

Jogging Around



Photo Credit: Facebook

Chattanooga Track Club

Officers for 2013

President
Chas Webb
President@chattanoogatrackclub.org

Past President
Bill Moran
PastPresident@chattanoogatrackclub.org

President-Elect for 2014
Bill Brock
PresidentElect@chattanoogatrackclub.org

VP/Communications
Sujeel Taj
VPCommunications@chattanoogatrackclub.org

VP/Races
Mike Leary
VPRaces@chattanoogatrackclub.org

VP/Membership
Jason Liggins
VPMembership@chattanoogatrackclub.org

Secretary
Samantha Pryor
Secretary@chattanoogatrackclub.org

Treasurer
Steve Smalling
Treasurer@chattanoogatrackclub.org

Directors

Marco Bianchini
Ron Branum
John Crawley
Pam Cuzzort
Andrew Dorn
Joe Dumas
Brad Harvey
Alan Outlaw
Brian Santin
Sujeel Taj
Steve Tompkins
Zach Winchester

Staff

Bookkeeper:
Connie Hall

Design and Layout for Jogging Around:
Keith Finch
designbyfinch@gmail.com

Equipment Manager:
Denny Marshall
damarshall@hotmail.com

Timing Manager:
Trey Stanford
treystanford04@yahoo.com



Runner Club Member

JOGGING AROUND

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

Editor

Sujeel Taj

Layout / Design

Keith Finch

Printing

Village Print Shoppe

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...

Chat with Chas.....	1
Introducing, Your CTC Club Manager.....	2-3
Inaugural Summer Training Camp Concludes. Mini Camp Planned for Winter.....	4
Donating My Bone Marrow to Dad.....	6-7
Another Successful Race at the Chattanooga Chase.....	8-9
UTC Half-marathon Club Seeks Student Runners for Fall 2013.....	10
2013 Market Street Mile Race Results.....	11
2013 King of the Mountain 4M Results.....	11
Chickamauga Battlefield Marathon.....	12
The CTC Long Runners Club.....	13
Chattanooga Track Club's Elementary School Cross Country Series.....	14
Raccoon Mountain Road Race Makes Changes for 2013.....	15
2013 Waterfront Triathlon Results.....	16-18
Level I ChiRunning Workshop.....	20
CTC Fall Pizza Palozza.....	21
2013 Missionary Ridge Road Race Results.....	22-23
Chattanooga Track Club Membership Provides Fun Prizes and Fellowship.....	23
Bulletin Board.....	25
Race Calendar.....	Back Cover

Sponsors and Partners

Chattanooga Times Free Press
inprint | online | inyourcommunity

FRONT RUNNER
ATHLETICS

FAST
BREAK

SPORTSBARN

children's
Hospital Foundation

OUT of the BLUE

POWER RACE

Coca-Cola

DASANI

the Y
TRACK

LITESPEED

OR
QUINTANA ROO

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
VPCommunications@chattanoogatrackclub.org



Chat with Chas

Hello Fellow Runner!

What a year we have had. I cannot believe that we are past the half-way point in our calendar. We had some fantastic late spring and early summer races occur. The Chattanooga Chase, our oldest race was again a big time success. The Market Street Mile was just the same way with a great turnout for that event. As usual the Waterfront Triathlon was an excellent event. I would like to commend the race directors for organizing such great events. I would also like to thank all of the volunteers for coming out and helping. Most of all thank you to you the members for showing up and supporting the Chattanooga Track Club!

This summer also marked a big occasion for the Club. In March the Board of Governors unanimously voted to approve the hiring of a full time Club Manager. Many qualified candidates submitted their resumes from April until June. From there we interviewed several people, and in the end the interview panel selected Stacey Malecky. Stacey comes to us from West Virginia. You can read more about her and her goals later on this issue. Stacey is very qualified for this position and brings a lot of experience to the Chattanooga Track Club. I have no doubt she will do a terrific job and will continue to grow the club.

Speaking of growth have you seen how many members there are in the Chattanooga Track Club? Right now we are over 800 members. This is up 30% from 2011 and there's still a few months left. Clearly we are a club that is growing. While growth is important, it's also important we maintain quality and dedication. As your President I am committed to quality and to serving you. If you have any questions or comments please let me know. I enjoy hearing from our members! Sincerely,

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.



I grew up in Massachusetts, south of Boston, and graduated from Middleboro High School. Middleboro is the second-largest town in Massachusetts and home of Tom Thumb, the 19th Century little person made famous by circus pioneer P.T. Barnum. I went to college at the University of Pittsburgh starting out in chemical engineering but just couldn't convince myself I belonged there. I ultimately graduated with a degree in Neuroscience choosing the

to-time. It seemed intimidating, he was a pretty fast runner and I got out of breath just trying to catch the elevator. I waited until he left one semester for an internship and took the free shuttle to the mall where I bought a \$15 pair of running shoes at an outlet, laced up and that was that. The first few weeks were tough, but I kept plugging away and haven't looked back since. My first race was a 5k in May 1999. Since then I have run tons of 5ks, a handful of marathons and half

Introducing, Your CTC Club Manager

In Spring 2013, the Board of Governors for Chattanooga Track Club unanimously voted to create, within the organization, the position of Club Manager to support the many members and volunteers and to provide leadership for organized and sustained growth of the Track Club. After a search process and review of many, qualified candidates, the selection panel chose Stacey Malecky as Club Manager. In this issue of Jogging Around Stacey introduces herself. In later issues she will tell more about her role and responsibilities serving the Chattanooga Track Club.

major both for the challenge it presented and because I was contemplating medical school.

After graduating with my Bachelors Degree in 2000 I lived in Connecticut and Louisiana before arriving in Morgantown, West Virginia. I've spent the last 9+ years there working as a finance administrator with the School of Medicine at West Virginia University's Health Sciences Center.

I never had any interest in running before college. My only exposure to the sport was as a form of "punishment" in PE class. Freshman year in college I met my husband (then boyfriend) who, at the time, was a cross-country and track runner at Pitt. My first impression of him as a runner was that he was out of his mind. I could not fathom why anyone would want to sweat or be out of breath on purpose. He insisted it would fit my personality, as I've been known to like a little challenge from time-

marathons as well as a few ultras. My next big goal is to complete a 100 miler hopefully in 2014. If I had to pick a favorite race, I would say Highlands Sky 40 miler in Davis, WV, although I do love a good Turkey Trot on Thanksgiving Day. It's tradition; no matter where I am I find one!

I am thrilled to have this opportunity to serve as Club Manager for the Chattanooga Track Club. For many years I was involved in a running club in West Virginia, but had limited availability due to full-time work, family, etc. This opportunity offers the best of both worlds. On a daily basis I get to be involved with something I care deeply about. I love the mission of this organization. I feel extremely fortunate that it's my job to provide support to such a great team and assist them with making the words of our mission become actions.

We are so fortunate to live in an area where outdoor recreation

and fitness are welcome and even considered a priority. In such an environment the possibilities for our club are endless. We have lofty, but entirely reachable goals to grow our membership and expand our events; two goals that are crucial to our ability to thrive. With great leadership in place, and a hard-working team, we can reach and surpass our goals. In the end, our objective is to make walkers and runners of all ages and abilities feel welcome as part of our club at races and other functions. While we have an excellent race team and many extremely talented runners, we also want to reach out to families, youth groups, business and many others. We want to encourage them to appreciate how much fun running and racing can be, especially when we participate together. We are ambassadors of the sport, and we look for ways to encourage activity via racing, volunteering or even just coming out to an event and cheering others on. It's an amazing thing to be a part of on any level.

I love Chattanooga. My husband moved here in October 2012 to begin his new job while the kids and I were not able to join him here until March 2013. We had a chance to visit in December of 2012, and I was INSTANTLY HOOKED. I couldn't wait to be here permanently! Chattanooga is such a vibrant community. It's rich with activity and very outdoor friendly. There is plenty of running to be found in whichever environment you prefer. There are miles of safe roads, plenty of rail-trail type paths, and many challenging mountain trails. With so many runners here I feel right at home.

My first event as a "Chattanooga" was the Chickamauga Chase in April. I immediately noticed what a well-organized event it was and was impressed by the CTC's management of the event. There was such a family-friendly vibe. My two children did the kids' run and had a blast.

As for working with the CTC - I am amazed on a daily basis at the level of commitment and dedication among the officers and board members of this organization. Each of them invests so much time and energy to making things happen, on a volunteer basis - no less. This group is always keeping the club's mission in mind and looking for ways to share running and fitness with our community.

On a personal note, I met my husband Mark in college and we've been together 15 years. He's also a runner (although much faster than I). I refer to him as my partner in running crime. We're always convincing one another to try different types of events and distances. We're not even fazed by each other's smelly running shoes or sweaty clothes anymore; love in its truest sense.

We have 2 children - an 8 year old daughter and a 5 year old son. They both love outdoor activities and have really enjoyed running some of the kids' races in town. Our daughter ran her first 5k this spring and beat my first 5k time by more than 5 minutes. I was impressed! I tell them they can do any sport they want, but secretly hope they'll always love to run. They're pretty interested for the moment, mostly because they've seen Mark and me encourage one another and really have fun with it. Running, as they know it, has never been punishment.

Here are a few more facts about me:

- I used to have a thick Boston accent. In college people would ask me to say water, beer and quarter just for laughs (Wattah, Beeah, Quaddah). At the time I had no idea what was so funny.
- I grew up with two younger siblings. My brother was/is a collector of creatures. It was not uncommon to find a wayward snake in our house. To this day, snakes fascinate me more than scare me.
- It is physically impossible for me to say 'YMCA' without bursting into song and making letter motions.
- Organic Chemistry, Neurophysiology and Economics were my favorite classes in college.
- When 8 months pregnant with my son, I speed-walked a race in PA and (erroneously) won 1st place male runner in my age group. It was priceless to see the reaction when I went up to claim my award.
- I enjoy painting (walls, not art) and find it extremely therapeutic. I never use the blue tape. I edge by hand. There is something so calming about painting a nice, straight line. It's hilarious seeing how people react when I explain this.





Jan Gautier

Inaugural Summer Training Camp Concludes. Mini Camp Planned for Winter.

The inaugural summer camp hosted by the Chattanooga Track Club and Front Runner Athletics with coaches Bill and Jan Gautier was run in the month of July. The series started at the Greenway on Mondays and at Baylor School on Wednesdays. It was a chance for area runners to train together and learn about their sport. The camp started with an introduction of running form and technique. The second week covered pre and post running hydration. Different forms of workouts were covered; such as fartlek, intervals, steady states and base runs. On Wednesdays, core workouts were emphasized after the run. Pre-competition preparation was also covered to help with the runners' upcoming competitions. On the last day, the runners were placed in a handicapped race, based on ability. All participants received a dry-fit t-shirt thanks to Front Runners Athletics and the Chattanooga Track Club. We want to thank all of the Middle School runners, the High school runners from Soddy Daisy, St Jude, Signal Mountain, Baylor and all post graduate runners who attended the camp. Without their interest and dedication to their sport, we would not have had as much success. It was a great experience for everyone. We already have plans for a mini winter camp. Details will be posted later. We wish the best to everyone's upcoming racing season.

Bill Gautier is head coach of the UTC cross country team.

Jan Gautier is a teacher and cross country coach at Baylor School.

FRONT RUNNER ATHLETICS

4251 Hixson Pike Chattanooga, TN



www.FrontRunnerAthletics.com

423.875.3642

TECHNOLOGY PROJECTS

Web Application Design & Development

HTML5 CSS JavaScript JQuery CFWheels
ColdFusion Java SQLServer Windows VMWare

tech-projects.com 423.267.7375

Donating My Bone Marrow to Dad

The CTC is fast approaching its 50th anniversary and the club's future is bright with the commitment of so many new faces and leaders. But looking back, there are a few people you may not know first-hand but whose footprint on our club and the fitness community in Chattanooga are indelible. Richard Park, Sr. is one of those folks. A fixture for many years at races and functions, I can still hear him plain as day encouraging someone, "Good for you!" In a world that seems to scream "good for me", it powered many Track Club members to their next PR or longer race.

The following article was published online at Huffington Post in July 2013. It was written about Richard by his son David and touches on so much of what is most important in our lives as runner—parents, sons and daughters, brothers and sisters, husbands and wives. It resonates with love and hope and perseverance.

Richard, "Good for you!" Press on

-George Skonberg

I told myself I would be strong. The news, I knew, would not be good. But it was still hard to process. The doctor's words were coldly clinical, unfamiliar. He spoke of bone marrow, platelet counts and the 16th chromosome. He discussed "aggressive treatments" that would kill my dad's bad blood cells and his good ones, too.

My dad sat still for a moment. When he finally spoke, his first question was not about the diagnosis itself, but about any potential threat to my brother Ricky and me. I turned to the window to conceal my tears.

In the weeks since the diagnosis - myelodysplastic syndrome, the same cancer that Robin Roberts battled - I've spent many hours wondering how this could happen to someone as seemingly indestructible as my dad. He has run 21 marathons, 15 ultramarathons (including a 100-mile race through the Sierra Nevada mountain range), hiked the Appalachian Trail from Georgia to Maine and walked the Camino de Santiago pilgrimage route in Spain. Just five months ago, he and my stepmother, Pam, hiked to the bottom of the Grand Canyon, and then all the way back up. Before the diagnosis, he had been working on his memoirs. He planned to title them My First 75 Years, as if there were no reason he couldn't live another three-quarters of a century.

I have also spent time thinking about why this happened, something that doctors can't answer. There's no recognized cause for myelodysplastic syndrome. It's not genetic. To my dad's relief, my brother and I are no more at risk than anyone else. For the approximately 10,000 Americans who are diagnosed every year, this disease is pure chance.

And then there's a deeper why. Why shouldn't he see his grandchildren graduate from high school and begin their lives as adults?

He devoted his life to others – as a father, a grandfather, a husband, a son, a brother, an uncle, a coach, a teacher and a friend. So why my dad? Why now?

I was 10 when my parents divorced. I said goodbye to my brother and dad and moved from Tennessee



to live with my mom in California. I knew my dad wanted whatever was best for me, but deep down I think he wanted me to stay with him, to live in the house where I had grown up, to go to the same school he and

my grandfather had gone to. But he knew that the pressure of choosing a parent was just too much for a 10 year old. So he accepted it.

I returned to Tennessee every summer and during the holidays. As a kid, I flew alone across the country with little more than a backpack, a teddy bear and a tennis racket. I loved playing ping pong and tennis with my dad, going swimming in Lake Ocoee and racing to the top of Sugarloaf Mountain. I remember how proud he was when I started running – eventually becoming one of the best runners on my high school cross-country team in California. The times he got to see my races, he'd watch me reach the finish line and hold his arms in the air as if I had finished at the very front.

Because he knew I wanted to be a journalist, he cherished everything I wrote. He'd ask me to read my stories in front of family and friends. I was not outgoing like him; I was often shy among groups of people. But my dad made me feel like I was the best writer in the world.

I can't remember a time I needed him when he wasn't there. He was there when my appendix was removed and again for my ankle surgery. When he heard I had severe head injuries after being beaten by a group of skinheads when I was in college, he abandoned his hike on the Appalachian Trail to help nurse me back to health. Seeing him there calmed me, like everything in the world was okay again.

I remember coming out to him shortly after college. It may have been the most difficult conversation I've ever had. He didn't know anyone who was gay, and at first it was hard for him to respond at all. Then he said he loved me no matter what. He accepted me at a time when I barely could accept myself, and now he proudly sends me editorials about gay marriage and athletes that have come out of the closet.

With myelodysplastic syndrome, the only chance for full remission is a bone marrow transplant, which involves completely destroying the immune system and "rebooting" it as if you were a newborn. The doctors were reluctant at first to do a transplant on someone who's 75. But they also quickly realized that my father wasn't your typical 75 year old.

Moving quickly was essential, the doctors said. There was no time to search the national donor database. A transplant for my dad hinged on whether Ricky or I was a bone marrow match. We were tested right away.



When I learned that I was a suitable donor, I realized our lives had come full circle. This is my chance to give something back to someone who has unconditionally given so much to me. And so next month – just before my dad's 76th birthday – we will go into the hospital together. My bone marrow will become his – and potentially will allow him to grow healthy blood cells so he can see his grandchildren grow up and embark on lives of their own.

Of course there are many risks, not least of which is that his body won't accept the new marrow. But I'm hopeful. After all, he's always accepted me before.

Since this article was written, Richard has received his bone marrow transplant and his doctors at Johns Hopkins are pleased with his progress. At the end of September, he will return home to Chattanooga to continue his recovery.

ANOTHER SUCCESSFUL RACE AT THE CHATTANOOGA CHASE

Chattanooga is a running community rich in history. The city is one of the most active in all of Tennessee and possibly the Southeast. Our roots can be traced back to as early as the 1920's. That is when the earliest Chattanooga Chase started. It would become official in 1967 and has been held annually since that date. Even going back to the 1920's the race has always been 8km. It's not a standard distance which is part of the draw to the race. Also part of the draw, are the tough hills. Some of the steepest hills on the Chattanooga running circuit are in the Chattanooga Chase.

So on May 18th, nearly 400 people came out and took part in this historic race. While people were not exhausted from the hills afterwards they knew they had accomplished something. They conquered some of the toughest hills in Chattanooga. On a hot muggy day that is no easy task. When runners finished they were greeted with face painting, refreshments and even a superhero contest. Some of the 8km runners felt so strong they ran in the 1 mile event that followed the grueling 8km run.

While there was much to cheer about at the Chattanooga Chase the biggest thing to cheer about was the donation to the Boston Marathon Fund. \$4,300 was raised and sent to the Boston One Fund in late June. The fact that a race the size of the Chattanooga Chase could raise that amount of money is something to cheer about. That money will directly support the victims of the Boston Marathon tragedy.

If you missed the Chattanooga Chase this year well then you missed out. There is always next year and the same great race that has been occurring for 46 years will be back! We will see you at the 2014 Chattanooga Chase.

2013 CHATTANOOGA CHASE 1 MILE RESULTS

OVERALL FEMALE

1	Lanni Marchant	5:13
2	Jenny Dehart	6:38
3	Julie Ziegler	7:14

OVERALL MALE

1	Patrick Hall	4:53
2	Ross Tilghman	5:03
3	Josh Garrett	5:04

FEMALE MASTERS

1	Beth Rice	7:28
2	Elaine Ford	7:38
3	Trish Newsom	8:03

MALE MASTERS

1	Ryan Shrum	5:30
2	Bill Minehan	5:57
3	Bayliss Bruce	6:03

FEMALE AGE GROUP: 14 & UNDER

1	Strider Sasha	7:53
2	Emma Henderson	8:38
3	Gwyneth Wilson	9:24
4	Lilli-Faith McDaniel	10:03
5	Jaydon Rulapaugh	10:27
6	Ensign MacKenna	11:05
7	McCall Roach	11:25
8	Molly Burnett	12:38

9	Ella Theobold	12:47
10	Joscelyn Rulapaugh	12:58
11	Ruby Webb	14:24

MALE AGE GROUP: 14 & UNDER

1	Nicholas Romeo	7:08
2	Josh Cooper	7:13
3	Outlaw Grady	7:55
4	Ian Wilson Wilson	8:06
5	Johnson Phillip	8:09
6	Kobe Bragg	10:24
7	Matt Brinkley	10:31
8	Jivan Taj	10:44
9	McKinney Jackson	11:18
10	Chipper Franks	12:02
11	Jackson Hayden	12:29
12	Jackson Caleb	12:31

FEMALE AGE GROUP: 15 - 24

1	Brooke Cilley	8:47
2	Merrily Suits	9:09
3	Ensign Tymolyn	10:19

MALE AGE GROUP: 15 - 24

1	Ensign Peter	7:52
---	--------------	------

FEMALE AGE GROUP: 25 - 39

1	Michelle Moore	7:33
2	Jaelyn Beckler	7:57

3	Shannon Derogatis	8:02
4	Elizabeth Igou	8:03
5	Karen Franks	8:59
6	Tamara Parks	10:02
7	Jody Hoewelmann	10:26
8	Staci Buckner	11:06
9	Sydney Webb	11:33
10	Rebecca Towe	11:38
11	Jennifer Rulapaugh	12:58
12	Jennifer Webb	14:25

MALE AGE GROUP: 25 - 39

1	Pieter Dehart	5:24
2	Neal Crutchfield	6:00
3	Derrick Marr	6:20
4	Andy Renwick	7:05
5	Tracy White	7:23
6	Keith Guillot	7:37
7	Donald Bailey	8:05
8	James Smartt	8:33
9	Travis Daughtery	9:06
10	Brian Parks	9:08
11	Matthew Ridge	10:28
12	Daniel Webb	11:33

FEMALE AGE GROUP: 40 - 59

1	Kimberly Cilley	8:24
2	Mary Fortune	8:26

3	Rachel White	8:46
4	Gina McDaniel	9:57
5	Danielle Brinkley	10:36
6	Kim Gilbert	17:05

MALE AGE GROUP: 40 - 59

1	Daniel Uson	6:19
2	Chris Theobold	8:04
3	Matt McDaniel	9:14
4	Daniel Vineyard	10:27
5	Strider Danny	10:32
6	Sujeel Taj	10:45
7	Kyle Roach	11:25

FEMALE AGE GROUP: 60 & OVER

1	Jane Webb	10:34
2	Jane Ensign	23:14

MALE AGE GROUP: 60 & OVER

1	Dan Bowles	8:50
---	------------	------

UNKNOWN 1M PARTICIPANTS

1	Jackson Jonathan	12:32
2	Terry Babcock	17:05

2013 CHATTANOOGA CHASE 8K RESULTS

OVERALL FEMALE

1	Lanni Marchant	27:16
2	Jessica Marlier	30:56
3	Dianna Leur	33:57

OVERALL MALE

1	Paul Stuart	25:45
2	John Gilpin	25:45
3	Lucas Cotter	25:47

FEMALE MASTERS

1	Sue Barlow	38:40
2	Beth Rice	39:31
3	Julie Milton	40:01

MALE MASTERS

1	Geno Phillips	26:07
2	Dean Thompson	27:31
3	Ryan Shrum	29:00

FEMALE GRAND MASTERS

1	Corinne Henderson	43:36
2	Gwen Meeks	43:52
3	Sue Anne Brown	45:44

MALE GRAND MASTERS

1	Hugh Enicks	29:37
2	Mark Lorello	30:45
3	Chuck Denham	31:30

FEMALE AGE GROUP: 14 & UNDER

1	Kathryn Vradenburgh	39:09
---	---------------------	-------

MALE AGE GROUP: 14 & UNDER

1	Jerryd Tennyson	33:44
2	Conner Jones	38:20
3	Jonah Devaney	39:50
4	Chipper Franks	40:42

FEMALE AGE GROUP: 15 - 19

1	Karla Vradenburgh	37:56
2	Brooke Cilley	45:43
3	Kelsey Vradenburgh	48:18

MALE AGE GROUP: 15 - 19

1	Matt Jenkins	28:15
2	Joe Beach	30:51
3	Jonathon Heffington	1:01:17
4	Tanner Moore	1:16:03

FEMALE AGE GROUP: 20 - 24

1	Kiersten Vradenburgh	34:03
2	Kendi Cagle	44:28
3	Kassie Gribble	44:39
4	Corrie Martin	44:58
5	Jodie Branum	50:38
6	Merrily Suits	51:31
7	Kristin Ward	51:34
8	Erica Tipton	54:41
9	Brittany Scoggins	58:41

MALE AGE GROUP: 20 - 24

1	Madison Yates	25:57
2	Bryson Harper	26:31
3	Thomas Barker	26:39
4	Jacob Bradley	27:04
5	Eric Clarke	27:51
6	Benjamin Loudermilk	28:35
7	Nathan Meharry	33:17
8	Marco Bianchini	34:13
9	Brent Blalock	34:15
10	Alex Denton	54:41

FEMALE AGE GROUP: 25 - 29

1	Marissa Bell	39:04
2	Maria Villegas	44:26
3	Ashley Frasier	44:45
4	Melissa Jacobs	47:34
5	Heather Harrison	47:45
6	Susan Wynne	48:05
7	Bethany Dent	50:47
8	Katelyn Conat	51:10
9	Meghan Marazas	55:34
10	Staci Buckner	56:44
11	Allie Flood	1:00:36

12	Tara Jones	1:00:47
13	Rhonda Collins	1:01:32
14	Amber Mainda	1:04:07

MALE AGE GROUP: 25 - 29

1	Patrick Hall	26:22
2	Andy Highlander	28:42
3	Cullom Boyd	28:52
4	Nathan Helton	29:59
5	Josh Morin	34:18
6	Jason Chambers	38:23
7	Nicholas Horvath	39:13
8	Brent Perkerson	44:15
9	Kyle Clarkson	44:36
10	Jonathan Mason	50:04
11	Cory Taylor	50:38
12	James Gossett	51:16
13	James Smartt	51:56
14	Matthew Ridge	52:53
15	Robert Conat	55:27

FEMALE AGE GROUP: 30 - 34

1	Sarah Zullo	39:44
2	Marya Schalk	43:46
3	Jaclyn Beckler	43:54
4	Kimberly Nydick	43:54
5	Angela Hanley	44:27
6	Jennifer Webb	44:47
7	Kimberly Womack	45:02
8	Melanie Blake	46:11
9	Tanya Dyer	46:13
10	Marsha McGillivray	48:17
11	Amy Crissman	48:23
12	Renee Hunt	50:03
13	Michelle Gilreath	51:28
14	Elisa Wilson	52:28
15	Brett Berghel	54:36
16	Tamara Parks	56:23
17	Nicole Stewart	57:10
18	Bekah Mason	1:06:53

MALE AGE GROUP: 30 - 34

1	Pieter Dehart	29:21
2	Neil Hanley	30:41
3	Mitchell Kohlmann	32:21
4	Jimmy Przybylowicz	33:48
5	Neal Crutchfield	33:56
6	David Barron	34:31
7	Stephen Frieese	38:17
8	Christopher Cutshall	39:20
9	Derrick Marr	39:31
10	Stan Gregory	39:47
11	Eric Sisemore	39:51
12	Keith Guillot	40:02
13	Donald Bailey	44:08
14	Ian Hockenberry	44:18
15	Jon Franks	44:50
16	Jason Jones	45:08
17	Jason Cline	45:46
18	Nathaniel Jackson	52:01
19	Travis Daughtery	54:52
20	Brian Parks	56:23

FEMALE AGE GROUP: 35 - 39

1	Cathi Swanson	38:09
2	Deb Cooley	39:55
3	Sarah Scott	41:04
4	Shannon Derogatis	43:45
5	Marsha Potter	43:47
6	Heather Svedas	44:13
7	Misty Pless	44:23
8	Heather Renninger	44:43
9	Jody Hoevelmann	45:41
10	Cory Phillips	47:58
11	Tama Ledford	48:43
12	Dawn Foster	50:04
13	Tami Downs	51:58
14	Rebecca Towe	1:01:19
15	Misty Sims	1:04:07
16	Lanise Hutchins	1:04:54
17	Tijuanna Gaddy	1:20:39
18	Jenny Dehart	

MALE AGE GROUP: 35 - 39

1	Alan Outlaw	27:12
---	-------------	-------

2	Paul Archumbault	30:02
3	Jason McKinney	30:59
4	Masato Yuasa	31:51
5	David McDaniel	34:00
6	Adam Burnett	34:04
7	Rusty Lee	37:32
8	Norman Davis	37:56
9	Micah Boaz	38:43
10	Jason Hamrick	38:56
11	Alex Petrochko	39:04
12	Tracy White	39:16
13	Michael Deantonio	39:43
14	Kevin Smith	40:28
15	Kevin Rose	44:19
16	Knut Hilles	44:27
17	Derek Mazurek	53:03
18	John Stutz	54:16
19	Todd Sharp	1:02:42
20	Jason Gaddy	1:20:39

FEMALE AGE GROUP: 40 - 44

1	Diana Moya	43:30
2	Jennie Gentry	43:59
3	Trish Newsom	44:46
4	Teri Henderson	45:10
5	Pam Nile	45:11
6	Sherrie Forrest	46:55
7	Wendy Kelly	46:57
8	Rachel White	47:51
9	Paige Phillips	48:17
10	Mary Fortune	48:17
11	Lisa Capehart	50:17
12	Sharon Braden	50:18
13	Gina McDaniel	51:33
14	April Threlkeld	51:37
15	Kimberly Cilley	51:42
16	Debbie Steele	53:07
17	Sheryl Jenkins	53:39
18	Melissa Smith	54:42
19	Amanda Frederick	57:11
20	Esme Brien	58:59
21	Marcy Jackson	1:05:16
22	Tonia Johns	1:05:17

MALE AGE GROUP: 40 - 44

1	Jeff Powe	31:56
2	Matt Buck	37:36
3	Gil Milton	37:51
4	Rob Lowe	37:54
5	Trey Ivey	38:06
6	Christopher Dills	38:16
7	Chris Smallwood	38:44
8	Daniel Uson	38:55
9	Joseph Smith	39:38
10	William Geren	40:08
11	Aaron Mercer	43:43
12	Scott Sheffield	44:00
13	William Whitcher	44:18
14	Watkins Cannon	44:31
15	Andy Johnson	44:34
16	Sujeel Taj	44:46
17	Walter Rice	45:06
18	John Schenk	46:56
19	Bobby Baltzer	52:26
20	Bobby Watson, Jr.	52:26

FEMALE AGE GROUP: 45 - 49

1	Jeannie Henry	43:43
2	Cyndi Cooper	44:08
3	Leah Gallant	44:54
4	Julie McKamey	45:27
5	Bobbie Potter	51:30
6	Margaret Hendrix	52:46
7	Lillian Napolitan	54:25
8	Katie Warwick	56:49
9	Mary Byars	56:49
10	Brenda Doheny	1:00:02
11	Carolyn Hicks	1:09:20

MALE AGE GROUP: 45 - 49

1	Barry Vradenburgh	33:52
2	Ray Kellum	34:55
3	David Knowles	37:52
4	Bob Lewis	38:00
5	Robert Barnes	38:22

6	Javier San Miguel	43:55
7	J.R. Heffington	43:59
8	Craig Combs	44:19
9	Joseph Trasmonte	44:20
10	Peter Wilson	44:23
11	Chris Theobold	44:31
12	Mike Burnett	44:33
13	David Glenn	44:38
14	Rory Dewese	44:45
15	Craig Derogatis	52:45
16	Randy Carter	55:12
17	Brian Freeburg	57:12

FEMALE AGE GROUP: 50 - 54

1	Carolyn Funderburk	47:36
2	Barabara Maxwell	51:44
3	Patti Silvers	56:33
4	Mary Gamble	59:46
5	Sharon Henderson	1:00:35
6	Ann Humphries	1:00:44

MALE AGE GROUP: 50 - 54

1	Bill Minchan	31:37
2	Zoltan Szabo	33:51
3	Julie Hacherl	33:56
4	Chris Kleehammer	40:32
5	Rob Norred	44:29
6	Ron Branam	44:30
7	David Jabaley	44:32
8	Carter Lynch	45:14
9	Steve Smalling	45:17
10	John Wooldridge	46:13
11	William Boyd	50:37
12	Scott Bailey	53:26

FEMALE AGE GROUP: 55 - 59

1	Janet Felton	46:18
2	Leisa Cagle	52:52
3	Kim Johnson	1:09:20

MALE AGE GROUP: 55 - 59

1	Mike Usher	38:33
2	Roger Harris	39:05
3	Quint Mansell	43:57
4	Thomas Sizemore	44:29
5	William May	44:31
6	Eric Lampport	45:40
7	Kevin Byars	47:36
8	Mark Peach	58:26

MALE AGE GROUP: 60 - 64

1	John Crawley	37:38
2	Joe Axley	45:11
3	Bob Gift	45:15
4	Dwayne Burnett	45:50

MALE AGE GROUP: 65 - 69

1	Dan Bowles	44:27
2	Dan Woughter	51:06
3	Larry Jones	52:49

MALE AGE GROUP: 70 & OVER

1	Sergio Bianchini	34:39
---	------------------	-------

UNKNOWN 8K PARTICIPANTS

1	Jeff Boehm	54:47
---	------------	-------



Stephanie Windle

UTC Half-marathon Club Seeks Student Runners for Fall 2013



The UTC Half-marathon Club is a student organization at the University of Tennessee at Chattanooga. Stephanie is a student at UTC and the founder of the club. The Chattanooga Track Club supports the efforts of the UTC Half-marathon Club to encourage training, running and volunteerism within the student running community but the two organizations are not directly affiliated.

My name is Stephanie Windle and I am a senior at UTC. I started UTC's Half Marathon Club in the spring of 2012 after completing my first half marathon. I felt a huge sense of accomplishment upon reaching the finish line, which inspired me to create the club. I wanted to start a club that allowed students to train together and complete a half marathon. The club became official in Fall 2012. Through UTC's Oak Street Roast, a yearly back-to-school event, and our Facebook page, the club began attracting interest. During our first active semester we held meetings where guest speakers discussed topics like injury prevention, nutrition, and running techniques. We also

met for group runs 2-3 times a week. Club members from any level were welcome to attend the runs. Many of the club members trained for and completed the Chickamauga Battlefield Half Marathon. I really enjoyed finishing our first semester by participating together in the half marathon.

In our second active semester we continued with regular meetings and group runs. In March, some of our members completed the Tom King Classic Half Marathon and 5k. Three club members set their PR at this race! I am excited about the club's upcoming semester. This year we plan to work closely with the Chattanooga Track Club while training for another half marathon. If you are a UTC student please consider joining the Half Marathon Club. First-time runners and experienced runners are welcome! Our first meeting will be in late August or early September. Join the UTC Half Marathon Club Facebook group or email me at Stephanie-windle@mocs.utc.edu for more details about the club.

2013 MARKET STREET MILE RESULTS

OVERALL FEMALE

1 Jessica Marlier 5:23

5 Bryant Vinyard 10:47.75
6 Reese Carpenter 11:12.28

6 Cristi Garner 8:07.44
7 Lydia Brown 11:42.89

8 David Knowles 5:58.55
9 Jeff Elliott 6:38.07
10 Amante Agbannaog 8:08.33

OVERALL MALE

1 Issac Pacheco 4:40

FEMALE AGE GROUP: 11 - 14

1 Kate Umbarger 6:29.72
2 Kim Hamby 8:07.98
3 Megan Hardin 8:19.26
4 Makayla Cole 8:29.87
5 Zaria Stokes 8:39.04
6 Celina Norton 8:50.02
7 Anna Krueger 9:30.57
8 Leigh Barker 9:47.36
9 Hope Hall 9:49.23
10 Sydney Smith 11:19.60
11 Melody Cargle 11:51.11

MALE AGE GROUP: 20 - 29

1 Robert Bedsole 4:46.85
2 Tobias Dearnoff 4:49.90
3 Ben Wagner 4:55.08
4 Drew Streip 4:58.36
5 Ky Anthony 5:08.52
6 Marco Bianchini 5:22.28

FEMALE AGE GROUP: 50 - 59

1 Beth Rice 7:02.96
2 Gwen Meeks 7:33.84
3 Brenda Zorca 8:34.57
4 Tavis Spots 9:33.97

FEMALE MASTERS

1 Dianna Leun 5:58

MALE MASTERS

1 Dean Thompson 4:47

FEMALE GRAND MASTERS

1 Corinne Henderson 6:59

MALE GRAND MASTERS

1 Mark Carver 4:57

FEMALE SENIOR GRAND MASTERS

1 Bonnie Wassin 9:37

MALE SENIOR GRAND MASTERS

1 David Peterson 5:58

FEMALE AGE GROUP: 10 & UNDER

1 Hannah Faudi 7:15.46
2 Helen Webb 7:29.22
3 Ava Whited 7:40.99
4 Zandy Burton 7:54.82
5 Sabriyah Stellion 8:01.15
6 Avery Poteralski 9:06.65
7 Reese Poteralski 9:10.33
8 Ella Ensign 9:13.12
9 Carly Watson 9:21.00
10 Ruthie Webb 10:42.03
11 Erin Ensign 11:24.37
12 India Thomas 12:46.42
13 Kayleigh Carpenter 14:13.12
14 Avery Watson 14:31.33

MALE AGE GROUP: 11 - 14

1 Zachary Faudi 6:00.73
2 Chase Faudi 6:04.47
3 Mason Porter 7:05.46
4 Janzen Nile 7:29.42

FEMALE AGE GROUP: 30 - 39

1 Emily Lascter 5:42.94
2 Jaclyn Beckler 7:07.89
3 Crystal Faudi 7:47.30
4 Onawa Brewer 11:19.77

MALE AGE GROUP: 50 - 59

1 Tim Ensign 5:00.67
2 David Martin 5:39.60
3 Mike Usher 5:53.68
4 Karl Chrishonson 5:59.60
5 Jeff Stracener 6:09.64
6 Adolphus Murley 6:12.06
7 Charlie Millard 6:30.97
8 Andy Zorca 6:37.16
9 Steve Tompkins 7:03.88
10 Chris Kleehammer 7:13.37
11 Bill Brock 7:45.20

MALE AGE GROUP: 30 - 39

1 Marcus Faudi 5:02.96
2 Jeremy Miller 5:14.89
3 Jason Webb 5:19.11
4 Adam Bryan 5:30.25
5 David Kieu 5:39.58
6 Adam Burnett 5:55.38
7 Adam Reynolds 6:02.20
8 Jeff Poteralski 6:21.26
9 Norman Davis 6:26.98

FEMALE AGE GROUP: 60 - 69

1 Jane Webb 9:50.11
2 Pat Long 12:43.30

FEMALE AGE GROUP: 40 - 49

1 Lisa Logan 6:25.14
2 Rebecca Stein 6:36.65
3 Sue Barlow 6:41.67
4 Pam Nile 6:52.14
5 Barbara Ensign 6:57.22
6 Deborah Steele 8:40.80
7 Tammy Johnson 9:21.09

MALE AGE GROUP: 60 - 69

1 John Crawley 6:10.44
2 Joe Axley 6:42.09
3 Flash Cunningham 6:55.00
4 Dwayne Burnett 7:06.13
5 Jeff Poteralski 8:53.13

MALE AGE GROUP: 40 - 49

1 Ryan Shrum 5:06.78
2 Charles McCallie 5:21.84
3 Steve Morrison 5:32.53
4 Mark Kuhn 5:39.09
5 Matt Buck 5:47.55
6 David Moghani 5:51.81
7 Daniel Uson 5:57.39

FEMALE AGE GROUP: 70 & OVER

1 Robbie Thompkins 10:20.45
2 Jean Horgan 12:18.75
3 Jane Ensign 22:22.17

MALE AGE GROUP: 10 & UNDER

1 Ben Fortune 7:14.85
2 Ian Agbannaog 7:17.21
3 Gage Whited 7:24.55
4 Henry Webb 10:07.97

FEMALE AGE GROUP: 20 - 29

1 Kathryn Allison 6:05.80
2 Kristen Vradenburgh 6:14.88
3 Sandra Clark 6:28.50
4 Vanessa Hills 6:48.19
5 Amy Dykstra 6:54.76

MALE AGE GROUP: 40 - 49

1 Ryan Shrum 5:06.78
2 Charles McCallie 5:21.84
3 Steve Morrison 5:32.53
4 Mark Kuhn 5:39.09
5 Matt Buck 5:47.55
6 David Moghani 5:51.81
7 Daniel Uson 5:57.39

MALE AGE GROUP: 70 & OVER

1 Sergio Bianchini 6:16.65
2 William Reynolds 9:24.19

2013 KING OF THE MOUNTAIN 4M RESULTS

OVERALL FEMALE

1 Marlier Jessica 24:57

6 Claire Lepage 41:23

5 Gentry Jennie 35:19

2 Lynda Webber 34:26

OVERALL MALE

1 Patrick Hall 21:38

MALE AGE GROUP: 20 - 29

1 Joshua Maughon 23:31
2 Zorca Tim 25:35
3 Bianchini Marco 28:22
4 Gaddis Lex 28:47
5 Sceggel Tim 31:40
6 Webb Chas 32:20

6 Avendano Cindy 35:31

3 Minges Sherri 37:28

FEMALE MASTERS

1 Leun Dianna 27:42

7 Montelongo-Conno Lisa 36:01

4 Ginder Emily 45:42

MALE MASTERS

1 Phillips Geno 21:52

8 McDade Connie 37:43

5 Rita Dehart 53:11

FEMALE AGE GROUP: 14 & UNDER

1 Hunter Katie 38:30
2 Martin Roo 45:24
3 Kennedy Brown

FEMALE AGE GROUP: 30 - 39

1 Vannoy Debby 26:12
2 Coakley Michelle 31:53
3 Olshaske Jennie 35:32
4 Moffit Mandi 38:28
5 Anna Hunter 38:30
6 Jennifer Mixon 38:39
7 Tolson Amy 38:39
8 Gilman Rebekah 38:54
9 Gilbreath Michelle 40:39
10 Rebecca Payne 43:30
11 Sarah Hughes 43:30
12 Sparks Becky 49:21
13 Emily Brown

MALE AGE GROUP: 40 - 49

1 Thompson Dean 22:53
2 Shrum Ryan 23:59
3 Les Conner 25:29
4 Trip McCallie 25:31
5 Steven Morrison 25:43
6 David Moghani 27:27
7 Elijah Anderson Berrera 27:31
8 Matt Buck 28:57
9 Martin Garrison 29:10
10 Scott Kennedy 29:14
11 Robert Barnes 30:03
12 Arrowsmith Ted 30:27
13 McLelland Matt 31:11
14 Lewis Bob 31:32
15 Sutherland Scott 33:18
16 Taj Suijeel 34:14
17 Dan Carroll 34:23
18 Theobald Chris 34:37
19 Porfiri Dave 35:33
20 Trey Carrico 39:00
21 Chad Young 40:18
22 Troy Ash 41:09
23 Chris Devaney 42:31

MALE AGE GROUP: 50 - 59

1 Starke T 25:47
2 Usher Mike 28:50
3 Jeff Stracener 29:29
4 Nichols Tommy 29:41
5 Zorca Andy 32:41
6 Kleehammer Chris 32:51
7 Probasco Ben 33:16
8 Wilk Thomas 34:27
9 David Dehart 35:01
10 Smalling Steve 36:04
11 Steve Tompkins 36:07
12 Naber Bob 36:24
13 Bailey Scott 42:11
14 Eddy Nelson 48:48

MALE AGE GROUP: 14 & UNDER

1 Arrowsmith George 25:49
2 Jemison King 25:49
3 Jonah Devaney 29:35
4 Arrowsmith John 30:28
5 Mook Atherton 34:33
6 Arrowsmith Teddy 36:31
7 Jemison Bo 36:34
8 Riley Devaney 1:01:21
9 Jack Everett
10 Davis McBryer

MALE AGE GROUP: 30 - 39

1 Kelley William 26:29
2 Neal Crutchfield 27:17
3 Ben Grant 27:50
4 Leavengood Albert 35:52
5 Chandler Eric 38:15
6 Matthew Rogers 41:24
7 Daughtery Travis 45:30

MALE AGE GROUP: 15 - 19

1 Beach Jae 25:15
2 Banner Brock 26:25

FEMALE AGE GROUP: 40 - 49

1 Biebel Heather 28:47
2 Logan Lisa 29:56
3 Sue Barlow 30:57
4 Nile Pam 33:09

FEMALE AGE GROUP: 20 - 29

1 Maucere Karin 30:34
2 Cox Leigh 31:12
3 Aften Whitmore 33:21
4 Gretchen Rowe 33:22
5 Sceggel Allie 39:39

FEMALE AGE GROUP: 50 - 59

1 Rice Beth 32:04

FEMALE AGE GROUP: 60 - 69

1 Brown Sue Ann 36:50
2 Wassin Bonnie 48:09

MALE AGE GROUP: 60 - 69

1 John Crawley 30:43
2 Heath Greg 31:02
3 Goodwin Dennis 33:11
4 Axley Joe 33:34
5 Hagan Pat 35:10
6 Bob Gift 35:36
7 Bill Moran 45:56
8 David Linn 58:49

MALE AGE GROUP: 70 & OVER

1 Bianchini Sergio 29:22



CHICKAMAUGA BATTLEFIELD

MARATHON

The Chickamauga Battlefield Marathon will be held Saturday, November 9, 2013. The 34th year of this premier running event will include a marathon, half-marathon, and a new 5K race. The ongoing Junior Marathon series, for children in first through sixth grades, will conclude with a 1-mile event at the marathon.

An event expo and pasta dinner will take place November 8. For information and to register for the race, go to www.battlefieldmarathon.com, or visit the Chattanooga Track Club website.

Chickamauga Battlefield Marathon Adds 5K Run to Support Children's Hospital

Only 300 spaces available for the first 5k race to be part of this historic running event.

Children's Hospital Foundation and Chattanooga Track Club representatives announced the addition of a 5K run to the Chickamauga Battlefield Marathon, Half Marathon and Junior Marathon event at 8 a.m. on Saturday, Nov. 9, at the 6th Calvary Museum in Fort Oglethorpe.

Only 300 spaces are available for the run. Registration is \$30. Net proceeds from the inaugural Chickamauga Battlefield 5K will benefit T.C. Thompson Children's Hospital at Erlanger. By registering as a Miracle Team member, participants can go the extra mile by fundraising for Children's Hospital.

"We encourage participants to form a group with friends, family members and co-workers and create a team. It is a great way to build camaraderie while also making a difference by helping raise funds to ensure all children in our area have the opportunity

for a healthy future," said Ali Cobb, Annual Giving director for Children's Hospital Foundation. "Adult team members raising \$250 and children raising \$150 for Children's Hospital will receive special perks at the race."

To sign up for the Chickamauga Battlefield 5K, go online to www.battlefieldmarathon.com and select the "Registration" link. Online registration is open through Nov. 6. By also registering as a participant on the Miracle Team at www.miracleteam.org, athletes can create their own fundraising page and learn more about the Miracle Team Series. You can also contact Kaitlin Cook with Children's Hospital Foundation by emailing Kaitlin.Cook@erlanger.org or calling 423 778-3530.

The CTC Long Runners Club

The 2013 season is already more than half over, so we want to remind everyone who is gearing up for autumn distance running – or who might be motivated to gear up for autumn distance running – about the new “Long Runner’s Club,” established by the CTC last year. Its purpose? To inspire its members to achieve a new benchmark in running, and to recognize those members who have accomplished a goal that either takes a long time to reach – or that just simply requires a long way to go! Without a doubt, the first crop of CTC Long Runners (Sal Coll, Pat Hagan, Missi Johnson, Cyrus Rhode, Jr., Truman Smith and Bonnie Wassin) has achieved a level of dedication and commitment to running that would exhaust most mere mortals.

“There is no telling how many miles you will have to run while chasing a dream.” ~ Anonymous

The 2012 recipients, introduced at the annual CTC Banquet on Saturday, January 12, 2013, received awards for special achievements completed through November 30, 2012. For the 2013 season, CTC members may nominate themselves or other CTC members by simply providing proof of any annual accomplishment(s) completed between December 1, 2012 and November 30, 2013, and any lifetime accomplishments completed by November 30, 2013. Proof should be provided to the CTC Race Committee: VPRaces@chattanooga-trackclub.org. Any such accomplishments completed during those time periods will be recognized at the CTC Banquet in January 2014. Any accomplishments completed after those time periods will be awarded the following season.

AWARD CATEGORIES ARE AS FOLLOWS:

50-MILER AWARD – The 50-Miler Award is an annual award given to the CTC member who has completed at least one single-day event (road or trail) of at least 50 miles and less than 100 miles (stage races do not qualify unless one of the days is at least 50 miles).

100-MILER AWARD – The 100-Miler Award is an annual award given to the CTC member who has completed at least one event (road or trail) of 100 miles or more in length (stage races do not qualify unless one of the days is at least 100 miles).

100+ MARATHONS AWARD – This is a lifetime award to be given to the CTC member who has completed at least 100 marathons during his/her running career.

50 STATES AWARD – This is a lifetime award, to be given to the CTC member who has completed a marathon in each of the 50 states.

7 CONTINENTS AWARD – This is a lifetime award, to be given to the CTC member who has completed a marathon on each of the seven continents.

“The race is not always to the swift, but to those who keep on running.” ~ Author unknown

Chattanooga Track Club's Elementary School Cross Country Series



Chattanooga Track Club's Elementary School Cross Country Series begins Thursday, September 5, 2013, at Camp Jordan in East Ridge. These events, for 3rd, 4th and 5th grade students, are a great way to introduce running and fitness to young people. In the five years since this race series began, participation has increased tremendously. All students of any skill level are encouraged to participate and parents and local coaches are needed to volunteer and cheer on the young runners.

Race events will be held every Thursday in September at Camp Jordan Park beginning at

4:30 p.m. The dates are September 5, 12, 19 and 26. Parents will need to fill out a registration form/waiver and cost is only \$1.00 per child.

Denny Marshall is director of this series. For event information and registration form please visit Chattanooga Track Club online (chattanoogatrackclub.org) and select the link for CTC Elementary School Cross Country Series. For questions and information on volunteering contact Denny at damarshall@hotmail.com.



**19 Cherokee Boulevard
Chattanooga, TN 37405**

(423) 265-0531



Raccoon Mountain Road Race Makes Changes for 2013

The Chattanooga Track Club's Raccoon Mountain 5K & 10K continues to experiment with new ideas to benefit area runners.

NEW THIS YEAR:

- \$10 discount for runners age 21 and younger. Bring the entire family!
- New awards for winners: Instead of trophies or plaques, winning female and male runners in each division (overall, masters, grandmasters) in the 5K and 10K will receive a print of a spectacular aerial photograph of Raccoon Mountain.
- September 21 date. Traditionally held in August, the Raccoon Mountain race was deemed too hot and alternative dates were considered. Last year's event was held in May but because several ROY races are grouped from late April through May, while

September is relatively open, the race has moved to September to more evenly spread the CTC schedule throughout the year.

- 9:00 A.M. Eastern start time. Starting one hour later than last May's start is partly required by the later sunrise in September and partly by the potential that the equipment and timing crew may not be allowed to access the mountain before dawn. Hopefully the later start will encourage participation from more late risers and out-of-towners. We will keep our fingers crossed regarding race-day temperature.

SAME AS LAST YEAR:

- Some of the most beautiful views on any course in the region. Lookout Mountain, the Tennessee River Gorge, and Lookout Valley can be seen as you run on the dam around TVA's 528 acre reservoir.
- 100% cotton T-shirts guaranteed for all participants, mailed after the race if necessary.
- Door prizes, including several running videos, running books, and cookware from Lodge Manufacturing. First name drawn gets to choose first door prize given away, and so forth. You must be present to win!
- Panera bagels, fruit, Powerade, and water at the finish line. Delicious!

Come out and participate September 21, at Laurel Point, Raccoon Mountain Pumped Storage Plant. See Chattanoogatrackclub.org for more details. Early registration is available on Active.com. Contact race director Steve Smalling at stevesmalling@charter.net with any questions.



Photos by Whitney Allison

2013 WATERFRONT TRIATHLON RESULTS

MALE OVERALL WINNER

1	Craig Evans	1:51:37
2	Justin Ladner	1:54:08
3	Alan Horton	1:54:42

FEMALE OVERALL WINNER

1	Meghan Degan	2:01:36
2	Hallie Blunck	2:01:51
3	Seeley Gutierrez	2:04:23

PRO-MALE 1 - 99 DIVISION

1	Tyler Jordan	1:55:17
2	Tiago Depaula Souza	1:56:44
3	Corey Carpenter	2:50:15

PRO-FEMALE 1 - 99 DIVISION

1	Bethany Handley	2:14:17
---	-----------------	---------

MALE-MASTERS OVERALL WINNER

1	Eric Cross	1:57:44
2	John Sillery	1:58:28
3	Jeffrey Zickus	2:00:22

FEMALE-MASTERS OVERALL WINNER

1	Sandra Murphy	2:15:56
2	Heidi O'Shea	2:20:09
3	Kim Locher	2:22:46

BEGINNER-MALE OVERALL WINNERS

1	Spencer Gill	2:19:25
2	Robert Moore	2:23:43
3	Stan Lambert	2:24:17

BEGINNER-FEMALE OVERALL WINNERS

1	Anneli Morrison	2:13:24
2	Susie Kelly	2:23:07
3	Jeanette Wilson	2:36:11

MALE 1 - 19 DIVISION

1	Nicholas McCormick	2:01:31
2	Blake Lowery	2:05:44
3	Michael Schor	2:17:07
4	Fisher Watkins	2:17:25
5	Seth Walden	2:28:28
6	Christopher Leitten	2:32:13
7	Jack Marshall	2:32:48
8	Mathew Gist	2:35:35
9	Taylor Millirons	2:37:10
10	Bryce Aberg	2:46:40
11	Spencer Pruner	2:51:55

FEMALE 1 - 19 DIVISION

1	Delaney Miller	3:05:28
2	Rosalie Hammett	3:57:53

MALE 20 - 24 DIVISION

1	John Wiygul	1:57:08
2	Tobias Deardorff	2:01:13
3	Max Randolph	2:03:30
4	Collin Zimmerman	2:04:12
5	Alex Brown	2:13:23
6	Christopher Wilson	2:18:38
7	Pj Pelaez	2:19:03
8	Zachary McCormick	2:24:47
9	Ryan Brandt	2:25:19
10	Drew Gill	2:25:35
11	Aaron Lovelady	2:27:08
12	Ryan Boggs	2:35:42
13	Micah Evans	2:46:17
14	Eric Schult	2:49:39
15	Christian Singer	3:06:03
16	Gary Singer Jr	3:16:13

FEMALE 20 - 24 DIVISION

1	Caitlin Standifer	2:08:03
2	Ashley Shiver	2:13:28
3	Katie June	2:15:13
4	Jenny Von Jouanne	2:30:22
5	Amanda Smith	2:31:52
6	Kiersten Vradenburgh	2:34:43
7	Kaitlin Wallace	2:36:56
8	Katelyn O'Dunne	2:37:37
9	Molly O'Brien	2:38:09
10	Rachel Langman	2:41:29
11	Sarah Purcell	2:43:24
12	Elise Landreaux	2:45:13
13	Brooklyn Sims	2:51:37
14	Sammantha Brockel	2:56:21

MALE 25 - 29 DIVISION

1	Jeffrey Shelley	1:55:33
2	Alex Solomon	1:56:21
3	Chad Williamson	1:56:38
4	Paul Chichester	2:03:55
5	Don Humphreys	2:06:07
6	Sam Miller	2:06:27
7	David Shelley	2:06:48
8	Drew Streip	2:08:59
9	Robert Schnittman	2:11:05
10	Preston Goodrich	2:15:40
11	Nate Harper	2:16:29

12	Elliott Dement	2:17:12
13	Seth Neumann	2:18:42
14	Wayne Zumwalt	2:18:57
15	Daniel Hudgins	2:19:54
16	Scott Voigt	2:20:14
17	Herchel Portella	2:20:20
18	Jonas Andersen	2:20:28
19	Michael Dubois	2:20:33
20	Joshua Nason	2:21:50
21	Lee Sims	2:21:50
22	Joshua Stoufflet	2:26:21
23	Benjamin Morse	2:28:45
24	Jeffrey Lee	2:30:43
25	Nicholas Vermillion	2:30:54
26	Jonathan Watson	2:31:08
27	Forrest Rose	2:31:35
28	Andrew Edwards	2:32:08
29	Matt Solima	2:32:20
30	Jonathan Sims	2:35:55
31	Daniel Schultheiss	2:36:21
32	James McDowell II	2:37:10
33	Currie Smith	2:38:21
34	Bennett Phillip	2:39:50
35	Chris Zachary	2:41:12
36	John Tolan	2:41:58
37	Greg Tolan	2:42:00
38	Charles Dyer	2:42:17
39	James McDaniel	2:42:37
40	Tj Gephart	2:44:54
41	Kevin Underwood	2:46:48
42	Eric Mathis	2:48:21
43	Christopher Miller	2:52:29
44	Baker William	2:54:16
45	Than Hunter	2:55:15
46	Andrew Paulsen	2:56:08
47	Ryan Davis	3:01:15
48	Christopher Heiden	3:03:47
49	Van Patton	3:07:48
50	Michael Warren	4:03:00

FEMALE 25 - 29 DIVISION

1	Dustin Yonke	2:15:56
2	Leah Sawyer	2:16:47
3	Jessica Marlier	2:19:15
4	Aubrey Morris	2:21:13
5	Erin Tolbert	2:23:08
6	Kimberly Humphries	2:24:01
7	Rebecca Rush	2:28:03
8	Melissa McDonald	2:30:13
9	Alexandra Ricca	2:33:32
10	Jessica Glisson	2:35:39

11	Cortney Mild	2:36:27
12	Daria Webster	2:38:42
13	Rhandee Gortney	2:41:22
14	Mary Zingarelli	2:46:09
15	Erica Verdin	2:46:25
16	Keresa Steichen	2:49:01
17	Nina Dobbs	2:50:25
18	Katie Jackson	2:52:33
19	Sarah Hohwald	2:55:56
20	Jessica Moore	2:56:25
21	Bridget Forier	2:57:25
22	Johanna Decotis	3:00:38
23	Emily Peigen	3:06:24
24	Meghann Naegele	3:08:15
25	Amy Dearthment	3:14:15
26	Meredith Delk	3:21:01
27	Brittany Shoemaker	3:24:24
28	Callie Hanks	:29:25
29	Melissa Morris	3:53:06

MALE 30 - 34 DIVISION

1	Eddie Ferguson	2:01:46
2	Joseph McLeod	2:02:02
3	Josh Merry	2:02:30
4	Tom Dillard	2:04:09
5	Ben Smitherman	2:06:10
6	Blake Snyder	2:06:50
7	Andrew Cawood	2:09:06
8	Christopher Williams	2:10:09
9	Gary Thompson	2:10:19
10	Brent Okeefe	2:12:05
11	Philip Hauserman	2:12:54
12	Justin Schroeder	2:16:28
13	Joseph King	2:16:29
14	Doug Love	2:16:45
15	Ward Pyles	2:18:53
16	Jonathan Temlock	2:19:12
17	Phillip Mansueto	2:21:07
18	Clayton Montgomery	2:21:22
19	Curt Elverd	2:21:34
20	Jeremy Dixon	2:22:20
21	Timothy Sirmon	2:22:26
22	Jeremy Vastola	2:22:26
23	Daniel Tardy	2:22:37
24	Eric Myers	2:25:30
25	Michael Curtin	2:27:08
26	Trey Kitchens	2:27:27
27	James Schroder	2:27:29
28	Paul Ascosi	2:27:50
29	Casey Gallaher	2:27:56
30	Brian Kelly	2:28:03

34	Blake Young	2:43:25
35	Wade Wilson	2:43:26
36	Daron Boys	2:43:46
37	Brian Copeland	2:44:57
38	Tony Toson	2:45:08
39	Jay Toney	2:45:19
40	Jeffrey Kitchen	2:48:06
41	Randy Allen	2:50:33
42	Dan Cordell	2:55:15
43	Wayne Clemons	2:59:23
44	Tim Kalafut	2:59:54
45	Brian Arrowood	2:59:59
46	Todd Zeigler	3:00:20
47	Blair Darst	3:09:37
48	Jimmy Lamance	3:19:54
49	Murray Medlock	3:26:37
50	Raymond Mooney	3:45:52
51	Terry Stickler	

FEMALE 45 - 49 DIVISION

1	Natalie Camp	2:31:28
2	Lisa Harrison	2:33:05
3	Cheryl Williams	2:36:07
4	Cary Maycock	2:36:16
5	Connie Petty	2:36:35
6	Alison Solomon	2:38:16
7	Ann Bowman	2:39:37
8	Michelle Bingham	2:43:59
9	Sophia Lal	2:44:00
10	Laura Ackerman	2:44:32
11	Millie Halvorson	2:45:48
12	Terri Conroy	2:48:25
13	Kennette Pyles	2:49:25
14	Karen Abbott	2:54:50
15	Katrina Blasingame	3:00:51
16	Jill Danieli	3:08:34
17	Suzanne Macpherson	3:14:50
18	Leslie Montgomery	3:41:52

MALE 50 - 54 DIVISION

1	Johnny Harrison	2:02:11
2	John French	2:05:09
3	Mike Schor	2:12:47
4	John O'Brien	2:13:05
5	T.W.(henry) McFadden	2:17:01
6	Ray Kellum	2:17:41
7	Lee Sherbakoff	2:20:11
8	Ray Lecture	2:21:38
9	Curtiss Samuel	2:21:41
10	Jeffrey Bowman	2:21:54
11	Mark Stautberg	2:23:23
12	David Parker	2:29:34
13	John Phillips	2:30:24
14	Alfonso Ahuja	2:31:21
15	Corey Peterson	2:31:27
16	Todd Hinton	2:31:32
17	Gordon O'Malley	2:32:58
18	John Jacobs	2:33:15
19	Tom Bryson	2:33:47
20	Clark Fisher	2:35:23
21	Gary Giles	2:35:43
22	Jamie Miller	2:36:19
23	Larry Epps	2:37:09
24	Thomas Camp	2:38:42
25	Eric Twitchell	2:41:50
26	Kevin Henson	2:42:26
27	Steven Bush	2:43:16
28	Ralph Bower	2:43:41
29	Bruce Heiser	2:44:10
30	David Musgrave	2:44:23
31	Dickie Bilbro	2:46:10
32	Jean Paul Vaudreuil	2:46:56
33	Timothy Morris	2:48:37
34	Stephen Martin	2:48:47
35	Scott Duncan	2:49:15
36	Scott Layden	2:52:56
37	Jeffrey Lanum	3:01:21
38	Chris Pastina	3:02:46
39	Alan Adams	3:04:00
40	Alton Danielson	3:04:48
41	Glenn Perdue	3:05:06
42	Robert Jones	3:14:35

43	Michael Shue	3:16:22
44	Kevin Self	3:47:28
45	Brian Lain	3:53:49

FEMALE 50 - 54 DIVISION

1	Pam Cox	2:23:32
2	Rhonnda Cloinger	2:29:49
3	Deanna Steele	2:41:46
4	Janet Ritchie	2:55:04
5	Judy Aberg	2:55:46
6	Vicki Singer	3:03:36
7	Sharon Spears	3:06:30
8	Tammy Soma	3:07:48
9	Janita Poe	3:30:43
10	Rhonda Orange	3:53:50

MALE 55 - 59 DIVISION

1	George Dewitt	2:12:20
2	Bill Jestel	2:26:45
3	Reggie Bishop	2:27:24
4	David Phares	2:27:32
5	Marshall Horton	2:27:38
6	Joseph Minton	2:29:12
7	Norbert Nix	2:29:59
8	David Gregory	2:30:11
9	Randy Greaser	2:33:17
10	John Nowell	2:42:00
11	James Love	2:45:03
13	Jeffrey Peck	2:47:56
14	J David Wade	2:48:02
15	Barry Asmann	2:48:47
16	Doug Roselle	2:49:08
17	Ed Strach	2:49:16
18	James Holland	2:50:00
19	David Bloomquist	2:50:23
20	Bob Evans	2:51:17
21	Tom Angsten	2:52:46
22	Paul Beach	2:57:25
23	Claude Hager	2:57:41
24	Douglas Mitchell	2:58:04
25	Gary Singer	3:03:08
26	Larry Wells	3:18:07
27	Jeff James	3:21:59
28	Richard Pease	3:22:11
29	William Coats	3:29:24
30	Michael Keough	

FEMALE 55 - 59 DIVISION

1	Judy Daggett	2:23:05
2	Ginny Crumley	2:38:14
3	Linda Varney Anderso	2:39:53
4	Mary Adamy	2:40:34
5	Mary Creel	2:45:32
6	Gale Thompson	2:52:44
7	Lynne McGanity	2:55:55
8	Diane McCarter	2:59:35
9	Susan James	3:07:05

MALE 60 - 64 DIVISION

1	Craig Cecil	2:23:19
2	Terry Hemminger	2:26:24
3	Ken Robinson	2:31:27
4	Ironman Billy Collie	2:41:19
5	Jack Reamey	2:42:50
6	Paul Matrisian	2:48:56
7	John Zingarelli	2:51:49
8	Art Billington Ii	2:52:46
9	George Skonberg	3:02:10
10	Doug Bushong	3:06:16
11	Scott Dickson	3:20:14

FEMALE 60 - 64 DIVISION

1	Debi Billington	2:53:25
2	Linda Wacker	3:00:31

MALE 65 - 69 DIVISION

1	Michael Comer	2:37:16
2	Bob Griffith	2:42:37
3	Warren Everett	2:42:53
4	Larry Nelson	2:47:54
5	Charles Mild	3:26:35

FEMALE 65 - 69 DIVISION

1	Judith Garrard	3:30:07
---	----------------	---------

2	Leslie Walden	3:42:49
---	---------------	---------

MALE 70 - 74 DIVISION

1	Karl Wentzel	2:42:11
2	Tomas De Paulis	2:53:16
3	Kinji Tanaka	2:59:33
4	Tommy Dugger	3:12:33

CLYDESDALE 1 - 39 DIVISION

1	Barrett Sims	2:17:47
2	Andrei Lozovik	2:33:53
3	David Callahan	2:38:54
4	David Clem	2:41:04
5	Finn Smith	2:50:46
6	Matthew Gardner	2:51:49
7	Mark Rowe	3:04:41
8	Adam Deimling	3:09:06
9	Neal Zeannah	3:09:22
10	Eric O'Neal	3:10:42
11	Ryan Cawood	3:11:31
12	David Sysko	3:41:52
13	Chad Hullender	3:46:31

CLYDESDALE 40 - 98 DIVISION

1	Mark Buckreis	2:25:08
2	Al Modglin	2:26:40
3	Clinton Fletcher	2:35:41
4	Jay Curtin	2:37:23
5	Gabriel Peck	2:40:27
6	Dave Sandstrom	2:48:50
7	Timothy Phillips	2:50:50
8	Kevin Youngberg	2:51:20
9	Jim Stevens	2:53:23
10	Matt Ryerson	2:54:37
11	Steve Burk	3:07:14
12	Mike McMahan	3:10:04
13	James Mason	3:23:20
14	Andy Osbolt	3:30:05

ATHENA 1 - 39 DIVISION

1	Emily Drury	3:00:43
2	Kristen Stout	3:06:40
3	Melissa Farley	3:52:27
4	Emily Oldham	4:04:23
5	Emma Hammons	4:22:34
6	Lindsay Waibel	4:26:26

ATHENA 40 - 99 DIVISION

1	Wendy Moody	2:39:58
2	Lisa Burkhalter	2:54:13
3	Carrie McLeish	3:11:27

AQUABIKE-M 1 - 99 DIVISION

1	John Holcombe	1:17:11
2	Ben Whitehead	1:31:32

AQUABIKE-F 1 - 99 DIVISION

1	Lydia Hall	1:39:44
2	Regina Hall	1:42:12

BIKE-M 1 - 99 DIVISION

1	Tom Lowery	1:04:41
---	------------	---------

MALE TEAM

1	Team Ram Rod	1:49:54
2	Birthday Surprise	2:17:48
3	InLowGear	2:20:39
4	Team Bubba	2:20:41
5	Wheels and the Legman	2:22:59
6	Cleveland Multisport	2:29:56
7	American Dudes	2:41:32
8	The 3 Amigos	2:42:53
9	Three Guys Who Try Tri's	2:43:26
10	UTFP	2:52:13
11	No Name Team	2:57:12
12	Highfield/Akens/Guelfo	3:10:01
13	Bro Mean Team	3:51:21

FEMALE TEAM

1	The Middle Child Syndrom	2:28:19
2	Pardon Me, Boys	2:42:47
3	Prince/Newman/Walden	2:44:02
4	Tri, Girl, Tri!!	2:57:07
5	Three Decades	3:03:18

6	FIT by Kelly	3:10:30
7	LMA-Oh Yeah!	3:12:50
8	Mom and Me	3:14:23
9	Divas tri	3:17:01

COED TEAM

1	Endurance Mafia	1:50:40
2	W Cubed	2:05:40
3	Tarrantini	2:19:40
4	J. E. S. Do It!	2:19:45
5	Ryan and Tami	2:30:09
6	Try-Athletes	2:36:12
7	Tri Beaut	2:37:00
8	Two Hotties and an Old F	2:37:11
9	Sink, Crash, and Stumble	2:39:53
10	Team Tooth Fairy	2:53:36
11	Moxie East Duo	3:19:53

FAMILY TEAM

1	The Stud Monkey Stallion	2:26:58
2	JC Raptors	2:31:51
3	Harwood/Serodino	2:41:22

JOIN THE RAGNAR NATION! CHATTANOOGA TO NASHVILLE OCT. 25-26, 2013



12 FRIENDS  **2 VANS**: **2 DAYS 1 NIGHT**
200 MILE RELAY UNFORGETTABLE **STORIES**

FIND YOUR RAGNAR AT RAGNARTN.COM



RAGNARTN.COM
TN@RAGNARRELAY.COM

Ragnar is offering Chattanooga Track Club members \$150 off per team. Just use promo code: TN13SOCAR when registering before Sept 16th.





The Chattanooga Track Club

PRESENTS

Level 1 ChiRunning Workshop

with Master Instructor

Jeff Carnivale



Saturday, September 14, 2013

8:30 AM – 3:30 PM

Marsh Meeting Room
2829 Amnicola Hwy
Riverside Park
Chattanooga, TN



Join us for this fun, educational full-day seminar. This is a terrific opportunity to interactively learn more about Level 1 ChiRunning. Master Instructor Jeff Carnivale will share techniques related to proper posture, core-strengthening, body sensing, injury prevention and more! For more information on the benefits of ChiRunning, please visit www.ChiRunning.com

This seminar is open to all and space is limited. The Chattanooga Track Club is offering a significant discount on registration price to club members! [Members pay only \\$95](#) and should register via the Chattanooga Track Club's registration web page:

<http://tinyurl.com/k82ptwk>

Non-members may participate for \$175 and should register via: <http://store.chiliving.com/Workshops/ChiRunning-Workshops/One-day-ChiRunning-Workshop-W2803>. Questions may be directed to Mr. Carnivale at: fitnessdelivered@gmail.com

If you are interested in becoming a member and taking advantage of this great opportunity, please become a member by joining via the following link: <https://www.chattanoogatrackclub.org/newMembership.cfm>.

Please contact Stacey Malecky at smalecky@chattanoogatrackclub.org with any questions you may have regarding membership.

CTC FALL PIZZA PALOOZA

Come join the Chattanooga Track Club as we take over the Downtown Mellow Mushroom. On Saturday, October 12, at 6 p.m. we will be hosting our 2nd Annual Pizza Palooza. The Pizza Palooza offers runners a chance to come together for a night of fun and fellowship. For the low cost of \$3.00 per person, members and their guests will enjoy appetizers, pizza, beer, soft drinks, cake, and a chance to win door prizes. The first 50 members to register will receive a special gift. You don't want to miss out on this fun-filled night.

Register to attend at www.chattanoogatrackclub.org.



PLACE: MELLOW MUSHROOM, downtown
(private banquet room)

DATE: Saturday, October 12

TIME: 6 P.M.

COST: \$3.00 per person (members and non-members)...Yes, that's right!

MENU: Yummy Appetizers, Pizzas, Soft drinks, Beer AND CAKE!

Door Prizes



Photos by Whitney Allison

2013 MISSIONARY RIDGE ROAD RACE RESULTS

OVERALL FEMALE

1 Sarah Woerner 29:52

OVERALL MALE

1 Lucas Cotter 24:43

FEMALE MASTERS

1 Dianna Leun 32:09

MALE MASTERS

1 Tim Ensign 27:39

FEMALE GRAND MASTERS

1 Sharon Goforth 37:39

MALE GRAND MASTERS

1 Hugh Enicks 27:47

FEMALE AGE GROUP: 14 & UNDER

1 Kathryn Vradenburgh 33:26
2 Kate Umbarger 40:25
3 Alyson Butler 48:35
4 Ava Whited 54:04

MALE AGE GROUP: 14 & UNDER

1 Alexander Bra 34:12
2 Daniel Wright 38:37
3 Andre Campbell 41:42
4 Gage Whited 44:13
5 Janzen Nile 44:19
6 Eli Nance 47:26
7 Jivon Taj 58:12

FEMALE AGE GROUP: 15 - 19

1 Brooke Gilley 45:54

MALE AGE GROUP: 15 - 19

1 Paul Stuart 25:40
2 Jae Beach 30:01
3 Evan Watkins 36:42
4 Levi Carter 38:35
5 Samuel Bond 38:40
6 Carter Glenn 43:06
7 Harper Beeland 43:38
8 Jack Glenn 49:39
9 Alex Sanford 52:29

FEMALE AGE GROUP: 20 - 24

1 Danielle Alfano 32:50
2 Kiersten Vradenburgh 34:01
3 Merrily Suits 46:28

4 Madison Keizer 50:34

MALE AGE GROUP: 20 - 24

1 John Gilpin 25:58
2 Timothy Yates 30:13
3 Corey Vick 31:31
4 Nathan Meharry 31:41
5 Marco Bianchini 34:34
6 Matt Chrnalogar 35:43
7 Jeramy Davis 46:04

FEMALE AGE GROUP: 25 - 29

1 Melissa Dykes 36:12
2 Andrea May 36:22
3 Allison Colberg 36:40
4 Marissa Bell 38:09
5 Shannon Cook 38:51
6 Aubrey Stout 43:16
7 Anna Forkum 45:33
8 Amy Bearden 48:54
9 Alison Counts 53:50
10 Andrea Taylor 58:25
11 Virginia Barfield 58:30

MALE AGE GROUP: 25 - 29

1 Patrick Hall 26:07
2 Caleb Morgan 26:48
3 Ren Wagner 27:47
4 Andy Highlander 28:13
5 Chris Kerr 30:19
6 Shane Eason 30:38
7 Reed Bobo 34:46
8 James Thompson 35:33
9 Brent Perkerson 36:48
10 Tim Sceggel 39:04

FEMALE AGE GROUP: 30 - 34

1 Sarah Harris 35:40
2 Karin Bray 35:47
3 Kate Harrrell 36:07
4 Mary Childress 37:12
5 C. Leigh Cox 37:33
6 Jaclyn Beckler 38:15
7 Katie Stanford 39:21
8 Tifanie Campbell 40:19
9 Alma Godoy 42:37
10 Heather Ritchie 42:59
11 Stephanie Schilling 45:34
12 Whitney Allison 46:47
13 Lucretia Smith 47:18
14 Sarah Walker 47:50

15 Laura Matthews 50:38

16 Tina Cotreau-Guillot 51:47
17 Brittnee Millholland 54:20
18 Rebekah Gilman 56:28

MALE AGE GROUP: 30 - 34

1 Neal Hanley 28:51
2 Ed Doreau 30:09
3 Jimmy Przybylowicz 31:14
4 Russ Rogers 34:00
5 Christopher Kloc 4:20
6 Eric Sisemore 35:24
7 Mark Childress 37:08
8 Eric Childress 38:30
9 Adam Brown 43:37
10 Rhyan Kirk 46:45
11 Tony Godoy 50:11
12 Keith Guillot 51:47
13 Chris Gilman 1:06:31

FEMALE AGE GROUP: 35 - 39

1 Janis Kelman 34:04
2 Mandee Keith 44:48
3 Robyn Elder 48:53
4 Amy Butler 51:23
5 Sarah Nance 51:50
6 Sheila McKeegan 53:25
7 Amy Brock-Hon 54:35
8 Karen Wolfe 56:38
9 Miranda Cagle 1:05:21

MALE AGE GROUP: 35 - 39

1 Mark Malecky 30:52
2 Adam Reynolds 36:09
3 Nick Wilkinson 36:25
4 Eric Waddle 37:05
5 Chris Netherland 40:04
6 David Tindell 41:53
7 Kevin Rose 42:31
8 Cedric Bray 47:44

FEMALE AGE GROUP: 40 - 44

1 Lisa Logan 34:16
2 Barbara Ensign 38:54
3 Pam Nile 39:18
4 Jennie Gentry 42:04
5 Kimberly Gilley 43:59
6 Vickie Postelle 44:26
7 Jennifer Stone 48:11
8 Michele Driggers 52:15
9 Devorah Sanchez 55:02

10 Angela Holloway 58:38

MALE AGE GROUP: 40 - 44

1 Christopher Butler 30:22
2 Charles McCallie 30:22
3 Tyler Hardekopf 35:45
4 Rodney Przybylinski 35:45
5 Rob Lowe 36:47
6 Greg Highwood 38:01
7 Gary Snodgrass 38:18
8 Gregory Oberschmidt 40:39
9 Jonathan Thompson 40:41
10 Robert Alverson 41:09
11 Ben Wiley 41:19
12 David Triplett 41:24
13 Jeff Kelle 42:24
14 Jon Boroughts 42:52
15 Josh Roe 43:24
16 Tim Lewis 46:39
17 Greg Bagby 49:09
18 Troy Ash 49:33
19 Brad Nance 49:40
20 Donnie Welborn 51:38

FEMALE AGE GROUP: 45 - 49

1 Sue Barlow 37:18
2 Berna Slabber 37:27
3 Holly Kimsey 38:14
4 Leah Gallant 40:04
5 Rosie Martinez 41:07
6 Ann Benson 45:36
7 Debbie Fein 48:10
8 Danna Vaughn 55:16
9 Angela Young 58:43

MALE AGE GROUP: 45 - 49

1 Dean Thompson 27:54
2 Ryan Shrum 28:37
3 David Moghani 32:26
4 Barry Vradenburgh 33:19
5 Ray Kellum 33:45
6 Troy Ivey 34:03
7 Robert Barnes 34:40
8 Larry Aulich 35:06
9 Mitchell Hayes 35:10
10 David Knowles 35:44
11 J. Christopher Hall 37:38
12 Chip Crump 39:05
13 Jeff Parker 39:27
14 Richard Beeland 40:36
15 David Glenn 40:43

Jason Liggins

CTC Membership Committee

Vice President



Chattanooga Track Club Membership Provides Fun, Prizes and Fellowship

Now is the time to be a member of the Chattanooga Track Club! We have so many great things happening. Membership is at an all time high, and we are continuing to grow. 2013 has been declared "The Year of the Members." This year we have held membership drawings for a Litespeed bicycle, Visa gift cards, restaurant gift cards, and many other valuable prizes. This is just the beginning! We have much more planned.

In addition to great fellowship with other runners, the Chattanooga Track Club offers the following membership benefits:

- Race Vouchers valued at \$25
- Monthly giveaways
- Discounts at local businesses including Fast Break and Front Runner
- Weekly organized group runs
- Weekly email newsletter
- Training programs for 5Ks, Half-Marathons, and Marathons
- Opportunity to compete in the Runner of the Year
- Fun social events
 - October 12, 2013 - 2nd Annual Pizza Palooza at Mellow Mushroom
 - November 12, 2013 - Election Social catered by Sticky Fingers
 - January 18, 2014- Annual Banquet at Double Tree Hotel

As you can see the benefits far outweigh the dues. You don't want to miss out on any of these amazing benefits. Join today at www.chattanoogatrackclub.org

16	Eric Steiman	40:55
17	Sujeel Taj	42:04
18	Howard Reagor	42:14
19	Todd Ives	44:35
20	David Champion	45:21
21	Scott Hurst	46:03
22	Nick Opperman	47:07
23	Brian Tierney	48:16
24	Dale Opperman	50:33
25	Roger Long	54:59

FEMALE AGE GROUP: 50 - 54

1	Corinne Henderson	39:39
2	Lynne Barkeloo	41:04
3	Gwen Meeks	42:40
4	Anne Harr	44:28
5	Terrie Corbin	44:33
6	Brenda Zorca	44:58
7	Margaret Cawood	45:02
8	Sherrie Watts	45:04
9	Janice Wycherley	56:42

MALE AGE GROUP: 50 - 54

1	Bill Minehan	31:21
2	Dan Wright	34:13
3	Jeff Straussborger	36:35
4	Kurt Lammon	36:52
5	Bret Yaeger	36:59
6	Greg Bruner	37:47
7	Kemper Harr	39:39
8	Andy Zorca	39:52
9	Thomas Wilk	41:16
10	Andrew Pearson	41:29
11	Doug Fein	42:01
12	Joe Dumas	42:19
13	Arthur Holden	43:11
14	Steve Tompkins	45:42
15	Steve Smalling	46:01
16	Ryan Whitley	47:42
17	Steven Layman	55:00

FEMALE AGE GROUP: 55 - 59

1	Rhonda Gage	39:30
2	Vickie Pitts	43:28
3	Cathy Gracey	43:51
4	Janet Felton	44:32
5	Patsy Ging	49:50
6	Sarah Crabtree	58:51

MALE AGE GROUP: 55 - 59

1	Joe Howell	33:39
---	------------	-------

2	Jeff Stracener	35:14
3	Mike Usher	35:17
4	Jeff Richard	36:20
5	James Hall	39:18
6	Thomas Russe	39:54
7	Quint Mansell	41:27
8	Mark Kresl	42:29
9	Thomas Kennedy	43:01
10	Bill Brock	44:41
11	Walter Stamper III	45:00
12	Thomas Sisemore	45:29
13	Wayne Forkum	45:33
14	Mike Daubner	48:04
15	Rich Mercer	51:00
16	Wendell Kirk	51:32
17	David Halicks	51:32

FEMALE AGE GROUP: 60 - 64

1	Jane Webb	58:38
---	-----------	-------

MALE AGE GROUP: 60 - 64

1	Randall Godwin	33:59
2	Roger Harris	34:07
3	John Crawley	36:59
4	Greg Heath	37:31
5	Joe Axley	38:58
6	Bill Henderson	39:27
7	Ironman Billy Collier	40:29
8	Tom Wilky	42:19
9	Carter Lynch	42:23
10	Tim Metcalf	45:37
11	Stephen Bennett	46:14
12	Rice Crabtree	58:50
13	Preceel Kirk	1:04:21

FEMALE AGE GROUP: 65 - 69

1	Sue Anne Brown	44:58
2	Bonnie Wassin	53:54

MALE AGE GROUP: 65 - 69

1	Frank Patterson	45:17
2	Lawrence Cook	45:25
3	Ted Wilkes, Jr.	49:07
4	Earl Kelle	58:48
5	David Wycherley	1:07:50

MALE AGE GROUP: 70 & OVER

1	Sergio Bianchini	33:48
2	Roger Lambert	46:21
3	Doug Hawley	47:33
4	Jesse Roberson	55:01
5	Gene Gilreath	1:04:11

Your Hometown

BICYCLE COMPANY

Building the Best Bikes in the World



Please visit the Hub Endurance for Quintana Roo and Eastridge Bicycles for Litespeed



Because athletes require more than the average person...

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

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

10% Discount for all Chattanooga Track Club members. For more information visit www.fordcenters.cc

THINGS TO DO:

1. RAMP UP TRAINING
2. RACK UP ROY POINTS
3. VOLUNTEER AT AN EVENT



MARATHON

TRAINING RUNS ARE GOING ON NOW FOR THE BATTLEFIELD MARATHON/HALF-MARATHON. VISIT WWW.BATTLEFIELDMARATHON.COM/TRAINING.HTML FOR INFORMATION.

NEW!
5K RACE ADDED TO BATTLEFIELD MARATHON/HALF-MARATHON.

Check Out New Website Design

JOIN or RENEW CTC Membership

Join a Group Run!

See CTC Website for Schedules

PIZZA PALOOZA

CTC FALL SOCIAL EVENT, OCTOBER 12, @ MELLOW MUSHROOM, DOWNTOWN



Send Bulletins/Articles to vpcommunications@chattanooga-trackclub.org

WANTED - RACE DIRECTORS
Mike Leary VPRaces@chattanooga-trackclub.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.

Legend

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

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 & 5K ■ ■
- 28 Turkey Trot 8K ■

DECEMBER

- 21 Wauhatchie Trail Run ■ ■
- 31 The Karen Lawrence Run for St. Jude ■ ■ ■