

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

# JOGGING AROUND



# 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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### Printing

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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.

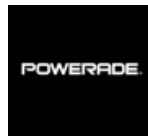
No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to casual walker is welcome.

For information about the Chattanooga Track Club visit:

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

## IN THIS ISSUE

Meet the new CTC Club Manger (Amanda Cotter)	1
Why I Run (Jason Lyles)	2
Membership (Mandee Keith)	4
CTC Races Committee Report (Bill Brock)	5
Column: Injuries, Illness and Training (Andy Gean)	7
CTC Endowment Fund	8
Article: CTC Long Runners Profiles (Lynda Webber)	10
CTC Race Calendar	Back Cover





## CTC CLUB MANAGER: AMANDA COTTER

**I run to breathe the fresh air. I run to explore. I run to escape the ordinary. I run...to savor the trip along the way. Life becomes a little more vibrant, a little more intense. I like that.**

– Dean Karnazes, *Ultramarathon Man: Confessions of an All-Night Runner*

This quote is from Dean, but I feel like I have heard myself saying this same thing time and time again. Running has been a way for me to clear my head, to help me create my patterns, and beat my goals.

My name is Amanda Cotter, and I am your new Track Club Manager. It sounds so great to say (write) that!

I grew up in Bristol, Connecticut: The Home of ESPN. My running career started “late” for someone who would go on to compete in the NCAA. I was convinced that I was going to be a basketball player growing up, and what I had in height, I lacked in any sort of basketball skill. Once I reached high school, and there were basketball try-outs, I knew that I would need to “pivot” and try a new sport. I went to a Summer Conditioning Camp with my older brother, and that is when I was approached by the Cross Country Coach. After competing in cross country, indoor and outdoor track in High School, I was recruited to compete at the University of Tennessee at Chattanooga! Moving to Chattanooga for school was easier than it sounds when I tell people I grew up in Connecticut. My mother, Jamie, grew up outside of Chattanooga in Soddy Daisy, and my father, Marty, spent some of his childhood in Chattanooga as well. Chattanooga had been a destination for many family vacations, so getting the chance to go to school and run here, in my second home, was a dream come true.

During my competitive time at UTC, I competed under the direction and coaching of Bill Gautier. Coach was and still is my mentor today and I believe that I would not be the person or runner that I am without his guidance. Running for UTC was a great experience; I learned my strengths not only as a runner, but as a student and a leader. I graduated with my undergraduate degree in Psychology (with a focus in Sports) in December of 2014, and started post-baccalaureate work in Special Education after that to finish out my year of running eligibility.

After finishing my running career at UTC, I was offered the Assistant Cross Country and Track Coach under my Coach, Bill Gautier. This was a great opportunity to utilize my degree, by being able to help and mentor student athletes in competition and goal setting, but also to help my alma mater achieve their team running goals and to learn from one of the best! I had various roles at UTC within my position ranging from recruiting, to team management and coaching middle distance athletes during indoor and outdoor track. I am very grateful for the



experience I acquired at UTC and I believe that it will translate well to my new position with CTC!

As the new track club manager, I come with a group of built-in volunteers! My husband, Lucas, is a runner and we met competing at UTC, so I am sure you will see him at group runs and races! We have two children, Addison and James, who do not know it yet, but they will be runners someday as well. Addison has already volunteered at numerous races and is looking forward to helping hand out water at some finish lines. I also have a large group of family members in town that you will be seeing: Jamie Sumner (my mom), Dane Sumner (brother) and his wife Emily, Paige Singer (sister) and her husband, Christian (Front Runner employee) and Marty Sumner (my dad) who will be our social media supporter from Connecticut. They are all very passionate about physical and mental health and promoting those within Chattanooga.

This is my first week working with the Chattanooga Track Club in my new position, and though I have a lot to learn, one thing has been extremely clear: the volunteers and the people who work behind the scenes of all of these events are some of the most passionate people I have ever met! I am extremely impressed by the hard work that goes into every event. The love that this organization has for Chattanooga and promoting health through running, walking and exercise in general is so exciting and I feel like I fit right in. I want to take a minute to thank Stacey Malecky for all of her hard work, and for helping me through the transition. I also want to thank the board for believing in me and giving me the opportunity to work with this wonderful organization.

*Amanda Cotter is the CTC Club Manager and can be reached at [clubmanager@chattanoogatrackclub.org](mailto:clubmanager@chattanoogatrackclub.org).*

# WHY I RUN

Jason Lyles

I first started running about 10 years ago when I reconnected with an old college friend. She had changed her life and her health through running and was a great inspiration to me. It was something I really needed at that time in my life, and I began to see how change was possible though long term plans. When my wife and I started dating soon after, we ran together as part of our courtship. She was a runner way before me and was patient in letting me catch up during my transformation into a runner. It wasn't long until I was outdistancing her and training for my first marathon at the Chickamauga Battlefield. It's a race I do every year, although most years just the half. The weather is usually perfect in mid-November with crisp air, blue skies, and aid stations with my students from LFO High School cheering me on. Why would I ever miss it?!

I love long term projects, and I love slow incremental change, which is a good thing since I am a runner, a musician, and a teacher. All three require patience, perseverance, and a vision of the big picture. Of course I run for the joy of it (the freedom, the natural high, the excitement of a race morning), but also for the ways it mirrors the rest of my life. You can't put out an album until you record the tracks, overdub, mix and master. You can't teach a lesson until you plan, gather resources, and create assessments. Just like you can't run a marathon until you can run a 5k, a 10k, and can put in HOURS of training. Just like you can slowly transform your body into a machine that can run 26.2 miles, you can also create a performance, a piece of art, and meet goals in students' education. I love the sheer act of will in making things happen over time and probably enjoy that journey more than the end result.

Just like life, running is hard sometimes, especially after a late night gig! However, there are so many people who inspire me, and the Chattanooga Track Club has some of the most supportive people I've ever met. Just come to the downtown YMCA at 6:30 any Saturday morning and you'll see!

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Jason Lyles grew up in Chatsworth, Georgia and teaches science at Lakeview-Fort Oglethorpe High School. He writes and performs acoustic rock music locally and nationally. Jason and his wife are Orchard Knob residents and proud parents of a rambunctious first grader/backup dancer along with two guinea pigs.



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## ON THE COVER



It was a photo finish at the 2019 Missionary Ridge Road Race. One thousandth of a second was all that separated first place finisher John Gilpin (blue singlet) from runner up Christian Thompson on a hot, humid morning.

*photo by Sujeel Taj*





# FRONT RUNNER ATHLETICS

Chattanooga Track Club members receive **10% OFF**  
all shoes at Front Runner on Hixson Pike.

4251 Hixson Pike | Chattanooga, Tenn.



# TRACK CLUB MEMBERS CAN PICK UP MEMBERSHIP GIFT AT CTC EVENTS

Mandee Keith

**Hello friends, I hope this finds you doing well.**

The membership committee has been busy planning the final events of this 2019 running year and we hope that you will plan to join us as we continue to celebrate one another. Events coming up soon will include the end of summer social, the annual election social in November and then, of course, our Annual Membership Banquet. The banquet will be held again at the Church on Main, January 11, so mark your calendars now.

Watch for emails with additional information about these exciting events. The membership swag for this year is in and it has been a hit! Be sure to see us at the membership table at any CTC event or race to pick yours up.

Happy Running!

Mandee

Mandee Keith is CTC Vice-president of Membership and can be reached at [vpmembership@chattanoogaogatrackclub.org](mailto:vpmembership@chattanoogaogatrackclub.org)





# END OF SUMMER RACES REPORT: A GREAT YEAR SO FAR.

Bill Brock

## HELLO RUNNERS!

As of this writing, we have now completed our fourth (out of six) CTC Anchor race event this past July in hosting our Chattanooga Waterfront Triathlon with our partners, Team Magic. To say the event went well, is an understatement for sure. Recovering seamlessly from 40mph+ Friday night winds that shredded all the tents that were set up for Saturday's race village, our amazing team - including Jenni Berz, Jennifer Heinzl, Amy Smith, Sarah Barnes and many, many others – took a deep breath, and then just regrouped and pulled it all back together, including completely repositioning packet pickup from Ross's Landing to the Spring Hill Suites and ensuring all racers knew where to go and just like that, BAM, back on track! Mind, those results were also due to all of the years of experience between Team Magic and their staff, along with our team coordinating seamlessly, like a fine-tuned engine.

And it's been like that from the start, with rain before the Chickamauga Chase causing Stacey and her team to need to do the last-minute 'school-bus shuffle' while keeping their composure and our participants comfortable and clearly directed to the start line on time. This year's Chase was also uniquely remarkable, in that it was Jack McFarland's 50th running which George Skonberg ensured was commemorated appropriately with a custom plaque engraved with language recognizing Jack's accomplishment and officially retiring, by club proclamation approved by the board, race bib #50. Jack was there to receive that plaque and to hear the proclamation read to some 1500 participants who responded heartily with their congratulations. It was a powerful morning.

I'll go far too long, but I want to also note that we hosted over 500 participants on a new course and date for a much-improved and well-received Riverbend Run that was superbly directed by Jane Webb and worked by her strong team of volunteers.

*Continued on page 17*



# Injury, Illness, and Training: Running Yourself into the Ground?

Andy Gean PT, DPT, OCS, COMT

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Who hasn't run with a sore joint or muscle or a sniffle or feeling less than your best? Chances are that many Chattanooga runners are doing the same thing preparing for fall races all while weekly mileage creeps upward. Progressive distances and peak mileage weeks place significant demands on the body's repair systems. Peak mileage weeks require huge energy expenditures while also demanding huge amounts of energy for recovery and repair. Better health and well-being is one reason many run, however, lengthy training programs for longer races may take a greater toll on your body that you bargained for - in a negative manner.

A recent study in the Journal of Orthopaedic & Sports Physical Therapy surveyed a large pool of runners at a major marathon regarding illness and injury during training. Nine out of ten runners surveyed indicated they had sustained a running related injury or illness resulting in missed training sessions during their 12 to 16 week half or full marathon preparation. Injuries included common bone, joint, and muscle pains and complaints but also included symptoms such as headache, persistent cough, runny nose, fever and so on. Of the runners with an injury or illness in the last two weeks before the race, approximately half did not finish the race.

## So, what's the point?

The body's ability to recover from soreness and sickness go hand in hand. Both are reliant on the ability of the immune system to do its job: keep you healthy on a daily basis. Runners are familiar with muscle, bone, and joint issues with running; however, they often fail to recognize the immune system's role in repairing the sore leg and the lingering cough.

So where's the balance? How can we run for health and performance and elude illness and injury? As your mileage builds up this fall, take an inventory on the a few of the items below.

- **Sleep:** Sleep is your number one recovery tool. If you pride yourself in being able to "survive" on low levels of sleep, you are not optimizing your recovery potential and may be placing yourself at risk. Consider a regular sleep schedule (just as regular as your training program) or increasing your nightly sleep by an hour during training. Seven to eight hours at minimum is optimal.

- **Nutrition:** Do you have a nutrition and fuel plan for training? Slightly increasing your caloric intake (from good food sources) during high mileage weeks can provide added recovery benefits. Lean meats provide muscle repair to help those nagging strains and soreness. While fibrous carbs (green vegetables) provide micronutrients to support the immune system.
- **Training with pain or sickness:** Runners sometimes use pain with running as a badge of honor. As a physical therapist, I wouldn't recommend this approach. While you may want to "stay on plan" and knock out your eight mile run today, if you're in pain, you are not doing yourself any favors. A day off, spinning, or swimming is smarter than continuing to grind through pain. If you're ill, don't tough it out, see your primary care physician. If you're in pain, team up with a physical therapist or medical provider who understands the demands of training and create a recovery plan.

Be smart and listen to your body to stay healthy and on track to reaching a PR this fall.

## Happy, Healthy Running!

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Andy is a Board Certified Orthopaedic Physical Therapist at C4 Sports Medicine with the Center for Sports Medicine & Orthopaedics. To schedule a visit with a physical therapist at C4 Sports Therapy call 423-713-5639. To schedule with a medical provider or at any of our other rehab clinics, call 423-624-2696. Center for Sports Medicine & Orthopaedics is a sponsor and valued partner of Chattanooga Track Club.



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WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE

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# THE LONG RUN ENDOWMENT FUND

The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of these funds and is appreciative of your generosity to help build this legacy for our community.

## IN MEMORY OF:

Jon Chew  
*Bradford Harvey*

John Madzin  
*George Skonberg*

Jerry Lastine  
*George Skonberg*

Mike Griffin  
*George Skonberg*

Cameron Bean  
*Alan Outlaw and Family*

Van Townsend  
*Alan Outlaw and Family*

Daniel Hamilton Webb  
*Jane Webb*

## IN HONOR OF:

John Mazdin  
*Steve Rogers*

Bill Brock  
*George Skonberg*

The Enicks Family  
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*A gift to the Chattanooga Track Club endowment can be made to honor a friend, a special occasion or to remember someone who has passed. An acknowledgement of the gift is sent to the recipient (or their family) and to the donor. Contact the CTC club manager for additional details at [clubmanager@chattanoogatrackclub.org](mailto:clubmanager@chattanoogatrackclub.org).*





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Your first weather on **GMC FOX Edition** and **First at Ten on FOX Chattanooga**. Proud sponsor of the Chattanooga Track Club.

# THE 2018 CTC LONG RUNNERS

Lynda Webber

## What is it about covering ground for miles and miles?

About chasing a goal for years and years? Why do people do it? As Lee Kuan Yew of Singapore said, “The human being needs a challenge, and my advice to every person is to keep yourself interested, have a challenge.”

When taking on a challenge, there is no such thing as “failure” ... it’s all a learning experience, and all learning experiences are good experiences...if we learn from them. Sometimes the reward is all the sweeter after hardship has finally been overcome and the challenge has been met, even if it takes more than one try. Otherwise Frederick Maryat would not have coined the phrase “If at first you don’t succeed, try, try

again,” and Thomas Edison would never have said, “Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

People take up a challenge for many different reasons. But in the end it’s not just about a trophy or a name on a results list. People who take up a challenge learn something about themselves that others perhaps have not. As Fred Devito once said, “If it doesn’t challenge you, it doesn’t change you.”

So challenge yourself, and experience the change.

**NOW MEET THE 2018 CTC LONG RUNNERS.**

## LIFETIME AWARDS



### Dom Demio – 7 Continent Marathon Finisher

Dom, a CTC member going into his second year, completed his 7th marathon on his 7th continent on July 1, 2018, by finishing the Gold Coast Marathon in Australia – which was also his most memorable marathon as he got to run it with his daughter, Marie, and his son, Pete. “What a blessing it was,” he states, “for us to share and complete this event together!!” Dom has done 83 marathons altogether, including a marathon in each of the 50 states which culminated with the Rocket City Marathon in Huntsville, Alabama in December 2000. Remarkably, he completed 30 marathons in that one year – from 10/24/1999 to 10/22/2000 – which he admits was completely nuts, but his goal was to complete all 50 States and DC before his 50th birthday in December 2000 and he made it with only three days to spare. Dom adds: “I want to thank past CTC Director Roy Webb for inviting me to volunteer to work the water stop at the 2017 IronMan World Championship. I was so impressed with the positive work ethic, camaraderie and care for the runners that I volunteered to work the Chattanooga IronMan, too, and, as a result, joined the Chattanooga Track Club!” After marathoning in 50 states and on seven continents, Dom is taking time off to tinker with his several Model T Fords but we hope he’ll come back to us soon to take up another Long Runner challenge!



### Sean Higgins – 7 Continent Marathon Finisher

Sean, a Contracting Officer in the US Army, has been running for 37 years and a CTC member for 17 years. He finished his 7th marathon on his 7th continent in 2018, completing the Antarctica Marathon. This was his favorite marathon - both because of the journey—seven days by boat—and because of the wildlife he observed during that time (numerous penguins, whales, seals and birds). He admits the marathon itself was not the highlight of his trip because it was in a tough and hilly environment that was covered in ice and snow and beset with freezing winds. His most memorable marathon was the Rapa Nui (Easter Island) Marathon because it was exotic, isolated, unique, and amazing! For him, it was the adventure of a lifetime to see the Moai monoliths up close and feel the history there. **His advice to someone attempting to run all seven continents?** Plan accordingly, especially for Antarctica because the marathons there (he knows of three) can fill up years in advance and they are very expensive – but ultimately well worth it. **His motivation for running all seven continents?** To travel the world and use running as his excuse to do it!



## ANNUAL 50-MILER AWARD



### Sarah Barnes

Sarah has been running for around six years and a CTC member for around four years. After “a lot of peer pressure” from her friends, she jumped off the deep end and did her first 50-Miler – which was also her very first ultramarathon – at the Pistol Ultra in March of 2018. When asked how she would describe her experience, she states, “So many emotions go through your head before, during and after. Honestly, it feels just like finishing your first 5K, half or full marathon (or any other goal you put your mind to). You learn to push through the negative thoughts, the disbelief, the pain and weakness. You find a way to propel your feet forward and cancel out the doubt. It sounds cliché, but it takes far more inner strength than physical strength. In the end, it’s worth it!” She also states she would repeat the experience and that she would love to tackle a 100-miler someday as well, but ... “it’s...so... many... miles!” **Sarah’s ultra advice to first-timers?** “Take it one step at a time. Set small goals throughout the race and tackle it piece by piece.” **Sarah’s quote to run by:** “If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.” (Martin Luther King Jr.)



### Ron Branam

Ron, an electrical engineer who spends much of his time flying around the country working on dams, unwinds by running with the 6:30 a.m. group from the Downtown YMCA on Saturday mornings and wherever and whenever he can during the rest of the week. He became a CTC member around 2006 when he started running to lose weight and dropped about 62 pounds in the process. In 2016 he became a CTC Long Runner when he finished the Nashville 50-Miler. He earned his second Annual 50-Miler Award in 2018 after completing 86 miles during “A Race for the Ages” in Manchester, Tennessee over Labor Day weekend, and he’s already registered for his third ultra during the 2019 season so he can continue adding to his Annual Award Collection. His advice for someone contemplating his or her first ultra? “As Nike says – Just Do It!” **Ron’s signature quote:** “The hills are our friends....they make us strong!” Long Runner Trivia: Most people do not know that Ron is... a ham radio operator!



### Hugh Enicks

Hugh Enicks (a.k.a. “The Colonel”), has pretty much been running his “entire life.” His dad was a track coach, and the apple didn’t fall far from the tree. Hugh has served as Red Bank High School Cross Country and Track Coach, JROTC Senior Instructor, Raider Coach, Academic Team Coach, Robotics Team Coach and Oratorical Team Coach. This retired Army lieutenant colonel has been a CTC member for over 15 years and has had a stellar racing career. In addition to having twice been named CTC Runner of the Year he is a three-time overall winner of the Chickamauga Battlefield Marathon, a three-time overall winner of the Chickamauga Battlefield Half Marathon, and a two-time National USATF Marathon Champion in his age group. He added “Long Runner” to his resume when he covered 63 miles at the CTC Locomotion 12-hour run in April, 2018, and became the overall winner of the event at age 58. You don’t want to mess with Hugh out on the course. As he told John Hunt of the Chattanooga during an interview back in 2014, “I don’t show up at a race unless I’m planning to win. I come prepared to take it as I don’t just run a race. I have to compete.” We don’t think much has changed in five years. Despite pushing himself to the limit in training and racing, Hugh takes his recovery time seriously. Most people would never guess that when he’s not running, he ...really enjoys a good crossword puzzle!

# THE 2018 CTC LONG RUNNERS



## Sonja Fordham

Sonja has been a CTC member for three years but she's been running off and on for about thirty years. She earned her Long Runner stripes by completing her first 50-mile event at the rugged Chattanooga 50 Mile trail race in December of 2017, but her most memorable event was the 2018 Lookout Mountain 50 Miler – where she earned her first DNF. Instead of being discouraged, Sonja looked at it as a learning experience and would agree that whatever doesn't kill you makes you stronger. She immediately signed up for another 50-Miler in Arizona in early 2019. **Sonja's quote to run by?** "Real courage is when you know you're licked before you begin, but you begin anyway and see it through no matter what." (Harper Lee) Her goal is to someday run the Western States 100-Mile Endurance Run and with her determination we know she can do it. Says Sonja, "When the going gets tough, take a little advice from [champion long distance runner] Ryan Hall and just "Run the mile you're in."



## Emily Goolsby

Emily has been running for about 15 years and has been a CTC member for three years. Her very first ultra was the Pistol 50K in Alcoa, Tennessee in 2016, and two years later she decided to tackle her second one – the popular Tunnel Hill rails-to-trails 50 Miler in Vienna, Illinois, which she ran with fellow CTC member Mandee Keith. Emily enjoyed both of her ultra experiences – especially Tunnel Hill – because covering 50 miles was such an accomplishment for her and further than she ever imagined running. This brand new Long Runner finds her biggest inspiration in the group of ladies she runs with, because they all support each other and encourage each other's goals. She would wholeheartedly agree with comedian Amy Poehler's suggestion to "Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life." **Emily's ultra advice:** "Train on tired legs." **Emily's Quote to Run By:** "When the going gets tough... just keep going."



## Mandee Keith

Mandee grew up in Chattanooga, ran cross-country and track at GPS from grades 8-12, and had a CTC family membership during her elementary school and high school years. She set running aside after high school graduation, but it started calling to her again around 2011 and she seems to have picked up right where she left off – CTC membership and all – despite the years in between. She finished her first ultramarathon, the Pistol 50K, in 2016 and spent the next couple of years participating in all sorts of other shorter-distance running events. Two years later she decided to celebrate her 40th birthday by jumping right into the Tunnel Hill 50-Miler in Vienna, Illinois along with friend and fellow CTC member Emily Goolsby, both of them wrapping it up with a great finish. An IT band flare-up – and running partner Emily Goolsby's tendonitis – made the last three miles a bit of a challenge for them both, but crossing the finish line made up for it. **States Mandee:** "It was the most amazing feeling and it still makes me tear up, thinking about all the work we put in and the fact that we actually beat the goals that we'd set." She also appreciates the fact that she had the "most amazing friends," Vivian and Patti, to support her and Emily throughout their ultra training and crew for both of them (Vivian at the Pistol and Patti at Tunnel Hill). **Best ultra advice ever received by Mandee?** "From IronMan Billy Collier – 'Start slow and slow down.'"





## Jason Liggins

Jason joined the CTC and started running about eight years ago. He completed his very first ultra, the Black Warrior 50K in Moulton, Alabama in 2012, and upon crossing the finish line said he'd never, EVER do it again. But here's what Justin Bieber sang in "Never Say Never": "I never thought that I could walk through fire, I never thought that I could take the burn, I never had the strength to take it higher, until I reached the point of no return." It took Jason six years to reach the point of no return after Black Warrior, and in 2018 he not only finished the rugged Cloudland Canyon trail 50K during a cold and rainy day in February, he kept the momentum going and finished his first 50-miler at Run Amok in Harrison Bay State Park in November of 2018. To what does Jason attribute this sudden burst of ultra energy? "The last two years have been growth years in running for me. I'm physically more fit than I've ever been. My goal is to never stop growing and to continue to look for new challenges. Running a 50 miler was the next logical goal." **Jason's quote to run by:** "It always seems impossible until it's done." (Nelson Mandela) **Jason's ultra advice:** "If you keep moving one foot at a time you can conquer anything." **Jason's secret to ultra success:** "Most people don't know that I ... eat hot sauce with almost everything!"



## David Lane

David has been running for about eight years and has been a CTC member for two. He's finished two 34-milers in Pennsylvania (2014 and 2015), the Strolling Jim 40-miler in Wartrace, Tennessee in 2017, 29.75 miles at the CTC Locomotion in April of 2018 and the Tunnel Hill 50-miler in Vienna, Illinois in November 2018. Tunnel Hill was his first 50-mile race, made even more memorable when he created a fundraiser in conjunction with the event to help baby Samuel, the son of good friends, who was born prematurely in 2018 and had to stay at the hospital after his birth to undergo four surgeries. David raised \$3,200 through his Tunnel Hill fundraiser for baby Samuel and each of his donors "sponsored" a different mile of the race, which made it a very special event for him. As with most people who are ready to try their first 50-miler, David wanted to test himself physically and mentally to see how far he could push himself. His biggest ultra challenge? "To just keep going," said David frankly. "It is so easy to quit while you are out there." **David's ultra advice:** "Take your time and start off slow!" **David's quote to run by:** "If you always put a limit on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them." (Bruce Lee)



## Elizabeth O'Connor

Elizabeth, a champion hiker who puts her experience to good use during her part-time job at REI in Chattanooga, has been running for about seven years and has been a CTC member for just over a year. She was training for her very first marathon in 2017 when she heard about the Long Runners Wall and says she immediately coveted a spot. Although she was just short of 50 miles at the Locomotion 12-hour run in April of 2018, she still won the Female Grandmasters award. Momentum was still with her at the Dirt Circuit 24-hour run in Morristown, Tennessee in September of 2018 – not only did she finish 67.85 miles there, she also won first place female and third overall at that event. Elizabeth's ultra-inspiration is her husband, Chris. "He got me into running and he's unfailingly supportive, whether I need Chicken McNuggets during an ultra, a ride home when I'm too stiff to step off a curb, or training/coaching advice." **Most people don't know that she:** briefly met Scott Jurek outside a shelter on the Appalachian Trail in Maine's 100-mile Wilderness during his record-setting speed hike in 2015 (that is Elizabeth's ultra-inspiration #2!) **Elizabeth's biggest ultra-challenge:** "I'm a big self-doubter. But once I actually register for a race, I'm all in and I can't wait."

# THE 2018 CTC LONG RUNNERS



## Truman Smith

Truman, a long-time CTC member, has been running for about 35 years and is tougher than ever in his 70th decade, triumphantly beating injuries and health obstacles along the way and kicking them aside like stones. He finished over 20 ultramarathons after he turned 60 and is rapidly closing in on his 200th marathon. During the 2016 season, Truman completed his first and only 100-mile event to date at the Pistol in Alcoa, Tennessee, thereby winning the CTC Long Runners first (and, to date, only) “Grand Slam Award” – which also required him to complete at least one hundred marathons, a marathon in each of the 50 States, a marathon on each of the seven continents, and at least one 50-Mile event (he’s done several). He earned yet another Long Runners Annual 50-Miler award in 2018 when he completed 100K at A Race for the Ages in Manchester, Tennessee over Labor Day weekend. Although Truman is built like a football player (he WAS a football player), he is truly a runner at heart, and he needs to wear one of those shirts which says, “In my mind, I am a Kenyan.” **He will tell you he was “Born to Run” before the book came out, and his quote to run by?** “You can rest when you die.” **Truman’s ultra advice?** “Start out slow, and gradually get slower.”



## Annette Tolliver

You’ve seen this lovely lady at several CTC races, where it is now almost a tradition for her and her husband, Danny, to each proudly carry the American flag. Annette (a.k.a. “Nette,” a.k.a. “Smyles”) ran track back in junior high and high school and continued to stay active through the years by running and lifting weights. She’s been a CTC member for a couple years, and after a little urging from her friend and fellow CTC member Sherrie Rahbe eventually decided to attempt her first 50-miler at the Sleepy Hollow 24-Hour Ultra in Canton, Georgia on October 28, 2017. Following her successful completion of that event – which earned her the 2017 Long Runners Annual 50-Miler Award – she did a repeat in October of 2018 and covered almost 17 miles more than the previous year. She says she learned a lot of things about herself after each ultra experience, and she knows that she wants to “keep pushing the limits.” **Annette’s biggest ultra challenge:** Over the past five years this CTC member has dealt with lupus, a pulmonary embolism and rheumatoid arthritis, yet her response to these challenges is, “We all have a burden, so Live, Laugh and Love!!” **Annette’s quote to run by:** “Tough runs don’t last. Tough runners do.”

## ANNUAL 100-MILER AWARD



## Sergio Bianchini

Not many people will start running competitively at the age of 60...Sergio is one of them. Even fewer people will begin an ultra running career at the age of 74. That’s when “Serge” finished his first 50-miler, and a few weeks later, in July 2015, finished the Vol State 500K Road Race completely self-supported in just over seven-and-a-half days. This has apparently become his signature event, because he repeated this feat in 2016, 2017 and 2018 and, to date, holds the record for being the oldest finisher. Over Labor Day weekend 2018, Serge also completed 142 miles at “A Race For The Ages” in Manchester, Tennessee, another event he’s participated in each year since 2015. He says his goal is to keep going to Vol State and ARFTA until 2021 – when he’s 80. Then he can celebrate (whatever that means)! The question is, do we really think he’ll stop then? [2019 Update: Serge went on to complete his 5th consecutive Vol State 500K Road Race on Friday, July 18, 2019.]





## Sal Coll

Sal Coll, a.k.a. “The Machine,” has completed over 150 lifetime ultramarathons, including several grueling multi-day events. Like Sergio, his signature event would no doubt be the Vol State 500K Road Race. In 2018 he finished his 5th Vol State because he loves traveling the open road... and “each year it’s a different adventure.” He claims that it’s addictive, and that something just keeps him “going back for more torture.” Sal has completed more ultramarathons than any CTC member to date... and almost all of them during the approximately 14 years he’s been a CTC member. He’s also on a streak, and has received the annual 100-miler Award since the inception of Long Runners in 2013. Sal’s ultra advice: “If you train your mind for running everything else will be easy!” **Sal’s ultra advice (that “The Machine” would give to no one but himself):** “If you have a pain, run 20 miles and it will go away.”

[2019 Update: Sal went on to complete his 6th Vol State 500K Road Race on Thursday, July 17, 2019.]



## Stacey Malecky

Stacey has been running for over 20 years and a CTC member for five years. She recently retired as CTC Club Manager but continues to maintain a strong presence with the CTC. A veteran ultra-runner, Stacey has completed many a 50K and 50-Miler and has conquered three 100-mile events. She will tell you that the quest for more buckles continues! Her favorite ultra is the 100-miler she completed in September of 2018 – the Yeti, in Abingdon, Virginia – and she attributes that to “Awesome support, unicorn pop tarts at aid stations, [and] a finish line BEAR HUG from the Race Director,” adding that the event was “Impossible to top, really... I’ve never had so much fun while in so much pain!” Stacey notes she had a real “low” at about mile 63, but after that point she knew she could do it. She loves “hundo training,” but her biggest challenge is fitting in the training time with her “real life.” **Stacey’s ultra advice:** “Don’t worry about what everyone else is doing when you get there. If you’ve found what works for you during training, just do it, and CARRY ON!” **Stacey’s ultra admission:** “I run ultras. I do not vacuum under the bed.” **Stacey’s words of ultra wisdom:** “I love that there is NO guarantee of success... If it’s easy it’s not worth it. If it’s worth it, it won’t be easy (I stole that from Bob Marley... He was referring to women, but I think it applies to anything in life).” **Stacey’s most exciting ultra experience?** “Seeing all the amazing running accomplishments performed by others and watching the ‘lightbulb’ go off (i.e., “I am capable of so much more than I realize!”) – is AWESOME.”



## Sherrie Rahbe

Sherrie is an RN and she loves her profession...that’s part of the reason her favorite race is the St. Jude Memphis Marathon/Half Marathon, and she’s been running one or the other for the past several years as a “St. Jude Hero,” taking up donations for the kids. Sherrie has been running for over 30 years and is living proof that the older you get, the stronger you get. She earned the Long Runners Annual 50-Miler Award in 2014 and 2017, and her third time out she went for that hundo at the 2018 Run Amok in Harrison Bay State Park – and aced it. Sherrie’s quote to run by: “I can do all things through Christ, who strengthens me.” States Sherrie, “I used to write the verse on my leg before every race, and a year ago I had it inked on my shoulder. I wake up every morning planning my day around my running.” **Sherrie’s greatest ultra-strength:** She will challenge herself by taking on something difficult. **Her second quote-to-run-by:** “There is no failure except in no longer trying.”



### Richard Westbrook

Richard gave up playing football in college for running, and he’s never looked back. Running is his life, and when he talks about it you can tell that the miles and miles he’s covered have turned him into a thinker, a strategist, and a philosopher. In fact, his favorite quote is “To be what he is, man must run.” He raced across America in 64 days in 1992, has done a number of 50 and 100-mile races since then, and has coached many a successful running career. Now in his 70th decade Richard continues to run long and strong, and during the 2018 season he had several notable ultra achievements. He completed 47.25 miles at the CTC Locomotion 12 hour run in April and won the male grandmasters award, covered 154 miles at A Race For The Ages over Labor Day weekend, completed 83.5 miles at the Stinger All Comers Track Race in Hampton, Georgia in November, and earned Long Runner 100-Mile recognition by finishing his sixth “screwed” (i.e., completely self-supported) Vol State 500K Road Race in July of 2018. Known for his stoicism and for baring his teeth in the face of adversity (not to be mistaken for a smile), we have bestowed upon Richard the mantra of the United States Marine Corps: “Pain is weakness leaving the body.” [2019 Update: Richard went on to complete his 7th Vol State 500K Road Race on Thursday, July 17, 2019.]

## LONG RUNNERS 2018 SPECIAL ACHIEVEMENT AWARD



### Richard Westbrook

The United States Running Streak Association officially recognizes the accomplishments of its members in five-year increments, and in 2018 it recognized Coach Richard Westbrook for having achieved a daily running streak of 45 years (not only that, their Official U.S.A. Active Running Streak List also indicates that Richard is presently ranked 5th out of its 1,559 registered members). In honor of this extraordinary lifetime achievement, Long Runners bestowed upon him its one-of-a-kind “CTC Streaker Award” at the CTC banquet in January 2019. **Congratulations on your amazing accomplishment, Coach Westbrook!** [Note: Only one person on the Official U.S.A. Active Running Streak List has been recognized by the U.S.A. Running Streak Association for having achieved a 50-year running streak, but Richard is chasing after that record as we speak and in five years there is no doubt that his name will be up there, too!]



## CHATTANOOGA TRACK CLUB ELECTION SOCIAL

BOARD AND OFFICER ELECTIONS | NOVEMBER 14, 2019

Any CTC member may be nominated to a position on the CTC Board of Directors or for a club officer position. Voting will begin in November and votes can be cast online or in person at the CTC Election Social on November 14, 2019.

*Details for how to nominate candidates will be posted soon, or contact CTC club manager Amanda Cotter at [acotter@chattanoogatrackclub.org](mailto:acotter@chattanoogatrackclub.org).*



# Run Through history



40th

Chickamauga Battlefield  
Marathon, Half Marathon  
Jr. Marathon & Fort Oglethorpe 5k

November 9, 2019  
BattlefieldMarathon.com

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## END OF SUMMER RACES REPORT: A GREAT YEAR SO FAR. *continued*

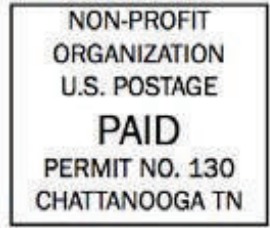
Our partners, the Center for Sports Medicine led by Karly Baker and Friends of the Festival led by Mickey McCamish rounded out the picture to ensure a one-of-a-kind event that we are hoping to repeat for many years to come.

And then there was the Chattanooga Chase. Wow!! All I can say is that Alan Outlaw sure knows how to throw a party!! Yeah, there was whiskey in Riverview again this Memorial Day (thank you Chattanooga Whiskey!) as well as homemade gelato (Yay Milk & Honey), beer from Chattanooga Brewing and our favorite hot dogs from Good Dog – all down in Riverview Park for the oldest active competitive road race in Chattanooga. As our community has come to expect from CTC events overall, execution was flawless. As a key focus for both Alan and the club, it was also particularly satisfying to see the huge crowd of kids that took off for the one-mile event. In all, Alan, Fast Break and the Chattanooga Track Club hosted over 800 participants at this year's running. It just keeps getting better, every year!





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


#### OCTOBER

19 Signal Mountain Pie Run 

#### DECEMBER

21 Wauhatchie Trail Run 

#### NOVEMBER

09 Battlefield Marathon, Half, Jr. Marathon, 5K 

28 Sports Barn Turkey Trot 