



joggingaround



OFFICIAL NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

**2008 BMW
Chattanooga
Waterfront
Triathlon...pages 2-6**

Chattanooga Track Club

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Jogging Around

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

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Printing

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Ad Info

For Current Ad Information, please contact Sean Pfister at 991-8500 or spfister@chattanoogatrackclub.org

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.

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

Words from the Prez's Perch

Much has happened over the last six weeks, and we have a lot on tap as the summer winds down.

Once again, the Waterfront Triathlon team showed what key partnerships and several hundred volunteers can accomplish on a Sunday morning in July. Not even a couple of monsoon-like downpours could dampen the spirit and enthusiasm of all involved. The event was supremely organized, and the new stairs coming out of the river were a big hit with the triathletes. Our sincere thanks to Sherilyn Johnson, Bill Brock, Outdoor Chattanooga, Team Magic, BMW of Chattanooga and the hundreds of volunteers and other sponsors who helped make this event the premier Olympic-distance triathlon in the Southeast.



This past Saturday morning (August 2nd), over 200 individuals from Dalton, Chattanooga and elsewhere converged on Missionary Ridge to run the 4.7 mile course and celebrate the life of fellow runner John Bruner. Though a number of us did not have the privilege of knowing John, we all have felt a connection to him through his love of running and fellowship. John's father, Greg Bruner, gave an emotional pre-race invocation, after which the runners, many of them John's friends, teammates and family members, braved the humidity and hills of the challenging out and back course. Thanks to Dan Bailey, Team Bruner, The Red Cross and all of the volunteers who helped make the John Bruner Memorial Missionary Road Race a success. Be sure to read Dan's article about the event.

The RRCA recently named our own Melodie Thompson as its new Tennessee State Representative. The Road Running Club of America, which is the national governing body for road racing, serves as the backbone of thousands of running clubs across the nation and oversees various state, regional and national championship running events. In this issue, Melodie will tell us a little bit more about the RRCA, what her role will be, and what she plans to accomplish as

our new Representative. Congratulations to Melodie for taking on this new position.

Don't forget to sign up for the August 23, 2008 Raccoon Mountain Road race. This is a great event featuring 10k and 5k races, and a 5k walk around TVA's scenic mountain reservoir. Also, the FCA Road Race is on September 1. This is a great family event, and if you are looking for a race to set your 5k PR, you will not find a flatter, faster course.

The Elementary School Cross Country meets are just around the corner. There will be four meets on each Thursday in September. As one whose son participated last year, I firmly believe that these meets are hands-down the greatest parental spectator sport ever invented. Every child gets to participate, the races are exciting and, yes, the whole thing is over in about 45 minutes. (If you spent much of your summer sitting through four-hour swim meets, you will be particularly fond of the durational aspect). Also, these meets are great way for your child to accumulate miles for the Junior Marathon coming up in November. Thanks to Robert Gustafson for overseeing this on behalf of the CTC.

Don't forget our annual end-of-the-summer picnic set for August 30, 2008, at the Lookouts game. Details are posted on our website.

Do you have thoughts on how we can improve the CTC? If so, consider running for a board position at our elections coming up in November. The more you put into the CTC, the more you and our members will get back.

There's lots of other good reading in this issue including articles about the Seoul Marathon and the BMW of Chattanooga Waterfront Marathon. Enjoy.

Happy and safe running,
James T. Williams
CTC President



2008 BMW Chattanooga Waterfront Triathlon

By Bill Brock

This past July, Chattanooga again hosted over 1200 athletes for what is becoming recognized as one of the nation's premiere Olympic distance triathlon events, the BMW of Chattanooga Waterfront Triathlon. Some 24 states were represented this year, with athletes travelling from as far away as Massachusetts, Colorado, and Arizona. Nearly 16% of our registrants were from the Chattanooga area and Georgia and Tennessee did bring the largest numbers pulling in over 76% of our participants in all.

The weekend arrived with typical mid-July heat and humidity, but race day saw both rain and wind that made for more interesting race conditions as well as a much cooler event than we are used to. Participants, volunteers and spectators all took it in stride as there were no significant accidents on or off course and all systems remained online throughout the day.

As a club, we can be very proud of our post race survey results. Over 20% of our participants responded to the post-race survey, and every single one of them said they would recommend our race to a friend. Virtually all of the comments were very positive and the few that had any negative at all were constructive and clearly well meant. Just a sampling:

"Very well organized; loved the interval start. Great support on run"; "Loved the run along the river pathway."; "Challenging course"; "Loved the swim and run course!"; "Beautiful spot, grass all around, great transition area. Hotels and entertainment are all close to the race site."; "Swimming in the river was great! The bike was a fun challenge. I loved the post-race events. The support crew (especially the police) was excellent! The cold towels given out on mile 2 and 4 were great!"; "Friendly volunteers (especially with rain), well organized for the swim, great post-race food (pizza-my favorite!), family atmosphere."; "The organization was great! All of the events were on time and the course was great."; "I loved the city, very triathlon friendly... I enjoyed all aspects of the course itself (well, not so much the stairs

during the run)"; "well run, very friendly vols."; "Well supported with volunteers."; "Best volunteers ever. Excellent organization. Nice transition area. Clearly marked course. Love Team-Magic events!"; "Great venue, ample volunteers, unique course, stiff competition, free beer afterwards!";

The comments regarding great organization and best volunteers are particularly gratifying. This event has become so much more than it was over the 21 years preceding 2005, when we put this triathlon on by ourselves. No doubt, we had some really great years, and the triathlon has been our club's most significant fundraiser for at least the last fifteen years or so. Today, however, it is hard to suggest that this is even really just 'our' event anymore.

The BMW of Chattanooga Waterfront Triathlon is a multi-partner event, and that is the reason it has become so successful and well respected. The Chattanooga Track Club can lay claim to the child, but the flowering of this girl's teenage years can be equally attributed to the phenomenal brand and expertise of Team Magic and to the singular support and commitment of Outdoor Chattanooga and Chattanooga Parks and Recreation. Faye Yates and Therese Bynum of Team Magic have helped us ratchet this event up to near-IronMan standards (those comments from our participants!) while Philip Grymes, Ruthie Cartledge, John Karr and the Outdoor Chattanooga team have helped us provide a venue and a level of city hospitality as wonderful as any in the nation.

The Chattanooga Track Club did show up in force, and we can be very proud of what we accomplished on the weekend of July 13, 2008. Over 200 of our members worked one, two and three days to put up tents and bike racks, prep race packets, set up and man aid stations, act as sentries, watch for accidents, and even provide food and relief to each other throughout race day. What other club can boast such an accomplishment? I can't think of any.



And still, we could not have done it on our own! Consider Taylor Watson and all of her kayakers and paddlers from the Tennessee Valley Canoe club. Then there was Shawn Stoddard and his volunteers with the Amateur radio service providing up to the second race status via radio and text message to event leadership. And don't forget Harry and Pam Stone and the Christian Motorcycle Association helping to insure rider safety on the bike course on a wet and potentially dangerous day.

And then remember our agency support: TDOT, Chattanooga City Police (thank you Sgt. Clarke!), Red Bank Police, Hamilton County Sheriffs' Department, and the Chattanooga Fire Department. Particular thanks go to both John Karr, bike course manager, and Bill Moran, safety coordinator, for the volunteer coordination and logistics management that were required to bring this event together.

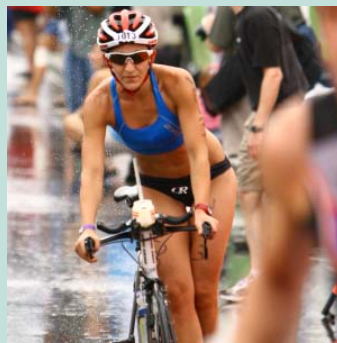
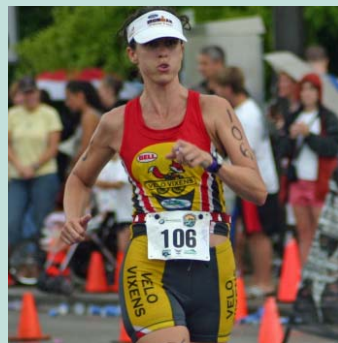
The contributions of our 2008 sponsors cannot be overstated, either. BMW of Chattanooga more than showed up to help make this year's event fantastic. Robert Wilson and his Leslie Williams made sure that our event pulsed with the BMW aesthetic throughout race day as BMW staff kept spectator and participant attention with fun give-aways and several gorgeous new BMWs for participants and spectators to long over.

Racers and volunteers both were grateful for the contributions of Jay Anders and John Graves of Mesa Engineering and Jim Bailey and Danny Mullins of Acme Metalworks. These men and their firms helped insure the 2008 enhancement of our swim exit with custom-designed and built aluminum swim steps. While TDOT's bike turn-around and course plan helped us take 2007's event to the next level, Mesa and Acme's contributions helped us take 2008 another 'step up' by giving our swimmers an exit they could gain on their own while the backs of our hand-picked, burly volunteers of prior years were saved for other efforts than hauling swimmers out onto the floating docks.

And does anyone realize how crucial the support our event gets from UTC is? UTC grants us the use of Scrappy Moore Field and their rowing docks for our swim start. This ideal, green-grass venue absolutely must not be taken for granted, nor the support of Rodney Allison and his coaches, who graciously helped manage the logistics this year of balancing our event's needs with the 2008 UTC High School Football camp. Thank Coach Allison, if you get a chance, as well as Ron Nelson and Robert Espeseth.

We are also reliant on Robert Berman and Southern Coffee (long-time supporter of many, many CTC events), Nick Adams and Adams masonry, Rebecca Frank and WDSI/Fox 61, Billy Thornton and Comcast, David Brock and Don Bowman and the Sports Barn, Richard Rogers and U. S. Stove, McKee Foods, Coca-Cola and all of our sponsors who give their time, money and personal energy to help make this event great.

Finally, we could not put this event on without a great core leadership team. Including Sherilyn Johnson and myself, our core leadership team for 2008 comprised Jenni Berz, Dawn Salyer, Philip Grymes, John Karr, Rick Loggins, Bill Moran, Ruthie Cartlidge, Calder and Betsy Willingham, Faye Yates and Therese Bynum. These were the people who e-mailed, phoned, met, travelled and otherwise worked constantly from mid-2007 up to event weekend 2008 to help insure your club's event was one we could all be proud of. If anything has become clear to me as co-race director of this year's event, it is how much bigger this event is than any one person, club or entity of any sort. The Chattanooga Track Club can and should be proud to be both parent and partner of this world-class event. Congratulations all!



Rain Just Makes it Better at the 2008 BMW of Chattanooga Waterfront Triathlon

Over 1,200 Racers Enjoy the Southeast Region's Most Prestigious Triathlon in Downtown Chattanooga

Michael Lovato, of Boulder, CO, won the BMW of Chattanooga Waterfront Triathlon held on Sunday July 13, 2008. Lovato covered the course in 1 hour, 58 minutes, 38 seconds. Jessica Jacobs, of Maylene, AL, was the female champion with an overall time of 2 hours, 15 minutes, 21 seconds.

Bruce Gennari, of Brentwood, TN, was the male masters champion. Katherine Tindol, of Suwanee, GA, was the female masters champion. Spencer Whittier, of Flintstone, GA, won the male beginners division. Lee Ann Thomas, of Birmingham, AL, won the female beginners division.

Total Chattanooga Area - 182	Open Male Racers - 564
Percentage from Chattanooga Area - 16%	Open Female Racers - 209
Percentage from Outside of Chattanooga Area - 84%	Male Beginners - 184
Total States Represented - 24	Female Beginners - 69
Total Individual Racers - 1125	Clydesdale Men - 70
Total Relay Teams - 41	Athena Women - 21
Total Relay Team Members - 1151	Pro Men - 5
Youngest to Oldest Female - 15 to 62	Pro Women - 3
Youngest to Oldest Male - 16 to 68	Total Racers with Relay Members - 1240
*youngest male individual - 16	
*youngest female individual - 15	

MALE OVERALL		ATHENA	
1 Michael Lovato	1:58:38	1 Tilghman Carroll	3:05:33
2 Craig Evans	2:01:06	2 Tiffany Inman	3:11:30
3 Daniel Moss	2:01:30	3 Allison Lanquist	3:13:11
4 Tony White	2:01:32		
5 Donny Forsyth	2:02:20		
MALE BEGINNER OVERALL		MASTER ATHENA	
1 Spencer Whittier	2:15:43	1 Laura Hunter	2:58:22
2 Kevin Fitzgerald	2:25:41	2 Karen Goodrick	3:01:13
3 John Hanna	2:26:32	3 Angie Jackman	3:13:59
MALE MASTERS OVERALL		TEAM - FAMILY	
1 Bruce Gennari	2:03:34	1 Til Death Do Us Part	2:42:55
2 David Meadows	2:12:02	2 Front Runner Athletics	2:45:56
3 Michael Tindol	2:14:53	3 Team Ace	2:50:11
CLYDESDALE		TEAM - FEMALE	
1 Ryan Barnett	2:16:23	1 Velo Vixens	2:40:19
2 Micah Greer	2:27:47	2 Team Sports Barn	2:43:55
3 Corey McLeroy	2:31:44	3 The She-Devils	3:01:36
MASTER CLYDESDALE		TEAM - MALE	
1 Mark Buckreis	2:32:05	1 Baylor Swim Club	2:03:41
2 Matt Backus	2:40:40	2 Ham Hawkin'	2:20:36
3 Garth Walters	2:42:55	3 The Guys To Beat	2:21:48
FEMALE OVERALL		TEAM - MIXED	
1 Jessica Jacobs	2:15:21	1 Invade Canada	2:20:10
2 Kirsten Sass	2:16:46	2 Slip Stream	2:22:21
3 Hallie Blunck	2:17:52	3 Trikes!	2:23:01
4 Margaret Finley	2:20:24		
5 Hayley Peirsol	2:21:10	TEAM - FAMILY	
FEMALE BEGINNER OVERALL		1 Tri-Willie	2:30:38
1 Lee Ann Thomas	2:37:31	2 Two Bums and a Cheese	2:46:21
2 Angie Milford	2:41:27	3 3-D	2:47:14
3 Allison Maurer	2:44:23		
FEMALE MASTERS OVERALL		TEAM - CORPORATE	
1 Katherine Tindol	2:25:46	1 Harwood International	3:03:44
2 Barbara Chandler	2:26:45	2 Tri 4 Fun	3:31:39
3 Cecelia Wigal	2:32:05		

Thank You Volunteers

The 2008 BMW of Chattanooga Waterfront Triathlon was the best ever. It would not have been a success without the 300+ volunteers who donated their time and energy. Listed below are the volunteers who made the BMW of Chattanooga Waterfront Triathlon successful.

2008 Leadership Team

Bill Brock and Sherilyn Johnson - 2008 Race Directors, Event Logistics, Volunteer Coordination

Phillip Grymes - Outdoor Chattanooga - Event Logistics, Parks and Recreation support, Multi-Agencies Logistics, Bike Course support

John Karr - Velo Vixens - Bike Course Management, Planning and Coordination of Traffic Support, Sponsor Solicitation

Rick Loggins - Run Course Management, Water Stop Management

Faye Yates and Therese Bynum - Team Magic - Overall Event Management, Registration Management, Sponsor Solicitation, Event Equipment, Race Weekend Logistics, Event Timing, Awards

Jenni Berz - Expo Logistics, Vendor Solicitation, Food Coordination

Dawn Salyer - Event Logistics, Food Coordination

Bill Moran - Event Safety Planning and Coordination

Betsy and Calder Willingham - Sponsor Liaisons, Event Guidance, Swim Course Management

Ruthie Cartledge - Communications, PR

Charlene Simmons - Packet Prep, Registration Management

Club Leaders: Taylor Watson - Tennessee Valley Canoe Club; Pam and Harry Stone - The Christian Motorcycle Association; John Karr - Velo Vixens; Shawn Stoddard and DeWayne Siddon - Amateur Radio Emergency Service

Sponsor Leaders: Robert Wilson, Leslie Williams - BMW of Chattanooga; Danny Mullins and David McDaniel - Acme MetalWorks; John Graves - Mesa Engineering; Rebecca Frank - WDSI/Fox 61 and CW; Robert Berman - Southern Coffee, Nick Adams - Adams Masonry

City and County Leaders: Ray Rucker - TDOT; Becky Roberts - Chattanooga City Traffic Engineering; Sgt. Jeffrey Clarke - CPD Special Operations

Area and/or Location Leaders:

Nick Adams Bike Cones
Pat Allison Curtain Pole Road Water Stop
Dan and Irene Bailey Arctic Zone
Laura Brock Volunteer Check-In
Marty Brown Shuttle Bus Load
Margo Chamberlin Coke Truck
Edwina Cohen Volunteer Tent Support
Sal Coll Swim Exit
Tammy Colvard Shuttle Bus Drop Off
Flash Cunningham Finish Line
Laura Davies Volunteer Check-In
Bernice Delaney UTC Rowing Center/Scrappy Moore Field Water Stop
Carl Gatlin Transition Area Water Stop
John Harrison Finish Line Announcers
Ray Kellum Run Course Sentry
Billie Large Transition Area
Jimmy McGinness Bike Mount/Dismount
Amy Mullens Volunteer Support
Tara Murdock Swim Exit Sentry
Peter Murphy Racer Bags
Bill Parsons Run Course Sentry
Janet Reese Run Course Sentry
Blaine Reese Run Course Sentry
Michael Rhudy Run Course Sentry
Amy Rowe Results Board
Theresa Samuelian Racer Food
Brian Santin Transition Area
Charlene Simmons Pack Prep, Registration, Boathouse Restaurant
Jay Sims Run Course Sentry
Walter Sinor Beer Truck
Melodie Thompson Run Course Turnaround
Taylor Watson Kayaks
Calder Willingham Buoy
Betsy Willingham Sponsor Liaison
Mark & Bridgette Wisdom Body Marking, Sentry

Volunteers:

Cristy Adams
Karen Adams
Nick Adams
Tim Adams
Pat Allison
Frances Archer
Katie Arnold
George Arrowsmith
Ted Arrowsmith
Dan Bailey
Doug Bailey
Irene Bailey
Gale Baird
Mark Baker
Bev Bales
John Barrett
Leah Barrett
Zac Beam
Jenni Berz
Marco Bianchini
Sergio Bianchini
Kim Blevins
Sarah Bowen
Monica Bradley
Ron Branam
Bill Brock
Bill Brock
Hutch Brock
Laura Brock
William Brock
Marty Brown
Darryl Bryant
Susan Bryant
Kelly Bullock
Adam Burnett
Dreama Campbell
Trey Campbell
Cathi Cannon
Colleen Carboni
Ed Carpenter
Mary Carpenter
Anthony Carrell
Susan Carroll
Margo Chamberlin
Janice Clapp
Norman Clapp
Mace Claridge
Sarah Claridge
Joel Clayton
Chip Clifton
Heather Cline
Edwina Cohen
Sal Coll
Bill Collier
Hope Collier
Melodi Collier
Tammy Colvard
Carissa Conner
Butch (Cookie) Cooke
Janice Cornett
Lori Cranfill
Brian Crooks
Joanna Crooks
Steve Crowell
Flash Cunningham
Gail Cunningham
Carter Daniels
Judy Daniels
Nolan Daniels
Alton Danielson
Tracy Daverson
Laura Davies
Bryan Davis
Randy Davis
Bernice Delaney
Dick Dillard
Marianne Douglas
Donna Dravland
James Dravland

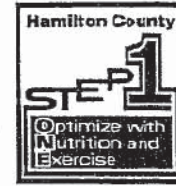
Robert Drenneon
Kim Durham
Chantal Dye
Mitzie Dyer
Larry English
Carol Farmer
Shawn Feagans
Jerry Ferrari
Eric Fleming
Ruth Fleming
Beth Ford
Dennis Ford
Lauren Ford
Alicia Fowler
Emory Fry
Kathy Fulton
Alex Gagliardi
Phil Gagliardi
Sam Gagliardi
Thomas Gagliardi
Susan Gallo
Ana Garcia
Ann Garner
Phil Gates
Carl Gatlin
Robert Gayler
Kevin Gehrig
Lindsley Gehrig
Joseph Goetz
Bidarhalli Gopala
Lindsey Gottlieb
Karen Grider
Catherine Griffin
Chase Griffin
Ha Griggs
Philip Grymes
Chelsea Guevard
Charlie Hall
John Harrison
Aimee Harvey
Dale Harwood
Doug Hawley
Randall Hebert
Corinne Henderson
Jeremy Henderson
Melissa Hicks
Bernie Hilbrandt
John Hilbrandt
Betty Holder
Sherry Holmes
Tim Holmes
Bill Holt
Nick Honerkamp
George Hovanec
John Hunt
Brian Hunter
Cutter Jackson
Helen Jackson
Eileen Johnson
Kirsten Johnson
Missi Johnson
Sherilyn Johnson
Andy Jones
Lisa Jones
David Karnes
Cindy Karr
John Karr
Jo Kellum
Ray Kellum
Katherine Kelp
Randy Kennedy
Mary Kilbride
Pam Kiper
Chris Klechhammer
David Klinger
Russell Langford
Billie Large
James Larson
Tammy Larson
Don Lastine

Mike Leary
Bree Ledwell
Joey Ledwell
Danny Lewis
Darren Lewis
Gwynn Lewis
Leigh Linhoss
Rick Loggins
Dee Lord
Monica Ludwick
Spence Lycan
Woody Mader
LordQuint Mansell
Garth Mansfield
Wayne Mansfield
Emily Marsh
Emmitt Martin
Frances Martin
Brandi Mayo
Amy McGauley
Jimmy McGinness
Mike McKeever
Robert McLaughlin
Richard Meek
Rachel Mello
Susan Mietling
Jeff Million
Mary Mills
Bill Minchan
Sue Minton
David Moghani
Charles David Moore
Dana Moore
Dave Moore
Ritchie Moore
Jackie Morales
Bill Moran
Anna Morgan
Amy Mullens
Tara Murdock
Peter Murphy
Gene Nelson
Laura News
Lois Newton
Tommy Nichols
Ronald Nudo
Andy Parker
Bill Parsons
Rich Phillips
Karen Pilliod
Lora Prouty
Tony Pugh
Ken Radley
Kenny Raitz
Carolyn Rand
Mark Rand
Blaine Reese
Janet Reese
James Renard
Cyrus Rhode
Michael Rhudy
Cory Richardson
Jannelle Robinson
Geoff Rodgers
Kari Rogers
Steve Rogers
Brenda Rose
Doug Roselle
Amy Rowe
Katherine Rowe
Steven Rubenstein
Britta Rusk
Ed Rusk
Dawn Salyer
Mitch Samuelian
Theresa Samuelian
Brian Santin
Berry Schultz
Bob Seale
Lynn Seeger

Abby Self
Laurie Shipley
Paul Shoun
Ryan Shrum
Dewayne Siddon
Charlene Simmons
Jay Sims
Tommy Sims
Virginia Sinor
Walter Sinor
Colleen Smith
Derrick Smith
Hannah Smith
Jenna Smith
Joey Smith
Joseph Smith
Taylor Hart Smith
Truman Smith
Candise Stephens
Shawn Stoddard
Mary Stotzner
Lucy Stokely
Karen Strain
Steve Strain
Gary Summers
Nancy Summers
Stephanie Sutton
Paul Talbott
Jason Tays
Phil Thomas
Matt Thompson
Melodie E. Thompson
Ruthie Thompson
Anita Thornton
Cat Thornton
Gerald Tinson
Ruby Torres
Sid Torres
Beth Travers
John Tyler
Jessica Van Orden
Rosalyn Vogel
Craig Walker
John Walker
Sandra Walker
Bonnie Wasson
Al Watson
Marvin Watson
Taylor Watson
Charles Webb
Lora Webb
Lori Webb
Lynda Webber
Walter Webber
Cecelia Wigal
John Wikle
Sabrina Wikle
James Williams
Peggy Williams
Harry Williamson
Rick Williamsons
Mindy Williford
Betsy Willingham
Calder Willingham
Michael Willingham
Dana Wilson
Bridgette Wisdom
Mark Wisdom
Michael Woodard



COUNTY FAIR 5K Run/Walk
One Mile Fun Run
Saturday, September 20, 2008
Chester Frost Park



Pre-register until September 12 - \$10 for the 5K \$7 for the Mile Fun Run
 Register day of the race from 6:30AM - 7:15AM - \$15 for the 5K or the Mile Fun Run

MILE FUN RUN 7:30 AM
 5K 8:00 AM

T-shirts for all participants

Awards for top three age division 5k only

DIVISIONS: (Women/Men) Ages: 12&Under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49,
 50-54, 55-59, 60-64, 65-69, 70&over

DIRECTIONS: Hwy 153 to Hixson Pike, North 6.4 miles, park is on right

REGISTRATION FORM

Name _____ Age _____ Sex _____

Address _____

City _____ State _____ Zip _____ Phone _____

Shirt Size: Child: LG _____ Adult: SM _____ MD _____ LG _____ XL _____ XXL _____

Race Waiver and Release:

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I KNOW THAT THIS EVENT IS A POTENTIALLY HAZARDOUS ACTIVITY AND I HEREBY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY PARTICIPATION IN THIS EVENT OR WHILE ON THE PREMISES OF THIS EVENT, AND I HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST HAMILTON COUNTY, ITS LOCAL AFFILIATES AND ANY AFFILIATED INDIVIDUALS, ANY RACE SPONSORS AND THEIR AGENTS AND EMPLOYEES, AND ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (THE "RELEASEES") FROM ANY LOSS, LIABILITY, OR CLAIMS I MAY HAVE ARISING OUT OF MY PARTICIPATION IN THIS EVENT, INCLUDING PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SAME BE CAUSED BY FALLS, CONTACT WITH PARTICIPANTS, CONDITIONS OF THE COURSE, NEGLIGENCE OF THE RELEASEES OR OTHERWISE. If I do not follow all the rules of this event, I understand that I may be removed from the competition. I give my full permission to use any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event.

Participant Name _____ Date _____

Parent/Guardian if under 18 _____ Date _____

Return completed form and entry fee payable to Hamilton County Fair 5K, Attn: Linda
 P.O. Box 1334, Hixson, TN 37343
 CALL 842-0177 FOR MORE INFORMATION

John Bruner Memorial Missionary Ridge Road Race

By Dan Bailey

Last Saturday, August 2nd was the 35th running of the Missionary Ridge Road Race. This year, in order to honor a fallen runner from the 34th annual event, the race was renamed the John Bruner Memorial Missionary Ridge Road Race. John Bruner was a 19-year-old scholarship runner from Georgia College and State University, who collapsed close to the finish line. His parents, who were also running the race, came to his side. He was taken to a hospital, but did not survive. He was later diagnosed as having a heart anomaly, whereby his left coronary artery had an abnormal makeup.

229 participants and approximately 35 volunteers were at the Bragg Reservation on this historic ridge, hoping to raise funds for the local chapter of the American Red Cross and the Team Bruner Foundation, which awards scholarships to deserving athletes.

The overall male winner was Ken Eichberg, who won in a winning time of 25 minutes, six seconds, and who ran more often in practices with John than any other friend. The overall female winner was Jan Gautier, whose winning time was 30 minutes and 46 seconds, and who happened to be the person who drove Margie Bruner to the hospital after John's heart failure. Jan has won this race at least 10 times since living in Chattanooga. Greg Bruner, the father of John, presented both winners with their awards this year. He also gave a very emotional pre-race prayer honoring his son, who had stood at the front of the pack with the other elite runners last year.

Bruce McDuffie, 86-years-old, was the winner for the second straight year, of the Arnold Godwin Award. This award was established in 2007 with a donation from the Godwin family, to recognize the oldest participant of this event. Incidentally, the youngest runner was 10-year-old Matthew O'Neill from Dalton, Georgia. There was a large contingency from Dalton representing the Carpet Capital Running Club and the Team Bruner Foundation.

As Race Director, I have received many positive comments (and am still receiving positive comments). Of course, as any Race Director will testify, "It just doesn't happen without many hours before, during and after, by the volunteers." We are all very grateful for having our lives touched by the Bruner family and honored that we, in a small way, can help keep John's memory alive by helping to raise funds for the Bruner scholarships.

Irene Bailey, my wife, designed the race tee-shirt. She had taken a photo of the runners at the start of last year's race and John happened to be in the front row with his hand on his heart during the National Anthem. It was this picture that she placed on the shirt, with Greg Bruner's quote..."with his hand over his precious heart". The Team Bruner Foundation motto "Always Remember, Always Run" is also on the shirt.

We had a great day for racing and a greater reason to celebrate the life of this former Eagle Scout and former stand-out track and cross-country Dalton High School athlete, who was loved and will be missed by so many.

Make checks payable and return to:

Annual M

Members unless I a risks asso including waiver an waive and liabilities the perso

Apr '08 Chattanooga Track Club Membership Application

CTC Memberships are priced and run on an annual basis.

Already a CTC Member? Please click [here](#) to login to renew your membership (or retrieve your login info, if needed).

Name Pre. First Mid. Last Suffix

Email

Primary Email

Membership Type	2008	2008 & 2009*
Student	<input type="radio"/> \$13.50	<input type="radio"/> \$31.50
Individual	<input type="radio"/> \$18.00	<input type="radio"/> \$42.00
Family	<input type="radio"/> \$27.00	<input type="radio"/> \$63.00
Individual Donor	<input type="radio"/> \$37.50	<input type="radio"/> \$87.50
Family Donor	<input type="radio"/> \$75.00	<input type="radio"/> \$175.00
Sponsor Member	<input type="radio"/> \$187.50	<input type="radio"/> \$437.50

*Renewing members need to [log in](#) to see the 2008 only rates.

Donate? Check here to make an additional contribution to the CTC Long Run Endowment Fund ([what is this?](#))

\$ Amount In Memory Of (optional)



MEMBERSHIP APPLICATION

Did you know
you can
renew your
membership
on the club
website?

John Bruner Memorial Missionary Ridge Road Race Results – 2008

MALE OVERALL

1 Ken Eichberg 25:06

FEMALE OVERALL

1 Jan Gautier 30:46

MALE MASTERS OVERALL

1 Tim Ensign 26:24

FEMALE MASTERS OVERALL

1 Laura Gearhiser 35:17

MALE GRAND MASTERS OVERALL

1 William Warner 28:26

FEMALE GRAND MASTERS OVERALL

1 Sarah Bowen 38:46

FEMALE AGE GROUP: 1 - 14

1 Catherine Ellis 37:31
2 Bekah Houston 39:06

FEMALE AGE GROUP: 15 - 19

1 Stephanie Shipley 34:33
2 Jordan Hughes 36:22
3 Sarah Woerner 38:18
4 Amber Leitsinger 49:07

FEMALE AGE GROUP: 20 - 24

1 Ally Daniel 33:58
2 Allison Whittle 36:39
3 Judy Cummings 37:18
4 Laura Hall 37:23
5 Laura Davies 38:16
6 Lindsay Underwood 38:37
7 Taylor Anderson 46:58
8 Angela Bartels 48:22
9 Crystal Keel 53:16

FEMALE AGE GROUP: 25 - 29

1 Julie Simmons 36:07
2 Kristen MacKens 38:40
3 Kathryn Copeland 38:44
4 Kristin Kirksey 42:12
5 Holly Martin 45:39
6 Georgia Liles 45:47
7 Laura Lundy 46:07
8 Kelli Kendrick 46:10
9 Riley Cochran 46:13
10 Jennifer Cooley 47:00
11 Rebecca Ammons 47:59
12 Jaclyn Brown 50:54

FEMALE AGE GROUP: 30 - 34

1 Elizabeth Baker 35:36
2 Missy Greene 43:49
3 Jennifer Somerville 47:46
4 Heather Whaley 48:26
5 Andrea Irvin 48:52

FEMALE AGE GROUP: 35 - 39

1 Kim Morris 33:46
2 Barbara Ensign 40:06
3 Deanna Lord 43:03
4 Sonya Reagor 43:58
5 Rachel Fisher 46:03
6 Jo Ellen King 53:09
7 Ocelia Whaley-Raulst 56:32

FEMALE AGE GROUP: 40 - 44

1 Christine Post 38:11
2 Wendy Houston 39:14
3 Beverly Key 44:55
4 Giner Duggan 52:09
5 Karen Carter 53:11
6 Tammy Larson 53:17
7 Hiwatha Haywood 53:44

FEMALE AGE GROUP: 45 - 49

1 Janice Cornett 38:22
2 Lynda Webber 40:41
3 Farrell McGinness 41:18
4 Tami Stubblefield 45:32
5 Allison Ponzit 49:36
6 Mary Schleicher 49:41
7 Valerie Jones 55:24

FEMALE AGE GROUP: 50 - 54

1 Karen Galyon 42:40
2 Deborah Nash 44:10
3 Collen Carboni 44:12

4 Barbara Clark 47:13
5 Betty Anderson 50:54

FEMALE AGE GROUP: 55 - 59

1 Suzanne Haizlip 44:38
2 Kathleen Stanley 52:13
3 Caroline Fanelli 1:01:25

FEMALE AGE GROUP: 60 - 64

1 Sue Brown 42:03
2 Bonnie Wassin 52:18

FEMALE AGE GROUP: 70 - 99

1 Robbie Tompkins 53:51

MALE AGE GROUP: 1 - 14

1 Andrew O'Neill 31:54
2 Tyler Tipton 38:27
3 John Vanatta 38:59
4 Quinn McGinness 41:10
5 Cameron Beem 47:47
6 Matthew O Neil 48:53

MALE AGE GROUP: 15 - 19

1 Bryson Harper 25:11
2 Steve Fassino 25:28
3 Jacob Bradley 28:22
4 Calvin Cofield 28:50
5 Thomas Barker 29:07
6 Josh Stanley 29:56
7 Luke Ziegler 30:15
8 Mark Straussberger 31:16
9 Nathan Ward 33:16
10 Kyter Steffes 33:51
11 Thompson Wells 34:40
12 Zack Orrison 34:44
13 Andrew Gennett 36:15
14 Marco Bianchini 38:59
15 Charlie Ponzit 47:18
16 Parick O Neil 1:03:36

MALE AGE GROUP: 20 - 24

1 Josh Bradley 25:50
2 Charles Webb 28:47
3 Adam Dodson 31:44
4 Matthew Clemmer 35:00
5 Preston Dunson 37:07
6 Bruce Smith 39:20

MALE AGE GROUP: 25 - 29

1 Joseph Goetza 26:55
2 Jimmy Swansbrough 28:35
3 Robert Sivy 30:03
4 Patrick St Charles 31:43
5 Benjamin Palmer 34:19
6 Douglas Jones 34:24
7 Daniel Parson 36:14
8 Josh Henderson 36:48
9 Chad MacKens 36:56
10 Chris Sanders 37:53

MALE AGE GROUP: 30 - 34

1 Russell Barry 30:51
2 Josh Carter 33:52
3 Adam Burnee 34:03
4 Jason Denson 34:59
5 John Windom 35:34
6 Rob Greene 40:36
7 Adrian Seaver 42:13
8 Rusty Mawk 44:46
9 Stephen Regan 47:40

MALE AGE GROUP: 35 - 39

1 Micheal Green 26:42
2 Pete Murphy 31:38
3 Les Conner 31:49
4 Rob Standish 32:48
5 Dan Ellis 33:07
6 Ryan Taylor 35:10
7 Russell Irvin 35:40
8 Thomas Cannon 42:18
9 Scott Brown 45:28
10 Kevin Atkins 48:15

MALE AGE GROUP: 40 - 44

1 Joey Howe 29:38
2 Warren Sinor 30:31
3 Chris Zenker 31:22
4 Ryan Shrum 31:31
5 Dave Boozer 32:29
6 Ray Kellum 34:16

7 Eric Duffy 36:04
8 Michael Fortner 37:43
9 Mithcell Hayes 38:24
10 Howard Reagor 38:30
11 Richard Beeland 40:04
12 David Moghani 41:07
13 Jason Parker 42:53
14 Amante Agbannaog 45:17
15 Terry Haywood 46:30

MALE AGE GROUP: 45 - 49

1 Hugh Enicks 27:56
2 Bill McCord 29:22
3 Cliff Milam 30:19
4 David Martin 30:58
5 Sal Collier 31:07
6 Ray Beem 32:59
7 Tim Holmes 33:59
8 Jeff Henderson 35:52
9 John Selman 36:28
10 Mike Kirkland 38:52
11 Jeff Houston 39:14
12 Jeff Straussberger 39:15
13 Matt Clemmer 39:29
14 Jeff Malone 39:49
15 Anthony Herndon 40:51
16 William Black 40:59
17 Brian Harrison 41:23
18 Ron Branam 41:42
19 Brian Kearns 42:16
20 Steve Tompkins 42:17
21 Alan Little 44:52
22 Steve Smalling 44:57
23 Greg Ponzit 47:47
24 Mike O'Neill 47:55
25 Mark Cugan 51:40
26 Terry King 53:08

MALE AGE GROUP: 50 - 54

1 Steve Bradley 31:42
2 Marvin Watson 34:00
3 Jimmy McGinness 34:49
4 Tommy Nichols 35:14
5 James Hall 35:18
6 Doug Stone 35:37
7 Mike Leary 35:43
8 Hugh Sharber 36:10
9 Robert Rodgers 37:04
10 James Mancell 37:22
11 David Presley 38:29
12 Michael Walker 40:17
13 Doug Roselle 40:29
14 Jim Johnson 41:29
15 Dale Key 44:02
16 Micah Ward 45:00
17 Bill Brock 45:28
18 Ken Gaddis 45:38
19 Tad Bromfield 45:46
20 Rich Mercer 46:09
21 John Henegar 46:14
22 Mike Cate 49:00
23 Don Lastine 49:05
24 James Chank 58:09

MALE AGE GROUP: 55 - 59

1 36 John Walker 32:25
2 42 Randall Godwin 33:17
3 84 Joe Fanelli 37:27
4 87 John Crawley 37:51
5 101 Davin Sanders 38:48
6 111 C. L. Dunn 39:28
7 118 Rich Phillips 40:18
8 120 Bill Collier 40:32
9 123 Butch Cooke 40:50
10 124 Carter Lynch 40:50
11 142 Thomas Sisemore 43:02
12 144 Joe Davis 43:11
13 146 Timothy Davis 43:35
14 151 Terry Nash 44:04
15 170 Pat Hagan 46:07
16 177 David Klinger 46:21
17 180 Nicholas Bourbaki 46:58
18 183 Russ Earp Iii 47:14
19 199 Michael Zemactis 49:06
20 201 Mike Eaves 49:09
21 207 Bill Moran 51:03
22 208 Lucien Ellington 51:11
23 226 Lucien Ellington 1:02:09

MALE AGE GROUP: 60 - 64

1 Cyrus Rhode 39:44
2 Woody Cornwell 43:21
3 Dwayne Burnett 43:35
4 Dan Woughter 46:17
5 Ted Wilkes, Jr. 50:53

MALE AGE GROUP: 65 - 69

1 Sergio Bianchini 32:09
2 Doug Hawley 39:08
3 Robert Custer 41:42
4 Walter Sinor 45:45
5 Bob Rose 47:24
6 Jim Selman 52:22
7 John Smithson 55:50
8 Lee Meadows 1:04:47

MALE AGE GROUP: 70 - 99

1 Bruce McDuffy 1:47:34



From Soddy Daisy to Seoul

By Ron Branam

This is the story of how I found myself in downtown Seoul doing a group massage in the middle of 30,000 Asians.

Over the last 20 years I gained about 40 pounds, so I started running in 2006 to lose weight. I finally uncovered the secret equation for weight loss: calories burned must be greater than calories consumed. I swore off sweets. I walked an hour in the mornings before work. In the evenings, my wife and I walked an hour. After my weight dropped about 20 pounds, I started running to burn more calories. My wife lost 40 pounds. I've lost about 60.

At first, I could only run a few blocks without stopping. Eventually I worked up to five miles. In December of 2006, I read a book on ultramarathons and got the bug to run distance. I ran my first and second 1/2 marathons in Knoxville and Nashville, respectively, in April 2007. I wasn't fast, but I did finish. I signed up for the 2007 Chickamauga Battlefield Marathon and revved up my training.

Most of you know the legendary Truman Smith. We are both employed by TVA (notice I didn't say we work at TVA). Truman's cubicle is near mine. He would talk about the Saturday morning runs to Red Bank or the State Line, and for many years I would tell him he was crazy for running so far. Finally and inevitably, however, I came down with the same sickness. I do believe that long distance running is a sickness. I do think you have to be nuts to run a marathon. (The real crazies, on the other hand, do Iron Man triathlons – and no offense to those of you who do).

My first marathon was the Chickamauga Battlefield. My second was the Rocket City in Huntsville. My average time for each one was just around five hours, and having survived I deemed myself ready for an international adventure.

My son Justin and his wife, Yeonhee, live near Seoul in South Korea. He's wanted me to visit for several years, but I always thought that the 13 hour flight from the US to Korea was way too long to be on an airplane. At Christmastime last year, I finally gave in and told him I'd visit in March of 2008. With that

promise having been signed and sealed, I checked marathonguide.com to see if there were any races in South Korea. The Seoul International Marathon – boasting 30,000 runners in 2007 – was on March 16! The only problem was the 5-hour finish cut-off, but I was determined to beat it.

I registered for the race on the internet – which took some skill, as the English version of the marathon website wasn't real user friendly. The entry fee was 40,000 *won* – about \$40. I also had to submit a copy of a race result (via my Korean daughter-in-law, who faxed it to the race organizers) showing my fastest finish in order to establish a starting position in the lineup.

I flew from Chattanooga to Chicago then on to Incheon on March 10, 2008. If you ever fly to Korea, use Korean Air. The flight was still too long, but it was well staffed, the meals were served on glass plates with wine, and each seat had an entertainment center. I watched three movies and tried to sleep.

My son lives about 60 miles south of Seoul. We traveled to Seoul on the Saturday following my arrival, and I actually drove there – which is a story for another day. Traffic was very heavy, and it took us over three hours to travel the 60 miles. Following our arrival and check-in at the President Hotel, we walked to the race office to pick up my race packet. There was a huge St. Patrick's Day party sponsored by Guinness in progress next to the office building, and all I can say is there sure were lots of characters in the crowd.

On Sunday morning, race day, I went through my prerace ritual. I ate my bagel and drank plenty of water. I packed my fuel belt with Gu's and shot blocks. The race started at 8:00, so we went down to the start area at 6:30. There were vendors selling hot tea, energy gels, and other stuff. The temperature was in the upper 30s and as you can imagine, I got pretty cool before the start.

The start area, which was near the American Embassy, was very well organized and the runners were apportioned into six groups based on estimated finish time. I was in group "E." I think group "F" was for runners with undocumented past finish times, but there sure seemed to be a lot of fast people in group F.

The main sponsor of the race was Korea's media company, "Donga," and they did a great job. Music was playing on loud speakers at the start. There was a helicopter buzzing around overhead. It was all very festive. At one point, one of the race sponsors was giving away plastic ponchos. There was a near riot for them. I was glad I had brought my garbage bag to stay warm before the race.

The Koreans were very friendly and polite. A Korean gentleman was standing in line for the port-a-let, but when he noticed that I was an American "guest" for the race, he motioned me to go ahead of him. The Koreans are very proud of their country.

Justin and Yeonhee waited with me for a little while before the race started, then they took some pictures and went back to the hotel. Just before they left, a TV reporter came up to me. The reporter was filming and asking questions in Korean. Yeonhee translated. He asked where I was from and how I liked Korea. That was pretty exciting!

All announcements were made in Korean. About 30 minutes prior to the start, the announcer led the crowd in an interesting session of stretching and calisthenics. It was pretty strange to see several thousand people doing jumping jacks. I just watched from the sidelines. (Having never done jumping jacks before a race, I didn't think it was a good idea for me to suddenly take up the habit right before expending major volumes of energy.)

After the calisthenics, the announcer said something in Korean and the crowd formed up and started massaging and rubbing the shoulders of the person in front of them. I had read about this on a blog so I wasn't too surprised, but it was still a little strange having my shoulders rubbed and my back massaged by strangers. I did what everyone else was doing, however, since I'd already been a party-pooper on the jumping jacks. After a few minutes of massaging the person in front, we then turned around and massaged the person behind us. Talk about a relaxed group of runners...

The race was billed as "International," but I saw very few non-Koreans and all of the announcements were in Korean. Just before 8:00, they sang what I assumed was the Korean national anthem. Then they had a countdown. I didn't understand a word of it, but I shouted the same sounds as the rest of the crowd. Then we were off and running.

The race started at 8:00, and my wave/group started at 8:20. The temperature at the start was in the upper 30's and sunny (in the 50's at the finish).

Although there were 30,000 participants and although one half of the road was blocked during the race, it never felt too crowded because there were usually at least three lanes open. There were also police lining the route, spaced about every 100 feet.

26.2 miles is 42.195 kilometers, and the kilometers were marked instead of miles as Korea is on the metric system. The kilometer markers went by pretty fast. Water stops were every five kilometers, and water-soaked sponges were provided halfway between stops. The sponges were a good idea, as I thought the temperature was pretty warm around the end of the race.

Medical folks on inline skates rolled along the race course. They carried tubes of muscle cream. I stopped a few times for the cream and I don't know if it really helped, but it gave me an excuse to stop periodically.

(continued on next page)

From Soddy Daisy to Seoul (continued)

I saw very few non-Asians during the race but, interestingly enough, I did see a few American soldiers. They had crew cuts and Army Ranger T-shirts. A dude ran up beside me and asked where I was from. He was from the Netherlands and was taking a year off from his warehouse job to travel the world running marathons. He had completed 31 so far. His next race would be Tokyo in a few weeks. He was going for a 3:30, so he picked up the pace and moved on. He said he'd see me at the finish line. (Amazingly, I ran into him outside the crowded stadium. He'd attained his goal and had run around a 3:30.)

I also met two women from Ohio, one of whom was visiting her aunt who lived in Korea. A few Koreans spoke to me during the race, but it was hard to communicate with them in most cases.

I saw several runners making "pit stops" along the road. Some behind bushes – others just along the side of the road. Some things are the same the world over.

At the 21 km/13.1 mile mark, there were bananas, cakes that looked like moon pies and other snacks, and mandarin orange slices.

Along the course I saw a few groups running together. I think they were part of a running club. About 8 to 10 people running side-by-side to a cadence. There were also drummers in traditional costumes. Lots of cheering crowds and kids along the route. The

crowds were very large downtown, but thinned out the closer we go to the finish, which was at the 1988 Olympic Stadium. It was really neat to run into the stadium and around the track, and I was running hard (with just a little bit of walking thrown in) to come in under five hours. I made it with just three minutes to spare, even though I'd hoped to do better than a 4:45 as I was feeling pretty good before the race and my PR was 4:51 at Chickamauga. I was happy to finish, though, especially as my legs hurt more than after any race or training run.

There were tents set up outside the stadium for CPR instruction and massages, but post-race refreshments were pretty slim... a bottle of water and a snack bag with a banana, a moon-pie-like treat, and a big cookie. My son had bought some Krispy Kreme donuts for me so I scarfed down six on the way back to his apartment. They were the best donuts I'd ever eaten.

On the way back to my son's apartment, we stopped at a rest stop on the intercity highway (Korean version of the interstate). There were several tour buses with marathoners on board, and almost all of the people getting on and off the buses had on their race shirts and finishing medals.

I was pretty nervous before tackling an international event like this, but I really enjoyed it and am very glad I ran it. It was definitely something to "write home to mom about!"

Join us for the 20th Running of the Chattanooga Symphony & Opera Classic 5K Run

Saturday, September 13

Registration begins at 7 a.m. • Race begins at 8:30 a.m. • \$17 Pre-Registration • \$20 Registration on race day

Online registration is available at www.active.com • All registered participants will receive t-shirts! • Door prizes awarded

Prizes are awarded to overall male and female and age bracket winners.

This 5k race is open to both runners and walkers, but please – no pets or strollers. The course starts and ends in Coolidge Park and runs through Heritage Landing. The course is fast, flat and USATF certified, so it is fun for seasoned runners and novices alike!

CSO Classic Sponsored by:



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Hanover Gallery
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Road ID
Tennessee Aquarium

Thai Smile Cuisine
The Clay Pot
The Rush
Tom Whitten
World Next Door
Yessick's Design

*The CSO Guild is comprised of over 150 volunteers
dedicated to promoting and supporting
the Chattanooga Symphony & Opera.
Proceeds from the Symphony & Opera Classic
support the CSO's educational programs.*



2008
symphony
and opera
classic
the
20th
running

Date: Saturday, September 13, 2006

Race Start: 8:30 am Registration: 7:00 am

Location: Coolidge Park, Chattanooga, TN

USA Track and Field Certification: TN99016RH

Entry fees:

\$17.00 early registration;

\$20.00 on race day

Race Course:

North bank of TN River. Course is Flat, Fast and Certified. Race starts and ends in Coolidge Park and runs through Heritage Landing



Top overall Male & Female
1st, 2nd, & 3rd in each age division
Door Prizes
T-shirts to all participants

Divisions - Males & Females:

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-70, 71 and over.

Online Registration at : www.active.com

Email: csoclassicrun@gmail.com

Web: www.chattanoogastrackclub.org

Mail form and entry fee to:

CSOG

630 Chestnut St.

Chattanooga, TN

37402

Name _____

Address _____

City, State, ZIP _____

E-mail _____

Sex M F T-shirt size S M L XL XXL

Chattanooga Track Club member? Y N

Age on race day _____

I would like to make a donation of \$ _____ to the CSO Guild

CSO Classic 5K Run

Proceeds benefit the CSO Guild's educational projects.

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Cynthia Howell Stationery & Gifts
Easy Seafood Bistro
Hanover Gallery
Lola's Fine Gifts
Murder Mystery Dinner Theater

Northwest ENT Marietta, GA
POWERade
Road ID
Tennessee Aquarium
Thai Smile Cuisine
The Clay Pot
The Rush
Tom Whitten
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Lookout Mountain Tomato & Banana

CSO Staff
Coolidge Park
City of Chattanooga
Scenic City Signs

Waiver/Release: I understand that running a road race is a potentially hazardous activity. I should not enter and run 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 in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Chattanooga Symphony & Opera Guild, the Chattanooga Track Club, the City of Chattanooga, the Heritage Landing Condominium Association, Inc., all sponsors, their directors, officers, agents, employees, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller blades or inline skates, animals, and headsets are not allowed in the race and I will abide by these guidelines.

Signature of applicant or (if under 18) parent or guardian.

Date

New & Returning Members

Abner Oldham
 Aleisha Hardison
 Alison Counts
 Andrew Alexson
 Ben Wiley
 Bill Aiken
 Blake Young
 Bob Braddock
 Bradley Whalen
 Brandon Wright
 Brooke Ward
 Bruce Smith
 Carl Hartley
 Celestine Burrell
 Chris Greenwood
 Chris Zenker
 Christina Black
 Curtis Jackson
 Daisy Tucker
 Dania Barbosa
 David Bartlett
 David Denman
 David Grandy
 David Scholes
 Dawn Foster
 Debby Vannoy
 Diane Halstead
 Diane Kerr
 Don Gregg
 Don Lyons
 Doug Roselle
 Dreama Campbell
 Ed Boyles
 Emily Bregel
 Frank White
 Gary Dawkins

Gary Dawkins
 Gina Howard
 Gwendolyn Meeks
 Ian Harper
 James Selman
 Jenni Berz
 Jennifer Van Meter
 Jenny Fien
 Joel Armstrong
 Jonathan Cooper
 Joseph Elkins
 Joseph Goetz
 Joshua Cutler
 Judy Bentsen
 Kandi Stovall
 Karen Testing
 Kari Gentry
 Karlyn Yokley
 Katharine Cooper
 Katye Kelley
 Kelly Peterson
 Kim Durham
 Kimberly Atkins
 Kristin Ownby
 Landon Hill
 Leah Golden
 Lee Davis & Heather Ott
 Leslie Becht
 Linda Andreae
 Linda Matthews
 Lisa Becht
 Lisa Massey
 Lorraine Nance
 Marty Brown

Matt Witt
 Meg Aiken
 Mike & Becky Fingerle
 Missi Johnson
 Nicole McGinnis
 Pat Hagan
 Patrice Batchelor
 Patsy Ging
 Rachel Bartlett
 Ray Beem
 Ray Kellum
 Rebecca Davis
 Rebecca Murphy
 Rebecca Murphy
 Rich Phillips
 Richard Park
 Ron Nance
 RonTrell Moore
 Rory DeWeese
 Rory DeWeese
 Rudolph Hausler
 Ryan Chamberlain
 Sheridan Ames
 Sissy Jones
 Stephen Delaney
 Steven Bradley
 Susan Mietling
 Suzanne & Brian Kalla
 Tad Bromfield
 Tami Stubblefield
 Thad Whitfield
 Tom Angsten
 Tom Angsten
 Tom Angsten

Trent Theriac
 Valerie Joy
 Vanessa Harris
 Vanessa Walden
 Vonetta Maston
 Walter Tindall
 Ward Petty
 Warren Sinor
 William Black
 Zach Orrison



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A Few Words With Our New RRCA TN State Representative



Last month, RRCA President Brent Ayer approved the nomination of Melodie Thompson for the position of Tennessee RRCA State Representative. Melodie has been active in the Chattanooga Track Club since 2002, serving on the Board for three years as VP of Communications, President-Elect, President, and now serving as Past-President. For the past five years she has been leading jog/walk programs for CTC, the Walking Works Program at BlueCross BlueShield of Tennessee, and promoting the Run at Work Program in the Club. Also, from 2005-2007 Melodie has been the source of the CTC E-News.



- All RRCA Championship Events may check-out a RRCA Championship banner from their State Rep, Regional Director, or the National Office.

What does it mean to be an RRCA State Representative?

The RRCA State Rep encourages clubs and membership into the RRCA, helps promote State and Regional RRCA Championship Events, follow up on the problems and questions clubs/members may have, review submittals for Championship Events, attends Regional and National RRCA meetings. In addition, the RRCA Rep is responsible for staying in touch with the member clubs. The RRCA maintains a website for all members, www.RRCA.org and produces an online publication quarterly, [Footnotes](#).

What are your plans as Tennessee's new Representative?

As the newest RRCA State Rep for Tennessee, I am going to do a monthly e-mail to all member clubs, call and update the contact lists monthly, encourage our clubs in Tennessee to do more RRCA Championship Events. Also, I would like to see the Chattanooga Track Club have a couple of the Championship Events. It is part of my duties to encourage a RRCA State Level meeting and I want to plan one in Chattanooga in '09 in August with the Raccoon Mountain Race being part of the meeting at least that is what I am thinking about at this time.

Now for the important question: when will Chattanooga host the National RRCA Conference?

To host a National RRCA Conference & Meeting, we would have to really want it and put forth the effort. San Francisco put on a slick video presentation and booklets this year to win the bid out over Montgomery, Birmingham, Oklahoma, and Hawaii. This is going to take the collaboration of the City and we would need to have in conjunction with one of our big spring races, such as The Scenic City Half Marathon. About 6 years ago they had a national convention in Knoxville, so having it in Chattanooga in a few years would not be out of the question.

I am just learning the ropes, but if I can help anyone out with any information do not hesitate e-mailing me at jumpytwo@hotmail.com.

We've asked Melodie to tell us a little bit about the RRCA and discuss her new role as Tennessee's new State Representative.

What is the RRCA?

The RRCA is going into its fiftieth year of promoting running in the USA and abroad. You join the RRCA Club when you join a running club, such as The Chattanooga Track Club, and the individual members automatically become members as well. It offers a variety of programs for their members, such as, Coaching Certification and Training; RRCA Championships on the National, Regional, and State levels; Roads Scholarships; Women's Distance Festival; Education/Advocacy; Run @ Work Day; Personal Fitness Programs; and Kids Running Programs (i.e. Fit Kids). In addition, they provide insurance for road races for members; support their clubs with articles and information about running and nutrition to their members; and provide support to clubs. They also recognize runners on a national, regional, and state level at their Annual RRCA Convention and Banquet.

Some of the things they provide for Championship RRCA Event races include the following:

- Gatorade
- FuelBelt, Inc premiums
- Corporate Supporter coupons for event participants
- [Discounted services from Active.com](#)
- [Preferred pricing on participant shirts from sportscience](#)
- National and Regional Championships receive six awards from the RRCA for their overall, masters and grandmasters winners.



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Chattanooga Track Club

Board of Directors Meeting Minutes

June 3, 2008 – Out of the Blue Cafe' on Brainerd Road

Board members present:

Butch Cooke, Janice Cornett, Flash Cunningham, John Harrison, Sherilyn Johnson, Bill Moran, Amy Mullens, Theresa Samuelian, Charlene Simmons, Walt Sinor, Jim Steffes, Melodie Thompson, Lynda Webber, James Williams

Board Members Absent:

Edwina Cohen, Jimmy McGinness, Peter Murphy, Steve Rubenstein, Ashley Williams

CTC members present: Bill Brock and Dawn Salyer

The meeting was brought to order by James Williams, President, at 6:00 p.m.

The CTC mission was read by Charlene Simmons

I. MINUTES/APPROVAL

The proposed minutes from the May board meeting were briefly discussed. Only correction needed is to note that Janice Cornett was not in attendance (minutes indicate she was there).

Taking that correction into consideration, a motion was made and seconded to otherwise approve the minutes.

II. TREASURER'S REPORT - JIM STEFFES

Re: financial reports through 05/31/08. No questions regarding balance sheet.

Checking account is down to about \$1000.

Race Receipts/Disbursements for January through May 2008 show that since last

month, CTC has taken in \$5,778.45 for the Chattanooga Chase and \$1,456.47 for the Market Street Mile. Has also received \$5,000 in sponsorship proceeds this year for the marathon (this is all included in the \$40K+ for CTC Race Receipts shown on "Profit & Loss Previous Year Comparison"). The P&L also shows race director fees of \$2,000 paid to Rita Fanning for the Market Street Mile. The Mile did not make a profit last year, but the CTC held this event in conjunction with BlueCross BlueShield in order to bring kids and families into the CTC. Charlene notes that last year this race cost the CTC \$1,800. James will discuss with BlueCross.

A motion is made and approved to accept the financial statements of Jim Steffes.

III. RACE CALENDAR / RACES COMMITTEE / UPCOMING RACES - WALT SINOR

Last Race Committee meeting was held on 05/13/08.

Rita Fanning was present and gave a report on the Market Street Mile – volunteer situation discussed.

Bill Brock discussed the status of the Waterfront Triathlon t-shirts and the team leadership meeting. He performed a slide presentation for the Kiwanis on 06/03/08 and hopes to take the event to a whole new level from its beginnings 25 years ago. 1,450 participants are expected this year.

Dawn Salyer, who has race director experience, was

present at the races committee meeting and will be helping the Waterfront team with general event logistics. Jenni Berz is helping to organize the expo. Both are being compensated for their efforts out of the CTC budget due to the high level of work/responsibility they have each taken on for the event.

The steps for the swimmers at the Waterfront Tri are presently a work in progress. "Metalworks" is building them out of aluminium, and will design them so they're easy to dismantle and stack. Cost: \$20,000. Team Magic will help fund a portion of this cost, which will also include up to \$3,000 from CTC race proceeds. Bill notes the budget for the steps is on-track, but he is looking for additional sponsorships to help fund them as well. Not sure yet how many swimmers the steps can handle at one time. A storage place will also have to be found.

Flash Cunningham presents the equipment report. The Club has gotten all the timers back – they've been cleaned up and new buttons have been installed. Everything working good now. Won't cost much. Shipping fee will be about \$48.

IV. COMMUNICATIONS CALENDAR / COMMUNICATIONS COMMITTEE - JANICE CORNETT

The Communications Committee last met on May 7.

Only major issue at this time is with articles for Jogging

Around meeting the deadline in a timely manner. Working on resolving this.

V. MEMBERSHIP COMMITTEE REPORT - SHERILYN JOHNSON

Last MC meeting was on 05/15/08

New membership applications available and ready for distribution.

Working on finalizing new CTC logo – will have three colors.

Membership table to be set up at Riverbend – Charlene to be in charge.

VI. PRESIDENT'S REPORT - JAMES WILLIAMS

Two resumes received for Executive Director position, but applicants informed that it will be "some time" yet before the CTC can start to consider a new ED. Charlene estimates at least two years, even if the "perfect resume" comes in now. She opines that the CTC needs a new financial model so that it can guarantee at least 12 months of salary. She also notes that a better job description is needed, and that the CTC needs to be more realistic about what it can obtain from sponsors.

Bill Brock notes that the CTC community wants to know what is going on within the Club.

James hopes that, in lieu of an ED, by end of summer 2008 it might be possible for the CTC to hire an interim part-time person to handle some of the necessary day-to-day

matters, such as responding to phone calls and e-mails and supporting the race directors in distributing flyers, etc. This person would answer to someone on the Board. Melodie suggests that Betty Holder would be appropriate for the job.

James next refers to the McKee race/event set to occur in Atlanta on July 16. Approximately 500 participants are expected. Janice is going to contact Racing Solutions in Atlanta to see if they can assist, and CTC may be handling just the timing aspect.

VII. OTHER

Timing chip system is discussed. Decision is down to Champion Chip and

IPICO. Charlene is working on this, and she plans to ask more questions of both companies before a final decision is made.

Champion Chip is an established company with several regional providers, making it easy to obtain equipment from them. However, their system costs more money and there is a yearly fee involved. The CTC would also have to lease the chips from Champion for each event at \$6.00 per chip.

IPICO is a new company. Doesn't have as many regional providers yet, but there is only one initial cost – which is lower than the Champion cost. The CTC would pay \$3.00 to own each chip instead of merely renting it. IPICO may also eventually place their chips in numbered bibs.

Champion Chip will be handling the 2008 Riverbend Run and will be utilizing the new Digicase System currently being evaluated by the CTC. IPICO will be at the Waterfront Triathlon because Team Magic just purchased the system – says it offers “great customer support.” Each system will work with RunScore. CTC started working on a grant to obtain a system in May – grant requirements state we have to purchase within 12 months. Not possible to have in time for Missionary Ridge Road Race.

Meeting adjourned at 7:30 p.m.

**Respectfully submitted,
Lynda Webber
Secretary**

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF JUNE 30, 2008

ASSETS:

CURRENT ASSETS

CHECKING/SAVINGS	
CD 3 MONTH COM FOUND GRANT 8/13	\$10,000.00
CD 9 MONTH JR MARATHON 9/2/08	\$4,000.00
FIRST TN CHECKING	\$8,334.00
TOTAL CHECKING/SAVINGS	<u>\$22,344.00</u>

TOTAL CURRENT ASSETS **\$22,344.00**

FIXED ASSETS

EQUIPMENT	\$21,358.69
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TOTAL FIXED ASSETS **\$21,358.69**

OTHER ASSETS

ENDOWMENT FUND – EST. 7/5/05	\$3,698.08
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TOTAL OTHER ASSETS **\$13,698.08**

TOTAL ASSETS **\$47,390.77**

LIABILITIES & EQUITY

LIABILITIES

CURRENT LIABILITIES	
OTHER CURRENT LIABILITIES	
COMMUNITY FOUNDATION LIABILITY	\$5,000.00
CHARITY FEES PAYABLE	\$746.14
PAYROLL LIABILITIES	
TOTAL OTHER CURRENT LIABILITIES	<u>\$5,746.14</u>

TOTAL CURRENT LIABILITIES **\$5,746.14**

TOTAL LIABILITIES **\$5,746.14**

EQUITY:

RETAINED EARNINGS	\$55,074.68
NET INCOME (LOSS)	(\$13,430.05)
TOTAL EQUITY	<u>\$41,644.63</u>

TOTAL LIABILITIES & NET ASSETS **\$47,390.77**



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WEDNESDAY NIGHT TRAIL RUN

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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 are 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.

Group Runs - New Start Times
Posted: Wednesday, June 18, 2008

New summer start times for several group runs:
* Monday night Fastbreak group will now meet
at 6:30 pm (instead of 6 pm)
* Tuesday night downtown Sports Barn group
will now meet at 6:30 pm (instead of 6 pm)
* Saturday morning downtown Sports Barn
group will now meet at 7:00 am
(instead of 7:30 am)

Get ROY points - in order to qualify
for an award

Walking Works

- Monday evenings at 7PM
- meet at Fast Break Athletics, 104 Tremont St.

Group Run

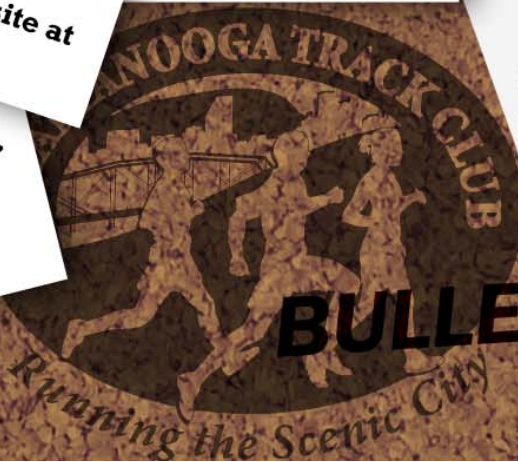
Getting Ready for a Marathon
New in town and need new long
distance running companions
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.

NEW!
Tuesday Night Run
5:00 pm at the Gateway Farm
(off Hamill Rd in Hixson)
Run led by Ryan Crews of Front Runner

Check out the new CTC website at
chattanoogatrackclub.org

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




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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.


AUGUST

2 - Missionary Ridge Road Race
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

23 - Raccoon Mountain Road Race
 Site: Lookout Mountain, TN
Info: www.chattanoogatrackclub.org

SEPTEMBER

1- FCA 5K
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org


6 - Powerade UTC Cross Country Race
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

13 - Symphony Classic 5K Run
Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

21 - Augustus Ford 10K/5K Trophy
Classic & 1 Mile Luau
Site: Cleveland, TN
Info: fordcenters.cc/fall_016.htm

27 - 5K Duck Race
Site: Ringgold, GA
Info: www.chattanoogatrackclub.org

OCTOBER

11- Joe Johnson Mental Health 10K
 Site: Chattanooga, TN/Moccasin Bend
Info: www.chattanoogatrackclub.org


18 - Signal Mountain Road Race
 Site: Signal Mountain, TN
Info: www.chattanoogatrackclub.org

25 - Southern Shuffle Moonlight 5K Run
& 1 Mile Fun Run/Walk
Site: Southern Adventist University
Info: www.chattanoogatrackclub.org

NOVEMBER

8 - Chickamauga Battlefield Marathon,
Half Marathon & Jr. Marathon
 Site: Chickamauga, GA
Info: www.battlefieldmarathon.com

DECEMBER

13 - Wauhatchie Trail Run
 Site: Chattanooga Nature Center
Info: www.chattanoogatrackclub.org

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