

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JOGGING **AROUND**



WHY I RUN: EMILY PRATER

RACE RESULTS

NEW: RUNNER HEALTH WITH DR. SPEER



NOVEMBER 2016 VOLUME 48 ISSUE 4

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JOGGING AROUND

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

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Chattanooga Track Club Mission Statement

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

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

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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LOOK HOW FAR YOU'VE COME

There's always a point where my run gets hard. It doesn't matter the distance, or whether it's a training run or a big race, there's a moment where, with utter clarity, I ask myself I'm tired and getting nowhere, why am I doing this?

Every runner has a secret for pushing through the wall. Some repeat a mantra, or listen to music. I rely on perspective. At the worst moments, struggling up a hill, or weary and miles away from the car/gym/finish line, I remind myself that I'm still moving forward. I find a landmark, a sign or tree, beside the road and start counting one minute as I pass it. Despite exhaustion or discouragement, I need only to keep running for 60 more seconds. And I do, I keep climbing that hill, keep letting the road slowly unspool beneath my shoes. And when the minute is done, I glance back to spot that tree or sign. After years of running I still find myself surprised at the distance one minute of movement, an accumulation

of single steps, no matter how small or slow, can put between me and that marker. And I tell myself I can do it again, sixty more seconds before deciding to quit or keep going.

The last two months of the year are the busiest. Holiday decorations have been up in the stores for weeks and, at least in our house, it already seems we're already hopelessly behind where we planned to be. Lessons learned while running don't always come to mind in my non-running life but I'm trying to apply them by fixing that landmark and noting that we're still moving forward. I note the distance from past milestones of 2016, not just in calendar days but from where I was then as a parent, or spouse, or a friend and measure how far I've come to being a better version of all of those. Progress is slow, and certainly difficult, but I'm moving nonetheless.

As a runner, there's toughness in you. You may not even know it but it's there. It gets you out the door in the early morning or late evening and brings you back to repeat the same miles day after day. And it gets you through the wall. Enjoy the holidays, run safely, and glance back, for just a moment, at 2016 to appreciate how far you've come.

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.



My earliest memory of running is with my dad. He was my start to it all. We would jog casually through the neighborhood. Running then involved the only pair of tennis shoes I had for the entire school year, cotton socks, an oversized tee, and off-brand Umbros (I was pretty cool). I loved many things about running that I could not recognize at the time; it just felt natural and fun.

For several years while working as a nurse on the burn and trauma unit I would come home from third shift feeling overwhelmed. Running helped me unwind. Prayer became a regular part of my running journey and still remains. Running has allowed for some of the best and honest conversations between God and I. After watching patients suffer and die, I felt eternally grateful for the ability to run. Everyday, I am grateful for the health and ability to run.

My hardest journey so far has been coming back from having a baby; I was sure I'd bounce back. I stayed active my whole pregnancy and delivered naturally, but running even a flat half mile was a struggle. I felt so discouraged. I can remember pushing the stroller on one run and feeling so defeated. Someone yelled from their porch keep going- you got this! Don't stop. It made all the difference in the world that day. Encouragement matters. It is something I have come to love. Encouraging, and talking with others about their running experiences whether new or veteran, old or young, male or female, fast or slow, is important to me; we are all on a journey, and running plays an integral part.

Running after having a baby is humbling. I don't exactly know who bounces back but it was not me. I was angry, sad, and slow. That crazy transition was also the time I really felt called to run a marathon. Call it lack of sleep or hormones, but I call it divine intervention drawing me to do bigger things I hadn't yet imagined. I said I would never run a marathon. I attended the first meeting with the track club, set out for the 10 mile run, and haven't looked back! What a beautiful group of people. I enjoyed the nature, the people, and the running! I trained and ran my first marathon nine months after my sweet boy came into the world. The Battlefield was hard but great, and I had a lot of support from my husband and family.



In finishing a marathon one recognizes their dire need for something greater. Somewhere along the journey we all must dig deep, tune into why we run, and argue with ourselves physically and mentally to keep pushing. For me, this is where God and I meet the most. Times can get tough quick during a marathon, or any run for that matter. You know that place where you meet your match. You're struggling physically, mentally, emotionally, spiritually. Why am I doing this? I love it. I hate it. I hurt. I love it. God help me. I love that place of humility. I love needing God more. I love knowing I will finish and He is with me. My prayer and worship life is made stronger and I am changed. I am strengthened, humbled, grateful, happy and aching all in the same mix. Why don't people get that this is fun?!

I have pushed myself to new physical capabilities and achieved personal goals but for me running is just as much about the shared journey. The friendships I have made allow the struggles, victories, injuries and accomplishments to be meaningful. I have run at some of the lowest points in my life - times of anger, confusion, depression, job changes, relationship changes, and loss of loved ones. There have been times when I had to keep one worship song on repeat in order to flood out conversations. I couldn't talk, I just needed to run. Through it all my running friends have become a support team of amazing strong companions for each other.

Since the Battlefield, I have completed 3 other marathons, including Big Sur this past year, a couple halves, a Ragnar series, 5k's, and weekly long runs with the track club. I am blessed beyond words by the support of friends, family, and the running community. I am eternally grateful for the journey and pray I have many more years continue on it!

"Let us run with endurance the race God has set before us." -Hebrews 12:1. Physically looking forward and pressing on, mentally overcoming barriers, and spiritually continuing to look up and thank Him for the health and opportunity to run. Even for today.

Emily lives in North Chattanooga with her husband Michael, son Ethan, and German shepherd, Nina. She is actively involved in her church and works as a nurse practitioner and health coach. She enjoys the outdoors, music, gardening, and meaningful conversations. She plans to continue racing, improving, and enjoying the ride!

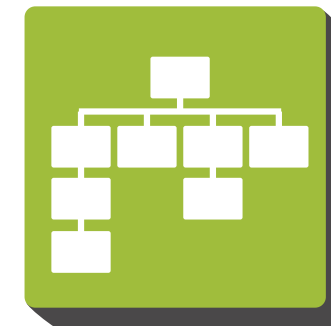


TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE



MISSIONARY RIDGE ROAD RACE (4.7M) 2016 RESULTS

OVERALL FEMALE	
1 Emily Bell	29:19
OVERALL MALE	
1 John Gilpin	25:41
FEMALE MASTERS	
1 Jan Gautier	32:56
MALE MASTERS	
1 Tim Ensign	28:43
FEMALE GRAND MASTERS	
1 Laura Gearhiser	35:54
MALE GRAND MASTERS	
1 Hilario Mendez	30:26
FEMALE SENIOR GRAND MASTERS	
1 Connie Regal	42:15
MALE SENIOR GRAND MASTERS	
1 Thomas Starke	33:28
FEMALE AGE GROUP: 14 & UNDER	
1 Kaylee Bandy	38:21
2 Ella Coley	40:50
MALE AGE GROUP: 14 & UNDER	
1 Victor Soria	34:02
2 Gage Whited	38:22
3 Henry Varner	38:48
4 Sawyer Coley	45:00
FEMALE AGE GROUP: 15 - 19	
1 Bailey Mullett	36:42
2 Elizabeth Oliver	40:33
3 Morgan Aker	56:13
4 Kayla Coffelt	1:00:00
MALE AGE GROUP: 15 - 19	
1 Jesse Martinez	27:13
2 Braylan Martinez	29:09
3 Sean Mullett II	32:50
4 Bailey Burns	33:22
5 Duke Richey	34:08
Andrew Butcher	35:01
Jackson Lillard	36:53

FEMALE AGE GROUP: 20 - 24	
1 Sarah Turner	33:10
2 Haley Chandler	41:13
3 Tiffany Strawser	48:56
MALE AGE GROUP: 20 - 24	
1 Jonathan Hutchins	29:37
2 Tim Zorca	32:20
FEMALE AGE GROUP: 25 - 29	
1 Sarah Woerner	31:11
2 Danielle Alfano	34:10
3 Emily Lindsey	35:31
4 Kaitlin Gunter	40:55
5 Kelly McAllister	41:43
6 Amanda Wofford	42:00
7 Deamber Stewart	42:14
8 Emmy Garrigus	45:12
9 Callie Wiens	46:13
10 Olivia Swint	48:55
11 Callie Kuhns	51:28
12 Amanda Cagle	55:19
MALE AGE GROUP: 25 - 29	
1 Justin Lindsey	29:28
2 Chris Merzbacher	35:02
3 Brian Szanny	35:09
4 Mark Chandler	36:36
5 Jared Dobbs	37:02
6 Marcus Kuhns	45:35
7 Eric Wiens	46:13
8 Ethan Whaley	55:16
9 Charles Kevin Tanke	59:17
FEMALE AGE GROUP: 30 - 34	
1 Andrea May	36:16
2 Abby Martin	40:47
3 Brianna Stambaugh	42:07
4 Clarissa Seales	43:14
5 Jaclyn Beckler	44:21
6 Nikki Wortman	45:26
7 Rebekah Gilman	45:41
8 Leigh McAfee	45:56
9 Becky Bibee	56:46
10 Michelle Kimbrell	57:45
11 Dyta Kodirun	1:00:46
12 Holly Ferguson	1:00:52
13 Jade Barry	1:13:11

MALE AGE GROUP: 30 - 34	
1 Gean Robert	32:45
2 Michael Christophe	33:19
3 Nathan Bates	33:32
4 Matt Jenkins	33:50
5 Michael Ryan	35:28
6 Gregg Sutton	35:39
7 Matt Rice	35:47
8 Eric McGaffic	36:21
9 Michael Hullender	36:46
10 Joe St. John	38:23
11 Wesley Wortman	39:17
12 Caleb Stambaugh	40:39
13 Tommy Louviere	42:30
14 Brent Perkerson	43:32
15 Rob Womack	43:32
16 Chase Bandy	46:27
17 Chad Irwin	1:08:44
FEMALE AGE GROUP: 35 - 39	
1 Jane Ellis	42:02
2 Heather Whaley	42:53
3 Apryl Barrett	43:51
4 Marya Schalk	45:35
5 Erin Tocknell	46:12
6 Tina Cotreau-Guillot	47:13
7 Whitney Allison	47:45
8 Amanda Hickey	50:10
9 Ruby Sutton	51:04
10 Holly Haynes	54:17

11 Mary Stone Mould	55:11
12 Elizabeth Burgess	58:11
13 Katie Keese	59:07
14 Cris Larsen	1:08:18
15 Sarah Barnes	1:09:13
16 Jennifer Mitchell	1:17:11
MALE AGE GROUP: 35 - 39	
1 Neal Hanley	29:12
2 Shane Wright	30:51
3 Shaun Walker	33:53
4 Rusty Lee	36:59
5 Walter Staszewski	39:06
6 Jason Liggins	44:03
7 Jonathan Waller	44:42
8 Keith Guillot	47:13
9 Nathan Moulder	53:34
FEMALE AGE GROUP: 40 - 44	
1 Kristen Mullett	34:26
2 Lisa Logan	35:42
3 Janis Kelman	35:52
4 Ann-Marie Fitzsim	39:31
5 Robyn Ward	41:35
6 Renea Fox	45:42
7 Rachel Degarmo	48:20
8 Vicky Caughman	49:23
9 Colleen Burer	53:01
10 Jana Buff	1:00:45
11 Jennifer Heinzl	1:09:13



Photos by Whitney Allison
Results Cont. Page 15



The CW Chattanooga and the Chattanooga Track Club continue to run together after 9 inspirational years!



PLANTAR FASCIITIS
By Dr. Owen Speer

Plantar fasciitis Plantar fasciitis can be one of the most bothersome conditions any runner can experience. It's the most common cause of heel pain --- and it hurts! Plantar fasciitis usually starts out as sharp heel pain, characteristically worse during the first few steps out of bed in the morning. Sometimes it sneaks up slowly and the pain gradually increases over several days or weeks. In other cases, it appears overnight and is very severe. With running, the pain often starts at the beginning of a workout. It tends to improve throughout the run, then returns afterwards. This is the cycle that most runners experience, but for some runners, the pain never quits, which can sideline beginner and seasoned runners alike.

Walking on hard surfaces, like wooden floors or concrete, makes the pain feel worse. Climbing stairs and going up on the toes can aggravate the pain as well. Being barefoot or wearing minimal cushion shoes make symptoms worse due to the lack of arch support and heel protection. Typically, the pain is located in the back of the heel towards the inside of the foot. There is not usually any redness, but sometimes there is some swelling.

Runners with high arches, flat feet, decreased ankle motion, decreased ankle strength, and heavy heel striking are at higher risk for developing plantar fasciitis.

Diagnosis of plantar fasciitis is made based on the runner's history and physical exam. Your doctor may order x-rays or an MRI. They may perform an ultrasound in the office to evaluate the plantar fascia. These imaging modalities can help clinicians by ruling out other conditions such as bone cysts or stress fractures. Sometimes heel spurs are present. Contrary to popular belief, heel spurs are not the cause or source of heel pain.

Within a year, most treatments are equally as effective at eliminating pain for about 80% of people. Some people get better in a matter of days to weeks, while others are still in pain more than a year after it began. Usually, running through mild pain is tolerable and won't necessarily make things worse. If the pain from plantar fasciitis changes the gait, runners are at an increased risk of injury from trying to compensate. If this is the case, running through the injury is probably doing more harm than good.

There are a variety of treatments for plantar fasciitis. Initial treatments focus on pain relief through stretching the plantar fascia, decreasing inflammation with ice and non-steroidal anti-inflammatory medications, strengthening the foot and ankle, and correcting any biomechanical or functional issues. Heel cups can provide protection for the heel and relieve pain. Prefabricated and custom orthotics can provide arch support to reduce pain as well. Sometimes, plantar fasciitis pain doesn't improve with any of these treatments. It may persist for several weeks or several months. Steroid injections in the heel can be used for severe, unrelenting pain that doesn't respond to conservative measures. Extracorporeal shockwave therapy can be used for stubborn cases that haven't improved over at least 6 months. When the above treatments have been unsuccessful, consider a consultation with a sports medicine orthopedic surgeon for surgical management options.

Runners should see their primary care provider, sports medicine specialist, or physical therapist for an evaluation of suspected plantar fasciitis. They will be able to best guide you towards the path of healing and get you back on the roads or trails as quickly as possible!

Dr. Owen Speer is a primary care sports medicine physician with CHI Memorial, practicing in Hixson. He enjoys helping athletes of all ages reach their fitness goals and maintain lifelong wellness. He lives in Apison with his wife, Lydia, and son, Jonah. Send your running-related health questions to Dr. Speer at owen_speer@memorial.org. Your question may be featured in a future article.



AFFORDABLE BOTOX SUPERHERO RACE

FOR CHATTANOOGA KIDS ON THE BLOCK

5K RESULTS

OVERALL FEMALE
1 Peyton Anderson 24:58

OVERALL MALE
1 Eoltan Szabo 20:53

FEMALE MASTERS
1 Sally Little 30:15

MALE MASTERS
1 David Couch 22:51

FEMALE GRAND MASTERS
1 Ellen Elam 32:12

MALE GRAND MASTERS
1 Louis Bryan 24:57

FEMALE SENIOR GRAND MASTERS
1 Lannis Buff 39:18

MALE SENIOR GRAND MASTERS
1 Nick Honerkamp 25:54

FEMALE AGE GROUP: 10 & UNDER
1 Anna Britt 1:03:25

MALE AGE GROUP: 10 & UNDER
1 Jarod Gregg 30:06
2 Benton Bilbrey Iv 37:52
3 Beckett Downes 46:12

FEMALE AGE GROUP: 11 - 14
1 Mindy Swinehart 28:26
2 Lauren Hough 34:51
3 Caroline Britt 1:03:36

MALE AGE GROUP: 11 - 14
1 Nate Manning 33:28
2 Nate Hudgins 38:11
3 Brendan Downes 46:12

FEMALE AGE GROUP: 15 - 19
1 Rei Mendenhall 40:46
2 Izzy Willingham 45:52

MALE AGE GROUP: 15 - 19
1 Timothy Goode 29:55
2 Ryan Wolfe 33:31
3 Kainyn Mendenhall 42:19

FEMALE AGE GROUP: 20 - 29
1 Andrea Danielle Lin 31:32
2 Josie Alavi 38:38
3 Catie Cox 39:16
4 Jessica Jante 39:44
5 Jessica Hixon 45:18
6 Amanda Bowen 1:02:47

MALE AGE GROUP: 20 - 29
1 Chris Hixon 45:18
2 Shane Wolfe 48:46

FEMALE AGE GROUP: 30 - 39
1 Brooke Mendenhall 29:16
2 Carol Guerra 30:46
3 Eleanor Evatt 31:05

4 Dee Underwood 32:43
5 Cathy Bissell 33:52
6 Tabatha Chandler 36:42
7 Ksenia Douhne 36:46
8 Lucy Rymer 37:50
9 Cora Goldman 42:10
10 Ashley Proctor 42:31
11 Andrea Serpas 43:17
12 Rebecca Kirby 52:15
13 Laura Ray 52:16
14 Amanda Smith 52:41
15 Christie Price 1:01:02

MALE AGE GROUP: 30 - 39
1 Dusty Crews 21:25
2 Chris Stallings 24:44
3 Randall Bissell 27:28
4 Shane Wright 28:24
5 James Norwood 28:42
6 Corey Evatt 29:34
7 Caleb Atkinson 29:52
8 Matt Hauber 29:52
9 Stephen Douhne 30:28
10 Benton Bilbrey 37:53
11 David Goldman 42:07

FEMALE AGE GROUP: 40 - 49
1 Marie Howell 31:57
2 Becky Logan 37:57
3 Jana Buff 39:16
4 Jane Ellis 40:07
5 Dawn Downes 48:19
6 Dana Britt 57:34
7 Laurie Dotson 1:01:02
8 Emily Ramos 1:01:02

MALE AGE GROUP: 40 - 49
1 Chris Hough 29:38
2 David Antrim 30:44
3 Allan Ragsdale 34:06

FEMALE AGE GROUP: 50 - 59
1 Connie Hudgins 35:54
2 Eloise Wolfe 38:46
3 Brenda Szabo 40:09
4 Cathy Hough 41:19
5 Teresa Manning 52:30
6 Nancy Williams 1:10:06

MALE AGE GROUP: 50 - 59
1 Chris Theobald 25:27
2 Mark Elam 29:35
3 Patrick Howell 31:57
4 Steve Smalling 32:51
5 Kyle Elrod 33:59
6 Joe Lovelady 37:21
7 Sam Manning 44:14
8 Arch Willingham 45:52
9 Mike Wolfe 52:30

FEMALE AGE GROUP: 60 & OVER
1 Gail Hoxworth 50:10

MALE AGE GROUP: 60 & OVER
1 Walter Kovacs 26:21
2 Richard Kramer 28:44
3 Bob Nevil 36:17

10K RESULTS

OVERALL FEMALE
1 Jan Gautier 44:29

OVERALL MALE
1 Dean Thompson 36:36

FEMALE MASTERS
1 Lisa Logan 47:13

MALE MASTERS
1 Ryan Shrum 38:18

FEMALE GRAND MASTERS
1 Karen Leavitt 51:07

MALE GRAND MASTERS
1 Geary Fults 44:32

FEMALE SENIOR GRAND MASTERS
1 Connie Regal 58:08

MALE SENIOR GRAND MASTERS
1 Thomas Starke 44:49

FEMALE AGE GROUP: 11 - 19
1 Samantha Murray 46:54

FEMALE AGE GROUP: 20 - 29
1 Kelly Kenner 51:32
2 Cassie Little 53:58
3 Cara Berry 1:01:48
4 Morgan Burke 1:02:11
5 Leigh Pendergrass 1:08:09
6 Michelle Walker 1:12:09
7 Becca Bowen 1:20:39
8 Jessica Welch 1:24:37

MALE AGE GROUP: 20 - 29
1 Ken Curran 36:58
2 Tim Zorca 43:44
3 Josh Pratt 1:01:42
4 Justin Williams 1:08:11

FEMALE AGE GROUP: 30 - 39
1 Clarissa Ragsdale 57:44
2 Amanda Matson 58:49
3 Jaclyn Beckler 1:00:03
4 Elisabeth Botta 1:02:11
5 Marya Schalk 1:03:58
6 Deanna Brown 1:06:35
7 Devondra McMillan 1:10:39
8 Maura McKenna 1:15:10
9 Whitney Allison 1:16:13

MALE AGE GROUP: 30 - 39
1 Mark Malecky 42:20
2 Kyle Kristin 44:01
3 Shaun Walker 45:37
4 Nate Barstow 46:30
5 Rusty Lee 49:48
6 Michael Swinehart 56:02
7 Andy Walker 1:12:09

FEMALE AGE GROUP: 40 - 49
1 Janis Kelman 47:35
2 Jenee Dessenberg 1:04:43
3 Sharon Farmer 1:06:46

MALE AGE GROUP: 40 - 49
1 Tripp McCallie 38:28
2 David Lane 43:59
3 Robert Barnes 44:31
4 Scott Murray 46:58
5 Brian Bolt 51:24
6 Jonathon Hodgson 52:30
7 Tim Burnett 52:55
8 Jay Roueche 54:33
9 Ric Johnson 58:06
10 J.D. Morgan 1:16:55

FEMALE AGE GROUP: 50 - 59
1 Diana McElveen 52:27

MALE AGE GROUP: 50 - 59
1 Tulio Soto 46:22
2 Larry Aulich 48:01
3 Michael McCawl 49:16
4 Bill Brock 56:42

FEMALE AGE GROUP: 60 & OVER
1 Sue Anne Brown 1:12:17
2 Bonnie Wassin 1:22:01

MALE AGE GROUP: 60 & OVER
1 Mike Usher 50:13
2 John Crawley 50:42
3 Steve Johnson 56:19



CHATTANOOGA MARATHON

presented by of Tennessee

FULL • HALF • TEAM RELAY • 5K • KIDS FUN RUN

TRAIN Together

16-week training program for the marathon & half marathon begins Nov. 14.

Weekly Runs

Mondays from the downtown Sports Barn at 6:15 pm

Wednesdays from the downtown Sports Barn at 6:15 pm

Saturdays from the downtown YMCA at 7:30 am



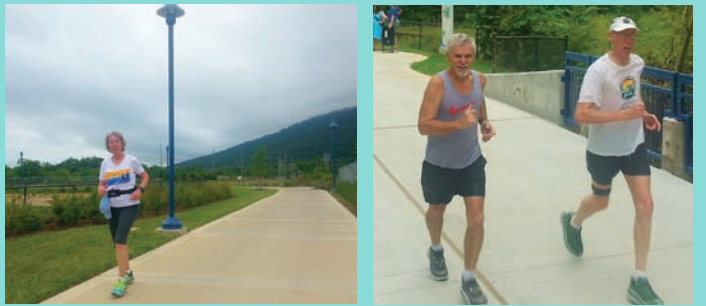
More Details at:

ChattanoogaTrackClub.org or ChattanoogaMarathon.com

The training programs are run by the Chattanooga Track Club. Groups runs are held year round. Simply drop by a run.



On My Own 2 Feet is a running program by the CTC started this summer by Robert Gustafson and Rita Fanning. The program provides coaching and gear to homeless citizens to encourage confidence and healthy habits. Volunteers from the CTC meet weekly for group runs.



A new, 3-mile extension to Chattanooga's famous Riverwalk Park opened recently connecting downtown to St. Elmo. It's already a favorite spot for walkers, runners and cyclists with beautiful views of the mountain and river.



CTC members were, again, a big part of Ironman Chattanooga. Costumes, music and noisy fun greeted triathlon runners at the CTC aid station.



The Chickamauga Battlefield Marathon, Half, 5K, & Jr. Marathon is known for its unique medals commemorating iconic state monuments found in the historic military park. This year's medal depicts the Florida Monument. Participants in all distances will receive a finisher's medal.

CHATTANOOGA TRACK CLUB MEMBERS MAKE THINGS HAPPEN

This year we introduced a significant change in how memberships are handled by the club. Instead of all memberships expiring at the end of 2016, your CTC membership will expire one year from when you last signed up or renewed. Many memberships will be expiring in the next few months so now is a great time to check your status. If your membership is nearing expiration, there's no need to wait. Renew now and your next year of CTC membership will begin when the previous year expires.

We've had a great 2016 so far and there's still much ahead. The biggest event of the race calendar, the Chickamauga Battlefield Marathon, Half Marathon, 5K, & Jr. Marathon, will happen soon. This major event draws runners from all over the nation and was recently named in a list of the Best 10 Southern Marathons in the U.S.. Be sure you join your fellow club members to either run or volunteer and help make our signature event a success!

Later this month we'll choose new officers and board members at the Election Social. The dedicated volunteers on the CTC's board of directors provide responsible oversight and make key decisions to ensure the financial health of our club. All CTC members are encouraged to vote, visit the CTC website or see the article in this newsletter for details.

Thank you to all our club members. Your gifts of time and money make everything we do possible.

the **Y** YMCA

ZONE TRAINING

STRONGER WITH EVERY BEAT.

Included with your Y membership!

YMCA OF METROPOLITAN CHATTANOOGA
ymcachattanooga.org

World-class athletes have long known zone training is a must to train effectively for optimal performance. Optimize your Y exercise experience by applying this training in the group exercise realm! Train like the athletes and get the most out of every minute invested in your workout.

By participating in this voluntary interval-style program, learn how intensely you should work during class to see the greatest results. By seeing zones on a large TV screen and wearing a heart rate monitor (ANT+Bluetooth capability required – use your own or purchase at the Y), you'll be able to hold yourself accountable to the recommended zones by pushing harder or knowing when to back off. Even better, afterwards you'll receive an email summarizing your workout.



Look for this icon to see if you're in a Zone class.

SHOES | APPAREL | NUTRITION | ACCESSORIES

COME RUN WITH US

#FastBreakCHATT



**FAST
BREAK**

ATHLETICS

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Chattanooga, TN 37405
(423) 265-0531
www.fastbreakathletics.com



RACCOON MTN. ROAD RACE, 5K, 10K 2016 RESULTS

5K RESULTS

OVERALL FEMALE
1 Meghan Whitley 23:45

OVERALL MALE
1 Jasper Wilson 18:41

FEMALE MASTERS
1 Sue Damstetter 26:49

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1 Zoltan Szabo 21:06

FEMALE GRAND MASTERS
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1 Olivia Lacy 35:34

MALE AGE GROUP: 14 & UNDER
1 Tanner Wilson 26:45
2 Caleb Pope 33:51

MALE AGE GROUP: 15 - 19
1 Jivan Taj 30:54

FEMALE AGE GROUP: 20 - 29
1 Morgan Womack 35:17
2 Nicole Dyer 37:37
3 Mary Beth Hasty 42:09

MALE AGE GROUP: 20 - 29
1 Brandon Davidson 27:56
2 Zac Landreth 29:42
3 Tanner Beverly 35:17

FEMALE AGE GROUP: 30 - 39
1 Melinda Jamieson 34:48
2 Emily Goolsby 37:32

MALE AGE GROUP: 30 - 39
1 Andrew Kean 22:32
2 Anthony Vance 23:58
3 Tyson Lafferty 37:29

FEMALE AGE GROUP: 40 - 49
1 Brigitte Aho 37:16
2 Jennifer Carter 37:44
3 Melanie Pope 37:44
4 Jeri Rector 40:09

MALE AGE GROUP: 40 - 49
1 Ray Bosnell 29:09
2 Allan Ragsdale 33:45

FEMALE AGE GROUP: 50 - 59
1 Laura Baker 30:58
2 Carolyn Funderburk 31:08
3 Linda Carson 32:51
4 Robin Marshall 35:14
5 Brenda Szabo 40:54

MALE AGE GROUP: 50 - 59
1 Buck Gentry 26:28
2 Chris O'Connor 26:36
3 Jon Wojtowicz 27:53

FEMALE AGE GROUP: 60 & OVER
1 Marcia Miller 36:37
2 Ginie Gray 36:43
3 Jane Webb 38:02

MALE AGE GROUP: 60 & OVER
1 Louis Bryan 24:49
2 Nick Honerkamp 25:50
3 Thomas Sisemore 27:18
4 Louis Anderson 33:42
5 Gene Myers 37:34

OVERALL FEMALE
1 Jan Gautier 46:40

10K RESULTS

OVERALL MALE
1 Dean Thompson 37:15

FEMALE MASTERS
1 Lisa Logan 47:38

MALE MASTERS
1 Ryan Shrum 38:17

FEMALE GRAND MASTERS
1 Jodi Davis 48:07

MALE GRAND MASTERS
1 Thomas Starke 44:56

FEMALE SENIOR GRAND MASTERS
1 Connie Regal 57:32

MALE SENIOR GRAND MASTERS
1 John Crawley 50:39

FEMALE AGE GROUP: 19 & UNDER
1 Abbie Kerr 1:12:11
2 Orienne Gage 1:12:11

MALE AGE GROUP: 19 & UNDER
1 Bailey Burns 44:39

FEMALE AGE GROUP: 20 - 24
1 Mary Patterson 1:00:10
2 Ashley Zidan 1:00:11

MALE AGE GROUP: 20 - 24
1 Tim Zorca 44:37
2 Jonathan Hutchins 44:48

FEMALE AGE GROUP: 25 - 29
1 Olivia Swint 1:05:39
2 Kailyn Sullivan 1:10:35
3 Nancy Holmes 1:29:44
4 Rose Brock 1:42:03

MALE AGE GROUP: 25 - 29
1 Andrew May 57:22

FEMALE AGE GROUP: 30 - 34
1 Clarissa Seales 54:20
2 Jaclyn Beckler 55:06
3 Brianna Stambaugh 56:40
4 Andrea May 57:22
5 Clarissa Ragsdale 58:15
6 Nikki Wortman 1:00:24
7 Melissa Crane 1:06:39
8 Maria Domingo 1:12:26
9 Kelly Johnson 1:23:40
10 Amber Cunningham 1:26:27
11 Kelly Lunt 1:27:59

MALE AGE GROUP: 30 - 34
1 Michael Hullender 48:49
2 Andrew Bailey 49:51
3 Joseph Clark 50:35
4 Andrew Irwin 52:36
5 Caleb Stambaugh 55:52
6 Wesley Wortman 1:00:24
7 Dustin Crane 1:04:51

FEMALE AGE GROUP: 35 - 39
1 Trena Phillips 56:34
2 Stacey Malecky 58:10
3 Nicole Weyenberg 1:00:37
4 Cathy Bissell 1:09:54

MALE AGE GROUP: 35 - 39
1 Troy Ketchum 40:30
2 Joseph Watson 44:42
3 Nate Barstow 44:46
4 Colin Heenan 45:29

FEMALE AGE GROUP: 40 - 44
1 Angie Skiba 58:09
2 Barbara Blansett 1:11:50

MALE AGE GROUP: 40 - 44
1 Jose Pulido 40:45
2 Ed Esposito 45:28
3 Tim Skiba 58:32

FEMALE AGE GROUP: 45 - 49
1 Jennie Gentry 52:37
2 Stacey Quinn 1:11:53
3 Angie Chambers 1:18:24

MALE AGE GROUP: 45 - 49
1 Tripp McCallie 38:50
2 Brian Bolt 52:25

FEMALE AGE GROUP: 50 - 54
1 Corinne Henderson 1:00:22

MALE AGE GROUP: 50 - 54
1 Henry Lynn 48:06
2 Ray Beem 49:03
3 Chris Theobald 54:28
4 Kyle Elrod 1:09:58

FEMALE AGE GROUP: 55 - 59
1 Karen Leavitt 51:10

MALE AGE GROUP: 55 - 59
1 Jimmy Layne 50:02
2 Joe Dumas 52:55
3 Anthony Grossi 57:53
4 Bill Brock 58:13
5 David Halicks 1:07:29

FEMALE AGE GROUP: 60 - 64
1 Cathy Gracey 1:04:36

MALE AGE GROUP: 60 - 64
1 Martin Jansen Van Re 1:16:36

MALE AGE GROUP: 65 - 69
1 Daniel Smith 1:12:18

FEMALE AGE GROUP: 70 & OVER
1 Sue Anne Brown 1:13:34
2 Bonnie Wasson 1:23:08

Choose Your BATTLE

Chickamauga Battlefield Marathon / Half / Junior & Fort Olgethorpe 5k



November 12, 2016 / Fort Olgethorpe, GA

BattlefieldMarathon.com



Use the code CTC16 to receive \$5.00 off the full & half.

Law Enforcement, Emergency Responders & Military receive \$15 off the full & half and \$5 off the 5k.



SIGNAL MTN 10K / PIE RUN 2016 RESULTS

Photo By: Sarah Barnes



MAKE A GOOD THING EVEN BETTER // VOTE!

OVERALL FEMALE	
1 Amanda Tate	41:37
2 Dianna Leun	42:54
OVERALL MALE	
1 Joseph Goetz	36:11
2 Kevin Huwe	36:34
FEMALE MASTERS	
1 Jan Gautier	46:26
MALE MASTERS	
1 Ryan Shrum	38:54
FEMALE GRAND MASTERS	
1 Connie Regal	57:36
MALE GRAND MASTERS	
1 Thomas Starke	44:10
FEMALE SENIOR GRAND MASTERS	
1 Cathy Gracey	1:01:02
MALE SENIOR GRAND MASTERS	
1 Mike Usher	48:21
FEMALE AGE GROUP: 15 - 19	
1 Orienne Gage	1:00:41
MALE AGE GROUP: 15 - 19	
1 Dawson Peak	42:59
2 Jamie Myers	52:05
FEMALE AGE GROUP: 20 - 24	
1 Adrienne Muncy	59:56
MALE AGE GROUP: 20 - 24	
1 Jonathan Hutchins	39:51
2 Tim Zorca	42:58
FEMALE AGE GROUP: 25 - 29	
1 Jennifer Huwe	45:33
2 Mary Helen Montgom	54:31
3 Camille Ward	58:46
4 Hannah Blanton	1:00:03
5 Nadine Gates	1:01:31

6 Christina Jolander	1:04:00
7 Sarah Lyman	1:04:08
8 Jillian Scott	1:10:54
MALE AGE GROUP: 25 - 29	
1 Chas Webb	46:04
2 Danny McBride	50:03
3 Francisco Pedro Jr	51:12
4 Andrew May	52:48
5 Drew Lyness	1:00:56
FEMALE AGE GROUP: 30 - 34	
1 Andrea May	52:48
2 Brianne Stambaugh	54:04
3 Jennifer McDonald	54:21
4 Nikki Wortman	57:48
5 Leigh McAfee	59:20
6 Stephanie Carter	1:07:46
7 Rebecca Jones	1:21:09
MALE AGE GROUP: 30 - 34	
1 Gregg Sutton	46:00
2 Adam Smith	48:16
3 David Cofer	49:14
4 Wesley Wortman	50:30
5 Jonathan Hyde	54:00
6 Thomas Prettyman	54:56
7 Josh Scott	1:01:11
8 Phillip York	1:21:09
FEMALE AGE GROUP: 35 - 39	
1 Julie Stowe	53:32
2 Lara Watson	53:33
3 Kelly Arnold	55:14
4 Lyndsay Frankenberg	59:42
5 Erin Wilke	1:00:26
6 Ruby Sutton	1:08:32
7 Carrie Tate	1:10:40
8 Karen Hulley	1:19:22
MALE AGE GROUP: 35 - 39	
1 Neal Hanley	39:51
2 Joshua Rogers	45:36
3 Brian Renninger	54:25
4 John Sweet	55:45

FEMALE AGE GROUP: 40 - 44	
1 Lisa Logan	46:55
2 Heather Mahan	51:44
3 Maggie McCallie	59:41
MALE AGE GROUP: 40 - 44	
1 Jose Pulido	40:54
2 Ed Esposito	45:00
3 Stewart Williams	49:18
4 Francisco Soutuyo	50:03
5 Chad Burdyshaw	52:10
6 Glenn Mahan	56:56
FEMALE AGE GROUP: 45 - 49	
1 Jennie Gentry	51:17
2 Barbara Ensign	51:52
3 Jennifer Newton	53:02
4 Jennifer Funk	53:02
5 Kimberley Peak	1:05:03
MALE AGE GROUP: 45 - 49	
1 Tripp McCallie	39:01
2 Brian Bolt	50:22
3 Jeff Cannon	50:40
4 Rich Graham	53:04
5 Michael Celichowski	54:11
6 Matt Wilkerson	59:15
7 John Smith	1:30:57
FEMALE AGE GROUP: 50 - 54	
1 Corinne Henderson	59:45
2 Wendy Roth	1:01:10
3 Kimberly Wilkins	1:06:55
4 Sheri Blair	1:20:57
MALE AGE GROUP: 50 - 54	
1 Ed Baucom	47:26
2 Henry Lynn	48:17
3 Ray Kellum	51:40
4 Chris Theobold	52:01
5 Steve Tompkins	57:37
6 Steven Bush	58:23
7 Peter Wilson	58:26
8 Rick Leun	1:00:48

FEMALE AGE GROUP: 55 - 59	
1 Cathleen Fuller	1:03:01
2 Colleen Gordon	1:03:06
3 Carolyn Funderburk	1:04:26
MALE AGE GROUP: 55 - 59	
1 Timothy Cleary	51:54
2 Bill Brock	55:14
3 Steve Bender	55:44
4 Mike Kirkland	56:04
5 Matt O'Neill	56:35
6 Steve Smalling	1:08:23
7 Kevin Blair	1:08:52
MALE AGE GROUP: 60 - 64	
1 John Crawley	49:27
2 Thomas Russe	52:26
3 David Presley	57:29
4 Carter Lynch	59:01
MALE AGE GROUP: 65 - 69	
1 Nick Honerkamp	54:03
2 Daniel Smith	1:11:16
FEMALE AGE GROUP: 70 & OVER	
1 Sue Anne Brown	1:10:45
2 Bonnie Wassin	1:24:21
MALE AGE GROUP: 70 & OVER	
1 Sergio Bianchini	53:42
2 Wes Rehberg	1:35:52



VOTE!! After a contentious national election season it's understandable to feel a certain amount of voter fatigue. Though you won't see any yard signs or hear any fiery rhetoric about the Chattanooga Track Club elections, we hope you appreciate how valuable every vote from each club member is. By casting your vote for new officers and directors, you're demonstrating your appreciation and support of the Chattanooga Track Club.

On November 15, the club will elect 6 new officers and 6 directors from 16 candidates. These candidates are all volunteers willing to give their time and energy to guiding the club for the next year (officers) or two years (directors). They'll make decisions about club finances like donations to our many charity partners and equipment purchases. They'll work with race directors to ensure the professional-quality races the CTC is known for continue to grow and improve.

The candidates are likely, people you know. They're people you train with, race with, and socialize with. You've seen their names when you check results after another excellent CTC race. Like you, they've invested their money and time in the Track Club and want good things for the club and its members. Please support them by voting and, if you can, attending the Election Social on November 15. The event is free to all CTC members and will be held at The Gallery in Red Bank. The program begins at 6:00 p.m. and there will be refreshments and a chance to meet fellow runners.

Below is a list of the candidates and the positions for which they are running. CTC members will receive, by email, a ballot with options for voting online, by mail, or in-person. You can also get information about the Election Social through the Chattanooga Track Club Facebook page. *If you have questions about the CTC election or about voting please contact the election committee at secretary@chattanoogatrackclub.org.*

CTC CANDIDATES FOR ELECTION

CTC OFFICERS 1-YEAR TERM	CANDIDATE	CTC DIRECTORS 2-YEAR TERM	6 SEATS AVAIL.
President-Elect <i>(to serve as CTC President in 2018)</i>	Jenni Berz		
Vice-President of Races.....	Bill Brock	Larry Aulich	Jason Liggins
Vice-President of Membership.....	Stacy Boydston	Vivlian Barrera	Lisa Logan
Vice-president of Membership.....	Deleslyn Mitchell	Marco Bianchini	Matt O'Neill
Vice-president of Communication.....	Elizabeth Petty	Sergio Bianchini	Chris Theobold
Treasurer.....	Dick Miller	Mandee Cain Keith	Lynda Webber
Secretary.....	No Candidates		



TURKEY TROT

PRESENTED BY
CHATTANOOGA
KIDNEY CENTERS

NOV 24
2016

Thanksgiving Morning

SPORTSBARN EAST

8K • 3 mile walk
1 mile fun run • Kiddie K

DOGS
WELCOME!

We'll be
there!

make it a family tradition!



REGISTER AT ANY SPORTSBARN LOCATION OR AT
www.kidneyfoundation.com/events

UPCOMING CTC RACES AND EVENTS



Chickamauga Battlefield Marathon, Half Marathon, 5K, & Jr. Marathon *November 12*

The CTC's premiere race and one of the most scenic marathons in the nation. All participants receive a finisher's medal.



CTC Election Social

November 15

Join fellow club members to elect 2017 directors and officers. Begins at 6:00 p.m. at The Gallery in Red Bank; free admission and refreshments for CTC members.



Sports Barn Turkey Trot

November 24

A Thanksgiving Tradition in Chattanooga for 24 years, supporting the Kidney Foundation of Chattanooga.



Wauhatchie Trail Run

December 17

From the 6.7 mile trail course at Chattanooga Arboretum & Nature Center, to the recycled prizes, this is one of the most unique races on the CTC calendar. There's plenty of fun and snacks at this event!

MISSIONARY RIDGE ROAD RACE (4.7M) 2016 RESULTS CONT.

MALE AGE GROUP: 40 - 44
1 Nathan Kile 29:59
2 Brandon Meredith 34:02
3 Scott Kennedy 34:18
4 Clay Ellis 35:17
5 Eric Geren 37:04
6 Jason Butcher 37:31
7 Aaron Ford 39:09
8 Heath Evans 51:19
9 Lamar Gothad 53:59

FEMALE AGE GROUP: 45 - 49
1 Jennie Gentry 38:49
2 Barbara Ensign 39:58
3 Starr Thomison 49:30
4 Kelly Peterson 54:12
5 Beth Bales 59:07
6 Tammie Lombardi 1:29:06

MALE AGE GROUP: 45 - 49
1 Tripp McCallie 28:45
2 David Moghani 32:32
3 Bernardo Lopez 33:00
4 Robert Barnes 33:13
5 Brian Bolt 37:40
6 Sean Mullett 38:36
7 Crandall Caughman 39:04
8 Tim Foote 39:18
9 Shawn Parnaby 40:56
10 David Lillard 41:10
11 Dave Porfiri 41:22
12 David Glenn 43:54

13 Thomas E. Viall 1:09:48
14 Dan Lombardi 1:29:06

FEMALE AGE GROUP: 50 - 54
1 Jodi Davis 37:50
2 Sue Barlow 41:06
3 Lynne Barkeloo 43:20
4 Elizabeth O'Connor 45:53
5 Wanda Espy 47:35
6 Corinne Henderson 47:57
7 Atress McBee 47:58
8 Amy Oliver 48:09
9 Maria Mendez 49:04
10 Shelia Harris 52:45
11 Anettee Tolliver 57:31

MALE AGE GROUP: 50 - 54
1 Henry Lynn 35:32
2 Larry Aulich 35:43
3 Ray Beem 38:39
4 Chris Theobold 42:18
5 Steve Heath 46:54
6 Michael Alfano 47:46
7 Jeffrey Condit 48:21
8 Brian Tierney 52:11
9 Kyle Elrod 52:32
10 Dan Tolliver 59:21

FEMALE AGE GROUP: 55 - 59
1 Karen Leavitt 38:33
2 Sharon Goforth 38:36
3 Janet Felton 47:08
4 Dayanne Baucom 1:04:01

5 Laura Westbrook 1:09:16
6 Janice Wycherley 1:19:39

MALE AGE GROUP: 55 - 59
1 Jimmy Layne 37:09
2 David Long 38:44
3 Greg Bruner 39:00
4 Joe Dumas 41:50
5 Matt O'Neill 42:38
6 Tony Grossi 42:51
7 David Autry 43:58
8 Walter Stamper 46:16
9 Abby Hyde 47:53
10 Scott Bailey 49:07
11 David Halicks 49:42
12 Rob Elsea 52:46
13 Tim Murray 52:47
14 Robert Stroud 1:01:23

FEMALE AGE GROUP: 60 - 64
1 Ginnie Gray 1:01:33
2 Darlene White 1:06:45

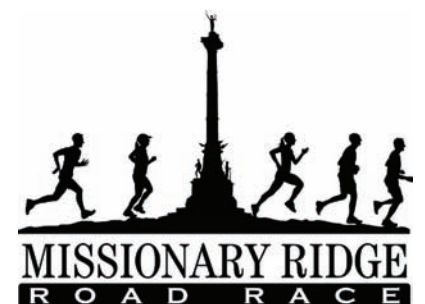
MALE AGE GROUP: 60 - 64
1 Curt Zacharias 35:14
2 Mike Usher 37:10
3 David Leatherman 38:15
4 Randall Godwin 38:26
5 Thomas Russe 40:15
6 Peter Schiller 42:15
7 Carter Lynch 42:53
8 Quint Mansell 43:48
9 David Mann 45:21

10 Rich Mercer 50:55
11 Tim Metcalf 51:10
12 Jack McConnell 54:32
13 Martin Jansen Van 59:10

MALE AGE GROUP: 65 - 69
1 Ronald Reid 38:48
2 Bill Henderson 43:21
3 Steve Bennett 44:49
4 James Hammond 59:10

FEMALE AGE GROUP: 70 & OVER
1 Sue Anne Brown 49:27
2 Bonnie Wasson 1:04:01

MALE AGE GROUP: 70 & OVER
1 Sergio Bianchini 39:36
2 Lawrence Cook 50:26
3 David Wycherley 1:19:37



CENTER for SPORTS MEDICINE
ORTHOPAEDIC
URGENT CARE

NO APPOINTMENT NEEDED

to see a sports medicine physician for the treatment of non-emergency injuries such as sprains, strains, fractures, and sports injuries.

**THREE URGENT CARE LOCATIONS
 OPEN MONDAY - FRIDAY, 8 AM - 4 PM**

Cleveland office Friday hours: 8 AM - Noon



Dr. Jason Robertson
 URGENT CARE DIRECTOR
 McCALLIE AVE. OFFICE



Dr. Bradford Mitchell
 URGENT CARE DIRECTOR
 HIXSON OFFICE

Main Office Urgent Care:
 2415 McCallie Avenue in Chattanooga

Hixson Urgent Care:
 Located behind CHI Memorial Hixson
 at 2051 Hamill Road, Suite 3000

Cleveland Urgent Care:
 2400 North Ocoee Street in Cleveland



For Sports Medicine & Orthopaedics



423.624.2696

sportmed.com



BULLETIN BOARD

Fall 2016

**JOIN A CTC
 RUNNING
 GROUP!**

**R.S.V.P. for
 Election Social
 - Nov. 15 -**

Renew your
**CTC
 Membership**

**Sports Barn
 Turkey Trot
 November 24**

**Shop local
 for new
 gear!**

January 2017

**Membership
 Banquet!!**



Greetings, trail runners!

The Wild Trails Lookout Mountain 50 Mile 10K Race is adding to its list of options this year. If you'd like to run less than a 10K and haven't tried the 8K distance, plan to sign up for this event. It will be an accurate, wheeled course in the Covenant cross-country park. With the kids just off their season, this makes a great event to keep them motivated. Unlike the 10K, this 8K will mostly be within the college XC trail system. We're also adding a 21-mile option so runners who aren't ready for a 50-mile, can get a beautiful, long run on a scenic course in the Chattanooga National Military Park and Reflection Riding Arboretum and Nature Center. All races start at the Covenant College campus on Saturday, December 17th.

See the race details for start times, cost, locations, profiles, and course descriptions. More information is available at Wildtrails.org. We hope to see you there.



Happy trails,
 Randy Whorton



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




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RACE CALENDAR

Race dates are verified but might change.
 Please visit www.chattanoogatrackclub.org
 for the latest information on races and events.

LEGEND

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

NOVEMBER

- 12 Battlefield Full/Half Marathon, & 5K 
- 24 Sportsbarn Turkey Trot 




DECEMBER

- 17 Wauhatchie Trail Race 

MARCH 2017

- 05 Erlanger Chattanooga Marathon

APRIL 2017

- 01 65 Roses 5K 
- 15 Locomotion 12 & 6 
- 22 Chickamauga Chase 

May 2017

- 29 Chattanooga Chase 