

JOGGING AROUND



A QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB



**OUTSTANDING RUNNER FRIENDLY COMMUNITY
AWARD FOR CHATTANOOGA AND CTC**

**CTC MEMBERSHIP CARDS GOOD
FOR MORE LOCAL DISCOUNTS**

LOOKING BACK AT HISTORIC RACES

**JOHN HUNT RECOGNIZED
FOR JOURNALISM EXCELLENCE**



JUNE 2014 | VOLUME 46, ISSUE 2

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 casual walker is welcome.

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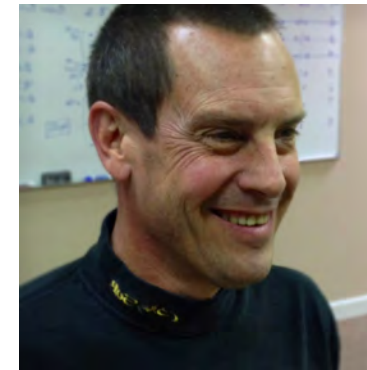
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FROM THE CLUB PRESIDENT

Hello Runners!

Question for you... Just what is the Chattanooga Track Club? Guys and gals who love running? A bunch of volunteers? Renegades? Storytellers? Sprinters? Distance runners? Triathletes? All of the above and much more?

That's what I think... The club I know is all of the above, and it is much like a family. Not everyone always gets along, but we all do share common traits and goals that seem to keep pulling us back together and keep us running and working side by side.

Some of those traits are obvious – love of running, fitness, health – and for most, good competitive events that motivate us to get out and train and work hard for our goals.

Some traits are less obvious, while readily apparent when we are together – we love to share stories, to laugh and to support each other as quickly as we dis each other for whatever. And we like to work. We like to build things and to see them done well. We like to put on races almost as much as we like to participate in them, and we are as self-critical of our own events as we are of anyone else's that did not meet our standards of expectations.

Did you realize that we now put on 16 CTC races every year and on top of that we help other non-profits put on another 30 events throughout the year? That's 46-47 weekends a year that we're putting on races!

We also host a series of cross-country events in the summer for hundreds of 3rd-5th graders, host a summer twilight all-comers track series, sponsor our own team of elite runners and host and support group runs 7 days a week.

Add to that our ongoing clinics, socials and an annual banquet where we celebrate it all, and you have something really special, I think.

Somehow, over the past 4 and half decades, we've become one heck of a club, and I think we have a lot to be proud of.

Anyway, as you peruse and enjoy this issue of JA, see if you can get a flavor of what I'm talking about. And as you lace up your shoes for your next run, reminisce a bit - and I hope you will smile. Bill

Bill Brock is President of the Chattanooga Track Club.

He can be reached at president@chattanoogatrackclub.org

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 this fund and appreciates your generosity in helping build this legacy for our community.

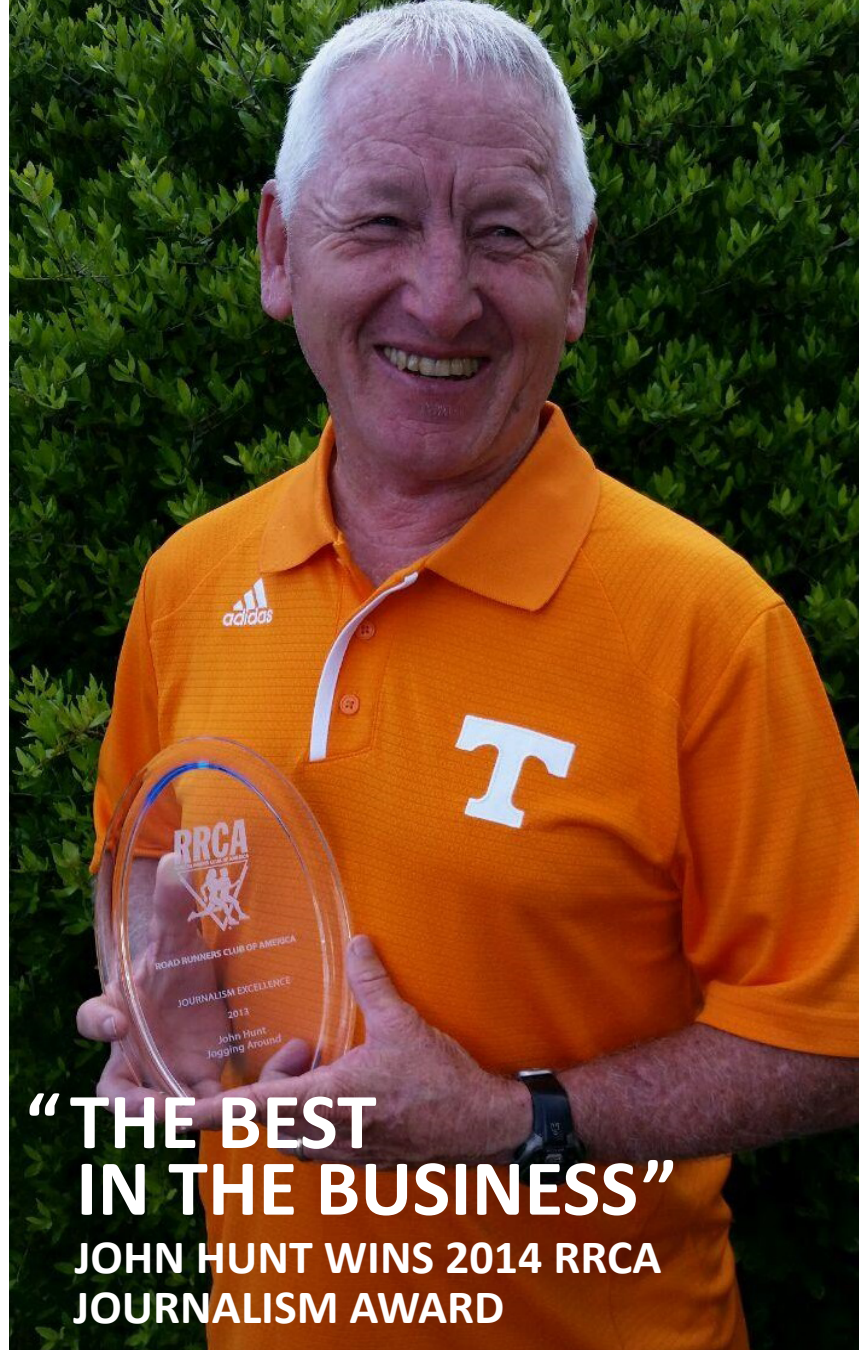
To contribute to The Long Run, please contact the Chattanooga Track Club.



FROM THE MANAGER

Stacey Malecky

John Hunt is a familiar face at Chattanooga Track Club races. A talented, long-time sports writer and running enthusiast who currently writes for The Chattanooga, he has prepared press releases and post-race interviews for CTC events for many years. He has an ongoing, weekly series in The Chattanooga featuring outstanding Track Club runners. For his dedicated service and many contributions to the sport of running John was recently honored by the Road Runners Club of America (RRCA) with its 2014 Outstanding Journalist Award. I met up with him on a sunny afternoon a few weeks before he received his award.



“THE BEST IN THE BUSINESS” JOHN HUNT WINS 2014 RRCA JOURNALISM AWARD

What makes our self-proclaimed “No Marathon Moose” tick? He’s run many marathons (almost ALL sub-4:00). He tells me the farthest he’s traveled for a marathon was to Abilene, Kansas with running buddy, Truman Smith. They drove over 800 miles to run 26.2 miles in the driving wind and pouring rain. “I was happy to finish and Truman was happy to beat me to the finish. We hopped in the car and drove the full 847 miles back that day. I got up and went to church the next day.”

It’s been my experience that anyone who has traveled for and run a number of marathons is sure to have a story or two to tell, and John Hunt is no exception. He tells me about the first time he qualified for the Boston Marathon: “I had gone to run Tupelo in 1995 with some friends, Pat Hagan and Ray McIntire. We went to the theater the evening before and saw Forrest Gump.” Smiling ear to ear John says “I was so proud and excited to have qualified! Watching Forest Gump the evening before marathons became my new tradition!” The tradition must have worked, he returned to Boston several more times.

Like most runners, friendship is a recurring theme in his race stories. In 1996, for the Pittsburgh Marathon, he was again in the company of Pat Hagan and Ray McIntire. “I ran the Chattanooga Chase on Saturday morning, covered the race [article], and hopped on the shuttle to Nashville to find my flight delayed. I arrived in Pittsburgh after 1:30 am. Ray somehow convinced Pat to pick me up at the airport. I hadn’t had dinner and NOTHING was open. I ended up eating Pat and Ray’s leftovers from Olive Garden, a few breadsticks

and pasta. I woke up a few hours later to run the marathon, finished in 3:19, got back in the car and drove home the same day.” I can tell, despite the chaos, he enjoyed every minute. I suspect many of us can relate!

His first marathon was the 1982 Chickamauga Battlefield Marathon which he DNF’d. “I had no idea what I was doing. I overdressed and began shedding clothes during the first loop” he recounts with amusement. “I began to get cold and by mile 19 was hypothermic and forced to drop out of the race.” The next year he successfully completed the Battlefield Marathon but it would be some time before he returned to the marathon scene.

John freely shares details of his checkered past, saying with genuine gratitude “I’m amazed I did not die” John battled alcoholism for many years. The challenges began early. “I went to UT Knoxville after high school and studied General Business, but really I just wanted to be there with my friends. I spent most of my time focusing on ‘extracurriculars.’” When things didn’t work out, he bounced over to MTSU still lacking a sense of direction. It was there he met his first wife. They married in 1979 and returned to Chattanooga.

John was hired by *The Chattanooga Times* with no prior experience. “I just LOVED sports! My first day on the job was November 6, 1979, and my first ‘beat’ was covering junior high sports.” He is also quick to mention the man who opened the door for him, Mr. Roy Exum, then Executive Editor of Sports. Mr. Exum would have quite an impact on John’s life.

John’s role as a writer continued to evolve and he was soon covering track, cross country and just about every local weekend race. The timing couldn’t have been better, the running boom of the early 80s was in full swing and the *Times* had an impressive spread of race coverage each weekend. John tells me “Each Sunday there were at least 1 to 2 pages of road race coverage. It had to have been among the best in the country. Joe McGinness had this terrific piece “Thoughts on the Run” as well. There were results, stories and pictures!”

Despite a successful career, the late 80’s were personally challenging. His struggle with alcoholism and drug addiction was getting the best of him. June 15th, 1989 was his last day with the *Times*. He was forced to resign after an arrest for DUI. Interestingly, his one phone call from jail was to Roy Exum. “I knew he would bail me out, and I knew he would find out eventually, so I just called him first.” It was Exum who asked John to leave his position and John still recalls his words after all these years “When you’re drinking you’re not worth a damn; when you’re sober you’re the best in the business.”

Struggling to make ends meet for several years, John worked “just enough to pay the bills and continue drinking.” In December 1993 he took his last drink. John managed to stay sober this time. He thought about Roy Exum’s words. He loved to write and wished more than anything to be back on the job, but a letter to Roy letting him know of his sobriety and asking for another chance received no response. On a Friday afternoon in late-March he bumped into Roy at the YMCA downtown. Roy was thrilled to see him and offered John a position at the *Times* (now the *Chattanooga Times Free Press*). By April 1994, he was back to work as a sports writer.

The next few years were exciting for John. He began dating his current wife, Althea, in 1997, and they married in 1998. He returned to college and graduated from UTC in May, 2001 with a BS in Marketing. He spent a year working for the *Cleveland Daily Banner* and during that time, once again qualified for the Boston Marathon. He carried several disposable cameras with him and captured as many moments as possible. “The next weekend there were over 60 pictures in the paper! I put together a piece entitled “2002 Boston Marathon through the Eyes of a Runner.” It was so exciting to see all those pictures in print!”

The commute and schedule at the *Banner* proved to be too much so he landscaped full time for a while, something he occasionally does today despite his busy schedule.

As for our “No Marathon Moose” – what has become of John Hunt the sub-4:00 marathoner? “Well” he says, “I reached a point where I just stopped enjoying it. I went to the New Orleans Marathon in 2010 and could tell I just wasn’t in the mindset to do a marathon. I had a ‘Come to Jesus’ moment at mile 17. I decided this would be my LAST marathon and I was NOT going to end with a DNF. It was my slowest marathon but my happiest finish.” As with other struggles John has endured, mind triumphed over matter for him that morning in New Orleans.

John tells me he recently began biking and swimming. My first question (naturally): “So then you’re doing a triathlon?” Though his response is an immediate “NO!” he suggests he’s always loved the idea of doing an Ironman for his sixtieth birthday, which happens to be in 2015. I believe he can do it and tell him so, but he seems unconvinced and explains he’ll need to “learn to run again.” Trying to get back in the swing of things, a few miles on the treadmill recently gave him some trouble but he isn’t discouraged “I’ve enjoyed the benefits of fitness most of my life and I’d like to return to a level of fitness where I enjoy running again.” I have no doubt in John’s ability to reach his goal.

An hour after our meeting John left me a voice message wanting to express a few sentiments. I’ve included them verbatim, as he wished to make his feelings known to all:

“First off, I’ll be forever indebted to Sujeel for submitting my name to the RRCA for this journalism award. I have never entered any writing contests and am totally flattered that I would be the one chosen by the RRCA to receive this national award. I have always been blessed to cover events with the CTC and those folks continue to make my job fun, enjoyable and relatively easy. We have some really great events in this area and the track club is solely responsible for their success.

Secondly, I’m very blessed to have been a sports writer since 1979. I always felt like this job allowed me to share positive news about people – mainly young people – and that isn’t always the case. I’ve been able to meet some incredible people along the way and I’ve had the opportunity cover events that really turned out to be dreams come true, like the Olympic Trials Track and Field in Atlanta in 1996.

I’m very lucky that I have a job I dearly love, work with some wonderful people and get to write about some life-changing experiences. It just doesn’t get any better than that.”

Stacey Malecky is the Club Manager for the Chattanooga Track Club. She can be reached at: smalecky@chattanoogatrackclub.org





WHY I RUN

David Glenn

Forrest Gump may have summed it up best when asked why he was running. He simply stated, "I just felt like running!"

That has been about the same answer that I give when asked about why I took up the sport. Part of this urge started while sitting in my Missionary Ridge front yard and watching the annual August road race. A gentleman who appeared to be older than me was running by and yelled out, "you need to do this next year!" That really echoed through my head for months afterward. So, a few years ago during the month of April four months prior to the Missionary Ridge Road Race my training began.

I eased into this process utilizing the Couch to 5K method. I was amazed at how this method really worked and by early Summer I was already completing 5K runs and building toward the near 8K length of the Missionary Ridge Road Race. There were days that felt great, while others that made me wonder why I was even doing it. The August race day finally arrived and I felt overwhelmed being in the presence of so many folks who obviously had been running for years. At the starting gun it seemed like the entire group left me in the dust. As I steadily made it through the race I was worried that I would be embarrassed at the finish line finishing so far behind the group. I was totally wrong. Right before I reached Bragg Reservation, runners who had already finished were clapping and encouraging the remaining runners. That continued all the way around the loop of Bragg to the finish line. It was an incredible feeling of accomplishment! Those that were cheering made each of us final finishers feel like winners!

After that race, I just continued to build upon the foundation of the previous four months. I continued signing up for local races and using each one as a goal to get better. By the time the next August rolled around I was able to trim a full 10 minutes off my previous finish at the Missionary Ridge Road Race. Seeing that yearly progress kept me motivated and I continued to schedule more local races. I set my sights on more 10K's than 5K's, then set a larger goal of completing a half marathon.

The 4 Bridges Half Marathon was my first "half". That October morning was the first cool morning of the season. As I walked over the Market Street Bridge to the start line I was shaking from the chill and nerves. I chatted with another runner from Knoxville who was running his 10th half marathon and I asked him for any advice. He said, "just relax and enjoy the run". So, I did! It was great advice! I was all smiles that last mile and was able to finish at 2:04. After I crossed the finish line I wanted to sign up for another one. My latest Half Marathon was a few weeks ago in Seaside, FL for the Seaside School Half Marathon. Eventually I would like to do a full marathon!

Aside from the training and competing in races, I have found that I really enjoy running. I mean I "really" enjoy it. Here I am in my late 40s and I am in the best shape of my life. It's a great feeling! Sure, there are pains along the way, we all go through that. But, nothing tops the encouragement that I have received from fellow Track Club members. Running is unlike any other sport. We all cheer for each other while really competing with ourselves for those "personal records". Hugs and high fives are the most common sight at the finish line. In a sense, we're all on the same team no matter the race.

My two sons, Jack and Carter, also caught the running bug. They both started running after I did, but it didn't take long for them to pass me during races. They are now on the Gordon Lee High School cross country team. Last year, Jack competed in the Georgia State Regionals in Athens, GA. My youngest son, Carter, ran the Seaside Half Marathon with me. I was so proud of both of them for setting a goal, then reaching it. Carter also has his eye set on completing a full marathon. I have a feeling he will do it before I do!

David Glenn grew up in north Georgia and is Chief Meteorologist at WTVC - Channel 9. He and his family reside in Chattanooga.



submitted photos

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Wishes Come True With Help from Everyone (and a Superhero or Two)

Affordable Botox Superhero Race, August 23, 2014

Dr. Gary P. Gesualdi has been a Superhero for Make-A-Wish East Tennessee for 3 years now as our Title Sponsor for our annual run and other involvement with our wish children. This year he compiled an amazing group of folks to serve on the Affordable Botox Superhero Race Steering Committee along with the wonderful folks with the Chattanooga Track Club who has now made the race part of their annual calendar. The Committee's passion and compassion for our mission, our wish children and our run has simply been amazing. It is difficult to put into words the excitement for this year's run and for the years to come! The mission of Make-A-Wish East Tennessee based here in Chattanooga, TN is to grant the wishes of kids with life-threatening medical conditions to enrich the human experience with hope, strength and joy. Some of our kids wish to go to Disney, swim with dolphins, go surfing, meet their favorite celebrity or meet their favorite Superhero, and their imaginations go on and on...to infinity and beyond! Wishes are more than just a nice thing and they are far more than gifts, or singular events in time. Wishes impact everyone involved: wish children, volunteers, donors, sponsors, medical professionals and communities. The impact does vary, for wish children, just the act of making their wish come true can give them the courage to comply with their medical treatments.

Parents might finally feel like they can be optimistic, can look forward to something together. And still others might realize all they have to offer the world through volunteer work or philanthropy. We now have research to back up all of these things which truly makes a wish a very powerful thing! Whatever the odds, whatever the obstacles...wishes find a way to make the world better just like Superheroes do! Make-A-Wish East Tennessee is happy to partner with the Superhero strength of the Chattanooga Track Club for a great race this year at beautiful Enterprise South Nature Park. The new theme this year of Superheroes speaks to the Superhero strength of wishes and our wish kids, so we are asking everyone to come dressed in your best Superhero costume and show the wish children of East Tennessee that they have nothing to be afraid of, that they are strong and have others to help them. Help us grant wishes of local children with life-threatening medical conditions. We will have activities for Superheroes of all ages and abilities – so bring the ENTIRE FAMILY!

For more information and to register now, visit the Chattanooga Track Club website (chattanoogatrackclub.org) For more information about: Make-A-Wish East Tennessee, please contact: *Stephanie Wilkins, swilkins@wishetn.wish.org*



2014 King of the Mountain (4M)

OVERALL FEMALE		
1	Jessica Marlier	23:55
OVERALL MALE		
1	Matt Jenkins	22:46
FEMALE MASTERS		
1	Lisa Logan	28:49
MALE MASTERS		
1	Hugh Enicks	23:50
FEMALE AGE GROUP: 14 & UNDER		
1	Emrick Garrett	30:34
2	Skye Remko	31:45
3	Mary Margaret Arr	34:17
4	Katie Hunter	34:25
5	Olivia Lacy	48:35
MALE AGE GROUP: 14 & UNDER		
1	John Arrowsmith	27:30
2	Dane Beard	31:54
3	Teddy Arrowsmith	33:02
4	Bo Jemison	33:02
5	Garrison Corley	33:15
6	Gage Whited	34:09
7	Janzen Nile	40:12
8	Loch Murray	55:44
FEMALE AGE GROUP: 15 - 19		
1	Kruesi Brock	31:40
2	Reed Carroll	52:05
MALE AGE GROUP: 15 - 19		
1	Cory Avlich	23:29
2	King Jemison	24:27
3	Garrett Williams	25:29
FEMALE AGE GROUP: 20 - 29		
1	Laura Wagner	30:44
2	Megan Brock	33:18
3	Aften Whitmore	36:17
4	Gretchen Rowe	36:18
5	Jessica Rowe	36:18
6	Molly Peele	36:56
7	Kara Eidson	37:02
8	Whitney Reed	39:58
9	Samantha Griffin	54:24
10	Chelsea Sadler	54:38
MALE AGE GROUP: 20 - 29		
1	Peyton Miller	23:02
2	Bryan Mann	24:51
3	Charlie Peele	25:20
4	Grayln Teague	27:26
5	Chas Webb	28:11
6	Marco Bianchini	28:22

7	Caleb Stambaugh	29:40
8	Ramsey Brock	30:16
9	Nicholas Jones	30:20
10	Builder Brock	31:08
11	J.C. Thompson	33:29
12	Seth Paul	33:42
13	Marcus Henry	36:07
14	Drew Shadrack	54:24
FEMALE AGE GROUP: 30 - 39		
1	Leah Golden	30:18
2	Kimber Keplinger	30:30
3	Katie Stanford	31:15
4	Carie Daniel	31:56
5	Jessica Beard	32:34
6	Jaclyn Beckler	34:03
7	Anna Hunter	34:28
8	Kim Brock	34:31
9	Jennifer Lockhart	35:42
10	Whitney Allison	36:35
11	Betsy Hoyle	36:56
12	Jennie Coakley	37:52
13	Kelly Grant	38:19
14	Stacey Lang	41:44
15	Heather Linder	41:47
16	Daisy Tucker	41:57
17	Dana Britt	42:37
18	Jennifer Mixon	44:27
19	Julie Duryee	45:25
20	Malinda Hunter	47:33
21	Katie Pridemore	48:24
22	Toni Carrigan	50:56
23	Audra Frederick	51:41
24	Jennifer Phillips	54:24
MALE AGE GROUP: 30 - 39		
1	Neal Crutchfield	25:24
2	Will Kelley	26:06
3	Russell Rogers	26:52
4	Shane Wright	28:01
5	Eric Sisemore	28:32
6	Griffin Lifsey	29:22
7	Keith Guillot	29:42
8	Rusty Lee	30:22
9	Todd Dobson	30:56
10	Charlie Horton	33:02
11	Albert Leavengoo	33:55
12	Jason Lyles	35:11
13	Bradford Lumley	35:40
14	Jim Thurman	36:35
15	Tim Sceggall	36:51
16	Dustin Beard	38:16
17	John Lee	38:52
18	Jonathan Jackson	39:53
19	Dale Linder	40:38
20	Eric Chandler	41:18

21	Avery Mixon	44:27
22	Dewayne Kibble	44:57
23	Andrew McMaha	44:58
24	Sean Carrigan	47:15
FEMALE AGE GROUP: 40 - 49		
1	Michelle Coakley	32:09
2	Heather Corley	32:31
3	Barbara Ensign	32:42
4	Jennie Gentry	33:14
5	Vivian Anderson-	33:57
6	Ashley Remko	35:31
7	Lane Park	37:41
8	Shannon Gaddis	37:42
9	Gina McDaniel	37:46
10	Erin Lindley	39:43
11	Pamela Nile	40:16
12	Sheryl Jenkins	41:17
13	Joni Keur	45:27
14	Jennifer Regan	46:05
15	Gayla Williams	46:16
16	Lanise Hutchins	50:45
17	Libby Renfroe	50:55
18	Lisa Culver	51:41
19	Michelle Heckman	54:38
20	Kristi Murray	56:43
21	Wendi Martin	
1:02:54		
22	Talley Carroll	
1:03:06		
23	Stacy Boydston	
1:07:23		
24	Annette Kelley	
MALE AGE GROUP: 40 - 49		
1	Ryan Shrum	24:39
2	Tripp McCallie	25:32
3	Ted Arrowsmith	27:36
4	David Moghani	27:56
5	Greg Henry	27:58
6	Daniel Uson	28:31
7	Matt Buck	28:45
8	Larry Aulich	29:05
9	Robert Barnes	29:06
10	Christopher Dills	29:31
11	Bret Renfroe	29:56
12	Marshall Rowe	30:34
13	Frank Youmans	31:19
14	Krue Brock	31:41
15	Steven Brown	32:21
16	Scott Sutherland	32:25
17	Rob Martin	32:47
18	David Glenn	33:52
19	Dave Porfiri	34:02
20	Sujeel Taj	34:42
21	Jason Keur	34:50

22	Chris Parker	35:00
23	Jeffrey Condit	35:27
24	John O'Keef-Odo	35:40
25	Greg Lindley	37:20
26	Preston Goforth	38:52
27	Del Ashcraft	41:25
28	Jim Morgan	41:57
29	Kelly Williams	46:18
FEMALE AGE GROUP: 50 - 59		
1	Beth Rice	33:01
2	Corinne Henderso	33:53
3	Gwen Meeks	34:34
4	Cathy Gracey	35:48
5	Sherri Minges	37:05
6	Beth Warren	38:36
7	Terrie Corbin	39:18
8	Sherrie Watts	41:44
9	Sue Rowe	42:39
MALE AGE GROUP: 50 - 59		
1	Jeff Gaither	25:05
2	Chuck Denham	26:25
3	Jeff Stracener	27:04
4	Samuel Boozer	27:57
5	Mike Usher	28:55
6	Chris Crevasse	29:19
7	Thomas Marshall	30:16
8	Andy Zorca	30:57
9	David Dehart	32:22
10	David Oster	32:22
11	Maury Smith	32:34
12	David Autry	34:26
13	Bob Naber	35:35
14	Steve Tompkins	36:27
15	Henry Smalling	37:37
16	Marshall Jemison	39:00
17	Joseph Pope	39:16
18	Scott Bailey	40:04
19	Tommy Holder	42:20
20	Buddy Presley	46:47
FEMALE AGE GROUP: 60 - 69		
1	Kathi Wagner	34:26
2	Sue Anne Brown	37:57
3	Mary Ownbey	45:49
4	Bonnie Wassin	48:51
MALE AGE GROUP: 60 - 69		
1	John Crawley	29:09
2	Greg Heath	29:46
3	Joe Axley	31:04
4	Thomas Sisemore	36:38
5	Pat Hagan	36:55
6	Tim Metcalf	39:02
7	Tommy Grisham	42:07
MALE AGE GROUP: 70 & OVER		
1	Sergio Bianchini	29:26



CTC Runners Compete in U.S.A. Track & Field Nationals

Open Team. L-R: Thomas Barker, Andy Highlander

Thomas Barker

The track club sent a master's team and two open male competitors to run on the 10k course in Bend, Oregon to compete with the nation's top cross country teams. The Chatt Track Club members were also able to compete against elite athletes (Alan Webb was one such track superstar) Located in the shadows of the Cascade Mountains, this challenging golf course route could make the Chattanooga Chase course seem like a warm up! The master's team placed 12th in team scores. Before and after the race several track club members also had to go see Hayward Field, Pre's Rock, and the Nike Headquarters. It was an honor to everyone on the track club to travel and compete in an area of the country that has become known as Tracktown USA.



Masters Team. L-R: John Sillery, Ryan Shrum, Michael Kirk, Dean Thompson, Tim Ensign



Tim Ensign



Michael Kirk

photo credit: photos by Debbie Thompson



MARKET STREET MILE

Saturday, June 21, 2014

8:00 AM

Next to
Big River Grille

Broad St.

FLAT, FAST 1-MILE RACE!
ALL AGES WELCOME

Register:
www.Active.com
www.ChattanoogaTrackClub.org

PRESENTED BY



65 ROSES RACE HELPS CF FOUNDATION REACH FUNDRAISING RECORD

Bill Estes

It was another beautiful day for the 65 Roses 5K on April 12 as hundreds of runners took to the streets of downtown Cleveland. As part of Cleveland's Great Strides Weekend for the Cystic Fibrosis Foundation, the 65 Roses and 1-K Fun Run had over 700 participants and 71 volunteers. This year's overall winners were Jessica Marlier (17:43) and Matt Jenkins (16:30); Lisa Logan (21:27) and Tim Ensign (17:26) were the masters winners; Beth Rice (23:50) and Mark Lorello (18:23) were the grand masters winners; and Sue Ann Brown (27:42) and John Crawley (21:53) were the senior grand masters winners.

Unique to this year's race was the kicking off of the Run Now Relay. Twenty-six folks from Cleveland began an 1,100-mile relay trek to Boston from the start of the 65 Roses. While raising money for the Boston charities, the Run Now Relay donated \$2,600 to the CFF

via the 65 Roses. Other wrap-around events of the weekend included a pasta dinner on Friday night and a WOD (workout of the day) at CrossFit Gryphon immediately following the race. These events along with the traditional Great Strides Walk raised a record \$88,000 this year for the CFF.

Visit the 65 Roses webpage or Facebook page for more pics, links to more stories, and a celebration video. Next year's date has moved up a couple of weeks so look for a bigger and better race on March 28, 2015. There's no better way to prepare for the Chickamauga Chase and a great summer of running than to start in Cleveland with the 65 Roses.



photos by Lee University

2014 65 ROSES CYSTIC FIBROSIS 5K RESULTS

OVERALL FEMALE	FEMALE AGE GROUP: 14 & UNDER	MALE AGE GROUP: 14 & UNDER	
1 Jessica Marlier 17:43	1 Chloe Johnson 24:08	1 Brian Byerly 20:20	25 Roice Berry 30:30
	2 Ashley Eulo 24:23	2 Zach Bianucci 22:11	26 Sebastian Oyler 31:13
OVERALL MALE	3 Lilly Mooney 24:51	3 Samuel Gray 24:14	27 Daniel Collins 31:53
1 Matt Jenkins 16:30	4 Landie McBrayer 24:53	4 Trey Robertson 24:21	28 Caleb Cornett 32:00
	5 Kathryn Estes 25:55	5 Gage Whited 24:30	29 Bryson Ellis 32:00
FEMALE MASTERS	6 Sara McKay 27:16	6 Adam Fox 24:32	30 Isaac Taylor 32:05
1 Lisa Logan 21:27	7 Phoenix Anderson 28:05	7 Cole Morrison 24:50	31 River Briggs 32:40
	8 Emma Thompson 28:36	8 Nate Harrell 25:15	32 Caydyn Taylor 33:43
MALE MASTERS	9 Whitney White 29:47	9 Gage Brakebill 25:19	33 Nehemiah Coleman 34:06
1 Tim Engsn 17:26	10 Ava Whited 29:57	10 Jordan Morales 25:43	34 Lincoln Morrison 34:14
	11 Olivia Lacy 33:15	11 Logan Stutzman 26:10	35 Deandre Bridges 34:15
FEMALE GRAND MASTERS	12 Elsa Thompson 35:29	12 Crosby Cole 26:17	36 Eli Cornett 39:18
1 Beth Rice 23:50	13 Ella Hammond 35:35	13 Janzen Nile 26:27	37 Jaden Croley 40:26
	14 Kendall Robbins 36:18	14 Eddie Daresta 27:54	38 Carson Lacy 49:46
MALE GRAND MASTERS	15 Lia Hammond 36:43	15 William Wooddruff 28:09	
1 Mark Lorello 18:23	16 Adelaide Thompson 36:43	16 Kyler Parris 28:12	FEMALE AGE GROUP: 15 - 19
	17 McKenzie Martin 37:35	17 Brayden Conn 28:22	1 Esther Anderson 21:52
FEMALE SENIOR GRAND MASTERS	18 Hannah Miller 37:39	18 Joseph Stanfield 28:47	2 Ruthie Cargill 22:41
1 Sue Ann Brown 27:42	19 Ceola Murray 38:47	19 Ethan Harrell 28:52	3 Gabrielle Edge 24:26
	20 Madilyn Taylor 38:51	20 Parker Ellis 28:55	4 Cassie Baker 24:28
MALE SENIOR GRAND MASTERS	21 Hannah Marr 39:10	21 Jacob Garrett 29:09	5 Melissa Rice 26:31
1 John Crawley 21:53	22 Sydney Daresta 39:52	22 Glover Yawn 29:30	6 Michelle Brainerd 26:50
	23 Kyah Williams 45:49	23 Michael Indovino 30:10	7 Lindsey Armstron 27:13
	24 Avery Keown 49:41	24 Adrian Oyler 30:20	8 Sarah Graver 27:45
			9 MacKenzie Walters 27:59

10 Liz Rankin 28:26
11 Abigail Louderback 28:32
12 Marisa Gilbert 28:41
13 Julie Ellis 28:44
14 Amy Marona 28:53
15 Sabryna Damstra 29:19
16 Kaley Lowry 29:25
17 Victoria Jonstone 29:28
18 Krista Good 29:29
19 Lydia Karel 29:31
20 Rachael Garrett 29:35
21 Hannah Howard 29:37
22 Kerry O'Bannon 29:55
23 MacLain Yawarsky 29:58
24 Tiffany Howard 30:18
25 Sarah Minucci 30:18
26 Morgan Colander 30:20
27 Emma Cothran 31:14
28 Lorne Conn 31:49
29 Maigan Swanner 32:00
30 Hannah Gilstrap 32:33
31 Briana Heilman 32:46
32 Mikaela Robinson 32:51
33 Jenna Inman 33:06
34 Lauren Todd 33:07
35 Amanda Belcastro 33:08
36 Morgan Friedlander 33:28
37 Chandler Nichols 33:41
38 Megan Balut 35:21
39 Gabrielle Meyners 35:22
40 Shawna Wood 35:52
41 Brooke Levi 37:12
42 Sarah Waeker 37:47
43 Chloe Weiss 39:11
44 Abby Gobble 40:39
45 Karmen Vigo 40:44
46 Alicia Sullivan 40:55
47 Nancy Scarborough 40:57

MALE AGE GROUP: 15 - 19

1 Austin Schetrompf 18:01
2 Eliot Gardner 20:14
3 Keenon Hindos 20:39
4 Noah Cochran 21:03
5 Chastin Kim 21:26
6 Brendan Cothran 21:30
7 Jacob Bennett 23:30
8 Austin Hinners 24:03
9 Jared Stewart 24:07
10 Dawson Peak 24:32
11 Julio Gallegos 24:41
12 Joseph Niccum 25:47
13 Cole Tague 26:44
14 Nathan Mell 27:50
15 Austin Wheeler 28:10
16 Austin Tate 28:31
17 Grayson Cox 29:51
18 Alec Eslinger 29:58
19 Jose Pons 30:07
20 Cj Shotts 30:07
21 Chris Yarber 32:00
22 Villiam Meagher 38:40

FEMALE AGE GROUP: 20 - 24

1 Beth Burgess 19:31
2 Summer Wotford 22:47
3 Marissa Wood 23:24
4 Sarah Crocker 23:40
5 Emily Orist 23:43
6 Ashley Aragona 24:57
7 Veronica Eager 26:25
8 Corey Bean 26:51
9 Erin Beims 26:54
10 Dani Lin 26:58
11 Caroline Hunter 27:05

12 Nikki Postenrieder 27:34
13 Hannah Daulton 27:34
14 Megan Hoffman 27:39
15 April Delozier 28:12
16 Tiffany Skinner 28:47
17 Shannon Morris 28:59
18 Katherine Defer 29:09
19 Bethany Bo 29:09
20 Kara Smith 29:59
21 Kelly O'Bannon 30:19
22 Lindsay Wright 30:19
23 Tasha Sullivan 30:25
24 Brenna Pelletier 31:35
25 Erika Plummer 31:38
26 Jillian Ellis 31:56
27 Maggie Ellis 31:56
28 Sarah Johnson 31:58
29 Zoe Braden 32:25
30 Kristen Brown 32:47
31 Elizabeth Harvie 32:54
32 Jeanna Harding 33:03
33 Caroline Campbell 34:21
34 Autumn Johnson 34:30
35 Melanie Kehrer 34:34
36 Lunden Woods 34:57
37 Sarah Haratine 35:23
38 Rachel Walls 35:51
39 Clare Standley 35:53
40 Ankita Chaudhari 36:26
41 Alyssa Davis 36:46
42 Stephanie Marquez 37:47
43 Ann Richie 40:31
44 Briana Lewis 41:44
45 Caitlin Smith 45:39

MALE AGE GROUP: 20 - 24

1 Jacob Bradley 16:49
2 Peyton Miller 17:00
3 Hunter Rasmussen 18:06
4 Matt Gorter 18:13
5 Trent Nunley 19:04
6 Tim Zorca 19:21
7 Kevin Tan 19:36
8 Garrett Bowdle 19:42
9 Marco Bianchini 20:33
10 Jonathan Wynne 20:36
11 Vincent Audy 20:47
12 Chad Lee 20:51
13 Andre Ishida 21:07
14 Tyler Stridde 22:15
15 Cody Vaughn 22:21
16 Warren Gaston 23:20
17 Luis Fortin 24:09
18 Ruben Villa 24:41
19 Benjamin Benavide 24:55
20 Jacob Orr 25:02
21 Benjamin Calhoun 25:10
22 Cody Hayes 25:29
23 Joel Dean 26:11
24 Boaz Gandzward 26:13
25 Zachary Bonham 26:39
26 Orlando Vanegas 26:57
27 Daniel Higgins 27:58
28 Kahlil Little 28:10
29 Andrew Amburger 28:27
30 Daniel Hardesty 28:52
31 Andy Beck 28:55
32 Colton Farmer 29:23
33 Nathan Nichols 30:23
34 Adam Spivey 30:37
35 Josh Lee 31:47
36 Smit Patel 32:06
37 Kyle Smith 32:10
38 Ryan Ramsey 36:25
39 Heath Sullivan 37:35
40 Zachary Simms 50:26

FEMALE AGE GROUP: 25 - 29

1 Rachel Mason 19:41
2 Kellie Knapp 25:24
3 Emily Dell 26:29
4 Morgan Vannorman 27:03
5 Lynnsey Porter 27:22
6 Kristy Henegar 27:24
7 Christie Wyatt 27:38
8 Mindy Cox 28:30
9 Valerie Stine 29:34
10 Mary Hobbs 30:11
11 Lacy Bobo 30:17
12 Bridget Hooker 30:38
13 Meghan Guinn 34:45
14 Rachel Taylor 35:44
15 Christina Kurpiel 35:47
16 Allison Bynum 37:35
17 Sarah Garrett 38:05
18 Tambara Hamilton 38:42
19 Keari McSpadden 41:17
20 Sara Keel 43:09
21 Pricilla Downie 58:15

MALE AGE GROUP: 25 - 29

1 Cullom Boyd 17:30
2 Kyle Trent 19:19
3 Luke Medema 20:21
4 Chris Cretton 20:23
5 Chas Webb 20:53
6 Dustin Tommey 22:09
7 Jared Raines 23:00
8 Raul Soto 23:12
9 Seth Johnson 24:21
10 Jeremy Dell 24:57
11 Ben McChesney 25:22
12 Alex Ford 26:47
13 Casey Grishman 29:57
14 Dave Mason 30:31
15 Adam Marroquin 31:40
16 Brad Thomas 31:41
17 Matthew Bible 33:46
18 Reagan Daniels 36:26
19 Kyle Boyer 36:47
20 Jeffrey Gallaher 36:58

FEMALE AGE GROUP: 30 - 34

1 Jeanette Willson 19:27
2 Deirdre Williams 23:41
3 Katie Stanford 24:17
4 Jaclyn Beckler 25:12
5 Heather Hogg 25:19
6 Christina Davison 25:41
7 Karen Dees 26:52
8 Michelle Mazzolini 27:55
9 Holly Ware 28:05
10 Amy Ensley 28:09
11 Desha Conn 28:24
12 Carey Andrews 30:39
13 Lindsey Cook 31:15
14 Heidi Thompkins 32:12
15 Kelly Hemming 33:19
16 Sherry Bean 33:24
17 Christen Edmonds 33:38
18 Andrea Lessig 33:47
19 Sheron Smith 34:23
20 Shannon Lunsford 35:13
21 Lindsey Gallaher 38:42
22 Jj Maughan 45:20
23 Jenny Ingram 45:42
24 Loren Young 57:25

MALE AGE GROUP: 30 - 34

1 Ryan Hamling 18:58
2 Russ Rogers 19:09
3 Mike Toney 19:13

4 Billy Singletary 20:48
5 Josh Mowery 20:51
6 Nathan Fugate 20:55
7 Benjamin Christma 21:06
8 David Kirby 23:12
9 Benjamin Hammon 24:31
10 Jay Chapman 24:34
11 Josh Dobbs 24:53
12 Andrew Black 25:25
13 Mario Urioste 25:29
14 Warren Parks 27:16
15 John Sampson 27:39
16 Shane Melton 27:48
17 Luke Thomason 30:37
18 Bj Edmonds 33:38
19 Nathan Casteel 36:04
20 Jonathan Cornett 39:17
21 Cory Yates 45:55

FEMALE AGE GROUP: 35 - 39

1 Jessica Griffis 23:28
2 Lisa Eulo 25:43
3 Whitney Allison 26:38
4 Deanna Harmon 26:44
5 Robin Daugherty 27:40
6 Erin Cole 28:06
7 Krissi Martin 28:32
8 Beth Santoro 28:52
9 Cody Gregory 30:25
10 Misty West 31:42
11 Glori Moser 31:48
12 Nicole Wrage 33:12
13 Missy Posey 33:37
14 Cynthia Cooper 34:58
15 Miranda Cagle 35:05
16 Lori Maddron 35:26
17 Wendy Coultry 36:18
18 Amanda Morgan 36:37
19 Kelly Conn 37:51
20 Addie Petree 38:03
21 Jennifer Cornett 39:18
22 Shannon Levi 45:25
23 Whitney Johnston 47:08
24 Christine Williams 51:18

MALE AGE GROUP: 35 - 39

1 Mark Malecky 17:38
2 Chris Townsend 20:13
3 Adam Burnett 20:59
4 Chris Light 21:25
5 Rodney Tew 22:00
6 Adam Reid 23:21
7 Jared Wiefiaert 23:35
8 Christopher Netherl 23:36
9 Todd Sparks 24:48
10 Jayson Vanhook 25:25
11 Carolos Taylor 25:32
12 Matt Moore 26:39
13 Jason Ingram 26:57
14 Shaun McKinley 27:17
15 Josh York 28:06
16 Bill Martin 28:24
17 Wes Robbins 28:48
18 David Quagliana 29:31
19 Jeff Bynum 30:03
20 Billy Butler 30:08
21 Joe White 31:47
22 Andrew McMahan 33:03
23 Brian Conn 37:51
24 Derrick Marr 39:10

cont. race results p.24



Ross's Landing - Downtown Chattanooga



swim bike run the scenic city

Sunday June 29, triathletes from across the US and abroad will descend upon downtown Chattanooga for the **32nd Annual Chattanooga Waterfront Triathlon**. This year's race is part of the Best of the U.S. Amateur Championship Series which honors true citizen-athletes of all ages with the opportunity to compete head-to-head. The top three Tennessee resident amateur men and women will represent Tennessee at the Annual Championship Race. Beyond recognizing top-performing citizen athletes, Best of the U.S. is all about celebrating the race directors, volunteers and the local community leaders who are deeply committed to the sport and to enabling the athletes to safely swim the waterways and bike and run the streets and parks.

We are proud to again partner with Fox 61 / CW Chattanooga to produce *Chasing the Finish Line*. If you are not familiar with *Chasing the Finish Line*, it is a series produced locally by Fox 61 / CW Chattanooga specifically for the Chattanooga Waterfront Triathlon and features local athletes as they prepare for this event. Check out the 2013 series at <http://www.myfoxchattanooga.com/category/212263/chasing-the-finishline>



race - sponsor - volunteer

www.chattanoogatrackclub.org

NEW MERCHANT DISCOUNTS, SOCIALS, AND MORE WITH CTC MEMBERSHIP

*Chas Webb,
Chattanooga Track Club Vice-president of membership*

The Final Four Game between Michigan State and Kentucky was one of the most exciting games of the year. If you missed it, Kentucky down by 2 hit a late 3-pointer to win the game. The back-and-forth game made for a very memorable night. On top of all that it was the first night of the Chattanooga Track Club event, 'Brews with the Prez.' Many members enjoyed a free beer courtesy of the Chattanooga Track Club; while at the same time enjoying some good camaraderie with fellow runners.

This is one of the many benefits you get for being a member of the Chattanooga Track Club. Another thing going on was our bracket challenge. Many members took part in picking their brackets, to showcase their knowledge in college basketball. So it was only fitting that the first installment of 'Brews with the Prez' took part while watching the Final Four. Just so you are aware the team named 'Stone In Love' won the challenge. This isn't all we have to offer our members. As a member you now get an official Chattanooga Track Club membership card. Present this card to any of our companies who offer a 10% discount and you will be getting your discount at that location. We have many different companies and organizations on there and the list keeps growing. Check our website to see which companies offer you guys a 10% discount. You can pick up your membership card at any of our races at the membership station.

To help you keep on running, you should visit the membership station. Everything you need to know about the club is at that table. We're always giving away something so if you are a member stop by and pick something up. If you are not a member then stop by as well and sign up to become one. Whatever day that is, we will have something for you to take home. In addition we have started a tradition of having an honorary member of the month. The first month was April, so the honorary member of the month was Steve Perry. No, Steve Perry the Journey singer is not an actual track club member. The name is used as a test for different items related to membership.

With the Chattanooga Track Club the party is never over. We have social events going on every quarter and our summer social event will be with the Chattanooga Lookouts. We are currently with the Lookouts staff to try and get our members a great group discount. We plan on having a day at the ball park. Check our website and Facebook page for further updates on the event.

If you are a member, thank you we do appreciate you being one. If not we welcome you to join the Chattanooga Track Club. If I can be of any assistance to you please contact me. My e-mail is VPMembership@Chattanoogatrackclub.org. I believe I've made enough Journey references in this article in honor of our honorary member. Oh wait, don't stop believin'.



Amanda Tate, with the Center for Sports Medicine leads a presentation on running injuries and treatment as part of the CTC's first, monthly workshop series at Outdoor Chattanooga.



Yoga for Runners, led by Hillary Libby and the second event in the CTC's monthly workshop series.



The CTC Membership Station at Over There restaurant, one of the many locations where Club members can receive a discount by showing their CTC Membership Card.



The new display boards for posting race results at Track Club races. Thanks to Trey Stanford for building and painting these.



The CTC Running Board at the downtown YMCA. The Runner of the Year Awards are displayed along with information about Club events. Thanks to Sue Barlow for keeping it updated.

CTC MEMBERSHIP CARDS GOOD FOR MERCHANT DISCOUNTS

Have you picked up your Chattanooga Track Club Membership Card? New for 2014, the CTC Member Card is your ticket to discounts at local stores and restaurants. Some of the offers are from stores that have long-supported the Track Club with member discounts, sponsorship, and race prizes like Fast Break Athletics, Front Runner Athletics and HUB Endurance. But many businesses are offering member discounts for the first time as part of the new membership card promotion.

If you don't already have your CTC Membership Card, it's easy to get yours. Simply visit the Track Club Membership Station at any CTC race or email club secretary, Jane Webb at secretary@chattanoogatrackclub.org to find out where and when our next member event will be held at one of our supporting merchants. Drop by to say hello to your Track Club friends and, while there, pick up your membership card. You can also renew your Club membership and receive a discount card on the spot!

Here's a list of participating merchants offering discounts to Club members who show their card. Visit them and thank them for supporting the Chattanooga Track Club. More businesses are being added; visit the Chattanooga Track Club website for the most up-to-date information on participating merchants.

- | | |
|----------------------------------|--|
| Popcorn Pantry | HUB Endurance
(discount on Quintana Roo products only) |
| Over There, Casual Dining | East Ridge Bicycles
(discount on Lite Speed products only) |
| Cadence Coffee Company | Natural Body Spa - Downtown |
| Bud's Sports Bar | The Wellness Tree |
| Scenic City Handyman, LLC | Kabobster |
| Fast Break Athletics | Smoothie King |
| Front Runner Athletics | Movement Art Collective |



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CHICKAMAUGA CHASE 2014

Results for the 15k Race are listed on the Chattanooga Track Club web site

5K RESULTS

OVERALL FEMALE
1 Emrick Garrett 22:25

OVERALL MALE
1 Thomas Barker 16:15

FEMALE MASTERS
1 Heather Corley 23:40

MALE MASTERS
1 Ed Adcox 18:41

FEMALE GRAND MASTERS
1 Sharon Goforth 23:47

MALE GRAND MASTERS
1 Dan Wright 20:51

FEMALE AGE GROUP: 14 & UNDER

1 Skye Remko 24:11
2 Kayley Mabe 25:57
3 Emma Tennyson 29:06
4 Emma Kate White 29:16
5 Audrey Brown 29:25
6 Savannah Stephens 32:15
7 Layla Brown 33:32
8 Jilly Brown 33:34
9 Eva Waxenberg 38:03
10 Romi Kocher 41:21
11 Lily Sims 42:16
12 Caroline Britt 45:59
13 Alyssa Randle 48:22
14 Ellie Cross 55:53

MALE AGE GROUP: 14 & UNDER

1 Harrison Noffsinger 20:22
2 Jasper Wilson 20:23
3 Brandon Wright 20:39
4 Dane Beard 22:08
5 Alexander Hall 22:43
6 Clay Connor 22:52
7 Teddy Arrowsmith 23:07
8 Garrison Corley 24:15
9 Gage White 24:37
10 Nathan Connor 25:10
11 Matthew Hall 25:12
12 Aidan Sims 25:30
13 Janzen Nile 27:27
14 Peter Denman 28:16
15 Preston Hall 28:26
16 James Smith 28:34
17 Ian Wilson 30:09
18 Jivan Taj 30:33
19 Cullen Burdyslaw 36:13
20 Max Swanson 38:18
21 Evan Turner 39:38
22 Nick Skonberg 43:52
23 Benjamin Summey 50:47

FEMALE AGE GROUP: 15 - 19

1 Cintly Guzman 23:49
2 Annalise Kelly 29:25
3 Christina Amos 29:35
4 Lynthany Harris 30:22
5 Christian Caldwell 30:36
6 Cybyonni Wright 37:21
7 Marie Moya Zago 38:31
8 Katie Emerson 39:44
9 Alexis Scoggins 57:54
10 Hannah King

MALE AGE GROUP: 15 - 19

1 Dial Connor 18:02
2 Garrett Williams 18:54
3 Jerryd Tennyson 19:16
4 Zachary King 20:43
5 Levi Carter 25:29
6 James Wright 30:10
7 Jamison Jones 30:17
8 Matej Repik 37:20
9 Heath Lockhart 45:58

FEMALE AGE GROUP: 20 - 24

1 Stephanie Silvers 23:58
2 Jill Johnson 27:39
3 Casey Caldwell 30:35
4 Whitney Cleghorn 32:34
5 Abbey Brown 34:52
6 Brittany Brooks 34:52
7 Brittany Littlejohn 35:14
8 Kahterine Colbert 37:50
9 Anna King 37:50
10 Kendra Geer 39:02
11 Maria Mateo 40:50
12 Sarah Pruitt 48:23
13 Taylor Vance 57:53

MALE AGE GROUP: 20 - 24

1 Jether English 17:18
2 Lucas Stocks 17:54
3 Andy Koonce 25:46
4 Hayden Lockhart 25:51
5 Scott Griffin 25:59
6 Mitchell Silvers 29:35
7 Austin Collins 29:48
8 Jacob Chandler 31:18
9 Will Koonce 35:32

FEMALE AGE GROUP: 25 - 29

1 Lindsey Cochran 25:26
2 Emily Dell 26:14
3 Brynna Hansen 27:27
4 Emily Prater 29:05

5 Anna Wilson 29:18
6 Jessica Justice 29:49
7 Nikita O'Connor 29:56
8 Jessica Morrow 30:20
9 Ashley Mehrer 30:21
10 Lindsey Jackson 30:25
11 Crystal Grillone 30:46
12 Johnna Higdon 30:50
13 Lauren Condroski 31:21
14 Marissa Corbitt 31:37
15 Tiffany Russell 33:13
16 Katie Boles 34:23
17 Megan Vossel 35:42
18 Christian Hale 37:18
19 Samantha Brogdon 37:29
20 Amanda Cagle 38:19
21 Kelly Williams 41:07
22 Jennifer Darby 50:36
23 Rachael Podhorn

MALE AGE GROUP: 25 - 29

1 Nathan Helton 18:36
2 Adrian Taber 22:13
3 Jesse Hartman 23:25
4 Mark Vines 23:26
5 Brian Kjeldgaard 24:10
6 Casey Runyan 24:28
7 Ryan Koenig 25:17
8 Zach Cleghorn 25:39
9 Charles Ball 26:39
10 Brian Trautschold 27:23
11 Ryan Wadley 27:37
12 Chris Cooper 28:12
13 Roberto Rendon 29:02
14 James Cagle 29:14
15 Chad Condroski 29:47
16 Joshua Scott 29:57
17 Christopher Oneil 31:42
18 Phillip York 35:38
19 Nate Figaro 47:31
20 David Finley 49:31
21 Nick Webb 52:04

FEMALE AGE GROUP: 30 - 34

1 Cassandra Jackson 23:49
2 Erin Huffman 23:50
3 Natalie Hostetler 24:08
4 Ashley Humble 24:16
5 Courtney Harold 24:54
6 Crystal Woody 25:23
7 Elizabeth Igou 26:53
8 Suzanne Waddell 27:55
9 Kimberly Edgeman 29:52
10 Katie Hillis 30:08
11 Holly Kincaid 30:11

12 Lena Pascarella 30:47
13 April Watson 31:28
14 Julie Duryee 31:58
15 Sanja Veledar 35:31
16 Rebecca Jones 35:40
17 Holly Ferguson 36:59
18 Christina Tracy 37:24
19 Andrea Smith 37:58
20 Miranda Young 38:10
21 Jennfer Phillips 38:19
22 Emily Nomura 38:55
23 Natalie Green 38:57
24 Liz Sterner 39:29
25 Torri Hurn 40:42
26 Brooke Kocher 41:21
27 Angela Whitehorn 42:41
28 Meaghan Hall 44:13
29 Jennnifer Mitchell 47:18
30 Karen Spence 49:05
31 Sarah O'Rear 51:09
32 Sharon Gentry 51:35
33 Priscilla Webb 53:16

MALE AGE GROUP: 30 - 34

1 Zac Long 19:10
2 Lim Seang 19:38
3 Brandon O'Rear 21:05
4 Shane Unsworth 23:33
5 James Micheff 23:52
6 David Kemp 24:25
7 Josh Nevels 25:55
8 Randall McCallie 26:08
9 Jim Thurman 26:33
10 Dustin Beard 27:23
11 Stephanie Smith 27:54
12 Sean O'Connor 30:03
13 Jesse Hillis 30:08
14 Greg Bagby 30:33
15 Kevin Phillips 30:42
16 Barry Fisher 33:58
17 Corey Stansifer 39:29
18 Michael Prater 39:54

FEMALE AGE GROUP: 35 - 39

1 Mary Hernandez 23:47
2 Christy Hendrickson 25:10
3 Stacey Stewart 25:11
4 Susan Palmer 25:26
5 Lisa Tolson 27:25
6 Lisa Wetzel 27:44
7 Michelle Smith 28:37
8 Marci Smith 30:20
9 Mary Morrison 30:42
10 Beth Luehrs 30:48
11 Ruth Ingraham 31:34

12 Larua Stephens 32:15
13 Ama Goncalries 32:29
14 Heather Liner 32:46
15 Jennifer Ledbetter 32:49
16 Amy Brock-Hon 32:58
17 Jocelyn Miller 33:03
18 Christy Chapman 33:20
19 Chanavi Houser 33:20
20 Jinna Brown 33:33
21 Michelle Davidson 33:33
22 Kim Leffew 33:35
23 Miranda Cagle 34:17
24 Rose Berry 34:22
25 Allison Isenberg 34:32
26 Toni Carrigan 37:16
27 Laura Nettles 39:38
28 Abigail Bowen 39:54
29 Audra Frederick 40:14
30 Larissa Hamilton 40:37
31 Cindy Duck 41:39
32 Sonya Cooper 44:22
33 Diane Mabe 45:59
34 Rhonda Satterfield 47:36
35 Katrina Hayes 48:15
36 Melissa Randle 48:22
37 Christy Green 50:51
38 Jenna Bates 51:33

MALE AGE GROUP: 35 - 39

1 Blake Cash 22:20
2 Ben Hixson 22:25
3 Hodgen Manda 22:36
4 Curtis Jackson 22:43
5 Micah Boaz 22:44
6 Casey Wiseman 23:10
7 Andy Pearson 23:31
8 Bruce Gardner 24:26
9 John O'Donnell 24:40
10 Johnny Ferguson 25:00
11 Jason Cline 25:10
12 Mike Connor 26:09
13 James Byrd 26:44
14 Jason Lyles 27:43
15 Heath Morton 27:52
16 David Brown 27:57
17 Mark Witt 28:26
18 Jeff Brown 28:40
19 David Spence 29:20
20 Jason Kincaid 29:26
21 Jeff Bonner 29:36
22 Allan Ragsdale 29:40
23 Eric Clarkson 31:04
24 Brian Rollins 31:25
25 Justin Mull 31:29
26 Roger Cummins 31:54
27 Travis Cross 33:36
28 Steve Marsh 34:25
29 Sean Carrigan 37:14
30 Nathaniel Jackson 38:53
31 Dan Cooper 44:21

FEMALE AGE GROUP: 40 - 44

1 Heather Corley 23:40
2 Kerri Formont 26:09
3 Kelley Morse 26:11
4 Jennifer Goodman 27:15
5 Shana Chandler 27:16
6 Pam Nile 27:28
7 Ashley Remko 27:35
8 Kimberly Ware 28:13
9 Karen Hall 28:26
10 Valerie Defoor 29:30
11 Candice Frost 30:42
12 Amber Rains-Vines 30:44
13 Bridgette Palmer 30:58

14 Melissa Carter 31:04
15 Heather Friant 31:29
16 Gayla Williams 33:06
17 Jennifer Heinzl 33:20
18 Pamela Lawson 33:20
19 Sylvia Cintron 33:29
20 Dana Sims 34:26
21 Dawn Brock 34:34
22 Vanessa Blevins 34:44
23 Stephanie Jones 35:47
24 Kim Wheeler 36:45
25 Melody Rains 36:48
26 Carrie King 37:33
27 Christy Swanson 38:18
28 Leigh Ann Potter 38:25
29 Marcy Jackson 38:53
30 Lanise Hutchins 39:14
31 Stephanie Smith 41:11
32 Wendi Martin 41:47
33 Joy Coley 42:39
34 Angela Turner 42:49
35 Kim McDonough 43:09
36 Joyce Green 43:22
37 Drahomira Repikova 44:05
38 Melissa Cross 45:32
39 Pamela Kennedy 46:01
40 Clarissa Wilson 50:37
41 Kimberly Greuter 51:27

MALE AGE GROUP: 40 - 44

1 John Critchfield 22:03
2 Steven Brown 22:42
3 David Moore 23:23
4 Bret Renfro 23:47
5 Jim Alverson 24:27
6 Mario Blank 25:20
7 John Luehrs 25:30
8 Toby Poss 25:31
9 Ryan Taylor 25:32
10 Jorge Guzman 25:39
11 David Denman 26:31
12 Kelly Williams 27:33
13 Neal Potter 28:29
14 Jason Smith 28:41
15 Valer Brown 29:24
16 Eric Ketner 29:46
17 Jim Morgan 30:02
18 Kevin Hon 30:09
19 Corey Davidson 30:17
20 William Fleming 32:37
21 Chadwick Coley 33:29
22 Rob Lovelace 33:46
23 Dw Wilburn 33:47
24 Danny Waxenberg 38:02
25 Michael Swanson 38:16

FEMALE AGE GROUP: 45 - 49

1 Miriam Boyd 27:26
2 Kristin Alexin 27:31
3 Frankie Blakely 29:09
4 Laurie King 29:26
5 Gary Cronan 31:28
6 Lisa Culver 32:18
7 Robbie Elliott 32:32
8 Jo Kellum 32:54
9 Debbie Littlejohn 33:12
10 Lisa Chandler 33:17
11 Jackie Rogers 34:01
12 Michelle Ramin 34:53
13 Rachel Thayer 35:20
14 Karen Emerson 36:10
15 Sherry Larson 37:12
16 Jennifer Trageser 39:17
17 Jane Wright 39:51
18 Libby Renfro 40:26

19 Vanessa Walden 41:11
20 Laurie Swanson 41:46
21 Anne Mahoney 42:38
22 Bonnie Stephens 43:47
23 Carrie Phelps 46:21
24 Stephanie Pearson 46:22
25 Nicole McDowell 51:14
26 Stacy Boydston 55:05
27 Gayle McFarland 58:19

MALE AGE GROUP: 45 - 49

1 Larry Aulich 21:46
2 Mark Curole 23:02
3 David Pugsley 23:12
4 Jack Hancock 25:50
5 Erle Miles 26:26
6 Jeff Ware 28:31
7 Troy Spence 30:10
8 Jeffrey Brown 30:33
9 David Pearson 30:49
10 Marty Dobbs 31:19
11 Sheldon Spears 32:17
12 Dale Liner 32:22
13 Todd Culver 33:03
14 David Nunn 34:34
15 Lois Soares 34:55
16 John Bates 38:25
17 Gregory Hurskin 38:29
18 Igor Repik 44:05

FEMALE AGE GROUP: 50 - 54

1 Beth Warren 29:36
2 Sherrie Watts 30:44
3 Terrie Corbin 30:50
4 Jamie Koonce 31:43
5 Patti Silvers 32:04
6 Glenda Pearson 32:16
7 Pam Baker 33:24
8 Ruth Henderson 33:32
9 Carol Marshman 34:10
10 Lesa Clark 34:12
11 Dana Perry 34:18
12 Jean Straussberger 34:40
13 Karen Mathis 35:43
14 Valerie Hayes 42:18
15 Rebecca Coleman 43:01
16 Kelly McCracken 43:05
17 Gale Weeks 47:07
18 Cynthia Finley 49:32

MALE AGE GROUP: 50 - 54

1 Brian Clements 21:12
2 Jim Reynolds 21:37
3 David Oster 24:03
4 Mark Brock 24:16
5 David Hall 24:37
6 Doug Torrance 25:01
7 Anthony Herndon 25:11
8 Dave Robinson 26:02
9 Jon Wooldridge 26:16
10 Steven Wollerman 27:04
11 Gary Swanson 28:42
12 Doug Brown 29:22
13 Michael Kelly 29:26
14 Peter Wilson 30:09
15 Doug Martin 31:24
16 Joseph Pope 31:24
17 Mark Ingle 31:32
18 James Oneil 31:42
19 Jim Roides 32:26
20 Marseata Lockhart 34:53
21 Stanley Hendon 35:04
22 Neil Koonce 35:33
23 Thomas Larson 37:22
24 Avery Baker 41:38

FEMALE AGE GROUP: 55 - 59

1 Paula Cooper 24:03
2 Sarah Bowen 29:40
3 Sandy Lane 29:57
4 Colleen Gordon 30:25
5 Barb Monaghan 30:46
6 Sue Connor 31:14
7 Darline Morgan 33:40
8 Rosemary Ertel 33:54
9 Teresa Brenton 33:58
10 Judith Riggieri 34:04
11 Tracy Wadley 35:49
12 Diane Kerr 38:11
13 Jamie Harvey 38:12
14 Cheryl Larue 39:36
15 Teresa Chase 42:56

MALE AGE GROUP: 55 - 59

1 Don Gregg 21:06
2 Bruce Bayliss 22:17
3 Ted Weigandt 24:19
4 David Presley 25:39
5 Mark Hays 26:04
6 Quint Mansell 26:24
7 Thomas Wilk 28:25
8 Rick Maeser 28:37
9 Alan Clark 29:00
10 Jimmy Herrod 29:14
11 Danny Chase 30:37
12 William Trotter 30:39
13 Albert Riggieri 30:50
14 Leslie Waycaster 30:56
15 Steven Larue 38:13

FEMALE AGE GROUP: 60 - 64

1 Vicki Corbett 29:12
2 Joan McKinney 29:43
3 Jane Webb 34:10
4 Leslie Dodson 34:51
5 Debbie Garrison 38:47
6 Andree Gendron 41:20
7 Brenda Eddings 42:40

MALE AGE GROUP: 60 - 64

1 Bill Wright 21:42
2 Louis Bryan 23:21
3 Gary Hosmer 23:45
4 Thomas Sisemore 26:31
5 Bill Henderson 27:16
6 James Hamblen 36:31
7 Johnny Woody 41:07
8 Larry Judd 45:54

FEMALE AGE GROUP: 65 - 69

1 Sally Bates 40:26
2 Ann Henderson 42:58
3 Wanda Burgess 53:53

MALE AGE GROUP: 65 - 69

1 John Rennich 24:53
2 Gene Hodge 25:37
3 Bob Fuggitt 26:37
4 John Burgess 56:49

FEMALE AGE GROUP: 70 & OVER

1 Beth Dial 31:46
2 Barbara Grant 37:44

MALE AGE GROUP: 70 & OVER

1 Tony Arnold 25:45
2 Howard Dial 28:23
3 T. Gene Gilreath 43:24
4 John Smithson 45:54
5 Jack McFarland 58:19





MEMORIES AND MILES, CTC MEMBERS RECALL FAVORITE STORIES

Sujeel Taj

The Chattanooga Track Club was officially established as a non-profit organization in 1971, but the group of people who began meeting informally to run together began doing so several years earlier. In more than forty years of service much about the CTC has changed, but the central idea at the heart of the Track Club is as true today as it was then: Running brings people together. The stories one hears about running, whether from a seasoned veteran with many races behind them or from a beginner looking forward to their first PR, invariably shift from the mechanics of movement to the relationships that inspire and sustain them through the long miles. CTC members, Avery McCuiston, Lee Meadows and Art Jones have been running together for more than 28 years. They still meet every Saturday for a run and a leisurely breakfast. All three are retired, Avery from accounting, Lee, dentistry and Art, church ministry; and they graciously agreed to share some of their memories with me after a recent run.

Art: I got into [the Chattanooga Track Club] sometime in 1986 as a member. I ran in a couple of races before. That summer, Avery tried to kill me by running.

Avery: Back in those days we had a couple of strong, local businessmen you could count on to be there. They supported the races through their businesses. I don't know if we still have that corporate presence like we used to.

What is different now about the Track Club from those early days?

Avery: It's harder for us to find names we recognize in the race results.

Art: We don't run to race anymore. We might walk, and I'm not speaking for Lee, Lee's done more than we have lately. I've tried to stay loyal and volunteer. I love volunteering. There's not a way to give back unless you volunteer. The club has gotten younger. We [volunteered] at Alexander's Bridge Road (for the Chickamauga Battlefield Marathon) for twenty-five years.

Avery: Prior to that it was just a left turn.

Lee: It's still a left turn but we made it an elaborate place.

Avery: We turned it into an oasis. A friend was running it for the first time and we set up a rocking chair on the side of the road for him to rest.

Art: A nurse was running and we set up an IV bottle and her own medical tent with Red Bull.

Avery: Because of the timing, we tried to capitalize on the patriotic, so we'd have a big American Flag and lots of signs. We'd have two sets of signs. At the halfway point we'd turn them over and they'd say something different.

Art: One year some guy from Canada ran. We had something set up for veterans and he thanked us for remembering Canadian Veterans Day. We didn't know but it worked out well.

Lee: We did State Park races for several years, and we finally talked them into awarding a "Back of the Pack" award. The State



Park Running Tour has about fifteen races. You had to show up and run the race and win no points in order to qualify for a "Back of the Pack" award.

Avery: You had to participate in x-number of races and not be among the top finishers. We even lobbied for a local race in the series and they started the Red Clay Race because of us.

Art: We were consistently winners of the Back of the Pack.

Avery: At the end of the season there was a big banquet at Fall Creek Falls State Park. People were looking forward to the Back of the Pack prizes being awarded as much as they were for the front runner awards.

Lee: We even spoke at one of those.

Art: [Another time] we drove to Lawrenceburg for the Davy Crockett State Park Race and one of the park rangers left his post or didn't know the direction for people to run. And so people were running all kinds of distances from this intersection.

Avery: You could go one of three directions from this intersection.

Art: Well we went the way we thought we were supposed to go and ended up ahead of everybody. I mean ahead! We ran four and everyone else was running six point two or ten. So we hid behind a car so we wouldn't be recorded until our real time came by. The other story I would tell you is when we went to Fall Creek, and I had to do a funeral that morning. I wasn't about to tell someone "no, I can't do the funeral because of a race." But Avery and I stopped at the welcome station going across Nickajack and changed clothes and went to Fall Creek and the race was over. But we convinced the director that there was nothing that said the runners had to start at a certain time. So we started long after the race was over and they gave us credit for participating. That's all we wanted, credit. We weren't going to knock anyone out of a finishing place.

Lee: We drove 1,800 miles in one year doing the State Park Race events.

Art: Sanity was never our strength.

Avery: There were a bunch of old geezers that we would see at the parks. And we still run into them on occasion.

"We've helped each other through some tough times, cancer, stroke, surgeries."

What races do you run these days?

Lee: I ran Peachtree last year and I have a number this year but I don't know.

Art: We used to say we ran and that was questionable, but now we

The 2014 RRCA National Convention Spokane, Washington

Jenni Berz

Jean Knaak - Executive Director of RRCA, Chas Webb (CTC), Jenni Berz (CTC), David Cotter - president RRCA, Sherilyn Johnson (CTC).

When asked about this year's Road Runners Club of America [RRCA] Convention, I get excited to talk about the beauty of Spokane, the fun I had with fellow CTC members Sherilyn Johnson, Chas Webb and Christi Garner and about the networking I had the opportunity to do with other race directors and clubmembers from other cities. I am embarrassed to admit that of the three speakers, all world-class runners, I only knew of one of them. It really didn't matter because they each had inspiring stories and I was impressed with their down-to-earth personalities.

The first speaker was Bernard Lagat and for those who like me, don't know him, he is the American record holder in the 1500m and Mile indoors, as well as the 1500m, 3000m, and 5000m outdoors, and is the Kenyan record holder at 1500m outdoors. He is also a World Champion and Olympian.

He shared the story of the journey that led him to the United States and eventually the Olympics. It is a familiar story of a young boy from Kenya who saw running as his opportunity for a better life and it was so much more. His determination and perseverance earned him the title of twelve-time track and field medalist in World Championships and Olympics including five gold medals. And, toward the end of his time with us, he shared how he spends time with his family, cooking, spending time with his kids and giving his body and mind time off from running. It was inspiring.

Day 2 of the convention, we were entertained at lunch by a long-time race director and journalist, who also happened to be a former Olympian, Don Kardong. His presentation entitled "What You Get For Finishing 4th" was very enlightening. Again

say we shuffle. But we are out every Saturday morning, rain, sleet or snow.

Avery: And our criteria for where we run have changed. It used to be anywhere, we'd just go. Now it has to be convenient to a bathroom and close enough to a Krystal restaurant to get back in time for breakfast.

Art: One of us has had knee surgery two others have had broken ankles or legs so we don't run much.

Lee: I broke my ankle on the Wauhatchie Trail Run. I had to take a branch to support myself across the finish.

Avery: We support each other a lot. Like when Lee would do the Chickamauga Marathon I'd stand there at the finish line and say "Well it's about time."

Art: We've done most everything that's here.

Lee: They finally put a time limit on the half...

Art: Yeah, that was not nice.

Lee: ...and I wound up running five minutes past the time limit and I didn't get credit for that.

Lee: I wanted to run a 10K, then I did a half marathon or two but I

for those, like me, who don't know who Don Kardong is, he began running in 1964; ran track and field for Stanford University and ran his first marathon in 1972 finishing in 2:18:06. He later qualified for the 1976 Montreal Olympics and ran the marathon in 2:11:16, a mere 3 seconds behind the Bronze Medalist. Wow! That was 1 minute faster than my first half marathon. So fast forward and Don has gone on to direct one of the largest road races in the country, the Lilac Bloomsday 12k, a race he helped launch in 1977 and to date averages 50,000 plus participants. The race took place at the end of the convention. I was overwhelmed by that number and amazed on race morning as we lined up among the masses. As a race director, I thought to myself, that's a heck of a lot of t-shirts, water, and volunteers, not to mention port-a-lets. As a participant, it appeared flawless and simply executed. The elevation of the course did not seem that different from Chattanooga, the hills we just a little longer. If you have the opportunity to travel to Spokane, WA in May, I highly recommend it. It is a world class race directed by a world-class runner. Finally, the keynote speaker at the Awards Banquet was Deena Kastor.

Finally, someone I knew, well not personally, but at least I knew of her. My first half marathon was the Virginia Beach Rock & Rock and Deena was a former winner. I had watched her compete in the Olympics. Deena began running competitively at age 11. She attended the University of Arkansas and earned seven SEC titles. She was awarded an RRCA Roads Scholar grant which gave her financial support while she trained for her first Olympic Games. How proud I felt to be part of an organization that gives runners this opportunity. What impressed me even more is that throughout her career Deena has continued to give back to RRCA through serving on the RRCA Programs Committee and currently as President of her hometown track club, the Mammoth Track Club. You can't get more grassroots than that. Her husband Andrew serves as Vice-President. Deena has competed in 3 Olympic Games and she holds U.S. records in the Women's marathon, Women's half marathon, Women's road 15K, Women's road 8K and Women's road 5K. How incredible is that?

What stood out at this convention was that from the club representatives to the Olympic medalists everyone possessed a similar passion for running in their community and seemed eager to share lessons learned as well as discover ways to grow. We attended sessions about insurance and risk management, safety, events for challenged athletes, training programs, government shutdowns, youth running programs, medical teams and club governance. All topics that apply to everything we do in Chattanooga. Finally, one of the greatest highlights of the trip was that our own John Hunt was given an award for Journalism Excellence and we received the official award for the 2013 Outstanding Runner Friendly Community. I was proud to hear our club and City's name, excited for John's recognition and appreciative for the opportunity to attend and represent the CTC.

decided not to do a marathon. So the next thing was to do a triathlon. I never did make it past a Sprint triathlon. I did a few of those and thought I was going to drown every time.

Art: We thought you were, too, that's why we stayed away.

Avery: Art and I used to run on Wednesday afternoons before church and we'd run from the church over to Tyner [high school]. And we got a church member to put a cup of ice water in her mailbox. Well one day we didn't run and the mailman got our ice water. One day we ran over to Tyner and this dog followed us all the way back to the church and we had to coax it into a car and drive it back. We never could find the owner.

You've been running together for years. What is it about running? Why run?

Lee: The fellowship, the friendship.

Avery: The only place I ever found unfriendly runners was California.

Lee: And the three of us. I mean for me, it's one of my main support systems. We've helped each other through some tough times, cancer, stroke, surgeries.

Art: You could throw in the word health. Obviously for a lot of people, that's big reason. But it's just fun. And the people you relate to are just really good people. They're good folks to know.

UPCOMING CTC RACES AND EVENTS

Market Street Mile

June 21

Presented by Market Street Solutions with refreshments from Big River Grille and Coca-Cola

Chattanooga Waterfront Triathlon

June 29

A great event for spectators and volunteers, one of the most exciting races of the year

Twilight Track Meet

June 12, & August 21

This event returns after a great first year. All ages, all paces welcome

Battlefield Marathon Training Kickoff

July 10

Presentations and vendor displays. Find out what you need to know to run your first, or your best, marathon.

Missionary Ridge Road Race

August 9

A Chattanooga classic and part of the Battle for Chattanooga race series

Affordable Botox Superhero Race

August 23

Benefitting the Make-A-Wish Foundation. Dress up as your favorite hero and help make kids' dreams come true.



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BRAGG RESERVATION

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Missionary Ridge Road Race Prepares for 41st Year

Mark Wisdom

Saturday, August 9th will mark the 41st running of the Missionary Ridge Road Race. This 4.7 mile race atop Missionary Ridge has become a Chattanooga tradition known for its scenic and historic course. Perched above Chattanooga, "The Ridge", offers views that serve to remind all why it proved to be the site of a pivotal battle in the Civil War that ultimately served to lift the siege on the city.

Starting at Bragg Reservation, this out and back course goes out South Crest Road and extends around East Crest Road before returning to the finish line. The course runs alongside private residences, some of which have monuments or plaques to the battle of Missionary Ridge. This race enjoys resident participation often in the form of a welcome spray from a garden hose. Shaded by trees there is also the challenge of two major hills while the rest can be described as gently rolling. Missionary Ridge Road Race is the third race in the Battle for Chattanooga series.

This race is proud to support the local Chattanooga chapter of American Red Cross as well as the John Bruner Memorial Scholarship Foundation. All race proceeds are distributed between these two organizations. The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. Over 91 cents of every dollar donated goes to fulfill the Red Cross mission. The John Bruner Memorial Scholarship Fund is an endowed scholarship established to honor the memory of John Bruner by providing college funds to a cross-country athlete who best exemplifies the personal

and athletic traits of this outstanding 2006 Dalton High School Graduate. Please consider an additional donation to both or one of these valuable organizations that serve our local community in so many ways.

All participants will receive a t-shirt. Pre-registered runners may pick up their race packets and shirts at the American Red Cross at 4115 Access Road from 8:30 AM to 4:30 PM Tuesday through Friday (August 5 through August 8, 2014). Please note that this is a different address from years past, take advantage of packet pick-up to check out their new facility! There will be race day registration as well as packet pick-up starting at 6:30 AM with the race commencing at 8:00 AM. Pre-registration is \$25. After July 15, 2014, the price will be \$30. Save money and register early at www.active.com or download an application at the Chattanooga Track Club website (www.chattanoogatrackclub.org).

There is NO PARKING at Bragg Reservation. Parking and free shuttle service will be available at McCallie School, 500 Dodds Avenue (near the Brainerd/McCallie tunnel). The shuttle service will operate from 6:00 AM until complete from the school parking lot to the reservation and back after the race.

A special award will be presented to the oldest participant in the race in honor of Arnold Godwin, a long time runner in the Chattanooga area. This was his favorite race each year.

Not running? Consider volunteering instead. Volunteers are always appreciated and are a vital part of every race!

Questions and concerns may be addressed to the Race Director- Mark Wisdom at missionaryridgeroadrace@gmail.com or call 423-304-5258.

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INFORMATIONAL MEETING

July 10th - details to come

WEEKLY GROUP RUNS

Mondays - 6:15 pm

Downtown Sports Barn (301 Market St.)

Wednesdays - 6:15 pm

Downtown Sports Barn (301 Market St.)

Saturdays

start times and locations vary



The training program begins the week of **July 21st**. Learn more at:

BattlefieldMarathon.com



CTC: A Long History of Great Chattanooga Races

Steve Tompkins

As in any sport or activity, races come and go. In the Chattanooga area some great events have faded into history. Often, there is no single reason for a race falling off the calendar, and a newly-organized race often takes its place. Luckily, our Chattanooga-area climate allows numerous weekends for races. Yes, the list of races is shorter in January and February and in the heat of summer. But, the list of running events scheduled for spring and fall weekends is so full, runners must make choices.

Through the years there have been some well-organized races that have faded into Chattanooga running history. During a recent CTC meeting, some of the following were mentioned as "Great Races in Chattanooga's Past."

The Heart Run – The Heart Run's main event was a 10K. Typically run in late spring, the Heart Run, a Peachtree warm-up for some, was held at several locations around Chattanooga. One course had the race start and finish at The McCallie School. At McCallie, the ultra-fast course finished with ¾ mile lap around the school's track, ending in front of the home team stands. The Heart Run also had a "downtown" course that started and finished at the Unum buildings. Unum, at the time known as Provident Insurance, was the race sponsor. Through the years this event typically benefitted The American Heart Association.

The Color Cruise 10K – Like The Heart Run, the Color Cruise Race had several different courses. It was a fall event typically held in the Marion County area. The race was held in conjunction with the Fall Color

Cruise organized to promote the beauty of the fall colors of the Tennessee River Gorge, and was part of a weekend-long boating and craft fair. One of the most memorable courses followed Highway 41 west across the Tennessee River (using the Hwy 41 "Blue Bridge") and finished at TVA's Shellmound Recreation Area. This race also had another course that did not cross the river and finished at the dam. That year's race had a long uphill portion early followed by five miles of easy running before finishing at the dam.

The Wendy's Fall Classic – This event started at UTC and finished at the Eastgate Mall. Yes, running through the Brainerd Tunnel was unique. After running on Bailey Avenue and up Missionary Ridge (on the downtown side of the tunnel) on McCallie Avenue, runners coasted mostly downhill to the mall. This race was also notable for often giving participants a "gear bag" instead of a t-shirt.

The YMCA Run – This was a winter race. Yes, winter! Often held in February, one year runners were greeted with temperatures below 20 degrees at the start of the race. That year race volunteers warned runners to avoid the frozen puddles of ice that quickly formed as the runners threw down the water-stop's cups. But running in the chill of winter was worth the effort. Following the race, the YMCA often provided runners a warm breakfast buffet.

The Leader Dash at Dawn – Held in the 1980's, this race was sponsored by a locally-owned clothing store, The Leader. A mid-summer event, organizers attempted to avoid the heat by starting the 5K race at dawn. "The Leader – Dash at Dawn" was held at Northgate Mall. The route simply followed the mall's perimeter parking areas and roads. The flat, fast course encouraged PRs so this event usually attracted a large number of participants.

Other great events in Chattanooga's running history included The Chattanooga Choo-Choo Run sponsored by Budweiser, the Soddy Daisy Trojan 5K and the Christmas 5K held at Rivermont Park – but not actually on Christmas Day. The results of many of these races are still archived on the Chattanooga Track Club website.

The most unique participants in our area's running history might be the goats that hopped a fence about half-way through the Trehwhitt Middle School 5K in Cleveland, TN. The goats followed runners across the finish line and made such an impression that they were featured on the race's t-shirts the next year.

Yes, races come and go, but Chattanooga area runners are blessed to still have numerous, well-organized races. In fact, there are several annual races that have years – no, decades – of history. The Chattanooga Chase is believed by many to be one of the state's oldest running events.

The Chattanooga Track Club has made substantial efforts to stay up-to-date with

the latest race scoring technology. The CTC strives to offer participants accurate and quickly-tabulated race results. Results are soon posted on-line and they are working to implement new capabilities which will allow even greater responsiveness including real-time updates. Your support of the club helps assure the CTC continues to provide the Chattanooga running community with many, well-organized events throughout the year using the best-available technology. Please remember to thank the race directors, volunteers, and official who keep Chattanooga a Runner Friendly Community with a great history and bright future for racing.

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Selected by runners as the "most family-friendly" marathon, the runner up for the "most-scenic" marathon and third for the best overall marathon, this historic setting is a memorial to the Civil War that took place 150 years ago. If you are lucky you will get a glimpse of the wildlife that inhabits this now peaceful commemoration to those who fought the Battle of Chickamauga in 1863.

The course is challenging but not extraordinarily difficult. From the 1860's cannon start, to the scenic course, this is "a great marathon experience."

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Finish Line
Post-Race Support



More Info: cwtvolunteer@chattanoogatrackclub.org

MELANIE SILVA NAMED "CHASING THE FINISH LINE" FEATURED ATHLETE

Melanie Silva is part of an ongoing training group working under the direction of Kelly Summersett at Fit by Kelly. She is training for the 2014 Chattanooga Waterfront Triathlon (June 29) and has been selected as the featured athlete in the "Chasing the Finish Line" video series on the Fox61 website. The video series will track her training progression leading to the Waterfront Triathlon. You can follow Melanie's progress every week on the Fox61 website and on the Fit by Kelly Facebook page.



2014 65 ROSES CYSTIC FIBROSIS 5K RESULTS

FEMALE AGE GROUP: 40 - 44

1	Jade Rhudy	23:06
2	Vivian Barrera	25:18
3	Pam Nile	26:24
4	Gina McDaniel	27:45
5	Leigh Ann Burgess	27:49
6	Ashley Remko	28:30
7	Alicia Miller	29:00
8	Esmelda Lee	30:11
9	Carrie Wooten	30:33
10	Amanda Frederick	30:39
11	Mari Sprague	31:46
12	Teasha Sloan	32:15
13	Deanna Hitch	34:02
14	Dawn Butler	35:38
15	Rasharon King	35:46
16	Melody Howard	38:14
17	Dreama Edel	39:07
18	Lanise Hutchins	39:11
19	Tina Moore	46:08
20	Melanie Harbison	48:26
21	Terri Keown	49:39

MALE AGE GROUP: 40 - 44

1	Eli Barrera	19:45
2	James Daresta	20:47
3	Daniel Uson	20:47
4	Michael Glasgow	21:53
5	Eric Burgess	24:24
6	Jason Eslinger	29:58
7	Jeremy Chastain	31:00
8	Daniel Stamey	31:48
9	Darren Lee	31:58
10	Vill Wooddruff	35:49

FEMALE AGE GROUP: 45 - 49

1	Sue Barlow	23:40
2	Barbara Ensign	24:02
3	Kendra Gray	24:08
4	Anna Starks	24:17
5	Jennie Gentry	24:56
6	Rodriguez-Oyler Ma	27:09
7	Jonia Johns	28:10
8	Ramona Thompson	28:57
9	Deborah Gail Wilson	30:07
10	Kim Calhoun	30:27
11	Melissa Berry	30:33
12	Kimberley Peak	31:36
13	Marielle Jadlot	35:17
14	Jennifer Trageser	36:34
15	Lorri Wickam	36:50
16	Sarai Burgos	36:51

cont. from p.9

MALE AGE GROUP: 45 - 49

1	Ryan Shrum	17:32
2	David Moghani	19:55
3	Robert Barnes	20:59
4	Rick Lesniewski	24:02
5	David Glenn	24:20
6	Dave Porfiri	24:38
7	Sujeel Taj	25:03
8	Keith Johnson	25:43
9	Tom Major	26:26
10	Randy Carr	27:39
11	Michael Indovino	27:45
12	Ric Johnson	29:13
13	John Jones	29:50
14	Ernie Oyler	30:07
15	Larry Berry	30:30
16	James Miller	31:20
17	Mike Brown	31:21
18	Tyler Anderson	32:00
19	Howie Tallent	34:16
20	Jerome Hammond	36:55
21	Naresh Hemnani	36:59
22	Chirag Patel	37:00
23	Keith Arnwine	48:24

FEMALE AGE GROUP: 50 - 54

1	Gwen Meeks	24:57
2	Sue Damstetter	26:12
3	Lisa Tennyson	27:07
4	Bethany Smith	27:51
5	Brenda Zorca	28:55
6	Carol Hoops	29:12
7	Sally Hoffman	32:33
8	Laura Baker	34:12
9	Ann Humphries	34:37
10	Jean Luce	35:36
11	Dawn Kimball	36:16
12	Linda Joshua	40:48
13	Pamala Cuzzort	47:08

MALE AGE GROUP: 50 - 54

1	Samuel Boozer	20:48
2	Andy Zorca	22:45
3	Charlie Millard	23:56
4	Ronnie Parker	23:58
5	Mark Pistrang	24:39
6	Daryl Shearin	24:43
7	Stan Street	25:09

8	Steve Tompkins	25:18
9	Tim Louderback	28:32
10	Donnie Spivey	28:40
11	William Lamb	29:08
12	Don Tatum	32:23

FEMALE AGE GROUP: 55 - 59

1	Cathy Gracey	26:26
2	Jacqueline Hughes	26:59
3	Cathy Faulkner	30:36
4	Diane Duggan	35:23
5	Deb Hart	45:29
6	Mitzi Beavers	46:25

MALE AGE GROUP: 55 - 59

1	Mike Usher	21:01
2	Bill Brock	24:00
3	David Presley	25:20
4	William May	26:19
5	Eddie Robbins	27:03
6	Jim Bilbo	31:35
7	Don Lastine	35:33

FEMALE AGE GROUP: 60 - 64

1	Anne Anderson	33:56
2	Jane Webb	34:19

MALE AGE GROUP: 60 - 64

1	Danny Beavers	24:13
2	Dick Miller	26:01
3	Pat Hagan	27:30
4	Jim Herrig	29:48
5	David England	29:56
6	Louis Profeta	32:33
7	Fred Allen	33:07

FEMALE AGE GROUP: 65 & OVER

1	Janice Smith	33:47
2	Robbie Tompkins	39:09
3	Bonnie Wassin	49:56
4	Judy Woughter	51:01

MALE AGE GROUP: 65 & OVER

1	Sergio Bianchini	22:00
2	Jerry Chapman	30:01
3	Earl Kelle	32:17
4	Dan Woughter	33:33
5	Jack Milne	38:05
6	Phil Thomas	43:12



BULLETIN BOARD

SUMMER 2014

JOIN A RUNNING GROUP!

Use the CTC discount code when registering a Ragnar Relay team (see p. 13)

TIME FOR NEW SHOES n' GEAR!



JOIN or RENEW MEMBERSHIP

Things To Do:

1. Pick up my CTC member card (see p.12)
2. Get merchant discounts with member card

Volunteer for **Ironman** with CTC

Join a Track Club planning committee






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

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CHANGE SERVICE REQUESTED

**RACE
 CALENDAR**







This information is subject to change. Please visit www.chattanoogatrackclub.org for the latest information on races and events.

- LEGEND**
-  CTC EVENT
 -  JOE MCGINNESS RUNNER OF THE YEAR (JMROY)
 -  VOLUNTEER POINTS ONLY













JUNE

- 12 Twilight Track Meet #1  
- 21 Market Street Mile  
- 29 Chattanooga Waterfront Triathlon  





AUGUST

- 9 Missionary Ridge Road Race  
- 21 Twilight Track Meet #2  
- 23 Affordable Botox, Superhero Race  





SEPTEMBER

- 1 FCA 5K  
- 4 CTC Elementary Cross Country Race #1  
- 11 CTC Elementary Cross Country Race #2  
- 18 CTC Elementary Cross Country Race #3  
- 25 CTC Elementary Cross Country Race #4  
- 27 Raccoon Mtn. Round the Rim  

OCTOBER

- 11 Joe Johnson Run for Mental Health Pumpkin Run  
- 25 Signal Mountain Pie Run  

NOVEMBER

- 8 Chickamauga Battlefield Marathon, Half & 5K  
- 27 Sports Barn Turkey Trot  

DECEMBER

- 20 Wauhatchie Trail Run  