

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JOGGING **AROUND**



CHATTANOOGA TRACK CLUB

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JOGGING AROUND

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

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Cover Photo

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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.

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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Who Knows What a Friendly Nudge Can Lead To

Marica Merck

As two old running friends chatted, Richard Park reminisced about his running career. After a break from high school and college running, Richard took up the sport again in 1977 at age 40 for fitness.

In April 1977, Richard happened to be visiting the Chickamauga Battlefield while the Chickamauga Chase was being run. That evening, Richard called an acquaintance, Sue Ann Herring (Brown), whom he saw running in the event and asked her what was going on. She told him about the Chattanooga Track Club and encouraged him to join and start training for the next race, Missionary Ridge in August. He knew that he was in a new age group (40-44) and thought he could place in the top for his age. He began training but had only been running a mile when he decided to prepare. Aspirations quickly changed from placing in the 40-44 age group to simply finishing.

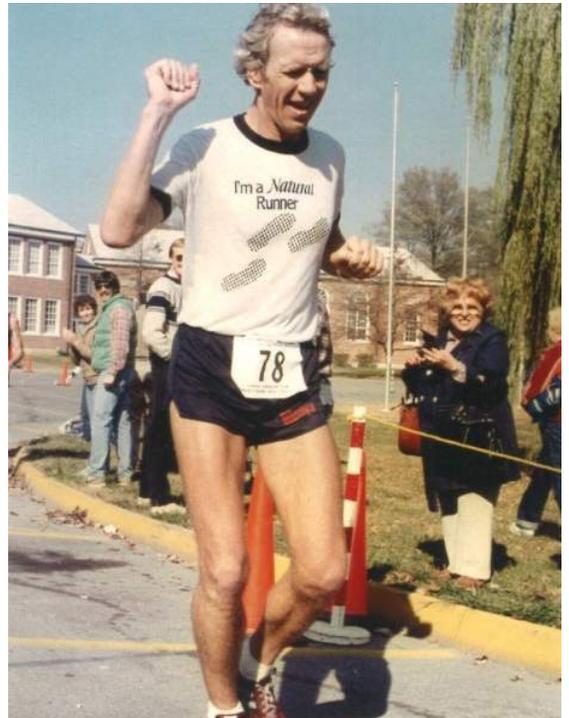
It was a humble beginning for one of the most renowned runners in Chattanooga's history. He was a welcoming friend and encourager to so many. By 1995 Richard had logged more than 30,000 miles including 21 marathons and 14 ultra-marathons. How many people get to run a marathon with their children? Richard, Ricky and David ran Big Sur Marathon together.

It was a "passion of a lifetime" that had him running from Chattanooga's downtown YMCA at 6 a.m. for the camaraderie. And there were so many friends. Richard was described as Chattanooga's "local father of ultra-running" in 2018 when he received CTC Long Runner's Pioneer Award. Remarkable achievements in such a short time before injuries sidelined him from running, but Richard switched gears and learned to enjoy hiking and backpacking.

One monumental accomplishment for Richard, "Old Gazelle" was when he completed the Appalachian Trail in 2005. That year he was one of 563 other section-hikers and thru-hikers who received the 2,000 milers certificate. Local runner, Jerry McClanahan accompanied him on the final 100 mile leg of this extraordinary journey.

At age 83 Richard has been content to hike near their home on Lookout Mountain. We are "happy hermits." His bone marrow transplant 8 years ago prepared him for today's social distancing and mask wearing.

The Park family served the Chattanooga Track Club in past years with Richard as Treasurer and his son Ricky as President. When asked why he continues to be a member of the CTC Richard said "he wants to know what's going on." Thanks Sue Anne for that nudge to join the Chattanooga Track Club.



ON THE COVER



Jennifer Huwe was the fastest female runner at this year's Missionary Ridge Road Race. After relocating to Camp Jordan last year, the historic club race returned to Bragg Reservation where it has been held for almost five decades. Plenty of spectators were on hand to cheer the runners and race registrations were near typical numbers as the CTC returns to in-person races.

Photo by Tennessee Sports Pic's

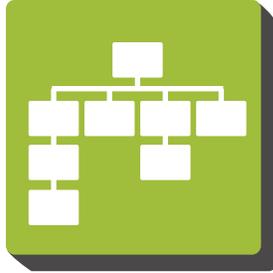


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CTC RACING NEWS: OFF AND RUNNING!

Bill Brock



HELLO RUNNERS! I am truly pleased to report that our 2021 events have been exceeding all expectations so far, in spite of all the crazy twists and turns that we seem to continue to encounter – Delta who??

The Chattanooga Chase, in my opinion, provided a spectacular return to festival-style celebratory race events that are the foundation of what makes the CTC so special. It really felt like good times were here again. I am so grateful for Alan Outlaw's leadership with this event, the support of his store staff and the contributions of the many vendors and sponsors who make the Riverview Park so much fun for us all.

And then, just four weeks after the Chase, we had our river-front celebration with the Chattanooga Waterfront Triathlon – also a very special event full of the color, spectacle and vitality that is unique to the triathlon event at Ross's Landing. And, again, I am so grateful for our strong partnership with Team Magic – a partnership brought to us originally by CWT race directors Calder and Betsy Willingham back in 2005. Congratulations to Jenni, Faye and all the Team Magic staff and CTC volunteers who pulled off another huge success for 2021!

Jane Webb followed up just a short three weeks later with the Scenic City Scorcher down by Coolidge Park. Jane worked hard to encourage mixed-sex teams to

compete and also to experiment with running two heats so everyone could watch our fastest runners challenging each other through that flat and fast 2-mile course. The traditional frozen cool-pops were well-received at race finish, as well as the sausage biscuits and sweet bites at the awards lawn in front of Outdoor Chattanooga. Again, a fun time had by all!

And then in just three more weeks, Ryan Shrum led us in hosting our 48th running of the Missionary Ridge Road Race, which went flawlessly – once again, thanks to our deep bench of skilled volunteers who

ensured every element necessary for a safe, fun race was where it needed to be when it needed to be. We had 148 finishers in the 4.7M event - five with sub-six-minute finishes, 16 sub-sevens, 22 sub-eights, 26 sub-nines and 27 sub-tens. John Gilpin took overall with a 5:16 pace and a 24:43 finish time and Jennifer Huwe cruised in at 30:21 for the female overall. Several fun competitive finishes at all pace ranges while the heat and humidity held off, unusually, until we were well into our tear-down. All in all, a fantastic morning!

You might have thought we would pick back up in fits and starts, but that has not been the case. In my observation, it's as if we had been waiting at our own starting line the whole time, ready with our heads-down just wanting to hear the starting gun and once it finally sounded with the city's release of permits, Bam, we were off and running full bore – what a blast it is to be back together racing, running and laughing together again!

Bill Brock is CTC Vice-president of Races. He can be reached at vpraces@chattanoogaatracclub.org

Running with Knee Pain: Patellar Tendinitis

Bryan Clary, PT, DPT, SCS, COMT

The unfortunate reality of running is the presence of lower extremity injuries. Running at its most basic level is the ultimate repetitive motion. Thirty minutes of propelling the weight of your body, with momentum, onto a single limb which is tasked with not only absorbing force but then creating an equal or greater force. Sayings such as “pick them up and put them down” and “pounding the pavement” make it clear that runners both understand and welcome the demanding, repetitive nature of the sport. Patellar tendinitis in the running population is a direct response to these demands.

Where most are familiar with Patellofemoral Pain (literally “Runner’s knee”) and the ever irritating Iliotibial Band Syndrome (IT Band), patellar tendinitis is fortunately less common but equal in debilitation.

WHAT IS THE PATELLAR TENDON?

In the complex process that is foot strike to toe off, think of the knee simply as a shock absorber. The Quadriceps (muscle of the anterior thigh, opposite the hamstrings) generates a force that allows for kicking, jumping, landing, and running by extending the knee. All portions of the quadriceps attach to the patella (kneecap) which is then attached to the tibia (shin) by the patellar tendon. The patellar tendon is easily recognized as the tight band that extends from the patella to the bony bump on the top of the shin. It is literally the glue that holds everything together.

WHAT IS PATELLAR TENDINITIS?

Patellar Tendinitis is the inflammation and/or degeneration of the patellar tendon caused by unaccustomed or excessive tension forces. The runner has increased their training load faster than the tendon’s ability to adapt and more importantly without adequate time for recovery. The healing process simply stalls out on a job halfway complete. The result is a pain that occurs directly in the anterior knee just below the patella. The pain is usually tolerable at rest but quickly irritated when squatting,

jumping, or landing. Also known as “jumper’s knee”, the condition is reflective of the repetitive loading that occurs during running.

You will recognize patellar tendinitis by the location of pain in the upper portion of the thick tendon just below your patella. Initially the symptoms will resolve at the conclusion of a run or with minor modifications to route, speed, etc. If the condition progresses, however, pain and stiffness become more constant in everyday activities.

HOW DO YOU TREAT PATELLAR TENDINITIS?

The most beneficial first step in treating patellar tendinitis is REST! That’s right, taking a break from running. By reducing the strain to the tendon, your body will have an opportunity heal through it’s intended, normal biological process. Take some time to identify what might have occurred or changed in your training resulting in patellar tendinitis. I often tell patients that running itself is not the problem, it is a failure to listen to your body and respond appropriately. Furthermore, your body needs to be strong enough to meet the demands placed upon it.

STRENGTHENING

Strengthening should both prepare the tendon for the demands of running as well as improve the positioning of knee in loading. Your exercise regimen should not exacerbate symptoms. Regulate the intensity by altering your reps, speed, or depth.



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WALL SQUAT WITH ISOMETRIC HOLD

Perform 5 repetitions with a 45 second hold at midrange



SINGLE LEG SQUAT

15 repetitions x 4 sets, 3 seconds down/Pause/3 seconds up



SINGLE LEG BRIDGE

15 repetitions x 4 sets, 3 seconds down/Pause/3 seconds up



BOX OR STAIR STEP UP

15 repetitions x 4 sets, 3 seconds up/Pause/3 seconds down



CLAM SHELLS

15 repetitions x 4 sets



BASIC LUNGE

15 repetitions x 4 sets

ADDITIONAL INTERVENTIONS

A recorded running evaluation can provide valuable insight into beneficial form or footwear modifications. Simple corrections in foot strike, stride length, vertical displacement, knee position in landing, or cadence are revealed in slow motion and can have lasting effects on your running health.

Infra-patellar straps are another inexpensive and easily obtained option. The compression straps are worn just below the knee and work by decreasing localized strain on the patellar tendon by increasing patella to patellar tendon angles. Simply, by compressing the tendon it is unable to pull directly at the site of injury.

Finally, a good dynamic warm up prior to exercise will always be superior to a static stretch. 15-20 minutes of yoga is a simple way to efficiently address all major muscle groups.

CONCLUSION

Patellar Tendinitis is a common process that is largely

avoidable with modifications in your training and recovery. Preparing your body to meet your running goals and allowing for rest when needed will ultimately keep you on the road.



Bryan Clary, PT, DPT, SCS, COMT – *Bryan is a Board-Certified Sports Clinical Specialist who practices with the Center for Sports Medicine and Orthopaedics in Cleveland, TN. In addition to clinical practice, he serves as Manager of Sports Medicine Outreach with Athletic Trainers in Tennessee and Georgia. Bryan resides in Cleveland, TN with his wife Melissa and 2 sons.*

Louis Priddy, Founder of Front Runner Athletics, Passes Away



Charles Louis Priddy, the founder of Front Runner Athletics, passed away earlier this year at the age of 84 after a long illness. Louis was a lifelong resident of Chattanooga and he spent his life in ministry and service to the local community. Louis opened Front Runner (originally called Running Factory II) in 1982, and in his twenty years running the store, provided shoes and financial support to numerous charities including Big Oak Boys Ranch, Fellowship of Christian Athletes and Northside Neighborhood House. An avid runner himself, Louis organized races to help raise funds for many of the charities he supported. The FCA 5K race he originated will be held for its 34th year this September.

Louis was an active member of the Chattanooga Track Club, serving on the board of directors and as race director for two of the club's most storied and beloved events, the Chickamauga Battlefield Marathon and the Chattanooga Chase. He gave generously of his time and talents, volunteering not only with the CTC but high school cross country and track as well as being a tireless supporter of UTC running teams.

Louis is survived by his wife Sandra, his sister Reita, his children Wade and Laura and their families and numerous nieces and nephews.



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.

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.

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George Skonberg

Jerry Lastine
George Skonberg

Mike Griffin
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FRONT RUNNER ATHLETICS

MARATHON TRAINING TIPS FROM A CTC MEMBER

Recently a CTC member offered a list of some of the things he's learned having completed 83 marathons. Some of these might work for you. Of course if you've never attempted a marathon, or even if it's been quite a while since your last one, it's always a good idea to check in with your doctor before beginning a new exercise regimen. If you have your own tips or hard-won wisdom you'd like to share with the community you can send it to us at joggingaround@chattanoogatrackclub.org or share with our CTC social media communities on Facebook, Instagram and Twitter.

EQUIPMENT, SOME RECOMMENDATIONS:

After finding the right shoes you might think you've finished purchasing equipment, and you're not wrong! But after you've spent some time running you may discover that additional products can make the run, or the recovery, a little easier. For clothing, consider running shoe inserts, a sweat-wicking hat or headband and a belt with a zippered pocket for keeping keys and phone secure. A favorite of mine in hot weather is an evaporative cooling scarf, also called a cooling bandana. Just soak this product in cold water before use and as the water evaporates it pulls heat away from your body. For cold weather, tights, gloves, hat and ear warmers are must-haves. A tip, buy these products well before you think you might need them. Other products to consider: anti-chafing, like



Body Glide, sunblock, band-aids and bug spray. Finally, a reliable running watch with heart rate monitor. There are many options and it's worth spending the time to compare features and decide which is best suited for your goals.

TRAINING

Find a Training Plan . Again, like running watches, there are many options. It can be confusing but take the time to clarify your own goals and needs before choosing a training plan. This is an area where your running friends can be a great resource. If you don't yet have running friends you can find them at any CTC run group or on CTC social media like Facebook or Instagram.

Train as you would run the race – Use the race sport drink, power gels and/or bars, if you don't like the taste experiment with different flavors and brands. Training is the time to find what works for you; try different types of clothing, what do you feel most comfortable in? And if you miss a training day do NOT add the miles to another day's run.

RACE DAY, MENTAL STRATEGIES

Is your goal just to finish a marathon – ENJOY ! A 5-hour finisher gets the same medal as 2 ½-hour finisher. If you have other goals, like qualifying for Boston or another marathon, remember your training and stay on pace. As little as 15 seconds per mile faster in the early miles may affect you down the road.



MARATHON TRAINING TIPS FROM A CTC MEMBER

CONTINUED



FALL TRAINING PROGRAM



Count miles completed for the 1st half and miles to go for the 2nd half - mentally it keeps the numbers small. Go slow in the early miles to save energy for the late miles. And if your race plan starts falling apart- revise it. Slow your pace, walk if you have to and decide when quitting is the necessary or responsible choice. A DNF is much better than a DOA.

ENJOYMENT VS COMPETITION

Celebrate race day! It is the time to enjoy the fruits of all those early morning wake-ups, hot sun scorching miles, rainy day soaks to stay on some kind of training schedule. Have friends make signs and know where they will be along the course. Discuss where to meet family and friends after the race and high-five kids (and adults) along the course.

PRE-RACE ACTIVITIES

PASTA, PASTA, PASTA + Hydrate. Pick up your race packet as early as possible and get off your feet. Cut your toe nails. Avoid spicy foods or those that may upset your stomach. Prepare your gear the evening before the race. Lay it all out!!! Make a check list so nothing is forgotten. Don't forget Bodyglide, Nipguards, Vaseline on toes. You may be restless thenight before race day, start getting a good night's sleep days before the race. Eat breakfast. Fuel and hydration: Too much water the day before can

flush out electrolytes (hydrate sport drinks & water).Don't pass a water stop – when you are thirsty it is too late. Have a gel or whatever your choice of run food each hour with water.

RACE TIPS

The Galloway Method, Run-Walk intervals. Run the first 20 miles, race the last 6 miles. When tired, punch your fists up in the air (provides a physical and psychological lift). Remember that walking is not a sin. Walk the uphill, exaggerate stride downhill (let gravity do the work). Run SMART not hard, thank the volunteers, encourage fellow runners. Offer assistance and encouragement to struggling runners and NEVER pass a downed runner who is alone – it could be you!

RACE RECOVERY:

Ibuprofen. Drink water. Stretch. Get a deep tissue massage within a week. Ice your calves – if on the road a bag of frozen peas 20 minutes on then 20 minutes off - 4 times. Take a slow, half-hour walk later in the day.

Even after 83 marathons, when the gun goes off I never know if I'll finish so while I'm nervous I try to enjoy the event, people and adventure I'm on! Have Fun and Happy Running!

THANK YOU

to everyone who came out to the 2021 Missionary Ridge Road Race, August 7. I hope you all had a good time and plan on coming back next year! I'll do my best to arrange in 2022 the same cloud cover and milder temperatures that we were blessed with this year!

Thank you to all the volunteers for stepping up and working hard to make this event a success. Races couldn't happen without our wonderful volunteers. Also a big shout-out to The McCallie School for allowing us to use their parking lot and for supplying our shuttles and drivers. We are grateful to our sponsors; a special thank you to Business Water Solutions for their generous financial donation to this year's race.

We are already working on ideas to make the 2022 race even better. I look forward to seeing you on the Ridge again next year!

Ryan Shrum

Race director, Missionary Ridge Road Race







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

SEPTEMBER

- 11 Chickamauga Chase 
- 25 Raccoon Mountain Road Race 

OCTOBER

- 02 Moccasin Bend Fall Classic 10K 
- 23 Signal Mountain Road Race 

NOVEMBER

- 13 Chickamauga Battlefield Marathon, Half, Jr. Marathon, 5K 
- 25 Turkey Trot 

DECEMBER

- 18 Wauhatchie Trail Run 