

JOGGING AROUND



CTC LONG RUNNER PROFILES

RUNNING REHAB: CHECK YOUR FORM

CHICKAMAUGA CHASE, A TRIBUTE

REMEMBERING JOHN BRUNER



Chattanooga Track Club

Officers for 2017

President

Jane Webb
president@chattanoogatrackclub.org

President-Elect for 2018

Jenni Berz
presidentelect@chattanoogatrackclub.org

VP/Communications

Beth Petty
vpcommunications@chattanoogatrackclub.org

VP/Races

Bill Brock
vpraces@chattanoogatrackclub.org

VP/Membership

Stacy Boydston
vpmembership@chattanoogatrackclub.org

Secretary

Jason Liggins
secretary@chattanoogatrackclub.org

Treasurer

Dick Miller
treasurer@chattanoogatrackclub.org

Past President

John Crawley
pastpresident@chattanoogatrackclub.org

Directors

| | |
|-------------------|---------------|
| Whitney Allison | Class of 2017 |
| Joe Klein | Class of 2017 |
| Deleslyn Mitchell | Class of 2017 |
| Allison Skiles | Class of 2017 |
| Chris Theobald | Class of 2017 |
| Roy Webb | Class of 2017 |
| Larry Aulich | Class of 2018 |
| Marco Bianchini | Class of 2018 |
| Sergio Bianchini | Class of 2018 |
| Mandee Keith | Class of 2018 |
| Lisa Logan | Class of 2018 |
| Lynda Webber | Class of 2018 |

Staff

Club Manager

Stacey Malecky
smalecky@chattanoogatrackclub.org

Design / Layout

Beth Paden
paden.beth@gmail.com

Equipment Manager

Paul Wells
equipmentmanager@chattanoogatrackclub.org

Timing Manager

Trey Stanford
treystanford04@yahoo.com

JOGGING AROUND

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

Editor

Sujeel Taj

Cover Photo

Dan Luzynski, Tennessee Sports Pic's

Layout/Design

Beth Paden
www.bethpaden.design

Photography

Whitney Allison
Catherine Crawley
contributed photos

Printing

Village Print Shoppe

Chattanooga Track Club Mission Statement

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

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

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

IN THIS ISSUE...

| | |
|---|------------|
| From the CTC President (Jane Webb) | 1 |
| On The Cover | 1 |
| Club Communication (Beth Petty) | 2 |
| CTC Membership colum | 3 |
| CSMO Runner Rehab (Andy Gean) | 5 |
| Race Results: Missionary Ridge Road Race | 7 |
| CTC Long Runners (Lynda Webber) | 9 |
| A Tribute to the Chickamauga Chase (Gene Hodge) | 18 |
| Race Results: Raccoon Mtn. Road Race | 19 |
| Remembering John Bruner (John Hunt) | 20 |
| 2007, A Look Back (Melodie Thompson) | 22 |
| Race Calendar | Back Cover |



FROM THE CLUB PRESIDENT



WEBB THOUGHTS

The 2nd half of 2017 is proving to be very full and fun!

Since I last reported to everyone, we held the hugely successful 50th Anniversary of the Chattanooga Chase. Many thanks to Alan Outlaw and his team for running a well-loved race.

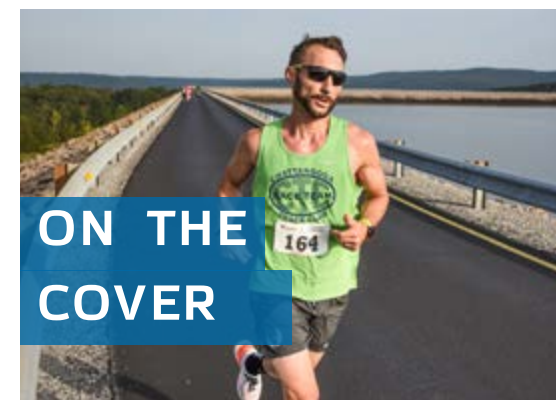
The Center for Sports Medicine and Orthopaedics RIVERBEND RACE 2017 was a big hit also, many thanks to CSMO and The Friends of the Festival for partnering with us so well in executing a great event. It was a mind-blowing experience for the race director ~ ME! Thanks volunteers and dream team for making me look good!

The Chattanooga Waterfront Triathlon was a wonderful event and everyone had a blast. Thanks a million to Jenni Berz and Team Magic. Of course, there were hundreds of fantastic volunteers!

The Scenic City Scorcher is a super event which allows Tennessee residents to set a 2 mile State Record!

We had a large number of runners achieve that wonderful goal!! Many thanks to Stacey Malecky for pulling this one together again! The bobble-head awards were a hit!

In early August we began work on a Fitness Trail at Howard High School! This is such a wonderful project and enrichment for students, staff, and faculty. Jenni Berz set up a Volunteer Sign up site at VOLCTC.ORG and many organizations have partnered to make this happen. Thanks Jenni!!!



Ryan McGinnis cruises ahead of the pack alongside the mountaintop reservoir in the CTC's Raccoon Mountain 10k.

Ryan finished first in his age division in the race known for its spectacular views of the Tennessee River Gorge and of Lookout Mountain.

Our Monthly Volunteers of the Month for this year are: Rita Fanning, Steve Johnson, Lynda Webber, Sarah Barnes, Jennifer Heinzl, and Beth Petty. A million thanks for all you do for CTC!!!

We have been on This and That on Channel 9 four times and have done 2 Radio Shows on Nooga Radio. Many thanks to James Howard and Cindy Deering.

We have done a great job of communicating this year and I want to especially thank our Vice President of Communication – Beth Petty for a GREAT Job!!! The videos to promote races have been a blast!

The Big Membership Event of the Year was held August 5th. We enjoyed eating, drinking, bowling and playing laser tag at Spare-time Entertainment ~ one of our amazing business partners. This was free and a big member benefit.

The free CTC t-shirts have been a big hit with the members this year and we had 2 to choose from!

Many thanks to Vice President of Membership Stacy Boydston!

The Missionary Ridge Road Race was wonderful ~ many thanks to Race Director Ryan Shrum!
FCA Race ~ Race Director Chad Varga ~ Wonderful Event!!!

Raccoon Mountain Road Race ~ Race Director Steve Smalling ~ Wonderful event!!!

Moccasin Bend Fall Classic ~ Race Director Sujeel Taj ~ Wonderful event!!!

Signal Mountain Pie Run ~ Race Director Bill Minehan ~ Race is in a few days and Numbers are UP!!!!!!

Our AID STATION at the Ironman Full and Ironman World (2 days) in September went amazing!

Stacy Boydston and her team of volunteers did amazing! Cops & Robbers theme at the World and Trolls at Full was well received by participants

Many, many thanks to our wonderful team of officers and board of directors' members for all the work they do behind the scenes to make everything work so well. Everyone is welcome to attend our monthly board meetings!

Hope to see all of you this Fall and Winter!

Many blessings to all.

Jane Webb is the 2017 CTC club president.
She can be reached at president@chattanoogatrackclub.org

THE LONG RUN

The Long Run is the endowment fund of the Chattanooga Track Club. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club.

The Club is committed to being a good steward of this fund and appreciates your generosity in helping build this legacy for our community. To contribute to The Long Run, please contact the Chattanooga Track Club.

A DEDICATION TO OUR MEMBERS

Stacy Boydston

Hello all you wonderful members of the CTC. I hope your summer has been enjoyable especially with trying to train in such heat and humidity. I have seen you at the races and you all look really strong. This column is another form of dedication, a dedication to each of our members. The Chattanooga Track Club is 525+ Members Strong and we are enjoying more and more diversity in our membership, including younger and very young runners, out of town runners, corporate sponsored runners, four-legged runners (dogs), and just more of everyone. And for this, I am extremely grateful.

The CTC has always had a strong membership base, but to see the new faces at races, events and yes, even the occasional Board of Directors meeting, brings great joy to my heart. I may not always remember your name (Sadly, I really stink at names, just ask some of my family members), but I will always know your face. Your face is the one that brightens my very early morning on race days, the one that encourages me as I aspire to finish my race, the one that makes all of those behind the scenes at races and events know how worthwhile their efforts have been.

You are the face of the Chattanooga Track Club and we are so proud to call you Friend.

The following is a list of 2017's new Chattanooga Track Club members and their families. Welcome and we are very excited to have you as part of the CTC.

To all our members who have renewed their memberships this year, Thank You. Unfortunately, there is not enough room to mention you each by name, but please know that without you, our club would not be the success it is.

**if I omitted any names, I apologize.*

- | | | |
|-------------------|--------------------|---------------------|
| Michael Andres | Debbie Fine | Marion Perkins |
| Amelia Atwell | Kimberly Ford | Chelsey Provenza |
| Jade Barry | Andy Gean | Shelby Reeves |
| Carrie Blansit | Nicole Giabrome | Jennifer Regan |
| Janet Blessing | Chelsea Gondek | Margaret Rodenhizer |
| David Bradford | Stephanie Goodman | Julie Russ |
| Stephanie Brennan | Emily Goolsby | Ashley Rutledge |
| David Brock | Joey Greer | Karen Sarnosky |
| Michael Brooks | Eileen Grubbs | Diane Seals |
| Bailey Brown | Art Higley | Paige Shaw |
| Jim Bryan | James Hintz | Christy Snyder |
| Jana Buff | Micah Howard | Amber Steeley |
| Jeffrey Cannon | Ross Hurley | Krista Stein |
| Donna Carter | Jared Ison | Sarah Stewart |
| Bobby Caswell | Lauren Johnson | Timothy Swafford |
| Juanita Chalmers | Zach Jones | Holly Swinea |
| Ella Cowden | David Lane | Jenny Taylor |
| Ann Cunningham | Sara Lankford | Tabitha Taylor |
| Kelly Daniels | Jody Lautigar | Willard Thrash |
| Lindsey Daniels | Thomas Loher | Terri Tubbs |
| Sharon Daniels | Suzi Luciano | Stewart Van Duzer |
| Donny Davidson | Ashley Malone | Kathi Wagner |
| Brandon Deering | Donald McArtor | John Wagoner |
| Rachel DeGarmo | Gail Meeker | Jeff West |
| Mary Dews | Aaron Mercer | Jeffrey White |
| Jennifer Dunson | Brandon Meredith | Randy Wilkes |
| Chris Eargle | Stacy Nelms | Luke Wilson |
| Starling Eargle | Elizabeth Nichols | William Wilson |
| Mark Elam | Stephanie Nidiffer | Hannah Winchester |
| Stewart Ellington | Jorge Nieves | Ashley Wood |
| Emily Ellis | Kathryn Outlaw | Meredith Zinke |
| Kelly Etchells | Kimberly Patterson | Tim Zorca |



PLENTY OF OPTIONS FOR KEEPING CTC MEMBERS INFORMED

Beth Petty

Let me first introduce myself, I am Beth Petty, VP of Communication for the Chattanooga Track Club. My first Chattanooga Track Club race was back in 2007 (Gateway 5K – Run for Schools) and after that I decided to join the club. Then in 2014 I wanted to become more involved. I was lucky enough to be elected to the Board of Directors in 2015 and then elected as VP of Communication in 2017. I am the person behind weekly/monthly race emails and our Instagram account.

DO YOU KNOW YOU CAN BE FEATURED IN OUR NEWSLETTER AS THE "GO FARTHER" PICTURE?

Just email me at: VPCommunications@ChattanoogaTrackClub.org.

Also, make sure and tag the track club on Instagram at [@chattanooga_track_club](https://www.instagram.com/chattanooga_track_club) or just use hashtags like [#runctc](https://www.instagram.com/runctc), [#racectc](https://www.instagram.com/racectc) or [#volctc](https://www.instagram.com/volctc). Fall is here and our race season is in full swing so we want to see your pictures!!

ARE YOU TRAINING FOR AN UPCOMING RACE?

Let us know by adding it to our Member Race Schedule on our Facebook page, "CTC on the Go!"

Communication is a vital part of the club and we do our best to keep everyone up-to-date on everything. If you have an idea about how to make the club better, let me know!

Beth Petty is the CTC's Vice-president of Communication. She can be reached at VPCommunications@chattanoogatrackclub.org.



The CTC was once again a big part of Ironman Chattanooga. The CTC aid station was a hit with the Ironman athletes.



CTC member, Laryssa Martinovich won an all-expense paid trip to Ireland this summer to run a 200K relay race courtesy of Saucony shoes. Starting in Dublin and ending in Kinvara, the Saucony Race to Kinvara is a two-day running event that takes runners through the picturesque landscape of Ireland. According to Laryssa, "The race was truly the trip of a lifetime – I can only hope to experience something like it again!"



CTC members Sergio Bianchini (left photo) and Richard Westbrook (right photo) completed another Vol State 500K Race this summer. This 314-mile race begins in Missouri and ends in Northeast Georgia. Here they are resting at the home of CTC member Steve Smalling whose house sits adjacent to the run course at the 295-mile point.



Joseph Brackett of PATH Chattanooga, Beth Petty, CTC VP of Communication, and Bendi the CTC Deer work on a promotional video for a club race.



Teagan and Tamsim cheer on David Jones as he approaches the finish line of the Raccoon Mountain 10K. David won second place in his age division.



The CTC made a donation to RRCA's youth program, Kids Run The Nation. The CTC is a member of the RRCA, a national organization for running clubs.



Some watches are made for everything. Forerunner was made for your thing.

Your thing makes a 4:30 a.m. alarm seem normal. Your thing turns your insides into a knot as you wait for the gun to go off. We get it. So we make forerunner watches with smart technology designed for runners. Not watches designed for, well, everybody. Find yours at Garmin.com/forerunner

Forerunner. For Runners.

4251 HIXSON PIKE CHATTANOOGA, TN | 10% OFF GARMIN WITH CTC ID
FRONTRUNNERATHLETICS.COM

TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE

CLINICAL RUNNING ASSESSMENT FOR RUNNING REHAB

CHECK YOUR FORM TO AVOID INJURY

Andy Gean, DPT, OCS, COMT

Returning to running after a running-related injury is a challenging process. In many instances, rehab for a runner focuses on where you hurt without addressing running form, which can be contributory to injury. If your pain initially began with running or training, a clinical running assessment is an important part of the rehab process.

WHAT IS INVOLVED IN A CLINICAL RUNNING ASSESSMENT?

In short, a therapist examines a runner's parts and the pattern. A physical examination of the runner's body (parts) as well as the runner's form (pattern) is essential as both are related. The physical exam (parts) evaluates mobility and stability of joints, muscle groups and movement patterns. Inadequate mobility or control of movements of the ankle, knee, hip and spine can directly contribute to suboptimal, and even unhealthy, running patterns. Examination of the running pattern assesses how a runner utilizes available mobility and stability during the running cycle. The therapist assesses body and joint positions at important phases of the running cycle via two-dimensional slow motion video. Accelerometers, which are small foot pods, gives further info on landing forces, symmetry, efficiency, and overall running economy.

WHAT DOES THE THERAPIST LOOK FOR DURING A VIDEO ANALYSIS?

Healthy, efficient running is characterized by soft, well aligned landings. Slow motion video analysis allows for form assessment during these key phases of the running cycle: initial contact (when the foot hits the ground initially), midstance (where the swing leg and stance leg are side-by-side), and push off (the last instance the foot contacts the ground). Side and rear video analysis is made during these phases to assess whether appropriate foot, ankle, knee, hip, and spine position is achieved during these crucial running phases.

Common elements assessed during the video analysis are:

- **Joint stiffness:** Ideal being not too stiff, and not too flexed. This affects force absorption and production.
- **Vertical excursion:** Is the form 'bouncy' suggesting wasted energy and potentially high landing forces?
- **Stride length:** Overstriding correlates with a number of common running injuries as joint, muscle, and bone stresses increase with overstriding. Optimal stride for distance runners is considered when the foot lands under the center of the runner's mass, joint forces are less in this condition.
- **Symmetry:** Symmetry of motion and control is requisite for efficient, healthy running. Therapists analyze form and control during right and left phases of running.

HOW IS A CLINICAL RUNNING ASSESSMENT USED IN CONJUNCTION WITH MY REHAB?

In that instance, anti-inflammatories, rest, and rehab focused solely on the area of pain may fail to get the runner back running in a pain free manner unless form is considered. Therapists compare results of the physical exam and the video analysis to determine whether deficiencies in specific body parts or regions contribute to an abnormal running pattern or whether an abnormal pattern is contributing to the localized pain issue. Identifying and addressing both is vital. In instances where running form may be contributing to pain, subtle changes in running form (gait re-training) can be implemented with the assistance of your therapist or running coach.

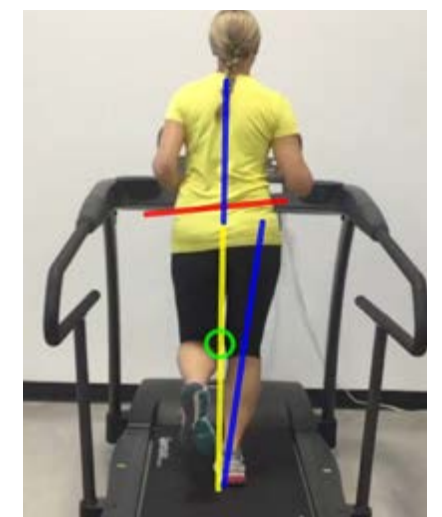
WHAT OTHER FACTORS SHOULD BE INVESTIGATED WHEN RETURNING FROM A RUNNING-RELATED INJURY?

A clinical running assessment gives important info on the potential cause of pain, but it certainly doesn't tell the whole story. Training volume, changes in training patterns, sleep and dietary habits are just a few other important elements that contribute to injury and should be considered.

WHERE CAN I RECEIVE A CLINICAL RUNNING ASSESSMENT?

The Center for Sports Medicine & Orthopaedics employs Physical Therapists who specialize in treatment and assessment of the runner. Running Assessments are offered at the Hixson (423 624 2696 ext 7735) or Lee Highway Clinic (423 713 5639) by Physical Therapists Amanda Tate and Andy Gean. Contact either clinic to schedule your appointment. No referral is required.

The author of this article, Andy Gean, is a Board Certified Orthopaedic Clinical Specialist who treats a variety of orthopaedic and athletic injuries at the new CSMO Lee Highway location. Andy and his wife, Callie, have three high-energy children: Tatum (5), Noah (3) and Knox (1). Not surprisingly, Andy enjoys running in his free time. The Center for Sports Medicine and Orthopaedics is a valued partner of the Chattanooga Track Club.



Choose Your Battle

Chickamauga Battlefield
 Marathon, Half Marathon, Junior Marathon
 & Fort Oglethorpe 5k - Nov. 11, 2017
 BattlefieldMarathon.com



MISSIONARY RIDGE ROAD RACE (4.7M) 2017 RESULTS

| | |
|---|---------|
| OVERALL FEMALE | |
| 1 Jessica Marlier | 29:03 |
| OVERALL MALE | |
| 1 Christian Thomps | 23:41 |
| FEMALE MASTERS | |
| 1 Lisa Logan | 34:58 |
| MALE MASTERS | |
| 1 Dean Thompson | 28:27 |
| FEMALE GRAND MASTERS | |
| 1 Jodi Davis | 37:16 |
| MALE GRAND MASTERS | |
| 1 Mayes Starke | 32:31 |
| FEMALE SENIOR GRAND MASTERS | |
| 1 Connie Regal | 47:09 |
| MALE SENIOR GRAND MASTERS | |
| 1 David Leatherman | 34:47 |
| FEMALE AGE GROUP: 14 & UNDER | |
| 1 Kaylee Bandy | 34:39 |
| 2 Lexi Cross | 52:08 |
| 3 Isabel Ponce | 1:02:13 |
| 4 Isabelle Cox | 1:04:42 |
| MALE AGE GROUP: 14 & UNDER | |
| 1 Ian Goodwin | 30:12 |
| 2 Lane Hollis | 30:32 |
| 3 Andrew Stamper | 34:31 |
| 4 Henry Varner | 35:17 |
| 5 Gage Whited | 38:18 |
| FEMALE AGE GROUP: 15 - 19 | |
| 1 Nadia Kousounad | 54:17 |
| MALE AGE GROUP: 15 - 19 | |
| 1 Thomas Loher | 31:37 |
| 2 Coe Booker | 32:43 |
| 3 Zach Williams | 38:19 |
| FEMALE AGE GROUP: 20 - 24 | |
| 1 Brooke Cilley | 49:13 |
| 2 Lynthany Rains | 51:07 |
| MALE AGE GROUP: 20 - 24 | |
| 1 Joseph Wilson | 31:09 |
| 2 Joseph Romeo | 34:28 |
| 3 Zachary Standley | 37:04 |
| 4 Cameron Beem | 48:37 |
| FEMALE AGE GROUP: 25 - 29 | |
| 1 Mary Ballinger | 30:24 |
| 2 Jennifer Huwe | 32:20 |
| 3 Danielle Alfano | 32:41 |
| 4 Emily Brown | 40:30 |
| 5 Ashley Dimaiolo | 44:13 |
| 6 Rachael Rookens | 44:26 |
| 7 Julia Ray | 51:27 |
| 8 Gianna Rakes | 51:48 |
| 9 Megan Rewis | 57:36 |

| | |
|----------------------------------|---------|
| MALE AGE GROUP: 25 - 29 | |
| 1 Andy Highlander | 27:39 |
| 2 Zach McElrath | 31:34 |
| 3 Andrew Bruner | 32:32 |
| 4 Kyle Bianco | 35:36 |
| 5 Joseph Bray | 36:09 |
| 6 Jared Dobbs | 37:48 |
| 7 Austin Nicholson | 40:52 |
| 8 William Wilson | 44:18 |
| 9 John Mark Griggs | 46:50 |
| 10 Kevin Tankersley | 50:57 |
| FEMALE AGE GROUP: 30 - 34 | |
| 1 Andrea May | 33:44 |
| 2 Laura Johnson | 37:42 |
| 3 Jackie Barton | 40:38 |
| 4 Brianne Stambau | 41:22 |
| 5 Laura Jones | 43:08 |
| 6 Brittany Murray | 43:12 |
| 7 Amanda Matson | 43:12 |
| 8 Kelly McAllister | 46:43 |
| 9 Jade Barry | 49:32 |
| 10 Ashley Agard | 53:47 |
| 11 Andrea Serpas | 1:03:51 |
| MALE AGE GROUP: 30 - 34 | |
| 1 Kevin Huwe | 26:44 |
| 2 Ryan Heming | 32:43 |
| 3 Michael Hulleander | 36:46 |
| 4 Caleb Stambaugh | 38:59 |
| 5 Michael Flanagan | 49:31 |
| FEMALE AGE GROUP: 35 - 39 | |
| 1 Kathryn Outlaw | 33:28 |
| 2 Meredith Stevens | 38:47 |
| 3 Emily Smith | 41:05 |
| 4 Stacey Malecky | 42:37 |
| 5 Kim Stone | 46:56 |
| 6 Whitney Allison | 52:25 |
| 7 Lucy Rymer | 54:02 |
| MALE AGE GROUP: 35 - 39 | |
| 1 Ryan McGinnis | 28:59 |
| 2 Mark Malecky | 31:56 |
| 3 Patrick McGinnis | 34:42 |
| 4 Rusty Lee | 36:25 |
| 5 Matt Rice | 37:56 |
| 6 Jason Liggins | 39:10 |
| 7 Michael Kelly | 40:23 |
| 8 Keith Guillot | 52:16 |
| FEMALE AGE GROUP: 40 - 44 | |
| 1 Janis Kelman | 36:16 |
| 2 Lori Lyn Hicks | 49:09 |
| 3 Eileen Grubbs | 49:32 |
| 4 Krista Shields | 9:43 |
| 5 Vicky Caughman | 49:45 |
| 6 Lauren Tessier | 51:31 |
| 7 Heather Ponce | 52:24 |

| | |
|----------------------------------|---------|
| 8 Erinn O'Leary | 54:17 |
| 9 Tonia Cox | 1:05:28 |
| MALE AGE GROUP: 40 - 44 | |
| 1 David Lane | 36:35 |
| 2 Jon Muller | 37:05 |
| 3 Manuel Mendoza | 37:40 |
| 4 Jason Lyles | 37:53 |
| 5 Nathan Walldorf | 41:55 |
| 6 Knut Hillis | 41:58 |
| 7 Ryan Everett | 44:52 |
| 8 Will Cox | 48:02 |
| FEMALE AGE GROUP: 45 - 49 | |
| 1 Jennie Gentry | 38:33 |
| 2 Barbara Ensign | 40:27 |
| 3 Robyn Ward | 44:14 |
| 4 Shelley Meredith | 45:07 |
| 5 Marla Hood | 52:45 |
| 6 Christen Anderso | 59:20 |
| 7 Jennifer Spence | 59:49 |
| 8 Patricia Mims | 1:06:10 |
| MALE AGE GROUP: 45 - 49 | |
| 1 Tripp McCallie | 29:06 |
| 2 Brandon Meredith | 32:11 |
| 3 Sean Perry | 34:10 |
| 4 Jeffrey Cross | 35:18 |
| 5 David Kyle | 36:58 |
| 6 Crandall Caughm | 37:11 |
| 7 Gil Milton | 37:29 |
| 8 Sujeel Taj | 41:27 |
| 9 John O'Keefe-Odo | 42:21 |
| 10 Eric Moore | 42:53 |
| 11 Ty Goodwin | 42:55 |
| 12 Watkins Cannon | 46:12 |
| 13 David Scott | 46:38 |
| 14 Steve Sanders | 47:18 |
| 15 Brian Smith | 53:04 |
| FEMALE AGE GROUP: 50 - 54 | |
| 1 Sue Barlow | 41:18 |
| 2 Sue Damstetter | 41:53 |
| 3 Lynne Barkeloo | 43:28 |
| 4 Susan Elrod | 45:06 |
| 5 Cindy Reno | 46:14 |
| 6 Corinne Henderso | 47:29 |
| 7 Lisa Revenig | 47:43 |
| 8 Wanda Espy | 58:08 |
| MALE AGE GROUP: 50 - 54 | |
| 1 David Martin | 33:10 |
| 2 Larry Aulich | 36:18 |
| 3 David Moghani | 36:46 |
| 4 Thomas Marshall | 36:53 |
| 5 Keith Black | 38:01 |
| 6 Michael Hicks | 39:36 |
| 7 Chris Theobold | 41:19 |
| 8 Thierry Urbain | 41:52 |

| | |
|--|---------|
| 9 David Glenn | 42:29 |
| 10 David Bostain | 42:59 |
| 11 Tommy Rogers | 43:23 |
| 12 Marcus Easley | 46:14 |
| 13 Steve Hancock | 47:56 |
| 14 Michael Alfano | 50:11 |
| 15 Amante Agbanna | 50:35 |
| 16 Philip Harris | 1:00:37 |
| 17 Brian Hale | 1:05:30 |
| FEMALE AGE GROUP: 55 - 59 | |
| 1 Karen Leavitt | 38:04 |
| 2 Janet Blessing | 46:11 |
| 3 Gwen Meeks | 48:27 |
| 4 Atress McBee | 51:43 |
| 5 Mary Gamble | 59:51 |
| MALE AGE GROUP: 55 - 59 | |
| 1 Bill Moloney | 36:22 |
| 2 Jeff Straussberger | 37:04 |
| 3 Dwight Gardenhir | 37:14 |
| 4 David Long | 38:11 |
| 5 Ray Beem | 39:02 |
| 6 Greg Bruner | 40:14 |
| 7 Joe Dumas | 40:56 |
| 8 Steve Hammersto | 43:12 |
| 9 Craig Ingvalson | 43:18 |
| 10 Anthony Grossi | 43:35 |
| 11 Steve Tompkins | 44:01 |
| 12 Mark Clayton | 44:11 |
| 13 Doug Torrance | 46:19 |
| 14 Kyle Elrod | 47:54 |
| 15 Steve Smalling | 47:57 |
| 16 Billy Woodall | 48:47 |
| 17 Tim Murray | 49:07 |
| 18 Scott Bailey | 50:20 |
| 19 Bobby Elrod | 51:40 |
| 20 Alexandros Kosm | 53:47 |
| 21 John Shearer | 53:50 |
| 22 Robert Stroud | 56:33 |
| 23 Todd Magnuson | 1:11:12 |
| FEMALE AGE GROUP: 60 - 64 | |
| 1 Cathy Gracey | 49:24 |
| 2 Mary Jo Barbaret | 55:21 |
| MALE AGE GROUP: 60 - 64 | |
| 1 Jimmy McGinnis | 35:42 |
| 2 Michael Leary | 36:38 |
| 3 Mike Usher | 37:13 |
| 4 Marin Watson | 38:34 |
| 5 Randall Godwin | 39:57 |
| 6 Thomas Russe | 41:58 |
| 7 Rich Mercer | 47:05 |
| 8 David Halicks | 52:32 |
| 9 Martin Jansen Van | 54:40 |
| 10 Marc Space | 1:10:56 |
| MALE AGE GROUP: 65 - 69 | |
| 1 Greg Heath | 38:31 |
| 2 John Crawley | 39:28 |
| 3 Steve Bennett | 44:48 |
| 4 Bill Henderson | 45:27 |
| 5 David Jones | 52:23 |
| 6 James Hammond | 52:32 |
| FEMALE AGE GROUP: 70 & OVER | |
| 1 Sue Anne Brown | 49:52 |
| 2 Bonnie Wasson | 1:03:05 |
| MALE AGE GROUP: 70 & OVER | |
| 1 Sergio Bianchini | 37:24 |
| 2 Lawrence Cook | 47:49 |
| 3 Willard Thrash | 49:29 |
| 4 Truman Smith | 52:48 |
| 5 Wes Rehberg | 1:05:00 |
| 6 Anthony King | 1:06:10 |
| 7 Gene Gilreath | 1:09:01 |
| UNKNOWN 4.7M PARTICIPANTS | |
| 1 Brandon Barry | 49:33 |

Photo Credit: Lauren Megnin

TRAIN Together

A 16-week training program for the Erlanger Chattanooga Marathon & Half Marathon.

Training Details

ChattanoogaTrackClub.org

Race Details

ChattanoogaMarathon.com



MEET THE 2016 CTC LONG RUNNERS

“Most people never run far enough on their first wind to find out they’ve got a second.”

– William James –

“There are no great people in this world, only great challenges which ordinary people rise to meet.”

– William Frederick Halsey, Jr. –

A CTC AWARDS
FEATURE PREPARED
AND WRITTEN BY: **LYNDA WEBBER**

| CONTRIBUTED PHOTOGRAPHS |

In January, fifteen CTC members were recognized at the Annual Membership Banquet for annual or lifetime accomplishments achieved during the 2016 season. The CTC created the “Long Runners” awards in January of 2013 for adventurers who had “stepped outside the box.” They were pushing the limits and challenging themselves on different fronts by running either a very long way... or by establishing goals that took them a very long time to reach. Requirements for becoming a CTC Long Runner are posted on the club website and at the annual CTC Banquet each year new Long Runners who qualified during the past season are inducted. Once a Long Runner, always a Long Runner. Meet the 2016 CTC Long Runners!

Weekly Runs

Mondays, 6:15 pm from Downtown Sports Barn

Wednesdays, 6:15 pm from Downtown Sports Barn

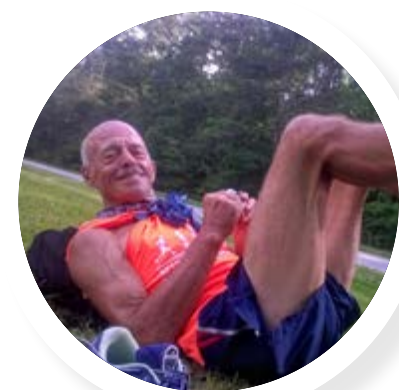
Saturdays, 7:30 am from Downtown YMCA

Training begins Nov. 13.

Kickoff Celebration

Sat. Nov 18 at the YMCA following the 7:30 am long run. Run, ask questions, eat, & have fun!

Sergio “The Surge” Bianchini



ANNUAL 100-MILER AWARD

Occupation: Retired Entrepreneur, Italian wine Connoisseur, Zumba dancer, boot-camper, ladies’ man, runner.

No. of years as a CTC member: 17

No. of lifetime ultra events completed (any distance over 26.2): Eleven 50Ks, One 60K, One 100K, Vol State 500K Road Race (2015 & 2016), A Race for the Ages (2015 & 2016)

I ultra because: I enjoy the challenge and the prestige!

Favorite ultra: The Vol State 500K, because you get to meet so many people along the way who help out and encourage you.

Most memorable ultra: Definitely the Vol State 500K! There’s just nothing like it and every day is an adventure...like when a car got too close and clipped me on the arm last year! It could have ended differently, but fortunately I was OK, and I finished.

Biggest ultra challenge: Always the Vol State 500K! The longest and hottest race I’ve ever done. If each day is an adventure, getting through each day is a challenge! Even so, I have never once considered quitting the race.

Advice you would give someone running his or her first ultra: Just go slow and enjoy.

My ultra-inspiration: running with friends.

Most people don’t know that I: hit the garage sales whenever I could during the Vol State 500k.

Quote: “You don’t get older, you get better.” - Shirley Bassey

Motto: “Run till you croak.” [Note from The Management: Whatta way to go!]

Mantra [statement or slogan repeated frequently] when the going gets tough: I say Marco (my son’s name) to help me focus!

[Note from The Management: The Surge accomplished a double hitter in 2016 – he was the CTC Veteran Male ROY winner AND an annual Long Runner award recipient!]

Ron “Hot-n-Ready” Branam



ANNUAL 50-MILER AWARD

Occupation: Electrical Engineer at TVA

No. of years as a CTC member: around ten

No. of lifetime ultra events completed (any distance over 26.2): three 50Ks, one 36-miler, one 40-miler and one 50-miler.

I ultra: just to see how far I can go.

Favorite ultra: Nashville Ultra (50 mile). It was my longest distance, and I really enjoyed the course

Biggest ultra challenge: Nashville... because it was my longest distance!

Advice you would give someone running his or her first ultra: As Nike says, Just Do It! [Note from The Management: Attaboy, Ron!]

Most people don’t know that I: am a Ham Radio operator.

Quote: “The devil is in the details, but so is salvation.” - Hyman G. Rickover

Motto/Mantra: The hills are our friends...they make us strong!

Ron adds: I started running in 2006 to lose weight. I dropped 62 lbs and went from 222 to 160. I’ve gained 20 back. I’m a recovering work-a-holic. Running introduced me to a great group of friends, and I really enjoy the Saturday morning group runs!

Races are made by volunteers

CTC needs volunteers for the upcoming

Chickamauga Battlefield

Marathon - Half - Jr. - Fort Oglethorpe 5k - Nov 11th

Choose your day, time
& volunteer activity at:

VoICTC.org

“Wild Bill” Brock



ANNUAL 50-MILER AWARD

Occupation: Business Owner / Application Development Firm
No. of years as a CTC member: around 20
No. of lifetime ultra events completed (any distance over 26.2): approx. three 50Ks and one 50-miler
I ultra because: I love the training, the time in the woods, running with my friends, and the enormous sense of accomplishment when I complete something particularly tough that really challenged me.
Favorite ultra: Well, it’s a stage race and not an ultra, but I really enjoy the Three Mountains Stage Race that Randy and Kris Whorton with Wild Trails put on in June of every year. It’s like a three-day running vacation and the trails and scenery are spectacular, especially on Lookout Mountain during the Saturday stage.
Most memorable ultra and biggest ultra challenge: The Lookout Mountain 50. Not only a remarkable event with spectacular trails and scenery, it is a very tough run in all. It was most memorable because I ran it so flawlessly according to my own plans and goals. I exceeded all of my own expectations, and it really felt incredible to do that. I remember only sidetracking in my thoughts twice the whole time I was out there. The rest of the entire 12 hours and 35 minutes, I was really focusing on everything to do with ensuring my run went well – my cadence, my posture, fueling and replenishing my fluids and salts regularly, and just staying focused in general. It was like an incredibly long and satisfying meditation in many ways – I was very much ‘in the zone’ for, really, the whole run. That was awesome. To add icing to the cake, I had trained with Billy Collier’s training group and had gotten to know each of them pretty well (as you do when you train for tons of hours together over many, many weekends). Sitting in the recovery tent and sharing stories with those guys and with my wife, Laura - who was there at the finish for me – you just can’t buy anything like that feeling of shared experience, and of overcoming significant challenges together.
Ultra Anthem: “When it’s Twilight on the Trail,” by Bing Crosby (When it’s twilight on the trail, and I jog along, the world is like a dream, and the ripple of the stream is my song...)”
My ultra-inspiration: Time in nature and time with friends.

Most people don’t know that I: did not graduate from college until I was 40. I dropped out after two schools and three years because I had no real interest and did not see the point. I restarted in my late 30s at UTC to wrap it up because I thought I wanted to teach. Got my Bachelors and also learned that I did not really want to teach, after all, at least not yet. I do still think about teaching at some point in my future.
Quote: “Attention shapes the self, and is in turn shaped by it.” - Mihaly Csikszentmihalyi in Flow: The Psychology of Optimal Experience [Note from The Management: “pronounced [ˈtʃiːksɛntmiːhɑːji ˈmiːhɑːji] ???!!!! This is waaaay too highbrow for us... We can’t even pronounce the pronunciation provided by Wikipedia!!]
Motto: I have many. Paradoxically, one of my favorites is “Less is More”
Mantra [statement or slogan repeated frequently] when the going gets tough: “Keep leaning forward, just keep moving.”

Sal Coll (a.k.a. “The Machine”)



ANNUAL 100-MILER AWARD

Occupation: U.S Navy Retired. McKee Foods Boiler Tech. Ultra Runner.
No. of years as a CTC member: Eleven
No. of lifetime ultra events completed (any distance over 26.2): Around 150 altogether... About 30 single-day 100-mile events, four-time Vol State 500K finisher, two-time Tarheel Ultra 367-mile road run, two-time “Race for the Ages” multi-day endurance event, 260-Mile Run Across Georgia, ten-time Land Between the Lakes 50-mile finisher, lots of other 50-milers and lots of 50Ks.
I ultra because: I like being out on the open road for hours and hours and to keep pushing myself farther and farther, and it doesn’t have to be fast or slow. I can walk when I want to and stop in stores to replenish my supplies, I can even take a short nap under a tree.
I ran my FIRST ultra because: I was introduced to trail running, and it opened my eyes to the Ultra World. My first ultra was the Stump Jump 50K. I then found out about 50-mile and 100-mile runs and I knew right away that was for me!
Favorite ultra: I have a lot of favorites, but I really like the Vol State 500K run across Tennessee in July. It’s a run that I have completed four times, and something keeps me going back for more torture... it’s addicting! Especially when you know how the race is laid out... and you know the person behind it all... Gary “Laz” Cantrell of The Barkley Marathons fame...or, rather, infamy! Oh, did I mention that it’s in July in Tennessee!
My ultra-inspiration: “Ultra Marathon Man,” a book by Dean Karnazes. It’s a great book, and I really took off in ultra running after I read it. I still think about some of the odd things that he did and compare them to my life of running.
Most people don’t know that I: stress out before every run!
Quote: Mine – “If you have a pain run 20 miles and it will go away.”
Advice you would you give to someone running his or her first ultra: If you train your mind for running everything else will be easy!
Ultra Anthem: “Running Man” – Al Stewart (“...There’s no rest for the running man, Why can’t you let him be?”)
Mantra [statement or slogan repeated frequently when the going gets tough]: “Just go with it.” I like to say that because when I’m at a low point and I really want to run but can’t, I just say “Go with it.” It’s like listening to your body so that you can finish the race.
Sal adds: I have always loved to run and explore the outdoors. I didn’t start running ultras until I moved to Chattanooga, and when I realized what was out there, I wanted it all! And I still do! I hope to be running like Sergio at his age... that’s my hope and my dream.

“IronMan Billy” Collier



ANNUAL 50-MILER AWARD

Occupation: Sanitation Engineer, funeral director, part-time Hugh Heffner impersonator, IronMan, you name it.
No. of years as a CTC member: 20 plus
No. of lifetime ultra events completed (any distance over 26.2): Two 50-milers, one 12-hour event, several 50Ks...
I ultra because: I enjoy the challenge.
Favorite ultra and biggest ultra challenge: The Lookout Mountain 50-Miler... it’s very hard.
Most memorable ultra: The 2013 Lookout Mountain 50 Miler... rain and 38 degrees at the start.
Advice you would give someone running his or her first ultra: Just Do It.
Ultra Anthem: “Running with Chicken,” by Garfunkel & Oates (“When things are tough, and you’ve had enough, and the going gets rough, and you’re in a huff, and a whole bunch of real bad other stuff... You know it’s true, there’s one thing left to do... Go running with chicken. Go running with your deep fried dreams.”)
Most people don’t know that I: am not wearing any pants while I’m typing this. [Note from The Management: IronMan Billy just wants to make sure that you’re alert while reading his bio.]
Quote: “When you’re feeling spastic, And it’s not fantastic, It’s hard to be sarcastic, When you’re pants are elastic, And you’re thinking that it’s time to do something drastic... You’re on the prowl, To jank that fowl. Go running with chicken.” – Garfunkel & Oats, “Running with Chicken”
Motto: When the going gets tough... stop and have a beer.
Mantra [statement or slogan repeated frequently] when the going gets tough: “The beer is at the finish... the beer is at the finish...”

Susan “Galloway Gal” Gallo



ANNUAL 50-MILER AWARD

Occupation: Business Development Representative for the BBB of SE TN and NW GA.
No. of years as a CTC member: 12
No. of lifetime ultra events completed: I have done two ultras so far, the most recent being the Nashville 50 Miler.
I ultra because: I dare not run fast anymore, but running long and slow does not seem to bother my hip. My hip socket does not have enough clearance for the head of the femur to move around freely as it should, causing me to tear my labrum when I am going fast or going on uneven ground, which also eliminates much trail running. I love being a 50-mile road warrior! My biggest challenge is to get my time under 13 hours. I was a few minutes over 14 hours in my first ultra, and down to 13:51:12 in my second. My goal is to get down closer to 12 hours.
Favorite ultra: The Nashville 50 Miler. I enjoyed the interesting variety of the venue... from paved trails to woods with non-technical trails, to open road and running through downtown Nashville. People in downtown Nashville asked me if I was “in some kind of race, and how far are you going.” The answer always elicited a “Wow!” Running 50 miles can best be described as “grueling but immensely satisfying.”
Advice you would you give someone running his or her first ultra: My advice to a first-time ultra runner is to go slow! Find a friend that has done one before, and try to find a race you both want to do. I was able to do that with fellow CTC member Lynda Webber. She showed me the ropes to where I was able to go out and do one on my own. It really helps to have someone to clue you in on what to expect, and how/what to pack in drop bags or drop boxes. Lynda is very inspirational for any kind of running!
Ultra Anthem: I have a long playlist of running songs, but as an anthem, I like a line from “Skinny” by Alex Bevan, slightly altered: “Well, I’m a skinny little girl from Cleveland, Ohio, come to chase your men and drink your beer!” [Note from The Management: OK, Susan, so now we know the REAL reason you like to ultra!]
Most people don’t know that I: rode and trained horses in a previous life! There was a time I did not think I could live without a horse. [Note from The Management: we can vouch for the fact that there’s something about riding a horse that translates to distance running!]
Motto: I say to myself and others: “You can do it!”
Mantra [statement or slogan repeated frequently] when the going gets tough: I typically repeat a line from a song that reflects how I feel like, “When you reach the bottom line, the only thing to do is climb. Pick yourself up off the floor, don’t know what you’re waiting for.” (Big Audio Dynamite).



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BACK TO SCHOOL, BACK TO A ROUTINE, AND BACK TO HEALTH!

Sign up for Fall Youth Sports

Kids who play and exercise perform better in school, develop better interpersonal skills, and work better in groups. Y Youth Sports promotes teamwork along with individual development.



Take some long-needed time for yourself

You deserve all the classes and extra benefits the Y provides for you FREE in your membership. Each week we offer hundreds of classes that are designed for you to easily reach your personal best.



YMCA of METROPOLITAN CHATTANOOGA

SHOES | APPAREL | NUTRITION | ACCESSORIES

COME RUN WITH US

#FastBreakCHATT




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

“Marathon Missi” Johnson



50 STATES LIFETIME AWARD

Occupation: Business owner
No. of years as a CTC member: about 15-16 years
No. of lifetime marathons: At least 50!
First marathon and year completed: Rocket City Huntsville Marathon, December 2002
What made you decide to take the 50-states challenge? I had already done several nearby states, so I just asked my sister if she wanted to go for 50 states with me.
Final 50-States Marathon and year completed: Little Rock Marathon, March 2016
Most marathons completed in a single year: Eight
Favorite marathon: Boston, because it is Boston! Also, Big Sur – because it is so beautiful, and Disney, because it is a fun one!
Most memorable marathon: Probably my 50th state marathon, because I finished the 50 states with my sister, and a lot of my friends and family were there to celebrate.
Most people don’t know that I: completed almost all of my 50-states marathons with my sister. And we finished them together.
After 50 states... what comes next? Still running marathons. I will be able to do more local marathons with my friends, since I am not tied to a schedule as much. I’m also doing Ironman events. *[Note from The Management: Missi has completed over ten IronMan events to date! She is one tough cookie!]*
Quote: “What doesn’t kill you makes you stronger.” - Nietzsche
Motto: When the going gets tough, the tough get going.
Missi adds: My sister (Lisa Nold of Atlanta) and I starting pursuing a marathon in each of the 50 states when we were about 7 or 8 marathons in. We have traveled all over the country together and done all but I think three marathons together. We saw so many things that I would have never gotten to see if we had not done the 50 states! The most special part was that I made all of these memories with my sister. I also have a lot of great memories of all the friends that went along for some of the marathons.

“Mighty Mark” Malecky



ANNUAL 50-MILER AWARD

Occupation: Senior engineering manager at Wacker Polysilicon
No. of years as a CTC member: four
No. of lifetime ultra events completed (any distance over 26.2): One 28-miler, three 50Ks, one 40-miler, two 50-milers and one 100-miler...there may have been others I don’t recall.
I ultra because: I’m curious to see if my mind and will are strong enough to keep going when the body isn’t. Sometimes I win that one and sometimes I lose.
Favorite Ultra: Highlands Sky 40m in WV. A course with great views and beautiful scenery. My first ultra. Everyone should go do this race!!
Biggest ultra challenge: the Burning River 100. I was way undertrained due to injury but I still finished.
Advice you would give someone running his or her first ultra: Go do it and don’t overthink it.
Ultra Anthem: “No sleep til Brooklyn” by the Beastie boys. I heard it at Boston around mile 18 so now it’s my “keep going” song.
My ultra-inspiration: my wife, Stacey. I’d say my kids also, but they really could care less that we run -- too many early mornings!
Most people don’t know that: my secrets go to the grave with me or the assassins come after me!
Quote: “Puke and rally!” – Varsity Blues (1999)
Motto: “By any means necessary” – Malcolm X
Mantra [statement or slogan repeated frequently] when the going gets tough: When I get tired I tend to curse a lot so use your imagination.

Stacey “Mad Dog” Malecky



ANNUAL 50-MILER AWARD

Occupation: CTC Ringmaster... But I love the circus and all my monkeys. :-)
No. of years as a CTC member: four
No. of lifetime ultra events completed (any distance over 26.2): Five 50Ks, one 40-miler, five 50-milers, one 100K and two 100-milers.
I ultra because: I enjoy long hours of peace and quiet. Most times the food is pretty good, too. :-)
Favorite ultra: Highlands Sky - headed back in June to give another go this year!
Most memorable ultra: They’re all memorable for different reasons... either the company, the challenges, the successes. There’s a story behind every ultra finish or DNF.
Advice you would give someone running his or her first ultra: Be patient with yourself. The more pressure you apply earlier in the event (in my experience), the worse you feel later on. Go your own pace and don’t worry about what everyone else is doing. *[Note from the Management: Best advice yet!]*
My ultra-inspiration: No one person in particular. Lots of inspiring folks out there. My inspiration comes when I remind myself that not everyone has the opportunity to participate in these types of events. I am fortunate to have the luxury of throwing money at a race to suffer for 100 miles.
Most people don’t know that I: got a ukulele for Christmas this past year. I don’t have much time to practice, but even with just an hour or two a week I’ve got a few easy

Stacey “Mad Dog” Malecky

CONT.

songs I’m fairly comfortable with. *[Note from The Management: Now that we know, you are going to be giving command performances after each CTC race!]*

Quote: I hope to arrive at my death late, in love, and a little drunk – Atticus *[Note from The Management: That sounds lovely, but let’s hope it happens later rather than sooner!]*

Motto: Keep your head up, my love. (Sometimes when you’re busted up and exhausted, it’s the only thing you can do).

Mantra [statement or slogan repeated frequently] when the going gets tough: Just keep moving forward.

Stacey adds: I’m never sure what words to use to convince people that they should really try an ultra if it’s something they want. I’ve never been able to wrap my mind around ‘fear of failure’ when it comes to running and trying a new distance, but it seems like it holds so many back from trying. I’d love to see people approach it as a joyful kind of adventure and be less hard on themselves about it. Sure – we all want to do our best, but how can we know what our best is if we don’t stretch and push a little harder. I’ve DNF’d more 100 milers than I’ll ever finish, but I don’t feel bad for one minute about that... Those DNFs have given me a very clear picture of what I need to work on mentally and physically, which is more valuable than any medal or t-shirt I could receive at the finish line. *[Note from The Management: YEAH!! There’s no such thing as failure! It’s all a learning experience!]*

Tommy “Trail Master” Nichols



Annual 50-Miler Award

Occupation: Fabrication Supervisor at Signal Machine

No. of years as a CTC member: 15

No. of lifetime ultra events completed (any distance over 26.2): I’ve done four 50K events, and I did my first 50-miler in 2016. I remember it was exhausting at the time, but now that I’ve recovered, I think I might do a 100-miler some day...

I ultra because: of the challenge it offers!

Favorite ultra: The Stump Jump 50K. I love trail running.

Most memorable ultra: I would have to say the Black Warrior 50K in Moulton, Alabama. You run through several creeks, and the whole race is wet and muddy if it rains. It’s on a horse trail. *[Note from The Management: ...But it’s a GREAT race if it hasn’t rained for a couple days!]*

Your “ultra anthem”: “Hard Worn Trail” – Ryan Bingham and the Dead Horses (“...mile after mile on that hard worn trail; Blood, sweat and trial on that hard worn trail; Dancin’ in the fire on that hard worn trail; Sweatin’ out thin demons on that hard worn trail...”)

Most people don’t know that I: used to smoke three packs a day. What was I thinking?? I started running because I was a heavy smoker back in the day and overweight as well. I wanted to change my life.

Mantra [statement or slogan repeated frequently] when the going gets tough: “I’ll never do this again.”

Sujeel “Obi-Wan” Taj



ANNUAL 50-MILER AWARD

Occupation: Product specialist at a technology design company.

No. of years as a CTC member: six

No. of lifetime ultra events completed (any distance over 26.2): One 50K, one 100K – both exactly a year apart.

I ultra because: If I can’t go fast, I can at least go long.

Most memorable ultra *and* biggest ultra challenge: The Pistol 100K – which turned out to be The Pistol 110K!

Advice you would give someone running his or her first ultra: Have a plan, then have a plan for when the first plan goes sideways.

My ultra-inspiration: My wife. Her belief in me is bigger than my doubts.

Most people don’t know that I: am a huge Star Wars nerd—or maybe people do know that. *[Note from The Management: Obi-Wan Taj... we *do* know that!]*

Sujeel adds: I did my first ultra, The Pistol 50K, because I was inspired by the Long Runners recognition at the CTC Membership Banquet and set it as a goal for the year. The following year, I did The Pistol 100K because The Pistol 50-miler started at 8:00 p.m., and the 100K, which was “only” 12 miles further than the 50-miler, started at 8:00 a.m. I preferred to start in the morning rather than at night, so I took on the 100K, which actually turned out to be 10K *longer* than it was supposed to be! The experience was...enlightening. I learned more than I knew about my own limitations and capabilities! Would I do another ultra? Yes, I’m looking forward to more races and longer distances, and hope there is a 100-mile finish in my near future.

Lynda “Wild Woman” Webber



ANNUAL 50-MILER AWARD

Occupation: Paralegal

No. of years as a CTC member: 12 years

No. of lifetime ultra events completed: Around eleven 50K events, seven 50-milers, one 100K event, and the 2015 Vol State 500K Road Race

I ultra because: there’s no better steam valve! When life’s worries start becoming cumulative, I can do a 50-miler and I’m good for another few months.

Favorite ultra and why: I really enjoyed the inaugural Lake Martin 50-Miler in Alexander City in 2013 because the trail is so beautiful, and because race directors David and Marye Jo Tosch are absolutely the nicest people and put on a great race. For a southeast trail race, the footing is fabulous when the course is dry (I hear it’s not a lot of fun when it’s had about two inches of rain the night before, so the key is to request a sunny day at the time you pay your entry fee). An equally enjoyable and must-do race is the JFK 50-Miler. The oldest ultra in the U.S., JFK is a point-to-point race starting in downtown Boonsboro, Maryland and finishing up in Williamsport, Maryland. The course starts on the road and gains 1,172 feet in elevation in the first 5.5 miles. You take a little detour onto the rugged Appalachian Trail during miles 2.5 to 15.5, and then drop down over 1,000 feet in a series of switchbacks and connect with the C&O Canal towpath, an almost totally flat unpaved dirt/gravel surface that runs along the Potomac River for 26.3 miles. The last 8 or so miles are on the road. The fact it has a little bit of everything is what makes it so interesting!

Most memorable ultra and biggest challenge: Without a doubt, the 2015 Vol State 500K Road Race across Tennessee. The days you spend covering ground over lonesome backroads and through little towns under the searing July sun will burn into your brain, especially if you travel unsupported, as I did for the first seven days. Every day is a challenge. Every day is an adventure.

My ultra-inspiration: I would have to say fellow CTC member “Iron Betty” Holder. My Vol State training partner and “teammate,” Betty became very ill on Day Two of the race and had to withdraw, to my great dismay. Nevertheless, she monitored the progress of Sergio and I daily from her home in Ringgold, Georgia, and when I called her from War Trace on Day Seven – totally mentally and physically fried and completely despondent – to tell her I had quit she told me I couldn’t do that – because she was packing up the car and coming to crew me the last 60 miles to the finish! So I “unquit,” and she did. Just knowing there was someone on the road watching out for me made a huge difference in my attitude, and I revived and made my predicted finishing time right on the nose. I never could have done it without Betty. The great thing about your fellow Chattanooga Track Club members is, even though you may be age-group competitors, you’re also each other’s biggest supporter and booster when the chips are down.

Your “ultra anthem”: “Did I Shave My Legs For This?” (Deana Carter)

Advice you would give someone running his or her first ultra: Look at it as “covering ground” rather than “running.” The Jeff Galloway method comes in very handy, here. Keep moving. ...And “follow the breath,” as they say in yoga. Long-time CTC runner Walt Sinor once told me that the best distance run he ever did was when he left the watch and the Garmin at home and just paid attention to his breathing. I’ve also found that you can have a nice 50-mile finish with just a good marathon training program behind you, although some people seem to gain more confidence with more weekly mileage. I think I did about three 50K events before I felt ready to do a 50 miler.

Most people don’t know that I: was an endurance horseback rider and member of the American Endurance Ride Conference for years. My Arabian gelding, Baskhari, and I competed over ten years together, earning the “Decade Award,” as well as highest level “Platinum” status for having completed at least 15 one-hundred mile events together in addition to numerous 50-mile races. I finally decided that if I was asking him to go the distance, I should be able to do the same thing on my own legs.

Quote: “When people ask me why I run, I tell them, there’s not really a reason, it’s just the adrenalin when you start, and the feeling when you cross that finish line, and know that you are a winner no matter what place you got.” – Courtney Parsons

Motto: Only the strong survive.

Mantra [statement or slogan repeated frequently] when the going gets tough: Not long ago I heard a real piece of noise by an “artist” called “Mortification.” The only lyrics were “Crush this momentary pain,” repeated over and over. I’ve adopted that as my mantra... but don’t even think about the hideous background instrumentals.

“Runnin’ Richard” Westbrook (a.k.a “Coach”)



ANNUAL 100-MILER AWARD

Occupation: Physical Education Teacher/Cross-Country and Track & Field Coach – Retired.

Present occupation: Student of life, living and dying, running, and extraterrestrials.

No. of years as a CTC member: three

No. of lifetime ultra events completed (any distance over 26.2): 50 ultra races and 198 adventure runs (runs longer than marathon distance; including point-to-point races from town-to-town, across a state, and across the U.S.)

I ultra because: ultra runs and races are unique in that they challenge the runner in more ways than any other running event. Those challenges are intertwined throughout the human as true Homo Sapiens. This would involve all facets of the being, such as the mind, the physical body, the emotions, the soul, the beliefs, the values, the self-image, the self-esteem, the spirit, and the connection with our evolutionary selves. We are still evolving, and running is a vital strain in that evolution.

I can connect with my true self through my running long. I challenge myself in each and every run or race. Sometimes, I do not like the result. But, I live to run again and renew that challenge, and, hopefully, run to better results that sit easier on my mind and spirit.

I’ve run so many 3-mile, 5K, 5-mile, 6-mile, 10K, 15K, 10-Mile, half-marathons, etc. that they are just a blur. They have been relegated to the status of “events.” However, every adventure run, ultra-race, ultra-distance training run that I have wobbled through is a “happening” and not just another “event.” They are special in that they have challenged me through the aforementioned facets and are locked in my mind...which raises their status.

This puts the long stuff on the pinnacle of my competitive pursuits and has virtually left the “events” behind. But, the competition is more than the stereotypical man against man. It reaches deep inside me to challenge my biology, my evolution, my analytical part of

my brain, my goals, my determination, my biomechanics, and my values... everything that makes me a human animal.

So, to be what I am and what I will be...I must run, and run long.

Favorite ultra: I have two... My first one was the 1992 Runner’s World TransAmerica Footrace from Huntington Beach, CA to Central Park in New York City, NY. It was 64 consecutive days of running through all kinds of weather. I was fourth overall and the first Masters runner. Distance: 2,935.8 miles. Average miles per day: 45.9 miles. My favorite ultra race at present is the Last Annual Vol State 500K Road Race. It is an adventure stretching from Missouri to Georgia.

Most memorable ultra and biggest ultra challenge: My most memorable ultra race was, again, the 1992 Runner’s World TransAmerica Footrace. This was the first race across the country since the infamous “Bunion Derby” in 1929. We had 28 starters and 13 finishers. It is my most memorable ultra not because of my finishing place overall and among masters, but because of the “adventure” of each day running through our great and beautiful country. This was not only a multi-day race, but possibly the pinnacle of adventure runs and an ultimate challenge to mind, body, and spirit as well. Running for 64 consecutive days tested the body with muscles, bones, tendons, ligaments, and mind adapting to the stress and continuing. Weather changes from extreme heat in the desert to cold in the Rocky Mountains required constant adjustments. Energy replacement offered its own problems. The comradery of the runners was unmatched with the joint goal of surviving the distance.

Advice you would give someone running his or her first ultra: First, run for the fun of the experience with no regard to time or place in that first event. Secondly, pay close attention to your biomechanics, your “running form,” because small mistakes will have large detractions in the long run. Third, “Do not fear going forward slowly; fear only to stand still.”

Your ultra-inspiration: Ted Corbett

Most people don’t know that I: am Number 6 on the USA Active Running Streak List.

Quote: “To be what he is, man must run.” Ken Doherty – T&F Coach, Univ. of Pennsylvania, 1948-1957

Richard adds: I started running while in college at Austin Peay State University in Clarksville, Tennessee in 1967, after giving up football for a better path to physical fitness. After I spent time running and trying to figure out what to do, Dr. Ken Cooper came out with his book, “Aerobics,” in 1968. It quantified running so one would know how much to run to gain a certain level of cardiovascular, or aerobic, fitness. I read that book and then knew more about what I was doing, so I did more and more distance. The distance aspect was influenced by New Zealand’s Arthur Lydiard who had coached the world’s top distance runners at that time. I continued to run and finally entered my first road race, one of the few road races in the Southeast, the Chickamauga Chase 10-Miler. Later, as a graduate student, I ran and won the first marathon in Tennessee. It was run in Percy Warner Park in Nashville, Tennessee on a hilly course. I ran other races in hot spots like Pensacola, Florida; Decatur and Huntsville, Alabama; Enterprise, Alabama; Atlanta, Georgia; Ft. Walton Beach, Florida; Gainesville, Florida; and Nashville, Tennessee. On a lot of these race days, I (and a lot of others) would run a three mile race and then run a six mile race about thirty minutes later. We “doubled” most of the time. Those were different days and running was on a different, more grassroots level than today.

My running is very personal and is a vital part of my life. Growing up in a small town in north Georgia, I participated in the normal sports. Track and field was my only individually based sport. But, I can remember a yearning at a younger age for individual sports in which what was accomplished would be mine alone, either positive or negative. It took my college years to evolve into that into that aspect. Once there, I could pursue my sport, running, without having to adhere to anyone’s schedule or depend upon anyone else. This was kicked off by having to report to fall football able to run a mile in six minutes or under (different for each position group.) I took that to heart, did a lot of running in summer, won that “football” race, then knew that I should run...and not play football. Bolstered by Arthur Lydiard’s philosophy, I was off and running...longer and longer. This has led me to a simplified running program built on the belief of evolutionary running for survival in modern society. Ultra-races are just an extension of that philosophy. Within my normal life, I just want to continue to run tomorrow.

Bud Wisseman

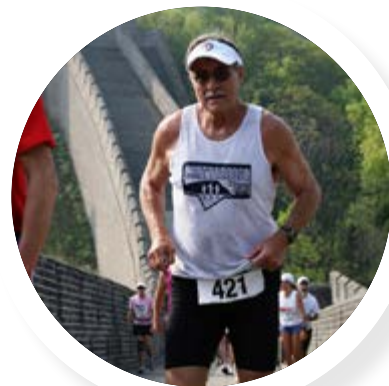


LIFETIME SPECIAL ACHIEVEMENT AWARD – BOSTON QUARTER CENTURY CLUB

Bud Wisseman has been running the Boston Marathon for a Long Time. In fact, he just finished his twenty-eighth consecutive Boston Marathon on April 17 of 2017. In 2014, after completing his 25th Boston Marathon, he became the only person in the State of Tennessee to be inducted into the Boston Athletic Association’s prestigious Boston Quarter Century Club, and he still holds that record. What we find inspiring is that Bud only started running, in general, at age 50! We had a little Q&A with him to get some of the details surrounding his long and illustrious Boston “career.”

No. of years running: 38 + years...started on November 11, 1978, to be exact!

Truman Smith (a.k.a. “The T-Man”)



Annual 100-Miler Award and WINNER OF THE FIRST OFFICIAL LONG RUNNERS GRAND SLAM!!!

No. of years as a CTC member: Since 1981

No. of miles personally recorded to date: 61,875 as of May 1, 2017

No. of lifetime marathons: 55

First Marathon and year completed: 1981 Penn Relays (The Penn Relays, a.k.a. Penn Relay Carnival, is the oldest and largest track and field competition in the United States, hosted annually since April 21, 1895 by the University of Pennsylvania at Franklin Field in Philadelphia, Pennsylvania)

When did you first entertain the idea of going for 25 consecutive Boston Marathons? About eight or nine years ago, I began looking at the Quarter Century Club list and actually talked to Neil Weygandt, who led the list until 2012, when he ended with 44 consecutive Boston Marathons. Ben Beach (pictured with me, above), who was No. 2 at the time, ran his 50th this year (only person ever to do it). After I made 20 in a row, I then said aloud that my goal was to make the QCC.

You had to qualify for all of your first 25 Boston Marathons, correct? Yes.

Is it true that, once you completed your 25th Boston Marathon, you no longer had to qualify but you still had to complete any future Boston Marathons within the official time limit? Yes.

Favorite marathon: The Huntsville Rocket City Marathon in December. It’s a well-run marathon with the right number of runners and no big hills, and it’s usually cold, which is great for running.

Most memorable marathon: Other than Boston itself, the Chickamauga Battlefield Marathon is one of my three most memorable marathons because I qualified there my first four years. My fifth attempt was at Chickamauga as well, but during mile 23 I saw I would not make it so I went to Huntsville and, with a surge in the last mile, I ran 3:30:52 (5 seconds under the limit). I kept going back to Huntsville to qualify after that, and got all my remaining qualifying times there except for one or two where I actually qualified at Boston. So... I would have to say that the Huntsville Rocket City Marathon rounds out my list of top three memorable marathons.

Most people don’t know that I: am easily embarrassed in public. [Note from The Management: Bud, we’ve only noticed that you are always very gracious!]

After 28 consecutive Boston Marathons... what comes next? Not sure! 5-1/2 hour marathons are not fun; my wife (and biggest supporter), Sonia, says go to Boston and just root for our friends!

Motto: Fear God and keep his commandments.

Anthem: “Marathon,” by Rush (“...It’s a test of ultimate will, the heartbreak climb uphill, got to pick up the pace, if you want to stay in the race...”)

Your inspiration for completing 28 Boston Marathons: a Godly mother whose faith never wavered, and a father who worked long hours at hard physical tasks. (I once asked him how he could do all he did, and he said, “I just keep going.”)

- 100-plus marathons (143 to date)
- A marathon in each of the 50 states
- A marathon on each of the seven continents
- At least one 50-mile endurance run
- At least one 100-mile endurance run

Occupation: Electrical Engineer – Retired

No. of years as a CTC member: 10

No. of lifetime ultra events completed (any distance over 26.2): Ten total. Three 50Ks, one 41-miler, one 60K, four 50-milers and one 100-miler.

I ultra because: I have better endurance than I have speed.

Favorite ultra: The Pistol... it’s very runner friendly.

Most memorable ultra and biggest ultra challenge: My 100 mile finish at The Pistol, because it was a 100 miles.

Advice you would you give someone running his or her first ultra: Start out slow, drink and fuel often.

Your “ultra anthem”: “Six Days on the Road and I’m Gonna Make it Home Tonight” – Earl Green & Carl Montgomery [Note from The Management: Clearly an indication that Truman is going for Vol State 2018.]

My ultra-inspiration: Sal Coll!

Most people don’t know that I: was once a church music director. [Note from The Management: We didn’t know that! But why are we not surprised?]

Quote: “A lie is not a lie if it’s obviously a lie!” – A Truman Smith original

Motto: “Look forward, don’t look back Move forward, don’t stand still ... Live life as it comes and never ever be sad for what is past!”

Mantra [statement or slogan repeated frequently] when the going gets tough: “Be patient!”



A TRIBUTE TO THE CHATTANOOGA TRACK CLUB AND CHICKAMAUGA CHASE

Gene Hodge

Gene Hodge (center) with his wife and daughter

In June of 1983 a co-worker challenged me to run with him in the following July's, "Dash At Dawn" 5K. Though I had never ran a road race, or ran any at all—except in the military—I said, "sure."

My first training run was on the Brainerd levy, and after running one mile I felt like this was for me. It seemed to be refreshing and an accomplishment of exerting physical energy that I had never known. They became a daily routine.

Talking with the guys the following day at work and comparing our runs was exhilarating. Conversations of who would have the best time at the race and threats like, "I'll be waiting for you at the finish," encouraged me to train harder.

At the race . . . I turned in a faster time than my co-worker and past several guys from work who were race veterans.

I began searching the papers for other local races and participating—almost to an obsession.

This led to my first Chickamauga 5K Road Race the following year—1984. I have worked passionately since, to run consecutively each year. So determined . . . that one year, I was working a twelve hour shift at Watts Bar Nuclear Plant and driving an hour there and back.



Carrying on the legacy. Gene, his daughter and grandson.



It was on Saturday, and union scale was time and a half. I slept little Friday night tossing around whether I should do the race or work and break my record of consecutive races. Saturday morning I drove to Watts Bar, worked half and hour—the torture was unbearable—and in a divine moment ran to the parking lot then drove to Chickamauga Battlefield.

I arrived just as the gun exploded, rushed beneath the registration tent, slung my working boots off and donned my running shoes. It was a strange sight—someone dashing out from under the registration tent, wearing blue jeans and a work shirt, racing himself to make it to the rear of the race.

The joy of finishing was far greater than the monetary gain of my job . . . and I rested well that night.

Since 1984 I have only missed one Chickamauga Chase, and that was due to an illness. I continue to turn in quality time for my age group, and many times, bring home a winning plaque.

It is a great honor to honor the Chattanooga Track Club with a tribute to this incredible race.

Gene Hodge, a member of the CTC, lives in Soddy Daisy, Tennessee. He is a poet and entertainer who performs throughout the South and Northeast.



Gene's t-shirts from Chickamauga Chase 1984 and 1985.



2017 RACCOON MOUNTAIN ROAD RACE 5K RESULTS

OVERALL FEMALE

1 Stephanie Maurer 21:53

OVERALL MALE

1 Chas Webb 20:54

FEMALE MASTERS

1 Betsy Myers 23:48

MALE MASTERS

1 Dean Hogan 23:30

FEMALE GRAND MASTERS

1 Beth Rice 30:03

MALE GRAND MASTERS

1 Greg Williams 29:32

MALE AGE GROUP: 14 & UNDER

1 Everett Christian 23:14
2 Mac Meredith 24:30
3 Cash Christiansen 28:23
4 Liam Baker 32:11

FEMALE AGE GROUP: 15 - 19

1 Reagan Rains 23:07
2 Kristin Davis 32:44
3 Ellie Shelton 43:47

MALE AGE GROUP: 15 - 19

1 Gabe Rains 24:09

FEMALE AGE GROUP: 20 - 29

1 Keri McKay 23:18
2 Elizabeth Collins 29:32
3 Libby Worley 30:06
4 Ashley Dimaiolo 30:30
5 Karlee Winkelman 30:48
6 Christine Regnitz 31:44
7 Jill Sullivan 31:50
8 Haley Kinser 32:24
9 Keli Bruning 34:14
10 Jennifer Raulston 37:04
11 Allison Pawelczyk 38:14
12 Jessica Parrish 41:49
13 Erica Paris 43:00

MALE AGE GROUP: 20 - 29

1 Brian Westervelt 25:50
2 Taylor Davidson 29:04
3 Joshua Cofer 29:59
4 Ryan Marts 31:40
5 Michael Large 32:41

FEMALE AGE GROUP: 30 - 39

1 Cassie Crabtree 25:43
2 Stephanie Clark 25:57
3 Virginia Allen 28:47
4 Stephanie Carter 33:54
5 Elizabeth Petty 33:55
6 Gwen Walton 33:58
7 Karen Anderson 34:03
8 Maria Domingo 35:22

9 Ashley Jones 36:16
10 Paula Vaughn 43:28

MALE AGE GROUP: 30 - 39

1 Patrick McGinnis 21:09
2 Courtney Bowman 24:11
3 Matthew Dutton 29:13
4 Kyle Jones 36:16
5 Bradley Baker 39:41

FEMALE AGE GROUP: 40 - 49

1 Meredith Baker 25:26
2 Melissa Shaw 26:12
3 Amy Rains 31:33
4 Tiffany Schnaken 33:15
5 Amie Hill 34:16
6 Amy Diamondidis 35:50
7 Joy Giles 40:36
8 Tricia Mims 48:25

MALE AGE GROUP: 40 - 49

1 Mike Murphy 24:53
2 Jeremy Cardwell 25:52
3 Sujeel Taj 27:08
4 John Lawton 31:42
5 Randy Marts 34:18
6 Randy Hill 35:44
7 Joe Schalk 36:26
8 Matthew Rousell 37:36

FEMALE AGE GROUP: 50 - 59

1 Donna Burcham 33:02
2 Linda Carson 33:08
3 Pearl Pangkey 34:12
4 Misty Bruning 35:37
5 Robin Marshall 36:42
6 Ann Crosby 40:21
7 Janice Wycherley 40:36
8 Jennifer Carter 43:51

MALE AGE GROUP: 50 - 59

1 Donny Davidson 31:40
2 Scott Seagle 33:14
3 John Shearer 33:23

FEMALE AGE GROUP: 60 & OVER

1 Marcia Miller 37:25

MALE AGE GROUP: 60 & OVER

1 Willard Thrash 30:50
2 Nick Honerkamp 33:03
3 Louis Anderson 34:03
4 Anthony King 48:25
5 John Smithson 58:07
6 David Wycherley 58:13

Photo Credit to Tennessee Sports Pic's



Editor's note: John Hunt is a journalist who has been covering local sports for thirty-eight years. He currently writes about CTC races and other events for the online news magazine The Chattanooga. His article from August 10, 2017, about the death of John Bruner at the Missionary Ridge Road Race in 2007 is reprinted here with permission. The included photos did not run with the original article and were provided by the Bruner family.

August 4 was just another typical hot Saturday in 2007 when several hundred running enthusiasts gathered at Bragg Reservation for the annual Missionary Ridge Road Race.

It was hot and humid and the sun was out, meaning that weather conditions would be challenging for this popular 4.7-mile race that has become one of the most popular on the Chattanooga Track Club's schedule.

What started out as a normal late summer morning certainly didn't end up that way, especially for Dalton's 19-year-old John Bruner, who was getting ready to head back to Georgia College for his sophomore year as a member of their cross country and track team.

Bruner had come to this race with his parents Margie and Greg and they were all participants that day. Young John had started out at a fairly fast pace, which had become the norm for him, but he started having problems about the midway point.

His parents eventually caught up with him and encouraged him to slow down and to even walk, not having any idea of the real problem he was dealing with.

John Bruner never made it to the finish line at Bragg Reservation.

He collapsed as he rounded the last curve on South Crest Road,

probably less than 50 feet before the entrance to the last leg of the race that includes a final loop to the finish line.

There were medical personnel on site and they were quick to come to his aid. An ambulance was called and it wasn't long until he had been taken away to a local hospital.

Unfortunately, John Bruner's life ended that afternoon.

AND NOW AS WE PREPARE FOR THE 45TH RUNNING OF THIS EVENT ON SATURDAY, AUGUST 12, WE REMEMBER JOHN BRUNER AND THE LIFE HE LED.

I've been a sports writer for the past 38 years, but I'm sorry to say that our paths didn't cross. He had been a track and cross country standout for the Dalton Catamounts and was obviously a talented runner.

He was also a fine young man. He was an honor student and an Eagle scout. He was the kind of young man you hope your daughter brings home from college one weekend.

Even though I didn't know him personally, his untimely death had a profound impact on my life. I have a son about two years older and I don't see how parents survive when one of their children dies before his time, especially when he's done things the right way, has been willing to help others and led the kind of life we all aspire to lead.

The Bruners are a close-knit family. John was the middle of three children with sister Megan being two years older than John and brother Andrew three years younger.

One thing I've learned is that a strong faith plays a vital role and that's certainly the case for this family. Lots of prayer, love and support of family and friends and that faith has carried them through the most difficult period in their lives.

Sadly, John's life ended long before it should have, but his memory has been carried forward since that time and many other people, including a lot of young runners, have been impacted by his life in a positive way.

Team Bruner was formed after this happened and it's a foundation that provides two scholarships for individuals, one for high school and one for college.

In addition, the "Run For John 5K" has been held in Dalton for the past 10 years where the proceeds from that race pay entry fees to another run in Dalton for inner-city youngsters who wouldn't otherwise be able to afford it.

The local Boy Scout troop has also been involved. Shortly after John's death, an open-air chapel was built at Camp Sidney Dew in the pocket wilderness area just west of Calhoun. It was built in John's memory.

So as you can see, John Bruner's death was not in vain and his legacy continues in a positive way.

When someone brought to my attention that this is the 10th anniversary of that event, I quickly agreed to do a story remembering John and the impact that this event had on the running community in Chattanooga in a general way and more specifically the impact it's had on his family and other close friends.

Michael Green was the first person I contacted. Michael is an outstanding runner from Dalton who currently works at Fast Break Athletics. He coached John in high school and was one of his regular training partners. Michael has known the Bruners for a number of years, so I asked him to contact Greg and Margie to see if they were receptive to this idea.

They were and I called them to set up an interview and visit. Then I called Dan Bailey, who was the race director at the Ridge race that year.

As you might expect, it was certainly an emotional experience talking to all four of these fine folks, but it turned out better

than I would have ever expected. We laughed and we cried, but at the end, it was one of the most significant visits and interviews I've ever been associated with.

"It doesn't seem like it's been 10 years. I wasn't at the race that day as I was working, but I was really saddened and shocked to hear what happened," Michael said earlier this week before the first customer entered the popular running store on Cherokee Boulevard.

"John started running with us when he was in middle school and we ran year round. It didn't matter if it was 100 degrees or snowing, we ran almost every day and he was always right there with us. He was home from college that summer and we really did some serious training as he prepared to go back. He was right there with us most of the time.

"I could tell that he wasn't running as strong that week as he had previously, but I just figured it was because of the heat and humidity and that maybe he was a bit dehydrated.

"I'll never forget the crowd that gathered for his funeral. I've never seen that many people at anybody's funeral, but John was a model athlete and student and his life impacted a lot of people," Michael added.

Greg and Margie were the most welcoming folks you would ever want to meet. Granted, it's never easy to talk about the loss of a child, but they were very open to talking about it and recalling the blur of a day that has to rank as the saddest day of their lives.

Margie has had her own medical issues as she's been battling cancer in recent years. It's tough for her to verbalize just how she feels about that experience 10 years ago, but it was also really obvious just how much she loved her son and how his untimely death has created a huge void in her life.

"John always started off fast and that was the case that day, but we caught up with him right before the turnaround as he was struggling," Greg remembered.

"We didn't have any idea at the time just how serious his problem was, so we just encouraged him to slow down and possibly walk back. We didn't give it a second thought until we finished and heard that a runner was down near the end.

"We later found out that John had a birth defect in his heart. The pressure from the extra exertion caused it to malfunction and that was his cause of death. It was the same thing that killed Pistol Pete Maravich," Greg added.

Margie was the women's masters winner that day with a time of 36:26 while Greg finished 27 seconds later.

Greg has been back every year since then and has led a pre-race prayer every time. You want to talk about courage and powerful words that were timely and significant.

Margie has never been back to that race as the memory is still fresh and the pain simply too great.

That day was one of those life experiences that Bailey will never forget.

"I'll never forget that day and how bad I felt for John and his family," he said earlier this week by telephone.

"One of my biggest regrets is that we didn't have an ambulance there that day. We had lots of medical people, but it seemed like nothing could be done and it was a shame for it to end the way it did.

"We didn't have an awards ceremony that day and everybody understood why. My wife Irene and I went to the hospital as soon as we left that day and just felt terrible about what had happened.

"We also went to his funeral and it must have been 100 degrees that day, but I'll never forget the huge crowd. I never knew before that time what a great athlete John had been, but it was obvious that he made a huge impact on many people.

"I later went down to take part in the Run For John. The shocking part is that I finished third in my age group," Bailey added.

"We just want to remember all he stood for and to remember all he accomplished. We encourage all of that through his name and it's a real honor for us to be able to do that," Greg concluded.

Saturday's race will go on as planned, just as every other ridge event has done since 2007. No question, it will be hot and runners will be challenged, but many will head home with smiles on their faces, knowing they stepped to the starting line and did the absolute best they could.

John Bruner won't be there in person, but he's surely there in spirit.

And the spirit of this young man will continue for many years to come as a result of the running communities in Chattanooga and Dalton.

And hopefully, that will bring a smile to your face and take away some of the pain that we've all been feeling since that fateful day 10 years ago.

Email John Hunt at nomathonmoose@gmail.com



John Bruner, on the Georgia College & State University Cross Country team.



John (in blue) at the starting line of the 2007 Missionary Ridge Road Race. Race director, Dan Bailey on the right in blue shorts.



It was a tumultuous time in the CTC, we were growing in membership with strong race participation and the board members were stretched to the limits. I had served as the VP of Communication for the three previous years which included all membership duties, too. We had tried a Club Manager and that kind of worked and we were still a work in progress trying to find our way. We decided to try an Executive Director without much of a roadmap. We didn't even really have anything in place we just had a vision and for better or worse we knew we had to move confidently to a new future for the club or we would stagnate and crumble. We interviewed a lot of great candidates and the person we selected did bring a lot of great ideas to the club. He brought a lot of dissension as well by committing us to things that had not been discussed with the board.

The good thing was I knew what needed to be done to stay on track and tried to stay in the good graces of the Chattanooga police, race directors, and board members. There were times I thought we might come to blows with each other at some of the executive and board meetings, but we grew, changed, and survived it.

We were running out of money and I think the only thing I did to convince James Williams to take the next spot as President was to help the club if we ran out of money, which I did pony up money to pay our bills the following March.

This was the year John Brunner passed away at the Missionary Road Race. I was at the CTC table and had talked to him before the race started at packet pick up. I was running the race and had just finished when I heard the commotion at the finish line. It was probably the worst thing that had ever happened at a CTC race. He had collapsed and one of the doctors in the CTC was doing CPR. We did not have an EMT/ambulance at the race which was not required at races in the past. Everything was in slow motion and going very fast at the same time like in the movie, the Matrix. It was the quietest bus ride down to the parking lot after the race I ever remembered in my 10 years of running the race.

There are no words or ever will be for the sorrow we all felt for his family. The board and many members attended his service and we all felt for his family. We decided to name the race after him, implemented emergency plans for all races, and races had a volunteer security team out on the courses, EMT/ambulances at all races, and we contributed toward a fund to help other young runners in his memory.

LOOKING BACK, 2007

Melodie Thompson was CTC president in 2007, ten years ago. She shared her memories of the club and that year.



Pages from the October 2007 issue of Jogging Around. The complete issue can be found along with other past issues of Jogging Around on the Chattanooga Track Club website.



2017 RACCOON MOUNTAIN ROAD RACE

10K RESULTS



| | | |
|---------------------------------------|---------|--|
| OVERALL FEMALE | | |
| 1 Andrea May | 44:53 | |
| OVERALL MALE | | |
| 1 John Gilpin | 35:18 | |
| FEMALE MASTERS | | |
| 1 Kristen Curtis | 48:46 | |
| MALE MASTERS | | |
| 1 John Sillery | 36:29 | |
| FEMALE GRAND MASTERS | | |
| 1 Jodi Davis | 50:41 | |
| MALE GRAND MASTERS | | |
| 1 Dean Thompson | 38:11 | |
| FEMALE SENIOR GRAND MASTERS | | |
| 1 Connie Regal | 1:01:44 | |
| MALE SENIOR GRAND MASTERS | | |
| 1 Mayes Starke | 44:15 | |
| MALE AGE GROUP: 19 & UNDER | | |
| 1 Matthew Sheets | 40:22 | |
| 2 Seth Troyer | 1:16:51 | |
| FEMALE AGE GROUP: 20 - 24 | | |
| 1 Kelly Daniels | 1:06:03 | |
| 2 Natalie Wallin | 1:11:32 | |
| 3 Orienne Gage | 1:11:32 | |
| MALE AGE GROUP: 20 - 24 | | |
| 1 Joseph Wilson | 39:43 | |
| 2 Luke Wilson | 46:14 | |
| 3 Ramsey Seagle | 54:01 | |
| FEMALE AGE GROUP: 25 - 29 | | |
| 1 Annie Wyatt | 49:59 | |

| | |
|----------------------------------|---------|
| 2 Erin Burke | 51:43 |
| 3 Jenn Sanders | 52:49 |
| 4 Kelly Etchells | 54:25 |
| 5 Megan Taig-Johns | 1:06:02 |
| 6 Chloe Sliger | 1:10:09 |
| 7 Kristi Herin | 1:23:20 |
| MALE AGE GROUP: 25 - 29 | |
| 1 Josh Erhard | 40:48 |
| 2 Craig Dockery | 50:20 |
| 3 Thomas Sanders | 51:00 |
| 4 Quinn Hickey | 1:00:41 |
| 5 Cody Sliger | 1:10:05 |
| FEMALE AGE GROUP: 30 - 34 | |
| 1 Lauren Burke | 51:44 |
| 2 Brianna Stambaug | 55:01 |
| 3 Leigh Pendergrass | 1:01:33 |
| 4 Mandy Prince | 1:03:22 |
| 5 Michelle Fast | 1:08:29 |
| 6 Camille Miller | 1:30:05 |
| MALE AGE GROUP: 30 - 34 | |
| 1 Andy Highlander | 40:41 |
| 2 David Geyer | 47:12 |
| 3 Joshua Ticer | 50:20 |
| 4 Joe Clark | 50:49 |
| 5 Jacob Fast | 52:01 |
| 6 Wes Watkins | 53:09 |
| 7 Philip Clay | 53:35 |
| 8 Chase Wright | 53:47 |
| 9 Caleb Stambaugh | 57:57 |
| 10 Wes Judd | 59:06 |
| 11 David Huynh | 1:00:50 |
| FEMALE AGE GROUP: 35 - 39 | |
| 1 Juanita Chalmers | 46:39 |
| 2 Sandra Hogan | 1:01:49 |
| 3 Laura Hickman | 1:02:01 |
| 4 Veronica Clifton | 1:02:25 |
| 5 Marya Schalk | 1:04:34 |
| 6 Elizabeth Igou | 1:10:52 |

| | |
|----------------------------------|---------|
| MALE AGE GROUP: 35 - 39 | |
| 1 Ryan McGinnis | 39:12 |
| 2 Joseph Watson | 42:22 |
| 3 Jason Liggins | 50:56 |
| 4 Kevin Friedman | 51:18 |
| 5 Timothy Wood | 56:36 |
| 6 Matt McFarlane | 58:39 |
| 7 Drew Lyons | 1:02:21 |
| 8 Chadwick McCami | 1:07:59 |
| FEMALE AGE GROUP: 40 - 44 | |
| 1 Zz Wilson | 1:02:43 |
| 2 Joelle Teachey | 1:04:05 |
| MALE AGE GROUP: 40 - 44 | |
| 1 Jeremy Miller | 40:15 |
| 2 Jason Lyles | 51:53 |
| 3 Gary Petty | 1:07:48 |
| 4 James Troyer | 1:16:51 |
| FEMALE AGE GROUP: 45 - 49 | |
| 1 Jennie Gentry | 51:33 |
| 2 Barbara Ensign | 56:20 |
| 3 Marla Hood | 1:12:20 |
| MALE AGE GROUP: 45 - 49 | |
| 1 Tripp McCallie | 39:53 |
| 2 Zane Hagy | 41:05 |
| 3 Ted Hackett | 52:11 |
| 4 John Okeefe Od | 56:50 |
| 5 Brad Nance | 1:00:03 |
| FEMALE AGE GROUP: 50 - 54 | |
| 1 Sue Damstetter | 55:40 |
| 2 Elizabeth O'Conno | 1:00:57 |
| 3 Corinne Henderso | 1:01:37 |
| 4 Amanda Murphy | 1:17:40 |
| 5 Sarah Stewart | 1:19:06 |
| 6 Jennifer McClung | 1:21:24 |

| | |
|--|---------|
| MALE AGE GROUP: 50 - 54 | |
| 1 Todd Meades | 56:09 |
| FEMALE AGE GROUP: 55 - 59 | |
| 1 Rhonda Gage | 56:01 |
| 2 Margaret Lamb | 56:49 |
| 3 Christy Charman | 58:36 |
| MALE AGE GROUP: 55 - 59 | |
| 1 Dwight Gardenhir | 49:56 |
| 2 Ray Beem | 51:34 |
| 3 David Long | 52:32 |
| 4 Joe Dumas | 54:22 |
| 5 Bill Brock | 56:19 |
| 6 Anthony Grossi | 58:03 |
| 7 Jon Wojtowicz | 1:03:01 |
| 8 David Jabaley | 1:03:08 |
| 9 Mike Schilling | 1:04:11 |
| MALE AGE GROUP: 60 - 64 | |
| 1 Michael Leary | 48:54 |
| 2 David Halicks | 1:11:05 |
| MALE AGE GROUP: 65 - 69 | |
| 1 Greg Heath | 50:39 |
| 2 David Jones | 1:15:20 |
| 3 Daniel Smith | 1:26:32 |
| FEMALE AGE GROUP: 70 & OVER | |
| 1 Sue Anne Brown | 1:11:43 |
| 2 Bonnie Wassin | 1:26:43 |
| MALE AGE GROUP: 70 & OVER | |
| 1 Truman Smith | 1:05:20 |

Photo Credit to Tennessee Sports Pic's



CTC Member, Jean Horgan,

passed away Friday, August 18, 2017, at 89 years of age. Jean was an enthusiastic runner and strong supporter of the Chattanooga Track Club. She moved to Pikeville, Tennessee from Massachusetts in 2000 and later, at the age of 82, began a running career that included 5k, 10k and half-marathon races.

Jean was an inspiration to many. In 2013, at age 84, Jean set a state record at the CTC's Market Street Mile race. Then, in 2015, she did it again setting a one-mile state record for female, age 86 category at the Market Street Mile on a sweltering day with humidity approaching 100 percent.

Jean supported the CTC through her membership and as a yearly contributor to The Long Run, an endowment fund of the club established in 2005. Excerpts from her obituary in the Bledsonian Banner (8/29/2017),

Jean J. (McHugh) Horgan, 89, of Pikeville passed on peacefully in her sleep surrounded by loving family after a brief illness on Friday, August 18, 2017. Born in Arlington, Massachusetts, she graduated from Chelmsford High School in 1946 and earned a BS in Music Education from Lowell Teacher's College in 1951. In her early years she taught music at Harvard and Carlisle Public Schools. She married Daniel F. Horgan (d. 1985) in 1953.

Jean was an accomplished pianist and amusic educator, as well as a homemaker. She served as a swim and water safety instructor for the YMCA for many years. She was a member of the St. Mary's Church in Chelmsford.

Jean lived a life dedicated to devotion to God. She volunteered at STARS, and generously supported many individuals and charities in Chelmsford and Pikeville.

In Jean's words,
"Wishing you love and joy."



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




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

CHANGE SERVICE REQUESTED



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

- 11 Battlefield Full/Half & 5k 
- 23 Sports Barn Turkey Trot 

DECEMBER

- 16 Wauhatchie Trail Run 

THE RACE SERIES BEGINS
NOVEMBER 11, 2017

WWW.RUNCTC.ORG/BATTLE

