



joggingaround



**Inaugural
Chickamauga
Battlefield Junior
Marathon...pages 13**

Chattanooga Track Club

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Chattanooga Track Club Mission Statement

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



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Jogging Around

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New and Returning Members

Shannon Derogatis

Words from the Prez's Perch

We by and far have had the best Chickamauga Battlefield Marathon ever. We all owe a big thank you to the Race Director, Doug Roselle and his wife Peggy. We had a great response to the new and improved shirts and medals; Betty Holder was the one that got the ball rolling raising the bar for even better mementos from our marathon. There were countless other volunteers working leading up to the marathon, during, and after that made this a huge success. It was our club that pulled off the 'best kept secret'.



Now that you are getting ready for your winter running, don't forget to renew your club memberships. Your membership is now renewable online, www.chattanoogaatrackclub.org.

The Wauhatchie Trail Run is going to be at the Nature Center on December 15th, remember this is a points race (the last one for the year!). Who will win the ever tacky 'Golden Antlers'?

In pulling together with our running community, we need to help out with the local tradition of the The Karen Lawrence Race this year. One of the key volunteers will not be able to help this year as he had much needed surgery. Steve Rodgers has been a long time track club member, the Karen Lawrence Race Director, and served our board in various capacities

over the years let me know that one of the Lawrence family would not be able to play the role they have in the past and asked if we could help. If you can help, please get in touch with Steve and let him know you are willing and able.

Sean Pfister and James Williams have been diligently working with the City of Chattanooga for an improved 1/2 marathon aka the Scenic City Half Marathon which will be March 1st. We will have a race to remember this coming year.

We lost a good runner and long-time track club member in October, Howard "Sam" Hale, he really loved our club and running. The races he enjoyed the most were the Chickamauga Chase, the Rock Creek Trail Run, and the Chattanooga Chase. He had been a member of our club for over 17 years. He had encouraged his sons to run, play soccer, and baseball. He was always cheerful and never complained about helping, or when things didn't go as expected. We will miss his quite, cheerful contributions to our running community.

This year we have made large strides in providing much needed services to our members and the running community at large. We may look with pride to the future and continued growth in our community.

Happy Running,



Melodie Thompson

President of the Chattanooga Track Club

The Long Run

The Long Run is the endowment fund of The Chattanooga Track Club. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of these funds, and is appreciative of your generosity to help build this legacy for our community.

Executive Director's Letter

By Sean Pfister

“Greatest Race Ever!”

Now I might be exaggerating if I said those words about our recent Chickamauga Battlefield Marathon and 10 Miler but those were words expressed to me by not just one who ran it but by an expo vendor and race aficionado. I like to tone down the description of the race as being “perfect”, from the ideal running weather to local running legend Hugh Enicks winning the marathon. The compliments have come at steady rate as personal thanks and congrats and runners comments on marathon web sites like www.marathonguide.com has more than positive comments to convince me that I'm not biased in my assessment.

All of the congratulation should go to Doug Rosell and his team of volunteers. Without them this event would not be as highly praised as it has become in running circles. Kudos to Peggy Rosell, Rita Fanning, Betty Holder Mary Stoetzner (Jr. Marathon) and Ed Parrish (volunteer coordinator) as the corps and their team of supporter which are too many for me to name.

I am very proud of the Chattanooga Track Club and it's commitment to this wonderful event. Our light shined brightly on this day and not only can we give our other events the same treatment we are looking at ways to continue to improve the Battlefield race for next year even as I write this.

My favorite quote from the aforementioned web site was from Heather from Alpharetta, GA after several gushing paragraphs she ends with “...(I'm a little cautious telling you all this though - it was larger this year than last year, and it seems the secret is getting out! Please don't change too much as you get famous, Chickamauga Marathon!).

Lastly, I was in Atlanta at the ATC's marathon expo promoting the CTC, Chattanooga and our new Scenic City Half Marathon and there were countless runners who came up to us (Charlene Simmons and Flash Cunningham made the trip too) and expressed their wonderful experiences with the marathon. That's something we never tired of hearing but I wish Doug and his team were there to accept the praise because that's were it was directed.

“What's This About a New Half Marathon?”

Yes, you read it right or perhaps you've seen some snippets of this inaugural event next March 1st. The CTC has absorbed the old half marathon and we've already made huge changes to it. First and foremost is the course. After weeks of working with the city traffic department I was

finally able to announce the approval of an all downtown through neighborhoods race! Go to our web site for a course map, but basically it's starts at Ross' Landing and heads to St. Elmo around Alton Park through Jefferson Heights around the National Cemetery into Highland Park heading back downtown through ML King onto Market St. and over into North Chattanooga and back, finishing were we started. I'm excited about this course and what this event can become to not just the CTC but to the city of Chattanooga as well.

However, this will be a huge undertaking and I've already developed a way to promote this through a grass roots effort by having a charity tie-in. This will not only promote the event but it's structured to also raise money for worthy organizations and provide much needed volunteers. Basically it's a way for the CTC, charities and the city to work together for one running event downtown that is managed and supported by the Chattanooga Track Club. So far the charity interest has been overwhelming and anyone who's ever tried to put on a race for a charity will understand the excitement to be a part of this event. If you know of a charity that might be interested in being involved please have someone contact me for more information.

I feel this event is positioned to be a premier running event for the city based upon the new course and the time of year for a half marathon, regionally and the 5k locally (8 weeks after the New Year's – resolutions!). Half marathons have almost same the drawing power of a full marathon but using a lot less resources. Plus because it's in early March it's primed to be a training run for the ING Georgia and Covenant Knoxville Marathon for those that a half marathon is not long enough, both races are on March 30th. And then there are also Boston, Nashville and Cincinnati marathons in the spring.

If the interest we received in Atlanta is any indication concerning the Scenic City then put out your welcome mats because I intend for this event to showcase our city, our organization and our residents. But much like the marathon it's a team effort and I need all the help I can get to make this another “the secret is getting out!” kind of event. If you want to be a part of this event team please e-mail me and I'll find a place for you, your help is needed.



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New Course for Half Marathon

The Chattanooga Track Club is pleased to announce a number of changes to Chattanooga's annual half marathon including a new course through downtown Chattanooga.

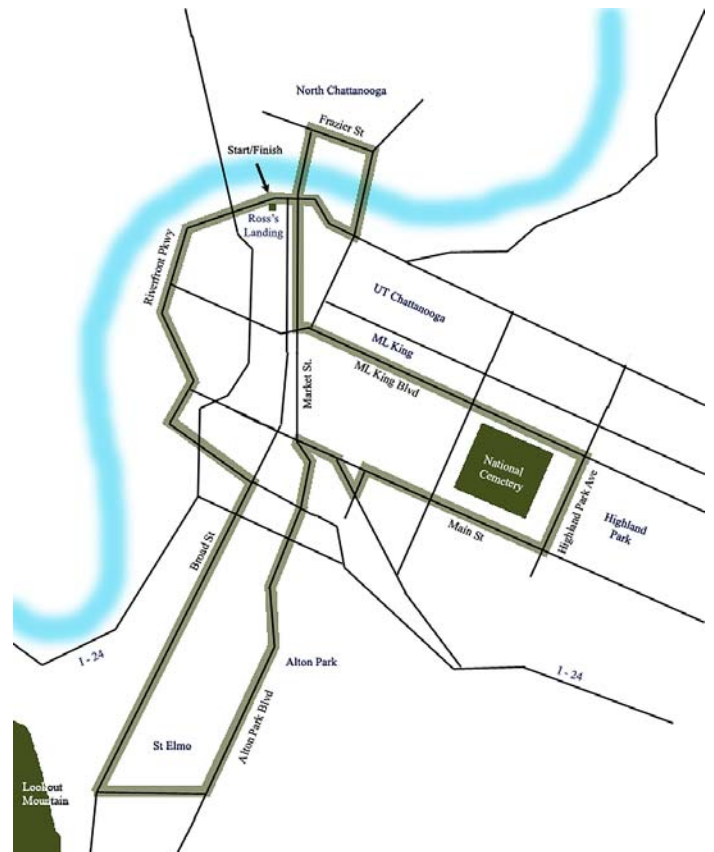
The Scenic City Half Marathon, formerly known as the Chattanooga Half Marathon, will take place on Saturday March 1, 2008.

The start/finish will be located at Ross's Landing, across from the Tennessee Aquarium. Participants will run through a number of downtown neighborhoods including St. Elmo, Alton Park, Southside, Jefferson Heights, Highland Park, MLKing, and North Shore.

This year's event will also feature a special charity fundraising component, with a portion of each participant's registration fee going to one of several local charities.

We're still busy sorting out the final details of the event, so keep your eye on the race's Web site ScenicCityHalfMarathon.com and future issues of *Jogging Around* for more information. In the meantime, mark your calendars to run or volunteer on March 1st.

The Inaugural Scenic City Half Marathon is a co-production of the Chattanooga Track Club and Theresa Wade.



CTC Half Marathon Training Program

Interested in running your first half marathon?

Are you an experienced half marathoner interested in improving your finishing time?

Or are you looking for a social group to train with?

Why not join a new 11-week training program designed to prepare runner, from beginner to experienced, for the Scenic City Half Marathon, 5k and Charity Challenge to be run in downtown Chattanooga on March 1, 2008.

The program includes:

- A training schedule mapping out weekly and daily mileage (see p. 5)

- Wednesday night mid-week group runs leaving the Downtown Sports Barn (301 Market St) at 6:00 pm
- Other mid-week CTC group runs
- Saturday morning group long runs – locations vary each week

To learn more about the program please attend an informational meeting on Thursday December 13, 2007 at 6:30 pm at the Downtown Sports Barn (301 Market St) or visit ScenicCityHalfMarathon.com.

The program is sponsored by the Chattanooga Track Club, Sports Barn, and PowerAde.

Beginner Plan

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Total Mileage
12/17/07	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	5 mi long	Rest	11 mi
12/24/07	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
12/31/07	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	15 mi
01/07/08	3 mi easy	Rest / XT	5 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	18 mi
01/14/08	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	15 mi
01/21/08	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	17 mi
01/28/08	3 mi easy	Rest / XT	8 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	19 mi
02/04/08	3 mi easy	Rest / XT	8 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	21 mi
02/11/08	3 mi easy	Rest / XT	8 mi tempo	Rest / XT	Rest / XT	12 mi long	Rest	23 mi
02/18/08	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
02/25/08	3 mi easy	Rest / XT	2 mi tempo	Rest / XT	Rest / XT	Half Marathon	Rest	18.1 mi

Prior to the week of December 17th you should build up your running to the point where you feel comfortable running a 4 – 5 mile long run. You should also be comfortable running a total of three days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30- 40 minutes two to three days a week, if you like.

Key to Schedule:

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Long: ran at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

For more information on group runs and the half marathon training program please visit ChattanoogaTrackClub.org

Experienced Plan

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Total Mileage
12/17/07	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
12/24/07	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	10 mi long	Rest	24 mi
12/31/07	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	10 mi long	Rest	25 mi
01/07/08	5 mi easy	Rest / XT	8 mi tempo	3 x 1600	Rest / XT	8 mi long	Rest	26 mi
01/14/08	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	10 mi long	Rest	25.5 mi
01/21/08	5 mi easy	Rest / XT	8 mi tempo	3 x 1600	Rest / XT	10 mi long	Rest	28 mi
01/28/08	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	23 mi
02/04/08	5 mi easy	Rest / XT	8 mi tempo	6 x 400	Rest / XT	12 mi long	Rest	29.5 mi
02/11/08	5 mi easy	Rest / XT	8 mi tempo	4 x 1600	Rest / XT	8 mi long	Rest	27 mi
02/18/08	5 mi easy	Rest / XT	5 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	21.5 mi
02/25/08	5 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest	Half Marathon	Rest	21.1 mi

Prior to the week of December 17th you should build up your running to the point where you feel comfortable running a 10-12 mile long run. You should also be comfortable running a total of four days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30- 40 minutes two days a week, if you like.

Key to Schedule:

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Long: ran at a pace at least one-two minutes a mile slower than your intended race pace

- Rest / XT: rest or cross train
- Long: ran at a pace at least 30 - 60 seconds a mile slower than your intended race pace
- Thursday: speed work run at 5k race pace, warm up and cool down 1 mile each, take jogging break in between sets (break should be half the distance of each set). Example: on a 4 x 400 day, you should warm up a mile, then run a 400 meter lap at 5k race pace, then jog 200 meters, then repeat process three additional times. Finish with a one-mile cool down.
- Rest / XT: rest or cross train



Volunteering at the Ford Ironman World Championships

By Sherilyn Johnson

On October 13, 2007, I was in the midst of the best athletes in the world. Since Steve, my husband, and I had planned a vacation to Hawaii for the fall of 2007, we adjusted our travel plans so we could be in Kona during the 2007 Ford Ironman World Championship Triathlon. I then got online and found out I could sign up to volunteer. I jumped at the chance. This would give me the chance to be up close to the athletes, get in the middle of the action and hopefully pick up a few tips for our 2008 Chattanooga Waterfront Triathlon on July 13th.

Since this was going to be the last full day of our vacation, I selected an early timeslot so I could leave around noon and do 'vacation stuff'. The online volunteer system has capability of selecting your first, second and third volunteer area of preference. I selected the transition area and was assigned to the women's tent. On Friday, October 12th, Steve and I arrived at the King Kamehameha's Kona Beach Hotel, the host hotel, to pick up my volunteer packet. It included my pier pass, assignment, instructions and t-shirt. Then we walked out on to Kailua Pier and you could feel the excitement in the air. It was hard to believe I was in the middle of the 2007 Ford Ironman World Championship Triathlon.

My timeslot started at 5:30 AM so I was up very early on Saturday ready to help the athletes cover 140.6 miles. I met about fifteen other ladies assigned to the women's tent to receive final instructions. The main instructions were not to

assist the athletes with forward progress, do not puncture their skin and don't spray sunscreen on them (It will make the floor slippery. They get sprayed with sunscreen as they exit the tent.); other than that, it was common sense. The fifteen of us would direct them to a chair, dump the bag they had filled with their cycling clothes and stuff, and help them change clothes or whatever they needed. Then when they were ready to exit the tent, we gathered their stuff, put it in their bag and tossed it to the back of the tent where other volunteers gathered the bags and hung them back up. Most of the athletes appreciated my assistance. I only had one lady that did not want me to touch her stuff. She might not have understood English and thought I was going to take her stuff. I let her be and do it herself.

The pros started swimming at 6:45 AM and the others started at 7:00 AM. Since we reported to our volunteer spot at 5:30 AM and received our instructions, I was able to



wander around and check out the place. Athletes were in the process of getting their bikes ready and making final preparations. I was the typical curious spectator. I took lots of pictures and just walked around like I knew what I was doing. Since my volunteer position was on Kailua Pier, I was able to be on the pier when the athletes started the swim. This was an exciting time. Then we had about 1 hour before the first athlete returned from the swim. We prepared the changing area and watched with anticipation for the first swimmer. At first, they came in one at a time and then they came in clusters. It was a flurry of action. The athletes had 2 hours and 20 minutes to finish the swim. Time flew by. Then we got word the last swimmer to make the cut off time (John Lander) was finishing the swim. We all went outside the tent and cheered for him. Then Bobbie Pollock came in a few minutes after the cut off. She is 75 years old and was very disappointed. Everyone around was sad for her.



After the swimmers came in and left on their bikes, my volunteer shift was over. I wandered around a few more hours and took a lot more pictures. I wandered over to the finish area and walked the path of the finishers and walked across the finish line. Other volunteers were still putting together the greenery and decorations for the celebrations that was to start around 3:00 PM. Then I wandered over to the swim start and waded in the water. I took pictures of the swimmer exit ramp – hopefully to get ideas for an exit ramp we could build for the 2008 Chattanooga Waterfront Triathlon. Then I wandered over to the volunteer food tent. They had smoothies, drinks and snacks. Then at 1:00 PM, pizza was delivered.

Soon it was time for the leaders to finish the cycling portion. Another volunteer spot was the bike catchers. These volunteers work really hard. The volunteers run up to the cyclist as they are finishing, catch their bike, their helmet and sometimes their shoes. The volunteers then put the athlete's bikes in the racks for them. There were about 50 bike catchers.

One thing CTC learned before the Ford Ironman World Championship Triathlon was the importance of the ambulances having the correct address when responding to a call. As I was watching the cyclist finish, an ambulance drove down to the cyclist finish line, turned around and left. They were trying to get to the medical tent on the other side

of the transition area. Even the ambulances supporting at the Ford Ironman World Championship Triathlon were given wrong directions. Hopefully both of us have learned our lesson and will improve communications.

After watching several of the men finish and a few of the women finish, I wandered back over to the finish line and took more pictures. This time the area was just about put together. I then wandered up to the VIP area and was stopped by a security volunteer. Of course I asked if I could go in and take pictures. I did and left soon afterwards. Then it was about an hour or so away from the first finisher. I went to the fence in front of the bleacher and stood and waited for the athletes to finish. As I was waiting, the NBC crew passed out noisemakers and got the crowd pumped up. I started chit chatting with the spectators around me and time went by pretty fast. Then as the first athlete was a few minutes from finishing, a group of Hawaiian guys dressed in their traditional outfits went to meet the winner. The winner was Chris McCormack with a time of 8:15:32. The first American and fourth overall was Tim DeBoom with a time of 8:22:35. The first female finisher was Chrissie Wellington with a time of 9:08:44. I stayed until several of the men finished and a few of the women finished.

As you can tell, I did not stick to my original plan to stay for only half a day. I figured since I was at the Ford Ironman World Championship Triathlon I should get the full experience and watch some of the athletes finish. In the meantime, Steve was getting his own experience of the triathlon by running on Queen Ka'ahumanu Highway with the cyclist and runners. He was running 20 miles in preparation for the Chickamauga Battlefield Marathon. I returned back to the hotel at 6:00 PM just as he was leaving for supper. Perfect timing.

If you ever get the chance to volunteer for an Ironman, do it. But in the meantime, you can volunteer for a national and world qualifying triathlon here in Chattanooga on July 13th. I promise it will be fun and exciting. You can contact me at steve.sherilyn@comcast.net.

By the way, if you would like to participate in the 2008 Ford Ironman World Championships and have not qualified, you can go to <http://www.ironman.com/events/ironman/worldchampionship/applications-now-being-accepted-for-the-2008-ford-ironman-world-championship-lottery> and sign up for the lottery. Applications need to be received by February 28, 2008. Lottery winners will be announced on April 15, 2008.

Don't forget to watch the 2007 Ford Ironman World Championships on NBC on December 1st. If you look hard in the background, you just might see me cheering for the athletes.

You can view my pictures on the CTC website at ChattanoogaTrackClub.org.

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Goetz and Chessman Win Johnson Mental Health 10K

Joseph Goetz, 24, won the Mental Health Center 10k held at Moccasin Bend Hospital on Saturday October 13, 2007.

Goetz covered the 6.2 mile course in 33 minutes, 22 seconds, averaging a 5:22 pace per mile. Cathy Cheesman, 40, was the female champion with a winning time of 40 minutes, 57 seconds (6:36 per mile).

The proceeds from the annual event, which is in its twenty third year, go to Christmas funds for clients of the Johnson Mental Health Center. A total of 90 runners participated in the race.

The race was made possible through the generosity and hard work of the volunteers, the Memorial Ambulance Service, and the corporate sponsors. Corporate sponsors of the Johnson Mental Health 10k include Horton, Maddox, and Anderson, Security & Communications Cabling Co., RJ Young Company, Genoa Healthcare, JDH Company, Cohutta Banking Company, Quick Tees, Five Star Coffee, Coldstone Creamery, MBMHI, and Art Venture.

The event was co-produced by the Johnson Mental Health Center and the Chattanooga Track Club (CTC).



2007 Joe Johnson Run For Mental Health 10K

MEN 19 & UNDER

1	Will Musto	37:27
2	Daniel Hamby	42:12
3	Kenny Steffes	43:03
4	Todd Lynn	53:44

MEN 20 - 24

1	Joseph Goetz	33:22
2	Patrick Hall	33:58
3	Charles Webb	37:10

WOMEN 20 - 24

1	Elizabeth Larimer	45:13
2	Kirsten Johnson	51:29
3	Ashley Williams	1:05:16

MEN 25 - 29

1	Nik Meeks	49:05
2	Toby Solero	55:08

WOMEN 25 - 29

1	Emily Scarbrough	45:24
2	Misty Suits	50:59
3	Amanda Morgan	1:05:17

MEN 30 - 34

1	Zach Cowart	40:26
2	David Stoker	42:15
3	Tommy Dull	44:35
4	Shawn Kelley	44:45
5	Chris Horton	45:14
6	Mike Alley	46:55
7	Rusty Mawk	57:54

WOMEN 30 - 34

1	Liz Dull	42:28
2	Deanna Lord	57:53

MEN 35 - 39

1	Chris Wilson	38:10
2	Les Conner	39:32
3	Sean Pfister	40:57
4	Carl Gooddog	47:03
5	Madhav Durbha	1:03:28

WOMEN 35 - 39

1	Belinda Young	44:43
2	Kim Morris	45:16
3	Barbara Ensign	50:30
4	Bridgette Wisdom	55:09
5	Jolee Carter	1:02:14
6	Rachel Fisher	1:03:16
7	Cindy Ramey	1:04:32
8	Tanya Swann	1:04:44

MEN 40 - 44

1	Tim Ensign	33:24
2	Joey Howe	36:44
3	Mark Wisdom	39:14
4	Ray Kellum	45:13
5	Craig Cott	46:57
6	Chris Traffansterdt	55:26
7	John Thomas	57:51
8	Russ Southerland	1:07:24

WOMEN 40 - 44

1	Cathy Cheeseman	41:35
2	Joan Vos	47:11
3	Christine Post	48:36
4	Missi Johnson	51:34
5	Bernice Delaney	52:27
6	Lori Southerland	59:22

MEN 45 - 49

1	Hugh Enicks	34:55
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2	Joe Johnson	35:28
3	Chad Varga	36:21
4	Tim Holmes	39:04
5	Gregg Hansen	39:54
6	Ray Beam	43:25
7	Larry Barlow	47:25
8	Doug Torrance	48:16
9	David Jabaley	50:12
10	Ron Branam	52:11
11	Steve Tompkins	53:25

WOMEN 45 - 49

1	Lynda Webber	49:34
2	Gwen Meeks	56:28
3	Janice Wycherley	1:09:03

MEN 50 - 54

1	Jim Steffes	41:54
2	Jeff Stracener	42:27
3	Marvin Watson	42:56
4	James Hall	43:06
5	Billy Collier	45:27
6	Rick Mathis	45:48
7	Mike Leary	47:35
8	Miles Tanenbaum	47:57
9	Rich Kramer	49:48
10	Ben Nevis	50:58

WOMEN 50 - 54

1	Cindy Pointer	55:32
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MEN 55 - 59

1	Mike Mason	48:58
2	Carter Lynch	50:18
3	Pat Hagan	54:06
4	Lucien Ellington	56:11
5	Bill Moran	1:00:30

MEN 60 - 69

1	Bob Barber	39:41
2	Doug Hawley	49:26
3	Cyrus Rhode	50:35
4	Walter Sinor	54:40
5	Jim Selman	59:38
6	Earl Kelle	1:01:14
7	David Wycherley	1:09:04
8	Phil Thomas	1:09:14

WOMEN 60 - 69

1	Ann Garner	1:09:13
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Harvey Best Predictor at Signal Mountain Pie Run

Charles Web, 20, won the Signal Mountain Pie Run held at the Signal Mountain Middle School on Saturday October 20, 2007. Web covered the 10k course in 36 minutes, 57 seconds, averaging 5:57 pace per mile. Jan Gautier, 42, was the female champion with a winning time of 40 minutes, 22 seconds (6:30 per mile).



Joey Howe won the male masters division, completing the course in 37 minutes, 9 seconds. Missi Johnson won the female masters division in a time of 51 minutes, 36 seconds. Nick Honercamp was the male grand masters division champion, finishing in 42 minutes, 28 seconds. Terry Brown, 54, won the female grand masters division in a time of 55 minutes, 58 seconds.



The event also featured a special time prediction competition in which runners had to predict their finishing time prior to the start of the race. Brad Harvey won the prediction event, finishing just two seconds off his predicted time.



The race was made possible through the hard work of volunteers and generosity and of corporate sponsors. The 2007 Signal Mountain Pie Race was a Chattanooga Track Club event and was sponsored by Davis & Hoss, Attorneys at Law, Doug Torrance, Jr. DDS, Coca Cola, Fast Break Athletics, Front Runner Athletics, The Bread Basket and the Towns of Walden and Signal Mountain.



2007 Signal Mountain Pie Run 10K

MALE OVERALL RESULTS

1	Charles Webb	36:57	6	Deanna Lord	59:45
			7	Andrea Irvin	1:00:18
			8	Melissa White	1:01:00
			9	Sherri Liou	1:09:55

FEMALE OVERALL RESULTS

1	Jan Gautier	40:22
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MALE MASTERS OVERALL RESULTS

1	Joey Howe	37:09
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FEMALE MASTERS OVERALL RESULTS

1	Missi Johnson	51:36
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MALE GRAND MASTERS OVERALL RESULTS

1	Nick Honercamp	42:28
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FEMALE GRAND MASTERS OVERALL RESULTS

1	Terry Brown	55:58
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MEN 1 - 15

1	Nate Brewer	47:57	16	Danny Fell	54:57
2	Micajah Tucker	51:20	17	David Moghani	55:38

MEN 16 - 19

1	Christopher Freye	44:29	18	Steven Bush	56:50
2	Marco Bianchini	45:58	19	Steve Tompkins	57:20
3	David Archer	47:54	20	Steve Smalling	57:42
			21	Bill Thornton	1:01:47

MEN 20 - 29

1	Charles Webb	36:57	1	Jan Gautier	40:22
2	Justin Murphy	38:45	2	Missi Johnson	51:36
3	Adam Webb	43:40	3	Lynda Webber	51:56
4	Robert Brunson	52:09	4	Catherine Griffin	52:24
5	Jeff Jennings	55:13	5	Jennifer Nelson	53:36
6	Will Hale	55:54	6	Bernice Delaney	54:28
7	Chris Carpenter	56:23	7	Julia Fields	57:11
8	Kelley Thompson	1:02:55	8	Rae Moon	57:52
			9	Susan Gallo	1:00:38

WOMEN 20 - 29

1	Michelle Meek	46:08	10	Kimberly Smith	1:01:01
2	Laura Davies	49:21	11	Michelle Shrum	1:04:32
3	Kathy Johns	50:31	12	Janice Wycherley	1:11:03
4	Kelli O'Brien	50:51	13	Leslie Culp	1:11:42
5	Kirsten Johnson	54:16	14	Lisa Stark	1:11:46
6	Shayna Harder	55:42	15	Jill Bedford	1:17:51
7	Karran Leary	58:38			

MEN 30 - 39

1	Peter Murphy	38:30	1	Nick Honercamp	42:28
2	Zach Cowart	39:51	2	Ronald Wilson	45:32
3	Les Conner	39:59	3	Mike Leary	48:50
4	Jim Farmer	41:10	4	Miles Tanenbaum	49:28
5	Kent Wilson	41:27	5	Pat Hagan	54:04
6	Justin Guy	41:48	6	Bob Cutrer	55:57
7	Brad Harvey	43:02	7	Lucien Ellington	1:08:20
8	David Cook	43:49	8	Bill Trotanis	1:09:14
9	Josh Harper	45:38			

WOMEN 30 - 39

1	Belinda Young	45:18	1	Terry Brown	55:58
2	Marion Pound	47:32	2	Melodie Thompson	56:54
3	Kristna Guy	53:35	3	Joy Tucker	57:18
4	Bridgette Wisdom	56:51	4	Theresa Samuelian	57:48
5	Maria Vives	57:40	5	Judy White	1:06:23

MEN 40 - 49

1	Charles Webb	36:57	1	Sergio Bianchini	44:37
2	Justin Murphy	38:45	2	Cyrus Rhode	51:41
3	Adam Webb	43:40	3	Jesse Roberson	52:56
4	Robert Brunson	52:09	4	Walter Sinor	57:39
5	Jeff Jennings	55:13	5	Earl Kelle	1:02:17
6	Will Hale	55:54	6	Phil Thomas	1:02:58
7	Chris Carpenter	56:23	7	Dan Woughter	1:05:33
8	Kelley Thompson	1:02:55	8	David Wycherley	1:10:49

WOMEN 40 - 49

1	Michelle Meek	46:08	1	Bonnie Wasson	1:06:43
2	Laura Davies	49:21			
3	Kathy Johns	50:31			
4	Kelli O'Brien	50:51			
5	Kirsten Johnson	54:16			
6	Shayna Harder	55:42			
7	Karran Leary	58:38			

MEN 50 - 59

1	Michelle Meek	46:08			
2	Laura Davies	49:21			
3	Kathy Johns	50:31			
4	Kelli O'Brien	50:51			
5	Kirsten Johnson	54:16			
6	Shayna Harder	55:42			
7	Karran Leary	58:38			
8	Amy O'conner	1:00:54			
9	Heidi Griswold	1:01:49			
10	Courtney Thompson	1:02:55			
11	Rebecca Ammons	1:04:31			
12	Judy No	1:09:06			
13	Jennifer No	1:09:47			

WOMEN 50 - 59

1	Michelle Meek	46:08			
2	Laura Davies	49:21			
3	Kathy Johns	50:31			
4	Kelli O'Brien	50:51			
5	Kirsten Johnson	54:16			
6	Shayna Harder	55:42			
7	Karran Leary	58:38			
8	Amy O'conner	1:00:54			
9	Heidi Griswold	1:01:49			
10	Courtney Thompson	1:02:55			
11	Rebecca Ammons	1:04:31			
12	Judy No	1:09:06			
13	Jennifer No	1:09:47			

MEN 60 - 99

1	Michelle Meek	46:08			
2	Laura Davies	49:21			
3	Kathy Johns	50:31			
4	Kelli O'Brien	50:51			
5	Kirsten Johnson	54:16			
6	Shayna Harder	55:42			
7	Karran Leary	58:38			
8	Amy O'conner	1:00:54			
9	Heidi Griswold	1:01:49			
10	Courtney Thompson	1:02:55			
11	Rebecca Ammons	1:04:31			
12	Judy No	1:09:06			
13	Jennifer No	1:09:47			

WOMEN 60 - 99

1	Michelle Meek	46:08			
2	Laura Davies	49:21			
3	Kathy Johns	50:31			
4	Kelli O'Brien	50:51			
5	Kirsten Johnson	54:16			
6	Shayna Harder	55:42			
7	Karran Leary	58:38			
8	Amy O'conner	1:00:54			
9	Heidi Griswold	1:01:49			
10	Courtney Thompson	1:02:55			
11	Rebecca Ammons	1:04:31			
12	Judy No	1:09:06			
13	Jennifer No	1:09:47			

TIME PREDICTION COMPETITION

1	Brad Harvey	0:02
2	Danny Fell	0:04
3	Missi Johnson	0:06
4	Catherine Griffin	0:07
5	Jim Farmer	0:10



5 Tips to Help Keep You Walking During the Busy Holiday Season

Take Holiday Stress In Healthy Strides This Year

With all the holiday temptations like parties, food and shopping, it can be hard to find the time to work in a routine walk. But by planning in advance and making it fun, you can find ways to stay active and still manage to cross things off the holiday “to-do” list. In addition, you can use resources like BlueCross WalkingWorks®, an easy-to-follow program designed to help you fit walking into your daily life, found at bcbst.com. In the meantime, try some of these tips to keep up with your walking routine this holiday season:

Shop till’ you drop!

When you’re out shopping for presents for your family and friends, there are ways you can tie walking into your day. For starters, park your car at the opposite end of the mall or shopping center from where you intend to finish your spending spree. That way, you’ll have to walk the extra steps to backtrack to your car. Also, start out by window shopping. Keep a solid pace as you walk, and do a few laps before heading in and opening your wallet.

Here we come a-carolling...

Head out with your friends and family to go caroling at local neighborhoods. This is a great way to spend time with those you love around the holidays while still keeping on your feet. Remember, walking is a great way to maintain your health *and* it can be fun too!

Don your mail hat

This year, instead of leaving it up to the mail delivery person to deliver your holiday cards or gifts, take those extra steps and hand deliver them yourself! Walk around your neighborhood and personally give cards and gifts to your friends. They will be pleasantly surprised to see you, and it will give you a few moments to enjoy the holidays with friendly and familiar faces.

Don’t be a couch potato

Jump on the treadmill and walk while watching your favorite holiday classics on TV with your family. Whether you love to watch Rudolph and his red nose save the day or you just have to see the Grinch steal Christmas every year, you can enjoy it all while sticking to your daily walk regimen.

Take your pedometer with you

Keep track of the steps you take. They will add up faster than you think! Then, you can enter them in your personal walking log on the BlueCross WalkingWorks section at bcbst.com. Don’t have an account yet? It’s free and only takes a few minutes to create, so set one up to start keeping track of your progress! It’s also a great way to get an early start on some of those New Year’s resolutions!

If you need more to get you motivated during the winter months, consider participating in some of these events this holiday season:

- Sat., Dec. 1** Powell Jingle Jog 5K, Powell
- Sat., Dec. 1** Holiday Starlight Parade and Concert, Chattanooga
- Fri., Dec. 7** 27th Annual Rudolph’s Red Nose Run 5K Run / Walk, Nashville
- Sat., Dec. 8** Carpet Capital 10 Mile & 5K Races, Dalton
- Sat., Dec. 15** Wauhatchie Trail Run, Chattanooga
- Mon., Dec. 31** Karen Lawrence Run, Chattanooga

*Check out the *BlueCross WalkingWorks* section at bcbst.com for more area walks.



Chickamauga Battlefield Marathon and 10 Mile Race: A Perfect Day for a Run in the Park

By Doug Roselle

The Chattanooga Track Club must have some folks that really know how to get their prayers noticed. We could not have had better weather for this year's marathon and 10 mile race. Put together with our efforts to have top quality goodies the race hit a home run. All the runners were in a great mood, the spectators were thrilled, and the volunteers were enthusiastic. I get asked why I go through all the headaches of being a race director. Two reasons – just like running, it feels great when you stop, and there are moments that just make it worthwhile. A few examples:

The start, the presentation of the colors, the national anthem, and the veterans being honored.

Hugh Enicks, seeing him lead the race and win again. This guy is amazing. I am inspired to keep training.

The park, so many places to watch the runners, see the cannon, monuments, hills, some deer, trees in full color....find me another race setting like this and I want to sign up.

First time finishers with their medal, award, shirt, and a smile that you can't describe.

The unique runners you meet, my favorite for 2007 - Wayne from Melbourne Florida who was running his 13th marathon after open heart surgery earlier this year. Yes that is not a typo, 13th.

The person that I met that told me – “you know I just came out to watch, but I think I might try this next year”. What a great feeling to know you had a part of getting someone started running.

I know we always see these thanks, and don't really notice them. However, if you see any of these folks thank them personally. They made it happen. I said this was a perfect day for a run in the park, but it was the hard work of a perfect team that made it happen. Rita Fanning did more work than I can remember from day one. Betty Holder worked hard on getting the best shirt and medal the race has ever had. Ed Parrish commanded the volunteers and finally got them organized. Bill Moran was a huge help in making sure there was a very well thought out and executed safety plan. Tim Ensign took care of everything to do with the 10 mile race, and Chris Levan helped get over 120 first time awards completed. Charlene Simmons was everywhere helping. I also can't forget my personal Sherpa: James Mello. All of the volunteers on race. If I missed someone, please know there are so many people that make this race happen it is hard to fit you all in.

Then there are our sponsors. Again, the race does not happen without them. Please support them and thank them. Eric Clark at Scenic City Orthopaedics, Powerade, Oakwood Baptist Church (where would we be without them?), Out of the Blue Café and Kites (yeah Peggy!). Hutcheson Medical Center was there the entire race with an ALS unit, Fazolis, FireEye, Blue Cross Blue Shield of Tennessee, and the Sports Barn.

It's hard to imagine how we could top this next year. But, I know if we get the same support and team working on it we will! November 8, 2008 - See you there.

For race results please visit ChattanoogaTrackClub.org.



The Inaugural Chickamauga Battlefield Junior Marathon

By Rita Fanning

The inaugural Chickamauga Battlefield Jr. Marathon, held on November 10th in conjunction with the Chickamauga Battlefield Marathon and 10-Mile Run, was a huge success according to over 100 children and their parents.

After race director, Mary Stoetzner, helped with a similar event in Birmingham, she was so excited about the concept that she brought the idea to the Chattanooga Track Club. It made perfect sense for the Jr. Marathon to tie in with the existing Marathon – and the BlueCross Market Street Mile held last April was an ideal time to kick off the event.

Children in grades K – 5th in school year 2006-2007 ran 25.2 miles prior to November 10th, with many running their first mile at either the BlueCross Market Street Mile in April or the BlueCross Riverbend Run 1-Mile in June. They continued to run and document their miles, with the assistance of an adult, on their mileage logs throughout the summer and on up to the Jr. Marathon day when they ran their final mile of their marathon.

The Jr. Marathoners ended their mile at the Marathon finish line along with the adult Marathoners to the delight of the spectators. Each adult Marathoner received a beautiful medal as they crossed the finish line. Each Jr. Marathoner also received the same beautiful medal with the words “Jr. Marathon” engraved on the back. I understand (from several emails I’ve received) that there were many medals proudly worn to school on Monday. I was lucky enough to get to hang medals around the necks of some of the children as they completed their marathon. Most stood still, bowed their heads so I could easily put the ribbon around their neck and then they looked up at me with huge smiles on their faces. They were so proud of their accomplishments.

Several emails from parents have already asked when the forms will be out for next year – have asked if the age could be expanded so their oldest child could compete again next year – have thanked the club for hosting the event.

Each Jr. Marathoner received a special t-shirt, a goody bag and their finisher medal. In addition, a drawing was held for some terrific door prizes after the mile event. Mary Stoetzner, Betty Holder, Tara Murdock, Emily Patton, Phil Stewart and Robert Gustafson went above and beyond to secure 2 bicycles, a \$250 gift certificate for a Wii, 6 iPods, gift certificates for shoes, gift certificates for dinners and more. Special thanks to Jr. Marathon sponsor Chattanooga Times Free Press for pre-event publicity in the spring. Those donating door prizes include Fast Break, Front Runner, Rock Creek Outfitters, Scott’s Bicycle Centre, Patagonia, Cold Stone Creamery, Chattem Inc. and an anonymous donor.

Other than my friend, Carol Money, finishing her first marathon Saturday, the highlight of my day was little Katie Traffanstedt coming up to me to receive her medal with a big smile on her face. When Katie and her family picked up her packet Friday evening, Katie was smiling. I told her that I wanted her to smile just like that when I saw her the next day. When I saw the smile on Katie’s face when I gave her the medal, I asked her if she smiled the whole time she ran the mile – she said yes. That made my day. I have never smiled or even thought about smiling when I ran. We put on an event that was fun for these children – the joy of effort, that was the whole idea.

Thank you, Mary, for letting me help you with the Jr. Marathon.



Twenty-Third Annual
Wauhatchie Trail Run
 Saturday, December 15, 2007
 9:45 AM EST
 at the Tennessee Wildlife Center and Reflection Riding
 To honor the memory of Chris Presley



THE COURSE: A hilly 6.7 miles of gravel/dirt roads and rough trails on the lower slopes of Lookout Mountain. The elevation change between low point (the start/finish) and high point of the course is 410 feet.

COST: \$8.00, \$5.00 for CTC Members. This fee includes admission to the Tennessee Wildlife Center and Reflection Riding. Race-day registration begins at 8:30 AM.

FORMAT: This is an age / sex handicapped race. The Males ages 25 to 29 are considered the fastest group and start at time "zero." All other groups receive a head-start as shown in the table to the right, with the head-start being how long (in minutes:seconds) before the scratch runners that group starts. The Females age 70 and over start at 9:45 AM and the Males 25 to 29 at 10:17:45 AM. If you want to run with a friend, you may start later than your assigned time, but not earlier.

AWARDS: In keeping with the location of this race, this will be a "recycling" event. Everyone will be a winner if you bring one prize for the prize table; i.e. trophy (running or non-running related is fine), tee shirt, cap, etc. Dig into your closet to find that long-lost treasure that you know a fellow-finisher will cherish. The overall champion will be recognized with a special award.

FAMILY AWARDS: Awards to the top two-person family team, the team result being computed by adding the official (including handicap) times of the two runners. Team members must have one of the following relationships to each other: (1) spouses, (2) parent-child, (3) grandparent-grandchild, (4) siblings, or (5) aunt/uncle with niece/nephew.

HAZARDS: This race will involve steep up-hills and steep down-hills on trails covered with leaves, rocks and tree limbs. Do not run this race unless you have trained on trails, and you are comfortable running on them. Due to the roughness and isolation of the course, you must be at least 12 years old to participate.

OTHER: Runners are invited to bring goodies to share at the post-race feeding frenzy – no alcohol, please. The women's bathroom is a three-seater and the men's a two-seater, so either prepare ahead of time or expect to stand in line! The race site is a nature preserve – no pets allowed. Refreshments provided by Powerade and Lookout Mountain Tomato and Banana Co.

DIRECTIONS: Get off Interstate 24 at exit #175, Brown's Ferry Road & Lookout Mountain. This is the first exit west of downtown Chattanooga. Go south on Brown's Ferry Road for 6/10 mile, taking a left at the traffic light onto Cummings' Highway. Go 7/10 mile and take a right onto state road #318. Follow the Tennessee Wildlife Center and Reflection Riding signs from there.

Information: Melodie Thompson, 312 W. Ridgewood Ave., Red Bank, TN 37415 (423)870-1608 jumpytwo@hotmail.com
 Or Walt Sinor at waltsinor@yahoo.com

Group	Headstart	Group	Headstart
F 12-14	9:45	M 12-14	6:30
F 15-19	6:15	M 15-19	2:00
F 20-24	5:30	M 20-24	0:15
F 25-29	5:15	M 25-29	0:00
F 30-34	6:00	M 30-34	0:30
F 35-39	8:15	M 35-39	0:45
F 40-44	9:00	M 40-44	2:45
F 45-49	11:45	M 45-49	4:00
F 50-54	13:15	M 50-54	5:30
F 55-59	17:00	M 55-59	7:30
F 60-64	18:30	M 60-64	9:15
F 65-69	27:45	M 65-69	12:15
F 70 +	32:45	M 70 +	16:00

Females 70 and over begin at 9:45:00 a.m.


Males 25-29 begin at 10:17:45 a.m.

10:17:45 is considered 0:00 on the race clock.
 All other groups begin the amount of your head-start before 10:17:45.

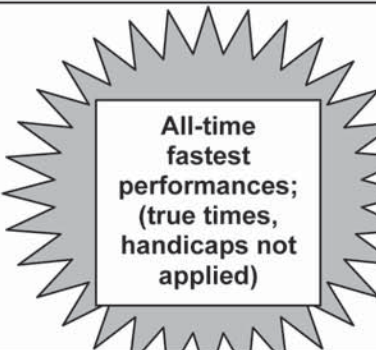
Please do not bring pets to this race, we will have to ask you to leave!



**BlueCross BlueShield
 of Tennessee**

	Name	Year	Official Time	Headstart	Actual Time	Sex	Age
	All-time fastest performances age-sex adjusted	1. Malcolm Gillis	1999	35:35	12:15	47:50	M
	2. Daniel Goetz	2007	35:40	2:00	37:40	M	19
	3. Tim Ensign	2007	35:51	2:45	38:36	M	44
	4. Jamey Gifford	1997	35:52	2:00	37:52	M	19
	5. Wendy Williams	1999	35:53	27:45	1:03:38	F	67
	6. Malcolm Gillis	1994	36:00	9:15	45:15	M	61
	7. Tim Ensign	2002	36:27	2:45	39:12	M	40
	8. Tim Ensign	2004	36:27	2:45	39:12	M	42
	9. Malcolm Gillis	1995	36:34	9:15	45:49	M	62
	10. Chad Varga	2004	36:34	4:00	40:34	M	46
	11. Tim Ensign	2003	36:39	2:45	39:24	M	41

Female			Male		
1999	Jan Gautier	43:53	2000	Rodney Stoker	37:04
1993	Cathy Cheeseman	43:56	1985	Adam Pinkston	37:38
1994	Chris Presley	45:02	2007	Daniel Goetz	37:40
1996	Chris Presley	45:35	1997	Jamey Gifford	37:52
2001	Jan Gautier	45:38	1998	Jamey Gifford	38:02
1995	Jan Gautier	45:50	1988	Allen Hughes	38:09
1988	Cathy Cheeseman	46:01	1987	Allen Hughes	38:26
1993	Chris Presley	46:03	1990	Ray Flynn	38:28
1992	Joan Howard	46:04	1989	Allen Hughes	38:29
1989	Dee Goodwin	46:14	1989	Steve Murray	38:34



2006 Top Finishers						
Name	Official Time	Headstart	Actual Time	Sex	Age	Hometown
1. Daniel Goetz	35:40	2:00	37:40	M	19	Chattanooga
2. Tim Ensign	35:51	2:45	38:36	M	44	Chattanooga
3. Zach Buffington	37:34	2:00	39:34	M	19	Ooltewah
4. Josh Bradley	38:15	2:00	40:15	M	19	Ringgold, GA
5. Chad Varga	38:23	4:00	42:23	M	48	Chattanooga

2006 Family Competition		Combined Time	Relationship
1. Daniel Goetz (40:15) and Joseph Goetz (40:43)	1:06:05	brothers	
2. Hugh Enicks (38:51) and Andrew Enicks (50:52)	1:29:43	father/son	
3. Jimmy McGinness (46:00) and Jack McGinness (46:00)	1:30:52	father/son	

2007 Wauhatchie Trail Run Entry

Name _____ Sex _____ Age on 12/15/07 _____

Address _____

City/State/Zip _____

Entry fee: \$8 (\$5 for CTC members), payable to Chattanooga Track Club (must be postmarked by 12/10/2007)
 Forms may be mailed to: Melodie Thompson, 312 W. Ridgewood Avenue, Red Bank, TN 37415 (no cash!)

RELEASE AND WAIVER OF LEGAL RIGHTS

I wish to enter and participate in the 2007 Wauhatchie Trail Run. I am aware that participation in this race will expose me to many hazards, including but not limited to adverse weather conditions, very poor and rocky footing, steep ascents and descents, and heavy leaf cover on the ground. I am medically able and properly trained to run this event. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, and administrators do waive, release and discharge The Chattanooga Track Club, Reflection Riding, The Tennessee Wildlife Center, Road Runners Club of America, Front Runner, Lookout Mountain Tomato & Banana Company, Powerade, Wauhatchie Trail Run officials and volunteers, and officers, directors, agents, employees and representatives of any of the preceding parties from any and all rights, claims, or liability for damages for any and all injuries to me or my property arising out of or in connection with my participation in this event.

 Signed Date Parent or Guardian if under 18

Want Speed? Slow Down!

By Dr. Philip Maffetone

A heart rate monitor is still an underrated, misunderstood training companion. Many of today's runners have monitors but don't get their money's worth from them. Heart rate monitors are really just biofeedback units. But without interpretation of the data they provide, their true benefits cannot be realized. Dorland's Medical Dictionary defines biofeedback as "the process of providing visual or auditory evidence to a person of the status of body function so that you may exert control over that function." As students in the 1970s involved in a biofeedback research project, we measured responses in human subjects to various physiological inputs; sounds, visual effects, and a variety of physical stimulation, including activity. The observed reactions were evaluated by measuring temperature, sweating, and heart rate.

It became evident that using the heart rate to objectively measure body function was simple, accurate, and useful. And its application in sports was obvious. For me, this was the beginning of a long process of using heart monitors with athletes.

By the early 1980s, I was using monitors for three important running applications:

- Training
- Self-assessment
- Racing

Training

The use of a heart rate monitor for effective training entails two important aspects. The first is that all endurance athletes must build a good aerobic base, a notion that famed running coach Arthur Lydiard promoted decades ago. The second consideration has to do with the specific heart rate used during training, and how a runner determines that important number. Let's look at each feature separately.

Building a good aerobic base means training only aerobically. During the base period, no anaerobic workouts (including racing) should be incorporated. Anaerobic activity will jeopardize the efficient development of your aerobic base, so every workout is aerobic. That includes your long run on Sunday, your hilly runs in the park, and any other workouts where you're heavily influenced by other athletes or the terrain.

In addition, an aerobic base period is devoid of weight training, since lifting is also an anaerobic workout.

There may be several reasons why anaerobic workouts can inhibit aerobic base building:

- Anaerobic training can decrease the number of aerobic muscle fibers, sometimes significantly. This can happen in just a few short weeks of higher heart rate training.

- The lactic acid produced during anaerobic training may inhibit the aerobic muscle enzymes necessary for building an aerobic base.
- Anaerobic training raises your respiratory quotient. This means the percentage of energy derived from sugar increases and fat burning decreases. In time, this may force more anaerobic metabolism and less aerobic function.
- Stress can also inhibit the aerobic system. Stress is nearly synonymous with anaerobic training. Excess stress raises cortisol levels, which ultimately increases insulin levels, inhibiting fat burning and increasing sugar usage. This promotes anaerobic metabolism and inhibits aerobic activity.



Aerobic base training is often the period of training where discipline, dedication, and hard work are most important. Most athletes think these three mental attributes are related to toughing it out, grunting, and training in pain. But it's sometimes harder than that: training properly during the aerobic phase, for many athletes, is the most difficult part of my program. It's the ability to go slower, despite what other athletes are doing and saying.

For the longer running events, 95-98% of racing energy is obtained from the aerobic system. This is another reason I recommend that most training be directed at improving this process. Building a good aerobic base takes about three months. For runners who have lost their competitive edge, have chronic problems (injury, sickness), or cannot lose that extra fat, a longer base - up to six months - can work wonders.

But the question remains: what heart rate do you use for aerobic training? Perhaps the most important feature of training with a heart monitor is knowing which heart rate to use. We're familiar with the old formula: 220 minus your age, multiplied by 65-85%. But this method has no basis. Your maximum heart rate is supposed to be represented by 220 minus your age. However, if you've ever pushed yourself on the track or in a race to find your highest heart rate, you may have found, as more than half of the population does, that it is not the same as the formula. Then there's the percentage: which do you use - 65%, 75%, 80%? Rather than guess, you can use a newer formula which is scientifically based. See the insert on the 180 Formula, which establishes the best heart rate for building an aerobic base.

Initially, training at this heart rate induces emotional stress in many athletes. "I just can't train that slow!" is a common comment. But after a short time, not only will you feel better, but your pace will quicken at that same training heart rate. One significant benefit of applying the 180 Formula to your training is the chemical response by the body: production of free radicals is minimal compared to running at heart rates even a little higher. These chemicals can

contribute to degenerative problems, inflammation, heart disease, and cancer, not to mention speeding the aging process. By using the 180 Formula, you can run more miles without risking chemical stress.

The 180 Formula

To find your maximum aerobic heart rate:

1. Subtract your age from 180 (180 - age).
2. Modify this number by selecting one of the following categories:
 - o If you have or are recovering from a major illness (heart disease, any operation, any hospital stay) or on any regular medication, subtract 10.
 - o If you have not exercised before, you have exercised but have been injured or are regressing in your running, or you often get colds or flu or have allergies, subtract 5.
 - o If you have been exercising for up to two years with no real problems and have not had colds or flu more than once or twice a year, subtract 0.
 - o If you have been exercising for more than two years without any problems, making progress in competition without injury, add 5.

For example, if you are 30 years old and fit into category b: $180 - 30 = 150$, and $150 - 5 = 145$. This is your maximum aerobic heart rate. For efficient base building, you should train at or below this level throughout your base period.

Self-Assessment

A significant benefit of aerobic base building is the ability to run faster at the same effort, that is, at the same aerobic heart rate. And an advantage of using a heart monitor is the ability to objectively measure these improvements using the maximum aerobic function (MAF) test.

The MAF test objectively measures the improvements in aerobic speed during base building. Aerobic speed means you can run faster at the same aerobic heart rate.

Traditionally, only anaerobic work is supposed to give you speed. But aerobic improvements will too, and without the wear and tear which often accompanies hard training.

You perform the MAF test on a track with your monitor, running at your maximum aerobic heart rate. Three to five miles provides good data, although a one-mile test still has value. The test is done following an easy warmup.

Below is an actual example of a runner performing the MAF test at a heart rate of 150:

Mile 1	8:21
Mile 2	8:27
Mile 3	8:38
Mile 4	8:44
Mile 5	8:49

During any one MAF test, it's normal for your times to get slower; the first mile should always be the fastest, and the last the slowest. If that's not the case, it usually means you have not warmed up enough.

In addition, the test should show faster times as the weeks pass. For example, over four months, we can see the endurance progress in this actual case:

	April	May	June	July
Mile 1	8:21	8:11	7:57	7:44
Mile 2	8:27	8:18	8:05	7:52
Mile 3	8:38	8:26	8:10	7:59
Mile 4	8:44	8:33	8:17	8:09
Mile 5	8:49	8:39	8:24	8:15

This improvement usually is only realized during the aerobic base. If you add anaerobic work or racing to your training schedule, your progress will not be as good, or there will be none. Perform the MAF test regularly, throughout the year, and chart your results. I recommend doing the test every three or four weeks.

The greatest benefit of the test is its ability to objectively inform you of an obstacle long before you feel it or see it in the form of an injury or declining performance. If something interferes with your progress - improper training, poor diet, excess stress - you don't want to wait until it's too late. The MAF test tells you, by way of slower times, months before that happens.

Racing

Another important aspect of the heart monitor and MAF test is that the test is predictive of performance. A direct relationship exists between your aerobic pace and your race effort. In other words, as your MAF test improves, so will your racing ability.

Data gathered on hundreds of runners over several years made it evident that the pace a runner could perform at aerobic maximum pace was positively correlated with race pace. The chart below, based on actual data, illustrates the relationship between MAF and 5K race performance.

MAF	5K	5K
min/mile	race	pace time
10:00	7:30	23:18
9:00	7:00	21:45
8:30	6:45	20:58
8:00	6:30	20:12
7:30	6:00	18:38
7:00	5:30	17:05
6:30	5:15	16:19
6:00	5:00	15:32
5:45	4:45	14:45
5:30	4:30	13:59
5:15	4:20	13:28
5:00	4:15	13:12

The use of a heart rate monitor to guide you through aerobic base periods will not only help you get healthy, it will also help you perform your best for many years.

Dr. Philip Maffetone has trained and treated many world-class and age-group athletes in most sports for almost 20 years. His most recent book is [In Fitness and in Health](#), and his new book, [Training for Endurance](#), is due out in December (Barmore Productions, 607-652-7610). Article reprinted from the Road Runners Club of America's Footnotes.

2007 Joe McGinness Runner of the Year

By John Wikle and Melodie Thompson

You might want to know who Joe McGinness was and why his name is associated with this esteemed award. Joe McGinness was one of the founders of the Chattanooga Track Club in 1970 and he was one of the reasons this club has withstood the test of time. He always supported running in the Chattanooga area and his legacy still lives on today in our rich club traditions and history.

The designation of Runner of the Year (ROY) was started to encourage running, fitness, and volunteer support for the running community. We added Joe McGinness to the name of the award to honor his memory and his commitment to us from the beginning of our history.

All winners are posted on plaques located at the Sports Barn Downtown and are awarded at our annual banquet in January. This is also when the new board members start their tour of service to the running community and new rules may be established by the races committee each year. Due to our strong need to get our runners involved with our races, we have changed the rules for 2007.

All runners must volunteer for **two** Chattanooga Track Club races for at least 3 hour or however long the race director needs you. The race director for the race must submit you as a volunteer to the Keeper of the Points (aka John Wikle @ jwwikle@comcast.net) or 593-7861). One new caveat, you will be awarded 30 points for each event you volunteer (i.e. if you volunteer for 3 races, you will receive 90 points), but you can **not** run in an event you volunteer in, you must be at the race directors disposal as long as he needs you! Also, you must be a paid member **before** the first points race occurs (this year this is the 65 Roses on March 31st) at the full year membership payment. There is not a retro start to the Runner of the Year system!

Awards will be given to the first 5 in each of the following categories:

- 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)

Runners will compete in the division corresponding to the runner's age on December 31 (i.e. the age used to determine the ROY division for the whole year will be the age on your birthday in 2007). Note: this is for the ROY competition only. Your actual age will be used for race age group divisions.

Points will go to the first 10 finishers in each category to complete each race. Non-CTC finishers will not be calculated into the finishing points, (i.e. 1st place=100 points, 2nd place=90 points, 3rd place=80 points, 4th place=60, and so on). People who finish before you that are not CTC members or who were not members before March 31st will not count.

The races below are 2007 ROY point races. The Junior Division races are listed separately. In some cases, the points race for the Junior Division is a shorter race and is noted below with a "**". Juniors may run the other races, but will not receive ROY points.

Date	Race	Adult Division and older	Junior Division
March 31	65 Roses	5K	5K
April 14	Chickamauga Chase	15K	5K*
April 21	BlueCross BlueShield Market Street Mile	1M	1M
April 21	Gateway Bank	5K	5K
May 28	Chattanooga Chase	8K	8K
June 16	BlueCross BlueShield Riverbend Run	10K	5K*
July 15	Waterfront Triathlon	(volunteer points only)	(volunteer points only)
August 4	Missionary Ridge Road Race	4.7M	4.7M
August 25	Raccoon Mountain	10K	5K
September 3	FCA 5K	5K	5K
September 7	UTC Cross Country	5K	5K
September 15	Symphony Classic	5K	5K
September 30	Susan Komen Race for the Cure 5K	5K	5K
October 13	Joe Johnson	10K	10K
October 20	Signal Mountain Pie Run	10K	10K
November 10	Chickamauga Battlefield Marathon	Marathon Only	10M*
December 15	Wauhatchie Trail Run	6.7M	6.7M

Joe McGinness Runner of the Year

Current Standings

MEN

Overall Men

Hugh Enicks (810)
Charles Webb (670)
Peter Murphy (630)
Gregg Hansen (610)
Chris Wilson (410)
Mark Wisdom (400)
Joe Johnson (350)
Chad Varga (340)
Tim Ensign (330)
Zach Cowart (305)

Junior Men (0-15)

Kenny Steffes (910)
Andrew Gennett (670)

Adult Men (16-39)

Charles Webb (810)
Peter Murphy (780)
Zach Cowart (700)
Chris Wilson (550)
Greg Nearcharth (470)
Daniel Uson (430)
Marco Bianchini (370)
Bruce Smith (340)
Sean Pfister (240)
Will Enicks (190)

Master Men (40-49)

Gregg Hansen (850)
Hugh Enicks (810)
Mark Wisdom (660)
Darren Lewis (370)
Chad Varga (370)
Joe Johnson (3570)
Tim Ensign (330)
Tim Holmes (310)
Larry Barlow (240)
James Williams (230)

Grand Master Men (50-59)

Jim Steffes (1060)
Nick Honerkamp (670)
John Wikle (590)
John Walker (510)
Jeff Stracener (410)
Flash Cunningham (410)
Bill Moran (340)
Billy Collier (340)
Mike Martin (330)
Michael Leary (330)

Senior Men (60+)

Sergio Bianchini (930)
Walter Sinor (760)
Cyrus Rhode (640)
Jesse Roberson (550)
Jim Selman (540)
Harry Ireland (540)
Glenn Roberts (450)
Doug Hawley (450)
Phil Thomas (420)
David Wycherley (300)

WOMEN

Overall Women

Lynda Webber (710)
Jan Gautier (700)
Missi Johnson (660)
Bernice Delaney (570)
Belinda Young (510)
Sue Barlow (420)
Barbara Ensign (320)
Melodie Thompson (320)
Joan Vos (270)
Sarah Bowen (230)

Junior Women (0-15)

Ashley Riner (670)
Jeneva Steffes (370)
Caitlin Duggan (300)
Kim Jade Wycherley (260)

Adult Women (16-19)

Bridgette Wisdom (800)
Belinda Young (530)
Barbara Ensign (450)
Beth Ford (300)
Lydia Gennett (280)
Charlene Simmons (270)
Michelle Meek (230)
Tara Murdock (180)
JoAnna Crooks (120)
Mary Stoetzner (120)

Master Women (40-49)

Lynda Webber (800)
Missi Johnson (790)
Bernice Delaney (780)
Jan Gautier (700)
Sue Barlow (440)
Susan Gallo (370)
Joan Vos (290)
Betty Holder (250)
Janice Wycherley (230)
Sharon Armour (230)

Grand Master Women (50-59)

Melodie Thompson (860)
Theresa Samuelian (490)
Amy Mullens (380)
Sarah Bowen (330)
Cindy Pointer (190)
Gayle Alexson (170)

Senior Women (60+)

Bonnie Wasson (990)
Ann Garner (600)
Edwina Cohen (390)



Check out the
Chattanooga
Track Club
Web site at
WWW.

Chattanooga
TrackClub.org

Chattanooga Track Club

Board of Directors Meeting Minutes

October 9, 2007

CTC Board Meeting Minutes for Tuesday, October 9th at Out of the Blue Restaurant. The meeting was brought to order at 6:00 p.m. October 9, 2007 by Melodie Thompson, President.

Board Members present were:

Sean Pfister-Executive Director, Melodie Thompson-President, Dan Bailey-Treasurer, Donna Dravland-Past President, Charlene Simmons-V.P. Communications, Edwina Cohen-Secretary

Directors present were:

Lynda Webber, James Dravland, Jimmy McGinness, Flash Cunningham

Members Present:

Robert Gustafson

Directors/Executive Committee not present:

James Williams, Tara Murdock, Amy Mullens, Sherilyn Johnson, John Harrison, Walt Sinor

Treasurer's Report-

Dan Bailey

Dan has sent 3 e-mails concerning the treasury. Hopes to have \$21,000.00 in C.T.C. treasury by the end of the year. Dan will meet with Sean and Connie. Flash made a motion to accept Dan's report. It was seconded by Donna.

Races Report- Robert Gustafson

The cross country events have gone well. About 400 children were involved. The last cross country meet is Oct. 20th.

The Jr. Marathon is now closed with 120 children now participating. Front Runner, Rock Creek, Scotts, getting discount on merchandise.

Joe Johnson Race-

Discussion of small attendance in the past few years. How to get more C.T.C. runners and walkers involved. Possibly not enough publicity, maybe flyers, notification not put out early. Some changes should be made. Money goes for a very worthy cause-Christmas parties for the "out-patients" of Joe Johnson Mental Health Clinic.

Signal Mt. Pie Race- Oct. 20th.

Almost every one wins a pie! Maybe every one!

Races and Equipment- Flash Thompson

Flash reported he has bought 4 walkie-talkies. We need another tent. We have 3 clocks, only 2 tripods; we need another tripod.

Communications- Charlene Simmons

Oct. 23rd the next meeting at Starbucks

Charlene asked for suggestions for the awards banquet.

There was a discussion about staff if the budget allows hiring more than one person. It was decided that the executive director would do the hiring and firing of staff members if there should be more hired. They would be under the executive director.

Nominating Committee

Melodie, James, Donna are involved with the nominating committee. The nomination for new officers of the C.T.C. will be in November.

Executive Director's Report-Sean Pfister

Sean discussed:

1. Races-Joe Johnson, McKee run/walk
2. Equipment-Rock Creek concern about \$500.00 equipment rental fee
3. Publications-visit schools with Joseph Sitienei promote diversity/running
4. Octoberfest raised \$150.00 Shaw donated \$250.00
5. Scheduled meetings with the city regarding the 1/2 marathon; Rock Creek, Julie Baumgardner, and McKee
6. Membership-3 new members joined in September

Sean reported on a conference which he attended. Nordic walking could be a division in our races

Jimmy made a motion that the fee for rental equipment should be raised in 2008.

Marathon-Doug Roselle

At the present time 250 marathoners have registered. There will be 2 shuttle buses from the Marriott. Asics shirts and medals have been ordered. Expos lagging behind with volunteers. A pasta dinner will be held the night before on November 9th at the Bessie Smith Hall. All are encouraged to come. Mail your \$10.00 check to Rita Fanning.

The meeting was adjourned at 7:30 by Melodie Thompson, President.

Respectfully submitted,
Edwina Cohen,
Secretary

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF OCTOBER 31, 2007

ASSETS:

CASH	\$33,500.67
ENDOWMENT FUND	\$2,511.10
EQUIPMENT (AT COST)	\$18,872.54
TOTAL ASSETS	\$54,884.31

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 0.00
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EQUITY:

RETAINED EARNINGS	\$54,884.31
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TOTAL LIABILITIES & EQUITY:	\$54,884.31
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STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

REVENUES:

MEMBERSHIP DUES & DONATIONS	\$15,552.82
CORPORATE SPONSORSHIPS	\$12,300.00
RACE RECEIPTS, SPONSORSHIPS	\$79,871.20
OTHER INCOME	\$2,494.88
TOTAL REVENUE	\$110,218.90

EXPENSES:

PROGRAMS	\$4,288.11
STAFF SALARY	\$45,510.16
DONATIONS/SPONSORSHIPS	\$8,205.17
JOGGING AROUND	\$3,642.30
ADMINISTRATIVE	\$13,681.07
RACE EXPENSES & DISBURSEMENTS	\$37,714.85
TOTAL EXPENSES:	\$113,041.66

NET INCOME (LOSS):	\$2,822.76
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The Election Results Are In

Thank you to everyone who attended the recent election social held at BBQ & Blues on November 13th. The votes have been counted and the results are as follows:

President: James Williams

Past President: Melodie Thompson

President-Elect for 2009: Charlene Simmons

Vice President of Communications: Kirsten Boyce

Vice President of Races: Walt Sinor

Vice President of Membership: Sherilyn Johnson

Secretary: Lynda Webber

Treasurer: Jim Steffes

One year remaining on a 2-year directorship:

John Harrison, Amy Mullens, Jimmy McGinness, Flash Cunningham

Two-year directors:

Butch Cooke, Edwina Cohen, Teresa Samuelian, Janice Cornett, Peter Murphy, Ashley Williams, Bill Moran

Get Jogging Around in

COLOR

Help the CTC AND the environment.

Sign up for the e-edition by visiting the CTC's Web site (www.chattanoogatrackclub.org) and look for the *Jogging Around* image on the right side of the screen. Sign up to receive your next edition of *Jogging Around* in electronic format.



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(423) 875-9452 fax

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Chattanooga, TN 37415

cvarga@frontrunnerathletics.com
www.frontrunnerathletics.com

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

Land Between the Lakes

Looking for an adventure in 2008? Why not consider running the Land Between the Lakes Trail Run with a group from CTC?



Scheduled for March 8, 2008, Land Between the Lakes offers 4 races in one. Run over a looping course you can chose to do a 23k (i.e. half marathon), marathon, 60k or 50 miler.

It's a trail race, but the single-track trail is described as "well groomed" and only includes about 1,000 feet of climbing per loop.

Located in Grande Rivers, Kentucky, just over the Tennessee / Kentucky border, Land Between the Lakes is a four hour drive from Chattanooga. The race is being held near several resorts and campsites, so ample housing is just a short walk from the start.



To learn more about the race visit: www.wkrc.org. The event is produced by the West Kentucky Runners Club.



If this sounds like a race for you, then why not join a growing group of CTCers planning to run the event. For more information about carpooling and lodging please contact Charlene Simmons at simmoncn@georgetown.edu.



Do you
receive the
weekly
Wednesday
e-news e-mail
from CTC?
If not,
please e-mail
Charlene
Simmons
(simmoncn@georgetown.edu)
to be added
to the list.

It's Membership Renewal Time

With the end of the year just around the corner it's time for us to start renewing our track club memberships for the upcoming year.

Why Should I Renew?

By renewing your membership you will not only have access to all the personal benefits offered by the track club (see below for more details), but you will also help the track club fulfill its mission of promoting running and fitness in the Chattanooga area.

How to Renew

To make the renewal process easier we've created an online system that allows you to renew and pay for your membership on the club's Web site with no additional processing fees. Just visit ChattanoogaTrackClub.org and click on "join the CTC" on the right side of the home page. You'll be taken to the membership application page where you will need to click on the current member link to log in and renew your membership.

Levels of Membership

The track club offers several different levels of membership. While the majority of members belong at the basic membership level we'd like to encourage you to consider increasing your support of the track club by renewing at the donor or sponsor level. Your increased support will help us offer many new and existing programs and help fund the club's expansion.

Go Digital

When renewing your membership please consider switching your *Jogging Around* subscription from the print edition to the digital edition.

By switching to the digital edition you will have access to each new issue days, sometimes even a week or two, earlier than the print edition. You'll also be able to view the issue in full color rather than black and white. Finally, you'll be helping the club save printing and mailing costs and you'll help us decrease the club's impact on the environment.

The Long Run

Finally, when renewing your membership please consider making a donation to The Long Run, the club's endowment fund. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the club. The club is committed to being a good steward of these funds and is appreciative of your generosity to help build this legacy for our community.

I. Basic Membership

Individual	\$24 Per Year
Family	\$36 Per Year
Student	\$18 Per Year

At the basic level members receive the following benefits:

- A corporate discount rate at Sports Barn
- Discounts at our associate sponsors
- Discounts to several CTC races
- Weekly group runs where you have the opportunity to meet other runners and walkers
- A weekly e-mail newsletter
- *Jogging Around*, a CTC publication distributed eight times a year
- At least four social events each year
- The opportunity to compete in the CTC Runner of the Year competition
- Membership is tax deductible

II. Donor Membership

Individual	\$50 Per Year
Family	\$100 Per Year

At the donor level members receive the following benefits:

- All the benefits of a basic membership, plus
- Name published in *Jogging Around* as a Donor Member
- Name Listed on CTC Web site as a Donor Member

III. Sponsor Membership

\$250+ Per Year

At the sponsor level members receive the following benefits:

- All the benefits of a basic membership, plus
- Name published in *Jogging Around* as a Sponsor Member
- Name listed on CTC Website as a Sponsor Member
- Other logo presentation and advertising opportunities vary based on the size of the gift. Please contact Sean Pfister (spfister@chattanoogatrackclub.org or 423-991-8500) for more details.

Donors and sponsors give more for their membership primarily to help insure that the Chattanooga Track Club is able to fulfill its mission and vision. Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through club events and media.

WEDNESDAY NIGHT TRAIL RUN

For more information, e-mail
farmerjp@bellsouth.net

Jog/Walk Program Schedule:
Wednesdays 6:00pm Fast Break Athletics
Runners, Speedwalkers, Joggers, Slow
Runners and Walkers are all welcome!
If you are injured or starting your running
program all over again this would be a
great place to start. For more information
please send email to jumpytwo@hotmail.com
or call Melodie at 535-3259.

For "Footnotes" from the RRCA
go to www.rrca.org - this newsletter
is no longer printed, but the same
great information can be found online.
Keep up to date on food, racing,
coaching and much more!

SPEEDWORK
Thursday Night at 6:30pm at
Fast Break Athletics - Joey Howe
leads this pack - All Speeds Welcome.

Volunteers Needed!

Can't run in a race, that's ok - volunteer instead. We're looking
for volunteers to help out with upcoming races.

Get ROY points - In order to qualify for an award, you must
volunteer for at least one event.

Group Run

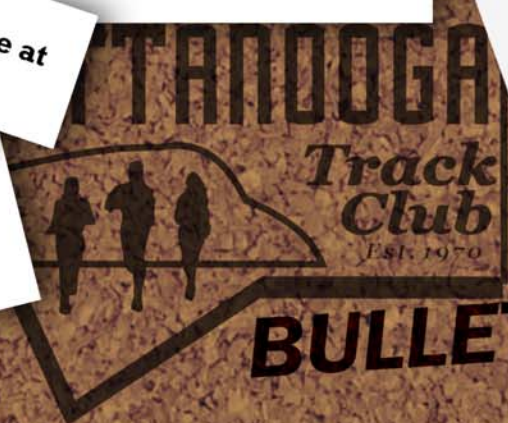
Getting Ready for a Marathon?
New in town and need new long
distance running companions?
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.

Check out the new CTC website at
chattanoogatrackclub.org

NEW! CTC Group Run
Wednesday Nights - 6:15 p.m.
Downtown Sports Barn
(301 Market Street)






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



BULLETIN BOARD

Race Calendar

Legend

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

Please see www.chattanoogatrackclub.org for a complete list of events past and present, further rules, changes and regulations. Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

Send race information to:
Jerry McClanahan
831 Creek Drive
Chattanooga, TN 37415
or jkmclanahan@comcast.net

NOVEMBER

22 - Sports Barn Turkey Trot
Site: Chattanooga, TN

DECEMBER

1 - First Things First's Families on the Run
Site: Chattanooga, TN

8 - Carpet Capital 10 Mile & 5K Races
Site: Dalton, GA

15 - Wauhatchee Trail Run 6.7 Miles
  Site: Chattanooga, TN

31 - Karen Lawrence Run
Site: Chattanooga, TN

Chattanooga Track Club
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