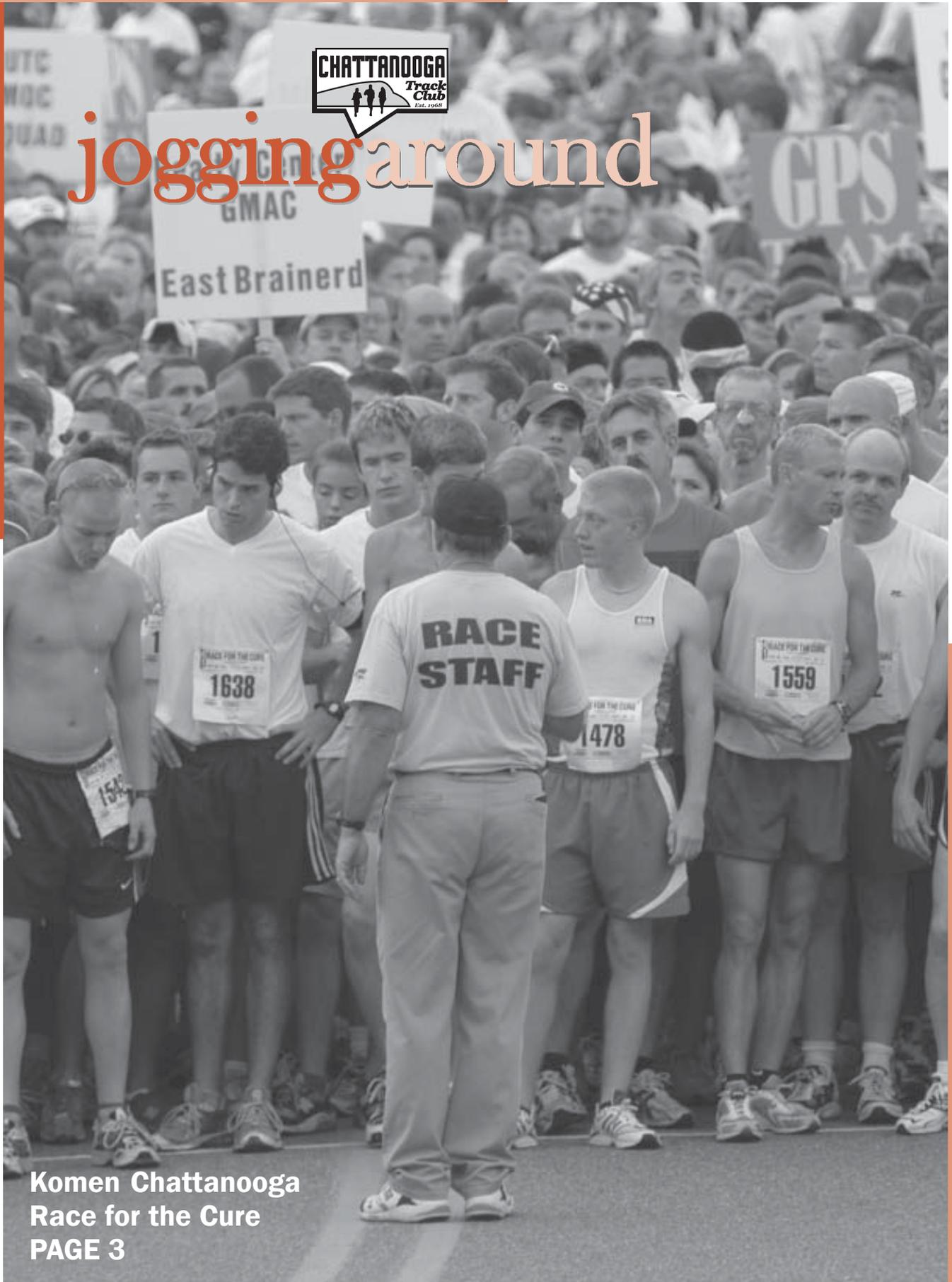




jogging around



**Komen Chattanooga
Race for the Cure
PAGE 3**

1 Chattanooga Track Club

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Jogging Around

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

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Welcome New and Returning Members

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Nancy Glascock
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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 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.

Words from the Prez's Perch

Greetings CTC Members,

I hope that everyone is having a great summer! This has been a busy summer for the Track Club. To recap quickly, we had a very successful Riverbend Run. We had excellent race direction from Rita Fanning and a turnout of about 800 runners and walkers. Check out some of the great pics in this issue of Jogging Around. We have plans for some exciting enhancements to the Run next year. Stay tuned...

We had a somewhat smaller turnout this year at the Dam Triathlon, but those who did participate in the event seemed to have a great time. Thanks to Teresa Wade for directing the event and special thanks to Sarah Bowen for her help. The Board is looking at possible changes to the Triathlon to make it a bigger and better event. I am feeling very optimistic about ways we can grow our events and create more value for our members.

Speaking of value, recently I have been thinking about what value the Chattanooga Track Club provides - not only to the members of our club, but also to our community. Do you know how many charitable organizations we support? Here are some of the organizations that our events support: Chickamauga Military Park, Victim Offender Reconciliation Project, American Red Cross, Fellowship of Christian Athletes, Chattanooga Symphony and Opera Guild, UTC Running Program, Johnson Mental Health Center, and the Cumberland Trail Conference.

WOW! That is a pretty amazing list to me. Look for us to highlight some of these organizations in coming issues of Jogging Around. We all should feel proud that we are sponsoring events that we enjoy and make us better runners, but we are also improving the lives of those who don't run. We are making a difference in this community.

I hope the rest of your summer is fun and injury free! I will continue to run despite ridiculously high temps and humidity - I guess because it feels so good when I stop!

See you on the road,



Linda Andrae
CTC President



CTC Upcoming Race Schedule

08/19 Greenway Cross Country Meet*

Country Meet*

(4 Miles)

John Wikle

jwwikle@comcast.net

09/06 Fellowship of Christian Athletes 5K*

(5K and 5K Walk)

Note: JMROY points for 5K race*

Chad Varga

slpr123@aol.com

09/11 UTC Cross Country Meet* (5K)

Bill Gautier

bill-gautier@utc.edu

09/18 Symphony Classic* (5K)

Barbie Standefer

bstand@comcast.net

09/26 Race For The Cure* (5K)

Note: Non-CTC event, JMROY points only*

Rita Fanning

ritafanning@mindspring.com

10/02 Joe Johnson Run For Mental Health (10K)

Toni Wright

twright@vbhcs.org

10/09 Stump Jump Trail Races (50K and 11 miles)

Mike Owens

stumpjump50k@aol.com

10/23 Signal Mountain Road Race* (10K)

Lee Davis

lee@davis-wallace.com

* Joe McGiness Runner of the Year (JMROY)

** JMROY Points Only for Marathon

Please see www.chattanoogatrackclub.org for a complete list of events past and present, further rules, changes and regulations.

Chattanooga Chase and Greenway have new race directors, and are back on schedule for 2004.

Ocoee Run will be an informal, no frills event.



5th Annual Komen Chattanooga Race for the Cure®

By Sarah Bowen

5K Run (3.1 Miles)

Did you know that it takes an average person about 33 minutes to run a 5K race, and in that same amount of time, 11 women will be diagnosed with breast cancer? This year why not put those miles to work and support the women in your life! Register to run in the 5th Annual Komen Chattanooga Race for the Cure®, scheduled for Sunday, September 26, 2004 at 2 PM at the UTC McKenzie Arena in downtown Chattanooga.

What makes this a special race is that it is not just about the running. It's about fighting breast cancer. Last year over 5,200 men, women and children laced up their running/walking shoes and helped make a difference in our community and the lives of others. Proceeds from the race fund breast cancer education, screening and treatment programs in our community. In fact, in just 4 years, the Komen Chattanooga Race for the Cure® has raised over

1 Mile Fun Run and Walk

\$700,000 and helped fund over a dozen area breast health programs as we support the Komen mission to eradicate breast cancer as a life-threatening disease.

Remember...the race is not over...the race is not won...until we've found a cure for breast cancer. See you on the 26th!

*For race information
or to register go to
[www.chattanooga
raceforthe cure.com](http://www.chattanooga
raceforthe cure.com)
or call Race Director
Rita Fanning at
(423) 593-6005.*

18th Annual CTC Powerade XC Run

By Bill Gautier

5K Run (3.1 Miles)

The 18th Annual CTC/Powerade XC Run will take place on September 11 at 9:00a.m. The run takes place on the grounds of Moccasin Bend Hospital. The 5K race takes you through tree lined trails as you run along the shores of the Tennessee River. Lookout Mountain looms in the background making this one of Chattanooga's most scenic and inspiring runs.

You can stay around after your race and watch the Powerade High School Invitational. Twenty-six top teams from the Atlanta area, Nashville, Knoxville, and our own Baylor, McCallie and GPS teams battle for the team titles.

Friday night the week-end kicks off as UTC opens its season against GA Tech and Auburn. The defending Southern Conference champions will be lead by Canadian Olympic trials qualifier Steven Kocsis. Kocsis is the defending SoCon champion in cross country. He was also the first athlete to be named runner of the year in cross country, indoor track, and outdoor track. The Princeton Ontario native ran a 14:15 5K last spring. He will be joined by the 2002 SoCon champion Gediminas Banevicius, who has a 5K P.R. of 14:14; Colin Sullivan, a Canadian trials qualifier in the 1500 (All Conference in Cross Country) who has ran a 4:01 mile; and Ian Mayne (All Conference Cross Country). Mayne was named UTC Athlete of the Year combining academics (3.88 pre-med) and athletic accomplishments.

The Lady Mocs will be lead by All American Shannon Wommack. Wommack, the junior from Conyers, GA ran a 16:26 5K last spring on the track to earn All American honors at the NCAA National Championships in TX. She will be followed by sophomore Kathleen Turchin, who posts a 16:53 5K, and junior Lanni Marchant, who ran a 17:18 5K. Marchant won this year's BlueCross Riverbend Run.

Visit the site below for more information:
[http://www.chattanoogatrackclub.org/
UTC-Invitational/UTC-Inv-Info.htm](http://www.chattanoogatrackclub.org/UTC-Invitational/UTC-Inv-Info.htm)

A Race With A Purpose: Joe Johnson 10K

By Lynda Hale

10K Run (6.2 Miles)



I guess the Joe Johnson Run For Mental Health was first conceived about spring of 1983. At least this was the way I heard it. Jerry Jenkins and Joyce Gracy, both resident employees with not enough to do, were jogging during lunch one day on 'the Bend' campus and they concocted the idea of Johnson Mental Health starting a road race. It was kicked around a bit; I'm sure they had several lunch meetings around it, and then it was decided upon. It is probably one of the best things we do now and we've been doing it for 20 years now.

Last year's race was on a very cold and drizzly early December Saturday morning. It was not a miserable day, though. About a hundred runners and walkers were milling around, talking the talk, and anticipating the start of the race. After the race, while the scores were being tallied, the atmosphere was jovial and loud with much talking, laughing and music. They say it's a real sweet course if you're a runner- mostly flat and wooded. Nick Wilkinson and Jan Gautier were the overall male and female winners. As Jerry McAdams was calling out group winners, I was amazed at the camaraderie and enthusiasm. It's electric and makes even us non-runners a part of the adrenaline flowing in the room.

The planning and organizing are in full swing again for this year. A road race is not an easy event to throw together. First

off, you need some really dedicated athletes. Bill Minehan and Melody Thompson with the Chattanooga Track club can really hook you up there. Then you have details like getting road permits, police officers, sponsors, volunteers, T-shirts and mugs, water and snacks, publicity, and coordination with the race site contacts. Oh, yeah, we need some money, too.

We haven't even talked about why we would undertake this great and overwhelming venture. Christmas presents. Lots of them.

Since 1974, Joseph Johnson Mental Health has provided psychiatric and mental health services to the mentally ill population of the Chattanooga area. Although a part of the Volunteer Behavioral Health Care System which serves twenty three counties in the state of Tennessee, our Chattanooga center alone serves an ongoing population of about two thousand clients. In view of personal and economic costs, Schizophrenia has

been characterized as one of the most devastating diseases afflicting mankind. It's a disease of the mind that robs the individual of emotional attachment, reality of their own identity and the identity of those they love, and a fulfilling and productive life. These individuals are in our Chattanooga community. The more productive clients are working simple jobs in our businesses and living in their homes. But the more debilitated clients are living in group home settings or in long term hospital settings. Often, these individuals have little or no contact with their families due to their difficulty in maintaining personal relationships.

Each Christmas, the employees and friends of Johnson Mental Health provide Christmas for these severely mentally ill adults and children. As this is often their only meaningful holiday activity, we try to make it a truly grand event. This is where our road race proceeds go! So you see where our enthusiasm stems from.

So, happy running! This year's run is scheduled for October 2nd – what a way to qualify for the big ones and help your neighbors at the same time.



For More Information, Contact...
Toni Wright (twright@vbhcs.org)

Signal Mountain 10K Pie Race

10K Run (6.2 Miles)

Mark the 23rd of October down on your calendar to spend a few hours enjoying the sunrise over the valley from the East Brow of Signal Mountain as you race your way along the carefully measured and nearly certified 10K course. It's the perfect way to enjoy a Saturday morning while putting to use your well trained legs that ran some of those September 5K races. The racecourse glides up and down the traditional Signal Mountain brow, creating a fast & friendly workout! If tradition prevails, freshly baked apple pies will be plentiful for overall winners, age



group winners, random winners, volunteers and almost anyone else that finishes the race. It should be mentioned that for the last several years, thanks to the attorneys at Davis & Wallace, PC and the Chattanooga Track Club, every family received a pie! Don't expect to be so lucky this year though, the excitement is spreading around the mountain and into the valley!! The race is always casual and fun. We hope to see you there!

Applications will be available online at www.chattanoogatrackclub.org or at your favorite running hangout (The Front Runner, Fast Break Athletics, the Downtown Sports Barn and the Downtown YMCA)

To find out about the upcoming 5K for FCA, turn to page 16.

St. Nicholas School 5K Trick-or-Trot Race and Monster Mile Fun Walk/Run

5K Run (3.1 Miles)

1 Mile Fun Run and Walk

Have you ever wondered what it would be like to run a 5K as Wonder Woman? Maybe you imagine yourself more as the Flash. This fall there will be a 5K race that you can run wearing a costume. The Trick or Trot 5K Race and Monster Mile Fun Walk/Run will be held Saturday, October 30 to benefit the St. Nicholas School. This race will be a fun and festive event. Of course, the costume is optional and not required. The details are outlined below.

The 5K Road Race will begin at 8:00 a.m. and the Monster Mile Fun Walk/Run will begin at 9:00 a.m. Late registration and packet pick up will begin at 6:30 a.m. Entry fees will be \$15 for the 5K Run if registering prior to October 23. After that date, the entry fee will be \$20. The Monster Mile Fun Walk/Run entry fee will be \$15. There will be top quality, long sleeve t-shirts for all registered participants in the 5K race and the Monster Mile Fun Walk/Run.

The 5K race is a competitive event with awards in both age and gender categories. The Monster Mile Fun Walk/Run is a non-competitive event to encourage everyone, especially families to walk, run, jog, or stroll for a healthy lifestyle. The youth participants in the walk/run will receive a ribbon. A random drawing will be held to award door prizes.

The race is an out and back originating from US Xpress, 4080 Jenkins Road, which is located off of I-75 at the Collegedale exit. The course is relatively flat. There is ample free parking in the U.S. Xpress parking lot. There will be bathroom facilities near the start/finish. Water will be provided on the course and near the start/finish. Refreshments will also be served to participants after the race.

Please check the Chattanooga Track Club web page under "other races" for additional information and an application. Please contact Carol Quinn at 423-899-3230 with questions. Special thanks to our present sponsors US Xpress Enterprises, Baylor School, and UBS Paine Weber. Look for other sponsors at the race and on your T-shirt. Thanks for special assistance from Chattanooga Track Club, Hamilton County Rescue Service, and Coca-Cola.

2004 Tennessee Senior Games

By John R. Walker

Okay, I admit that it wasn't my idea to participate in the Chattanooga Area Senior Games in May. Sarah talked me into it. But the idea grew on me and I signed up for the 5K run.

I showed up at the Riverpark on a sunny Friday morning in May with a mere dozen other runners, including several CTC members who had previously participated in the games. I was warned by Art Jones and Avery McCuiston that the 5K race was a bit "informal" and they weren't exaggerating! Our pre-race instructions were to run the length of the Riverpark walk, down to the Dam and back. The turnaround was "where the sidewalk ends". (A new course according to Art and Avery, who remember last year when the turn was at the restrooms – and you got to pick from two!). Anyway, I had a good run and qualified to advance to the Tennessee State Senior Games, along with fellow CTC member Sergio Bianchini. I was determined to see this through and signed up for both the 5K and 10K at State Finals.

The State Senior Games were held in Clarksville the week of July 18 – 24. I wasn't able to attend opening ceremonies on Sunday and elected to drive up and register the evening before the race. I was very surprised to see the numbers of senior athletes and volunteers at Austin Peay's campus. This was a much bigger deal than I had imagined! The Senior Games events include basketball, volleyball, archery, cycling, tennis, golf and track & field. Although there were only 30-40 runners in the 5K and 10K events, there were probably hundreds of seniors

participating in the rest of the games. (Editor's Note: There were over 1,700 participants in the 2004 Tenn. Senior Games State Finals.) I saw couples, families and groups of friends who were there to participate for much of the week. It appears to be a regular summer event for many senior athletes. And they were all really enjoying being a part of the competition along with friends and fellow athletes.



Thanks to the Clarksville running club, the 5K and 10K races at the Fairgrounds were expertly managed and timed. There was an abundant crew of volunteers along the course for split times, water and directions. And best of all, the course was flat and fast! I was able to run one of my best 5K times and win overall, followed by fellow CTC runners Joe Axley and Sergio Bianchini.

The 10K was two days later, and it was a similar order of finishing, with Joe taking third and Sergio forth. I was still a bit sore from the 5K and was please to keep my time just under 40 minutes. I'm sure Joe and Sergio felt it as well, as they participated in tennis and track events, doing very well in each.

I am looking forward to attending the National Senior Games in Pittsburg next June, as well as the 2005 Chattanooga and State events. I want to encourage all eligible local runners to participate in the Senior Games next spring. It is a fun experience and I'm glad that I had the idea to participate this year.

The Joy of the Stump Jump

50K Run	11 Mile Run
---------	-------------

The third annual Stump Jump 50K and 11-miler is coming soon! On October the 9th, runners from all across the country will meet to wind their way through some of the most beautiful terrain in the area. At the starting line of our 3rd annual event, we anticipate greeting 2-year veterans of the run, seasoned runners who are looking for a new challenge, and novice trail runners who will be anxiously anticipating what the Tennessee River Gorge has in store for them. We can guarantee that every runner will end the day with a story to tell.

It's a race you'll never forget. The terrain is incredibly beautiful and challenging. You'll run shoulder-to-shoulder with a band of sleek bodied trail runners (Okay, okay, that does require stretching the imaginations!) As you trot along, the fresh crisp air and sounds of nature may occasionally be laced with huffing, puffing, and snorting. I'll even venture to say that some of the moans and groans will be your own. My wife sums it up like this: "Yes, the race is a beautiful and satisfying experience, but honestly the Stump Jump reminds me of the process of bearing and birthing a child. You start out excited, somewhere in the middle you settled in, but by the time you get to the end, all you care about is surviving until it's over." I told her that giving birth sounds like the way I felt in every race I've ever run. She replied, "Sure it is, honey. Sure it is!"

Besides providing you with another running adventure, we will have plenty of prizes in both the 50K and 11-miler. The North Face will be the premiere sponsor this year, providing cash prizes along with great giveaways. As always, Dawson Wheeler and his crew at Rock Creek Outfitters will again be the host sponsor. Packet pickup will be at Rock Creek's Frazier Avenue location on Friday October 8th from 4:30 to 6:30 p.m. Prize money for new course records, both male and female, will be up for grabs at the 50K. Also prize money for the top 3 male and female positions in both the 50K and 11-miler. See you at the Stump Jump!

For further information and an application go to www.rockcreek.com.

Visit www.tnseniorgames.com for information on how you can participate in next year's Tennessee Senior Games events



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Chattanooga Dam Triathlon

Life Is An Adventure Race

By Jim Farmer



Given our current lifestyle (read as insanity), my wife, Carol, and I decided to celebrate our tenth anniversary by doing a three-day adventure race in Florida called Coast-2-Coast. We've raced together before but never for longer than twelve hours. In fact, Carol had never done a race longer than twelve hours period. You might remember that I experienced the

joys of multi-day racing last July in the Beast of the East four-day adventure race. Swollen feet, little to no sleep and acid-trip-like hallucinations were the norm.

With inadequate preparation as well as inadequate sleep we headed to Crystal River Florida with our support person, Cathi Cannon. After plotting UTM coordinates

and rifling through the dozen or so maps given to us at the pre-race meeting we nodded off for a few Zs. Early the next morning we were in our tandem kayak awaiting the start along with the other forty-eight teams. Due to the amount of paddling involved in this race (just under one hundred miles) there was an amazing array of boat styles in the water. Everything from canoes and sit-on-tops to space age kayaks that had to be at least thirty feet long and weighed less than my mountain bike. Our stable tandem kayak served us well on the first ocean leg as we helped rescue a couple of teams that paid the price for going for speed instead of stability.

After several hours of paddling it felt good to get onto our bikes. We had to hit two orienteering points (OPs) before making our way to the next Transition Area (TA). OPs are different from checkpoints (CPs) because they are not required and carry a two-hour penalty for each one missed. Both of the OPs on this section seemed easy enough so we went for them. The second OP, unfortunately, was mis-plotted

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by the race directors and had a UTM coordinate that was a mile off. This resulted in two and a half hours of fruitless searching through the woods. The disappointment was quickly compounded on the ride to the next TA as Carol and I locked handlebars and she cracked her helmet after launching herself over the bike while I tore my arm and knee to shreds on the sandy road. It wasn't a good start to an epic adventure.

After another short paddle we tackled an orienteering section on foot and then got back into the boats for the lengthy paddle to the town of Dunnellon. As darkness set in we began to see our first sets of orange eyes. We learned from our trip to the Everglades last year that you could tell a gator's size based on the distance between its eyes. For some of these bad boys I just hoped that there were two smaller one-eyed gators swimming next to each other. Highly doubtful though.

After a short bike we set off on foot again along the Florida Trail. Along the way we did some rope work, up and down a couple of big trees no less, and tackled several more OPs while trying to navigate along the overgrown trails in total darkness. Strength is in numbers so we hooked up with a team of Coast Guard girls and two guys from Atlanta to form an ad-hoc six-person team for the long trek. This helped tremendously when finding the OPs off the beaten track because they consisted of poker chips on a rope that was usually hidden in trees or bushes. Needless to say they were not easy to find, especially in the middle of the night.

The sun was rising as we hit the next TA and downed some food while gearing up for the next bike leg. We made good time on the windy single track just south of Ocala, crossing over I-75 on the famous land bridge, and making our way to the Santos parking lot where we hit paved roads on our way through downtown Ocala and to the Marshall Swamp Trailhead near the Oklawaha River for our next paddling section. With the afternoon sun beating down on us relentlessly and thirty hours of racing under our belts this leg seemed much longer than what it actually took. When we pulled our boat out of the water at the Moss Bluff boat ramp we both needed a break and tried to nod off for a while but had no luck. Our biological clocks would not let us sleep at 4:30 in the afternoon so

Mr. Sandman would have to wait.

Mounting our bikes once again we headed off into the Ocala National Forest. The forest roads were sandy and bumpy but we were making good time as the sun began to set on our second day of racing. Skipping the first OP on this leg was our smartest move of the race. Although we were saddled with another two-hour penalty we found out later that it was taking teams three to four hours to get it making it a net gain in both time and energy for us. Unfortunately our progress slowed considerably as we hit the small hills in the middle of the forest consisting of miles upon miles of sugar sand. Saying that it was miserable would be a massive understatement. The rest of the ride didn't get much better as we encountered bears, bugs and rednecks, the latter of which were definitely the most disconcerting.

Arriving at the next TA around 2:00AM we had no problem dozing off for a few hours of well-deserved sleep before setting off on our third day of racing. We began the longest paddling section of the race, over thirty miles, at sunrise by heading out on the St. John's River and making our way to Crescent Lake. We entered the huge lake as the sun peaked in the sky and I started to feel the signs of heat exhaustion creeping in. A short break on a small island in the middle of the lake saved the day and got my core temperature back in check.

After another short bike section we jumped into the boat once again for a quick paddle on Lake Disston to the mouth of Little Haw Creek. The word creek was a

misnomer as the waterway dissipated into a thick swamp chock full of muck, cypress knees, snakes, gators and every other creepy crawly you could think off. We had hooked up with the Coast Guard gals, Amy and Kim, once again and the four of us walked, crawled and trudged our way at a painfully slow pace all the while dragging, pushing and throwing our boats through the thick vegetation. Once again darkness had descended on us making things even more difficult, not to mention terrifying.

This leg was definitely a gut check for us but we sucked it up because we knew that the end was in sight. The race cutoff was at 6:00AM the next morning and we still had a long bike section followed by another paddle and a trek along the beach in front of us. Up to that point we had simply kept a steady pace and tried to enjoy the journey, but we quickly put our game faces on as we saw our dream of finishing the entire course being put in jeopardy. We put things in high gear and battled the sleep monsters in order to cross the finish line with time to spare. It was an exciting way to spend our tenth anniversary to say the least. I just hope I can top it for our twentieth.

P.S. This is the abridged version of the story. You can find the full story, chock full of more excruciating details of our adventure, in the "Chattanooga HQ" section of the TrailBlazers Adventure Racing Club website (www.TrailBlazerAR.com).



Kocsis, Marchant win BlueCross Riverbend Run

By Ron Bush, Deputy Sports Editor

Reprinted with permission from the Chattanooga Times Free Press



Jennifer Croft was the No. 2 female finisher in 19:12, seven seconds faster than UTC coach Bill Gautier's wife Jan, who won the BlueCross Riverbend 5K seven times in the 1990s and 2000.

Another former Lady Moc, Thomas's wife Leah, was the fourth female finisher in 19:24. Former UTC standout Nic Crider won three BlueCross Riverbend 5Ks from 1999 through 2002, and teammate Curtis Gadula won in 2001. Kenyans Zablon Mokaya and Agnes Ngunjiri were the winners last year, attracted by the mistaken notion that big prizes would be given. "I haven't run a road race since high school, but Coach wants us to run these local events," Marchant said.

There were no Kenyans interrupting the familiar pattern of the BlueCross Riverbend Run 5K on Saturday, June 19.

Just two Canadians returning race supremacy to the University of Tennessee at Chattanooga running teams.

Ontario residents and UTC runners Steven Kocsis and Lanni Marchant made their first appearances in the BlueCross Riverbend Run triumphant ones. Kocsis, who finished 13th in the nation among collegians in another 5K a week earlier in Austin, Texas, coasted to the overall win on a humid morning in 15 minutes, 55 seconds.

That was 10 seconds faster than the runner-up, McCallie graduate and former UTC runner and assistant coach Dwight Thomas - now of Smyrna, Ga., and the Atlanta Track Club. Thomas sped past Kevin "Geno" Phillips of Ooltewah in the closing strides, leaving Phillips third at 16:07. McCallie alumnus and employee Nick Wilkinson was fourth in 16:14.

Marchant was the first female and 18th overall in 18:09. Former UTC runner

She and Kocsis are staying on campus this summer instead of going home as usual. Both work for UTC Housing, Kocsis painting dorm rooms and Marchant cleaning them.

"I've got to clean up after him, too," said Marchant, who will be a junior this year. Kocsis will be a fifth-year senior.

He admitted that the previous Saturday's 5,000-meter race was a little more intense



for him than the BlueCross Riverbend Run, although the annual BlueCross sponsored event had 524 more finishers, with 579. He was the last man allowed in the NCAA 5K but finished in the middle.

"I was in lane one and didn't want to be boxed in, so I got out hard and led the first 600 meters of the race," he said of the NCAA night race. "I stayed out of trouble till the crowd thinned out."

Although eight of the 12 people who finished ahead of him in Austin were seniors, he didn't want to predict a great finish in 2005.

"I do want to go back, but it's too early to talk about. My mind is on the Canadian nationals (July 9 in British Columbia) and then cross country," Kocsis said. "And I know some Arkansas runners and others didn't go to the NAAs this year because they were training for the Olympics."

On Saturday, he said, "I was supposed to go out harder than I did, but I didn't feel that peppy this morning. Then Dwight passed me and something clicked in."

"There was a big group of us for a while, even (Kocsis)," Phillips said, "but he took off at about two and a half miles. Then Dwight fell back, but then he had a surge and got me at the end."

For the third year in a row there was one wheelchair participant. This time that was Scott Stokes of Atlanta.

Travel or Home Fitness Package Offered by Personal Fitness Specialists

Package includes:

Resist-A-Ball (exercise ball)

Four illustrated charts depicting specific exercises for the ball : Abs & back, total body, advanced exercises and stretching

Three exercise bands of various resistances and door attachment

Instructions demonstrating band exercises for all muscles groups in upper and lower body

Total package Fee: \$150

FOR MORE INFORMATION CONTACT TERESA WADE AT 490-0465

Personal Fitness Specialists Presents: Think Light

Question: WHAT IS THE THINK LIGHT-LOWFAT LIVING PLAN?

Answer: THINK LIGHT is a 12 week low fat living program to show uninformed individuals how to eat responsibly. There are seven THINK LIGHT habits outlined in the program:

1. If you want less fat on you, put less fat in you
2. Eat foods high in complex carbohydrates and fiber with every meal or snack
3. Eat less, more often
4. Find ways to include enjoyable exercise in your life
5. Think light every day
7. Keep the process of change moving forward by recognizing and stopping negative self-talk before it stops you
7. Always remember there is no such thing as cheating, there is only wandering. Wandering is not wrong or bad, wandering is normal.

THINK LIGHT is not a diet. It is a lifestyle change, and it tackles the issues of boredom and long-term effectiveness. THINK LIGHT not only gives dietetic and exercise support. It also addresses the emotional and mental issues that come with changing your lifestyle.

The Sports Barn restaurant downtown is going to be a key ingredient for the new THINK LIGHT program. Everyday, the restaurant will be providing a THINK LIGHT menu choice. These meals come straight from the THINK LIGHT program.

**PLEASE CONTACT: GRETCHEN HAMMEL: 266-1125 OR 892-4211 (HOME) OR
TERESA POTTS WADE: 266-1125**

2004 Joe McGinness Runner of the Year

July Update

So, we are into the 2004 Edition of the Joe McGinness Runner of the Year contest!! As of this writing, three events have been scored with volunteer points starting to build. We are halfway through the calendar year, but only starting the JM ROY contest. So dust off your racing shoes, get that membership paid, mark your calendar with the remaining race dates and get some points! The contest is designed to reward those who consistently run in the CTC events. Up to a point, the more races you can score in, the more points you get. Remember the story of the Tortoise and the Hare. Generally, the overall winners of the contest are both strong and consistent CTC runners, but steady participation in races can overcome strong, but only occasional CTC racers. Check out the web site for the latest updates to the standings.

As we go through the race lists to tally the points, it is encouraging to see all of the new members that are participating in the races. This year's contest is steaming up! Mark Miller has taken over the #1 Overall Male spot for the moment with Chad Varga nipping at his sneakers! Rebecca Shearer is tied with Jan Gautier for the #1 Overall Female spot with Melodie Thompson not too far behind. Sergio Bianchini has run away with the Senior Men category. But the fat lady has not sung, the votes are not cast and we have a long way to go. Eligible races are listed in every issue of *Jogging Around* and are listed on the web. Remember, you must score in the minimum number of races and you volunteer for at least one CTC event this year to qualify for an award.

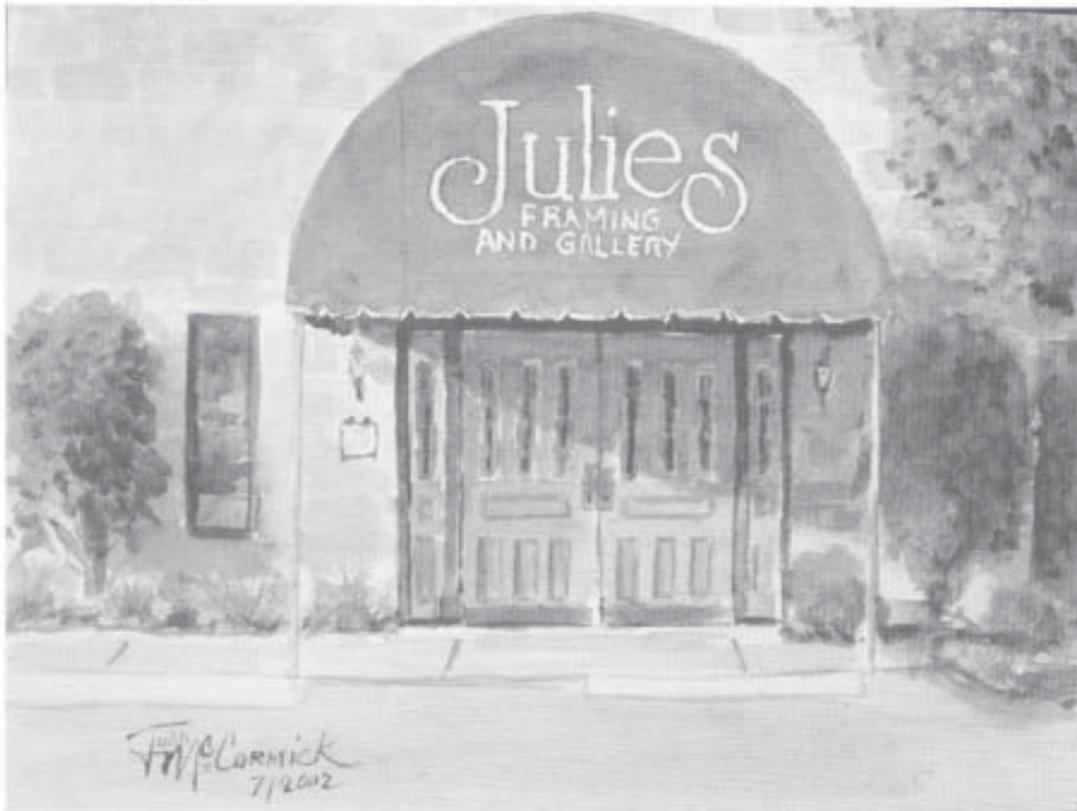
Remaining CTC ROY Events

- Missionary Ridge*
- FCA 5K*
- UTC Cross Country 5K*
- Race for the Cure 5k*
- Signal Mountain Pie Run
- Symphony Classic 5K*
- Chickamauga Battlefield Mar. (only)
- Joe Johnson 10K
- Wauhatchie Trail Run

* Designates races for junior division points

**Questions, concerns,
mistakes, gripes, bribes?
Contact James Dravland**

**400-7831(h)
donna.james@comcast.net**



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Joe McGinness Runner of the Year

New Races and Current Totals

	TOTAL	BlueCross Riverbend Run		TOTAL	BlueCross Riverbend Run		TOTAL	BlueCross Riverbend Run
Overall Men			Grand Master Men			Chris Post 90 -		
M - Mark Miller	220	70	Terry Webb	250	90	Vanessa Hammond	80	-
M - Chad Varga	180	100	John Walker	200	100	Kari Luedtke	80	10
Jordan Longstreth	160	90	Nick Honerkamp	180	-	Missi Johnson	75	75
Kevin Phillips	130	-	Joe Axley	160	-	Tammy Moore	75	75
Mike Wagner	100	-	Steve Rogers	150	80	Master Women		
M - Tim Ensign	90	-	Mike Sikes	140	40	Melodie Thompson	300	90
David Kyle	90	-	Michael Martin	120	70	Sarah Bowen	220	100
M - Van Townsend	80	80	Randy Wood	85	55	Linda Andrac	140	80
Tom Sell	70	-	Senior Men			Suzanne DeMarchi	100	-
Junior Men			Sergio Bianchini	330	100	Christy Clarke	90	-
Cody Carlson	180	-	Walter Sinor	210	60	Colleen Vanloh	90	40
Chris Guess	160	-	Jesse Roberson	170	90	Sherilyn Johnson	70	-
Tyler Keys	140	-	David Wycherley	150	40	Wendy Roth	70	70
Marco Bianchini	120	-	Jim Selman	150	70	Grand Master Women		
Nathaniel Sandidge	100	-	Dan Bailey	100	50	Deborah Rhoden	270	70
Joey Leahy	90	-	Doug Hawley	90	-	Sue Anne Brown	180	90
Thomas Walters	40	-	Ronnie Bryson	80	80	Ruth Grover	100	100
Brently White	30	-	Women Overall			Darla Conn	90	-
Adult Men			Jan Gautier	200	100	Voreata Waddell	80	-
Randall Herbert	190	50	Rebecca Shearer	200	90	Eileen Johnson	80	80
Jordan Longstreth	180	100	M - Melodie Thompson	180	40	Joan Hearn	60	60
Kevin Phillips	130	-	M - Sarah Bowen	140	80	Ann Shutters	50	50
Randall Bass	130	60	Belinda Young	100	-	Senior Women		
Mike Wagner	100	-	Christie Sell	90	-	Betty Humphris	100	100
Tom Sell	90	90	Chris Post	80	-	Marian Gardner	90	90
David Kyle	90	90	Deborah Rhoden	70	-	Betty Burrell	80	80
Thad Whitfield	90	90	M - Suzanne DeMarchi	70	-	Junior Women		
Matt Sims	80	80	Women Overall			Shelby Hudson	190	100
Master Men			Jan Gautier	200	100	Jennifer Gordon	100	-
Mark Miller	270	80	Rebecca Shearer	200	90	Ashley Riner	90	90
Chad Varga	190	100	Belinda Young	100	-	Adult Women		
Jim Steffes	150	40	Christie Sell	90	-	Jan Gautier	200	100
Don Gregg	110	70	Women Overall			Rebecca Shearer	200	90
Tim Ensign	100	-	Jan Gautier	200	100	Belinda Young	100	-
David Presley	90	-	Rebecca Shearer	200	90	Christine Sell	90	-
Chuck Denham	90	60	Belinda Young	100	-			
Van Townsend	90	90	Christine Sell	90	-			

FAST

BREAK

Chattanooga's Ultimate Running Store

(423) 265-0531

104-A Tremont Street
Chattanooga, TN 37405

CTC Board of Directors Meeting

May 2004 Minutes

Tuesday, May 4, 2004

In attendance: Linda Andreae, George Skonberg, Bill Brock, John Walker, Sarah Bowen, Melodie Thompson-Smith, Donna Dravland, Steve Rogers, Bill Minehan (late)

Absent: Chad Varga, Virginia Waddell, Matt Sims

The meeting was called to order by CTC President, Linda Andreae at 6:06 PM. The minutes from the April 6, 2004 meeting were unanimously approved after a correction was noted.

Treasurers Report

Steve reported that as of May 4, 2004, the CTC has cash on hand of \$26,321.61. The treasury report was unanimously approved.

Races

George reported attendance was up from last year at the Chickamauga Chase. There were 619 runners and 90 volunteers. Race proceeds resulted in a \$2,000 donation for the Friends of the Park. Bill Minehan reported that Jeff Hollingsworth was pleased with the Chattanooga Chase results and has agreed to be race director again next year. Jeff has expressed interest in learning more about race directing in order to improve on some of the problems that occurred at this year's race.

The Board discussed the complaints that have been received about malfunctioning CTC equipment. The races committee had been given a budget to fix or replace the equipment several months ago but no action has been taken. Donna Dravland reported that her husband, James, has volunteered to go over all the equipment and work with Chad and Jerry McClanahan to get everything in working order before the busy June race calendar.

Julie Brackett from Baylor has plans to run a Kids Summer Track Meet on three days this summer beginning around June 15th. Red Bank or Baylor will be the location. She is assessing her needs and will ask for CTC support when the details are nailed down.

Sarah reported that the Dam triathlon was coming together. The Board reviewed a proposed change for the Tri's bike course. The Board agreed the current bike course was still the best alternative and asked Sarah to notify Teresa to not make the change. Sarah also reported that volunteers were still needed to help to set up bike racks at the Dam early the morning of the race and then disassemble them after the last biker departs T1.

Endowment Fund

George indicated he had reviewed the CTC bylaws and there was no conflict in proceeding with the CTC endowment fund established by the Board in the March meeting. The Board agreed to have George voluntarily manage the CTC endowment fund. The Board provided George with two major guiding parameters for the fund. First, the endowment funds must be maintained in a fairly balanced, no-load mutual fund. Secondly, withdrawals would be limited to no more than 50% of an existing balance. The Board unanimously agreed to use the recent \$2,500 donation provided to the CTC by the HAND Foundation to establish the endowment.

Communications

Bill Brock reminded the Board May 22, 2004 was the next deadline for JA materials. The Board discussed hiring a layout/graphics person to work on the newsletter. Bill estimated the CTC could hire someone for about \$250 an issue. The Board unanimously approved the idea and gave Bill permission to begin seeking the right person for the job.

Programs

Donna and Melodie discussed the CTC quarterly meeting "Fun Run" scheduled for Saturday morning May 22nd. Discussion centered on moving it to accommodate the recently announced Wild Race taking place on the same day. Consensus was to proceed as planned. Sarah offered to contact Panera to donate bagels for the event. Donna reported that when Friends of the Festival moves to their floating office on the river, the CTC

would be welcome to use the top level of the barge for CTC events. Donna recommended that the Board send a thank you letter to all race directors after their event.

Membership

John reported that membership yearly dues are still coming in. The special membership offer made to Chickamauga Chase participants resulted in over 20 new members. Any member who has not renewed their membership after receiving several dues notices within the last year will be removed from the CTC membership mailing list.

Other Business

Linda reported that Pam Byrd had decided at the last minute not to accept the vacant CTC Board seat. She asked all Board members to help identify people that would be a strong contributor to the CTC Board and bring the information to the June Board meeting.

The next CTC Board of Directors meeting is scheduled for Tuesday June 1 at 6PM.

Respectfully submitted
Sarah Bowen for Virginia Waddell

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF JULY 2, 2004

ASSETS:

CASH	\$32,105.72
EQUIPMENT (AT COST)	<u>2,044.60</u>
TOTAL ASSETS	\$41,150.32

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 630.45
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EQUITY:

RETAINED EARNINGS	<u>40,519.87</u>
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TOTAL LIABILITIES & EQUITY: **\$41,150.32**

STATEMENT OF REVENUES & EXPENSES

JANUARY 1 - JULY 2, 2004

REVENUES:

DUES & OTHER REVENUE	\$13,353.79
RACE RECEIPTS/SPONSORSHIPS	<u>19,590.50</u>
TOTAL REVENUE	\$32,944.29

EXPENSES:

NEWSLETTER EXPENSES	3,670.43
INSURANCE	1,441.50
MEETINGS & EVENTS	2,533.26
POSTAGE	512.47
RACE EXPENSES	11,342.92
DONATIONS	250.00
OTHER EXPENSES	<u>2,413.28</u>
TOTAL EXPENSES:	<u>22,163.86</u>

NET INCOME (LOSS): **\$10,870.43**

16th Annual 5K for FCA

By Chad, Denise, Natalie and Zachary Varga

5K Run (3.1 Miles)	1K For Children
--------------------	-----------------

As you put together your end of the summer racing schedule, don't forget to include the Fellowship of Christian Athletes (FCA) 5K on Labor Day in your plans. The sixteenth running promises to be the best ever with the flattest and fastest certified 5K course on the CTC schedule. The race and walk begin and end on the campus of Chattanooga State, with the majority of time on the beautiful Tennessee RiverPark. The race will start at 8:00 am and the walkers at 8:05 am.

The mission of the FCA is "to present athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the Church". With all the negative press lately about the state of our schools, the FCA focuses on teaching positive personality traits in our middle schools, high schools, and colleges, and standing up for your beliefs. Your entry fee and donation goes towards a college scholarship for a deserving FCA high school senior. This is a tradition started by the wonderful mission of Louis and Sandy Priddy in 1988.

Our focus is on providing a great race and a good time for the entire family. As always, to encourage full family participation,

the early entry fee is a low \$12 per person or \$36 for an entire family. Also, with cross-country season just beginning, we have lowered the entry fee to \$10 per athlete and capped the total team entry fee at \$50. And don't forget the ever popular post-race Kiddy 1K for the kids age seven and under for \$2. So register early and take advantage of these discounts. The FCA 5K also provides the largest number of age-group awards (90) of any CTC race. Winners in the Overall, Masters, and Grand Masters will receive \$50 gift certificates courtesy of Outback Restaurant.

Post-race refreshments are provided by Coca-Cola Powerade (drinks), Lookout Mountain Tomato and Banana (fruit), Mayfield (ice cream), and Panera Bread (bagels). We will be giving away great post-race prizes courtesy of New Balance (5 pairs of shoes), and Front Runner (ok, I had to mention the store). The Kiddy 1K prizes are courtesy of Chik-Fil-A.

Please remember the financial sponsors who provide money to support this great cause and only ask for your consideration if you are in need of their services. These include North River Physical Therapy and Specialists in Pain Management. See you on Labor Day!!

Area Race Calendar

CTC and other local and area running and multi-sport events

RUNNERS: Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

AUGUST

16 - Cleveland Fire Fighters 5K

5K Run

Site: Bradley County Industrial Park, Cleveland, TN

Info: www.chattanoogatrackclub.org

16 - Maggie Valley Moonlight 8K

8K Run

Site: Maggie Valley, North Carolina

Contact: (828) 926-1686

19 - Greenway Cross Country Races

4 Mile Run

Site: Greenway Farm, Hamill Road, Chattanooga, TN

Contact: John Wikle at (423) 593-7861 or jwwikle@comcast.net

22 - Rocketman Triathlon

0.5 Mile/13 Mile/10K

Site: Huntsville, Alabama

Contact: Bob Mulkey at (256) 883-7399

SEPTEMBER

4 - Monte Sano 10K & 5K Road Races

5K/10K

Site: Huntsville, Alabama

Contact: Bob Mulkey at (256) 881-2642

6 - FCA 5K Race/Walk and 1 Mile Fun Run

5K Run/5K Walk/1 Mile Fun Run

Site: Chattanooga State Technical Community College, Amnicola Highway, Chattanooga, TN.

Contact: Front Runner Athletics at (423) 875-3642 or www.chattanoogatrackclub.org.

7 - U.S. 10K Classic

10K Walk

Site: Atlanta, GA

Info: www.us10k.org

11 - UTC Cross Country Race

Site: Moccasin Bend Road, Chattanooga, TN.

Contact: Bill Gautier at (423) 425-4782 or www.chattanoogatrackclub.org

12 - Sports Barn Fall Duathlon

5K Run/18 Mile Bike/5K Run

Info: www.chattanoogatrackclub.org

18 - Symphony Classic 5K

5K Run

Site: Chattanooga, TN

Contact: Kris Mercer at (423) 413-7734 and Cynthia Fagan (423) 267-8583, ext. 104; or www.chattanoogatrackclub.org

18 - Wears Valley 15K

15K Run

Site: Townsend, TN.

Contact: Pam Parkinson at (865)671-0793

25 - Komen Race for the Cure

5K Run

Site: McKenzie Arena, UTC, Chattanooga, TN.

Info: www.racefortheure.com

OCTOBER

2 - Big South Fork Trail Race

17.5 Miles

Site: Oneida, TN

Contact: (865) 688-0715 or bgruns@comcast.net
Info: www.ktc.org

2 - Joe Johnson Run For Mental Health 10K

10K Run

Site: Joe Johnson Mental Health Center, Moccasin Bend, Chattanooga, TN.

Contact: Toni Wright at (423) 634-8884 or www.chattanoogatrackclub.org.

9 - Stump Jump 50K & 11 Miller.

Site: Nolan Elementary School, Signal Mtn, TN.

Info: www.rockcreek.com/events/cumberland_race.asp

16 - Signal Mtn Road Race

6.8 Miles

Site: Signal Mountain Middle School, Signal Mtn, TN.

Info: www.chattanoogatrackclub.org

30 - The Ridgeland 5K Run

Site: Ridgeland High School, Walker County, GA.

Contact: Darren Crutcher at darrencrutcher@walkerschools.org or (706) 820-9063

30 - The St. Nicholas School 5K Trick or Trot Race and Monster Mile Fun Walk/Run

5K Run and Fun Walk

Site: U.S. Xpress, 4080 Jenkins Road - take the Collegedale exit off I-75

Contact: Carol Quinn at (423) 899-3230

NOVEMBER

6 - New York City Marathon

Site: New York, NY.

13 - Chickamauga Battlefield Marathon & 10 Miller

Site: Chickamauga, Georgia

Contact: Tim and Barbara Ensign, Race Directors, (423) 756-3762 or bensign16@comcast.net

Info: www.chattanoogatrackclub.org

13 - Huntsville Half Marathon and 5K

Site: Huntsville, Alabama

Contact: Mark or Sheryl Dummer at (256) 881-6754

25 - Sports Barn Turkey Trot

Site: Sports Barn East, Chattanooga, TN.

Contact: Carolyn Varnell at (423) 893-4889 or Sports Barn at (423) 855-0091

25 - Atlanta Marathon and Half Marathon

Site: Atlanta, Georgia

Info: Send self-addressed, stamped envelope to ATC/Atlanta Marathon, E. Shadowlawn Ave. NE, Atlanta, Ga. 30305

Send race information to Jerry McClanahan,
831 Creek Drive, Chattanooga, TN 37415
or jkmclanahan@comcast.net

SIXTEENTH ANNUAL SYMPHONY AND OPERA CLASSIC RUN

September 18, 2004
Coolidge Park



Presented by the Chattanooga Symphony & Opera Guild with support from the Chattanooga Track Club

Date: Saturday, September 18, 2004
Time: 8:30 am; Registration begins at 7 am
Location: Coolidge Park
Address: 150 River Street, Chattanooga, TN 37405
Phone: 423.267.8583 ext 104 or 423.413.7734 for information
Website: http://www.chattanoogatrackclub.org/defaults/default1024x768_HTML.htm
Course: Fast, Flat and Certified! Course begins and ends in Coolidge Park and runs through Heritage Landing
Fees: \$13 early registration/\$15 after September 11
Distance: 5K
Certification: USA Track and Field TN99016RH
Proceeds: Proceeds benefit the Chattanooga Symphony & Opera Guild and will be used to support CSOG educational programs.
Awards: Prizes will be awarded to the top overall male and female runners and to 1st, 2nd, and 3rd place male and female runners in the following divisions: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-65-70, 70 and over.
Volunteers: Please call 423.267.8583 ext. 104 if you'd like to help with the event.

CSOG
630 Chestnut Street
Chattanooga, TN 37402

Fall Marathon Training

Interested in training for a fall marathon? Want some company on those long runs? Check out grouprun.com for weekly run schedules and/or email billandlaura@grouprun.com to get added to the weekly run notice list. Most runs head out from the downtown YMCA at 6:30am on Saturdays, while some longer runs are held down at Chickamauga Park. Beginners and experienced alike, pace ranges from very slow to a good deal faster and lots in-between, everyone is welcome and encouraged. It's about the miles and the smiles - please join us!



Please send your bulletins to bbrock@tech-projects.com

St. Nicholas School 5K Trick or Trot Race and Monster Mile Fun Walk/Run

Saturday, October 30, 2004

THIS WILL BE A FESTIVE EVENT HELD TO BENEFIT ST. NICHOLAS SCHOOL RUNNERS AND WALKERS ARE ENCOURAGED TO WEAR A COSTUME THAT WILL NOT IMPEDE PHYSICAL ACTIVITY. A COSTUME IS OPTIONAL AND NOT REQUIRED.

Schedule of Events:

Late Registration and packet pick up begins at 6:30 a.m.
5K Road Race begins at 8:00 a.m.
Monster Mile Fun Walk/Run begins at 9:00 a.m.

Registration and Entry Fees:

5K Run Early Registration \$15
After October 23 and on day of the race \$20
Monster Mile Fun Walk/Run \$15 both early registration and day of the race

Location:

U.S. Xpress, 4080 Jenkins Road - take the Collegedale exit off I-75

Facilities:

Ample free parking in the U.S. Xpress Parking Lot
Bathroom Facilities near start/finish
Water on course and near start/finish

Refreshments will be served to participants after the race.

Awards:

T-shirts and Door prizes

Divisions:

Men and Women for the 5K Race 14 and under, 15-19, 20-24, 25-29, 30-34, 34-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over

All youth participants in the Monster Mile Fun Walk/Run will receive a ribbon.

Top quality LONG SLEEVE t-shirts for all registered participants in both the 5K Race and Monster Mile Fun Walk/Run (We cannot guarantee t-shirts to those registering on race day).

Door prizes to be given away by random drawing. You must be present to win.

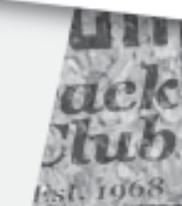
For further information, call Carol Quinn 423-899-3230
Make checks payable to St. Nicholas School

Special thanks to our Race Sponsors:

US Xpress Enterprises
UBS Paine Weber
Baylor School
Look for other sponsors at the race and on your T-shirt

Thanks for special assistance from:

Hamilton County Rescue Service
Chattanooga Track Club
Coca-Cola



BULLETIN BOARD

Make checks payable and return to:

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



MEMBERSHIP APPLICATION

Annual Membership (Check One): Family (\$36/year)
 Individual (\$24.00/year)
 Student (\$18.00/year)

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Street: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

Members Release: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattanooga Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

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

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