

# JOGGING

AROUND



A QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB



**CTC RACE  
TEAM  
REFLECTS  
ON 2013**

**THE  
BIANCHINI  
BOND**

**WHY I RUN**



# Chattanooga Track Club

## Officers for 2013

### President

Chas Webb  
president@chattanoogatrackclub.org

### Past President

Bill Moran  
pastpresident@chattanoogatrackclub.org

### President-Elect for 2014

Bill Brock  
presidentelct@chattanoogatrackclub.org

### VP/Communications

Sujeel Taj  
vpcommunications@chattanoogatrackclub.org

### VP/Races

Mike Leary  
vpraces@chattanoogatrackclub.org

### VP/Membership

Jason Liggins  
vpmembership@chattanoogatrackclub.org

### Secretary

Jane Webb  
secretary@chattanoogatrackclub.org

### Treasurer

Steve Smalling  
treasurer@chattanoogatrackclub.org

## Directors

Sue Barlow  
Marco Bianchini  
Ron Branum  
John Crawley  
Pam Cuzzort  
Andrew Dorn  
Joe Dumas  
Brad Harvey  
Alan Outlaw  
Brian Santin  
Steve Tompkins  
Zach Winchester

## Staff

### Club Manager

Stacey Malecky  
smalecky@chattanoogatrackclub.org

### Design / Layout

Bethany Congdon  
congdon26@yahoo.com

### Equipment Manager

Paul Wells  
equipmentmanager@chattanoogatrackclub.org

### Timing Manager

Trey Stanford  
treystanford04@yahoo.com

# JOGGING AROUND

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

### Editor

Sujeel Taj

### Cover Design

Norman Davis

### Cover Photo

Whitney Allison

### Layout/Design

Bethany Congdon

### Printing

Village Print Shoppe

### Chattanooga Track Club Mission Statement

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

## In This Issue...

Column: Chat with Chas .....	1
Column: CTC Club Manager.....	2-3
Why I Run.....	4-5
Raccoon Mtn. 5K and 10K/ JMHC 10K Race Results.....	6-7
Chi Running Workshop, Check Your Posture.....	8-9
Signal Mtn. Pie Run 10K Race Review and Results.....	10-11
Chickamauga Battlefield Marathon Race Results.....	12-13
Club Membership and Events Report.....	14
The Unbreakable Bianchini Bond.....	16-17
RRCA Tips: Cold Weather Running.....	18
CTC Race Club.....	21-22
CTC Race Team Wraps First Year.....	23
Upcoming Races.....	24
Bulletin Board.....	27
Race Calendar.....	Back Cover



## Jogging Around Ad Rates

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

Inserts are \$60/issue

Advertising Info: For current ad information, please contact  
vpcommunications@chattanoogatrackclub.org



## CHAT WITH CHAS

Hello Runners!

Fall is in the air and that means a couple of things; the World Series, football, apple pie, but most of all great races from the Chattanooga Track Club. We have had some spectacular fall races this year. It started off with the Raccoon Mountain Road Race followed by the Johnson Mental Health Race and then the Signal Mountain Pie Run. All of those races were a huge success and I would like to thank everybody that came out and participated or volunteered. Simply put we can't have these races without you.

Fall also means the end of the year is coming. I look back on this year and think of the amazing things this club has done. Our membership has grown 40% in one year to 876 members. It was incredible to see the club grow. Bringing back a track series event proved popular and many people enjoyed their first experience of racing on a track. In addition several hundred of you took advantage of our voucher program to receive free entry to many different Chattanooga Track Club races. However the biggest impact to the club in 2013 was the hiring of our club manager. Stacey Malecky was hired to make our volunteer efforts more streamlined and efficient so we can better serve you. She has been with us for only three months but has already made a big difference.

This will be my last *Jogging Around* that I write as your President. It has been an honor and privilege to serve you and the running community. I want to assure you that I gave my best effort as I sincerely love the running community in Chattanooga. Bill Brock will be your next President and he is more than qualified to lead this great organization. I have full confidence he will continue to grow and improve the club.

Sincerely,

Chas Webb – Chattanooga Track Club 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 this fund and appreciates your generosity in helping build this legacy for our community. To contribute to The Long Run, please contact the Chattanooga Track Club.



## ***This column doesn't have a name.***

*Believe me, I've struggled to come up with something profound—a name for this column that reflects how I feel about running and about how Chattanooga is truly a wonderful place to be a runner.*

*I love running, despite having no natural ability for it. I'm just a determined individual who is fortunate enough to be surrounded by this amazing community of folks who never for a moment doubt my ability. It's an oddly (but wonderfully) supportive environment, great for folks who aren't 100% convinced of their own ability. I just don't know how to say that in a few clever words.*



# **ENDURING AND BELONGING**

## **A 50-mile Race Challenges the Body and Mind.**

I have run a handful of ultra-marathons over the past few years ranging in distance from 50k to 52.4 miles. At the completion of each race I have always found I enjoyed the course, appreciated volunteers, loved the distance and savored the experience of being surrounded by like-minded running spirits. However, at the beginning of each race, no matter the amount of training, time and energy spent preparing, I struggle to convince myself that I belong there, that I'm worthy of being among such an awe-inspiring group of runners. The North Face Endurance Challenge 50-miler in Pine Mountain, Georgia this September was no exception.

In the wee hours of a particularly cool September morning, I arrive at Pine Mountain early enough to check in and catch the pre-race briefing. As with many of these races, there is usually a good bit of time before the race itself begins. I find some obscure corner and bed down until "go-time". No sense in wasting extra energy pacing in the grass, right? Being a people-watcher by nature, I observe the other participants as they prepare. Each person has their own pre-race ritual and I wonder if maybe I should have one. I snack on my Fig Newtons and continue caffeinating.

As I look around, I see runners of all shapes, sizes and abilities and all appear to be far more prepared than I. They are warming up, applying anti-chafe cream, and drinking fancy pre-race liquids. Many have high-tech arm-warmers which match their compression calf-sleeves, which match their gaiters, which match their hydration pack... and so forth. I take it all in from the corner, dressed in my gypsy-inspired ensemble—based largely on what was in the clean laundry pile when I packed. I do in fact have a fancy-shmancy hydration pack, but it is several years old, speckled with mildew and smeared with PB&J stains from my many all-day trail runs. It works for its intended purpose, so I keep it.

It's just before 5:00 a.m. and pitch-black outside when the race director calls us to the starting line. I wander over and assume my position at the back of the back. I don't yet have much confidence running by the light of a headlamp, so lingering in the back complements my naturally lumbering pace and my need to follow someone who actually knows what they're doing. The gun sounds and we're off. I'm hanging on for dear life to the back of the pack as we enter the dark wilderness. I know better than to burn it up early so I convince myself to consider the remaining 49 miles ahead of me. Before I know it, the entire field

of runners and the might of their collective headlamps has disappeared into the distance. I'm left to navigate on my own, thankful for the well-marked trails.

As I make my way through the dark, in the leaves I notice brilliant sparkles scattered throughout the fallen leaves. I'm distracted by the sparkles, so I slow down, flip over a leaf and discover it's actually the eyes of spiders reflecting in my headlamp. I smile because this further supports my belief that every creature is beautiful in its own way, even spiders. I continue happily on my way and manage not to fall down. This is a BIG deal. Somewhere around the second mile or so, I hear crunching in the leaves behind me. I think to myself "Well, it's nice to know I'm not LAST." The crunch moves closer and closer until it reaches me.

"Need to pass?" I ask. "No – I'm the Sweep." he replies.

I adjust my outlook accordingly,

"Well, it's nice to know I'm not LOST."

Onward I continue with the Sweep, a nice fellow who runs strictly for the joy of running with friends, no interest in racing. I don't make much conversation. I'm not much of a talker on the trail; I don't listen to music or carry on conversation. I just listen to the crunch of the leaves and rocks beneath my feet and the peaceful chorus of a few birds who dare to rise before the sun. All the while, I'm wondering "Why am I here? What was I thinking? Will I even make cut off? How is everyone else able to launch out of the cannon and hold pace for 50 miles?" Although I am typically, dangerously optimistic, there is something about running a few miles with the "Sweep" that allows self-doubt to creep in.

As I approach the second aid station I noticed there are quite a few folks sitting down, snacking, catching breath, regrouping. I'm feeling pretty good so I grab a few PB&J squares, chug some electrolyte drink and continue on my way—without the Sweep. What just happened? I'm convinced that those resting back at Aid Station #2 will soon be on my heels, but they never come. I continue on and run a majority of the remaining first half by myself, feeling content for the most part. The sun is rising over the mountains, the leaves are just beginning to change color and I'm NOT running with the Sweep. Life is good. I still can't ignore the annoying voice in my head, questioning whether or not I am really going to finish this gig. I think of all of those fast-looking runners miles ahead of me, finishing hours before me, eating, showering, napping and making their way back to finish line festivities all before I ever see my first glimpse of the finish line.



submitted photo

I reach aid station #4 at mile twenty-three and see that I have beat the hard cut-off time by more than 30 minutes. I have managed to impress myself. I'm doing this. I am REALLY doing this. Still, there's more than half way to go, best not get too excited. The course is tough, many hills covered in crumbling rock. Some of the hills are a slow climb at best, but I just keep moving forward.

At each of the remaining aid stations I take a fistful of snacks and stuff a few extra in the pocket of my hydration pack for later. I snack along the way and sing out loud to myself "Alabama, Arkansas – I do love my maw and paw, but not the way I do love you!" (Home – Edward Sharpe and the Magnetic Zeros), which makes me think of my family awaiting me at the finish line, and, in turn, makes me feel like a shiny new pair of shoes. Things do start to feel a little rough around aid station #7 (just about 40 miles). My legs are heavy, the sun is high in the sky and the electrolyte drink is NOT agreeing with me. I tell myself to just keep leaning forward, trusting that my feet will fall in front of me and my legs will continue to hold me upright.

The last 10 miles are by far the longest. I think my pace has been consistent; I've passed a handful of folks at each of the final 3 aid stations and managed to not wipe out along the way. I meet up with a fellow runner during a walk break around mile 48. He is also surprised at his ability to come this far. It's his first 50-miler and his family is patiently awaiting his return at the finish. We jog along together for the better part of the final two miles. We can hear the finish line festivities echoing up through the woods and we know for sure we're going to make it! As we approach the clearing of the trail leading to the finish line, his children race up the trail to greet him and finish his adventure with him.

To my surprise, mine are also standing there at attention, ready to side up with me and carry me off to the finish. They accompany me to the end and escort me through the chute... we finish together. I am greeted at the end by my husband—my partner in running crime—smiling and proudly examining my finisher's medal. I am happy to be met with hugs, kisses and congratulations from my "support crew." It eases my mind to know the hours I spent away from them battling my demons alone in the wilderness were fully supported and even encouraged. I think to myself, "Why did I doubt? Why did I EVER think this could NOT be done? When can I do the next one?" I set my old, stained hydration pack on the ground, lay down in the grass, stare at the bright blue sky and revel in the fact that I now possess the EXACT same finisher's medal as the showered, rested and fed runners surrounding me; convinced, for now, that I AM worthy of being among such a fine group of runners.

*Stacey Malecky is the Club Manager for the Chattanooga Track Club.*

*She can be reached at: [smalecky@chattanoogatrackclub.org](mailto:smalecky@chattanoogatrackclub.org)*



## WHY I RUN

by Christopher Netherland

November 19, 2011, I was watching television and having difficulty breathing. Not only was I a pack-a-day-plus smoker, the excess flesh around my neck was restricting my airway. I hadn't really ever been in great shape, unless those few months in Marine Corps basic training and School of Infantry count. Even then, I rarely did more than was required to get by. I had really let myself go over the past several years though – work, school and relaxing when I could. I hadn't given it much thought until that day, but there I was being choked by my own neck and wheezing from smoking, and with a family history of diabetes and heart disease. I was thinking, "I am not yet married...I don't have a good chance of even seeing my children graduate high school."

I prayed on that day for God to take away my addiction to nicotine, He did immediately, and I ran. I just wanted to see if I still could. I ran and prayed thankfully for my release from bondage to nicotine. I didn't make it a mile. It felt good to run though and I soon went back out and did it again; each time running a little farther.

Soon afterwards I watched a TV interview with Dr. T. Colin Campbell. He was discussing the benefits of a whole food diet. I thought this may help combat many of my other health issues. I was currently eating the typical American diet of fast food restaurants and convenient but unhealthy food at home. Discussions about food choices bring up passionate feelings on every side of the conversation. I have met people who are strongly for, strongly against, and some who don't care, but I can only tell you what adopting a plant-based diet did for me. Over the next year I learned about my choices and their consequences, and I am still learning today.

I signed up and ran my first 5k, the Scenic City 5K, on February 25, 2012. It was cold and exhilarating. I had a feeling of accomplishment and was a little overwhelmed that I was actually, if only a little, part of the running community. I found a rewarding new life free from unhealthy habits, with better nutritional choices, and part of an active community. I continued to train for and run 10k, 15k and a half marathon distances before my full marathon training was put briefly on hold.

In the fall of 2012 I took a short mission trip to serve in Zimbabwe. While this was a rewarding experience for the typical reasons, I also brought back another valuable lesson.

I sat among a group of folks who very rarely ate well; their diet particularly lacked meat, and had to tell them when offered "no thank you, I don't eat that." I was appalled by the realization of what they had sacrificed to prepare this meal for me; a meal I wouldn't eat. Truthfully I would have, if not for fear because it had been so long since I had eaten meat. I decided then to change just a little when I got home. I now buy plant-based whole food for home, but eat at least one meal per week which includes some animal products. I no longer need to interview family and friends before sitting down to a community meal and the day of fellowship is no longer focused on me and my diet. I no longer worry the mashed potatoes are going to poison me. Serving others overseas taught me to shift focus away from absolutes in my diet toward a balanced life in a community. By reducing the burden of my choices on others, the lifestyle they saw in me became more attractive rather than potentially irrelevant and egocentric.

On November 10, 2012, less than a year from starting to run, I completed the Battlefield Marathon. I ran 26.2 miles! From sitting on a couch, overweight, smoking, are you kidding? When I crossed the finish line I was overwhelmed. Someone told me "people do it, why not you?" and I realized they were right. I wasn't so unique that I couldn't get the same results as anyone else with desire, determination and the good advice of experienced runners. I was slow for sure and still am, but I've been able to remain injury free and enjoy this gift of health.

I keep going out there because I like what it is doing for me, I like being able to share this gift with others, and I like the fellowship in our active community. This last bit has led me to branch out into other sports and communities. I completed my first ever Ironman 70.3 in Augusta recently. The months of training with others were enjoyable and the race was a great bonus.



submitted photo

**I run. I am a member of  
Chattanooga Track Club.  
I am the Huddle Leader for  
Team FCA Endurance Chattanooga.**

*A "Huddle Leader" serves as the primary contact for FCA's adult ministry in the local endurance community.*

# FRONT RUNNER ATHLETICS

4251 Hixson Pike Chattanooga, TN



[www.FrontRunnerAthletics.com](http://www.FrontRunnerAthletics.com)  
**423.875.3642**

## TECHNOLOGY PROJECTS

### Web Application Design & Development

HTML5    CSS    JavaScript    JQuery    CFWheels  
ColdFusion    Java    SQLServer    Windows    VMWare

[tech-projects.com](http://tech-projects.com) 423.267.7375



# UTC Half Marathon Club Going Strong In Its Second Year

by Stephanie Windle

The UTC Half Marathon Club had a great semester! Group members participated in regular group runs twice a week. These runs, which usually last around 45 minutes, start in Heritage Plaza and lead to the River walk. Group members enjoyed our semester social event where we walked from the UTC campus to downtown and ate dinner together. It was a great way for club members to get to know each other. On November 2, our club participated in the Ringgold Rotary 5k/10k where three club members were awarded prizes. Josh Erhard placed first in the 10k, Stephanie Windle placed 1st in the female division of the 5k and Melissa Miller placed 2nd in the female division of the 5k. On November 9, many members represented our club as volunteers at the Chickamauga Battlefield Marathon. We were glad to be part of making this annual event such a huge success. Next semester we plan to participate in many events. We will hold regular group runs and meetings and provide training support and encouragement for our members running in a half or full marathon next semester.

If you are interested in joining the UTC Half Marathon Club please contact me at :

865-773-2311 or [stephaniewindle@mocs.utc.edu](mailto:stephaniewindle@mocs.utc.edu)



## 2013 Raccoon Mountain 5K Results

### OVERALL FEMALE

- 1 Ellie Shelton 24:58

### OVERALL MALE

- 1 Christopher Butler 19:35

### FEMALE MASTERS

- 1 Paige Phillips 30:38

### MALE MASTERS

- 1 Bobby Smith 24:37

### MALE GRAND MASTERS

- 1 Thomas Sizemore 27:16

### FEMALE AGE GROUP: 14 & UNDER

- 1 Aly Butler 28:11
- 2 Stella Malecky 33:44

### MALE AGE GROUP: 14 & UNDER

- 1 Jax Rollins 24:14
- 2 Ian Wilson 31:50
- 3 Jivan Taj 35:32
- 4 Killian Malecky 45:26

### FEMALE AGE GROUP: 15 - 19

- 1 Sophia Shelton 33:21
- 2 Kelsey Long 56:19
- 3 Chloe Long 57:38

### MALE AGE GROUP: 15 - 19

- 1 Carter Glenn 24:44
- 2 Levi Carter 25:48
- 3 Jack Glenn 30:10

### FEMALE AGE GROUP: 20 - 29

- 1 Kendi Cagle 26:17
- 2 Jessica Hall 32:48
- 3 Lauren Holcomb 35:23
- 4 Allison Escandon 41:05
- 5 Courtney Crackel 52:40

### MALE AGE GROUP: 20 - 29

- 1 Matthew Chrnalogar 23:11
- 2 Seth Paul 26:25
- 3 Benjamin Dicks 26:43
- 4 Will Stansfield 31:36

### FEMALE AGE GROUP: 30 - 39

- 1 Kathleen Wohlers 31:29
- 2 Natalie Phillips 34:01
- 3 Laura Nettles 38:53
- 4 Jennifer Plummer 40:56

### MALE AGE GROUP: 30 - 39

- 1 Ringo Long 21:52
- 2 Eric Sizemore 22:43
- 3 David Kemp 25:48
- 4 Alan Tantiachai 26:01
- 5 Blake Roberts 26:39
- 6 Andrew Kean 26:39
- 7 Andy Pearson 28:38
- 8 Jackson Hickman 36:26
- 9 Mark Malecky 45:26

### FEMALE AGE GROUP: 40 - 49

- 1 Karen Spivey 35:51
- 2 Lisa Cahill 37:48
- 3 Stacy Boydston 55:36

### MALE AGE GROUP: 40 - 49

- 1 Chris O'Connor 25:52
- 2 Dale Opperman 30:45
- 3 Peter Wilson 31:50
- 4 Mark Spivey 35:36
- 5 Kent Callison 36:54

### MALE AGE GROUP: 60 & OVER

- 1 Hugh Arnold 28:59

## 2013 Raccoon Mountain 10K Results

### OVERALL FEMALE

- 1 Jessica Marlier 37:57

### OVERALL MALE

- 1 Geno Phillips 35:26

### FEMALE MASTERS

- 1 Dianna Leun 43:52

### MALE MASTERS

- 1 Dean Thompson 35:38

### FEMALE GRAND MASTERS

- 1 Susan Laughrey 57:50

### MALE GRAND MASTERS

- 1 Bill Minehan 42:10

### FEMALE AGE GROUP: 19 & UNDER

- 1 Brooke Cilley 57:51
- 2 Amanda Escandon 1:06:57
- 3 Lauren Gusso 1:07:00

### MALE AGE GROUP: 19 & UNDER

- 1 Justin Joseph 56:33

### FEMALE AGE GROUP: 20 - 24

- 1 Sandra Rudel 54:21
- 2 Madison Keizer 1:06:32
- 3 Shawnda Stewart 1:09:27

### MALE AGE GROUP: 20 - 24

- 1 Tim Zorca 40:30
- 2 Nathan Meharry 42:52
- 3 David Schoenebeck 51:00
- 4 Marcus Khuns 52:43
- 5 George Todd 56:29
- 6 Jeffrey Kite 57:08
- 7 Justin Morgan 1:29:16

### FEMALE AGE GROUP: 25 - 29

- 1 Allison Colberg 46:49
- 2 Karin Maucere 47:34
- 3 Chelsey Breedy 1:00:30
- 4 Courtney Hays 1:01:24
- 5 Heather Harrison 1:02:16
- 6 Alicia Fulbright 1:06:36
- 7 Alison Elder 1:20:08

### MALE AGE GROUP: 25 - 29

- 1 Cullom Bay 38:41
- 2 David Pharr 47:56
- 3 Brent Perkerson 54:32
- 4 Jeremy Kluttz 54:42
- 5 Joseph St John 58:38
- 6 Brandon Escandon 1:09:54
- 7 Brian Elder 1:20:08

### FEMALE AGE GROUP: 30 - 34

- 1 Jaclyn Becker 53:58
- 2 Khann Chov 55:10
- 3 Jacky Gonneson 58:54
- 4 Jennifer Baggett 1:04:35
- 5 Kara Winder 1:07:34
- 6 Kimberly Sissom 1:08:03
- 7 Bethany Arnold 1:08:03
- 8 Taray Kelly 1:09:17
- 9 Malinda Hunter 1:16:04
- 10 Camilla Smith 1:19:57

### MALE AGE GROUP: 30 - 34

- 1 Jimmy Przybylowicz 41:43
- 2 Russ Rogers 44:03
- 3 John Taylor 52:09
- 4 Michael Ryan 54:23
- 5 Justin Smith 1:19:59

### FEMALE AGE GROUP: 35 - 39

- 1 Cindy Duck 44:46

2	Cynthia Allman	1:00:22
3	Katrina Yuhás	1:15:42
4	Evin Norris	1:17:25

**MALE AGE GROUP: 35 - 39**

1	Nathan Kile	40:26
2	Matthew Amick	40:47
3	Derrick Marr	45:40
4	Knot Miles	55:57
5	Steven Baggett	1:04:35

**FEMALE AGE GROUP: 40 - 44**

1	Lisa Logan	46:11
2	Kimberly Cilley	57:50
3	Julie Whitefield	1:00:42
4	Wendy Tipton	1:12:46

**MALE AGE GROUP: 40 - 44**

1	Tripp McCallie	41:15
2	James Daresta	48:14
3	Ryan Contorno	54:28
4	Anthony Spallone	54:53
5	Eric Joseph	56:34
6	Kirk Whitefield	59:27
7	Chris Baurom	59:50
8	Pat Cerico	1:04:04
9	Jimmy Norris	1:17:26

**FEMALE AGE GROUP: 45 - 49**

1	Sue Barlow	49:28
2	Coleen Pruitt	1:06:21
3	Angela Haustman	1:15:45
4	Nicole McDowell	1:55:16

**MALE AGE GROUP: 45 - 49**

1	Ryan Shrum	37:51
2	Dave Porfiri	56:39
3	Gregg Layne	57:02
4	Thomas Oliver	58:27
5	Sujeel Taj	58:45
6	David Glenn	59:04
7	Jay Toney	59:54
8	Keith Turner	59:59
9	Edward Hunt	1:00:11

**FEMALE AGE GROUP: 50 - 54**

1	Beth Rice	57:55
2	Gwen Meeks	58:54
3	Brenda Zorca	59:25
4	Nadine Whitt	1:08:54
5	Ann Humphries	1:17:02

**MALE AGE GROUP: 50 - 54**

1	Ray Kellum	45:54
2	Andy Zorca	49:15
3	Mike Sparkman	50:28
4	Bernd Hessing	51:22
5	David Dehart	55:18
6	Thomas Wilk	55:31
7	Toni Grossi	55:43
8	Joe Dumas	55:44
9	Steve Tompkins	1:01:44

**FEMALE AGE GROUP: 55 - 59**

1	Cathy Gracey	59:25
---	--------------	-------

**MALE AGE GROUP: 55 - 59**

1	Tommy Nichols	47:48
2	Bill Brock	58:54
3	David Halicks	1:04:55

**FEMALE AGE GROUP: 60 - 64**

1	Mildred Bethea	1:01:38
---	----------------	---------

**MALE AGE GROUP: 60 - 64**

1	Roger Harris	46:40
2	John Crawley	49:38
3	Joe Axley	50:35
4	Paul Whitt	50:39
5	Martin Klinghard	1:00:23

6	Tim Metcalf	1:01:13
7	Tom Gribben	1:04:22

**FEMALE AGE GROUP: 65 - 69**

1	Sue Anne Brown	1:02:24
---	----------------	---------

**MALE AGE GROUP: 65 - 69**

1	109 Dan Bowles	58:41
2	160 John Meldorf III	1:25:21

**MALE AGE GROUP: 70 & OVER**

1	Sergio Bianchini	48:05
---	------------------	-------

**2013 Johnson Mental Health Center 10K Results**

**OVERALL FEMALE**

1	Jessica Marlier	37:31
2	Jenn Stocks	39:25
3	Zamzam Sangau	40:38

**OVERALL MALE**

1	Justus David	32:49
2	Nathan Wanuch	32:50
3	Geno Phillips	34:27

**FEMALE MASTERS**

1	Dianna Leun	41:37
2	Sue Barlow	48:22
3	Pam Nile	49:58

**MALE MASTERS**

1	Dean Thompson	34:43
2	Hugh Enicks	35:51
3	Tim Ensign	35:53

**FEMALE GRAND MASTERS**

1	Corinne Henderson	51:38
2	Vickie Pitts	53:46
3	Beth Rice	53:59

**MALE GRAND MASTERS**

1	Bill Minehan	40:31
2	Jude Hacherl	40:56
3	Chad Varga	42:37

**FEMALE SENIOR GRAND MASTERS**

1	Sue Anne Brown	58:05
2	Bonnie Wassin	1:08:46
3	Janet Williams	1:10:08

**MALE SENIOR GRAND MASTERS**

1	Sergio Bianchini	45:04
2	John Crawley	46:47
3	Greg Heath	47:32

**FEMALE AGE GROUP: 19 & UNDER**

1	Sara Ownbey	46:43
---	-------------	-------

**MALE AGE GROUP: 19 & UNDER**

1	Gage Whited	54:47
2	Janzen Nile	57:22

**FEMALE AGE GROUP: 20 - 24**

1	Jordan Keller	52:34
2	Jacquelyn Layton	1:00:57
3	Candance Hendon	1:01:44

**MALE AGE GROUP: 20 - 24**

1	Lucas Stocks	36:41
2	Rashad Gober	54:03

**FEMALE AGE GROUP: 25 - 29**

1	Karin Maucere	45:32
---	---------------	-------

2	Shannon John	51:42
3	Christine Henry	55:05
4	Jenna Dixon	58:25
5	Mary Vercoe	59:11
6	Amy Bearden	1:00:57
7	Allison Finkell	1:03:32
8	Laura Bond	1:10:30
9	Kori Bell	1:11:57
10	Tessa Baker	1:19:33
11	Tabitha Nanney	1:22:54

**MALE AGE GROUP: 25 - 29**

1	Don Humphreys	36:13
2	Andy Highlander	37:43
3	Thomas Cable	39:33
4	Zach McElrath	42:05

**FEMALE AGE GROUP: 30 - 34**

1	Mindy Williford	44:59
2	Kimberly Womack	50:14
3	Jaclyn Beckler	52:02
4	Becky Ginder	53:01
5	Jennifer Rintelman	53:32
6	Cari Camden	1:01:38
7	April Newell	1:06:45
8	Vanessa Moser	1:07:49
9	Elizabeth Sullivan	1:13:34
10	Jenni Simmons	1:14:48
11	Tiffany Barnett	1:19:32

**MALE AGE GROUP: 30 - 34**

1	Russell Rogers	43:07
2	Eric Sisemore	45:48
3	Hubert Hixson	53:13
4	Joshua Henry	54:50
5	Matt Brooks	57:54
6	Jeremy Womack	1:03:01
7	Nathaniel Jackson	1:29:44

**FEMALE AGE GROUP: 35 - 39**

1	Sara Deyoung	53:06
2	Paula Demaro	53:53
3	Whitney Allison	1:00:03
4	Mimi Long	1:05:20
5	Barbara Blansett	1:09:18
6	Evin Norris	1:10:53
7	Cindy Sereebutra	1:12:49
8	Larena Ward	1:14:11
9	Caroline Prigmore	1:19:17
10	Kristy Stewart	1:20:00
11	Kristen Smith	1:21:50
12	Christine Johnson	1:34:53

**MALE AGE GROUP: 35 - 39**

1	Nathan Kile	40:41
2	Knox Hilles	51:26
3	Douglas Kelly	54:31

**FEMALE AGE GROUP: 40 - 44**

1	Tonya Craft	50:18
2	Diana Moya	54:00
3	Becky Croft	59:45
4	Paige Phillips	1:00:28
5	Jennie Gentry	1:00:29
6	Christal Brown	1:01:47
7	Sheryl Jenkins	1:04:20
8	Debbie Steele	1:04:43
9	Kimmy Randolph	1:04:54
10	Jennifer McCarty	1:04:57
11	Allison Evans	1:06:42
12	Alice Phillips	1:10:11
13	Carmen Vanderhoof	1:21:15
14	Marcy Jackson	1:29:44

**MALE AGE GROUP: 40 - 44**

1	Steve Morrison	40:21
2	Craig Raughton	52:25
3	Rick Deyoung	53:38
4	Jimmy Norris	1:10:54

**FEMALE AGE GROUP: 45 - 49**

1	Elizabeth Oconnor	59:29
2	Laura Ownbey	59:40
3	Tonia Johns	1:02:44
4	Tammy Johnson	1:06:34

**MALE AGE GROUP: 45 - 49**

1	Ryan Shrum	36:18
2	David Moghani	41:33
3	Sujeel Taj	52:09
4	Ron Miksa	53:53
5	Eric Carter	1:10:11

**FEMALE AGE GROUP: 50 - 54**

1	Betty Holder	55:39
2	Gwen Meeks	57:18
3	Brenda Zorca	58:01
4	Pam Keeter	59:44
5	Margaret Cawood	1:00:57
6	Carolyn Funderburk	1:01:18
7	Pam Cuzzort	1:08:08
8	Vanessa Nunley	1:12:02

**MALE AGE GROUP: 50 - 54**

1	Andy Zorca	49:45
2	Anthony Grossi	50:44
3	Joe Dumas	53:02
4	Steve Smalling	56:11
5	Doug Torrance	56:13
6	Steve Thompkins	57:31
7	Tim Larson	1:17:54

**MALE AGE GROUP: 55 - 59**

1	Mike Usher	45:45
2	Bill Brock	53:37
3	Richard Rogers	54:01

**MALE AGE GROUP: 60 - 69**

1	Joe Axley	49:02
2	Thomas Sisemore	53:09
3	Mike Martin	58:25
4	Dan Woughter	59:46
5	Tim Metcalf	1:00:10
6	Daniel Smith	1:07:46
7	Jerry Ferrari	1:10:00



## ChiRunning Workshop Teaches Efficient, Injury-free Running.

by Jeff Carnivale

*ChiRunning is a running technique built on the movement principles of T'ai Chi. In September Jeff Carnivale a ChiRunning Master Instructor, presented a level 1 workshop sponsored, in part, by the Chattanooga Track Club.*

About ten years ago CTC member Bill Brock had a chance to hear ChiRunning founder, Danny Dreyer, speak at the Big Sur Marathon expo. Many of the concepts and mechanics of ChiRunning resonated with Bill, so much so that he ran a better feeling marathon the very next day. I have been in touch with Bill often over the past few years, and the opportunity finally arose for me to schedule a workshop in Chattanooga in June.

We had a small and successful workshop on a sunny Saturday. By the end of the day, all the participants were feeling like they were moving easier and more efficiently. Afterwards, I received a few emails including one from Rick who said, "Went for my Sunday run the day after the workshop and felt much less effort and ran my normal route faster, only problem was my dog had a tough time keeping up."

Thanks to Bill and Stacey and the Chattanooga Track Club, I was able to return in September for another full-day workshop. It was another beautiful, Chattanooga day as we gathered at the meeting room. After getting to know each other's running history we got down to the first priority of good running, posture (see the additional article on this page).

We spent the morning going through the individual technique points of efficient running form; good posture, relaxed feet and ankles meant for peeling up not pushing off, falling into your run, and a relaxed upper body and easy arm swing. A phrase that ChiRunning founder, Danny Dreyer, likes to use is we were "feeling what it feels like." That is, establishing a new muscle memory and body-sensing the difference between old habits that were making running harder and more painful and new, efficient, relaxed movement through exercises and drills.

Just before lunch, we put the new skills together and went for a run—recording video of all the participants so we could do some gait analysis over lunch. Then it was back to honing technique points, such as finding that sweet spot of leaning and relaxing into the run, proper cadence, and tips on how to maintain form through fatigue as well as a little bit of hill work. The day wrapped up with another video session.

At the end of the day, everyone got a chance to "feel what it feels like" and walk away with a toolkit to become and remain an efficient and injury-free runner. Part of building this skill stems from the ability to see running as a practice rather than a sport, something that you bring consciousness to improving each time (like yoga or meditation).

I plan to be in lovely Chattanooga again soon and hope to offer another Level One workshop as well as continue into advanced hill running and speed work with anyone interested in a Level 2 workshop. Perhaps I'll have the opportunity to share some of your favorite running trails.

**Happy Running**

# CHECK YOUR POSTURE FOR BETTER RUNNING

by Jeff Carnivale

Have you just started running and want to add distance? Or have you run one or two 5Ks and now want to lower your time a bit? Or have you been running for a while and want to overcome an injury or avoid getting reinjured? To improve your running, you must first understand that running is a process, and this process is different for each of us.

Most runners, whether running an occasional 5K or logging 100 miles per week, have been injured or had bad days out there; maybe even questioned why we are doing this to our bodies. Many of us have thought about technique and about ways to become a better or faster runner. I would bet these thoughts or questions occur mostly while you are running. Why is my hip sore today? Do I have too many miles on these shoes?



**ABOVE LEFT:** incorrect posture; not aligning the column puts more pressure on the muscles and joints.

**ABOVE RIGHT:** correct posture; a balanced postural column.

### Self-check your posture

For a number of recreational runners, the most important improvement may happen nowhere near the track or trail. What if you could improve your running form all day long?

Take a moment now and check your posture. Is your spine lengthened through the crown of your head? Are you hunched forward? Are your feet splaying out to the side? Are your hips pushed forward or to the side? Chances are you answered “yes” to at least one of these questions.

As a culture we don’t have particularly good kinesthetic awareness. Unless you are in the midst of an acute or nagging injury, chances are you are not conscious of what your body is doing when you are not exercising. But during this time, you’re creating patterns and muscle memory that your body gets used to.

Simply being aware of your posture during the day, whether sitting, standing, walking, or refilling your water bottle, can have a positive influence on how your body will move when you put it in motion during your run. It’s unrealistic to think we can just flip a switch to turn on our best posture and body awareness only when it is time to perform.

### Relax rather than muscle through runs

Establishing good running posture habits involves more than just running upright — it means allowing your bones, ligaments and tendons (not your muscles) to support your body weight, even before you begin running. When your muscles must simultaneously bear your body weight and move your body, you can’t relax. Constricted muscles don’t move freely or efficiently, and the result can be pain and sometimes injury.

Think about that skeleton that hung at the back of anatomy class; did its feet splay out at an angle? Were the hips pushed out in front of the shoulders? Was it bent over at the waist? No, no and no.

As a child, how many of you heard “Stand up straight” or “Pull your shoulders back”? Chances are these tips (demands) to improve your posture did not include much relaxation in your body, but instead caused tension. Good posture has two main goals: alignment and relaxation. Try it. Right now, stand up tall, lengthening through the crown of your head — don’t pull your shoulders up and create tension. Make sure your knees are not locked and your feet are facing forward directly underneath you. Balance your weight on the center of your feet, move your shoulders directly on top of your hips with your pelvis level and relax into this posture (you can even do it sitting on the edge of your chair). When you attain this position, the only muscle group working is your lower abdominals. Your body’s structure is holding you upright, not small muscle groups.

If you want to sense how bad posture feels when you’re running, bend at the waist a bit (the end of race “death march” to the finish). In this position, feel the hamstrings and lower back strain, or bend the knees more (absorbing too much road before pushing off). You should begin to feel the quads and calves take over. In contrast, a relaxed running technique uses your legs only for momentary support between strides during a brief landing, not for propulsion. Postural alignment plays an important “support” role whenever your foot contacts the ground in a balanced way directly under that postural column.

If your muscles have to support your body weight with each step, you’ll tire more quickly. If you’re bent at the waist, your lower back, quadriceps and neck muscles will be carrying your weight, which makes for inefficient running and post-workout soreness. If you have poor posture (as many of us do), you can overcome it! It takes practice, but it is worth your time and effort. Less muscle soreness, quicker recovery time, and more efficient runs lie ahead. Practice good posture all day, and then take it out for a run.



# Race Review: Signal Mountain Pie Run

By John Hunt

When Geno Phillips and Jessica Marlier show up for a local road race, the rest of the field can start thinking about who will finish second. Such was the case when these two took home the overall awards in the annual Signal Mountain Pie Run, a challenging yet picturesque 10K race that starts and finishes at the Signal Mountain Athletic Club, formerly the old Signal Mountain Junior High School.

Phillips won his 10th race of the year and third 10K in recent weeks with a time of 35 minutes, 52 seconds while Marlier wasn't far behind as she had another personal best with a time of 37 minutes, 24 seconds, which was fifth overall in the field of 129 who finished. While Phillips was averaging 5:47 per mile in his winning effort, Andy Highlander was the runner-up in 36:46. Peyton Miller was third in 36:52 while Ryan Shrum was fourth in 37:01. Mark Malecky was the fifth male as he took sixth overall in 39:34. Amanda Tate was the female runner-up in 40 minutes flat as she was eighth overall while Masters champ Dianna Leun was the third female as she finished 13th overall in 43:52. Allison Colberg and Natalie Sims were the fourth and fifth ladies with times of 46:57 and 47:17, good enough for 24th and 25th places respectively.

The air was a bit on the brisk side for the 8 a.m. start as many runners wore tights, long sleeves, gloves and toboggans, but what a perfect day for a race on one of the prettiest courses in Chattanooga. Phillips and Highlander ran together for the first four miles, but Phillips never slowed down as he charged up the final hill to finish 54 seconds ahead of his younger challenger. "It was cold, but I felt good," the 42-year-old Phillips said inside the gym where it was somewhat warmer than outside. "I was wanting to run negative splits. I had a six-minute first mile and picked it up from there. This is a tough course, but I like hills. I have more trouble

running hard going down, but I can go up just fine. Andy and I ran together for several miles, but he dropped a bit on the way back," the Red Bank Middle School teacher added.

Highlander is a 26-year-old civil engineer who was just hoping to do better than his last 10K at Joe Johnson. He was able to do just that and was happy at the finish line.

"I was just trying to have a better run than I had a Joe Johnson as I've been working on my strength. My goal was to run strong for four miles and that's what I did and that's where Geno started pulling away. I was just holding on at the end," Highlander explained.

Marlier, pronounced Mar-lee-aay, has been on fire in recent weeks as she had personal bests at Raccoon Mountain and Joe Johnson. "The thought of a nice apple pie and some warm clothes really kept me going today," the petite 28-year-old said. "This is definitely one of the more challenging races, but I think I started out a little too quick which made that last mile tough. There wasn't as much pressure without a watch as I was just running by how I felt."

Amanda Tate had an outstanding career at UTC in the mid-90s where she excelled in track and cross country. These days, she stays busy as a physical therapist for Center for Sports Medicine and as a mother of four-year-old twins and an 18-month old. Her 36th birthday was the same weekend as the race. "I'm planning to run Kiawah in December, so I just used today's race as a training run. This certainly isn't a PR course for most runners, but I love running up here." Tate explained. Rick Loggins was just one of several veteran runners who showed up and ran this popular event. Loggins is now 53, but this is one of those races he points to every fall. "A 10-dollar entry fee and a pie. That's two good reasons for me to come up here every year, but I just started back running about three weeks ago. I predicted a 55:55 and I think I had a 55:45," Loggins explained. This is the 38th year for this race to be held and Lee Davis' 14th year to serve as race director for the event. His wife Heather Ott is the Baylor girls cross country coach and they were all out in force working one of the water stops and offering encouraging words to the runners.

(Email John Hunt at [nomathonmoose@comcast.net](mailto:nomathonmoose@comcast.net))

## 2013 Signal Mountain Pie Run 10K

### OVERALL FEMALE

- 1 Jessica Marlier 37:24
- 2 Amanda Tate 40:00

### OVERALL MALE

- 1 Geno Phillips 35:52
- 2 Andy Highlander 36:46

### FEMALE MASTERS

- 1 Dianna Leun 43:52

### MALE MASTERS

- 1 Ryan Shrum 37:01

### FEMALE GRAND MASTERS

- 1 Michelle Anderson 55:07

### MALE GRAND MASTERS

- 1 Ray Kellum 45:25

### MALE AGE GROUP: 14 & UNDER

- 1 Nicholas Leun 1:15:40

### FEMALE AGE GROUP: 15 - 19

- 1 Gabrielle Edge 50:46
- 2 Melissa Cate 58:01
- 3 Haley Leun 1:09:47

### MALE AGE GROUP: 15 - 19

- 1 Levi Carter 55:50
- 2 Michael Thelen 1:03:01

### FEMALE AGE GROUP: 20 - 24

- 1 Sarah Warner 47:17
- 2 Tera Davidson 49:36
- 3 Sarah Toliver 55:28

- 4 Katie Arnold 55:31

- 5 Katie Honeycutt 57:00

- 6 Cristi Garner 1:03:43

- 7 Brandi Cordell 1:04:02

- 8 Jessica Grimes 1:07:28

- 9 118 Hilary Deifenderfer 1:07:28

- 10 122 Alissa Bayless 1:11:01

### MALE AGE GROUP: 20 - 24

- 1 3 Peyton Miller 36:52

- 2 7 Tim Zorca 39:48

- 3 20 Marcus Bianchini 45:50

- 4 Michael Martin 55:59

### FEMALE AGE GROUP: 25 - 29

- 1 Allison Colberg 46:57

- 2 Andrea May 48:01

- 3 Robyn Wolfe 53:58

- 4 Laurie Stevens 54:14

- 5 Cherish Hamill 57:00

- 6 Aubrey Stout 58:30

- 7 Krissy Schultz 1:02:00

- 8 Camille Ward 1:04:55

- 9 Hannah Powell 1:05:02

- 10 Dana Swafford 1:07:28

- 11 Andrea Taylor 1:15:38

- 12 Vivian Garrett-McClain 1:29:31

- 13 Ashley Leverett 1:34:42

### MALE AGE GROUP: 25 - 29

- 1 Chas Webb 45:17

- 2 Michael Moore 51:07

- 3 Matt Murray 53:45
- 4 Josh Scott 1:00:15

**FEMALE AGE GROUP: 30 - 34**

- 1 Kathy Johns 48:40
- 2 Amanda Afdahl 49:37
- 3 Katie Stanford 49:42
- 4 Leigh Cox 54:27
- 5 Jacklyn Beckler 54:35
- 6 Laura Eichenberger 58:18
- 7 Jennifer Baggett 1:02:18
- 8 Sara McIntyre 1:03:40
- 9 Katie Pridemore 1:05:09
- 10 Lindsay McIntyre 1:05:45
- 11 Maggie Evans 1:06:12
- 12 Elizabeth Murphy-Spivey 1:14:35
- 13 April Counts 1:19:27
- 14 Alison Ott 1:19:27

**MALE AGE GROUP: 30 - 34**

- 1 Russell Rogers 43:46
- 2 Andrew Temple 55:14
- 3 Hubert Hixson 55:19

**FEMALE AGE GROUP: 35 - 39**

- 1 Natalie Sims 47:17
- 2 Sarah Powe 47:30
- 3 Terina Akovenko 49:28
- 4 Shannon Derogatis 52:54
- 5 Kayoko Dan Temple 1:04:45
- 6 Amy Brock-Hon 1:05:13
- 7 Angela Amick 1:06:26

**MALE AGE GROUP: 35 - 39**

- 1 Mark Malecky 39:34
- 2 Matthew Amick 40:14
- 3 Adam Webb 40:39
- 4 Nick Wilkinson 44:06
- 5 Adam Burnett 45:07
- 6 David Cook 45:13
- 7 Jason Hamrick 46:24

- 8 Norman Davis 50:31
- 9 Michael Deantonio 51:51
- 10 Jason Lyles 55:53
- 11 Jason Cox 56:51
- 12 Steven Baggett 59:21
- 13 Andrew McMahan 1:04:00

**FEMALE AGE GROUP: 40 - 44**

- 1 Jennie Gentry 56:54
- 2 April Threkeld 58:08
- 3 Lisa Flint 1:00:33
- 4 Gina McDaniel 1:02:26

**MALE AGE GROUP: 40 - 44**

- 1 Tripp McCallie 40:19
- 2 Robert Gufstason 49:18
- 3 Greg Oberschmidt 51:22
- 4 Daniel Seth Holliday 54:22

**FEMALE AGE GROUP: 45 - 49**

- 1 Sue Barlow 48:29
- 2 Barbara Ensign 51:38
- 3 Ivey Williamson 55:02
- 4 Elizabeth Webb 55:06
- 5 Marla Hood 1:01:56
- 6 Lydia Williams 1:03:01

**MALE AGE GROUP: 45 - 49**

- 1 Dave Richter 45:02
- 2 Ed Rusk 49:29
- 3 Craig Derogatis 52:25
- 4 Rick Leun 55:22
- 5 Ed Baucom 56:00

**FEMALE AGE GROUP: 50 - 54**

- 1 Beth Rice 56:08
- 2 Edwina Gower 58:31
- 3 Cathleen Fuller 58:51
- 4 Brenda Zorca 59:03
- 5 Ann Benson 1:07:09

**MALE AGE GROUP: 50 - 54**

- 1 Raymond Beem 47:53

- 2 Andy Zorca 48:03
- 3 Joseph Williams 48:33
- 4 Mike Kirkland 54:58
- 5 Rick Loggins 55:01
- 6 Joe Dumas 57:28
- 7 Steve Smalling 58:23
- 8 Steve Tompkins 1:04:48

**FEMALE AGE GROUP: 55 - 59**

- 1 Cathy Gracey 56:49

**MALE AGE GROUP: 55 - 59**

- 1 Tim Cleary 54:01
- 2 Quint Mansell 56:12
- 3 Bill Brock 58:53
- 4 David Presley 58:53
- 5 Kevin Burke 1:02:28

**MALE AGE GROUP: 60 - 64**

- 1 Roger Harris 46:41
- 2 John Crawley 47:17
- 3 Carter Lynch 57:04
- 4 Martin Klinghard 58:48
- 5 Tim Metcalf 1:01:12
- 6 Daniel Smith 1:14:31

**FEMALE AGE GROUP: 65 - 69**

- 1 Sue Anne Brown 1:00:37
- 2 Bonnie Wasson 2:10:00

**MALE AGE GROUP: 65 - 69**

- 1 Dan Woughter 1:07:33

**MALE AGE GROUP: 70 & OVER**

- 1 Sergio Bianchini 46:55
- 2 Tony Arnold 54:21



**19 Cherokee Boulevard  
Chattanooga, TN 37405**

**(423) 265-0531**

# CHICKAMAUGA BATTLEFIELD MARATHON 2013

## MARATHON RESULTS

### OVERALL FEMALE

1 Jessica Marlier 2:52:59

2 Nathan Kile 3:04:25  
3 Jason Webb 3:06:50

### OVERALL MALE

1 Don Humphreys 2:51:24

### FEMALE AGE GROUP: 40 - 44

1 Lisa Logan 3:29:57  
2 Julie Giese 3:35:14  
3 Michelle Walker 3:36:38

### FEMALE MASTERS

1 Dianna Leun 3:27:05

### MALE AGE GROUP: 40 - 44

1 Charles McCallie 3:13:57  
2 Eric Bronkala 3:22:17  
3 John Lonseth 3:22:56

### MALE MASTERS

1 Ryan Shrum 2:52:38

### FEMALE GRAND MASTERS

1 Jane Lanford 3:39:30

### FEMALE AGE GROUP: 45 - 49

1 Marsha Morton 3:29:24  
2 Annie Harris 3:29:48  
3 Katherine Stickney 3:53:51

### MALE GRAND MASTERS

1 Hugh Enicks 2:54:22

### FEMALE SENIOR GRAND MASTERS

1 Deborah Schulte 4:39:03

### MALE AGE GROUP: 45 - 49

1 Mark Kuhn 3:09:38  
2 Dean Thompson 3:14:35  
3 Doug Murphy 3:14:48

### MALE SENIOR GRAND MASTERS

1 Paul Baswell 3:31:08

### FEMALE AGE GROUP: 19 & UNDER

1 Robin Fleming 4:07:59

### FEMALE AGE GROUP: 50 - 54

1 Jo Ann Johnson 4:18:12  
2 Laura Hudson 4:21:07  
3 Betty Holder 4:27:29

### MALE AGE GROUP: 19 & UNDER

1 David Whitmore 3:13:37  
2 Hank Warren 3:55:38

### MALE AGE GROUP: 50 - 54

1 Gregg Walchli 3:06:59  
2 Kevin Bigham 3:07:44  
3 Wayne Easterwood 3:17:16

### FEMALE AGE GROUP: 20 - 24

1 Molly O'Brien 3:37:57  
2 Catherine Gomez 3:57:43  
3 Jenny Savage 4:07:41

### FEMALE AGE GROUP: 55 - 59

1 Haeng Hee Baek 3:50:22  
2 Carmen Hodnett 4:21:56  
3 Angela Elhammer 4:43:20

### MALE AGE GROUP: 20 - 24

1 Daniel Crotts 3:04:35  
2 Seth Funderburg 3:22:41  
3 Ryan Whitmore 3:48:54

### MALE AGE GROUP: 55 - 59

1 Philip Wall 3:26:01  
2 Jeff Lee 3:34:08  
3 Sean Choi 3:39:20

### FEMALE AGE GROUP: 25 - 29

1 Carolyn Hart 3:09:01  
2 Stephanie Kynas 3:26:58  
3 Emily Spry 3:33:13

### FEMALE AGE GROUP: 60 - 64

1 Cheri Pompeo 4:44:22  
2 Sandra Weston 5:02:37  
3 Sue Colgan-Borrer 5:36:14

### MALE AGE GROUP: 25 - 29

1 Peter Preisinger 3:07:33  
2 Tom Scudder 3:31:07  
3 Dusty Jameson 3:38:49

### MALE AGE GROUP: 60 - 64

1 Anthony Garguilo 3:44:09  
2 John Anderson 3:51:14  
3 Jim Evans 3:54:04

### FEMALE AGE GROUP: 30 - 34

1 Elisabeth Adel 3:51:42  
2 Michaela Wilcox 3:58:39  
3 Courtney Curtis 3:58:56

### FEMALE AGE GROUP: 65 - 69

1 Shirley Sirois 5:10:31  
2 Bonnie Wassins 5:39:48  
3 Marion Landry 6:07:36

### MALE AGE GROUP: 30 - 34

1 Eric Cole 3:08:18  
2 Jason McVey 3:13:35  
3 Daniel Hazelton 3:17:58

### MALE AGE GROUP: 65 - 69

1 Warren Everett 4:06:53  
2 Kenneth Sirois 4:07:12  
3 Craig Kelly 4:24:27

### FEMALE AGE GROUP: 35 - 39

1 Krista Layne 3:22:57  
2 Kelly Wiedower 3:28:46  
3 Sarah Stewart 3:41:44

### MALE AGE GROUP: 70 & OVER

1 Sergio Bianchini 4:12:12  
2 Terrance O'Brien 4:42:34  
3 Michael Fleming 4:52:47

### MALE AGE GROUP: 35 - 39

1 Brett Addington 3:01:06

## HALF-MARATHON RESULTS

### OVERALL FEMALE

1 Terri Kirkman 1:29:57

### MALE AGE GROUP: 25 - 29

1 Austin Hebbeler 1:25:18  
2 Keith Jones 1:42:21  
3 Jared Dobbs 1:46:49

### OVERALL MALE

1 Jason Altman 1:14:08

### FEMALE AGE GROUP: 30 - 34

1 Mindy Freeman 1:32:55  
2 Katie Smith 1:35:06  
3 Shari Klarfeld 1:37:23

### FEMALE MASTERS

1 Stacy Floyd 1:41:10

### MALE MASTERS

1 Geno Phillips 1:14:38

### MALE AGE GROUP: 30 - 34

1 Brandon Cantrell 1:23:38  
2 Caleb Paquette 1:39:16  
3 Shaun Allen 1:39:28

### FEMALE GRAND MASTERS

1 Melissa Barlow 1:52:26

### MALE GRAND MASTERS

1 Don Mulhern 1:33:03

### FEMALE AGE GROUP: 35 - 39

1 Holly Robison 1:42:27  
2 Sarah Powe 1:43:42  
3 Kendra Stallings 1:47:51

### FEMALE SENIOR GRAND MASTERS

1 Mae Gilbert 2:04:37

### MALE SENIOR GRAND MASTERS

1 John Walker 1:39:45

### MALE AGE GROUP: 35 - 39

1 Matthew Amick 1:26:51  
2 Jeremy Shaia 1:32:18  
3 Kayvon Meehan 1:33:28

### FEMALE AGE GROUP: 19 & UNDER

1 Courtney Patrick 1:54:19  
2 Brooke Cilley 1:55:58  
3 Lindsey Hudson 2:12:53

### FEMALE AGE GROUP: 40 - 44

1 Vanessa Torrence 1:44:35  
2 Renee Marcus 1:45:54  
3 Katie Downey 1:48:39

### MALE AGE GROUP: 19 & UNDER

1 Ray Goslow 1:44:58  
2 Trent Wilson 1:45:15  
3 William Fernandez 1:48:00

### MALE AGE GROUP: 40 - 44

1 Steven Morrison 1:29:11  
2 Christopher Rehm 1:31:29  
3 Drew Trachy 1:31:44

### FEMALE AGE GROUP: 20 - 24

1 Chelsey Morris 1:33:22  
2 Sarah Zeglen 1:52:35  
3 Clara Huddleston 1:59:30

### FEMALE AGE GROUP: 45 - 49

1 Tara Sargent 1:43:35  
2 Sue Barlow 1:44:04  
3 Kelley Bradley 1:56:21

### MALE AGE GROUP: 20 - 24

1 Jacob Bradley 1:16:30  
2 Phillip Williams 1:43:43  
3 Bradley Gibson 1:51:44

### MALE AGE GROUP: 45 - 49

1 Darby Marshall 1:22:28  
2 Eric Whittington 1:33:36  
3 Shannon Heil 1:38:15

### FEMALE AGE GROUP: 25 - 29

1 Brie Kohrt 1:32:32  
2 Ashley Patrick 1:40:46  
3 Allison Colberg 1:42:04

### FEMALE AGE GROUP: 50 - 54

1 Kim Patton 1:58:12



## 5K RESULTS

2 Marjorie Rogers1:59:39  
3 Amy Phillips2:00:17

### MALE AGE GROUP: 50 - 54

1 Elton Kostecka1:33:14  
2 Jim Hughes1:43:22  
3 Dan Wright1:43:36

### FEMALE AGE GROUP: 55 - 59

1 Kathi Wagner1:59:25  
2 Robin Khouri 2:00:01  
3 Carolyn Higgins2:00:53

### MALE AGE GROUP: 55 - 59

1 Earl Wille1:40:16  
2 James Hogan1:42:46  
3 Richard Smith1:45:17

### FEMALE AGE GROUP: 60 - 64

1 Mildred Bethea2:07:14  
2 Eileen Johnson2:11:41  
3 Barbara Cogen2:15:09

### MALE AGE GROUP: 60 - 64

1 Dan Myers1:44:11  
2 Thomas Sisemore1:52:31  
3 Buddy Rabun1:58:33

### FEMALE AGE GROUP: 65 - 69

1 Sue Anne Brown2:04:40  
2 Elizabeth Wilkins2:26:56  
3 Phyllis Sizemore2:53:58

### MALE AGE GROUP: 65 - 69

1 John Blexrud1:58:37  
2 Jay Pryor2:01:50  
3 Jackson Eubank2:06:24

### FEMALE AGE GROUP: 70 & OVER

1 Esther Van Duzee2:39:08  
2 Judy Johannes3:22:54

### MALE AGE GROUP: 70 & OVER

1 Harry Dangel2:01:24  
2 Stuart Arey Jr2:22:52  
3 Dan Johnson3:19:11

### OVERALL FEMALE

1 Peggy Fults 23:19

### OVERALL MALE

1 Cory Aulich 19:15

### FEMALE MASTERS

1 Carolyn Funderburk 29:04

### MALE MASTERS

1 Larry Aulich 22:10

### FEMALE GRAND MASTERS

1 Susan Wells29:35

### MALE GRAND MASTERS

1 Donald Cantrell 23:03

### FEMALE SENIOR GRAND MASTERS

1 Debbie Garrison 39:16

### MALE SENIOR GRAND MASTERS

1 Tom Gribben 29:56

### FEMALE AGE GROUP: 14 & UNDER

1 Aubree Turner 25:24  
2 Chloe Johnson26:33  
3 Rachel Lee27:56

### MALE AGE GROUP: 14 & UNDER

1 Jack Fitzsimmons 22:34  
2 Jasper Wilson22:35  
3 Garren Miller23:08

### FEMALE AGE GROUP: 15 - 19

1 Kelly Carson 30:06  
2 Irion Peterson 31:43

### MALE AGE GROUP: 15 - 19

1 Alex Fernandez21:55  
2 Alex Tudor26:22  
3 Philip Maeser 35:50

### FEMALE AGE GROUP: 20 - 24

1 Rachel Ford31:14  
2 Lydia Hall31:36  
3 Lauren McClain 39:11

### MALE AGE GROUP: 20 - 24

1 Mason Walker21:35  
2 Clayton Smith 32:15

### FEMALE AGE GROUP: 25 - 29

1 Whitney Price 27:14  
2 Casey Jacobs 28:42  
3 Cassandra Nice31:05

### MALE AGE GROUP: 25 - 29

1 Eric Burrage 25:14  
2 Christopher Oneil 25:23  
3 James Gossett 26:59

### FEMALE AGE GROUP: 30 - 34

1 Christa Schneider 27:50  
2 Emily Phillips28:26  
3 Naoko Takenaka 28:41

### MALE AGE GROUP: 30 - 34

1 Zachary Long 20:42  
2 David Cuddeback 25:15  
3 Jason Bridges 26:21

### FEMALE AGE GROUP: 35 - 39

1 Melissa Cleveland 30:09  
2 Amy Brock-Hon30:41  
3 Corey Dobyons 31:14

### MALE AGE GROUP: 35 - 39

1 Jeff O'Fill20:50  
2 Brad Davis25:34  
3 William Pullen25:57

### FEMALE AGE GROUP: 40 - 44

1 Jennifer Montgomery29:46  
2 Lisa Culver 30:06  
3 Paige Phillips30:22  
MALE AGE GROUP: 40 - 44  
1 Brian Bolt24:04  
2 Takehito Ito30:31  
3 Ray Bell34:13

### FEMALE AGE GROUP: 45 - 49

1 Kelly Hoal31:12  
2 Connie Petty33:28  
3 Tina Phillips40:33

### MALE AGE GROUP: 45 - 49

1 Scott Guess24:22  
2 Keith Todd31:48  
3 David Nunn35:25

### FEMALE AGE GROUP: 50 - 54

1 Sharon Henderson31:12  
2 Carol Fleming31:57  
3 Sandra Jeffers 34:15

### MALE AGE GROUP: 50 - 54

1 Geary Fults23:54  
2 Arthur Holden27:07  
3 Matt Earnes30:01

### FEMALE AGE GROUP: 55 - 59

1 Shay Hackworth 30:14  
2 Regina Hall30:21  
3 Anne Louise Horgan 30:34

### MALE AGE GROUP: 55 - 59

1 Dave Morgan23:07  
2 Miles Tanenbaum 24:28  
3 Rick Maeser31:17

### FEMALE AGE GROUP: 60 - 64

1 Diane Wall 42:15  
2 Barbara Davis 43:46

### MALE AGE GROUP: 60 - 64

1 Jim Hamblen32:20  
2 Robert Higgins38:30  
3 Timothy Davis 43:46

### FEMALE AGE GROUP: 65 - 69

1 Judy Trapp43:47

### MALE AGE GROUP: 65 - 69

1 Doug Ringer31:49  
2 Alan Kohrt32:04

### FEMALE AGE GROUP: 70 & OVER

1 Paula Allen 49:09  
2 Jean McHugh-Horgan 53:14

### MALE AGE GROUP: 70 & OVER

1 Charlie Cogen39:27  
2 Phil Thomas51:06

For a complete listing of race finishers visit the Chattanooga Track Club website at [www.chattanoogastrackclub.org](http://www.chattanoogastrackclub.org).



# Track Club Membership Is At An All-Time High, But That Is Just The Beginning!



by Jason Liggins

Wow! I cannot believe we are already at the end of 2013. At the beginning of this year the membership committee declared 2013 “The Year of the Members.” We wanted to show our members that the Chattanooga Track Club is an elite organization whose members are truly valued.

*That is just what we did.*

Currently we have 900 members. This is a 40% increase over last year and the highest total on record. Truly we are a club that is on the move. We have seen tremendous growth because the word is out: The Chattanooga Track club is the organization to be part of. We have a diverse membership with runners of all ages and paces.

Our growing membership has also brought an increase in member involvement. Every event this year saw increased participation. In addition to our outstanding races we have put on fun-filled social events like a picnic catered by Champy’s, the second annual Pizza Palooza at Mellow Mushroom, and an Election Party catered by Sticky Fingers. These events gave runners a chance to come together for fun and fellowship.

As the year draws to an end we have already begun planning big things for next year. On January 18, 2014, we will hold our annual banquet. The featured speaker will be best-selling author and champion athlete, Dick Beardsley. You don’t want to miss this special night.

As you can see, the Chattanooga Track club is on the move from good to great. 2013 was a super year, and 2014 will be even better.

It’s also time to renew your membership. Everyone who joins or renews before the Scenic City Half-Marathon in February will be entered in a drawing for a Litespeed bicycle! That is just the tip of the iceberg. There are so many other benefits and prizes to come in the next year.

**Come be a part of this amazing organization. Join today at [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org).**



# Scenic City Half Marathon 5K & Charity Challenge

Chattanooga's Urban  
Half Marathon

Saturday, February 22, 2014  
8:00 a.m. EST

Start/Finish at Finley Stadium  
Chattanooga, TN

Participating Charities:

**Special Olympics**  
Tennessee  
Southeast Region

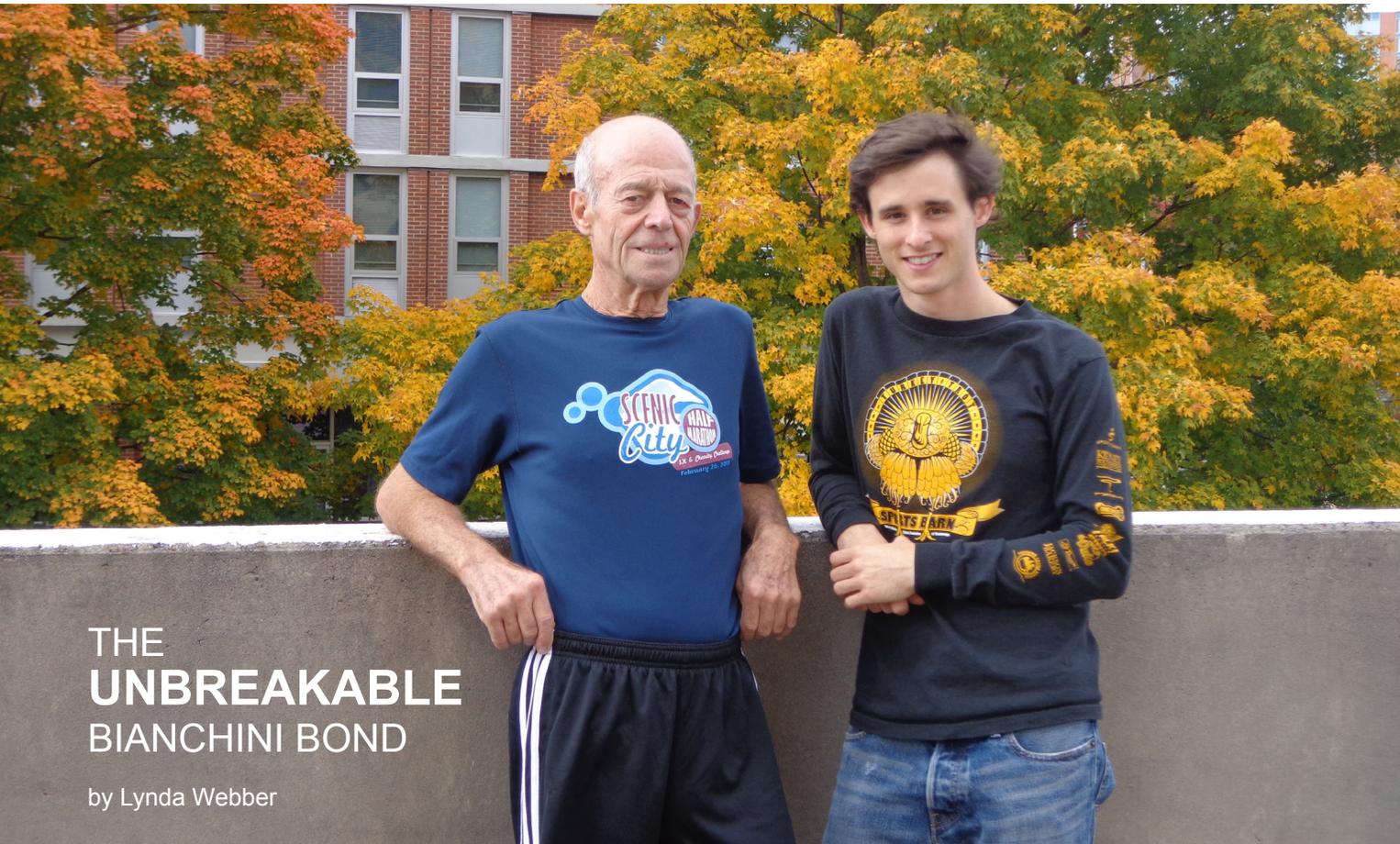


For Registration and Additional Information  
see event website:

[www.ScenicCityHalfMarathon.com](http://www.ScenicCityHalfMarathon.com)

Presented by the Chattanooga Track Club





## THE UNBREAKABLE BIANCHINI BOND

by Lynda Webber

Sergio Bianchini's only child, Marco, was born when Sergio was 50 years old, an age when most adults are looking forward to being grandparents. Marco was ten years-old when Sergio, at 60, took up running. It was immediately apparent that, in addition to being blessed with a son in his autumn years, he had also been blessed with a wide streak of speed, regularly finishing the local races far ahead of much younger men and women. What are the chances that Marco, two generations behind his dad in age, would turn out to be a chip off the old Bianchini block?

In 2002, at the age of 12, Marco ran his first race, the Komen-Chattanooga Race for the Cure. Young Marco finished in just under 30 minutes and never looked back, continuing to build his own portfolio of races with the Chattanooga Track Club right alongside his dad. Over the next ten years, the two of them ran many a CTC race together.

Sergio (eventually nicknamed "The Surge") only continued to increase his speed well into his 60s, flying past men half his age and younger, with no indication of slowing down. Marco was always right behind him.

"Didja beat yer old man yet?" became a common greeting to Marco at the races and young Marco would always smile shyly and reply, "Not yet!"

Inevitably, that day came in 2007 at the Chickamauga Battlefield Marathon, when 17-year-old Marco crossed the

finish line at 3:42:54 and 66-year-old Sergio crossed the finish line at 3:54:18, both of them thrilled to have finished such an epic journey together and with Sergio basking in pride over his son's accomplishment. Sergio would go on to have faster times at the marathon, but from that point forward he would no longer always finish ahead of Marco. The two of them enjoyed pushing each other to the limit, with Marco growing older and stronger and Sergio remaining ageless.

The races continued to roll by for the two of them, with Marco eventually following his dad onto the trail. Sergio completed his first ultramarathon, the daunting 50-kilometer (31 miles) Mountain Mist, at age 64—crossing the finish line with a stellar time of 7:13:09 and remarkably finishing almost 45 minutes faster at the same event a year later. To date, Sergio has completed eight ultras and is a four-time finisher of the formidable Rock/Creek Stump Jump 50K, completing the first one in 6:28:41 at age 66 and his most recent one in 7:52:52 at age 68 (even now, at age 72, Sergio, like James Bond, will "never say never" to another go-round!).

For his first ultra, the now 22-year-old Marco chose the annual Black Warrior 50K, held on February 2013 in the beautiful Bankhead National Forest outside of Moulton, Alabama. Fresh off his overall first-place Young Adult award at the CTC Banquet in January (dad having taken first place in the Senior's division), Marco was ready to rock 'n

roll. Although he arrived at the starting line in the middle of the forest ten minutes late due to a few wrong turns, Marco nevertheless was feeling like a fresh colt at the Derby that day and covered the 31 miles of rolling terrain in 6:45:45, passing a number of other runners along the trail. He continued to have a great year at the races, and decided to tackle his first Rock/Creek Stump Jump 50K in October 2013, a race that most agree is one of the toughest in the Southeast.

The annual Stump Jump takes place each year on Signal Mountain in Chattanooga around the first week in October, a time when the weather is generally lovely but can, at times, be whimsical. This year, in addition to the usual strenuous climbs, treacherous descents, and inevitable multitudes of rocks, there was also the heat to contend with. And the yellow jackets.

**“Come on, son, let’s go.  
You can finish this,”**

**said The Surge briskly.**

**“We’ll do it together.”**

Temperatures climbed into the mid-80s by mid-day, and although race management had done its best to rid the trails of yellow jacket nests, a few insects persevered and it was a rare runner who didn’t get stung at least once during the day.

Marco felt good at the start of the race, and was ready to tackle the terrain. However, by mile 17 the bee stings were painful, the heat started to take its toll, and Marco wasn’t carrying electrolytes to replace what he was losing through copious amounts of sweat. He began to cramp, but when the going gets tough for a Bianchini, a Bianchini keeps going, so Marco cranked up the motivational tunes on his iPhone and kept moving forward.

By the time he got to the very last aid station at the bottom of the mountain, 25 grueling miles into the race and six miles from the finish, Marco was truly struggling. He couldn’t catch his breath. His body had finally and adamantly decided – independently from his bold Bianchini brain – that it was done. Finished. Kaput. He sat down and couldn’t get back up, wondering vaguely how long it would be before he could catch a ride from a volunteer back to the finish line area. He wondered how long it would take for him to actually feel disappointed with himself for not covering those last few miles. His first DNF. At the moment, however, all he could feel was numb.

He wasn’t sure how long he sat there in a trail-side stupor, but suddenly he heard someone calling out through the forest. He strained to make out the words, and to his amazement it was his name. “Marco! Maaaaaaaaaarcooooo!!!” called the disembodied voice, growing louder with every second.

In another minute his disbelieving eyes saw his 72-year-old dad trotting down the rocky trail towards him. Sergio hadn’t signed up for the Stump Jump this year, electing instead to run the CTC’s annual JMHC Great Pumpkin 10K road race that same morning. But after finishing first in the Male Senior Grand Masters division with a time of 45:04, he made the drive up Signal Mountain to congratulate Marco at the finish of his first Stump Jump. Hearing that Marco might be having a little trouble, Sergio went out to find him, starting from the finish line and running the six miles out to the last aid station.

At the sight of his dad, it was as if Marco’s batteries received one last mighty charge. He experienced an emotional moment that many runners feel after they cross their first finish line, and knew at that moment that he could finish, that he would finish, this 50K.

“Come on, son, let’s go. You can finish this,” said The Surge briskly. “We’ll do it together.”

Marco got up and finished with a very respectable time of 7:50:12 (Serge himself covered over 18 miles of his own that day). It was hard, and there were times he had to walk during that last six miles, but he did it – and he knew he could do it the moment he saw his father appear around the bend in the trail, looking for him. In the end, the unbreakable Bianchini Bond proved to be tougher than the Stump Jump.

Marco, being the young colt that he is, recovered quickly and is once again looking forward to the next challenge. He and his dad continue to run the races together, and Sergio will tell you that there have been times when he, too, felt his energy sorely flagging (like during the annual Scenic City Trail Marathon when Marco ran back to encourage him after completing the corresponding half marathon), but knowing his son was there rooting him on inspired him to dig deep within himself and finish strong. This is the way of the Bianchini Bond. It’s a strong bond, a family bond, and together father and son are the ultimate team, transcending the generations.



# COLD WEATHER RUNNING TIPS

FROM THE



The onset of winter needn't bring a seasonal halt to a runner's enthusiasm or routines. Outdoor exercise in the winter can be a pleasurable experience. The major risk posed by running in subfreezing air is frostbite and minor irritations to the respiratory tract. With some minor precautions these risks can be eliminated.

**WEAR CLOTHING IN LAYERS** so that warm air can be trapped between the layers. Depending on the weather conditions, two to four layers on the trunk and one to two layers on the legs are appropriate. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days the outer layer should be of wind resistant material.

**HAVE THE RIGHT GEAR.** Clothing made of material which carries the sweat away from the body is best, like wool, silk, or modern synthetics like polypropylene or polyester. Avoid cotton as it tends to hold the sweat.

**HAT AND GLOVES** are crucial as these regions of the body have a substantial role in the regulation of body temperature. Mittens tend to be warmer than gloves. On very cold days mittens worn over gloves are very effective. Stocking caps or ski masks are desirable. On very windy days goggles or eye glasses can provide additional protection.

**BE SEEN.** The outer layer should be light-colored and have reflective material if you are running during darker hours. Reflective material works only if there is a light source. Blaze orange becomes a poorly visible brown at night. Light-colored material is visible even without a strong light source. During snowy days dark colors provide visible contrast and attract solar energy.

**AVOID OVERDRESSING.** It's okay to feel a bit underdressed and chilly as you start, knowing that later as you run in your layered environment the temperature will rise about 20 degrees.

*The Road Runners Club of America (RRCA) is a national organization dedicated to supporting running clubs and the interests of recreational runners. The Chattanooga Track Club is a proud member of the RRCA.*

## CHATTANOOGA TRACK CLUB VOLUNTEERS MAKE EVENTS HAPPEN

Ask anyone who has ever worked as a Race Director, putting on a race is no simple task. Runners expect and deserve plenty of communication before and during the race, an easy, secure registration process, and a well-marked course. City officials want to make sure permits are in place and ensure minimal traffic disruption while spectators want a great vantage point from which to watch the action and a fun party at the finish line. And everyone wants each race to be a safe and memorable event. Making sure all the people and parts come together successfully takes months of planning and hundreds of hours of work. For more than 40 years the Chattanooga Track Club has been providing the community with quality race events made possible by the efforts of countless volunteers. In addition to races, the CTC hosts several social events each year, maintains a website and active social media channels, and publishes a quarterly newsletter. The CTC supports several local charities and works with organizations like the YMCA to educate and inspire new runners. And make no mistake, a wealth of outdoor activities and events like those from the Chattanooga Track Club are part of the reasons Chattanooga has been recognized as one of the best places to live in the nation.

The fact that all this happens through the efforts of volunteers is testament to the passion we have for our sport and for our community. The Chattanooga Track Club is volunteers; young and old, fast and slow, walkers and runners. There are many reasons to volunteer: to make new friends, keep in touch with old friends, to serve the community; but whatever your reason, the CTC needs your help in 2014. Please get in touch by email or talk to any of the CTC directors about volunteering to help make your Chattanooga Track Club even better in the coming year.

**How to get in touch about volunteering:** see the inside front cover of this newsletter for contact information for CTC officers, visit the CTC Facebook page at [www.facebook.com/ChattanoogaTrackClub](http://www.facebook.com/ChattanoogaTrackClub) or visit the CTC website at [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org).

# save the date

Coming April 12, 2014 CTC – ROY Race



65 Roses 5K

*In 1982 Dick Beardsley became the world's most famous runner for a race he didn't win. Hear him tell his story at the CTC Annual Banquet.*

The program includes  
Dinner  
Runner of the Year Awards  
Volunteer of the Year Awards  
Long Runner Awards  
Battle of Chattanooga Awards  
Door prizes  
and more.

January 18, 2014  
Reserve your seats at  
[chattanoogatrackclub.org](http://chattanoogatrackclub.org)



RYAN SHRUM, STEVE MORRISON, DON HUMPHREYS, JESSICA MARLIER

Whitney Allison

At the beginning of 2013 the Chattanooga Track Club assembled a team of some of this area's most accomplished runners. This new program was intended "to recognize and support runners who demonstrate excellence in the Chattanooga running community" and to "establish a set of criteria to select a group of elite runners each year to represent the Chattanooga Track Club." At race events hosted by the CTC, the same names appeared frequently in the list of winners. But some runners who consistently won CTC races weren't members of the CTC. A few had been members at different times but had drifted away from the club. Track Club president, Chas Webb, proposed what was initially called the CTC Elite Team and later renamed the Chattanooga Track Club Racing Team.

Thirteen runners became the charter members of the racing team, receiving financial sponsorship and unique, CTC-branded race gear. Race team members agreed to run in a minimum of 2 CTC races during the year and compete in either a club national event or a race outside the Chattanooga area with 1,000 or more participants. Members were also expected to volunteer at CTC races. According to Chas Webb, the first year of the program has been a success as race team members trained together and were highly visible in local races, challenging each other in good-natured but fierce competition. With the discipline and passion that brought them running success, the team members needed no oversight to far exceed the conditions set forth in the race team agreement.

For 2014, a new CTC Racing Team will be formed. The same qualification requirements and compensation as 2013 will be in effect and the deadline for applying for the 2014 team is March 1, 2014. More information about the CTC Race Team can be found on the Chattanooga Track Club website. As the 2013 race season winds down we asked several members of the inaugural team to share their thoughts.

*How long have you been a member of the Chattanooga Track Club?*

**Geno Phillips:** I was a member prior to 2005 but this is my first year back.

**Tim Ensign:** I grew up in Chattanooga and was introduced to the track club by my neighbor, the legendary Dick Dillard around 1976. I've been a member most to the time since then, except for 15 years wandering in the wilderness living in New Jersey.

**Dianna Leun:** This is my second year.

**Trip McCallie:** Since January 2012.

**Hugh Enicks (captain of the CTC Race Team):** I joined the CTC in 2004 and have been Runner of the Year twice.

**Jessica Marlier:** One year.

**Steve Morrison:** I first joined in 2008 or 2009.

**Ryan Shrum:** Seven years.

*As someone who has been recognized as an outstanding local runner, what are your thoughts about Chattanooga's running community? Is there a lot of support for running in Chattanooga?*

**Tim:** Chattanooga is a great place for running. I think our sport and outdoor fitness in general is embraced much more now than it was when I was getting started back in the 70's. We have some fantastic runners of all ages who are in it for fitness, friendship and personal satisfaction—all great reasons.

**Dianna:** Chattanooga has a great community of runners; a variety of ages and skill but every one of them ready to welcome you into their runs. I have met and continue to meet some of the coolest folks in Chattanooga. I definitely think there is a lot of support in this area, from fellow runners, the CTC, local athletic stores and the beautiful scenic city itself.

**Trip:** There are a lot of great runners in our community. I work at the Y downtown and running is a big part of the culture. I have gotten to know some great runners and friends; CTC members are awesome to run with, compete against and learn from.

**Hugh:** Yes, support is great in the Chattanooga area. Fast Break, Front Runner, numerous fitness centers and the great volunteers we have that organize the local races, in addition to the CTC running groups on the weekend.

**Jessica:** I think the local running community in this area, especially within the club, is outstanding! It's such a blast being a runner in Chattanooga. I have never met so many nice, caring, like-minded, and supportive people until I joined the Chattanooga Track Club. It's like being part of one big, happy, endorphin-charged family.

**Steve:** Chattanooga has an awesome running community. CTC races are well supported with fans and volunteers and there are other local running events that also get great turnout.

**Ryan:** I think we have a great running community. The number and variety of local races is a testament to the growth of the running community and the support of running in the Chattanooga area.

*Do people ask you about the CTC Race Team singlet you wear (at races)? Does the bright yellow top make you a target for other runners on the race course?*

**Geno:** I enjoy seeing all the matching singlets at races. We are in the early development and I hope to see it grow each year. I feel like I have a target on me at every race.

**Tim:** I think the singlet is cool but can't say I've been asked about it.

**Trip:** I have been asked about it a few times, most notably by a group of runners from Knoxville at the Missionary Ridge Race. I'm not sure if it makes me a target, I am so focused on finishing and never looking behind me.

**Hugh:** It may make me a target but that does not bother me at all.

**Jessica:** My singlet is plain white so it doesn't stick out as much as the men's singlet but I still get questions about what the race team is all about. I take great pride in wearing the singlet knowing that I'm representing the CTC.

**Ryan:** I have been asked about the singlet. People love the look of it. I've been asked many times where I got it and if they are for sale anywhere.

*At what events, outside Chattanooga, have you worn the CTC Racing Team jersey?*

**Tim:** I wore it at Peachtree this year and earlier up in Knoxville. I also will wear it representing our team at the USATF Club Nationals Cross Country Championships in Bend, Oregon, in December. This will be my 12<sup>th</sup> year in a row on a CTC team at this event, which is the premier team event for masters running in the U.S. The competition is incredible and last year we were 5<sup>th</sup>—our best finish yet.

**Trip:** Hopefully, Boston in 2015.

**Hugh:** I wear the singlet at all National USA Track and Field Master Championships. Every July I am in Italy and have training friends there. I wear the CTC singlet there and it is well-recognized in the Padova area.

**Jessica:** I wore it at the 2013 Boston Marathon and did get a lot of "Go Chattanooga!" throughout the entire race. It was so encouraging to get personalized cheers from spectators especially in the later miles. I feel like I get more attention when I wear the singlet than I normally do.

**Steve:** I will be proudly wearing it at the Rocket City Marathon next month.

**Ryan:** The first time I wore the singlet was at the Boston Marathon in April I had lots of spectators cheering me on with "go Chattanooga" or "good job, Chattanooga." It definitely helped keep me inspired during the race.

*How has being a member of the CTC Racing Team affected you?*

**Geno:** Even though I am 42 I feel like I have a chance for an overall win at every race.

**Tim:** I'm a lifelong runner. Over the years I've gotten more involved in giving back to the sport. My wife, Barbara and I directed the marathon a couple of years and I've been on the CTC board. We try to help out in as many races as we can when we're not running. It's great to give back to a sport that has been a big part of my life since I was in 7<sup>th</sup> grade. Most of my closest friends I met through running.

**Trip:** I ran in all of the ROY races last year except a couple and plan to do that again. I guess more than anything it makes you proud and want to work harder. I have beaten all my times from 2012 so I guess it has contributed to my improvement.

**Hugh:** My recent accomplishments include being a 3-time winner of the Battlefield Marathon and winning the half-marathon three times in a row. I set several state age group records in the 10K, half-marathon and marathon, USATF Masters Marathon Championships 3<sup>rd</sup> twice and was last year's National Champion.

**Jessica:** Being part of the team definitely gives a huge feeling of camaraderie and makes competing in various races lots of fun. Being part of the race team has given me opportunities to become a better runner since I have found consistent training partners on the team to run with on a regular basis. It's also been beneficial to exchange different training strategies and philosophies with the other veteran runners in the group!

**Steve:** It has motivated me to train harder and try to improve my times to one day compete in a national event.

**Ryan:** Being a member of the team has caused me to ramp up my training and push harder in races. I am very proud to be a member of the race team and want to show my appreciation by giving everything that I have out on the course.

*What are your running goals for 2014?*

**Geno:** I am running Boston next year so that will be my focus for early 2014. After that, who knows?

**Tim:** My main goal is always to stay healthy, try to run 2,000 miles for the year and, of course, chase the Wauhatchie Golden Antlers. I'll turn 52 at the end of 2014. Slowing down is inevitable in running, but I try to set new goals, conceding some time to aging, and get motivated to reach those goals. Joanie Benoit's quote motivates me: "there is not finish line." Our club has never been better and I'm proud to be a long-time member.

**Hugh:** Joining the CTC board and continue to give back to the organization. I would like to help establish a more robust youth program to include sending young runners to national level events. My training continues at a minimum of 60 miles per week and, in marathon training, between 80-100 miles per week. Keeping the core muscle group is a must to keep training at this level and no matter what the weather, I must train.

**Jessica:** Break 3 hours at the 2014 Boston Marathon (I only missed it by 3 minutes and 24 seconds last year), run new PR's in various distances, continue to log quality miles throughout each training cycle, complete another ultra-marathon and to be more involved in the CTC by serving as a board member and volunteering as much as I can.

**Steve:** I want to get my weekly miles back to where they were in 2012 (80+). I missed some months due to injury and starting a master's program. I'm 100% recovered and taking fewer hours so I can run more.

**Ryan:** I have a couple of lofty goals for 2014. I would like to run under 5:00 minutes at the Market Street Mile and break 1:20 in the half marathon. We shall see.



GENO PHILLIPS  
Catherine Crawley



RYAN SCHRUM  
Whitney Allison



JESSICA MARLIER  
Whitney Allison



STEVE MORRISON  
Whitney Allison



HUGH ENICKS, JESSICA MARLIER, RYAN SCHRUM,  
TRIPP MCCALLIE, STEVE MORRISON

**“There is no telling how many miles you will have to run while chasing a dream.”**

~ Anonymous

## **The CTC Long Runners Club: Do you have what it takes to go the distance?**

by Lynda Webber

In 2012, the CTC established a special group within the organization called “The Long Runners Club.” Its twofold purpose was to motivate members to achieve a new benchmark in running, and to recognize those members who have accomplished a goal that either takes a long time to reach or requires a long way to go. Without doubt, the first crop of CTC Long Runners has achieved a level of dedication and commitment to running that would exhaust most mere mortals.

The 2012 recipients, introduced at the 2013 annual CTC Banquet earned Long Runner status and received awards for special achievements completed through November 30, 2012. For the current 2013 season, CTC members can nominate themselves or other CTC members for entry to the Long Runners Club by providing proof, to the CTC Race Committee (VPRaces@chattanoogaclub.org) of any annual accomplishment(s) completed between December 1, 2012 and November 30, 2013, and any lifetime accomplishments completed by November 30, 2013. Any such accomplishments completed during those time periods will be recognized at the CTC Banquet in January 2014.

If you want to be a Long Runner but missed this year’s deadline,

Any such accomplishments completed after those time periods will be awarded the following season, that is, to be eligible for Long Runner status and an award at the 2015 banquet, any annual accomplishment(s) must be completed between December 1, 2013 and November 30, 2014, and any lifetime accomplishments completed by November 30, 2014.

Among the 2012 inaugural recipients, Cyrus Rhode came closest to achieving the “Long Runner Grand Slam” by taking home all but the 100-Miler Award, so Cyrus, that distinction is still up for grabs when you’re ready to go the distance! When – and if – the coveted Grand Slam is ever attained, there will be a special CTC award bestowed upon the indomitable Long Runner who achieves it. At this year’s banquet, in January 2014, there is at least one Long Runner who will equal the Rhode Runner’s current record, so a race for the very first Grand Slam is a strong possibility and the bookmakers will be on high alert.

For those who can’t even think about a Grand Slam much less one 50-Miler (the minimum requirement for earning Long Runner status) without getting all mind-boggled, remember: Every Journey Begins With A Single Step.

Take the 50-Miler, for example. Although you should be able to complete a marathon prior to signing up for such an undertaking, half of it is a mind thing. Instead of thinking about how many miles you have to cover that day, just plan on enjoying an all-day hike in the Great Outdoors while alternating with a few good stretches of running (the Jeff Galloway method is particularly helpful here). Or walk the hills and run the flats. Think “covering ground in a time-efficient manner”, not “running.” There’s definitely a strategy here, and if you think you will run it the whole way like you did the marathon, you’re either an elite runner or deluded.

I suggest picking an “easy” 50-Miler for your first one (well, no 50-Miler is ever easy, but why not start out by stacking the deck in your favor?). I’m all for supporting our local events, but the annual Lookout Mountain 50-Miler, held each December, is formidable, with a number of steep inclines and descents, as well as lots of rocks. If you like a challenge, however, this is your baby! Just bring a headlamp! Alternatively, there are many 50-Milers across the nation with moderate terrain. My personal favorites were the annual Texas Trails Endurance Run in Huntsville State Park just outside of Houston, held each December, and last year’s inaugural Lake Martin 50, held in March just outside Alexander City, Alabama.

If anything, you get more “bang for your buck” at an ultra. At the Lake Martin 50, for example, you’re out enjoying the whole day in the Great Outdoors for \$80 (there’s a leisurely 15-hour time limit), while many marathons charge over \$100 for an entry and give you only six hours to complete. The LM50 website offers lots of good info, including a suggested training plan for a 50-Miler, although you can finish (and note I said “finish”) if you’re on track with a good marathon training program. The penultimate LM50 finisher completed in 13.5 painful hours last year with only a 16-mile long run – on a track – under her belt! For you hardier souls, the LM50 Race Director is also offering a corresponding 100-Miler next year if you want to go for that Annual 100-Mile Award (Cyrus? Truman?), and both these fun events are coming up in March so you have plenty of time to talk yourselves into it!

### **Inaugural Members:**

Sal Coll  
Pat Hagan  
Missi Johnson  
Cyrus Rhode, Jr.  
Truman Smith  
Bonnie Wassin

### **Award Categories are as follows:**

**50-MILER AWARD** – The 50-Miler Award is an *annual* award given to the CTC member who has completed at least one single-day event (road or trail) of at least 50 miles and less than 100 miles (stage races do not qualify unless one of the days is at least 50 miles).

**100-MILER AWARD** – The 100-Miler Award is an *annual* award given to the CTC member who has completed at least one event (road or trail) of 100 miles or more in length (stage races do not qualify unless one of the days is at least 100 miles).

**100+ MARATHONS AWARD** – This is a *lifetime* award to be given to the CTC member who has completed at least 100 marathons during his/her running career.

**50 STATES AWARD** – This is a *lifetime* award, to be given to the CTC member who has completed a marathon in each of the 50 states.

**7 CONTINENTS AWARD** – This is a *lifetime* award, to be given to the CTC member who has completed a marathon on each of the seven continents.

**THE GRAND SLAM** – Highly elusive, speaks for itself.

**And remember, once you’re a CTC Long Runner, you’re always a CTC Long Runner!**

# WAUHATCHIE TRAIL RACE

## COMING IN DECEMBER

The 29<sup>th</sup> Wauhatchie Trail Race takes place December 21, 2013, at 9:30 a.m. The race starts at Chattanooga Arboretum and Nature Center, 400 Garden Road, Chattanooga, TN 37419.

This is one of the most unique races of the Chattanooga Track Club season. The course is a hilly 6.7 miles of gravel/dirt roads and rough double-track trails on the lower slopes of Lookout Mountain. The race involves steep up and down tracks covered with leaves, rocks and tree limbs and has an elevation change of 410 feet between the low point (start/finish lines) and the high point of the course (at approximately the 2.5 mile mark).

This is an age/gender handicapped race. Males 25-29 are considered the fastest group and start at time "zero." All other groups receive a head start. Females age 80+ start at 9:30 and males 25-29 will start at approximately 10:15 a.m. Runners wishing to run with a friend may start later than their

assigned time but not earlier. A chart showing headstart times is available on the CTC website race calendar listing for this event.

Awards for the event are truly "green" because they are recycled by the participants. Each runner must bring one prize (running or non-running related) for the awards table. The overall champion and the top two-person family team will be awarded the coveted Golden Antlers trophy.

Runners are invited to bring goodies to share for post-race snacking. No alcohol or pets will be allowed at the event.

For more information about the Wauhatchie Trail Race visit the Chattanooga Track Club website

or contact Jim Steffes at [jtsteffes@gmail.com](mailto:jtsteffes@gmail.com).

## SCENIC CITY HALF MARATHON 5K AND CHARITY CHALLENGE KICKS OFF THE 2014 SEASON

The first race event on the 2014 CTC race calendar is the Scenic City Half Marathon, 5K and Charity Challenge on Saturday, February 22, 2014.

This popular event begins at Chattanooga's Finley Stadium and First Tennessee Pavilion. The 13.1 miles of the half marathon will wind through downtown Chattanooga, the scenic Tennessee Riverwalk Park, the Bluff Art District and Ross' Landing. Runners will cross the Tennessee River on the Walnut Street Bridge and Veteran's Bridge before finishing back at Finley Stadium. Participants in the 5K Run/Walk will follow an out-and-back course from Finley Stadium along Riverfront Parkway.

Half marathon participants receive a technical t-shirt and a finisher's medal. A technical hat is new this year for all half marathon participants. Participants in the 5K Walk/Run will receive a technical t-shirt.

When registering for one of the Scenic City races, participants can select one of the eight charity beneficiaries to receive a portion of the entry fee. Participants can also raise additional funds for the charity with the person raising the most money for their charity receiving a Charity Challenge award.

The Chattanooga YMCA will kick off a Couch-to-5K program on Monday, December 16, 2013. The nine-week training program will have beginning runners ready to run in time for the Scenic City 5K. Sign-up for the Couch-to-5K is available through the YMCA or through the on-line registration for the Scenic City 5K.

Volunteers are needed and appreciated. To sign up to help please visit the CTC website or go to [www.sceniccityhalfmarathon.com](http://www.sceniccityhalfmarathon.com).



*Your Hometown*

# BICYCLE COMPANY

Building the Best Bikes in the World

2012 Illicito

2012 C1R

ILLICITO

QUINTANA ROO

LITESPEED

Please visit the Hub Endurance for Quintana Roo and Eastridge Bicycles for Litespeed



Because athletes require more than the average person...

Specializing in sports injuries, joint & spinal steroid injections, erbium laser peels, therapeutic & cosmetic BOTOX, Juvederm & facial fillers, natural hormone replacement, laser therapies for sun damage & moles, Obagi skin care

The Ford Center for Anti-Aging & Pain Mangement  
2020 Keith St. NW - Suite C  
Cleveland, TN 37311  
(423)614-0535

10% Discount for all Chattanooga Track Club members. For more information visit [www.fordcenters.cc](http://www.fordcenters.cc)

Things To Do:

1. Have a happy holiday season.
2. Keep Training.
3. Make New Year's Resolutions.

Bring a recycled prize to the  
**WAUHATCHIE TRAIL RACE**



**JOIN**  
or  
**RENEW**  
**MEMBERSHIP**

**VOLUNTEER**  
on a  
**CTC COMMITTEE**

**ENCOURAGE  
A NEW  
RUNNER**

*Reserve*  
a seat at the  
**CTC BANQUET!**

**"LIKE"**  
the club



**BULLETIN BOARD**



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

**CHANGE SERVICE REQUESTED**

NON-PROFIT  
 ORGANIZATION  
 U.S. POSTAGE  
**PAID**  
 PERMIT NO. 130  
 CHATTANOOGA TN

# RACE CALENDAR

This information is subject to change. Please visit [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) for the latest information on races and events.

## LEGEND

-  CTC EVENT
-  JOE MCGINNESS RUNNER OF THE YEAR (JMROY)
-  JMROY VOLUNTEER POINTS ONLY

### DECEMBER

- 21 Wauhatchie Trail Run 
- 31 The Karen Lawrence Run for St. Jude 

### FEBRUARY

- 22 Scenic City Half Marathon, 5K, Charity Challenge 