



Jogging around

**2007 BMW
Chattanooga
Waterfront
Triathlon...pages 2-5**

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 the casual walker is welcome.



joggingaround

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Jogging Around

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Words from the Prez's Perch

I hope that your running is going well. We just had a great triathlon and I have been getting some great reports from the triathletes. This bodes well for our organization, but we have to thank our race directors, Bill & Laura Brock & Sherilyn Johnson & Team Magic for this success.



Others that made huge contributions to the event were Charlene Simmons, Betsy & Calder Willingham, Rick Loggins, John Carr, Flash Cunningham, Lynda Webber, and Dana Rooney. If I left anyone out, I apologize. There were 300 volunteers, many volunteered for 2-3 days in the sweltering heat. We have all of our volunteers to thank for putting on a top notch event. We hope next year to have more participants and to make this an even greater event. A big thanks to all of our sponsors and club volunteers from BMW of Chattanooga, Coca-Cola, Outdoor Chattanooga, Chattanooga Bicycle Club, Dasani, PowerAde, Hammer Nutrition, Fire Eye Productions, Sunbelt Snacks and Cereals, Big River Grille, Acme Multisports, Comcast, Quintara Roo, United States Stove & Company, and Southern Coffee Service. Also, we had very good participation from vendors such as Front Runner Athletics and Nestle Toll House. Please let our sponsors and vendors know how much you appreciate what they did for us and their support for this event by patronizing them and referring your friends to them.

We have our fall running season starting with Raccoon Mountain 10-K/5-K and the FCA. I hope you will participate by volunteering, running, or supporting these events in any way you are able.

We have added more group run times for all of you: Monday night at 6:30 pm at Fast Break Athletics 4-5 easy miles. Tuesday night at 6:30 pm at the Greenway by Hamill Road bathrooms. Wednesday night at 6:15 pm at the Sports Barn for 6-10 mile run (with water/PowerAde stops).

We will continue to have the 4-6 mile route from Fast Break at 6:00 pm on Wednesday nights. Joey will continue to have speed work outs on Thursday at 6:30 pm. As well, Bill Brock will still have the Saturday morning group runs from the YMCA or the Battlefield at 6:30 am this summer.

The Sports Barn is now the official sponsor of the CTC. Please check out the corporate rate for CTC members.

My training program for my marathon is starting to come along and I am working hard to get back in shape. I ran 15 miles today and hope to be ready in 10 weeks.

See you on the road or trail,



Melodie Thompson
President of the Chattanooga Track Club

The Long Run

The Long Run is the endowment fund of The Chattanooga Track Club. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of these funds, and is appreciative of your generosity to help build this legacy for our community.



2007 BMW Chattanooga Waterfront Triathlon

By Race Directors Bill Brock, Laura Brock and Sherilyn Johnson

This past July, Chattanooga hosted 1218 triathletes from 27 states at the 2007 BMW of Chattanooga Waterfront Triathlon presented by Outdoor Chattanooga, Chattanooga Parks and Recreation, The Chattanooga Track Club, Team Magic, and 20 terrific sponsors.

The event was very well-received - racers felt the course was challenging and beautiful; they felt safe, welcome and well supported on all portions of the course. It was very gratifying to see the participants and their families enjoying Chattanooga's gorgeous waterfront and taking advantage of the restaurants and attractions downtown and in the Bluff View Art District.

The Tennessee Department of Transportation became a key partner in our event this year, enabling significant bike course modifications that meant race participants were able to safely ride Hwy 27 out to 153 and back without having to cross traffic at any point. TDOT went the extra mile by insuring we had a brand-new, freshly-paved turn-around for the racers.

This year's success would not have been possible without TDOT. Please thank them when you get a chance!



It took over 300 volunteers from the Chattanooga Track Club, the Christian Motorcycle Association, the Velo Vixens Cycling Club, and the Tennessee Valley Canoe Club to support this event, along with the close teamwork and full support of TDOT, Chattanooga City Police, Red Bank Police, Hamilton County Sheriff's Department, Tennessee Highway Patrol, Hamilton County EMS and UTC.

Many volunteers went above and beyond the call of duty to help make this year's event fantastic. Several worked all three days on race weekend and several worked many hours weeks and months in advance to help us prepare.

Calder and Betsy Willingham deserve significant recognition and thanks. This event would not exist at all today if they had not picked up the reigns 3 years ago and come up with the great idea of teaming with Team Magic and Outdoor Chattanooga to give new life to our event. It certainly would not have been possible for us to 'learn the ropes' this year or to accomplish many of the very key tasks without Calder and Betsy. They have been instrumental throughout the past year and we are deeply grateful for their enthusiasm, support, knowledge and time.

Special thanks also to: John and Cindy Karr for bringing BMW on board and for handling the bike course management and logistics; Philip and Jennifer Grymes for the involvement of Outdoor Chattanooga and Parks and Recreation and for all of their time and energy; Rick Loggins for handling all run course logistics pre-race and race day weekend; Taylor Watson and the TVCC for helping to insure our swimmers' safety; Pam 'Monk' and Harry Stone and the CMA for helping to insure our bikers' safety; Charlene Simmons for doing such a great job with our PR and media management for the event; Irene Bailey (and Dan!) who's creativity and high energy gave us the very 'cool' and much appreciated Arctic Zone, replete with

igloos, penguins, a mister and ice-cold towels!; Flash Cunningham for his 24/7 energy, flexibility and time race day weekend; Sean Pfister for his role in handling some of our sponsorship logistics and for gaining new sponsor participation; and thanks to the ENTIRE CTC board for their full support throughout the year and also on race day weekend.

We have tried to list all our volunteers in this issue - thanks to all!!!

Staff is key to an event like this, and Team Magic is nothing but a pleasure to work with. Their competence, energy and enthusiasm for putting together a high-quality, fun event is nearly priceless. It's rare to have an opportunity to work with any organization that really hits on all cylinders and consistently outperforms your expectations. Thanks to Therese Bynum, Faye Yates and all the Team Magic staff who arrived from all over to assist on race day weekend.

Thank you, especially, to Doug and Jan DeLoach and Leslie Williams!

A highlight of thanks also for Fire Eye productions who had 7 cameras out during event day and even had cameras on the event at set-up on Friday. We now have over 25 hours of incredible footage and we are working to see how to best take advantage of this unique asset for the coming years. Thanks to Kris Simmons, Wallace Braud and the entire Fire Eye staff.

Please visit, thank and support our sponsors through your referrals and your purchases: BMW of Chattanooga, Outdoor Chattanooga, U.S. Stove, Coca-Cola, Comcast, Fire Eye Productions, Southern Coffee Service, Big River Grille, McKee Foods, Technology Projects, Adams Masonry, Davis & Davis Rugs, Hammer Nutrition, Quintana Roo, East Ridge Bicycle Shop, Rock Creek Outfitters, Front Runner Athletics, ACME Multisports, Fitness Wave Mobile Testing and Nestle Tollhouse.



Our sponsors were critically important to the overall success of our event, as well as to the financial support for the Chattanooga Track Club and, this year, also to Velo Vixens! Special thanks to our Title Sponsor, BMW of Chattanooga. They were not only tremendously helpful financially, their staff was out in full force on race day and was also involved significantly in pre-race planning and logistics.

We are very proud to have been associated with this event, and want all of our partners and sponsors to know how deeply we appreciate their support in making the 2007 BMW of Chattanooga Waterfront Triathlon such a great success!



BMW Chattanooga Waterfront Triathlon Results – 2007

By Faye Yates

July 15th turned out to be a better weather day than expected in mid-July for the 3rd version of the triathlon downtown. Team Magic and the Chattanooga Track Club along with great support from John Karr and his Velo Vixens and Philip Grymes of Outdoor Chattanooga brought not only 1267 racers into downtown to complete the 1.5k swim, 40k plus bike, and 10k run, but also a large number of spectators and around 300 volunteers!

While there were a few professional men and women competing for the prize purse (just under \$5,000 to keep it open for amateur racers) – it was two amateur racers that took overall wins! Overall winners are listed below after the basic race demographics.

Total Chattanooga Area - 191

Percentage from Chattanooga Area - 15%

Percentage from Outside of Chattanooga Area - 85%

Total States Represented - 27

Total Individual Racers - 1164

Total Relay Team Members - 102

Youngest to Oldest Female - 13 to 70

Youngest to Oldest Male - 11 to 72

***youngest male individual - 13**

***youngest female individual - 14**

Open Male Racers - 621

Open Female Racers - 263

Male Beginners - 131

Female Beginners - 72

Clydesdale Men - 54

Athena Women - 19

Pro Men - 3

Pro Women - 2

Total Racers with Relay Members - 1267

MALE OVERALL

1	Craig Evans	1:59:08
2	Daniel Moss	2:00:53
3	Brent Lorenzen	2:01:44
4	Eric Bell	2:01:58
5	Zach Winchester	2:03:36

MALE BEGINNER OVERALL

1	Jay McCurdy	2:14:22
2	Richard Levy	2:19:54
3	Rob Alexander	2:29:47

MALE MASTERS OVERALL

1	Bruce Gennari	2:03:29
2	Donny Forsyth	2:05:19
3	John Stien	2:10:11

CLYDESDALE

1	Ryan Barnett	2:27:41
2	Nikolai Wedekind	2:36:00
3	Corey Mcleroy	2:40:43

MASTER CLYDESDALE

1	Todd Swarts	2:40:56
2	Douglas Ray	2:43:42
3	Barry Powell	2:46:07

FEMALE OVERALL

1	Margaret Finley	2:18:39
2	Brianne Gaal	2:18:49
3	Amy Kloner	2:19:32
4	Marit Chrislock-Lauterbach	2:19:50
5	April Gellatly	2:21:12

FEMALE BEGINNER OVERALL

1	Kelli Brummer	2:36:20
2	Tara Robertson	2:43:57
3	Gretchen Haufler	2:44:19

FEMALE MASTERS OVERALL

1	Kristine Kester	2:21:47
2	Kathleen Johnston	2:25:35
3	Heidi Phillips	2:28:31

ATHENA

1	Erin Murray	2:58:33
2	Jenny Molaison	2:58:51
3	Allison Taylor	3:04:36

TEAM - FAMILY

1	Til Death Do Us Part	2:42:55
2	Front Runner Athletics	2:45:56
3	Team Ace	2:50:11

TEAM - FEMALE

1	Notre Dame HS - Fighting Lady Irish	2:34:05
2	Brunette Bombshells	2:41:15
3	Velo Vixens	2:50:51

TEAM - MALE

1	Torpedo, Red Devil, And Davey Boy	2:03:08
2	Duck Killer	2:05:16
3	Two Old Guys	2:13:26

TEAM - MIXED

1	Tri-Annosaurus Wrecks	2:32:37
2	Tassa-Honeycutt	2:42:05
3	2Aday	2:44:26

BMW Chattanooga Waterfront Triathlon Volunteers – 2007

By Faye Yates

2007 Leadership Team

Bill Brock, Laura Brock, Sherilyn Johnson – 2007 Race Directors, Event Logistics, Volunteer Coordination

Betsy and Calder Willingham – 2006, 2005 Race Directors, Sponsorship Solicitation, Event Guidance, Swim Course Management

Faye Yates and Therese Bynum – Team Magic – Overall Event Management, Sponsor Solicitation, Event Equipment

Phillip Grymes - Outdoor Chattanooga - Event Logistics and coordination with Parks and Recreation

John Karr - Velo Vixens - Bike Course Management and Sponsor Solicitation

Rick Loggins – Run Course Management and Water Stops Management

Charlene Simmons – Packet Prep, Registration, Communications and PR

Sean Pfister - Sponsor Relations, Exhibitor and Sponsor Solicitation

Club Leaders: Taylor Watson - Tennessee Valley Canoe Club; Pam and Harry Stone - The Christian Motorcycle Association; John Karr - Velo Vixens

Sponsor Leaders: Doug DeLoach, Leslie Williams – BMW of Chattanooga; Kris Simmons, Wallace Braud – Fire Eye Productions

City and County Leaders: Ray Rucker - TDOT; Becky Roberts – Chattanooga City Traffic Engineering; Sgt. Jeffrey Clarke - CPD Special Operations

Area and/or Location Leaders:

Lee Abelson	Shuttle Bus Drop Off and Sentry
Dan Bailey	Artic Zone
Larry Barlow	Sentry
Jenni Berz	Body Marking & Curtain Pole
	Road Water Stop
Leah Braden	Volunteer Tent
Marty Brown	Swim Shuttle Pick Up
Margo Chamberlain	Coke Truck
Brian Crooks	Run Course
Flash Cunningham	Finish Line
Donna Dravland	Buoy Blowup and Event Timer

Melodie E. Thompson	Sentry
Carl Gatlin	Water Stop
Roseanne Grandy	Water Stop
John Harrison	Expo
Liz Hernandez	Swim Start
Missi Johnson	Volunteer Food
Steve Johnson	Food
David Klinger	Finish Line
Michael (Chig) Martin	Race Finish Announcer/Emcee
Jimmy McGinness	Bike mount/dismount
Blaine Reese	Sentry
Jessica Rodriguez	Swim Timer
Dana Rooney	Volunteer Support Team
Theresa Samuelian	Racers Food
Jay Sims	Sentry
Walter Sinor	Beer Truck
Jacki Smith	Transistion Area
Paul Smith	Sentry
Mary Stoetzner	Sentry
Jerry Wang	Water Stop
Taylor Watson	Kayaks on Swim Course
Lynda Webber	Expo and Timing Chips
John Wikle	Finish Line
Calder Willingham	Buoys
Bridgette Wisdom	Sentry

Volunteers:

Lee Abelson	Nancy DiVasto
Tim Adams	Marianne Douglas
Sherry Akin	Donna Dravland
Johanne Albright	James Dravland
Pat Allison	Chantal Dye
Rebecca Ammons	Erica Easterly
Frances Archer	Ashley Eaton
Sharon Armour	John Eberly
Dan Bailey	Lindsay Evans
Doug Bailey	Jim Farmer
Irene Bailey	Beth Ford
Larry Barlow	Lauren Ana Garcia
Sue Barlow	Andres Garcia
Jenni Berz	Ann Garner
Marsha Birdwell	Carl Gatlin
Sarah Bowen	Andrew Gennett
Jeffery Bowman	Diana Gennett
Leah Braden	Lydia Gennett
Rick Braden	Roseanne Grandy
Marty Brown	Tony Harper
Teri Cadem	John Harris
Kim Carlton	John Harrison
Jolee Carter	Doug Hawley
Margo Chamberlain	Liz Hernandez
Edwina Cohen	Bernie Hilbrandt
Butch Cooke	John Hilbrandt
Brian Crooks	Betty Holder
Joanna Crooks	Jacqueline Hoover
Flash Cunningham	Kerry Hoover
Bryan Davis	Joey Howe
Bernice Delaney	Eileen Johnson
Dick Dillard	Kirsten Johnson
Eva Dillard	Missi Johnson

Overall Winners



Margaret Finley



Craig Evans

Steve Johnson
 Andy Jones
 David Klinger
 Roger Lambert
 Sarah Lambert
 Billie Large
 Don Lastine
 Kim Leasure
 Darren Lewis
 Mary Loggins
 Rebecca Lord
 Michael (Chig) Martin
 Maurice McClure
 Amy McGauley
 Jimmy McGinness
 Michelle Meek
 Rachel Mello
 Cathy Messier
 Susan Mietling
 Carol Money
 John Money
 Dave Moore
 Bill Moran
 Amy Mullens
 Greg Nearingth
 Gene Nelson
 Haley Nichols
 Bruce Novkov
 Ronald Nudo
 Bill Parsons
 Ed Pfister
 Marilyn Pfister
 Sean Pfister
 Teresa Potts Wade
 Lenora Pou
 Daughter Pound
 John Pound
 Ken Radley
 Blaine Reese
 Cyrus Rhodes, Jr.
 Glenn Roberts
 Jessica Rodriguez
 Steve Rogers
 Dana Rooney

Theresa Samuelian
 Brian Santin
 Charlene Simmons
 Jay Sims
 Lisa Sims
 Tommy Sims
 Betty Sinor
 Walter Sinor
 Bruce Smith
 Jacki Smith
 Paul Smith
 Jeneva Steffes
 Jim Steffes
 Kathi Steffes
 Kenny Steffes
 Candise Stephens
 Mary Stoetzner
 Jennifer Stone
 Lynne Stopford
 Debbie Tatum
 Phil Thomas
 Melodie E. Thompson
 Daniel Uson
 Jennifer Vanzant
 Crystal Vernosh
 Rosalyn Vogel
 John Walker
 Chris Wang
 Jerry Wang
 Taylor Watson
 Lynda Webber
 Walter Webber
 John Wikle
 James Williams
 Calder Willingham
 Michael Willingham
 Dana Wilson
 Katie Wilson
 Bridgette Wisdom
 Mark Wisdom
 Kim Wright



New Fall Marathon Training Program

Running a fall marathon? Need running buddies to pace you? Tired of long mid-week runs without water or Powerade? Tired of training by yourself? Do you have more questions than answers when it comes to training?

16-week training program designed to prepare runners, from beginners to experienced, for the 2007 Chickamauga Battlefield Marathon on November 10. The program can also be modified for other fall marathons.

To learn more about the program visit ChattanoogaTrackClub.com or drop by a Wednesday night group run. We meet every Wednesday at 6:15pm at the Downtown Sports Barn (301 Market St).

The program includes:

- A **training schedule** mapping out weekly and daily mileage.
- Wednesday night mid-week group runs leaving at 6:15pm from the Downtown Sports Barn (301 Market St).

- Saturday morning group long runs – locations vary each week, with several long runs on portions of the Chickamauga Battlefield Marathon course. To find out where this week’s run is check out **GroupRun.com**
- Water and Powerade every few miles on Wednesday and Saturday group runs.
- Detailed **course maps** for Wednesday and Saturday group runs.
- Post run snacks and drinks at Wednesday and Saturday group runs.
- Informational seminars on running related topics.

The training program is offered free to members of the Chattanooga Track Club, members of The Sports Barn, and employees of CTC corporate sponsors. A \$12 fee applies to all others – the fee includes membership to the Chattanooga Track Club.

Got Questions? Feel free to email CTC’s Executive Director, Sean Pfister (spfister@chattanoogatrackclub.org), or Charlene Simmons (simmoncn@georgetown.edu)

Jogging Around Ad Rates

Ad Size	Single run	3 Issue run	Year Run
Full Page	\$90/Issue	\$85/Issue	\$70/Issue
Half Page	\$55/Issue	\$49/Issue	\$44/Issue
Qtr Page	\$40/Issue	\$36/Issue	\$32/Issue
Business Card	\$25.00	\$22.50	\$20.00
<i>Inserts are \$60/issue</i>			

Feel the Power of the Reservoir!

By Theresa Samuelian

It's that time again - the 2nd Annual - Raccoon Mountain - Round the Rim Run takes place on Saturday, August 25. This is a 10K & 5 K run event with a 5K walk. The race will take place at the Raccoon Mountain facility with the start and end of the race at Laurel Point. Participants need to arrive at the race start prior to the access gate being closed. The access gate will close at 7:00 AM EDT. The race will start promptly at 7:30 AM EDT. There is ample space for parking. The course is free of traffic and there is an abundant supply of clean air! The race provides participants with incredible views of the surrounding mountains and the Tennessee River. Numerous trees will provide participants shade. August can be hot and humid so there are several water stops on the course.

The event will benefit – Raccoon Mountain's Employees Partners in Education. TVA's Partners in Education (PIE) program assists schools in the Tennessee Valley in providing a quality education that ensures the future workforce and

customer base have the knowledge and skills necessary to meet the challenges of the future. In further support to educational initiatives, TVA contributes surplus equipment, supplies and materials as well as cash contributions to public schools. The Partners in Education program provides supplies to schools, money for field trips, school supplies, and supports educational opportunities.

After the race, relax and enjoy race fare provided by Great Harvest Bread Company, Greenlife Grocery and Coca-Cola. And what's a race in Chattanooga without some Moon Pies! Again, we'll have some great door prizes, unique awards and accurate race results!

Race applications can be found around town at running stores, Sports Barn, YMCA, or you can register at Active.com. Additional information can be found at www.ChattanoogaTrackClub.com or contact race Director – Theresa Samuelian at t_samuelian@comcast.net for questions. See you on August 25!



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The logo for Front Runner Athletics features a large, thick, black curved swoosh that arches over the text. The text 'FRONT RUNNER' is in a large, bold, sans-serif font, and 'ATHLETICS' is in a smaller, spaced-out, sans-serif font below it.

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Chattanooga, TN 37415

cvarga@frontrunnerathletics.com
www.frontrunnerathletics.com



Chickamauga Battlefield Marathon – The Best Gets Better

By Doug Roselle

In case you missed the January 2007 Runners World the Chickamauga Battlefield Marathon was picked as one of a handful of marathons must do 26.2s. The challenge has been laid down to the Chattanooga Track Club to meet this terrific praise and plans are underway to handle the expected increase in runners, make the race a weekend event, and still retain the character of the race that makes it so great.

1) Probably the biggest change – we have chosen the Chattanooga Marriott at the Convention Center as our host hotel. After some tough negotiations by Sean they have come down to a great room rate of \$99 per night. Even if you live in Chattanooga you may want to stay there! We will be arranging free shuttle service from the Marriott to the race and back making it perfect for out of town guests. The packet pickup will be next door in the Convention Center Friday night. I know a lot of you will miss the East Ridge atmosphere – but try to adjust.

2) A Runners Expo – what else should you do at packet pickup but then browse through an Expo. We hope to have equipment vendors, physical therapy, and other booths of interest for everyone that is into marathons. If you know of someone that would be interested in being a part of the Expo get them in touch with Sean Pfister or Doug Roselle.

3) A Pasta Dinner - How about a chance to get together with a couple other marathon type A's and chow down, share running stories, and lie about your injuries? The plans are coming together for a great pasta dinner at a venue nearby the Marriott. We plan to keep the price reasonable and hopefully get a big turnout. Again – staying from out of town or not this should be a cool new event.

4) Chip timing – No more problems with the times when somebody lost a number or crossed as a bandit. We are moving to the age of the computer and going with chip timing.

5) Don't forget the Junior Marathon - This project just seemed like the perfect event at the right time to get youngsters started on a healthy fun activity that may lead them to becoming (shudder) runners when they grow up. If you have not heard about this event yet check the details on the Track Club web site. My hat is off to Mary Stoetznier for directing this event.

And finally – same course as last year! No changes! Great paved roads, well marked, and same gently rolling terrain through the historic, scenic battlefield park.

Next Month – Top 10 reasons you should be a volunteer for the Chickamauga Marathon.

BlueCross BlueShield of Tennessee Partners with Chattanooga Track Club on WalkingWorks® Program

By Emily Dockery

As part of its WalkingWorks® initiative, BlueCross BlueShield of Tennessee is partnering with the Chattanooga Track Club to help improve the health of area residents.

BlueCross WalkingWorks is an easy-to-follow program that emphasizes the benefits of exercise and helps people start and maintain a regular walking routine. In cooperation with the Chattanooga Track Club, BlueCross sponsors several events and walking initiatives throughout the year.

BlueCross has been a longtime sponsor of many events for the Chattanooga Track Club, including the BlueCross Riverbend Run & Walk and the BlueCross Market Street Mile & Mystery History Quest. The BlueCross Riverbend Run & Walk includes 10K and 5K competitive races in addition to 5K and one-mile walks that encourage families to take steps toward a healthy lifestyle. This year's event had a record number of participants – more than 1,000!

BlueCross Market Street Mile & Mystery History Quest is an event for the whole family, combining fitness and fun through a series of one-mile races for the exercise-minded and a history scavenger hunt for those more fitness-shy. The Mystery History Quest is not timed and encourages families to get out and enjoy walking – and each other.

In addition to its sponsorship of these two events, BlueCross has developed the Walk Around Town Challenge, which offers participants the chance to win prizes. Those who compete in four of the seven Walk Around Town Challenge events will earn a free year of membership with the Chattanooga Track Club and a BlueCross WalkingWorks prize pack.

Tennessee ranks sixth in the nation for adult obesity and has high rates of diabetes, stroke and heart disease. BlueCross' WalkingWorks program encourages Tennesseans to take the necessary steps toward better health through building and maintaining a regular walking routine. Remember – the decision to lead a healthier life starts with just a few minutes of exercise each day!

Get active! For more information about BlueCross WalkingWorks and to see a schedule of upcoming walking events visit: www.bcbst.com/learn/walkingworks.



Sports Barn Signs On as CTC Corporate Sponsor

The Chattanooga Track Club is pleased to announce the renewal of a formal sponsorship agreement with Sports Barn.

As members of the track club, you can now join Sports Barn at the discounted corporate rate. If you are already a regular member you can transfer to the corporate rate.

As part of the agreement Sports Barn and CTC will partner to offer you a number of benefits including:

- A marathon training program
- Wednesday night group runs with detailed course maps and aids stations (meet at the downtown Sports Barns at 6:15 pm)
- A series of information sessions on running related topics

The track club will also help produce several Sports Barn races in the future. Sports Barn will also continue to supply the track club with meeting space, office space, and storage for the CTC trailer.

To learn more about Sports Barn please visit Sports-Barn.com.



Inaugural Missoula Montana Marathon

By Bonnie Wassin

I ran the inaugural Missoula, Montana Marathon in July. MT is called Big Sky Country for good reason. The race began in the countryside. There was spectacular scenery (purple mountain majesty), and we passed ranches with beautiful horses, huge cows and massive buffalo - and one small shaggy quiet dog. As we entered the town we were greeted by friendly and supportive people - many set lawn sprinklers in the road to help us manage the heat. The temperature hit a record of 103 that afternoon. The runners who finished earlier in the day had no problem with the heat, but those of us who are slower were challenged.

The finish was rewarding - a surprising choice of food, a dry-tech t-shirt, and a medal that looks like an old western sheriff's star badge.

More about Montana - no sales tax and no smoking in restaurants! And Missoula has three Starbucks.

Thanks to the CTC Tuesday and Wednesday PM and Saturday AM runners who help keep me going. You know who you are.

A marathon - a great way to see the country 26.2 miles at a time!

New and Returning Members

Kenneth Anderson
Jonathan Baxley
Ray Beem
Molly Cooper
Jennifer Funk
Ana Garcia
Henry Gaudet
Elizabeth Inskeep
Dean Jackson
Kirsten Johnson
Courtney Mild
Tommy Nichols
James L. Shank
Kevin Spears
Paige Towers

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Sign up for the e-edition by visiting the CTC's Web site (www.chattanoogatrackclub.org) and look for the "Going Green" link. Sign up to receive your next edition of *Jogging Around* in electronic format.



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1014 Dallas Road, Suite 102
Chattanooga, TN 37405

p.423.267.7375
f.423.756.9672

bbrock@tech-projects.com
lbrock@tech-projects.com

Chattanooga Track Club Membership Levels for 2007

I. Basic Membership

Individual \$24 Per Year
 Family \$36 Per Year
 Student \$18 Per Year

Basic Membership Benefits:

- CTC publication, *Jogging Around* 8 Times Per Year
- 10% Discount at Fast Break and Front Runner
- Weekly Organized Runs with the Opportunity to Meet Other Runners
- Weekly E-mail Newsletter
- Four Fun Social Events Per Year
- Discounts on Several CTC Race/Events
- Opportunity to Compete in the Runner of the Year
- Membership is Tax-Deductible

II. Donor Level Membership

Individual \$50 Per Year
 Family \$100 Per Year

Donor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Donor Level Member
- Name Listed on CTC Website as a Donor Level Member

II. Sponsor Level Membership, \$250+ Per Year

Sponsor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Sponsor Level Member
- Name Listed on CTC Website as a Sponsor Level Member
- Other Logo Presentation and Advertising Opportunities Vary Based On the Size of the Gift. Please Contact Connie Hall for More Details At 423-843-3207

Donors and sponsors give more for their membership primarily to help insure that the Chattanooga Track Club is able to fulfill its mission and vision. Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through club events and media.

Make checks payable and return to:

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



MEMBERSHIP APPLICATION

Annual Membership (Check One): Family (\$36/year)
 Individual (\$24.00/year)
 Student (\$18.00/year)

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Street: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

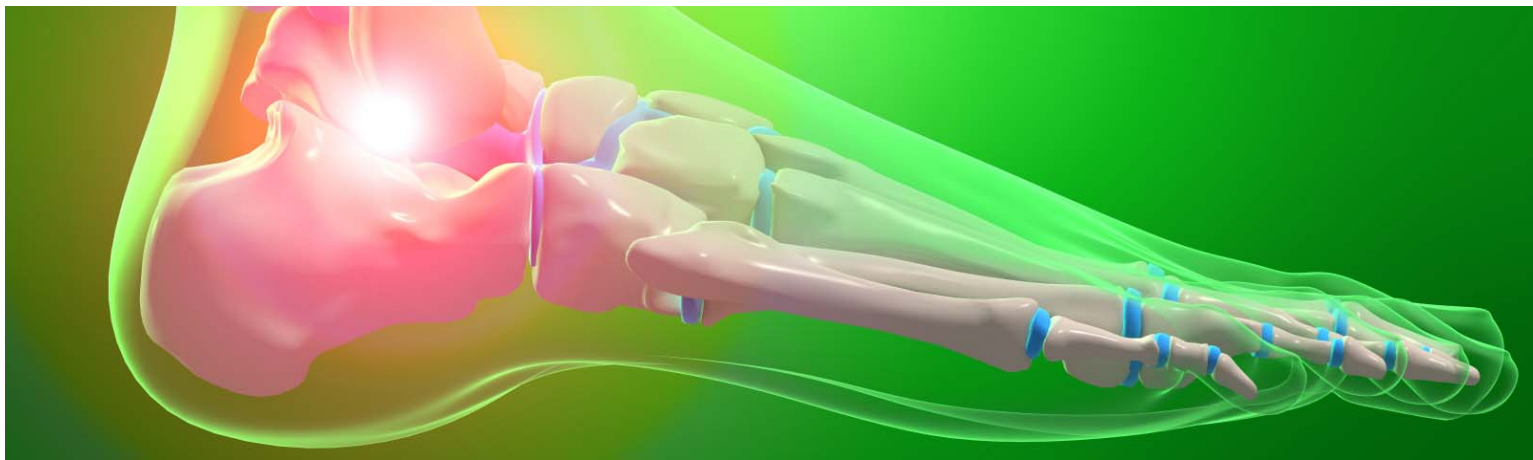
Members Release: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattanooga Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____



On Your Nerves...The Basics of Foot-Related Nerve Injuries

By Perry H. Julian, D.P.M.

Anyone who has experienced foot pain during fitness activities knows how much it can affect technique and performance. Foot pain can be caused by injuries to bones, ligaments, tendons, muscle, and other soft-tissue structures. It is also possible to injure one or more of the nerves that provide sensations to the foot.

When a nerve is injured, it usually results in paresthesia, which is an alteration in sensation, and may feel like pins and needles, numbness, or a sharp or burning pain. Very often, eliminating the cause of the irritation resolves these problems; however, if the irritation is left untreated, more serious problems can develop. The areas of the foot where active people most commonly experience these nerve problems are the toes, the inside of the ankle, and the top of the foot.

MORTON'S NEUROMA

A neuroma is the thickening of a nerve that usually occurs from chronic irritation caused by tight-fitting shoes or socks, repeated pressure on the ball of the foot, or abnormal foot biomechanics such as overpronation that can result in injury to the nerve or its surrounding structures.

The most common location for a neuroma on the foot is between the third and fourth metatarsals and toes. Known as a Morton's neuroma, this condition usually has symptoms that include a burning or tingling sensation in the ball of the foot that radiates out to the third and fourth toes. You may also experience a cramping of the toes or a sensation that your socks are bunching up underneath your feet. If you remove your shoes and massage the area, these sensations will decrease, but the pain and discomfort usually recur when you resume activity.

Treatment for a Morton's neuroma involves removing the pressure that is causing the nerve irritation and reducing the inflammation around the nerve. Often, if you switch to an athletic or dress shoe with a wider toe box, the symptoms decrease or even disappear. Using a toe separator between the affected toes may also take pressure off the nerve.

If this self-care treatment does not relieve the discomfort, injection therapy can often reduce the inflammation around the nerve. If abnormal foot biomechanics are contributing to the problem, orthotics, combined with a metatarsal pad or other modifications to spread the metatarsals from each other, take pressure off the nerve. In most cases, conservative care will alleviate the problem. However, in resistant cases, it may be necessary to surgically remove the inflamed nerve branch to provide relief. This treatment will usually result in complete resolution of the problem.

TARSAL TUNNEL SYNDROME

People who use computer keyboards a lot are well aware of an injury in the hand and wrist known as carpal tunnel syndrome. A similar problem, tarsal tunnel syndrome, can occur in the foot. The tarsal tunnel is an area on the side of the ankle through which the posterior tibial nerve passes to enter the foot. This nerve branches off to supply sensation to the inside of the ankle and the bottom of the foot. If the tarsal tunnel becomes inflamed, it can constrict the nerve and cause the following: a burning pain along the inside of the ankle; a sharp, shooting pain that goes up or down the leg or foot known as Tinel's sign; and even numbness along the bottom of the foot and heel. These symptoms can sometimes be confused with the pain of heel spur syndrome.



Tarsal tunnel syndrome can be caused by a direct or indirect injury to the nerve. It can also result from abnormal lower extremity biomechanics.

Once diagnosed, initial treatment for tarsal tunnel syndrome may include oral or injectable anti-inflammatory medication. Your doctor may also prescribe orthotics to control any abnormal foot or ankle motion that may be contributing to the problem. If the pain persists, your doctor may recommend a surgical procedure to release the structures impinging on the nerve. However, in many cases conservation care can resolve this problem if you treat it early.

FOOT NUMBNESS

Pain or numbness on the top (dorsum) of the foot is another common complaint of fitness-oriented people. Coursing along the top of the foot, very close to the skin, are small nerve branches that supply sensation to the top of the foot and toes. Because these nerves are so superficial, they are prone to irritation.

These nerves are usually injured by a shoe laced too tightly across the top of the foot or by prominent bones or bone spurs that cause irritation. The pressure from this irritation may lead to a pins and needles sensation or burning across the top of the foot. If left untreated, this irritation can progress to complete numbness in parts of the foot.

Initial treatment for this problem consists of loosening or altering the pattern of lacing your shoes to take pressure off the irritated areas on the top of the foot. You can also use moleskin or adhesive foam to pad any prominent bone spurs. Larger bone spurs may need to be removed surgically. However, if these bone spurs are the result of abnormal foot biomechanics, you can use an orthotic to slow the development of these prominences and in some cases eliminate the irritation to the affected nerve(s).

Many of these nerve injuries to the foot and ankle are due in part to temporary stresses that irritate the nerve. These problems can often be treated conservatively without an loss of training time. However, numbness, burning, and paresthesias can signify more involved problems, and you should be evaluated by a sports medicine physician if these symptoms persist.

Perry H. Julien is a podiatrist and a Fellow of the American Academy of Podiatric Sports Medicine. This article is from his book Sure Footing. Copies are available by sending \$11 to The Atlanta Foot and Ankle Center, 5600 Roswell Rd., Suite 360 North, Atlanta, GA 30342

Joe McGinness Runner of the Year

Current Standings

MEN

Overall Men

Peter Murphy (310)
Charles Webb (300)
Hugh Enicks (290)
Gregg Hansen (270)
Chad Varga (240)
Chris Wilson (210)
Tim Ensign (200)
Mark Wisdom (170)
Jim Steffes (165)
Kenny Steffes (165)

Junior Men (0-15)

Kenny Steffes (610)
Andrew Gennett (570)

Adult Men (16-39)

Peter Murphy (410)
Charles Webb (370)
Greg Neargarth (320)
Zach Cowart (290)
Chris Wilson (270)
Daniel Uson (260)
Will Enicks (190)
Matthew Mansell (170)
Tyler Keys (170)
Bruce Smith (150)

Master Men (40-49)

Gregg Hansen (400)
Mark Wisdom (340)
Darren Lewis (320)
Hugh Enicks (290)
Chad Varga (270)
James Williams (230)
Tim Ensign (200)
Brian Crooks (160)
Mitch Samuelian (140)
Chuck Denham (140)

Grand Master Men (50-59)

Jim Steffes (670)
John Wikle (470)
John Walker (330)
Nick Honerkamp (290)
Flash Cunningham (240)
James Mansell (230)
Mike Martin (190)
Jimmy McGinness (170)
Bill Moran (170)
Michael Leary (120)

Senior Men (60+)

Walter Sinor (440)
Jesse Roberson (400)
Glenn Roberts (390)
Harry Ireland (360)
Phil Thomas (300)
Cyrus Rhode (300)
Doug Hawley (290)
Jim Selman (190)
Dan Bailey (160)
Chuck Allen (100)

WOMEN

Overall Women

Missi Johnson (380)
Lynda Webber (360)
Sue Barlow (330)
Jan Gautier (300)
Belinda Young (290)
Bernice Delaney (280)
Betty Holder (190)
Melodie Thompson (190)
Tara Murdock (160)
Barbara Ensign (160)

Junior Women (0-15)

Ashley Riner (390)
Jeneva Steffes (190)
Kim Jade Wycherley (180)

Adult Women (16-19)

Bridgette Wisdom (340)
Belinda Young (300)
Beth Ford (270)
Barbara Ensign (260)
Charlene Simmons (210)
Lydia Gennett (200)
Tara Murdock (180)
Michelle Meek (130)
Vanessa Hammond (90)
JoAnna Crooks (120)
Lisa Sims (90)

Master Women (40-49)

Missi Johnson (460)
Bernice Delaney (420)
Lynda Webber (400)
Sue Barlow (350)
Jan Gautier (300)
Betty Holder (250)
Sharon Armour (230)
Susan Gallo (130)
Sally Hoffman (80)
Donna Dowlen (80)
Lisa Tennyson (80)

Grand Master Women (50-59)

Melodie Thompson (610)
Amy Mullens (380)
Theresa Samuelian (270)
Sarah Bowen (130)
Cindy Pointer (90)
Gayle Alexson (90)

Senior Women (60+)

Bonnie Wasson (540)
Sue Ann Brown (400)
Ann Garner (230)
Edwina Cohen (210)

2007 Joe McGinness Runner of the Year

By John Wikle and Melodie Thompson

You might want to know who Joe McGinness was and why his name is associated with this esteemed award. Joe McGinness was one of the founders of the Chattanooga Track Club in 1970 and he was one of the reasons this club has withstood the test of time. He always supported running in the Chattanooga area and his legacy still lives on today in our rich club traditions and history.

The designation of Runner of the Year (ROY) was started to encourage running, fitness, and volunteer support for the running community. We added Joe McGinness to the name of the award to honor his memory and his commitment to us from the beginning of our history.

All winners are posted on plaques located at the Sports Barn Downtown and are awarded at our annual banquet in January. This is also when the new board members start their tour of service to the running community and new rules may be established by the races committee each year. Due to our strong need to get our runners involved with our races, we have changed the rules for 2007.

All runners must volunteer for **two** Chattanooga Track Club races for at least 3 hour or however long the race director needs you. The race director for the race must submit you as a volunteer to the Keeper of the Points (aka John Wikle @ jwwikle@comcast.net) or 593-7861). One new caveat, you will be awarded 30 points for each event you volunteer (i.e. if you volunteer for 3 races, you will receive 90 points), but you can **not** run in an event you volunteer in, you must be at the race directors disposal as long as he needs you! Also, you must be a paid member **before** the first points race occurs (this year this is the 65 Roses on March 31st) at the full year membership payment. There is not a retro start to the Runner of the Year system!

Awards will be given to the first 5 in each of the following categories:

- Junior Men (15 and younger)
- Junior Women (15 and younger)
- Adult Men (16 - 39)
- Adult Women (16 -39)
- Masters Men (40 - 49)
- Masters Women (40 - 49)
- Grand Masters Men (50-59)
- Grand Masters Women (50 - 59)
- Senior Men (60 and over)
- Senior Women (60 and over)

Runners will compete in the division corresponding to the runner's age on December 31 (i.e. the age used to determine the ROY division for the whole year will be the age on your birthday in 2007). Note: this is for the ROY competition only. Your actual age will be used for race age group divisions.

Points will go to the first 10 finishers in each category to complete each race. Non-CTC finishers will not be calculated into the finishing points, (i.e. 1st place=100 points, 2nd place=90 points, 3rd place=80 points, 4th place=60, and so on). People who finish before you that are not CTC members or who were not members before March 31st will not count.

The races below are 2007 ROY point races. The Junior Division races are listed separately. In some cases, the points race for the Junior Division is a shorter race and is noted below with a "**". Juniors may run the other races, but will not receive ROY points.

Date	Race	Adult Division and older	Junior Division
March 31	65 Roses	5K	5K
April 14	Chickamauga Chase	15K	5K*
April 21	BlueCross BlueShield Market Street Mile	1M	1M
April 21	Gateway Bank	5K	5K
May 28	Chattanooga Chase	8K	8K
June 16	BlueCross BlueShield Riverbend Run	10K	5K*
July 15	Waterfront Triathlon	(volunteer points only)	(volunteer points only)
August 4	Missionary Ridge Road Race	4.7M	4.7M
August 25	Raccoon Mountain	10K	5K
September 3	FCA 5K	5K	5K
September 7	UTC Cross Country	5K	5K
September 15	Symphony Classic	5K	5K
September 30	Susan Komen Race for the Cure 5K	5K	5K
October 13	Joe Johnson	10K	10K
October 20	Signal Mountain Pie Run	10K	10K
November 10	Chickamauga Battlefield Marathon	Marathon Only	10M*
December 15	Wauhatchie Trail Run	6.7M	6.7M

CHATTANOOGA CROSS COUNTRY



2007 PowerAde XC Run



**SATURDAY, SEPTEMBER 8, 2007
5 KILOMETER
MOCCASIN BEND
CHATTANOOGA, TENNESSEE**

THE CHATTANOOGA TRACK CLUB

Registration **7:30 a.m.**
Race Begins **8:30 a.m.**

Fees: \$8.00
Race day registration only.
Optional T-Shirt may be purchased at race.

Awards:
19-under, 20-29, 30-39, 40-49, 50-59, 60-over

For Information: Bill Gautier (423) 425-4782
or e-mail to Bill-Gautier@UTC.edu

UTC Cross Country Registration

Bring completed form with payment
to the registration table on race day

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex M ___ F ___ Birthdate _____

E-mail _____

Entry Fee \$ _____

Donation to:

UTC Track \$ _____

Total \$ _____

Waiver – Read Carefully and Sign

I know that running a road race is potentially a hazardous activity and I should not enter or run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this run. I assume all risks associated with running this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive the release the Chattanooga Track Club and The University of Tennessee at Chattanooga, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though this liability may arise out of negligence or carelessness on the part of persons named in this waiver. I understand that bicycles, skateboards, baby joggers, rollerblades/skates, animals, and headsets are not allowed in the race, and I will abide by these guidelines.

X _____

Executive Director's Letter

By Sean Pfister

Change.

To some this is a scary word, to others it's uplifting.

I used to be afraid of change then I learned to embrace it.

Part of my job is to seek sponsorship for the Track Club and during a recent discussion with a potential sponsor I was able to reach common ground when the executive mentioned that he uses training analogies for his sales team. He incorporates his training regiment into his business practice.

So that got me thinking about how I could apply something similar to my strategy as the Executive Director.

Anyone that knows me knows that I like to incorporate new techniques into my training for races which I have specific goals. Like most things in life the more you learn about a certain subject the more you realize how much you don't know and running is no different. I've had countless friends who, as they get started in running, ask me to relate all of my knowledge that I've acquired over the years into a snippet that they can learn from. To that request I always respond that it's like asking for a degree in one year and if that doesn't work I start talking about fartleks, VO2, running economy, tempo's, re-synthesicaton, Yasso's, hydration, dehydration, hyponatremia, and breathing, to name 1% of what I've learned. They may understand some of these techniques and always laugh at the breathing part. To which I tell them that it's the most important aspect and most people do it wrong. I learned if I concentrate good breathing then I know I'll have a good run and like most things, it took me years to master.

With my quest of always trying to improve my race times I knew that I needed to constantly learn and apply new techniques that will get me to my goals. What did Freud say about the definition of insanity? Doing the same thing over and over and expecting different results? We've all known fellow runners that are guilty of this mistake and I never wanted to be one of them.

The difficulty is where to get this knowledge from and what can be applied to your own regiment for improvement. Of course there are countless publications and experts out there giving advice. And it seems like every 6 months the articles contradict the previous 6 months of "advice". To this I say, read and listen from credible and experienced people and incorporate several new things at a time and monitor what is working or not.

That in a nutshell is my analogy for what I'm trying to do as the Executive Director. I know change is inevitable and to reach the goals that are set forth requires constant learning and application. Like my running techniques, my Track Club strategies are taken from other successful running clubs and leaders of these organizations. And I plan to implement these strategies slowly and try to improve and monitor our organization until we reach the goals that have been approved by the Board of Directors.

One of these first projects is to improve our group running activities. I see these as an important way for us to offer more to the running community and that can also accomplish another goal; increasing membership. Membership is the lifeline of our organization. Membership is where most of volunteers derive from and eventually this may lead to other activities within the CTC. Increased membership also adds more membership by association, such as networking, social interaction and training partners. And also a larger membership establishes our organization within the community and makes us more attractive to sponsors (this being another goal) through our size and diversity.

So if you'd like to learn more about the strategies for the future of our organization, I invite you to come out to one of our group runs and run with me. But be prepared to talk because what I really want is to listen to you and discover what you want from the CTC.

Or attend a board meeting. They are open to all members and are a great way to get involved.

Lastly, I want to thank all of the respondents of our recent on-line survey. To date we had over 300 responses and the information is invaluable for us to learn what our members' expectations are. Look for some of your suggestions to become implemented in the near future. Change may be slow but I try not to be.

Chattanooga Track Club Board of Directors Meeting Minutes

July 10, 2007

The meeting was brought to order by Melodie Thompson, president. Members present were: Melodie Thompson-president, James Williams-president, Charlene Simmons-v.p. communications, Robert Gustafson-v.p. races equipment, executive director-Sean Pfister, Edwina Cohen-secretary

Directors—Amy Mullins, Tara Murdock, James Dravland, Lynda Webber, Jimmy McGinness, Sherilyn Johnson, Walt Sinor, Flash Cunningham (equipment coordinator), Non-member present-Bill Brock, Member not present-Dan Bailey

The CTC Mission was read. Minutes were approved.

Report on the triathlon: 1200 registrants 1262 participants The event is now closed for additional entries. Our relationship with BMW is working well The check is on the way. All sponsors have been billed; most have paid. C.T.C. may clear \$11,000.00 on the triathlon.

Sherilyn—group leaders need to pick up volunteer shirts, waivers and bands on Sat. between 12:00-7:00 P.M. at the main tent

Races Committee—

Teresa Samuelson -working on the Raccoon Race-expecting possibly 200 people.

Tony Wright-Joe Johnson race which will be held on Oct. 13th

Beth Ford's Cleveland, Tn. race - Sept. 23rd-possibly a CTC race next year

Missionary Ridge in August, next CTC race, Dan Bailey-director

Sean's report:

We now have a signed contract with the Sports Barn. We receive \$2,500.00 now; \$2,500.00 in Oct.

Group Runs— Beginning July 25th there will be marathon training. We meet at the Sports Barn at 6:15 p.m. The first time Sean will put drinks in certain locations. July 18th will be a trial run.

Jogging Around issues went out. \$500.00 saved on printing. It was stated CTC race results used to be in J.A.; why not now? Because the results are on the internet.

Convention and Business Bureau receptive to working with CTC.

Sean gave us a handout that he had written— Strategies for the CTC and Vision Statement. Sean will work with Jerry McClannahan on runscore. We will work on youth foundation programs with the city. Possible to get grant money this way.

Sean stated—if the CTC marathon could be run a short distance in Chatt.; still finish at the Battlefield; it is likely the Chatt. Conventions and Visitors Bureau would help the CTC market and promote.

Needed (1.) volunteer coordinator (2) group run coordinator

Sean continued: Sean gives a report to Melodie every day. Recommended that we re-evaluate contract with Team Magic? This will be tabled for now.

Treasurer's report given by Melodie; seconded by Robert.

Charlene:

There will be 4-6 events held at the Sports Barn. The 1st Aug 19th. Give suggestions of various events.

If you are a CTC member you may now have the corporate membership price for the Sports Barn. If you are a S.B. member you may get a CTC discount membership.

Phillip Stewart had to resign from the CTC board. He will help when possible.

The meeting was adjourned at 7:30 P.M.

Respectfully submitted,
Edwina Cohen
secretary

Chattanooga Track Club Financial Statements

Balance Sheet

- 2-\$5,000 CD's still invested and additional investments anticipated as funds are received from the Waterfront Triathlon in July and August.
- 1-\$3,000 CD invested and specifically for the Junior marathon in conjunction with the Chickamauga marathon later in the year.
- \$2,722.78 in checking account and we owe \$2,600 to the Race Director of the BlueCross Riverbend Run. This is expected to be paid shortly as we receive funds from the Triathlon and its sponsorships.

Profit & Loss Budget Performance

- Chattanooga Chase revenues and expenses (VORP is the recipient) finalized and the Track club made the about \$468 for the equipment rental and the \$1 fee per runner.
- BlueCross BlueShield of Tennessee donation (\$8,000) from the 3 year agreement not received yet but expected in the third quarter.
- Race supplies (\$182.91) were for an air horn, megaphone and folding chairs.
- Contract labor for our accounting/bookkeeping is up due to processing Chattanooga Chase money, invoicing triathlon sponsors, getting insurance forms for Missionary Ridge Race, assisting setting up the PayPal system for new memberships and moving money from our CD's, etc.
- Website development up from the monthly budget but is anticipated to be under significantly from the annual budget.



**Check out the
Chattanooga
Track Club
Web site at
WWW.
Chattanooga
TrackClub.org**

New Member Profile



Courtney Mild (Chattanooga, TN)

Occupation: Professional ballet dancer

Age: 22

Marital Status: Single

Children: None

Hobbies: Skiing, theatre, hiking, dancing, triathlons, listening to good live music

Hero: My father

Favorite Place to Run: City Creek Canyon, Salt Lake City

Favorite Race/Distance: Sprint Triathlons

Why do you run?: It is empowering to use my body to achieve an immediately obtainable goal such as completing a certain distance

How long have you been running: Four years

Who or what prompted you to join the CTC?: Recruiters at the Chattanooga Waterfront Triathlon and the chance to spend quality time with my marathon running roommate who is also a new CTC member

What are your goals for the immediate future?: To complete a 10 mile race

WEDNESDAY NIGHT TRAIL RUN

For more information, e-mail
farmerjp@bellsouth.net

Jog/Walk Program Schedule:

Wednesdays 6:00pm Fast Break Athletics
Runners, Speedwalkers, Joggers, Slow
Runners and Walkers are all welcome!
If you are injured or starting your running
program all over again this would be a
great place to start. For more information
please send email to jumpytwo@hotmail.com
or call Melodie at 535-3259.

For "Footnotes" from the RRCA
go to www.rrca.org - this newsletter
is no longer printed, but the same
great information can be found online.
Keep up to date on food, racing,
coaching and much more!

SPEEDWORK

Thursday Night at 6:30pm at
Fast Break Athletics - Joey Howe
leads this pack - All Speeds Welcome.

Volunteers Needed!

Can't run in a race, that's ok - volunteer instead. We're looking
for volunteers to help out with upcoming races.

Get ROY points - In order to qualify for an award, you must
volunteer for at least one event.

Group Run

Getting Ready for a Marathon?
New in town and need new long
distance running companions?
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.

Check out the new CTC website at
chattanoogatrackclub.org

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



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





BULLETIN BOARD

Race Calendar


Please see www.chattanoogatrackclub.org for a complete list of events past and present, further rules, changes and regulations. Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

Legend


-  CTC Event
-  Joe McGinness Runner of the Year (JMROY)
-  JMROY Volunteers Points Only


Send race information to:
Jerry McClanahan
831 Creek Drive
Chattanooga, TN 37415
or jkmclanahan@comcast.net


AUGUST

25 - Raccoon Mountain Run
 Site: Chattanooga, TN


SEPTEMBER

3 - FCA 5K
 Site: Chattanooga, TN

8 - UTC Cross Country Meet
 Site: Chattanooga, TN

15 - Symphony Classic 5K
 Site: Chattanooga, TN

23 - Augustus Ford 10K/5K Trophy
Classic
Site: Cleveland, TN

30 - Komen Chattanooga Race For
the Cure 5K
 Site: Chattanooga, TN

OCTOBER

4 - LungFest and Lung Walk
Site: Chattanooga, TN


6 - Stump Jump Trail Run 50K and 11 Mile
Site: Signal Mountain, TN


13 - Joe Johnson Mental Health 10K
 Site: Chattanooga, TN

13 - Runaway Pig Run
Site:

20 - Signal Mountain Road Race 10K
 Site: Signal Mountain, TN

NOVEMBER


10 - Chickamauga Battlefield Junior
Marathon
 Site: Chickamauga, GA

10 - Chickamauga Battlefield Marathon
and 10-Mile
 Site: Chickamauga, GA

22 - Sports Barn Turkey Trot
Site: Chattanooga, TN

DECEMBER

1 - First Things First's Families on the
Run
Site: Chattanooga, TN

15 - Wauhatchee Trail Run 6.7 Miles
 Site: Chattanooga, TN

31 - Karen Lawrence Run
Site: Chattanooga, TN

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

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