



# joggingaround



Innagural Run Forrest  
Run Highlights  
North Chattanooga-  
page 3

## 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 the casual walker is welcome.*



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## Jogging Around

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

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## 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 these funds, and is appreciative of your generosity to help build this legacy for our community.*

### Donation:

Randall Peters \$10

## Donations

*Thank You to All of You Who Have Donated so Generously to the CTC!*

### Individual Level:

Melodie Thompson  
Timothy Davis  
Clay Crumbliss  
Richard Rogers  
David Moghani  
Chris Mawata  
John Paty Family  
Kristin Leffew

### Family Level:

David Hall Family  
Bill Brock Family

### Corporate Sponsor:

Linda Andreae  
Joe Johnson  
Dick Dillard w/  
Fast Break Athletics

### Club Operations Gifts:

Hugh Enicks  
Timothy Davis  
Dale Ingram  
Kristin Leffew  
Geoffrey Rodgers  
Randall Peters

## Words from the Prez's Perch

The temperatures are rising and for those of you that use the cold weather as an excuse to wrap up in front of the fire, dust off your shoes and go enjoy the outside. The time is nearing for those of you that have set your sites on Boston. Good luck to all of you that will be traveling to Boston in April.



The spring racing season is in full swing. There are several non-CTC events and a few CTC events coming up very soon. Mid-March holds the Boynton Elementary 5K Trek, followed by the Kiwanis Club 5K. Those events will surely warm your legs up for one of the two CTC events on April 1. If trail running is your thing, come on out to the Rock Creek River George Run. Or if road running is your thing, join us in Cleveland at the 65 Roses 5K Run/Walk. Full details of these events can be found at [www.chattanooga-trackclub.org](http://www.chattanooga-trackclub.org).

The planning for the Market Street Mile and Mystery History Quest is in full swing. Go to the track club's website and check out the details. This will be the first event of its kind here in Chattanooga.

This event is designed for everyone – the elite runners can find out just how fast they can go... Or perhaps this will be your first race and you just want to finish. Come out with the family and learn a little about Chattanooga. You won't want to miss this event.

Hopefully you don't need a reason to get out and be active. Grab the kids, get the dog's leash, tie your shoes in a double knot and get out of the house. Before you know it, the summer heat will be here. For those of you that are just getting started, there are endless resources at your finger tips. Check out [Runnersworld.com](http://Runnersworld.com) or join the jog/walk program or check out [grouprun.com](http://grouprun.com).

Just remember that it is all about the fun and friendships. Listen to your body... If it doesn't feel right, it probably isn't right. We hope to see you on the streets, trails and walkways. Remember that the Board meets on the first Tuesday of every month and as always, everyone is welcome to join us. I look forward to seeing all of you.

Donna Dravland  
CTC President

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## Run Forrest Run Huge Success

By Robin Derryberry

The Chattanooga Track Club partnered with the North Chattanooga Council of the Chamber of Commerce to sponsor the first annual “Run Forrest Run” relay race on Saturday, February 25. Thirty three-member teams showed up to race from the Chattanooga Theatre Centre, up Forest Avenue down to Market Street and back down Frazier Avenue to complete the 2.3 mile course.

The team of Geno Phillips, Bobby Holcombe and Alan Horton posted an overall winning time of 36:32.1. In the male category division, the team of Bill Minehan, John Walker and James Williams placed first with a time of 42:56.2. Dreama Campbell, Michelle Meek and Megan Chismark won the female division with a time of 52:31.0. Winners in the coed category were team members, Kevin Croft, Jennifer Croft and Joe Sneed with a time of 40:24.1.

This is the third aspect of the North Chattanooga Council’s marketing plan to encourage folks to continue to visit the north shore during the Market Street Bridge construction project. Council President Linda Todd said, “We were delighted to partner with the Chattanooga Track Club for this outstanding event. The merchants gladly filled goodie bags that were second to none and we hope the runners will spread the news to their friends so that next year’s event will be even bigger!”

Race Director Joey Howe said, “We had a great time working with the North Chattanooga Council folks. Their volunteers were terrific, the merchants provided some great items for the runners and the entire event was a huge success.”

Among the merchants and organizations sponsoring the race were: A Novel Idea, Allied Arts, AVA, BlueCross BlueShield of Tennessee, Clumpies, Curves-NorthShore, Derryberry Public Relations, Fast Break Athletics, First Tennessee, Fitness Together,

Frankie & Julian’s, Grand Slam Jewelry, Island Ink Jet, Memorial North Health Center, NorthShore Auto Repair, Nuts N Such, Southern Coffee, Suck Creek Cycles, SunTrust, Tin Roof Bistro, WGOW, and Wilkins-Crews & Associates.

## Run Forrest Run – 2005

### FEMALE DIVISION

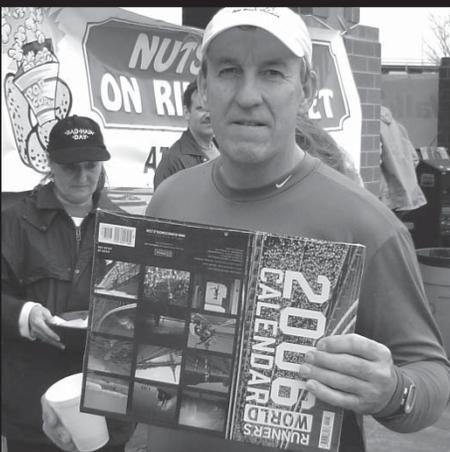
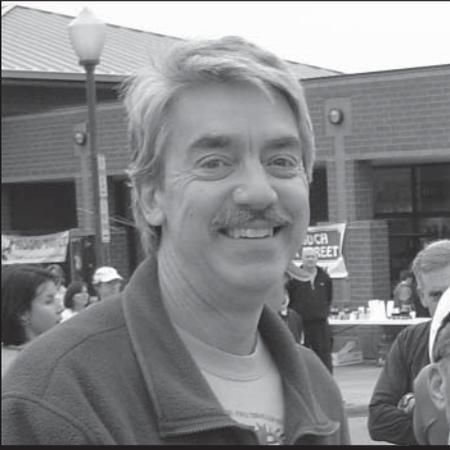
1	Dreama Campbell, Michelle Meek, Megan Chismark	0:52:31
2	Mindy Williford, Claire Gailsway, Leigh Hamilton	0:56:47
3	Bernice Delaney, Bonnie Wasson, Melodie Thompson	1:08:50
4	Michelle Loveless, Kara Eglali, Caron Williams	1:11:21
5	Rebecca Harris, Heather Dolan, Jen Hill	1:13:46

### MALE DIVISION

1	Bobby Holcombe, Alan Horton, Geno Phillips	0:36:32
2	Bill Minehan, John Walker, James Williams	0:42:56
3	Pete Murphey, Eric Oliver, Chad Wamach	0:43:09
4	Sam Linhoss, Kevin Boucher, Scott Williford	0:44:26
5	Bruce Richie, Flash Cunningham, Richard Meek	0:50:46
6	Andy Gill, Nik Meeks, Eric Silverman	0:51:18
7	Bill Loveless, Coty Loveless, Nathan Loveless	0:55:10
8	Ian Harper, Keith Harper, Jerry Hoffer	0:55:35
9	Chris Williams, Rodney Gass, Bill Copeland	1:03:30
10	Phil Thomas, Dan Bailey, Bill Brock	1:07:13

### CO-ED DIVISION

1	Kevin Croft, Jennifer Croft, Joe Sneed	0:40:24
2	Heather Stone, Tom Sell, Jim Farmer	0:42:13
3	Kerry Hoover, Kelly Bulloch, Robert Gustafson	0:43:23
4	Jeff Gaither, Haley Hill, Neha Patel	0:47:30
5	Michael Ketterer, Karen Mann, Brian Crooks	0:48:07
6	Joanna Johnson, Phillip Stewart, Curt Sims	0:53:16
7	Mark Bulloch, Kim Fitzpatrick, Bert Kaiser	0:54:08
8	Cindy Smith, Lynda Webber, Bobby Dann	0:56:35
9	Kristin Harrison, Hendree Harrison, Ben Nelson	0:58:06
10	Paula Cooper, Lenora Pou, Russ Haynes	0:59:26
11	Jenni Berz, Sherilyn Johnson, Steve Johnson	1:00:00
12	Bill Rush, Beth Murphey, Misty Mann	1:00:44
13	Jade Stone, Zach Tone, Robert Hartmans	1:05:37
14	Steve Tompkins, Dean Tompkins, Robbie Tompkins	1:08:10
15	Kristin Leffew, Mat Southern	DNF



# 38th Running of the Chickamauga Chase

April 15, 2006

By George Skonberg

As always, I want to cordially invite everyone to join us on Saturday, April 15 for the 38<sup>th</sup> running of The Chickamauga Chase at the Chickamauga and Chattanooga National Military Park. We have moved the date a little later in April this year (Easter weekend) in an effort to benefit from better weather and prettier scenery in the Park. For those of you that have been regulars at the Chase, you know that the weather has been unpredictable – to say the least. Over the last 12 years, we have seen everything from freezing rain and sleet, tornados, to 85 degree heat. I don't know if a few weeks either way will help, but it is worth a shot. I hope that the holiday weekend will add to our participation, and that those of you who always make it will bring along a friend and introduce them to the best and oldest CTC race. I look forward to seeing CTC'r Tim Ensign defend his title; Chad, any challenges?

For those of you who have been to the Park in the last few months, you couldn't help but notice the work being done to improve several roads and change some others. This work will impact the Chase in 2006, but at this time I can't tell you *exactly* how and where. But I want to make the following assurances to you. **1.** Both the 15K and 5K will be certified. **2.** The courses may include some temporary routing for 2006, but any changes will incorporate as much as possible of the traditional routes. **3.** Any changes will not detract from the beauty of the race route, and quite possibly could enhance the Chase experience. **4.** One change that will be permanent involves a rerouting in the Wilder Tower area. The road through the field at the bottom of the Tower has been removed to conform to a more historical resemblance to the battle. As I make these assurances to you, I ask that you not let a bit of uncertainty and change keep you from participating in the Chase.

I also want to solicit help from any and all sources for volunteers. The Chase needs approximately 100 warm and willing bodies to conduct the event, and we can always use your help. Please let me know, we will put your offer to good use.

You can pick up a race application at most fitness clubs or retailer, or by visiting [www.chickchase.org](http://www.chickchase.org) or [www.active.com](http://www.active.com). Help us out by picking up your packet on Friday before the race at either the Sports Barn North from 11 a.m. to 1:30 p.m. or at the Sports Barn East from 4 p.m. to 7 p.m. And one last thing, let me rant for a minute. We spend a lot of time and money on providing what we consider to be the very best race awards in the area. Framed prints with calligraphy on easels; in my opinion pretty classy and worth showing off! We have had nearly 30-40% of these awards go unclaimed over the last few years. Geeeshhh, is your trophy shelf that full?? Please stay for the awards ceremony out of respect to all participants, or make arrangements to pickup your award or have it sent to you. Thanks for the ranting room!

The new column in JA – *Jogging My Memory* – is a great addition to the newsletter, and offers some pleasant stimuli to the memory, regardless

how dimmed my own might be. But sometimes it takes more than one prod or jolt to get the brain going, as in my case.

Abner Oldham's *Jogging My Memory* column was the first jolt. What follows is the second. One of the nice things about being a race director is the interesting people that you get to meet and talk to. Recently I received a call from a runner in Massachusetts. She was inquiring about The Chickamauga Chase and in passing indicated that she was on a personal quest to race a 15K in every state of the country. She also mentioned that The Chickamauga Chase was at the top of her "to-do"

list because it is ***the oldest 15K in the USA! (15K's - Endangered, Threatened or Just Rare? by Vince Juliano, New England Runner, March/April 2005).*** As she continued with her questions, I hardly listened because my mind was going through a lot of possibilities and some backpedaling, too, given that I was clueless about this potential bragging right!



After a pleasant conversation during which I asked for a copy of the magazine article, I hung up the phone and started thinking about what a great tag line, "*the oldest 15K in the USA*", would be to add to the legacy of The Chickamauga Chase. The article arrived a few days later, and sure enough, there was the Chase, in a seemingly well-researched study, listed at the top for being the oldest 15K in the USA. As I was about to leap to a bragging rights conclusion, something made me stop and question the data. There is no doubt that the first Chickamauga Chase was held in 1969, making this year's running the 38<sup>th</sup>. However, the other fact is that the Chase was a ten-miler until the 1978 race, thus negating the oldest 15K claim. I am in the process of clarifying this with the magazine and the author, but I thought I would provide a synopsis of their article about 15Ks.

Although the article listed The Chickamauga Chase as the oldest 15K in the USA, it appears now that we will have to take ourselves barely out of the top ten behind the likes of the Boilermaker in Utica, NY, the Gasparilla Run in Tampa, The Gate River Run in Jacksonville, and the new winner of the oldest title appears to be the Forks 15K in Chenango, NY. The author makes the case that the 15K is somewhat of a vanishing event, fading in preference behind 5Ks, 10Ks, half and full Marathons. He puts the number at about 100, but with only about 60 fully scored and certified. As much as I hate to do it, in the name of honest journalism I will give up our undeserving title in a letter to the New England Runner.

However, all is not lost. I need your help. Take a trip down memory lane, and let me know what you find. I intend to begin archiving and preserving the heritage and history of The Chickamauga Chase. Many of you have old newspaper clippings, newsletters, and pictures. I hope that you will contact me and make them available as part of my research project. Please let me know what you can offer to help.

**See ya on April 15<sup>th</sup> at the Battlefield!**

# BlueCross Market Street Mile and Mystery History Quest

**What** - A series of 1-Mile races and a mystery history walk  
**When** - Saturday, April 8, 2006  
**Where** - Tennessee Aquarium Plaza

It's not too late to register for the **BlueCross Market Street Mile and/or Mystery History Quest**. Early registration fee of \$4.00 is good until the day before the race. Race day, April 8, entry fee is only \$8.00.

This is the first year for this event, and it celebrates the partnership between the Track Club and its new corporate sponsor, BlueCross BlueShield of Tennessee.

The **BlueCross Market Street Mile** is a series of one-mile race, divided by age and gender, through the streets of downtown Chattanooga. **ChampionChip®** technology will ensure accurate results for each race, and the mile course will be certified thanks to **David Presley**. Race numbers will be provided to runners through the generosity of **Republic Parking**, and winners will receive awards provided by a sponsorship from **Chattem**.



The **Mystery History Quest** is a history "scavenger hunt" around the downtown area near the Tennessee Aquarium. Being a part of the Mystery History Quest is a great way to learn more about the rich history of downtown Chattanooga. The **Chattanooga Regional History Museum** has plotted a course with several exciting mystery history spots.

Through added insurance coverage through presenting sponsor **Outdoor Chattanooga**, baby joggers and strollers will be allowed at the event.

Registration and packet pickup for new and pre-registered participants will be available Friday, April 7, from 4 to 7 p.m. at The Rush, 6933 Lee Highway (the former Rhodes Furniture store). **Championchips<sup>o</sup>** must be picked up race morning.

Special thanks to:

- **Pat Hagan** for providing equipment at the race;
- **Robert Berman**, who will provide coffee, water and music;
- The CTC close relationship with the **Coca-Cola Company**, which will ensure there is plenty of **Powerade** and **Dasani** at the finish line;
- **Cold Stone Creamery**, who will provide free samples of delicious ice cream;
- The **Chattanooga Times Free Press** for publicity and ads for the event; event; and
- The **sports management majors at UTC**, the event's volunteers.

So many people have come forward in a very short time to make sure this first BlueCross Market Street Mile and Mystery History Quest takes place. Now it's up to all CTC members (and their families) to come forward and make it a huge success.

For more information and/or to register visit [http://www.active.com/event\\_detail.cfm?event\\_id=1287996](http://www.active.com/event_detail.cfm?event_id=1287996) or contact Rita Fanning at [ritafanning@mindspring.com](mailto:ritafanning@mindspring.com) or (423) 309-1278.

Make checks payable and return to:  
Chattanooga Track Club  
P.O. Box 11241  
Chattanooga, TN 37401



## MEMBERSHIP APPLICATION

Annual Membership (Check One):  Family (\$36/year)  
 Individual (\$24.00/year)  
 Student (\$18.00/year)

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
 Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
 Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Members Release: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattanooga Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 65 Roses 5K in Cleveland, TN

By Bill Estes

Mark Twain said of April Fools Day, "This is the day upon which we are reminded of what we are on the other three hundred and sixty-four." If you are a runner, then come run in Cleveland on April 1 to help find a cure for Cystic Fibrosis. For those who have your May 2005 copy of *Jogging Around* or can remember Samantha Smith's story – this year will be bigger and better. Possibly the best perk will be the Ridoto UltraWick Tee to the first 300 entrants.

2006 will be the fourth year of the 65 Roses 5K. The 5K road race, the 1-mile fun run, and the 5K walk are all apart of the Great Strides Saturday. This annual slate of events raises thousands of dollars each year for the Cystic Fibrosis Foundation. Over the past five years (in only the last three years has there been a run) the Cleveland community has raised over \$150,000 for the CFF. Last year showed record participation with over 270 walkers, 260 runners, 29 fun runners,

and 70+ volunteers. Last year was also a record in raising funds for the national foundation topping in at over \$47,000.

Runners can register at [active.com](http://active.com), use the inserted flier, or log onto [www.leeuniversity.edu/cf](http://www.leeuniversity.edu/cf). Full information including start times for the different activities, directions, and other perks is found at the Lee University link. Runners are encouraged to bring their entire family for the ice cream, cotton candy, slides, trampolines, etc... Anyone wishing to help raise money through corporate or walk teams can contact Bill Estes at [bill.estes@gmail.com](mailto:bill.estes@gmail.com).



# FAST

# BREAK

*Chattanooga's Ultimate Running Store*

**(423) 265-0531**

**104-A Tremont Street  
Chattanooga, TN 37405**

# Survey Results

Thank you to all of you who responded to our survey that was mailed out in December in the membership packets. Of the 43 responses, we have compiled a brief report.

## What race do you enjoy the most?

Chickamauga Chase, Signal Mountain Pie Run, Chattanooga Chase and Wauhatchie Trail Run received the most votes.

## What time of day is best for you to run a race?

Most everyone put mornings – 8:00am. A few people suggested evening races around 7pm in the summer.

## Which course is your favorite?

Chattanooga Chase and Chickamauga Chase

## What type of awards do you prefer?

Most everyone said they would rather not have a “trophy”, but would prefer useable items such as: Socks, sports bags, cash prizes.

The few that would prefer a trophy suggested something with local color such as the framed pictures of the Chickamauga Chase.

## What do you think the best gifts are to receive as door prizes?

Merchandise, Running Gear, Gift Certificates to Restaurants or other Retailers

## What do you like the most about the CTC?

*Jogging Around*  
 Friendly People  
 Staff and Volunteers  
 Comraderie  
 Well Organized Races

## What do you like least about the CTC and would like to change about the CTC?

Wish More Volunteers Would Get Involved  
 More Youth Programs  
 More of a Discount on Entry Fees  
 Need Faster Race Results  
 Chip Timing  
 More Marathons or 10 Milers  
 Cost of the Races too High

 **TECHNOLOGYPROJECTS**  
 Web Application Design & Development

Web Application Design & Development



**TECHNOLOGY PROJECTS**

What ARE web applications?

Cold Fusion Server Windows 2000 IIS5.0 SQLServer 2000 Javascript ASP VBScript

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 1840 Auburndale Ave  
 Chattanooga, TN 37405

p.423.267.7375  
 f.423.756.9672

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 lpowell@tech-projects.com



## Run for a Reason!

**Are you interested in joining the St. Jude Heroes and running for St. Jude Children's Research Hospital for Nashville's premiere marathon and half marathon on April 29th?** – Join numerous Heroes from across the country and become a Hero to a child TODAY! As a St. Jude Hero, you will receive a running log, training tips, St. Jude Heroes t-shirt, and motivational materials and support leading up to your endurance event.

St. Jude Children's Research Hospital has developed the St. Jude Heroes program to enable participants in various sporting events throughout the country to compete for a great cause – finding cures, saving children.

The money raised by St. Jude Heroes will support treatment and research for thousands of children stricken by cancer, AIDS, sickle cell disease, and many other childhood catastrophic diseases. St. Jude is the world's foremost pediatric cancer research center. It shares its findings globally, so all over the United States and around the world can benefit.

Participating in the St. Jude Heroes program will change your life, as you join other runners in an inspiring race for the finish line. During the run, you may face challenges and doubts, but the motivation of helping young patients at St. Jude will help you cross the finish line. To register, or for more information, please contact Katie Mizell at (800) 238-6030 or [Katie.mizell@stjude.org](mailto:Katie.mizell@stjude.org). Also, visit our website today, [www.stjudeheroes.org](http://www.stjudeheroes.org)!



## Travel or Home Fitness Package Offered by Personal Fitness Specialists

**Package includes:**

**Resist-A-Ball (exercise ball)**

**Four illustrated charts depicting specific exercises for the ball : Abs & back, total body, advanced exercises and stretching**

**Three exercise bands of various resistances and door attachment**

**Instructions demonstrating band exercises for all muscles groups in upper and lower body**

**Total package Fee: \$150**

**FOR MORE INFORMATION CONTACT TERESA WADE AT 490-0465**

## Personal Fitness Specialists Presents: Think Light

Question: WHAT IS THE THINK LIGHT-LOWFAT LIVING PLAN?

Answer: THINK LIGHT is a 12 week low fat living program to show uninformed individuals how to eat responsibly. There are seven THINK LIGHT habits outlined in the program:

1. If you want less fat on you, put less fat in you
2. Eat foods high in complex carbohydrates and fiber with every meal or snack
3. Eat less, more often
4. Find ways to include enjoyable exercise in your life
5. Think light every day
7. Keep the process of change moving forward by recognizing and stopping negative self-talk before it stops you
7. Always remember there is no such thing as cheating, there is only wandering. Wandering is not wrong or bad, wandering is normal.

THINK LIGHT is not a diet. It is a lifestyle change, and it tackles the issues of boredom and long-term effectiveness. THINK LIGHT not only gives dietetic and exercise support. It also addresses the emotional and mental issues that come with changing your lifestyle.

The Sports Barn restaurant downtown is going to be a key ingredient for the new THINK LIGHT program. Everyday, the restaurant will be providing a THINK LIGHT menu choice. These meals come straight from the THINK LIGHT program.

**PLEASE CONTACT: GRETCHEN HAMMEL: 266-1125 OR 892-4211 (HOME) OR  
TERESA POTTS WADE: 266-1125**



## Work Walks Into Your Running Routine

If an injury has you sidelined, you can stay in great shape with a simple low-impact activity...walking. You know it is important to stay physically active, and walking is the easiest and most effective way to stay healthy and in shape even while recovering from an injury.

You may be exercising to improve your health, to stay fit, or control weight. No matter the reason, walking will help.

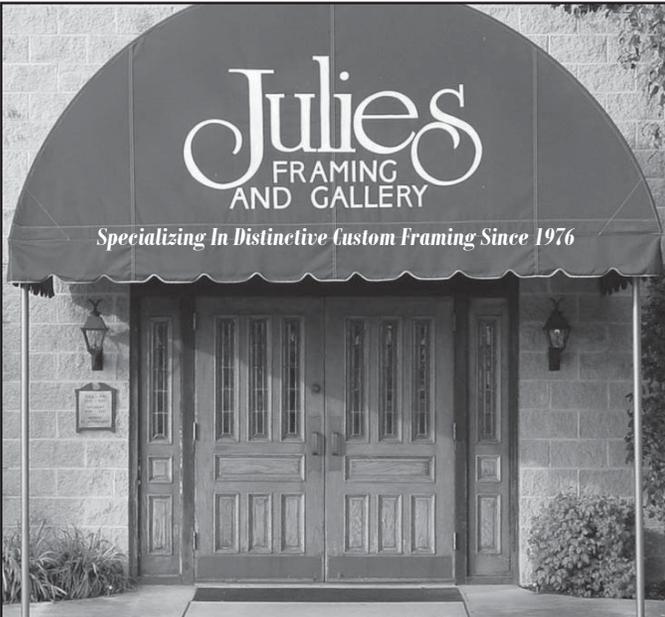
When asked what is the best exercise a person could do, the American Academy of Family Physicians stated that walking was most effective. Just like running, walking can be done without equipment or any kind of training. Walking is an aerobic and weight-bearing exercise that burns as many calories per mile as running but is less likely to cause an injury.

An average fitness walking pace is about 15 minutes per mile. To get the best results from this exercise, you should walk at a pace that will increase your heart rate. You should maintain this intensity level for 30 to 60 minutes. Taking longer, moderately paced walks (60 to 65 percent of your maximum heart rate) focuses on weight loss because you burn more calories during the workout and immediately following. If time is an issue, a shorter, faster walk still does the trick. Shorter faster walks (75 to 85 percent maximum of your heart rate) use more muscles and are best for conditioning your heart and lungs.

To make walking more effective, keep a couple important tips in mind. It is key to move your arms as you walk. The movement of your arms while walking, in conjunction with the movement in your lower body, causes you to use more muscles and burn more calories. You can also focus on different types of walks. Walking up and down hills or on the incline of a treadmill will work muscles typically not used when walking on flat areas.

Walking is a wonderful exercise that can be done by anyone regardless of age, body type or fitness level. Your non-running family members and friends may enjoy the health benefits of walking without putting their bodies through the physical intensity of running. Walking is a great way to ease into a new fitness routine and to keep your body conditioned until you are ready to lace up those running shoes.

BlueCross BlueShield is the official walking partner of the Chattanooga Track Club. If you are interested in learning more about the benefits of walking, check out the WalkingWorks program at [www.bcbst.com](http://www.bcbst.com).



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# Chattanooga Track Club Membership Levels for 2006

## I. Basic Membership

Individual	\$24 Per Year
Family	\$36 Per Year
Student	\$18 Per Year

### Basic Membership Benefits:

- CTC publication, *Jogging Around* 8 Times Per Year
- 10% Discount at Fast Break and Front Runner
- Weekly Organized Runs with the Opportunity to Meet Other Runners
- Weekly E-mail Newsletter
- Four Fun Social Events Per Year
- Discounts on Several CTC Race/Events
- Opportunity to Compete in the Runner of the Year
- Membership is Tax-Deductible

## II. Donor Level Membership

Individual	\$50 Per Year
Family	\$100 Per Year

### Donor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Donor Level Member
- Name Listed on CTC Website as a Donor Level Member

## II. Sponsor Level Membership, \$250+ Per Year

### Sponsor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Sponsor Level Member
- Name Listed on CTC Website as a Sponsor Level Member
- Other Logo Presentation and Advertising Opportunities Vary Based On the Size of the Gift. Please Contact Connie Hall for More Details At 423-843-3207

*Donors and sponsors give more for their membership primarily to help insure that the Chattanooga Track Club is able to fulfill its mission and vision. Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through club events and media.*

## New and Returning Members

### Returning Members

Roy Webb Family	Cindy Smith
Tim Ross	Bruce Richie
Bill Minehan Family	Darren Lewis
Lester Galyon Family	Jay Sims
Geoffrey Rodgers	Dick Dahlke
Phil Thomas	Mary Stoetzner
Kim Leasure	
Wayne Phillips Family	<b>New Members</b>
Missi Johnson	Mark Straussberger
Terry Bailey	Charlene Simmons
Gregg Hansen Family	Jennifer Vanzant
Mitchell Keebler	Ann Garner
Craig Gagliardi	Debbie Stallings
Randall Peters	Jessica Hacker
Christy Charman Family	Natalie Lamb
Allen Buquo	Tanya Swann Family
Joel Kyle	Curt Sims
Frances Martin Family	Jeannette Beach
Don VanLandingh	
James Shank	
John Wikle	
Jared Chastain Family	

**Check out the  
Chattanooga  
Track Club  
Web site at**

**WWW.**

**ChattanoogaTrackClub  
.org**

# Chattanooga Track Club Board of Directors Meeting Minutes

February 7, 2006

**In attendance:** Donna Dravland, Bill Brock, Melodie Thompson, Dan Bailey, Cindy Smith, Jared Chastain, Tara Murdock, Robert Gustafson, John Hunt, Phil Stewart, James Dravland

**Absent:** George Skonberg

The meeting was called to order at 6:01

## Minutes

January minutes were reviewed and approved.

## Race Calendar / Races Committee / Upcoming Races

### Upcoming Races

Robert reported on his first meeting as the head of the races committee, and discussed the new Run Forest Run race scheduled for Feb 25. The race will be run as a relay, with teams of three in three categories: male, female and co-ed. It will be very informal, and will require just one clock and one timer. He said that Joey Howe, the race director, is looking for teams to sign up, but will take individuals looking for a team, and will get them together with others looking for the same. Bill Brock indicated that a permit had been approved by the city, allowing the race to proceed as scheduled.

## Communications

John Hunt reported that he has six people on his committee, including Melodie Thompson and Tara Murdock. Melodie informed the group that Outdoor Chattanooga needs a CTC representative for a meeting on the 13<sup>th</sup>. Tara will be contacting Joe Johnson about the possibility of creating a new CTC brochure.

## Sponsorship

No updates.

## Membership

As of today, 225 individuals and families have paid their membership dues. For this early in the year that is a great number. Donna indicated that with the creation of new sponsorship levels, many people donated extra. As it turns out, all we had to do was ask. Bill asked that we update Active.com to include the new donor amounts and 2006 membership information. Donna said that Connie would update the site. Going forward, it was discussed that the new CTC website be configured with a secure link to make online payments. Bill suggested that we contact new members Sue and Larry Barlow to help with membership responsibilities, as they were active in the Nashville club doing just that.

## Treasurer's Report

Dan Bailey reviewed the expenses from the banquet. Bill asked for a breakdown of what we spent on each item. Dan will work with Connie to pull together that information. A full report of the club's finances will be in the next *Jogging Around*. The Treasurer's Report was approved.

## Director's Report

With Connie leaving her role as Executive Director, a motion was made to hire her on a contract basis as our bookkeeper and *Jogging Around* coordinator. The motion passed unanimously.

Jared made a motion to change the title to Club Manager, rather than Executive Director, as that more closely aligned with the responsibilities of the position. The motion passed unanimously.

## President's Report

Donna indicated that a fund raising and sponsorship study was being conducted by Bill. Bill will present his findings at a future meeting.

Donna talked about the presentation of a \$3,000 check to the UTC Cross Country program at the UTC basketball game on the 6<sup>th</sup>. Donna presented the check to Coach Bill Gautier and Associate Athletic Director Mark Pope. Also at the presentation was Doug Roselle, Director of the Marathon, and Tim Ensign, former Marathon Director, CTC member and long-time supporter of UTC Cross Country. The group received a standing ovation from the crowd in attendance. John mentioned that he would try to get notification to the Times/Free Press. Donna said that the job description for

Connie's replacement was still being refined by the search committee. A meeting will be held after this one to continue work on that effort. The committee is made up of Donna, Phil, Dan, Bill and Melodie.

Dan asked if we needed to coordinate with all of the race directors to make sure that all shirts have both the CTC and BlueCross BlueShield logos, and always in the same place on the shirt. The consensus of everyone present was that it would be a great idea. Donna will contact Jane Overbeck at BCBST for the correct logo. Connie will contact all CTC race directors about the decision. Keith Finch will be asked to create a consistent footer for all branding issues regarding CTC races.

Melodie will be taking Donna's place at the RRCA meeting in Houston March 8-12.

Next meeting Tuesday, March 7<sup>th</sup>, 2006.  
Meeting adjourned at 7:13

Respectfully submitted,  
James Dravland, Secretary

# Chattanooga Track Club Financial Statements

## BALANCE SHEET AS OF FEBRUARY 28, 2006

### ASSETS:

CASH	\$27,290.90
ENDOWMENT FUND	\$1,272.71
EQUIPMENT (AT COST)	\$13,447.20
<b>TOTAL ASSETS</b>	<b>\$42,010.81</b>

### LIABILITIES:

MONEY HELD FOR OTHERS	\$ 276.29
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### EQUITY:

RETAINED EARNINGS	\$41,734.52
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<b>TOTAL LIABILITIES &amp; EQUITY:</b>	<b>\$42,010.81</b>
--	--------------------

## STATEMENT OF REVENUES & EXPENSES AS OF FEBRUARY 28, 2006

### REVENUES:

MEMBERSHIP DUES & DONATIONS	\$7,590.00
RACE RECEIPTS/JOGGING AROUND PROGRAMS	\$5,240.04
<b>TOTAL REVENUE</b>	<b>\$12,830.04</b>

### EXPENSES:

PROGRAMS	\$7,840.87
STAFF SALARY & MILEAGE	\$5,113.77
JOGGING AROUND	\$2,696.21
ADMINISTRATIVE & STORAGE UNIT	\$779.45
RACE DISBURSEMENTS	\$4,067.80
<b>TOTAL EXPENSES:</b>	<b>\$20,498.10</b>

<b>NET INCOME (LOSS):</b>	<b>(\$7,668.06)</b>
---------------------------	---------------------

# Volunteer Profile



## Bob & Casey Braddock

**Occupation:** Bob Braddock, Systems Consultant, UnumProvident  
Casey Braddock, Manager CIGNA Healthcare

**Age:** 55

**Marital Status:** Blissfully married for 10 years

**Children:** 1 son, Joel, age 21, a student at ETSU

**Hobbies:** trail running, trail running, skiing, trail running

### In what areas do you volunteer?

Just about any from registration, to course work, to finish line

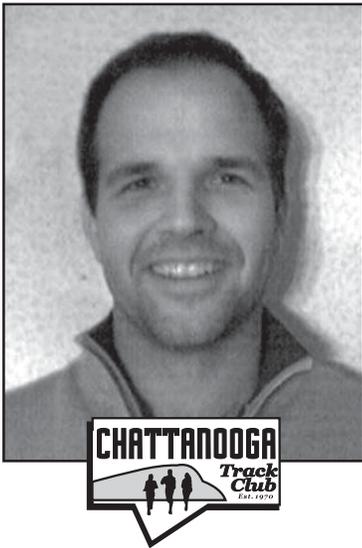
### What prompts you to volunteer?

Member of the Races Committee since the days when Jenny Buquo was the VP of Races, typically volunteer in one capacity or another at a few races each year. In 2005 - VP of Races, Chattanooga Chase (finish line setup, finish line timing), Symphony (finish line setup, sentry overseer and sentry); Missionary Ridge (finish line setup, finish line timing), Stump Jump (trail marking, finish line setup), Signal Mtn. Pie Run (finish line setup, 1 mile time caller, finish line timing), Chickamauga Marathon (finish line setup, finish line timing).

### Any story you'd like to elaborate on or fond memory?

We really enjoyed the exciting finish at the Chattanooga Half-marathon when Nick Honerkamp just beat the cow.

# New Member Profile



## Curt Sims

**Occupation:** Service Manager for White Electrical, Duncan Division

**Age:** 33

**Marital Status:** Married; wife, Donna 7 years

**Children:** Grace, 5; Kyle, 3

**Hobbies:** Working out, running, watching football, baseball, & NASCAR when my kids will let me.

**Hero:** Jim Westbrook-You would have to know who he is to understand why. He is a person who has made the best of his life through his faith in God.

**Favorite Place to Run:** North Hixson. There is a lot of scenery in the area and a lot of hills.

**Favorite Race/Distance:** Signal Mountain Pie Run (10K)

**Why do you run?:** For relaxation and stress relief, I love it!

**How long have you been running?:** Nine months

**Who or what prompted you to join the CTC?:** The organization itself. I've been running since the last Riverbend Run and I've always thought the organization was run well and the people have been friendly.

**How did you hear about the track club?:** By participating in local races.

**How long have you been in the Chattanooga area?:** 33 years

## Jogging Around Ad Rates

Ad Size	Single run	3 Issue run	Year Run
Full Page	\$90/Issue	\$85/Issue	\$70/Issue
Half Page	\$55/Issue	\$49/Issue	\$44/Issue
Qtr Page	\$40/Issue	\$36/Issue	\$32/Issue
Business Card	\$25.00	\$22.50	\$20.00

Inserts are \$60/issue

# Jogging My Memory

By John Hunt

## Recalling Some of the Best Days of My Life

The older I get, the more I like to reminisce. Especially when it deals with fun stuff like running and the wonderful people I've had the privilege of meeting since I started way back in 1977.

The memories are many. The stories get better every year and it's always fun to think back and wonder whatever happened to old so-and-so. As the old saying goes, the older I get, the faster I used to be.

I was fortunate enough to become a sports writer in 1979 and worked for a newspaper that supported the sport unlike any other in the world. As a result, we offered the best road race coverage anywhere. And my boss was kind enough to reward my effort, paying my expenses the first two times I participated in the Boston Marathon.

But let's start from the beginning. Perhaps the best known race around these parts and the largest 10K in the world is Peachtree. My first experience there was in 1979. I don't recall my time, but what I do remember is that I still have the receipt from my cashier's check for \$3 and it was dated June 6. How times have changed.

There were only 10,000 runners that year and it was the first of three straight wins for Craig Virgin. I had stayed up much too late the night before and slept through the alarm. My mother woke me up about 6:40 and asked if I was still planning to go. In less than five minutes, I was dressed and out the door and hurried to Atlanta for the 8 a.m. start.

Somehow, I arrived and found Lenox Square before the race began. I whipped my Datsun B-210 into the first spot I could find and headed for the start. I didn't really pay much attention to where I was parking, so I suffered later when it took about three hours to find my car.

There were, and still are, plenty of great races in Chattanooga as well. My first race here was the Chickamauga Chase in '79. In those days, I enjoyed the races but didn't care much for the training. I was just happy to finish that day without dying and I still have the T-shirt to prove it.

And what about the Great Heart Run? Do you remember that 10K that started and finished at McCallie School. We used to have running clinics in conjunction with that race where the beginners "graduated" on race day with a two-mile event. It was the heart of the running boom in the early 80s, so running races on Saturday mornings was the thing to do.

Missionary Ridge has always been my favorite race on the CTC schedule. I guess the hills were my friends as I was always stronger than I was fast. I'll never forget the year, somewhere around 1983 if my memory serves me, that about 1,500 runners took part.

And what about the Run For Extra Life 10K that started by Maclellan Gym and finished at the rear of Eastgate Mall next to the interstate? That was always such a popular race. As a matter of fact, Dick Downey's business sponsored that race and that's where I got my first pair of running shorts.

Another 10K that was a dandy was the Rock City race. The first half of the race was hell as it was all uphill. If you could survive that part, it was a downhill sprint to the finish. It was always the last Saturday in

February, so there was always the possibility of bad weather, but I only recall one time that snow and ice forced us to run at a later date.

The Happy Valley Half-Marathon was another great event that started and finished at the Southern Adventist campus in Collegedale. Those races were always held on Sunday afternoon. That was another tough course with several killer hills between the 10-mile mark and the finish.

It was held about three weeks before the Chickamauga Battlefield Marathon, which made for a great training run if you happened to be doing both. Speaking of marathons, Chickamauga has a special place in my heart as I've done 16 of my 34 there.

Perhaps two of my greatest running performances came in 1984. I ran Happy Valley with Wade Priddy and he beat me in the half, although I got a personal best at the time with a 1:26:46. Then I turned the tables and beat him in the marathon, lowering my PR from 3:21:36 to 3:03:52.

For several years after that, I thought I would one day break three hours. The closest I got was a 3:02:51 in 1988 and then a 3:02:39 in 1996. I guess it's no coincidence that all of those were Olympic years and I was a little extra motivated. Looking back, I'm extremely proud of those times. Today, I'd be thrilled if I could just break 3:30.

Looking back at memorable races, I have to mention Boston. What an honor and a privilege to have participated in that legendary race. Ran with Pat Hagan and Ray McIntyre in '95 while Neil Feather, Mitch Keebler and Hagan were among those who were there in '97. Then in 2002, my wife Althea and I made the trip along with David and Brenda Ross and Bud and Sonia Wisseman.

Got a chance to meet Joan Benoit Samuelson one year and got to shake hands with Grete Waitz in 2002. Also stood in line for more than two hours to get a book signed by Bill Rodgers. What a thrill it was for me to run five miles with him a few years later when he was in Chattanooga for a special track club dinner at the Choo Choo.

I would be remiss if I didn't mention folks like Joe McGinness and Jon Robere, who did so much for running in Chattanooga and had a profound impact on my life as both a runner and a writer. And what about people like Richard Park and Phil Gates, Louis Priddy, Dick Dillard, Leslie Wells, Leroy Fanning, Steve Underwood and James Belitz. They were all outstanding runners, but more importantly, they were great people.

And what about Bill Pollard, Jerry McClanahan, Bob Havron and the late Ken Campbell? Kathi Wagner, Paula Cooper, Debbie McClanahan, Debbie (Who?) Gates, Linda Mize, Barbara Price, Ellie Smith and the late Judy Stoller are some of the ladies who earned a lot of interviews.

I could go on and on because I've had some great experiences in my 28-plus years as a runner. Chattanooga is a wonderful place to run and the Chattanooga Track Club continues to put on some outstanding events. There are so many more benefits than just physical fitness that I receive from this great sport.

I've been blessed with good health and strong legs. I hope to be out there for many years to come. Hope to see you on the road again soon.

# WEDNESDAY NIGHT TRAIL RUN

For more information, e-mail  
farmerjp@bellsouth.net

## Jog/Walk Program Schedule:

Wednesdays 6:00pm Fast Break Athletics  
Runners, Speedwalkers, Joggers, Slow  
Runners and Walkers are all welcome!  
If you are injured or starting your running  
program all over again this would be a  
great place to start. For more information  
please send email to [jumpytwo@hotmail.com](mailto:jumpytwo@hotmail.com)  
or call Melodie at 763-3529

## SPEEDWORK

Thursday Night at 6:30pm at  
Fast Break Athletics – Joey Howe  
leads this pack – All Speeds Welcome.

### Volunteers Needed!

Can't run in a race, that's ok – volunteer instead. We're looking  
for volunteers to help out with upcoming races.

Get ROY points – In order to qualify for an award, you must  
volunteer for at least one event.

## Group Run

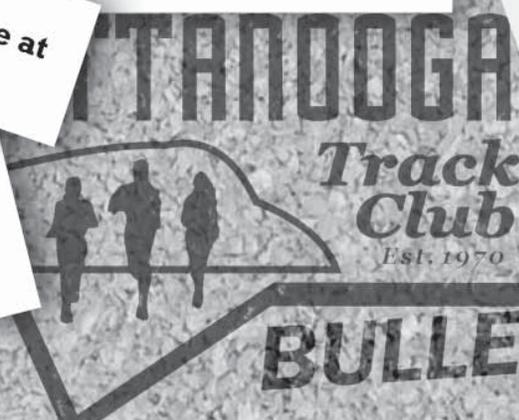
Getting Ready for a Marathon?  
New in town and need new long  
distance running companions?  
Go to [www.grouprun.com](http://www.grouprun.com) for  
the latest group run schedule,  
track workouts and the yearlong  
marathon schedule.

Check out the new CTC website at  
[chattanoogatrackclub.org](http://chattanoogatrackclub.org)

**Speedwork – Yassos**  
Wednesday Mornings at  
6:20am at GPS



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# BULLETIN BOARD

## Legend

 CTC Event

 Joe McGinness Runner of the Year (JMROY)

 JMROY Volunteers Points Only

# Race Calendar

Please see [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) for a complete list of events past and present, further rules, changes and regulations. Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

## APRIL

1 - 65 Roses 5K / Walk

 Site: Collegedale, TN  
Info: [http://faculty.leeu.edu/~bestes/Race/2006%20race/06\\_65\\_roses.htm](http://faculty.leeu.edu/~bestes/Race/2006%20race/06_65_roses.htm)

1 - Rock Creek River Gorge Trail Run

 Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

9 - BlueCross Market Street Mile and Mystery History Quest

 Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

15 - Chickamauga Chase 5K & 15K

 Site: Chickamauga, GA  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

22 - Gateway Bank 5K & 1 Mile Fun Walk

 Site: Rossville, GA  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

## MAY

6 - Ed Gentry Strawberry Chase 10K/5K/2 Mile Fun Run

Site: Dayton, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

13 - King of the Mountain

Site: Lookout Mountain, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

13 - Greenway Challenge

Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

20 - Wild Race

Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

22 - Chattanooga Chase 5K & 8K

 Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

## JUNE

17 - BlueCross Riverbend Run 5K

 Site: Chattanooga, TN  
Info: [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

## MAUI MARATHON

The Maui Marathon is run on Sept. 17, 2006. A large group from the CTC is planning to leave Chattanooga on Sept. 15, 2006 and return on Sept. 24, 2006.

We are planning to spend 5 nights on Maui and 3 nights on Oahu near Waikiki Beach.

An email will be sent in January with package details, but if anyone wishes to register for the marathon (at a discount) in the meantime and sign up for the group trip later, that would be great. Many have already done so.

We will be providing more details about the trip and informational meetings in the very near future. Please e-mail Betty at [2betty@mindspring.com](mailto:2betty@mindspring.com) to get on the e-mail list for the trip, even if you are not running, but would like to be a spectator.

Send race information to:

Jerry McClanahan

831 Creek Drive

Chattanooga, TN 37415

or [jkmccclanahan@comcast.net](mailto:jkmccclanahan@comcast.net)

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