

# JOGGINGAROUND



WHY I RUN: KRISTIE BUCHANAN  
HEALTHY RUNNING: WARM WEATHER  
ONE RUNNER, 131 MARATHONS  
CTC RUNNERS OF THE YEAR



## Chattanooga Track Club

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Lisa Logan	Class of 2018
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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.

For information about the Chattanooga Track Club visit:  
[www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

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### Truman Smith (#41) and other runners at the CTC's Locomotion 12 and 6-Hour Ultra Race in April at Camp Jordan Park.

Truman was recognized at this year's Chattanooga Track Club Membership Banquet with the Grand Slam Award and he writes about his marathon experiences on page 6 of this issue.

Since writing his article, Truman has increased his marathon total to 144 and plans to complete marathon number 145 in a few weeks.

**CORRECTION:** In the March 2017 issue, the photo on page 12 omitted credit to the photographer, Dennis Norwood, Chattanooga.com.

## FROM THE

# CLUB PRESIDENT



## WEBB THOUGHTS

This year has been wonderful!

The Locomotion 12 Hour Race was fantastic and Charlene Simmons and her crew did a great job! The new location worked out just great and I heard many compliments about the aid station, the cheering at the finish line, the food, and more. The comradery between competitors was a special thing to see and experience.

Chickamauga Chase with Mark Malecky as the new Race Director went absolutely great! Many thanks to Mark, Stacey and their team for bringing a high quality event! John Crawley and his team are gearing up for the Market Street Mile Red Dress Dash and it is shaping up to be a race that can earn runners a PR and possibly a State Record in the Mile. This is also the RRCA Southern Region 1 Mile Championship. There will definitely be cooler temperatures than July!

Then we move on to the 50th Anniversary of the Chattanooga Chase! Excitement is high and I am very much looking forward to these races!

We are thrilled to be involved with the Center for Sports Medicine & Orthopaedics RIVERBEND RACE! Date is 6.17.17!!!! The last day of the Riverbend Festival. We will have Cash prizes and VIP Passes to the big finale concert and fireworks! I will serve as Race Director and I have assembled an amazing team to assist me. We will need lots of volunteers!

I am beyond thrilled and proud of our Race Team! We have so many talented people involved in CTC! This has been a busy and fun year and I am looking forward to many great events. This is the club that built me. Many blessings to all.

**Jane Webb is the 2017 CTC club president.**  
She can be reached at [president@chattanoogatrackclub.org](mailto: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.



Although I have always been athletic and played sports, running was not my thing.

I played basketball and softball in middle and high school. Sure, running was a part of both of those sports, but I had never really done any distance running. After high school and into my 20's, I remained somewhat active....going to the local gym, lifting weights, playing on co-ed softball teams. I never really had any desire to do a lot of cardio activities.

It was not until I was approaching my 30th birthday, in 2006, when I decided I needed to get in better cardiovascular shape. I realized I was no longer able to get away with eating whatever I wanted when I noticed the numbers on the scale slowly starting to go up. Everyone seemed to be jumping on the running bandwagon. All my friends, so I felt pressure to join! At first, I did not understand why anyone would want to run. I could barely run for 2 minutes without having to stop to catch my breath...wait for the side stitch to subside. Then, the shin splints! Why would ANYONE want to continue doing something that caused so much pain and discomfort?! Even still, I continued to run...I still don't know why. I kept thinking, if everyone enjoys this so much, maybe it will eventually rub off on me too. Then, a friend asked me to join her in a 5k race. Race? I can barely jog a mile without passing out and I can't imagine pushing myself for 3.1 miles. Of course, sign me up!

My first race was the Riverbend Run 5k. Although training for the race was hard and race day was extremely hot, I was very pleased with how I felt AFTER the race was over with...that feeling of accomplishment along with the endorphins...THAT is why people enjoy running! It is so satisfying to cross that finish line, knowing you left it all out there on the course! Hearing the cheers from the bystanders and encouragement from other competing athletes is just icing on the cake!

I fell in love with running so much that I signed up for several local 5k's, 8k's, 10k's and 15k's. I noticed in the running community, there were several triathletes as well. Of course, this peaked my interest...along with peer pressure...and I decided to dive into that sport! (Literally)

In 2008, I signed up for my first triathlon. That year, I did two sprint triathlons and caught the triathlon bug. The following year, I did two Olympic distances (Chattanooga Waterfront and Fall Creek Falls) and one Sprint (Sports Barn Sprint Triathlon). After getting several triathlons under my belt, I felt the desire to get back into running so I could do the next biggest thing on the list for me...a half marathon!

I signed up for the Chickamauga Half Marathon in 2009. I had started training 3 months in advance and felt very confident leading up to the race. Two weeks prior to the race,

# WHY I RUN

*Kristie Buchanan*

I developed tendinitis in my right hip. I was devastated! All that hard work, all that training...and the PT told me that I needed to sit this race out, or do further damage that could put me out for a much longer period of time. As hard as it was, I shifted gears and got back into the weight room to give my hip time to recover.

After a few years of mostly lifting weights and not running anything more than a 10k, I decided it was time to get over the fear of injuring myself and began endurance training again. I began training for my first half marathon, the Knoxville Half. Although that was an extremely hilly course, it is by far my favorite Half...nothing better than crossing the finish line in Neyland Stadium! Go Vols!

On to the next goal...completing an Ironman! I had several Ironman friends so completing an Ironman was on my bucket list! (Peer pressure...notice a common theme?) I completed the Chattanooga Half Ironman 70.3 in 2015 and the Chattanooga Full Ironman 144.6 in 2016.

Competing in local races has given me the opportunity to meet some extremely supportive and friendly people. It's no surprise that my closest friends are those that I have met in the running and triathlon community. What's next? The Ohio 70.3 in July!

***Kristie has worked at BCBST for 20 years. Her husband is Daniel and she has a 15 year-old son, Seth.***



*Pictured l to r, Kristie's son, Seth Hastings, Kristie, Daniel Buchanan (husband)*



*Kristie and her son, Seth, who was diagnosed with Type 1 diabetes two years ago*

**2017 SUMMER RUNNING CAMP**

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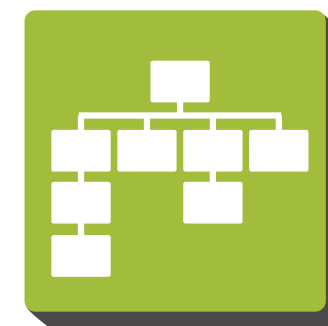


## TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE



**15K Results**

**OVERALL FEMALE**  
1 Rachel Mason 1:02:42

**OVERALL MALE**  
1 Christian Thompson 50:55

**FEMALE MASTERS**  
1 Dianna Leun 1:04:33

**MALE MASTERS**  
1 Geno Phillips 53:41

**FEMALE GRAND MASTERS**  
1 Karen Leavitt 1:20:30

**MALE GRAND MASTERS**  
1 Dean Thompson 58:40

**FEMALE SENIOR GRAND MASTERS**  
1 Connie Regal 1:26:15

**MALE SENIOR GRAND MASTERS**  
1 Mayes Starke 1:06:10

**MALE AGE GROUP: 19 & UNDER**  
1 Bailey Burns 1:07:12  
2 Easton Lipsey 1:19:32  
3 Timothy Goode 1:23:16  
4 Ethan Lipsey 1:27:33  
5 Matthew Newby 1:42:00

**FEMALE AGE GROUP: 20 - 24**  
1 Jennifer Anderson 1:12:58  
2 Katie Jones 1:22:00  
3 Lauren Badgett 1:33:32  
4 McKenzie Carlisi 1:37:41  
5 Katie Boofer 1:41:50  
6 Lynthany Rains 1:49:58  
7 Julia Bursch 1:56:33  
8 Amber Stacey 1:58:01

**MALE AGE GROUP: 20 - 24**  
1 Peter Hagemeyer 1:07:41  
2 Brian Reynolds 2:02:48

**FEMALE AGE GROUP: 25 - 29**  
1 Annette Kutilek 1:10:57  
2 Rachel Hardinge 1:20:34  
3 Elizabeth Nichols 1:25:28  
4 Olivia Swint 1:27:20  
5 Renee Scott 1:28:22  
6 Caitlin Couch 1:30:05  
7 Corrie Large 1:31:01  
8 Paige Messimer 1:43:40  
9 Jessica Welch 1:55:11  
10 Connie Burgdorff \*\*

**MALE AGE GROUP: 25 - 29**  
1 Ken Curran 57:16  
2 Marco Bianchini 1:09:01  
3 Eric Pritchard 1:10:01  
4 Atilla Aksoy 1:28:43  
5 Kevin Tankersley 1:47:43

**FEMALE AGE GROUP: 30 - 34**

1 Andy Gean 1:04:22  
2 Sara Gibson 1:05:30  
3 Juanita Chalmers 1:07:51  
4 Andrea May 1:09:26  
5 Susan Eckelmann 1:14:39  
6 Ren Puckhaber 1:17:07  
7 Leigh McAfee 1:20:04  
8 Brianna Stambaugh 1:20:36  
9 Jackie Barton 1:23:11  
10 Amanda Angel 1:30:12  
11 Amanda Matson 1:33:29  
12 Nikki Wortman 1:35:25  
13 Jessica Hancock 1:39:05  
14 Laurel Martin 1:48:03  
15 Kathryn Taylor 1:48:34  
16 Jade Barry 1:51:53  
17 Brittany Norton 2:12:13  
18 Amanda Kirkpatrick 2:12:42  
19 Andrea Serpas 2:12:44

**MALE AGE GROUP: 30 - 34**

1 Ryan McGinnis 59:18  
2 Adam Veron 1:02:51  
3 Nathan Fugate 1:07:17  
4 Matt Jenkins 1:08:40  
5 Brandon Cox 1:11:03  
6 Joe Clark 1:14:22  
7 Michael Hullender 1:16:50  
8 Scott Jenno 1:17:17  
9 Ryan Widener 1:19:02  
10 Caleb Stambaugh 1:20:12  
11 Wesley Wortman 1:21:04  
12 Michael Flanagan 1:29:57  
13 Shaun Gibson 1:30:59  
14 Tim Larsen 1:34:58  
15 Brandon Barry 1:44:39  
16 Brian Thomas 1:54:56

**FEMALE AGE GROUP: 35 - 39**

1 Christina Woodard 1:08:07  
2 Lauren Roberts 1:15:17  
3 Criscilla Tyler 1:18:22  
4 Jaclyn Beckler 1:20:23  
5 Mande Keith 1:21:27  
6 Clarissa Ragsdale 1:27:54  
7 Erin Lawson 1:32:51  
8 Christy Snyder 1:33:10  
9 Esmeralda Tokar 1:33:32  
10 Karen Walker 1:33:35  
11 Heather Lawson 1:33:50  
12 Laura Flatow 1:34:14  
13 Kim Edgeman 1:36:39  
14 Whitney Allison 1:37:39  
15 Lucy Rymer 1:44:37  
16 Melea Wade 1:54:17  
17 Maria Domingo 1:57:08  
18 Katherine Keesee 1:58:04

**MALE AGE GROUP: 35 - 39**

1 Jason Altman 52:41  
2 Chad Dean 54:44  
3 Adam Webb 1:04:02

4 Russ Rogers 1:04:50  
5 Nate Barstow 1:07:39  
6 David Barron 1:09:35  
7 Josh Ledbetter 1:09:45  
8 Nicholas Varvel 1:10:58  
9 Kyle Kristin 1:11:17  
10 Steven Moore 1:12:32  
11 Michael Mason 1:18:37  
12 Jason Liggins 1:21:18  
13 Quincy Davis 1:22:32  
14 Robert Morey 1:23:28  
15 Justin Kilchenmann 1:27:31  
16 Matt Arrington 1:28:18  
17 Matt Hauber 1:29:27  
18 Adam Hanley 1:32:02  
19 Patrick Stilz 1:33:44  
20 Cameron Case 1:52:52

**FEMALE AGE GROUP: 40 - 44**

1 Destin Trussell 1:14:30  
2 Kristen Curtis 1:17:09  
3 Latisha Simmons 1:21:52  
4 Dawn Mazurek 1:33:35  
5 Amy Hakala 1:36:04  
6 Angela Amick 1:38:19  
7 Erinn O'Leary 1:38:22  
8 Audra Bullock 1:38:35  
9 Christy Chapman 1:39:11  
10 Krista Shields 1:41:44  
11 Eileen Grubbs 1:47:04  
12 Melissa Cate 1:47:25  
13 Leslie Morey 1:51:02  
14 Barbara Cahoon 2:07:54

**MALE AGE GROUP: 40 - 44**

1 Rodney Stoker 54:57  
2 Jeremy Miller 58:46  
3 David Kieu 1:04:57  
4 Francisco Soutuyo 1:12:20  
5 Larry Moore 1:14:06  
6 Tony Gabbert 1:15:45  
7 Brandon Pace 1:21:27  
8 Eric Garrard 1:22:05  
9 Timothy Shults 1:34:18  
10 Bryant Artigas 1:38:30  
11 Alan Miller 1:39:30  
12 Lee Haggard 1:48:17  
13 John Cate 1:48:52

**FEMALE AGE GROUP: 45 - 49**

1 Lisa Logan 1:09:27  
2 Sonja Fordham 1:21:52  
3 Mindy Timmons 1:22:28  
4 Barbara Ensign 1:22:33  
5 Robyn Ward 1:23:12  
6 Jennie Gentry 1:24:48  
7 Sharon Schwartz 1:27:42  
8 Amy Waterman 1:33:58  
9 Theresa Gordon 1:34:36  
10 Tina Heiden 1:35:42  
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15 Laurie Crow 1:41:55  
16 Gina McDaniel 1:42:42  
17 Veronica Scates 1:43:13  
18 Kimberley Peak 1:43:30  
19 Pamela Lawson 1:44:12  
20 Annette Kelley 1:44:48  
21 Lane Park 1:44:48  
22 Amanda Frederick 1:44:52  
23 Maria Eargle 1:45:17  
24 Angie Chambers 1:55:07  
25 Jean Angle 1:57:36  
26 Beth Bales 1:58:04  
27 Patricia Pouengue 2:05:21

**MALE AGE GROUP: 45 - 49**

1 Tripp McCallie 59:03

2 Greg Mueller 1:05:28  
3 Brandon Meredith 1:06:32  
4 Robert Barnes 1:06:36  
5 Rich Graham 1:07:33  
6 Lipsey Edwin 1:10:06  
7 Jason Butcher 1:11:08  
8 Billy Roberts 1:19:44  
9 Brian Bolt 1:22:12  
10 Paul Gaddis 1:23:13  
11 Brad Nance 1:26:36  
12 Watkins Cannon 1:31:47  
13 Rodney Scott 1:32:58  
14 Dave Antrim 1:35:30  
15 Rob Lyons 1:37:39  
16 Steve Sanders 1:38:22  
17 Tim Harris 1:45:37  
18 Robert Buice 1:46:02  
19 Shawn Medlin 1:57:42

**FEMALE AGE GROUP: 50 - 54**

1 Jodi Davis 1:20:40  
2 Sue Damstetter 1:23:53  
3 Lynne Austin 1:25:37  
4 Paige Shaw 1:29:41  
5 Cynthia Hoeng 1:30:59  
6 Jennifer Coleman 1:33:41  
7 Sharon Baxter 1:35:02  
8 Donna Henry 1:35:12  
9 Corinne Henderson 1:37:14  
10 Kandy Delk 1:40:43  
11 Lauri Slade 1:42:31  
12 Bernadette Maynard 2:01:09

**MALE AGE GROUP: 50 - 54**

1 Thomas Marshall 1:12:24  
2 Chris Theobald 1:13:12  
3 Ray Kellum 1:13:33  
4 Damon Raines 1:13:43  
5 Ray Beem 1:15:21  
6 Jim Luebbering 1:16:56  
7 Chris Hall 1:23:50  
8 David Glenn 1:25:37  
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13 Jay Roueche 1:36:38  
14 Scott Williams 1:38:28  
15 Marcus Easley 1:39:30  
16 Tommy Holder 1:45:19  
17 Darrell Walsh 1:51:40

**FEMALE AGE GROUP: 55 - 59**

1 Pam Keeter 1:32:13  
2 Carolyn Funderburk 1:35:37  
3 Terri Holden 1:42:20  
4 Joy Newby 1:42:21  
5 Gail Hitchcox 1:48:43  
6 Karen Ruffin 1:51:59  
7 Dayanne Baucom 2:15:46

**MALE AGE GROUP: 55 - 59**

1 Stephen Ruffin 1:13:37  
2 Jeff Straussberger 1:14:30  
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6 Ritchie Maslow 1:26:31  
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9 Tim Fortune 1:30:42  
10 Mark Elam 1:30:59  
11 David Jabaley 1:31:01  
12 Joe Dumas 1:32:41  
13 Scott Fisher 1:36:38  
14 Steve Smalling 1:43:26  
15 Jeff Balsler 1:47:39  
16 David Halicks 1:48:51

*Race Results Cont. P. 19*



Running seems so much easier and simpler this time of year. You don't have to bundle up in layers, find batteries for your headlamp, or struggle to get out of bed on those cold, dark mornings. The temperatures are warmer, the days are longer, and natural beauty abounds! But warmer temperatures can mean trouble if you aren't prepared and take the proper precautions. Here are a few common heat-related illnesses that can sideline any runner.

**Heat cramps** – These involve painful muscle contractions related to running in the heat. These can occur in your legs, feet, back, or arms – pretty much anywhere. This may be related to excessive sweating or not drinking enough fluids prior to going out. Others theorize that heat cramps result from a neuromuscular imbalance. A person's body temperature will be normal.

**Heat exhaustion** – This condition is a little more serious and usually occurs after prolonged exposure to high temperatures. Symptoms may include nausea, headache, dizziness, vomiting, and clammy skin. A person's body temperature is usually elevated, reaching up to 104° F.

**Heat stroke** – The most severe condition involves a very high body temperature (greater than 104° F). A person will typically have hot skin, act confused, and have dizziness and nausea. This is very dangerous! Fortunately, you can avoid these heat-related illnesses with some simple planning.

**Acclimatize** – Slowly increase your time in the heat and intensity of your workouts as the warmer temperatures arrive. Plan on doing shorter runs at first, and even use run-walk intervals. This should take a few weeks, but you need to give your body some time to adjust.

**Stay hydrated** – Drink fluids throughout the day prior to the run. Your urine should be light yellow (not clear) when you are adequately hydrated. During your run, plan on stopping more frequently for water than you would during the winter months. You should drink when you are thirsty to avoid over-hydrating. Post workout hydration is important as well to replenish what you lost.

**Time of day matters** – Plan to go out early if possible. This is the coolest part of the day. Going out in the evening usually means higher air temperatures, even if the sun has set. Avoid exercising between 10 a.m. and 4 p.m., as these are peak sun hours.

**Dress appropriately** – Light-colored, loose-fitting clothing is best. This will keep your body cooler and help sweat to evaporate from your body. A hat, sunglasses, and sunscreen are highly recommended to keep you cool and guard against harmful UV rays from the sun.

There may be times when you are very prepared, but still start to feel unwell during or after a run. It is important to pay attention to your body and respond. Cool down as quickly as possible – an air conditioned car or house, a cool shower, or even a pool will work. If the symptoms are severe or you aren't sensing improvement, seek medical attention.

Have a great summer and stay cool!

*Dr. Owen Speer lives in Apison with his wife, Lydia, and son, Jonah. They are expecting another son any day now. He works as a sports medicine and primary care physician in Hixson. Send your running-related health questions to Dr. Speer at [owen\\_speer@memorial.org](mailto:owen_speer@memorial.org). Your question may be featured in a future article.*



# THE CHATTANOOGA TRACK CLUB GRAND SLAM AWARD

*My Story by Virgil Truman Smith*

**During the spring of 1983 at age 36, my body weight was approaching 240 lbs. For my slightly less than 6'1" fame, life became difficult trying to fit into waist size 38 trousers!**

In my mid/late twenties, I had been a power (weight) lifter, i.e. bench press, dead lift and squat. I actually competed back in those days in the 198 lbs. class. I suppose that I blamed my body weight gain on my prior life style that needed calories to support hard workouts. Whether or not that was the true reason, on a late June afternoon in 1983 I found myself at the Hixson Junior High School cinder track (long since gone) trying to run laps at 5 PM in full sunshine, wearing full sweats. I had no background in running from high school or college. In 1983, there was no internet to search for do and don't information. I didn't even carry a water bottle to those hot afternoon runs. I was a novice in every way.

The junior high cinder track was certainly not standard. One mile on that track equaled 5 laps! I struggled for a couple of weeks before finding a maintainable pace for 5 laps. After making that adjustment, my confidence increased and I started thinking about 10 laps. A friend from work found out about my evening runs and told me that he and his son (Ted Gatewood and Ted Gatewood Jr.) were also novice runners and that I should join them and run The Leader Dash at Dawn 5K at Northgate Mall in mid-August. I really wanted to give this challenge a try, but my fear of failure was extreme! All I could think about was that a 5K distance was equaled to 16 laps around that cinder track. My friend pushed me every day to go ahead and register. I finally did so about two weeks before the event. I secretly set a finish time goal of 27 minutes. Well, race day finally came. The three of us lined up in the back of the pack. The gun sounded and we started moving forward. Wow! The first mile seemed like 10 laps around that old track. The second mile was even longer, but I was still in the game and moving forward. Somewhere in the third mile, my friend told me, if you got anything left, pick up the pace as much as you can! I did and finished with a 26:35! So, just like that, in 1983, I was a know it all 5k veteran runner!

After that first 5k, I was super excited. In the fall, I ran every 5k road race in the Chattanooga area. I refused to acknowledge a dark cloud that kept appearing in my mind. Inside the cloud was a message. The message was 10K! To me, a 10K was beyond impossible. A 10k would be the same as running 32 laps on that cinder track!

There were several 10k road race events around the Chattanooga area. But the most renown 10K road race in the

world at the time (remember, no internet) was in Atlanta on July 4th. Every real runner had a T-shirt from that race. I really wanted to be able to say, I ran Peachtree! I also wanted one of those shirts. So Peachtree turned out to be my next goal. Another running friend from work, Larry Alexander, told me that he would pace me and get me through my first 10k. We made that happen in the fall of 1983 at the Great Locomotive Chase 10K in Ringgold, GA. With that finish, a new 10K runner was born! There would now be no hindrances going forward. My first of 20 Peachtree Road Races was completed on July 4th, 1984.

Between 1984 and 1986, I ran every 5k and 10k road race in the Chattanooga area. I was head over heels into road racing. There was, however, another ugly cloud forming in my mind. This one also had a message. That message was Marathon! I ignored the message as best as I could but finally decided to test the water with a try at the Happy Valley Half Marathon in Collegedale.

Another friend from work, Ron Thurman, trained with me to do the Happy Valley Half Marathon. Both of us had unannounced desires to run a full marathon. The Happy Valley half was always held at 2:00 PM on Sunday afternoon. So, on November 2, 1986 at age 39, Ron and I crossed the Happy Valley finish line together at 1:56:42. As we were still catching our breath at the finish I looked over at Ron and said, No marathon ..... ever! At that particular moment in time, I meant every word of it. However, much to my dismay, that old cloud that said Marathon reappeared the next day.

That same year, 1986, a CTC running lady, Barbara Price, managed her first Boston Marathon qualifying time. Barbara was also an employee where I worked. Unfortunately due to an injury she was not able to run the 1987 Boston Marathon. Barbara was a much better (faster) runner than I was. I knew who she was but I'm not sure that we had ever spoken to each other. I was amazed when she called me in the summer of 1987 and asked if I had any interest in running a marathon! She bluntly told me that she could train me so that I could successfully complete the upcoming 1987 Chickamauga Battlefield Marathon in less than 4 hours! I was completely without words. What could I say? I started her training program in the middle of June during extremely hot weather. Four months later I finished my first marathon at Chickamauga with a 3:55:03 at age 40! A month later I finished Huntsville with a 3:52:02! That big dark cloud was now message-less. I had reached the pinnacle! (NOTE: It turned out that Barbara called me because she needed a slow training partner for her injury recovery!) Between 1987 and 1992, I managed to finish both the Chickamauga and Huntsville Marathons four times each. My personal best time, a 3:35:36, came in 1988 at Huntsville!

Between 1993 (age 46) and 2003 (age 56), my running efforts took a back seat to family, job and the trials of life. My wife and I were dealing with three teenagers, aging parents, and two demanding jobs. It seemed like I was only living to pay the bills. My life was totally out of control. I probably averaged less than 9 miles a week during those years. Then all of a sudden in 2003 the nest became empty. Life returned to a slower pace, and I returned to Saturday morning running!

During the spring of 2003, I met Lisa Kay Hagan, a local runner, who was running a marathon a month! She was being coached by her husband, the real Chattanooga Marathon Man, Pat Hagan! Lisa introduced me to Bill Brock and GroupRun.com. Bill connected me with lots of runners just like me. Lisa invited me to run the Tupelo Marathon on August 31st. I took her up on that offer, and between August 31st and December 31st I managed to finish four marathons with a best time for that series of 3:59:01 at Chickamauga. My total marathon count was now at 12, and even though I had no concept concerning running 50 states at that time, I had now finished marathons in Georgia, Alabama, Mississippi and Ohio!

The following year, 2004 at age 57, I again managed to finish four marathons with a best series time of 3:49:19 at Huntsville. My total Marathon count was now at 16 and I had added Tennessee and Illinois! Also in 2004, for the first time, I heard about the 50 State and DC Marathon Club!

Starting in 2005, my new goal was to run a marathon in each of the 50 states and D.C. The outline below provides abbreviated information on that process until its conclusion in 2009.

**2005 (age 58)** - Finished 9 marathons. Best finish time 3:46:30 States Added – MI, AK, NC, IN, WI, AR, SC Highlight – Grandfather Mountain

**2006 (age 59)** - an amazing year. I finished 12 marathons, 10 of those with Boston qualifying times. Best finish time 3:43:20 States Added - TX, FL, KS, KY, ND, MN, IA, HI MD, VA, LA, Washington DC Highlight – Maui

**2007 (age 60)** - Finished 11 marathons and 1 ultra (60K) Best finish time 3:48:50. States Added - AZ, MA, NE, MT, ID, UT, MO, OK Highlight - Boston

**2008 (age 61)** - Finished 17 marathons. Best finish time 3:53:49 States Added - NJ, CA, SD, DE, OR, WA, WY, NM, PA, NH, ME, RI, WV, NV Highlights – Boston and Big Sur

**2009 (age 62)** - Finished 9 marathons. Best finish time 3:59:06 States Added - NY, CO, VT, CN Highlights – Boston and Completing 50 States and DC

With the 50 States and DC quest completed, the new goal would be completing a marathon on each of the remaining 6 continents. I started this adventure in 2010. Success came at the Antarctica Marathon finish line in 2013.

**2010 (age 63)** - Finished 10 marathons. Best finish time 4:06:38 Added 1 new continent – China Highlights – Boston and The Great Wall Marathon

**2011 (age 64)** - Finished 10 Marathons and 1 ultra (50 mile) Best finish time 4:19:17 Added 2 new continents – Africa and South America Highlight – Kilimanjaro and Rio Marathons

**2012 (age 65)** - Finished 6 marathons. Best finish time 4:07:29 Added 2 new continents – Australia and Europe Highlight – Gold Coast and Berlin Marathons

**2013 (age 66)** - Finished 8 marathons and 1 ultra (50K) Best finish time 4:06:00 Added the final continent – Antarctica Highlight - Antarctica Marathon

Running the seven continents was an awesome experience! I urge everyone to try international running. I was thankful when that long pull was over! For a runner who could never

win a race, I felt like my mark on the running community was complete. Going forward, I would concentrate on slower paced endurance events.

**2014 (age 67)** - Finished 10 marathon and 3 ultras (50K, 50M, 41M) Best finish time 4:20:24 Highlight - The Chunnel Challenge - Paris and London Marathons on back-to-back weekends.

**2015 (age 68)** - Finished 9 marathons and 2 Ultras (50K, 50M) Best finish time 4:38:47 Highlight – Iceland – (Reykjavik Marathon)

During the fall of 2015, CTC officers Lynda Webber and Ron Branam urged me to try a 100 miler so that someone could be the first CTC runner to receive the newly created, Grand Slam award. The Grand Slam award requires completing the following: 100 Marathons, a marathon in each state and on each continent, a 50 mile and a 100 mile ultra. I needed a 100-mile ultra finish. I scoffed at the thought! In my mind I was thinking, 500 laps around that cinder track! Well guess what? The old cloud reappeared with a new message, 100 miles! I was already registered for the Pistol 50K on January 2, 2016. I messaged the race director and upped my registration to 100 miles. With very poor training, I crossed the 100 mile finish line in 27:42:42.

**2016 (age 69)** - Finished 4 marathons and 2 ultras (100M, 50M) Best finish time 5:06:47 Highlight – Putting the capstone on the final requirement for the CTC Long Runners Grand Slam!

I am thankful for so many running friends who made this adventure successful. I'm also thankful for my wife and family who allowed me the liberties to travel and run all around the globe. I'm also thankful that my creator supplied me with some pretty awesome birth-given genes!

My current running totals include 131 marathons, 3-50Ks, 1-60K, 1-41M, 4-50M, 1-100M.

This fall, Lord willing, I hope to finish the Battlefield marathon, the same one where I started my marathon career 30 years ago!

**Truman Smith, a retired Electrical Engineer, has been a Chattanooga runner for over 33 years. He and his wife, Cheryl, a retired school teacher live in Hixson; they have three children and eight grandchildren.**





# WHAT RUNNING SHOES SHOULD YOU BUY?

*An Orthopedic Foot and Ankle Surgeon's Perspective*

*Dr. Matthew Buchanan, Center for Sports Medicine and Orthopaedics*

Walking into a Running Store and shopping for shoes can be a daunting task. The available options are almost limitless. Should you pick the flimsy, lightweight "minimalist" shoe or the shoe that has so much cushioning you feel like you're walking on a cloud? Where should you begin?

Start by asking yourself: Am I currently running in the wrong shoe? Do you experience pain when you run? Running mechanics can be influenced by shoe type so it may be time to consider a change to another shoe category. Running shoes typically fall into four general categories: minimalist, neutral, stability/motion control and ultra-high cushioning. Running in the incorrect shoe type can exacerbate or cause a lower extremity problem.

Begin by visiting a good running shoe store late in the day. Why late in the day? You should always buy shoes at the end of the day. Our feet swell throughout the day so a shoe that fits great in the morning may be too tight by the evening. Don't stuff your foot into a shoe that's too short or too narrow. What could happen? A shoe that's too short will cause bleeding under your toenails...causing the dreaded black toenail. A shoe that's too narrow will smash the delicate nerves between your metatarsal bones creating a neuroma.

The sales associates at the running shoe store will analyze your foot shape. How does the shape of your foot affect your shoe choice? For starters, the shape (or last) of the shoe needs to match the anatomic shape of your foot. Next, they will consider which shoe category will work best for you. If you have a flatter foot shape and experience pain along the inside part of your foot when you run, you may want to try a "stability" or "motion control" shoe. These shoes provide more structure and support for your bones, tendons and ligaments. If you have a normal or high arch, you should start with a neutral shoe, as your foot may not need the additional support.

What's the hype surrounding the minimalist shoe trend? Take off your shoes and run across a grassy field. You'll notice your gait changes and you land more on the front part of your foot and less on your heel. The minimalist shoe encourages this more "natural" gait pattern. This may be good for you if you're a runner with a history of knee or hip problems as more shock absorption occurs through the foot and ankle with this running style. But the extra force on your foot may cause an overuse injury to the bones, tendons or ligaments in your foot or ankle. In extreme cases, this leads to metatarsal

stress fractures, Achilles tendonitis and/or calf muscle tears. If you are interested in changing your running style, enlist the help of a running coach or physical therapist experienced in running mechanics.

What about these "ultra high-cushioned" shoes? Running on a soft cloud of cushioning sounds pretty great. These shoes provide a much thicker sole, a rocker-bottom shape and a firmer structure. If you suffer from a bone or ligament problem in the front part of your foot, these shoes may reduce the stress on this part of your foot. Try these shoes if you have very tight calf muscles or limited ankle motion. But, if you have a history of ankle ligament injuries and have chronically weak ankles, the squishy cushion may lead to more ankle instability. If you've been using the same shoe or brand with success then maybe there's no need to make a change. Just remember that shoes don't last forever and you should aim to replace them every 300-500 miles or about every 3-6 months.

In summary, there are a ton of wonderful shoe options that will complement your unique foot structure and running style. When it's time to buy new shoes, take your time and try on lots of different styles and brands. See how the shoe feels standing still and take a short jog outside. There shouldn't be any sort of a "break-in" period. The shoe you choose should feel great the moment you first try it on. Good luck and happy shopping!

**Matthew M. Buchanan, MD, Orthopaedic Foot and Ankle Surgeon**  
<http://sportmed.com/matthew-buchanan-m-d/>



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*Because Life Happens In Motion*

A CTC AWARDS  
FEATURE PREPARED  
AND WRITTEN BY: **LYNDA WEBBER**

## MEET THE PREZ!



**JANE WEBB**

**Occupation:** Mom, grandma, runner, Chattanooga Track Club President!  
**Years running:** Seven. My very first race was the 2010 Market Street Mile – Sherilyn Johnson signed me up as a member that morning!! [Note from The Management: ...And the rest, as they say, is history. Bravo, Sherilyn!!]

**No. of years as a CTC member:** Seven.

**Favorite distance to race:** 5K

**Favorite CTC race:** The Missionary Ridge Road Race. It's only one mile from my house, and I can walk/jog to the site as my warm up! I also LOVE the beautiful course and the neighbors. A very well done race!

**Most memorable race:** The Chickamauga Chase. I completed the 15K once with Beth Petty as my pacer/trainer/encourager. She is a born teacher/coach and a dear friend.

**Racing anthem:** "Thunderstruck" by AC/DC and "Eye of the Tiger" by Survivor [Note from The Management: YEAH!]

**Quote:** "Courage is being scared to death but saddling up anyway." – John Wayne

**I run:** to enjoy the day with my running friends.

**Jane adds:** I am the mother of two incredible people – Andrew and Christina. I am a Grandmother of two perfect little darlings – Sophie and Chase. I am the sister of a dear, wonderful guy – Ron, who served our country in the Army. I am the daughter-in-law of Martha Webb – an extraordinary woman and a blessing to me. I wear many hats after retiring from many years at Blue Cross. My days are very busy and full - but I love it. I volunteer one day a week at the Tennessee Aquarium, and I love it and I love my Thursday volunteer group. We meet for 30 minutes prior to the Aquarium opening and since joining them in November, they have been wonderful to me. I continue to volunteer one hour a week at Orchard Knob Elementary, where I am in year three with the same student – my darling Abigail. I help out two days a week with On My Own 2 Feet, and this has been a huge blessing. I am in a great book club/dinner group that meets every two months. Life is good. I carry on in this new chapter of my life. Always missing Dan, but feeling his presence often as I work in the beautiful, landscaped yard that he spent seven years developing for us. I have met the most wonderful people in the world through the CTC and have gained more than I have given. They have celebrated with me and cried and mourned with me. I am blessed.

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## CTC VOLUNTEER OF THE YEAR!



STACY BOYDSTON

**Occupation:** VP of Membership!  
**No. of years as a CTC member:** Four  
**Favorite CTC race at which to volunteer:** The Chickamauga Battlefield Marathon, because the course is so scenic.  
**Most memorable race at which you volunteered:** The 2015 Chickamauga Battlefield Half Marathon. I volunteered as the SWEEP and met a woman who was recovering from cancer treatment. Her goal was to finish this race. It took several hours, but she reached her goal and I was lucky enough to be with her, supporting her and encouraging her throughout. *[Note from The Management: Hear! Hear!!] I will never forget how I felt when she crossed the finish line. [Note from The Management: Stacy, we feel the same way just hearing you talk about it. Great job.]*  
**I volunteer because:** I love the CTC. I find great joy in volunteering and in helping to grow our club.  
**Not too many people know that I:** have Bipolar Disorder, and being part of the CTC helps me cope with and reduce the issues that accompany this disease. Quote: "She Believed She Could, So She Did" (R.S. Grey) and... "Carpe Viam!" *[Note from The Management: We love both of these! But the last one is just THE BEST!]*  
**Stacy adds:** I am the 49-year-old mother of a beautiful daughter and "nonny" to two amazing boys. I have six rescue dogs and in the past have rescued dozens of cats, dogs, goats and a pot-bellied pig. I have a Master's Degree in Counseling and spent many years working with children and adolescents in crisis and also with those who were in some of the most secure inpatient facilities. I love to travel, and would love to complete a race in all 50 states and on as many continents as possible. My dream is to return to school and earn my doctorate. I want to improve my running and maybe someday run Boston. I hope to be involved with the CTC for many years to come and to hold different offices, attend conferences and take courses to increase my knowledge of the race industry. *[Note from The Management: Bravo, Stacy! Carpe DIEM!]*

## MEET THE

# 2016 ROY CHAMPIONS

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."—Ken Doherty (1905-1996) US decathlon champion, track and field coach

A CTC AWARDS  
 FEATURE PREPARED  
 AND WRITTEN BY: **LYNDA WEBBER**  
 | CONTRIBUTED PHOTOGRAPHS |

The CTC is proud to introduce the incredible 2016 ROY winners... a talented and diverse group including two women who once qualified for the Olympic Marathon Trials, a grandmother and granddaughter who bridged the generations by running the points races together, a gentleman who achieved a 2016 "double-hitter" by winning his division in the ROY standings while earning yet another annual CTC Long Runner 100-mile award two years in a row (at the age of 75), and others who have achieved outstanding records this year. You can read about them all here. THESE are your 2016 ROY winners!

## OVERALL FEMALE RUNNER OF THE YEAR:



JAN GAUTIER

**Occupation:** Middle School science teacher/ Dorm Parent for High School and MS/HS Cross Country and Track coach for boys at Baylor School.  
**Years running:** 30+  
**Years racing:** 2.5 years  
**No. of years as a CTC member:** On and off for the last 20 years  
**Claim to Fame:** Olympic Marathon Trials, 1999.  
**Favorite distance to race:** 8K to 10 miles.  
**Favorite race:** Grandma's Marathon in Duluth, MN. The people were extremely friendly and the course was a point-to-point. I was able to run 2:47 for the marathon and I qualified for the Olympic trials, after a long seven years of missing the qualifying time by a few seconds to a few minutes. I was so at ease in this race and the course was so beautiful that it holds a place in my heart.  
**Favorite CTC race:** The Missionary Ridge 4.7 Mile Road Race. This is one of the most difficult races to run because of the heat and hills, but I can't help but love it. It is always so well run, and I love warming up and looking over the city with the sun coming up. I also love starting the race each year with the military guns, the pledge and a prayer. It has good and sad memories tied to it, but I love what that race stands for and that it honors John Bruner.  
**Most memorable race:** I was 36 when I qualified for the Olympic Marathon Trials in 1999. I felt so honored to be part of this experience and honored to run with people that were far more talented than I was. There were several highlights of the weekend that really stand out to me. First, I am the youngest of six and all of my siblings and my parents traveled to Charleston to watch me run. My high school coach and several teacher buddies from Alpine Crest attended the event. Second, I was adopted by a local elementary school and supported by signs around town, letters during training and getting to attend their school to run a mile with the class. I felt like an Olympian because of the attention they gave me that weekend. Third, I got to meet Joan Benoit Samuelson, my running idol since she won the Gold in the Los Angeles Olympics. She was friendly and she treated me like I was an equal. For that moment, I felt like one. I also remember starting the race with all those amazing athletes and, for about 200 meters, I was making the team in my mind. The last thing that stood out about that race was running through the military base. The soldiers lined the streets and chanted "USA" as we ran through the base! It brought tears to my eyes. I knew qualifying for that race was my highest goal in running, and for those three hours, I was an Olympian!  
**Racing Anthem/favorite song to run by:** If you see me running with a headset, I am listening to Top 40's or some sort of rap with a quick tempo.  
**Quote:** "I believe God made me for a purpose, but he made me to run fast. And when I run, I feel His pleasure." — Eric Liddell (Chariots of Fire)  
**I run:** because I need to run. Running is part of my life, and I will always run, God willing.  
**I race:** to motivate myself. As I get older, racing answers the question of if I am training enough or if I need to pick up the pace. Clock times don't lie. I love this about our sport.

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## OVERALL MALE RUNNER OF THE YEAR:



TRIPP MCCALLIE

**Occupation:** YMCA Director of Development  
**Years running:** Eleven  
**Years racing:** Six  
**No. of years as a CTC member:** Six  
**Favorite distance to race:**...the two-miler! In fact, my favorite two-mile race is the Scenic City Scorcher. It is my best time age-graded percentage-wise.  
**Favorite CTC race:** The Chickamauga Battlefield Marathon. I grew up really close to the Battlefield, and it's my go-to place to train. I did it for five years in a row and the fifth time I knocked off 40 minutes from my first time – breaking three hours last year.  
**Most memorable race:** The 2015 Boston Marathon, because it was my first time. Everything about it was memorable... the crowd, the course, and the weather (cold, rainy and windy). Plus, my wife was there cheering me on, with signs that she and our sons had made.  
**Racing Anthem:** "It's a Long Way to the Top (If You Wanna Rock 'n Roll)" – AC/DC, 1976!  
**Quote:** "The longer I live, the more I realize the impact of attitude on life" – Charles R. Swindoll  
**I run:** as part of a healthy lifestyle – body, mind and spirit.  
**I race:** to challenge myself.  
**Most people don't know that I:** love all kinds of music. I listen to anything from rock to classical. [CTC Masters Male ROY] Ryan Shrum and I have been to a few shows together. We're going to Iron Maiden this summer!  
**Tripp adds:** Last fall I ran a marathon and my time (2:59) was one hour faster than the first time I did one in 2008 (3:59). [Note from The Management: Just goes to prove that the older you get, the BETTER you get!] I ran with friends and learned from them. I also set goals early on and kept a big-picture about it... I kept at it, and was able to accomplish what I set out to do. Now I just run for fun.

## Junior Female Runner of the Year:



OLIVIA  
"LIGHTFOOT" LACY

**Occupation:** Student, 8th Grade  
**Years running:** Forever!  
*[Note from The Management: We remember when Grandma Bonnie, the 2016 Veteran Female ROY, was pushing little Olivia in her running stroller!]*  
**Years racing:** ...since the preschool races at the FCA [Fellowship of Christian Athletes].  
**No. of years as a CTC member:** Three  
**Favorite distance:** 5K  
**Favorite Race:** The Insane Inflatable 5K at Camp Jordan on my birthday!  
**Favorite CTC race:** The 65 Roses 5K.  
**Most Memorable Race:** The First Volunteer Bank 5K, because I won the big flatscreen TV door prize!!!  
**Quote:** "Winners never quit and quitters never win" – Vince Lombardi  
**I run:** to stay active and have lots of fun.  
**I race:** to get a t-shirt, eat the finish line food, and earn ROY points!  
**Most people don't know that I:** have earned a Black Belt.

## Junior Male Runner of the Year



JIVAN TAJ

**Occupation:** Student  
**Years running:** Four. My first run was a race!  
**No. of years as a CTC member:** Five  
**Favorite distance to race:** 10K  
**Favorite race:** My favorite race of all time is the Peachtree 10K in Atlanta. The crowds and the overall experience is fantastic!  
**Favorite CTC race:** the Chickamauga Chase 5K. The scenery is beautiful.  
**Most memorable race:** the very first year I did the Raccoon Mountain race. It was pouring rain and quite challenging.  
**Racing Anthem:** "Run Boy Run" – Woodkid  
**Quote/Motto:** "Roll with it." – Easton Corbin  
**I run:** because it's challenging and fun and I get to meet new people.  
**I race:** because it's a totally different feel from just training. The energy and the people make it an experience of its own.  
**Most people don't know that:** for me, it's not about running fast as much as just getting out and doing it.  
**Claim to Fame:** His dad is former CTC Prez and new Long Runner Sujeel "Obi-Wan" Taj!

## Youth Male Runner of the Year



JUSTIN COLLINS

**Occupation:** Student  
**Years running:** Four  
**No. of years as a CTC member:** Two  
**Favorite distance to race:** 5K  
**Favorite race:** The Trojan Run 5K. It's a great course with some killer hills...not to mention all my friends and teammates run in it!  
**Favorite CTC race:** the Chickamauga Chase. Fast and flat course!  
**Most memorable race:** State, during 2016 cross-country season – because it was my last race in high school. My most memorable road race was at J-Fest last year because I got to run with close friends and go to a concert after the run.  
**Racing Anthem:** What else? "Eye of the Tiger!"  
**Quote:** "To give anything less than your best is to sacrifice the gift" – Steve Prefontaine  
**I run:** to stay in shape, to stay healthy, and to be outdoors.  
**I race:** to meet all my competitors and set PR's.  
**Most people don't know that I:** gave up baseball to run.  
**Justin adds:** I started running at the beginning of my freshman year in high school. Back then, my times were not all that impressive. My 5K PR was just below a 21:30 and my mile was a 6 flat. I took inspiration from seeing all the great runners at the races and at my school, and I took to training seriously. Since then I have gotten my 5K PR to an 18:07, my mile PR down to a 5:01 and my 2-mile PR to an 11:07. I hope to continue setting PRs for many years to come.

## Young Adult Female Runner of the Year



ANNE CAMPEAU

**Occupation:** Engineer  
**Years running:** Eight  
**No. of years as a CTC member:** Four  
**Favorite distance to race:** Half Marathon  
**Favorite race:** The old Scenic City Half Marathon! I loved the route and time of year for that race.  
**Favorite current CTC race:** The Chattanooga Chase. It's a great distance for most runners and the course is so unique. It's got a little bit of everything... hills, flats, curves, scenery, people cheering, and delicious post-race food!  
**Most memorable race:** I volunteered with the CTC for the city's first Ironman at a run station, had a great time handing out bananas and water with the club members, and was inspired... inspired enough to sign up for the 2015 race the next day, train for a year, and race it! It was an awesome experience! I wouldn't have dreamed that it would be possible if I hadn't been a CTC member.  
**Racing Anthem:** "Enter Sandman" by Metallica, and "Party Up" by DMX! [Note from The Management: YEAH!!]  
**Quote/Motto:** "Just keep swimming, just keep swimming" – Dory  
**I run:** because I love food (and wine)!  
**I race:** occasionally – but always have fun!  
**Most people don't know that I:** have always wanted to be an astronaut and have applied twice for NASA! [Note from The Management: Anne, let us know when you're accepted, and we'll run the Rocket City Marathon in your honor!]

## Young Adult Male Runner of the Year



JONATHAN HUTCHINS

**Occupation:** Application Developer and Student  
**Years running:** Two  
**No. of years as a CTC member:** Two  
**Favorite distance to race:** Half-Marathon  
**Favorite race:** The Chickamauga Half-Marathon. Great course, well organized, my first race, great distance!  
**Most memorable race:** The Chickamauga Half-Marathon  
**Quote/Motto:** "It never gets easier. You just get better." – Unknown  
**Racing Anthem:** "Till I Collapse" – Eminem ("Cause sometimes you just feel tired, feel weak, and when you feel weak, you feel like you wanna just give up. But you gotta search within you, you gotta find that inner strength and just pull that ish;) out of you and get that motivation to not give up and not be a quitter, no matter how bad you wanna just fall flat on your face and collapse.")  
**I run:** to become more disciplined.  
**I race:** to keep a good perspective and be humbled by the other participants.  
*[Note from The Management: Jonathan, don't allow yourself to be humbled too much... or they're gonna beat you! Ha!]*



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**Adult Female Runner of the Year**



**JACLYN BECKLER**

**Occupation:** Resource Coordinator for foster kids, and dance teacher  
**Years running:** Five  
**No. of years as a CTC member:** Five  
**Favorite distance to race:** Half Marathon  
**Favorite races:** The Raccoon Mountain 10K Road Race, and the Signal Mountain "Pie Run"  
**Most memorable race:** The 2017 Chattanooga Half Marathon. PR'd by a lot!  
**Racing Anthem:** "Run Girl!" – Kelsy K ("...run girl, run away so fast don't waste a second thinking...")  
**Quote:** "At the end of the day, we can endure much more than we think we can." – Frida Kahlo  
**I run:** to stay sane.  
**I race:** to feel alive!  
**Most people don't know that I:** am obsessed with raffles. They may be more important than races!

**Adult Male Runner of the Year**



**ANDREW BAILEY**

*[Note from The Management: We didn't realise Andrew was from the UK until he stated how many years he had been racing! We love to read his accent. Ha!]*  
**Occupation:** Research Scientist  
**Years running:** On and off since school where I played rugby, so running was more typically a warm-up, or fitness related – who doesn't love shuttle runs?  
*[Note from The Management: Yikes! We never heard of a shuttle run! But we looked it up on YouTube, and it reminds us an awful lot of doggie flyball!]*  
**No. of years as a CTC member:** Last year was my first year!  
**Favorite distance to race:** 5km  
**Favorite race:** It's not really a race, but my favourite timed run (there is a difference!) is the Newbury parkrun (Newbury is in the UK, approx. 60 miles west of London).  
**Favorite CTC race:** One thing that I've learnt since moving to Chattanooga is that route planners here like a race with a decent hill! That said, I think my favourite (so far) has to be the Chickamauga Chase. I think this is probably because it was one of my first races after arriving in Chattanooga (and was also my first visit to the Battlefield too). The race (and its awards!) really ties into the history of the area, the location is great, and the weather when I ran was awesome.  
**Most memorable race:** Hmmm, this is a difficult one. I have a few that stick in my mind for various reasons but I'll pick one – the 2012 Goring 10km, which was my wife's first ever race (so I ran with her). It was an undulating course and it poured with rain the whole way around. Just when it didn't seem like it could get worse, it started snowing.  
**Quote:** "When it hurts it's better to slow down but keep moving, than to stop and try to get started again." *[Note from The Management: Sounds like an original quote from Andrew himself. If he hasn't done a 50-miler yet, he'll do great when he does because he GETS it!]*  
**I run:** ...sporadically, by which I mean I will get really into training, feel really good, do a few races, and then my motivation disappears. Then I take an extended break, which means I have to go through the whole getting-back-in-shape process again.  
**I race:** to give myself a target.  
**Most people don't know that I:** once walked the width of England for my first holiday with my now wife. (It's not that far in places!) *[Note from The Management: We have discerned that the width of England is approximately 437K, which is no small po-tah-toes. By Jove, we think he's ready for the Vol State 500K Road Race!]*  
**Andrew adds:** After reading about my favourite race, most people might be wondering what a parkrun is so I should explain – parkrun ([www.parkrun.com](http://www.parkrun.com)) is a not-for-profit which organises free weekly timed 5km runs. These have really taken off in the UK over the past few years. What started as a run with 14 participants in Bushy Park, London has since expanded to have nearly 450 runs in the UK, and has spread to 13 other countries (including a small number in the USA!). It is a truly inclusive event with all ages and levels of runners and walkers taking part. I count myself as lucky that the CTC has the same sense of community, but if anyone ever finds themselves looking for a run on a Saturday morning in the UK give a parkrun a go! *[Note from The Management: Andrew, we look forward to your organising a parkrun in Chattanooga... come to a CTC Board meeting and let's chat about it!]*

## Masters Female Runner of the Year



LISA "LEGS" LOGAN

**Occupation:** High School Assistant Principal  
**Years running:** 20+  
**No. of years as a CTC member:** Four  
**No. of approx. racing miles and/or races completed to date:** Over 170 races, including 33 marathons (four Boston) and 44 half marathons.  
**Favorite distance to race:** Half Marathon. I don't think I'm fast enough to race a 5K but I can sustain a pace for a half.  
**Favorite race:** I can't pick just one. The Chickamauga Battlefield Half Marathon/Marathon is one of my favorites because I love running in the park so much, and because it was my very first marathon. I love the Oak Barrel Half Marathon and the Southern Tennessee Plunge Half Marathon because their routes wind through childhood stomping grounds. Running them is like running down memory lane every year.  
**Most memorable race:** The 2012 Southern Tennessee Plunge Marathon. It was full of firsts. It was my first marathon in the Master's Category. It was the first time I broke 3:30 with a 3:29 finish. It was also the first time I was the overall female winner in a race. Also, during the first mile I started talking to a guy named Paul who ran with me until mile 14, when he told me that I "was holding him back." He took off, but when he finished he came back out and ran the last quarter of a mile with me. I was absolutely inspired by him. He was 63 year old and had finished in 3:27, but he told tales of having been 40 and overweight, and he talked about the changes he decided to make in his life.  
**Quote/Motto:** I don't really have one, but during a race I tell myself "I can do anything for \_\_\_\_\_." I fill in the blank with my goal time for the race.  
**I run:** "because it's easier than eating less," is my standard answer. The real answer is I run to be a healthier example to my children than my mom was to me, and running is my favorite form of exercise.  
**I race:** to remind myself that age is just a number.  
**Most people don't know that I:** have a doctorate in education.

## Masters Male Runner of the Year



RYAN SHRUM

**Occupation:** Sales Rep at Icemakers Inc.  
**Years running:** approximately 14  
**No. of years as a CTC member:** approximately ten [Note from The Management: he is a respected member of The Establishment now, but we remember him from way back when... when he was a skinny speedster with a long ponytail! (Not much has changed, except the ponytail is gone now!)]  
**Favorite distance to race:** Marathon  
**Favorite race:** Boston Marathon  
**Favorite CTC race:** Chickamauga Battlefield Marathon  
**Most memorable races:** The 2012 Chickamauga Battlefield Marathon, because it was my first sub-3 hour marathon, and The 2013 Boston Marathon, because it was a perfect day for running and several of my friends and fellow CTC members were running Boston that day as well. I had a good race, finishing in 2:57, and felt pretty good at the finish. Then, while relaxing in the park a little while later, I heard the bombs go off. Everything changed in an instant. It was truly a surreal experience, and the roller coaster of emotions I felt that day are forever ingrained in my mind.  
**Racing Anthem:** "The Loneliness of the Long Distance Runner," – Iron Maiden  
**Quote:** "Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic." – Tim Noakes  
**I run:** for a healthy body and a clear mind.  
**I race:** to test my limits.  
**Most people don't know that I:** don't like ice cream and used to show horses as a kid.  
**Our Prediction:** Ryan will be the second CTC member after Bud Wisseman to join the prestigious Boston Quarter Century Club.

## Grandmasters Female Runner of the Year



**KAREN LEAVITT**  
**Occupation:** a) Commercial Real Estate Consultant, b) Professional Organizer, c) HS XC & Track Coach and d) Personal Running Coach  
**Years running:** 42  
**No. of years as a CTC member:** Two  
**Claim to Fame:** Olympic Marathon Trials, 1988.  
**Favorite distance to race:** Now it's a 5K!  
**Favorite race:** Hard to narrow it down, but probably the Indianapolis Mini Marathon (13.1m). I won it a couple of times and it was in my adopted hometown. I also love the River-to-River Relay... it is 80 miles with 8 runners on the team, and I have run 7 of the 8 legs over the years.  
**Favorite CTC race:** Either the Chickamauga Chase 15K (it was my first race after I moved here) or the Moccasin Bend 10K (flat course!).

## KAREN LEAVITT (Cont.)

**Most memorable race:** Probably the Twin Cities Marathon, since it was where I ran my best marathon and qualified for the Olympic Trials.  
**Racing Anthem:** "Freedom Song," by Mandisa! She has several others that are awesome!  
**Quote:** 2 Cor 4:17 – "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all."  
**I run:** ...because I can! It is a gift.  
**I race:** ...because I like to push myself and see what I can achieve.  
**Most people don't know that I:** was not a very good runner for my first six years of running, and that I quit the track team my freshman year of college because of issues with my coach. A couple of my teammates talked me into coming back. My life would have had a very different path if I hadn't re-joined the team and persevered.  
**Karen adds:** Running is a great way to meet people and make friends. Some of my best friends are people I've gotten to know through running – including my husband! It is also a great way to live life to the fullest, get out and see God's amazing creations, and explore while traveling. I can't imagine my life without running. Even though I am much slower than I used to be, I am thankful I can still run. I hope to be doing it until I die! [Note from The Management: Hear! Hear!!] Also, the CTC is a fantastic group of runners! I am so thankful to be a part of it!

## Grandmasters Male Runner of the Year



HENRY LYNN

**Occupation:** Certified Health Physicist with the US Nuclear Regulatory Commission  
**Years running:** Five  
**No. of years as a CTC member:** Three  
**Favorite distance to race:** Marathon  
**Favorite race:** The Marine Corps Marathon. I am a Navy veteran and I feel a close kinship to the Marines. The MCM and the Marines do a great job with the race. I especially love the "blue mile," where signs are posted with the names and pictures of marines that gave their lives for our freedoms.  
**Favorite CTC race:** The 65 Roses 5k in Cleveland, Tennessee, to benefit the Cystic Fibrosis Foundation. My cousin passed away in 2008 from the effects of Cystic Fibrosis. I have been involved with the race or walk every year since then in his memory and to support finding cures for CF.  
**Most memorable race:** The 2012 St. Jude's Country Music 1/2 Marathon in Nashville, Tennessee - I only ran it because my daughter, Becca, signed up to run it first. After that, I was hooked on endurance races. (And I'm still trying to get my kids to run one with me...)  
**Quote:** 1 Timothy 4:7 – "I have fought the good fight, I have finished the race, I have kept the faith."  
**I run:** for my health.  
**I race:** ...to continually find the motivation to run and for the fantastic camaraderie.  
**Most people don't know that I:** was an extra in the movie "October Sky" with Jake Gyllenhaal.  
**Henry adds:** I have now completed seven marathons, but I am continually learning how to run. I read a lot about running, but I have learned the most useful information from my fellow runners, like Aaron Mercer, who paced me in my first marathon, and fellow CTC members: Truman Smith, John Crawley and Tommy Nichols, just to name a few. Ultimately, I aspire to qualify for Boston, but I am afraid I will have to get older (without slowing down) since I'm not getting any faster... Besides Boston being the ultimate marathon, I am also a huge Red Sox fan since I served in the USN aboard the submarine USS Boston (SSN 703). Finally, my only comments for the CTC would be to please keep up the great work! I have never been around an organization and volunteers that were more dedicated!

## Senior Grandmasters Female Runner of the Year



CONNIE REGAL

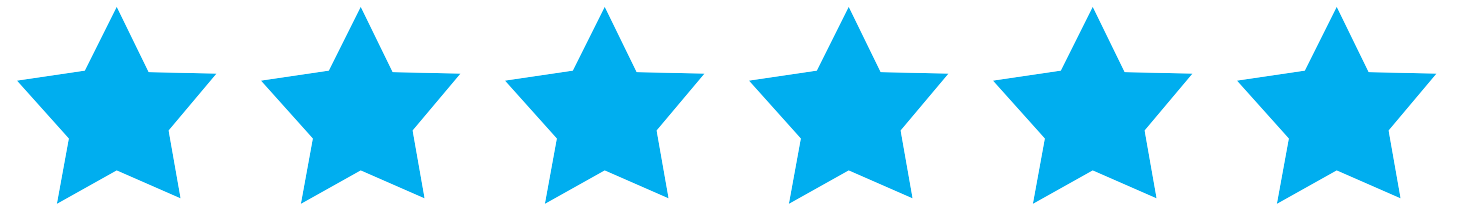
**Occupation:** 7th grade teacher at Silverdale Baptist Academy  
**Years running:** 43  
**No. of years as a CTC member:** Two  
**Favorite distance to race:** 10K  
**Favorite Race:** Chickamauga Chase 15K ... I love the historical atmosphere!  
**Most memorable race:** The Market Street Mile! My daughter, Deanna Brown, and I wear our red tutus to support the American Heart Association. In the fun run we always 'grande jete' over the finish line!  
**Quote:** "Let us run with perseverance the race marked out for us." – Hebrews 12:1  
**Most people don't know that I:** ...was a former ballet dancer! ...And so was my daughter, Deanna!  
**Connie adds:** Running has always been a very positive part of my life. As a former ballet dancer with a ballet company, I ran to improve my endurance for my performances. I fell in love with running and it has become a part of my life for the last 43 years. I've only become a CTC member in the last two years... Jane Webb, with that vivacious personality and smile, signed me up and encouraged me to race. Dean Thompson, founder of Run for God, has given me training plans for 5K, 10K, and 1/2 marathons, along with a devotional book that shares how our relationship with God parallels with running. My husband, Tim, whom I dearly love, is my coach and encourager, and helps me balance life. I love being a part of the Chattanooga running community and I love how everyone supports and encourages one another! [Note from The Management: Connie... Hear! Hear!!]





# CHATTANOOGA CHASE

Chattanooga Chase race results are at [ChattanoogaTrackClub.org](http://ChattanoogaTrackClub.org)



On behalf of the great Chattanooga Chase, I'd like to thank the Chattanooga Track Club and all the volunteers who made the 50th running the best race yet! With more than 800 folks registered, 796 finishers, and hundreds on hand to witness the day, this year's Chase ranked highest in attendance. It's been an honor to witness the resurgence of this Chattanooga original and the growth of our future running community.

The proceeds of this year's Chase are funding the Chattanooga Track Club's elementary cross country series held in the fall. We believe that it is critical for the health of our participants and running community that we invest in the future of running in our city. Lastly, special thanks to all the wonderful community sponsors who made the day exciting, enjoyable, and historic. Here's to another 50 years!

Alan Outlaw, Race Director



photo credit: Dennis Norwood/ Chattanooga.com



photo credit: Fast Break Athletics



photo credit: Fast Break Athletics



photo credit: Tennessee Sports Pics



photo credit: Tennessee Sports Pics



photo credit: Fast Break Athletics





Vivian Pettigrew claiming her club t-shirt. New and renewing members receive an exclusive CTC technical shirt. *Jane Webb photo*



CTC members were recognized for outstanding achievements in the running community by the RRCA at their national convention earlier this year. Sherilyn Johnson was named RRCA State Representative of the Year. Robert Gustafson, representing On My Own 2 Feet, accepted the award for Best New Running Program.



CTC members were again an important part of Chattanooga's Ironman race. Many volunteers staffed the club's runner aid station at Battery Place. *Stacey Malecky photo*



Easter weekend was the date for 2017's Locomotion 12 & 6 Ultra Race. Lynda Webber was in the holiday spirit during her run. *Ron Branam photo*



Volunteers and participants in On My Own 2 Feet gather for a weekly group run. OMO2F is a running program supported by the Track Club. *Jane Webb photo*



Stacey Malecky leads students at Chattanooga Christian School in activities during Playground Day, hosted by GameTime and Chattanooga Track Club. *GameTime photo*

**5K for FCA**

sponsored by **FRONT RUNNER ATHLETICS**



## Saturday, September 2nd Chattanooga State Campus



5K Timed Race  
1K Junior Marathon  
Kiddy K Race

Family Friendly Atmosphere  
Prizes for top 3 in each age group



**For more info:  
ChattanoogaFCA.org/race**



Chattanooga Track Club  
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# RACE CALENDAR

Race dates are verified but might change.  
 Please visit [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)  
 for the latest information on races and events.



## LEGEND

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


### MAY

29 Chattanooga Chase 


### JUNE

17 CSMO Riverbend Run   
 25 Chattanooga Waterfront Triathlon 



### JULY

22 Scenic City Scorcher 



### AUGUST

12 Missionary Ridge Road Race 



### SEPTEMBER

02 FCA 5k   
 23 Raccoon Mtn. Road Race 

### OCTOBER

07 Moccasin Bend Fall Classic 10k   
 21 Signal Mountain Pie Run 

### NOVEMBER

11 Battlefield Full/Half & 5k   
 23 Sports Barn Turkey Trot 

### DECEMBER

16 Wauhatchie Trail Run 