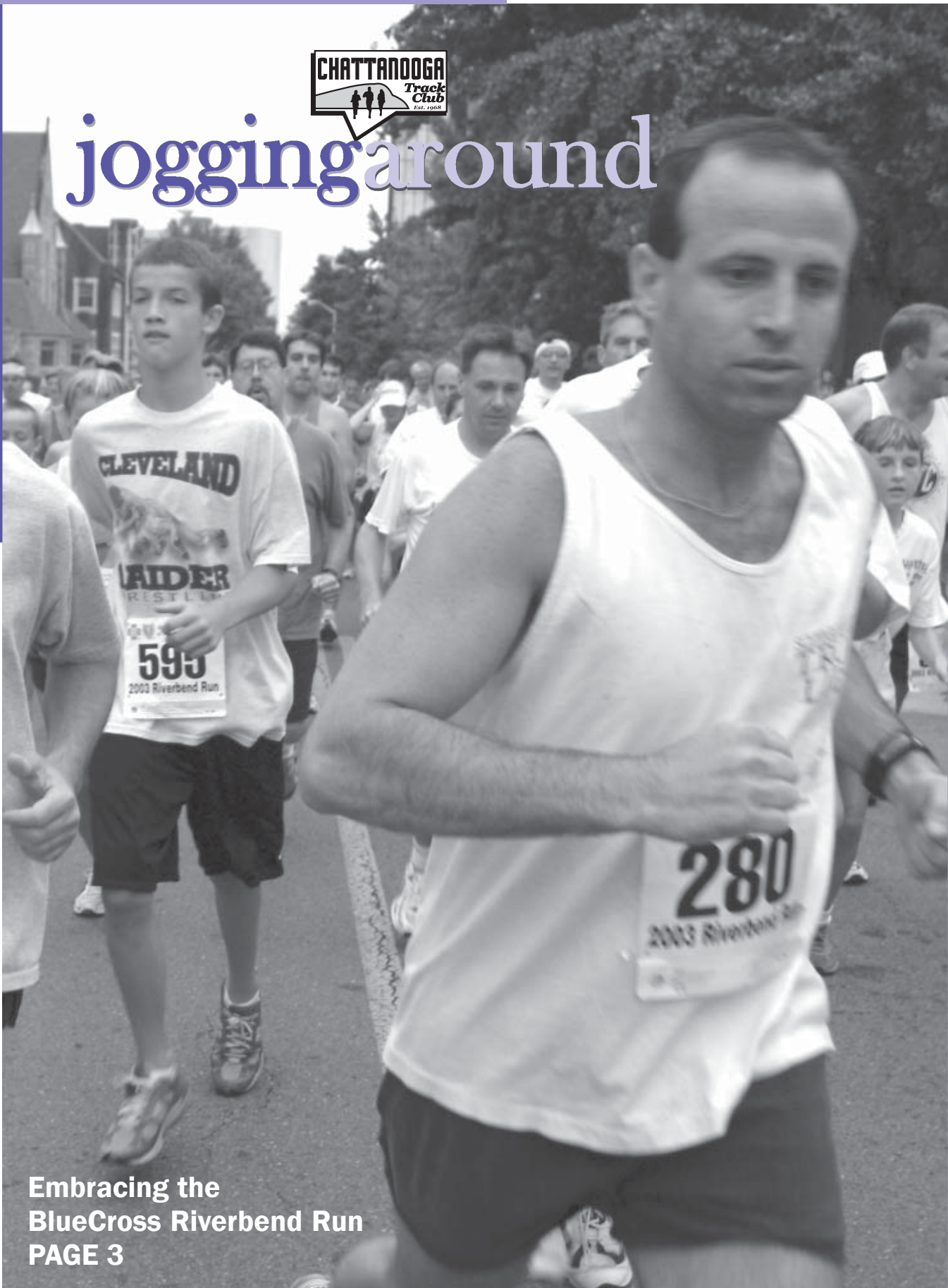




joggingaround



Embracing the
BlueCross Riverbend Run
PAGE 3

1 Chattanooga Track Club

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George Skonberg

Members: Linda Andrae
Steve Rogers

Races and Equipment:
Chair: Chad Varga
Members: Bill Minehan
Matt Sims

Communications and Programs:
Co-chairs: Bill Brock
Melodie Thompson-Smith
Members: Sarah Bowen (Public Relations)
Donna Dravland (Programs)

Membership:
Chair: John Walker
Nominating Co-chairs:
Linda Andrae
Sarah Bowen
Members: Virginia Waddell



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Jogging Around

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

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Don VanLandingh
John Wikle

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 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.

Words from the Prez's Perch

Greetings CTC Members,
This has been a very busy spring!

Let me start with the fun things that have happened this spring. Many of us ran marathons – and boy, were they hot! Those who were fortunate enough to compete in Boston were greeted by a very hot 80-something degree start! Country Music Marathon was hot as well, but the heat didn't show up until the last half of the race. It sure is hard to run 26.2 miles in those conditions. So, congratulations to all of you who ran marathons this spring. I, for one, am beginning to think spring marathons don't make sense. After all, don't we do this for fun?



Speaking of fun, over the last few weeks I have had to remind myself that racing is supposed to be fun. That has been hard to remember, especially considering some of the e-mails I have received about less than perfect race experiences some folks had at the Chattanooga Chase. I am thrilled that Jeff Hollingsworth came forward and agreed to direct the race, as we were in danger of eliminating the Chase from the race calendar because we didn't have a race director. There were some issues with equipment and the course, but all in all, I consider the race a success because 1) we had increased participation over the last few years, 2) a new non-profit organization was added to the list of those that the CTC supports, and 3) Jeff has agreed to come back and direct the race again. However, in an effort to focus on high quality events, the Board will look at this event and we will do our best to address the issues that several of you have emailed me about.

There are lots of positive things in the works. Looking ahead, we have a great roster of summer events on the way. There is an energetic group working hard on the Blue Cross Riverbend Run. I am expecting great things for that race this year. Later in June, the CTC will sponsor the Dam Triathlon. We have a very busy programs committee that is working on bringing new parties and programs to the club. Bill Brock is working on redesigning our website to better serve the members. John Walker has done some great things with membership – members can now join or renew on active.com. I have had some great conversations with the city about how we can work together to promote running and our races as part of the Outdoor Initiative.

Finally, let's pause to remember that this is a volunteer organization. I am amazed at the amount of time and energy that so many of you devote to our club, despite full plates that include full time jobs, families, and other commitments. I want to take the time to thank the folks that make it possible for us to run, competitively or non-competitively, in Chattanooga. Thank you for all that you do!

See you on the road,

Linda Andreae
CTC President

Be sure to read Pat Hagan's letter to
RUNNERS'
WORLD
on page 4

CTC Upcoming Race Schedule

06/19 BlueCross Riverbend Run*
(5K)

Rita Fanning
ritafanning@mindspring.com

06/27 Chattanooga Dam Triathlon*
(1.5K/48K/10K)

Note: JMROY* points for
volunteer only
Teresa Potts
tpotts@personal-fitness.com

08/14 Missionary Ridge Road Race*
(4.7 Miles)

Dan and Ron Bailey
ron.bailey@ubs.com

**08/19 Greenway Cross
Country Meet***
(4 Miles)

John Wikle
jwwikle@comcast.net

**09/06 Fellowship of
Christian Athletes 5K***
(5K and 5K Walk)

Note: JMROY* points for
5K race
Chad Varga
slpr123@aol.com

09/11 UTC Cross Country Meet*
(5K)

Bill Gautier
bill-gautier@utc.edu

09/18 Symphony Classic*
(5K)

Barbie Standefer
bstand@comcast.net

09/26 Race For The Cure*
(5K)

Note: Non-CTC event,
JMROY* points only
Rita Fanning
ritafanning@mindspring.com

10/09 Stump Jump Trail Races
(50K and 11 miles)

Mike Owens
stumpjump50k@aol.com

* Joe McGinness Runner of the Year (JMROY)
** JMROY Points Only for Marathon

Please see www.chattanoogastrackclub.org
for a complete list of events past
and present, further rules, changes
and regulations.

Chattanooga Chase and Greenway have
new race directors, and are back on
schedule for 2004.

Ocoee Run will be an informal, no frills
event.



Embracing the BlueCross Riverbend Run

By Sonia Moss

5K Run (3.1 Miles)	1 Mile Fun Run and Walk
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Atlanta has the Peachtree. Spokane has Bloomsday. Boston has the Boston Marathon. San Francisco has Bay to Breakers. Charleston has the Cooper River Bridge Run. Chattanooga has the **BlueCross Riverbend Run**.

This is the first time in several years that the BlueCross Riverbend Run is a Chattanooga Track Club event. The club wants to make this race our "Peachtree". It won't happen this year; and it probably won't happen the next; but it will happen if the members will embrace this race as those in other cities have embraced their "Peachtree".

This year's Chattanooga Track Club board has made the growth of the BlueCross Riverbend Run one of their goals. What a perfect race to draw participants from around the country as well as from around Chattanooga. The race takes place on the last day of the Riverbend Festival. And everyone around here knows that the last night of Riverbend means a great

band, this year it's Styx, and spectacular fireworks. The overall male and female winners and masters male and female winners will receive their awards and cash (yes, cash) prizes on the Coca-Cola stage at Riverbend that night.

Race sponsor, BlueCross BlueShield of Chattanooga, has graciously included cash prizes this year. The overall male and female winners will receive \$100 each with the master's winners receiving \$50 each. Prize money may grow as the race grows. The expansion of the race to include a 10K has been discussed.

To make this race the pride of Chattanooga, several things must happen. First, a good sponsor must be committed to the race. BlueCross is excited to be a part of this event. Second, a good organization must be committed to the race. The Chattanooga Track Club board is committed. Now it's up to the CTC members.

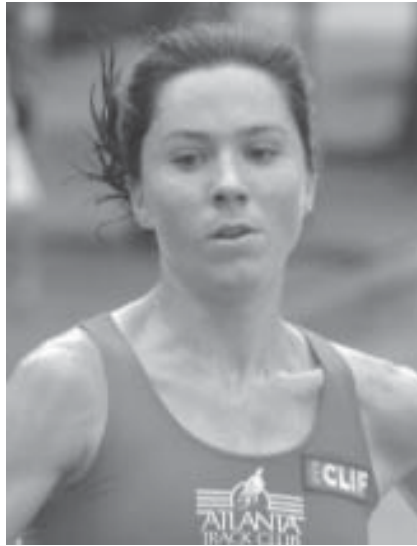
A few weeks ago an email went out (to members of the club with current email addresses listed in the membership roster) asking for volunteers to help with the run. Club members came through with flying colors. All remaining volunteer positions were filled within 10 days of that email. A big thank you to all who volunteered. If you did not receive an email, you may need to update your email address with John Walker, jrwalker@tva.gov.

All the race needs now is participants, that means members, members' children, members' neighbors, members' co-workers, members' friends, members' great aunt Myrtles, members'I think you get the picture. The low entry fee of \$10 for children twelve and under and seniors sixty and over and \$15 for everyone else, makes this an affordable event for the entire family.

The feature race is a 5K starting and ending near the BlueCross BlueShield (gold) building at 801 Pine Street. The

course goes through downtown Chattanooga, crosses the Walnut Street Bridge, and comes back on the Veterans' Bridge. Awards will be given to the first three overall male and female and first three masters male and female. There is a 5K wheelchair category as well as 14 different age group categories for male and female. There is also an out and back 1-Mile fun run/walk that starts five minutes after the 5K. Wheelchairs and baby strollers are encouraged.

Post race refreshments will include Powerade, Dasani water, Panera Bread bagels, fruit, and something new – Smoothies.



For more information about the BlueCross Riverbend Run, go to www.riverbendfestival.com or call 423-309-1278

It's not too late to enter. Registration and packet pick-up is going on now from 5:30 to 9:30 p.m. at the Riverbend Festival (except Monday), and you don't actually have to enter the festival to register and get your packet. Just go to the BlueCross Riverbend Run tent located on Chestnut Street next to the Aquarium. Don't forget to bring Aunt Myrtle, she can't wait to taste a smoothie.

When Running Is More Than Just "Running"

This is a letter written by our own Pat Hagan to the editors at Runner's World in response to a story they ran about Norman Frank who has "run" 841 marathons... - Ed.

RUNNER'S WORLD

Re: True Obsessions, Norman Frank, 841 Marathon Man

Dear RW,
While I admire Norman Frank's dedication, I must question his true marathon count. If you have to start a marathon several hours before the actual start just to finish before everyone goes home, should you count that as running a marathon, or just call it a long run/walk?

The day I have to start a marathon before the actual starting time is the day I will quit running marathons. I have run 148 marathons over 22 years, and have yet to start one early.

Running a marathon should be just that, "running". If you cannot finish before the aid stations close and the finish line is shut down, then you should not be there. I'm far from an elite runner, but I think there should be some standard set.

This would be a good topic to debate in future Runner's World editions.

Thank you,

Pat Hagan, Age 54
423-667-3000
4501 Summit Avenue
Chattanooga, TN 37415
patnlisa2@comcast.net

22nd Annual CTC

Chattanooga Dam Triathlon

Sunday, June 27, 2004

1.5K Swim (.93miles)	45K Bike (24.8 miles)	10K Run (6.2 miles)
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Early Sunday morning June 27th, 600 athletes of all ages will put their months of physical training to the ultimate test as they swim, bike and run their way to cash prizes in the **22nd Annual Dam Triathlon**. Presented by the Chattanooga Track Club, the **Dam Triathlon** is Chattanooga's only Olympic Distance triathlon and consists of nearly a mile swim, a 24.8 mile bike ride and a 6.2 mile run. Participants as young as seven and as old as seventy will begin the open water swim at 7:15 AM leaving from the Chickamauga Dam Recreation Area. Exiting the water, the athletes will jump on their bikes for a hilly two loop ride along Amnicola Highway, Dupont Parkway and across the Chickamauga Dam on Highway 153. The bike to run transition takes place on the Campus of Chattanooga State, which also plays host

to the finish line and awards presentation. Top performers will complete the grueling event in just under two hours while many first timers may take as long as five hours. Spectators are invited to come out and cheer the athletes on. For more information about volunteering or participating, log on the www.chattanooga-trackclub.org.

Local Sponsors include:

LiteSpeed/Quintana Roo, Powerade, Chattanooga Sports Medicine, Southern Coffee, Chattem and 96.5 The Mountain

Contact Information:

Race Director: Teresa Potts Wade
tpotts@personal-fitness.com
Sponsorship Coordinator: Sarah Bowen
sbowen@wrcbtv.com

Make the Stump Jump Your First 50K

By Matt Sims

Training for a 50K takes time and devotion to the sport of running. It is a landmark in many peoples running career and merely a stepping stone for others.

People ask me all the time whether or not the Stump Jump is a good first time 50K. My response is that any 50K is a good first time 50K. There are obviously some 50K races that have easier terrain or fewer hills, but doing the 50K is not the hard part. Training for the 50K is the hard part.

If you are reading this, you have some interest in breaking into the next level. Many of you are thinking to yourselves, "Why am I considering a 50K when I haven't even run a marathon?" The marathon has such a stigma attached to it, that in many ways I consider training for a 50K much easier. A 50K trail run is merely a long day in the woods. When one approaches the 50K with that attitude the distance is made simple and more fun.

Base Mileage: If you are considering the 50K distance, you should first have a runner's base. If you can answer yes to the three questions below you can complete your first 50K.

1. Do you run 3-4 days a week?
2. Have you been running consistently for two years or more?
3. Can you run 10 miles non-stop?

Training: I feel like training for a 50K properly takes three months. The schedule below should provide a guideline of training for the Stump Jump on October 9th. Our training begins July 1st.

JULY

Week 1 will be our model for training and recovery.

Monday – Rest
 Tuesday – 1 hour run
 Wednesday– 1 hour run
 Thursday – Rest
 Friday – 1 hour run
 Saturday – 1 ½ hour run
 Sunday – Rest

Notice that I am allowing two rest days after my Saturday long run. Notice that I have factored at least two rest days in each week.

Week 2

Maintain 3 days of 1 hour runs; add 10 minutes to the Saturday long run.

Week 3

Monday – 1 hour run
 Tuesday – 1 hour run
 Wednesday– 1 hour run
 Thursday – Rest
 Friday – 1 hour run
 Saturday – 1 hour 50 minutes
 Sunday – Rest

Week 4

Monday – Rest
 Tuesday – 30 minute run
 Wednesday– 45 minute run
 Thursday – 30 minute run
 Friday – Rest
 Saturday – 1 hour 15 minutes
 Sunday – Rest

AUGUST

Week 1 – same as July

Week 2

Monday – 1 hour run
 Tuesday – 1 hour run
 Wednesday– Rest
 Thursday – 1 hour run
 Friday – :30 minute run
 Saturday – 2 hour run
 Sunday – Rest

Week 3

Monday – 1 hour run
 Tuesday – 1 hour run
 Wednesday– Rest
 Thursday – 1 hour run
 Friday – 1 hour run
 Saturday – 2 hour run
 Sunday – Rest

Week 4

Monday – 1 hour run
 Tuesday – 1 hour run
 Wednesday– Rest

Thursday – 1 hour 30 minute run
 Friday – :35 minute run
 Saturday – 2 hour run
 Sunday – Rest

SEPTEMBER

Week 1 – same as Week 2 of July

Week 2

Monday – 1 hour run
 Tuesday – 1 hour run
 Wednesday– Rest
 Thursday – 1 hour run in the morning,
 1 hour run in the evening
 Friday – Rest
 Saturday – 3 hour 30 minute run
 Sunday – Rest

Week 3

Monday – Rest
 Tuesday – 1 hour 30 minutes
 Wednesday– 1 hour 30 minutes
 Thursday – 1 hour 30 minutes
 Friday – Rest
 Saturday – 3 hour 30 minute run
 Sunday – Rest

Week 4

Monday – Rest
 Tuesday – 1 hour in morning,
 1 hour in the evening
 Wednesday– 1 hour in the morning,
 1 hour in the evening
 Thursday – 1 hour in the morning,
 1 hour in the evening
 Friday – Rest
 Saturday – 3 hour 30 minute run
 Sunday – Rest

OCTOBER TAPER

The 8-9 days before the race should consist of no more than 3 days running with no more than 30 minutes each run.

NUTRITION

Nutrition is as important as the training. Often overlooked, and often under estimated.

1. Take in 16 ounces of fluid for every hour of running.
2. Every run that lasts longer than 90 minutes replace electrolytes with a thirst quencher type drink.

Remember that fluid replacement isn't necessary to complete the training run; however it aids in recovery so that your body is able to run again the next day.

While on long training runs, I like to take in solid foods. Some of my favorites are Zone Bars, Balance Bars, bananas or pretzels. These are also good to eat during training, because most 50K runs offer these type foods at aid stations during the race.

TRAIL or ROAD

With all the training you will do, it is realistic to expect 80% of all runs to be done on the road. Try to do runs over 3 hours on the trail. Your familiarity with trail footing and undulating terrain will give you the confidence you need for race day.

The Stump Jump 50K is Chattanooga's premier ultra-marathon. For these 3 training months, play close attention to your body. Buy new running shoes, back off the distance if you feel an injury coming on, and feel free to modify the schedule to suit your needs. If you can stay on course for these 3 months, you will cross the finish line of the Stump Jump 50K, and what a great first time 50K experience you will have had.



Red Cross Runners - left to right. Bruce Pendleton, Disaster Volunteer; David Irwin, Health and Safety Director; Dan Bailey, Chapter Chairman, Track Club Member and 2004 Missionary Ridge Road Race Director.

Historic Missionary Ridge Road Race

Saturday, August 14, 2004

4.7 Mile Run

The 31st Historic Missionary Ridge Road Race will be held on Saturday, August 14, 2004, atop Bragg Reservation. The race will benefit the American Red Cross, and will honor members and former members of the United States Armed Forces.

At 8:00 a.m. runners begin the 4.7-mile course which is shaded by trees with two major hills, while the rest of the course is gently rolling. All runners will receive a patriotic-themed T-Shirt. Free shuttle service will be provided from First Lutheran Church (2800 McCallie Avenue) beginning at 6:30 a.m. Registration begins at 6:45 a.m. Pre-registration is \$15; late registration is \$18. CTC members will receive a \$1.00 discount. Drawings for prizes will be held after the awards ceremony. A noncompetitive Kiddie K has been added this year which begins at 9:00 a.m. Pre-registration for the Kiddie K is \$5; late registration is \$7. In addition to receiving a T-Shirt, each Kiddie K participant will receive a ribbon.

A lap around the ellipse at Bragg Reservation will be walked by every member or former member of the Armed Forces. Honorariums may be purchased for \$10 each prior to or at the race to honor any of these individuals. The honoree's name will be printed on an honorarium which will encircle the ellipse at Bragg Reservation. During the honorary service those names will be announced by a local dignitary.

This year's Missionary Ridge Road Race provides runners with a challenging course and the opportunity to honor former and present military service members while benefiting the American Red Cross.

Participants can register at [active.com](http://www.active.com/event_detail.cfm?event_id=1146229) http://www.active.com/event_detail.cfm?event_id=1146229.

2004 Chattanooga Chase Recap

By Bill Minehan

Great weather and renewed enthusiasm for the run created a draw of more than 200 people to last May's Chattanooga Chase, which is the oldest running tradition in the Chattanooga Area. The run was sponsored this year by the Kiwanis Club, who will host the event again next year. First Time Race Director Jeff Hollingsworth did an outstanding job in conjunction with the Chattanooga Track Club.

5K Road Race

Female Overall Results

1 6 Emily Scarbrough 20:58

Female Masters Overall Results

1 26 Liz Davenport 26:18

Female Grand Masters Overall Results

No Entries

Female Age Group 1-14

1 43 Ryann Satterfield 34:11

Female Age Group 15-19

1 10 Tiffany Hoover 22:17
2 45 Lauren Ganaro 38:06

Female Age Group 20-24

1 14 Cara Standifer 23:34
2 22 Emily Iracane 25:48

Female Age Group 25-29

1 21 Christina Rogers 25:40
2 37 Jana Thompson 31:26
3 46 Yang Im 38:07

Female Age Group 30-34

1 23 Karina Botterfield 26:00
2 34 Cecilia Landa 29:32
3 35 Jennifer Miller 30:19

Female Age Group 35-39

1 31 Merrile Stroud 28:15
2 42 Nancy Glascock 33:38

Female Age Group 40-44

1 29 Lizzer Graham 28:13
2 30 Kristin Davenport 28:15
3 33 Cindy Harbour 29:22
4 41 Hazel Bell 32:34

Female Age Group 45-49

1 27 Andrea Crouch 27:06
2 40 Teena Gravitt 32:14

Female Age Groups 50-54, 55-59, 60-69 and 70-99

No Entries

5K Road Race

Male Overall Results

1 1 Tarmo Vinkums 16:29

Male Masters Overall Results

1 2 Van Townsend 16:32

Male Grand Masters Overall Results

1 11 Clift Goodlet 22:19

Male Age Group 1-14

1 17 Marco Bianchini 24:16

Male Age Group 15-19

1 7 James Bass 21:07

Male Age Group 20-24

1 8 Jay Sims 21:27
2 9 Jimmy Moncrief 22:12
3 12 Tim Vita 22:35

Male Age Group 25-29

1 4 Ryan Ranall 20:21
2 13 Nick Dupey 22:53
3 15 Beau Wendholt 23:37
4 28 Michael Williams 27:58
5 36 Jason Sims 30:57
6 44 Lex Oren 35:00

Male Age Group 30-34

1 16 Chuck Thompson 23:54
2 19 Bo Chamberlain 24:33

Male Age Group 35-39

1 3 Joe Sneed 17:21
2 18 Scott Guess 24:23

Male Age Group 40-44

1 5 James Zahn 20:49

Male Age Group 45-59

1 25 Don Lastine 26:12

Male Age Group 50-54

1 20 David Klinger 25:28
2 39 Larry Sims 31:37

Male Age Group 55-59

No Entries

Male Age Group 60-69

1 24 David Wycherley 26:09
2 38 Phil Thomas 31:36

Male Age Group 70-99

1 47 Bruce Mcduffie 40:32

8K Road Race

Female Overall Results

1 11 Jan Gautier 33:01

Female Masters Overall Results

1 56 Connie Mills 40:57

Female Grand Masters Overall Results

1 95 Sue Anne Brown 45:14

Female Age Group 1-19

1 77 Amanda Dullen 43:06
2 112 Jennifer Gordon 47:56

Female Age Group 20-24

1 31 Stacy Guess 37:13
2 115 Erica Hutsell 48:28

Female Age Group 25-29

1 13 Mandy Oakes 33:25
2 47 Annemieke Blackman 40:14
3 117 Rebecca Northern 49:10
4 137 Emily Breeding 57:52

Female Age Group 30-34

1 36 Christie Sell 38:22
2 37 Lea Kristin Parsley 38:36
3 64 Sissy Jones 41:27
4 89 Brittany Roberts 44:26
5 110 Sonya Reagor 47:29
6 126 Dreama Campbell 50:51
7 128 Natalie King 51:07
8 134 Paige Phillips 53:09
9 135 Kini Thompson 54:29
10 143 Melanie Grant 1:01:43

Female Age Group 35-39

1 30 Kate Roach 37:12
2 57 Tammy Moore 40:58
3 66 Missi Johnson 41:45
4 90 Stephanie Powell 44:29
5 91 Melissa Smeltzer 44:31

Female Age Group 40-44

1 67 Janice Cornett 41:48
2 82 Dale Tillman 43:50
3 124 Jean Wenn 49:39
4 140 Joan Snider 58:20

Female Age Group 45-49

1 63 Colleen Gordon 41:22
2 94 Melodie Thompson-Smith 44:40
3 101 Colleen Vanloh 46:02
4 121 Sheila Guess 49:25
5 136 Lenora Pou 54:31
6 141 Stephanie Sorrack 58:21
7 142 Lisa Eaves 58:37

Female Age Group 50-54

No Entries

Female Age Group 55-59

1 132 Patricia Cory 52:10

Female Age Group 60-99

1 145 Girtie Locke 1:04:59



8K Road Race

Male Overall Results

1 1 Gene Phillips 30:30

Male Masters Overall Results

1 2 Mitch Keebler 30:32

Male Grand Masters Overall Results

1 29 Sergio Bianchini 37:12

Male Age Group 1-19

1 14 Jason Malaney 33:39
2 69 Tyler Keys 41:56
3 113 Anthony Williams 48:04

Male Age Group 20-24

1 6 Adam Bryan 31:35
2 7 Kyle Smith 31:59
3 53 John Hollingsworth 40:50
4 93 Jay Sims 44:32
5 103 Rocky Lepere 46:31
6 104 Jeff Ross 46:35

Male Age Group 25-29

1 3 Nick Wilkinson 30:37
2 9 William Montgomery 32:48
3 10 Jeremy Crane 32:52
4 20 Casey Blackman 36:02
5 22 Ryan Ranalli 36:15
6 38 Robert Jefferson 38:37
7 40 Jason Weathers 39:11
8 45 Brian Baker 39:49
9 84 Erick Baird 44:01
10 88 Kevin Boehm 44:23
11 92 Beau Wendholt 44:32
12 108 Rusty Mawk 47:17
13 131 Matthew Rogers 51:52

Male Age Group 30-34

1 18 Christopher Cantrell 35:17
2 21 Brad Harvey 36:02
3 28 John Holden 37:11
4 34 Mauricio Lino 38:16
5 44 Andy Gill 39:44
6 49 Jay Sizemore 40:16
7 60 Maury Nicely 41:00
8 61 Scott Shaw 41:01
9 127 Philip Stewart 51:05
10 129 David King 51:07

Male Age Group 35-39

1 5 Kerry Hoover 31:27

2 12 Bryant Miller 33:12
3 17 Bernardo Lopez 34:43
4 23 Randall Hebert 36:28
5 24 Randall Bass 36:35
6 25 Les Conner 36:44
7 27 David Moghani 36:59
8 32 Gary Roberts 37:24
9 42 Aaron Mercer 39:23
10 52 Larry Williams 40:29
11 65 Thomas Kale 41:39
12 70 David Richter 42:20
13 73 Clay Powell 42:42
14 74 Bob Lewis 42:47
15 79 Scott Guess 43:19
16 96 Jerry Hoffer 45:20
17 116 William Thornton 48:56
18 120 Jackie Whitlock 49:23

Male Age Group 40-44

1 4 Mark Miller 31:08
2 8 David Martin 32:22
3 19 Chuck Denham 35:54
4 26 Paul Vankooten 36:58
5 35 Doug Torrance 38:21
6 46 Rick Adams 40:12
7 58 Joey Howe 41:00
8 59 Eric Carlson 41:00
9 78 Steven Bush 43:17
10 81 Jeff Jones 43:36
11 97 Howard Reager 45:33
12 105 John Bode 46:46
13 107 Steve Smalling 47:17
14 133 Ioa Wagner 52:26
15 139 Scott Snider 57:56

Male Age Group 45-49

1 15 Don Gregg 33:40
2 16 Jeff Stracener 33:49
3 43 Sam Hale 39:34
4 48 Michael Leary 40:15
5 50 Bob Ames 40:20
6 62 Cliff Milam 41:17
7 83 Eric Lamport 43:58
8 102 Bill Broll 46:03
9 114 Clauce Hagon 48:10
10 130 David Denny 51:52
11 144 Ronnie Leffew 1:04:15

Male Age Group 50-54

1 33 Randy Wood 37:29
2 39 Ken Howcroft 38:42
3 54 Butch Cooke 40:51

4 68 William Payne 41:53
5 75 Dennis Henderson 42:48
6 76 Mike Mason 43:00
7 85 Mike Eaves 44:03
8 86 Bob Cutrer 44:06
9 100 Jim Hamblen 45:57
10 109 Richard Burnette 47:19
11 122 Tom Gribben 49:38
12 123 Carter Lynch 49:38
13 125 Bill Colvin 49:45

Male Age Group 55-59

1 51 Tommy Sims 40:21
2 71 Truman Smith 42:22
3 80 Tom Cory 43:24
4 106 Rocco Lepere 47:05
5 111 Louis Anderson 47:31
6 118 Bill Northern 49:10
7 138 Charlie Breeding 57:55

Male Age Group 60-99

1 41 Jesse Roberson 39:15
2 87 Walter Sinor 44:20
3 98 Jim Selman 45:37
4 99 Dan Bailey 45:48
5 119 Norman Elkins 49:13



2004 Greenway Challenge





Breakfast Fun Run

By Melodie Thompson-Smith

It was a warm and muggy morning as some brave souls met at Panera for the Breakfast Fun Run. The goal was to find post-it notes with numbers, which were hidden on the Walnut Street Bridge and the Riverwalk in the wee hours of Saturday morning. The numbers corresponded to prizes I had stashed for the event. Since this was not a large crowd everyone was guaranteed a prize! The giveaways were three 6-packs of beer, socks, Body Glide, pedometers, and Panera Bread gift certificates. There was something for everybody!

After the run we all gathered at the Erlanger/Sports Barn Lifestyles courtyard for bagels, cream cheese, fresh strawberries, grapes, orange juice, coffee, water, and bananas. Truman Smith, who was one of the participants in the hash run, told me I had redeemed myself after I had left him on the side of the road at mile 24 of the Huntsville Rocket City Marathon, which is a whole other story. (Actually, I had offered to stay with him

to help him finish, but he refused my help, as he knew I was trying to qualify for Boston.) Since there were several birthdays around this event we were able to accommodate those people with a birthday prize, too.

We stuffed our guts and had chats about everything and everyone who did not show up for the run, just kidding! After our bodacious breakfast everyone grabbed their swag and proceeded to go about their regular Saturday business.

Everyone that attended thought it was great fun and we should do it again. It did conflict with another race going on that morning, so attendance was not what any of us thought it should be for that much fun.

Also, we would like to thank our sponsors, Panera Bread for the donated bagels and Front Runner Athletics for some of the swag for the Breakfast Fun Run prizes. We hope you join us next year for some fun!!



FRONT RUNNER



A T H L E T I C S



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

4251 Hixson Pike
Chattanooga, TN 37415

cvarga@fronrunnerathletics.com
www.fronrunnerathletics.com

2004 Nashville Country Music Marathon

By Bill Brock

Nashville Country Music marathon was a blast! Terry and Kaye Brock (Chattanooga runners / good friends of Dick Dillard's and many others) offered their house on the river as a dinner gathering point on Friday night for Chattanooga runners, and we had a great time! They've promised to offer their hospitality again next year and several of us discussed doing the same sort of thing for out of town runners as they come in to events in Chattanooga... 'food' for thought?

The race started out very wet, which made for a cool start. Times were a little slower for many, but overall it seemed like a great event for all (Nick Wilkinson ran a 2:41!). Some 60+ runners from our area participated in the event. Richard Meek pulled off those results, and they are posted at: <http://www.grouprun.com/cmm2004.html> for anyone interested!

Read about Sarah Bowen's Country Music Marathon on page 16.





My First Boston Marathon

By Melodie Thompson-Smith

Going to Boston is just about every runner's dream and mine was about to begin. Our morning started early, Jeff Richard, Becky (Jeff's fiancé) and I got up and had our morning bagel, coffee, water and Gatorade about 5 a.m. Then we took the subway to Boston Common and on to one of the early buses to Hopkinton. There we met up with some of my running comrades, Dan Bailey, Walt Sinor and George Skonberg at the runner's tent. It was cool under the tent and we had brought a folding chair, a sleeping bag and large garbage bag to sit on (the ground was wet, muddy and cold) and try to relax as much as possible. It became crowded as time passed by and more runners showed up...we took a few photos (one with Superman and The Flash). It was about 50 degrees under the tent and 80 degrees standing and waiting for the port-o-johns in the sun.

By 11:00 the heat started to set in, we started shedding our warm clothing and into our warm weather running gear and to put our gear bags on the buses and worked our way up to our proper starting corrals. The starting corrals were so hot

with all the bodies squeezed into such small areas, as the streets are very narrow for the first three miles. At noon the race started and I reached the start line a little more than 17 minutes after the masses, it was already sweltering in the heat. It stayed pretty crowded until we reached Ashland. There were spectators 4-8 deep and runners for as far as the eye could see. As there were no leaves on the trees yet and no shade, with all of the asphalt and concrete and bodies, it created a heat sink. It made it feel more like it was in the 90's instead of around 85 degrees. If I would have given a high-five to all the little kids there, I think I would have had more to worry about than the heat, probably gotten a repetitive motion injury to my wrist! Never before have I seen so many little kids watching a race of a bunch of running-crazed adults.

Besides being hot, I got sick about mile 8 and stayed nauseated and had to make several pit stops and keep downing the chewable Pepto Bismal and the Imodium AD. I ran out of my personal medical stash before the end of the race. Since there were so many kids there I did not

want them to see me getting sick and think that running is always about getting sick, I managed to make it to a bathroom just in time when I had to make my several stops. The crowd in Boston definitely propels you along or scares you along. At one point there was a drag queen in a wig, pink chiffon dress, hose and heels handing out refreshments, and I am sure he scared some of the runners into hurrying along the course. One runner was wearing a baseball cap with a stick on the front of it, hanging from the stick was a beer can, and we all had different motivations for finishing that day.

Mile 18 of the marathon is where I saw most of the runners who had gone down for the count and were not going to finish. The medical tents were overflowing and people were lined up on the side of the street waiting to be picked up by an ambulance that day. It was not a pretty sight, so that was my final kick to make me finish. I did not want a DNF by my name.

As you ran through each neighborhood, you could tell what ethnic neighborhood you were in (i.e. Indians in their saris, Muslims in their robes, working Irish and their bars in the background, and Italian neighborhoods with all their food smells and Italian flags). There were neighborhood people everywhere handing out ice chips, water or hosing you down with their garden hoses Wellesley and Boston Colleges had crazed student female spectators trying to get kisses from the marathon men and they were holding up signs, their high-pitched screams were deafening! It was a hoot!

Heartbreak Hill was not that bad for me, as a matter of fact, it didn't faze me at all.

I thought the course was about as difficult as Chickamauga Battlefield Marathon or Huntsville Rocket City Marathon. Heat was definitely the enemy of the day for every runner there on Patriot's Day in Massachusetts. A couple of times between miles 18 and 22 a couple of runners stumbled and I stopped to help them back to their feet.

Coming out of my last pit stop at about mile 25 I heard a familiar voice, it was one of my running partners, Walt Sinor. He was having muscle cramps and I was not feeling so very well myself, we decided to finish together. It made finishing a lot easier with each other's encouragement. When we got to the

finish line we found out runners were not the only ones having problems, the heat was causing problems for some of the spectators and volunteers. Dan's wife had to go to the medical tent. Jeff Richard's had a great finish, but had to go to the medical tent for a couple of hours after finishing. So there you have it...it was as good of a run, none of us expired or had DNF's by our names. Walt & Betty Sinor, Dan & Irene Bailey, Pete and I went out and we rewarded us with some Fred Flintstone steaks and beer...what a day!



The Best Running Gadget Ever

By Matt McLelland

Forget about your DriFit clothing, comfy Thor-lo / SmartWool socks, and high-tech MP3 players. If you think you've found the perfect accessory for your running addiction, get ready to change your mind. My fellow runners, I may have stumbled across something that just might be the best running gadget ever.

My running addiction started a few years after the invention of synthetic fabrics, gas-filled shoes, and walking / running pedometers. And while I'm still pretty green when compared to running wisdom and experience of the Pat Hagan's in our club, I do have a respectable 11 years of running and 17 marathons under my belt...which somewhat qualifies me to make such a claim!

As a technology guy fascinated by just about every electronic gadget ever created, I'm what you might call an "early adopter". This means I tend to pay more since I can't wait to have the latest-n-greatest electronic gadget. My morning running group pokes fun at me for this on a regular basis...but I don't care. So in keeping with my reputation, I immediately purchased a **Garmin Forerunner 201 GPS** running watch the day after I saw it first advertised in *Runners World*.

This thing is truly amazing. The Forerunner not only has the features of your normal running watch, but also an almost full-featured Global Positioning System (GPS). For those of you who aren't familiar with this satellite technology, a GPS receiver can track your precise movements anywhere on earth....down to the nearest 2 feet. So as long as you have a clear view of the sky, the Forerunner can provide precise measurements for your run. This means the Forerunner can give you real time pace, average pace, elevation, steepness grade, ability to visually map your runs, and even help you navigate back to your starting point. It also provides a training mode where the Forerunner automatically triggers a lap when

you reach a specified distance, gives an audible alert when your pace increases or decreases below a preset setting, gives an audible alert when you reach certain preset distances, and even auto-pause when you come to a stop. There are MANY other features too numerous to mention, so for complete details, check out the website:

<http://www.garmin.com/products/forerunner201>.

Personal Review:

Although most of my runs are along pre-measured routes on Lookout Mountain, I still wear this every run so I can download each day into their PC based running software. The software is very impressive as it gives the ability to see a number of pace charts, elevation charts, and of course daily, weekly, monthly, and yearly totals. The watch is extremely precise and measures my every run with pinpoint accuracy. A few weekends ago I ran the Biltmore Estate 15K in Asheville, NC. When I crossed the finish line, it read 9.34 miles (I must have done a little weaving to pick up that extra .04).

Aside from its ability to measure, my favorite feature is the completely customizable screen. At any time you can

see 3 of 19 different calculations. I have mine set for Distance, Time, and Pace. If you're running hills, you may want to trade pace for elevation....it's up to you.

Although I firmly believe the 201 is "The Best Running Gadget Ever", this title does come with two criticisms. First, it doesn't have a light. So if you're an early AM or late PM runner like me, you'd better run near streetlights if you want to see the display. Huge design oversight if you ask me. Secondly, the Forerunner needs a really good view of the sky in order to perform its calculations. GPS technology works as long as the receiver can "see" three of the 24 GPS satellites in geo-synchronous orbit around earth. Normally a complete unobstructed view of the sky allows a GPS to "see" 8 or 9 satellites at a time. But if you're in the woods, near tall trees, or downtown near tall buildings, a GPS receiver usually loses all but 1 satellite – which is not enough to calculate your speed or location (So bad news for you trail runners out there). I ran the Rock Creek River Gorge Run last month and was very disappointed in the Forerunner's ability to maintain satellite contact for over 60% of the race.

However, a few weekends ago I ran the standard 8 mile loop at the Chickamauga Battlefield (which is largely covered with trees) and maintained satellite contact for 90% of the run. When the Forerunner loses contact, it attempts to "guess" your distance between the time you lost contact and the moment it was re-gained....meaning it does have the ability to accurately "fill in the blanks".

There is a "lesser" unit called the 101 which is exactly the same without the re-chargeable batteries. It's a little cheaper, but I'd go for the 201. And while I'm not going to suggest how / where it the best place to find this device, I'll just say: "support your local running stores".



Just When You Think You Know It All

By Sarah Bowen

This August marks my anniversary of 30 years of running. I have never kept count, but conservatively, I estimate that I have taken part in close to 600 road races. So I don't think it is bragging to consider myself somewhat of a know-it-all on all aspects of road racing. But a little incident that occurred in the recent Nashville Marathon reminded me that one can never know it all.

In the normal chaos of early morning marathons, there was the ride to the start in the wee hours of the morning, waiting inside the starting corral in pouring rain for 30 minutes, extensive people-watching provided by the massive sea of humanity a marathon presents, the usual start line chit-chat with people you will never see again in your life, the occasional butterfly in the stomach...you get the picture. Oh wait, I forgot to mention hydrating with a bottle of Gatorade and a bottle of water in preparation for the run. But eventually the rain ends, the anthem is sung, the gun goes off and we are moving.

Fast forward to mile 2 as I begin scanning the sidelines for every runner's familiar friend, the aqua colored port-a-potty. When one was sighted around mile 4, let's just say that was the fastest I ran all day as I sprinted over several fellow runners in search of "relief". But as I whipped inside the all too familiar vestibule and tugged hard on my shorts sheer PANIC struck! My shorts didn't budge.

I looked down and felt the color drain from my face as I quickly realized I had pinned the top of my race number to my tank top and the bottom of my race number to my running shorts and you guessed it.... I might as well have used my vintage 1976 Singer to sew them together as I could not sit down. But with 600 road race experiences to draw upon and what seemed like several minutes of fumbling with safety pins and racking my brain for the moves I saw the Cirque du Soleil performers engage in, I soon was able to emerge from the aqua booth relieved and began the task of weaving my way back into the hordes of runners.

I am none the worse for wear because of my embarrassing experience, but you may find me a bit more humbled knowing how much I still have to learn about road racing. I am so looking forward to the next 30 years of lessons!

FAST=====

BREAK

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Program Survey Request

Attention all CTC Members, the Programs Committee wants your ideas!

In previous years we have had events such as pool parties at Sports Barn-East, cookout at BellSouth Stadium and fun runs. We're looking to expand the number of programs to get us all together to run, eat, drink, but most importantly - have some fun!! These are few of the ideas and things we have done in the past:

- Picnic in a public, open area where we can have planned activities for children and adults.
- Camp out where we can build a fire and have a potluck dinner. No one has to drive home after this event!
- Fun run that will involve local businesses, picking up various articles of clothing and racing to a designated restaurant for the finish. The "winner's" food and drinks will be free. (No timing will be involved)
- Rafting trip down the Ocoee
- Seminar for runners and/or trail runners - Want to see what you can do better? Want to start trail running? This may be for you!
- Breakfast runs ending at Panera or other local breakfast hotspots
- Set up at a local restaurant for watching the Olympics with food and beverages
- Pool party repeated at SB-East
- Cookout at BellSouth

We want to know what you and your family's interest are in the above events and we want to know what ideas YOU have that may not be listed.

Please respond to:

Donna Dravland

(donnaanjanames@comcast.net) or

Melodie Thompson-Smith

(jumpytwo@hotmail.com)

with your ideas and comments on the programs mentioned and maybe we can incorporate them in the fall or winter programs!

2004 Joe McGinness Runner of the Year

May Update

So, we are into the 2004 Edition of the Joe McGinness Runner of the Year contest!! As of this writing, two events have been scored, with the Riverbend 5km on deck. This means that, keeping with the tradition, we are halfway through the calendar year, but only starting the JM ROY contest. It's not too late to dust off your racing shoes, make sure your membership is up to date, mark your calendar with a few race dates and get some points! Also remember that the contest is designed to reward those who consistently run in the CTC events. Up to a point, the more races you can score in, the more points you get. Generally, the overall winners of the contest are both strong and consistent CTC runners, but steady participation in races can overcome strong, but only occasional CTC racers. Check out the web site for the latest updates to the standings.

This year's contest is already being marked with a number of new club runners mixing in with some long standing members to set the pace early. Kevin Phillips, Jan Gautier, Suzanne Demarche, Mark Miller, Sherilyn Johnson, Nick Honerkamp, Chad Varga, Tim Ensign, Jeff Richard, Tom Sell, Sue Anne Brown, Sarah Bowen, Melodie Thompson-Smith, Rebecca Shearer and Christie Sell, are a few of the members dominating the leader boards, but check out the details on the table. Boys and girls, we have a long way to go. Make sure that you note the eligible races on the web, score in the minimum number of races and that you volunteer for at least one CTC event this year to qualify for an award. Also note that we still do not have a date for the Joe Johnson race, so it looks like it is heading back to the fall. We currently understand that they will still be hosting the event this year, so it will remain a ROY event.

While you may have noticed that the Chattanooga Chase did not qualify for points this year, the race continued its streak as Chattanooga's the longest running race, and will be a points race next year, thanks to the Kiwanis Club.

Speaking of last year's contest (was anyone speaking?); there are still a few unclaimed prizes. If you finished in the top 10 of your age group last year, volunteered for a race event and did not receive your award, e-mail me at bminehan@bellsouth.net to arrange a pick up. James Draveland will also be taking on some of the point keeping responsibilities going forward.

Remaining CTC ROY Events

- BlueCross Riverbend 5K*
- Dam Triathlon (vol points only)
- Missionary Ridge*
- FCA 5K*
- UTC Cross Country 5K*
- Race for the Cure 5k*
- Signal Mountain Pie Run
- Symphony Classic 5K*
- Chickamauga Battlefield Mar. (only)
- Joe Johnson 10km
- Wauhatchie Trail Run

* Designates races for junior division points

Questions, concerns, mistakes, gripes, bribes?
For now, contact
Bill Minehan

847-9842(h)
bminehan@bellsouth.net

Joe McGinness Runner of the Year

New Races and Current Totals

	TOTAL	Strides of March	Chickamauga Challenge		TOTAL	Strides of March	Chickamauga Challenge
Overall Men				Michael Martin	50	50	–
M - Mark Miller	120	80	40	Terry Baugh	40	30	10
Kevin Phillips	100	100	–	Butch Cooke	40	40	–
Mike Wagner	100	100	–	Randy Wood	30	30	–
M - Tim Ensign	90	90	–	Paul Conn	20	20	–
David Kyle	90	90	–	Reinhard Zachau	20	20	–
M - Chad Varga	80	80	–	Senior Men			
Jordan Longstreth	70	70	–	Sergio Bianchini	200	100	100
Tom Sell	70	70	–	Walter Sinor	150	90	60
Steve Bontekoe	60	60	–	David Wycherley	110	70	40
M - Mitch Keebler	60	60	–	Doug Hawley	90	90	–
GM - Nick Honerkamp	50	40	10	Jim Selman	80	80	–
GM-Joe Axley	50	50	–	Jesse Roberson	80	80	–
M - Jeff Richard	50	50	–	Bud Wisseman	70	70	–
Junior Men				Harry Ireland	60	60	–
Cody Carlson	180	100	80	Dan Bailey	50	50	–
Chris Guess	160	90	70	Women Overall			
Tyler Keys	140	80	60	Melodie Thompson - Smith	110	90	20
Marco Bianchini	120	70	50	Jan Gautier	100	100	–
Nathaniel Sandidge	100	100	–	Belinda Young	100	100	–
Joey Leahy	90	90	–	Christie Sell	90	90	–
Thomas Walters	40	40	–	Rebecca Shearer	80	80	–
Brently White	30	30	–	Chris Post	80	80	–
Adult Men				Junior Women			
Randall Herbert	140	60	80	Jennifer Gordon	100	100	–
Kevin Phillips	100	100	–	Shelby Hudson	90	90	–
Mike Wagner	100	100	–	Adult Women			
Tom Sell	90	90	–	Jan Gautier	100	100	–
David Kyle	90	90	–	Belinda Young	100	100	–
Jordan Longstreth	80	80	–	Christine Sell	90	90	–
Steve Bontekoe	70	70	–	Chris Post	90	90	–
Brandon Lord	70	70	–	Rebecca Shearer	80	80	–
Robert Jefferson	60	60	–	Vanessa Hammond	80	80	–
David Moghani	50	50	–	Kari Luedtke	70	70	–
Craig Gagliardi	50	50	–	Barbara Ensign	70	70	–
Scott Guess	40	40	–	Jenny Buquo	60	60	–
Randall Bass	40	40	–	Sarah Deyoung	60	60	–
Simon Kasiewicz	40	40	–	Julie Payne	50	50	–
Master Men				Lisa Sims	40	40	–
Mark Miller	160	100	60	Tammy Cook	30	30	–
Tim Ensign	100	100	–	Lisa Mihora	20	20	–
Geary Fults	70	70	–	Paige Phillips	10	10	–
David Presley	90	90	–	Master Women			
Chad Varga	90	90	–	Melodie Thompson - Smith	180	100	80
Mitch Keebler	80	80	–	Suzanne DeMarchi	100	100	–
Jim Steffes	80	80	–	Sarah Bowen	90	90	–
Eric Carlson	60	60	–	Christy Clarke	90	90	–
Jeff Richard	70	70	–	Sherilyn Johnson	70	70	–
Bruce Conn	50	50	–	Linda Andrae	60	60	–
John Gracy	50	50	–	Colleen Vanloh	50	50	–
Ian Harper	40	40	–	Maria Thompson	40	40	–
Don Gregg	40	40	–	Anne Baugh	30	30	–
Grand Master Men				Karen Rogers	20	20	–
Nick Honerkamp	180	90	90	Janice Wycherley	10	10	–
Joe Axley	160	100	60	Grand Master Women			
Terry Webb	160	80	80	Deborah Rhoden	200	100	100
John Walker	100	100	–	Sue Anne Brown	90	90	–
Mike Sikes	100	60	40	Darla Conn	90	90	–
Steve Rogers	70	70	–	Voreata Waddell	80	80	–
Bobby Ogle	70	70	–				
Mark Rhoden	50	50	–				

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Three exercise bands of various resistances and door attachment

Instructions demonstrating band exercises for all muscles groups in upper and lower body

Total package Fee: \$150

FOR MORE INFORMATION CONTACT TERESA WADE AT 490-0465

Personal Fitness Specialists Presents: Think Light

Question: WHAT IS THE THINK LIGHT-LOWFAT LIVING PLAN?

Answer: THINK LIGHT is a 12 week low fat living program to show uninformed individuals how to eat responsibly. There are seven THINK LIGHT habits outlined in the program:

1. If you want less fat on you, put less fat in you
2. Eat foods high in complex carbohydrates and fiber with every meal or snack
3. Eat less, more often
4. Find ways to include enjoyable exercise in your life
5. Think light every day
7. Keep the process of change moving forward by recognizing and stopping negative self-talk before it stops you
7. Always remember there is no such thing as cheating, there is only wandering. Wandering is not wrong or bad, wandering is normal.

THINK LIGHT is not a diet. It is a lifestyle change, and it tackles the issues of boredom and long-term effectiveness. THINK LIGHT not only gives dietetic and exercise support. It also addresses the emotional and mental issues that come with changing your lifestyle.

The Sports Barn restaurant downtown is going to be a key ingredient for the new THINK LIGHT program. Everyday, the restaurant will be providing a THINK LIGHT menu choice. These meals come straight from the THINK LIGHT program.

**PLEASE CONTACT: GRETCHEN HAMMEL: 266-1125 OR 892-4211 (HOME) OR
TERESA POTTS WADE: 266-1125**

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF MAY 4, 2004

ASSETS:

CASH	\$26,321.61
EQUIPMENT (AT COST)	<u>12,500.69</u>
TOTAL ASSETS	\$35,283.21

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 630.45
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EQUITY:

RETAINED EARNINGS	<u>34,652.76</u>
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TOTAL LIABILITIES & EQUITY: **\$35,283.21**

STATEMENT OF REVENUES & EXPENSES

JANUARY 1 - MAY 4, 2004

REVENUES:

DUES & OTHER REVENUE	\$12,434.80
RACE RECEIPTS/SPONSORSHIPS	<u>1,909.00</u>
TOTAL REVENUE	\$14,343.80

EXPENSES:

RACE DISBURSEMENTS	\$ 95.05
EQUIPMENT REPAIRS	812.02
NEWSLETTER EXPENSES	3,256.43
INSURANCE	1,441.50
MEETINGS & EVENTS	2,406.49
POSTAGE	301.70
DONATIONS	250.00
OTHER EXPENSES	<u>867.29</u>
TOTAL EXPENSES:	9,430.48

NET INCOME (LOSS): **\$4,913.32**

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Area Race Calendar

CTC and other local and area running and multi-sport events

RUNNERS: 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.

JUNE

19 - BlueCross Riverbend Run

5K (certified) and 1-mile fun run and walk.

Site: downtown Chattanooga, starts and finishes at BlueCross BlueShield's gold building at 801 Pine Street

Contact:

Rita Fanning
phone: (423)309-1278 or visit
www.riverbendfestival.com

27 - Chattanooga Dam Triathlon

1.5k Swim, 48k Bike, 10K Run.
(423)266-4282, Tennessee State Championships.

Contact:

Teresa Wade
e-Mail: tpotts@personal-fitness.com

JULY

4 - Peachtree Road Race

10K Run.

Site:Lennox Square, Atlanta, GA.

11 - Tellico Sprint Triathlon,

800 Yard/Sprint, 17Mile/Bike, 3 Mile/Run.

Site:Lenoir City, TN.

AUGUST

7 - Pigeon Forge Midnight Road Race

8K Run.

Site:Pigeon Forge, TN.

Contact:

Liane Teaster
414 Tiger Drive
Pigeon Forge, TN 37863
e-Mail: teaserl@k12tn.net.

11 - XXVIII Olympic Games

Through August 29th.

Site:Athens, Greece.

14 - Missionary Ridge Road Race;

4.7 Mile Race and 1K Kiddy Run.

Details will be available on
www.chattanoogaclub.org

Contact:

Don or Ron Bailey
e-Mail: dbailey@am.water.com

15 - Sports Barn Sprint Triathlon

.25 Mile/Sprint, 9 Mile/Bike,
2 Mile/Run.

Details are available on
www.chattanoogaclub.org

Contact:

e-Mail: tpotts@personal-fitness.com

19 - Greenway Cross Country Races

Open and Student Race Format.
Details will be available on
www.chattanoogaclub.org

21 - Cleveland Professional Firefighters

5K Run

Site:Cleveland, TN.

SEPTEMBER

5 - Tupelo Marathon and 14. 2 Mile Run

Site:Tupelo, MS.

6 - Fellowship of Christian Athletes 5K

Details will be available on
www.chattanoogaclub.org

Site:Chattanooga State

Community College,
Amnicola Highway, Chattanooga.

6 - U.S. 10K Classic

Site:Atlanta, GA.

11 - UTC Cross Country Race

Details will be available on
www.chattanoogaclub.org

Site:Moccasin Bend Course,
Chattanooga, TN.

18 - Symphony Classic 5K

Details will be available on
www.chattanoogaclub.org

Site:Downtown Chattanooga, TN.

e-Mail: bstand@comcast.net

26 - Komen Race for the Cure

1 Mile Run/Walk and

5K Race/Run/Walk.

Details are available on

www.chattanoogaracefortheure.com.



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BULLETIN BOARD

Event name: Franklin Classic
 Event type: Running
 Event date: September 6, 2004
 Event start time: 7:00 AM
 City: Franklin
 State: Tennessee
 Location: Five Corners
 Address: 611 West Main Street
 Phone number: 615-791-5219
 Web site: www.franklinclassic.org
 General info: 5K run & walk, and 10K run
 Registration fees: \$20 pre registration until September 1, \$25 after
 Distances: 5K and 10K
 Proceeds benefit: Mercy Children's Clinic
 Certification: USATF certified
 Awards & prizes? Yes
 Clydesdale/Athena: No
 Chip timed? Yes
 Contact phone: 615-791-5219
 Contact name: Marty Blair
 Contact email: info@franklinclassic.org
 Contact mailing address: Mercy Children's Clinic
 112 9th Avenue South
 Franklin, TN 37064

Fall Marathon Training

Interested in training for a fall marathon? Want some company on those long runs? Check out grouprun.com for weekly run schedules and/or email billandlaura@grouprun.com to get added to the weekly run notice list. Most runs head out from the downtown YMCA at 6:30am on Saturdays, while some longer runs are held down at Chickamauga Park. Beginners and experienced alike, pace ranges from very slow to a good deal faster and lots in-between, everyone is welcome and encouraged. It's about the miles and the smiles – please join us!



Please send
 your bulletins to
bbrock@tech-projects.com

Make checks payable and return to:

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



MEMBERSHIP APPLICATION

Annual Membership (Check One): Family (\$36/year)
 Individual (\$24.00/year)
 Student (\$18.00/year)

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Street: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

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

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

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

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