

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JOGGING AROUND



[New CTC Leaders Plan for 2020](#)

[Healthy Running: Hips](#)

[The Extra Mile, Serving the Homeless](#)



CHATTANOOGA TRACK CLUB

Officers for 2020

President

Jason Liggins
president@chattanoogatrackclub.org

President-Elect for 2021

Michelle Sledge
presidentelect@chattanoogatrackclub.org

Secretary

Latisha Simmons
secretary@chattanoogatrackclub.org

VP/Communications

Caleb Stambaugh
vpcommunications@chattanoogatrackclub.org

VP/Races

Bill Brock
vpraces@chattanoogatrackclub.org

VP/Membership

Amy Smith
vpmembership@chattanoogatrackclub.org

Treasurer

Dick Miller
treasurer@chattanoogatrackclub.org

Past President

Jennifer Heinzl
pastpresident@chattanoogatrackclub.org

Directors

Tony Grossi	Class of 2020
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Michael Brooks	Class of 2021
Dom Denio	Class of 2021
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Mitchell Phariss	Class of 2021
Beth Rice	Class of 2021
Brianne Stambaugh	Class of 2021

Staff

Design / Layout

Stephanie Adams
www.stephanieadamsdesign.com

Equipment Manager

Paul Wells
equipmentmanager@chattanoogatrackclub.org

Timing Manager

Matthew Studholme
timingmanager@chattanoogatrackclub.org

Club Manager

Amanda Cotter
clubmanager@chattanoogatrackclub.org

Jogging Around newsletter

joggingaround@chattanoogatrackclub.org

JOGGING AROUND

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

Editor

Sujeel Taj

Cover Photo

Ron Branam

Layout / Design

Stephanie Adams

Photography

Whitney Allison
Catherine Crawley
Don Luzynski
contributed photos

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Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal.

No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to casual walker is welcome.

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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GREETINGS, AND WELCOME TO 2020!

Let me begin by saying what an honor it is to serve as the president of the Chattanooga Track Club (CTC). Ten years ago, I joined the club looking for a group to run with. However, over the years, the club has become so much more to me. During my time with the club, I have had the pleasure of meeting some of the most amazing people. The Chattanooga Track Club is much more than a running group. CTC is a community with a passion for supporting others along their fitness journey.

One of the things that makes CTC so unique is that it is an inclusive group for all. CTC is comprised of a diverse membership ranging from casual walkers to elite runners. As the foundation for running in the Chattanooga area, CTC puts on over 15 races ranging from 1 mile to an Ultra Marathon. There is truly a race for everyone. Walkers and runners alike are welcomed at our events. We offer a huge thanks to all of the participants and volunteers that help make our races so phenomenal!

2020 begins a special year for the club. The Chattanooga Track Club celebrates 50 years of "running the scenic city!" Over the last 50 years, CTC has become a leading institution in promoting health and fitness in the Chattanooga community. Our founders began with a straightforward vision to build an organization that encourages and supports the love of running! Fifty years later, CTC has become precisely what the founders envisioned.

The Chattanooga Track Club could not have reached this particular milestone without the support of all of our members, runners, volunteers, and sponsors. We cannot say thanks enough to each and every one of you. We hope that you will join us as we celebrate throughout this year. My challenge for you is to get involved with the club. You are encouraged



to attend board meetings, join a committee, volunteer at our races, and come out to our group runs and other events. Your involvement at every level is needed and very much appreciated. The more you become involved, I am confident that you will begin to personally see the great things that make CTC a wonderful organization.

We have many unique events planned this year. Our 50th year will be a year to remember. We are aiming to make 2020 one of the most extraordinary years in CTC history! Be on the lookout as we begin to release details.

I look forward to making many memories with each of you!

On behalf of the Chattanooga Track Club Board of Directors, thank you for 50 great years! The good times are just beginning!

Jason Liggins is the 2020 Chattanooga Track Club president. He can be reached at president@chattanoogatrackclub.org



ON THE COVER

"CTC members created a human 50 at last year's Chickamauga Chase in anticipation of the 50th anniversary of the CTC's establishment as a non-profit organization. While the club began in the early 1960s as an informal running group they quickly recognized the need for a more structured organization to host races and support the growing running community. Jogging Around, the Chattanooga Track Club newsletter was first printed in 1968, the same year the Chattanooga Chase was first run. Club by-laws were written between 1969 and 1970 and Chattanooga Track Club was recognized as a nonprofit organization by the Internal Revenue Service in 1970. Photo by Ron Branum

CTC Membership: Busy Year Planned for Members

Hello fellow Track Club Members!

My name is Amy Smith and I am the new VP of Membership. I have been involved with the Track club for about 5 years now, and I am excited to take on this role in this historic year. This is going to be a fabulous year as we celebrate 50 years of Track Club achievements. Some of my goals for 2020 are to have socials for all active members four times a year and especially to grow our membership so the CTC will be around for a long time to come.

Please note that as an active member you receive discounts on CTC race registrations and 10% discounts with some of our local area businesses. If your membership isn't currently active that can be fixed - just go to RunCTC.org to reactivate your membership. Please make sure that all your contact information is current; that, too, can be done through the website, even if your membership is current.

Registration for some of the races is now open so go register! More race registrations will be opening soon.

I would love to hear from you and find out what things you as members would be interested in, so please email me. While I may not be able to implement everything I will consider all suggestions and see what I am able to do. This is going to be a momentous year and we would love to have you plugged in with us in some way, whether it be volunteering, walking, or running!

Amy Smith is CTC Vice president of Membership, her email is vpmembership@chattanooga-trackclub.org



Runner of the Year awards were given with Jennifer Curtis and Noah Cochran receiving top honors.
Photo TN Sports Pic's



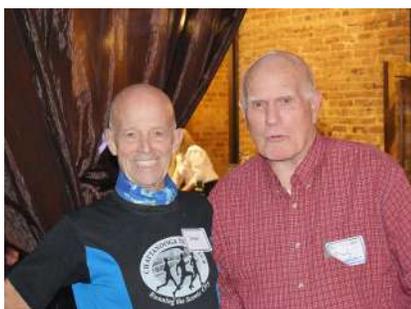
Chattanooga Track Club Annual Membership Banquet – The evening got off to a comic start with Tim Ensign (the one not wearing a bag on his head) recapping the year for the CTC Race Team. Chad Varga received much applause and sympathy for being a great sport.
Photo TN Sports Pic's



Bud's Sports Bar once again provided food and refreshments helping make the evening one of the CTC's best attended and successful events.
Photo Sujeel Taj



2020 Chattanooga Track Club President Jason Liggins reigns over the festivities as he shares his vision and goals for the club in the coming year.
Photo Sujeel Taj



Running legends. Sergio Bianchini, who has set many club and state running records, poses with Tennessee Sports Hall of Famer Earl Marler, a founding member of the CTC and the club's first president.
Photo Sujeel Taj

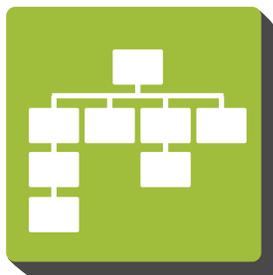


TECHNOLOGY PROJECTS

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RRCA NAMES FOUR CTC RACES AS CHAMPIONSHIP EVENTS IN 2020

Sherilyn Johnson, CTC member and Tennessee state RRCA representative



The Road Runners Club of America (RRCA) Championship Event Series is one of the oldest traditions in distance running in United States, dating back to 1958, when the RRCA awarded its first championship designation.

The goal of the RRCA Championship Event Series is to celebrate and shine a spotlight on outstanding events that are locally-organized. The RRCA promotes the sport of running through its Championship Event Series by recognizing the top performing runners in the Open, Masters (40+), Grand Masters (50+), and Senior Grand Masters (60+) categories for both men and women by providing them with the sought-after commemorative RRCA Champions' medal.

In 2020, the Chattanooga Track Club will host four RRCA Championships. They are:

- 1 Mile Market Street Mile – April 25
- 5K Moccasin Bend Fall Classic 5K – October 3
- 10K Riverbend Run 10K – June 6
- Ultra Locomotion 12 – May 16

Go to rrca.org to find out more about Road Runners Club of America.

Healthy Running: The Hips Don't Lie

Erica Butler PT, MS



Physical Therapist Erica Butler from C4 Sports Therapy and the Center for Sports Medicine & Orthopaedics joins Jogging Around to discuss common hip issues runners encounter. Erica brings a vast amount of experience treating athletes and runners with hip conditions.

Welcome, Erica! Why is hip health essential for runners and endurance athletes?

Runners love focusing on things like foot strike pattern and cadence but form begins higher up the chain in the hips. Our core is married to the hips. Strong hips and core provide fulcrums to drive the body forward. Weakness or mobility deficits lead to problems down the chain and reductions in speed and power.

Why may hip conditions develop in runners and endurance athletes?

Strong running technique requires runners to get their leg behind the body with most of this movement coming from hip extension. However, much of our lifestyle includes long periods of a flexed posture. We're flexed sitting at work, driving, and binge watching Game of Thrones. Even triathletes spend hours in the saddle sitting. Soft tissue restrictions develop tightness in hip flexors and quads making optimal, powerful hip extension difficult. As this occurs, glutes progressively go "silent." Our glutes are the strongest, most powerful muscles in the body and the main stabilizer of the pelvis during running. Tight hip muscles and weak, "silent" butt muscles can lead to issues at the hip or other places up or down the chain such as the knees, ankles or spine.

What are some common issues you see in running athletes?

Hip impingement or FAI (femoral acetabular impingement), occurs when the femur (thigh bone) and hip socket produce too much friction at the hip joint. Pain typically is directly within the front of the hip joint or groin. Runners may experience "pinching" when flexing the hip towards the chest. FAI may lead to labral tears if not treated.

Lateral hip pain, pain on the side of the hip bone, may be called a couple things: "bursitis" or glute med tendinopathy. Bursitis symptoms are thought to be caused by inflammation of a fluid-filled sack. Glute med tendon issues are thought to be from strains, tears, or overuse of a tendon in the same area. In either case, hip tightness or weakness at the pelvis and/or core may be the culprit causing excessive stress on the side of the hip.

Lastly, high hamstring tendinopathy in runners is a pain in the butt - literally! Pain occurs right at your ischial tuberosity or "sit bone" where the back of your leg meets your butt. The pain may also extend down the back of your leg the entire length of the hamstring. While running a great deal of tension is placed on the hamstring since it has to contract while in a stretched position as you stride out.

What steps can running athletes take to improve hip health and/or minimize injury?

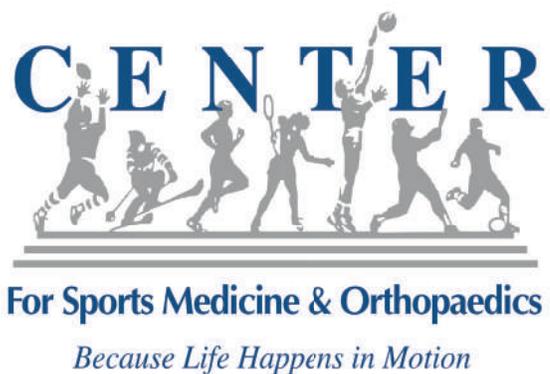
Adding focused strength exercises to your training program goes a long way with injury risk reduction. Strength emphases are on hip extension and core strengthening. Regular mobility work is often needed to offset our "flexed" sitting lifestyle. Mobility work may include stretching for hip flexors, IT band, glutes/piriformis, and hip internal rotators. Many hip issues are preventable, however some may require medical attention.

How can runners find you?

Rehab and Sports Performance Services at C4 Sports Therapy can be scheduled by calling 423-713-5639. Medical and Rehab appointments at one of CSMO's other conveniently located offices can also be scheduled by calling our main phone line 423-624-2696.

Until Next Time,
Happy, Healthy Running!

Center for Sports Medicine & Orthopaedics is a valued partner and sponsor of the Chattanooga Track Club.



50 YEARS OF CTC

CTC Celebrates 50 Years With Run/Walk Series

“50 Miles for 50 Years” is not a race. It’s a SERIES of races. A year-long adventure to celebrate the Chattanooga Track Club’s 50th Anniversary in 2020!!!



HERE’S HOW IT WORKS:

1. You must be a CTC member.
2. Complete a total of 50 miles (for 50 years) in CTC RACES ONLY during the year 2020, and you will be presented with a fabulous commemorative jacket at the CTC awards banquet in January of 2021. Embroidered on the jacket will be the CTC limited edition 50th Anniversary logo, together with the wording “50 Miles for 50 Years in 2020.”
3. “CTC RACES” are identified on the CTC website by either the “running man” icon or the letters “CTC,” or both of them together. For purposes of this adventure, these are ALL “CTC Races” – with two exceptions: the Elementary Cross Country Series and the Waterfront Triathlon. The Elementary Cross Country Series and the Waterfront Triathlon are NOT included in the “50 Miles for 50 Years” series.
4. Choose any of the CTC races you wish, but your total distance at the end of the year 2020 must be equal to or greater than 50 miles (NOT kilometers).
5. If there is more than one CTC race at any given CTC event – such as the Chickamauga Battlefield Marathon, Half Marathon, and 5K – you do NOT have to do more than one, and you may CHOOSE the race you would like to do.
6. All you have to do is keep track of your mileage and finish within the specified time limit for each race. The Chattanooga Track Club will be keeping track of your mileage, too! After the last race of the series is over – the Wauhatchie Trail race on Saturday, December 19 – send an email to 50years@chattanooga-trackclub.org and let us know you participated in the series so we can verify your results and make sure you’re on the list of finishers. It would be helpful if, in your email, you could list all the series races you participated in.
7. If you can complete ALL of the CTC races in 2020 (as identified in No. 3, above), your jacket will ALSO say “CTC SOLID GOLD FINISHER.”

8. You must complete each race in the series as a CTC member to be credited with the mileage for that race for "50 Miles for 50 Years."
9. CTC members who have done the 50th Anniversary 50 Minute Race on January 25 will get an extra bonus. They will have received Part 1 of a unique two-part medal at the 50 Minute Race, and if they go on to complete a total of 50 miles worth of CTC races during 2020 they will ALSO receive Part 2 of that medal.
10. Be a Facebook friend of "CTC On The Go." We'll be posting reminders in 2020 each time a qualifying race comes up. We'll also be posting reminders on the weekly CTC e-news (sent to each member who has provided an email address).
11. If you're trying to decide which races to do in the series that have the least amount of miles – and yet will enable you to accumulate 50 miles (not kilometers) by the end of the year – please see the list of all 15 races below for the Big Picture, as well as the additional sample mileage schedule (which is just a guideline-to-go by). Please note that earlier versions of the list and the schedule do not include the Communities in Schools graduRun and the 5K for FCA, which are now part of this series. Both the list and the schedule shown here are now complete and final.

If you have any questions, email 50years@chattanooga-trackclub.org.

To register for any of the races in the 50 Miles for 50 Years series, go to: www.RunCTC.org.

If you'd like to be a "Friend of the CTC's 50th Anniversary," please visit fundly.com/friend-of-the-ctc-s-50th-anniversary

50 Miles for 50 Years							
Running Every CTC Race in 2020							
Month	Event	Shortest Distances		Longer Distances		Longest Distances	
		Race	Miles	Race	Miles	Race	Miles
Jan	50-Minute Kickoff Race	*	1.5		0.25		0.25
Mar	Communities in Schools graduRun	5K	3.1		3.1		3.1
Apr	Chickamauga Chase	5K	3.1	15K	9.3	8M Trail	8
May	Market Street Mile	1mi	1		1		1
May	Locomotion 10-Hour (1.75mi loops)	*	3.5		1.75		1.75
May	Chattanooga Chase	1mi	1	8K	5	Both	6
June	Riverbend Run	5K	3.1	10K	6.2		6.2
July	Scenic City Scorchers	2mi	2		2		2
Aug	Missionary Ridge	4.7mi	4.7		4.7		4.7
Sept	5K for FCA	5K	3.1		3.1		3.1
Oct	Moccasin Bend Fall Classic	5K	3.1	10K	6.2		6.2
Oct	Signal Mtn Pie Run	10K	6.2		6.2		6.2
Nov	Chickamauga Battlefield			Half Marathon	13.1	Full Marathon	26.2
Nov	Marathon / Fort Oglethorpe 5K	5K	3.1				
Nov	Sportsbarn Turkey Trot	8K	5		5		5
Dec	Wauhatchie Trail Race	6.7mi	6.7		6.7		6.7
		50.2		73.6		86.4	

* minimum distance required to accumulate 50 miles total for 2020 while doing shortest distance offered at all other events.

ALL RACES IN THE CTC "50 MILES FOR 50 YEARS" SERIES

DATE	RACE NAME	DISTANCE
1. Saturday, January 25, 2020	CTC 50 th Anniversary 50 Minute Race	How many miles can you do in 50 minutes?
2. Saturday, March 21, 2020	Communities in Schools graduRun	5K
3. Saturday, April 11, 2020	Chickamauga Chase	15K, 5K, 8 Mile Trail Race
4. Saturday, April 25, 2020	Market Street Mile	One Mile (RRCA TN State Championship Race)
5. Saturday, May 16, 2020	Locomotion 10 Hour Race	As many laps as you want to collect in up to 10 hours (each lap is 1.75 miles) (RRCA TN State Championship ultra)
6. Monday, May 25, 2020	Chattanooga Chase	8K, 1 Mile (You have the option to do both here!)
7. Saturday, June 6, 2020	Riverbend Run	5K, 10K (10K is an RRCA TN State Championship race)
8. Saturday, July 18, 2020	Scenic City Scorchers	Two Miles
9. Saturday, August 8, 2020	Missionary Ridge Road Race	4.7 Miles
10. Monday, September 7, 2020 Labor Day	5K for FCA	5K
11. Saturday, October 3, 2020	Moccasin Bend Fall Classic	5K, 10K (5K is an RRCA TN State Championship race)
12. Saturday, October 24, 2020	Signal Mountain Pie Run	10K
13. Saturday, November 14, 2020	Chickamauga Battlefield "Trifecta"	Marathon, Half Marathon, OR 5K
14. Thursday, November 26, 2020	Turkey Trot	5K
15. Saturday, December 19, 2020	Wauhatchie Trail Race	6.7 Miles

See www.chattanooga-trackclub.org for more info on races, registration, and membership. For info on RRCA TN State Championship Races, contact Sherilyn Johnson at sherilynjohnson62@gmail.com.



2020 CSMO Riverbend Race



June 6th



MARKET STREET MILE

Saturday, April 25, 2020 | RaceCTC.org 2020 | RRCA Tennessee 1-Mile Championship Race
A CTC Runner-of-the-Year Race

CTC MEN'S 50+ TEAM COMPETES IN BETHLEHEM, PA

Debbie Thompson



The Chattanooga Track Club Men's over-50 team competed at the USATF Club National Cross Country Championships in Bethlehem, Pennsylvania, on the campus of Lehigh Valley University. "The Old War Horse" and leader Tim Ensign cobbled together a pretty satisfactory group of semi-old guys to compete with some of the best runners in the entire country.

The team had hopes of the highest finish at a national meet from a Chattanooga Team, and they were close. The race once again set a record, as it had done the last time they raced in Lehigh Valley five years ago, as the largest Master's field in cross country history when 499 runners toed the line. The team completed the extremely muddy 10K course fast enough to finish as the 7th best team in the country out of the 24 that competed. It was a great result to be sure.

Doug Cross was the first finisher for the CTC when he scored 11 points with a time of 37:05. Crossing the line second for the CTC was Dean Thompson who scored 33 points and finished in 38:41. Nearly catching Dean before the finish line was the Old War Horse himself when he finished in 39:10, good for 39 points. The fourth CTC member to finish was Flyin' Ryan Shrum who finished just behind Tim in 39:41, which netted 50 points for the team. Rounding out the scoring for the CTC was Tripp McCallie who scored 58 points when he crossed the line in 40:13. Van Dick finished the brutal course in 42:23 to complete the finishers for the CTC. There were 155 scorers in the 50+ competition and all the CTC scorers finished in the top 40% of finishers.

Tim has been competing in this race 19 years in a row, while Dean has competed for 10 years. Ryan, Tripp, and Doug have competed for the CTC in past years also. Van is the newest addition, and now that his feet are wet (or muddy as the case was this year), he won't be able to resist competing again in the future. The guys will head out to San Francisco, California in December to run in Golden Gate Park as they did five years ago.

They plan to age like fine wine this year and be better in 2020!



Representing CTC at the USATF Club National Cross Country Championships in Bethlehem, PA in December were (l-r) Doug Cross, Tim Ensign, Ryan Shrum, Van Dick, Dean Thompson, Tripp McCallie.



Photos by Debbie Thompson

THE EXTRA MILE SERVES LOCAL HOMELESS



THE EXTRA MILE is an organization of dedicated volunteers who want to give a helping hand to the homeless community by providing shoes, clothes and food. Organizers, Catherine Crawley and Robert Gustafson, have worked together for over five years bringing an awareness of the homeless needing reliable shoes to maintain the lifestyle that is lived on the streets and in the camps. With the assistance of Chattanooga Track Club members, friends and others who work as a ministry to help, **THE EXTRA MILE** collects gently worn shoes, race shirts, coats, sleeping bags and tents to be given whenever there is a need. We are thrilled to know that together, we have been able to put hundreds and hundreds of pairs of shoes on the homeless.



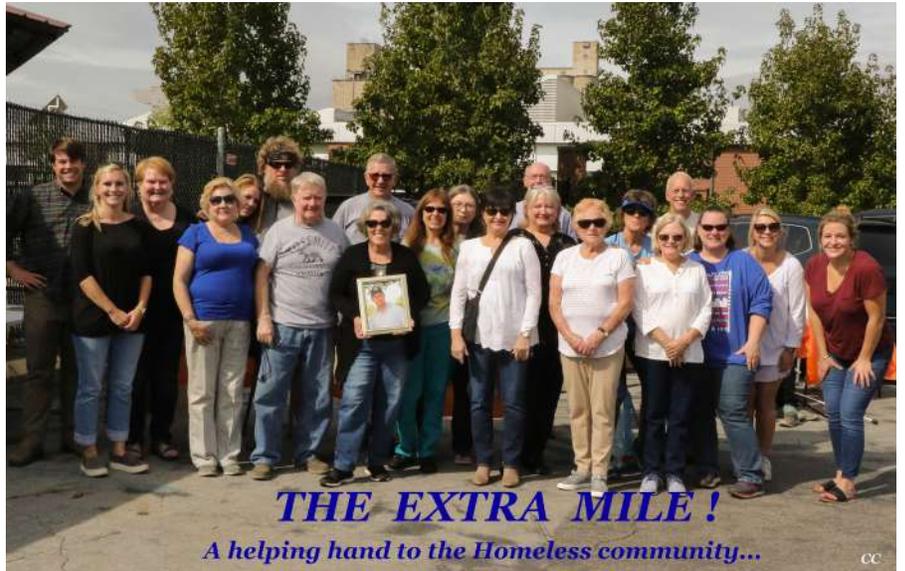
A weekly trip, to the streets of the Chattanooga Community Kitchen area or to the camps, gives supplies to a large number of homeless people. Many more people are helped with a "Giving in the Streets" that is arranged every season. For these Givings, the group prepares a full hot meal out in the streets for usually over 250 people! The homeless are fitted with shoes, provided new socks, coats, blankets, warm items and packed snacks to be enjoyed for later. Many times, the organization receives specific requests such as a bicycle to get to a job or insulated underwear or a coat for a child. **THE EXTRA MILE** tries to fulfill these requests. In summer an ice cream party was held for over 300 homeless people and recently children at the Women and Children's Shelter received a Christmas cookie decorating party. We bend to where we are needed.



THE EXTRA MILE is so proud to be partnered with the Chattanooga Track Club. The membership, the CTC board and the club manager have been wonderfully supportive in helping to collect shoes and clothes and volunteer to help with their time to give to the homeless. CTC race directors have been very generous in giving extra race shirts and sharing food and drink to be taken to the streets or camps to be handed out. We so appreciate this great partnership with the Chattanooga Track Club.

WITH HELP FROM CTC MEMBERS CATHERINE CRAWLEY

The most impressive quality of **THE EXTRA MILE** is our compassion for the people of the streets. This is what the name of this group stands for, to take the time "to go the extra mile" to talk, listen, pray with and care for as many individuals who need to be heard. This is not just a "give" program, but a "we care and we are here for you" personal time of sharing and for giving hope. Donation bins for **THE EXTRA MILE** are usually located at most races, or if you would like to be a part of truly giving hope, we could always use your help with food, clothes or to volunteer for the "Giving in the Streets". The next one will be held February 25th. Please contact Catherine Crawley (catherinefcrawley@gmail.com) for any more information.



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The YMCA is committed to building assets in youth of all ages. YMCA camps create positive experiences that help children live, learn and thrive.

Overnight, day or specialty camps at the Y share one thing: they're about discovery. Kids have the

opportunity to explore nature, find new talents, try new activities, gain independence and make lasting friendships and memories. And, of course, it's fun too!

REGISTER TODAY FOR
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YMCA CAMP OCOEE - Ages 7-17
OPEN AIR ACADEMY
& **BOLD/GOLD** - Ages 12-14 & 15-18

ymcachattanooga.org

A collage of five photographs showing children engaged in various activities: blowing bubbles, climbing a wooden structure, swimming in a pool, and smiling for the camera.

THE LONG RUN ENDOWMENT FUND

The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of these funds and is appreciative of your generosity to help build this legacy for our community.

IN MEMORY OF:

Jon Chew

Bradford Harvey

John Madzin

George Skonberg

Jerry Lastine

George Skonberg

Mike Griffin

George Skonberg

Cameron Bean

Alan Outlaw and Family

Van Townsend

Alan Outlaw and Family

Daniel Hamilton Webb

Jane Webb

IN HONOR OF:

John Mazdin

Steve Rogers

Bill Brock

George Skonberg

The Enicks Family

Colonel Hugh Enicks

ENDOWMENT CONTRIBUTORS

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Blaine Reese

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David Moghani

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Maricela Rodriguez, DDS

Audra Vetzal

GOLD LEVEL

Samuel Boozer

Elain Burt

Jennie Gentry

Corninne and Bill Henderson

John Nevans

Beth Petty

Charles Spencer

A gift to the Chattanooga Track Club endowment can be made to honor a friend, a special occasion or to remember someone who has passed. An acknowledgement of the gift is sent to the recipient (or their family) and to the donor. Contact the CTC club manager for additional details at clubmanager@chattanoogatrackclub.org.



Ryan McGinnis and Tripp McCallie hang the CTC Runner of the Year plaques, updated with the names of the 2019 winners, in the lobby of the downtown Y.



50 Minutes for 50 Years" 50th Anniversary Kickoff Race, 1/25/2020. Finisher results at RunCTC.org

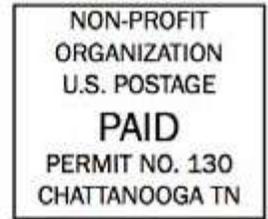
How far can you run or walk in 10 hours?

Locomotion 10

A 10 hour run/walk event
 May 16, 2020 / Greenway Farm
Locomotion10.com



Chattanooga Track Club
 1014 Dallas Road, Suite 101
 Chattanooga, TN 37405



CHANGE SERVICE REQUESTED

RACE CALENDAR

Race dates are verified but might change.
 Please visit www.chattanoogatrackclub.org
 for the latest information on races and events.

LEGEND

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

MARCH

21 Communities In Schools graduRun 

APRIL

11 Chickamauga Chase  

25 Market Street Mile  

MAY

16 Locomotion 10-Hour Race 

25 Chattanooga Chase  

JUNE

06 Riverbend Run  

28 Chattanooga Waterfront Triathlon  

JULY

18 Scenic City Scorchers  

AUGUST

08 Missionary Ridge Road Race  

SEPTEMBER

07 FCA 5K 

OCTOBER

03 Moccasin Bend Fall Classic 10K  

24 Signal Mtn. Pie Run  

NOVEMBER

14 Battlefield Marathon, Half, Jr. Marathon, 5K  

26 Turkey Trot 

DECEMBER

19 Wauhatchie Trail Run  