

JOGGING AROUND

The title 'JOGGING AROUND' is rendered in large, blue, sans-serif capital letters. The letters are filled with a photograph of a marathon race. The runners are seen from various angles, some in the foreground and others further down the path. The race takes place on a paved road lined with trees showing autumn foliage. A yellow marker is visible on the ground in the lower right portion of the image.

Chattanooga Track Club

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Runner Club Member

JOGGING AROUND

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

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Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal. No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to the casual walker is welcome.

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Chat with Chas



Hello runners,
I am thrilled to be the next President of the Chattanooga Track Club. I want to commend our Past President, Bill Moran for his excellent work over the past year and a half. As we move forward into 2013 there are going to be some new programs and ideas that we will implement to make the Track Club better for you. I

recommend you keep up to date with the Track Club through our website and Facebook page to track these changes. I want to let you know that I have an “open door” policy with all of the members. I believe the best way for any organization to improve is through direct input from the people that it serves. I welcome any comments or constructive criticism from you. Feel free to e-mail me or tell me in person at one of our races. I want to hear from you guys as to how the Track Club can make your running experience better. My goal is to make the Chattanooga Track Club better for everybody, and with your input we can do that. I am looking forward to a great year in 2013. This year will be a banner year for the club as we move forward with our programs. I thank you for support and look forward to seeing you at our races.

Happy Running,
Chas Webb

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.



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Chattanooga's Ultimate Running Store

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By Sue Barlow

Did you know that Tennessee has the longest running State Parks Tour in the US? October 6th, 2012 marked the beginning of this 34th annual series of races. From October through March every Saturday at 11:00 AM local time, a diehard group of runners gather together at a designated state park somewhere in Tennessee. This year there are twenty-one races total varying in distance from five miles to a half marathon. The races are organized by local running clubs and are well equipped with water throughout the course, sentries or course markers where necessary and good post-race food. Walkers are welcome to participate in the tour. They start the race as a group earlier than the runners so they can finish in a timely manner. Race awards typically go three deep in five year age groups with overall awards for Open, Masters, Grand Masters and Senior Grand Masters. The entry fees are inexpensive varying from twenty dollars pre-registered with a long sleeve shirt to six dollars pre-registered without a shirt. Race day registration is available without a shirt for thirteen dollars. Can you imagine running a half marathon for six bucks?

Since these races are at different parks across the state of Tennessee some traveling is required to participate in the running tour. In the past my husband and I have rented a state park cabin and used the race as an excuse for a get-away week-end. In the last couple of years we have organized road trips with other Chattanooga area runners. Last year a group of us (Sergio Bianchini, Susan Gallo, Lynda Webber, Chip Beard, my husband Larry and I) took a trip to Tim's Ford State Park and ran a six mile race a few weeks before Christmas. The drive out to the race was tranquil and relaxing passing through beautiful Tennessee landscape. The race was a challenging course on a brisk December morning. It was followed by plentiful post-race food and fun conversation with runners from all across the state. On the way home we were waylaid by a small town Christmas parade complete with floats, clowns and toddlers performing acrobatics in the street. We couldn't drive forward since the only road through this cute little town was the main route for the parade so we just parked the car and enjoyed watching for a while. Worried about being stranded for hours more, we came up with the idea to drive out into the parade and join the festivities. We somehow fit right in as a group of sweaty runners hanging our heads out the windows of a small car singing Christmas carols while the town residents cheered us on.

I started running these races in the fall of 2000 and can attest to the fact that they are not PR courses. Since that time many new courses have been added to the tour but even the new ones live up to the reputation that the Tennessee State Park races have established. This year Sergio Bianchini, Susan Gallo and I attended the inaugural event at Rock Island State Park. This five mile course was without a doubt the hilliest I've ever run. Susan described the course on a Facebook post as "A fun but challenging little race whose hills make Minnehkaha look like kid's play". My comment would be to add a concrete element to Susan's description. On this out and back course the first mile and the last mile were the same but in opposite directions. My first mile split was 9:05, my last mile split was 6:03 and I did NOT start out slowly. Unfortunately, this first mile hill was not the biggest hill. Sergio just said that "the hills really slowed him down". This is the most impressive

statement of all to me since everyone knows that nothing ever slows Sergio down. Challenging courses aside, Sergio and I are planning to run at least ten State Park Tour races in the 2012-2013 season.

As part of the motivation to run these races, the tour offers a Grand Prix points system for runners or walkers in the following categories: Youth (10-19), Open (20-39), Master's (40-49), Grand Master's (50-59), Senior Grand Master's (60-69) and Over Seventy (70 +). The Grand Prix is similar to the Chattanooga Track Club's ROY. For the State Parks Tour, the first runner to finish a race in their category is awarded 30 points, second 28 points etc. Points for the races are tallied over the course of the season and any runner or walker who finishes more than five races in a season is eligible for entry into the Grand Prix with a maximum of ten total races allowed to contribute toward your points. There is an awards banquet at the last race of the season at Fall Creek Falls State Park.

This banquet includes a full dinner, awards for all participants finishing more than five races and awards for the top runners in each of the categories.

If you would like to participate in this great series of races, the website for the Tennessee State Parks Running tour can be found at:

<http://www.tn.gov/environment/parks/RunningTour>

Here the tour director lists the course descriptions along with elevation profiles for all twenty-one courses, the race results from this year's races as well as the up to date tallying of the Grand Prix points. Information about and directions to specific state parks can also be found at this site. If you are interested in giving these races a try, call me or send me an e-mail (sue.jr.barlow@gmail.com) and maybe we can set up a road trip!



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with tips from experienced runners

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CTC MEMBER SCHWAG

BASIC ANNUAL MEMBERSHIP

INDIVIDUAL - \$24

FAMILY - \$36

STUDENT - \$18



LITESPEED BICYCLE GIVEAWAY

Renew Your CTC Membership by January 31 to be entered into a drawing for a Litespeed Bicycle.

DOUBLE YOUR CHANCES... Register for the Scenic City Half Marathon or 5k by January 31 and receive  entries into the drawing.

Drawing will be held at the 2013 Scenic City Half Marathon & 5k February 23rd

Full Details at www.chattanooga-track-club.org

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Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through clubs and media.



Chattanooga Track Club Membership Application

Please make check payable to: Chattanooga Track Club, P. O. Box 11241, Chattanooga, TN 37401

CTC membership dues are on a calendar basis (Check One) New Renewal

For new members, dues are prorated on the quarter the member joins, please check the one that applies to you:

Individual: \$24 (Jan-Mar) \$18 (Apr-June) \$12 (July-Sept) \$6 (Oct-Dec)

Family: \$36 (Jan-Mar) \$27 (Apr-June) \$18 (July-Sept) \$12 (Oct-Dec)

Students: \$18 (Jan-Mar) \$13.50 (Apr-June) \$9 (July-Sept) \$4.50 (Oct-Dec)

Name _____ Birthdate _____

Name _____ Birthdate _____

Name _____ Birthdate _____

Name _____ Birthdate _____

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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 affects 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 _____

Johnson Mental Health 10K & 5K Walk - October 20th 2012

Remember back when a road race was a small bunch of runners who were almost like a small town community - they got together, ran hard, cheered for everyone who came, visited for a while, supported a good cause and were glad to get a shirt to wear. That pretty well describes the Johnson Mental Health run this year. We had to move our date not to conflict with the Heart Walk and ended up the day before the 7 Bridges Marathon. There was still a terrific bunch of folks who came out on a beautiful fall morning to run on the best course to hit your PR in the area.

The overall race male and female winners were Geno Phillips and Dianna Leun. This race has always been one that Chattanooga's fastest look to for bragging rights and Geno and Dianna get them for this year. Masters overall were Lisa Logan and Dean Thompson. Grand Masters were Paula Cooper and Joe Johnson. (How many races have a winner with the same name as the race??) I have to mention two special folks who I always love to see at a race - Sergio Bianchini winning the men's 70 and over at 43:35 and Jean Horgan (84) winning the female 70 and over in 1:30.

The 5K walk was added this year to increase participation. The goal was to create a non-competitive opportunity that still had the atmosphere and accomplishment for those just getting started or dedicated to walking. From watching the 5K finishers I saw big smiles and enthusiastic congratulations from their friends. We need to grow this addition - it is a terrific outreach to achieve the Track Club mission to support and facilitate fitness at all levels.

As always a race does not happen without volunteers. We had a big turn out from everyone who works with Johnson Mental Health Center. Toni Wright is one of the directors of the race and Donna Maddox jumped in this year and they worked hard and long to get sponsors, marketing, door prizes, and goodies for everyone to enjoy. More thanks to Sherilyn and Steve Johnson, Bill Brock, Chaz Webb, and Flash Cunningham who gave a hand to make sure things clicked along smoothly.

The best part is that we will help out the Johnson Mental Health Center clients with proceeds and sponsorships from the race. These folks do a lot on a shoestring in this day of age of budget cuts. The funds raised will make a significant impact for someone at a time when it is most needed. Thanks to everyone for supporting the race. Watch for a bigger, better and always fun event in 2013!!



The image shows a landscape of Signal Mountain with a blue sky. Overlaid on the image is a dark blue banner with the text "SIGNAL MOUNTAIN" in white, and "PIE RUN" in a larger, bold blue font. Below "PIE RUN" is the text "BY BILL MINEHAN" in a smaller, light blue font.

SIGNAL MOUNTAIN PIE RUN

BY BILL MINEHAN

Well, my Sweet Apple Pie! Falling leaves and cooler temperatures came just in time for the Chattanooga Track Club's annual Signal Mountain Road Race held this year on October 27th. It's hard to go wrong showing up for an old fashion, bare bones, 10k foot race with a view like this for ten bucks. Runners mashed through fresh fallen leaves on the road from the Signal Mountain Athletic Club to the brow, where the sun was rising over the Chattanooga Valley. Whoa!

For more than 10 years, Davis & Hoss has purchased home-made apple pies from the Bread Basket and found creative ways to put them in the hands of most participants showing up on race day. For the first year ever, a pie was clinched by any runner that pre-registered by October 1st and finished the certified 10k distance. Surprise T-shirts also appeared on race day with the new Pie Run logo and were available to runners and volunteers on a first come basis.

The popular prediction category was held again this year, with winners closest to their actual race time carting home fresh loot. Ray Kellum was the best, predicting a 45:38 and crossing the line in 45:37. Lisa Becht and Patrick Hall were second and third. Patrick also ripped the rolling hills in 34:42 and must have predicted his time based on his victory in 2011. Thomas Barker was second fastest overall with a time of 35:15, while Joseph Goetz was third in 35:37.

Rebecca Greenwall was the first female cruising to a ninth-place finish in 39:22. Amanda Tate was the second female in 40:53 and course favorite Jan Gautier was third in 42:50. Signal Mountain's Mary Preisel took home the Grand Master's award on one of her favorite training routes. Ryan Shrum picked up the men's master's prize in 38:44 while three time winner Chad Varga took home the Grand Master Award.

This year's race benefited the Mountain Education Foundation, which funds projects for the Signal Mountain public schools. A check for \$2,000 was presented by Lee Davis from Davis & Hoss as a result of the race and their additional contributions. Doug Torrence, DDS, CocaCola, The Front Runner and Fast Break continued to be generous sponsors for the race in addition to the wonderful support of the Chattanooga Track Club and volunteers like Amanda Morrison, Jenni Berz, Sherilyn Johnson, Paul Wells, Trey, Chas Web, Mike Leary, Dianna Leun, Shannon Derogatis, Hugh Enicks and the Red Bank ROTC, Heather Ott and the rowtie BAYLOR GIRLS cross country team, Andy and Mathew Zorca, Deb Horn, John Hunt, Pam Cuzzort, Matt Davis, Jack Minehan, the leaders and administrators of the Towns of Signal Mountain and Walden, and all of the others that support the events that they also enjoy.

Thank you all for making this another great Pie Run!!



PIZZA PALOOZA





The 6th Annual Scenic City Half Marathon, 5k and Charity Challenge will be held on February 23, 2013. The Half Marathon will begin at 8:00 AM and the 5k at 8:15 AM in front of the Tennessee Pavilion. Registration is open and you can register and find out more specific info by going to our website, www.sceniccityhalfmarathon.com. The current cost of the Half Marathon is \$45 and the 5k is \$25. These race fees will bump up to \$50 and \$30 after January 13th! We have added a new charity this year, Girls on the Run! We are happy to have them join us this year. Our 7 participating charities are, Area 4 Special Olympics, Chattanooga Community Kitchen, Chattanooga Room in the Inn, Children's Advocacy Center for Hamilton County, Children's Home/Chambliss Shelter, Girls on the Run, and McKamey Animal Center. A portion of each

participant's race fee will go towards the charity they choose and they also have the option to set up their own fundraising page which they can personalize and send out to friends and family as a way of raising more funds for that specific charity. Not only will we have awards for our race participants, but we also give awards to the charity with the most participants, the charity who raised the most funds, and to the top fundraiser for each specific charity. We are also offering a \$50 prize to the participant with the most creative fundraising page. If you have set up a fundraising page and would like to be eligible for this incentive, please email the race director, Katie Stanford, at sceniccityhalfmarathon@comcast.net. As always we are looking for volunteers for packet pick up and race day. Email Katie if you would like to volunteer for this year's event.

2013 ANNUAL AWARDS BANQUET

JANUARY 12, 2013
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GUEST SPEAKER
Anthony Famiglietti
Two Time Olympic Runner and 5K National Champion

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2012 Chickamauga Battlefield Marathon

By Race Directors Sherilyn Johnson and Jenni Berz

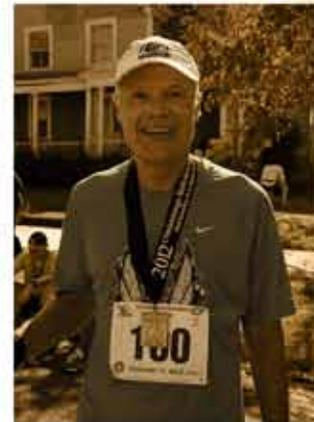
Once again the Marshall's Tennessee Battery provided a shot from their reproduction of a 3-inch ordinance rifle to signal the official start of the 2012 Chickamauga Battlefield Marathon and Half Marathon. As many racers, spectators and volunteers will tell you, as much as you prepare for the blast, it's still quite startling. And to keep the crowd on its toes, more shots blast throughout the morning signifying the first place finishers in each of the categories and the start of the Junior Miracle Marathon. It's a fitting effect for this 33-year-old race in a place that almost 150 years ago saw one of the most significant battles of the Civil War. On November 10, 2012, these historical grounds became monumental for the new and seasoned runners who took on the physical and mental challenges of the morning.

As we look back at the days leading up to race day and the events of the weekend, we are proud to be part of an organization that takes pride in putting on a successful regional race. And while the majority of participants hail from this region, we were thrilled to host racers from places like Wyoming, California, Utah, Oregon, Colorado, Canada and even Italy. Who would have imagined that Sergio Bianchini would connect with a runner from his nearby hometown in Italy? They were introduced at the start and quickly became friends.

This year's race, as with previous years, marked milestones for many. Local Chattanooga Track Club members shined and several were honored during the awards ceremonies. For CTC member Cyrus Rhode, it marked his 100th marathon, for many, it was their first marathon or half marathon and for others, an annual tradition. We celebrated with CTC member Ryan Shrum, who after several attempts finally broke the illustrious 3:00 mark for the marathon. We were honored that his milestone was achieved at this race and were proud to award him the Overall Male Masters award. Right behind Ryan was Steve Morrison whose hard work and dedication paid off when he achieved his goal of breaking 3:00. Additionally, in the marathon, CTC members Diane Leun won Overall Female Masters and Jeff Gaither was awarded Overall Male Grand Masters.



Ryan Shrum



Cyrus Rhode

The first runner to cross the finish line in the Half Marathon, winning his 3rd consecutive Chickamauga Battlefield Half Marathon was Hugh Enicks, who is also a three-time Chickamauga Battlefield Marathon champion. Other CTC member receiving overall awards included Paula Cooper - Female Grand Masters, Mayes Starke - Male Grand Masters, Sue Anne Brown - Female Senior Grand Masters and Flash Cunningham - Male Senior Grand Masters. Of course we are proud of all CTC

members who completed either distance, many of whom won awards in their age groups. Full results are available at www.chattanoogaatracclub.org

What else stood out at this year's race? Well for 33 displaced New York City Marathoners, the Chickamauga Battlefield Marathon was the place they chose to complete their training journey. This was a great opportunity for the CTC to show its support not only to fellow runners but for Sandy Relief as well, because for every NYC Marathoner who took us up on a complimentary entry to run this race, the CTC gave \$20 to the American Red Cross to help with the recovery efforts. Most of the runners were from this area and some had run Chickamauga before. For the first timers to Fort Oglethorpe, it gave the Chattanooga Track Club the opportunity to showcase our race to people who may not have found us otherwise. As one runner put it, she "had never run a marathon this small" and was "blown away". She attributed her positive experience to an amazing pace group leader, Aaron Mercer, who went the extra mile to get to know everyone's name and talk them through the course. It was an honor to have NYC Marathoners at our race and many have said



NYC Marathon Runners displaced by Hurricane Sandy

they will be back in 2013 and will bring friends. We look forward to seeing them next year.

Last but not least, we were thrilled that this marathon was selected as the RRCA Georgia State Championship Race, a title that has previously been held for several years by the Georgia Marathon.

Besides a near perfect day weather-wise, what else made this year special? We marked our second year with Children's Hospital Foundation and Run for Miracles, a partnership with the CTC that helps families boost their health and well being through a series of running events while raising funds for

Children's Hospital Foundation projects. We had over 150 1st through 6th graders run their final mile to complete a marathon and the Run for Miracles Team and their family and friends went the extra mile to help Children's Hospital Foundation raise about \$25,000 for the renovation of patient rooms at Children's Hospital at Erlanger. We are grateful for our relationship with Children's Hospital Foundation and look forward to the 2013 Run For Miracles Series. Check out how you can get involved by going to www.runformiracles.org.



We were thrilled to have the UTC Half Marathon Club participate in this year's Race. Five of the members placed in their age group.

We would like to extend our appreciation to our sponsors and partners. Most have been a part of this race for several years and they play a vital role in providing financial support, in-kind services and product and help make the experience safe and worthwhile for the racers. We would like to thank the following and look forward to them being a part of the 2013 race weekend: Our presenting partners, Fort Oglethorpe Tourism Association, the City of Fort Oglethorpe, Children's Hospital Foundation, The CW Chattanooga, Chattanooga Times Free Press, Out of the Blue Café, Chattanooga Coca Cola Bottling Co., Chattanooga Bakery, Fast Break Athletics, Front Runner Athletics, Dick's Sporting Goods, Litespeed and Quintana Roo, First Baptist Church of Fort Oglethorpe, Total Health Chiropractic, 1-800-Pack-Rat and Focus For Massage.



On a final note, this race like all CTC races would not be possible without our volunteers. We are fortunate to have organizations and individuals who return each year to support this race. From the smallest to largest tasks, each person plays a



significant role and at the risk of leaving someone out, we just want to say a big thank you to everyone who had a hand in making this race possible. We hope you all know how much we appreciate your energy and dedication. There is however a group of people we would like to recognize who did go above and beyond to help produce this

race and make certain that every little detail from marking the course in the dark, to organizing volunteers, to picking up the last piece of garbage. Our success is a result of their time and energy: Steve Johnson, Don Lastine, Mike Leary, Denny Marshall, Chris McKeever, Bill Moran, Doug Roselle, Charlene Simmons, George Skonberg, Chas Webb, Paul Wells, Bridgette Wisdom, Mark Wisdom. Thank you for everything!

To wrap it up, we will be taking a short break over the holidays but rest assured that we will back at work in January preparing for registration to open March 1. We look forward to seeing you November 9, 2013 | at the 34th Annual Chickamauga Battlefield Marathon, Half Marathon and Junior Miracle Marathon. Happy Holidays and Happy Running!



Chickamauga Battlefield Marathon Training Program Group Runs

By Ron Branam

The CTC Fall Marathon and Half Marathon training program group runs are winding down. Everyone is fit and prepared to complete the CTC's Chickamauga Battlefield Marathon which is a ROY Event and the final race in the Battle for Chattanooga series. The coordinated 16 week training program was kicked off with a meeting at Outdoor Chattanooga on July 10. Jenni Berz, Jennifer Funk and several volunteers set up the venue to answer any questions for the approximately 80 in attendance interested in training for a marathon. There were supporters on hand to help with running gear, fund raising tips, and injury prevention.

The training program started on July 28 using the Runners World based training schedule. A variety of venues were selected to accommodate well rounded levels of fitness. The program incorporated the regular Monday and Wednesday group runs from the downtown Sports Barn as well.

The long runs were scheduled on Saturdays at locations in and around Chattanooga. The Battlefield runs were especially good because it helped prepare everyone for the event. Some of the other runs included the Sports Barn to St. Elmo, Sports Barn to Red Bank, Brainerd Levee, and Sports Barn to Moccasin Bend. The best runs were held at the Battlefield though. This is one of the favorite locations for our area to run. Drinks were provided on the Wednesday and Saturday runs. We had roughly between 10 and 30 runners who joined us on Saturday mornings. The weather was mostly accommodating - just a few wet shoes once or twice.

Some of the participants were training for other marathons; not just the Battlefield. Some folks were training for Chicago, Marine Corps, Savannah, Myrtle Beach and New York. Kudos goes out to them, I know they all did well!

Hugh Enicks ran with the Saturday group on several occasions. He also provided training tips for marathoners which were posted on the track club's Facebook pages.

A couple of Facebook groups were set up for the participants. Charlene Simmons provided some great info on the Facebook group page.

I'd like to thank Bonnie Wasson, Bill Brock, Charlene Simmons, Jay Gill, and Don Lastine for all their help in making the Saturday long runs successful. By the time you get to read this the Chickamauga Marathon will be a great memory of accomplishment for many!! Just remember the runs don't stop here, come and join a run anytime.



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THINGS TO DO:

1. RAMP UP TRAINING
2. RACK UP ROY POINTS
3. VOLUNTEER AT AN EVENT

**Register for
Annual
Awards Banquet**

**Check Out New
Website Design**

**JOIN or
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CTC
Membership**

**Join a
Group Run!**

**See CTC Website
for Schedules**

**CTC announces
new ELITE
SPONSORSHIP PROGRAM**
See www.chattanoogatrackclub.org
for more info



**Send Bulletins/Articles to
[vpcommunications@
chattanoogatrackclub.org](mailto:vpcommunications@chattanoogatrackclub.org)**

WANTED — RACE DIRECTORS
[Mike Leary VPRaces@chattanoogatrackclub.org](mailto:MikeLearyVPRaces@chattanoogatrackclub.org)

BULLETIN BOARD



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

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RACE CALENDAR

Please see 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

DECEMBER

- 9 - Chattanooga Whiskey 16K
- 15 - Wauhatchie Trail Run
- 16 - Operation Secret Santa Amazing Race for God
- 31 - Karen Lawrence 4 Mile Run

FEBRUARY

- 9 - Cupid Chase 5K
- 17 - Locomotive Half Marathon and 5K
- 23 - Scenic City Half Marathon and 5K

MARCH

- 9 - Run with Trish 5K for Team Hoyt
- 16 - TB5K
- 23 - 2nd Annual Special Kids Race