

JOG GING AROUND TOWN

The title 'JOGGING AROUND TOWN' is rendered in a large, bold, blue font. Each letter of the text is a cutout that reveals a different photograph of a marathon runner or a scene from a race. The photos include: a man in a blue shirt running; a runner in a white Adidas shirt; a runner in a blue shirt holding a medal; a runner in a white shirt and blue shorts; a runner in a pink shirt; a runner in a red shirt; and various other runners and spectators in motion.

Chattanooga Track Club

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JOGGING AROUND

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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 Ad Rates

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WORD FROM THE PREZ'S PERCH

With the temperature cooling and the sun rising later and setting earlier, it's clear that fall is upon us. With fall comes a busy race season. By the time you read this letter the Joe Johnson Mental Health 10k and Signal Mountain Pie Run will be in the history books. But we still have the Chickamauga Battlefield Marathon and Half Marathon on November 14th and the Wauhatchie Trail Run on December 12th to look forward to.

This year's Chickamauga Battlefield Marathon and Half Marathon will be the largest on record, with 1,500 runners registered for the race. While we expected the marathon to sell out, as it did last year, I will admit we were surprised to see it sell out two months in advance. I understand the early sell out caught a number of runners off guard, including club members. We've heard from dozens of runners seeking entry into the sold out event, but we've had to hold fast to our registration limits. Please understand we had to choose a registration limit that insures our participants enjoy a safe, quality event and meets the approval of the National Park Service. If you know anyone disappointed about missing out on this year's race please encourage him or her to run next year's event on November 13, 2010. Registration for next year's race will open in January and we encourage all runners to register early to secure a spot.

In other news the club's board has been busy mapping out a future for the club. We spent the last few months constructing a strategic plan to help guide the club and its growth over the next three years. The full plan is detailed on page 2 and I encourage all readers to check it out.

Finally, it's time for the club to pick new board members for 2010. As members of the board, directors and officers make decisions about how the club should operate. To learn more about the board elections check out the "Calling All Members – Run for Office" article on ChattanoogaTrackClub.org. To nominate yourself for a board position please contact James Williams (ctcjamesw@yahoo.com) by October 26th. Board elections will take place on November 10th at 7pm at Porkers BBQ (1251 Market St).

Hope to see you out running or walking,
Charlene Simmons
CTC President

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.



MAPPING OUT A FUTURE FOR CTC

This year, one of the goals set forth for the board of directors was to draft a strategic plan designed to help guide the development of the track club over the next three years.

The board worked for several months drafting goals and activities it felt were appropriate for the club. In drafting these goals the board drew from a number of sources including the club's mission and vision, responses to a survey conducted in late 2007, and comments from members of the club. At the August 2009 meeting the board approved the strategic plan.

A strategic plan, by its very nature, is not something set in stone. It is a working document that is updated and revised as the club changes and grows. What the board drafted and approved is a beginning, not an end to the process. Over the next few years the club will undoubtedly change the plan by achieving some of these goals and by choosing to eliminate or change some of the goals. The plan, as set forth below, is only a starting point for the future.

Chattanooga Track Club | Strategic Plan 2009 - 2012

MISSION

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal.

No special qualifications, other than an interest in running and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone, from serious competitor to the casual walker, is welcome.

THREE YEAR GOALS & ACTIVITIES

GOAL: Increase community awareness of the Chattanooga Track Club.

ACTIVITIES:

- Promote track club events and activities through the Web site, email list serves, and print items placed at area locations (such as stores, health clubs, community centers, etc).
- Promote track club events and activities in new venues, possibilities include shops, local expos, advertisements in magazines, billboards, PSAs, etc.
- Seek greater press coverage of track club events.
- Work with other local non-profits on events & programs.
- Secure media sponsorships for track club events.

GOAL: Increase club membership and add more value to club membership.

ACTIVITIES:

- Promote track club membership in new venues and to new potential members (examples: younger runners, minorities, walkers, race walkers, etc).
- Offer new membership programs designed to increase the value of a membership (example: training programs, speakers series, etc).
- Develop and aggressively promote a new “rewards discount” system for members (including a membership card, store discounts, race discounts, etc).
- Expand geographical reach of the track club through races, group runs, and other activities.
- Offer merchandise giveaways, such as track club clothing, etc.
- Offer discount coupons for membership fees at races.

GOAL: Offer quality races in the greater Chattanooga area.

ACTIVITIES:

- Offer a diverse collection of CTC races and events.
- Create a race director training program to develop new race directors for existing and future CTC races.
- Develop race-directing committees or teams for the larger CTC races.
- Create a Volunteer Coordinator position on the board.
- Develop a volunteer reward system to encourage members to volunteer at CTC races.
- Survey local runners to explore interest in a new event (frills vs no frills / distance / time of year / etc)

- Add a running series open to all runners (regardless of CTC membership) incorporating some of the existing| CTC races (example: Triple Crown / Battle for Chattanooga)
- Adopt a non-CTC race as a ROY event.
- Add a new event in 2011 based on the outcome of the runner’s survey.
- Secure financial sponsorships for track club events to provide the financial means to expand services for race participants.
- Explore ways to reduce race entry fees (families, youth, no t-shirt, corporate discounts, etc)

GOAL: Promote fitness through running and walking programs.

ACTIVITIES:

- Provide running and walking information on Web site and via email (example: add running tips to e-news)
- Offer weekly group runs.
- Offer training programs for distance races.
- Offer training programs for beginning runners.

GOAL: Promote running among children and youth.

ACTIVITIES:

- Offer and expand (as needed) the Elementary Cross Country meets and the Chickamauga Battlefield Junior Marathon.
- Add new youth events & activities.
- Continue support of UTC’s Cross Country Program

GOAL: Secure the financial future of the track club.

ACTIVITIES:

- Build up an emergency reserve account.
- Build a reserve account for future expansion.
- Develop a long-term financial model based on a diverse set of revenue sources (membership dues, race receipts, timing services & equipment rentals, sponsorships, etc).
- Develop a sponsorship sales team to sell sponsorships for CTC events and the club in general.

GOAL: Expand administrative support for track club activities.

ACTIVITIES:

- Seek partnerships with other local non-profits and government organizations that support similar activities and goals.
- Hire contract, part-time, and full time staff as needed and financially feasible.
- Offer paid or unpaid college internships for CTC races, events, and other activities.

OTHER SUGGESTED GOALS & ACTIVITIES FOR THE FUTURE

- Work with businesses through employee health programs.
- Add a corporate challenge to one or more CTC races.
- Team up with other local organizations to offer walking programs and weekly group walks.
- Partner with other organizations to develop a youth running program, including weekly runs. (Potential example: work with Girls Inc to offer a program similar to Girls on the Run).
- Offer a college scholarship to local runners.

Approved by the Board of Directors of the Chattanooga Track Club on August 11, 2009.

CTC ELECTION SOCIAL

It's time to elect the 2010 CTC board. Please join us on Tuesday November 11th at 7pm at Pokers BBQ (1251 Market St). Please join us to vote and socialize with other CTC members as we announce the new Board Members. Below is a description of the roles and responsibilities that make up the CTC board. If you'd like to run for the board as a director or an officer please contact James Williams at ctcjamestw@yahoo.com by Oct 26th.

Directors

The board of directors is made up of twelve directors who serve for two-year terms. As members of the board, directors serve on both the board and a board committee, such as the races committee, communications committee, or membership committee. Directors help shape the policies of these committees and the board and have voting privileges on the board.

Officers

The board also includes eight officers who serve for one-year terms:

- **President** – The president executes a one-year plan for his or her term, sets the agenda of board meetings, appoints committees, casts tie-breaking votes, and represents the club in any affiliated organizations. To become president, a club member must first serve as Vice President/President Elect. In 2010, Sherilyn Johnson will serve as president.
- **Vice President / President Elect** – The President Elect assumes the duties of the president in his or her absence, completes tasks as assigned by the president, and assumes the office of the president if the president is unable or unwilling to serve. After one year of service as President Elect, this individual becomes president of the track club. The President Elect is an elected position that requires a three year commitment since the President Elect eventually becomes the president and in turn the past president of the track club.

- **Vice President of Races & Equipment** – The VP of Races & Equipment coordinates the activities and responsibilities the races and equipment committee. This committee oversees CTC races and CTC equipment and provides advise to non CTC race directors when requested.
- **Vice President of Communications** – The VP of Communications coordinates the activities and responsibilities the communications committee. This committee is responsible for the promotion of CTC races, the updating of the CTC web site, the publication of the weekly e-news, and the publication of Jogging Around.
- **Vice President of Membership** – The VP of Membership coordinates the activities and responsibilities of the membership committee. This committee is responsible for growing and maintaining the club's membership and for planning at least four programs a year including the election social and banquet.
- **Secretary** – The secretary keeps minutes at all board meetings and offers guidance on points of order and procedure during a meeting.
- **Treasurer** – The treasurer works with the club's bookkeeper to create financial reports and is responsible for insuring that the club has spent its money wisely, has paid all of its obligations, and has collected all debts owed to the club. The treasurer also files the club's Form 990 and helps create the club's yearly budget.
- **Past President** – After serving as president, an individual serves the next year on the board as the past president.

This year we need to elect the Vice President / President Elect, the Vice President of Races & Equipment, the Vice President of Communications, the Vice President of Membership, the Secretary, and the Treasurer.

MAKE THE MOST OF YOUR FITNESS THIS FALL



By Maggie Hawk

Fall is full of family gatherings, festivals, and holiday activities. Finding time to exercise and making it count during this busy time of year can be difficult. Instead of becoming discouraged, try these simple walking tips and give your exercise routine the boost it needs this holiday season:

Little efforts add up

Next time you head to the mall, avoid the temptation to pick a parking space close to the entrance. Parking farther way and walking briskly towards the entrance will help you fight the fall chill, and add extra steps into your normal routine.

Maximize extra time

Take advantage of time away from the office during the holidays and jumpstart your day with a morning walk – or a nice evening stroll.

Take the stairs

Taking the stairs at the mall instead of the elevator is a great way to squeeze fitness into your holiday schedule. And no more waiting in lines for the elevator or escalator

Walk with weight

Using weights while you walk can help you shed holiday pounds quicker. No free weights? No problem! With all the grocery shopping this season, you are bound to have a few cans of green beans or pumpkin filling on hand. Before you head out for your neighborhood stroll, grab a can in each hand.

Mix it up

Combine family and exercise time this season with a relay game of different activities such as running, skipping, speed-walking and hopping. The kids will have a blast, and you will reap the rewards of strengthening your heart and shrinking your waistline.

A complete list of walking tips and information about the BlueCross WalkingWorks program can be found in the BlueCross WalkingWorks section of www.bcbst.com.

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FCA 5K - 2009

EMALE OVERALL RESULTS

1	Jan Gautier	20:06	31	Laney Hunter	28:47	65	Zachary Shipley	26:01	2	Steven Morrison	20:38
			32	Susan Field	28:53	66	Tyler Johnston	26:35	3	Glenn Swann	24:23
			33	Shannetra McCutche	29:06	67	James Larson	27:44	4	Todd Richardson	25:26

MALE OVERALL RESULTS

1	Joe Sneed	16:57	34	Emily Lockheart	29:21	68	Chad Collins	28:09	5	William Dunn	27:09
			35	Melanie Boyd	29:22	69	Chris Aguilar	28:40	6	Sean Price	27:53
			36	Emily Thurman	29:38	70	Cody Johnson	29:54	7	Geoff Ward	29:46

EMALE MASTERS RESULTS

1	Berna Slabber	23:06	37	Mary McEwen	29:50	71	Ryan Nunez	31:06	8	Jason Maddox	29:47
			38	Lydia Williams	29:54	72	Dakota Brown	36:38	9	Ronald Devine	29:49
			39	Megan Harris	30:08	73	Bryan Field	38:07	10	Charles Rains	30:14

MALE MASTERS RESULTS

1	Dean Thompson	17:24	40	Holly Afman	30:42	74	Will Coleman	44:39			
			41	Kelle Key	33:08						
			42	Jenna Dedcker	33:36						

EMALE GRANDMASTERS RESULTS

1	Mary Preisel	24:22	43	Ashley Stewart	34:49						
			44	Megan Brown	34:51						
			45	Amanda Madaris	36:36						

MALE GRANDMASTERS RESULTS

1	Hugh Enicks	17:13	46	Lauren Keck	36:54						
			47	Brennan McCalmon	37:15						
			48	Morgan Lane	38:51						

EMALE AGE GROUP 11 - 13

1	Chassity Schlageter	24:00	49	Kali-Ann Rogers	41:33						
2	Shelby Balch	24:44	50	Lauren Nix	43:13						
3	Kierslynn Conley	24:48	51	Erin Smeltzer	49:10						

MALE AGE GROUP 11 - 13

1	Jake Curtis	17:49	52	Carmen Smeltzer	49:14						
2	Will Hayes	17:51									
3	Artemio Pasqual	18:08									

MALE AGE GROUP 14 - 18

1	Jake Curtis	17:49									
2	Will Hayes	17:51									
3	Artemio Pasqual	18:08									

EMALE AGE GROUP 14 - 18

1	Chassity Schlageter	24:00	53	L T Miller	23:17						
2	Shelby Balch	24:44	54	Benn Treine	23:20						
3	Kierslynn Conley	24:48	55	Kyle Thurman	23:22						

MALE AGE GROUP 14 - 18

1	Grant Hacherl	21:17	56	Devon Johnson	23:23						
2	Mathias Porter	23:12	57	Thomas Fry	23:27						
3	Jonah Devaney	23:18	58	Jordan Hidalgo	23:37						

EMALE AGE GROUP 19 - 24

1	Karah Leary	26:48	59	Peyton Smith	23:41						
2	Joya Tate-Olk	28:01	60	David Williams	23:53						
3	Sadie Carbell	30:29	61	Eric Rowell	24:23						

MALE AGE GROUP 19 - 24

1	Charles Webb	17:55	62	Winston Hunter	24:31						
2	Benjamin Johnson	22:36	63	Harley McDaniel	24:42						
3	Todd Stevison	23:25	64	Jameson Mullinar	25:45						

EMALE AGE GROUP 25 - 29

1	Katie Casenuo	22:32									
2	Jamie Barbeauld	34:14									
3	Aislea Spurgin	38:36									

MALE AGE GROUP 25 - 29

1	Tim Jackson	18:37									
2	Joey Barbeauld	21:04									
3	Dennis Tuckowski	22:23									

EMALE AGE GROUP 30 - 34

1	Emily Cooper	20:46									
2	Alli Tuckowski	23:24									
3	Riki Massey	25:40									

MALE AGE GROUP 30 - 34

1	Matt Gregory	18:04									
2	Russel Sarry	18:21									
3	Jason Hamrick	21:36									

EMALE AGE GROUP 35 - 39

1	Rita Newman	25:32									
2	Carrie Wolf	25:34									
3	Wendy Oates	26:30									

MALE AGE GROUP 35 - 39

1	Dan Ellis	19:59									

EMALE AGE GROUP 40 - 44

1	Jan Gautier	20:06									
2	Berna Slabber	23:06									
3	Alisa Stipanov	23:58									

MALE AGE GROUP 40 - 44

1	Joe Sneed	16:57									
2	Dean Thompson	17:24									
3	Ryan Shrum	18:30									

12	Joe Williams	25:07		7	Thomas Russe	25:14	2	Cyrus Rhode	23:38		
13	Stan Davis	25:09	MALE AGE GROUP 50 - 54	8	Carter Lynch	25:36	3	Doug Hawley	26:04		
14	Jerry Lockhart	25:27	1	Hugh Enicks	17:13	9	Bill Pryor	25:44	4	Henry Mesarosh	26:10
15	Kirk Anderson	25:28	2	Eric Clarke	19:43	10	Thomas Sisemore	26:18	5	Howard Dial	26:13
16	Charlie Millard	25:46	3	Marvin Watson	20:24	11	David Kinger	27:46	6	Walter Sinor	28:31
17	Mark Sumida	25:56	4	Jimmy Murdock	21:14	12	George Skonberg	28:40	7	Clark Griffith	29:10
18	Lee Shipley	27:00	5	David Presley	22:40	13	Bill Moran	30:23			
19	Patrick Hunter	27:36	6	Lester Gaylon	22:48	14	Steve Frost	30:42	FEMALE AGE GROUP 70 - 79		
20	Steve Tompkins	27:47	7	Dale Key	25:10	15	Lucien Ellington	34:32	1	Susan Harrison	40:01
21	Andy Zorca	27:48	8	Michael Walker	26:20				MALE AGE GROUP 70 - 79		
22	Bo Watson	28:09	9	Mike Leary	27:23	FEMALE AGE GROUP 60 - 64			1	Earl Marler	37:17
23	Sam Cash	29:06	10	Warren McEwen	27:38	1	Mary Preisel	24:22	2	Lee Meadows	39:15
24	John Porter	29:11	11	David Halicks	28:22	2	Sue Anne Brown	26:11			
25	George Thomas	29:55	12	Jim Bennett	30:37	MALE AGE GROUP 60 - 64			FEMALE AGE GROUP 80 - 99		
26	Jim Martef	30:12	13	Joe Barbeauld	34:26	1	Daniel Hinck	23:05	1	Marian Gardner	54:31
27	James Strickland	30:27	14	Mark Dragon	37:21	2	John Elliott	23:50			
28	Oscar Brock	33:41	15	James Dirken	44:10	3	Gene Hodge	23:59			
29	Greg McCalmon	37:35				4	Dan Woughter	29:32			
30	Robert Harrison	39:56	FEMALE AGE GROUP 55 - 59			5	Jim Hamblen	30:13			
31	Kenney Key	49:20	1	Theresa Samuelian	28:06	6	Robert Blanton	36:05			
			2	Mary Reid	33:53	7	John Dixon	50:51			
			3	Linda Gloster	35:16						
			MALE AGE GROUP 55 - 59			FEMALE AGE GROUP 65 - 69					
			1	Carey Watson	21:56	1	Beth Dial	31:30			
			2	Joe Axley	21:59	2	Bonnie Wassin	37:22			
			3	Rick Rogers	22:10	3	Edwina Cohen	56:37			
			4	Danny Casteel	22:44						
			5	John Crawley	23:02	MALE AGE GROUP 65 - 69					
			6	Butch Cooke	23:10	1	Sergio Bianchini	20:30			



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RACE SOLD OUT, NEED VOLUNTEERS

Chickamauga Battlefield Marathon and Half Marathon 2009

What's worse? Planning a party and no one shows up or everyone shows up. Well, we may be in trouble with the neighbors – but everyone is coming to the marathon this year. In the President's piece Charlene has gone into our need to limit registration. I won't add anything other than it really is a sincere "I'm sorry" from us, and please, please, please sign up early in 2010.

So you missed out or your foot is too sore. Grumble, whine, figure out where you are going to run your marathon, and come out and volunteer to help this November. There are two things that make Chickamauga a quality race. The course (you can thank our Government for that) and the volunteers. We have well over 150 volunteers that start with the packet assembly days ahead of time to the last crew that pulls the trash bags after everyone else has gone home. We need folks for more than handing out water – we need plenty handing out water as well, but it is the many other jobs that are done well that make the event go smooth and earn its reputation. We need folks to help at packet pickup, the expo, the pasta dinner, race day setup, sentry, post race food, finish line help, timing, cleanup, and aid stations.



Sherilyn Johnson is the volunteer coordinator this year and she will match you to the job that fits. Sign up from the CTC web site or BattlefieldMarathon.com and thanks in advance for making the race a success.

In other news – Carabas will be sponsoring the food for the pasta dinner. It is open to everyone, not just participants, so sign up from the web site if you have not yet. We also have a sponsor committee that is doing an amazing job in a tough selling year to put together advertisers, sponsors and expo participants. A new sponsor this year is 180 Energy Drink. They will be bringing plenty of samples, but also a team of their sponsored runners, and we expect some fast times.

Again I wish everyone who wanted to could run and I hope to see you at the race.

Doug Roselle
Race Director

TRAINING FOR THE FINISH

The Chickamauga Marathon and Half Marathon training program began July 26 for 16 weeks.

The program includes two weekly group runs:

- Wednesday night mid-week group runs leaving the Downtown Sports Barn (301 Market St, Chattanooga) at 6:15 pm
- Saturday morning group long runs – start times and locations vary

Charlene Simmons and Flash Cunningham lead the group on various routes through downtown and even a preview of the Battlefield course four times during the program. Water and PowerAde stops along the route are available to refuel the runner. Additionally, after the longer Saturday runs, Charlene makes homemade baked goods that are waiting at the finish line!

This is a great way to meet new people who have the same interest and are working towards a common goal – finishing a marathon.



20

BOSTON MARATHONS AND COUNTING!



By Dennis W. Watkins | Cleveland, Tennessee

Will Bud Wisseman ever stop running?

In April, Bud completed his 20th consecutive Boston Marathon! He began running in 1978 and at the Boston finish had logged 50,000 miles. Along the way, he has made many lifelong friends. With continued good health, he has run every day for the past 21 years and averages 35 miles per week.

Reared in Milford, Delaware, Bud's earliest memories are of his mother, Alice, and sister, Ethel, diligently praying for their brothers in World War II. A product of the Church of God, his first pastor was Reverend W.E. Tull, after whom he was named. Pastor Tull showed Bud a great example of a man committed to doing God's will. Growing up, Bud observed God's faithfulness in his pastor's life and in the lives of others. This encouraged him to be faithful to the Lord and to his church. Bud recently visited with Pastor Tull, who is 95 years old, to let him know again how much he had influenced Bud's life. He described it as a very emotional and special time for him.

After serving in the Air Force and graduating from the University of Delaware (B.S./mechanical engineering), Bud came to Chattanooga, Tennessee, to work for DuPont. Chattanooga had become a familiar place for him since he had visited often and worked there two summers. There he met his wife, Sonia. Bud says the first time he saw her she was smiling, and she is still that same cheerful person today. He says many friends have told him, "It's a good thing Sonia married you, because no one else would put up with you."

The Wissemans are rose growers, and often share their roses with widows, shut-ins, or someone needing encouragement. Their rose garden has been on the Chattanooga Tour of Roses. As usual, Bud is unassuming about this talent. He simply enjoys being able to help others.

Bud is most thankful for the blessings of his Christian heritage and for good health. He suffered a seriously sprained ankle just six days before this last Boston Marathon, which easily could have kept him out of the race. He immediately went to two sources for prayer: his pastor, Terry Harris at "The Crossing" and the Thursday women's prayer group that Sonia attends and which has prayed during each of his marathons. Miraculously, the painful swelling went down on the day of the race, which allowed Bud to complete the run!

Bud is not hesitant to share his faith with others and even did so with a fellow runner during his most recent marathon. He also promised God that if he was able to finish this past marathon, he would kneel at the finish line to give God thanks, and that he did!



On May 9th, 32 of Bud's friends did a 50,000 mile celebration run with him in Chickamauga Park. On that run were many of the special people with whom he has shared many miles. He is truly thankful for them.

Like most runners, Bud has goals. The Lord willing, he wants to run the Boston Marathon 25 years in a row. There are only 36 active runners in the quarter century club. Knowing Bud, it is likely that his faithfulness and discipline will help him to get this done and that he will indeed keep on running!



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CHATTANOOGA TRACK CLUB MEETING MINUTES

BOARD MEETING AUGUST 11, 2009

Charlene called the meeting to order.

Members present included:

Charlene Simmons, President, Sherilyn Johnson, Vice President/ President Elect, Ken Radley, Vice President of Races, Kathy Fulton, Vice President of Membership, Tim Holmes, Treasurer, Beth Ford, Secretary, James Williams, President. (Absent was Lanise Hutchins, Vice President of Communications.)

Directors present with one year remaining on their term:

Butch Cooke and Bill Moran. (Absent were Edwina Cohen, Peter Murphy, Theresa Samuelian.)

Directors present with two years remaining on their term:

Lisa Barrett, Flash Cunningham, Walt Sinor. (Absent was Oliver Trimiew.)
Members present: Doug Roselle and Blaine Reese.

July 2009 Meeting Minutes and Financials

Charlene called the meeting to order. To answer last month's discussion, she noted that the additional savings may be added to the track club's CD to total up to \$20,000.00. Charlene stated the Chickamauga Chase had paid \$700.00 this month, possibly having paid the timing fee only. Tim said he will check with Connie to see if Riverbend paid their fees for timing the 2009 race

and if there was additional monies to be received. All monies were cleared from the Waterfront Triathlon. There was a \$1,400.00 profit from the Chickamauga Chase. Money from the Chickamauga Marathon is currently being received but there are still outstanding expenses. Tim stated that since the CTC is a 501(c)(3) non-profit organization, we must file a Form 990 to receive charitable donations. He will file proper paperwork showing profits versus expenses for 11 road races, the *Jogging Around* newsletter and other financials. With no further discussion, Butch made the motion to approve the minutes and financials. Flash seconded the motion with 11 members present agreeing unanimously.

Strategic Plan

All members reviewed current draft of the CTC Strategic Plan for 2009-2012. Sherilyn made the motion to approve as a final draft. Flash seconded the motion and 11 members present voted unanimously in agreement.

Storage for Equipment

Charlene advised that we are in need of a 10' x 15' storage area. Flash recommended a downtown storage area for \$1,044.00 with small risk of theft. Charlene requested the board decide a monthly budget amount for storage with Sherilyn and Flash settling on the location afterwards. James moved that the CTC budget \$90.00 monthly for storage and \$165.00 once for shelving. Bill seconded the motion. Ten members voted in

agreement with Flash abstaining from the vote.

Recruiting Race Directors for 2010 Riverbend, Chickamauga Marathon, Junior Marathon, and Chattanooga Chase

These four races will be in need of new race directors in 2010. Butch suggested that the board might check with the Dalton Track Club for additional qualified race directors. Charlene also agreed to contact the Friends of the Festival to recommend that they might be willing to locate the 2010 Riverbend Race Director.

Renewal of 2010 BCBS of TN Sponsorship

Our current sponsorship contract requires the CTC to promote Walking Works Program at booths as well as four challenge races to include walks. BCBS of TN sponsors the Market Street Mile. BCBS is requesting to change from this to another race in the spring or possibly the fall. The board will consider the 5k of the Scenic City and discuss again in the September board meeting.

Ballot for Upcoming Board Elections

Only five current members are scheduled to remain on the 2010 board. Bill recommended that Tim Holmes be allowed to fill his skilled position more than one term. Recommendations for member nominees must require the nominees agreement to serve then be e-mailed to James who will help comprise a ballot. An

ad will mention the available positions in the next *Jogging Around* as well as in e-mails sent to CTC members.

Battle for Chattanooga Race Series

Moved to a later meeting

Review of CTC by-laws

Moved to a later meeting

Other Business

Sherilyn stated she has 56 CTC shirts remaining. She also stated CTC needs a small race calendar with CTC info, due to several requests at Missionary Ridge Race. She is going to get pricing for screen printing the CTC name on as-is tents. Flash stated he thought two would be necessary if the pricing was good.

August/ September Tasks for Committee Meetings

Charlene is requesting committees research what expenses they project for the 2010 budget, as well as any unnecessary monies that do not fulfill the CTC mission statement may be saved. These will be presented at the September CTC board meeting.

Walt motioned that the meeting be adjourned. Flash seconded the motion and 11 members present agreed unanimously.

Next Meeting: September 8, 2009, 6:30 p.m. at Out of the Blue Cafe

Respectfully submitted,
Sarah E. Ford
CTC Secretary

COMMUNICATIONS COMMITTEE

AUGUST 19, 2009

Members present – Lanise Hutchins and Charlene Simmons

Topics discussed:

- Redesign of CTC Web site homepage
- Mailing of JA

MEMBERSHIP COMMITTEE

AUGUST, 2009

Members present – Walt Sinor, Kathy Fulton, and Charlene Simmons.

Topics discussed:

- Lookouts Game plans finalized
- Future need for membership card
- Need for some type of welcome letter for joining new members joining throughout the year

RACES COMMITTEE

SEPTEMBER 1, 2009

Members present – Ken Radley, Theresa Samuelian, Bill Moran, Charlene Simmons, Flash Cunningham, Bill Minahan, Doug Roselle

Races discussed:

Symphony Classic – Signed contract for chip timing. Charlene will email race organizers information about race file. Bill Minhan is helping with some of the race organization.

Pie Run – Event is 10/17 and will use chip timing. No prediction run this year, first 100 finishers will get pie. Bill signed contract for race management.

Ford Classic – preparations are moving along.

Chickamauga Marathon – Race is at 80% with only ~ 300 spots remaining – 124 for marathon, 193 for the half. Will need to rent additional mats, lite readers and 500 – 600 chips. Charlene will check on additional materials from Ipcos and Ipax. Doug is working on medals and shirts. Part of the course needs some repair work with the cost at ~ \$1,000. There will be a clean up day for the service road with no mowing. Clean-up day is scheduled

for 11/ 1/ 2009 at 1:00 pm and this will be posted on the Web for volunteers. There are massage services being organized for the event with 3 confirmations.

Scenic City Half – Bill is using Active for race registration. There is an increase of \$.75, which is passed on to the runners. There is no set-up required by Active for the charities to collect donations that means a reduced cost for the charities. The charities will need to find their own volunteers. Bill is working on a budget for advertising and is considering Runner's World and Running Times.

Riverbend Run – Blaine Rees has offered to be the race director for the event in 2010.

Committee Discussed: Battle for Chattanooga

Charlene wants the committee to amend the proposal for the Race Series that would not include King of the Mountain. All races in the series need to be covered by our insurance from RRCA.

BlueCross – walk around tour challenge. Committee suggested that the following races be considered – Scenic City 5K, Chattanooga Chase, Raccoon Mountain, Riverbend.

BlueCross is looking for a new race that they want to be associated with in their contact. Races for them to consider are: Chattanooga Chase or Scenic City 5K.

Equipment Purchases – Committee approved the purchase of a Net Book computer for a cost of ~ \$300 and a Time Machine (timer) for a cost of \$1,000. The timer can be used for either bib pull or chip timing.

Next Meeting: October 6, 2009, with the location of meeting changing

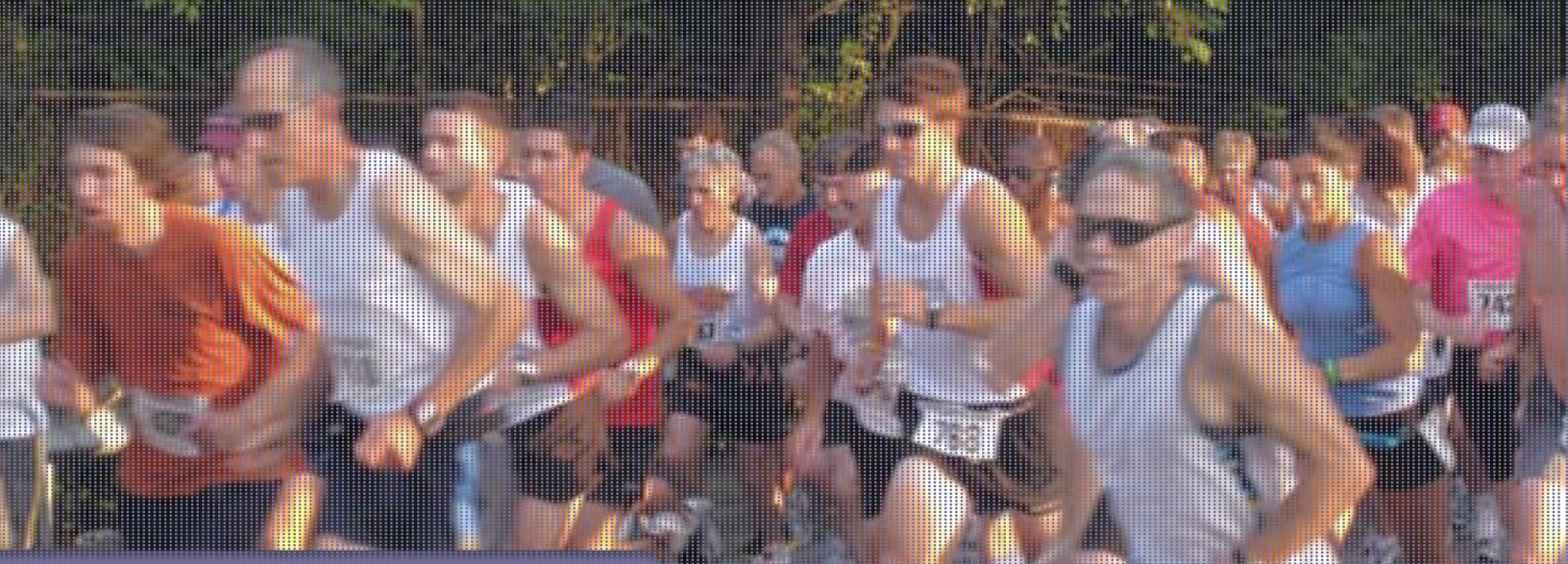
OVER 600

CHILDREN TAKE PART IN FIRST CROSS COUNTRY RACE

Over 600 Hamilton County school children participated in a one-mile cross-country race held on Thursday September 4, 2009 at the Baylor School. The race was the first race in an elementary cross-country series that will include three additional one-mile races.

The races are open to students enrolled in third, fourth, and fifth grades. Students from a number of public and private elementary schools, as well as home-schooled children, are taken part in the series.

The cross-country races are co-produced by teachers and coaches from the schools and the Chattanooga Track Club (CTC).



MIS- SION- ARY RIDGE ROAD RACE





MISSIONARY RIDGE ROAD RACE (4.7 MILE) - 2009

MALE AGE GROUP: 1 - 14

1	Grant Hacherl	34:21
2	David Enicks	37:14
3	Walt Douglas	38:52
4	Robert Thompson	49:18
5	Houston Nelson	1:00:40

FEMALE AGE GROUP: 1 - 14

1	Katie Traffanstedt	50:18
2	Lindsey Cash	54:13

MALE AGE GROUP: 15 - 19

1	Ryan Hacherl	31:06
2	Mark Straussberger	31:46
3	Andrew Bruner	32:16
4	Caleb Bennett	36:29
5	Andrew O'Neill	44:56

MALE AGE GROUP: 20 - 24

1	Charles Webb	29:12
2	Will Morgan	30:39
3	Evan Sharber	31:23
4	Jason Hendrix	34:01
5	Mark Nelson	1:01:12

FEMALE AGE GROUP: 20 - 24

1	Sabrina Lefort	31:02
2	Sara Straussberger	39:05
3	Megan Bruner	40:02
4	Brittany Garrett	42:17
5	Taylor Andersen	47:55
6	Jenny Godwin	51:05

MALE AGE GROUP: 25 - 29

1	Joseph Goetz	25:32
2	Benjamin Palmer	30:50
3	Adam Dodson	31:26
4	Will Hutchinson	32:55
5	Adam Bryan	33:18
6	Eric Sisemore	33:54
7	Daniel Parson	37:55
8	Jason Coffey	47:55
9	Ashley Hammonds	49:08

FEMALE AGE GROUP: 25 - 29

1	Elizabeth Sawyer	32:43
2	Jennifer Lars	39:12
3	Kari Morrison	39:23
4	Alison Counts	50:31
5	Jenna Chavalia	50:50

MALE AGE GROUP: 30 - 34

1	Nicholas Selbo	25:57
2	Jeff Edmonds	26:26
3	Alan Outlaw	27:33
4	Jason McKinney	27:55
5	Russell Barry	29:47
6	Matt Gregory	29:52

7	Paul Archambault	30:16
8	Adam Webb	30:57
9	John Windom	32:53

FEMALE AGE GROUP: 30 - 34

1	Emily Cooper	33:34
2	Beth Vargas	37:24
3	Caroline Outlaw	43:13
4	Becky Sparks	44:03
5	Lacie Newton	47:56
6	Leigh Todd	50:13

MALE AGE GROUP: 35 - 39

1	Jeff Powe	32:33
2	David Wyke	34:12
3	Dale Burrell	34:24
4	Shannon Ledbetter	34:36
5	Bradley Nance	35:07
6	Timmy Johnson	38:36
7	Scott Hamby	42:19
8	Michael Emerling	43:42
9	John Thompson	47:19
10	Adam Royer	49:54
11	Ted Bullock	49:54

FEMALE AGE GROUP: 35 - 39

1	Louisa Hurst	42:26
2	Tara Murdock	42:30
3	Mary Stoetznner	42:58
4	Lyn Douglas	44:14
5	Amy Burba	44:21
6	Shannon Derogatis	45:00
7	Michele Corbin	47:55
8	Danna Bailey	47:56
9	Catherine Hendee	54:44

MALE AGE GROUP: 40 - 44

1	Ryan Shrum	29:35
2	Les Conner	29:56
3	Mark Kuhn	30:54
4	Aaron Mercer	33:53
5	Barry Klein	34:40
6	David Moghani	36:33
7	Patrick Douglas	38:52
8	Jeff McDonald	39:45
9	David Wolfe	40:00
10	Geoff Rodgers	40:12
11	Sean Coleman	41:13
12	Rick Hicks	41:29
13	Paul Kasperreen	42:00
14	Sujeel Taj	42:19
15	Troy Ash	48:55
16	Chris Traffanstedt	50:53

FEMALE AGE GROUP: 40 - 44

1	Jan Gautier	32:02
2	Belinda Young	34:05
3	Holley Kimsey	38:07

4	Barbara Ensign	39:04
5	Treva Walshe	39:32
6	Sharon Freibrun	41:19
7	Kim Durham	41:48
8	Lauren Hunt	42:04
9	Danna Vaughn	42:15
10	Tracey Wade	44:24
11	Michelle Oneil	46:04
12	Karen Hayes	51:06

MALE AGE GROUP: 45 - 49

1	Tim Ensign	26:30
2	Hugh Enicks	27:30
3	Chuck Denham	29:17
4	Jude Hacherl	32:53
5	Ray Kellum	32:56
6	Mitchell Hayes	34:32
7	Mike Anderson	36:13
8	Howard Reagor	37:19
9	Mike Sparkman	37:23
10	Jim Pels	37:37
11	James Keef III	39:06
12	Steve Smalling	40:14
13	James Arnold	41:17
14	Jeff Malone	41:46
15	Michael O'Neill	44:56
16	Steve Tompkins	45:44
17	Jeffrey Hendee	48:24
18	Terry Haywood	51:13

FEMALE AGE GROUP: 45 - 49

1	Laura Gearhiser	34:31
2	Corrine Henderson	41:58
3	Gwen Meeks	42:47
4	Monica Blanton	43:27
5	Vickie Blalock	43:28
6	Linda Ruffin	46:35
7	Lisa Chavalia	50:52

MALE AGE GROUP: 50 - 54

1	Cliff Milam	32:40
2	Welton Davison	33:10
3	Moe Watson	33:48
4	Hugh Sharber	34:50
5	Greg Nelson	35:04
6	Quint Mansell	36:08
7	Claude Hager	36:13
8	Jeff Straussberger	36:54
9	Billy Bearden	38:14
10	Doug Marquart	38:46
11	Walter Samper	40:16
12	Rich Mercer	41:09
13	Jim Dugger	46:29
14	David Halicks	46:33
15	Jim Bennett	59:53
16	James Shank	1:00:35

FEMALE AGE GROUP: 50 - 54

1	Pam Bearden	38:47
2	Karen Galyon	38:58
3	Susan Gallo	42:12
4	Colleen Carboni	42:57
5	Melodie Thompson	47:41
6	Betty Andersen	51:16

MALE AGE GROUP: 55 - 59

1	Terry Stawser, Sr.	33:13
2	Butch Cooke	37:31
3	John Crawley	37:48
4	Pat Hagan	39:36
5	Billy Henderson	40:09
6	Carter Lynch	40:17
7	Randall Godwin	40:23
8	Billy Collier	41:53
9	Les Kertay	42:39
10	Stephan Bennett	42:51
11	Michael Mason	43:39
12	Thomas Sisemore	43:47
13	Bill Moran	46:41
14	John Henegar	47:28

FEMALE AGE GROUP: 55 - 59

1	Patsy Ging	41:50
2	Suzanne Haizlip	48:53
3	Kathleen Stanley	51:20

MALE AGE GROUP: 60 - 64

1	Rich Phillips	35:50
2	Roy Webb	40:49
3	Timothy Davis	45:29

FEMALE AGE GROUP: 60 - 64

1	Sue Brown	41:54
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MALE AGE GROUP: 65 - 69

1	Sergio Bianchini	34:53
2	Doug Hawley	41:52
3	Jesse Roberson	43:19
4	Walter Sinor	47:08
5	Jim Selman	51:24

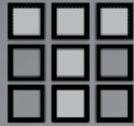
FEMALE AGE GROUP: 65 - 69

1	Bonnie Wasson	55:14
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MALE AGE GROUP: 70 - 99

1	Lee Meadows	1:05:17
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Web Application Design & Development



TECHNOLOGY PROJECTS

What ARE web applications?

Cold Fusion Server Windows 2000 IIS5.0 SQLServer 2000 Javascript ASP VBScript



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bbrock@tech-projects.com
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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
must
two events

Walking Works

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

Tuesday Night Run **NEW!**

5:00 pm at the Gateway Farm
(off Hamill Rd in Hixson)

Run led by Ryan Crews of Front Runner

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.



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

Check out the new CTC website at
chattanoogatrackclub.org

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



BULLETIN BOARD



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

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ORGANIZATION
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CHATTANOOGA TN

CHANGE SERVICE REQUEST

JOE MCGINNESS RUNNER OF THE YEAR - CURRENT STANDINGS

WOMEN

Overall Women

Susan Gallo	760
Patsy Ging	580
Gwen Meeks	490
Melodie Thompson	280
Bernice Delaney	270
Sherilyn Johnson	270
Alisa Stipanov	260
Ann Garner	250
Sissy Jones	210
Belinda Young	200

Junior Women (0-15)

Caitlin Duggan	500
Catherine Ellis	190
Kim Jade Wycherley	90
Jeneva Steffes	90

Adult Women (16-39)

Lanise Hutchins	260
Sissy Jones	260
Stacy Johnson	200
Jennifer Funk	160
Denise Moon	150
Deanna Lord	150
Leslie Becht	150
Rebecca Ammons	120
Mitzie Dyer	120
Lisa Becht	110

Master Women (40-49)

Gwen Meeks	650
Tammy Larson	440
Bernice Delaney	410
Sally Hoffman	320
Alisa Stipanov	300
Sherilyn Johnson	270
Belinda Young	200
Linda Andreae	190
Kimberly Atkins	180
Kelly Bullock	160

Grand Master Women (50-59)

Susan Gallo	980
Patsy Ging	750
Melodie Thompson	450
Theresa Samuelian	360
Kathy Fulton	280
Janice Wycherley	210
Sarah Bowen	160
Lucy Stokely	120
Lynda Webber	120
Brenda Gift	110

Senior Women (60+)

Bonnie Wasson	780
Ann Garner	730
Edwina Cohen	260
Susan Harrison	90
Frances Martin	60
Rita Fanning	30

MEN

Overall Men

Ryan Shrum	700
Charles Webb	640
Jason McKinney	580
Sergio Bianchini	500
Adam Burnett	320
Hugh Enicks	300
Chuck Denham	260
Blaine Reese	240
Butch Cooke	220
Flash Cunningham	210

Junior Men (0-15)

James Larson	410
Graham Hammond	100
David Enicks	100
Will Hammond	90

Adult Men (16-39)

Charles Webb	680
Jason McKinney	600
Adam Burnett	450
Marco Bianchini	430
Zach Cowart	220
Jonathan Warner	160
Daniel Uson	160
Steven Morrison	150
Mark Straussberger	150
Joshua Carter	150

Master Men (40-49)

Ryan Shrum	860
David Moghani	570
Steve Smalling	330
Chuck Denham	300
Andy Koss	190
Jeff Balsler	180
Rory DeWeese	150
Kurt Lammon	150
Warren Sinor	150
Geoff Rodgers	150

Grand Master Men (50-59)

John Crawley	660
Butch Cooke	490
Quinton Mansell	350
Hugh Enicks	300
Doug Roselle	250
John Walker	250
Bill Brock	250
Bill Moran	240
Don Lastine	210
Flash Cunningham	210

Senior Men (60+)

Sergio Bianchini	960
Doug Hawley	670
Cyrus Rhode	610
Phil Thomas	580
Walter Sinor	450
David Scholes	280
Jim Selman	260
Blaine Reese	240
Jesse Roberson	210
Roy Webb	210