

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

# JOGGING **AROUND**

WHY I RUN: LATISHA SIMMONS

RUNNERS OF THE YEAR: LOGAN AND MCGINNIS

CTC REPRESENTED AT USATF CLUB NATIONALS

RACE RESULTS: WAUHATCHIE TRAIL RUN



# CHATTANOOGA TRACK CLUB

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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](http://www.chattanoogatrackclub.org)

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# FROM THE CLUB PRESIDENT



**Wow! What a great year we had in 2018!** Participation in races increased, membership increased, number of long runners increased, number of runners for our race team increased. Chattanooga was also awarded the renewal of our Runner Friendly Community designation by the Road Runners Club of America once again. Thank you to Mayor Burke for all his help and support to achieve this honor. It was definitely a year for abundance.

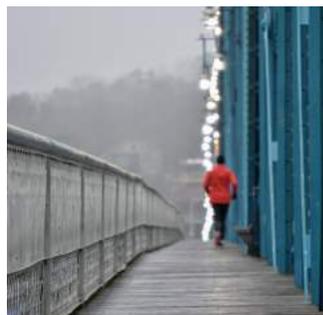
The number of racers we have is important; however, we couldn't have had such a tremendous year without such a great team of people to put together these races. Race participants would not have as near of a great experience if it weren't for our volunteers – our race directors cannot do it alone. Having partners for our races not only helps bring us more people, but it also brings them more business. So, to our racers, our race directors, our volunteers, and our partners...**THANK YOU FOR ALL YOU DO TO HELP SUPPORT OUR MISSION!**

The Chattanooga Track Club is the foundation for running in this great city for the past 50 years. People look to see what we do and they know our races by the quality of them. Do what you can to support the running community

– whether it is running with someone, giving another racer a high five, volunteering at a race, or just congratulating a finisher and applauding a race. These people are doing all they can to achieve something greater inside of them – you never know how much you will have impacted them at that moment.

As we move forward, let us continue to reach out to other members of our community, both in the Chattanooga Track Club and outside of it, and encourage them to strive to be their very best. We not only want everyone to Dream the Impossible, but also to Achieve their Impossible.

*Jennifer Heinzl is the 2019 CTC President.  
She can be reached at [president@chattanoogatrackclub.org](mailto:president@chattanoogatrackclub.org)*



## ON THE COVER

Chattanooga was recently recognized by the RRCA as a 2019 Runner Friendly Community. Criteria for selection include safety, infrastructure and the ongoing support of local government, businesses and residents.

## 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.

# WHY I RUN

## LATISHA SIMMONS



I started running back in 2015 in an effort to lose weight, change my lifestyle and improve my overall health. I started running using the Couch to 5K app. When I first started, I wasn't able to run for 30 seconds without stopping. I didn't give up and worked up to being able to eventually run for 30 minutes without stopping. Initially, I wasn't interested in long distance running. However, it was the first year for the Chattanooga Marathon and my employer offered a training program that included a free entry into the race. One of the fitness trainers at the gym encouraged me to run the half marathon. Since I've never been one to back down from a challenge, I quickly agreed to run my first half marathon. I finished the race and it was official, I was in love with long distance running! I have since run 9 half marathons, 2 full marathons and lots of other shorter distances. I'm looking forward to my first 50k this year.

My life has changed so much since I started running. I run because it allows me time to myself and to do something that makes me feel so accomplished first thing in the morning. Running benefits me physically of course, but the mental benefits are indescribable. Running is my therapy. It helps me deal with life and anything else that comes my way. I always feel better after I go for a run. I have inspired my husband to start running half marathons and we now do training runs and races together.

I love to travel and run in different places and I've met so many great people along the way. My fondest memory so far is getting an

opportunity in 2018 to go to Italy and run the ColleMarathon. This opportunity was in connection with the City of Chattanooga. There was a group of us that traveled to Fano, Italy to run the race. The people were so hospitable and treated us like royalty as if we were elite runners. The race experience was different than what we are used to in the United States. A couple of things that stood out was the fact that they handed out full bottles of water at the aid stations and some of the running teams were actually singing songs as they ran together. We ran through old castles and vineyards and cobblestone streets. It was the opportunity of a lifetime.

I've turned into a running geek. I love to learn about the sport. I listen to a variety of podcasts and I read a variety of books and magazines. I love to talk to experienced runners and pick their brains. In my never-ending quest to geek out about running, I found the Chattanooga Track Club. I feel so honored to be a part of such a fantastic organization that cares not only about the running community, but the community as a whole.

*Latisha Simmons is from Chattanooga and attended UTC and graduate school at UTK. She works as a clinical training consultant for a major insurance company and as adjunct faculty at a local community college. She enjoys spending time with her husband, traveling and running.*



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# THIS IS YOUR CLUB!

Mandee Keith

Hello and Happy New Year!

As I move in to this second year working with the membership committee I am really excited about the people that have stepped up to take more active roles within this committee to make this club even better. This group along with board members played a huge part in the success of our recent annual banquet. It was so much fun to see everyone together in a social setting celebrating the many accomplishments of individuals and the club as a whole from the past year. I truly believe the members of our club are a huge reason we are such a great club. We support one another, push one another, and truly believe in the mission of this club. This is your club, if you have suggestions of things we can do to make it even better I would love to hear from you. Also if you'd like to play a more active role in supporting the growth of our membership please join the committee, you can help out behind the scenes or at one of our track club events.

Keep an eye out for upcoming membership events and opportunities in your weekly emails throughout the year.

Happy Running !



Mandee Keith is the CTC's Vice-president of Membership. She can be reached at [VPMembership@chattanoogaogatrackclub.org](mailto:VPMembership@chattanoogaogatrackclub.org)



Money raised at the Fort Oglethorpe 5k in November allowed the CTC to make a donation to the 6th Cavalry Museum. Museum staff and volunteers support runners throughout the year with planning and assistance for the Battlefield Marathon and on race day with pastries for hungry runners.



The CTC supports the RRCA Kids Run the Nation program which helps implement youth running programs in communities around the nation.



C4 Sports Therapy sponsored a free strength training workshop for runners. Participants worked closely with trainers and tried out the variety of equipment available.



The CTC's Annual Membership Banquet is our celebration of individual and group accomplishments in the previous year. This year we welcomed 2019 at The Church on Main.

Photo by TN Sports Pic's

# RUNNER OF THE YEAR COMPETITION: 2019 RACE SCHEDULE

## Bill Brock

Hello Runners!

Congratulations to all 244 Runner of the Year competitors in 2018– what a fantastic year for so many runners!! Age group division competitions continue to see new talent challenging for top spots in every category and especially in the younger divisions, which is really exciting to see.

Special congratulations to Lisa Logan and Ryan McGinnis (pictured right) for capturing the top spots on the Overall Runner of the Year competition. Their names, as well as first place winners in each age group, will be added to the CTC Runner of the Year Award Plaques for 2018.

For those who made the banquet this year, how awesome to see so many new faces, young and old! It is really something to see how our club continues to grow both in numbers and enthusiasm year-in, year out.

For 2019, there will be 12 CTC ROY Races on the calendar. In four races during the year youths (15 and under) will score points in the shorter event (see table) while for the other 8 events, youths and adults will score points only in the main event.

Everyone should remember that half the battle of competing for Runner of the Year recognition is just getting your toes to the start line!! Age group points are earned based on up to 10 of your top scoring events. This definitely means that for many, slow and steady can still take home the gold! It's not just about being fastest – it's also about how hard we work and how often we keep showing up, so bump those numbers for 2019 and put the heat on everyone else in your age group!

Finally, be sure to check the CTC web site at [runCTC.org](http://runCTC.org) for full details on the 2019 Runner of The Year Competition rules, and best wishes to all 2019 competitors for an awesome year!!

Bill Brock leads the CTC's Races Committee and can be reached at [vpraces@chattanoogatrackclub.org](mailto:vpraces@chattanoogatrackclub.org)



			ADULT	YOUTH
1	Apr. 13	Chickamauga Chase	15k	5k
2	Apr.27	Market Street Mile	1m	
3	May 27	Chattanooga Chase	8k	1m
4	Jun. 8	Riverbend Run	5k	
5	Jul. 20	Scenic City Scorcher	2m	
6	Aug. 10	Missionary Ridge	4.7m	
7	Sep. 28	Raccoon Mtn	10k	5k
8	Oct. 5	Moccasin Bend Fall Classic	10k	
9	Oct. 19	Signal Mtn Pie Run	10k	
10	Nov. 9	Chickamauga Battlefield	Marathon	5k
11	Nov. 28	Turkey Trot	8k	
12	Dec. 21	Wauhatchie	6.7m	



Jivan Taj, Janette Potts, Joe Dumas, and Barbara Ensign, were among the age-group winners for Runner of the Year. Also pictured, Laura Brock.

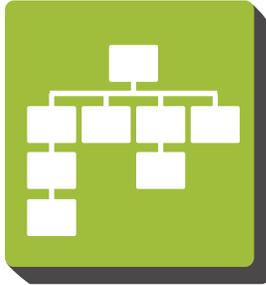


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# BOUNCING BACK: RETURNING TO RUNNING AFTER INJURY

Andy Gean, DPT, OCS, COMT

Run long enough and you're likely to be sidelined by a running related injury (though, hopefully not for long!). Days injured are challenging and frustrating to say the least. Addressing the injury at first occurrence is essential to returning to the trail or road in the timeliest manner as well as avoiding a dreaded recurrence or re-injury. As partner organizations to the Chattanooga Track Club, the Center for Sports Medicine & Orthopaedics and C4 Sports Therapy share with Jogging Around rehab considerations for runners recovering from an injury.

## What should an injured runner do when he or she is sidelined from running?

First of all, an obligatory medical disclaimer: If you are hurting to the point that you have pain during or after running, you should seek the care of a **medical or rehab professional**, particularly one that understands the specific needs and goals of the running athlete. Runners are often fearful they're going to be "shut down" from running if they seek medical attention—this isn't true in many cases.

When a runner is injured, appropriate rest of the injured area is paramount, but that doesn't mean you have to lie on the couch and be sedentary. At CSMO, we encourage an **active rest** approach which protects the involved body part but allows the athlete to continue many activities, sometimes even continuing to run with certain modifications. Tissues respond poorly to complete rest while some tissue stress is healthy and necessary for healing. In most cases, you will be allowed to continue some level of low-impact, core, or aerobic activity while protecting the involved region.

One last thing: When you're injured, **stay positive!** This won't last forever! We run for a variety of reasons including mental well-being. Many runners are anxious or down when they're sidelined. Discuss your feelings with a physician if you feel depressed during your recovery.

## What are some things allowed during "active rest"?

Cycling, aqua jogging, swimming, using body weight supported treadmills such as the Alter G, and circuit training may be allowed while rehabbing. Yoga, Pilates and other low-impact activities are wonderful options.

## How long should I hold off running?

This will vary widely based on the nature of your injury – from a few days with minor muscle pain after a hill workout to several weeks with a stress fracture.

## I'm feeling good, how do I know if I can start running again?

Full range of motion of the injured and surrounding area, no swelling, no locking or giving way of a joint, and no pain are

definite requisites. Before you hit the road again, see if you can do the following pain-free:

- Walk briskly for 30 minutes
- Balance on one leg for 30 seconds
- Perform 15-20 controlled single-leg squats
- Perform 20-30 single-leg calf raises
- Jump on both feet and land lightly without pain for 20-30 seconds
- Hop on one foot and land lightly 20-30 times without pain

If you can't do these things, you may need to continue rehab and strength training longer before trying to resume running.

## What does a return to a running program look like?

This is where you need a professional to help you, whether a PT or a running coach who understands your injury. Programs will vary by person based on prior mileage, injury type and the runner's goals. If all goes well, some programs may take up to 8 weeks. At minimum, it takes 2-3 weeks for tissue to acclimate as you build back up. Rest days between initial runs are essential. Most runs start as little as 20-30 minutes with a gradual progression. Avoiding drastic jumps in mileage is a must. Many therapists recommend jog/walk intervals during early runs. Strength training 1-2x/week on your rest days is probably the best thing you can do when you're eager to run more. Running volumes progress 10-25% in volume each week depending upon your pre-injury running volume. Your therapist may not progress you to the next level if you have pain greater than a 3/10 on a 0-10 scale during or after a run. Below is a sample of what an 8 week program may look like.

	MON	TUES	WEDS	THUR	FRI	SAT	SUN	Total km
Week 1	Rest	3km	Rest	2.5km	Rehab	Rest	5km	10.5
2	Rest	3km	Rest	2.5km	Rehab	Rest	5.5km	11
3	Rest	3km	Rest	2.5km	Rehab	Rest	6.1km	11.6
4	Rest	3km	Rest	2.5km	Rehab	Rest	6.7km	12.2
5	Rest	3km	Rest	2.75km	Rehab	Rest	7.3km	13.05
6	Rest	3km	Rest	3km	Rehab	Rest	8.1km	14.1
7	Rest	3km	Rest	3km	Rehab	Rest	9km	15
8	Rest	3km	Rest	3km	Rehab	Rest	10km	16

## Happy and healthy running in 2019!

Andy Gean is a Board Certified Orthopaedic Clinical Specialist who treats a variety of orthopaedic and athletic injuries at the C4 Sports Therapy. Andy and his wife, Callie, have 3 high-energy children: Tatum (6), Noah (40 and Knox (3). Not surprisingly, Andy enjoys running in his free time. The Center for Sports Medicine and Orthopaedics is a sponsor of the Chattanooga Track Club. To schedule an appointment with a Physical Therapist or Medical Provider at the Center for Sports Medicine & Orthopaedics or C4 Sports Therapy, call 423-624-2696.

# WAUHATCHIE TRAIL RACE RESULTS

DECEMBER 15, 2018

1 Tim Ensign	0:37:17
2 Rodney Stoker	0:37:47
3 John Arrowsmith	0:39:11
4 Micaiah Allison	0:40:58
5 Kevin Huwe	0:41:02
6 Lane Hollis	0:41:49
7 Jennifer Huwe	0:41:59
8 Mayes Starke	0:42:12
9 Helen Webb	0:42:25
10 Tripp McCallie	0:42:34
11 Matthew Adams	0:43:01
12 Davin Henry	0:43:15
13 Duke Richey	0:43:27
14 Shannon Wood	0:44:18
15 Lisa Logan	0:44:23
16 Ted Arrowsmith	0:44:57
17 Jason Webb	0:45:15
18 Sarah Richey	0:45:28
19 Barbara Ensign	0:45:39
20 Rocco Mansueto	0:45:57
21 Jimmy McGinness	0:46:05

22 Maria Studholme	0:46:20
23 Sergio Bianchini	0:46:24
24 Karen Leavitt	0:47:00
25 Patrick Hall	0:47:39
26 Adam Webb	0:47:50
27 Phillip Mansueto	0:48:04
28 Mark Malecky	0:48:26
29 Doug Jipping	0:48:43
30 Greg Heath	0:49:07
31 David Moghani	0:49:22
32 Jennie Gentry	0:49:31
33 John Crawley	0:49:48
34 Allison Wood	0:49:53
35 Joshua Maughon	0:49:56
36 Bill Minehan	0:49:57
37 David Kyle	0:50:15
38 Sean Perry	0:50:37
39 Andrew Stamper	0:50:50
40 Mary Margaret Arro	0:51:07
41 Elijah Anderson-Barr	0:51:56
42 Kyle Eiselstein	0:52:25

43 Andres Velez	0:53:37
44 Jennifer Hogg	0:53:49
45 Catherime Palmer	0:53:50
46 Stacy Eiselstein	0:54:25
47 Bill Squires	0:54:44
48 Sue Anne Brown	0:54:56
49 Jeff Poteralski	0:55:32
50 Tommy Davidson	0:56:07
51 Cathy Gracey	0:56:07
52 Eric Marshall	0:56:33
53 Mandee Keith	0:57:09
54 Lindsey Daniels	0:57:38
55 Vivian Anderson-Barr	0:58:25
56 Michelle Martin	0:58:25
57 Bernice Delaney	0:58:40
58 Lynda Webber	0:58:40
59 Horry Parker	0:58:52
60 Stacey Malecky	0:59:44
61 Emily Jipping	1:00:24
62 Elizabeth O'Connor	1:01:04
63 Beth Rice	1:03:32
64 Ron Branam	1:05:39
65 Anthony Grossi	1:06:21
66 Joey Howe	1:06:44
67 Chris Rargle	1:06:44
68 Willard Thrash	1:09:11
69 Todd Craig	1:11:45
70 Knut Hilles	1:11:45
71 Matt O'Neill	1:11:46
72 Bonnie Wassin	1:13:29
73 Maria Vives	1:13:31
74 Alan Deleon	1:13:37
75 Spencer Tielkemeier	1:14:32
76 Chip Wilson	1:15:03
77 Scott Bailey	1:15:30
78 Susan Pinas	1:18:25
79 Jacob Kidwell	1:21:22
80 Paul Daly	1:22:36



## Family Competition RESULTS Combined Times

1 Tim Ensign	
Barbara Ensign	1:22:57
2 Kevin Huwe	
Jennifer Huwe	1:23:02
3 John Arrowsmith	
Ted Arrowsmith	1:24:09
4 Helen Webb	
Jason Webb	1:27:41
5 Duke Richey	
Sarah Richey	1:28:56
6 Rocco Mansueto	
Phillip Mansueto	1:34:02
7 Shannon Wood	
Allison Wood	1:34:13
8 Kyle Eiselstein	
Stacy Eiselstein	1:46:50
9 Mark Malecky	
Stacey Malecky	1:48:11
10 Doug Jipping	
Emily Jipping	1:49:08
11 Elijah Anderson Barre	
Vivian Anderson Barre	1:50:22

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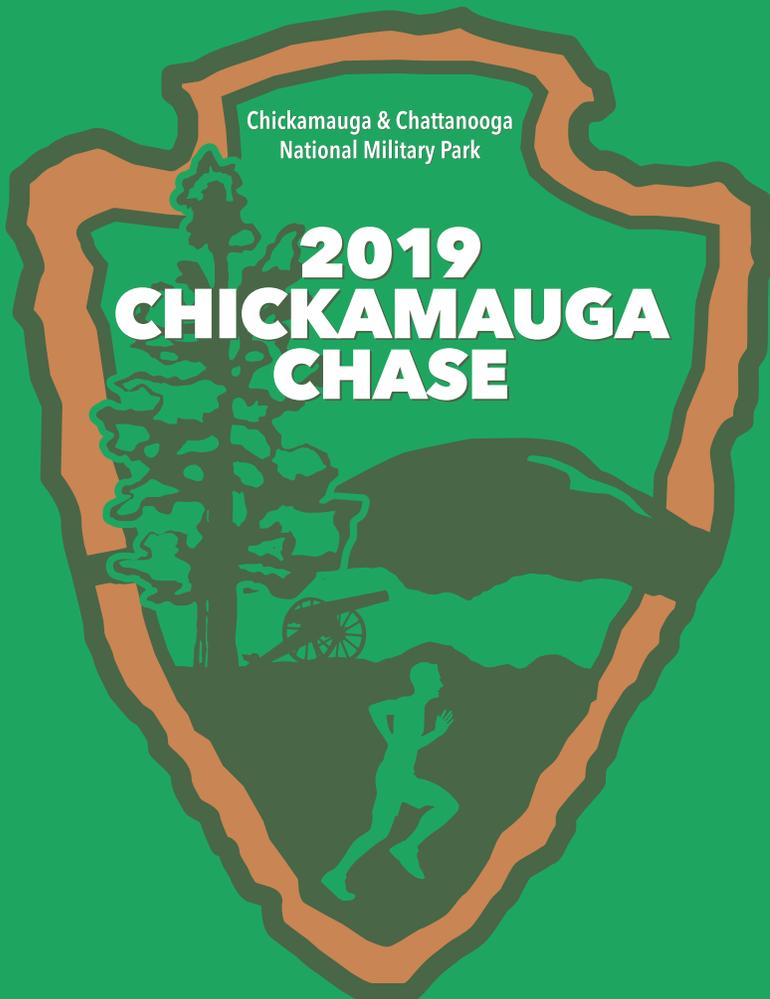
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# 2019 Chickamauga Chase

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**WILD  
TRAILS**

# CTC Men, 50+ compete in Spokane, Washington

*Debbie Thompson*

When the dust settled, the Chattanooga Track Club over-50 men had finished a very respectable 7th at the USATF National Club Cross Country Championships 10K in December. The club has been competing in the annual event for over 15 years. Each year the team finds itself in a different location; this year it was Spokane, Washington.

It was a great day to run a race under pleasant skies and cool weather. With the race so far from home it was difficult to wrangle enough hardy souls who were willing to take the time to fly out to the west coast to take on the best masters runners in the country. Captain Tim Ensign will tell you that pulling a masters team together is bit like herding cats. As a result, there were just enough runners to score as a team.

The team was led by Dean Thompson who was competing in the event for the 9th consecutive year. He was 13th in the team competition with a time of 36:50. Next to cross the line was never-aging Ryan Shrum. His time of 38:35 was good enough for 33rd place. Captain Tim Ensign, running in his 16th consecutive Club Nats race was next in 38:55 and 41st place. He was closely followed by first-timer Doug Cross, who came home in 44th place in 39:13, despite his ailing hamstring. Smiling Mitchell Pharriss, competing in his first Club Nats race, was the final critical scorer when he crossed the line in 42:38 – good enough for 66th place. It was a good day for the CTC. Although the team has placed as high as fifth in the past, seventh was a great showing for a group that hoped to finish in the top 10. The race always showcases the most talented masters runners from around the country and this year was no exception.

In 2019 the race will be held once again in Bethlehem, Pennsylvania, as it was in 2014. The CTC should field several teams since the race is much closer to home. The five survivors from this year's race will almost certainly be back for more!



(l-r) Douglas Cross, Ryan Shrum, Tim Ensign, Mitchell Pharriss and Dean Thompson represented the CTC at the USATF National Club Cross Country Championships 10k.

*Photos by Debbie Thompson*



In February (l-r) Van Dick, Ryan Shrum and Dean Thompson traveled to Tallahassee, Florida for the USATF National XC Championships 8k.

*Photo by Stephanie Mullis*



# CTC RACE TEAM GREW IN 2018, REGISTRATION FOR 2019 TEAM BEGINS SOON!

*Bill Brock*



## Hello runners!

Last year was a remarkable year in regard to our CTC race team for a number of reasons, with two standing out in particular:

First, we had the largest race team our club has ever had in its nearly 50-year history with 28 members recruited in all.

Second, and really the most impressive to me, we had an even balance of women and men on our team with 14 women and 14 men! I think that is remarkable and fantastic.

As CTC Club Manager and co-race director of the Chickamauga Chase Stacey Malecky noted in our recent 2019 Race Directors kickoff meeting, it is worth noting that in our 1979 Chickamauga Battlefield marathon there were only 13 female finishers vs. some 82 male finishers. As the saying goes, we've come a long way!

Our 2018 race team represented our club really well, earning top honors in our own ROY events as well as placing and winning in events of all distances all over the southeast and even across the country – CTC singlets adorn result pics and even race site headers all over the place!

By the time this issue of Jogging Around hits the stands, registrations for the 2019 race team should be open. If you're interested, please consider joining our team! Check RaceCTC.org for more details.

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**Association Goal:  
\$805,000**

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Center for Sports Medicine  
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Riverbend Run

June 8, 2019

RaceCTC.org



Market Street  
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Scenic City Scorchers • 2 Mile Race

Saturday, July 20, 2019

RaceCTC.org

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# 2019 CTC RACE CALENDAR



**APRIL 13** Chickamauga **Chase** 15k, 5k, 8M Trail **27** Market Street **Mile**

**MAY 27** Chattanooga **Chase** 8k, 1M

**JUNE 8** Riverbend **Run** 10k, 5k **23** Chattanooga **Waterfront Triathlon**

**JULY 20** Scenic City **Scorcher** 2M

**AUGUST 10** Missionary Ridge Road Race 4.7M

**SEPT 5** Elementary **Cross Country Series** Begins **28** Raccoon **Mountain** Road Race 10k, 5k

**OCT 5** Moccasin Bend **Fall Classic** 10k, 5k **19** Signal Mountain **Pie Run** 10k

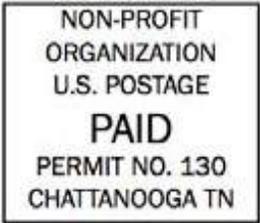
**NOV 9** Chickamauga **Battlefield Marathon** Half Marathon, Junior Marathon, 5k **28** Sports Barn **Turkey Trot** 8k

**DEC 21** Wauhatchie Trail Run 6.7M

DETAILS AND  
REGISTRATION: **RACECTC.ORG**



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



## CHANGE SERVICE REQUESTED

# RACE CALENDAR

Race dates are verified but might change. Please visit [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) for the latest information on races and events.

### LEGEND

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

#### APRIL

- 13 Chickamauga Chase 
- 27 Market Street Mile 

#### MAY

- 17 Chattanooga Chase 

#### JUNE

- 08 Riverbend Run 
- 23 Chattanooga Waterfront Triathlon 

#### JULY

- 20 Scenic City Scorcher 

#### AUGUST

- 10 Missionary Ridge Road Race 

#### SEPTEMBER

- 10 Elementary Cross Country 
- 28 Raccoon Mountain Race

#### OCTOBER

- 05 Moccasin Bend Fall Classic 10K 
- 19 Signal Mountain Pie Run 

#### NOVEMBER

- 09 Battlefield Marathon, Half, Jr. Marathon, 5K 
- 28 Sports Barn Turkey Trot 

#### DECEMBER

- 21 Wauhatchie Trail Run 