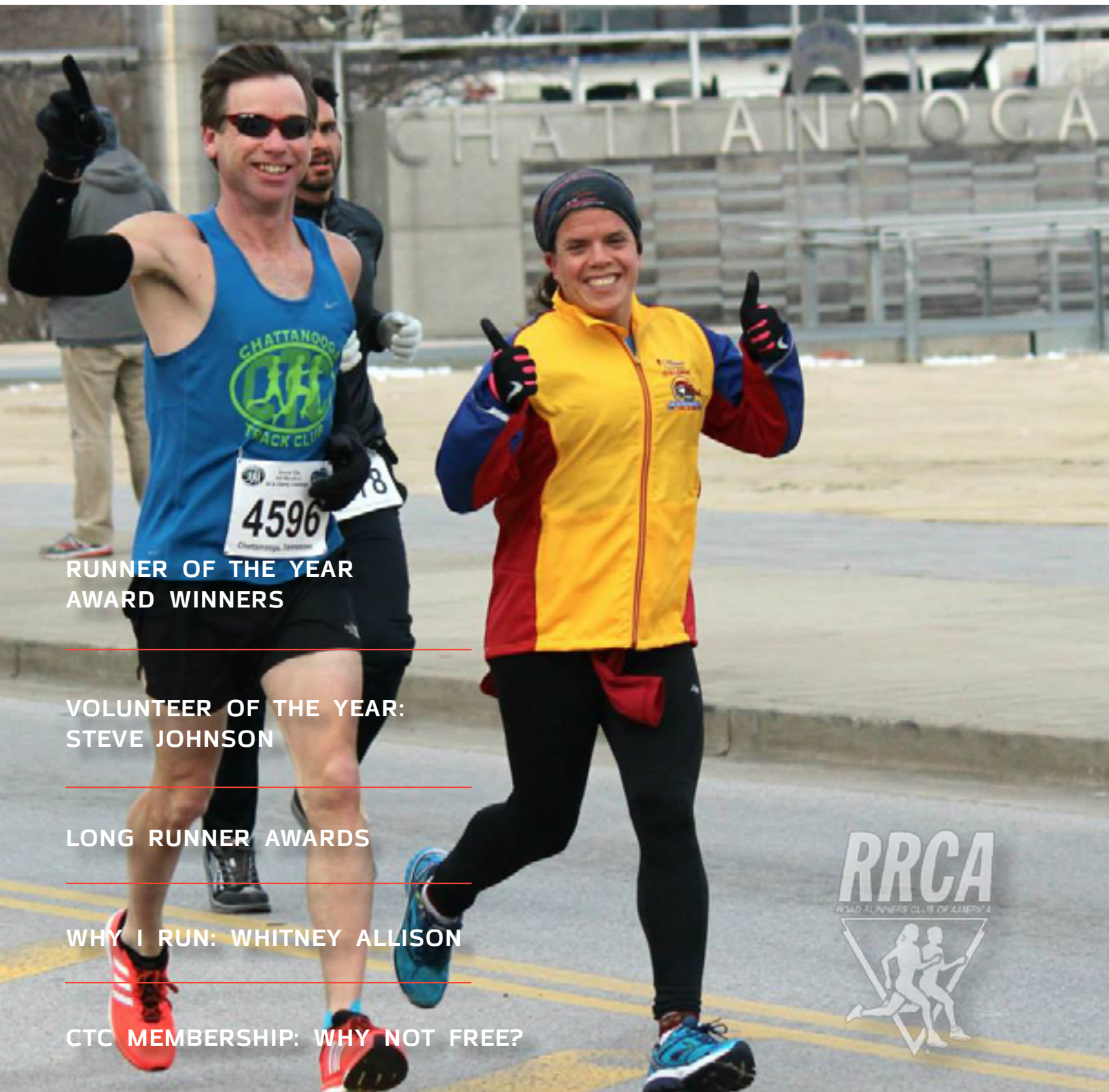


JOGGING AROUND



RUNNER OF THE YEAR
AWARD WINNERS

VOLUNTEER OF THE YEAR:
STEVE JOHNSON

LONG RUNNER AWARDS

WHY I RUN: WHITNEY ALLISON

CTC MEMBERSHIP: WHY NOT FREE?



Chattanooga Track Club

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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 casual walker is welcome.

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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Jogging Around Ad Rates

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FROM THE CLUB PRESIDENT

It's been months since we said goodbye to Van Townsend. The words spoken by his family and colleagues in the packed chapel on an unseasonably beautiful January afternoon might, by now, be difficult to recall. It took me a moment to remember if it was a song by U2 or REM that Van himself selected to close the memorial service (it was REM, "It's the End of the World as We Know It (and I feel fine)") though I won't forget how perfectly and appropriately out-of-place the driving music seemed in that somber hall. For those who knew him well, of course, a few months haven't diminished the ache of his absence. Van was a running coach and a mentor; he led his Baylor team to numerous state championships and created a community training program that welcomed anyone with a willingness to work hard. His legacy in Chattanooga is set, but his influence in the running community went far beyond local. I first met Van at the 2014 Chattanooga Track Club membership banquet and, in the following months, had several conversations with him. He gave advice and encouragement as if it were overflowing from a deep well inside him. He didn't speak much about himself but was inexhaustible when talking about running. It wasn't until the tributes began appearing online and in print in the days after his passing that I began to understand who he was and how great an impact he had on so many lives and within the larger community of runners.

Lately we've had several opportunities to look back at where we've come from, as runners and as a club. At this year's membership banquet the founders of the Track Club and many former club presidents were honored guests. One of the Chattanooga Track Club founders, Earl Marler, was inducted earlier this month into the Greater Chattanooga Sports Hall of Fame for his contributions to the sport of running. When he addressed the audience, Earl mentioned that at the time they started the Track Club, recreational running was in its infancy nationally and mostly unknown locally. As runners, we're just a little over a generation removed from those who set the foundations of the sport we enjoy today. Van and Earl and many others like them helped create a sport that is uniquely accessible to anyone. The price of admission is simply a comfortable pair of shoes.

The Chattanooga Track Club has been bringing races and running opportunities to the community for 45 years. A lot has changed, for our organization and our city, but the message is as simple as ever. Running and walking are good for us and good for our community and the benefits of healthy movement should be available to everyone. That's the bedrock ideal upon which we are building a legacy for the next generation of runners. May that legacy be as honorable and as great as the legacy passed down to us.



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 this fund and appreciates your generosity in helping build this legacy for our community. To contribute to The Long Run, please contact the Chattanooga Track Club.



THE YEAR IS STILL YOURS!

Stacey Malecky

REPEAT AFTER ME: "COURAGE TO START, STRENGTH TO ENDURE, RESOLVE TO FINISH!" BY THIS TIME OF YEAR, MANY HAVE COMPLETELY ABANDONED THOSE NEW YEAR'S RESOLUTIONS. THE WINTER MONTHS ARE DARK AND COLD... BUT SPRING IS NOW UPON US AND MAYBE IT'S TIME TO REVISIT THOSE PROMISES WE'VE MADE TO OURSELVES. IT'S TIME TO (RE) COMMIT TO THE PROGRAM.

So what was it you had in mind when the year was brand new? Were you considering your first 5k, half marathon, marathon, or ultramarathon? How about PR? As you lay out your plans for 2015 (original or revisited) – we want you to know that we would love to be a part of your story.

Dust off those original plans for 2015 and hang them up on your monitor, refrigerator, the bathroom mirror.... Anywhere you cannot escape without noticing. The year is still yours! Maybe you just need the courage to start. As Winnie the Pooh once said: "It's so much braver with two", and we couldn't agree more. If you need that friend or group to stand behind you and encourage you – look no farther. We have several group runs throughout the week, most of which can be found on our Meetup schedule. And if you're looking for info on the running scene or need some advice – join our public Facebook Group 'CTC on the Go!' There are hundreds of runners in Chattanooga just like you, learning to navigate the world of running and it needn't be lonely!

For those feeling already quite brave, but battling such things as the 'hohums' or recurring injuries or just plain questioning your ability to endure... We've got something for that as well. Get out to those aforementioned group runs and be the inspiration sought by those needing courage. There is hardly a better way to bring excitement back than to share your passion with others!

Maybe leading a group run once a week is just what the doctor ordered?! Make sure to check our website and weekly newsletter for free seminars and workshops. We'll cover a variety of topic to help runners of all abilities stay in top shape!

Regardless of whether seeking the courage or the strength to endure – the resolve to finish is within you! Trying new distances and pushing through the training are what set us apart from our non-running friends. Pace and finish time do not define what it means to be a runner. Check

out our race calendar and you'll see a variety of distances, all are family friendly, supportive environments. Great for your first ever race or moving on to the next distance! Just to name a few:

- If you're brand new to running come on out and try a one-mile race at the Chattanooga Chase or Market Street Mile! A mile is a GREAT distance if you're looking to dip your foot in the pool - and we PROMISE you'll be amazed by your finish time amidst the energy of the race environment!

- How about a 10k PR at the Joe Johnson Pumpkin Run in the fall? If you've been running a while and need a reason to put some pep in your step, this flat, fast course is a fantastic place to test your fitness! (Also a great first 10k for the same reason).

-Thinking about a trail race this year? Put the Wauhatchie Trail Run in December on your calendar. It takes place on the very runnable trails by the Nature Center and is an all-around good time! You'll love the 'White Elephant style' finish line prize table.

-Have you been meaning to do a marathon? Is 2015 the year? How about the Chickamauga Battlefield Marathon in November? Not only is it EXTREMELY family/spectator friendly (bring your entourage!) – it's also a very beautiful course. Two loops, largely in the Chickamauga and Chattanooga National Park. A band at the finish line, a collector's medal, hot soup and banana pudding make for a very memorable morning. What's even better? We will have a marathon training group beginning in early July and the schedule works out perfectly for those looking to train for this race! What better place to try your first marathon than in your own back yard? There is also a half marathon, 5k and Jr. Marathon your friends can participate in while awaiting your big finish!

Whatever your goal may be, or wherever you are in the commitment spectrum, give some thought to these points. Please take advantage of all that our running community has to offer, and let us be a part of your adventure whether you're starting, enduring or finishing!

Stacey Malecky is Club Manager for the Chattanooga Track Club. She can be reached at: smalecky@chattanoogatrackclub.org



TRACK CLUB NOT JUST FOR RUNNERS

Jennifer Heinzel

Wow! I am a member of the Chattanooga Track Club! I joined because I love to run and I wanted to be part of something "bigger". The Chattanooga Track Club's mission is to embrace running and fitness in our fine city of Chattanooga. What made each of you join the track club? What motivates you? Whatever the reason is, that same reason should be spread among all your friends and family to motivate them! Our pride and joy that we have being part of the track club should be infectious to every person we know!

What do you want to see from the Chattanooga Track Club? Because you are a member, your opinion matters! We can't serve our members to our fullest potential unless we hear from you. Find out from friends and prospective members what they want from the CTC. How can the CTC be of more service and benefit to them? Sure, there are a lot of "free" groups out there, but by "investing" in the CTC, you are also investing in the future of the overall health for Chattanooga. What better reason could there be?

The Chattanooga Track Club is not just for runners – there a lot of runners out there who can't run anymore – whether it is for medical or for other reasons. Guess what? You don't have to be a runner to invest in Chattanooga's healthy future! We are starting a walking group! Being involved and growing relationships is what it is all about! Do you enjoy working with children or know someone who does? Guess what? How would you like to be part of the new Youth Committee? There are a lot of exciting things happening with the CTC this year. No matter what your fitness level is, there are many ways for you, your family, and your friends to motivate other people in our community. How would you like to be part of the "movement" for the Chattanooga Track Club to "go farther"?

Jennifer Heinzel is the CTC Vice-president of membership. She can be reached at vpmembership@chattanoogatrackclub.org.



The Races Committee meets monthly to plan upcoming events. All are welcome.

CTC MEMBERSHIP DISCOUNTS

The following merchants offer a discount to Club members. Just show your CTC membership card before making your purchase. And don't forget to thank these businesses for supporting the Chattanooga Track Club!

- | | |
|--------------------------------|---|
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| CADENCE COFFEE | SOULSHINE MASSAGE THERAPY |
| BUD'S SPORTS BAR | INSPIRE CHIROPRACTIC |
| DOTERRA ESSENTIAL OILS | FITNESS COACH KELLY SUMMERSETT |
| (MYDOTERRA.COM/LAURAWASSON) | THE CAMP HOUSE |



VIP Breakfast for CTC members at the Scenic City Half Marathon, sponsored by Chili's restaurant.



Membership Committee members at the Scenic City race.



Kelly Summersett presenting a workshop as part of the CTC's educational programming.



The Track Club's Annual Report to the Community press conference.





WHY I RUN

Whitney Allison

In September of 2010, I started running to help me stop smoking. Other than a few years in elementary school playing community softball, I was never really the athletic type; so in 2011 when I began jogging (or more like fast walking) I shocked myself when my stop-smoking running campaign became my new addiction.

As a high school teacher, I did not share my struggle to stop smoking with my students, but I did periodically mention my new fit-n-fun hobby. At the encouragement of one runner-lover student, I decided to sign up for my first 5K in December of 2010. Even with a finish time of 33:14, I was proud of myself and ran my second race that same month.

By my third race, I was running to collect the t-shirts. My family was possibly more proud than I was at my attempt to become a runner. My Granny Mary was so proud that she offered to pay for a t-shirt quilt made from the running shirts. Since I had a queen bed, I would need thirty-six shirts from thirty-six races. I ended 2011 by running Karen Lawrence and I managed to exceed my goal by completing thirty-seven races, including four half marathons and one relay race from Chattanooga to Nashville.

By 2012, I was running for the friendships, the camaraderie, and the friendly faces that I recognized but had yet to meet. I looked forward to seeing all the familiar faces at the award ceremonies and capturing every possible moment on camera. As an amateur photographer, I could not wait to finish my race so that I could start photographing the finishes of those behind me. The running community in Chattanooga is, without a doubt, a community of welcoming and supportive people.

For a while, I was running to become a fifty stater. The half marathon was my distance of choice and I gave it as much of an effort as my bank account would allow. After running escapades to just six states, I accepted the reality that this would have to be an extremely long term goal, as it was certainly more fiscally draining than physically.

Although I only completed twenty races in 2012, I started to get the itch for a longer distance and this led to my first marathon in April of 2013 and my second marathon the very next weekend. This was an unfortunate choice on my part since it left me with never-before-felt aches and pains that kept me from running for nearly a month; however, I could


not let that race be my last marathon memory, so I signed up for my third for March of 2014. With over six months to mentally and physically prepare, I would finish this marathon in less than five hours, a time that I fear I will never be able to beat!

Since that marathon I spent the remainder of 2014 running with a more competitive spirit. I mean, I am not one to strut and swagger, but out of ninety-nine races, I have placed a multitudinous eleven times. A few more age group wins, and I will be ordering my own running t-shirt with a backside reading, "I passed Marlier two miles back."

I keep running because I still do not feel quite like a runner. In my mind r-e-a-l runners never get out of breath when they run; they do not have to take mini-walk breaks during the race; they do not have to silently recite the lie, "I love hills," when undertaking Minnekahda; they do not have to resort to prayer just to finish a marathon; they do not have to take a t-shirt photograph to capture every completed race; a real runner wants to keep running after a 5K or a 10K or a 15K or a half marathon or a marathon. My reasons for running are always changing and my goals for running are undoubtedly limitless.



I will be running in 2015 and beyond for the same reasons I have been running and for reasons and goals that I have yet to encounter. Even though I hate running, I love running. Sometimes I do not feel like I can run one more mile, but I will run one more mile because I can run one more mile.






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WAUHATCHIE TRAIL RACE RACE RESULTS



Congratulations and Thank You, Earl Marler! GREATER CHATTANOOGA SPORTS HALL OF FAME 2015 INDUCTEE

Earl Marler (second from far right), a founder and first president of the Chattanooga Track Club, helped establish Chattanooga's running community over forty-five years ago. Today, Chattanooga is recognized as an Outstanding Runner Friendly Community, and the Chattanooga Track Club provides year-round recreational and competitive running opportunities to thousands of participants and supports many local, charitable organizations.

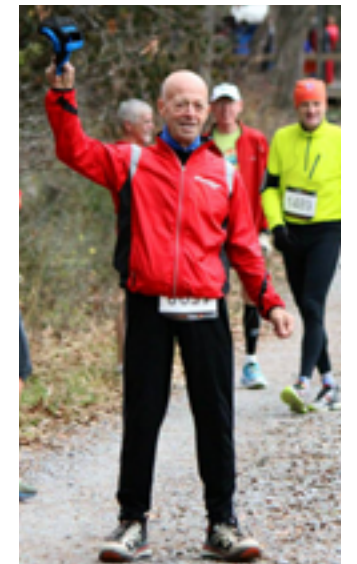


1	Tim Ensign	36:24
2	Carter Cheeseman	37:04
3	Dean Thompson	37:11
4	Daniel Goetz	39:33
5	Claire Cheeseman	40:18
6	Jonathan Boyd	40:45
7	Jessica Marlier	40:46
8	Allison Cheeseman	41:37
9	John Carlson	41:38
10	Kathryn Vradenburgh	42:08
11	Shannon Wood	42:44
12	Bill Minehan	43:11
13	Sergio Bianchini	43:32
14	Warren Sinor	43:37
15	Karla Vradenburgh	44:19
16	Sarah Richey	45:27
17	John Crawley	45:39
18	Adam Webber	45:44
19	Samuel Boozer	45:48
20	Mitchell Kohlmann	46:13
21	Mike Usher	46:34
22	Frank Mathews	46:43
23	Grace Carlson	46:51
24	Jason Webber	46:53
25	Kiersten Boyd	47:07
26	Collum Boyd	47:18
27	Cathy Gracey	47:21
28	Anne Kemmerer	47:30
29	Lilly Coleman	47:42
30	Lisa Becht	47:49
31	Sue Anne Brown	48:01
32	Jude Hacherl	48:03
33	Barbara Ensign	48:05
34	David Cook	48:34
35	Oscar Coleman	48:42

36	Tommy Nichols	48:55
37	Belinda Young	49:13
38	Jeff Stracener	49:37
39	John Luke Coleman	49:47
40	David Moghani	50:08
41	Leah Boyd	50:14
42	Caleb Rucker	50:22
43	Kate Harrell	50:24
44	Tammy Apthord	50:29
45	Tyler Keys	51:04
46	Lynda Webber	51:14
47	Leslie Becht	51:20
48	Crandall Caughman	51:28
49	Zachary Faudi	51:43
50	Nathan Fugate	51:48
51	Marco Bianchini	51:56
52	Geoff Apthord	52:13
53	Ashley Patrick	52:23
54	Sam Cash	52:51
55	Joe Bennie	53:07
56	Mashon Coleman	53:15
57	Andy Zorca	53:22
58	Duke Richey	53:35
59	David Barron	53:42
60	Cortney Mild	53:42
61	Jennie Gentry	53:43
62	Jeff Poteralski	54:50
63	Dave Porfiri	55:15
64	Arina Zucconi	55:34
65	Rory Deweese	55:36
66	Dave Kemmerer	55:39
67	Corinne Henderson	56:39
68	Hank McMahon	58:27
69	John Kirschmann	59:01
70	Courtney Patrick	59:48

71	William Coleman	1:01:16
72	Bill Brock	1:01:20
73	Chad Irwin	1:01:21
74	Jaclyn Beckler	1:01:28
75	John Castleberry	1:02:13
76	Chas Webb	1:02:28
77	Doug Torrence	1:04:08
78	Kimberly Tilly	1:06:06
79	Lacie Stone	1:06:19
80	David Mann	1:07:02
81	David Boyd	1:08:17
82	Bonnie Wassin	1:08:50
83	Beth Rice	1:09:13
84	Doug Roselle	1:12:35
85	Liz Junell	1:14:49
86	Michell Gilreath	1:17:20
87	Christopher Netherla	1:17:20
88	Chris Vanhorn	1:18:32
89	Sandra Campagnone	1:20:08
90	Sandra Kueter	1:27:14
91	Daniel Kueter	1:27:14
92	Jennifer Cogdell	1:27:31
93	Hannah Ginese	1:27:32
94	Steve Smalling	1:28:59
95	Jean Horgan	1:45:02
96	Dylan Harper	1:45:04
97	Laurie Slade	1:45:04

Team Finishers combined time		
1	Carter Cheeseman	
1	Claire Cheeseman	1:17:22
2	Tim Ensign	
2	Barbara Ensign	1:24:29
3	Kathryn Vradenburgh	
3	Karla Vradenburgh	1:26:27
4	John Carlson	
4	Grace Carlson	1:28:29
5	Jonathan Boyd	
5	Leah Boyd	1:30:59
6	Adam Webb	
6	Jason Webb	1:32:37
7	Cullom Boyd	
7	Kiersten Boyd	1:34:25
8	Sergio Bianchini	
8	Marco Bianchini	1:35:28
9	Lily Coleman	
9	Oscar Colemand	1:36:24
10	Sarah Richey	
10	Duke Richey	1:39:02
11	Lisa Becht	
11	Leslie Becht	1:39:09
12	John Luke Coleman	
12	Mashon Coleman	1:43:02
13	Ashley Patrick	
13	Courtney Patrick	1:52:11
14	Abby Kueter	
14	Daniel Kueter	2:54:28
15	Jean Horgan	
15	Dylan Harper	3:30:07
16	Tammy Apthord	
16	Geoff Apthord	na





WHAT A T-SHIRT CAN DO

Dean Thompson

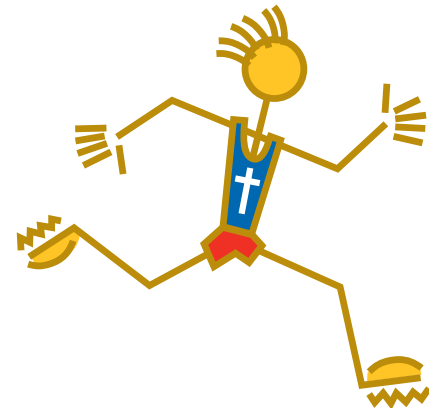
Mitchell Hollis and sons Lane and Landon

You've seen the shirts at nearly every local race. So what are these Run for God t-shirts? Where did they come from? Run for God was started by Mitchell Hollis a little over five years ago down in Dalton, GA. At the time, he was a fairly new runner, bitten by the bug that gets so many of us. He ran all the time and when he was not running, he was talking about running. Can I get an Amen? A close friend of his from church challenged him to not let running become his god. After getting past the sting of those words, he realized that he needed to do something different. That was not how he wanted to be perceived and certainly not what Christ was looking for from him.

He drew a picture of a funny looking stick man with the words Run for God. He had his new logo printed onto t-shirts and he would wear those t-shirts when he ran. He and God would be square then. But, as it turns out, that was not enough. Some people from his church had seen what he was doing and thought it would be a great idea for Mitchell to lead a class, teaching non-runners to become runners, or at least, conquer their first 5K. Since he was never one to look for the spotlight, it took some persuasion, but he reluctantly agreed to hold a class. He posted a sign-up sheet and he had a couple of dozen people show up for that first class and something amazing happened. Not only did he realize that he could do this, but he was extraordinarily blessed by watching people come to embrace the sport that he loved and do it Christ's name. Because of the success of the first class, it led to a second class. Imagine his surprise when the guy who didn't care for standing in front of people to talk was faced with nearly two hundred participants!

Mitchell had to create the entire program because there was no such program in existence at the time. The 5K Challenge program, which combines beginners running education with Bible study, began as a stack of paper on his desk at his house. After being contacted by other churches about the program, he decided to write a book and create an instructor's manual so that others could teach classes. Now, those classes are being taught all over the country, with participants in forty-nine states and four countries.

RUN FOR GOD



Many of the 5K participants began to ask, "What's next?" In response, he created a 10K/Half-Marathon challenge course that focuses on more seasoned runners and still includes the Bible study. There have been many who have been through both classes and now run longer races regularly.

The most recent project is a book entitled "Devotions." As the title indicates, it is laid out in a daily devotional arrangement and includes fifty-two personal stories submitted by people from all over the country whose lives have been impacted by running. The stories are inspirational and include scripture and thought provoking questions. There are also fifty-two entries called "Observations by Dean" where I share my thoughts on many running related topics and how they intersect so well with our faith.

There are many churches in the Chattanooga area that have taken up the challenge, creating new potential Chattanooga Track Club members, and are certainly adding to the numbers of runners at local races. One of our most avid instructors from Chattanooga, Darren Lewis, has been a CTC member and runs about a half dozen CTC races each year.

Run for God has two races in East Ridge at Camp Jordan with the J Fest 5K (and 10K this year) in June, which is run in conjunction with J103's J Fest concert that goes on all day after the race, and the Pinky Run, a female only race run on a Friday evening in August. Both races will finish inside the Camp Jordan Arena this year.

The Run at the Mill includes a 5K, 10K and Half Marathon and is run in April near Dalton. The final local race is a triathlon, suitable for all ages and is great for a beginner triathlete. You can find more information at RunforGod.com or Facebook/Run for God.

Go ahead, teach a class at your church and add to the number of Chattanooga Track Club members. I'm convinced that there are a lot of runners out there who don't know they're runners yet. It is our job to find them. To God be the Glory!

Dean Thompson is a Chattanooga Track Club member, part of the 2015 CTC Race Team and 2013 CTC Runner of the Year.



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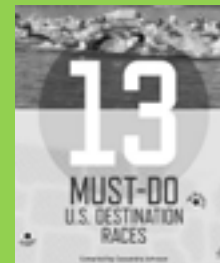


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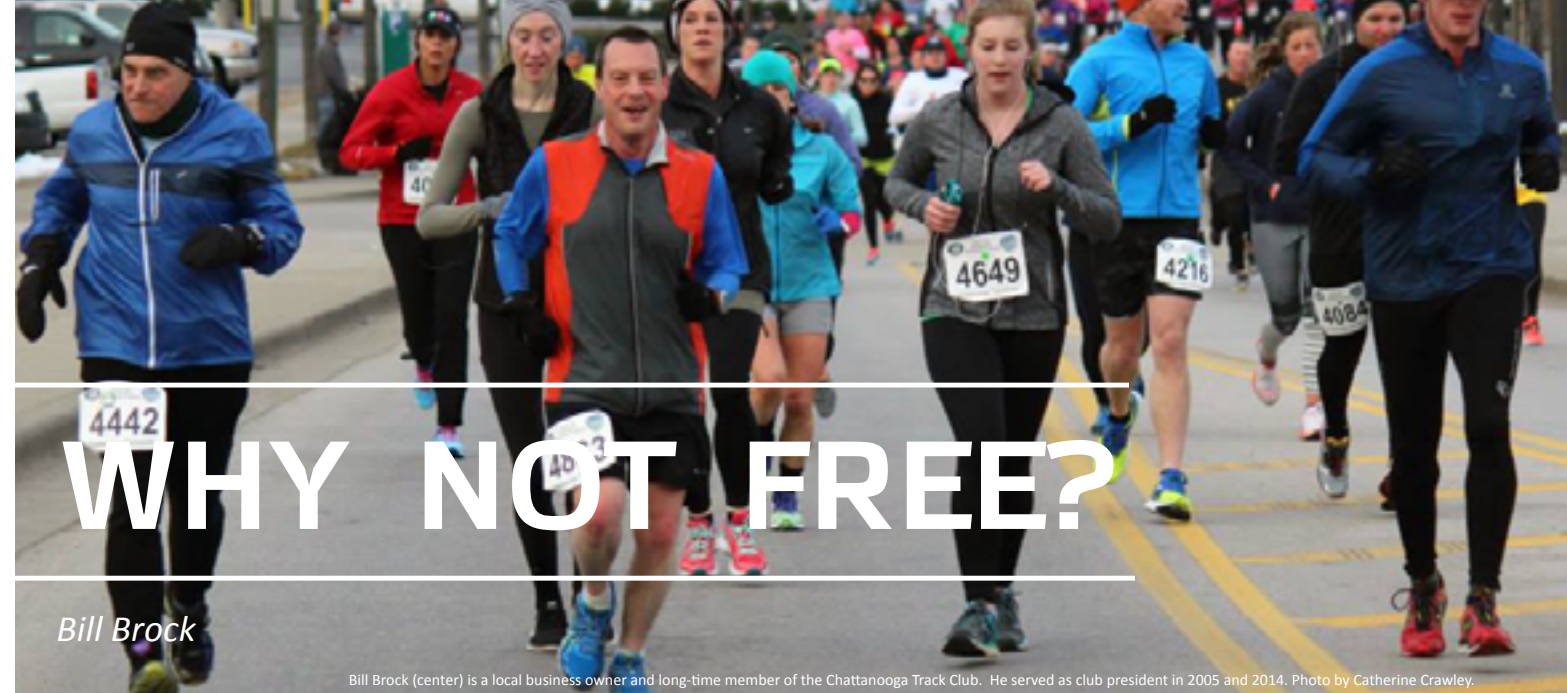
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26.2 ★ 13.1 ★ JR. ★ 5K

NOVEMBER 14, 2015, Fort Oglethorpe, GA

www.battlefieldmarathon.com



2015 Georgia State Marathon Championship



WHY NOT FREE?

Bill Brock

Bill Brock (center) is a local business owner and long-time member of the Chattanooga Track Club. He served as club president in 2005 and 2014. Photo by Catherine Crawley.

Membership dues come up as a topic all of the time – usually from two camps / directions. One direction is usually to bring them down to encourage more members and the other is to increase them in order to raise more \$ to support the club.

Those conversations often remind me of the tug-of-war between Dan Bailey and Judy Stoller over when our 6:30am Saturday run group should really start. Dan, of course, wanted to start earlier and Judy (also of course, for those who knew her) wondered why we had to start so early! (We still start at 6:30am, for the record, some 14 years later after those light-hearted debates...)

Back to the dues - \$24 for individual members, \$36 for family members and a discounted \$18 for students. Why?

I've even heard the argument that membership should be free, so we can really get our numbers up (did you know we had 957 members at the end of 2014?).

I don't fall in that camp. At all.

Nothing worthwhile is ever free, and this club is definitely worthwhile in my opinion from the member benefits side as well as from the community service side.

On the benefits side, our member dues pay for themselves in a snap between our member discounts at CTC races, our free and reduced fee member socials and the 10% merchandise discounts members receive at CTC partner businesses.

The community service side is the more impressive side, in my opinion. Our club puts on 16 of our own events each year, ensuring well-run races from 100 meters to 26.2 miles throughout the year. From the beginning, putting on races where our local runners could compete locally has been our highest priority.

In addition to our own races, we also provide timing, equipment, and staff support services to over 30 other organizations in our community who want to put on races, runs, kiddie k's and walk/runs in order to raise money to support their organization's mission. I consider that a win-win, as their events provide more opportunities for local runners to compete which serves our mission and they get to raise money for their organizations which also serve our local community.

Beyond that, our members volunteer to lead group runs pretty much every morning, noon and night 7 days a week throughout the year where all runners are welcome, encouraged and supported in meeting their goals. These free group runs, for members and non-members alike, accomplish a lot more than you might imagine as they've enabled new bonds and friendships to form between a wide, diverse group of individuals whose only initial common interest was running.

We provide financial support to local youth programs such as the Chattanooga Jets and UTC's cross country team.

We sponsor an elite competitive team throughout the year to give them more opportunities to test their own limits while they inspire the rest of us to challenge our own. Plus, they make us proud.

We send competitive teams from our community to the USATF National Cross Championship each year (fingers crossed for a podium visit this year!!).

We host running and health-related clinics throughout the year. Ranging from Yoga for Runners to How to Train for Your First Half or Full Marathon to Injury Prevention and Health Clinics provided by club sponsors and partner businesses; these clinics are free to all-comers. It's a good thing.

So much.

And then we have our three anchor events which, in addition to providing us the opportunity to raise the funds we need to support our mission, have a significant positive economic impact on Chattanooga due to their regional and national recognition and draw. Heads in beds, as they say.

Those three key events:

- Scenic City Half Marathon – in 2015, SCH will be the RRCA Southern Region Half Marathon Championship. Typically more of a regional pull, we are growing this event each year and expect to have another terrific year coming up as an RRCA Regional Championship event.
- Chattanooga Waterfront Triathlon – in 2015, CWT will be the USATF 2015 Intermediate Triathlon Regional Championship. An economic impact study on this event in 2008 pegged the net impact of the Chattanooga Waterfront Triathlon at just over one million dollars.
- Chickamauga Battlefield Marathon – in 2015, CBM will be the RRCA 2015 Georgia State Marathon Championship. At 35 years strong, this is one of our longest-running events. A nationally recognized event with a national draw, it sells out every year, supports the Park and the Fort Oglethorpe community and is, simply put, a premiere event.

Why not free? Moot point.

Charge more? Personally, I like where our dues are, because they provide a low barrier to entry for runners to become a part of our club.

For the record, I also think that it's worth becoming a donor member, for those who can, to help ensure the club's programs are sustained throughout the year without complete reliance on our three anchor events. In fact, we've been working hard on developing non-event related sustainable revenues to ensure our club's long term stability, and donor memberships are a key part of those efforts.

Most importantly though, just join and get involved.

It's worth it.

RACE | SPONSOR | VOLUNTEER | GO FARTHER



2015 SCENIC CITY HALF MARATHON, 5K & CHARITY CHALLENGE 5K RESULTS

2015 SCENIC CITY HALF MARATHON, 5K & CHARITY CHALLENGE HALF-MARATHON RESULTS

OVERALL FEMALE		
1 Charlotte Sheridan	20:24	
OVERALL MALE		
1 Joseph Goetz	17:13	
FEMALE MASTERS		
1 Wendy Houston	22:34	
MALE MASTERS		
1 Mike Berry	20:15	
FEMALE GRAND MASTERS		
1 Diana McElveen	25:26	
MALE GRAND MASTERS		
1 Bill Wright	22:23	
FEMALE SENIOR GRAND MASTERS		
1 Nancy Carmack	28:51	
MALE SENIOR GRAND MASTERS		
1 Dave Alderman	24:29	
FEMALE AGE GROUP: 14 & UNDER		
1 Gracen Brewster	32:01	
2 Emma Wood	45:35	
3 Jenna Woodall	47:12	
4 Cadence Smith	54:24	
MALE AGE GROUP: 14 & UNDER		
1 Gage Whited	23:38	
2 Luke Tinholt	25:06	
3 David Cosby	26:29	
4 Justin Joseph	30:20	
5 Jason Osborn	31:21	
FEMALE AGE GROUP: 15 - 19		
1 Shelby O'Quinn	22:54	
2 Tess Waibel	32:47	
3 Ansley Mayson	35:08	
4 Lexi Davenport	36:49	
5 Britni Nunley	39:15	
MALE AGE GROUP: 15 - 19		
1 Timothy Hooper	21:24	
2 Andrew Beebee	25:59	
3 Calep Henley	31:39	
4 Noah Johnson	47:11	
FEMALE AGE GROUP: 20 - 24		
1 Katherine Sheridan	21:45	

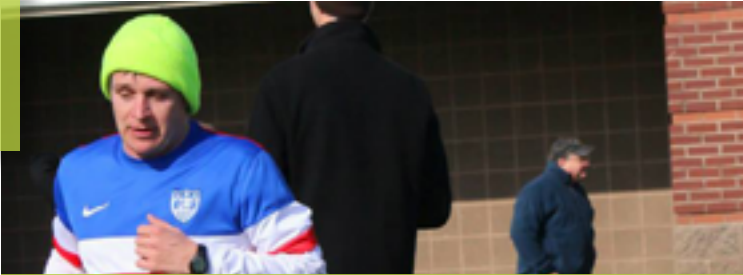
2 Marissa Wood	24:35
3 Carlie Lake	27:29
4 Sunshine Warren	27:39
5 Hillary Stewart	30:07
MALE AGE GROUP: 20 - 24	
1 Mitch Dodson	21:23
2 Christian Sullivan	26:47
3 Holden Young	28:01
4 Aaron Riddle	33:40
5 Tyler Bowman	37:23
6 David Vanzant	38:00
7 Scott Griffin	40:55
FEMALE AGE GROUP: 25 - 29	
1 Mary Vercoe	26:46
2 Dana Sabillon	26:49
3 Anne Widener	27:37
4 Christine Henry	28:52
5 Chandra Brocksmit	28:55
MALE AGE GROUP: 25 - 29	
1 Eric Anderson	22:18
2 Davis Bradford	24:36
3 Levi Scott	25:37
4 Daniel Shults	28:04
5 Thomas Klemplin	29:16
FEMALE AGE GROUP: 30 - 34	
1 Jennifer Curtis	20:25
2 Britt Baker	23:26
3 Christy Brown	24:21
4 Mindie Felcher	26:31
5 Colleen Johnson	26:33
MALE AGE GROUP: 30 - 34	
1 Lucas Ridley	17:37
2 Zac Long	19:50
3 Neal Crutchfield	20:52
4 Ernest Berzai Jr.	25:03
5 Warren Parks	26:23
FEMALE AGE GROUP: 35 - 39	
1 Mary McElhaney	25:54
2 Elaine Tinholt	31:12
3 Tiphonie Spradlin	31:24

4 Vonnie Kintz	31:28
5 Amy Smith	31:31
MALE AGE GROUP: 35 - 39	
1 Jason Dowdy	18:33
2 Rocky Lepere	22:34
3 Rusty Lee	22:49
4 Chad Taylor	27:32
5 Michael Phillips	27:45
FEMALE AGE GROUP: 40 - 44	
1 Jimmie Blake	30:42
2 Cathy Whisenant	32:39
3 Stephanie Crosse	33:03
4 Jennifer Sullivan	34:39
5 Amber Kennedy-Mil	36:22
MALE AGE GROUP: 40 - 44	
1 Timmy Johnson	21:56
2 Eric Joseph	27:04
3 Gregory Haley	27:30
4 David Roddy	29:57
5 Corey Davidson	30:01
FEMALE AGE GROUP: 45 - 49	
1 Ashley Remko	26:19
2 Kristin Alexin	29:17
3 Tonia Johns	31:54
4 Kellie Norman	32:13
5 Kim Gregory	33:38
MALE AGE GROUP: 45 - 49	
1 Craig Baker	21:55
2 Larry Aulich	22:03
3 Troy Ivey	22:49
4 Dave Porfiri	23:25
5 David Glenn	24:53
FEMALE AGE GROUP: 50 - 54	
1 Laura Baker	30:02
2 Marsha Osborn	31:26
3 Donna Burcham	32:06
4 Jo Poole	34:24
5 Kimberly Tilly	35:31
MALE AGE GROUP: 50 - 54	
1 Patrick Wortman	22:58

2 John Kelley	23:42
3 Orlando Lourenco	25:48
4 Ernie Ellis	25:49
5 Andy Zorca	26:12
FEMALE AGE GROUP: 55 - 59	
1 Michele Chandler	28:35
2 Carolyn Funderburk	28:59
3 Barbara Blackford	36:55
4 Diane Kerr	37:37
5 Angeline Lassiter	39:12
MALE AGE GROUP: 55 - 59	
1 John Turner	22:45
2 David Anderson	26:02
3 Floyd Roach	27:57
4 Tess Waibel	28:49
5 Thomas Wilk	29:15
FEMALE AGE GROUP: 60 - 64	
1 Connie Regal	31:13
2 Kathy Milam	36:22
3 Jane Webb	37:03
4 Helen Morris	38:38
MALE AGE GROUP: 60 - 64	
1 Thomas Sisemore	25:52
2 Gary Poole	37:30
3 Jack McConnell	40:00
FEMALE AGE GROUP: 65 - 69	
1 Janice Smith	47:07
MALE AGE GROUP: 65 - 69	
1 Michael Owens	28:09
2 John Williams	31:42
3 Dan Woughter	35:34
4 Charles Moore	52:11
5 Phil Acord	1:00:14
FEMALE AGE GROUP: 70 - 74	
1 Marcia Miller	39:21
MALE AGE GROUP: 70 - 74	
1 Hugh Moore	52:12
FEMALE AGE GROUP: 75 & OVER	
1 Dolores Reynolds	1:26:22

OVERALL FEMALE		
1 Teghan Henderson	1:18:56	
OVERALL MALE		
1 Cristhian Villavic	1:14:19	
FEMALE MASTERS		
1 Holly Swinea	1:38:01	
MALE MASTERS		
1 Geno Phillips	1:14:20	
FEMALE GRAND MASTERS		
1 Glynis Hoover	1:48:36	
MALE GRAND MASTERS		
1 Brent Bueche	1:26:48	
FEMALE SENIOR GRAND MASTERS		
1 Kathi Wagner	1:54:22	
MALE SENIOR GRAND MASTERS		
1 Alan Newkirk	1:36:42	
FEMALE AGE GROUP: 16 & UNDER		
1 Ashley Risley	1:53:18	
2 Abbey Bullock	2:14:12	
MALE AGE GROUP: 16 & UNDER		
1 Jonathan Boyd	1:24:16	
2 Noah Cochran	1:38:01	
3 Max Blevins	1:42:51	
FEMALE AGE GROUP: 17 - 19		
1 Micalah Crafton	1:46:53	
2 Allie Anderson	1:49:37	
3 Amaris Capen	1:53:35	
4 Morgan Barney	1:53:35	
5 Carlee Collmus	1:57:30	
MALE AGE GROUP: 17 - 19		
1 Hank Warren	1:40:43	
2 Josph Dineen	2:08:20	
3 Spence Hutcheson	2:20:00	
FEMALE AGE GROUP: 20 - 24		
1 Laura Wagner	1:42:26	
2 Catherine Gomez	1:42:26	
3 Elizabeth Phelps	1:45:34	
4 Katie Kronenberger	1:50:33	
5 Chandler Warren	1:52:16	
MALE AGE GROUP: 20 - 24		
1 Josh Erhard	1:24:16	
2 Tim Zorca	1:33:28	
3 Henry Francis	1:40:33	
4 Troy Slider	1:47:47	

5 Zachary Wallace	1:49:39
FEMALE AGE GROUP: 25 - 29	
1 Emily Findley	1:33:43
2 Kari Vradenburgh	1:41:39
3 Kari Presley	1:51:36
4 Anne Campeau	1:52:04
5 Ashley Morton	1:52:21
MALE AGE GROUP: 25 - 29	
1 Jack Findley	1:15:16
2 Drew Streip	1:23:18
3 Joseph Greer	1:24:00
4 Benjamin Walter	1:32:56
5 Andrew Chase	1:41:03
FEMALE AGE GROUP: 30 - 34	
1 Laura Henry	1:29:12
2 Sara Gibson	1:33:19
3 Diana Mitthen	1:40:48
4 Lori Herwehe	1:41:25
5 Mindy Freeman	1:43:45
MALE AGE GROUP: 30 - 34	
1 Steve Chase	1:26:31
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3 Dusty Jameson	1:29:49
4 Lyndell Williams	1:33:25
5 Chad Presley	1:36:30
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2 Janis Kelman	1:37:57
3 Janebrooks Moss	1:47:01
4 Ann-Marie Fitzsim	1:49:47
5 Laura Eichenberger	1:50:26
MALE AGE GROUP: 35 - 39	
1 David Kieu	1:23:53
2 Troy Ketchum	1:24:17
3 Sylvain Olier	1:25:04
4 Cameron Clement	1:27:14
5 Shane Wright	1:29:54
FEMALE AGE GROUP: 40 - 44	
1 Christie Kingsbury	1:40:11
2 Stacey Owens	1:48:06
3 Vivian Anderson Ba	1:51:19
4 Karen Judd	1:52:19
5 Terry Hannaway	1:55:39
MALE AGE GROUP: 40 - 44	
1 Justin Guy	1:31:18



FOR THE COMPLETE LIST OF RACE RESULTS, PLEASE VISIT THE CHATTANOOGA TRACK CLUB WEBSITE (CHATTANOOGATRACKCLUB.ORG)



THE 47TH RUNNING

SATURDAY,
APRIL 18TH

15K 5K
TRAIL RACE
SCENIC WALK
KIDDIE K

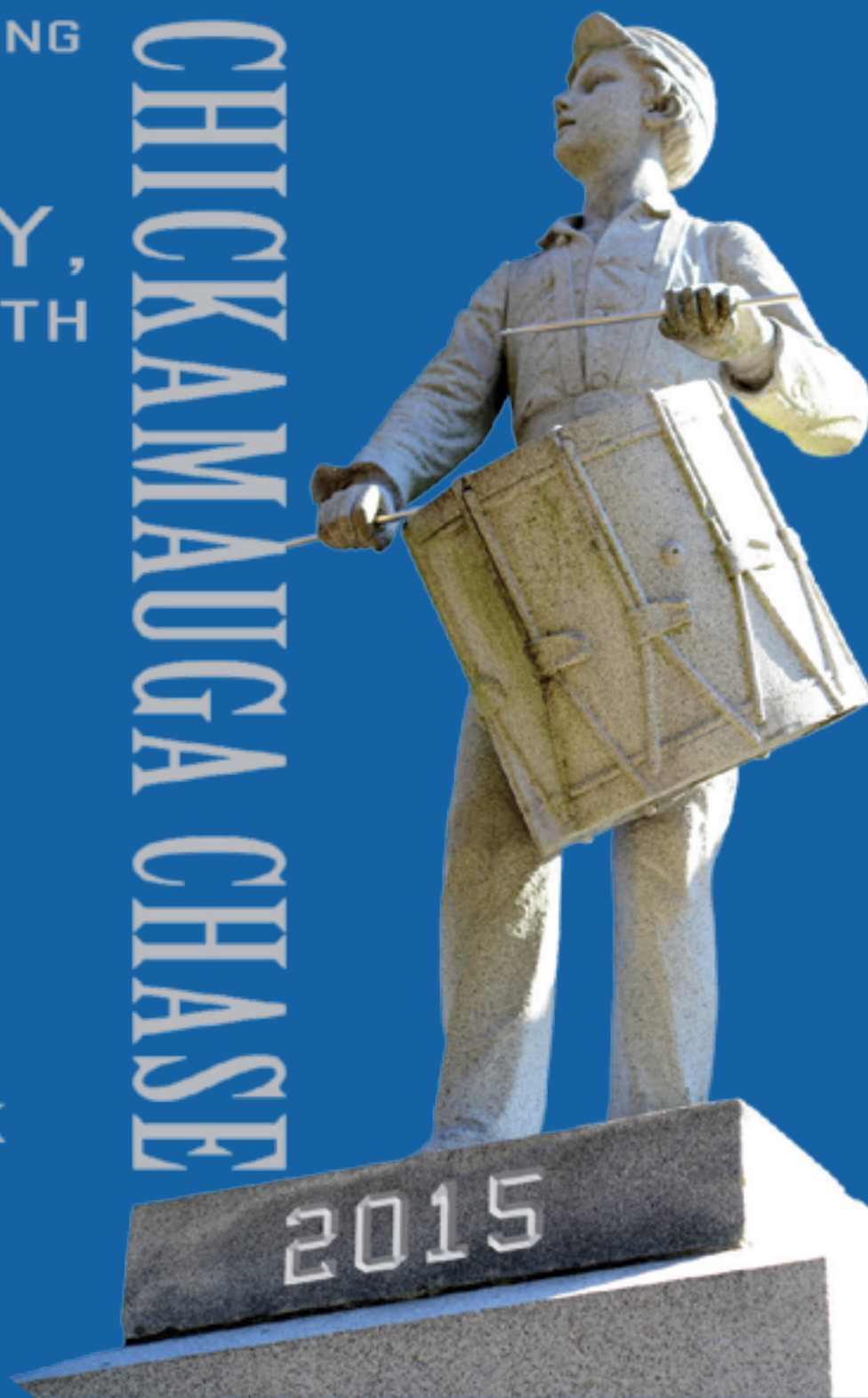
START TIME
8:30 A.M. EDT
ALL EVENTS

CHICKAMAUGA
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MILITARY PARK

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WWW.CHICKAMAUGACHASE.COM

CHICKAMAUGA CHASE

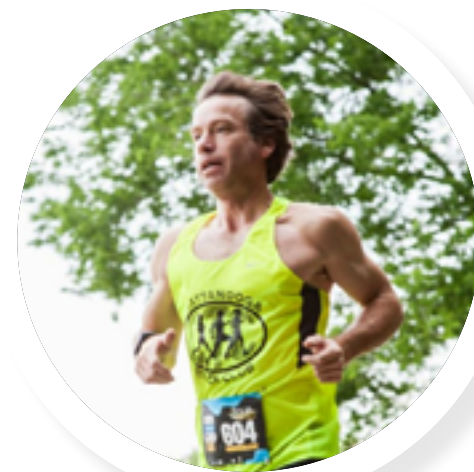


MEET THE 2014 ROY CHAMPIONS

I've paid my dues - Time after time - I've done my sentence But committed no crime - And bad mistakes I've made a few I've had my share of sand kicked in my face - But I've come through We are the champions - my friends And we'll keep on fighting - till the end - We are the champions - We are the champions No time for losers 'Cause we are the champions - of the world -
Queen - "We are the Champions"

A CTC AWARDS
FEATURE PREPARED BY
AND WRITTEN BY: **LYNDA WEBBER**

OVERALL MALE & FEMALE RUNNERS OF THE YEAR:



Ryan "The Rhino" Shrum
(a.k.a. "The Shrumster," a.k.a. "The Shruminator")

Occupation: Salesman and Service Manager at Icemakers, Inc.
Claim to Fame: Runner Of The Year five times since 2009 [Note: We are beginning to suspect he is a cyborg...]
Years running: 10 straight, 13 total (took a 2.5 year break)
Years racing: About 10
Years as a CTC member: 8
Favorite distance to race: 15K
Favorite race: Boston Marathon
Favorite CTC race: Battlefield Marathon
Most memorable race: "The 2013 Boston Marathon. It was a perfect day for running, and several of my friends and fellow CTC members were running Boston that day as well. I had a good race, finishing in 2:57, and felt pretty good at the finish. Then, while relaxing in the park a little while later, I heard the bombs go off. Everything changed in an instant. It was truly a surreal experience, and the roller coaster of emotions I felt that day are forever ingrained in my mind."
Favorite quote: "Your body will argue there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic." - Tim Noakes
I run: "...to feel alive, to feel free, to keep my body healthy and to escape into my own mind. To feel the wind in my face as my mind wonders and my legs turn."
I race: "...to test my limits, for the friendly competition, and for the camaraderie that comes with it."
Most people don't know that: "...I used to show horses as a kid. I placed 3rd at the 1977 Indiana State Fair in the Halter Class with my American Quarter Horse, Tony."



Lisa "Legs" Logan

Occupation: science teacher and cross-country/track coach at Ringgold High School
Years running: 19
Years racing: 12 (very first race was the 4-mile Bridge Run in 2001)
No. of years as a CTC member: 3
Favorite distance to race: "The half-marathon - I don't think I'm fast enough to race a 5K, but I can sustain a pace for a half."
Favorite race: "I can't pick just one! The Chickamauga Battlefield Half Marathon/ Marathon is one of my favorites because I love running in the park so much. I love the Oak Barrel Half Marathon and the Southern Tennessee Plunge Half Marathon because their routes wind through childhood stomping grounds... running those races is like running down Memory Lane every year."
Most memorable race: "The 2012 Tennessee Plunge Marathon, because it was full of 'firsts'". It was my first marathon in the Master's Category. It was the first time I broke 3:30 with a 3:29 finish. It was the first time I was the overall winner in a race. And it brought me one of my greatest inspirations. During the first mile I started talking to a guy who ran with me until mile 14, when he told me that I 'was holding him back.' He finished ahead of me, then came back and ran my last quarter mile with me. I found that his name was Paul, and I was amazed to learn he was 63 years old. I was inspired by the lifestyle changes he decided to make at age 40 when he realized he was overweight and out of shape."
Motto: "During a race I tell myself, 'I can do anything for ____!' (Fill in the blank with my goal time for the race.)"
I run: "...because it's easier than eating less."
I race: "...to remind myself that age is just a number."

AND NOW, THE AGE GROUP WINNERS...

JUNIOR MALE RUNNER OF THE YEAR



Gage Whited

Occupation: Student at Fairyland Elementary School
Years Running: Two
Years Racing: Two
No. of Years as a CTC member: One
Favorite distance to race: 10K
Favorite race: "Chattanooga Chase... I like the hills!"
Most memorable race: "Joe Johnson Pumpkin Run 10K... I always run fast there!"
Quote: "If you wanna catch me, you gotta be fast...if you wanna stay with me, you gotta be good...if you wanna pass me...You've gotta be kidding."
Most people don't know that he: ran his first 5K when he was only five years old.
Our Prediction: Born To Run.

JUNIOR FEMALE RUNNER OF THE YEAR



Ava Whited

Occupation: Student at Girls Preparatory School
Years running: Two
Years racing: Two
No. of years as a CTC member: One
Favorite distance: 5K
Favorite race: 7 Bridges 5K
Favorite CTC race: "Chickamauga Battlefield 5K, because it's such a pretty run!"
Most memorable race: Dalton Red Carpet 5K
Quote: "Give a girl the right shoes, and she can conquer the world." – Marilyn Monroe
Biggest inspiration: Her little brother and junior male ROY winner, Gage (she says she wouldn't be running at all if it wasn't for him). [Note: Role models for brothers and sisters everywhere!]
Most people don't know that she: is a competitive swimmer.
Our Prediction: Give her a bike and another few years, and she'll be an IronWoman.

YOUNG ADULT MALE RUNNER OF THE YEAR

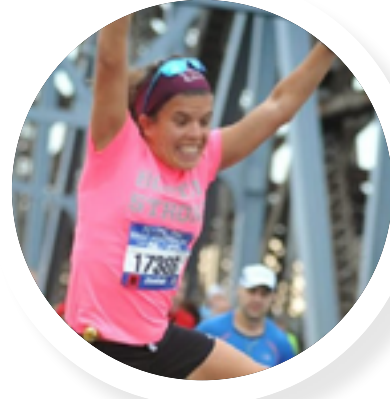


Chas Webb
(a.k.a. "Chazzzzzzzz")

No. of years as a CTC member: 8
Favorite distance: The Mile
Favorite race: "The Boston Marathon. The entire city rallies around the event... It's a 26.2 mile party!"
Favorite CTC race: "Chickamauga Battlefield Marathon. It's a very well managed event with a lot of history."
Most memorable race: "The 2009 Market Street Mile. I placed third with a time of 4:52. Ever since I started running, I wanted to break a 5 minute mile. For years I tried to reach my goal but would often come up just seconds short. Before the race, I knew I had something extra in me that day. The conditions, pace and everything else were perfect."
Quote: "If you never do any more than you get paid for, you'll never get paid for any more than you do." – My Father, Charles Webb
I run: "...because running is my escape at the end of a long day."
I race: "...because every race I run I believe I accomplish something."
Most people don't know that he: used to fly airplanes.
Everyone knows that he: channels Bruce Hall of REO Speedwagon, along with a few other 70's and 80's rock icons whenever he feels the vibe, man...
Adds Chas: "Running has been a very important part of my life. It has significantly changed me throughout the years by giving me a feeling that I can accomplish things. Without running, I know I would be nowhere near the person I am now. I owe a lot to the sport of running and the Chattanooga Track Club. The club and the running community have given me so much. I believe I've paid back my dues through volunteering for many years but I can always give back more. That not only goes for me but for everybody. I encourage other runners to really see the impact that running and their local running club has had on their lives, and consider giving back as well."

Occupation: Civil Engineer
Biggest Claim to Fame: 2013 CTC Prez
Years running: 16
Years racing: 16

YOUNG ADULT FEMALE RUNNER OF THE YEAR



Jessica Marlier
(Mar-lee-ay!)

Occupation: Teacher/Cross Country and Track Coach
Years running: 15+
Years racing: 15+
No. of years as a CTC member: 3
Favorite distance to race: Half Marathon or Marathon

Favorite race: "The Chickamauga Battlefield Marathon. It's where I broke the 3-hour mark in the marathon for the first time. It was a perfect day!"
Most memorable race: "The 2014 Boston Marathon. It was wonderful to not only run a solid race, but to have the opportunity to take back the race that was prematurely halted in 2013. Being surrounded by thousands of other spectators and runners who were filled to the brim with patriotic energy and spirit was so inspirational and unforgettable!"
Quote/Motto: "It's important to know that at the end of the day it's not the medals you remember. What you remember is the process -- what you learn about yourself by challenging yourself, the experiences you share with other people, the honesty the training demands -- those are things nobody can take away from you whether you finish twelfth or you're an Olympic Champion." - Silken Laumann, Canadian Olympian [Jess, we want to know... what if you finish 1, 354th?]
I run: "...to challenge myself, to stay in shape, to give myself time to truly think and reflect, to socialize, to help other people along the way when I can, for the runners high, because it is fun, because I can."
I race: "...to push the limits of my comfort zone and to test my mental and physical toughness. I like using races as a gauge to see how training consistently can help me progress as a runner. Plus, the Chattanooga Track Club simply excels when it comes to putting on a good race!"
Most people don't know that: "...I love to cook! I try to cook without using a set recipe as much as possible. Running helps inspire the imagination for new ideas of what to cook next!"
Jess adds: "I'm so thankful for each day I get to lace up my shoes and go for a run -- it truly is a gift, and a gift that has changed my life so much! I love being able to give back to the running community whenever I can. Having the opportunity to serve as a high school cross country coach and marathon pacer makes me feel more like a complete and well-rounded runner, and I love getting to witness other people succeed in meeting their running goals!" [Note: Well said! Well said! Hip-hip HOORAY for Mar-lee-ayyyy!]

ADULT MALE RUNNER OF THE YEAR



Russ Rogers

Occupation: Product Development / US Stove Company
Years running: 3.5
Years racing: 3
No. of years as a CTC member: 3
Favorite distance to race: Half Marathon
Favorite races: "The Chickamauga Battlefield Half / Full Marathon and Chickamauga Chase. The raw energy at the Battlefield is like no other. You can almost feel the historic events that took place with every step."
Most memorable race: "The 2013 Chickamauga Battlefield Marathon. It was my first full marathon."
Quote/Motto: "I can do all things through Christ, who strengthens me." Philippians 4:13
I run: "...because it is a primal sport -- and very natural. It is my sanity. People sometimes poke at those who run every day, claiming they'll go to any length to live longer. But I don't think that's the reason most people run. Most runners run not because they want to live longer, but because they want to live life to the fullest. If you're going to while away the years, it's far better to live them with clear goals and fully alive than in a fog, and I believe running helps you to do that. Exerting yourself to the fullest within your individual limits: that's the essence of running, and a metaphor for life. I believe many runners would agree."
I race: "...to feed the competitiveness inside of me. I like to see how much I am willing to risk."
Most people don't know: "...that I have a fraternal twin brother. He is much more handsome and intelligent than I am. Just ask him."

ADULT FEMALE RUNNER OF THE YEAR



Jaclyn Beckler

Occupation: Dance teacher
Years running: 2.5
Years racing: 2
No. of years as a CTC member: 2
Favorite distance: 10K and half marathon
Favorite races: "The Raccoon Mountain 10K and Signal Mountain Pie Run - both are beautiful and challenging courses!"
Most memorable race: "It would be a tie between the 2013 Four Bridges Half Marathon and the 2013 Raccoon Mountain 10K. The Four Bridges was my first half-marathon and still my PR, but I'll never forget that monsoon at the 2013 Raccoon Mountain 10K where I braved rain and hail!" [Our note: Jaclyn, you've got what it takes to be a Champion!]
Quote: "If you want it bad enough, it will happen." - T.S. Eliot
I run: "...because it feels AWESOME!"
I race: "...because it feels even MORE awesome!! (Especially afterwards!)"

MALE MASTER RUNNER OF THE YEAR



Charles "Tripp" McCallie

Occupation: Director of Development & Mission Advancement for the YMCA of Metropolitan Chattanooga
Years running: 9
Years racing: 3
No. of years as a CTC member: 3
Favorite distance to race: Half Marathon / Marathon

Favorite race: "Any race my son is doing during a track meet with OLPH."
Favorite CTC race and most memorable: "The Chickamauga Battlefield Marathon, because of the history behind it, because I only grew up a mile or so from there, and because I qualified there in 2013 for the 2015 Boston Marathon!"
Quote/Motto: "A journey of a thousand miles (or in this case a marathon) begins with one step. I also believe 'You get what you give'!"
I run: "...because it makes me feel great, and I enjoy the routine and planning that training for a goal involves."
I race: "...because I set a goal for myself in 2012 that I achieved in 2013 (qualifying for Boston) and in 2014 (Masters ROY)."
Most people think he: went to McCallie School because of his last name, but he actually graduated from East Ridge High School (Class of '87).
Tripp adds: "I ran track and cross-country my junior and senior years. Not sure why I went out for the sport. Maybe it was to get in shape for wrestling. I was pretty good and received cross-country Most Valuable Runner in 1985. I always thought it was funny that I received that award my first year with one coach, then in my second year, with a different coach, I received Most Improved (Don Waters, RIP). I guess the highlight of my track career was breaking 5 minutes (4:55). My coach was so happy (Buddy Aiken - "You gotta love it"). For the next 20 years or so I jogged a little as part of my exercise routine, but was more into weight lifting. I got the bug to run again in 2011 when I participated in a school race that my children attended (OLPH-Ram Run). I ran, like, 23 minutes for the 5K, and remembered my times from high school. Guess it was a mid-life thing, but I set a goal that day that I would break 20 minutes in a 5K. I started doing some smaller races around town, then I discovered the CTC and was able to reconnect with folks I used to race against (Sean Higgins, Red Bank) and an old friend from Rossville - Ryan Shrum. He is quite an inspiration and has helped me to become the best runner I can be. I have been married to Heather McCallie (Persichelli) for 20 years and have two sons (Logan 16 and Landon 11). I have been blessed to work for the YMCA for over 23 years."

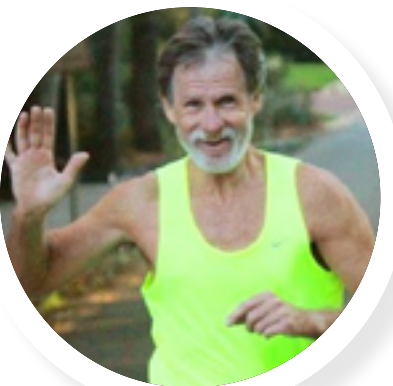
FEMALE MASTER RUNNER OF THE YEAR



Jennie Gentry

Occupation: Interior design sales
Years running: 6
Years racing: 6
No. of years as a CTC member: 4
Favorite distance: 10K and marathon
Favorite race: "7 Bridges Marathon. I like odd numbers. And it's prime."
Favorite CTC race: "The Signal Mountain Pie Run. I grew up on Signal Mountain and used to run those roads in a 1978 Chevrolet Monza - I know them pretty well. I appreciate them much more in my 2014 Newtons!"
Most memorable race: "The NYC Marathon. It was like running through the finish line the whole way."
Quote: "'Run, Forrest, Run!'" (Yeah, nothing like hearing that shouted out of a car window!)
I run: "...in the dark of the morning (but never alone), and avoid the treadmill at all costs!"
I race: "...because I'm competitive. Race = Points!"
Adds Jennie: "It's never too late to start running. Use the Couch-to-5k Program if you need a guide. Get up, get going and just don't stop. Invest in good shoes and reward yourself often. Keep pinning on bibs. Your heart and head will thank you!"

MALE GRANDMASTER RUNNER OF THE YEAR



**Racing Alias:
Kris Kristofferson
Jeff Stracener**

Occupation: Explorer. Traveler. Balladeer...?
Years running: 35
Years racing: 35
No. of years as a CTC member: 30
Favorite distance to race: "1/2 Marathon, 15K, 10K, 8K, 5K, 2M & 1M. I like 'em all."
Favorite race: "the next one."
Most memorable race: "The 'Western Rode Romp 5K' in Lafayette, Georgia. Always great competition, and I actually won it once."
Quote: "I seen an old fighter, tired and in trouble, who just couldn't take anymore... Somethin' inside him kept fighting to finish, with only his feet on the floor. ...We measured the space between Waylon and Willie, and Willie and Waylon and me... but there wasn't nothin' like Billy Jo Shaver, what Billy Jo Shaver should be."
I run: "for endurance."
I race: "for motivation and competition."
Jeff adds: "I am thankful for the ability to run. Running has giving me the opportunity to meet a lot of great people and build many lasting friendships, and it's provided me with the side benefit of staying in somewhat decent shape."
Most people don't know that he: Can come and sing at your party.

FEMALE GRANDMASTER RUNNER OF THE YEAR



Corinne "Colgate" Henderson

Known for: best racing grin!
Occupation: CPA
Years running: 20ish
Years racing: 15ish
No. of years as a CTC member: 15ish
Favorite distance to race: Half Marathon
Favorite race: "The Sports Barn Turkey Trot 8k is a fun, festive race that's become a holiday tradition for Bill and I!"
Favorite CTC race: "The Market Street Mile. It's such a great race to both run and spectate, and it's a wonderful opportunity to watch elite runners attempt record-breaking times."
Most memorable race: "The first Ragnar Tennessee relay. While our teammate, Voreata Waddell, was running UP Monteagle in the sleet, we ladies from Van No. 1 were sitting in the Blue Chair Coffee Shop on top of the mountain having lunch and fellowship!"
[Note: Corinne... did you at least bring her a cup of extra hot caffeine in a to-go cup?]
Quote/Motto: "I play much better than I am because I try hard."
(I overheard a girl say this at a tennis clinic years ago.)
I run: "...for the joy of being outside and moving!"
I race: "for the fellowship!"
Most people don't know: "...that I think I'm funnier than I am. Oh... wait... they do!"

SENIOR MALE RUNNER OF THE YEAR



John Crawley

Occupation: Human Resources, Chattanooga State College
Years running: 8
Years racing: 6
No. of years as a CTC member: 7
Favorite distance to race: Half Marathon
Favorite race: Fall Creek Falls Trail Half Marathon
Favorite CTC race: "Chickamauga Chase - Excellent route with beautiful scenery!"
Most memorable race: "Grandfather Mountain Marathon. This was an amazing race to the top of a beautiful (and steep) North Carolina mountain. Coming into the finish line, the Scottish Highland Games were going on and the bands were playing with thousands clapping for the runners!"
Quote/Motto: "Life's battles don't always go to the strongest or the fastest men, but sooner or later, the man who wins is the fellow who thinks he can." - Steve Prefontaine
Most people don't know: "...that my green shirt actually makes me run faster!"
[Note to John: Watch out for shirt bandits at the next race!]
I run: "because it helps me put everything into perspective."
I race: "because the competition makes me a better and faster runner."
John adds: "I have enjoyed racing, volunteering, working with the CTC Board and being the Race Director for the Market Street Mile. These opportunities have helped me to create wonderful bonding and friendships with some great people. I was fortunate enough to win Grandmasters in 2009 and Senior Grandmasters in 2014, and I hope that this can motivate younger runners to know that they can be successful at any age. At age 62, I ran some of my fastest times of my racing years, but was among some guys who have achieved so much in their 'senior' years! I thank Truman Smith, Flash Cunningham, Sergio Bianchini, Cyrus Rhode, Billy Collier and Pat Hagan for leading the way to show it's not age, but what is in the mind that counts!"

SENIOR FEMALE RUNNER OF THE YEAR



Cathy Gracey

Occupation: Registered Nurse
Years running: About 7
Years racing: About 6
No. of years as a CTC member: "Since I moved to Chattanooga four years ago."
No. of racing miles and races completed to date: "Too many to count!"
Favorite distance: "Before turning 60, it was the 10K. Now it's a full marathon!" *[Attagirl!!!]*
Favorite race: "I love the 65 roses at Lee University - such wonderful support by students... great vibes everywhere!! And I love the bright yellow cap I received a few races ago!"
Favorite CTC race: "The Scenic City Half Marathon. The four of us (hubby Bill, puppy Grace, and Franny the kitty) were living at the Downtown Residence Inn trying to find a permanent place to live. I didn't know a single person, but I signed up and ran my heart out, loving every bit of it! A few days later I received a message that I had my award awaiting pickup at the Sports Barn... I won my age group! So shocked and surprised - it was a plaque with a beautiful scene of the Scenic City. That was the beginning..."
Most memorable race: "The Raccoon Mountain 10K in 2013, when we had pellets of hail hitting us from all directions!!! Sue Anne Brown turned her hat sideways to avoid getting plummeted with ice, and I followed her lead."
Quote: "Heaven is the place we go to see all the dogs we've ever loved..."
I run: "...because I feel like it completes my day. Also, when I joined the Chattanooga Track Club, I gained 100 new friends!"

Cathy Gracey
Cont'd from P.19

I race: "...because I enjoy the pomp and circumstance, and also, the competitiveness!" Most people don't know that I: "Well, I don't know how I can complete this sentence. I am pretty much an open book. I have a t-shirt that says 'I like to drink coffee, take naps, and save animals!'"
Cathy adds: "When I moved to Chattanooga, I didn't know anyone. I knew it was a great town, and I had to get into a routine to feel like I really lived here. I met two friends while walking my dog, and that became my morning routine. Then one day, Sue Anne Brown came to the park with her dog Lucy. We talked about running, and when I saw her bike rack and tennis rackets in her car, I was humbled! Wow, all three things the same day! She became one of my very best friends quickly, and if she was going to run and would let me tag along, I was happy! I really started picking up speed running with her, and am so thankful to her and all of my other Track Club friends who have been so encouraging and fun to run with Saturday mornings! My main fitness activity was spin class, usually six days a week, but when I was told it didn't help my osteoporosis, I started to hit the pavement. I guess I could say I run because I want to stay 5'5, as long as I live!! And I have for the past 8 years.... Still trying to qualify for Boston—just need to shave off 8 minutes!

VOLUNTEER OF THE YEAR



Steve Johnson

Occupation: Systems Consultant at UNUM
Years running/racing: 30
No. of years as a CTC member: 10
Favorite distance: marathon
Favorite Race: US Air Force Marathon at Wright-Patterson Air Force Base in Dayton, Ohio
Favorite CTC Race: "When I'm at a CTC race, I'm usually volunteering. Otherwise, it would have to be the Chickamauga Battlefield Marathon!"
Most memorable race: "My most memorable race would be the 1995 Rocket City Marathon. It was my best time at 3:38 at a marathon. It was also the coldest marathon I've ever run."
Most memorable race at which I volunteered: "The 2013 Scenic City Half Marathon, 5K & Charity Challenge - I was dropping off water at a half marathon aid station and almost got stuck in the mud. Jessica Darsey and Blake Pierce helped by getting out of the truck and laughing."
I volunteer because: I want to help my friends put on the best race possible
Favorite race at which to volunteer: Scenic City Half Marathon, 5K & Charity Challenge
Quote/Motto: "I may not be fast, but I'm consistent."
Not too many people know: "...that I was one of 100 Pillsbury bake-off finalists in Dallas, Texas in 1996 with my specialty, "Fudge Chewies" (chocolate cookies). I was one of only ten men that year, and felt like the rooster in the hen house with all those ladies. I got to meet Alex Trebek, the Jolly Green Giant, and the Little Green Sprout!" [Note: Steve, we know what dessert is going to be at the 2015 Banquet!]
Steve adds: Now I run about 3 or 4 races a year. I mostly run to stay in shape.

MEET THE PREZ



Sujeel Taj

Secondary Occupation: Product Specialist at Tricycle, Inc. (a local design company)
Years running: 6
Years racing: 4
No. of years as a CTC member: 3
Favorite Distance: half marathon
Favorite race: "Missionary Ridge Road Race - my first-ever race and a beautiful route overlooking Chattanooga. I love the grand, old houses and the connection throughout the race to Chattanooga's history. And the friendly neighbors who come out to cheer us on are wonderful! Always a well-done event by the Club."
Most memorable race: "My first half-marathon was the Track Club's Chickamauga Battlefield race. I'd just begun running and was completely unprepared. I wore a ten year-old pair of Nike cross-trainers with holes in the toes, a cotton t-shirt and cotton cargo shorts, and continually wandered from the left side of the road to the right as I caught sight of the beautiful sunrise over the fields, or a flock of wild turkeys or interesting monuments. I must have been in everyone's way and probably finished the half marathon with 14.1 miles run. I wasn't a Club member at the time, but the warm welcome, friendly advice and support I received at the race helped me stick with running."
Quote: "Get up." My reminder that often the hardest part of doing something is to start.
I run: "because it really is cheaper than therapy."
I race: "to enjoy the festivity and the community."
Most people don't know that he: ...has a Star Wars tattoo. [And he won't tell us where.]

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CHATTANOOGA TO NASHVILLE, TN OCTOBER 23-24, 2015



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THE CTC LONG RUNNERS CLUB

In 2012, the CTC decided to establish a special group within the organization called "The Long Runners Club" for the purpose of recognizing 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! The CTC Long Runners Club is open to all CTC members who successfully complete one or more of the following "Challenges," which are recognized at the CTC Banquet in January of each year.

(1) **THE 50-MILER CHALLENGE** – 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).

(2) **THE 100-MILER CHALLENGE** – 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).

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

(4) **THE 50 MARATHONS/50 STATES CHALLENGE** – This is a lifetime award, to be given to the CTC member who has completed a marathon in each of the 50 states.

(5) **THE 7 CONTINENTS CHALLENGE** – This is a lifetime award, to be given to the CTC member who has completed a marathon on all seven continents.

(6) **THE GRAND SLAM** – The Grand Slam is a SPECIAL award given to the CTC member who completes ALL FIVE of the above listed challenges.

And...new in 2014...

(7) **THE SPECIAL ACHIEVEMENT CHALLENGE** (see Item No. 4 of THE RULES, below).

The new "Long Runners Wall," listing names of all Long Runners inducted since 2012, can be found on the CTC website by clicking on "Results" located in the bar at the top of the CTC home page. A link to the rules is located below the wall on the website.



IRONMAN BILLY COLLIER
ANNUAL 50-MILE CHALLENGE

Occupation: Port-O-Let Sanitation Engineer

Years running: 43

Years CTC member: 20+

Claim to Fame: "Ironman several times over... Double Ironman twice!"

I run: "...to stay young."

Most Memorable Race, any distance: "Chattanooga Mountains Stage Race... and the Jacksonville Marathon. I stopped and drank two beers at Hooters around mile 24."

No. of Lifetime Ultramarathons: "Three... the Lookout Mountain 50-Miler in 2012 and 2014, and the 2014 Florida Double Anvil Ironman, which included a 52.4-mile run of 30 laps on an out-and-back 1.8 mile loop." [Note: Ironman Billy, we can't even imagine anything so mindnumbing. We can see that you have iron discipline!]

Favorite Ultra: "The Lookout Mountain 50-Miler – because it's hard."

I ultra-run because: "I enjoy the challenge!" 5

Quote: "No soft white males please."

Motto: "I have no social redeeming value."

Mantra: "Finish this one and you don't have to do it again."

Favorite super hero: Truman Smith

Inspiration/Motivation: "My lovely wife, Melodi "Moonpie" Collier, is my inspiration."

Not many people know that I: "...was the 1962 Pinewood Derby Champion in Cub Scouts. So put that in your pipe and smoke it."

Ironman Billy adds: "Going long is what motivates me. Running distances over 50K, and triathlons of Ironman distance and greater. In 2014, I was able to finish Ironman Chattanooga (140.6), Florida Double Anvil (281.2) and the Virginia Double Anvil (281.2). 2015 will have me competing in multiple ultras. I have also signed up for the 2015 Florida Double Anvil (281.2) and the 2015 Virginia Triple Anvil (421.8) eight days after Ironman Chattanooga 2015." [Note: IronmanB, it makes us tired just thinking about all that non-stop training. We're going to give Moonpie a medal for taking care of you, and doing all your stinky laundry while you're in a Double-Anvil frenzy.]

AND NOW... INTRODUCING THE 2014 CTC LONG RUNNERS...



SAL COLL
(A.K.A. "THE MACHINE")

ANNUAL 50-MILE CHALLENGE

ANNUAL 100-MILE CHALLENGE

Occupation: Retired U.S Navy, Full time Boiler Technician (McKee Foods)

CTC Member: 8 years

Years Running: "Hard Question to Answer. I have been doing some sort of running all my life. My first marathon was the London Marathon in 1983, and my first adventure beyond the 26.2 was the Stump Jump 50K in 2006."

First 50-Miler: Land Between the Lakes 2007

First 100-Miler: Pinhoti 2008

Number of Lifetime Marathons: 120+

Favorite Race, Any Distance: "Vol State 500K. It's more than a race or run. It's a running family reunion every year in July. And it's a real challenge of one's most inner drive to succeed."

Most Memorable Race, any distance: "Vol State. I can't stop thinking of it!"

I run because: "...because it makes me feel good, and because I like to get out and explore on foot."

I ultra-run: "...because I love the challenge of going the distance and pushing myself beyond the limits."

Not many people know that: "...he likes to count when he runs It's what gets him in The Zone, and keeps him going."

Quote: "Just do it!"

Motto: "You will never know your limits unless you try."

Mantra: "Fly like an Eagle"



BETTY HOLDER
(A.K.A. "IRON BETTY")

ANNUAL 50-MILE CHALLENGE

Occupation: Software Sales Manager

Years running: 14

Years CTC member: 10

Claim to Fame: Ironman Billy's female counterpart.

What makes her unstoppable: Her iron will. We know that she once started and finished an Ironman event while in the throes of a major flu... although being delirious during an event like that may have actually been a blessing...

Favorite Race, Any Distance: Big Sur Marathon

Most Memorable Race, any distance: Antarctica Marathon

No. of Lifetime Marathons: 64

No. of Lifetime Ultramarathons: 8

Favorite Ultra: "The Frosty 50-Miler... it has Krispy Kreme doughnuts on the course!"

Most Memorable Ultra: "The Prairie Spirit 100. My first 100-miler." [Note: But not her last... we'd bet ten dollars on that...]

I ultra-run because: "...I enjoy the challenge and love being outdoors."

Quote: Isaiah 40:31 – "But they that wait on the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

Betty adds: "Running has taught me to set goals beyond my possibilities and receive the reward of achieving those dreams."



KIMBER KEPLINGER
(A.K.A. "MISS CONGENIALITY")

ANNUAL 50-MILER CHALLENGE
 ANNUAL 100-MILER CHALLENGE

Occupation: "Single mom of Stella, 8, Amy, 6, and Joseph, 4; granite and marble seller (with my brother); yoga teacher in training."

Years running: "You would have to ask my mom.... probably soon after I started walking."

Years CTC member: 3

Favorite Race, Any Distance: "Any 50 miler. Any. And the Chattanooga Mountains Stage Race. What could possibly be better than exhausted-happy-lots of friends running in your own backyard on the 3rd (and last) day of a local run?"

No. of Lifetime Ultramarathons: "I'm actually not sure... I don't count them. I would have to go back and look, and who has time for that? I try to remember the feeling and the beauty and the difficulty and the easy parts and the joy and the pain...not the number of times I've experienced all of that." [NOTE: We peeked at ultrasignup.com. Kimber appears to have eight ultras and counting under her belt, as well as numerous shorter trail races and three stage races.]

Most Memorable Races, any distance: "Gosh, there are actually three. My first 50 miler – Lookout Mountain. At mile 38.5, my 'everything' perspective changed. My mind went somewhere and never came back in the same way, for which I'm supremely grateful. I realized I can do anything...that we ALL can do anything. Also... the Savage Gulf Trail Marathon.... because it's freaking hard as hell and I loved it. And miraculously got

3rd last year?! What?! I had to channel my inner mountain goat in places... lots of places...and she did not feel like helping me out a whole lot. Maybe I should name her so I can summon her with more 'assertively kind recognition' when I run it again this year. Finally, and most importantly, the Nashville Rock n Roll Marathon, because I run for 'Pink It to the Limit/Emily's Power for a Cure.' This is a cause with deep personal meaning for me and my family. My oldest daughter was a patient in the oncology unit at TC Thompson at age 3 for some time (4 years in remission!! Bless her) and one of my best friends' son is a neuroblastoma survivor."

Most Memorable Ultra: "Thunder Rock 100, because I couldn't believe I actually did it!! I vomited (among other things) in an absolute delirium, and felt like there were fiery daggers stabbing into my feet with every step from mile 65 on. But I finished. And will definitely run more 100s... I was already looking for my next one in the car on the ride home. And another memorable ultra was the GA Jewel 50 miler because it's technical, I got a late start (alone) in the dark and ran the wrong way at first trying to find the other runners, then finally spotted a bobbing headlamp in the distance and somehow found my way to them in an all-out, frantic terrified sprint, it rained (hard, as in a downpour, so much that I took out two salt stick caps and they dissolved in my hand before I could get them into my mouth, and the flags were coming off the trees and streaming down freshly formed baby rivers on the single track and I was trying to catch them to tie them back up for the 100 milers still coming through...twice) for the first 9 hours and once it got dark, with only 3 miles to go, I was forced to confront one of my greatest fears... being lost in darkness and heavy fog, exhausted and alone (I actually ran alone for nearly all of the 14 hours it took me), and I pushed through it and made it to finish. But the actual 'jewel' we all received for finishing is SO pretty and absolutely worth it and the kids love it. And lastly, I won't relay the entire three day weekend, but suffice it to say that on the 2nd day of the Cumberland Plateau Stage race, I learned that when I am mere moments from certain death, my only thoughts will be of my kids and a giant Coca-Cola."

I run: "...because I just like to!"

I ultra-run because: "I want to see how far I can go. I am not at all the fastest, but it's not about that for me. It's about the journey. It's about seeing how far I can push myself and what it feels like, in so many different moments and phases of the run, to do that. I want to know how far I can go, not how fast I can get there."

Quote: "Be like water making its way through cracks...adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves. Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend." – Bruce Lee

Motto: "Don't quit."

Mantra: "Stay open, stay kind, take risks, be gentle with yourself and others, and love. Love awhole, whole lot."

Inspiration/Motivation: "My children."

Not many people know that I: "have written two books that I'm too afraid to try and get published!" [NOTE: Kimber, we find it hard to believe you're afraid of anything.]

Kimber adds: "I'm going to run fifty 50-milers, one in each US state, by the time I'm 50. Hopefully I can plan it all out to finish the 50th state on my 50th birthday. I'm also going to attempt Nolan's 14." [Note: Kimber, Nolan's 14 is only 60 Hours, 100 Miles on Foot, including 14 Summits over 14,000 Feet and 90,000 Vertical Feet with a 15% Finish Rate. Why don't you start with something hard, first, like The Barkley?]



STACEY "MAD DOG" MALECKY

ANNUAL 50-MILE CHALLENGE
 ANNUAL 100-MILE CHALLENGE

Occupation: CTC Club Manager

Years running: 20-ish (I think)

Years CTC member: Two

Favorite Race, Any Distance: Pistol Ultra (Food & friends all over the place!)

Most Memorable Race, any distance: Savage Gulf Marathon.

Not many people know that I: "secretly want to be Sal Coll when I grow up."

[Note: Stacey, we guess it's not a secret any more...]

No. of Lifetime Marathons: 11

No. of Lifetime Ultramarathons: 8

Favorite Ultra: "ALL OF THEM. Every time I finish one I immediately think 'I want to come back next year!'... It's getting expensive."

Most Memorable Ultra: "2015 Pistol Ultra. Huge Chattanooga represent in 2015... I got to watch friends reach new goals... The running equivalent of watching children open gifts on Christmas!!!"

I run: "for the safety of others."

I ultra-run: "...because it guarantees me AT LEAST eight hours of being disconnected from ALL technology (I don't even like to wear a watch)."

Quote: "She did worse than break the law... She broke the rules."

Motto: "Eh... Why not?"

Mantra: "Newly discovered after the Pistol 100 miler in 2014: 'I can do this' (but in my head it's in a kinda funny voice... I-can-dooo-dissss!... Makes me laugh when I feel like crap (am I allowed to say 'crap' here?)." [Note: Stacey, Kimber Keplinger was pushing the limits here, too.]

Inspiration/Motivation: "I never want to look back and wonder 'IF' I could have done something (running, or otherwise). If am fortunate enough to have the ability to try something – I SURE AS SUNSHINE am not going to waste time sitting around and wondering!"

Stacey adds: I am going to get a trail 100-mile finish this year if it's the LAST DARN THING I DO!!!!



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**CHRIS "NEVER-SAY-NEVER"
NETHERLAND**
ANNUAL 50-MILE CHALLENGE

Occupation: Insurance
Years running: 3
Years CTC member: 3
Favorite Race, Any Distance: Chasing Snakes 10k
Most Memorable Race, any distance: "My very first Marathon – Chickamauga Battlefield."
Not many people know that I: "Do not embrace the consumerist attributes of our sport." [Note: OK, Chris. If you're such a purist, give back that medal and that t-shirt! Heh-heh.]
No. of Lifetime Marathons: 3
No. of Lifetime Ultramarathons: 5
Most Memorable Ultra: "...the Pistol 100k, getting hypothermia."
Favorite Ultra: "Not sure." [Note: Chris will let us know after he has recovered from his hypothermia.]
I run: "...to celebrate the new life I've been given."
I ultra-run: "...to see if I can."
Most people don't know that he: ...stopped and took a six-hour nap just after the 50-mile mark at the 2014 Pistol 100K. [They do now! But hey... don't ya know that last ten-plus miles would have been agony after "runner's rigor mortis" had set in? Chris gets the maximum 5 stars for stoicism!]



**TRUMAN SMITH
(A.K.A. "THE T-MAN")**
ANNUAL 50-MILE CHALLENGE

Occupation: Electrical Engineer
Years Running: 30
Claim to Fame: A Marathon in each of the 50 States, a marathon on each of the 7 continents, 100+ lifetime marathons, three 50-milers, and only one Long Runner Challenge away from the GRAND SLAM!
Years as a CTC member: 12
No. of lifetime ultras completed: 7
Favorite race (of any distance): "The Big Sur Marathon on a clear sunny day or Rio De Janeiro on a similar type day. Reason.... the beautiful ocean views."
Most memorable race (of any distance): "My first Boston Marathon in 2007... because it was Boston, and because I qualified for the 2008 Boston at the 2007 Boston!"
Quote/Motto: "You can't live wrong and die right!" and "A lie is not a lie if it is obviously a lie!"
Not many people know that he: plays the piano and will entertain at the drop of a hat. But now everybody knows he subbed for the sick "Star Spangled Banner" singer at the Pistol Ultra on January 3, 2015, and did a mighty job of it, too. We're going to see if we can get him to do a rousing country duet with Grandmaster ROY Kris Kristofferson (posing as "Jeff Stracener") at the 2015 Banquet.



**SHERRIE
"RUN-FOR-A-CURE" RAHBE**
ANNUAL 50-MILE CHALLENGE

Occupation: Registered Nurse
Years running: 35
Years CTC member: "I don't know for sure, but all that matters is – I am now!"
Favorite Race, Any Distance: "The St. Jude Marathon. I signed up to run as a St. Jude Hero, taking up donations for the St. Jude Kids."
Most Memorable Race, any distance: The Virginia 24-Hour Run/Walk for Cancer
Not many people know that I: "...ran three miles the day my son (now 26 years old) was born, two weeks early, and that I ran six miles the following week with him in a running buggy."
No. of Lifetime Marathons: 2
No. of Lifetime Ultramarathons: "My first one was April 2014, and I am now registered for two more this year."
I run: "...for those who cannot."
I ultra-run because: "... I love the challenge."
Mantra: "I repeat every mile: 'I can do all things through God who strengthens me.'"
Inspiration/Motivation: "My father. When he was dying with acute leukemia, he asked me to help the St. Jude kids so that someday they would not have to suffer with cancer, and I run for them."
Sherrie adds: "I started running when I was 18, but didn't get really get serious until I was 24. I found out my father was ill with acute leukemia, and running seemed to help me cope with his terminal illness. I ran 10 miles a day, six days a week (I continue to run 50-60 mile per week). After his deathbed request, I focused on running for a cause... the St. Jude Kids. Last year, I decided to try an ultra and ran the Virginia 24-Hour Run for a Cure, hoping to complete 50 miles and ending up with 60 miles in 20 hours. This May, I will attempt to do 100 miles in 30 hours at Thunder Rock. I love running, and I love the challenge!"



**RICHARD "ROAD WARRIOR"
WESTBROOK**
ANNUAL 50-MILE CHALLENGE
ANNUAL 100-MILE CHALLENGE

Occupation: Teacher/Coach
Years running: 46
CTC member since: Since August, 2014.
I run: "...because it connects me to my evolutionary origins. It prepares me for the modern world and society. It creates health and mental stability and... it gets me out of the house."
Favorite Race, Any Distance: "Any multi-day ultras."
Most Memorable Race, any distance: "The 1992 Runner's World TransAmerica Footrace (2,972 miles) – Huntington Beach, CA to New York City, Central Park. The formidable challenge facing the run each of the 64 days made it a very memorable lifetime experience."

No. of Lifetime Marathons: 92 [Note: Richard, only eight more marathons and you've got the Long Runners "Lifetime 100+ Marathons" Award!]
No. of Lifetime Ultramarathons: "Approximately 47."
Favorite Ultra: "The Last Annual Vol-State Road Race – 314 miles from Missouri to Georgia...because of the difficulty, comradeship, and geography."
I ultra-run because: "...there are so many variables to deal with in order to make the run successful, and because of the solitary characteristics of the training and the events."
Favorite Quote: "To be what he is, man must run." – Ken Doherty
Motto: "Keep it simple." 18
Mantra: "RFM"
Inspiration/Motivation: "I am inspired by all the runners who experience what I experience in ultra races to make it a shared, empathetic happening. That thought is an inspirational nugget. Also, as an individual, to do something earned totally by my own effort." Not many people in this neck of the woods know that he: lives over two hours away from Chattanooga, just south of Hotlanta, and has his own website – <http://westbrookrunning.com/>. They do now!
Richard adds: "I was born and raised in Trion, Georgia, 36 miles south of 'Nooga (which is nota bad training run along U.S. 27). I ran my first distance race while on the high school track team when I volunteered to run the 2-mile in addition to my usual long jump. I was so bad, the coach sent my best friend over to the backside of the track to tell me to drop out. I started running again in college after football in order to increase my physical fitness. I currently live in Jonesboro, Georgia, where I strive to run each day to keep my running streak alive. The streak is 41 years and sneaking up to one month which is number 8 on the Official U.S.A. Active Running Streak List. My competitive and training emphasis is on ultra runs and races. One goal I have is to run across each of the 159 counties in Georgia before I die. I have 90-something to go. I better hurry up on this one. I started running ultras on a 'Why not?' basis. I went to Stone Mountain, Georgia to run the 20K and some friends asked me to sign up for the 50-mile race. My reply was, 'Why not?' On the 10th and last lap around the mountain, I knew the answer. But... I immediately wondered if I could improve on my time. One thing I've learned in running ultras and marathons is that when my wife call me 'stubborn,' she is probably correct." [Note: We had no idea there was such a thing as the Official U.S.A. Active Running Streak List, but there sure is, and there is Richard... an official Streaking Legend. If you ever feel the urge to make your mark in streaking, check it out: <http://www.runeveryday.com/>].

AND THE 2014 LONG RUNNERS LIFETIME SPECIAL ACHIEVEMENT AWARD GOES TO....



BUD WISSEMAN

BOSTON QUARTER CENTURY CLUB AWARD – 25
CONSECUTIVE BOSTON MARATHONS

The CTC is proud to recognize Mr. Bud Wiseman for being the first individual in the State of Tennessee to be inducted into the Boston Marathon's prestigious Quarter Century Club after having completed 25 consecutive Boston Marathons by 2014... and prouder still to hear that he is Boston-bound in April, 2015, with no plans to stop and put his feet up. How he can retain such incredible focus and motivation for 25+ years is a mystery to many, except for we of the CTC! HOO-YAH, Bud! RunStrong!

Occupation: Retired engineer (DuPont, then TVA Nuclear)

Years running: 36

Years CTC member: 35

Favorite Race, Any Distance: "Boston. Great event, and you have to earn it to go."

Most Memorable Race, any distance: "Hogpen Hill Climb 1992 (set PR and passed women's winner on last hill)."

Not many people know that I: "Am easily embarrassed in public." [Note: You held your own pretty well at the 2014 Banquet, Bud!]

No. of Lifetime Marathons: 52

Favorite Marathon: "Rocket City Marathon in Huntsville, Alabama - nearby, well run, right number of runners, flat, usually cold." 20

Most Memorable Marathon: "1993 Rocket City Marathon, Huntsville. Had run Boston four times but needed a qualifying time for #5 – every projection I made after 20 I was going to be over the time by at least a minute, but I couldn't go faster. At 25.2 I focused on a girl about one minute ahead of me, and in the last 100 yards I passed her and crossed in 3:30:52... I qualified for my 5th Boston with just 7 seconds to spare."

Mantra: "Hey, Babe!!" (To get Sonia's attention.) "Nope!" (Response to another runner wanting to change the route or distance.)

Inspiration/Motivation: "A godly mother who provided the moral example and prayer support for my life. A father who worked tirelessly at hard physical work to provide for us. I caught a small measure of his perseverance."

Budd adds: "My wife Sonia and I started running in November 1978, when the running boom was underway. I was around 39 years old, and my softball days were coming to an end. I had two friends who were great runners prodding me and running was becoming popular. I had never been out of shape so it came fairly easy. I started running to the end of the street and back in my Converse basketball shoes and using a stop watch to check my progress. In a few days I got running shoes. I checked the log (I have a record from day one, and before two months I did make 10 miles at one time – slowly). We started running the local races and made a lot of new friends. In 1980, I ran the Penn Relays Marathon and bombed. In 1981 I went back well-trained and redeemed myself. That autumn, Sonia ran her first (and only) marathon at Chickamauga. We kept running and racing and no more thoughts of marathons. In 1988, I decided I could be a better runner by running 40 miles per week instead of 30 miles per week. Best way? Run every day! I started on February 20, 1988, and have kept that streak going until this day. In June of 1988, Carl Ellis invited me to join the Saturday group at Chickamauga Battlefield. Since then, that group and the Saturday long run has been the backbone of my training, and the reason for any running goals I have reached. On November 11, 1989 (the 11th anniversary of my first day of running), I ran a 3:25:19 qualifying time for Boston at Chickamauga (the photo shown here, where I was accompanied by Kathi Wagner – the women's winner – Paula Cooper, and Brenda Anderson, with my wife Sonia watching from the sidelines). In 1990, I ran my very first Boston Marathon. We loved the excitement of the event, the people, the food, the Red Sox, and our running friends from Chatt Town. The routine had started – survive the marathon, go home and run a qualifying time, come back next year. No thought of not being at Boston on Patriot's Day. In 2004, a friend sent me a Runner's World article on Neil Weygandt, who led the 36 Boston Quarter Century Club members with 38 consecutive finishes. I had 15 at the time, and she knew it would motivate me to keep going. I had taken note but thought living to 74 and still running Boston was unlikely. The Lord has blessed me with good health for a long time, and I am thankful."

[Note: Bud, if you will just write those memoirs, we are each going to buy a copy and have you autograph it!]



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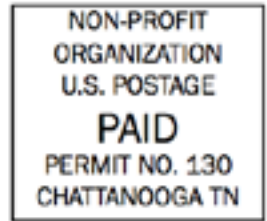
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CHANGE SERVICE REQUESTED




RACE CALENDAR

Race dates are verified but might change.
 Please visit www.chattanoogatrackclub.org
 for the latest information on races and events.



LEGEND

-  CTC EVENT
-  JOE MCGINNESS RUNNER OF THE YEAR (JMROY)
-  VOLUNTEER POINTS ONLY




MARCH

- 14 First Volunteer Bank 5K 
- 28 65 Roses 5K and Walk for Cystic Fibrosis  







APRIL

- 18 Chickamauga Chase 15K, 5K 1 Mile, Trail  





MAY

- 9 King of the Mountain 
- 24 Chattanooga Chase  






JUNE

- 11 Twilight Track Meet  
- 20 Market Street Mile  
- 28 Chattanooga Waterfront Triathlon  





AUGUST

- 8 Missionary Ridge Road Race  
- 22 Make A Wish Run for Wishes  




SEPTEMBER

- 7 FCA 5K and 10K 
- 3,10 CTC Elementary Cross Country #1, #2 
- 17,24 CTC Elementary Cross Country #3, #4 
- 26 Raccoon Mtn. 5K and 10K  

OCTOBER

- 10 JMHC Pumpkin Run  
- 24 Signal Mtn. Pie Run  

NOVEMBER

- 14 Battlefield Marathon, Half & 5K  
- 26 Sports Barn Turkey Trot 

DECEMBER

- 19 Wauhatchie Trail Run  