



# joggingaround



**Elementary  
Cross Country  
Meets...pages 12**

## 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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Conrad Easley	Linsay Reardon
Rudy Hausler III	Steve Tompkins
Kaleshia Holmes	Ashley Williams
Ric Johnson	

# Words from the Prez's Perch

It is autumn and the rush of leaves under my feet remind me of all the people and things I love about running. The leaves touch each other and my feet for just a moment and then they are gone. It is symbolic of the loss of two of our running community members recently, Betty Burrell and John Bruner, they touched our lives for just a moment and then they were gone. Betty Burrell was a long-time CTC member and supported our club through volunteering and participating in our events and programs. Her smile and kind words will be missed for a long time. John Bruner, a talented young runner and a member of our running community, was just beginning his running career. We will miss them both very much. Please keep Betty Burrell's grandson, Brenton Floyd, and John Bruner's parents, Greg & Margie Bruner in your prayers.



begins in February and would go thru January '09. Please contact James Williams, Donna Dravland, or me if you would like to find out more about how you can help make our club stronger and better.

We are also looking for a new race director for the Wauhatchie Trail Run in December. If you are interested, please let me or Walt Sinor, the VP of Races know if you can assist in this capacity.

It is time to start digging out those winter running clothes and I know we are all very thankful for this cooler weather. Hope to see you out running soon.

Happy Running,

A handwritten signature in cursive script that reads "Melodie Thompson".

Melodie Thompson  
President of the Chattanooga Track Club

Our group runs are growing and along with those we have new members coming into our fold. Speaking of members, we are having the CTC election November 13<sup>th</sup>. We are looking to fill several board and VP slots. If you are interested in helping our club, we would love to have you participate by serving on the Chattanooga Track Club board. The term for '08

## 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.*

# Executive Director's Letter

By Sean Pfister

WE ARE A NOT-FOR-PROFIT!

I don't mean for this to sound like I'm that surprised but I'm sure this may surprise a lot of folks that thought they knew our organization. We are set-up as 501 (c) (3) nonprofit, which is the same status as the American Red Cross, The United Way, The Salvation Army and more locally like The Food Bank, Humane Society or FirstThingsFirst (this being an organization I'll talk about from a recent experience).

So how did this revelation come into being for me you may ask? Let me start at the beginning (8 months ago) when I was asked what I did for a living, I would answer that I get paid to run... pause for effect... a running group. After awhile I realized I wasn't running as much (somedays I miss my old sales job) and our club is more than a running group. Then I would answer that I am the Executive Director of the Chattanooga Track Club, which is absolutely correct but the response I would get was "no, what do you do for a job?". So then I would interject immediately before a response that we are a charity that puts on local races, promotes fitness and raise money for other charities. That response would usually get "is that full time?" which was an improvement.

But what really opened my eyes to what I do, what WE do, was my recent enrollment into UTC's Master in Public Administration, Nonprofit Management Program. It has already taught me many valuable lessons from how to work with a board of directors to mission based management. All of which will make our organization and me better to focus on our mission, key strategies and our future vision.

Now back to FirstThingFirst (FTF). I attended their annual fundraiser banquet and was blown away by not just the number of their supporters but also the amount of money they raised to finance their organization. Their goal was to raise \$200,000 from this night alone and from the who's who of Chattanooga associated with their organization there is no doubt they achieved or came close to their goal.

But what makes us different, for now at least, is that they provide programs to those that cannot afford or would not be willing to pay for them. When you donate to them you are offering to pay for the services that these community members would not otherwise participate in. FTF doesn't make money from these programs but instead they solicit funds from local businesses, foundations and personal support to offer a wide range of activities that all of Chattanooga can participate in. I saw the movie *Happy Feet* at Coolidge Park earlier in the summer for free.

The Chattanooga Track Club and other organizations like ours in other cities are instrumental in the community for promoting fitness activities to the local population. In addition to offering fitness related activities we help many area charities raise funds through our races. For some of these charities their race represents their largest fundraising opportunity each year. These include; The American Red Cross, V.O.R.P (Victim, Offender, Reconciliation, Program), University of Tennessee-Chattanooga, local cross-country (see Elementary Cross-Country article) and track teams, FCA, The Chattanooga Symphony, Joe Johnson Mental Health Facility, and TVA's Partner in Education Program.

So please keep this in mind if your place of employment has a matching funds program or has a foundation for supporting local nonprofits and asks you what they can do to help support community based organizations that their employees belong to or are involved with.

As much as we rely on these charities for supporting and promoting these races we typically donate the proceeds to them and are continually dealing with our own budget issues and need corporate, foundation or personal donor help too.

There. I said it. We are a not-for-profit and we need your support.



# TECHNOLOGYPROJECTS

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Web Application Design & Development



# TECHNOLOGYPROJECTS

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**BETTY BURRELL**  
IN MEMORY

## 50 and More

By Edwina Cohen

I met Betty Burrell about 15 or 20 years ago. There was a small race in East Ridge. Starting at East Ridge High School going down Ringgold Road turning at Kingwood Pharmacy and back to the school.

When age awards were called out I heard a new name in my age group. A name I had heard in the last race or two. Why not introduce myself to the new woman in my age group? So I did. She was Betty Burrell.

Betty was a tall stout woman, towering over me by a few inches. She had dark black hair, bright twinkling eyes, a ready smile, a sense of humor.

From then on I saw Betty at just about every race. Then I realized there was a tiny little boy with her; her grandson, Brenton. Also there was Frances, Betty's friend for many years.

If Betty was at a race Frances was there and of course Brenton, and sometimes Frances's little grandson Cord. Two little boys running along like it was nothing, a game, not even out of breath.

As years and races went by I realized Betty mostly walked. She was a heavy woman. That is what she could do-walk. And Betty did this proudly; happy to finish.

As time passed Brenton began to run much faster, always waiting for his grandmother at the finish line. He became very tall and lean and fast.

If you have just started running in recent years you might have wondered who is this woman always lagging behind, always last? It was Betty. By now her hair was grey, her pace a little slower.

I was proud of Betty. She knew that most if not all of the time she would be last. She did the course, the route, every inch of it.

It did not matter to her about her time. She did the race. That is what mattered.

If you knew Betty you knew that she had a good sense of humor. Whenever I would tell Betty about my numerous injuries – a new one at every race — Betty would just laugh and say “it is all in your head.”

Just about every New Year, at the beginning of the race season, Betty would tell me—I'm going to beat you this year.”

A few years ago Betty told me that she and Brenton were going to do a race in every state. I believe there is a series for the 50 states.

Benton and Betty did races in all 50 states. Brenton running, Betty walking. They have actually done more than 50 marathons. So I didn't see Betty at the CTC races very often – she was always out of town.

When Betty and Brenton did show up for a CTC race she would tell me where she had been, and what city was next.

Not so long ago Betty told me she had had knee surgery and couldn't do marathons any more. However they were still going out of town for the race - Brenton running while Betty volunteered.

I could be mistaken but I believe Brenton did a 50 mile race recently.

In 2006 I did the Chickamauga Chase. I was glad to see Betty. She said—”oh, you know that you won't be last if I'm here.”

I said ,”no, Betty, if I get lost I know that you will come along and find me.” Sure enough, Betty did see me from a distance and told me to turn around as I was going the wrong way.

The same thing happened at the Chattanooga Chase in 2006. Betty told me I took a wrong turn. I turned around. Thank you Betty.

When Betty and I would cross paths at races she would tell me to run faster. I would tell her the same.

Betty has taught Brenton a life long lesson – discipline. I don't know how they did all those races: 5k's, 10k's, and marathons. There is a lesson to be learned with Betty's story. As Nike says "Just Do It" and she did.

I'm sure a lot of new runners must have looked at the woman in awe; far behind and wondered-why does that woman do this, who is she?

Well Betty did it for herself, Brenton, Frances, all of us; very importantly for me.

Because she was there showing us a race can be completed. There are fast and great runners. Then there are runners who must struggle.

I missed a lot of races over the years. At the next race - Betty would say, "where were you?" My usual excuses: 10k too long, too hot, too cold, injuries, too many injuries. Betty would say – "well I got your trophy. Too bad you didn't come". So I learned a lesson from Betty – train, and no excuses.

I hope that Brenton keeps running. Betty would want him to. Frances, you better hang in there too.

Betty, I will miss you more than you would ever have imagined. I have an idea a lot of runners will miss you. Your endurance will always be an inspiration.

It will be awhile before I quit looking for you at the races. You were so loyal always there; until you started the 50 states.



**JOHN BRUNER**  
IN MEMORY

## Memorial to John Bruner

By Dan Bailey

The 34<sup>th</sup> Annual Missionary Ridge Road Race was run on August 4, 2007, with 227 participants. As the race was nearing completion, one of the contestants, John Bruner, collapsed near the finish line. After attempts to revive him on the spot and at the hospital, he was pronounced dead about 2 hours later. His parents, who also ran in this race, were with him at his passing.

An autopsy was performed and it was determined that John had a heart anomaly which was not previously diagnosed. John, age 19, is survived by his parents, Greg and Margie Bruner, his sister Megan and brother, Andrew. The young athlete was an Eagle Scout and was on a scholarship to run for the Bobcat cross country team at Georgia College and State University.

"Our hearts and prayers go out to Greg and Marge and the entire family" said Dan Bailey, Race director. "It was obvious at the viewing and the funeral, by the huge number of people in attendance at both occasions, how popular and well respected was John and his family."

After discussions with Greg and Margie Bruner, I am proud to announce two changes to this race in the future to honor their son, John.

First, we will rename the race to "The John Bruner Memorial Missionary Ridge Road Race". Second, the net proceeds from this race in 2008 and 2009 will be split 50% between the local chapter of American Red Cross, who has been the beneficiary for many years, and The Team Bruner Foundation. This new organization has been formed to honor John. The Team Bruner mission is to support running programs for young athletes. Team Bruner gifts can also be made to the Dalton Education Foundation and to Georgia College & State University Foundation, Inc. to fund endowed athletic scholarships in John's memory.

We are pleased to be a part of Team Bruner, whose motto is: Always Remember, Always Run.



## Goetz and Gautier Conquer FCA 5K

Hugh Enicks won the FCA 5k race held at Chattanooga State on Monday September 8, 2007. Goetz covered the 3.1 mile course in 15:53, averaging a 5:06 per mile pace. Jan Gautier, 42, was the female champion, with a time of 19:04 (6:08 per mile pace).

Hugh Enicks, 48, won the male masters division, finishing the course in 16:43. Mary Preisel, 60, won the female masters division in a time of 23:14.

The event also featured a high school race, a non-competitive 5k walk, and a Kiddy 1k designed to encourage everyone, especially families, to take steps toward a healthy lifestyle.

Proceeds from the event benefit the Fellowship of Christian Athletes. Proceeds from previous events have helped fund scholarships for a number of athletes including: Brittany Smith (1995), Michael Armentrout (1996), Michael Graham (1997), Meg Guy (1998), Rob Shomaker (1999), Alan Coulter (2000), Wes Bell (2001), Zach Dragoo (2002), Nolan Rumble (2003), Tyler Lane (2004), Lee Vandergriff (2005), Andres Slikker (2006), and Justin Smith (2007).

## Jogging Around Ad Rates

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Full Page	\$90/Issue	\$85/Issue	\$70/Issue
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Qtr Page	\$40/Issue	\$36/Issue	\$32/Issue
Business Card	\$25.00	\$22.50	\$20.00

*Inserts are \$60/issue*

# FCA 5K Results – 2007

## MALE OVERALL RESULTS

1 Joseph Goetz 15:53

## FEMALE OVERALL RESULTS

1 Jan Gautier 19:04

## MALE MASTERS OVERALL RESULTS

1 Hugh Enicks 16:43

## FEMALE MASTERS OVERALL RESULTS

1 Mary Preisel 23:14

## MALE AGE GROUP 1 - 10

1 Noah Lance 27:19  
2 Jonah Devaney 27:46  
3 Jonathan Boyd 31:26  
4 Josh Johnston 32:19  
5 David Slade 33:24  
6 Sam Fitzgerald 34:39  
7 Matthew Slade 38:52  
8 Derek Wolf 41:02

## FEMALE AGE GROUP 1 - 10

1 Jeneva Steffers 30:49

## MALE AGE GROUP 11 - 13

1 Aaron Covrig 23:18  
2 Mathias Porter 23:56  
3 Cameron Beem 24:03  
4 Tyler Bass 24:14  
5 Jeb Johnson 26:50  
6 Christian Silvers 27:13  
7 Lincoln Taylor 32:45  
8 Tim Slade 33:00  
9 Grant Walters 38:05  
10 Joseph Johnston 41:37

## FEMALE AGE GROUP 11 - 13

1 Caitlin Duggan 23:25  
2 Katie Richardson 24:00  
3 Kinsley Whiteaker 26:02  
4 Jordan Malone 26:22  
5 Bailey Goss 26:53  
6 Shelby Balch 27:33  
7 Sara Newport 29:51  
8 Caitlynn Fortner 32:02  
9 Eliza Taylor 34:06  
10 Kelsie Key 38:32  
11 Alexis Landreth 44:01  
12 Kaitlyn Richardson 52:12

## MALE AGE GROUP 14 - 18

1 Will Musto 17:49  
2 Matthew Thompson 18:44  
3 Marco Bianchini 21:31  
4 Caleb Bennett 22:02  
5 Nick Xoinis 22:27  
6 Mike Strickland 22:55  
7 Luke Johnson 23:02  
8 Evan Brock 23:05  
9 Jason Dedeker 23:17  
10 Todd Lynn 24:33  
11 Jon Strickland 24:50  
12 Jake Dedeker 25:05  
13 Logan Henley 25:14

## FEMALE AGE GROUP 14 - 18

1 Erin Rice 25:17  
2 Dana Strevert 25:22  
3 Ally Fien 28:32  
4 Jill Sullivan 28:33  
5 Ellen Darssi 29:22  
6 Kate Harper 29:34  
7 Jenna Dedeker 31:41  
8 Caroline Vollberg 32:19  
9 Molly Rutemeyer 36:45  
10 Kendra Green 38:04

## MALE AGE GROUP 19 - 24

1 Joseph Goetz 15:53  
2 Patrick Hall 16:09  
3 Adam Dodson 19:43  
4 Bruce Smith 20:54  
5 Bryn Hobbs 21:19  
6 Tim Garner 24:17  
7 Chirag Bhagat 25:23  
8 Josh McGill 28:43

## FEMALE AGE GROUP 19 - 24

1 Laura Hall 24:29  
2 Dawn Cox 26:40  
3 Diana Barbeauld 27:41  
4 Kara Rice 28:58  
5 Ashely Williams 29:12  
6 Jennifer Hixon 29:42

7 Jamie Sweatt 29:44  
8 Blayre Kerley 29:45  
9 Karrah Leary 30:15

## MALE AGE GROUP 25 - 29

1 Jeremy Rogers 19:02  
2 Kenny Redden 20:13  
3 Casey Gallaher 21:05  
4 Jason Cox 22:00  
5 Matt Moore 25:06  
6 Toby Solberg 28:45  
7 Krissy Llewellyn 35:49

## FEMALE AGE GROUP 25 - 29

1 Debby Vannoy 20:16  
2 Amanda Morgan 29:16  
3 Rebecca Iwanczyk 29:30  
4 Hollie Gallaher 30:29  
5 Misha Garey 33:45  
6 Shannon Galyon 35:50

## MALE AGE GROUP 30 - 34

1 Zach Cowart 19:19  
2 Richard Llewellyn 19:32  
3 David Stoker 20:49  
4 Shawn Kelley 21:24  
5 Josh Carter 21:34  
6 Donnie Mullins 21:35  
7 Jeff Keith 21:52  
8 Andy Bryd 22:40  
9 Chris Selman 24:23  
10 Shane Davis 24:30  
11 Chris Richardson 27:57  
12 Chad Higgins 28:13  
13 Rusty Mawk 28:16  
14 Kevin Burrons 30:33  
15 Joey Fitzgerald 34:38

## FEMALE AGE GROUP 30 - 34

1 Deanna Lord 28:17  
2 Cindy Hall 29:45  
3 Jennifer Thurman 37:31

## MALE AGE GROUP 35 - 39

1 Chris Wilson 17:17  
2 Peter Murphy 17:40  
3 Ryan Shrum 18:48  
4 Les Conner 19:09  
5 Greg Nearingth 19:50  
6 Daniel Uson 20:02  
7 David Lillard 21:37  
8 Andy Zahn 22:00  
9 Thad Colvard 22:09  
10 Curt Sims 22:36  
11 Andy Koss 23:14  
12 Frank Bartuska 26:47  
13 Kevin Silvers 27:16  
14 Chad Lemery 27:22  
15 David Boyd 31:26

## FEMALE AGE GROUP 35 - 39

1 Sonya Reagor 24:54  
2 Tammy Colvard 26:13  
3 Wendy Croft 27:10  
4 Paige Towers 27:45  
5 Bridgette Wisdom 29:18  
6 Lisa Bartuska 32:24  
7 Bev Fowler 41:16  
8 Tammy McBride 41:34  
9 Dionna Landreth 47:16  
10 Michelle Richardson 52:13

## MALE AGE GROUP 40 - 44

1 Dean Thompson 17:11  
2 Robert Davis 18:21  
3 Bill Minehan 18:49  
4 Warren Sinor 19:01  
5 Mark Wisdom 19:17  
6 Mickey Labanowitz 20:35  
7 Carlton Vollberg 21:28  
8 Bill Estes 22:32  
9 Michael Fortner 23:21  
10 Howard Reagor 24:49  
11 John Porter 25:23  
12 Dwayne Turner 26:09  
13 Kyle Howard 27:49  
14 David Moghani 28:54  
15 Carl Miller 29:17  
16 David Stephenson 31:34  
17 Stewart Hale 31:41  
18 Jeff Taylor 32:44  
19 James Strickland 32:47  
20 Jay Dedeker 41:15

## FEMALE AGE GROUP 40 - 44

1 Jan Gautier 19:04  
2 Christina 'post 23:31  
3 Janice Comett 24:35  
4 Amy Oliver 25:00  
5 Janna Martin 26:38  
6 Bernice Delaney 26:41  
7 Beverly Key 27:23  
8 Linda Dixon 29:52  
9 Ginger Duggan 31:10  
10 Kim Boyd 32:21  
11 Elizabeth Higgins 32:21  
12 Joelle Wolf 33:22  
13 Rebecca Taylor 33:23  
14 Bambi Howard 33:28  
15 Beth Davis 38:39  
16 Dana Layne 48:25

## MALE AGE GROUP 45 - 49

1 Hugh Enicks 16:43  
2 Joe Johnson 16:44  
3 Chuck Denham 18:24  
4 Tim Holmes 18:38  
5 Gregg Hansen 18:40  
6 Bruce Bayless 18:46  
7 John Gracy 19:24  
8 Jeff Gaither 19:29  
9 Ray Beem 21:01  
10 Van Ford 21:59  
11 Jeff Malone 22:30  
12 John Bode 23:54  
13 Edward Kern 24:12  
14 Steve Tompkins 25:26  
15 Bill Brock 25:26  
16 Darrel Johnson 25:28  
17 Jeff Boston 26:38  
18 Andrew Alexson 27:08  
19 Ray Roddy 27:20  
20 Darren Richmond 27:47  
21 Jim Martt 28:09  
22 Joe Barbeauld 28:36  
23 Ian Harper 29:38  
24 Jeff Johnson 32:14  
25 Dennis Beaty 38:25  
26 Allen Slade 52:46

## FEMALE AGE GROUP 45 - 49

1 Lynda Webber 23:57  
2 Connie Mills 24:50  
3 Linda Andreae 27:11  
4 Nisey Johnson 29:39  
5 Elizabeth Russell 36:05  
6 Mary Slade 40:28  
7 Brenda Whiteside 40:52  
8 Geraldine Boston 41:30  
9 Sharon Johnston 42:53

## MALE AGE GROUP 50 - 54

1 Jim Steffers 19:51  
2 Marvin Watson 20:25  
3 Jeff Stracener 20:56  
4 James Hall 21:14  
5 Rick Mathis 21:40  
6 Carey Watson 21:48  
7 David Presley 22:51  
8 Billy Collier 22:56  
9 Quint Mansell 23:09  
10 Allen Strong 24:57  
11 Bill Pryor 25:09  
12 Bob Benge 25:10  
13 Mike Laery 25:40  
14 Steven Rubenstein 25:54  
15 David Klingler 26:42  
16 Thomas Sisemore 26:43  
17 Steven Russell 26:59  
18 Don Lastine 27:19  
19 Bill Riner 27:25  
20 Kenton Holloway 30:10

## FEMALE AGE GROUP 50 - 54

1 Sarah Bowen 24:15  
2 Melodie Thompson 26:49  
3 Collen Carboni 27:24  
4 Gayle Alexson 27:56  
5 Krista Goss 29:42  
6 Anne Horgan 30:01  
7 Laura Brock 33:34  
8 Becky Holden 36:45  
9 Vicki Carr 36:59

## MALE AGE GROUP 55 - 59

1 John Walker 19:53  
2 Nick Honerkamp 19:55

3 Rick Rogers 20:52  
4 Danny Casteel 22:41  
5 Carter Lynch 23:21  
6 Rich Phillips 23:32  
7 Mike Copeland 24:35  
8 Butch Cooke 24:56  
9 Bill Moran 29:38  
10 Chris Shadrick 41:49

## FEMALE AGE GROUP 55 - 59

1 Mary Reid 33:36  
2 Linda Johnson 52:10

## MALE AGE GROUP 60 - 64

1 Doyle Thomas 22:26  
2 Henry Mesarosh 25:56  
3 Jim Selman 26:56  
4 Earl Kelle 28:14  
5 Timothy Thoman 28:48  
6 Dan Woughter 29:39  
7 David Wycherley 29:52  
8 Glen Roberts 35:29

## FEMALE AGE GROUP 60 - 64

1 Mary Preisel 23:14  
2 Sue Anne Brown 26:14  
3 Bonnie Wassin 33:10

## MALE AGE GROUP 65 - 69

1 Sergio Bianchini 20:27  
2 Doug Hawgly 24:36  
3 Walter Sinor 26:00  
4 Lee Meadows 36:21

## MALE AGE GROUP 70 - 79

1 Earl Marler 30:46

## FEMALE AGE GROUP 70 - 79

1 Marian Gardner 46:01



## County Fair 5K Run/Walk

By Michael Dunne

A cool breeze drifted through the woods of Chester Frost Park Saturday morning as 90 runners and walkers of all ages accompanied by family or friends, walked, jogged, and sprinted to the starting line of the Hamilton County Fair 5k Run Walk.

Headlights cut through the park darkness as runners came to the registration area to pick up their numbers, shirts and energy prodding moon pies. Runners had a slightly unwelcome surprise; a frisky squirrel apparently chewed a wire should not have, plunging the registration area into darkness. Volunteers quickly found flashlights and turned car headlights on to provide enough illumination to make sure pre-registered runners got the necessary packets. Walk up runners were able to pay their 15 dollar entry fee and receive their number and shirt.

The race kicked off just after 7:30 and 16 minutes and 46 seconds later, Geno Phillips set a new race records as he streaked across the finish line, smashing last year's inaugural race time of 8:05. About 7 minutes later, Etsuko Lammon became the first woman to cross the line with a finish time of 23:22.

The finish line where runners and walkers received their finish cards was manned by Flash Cunningham of

the Chattanooga Track Club, Lee Greene from Hamilton County Parks and Recreation Department and Larry Mize. Then, the runners joined congratulating spectators and moved over the now well lit registration area for the awards ceremony and "Eat Smart" snacks of apples, bananas and bagels provided by the Hamilton County Health Department. Thirsty runners were grateful to Coca-Cola for providing a variety of PowerAid drinks to attendees.

Mike Dunner from Hamilton County Mayor Claude Ramsey's office alone with New 12 Meteorologist Amy Katcher handed out the awards. Two lucky runner received "door prizes" which were gift certificates to Ruby Tuesday while race results were tabulated by employees of McCalister's Deli and Carolyn Varnell.

First and second place runners in each category received gift certificates to the Rib and Loin restaurant. Third place runners will be noshing at McAllister's Deli in the near future.

We hope Geno and Etsuko will be back at the County Fair on September 2, 2008 to defend their titles.

# PowerAde 5K Dominated by Masters Runners

Hugh Enicks won the PowerAde 5k race held at Moccasin Bend on Saturday September 8, 2007. Enicks covered the 3.1 mile cross country course in 18:06. Jan Gautier was the female champion with a time of 19:50.

Other notable performances include second place Joey Howe (18:18) and third place Peter Murphy (18:26). In the women's field Belinda Young placed second behind Gautier in a finishing time of 21:58. Kimberlie Morris was third in 22:15.



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## PowerAde 5K Results – 2007

### OVERALL RESULTS

1	Hugh Enicks	18:06	36	Dee Goodwin	27:47
2	Joey Howe	18:18	37	Tom O'Bryant	27:47
3	Pete Murphy	18:26	38	Dennis Beach	27:47
4	Dave Sprinkle	18:38	39	Jaime Overtorf	27:59
5	Nick Bays	18:46	40	Bernice Delaney	28:11
6	Dean Thompson	18:47	41	Caitlynn Fortner	28:16
7	Charlie Webb	18:48	42	Allen Hughes	28:27
8	Chris Zenker	19:00	43	Bridgette Wisdom	28:28
9	Will Musto	19:06	44	Ashley Riner	28:48
10	Mark Wisdom	19:42	45	Melodie Thompson	28:50
11	Jan Gautier	19:50	46	Harry Ireland	28:50
12	Greg Hansen	20:11	47	Lydia Gennett	30:29
13	Jeremy Vasterling	20:49	48	No Card	
14	Nick Honerkamp	21:03	49	No Card	
15	Jeff Stracener	21:19	50	Jim Selman	32:01
16	Bruce Smith	21:34	51	Ron Haley	32:04
17	Joe Axley	21:47	52	Bill Moran	32:22
18	Belinda Young	21:58	53	Shelby Wilson	33:18
19	Kimberlie Morris	22:15	54	Christi Mash	35:00
20	Thomas Crowe	22:24	55	Bonnie Wassin	35:33
21	Andrew Gennett	22:32	56	Lee Meadows	39:16
22	Nick Xoinis	22:42	57	Janice Wycherley	44:37
23	Tom Bodkin	23:23	58	David Wycherley	44:38
24	Dennis Ford	23:26			
25	Michael Fortner	23:53	<b>MEN 19 &amp; UNDER</b>		
26	Joan Vos	24:09	1	Nick Bays	18:46
27	Lynda Webber	24:54	2	Will Musto	19:06
28	Mike Leary	25:00	3	Jeremy Vasterling	20:49
29	Charlie Clark	25:14	4	Thomas Crowe	22:24
30	Flash Cunningham	25:16	5	Andrew Gennett	22:32
31	Jesse Roberson	25:29	6	Nick Xoinis	22:42
32	Kirsten Johnson	25:34	<b>WOMEN 19 &amp; UNDER</b>		
33	Mary Wood	25:47	1	Kinsley Whiterker	26:59
34	Butch Cooke	25:58	2	Caitlynn Fortner	28:16
35	Kinsley Whiterker	26:59	3	Ashley Riner	28:48

4	Lydia Gennett	30:29	<b>WOMEN 40 - 49</b>		
5	Shelby Wilson	33:18	1	Jan Gautier	19:50
			2	Joan Vos	24:09
			3	Lynda Webber	24:54
			4	Mary Wood	25:47
			5	Bernice Delaney	28:11
			6	Janice Wycherley	44:37
			<b>MEN 20 - 29</b>		
			1	Charlie Webb	18:48
			2	Bruce Smith	21:34
			<b>WOMEN 20 - 29</b>		
			1	Kirsten Johnson	25:34
			<b>MEN 30 - 39</b>		
			1	Pete Murphy	18:26
			2	Tom Bodkin	23:23
			3	Dennis Beach	27:47
			<b>WOMEN 30 - 39</b>		
			1	Belinda Young	21:58
			2	Kimberlie Morris	22:15
			3	Dee Goodwin	27:47
			4	Jaime Overtorf	27:59
			5	Bridgette Wisdom	28:58
			6	Christi Mash	35:00
			<b>MEN 40 - 49</b>		
			1	Hugh Enicks	18:06
			2	Joey Howe	18:18
			3	Dave Sprinkle	18:38
			4	Dean Thompson	18:47
			5	Chris Zenker	19:00
			6	Mark Wisdom	19:42
			7	Greg Hansen	20:11
			8	Michael Fortner	23:53
			9	Tom O'Bryant	27:47
			10	Allen Hughes	28:27
			11	Ron Haley	32:04
			<b>WOMEN 50 - 59</b>		
			1	Melodie Thompson	28:50
			<b>MEN 60 &amp; OVER</b>		
			1	Jesse Roberson	25:29
			2	Harry Ireland	28:50
			3	Jim Selman	32:01
			4	Lee Meadows	39:16
			5	David Wycherley	44:38
			<b>WOMEN 60 &amp; OVER</b>		
			1	Bonnie Wassin	35:33

# Raccoon Mountain - Round the Rim Run

By Theresa Samuelian

With the sun, creeping above the horizon, the “gun” was off and so were the runners and walkers at the 2<sup>nd</sup> running of the Round the Rim event. It didn’t take long for the participants to cross the finish line, relax among the tress and enjoy some tasty race fare donated by Greenlife Grocery, Lookout Mountain Tomato & Banana Company, Danasi, PowerAde, Rembrandt’s and, of course, Chattanooga’s finest – Moon Pie!

The 10 K event was won by Joseph Sitienei (35:45) and Kimberlie Morris (45:34). Joseph is an Elite marathoner who is training in our area. His time of 35:45 beat last year’s time by 5 minutes. The Master’s winners were Hugh Enicks (37:33) and Kelly Bullock (48:14) with Grand Master’s winners Jody Hines (42:32) and Sue Ann Brown (59:39) rounding out the overall finishers.

The 5 K event was won by Ray Wilson (19:59) and Betty Holder (25:17). The Master’s winners were Brian Kalla (21:09) and Gayle Alexson (29:16). This was Gayle’s first racing event, so she is off to a great start! Lastly, the Grand Master’s winners were Mike Leary (24:43) and Sharon Warner (30:06).

You can find all the age group winners, as well as, complete race results for both events on the Chattanooga Track Club web site - [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)



There are never enough words to convey how appreciative we are for the support of the local community and our volunteers. With volunteers being an invaluable asset, our continuous thanks to the employees of Raccoon Mountain, Jasper Middle School, TVA and CTC for your willingness to give of your valuable time. Without the generosity of local businesses, nary a door prize would be seen! So, hats off to the Boathouse, Cold Stone Creamery, Easy Seafood, Nestle Toll House Café, 212 Market, Smoothie King, St John’s Restaurant, Tennessee Aquarium and Fast Break.

Finally, the proceeds from this event benefit TVA’s Partners in Education program, specifically, the sponsored school for Raccoon Mountain. Last year, the event helped the school purchase organizational planners for every student. What a wonderful way to contribute to the education of the next generation!

So, mark your calendars for the 3<sup>rd</sup> running of the Round the Rim Run coming to you on August 23<sup>rd</sup>.

# Raccoon Mountain 10K Road Race Results – 2007

## MALE OVERALL RESULTS

1 Joseph Siteni 35:45

## FEMALE OVERALL RESULTS

1 Kimberlie Morris 45:34

## MALE MASTERS OVERALL RESULTS

1 Hugh Enicks 37:33

## FEMALE MASTERS OVERALL RESULTS

1 Kelly Bullock 48:14

## MALE GRAND MASTERS OVERALL RESULTS

1 Jody Hinds 42:32

## FEMALE GRAND MASTERS OVERALL RESULTS

1 Sue Ann Brown 59:39

## MALE AGE GROUP: 1 - 19

1 Marco Bianchini 46:44  
2 Cameron Beek 1:09:55

## MALE AGE GROUP: 20 - 24

1 Chas Dickas, IV 42:22  
2 Nathan Harper 45:57

## MALE AGE GROUP: 25 - 29

1 Nathan Broom 40:40  
2 Alan Outlaw 42:15  
3 Kevin Antoine 48:27  
4 Michael Tindle 52:15  
5 Chris Bengtson 53:51  
6 Mitchell Hollis 54:24  
7 Jud Laman 55:46

## MALE AGE GROUP: 30 - 34

1 Joseph Siteni 35:45  
2 Zach Cowart 41:48

3 Justin Guy 45:11  
4 Adam Burnett 46:20  
5 Josh Carter 48:22  
6 Eric Silberman 51:14  
7 Jason Denson 53:59  
8 Robert Newberry 59:14  
9 Felicia Elkins 1:10:19

## MALE AGE GROUP: 35 - 39

1 Les Conner 41:39  
2 Robert Gustafson 42:30  
3 Greg Neargarth 43:37  
4 Brian Malone 44:00  
5 Daniel Urn 44:26  
6 Aaron Mercer 45:19  
7 Tony Edmondson 46:33  
8 Brent Ashley 47:32  
9 Robert Estoye 48:47  
10 Andy Gill 49:33  
11 Chad Prevost 51:07  
12 Scott Bowman 55:57

## MALE AGE GROUP: 40 - 44

1 Chris Zenker 40:16  
2 Mark Wisdom 41:28  
3 Bill Minahan 42:26  
4 John Cremers 47:04  
5 Ray L. Kellum 47:48  
6 John Selman 52:23  
7 Eric Whittington 54:41  
8 Richard Beeland 55:31  
9 Jeff Krupcale 57:48  
10 John Thomas 1:02:01

## MALE AGE GROUP: 45 - 49

1 Hugh Enicks 37:33  
2 Greg Hansen 40:44  
3 Tim Holmes 42:00  
4 Darren Lewis 44:56  
5 Ray Beem 47:46

6 Larry Barlow 51:27  
7 Timothy Cleary 52:05  
8 Mark Longwith 53:11  
9 Jeff Million 1:04:31  
10 Bill Brock 1:08:58

## MALE AGE GROUP: 50 - 54

1 Jim Steffes 43:56  
2 William Warner 46:53  
3 Bill Collier 48:55  
4 David Presley 49:44  
5 Mark Brooks 51:18  
6 Steven Rubenstein 1:00:11  
7 Gene Nelson 1:04:25

## MALE AGE GROUP: 55 - 59

1 Jody Hinds 42:32  
2 Nick Honerkamp 43:12  
3 Mike Mason 52:33  
4 Butch Cooke 54:48  
5 Pat Hagan 56:42  
6 Dwayne Burnett 1:01:08  
7 Bill Moran 1:03:26

## MALE AGE GROUP: 60 - 99

1 Sergio Bianchini 43:30  
2 Cyrus Rhode, Jr. 55:01  
3 Truman Smith 57:41  
4 Walt Sinor 57:41  
5 Harry Ireland 1:01:33  
6 Dan Bailey 1:11:30  
7 Phil Thomas 1:12:10  
8 Glenn Roberts 1:16:00

## FEMALE AGE GROUP: 20 - 24

1 Kirsten Johnson 54:32  
2 Cortney Mild 55:02  
3 Elizabeth Inskeep 56:34  
4 Jessica Simmons 1:06:26  
5 Michelle Schwartz 1:06:26

## FEMALE AGE GROUP: 25 - 29

1 Gretchen Hammel 46:25  
2 Katie Broom 47:35  
3 Kathryn Copeland 52:10  
4 Sonya Luchauer 56:51  
5 Micheala Mendez 57:26  
6 Holly Hollis 1:10:11  
7 Sheila Blankenship 1:20:00

## FEMALE AGE GROUP: 30 - 34

1 Misty Griffin 49:05  
2 Kathy Lancaster 58:10  
3 Jaime Overturf 1:00:54  
4 Deborah Dennison 1:01:31  
5 Deanna Lord 1:02:00

## FEMALE AGE GROUP: 35 - 39

1 Kimberlie Morris 45:34  
2 Stephanie Wilkins 47:13  
3 Bridgette Wisdom 1:00:13  
4 Jacqueline H. Smith 1:05:10

## FEMALE AGE GROUP: 40 - 44

1 Kelly Bullock 48:14  
2 Joan Vos 49:55  
3 Sue Barlow 51:26  
4 Missi Johnson 51:58  
5 Christine Post 52:18  
6 Bernice Delaney 56:46  
7 Ellen Daniel 1:03:16

## FEMALE AGE GROUP: 45 - 49

1 Lynda Webber 53:17  
2 Gwen Meeks 59:49  
3 Susan Gallo 1:03:52

## FEMALE AGE GROUP: 60 - 99

1 Sue Anne Brown 59:39  
2 Ann Garner 1:12:09



# FRONT RUNNER

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## Elementary Cross-Country Meets

By Sean Pfister

So far the highlight of my short tenure with the CTC has been our support of the recently completed youth cross-country meets. It was amazing to see the future runners of Chattanooga and the large turnout of kids who competed at a time when childhood obesity is at epic proportions. Having been there myself I wouldn't have believed this, all the kids looked like active and healthy and most importantly, they looked like they were having fun.

I want to thank the Hamilton County teachers for asking for our participation with their existing series, which allowed them to coach and supervise their athletes while we handled the logistics. Most importantly I want to thank Robert Gustafson of the CTC for his dedication and willingness to make the event a success. But like any complex event there are a lot behind the scenes helpers and we had a dedicated crew for all races. Some were there for all of them, which required them to be there by 3:30 and stay for a couple of hours on a Thursday afternoon.

I personally enjoyed starting the races and watching the kids toe the line in their ready position even after I announced it would be several minutes before the start. At one point I encouraged them to relax as the race wouldn't be starting for a bit and heard some chuckles from the parents. Apparently when you put a kid near a starting line their instinct is to be at the ready position. Then watching the kids bolt from the

start to catch our designated "rabbit" and this after warnings to pace themselves, as it's a long race. Another thing I learned, forgetting to pace yourself starts at an early age and for some continues until adulthood. But what impressed me most was how relaxed they ran once they did slow down.

I saw some great runners and future track stars and that the willingness to win and do well running starts at an early age. It's hard for me to comfort a kid that came in second place out 70 or 80 other very good runners when they break down in tears. I want to tell them how good of a job they did, and how there will be a thousand more races for them or that 2<sup>nd</sup> place is still a great accomplishment. But then I remember how I feel when I come up short for a goal, it hurts at first and nothing anyone says can erase the disappointment. Eventually the sting starts to fade and then you become content that you gave it your all and vow to learn from this feeling and find ways to improve.

Who knows, maybe rivalries were started this past September and we can enjoy watching them play out for years to come. Hopefully running and all that is associated with it is what took hold with these kids and we can enjoy seeing them develop a love affair with the activity like we did. These are the future racers, race directors, volunteers or board members that keep our Club vibrant and we've just become introduced.



## Step Outside and Walk with BlueCross WalkingWorks and the Chattanooga Track Club

After the sweltering summer heat, everyone can finally breathe a sigh of relief and walk outside into the cooling temperatures. As the climate begins to change, so will our exercise routines. Fall is a great time to get outside and be active.

BlueCross BlueShield of Tennessee's WalkingWorks program provides an easy-to-follow walking program that is a great source to get you going with your fall walking plan.

For those who like to throw on a windbreaker and venture out into the open-air, be sure to remember these important tips for walking outdoors:

**You are what you wear-** What you wear can affect your body temperature during your walk. It is important to remember to dress for colder conditions, which can mean putting on gloves, a hat and plenty of layers. By wearing layers, you can avoid moisture caused by sweat and be protected from the cold, wind and rain.

**Keep your body hydrated-** As you breathe in cold air, you lose liquid in your body, so drinking water is key during your walk routine. Don't forget to bring a water bottle with you on your outing.

**Be prepared-** Walking in colder weather requires preparation. Remember to warm-up before you begin your walk, as your heart and muscles need more time to get ready.

Also, don't forget to check out some of the Chattanooga Track Club and BlueCross sponsored events in your area. Races are a great way to meet people while doing what you love to do. Visit [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) to find a list of upcoming races in your area, or visit the WalkingWorks section of [bcbst.com](http://bcbst.com) for information on races across the state.



## Austria's Wachau Marathon – A Great First Race

By Jim Johnson

On September 16, I finished my first marathon, the Wachau Marathon, near Vienna, Austria. Not only that, but I was the first American finisher. OK, I must admit I was the *only* American runner, which would also make me the *last* American finisher, but that's a minor detail.

The race is named for the Wachau, Austria's most famous wine region, which stretches roughly 25 miles along the Danube River Valley.

Until this year, I hadn't done more than a 10K, and that was when I was in my 20s (I'm 53 now). Most recent runs had been limited to three or four miles around North Chattanooga and along the Riverwalk. Encouraged by friends, I started running longer distances in January and built up to a successful ING Georgia Half Marathon in March. Several weeks and longer runs later, I decided to do a full marathon.

I own a bicycle tour company and already planned to be in Europe in August and September. I thought it would be fun to do my first marathon overseas (fewer "witnesses" perhaps). I went online and found the Wachau event, which was scheduled shortly after my bike tours and in one of my favorite areas. Perfect.

My training went well through the spring and early summer. The challenge came when I arrived in Europe six weeks before the event: how to keep my mileage up

while in the midst of daily bike rides that often exceeded 50 miles. I scheduled most of my runs for early morning before breakfast. Then the cycling day would begin. Sometimes, I took days off from cycling for rest days and long runs. With the cycling schedule, fitting in cross-training days was not an issue.

In total, I trained in five European countries. In Slovenia, I ran on forest roads through a national park and did an eight-mile climb up a 3,800-foot mountain pass. In Croatia, I ran on a coastal trail along the Adriatic. A friend joined me in Germany, and she rode her bike as I ran on a river trail near the Black Forest. In France, I ran between medieval towns on country roads through rolling vineyards.

My long, pre-taper run was 21 miles in Austria on an amazing trail around three lakes near Salzburg. Toward the end, the route climbed gradually to a wooded plateau. As the woods ended, I had to stop. In front of me, the Alps were reflected across the three lakes. The sun was just starting to set behind the mountains. I doubt I'll ever have a more vividly beautiful run.

Race day came, and it was picture perfect: lows around 55, highs around 75 and blue skies dotted with puffy clouds to keep the sun at bay.

Rather than a circular route, the race was linear. It started in the small village of Emmersdorf and ended in the city of Krems. A special train, the “Marathon Express,” carried runners from Krems to the start. The race route returned along a two-lane scenic highway—closed for the day—that hugged the Danube as it curved downstream.

The hour-long train ride was a great way to meet other runners. Most runners I spoke with had done the marathon at least four or five of its 10 years. Not surprisingly, it was a favorite for its scenery.

On the train, I learned that recreational runners tended to do the half-marathon. The full marathon was more hard-core; it’s known as a very fast route great for PRs. Although more than 8,000 people were signed up for both events, I was surprised that barely 700 would run the full marathon. With the 8,000 runners I’d expected, I thought I’d “blend in” and certainly find others running at my speed. With 700, it would be a more intimate event. The half-marathoners wouldn’t even start with us; they’d gotten off the train earlier to start at the mid-way point of the full-marathon route.

As we waited for the start, many of us sprawled on the grassy riverbank. It was easy to relax looking up at the sky or across the river to the imposing towers of the baroque Melk Abbey. Some runners sat at the local beer garden and enjoyed the local brews. Liquid carbo-loading local style, I guess.

A few challenges faced me beyond the running.

Although I speak German, I was nervous I’d miss some important announcements. Like the one that told runners the start would be delayed 15 minutes.

Fuel stops would be another issue. I’d read online that the only food would be bananas, at two of the tables. Fluids would include Red Bull (which is manufactured in Austria) and tea. Given the “menu,” I decided to be as self-sufficient as possible and carry gels, powders and two water bottles. I might be weighed down, but all I’d need is some water replenishment along the way.

Another challenge: Like most of the world, Austria is on the metric system, and the route was 42.2 kilometers.

Somehow, 42.2 kilometers seemed farther than 26.2 miles. I had also thought I’d be at a disadvantage with kilometer markers rather than mile markers. Instead, I found that having 41 markers rather than 25 was both motivating and a pleasant distraction—more frequent reminders of progress. I’d already converted my desired pace from minutes per mile to minutes per kilometers.

At 10:30 (15 minutes late, as I eventually found out), the gun cracked, and we were off.



For the first 10 kilometers, about 100 of us stayed fairly bunched together with another 150 or so just ahead of us. Most runners, however, quickly disappeared around the first bend and out of sight. As we passed through villages, bands serenaded us with traditional music. Crowds cheered. Local and national police did a great job closing off all entry-points onto the route.

Over the next five miles, I fell to the back of our pack. And then behind it. *Way* behind it. Soon, there wasn’t another runner in sight—and wouldn’t be for more than two hours. I had no idea how many (if any) runners might be behind me. I wouldn’t see another runner again until about 10 kilometers before the finish.

So much for the adrenalin rush of crowds that experienced friends had promised me.

But it really didn’t matter. As a friend had told me during a somewhat frantic, troubled, pre-race phone call across the ocean two days earlier, the hard work was behind me—the many months of training. No matter how difficult the day would be, it would be over in a matter of hours. And it would be fine. So enjoy it as best I could.

In retrospect, I enjoyed it a lot. I’d bicycled along the route many times through the years, and I knew this stretch of the river fairly well. But even by bike, you miss things you see when you’re on foot. And I had plenty of time to look at them.

Vineyards line the hills, many of them draped along steep terraces cut centuries ago into limestone hills. Grapes were plump and ready for harvest. Castle ruins perch on rocky crags, and medieval towns look much as they did centuries ago. I'd often see the ancient church steeples before I saw the actual towns.

With no one else in sight, I also knew that the cheers were all for me: from die-hard fans who hadn't yet gone home, from the police guarding the route, from the tourists on the sightseeing boats, and from the engineer who blew the train whistle and waved.

Admittedly, I lost some motivation as I hit the later water stops and found volunteers already breaking down the tables. Several times, they asked me if I was the last one. At that point, it's likely I was.

When I saw the sign that marked 10 kilometers to go, I got a burst of energy. A few minutes later, I came around a wide bend, and in the straight-away ahead of me, I could see maybe 20 runners. The marker that had motivated me seemed to have put the brakes on them. They were all dragging. Some were walking. I got another energy surge and picked up my speed—no way I'd be the very last to finish (after all, my nation's honor was at stake). I passed all of them (many of whom ended up DNF). In retrospect, if I had that much energy, I probably should have planned for a faster pace throughout, but there's always next time.

Of course, just as I started getting a bit too self-confident, a police officer on a motorcycle pulled up beside me. My brain wasn't functioning that well, and my years of German failed me. I thought he shouted, "Hey, you dropped the omelet!"

He shouted it again: "Hey, you took a wrong turn!"

I didn't even know there'd been a turn, the first one on the entire route.

So I doubled back (just 300-400 feet, but at this point it seemed like 5 miles) and got back on the course. It was a stadium finish, and I could see the Krems Arena just three blocks away. I accelerated for my triumphant entry. And then an arrow pointed to the left. I'd forgotten that the route did a mile-long loop around the medieval town center before entering the stadium. So now, with nothing left, I had nearly a mile to go, much of it on cobblestones. Many of the buildings are more than 1,000 years old, but I must say I didn't do much sightseeing at this point.

Tourists and recovering runners cheered me on from streetside cafés, and I finally reached the stadium. I sprinted (sort of), and the announcer shouted (somewhat hoarsely by this point), "Our next finisher is Jim Johnson from Chatta—umm, from Chatta—umm, from USA!" I'd like to say that the crowd went wild, but by then the crowd had mostly gone home. But, of course, it didn't matter to me.

I later learned that it was an especially fast field this year with more than half of the runners finishing sub-4. Only 22 runners had times of more than 5 hours. I placed 666 with a time of 5:18:12. The last finisher, 8 behind me, came in at 6:06:58. The winning time was 2:37:06.

In part because of an injury 10 days before the race, I'd planned on conservative 12-minute miles (7-minute kilometers), and my time came out to 12.15-minute miles. So I ran my plan. Actually, my time for the first half was 2:32:48, and I hoped for awhile that I might come in sub-5. But I stuck to my plan and have absolutely no regrets.

I'd been staying at a friend's apartment barely 500 feet from the stadium. After a free massage (as they broke down the last of the massage tables), I went "home," called and texted friends back in the U.S., put ice on my knees, shoveled ibuprofen down my throat, and collapsed on the bed. And started thinking about next year.





## The Results Are In...

Thank you to everyone who completed the track club's recent online survey. A total of 316 people responded to the request, with 179 current and 137 former or non-members providing the club with valuable feedback in a number of areas.

We value all of your responses and are currently examining your praise, criticism, and suggestions. Based on the preliminary results we've begun discussing ways to improve the organization and, in a few instances, are already beginning to implement your suggestions and respond to your criticisms.

Below is a quick look at the main points drawn from the survey.

### Membership

Current members expressed a number of reasons for joining the track club, with road racing and general fitness as the most popular. Other common reasons included supporting running in Chattanooga, being part of a social community and group runs, and the personal benefits of membership (store discounts, races discounts, etc).

Based on your feedback, we have highlighted a number of items related to membership that the club needs to work on. They include:

- Expanding and emphasizing the benefits of membership. For example, among former members, 46% left because they saw no benefit in membership.
- Making it easier to sign up and renew membership
- Promoting more of a community among runners through group runs, events, and socials
- Recruiting new members, including walkers, younger individuals, and minorities
- Reaching out to former track club members
- Expanding the club's geographic location

Over the next few months we will work to improve each of these areas. Things already in the works include:

- Recruiting corporate and associate sponsors of the track club who will provide members with discounts and other benefits. For example, members now receive the corporate discount rate at the Sports Barn, a corporate sponsor of the track club.
- Creating an online membership system that, once it's launched later this year, will allow current and new members to quickly and easily sign up or renew their memberships.

## Races

With 50% of respondents citing “road racing” as their primary reason for joining CTC, races are an important function of the club.

While many members and non-members praised our events, a number of respondents stressed the need for CTC to improve the overall quality of races.

Suggestions include:

- Improving organization of events and ensuring accurate results
- Providing better race t-shirts (74% of respondents said they would pay more for a technical or dry-fit tee)
- Offering race discounts to members
- Increasing participation (suggestions include more advertising/promotion and offering cash prizes)
- Providing better post race activities
- Moving races off of the concrete Riverwalk
- Offering more 10ks and half marathons, also offering middle & unusual distances (15k-30k)
- Considering different times of day (example: nights), different days of the week (i.e. Sunday), different times of the year (i.e. January and February), and different locations (outside of Downtown)

Over the next year the club plans to work with race directors to improve races and implement some of these suggestions. Changes already in the works include:

- The races committee has examined recent problems with the scoring system used at races. We recently upgraded the system and are currently training and retraining volunteers on how to effectively operate it.
- Exploring economical ways to offer technical t-shirts at races. For example, this year the Chickamauga Battlefield Marathon will provide participants with a high quality, long sleeve, technical shirt.
- In 2009 the track club will take over the management of the Chattanooga Half Marathon. We are already looking at ways to improve the race, including moving the race off of the Riverwalk to a course highlighting the City of Chattanooga.
- Sean Pfister, the club’s Executive Director, recently attended a national training seminar on managing quality races. The valuable knowledge and connections he gained at the seminar will help the club and race directors improve our events.

## Communications

The survey results reflected a need for the track club to do a better job of communicating to members, non-members, and the larger community what it is the track club does.

Based on respondent feedback, the track club needs to:

- Improve the club’s Web site. Suggestions included: providing more race information especially at an earlier date, providing faster race results, offering a more open and active discussion board, posting recent photographs, and including more running information including local running routes.
- Garner more publicity and media coverage
- Improve communication with current members and be more welcoming of new members
- Have a bigger presence at CTC and other local races and events
- Improve communication with current and potential volunteers

The club is actively looking at solutions for each of these problems. Changes already being implemented include:

- Improving the promotion of events through the issuance of press releases and media alerts. Efforts related to the BMW of Chattanooga Waterfront Triathlon resulted in the event being covered by a number of local media outlets.
- Working with race directors to provide more timely results. This year the communication committee has strived to post a short news summary and full results from each CTC race on the club’s Web site within a few hours of the event. The summary and results are also sent to local media.
- Creating a new online volunteer form that enables individuals to quickly and easily offer to volunteer for an event by visiting the club’s Web site.
- Having a club table at each CTC event with volunteers promoting the club.

## Member Involvement

Nearly 72% of respondents expressed an interest in getting more involved in the track club, but many do not know how to get involved.

Based on the survey results, CTC needs to:

- Better communicate ways members can get involved, stressing ways to be involved without making an enormous time commitment.
- Make volunteering “easier” and follow up with individuals who express interest in getting involved.

In response the club:

- Has posted a volunteer form on the club’s Web site that allows individuals to express an interest in volunteering
- Has created a new volunteer database that helps race directors coordinate and communicate with

volunteers. The database was used at the BMW of Chattanooga Waterfront Triathlon and helped race directors coordinate over 350 volunteers.

- Is looking for Volunteer Coordinators to help coordinate and communicate with volunteers for each of our events.
- Would like to invite members and non-members to get involved with the club by volunteering at an event, joining a club committee (on races, communication, or membership), and/or running for a position on the club's board of directors.

## Group Runs

Many members said they joined the track club for the social side of running, including group runs.

A number of respondents suggested ways to improve group runs hosted by the track club, including:

- Providing more variety
- Adding new locations. Respondents expressed interest in Missionary Ridge, Brainerd, the mountains (esp. Lookout), Camp Jordan
- Add new days and times, including weekday mornings

The track club is responding by:

- Scouting out new run courses and planning for new group runs. One recent addition was the group run from the Downtown Sports Barn each Wednesday night at 6:15pm. The run features a rolling course through Riverview complete with drink stops.
- Asking members and non-members to volunteer to help coordinate group runs

## How Can You Help?

We still have a lot to do and you can be a part of the efforts to improve the track club.

First, volunteer! Our organization depends on volunteers to keep it running. Want to help improve our races, then come out and volunteer at one. It only takes a few hours to volunteer at a race and it requires no long term commitment.

Become a group run volunteer or coordinator. Our group runs are lead by members like you. Do you enjoy running with a group? Do you have a favorite run that is not currently included in our group runs? Would you like to see a group meet at a new location or on a new date or

time? Contact Sean Pfister ([spfister@chattanoogatrackclub.org](mailto:spfister@chattanoogatrackclub.org)) to find out how you can start up a new group run or help support an existing run.

Also, consider becoming more involved with the running of the track club. Drop into a races or communications committee meeting and offer to help us tackle the issues brought up in the survey. Check the club's Web site for meeting times and locations.

Attend a board meeting and consider running for a position on the board of directors. General board meetings are open to the public and take place every first Tuesday of the month. Check the Web site for more details.

Finally, keep your suggestions coming. The survey may be over but you can still provide us with feedback by visiting the membership section of the club's Web site and clicking on feedback. Or email Sean Pfister at [spfister@chattanoogatrackclub.org](mailto:spfister@chattanoogatrackclub.org).

With your help we can continue the long tradition of a fantastic track club.



# Get Involved with the Marathon...

The Chickamauga Battlefield Marathon and 10-miler is just around the corner, on Saturday November 10, 2007. There are a number of ways you can get involved with the event.

## Run the event.

The marathon and 10-miler are truly unique events. This year Runner's World named the marathon the "must-do" historic marathon of 2007 because of its unique course through the Chickamauga Battlefield and the wonderful support given to runners. This year's marathon will also feature some new additions including a great technical long sleeve shirt and the first in a series of collectable medals featuring historical monuments located in the park. To learn more about the event check out the application on page 21. If you register before race day the race costs only \$55 for the marathon and \$25 for the 10-miler.

## Volunteer.

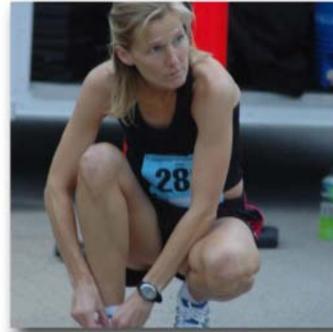
The race is made possible through the generosity of volunteers like you. We need help in the days leading up to the race (bag stuffing, packet pickup, and the pasta dinner) as well as help on race day (course monitoring, water stops, finish line, and more). To volunteer email Doug Rosell at [rosell@mindspring.com](mailto:rosell@mindspring.com) or fill out the online volunteer form located at [ChattanoogaTrackClub.org](http://ChattanoogaTrackClub.org).

## Eat at the pasta dinner.

This year we are offering a pasta dinner on Friday Nov. 9<sup>th</sup> from 5:30 pm to 8:00 pm at the Bessie Smith Hall located at 200 East MLKing Blvd. You don't have to run to eat. The dinner costs \$10 per adult, \$5 per child under age 12. To reserve your spot you may pay online at [active.com](http://active.com) or email Rita Fanning at [ritafanning@mindspring.com](mailto:ritafanning@mindspring.com) (please include your name and number of guests) and send your check for the reservation to:

Chattanooga Track Club  
P.O. Box 4438  
Chattanooga, TN 37405.

Please postmark your check by 11/05/07 to validate the reservation (be sure note Marathon Pasta on the check).



**Do you have a story you want to share with your fellow runners? Submit it for publication in the next issue of Jogging Around. The submission deadline is November 5<sup>th</sup>.**

**Contact**  
Charlene Simmons  
[simmoncn@georgetown.edu](mailto:simmoncn@georgetown.edu)

## Chickamauga Battlefield Marathon & 10-Mile Run Entry Form

Make check payable & mail to:  
**Chattanooga Track Club, P. O. Box 4438,  
 Chattanooga, TN 37405**

Please Print

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

T-shirt Size:  Sm  Med  Lge  X-Lge  XX-Lge

**Check here if this is your very first marathon**

I have completed \_\_\_\_\_ Chickamauga Marathons

Event:  **MARATHON**  **10-MILE RUN**

\$40 received by 10/5/07 \$15 received by 10/5/07

\$55 10/6/07 to 11/9/07 \$25 10/6/07 to 11/9/07

\$70 Race Day \$35 Race Day

\$10 Pre-Race Pasta Dinner

Amount Enclosed \$ \_\_\_\_\_

### Waiver/Release - Please read carefully and sign

I know that running a road race is a potentially hazardous activity, and I should not enter or run 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 this run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this Waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Chattanooga Track Club, the city of Chickamauga, the Chickamauga & Chattanooga National Military Park, Oakwood Baptist Church and all sponsors, RRCA from all claims or liability of any kind arising out of my participation in this event even though that liability may be the result of negligence on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates/blades, animals and headsets are not allowed in the race and I will abide by these guidelines. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, web site images, recordings or any other record of this event.

Signature of applicant (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

## Register Online at Active.com Online Registration closes midnight November 8, 2007

**Early Packet Pickup & Late Registration** Marriott Chattanooga at the Convention Center, 2 Carter Plaza, Chattanooga, TN 37402. Participants may register and pre-registered participants may pick up their packets with race number, t-shirt and race information Friday, November 9 from 4 – 10 pm ET.

### See Expo information

**Race Day Registration & Packet Pickup** Oakwood Baptist Church, 115 Oakwood St., Chickamauga, GA 30707. Your entry fee is non-refundable.

The Chattanooga Track Club reserves the right to reject any entry and to offer special invitations.

Registration — 6 a.m. ET

Marathon Start — 7:30 a.m. ET

10-Mile Start — 8 a.m. ET

A portion of the proceeds benefit the UTC track & cross country programs

### Awards - Marathon & 10-Mile

Overall & Masters—Male & Female

Top 3 in the following age groups—Male & Female

24 & Under, 25-29, 30-34, 35-39, 40-44, 45-49,

50-54, 55-59 and 60 & Over

Medals for All Marathon Finishers

### Special Awards for First Time Marathon Finishers

**Awards Ceremonies** - Oakwood Baptist Church

10-Mile Run Awards—10:30 a.m.

Marathon Awards—1:00 p.m.

### Complete Results—www.ChattanoogaTrackClub.org

**Refreshments** - Food and beverage will be available for all participants after their race. We believe you will find this to be one of the best post race meals you have had (unless you were here last year).

**For more information**—contact Race Director, Doug Roselle Email: [roselld@mindspring.com](mailto:roselld@mindspring.com), Phone: 423-629-6232

### Expo & Pasta Dinner

A free Runner's Expo will be held in conjunction with packet pickup from 4 – 9 pm Friday at the Marriott Chattanooga, 2 Carter Plaza, Chattanooga, TN 37402

A pre-race pasta dinner will be provided by Fazoli's at the historic Bessie Smith Hall, 200 East M L King Blvd (about three blocks from the Marriott Chattanooga), from 5:30 – 8 :00 pm Friday. The cost is \$10/person and open to everyone. Reservation tickets are recommended, but they will also be available at the door.

**Aid Stations & Medical Assistance** - All aid stations will have water, Powerade, fruit and basic first aid. Stations are at approximate 1.5 mile intervals on the course. Transportation to the finish will be provided to any participant who cannot complete the race. For medical assistance on the course or for transportation to the finish, ask the nearest race volunteer. Medical personnel will be stationed at the Oakwood Baptist Church.

**Spectators** - The best place to view the race is Wilder Tower or at the intersection of Brotherton and Alexander Bridge Roads. Spectator maps with directions and approximate times to see runners will be available at registration and packet pickup. Spectators should avoid the race course for the safety of the participants.

**10-Mile Course** - The certified (GA06020WC) 10-mile course is fast and flat. It is an out and back course following the first five miles of the marathon course.

**Course Map** - The marathon/10-mile course map is available at [www.chattanoogaattrackclub.org/races/courseMaps/ChickMarathonCourse2006wMiles.jpg](http://www.chattanoogaattrackclub.org/races/courseMaps/ChickMarathonCourse2006wMiles.jpg)

The course elevation profile can be viewed at [www.chattanoogaattrackclub.org/races/courseMaps/ChickmaugaMarathonElevation2006.pdf](http://www.chattanoogaattrackclub.org/races/courseMaps/ChickmaugaMarathonElevation2006.pdf)

**Directions** - From I-75 take Exit #350 west on Georgia Highway 2 (Battlefield Parkway) for 6.2 miles Turn left (south) on Lafayette Rd. Continue 4.7 miles going through the Chickamauga Battlefield Park. Turn right at the first traffic light after leaving the park. At the first intersection, turn left on Wilder Road. Proceed 0.5 mile to Oakwood St. The church is 115 Oakwood St., parking is on the right. You may be guided to alternate parking.

# Racing to Recovery

By Suzanne Girard Eberle, MS, RD

Have you ever wondered why it's so hard to get out the door some days or why your Wednesday after-work run with the group often turns into a heavy-legged slog? Many runners attribute their lack of motivation or desire to being weak-willed. Others simply accept a plethora of unfulfilling runs and workouts as inevitable. Poor training days, however, are often linked to poor eating days. Feeling good on tomorrow's run hinges, to a large degree, on what you did following your previous workout. The key to a speedy recovery is to provide your body with the fluids and nutrients it needs following exercise. And the sooner you do it, the better.

## The Recovery Process

Carbohydrates that runners consume daily (from fruit and fruit juices, vegetables, milk, yogurt, bread, pasta, rice, beans, as well as sweets and snack foods) are converted into glucose or blood sugar and used as energy throughout the day. The body stores glucose that is not used fairly promptly in the liver and muscles as glycogen, which the body can convert back to glucose and use for energy at a later time. Muscle glycogen—the body's preferred fuel during exercise—plays a crucial role when you pick up the pace or intensity of workouts as well as during prolonged exercise. As glycogen stores become depleted, you're forced to slow down, sometimes even to a crawl, just in order to finish.

Chronically low muscle glycogen stores can trip up even the fittest runner, especially those who train daily. Heavy or sore legs, feeling rundown, or a lack of your usual oomph can all indicate insufficient recovery from previous physical efforts. Runners who exercise with low muscle glycogen stores also incur more nagging injuries. Start out with less than a full tank and you'll also likely perceive the workout or race as “feeling harder than it should.”

Since it takes the body almost 24 hours to fully replenish muscle glycogen stores, the trick is to capitalize on the “carbohydrate window” that exists immediately following exercise. During the first 60 minutes (especially the initial 15-30 minutes), muscles convert carbohydrate-rich foods and beverages into glycogen up to three times faster than at other times. Unfortunately, runners often spend this time stretching, socializing, showering and scurrying back to their desk or jumping into the car to pursue their next commitment.

## Rehydrate and Refuel

Most of us are aware of the need to rehydrate following exercise, especially when running or racing in hot and/or humid weather. Feeling thirsty, however, isn't the best indicator as to how much you need to drink. Get to know your body by periodically weighing yourself before and after

running. To fully rehydrate, drink a minimum of 2 ½ cups of fluid (over the next few hours) for every pound lost. (If you've dropped more than a pound or two, work on doing a better job meeting your fluid needs during exercise.) Being able to urinate frequently—clear to pale yellow in color—also indicates you're sufficiently hydrated.

For optimal recovery, replace fluids and carbohydrates simultaneously, within the first 15 to 30 minutes, especially following intense workouts or prolonged runs lasting 90 minutes or longer. If you like to train by the numbers, consume at least ½ gram of carbohydrate per pound of body weight. For most runners this equates to 50 to 100 grams of carbohydrate. Numerous options abound: sports drinks (14 to 19 grams per cup), high-carbohydrate or meal replacement beverages (check the label for grams of carbohydrate per serving, some provide as much as 50 grams per 8 ounces), fruit juice (25 to 40 grams per cup) and milk (12 grams per cup). Of course real foods, such as fruit, yogurt, cereal and bagels, serve as other generally easy-to-put-down, well-tolerated options.



To further enhance your recovery, you should pay attention to your sodium and protein needs as well. Drinking a sports drink, judicious use of the salt shaker, or consuming salty foods, such as salted pretzels or popcorn with little or no butter or other fat, soup, canned vegetables, tomato or vegetable juice and pickles will help your body hold on to the fluids you drink. It can also help prevent hyponatremia (low blood sodium level), a potentially fatal condition that can develop during or after prolonged exercise when runners consume large amounts of water but fail to replace sweat-induced sodium losses.

Protein is a vital constituent of recovery, also. Protein is needed to repair and rebuild muscle tissue and may further boost glycogen resynthesis when consumed shortly after exercise. Since runners can't live on carbohydrates alone, it doesn't hurt to experiment with consuming protein within the same crucial “carbohydrate window” following exercise. At the very least, include a source of quality protein at your next meal—dairy foods, eggs, meat, poultry, fish, beans or soy foods, and plan to eat within one to two hours following exercise.

Suzanne has helped numerous athletes in their nutritional recovery. She is the author of *Endurance Sports Nutrition*.

# From The Finish Line to the Grocery Line

Poor training efforts and sub-par race performances may be due to “underfueling” rather than errors made in training. Enhance the body’s recovery process on a daily basis. Consume carbohydrate-rich beverages and foods within 60 minutes following exercise-when muscles are most primed to resynthesize muscle glycogen.

## Recovery Drinks

- Fluid replacement drink (e.g., Gatorade, Cytomax)
- High-carbohydrate beverage (e.g., Gatorlode, Ultrafuel)
- Meal replacement beverage (e.g., Ensure, Boost, Endurox R4)
- Fruit juice
- Milk/soymilk
- Carnation Instant Breakfast
- Low-fat milkshake

## Recovery Foods

- Banana with honey/peanut butter
- Fresh fruit and yogurt or cottage cheese
- Fruit smoothie

- Cereal/instant oatmeal with milk/yogurt
- Bagel with jam/honey/peanut butter
- Toaster waffles and syrup
- Breakfast or energy bar(s)
- Baked potato with cottage cheese/low-fat cheese
- Rice cakes or low-fat crackers and hummus/bean dip
- Turkey sandwich
- Low-fat muffin and fruit juice
- Low-fat cookies (Fig Newtons, graham crackers, gingersnaps, etc.) and milk



## Chattanooga's Largest Bicycle Shop



Free Financing - Free Layaway

**875-6811**

1920 Northpoint Blvd  
Between Home Depot & Lowes  
in Hixson

# 2007 Joe McGinness Runner of the Year

By John Wikle and Melodie Thompson

You might want to know who Joe McGinness was and why his name is associated with this esteemed award. Joe McGinness was one of the founders of the Chattanooga Track Club in 1970 and he was one of the reasons this club has withstood the test of time. He always supported running in the Chattanooga area and his legacy still lives on today in our rich club traditions and history.

The designation of Runner of the Year (ROY) was started to encourage running, fitness, and volunteer support for the running community. We added Joe McGinness to the name of the award to honor his memory and his commitment to us from the beginning of our history.

All winners are posted on plaques located at the Sports Barn Downtown and are awarded at our annual banquet in January. This is also when the new board members start their tour of service to the running community and new rules may be established by the races committee each year. Due to our strong need to get our runners involved with our races, we have changed the rules for 2007.

All runners must volunteer for **two** Chattanooga Track Club races for at least 3 hour or however long the race director needs you. The race director for the race must submit you as a volunteer to the Keeper of the Points (aka John Wikle @ jwwikle@comcast.net) or 593-7861). One new caveat, you will be awarded 30 points for each event you volunteer (i.e. if you volunteer for 3 races, you will receive 90 points), but you can **not** run in an event you volunteer in, you must be at the race directors disposal as long as he needs you! Also, you must be a paid member **before** the first points race occurs (this year this is the 65 Roses on March 31<sup>st</sup>) at the full year membership payment. There is not a retro start to the Runner of the Year system!

Awards will be given to the first 5 in each of the following categories:

- Junior Men (15 and younger)
- Junior Women (15 and younger)
- Adult Men (16 - 39)
- Adult Women (16 -39)
- Masters Men (40 - 49)
- Masters Women (40 - 49)
- Grand Masters Men (50-59)
- Grand Masters Women (50 - 59)
- Senior Men (60 and over)
- Senior Women (60 and over)

Runners will compete in the division corresponding to the runner's age on December 31 (i.e. the age used to determine the ROY division for the whole year will be the age on your birthday in 2007). Note: this is for the ROY competition only. Your actual age will be used for race age group divisions.

Points will go to the first 10 finishers in each category to complete each race. Non-CTC finishers will not be calculated into the finishing points, (i.e. 1<sup>st</sup> place=100 points, 2<sup>nd</sup> place=90 points, 3<sup>rd</sup> place=80 points, 4<sup>th</sup> place=60, and so on). People who finish before you that are not CTC members or who were not members before March 31<sup>st</sup> will not count.

The races below are 2007 ROY point races. The Junior Division races are listed separately. In some cases, the points race for the Junior Division is a shorter race and is noted below with a "\*\*". Juniors may run the other races, but will not receive ROY points.

Date	Race	Adult Division and older	Junior Division
March 31	65 Roses	5K	5K
April 14	Chickamauga Chase	15K	5K*
April 21	BlueCross BlueShield Market Street Mile	1M	1M
April 21	Gateway Bank	5K	5K
May 28	Chattanooga Chase	8K	8K
June 16	BlueCross BlueShield Riverbend Run	10K	5K*
July 15	Waterfront Triathlon	(volunteer points only)	(volunteer points only)
August 4	Missionary Ridge Road Race	4.7M	4.7M
August 25	Raccoon Mountain	10K	5K
September 3	FCA 5K	5K	5K
September 7	UTC Cross Country	5K	5K
September 15	Symphony Classic	5K	5K
September 30	Susan Komen Race for the Cure 5K	5K	5K
October 13	Joe Johnson	10K	10K
October 20	Signal Mountain Pie Run	10K	10K
November 10	Chickamauga Battlefield Marathon	Marathon Only	10M*
December 15	Wauhatchie Trail Run	6.7M	6.7M

## Joe McGinness Runner of the Year

### Current Standings

MEN

#### Overall Men

Hugh Enicks (690)  
 Peter Murphy (530)  
 Charles Webb (520)  
 Gregg Hansen (510)  
 Mark Wisdom (370)  
 Chris Wilson (360)  
 Joe Johnson (270)  
 Chad Varga (240)  
 Zach Cowart (235)  
 Tim Ensign (230)

#### Junior Men (0-15)

Kenny Steffes (710)  
 Andrew Gennett (670)

#### Adult Men (16-39)

Peter Murphy (680)  
 Charles Webb (620)  
 Zach Cowart (540)  
 Greg Nearingth (470)  
 Chris Wilson (460)  
 Daniel Uson (430)  
 Marco Bianchini (300)  
 Bruce Smith (280)  
 Will Enicks (190)  
 Matthew Mansell (170)

#### Master Men (40-49)

Gregg Hansen (710)  
 Hugh Enicks (690)  
 Mark Wisdom (610)  
 Darren Lewis (370)  
 Chad Varga (300)  
 Joe Johnson (270)  
 Tim Holmes (250)  
 James Williams (230)  
 Tim Ensign (230)  
 Mitch Samuelian (220)

#### Grand Master Men (50-59)

Jim Steffes (860)  
 Nick Honerkamp (670)  
 John Wikle (590)  
 John Walker (420)  
 Flash Cunningham (380)  
 Jeff Stracener (320)  
 James Mansell (270)  
 Mike Martin (260)  
 Billy Collier (260)  
 Bill Moran (260)

#### Senior Men (60+)

Sergio Bianchini (830)  
 Walter Sinor (620)  
 Jesse Roberson (550)  
 Harry Ireland (470)  
 Cyrus Rhode (460)  
 Glenn Roberts (430)  
 Jim Selman (390)  
 Phil Thomas (350)  
 Doug Hawley (350)  
 David Wycherley (210)

WOMEN

#### Overall Women

Jan Gautier (600)  
 Lynda Webber (580)  
 Missi Johnson (540)  
 Bernice Delaney (520)  
 Sue Barlow (420)  
 Belinda Young (410)  
 Melodie Thompson (290)  
 Barbara Ensign (250)  
 Betty Holder (190)  
 Sarah Bowen (190)

#### Junior Women (0-15)

Ashley Riner (580)  
 Jeneva Steffes (370)  
 Caitlin Duggan (200)  
 Kim Jade Wycherley (180)

#### Adult Women (16-19)

Bridgette Wisdom (720)  
 Belinda Young (430)  
 Barbara Ensign (360)  
 Beth Ford (300)  
 Lydia Gennett (280)  
 Charlene Simmons (240)  
 Tara Murdock (180)  
 Michelle Meek (130)  
 JoAnna Crooks (120)  
 Mary Stoetzner (120)

#### Master Women (40-49)

Bernice Delaney (710)  
 Lynda Webber (640)  
 Missi Johnson (630)  
 Jan Gautier (600)  
 Sue Barlow (440)  
 Susan Gallo (280)  
 Betty Holder (250)  
 Sharon Armour (230)  
 Joan Vos (190)  
 Janice Wycherley (160)

#### Grand Master Women (50-59)

Melodie Thompson (830)  
 Theresa Samuelian (400)  
 Amy Mullens (380)  
 Sarah Bowen (230)  
 Gayle Alexson (170)  
 Cindy Pointer (90)

#### Senior Women (60+)

Bonnie Wasson (860)  
 Ann Garner (410)  
 Edwina Cohen (290)

# Chattanooga Track Club Financial Statements

## BALANCE SHEET AS OF SEPTEMBER 30, 2007

### ASSETS:

CASH	\$35,495.65
ENDOWMENT FUND	\$2,362.83
EQUIPMENT (AT COST)	\$18,872.54
<b>TOTAL ASSETS</b>	<b>\$56,731.02</b>

### LIABILITIES:

MONEY HELD FOR OTHERS	\$ 0.00
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### EQUITY:

RETAINED EARNINGS	\$56,731.02
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### TOTAL LIABILITIES & EQUITY:

\$56,731.02

## STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

### REVENUES:

MEMBERSHIP DUES & DONATIONS	\$14,739.70
CORPORATE SPONSORSHIPS	\$11,700.00
RACE RECEIPTS, SPONSORSHIPS	\$61,474.20
OTHER INCOME	\$6,163.25
<b>TOTAL REVENUE</b>	<b>\$94,077.15</b>

### EXPENSES:

PROGRAMS	\$4,338.11
STAFF SALARY	\$39,157.47
DONATIONS/SPONSORSHIPS	\$8,105.17
JOGGING AROUND	\$3,312.30
ADMINISTRATIVE	\$11,877.18
RACE EXPENSES & DISBURSEMENTS	\$27,586.38
<b>TOTAL EXPENSES:</b>	<b>\$94,376.61</b>

### NET INCOME (LOSS):

\$299.46

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

**Chattanooga  
 TrackClub.org**

# Chattanooga Track Club

## Board of Directors Meeting Minutes

September 4, 2007

The meeting was brought to order at 6:05 PM by Melodie Thompson, President.

**Members present:** Melodie Thompson, Sean Pfister, Amy Mullens, John Harrison, Jimmy McGinness, Sherilyn Johnson, Flash Cunningham, Lynda Webber, Charlene Simmons, James Williams, Walt Sinor, James Dravland, Donna Dravland

**Non-members present:** Doug Roselle

The CTC mission was read. Corrections to the August meeting minutes were asked for:

- Strike the comment that "Blue Cross only wants name on..."
- Walt Sinor's name was to be corrected.

The August meeting minutes were approved with noted corrections.

### **Melodie provided the following races updates:**

The Races Committee decided that all race directors must have an emergency plan. Rita attended the committee meeting to give input. Each plan should contain the following.

- There will be one central person to call 911 and the emergency line will be alerted to the fact that we have an event, where it will be and when.
- Each race should have a certified EMT, not just someone that knows CPR.

Rita is going to create a template for Komen that others can use to create their plan with. James will contact Rita for information and share it with the other race directors. The template should be put on our website. The template should be modified to the scale of the race. Minimum standards should apply to all races and then the race director decides how to execute.

The club recognizes that we cannot *make* any race director do this; however it will serve as a strong recommendation.

### **Equipment Report, Flash Cunningham:**

He recommends that we should raise the equipment fee from \$250 to \$500 for the whole trailer and \$300 for just the clocks. The last clock repair was \$400. He recommends that we charge \$100 even to CTC events before the money is disbursed to the charity that it is raising funds for. The Board was reminded that we do have a standard contract in place outlining the renters' responsibilities; that the lease agreement stipulates that any damage incurred is the responsibility of the renter to pay for. It was asked if we could require a damage deposit, however most races do not have funds up front to pay for this.

Flash reports that the trailer needs new tires and we need a new tent. He asked that

money received from equipment rental be earmarked for future equipment repairs and new purchases. Dan reminded the Board that we have \$1,500 in the budget allocated for repairs or purchases this year. As long as the Races Committee agrees on how to spend the money, they have the authority to spend it.

Melodie suggested that we charge if a CTC members work the finish line of a race. The lease agreement with each race director would need to include this fee.

The Races Committee is to come up with a menu of items for the lease agreement and applicable charges for each item(s). The new agreement will have an option to purchase finish line support. However the agreement must be worded such that we will do the finish line as long as we have volunteers to support it.

### **Races Committee, Walt Sinor:**

- Meeting was held on the August 17th:
- The Raccoon Mountain race director came and gave a report. They have an emergency plan in place.
- Chad did not attend for the FCA.
- Cynthia Fagan was sick so they met with her on August 28.
- Rita gave a Komen report. Expect around 7,000 participants; has 80

people trained in CPR volunteering at the event, volunteers are signing a release form that is different from the participants release forms.

- Bill Minehan reported on Signal Mountain Pie Run.
- Beth Ford was in attendance.
- Symphony Run: Bill is assisting with sentries and other details. The race director was provided with instructions on who to contact to secure rescue personnel for the event.
- RC recommends that awards need to be streamlined and standardized. Melodie reported that it was recommended in years past and the races' awards should be setup according to how JM ROY is setup. Jimmy recommends that if we encourage kids to run, then we should have awards for them and that awards should be given out if it is advertised – because apparently some have not. Sean recommends that it should be based on how the race size. Sean says that he can communicate what the age brackets should be to race directors. We all recognized that the awards cannot be completely generic.
- The Plaque Shack will give a 15% discount to all race directors that mention CTC involvement.
- A template for Run Score will be discussed at the next Races Committee.

### Other Race Items:

- Charlene recommends that we look more closely at the event calendar for 2008 so that we don't tax our volunteers, equipment, etc. too much during any one part of the year. The fact that we cannot dictate the race dates to directors was discussed.
- Donna provided the history of how the Board had worked to define what a CTC race was.
- Charlene recommended that we tell the race directors that they have to conform to our standards and our dates in order for CTC to support it.
- James recommends that we find incentives to have people move their race to a more desirable date.

### Communication Committee Meeting notes, Charlene Simmons:

- Social date set for November 13 for elections. We will still have a separate Board meeting in the normal time slot.
- Discussed the results to the survey. Will make some changes to the website based on recommendations.
- Charlene will come up with a list of services the club can offer to race directors based on whether the race is a CTC race or a non-CTC race.
- The next meeting is September 17 at Starbucks.

### Executive Director Report, Sean Pfister:

- Has enrolled in Masters Program for Public Administration.
- Sean polled the group about the #1 most important thing the club does. He reviewed what he has learned in his class and recommended that we review the mission statement. Sean will submit recommended changes in the future.
- Reviewed the submitted Executive Directors report. Highlights:
  - o Sean will keep in touch with StepO.N.E.'s director Russell Cliché as he has offered to help with anything outside of giving cash. We just have to approach him for help. He has connections and their organization has a lot of resources.
  - o Run Score: Sean would like to buy a new computer and donate the old one to Sharon for her use. He would also like to get more people trained and committed to helping with Run Score so we can rely less on her.
  - o Flash reported that he has a friend that will or can help.
  - o Sean will work with Jerry to purchase a new computer.

- o Sean to communicate to Sharon that we're putting together a team to handle Run Score from here forward.
- o Is working with BCBST and waiting on legal review of the agreement. They are working together to find ways for CTC to provide more *walking* support.
- o He had met with the Convention and Visitor's Bureau Sports Committee regarding the marathon. We will be looking for ways to preserve the use of the Battlefield and incorporate the downtown area.
- o Sean knows of a published, active fitness/runner from OH that is willing to come speak to our club and/or City Officials regarding how to increase participation in the city. Sean to research how much it will cost to have him come. The discussion was tabled until next month when Sean knows the costs involved.
- o Chip timing: Can we purchase? The Board discussed the pros and cons. Sean to further investigate the true cash outlay for the system and we will discuss it again once that has been done.

### Budget Report, Dan Bailey:

- Dan reviewed the budget reports.
- Have around \$6,000 going out each month; by year end expect to have \$19k on hand in cash and CD's so we need to have a big push to get memberships paid.
- Should be okay for the first quarter of 2008, but will hit a dry spell with cash so we need to be frugal. We need to think of ideas for cash revenue also.
- We made \$16k on the triathlon, \$5k more than expected.
- Sean to send a report of monies expected in for sponsorships.

### President's Report, Melodie Thompson:

- Melodie will be out of town on 10/2 so the Board agreed to have the monthly meeting on 10/9 at Out of the Blue.
- Triathlon race directors agree that those who worked more at the triathlon should get extra JM ROY points. Discussion ensued and the decision was that Sherilyn will discuss with Bill and Laura what they should do for the 2008 CWT and we will advertise it beforehand.

Meeting was adjourned at 8:08 PM.

Respectfully submitted,  
Donna Dravland

# Chattanooga Track Club Membership Levels for 2007

## 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
- Receive the discounted corporate rate at the Sports Barn
- 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.*

Make checks payable and return to:

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

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



# MEMBERSHIP APPLICATION

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: \_\_\_\_\_

# 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  
or call Melodie at 535-3259.

For "Footnotes" from the RRCA  
go to [www.rrca.org](http://www.rrca.org) - this newsletter  
is no longer printed, but the same  
great information can be found online.  
Keep up to date on food, racing,  
coaching and much more!

## 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

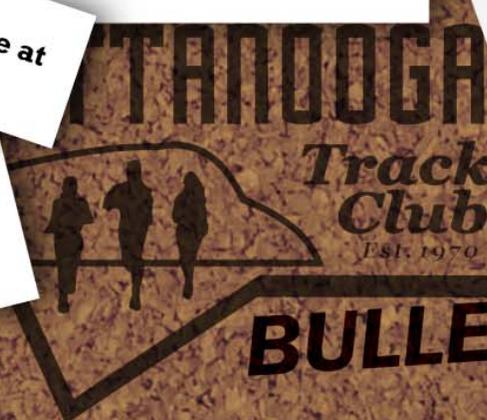
Getting Ready for a Marathon?  
New in town and need new long  
distance running companions?  
Go to [www.grouprun.com](http://www.grouprun.com) for  
the latest group run schedule,  
track workouts and the yearlong  
marathon schedule.

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

**NEW!** CTC Group Run  
Wednesday Nights - 6:15 p.m.  
Downtown Sports Barn  
(301 Market Street)



Please send  
your bulletins to  
[bbrock@tech-projects.com](mailto:bbrock@tech-projects.com)



# BULLETIN BOARD

# 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.

## Legend

-  CTC Event
-  Joe McGinness Runner of the Year (JMROY)
-  JMROY Volunteers Points Only

Send race information to:  
Jerry McClanahan  
831 Creek Drive  
Chattanooga, TN 37415  
or [jkmclanahan@comcast.net](mailto:jkmclanahan@comcast.net)

### NOVEMBER

10 - Chickamauga Battlefield Junior Marathon

 Site: Chickamauga, GA

10 - Chickamauga Battlefield Marathon and 10-Mile

 Site: Chickamauga, GA

22 - Sports Barn Turkey Trot  
Site: Chattanooga, TN

### DECEMBER

1 - First Things First's Families on the Run

Site: Chattanooga, TN

15 - Wauhatchee Trail Run 6.7 Miles

 Site: Chattanooga, TN

31 - Karen Lawrence Run  
Site: Chattanooga, TN

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

**NON-PROFIT  
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