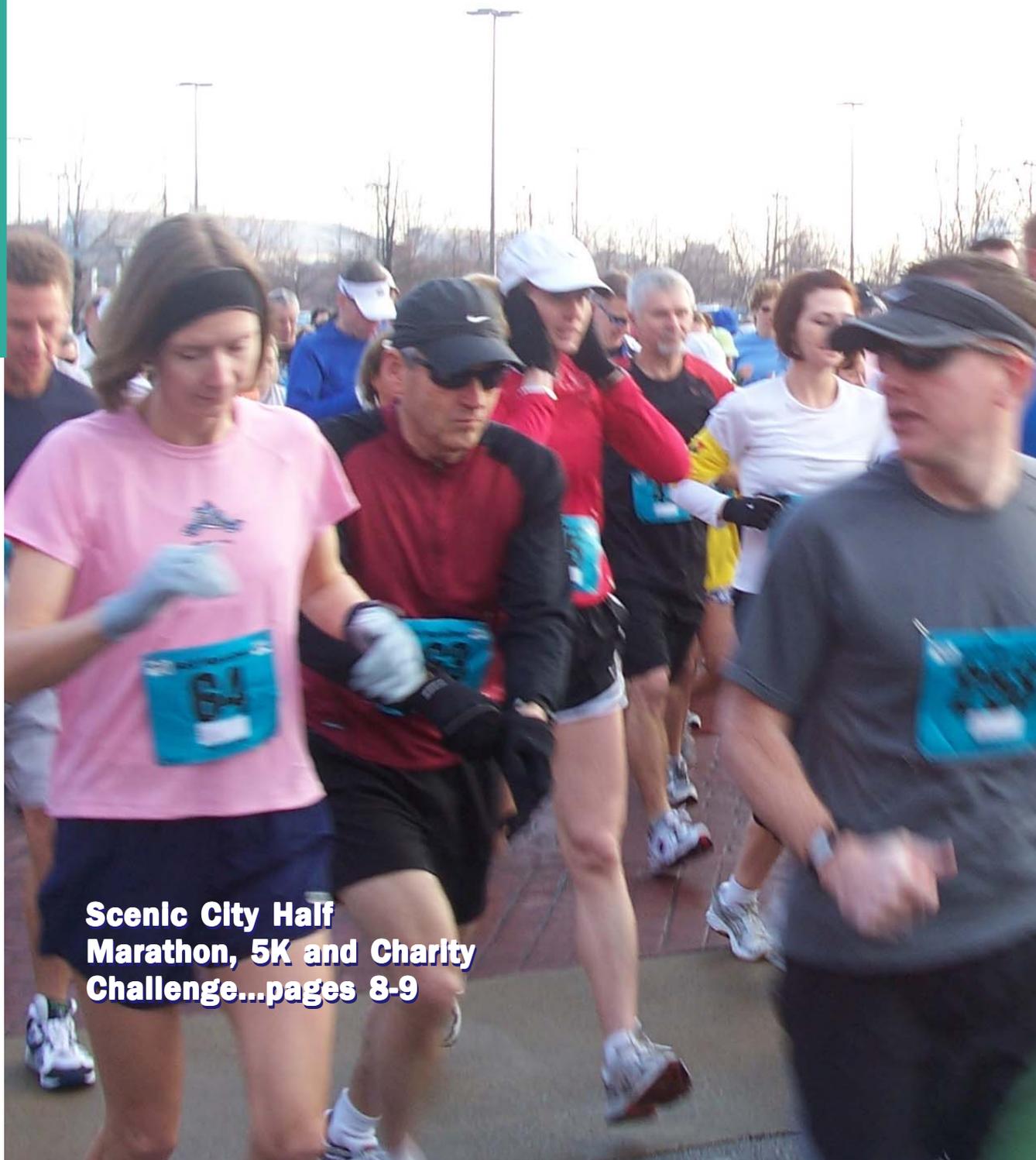




# jogging around



**Scenic City Half  
Marathon, 5K and Charly  
Challenge...pages 8-9**

# Chattanooga Track Club

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# joggingaround

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## Jogging Around

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

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Sean Pfister  
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### Ad Info

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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.*

# Words from the Prez's Perch

Most of us are all too familiar with our Club's core mission: to stimulate interest in running and fitness...and to promote wellness through these activities. But there is another, lesser-known aspect of our mission that sometimes gets overlooked: that "no special qualifications are required" to be a CTC member and that everyone "from serious competitor to the casual walker is welcome." I suspect the person who drafted this was trying - in a polite sort of way - to say you don't have to be a die-hard road racer and speed demon to be a CTC member.



So, why am I telling you this? Well, for starters, one of the key components of the CTC's long-term success is expanding its membership base. As of this writing, our club's membership is approximately 400 members strong. Not bad, but we have lots of room for more.

Folks, we really mean it when we say that beginning runners and casual walkers are welcome. In fact, they're not only welcome, but an integral part of our long term success. We all have to start somewhere. Walkers often become beginning runners, beginning runners become veteran runners and so on.... If you have a friend or family member who has expressed some interest in bringing fitness into their life, please be sure to ask them to join the Track Club. The CTC is a great place to start this new chapter. We have much to offer.

Congratulations to all who completed the Scenic City Half-Marathon, particularly those who tackled this distance for the first time. What an accomplishment! Also, the event raised over \$14,000 for local charities.

Based on the feedback we have received from the participants, the event was a great success. We are in the process of kicking around ideas on how to make the event even better next year. Thanks to all those who worked so hard to make this event a great success.

Many of the CTC's premiere events are coming up over the next several months, beginning with one of my personal favorites—the Chickamauga Chase. George Skonberg does a great job in making this a quality event year in and year out. Be sure to join us for the Market Street Mile, which has been moved back to May. Bring your kids, as they will love this event. Rita Fanning always does a terrific job on this as well as the BlueCross BlueShield Riverbend Race coming up in June. The triathlon team including Bill Brock, Sherilyn Johnson and Team Magic are well underway in preparations for the Fourth Annual Chattanooga Waterfront Triathlon. It's hard to imagine how they could improve on last year's event, but I'm sure they'll find a way. Be sure to thank our race directors. They are the reason these events happen.

To ensure the continued quality of CTC events, our fourth annual Race Director Training Session is set to take place on Saturday, April 5, 2008, at the Downtown Sports Barn. This is a great opportunity for our new race directors to learn from our seasoned veterans.

I think you will enjoy this issue, which includes a great piece by Bill Brock on the Land Between the Lakes Ultra Marathon, Sean Pfister's coverage of the Half Marathon, as well as articles on upcoming events. Enjoy!

James Williams  
CTC President

## 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

The most important person the Track Club serves is you. We are a non-profit but we are also a membership driven non-profit. Our mission statement targets our members as our focus and it's members like you that are the driving force for our organization. I tell any current and future board member that they need to serve in the best interest of our members, as they are the ones who elected them and who in turn hired me to oversee the programs that benefit our members. Obviously we are not alone as a membership driven non-profit, NPR is another example and their tag line "member supported radio" is a constant reminder. And just like NPR, you do not have to be a member of the CTC to receive some of the benefits we offer. Anyone can come to a group run, compete in a CTC event or own a business that we affect through these activities.



Fortunately I am able to get sponsorship from business because we promote health and wellness in the community and because we have an economical impact in the area, either directly or indirectly to them. This allows continuing in our mission and hopefully changing people's lives.

As a non-profit we also have programs that are atypical to our other racing events. Like our youth cross-country meets and our Jr. Marathon and the series of races associated with it. I have found that not only do our members enthusiastically support these programs but also sponsors and foundations take a keener interest into our organization when these are explained to them. As the ED I am trying to expand our programs for many reasons, most of the

reasons can be already ascertained but in a nutshell it's to create more interest in the CTC. A program can attract new members, raise awareness of the CTC, which in turn can benefit us financially but also, give our members additional opportunities to be proud to be a part of our agency.

Some programs that have been discussed initially have been; expanded walking programs and walking events, attracting a more diverse membership- both economically and ethnically and more overall health promotion to children as well as adults.

Creating programs like these take time, money and effort but most importantly they need to be well planned and organized and getting support and assistance from our members is crucial to their success. If you have ideas and energy and want to be more involved with these efforts please contact me, as I will be trying to get these off the ground in the coming months.

## ING Georgia Marathon

The Track Club has recently attended the expo at this event and had a booth space that all that helped out with agreed that once again it is not just a great way for us to promote our events but also get feedback from past participants that greet us and tell about their experience with our club. I wanted to extend a wholehearted thank you to Charlene Simmons, Flash Cunningham and Doug Rosell for all of their time spent on the expo floor and help with getting the promotional materials and set-up.

Next stop Nashville. Let me know if you're running it and are interested in helping at a booth.

## New & Returning Members

Tom Angsten	Jim Hamblen	Karen Rogers
Ray Beem	Ian Harper	Thomas Sisemore
Judy Bentsen	Leigh Harris	Bruce Smith
Jenni Berz	Leigh Harris	Tanya Swann
Emily Bregel	Steven Hassler	Debby Vannoy
Edwina Cohen	Kirsten Johnson	Roy Webb
Katharine Cooper	Sissy Jones	Ben Wiley
Laura Davies	Suzanne & Brian Kalla	Matt Witt
Gary Dawkins	Katye Kelley	Belinda Young
Stephen Delaney	Carter Lynch	
Andres Garcia	Gwendolyn Meeks	
Joseph Goetz	Lee Davis & Heather	
Leah Golden	Ott	
Connie Hall	Edward Parrish	
Diane Halstead	Sherri Ricketts	



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[www.PersonalizedCountry.com](http://www.PersonalizedCountry.com)  
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**Kennedy Bullock,  
winner of a Junior  
Marathon doorprize,  
accepts her new  
bicycle from Scott's  
Bikes in Cleveland.**

**Happy riding,  
Kennedy!**



# The Chickamauga Chase – The Fortieth Running

April 19, 2008

And so it began...From the Chattanooga Free Press, April 5<sup>th</sup>, 1969

## Steve Ferguson Wins YMCA 10-Mile Event University of Chattanooga Student Finishes in 1:02:03

Steve Ferguson, a University of Chattanooga student, captured the first YMCA 10-mile run held Saturday at Chickamauga National Park with a time of 1:02:03. Second place went to Robert Brown of the Nashville Track Club who finished 47 seconds behind Ferguson.

The event was started in a downpour of rain which lasted about one hour, and made footing a little unsteady at points along the 10-mile varied course. The event was run in two divisions: under age 35, and over 35. The Atlanta Track Club, which had five representatives, captured the team trophy with 22 points compared to 33 for the Chattanooga YMCA.

Joe McGinness Sr., who finished second in the over 35 division ran 8 ½ miles without shoes. He was wearing old shoes which stretched in the rain and came off his feet. His regular shoes were being repaired.

Ferguson is a 21-year-old senior at UC and a graduate of Red Bank High School.

The race attracted 21 entries with the youngest being 10-year old Kenneth Daniels who finished in 1:36:20, and the oldest being McGinness at 51.

Place	Name	Age	Time	Affiliation
1.	Steve Ferguson	21	1:02:03	Univ. of Chattanooga
2.	Robert Brown	39	1:02:50	Nashville Track Club
3.	Ray Sutton	17	1:04:20	Red Bank High School
4.	Bob Bennett	34	1:04:47	Atlanta Track Club
5.	Larry Freeman	18	1:06:43	Red Bank High School
6.	Ted Wilson	32	1:07:13	Nashville Track Club
7.	Cliff Daniels	14	1:08:11	Brainerd Junior High
8.	Tim Singleton	32	1:09:18	Atlanta Track Team
9.	Joe McGinness, Sr.	51	1:11:00	Chattanooga YMCA
10.	Max Clayton	43	1:11:03	Atlanta Track Team
11.	Charles K. Gibson	46	1:11:15	Chattanooga – unattached
12.	Herbert Benario	39	1:13:05	Atlanta Track Club
13.	Charlie Gibson	33	1:14:30	Chattanooga YMCA
14.	Edward Sammons	34	1:15:55	Atlanta Track Team
15.	Dan Daniels	43	1:16:25	Chattanooga YMCA
16.	James Beach	32	1:18:57	Chattanooga – unattached
17.	Joe McGinness, Jr.	26	1:19:05	Chattanooga YMCA
18.	John C. McFarland	34	1:19:10	Atlanta Track Team
19.	Warren Terrell	47	1:25:30	Chattanooga YMCA
20.	Paul Daniels	12	1:35:40	Sunnyside School
21.	Kenneth Daniels	10	1:36:20	Sunnyside School

The inaugural Chickamauga Chase began with 21 participants, age 10-51, all men. Originally a ten-miler, the 15k Chickamauga Chase is now one of the longest continually run 15ks in the country. As I looked through the list of participants, of course there was the name of the venerable Jack McFarland, who will again join us to continue his unbroken streak of 40! Also on the list, was the son of the late CTC legend Joe McGinness, Sr and his son Joe McGinness, Jr. I asked Joe Jr. about his memories of the first Chickamauga Chase. “It was a lot different back then”, he said, “ basically a ready, set, go...follow the leader around the course.” From his recollection, there were few if any signs, water or sentries. He noted the ‘loneliness’ of the long distance runner, as you ran the 10 miles most of the

time with no one else in sight. The Chase is proud that the Chattanooga Track Club recognizes their members with the Joe McGinness Runner of the Year awards, and we proudly present the winners of the Chickamauga Chase GrandMaster divisions with the Jack McFarland Award.

From these humble beginnings, a tradition was born. On April 19<sup>th</sup>, 2008 the fortieth running of this great event will take place. You are cordially invited to join us, either as a runner or volunteer. We look forward to seeing you at the Battlefield!

**George Skonberg**  
Race Director, The Chickamauga Chase  
[www.chickchase.org](http://www.chickchase.org)

If anyone knows the whereabouts of any others on this list of the 21 participants in the first Chickamauga Chase, please e-mail me at [george.skonberg@ubs.com](mailto:george.skonberg@ubs.com)

# CHICKAMAUGA CHASE 2008



## THE FORTIETH RUNNING

Chickamauga & Chattanooga National Military Park  
April 19th



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CHATTANOOGA  
NATIONAL MILITARY PARK



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BlueCross BlueShield  
of Tennessee

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423-267-1813



**Saturday, April 19, 2008**

Registration - 7:00 a.m., All Events **Start - 8:30 a.m.**  
 Chickamauga & Chattanooga National Military Park  
 Fort Oglethorpe, GA

The **15K and 5K Runs** are competitive events with age/gender categories and awards. Both race courses are certified. Strollers are not allowed in these events. The **Scenic Walk** (approximately 2.4 miles) is non-competitive. Strollers and baby joggers are encouraged in this event. The baby/child in the stroller must be registered to participate, however the fee is only \$5.

Unique Battlefield-theme **awards** have become a favorite for Chickamauga Chase participants. Male and female Overall, Masters and Grand Masters (the Jack McFarland Award for the 15K) will be presented special custom-made awards.

Framed and matted prints with display easels and hand-calligraphied event and year information featuring a photograph by James Walker "The Battle of Look-out Mountain" will be presented to the top three male and female winners in the following age divisions: 14 & under (5K only), 15-19 (19 & under for 15K), 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over. No duplication of awards.

**Packet Pickup** Friday, April 18th, from 11:30 am to 1:30 pm at the Sports Barn North, 1790 Hamill Rd., Hixson, TN 37343, 423-870-2582 and from 4 to 7 pm at the Sports Barn East, 6148 Lee Highway, Chattanooga, TN 37421, 423-855-0091. Race Day packet pickup at the Chickamauga & Chattanooga National Military Park begins at 7 am - follow the Chickamauga Chase signs from Hwy. 27.

**WAIVER - IMPORTANT:** Each entrant must read and sign the waiver and indemnification agreement below and send it with the completed registration form attached.

I know that running a road race is a potentially hazardous activity. I should not enter and 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 the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or 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, wave and release the Chattanooga Track Club, Chickamauga & Chattanooga Military Park, Friends of the Park, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors, agents and employees, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller blades or inline skates, animals, and headsets are not allowed in the race and I will abide by this guideline.

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, website images, recordings or any other record of this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

If Under 18, Signature of Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_

## ENTRY FORM



Register online at [Active.com](http://Active.com)

Entrant's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Telephone # \_\_\_\_\_

Emergency # \_\_\_\_\_

Email \_\_\_\_\_

Age on 4/19/0

DOB \_\_\_\_\_

Male

Female

T-shirt Size: 12/18 mo  3T  S  M  L  XL  XXL

15K  5K  Scenic Walk  Wee-One in Stroller

Entry Fee: by 4/14 after 4/14  
 15K or 5K \$20 \$25 \$ \_\_\_\_\_

Scenic Walk \$12 \$15 \$ \_\_\_\_\_

Wee-One (Scenic Walk Only) \$ 5 \$ 5 \$ \_\_\_\_\_

Chase Baseball Cap \$12 \$ \_\_\_\_\_

Extra Race Shirt Size \$10 \$ \_\_\_\_\_

Chattanooga Track Club Member Discount -\$ 3 \$ \_\_\_\_\_  
 (2008 dues paid members only)

Donation to Friends of the Park \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

**Make check payable and mail to:**  
**Chickamauga Chase**  
**P. O. Box 4438**  
**Chattanooga, TN 37405**

# King of the Mountain Road Race – May 10

By James Williams

Join us on May 10 for the fourth annual King of the Mountain Road Race in Lookout Mountain, Tennessee. The four-mile course takes you along the rolling hills of the east and west brows of the mountain, with a fast downhill finish over the last mile and a half. The race will also take you inside historic Point Park for one of the best views of the Scenic City you will ever see. And if you sign up early enough, you can see this magnificent view through a new pair of complimentary Foster Grant sport sunglasses, which will be given to the first 125 registrants for the four-mile event. So don't wait! Special thanks to Foster Grant for making this generous donation.

This event benefits the Good Shepherd School Fund, which provides tuition scholarships for families in need. Good Shepherd School is a pre-school dedicated to providing a safe, stimulating and exciting learning experience that fosters the spiritual, educational and social development of individuals, and prepares each child for life-long learning.

The top male and female finishers overall in Masters (age 40 and over) and the top three males and females in each of seven age groups will receive awards. Post-race refreshments will be provided by Coca-Cola-PowerAde, and Green Life Grocery, and others. Participants in these events will also receive a top-quality T-shirt and a lot of other great surprises. Those who participated last year will remember we have the

best race bags around. A random drawing will be held to award some awesome door prizes. Must be present to win.

The four-mile race will begin at 8:15 a.m. at the Lookout Mountain Town Commons. There will also be a one-mile Fun Run/Walk, which begins at 9:00 a.m. To get there, take Scenic Highway up Lookout Mountain (passing Ruby Falls). When you get to the top, continue for one-half mile on Scenic Highway until you come to a fountain in the middle of the road. Just beyond the fountain is the Commons. Register online at [active.com](http://active.com) or print an application from the CTC website. Late registration and packet pick-up will begin at 6:45 a.m.

Special thanks to our financial sponsors including Chattem, First Tennessee, Robinson Realtors, Inc., Fletcher Bright Company, and the Special Friends of Good Shepherd. Look for other sponsors on your T-shirt and at the race.

Please contact Denise Davis of Good Shepherd School at 821-0044 or James Williams at 785-8244 with questions. You can also check the Chattanooga Track Club website for additional information and an application.

See you there!

## Be Prepared For The Spring Racing Season With Training Tip From BlueCross WalkingWorks

When you think about preparing for the upcoming running or walking events this spring, you probably create a mental checklist that includes setting up a training schedule, drinking enough fluids or eating nutrient-filled foods. While these are important factors to consider when preparing for physical activity, there are several other forms of preparation that everyone leading an active lifestyle needs to remember.

The WalkingWorks® program from BlueCross BlueShield of Tennessee is a great source of information to help you prepare for engaging in athletic activity. On the WalkingWorks page of the BlueCross Web site, you will find tips for preparing for physical activity, how to keep track of your progress and setting and reaching your fitness goals.

One form of preparation you may not have considered is making sure that you have the appropriate pair of athletic shoes. Important factors to consider when you are buying new athletic shoes include:

- the size of your athletic shoes may differ from your dress shoes
- the importance of support
- the incline of the heel
- when to throw away your old shoes and buy a new pair



Another factor to consider before your walk or run is the importance of stretching. Remember to stretch both before and after you exercise to help prevent injury. To find out more information on choosing the proper athletic shoes and tips for adding stretching to your workout routine, visit the BlueCross WalkingWorks portion of [bcbst.com](http://bcbst.com).

Once you have done your research and are prepared for the spring racing season, be sure to check out the upcoming races in your area on the BlueCross WalkingWorks page and on the Chattanooga Track Club Web site at [www.chattanoogaclub.org](http://www.chattanoogaclub.org).



# Scenic City Half Marathon, 5K and Charity Challenge

By Sean Pfister

This year's race is behind us and whew! I can breathe again. It's a lot of work putting on a running event as some of you know but the amount of people that stepped up to help me was amazing. As the race director I was extremely pleased with the event and have had such wonderful feedback that it makes the sleepless nights worthwhile and forgotten about, for now.

Overall it was a tremendous learning experience. I've been involved in the behind the scenes activity of races even before joining the CTC but nothing prepares you for being a race director. On the one hand it's refreshing to be the final say so on important decisions and see the event take the shape of your vision and on the other side there are frustrations with budgets, approvals, time commitments and the like. In the end your baby comes with a lot of responsibility and nurturing. Fortunately for me I had the resources of the CTC at my disposal and utilized everything and everyone to help. And hopefully I represented the CTC well and returned our investment in this event to our members and the running community.

I was very pleased to have over 600 participants in both the half marathon and 5k and we raised over \$14,000 for 8 charities, not bad for one event. We tried something new with charity collaboration and it worked out tremendously for all parties. The charities not only raised money through a minimal online fundraising campaign but also awareness through the extra exposure they received. The Track Club received over 100 "extra" volunteers to help with this resource intensive event and their enthusiasm and support was highly praised. Even the City of Chattanooga benefited from not just the economical impact of over 200 out of town guests we brought but with part of the agreement with the charities to not have a running race on city streets in 2008. The city is starting to be inundated with road closures and police support requests throughout the year that it's taxing their resources with sometimes multiple races on one day. They had asked us to help and this is what we came up with and the our contacts from the charities love the fact that we were the one losing sleep over having enough shirts or tracking the weather as the race neared. So much so that the early responses have been that they all want to be a part of it next year too. The charities also allowed more CTC members to participate in the event whereas we might have been begging our fellow runners to help out and instead I was so pleased to see so many of our members running the event and helping out too.

I sent out a survey to all participants and have included partial results of the half marathon (I decided not include all of the results or of the 5k to save space but they are similar in ratings). I learned so much from the feedback I received and will incorporate as many suggestions as possible to make next years race even better. I am most pleased with the overall ratings and the personal emails that the CTC and I have received. Those matter a lot to us and let's us know that we are appreciated. Thank you all that sent us a note.

And I'll finish with more thanks. To Charlene Simmons who was with me every step of the way, thank you. I could not have done it with out you and if I tried it would not have been as successful. Also to the board members that rolled up their sleeves and took on all tasks, these include; Flash Cunningham, Bill Moran, James Williams, Teresa Samuelian, Sherilyn Johnson, Amy Mullins, Jim Steffes, Walt Sinor, Butch Cooke, Steve Rubenstein, and Melodie Thompson. The rest of the board provided guidance and support but were not able to help directly. And also the help of fellow RD's Doug Rosell, Dan Bailey and Bill Brock and then there are the volunteers that signed up online to help as well;

Sheridan Ames  
Sue Barlow  
Chip Beard  
Leslie Becht  
Lisa Becht  
Ariel Boddie  
Marty Brown  
Sal Coll  
Ana Garcia  
David Eargle  
Carmen Euell  
Jerry Ferrari

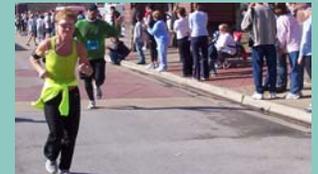
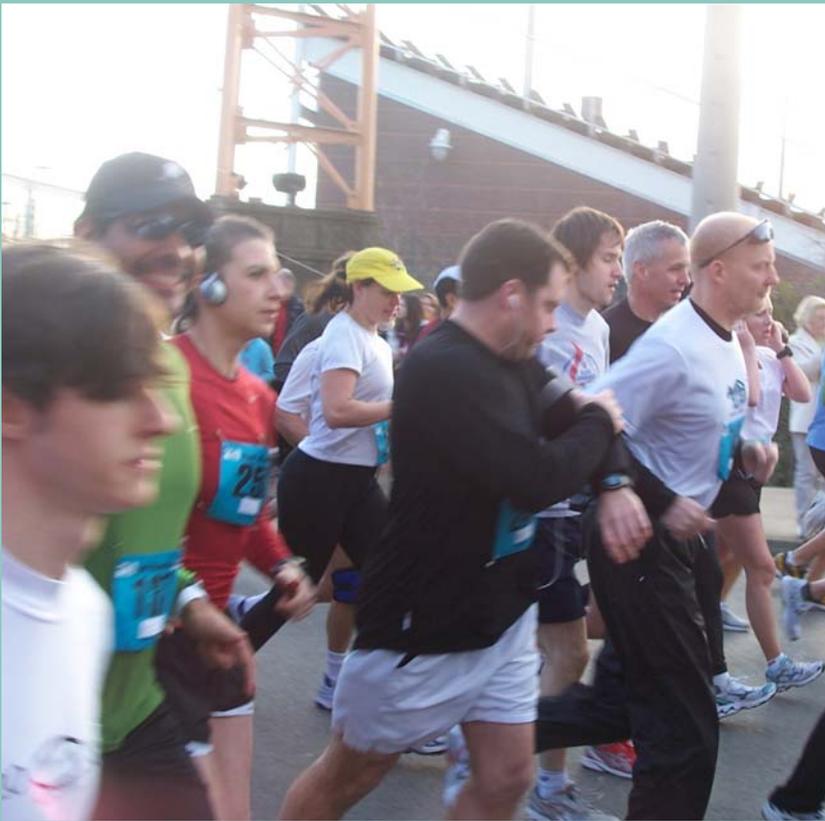
Pete Metzger  
Ed Pfister  
Marilyn Pfister  
John Pound  
Blaine Reese  
Karen Wheeler  
John Wilke  
Mark Wisdom  
Bridgette Wisdom  
Matt Wiseman  
Gilly Wiseman  
Chris Zenker

And also the charity coordinators and unfortunately I do not have the volunteers that assisted their organizations on race day.

Erin Creal  
Katie Harbison  
Kirstin Ownby  
Heather DeGaetano

Donna Deweese  
Susan Crum  
Jennifer McGlohon  
Jennifer Paden

Thank you all and I know I left someone out and to you, you get the most thanks of all, the unrecognized kind and a sincere apology next time I see you.



## Participant Feedback Results Overview

Please rate the event on a scale of 1-5, with 1 being the best.

	<b>1</b> Exceeded Expectations	<b>2</b> Satisfactory	<b>3</b> Neutral	<b>4</b> Could be better	<b>5</b> Very disappointed	Rating Average	Response Count
Overall	44.7% (68)	<b>48.7% (74)</b>	3.9% (6)	2.0% (3)	0.7% (1)	1.65	152
Course	26.3% (40)	<b>53.3% (81)</b>	8.6% (13)	10.5% (16)	1.3% (2)	2.07	152
Organization	<b>53.6% (81)</b>	41.7% (63)	0.7% (1)	4.0% (6)	0.0% (0)	1.55	151
Volunteers	<b>65.4% (100)</b>	30.1% (46)	3.3% (5)	1.3% (2)	0.0% (0)	1.41	153
Food	20.1% (30)	<b>45.6% (68)</b>	22.1% (33)	9.4% (14)	2.7% (4)	2.29	149
Aid Stations	<b>44.1% (67)</b>	43.4% (66)	7.9% (12)	2.0% (3)	2.6% (4)	1.76	152
Timing	<b>46.7% (70)</b>	44.0% (66)	6.0% (9)	1.3% (2)	2.0% (3)	1.68	150
Photography	13.3% (20)	<b>30.7% (46)</b>	30.0% (45)	18.0% (27)	8.0% (12)	2.77	150
Awards	22.6% (33)	<b>38.4% (56)</b>	30.8% (45)	5.5% (8)	2.7% (4)	2.27	146
					answered question		153
					skipped question		0

# 2008 Joe McGinness Runner of the Year

The Joe McGinness Runner of the Year (ROY) contest is an annual competition designed to promote running and fitness among Chattanooga Track Club (CTC) members and encourage volunteer support of the track club.

## Eligibility

ROY competitors must be members of the Chattanooga Track Club, with 2008 dues paid in full, by March 1, 2008.

The competition is divided into ten different ROY categories based on age and gender:

- Junior Men (14 and younger)
- Junior Women (14 and younger)
- Young Adult Men (15 – 19)
- Young Adult Women (15 – 19)
- Adult Men (20 – 39)
- Adult Women (20 – 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)

Age division awards are based on the age of the competitor on December 31, 2008.

To be eligible for awards, ROY competitors in the young adult, adult, masters, grand masters, and senior divisions must:

- Compete as a runner or walker in **five** ROY events, and
- Volunteer at **two** CTC events

To be eligible for awards, ROY competitors in the junior divisions must:

- Volunteer at **two** CTC events

## Earning ROY Points

ROY competitors earn points by competing at ROY races and volunteering at CTC events. ROY points are awarded at official

ROY events only. See the 2008 ROY calendar for a list of official events.

## Competitive Points

At an official ROY event, competitive ROY points are awarded to the first **ten** ROY eligible finishers in each ROY category. Race participants who are not ROY eligible will not be calculated in the ROY finishing points.

ROY competitive points are awarded as follows:

1 <sup>st</sup> place	100 points	6 <sup>th</sup> place	50 points
2 <sup>nd</sup> place	90 points	7 <sup>th</sup> place	40 points
3 <sup>rd</sup> place	80 points	8 <sup>th</sup> place	30 points
4 <sup>th</sup> place	70 points	9 <sup>th</sup> place	20 points
5 <sup>th</sup> place	60 points	10 <sup>th</sup> place	10 points

## Volunteer Points

All ROY competitors must volunteer at **two** CTC events. Volunteer shifts must be at least three hours in duration or however long the race director needs the volunteer.

ROY competitors will receive 30 points for each CTC event they volunteer at. CTC events requiring multiple days of volunteering will award 30 points for each day of volunteering.

ROY competitors can **not** earn volunteer points and competitive points at the same event, unless the volunteer and competitive points are earned on separate days.

Race directors and volunteer coordinators are responsible for submitting volunteer points to the keeper of the points John Wikle (jwwikle@comcast).

## ROY Awards

ROY awards will be awarded to top **five** competitors in each of the ten ROY divisions at the conclusion of the 2008 ROY season. ROY awards will be handed out at the annual CTC banquet in early 2009.

Date	Race	Adult Divisions*	Junior Division
March 1	Scenic City Half Marathon	Half Marathon	5K
March 15	Gateway Bank	5K	5K
April 12	65 Roses	5K	5K
April 19	Chickamauga Chase	15K	5K
May 17	BlueCross BlueShield Market Street Mile	1M	1M
May 26	Chattanooga Chase	8K	8K
June 14	BlueCross BlueShield Riverbend Run	10K	5K
July 13	Chattanooga Waterfront Triathlon	(volunteer points only)	(volunteer points only)
August 2	Missionary Ridge Road Race	4.7M	4.7M
August 23	Raccoon Mountain Road Race	10K	5K
September 1	FCA 5K	5K	5K
September	Elementary Cross Country Races	(volunteer points only)	(volunteer points only)
October 11	Joe Johnson Mental Health 10K	10K	10K
October 18	Signal Mountain Road Race	10K	10K
November 8	Chickamauga Battlefield Marathon	Marathon	10M
December 13	Wauhatchie Trail Run	6.7M	6.7M

\* Adult divisions include: young adult men, young adult women, adult men, adult women, masters men, masters women, grand masters men, grand masters women, senior men, and senior women. Adults participating in junior races will not earn competitive ROY points but will be given credit for participating in a ROY event. This credit will count towards the competitor's five race eligibility requirement.

## BlueCross Market Street Mile and Mystery History Quest

Saturday, May 17, 2008  
Tennessee Aquarium Plaza

The **BlueCross Market Street Mile** is a series of one-mile races, divided by age and gender.

**Mile Registration** and ChampionChip pickup: a minimum of 15 minutes prior to scheduled race time below.

Race Time	Age Group	Race Time	Age Group
9:00 a.m.	19-29 women	9:10 a.m.	19-29 men
9:20 a.m.	30-39 women	9:30 a.m.	30-39 men
9:40 a.m.	40-49 women	9:50 a.m.	40-49 men
10:00 a.m.	50+ women	10:10 a.m.	50+ men
10:20 a.m.	11- girls	10:30 a.m.	11- boys
10:40 a.m.	12-14 girls	10:50 a.m.	12-14 boys
11:00 a.m.	15-18 girls	11:10 a.m.	15-18 boys
11:20 a.m.	Kiddie K (girls & boys ages 5 & under)		
11:30 a.m.	11-18 girls & boys awards ceremony		

**Mile Course:** The flat, fast, U-shaped course begins on Market St. near Second St., turns on Eighth St. and ends on Broad St. near Second St. Course certification #TN 06007 DJR.

**Mile Awards:** Top three females and males in the following age groups: 11 & under, 12-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and 65 & over.

**Awards Presentation:** Mile awards will be presented to the 19-24 up to the 65 & over age group winners after each race. There will be an awards ceremony for the 11 & under, 12-14 and 15-18 age group winners and the School Challenge winner at 11:30 a.m.

A fun event for everyone, the **Mystery History Quest** is a historical "scavenger hunt" on the sidewalks of downtown. The Quest consists of a series of clues to historic spots. At each stop, participants receive their clue to the next historic location.

**Quest Registration:** 8:30 to 10 a.m. Participants must reach the final Quest location by noon.

**School Challenge:** Students, teachers, families and friends are encouraged to participate in the School Challenge. The school with the most participants in both the Mile and Quest will be presented a special trophy.

## Registration Form & Waiver

Each participant must complete and sign a separate form. The waiver below must be completed, signed and returned with this form.

**Register online at Active.com before May 15**

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Age on Race Day

Male

Female

School Name for School Challenge (optional) \_\_\_\_\_

Telephone \_\_\_\_\_

Date of Birth \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact Name and Telephone \_\_\_\_\_

T-shirt Size - circle choice

Adult:    S            M            L            XL            XXL

Youth:    3T            S            M            L

One entry fee covers one or two events:

BlueCross

Mystery

Kiddie

Market Street Mile

History Quest

K

Received by:    May 5    May 6-16    May 17

Under 18            \$4            \$6            \$8            \$\_\_\_\_\_

18 & Over            \$6            \$9            \$12            \$\_\_\_\_\_

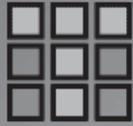
Make checks payable and mail to:  
Chattanooga Track Club  
P. O. Box 4438  
Chattanooga, TN 37405

**WAIVER - IMPORTANT:** I am fully aware and understand that participating in the BlueCross Market Street Mile and Mystery History Quest is a potentially hazardous activity and that my physical health and safety could be endangered by the actions or in-actions of others, including, but not limited to, competitors, pedestrians, and spectators. I represent and attest that I am physically able and properly trained to enter and to run or walk in this race. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with participating in this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and 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 Road Runners Club of America, BlueCross BlueShield of Tennessee, the City of Chattanooga, the Tennessee Aquarium, and all sponsors, their employees, agents, officers and directors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though this liability may be the result of negligence on the part of the persons named in this waiver. I understand that bicycles, skateboards, rollerskates/blades, animals and headsets are not allowed in the BlueCross Market Street Mile and Mystery History Quest, and I will abide by these guidelines. I also grant the 2008 BlueCross Market Street Mile and Mystery History Quest sponsors the right to use any still or motion pictures taken of me during the 2008 BlueCross Market Street Mile and Mystery History Quest without compensation.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

If Under 18, Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

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cvarga@frontrunnerathletics.com  
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## Land Between The Lakes 23K, 60K and 50-Miler

By Bill Brock

First, the scenery was spectacular!! It was a glorious, clear day with 6 inches of snow covering pretty much everything except where they'd cleared enough road for us to get from the start to the trail-head.

The trail was single-track that they had pre-smoothed by dragging a smooth-bottom sled laden with a 30lb bag of mulch over the entire loop (whoever needs to be thanked, can't be thanked enough!). Support was terrific with well-stocked and well-staffed aid stations and even a few spectators with signs and cheers.

It was spectacular out on the course, with the forest covered in snow – some 6 inches had fallen the afternoon and night before. It was around 20 degrees at the start, with winds at 10 and 20mph dropping creating a wind-chill of 10-12 degrees, according to the news. We just knew it was cold. That did not stop Sal from running in his shorts, of course!

The course did get wet as the day progressed and Charlene, Sergio and Sal all had very wet feet and muddy legs at the end of their run.

Sal finished the 50-miler in a little over 9 hours in sopping wet shoes with the caked mud cresting a bit below his kneecaps... He did not look much the worse the wear to me, but he did claim that he was 'whipped' – you wouldn't know it from the way he was loping up the small rise to the final checkpoint...

Charlene and Sergio finished the 60k in 8:34 and 8:55, respectively. Sergio made it to the final checkpoint first, but Charlene was just behind him and was running like she was just getting warmed up! Both of them were, like Sal, mud-covered and had soaked feet.

As Sergio put it, "my feet are frozen – it's no big deal, though – I can't feel them...".

Charlene's comment of note was as she called out to the final checkpoint "Did I miss the cut-off?" - as they responded yes, that she would not be allowed to return for the final loop, Charlene gave a resounding "Woo-hoo!!" and barely broke stride as she bolted off for the final 1.7 miles of road to the finish.

Sherilyn and I completed the 24k and I think that was plenty for each of us. I came in at 2:51 and Sherilyn came in around 3:25, and said her favorite part was when she would slow to a walking stride and take in her surroundings. Did I mention that it was beautiful?

Laura was there for us as our support – taking pictures and insuring that we started with a great meal on Friday night. That meal was something too - starting with Laura's meatballs and pasta, then with sauce and bread from Charlene, wine from Sergio, chocolate desert from Sherilyn and even salad from Betty, which she'd sent up with Sergio!

Speaking of Betty, her and Julie were unable to make the event, due to weather and Betty coming down with the flu. We missed their company, even while enjoying the food they sent in their stead.

All in all, a great event and a fun weekend. Personally, I'm in favor of making this one an annual adventure!

# Chattanooga Track Club Financial Statements

Check out the  
Chattanooga  
Track Club  
Web site at  
[www.  
Chattanooga  
TrackClub.org](http://www.ChattanoogaTrackClub.org)

## BALANCE SHEET AS OF FEBRUARY 29, 2008

### ASSETS:

CASH	\$46,313
ENDOWMENT FUND	\$3,783
EQUIPMENT (AT COST)	<u>\$21,359</u>
<b>TOTAL ASSETS</b>	<b>\$71,455</b>

### LIABILITIES:

ACCOUNTS PAYABLE	\$14,025
MONEY HELD FOR OTHERS	\$868
<b>TOTAL LIABILITIES</b>	<b>\$14,893</b>

### NET ASSETS:

\$56,562

### TOTAL LIABILITIES & NET ASSETS:

**\$86,348**

## STATEMENT OF ACTIVITIES

### FOR THE TWO MONTHS ENDED FEBRUARY 29, 2008

### REVENUES AND SUPPORT:

MEMBERSHIP DUES & DONATIONS	\$7,216
CORPORATE SPONSORSHIPS	\$300
RACE RECEIPTS AND SPONSORSHIPS	\$19,769
OTHER INCOME	<u>\$3,482</u>
<b>TOTAL REVENUES AND SUPPORT</b>	<b>\$30,767</b>

### EXPENSES:

PROGRAMS	\$4,727
STAFF SALARY	\$9,216
JOGGING AROUND	\$720
ADMINISTRATIVE	\$2,533
RACE DISBURSEMENTS	<u>\$12,084</u>
<b>TOTAL EXPENSES:</b>	<b><u>\$29,280</u></b>

### INCREASE IN NET ASSETS:

**\$1,487**

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# Finish, then refuel fast

By Suzanne Girard Eberle, M.S., R.D.

This article is provided by the Road Runner's Club of America ([www.rrca.org](http://www.rrca.org)).



You come in the door sweaty and tired, but glowing nevertheless after finishing a satisfying five-miler. That's after putting in a full day at the office, of course. A hot shower and the recliner are calling you, but the dog needs to be walked, the kids are demanding attention, and your spouse is scampering out the door to a night class. Dinner is a distant dream.

Or perhaps you run with the gang at lunchtime. You have 10 minutes to shower, dress, and become a productive member of society again. Too bad the cafeteria is all the way on the other side of the building.

## Window of opportunity

Refueling after a workout or race is the last crucial step you must take to ensure that you get the most out of your training. Optimal physical performance requires careful attention to both pre- and post-workout meals. If you consistently miss the window of opportunity that exists after exercise to replace muscle glycogen stores, you set yourself up for poor training and racing efforts in the upcoming days.

The physiology behind this phenomenon is simple. Your body stores excess carbohydrate (sugars and starches), primarily in your muscles and liver, as glycogen. Because of this, the carbohydrates you consume on a daily basis influence the amount of muscle glycogen stored. Since muscle glycogen is the fuel of choice for working muscles, your reserves directly affect your ability to train and compete -- especially in endurance events.

## What the studies say

Classic studies conducted by exercise physiologist David Costill illustrate the link between carbohydrate consumption and glycogen storage (see the graph above). Repeated bouts of daily exercise accompanied by a low-carbohydrate diet (40 percent of total calories) produced a day-to-day decrease in muscle glycogen. When the same athletes consumed a high-carbohydrate diet (70 percent of total calories), their muscle glycogen levels recovered almost completely within 22 hours of the training bouts. That's an extra boost needed by those runners who train daily. In addition, training efforts are usually perceived as being easier when muscle glycogen is maintained throughout a workout.

Researchers continue to refine the formula for optimum muscle glycogen repletion. A key element is the timing of your carbohydrate injections. A period exists after intense or long endurance exercise where muscles are most hungry for glycogen restoration. This 15- to 30-minute period immediately following exercise appears to be the most important time to consume carbohydrates.

This window can quickly close, though, as members following a race, or stretch, or shower and redress before scurrying back to your desk. Furthermore, since exercise tends to elevate your body temperature, which in turn can depress your appetite, you can't rely on hunger cues to prompt proper refueling.

## Post-Exercise Eating Strategies

The most efficient way to rehydrate and begin replacing the carbs your system craves is to drink a sports drink, fruit juice, or (gasp!) even soda immediately following exercise. Aim to consume 50 to 100 grams of carbohydrate (approximately half a gram of carbohydrate per pound of body weight) within the first 30 minutes following a long run or race. If you choose one of the commercial sport drinks intended for use during exercise (Gatorade, AllSport, PowerAde, etc.), be sure to drink an adequate amount after your run. These drinks are less concentrated (14 to 19 grams of carbohydrate per cup) than fruit juices (25 to 40 grams per cup) or soft drinks (40 or more grams in a typical 12-ounce can). Obviously, soft drinks aren't the ideal daily recovery fluid, as they lack nutritional value, but they'll do in a pinch.

Beer is a poor refueling agent. Its diuretic properties offset any hydration effect, and beer provides relatively few calories from carbohydrates (11 to 15 grams in 12 ounces). At post-race celebrations, be sure to reload first with juice, soda, or a sports drink.

The key is to find a drink that agrees with your stomach and taste buds and then begin consuming it immediately. Be prepared away from home by keeping powdered sport drink mixes or small containers of fruit juice on hand. If you are hitting the trails or going to the track, be sure to bring your recovery drink along.

The best recovery plan also includes eating as soon as possible. While it is important to start consuming carbohydrates right after exercise to replace the muscle glycogen you expended, a couple of glasses of Gatorade alone won't do the trick. You need to complete the job by continuing to snack on high-carbohydrate foods every two hours until your next meal. Aim for 50 to 100 additional grams of carbohydrate every two hours. Some healthy choices include an energy bar (4050 grams), four fig newtons and a banana (about 70 grams), or a cup of yogurt with cereal stirred in (about 60 grams).



Robbie Vandervalk, an investment banker in midtown Manhattan, often squeezes in a run at lunchtime and knows all too well the effects of eating too little, too late. He starts off by grabbing water and fruit at the health club following his run, then picks up pizza or a sandwich on the walk back to the office, saving some yogurt for a late-afternoon snack. "If I get caught up with things at work and try to subsist on just yogurt and fruit, I feel horrible a couple of hours later. I could eat for the rest of the day after that, but it doesn't help," explains Vandervalk.

Kristy Jordan, one of the Boulder Road Runners' fastest females (17:41 5K, 36:55 10K), does most of her training first thing in the morning before heading off to work as a physical therapist or spending time with her 19-month-old daughter, Zoie. After working out, Kristy eats a breakfast of cereal, milk, and toast as soon as she can -- "at least within an hour" -- and feels that it sets the tone for the rest of her day. "If I don't eat fairly soon after I run, it screws up my energy for the rest of the day," Jordan says. She keeps high-carbohydrate snacks -- Clif Bars, bananas, bagels, and a powdered sports drink mix -- at work to refuel between clients.

If you've been dragging at work or can't seem to stay up with the pack, you may be underfueling your muscles rather than overtraining. Assuming that you are eating a balanced

diet of foods from all five food groups -- runners cannot live on carbohydrates alone! -- experiment with this post-exercise carbohydrate window for a few days. Chances are you'll feel better throughout the day and, more importantly, during that next run.

### The "no appetite" blues

1. Anticipate and prepare for a depressed appetite following long or exhaustive efforts.
2. Concentrate on immediately consuming adequate recovery drinks that provide fluids and carbohydrates: juices, sports drinks, and even soft drinks in a pinch. Taste matters. You'll drink more of it if it tastes good.
3. Ease in high-carbohydrate foods as tolerated. Popular choices include yogurt, fruits, low-fat milk shakes or "smoothies," cereal, bagels, sport bars, and baked potatoes.
4. Satisfy salt cravings with salted pretzels or lite popcorn, soups, low-fat crackers, or salt sprinkled on your baked potato.
5. Resist the urge to wait for your appetite to return. Your muscles' ability to replenish glycogen is greatest during the "carbohydrate window" immediately following exercise. You may end up so hungry later on that you can't make a nutritious choice.



# Chattanooga Track Club

## Board of Directors Meeting Minutes

March 4, 2008

The meeting was brought to order by James Williams, President, at 6:00 p.m.

Board members present: Edwina Cohen, Janice Cornett, Flash Cunningham, John Harrison, Sherilyn Johnson, Bill Moran, Amy Mullens, Sean Pfister (Executive Director), Steve Rubenstein, Theresa Samuelian, Charlene Simmons, Walt Sinor, Jim Steffes, Melodie Thompson, Lynda Webber

Board members absent: Ashley Williams, and Peter Murphy

CTC members present: Bill Brock and Doug Roselle (partial attendance)

The CTC mission was read by Charlene Simmons.

### I. MINUTES/APPROVAL

The proposed minutes from the January meeting were briefly discussed. A motion was made by Melodie to approve the minutes and seconded by James.

### II. TREASURER'S REPORT - JIM STEFFES

- Jim has not yet had a chance to study the numbers in depth. The current report is basically summarized information, but he can provide further information to anyone if requested.
- There is \$33,000 in the bank right now – not a lot of other revenue coming in. \$14,000 is going out to the charities, leaving \$19,000. Expenses will put the CTC in the negative by about \$4,000 unless it obtains other revenue by June. However,

paperwork for the 2007 Chickamauga Marathon just wrapped up, and CTC profit will be about \$4,200. Profit from ½ Marathon was about \$5,800. Additional revenue can be expected from the Chickamauga Chase as well, and revenue is still coming in from the Karen Lawrence run.

### III. RACE CALENDAR / RACES COMMITTEE / UPCOMING RACES - WALT SINOR

- Last Race Committee meeting was at Starbucks on 02/12/08. Next meeting is Tuesday, 03/11/08.
- Creation of a CTC "Clydesdale division" was discussed.
- 2008 ROY rules (including changes) have now been posted to the CTC website.
- Race Directors training session will be held at the Sports Barn on 03/22/08 from 10:00 to 11:30 a.m. [NOTE: this was later changed to Saturday, 04/05/08 due to Easter Holiday] Charlene to talk about marketing, Sean to talk about RunScore.
- A request for a Race Director for the Wauhatchie Trail Run was posted on the CTC website and answered by Andy Gill.
- A new park is to be opened near Enterprise South Industrial Park – might be a good race venue.
- Plans for the Chickamauga Chase are going well. George Scomberg is to be Race Director. Walt

suggests that Scomberg attend the upcoming race directors training session.

- Rita Fanning is working on Market Street Mile – will print out info 2<sup>nd</sup> or 3<sup>rd</sup> week of this month. She is still looking for sponsors.
- Waterfront Triathlon – BMW has now been secured as a sponsor for the next two years. They will donate \$15,000 towards the Tri each of those two years, and the CTC will keep 80% of the sponsorship dollars. Other Tri notables: A website is currently in progress, Outdoor Chattanooga has committed \$5,000 in cash this year, and CTC has a five-year contract with Team Magic. Bill notes that a decision has been made to build permanent stairs on the dock for the Tri. Cost will be around \$1,000, and a financial sponsor is currently being sought to supply the funds. The sponsor's name will be affixed in some permanent manner on the stairs.
- Flash recently ordered new equipment for the club consisting of a new timing clock, a tripod stand, and a banner – total cost was around \$2,900.00

### IV. COMMUNICATIONS CALENDAR / COMMUNICATIONS COMMITTEE - JANICE CORNETT

- First CC meeting was held on 02/12/08. Next meeting will be held at 6:00 p.m. on Monday, 03/10/08, at Starbucks. [NOTE: date was later changed to 03/24/08.]

- CC plans to do a report on the upcoming Gateway Bank 5K, and they also plan to do an article for Chattanooga Magazine on CTC's relationship with BlueCross.

### V. MEMBERSHIP COMMITTEE REPORT - SHERILYN JOHNSON

- Last MC meeting was on 02/21/08 – next meeting to be held on 03/20/08 at Starbucks.
- Discussed having a CTC table at all events – especially ROY events. Discussed providing ROY points to members who supervise the CTC table at events – not confirmed yet. Discussed annual year-end banquet – currently pursuing a speaker.
- Currently finalizing membership applications. Also working on obtaining new CTC logo shirts, with logo on front and sponsor names on back.

### VI. PRESIDENT'S REPORT - JAMES WILLIAMS

- CTC entered into its contract with BCBST in 2005 and it will expire in August 2008. Contractual renewal discussions will probably commence in the summer.
- At BCBST's request, CTC plans to start organizing some lunchtime walks beginning the end of April from three BCBST locations downtown.
- Sean's Pfister's annual review is coming up, and a questionnaire will be distributed to all Board members regarding same. Sean will also be completing a self-evaluation

**VII. EXECUTIVE  
DIRECTOR'S REPORT –  
SEAN PFISTER**

- Scenic City Half Marathon: 400 registered for the ½ and 250 for 5K. CTC expects to net \$5,000 after all paperwork has been finalized. The charities involved raised from \$32 to \$1,500 for their respective causes, with the average being around \$1,500.
- Market Street Mile: Still looking for sponsors – currently, will need to cut expenses to break even.
- Meeting with Erlanger Hospital this week to discuss sponsorship for youth events. Meeting with VORP and Kiwanes on 03/06/08 regarding plans for the upcoming CTC Chattanooga Chase, which Sean will direct this year. Last year, the Chase raised \$5,400 for the Kiwanes, who donated it to VORP, an organization supported by them. VORP will retain all proceeds again
- this year, but it will be encouraged to raise more on-line dollars on its own. Discussion over future Chase proceeds centered around distributing a certain amount to the Kiwanes, with balance going to CTC. Sean also hopes to encourage VORP and the Kiwanis to become more involved with raising funds through the Scenic City ½ Marathon.
- \$3,500 received to date from sponsor North Georgia for the 2008 Chickamauga Marathon.
- McKee Bakery is asking CTC to manage an employee 5K to be held at Georgia Perimeter College in Atlanta on 07/16/08. CTC will be compensated by McKee for the work and the equipment rental, and the event will correspond with the CTC Mission on the basis that many of the 5K participants will be Chattanooga-based runners. Board gives Sean authorization to proceed – Flash volunteers to help out.
- ChampionChip: Sean has completed the first draft of a Community Foundation grant as the first step towards acquiring a computer chip system for the CTC. The system would cost \$10,000, and it will include a computer and one timing mat with sensors (additional mats can be rented, if needed). Chips themselves would be rented based on the number of participants in an event, and the CTC can, in turn, rent the chip system to other organizations to earn money for the club.

**Meeting adjourned at  
7:30 p.m.  
Respectfully submitted,  
Lynda Webber  
Secretary**

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**Help the CTC AND the environment.**

**Sign up for the e-edition by visiting the CTC's Web site  
([www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)) and look for the *Jogging  
Around* image on the right side of the screen. Sign up to  
receive your next edition of *Jogging Around* in electronic format.**

Enhance your lifestyle  
**for a better you**  
 Let's get personal.



Are you really getting the **results YOU WANT**  
 from your workout program?  
**IF YOU AREN'T THERE COULD BE SEVERAL REASONS**  
 Maybe you aren't working out as **consistently** as you should.  
 Maybe your program doesn't correspond to your **fitness goals**.  
 Maybe you're working at an **intensity** that won't deliver the results  
 Maybe your body has become too familiar with your **regular exercise** routine.

*call today for your individual, group or corporate personal training package.*  
 Teresa Wade 423-266-1125

[www.personal-fitness.com](http://www.personal-fitness.com) *Personal Fitness Specialists*

## Jogging Around Ad Rates

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

*Inserts are \$60/issue*

# 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 two events.

**NEW!**  
Tuesday Night Run  
5:00 pm at the Gateway Farm  
(off Hamill Rd in Hixson)  
Run led by Ryan Crews of Front Runner

## Group Run

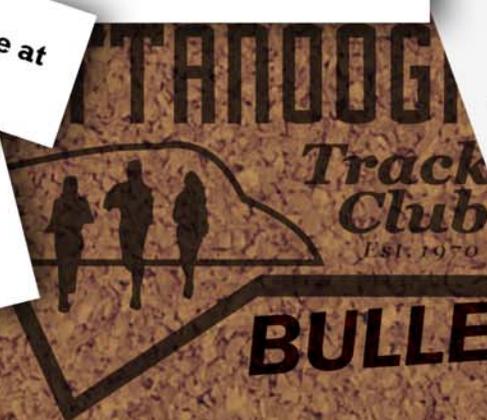
Getting Ready for a Marathon?  
New in town and need new long  
distance running companions?  
Go to [www.grouprun.com](http://www.grouprun.com) for  
the latest group run schedule,  
track workouts and the yearlong  
marathon schedule.

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

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

## Legend

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

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.

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

### MARCH

- 1 - Scenic City Half Marathon, 5K and Charity Challenge  
 Site: Chattanooga, TN  
Info: [www.ScenicCityHalfMarathon.com](http://www.ScenicCityHalfMarathon.com)
- 2 - Whitestone 30K  
Site: Paint Rock, TN  
Info: [www.ktc.org](http://www.ktc.org)
- 8 - 5K Benefiting BluePlanetRun.org  
Site: Baylor School  
Chattanooga, TN
- 15 - Gateway Bank 5K Run & 1 Mile Walk  
 Site: Ringgold, GA
- 15 - 5K "Bear" Foot Race & 1 Mile Grizzly Run  
Site: Dalton, GA
- 29 - Rock Creek River Gorge 6.5 Mile & 10.2 Mile Trail Race  
Site: Chattanooga, TN  
Info: [www.rockcreek.com](http://www.rockcreek.com)

### MARCH

- 30 - Covenant Health Knoxville Marathon, Half Marathon, 5K and Cariten Kids Run  
Site: Knoxville, TN  
Info: [www.ktc.org](http://www.ktc.org)
- 30 - ING Georgia Marathon  
Site: Atlanta, GA  
Info: [www.inggeorgiamarathon.com](http://www.inggeorgiamarathon.com)

### APRIL

- 12 - 65 Roses 5K and Walk  
 Site: Cleveland, TN
- 19 - Chickamauga Chase 15K & 5K  
 Site: Chickamauga, GA
- 26 - Bill Gregory Healthcare Classic  
Site: Dalton, GA

### MAY

- 10 - King of the Mountain  
Site: Lookout Mountain, TN
- 17 - BlueCross Market Street Mile & Mystery History Quest  
 Site: Chattanooga, TN
- 26 - Chattanooga Chase 8K & 5K  
 Site: Chattanooga, TN

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

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