

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

# JOGGING AROUND

WHY I RUN: SEAN HIGGINS

STRENGTH TRAINING FOR RUNNERS

CTC RUNNER OF THE YEAR

MEET THE PREZ!

RACE RESULTS



# CHATTANOOGA TRACK CLUB

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Gail Meeker	Class of 2019
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# JOGGING AROUND

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

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### Printing

Village Print Shoppe

### 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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FROM THE

# CLUB PRESIDENT



**It's Hard to Believe** we are almost to the mid-point of 2018. How's your 2018 running plan going? Thanks to social media, I have been able to keep up with what many are doing. Congratulations to all who have met and/or exceeded goals for 2018, whether it was to train more, race more, complete a longer distance, qualify for a race like the Boston Marathon or maybe 2018 is the year you decided to start running, jogging or walking. To those taking a time out from running due to health issue or because sometimes life can get in the way, remember that one of the great things about running is that it is always there. When you are ready to do it again there is a wonderful community of runners, joggers and walkers to support you.

I am in the "life has been busy" phase of my running routine. Starting my running season on a relay team at the 3rd Annual Locomotion 12 reminded me how fun it is to race. The Greenway at Spangler Farm was the perfect venue for this RRCA Championship race and event for competitive and recreational runners. If you missed the Locomotion, hopefully you picked one of the five events at the 50th Running of the Chickamauga Chase. It was a perfect day at the Chickamauga Battlefield for another RRCA Championship race and a great event to showcase a variety of events for all levels. If that was not enough, the Market Street Mile, one of our most competitive events of the year, demonstrated that athletes of all abilities can accomplish a mile race. Many runners set personal bests, completed their first mile or set state records. Last but not least, ending May with the Chattanooga Chase made me proud to be part of an organization bringing the running community, neighborhoods and local businesses together to celebrate Tennessee's original road race and over 50 years of running in Chattanooga. And we still have 10 more races to go before our season ends in December at the Nature Center.

In addition to races, Stacey Malecky, Jane Webb, Sherilyn Johnson and I attended the Road Runners Club of America 60th Anniversary Convention in Arlington, Virginia in April. We met representatives from running clubs across the country who, like us, put on races, organize group training, youth programs and serve as a resource to their running community. We brought back great ideas for improving our club and we cheered CTC member Tony Grossi as he received the RRCA Challenged Athlete of the Year Award. It was very inspirational and reminded me of our shared similarities and challenges. As Tony so graciously said

"we try to go out and do what we can with what we have; we love to run; and every day we get to run is a blessing". Those words apply to most runners I know, regardless of their ability.

I would not be doing my job of promoting running if I didn't mention two of our biggest events of the season this month. Join us for the Center for Sports Medicine and Orthopaedics Riverbend Race 10k, 5k and 1 Mile Walk, June 9. This event starts and finishes in the heart of the Riverbend Festival. If you're ready to challenge yourself the Chattanooga Waterfront Triathlon on June 24, is another long-standing CTC event and 2018 USAT Mideast Regional Championship. This is a great race for relay teams in both the Intermediate and Sprint distances.

Our annual Train Together Spring Race Edition ended in March with the Erlanger Chattanooga Marathon. The Fall Edition of Train Together begins in July for those interested in training for the November Chickamauga Battlefield Marathon, Half Marathon or other Fall distance race.

Find details about the Train Together program, upcoming CTC races, member discounts and other resources at [RunCTC.org](http://RunCTC.org).

In conclusion, enjoy this issue of Jogging Around. Thank you, to the hundreds of volunteers who continue to support our races, programs and outreach; and thanks to our members for realizing the value of membership for themselves and our community.

Enjoy your next run!

Jenni Berz

*Jenni Berz is CTC President and 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.



## ON THE COVER

*The kids' race at the Market Street Mile is a favorite event each year. Many CTC races include kid-friendly distances for runners and walkers.*

# WHY I RUN

Sean Higgins

Sujeel contacted me in early March, ironically a day before my departure to Antarctica to complete my Seven Continents journey. I have remained a [CTC] member for many years despite having not lived in Chattanooga since 1990! I've lived close by from time to time being active duty Army for 21 ½ years until I retired in June 2015. During times I've been close by I would often come to town to run races and to visit my parents who still live there to this day. I have not lived close by since I was stationed in Germany in January 2013 as I have been living in Germany ever since.



Now to the question of why do I run? Well, like many people I have many reasons why I run and these reasons change over time. It started off in the 7th grade when I tried out for the track team and made it as the #3 miler. So I started to run because I was good at it or at least better than average at it. By 9th grade I won the mile at the Hamilton County League All County Meet. In high school I was decent enough, being selected to the Chattanooga Times Chattanooga Cross Country League All-City Team and News Free Press All-Star Cross Country Team as a senior and my team, Red Bank High School, made it to the State meet. I walked on at Tennessee Tech my freshman year in college and placed 26th in the Ohio Valley Conference Championships then I promptly left Tennessee Tech and didn't run again for almost 10 years.

I picked up running again in 1998 but I promptly got injured and had to take some time off. This would be an omen for things to come. So the reason I ran in 1998 was because I had put on a few pounds and I made a declaration to an old high school buddy of mine that if I ever gained weight, I would start running again, so I did. But I don't just like to run, I like to be competitive, at least within my age group at the local road races and I'm happy with that. So I continued to run for my health and because I was still better than average at it so I enjoyed being competitive in my age



group again. Over the next few years I ran a few PRs, I qualified for Boston and ran it four times with my best there being a 3:02:13 in 2003. I also made a couple runs at the ROY, coming in 2nd twice (2006, 2012).

Getting into my 40s I still ran for my health but also for travel. In all I have visited 45 countries in Europe and I plan to see all of them before I leave in 2020 or 2021. I've run through the Red Square and Gorky Park in Moscow and ran back to the van after getting to within 200m of reactor # 4 at the Chernobyl Nuclear Power Plant in the Ukraine. The travel bug has also taken me beyond Europe. Back in January 2016 I stumbled upon the Seven Continents Club and the World Marathon Majors Six Star Medal and set them as goals to accomplish. Both will be completed this year when I finish New York in November. Some of the highlights of races I've run in the past few years are the Athens Classic Marathon, Easter Island, Australian Outback, Casablanca, Berlin, Tokyo, Rome, London, Prague and now the Antarctica Marathon to name a few.

As I reach the twilight of my running career the reasons I run have changed yet again. I still run for my health and for travel but now more than ever I just run to run. I can't even say for the enjoyment of it because often it is not enjoyable, quite painful in fact but I have often said as long as I can walk, I will run. That is just who I am. I'm a runner. Maybe that is the answer to the question after all, why do I run? **Because I am a runner!**



---

*Sean Higgins is a CTC member and graduated from Red Bank HS. He received his commission in the Army in 1997 from Northwestern State University and received an MBA from UMUC in 2003. He currently lives in Germany where he continues to work for the US Government. He enjoys traveling and running marathons in exotic locations.*



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Wild Trails and Chattanooga Track Club present the  
**All Around Runner Award**

A FREE race series exclusively for members of both Wild Trails and CTC. Complete one ROAD and one TRAIL race from each of three groups (6 races total):

**Group 1 – Half Marathon or Longer**

Road	Trail
Chattanooga – Mar. 3	Scenic City – May 12
Locomotion – Apr. 14	Stage Race – June 15-17
Battlefield – Nov. 10	Upchuck 50k – Nov. 10
	Lookout 50 Mile – Dec 15

Awards will be handed out at an end-of-the-year party. Awards are based on finishing each race, not time.

**Group 2 – 10K**

Road	Trail
Riverbend – Jun. 9	Still Hollow – Aug. 4
Raccoon Mtn. – Sep. 29	Urban Nature – Oct. 21
Moccasin Bend – Oct. 6	Lookout Mtn. – Dec. 15
Pie Run – Oct. 20	

**Group 3 – 5K**

Road	Trail
Riverbend – Jun. 9	Nature Calls – Mar. 11
Raccoon Mtn. – Sep. 29	Scenic City – May 12
Ft. Oglethorpe 5k – Nov. 10	Little Owl – May 19th



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COMING JULY 2018



REGISTER AT  
[FRONTRUNNERATHLETICS.COM](http://FRONTRUNNERATHLETICS.COM)



Run this *FLAT, FAST* two-mile course through scenic Heritage Landing neighborhood! All ages welcome.

Awards in 5-year age groups from 5 & Under to 75 & Over!

Details and  
Registration

at

[RaceCTC.org](http://RaceCTC.org)







*A race*

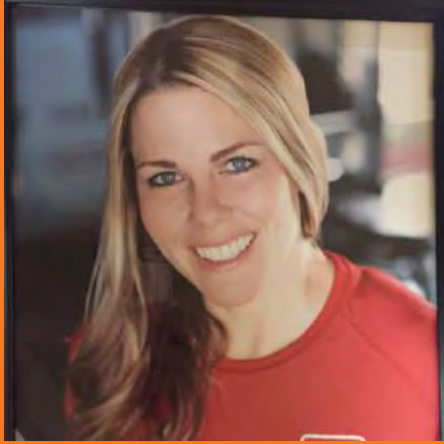
*For runners, by runners*

**Chickamauga Battlefield Marathon  
Half Marathon, Jr. Marathon & Fort Oglethorpe 5k**

**November 10, 2018 - Fort Oglethorpe, GA - [BattlefieldMarathon.com](http://BattlefieldMarathon.com)**



# Run Strong: Strength Training for Runners



Erica Butler, MPT

There's a stereotype with runners: We log miles each week even if it kills us. Relentless forward progress to the finish line is what we are after. But have you ever had that moment when you lace up your Nikes and you "Just Can't Do It?" Fatigued, tired, sore and achy, you're walking a line between overuse and injury. You are running at less than optimal form in order to check a training box. I'm here to convince you; strength training will not only improve your form and time but also reduce injury risk and allow more consistent training.

*Physical Therapist Erica Butler works with competitive and recreational athletes at C4 Sports Therapy. As a former athlete at UGA for fastpitch softball, Erica understands the demands and motivations of athletes - from the weekend warrior to the elite competitor. Having trained for triathlons and marathons, she understands the commitment to the training regimen of the endurance athlete.*

**Why are runners reluctant to strength training?** When I suggest strength training to a runner, I usually hear: "But won't I gain weight?" Gaining weight, though rare, only decreases body fat percentage and improves power making you lighter and faster. Another response is: "I don't have the time between work and training". The reality is that benefits can be seen with as little as 10-30 minutes, 2 days a week. Think of it as an insurance policy against injury and a training investment.

**How can strength training affect performance?** Running produces forces up to 2.5x body weight EACH STRIDE! Strength training improves force production and the rate at which you produce force. This reduces stress per stride and improves leg drive allowing you to run faster. Gains in maximal force, power, and explosiveness are seen with strength training, while lactate threshold, motor unit recruitment and running economy also improve. Simply, you are able to sustain a faster pace for a longer amount of time.

**How do strength training and injury risk relate?** Studies show strength training added to a training regimen reduces overuse injuries by half. Heavier lifting triggers protein synthesis and bone growth preventing chronic pain and minimizes joint discomfort. Remember: A stronger body is a more durable body. So your Garmin never has to sit on the nightstand for weeks at a time due to injury.

**What are key muscle groups for a strength program?** Max strength training is not the goal. Focusing on functional movements instead of isolated muscle groups gives the most bang for your buck. Multi-joint, ground based movements for the glutes and core are great. Include single leg activities for stability and coordination.

**How heavy?** As heavy as you can while maintaining good form and consistent tempo of movement for 5-8 reps of double leg and 8-12 reps for single leg exercises. Lift speed should not decrease more than 50% within the set. Most programs only include 4-7 specific exercises.

**How often is recommended?** It doesn't have to be grueling or time consuming. A program of 10-30 min, 1-2 days a week will allow you to achieve run specific gains.

**Can I strength train while I prep for a race?** Yes. I recommend adding strength training at the end of the same day as you run. It's beneficial to incorporate strength training all season. For peak races, cut the volume in half 2-6 weeks out, then stop completely 96 hours before race.

**Where can I find a sample strength program for runners?** Check out a simple runner strengthening program at our [Center for Sports Medicine & Orthopaedics] Facebook page! Run Strong!!



**For Sports Medicine & Orthopaedics**

*Because Life Happens In Motion*

# CHICKAMAUGA CHASE

## APRIL 21, 2018

Due to limited space, full results can be viewed at [RunCTC.org](http://RunCTC.org)

### 15K RESULTS

#### OVERALL FEMALE

1. Amanda Tate 59:51

#### OVERALL MALE

1. Rodney Stoker 51:52

#### FEMALE MASTERS

1. Emily Cooper 1:05:11

#### MALE MASTERS

1. Jeremy Miller 56:32

#### FEMALE GRAND MASTERS

1. Janet Jordan 1:12:36

#### MALE GRAND MASTERS

1. Robert Barnes 1:03:49

#### FEMALE SENIOR GRAND MASTERS

1. Kathi Wagner 1:22:05

#### MALE SENIOR GRAND MASTERS

1. David Roberts 1:03:52

#### FEMALE AGE GROUP: 19 & UNDER

1. Emma Henderson 1:31:00

#### MALE AGE GROUP: 19 & UNDER

1. Jasper Wilson 58:18  
2. Hayden Apps 1:00:25  
3. Mason Burkett 1:06:08  
4. Caleb Phillips 1:30:47

#### FEMALE AGE GROUP: 20 - 24

1. McKenzie Carlisi 1:31:16  
2. Megan James 1:31:17  
3. Alex Taylor 1:32:28  
4. Karlee Wright 1:36:22  
5. Morgan Farris 1:46:05  
6. Jordan Wideman 1:46:25

#### MALE AGE GROUP: 20 - 24

1. Nicholas McCormick 53:59  
2. Zack Jordan 54:45  
3. Scott King 1:09:07  
4. Ramsey Seagle 1:15:48  
5. Jason Burford 1:24:14

#### FEMALE AGE GROUP: 25 - 29

1. Morgan Olson 1:08:15  
2. Kajsa Swanson 1:11:43  
3. Jennifer Keenan 1:17:05  
4. Rachel Hardinge 1:18:41  
5. Caitlin Couch 1:19:34  
6. Deamber Stewart 1:21:53  
7. Kaitlyn Ware 1:24:13  
8. Andrea Linhart 1:26:35  
9. Caitlin Moore 1:29:50  
10. Corinne Fleming 1:29:59

#### MALE AGE GROUP: 25 - 29

1. Ken Curran 56:29  
2. Joel Long 1:04:42

3. David Wagner 1:07:10  
4. Tim Zorca 1:07:19  
5. Patrick O'Hagan 1:08:45  
6. Caleb Ebersole 1:09:36  
7. Luke Ebersole 1:15:48  
8. Thomas Catlett 1:18:33  
9. Mason Gregory 1:28:25  
10. James Kim 1:36:16

#### FEMALE AGE GROUP: 30 - 34

1. Sara Gibson 59:56  
2. Rachel Mason 1:00:15  
3. Alicyne Marley 1:08:12  
4. Rachel Jones 1:09:11  
5. Andrea May 1:11:37  
6. Renee Jackson 1:12:39  
7. Brienne Stambaugh 1:17:47  
8. Ashley Fugate 1:22:53  
9. Leigh Williams 1:23:47  
10. Cherish Hamill 1:25:25

#### MALE AGE GROUP: 30 - 34

1. Robby Jourdan 55:19  
2. Kendrick Gibson 56:42  
3. Adam Veron 56:57  
4. Ryan Davis 1:01:33  
5. James Young 1:04:22  
6. Stefan Haase 1:14:32  
7. Caleb Stambaugh 1:15:35  
8. Jeremy Bankston 1:23:08  
9. Gustavo Bedoy 1:26:07  
10. Nathan Fugate 1:26:42

#### FEMALE AGE GROUP: 35 - 39

1. Christy Woodard 1:07:40  
2. Sandy Brewer 1:09:59  
3. Susan Eckelmann 1:14:15  
4. Stacy Muller 1:16:45  
5. Jessica Hancock 1:20:28  
6. Anne Carr 1:21:29  
7. Crystal Harper 1:23:15  
8. Jessica Gray 1:25:25  
9. Erin McCall 1:25:51  
10. Marie Moore 1:25:58

#### MALE AGE GROUP: 35 - 39

1. Ryan McGinnis 57:03  
2. Andrew Scharff 1:07:54  
3. Seth Brewer 1:09:13  
4. Nicholas Varvel 1:10:58  
5. Quincy Davis 1:17:06  
6. Andrew Harper 1:17:59  
7. James Case 1:18:34  
8. Michael Tindle 1:21:01  
9. Stan Gregory 1:21:10  
10. Florian Hahn 1:21:48

#### FEMALE AGE GROUP: 40 - 44

1. Rachel Negron 1:11:32  
2. Kristen Curtis 1:14:21

3. Erin Reade 1:18:44  
4. Erinn O'Leary 1:23:18  
5. Virginia Mullins 1:24:04  
6. Maria Vives 1:31:48  
7. Nicole Weyenberg 1:32:06  
8. Christina Myers 1:32:27  
9. Angela Amick 1:35:33  
10. Krista Shields 1:35:58

#### MALE AGE GROUP: 40 - 44

1. Jason 1:01:12  
2. Matthew Amick 1:03:03  
3. Billy Barton 1:05:43  
4. Francisco Soutuyo 1:09:47  
5. Gregory McKenna 1:19:53  
6. Knut Hilles 1:22:19  
7. Jason Hartman 1:28:26  
8. Derek Holland 1:29:43  
9. Lee Haggard 1:31:50  
10. Gary Petty 1:31:56

#### FEMALE AGE GROUP: 45 - 49

1. Lisa Logan 1:09:56  
2. Amie Gabriel 1:16:52  
3. Teri Henderson 1:18:18  
4. Robyn Ward 1:21:15  
5. Amy Milliken 1:23:34  
6. Barbara Ensign 1:24:04  
7. Amy Waterman 1:26:47  
8. Rachel Degarmo 1:29:09  
9. Diana Moya 1:29:28  
10. Rachel Fisher-Queen 1:31:33

#### MALE AGE GROUP: 45 - 49

1. Tripp McCallie 57:48  
2. David Hartman 1:07:46  
3. Scott Hamby 1:08:15  
4. Aaron Mercer 1:09:37  
5. Rich Graham 1:11:02  
6. Greg Henry 1:13:17  
7. Tony Gabbert 1:14:06

8. Brian Horton 1:14:41  
9. Chris Phillips 1:17:03  
10. Tom Bodkin 1:18:28

#### FEMALE AGE GROUP: 50 - 54

1. Laurie McGuire 1:13:32  
2. Sharon Baxter 1:20:10  
3. Cynthia Hoeng 1:20:55  
4. Lynne Austin 1:22:16  
5. Sue Damstetter 1:23:44  
6. Paige Shaw 1:25:10  
7. Missi Johnson 1:27:46  
8. Kandy Delk 1:34:25  
9. Julie Hill 1:37:04  
10. Marcia Curtis 1:37:50

#### MALE AGE GROUP: 50 - 54

1. Michael McCawley 1:10:16  
2. David Moghani 1:10:43  
3. Scott Jordan 1:12:36  
4. Mike Polcari 1:13:26  
5. Ray Kellum 1:15:49  
6. Greg Elliott 1:16:38  
7. Chris Hall 1:18:09  
8. Randy Borrego 1:19:33  
9. Jose Martinez 1:20:22  
10. David Glenn 1:21:43

#### FEMALE AGE GROUP: 55 - 59

1. Karen Johnson 1:18:19  
2. Karen Leavitt 1:19:08  
3. Carmen Hodnett 1:25:02  
4. Lynda Webber 1:26:28  
5. Pam Keeter 1:29:43  
6. Jennifer Coleman 1:29:47  
7. Jennifer Moore 1:34:23  
8. Margaret Cawood 1:36:19  
9. Connie Brand 1:36:21  
10. Barbara Kennedy 1:41:14

#### MALE AGE GROUP: 55 - 59





1. John McCusker	1:06:15
2. Stephen Ruffin	1:08:51
3. Dwight Gardenhire	1:12:52
4. Harold Ebersole	1:15:48
5. Chuck Capps	1:21:07
6. Scott Fisher	1:21:50
7. Joe Dumas	1:23:57
8. Rick Delahaya	1:27:57
9. Thomas Marshall	1:29:29
10. Julian Bell	1:29:51

#### FEMALE AGE GROUP: 60 - 64

1. Cathy Gracey	1:34:26
2. Rebecca Mietzner	1:53:31
3. Miriam Niemira	1:55:00
4. Mary Ann Oneill	2:23:18

#### MALE AGE GROUP: 60 - 64

1. Mayes Starke	1:04:13
2. Jeff Stracener	1:11:05
3. Mike Usher	1:14:44
4. Bill Merolle	1:17:41
5. Bill Brock	1:18:30
6. Keith Foster	1:21:50
7. Tom Kennedy	1:24:06
8. William May	1:25:59
9. Thomas Russe	1:27:37
10. Rich Mercer	1:28:58

#### FEMALE AGE GROUP: 65 - 69

1. Victoria Berghel	1:38:42
2. Kathy Welch	1:41:03
3. Kristine Johnson	1:41:14
4. Mildred Bethea	1:48:30
5. Lynn Harmon	1:49:44
6. Ginnie Gray	2:02:46

#### MALE AGE GROUP: 65 - 69

1. John Crawley	1:18:05
2. Michael Martin	1:29:30
3. Thomas R Smith	1:30:12
4. Stephen Bennett	1:36:57
5. Roy Webb	1:40:24
6. C.L. Dunn	1:41:04
7. Michael McKenna	1:43:11
8. Ted Verville	1:50:33

#### FEMALE AGE GROUP: 70 & OVER

1. Sue Anne Brown	1:41:51
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#### MALE AGE GROUP: 70 & OVER

1. Sergio Bianchini	1:21:28
2. Larry Ballard	1:39:30
3. Weldon Glockzin	2:02:44

## 8-MILE TRAIL RESULTS

#### OVERALL FEMALE

1. Kiersten Boyd	1:03:15
2. Melissa Ledford	1:04:13
3. Maria Hernandez	1:08:05

#### OVERALL MALE

1. Jether English	47:22
2. Bob Adams	47:26
3. Michael Conkel	51:14

#### FEMALE AGE GROUP: 19 & UNDER

1. Emmy Holliday	1:18:09
2. Skye Remko	1:25:25

#### MALE AGE GROUP: 19 & UNDER

1. Ben Prentice	1:19:45
-----------------	---------

#### FEMALE AGE GROUP: 20 - 24

1. McKinzie Hummel	1:09:42
2. Julia Bursch	1:24:13
3. Jennifer Jouberit	1:27:53
4. Taylor Underwood	1:29:32
5. Abigail Jansen	1:39:23
6. Jeanie Brown	1:48:08

#### MALE AGE GROUP: 20 - 24

1. Michael Conkel	51:14
2. Joseph Wilson	55:10
3. James Sullivan	1:00:41
4. Tyler Todd	1:03:25
5. Britton Fugatt	1:13:00
6. Daniel Thrash	1:13:14
7. Carrington Evans	2:17:03

#### FEMALE AGE GROUP: 25 - 29

1. Kiersten Boyd	1:03:15
2. Melissa Ledford	1:04:13
3. Emily Elliott	1:11:18
4. Emily Boyd	1:28:24
5. Amanda Sharpe	1:28:50
6. Crystle Reynolds	1:32:05
7. Laura Roper	1:36:17
8. Brook Samples	1:55:05
9. Gabriel Dudley	1:59:25

#### MALE AGE GROUP: 25 - 29

1. Jether English	47:22
2. Jay Boyd	1:09:02
3. Nick Moseley	1:14:12
4. Alexander Chen	1:18:37
5. Justin Clementson	1:24:36
6. Andrew Sharpe	1:25:37
7. Willy T Smith	1:27:53
8. Justin Niceswanger	2:02:30

#### FEMALE AGE GROUP: 30 - 34

1. Maria Hernandez	1:08:05
2. Cara Cincere	1:15:10
3. Morgan Williams	1:16:55
4. Kaitlin Gunter	1:26:59
5. Jade Mouton	1:35:26
6. Camille Ward	1:36:57
7. Hannah Wheeler	1:38:02
8. Lauren Young	1:43:05
9. Kasandra Helms	2:17:05

#### MALE AGE GROUP: 30 - 34

1. Joshua Cole	54:55
2. Jeff Barry	1:03:11
3. Scott Jenno	1:08:01
4. Kenneth Croft	1:08:10
5. Caleb Sexton	1:16:58
6. Chris Oneil	1:24:07
7. Nick Barnett	1:30:44
8. Jacob McRae	1:33:50
9. Caleb McRae	1:33:51
10. Brian Goodner	2:10:13

#### FEMALE AGE GROUP: 35 - 39

1. Meghan Whitley	1:08:24
2. Stephanie Smith	1:10:14
3. Ashley Nichols	1:14:22
4. Kristin Robertson	1:27:03
5. Elizabeth Igou	1:32:47

6. Jamie Latham	1:39:23
7. Tabitha Taylor	1:42:13

#### MALE AGE GROUP: 35 - 39

1. Bob Adams	47:26
2. Joseph Watson	53:59
3. Lyn Williams	56:08
4. Colin Heenan	1:00:52
5. Nathan Daugherty	1:06:06
6. Steven Lamar	1:08:55
7. Steven Moore	1:08:58
8. Tim Smith	1:10:14
9. Brian Stoddard	1:12:45
10. Michael Kelly	1:13:19

#### FEMALE AGE GROUP: 40 - 44

1. Maria Salaises	1:12:14
2. Michelle McIntyre	1:13:43
3. Kimber Keplinger	1:17:58
4. Marie Hamilton	1:28:34
5. Holly Cash	1:35:04
6. Tracey Lawson	1:40:10
7. Kristie Buchanan	1:45:25
8. Jaime Beckler	1:45:53
9. Julie Munson-Jackson	1:54:07
10. Kristy Sharp	1:58:04

#### MALE AGE GROUP: 40 - 44

1. James Hintz	56:21
2. Curtis Callaway	1:08:24
3. Jason Smith	1:13:12
4. Daniel Shartle	1:14:01
5. Nathan Walldorf	1:15:20
6. Dennis Miller	1:16:16
7. Michael Blair	1:21:54
8. Chris Willis	1:22:10
9. Taylor Newman	1:27:12
10. Adam Boothby	1:53:57

#### FEMALE AGE GROUP: 45 - 49

1. Melissa Kroll	1:17:16
2. Wendy Dewitt	1:20:25
3. Ashley Remko	1:24:35
4. Gina	1:25:28
5. Sara McNabb	1:29:21
6. Michelle Brown	1:35:07
7. Carrie Bocanegra	1:35:07
8. Tina Heiden	1:35:10
9. Beth Barfield	1:38:49
10. Marla Hood	1:43:39

#### MALE AGE GROUP: 45 - 49

1. Mark Brooks	1:02:10
2. Tye Young	1:06:04
3. Gregory Highwood	1:06:49
4. Michael Hoskins	1:11:13
5. Dave Holliday	1:18:13
6. Shane Ledford	1:18:39
7. Mitch Underwood	1:24:33
8. Mike Harmon	1:26:33
9. Watkins Cannon	1:31:19
10. John Critchfield	1:33:17

#### FEMALE AGE GROUP: 50 - 54

1. Maricela Rodriguez	1:22:45
2. Cheryl Creswell	1:45:53
3. Marianne Urbain	1:45:53

#### MALE AGE GROUP: 50 - 54

1. Larry Aulich	1:07:39
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2. Jay Remko	1:09:03
3. Thierry Urbain	1:09:15
4. Ron Blessinger	1:10:05
5. Dave Porfiri	1:11:26
6. Hal Turner	1:22:08
7. Doug Brooks	1:23:22
8. Johnny Rogers	1:47:50

#### FEMALE AGE GROUP: 55 - 59

1. Ruth Vanzandt	1:14:30
2. Laura Yeager	1:22:43

#### MALE AGE GROUP: 55 - 59

1. Mike Berry	1:02:53
2. Thomas Marshall	1:07:53
3. Tim Cleary	1:09:22
4. Jeff Straussberger	1:11:25
5. Elton Smith	1:12:47
6. Rick Peters	1:18:38
7. Jim Copeland	1:25:05
8. Tim Fortune	1:28:26
9. Anthony Grossi	1:31:51
10. Dan Roper	1:42:29

#### MALE AGE GROUP: 60 & OVER

1. Don Gregg	1:17:51
2. Hank McMahon	1:21:07
3. Tim Jeffers	1:25:07
4. Bob Cutrer	1:41:15
5. Paul Willson	1:45:46
6. Craig Kelly	1:46:54

## 5K RESULTS

#### OVERALL FEMALE

1. Helen Webb	20:59
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#### OVERALL MALE

1. Joshua Stanley	17:25
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#### FEMALE MASTERS

1. Criscilla Tyler	25:35
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#### MALE MASTERS

1. Mark Lorello	19:51
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#### FEMALE GRAND MASTERS

1. Dayna Smith	27:10
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#### MALE GRAND MASTERS

1. Bill Wright	23:30
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#### FEMALE SENIOR GRAND MASTERS

1. Marian Roides	29:41
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#### MALE SENIOR GRAND MASTERS

1. Steve Ferguson	24:35
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#### FEMALE AGE GROUP: 14 & UNDER

1. Caroline Curtis	26:24
2. Olivia Drumeller	27:04
3. Sara Kate Elrod	27:13
4. Lauren Lovati	30:24
5. Natalie Brooks	31:41
6. Mia Brady	34:05
7. Eden Blake	37:15

#### MALE AGE GROUP: 14 & UNDER

1. Henry Webb	20:29
2. Jaden Rapp	23:09
3. Jackson Hartman	26:05
4. Sebastian Hilles Moya	26:35
5. Owen Tumey	26:53



# LOCOMOTION <sup>12 and 6</sup> HOUR RUN

Race Results at [RunCTC.org](http://RunCTC.org)





# CTC RACE TEAM 2018



Race Team members pictured at the Chattanooga Chase. The CTC Race Team was created to recognize and support club athletes who excel in distance running and track and field. Team members serve as community ambassadors and represent the CTC and Chattanooga’s running community at local, regional and national events. Team membership lasts one year; applications for the 2019 team will be accepted starting next January.

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Front row (l to r): Sarah Turner, Brianne Stambagugh, Jenny Taylor, Jennifer Huwe, Kristen Bonsor, Lisa Logan, Katie Outlaw. Back row (l to r): Karen Leavitt, Jennie Gentry, Kevin Huwe, Ryan Shrum, Tripp McCallie, Ryan McGinnis, Todd Viens, Andy Highlander. Not pictured: Michael Conkel, Jodi Davis, Hugh Enicks, Tim Ensign, Glynis Hoover, Rachel Mason, Andrea May, Jeremy Miller, Alan Outlaw, Connie Regal, Devin Swafford, Chad Varga, Adam Veron.



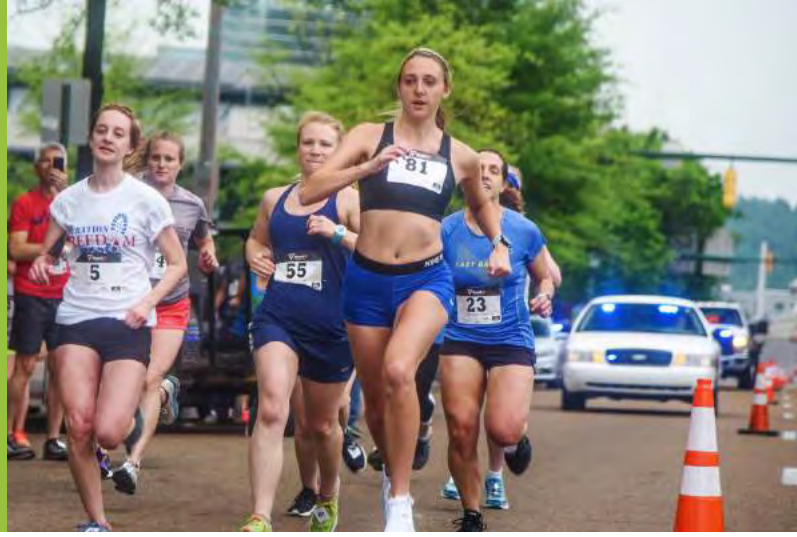
## KIDS RUN THE SCENIC CITY

Kid-friendly distances at upcoming Chattanooga Track Club Races

DATE	EVENT	DISTANCE
May 28	Chattanooga Chase	1 Mile
June 9	Center for Sports Medicine and Orthopaedics Riverbend Run	1 Mile, 5k
July 21	Scenic City Scorcher	2 Miles
Aug 11	Missionary Ridge Road Race	1 Mile
Sept TBD	Jr. Cross Country Series <i>4 events in September</i>	1 Mile ea.
Sept 9	Run of Honor	1 Mile
Nov 10	Chickamauga Battlefield Marathon Junior Marathon	Final Mile

[RunCTC.org](http://RunCTC.org)

# MAY 5, 2018 MARKET STREET MILE



## WHEELCHAIR 1M RESULTS

Place	Name	Age/ S	Time
10	Samuel Calkins	10 M	5:08
49	William Joel	12 M	7:05
69	Johnathan Grimes	36 M	8:05
81	Liberty Barnum	13 F	9:44
87	Lucy Heald	8 F	11:28

## OVERALL FEMALE

1. Hannah Faudi 5:39

## OVERALL MALE

1. Chase Faudi 4:36

## FEMALE MASTERS

1. Lisa Logan 6:31

## MALE MASTERS

1. Jeremy Miller 5:07

## FEMALE GRAND MASTERS

1. Karen Leavitt 7:16

## MALE GRAND MASTERS

1. Brent Bueche 5:13

## FEMALE SENIOR GRAND MASTERS

1. Jane Webb 12:13

## MALE SENIOR GRAND MASTERS

1. Mayes Starke 5:54

## FEMALE AGE GROUP: 5 & UNDER

1. Rosalee Rogers 11:16  
2. Delaney Paxson 12:51

## MALE AGE GROUP: 5 & UNDER

1. Oliver Webb 9:31  
2. Shea Strauss 12:15

## FEMALE AGE GROUP: 6 - 10

1. Hadley Golden 7:17  
2. Marley Shell 8:01  
3. Lilly Kathryn Paxson 8:07  
4. Nora Barrington 10:02  
5. Lena Renninger 10:50  
6. Lucy Heald 11:28

## MALE AGE GROUP: 6 - 10

1. Samuel Calkins 5:08  
2. Henry Webb 6:19  
3. Matthew Hamill 7:15  
4. Isaac Wheatcroft 7:25  
5. Anderson Golden 7:45  
6. Jasper Lacy 7:47  
7. Owen Tumey 7:47  
8. Dallas Lacy 9:15  
9. Torin Rogers 10:25

## FEMALE AGE GROUP: 11 - 14

1. Madeline Wheatcroft 5:44  
2. Helen Webb 5:50  
3. Hannah Herren 6:37  
4. Ella Wheatcroft 6:49  
5. Quincie Hrinik 7:41  
6. Juliana Paxson 7:41  
7. Millie Cross 8:35  
8. Liberty Barnum 9:44

## MALE AGE GROUP: 11 - 14

1. Boston Hrinik 5:14  
2. Cory Mattox 5:28  
3. Grady Outlaw 5:34  
4. Patrick Russell 5:46  
5. Mac Meredith 5:58  
6. William Joel 7:05

## MALE AGE GROUP: 15 - 19

1. Kaigen Mulkey 4:43  
2. Micaiah Allison 4:43

3. Jonathan Boyd 4:44  
4. Zachary Faudi 4:55  
5. Matthew Broussard 4:58  
6. Thomas Loher 5:14  
7. Zachary Cross 5:21  
8. Matt Hamilton 7:15

## FEMALE AGE GROUP: 20 - 24

1. Taylor Sawyer 5:58  
2. Kristen Bonsor 6:01

## FEMALE AGE GROUP: 25 - 29

1. Emily Roddy 8:47

## MALE AGE GROUP: 25 - 29

1. Jether English 4:44  
2. Ken Curran 4:56  
3. Fidel Colorado Jacom 6:54

## FEMALE AGE GROUP: 30 - 34

1. Stephanie Maurer 5:45  
2. Kelly Etchells 6:12  
3. Brianne Stambaugh 6:57  
4. Jennifer Hogg 6:57  
5. Charla Nix 8:31

## MALE AGE GROUP: 30 - 34

1. Kyle Fitzgerald 5:03

## FEMALE AGE GROUP: 35 - 39

1. Rebekah Gilman 7:20

## MALE AGE GROUP: 35 - 39

1. Ryan McGinnis 5:01

2. Jim Foster 5:31  
3. Johnathan Grimes 8:05

## FEMALE AGE GROUP: 40 - 44

1. Leah Golden 6:58  
2. Erin Reade 6:59  
3. Crystal Faudi 7:11  
4. Stacey Malecky 7:39

## MALE AGE GROUP: 40 - 44

1. Jason Webb 5:20  
2. Chad Paxson 5:39  
3. Adam Griffith 6:34  
4. Ray Russell 7:43

## MALE AGE GROUP: 45 - 49

1. Jeffrey Cross 5:59  
2. Ted Hackett 6:26

## FEMALE AGE GROUP: 50 - 54

1. Elizabeth O'Connor 8:44

## MALE AGE GROUP: 50 - 54

1. Jim Luebbering 6:48

## FEMALE AGE GROUP: 55 - 59

1. Gwen Meeks 8:43

## MALE AGE GROUP: 55 - 59

1. Tim Ensign 5:18  
2. Raymond Beu 6:16  
3. Doug Murphy 6:19  
4. Matt O'Neill 7:55  
5. Raymond Roddy 8:44

## MALE AGE GROUP: 60 - 64

1. Keith Foster 6:56  
2. Bill Brock 7:19  
3. Mark Hays 8:04  
4. William Deckman 11:33

## MALE AGE GROUP: 65 - 69

1. John Crawley 7:05  
2. Bill Moran 11:02

## MALE AGE GROUP: 70 & OVER

1. Sergio Bianchini 7:31  
2. Willard Thrash 8:24





**5K for**



*sponsored by*

**FRONT RUNNER**  
ATHLETICS



# Saturday, September 1st 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](http://ChattanoogaFCA.org/race)**



AND THE 2017 CTC VOLUNTEER OF THE YEAR IS...

# BETH PETTY!!

**Number of years as a CTC member:** Eleven

**Favorite CTC race at which to volunteer:** Well I love all the CTC races, but the Chickamauga Battlefield Marathon is my favorite one at which to volunteer. I help out leading up to race day. However, on race day, I transform into someone else...a southern belle!!! I love cheering all the runners on and making them smile and laugh as DeLeslyn [Mitchell] and I are out there acting crazy, being loud, and dancing.



**My most memorable volunteer experience:** ...was last year, while working the CTC aid station at Ironman Chattanooga. Of course, I dressed up - and I totally enjoyed being out there dancing with my fellow CTC members and making the racers temporarily forget about their pain. Having done multiple Ironman events, it was nice to help out those who were struggling and cry with those who did not think they could finish.

**I volunteer because:** ...without volunteers, races would not happen, I have raced enough to know. Having people out on the course, at check-in, or at a water stop cheering and encouraging you goes a long way. So, when I am able I give back!

Not too many people know that I: ...am a Disney and Star Wars freak....wait, never mind... everyone who knows me knows that!



MEET THE PREZ! Meet your energetic new CTC President for the 2018 season...

# JENNI BERZ



**No. of years as a CTC member:** 14

**Favorite CTC race:** The Elementary Cross Country Series. There is nothing that compares to the mass start of each heat, the energy of 100-150 kids at one time taking off for a one mile run ending with determination and pride on the faces of the first to the last finisher.

**Most memorable race:** There are so many, yet I will always remember my first half marathon which was the Rock and Roll Virginia Beach. I decided to run it 12 weeks prior to the race, got involved with a fundraiser for a cancer treatment foundation, raised \$2500, and ran it with one of my best friends. Most of all, I will always remember the lessons learned through training that taught me what I am capable of if I set my mind to it.

**Quote:** "I've learned that people will forget what you said, people will forget what you did but people will not forget how you made them feel." Maya Angelou

**Motto:** Don't sweat the small stuff

**Most people don't know that I:** used to be a professional Girl Scout.

**I run:** To connect with family and friends, to exercise my dog, for mental and physical health, to energize myself so I can accomplish other things. I run because I can do it almost anywhere, anytime, and because I am able. I used to think that running was boring and I had to be light on my feet and fast to be good at it. I have a fairly small body frame yet I feel as though I hit the ground like a ton of bricks. Fourteen years later, I still think running can be boring unless I am with a group or in dire need of burning some energy, but I no longer put much emphasis on being





# CHATTANOOGA WATERFRONT TRIATHLON

## SUNDAY, JUNE 24, 2018

### DOWNTOWN CHATTANOOGA

### Sprint and Intermediate Distance



Presented by

Made Possible by



RunCTC.org

#### Volunteer of the Year continued

**Quote:** “When you come to the end of your rope, tie a knot and hang on.” Franklin D. Roosevelt

**Motto:** “Always be the best person you can be, because you never know who you are inspiring.”

**Beth Adds:** I started running 11 years ago after watching the Biggest Loser. The contestants on the show had to run a marathon, and something just clicked and I thought, “If they can do that, surely I can too!” My first 5K was the First Volunteer Communities in Schools 5K, but back then it was the Gateway 5K. I did not tell anyone that I was doing it because if I bombed, then I would still be able to hold my head up high. Now fast forward 11 years later and I have run multiple marathons, half marathons, half Ironman events and full Ironman events. My drive to start volunteering happened in November 2013. I had just finished my first Ironman down in Florida. I remember I was at an all-time low during the run and a lady in a catsuit came out and was cracking her whip and yelling at me. I remember just wanting to lay down and quit because I was worn out and tired, but she said, “Girl, you can walk this entire run and finish with time to spare. Now get your a\$\$ moving before I crack you with my whip!” If it wasn’t for her, I would have continued with my pity party. So, I know for a fact that volunteers can make a difference in your life - whether it be to calm your nerves at packet pick-up, keep runners motivated and/or on the correct course, or make them laugh so that - for a split second – they can forget about their pain!

#### Meet the Prez! continued

lighter on my feet. What I have discovered is that running is not about the act itself for me. It is all of the ancillary mental and physical benefits. It is about the community, the friendships, the personal discovery and growth. I love CTC because it has provided me a place and the people to realize this.

**Jenni adds:** Like many CTC members, I was recruited to join CTC activities by a good friend. I was just getting into running and did not know what I didn’t know. I am a doer and find it difficult to sit back and watch so it felt natural for me to join a committee and find a role where I could be helpful. Each volunteer position led to another, friendships developed and many, many conversations led to a greater understanding of the significance of this organization not only for its members but for the community as a whole. I continue to learn with each CTC experience and as we approach 50 years of running in the scenic city, my goals are to ensure that the knowledge I have gained over the past 14 years is passed on to the next generation of leadership and that I am fostering new leadership; that the programs and races that are the foundation of the CTC are durable; and that we ensure that our youngest generation has the opportunity to experience the physical, psychological and social aspects of running. I know there will be more that we accomplish in 2018 and if at the end of the year I leave the Club a little bit better than I found it, I will feel a sense of accomplishment.

INTRODUCING...

# THE 2017 ROY WINNERS!

A special CTC feature by Lynda Webber

They were revealed at the CTC Awards Banquet in January, and now you get to meet them here...  
The 2017 Overall Female and Male Runners of the Year, and the overall female and male age group winners!

## OVERALL FEMALE:

### ANDREA MAY



**Occupation:** Nurse Practitioner

**Years running:** 12-ish.

**Years racing:** 9 1/2 ... ran my first official race, a 5K, in October of 2008.

**No. of years as a CTC member:** Going on five!

**Favorite distance to race:** The Marathon. It's a challenge every time and I definitely respect the distance! The feeling of crossing the finish line of a well-run marathon is indescribable.

**Favorite race:** The Boston marathon! I've run it twice so far and am planning to go back in 2019. It's such an iconic race with so much history and significance tied to it and a huge honor to qualify and be accepted. Running down Boylston toward the finish line amidst cheering crowds is one of the most incredible experiences that I've had in my life!

**Favorite CTC race:** The Chickamauga Battlefield Marathon. The course is gently rolling so it gives your legs enough variety, the weather is usually perfect, and it's where I ran my current PR in November of 2017.

**Most memorable race:** The Maine Coast Marathon in May of 2017. I traveled up to run it with friends who live in Maine, and as luck would have it a nor'easter blew in the night before the race. Of course, we were not going to let gale force winds, blinding rain and temps in the 30s stop us! Dressed as a shark, a pirate and 2 hula girls (of which I was one), we crossed the finish line in style (albeit soaking wet and with mild frostbite). Definitely a race that I'll remember forever!

**Quote:** "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." - Ralph Waldo Emerson

**Motto:** "Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."

**Running/Racing "Anthem":** "The Distance" by Cake

**Most people don't know that:** ...besides running, music is my other big hobby. I mainly listen to EDM and alternative/indie but am open to a variety. I am always looking for new music and I have been to more shows than I could even begin to try to count. I'm proud of the slightly-pretentious-sounding fact that I am usually the one to know the artist/band that no one else has heard of!

**Andrea adds:** Running is more than a hobby for me; it is a part of who I am and how I define myself. Some of the personality traits that I value most in myself – determination, dedication and perseverance – have been sharpened and made more pronounced as my running career has progressed. Running has gotten me through some pretty big highs and lows in my life and I truly feel that it has made me a better person.

## OVERALL MALE:

### DEAN THOMPSON



**Occupation:** Women's cross-country and track coach at Dalton State College. I am also involved in the "Run for God" organization.

**Years running/racing:** I was running as soon as I was walking, but didn't begin racing competitively until 1979.

**No. of years as a CTC member:** About five.WW

**Favorite distance to race:** All of them!

**Favorite race:** Any Run for God race because they're done to glorify God.

**Favorite CTC race:** The Market Street Mile - love running short and fast!

**Most memorable race:** Winning the Myrtle Beach Marathon in 2013 at 47 years old.

**Quote:** "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." – Joshua 1:9

**I run:** ...because it's a gift God gave me.

**I race:** ...Because I love competition!

## VETERAN FEMALE:

### SUE ANNE BROWN

Sue Anne's profile appears on Page 21.

*When they write my story  
They're gonna say that I did it for the glory  
But don't think that I did it for the fame, yeah  
I did it for the love of the game  
"The Champion" by Carrie Underwood*



## VETERAN MALE:

### SERGIO "THE SURGE" BIANCHINI



**Occupation:** Italian wine Connoisseur, Zumba dancer, boot-camper, ladies' man, runner.

**Years running:** 17

**No. of years as a CTC member:** 17

**Favorite distance to race:** Half Marathon. Anything less hurts because I have to push hard. Anything more, I get kind of bored sometimes. [Note from The Management: He must've been REALLY bored during the 2015, 2016 and 2017 Vol State 500K!!]

**Favorite CTC race:** The Chickamauga Chase.

**Most memorable race:** The Vol State 500K Road Race. Every day is an adventure while running across the State of Tennessee!

**Quote:** "I overslept my alarm clock!" – Sergio Bianchini

**I run:** ...to socialize, to feel good, and to talk to the ladies!

**I race:** ...because I enjoy the competition!

**Most people don't know that I:** ...was a sommelier, but I'm perfectly content with a \$4 bottle of wine from Aldi.

**Claim(s) to Fame:** Sergio is a three-time Veteran Male ROY winner AND scored the annual Long Runner 100-mile award for the third year in a row during the 2017 season. In addition, he holds the 2016 Tennessee State record for the one mile run at age 75 (6:49.83), and he is the only CTC member to date to take up (and excel at!) multi-day ultra running at age 74. At his present age of 77, the sky is still the limit for the incredible Sergio Bianchini!

## SENIOR GRANDMASTERS FEMALE:

### CONNIE REGAL



**Occupation:** 7th grade teacher at Silverdale Baptist Academy.

**Nickname:** The "Regal Ballerina"

**Years running:** 43

**No. of years as a CTC member:** 3

**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 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!

## GRANDMASTERS MALE:

### CHRIS THEOBOLD



**Occupation:** Project Manager for a residential/commercial builder

**Years running:** 10

**Years racing:** 10

**No. of years as a CTC member:** 5

**Favorite distance to race:** 5K

**Favorite race:** The Chattanooga Chase... I like it because all the hills make it challenging. I also like to do the one-mile race afterwards.

**Favorite CTC race:** Chattanooga Waterfront Triathlon

**Most memorable race:** 2017 IronMan Chattanooga 144.6. I had a flat during the bike ride which was a struggle, but I got through it when I saw my daughter, Ella, volunteer at the running aid station. She cheered me on.

**Quote:** "I can do all things through him who gives me strength." – Philippians 4:13

**Motto:** "Live to Run, Run to Live."

**I race:** ... to burn off the crazy!

**I run:** ... for my daughter!

**Most people don't know that I:** ... am an avid fly fisherman.

**Chris adds:** 2017 was great year for me. Set out to do two 70.3 IronMans and Chattanooga 144.6.

Also set a goal to compete with my daughter for Runner of the Year and place 1st in our age groups to get on the plaque together. Between all the training and races the icing on the cake had to be accomplishing winning ROY together with Ella. I also became an Ironman and it meant I could show Ella that if one sets their mind to something, it can be done. Hope to watch her find joy in running like I have.

**Claim to Fame:** Chris and his daughter Ella are BOTH ROY winners this year!

## GRANDMASTERS FEMALE:

### KAREN LEAVITT



**Occupation:** a) Commercial Real Estate Consultant, b) Professional Organizer, c) Personal Running Coach

**Years running:** 43

**Years racing:** 43

**No. of years as a CTC member:** 3

**Favorite distance to race:** 5K, but I also like the half-marathon distance.

**Favorite race:** Still hard to narrow it down to one. I liked the 2015 Secret City Half Marathon in Oak Ridge, TN. It was well-organized, the course was not too hilly, and it wasn't super crowded.

**Favorite CTC race:** I really like the FCA 5K...because it is FLAT! Chad Varga, owner of The Front Runner, does a great job organizing it.

**Most memorable race:** I have run over 500 races so narrowing it down is hard, but since this year marks the 30th anniversary since I ran in the 1988 Olympic Trials Marathon, I will say that is one of my most memorable. It was in Pittsburgh, PA on May 1st. I didn't have a great race, but I was blessed to have been able to qualify and compete with the top women in the country. I qualified with the 94th fastest time (2:45) but finished 128th (2:58). Lots of family (parents, siblings, aunts and uncles, cousins) came to cheer me on!

**Quote/Motto:** "He gives strength to the weary and increases the power of the weak... They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." – Isaiah 40:29-31

**Most people don't know that I:** ... met my husband at a road race in 1992. We talked afterwards but he only asked my first name. Back then, he had to wait two months for the results to be mailed so he could find out my last name. He called information to get my phone number then called me and left a message and I called him back. Things are so much different now!

**Karen adds:** I am so thankful for this sport and want to keep encouraging others to start running and keep improving. I love that running is a sport for all ages. I have been blessed to have relatively few injuries over the 40+ years I've been running. I got injured last August and it was a challenge not to be able to be out training and racing. I'm thankful that I was able to recover and re-join "my people." If you do get injured, be patient, you will be able to get back at it!

## MASTERS FEMALE:

### LISA LOGAN



**Occupation:** High School Assistant Principal

**Years running:** 20+

**Years racing:** 17

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

**Favorite distance to race:** The half marathon. I don't think I'm fast enough to race a 5K but I can sustain a pace for a half. [Note from The Management: We see she can sustain a pace for a full very well also...she's completed five Boston Marathons.]

**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 it was my very first marathon. I love the Oak Barrel Half Marathon and the Southern TN Plunge Half Marathon because they are through childhood stomping grounds. Running them is like running down memory lane every year.

**Most memorable race:** The most memorable race for me is the Southern TN Plunge Marathon that I ran in 2012. 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. And, it was the first time I was the overall winner in a race. Also, during the 1st mile I started talking to a guy who ran with me until mile 14 when he told me that I "was holding him back." At the finish he came back and ran the last quarter of a mile with me. His name was Paul and he was 63 years old, and I was absolutely inspired by him because of the changes he told me he had made in his life when he was 40 and overweight.

**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:

### CHARLES E. "TRIP" MCCALLIE (THE 3RD)



**Occupation:** Chief Development Officer for the Chattanooga YMCA.

**Years running:** Seven

**Years racing:** Ten

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

**Favorite distance to race:** Two miles, and anything in between 15K and the half marathon. They provide my best age-graded results. My current goal is to run 80% age-graded. This is defined as "National Class." I have been at 79.9% three times. I'll get it this year!

**Favorite race:** The Boston Marathon. Having participated in the race a couple of times, I really appreciate what the race means to the city and the people who live there. Honorable Mention goes to the annual USTAF Club Cross Country National race, which has some amazing runners – including our own! Being a part of that team is a highlight for me every time I am able to do it.

**Favorite CTC race:** The Scenic City Scorcher – it's over quick. Not as quick as the mile, but it doesn't hurt as bad. Maybe I'm just not running hard enough...

**Most memorable race:** The 2016 Chickamauga Battlefield Marathon. I broke three hours after missing by 40 seconds the year before. I was so happy. My family was there at the finish and I won't forget those hugs. I appreciated my friend John Hunt being there to discuss it. I'll remember those tears as well. He later included this in his annual "Thankful" article in the Chattanooga.com. As a fine runner in his day, before he became the "No Marathon Moose," he knew how hard I worked to get to that point.

**Running/Racing "Anthem":** "Gonna Fly Now" – Rocky II version



**Quote:** "The longer I live, the more I realize the impact of attitude on life." – Charles R. Swindoll

**Motto:** "Start your day with a grateful heart" - Unknown.

**Most people don't know that I:** ... am planning on doing more marathons, although I said I was done. I just needed a break. I have my eye on the New York City Marathon in 2019 to celebrate turning 50.

## ADULT FEMALE:

### BRIANNE STAMBAUGH



**Occupation:** Spanish Professor

**Years running:** Six

**Years racing:** Six

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

**Favorite distance to race:** The Marathon

**Favorite race:** St. Jude Memphis Marathon. I ran it this past year as a St. Jude Hero. Fundraising for St. Jude throughout my training brought so much meaning to the marathon.

**Favorite CTC race:** I enjoy many of the CTC races, but my favorite would be the Chickamauga Battlefield Marathon. The run through the park is always beautiful and peaceful.

**Most memorable race:** The Walt Disney World Half Marathon in 2017. My husband and I were running the Dopey Challenge, but Disney cancelled the half marathon due to severe weather. Rather than let the weather stop our plans to complete the race, we, along with many other runners, ran around the resort where we stayed in order to complete the half. We ran and cheered each other on; family members, friends, and even resort staff set up makeshift aid stations and cheered as we ran. The run embodied everything I love about the running community - people who come together, encourage each other, and persevere to meet a common goal.

**Quote:** "She believed she could, so she did." – R.S. Grey

**I run:** ... because I can, and to escape the stresses of everyday life.

**I race:** ... to be a better runner than I have been, to see new places, to meet new people, and to have fun along the way.

**Most people don't know that I:** ...have a Ph.D. in Spanish and Applied Linguistics. I began running in grad school to help me deal with the stress of research and writing.

## ADULT MALE:

### RYAN MCGINNIS



**Occupation:** Manage a family-owned transportation/towing & recovery business with my father.

**Years Running:** Off-and-on since elementary school. Sports played a big role in my childhood.

**Years Racing:** Five

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

**Favorite distance to race:** The 26.2. You learn so much each time with the marathon.

**Favorite race:** The Rock & Roll marathon in Nashville was my 1st half and full marathon. I really love that city and there's always a big crowd. (Great food also!)

**Favorite CTC race:** I love to run in the Battlefield, so I'll say the Chickamauga Battlefield Marathon and the Chickamauga Chase.

**Most memorable race:** Probably the 2017 Chickamauga Battlefield Marathon, because I was able to qualify for Boston with a 5 minute cushion. I'm looking to toe the line at Boston for the first time in 2019.

**Quote:** "Now bid me run, and I will strive with things impossible." – William Shakespeare

**Motto:** "Get comfortable being uncomfortable." – Eliud Kipchoge

**I run:** ...for the countless benefits and pure joy it brings into my life.

**I race:** ...to gauge progress and to compete. I also like to support great causes and charities.

**Most people don't know that I:** didn't do any cardiovascular exercise at all for 10+ years after high school and developed several very unhealthy habits. My wife inspired me to start running again when I turned 30, which sparked a major lifestyle change. She always brings out the best in me!

**Ryan adds:** I've met so many great people since becoming involved with the CTC. Getting out and supporting local events means a lot to me. When it comes to racing, the Masters division guys on the race team have been especially helpful. They have so much experience and knowledge, I pick their brains every chance I get! Haha!

## YOUNG ADULT FEMALE:

### JENNIFER HUWE



**Occupation:** Quality Assurance Associate for McKee Foods

**Years running:** 19

**Years racing:** Off and on for those 19 years, but most seriously only the past 5 years.

**No. of years as a CTC member:** About three.

**Favorite distance to race:** 13.1

**Favorite race:** The Peachtree Road Race! The atmosphere is great, there are always so many dogs cheering you on, the food given out is good (once Public was giving away fresh donuts), and the fresh peaches at the end are wonderful!

**Favorite CTC race:** I've always loved the Chickamauga Chase. It is both challenging and very pretty.

**Most memorable race:** The 2016 Chicago Marathon... I finished with a BQ time!

**Quote:** "Your journey has molded you for the greater good, and it was exactly what it needed to be. Don't think that you've lost time. It took each and every situation you have encountered to bring you to the now. And now is right on time." – Asha Tyson

**Motto:** "Trust in the training."

**I run:** ...because you can see the world in a way that most people don't get to.

**I race:** ...to compete against myself.

**Most people don't know that I:** ...love to run slow.

**Jennifer adds:** It is my personal mission while out running to stop and pet as many dogs as possible. No run is as important as petting all the dogs you pass!

## YOUNG ADULT MALE:

### KEN CURRAN



**Occupation:** Financial Analyst

**Years running:** Nine

**Years racing:** Three

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

**Favorite distance to race:** The Marathon

**Favorite race:** The Flying Pig Marathon. It's like a mini-Boston... very well set up, great crowd support, and great course.

**Favorite CTC race:** The Chickamauga Battlefield Marathon. It's both very well-organized and welcoming, and it was also my first and tenth marathon.

**Most memorable race:** The 2016 Boston Marathon, because it took so much work to get there, and it was a tough battle as the day started very early and it was very warm that year.

**Running/Racing "Anthem":** "Bloom" by Gates

**Quote:** "It's true that speed kills in distance running. It kills anyone who doesn't have it." – Brooks Johnson

**Motto:** "You get out what you put in."

**I run:** ...to stay sane (and many would agree...)

**I race:** ...to improve my times and meet others along the way.

**Ken adds:** Running helped me immensely going into and through college. It kept me structured, on task, and helped me get healthy after being injured for a while after high school cross-country and track. Now, after 10 marathons, I've taken over 45 minutes off the first marathon I did when I was 18 years old. It has been a great journey, and I know that every time I get out the door and run I am enabling myself to improve over any distance I choose. My goal for 2018 is to set a PR in each distance from the mile to the half!

## YOUTH MALE:

### JUSTIN COLLINS



**Occupation:** Student at Dalton State

**Years running:** Five

**Years racing:** Five

**No. of years in the CTC:** About four

**Favorite distance to race:** 5K

**Favorite race:** The Trojan Run, because it's around my hometown of Chickamauga and all my friends race in it so there's some tough competition.

**Favorite CTC race:** The Chickamauga Chase, because the course winds through the Chickamauga battlefield and I have put in many miles there.

**Most memorable race:** The 2016 GHSA Cross Country State Championship. This was the last race of my high school career.

**Running/Racing "Anthem":** "Eye of the Tiger" by Survivor, of course!

**Quote:** "To give anything less than your best is to sacrifice the gift" - Steve Prefontaine

**I run:** ...to clear my mind and release stress built up from school.

**I race:** ...to see how my training has paid off and to see how the competition is doing.

## JUNIOR FEMALE:

### ELLA THEOBOLD



**Occupation:** Student at CCS (Chattanooga Christian School)

**Years running:** Six

**Years racing:** Six

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

**Favorite distance to race:** 5K

**Favorite race:** The Chattanooga Chase, because it's one of the most fun and popular race ever!

**Favorite CTC races:** The Scenic City Scorcher, because it's always very hot, and the Chickamauga Battlefield 5K, because I always run it with my friend Allie Nelms. We are just there for each other!

**Running/Racing "Anthem":** "Bulletproof" by Citizen Way

**Quote:** "We all have dreams. But in order to make dreams come to reality, it takes an awful lot of determination, dedication, self-discipline, and effort. – Jesse Owens

**Motto:** "Will run for chocolate!"

**I run:** ... freely.

**I race:** ... for fun.

**Most people don't know that I:** ... push myself out of my comfort zone.

**Ella adds:** When I run it makes me forget about stress, worries, and anything bad that's happening. With every breath I take I think about the finish line, and I know that when I'm finished my dad will be there, telling me I've done a great job. Running is not just healthy, it gets your mind on track!

**Claim to Fame:** Ella and her dad Chris are BOTH ROY winners this year!



## JUNIOR MALE:

### HENRY VARNER



**Occupation:** Student (6th grade at Normal Park)

**Years running:** Six

**Years racing:** Cross Country since the 3rd Grade in September 2014, and road racing since August 2015.

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

**Favorite distance to race:** 15K

**Favorite race:** Chattanooga Chase – I love the hills/course, and Alan Outlaw is my favorite race director!

**Most memorable race:** the 2017 Chattanooga Half Marathon because everyone thought I couldn't do it and was crazy to try [Note from the Management: Henry, age 11 at the time, blazed through the CHM with a finishing time of 1:58:47.]

**Running/Racing "Anthem":** "Mr. Blue Sky" by ELO

**Quote:** From my dad – "There will always be someone better than you, so don't worry about it and do the best you can with what you have."

**Motto:** "No pain, no gain."

**I run:** ...because it's who I am and what I do.

**I race:** ...against myself.

**Most people don't know that I:** ... actually like running in the rain.

**Henry adds:** I have loved running since before I even really knew what it was. I love the feel of the wind on my face and of my feet hitting the ground. It feels as natural as anything I do in life, if not more so.

## CTC FEATURED RUNNER:

## VETERAN FEMALE WINNER:

### SUE ANNE BROWN



The Google dictionary defines an icon as "a person or thing regarded as a representative symbol of something." For this special ROY issue, the CTC features the iconic Sue Anne Brown – its 2017 Veteran Female ROY winner – and recognizes her for her record-holding 46 years of membership in the Chattanooga Track Club and 46+ years of running. Sue Anne gives us a brief glimpse into her adventure-filled life [here](#).

**Years running/racing:** Over a half century. (Yikes! That's a scary thought!) ...And I've never, ever been injured EXCEPT for breaking my arm while running the Wauhatchie Trail Race. But that did not keep me from finishing the race and running the next day!

**Favorite distance to race:** The 10K. I think it is a reasonable distance, with reasonable training. When I run half marathons, my body always tells me it's done at ten miles....so I struggle on. Not fun!

**Favorite Races:** The Wauhatchie Trail Race! ...Even though I broke my arm! And the Chattanooga Chase.

**Running/Racing "Anthem":** Definitely "Born to Run" by Bruce Springsteen!

**Most people don't know that I:** ...was a world traveler when I was a child because my dad was in the Military. Most people also don't know that once upon a time, in the 1980s, I did two 10Ks under 40:00 and three half marathons in the 1:33:00 to 1:36:00 range. In the mid '70s, the CTC had evening meets at the Baylor track one day a week. These were open to all and were enthusiastically attended. My friend Beverly Ligon and I always ran the mile. Her best time was 6:01 and mine was 6:02. Such fun!!

**Favorite Quote:** "Never, never, never, give up." – Winston Churchill

**Mantra:** "1, 2, 3, 4, 5" over and over...only when I am tired!

**Sue Anne adds:** My Father, a West Point graduate, gifted me with a love for the outdoors and sports. I skated on the Han River in Seoul, Korea before the war while my Father was training the South Korean soldiers for a possible invasion. Then more ice skating in Boston while my Dad attended Harvard and became a JAG officer. On to Austria, and I learned to ski. I had the opportunity to ski the Zugspitze while I was there (Germany's highest mountain at almost 10,000 feet), and I visited the camps of Dachau and Mauthausen, which were still in their raw condition. This was a profound moment in my life. During this time, I also started running. It was easy to do that while living on an Army base, because many of my father's friends were runners. Back then, everyone ran by themselves and there was no such thing as meeting someone for a run. I still prefer to run alone, always have. On to Italy... more running, lots of biking with a best friend. We would ride for miles into the beautiful countryside and then ski in the Dolomites. After I came back with my family to the States, I spent my last year of high school in Charlottesville, Virginia and then went on to New York City Business College. While I was there, I was able to run around the Central Park Reservoir almost every day. This was in 1964, and there actually were several women running the reservoir at that time. I left New York to attend The College of William and Mary in Williamsburg, Virginia, and used to run a lot in the dark while I lived there. Virginia definitely was not as progressive as Europe and New York when it came to women running! I got married, had kids, lived in Lexington, Virginia for a while, and then moved to Chattanooga in 1972. I joined the CTC right away, and the rest is HISTORY! When I'm not running, I also enjoy reading, gardening, military history, holocaust history, and jigsaw puzzles.

**Note from The Management:** We salute you, Sue Anne, and all your past and continuing accomplishments!

Chickamauga Chase 5k Results continued from page 9

6. Timothy Connor	27:20
7. Brannon Smith	27:46
8. Jacob Tessier	28:11
9. Lucas Jessee	28:16
10. Will Elrod	28:24

**FEMALE AGE GROUP: 15 - 19**

1. Malia Drumeller	29:43
2. Elisabeth Field	30:20
3. Jojo Birthday Gi Brown	35:34
4. Hadee Rose Hedrick	36:06
5. Riley George	1:04:23
6. Kayanna Driver	1:04:23

**MALE AGE GROUP: 15 - 19**

1. Derek Gallardo	17:52
2. Jerryd Tennyson	18:31
3. Forrest Webb	20:32
4. Bailey Burns	22:40
5. Clay Connor	22:42
6. Samuel Garrard	23:16
7. Maguire Shaw	24:10
8. Nathan Connor	24:18
9. Rance Gibbs	25:10
10. Tyler Hodge	27:43

**FEMALE AGE GROUP: 20 - 24**

1. Allix Birkey	23:26
2. Frances Bayly	26:47
3. Kelly Carson	27:03
4. Emily Shoup	30:11
5. Autumn Douthitt	32:05
6. Lynthany Rains	32:38
7. Kelsie Leonard	32:47
8. Kendra Hedrick	33:07
9. Kristen Portillo	34:56
10. Taylor Hodges	35:58

**MALE AGE GROUP: 20 - 24**

1. Marcos Salazar	23:22
2. Alex Lee	23:34
3. Travis Rains	23:49
4. Thatcher Smith	24:36
5. Luis Portillo	25:09
6. Nicholas Gutillo	26:10
7. Jonah Odenthak	32:37
8. Chris Reynolds	42:49
9. Michael Taylor	46:28
10. Josh Crosland	49:36

**FEMALE AGE GROUP: 25 - 29**

1. Laura Wagner	21:17
2. Carrie Minnis	23:52
3. Lindsey Cochran	26:46
4. Haley Bourne	27:23
5. Ashley Dimaiolo	28:13
6. Caitlin Rozell	28:16
7. Hope Willoughby	29:26
8. Jodi Seiber	30:23
9. Elizabeth Lash	30:32
10. Emily Holbrook	30:46

**MALE AGE GROUP: 25 - 29**

1. Kevin Harman	21:46
2. Ed Prok	21:58
3. Ben Leonard	25:54
4. Vinod Gehlot	26:55
5. Joseph Riddle	28:15
6. Robert Ryder	29:05
7. Ryan Womble	29:33
8. Paritosh Bhole	30:42
9. Brian Goode	30:44
10. Brian Potter	37:50

**FEMALE AGE GROUP: 30 - 34**

1. Shannon Rominger	26:27
2. Rachel Pryor	26:56
3. Kelly McAllister	26:59
4. Callie Gean	28:30
5. Amanda Matson	28:41
6. Claudia Beuster	28:56
7. Karen Jolley	29:29
8. Rachel Munday	30:23
9. Amber Mainda	30:31
10. Kirsten Pitcock	31:43

**MALE AGE GROUP: 30 - 34**

1. Adam Dodson	18:59
2. Joseph Holbrook	19:23
3. Michael Young	20:39
4. Taylor Davidson	23:04
5. Ryan Koenig	24:06
6. Tim Crabtree	27:23
7. Andreas Solakis	29:40
8. Brian Parker	31:27
9. Zach Cleghorn	31:37
10. Jordan Counts	33:30



**FEMALE AGE GROUP: 35 - 39**

1. Mindy Freeman	23:27
2. Clarissa Ragsdale	24:30
3. Catherine Sams	25:31
4. Saskia Van Velze	25:41
5. Michelle Wilson	26:44
6. Jenne Sofield	28:54
7. Heather Lawson	29:07
8. Sara Lankford	29:57
9. April Watson	30:06
10. Ashley Johnson	30:37

**MALE AGE GROUP: 35 - 39**

1. Jim Foster	19:30
2. Markeith Williams-Ha	22:17
3. Joseph Davis	22:41
4. Nathan Burns	24:51
5. Gregory Scott	26:36
6. Shawn Whitson	27:14
7. Dustin Beard	27:14
8. Ryan Hicks	29:19
9. Jason Bridges	31:05
10. Blake Weber	31:06

**FEMALE AGE GROUP: 40 - 44**

1. Myra Heptinstall	26:10
2. Molly McKenna	26:55
3. Paula Connor	29:01
4. Mary Morrison	29:47
5. Lauren Tessier	29:50
6. Michelle Smith	30:04
7. Yang Matthews	30:23
8. Gwen MacAllister	30:38
9. Dee Dee Underwood	31:04
10. Marsha Wood	31:13

**MALE AGE GROUP: 40 - 44**

1. Tim Willis	21:42
2. Dustin Epps	22:43
3. Trey Carr	25:44
4. John Ferguson	26:38
5. Richard Pauley	26:48
6. Michael Newton	27:02
7. William Cox	27:15
8. Aaron Robinson	27:45
9. Mike Connor	28:25
10. Matt Wentworth	28:55

**FEMALE AGE GROUP: 45 - 49**

1. Melanie Hollis	27:07
2. Kelley Hodge	28:52
3. Jackie David	29:33
4. Jacqueline Sisunik	31:02
5. Lisa Harris	31:17
6. Amy Yuhas	32:17
7. Angie Chambers	32:19
8. Stacey Voelp	32:33
9. Lisa Shrader	33:47
10. Kim Borrego	33:58

**MALE AGE GROUP: 45 - 49**

1. Erik Jerman	22:03
2. John McFarland	22:18
3. Ty Goodwin	26:06
4. Jim Alverson	26:07
5. David Denman	27:09
6. Steve Sanders	27:25
7. Steve Cox	28:05
8. Todd Tessier	28:24
9. Todd Daniels	30:26
10. Jamie Theriault	30:54

**FEMALE AGE GROUP: 50 - 54**

1. Miriam Dial	28:13
2. Barb Fleming	28:30
3. Marlene Drumeller	30:44
4. Karen Cofer	32:16
5. Caroline Newbern	32:23
6. Deborah Watson	34:00
7. Kelly McCracken	34:37
8. Michelle Rambin	35:11
9. Shaun Merolle	35:13
10. Annette Tolliver	35:36

**MALE AGE GROUP: 50 - 54**

1. Jerry Mocaabee	23:42
2. David Bufton	24:48
3. Todd Shepard	26:00
4. Donny Davidson	28:49
5. Peter Wilson	29:50
6. Jeff Condit	29:55
7. Ron Drumeller	30:33
8. Scott Seagle	30:34
9. Randy Hill	33:22
10. Danny Newbern	35:20





**FEMALE AGE GROUP: 55 - 59**

1. Brenda Zorca	30:50
2. Dana Perry	31:01
3. Kim Brown	31:08
4. Patti Silvers	31:33
5. Nora Rodriguez	32:22
6. Linda Carson	32:49
7. Jean Straussberger	33:05
8. Shawne Ebersole	33:26
9. Penney Smith	37:01
10. Judy Price	37:20

**MALE AGE GROUP: 55 - 59**

1. Doug Murphy	23:39
2. David Long	23:43
3. Tim Jones	24:47
4. Mark Brock	25:51
5. Bill Webb	26:01
6. Andy Zorca	28:09
7. Jim Roides	29:11
8. David Gutillo	29:49
9. Alex Kosmidis	31:14
10. Keith Smith	37:41

**FEMALE AGE GROUP: 60 - 64**

1. Sue Connor	32:35
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2. Sally Taylor	36:48
3. Jamie Harvey	39:57
4. Maureen Couch	43:23
5. Marcia Allen	43:37
6. Darline Morgan	47:30
7. Christa Abegg	51:02

**MALE AGE GROUP: 60 - 64**

1. Rick Watson	25:56
2. Mark Kresl	26:59
3. David Gregory	27:27
4. Tim Cawood	30:31
5. Mark Hays	30:42
6. Robert Couch	36:22
7. Bruce Lewis	39:49
8. Doug Rand	46:13
9. Richard Condor	48:50
10. Hal Abegg	51:02

**FEMALE AGE GROUP: 65 - 69**

1. Judy Hulsey	35:59
2. Leslie Dodson	38:04
3. Debbie Garrison	40:11
4. Brenda Eddings	44:19
5. Mary Calfee	56:30

**MALE AGE GROUP: 65 - 69**

1. Gene Hodge	26:38
2. Pat Hagan	31:32
3. George Skonberg	32:33
4. Jerry Ferrari	34:45
5. Steven Deuel	35:36
6. Robert Dullen	44:30
7. Jim Hamblen	45:55
8. Cynthia Figaro	1:01:20

**FEMALE AGE GROUP: 70 & OVER**

1. Beth Dial	38:32
2. Barbara Grant	43:08
3. Ann Glockzin	46:51

**MALE AGE GROUP: 70 & OVER**

1. Hans Van Velze	26:08
2. Willard Thrash	29:59
3. Howard Dial	32:17
4. Jose Pons	32:22
5. Louis Anderson	32:44
6. Anthony King	34:11
7. Chuck Allen	38:46
8. Don Stites	46:56
9. John T. Smithson	55:51
10. Jack McFarland	1:08:30



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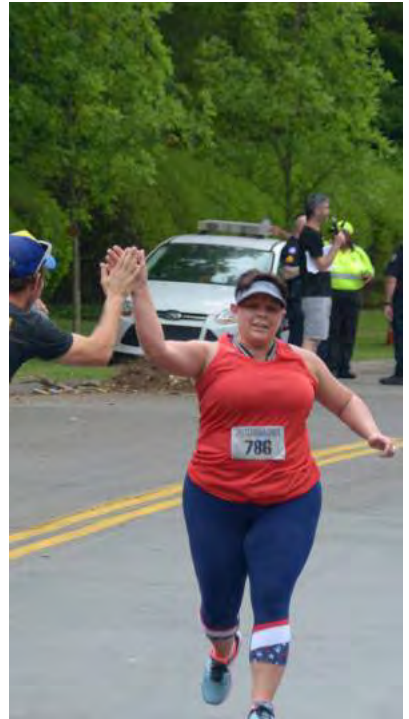


Details at:

**BattlefieldMarathon.com**



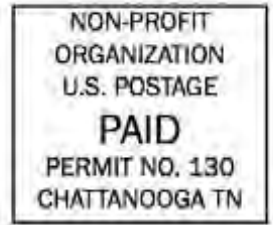
# CHATTANOOGA CHASE





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](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

### 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 