25:46	19	Rose Berry	34:26
1	Berna Slabber	23:45	3	Bailee Chastain	28:02	3	Sarah Hunt	26:22	20	Michelle Davidson	34:46
MALE MASTERS			4	Kara Young	28:04	4	Jocelyn Wilcox	26:36	21	Amy McGhee	35:43
1	Mark Lorello	19:00	5	Jensen O'Neal	28:31	5	Saskia Van Velze	26:51	22	Tara Bryant	36:47
FEMALE GRAND MASTERS			6	Megan Van Eaton	28:35	6	Clarissa Ragsdale	27:27	23	Stephanie Foster	36:50
1	Sharon Goforth	24:03	7	Cody Mohon	29:29	7	Michelle Gilreath	27:57	24	Benita Phipps	36:57
MALE GRAND MASTERS			8	Haleigh Maynor	30:17	8	Karen Collins	28:01	25	Miranda Cagle	37:13
1	Brian Clements	21:22	9	Jordan Gardner	30:42	9	Phillips Trena	28:02	26	Sarah Stowers	37:36
FEMALE AGE GROUP 14 & UNDER			10	Maria Larson	30:45	10	Lisa Tolson	28:04	27	Rainbow Russell	38:02
1	Tori Tomokane-Verville	22:10	11	Stephanie Silvers	31:21	11	Whitney Allison	28:20	28	Jen Conner	38:24
2	Kate Umbarger	23:10	12	Alison Womack	33:34	12	Mary Winter-White	29:04	29	Sara Emanuel	38:33
3	Alyson Butler	24:26	13	Cynthia Ballard	34:00	13	Selena Cameron	29:06	30	Toni Carrigan	38:35
4	Slone Butler	24:37	14	Christine Seifert	35:53	14	Beth Igou	29:52	31	Dana Armstrong	38:53
5	Marymargaret Arrowsmith	25:15	15	Rachael Brown	39:48	15	Mandi Hunt	31:18	32	Tania Aldana	39:46
6	Neely Thomas	25:16	MALE AGE GROUP 20-24		16	Lisa Hughes	31:22	33	Rhonda Satterfield	52:54	
7	Skye Remko	25:22	1	Nick Feira	22:53	17	Lori Stenger	31:27			
8	Lily Hopping	25:24	2	Eric Pritchard	22:56	18	Anna Brodie	31:28	MALE AGE GROUP 35-39		
9	Jen Rivera	25:27	3	Alex Vafinis	23:11	19	Rachel Lockhart	31:56	1	Jeff Elrod	21:56
10	Daphne Thomas	26:43	4	Bradley Floyd	24:51	20	April Watson	32:03	2	Steven Brown	22:59
11	Kathryn Thomas	27:48	5	Josh Barrett	27:05	21	Cassandra Seang	32:19	3	Cary Cathey	23:10
12	Emma Tennyson	28:01	6	Bryan Field	27:51	22	Malinda Hunter	32:27	4	Hodgen Mainda	23:47
13	Maggie Howell	28:02	7	Stephen Catignani	29:31	23	Jana Eichel	33:06	5	Jason Lyles	24:31
14	Taylor Graham	28:18	8	Patrick Hulan	30:22	24	Tina Whitworth	33:06	6	Patrick Chapman	24:57
15	Haydn Payne	29:06	9	Brian Harder	31:09	25	Shona Fountain	33:36	7	Michael Fennell	25:03
16	Sasha Strader	33:13	10	Scott Hilley	36:17	26	Amber Watkins	33:55	8	Denny Marshall	25:05
17	Virginia McGhee	35:42	FEMALE AGE GROUP 25-29		27	Brett Berghel	34:06	9	Heath Nance	25:22	
18	Libby Welborn	35:55	1	Leigh Cox	25:17	28	Lena Hall	34:51	10	Jonathan Beam	25:39
19	Elisabeth Field	36:14	2	Cassandra Green	25:19	29	Guilia Selimagic	34:59	11	Michael Rhudy	26:58
20	Isabel Kennedy	37:12	3	Ashley Frasier	25:43	30	Rebecca Shields	35:58	12	Eric Chandler	28:28
21	Allison Millwood	48:28	4	Meredith Trantschold	26:34	31	Jennifer Jones	36:16	13	Mike Brusca	28:33
MALE AGE GROUP 14 & UNDER			5	Emily Prater	27:49	32	Jacqueline Brown	36:16	14	Brian McGhee	28:50
1	Jerry Tennyson	19:35	6	Ashley Sullivan	28:22	33	Leah McBride	36:24	15	William Payne	29:04
2	Dane Beard	22:08	7	Miranda Chapman	30:05	34	Laura Dueitt	37:12	16	Damon Griggs	29:15
3	John Arrowsmith	23:30	8	Laura Bond	30:26	35	Abigail Bowen	37:13	17	David Spence	30:45
4	Lance Marshall	25:06	9	Christy Brown	30:37	36	Alisa Williams	37:30	18	Travis Armstrong	31:42
5	Ethan Locklear	28:42	10	Morgan Alexander	30:38	37	Sarah Clark	37:36	19	Kevin Woody	32:50
6	Winston McGhee	28:49	11	Jennifer Pedginski	31:06	38	Sharon Van Cleave	38:21	20	Ty Willison	32:59
7	Sam Storey	29:06	12	Ashley Elliott	31:17	39	Brooke Womack	38:23	21	Todd Sharp	33:57
8	Jay Wright	29:16	13	Adrienne Cowan	31:22	40	Bekah Mason	38:44	22	Lance Buchanan	36:26
9	Pax Poggi	29:17	14	Laura McKenzie	32:28	41	Elizabeth Gentzler	39:29	23	Jack Silver	38:03
10	Jansen Nile	29:18	15	Hyapatia Reno	32:44	42	Erin Melhorn	40:56	24	Caleb Webb	39:15
11	Ian Wilson	29:27	16	Jessica Morrow	33:02	43	Beth McCoy	42:18	25	Ben Stone	40:03
12	Aaron Bryant	29:33	17	Jennifer Benefield	33:24	44	Kristi Jones	52:00	26	Tracy Shelton	40:28
13	Aidan Bryant	29:38	18	Rachel Hulsey	33:44	MALE AGE GROUP 30-34					
14	J.Y. Elliott	31:24	19	Laurie Allegra	34:47	1	Zac Long	18:57	FEMALE AGE GROUP 40-44		
15	Tyler Locklear	32:18	20	Aires Williams	35:25	2	Lim Seang	19:51	1	Heather Corley	24:37
16	Peter Danman	33:10	21	Emily Nomura	35:34	3	Adam Bryan	21:15	2	Kelley Morse	26:09
17	Theo Kyriakidis	33:30	22	Jamie Ann Phillips	36:26	4	Curtis Jackson	22:18	3	Christine Ellis	27:00
18	Charlie Park	34:12	23	Susan Edgeworth	36:27	5	Jeremiah Mitchell	23:53	4	Kristy Burchfield	27:36
19	Logan Pritchett	35:53	24	Jessica Musser	37:06	6	Jason Bridges	25:41	5	Jennifer Verville	29:19
20	Ethan McBride	36:24	25	April Callaway	38:13	7	Eric Sisemore	25:51	6	Teresa Jurgens-Kowal	29:25
21	Aidan Kennedy	36:38	26	Erica McCallie	38:17	8	Donald Bailey	26:25	7	Amber Rains-Vines	30:54
22	Jivan Taj	37:27	27	Anna Holland	38:24	9	Jared Guest	27:26	8	Rita Lawrence	31:04
23	Dale Grady	39:56	28	Tiffany Welch	39:44	10	Valerie Langley	29:33	9	Danielle Norton	31:09
24	Michael Dinkins III	48:28	29	Samantha Griffin	40:56	11	Jeremy Womack	30:47	10	Zulima Armstrong	31:42
25	Ian Calhoun	50:39	30	Alisa Self	45:33	12	Nate Gray	31:28	11	Kimberly Webster	32:06
26	Melvin Satterfield	52:26	31	Jenny Sithimolada	46:01	13	Jeff McElhaney	31:29	12	Cat Thornton	32:09
FEMALE AGE GROUP 15-19			MALE AGE GROUP 25-29		1	Nathan Helton	18:19	13	Debbie Littlejohn	32:20	
1	Michelle Halenkomb	23:29	1	Nathan Helton	18:19	2	Zach McElrath	18:47	14	Kimberly Harris	32:24
2	Cintly Guzman	25:20	2	Zach McElrath	18:47	3	Jason Chambers	22:26	15	Amanda Bagwell	32:31
3	Meagan Bernard	26:50	3	Jason Chambers	22:26	4	Justin Ciero	23:08	16	Gayla Williams	33:03
4	Erin Bardoner	32:08	4	Justin Ciero	23:08	5	Keith Barclift	23:29	17	Ann Keylon	33:21
5	Sara Davidson	34:35	5	Keith Barclift	23:29	6	Josh Johann	24:06	18	Candice Frost	33:43
6	Allie Riddle	51:58	6	Josh Johann	24:06	7	Thomas Chapman	24:09	19	Tracy Bryant	33:46
MALE AGE GROUP 15-19			7	Thomas Chapman	24:09	8	Michael Prater	24:58	20	Marlo Dugger	34:15
1	Jae Beach	18:40	8	Michael Prater	24:58	9	Steven Sikes	25:09	21	Cathy Mines	34:49
2	Andrew Shrader	21:51	9	Steven Sikes	25:09	10	Chris Cooper	25:25	22	Elizabeth Holliday	35:18
3	Jacob Stoker	23:43	10	Chris Cooper	25:25	11	Montrae Jackson	25:25	23	Nicci Cantrell	35:22
4	Cody Widdows	26:42	11	Montrae Jackson	25:25	12	Brian Trautschold	28:07	24	Kat Greene	35:37
5	Jared Eslinger	26:47	12	Brian Trautschold	28:07	13	Matt Thrower	28:53	25	Melody Rains	36:06
6	Kale Hopkins	32:32	13	Matt Thrower	28:53	14	Joseph Saltich	29:55	26	Lisa Shrader	36:24
			14	Joseph Saltich	29:55	15	Chris Cowan	31:24	27	Kris Bales	36:25
			15	Chris Cowan	31:24	16	Chris Morrison	31:52	28	Marie Rice	36:41
			16	Chris Morrison	31:52	17	James Reece	32:05	29	Becky Purcell	38:37
			17	James Reece	32:05	18	Drew Helmstetter	34:19	30	Kim Wheeler	38:57
			18	Drew Helmstetter	34:19				31	Marcy Jackson	40:01
									32	Tammy Bailey	40:34
									33	Crystal Simpson	41:44
									34	Bonnie Stephens	43:35

35	Julia Fisher	44:16
36	Meg Garrison	46:22
37	Devorah Sanchez	48:27

MALE AGE GROUP 40-44

1	Kendall Ott	19:52
2	Keith Parham	23:07
3	Gregory Verville	23:29
4	Jim Alverson	23:58
5	Christopher Butler	24:37
6	Jorge Guzman	25:20
7	Ty Goodwin	25:37
8	John Pound	26:51
9	Anthony Spallone	26:58
10	Kelly Williams	27:13
11	Tom Winston	27:27
12	Ted Hackett	27:39
13	Greg Bagby	27:58
14	Craig Nielsen	28:31
15	Stacy Bell	29:30
16	Kevin Hon	29:34
17	Jason Bryant	29:38
18	Andy Fitzsimmons	29:43
19	John Shilling III	30:25
20	Dustin Norton	31:24
21	Christian Horvath	31:38
22	David Denman	33:10
23	David Nunn	33:13
24	Jeff Smith	33:32
25	Tim Deakins	33:43
26	John Pattillo	37:17
27	Gregory Hurskin	37:49
28	Adam Webster	38:22
29	Jimmy Riddle	52:02

FEMALE AGE GROUP 45-49

1	Karen Templeton	27:06
2	Karen Chapman	27:56
3	Lorie Hyde	31:02
4	Lori Cooke	31:31
5	Caroline Newbern	31:42
6	Cindy Brewer	32:14
7	Jo Kellum	32:58
8	Savas Kyriakidis	33:29
9	Sandra Eslinger	35:03
10	Sarah Williams	35:18
11	Sharon Larson	35:47
12	Cornele Thomas	35:52
13	Sherry Wooten	37:43
14	Lisa Sents	39:57
15	Pinky Young	40:13

16	Angie McLaughlin	41:19
17	Kimbri White	41:25
18	Dawn Day	41:53
19	Crystal Cornelius	48:26
20	Sonjua Pritchett	55:01
21	Nancy Cantrell	55:23
22	Nicole Henderson	1:04:19
23	Gayle McFarland	1:07:21
24	Lisa Adams	

MALE AGE GROUP 45-49

1	Ray Wilson	19:14
2	Eric Marshall	22:24
3	Geoff Rhodes	23:29
4	Chris O'Connor	24:48
5	David Glenn	25:11
6	Steve Gibson	25:19
7	Theron Hudgins	25:23
8	Mark Reynolds	25:39
9	Brian Tierney	26:15
10	J.R. Hancock	27:00
11	Brad Huskey	27:35
12	Ellis Umbarger	27:44
13	Thomas Thomas	27:44
14	Andre Rado	27:52
15	Todd Lues	28:29
16	Jeffrey Brown	29:04
17	Peter Poggi	29:24
18	Peter Wilson	29:28
19	Alonza Jones	30:12
20	Brian Freeburg	30:22
21	Del Ashcraft	30:35
22	Jeff Sents	31:05
23	James White	34:49
24	Joseph Sanchez	35:27
25	Danny Newbern	38:16

FEMALE AGE GROUP 50-54

1	Karen Johnson	24:07
2	Carolyn Funderburk	27:50
3	Tami Stubblefield	28:22
4	Joyce Yaeger	28:24
5	Lynn Walker	30:34
6	Diane Johnstone	31:26
7	Patti Silvers	32:07
8	Kay Henderson	32:58
9	Jean Straussberger	32:59
10	Susie Davidson	33:44
11	Laura Lewis	34:40
12	Debbie Laney	36:12
13	Ellen Elam	37:20

14	Teresa Hughes	41:44
15	Teresa Chase	42:16
16	Linda Matthews	43:22
17	Rhonda Beasley	45:35
18	Marcia Ray	56:40

MALE AGE GROUP 50-54

1	Bret Yaeger	22:06
2	Mark Ingle	25:57
3	Patrick Brennan	26:57
4	Jon Wooldridge	27:09
5	Greg Matthews	27:23
6	Doug Brown	28:22
7	David Ogle	30:35
8	Michael Campbell	31:09
9	Ralph Keith	31:16
10	Terry Smith	31:33
11	Steven Heath	32:22
12	Daniel Day	33:14
13	Robert Berghel Jr	34:06
14	Thomas Larson	35:47
15	Thomas Hall	38:05
16	Avery Baker	41:10
17	Rodney Walker	41:43
18	Charlie Steinhice	43:19

FEMALE AGE GROUP 55-59

1	Paula Cooper	24:54
2	Krista Goss	27:07
3	Sandy Lane	28:58
4	Teresa Brenton	31:53
5	Denise White	38:37
6	Vicki Bower	38:38
7	Donna Elmore	39:46
8	Barbara Johnson	40:06
9	Gale Blount	40:36
10	Joan Butler	41:24
11	Pam Roehl	41:25
12	Mary Greenwood-Bell	52:23
13	Melissia Pennington	1:02:11

MALE AGE GROUP 55-59

1	Bill Wright	22:15
2	Rick Watson	22:15
3	Tim Hollenkamp	23:47
4	Douglas Oplinger	23:51
5	Louis Bryan	23:54
6	James Mansell	25:26
7	Thomas Sisemore	25:59
8	Alfred Woodhead	26:34
9	Ricky Raburn	27:44

10	Peter Hurley	30:07
11	Chuck Watson	30:25
12	David Marr	30:41
13	Tim Floyd	31:17
14	David Cowan	31:24
15	Clell Logan	32:41
16	Steven Larue	34:30
17	Ray Elmore	40:57
18	William Trotter	44:25

FEMALE AGE GROUP 60-64

1	Judy Hulsey	33:48
2	Helen Morris	36:07
3	Debbie Garrison	36:32
4	Jane Webb	36:52
5	Patty Owens	46:30
6	Joanna Crockett	51:10
7	Vickie Stone	1:02:12

MALE AGE GROUP 60-64

1	Spencer Evans	25:10
2	Gene Hodge	26:08
3	Dwayne Burnett	27:25
4	John Finck	37:53
5	Mike Bower	44:04
6	Bob Crockett	50:18
7	Robert Chapman	50:42

FEMALE AGE GROUP 65-69

1	Becky McCoy	42:19
2	Judy Trapp	44:06

MALE AGE GROUP 65-66

1	Steve Ferguson	22:10
2	Earl Kelle	32:28
3	Don Stites	35:54

FEMALE AGE GROUP 70 & OVER

1	Beth Dial	31:46
2	Barbara Grant	37:32

MALE AGE GROUP: 70 & OVER

1	Tony Arnold	25:26
2	Howard Dial	27:19
3	Douglas Hawley	29:13
4	Gary Furin	36:15
5	Gene Gilreath	37:54
6	John Smithson	41:37
7	Jack McFarland	1:07:26



2013 CHICKAMAUGA CHASE 15K

OVERALL FEMALE

1 Amanda Tate 59:53

OVERALL MALE

1 John Gilpin 50:57

FEMALE MASTERS

1 Dianna Leun 1:04:21

MALE MASTERS

1 Geno Phillips 51:07

FEMALE GRAND MASTERS

1 Doris Windsand-Dausman 1:12:44

MALE GRAND MASTERS

1 Hugh Enicks 56:33

FEMALE SENIOR GRAND MASTERS

1 Victoria Berghel 1:52:24

MALE SENIOR GRAND MASTERS

1 Sergio Bianchini 1:09:54

FEMALE AGE GROUP 19 & UNDER

1 Alex Whittington 1:16:24

2 Courtney Patrick 1:23:48

3 Shelby Sokol 1:36:40

4 Samira Rahbe 1:36:40

MALE AGE GROUP 19 & UNDER

1 Isaac Pacheco-Pulido 51:17

2 Zachary Hood 1:00:48

3 George Arrowsmith 1:04:48

4 D Jemison 1:04:49

5 Seth Petarra 1:06:54

6 Hank Warren 1:07:17

7 Raul San Miguel 1:17:11

8 Conner Jones 1:17:26

9 Justin Joseph 1:48:28

FEMALE AGE GROUP 20-24

1 Kristin Holloway 1:04:46

2 Laura Wagner 1:13:01

3 Jordan O'Neal 1:17:31

4 Cayce Chambers 1:20:07

5 Jennifer Gordon 1:20:26

6 Sara Hay 1:24:00

7 Corrie Martin 1:24:08

8 Madison Weller 1:24:29

9 Mary Cunningham 1:25:19

10 Amanda Wofford 1:26:59

11 Kate Beil 1:27:51

12 Susannah Warren 1:35:08

13 Jodie Branum 1:36:47

14 Merrily Suits 1:37:14

15 Maddie McKinley 2:05:52

MALE AGE GROUP 20-24

1 Marco Bianchini 1:06:28

2 Matthew Spies 1:09:37

3 Paul Lupere 1:12:35

4 Jonathan Gowan 1:18:33

5 Robert Griffin 1:20:17

6 Nic Elliott 1:21:06

FEMALE AGE GROUP 25-29

1 Karin Maucere 1:13:58

2 Ashley Patrick 1:14:50

3 Vanessa Hills 1:16:44

4 Cassandra Burgiss 1:18:50

5 Chelsea Cagle 1:20:35

6 Lindsey Kenny 1:21:22

7 Cara Roberson 1:23:33

8 Candace Smith 1:23:57

9 Ashlee Partlow 1:25:13

10 Sheena Cotten 1:27:22

11 Megan Corbett 1:27:44

12 Rachel Jones 1:30:11

13 Kimberlee Miller 1:30:38

14 Heather Phillips 1:32:55

15 Taylor Trent 1:37:44

16 Kristine Schultz 1:38:02

17 Lauren Hay 1:39:59

18 Dana Thrower 1:40:17

19 Hannah Powell 1:40:42

20 Amber Mainda 1:42:42

21 Diana Appleby 1:43:58

22 Kelly Rice 1:44:01

23 Casey Skorput 1:45:01

24 Jessica Justice 1:47:18

25 Brittney Davidson 1:48:21

26 Holly Kilgore 1:49:06

27 Kristy Walker 1:49:30

28 Loveyee Noverola 1:53:58

29 Brittany Norton 1:53:58

30 Claire Cozens 1:58:45

31 Brittany Paone 1:58:52

32 Caycee Nash 2:00:28

33 Erin Buckley 2:23:11

MALE AGE GROUP 25-29

1 Patrick Hall 51:36:00

2 Joe Clark 1:13:41

3 James Thompson 1:13:44

4 Keith Jones 1:14:06

5 Joel Moran 1:14:31

6 Jack Lee 1:18:33

7 Andrew McCallie 1:21:59

8 Nicholas Horvath 1:21:59

9 Brent Perkerson 1:22:00

10 Ryan Pappas 1:28:19

11 Cory Taylor 1:32:29

12 Matthew Ridge 1:36:10

13 Daniel Hutchings 1:44:40

FEMALE AGE GROUP 30-34

1 Julie Simmons 1:02:20

2 Cara Standifer 1:14:12

3 Michelle Wingard 1:16:07

4 Cheryl Widejko 1:16:51

5 Dana Chafin 1:17:19

6 Kate Smith 1:19:28

7 Jennifer Reeves 1:20:21

8 Angela Hanley 1:20:53

9 Lacey Paris 1:21:03

10 Alma Godoy 1:22:40

11 Marya Schalk 1:23:48

12 Jessica Mullins 1:24:00

13 Micheala Whitworth 1:25:16

14 Danielle Fletcher 1:27:25

15 Laura Skonberg 1:32:55

16 Amber Benavides 1:33:54

17 Rebecca Millott 1:34:42

18 Abby Griffith 1:34:46

19 Leann Maretti 1:34:46

20 Kacie Phipps 1:35:00

21 Dana Rohlof 1:37:04

22 Jamie Morton 1:37:05

23 Rebekah Gilman 1:37:55

24 Michelle Kimbrell 1:41:57

25 Kelly Henry 1:43:43

26 Leslie Collins 1:43:56

27 Marcus Kampfe 1:44:33

28 Erin Carboni 1:46:21

29 Sara Cooper 1:51:42

30 Shannon Bennett 2:15:14

31 Amber Smith

MALE AGE GROUP 30-34

1 Wilson McGinness 1:02:21

2 Jimmy Przybylowicz 1:04:10

3 Christopher Cutshall 1:08:30

4 Aron Price 1:08:44

5 Russ Rogers 1:12:17

6 Jason Maucere 1:14:06

7 Aaron Oliver 1:14:27

8 Juan Gonzalez 1:14:38

9 Nancy Mitchell 1:15:31

10 Christopher Kloc 1:18:17

11 Stan Gregory 1:20:53

12 Adam Hipp 1:22:19

13 Keith Guillot 1:23:13

14 Michael Clark 1:27:39

15 Nicholas Allen 1:31:30

16 Chris Paarman 1:48:59

17 Chris Gilman 2:05:30

FEMALE AGE GROUP 35-39

1 Misty Griffin 1:05:33

2 Sarah Powe 1:11:50

3 Holly Robison 1:15:45

4 Pam Nile 1:16:50

5 Anita Jones 1:18:56

6 Helen Walker 1:18:57

7 Marsha Potter 1:19:00

8 Destin Griffin-Trussell 1:20:17

9 Carie Daniel 1:20:45

10 Eden Lusk 1:23:24

11 Heather Sveadas 1:23:27

12 Erin Johnston 1:23:34

13 Elizabeth Seymour 1:26:23

14 Allyson Balzuweit 1:28:53

15 Brandy Jenkins 1:28:57

16 Melissa Cleveland 1:29:12

17 Cory Phillips 1:31:05

18 Shannon Derogatis 1:32:26

19 Liz McNelly 1:33:06

20 Suzanne Hammontree 1:33:52

21 Leigh Todd 1:34:16

22 Christin Kampfe 1:34:30

23 Melissa Maples 1:35:13

24 Jackeline Morales 1:36:27

25 Tama Ledford 1:36:42

26 Tami Downs 1:37:00

27 Candace Roberson 1:38:21

28 Katherine Blake 1:39:17

29 Saori Araki 1:39:48

30 Marsha Wood 1:40:11

31 Angela Amick 1:43:58

32 Jennifer Boaz 1:45:24

33 Mimi Long 1:46:44

34 Sheila McKeenan 1:46:51

35 Misty Dobson 1:51:15

36 Sheryl Sullivan 2:12:01

37 Cindy Duck 2:20:40

MALE AGE GROUP 35-39

1 Alan Outlaw 53:12:00

2 Paul Archambault 58:40:00

3 Nick Wilkinson 59:59:00

4 Edward McCoy 1:01:40

5 Carl McKinney 1:03:08

6 Matthew Amick 1:03:09

7 Daniel Shrum 1:03:20

8 Adam Burnett 1:06:45

9 Rob Myers 1:08:04

10 Gerry Taylor 1:08:59

11 Rusty Lee 1:11:20

12 Juan Subira 1:13:54

13 Eric Waddle 1:13:58

14 Jeremiah McBride 1:15:31

15 Casey Wiseman 1:16:19

16 Adam Reynolds 1:17:11

17 Kevin Smith 1:17:35

18 Chris Womack 1:17:54

19 Shane Ragland 1:18:17

20 Steve Daniel 1:20:17

21 Todd Dobson 1:20:46

22 Christopher Netherland 1:21:00

23 Kevin Rouse 1:21:12

24 Knut Hilles 1:23:56

25 Roman Lehnhoff 1:26:11

26 Justin Sveadas 1:27:03

27 Craig Brooks 1:27:47

28 Keith Brewton 1:31:52

29 Charles Emanuel 1:32:20

30 Kurt Pulver 1:36:04

31 Michael Lane 1:45:49

32 Jack Cooper 1:51:43

33 Josh McGinnis 2:05:51

FEMALE AGE GROUP 40-44

1 Terri Tubbs 1:11:34

2 Lisa Logan 1:12:10

3 Embree Poole 1:16:41

4 Nigelle Holloway 1:20:01

5 Sheila Haynes 1:21:22

6 Jade Rhudy 1:21:23

7 Jennifer Rodriguez 1:21:32

8 Jacklyn Baxter 1:22:09

9 Meredith Hamilton 1:23:23

10 Christel Brooks 1:23:29

11 Jennie Gentry 1:24:28

12 Rebecca Stein 1:24:53

13 Jenni Claeys 1:27:18

14 Gayle Worley 1:29:36

15 Angie Chambers 1:29:56

16 Amy Waterman 1:32:07

17 Jo King 1:32:16

18 Sheryl Bomar 1:32:42

19 Sarah Lasiter 1:32:58

20 Christal Brown 1:33:39

21 Paige Phillips 1:33:55

22 Susannah Murdock 1:34:22

23 Gina McDaniel 1:35:09

24 Kimberly Gilley 1:35:11

25 Trish Newsom 1:35:11

26 Jennifer Funk 1:38:11

9	Anette Tolliver	1:31:56
10	Jo Lynn Frenya	1:32:12
11	Jammie Brown	1:32:57
12	Kristin Alexin	1:33:28
13	Wendy Ensley	1:43:08
14	Stacey Reynolds	2:04:16
15	Laura Bailey	2:08:07
16	Nicole McDowell	2:58:17

MALE AGE GROUP 45-49

1	Dean Thompson	54:32:00
2	Mark Hickey	1:01:12
3	David Barrueta	1:03:39
4	Jude Hacherl	1:04:34
5	Jose Martinez	1:04:56
6	Mitchell Hayes	1:05:55
7	Eric Whittington	1:07:18
8	Ray Kellum	1:07:26
9	David Moghani	1:07:57
10	David Knowles	1:10:07
11	Chuck Dugger	1:10:41
12	Mark Braley	1:12:39
13	Terry Cole	1:14:23
14	Keith Lammon	1:14:45
15	Todd Inman	1:14:56
16	Robert Barnes	1:15:07
17	David Park	1:15:25
18	Javier San Miguel	1:18:07
19	Brian Evces	1:20:27
20	Geoff Rodgers	1:20:28
21	Dan Chambers	1:22:05
22	Ken Chambers	1:22:05
23	Jeff Condit	1:22:34
24	Howard Reagor	1:23:47
25	J.R. Heffington	1:24:56
26	Brian Johnson	1:26:01
27	Jay Toney	1:27:44
28	David Turner	1:27:46
29	Tim Burnett	1:29:02
30	Mike Burnett	1:29:02
31	Jay Roueche	1:29:40
32	David Lupere	1:29:44
33	Dave Porfiri	1:29:45
34	David Champion	1:29:49
35	Jack Pritchett	1:32:36
36	Dewayne Galyon	1:34:41
37	Brian Santin	1:35:39
38	Steve Cote	1:40:14
39	Robert Hamilton	1:55:44

FEMALE AGE GROUP 50-54

1	Beth Rice	1:21:41
2	Carmen Hodnett	1:22:17
3	Susan Tuckniss	1:23:52
4	Gwen Meeks	1:25:27
5	Betty Holder	1:26:43
6	Connie Brand	1:26:54
7	Sherrie Rahbe	1:29:54
8	Pam Keeter	1:30:42
9	Lorraine Hurley	1:32:01
10	Barbara Evces	1:35:30
11	Cindy Martin	1:35:37
12	Margaret Caswood	1:39:47
13	Barbara Hill	1:39:51
14	Diana Cote	1:40:15
15	Madelyn Patton	1:40:15
16	Lisa Harvey	1:40:19
17	Lauri Slade	1:40:20
18	Amanda Burts	1:40:53
19	Anna Casper	1:41:48
20	Susan Menke	1:41:50
21	Leigh Harris	1:46:56
22	Nadine Whitt	1:47:03
23	Keisha Gilroy	1:55:18
24	Ann Humphries	2:02:33
25	Sandra McKinley	2:05:51

MALE AGE GROUP 50-54

1	Chuck Denham	1:00:41
2	Tommy Kell	1:04:16
3	Rod Christianson	1:10:54
4	Russell Johnson	1:13:04
5	Reggie Bishop	1:13:09
6	Gregory McFall	1:18:08
7	Daniel Laughlin	1:18:18
8	Mike Kirkland	1:18:41
9	James Peace	1:18:42
10	Chris Klechhammer	1:18:52
11	Joe Banks	1:19:49
12	Tim Fortune	1:20:05
13	Thomas Wilk	1:21:28
14	Kevin Thedford	1:23:07
15	Jim McKenzie	1:23:42
16	Claude Hager	1:23:47
17	Heinrich Keulmann	1:23:51
18	David Jabaley	1:24:08
19	Scott Williams	1:24:41
20	Stewart Lawwill	1:28:14
21	Alan Little	1:29:25

22	Joe Dumas	1:29:37
23	Scott Fisher	1:29:40
24	Robert Norred	1:30:13
25	Chris Weeks	1:30:16
26	David Autry	1:30:29
27	Steve Smalling	1:30:37
28	Mark Elam	1:31:54
29	James Coleman	1:32:34
30	Bruce Harkleroad	1:32:55
31	C Mark Warren	1:35:18
32	John Goodson	1:38:33
33	Chip Patton	1:40:15
34	Chris Shelnett	1:40:49
35	Samuel Land	1:50:51
36	Scott Bailey	1:50:52

FEMALE AGE GROUP 55-59

1	Kathi Wagner	1:20:47
2	Cathy Gracey	1:25:56
3	Anne Petherick	1:33:01
4	Deborah Houston	1:46:29
5	Vickie Pitts	1:49:30
6	Carol Free	1:51:48
7	Tracy Townson	1:53:50
8	Jamie Harvey	2:06:31

MALE AGE GROUP 55-59

1	Bruce Bayliss	1:07:32
2	Roger Harris	1:08:17
3	Jeff Stracener	1:09:23
4	Tommy Nichols	1:09:29
5	David Gregory	1:11:06
6	Jimmy McGinness	1:12:22
7	John Mangel	1:14:27
8	John Hickey	1:17:48
9	Thomas Russe	1:21:17
10	Chris Richey	1:22:32
11	Tom Kennedy	1:22:42
12	Alan Dausman	1:24:11
13	Hank McMahon	1:25:54
14	John Ray	1:29:59
15	Doug Roselle	1:33:31
16	Ken York	1:36:55
17	Donald Spellman	1:40:44

FEMALE AGE GROUP 60-64

1	Victoria Berghel	1:32:24
2	Mildred Bethea	1:33:11
3	Raeanne Watkins	1:34:27

4	Gail Sonia	1:38:52
5	Pat Lambert	1:54:31

MALE AGE GROUP 60-64

1	John Crawley	1:09:58
2	Paul Whitt	1:14:47
3	Steve Rogers	1:20:00
4	Craig Kelly	1:20:49
5	Roy Webb	1:22:07
6	Dick Miller	1:22:34
7	Ronald Rogers	1:24:33
8	Joe Axley	1:24:54
9	Reinhard Zachau	1:25:41
10	Pat Hagan	1:27:06
11	Carter Lynch	1:30:17
12	Alan Edmonson	1:30:38
13	Tim Metcalf	1:30:52
14	Mark Bell	1:31:17
15	Gary Petherick	1:33:01
16	Tom Gribben	1:33:55
17	Larry Godfrey	1:42:40
18	Ted Verville	1:42:41
19	Jim Hamblen	1:44:21
20	Michael McKenna	1:47:57
21	Ed McCoy	1:53:36

FEMALE AGE GROUP 65-69

1	Bonnie Wassin	1:56:00
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MALE AGE GROUP 65-69

1	Larry Kuglar	1:20:47
2	Daniel Bowles	1:24:32
3	David Watkins	1:34:27
4	Terrance O'Brien	1:38:03
5	Dan Woughter	1:38:05
6	Rusty Dean	1:39:17

FEMALE AGE GROUP 70 & OVER

1	Janet Lowe	2:09:27
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MALE AGE GROUP 70 & OVER

1	Sergio Bianchini	1:09:54
2	Al Klimaitis	1:26:32
3	Roger Lambert	1:28:09
4	Stuart Arey	1:37:49
5	Charlie Raper	1:38:10



2013 CHICKAMAUGA CHASE TRAIL RACE

1	Cullom Boyd	56:32:00	58	J Straussberger	1:15:28	115	Angela Shrum	1:28:40	172	C Baucom	1:39:49
2	Brian Costilow	56:35:00	59	Andy Koss	1:15:29	116	Ryan Taylor	1:28:40	173	Paul Yi	1:39:18
3	Kevin Boucher	57:27:00	60	Andy Weaver	1:15:38	117	Stacey Malecky	1:28:45	174	S Bohannon	1:39:55
4	Neal Hanley	57:53:00	61	Jay Remko	1:15:52	118	R Milliken	1:28:50	175	Cameron Watson	1:39:55
5	Jeremy Miller	58:22:00	62	Kelly Dean	1:15:57	119	Bernice Delaney	1:28:54	176	Ryan Sakson	1:39:57
6	Pascal Houdant	1:00:11	63	C Recher, Jr.	1:16:34	120	Bradley Drake	1:29:00	177	Allie Eady	1:39:58
7	Daniel Lucas	1:02:58	64	Chad Burdyslaw	1:16:41	121	John Nunley	1:29:02	178	Maricela Oyler	1:40:05
8	Taylor Simms	1:03:01	65	Jim Hughes	1:16:57	122	Matt Heiden	1:29:10	179	Tina Heiden	1:40:10
9	William Warner	1:03:08	66	Josh Henry	1:17:02	123	Rosie Martinez	1:29:32	180	Carrie Kuehn	1:40:12
10	Ben Etheridge	1:03:32	67	R Salaises	1:17:32	124	Timothy Ward	1:29:32	181	Jennye McCreary	1:40:19
11	Tj Clayton	1:03:45	68	Elizabeth Flatt	1:17:32	125	Thomas Cannon	1:29:50	182	David Holliday	1:40:41
12	Sheridan Ames	1:03:52	69	E Ansolabehere	1:17:55	126	Rob Smith	1:29:55	183	Scott Holmes	1:40:46
13	Brad Harvey	1:05:02	70	Carla Noya	1:18:08	127	Joshua Scott	1:30:06	184	Billy Williams	1:41:15
14	Laban Swafford	1:05:26	71	Tony Harper	1:19:02	128	Jill Allen	1:30:34	185	Danny Chase	1:42:14
15	Bill Mincham	1:05:43	72	Josh Green	1:19:38	129	Chadd Nichols	1:30:37	186	Jayne Black	1:42:15
16	Darren Howard	1:06:01	73	Brian Hager	1:19:42	130	Lynn Mulligan	1:31:02	187	Jimmy LaMance	1:43:10
17	K Vradenburgh	1:06:02	74	James True	1:19:49	131	Tony Godoy	1:31:04	188	John Wright	1:43:15
18	Charles Suddeth	1:06:12	75	D Swearingen	1:19:53	132	Lydia Swafford	1:31:28	189	Sarah Field	1:43:30
19	Rachel Mason	1:06:17	76	Fabiola Noya	1:19:55	133	Miles Mason	1:31:37	190	Greg Bowers	1:43:42
20	Jan Gautier	1:06:35	77	Tim Cleary	1:19:57	134	Hollee Grady	1:31:39	191	Andrew Irwin	1:43:47
21	Caleb Elliott	1:06:47	78	Brad Carney	1:20:48	135	Emma Lowring	1:31:42	192	R Wilkinson	1:43:48
22	Tonya Hazel	1:06:59	79	Lara Watson	1:20:51	136	Angela Brunett	1:31:52	193	Michael Owens	1:44:05
23	Tim Smith	1:07:45	80	Dan Barnhart	1:21:09	137	J Carrizales	1:32:30	194	Victoria Haley	1:44:27
24	M Emerling	1:07:51	81	S Sutherland	1:21:13	138	Sarah Buchanan	1:32:34	195	Josh Melhorn	1:44:37
25	Donald Covill	1:08:00	82	Holly Kimsey	1:21:20	139	J Greever	1:33:29	196	M Scofield	1:44:38
26	Ehrin Irvin	1:08:06	83	Bruce Franks	1:21:26	140	Kimberly Nydick	1:33:30	197	Tim Lewis	1:44:43
27	Zach Cowart	1:08:58	84	Katie Medley	1:21:29	141	Chelsey Breedy	1:33:31	198	Heather Lamar	1:45:24
28	Cory Aulich	1:09:10	85	Lance Geren	1:21:33	142	Chris Winters	1:33:35	199	Brooke Hold	1:45:36
29	Tony Young	1:09:19	86	Allen Bible	1:21:36	143	Keith Elder	1:33:39	200	Ashley Norman	1:45:37
30	Josh King	1:09:26	87	D Thompson	1:21:36	144	J Shattuck	1:33:51	201	Susan Elder	1:45:47
31	Nathan Morris	1:09:40	88	Jon Steed	1:21:38	145	Kera Hughes	1:34:01	202	Tommy Grisham	1:46:26
32	Alex Salaises	1:09:43	89	Kathryn Daniel	1:21:48	146	Rebekah Manley	1:34:05	203	Lucinda Bolt	1:46:27
33	R Tennyson	1:09:46	90	Joe Coulter	1:22:02	147	Brooke Cilley	1:34:07	204	Sonya Reagor	1:47:00
34	Larry Aulich	1:09:53	91	Josh Pfister	1:22:16	148	Ed James	1:34:36	205	Kayoko Temple	1:48:07
35	Ben Grady	1:10:00	92	Terry Knowles	1:22:20	149	Travis Watson	1:34:36	206	David Halicks	1:49:44
36	Matt Buck	1:10:04	93	Stephanie Smith	1:22:36	150	Sarah Orr	1:34:37	207	William Halicks	1:49:45
37	Stetson Duke	1:10:08	94	Missy Elliott	1:22:51	151	Lindsey Simms	1:34:42	208	Melissa Guinn	1:50:11
38	Evan Fortune	1:10:14	95	Dennis Goodwin	1:23:00	152	John Denson	1:34:44	209	Monte Lowe	1:50:32
39	Tony Branam	1:10:21	96	Bryson Curley	1:23:07	153	Walter Rice	1:35:14	210	Lori Wilson	1:51:20
40	C Smitherman	1:10:50	97	Todd Sparks	1:23:24	154	Ronald Crews	1:35:35	211	Dick Dillard	1:51:37
41	J Whittinghill	1:10:51	98	David Bishop	1:23:32	155	Susan Field	1:35:45	212	Keith Greene	1:53:10
42	Billy Frontiera	1:11:01	99	Camellia Fowler	1:23:46	156	A Satterfield	1:35:53	213	Paula Mcbride	1:55:50
43	Neal Pinkston	1:11:23	100	Martha Mulvaney	1:23:50	157	T Stonebrook	1:36:21	214	Jamie Mcbride	1:55:51
44	Aden St Charles	1:12:24	101	A Fitzsimmons	1:24:24	158	Ford Bohannon	1:36:54	215	Jesse Roberson	1:56:17
45	Timothy Sparks	1:12:50	102	Chris Warren	1:24:25	159	Ron Branam	1:37:09	216	Pam Bennett	2:16:35
46	Raul Cervantez	1:13:07	103	Phil Meyer	1:24:40	160	Amy Bevis	1:37:23	217	Steve Elkins	2:22:05
47	Kevin Tye	1:13:12	104	E Winterstein	1:25:13	161	Joe Brown	1:37:29	218	Polly Elkins	2:22:06
48	Renee Jackson	1:13:13	105	M Godfrey	1:25:19	162	Amy Oliver	1:37:49	219	Phil Thomas	2:43:47
49	Timothy Johnson	1:13:18	106	Jack Pickett	1:26:07	163	C Richardson	1:37:50			
50	Tim Kelly	1:13:25	107	Michael Martin	1:26:16	164	Bob Cutrer	1:38:01			
51	Jeff Richmond	1:14:14	108	Steve Baxter	1:26:23	165	Teri Henderson	1:38:12			
52	Philip Foster	1:14:15	109	David Tindell	1:27:22	166	Maria Villegas	1:38:12			
53	Kimber Bastone	1:14:20	110	Lynda Webber	1:27:41	167	Geoff Apthorp	1:38:16			
54	Shannon O'Brien	1:14:40	111	Mark Kresl	1:27:59	168	Bill Aiken	1:38:47			
55	John Robison	1:14:42	112	S Jackson	1:28:11	169	Dale Reichman	1:38:51			
56	Scott Kennedy	1:14:43	113	Michelle Oliver	1:28:11	170	Crystal Watson	1:39:38			
57	Don Gregg	1:14:44	114	Brittani Tuggle	1:28:13	171	Rachel Borresen	1:39:48			



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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)

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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 course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners club of America, the Chattanooga Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____ Signature _____ Date _____

Signature _____ Date _____ Signature _____ Date _____

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THINGS TO DO:
1. RAMP UP TRAINING
2. RACK UP ROY POINTS
3. VOLUNTEER AT AN EVENT



EXERCISE
Some motivation required.

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**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.


Legend

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

FEBRUARY



23 Scenic City Half Marathon, 5k and Charity Challenge  

MARCH


16 14th Annual First Volunteer (formerly Gateway Bank) 5K Run for CIS 



APRIL

13 65 Roses 5K 

20 44th Annual Chickamauga Chase 15K and 5K  

MAY



11 King of the Mountain 

18 Chattanooga Chase 8k, 1mi  

JUNE



22 Market Street Mile  

AUGUST

10 40th Annual Missionary Ridge Road Race  



SEPTEMBER

2 FCA 5K 



21 Raccoon Mountain Round the Rim Run 10k & 5k  

OCTOBER

6 Johnson Mental Health 10K Pumpkin Run & 5K Walk  

26 Signal Mountain Pie Run  

NOVEMBER

9 Chickamagua Battlefield Marathon & Half Marathon  

28 Turkey Trot 8k 

DECEMBER

21 Wauhatchie Trail Run  

31 The Karen Lawrence Run for St. Jude 