

TRY SOMETHING NEW IN 2008 (9) 2007 KAREN LAWRENCE RUN (16-17)

WAUHATCHIE TRAIL RACE (5) FLYING MONKEY MARATHON (10-11)



jogging around



**CTC Masters
Top 10 In Nation...
pages 14-15**

OFFICIAL NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JANUARY 2008

VOLUME 40, ISSUE 1

Chattanooga Track Club

Officers

President
Melodie Thompson
jumpytwo@hotmail.com

President-Elect (2008)
James Williams
jwilliams@millermartin.com

President-Elect (2009)
Charlene Simmons

Past President
Donna Dravland
ddravland@unumprovident.com

VP Communications
Charlene Simmons
simmoncn@georgetown.edu

VP Membership-Elect (2008)
Sherilyn Johnson

VP Races & Equipment
Walt Sinor
waltersinor@yahoo.com

Treasurer
Dan Bailey
drbailey43@aol.com

Treasurer-Elect (2008)
Jim Steffes

Secretary
Edwina Cohen
edwinafromtn@webtv.net

Secretary-Elect (2008)
Lynda Webber

Executive Director
Sean Pfister
spfister@chattanoogatrackclub.org

Directors

Tara Murdock
splashbelle@hotmail.com

James Dravland
jamesdravland@comcast.net

Lynda Webber
lwebber@millermartin.com

Amy Mullens
amullens@bakerdonelson.com

Jimmy McGinness
jamesjimi@aol.com

Sherilyn Johnson
steve.sherilyn@mindspring.com

John Harrison
jharrison@bakerdonelson.com

Walt Sinor
waltsinor@yahoo.com

Flash Cunningham
flashcunningham@comcast.net

Directors-Elect (2008)

Butch Cooke, Flash Cunningham, Edwina Cohen, Janice Cornett, John Harrison, Bill Moran, Amy Mullens, Peter Murphy, Jimmy McGinness, Steven Rubenstein, Teresa Samuelian, Ashley Williams



joggingaround

In This Issue...

Words from the Prez's Perch	1
Executive Director's Letter	2
Wauhatchie Trail Race	4
Thanks Sharon	5
Save the Date	5
Y Nooners	6
Cold Weather Running	7
It's Time to Renew Your Membership!	7
Try Something New in 2008	9
Thar Be Flying Monkeys In Them Thar Hills	10-11
Volunteer in 2008	12
2008 Chattanooga Track Club Race Calendar	13
CTC Masters Top 10 In Nation	14-15
2007 Karen Lawrence Run	16-17
CTC Board Meeting Minutes	18
CTC Financial Statements	19
Bulletin Board	21
Race Calendar	Back Cover

Jogging Around

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

Editors

Charlene Simmons
Sean Pfister
Melodie Thompson

Layout/Design

Keith Finch

Printing

Shaw Printing Solutions

Ad Info

For Current Ad Information, please contact Sean Pfister at 991-8500 or spfister@chattanoogatrackclub.org

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.

Words from the Prez's Perch

The year is winding down and it has past so quickly. My obligations to the Club will be over with the changing of the guard at the banquet in January, when James Williams will take over this post. James is an excellent runner and will do a great job leading you to our goals. You need to be at the banquet this year to vote on much needed changes to our Bylaws, such as adding a Membership Vice-President. The Sherilyn Johnson will take over handling the Membership Committee, report to the President, and do the programs for our membership. We also have other changes that are long overdue.



The Scenic City Half Marathon is underway and now is the time to sign up before rates go up or sign up for this event. This event will not be on the Riverwalk as in the past, but run through various neighborhoods in the Downtown Chattanooga Area. This should be on your 'to do' list as a participant or volunteer!

Don't forget to renew your membership online at www.chattanoogatrackclub.org. This saves lots of

time on our end and reduces the need for additional part-time staff.

We will need to provide a greater base for support for the BlueCross Market Street Mile and the Riverbend Run. If you can volunteer this will be a great service to our club and justify the BlueCross BlueShield of Tennessee sponsorship of us. We are a non-profit organization and we need our volunteers to help promote our mission of promoting running, walking, and fitness in the Chattanooga Area.

This year we have made large strides in providing much needed services to our members and the running community at large. We may look with pride to the future and continued growth in our community.

Good luck in the coming year!

Happy Running,



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.

Executive Director's Letter

Egg On Face Doesn't Mean I've Given Up!

By Sean Pfister

I re-write this article as an extremely humbled man. My original article was a puff piece about the Scenic City Half Marathon and how this could be the defining road race for the CTC. How this was *your* race and when I say *your* I derive that from what I've heard from our members about having a long distance (10k and longer) race in downtown Chattanooga that is not on the Riverwalk. But I had to delete it and start over. After almost a year here I now understand why these changes are sought. While the Riverwalk is scenic, it is run on a lot with either training runs or other races and not many spectators or the spirit of the city can be seen.

And that is why we worked so hard to get a new course approved based upon the ingredients of other successful city road courses; scenic course, through neighborhoods and not too challenging. However, after months of thinking we had the advertised course approved, we were informed that the course had to be changed due to safety concerns. Keeping it secure for our runners based upon the resources from the city became a concern. City officials were also concerned about complaints they would get about street closures from non-runners and non-supporters of these types of events.

Obviously, I am very disappointed and apologize for anyone that is also let down. It was a daunting task and I wasn't willing to back down. I think that attitude got us as far as we did but in the end it was too much for the city to accept. I can respect their decision for safety concerns but I'm frustrated with the way it was handled and that anticipated complaints from those not participating were considered.

On top of that, the CTC was committed to putting on this event for Chattanooga. One that it dearly needs and many city departments and officials have asked for us to organize. I have dedicated a lot my time for this endeavor and having a full time Executive Director now makes it the perfect opportunity to create an event of this nature. It is too much to ask a volunteer, board member or any other member to take on. This would have been our chance to showcase running to Chattanooga and Chattanooga to runners. Sometimes you need center stage to get the attention of the community and anyone that has run a city marathon can appreciate the welcome when running on downtown streets.

At the meeting where I was told that we needed to change the course for this year it was also mentioned that we might be able to try for change in 2009. Now that I've had a few days to get over my disappointment, I am determined to try again. Because you asked for it, Chattanooga needs it and who else can deliver it other than the CTC? However, as the running community, our voices need to be heard. So if you are tired of having to leave town to run a distance road race and seeing other cities of similar size bask in their day in the sun and knowing that you cannot return the invitation to run in Chattanooga, then take action! Write a letter to the editor of the Times-Free Press. Write a letter to the office of the Mayor. Talk to anyone that may be able to help get this done. I tried but I cannot to do it without a lot of help, support and cash also would be nice.

The Scenic City Half Marathon is still a CTC race on March 1, 2008 and we hope you participate, volunteer or come out to support this race.



FAST 
BREAK

Chattanooga's Ultimate Running Store

**104-A Tremont Street
Chattanooga, TN 37405**

(423) 265-0531



Wauhatchie Trail Race

By Melodie Thompson

Flash Cunningham, Walt Sinor, Janice Cornett, and David Presley had gone up a couple of weeks before and went over where the miles markers should go and marked the spots (someone removed the 4 mile mark, sorry folks).

Bob Braddock and I went up the day before the race, marked the trail, moved 2 smaller downed trees, removed small rocks & downfall, and cut briars down on the trail. Bob and I got to see a lot of turkeys, deer, and an owl on Friday. We spent about 6 hours out there. We put out markers and signs, determined what intersections needed to be blocked off, and where we would need sentries.

Saturday, December 15th turned out to be a great day for a trail race. Overcast and cool with great views. Flash, Walt, Jimmy McGinness, and arrived at 7 a.m. and we started staging the meeting room and start & finish lines. All the volunteers got in place along the course and at the water stop.

We had the best turn out ever for the race this year, as we had a record 151 people register. We also had the most volunteers, most EMTs, and an ambulance. The place was abuzz with runners of every capacity.

It was great fun to be at the finish when Tim Ensign was pouring on to the finish line. We had the wonderful Goetz brothers in the family competition, as well.

We hope everyone will return for next year's event on December 13, 2008. We hope records will continue to be broken and who knows, it might just be your lucky day!

2007 Wauhatchie Trail Run Results

1. Tim Ensign	0:35:26	70. Taylor Morgan	0:53:18
2. Johnny Clemons	0:37:06	71. Marco Bianchini	0:53:38
3. BrysonHarper	0:37:26	72. Tracey Lee	0:53:52
4. Sergio Bianchini	0:37:40	73. Stacy Eiselstein	0:54:11
5. Daniel Goetz	0:37:58	74. Matt McLelland	0:54:14
6. Jan Gautier	0:38:01	75. Barbara Ensign	0:54:19
7. Hugh Enicks	0:38:31	76. Bernice Delaney	0:54:38
8. Patricia Smith	0:38:49	77. Rick Bost	0:54:53
9. Colin Sullivan	0:39:25	78. Andrew Gennett	0:54:55
10. Josh Bradley	0:39:29	79. Stefan Eady	0:55:00
11. Joe Sneed	0:39:30	80. David Bartlett	0:55:02
12. Joseph Goetz	0:39:41	81. Laura Hall	0:55:07
13. Patrick Hall	0:40:42	82. Drew Smith	0:55:13
14. Zach Mobley	0:40:44	83. Susan Gallo	0:55:28
15. Joey Howe	0:42:00	84. Zach Orrison	0:55:38
16. Andrew Lewis	0:42:29	85. Bill Copeland	0:55:45
17. Jon Risley	0:42:45	86. Jason Irvin	0:56:12
18. Nick Honerkamp	0:43:02	87. Clynton Gourlay	0:57:08
19. Jake Bradley	0:43:11	88. Kathryn Copeland	0:57:10
20. Jennifer Croft	0:43:33	89. Tom Gifford	0:57:21
21. Davey Spinkle	0:43:37	90. Josh Hall	0:57:23
22. Belinda Young	0:43:39	91. Carol Farmer	0:57:33
23. David Randolph	0:43:42	92. Owen Kinney	0:57:49
24. Warren Sinor	0:43:47	93. Anita Jones	0:57:52
25. Charles Webb	0:43:49	94. Harry Barte	0:57:53
26. Shannon Wood	0:44:04	95. Mitchell Maddox	0:58:26
27. Bill Minehan	0:44:25	96. Beau Wendolt	0:58:32
28. Steve Bradley	0:44:36	97. Jenny Fien	0:58:36
29. Sam Linhoss	0:44:48	98. Laura Rose	0:59:00
30. Jim Farmer	0:44:53	99. Rowan Johnson	0:59:15
31. Ryan Schumacher	0:44:54	100. Paul McElveen	0:59:26
32. Heather Stone	0:44:55	101. Julia Jones	0:59:28
33. Debby Vannoy	0:45:07	102. Ashley Goggin	0:59:42
34. Matthew Jones	0:45:20	103. Deanna Lord	0:59:46
35. Paul Talbott	0:45:21	104. Melissa Robinson	0:59:56
36. Danny Gill	0:45:31	105. Bill Brock	1:00:55
37. Kevin Boucher	0:45:41	106. Ty Farr	1:01:04
38. Rick Schumacher	0:46:00	107. Greg Neal	1:01:57
39. Matt Gregory	0:46:01	108. Cayce Harper	1:02:12
40. Dylan Harper	0:47:02	109. David Marks	1:02:24
41. Grover Brown	0:47:03	110. Judy No	1:02:34
42. Sue Anne Brown	0:47:09	111. Rusty Mauk	1:02:51
43. Mitch Samuelian	0:47:22	112. Tony Fien	1:02:52
44. Janis Kelman	0:47:42	113. Earl Kelle	1:02:54
45. Jesse Roberson	0:47:54	114. Jeff Kelle	1:03:46
46. Mark Hickey	0:48:02	115. Kathy Dew	1:04:13
47. Jim Steffes	0:48:11	116. Elizabeth Buice	1:04:44
48. Thomas Powell	0:48:17	117. Lucy Izard	1:04:45
49. Liza Graves	0:48:23	118. Rick Buice	1:04:51
50. Chris Senteu	0:48:25	119. Michael Farr	1:05:11
51. Jeff Stracener	0:48:29	120. Michelle Soriano	1:05:19
52. Ted Hegenbarth	0:48:33	121. Marcus Easley	1:05:34
53. Herbert Krabel	0:48:52	122. Susan Laughrey	1:05:34
54. Donald Sweeney	0:49:23	123. Chad Cherry	1:05:51
55. Robert Mingsu	0:49:41	124. Bonnie Wassin	1:05:51
56. Joseph Tidwell	0:50:12	125. Richard Rowland	1:06:43
57. Lynda Webber	0:50:21	126. Gene Nelson	1:06:52
58. Eric Carlson	0:50:31	127. Jack Kilisian	1:07:20
59. Susan Donnelly	0:50:51	128. Laura Henry	1:07:51
60. Mark Erickson	0:50:59	129. Ed Park	1:08:03
61. Tracy Rafferty	0:51:01	130. Elliot Rose	1:08:06
62. Teddy Park	0:51:36	131. Steve Smalling	1:08:34
63. Sissy Jones	0:51:39	132. Sherilyn Johnson	1:09:57
64. Cyrus Rhode	0:51:41	133. Kevin Blackwell	1:11:56
65. Kenny Steffes	0:51:43	134. Che Fortaleza	1:22:56
66. Lee Davis	0:51:53	135. Kathy Fulton	1:33:18
67. Scott Farmer	0:52:13	136. Katie Marler	1:33:19
68. Mike Leary	0:52:41	137. DevonKroneberg	1:34:55
69. Doug Torrance	0:53:05		

Thanks Sharon

By Jerry McClanahan

A lot of us runners can trace our running careers back to the days of the Running Boom in the late 70's and early 80's. It's hard to believe, but back then the Missionary Ridge Road Race would have around a thousand runners spread over the 4.7 mile course. The 1979 Missionary Ridge race was my first attempt at road racing. The following year was the first race for a new race volunteer, Sharon Irish. Sharon's husband, Terry, had started racing at the 1979 Karen Lawrence Race for St. Jude's on New Year's Eve 1979. As Terry became more involved in road running and racing, Sharon decided to get involved as a race volunteer.

It didn't take long for Sharon to graduate from handing out t-shirts to doing the scoring for the races. You could see her arrive at races carrying a sack with the little boxes into which we runners were supposed to place our finish cards, completed with the pertinent information to allow tabulation of the results. Sharon and the other volunteers would try to make sense of the finish card information and match the card number to the race times recorded on the tape from the finish line timer. Then all these results were copied onto age-group lists to be typed into the Sunday newspaper sports page and into the CTC newsletter. The whole process could take hours.

In the late 80's the CTC experimented with using a computer to speed the tabulation of race results with mixed, but promising results. Sharon was excited about getting away from these little card boxes and at the prospect of using a computer instead. Sharon and the rest of the race volunteers quickly learned that the old computer adage "Garbage In = Garbage Out" was true for race results too. If the information from race registration or

the finish line is incorrect, the computer can tabulate the wrong race results at nearly the speed of light. (However, this speed was always reduced to the speed of the printer.)

We have seen Sharon nearly pull her hair out trying to read the scribbled name and age listed on the race entry forms of runners who arrived at the race late, or husbands and wives who got their race numbers switched before the race (the computer awarded her the women's division first place using his finish time), or runners crossing the finish line and then crossing again with a family member or friend (the computer doesn't like two times for one runner). Perhaps the best was the overall race winner who forgot to register. The computer kept telling her "he's not in this race." Her patience is amazing.

The most remarkable display of patience and determination had to be the cross country race using finish cards when the finish line volunteers dropped the finish cards before the first finisher came in. Not knowing the cards were sequentially numbered and that they were intended to be handed out in order, the volunteers just shuffled them all back into a stack and started handing them out. Each finisher got a randomly numbered finish card that had no relationship to their race finish place. When we heard what had happened we just threw up our hands, sure there was no way to sort this out. But Sharon started asking runners their finish times and who had finished ahead of whom. Even though it was a small race, it's still amazing that Sharon was actually able to come up with race results from the mess she had been handed.

Sharon has probably averaged volunteering for at least 10 races per year for the last 27 years which comes

out to at least 270 races. (She is always among the first volunteers to arrive and the last to leave.) The CTC has had many dedicated volunteers through the years, but this must be the record. However, all good things must end, and so, Sharon is retiring from CTC races. You may still see her occasionally helping out at other local races. Old habits are hard to break.

The CTC will be examining new race tabulation methods and recruiting new race tabulation volunteers.

Sharon will be hard to replace. As a former road racer and former CTC race volunteer, Sharon has my gratitude for her dedication to the CTC and to all local runners, and my thanks for the help she has given to me.

Thanks Sharon.



Save the Date

**CTC Banquet
January 30, 2008**

The annual CTC banquet will be held on Wednesday January 30, 2008 at 6 pm at Niko's Southside Grill (corner of 14th & Cowart St). For more details about the event please visit ChattanoogaTrackClub.org.

At the banquet the 2007 Runner of the Year results will be announced and awards will be handed out.

Coach Roy Benson will be our featured speaker. Owner and President of Running Ltd in Atlanta, GA, Coach Benson has over 44 years of coaching experience. He is also a senior writer for Running Times. To learn more about Coach Benson please visit coachbenson.com.

Y Nooners

By Mary Novkov

For eleven years, a group of men have run from the downtown YMCA from 12:10 to 1:30. As they begin to run, the conversation explodes from politics and religion to their children and spouses. While intermingled within them a sense of family and friendship is obvious and yet hard to understand. They share a companionship in which critical comments and nagging never end. Although the group can be insensitive, they honestly do support one another. From driving all the way to Kentucky for a father's funeral to planting a tree in honor of a mother's death, they sustain each other through the many hardships life throws at them. Once, the group ran to the hospital to wish "Dad," the founding member of the group, luck on his knee surgery.

"It is not a democracy nor is it a dictatorship," claims long time member Bruce Novkov. Sometimes they vote on where they are going, and other times someone decides for them. The River walk is the traditional run for Mondays; speed work is done on Wednesdays, but only if someone is training for a race; and Fridays no particular route is

selected. One Friday a man decided to lead them to a Greek Orthodox Church, where they took part in a bake sale. These random runs are part of what keep the group and runs interesting.

Within the group, people and skill levels change. Anyone is welcome and no one is required to stay. At the YMCA they are known as the "Fast Lunch Group," and people recognize them as regulars.

Throughout the years, many have joined and quit, but the regular group of ten remains. Throughout the years, crazy rules have developed and "original" experiences have occurred. They pride themselves on the fact that they were the first to run across the new Market Street Bridge and the widened Olgiate Bridge. This was possible because of the dangerous action of climbing over a construction site and proceeding to run across. "Intelligence is not a requirement," says Novkov shortly after telling the story of the "train incident." One day they chose to run through a tunnel that happened to be longer than expected. The men had to stop running and walk due to the darkness.

To outsiders they may sound silly, but to the member, the "10 Commandments" are rules that must be followed. The list of commandments is as follows:

1ST Commandment: WHILE ON A RUN, THOU SHALT ATTEMPT TO CATCH ANOTHER RUNNER IF ONE IS OBSERVED.

2ND Commandment: WHEN RUNNING AN OUT AND BACK COURSE, THOU SHALT ATTEMPT TO COME BACK A MINUTE FASTER.

3RD Commandment: WHEN ONE RUNS BY HIMSELF, THOU SHALT RUN THE "ORIGINAL" COUNTRY CLUB ROUTE.

4TH Commandment: WHEN IN THE Y SHOWER, THOU SHALT ABIDE BY RULE 258 AND THE BELLY BUTTON RULE.

5TH Commandment: WHEN YOU RUN WITHOUT A SHIRT, THOU SHALT COMPLETE TWENTY PULL-UPS.

6TH Commandment: THOU SHALT RUN OUTSIDE, REGARDLESS OF THE WEATHER CONDITIONS. IF THE TEMPERATURE IS BELOW FREEZING, ONE IS ALLOWED TO WEAR GIRLIE PANTS.

7TH Commandment: THOU SHALT ALWAYS RUN AT LEAST 5 MILES; OTHERWISE ONE IS JOGGING. FURTHERMORE, REGARDLESS OF THE ACTIVITY ON A TREADMILL, IT IS NOT CONSIDERED RUNNING.

8TH Commandment: WHEN RUNNING, THOU SHALT SHOW UP AT NOON AND BE READY TO LEAVE BY 12:15 P.M.

9TH Commandment: THOU SHALT START YOUR STOPWATCH AT THE MAILBOX AND STOP YOUR STOPWATCH AT THE PAVEMENT OF THE YMCA PARKING LOT.

FURTHERMORE, IF ONE FINDS ANY COINS ON THE GROUND WHILE ON A RUN, THOU SHALT STOP AND PICK THEM UP.

10TH Commandment: ONCE A RUN HAS BEEN ESTABLISHED FOR THE DAY, THOU SHALT NOT ALTER THE ROUTE.

Running with the "Y Nooners" is like nothing else. The stories about crazy experiences and silly rules are what make them different from any other running group. They are passionate about running and have formed a lifestyle around it. This is their family away from home and people that they know and can rely on.

Cold Weather Running

By Damien Howell
RRCA Sports Medicine Committee



This article is provided by the Road Runner's Club of America (www.rrca.org).

The onset of winter needn't bring a seasonal halt to a runner's enthusiasm or routines. Outdoor exercise in the winter can be a pleasurable experience. The major risk posed by running in subfreezing air is frostbite and minor irritations to the respiratory tract. With some minor precautions these risks can be eliminated.

1. Wear clothing in layers so that warm air can be trapped between the layers. Depending on the weather conditions, 2 to 4 layers on the trunk and 1 to 2 layers on the legs are appropriate. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days the outer layer should be of wind resistant material.
2. Clothing made of material which carries the sweat away from the body is best, like wool, silk, or "space age" synthetics like polypropylene or polyester. Avoid cotton as it tends to hold the sweat.
3. Hat and gloves are crucial as these regions of the body have a substantial role in the regulation of body temperature. Mittens tend to be warmer than gloves. On very cold days mittens worn over gloves are very effective. Stocking caps or ski masks are desirable. On very windy days goggles or eye glasses can provide additional protection.
4. The outer layer should be light colored and have reflective material if you are running during darker hours. Reflective material works only if there is a light source. Blaze orange becomes poorly visible brown at night. Light colored material is visible even without a strong light source. During snowy days dark colors provide visible contrast and attract solar energy.
5. Pin to your clothes or shoes emergency identification, preferably of a waterproof material. Let someone know where you are going to run and when you expect to return. Do not run with headphones.
6. Plan your run so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind. Be alert when running in snowy, icy conditions particularly near vehicular traffic.
7. Avoid overdressing. Feel a bit underdressed and chilly as you start, knowing that later as you run in your layered environment the temperature will rise about 20 degrees.

It's Time to Renew Your Membership!

Don't forget, club memberships expired at the end of December. If you have not done so already, please renew your club membership for 2008.

To make the renewal process easier we've created an online system that allows you to renew and pay for your membership on the club's Web site with no additional processing fees. Just visit ChattanoogaTrackClub.org and click on "join the CTC" on the right side of the home page. You'll be taken to the membership application page where you will need to click on the current member link to log in and renew your membership.





TECHNOLOGYPROJECTS

Web Application Design & Development

Web Application Design & Development



TECHNOLOGY PROJECTS

What ARE web applications?

Cold Fusion Server Windows 2000 IIS5.0 SQLServer 2000 Javascript ASP VBScript



Technology Projects
1014 Dallas Road, Suite 102
Chattanooga, TN 37405

p.423.267.7375
f.423.756.9672

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

***pilates
center
of
chattanooga***

*a classical pilates experience
with colleen carboni*

*1416 mccallie avenue
423 493-0775
pilateschattanooga@gmail.com*

Pilates for Runners

Are you in shape for running?

Feel the core difference in Pilates!

Developing a strong core, flexibility, good alignment, and strength will allow you to run faster, safer and with more ease.

Pilates for Runners

6 weeks session
Mondays and Wednesdays
6:30-7:30pm
January 14-Feb 20

Space is limited, reserve early.
For more information call 493-0775

Try Something New in 2008

Looking for a little variety in the New Year? Why not consider trying something new, like a longer race, a trail race, a triathlon or an adventure race?

Go Farther

Ever thought about running just a little bit further? If you're new to walking or running you might want to try your first 5k. If you're a 5k walker or runner, consider a 10k. If you're a 10k runner consider a half marathon. A half marathoner, consider a full marathon. And if you're a marathoner consider an ultra marathon. Here are a few local events to tempt you to go just a little bit further in 2008:

- **5K**– Chickamauga Chase – April 19 – Chickamauga, GA
- **10K** – BlueCross Riverbend Run & Walk – June 14 – downtown Chattanooga, TN
- **Half Marathon** - Scenic City Half Marathon, 5k and Charity Challenge – March 1 – downtown Chattanooga, TN
- **Marathon** – Chickamauga Battlefield Marathon – November 8 – Chickamauga, GA
- **50K** – Stump Jump 50k – October 4 - Signal Mountain, TN

Go Off Road

Tired of cement and asphalt? Want to hear birds chirping rather than cars honking? Why not try trail running?

The Chattanooga area has over a hundred miles of trails perfect for hiking or running. Well maintained trails are available on Lookout Mountain, Raccoon Mountain, Signal Mountain and along the newly constructed Cumberland Trail.

To learn more about trail running check out the Wilderness Running Association at www.runintheboonies.org.

Also, mark your calendar for a number of upcoming trail races including the Rock Creek River Gorge 6.5 Mile & 10.2 Mile Trail Race (March 29), the Stump Jump 11 Miler & 50k (October 4) and the 24th Annual Wauhatchie Trail Run (December 13).

Try a Tri

Is running not enough for you? Want to swim and bike too? Why not consider doing a triathlon.



If you're new to the sport consider doing a "sprint" or short distance event like the Scenic City Triathlon. Taking place at Chester Frost Park on April 27, the race includes a .34 mile swim, a 14 mile bike and a 5k run.

If you're looking for a longer event try the Chattanooga Waterfront Triathlon to be held on Sunday, July 13 in Downtown Chattanooga. Fast becoming the region's premier triathlon, the event features a 1.5 k swim down the Tennessee, a 40k bike on Highway 27, and a 10k run along the Riverwalk.

Go on an Adventure

Like the idea of doing a multi-sport event, but want to get a little dirty and possibly lost? Why not try an adventure race.

Every adventure race is different, but the typical event includes a

"trekking" or orienting section where you navigate on foot, a mountain biking section, and paddling portion involving a canoe or kayak. Along the way you may also find yourself swimming, climbing over walls, completing mystery events and more!

Some adventure races allow you to compete as an individual, but most races are done in teams, bringing a whole new dynamic to racing.

Thankfully you don't have to travel far to try your first adventure race. The area has several races that are perfect for the beginner, while still being challenging enough for the experienced. Why not try one of them in 2008:

- Greenway Challenge – May
- YMCA Strong Adventure Race – October

If getting dirty and lost is your thing, but you're not up for the mountain biking or paddling, consider doing the Ultra-O-Gaine in Prentice Cooper State Park on May 17 and 18. The race includes two competitions – a 12-hour event and 24-hour event. Both races feature a series of checkpoints hidden in Prentice Cooper. Competing as an individual or a team, you're tasked with finding and collecting as many checkpoints as you can during the allotted time. Most checkpoints are off marked trails, so you'll need to use navigation and bush whacking to find them!

To learn more about adventuring racing check out the Chattanooga TrailBlazers at www.trailblazerar.com.



Thar Be Flying Monkeys In Them Thar Hills...

By Lynda Webber

It had been quite some time since I'd done a marathon, and since my last experience hadn't been a good one (I still recall hauling a zapped and dehydrated carcass across the finish line after completing a tedious out-and-back big-city course), I decided that my only criteria for the next one was that it be interesting enough to take my mind off the pain.

Cruising marathonguide.com one day, the first interesting thing I noticed was the name: The Harpeth Hills Flying Monkey Marathon. Next I noticed that it was a cool-weather run (November) within easy driving distance (Nashville), but after my last experience what I really identified with was the website itself.

"Ours has become an age of flat and fast marathons on city streets and in urban jungles," began the first sentence on the home page, "with more focus on times, course certification, gadgets, charities and putting on a big show than on running. Many modern marathons have become spectacles rather than athletic events. But it was not always this way. Marathons used to be about running for the sake of running. They were about pushing oneself beyond the physiologic limits of the human body. While running."

"Whoa," I thought, "that's deep."

"The Harpeth Hills Flying Monkey Marathon" continued the writer, "is meant to be an antidote. It is a marathon that is about running. Running hard. Running over big and memorable rolling hills and through dense woods. Running with other like-minded athletes. The Harpeth Hills Flying Monkey Marathon is about the joy and pain of running a unique, and uniquely challenging – some would say beastly – 26.2 mile course in the beautiful and historic Percy Warner Park, nestled among the Middle Tennessee Harpeth Hills.

We will time and measure the distance, but the course will not be certified, we will not use timing chips, and it will not be a Boston qualifying event. If you get to the end and you (or your gadget) believe the route to be long, we won't

charge you extra; if you believe it to be short, just keep running. There will be no bands, cheerleaders, wave starts or crowds. We promise no marathon Personal Records, but we guarantee every runner a PR – a Permanent Remembrance of a well-earned marathon finish. We promise to give you approximately 26.2 tough and memorable miles, with a total of 3500 feet of elevation gain and loss."

I took a look at the glorious park photos on the website, and made up my mind right there. That's it, I thought, that's my marathon. I think it was the word "beastly" that actually sold me, as well as the challenge of 26.2 "tough and memorable miles" – especially if there was some great scenery in this version of Oz. The strategy of completing the course appealed to me and I decided right then and there that I would "cover ground" instead of "run the marathon." Sounded much less threatening that way, and if I could finish a "pretty" (i.e., pain-free) marathon in under six hours (although there was no established time limit on the website that I could see) I'd be happy to spend a gorgeous autumn day out in the park. I was also very relieved to note from the website that "while the legendary flying monkeys of Harpeth Hills are reputed to carry away small dogs and lost runners, they are generally harmless."

Once I registered, I received a confirmation from the Mad Monkey Master himself: *"Well, you have done it now. Fool. Yep, it seems that you went and registered for the Harpeth Hills Flying Monkey Marathon. And now, perhaps, your fate is sealed... That means you had probably better start training. On hills. Lots of hills."*

Until daylight savings time ended, making it difficult to get out there after work, I found that Greenway Park off Hamill Road in the hills of Hixson offered one of the best places around to train for The Monkey and spent at least a couple evenings over there each week slogging and sweating up Old Mother. On the weekends, it was almost a relief to put in the long miles at the beautiful Chickamauga Battlefield, where the

rolling hills appear to be deceptively gentle by contrast and one or two slyly gradual inclines seem to go on forever.

On October 18, the Monkey Master emailed the doomed contestants with some solemn information. Registration had closed when the number of registrants reached 200... and the website list indicated I was the only Chattanooga representative. "We are less than a month away from you cursing the day I was born," began the MM. "One month until you flog yourself in the hills. Just one little month until you find yourself fleeing from angry monkeys screaming high overhead, inflamed at the fact that you dare interrupt their early morning slumber. Just remember, you will have a modicum of safety in numbers, but only a little bit. So run fast. And if you think it will help, pray."

Only a few days from the event I received this final encouraging missive addressed to the group: "Whoa, wow, uh-oh. Just over a week left. I sure hope that you have thought about training. Maybe a couple long painful hill repeats. Or just maybe whack your quads with a Louisville Slugger for good measure. Then again, never mind. Training is overrated, and it probably won't help anyway. I sure hope that you have not wasted much time or energy on it. Tapering, too, is overrated by the way."

Then, suddenly, the Harpeth Hills Flying Monkey Marathon was upon me. Sunday, November 18, 2007. At almost 7:00 on a foggy, almost mystic morning, around 200 ghostly contestants milled about the starting line just a short distance from the legendary Harpeth Hills. There was Dorothy, with her gingham dress, pigtails and ruby-red running shoes... a bushy-headed cowardly lion switched his tail back and forth in anticipation, and the scarecrow was chewing a PowerBar.

"Listen up, you runners!" Boomed the voice of the Monkey Master from out of the murk. "We're going to start in just a few minutes, but in case you have not heeded my previous warnings, the course is not flat, not fast and not certified, and there *have* been recent flying monkey

sightings, so beware. You are running at your own risk, and may God help you!”

The air horn blew, and we were off. Within a half a mile, the first hill rose to meet us and I was glad at that point that the course was “open” so my husband, Walt, could ride up next to me on his bicycle and grab my jacket as I peeled it off. I settled into my favorite hill gait – a relaxed “slog” – and chugged on up. And up. Somewhere around halfway I backed off into a walk and mentally adjusted my “covering ground” strategy. Despite the others galloping off ahead of me, I would force myself to go at a very relaxed pace for at least the first 13 miles, and then if I had enough juice left for these heah hills I’d pick it up a bit if I could.

The sun began to peek out at around 8:00, revealing an Oz of spectacular beauty. Lovely winding roads leading through towering trees still dressed in their glorious autumn colors, old stone walls reminiscent of a Celtic countryside, a wooden structure that looked suspiciously like the Fort of the Faerie Kings and Queens, a strange stone amphitheatre of sorts rising into the side of a grassy hill...

But what was that sound? Surely it wasn’t the distant screeching of flying monkeys?? And did I just see a flying monkey round the curve ahead of me?? Although rare, there are definitely flying monkeys in the trees here, and I believe I spotted one or two when I looked closely enough.

For me, that first half was more of a tour than a run, and I took everything in. Running (or rather, slogging) never felt so effortless. Groups of cheery volunteers were spaced at just the right intervals to offer water, Gatorade and energy gels, and a photographer popped out from the woods every now and then to capture all those looks of intense concentration for posterity.

Walt had done his long ride the day before, so although I encouraged him to go on ahead and do his own thing he decided to offer me some husbandly support and rode alongside me the whole way. I think the (slow) spinning of his wheels had me mesmerized, and my feet felt like they were pacing alongside them of their own accord. I kept up a

slow lope for at least 13 miles, walking the bigger hills and portions of the smaller ones, and then I began to pick up the pace just a bit. Before long, I found myself passing small groups of runners and by the time I hit the 15 mile mark I was feeling almost deliriously happy. The sun was shining brightly, the day was beautiful, the scenery was fabulous, and the sweat felt GOOD.

“Walt,” I said, “I may be hallucinating, but I’m feeling really JAZZED right now. Woooooo-HOOOO!”

“Ya better save it,” puffed one of my fellow marathoners. “We’ve still got plenty of miles to go before this is over!”

“I know, I know,” I replied, “but it’s less than two 10K’s! We can DO this!” After shuffling along the first 13 miles at a sensibly sedate pace, I decided it was time for me to stretch out a bit on the flats and the downhills and took off.

From there on in, it was a game to see if I could slowly reel in the next person in front of me. “Think I can take that one, Walt? I think I can! Let’s go! ... I’ve only got one more 10K to run! Whoa, look... there’s another few of ‘em. Think I can catch ‘em? Hey, we’re less than 10K now! I’m still feelin’ pretty good! I can catch that guy... OK... less than 5K to go now. Look at that chick in front of me... she still looks pretty good, but I think I can pass her. What do you think?”

I passed the woman in front of me, but it was obvious that she *was* still feeling pretty good as instead of dropping back, she paced along not far behind me.

“How ya feelin’ now?” said Walt less than two miles from the finish line.

“I’m still feeling pretty good,” I replied, “but my legs are starting to feel a little tired and heavy. I may have to slow down a bit.”

“Well,” said Walt, “that woman you passed a while back is still right behind you, and it looks like she may be catching up.”

I risked a glance behind me, and sure enough, there she was – with a very determined look on her face. “If she does,” I said, “I guess I’ll have to say more power to her... I don’t know if I

can keep up this pace.” Unfortunately, a small hill chose to present itself at that point and my formerly happy feet seemed to slow down of their own accord. I could now literally hear my “rival” breathing down my neck, as she searched for the air it would take to pass me and blow me away.

Just then, I rounded a bend in the road and there was the trail to the finish line – across the big field and next to the parking lot. “Geez... I can’t let Walt see her beat me,” I thought, so I dug something up from the bottom which I thought I no longer had, and kicked it into another gear. I passed the next guy in front of me and barreled down to the finish line, crossing at 4:23:46, what I would learn later was just north of a solid middle-of-the-pack finish. Those last few yards were the worst I’d felt during the entire run, but it was exhilarating at the same time. My “competition” crossed the finish line a few seconds later, and we shook hands and clapped each other on the back. “I thought I might have had you for a minute, there,” she laughed, “but then you did that sprint and I just didn’t have anything left. What’s your age group, anyway? I know they don’t give age group awards here but I’d just like to know.” I told her I was 48, she said she was 50, and we both laughed and clapped each other on the back again. She was happy because she ran well against someone in a lower age group, and I was happy because I’d held my own with a gal from the mountains of Colorado.

The finishing medals were unique, there was a great finish-line party with volunteers laying out an array of cookies, cakes and liquids, and the Monkey Master himself presided over the distribution of some really nice door prizes. Only one runner was rumored to have been carried off by the flying monkeys, so altogether it was a fabulous event and I had a major amount of fun. The Harpeth Hills Flying Monkey Marathon definitely lived up to its website promise to guarantee every runner a PR – “a Permanent Remembrance of a well-earned marathon finish.” I highly recommend it to anyone who loves to run for the sake of running, and who wants to experience “the joy and pain of running a unique, and uniquely challenging course.”

Volunteer in 2008

The Chattanooga Track Club is a club of volunteers. Our success – in hosting quality races and organizing member programs – is based on the hard work and support of volunteers. We need the help of all members of the track club to make our events and programs successful.

That's why we're naming 2008 the year of the volunteer. We're asking each and every member to commit to volunteering at least once, preferably two or three times, during the course of the year.

Volunteering At Races

So what does it take to volunteer? Well, not much.

At a minimum it means dedicating a few hours on race day to help hand out drinks, pull race tags, or point runners in the right direction. Or it may mean volunteering a day or two in advance of the event to help stuff participant bags for one of our larger events, like the Scenic City Half Marathon, Waterfront Triathlon, or Chickamauga Battlefield Marathon.

To sign up to volunteer at a race simply visit ChattanoogaTrackClub.org and click on the "Volunteer Now" link on the right hand side of the home page. You can select the event you would like to volunteer at and the type of job you would like to do.

Other Opportunities to Volunteer

The opportunities to get more involved with the track club are endless. Along with volunteering at a race, we need members to help lead group runs, put out drinks at group runs, and help plan and coordinate our races and social events.

If you'd like to get more involved with the track club drop into a race, communication, or membership committee meeting and offer to help. Check the club's Web site for meeting times and locations.

Or e-mail Sean Pfister, CTC's Executive Director, at spfister@chattanoogatrackclub.org to find out other ways you can get involved.

The Volunteer Motto

The Knoxville Track Club has simple volunteer motto that we would like to borrow: "Run 3, Volunteer 1."

What does this mean? Well, when you run three events you might want to consider volunteering at one event. It's a nice way to return the favor of all those volunteers who helped you while you ran your races.

So don't forget to add one more resolution to your list: volunteer in 2008.



FRONT RUNNER ATHLETICS

(423) 875-3642
(423) 875-9452 fax

4251 Hixson Pike
Chattanooga, TN 37415

cvarga@fronrunnerathletics.com
www.fronrunnerathletics.com

2008 Chattanooga Track Club Race Calendar

MARCH

- 1 Inaugural Scenic City Half Marathon**
Site: Downtown Chattanooga
A great training race for spring marathons, including ING Georgia, Covenant Health Knoxville, Country Music, Flying Pig and Boston.

APRIL

- 12 65 Roses 5K & Walk**
Site: Cleveland, TN
A 5K starting and finishing at Lee University, 65 Roses raises money for Cystic Fibrosis research.
- 19 Chickamauga Chase**
Site: Chickamauga, GA
15K & 5K races around the Chickamauga and Chattanooga National Military Park where Union and Confederate armies clashed during the fall of 1863 in some of the fiercest fighting of the Civil War.

MAY

- 17 BlueCross Market Street Mile & Mystery History Quest**
Site: Downtown Chattanooga
Test your speed in a one-mile race through downtown Chattanooga. Race features age group heats. Event also includes the family friendly mystery history quest.
- 26 Chattanooga Chase**
Site: Chattanooga, TN
The oldest road race presented by the Chattanooga Track Club, the Chase includes an 8K race, a 5K race, and 1 mile walk/fun run through Chattanooga's Riverview neighborhood.

JUNE

- 14 BlueCross Riverbend Run & Walk**
Site: Downtown Chattanooga
Run in coordination with Chattanooga's nationally recognized Riverbend Festival, the BlueCross Riverbend Run & Walk includes a 10K race, a 5K race, a 5K walk, and a 1-mile fun run/walk.

JULY

- 13 Chattanooga Waterfront Triathlon**
Site: Downtown Chattanooga
Fast becoming the region's premier triathlon, the Chattanooga Waterfront Triathlon features a 1.5K swim down the Tennessee River, a 40K bike, and a 10K run. In 2008 the event will serve as a regional qualifier for the National Age Group Championship.

AUGUST

- 2 Missionary Ridge Road Race**
Site: Chattanooga, TN
In its 35th year, this 4.7 race is run along the historic Missionary Ridge, site of the union's defeat of General Bragg in 1863. Proceeds benefit the local chapter of the Red Cross and the Team Bruner Foundation.
- 23 Raccoon Mountain Road Race**
Site: Raccoon Mountain, TN
This unique event features a 10K race, a 5K race, and a 5K walk around TVA's scenic Raccoon Mountain hydroelectric reservoir. Proceeds from the race benefit TVA's Partners in Education Program.

SEPTEMBER

- 1 FCA 5K**
Site: Chattanooga, TN
A fast 5K race with proceeds benefiting the Fellowship of Christian Athletes.
- 6 UTC Powerade 5K Cross Country Run**
Site: Chattanooga, TN
This 5K race utilizes UTC's cross country course at Moccasin Bend.

OCTOBER

- 11 Joe Johnson Mental Health 10K**
Site: Chattanooga, TN
A flat and fast 10K race through Chattanooga's historic Moccasin Bend, the Joe Johnson Mental Health 10k serves as a perfect qualifier for the Peachtree Road Race.
- 18 Signal Mountain Road Race**
Site: Signal Mountain, TN
Run atop beautiful Signal Mountain, this 10k rewards many of its runners with freshly baked apple pies.

NOVEMBER

- 8 Chickamauga Battlefield Marathon & 10-Mile Race**
Site: Chickamauga, GA
Run through the historic Chickamauga Battlefield, the marathon was selected as *Runner's World* "must-do" historic marathon of 2007. The event also features a 10-mile race and a Junior marathon.

DECEMBER

- 13 Wauhatchie Trail Run**
Site: Chattanooga, TN
A 6.7 mile trail run through the Chattanooga Nature Center and Reflection Riding. The race features an age/sex handicapped start.

Race dates subject to change. Please visit ChattanoogaTrackClub.org for more information about these and other events.



Muddled but unbowed: (l-r) Eric "the Legend" Putnam, Hugh "the Colonel" Enicks, "Golden Antlers" Ensign, Chad "Flat-top" Varga, "Mighty" Joe Johnson, "Brother" Joe Sneed, "Jumping" Joey Howe, and Lance "the Lanceman" Winders

CTC Masters Top 10 In Nation

Neither rain, nor sleet, nor slow, nor swamps of mud, nor annoyed wives shall keep the CTC masters harriers from the USATF Club Cross Country Fall Nationals.

For the fifth time since 2002, your proud old warhorses competed in the annual showdown among the best masters distance runners from across the country. This year's race took place at snowy & muddy Voice of America Park in suburban Cincinnati.

The CTC team turned in a respectable top 10 finish, narrowly besting our big city rival, the Atlanta Track Club, despite the fact that their team included a bunch of early pups in their early 40s while our average age was closer to 50 than 40.

The Fluffy Bunny Track Club out of Southern California took top honors, led by overall winner, remarkable 46-year-old Pete McGill who reputedly was a smoker until he turned 40 and has since transformed himself into the top masters runner in the nation. The Drigo Club of Maine took second and Front Line Racing from Michigan grabbed third.

This year's CTC squad included veterans Tim Ensign, Hugh Enicks, Joe Johnson, Eric Putnam, Chad Varga and Lance Winters along with masters nats first-timers Joe Sneed and Joey Howe. Two of our top dogs this year – Eric & Chad – will turn 50 before next December's race in Spokane, Washington. Chad hopes to field a 50-59 team and will be looking for some cohorts to join him. Tim will be looking to restock his 40-49 team. Anybody interested in running should holler at Chad or Tim or any of our hometown hero harriers. We usually start gearing up in the early fall with regular workouts at the fabled Lupton City golf course.



The Colonel & The Legend work together in early stages of race. Eric's strong second half push led to a top 50 finish for the soon-to-be 50-year-old



Mighty Joe Johnson muscled his way to best race ever in masters nationals (63rd)



Long-striding Lanceman Winders eating up real estate



Muddy Old Man Ensign slipping & sliding to hold on to top 25 finish



Chad running strong (and sporting best flat-top since early 1950s) holds off ATC's 5th man to seal the deal in the race within-the-race between the CTC & ATC



Joey be nimble, Joey be quick, Joey jump over the mucky ick ...

Chattanooga's Largest Bicycle Shop



Free Financing - Free Layaway

875-6811

**1920 Northpoint Blvd
Between Home Depot & Lowes
in Hixson**

2007 Karen Lawrence Run



2007 Karen Lawrence 4 Mile Run Results

MALE AGE GROUP: 1 - 15

1	Patrick O'Brien	25:08
2	Dillon Clemmer	30:27
3	Cody Mcelroy	33:15
4	Trent Faircloth	33:57
5	Charlie Haney	34:14
6	Cameron Johnson	35:52
7	Christian Silvers	36:36
8	Chris Ford	37:43
9	Kevin Mcelroy	37:47
10	Kevin Gordon	38:24

FEMALE AGE GROUP: 1 - 15

1	Mary Stagmaier	28:28
2	Caitlin Duggan	31:24
3	Hannah Jenkins	33:55
4	Kim-Jade Wycherley	41:54
5	Jordan Shrum	42:14
6	Molly Loughran	42:16
7	Kelley Oberg	48:26

MALE AGE GROUP: 16 - 19

1	Bryson Harper	21:49
2	Allen Thurman	22:10
3	Hunter Hall	22:26
4	Robert Mcmillan	24:03
5	Thomas Barker	24:18
6	David Macias	24:54
7	Jake Fien	24:56
8	Douglas Gammenthaler	24:57
9	David Hutsell	25:42
10	Joseph Leahy	27:34
11	Chris Clemmer	28:24
12	Nathan Mckee	28:27
13	David Burt	28:49
14	Ben Strang	29:11
15	Scott Gammentherler	29:22
16	Andrew Enicks	29:48
17	Matt Lhancey	30:24
18	Chase Riemer	30:29
19	Philip Witherspoon	30:59
20	Ben Johnson	33:55
21	Josh Rimmer	35:33
22	Whit Chesnutt	36:23
23	Scott Johnson	42:35

FEMALE AGE GROUP: 16 - 19

1	Tara Gietema	25:12
2	Jessica Duble	26:43
3	Paloma Floden	28:04
4	Kristen Vaughn	32:38
5	Chantal Dye	33:20
6	Ellen Gildernew	34:03
7	Molly O'Brien	35:07
8	Natalie Hughes	36:09
9	Brindley Mitchell	37:49

MALE AGE GROUP: 20 - 29

1	Oliver Townsend	20:17
2	Zach Mobley	20:24
3	Zach Buffington	21:01
4	Cameron Bean	21:09
5	Ken Eichberg	21:34
6	Joseph Goetz	22:07
7	Kevin Boucher	22:36
8	Sam Linhoes	23:52
9	Carter Whittier	24:25
10	Andy Coniglio	24:39
11	Jonathan Warner	25:01
12	Michael Eargle	25:06
13	Hutch Brock	25:13
14	Nick Thomas	28:32
15	Jay Sims	29:54
16	Philip Strang	31:24
17	Adam Bryan	31:56
18	Andrew Warner	32:11
19	Scott Williford	32:17
20	Dennis Tuckowski	34:16
21	Nik Meeks	38:53

FEMALE AGE GROUP: 20 - 29

1	Leigh Linhoss	29:06
2	Marie Loizeaux	30:04
3	Mindy Williford	30:06
4	Lauren Bosworth	30:06
5	Alli Nash	30:43
6	Debbie Trimble	31:08
7	Jana Leahy	31:41
8	Caitlin Donahue	32:11
9	Laura Hall	32:54
10	Summer Bosworth	34:15

11	Allison Tuckowski	35:44
12	Lisa Raff	35:45
13	Sarah Grebowski	36:02
14	Karra Leary	36:20
15	Kara Hopkins	36:45
16	Stephanie Dyer	37:53
17	Hannah Baker	41:18
18	Rebecca Ammons	42:22

MALE AGE GROUP: 30 - 39

1	Joseph Siteneni	20:20
2	Rodney Stoker	20:41
3	Michael Green	23:18
4	Matt Sims	23:35
5	Dan Miller	24:59
6	Jim Farmer	25:11
7	Chris Wilson	26:03
8	Cory Hall	26:09
9	Phillip Avans	26:27
10	Jason Hamrick	27:14
11	Reynolds Fischer	27:16
12	David Yana	27:33
13	Lance Steele	27:49
14	Jeff Powe	28:22
15	Micah Morrison	28:29
16	Gil Milton	28:30
17	Forrest Walker	28:37
18	Jeff Keith	28:41
19	Andy Koss	28:46
20	Alan Kelley	29:07
21	Clay Tolson	29:07
22	Dean Jackson	29:12
23	Thompson Pettway	29:17
24	Bill Copeland	30:07
25	Rodney Allen	30:11
26	Chad Dupuis	30:18
27	Michael Madzin	31:12
28	Geoff Rodgers	31:25
29	James Stinnett	31:30
30	Ronald Driver	31:31
31	Scott Moschkau	31:54
32	Mark Smeltzer	33:17
33	Wes Kelley	33:19
34	Jim Coltrin	33:43
35	David Moran	33:48
36	James Praytor	33:54
37	Peter Greene	34:08
38	John Kile	34:30
39	Richard Deyoung	34:49
40	Robert Greene	35:20
41	Danny Waxenberg	35:42
42	Kevin Rowe	35:47
43	Lex Oren	36:30
44	Robert Adams	36:39
45	Chris Pesle	36:47
46	William Gentry	36:58
47	Shawn Reynolds	37:12
48	Kevin Silvers	38:22
49	Chad Yound	38:43
50	Keven Avery	39:04
51	Jason Eslinger	39:09
52	Shane Hatton	39:56
53	Tim Hopkins	40:10
54	Steve Garland	41:56
55	David Buntin	42:15
56	Michael Snyder	42:27

FEMALE AGE GROUP: 30 - 39

1	Melanie Cox	28:44
2	Elizabeth Baker	28:56
3	Natalie Sims	29:39
4	Ann Masincupp	30:28
5	Sara Deyoung	32:55
6	Melissa Smeltzer	33:17
7	Cary Maycock	33:25
8	Holly Brewer	33:34
9	Carrie Brisendine	34:05
10	Julie Moran	34:34
11	Stephanie Allen	34:48
12	Robin Kelley	35:08
13	Sheri Patrick	35:57
14	Rachel Fisher	36:17
15	Cindy Pugh	36:48
16	Julie Romeo	36:56
17	Alicia Hatton	37:28
18	Cat Thornton	38:42
19	Deborah Dennison	39:32
20	Missy Greene	39:56
21	Rebecca Royval	40:02
22	Susie Stanfield	40:06
23	Tricia Holder	41:15

24	Karen Buntin	42:16
25	Kim O'Kelley	42:23
26	Shannon Morrison	42:27
27	Lara Sibold	42:43
28	Jo Jo Brown	43:15
29	Jennifer Kelley	43:49
30	Stephanie Graham	46:26
31	Jarra Snyder	47:47

MALE AGE GROUP: 40 - 49

1	Joe Sneed	23:18
2	Joey Howe	23:38
3	Tommy Kell	24:47
4	Ryan Shrum	25:09
5	Warren Sinor	25:12
6	John O'Brien	25:26
7	Paul Talbott	25:56
8	Gary Adkins	27:58
9	Tom Pugh	28:07
10	Blake Martin	28:18
11	Carlton Vollberg	28:35
12	Carl Lienert	28:39
13	Ray Beem	28:53
14	Don Gregg	28:57
15	Brian Crooks	29:56
16	Jack Lowe	30:12
17	Jeff Houston	30:16
18	Tommy Head	30:26
19	Brent Burns	30:31
20	Ed Graham	31:35
21	Edward Kern	31:42
22	Tony Fien	31:56
23	Jeff Malone	2:09
24	John Stagmaier	32:10
25	John Bode	32:22
26	David Gutillo	32:58
27	Chris Mckee	33:02
28	Jason Parker	33:09
29	Darren Richmond	33:22
30	Bryan Davis	33:46
31	Robert Lewis	33:47
32	Claude Hager	34:01
33	Ron Branam	34:02
34	Mah Clemmer	34:04
35	Craig Haney	34:09
36	Doug Brown	34:41
37	Steve Smalling	34:44
38	Julian Bell	34:47
39	John Marmorato	34:57
40	Ron Cox	35:06
41	Mark Allen	35:07
42	Steve Tompkins	35:27
43	David Brown	35:58
44	William Thornton	37:13
45	Russ Southerland	37:28
46	Jay Mcelroy	38:13
47	Bill Oberg	39:09
48	Richard Smith	40:12
49	David Marttala	40:40
50	Wade Veelde	41:21
51	Michael Land	41:25
52	Jim Keel	43:53

FEMALE AGE GROUP: 40-49

1	Cathy Cheeseman	26:22
2	Christine Post	31:33
3	Wendy Houston	31:48
4	Lynda Webber	32:04
5	Danna Vaughn	33:29
6	Carol Farmer	34:15
7	Bernice Delaney	34:51
8	Lori Southerland	35:46
9	Susan Gallo	36:31
10	Rae Moon	36:53
11	Amy Oliver	37:19
12	Christie Richardson	37:27
13	Chris Dohmen	37:44
14	Sally Hoffman	39:14
15	Beverly Peacock	41:19
16	Sherral Parris	41:20
17	Stephanie Mcelroy	41:55
18	Elizabeth Higgins	42:12
19	Kim Boyd	42:13
20	Corinne Henderson	42:27
21	Michelle Shrum	42:32
22	Leigh Harris	42:59
23	Laura Williams	43:48
24	Jennifer Hoke	44:37
25	Janice Wycherley	46:10
26	Amy Fresell	47:49
27	Sandy Watson	42:27

MALE AGE GROUP: 50 - 59

1	William Warner	25:46
2	Eric Clarke	25:48
3	David Meek	26:53
4	Nick Honerkamp	26:56

5	James Hall	27:34
6	Randall Godwin	28:00
7	Michael Leary	28:05
8	Bobby Smith	28:40
9	Jim Bryan	29:11
10	Gene Goduco	29:32
11	Tommy Sims	29:34
12	Miles Tanenbaum	30:03
13	John Crawley	30:05
14	Joe Morris	30:15
15	Robert Rodgers	30:17
16	Patrick Leahy	30:33
17	Keith Gant	30:46
18	Lynn Olson	31:01
19	Quinton Mansell	31:06
20	Donald Harvey	31:25
21	Tom Angsten	31:27
22	Butch Cooke	32:39
23	Alfred Woodhead	32:43
24	Timothy Loughran	33:09
25	George Memillan	33:11
26	Charlie Clark	33:19
27	Bill Sheehan	33:38
28	Kevin Barry	33:40
29	Bill Henderson	34:17
30	Steven Rubenstein	34:40
31	Thomas Sisemore	34:45
32	Dennis Ford	34:54
33	John Csobruvs	35:04
34	Ronald Crews	35:15
35	Rob Frank	35:16
36	Rick Davis	35:38
37	Eric Lamport	35:50
38	James Brown	35:58
39	Mike Craft	36:10
40	Jim Johnson	36:28
41	Andy Stockett	36:31
42	Don Lastine	37:44
43	David Klinger	37:46
44	Fred Kleau	37:52
45	Bill Moran	38:15
46	Johnny Harris	38:24
47	Bob Tramel	38:41
48	Frank Ferguson	39:30
49	Lucien Ellington	39:39
50	Henry Williams	39:53
51	Jim Hamblen	40:02
52	Gene Nelson	40:38
53	R. L. Williams	42:27
54	Martin Griffith	42:27

FEMALE AGE GROUP: 50 - 59

1	Paula Cooper	33:02
2	Kathi Wagner	36:40
3	Lynnda Owens	37:31
4	Jane Harvey	38:28
5	Colleen Gordon	38:54
6	Kay Newton	39:28
7	Lucy Stokley	40:48
8	Kathy Clark	41:09
9	Pudge Marmorato	44:38
10	Meda Groce	47:26
11	Becky Holden	42:27

MALE AGE GROUP: 60 - 99

1	Sergio Bianchini	27:18
2	Thomas Doyle	29:53
3	Earl Groce	30:57
4	Richard Schulman	32:07
5	Jesse Roberson	32:18
6	Roy Dye	32:59
7	Doug Hawley	33:01
8	Walter Sinor	35:33
9	M. E. Edwards	37:39
10	Skip Patty	38:50
11	Earl Kelle	39:46
12	Jim Selman	40:52
13	Jerry Frantz	41:44
14	William Sisk	41:51
15	Berton Whitaker	42:53
16	David Wycherley	43:19
17	John Hilbrandt	43:20
18	Phil Thomas	45:10
19	335 George Reece	45:53
20	343 Randall Peters	48:54
21	345 Glenn Roberts	42:27

FEMALE AGE GROUP: 60 - 99

1	Patty Reece	42:27
2	Ann Garner	45:25
3	Robbie Tompkins	48:44

New & Returning Members

Bill Aiken	Aleisha Hardison	Skip Patty
Sheridan Ames	John Harrison	Beverly Peacock
Rebecca Ammons	Bradford Harvey	Randall Peters
Linda Andreae	Donald Harvey	Sean Pfister
Joel Armstrong	Joan Hearn	Wayne Phillips
Joe Axley	Ted Hegenbarth	Nancy Poston
Dan Bailey	Bill & Corinne Henderson	Jeff Poteralski
Hannah Baker	Melissa Hicks	Teresa Potts Wade
Jeff Balsler	Landon Hill	Kenneth Radley
Thomas Barker	Betty Holder	Felicia Reagan
Larry Barlow	Janet Holder	Blaine Reese
Charles Barrett	Tim & Sherry Holmes	Mary Reid
Terry Baugh	Gina Howard	Cyrus Rhode, Jr.
David Bishop	Dale Ingram	Jeff Richard
Ed Boyles	Shelia & Harry Ireland	Jesse Roberson
Ron Branam	Terry Irish	Glenn Roberts
Thomas Brasel	Carrie Johnson	Frank Rochat
Kevin Brown	Jim Johnson	Geoff Rodgers
Steven Bush	Missi Johnson	Steve Rogers
Colleen Carboni	Sherilyn & Steve Johnson	Doug Roselle
Mary Carpenter	Art Jones	Steven Rubenstein
Christy Charman	Earl Kelle	Mitchell & Theresa Samuelian
Chadwick Cherry	Ray Kellum	James Selman
Candy Clark	Edward Kern	John Selman
Heather Cline	Tyler Keys	Jesi Shahan
Sal Coll	Chris Klechhammer	James L. Shank
Billy & Melodi Collier	David Klinger	Ryan Shrum
Bruce Conn	Andy Koss	Brian Shutters
Butch Cooke	Kurt Lammon	Charlene Simmons
Dan Cooke	Sandy Lane	Lisa Sims
Zach Cowart	Don Lastine	Tommy Sims
Brian & JoAnna Crooks	Darren Lewis	Walter Sinor
J. Clay Crumbliss	Gertie Locke	Truman Smith
Flash Cunningham	Carter Lynch	Joanie Sompayrac & Tony Grossi
Bob Cutrer	Leslie Malone	Jim Steffes
Ellen Daniel	Earl Marler	Candise Stephens
Timothy Davis, M.D.	Jo Jo Marsh Brown	Jeff Stracener
Bernice Delaney	Frances Martin	Daryl Street
Chuck & Diane Denham	Michael Martin	Melody Thompson
Rory DeWeese	Michael Mason	Claire Turner
Kim Durham	Chris Mawata	Don VanLandingh
Joseph Elkins	Russell Mawk	Chad Varga
John Ellington	Gina May	Rod Varnell
Daniel Ellis	Jimmy McGinness	Joan Vos
Hugh Enicks	Matt McLelland	Dorn Walker
Tim & Barbara Ensign	Anita Mclure	John Walker
Marc Erickson	Lee Meadows	Michael Walker
Bill Estes	Richard Meek	Craig Wandelt
Rita Fanning	Peter Metzger	Bill Warner
Jim & Carol Farmer	Susan Mietling	Bonnie Wassin
Shawn Feagans	Dick Miller	Charles Webb
Jerry Ferrari	Bill Minehan	Berton Whitaker
Mike & Becky Fingerle	Robert Mingus	Frank White
Dennis & Beth Ford	David Moghani	Kinsley Whiteaker
Kathy Fulton	Bill Moran	Eric Whittington
Jennifer Funk	Fred Morris	John Wikle
Susan Gallo	Rose Morris	Ashley Williams
Ann Garner	Amy Mullens	James Williams
Henry Gaudet	Lynne Mulligan	Mark and Bridgette Wisdom
Lydia & Andrew & Diana Gennett	Peter Murphy	Matt Wiseman
Robert Gift	Greg Neargarth	Bud Wiseman
John Gracy	Tommy Nichols	Brandon Wright
David Grandy	Abner Oldham	David Wycherley
Chris Greenwood	Jaime Overturf	Blake Young
Don Gregg	Richard Park	Chris Zenker
Earl Groce	Richard Park, Sr.	
Gregg Hansen		

Chattanooga Track Club

Board of Directors Meeting Minutes

November 6, 2007

CTC Board Meeting Minutes for Tuesday, October 9th at Out of the Blue Restaurant. The meeting was brought to order at 6:00 p.m. October 9, 2007 by Melodie Thompson, President.

Board Members and Members present:

Dan Bailey, Sherilyn Johnson, Charlene Simmons, Sean Pfister, John Harrison, Flash Cunningham, Melodie Thompson, Walter Sinor, Doug Roselle, Donna Dravland, James Dravland, Lynda Webber, James Williams, and Kirsten Boyce.

Board Members absent:

Edwina Cohen, Tara Murdock, and Jimmy McGinness.

The meeting was started at 6:01 PM by Melodie Thompson. The CTC Mission was read by Sherilyn Johnson.

A motion was made to approve the Minutes for October '07 by Charlene and the board approved. Charlene needs a copy of the minutes for JA.

Treasurer's Report-Dan Bailey

Dan Bailey gave the Treasurer's Report for October and motion was made by James Williams to approve and the board approved. Dan requested input for the '08 budget and would like to finalize the budget in December. Everyone is to review. Proposing to pay RD's for Waterfront and Marathon if \$\$\$ are available.

Races Report-Walt Sinor

Walt Sinor gave the Races Report – working on finalizing the race calendar for 2008. We still need dates on Raccoon Mountain, FCA, and Gateway.

The Races Committee is going to work on a charge list for CTC Equipment and Personnel as needed for both CTC and Non-CTC races.

Doug Roselle gave an update for the marathon, packet stuffing, and the pasta dinner – all look good at this time, for both races 667 pre-registered so far. The Expo will need more work for next year. Volunteers are lined up through Ed Parrish of the No. GA Chamber. Bill Moran is the Safety Coordinator for the race.

Wauhachie Trail Run is being directed by Melodie Thompson and Walt Sinor, applications are available on-line and at stores.

Jr. Marathon on track Robert Gustafson buying prizes with Jr. Marathon funding/donations. Rita Fanning, Mary Stoelzner, and Betty Holder are working on this, about 135 Jr. Marathoners.

Flash needs us to get pricing worked out on equipment rental, etc. The Turkey Trot needs to get the equipment worked out. Dan asked if we had cones, we do not...Flash is going to look into what it would cost to get more small cones for the CTC.

Flash had pricing of additional equipment we

need: \$280 for tripod, \$375 clock carrying case, \$1895 new clock, and \$600 for new timer. Dan told Flash to get the new carrying case and timer.

Jerry getting new computer for Run Score at races. The next Races Committee Meeting is 11/29 at 6:00 PM at the Read House Starbucks Downtown.

Communications-Charlene Simmons

The Communications Report was given by Charlene Simmons – Election Social at BBQ & Blues 6-8 with entertainment for Tuesday, November 13th. Over 60 People signed up for the Pasta Dinner for the Marathon.

Have Coach Benson signed up for the Annual Banquet and Awards Ceremony, working on date and location.

Two more JA's coming out. One should go to print and mail out the end of November.

The next Communications Committee meeting will be on Tuesday, 11/27.

President's Report-Melodie Thompson

Melodie Thompson gave the President's Report – We are finalizing proposed amendments to the CTC Bylaws. Melodie have ready by next Board Meeting to submit to Members-at-Large at the annual CTC Banquet. Need recommendations to fill slots for the elections, please get nominations in to the Nominating Committee. The

Board discussed possible candidates for nomination.

Executive Director's Report-Sean Pfister

Sean Pfister gave the Executive Director's Report – Sean had dinner with Flash. James & Sean are working with the Center for Nonprofits on the next year's training for the Board Members. Quote about the CVB was incorrect in the TFP.

Sean is visiting schools with Joseph Sitienei to promote diversity and running with youth.

TVA donated \$1000 to support the CTC Mission. Hamico donation was pledged to Tara Murdock for \$1000 for the Jr. Marathon. Sean is working on other avenues for the Corporate Challenge.

Met with city and waiting approval on new course for the Scenic City 1/2 Marathon. Meeting with several good prospects on donations for programs for youth. Requested assistance from other entities on 1/2 Marathon. Proposal sent to McKee. Booth being manned by Flash, Charlene, and Sean at the Atlanta Marathon. Had meeting at LifeStyles Center for interested charitable organizations for the 1/2 marathon to promote charity tie-in.

Low key event at Camp Jordan in February?

The meeting was adjourned at 7:15 by Melodie Thompson, President.

Respectfully submitted,
Melodie Thompson,
President

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF NOVEMBER, 2007

ASSETS:

CASH	\$31,694.66
ENDOWMENT FUND	\$2,511.10
EQUIPMENT (AT COST)	\$18,872.54
TOTAL ASSETS	\$53,078.30

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 0.00
-----------------------	---------

EQUITY:

RETAINED EARNINGS	\$39,016.94
-------------------	-------------

TOTAL LIABILITIES & EQUITY:	\$53,078.30
--	--------------------

STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

REVENUES:

MEMBERSHIP DUES & DONATIONS	\$16,768.00
CORPORATE SPONSORSHIPS	\$12,900.00
RACE RECEIPTS, SPONSORSHIPS	\$94,570.20
OTHER INCOME	\$8,540.63
TOTAL REVENUE	\$132,778.63

EXPENSES:

PROGRAMS	\$4,870.56
STAFF SALARY	\$49,340.29
DONATIONS/SPONSORSHIPS	\$8,205.17
JOGGING AROUND	\$4,022.30
ADMINISTRATIVE	\$14,700.08
RACE EXPENSES & DISBURSEMENTS	\$55,692.61
TOTAL EXPENSES:	\$136,731.01

NET INCOME (LOSS):	\$3,952.18
---------------------------	-------------------

Check out the
Chattanooga
Track Club
Web site at

WWW.

**Chattanooga
TrackClub.org**

Get Jogging Around in

COLOR

Help the CTC AND the environment.

Sign up for the e-edition by visiting the CTC's Web site
(www.chattanoogatrackclub.org) and look for the *Jogging
Around* image on the right side of the screen. Sign up to
receive your next edition of *Jogging Around* in electronic format.

Enhance your lifestyle

for a better you

Let's get personal.

Are you really getting the **results YOU WANT**
from your workout program?

IF YOU AREN'T THERE COULD BE
SEVERAL REASONS

Maybe you aren't working out as **consistently** as you should.

Maybe your program doesn't correspond to your **fitness goals**.

Maybe you're working at an **intensity** that won't deliver the results

Maybe your body has become too familiar with your **regular**
exercise routine.

call today for your individual, group or corporate personal training package.

Teresa Wade 423-266-1125

www.personal-fitness.com

Personal Fitness Specialists

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

Inserts are \$60/issue

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.

NEW!
Tuesday Night Run
5:00 pm at the Gateway Farm
(off Hamill Rd in Hixson)
Run led by Ryan Crews of Front Runner

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

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

Legend

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

Please see www.chattanoogaatracclub.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.

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

JANUARY

26 - Calhoun's 10-Miler
Site: Lenoir City, TN
Info: www.ktc.org

FEBRUARY

16 - Strawberry Plains Half Marathon & 10K
Site: Strawberry Plains, TN
Info: www.ktc.org

MARCH

1 - Scenic City Half Marathon, 5K and Charity Challenge
Site: Chattanooga, TN
Info: www.ScenicCityHalfMarathon.com

MARCH

2 - Whitestone 30K
Site: Paint Rock, TN
Info: www.ktc.org

15 - Gateway Bank 5K Run & 1 Mile Walk
Site: Ringgold, GA

29 - Rock Creek River Gorge 6.5 Mile & 10.2 Mile Trail Race
Site: Prentice Cooper

30 - Covenant Health Knoxville Marathon, Half Marathon, 5K and Cariten Kids Run
Site: Knoxville, TN
Info: www.ktc.org

30 - ING Georgia Marathon
Site: Atlanta, GA
Info: www.inggeorgiamarathon.com

APRIL

12 - 65 Roses 5K and Walk
Site: Cleveland, TN

19 - Chickamauga Chase 15K & 5K
Site: Chickamauga, GA

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

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 130
CHATTANOOGA TN