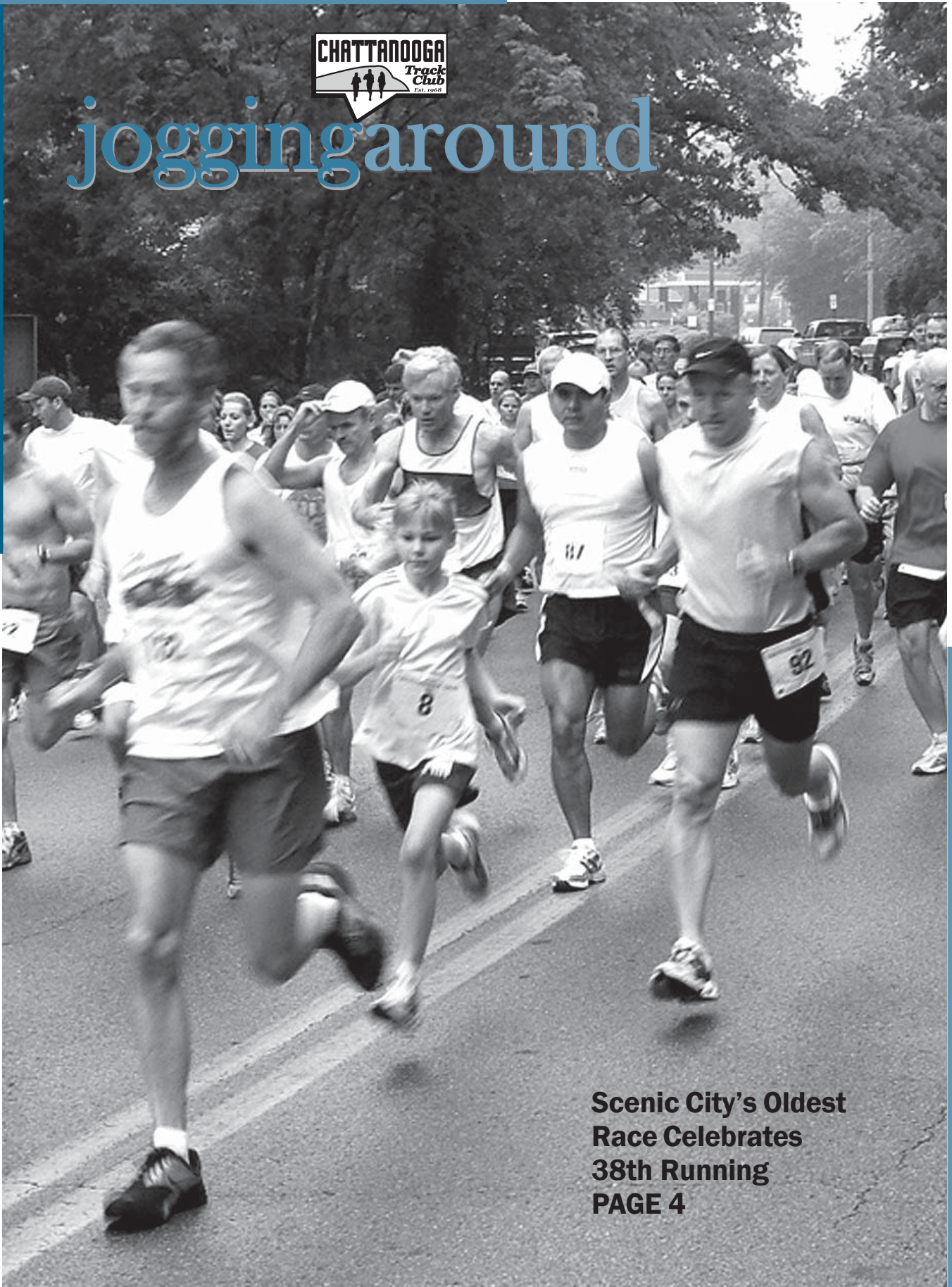


1ST ANNUAL KING OF THE MOUNTAIN ROAD RACE (8)

BRUNCH FUN RUN (5) • COUNTRY MUSIC MARATHON (7)



# joggingaround



**Scenic City's Oldest  
Race Celebrates  
38th Running  
PAGE 4**

OFFICIAL NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JUNE 2005

VOLUME 37, ISSUE 3

## 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 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.*



# joggingaround

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## Jogging Around

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

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## Welcome New and Returning Members

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Craig Cott  
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GARY FULTS  
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Joanna Johnson Family  
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Chris Kleehammer Family  
Dewayne Knight  
Donald McArtor  
Bruce McDuffie  
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Kate Roach  
Matt Sims Family  
Phil Stewart Family  
Mary Stoetzner

# Words from the Prez's Perch

## Notes From New Orleans

I left town around 10am on Thursday (the 12<sup>th</sup>) headed to New Orleans for the national Road Runners Club of America (RRCA) Convention. Given the pace of work since we got back from California (Big Sur and then a full week off on Hwy 1 and then San Francisco – Laura and I had a BLAST!), the eight hours solitary drive time was a welcome respite.

On the recommendation of John Walker (3:05 Grand Masters Winner at the December Memphis Marathon and club Treasurer), our board decided that one of us needed to attend the RRCA convention this year. I'm very grateful that turned out to be me.

I knew I'd hit on something special on our first group run Friday morning at the historic Metairie Cemetery. All graves in New Orleans, by the way, are above ground tombs – pretty much a necessity when your city is below sea level...

Two school buses of runners were let off at the cemetery at 6:30am on Friday the 13<sup>th</sup> to run together on a relatively cool and only mildly humid (for New Orleans) morning. In spite of the date, I was extraordinarily lucky to find myself pacing with David Samuel who, as it turns out, is the current director of the southern region for RRCA – pretty much the best instant intro I could've been given to RRCA and especially to the other clubs in our region.

I'd give anything to be able to relate all that I learned and, more importantly, felt over the following two days. The best I can do is a synopsis of sorts, so here goes...

- There are clubs like ours with members like us all over the country. They all love running, want to run together and want to let others know about how much fun it is to run and to run with others.
- There is a club in Billings Montana that is about our size – mid-300's. They do not have a director and they do fewer events than we do.
- New Orleans Track Club has 2800 members, does 40+ events a year and has a full-time event director/coach and some part-time staff also. I am sold on doing the Crescent Classic.
- There is a club in Birmingham very similar to ours. Danny Harrelson is the president and his wife Mickey (use to be Whitsed) is originally a Chattanooga resident. They would love for our clubs to run each other's events and see each other's cities...
- Newsletters run the gamut and the consensus is that virtually all club members appreciate them in whatever form they come in (biggest draws: pictures, race results and stories).
- We (running clubs) generally don't charge ourselves enough vs. what other clubs pay to themselves for their services.
- Races are the most important thing we all do, while the quality and level of participation in our races is totally dependent on other factors such as membership, public relations (PR), and the quality of the event year in and year out.
- Leveraging technology (web and email) has become essential to club health over all.
- PR is all about consistency in communications with all media.
- We need to send at least one or two members to the RRCA convention every single year. Period.
- We need to host an RRCA convention here sometime in the next three or four years.

On Sunday morning, I headed out for my drive back home. When I headed out on Thursday, I was pretty much consumed with all of the work that I was leaving behind and that I was going to be returning to when I came back. My drive back was markedly different. Not surprising, I suppose, after spending a couple of days with a bunch of other runners talking about running and sharing the experience with others. It was a beautiful day, light traffic – just enough for company. Sometimes, knowing you are in good company can make all the difference.



Bill Brock  
CTC President



## CTC Upcoming Race Schedule

Includes all CTC affiliated races and all non-CTC races that count toward Runner of the Year (ROY).

### 6/18 BlueCross Riverbend Run \* (5K)

Site: Chattanooga, TN  
ritaflanning@mindspring.com

### 7/17 Chattanooga Waterfront Triathlon \* (1.5K/48K/10K)

Site: Chattanooga, TN  
faye@team-magic.com

### 8/6 Missionary Ridge Road Race \* (4.7 Miles)

Site: Chattanooga, TN  
www.chattanoogatrackclub.org

### 9/5 FCA 5K \* (5K)

Site: Chattanooga, TN  
www.chattanoogatrackclub.org

### 9/10 UTC Cross Country Meet \* (5K)

Site: Chattanooga, TN  
www.chattanoogatrackclub.org

### 9/17 Symphony Classic \* (5K)

Cynthia Fagan  
Site: Chattanooga, TN  
www.chattanoogatrackclub.org

### 9/25 Komen Race For The Cure \*, \*\* (5K)

Site: Chattanooga, TN  
www.chattanoogatrackclub.org

\* Joe McGinness Runner of the Year (JMROY)  
\*\* Non-CTC Event

Please see [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) for a complete list of events past and present, further rules, changes and regulations.



## Goetz, Gautier Chattanooga Chase champs

By John Hunt

Joseph Goetz had his way with the 38th running of the Chattanooga Chase on a Memorial Day Monday morning. It seems that Jan Gautier had her usual outstanding performance as well. Both claimed overall titles the Scenic City's oldest race.

Goetz, a 22-year-old finance major at UTC, broke from the starting line at Riverview Park and never looked back as he covered the scenic and hilly 8K course in 27 minutes, 56 seconds to soundly defeat runner-up Hugh Enicks, who finished a distant second in 29:29.

It was the first time either of them had raced on this course, although both were introduced to it this week and ran it one time.

That wasn't the case in the women's division as Gautier prevailed for the seventh time in seven attempts, finishing sixth overall with a 31:27. Stacey Guess was the second female as she was 26th overall in 34:50.

Hot, humid weather is more the rule than the exception for this event, but temperatures at the start were abnormally cool and the overcast skies made running conditions almost perfect. A light rain fell at the start.

Goetz will be joining the UTC cross country team in the fall. He proved he's ready to compete at the next level after earning all-state honors in cross country at Chattanooga Christian.

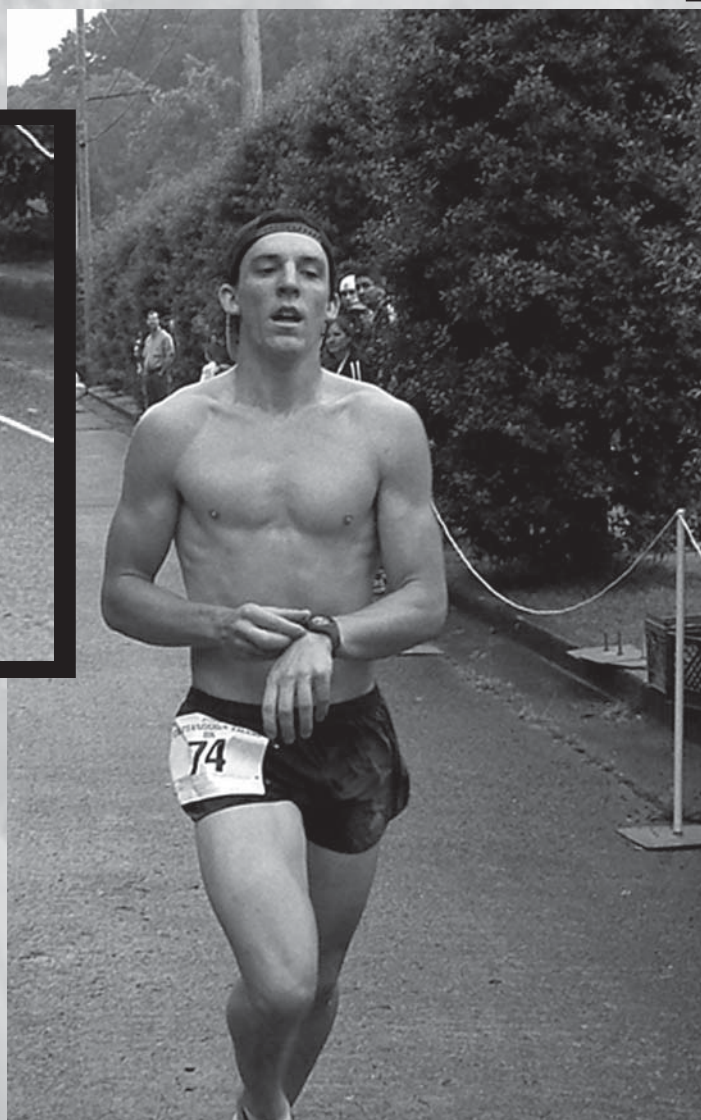
"It was a fun run today, but Joey Howe showed me the course on Wednesday, so I knew it was tough in places. I just wanted to run as easy as I could and still win, but coach (UTC's Bill Gautier) has gotten me in great shape. I have a big summer of training ahead of me, but I wanted a good workout today and it turned out well.

"I think all of the faster runners went to Huntsville to run the Cotton Row 10K and that opened the door for me. I went out pretty hard on the first mile, but I was kind of chilling after that. And once you get to the top of Minnekahda, you can relax for the next two miles," he added.

Enicks is more than twice the age of Goetz, but that didn't seem to slow him down. A senior ROTC instructor at Red Bank High, the 45-year-old Enicks had a pretty good experience.

"I wanted to break 30 minutes, so I'm extremely pleased. I ran this course last Sunday for the first time as I had Rodney Stoker on the cell phone and he told me where to turn as I went along.

"This young boy led me up Minnekahda, but once I got to the top, I was flying the rest of the way and took off from there. I'm absolutely thrilled with the results today," Enicks said. Gautier has battled a nagging injury in recent months and hasn't been competing at the level she once did, but she did what she had to do to prevail in this race again.



"I just wanted to go out hard and hold on as long as I could," the 39-year-old Baylor teacher said afterward.

"I've always liked this race as it has a little bit of history to it and it's one of Chattanooga's traditional events. I was happy with today's race and I love that downhill stretch. When I get to that point, I realize that I have a chance. It hurts going up, but the other side is nice. I never looked back to see where anyone else was, although I wanted to. And I was happy with my first mile. I haven't been under six minutes in a long time," she concluded, noting that her first split was a 5:47.

Enicks was the men's Masters champ while Sarah Bowen claimed the Masters' title for women with her 39:02, which was 53rd overall. Loudon's Robert Barber and Ringgold's Amy Mullins were Grand Masters winners.

Trevor Howarter, a standout runner for Walker Valley, was the winner of the 5K with a 16:58. Debby Gifford Vannoy was the women's winner as she was 11th overall in 21:01.



There were some other noteworthy performances, including those by Robert Gustafson, Bernardo, Lopez and Bruce McDuffie. The 34-year-old Gustafson ran an impressive 3:08 in the Bayshore Marathon on Saturday and came back less than 48 hours later to post a 33:02 on Chattanooga's toughest course, finishing 15th overall and second in the men's 30-34 age group.

Lopez had a productive day as well as he was 11th overall in the 8K with a 32:49 before taking fourth overall in the 5K with a blistering 19:07. McDuffie lives on the downhill part of the 8K course, but he chose the shorter race and matched his age with his 84th-place finish time of 45:52.

Proceeds from this year's event benefit Chattanooga's Victim Offender Reconciliation Program (VORP).



# Chattanooga Chase Results – 2005

## 8K RESULTS

### FEMALE AGE GROUP: 1 - 19

1	Caitlin Duggan	10	Chattanooga	TN	40:45
2	Karra Leary	18	---	---	48:29

### MALE AGE GROUP: 1 - 19

1	Bo Benge	18	Ooltewah	TN	29:58
2	Cody Carlson	16	Cleveland	TN	32:57
3	Will Enicks	17	Cleveland	TN	33:53

### FEMALE AGE GROUP: 20-24

1	Laurie Cook	21	---	---	35:22
2	Meghan Chismark	23	---	---	36:51
3	Michelle Meek	24	Chattanooga	TN	38:57
4	Sarah West	24	---	---	41:49
5	Emily Campbell	21	Cleveland	TN	46:54
6	Kristin Leffew	24	---	---	47:06
7	Sarah Smith	22	Trenton	GA	50:28
8	Elizabeth Forscutt	23	Ringgold	GA	53:29

### MALE AGE GROUP: 20-24

1	Joseph Goetz	22	---	---	27:56
2	Justin Silberman	23	Chattanooga	TN	36:25
3	Nik Meeks	23	---	---	38:00
4	Drew Smith	21	Chattanooga	TN	40:01

### FEMALE AGE GROUP: 25-29

1	Stacey Guess	25	---	---	34:50
2	Lana Sain	28	---	---	40:31
3	Jean Pitts	29	---	---	52:24

### MALE AGE GROUP: 25-29

1	Eric Silberman	28	Chattanooga	TN	35:41
2	Brandon Herring	25	Dalton	GA	39:31
3	Rusty Mawk	28	Hixson	TN	42:30
4	Chris Pesu	29	---	---	45:37

### FEMALE AGE GROUP: 30-34

1	Nancy Divasto	31	Chattanooga	TN	36:07
2	Lisa Barrett	31	Ooltewah	TN	39:52
3	Dreama Campbell	32	Chattanooga	TN	40:14
4	Heather Anderson	33	---	---	40:43
5	Sara Deyoung	30	---	---	40:45
6	Lisa Mihora	31	---	---	40:58
7	Deanna Ghormley	32	---	---	42:34
8	Tammy Jackson	34	---	---	43:32
9	Karina Butterfield	33	---	---	45:39
10	Lisa Simone	34	Chattanooga	TN	49:04
11	Barbie Stewart	34	---	---	49:05

### MALE AGE GROUP: 30-34

1	Chris Wilson	32	---	---	32:22
2	Robert Gustafson	34	Ringgold	GA	33:02
3	Jacob Richardson	30	---	---	33:09
4	Chad Wamack	34	---	---	34:09
5	Jay Sizemore	33	---	---	37:47
6	Adam Burnett	30	---	---	37:57
7	Chad Monroe	32	---	---	38:16
8	Alvin Billones	34	Chattanooga	TN	45:59
9	Phil Stewart	32	---	---	46:58

### FEMALE AGE GROUP: 35-39

1	Jan Gautier	39	---	---	31:27
2	Kelly Bullock	38	---	---	36:00
3	Joanna Johnson	37	---	---	41:57
4	Sonya Reagor	35	---	---	43:13
5	Danna Vaughn	39	---	---	46:55

### MALE AGE GROUP: 35-39

1	Tom Sell	38	---	---	31:13
2	Bernardo Lopez	37	---	---	32:49
3	David Richter	37	---	---	33:47
4	Blake Martin	39	---	---	34:38
5	Les Conner	36	Cleveland	TN	35:42
6	John Townsley	38	---	---	35:46
7	Adam Elrod	36	---	---	36:02
8	Mauricio Lino	35	---	---	37:44
9	John Holden	35	Chattanooga	TN	38:52
10	Dan Ripper	37	Chattanooga	TN	40:11
11	Bill Estes	38	---	---	42:26
12	Jerry Hoffer	39	---	---	43:08
13	Joe Bedford	37	Knoxville	TN	43:11
14	Bill Thornton	37	---	---	47:05
15	Brian Ghormley	35	---	---	47:34
16	Keith Harper	39	Chattanooga	TN	47:49
17	Jason Gunter	37	---	---	50:35

### FEMALE AGE GROUP: 40 - 44

1	Jeannie Henry	42	Signal Mountain	TN	40:20
2	Missi Johnson	40	---	---	40:32
3	Shelley Huckabay	41	---	---	40:56
4	Melodie Wheeler	41	Spencer	TN	41:10
5	Cari Prater	42	Signal Mountain	TN	41:48
6	Sharon Armour	41	---	---	42:35
7	Gwen Meeks	43	Jasper	TN	48:43
8	Carolyn Nichols	43	---	---	50:52
9	Mellisa Herriny	42	---	---	51:24
10	Joy Newby	43	---	---	52:13
11	Susan Hughes	41	---	---	56:56

### MALE AGE GROUP: 40-44

1	Chuck Denham	43	---	---	32:22
2	Bill Minehan	42	---	---	32:31
3	Joey Howe	41	---	---	32:56
4	Brian Cooks	40	---	---	37:20
5	Ricky Park	40	---	---	38:00
6	Charlie Brock	40	---	---	38:42
7	Howard Reagor	41	---	---	42:32
8	Steve Smalling	44	---	---	44:31
9	Bruce Nichols	43	---	---	45:35

### FEMALE AGE GROUP: 45 - 49

1	Sarah Bowen	49	---	---	39:33
2	Cindy Smith	45	---	---	42:06
3	Sheila Guess	48	---	---	44:09
4	Lias Kay Hagan	45	---	---	44:58
5	Melodie Thompson	49	Hixson	TN	45:40

### MALE AGE GROUP: 45 - 49

1	Hugh Enicks	45	---	---	29:29
2	Cliff Milam	46	---	---	31:28
3	Jeff Stracener	48	Soddy Daisy	TN	33:11
4	Bruce Richie	45	---	---	33:38
5	Jim Steffes	49	---	---	34:14
6	Jimmy Mcginness	48	---	---	36:47
7	Michael Leary	48	---	---	37:12
8	Craig Morris	45	Hixson	TN	37:18
9	Mark Brooks	49	---	---	39:13
10	John Wikle	47	---	---	39:42
11	Terry Hampton	47	---	---	40:12
12	Allen Hughes	48	---	---	40:46
13	Bill Brock	47	---	---	41:30
14	Bob Benge	49	Ooltewah	TN	42:18
15	Rick McAfee	48	---	---	46:47
16	Ian Harper	45	Cleveland	TN	47:53
17	Mark Duggan	45	---	---	53:07

### FEMALE AGE GROUP: 50 - 54

1	Amy Mullens	51	Ringgold	GA	42:59
2	Debbie Campbell	50	Cleveland	TN	46:53

### MALE AGE GROUP: 50 - 54

1	John Walker	52	---	---	32:50
2	John Harrison	51	---	---	34:41
3	Mike Martin	54	Hixson	TN	35:13
4	David Garvry	51	---	---	35:29
5	John Hunt	50	---	---	37:29
6	Flash Cunningham	54	East Ridge	TN	40:13
7	Mike Mason	54	---	---	41:43
8	Carter Lynch	52	Chattanooga	TN	43:20
9	Bob Dann	50	---	---	43:58
10	Arney Guess	50	---	---	44:52

### FEMALE AGE GROUP: 55 - 59

1	Sue Anne Brown	59	---	---	43:15
---	----------------	----	-----	-----	-------

### MALE AGE GROUP: 55 - 59

1	Robert Barber	59	Loudon	TN	31:13
2	Nick Honerkamp	55	---	---	33:06
3	Pat Hagan	55	---	---	39:02
4	Burch Cooke	55	---	---	41:29
5	Dwayne Burnett	55	---	---	41:38
6	Richard Burnette	55	---	---	45:45
7	Ted Wilkes	58	---	---	45:59
8	Sam Bicking	56	---	---	51:12

### FEMALE AGE GROUP: 60 - 64

1	Bonnie Wasson	60	Chattanooga	TN	55:57
---	---------------	----	-------------	----	-------

### MALE AGE GROUP: 60 - 64

1	Cyrus Rhode	61	---	---	40:07
2	Doug Hawley	64	---	---	40:38
3	Jim Selman	62	---	---	41:51
4	Walter Sinor	62	Valley Head	AL	42:22

### MALE AGE GROUP: 65 - 69

1	Jesse Roberson	65	Chattanooga	TN	37:42
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# Chattanooga Chase Results – 2005

## 5K RESULTS

### FEMALE AGE GROUP: 1 - 19

1	Brittany Evans	16	---	---	21:16
2	Megan Bruner	18	---	---	24:18
3	Jennifer Gordon	15	---	---	24:56
4	Jessica Maynor	15	---	---	29:24
5	Ashley Riner	12	Chattanooga	TN	30:14
6	Caroline Duggan	08	Chattanooga	TN	36:51

### MALE AGE GROUP: 1 - 19

1	Trevor Howarter	18	---	---	16:58
2	John Bruner	17	---	---	18:54
3	Christopher Chow	14	Ringgold	GA	19:47
4	Andrew Bruner	13	---	---	21:28
5	Alfredo Mendez	16	Dalton	GA	24:57
6	Andrew Enricks	14	---	---	25:54
7	Caleb Carlson	08	---	---	27:16
8	Joey Stracener	14	Soddy Daisy	TN	30:44

### FEMALE AGE GROUP: 20-24

1	Debby Vannoy	24	---	---	21:01
2	Micheala Mendez	23	Dalton	GA	25:06
3	Beth Russell	20	---	---	27:06
4	Aleris Morris	21	Soddy Daisy	TN	29:53

### MALE AGE GROUP: 20-24

1	Thomas Stengerane	24	---	---	26:15
---	-------------------	----	-----	-----	-------

### FEMALE AGE GROUP: 25-29

1	Ginger Isom	28	---	---	28:43
2	Angie Nunley	25	Harrison	TN	29:04

### MALE AGE GROUP: 25-29

1	Nick Dupuy	26	---	---	18:23
2	Douglas Gregorie	26	---	---	21:31
3	Jeremy Cardwell	28	Chattanooga	TN	24:09
4	Jeremy Nunn	26	Hixson	TN	25:28
5	Jon Vincent	29	Chattanooga	TN	30:48

### FEMALE AGE GROUP: 30-34

1	Casey Whiting	31	---	---	24:29
2	Michele Muschel	34	Signal Mountain	TN	28:25
3	Yit Li Purkins	32	Chattanooga	TN	30:02
4	Joan Merryman	34	---	---	31:06

### MALE AGE GROUP: 30-34

1	John Thompson	31	Cleveland	TN	23:01
2	Trey Campbell	30	Chattanooga	TN	23:04
3	Edward Tate	34	Hixson	TN	23:20
4	Phillip Avans	34	---	---	23:56
5	Palmer Whiting	31	---	---	24:21
6	Chris McCormack	32	---	---	24:23

### FEMALE AGE GROUP: 35-39

1	Heather Mclean	36	---	---	23:10
2	Julie Kaiser	39	Chattanooga	TN	27:53
3	Tara Thompson	35	---	---	27:54

### MALE AGE GROUP: 35-39

1	Bernardo Lopez	37	---	---	19:07
2	Chip Whitworth	35	---	---	19:26
3	Carlton Vollberg	39	---	---	20:26
4	Joseph Crofton	38	Hixson	TN	23:44
5	Joe Bedford	37	Knoxville	TN	24:07
6	Carl Miller	38	---	---	27:10
7	Kevin Silvers	36	---	---	27:32

### FEMALE AGE GROUP: 40 - 44

1	Margie Bruner	43	---	---	21:46
2	Christine Post	41	---	---	23:07
3	Lisa Tennyson	42	---	---	25:00
4	Laune Johnson	43	---	---	28:42
5	Elizabeth Russell	44	---	---	31:33
6	Christine Davitt	40	---	---	36:07
7	Ginger Duggan	41	Chattanooga	TN	36:52

### MALE AGE GROUP: 40-44

1	Greg Bruner	44	---	---	20:53
2	Monty Riley	40	---	---	21:47
3	David Unger	41	Hixson	TN	22:07
4	Christopher Purkins	41	Chattanooga	TN	27:51

### FEMALE AGE GROUP: 45 - 49

1	Colleen Gordon	47	---	---	23:49
---	----------------	----	-----	-----	-------

### MALE AGE GROUP: 45 - 49

1	Davud Randolph	46	---	---	20:17
2	Don Vanlandingham	49	---	---	26:53
3	Eric Carlson	45	---	---	27:04
4	Steven Russell	49	---	---	27:21
5	John Gwin	45	Chattanooga	TN	29:26
6	Bill Riner	49	Chattanooga	TN	30:14
7	Lloyd Cuskaden	49	Athens	AL	45:51

### FEMALE AGE GROUP: 50 - 54

1	Pamla Cooper	50	---	---	22:51
2	Jane Phillips	53	---	---	31:51

### MALE AGE GROUP: 50 - 54

1	Timmy Ross	52	---	---	20:59
2	Bobby Smith	51	South Pittsburg	TN	21:49
3	Mark Hays	51	---	---	23:50

### MALE AGE GROUP: 55 - 59

1	Daniel Hinck	57	---	---	23:41
2	Doug Gregorie	58	---	---	24:03
3	Earl Kelle	58	Hixson	TN	24:25
4	Jim Villers	57	---	---	26:58
5	Robert Hoover	57	Hixson	TN	28:20
6	Bob Seale	59	---	---	29:22
7	Dan Lagraff	56	Chattanooga	TN	30:25
8	Lawson Whitaker	56	---	---	36:52

### MALE AGE GROUP: 60 - 99

1	John Mcdonald	61	Chattanooga	TN	27:36
2	Raymond Simpson	71	---	---	30:22
3	E.C. Keele	70	Tullahoma	TN	31:26
4	Bruce Mcduffie	84	---	---	45:52



A Birthday Party...at the Race!



## BlueCross Riverbend Run 2005

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# Goetz and Wigal set the mark in 1st Annual King of the Mountain Road Race

By James Williams



In the week leading up to this event, I am sure I set the individual record for most visits to Weather.com by a race director. Hard as I tried, I just couldn't seem to will away the ominous lightening bolt that graced my computer screen each time I peaked at the forecast for the May 14 race day. Second opinions from CNN Weather and Accu Weather offered no comfort. But despite an early morning downpour, the weather cooperated beautifully, and the first annual King of the Mountain Road Race was by all accounts a resounding success.

Over 100 runners competed in the 4-mile race, while 150 participated in the 1-Mile Fun Run/Walk. Finishers were greeted with fruit, rolls, PowerAde® and Clumpies® ice cream, the latter being the surprise hit of the morning.

In the men's 4-mile race, Joseph Goetz led from the start and dominated the field with a time of 22:04. Second place went to Andrew Dorn, who completed the course in 23:49. Third place was claimed by Hugh Enicks, who was also the overall master's winner, with a time of 23:59. In the women's race, Cecilia Wigal was the overall winner with a time of 28:31, while second place went to Brittany Evans in a time of 29:05. Youth standouts were 12-year-old Hannah Jumper, who finished third overall for the women with a time of 29:22, and 10-year-old Simon Holden of Lookout Mountain, who finished with an excellent time of 27:48. The

senior standout was 70-year-old John Tallman of Lookout Mountain, who completed the course in 41:48.

Of course, the most satisfying aspect of this event was the success in raising money for the scholarship fund at Good Shepherd School, a pre-school near and dear to the hearts of many, myself included. This fund pays the tuition for families whose children wouldn't otherwise be able to attend. With a strong roster of sponsors, including our presenting sponsor Chattem, Inc., an army of volunteers, and the strong participation by members of the community, we were able to raise over \$10,000.00 for this fund.

We hope to see everyone next year for the second annual King of the Mountain Road Race. Ideas have already started flowing on how we can make this special event even better. Come prepared for a fabulous course, an awesome T-shirt, great camaraderie, hopefully more Clumpies® ice cream, and other surprises. Bring your family and tell your friends!

See you next year!

# Brunch Fun Run

By Melodie Thompson

On Sunday, April 17<sup>th</sup>, it was a rather warm day and Sam Hale and I went out along a route we had charted for two-mile and four-mile routes. Along the course(s) we had placed numbers on fire hydrants, trees, signs, and lamp posts early for the fun runners to find and bring back to the Sports Barn courtyard. When we got back we started setting up all the food and prizes and the new executive director, Connie Hall arrived to help us clean and put the final touches on this event.

At 1:00 PM runners started showing up, some brought their whole family to run, such as Mike & Judy Eaves, Joe Harrison, and Phil & Barbie Stewart. All runners were told they did not have to start at the same time, they could run, walk, ride a bike, ride in a car, or just lie and say they did the run! We had wave starts as some people were running late, due to other obligations, they too, were part of

the melee: such as our esteemed leader, Bill Brock and veteran runners, Cindy Smith, Amy Mullens, Phil Thomas and Sergio Bianchini. We saw faces that were new to the track club, such as, Tim Ross and faces we had not seen in a long time (Valerie Jones and Lydia Burroughs, we're glad your back!).

When all the runners came in from the run, they had shrimp, mini croissants, fresh sliced strawberries, mixed fruit, water, orange juice and bagels. We thank all who participated and I believe we had a great selection of prizes to choose from for all the runners.

We thank Front Runner Athletics and Fast Break Athletics for all the prizes donated. We also owe a big thanks to Panera Bread for the bagels. A big time was had by runners and non-runners alike! Hope to see you next year!



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# Chattanoogans Well Represented at Country Music Marathon

By John Hunt

The 2005 version of the Country Music Marathon and Half-Marathon is now a thing of the past, but what a positive experience for those of us from the Chattanooga area who chose to participate.

Serious thunderstorms and heavy rain had been predicted all week, but when more than 16,000 runners gathered at Centennial Park for the start of the two races, we were greeted with overcast skies, a minimal amount of wind and temperatures in the low 60s.

I have run more than my share of marathons in the last 23 years and I've never experienced an "average" one. This year's gathering in Music City was no different. I had watched last year's race on television and was amazed at the support of the spectators and the city of Nashville and that's when I decided to enter. They advertised that they would have live bands at every mile and that local cheerleading squads would be there as well, doing their best to cheer on tired and weary runners. For the most part, they accomplished their job with flying colors.

Chattanooga and the surrounding area were well-represented, but for a fear of leaving somebody's name out, I'm not going to attempt to list all who competed. There are several who deserve special mention.

Perhaps the most outstanding performance in either race came from a 25-year-old gentleman from Cleveland who was a track and cross country standout for Bradley Central before a standout career at Belmont. His name is Micah McGowan and he finished second in the Half-Marathon with a blistering time of 1:10:16, finishing just 11 seconds behind the overall winner. What's even more special about McGowan's performance is the fact that he had to work until 1 a.m. on race morning as a bartender on Music Row.

Another outstanding performance was turned in by Missi Johnson, who was 755th out of 3,743 finishers with a sparkling time of 3:50:31. Her goal was to qualify for Boston and she did so with 29 seconds to spare.

On the other hand, Pat Hagan was also attempting to qualify for Boston again. He's run more marathons than I can count and he was shooting for a 3:45:something, but he ended up with a 3:46:03.



Several others successfully completed their first race at 26 miles, 385 yards, including Dreama Campbell and Michelle Meeks, who ran together and finished in 4:14:40. Brian Crooks had aspirations of a 3:30, but a big black bear jumped on his back somewhere between miles 15 and 20 and he had to settle for a 3:44:27.

Tim Davis also finished his first marathon with a smile on his face in 4:38:22. Ironically, another Tim Davis from Nashville who is 11 years younger and no relation, finished 25 seconds later.

Another outstanding run was had by Cindy Smith, who ran her first half-marathon in 1:53:58, finishing 1,913th out of 11,392 overall. She too was thrilled with this first-time experience in her first year of running.

My goal was to break 3:30. I had planned to run eight-minute miles the whole way and I was successful for 21 miles, but the eyes were bigger than the stomach and I settled for an 8:05 pace and a 3:31:38.

Maybe the best part of the whole trip was the Friday night pasta dinner at the home of Kaye and Terry Brock. Apparently they are good friends with Dick Dillard and they've made a practice of inviting Chattanooga runners to their home on marathon eve.

The food was outstanding, they had plenty of Little Debbie snacks for dessert and they have one awesome view of the Cumberland River from their deck. Not only were they exceptional hosts on Friday night, they were out on the course Saturday morning cheering us on.

I got several strange looks from runners around me when we were running on that asphalt sidewalk at some point when it dawned on me that we were across the river from where we had been the night before. I'm not sure if they believed me or not when I pointed that way and said that's where I had dinner the night before.

Marathon running has been and is a way of life for many of us. It's time to continue training and get ready for the next one, which for me will take place on July 9 at Grandfather Mountain in Boone, N.C. If you're looking for a beautiful and scenic course with the best finish possible, don't even think about the hills. Just sign up. You'll be glad you did.

Hope to see you folks on the road again really soon.

# Lakeshore Marathon Trip



**2004**

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## Big Sur Marathon

By Colleen Vanloh

When thinking about Big Sur Marathon I really don't know where to start but here goes. After months of planning, declaring no BMWing (bitch, moaning, whining) allowed, much internet banter and wagering we finally arrived in California. I came from Kansas City to join my brother, my cheerleader along with Bill Brock, Dan Bailey and his wife Irene, Walt Sinor and his wife Betty, and Aaron Mercer, my "Chatt Runnin' buddies". For me being with these guys again was worth the trip. Upon arrival we went straight to the Expo to pick up our packets and make a plan for that day and Sat.. One thing we knew for sure was Saturday was the day to check out the course. Looking at the Expo schedule we decided to attend a couple of the speakers too. The first speaker was on "ChiRunning". Of course I was only attending this because everyone else was...well... I bought into it hook line and sinker and I suggest for those of you who would like to know more about it go to [ChiRunning.com](http://ChiRunning.com). It's worth it, it made all the difference for me. (no I don't get any money for this plug) Now it was time to check out the course. Off we went...all I can say is WOW! The course was like being in a movie...paradise. Green luscious

mountains with clouds dancing along their tops, an ocean crashing on the cliff edged coast. Photo opps everywhere! After seeing this we were pumped, how bad could it be with those amazing sights. We decided lunch was in order and found a local log cabin cafe, real mountain people and a delicious meal. Now our minds were clear of wonder and to know what was ahead of us made it more "do-able". Saturday night concluded with the Pasta Dinner and Beer (just a little).

The alarm goes off at 3:30 am as we all have to meet at 4 am to catch a bus to Big Sur, the start line. I have to say I was very nervous at that point but as we got close to the start and visiting with Bill, my mind and body became relaxed. Anyone knows the weather can be very unpredictable and it was perfect! Cloudy, cool, 50s, misty at times and best of all, no wind! For me my only objective was a "port-a-potty". Some of you may relate...it can make or break a race. This time success! It was at that point I knew it was going to be a good day. Bill, Walt, Aaron, and I went to the start line together and dedicated this race to our dear friend Darryl Morros who passed away March 7, 2005. Even though he wasn't

with us he was there in spirit and we felt him all the way. 7 am the race starts. Whew-hew! With each hill I told Bill, "turn around and look at what we just did and it wasn't bad"! At mile 10 was the infamous Hurricane Point. As we began our ascent we could hear the rhythm of the Taiko Drums, it put me in a trance. Up I went and at the top a big sign reminding us to look back and see where we'd come from. Again WOW, another photo opp. As we descended we could begin to hear the "Grand Piano Man" on the other side of Bixby Bridge. All my emotions rushed to the surface at this point, wishing those people who couldn't experience that moment could. It was at that point I also had to remind myself there was a lot more race to be done, and there was! Along the rest of the course the music was amazing, as they described it..."swing, classical, dixieland, and reggae will accompany your dance up Highway One." I remember commenting on how great the music was many times along the way. As the race miles counted down volunteers told us our mile time and approximate finish time. At mile 20 and so on I really had to calm myself down because the realization of "I'm gonna do this thing" began to take



over. Let's just say I was going faster than I had planned. As the finish line approached my excitement builds and I can see those flags which marked the end. Just then I hear from the side of the road, "Colleen, oh my gosh, you're doing great!" from my brother who was there waiting with Aaron Mercer's camera because Aaron was pegged to be the first of us to come in. Well, I guess it was me! Finally at the finish line I could let my emotions out and did I ever, cried, laughed, jumped up and down, 'Yes, I did it'. I had the biggest smile on my face that nobody was going to take away from me! As the rest of the gang came through the finish line we all hooted and hollared. Off to the beer tent where we all celebrated and toasted our great accomplishment. Dubbed one of the most difficult marathons and we just conquered it! It has been 4 weeks since the race and I am still on a high...a must do race for every marathoner!



# CTC All-Comers Track and Field Meets

**Field events will begin at 6:30 p.m.  
Running events begin at 7 p.m.**

**Baylor School  
Tuesdays, June 14 & 28  
Free to All Ages**

## **Instructional Field Events**

Long Jump  
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Hurdle Instruction

## **Track Events**

100 meter  
800 meter  
400 relay  
1600 relay  
200 meter  
400 meter



**Instruction is  
available for all  
participants.**



**Bring your friends  
and family!**

## **Meet Policies**

- All competitors will be required to sign a liability release at the entrance gate prior to participation.
- Race times listed are approximate. Please listen to the announcer for a first call and final call to each event.
  - Ribbons will be awarded to children under 10 at the finish line for all running events.
    - Children under 8 may not participate in races longer than 800 meters.
  - Parents: for the safety of the children, please be sure they are supervised at all times.

**Sponsored by the Chattanooga Track Club, Fast Break Athletics,  
Front Runner, The Sports Barn and Baylor School.**

# CTC

**Volunteers Needed:** please contact [jared\\_chastain@sports-barn.com](mailto:jared_chastain@sports-barn.com)



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## 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**

# 2005 Joe McGinness Runner of the Year Competition

So, a little late in coming out with the official rules, but no big surprises! The 2005 ROY competition is underway, focusing on supporting the CTC basic running calendar events. Note that all races listed are preliminary but can only be changed if a race is cancelled or a correction can be published through the Jogging around with more than 2 weeks notice between the delivery and the event.

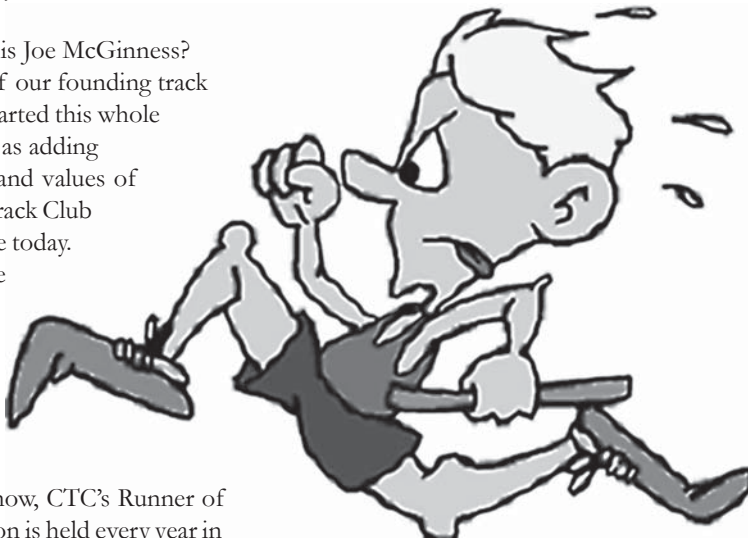
You may ask, who is Joe McGinness? Why, he was one of our founding track club fathers. He started this whole ROY thing as well as adding many dimensions and values of the Chattanooga Track Club that are still in place today. Past winners of the ROY are posted for eternity on the wall in the Sports Barn Downtown.

As most of you know, CTC's Runner of the Year competition is held every year in order to promote **participation** in our own racing events as well as to recognize CTC's finest and most dedicated athletes. As we go through the year, friendly competition unravels between age group competitors, and many of the contests go down to the last few races. Winners are often decided with the details of these here, carefully considered rules. (So pay attention now!)

2005 is sure to provide another exciting Runner of the Year contest with a slight modification to the rules to promote even more friendly competition. While a combination of talent and perseverance are required to win any of the categories, there is always room for those blessed with perseverance to beat, or at least place well in the standings against those with more talent but less consistent. Unpredictable events such as injuries always play a role in the final outcome as well. So start early and don't count yourself out half way through the year. Make this the year that you maximize participation in the CTC racing season! Runners at our events also support many of the charities that our club supports, so enjoy the comrade of other

runners, feel good about the causes that you support by attending, and have fun at the club's races this year!

Let's get the rules on the table, because it's the only time this year that we are going to explain them all in detail. All members of the CTC are eligible to receive points and awards.



## Races

There are 13 races that will be eligible for ROY points this year, listed below. The races marked with an asterisk are the only races where junior candidates can score points (For the Chickamauga Chase junior points will be given in the 5 km race only). Points may be earned **only** in the following races, with the **top 10** scores counting toward the final tally. Each participant must score in at least 5 competitions, which includes volunteering for an event, except for the junior category, who must compete in 3 events. In order to qualify for an award, you must volunteer for at least one event. Also note that it is also possible to race and volunteer for the same event. In the event that there are changes to the race calendar, notification will be held through the newsletter updates. Please watch the Runner of the Year Updates for possible changes.

- Cleveland Cystic Fibrosis 5k\*
- Chickamauga Chase-15K (5k\* -Jrs only)
- Joe Johnson 10k
- BlueCross Riverbend Run 5k\*
- Chattanooga Dam Tri (Vol only)
- Missionary Ridge\*

- FCA 5K\*
- UTC Cross Country 5K\*
- Symphony Classic 5k\*
- Race for the Cure 5k\*
- Signal Mountain 10k
- Chickamauga Battlefield Mar. (only)
- Wauhatchie Trail Run

## Divisions

Age group points will be awarded in each of ten divisions:

- Junior Men (15 and younger)
- Junior Women (15 and younger)
- Adult Men (16 - 39)
- Adult Women (16 - 39)
- Masters Men (40 - 49)
- Masters Women (40 - 49)
- Grand Masters Men (50-59)
- Grand Masters Women (50 - 59)
- Senior Men (60 and over)
- Senior Women (60 and over)

Points may be earned in only one age division. Runners who age past their division during the year may either continue in the younger age division or have their points for the **remainder** of the year count toward the new age division. If you don't tell us about it, the keeper of the points will decide what they think is best for you, so let us know if you switch divisions early in the year and wish to compete in the new category. Runners who turn 16 during the year may either count the races *before* their birthday in the Junior Division, or have all their results during the year count in the Adult Division. In addition, points will be calculated based on overall finishes among CTC members, across age categories, for an Overall Winner.

## Points

Points will be awarded according to finish place among CTC members in the division:

1st - 100; 2nd - 90; 3rd - 80; 4th - 70; 5th - 60; 6th - 50; 7th - 40; 8th - 30; 9th - 20; 10th - 10.

The top 10 finishers in each age category at the Chickamauga Marathon will receive 50 bonus points.

All ROY competitors must volunteer at a minimum of one CTC race in order to be included in the final year-end scoring. A

## Joe McGinness Runner of the Year

### New Races and Current Totals

one-time bonus of 30 points will be earned for this requirement. It is the responsibility of the competitor to inform the ROY scorekeeper of his/her volunteering. There are many jobs required before, during and after each event, and it is important that we all pitch in to help put on the events that we all enjoy. Not only is it less of a burden on the race directors, but also helps make a better race for others in the community (which is our mission, after all, don't you feel great?).

#### Awards

Awards will be given at the annual CTC banquet. The top male and female in the Overall Division will be recognized as the CTC Overall Runner of the Year. The top Master's competitor will also be recognized. Without duplication, runners with the highest point total in each age division will be recognized as CTC Runner of the Year in that division and up to the top five (NOTE, this has been 10 in years past!!) qualifying runners will receive awards. The winners for the runner of the year in 2004 are published in this month's newsletter. Congratulations to all of those who participated and made it a great contest. If you have not received your award from last year, please let me know and we can get it to you.

**Questions, concerns, mistakes, gripes, bribes, volunteer points? You need to contact this year's Keeper of the Points: James Dravland**

	TOTAL	CHICK. CHASE	STRIDES OF MARCH		TOTAL	CHICK. CHASE	STRIDES OF MARCH
<b>Overall Men</b>				<b>Women Overall</b>			
M - Joe Johnson	180	80	100	Nancy DiVasto	190	90	100
GM - John Walker	100	10	90	Michelle Meek	140	60	80
M - Tim Ensign	100	100	—	M - Casey Braddock	100	—	100
M - Chad Varga	90	90	—	Julie Spencer	90	—	90
M - Don Gregg	80	—	80	Melissa Smeltzer	80	30	50
John Gracy	70	70	—	Belinda Young	80	80	—
Scott Guess	70	—	70	Lisa Barrett	70	—	70
Tommy Hopper	60	60	—	Christie Sell	70	70	—
Dave Richter	60	—	60	M - Sherilyn Johnson	60	20	40
James Williams	50	50	—	M - Linda Spencer	60	—	60
Matt Sims	50	—	50	<b>Junior Women</b>			
<b>Junior Men</b>				Shelby Hudson			
Marco Bianchini	180	80	100	Caitlin Duggan	170	80	90
Brandon Lord	100	100	—	Jennifer Gordon	90	90	—
Tyler Keys	90	90	—	Ashley Riner	70	70	—
Richard Park	70	70	—	Caroline Duggan	60	60	—
William Park	60	60	—	<b>Adult Women</b>			
<b>Adult Men</b>				Nancy DiVasto			
Dave Richter	150	50	100	Michelle Meek	200	100	100
Brenton Floyd	110	20	90	Lisa Barrett	150	70	80
Tommy Hopper	100	100	—	Lisa Barrett	110	40	70
James Williams	90	90	—	Melissa Smeltzer	100	50	50
Robert Gustafson	80	80	—	Belinda Young	90	90	—
Nik Meeks	80	—	80	Julie Spencer	90	—	90
Adam Burnett	70	—	70	Christine Sell	80	80	—
Chris Wilson	70	70	—	Joan Vos	60	60	—
Tom Eddy	60	60	—	Samantha Smith	40	—	40
Matt McLelland	40	40	—	Daisy Tucker	30	—	30
<b>Master Men</b>				<b>Master Women</b>			
Joe Johnson	180	80	100	Sherilyn Johnson	180	80	100
Don Gregg	140	50	90	Christine Post	150	60	90
Tim Ensign	100	100	—	Melodie Thompson	120	50	70
Chad Varga	90	90	—	Sharon Armour	120	40	80
Jim Steffes	80	—	80	Casey Braddock	100	100	—
John Gracy	70	70	—	Linda Spencer	100	—	100
Bruce Conn	70	—	70	Janice Cornett	90	90	—
Craig Gagliardi	60	—	60	Sarah Bowen	70	70	—
Jeff Richard	60	60	—	Janice Wycherley	60	—	60
Ian Harper	50	—	50	Joy Newby	50	—	50
<b>Grand Master Men</b>				<b>Grand Master Women</b>			
John Walker	200	100	100	Amy Mullens	200	100	100
Nick Honerkamp	150	60	90	Sue Anne Brown	90	90	—
Rick Rogers	90	90	—	Darla Conn	90	—	90
Joe Axley	80	—	80	Eileen Johnson	80	80	—
Steve Rogers	80	80	—	Joan Hearn	70	70	—
Michael Martin	70	70	—	Sandra Armstrong	60	60	—
Tim Ross	70	—	70	Judith Chestnut	50	50	—
Cliff Goodlet	60	—	60	<b>Senior Women</b>			
Mark Rhoden	50	—	50	Betty Burrell	100	—	100
Richard Rogers	50	50	—	Liz Benton	100	100	—
<b>Senior Men</b>				Sergio Bianchini			
Sergio Bianchini	200	100	100	Walt Sinor	150	60	90
Walt Sinor	150	60	90	David Wycherley	90	30	60
David Wycherley	90	30	60	Doug Hawley	90	90	—
Doug Hawley	90	90	—	Jim Selman	80	—	80
Jim Selman	80	—	80	Bud Wissman	80	80	—
Bud Wissman	80	80	—	Ted Hegenbarth	70	70	—
Ted Hegenbarth	70	70	—	Rocco Lepre	70	—	70
Rocco Lepre	70	—	70	Lee Meadows	50	—	50
Lee Meadows	50	—	50	Dan Bailey	50	50	—
Dan Bailey	50	50	—				

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# Life Is an Adventure Race

By Jim Farmer

Why did I spend every free hour the weeks before the race preparing gear and poring over maps to try to get an edge on the competition? Why did I desperately hunt for a replacement for both a sick teammate and a support crew member that had to work, all just a day or two before the race started? Why did I stress myself out on Thursday night packing and repacking gear so that my transitions would be efficient? Why did I get up early on Friday morning and go to work for a half a day before driving to North Carolina to do gear check-in and last minute preparations for a forty-hour adventure race that started that night? Why did I show up given the fact that rain, snow and sub-freezing conditions were predicted? Why did I even sign up for the Smoky Mountains Adventure Race? I'm not looking for pity, admiration or even understanding here. The number of a good shrink would be a lot more helpful.

Tony Berwald and his Raceday event staff are responsible, and I mean that in the culpable sense, for all three North Georgia Adventure Races held annually in the month of January. I'll let you read the details of these races in my previous columns but let's just say that weather has always been a factor and the attrition rates were phenomenally high. The first edition of the Smoky Mountains Adventure Race, SMAR for short, would be held at the beginning of April in the mountains around Cullowhee, North Carolina. Granted, the southeast always gets a bad weather spell right before spring kicks in for good, but what are the odds of it hitting smack dab in the middle of one of Tony's races. If you're a betting man then you put your money on bad weather. I don't know what he did to tick off Mother Nature but I need to put him in touch with an exorcist, shaman, voodoo priest or all the above. Whatever he's been doing just isn't cutting it. Perhaps he's just a sadist like most other race directors. It's hard to tell.

Starting a forty-hour race at 10PM on Friday night is a cruel addition to an already brutal race format. By the time you get to the starting line you're already wiped out and ready for bed. Then you have to race through two nights straight in order to be competitive. But everybody was in the same boat so we just had to suck it up and push through. Another cruel twist was the fact that the maps and passport

instructions were handed out at the Comfort Inn Hotel in Sylva just three hours before the start and we had to drive a good half hour or so to the Ralph J. Andrews Park near Glenville where the race would begin. After methodically plotting UTM coordinates on the handful of maps given to us, we did some route selections and got ready for the paddling leg that would start the race. Being pressed for time kept the intensity level high and we hadn't even broken a sweat yet.

The original Chattanooga TrailBlazers team consisted of me, Patricia Williams and Tom Sell along with my wife, Carol, as our support crew. In the weeks leading up to the race, Patricia and Tom had both gotten sick and work was forcing Carol to rethink her availability. Things were not looking good and there were a few times when I thought about pulling the plug. On Wednesday, just two days before the race, Tom, working in the germ factory known as our school system, wasn't getting better and Carol was definitely out so I began the begging process looking for replacements. Ardie Olson and his wife Sherry came to the rescue and agreed to join us, although they had just returned from a long vacation and Ardie had not been training to his usual high standards. This brought back together most of the team that had won the Swamp Stomp race the previous month, so I was feeling pretty confident about our chances and our new name: Explorer/Mighty Dog.

Glenville Lake, also known as Thorpe Reservoir, is a beautiful waterfall-fed body of water with mountains all around it. At the start of the 2005 SMAR it was anything but beautiful. Dark, cold, rain and wind were the orders of the day as almost sixty teams took off in a mass paddling start from the boat dock below the campground. Sheltered in a cove, the elements were at bay for the moment, but the dangerous game of bumper boats resulted in quick baths for a few teams. The pucker factor was high as the top teams tried to get out quick to avoid the carnage. Once out of the cove, teams started to spread out and settle in to hit the five checkpoints nestled into the far corners of the lake. It wasn't long before Mother Nature came back into play though. Once out in the main channel it started feeling like an ocean leg as the swells, wind, rain

and sleet belted us mercilessly. Navigating well and paddling hard kept us afloat and relatively warm, but teams at the back of the pack weren't so lucky. Some of them never made it past the first paddling leg.

We exited the water in third place and in the hunt, but our semi-hypothermic condition forced us to take our time in the transition area. Other teams did the same and we left for the long bike leg around 2AM, tired but in good shape. Battling the sleep monsters only four hours into a race isn't standard fare but this was definitely not your average adventure race. That fact would become increasingly more evident as the race unfolded. Although cold and drizzling, the weather gods were being nice for the moment as Team Subaru buzzed by us as we entered the Panthertown Valley trail systems and started heading north. Our jaws dropped though as we saw one member of their team wearing bike shorts and no pants. That was one hardcore racer for sure. A bad flat and another mechanical caused us to drop several places on our way to CP9 and we were all by ourselves for the long haul up and over Rich Mountain. A navigation error at CP10 dampened our spirits as we all started feeling the effects of half a day of racing without any sleep for thirty hours or so.

*We just hoped that  
their bikes were as  
useless as ours.*

Checkpoints 11, 12 and 13 were spread out across the south side of the Great Balsam Mountains, bringing us to some of the highest points in the area. The mind-boggling array of forest service roads, single-track trails and logging roads made route choices difficult at best, especially when considering the fact that the maps were ancient. It was a coin flip and a prayer when picking a route, not knowing what roads and trails on the maps were now overgrown or washed out. The three or four inches of snow on the ground at that point made following the teams in front of us an easy out. We just hoped that their bikes were as useless as ours. Although the weather forecast on Friday said that the bad stuff would work its way out of the area by

noon on Saturday, it was not panning out that way. The beautiful and innocuous puffy snow flakes we encountered earlier on the way up to elevation were being whipped up into a frothy torrent pelting us as we pushed our frozen bikes through the snow, mud and slush.

After several hours of moving at a snails pace we caught up with teams Race Metrics, Lightspeed, Tally-Ho and Bear Naked at Sassafras Knob and joined their merry band on the way to TA2. All teams were in survival mode at this juncture so the navigators joined forces to simply get everybody out of there in one piece. A few more miles of trudging along overgrown logging roads brought us out to pavement, but that didn't help much since many of us, including my teammate Patricia, had no brakes left. The snow, rain and grit turned the wheels into sandpaper, quickly eroding the brake pads over the fifteen-hour slog. The "No Brake" club was formed as racers rode along the grass at the side of the road to check their speed or had teammates grab their packs to keep them from spiraling down the road out of control. After a steep climb up a dirt road we arrived at the Up Yonder cabin in the mountains just to the east of the town of Cullowhee and Western Carolina University a little before five on Saturday afternoon.

Teams Adventure Sports Magazine, Subaru and Hooked on the Outdoors had left the transition area before we arrived and were slugging it out for the top three spots. As teams huddled in their tents and support vehicles trying to warm up and replenish their stores, the next five spots would be determined. The race directors informed us that the next trekking leg would be reduced significantly and the last twenty-mile bike leg would probably be canceled. However, given the conditions, the trekking leg would still take at least ten hours. We were also informed of the worsening weather on the peaks atop Black Mountain where we were headed. Whiteout conditions, high winds and bitter cold awaited us. I don't know how the conversations went with the other teams but our discussion was solemn, succinct and honest concerning our ability and, more importantly, our desire to finish what we had started. Knowing that most of the other teams would never leave the TA was enough motivation for us to get dressed and head back out into the

unknown after quite a bit of deliberation.

Before getting our passport in order to leave the TA we were told that the race directors were deliberating closing the course entirely and ending the race right then and there. Team Tally-Ho had already headed up the mountain to CP15 and we were chomping at the bit to get in as much travel time as possible while it was still light out. Twenty minutes or so passed before Tony and Tim came out and announced that the course would be closed at CP16 for both Tally-Ho and us and that they would be pulling off the top three teams as soon as they could due to safety reasons. Smiles came across our faces as we realized that we only had a few hours of work in front of us to get a fourth or fifth place finish. Inspired, we started the steep climb up to the Black Mountain ridgeline.

### *Whiteout conditions, high winds and bitter cold awaited us.*

Our plan was to head to the knob north of the cabin that lay directly between Hooper Knob and Parker Knob, the latter being the location of the CP15 flag. Finding footprints on the way up confirmed that Tally-Ho had taken the same tack. We hit the top of the knob just after dark and saw Tally-Ho's headlights approaching us. I could hear the relief in their voices as we informed them of the termination of the race at CP16 in the parking lot of the Roy A. Taylor ATV Trail System at the bottom of the mountain. Jon Barker, their team captain, quickly offered the peace pipe and we happily accepted the offer to finish the race together tied for fourth. After spreading out into a search party looking for the hidden saddle connecting the two knobs, we headed northeast towards Parker Knob and pay dirt. Although the wind was still whipping, we could see the evidence of the earlier maelstrom as we slogged through knee-deep snowdrifts on our way to the top. After punching the point at CP15 we wound our way downhill along the muddy ATV trails until we hit the parking lot and the awaiting EMS volunteer and the support crew that drove us back to the TA. The top three teams

came down off the mountain after CP17 to end their race with Hooked on the Outdoors finishing first, followed by Subaru and Adventure Sports Magazine. No other teams went out on the hike and only nine teams made it to TA2 at the end of the bike leg. A fitting end to another epic race.

So, we've come full circle back to the question of "Why?" To be honest, I don't have a clue. Seeing all the friends and foes at the race check-in and out on the course, joining up with four other teams slugging it out on the bike leg, finishing together with our friends from Tally-Ho, enjoying several hours of beautiful scenery and cotton balls of snow falling on me and my teammates, the sense of accomplishment at the end. These may be a few of the reasons we do it. But there are plenty of negatives as well. Hmmm. Ups and downs, low points and high points, being confronted with challenges and working with your teammates to solve them. Sort of sounds like life, doesn't it? I think I've just found my answer.

P.S. If you think adventure racing is for you then check out our club website at [www.TrailBlazerAR.com](http://www.TrailBlazerAR.com). If you're looking for a great race for beginners and experts alike then check out the Greenway Challenge Adventure Race in Chattanooga on May 21<sup>st</sup> at [www.NorthChick.org](http://www.NorthChick.org).

# Chattanooga Track Club

## Board of Directors

### Meeting Minutes

April 6, 2005

**In attendance:** Bill Brock,  
Donna Dravland, Melodie  
Thompson, Bob Braddock,  
Virginia Waddell, John Walker,  
Linda Andreae, George Skonberg,  
Dan Bailey, Carol Williams,  
Connie Hall

**Absent:** Jeff Duncan, Jared  
Chastain, Geno Phillips, Brian  
Baker

The meeting was called to order by Bill Brock at 6:00. The mission statement was read.

Melodie summarized the minutes from the March meeting. The minutes were approved.

#### **Race Calendar Race Committee / Upcoming Races**

Bob Braddock spoke about equipment. We are down to 2 clocks. We had 4, one blew over at the Chattanooga Half Marathon and one blew over at the Chickamauga Chase. There has been interest in leasing of our clocks, but Bob is hesitant to lease out, if we only have two. The cost of a new clock is around \$2,800. Question if we have anything in our contract about equipment damage. We need to address equipment damage in the rental agreement. We also need to check on insurance coverage for equipment damage. In an equipment rental situation, there is not a contract. There is \$250 fee for equipment rental. George asked Bob to write a draft that is fair for rental of equipment. KTC likely has a template. The things that need to be addressed are race liability and insurance option. Who is held accountable for damage? There was much discussion on insurance –

Bob expressed his concern of the race director taking on more liability.

John mentioned that we have liability insurance but not on equipment. Donna - we should be able to recoup cost of insurance from equipment rental fees. Connie will get information on insurance and information on documentation to be signed by equipment lessors.

#### **Equipment Repair**

Jerry McClanahan is attempting to fix the clocks. He will be out of town until April 12. Gateway and Rock Creek need 3 clocks on April 16. The option of leasing equipment and buying refurbished equipment was discussed; also we need to check on who else in town has clocks that could be used for events. Bob said we can still run a race without a clock if we still have timers.

Xterra requested the use of a clock for Sept. 3. Matt agreed to direct this event. It is the Saturday before the FCA Race (Monday).

#### **Chickamauga Chase**

George summarized the outcome of the race. There were 700 paid participants, up 100 from last year, of which 500 were pre-registered. The event was successful – will generate \$900 - \$1,000 for the club – but there were a few problems – tents blowing over, blood mobile was stuck in the field leaving damage, unclaimed awards. The race permit should cover the damage to the field. George is looking to change the date of the race – this weekend is too unpredictable weather-wise. He wants to move the race to May and will check with the Park Committee on dates that would work for next year. There were positives for the race – everyone had a good race experience and the PR was very good.

Donna mentioned that James found equipment that could replace our finish line equipment. There was discussion on price and we decided this may have to wait until next year but it is an investment that needs to be made.

#### **Race Director's Meeting**

Bob gave a review of the meeting – there were 19 people, notebooks were made with a list of the races, race guidelines, and certification instructions. It was a positive experience and he thought it would be a good idea to have an annual meeting. Bill was pleased with the meeting.

#### **Communications Calendar / Communications Committee**

JA deadline is passed.

Web – Meetings are the 2<sup>nd</sup> Tuesday of the month at Tortilla Factory at 6:00. Purpose of the committee is to provide better content and attempting to focus on “what really matters.”

Race Directors can now enter their own information.

e-News – make more user-friendly  
Work on better P.R.

Bill mentioned that Connie can help us with reminding the Race Directors of things they need to do and of deadlines that need to be met.

The Fun Run is scheduled for April 17.  
Post cards will be mailed.

George mentioned that the Inaugural issue of Outdoor Chattanooga came out and we (CTC) are not in the issue. Bill said he was asked to be on the board – Donna was also asked.

#### **Sponsorship**

Linda reported that she has everything ready but needs information before she will make the presentation to BCBS. The request to BCBS is to be the Corporate Sponsor for the club. She needs how many people hit the website and the number of participants in each race. The group was able to compile the list of participants and Bill said he would get the other information.

<b>Race</b>	<b>Participants</b>
Chickamauga Chase	800
Chattanooga Chase	200
Missionary Ridge	350-400
Joe Johnson	200



Be sure to visit  
[www.chattanooga-trackclub.org](http://www.chattanooga-trackclub.org)  
 for the latest news  
 and results on all  
**Chattanooga Track  
 Club events.**



# Marathon Crazy Hats

Stay Cool. Be Seen.

[www.marathoncrazyhats.com](http://www.marathoncrazyhats.com)

We make specialty running hats so that your fans can see you in the masses at your next big race. Express your personality while standing out in the crowd. Get your Crazy Hat today!

Signal Mtn. (no shirts)	100
Battlefield	1,000
Wauhatchie (no shirts)	100

We would need to make sure that the races with shirts will commit to putting the BCBS logo on all shirts. There was discussion of the title – Corporate Sponsor or Lead Sponsor? There was also discussion of a club sponsor and a race sponsor. BCBS would be the lead corporate sponsor of the club. The \$10,000 sponsorship would entitle BCBS to logos on all race shirts and first refusal to other sponsorships, but would not interfere with race sponsors. BCBS being the club sponsor fits with their support of health and wellness. Linda said she will get the details down and try to sell BCBS and then we can sell sponsorships to other corporations. Bill noted there are a lot of other corporations that are potential sponsors. It was noted that we need to be sure to get in front of people during the fall since this is the time that companies are building their budgets for the following year and individuals are preparing for their taxes.

### Membership

Carol will chair this committee. There are 33 new members from the Chickamauga Chase.

### Treasurers Report

There is \$7,600 in the checking account and \$24,000 in the savings account. For the month, we had a loss of \$2,000. John noted that we can operate 2 – 3 months without taking out of savings. The treasurer's report was approved.

### Other Business

Connie reported on what she has done since she started and her 45 day objectives. Next board meeting will be Tuesday, April 5, 2005.

Connie read a letter from Steve Rogers asking for involvement from CTC in the Karen Lawrence run.

Bill mentioned the Road Runners Club of America convention being held in New Orleans. After discussion that CTC should be represented, George motioned for Bill or Donna to attend the convention and CTC pay for expenses up to \$1,000. The motion was passed.

Virginia read a note from Tom Quillen that was sent with a donation in memory of Darryl Moros. George said that he would have the Sustaining Fund in place by the end of the month. It had been discussed previously and \$1,000 had been earmarked for the fund. This is needed for these types of funds.

Next board meeting will be Tuesday, May 3, 2005.

The meeting was adjourned at 7:34.

Respectfully Submitted,  
 Virginia Waddell, Secretary

# 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

### 4 - Eurocross 5K & 8K

5K, 8K Run

**Site:** Huntsville, AL

**Info:** Keith and Tracy Roberts at  
(256)880-1862

### 4 - Starr Mountain Race

50K, 8Mile Run

**Site:** Etowah, TN

**Info:** www.starrwildrun.com

### 18 - BlueCross Riverbend Run

5K, 1 Mile Fun Run or Walk

**Site:** Chattanooga, TN

**Info:** www.chattanooga-trackclub.org

## JULY

### 17 - Chattanooga Waterfront Triathlon

1.5K/Swim, 43K/Bicycle, 10K/Run

**Site:** Chattanooga, TN

**Info:** faye@team-magic.com

## AUGUST

### 6 - Missionary Ridge Run

4.7 Mile

**Site:** Chattanooga, TN

**Info:** www.chattanooga-trackclub.org

### 14 - Sports Barn Sprint Triathlon

25 Mile/Swim, 8.4 Mile/Bicycle,  
2 Mile/Run

**Site:** Chattanooga, TN

**Info:** tpotts@personal-fitness.com

## SEPTEMBER

### 5 - FCA 5K

5K Run

**Site:** Chattanooga, TN

**Info:** www.chattanooga-trackclub.org

### 5 - 27<sup>th</sup> Annual Franklin Classic

10K & 5K Run

**Site:** Franklin, TN

**Info:** www.franklinclassic.org

### 10 - UTC Cross Country Meet

8K Run

**Site:** Chattanooga, TN

**Info:** www.chattanooga-trackclub.org

### 17 - Symphony Classic

5K Run

**Site:** Chattanooga, TN

**Info:** www.chattanooga-trackclub.org

### 25 - Komen Race For The Cure

5K Run

**Site:** Chattanooga, TN

**Info:** www.chattanoogaracefor  
thecure.com

Send race information to  
Jerry McClanahan,  
831 Creek Drive,  
Chattanooga, TN 37415  
or [jkmccclanahan@comcast.net](mailto:jkmccclanahan@comcast.net)

## Jogging Around Ad Rates

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

*Inserts are \$60/issue*

### JOG/WALK AND NOW ADDING SPEEDWALK!!

The jog/walk/speed-walk group meets for camaraderie and to get your heart rate up every Wednesday night at Fast Break Athletics at 6:00 PM. We invite runners, walkers, and joggers of every capacity to join us. If the workout doesn't get your heart rate up, I know some of the conversations we have will! This is mostly a fitness/social affair and no one is judged, just encouraged to do their best! Don't be intimidated by this group, we have no need for any speed, just fun!

If you have been injured or have not run in a long time and want to get back into working out, this is the group for you. Many times we will have a social hour after the run, so bring some \$\$\$ with you!

We have just added a speed-walking group to go along with this group. Sarah Williams will head up this part of the group!

If you have any questions, please call Melodie Thompson at 842-8030 or email: [jumpytwo@hotmail.com](mailto:jumpytwo@hotmail.com).

Happy Running!!

CTC Members check out our new website that is being developed - go to [members.chattanoogatrackclub.com](http://members.chattanoogatrackclub.com)  
We welcome any and all comments.

### ICE CREAM PARTY AND PICNIC FOR CTC MEMBERS

WHEN: FRIDAY, JUNE 24, 2005  
TIME: 5:30 PM UNTIL 7:30 PM

WHERE: OUT OF THE BLUE @ THE TENNESSEE RIVERWALK OFF AMNICOLA HWY. (NEAR THE C.B. ROBINSON BRIDGE)  
WHAT: FREE ICE CREAM FOR ALL MEMBERS, GREATLY REDUCED FOOD PRICES FROM OUT OF THE BLUE BAKERY CAFÉ FOR ALL TRACK CLUB MEMBERS

RSVP: [JUMPYTWO@HOTMAIL.COM](mailto:jumpytwo@hotmail.com)  
GROUP RUN PRIOR TO THE ICE CREAM, IF YOU DESIRE-BRING YOUR FRISBEE AND YOUR FAMILY FOR SOME GOOD OLD-FASHIONED FUN!

### Fall Marathon Training Season

If you are considering a fall marathon it's time to start training! Check [www.grouprun.com](http://www.grouprun.com) for group run schedules and e-mail [billandlaura@grouprun.com](mailto:billandlaura@grouprun.com) if you would like to get on the weekly email distribution list.

Slow or fast, experienced or beginner makes no difference - if you want to build up your distance and want someone to talk to (or listen to!) during the miles, come on out!



Please send your bulletins to [bbrock@tech-projects.com](mailto:bbrock@tech-projects.com)



# BULLETIN BOARD

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: \_\_\_\_\_

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