

# JOGGING AROUND



CHATTANOOGA JETS

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WHY I RUN: JANZEN NILE

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RAISING RUNNING KIDS

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CTC RACE RESULTS



## Chattanooga Track Club

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# JOGGING AROUND

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#### Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal. No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to casual walker is welcome.



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Want to learn something about running? Watch a child run.

You won't pick up insights on heel strike vs. midfoot, or proper breathing, proper form, or proper anything. What you'll learn is something you probably knew at one time—and the lucky ones of us still remember—running is fun. Running is red-faced, arm-waving, hip-wiggling fun! Putting one foot down more-or-less in front of the other, being almost dizzy with the sense of your own speed and yelling for someone to "Look at me!" is a joyous celebration of movement that knows nothing of finish lines and timing chips.

The Chattanooga Track Club has been providing running opportunities for adults and kids for almost fifty years. Today, kid-specific events are common at most CTC races. The Elementary Cross-Country Series, held each September, is an awesome spectacle as hundreds of kids in brightly-colored shirts launch in an all-out effort from the moment they leave the starting line. Partner organizations supported by the CTC, like the YMCA, Girls on the Run and the Chattanooga Jets, connect running with healthy habits that could last a lifetime.

There are practical reasons to encourage young people to run. As the Chattanooga Track Club moves into its next half-century the need to engage new members continues. Young people who, through their family's participation in the Club, grow up knowing of the many ways the CTC supports the community might, in turn, support the Track Club. The importance of movement and fitness for kids is underscored as the nation struggles with a crisis of obesity. Children who get involved, who volunteer, who join others, become adults who are more deeply engaged in their community.

But there are deeper reasons to share running with young people. We grown-ups have something to teach. There are lessons about the connections we have with each other, about discipline and hard work, about reaching a goal, then going farther. There are lessons about how acting together can multiply the effort of one person far beyond the sum of the individuals. And yes, beyond the distraction of equipment and technique, we can share what we all know to be true. Running is fun.

## THE LONG RUN

The Long Run is the endowment fund of the Chattanooga Track Club. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of this fund and appreciates your generosity in helping build this legacy for our community. To contribute to The Long Run, please contact the Chattanooga Track Club.



# RAISING KIDS IN THE RUNNING COMMUNITY

Stacey Malecky

*TRAINING AND TRAVEL FOR RACES, BACK-OF-THE-PACK FINISHES, AND PITCHING IN TOGETHER MAKES OUR NOT-QUITE-PERFECT FAMILY PRETTY SPECIAL.*

Having started running in my early 20s, I found myself committed to the sport long before the thought of having children entered my mind. After my daughter was born, I made the conscious decision to make every effort to continue doing things I most enjoyed before parenthood - with running being at the top of the list. In addition to being an activity that I loved, it certainly served as a wonderful form of stress-relief and separation from the new demands of motherhood, even more so after my son was born (it's true what they say: having two children is so much GREATER than twice the effort!).



Although I was incredibly grateful to continue running throughout those challenging years, I often found myself wondering if it was selfish to spend so much time and energy on running. Was it inappropriate to haul two small children cross-state to participate in a race? Was it cruel and unusual punishment to bundle them up and have them stand at the finish line of a snowy New Year's Eve 5k? Or WORSE, was I damaging their future as functional adults by stealing away for a few hours on Saturday morning to squeeze in a long run? The answer, I believe, is a booming "NO!"

Over the years, my two sidekicks have surely been to hundreds of running-related events from races and seminars, to pasta dinners, goody-bag prep parties, expos and beyond. They've been to places they would never have gone otherwise (albeit on a shoestring budget) and have had experiences no toy or electronic device could possibly provide. And while they have seen how amazing it is for the winners of races to break through the finish line tape amidst cheering crowds and shiny trophies - my back-of-the-pack finishes have allowed them to witness the sheer determination found among those trickling in long after the crowd disperses. They have witnessed "up close, live and in color" what it means to say: "I have a goal, I am going to work hard to reach it, and I am not going to let obstacles distract me." As a parent, I feel this is so crucial for success in today's world of immediate gratification.

Don't misunderstand me - I am not even CLOSE to being a perfect parent (as I write, my child is in the dentist's chair having three cavities filled. Apparently while I was out running, he was evading the toothbrush). I suppose my point is that while running does often take much time and energy, it

really has given more back to our family than it has ever taken. It has been so much fun for me to be able to immerse my children in the running community. One aspect I find most rewarding is that they are becoming extremely supportive young people. While I love that we have done races together and they seem to have a natural ability for running, I love MORE to see what running has done for their character. They are not at all stingy with their praise of other's efforts and they do not hesitate to step in and lend a hand at races. They are often looking to be included in some fashion and seem to enjoy being amidst the excitement. I have noticed as well that the word 'can't' is not often used in our household. In fact, upon telling my son I had registered for another attempt at a 100 miler - his eyes lit up, he kissed me on the cheek and said 'You're going to do great!' I can't imagine this is a normal dinner conversation in most homes - but I dearly love that he thinks nothing of it and encourages me without question.

As we approach the 'tweens and teens', I am well aware that things will likely change. My babies might both decide they do not want to be runners. I can fully appreciate that they will want to make their own choices and participate in whichever activities call to them. They may become Varsity Cross Country athletes, or they may never desire to 'race' again.

It will then be my job to encourage without question. However, one of my greatest hopes is that they will take these early experiences with running wherever they may roam. I truly believe the opportunities they have been exposed to through running will lead to their making many significant and positive contributions in this world, regardless of their paths, and I could not ask for more.

*Stacey Malecky is the Club Manager for the Chattanooga Track Club. She can be reached at: smalecky@chattanoogatrackclub.org*

# KIDS OF ALL AGES ARE WELCOME IN THE CHATTANOOGA TRACK CLUB!

Chas Webb,  
Chattanooga Track Club Vice-president of membership

One thing I love about the Chattanooga Track Club is how consistent we are day in and day out. Every day I know there will be something going on or something waiting around the corner. In a world of constant change it's good to know our club still stands strong. As somebody who has had quite a few changes in their life over the last few years, it's good to know that the Club has kept me going. I know for many of you out there you probably feel the same way.

Summer is all about fun, getting out and enjoying those long summer nights that call us more and more. In my opinion another great thing about summer is kids. Kids really enjoy summer, probably more than anybody. We had two events in the summer that really captured the essence of kids. The Chattanooga Chase, the race that I directed had a costume contest. In that contest there were many kids who dressed up as their favorite superhero. What a joy it was to see them. In addition we donated \$1500 to the Chattanooga Jets, a local running group dedicated to growing youth involvement in track meets. Now fast forward a little bit to the Children's Miracle Mile. Do I need to say any more about the youth involvement of youth in that race and the benefits of that race for children? I believe the title speaks for itself and if you were there you know what I am talking about.

Another event I enjoyed was the summer cookout on Raccoon Mountain. That event really captured what this club is all about and that is comradery. When we are not out grinding out tough miles on the roads or trails we stick together. It was a blast just getting to hang out with a bunch of fellow members.

## CTC MEMBERSHIP DISCOUNTS

The following merchants offer a discount to Club members. Just show your CTC membership card before making your purchase. And don't forget to thank these businesses for supporting the Chattanooga Track Club!

- POPCORN PANTRY
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- CADENCE COFFEE
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- BUD'S SPORTS BAR
- DOTERRA ESSENTIAL OILS ([mydoterra.com/laurawasson](http://mydoterra.com/laurawasson))
- SCENIC CITY HANDYMAN, LLC (Nathan Kile)
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- MOVEMENT ARTS COLLECTIVE

To become a CTC member or to request your 2014 membership card send an email to [vpmembership@chattanoogatrackclub.org](mailto:vpmembership@chattanoogatrackclub.org)



Enjoying great weather at the Market Street Mile.



Colorful race shirts at the Missionary Ridge Road Race.



The competition at the June Twilight Track Meet was fierce.



The August Twilight Track Meet about to get started.



The Club picnic at Raccoon Mountain.



# WHY I RUN

## Janzen Nile

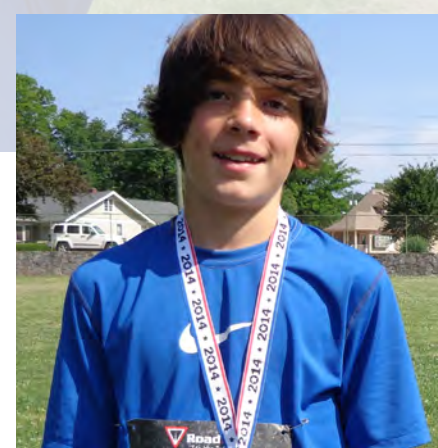
I ran my first race four years ago. It was the Angie Grubb 5k Memorial Run in Athens, Tennessee. My mom had been running for a while and she took me along with her. She had made arrangements for me to walk the 5k with her sister, who was pushing my little cousin in a stroller. Something happened when I heard the starting gun.


I thought it would be fun to try to run the race instead of staying with the walkers. I really had not done anything to prepare for the race. I wasn't even dressed for running, and I was even wearing my heavy jacket. Somehow I managed to finish third in my age group despite not being prepared. I have to admit that I was pretty pumped after the race. I guess that you can say that the feeling that I had after my first race, and after all of the ones I have run since, is what has kept me going. When I first started running, I was just interested in staying in shape for my other sports. I play baseball and basketball and running has helped my endurance. As time as gone by though, I have come to enjoy running for reasons other than staying in shape. I enjoy being outdoors and seeing the various places where we run. I enjoy the competition that is involved with running the races.

I have to admit that when I first started running my main goal was to beat my mom. It took me quite a while to reach that goal. She usually finished ahead of me except for the times that she came back to run with me. She said that she was helping to train me and teaching me how to pace myself. Finally, on June 7, 2014, at the Moo Run 5k in Athens, Tennessee, I finally got the best of mom. I beat her by over a minute. She was a good sport about it though. She said that she was proud of me. The feeling and excitement I had was second only to the way I had felt back in January of this year when I was named Runner of the Year for my age division in the Chattanooga Track Club. With my mom and I both placing first in our divisions, we received matching monogrammed blankets. I think that is pretty cool.





I have plans to continue to run in the future. I know that I will have to train harder if I am going to be successful. I can't just show up on race day and expect to win or run well. At least a few times a week I will need to run more. I have another year left before I start high school. Until then, I plan to continue to run races like I have run the past four years. Then when I get to high school, I plan to run track. I am interested in running some of the shorter events, but I might run some of the longer ones too. I have even thought about running Cross Country in high school. Both of my grandfathers and my mom ran cross country in high school and they all seemed to enjoy it.

For anyone who is not running now but has an interest in it, I highly recommend it. Running is a lot of fun and a great way to stay in shape. It gives you a great opportunity to meet other people. I love running and I think you would too. Give it a try.





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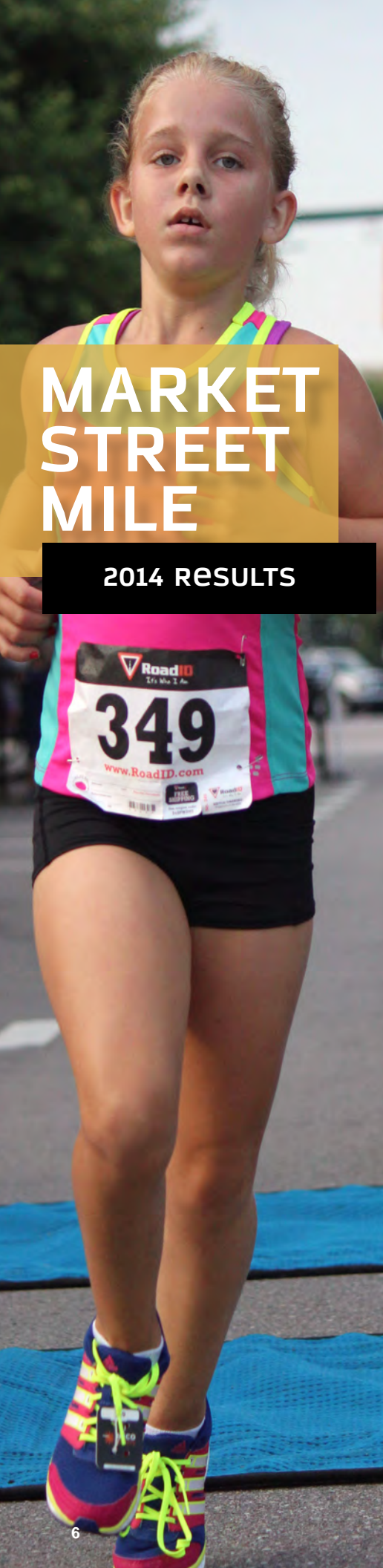
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# MARKET STREET MILE

## 2014 RESULTS



### OVERALL FEMALE

1 Emily Bell 5:45.57

### OVERALL MALE

1 Caleb Morgan 4:40.60

### FEMALE MASTER

1 Lisa Logan 6:28.35

### MALE MASTERS

1 Bert Hull 5:05.52

### FEMALE GRAND MASTERS

1 Corinne Henderso 7:06.96

### MALE GRAND MASTERS

1 Tim Ensign 5:06.21

### FEMALE SENIOR GRAND MASTERS

1 Jane Webb 9:38.23

### MALE SENIOR GRAND MASTERS

1 David Peterson 6:00.69

### FEMALE 10 & UNDER

1 Hannah Faudi 6:51.50  
 2 Helen Webb 7:03.74  
 3 Ava Whithed 7:32.84  
 4 Ava Newell 9:22.20  
 5 Rylie Lumley 9:30.52  
 6 Laney Fowler 9:58.37  
 7 Ruthie Webb 10:21.11  
 8 Reese Poteralski 11:09.77  
 9 Charlotte Flowers 11:16.03

### MALE 10 & UNDER

1 Gage Whithed 7:09.64  
 2 Ian Patrick Agban 7:11.85  
 3 Cole Carden 8:15.65  
 4 Henry Webb 8:38.87  
 5 Colston Arnold 11:20.24

### FEMALE 11 - 14

1 Caille Lemmon 7:48.14

### MALE 11 - 14

1 Chase Faudi 5:54.26  
 2 Mason Cross 6:03.67  
 3 Janzen Nile 6:47.44

### FEMALE 15 - 19

1 Isabel Salinas 6:04.93  
 2 Alaire Gage 7:47.36  
 3 Orienne Gage 9:12.22

### MALE 15 - 19

1 Omar Lopez 5:37.32  
 2 Elijah Wade 6:10.34  
 3 Andrew Miller 6:51.59

### FEMALE 20 - 29

1 Emily Dell 7:48.56  
 2 Emily Wade 8:47.78  
 3 Allison Quintanilla 11:40.22

### MALE 20 - 29

1 Daniel Hamilton 4:44.83  
 2 Drew Streip 4:55.73  
 3 Lucas Stocks 5:04.57  
 4 Drew Nunnally 5:30.94  
 5 Marco Bianchini 5:31.83  
 6 Charles Webb 5:37.50  
 7 Td Fletcher 5:40.50  
 8 Brian Pearce 5:57.86  
 9 Andrew Farrer 6:12.34  
 10 Seth Paul 6:25.64

### FEMALE 30 - 39

1 Katie Stanford 6:29.60  
 2 Katherine Lumley 7:10.54  
 3 Jaclyn Beckler 7:15.60  
 4 Ginny Norris 7:22.84  
 5 Whitney Allison 7:34.31  
 6 Tanya Gilstrap 8:00.29  
 7 Tiffany Castro 9:17.81  
 8 Christy Snyder 9:41.95  
 9 Katie Pridemore 9:44.95  
 10 Karen Hullely 10:49.49

### MALE 30 - 39

1 Joseph Goetz 4:41.07  
 2 Ross Tilghman 4:53.60  
 3 Ryan Heming 5:04.56  
 4 Mark Malecky 5:05.94  
 5 Tim Bell 5:16.37  
 6 Tim Prewitt 5:18.20  
 7 Adam Webb 5:24.48  
 8 Jason Webb 5:25.91  
 9 William Norris 5:26.09  
 10 Neal Crutchfield 5:26.45  
 11 Nathan Fugate 5:50.44  
 12 Joseph Klein 5:51.35  
 13 Jeff Poteralski 6:26.97  
 14 Vicente Lara 6:28.54  
 15 Norman Davis 7:08.53  
 16 Andrew Black 7:19.27  
 17 Bradford Lumley 7:29.33

### FEMALE 40 - 49

1 Jennie Gentry 7:16.14  
 2 Tonia Johns 8:05.79  
 3 Marla Hood 8:19.56  
 4 Tammy Johnson 9:21.56

### MALE 40 - 49

1 Ryan Shrum 5:06.23  
 2 Tripp McCallie 5:20.01  
 3 Don Paston 5:21.12  
 4 P Mark Taylor 5:34.21  
 5 Mark Kuhn 5:34.42  
 6 Les Conner 5:49.87  
 7 David Moghani 5:50.14  
 8 Daniel Uson 6:00.03  
 9 Matt Buck 6:04.65  
 10 Robert Barnes 6:05.47  
 11 John Nevans 6:19.81  
 12 Jeff Prater 6:44.13  
 13 Scott Guess 7:15.61  
 14 Dave Porfiri 7:21.13  
 15 Amante Agbannao 7:50.87  
 16 Marcus Moore 8:22.19  
 17 Paul Reid 8:54.51

### FEMALE 50 - 59

1 Gwen Meeks 7:36.53  
 2 Cathy Gracey 7:57.09  
 3 Brenda Zorca 8:26.76  
 4 Jo Kellum 9:14.93  
 5 Marta Alder 9:39.58

### MALE 50 - 59

1 Dan Smithhisler 5:14.91  
 2 Jeff Stracener 5:50.84  
 3 Samuel Boozer 5:57.70  
 4 Andy Zorca 6:25.32  
 5 Charlie Millard 6:26.86  
 6 Jeff Wade 6:33.07  
 7 Adolphus Murley 6:56.96  
 8 Joe Dumas 7:05.46  
 9 Steve Tompkins 7:23.96  
 10 Bill Brock 7:50.16  
 11 Steve Smalling 8:00.17

### FEMALE 60 - 69

1 Bonnie Wasson 10:30.88

### MALE 60 - 69

1 John Crawley 6:12.05  
 2 Mike Usher 6:17.37  
 3 David Garvey 6:26.00  
 4 Mark Hays 7:15.53  
 5 Roy Webb 7:55.19  
 6 Keith Morgan 8:12.94  
 7 Dan Poteralski 8:28.35

### FEMALE 70 & OVER

1 Robbie Tompkins 11:45.88

### MALE 70 & OVER

1 Sergio Bianchini 6:33.87

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The course is challenging but not extraordinarily difficult. From the 1860's cannon start, to the scenic course, this is "a great marathon experience."



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# MISSIONARY RIDGE ROAD RACE:

## ANOTHER IMPRESSIONISTIC RACE REPORT



Erin Tocknell, from her blog, *Crossing Paths*

Since I took the time to report on a race which was 2,100 miles from my front door, I figured I should also write about a race that was barely a mile away. My home backs up to Missionary Ridge and even when I was not much of a runner, I always felt I should enter this race. I never did because 1) It's in August, 2) It has some sort of mythical "huge climb" that I kept hearing about, 3) It's in freakin' August. August is my January, really – mostly a month of torpor and misery. But this August came during my summer of running, plus the race is actually in my backyard. I really had no excuses, and that's how I found myself at the uphill starting line at 7:59 a.m., crouched and waiting for the air horn. When it went off, I ran, and I didn't stop until precisely 46 minutes and one second later when I crossed the line, felt someone yank the timing chip off my left shoe, and then promptly bent over a planter in the event that I would need to yak. Yes, the course left me feeling particularly vomitous, but fear not, dear reader, no plants were harmed in the making of this race. Once I caught my breath, the nausea went away and I was able to walk over to the bananas and water with my pride intact. (Oops, well, I guess some bananas were indeed harmed in the making of this race, as well as the trees for the registration forms. Point is, I didn't puke.)

So, without further ado, here is my Impressionistic Race Report for the 41st Annual Missionary Ridge Road Race.

**Official Course Description:** (per the Chattanooga Track Club website): This 4.7 mile out and back course atop Missionary Ridge starts at Bragg Reservation and goes out South Crest Road, extends around East Crest Road and returning on South Crest Road to the finish line at Bragg Reservation. Shaded by trees this scenic course offers the challenge of two major hills with the remainder gently rolling.

**My Course Description:** One long corridor of pain punctuated by pretty houses and extremely nice people bearing cow bells and water.

**No, really:** It's a beautiful course. I know this because I occasionally drive on that road. It really was a nice morning, too – the air was heavy with mist, but not too hot. Also, the curves mercifully kept me from getting a long view of the hills as I climbed them.

**Most vexing question:** How do I run in races? I'm serious here and I'd love advice. I was a rower for years and I developed a good sense of that spot where I could work and sustain that work even though part of me felt like I was on the verge of collapse. I haven't figured that out as far as running is concerned. My pace is very uneven. Throw in the hills and it just gets confusing. Rowing does not have hills.

**Songs that were stuck in my head:** "Eye of the Tiger" until I broke somewhere about mile .6, "Living on a Prayer" somewhere around

the halfway point (once again, I only know the chorus, so this was problematic), and, finally, "Your Hand in Mine," a song with no words and repeated sections of tunes. "Your Hand in Mine" was a great ear worm because it is often used as a soundtrack for "Friday Night Lights," – a show where people push themselves to the limit on a regular basis.

**Favorite Moment (tie):** I know I complained about this in my last race report, but being passed by runners who were on their way back while I was still on my way out was actually inspiring this time. These were people who had figured out how to take themselves to the brink and stay right on the edge. They were swallowing the hills. I would like to be them someday.

For most of the race I was trading positions with a woman who looked a lot like Joan Benoit Samuelson. I usually passed her on the hills and she'd catch up shortly after the crest. She told me, "You're really good at running hills."

**Least Favorite Moment:** I have a problem with my right toes hurting/going numb when I'm really pushing myself. I end up having to run on the outside edge of my foot until it resolves itself. This makes me sad. Has anyone else had this issue?

**Should You Run This Race?:** YES! You should run any race put on by the Chattanooga Track Club. The CTC maintains a low-key, but organized vibe around its races, and that's really refreshing in this era of races that feel more like highly choreographed musical productions. Plus, the CTC itself is a great mix between people who can clock off 5-minute splits and people who are completely new to running. I have my eye on the Raccoon Mountain 'Round the Rim Race for my next CTC experience. Planters, beware.

For the rest of the weekend, I returned to my usual August spot – the couch. I read for a while, but I was so pumped about finally running Missionary Ridge that I decided to watch running documentaries. First, Run for Your Life – the story of the NYC marathon. Then, There is No Finish Line in honor of the Joan Benoit lookalike. I wrapped up my weekend movie marathon (my favorite kind of marathon!) with Saint Ralph, which is not a documentary at all. It's a really cheesy coming-of-age story, but it would make for a good family movie night if you have a middle-schooler in your life.

I had a thoroughly enjoyable weekend. The Missionary Ridge Road Race did what races are supposed to do – it broke me, then left me feeling stronger. Did you race this weekend? Where? How'd it go?

*Erin Tocknell is a writer, teacher, and coach currently living in Chattanooga. Read her blog at [crossingpathscha.wordpress.com](http://crossingpathscha.wordpress.com) and follow her on Twitter @CrosspathsCHA.*

# UTC

## HALF MARATHON CLUB BEGINS A NEW SCHOOL YEAR

My name is Stephanie and I am the president and founder of the UTC Half Marathon Club. The goal of our club is to promote running and fitness in the UTC community. Experienced and first-time runners are welcome. Club activities include group runs, lectures on running-related topics, volunteer activities, and social events. Each semester the members are invited to run a race together. This semester we will be participating in the Turkey Creek Half Marathon in Knoxville, Tennessee. Members are not required to run a half marathon and can join in other club activities.

If you are a UTC student interested in learning more about the club you can email me at [kvk899@mocs.utc.edu](mailto:kvk899@mocs.utc.edu) or visit our Facebook Page (UTC Half Marathon Club). If you are not a student but would like to share your running stories or tips at one of our lectures please feel free to email me.

LEFT: Club members at the Scenic City Half Marathon

CENTER: Volunteering at the Chickamauga Battlefield Marathon

RIGHT: Half marathon club social event



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## MAKE-A-WISH RACE BRINGS OUT SUPER HEROES OF ALL AGES

Stephanie Wilkins

Saturday, August 23, 2014 will go down in Make-A-Wish East Tennessee history as a day of super powers in every possible way! From an amazing steering committee led by Dr. Gary Gesauldi of Affordable Botox of Chattanooga and Bill Brock, President-Elect of the Chattanooga Track Club, and Stacey Malecky and others from the Chattanooga Track Club (Mike Leary, Sujeel Taj, etc.) and other volunteers, sponsors and runners who simply made the run SUPER! Over 400 runners/walkers came to Enterprise South Nature Park dressed in their Superhero costumes to brave the 5K/10K/Fun Run courses and records were not only broken by the number of runners/walkers who participated but PR's were set and past runner records were broken.

A special thank you to everyone who participated but a special thanks to Lee Greene with Enterprise South, Dr. Gary Gesauldi for being our Title Sponsor for the 3rd year in a row, Volkswagen Chattanooga, Chattanooga Times Free Press, Chattoe for bringing MANY REAL Superhero's out on the special day, Moises Ortiz with ChattBooth, Einstein Bagel, EarthFare, Chi Omega Sorority, TIKIZ and Antonio, the voice of the SuperHero Race! Don't fret, if you missed it this year, go ahead and mark your calendar for late August when Superhero's young and old will come back to take over Chattanooga once again making wishes come true for local children who are fighting life-threatening medical conditions giving them hope, strength and joy! Thank you to everyone who was a part of the SuperHero Race this year, you have all been superhero's to some very special wish kids and myself along with the staff at Make-A-Wish East Tennessee are very grateful and thankful to each and every one of you.

Stephanie Wilkins is Make-A-Wish, East Tennessee's Director of Development. To learn more about Make-A-Wish visit [etn.wish.org](http://etn.wish.org)

### Affordable Botox SuperHero Race 5K Results

#### OVERALL FEMALE

1 Emily Bell	20:47
2 Ashley Humble	25:44
3 Megan Hanewald	26:20

#### OVERALL MALE

1 John Sillery	18:51
2 Jon Melanson	23:07
3 Shane Wright	23:23

#### FEMALE MASTERS

1 Megan Hanewald	26:20
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#### MALE MASTERS

1 Michael McDougal	23:56
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#### FEMALE GRAND MASTERS

1 Sue Damstetter	27:14
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#### MALE GRAND MASTERS

1 Steve Smalling	32:15
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#### FEMALE 10 & UNDER

1 Hannah Pariano	35:36
2 Elyana Magan	1:00:06

#### MALE 10 & UNDER

1 Gage Whited	25:37
2 Brannon Smith	28:34
3 Henry Webb	36:18
4 Jack Chambers	39:59

#### FEMALE 11 - 19

1 Elise Williams	30:01
2 Torien Ledbetter	34:25
3 Lauren Hoogh	35:38
4 Emily Lamason	36:00

#### MALE 11 - 19

1 Jake Leamon	25:30
2 Storm Bice Neal	29:03
3 Aidan Sims	32:22
4 Jivan Taj	33:12
5 Brad Chambers	43:16
6 Nick Skonberg	58:44

#### FEMALE 20 - 29

1 Amanda Bryden	31:44
2 Alesha Klempin	33:45
3 Alissa Bayless	33:46
4 Alyssa Spalding	34:08
5 Jessica Shepherd	36:29
6 Megan Corcoran	37:48
7 Debbie Eaker	38:53
8 Jillian Bell	38:53
9 Rebecca Tucker	39:16
10 Laura Leal	41:30
11 Molly McEwen	42:07
12 Ashley Leverett	46:04
13 Briley Johnson	48:13
14 Ashley Lumpkin	48:21
15 April Bennett	58:52

#### MALE 20 - 29

1 William Hackworth	27:37
2 Brian Spalding	34:07
3 Steven Rodriguez	37:31
4 David Ledbetter	38:53
5 Kole Bennett	58:52

#### FEMALE 30 - 39

1 Ashley Humble	25:44
2 Heather Ritchie	28:08
3 Stephanie Schilling	28:11
4 Michelle Smith	28:48



5 Coralee Bryan	28:55
6 Tamara Edwards	29:34
7 Cassandra Schmitz	32:23
8 Mary Winter-Whit	33:28
9 Sara Nance	34:16
10 Annette Neubauer	34:27
11 Jamie Hammontre	35:09
12 Ashley Boren	36:05
13 Rebecca Tharp	36:06
14 Cait Smith	37:23
15 Stacy Fleser	37:48
16 Maura McKenna	39:47
17 Rebekah Gilman	41:15
18 Rebecca Briggs	41:15
19 Robin Moates	48:25
20 Jamie Jackson	54:00
21 Jamie Russell	54:28

#### MALE 30 - 39

1 Jon Melanson	23:07
2 Shane Wright	23:23
3 Hodgen Mainda	24:13
4 Joe Lacom	26:57
5 Myles Mitchell	27:38
6 Andrew Black	30:29
7 Kevin Woody	33:13
8 Chris Vanhorn	34:45
9 Kyle McCann	34:49
10 Jesse Goins	36:39
11 Scott Jenno	36:44
12 Nic Storr	46:31

#### FEMALE 40 - 49

1 Kendra Gray	27:12
2 Elizabeth O'Connor	30:03
3 Jean Ogle	30:33
4 Candice Frost	30:34
5 Marsha Wood	32:28
6 Paige Phillips	33:11
7 Amy Pariano	35:56
8 Ariel Langholtz	37:12
9 Dana Sims	37:45
10 Laura Cowart	37:48
11 Lanise Hutchins	38:01
12 Sue Nelson	40:07
13 Sarah Clardy	40:07
14 Stephanie Jones	41:17
15 Michelle Mays	47:59

#### MALE 40 - 49

1 Joachim Hillios	24:14
2 Tim Willis	26:21
3 Jason Smith	28:58

4 Billy Williams	30:01
5 Todd Leamon	30:12
6 Tyler Ogle	30:33
7 Allan Ragsdale	31:47
8 Joe Lovelady	31:55
9 Michael Dagnan	34:53
10 Thomas E. Viall	39:07
11 Rick Mays	47:59
12 Ric Johnson	48:15

#### FEMALE 50 - 59

1 Laura Baker	34:54
2 Gigi Robinson	44:48
3 Cathy Hoogh	45:37

#### MALE 50 - 59

1 Barry Howard	36:12
2 Craig Derogatis	56:29
3 Kevin Sneary	1:00:22

#### FEMALE 60 & OVER

1 Jane Webb	37:20
2 Karen Webb	38:38
3 Linda Sneary	1:00:20

#### MALE 60 & OVER

1 Dan Waughter	33:59
2 Roy Webb	36:19
3 Kenneth Chambers	43:37
4 Johnny Woody	44:46
5 Robert Chapman	56:29

### Affordable Botox SuperHero Race 10K Results

#### OVERALL FEMALE

1 Jessica Marlier	39:52
2 Jennifer Curtis	43:39
3 Lisa Logan	45:54

#### OVERALL MALE

1 Geno Phillips	35:26
2 Andy Highlander	36:44
3 Daniel McGinley	38:01

#### FEMALE MASTERS

1 Jennie Gentry	55:02
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#### MALE MASTERS

1 Ryan Shrum	38:03
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#### FEMALE GRAND MASTERS

1 Beth Rice	56:30
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#### MALE GRAND MASTERS

1 Jeff Stracener	45:41
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#### FEMALE 10 & UNDER

1 Jayden Watkins	1:26:02
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#### FEMALE 11 - 19

1 Kyra Williams	1:15:45
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#### FEMALE 20 - 29

1 Mia Escudero	47:37
2 Kristin Long	58:31
3 Bre McClearen	1:03:49
4 Megan Smith	1:06:13
5 Jessica Justice	1:06:28
6 Chelsea Gondek	1:06:40
7 Chelsea Daza	1:07:12
8 Alicia Johnson	1:07:48
9 Kristin Seale	1:14:54
10 Amanda Cagle	1:16:09

#### MALE 20 - 29

1 Ken Curran	42:04
2 Brennan Mason	45:51
3 Charles Webb	49:15
4 James Cagle	1:16:28

#### FEMALE 30 - 39

1 Stacey Prentice	52:26
2 Katherine Lumley	56:02
3 Susan Palmer	56:33
4 Clarissa Ragsdale	58:50
5 Diana Appleby	1:00:44
6 Angie Owens	1:03:22
7 Whitney Allison	1:04:00
8 Teri Meyer	1:06:12
9 Stacey Travis	1:06:41
10 Candace Smith	1:07:47
11 Sonia Garcia	1:08:33
12 Heather Whitley	1:09:08
13 Mary Ann McGinley	1:10:22
14 Erin Lucas	1:12:07
15 Carey Andrews	1:12:45
16 Peggysue Defore	1:14:27
17 Jennifer Phillips	1:16:08
18 Gerri Sedman	1:20:00
19 Heather Gilbert	1:20:00

#### MALE 30 - 39

1 Rusty Lee	48:31
2 Nathan Barstow	48:45
3 Mark Steinle	51:16
4 John Kirschmann	51:25



5 Patrick Chapman	52:29
6 Mike Lucas	53:24
7 Bradford Lumley	56:25
8 Josh Wood	59:35
9 Shane Newberry	59:35

#### FEMALE 40 - 49

1 Susan Cobb	55:16
2 Gina Harris	57:03
3 Amy McCawley	57:23
4 Shannon Derogatis	58:37
5 Sherrie Forrest	59:43
6 Angie Chambers	1:06:21
7 Kara Teichroew	1:10:32
8 Jennifer Heinzl	1:11:43
9 Terri Keown	1:12:54

#### MALE 40 - 49

1 Tripp McCallie	40:43
2 David Lane	45:17
3 Mike Stacks	45:27
4 Jerry Mocabbee	46:56
5 Robert Barnes	47:14
6 John Nevans	50:31
7 Robert Lewis	51:00
8 Ken Chambers	51:48
9 Rob Singer	54:27
10 Dave Porfiri	55:03
11 Jeff Hullander	55:55
12 Sujeel Taj	56:58
13 Reuben Watkins	1:26:02
14 Tim Shadwick	1:32:46

#### FEMALE 50 - 59

1 Cathy Gracey	58:55
2 Alyson Gondek	1:06:40
3 Teresa Cabrera	1:06:58

#### MALE 50 - 59

1 Samuel Boozer	46:10
2 Andy Zorca	53:56
3 Terry Reynolds	1:07:23
4 Kevin Myers	1:09:53

#### FEMALE 60 & OVER

1 Sue Anne Brown	1:01:51
2 Bonnie Wassin	1:18:25

#### MALE 60 & OVER

1 Sergio Bianchini	47:02
2 John Crawley	47:23
3 Mike Usher	49:33

Dream the Impossible  
Do the Incredible



## CHATTANOOGA JETS TRACK CLUB ENGAGES YOUNG RUNNERS



A mission statement is an interesting thing. It isn't always easy to summarize the aims and values of an organization in just a few sentences. But done well, it seems obvious, almost effortless. The mission statement of the Chattanooga Jets Track Club is as straightforward as the club itself: "Dedicated to inspiring and engaging area youth to become active through the sport of running." It's a single, brief sentence that only hints at what it represents: forty-four years of trembling muscles pushed to their limit under a summer sun, forty-four years of turning "I can't" into "look what I just did!", and, for many area youth, forty-four years of changed lives. Mike Gadson has been coach of the Chattanooga Jets since 2000, when he took on leadership of the club begun in 1970 by Eddie Lambert and Charles Gearhiser. Like the club's mission statement, Mike is straightforward and direct; he wants two things from any young person who wishes to be a Jet, practice and participation.

The Chattanooga Jets Track Club is a local non-profit for youth ages 7-18. Some of the kids are on track teams at their own schools but for many, the club is their first experience with organized athletics. The students are taught stretching and warm-ups, the language and terminology of track meets, the discipline of arriving on time every time, but more than that, these kids run. And that running pays off. Mike will proudly tell you about students who have gone on to collegiate and professional success on the track. He remembers names and times from years back. LaQuisha Jackson, the stellar runner from Howard High School, came out of the Jets. She set school and conference records at San Diego State and will be joining the SEC as a runner for the University of Missouri this season.

A football player for the University of Tennessee at Chattanooga, Mike was teaching that sport to young people through the Chattanooga Youth

Association before becoming a running coach. "It was an easy transition" he says. "My main sport was football but I've been involved with kids and sports ever since I walked off the football field." In addition to the Jets, Mike spent several years as a track coach at Brainerd High School. The relationships he built in high school athletics help open doors for introducing young people to the Jets. He and other volunteers visit school track meets and hand out flyers; they talk to coaches and parents. And Mike Gadson is proud of his kids. "These kids are active in track at their own schools. When we go to State [competition] we see our kids spread out all over the place. There's probably not a local high school that isn't represented."

Besides personal visits to school track meets, Mike says the main way kids learn about the Chattanooga Jets is through word-of-mouth. Young people tell their friends and parents send him an email. A new year typically starts with about 80 kids. Each practice session, held at the Red Bank High School track, starts with the initial chaos of kids arriving and greeting each other and loose-limbed warmups. Everything settles down quickly into hard work and sweat. Assistant coaches Donelle Dunning and James Ward share the duties along with Mike. Parents attend practices and call encouragement from the sidelines or discuss school and grades with other parents. Parents have their own responsibilities in the Jets' organization. In addition to attending practice, parents do their part to make sure young athletes are well-rested, have a healthy breakfast and are properly hydrated before track meets.

And the kids run.



Coaches Donelle Dunning (far left) and Mike Gadson (far right)

Coach Donelle Dunning was a Jet while attending high school in Chattanooga before becoming an All-American at the University of Tennessee at Knoxville. He currently holds an indoor Championship record (60m) and a USATF Masters World Ranking (100m). According to Coach Gadson, many former Jets come back around to help as mentors.

As with most non-profits, funding remains a challenge. The kids pay a membership fee in addition to a USATF fee. Cash donations help keep the costs to the students low but currently, there is no major sponsor for the organization. "Walmart gives us some stuff and we try to help the kids out. There's a cost to the kids and we help with travel. We rely on a lot of involvement from the parents" Mike explains. "Some parents will turn trips to national meets into a family vacation so their kids can attend and compete." In July, the Chattanooga Track Club made a \$1,500 donation to the Chattanooga Jets from the proceeds of the Chattanooga Chase. Many members of the Jets volunteered at the race and their spirited encouragement at the water stations and finish line was a memorable part of this year's event.

If you ask Mike about his funding wish list there is no hesitation. "Buses. We need a bus for the team. We go to Nationals and everyone [else] pulls up in buses. You can keep the team together. You wonder 'what are those other clubs doing?' The Knoxville youth team is a division of the Knoxville Track Club. A lot of clubs are sponsored by the city. Our biggest dream is a bus instead of taking 4 or 5 cars. We've had kids who couldn't go because there weren't enough cars or open seats."

Another pressing need is for mentors and chaperones on trips. With the coaching staff being all men, there are several watchful eyes on the high school boys; but finding supervision for the girls while travelling can be a challenge. And travelling is part of the program. The USATF schedule starts with a state qualifier. The meets are scheduled so as not to interfere with high school season schedules. The regional competition brings together athletes from four states, Tennessee, Alabama, Louisiana and Mississippi. The top 5 in each event will go on to Nationals, held this year in Houston, Texas. Two Jets, 7 and 8 years old, broke national records this year at the regional competition. Going to nationals provides even more exposure for the club and gives runners the experience of 'big stage' events.

You might think, given the focus of the Jets' mission statement that running would be enough. But the coaches' dedication to their runners goes beyond the track. "Some of these kids have been with us since they were 8. Now that they are in high school we connect them with coaches. When they hit 9th grade we start preparing them. There's an emphasis on academics." Mike knows his students and where they are academically. He emphasizes to the kids that success on the track has to accompany success in the classroom. Most of his runners dream big, and many have the discipline and skill to go on to bigger things, if they have the grades for it. "If you aren't taking the right classes you are not on track. You can graduate high school and still not be eligible [per NCAA guidelines] to run track in college. We don't want kids to leave high school and not have anywhere to go."

Mike knows how each of his seniors is doing in school and what each needs to do to reach their goals, whether it is simply graduation or college athletics. He's provided money for textbooks and school fees when needed and works with colleges and coaches to line up financial aid since there are few full scholarships available. A student's strong academic foundation makes finding money or grants for college easier. Mike knows that one success can lead to more success "They see other kids getting scholarships, going on to college, then they know it's possible." But, like a track eventually brings you back around to where you started, for the Chattanooga Jets it all comes back to the mission statement. For the kids who are red-faced and panting in the heat, for Donelle Dunning, himself a product of the program, now back as a coach and mentor, and for Coach Gadson, beyond the constant challenges of resources and time, "The only reason these kids are doing it is because they enjoy it. That in itself is enough."

Learn more about the Chattanooga Jets Track Club online at [Chattjets.org](http://Chattjets.org)



**OCTOBER 11, 2014**

**10K "PUMPKIN RUN" ROAD RACE,  
5K WALK & 1 MILE FAMILY FUN WALK**



**REGISTRATION:**  
**online:** chattanoogatrackclub.org  
**mail:** send form with payment  
**day-of-race:** 7:30am - 8:45am  
at race location gymnasium (follow signs)

**PRE-RACE PACKET PICKUP:**  
Friday, October 10th 4:00pm - 6:00pm  
Sports Barn Downtown

**RACE TIMES:**  
9:00am 10K Race Begins  
9:00am 5K *untimed* Walk Begins  
9:15am 1M Family Fun Walk Begins

**30TH ANNUAL JMHC 10K ROAD RACE!**

*All proceeds are used for essential needs of JMHC clients*

**FUN**  **FAST**  **AWESOME**  **DOOR PRIZES**

**FEES:**

**\$25.00** Pre-Register by Sept. 20th

**\$30.00** After Sept. 20th

**\$35.00** Day of Race (Oct.11)

**\$10.00** 5K Walkers

**FREE for Family Fun Walkers** (no t-shirt)

**AWARDS :**

Technical t-shirt for **pre-registered** runners and walkers.

Medals for Male & Female Top Overall,  
Grand Master, Master & Age Division Winners

**VENUE INFORMATION:**

MOCCASIN BEND MENTAL HEALTH INSTITUTE

**Location:** Moccasin Bend Gymnasium at historic Moccasin Bend. Moccasin Bend may be reached by traveling Highway 27 North toward Red Bank. Cross the Tennessee River and take the first exit (Manufacturer's Rd). Turn left onto Manufacturer's Road and proceed west until road forks. Bear left onto Hamm Rd. Continue to the stop sign. Turn left and follow the road to Moccasin Bend Mental Health Institute. Watch for signs.

**Course:** The course is out and back. The race will start by the guard station in front of MBMHI and proceed north on Pineville Road. The course is slightly rolling. This 10K is the flattest and fastest in the area. The road race is certified and may be used to qualify for the Peachtree Road Race. Two water stops on course.

**COMPETE IN THE TEAM CHALLENGE**

**CTC RUNNER/VOLUNTEER OF THE YEAR POINTS EVENT!**



**UPCOMING CTC RACES AND EVENTS**



**Joe Johnson Run for Mental Health Pumpkin Run**  
October 11  
Fall colors and a flat, fast 10K course, perfect for setting a PR.



**Signal Mountain Pie Run**  
October 25  
The sweetest race of the year!



**Chickamauga Battlefield Marathon, Half Marathon & 5K**  
November 8  
Our biggest race of the year. Unique finishers medals each year with music, food and fun.



**Track Club Election Social**  
November 18  
Vote for the 2015 board members and officers, meet and mingle with fellow runners and enjoy great food and spectacular city views

**CELEBRATE FALL AT THE PUMPKIN RUN**

**OCTOBER 11, 2014, 9:00 AM**

This Johnson Mental Health Center Pumpkin Run has something for everyone. The race course on Moccasin Bend is the flattest and fastest in the region, has great scenic views of the surrounding mountains and goes through what will become the National Historic area. The 10K main race course is certified and is a great course to set a state age group record or qualifying time for Peachtree. A non-timed 5K walk was popular last year and returns again on the same course as the 10K. There will also be a 1 Mile family fun walk on the JMHC grounds with no cost to participate. To add to the fun wear your best Halloween costume or come up with a group theme.

A unique technical T-shirt will be supplied for all 5K and 10 participants and there are always lots of quality door prizes, and some of the best post-race food around. The race benefits the clients of JMHC to help support their essential needs.

The course is out and back. The race will start by the guard station in the front of Moccasin Bend Hospital and proceed north on Moccasin Bend Road. The course is lightly rolling and considered one of the fastest in the region. Course is certified USTAF TN10068MS. There will be two water stops on the course.

From Hwy 27 North exit Manufacture's Rd west, bear left on Hamm Rd. Continue to the Stop sign, turn left and follow Moccasin Bend Rd to the Moccasin Bend Health Institute Gymnasium on your right.

Custom Medals will be awarded to Overall, Masters, Grand Masters and top 2 in the following Age Groups: Under 19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over.

Johnson Mental Health Center is a public facility servicing the mental health needs of Hamilton County and the region. 100% of race proceeds go to their client support fund to help meet essential needs.

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 Cleveland, TN 37311  
 (423)614-0535

10% Discount for all Chattanooga Track Club members. For more information visit [www.fordcenters.cc](http://www.fordcenters.cc)

# RAGNAR

## Tennessee

PRESENTED BY HEALTHWAYS  
 CHATTANOOGA TO NASHVILLE, TN  
 OCTOBER 24-25, 2014



Use code **TN14MCTC** to receive \$50 off your team entry, and Ragnar will make a \$50 donation to Chattanooga Track Club when you register!

FIND YOUR RAGNAR AT [RAGNARATN.COM](http://RAGNARATN.COM)



[RAGNARTN.COM](http://RAGNARTN.COM)  
 TENNESSEE@RAGNARRELAY.

PRESENTED BY HEALTHWAYS

# MISSIONARY RIDGE ROAD RACE

## 2014 RESULTS



### OVERALL FEMALE

1 Jessica Marlier 27:56

### OVERALL MALE

1 Thomas Barker 25:43

### FEMALE MASTERS

1 Laura Gearhiser 34:09

### MALE MASTERS

1 Geno Phillips 25:54

### FEMALE GRAND MASTERS

1 Sharon Goforth 37:20

### MALE GRAND MASTERS

1 Tim Ensign 27:42

### FEMALE SENIOR GRAND MASTERS

1 Kathi Wagner 40:14

### MALE SENIOR GRAND MASTERS

1 John Crawley 34:33

### FEMALE 14 & UNDER

1 Alyson Butler 36:57

2 Ava Whited 54:39

### MALE 14 & UNDER

1 Jessie Martinez 30:22

2 Jasper Wilson 34:16

3 Gage Whited 40:01

4 Dane Beard 40:08

5 Janzen Nile 44:59

6 Jivan Taj 53:56

### FEMALE 15 - 19

1 Brooke Cilley 48:32

2 Hannah Scadden 53:01

### MALE 15 - 19

1 Cory Aulich 28:42

2 Noah Cochran 36:19

### FEMALE 20 - 24

1 Laura Wagner 35:15

2 Ashley Pearce 42:51

3 Jessica Welch 57:09

4 Elizabeth Rhoton 1:04:38

### MALE 20 - 24

1 Matt Jenkins 27:25

2 Trent Brockie 29:50

3 Matt Gossett 30:09

4 Phillip Williams 30:49

5 Tim Zorca 31:06

6 Marco Bianchini 32:46

7 Andrew Pack 42:51

### FEMALE 25 - 29

1 Kelly Sevin 37:01

2 Brianna Kobeck 39:51

3 Emily Prater 42:02

4 Amanda Cagle 58:48

5 Samantha Griffin 58:49

6 Kayleigh Reeves 1:00:24

### MALE 25 - 29

1 Andy Highlander 27:29

2 Evan Sharber 31:01

3 Rob George 31:19

4 David Doobin 31:57

5 Chris Merzbacher 34:02

6 J.C. Thompson 34:30

7 Chas Webb 35:47

8 Caleb Stambaugh 37:59

9 Marcus Henry 43:26

### FEMALE 30 - 34

1 Katie Stanford 37:14

2 Rebecca Beasley 38:45

3 Clarissa Seales 38:46

4 Jessica Beard 40:34

5 Jaclyn Beckler 41:26

6 Katherine Lumley 42:19

7 Lindsey Brumlow 47:49

8 Jamie Morton 48:30

9 Julie Duryee 53:00

10 Michelle Kimbrell 55:10

11 Jennifer Phillips 58:49

12 Malinda Hunter 1:01:34

### MALE 30 - 34

1 Russell Rogers 30:59

2 Eric Sizemore 32:50

3 Joe Klein 34:40

4 Adam Veron 36:11

5 David Kemp 37:36

6 Chad Irwin 38:02

7 Bradford Lumley 42:38

8 Dustin Beard 44:42

9 Keith Morton 45:33

10 John Lee 46:18

### FEMALE 35 - 39

1 Mande Keith 40:23

2 Stacey Malecky 40:44

3 Margaret Godfrey 41:21

4 Jennifer Lockhart 44:51

5 Erin Tocknell 46:01

6 Whitney Allison 46:28

7 Beth Cheatham 51:04

8 Miranda Thomaso 52:33

9 Dana Britt 54:40

10 Patty Mabe 58:30

11 Dana Kirk 1:03:36

12 Audra Frederick 1:04:42

### MALE 35 - 39

1 Anthony Daniell 31:35

2 Vincent Beasley 32:55

3 Shane Wright 33:26

4 Charles W. Smith 33:34

5 Derrick Marr 34:38

6 Rusty Lee 36:20

7 Jason Lyles 39:05

8 Lucky-John Lucas 39:18

9 Brian Renninger 40:26

10 Kevin Carpenter 41:09

11 Damon Griggs 48:09

12 Dewayne Kibble 53:51

### FEMALE 40 - 44

1 Lisa Logan 34:21

2 Vivian Anderson Ba38:31

3 Ashley Remko 43:51



SEE ERIN TOCKNELL'S REVIEW OF THE MISSIONARY RIDGE ROAD RACE ON PAGE 8 OF THIS ISSUE

4 Shana Chandler 45:45  
5 Shannon Gaddis 45:51  
6 Gina McDaniel 45:58  
7 Pam Nile 47:33  
8 Amy Butler 47:38  
9 Paige Phillips 49:12  
10 Eileen Knowles 53:42  
11 Sheryl Jenkins 55:03  
12 Lanise Hutchins 58:11  
13 Kimberly Cilley 1:02:13

MALE 40 - 44  
1 Christopher Butler 30:33  
2 Eli Anderson Barre 32:12  
3 David Kyle 33:32  
4 Brandon Meredith 33:46  
5 Todd Dobson 35:11  
6 Robbie Cheatham 35:54  
7 Jim Alverson 37:08  
8 Steven Brown 39:45  
9 Michael Kolff 39:46  
10 Scott Sutherland 39:48  
11 Jeff Kelle 40:23  
12 John O'Keefe-Odo 41:19  
13 Kelly Williams 41:20  
14 Rob Martin 43:15  
15 Watkins Cannon 44:59  
16 Preston Goforth 45:26  
17 Jim Morgan 48:47  
18 Thomas E. Viall 58:28

FEMALE 45 - 49  
1 Sue Barlow 38:16  
2 Jenny Gentry 39:55  
3 Barbara Ensign 40:09  
4 Connie McDade 43:51  
5 Robbie Elliot 44:56  
6 Tina Brockie 47:22

7 Raquel Newton 50:42  
8 Libby Renfroe 58:29  
9 Lisa Culver 1:04:42  
10 Stacy Boydston 1:34:18

MALE 45 - 49  
1 Dean Thompson 26:27  
2 Ryan Shrum 28:04  
3 Tripp McCallie 29:51  
4 Duke Richey 33:15  
5 Robert Barnes 34:27  
6 Greg Henry 34:53  
7 Larry Aulich 35:09  
8 Ron Blessinger 36:13  
9 Bret Renfroe 36:42  
10 Aaron Mercer 37:48  
11 J. Christopher Hall 39:05  
12 Jeff Cochran 39:06  
13 Dave Porfiri 40:14  
14 David Glenn 40:22  
15 Sujeel Taj 40:37  
16 Richard Beeland 42:37  
17 Del Ashcraft 49:28  
18 Tim Lewis 51:51

FEMALE : 50 - 54  
1 Corinne Henderso 40:10  
2 Gwen Meeks 41:24  
3 Atress McBee 46:39  
4 Sherrie Watts 47:47  
5 Coleen Pruitt 48:32  
6 Terrie Corbin 48:42  
7 Beth Warren 52:39  
8 Janice Wycherley 54:21

MALE 50 - 54  
1 Hugh Enicks 27:48  
2 Samuel Boozer 32:22  
3 Terry Quillen 32:29

4 Jeff Gaither 32:38  
5 Ray Kellum 33:35  
6 Derek Hepworth 36:39  
7 Andy Zorca 36:46  
8 Jimmy Layne 39:53  
9 Joe Dumas 40:49  
10 Anthony Grossi 40:59  
11 Jeff Parker 41:11  
12 David Autry 43:57  
13 Steve Tompkins 45:00  
14 Kyle Elrod 45:19  
15 Steve Smalling 46:45  
16 Joseph Pope 49:14  
17 Tommy Holder 49:57  
18 Steve Heath 52:00  
19 Roger Knowles 55:50  
20 Brian Tierney 56:36  
21 Barry Howard 58:04  
22 Alex Rhoton 1:04:38

FEMALE 55 - 59  
1 Beth Rice 39:35  
2 Rhonda Gage 39:45  
3 Cathy Gracey 42:52

MALE 55 - 59  
1 Jeff Stracener 32:58  
2 Jeff Straussberger 36:26  
3 Adolphus Murley 37:41  
4 Bill Brock 37:47  
5 Thomas Wilk 45:24  
6 Walter Stamper 45:31  
7 David Halicks 47:25  
8 Rich Mercer 49:38

MALE 60 - 64  
1 Mike Usher 34:41  
2 Ironman Billy Colli 38:17  
3 Joe Axley 39:12  
4 Bill Henderson 39:43  
5 Thomas Russe 40:06  
6 Dick Miller 41:20  
7 Steve Bennett 42:28  
8 Tom Wilkey 43:13  
9 Carter Lynch 43:16  
10 Martin Klinghard 43:53  
11 Thomas Sisemore 44:10  
12 Wendell Kirk 46:49  
13 Tim Metcalf 47:16  
14 James Orlando 47:24  
15 Scott Holmes 48:14  
16 Keith Morgan 48:52  
17 Tommy Grisham 55:57

FEMALE 65 - 69  
1 Sue Anne Brown 46:09

MALE 65 - 69  
1 Jeffrey Sodemann 39:01  
2 Ted Wilkes 46:58  
3 Melvin Thompson 49:24  
4 Precel Kirk 1:03:35

FEMALE 70 & OVER  
1 Bonnie Wasson 55:35

MALE 70 & OVER  
1 Sergio Bianchini 35:21  
2 T. Gene Gilreath 1:05:44  
3 David Wycherley 1:10:54



# BULLETIN BOARD

FALL 2014

**JOIN A RUNNING GROUP!**

**CLUB ELECTION SOCIAL NOV. 18TH**

**PARTY!  
FUN!  
VOTE FOR CLUB OFFICERS!**

**VOLUNTEER AT A CTC EVENT!**

**JOIN  
or  
RENEW  
MEMBERSHIP**

**SIGN UP FOR THE BATTLEFIELD MARATHON/HALF**

**Use CTC member discount at local businesses**

# MARATHON & HALF MARATHON TRAINING PROGRAM

An ongoing training program designed to prepare runners, from beginner to experienced, for fall marathons and half marathons, including the Chickamauga Battlefield Marathon & Half Marathon.

## WEEKLY GROUP RUNS

**Mondays - 6:15 pm**  
Downtown Sports Barn (301 Market St.)

**Wednesdays - 6:15 pm**  
Downtown Sports Barn (301 Market St.)

**Saturdays**  
start times and locations vary



Learn more at:

**BattlefieldMarathon.com**

**ENERGY**EnthusiasmSupport  
**BEGINNING**Accomplishment  
**SPRIT**GrowthEncouragement  
**Friendship**  
**INSPIRATION**Competition  
**ENERGY**EnthusiasmSupport  
**Beginning**Accomplishment  
**SPRIT**GROWTHEncouragement  
**FRIENDSHIP**  
**INSPIRATION**Competition  
**ENERGY**Enthusiasm








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

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**RACE  
 CALENDAR**



This information is subject to change. Please visit [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) for the latest information on races and events.

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



**SEPTEMBER**

- 18 CTC Elementary Cross Country Race #3 
- 25 CTC Elementary Cross Country Race #4 
- 27 Raccoon Mtn. Round the Rim 


**OCTOBER**

- 11 Joe Johnson Run for Mental Health Pumpkin Run 
- 25 Signal Mountain Pie Run 

**NOVEMBER**

- 8 Chickamauga Battlefield Marathon, Half & 5K 
- 27 Sports Barn Turkey Trot 

**DECEMBER**

- 20 Wauhatchie Trail Run 

**FEBRUARY, 2015**

- 28 Scenic City Half Marathon, 5K, Charity Challenge 