

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JOGGING AROUND

WHY I RUN: STEVE SMALLING

WHEN THE FOOT HITS THE GROUND

CTC RACE TEAM

RACE RESULTS



CHATTANOOGA TRACK CLUB

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JOGGING AROUND

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

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Chattanooga Track Club Mission Statement

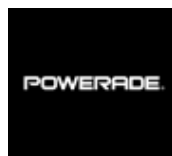
The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal.

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

For information about the Chattanooga Track Club visit:
www.chattanoogatrackclub.org

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FROM THE

CLUB PRESIDENT

Happy New Year! As President of a soon to be 50 year old organization, it seems appropriate to kick the year off with something to inspire each of you to strive for greatness in 2018. What goals have you set? Will you run your first mile, 5k, 10k, Half Marathon, Full Marathon or Ultra? How will you train this year – alone or with a group? Will you be trying out a new gadget or like some of you – myself included – run gadget free? I know that’s just crazy. If you are a seasoned runner, will you reach back and encourage someone else to give it a shot, touting the benefits, the endorphins, the friendships, the pure sense of accomplishment? Whatever your plan is to be active this year, I will say that through running and the community that supports running I have made life-long friends, been pushed beyond my self-determined limits and experienced the positive self-regard for helping other runners achieve their goals.

Running has connected me to this organization and hundreds of people who, like me, have a passion for being active, for engaging and supporting others toward a healthy lifestyle and for being part of a community that embraces running and overall fitness.

As many of your know, it has taken decades, strong leadership and determination to lay the groundwork for recreational and competitive running in this community, a foundation the Chattanooga Track Club proudly helped establish over fifty years ago in a city that was declared to have the worst pollution in America (i.e., not the best environment for running). That did not stop our founders, past presidents and boards of directors from taking the then “shadow sport” to the streets, literally, instituting the Chattanooga Chase 5 miler in 1968 and Chickamauga Chase 10 miler in 1969, followed by several other distance races including the Missionary Ridge Road race.

Today, with 15 races, a bi-annual training program, weekly group running program, clinics, special programs such as *On My Own Two Feet*, social events plus our new Youth Running Program, we have a lot to keep us, our community and those from other cities engaged and motivated to set personal goals, connected to like-minded people and active in a variety of races produced by runners for runners, many that are nationally recognized championship events.

It takes a lot of volunteer hours, sweat, moon pies and tears to fulfill our mission: keeping up a website, registration system, volunteer system and newsletter, providing consistent and interesting communication, putting on our races, supporting 3rd party races, organizing and supporting training programs among the many other things we do to promote running and overall fitness. Over the next year, I welcome and encourage your involvement at every level. Check out our race calendar, training group opportunities, volunteer opportunities and other resources at RunCTC.org. Join one of our committees and if you are not currently a CTC member, consider it. The benefits well outweigh the price of membership. And, you’ll know you are contributing to a worthwhile, solid organization that is having a positive impact on the health and well-being of our community.

Last but not least, I am honored and inspired to be working with the 2018 Board of Directors to lead the Chattanooga Track Club in its 50th Year of Running in the Scenic City. We look forward to helping provide the support, programs and resources you need to Go Farther this year and beyond. Happy Running!

Jenni Berz is CTC President and 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.



ON THE COVER

The CTC Annual Membership Banquet was held in January. Party goers Jason Liggins and Jane Webb helped celebrate another great year for the club and its members.

WHY I RUN

Steve Smalling

Sujeel's request that I write a brief runner's autobiography must be a testament to my reputation for finishing writing assignments before the publishing deadline, because my running ability is altogether unremarkable. From the mid 1980's when I started running until the early 2000's, CTC results were compiled manually using numbered index cards. My goal was to get listed in the results, which rarely happened, because only the top twenty age group times were recorded. My best 10K, 44:12 in the 1993 Provident Heart Run, did get recorded.



Running gives me needed exercise, but I could accomplish the same on a stationary bike. **Why do I run?** Running provides solitude, time to think, plan, and generate ideas. Writing is one of my hobbies, and I create outlines mentally while I run, such as the plan for this article. I never wear headphones, because running with headphones is dangerous, but it also interferes with the solitude. Running lets me see and hear many things that get zoomed past in a car.

Running provides a reason to visit beautiful and often remote places that I would never see otherwise. Surgoinsville and Strawberry Plains in Tennessee come to mind, as well as Mooresville and Monte Sano near Huntsville AL, and Murphy NC. Some of my favorite events are the Tennessee State Park Running Tour races, which start at 11am on Saturdays at twenty-one state parks, from October until the first Saturday of March. The last race is always a 15K at Fall Creek Falls, followed by an evening dinner and awards ceremony for the series. Over the years, I've run at fourteen Tennessee state parks, such as Cumberland Mountain, Tims Ford, Norris Dam, Chickasaw, Cedars of Lebanon, and Montgomery Bell, among others. Besides visiting the parks, part of the fun is traveling on backroads through small towns, then meeting runners from throughout Tennessee who run multiple races in the series.

Running provides a means to meet interesting people across a broad range of ages. Being around 25 year olds keeps me young, and seeing 75 year olds participating keeps me motivated and optimistic about maintaining health and vigor during the coming decades.

The 1980 Expo 10,000 in Knoxville was my first race, but I didn't run consistently until the spring of 1985, with encouragement of classmates in graduate school at the University of Pennsylvania. As I was prone to do in my 20's, I attacked the new hobby intently and enthusiastically, so much so that within six months, I ran the New York City Marathon. My training regimen included 10 miles per day in the summer in Hoboken NJ, and New York Road Runners Club races on Saturdays.

I lost so much weight that when I visited my parents, they feared I had cancer. The dedication paid off, as I finished the 1985 Philadelphia Distance Run in 1:38:30, a race in which the half marathon world record was set. A few weeks later, at the starting line for the New York City Marathon, the runner next to me asked: "Are you going to wear those shoes this entire race?" "Yes, why?" He just shook his head. Being a clueless novice, I wore shoes



more suited for a two mile jog. Having been told to pace myself, not start too fast, and drink water at every station, I finished with a gun time of 3:46:41, and decided immediately that my marathon career was over.

Finishing last in my age group happens sometimes, especially in winter when the field gets trimmed to mostly serious runners. It's not bad when I consider that I outran thousands who chose not to participate. Even an ordinary runner can have goals. My most recent was to run a certified 10K in fewer minutes than my age in years. After an admittedly halfhearted effort for eight years, I worked harder in 2017 and succeeded, finishing races last September and October with 30 and 22 seconds to spare. My goal is to continue to "outrun my age" for many years.

Steve Smalling has been a CTC member since 2009, when he moved back home to Jasper from Memphis. He works as a financial analyst and enjoys reading non-fiction, hiking, and attending UT Vols' football and men's basketball games.



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Connect with Your Track Club!

It's hard to believe that 2017 has come and gone! My parents always said "When you get older, time goes by fast." As a kid I thought that was stupid and now as an adult it makes total sense.

Make sure to visit the "CTC on the Go!" Facebook page and add your races to the 2018 Member Race Calendar because we love being able to cheer our members on. Plus, this is a great way to connect with other members who might have questions about the race you have signed up for or you might be able to car pool to races. Speaking of races, have you signed up for our first race of the year, the Locomotion 6 and 12 hour Event? What I love most about this race is you can sign up as a team, so grab some friends and let's start training!

If you would like to be featured in our weekly newsletter as our GO FARTHER member, send me a picture at VPCcommunications@chattanoogaogatrackclub.org

See you out running!

Beth

*Beth Petty is CTC Vice-president of Communication.
VPCcommunication@chattanoogaogatrackclub.org*



Happy New Year, From the Membership Committee!

Our members make this club one of a kind and a special organization to be part of. I have been an active member of the Chattanooga Track Club since 2014 and feel honored to be working closely with the board, committees, and members to make the club even better this year. We are already planning active outreach to members old and new in order to help grow our numbers. We have some exciting programs and incentives in the works to help us reach this goal.

A large part of the success of our club, races, and other events is due to our members. If you would like to play a more active role in the club, by working with the membership committee, please feel free to contact me via the club email address. We have many opportunities for you to help out whether behind the scenes or at one of our track club events. If you have ideas about things we can do to make our club better for the members and the communities we support, please feel free to reach out to me.

Keep an eye out for upcoming membership events and opportunities in your weekly email!

Happy running!

Mandee

*Mandee Keith is CTC Vice-president of Membership.
VPMembership@chattanoogaogatrackclub.org*

CTC Committees Plan for a Busy 2018

It takes a lot of planning to make the many races and activities hosted each year by the CTC happen. The track club needs energetic folks who are passionate about supporting running in Chattanooga to join one of our committees. Choose your interest, there's a committee that's perfect for you and needs your help. Current track club committees include:

Membership

Communication

Races

Youth

Programming

Community Relations

For more information, visit RunCTC.org or contact any Chattanooga Track Club officer or director. Contact information is listed inside the front page of this newsletter.

WHY CTC RACES

Bill Brock

I think I will remember for many years to come Rick Loggins pointing out during a board retreat (back in the early 2000's), that putting on races was the most important thing that we did as a club. I took that statement to heart at that point and, on fuller examination over the ensuing years, I have come to much more appreciate and fully understand what Rick knew so well then.

History, for those of us who would look back, speaks that truth as the very basis for the club's formation in the late 60's. Joe McGinness, Dick Ramsey, Abner Oldham, Earl Marler, Jon Robere and many other running friends loved going to races in Atlanta and Knoxville to compete, but they also wanted to be able to compete in their own home town.



That was when the Chattanooga Chase was born, as well as the Chickamauga Chase, The Missionary Ridge Road Race, the Rock City Road Race and then the Chickamauga Battlefield Marathon and many other races to come.

Those events gave runners a chance to compete with one another and with themselves – improving their times and positions from event to event and year to year.

Today, there are running races in Chattanooga every weekend of the year. In fact, there have been times when some of our long-standing events have, themselves, been challenged by other events put on by other organizations for a variety of reasons (very often, to make money).

So, why do we still do it?

Why do we still work so hard to host our events throughout the year when there are tons of other event opportunities and we now have to work even harder to market against those events to protect our own calendar and our own events?

And don't doubt for a minute that we work very hard - virtually everything we do is done by hundreds of volunteers who commit thousands of hours together throughout the year to ensure CTC's events are always great.

In a nutshell, here's why:

We do it because we love it. We are runners. We love to run and we love to compete. We love to challenge each other and we love to grow, to become more – stronger, faster, more capable. We love supporting each other and encouraging each other and we love seeing our friends crossing the finish line almost as much as we love crossing it ourselves.

We are runners and we put on our events for ourselves because, frankly, no one else cares about doing it well as much as we do.

That's also why our events are almost always better than everyone else's events. It's not about cool posters, slick web sites, bling, glitz, glazed donuts or promised frills. It's about a shared passion for a healthy lifestyle that provides us fulfillment in so many areas of our lives from run to run, race to race, year in, year out.

Bill Brock is the CTC Vice-president of Races. He can be reached at VPRaces@chattanooga-trackclub.org



Race directors of the Chickamauga Battlefield Marathon present a donation to the 6th Calvary Museum on behalf of the CTC. Submitted photo.



Lynda Webber cooks up pancakes at the CTC's Marathon Training Kickoff event at the downtown Chattanooga Y. submitted photo.



2018 club officers inducted at the Annual Membership Banquet (l-r): Jason Liggins, Beth Petty, Dick Miller, Bill Brock, Jenni Berz, Mande Keith, Jennifer Heinzl. Photo by Tennessee Sports Pic's.



CTC Pioneer Award recipients at the Annual Membership Banquet (l-r): Jeff Richard, Pat Hagan, Richard Park, Sr. Tennessee Sports Pic's.

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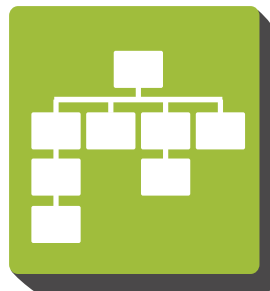


TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE

WHEN THE FOOT HITS THE GROUND:

Normal and Abnormal Foot Running Mechanics

Amanda Tate, PT, Center for Sports Medicine & Orthopaedics

AM I A PRONATOR OR A SUPINATOR?

That is an easy answer, hopefully both! Everyone should pronate and supinate when we run. When our foot is in a pronated position, the bones of the foot are unlocked and very flexible. When our foot is in a supinated position, the bones are locked and the foot is rigid.

NORMAL FOOT MECHANICS

When our foot first hits the ground, we land in a supinated position with the weight on the outside of the heel. After the heel hits the ground, our foot begins to pronate to bring the heel from the outside corner to a flat position. In this pronated position, the foot is flexible and allows the foot to absorb shock. Once the heel is flat, weight begins to shift to the front of the foot as it prepares for “toe off”. The foot at this time begins to re-supinate to make the foot stiff when as it pushes off from the ground. Problems occur when there is excessive pronation or supination, or they occur at the wrong time.



Excessive pronation present when running in cushion shoe

EXCESSIVE PRONATION

If you fit in this category, you may have been told that you have “flat feet” or “fallen arches”, but some arches may look normal and you still may fit in this category. In this particular scenario, the heel may land on the inside versus the outside and thus it never goes through the process of lowering the arch to allow for adequate shock absorption. The weight of the body tends to stay on the inside portion of the foot,

never supinating, even at push off. This makes the muscles, tendons, and ligaments work extra hard to make our foot more stable for push off. Typical injuries in this category are Achilles tendinitis, medial tibial stress syndrome (shin splints), plantar fasciitis, and even knee injuries.

EXCESSIVE SUPINATION

In this category, you land supinated and stay in that supinated position throughout the majority of the running cycle. Since the foot never pronates, it stays rigid throughout the running cycle and shock is poorly absorbed. Typical injuries in this category are stress fractures, ankle sprains, and injury to tendons on the outside portion of the foot.



Normal pronation when running in stability shoe

BAD TIMING

In the last category, the foot lands supinated, then pronates, and everything seems normal except for the foot never re-supinates. The foot stays pronated, so when the foot pushes off, it is pushing off something flexible and floppy instead of stiff and rigid. This is called late stance pronation, so you are pronating when you should be supinating. Again, we see similar types of injuries that occur in the over pronator.

INTERVENTION

In the excessive pronation or late stance pronation categories a stability shoe is typically helpful to provide support for the foot. A custom orthotic may also be helpful to prevent excessive or late stance pronation. Oversupinators are stiff and rigid, so this category needs cushion. A soft, neutral shoe that helps absorb shock would be appropriate for the over supinator. In some cases, a custom orthotic that may help the foot pronate or take stress off the outside of the foot may be appropriate.

WHERE DO YOU FIT IN?

Sometimes it is obvious, as your foot may be very flat or you may wear out the outside of your shoes. In other cases, it is subtle. If you are suffering from a running related injury, it is important to have a thorough assessment of your running biomechanics performed by a healthcare provider or physical therapist who specializes in running injuries.

WHERE CAN I RECEIVE A CLINICAL RUNNING ASSESSMENT?

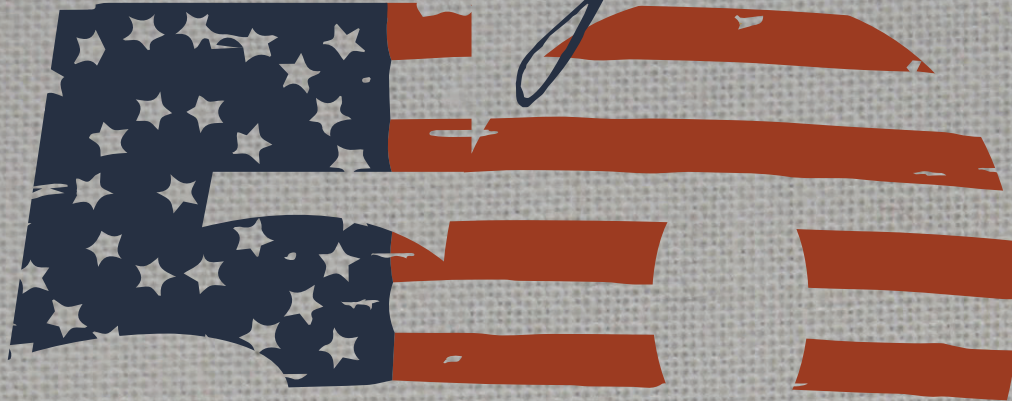
The Center for Sports Medicine & Orthopaedics employs Physical Therapists who specialize in treatment and assessment of the runner. Running Assessments are offered at the Hixson (423 624 2696 ext 7735) or Lee Highway Clinic (423 713 5639) by Physical Therapists Amanda Tate and Andy Gean. Contact either clinic to schedule your appointment. No referral is required.

Amanda Tate is a physical therapist for CSMO specializing in running injuries and custom foot orthotics and is also adjunct faculty for UTC physical therapy program. Amanda was a Division I collegiate runner and still enjoys running and competing. She is the mother of 3 boys, identical twins Elliot and Isaac (8) and Graham (5). Her husband, Jeremiah, is also a physical therapist and is faculty with UTC PT program.



Article author, Amanda Tate and family.

Chickamauga Chase



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1969 ~ 2018

April 21, 2018

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50th Running

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CHICKAMAUGA BATTLEFIELD
MARATHON

**Chickamauga Battlefield
Marathon and Half Marathon.**

MARATHON RESULTS

OVERALL FEMALE
1 Kaye Starosciak 3:06:20

OVERALL MALE
1 Jake Gillette 2:43:38

FEMALE MASTERS
1 Holly Swinea 3:27:10

MALE MASTERS
1 Peter Volgyesi 3:02:57

FEMALE GRAND MASTERS
1 Cindy McGovern 3:49:43

MALE GRAND MASTERS
1 Almis Ledas 3:28:07

FEMALE SENIOR GRAND MASTERS
1 Beth Henriksen 4:08:06

MALE SENIOR GRAND MASTERS
1 Jerry Cole 3:48:27

FEMALE AGE GROUP: 19 & UNDER
1 Katelyn Thompson 4:40:45

MALE AGE GROUP: 19 & UNDER
1 Jared Eddy 4:38:12

FEMALE AGE GROUP: 20 - 24
1 Megan Kleeschulte 3:27:56
2 Hannah Galt 3:59:31
3 Taylor Stalling 4:02:40
4 Nicole Stone 4:08:10
5 Julia Hellman 4:54:30
6 Taylor Walthour 5:27:27

MALE AGE GROUP: 20 - 24
1 Michael J Wilson 3:23:18
2 Matthew Sheets 3:24:29
3 Phillip Williams 3:31:32
4 Luke Wilson 3:45:02
5 Jesse Burroughs 3:45:44

6 Mitchell Beckman 3:55:13
7 Griffin Lovelady 4:50:06

FEMALE AGE GROUP: 25 - 29
1 Annette Kutilek 3:31:30
2 Marianne Sapra 3:52:19
3 Abigaile Wilson 3:55:52
4 Carrie Minnis 3:58:08
5 Lauren Clark 4:06:26
6 Laura Wagner 4:23:17
7 Kimberly Leuthold 4:47:07
8 Kelcee Smith 4:51:55
9 Bethany Camper 5:05:53
10 Erin Swinney 5:09:04
11 Amelia Wineinger 6:02:56

MALE AGE GROUP: 25 - 29
1 Ken Curran 2:44:39
2 Jonathan Hutchins 3:09:53
3 Michael Gude 3:42:59
4 Michael Broder 3:45:59
5 John Crouch 3:48:07
6 Greg McKinney 3:56:51
7 Christopher Hancock 4:11:10
8 Derek Wright 4:16:37
9 Colin Eddy 4:33:39
10 Rob Griffin 4:40:51
11 Dustin Bates 4:51:14
12 Kolby Watt 5:10:20
13 Sean Plunkett 5:10:20
14 Wilson Perry 5:10:20
15 Adrian Bailey 6:20:44

FEMALE AGE GROUP: 30 - 34
1 Sarah Getty 3:09:48
2 Andrea May 3:22:23
3 Kathleen Fisher 3:27:30
4 Shannon O'Brien 3:29:32
5 Melanie Wagner 3:38:18
6 Laurie Johnson 3:38:45
7 Julie Russ 3:41:53
8 Katie Moore 3:55:52
9 Lori Herwehe 4:11:31
10 Krystal Applebaum 4:16:27
11 Emily Thornton 4:17:00
12 Cyasha Brown 4:50:38
13 Amy Parker 4:59:25
14 Heather Shoemaker 4:59:48
15 Christina Griffith 5:07:58
16 Randi Copeland 5:11:46

17 Amber Regal 5:17:30
18 Rebecca Bell 5:43:37
19 Stephanie Carter 5:53:04
20 Pamela Smithson 6:18:05

MALE AGE GROUP: 30 - 34
1 Adam Veron 3:03:35
2 Scott Mason 3:11:45
3 Nathan Hermance 3:17:18
4 Michael Young 3:59:37
5 Brian Stoddard 4:07:45
6 Chris Byers 4:31:13
7 Caleb Stambaugh 4:53:58
8 Brandon Eaves 5:19:47
9 Shawn Hartsell 5:58:53
10 Charles Tankersley 6:29:24

FEMALE AGE GROUP: 35 - 39
1 Tara Harris 3:12:19
2 Jennifer Crain 3:33:30
3 Heather Grazzini-Sims 3:33:41
4 Mindy Freeman 3:35:35
5 Sondra Lyness 3:48:23
6 Amanda Back 3:54:40
7 Erin Worley 4:00:17
8 Jennifer Wonn 4:01:01
9 Frances Franks 4:25:55
10 Victoria Mudd 4:26:26
11 Jacque Hartley 4:35:02
12 Dana Brewer 4:45:56
13 Kathleen Phillips 4:45:57
14 Brittania Bintz 4:58:23
15 Lindy Liu 4:59:18
16 Heather Whaley 4:59:25

MALE AGE GROUP: 35 - 39
1 Clint Hawkins 2:58:30
2 Jason Mayfield 3:00:47
3 Ryan McGinnis 3:04:20
4 Eric Cole 3:10:49
5 Jj Johnson 3:16:59
6 Tex Sammons 3:24:47
7 Adam Webb 3:24:49
8 Matt Kelso 3:27:26
9 Andy Hamilton 3:31:55
10 Patrick Kontovich 3:36:58
11 Chad Presley 3:41:51
12 Cesar Vasquez 3:45:03
13 David Phillips 3:49:00
14 Jarrod Clark 3:59:07
15 Davis Salt 4:25:00
16 Nick Olson 4:27:30
17 Jason Hartman 4:28:25
18 Keith Guillot 4:29:32
19 John Rideout 4:32:38
20 Jonathan Waller 4:41:18
21 Jordan Allen 4:43:17
22 Wesley Bintz 4:58:23
23 Eldon Brunton 5:05:07
24 Melvin Johnson 5:26:03

FEMALE AGE GROUP: 40 - 44
1 Rachel Negron 3:47:55
2 Marilou Ledford 3:48:27
3 Shelley Stanko 3:49:23
4 Chelsea Whitley 3:56:14
5 Suzie Henderson 4:01:12
6 Jackie Newman 4:26:29
7 Sarah Brennfleck 4:28:51
8 Heather Calhoun 4:43:03
9 Beth House 4:56:09

10 Catrin Jensen 4:57:01
11 Gina Mangum 5:04:31
12 Amber Raines 5:14:28
13 Melissa Walthour 5:27:27
14 Julia Pope 6:01:10
15 Tabatha Bright 6:18:30
16 Jennifer Heinzl 6:47:27

MALE AGE GROUP: 40 - 44
1 Jason Dresnok 3:04:03
2 Michael Schmutzer 3:11:14
3 Jason Webb 3:12:03
4 Tom Schulz 3:24:18
5 Shane Newberry 3:35:12
6 Alfred Tell 3:35:59
7 Ed Stanko 3:41:51
8 Jason Weil 3:45:22
9 Adam Coatney-Schule 3:48:59
10 David Berkowitz 3:50:50
11 Scott MacKintosh 3:51:49
12 Tim Willis 3:51:57
13 Art Jur 3:52:11
14 Jason Flato 3:58:50
15 Tony Gabbert 4:00:53
16 Greg Long 4:14:32
17 Mike Hunsberger 4:21:53
18 Chad Howe 4:27:39
19 James Ayers 4:27:47
20 Joey Rainwater 4:27:58
21 Corey Weldon 4:29:22
22 Robert Archibald 4:29:35
23 Donald Srp 4:39:17
24 Caleb Billingsley 4:41:24
25 Justin Williams 4:43:11
26 Andrew Combs 4:54:57
27 Andrew Fisher 4:58:54
28 Corey Dobbs 5:02:22
29 Adam Shucard 5:09:39
30 Jason Sullivan 5:14:06
31 Mike Raines 5:14:28
32 Todd Foster 6:00:23
33 Xiao Tu 6:03:58
34 Brad Mayfield 6:04:49
35 Joseph Graham 6:30:50

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1 Samantha Godwin 3:30:12
2 Lisa Logan 3:38:26
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7 Susan Gustavson 4:48:13
8 Eleni Debord 4:48:58
9 Christa Sullins 4:56:21
10 Sherry Coldron 4:57:27
11 Regina Molden 5:02:39
12 Anna Millard 5:09:04
13 Lisa Capehart 5:24:36
14 Leslie Kelly 5:24:36
15 Missy Sanders 5:25:05
16 Amanda Lawrence 6:43:07

MALE AGE GROUP: 45 - 49
1 Sean Ryan 3:21:29
2 Scott Hamby 3:29:17
3 David Hartman 3:36:51
4 Steve Strickler 3:37:15

Race results continued on page 12

IT'S ONLY COLD WHEN YOU'RE STANDING STILL

Debbie Thompson

I've had the pleasure of traveling with the Chattanooga Track Club's race team for the last eight years as they've competed at the annual USA Track & Field National Cross Country Club Championships races.

Traveling from coast to coast, we've encountered an array of weather conditions. We've experienced rain, snow, warm races and windy ones too. But at this year's race, held on December 9th at Masterson Station Park in Lexington, KY, it was FREEZING! To say there was a chill in the air is an understatement. It was 20° with a wind chill of 10°, and 17 mph wind gusts. Luckily, Dean and I brought our Run for God tent with side panels, along with a propane heater, which turned out to not only be popular with our team, but also with runners from other teams as we huddled inside in an attempt to avoid frostbite.

As the morning proceeded, the wind chill reached a balmy 22° by the time Captain Tim Ensign led the charge as the masters' teams (40+ & 50+) set out across the frosty 10K course. Our 40+ team finished 13th overall, led by Rodney Stoker with a time of 34:37. The 50+ team finished a strong 9th. Our fearless and spirited leader, Tim Ensign, was the team's top finisher with a time of 37:10.

Finishing out the 40+ & 50+ masters teams were Stewart Ellington (35:19), Brian Sydow (37:26), Ryan Shrum (37:30), Dean Thompson (37:35), Tripp McCallie (38:40), Brent Bueche (38:44), Hugh Enicks (39:40), and James Wooldridge (40:23).

This was the first year that we've had a CTC women's race team! The ladies took 27th place in the Women's Open 6K

with Victoria Winslow finishing with a time of 22:19, followed by Jessica Marlier (22:32), Rachel Mason (23:02), Paige Thompson (23:43) and Jennifer Huwe (23:47).

Not only was it cold and windy, it began snowing during the last race of the day, the Men's Open 10K. Our team finished in 37th place, led by Lucas Cotter with a time of 32:42, followed by John Gilpin (32:59), Ethan Coffey (32:59), Paul Stuart (34:12), Jack McAfee (34:23), Andy Highlander (35:10), and Kevin Huwe (35:23).

It was wonderful to have friends and family members of some of our runners with us in Kentucky this year. If you haven't been to this national race, I invite you to join us. The camaraderie between these runners is something special to be a part of, and they love it when they have people cheering for them along the course. Our 2018 race will be on December 8th in Spokane, WA. If you plan on traveling there with us, I recommend that you wear your insulated underwear, parka, gloves, snow boots, and bring lots of HotHands. I have a feeling it's going to be another cold one, but I promise, it will be worth it.

Debbie Thompson

Team Mom, Photographer and Bag Guardian

Debbie Thompson works at Shaw Industries and enjoys photography, gardening and spending time with her four grandsons. She and her husband, Dean, like to travel, work on home projects, hang out with their dog, Flo Jo, and are active in their church and with Run for God.



Jessica Marlier, Jennifer Huwe, Paige Thompson, Rachel Mason, Victoria Winslow



Hugh Enicks, Ryan Shrum, Tim Ensign, Dean Thompson, Brent Bueche



Jim Woolridge, Brian Sydow, Hugh Enicks, Tim Ensign, Tripp McCallie, Brent Beuche, Dean Thompson, Ryan Shrum. not pictured, Stewart Ellington, Rodney Stoker



Lucas Cotter, Andy Highlander, Paul Stuart, John Gilpin, Ethan Coffey, Kevin Huwe, Jack McAfee

CTC RACE TEAMS REPRESENTS US WELL

Tim Ensign

“If you want to win a race, you have to go a little bit crazy.” Bill Rogers, 4-time winner, Boston Marathon Taking the advice of Boston Billy, the fast boys and girls on the CTC Race team went loco a lot in 2018, routinely winding up in the front of the pack in area races.

Familiar faces – Runner of the Year Dean Thompson, Ryan Shrum, Jessica Marlier – saw plenty of podium time again, but there were also fleet-footed folks who are relatively new to the local race scene – Rachel Mason, Victoria Winslow, Ryan McGinnis, Jenny Gentry, to name a few– all had outstanding years.

The race team members sported their CTC singlets far and wide -- Katie Outlaw at the Philadelphia Marathon, Bill Minehan running a half in Ireland to (and downing a pint or two, we’d wager), Ryan Shrum at the Boston Marathon, Jeremy Miller rocking it at Rocket City, Sherrie Rahbe completing at tough 50-miler at the Tortoise and Hare ultra in Georgia, and many other races here and yonder. For the CTC, the year culminated in our participation in the USTAF Cross Country Club National Championships in Lexington, Kentucky. We had our largest contingent ever for this race, which attracts hundreds of the top runners from clubs across the country.

At this year’s race, we fielded our first-ever Chattanooga Track Club women’s team (see photo). Thanks to Victoria, Jessica, Rachel, Paige Thompson and Jennifer Huwe for braving the cold and representing us admirably on the national stage.

On the men’s side, we had our strongest team ever in the open race, which features an incredibly deep field of talent.

In fact, the top 20 overall finished the hilly, snowy, windy 10K on grass in less than 30 minutes, averaging better than 4:50 per mile. Our guys did themselves proud, finishing 36th out of 50 teams. Former UTC star Lucas Cotter led the way with another outstanding former Moc, John Gilpin, challenging Lucas for top honors on our team. Thanks to Andy Highlander for putting the team together (as well as running a strong race).

In the always-spirited masters race, the CTC fielded teams in the 40-49 and 50-59 categories. Our 40s team finished 13th in the race, which was won by the West Valley Track Club out of San Francisco followed by the Boston Athletic Association and Bowerman Track Club based in Portland. Our 50s team finished 9th, edging out our rivals from the Atlanta Track Club and finishing one point behind the Playmakers Elite from Michigan in the race won by the super-quick old goats out of Greater Springfield, Mass. On the masters side, we had several stellar performances, led by Rodney Stoker (see photo) who finished in the top 40 overall with former UT All-American Stewart Ellington hot on his heels. All five members of our 50s team (photo) posted age-graded performance at over 80 percent, considered national class by the USATF. Well done, guys!

As we look forward to 2018, our goal is to find more opportunities to compete as a team. As always, we’re open to new ideas and new runners. If you’re interested in joining the CTC Race team visit the CTC web page: runCTC.org.

Go CTC!

Tim and Barbara Ensign are long-time CTC members and live in North Chattanooga. Tim is captain of the CTC’s Race Team.

The Chattanooga Track Club is now accepting applications for the 2018 CTC Race Team. Team members receive a CTC race singlet and other perks. Visit the website for details: RunCTC.org

Marathon Results continued

5 Brett Noerager	3:37:20
6 Robert Abernathy	3:39:18
7 Fred Gaudette	3:49:37
8 Judson Eidson	4:00:11
9 Matthew Crumpton	4:01:51
10 Brian Lockhart	4:10:28
11 Kevin Seeley	4:13:45
12 Erik Goransson	4:13:50
13 Eddie Kuhl	4:14:45
14 Mario Ponce	4:15:03
15 Stuart Wilson	4:17:08
16 Brad Bishop	4:18:03
17 Darren Wester	4:18:35
18 Charles Shean	4:19:01
19 Thad Holt	4:19:57
20 Craig Raughton	4:21:49
21 Kent Garrett	4:25:47
22 Aaron Mercer	4:30:08
23 Tony Milam	4:48:01
24 Allen Fleishel	4:51:07
25 Douglas Gilson	4:52:51
26 Craig Franklin	5:12:29
27 Scotty Pope	5:35:35
28 Jonathan Thompson	5:39:51
29 Ron Malugin	5:41:24
30 Jason Rogers	5:54:13

FEMALE AGE GROUP: 50 - 54

1 Missi Johnson	4:32:31
2 Elizabeth O'Connor	4:39:20
3 Debbi Legg	4:43:52
4 Rebekah Manley	4:57:18
5 Susan Brands	5:07:00
6 Cynthia Dunn	5:40:42
7 Marcia Curtis	5:40:44
8 Sybil Turner	6:05:21
9 Kay Fair	6:30:40

MALE AGE GROUP: 50 - 54

1 Tim Horvath	3:29:51
2 Mark McKeever	3:41:30
3 Robby Callahan	3:47:41
4 David Moghani	3:50:26
5 Mark Kuhn	4:00:30
6 John Jones	4:00:49
7 Timothy Humphries	4:02:45
8 Tim Burnett	4:04:26
9 Steve Hall	4:06:42
10 Ed Ferrell	4:10:54
11 Tom Hancock	4:11:10
12 Charlie Spence	4:12:36
13 Eugenio Agahan	4:12:52
14 Norman Baucom	4:14:51
15 Chris Hoelck	4:17:17
16 Gregory Schultz	4:24:07
17 Alan Eddy	4:43:09
18 Doug Burkart	4:45:47
19 Allen Oneal	4:46:15
20 Odell Brown	4:50:38
21 Darren Gentry	4:51:28
22 Ray Pendley	4:51:30
23 David Jensen	4:59:15
24 Elonzo Reyes	5:02:30
25 Mark Akridge	5:12:46
26 Edward Broadnax	5:14:17

FEMALE AGE GROUP: 55 - 59

1 Keri Marshall	4:00:41
2 Donna Freeman	4:18:20
3 Gwen Tuck	4:19:43

4 Elaine Lagoda	4:21:26
5 Brenda Bright	4:33:00
6 Diana Bibeau	4:35:50
7 Angela Sloman	4:36:05
8 Lynn Slater	4:44:04
9 Jennifer Moore	4:46:02
10 Marilyn Simmons Bo	4:47:14
11 Carol Campbell	4:53:40
12 Janice Holmes	5:02:44
13 Joycelyn Brock	5:08:35
14 Betty Holder	5:10:21
15 Patty Kroc	5:14:01
16 Nanci Stewart	5:38:06
17 Bridget O'Callaghan-	5:41:26
18 Peggy Olson	6:05:21

MALE AGE GROUP: 55 - 59

1 Loren Starr	3:44:15
2 Charlie Bailey	3:45:37
3 Jay Hillis	3:49:58
4 Richard White	3:53:39
5 George Heath Jr	3:57:48
6 Jeffrey Brown	4:16:04
7 Charles Capps	4:16:25
8 Wayne McDaniel	4:17:02
9 Carl Koebbe	4:17:28
10 Kevin Flannery	4:21:17
11 Jay Brimstin	4:28:12
12 Glen Marumoto	4:36:54
13 James Wagner	4:39:32
14 Keith Snider	4:41:32
15 Frank McDonald	4:49:14
16 Joe Dumas	4:51:00
17 Jimmy Davis	4:51:56
18 David Wilke	4:52:09
19 Dale Hall	4:59:38
20 Steve Hammerstone	5:04:04
21 Andy Rabiner	5:26:10
22 Rick Peters	5:30:19
23 James Cox	5:47:46
24 Mike Smithson	6:18:04
25 Dewayne Stansell	6:22:36

FEMALE AGE GROUP: 60 - 64

1 Jacquelyn Jones	4:49:22
2 Cathy Gracey	4:54:31
3 Patricia Ging	5:14:28
4 Elaine McCloud	5:31:23
5 Carol Emerson	6:02:30

MALE AGE GROUP: 60 - 64

1 Rick Stockton	4:04:05
2 Russell Bowling	4:04:36
3 Steve Crimmins	4:08:12
4 Michael Wheelock	4:13:31
5 Bill Brock	4:35:19
6 Keith Cunningham	4:36:55
7 David Warren	4:46:26
8 Thomas Russe	4:47:25
9 Robert Leach	4:49:10
10 George Patrick	4:55:13
11 David Butler	4:55:43
12 Steven McKinney	4:59:25
13 Robert Obst	5:01:15
14 Bill Woody	5:08:26
15 Lee Hollingsworth	5:27:16
16 Richard Nikonovich-K6	5:32:32
17 James Lamkin	6:51:05

FEMALE AGE GROUP: 65 - 69

1 Erin McGuire	5:24:17
2 Lynn Harmon	5:50:07
3 Diane Burnett	5:57:41
MALE AGE GROUP: 65 - 69	
1 Dennis Wheeler	4:26:20
2 Bruce Polon	4:28:11
3 Steven Freedman	4:38:02
4 Ralph Harvey	4:39:28
5 Dennis Roach	4:52:32
6 Michael Martin	4:58:46
7 William Davis	5:25:50
8 John Crawley	5:35:52
9 Jere Yates	5:44:35
10 Dominic Denio	6:03:00
11 Brent Manley	7:21:13

MALE AGE GROUP: 70 & OVER

1 Sergio Bianchini	4:59:48
2 Truman Smith	5:10:22
3 Terrance O'Brien	5:35:50
4 Armand Kramedjian	7:21:13

**Chickamauga Battlefield
Marathon and Half Marathon**

HALF MARATHON RESULTS

OVERALL FEMALE

1 Sara Gibson	1:28:01
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OVERALL MALE

1 John Gilpin	1:13:26
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FEMALE MASTERS

1 Teresa J Kirkman	1:37:16
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MALE MASTERS

1 Ryan Shrum	1:22:39
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FEMALE GRAND MASTERS

1 Laurie McGuire	1:42:09
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MALE GRAND MASTERS

1 Mark Hickey	1:30:47
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FEMALE SENIOR GRAND MASTERS

1 Sandra Abbott	1:57:08
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MALE SENIOR GRAND MASTERS

1 Chris Richey	1:51:18
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FEMALE AGE GROUP: 19 & UNDER

1 Madelin Ebbert	1:42:16
2 Bailey Mullett	1:47:47
3 Susannah Guthrie	1:49:14
4 Esther Teeuwen	2:03:43
5 Jayme Kizer	2:10:13
6 Abbey Bullock	2:10:31
7 Elise Williams	2:16:40
8 Alyssa Franklin	2:41:58
9 Chyann Davis	3:37:38

MALE AGE GROUP: 19 & UNDER

1 Adan Rodriguez	1:14:36
2 Russell Graves	1:25:20
3 Joshua Ebbert	1:25:22
4 Luis De La Pena	1:27:33

5 Thomas Loher	1:28:54
6 Mason Burkett	1:36:13
7 Alexander Tuttle	1:36:47
8 Brett Barton	1:38:08
9 Gregory Baucom	1:45:08
10 Sky Kim	1:49:01
11 William Crutchfield	1:51:50
12 Daniel Reinink	1:56:25
13 Will Ingell	1:56:48
14 Charles Becker	1:58:02
15 Jonathan Fogo	2:07:20
16 Mason Mattila	2:18:02
17 Andrew Bell	2:22:30
18 Caden Ryder	5:18:50

FEMALE AGE GROUP: 20 - 24

1 Melissa Kercheville	1:50:00
2 Brittany Davis	1:54:35
3 Miranda Guerra	1:55:06
4 Calie Collier	1:55:07
5 Cristin Jones	1:56:11
6 Jamie Douglas	1:58:13
7 Jordan Wideman	2:06:23
8 Lauren Badgett	2:06:34
9 Rebekah Guthrie	2:13:20
10 Leah Tatman	2:15:08
11 Lucinda Nehemias	2:18:07
12 Liza Harvey	2:18:07
13 Ashley Rutledge	2:18:37
14 Morgan Frank	2:22:59
15 Erica Roberts	2:24:27
16 Julia Bursch	2:25:37
17 Elizabeth Ediger	2:26:33
18 Meghan Pattison	2:26:53
19 Elizabeth Geist	2:36:43
20 Amber Parker	2:37:38
21 Kelly Daniels	2:39:38
22 Kelsey Jackson	2:54:17
23 Olivia Linehart	2:57:06
24 Shae Lingerfelt	3:01:34
25 Josie Coffman	3:02:09
26 Chelsea Mulford	3:07:07

MALE AGE GROUP: 20 - 24

1 Mason Chilmonczyk	1:14:20
2 Eric Nzuki	1:27:58
3 Nicholas Phelps	1:33:54
4 Lee Collier	1:55:08
5 James Dillon	1:56:14
6 Xiangyu (james) Zhon	2:00:13
7 Andrew Snethen	3:05:07

FEMALE AGE GROUP: 25 - 29

1 Bailey Swyden	1:40:41
2 Michelle Brickey	1:49:37
3 Marissa Wood	1:51:24
4 Natalie Singletary	1:51:51
5 Ashby Cunningham	1:59:36
6 Morgan Strozak	1:59:58
7 Brynn Munro	2:03:53
8 Abigail Nerswick	2:04:54
9 Amanda Pham	2:08:03
10 Katie Holt	2:09:29
11 Janna Riggs	2:09:53
12 Kacey Conatser	2:10:51
13 Sara Ward	2:16:55
14 Alissa Hicks	2:19:29
15 Shannon Davis	2:22:31
16 Kelsey Cline	2:23:09
17 Martha Culp	2:25:03

18 Amanda Zimmerman 2:25:31
 19 Hannah Crandall 2:25:45
 20 Laura Haggard 2:27:21
 21 Rachael MacIver 2:29:28
 22 Emily Culbreth 2:29:28
 23 Lacy Burd 2:34:08
 24 Tonda Silva 2:34:30
 25 Jessica Walker 2:34:39
 26 Megan Taig-Johnston 2:38:29
 27 C A R I Ellis 2:40:08
 28 Kaylee Ann Saunders 2:41:19
 29 Olivia Swint 2:43:01
 30 Claire Nicolas 2:43:36
 31 Kristi Herin 2:46:04
 32 Jennifer Raulston 2:47:05
 33 Stephanie Raulston 2:47:05
 34 Lauren Wolff 2:48:32
 35 Kirsten Pitcock 2:53:10
 36 Meredith Hilton 3:02:49
 37 Andrea Paynter 3:07:37
 38 Stacy Collins 3:24:37
 39 Lauren Noska 3:49:44
 40 Elsbeth Adams 4:33:27

MALE AGE GROUP: 25 - 29

1 Kyle A'Hearn 1:30:31
 2 Chris Parker 1:32:11
 3 Jason McCroskey 1:33:47
 4 Kevin Ruck 1:36:00
 5 Andrew Musser 1:38:41
 6 David Wagner 1:40:39
 7 Will Jones 1:44:13
 8 Drew Nunnally 1:46:17
 9 Jason Desain 1:48:38
 10 Johnny Robertson 1:53:58
 11 Joel Long 1:54:35
 12 Daniel Ehrig 1:54:35
 13 Stephen Bradford 1:54:37
 14 Travis Guerra 1:55:05
 15 Alex Revetta 1:59:34
 16 Chris Wages 2:00:22
 17 Peter Upton 2:01:47
 18 Nicholas Moseley 2:04:36
 19 Geoff Millener 2:05:57
 20 Chip Wilson 2:06:20
 21 Andrew Coffman 2:07:52
 22 Tyler Yount 2:09:08
 23 Michael Vander Hoek 2:12:04
 24 Tim Warren 2:12:09
 25 Matthew Pham 2:12:18
 26 Charlie Yow 2:12:44
 27 Taylor Davidson 2:12:51
 28 Matt Jensen 2:14:58
 29 Ryan Douglas 2:23:08
 30 Tristan McCroskey 2:23:33
 31 Micah Hollifield 2:27:33
 32 Zach Moore 2:32:11
 33 Alan Silva 2:34:29
 34 Konstantine Vlasits 2:36:43
 35 Jennifer Schiavon 3:00:07
 36 Scott Silva 3:26:18

FEMALE AGE GROUP: 30 - 34

1 Tara Mooney 1:36:37
 2 Kimberly Humphries 1:38:30
 3 Kari Presley 1:44:39
 4 Jacquie Bryan 1:46:54
 5 Brianne Stambaugh 1:47:48
 6 Stephanie Jenkins 1:49:49
 7 Anna Straussberger 1:50:42

8 Mary Kelly 1:55:01
 9 Kacy Weigle 1:55:10
 10 Jennifer Reeves 1:56:11
 11 Hannah Loizeaux 1:57:01
 12 Becky Klein 1:57:13
 13 Morgan Burke 1:57:56
 14 Colleen Murphy 1:58:27
 15 Shana Gerberding 1:58:35
 16 Elizabeth Nichols 1:58:51
 17 Stephanie Doster 1:59:05
 18 Allison Poore 1:59:26
 19 Haley Kaye 1:59:31
 20 Nydia Rodriguez 1:59:43
 21 Aimee Dyess 2:01:43
 22 Kristen Krnjic 2:04:11
 23 Lindsey Boyd 2:04:53
 24 Brandi Glover 2:09:28
 25 Sarah Parker 2:09:29
 26 Julia Katsuura 2:11:54
 27 Dana Rohloff 2:12:23
 28 Kristina Koch 2:12:27
 29 Amy Gambow 2:13:00
 30 Lacy Musser 2:13:21
 31 Amanda Matson 2:14:01
 32 Lindsey Page 2:14:07
 33 Leigh Tillman 2:14:08
 34 Maggie Rodenhizer 2:16:11
 35 Melinda Jamieson 2:16:18
 36 Jill Hancock 2:16:26
 37 Jessica Easton 2:17:11
 38 Lindsey Erwin 2:17:44
 39 Emily Henry 2:18:37
 40 Meagan Moyers 2:19:05
 41 Julie Duryee 2:21:08
 42 Maegan Speck 2:22:27
 43 Kyleen Shyer 2:24:44
 44 Elizabeth Coyle 2:25:40
 45 Lori Drake 2:27:26
 46 Crystal Taylor 2:27:41
 47 Meghan Amerson 2:32:17
 48 Lola Alapo 2:35:44
 49 Elizabeth Lawhorn 2:37:49
 50 Margaret Wooten 2:41:20
 51 Heather Wilson 2:44:21
 52 Laura Newsom 2:44:29
 53 Mary Duncan 2:46:24
 54 Anne Lopez-Ona 2:47:54
 55 Andrea Eckelman 2:49:22
 56 Ashley Douglas 2:55:49
 57 Emily Everett 2:57:13
 58 Kelly Mihalik 2:58:46
 59 Sara Thornburg 3:00:11
 60 Rachel Reed 3:00:16
 61 Amber Steeley 3:01:34
 62 Elizabeth Sullivan 3:01:58
 63 Brittany Norton 3:07:07
 64 Kasandra Helms 3:07:47
 65 Eleanor McMurray 3:26:38
 66 Jennifer Dixon 3:26:49
 67 Suzanna Lemek 3:35:01

MALE AGE GROUP: 30 - 34

1 Keil Anderson 1:20:41
 2 Sam Butler 1:31:24
 3 Jeremiah Brashear 1:32:12
 4 James Young 1:37:05
 5 Brant Evans 1:39:54
 6 Michael Christopher 1:42:11
 7 Tyler Coyle 1:42:52
 8 Keith Barclift 1:43:31

9 Jesse Brannen 1:43:32
 10 Adam Elder 1:45:59
 11 Michael Hullender 1:46:28
 12 Shannon Quinn 1:47:25
 13 Jason Cousineau 1:47:43
 14 Andrew May 1:48:34
 15 Adam Boeselager 1:49:41
 16 Bradley Chambers 1:51:59
 17 Dan Semore 1:52:13
 18 Quinn Parman 1:53:11
 19 Jordan Weigle 1:55:10
 20 Joey Mastropietro 1:55:47
 21 Douglas Martens 1:57:50
 22 Joseph Doster 1:59:06
 23 Yoshihiro Katsuura 1:59:11
 24 Alex Herweyer 1:59:22
 25 Greg Williams 2:00:03
 26 Chris Cowan 2:01:10
 27 Walter Kolis 2:02:53
 28 Joshua Austin 2:02:54
 29 Bud Winderweedle 2:07:28
 30 Mike Smith 2:08:01
 31 Lee Amerson 2:12:16
 32 Justin Hoover 2:12:39
 33 Quentin Rosa 2:14:47
 34 Eric Thompson 2:15:00
 35 Jan Jennings 2:16:08
 36 Caine Buff 2:17:28
 37 Devin Keate 2:21:02
 38 David Gernhard 2:28:59
 39 Hugh Hooper 2:32:10
 40 Seth Thompson 2:44:06
 41 Brian Lopez-Ona 2:51:04
 42 Scott Porbansky 2:51:18
 43 Adam Hare 3:26:31

FEMALE AGE GROUP: 35 - 39

1 Jodi Blackwell 1:33:59
 2 Leah Rodenbeck 1:36:22
 3 Kelly Rothwell 1:37:47
 4 Valarie Tipton 1:44:15
 5 Kristin Cobb 1:47:33
 6 Joslyn Stanfield 1:49:11
 7 Sarah Kotronis 1:53:01
 8 Jennifer Krajcsky 1:53:30
 9 Meredith Vance 1:55:20
 10 Leslie Kell 1:57:58
 11 Crystal Harper 1:58:14
 12 Jessica Griffis 1:58:29
 13 Ashley Brown 1:59:15
 14 Jill Lovati 1:59:32
 15 Allie Fincher 1:59:34
 16 Kellye Ketchum 1:59:35
 17 Erin Wilke 1:59:51
 18 Sally Carruthers 2:00:02
 19 Kathryn Grogan 2:01:15
 20 Cynthia Hendrick 2:01:25
 21 Jennifer Sisson 2:02:17
 22 Jessica Hancock 2:04:23
 23 Maryellen Stoltzfus 2:05:30
 24 Anne Carr 2:05:38
 25 Laura Bryant 2:08:31
 26 Krysten Duren 2:08:46
 27 Angie Nunley 2:09:28
 28 Christy Smalley 2:10:38
 29 Cristin Reynders 2:10:48
 30 Angela Hanley 2:10:54
 31 Jamie Morton 2:12:23
 32 Julie Mason 2:13:09
 33 Sarah Akin 2:14:23

34 Ines Voellinger 2:14:40
 35 Meghan Whitley 2:14:46
 36 Becky Sherman 2:16:01
 37 Heather Lawson 2:16:30
 38 Erica Mitchell 2:19:10
 39 Natalie Shroyer 2:19:59
 40 Ivislady Lujan 2:21:40
 41 Alicia Marshall 2:21:50
 42 Esther Tan 2:22:58
 43 Kristin Robertson 2:23:56
 44 Kelly Henry 2:25:20
 45 Whitney Allison 2:26:38
 46 Rebekah Gilman 2:29:24
 47 Stephanie Goodman 2:29:45
 48 Erin Lawson 2:29:58
 49 Tina Cotreau-Guillot 2:29:58
 50 Jacqui Hogans 2:31:27
 51 Jennie Miller 2:33:28
 52 Kristin Girton 2:33:34
 53 Jennifer Lashlee 2:33:34
 54 Laurie-Anne Swaby 2:34:08
 55 Esmerada Tokar 2:34:17
 56 Erika Brown 2:34:21
 57 Michelle Grissinger 2:34:21
 58 Kathy Wood 2:34:49
 59 Aiko Malinowski 2:35:51
 60 Kelly Shaw 2:37:14
 61 Laura Flatow 2:39:46
 62 Laura Dueitt 2:46:44
 63 Andrea Leatherwood 2:47:18
 64 Sara Lankford 2:49:17
 65 Jennifer Butz 2:51:29
 66 Ashley Parrish 2:52:50
 67 Abby Hager 2:52:50
 68 Stephanie Zain Hayw 2:53:17
 69 Jeannie Tongue 2:53:51
 70 Jaime Barks 2:54:04
 71 Sara Burkhalter 2:54:17
 72 Ansley Davis 2:59:55
 73 Kari Overington 3:00:48
 74 Kristen Parker 3:04:11
 75 Kathleen Kershaw 3:07:12
 76 Tracie Clayton 3:10:47
 77 Jennifer Howard 3:14:32
 78 Kelly Danielson 3:19:28
 79 Kachai Johnson 3:26:38
 80 Jennifer Mathews 3:37:42
 81 Christi Denton 3:45:48
 82 Denise Ray 3:45:49
 83 Rebecca Daniels 4:06:38
 84 Serena Young 4:16:49

MALE AGE GROUP: 35 - 39

1 Troy Ketchum 1:23:55
 2 Taylor Busch 1:26:07
 3 Daniel Loveless 1:27:45
 4 Peter Griffiths 1:29:05
 5 Kyle Kristin 1:37:56
 6 Patrick McGinnis 1:41:27
 7 Carlos Saens 1:42:23
 8 Lucas Clark 1:43:17
 9 James Swansbrough 1:45:05
 10 Heath Ellis 1:45:19
 11 Benjamin Byard 1:46:08
 12 Rusty Lee 1:46:30
 13 Ross Burks 1:46:59
 14 Patrick Ellis 1:49:07

continued on page 15

Run for **TWELVE** hours?

Wondering what this is all about?
What's a 12 or 6 hour race?

Runners and walkers have 12 or 6 hours to complete a 2 mile lap as many times as they can. Racers can participate on an individual basis or on a relay team.

April 14 - Greenway Farms

Locomotion12.com



Half Marathon Results continued

15 Mark Malecky	1:49:21
16 Brian Hitchcox	1:49:29
17 Kevin Hager	1:50:50
18 Thomas Jewart	1:50:57
19 Timothy Wood	1:50:58
20 Nathan Painter	1:51:08
21 Adam Stille	1:53:36
22 Steven Moore	1:54:35
23 Andrew Harper	1:58:14
24 Matthew McWilliams	1:59:01
25 Joseph Vukin	1:59:23
26 Jeff Look	1:59:30
27 Michael Lovati	1:59:33
28 Joshua McKinley	1:59:46
29 Michael Kelly	2:01:17
30 Kosit Jarusripan	2:02:39
31 Oliver Schumacher	2:05:57
32 David Sternberg	2:07:34
33 Bryan Grillone	2:09:50
34 Mitch Williams	2:10:48
35 Darrell Skogman	2:13:13
36 Matt Hartman	2:14:42
37 Blake Weber	2:20:03
38 Joshua Lowery	2:24:43
39 Cal Cook	2:31:38
40 Nick Mobley	2:32:10
41 Jose Luis Marquez	2:40:59
42 Matthew Rigdon	2:44:50
43 James Goines	2:45:07
44 Jason Barks	2:49:07
45 Mathew Lochowicz	2:51:12
46 Faete Filho	2:53:40
47 Matt Arrington	3:01:09
48 Jason Schollenberger	3:08:17

FEMALE AGE GROUP: 40 - 44

1 Kristen Mullett	1:43:29
2 Kristen Curtis	1:45:25
3 Kelli Mittrucker	1:52:46
4 Felicia Noerager	1:52:57
5 Kimberly Stone	1:53:30
6 Justine Harrison	1:55:25
7 Erin Reade	1:55:26
8 Michelle McIntyre	1:56:14
9 Jenny Taylor	1:57:00
10 Angie Owens	1:57:38
11 Julie Menk	1:59:44
12 Kara Ollick	1:59:44
13 Radonna Ridner-Thur	1:59:54
14 Julie Tate	2:02:29
15 Jen Taylor	2:06:54
16 Anna Hamel	2:07:11
17 Heather Santos	2:09:23
18 Christy Snyder	2:11:39
19 Joni Skogman	2:13:13
20 Jennifer Miller	2:15:05
21 Heather Ponce	2:15:24
22 Jennifer Neal	2:16:17
23 Stephanie Morgan	2:18:29
24 Valerie Hughes	2:19:54
25 Audra Bullock	2:22:06
26 Kimberly Vaughn	2:28:22
27 Melissa Cate	2:33:07
28 Christa Delsorbo	2:34:15
29 Brenda Litchfield	2:34:15
30 Kristen Prophater	2:34:22
31 Keri Davis	2:34:39
32 Lauren Hosie	2:36:28
33 Gena Thompson	2:37:31

34 Margie Boehm	2:39:22
35 Amy Hakala	2:39:46
36 Jaclyn Baker	2:41:38
37 Teresa Hester	2:45:07
38 Nicole Wernette	2:45:56
39 Sonja Woods	2:48:04
40 Holly Robinson	2:49:48
41 Krista Shields	2:51:22
42 Angela Allen	2:54:17
43 Beth Luehrs	2:54:28
44 Nancy Horvath	2:56:34
45 Stacy Thompson	2:59:18
46 Allyson Cornell	3:03:34
47 Brandy Marchant	3:06:01
48 Jennifer Billingsley	3:22:33
49 Shannon Culhane	3:27:13
50 Amber McGehee	3:27:44
51 Kristin Gear	3:27:57
52 Jj Seifert	3:33:36
53 Trish Beeman	3:35:59
54 Marilyn Rodgers	3:43:51
55 Darlene Bohanon	3:48:41
56 Christine Ryder	5:19:28

MALE AGE GROUP: 40 - 44

1 James Hintz	1:36:06
2 Nate Barstow	1:36:14
3 Jake Schneider	1:36:34
4 Zach Cowart	1:38:46
5 Brad Thomas	1:40:01
6 Francisco Soutuyo	1:40:44
7 Brian Thompson	1:42:54
8 Matt Steele	1:43:56
9 Steven Santos	1:44:36
10 Jason Lyles	1:46:25
11 David Roe	1:48:00
12 Jeremy Bailey	1:48:56
13 Doug Mittrucker	1:52:46
14 Raley Parker	1:54:05
15 Champ Crocker	1:54:17
16 Jeff West	1:54:46
17 Mark Lyttle	1:55:56
18 Christopher Fason	1:56:04
19 Wade Humphries	1:57:24
20 Brent Measles	1:58:08
21 Steven Reece	1:59:14
22 Wade Cannon	1:59:42
23 Roland Most	1:59:43
24 Aaron Smith	2:00:36
25 Robert Sawyer	2:03:23
26 Marvell Moore	2:03:27
27 Marc Mefner	2:03:50
28 Jason Cox	2:04:14
29 Shane Fann	2:05:37
30 Jim Burer	2:06:45
31 John Calhoun	2:09:50
32 Derek Holland	2:10:54
33 Will Cox	2:15:24
34 James Ridgway	2:16:03
35 Adam McGehee	2:17:05
36 Raul Vera	2:21:40
37 Brian Miller	2:22:23
38 Jason Gear	2:22:55
39 Rich Boschi	2:28:38
40 Taylor Newman	2:28:54
41 Neil Brunetz	2:29:00
42 Larry Daniels	2:33:50
43 Justin Hosie	2:36:28
44 Mo Baptiste	2:38:54

45 Chris Gilmore	2:52:50
46 Noe Estrada	2:58:17
47 James Patrick	3:28:22
48 David Huck	3:35:00

FEMALE AGE GROUP: 45 - 49

1 Kari Beard	1:41:36
2 Meredith Beatty	1:52:27
3 Pamela Lockhart	1:54:48
4 Vivian Barraera	1:58:37
5 Nicole Rash	1:59:13
6 Beverly Keel	2:02:18
7 Samantha Paty	2:04:29
8 Melissa Kroll	2:04:41
9 Julie Peterson	2:07:40
10 Sally Abercrombie	2:11:32
11 Cyndi Sliger	2:11:52
12 Kimberly Mayben	2:11:58
13 Jacklyn Baxter	2:12:12
14 Robyn Ward	2:14:47
15 Rachel Degarmo	2:15:00
16 Nancy Pederson	2:15:32
17 Stephanie Montgome	2:16:02
18 Lisa Harris	2:19:14
19 Colleen Burer	2:20:47
20 Teresa Laney	2:22:11
21 Sheena Mahomes	2:22:14
22 Kelley Hartness	2:24:09
23 Debbie Robb	2:26:10
24 Rachael Hendusa	2:26:43
25 Laura Gaddis	2:27:46
26 Allison Evans	2:28:42
27 Stephanie West	2:28:46
28 Michelle Allen	2:32:16
29 Adrienne Gruber	2:33:19
30 Carla Eischeid	2:35:27
31 Holly Bell-Proshkin	2:35:58
32 Lisa Landrum	2:36:23
33 Libby Hickman	2:36:39
34 Brandy Worthy	2:40:11
35 Julie Thornton	2:43:55
36 Sonya Reagor	2:44:16
37 Shelly Bowman	2:45:56
38 Cathryn Whisenant	2:47:27
39 Kathy Eatock	2:54:25
40 Jerriann Nelson	2:55:30
41 Kathy Hall	3:00:08
42 Gigi Gridley	3:04:56
43 Barbie Sutton	3:04:57
44 Jacqui Schollenberger	3:08:16
45 Julie Norton	3:15:36
46 Ruann Wood	3:23:16
47 Janet Miller	3:26:38
48 Jennifer Bressette	3:33:22

MALE AGE GROUP: 45 - 49

1 Scott Lowe	1:25:19
2 Tripp McCallie	1:29:21
3 Paul Horton	1:29:26
4 Robert Barnes	1:30:33
5 Mike Orsega	1:32:49
6 Tyler Gruber	1:33:12
7 Richard Abbott	1:33:49
8 Rich Graham	1:39:38
9 David Lane	1:41:30
10 Scott Williams	1:41:58
11 Dave Richter	1:42:02
12 Todd Graves	1:42:17
13 Dustin Eaton	1:45:12

14 Tye Young	1:46:02
15 Chris Phillips	1:46:10
16 Troy Green	1:48:47
17 Richard Dyar	1:49:38
18 Scott Gibson	1:51:28
19 Robert Magill	1:52:32
20 Michael Celichowski	1:52:47
21 Tom Bodkin	1:53:24
22 Rich Moschkau	1:53:32
23 Sean Mullett	1:54:05
24 Robby Hicks	1:54:52
25 Shawn Parnaby	1:56:57
26 Jeff Keith	1:57:50
27 Roddy Henderson	1:57:55
28 Paul Becker	1:58:02
29 Chris Eangle	1:58:28
30 John Luehrs	2:03:38
31 John Acklam	2:06:08
32 Dan McCaffrey	2:06:39
33 Kenneth Champlin	2:07:38
34 Aaron Menikoff	2:07:57
35 Ted Bullock	2:09:04
36 Tim Hamel	2:09:21
37 Marco Avila	2:09:29
38 Steve McBee	2:09:31
39 Brian Schenck	2:15:24
40 Alecia Teeuwen	2:15:42
41 Robert Buice	2:15:59
42 John Riley	2:16:08
43 Billy Williams	2:16:41
44 Paul Krueger	2:17:08
45 Tony Morgan	2:18:57
46 Joel Isenberg	2:20:12
47 Larry Laverty	2:20:25
48 William Baker	2:22:01
49 Greg Jones	2:22:09
50 Ken Mitchell	2:22:27
51 Paul Kershaw	2:24:52
52 John Lopez	2:25:43
53 Hunter Griffith	2:26:55
54 Jim Morgan	2:27:02
55 Mike Rogers	2:27:19
56 Scott Norton	2:28:20
57 Chris Williamson	2:32:49
58 James Doss	2:37:29
59 Jim Ward	2:38:21
60 Dwayne Hawk	2:45:56
61 Hugh McShane	3:00:43
62 John Marchant	3:00:55
63 Shawn Medlin	3:12:16
64 Shane Higgins	3:23:25

FEMALE AGE GROUP: 50 - 54

1 Jodi Davis	1:46:57
2 Wendy Houston	1:49:16
3 Susie Crisler	1:54:14
4 Bethany Gonzalez	1:57:25
5 Sue Damstetter	1:58:41
6 Ellen Manzari	1:59:18
7 Vickie Varnes	2:02:13
8 Cynthia Hoeng	2:02:48
9 Sherry Fadel	2:04:11
10 Ammi Rebne	2:05:16
11 Rosie Martinez	2:06:48
12 Amanda Saltin	2:06:57
13 Debra Schmutzer	2:07:32
14 Karen Ferguson	2:10:26
15 Laura Parrish	2:11:07
16 Leslie Bell	2:16:18

17 Comer Neal	2:19:24
18 Debbie Lambert	2:21:59
19 Connie Washburn	2:25:24
20 Wanda Butler	2:29:08
21 Karen Cofer	2:29:45
22 Dina Couch	2:29:46
23 Bernice Delaney	2:30:57
24 Kim Pritchett	2:30:57
25 Tammy Benton	2:32:14
26 Melissa Jones	2:36:33
27 Michelle Ramin	2:45:14
28 Kelly Davisson	2:48:49
29 Lee Ann Lambdin	2:55:26
30 Regina Williams	2:56:39
31 MacHele Cordell	2:56:52
32 Samantha Smith	2:59:55
33 Jessica Forrest	3:00:36
34 Pam Oneal	3:01:06
35 Sherry Turner	3:01:50
36 Robin Borders	3:02:26
37 Jennifer McClung	3:03:36
38 Catherine Piper	3:07:21
39 Laura Strother	3:14:02
40 Dianne Blankenbaker	3:16:19
41 Tammy Enloe	3:17:19
42 Donna Drake	3:18:42
43 Maureen Brennan	3:18:42
44 Lynn Jones	3:28:43
45 Elizabeth Braud	3:48:40
46 Terry Westbrook-Nos	3:49:45
47 Mary Crowson	4:05:06
48 Carrie Phelps	4:15:20
49 Michele Wollert	4:16:50
50 Juliann Mathis	4:16:50

MALE AGE GROUP: 50 - 54

1 Scott Jordan	1:36:10
2 Elton Kostecka	1:36:46
3 Andrew Teeuwen	1:39:27
4 Mike Polcari	1:46:37
5 Brian Morgan	1:47:32
6 Paul Gahagan	1:54:43
7 Eric Ebbert	1:54:54
8 Matthew Twitchell	1:57:19
9 Scott Gill	1:57:19
10 Brock Thompson	1:58:13
11 Jim Luebbering	1:58:44
12 David Glenn	1:59:19
13 Tony Boals	2:00:52
14 Perry Churchwell	2:00:57
15 Tony Mullen	2:01:58
16 Tim Lawson	2:03:15
17 Dave Porfiri	2:03:41
18 Keith Burnette	2:05:11
19 Dan Potter	2:07:23
20 David Eaton	2:08:58
21 Thaddeus Carter	2:10:14
22 Tommy Rogers	2:12:33
23 Mike Eifert	2:13:03
24 Kevin Raines	2:13:52
25 Richard Keatley	2:14:11
26 Ronald Sauls	2:14:16
27 Martin Gonzalez	2:14:44
28 Rhett Rogers	2:15:22
29 Lloyd Baldrige	2:15:39
30 Howard Reagor	2:15:58
31 Chris Oconnor	2:18:11
32 Britton Neal	2:19:24
33 John McCusker	2:21:16
34 Timothy Versprille	2:25:34

35 Matthew O'Neill	2:25:47
36 Donny Davidson	2:27:06
37 David Worthy	2:40:11
38 Ford Chambliss	3:01:23
39 Duane Neal	3:26:35
40 Jefferson Campbell	3:33:46

FEMALE AGE GROUP: 55 - 59

1 Karen Johnson	1:54:09
2 Diana McElveen	1:57:56
3 Christy Charman	2:00:49
4 Barbara Tatge	2:03:18
5 Cathy Hyde	2:08:11
6 Carmen Hodnett	2:12:12
7 Jennifer Coleman	2:15:59
8 Beth Warren	2:25:58
9 Gwen Meeks	2:26:19
10 Gabriela Greer	2:29:44
11 Kat Richardson	2:30:25
12 Carol Fleming	2:31:36
13 Leslie Jackson	2:34:26
14 Ellen Elam	2:36:43
15 Lorrie Nance	2:38:11
16 Jean Wenn Luce	2:42:00
17 Cindy Farrington	2:51:36
18 Wanda Bennudriti	2:52:17
19 Karen Ruffin	2:55:00
20 Debra Fingles	2:56:44
21 Kathi Ferguson	3:00:36
22 Tina McKeever	3:01:55
23 Karen Olson	3:06:49
24 Angela Armbruster	3:07:07
25 Susan Robinson	3:16:20
26 Cherri Morgan	3:16:41
27 Julia Segars	3:16:45
28 Elyn MacEk	3:22:48
29 Wanda Silva	3:26:17
30 Crystal Anderson	3:27:44
31 Maureen Byrd	3:28:44
32 Cathy Willis	3:28:52
33 Dayanne Baucom	3:32:13
34 Patti Droese	3:43:51
35 Elaine Foster	3:51:42
36 Suzanne Sterling	4:04:55
37 Judy Price	4:16:50

MALE AGE GROUP: 55 - 59

1 Ray Beem	1:40:02
2 Mike Andres	1:42:17
3 Dan Wright	1:43:51
4 Dwight Gardenhire	1:47:55
5 Barry Allen	1:48:18
6 Michael Carscaddon	1:51:09
7 Carl Line	1:54:58
8 Robert Buresh	1:55:08
9 Daniel Ferguson	1:55:32
10 Kenneth Widner	1:57:37
11 Chris Butler	1:59:36
12 Stephen Ruffin	2:01:04
13 Richard Kane	2:05:54
14 Billy Forbes	2:11:36
15 Nicholas Manzari Jr	2:20:59
16 Randy Hughbanks	2:27:19
17 Ron Branam	2:30:57
18 Roland Brown	2:32:17
19 Mark Elam	2:36:39
20 Gary Thurman	2:39:01
21 Ernie Ellis	2:40:08
22 Terry Stidham	2:48:19
23 Greg Davis	2:51:37
24 Chuck Benson	3:28:41

FEMALE AGE GROUP: 60 - 64

1 Kathi Wagner	2:02:26
2 Debbi Anthros	2:11:59
3 Donna Meade	2:16:10
4 Susan Yow	2:21:13
5 Carol Harpe	2:27:45
6 Deborah Melvin	2:28:29
7 Karen Widner	2:28:40
8 Kathy Polon	2:32:56
9 Gail Mahan	2:40:04
10 Trisha Leach	2:55:31
11 Nancy Giammarella	2:55:52
12 Rebecca Bowling	3:00:41
13 Barbara Blackford	3:05:08
14 Sue Crapo	3:31:09
15 Gwyneth Crapo	3:31:28
16 Angie Davidson	3:35:42

MALE AGE GROUP: 60 - 64

1 Mark Williams	1:53:47
2 John Neuville	1:54:33
3 Randy Howard	2:03:41
4 Matthew Korp	2:08:41
5 David Preuss	2:10:15
6 David Held	2:11:42
7 Rich Mercer	2:12:00
8 Richard Klunk	2:14:23
9 Bobby Smith	2:16:25
10 Brian Boham	2:26:17
11 David Cowan	2:28:04
12 Thomas Upshaw	2:28:59
13 Frank Davison	2:29:30
14 Tim Hancock	2:38:22
15 Gordon Miller	2:39:25
16 Denny Williams	2:44:21
17 Bob Elliott	2:45:52
18 Randy Riggs	2:46:03
19 Dan Piper	2:48:47
20 Randy Olson	2:52:10

FEMALE AGE GROUP: 65 - 69

1 Dianna Lannon	2:13:56
2 Benita Auge	2:18:17
3 Ginnie Gray	3:02:05
4 Caren Carmichael	3:16:44
5 Catherine Morgan	4:05:06

MALE AGE GROUP: 65 - 69

1 Gene Ruck	1:58:21
2 Donald Flowers	1:58:48
3 Tony Recker	2:12:00
4 Warwick Ford	2:28:04
5 Robert Walter	2:30:12
6 Roy Webb	2:32:37
7 Ted Verville	2:38:21
8 Ronald Lands	2:42:31
9 John Bips	2:52:28
10 Ron Bowman	2:58:56
11 Stephen Bolding	3:00:43
12 Doug Claeson	3:05:07
13 Preston Davidson	3:33:45
14 James Newton	3:40:31

FEMALE AGE GROUP: 70 & OVER

1 Sue Anne Brown	2:32:25
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MALE AGE GROUP: 70 & OVER

1 Thomas Kuglar	2:03:42
2 Jay Pryor	2:10:39

3 Harry Dangel	2:17:25
4 Thad Ghim	2:25:53
5 Pruett Burge	2:39:33
6 Paul Womack	2:40:18
7 Chester Kalb	2:54:46
8 Montie Edwards	3:16:49

5K RESULTS

OVERALL FEMALE

1 Paige Thompson	19:26
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OVERALL MALE

1 Salvador Castillo	17:46
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FEMALE MASTERS

1 Karen Leavitt	25:41
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MALE MASTERS

1 Paul Bishop	20:17
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FEMALE GRAND MASTERS

1 Tammy Kay	26:26
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MALE GRAND MASTERS

1 Jimmy Layne	22:53
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FEMALE SENIOR GRAND MASTERS

1 Marian Roides	30:34
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MALE SENIOR GRAND MASTERS

1 Hank McMahan	25:28
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FEMALE AGE GROUP: 14 & UNDER

1 Helen Webb	21:08
2 Kaylee Bandy	21:24
3 Chayse Culbert	30:00
4 Bella Durst	34:27
5 Abigail Rumley	34:47
6 Isabel Ponce	39:16
7 Emma Cox	39:18
8 Elisabeth Perkins	39:39
9 Lola Stach	41:43
10 Elina Stach	41:43
11 Maya Lopez	43:15
12 Sophia Painter	43:26

MALE AGE GROUP: 14 & UNDER

1 Henry Webb	21:52
2 Jax Phillips	24:01
3 Andre Avita	24:25
4 Caleb Phillips	24:55
5 Tyson Stille	26:50
6 Jackson Hartman	27:20
7 Owen Tumey	30:01
8 Matthew Keith	30:59
9 Jack Painter	31:26
10 Keoni Varlack	31:30
11 Keenan Stille	34:16
12 William Odle	35:50
13 Gavin West	46:14
14 Maverick Griffith	49:07
15 Gabriel Hall	56:47

FEMALE AGE GROUP: 15 - 19




1 Ashlyn Celichowski	25:37
2 Lucy Lin	26:17
3 Rebekah Gardner	26:27

Continued on page 18

CHATTANOOGA MARATHON

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Trackclub18

MARCH 2-4, 2018



CHATTANOOGA MARATHON

presented by



of Tennessee

MARATHON • HALF MARATHON • TEAM RELAY • 5K • KID'S FUN RUN

Continued from page 16

4 Lilli McDaniel	29:07
5 Sarai Paruhatsanon	34:50
6 Qynn Celichowski	57:06

MALE AGE GROUP: 15 - 19

1 Jakob Lee	18:04
2 Davis Carter	20:08
3 Brandon Luzier	22:33
4 Maguire Shaw	24:17
5 Drew Dotson	26:34
6 Brad Chambers	30:50
7 Joshua Casteel	45:52

FEMALE AGE GROUP: 20 - 24

1 Jessie Poole	24:02
2 Claire Grant	30:51
3 Kasey Adams	35:32
4 Kristen Portillo	38:00
5 Kim Appeldoorn	39:54
6 Hailey Keith	39:55
7 Sarah Fortwengler	41:38
8 Catrina Panzitta	41:44

MALE AGE GROUP: 20 - 24

1 Nate Dunlap	21:06
2 Dylan Johnson	22:42
3 Jorge Ramos	25:20
4 Luis Portillo	26:25
5 Michael Taylor	35:27

FEMALE AGE GROUP: 25 - 29

1 Keri McKay	24:48
2 Evelyn Stout	26:51
3 Rachael Rooker-Smith	26:53
4 Lauren Fleming	29:17
5 Ashley Dimaiolo	31:33
6 Kaylea Fields	32:12
7 Gabrielle Martens	32:41
8 Jennifer Crosland	34:29
9 Lydia Hall	36:13
10 Brooke Thomason	44:21
11 Sunny Wright	49:13
12 Aubree Bates	52:48
13 Elizabeth Wilson	54:16
14 Rebecca Bailey	59:10

MALE AGE GROUP: 25 - 29

1 Cory Lusk	25:18
2 Hunter Hackworth	28:30
3 Orlando Vanegas	28:43
4 Jeremy McMillian	29:59
5 Kyle Shrum	31:35
6 Eric Crosland	34:29
7 Brian Goode	36:45
8 Jasmine Cecil	44:48
9 Justin Niceswanger	44:52

FEMALE AGE GROUP: 30 - 34

1 Stephanie Maurer	20:28
2 Jaime Scott	25:21
3 Stephanie Armstrong	25:50
4 Kelly McAllister	27:09
5 Casey Jacobs	28:25
6 Jessica Harthorn	28:49
7 Susan Edgeworth	29:09
8 Kristi Bussey	32:06
9 Melissa Buff	33:26
10 Twyla Aasheim	34:02
11 Marlena Lawrence	34:36
12 Johnna Higdon	35:44

13 Holly Ferguson	38:10
14 Heather Best	44:06
15 Bonnie Sipe	48:34
16 Amy Westbrook	49:30
17 Heather Bratsch	50:46
18 Robyn Felosi	53:16

MALE AGE GROUP: 30 - 34

1 Andrew Highlander	17:57
2 Charles Webb	20:10
3 Steven Tongue	23:20
4 Clay Scott	24:36
5 Joseph Horton	25:20
6 Ryan Wadley	30:44
7 Seth Hawkins	34:45
8 Matthew Adams	40:42
9 Jacob Stach	41:44
10 Kevin Hahn	53:18

FEMALE AGE GROUP: 35 - 39

1 Megan Milligan	25:10
2 Bonnie Garland	26:54
3 Kara Stille	27:06
4 Jessica Gray	28:49
5 Terri Green	29:56
6 Donna Bedwell	30:34
7 Marie Moore	30:58
8 Julia Schmidt	31:29
9 Allison Isenberg	32:17
10 Carol Guerra	33:51
11 Abby Shadrack	35:44
12 Stephanie Morgan	36:57
13 Casey MacKintosh	37:19
14 Danette Stach	41:44
15 Delphia May	42:03
16 Lisa Snyder	42:45
17 Paula Vaughn	43:21
18 Sarah Painter	43:25
19 Jennifer Mitchell	45:24
20 Megan Proffitt	45:28
21 Emily Hall	49:13

MALE AGE GROUP: 35 - 39

1 Chris Milligan	20:44
2 Brian Keith	21:19
3 Van Green	21:36
4 Matthew Nolan	23:39
5 Brian Garland	25:55
6 David Cuddeback	26:12
7 Derek Lusk	27:24
8 John Varlack	31:30
9 Marshall Holcomb	35:03
10 James David	40:37
11 Ashley Berryhill	44:56

FEMALE AGE GROUP: 40 - 44

1 Myra Heptinstall	26:31
2 Jennifer Cowan	29:17
3 Gwen MacAllister	30:11
4 Kristie Buchanan	30:29
5 Jessica Swinford	30:34
6 Marsha Wood	31:16
7 Colette Kennedy	32:57
8 Julie Tumey	34:13
9 Angie Culbert	37:15
10 Natasha Durst	39:41
11 Suzanne Jabaley	43:03
12 Kimberly Edgeworth	43:10
13 Miranda Taj	45:01
14 Stacy West	47:06
15 Shannon Kuhl	52:48

MALE AGE GROUP: 40 - 44

1 Ringo Long	20:51
2 Daniel Schmidt	22:25
3 Larry Bowers Jr	27:29
4 Mike Newton	28:05
5 Randy Odle	30:17
6 Jason Amyx	33:01
7 Reed Durst	39:41

FEMALE AGE GROUP: 45 - 49

1 Barbara Ensign	25:42
2 Robbie Vincent	29:44
3 Gina McDaniel	30:10
4 Amy Grant	31:14
5 Amy Yuhas	32:44
6 Sophie Onoratini	32:49
7 Angie Chambers	33:00
8 Gina Dotson	34:55
9 Jacqueline Smith	35:14
10 Gladys Pineda-Loher	37:24
11 Sunny Nan Simpson	40:24
12 Julie Krueger	40:34
13 Mylen Lopez	43:15
14 Stacey Taylor	44:22
15 Lisa Pritchett	49:10
16 Robin Morrison	52:49
17 Vickie Johnston	53:09
18 Bridget Celichowski	57:05
19 Sonya Webb	59:10

MALE AGE GROUP: 45 - 49

1 Dave Share	28:56
2 Daniel Camp	31:34
3 Jerome Onoratini	31:53
4 Terry Loher	32:24
5 Christopher Berryman	35:23
6 Darrel Geving	36:29
7 Blake Gaston	38:26

FEMALE AGE GROUP: 50 - 54

1 Sandy Popham	27:26
2 Dayna Smith	28:14
3 Rene Townsend	31:34
4 Linda Carson	32:34
5 Ramona Travis	32:55
6 Annette Tolliver	33:58
7 Beth Baldrige	34:42
8 Amanda Murphy	34:43
9 Ronda Gentry	36:46
10 Laura Fryar	37:18
11 Ann Crosby	38:49
12 Angela Perkins	39:59
13 Connie Fesmire	40:58
14 Frankie Edwards	48:06
15 Karen Saarnosky	49:16
16 Crystal Cornelius	56:51
17 Kimberly Sanders	1:17:10

MALE AGE GROUP: 50 - 54

1 Larry Aulich	23:21
2 Patrick Wortman	23:34
3 Joe Adams	30:29
4 Scott Seagle	32:25
5 Danny Tolliver	36:43
6 Dewayne Perkins	39:32
7 Robert Wilfong	40:57

FEMALE AGE GROUP: 55 - 59

1 Sage Grainger	26:58
2 Laura Baker	29:44

3 Regina Hall	34:18
4 Ann Humphries	37:23
5 Carol Stewart	38:17
6 Sharon Henderson	39:34
7 Coleyn Stroud	42:23
8 Catherine Fortwengler	53:09

MALE AGE GROUP: 55 - 59

1 Bill Webb	26:41
2 Dewayne Belew	27:51
3 Stan Street	28:05
4 Jon Wojtowicz	28:55
5 Donnie Bethel	30:57
6 Tim Murray	31:55
7 Tim Norton	36:51
8 Doug Shaughnessy	38:57
9 Giles Lowe	48:19
10 Terry Pritchett	49:10

FEMALE AGE GROUP: 60 - 64

1 Rita Boydston	35:09
2 Darla Elliott	35:22
3 Tracy Wadley	36:44
4 Debbie Garrison	41:47
5 Dottie Taylor	48:06
6 Jackie Lands	51:47
7 Debra Phillips	54:48
8 Carol Preuss	59:11

MALE AGE GROUP: 60 - 64

1 Thomas Sisemore	28:44
2 Jimmy Welborn	33:00
3 Scott Phillips	35:02
4 Alvaro Valle	39:35
5 Stan Allen	43:39
6 Barry Taylor	56:37

FEMALE AGE GROUP: 65 - 69

1 Diane Sellazzo	36:31
2 Leslie Dodson	37:00
3 Nola Ford	39:29
4 Brenda Eddings	45:14
5 Diane Walter	47:18
6 Barbara Rosene	49:45
7 Diane Morrison	52:49
8 Pamela Garrett	54:47

MALE AGE GROUP: 65 - 69

1 Ed Stokes	26:19
2 Louis Anderson	33:18
3 Jonathan Hay	37:08
4 Jack Stephens	43:18
5 Lucien Ellington	45:36
6 Larry Bowers	48:15

FEMALE AGE GROUP: 70 & OVER

1 Marcia Miller	36:53
2 Frances Davis	50:46

MALE AGE GROUP: 70 & OVER

1 Willard Thrash	30:14
2 Michael Owens	33:41
3 Wes Rehberg	38:50
4 Russell Alford	48:15
5 John Smithson	52:44
6 Jack Abbott	54:48

C E N T E R

A series of black silhouettes representing various sports activities: a basketball player jumping for a shot, a tennis player in mid-swing, a runner in profile, a tennis player in a ready stance, a basketball player jumping for a rebound, a baseball player in a batting stance, and a soccer player kicking a ball. The silhouettes are arranged horizontally and partially overlap the letters of the word 'CENTER'.

For Sports Medicine & Orthopaedics

Because Life Happens In Motion



Drills on the track followed by trail running at the Bright School! The CTC Youth Program teaches children in grades 3-12 running basics in an encouraging, low-pressure environment. Visit the CTC website for more information.

33RD WAUHATCHIE TRAIL RUN RESULTS

Official Time, Name, Time on Course

1. 36:02 Rodney Stoker	38:47	34. 54:41 Jonathan Flemin	54:56	68. 1:08:42 Megan McCourt	1:18:12
2. 36:12 Tim Ensign	43:42	35. 54:43 Thomas Mars	1:00:13	69. 1:09:15 Steve Tompkins	1:16:45
3. 39:20 Hunter Hall	39:20	36. 55:15 Jeff Burgess	55:45	70. 1:10:33 Benjamin Seiler	1:11:03
4. 40:21 Bryson Harper	40:21	37. 55:23 Jenn Sanders	1:00:38	71. 1:10:42 Cynthia Fallowfie	1:18:27
5. 40:51 Peter Dalton	41:21	38. 55:54 Doug Torrance	1:03:24	72. 1:11:24 Erin Tocknell	1:19:09
6. 41:08 Kevin Huwe	41:38	39. 56:01 Tim Jeffers	1:05:31	73. 1:14:18 Chris Theobold	1:19:48
7. 41:28 Micaiah Allison	43:28	40. 56:26 Allison Wood	1:05:41	74. 1:15:42 Joel Hunt	1:17:42
8. 41:44 Lisa Logan	53:29	41. 57:02 Ella Ensign	1:03:17	75. 1:15:55 Bonnie Wassin	1:46:40
9. 43:24 Jennifer Huwe	48:39	42. 57:56 Rick Loggins	1:05:26	76. 1:18:20 Daniel Smith	1:30:35
10. 44:15 Jason Webb	47:00	43. 58:05 Patrick Sansbur	58:35	77. 1:18:28 Paul Daly	1:23:58
11. 45:33 Shannon Wood	48:18	44. 58:15 Thomas Sanders	58:15	78. 1:19:00 Ron Branam	1:26:30
12. 45:41 Sergio Bianchini	1:06:26	45. 58:16 Joshua Summer	58:16	79. 1:19:13 Stacey Malec ky	1:26:58
13. 45:51 Doug Jipping	49:51	46. 59:09 Maricela Oyler	1:12:54	80. 1:19:32 Jerilyn Burgess	1:25:32
14. 46:03 John Crawley	58:18	47. 1:00:02 Joel Long	1:08:47	81. 1:22:31 Hannah Ginese	1:30:16
15. 46:11 Mary Ballinger	51:26	48. 1:00:11 Chanda Rode	1:07:56		
16. 46:44 Jimmy McGinne	56:14	49. 1:00:14 Brianne Stam	1:06:14		
17. 46:46 Scott Bowen	47:46	50. 1:00:25 Timothy Lieving	1:00:25		
18. 47:35 Adam Webb	48:35	51. 1:01:27 Caleb Stambaug	1:01:57		
19. 47:49 Henry Varner	56:34	52. 1:01:45 Cameron Lane	1:02:15		
20. 47:53 Mark Malecky	48:53	53. 1:02:39 Britney Cooke	1:10:24		
21. 47:54 Corbin Geary	48:54	54. 1:02:41 Rebecca Hadda	1:07:56		
22. 48:49 Kiersten Boyd	54:04	55. 1:02:59 Sarah Nash	1:08:14		
23. 48:56 Annette Kutilek	54:11	56. 1:03:20 Corinne Fleming	1:08:35		
24. 49:05 Jennie Gentry	1:00:50	57. 1:03:26 Jessica Ginese	1:09:26		
25. 49:12 Andrea May	55:12	58. 1:03:51 Joe Supone	1:05:51		
26. 50:22 Cathy Gracey	1:10:22	59. 1:03:53 Dominic Supone	1:05:53		
27. 50:46 Kevin Ellis	1:00:16	60. 1:03:58 Gabriel Raios	1:05:58		
28. 51:11 Bill Minehan	58:41	61. 1:05:00 Jason Liggins	1:06:00		
29. 51:32 Cortney Geary	57:32	62. 1:05:21 Ernie Oyler	1:10:51		
30. 51:43 Barbara Ensign	1:03:28	63. 1:06:09 Nimalan Aaron	1:10:09		
31. 51:52 Karen Leavitt	1:08:52	64. 1:07:26 Celeste Williams	1:15:11		
32. 53:36 Sue Anne Bro	1:24:21	65. 1:07:35 Barb Fleming	1:21:20		
33. 53:45 Bernice Delan	1:07:30	66. 1:07:46 Michelle Rice	1:15:31		
		67. 1:08:38 Jamie Leake	1:13:53		

FAMILY COMPETITION

Name, Team Time

1. Kevin Huwe Jennifer Huwe	1:24:33
2. Tim Ensign Barbara Ensign	1:27:56
3. Shannon Wood Allison Wood	1:34:07
4. Corbin Geary Cortney Geary	1:34:52
5. Jenn Sanders Thomas Sanders	1:53:37
6. Jonathan Fleming Corrine Fleming	1:58:01
7. Brianne Stambaugh Caleb Stambaugh	2:01:41
8. Maricela Oyler Ernie Oyler	2:04:30
9. Mark Malecky Stacey Malecky	2:07:07
10. Jeff Burgess Jerilyn Burgess	2:14:47
11. Jessica Ginese Hannah Ginese	2:25:57

Are you part of the Battle for Chattanooga?

If you completed the 2017 Chickamauga Battlefield Marathon, Half Marathon or 5k race you're automatically entered in the Battle for Chattanooga Race Series. Finish just two more races to receive your FREE custom-designed Battle for Chattanooga finisher's medal! Chickamauga Chase, April 21, is the **second race** in the series. Choose the 15k, 5k or 8-mile trail. Then get ready for the Missionary Ridge Road Race (August 11), the final race in the series. Pick up your Battle for Chattanooga medal at the finish line on August 11!

RunCTC.org/battle



Mark your Calendars!



Will YOU Join Us?

October 14, 2018

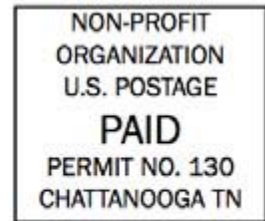
UTC McKenzie Arena

Registration Opens April 1st

423-499-9155 / komencentraltennessee.org
515 Airport Road, Suite 114, Chattanooga, TN 37421



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






CHANGE SERVICE REQUESTED



**RACE
 CALENDAR**

Race dates are verified but might 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



MARCH

- 04 Erlanger Chattanooga Marathon 
- 17 Communities in Schools 5k 



APRIL

- 14 Locomotion 12 & 6 
- 21 Chickamauga Chase 

MAY

- 05 Market Street Mile 
- 28 Chattanooga Chase 

JUNE

- 09 CSMO Riverbend Run 
- 24 Chattanooga Waterfront Triathlon 




JULY

- 21 Scenic City Scorcher 



AUGUST

- 11 Missionary Ridge Road Race 



SEPTEMBER

- 01 FCA 5k 
- 09 Run of Honor 
- 29 Raccoon Mtn. Road Race 

OCTOBER

- 06 Moccasin Bend Fall Classic 10k 
- 20 Signal Mtn. Pie Run 

NOVEMBER

- 10 Battlefield Marathon, Half, Jr. Marathon 5k 
- 22 Sports Barn Turkey Trot 

DECEMBER

- 15 Wauhatchie Trail Run 