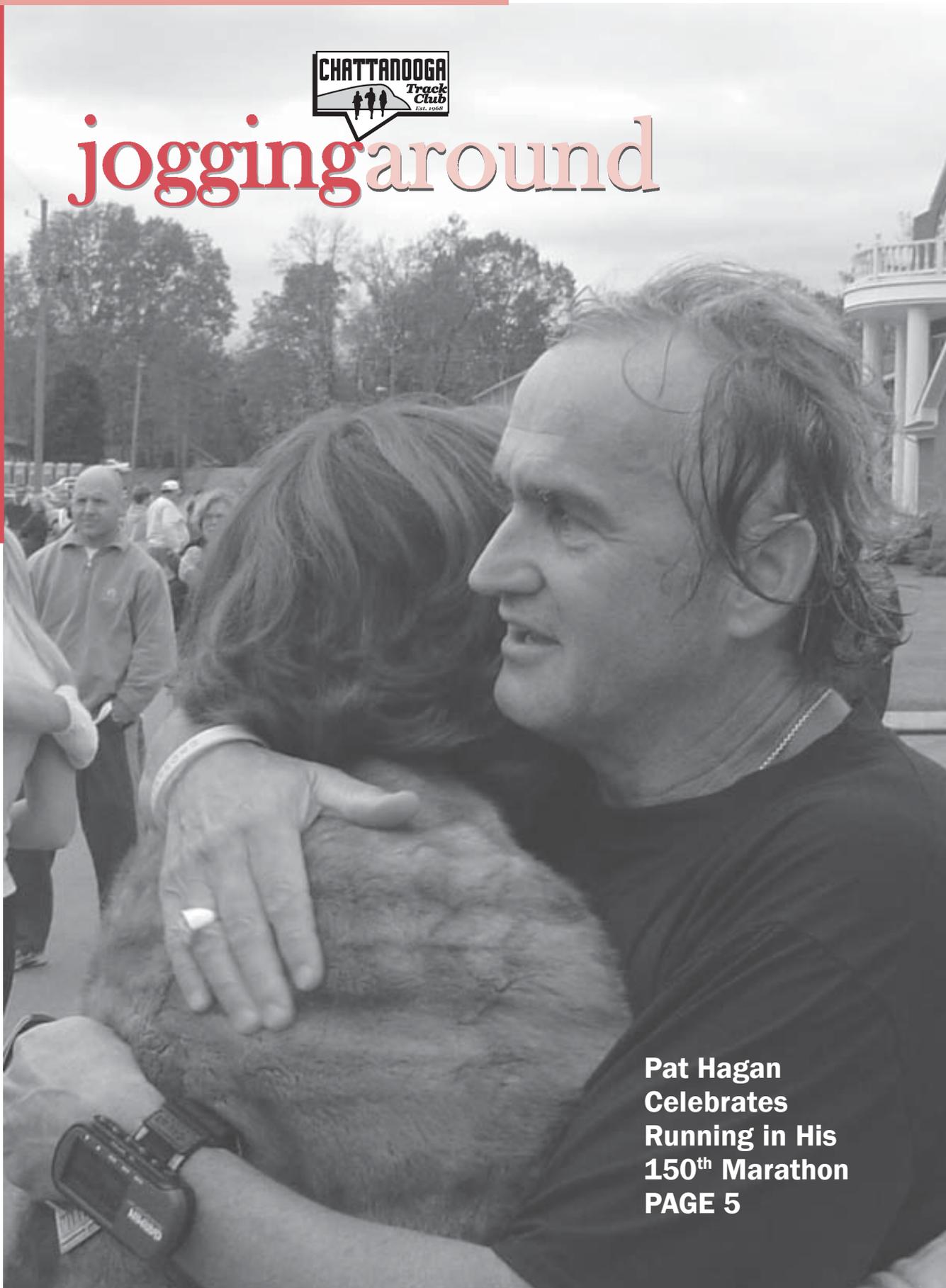




joggingaround



**Pat Hagan
Celebrates
Running in His
150th Marathon
PAGE 5**

Chattanooga Track Club

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Membership:
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Nominating Co-chairs:
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Sarah Bowen
Members: Virginia Waddell



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Jogging Around

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

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Welcome New and Returning Members

Jared and Michelle Chastain
William Coll
Benjamin Cordell
Liz Davenport
Jeff, Laura and Zack Duncan
Heather Flynt
Sarah and Sarah Anne Williams

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

Dear CTC Members,

As I write this, it is hard for me to believe that Thursday is Thanksgiving! I am not sure where the time has gone – it doesn't yet feel like fall to me, perhaps because the temperatures have been so mild.

It has been a great fall for running – whether you are competing in a marathon, half-marathon, or 10K, or whether you are just running for the sheer joy of it. I have received so many nice emails about the Chickamauga Marathon that I have decided to run it myself next year! And I think this will be the year that I brave the trails at the Wauhatchie Trail Run. I am not a trail runner and I am not coordinated, but I have decided that it is time for a new challenge. Hopefully I won't break any bones...



Your Board continues to work hard for the CTC. At our elections in November, we elected new officers and board members. In all, there are eight new members on our board. How awesome! These folks will provide energy and new perspectives to continue to improve our club. I hope you will all join me in welcoming them.

We are also working on hiring a paid staff person to help our club run more smoothly. For any of you who have directed a race or served the club in another capacity, you know what hard work it is, especially when you have job and family pressures as well. We are looking for an executive director that can help out in many of the day-to-day aspects involved in keeping this club going. Look for the job description in this issue of JA – if you are interested or know someone who might be, please contact us.

Finally, I hope you all have the time to reflect and be thankful during the holiday season. I am thankful for my family, my health, my job, and my friends. I am thankful for all of you who have supported me and the CTC this year. And I am thankful that I am able to run in such a beautiful place. We are blessed to have so many scenic venues for running. Get out there and enjoy them when you can during this hectic time.

See you on the road,

Linda Andreae
CTC President

CTC Upcoming Race Schedule

12/18 Wauhatchie Trail Run*
(6.7 Miles)
Jeff Gaither
jgaither@gps.edu

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

* Joe McGinness Runner of the Year (JMROY)

** JMROY Points Only for Marathon

Be sure
to visit
www.
chattanooga
trackclub.org
for the
latest
news and
results on
all
Chatt.
Track Club
events.



A Big Day at the Battlefield

By Tim Ensign

With more than 600 runners from 30 states, the 29th annual Chickamauga Battlefield Marathon and 10-miler set a record for participation at this year's event on Nov. 13 – and was a big day for the CTC.

Covenant College product Jason Mitchell crossed the finish line first in the marathon in a winning time of 2:48:12, edging Jeff Hambleton of Augusta, Ga., by just 11 seconds. Tracy Stewart of Colorado Springs, Colo., won her fifth marathon this year in a excellent time of 2:58:25.

Eric Putnam turned in the most impressive performance of the day – scorching the 10-mile certified course in 55:25, smashing the Georgia state record for 46-year-olds at that distance by more than a minute. Eric, who has dropped his 10K time by nearly two minutes in the past year, will be the big gun on this year's CTC masters team when we travel to Portland, Oregon, on Dec. 4 to run in the USATF club nationals.

Mandy Oakes continued her fine running this fall, handling winning the women's 10-miler in 1:06:50.

Let me turn to our other endurance heroes in this year's events – our volunteers. This race would never have come together without some outstanding folks.

First, I want to extend a big huge thank you to our sponsors: the generous financial support of The Orthopedic Specialists, Davis & Wallace, and The North Chatt Cat and donations of product and resources from BlueCross BlueShield of Tennessee, Powerade and Chattem. I also want to thank all the good folks at Oakwood Baptist Church, National Park Service and City of Chickamauga. You are wonderful people! And a huge shout out to all the volunteers who made this race possible ... in particular the Levans, Joey Howe, Chad Varga and his pop, the Colonel, Coach Gautier and the Running Mocs, David Presley, Mitch Keebler and David Smotherman for getting the course well marked, Jerry Mac and Sharon Irish for handling the registrations and results, George Skonberg for a bang-up job as PA announcer, Daryl Moros as photographer, Heather Ott and her fabulous Baylor girls, Stacey Hill and his GPS helpers, super thanks to Steve Rogers, Ruth Grover and

her team, Avery and the fellas, Mark and Debbie Rhoden, Leah and Dwight Thomas and Zeke for working both the packet-pick-up and race-day registration, Sarah Bowen and Amy Mullens for their help on race day, tireless William Sisk and my buddy, Miles, for keeping the water stops supplied, wonderful webmaster Sean Higgins, my folks for cleaning up a real big church parking lot, and most of all, Barb, for never losing her patience answering dozens of phone calls and e-mails from runners all over the country interested in our race.

Barb and I plan to take a year sabbatical from being the main dogs directing this race as we take care of a new baby and a house full of kids. If someone wants to step up to the challenge, please give us or Bill Brock a call. See you on the roads!



A great turnout for the Chickamauga Marathon this year - 56 runners qualified for Boston!! Of those runners, at least four were from Chattanooga - John Gracy (the top track club member at 3:01:20), Mark Miller, Don Gregg and Joe Axley. Congratulations to all!



Letter to the Editor

As I sit trying to recover from a PR run in your marathon this weekend I just want to pass you a note of thanks. You and your organization put on a great race. The course, the weather, the support everything culminated into a perfect day to run.

This was my sixth marathon. I look for races based on travel distance and desire. I live in the Midlands of SC and try and alternate long travel and in-state races. I will do my third Myrtle Beach in February, not a great course but it is close.

I saw the your race listed on the Runner World Calender, and as history buff I had made the trip to the battlefield in 1999. A friend of mine Jerry Stokes has run it numerous times and gave it high marks so I made the decision to run it this year.

I followed a unique path to marathoning. I had the goal of running my first before

I turned forty. At 37 I suffered my first heart attack, and six months later I had double bypass. I ran the 1999 Kiawah Marathon two years to the day after bypass. I followed with the 2000 Myrtle Beach Marathon 9 weeks later. In 2001 I did Disney World in 3:41:34. Okay I'm on a roll I want to target Boston before I was 50...I will be 45 in March. 2003 I returned to Myrtle Beach really fast until I hit the wall at 20. In February 2004 I suffered a second heart attack. Eight months later I ran a frustrating 2004 USMC Marathon in 4:03, my first time over 4 hours. It was hot and crowded, and being 8 months out of the heart attack I did take it very easy.

Boston seemed unachievable. I didn't think I could ever run "fast" enough to make it.until Saturday. All through the race, I kept thinking I'm going too fast I'm going too fast....I'm going to die when I hit the wall. I was doing sub 8s at 10 and at 15. I was just above the 8

minute pace at 19, there I was still at an 8:15 pace at 22. Some guy came up and drafted on me. He pointed out that we were on a pace to finish in 3:30. No way I can finish in that. I never did find the wall.

Boston is now only 2 minutes and 4 seconds away. The Course the weather and the support all added up to my best marathon ever. Now I believe, and my running partners will not let me forget it (they are both taking credit for it), Boston is only a race away.

Next I will bring both of my partners. I may try and talk them out of Chicago next fall and into Chickamauga next year. Thanks for a great experience.

John Zemp
South Carolina

Chickamauga Battlefield Marathon is Milestone for Pat Hagan

Chickamauga 2004 was Pat Hagan's 150th marathon and his 23rd consecutive Chickamauga Marathon!



LEFT: Pat Hagan is shown catching his breath following the race - with wife, Lisa Kay.



ABOVE: Planning the next marathon. Over 200 marathons between these three gentlemen (Pat Hagan, John Hunt, Ray McIntyre)!

FRONT RUNNER



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The Stump Jump – A Record Success

By Mike Owens, Race Director

A record number of entries made this year running of the Cumberland Trail StumpJump 50K/11miler a huge success. A drizzling rain throughout the day did not stop the runners from Montana to Florida from enjoying our “neck of the woods” on the scenic and challenging terrain of the Cumberland Trail. The “locals” are familiar with the challenges of the Suck Creek Gorge, Mullens Cove and the Rock Garden, to name a few, but the “outsiders” did not let the unknown stop them from capturing the top prizes in the 50K. Josh Becham of Nashville, not really an “outsider” took home the new course record money, as well as 1st place money in the 50K with a time of 4:19. Sarah Keller of Billings, Montana and Dahlonega, Georgia broke the female 50K course record(5:31) with a fine 4:57. Tamara Zagustin of Venezuela and Little Rock, Arkansas was second in 5:03, with the previous course record holder Sally Brooking in at 5:18:29. Roberta Orr 5:18:51 and Heather Stone of Chattanooga 5:34 rounded out the top five.

In the 11 miler, Tom Sell captured first place with a time of 1:18 followed Josh Wheeler 1:19. Jeff Morris 1:25, James Sanders 1:28 and Greg Arwood 1:31 rounded out the Top 5 in the male category. Ericka Mott 1:34:24, Allison Hulsey 1:34:37 and Natalie Sims 1:39 were the Top 3 female 11-mile winners.

As any race directors knows, without sponsors and volunteers these events could not happen. We were again blessed with trail markers, course sweeps, timers, start area support and aid station workers, to name a few. The North Face, Rock Creek Outfitters, Chattanooga Track club and many others continued to lend their support and expertise to the effort. A special thanks to the Marion County and Kimball fire and rescue squads who were out on the trails rescuing runners who were “getting down and dirty” with the trail. The Trail was in good shape thanks to Jim Lane and his Prentice Cooper Rangers who cleared downed trees and debris from previous storms. Andy Wright and his support team was on hand

again the Suck Creek Highway crossing helping weary and wobbling runners make it safely across highway 27.

We were able to make a generous contribution to the Cumberland Trail Conference who is responsible for building and maintaining the scenic trail.

Previous race director, Matt Sims, was on hand to lend his support and to answer all of this “first-time” race director’s questions. Unfortunately, Matt sustained an injury to his knee and was not able to finish the trail run, but he came back to the start/finish area to help Jerry McClanahan with the timing of the runners.

Mark you calendars for next years StumpJump. October 8 is the tentative date.



2004 Ironman Race in Panama City, FL

By Calder Willingham

I know a lot of you track club members are not interested in triathlons, but you need to be as it does involve a run! The cross training helps to keep down injuries, lets you associate with a not-so-serious crowd, and keeps you young!

Ok, the trip down to Panama City was long and hard. Betsy, Melissa (GG), and I drove down on Tuesday. We had driving rain and tornado type winds most of the way. Between the weather and Melissa's frequent pit stops, it took us 8 ½ hours! When we got there the surf was up and the winds had the waves at least 7 to 8 feet. The red flags were out for two days and none of us ventured out into the ocean to train. The younger crowd did get in the pool for lots of laps. Melissa, Betsy, and I went for a couple of easy runs and Melissa and I went for an easy bike ride.

Reynolds Fisher, David Buntin and crowd were a lot more serious and did some hard training.

On Thursday the hard core (Dick Dillard, Butch & Ro Grandy) showed up! The three of them and Betsy partied hard for the next two days, much to Melissa's & my jealousy!

The morning of the race was a cool 46 degrees with hardly any surf. All 2,100 of us hit the water at the same time for a 2.4-mile swim of two loops. Big Dave Moore and I came out of the water beside each other on both loops. It was very crowded at the turns with masses of people swimming over, into and around me. It was one of those beautiful mornings though; with the sun reflecting off the water and when you put your face under you could see the sun shining down through the water. When you come out

of the water, there are beautiful people to strip you out of your wetsuits. That was fun. The story goes that, in years past, a Japanese man was pulled out of his wetsuit and it was discovered that he had chosen not to wear anything under it.

The bike course of 112 miles was very flat with just a few rollers. There seemed to be hardly any headwind, but my bike leg was slower than last year. I felt great the whole ride, but maybe I was too busy watching all the pretty women pass me to notice the wind. Several people had bad bike experiences: Richard Meek had 5 flats! The aid stations were well staffed and supplied and occurred every 10 miles. The volunteers seemed to be in a competition to see who could be the most exuberant.

The marathon was also two loops and there were lots of people cheering us on.

Our Chattanooga Team Turbana group had a tent set up at the finish line to be an aid station to the 40 or so Chattanooga spectators. What a great support group of spectators! Sorely missed were Kay & Terry Brock. Some of you Nashville marathoners will remember them as your Nashville hosts for the pre-race meals. Herbert Krabel of Lightspeed was kind enough to furnish the tent. Several of the spectators would go around to different places on the run course to cheer us on as we passed. The most favorite place to watch seemed to be a bar called The Pub! Imagine that! I had a great run, for me, and felt good the whole time. Several others had problems though. Lots of cramps, upset stomachs, and Mike Mazdin stepped in a hole and twisted his knee, but finished strong. His brother John caught him and they finished together. Again the water stops, which were at every mile, were well stocked and the volunteers were great! We kept up the tradition of waiting for the last Chattanooga person to finish and had a great time doing it. There were plenty of adult beverages and pizza to fuel the waiting people.

The next morning some of us went to church and breakfast. Shortly after that, the bloodies, beer, and mimosas started to flow. It was a beautiful day around the

pool and we had a great party. Some had to leave early to come home, but we had quite a crowd that stayed. Thanks to Vee Spears, who gave some of her regular customers a massage, the normal soreness was kept to a minimum. I now highly recommend a massage after any marathon. We partied hard and long into the night. I hope everyone eventually gets to see Dick Dillard and Big Dave Moore dance (not together, of course).

The trip home was great, with beautiful weather, not much traffic, and Betsy

driving. We made it in 6 ½ hours. My daddy used to call Betsy: Barney Oldfield! On the other hand, it took Melissa & Jamie 9 ½ hours. They are great athletes and young, but can't handle the after-effects of late night partying, like us OLD PEOPLE! Although Melissa did do the driving!!

Betsy won't let me do it again next year, but I'll be there as a spectator for all of you that do it!

Look for the related article on the next page!

Chattanooga-area people that I could find:

	Age Group	Swim	Bike	Run	Overall
Chad Hon	30-34	56:33	4:58	3:27	9:28
Jeff Gibson	30-34	57:55	5:17	3:42	10:05
David Buntin	30-34	1:03	5:20	3:56	10:33
Carlton Ulmer	35-39	1:10	6:00	4:28	11:52
Reynolds Fisher	25-29	1:18	5:38	4:48	11:55
Craig Brimer	35-39	1:04	5:47	5:00	12:11
Art Higley	55-59	1:13	6:17	4:23	12:17
Melissa Philpott	30-34	1:19	6:26	5:14	12:13
Me	60-64	1:27	6:36	5:06	13:26
Big Dave Moore	35-39	1:27	6:15	5:48	13:48
John Madzin	30-34	1:18	6:25	5:51	13:53
Mike Madzin	30-34	1:10	6:19	5:59	13:53
Michael Lundgren	40-44	1:08	6:00	6:42	14:06
Martin Finnegan	40-44	1:25	5:56	5:47	14:39
Richard Rogers	50-54	1:31	6:45	6:27	15:11
Richard Meek	45-49	1:47	7:04	7:10	16:15
Herbert Krabel	35-39	1:14	5:40		



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A Spectator/Wife's Guide on How To Survive Ironman Florida

By Betsy Willingham

A year ago Calder signed up for his 4th Ironman competition. Our agreement was to participate every other year and Calder had kept his end of the bargain, until this year. He was overtaken by the excitement of the group last year, and many new faces had signed up, so he wanted to be a part of it again. I can't blame him, but most of these other athletes are YOUNGER and don't have adult kids in town saying, "Good golly, Dad isn't doing this thing again, is he?" "Mom, can't you get him to understand that it would be nice to see y'all once in a while, and aren't you afraid he'll get eaten by a shark or have a heart attack?"

None of these kids have attended an Ironman, though Arch, Michael and DeAnna have been to the Half. I think they see the times he falls asleep anytime he sits down, they hear us say no to things because he has long rides, etc. And they have not seen the thrill of victory on the faces of friends and those we don't even know as they run or limp across the finish line, cheered on by people who are so proud of what all the work stands for—an achievement which has resulted from discipline, determination and bullheadedness!

Melissa Philpott, Calder and I went down to Panama City early and so the night of the election, Reynolds Fischer joined us to watch the returns...that was about the only time I got to share in a conversation that did not include that which relates to food consumption (which in Calder's case was white bread, grape jelly, grape juice, honey buns, and more of the same for a couple of days prior to race day) and concern over the waves, BIG waves and winds which plagued the eastern seaboard.. This was to be a first timer for Reynolds and Melissa so you can imagine the concern I saw on those 2 young faces. Each day they looked at the flags and had to go swim in the pool instead. On Friday, Calder and Melissa suited up like penguins and hit the surf, even though caution flags were flying. I said a prayer.



I did run with Calder and Melissa on Wednesday, ran alone Thursday, and Friday Dick Dillard and I ran. Funny how wonderful it feels to be running along the route you know over 2000 athletes will soon trod. By now many more of our CTC and Team Turbana participants and friends were arriving. We saw many at the Expo-part of the fun I have is the Expo-lots of cool goodies. My treat to me for being such a patient wife (kidding) is to purchase a new pair of sunglasses! Friday night Rosanne Grandy and I cooked a pre-race meal for anyone we happened to see. I think we fed 15 that night. Of course we had a "large" time and kept Calder awake. My apologies.

Saturday morning I breathed a sigh of relief when I saw the ocean was smooth, wind at a minimum and not too cold for me to wear shorts and a warm pullover. So—in the dark Calder, Dick, Rosanne, Butch and I drove a car to the start. The routine is to put a cooler, tent, chairs and munchies out, move the car to a place where we can move it after the bikes leave and still be able to get back to watch and

cheer for many afternoon hours before trailing them as the sun goes from warm and generous with lighting, to no sun and colder temps. Now we all go to the beach and watch as the athletes suit up, search for lost goggles, look for a lost cell phone—Melissa— and say their goodbyes to those who are there for them. Of course I didn't find Calder and had to make due with zipping Martin Finnegan's wetsuit, because he couldn't find Janelle! I did get to wish the Mazdin men, Herbert Krabel, Melissa, Reynolds, and Richard Rodgers good luck just as the announcer told them it was countdown time. The Star Spangled Banner was sung and the cannon boomed and my heart felt like it would pop! Actually it made my eyes tear up and that is what makes this such an awesome event. All the work each of those people has put in is finally going to culminate in their best for that given day and I prayed for safety and success for them all at that moment.

Many of us started our watches as they entered the water because it's a one gun start and everyone's timed at 7:00 am

CST. Now we lined up and waited for the pros to come out first, then the age groupers. The first out from Chattanooga, who I know, was Jeff Gibson, and soon we watched as David Buntin, Herbert Krabel, Reynolds Fischer, Melissa Philpott, Mike Madzin, John Madzin, Dave Moore, Calder-thank you Lord, Martin Finnegan, Richard Rodgers, Richard Meeks- the all came out fine and were now off on the bike.

That gave us time for breakfast; while our watches continued to tick off the hours until we went back to watch them start out on the run. After breakfast, some napped, showered, and I mopped up the mess we made in our kitchen the night before. I have to keep busy as I worry about one particular older guy who might have a flat or hit a rock and fly over his aero bars, etc....

Back to the course, cheer as our Chattanooga's finest return from a 112 mile bike portion and start their marathon, which consists of 2-13 mile loops. This makes watching fun. You have many chances to view them, and we kept such a close watch on their times that we

knew who to look for next. In Calder's article, he tells of the different places we locate in order to keep cheering them on. Dick drove our Suburban, fondly nicknamed Buffalo since it lumbers along, and at one time I reached over and turned on the hazards so we could try to get through traffic to catch the runners at the next turn. This was illegal and I am happy no one caught us!

Our runners did well, turning in great times. Many I have mentioned have now spent a week recovering from a terrific race. I am especially proud of Calder-he knocked 30 minutes off his time! It was all worth it! They all have a memory so few of us can imagine!

I am so proud of the people who have been there to support Calder, which means I had someone there for me as well. Special thanks to Dick, Rosanne and Butch. We missed Eva, but United Way came first this time. Others who were there were Karen and Robert Buntin and Karen's mom, Martha Boehm, David Moore's date, Connie, Janelle Simpson and baby Jill, Jill Martin, Janice Cornett, Melissa's parents, sister and brother-in-law,

Jamey, Kaye Stafford, Steve Rodgers, Lisa and Michelle Meeks, Jenny Buquo, Scott Wade and Stuart Gladish (great cheerleaders) and the one who stayed until the cold evening finish – Darrell Walsh! Darrell has been with the Army in Ft. Campbell for 17 months getting troops ready to go to Iraq. (He is an alum of Ironman Florida-2001.) He videoed from the start to the end. Hats off to you, Darrell!

P.S. Herbert was a real man, knew it was not his day, so stopped during the run and came back and helped cheer everyone on...our sympathies go to 3 who worked so hard, but had to call it quits prior to event: Cliff Stalter had the flu, Bill Long got a call that morning that his mom had taken a turn for the worse so he packed up and came home, and Sheila Newsome had a biking accident the week before the event and broke her collar bone in 4 places. We all are sorry for this and hope all is well with you now.

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Signal Mountain Pie Run Race Report

2004 was another fine year for a pie run. For something like the 27th time, runners gathered on a fine October morning at the Signal Mountain Middle School for a morning jaunt along the East Brow. This year, the air was cool and foggy, with a slight tail wind that pushed many runners to their Signal Mountain PR. The fall colors were peaking on Signal, just in time for the race. For the third consecutive year, both the number of runners and the number of pies increased so that the ratio of pies to runners remained greater than 1 (that means everyone went home with a pie). Race directors also added a new spicy twist to this year's race, a prediction run category with cash awards provided by Davis and Wallace of \$75, \$50 and \$25 for the runners with the most accurate forecasts of their 10K. Surprisingly, there were 7 runners that predicted their finishing time within 10 seconds of their actual results! After the run, racers were able to enjoy tasty treats from Coke, The Bread Basket and Panera Bread. Fast Break Athletics and The Front Runner both provided some giveaways to go with the fresh baked apple pies, and runners were home in time for lunch thanks to the CTC and some handy volunteers. There were no brawls between any of the athletes and fans either. Yes, it was quite a day. We hope to see you next year for our fun, low key run.

Top Ten Finishers

Complete listing on www.chattanoogaatracclub.org.

1	Vance Faulkner	45:00:00	45:00:00	m	0:00	exact
2	Jesse Roberson	45:30:00	45:31:00	m	0:01	-
3	Rebecca Shearer	47:00:00	47:02:00	f	0:02	-
4	Carol Farmer	56:30:00	56:35:00	f	0:05	-
5	Cynthia Mitchell	56:42:00	56:35:00	f	0:08	+
6	Mitchel Cox	37:00:00	36:53:00	m	0:08	+
7	David Kyle	38:20:00	38:30:00	m	0:10	-
8	John Harrison	47:30:00	47:20:00	m	0:11	+
9	Michael Leary	47:20:00	47:31:00	m	0:11	-
10	John Walker	40:00:00	40:13:00	m	0:13	-

Top Ten Prediction Racers

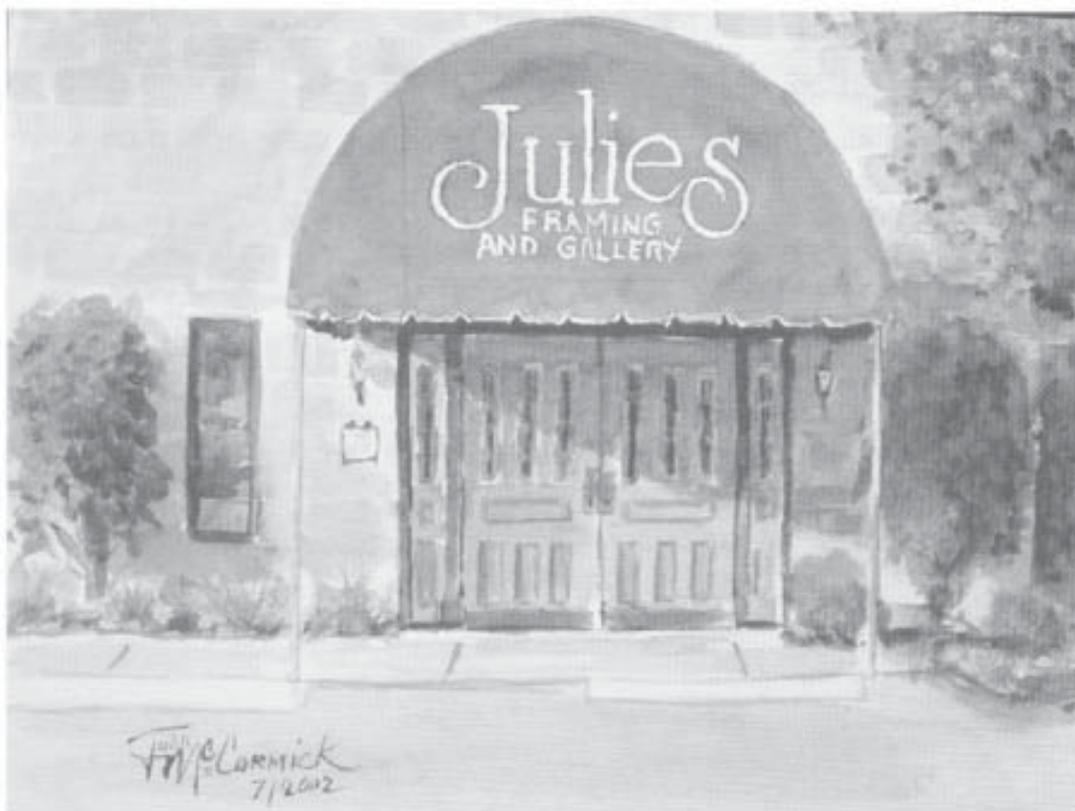
Women

1	Kate Roach	44:14
2	Stacy Guess	44:45
3	Belinda Young	45:44
4	Shearer Rebecca	47:02
5	Sarah Bowen	48:07
6	Natalie Sims	48:46
7	Missi Johnson	50:01
8	Catherine Griffin	51:03
9	Lisa Sims	53:16
10	Sherilyn Johnson	53:39

Men

1	Jason Mckinney	36:19
2	Joe Sneed	36:21
3	Mitchel Cox	36:53
4	Joe Johnson	37:09
5	Mark Miller	38:16
6	David Kyle	38:30
7	John Walker	40:13
8	Cliff Milam	40:43
9	David Cook	41:04
10	Greg Arwood	41:51

ABOVE: The Davis Family water stop stands at the ready.



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2004 Sports Barn Turkey Trot





2004 Joe McGinness Runner of the Year

December Update

We're down to the last race of the 2004 Joe McGinness Runner of the Year contest. We have 11 events completed with just the Wauhatchie Trail Run left to go. Even with most of the available points compiled, there is still room for moving up within each classification. Also, as has been mentioned many times before, all ROY competitors must volunteer at least once for a CTC race in order to be included in the final year-end scoring. A one-time bonus of 30 points will be earned for this requirement. It is the responsibility of the competitor to inform the ROY scorekeeper of his/her volunteering. Please make sure we have your points to ensure that you are eligible at the end of the year!!

With only one ROY race left to qualify for volunteer points, the Karen Lawrence Run on December 31 has been added as a volunteer points' qualifier only. Race Director Steve Rogers will appreciate the help at this great event!

The contest is designed to reward those who consistently run in CTC events. It is also a fun way to keep your eye on a goal and get together with fellow runners. Road races have gained great popularity and the CTC is glad to be there, to not only facilitate our own races, but to assist others that want to further running in our community.

Leaders in each division:

Overall Male – Mark Miller
Junior Male – Tyler Keys
Adult Male – Randall Hebert
Master Male – Mark Miller
Grand Master Male – John Walker
Senior Male – Sergio Bianchini

Overall Female – Rebecca Shearer
Junior Female – Ashley Riner
Adult Female – Rebecca Shearer
Master Female – Melodie Thompson
Grand Master Female – Ruth Grover
Senior Female – Betty Burrell

Remaining CTC ROY Event

•Wauhatchie Trail Run

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

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

*Special thanks to Bill Minehan for serving
the CTC JMROY points in the past!!*

Chattanooga Track Club Board of Directors Meeting Minutes

October 4, 2004

In attendance: Linda Andreae,
Bill Brock, Donna Dravland, Steve
Rogers, Melodie Thompson,
Virginia Waddell

Absent: George Skonberg, Chad
Varga, Sarah Bowen, Bill Minehan,
Matt Sims, John Walker,

Guests: Allan Morgan, Jeff
Duncan, James Dravland, Bob
Braddock

The meeting was called to order by
Linda Andreae. The minutes from
the September planning meeting
were reviewed and approved.

Introductions were made for the
guests.

Discussion with Allan Morgan

Allan Morgan, Knoxville Track Club, was
in attendance to share his experience of
growing the KTC and to assist us with
changes we are dealing with
for the CTC.

There was a stream of
information and
questions. Following
are notes/ideas from
Allan and questions
asked with responses:

The KTC began in 1986 had
700 members. Currently there are
2,000 members. Allan was inspired
during the mid-1980's by races in
Chattanooga to provide races for the
Knoxville community.

Linda asked if he thought this was
"doable" for CTC and if he thought we
could find someone with the drive and
the skills to grow the club. Allan made an
interesting comment that it would not be
someone in the Track Club because if

that person was in the club, they would
already be doing something.

The success of the KTC is due to one
key individual who found his
niche. We would need to
find that driven person
with a passion for
running and a passion
for the organization.

The paid positions in
the KTC are the
director who is
contracted, not employed by the
KTC, Michael DeLyle – editor of
Footnotes and Webmaster is paid a fee,
and the person who runs the sound
system is paid a fee.

KTC sponsors a Junior Olympic Team of
approximately 175 children.

KTC is heavily involved in Cross Country
for the Knoxville schools, especially
Middle School Cross Country.

Continued on page 15



Joe McGinness Runner of the Year

New Races and Current Totals

	TOTAL	KOMEN	JOHNSON	PIE RUN	MARATHON		TOTAL	KOMEN	JOHNSON	PIE RUN	MARATHON
Overall Men						Senior Men (continued)					
M - Mark Miller	790	80	40	100	90	Dan Bailey	170	—	—	—	—
Kevin (Geno) Phillips	490	—	100	—	—	Arthur Knoll	100	—	—	—	—
M - Chad Varga	460	—	80	—	—	Women Overall					
GM - John Walker	450	60	—	90	—	Rebecca Shearer	660	100	—	90	—
Joey Howe	390	90	60	—	—	Missi Johnson	470	50	70	60	90
M - Don Gregg	330	70	30	—	80	M - Sarah Bowen	450	90	—	80	—
M - Tim Ensign	300	100	90	—	—	Belinda Young	400	—	—	100	—
Jordan Longstreth	260	100	—	—	—	M - Melodie Thompson	360	—	20	—	80
John Gracy	260	—	50	—	100	Kristin Parsley	310	—	—	—	—
GM - Joe Axley	260	10	—	30	70	Lisa Mihora	290	—	80	—	—
Junior Men						Junior Women					
Tyler Keys	610	80	—	—	—	Ashley Riner	460	70	—	—	—
Marco Bianchini	510	50	—	—	—	Shelby Hudson	390	100	—	—	—
Cody Carlson	480	—	—	—	—	Jennifer Gordon	100	—	—	—	—
Chris Guess	230	70	—	—	—	Karalee Gordon	100	—	—	—	—
Joey Leahy	190	—	—	—	—	Amanda Dullen	90	90	—	—	—
Nathaniel Sandidge	190	90	—	—	—	Ellen Gaither	90	—	—	—	—
Brandon Lord	190	100	—	—	—	Jana Leahy	90	—	—	—	—
James Bass	150	60	—	—	—	Laura Wagner	80	80	—	—	—
Tyler Bass	70	—	—	—	—	Adult Women					
Thomas Walters	40	—	—	—	—	Rebecca Shearer	690	100	30	90	—
Adult Men						Master Women					
Randall Herbert	600	—	80	80	—	Melodie Thompson	840	40	80	70	100
Kevin (Geno) Phillips	520	—	100	—	—	Sarah Bowen	610	100	—	100	—
Randall Bass	470	90	90	—	—	Sherilyn Johnson	450	70	—	80	—
Adam Burnett	330	80	50	70	—	Linda Andrae	380	60	—	—	—
David Moghani	300	—	60	60	—	Leslie Concannon	220	—	—	—	—
Scott Guess	290	20	40	20	90	Catherine Griffin	220	—	—	90	—
Peter Murphy	270	—	—	—	—	Janice Wycherley	180	80	—	—	—
Jordan Longstreth	270	100	—	—	—	Christy Charman	140	—	90	50	—
David Lillard	240	—	70	—	—	Casey Braddock	130	—	100	—	—
Robert Jefferson	220	—	—	50	—	Christine Past	130	90	—	40	—
Master Men						Grand Master Women					
Mark Miller	870	90	50	100	90	Ruth Grover	810	100	100	90	—
Joey Howe	580	100	70	—	—	Amy Mullens	560	80	90	100	—
Chad Varga	500	—	90	—	—	Sue Anne Brown	370	90	—	—	—
Don Gregg	450	80	40	—	80	Deborah Rhoden	300	—	—	—	—
Tim Ensign	330	—	100	—	—	Joan Hern	140	—	—	—	—
John Gracy	330	—	60	—	100	Ann Shutters	120	—	—	—	—
Van Townsend	270	—	—	—	—	Judith Chestnutt	100	—	—	—	100
Eric Carlson	230	—	—	—	40	Darlia Conn	90	—	—	—	—
David Presley	220	20	—	—	—	Voreata Waddell	80	—	—	—	—
Chuck Denham	190	—	—	—	—	Eileen Johnson	80	—	—	—	—
Grand Master Men						Senior Women					
John Walker	830	100	—	100	—	Betty Burrell	770	70	100	100	—
Joe Axley	780	90	90	70	100	Frances Martin	430	80	90	90	—
Steve Rogers	600	—	—	80	—	Marian Gardner	390	100	—	—	—
Michael Martin	570	—	80	90	80	Edwina Cohen	210	90	—	—	—
Rick Rogers	330	—	100	—	—	Betty Humphris	100	—	—	—	—
Butch Cookie	280	70	50	—	—	Clare Emery	80	—	—	—	—
Terry Webb	250	—	—	—	—	Senior Men					
Mark Rhoden	240	—	60	50	—	Sergio Bianchini	1120	100	100	100	100
Richard Rogers	215	—	—	—	—	Jesse Roberson	760	80	90	90	—
John Harrison	210	60	70	60	—	Jim Selman	650	70	80	70	—
Senior Men						Senior Women					
Sergio Bianchini	1120	100	100	100	100	Walt Sinor	580	60	70	80	—
Jesse Roberson	760	80	90	90	—	David Wycherley	390	50	—	60	—
Jim Selman	650	70	80	70	—	Allen Buquo	370	90	—	—	—
Walt Sinor	580	60	70	80	—	Lee Meadows	280	40	60	50	—
David Wycherley	390	50	—	60	—	Art Jones	190	30	50	—	—
Allen Buquo	370	90	—	—	—						
Lee Meadows	280	40	60	50	—						
Art Jones	190	30	50	—	—						

October Board Meeting Minutes

Continued from page 13

Allan went through the revenues and then gave Linda a copy of the financials; therefore, I will not attempt to get everything here. The most significant part of this was that the KTC events primarily benefit KTC, rather than all races benefiting other organizations. There are 20 KTC events and 30 non-profit organizations that have events which KTC runs the events.

Some other interesting revenues were:

- Professional Services that raised a large sum for the club. The club runs 30 races as a service. The minimum fee is \$500 and then the club charges \$2 per runner after the first 250 runners.
- Sponsorships are obtained and most are event specific. KTC offer the sponsors media and event day recognition.
- There is one time a year that members are asked for additional funds – this is for the “Adopt-A-Kid” program. There are three levels of sponsorship for a kid in the summer program: \$35/\$50/\$150.

The youth program is a big part of the KTC. There are over 1,000 children and 17 sites. The program includes the AAU Team. There is a fee for the program but it may be waived so that children are not turned away due to the inability to pay. “The Youth Director is pivotal to the program.”

Some questions asked:

What is the relationship between the KTC and high school coaches?

I think the answer was that it depends on the coach. There is a relationship between the KTC and UT Track.

Who supports who – KTC or UT Track?

KTC supports UT. KTC began taking kids to the events and then became a booster club for UT Track.

Does KTC do any triathlons?

No, Knoxville has a Triathlon club. Someone mentioned that we should speak to Greater Knoxville Triathlon Club for their opinion/advice for our Triathlon.

How is the relationship with the City of Knoxville?

There is a good relationship.

There was a lot of talk about volunteers. The KTC has a philosophy of “Run 3 Work 1.” The club has a Volunteer Coordinator who keeps up with the volunteer data. At each race, the volunteers check, people are always sent a thank you note. When races are reported, the volunteers are listed. At the end of the year, there is a Volunteer Recognition Picnic with prizes. Along with this, for each race worked, volunteers are given a \$5 gift card for KTC merchandise. Volunteers are also eligible for door prizes as well as the runners. There is a box on entry forms to volunteer for upcoming events.

Other differences – CTC races are run by a director and the CTC is not involved whereas the KTC appears to be intricately involved with each race. The KTC races also have different directors.

Race Size

4-5 races are 500 or more
Expo (KTC’s main event) –
1,200 – 2,000 runners

There are 18 events (2 races have 2 events) to make 20 events total.
Ten events have sponsorships and only one event losses money.
Some races run the same courses.

KTC Board of Directors has 15 members. There is a diverse group; youth athletic directors, long distance runners and officiators. The “long distance runners” are the majority and are involved in running or volunteering. Long distance is defined as any road race.

KTC is involved in 10 trail races that take place throughout the year. These are small, no frills events.

Track events are youth events. There is no Track and Field for adults.

Allan made the comment that “If you race, it’s a great deal. If you don’t race, why join?”

There is a \$3.00 discount for pre-registration and 10% discount at local sporting goods stores.

KTC sells KTC merchandise at races and there is a KTC decal for members to put on their cars.

At each race they recognize volunteers and plug KTC membership.

Packet pick up – the race numbers are marked and each non-member is asked to join. Upon joining KTC, new members receive a decal, membership card and a note to welcome them to the club.

KTC race applications are included in Footnotes and may be downloaded from the web site. Ads are sold in Footnotes and on the web site.

Bill summarized:

- 1 - KTC could not exist without paid staff
- 2 - Out of 20 races, 2 races fund charities while 18 fund KTC or the running community
- 3 - Treatment of the volunteers is far better than CTC
- 4 - Core group of workers

Bob added that the CTC has had that same core group of workers but some have gotten burned out but he believes that they could be enticed to come back.

The key – Is it fun?

When it stops being fun, they go away. The general concept should be – Have a good time together.

The big thing for KTC is the Executive Director keeps all the races constant. When Allan receives an inquiry on races – he mails:

- 1 - 4-page hand out of what is expected “Race Staging Guide”
- 2 - Contract “Non-Profit Organization Contract”

Allan agreed that he would return if we would like to have further conversations.



Ed Kirzner

Jan. 10, 1945 – Dec. 1, 2004

We're going to miss you Ed.

Treasurer's Report

The cash balance was \$29,036.

The \$250 equipment fee for the Stump Jump will be credited against the allocated \$630.45 reducing the balance we have been carrying.

Nominations

Linda and Bill have worked hard on a slate of officers for the coming year. Presently, our bylaws allow six officers and six directors. The slate for 2005 includes a full slate of officers and gives us the opportunity to have eight directors. Linda proposed that we vote to amend the bylaws to increase the number of directors but we did not have a quorum for a vote.

The motion to amend the bylaws to allow a minimum of six and a maximum of twelve directors was made by Linda and

seconded by Melodie via email. There was a majority vote to make the proposed change to the bylaws.

Communications

Programs – We will meet at the Tortilla Factory for drinks and appetizers on November 2 for CTC elections. Melodie will put a note in e-news and send out a post card.

Jogging Around – JA will be a little late going out this month.

Web site – Bill reported the site is pretty much completed. He has an additional 25 – 40 hours of work to get the site where he wants it. Membership admin system has been up a couple weeks. This will be a good communications tool for the club. The budgeted \$5,000 for site development has been invoiced

in full. Time spent over the budget dollar amount has been donated by Bill and Laura. The site should be available to the public by election time.

Equipment

Jerry ordered new clock.

Other Business

Rita's contract
We would like to add a 10K in 2005 or later. Rita and Linda will attend Race Committee meeting and will come back with a proposal.

Bill made a few comments about his excitement about the Board.

The meeting was adjourned at 8:06.

Respectfully Submitted,
Virginia Waddell, Secretary

Life (And Family) Is An Adventure Race

By Jim Farmer

My parents live in a small town in eastern Kentucky close to the Red River Gorge, famous for its rugged terrain and rock climbing areas. For the past two years, True North Outfitters has put on the Red River Gorge Adventure Race, affectionately known as “The Fig”, named after Don Fig, a legendary park ranger in the Gorge. Carol and I both raced solo in the inaugural event last year and we were both eager to do this race again this time around. My folks were also excited about it since they have become fans of the sport over the years and were excited about the prospect of another good adventure race in their area. They provided support for Carol and me last year and were set up to volunteer at the The Fig this time around. My parents have helped out at other races like the Greenway Challenge and the Riverbend Challenge, both here in Chattanooga, so they knew what they were getting into. They’re well beyond their racing years but they help out as much as they can. It’s a family affair for us.

Unfortunately, or fortunately depending on how you look at it, I qualified for the USARA National Championships which happened to be scheduled for the same weekend as the Red River Gorge race. I would not be able to defend my title at The Fig but it would be an opportunity to bring my youngest brother, Thomas, into the adventure racing fold. The Nationals was being held in French Lick, Indiana (yep, Larry Bird country), right up the road from Louisville, KY, where Thomas attends the University of Louisville, much to the chagrin of the rest of his family who bleed blue and white. I know that he went to school there to spite us but he’s my brother so I still love him. If he starts liking the Yankees and the Dallas Cowboys then I might have to reconsider. OK, I’m getting off the subject (as usual). The point of the matter is that he had a chance to come up and see me race in one of the biggest races in the country. The family circle of adventure racing was complete. Oh wait, I have a sister living in San Diego. Oh well, maybe my next race will be in southern California.

The National Championships brought in forty-eight of the top teams in the country, representing nineteen states in all. Each of the teams had to qualify for this race by finishing at the top of one of the thirty-eight qualifying adventure races held all over the United States during the past year. Tom Sell, Heather Stone and I had qualified by finishing second at the NOC 8-hour adventure race as Team Enduralete.com. Our decision to participate in the Nationals was enhanced by the fact that the NOC would be putting \$400 towards the \$900 entry fee. Despite the fact that we were battling nagging injuries and were not in peak form we headed off to Indiana to see what we could do against the big boys in this thirty-hour endeavor.

Maps were handed out to the team captains at 5:00AM on Friday morning and the gun starting the race was to go off at 7:00AM sharp. This was an unsupported affair so Tom and Heather got all of our gear down to the ten-by-ten popup tent we had borrowed while I poured over the maps and the passport in our hotel room. Unfortunately, there were no UTM grid lines on the maps requiring the use of my yardstick in order to plot each of the twenty-two checkpoints. This is not a big deal, but when you’re pressed for time every mundane task results in less brainpower allocated to route choices and double-checking your work. I finished up around 6:30 and headed down to the field in front of the French Lick Springs Hotel where the multitude of popup tents and gear covering the grounds made it look like a military operation.

The first leg of the race was a two-plus mile run to the canoe put-in, broken up by two checkpoints, one of which resided in the middle of an incredibly ornate two-hundred foot domed atrium inside the old West Baden Springs Hotel. The structure was the largest free-span dome in the world until the Houston Astrodome was built and was a testament to the draw of the “healing” mineral springs in the area in the early part of the twentieth century. There was little time for admiration though as we wanted to beat the masses

to the boats. This was definitely a smart move as we hit the tight confines of Lost Creek bordered by steep slopes on either side. We were forewarned of the multitude of “floating” logjams that awaited us, requiring us to swim our boats over the bobbing tree trunks and debris. The temperature hovering in the mid thirties resulted in a good five minutes of uncontrollable shivering each time we reentered the canoe until we paddled our body temperatures back up to something close to normal.

After less than three hours of paddling and swimming we made quick work of the next orienteering section on foot. The first couple of miles were difficult as our frozen and numb feet were all but useless while trying to balance on the single-track trails and cobbles in the creek beds. We were in sixth place as we entered the first transition back at the hotel. The dry clothes and food were just what the doctor ordered as we loaded up our bikes for the next leg of the race. Although most people think of Indiana as flat we quickly learned that the southern tip of the state was filled with steep ridges and plenty of rolling hills that can slowly drain you of energy. After a navigation bobble we got back on track and peddled our way to the lake paddle section. Luckily the temperature had picked up considerably and the sun hit our backs for our paddling session on Lake Patoka. We held our position in the high teens as we transitioned back onto our bikes.

Some more trail and road riding followed and we got back to the hotel around 9:30 that night. After refueling we headed back out on the bikes for a road ride up into the Hoosier National Forest for a difficult orienteering section that would seal the fate of most teams. We were not given the maps for this section until we arrived at the transition area in the forest. After dropping our bikes and throwing on the trail running shoes we had carried with us we headed out into the darkness. This orienteering section was called a Farsta course, named after the town in Sweden where it was invented. It entailed completing two loops of the same course with teams hitting some of the orienteering points on the first pass and

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF NOVEMBER 1, 2004

ASSETS:

CASH	\$26,055.52
EQUIPMENT (AT COST)	<u>13,206.88</u>
TOTAL ASSETS	\$39,262.40

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 630.45
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EQUITY:

RETAINED EARNINGS	<u>38,631.95</u>
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TOTAL LIABILITIES & EQUITY:	\$39,262.40
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STATEMENT OF REVENUES & EXPENSES

JANUARY 1 – NOVEMBER 1, 2004

REVENUES:

DUES & OTHER REVENUE	\$15,402.83
RACE RECEIPTS/SPONSORSHIPS	<u>30,976.66</u>
TOTAL REVENUE	\$46,379.49

EXPENSES:

NEWSLETTER EXPENSES	5,886.36
EQUIPMENT & REPAIRS	1,610.23
INSURANCE	1,441.50
MEETINGS & EVENTS	2,680.81
POSTAGE	586.47
RACE EXPENSES	18,271.77
DONATIONS	250.00
WEBSITE IMPROVEMENTS	5,000.00
OTHER EXPENSES	<u>1,759.84</u>
TOTAL EXPENSES:	37,486.98

NET INCOME (LOSS):	\$8,892.51
---------------------------	-------------------

the remaining ones on the second loop. The combination of checkpoints varied from team to team with the concept being that one team could not follow the other since their combination of checkpoints on a particular loop would be different. Checkpoints were well hidden which, combined with the difficulty of reading the terrain in the dead of night, made it an experienced navigators dream and an inexperienced navigators nightmare.

Making quick work of the orienteering section we passed several teams and came out of the woods in eleventh place; however, we would lose a couple of spots in the "Triad" section that followed. During the Triad each team was allowed one bike and one kick scooter for the eleven-mile push to the finish line. The last few miles were interesting given the fact that a team zoomed passed us and we decided to give chase. An all out sprint ensued as both teams gave every last ounce getting to the finish line. Tom was doing wind sprints most of the way but Heather and I couldn't keep up the pace and we had to settle for thirteenth place. The fact that we were Team #13 made it a little more tolerable since I love staring superstition right in the face.

We had finished just before 5:00AM on Saturday morning and the post-race party

and awards ceremony would not be for another thirteen hours so we decided to get a couple of hours sleep in Heather's SUV before packing up and hitting the road. Given our early finish and departure I had Tom and Heather drop me off in Lexington, KY, where I rented a car for the drive to the Red River Gorge to surprise Carol and my folks. I arrived at the finish line just as the overall winner of The Fig was breaking the tape. Knowing Carol was still racing, I drove the course in reverse and soon found her in a pack of other racers making the long ascent on their bikes up to Nada Tunnel, an old logging tunnel cut into the mountain by dynamite and hand tools. I gave a smart-alecky "Hey good looking" as I passed her and got the "Get out of here you slack-jawed redneck" look in response. I made a u-turn and caught back up to her giving her a little bit more recognition time on this pass. I guess I should be glad that she treats come-ons from strangers that way.

Carol ended up winning the solo female division keeping the Farmer family winning streak going at the Red River Gorge Adventure Race. My folks arrived in time for the post-race party, consisting of chili, plenty of other munchies and free beer, which is always a plus. Even though I didn't participate this year I was

knee-deep in discussions about route choices and navigation problems with all of the racers. Other than actually racing, this is the best part of the sport in my opinion. Carol and I rounded out the weekend by visiting her parents in Lexington the following day before heading back down I-75 on Sunday afternoon. It turned out to be a long weekend of adventure racing and visiting family. Not exactly Ozzie and Harriet, but for Carol and me, that's as good as it gets.

At the November 2 board meeting, the Chattanooga Track Club board moved to approve the hiring of a full-time staff member. An overview of the club mission and objectives is below, along with details about the functions and responsibilities for the position. An annual salary of \$25,000 was approved.

Donna Dravland (Ddravland@unumprovident.com) agreed to chair the search committee, and is the person to contact if you are interested in this position or know of someone else who may be and who you believe would serve the club well.

CTC Staff Job Description

CTC Mission

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 the casual walker, is welcome.

Staff Purpose

To support the CTC mission by facilitating the accomplishment of CTC objectives through direct efforts and through coordination of efforts of CTC volunteers, sponsors and service-providers.

Primary Functions of CTC

- Putting on races
- Supporting and growing the running community
- Hosting club and running-related events
- Facilitating communication among runners and the running community
- Engaging the broader community in support of running, races, and the running community
- Communicating the benefits of running to the broader community

Funding Model for CTC

- Membership Dues
- Sponsoring Members
- Corporate Sponsors
- Race Revenues

Primary Staff Functions/Responsibilities

- Coordinate resources as required to facilitate successful races and events
 - Race Director support

- Maintain volunteer database
- Maintain relationships required for regular race (and club) support
 - City
 - Hired event coordinators (Rita, Teresa, Team Magic)
 - Outdoor Chattanooga
 - Press (Paper, radio, television)
 - Vendors – Port-O-Lets, and event materials (not owned by CTC)
 - Race Sponsors/Material Providers (Coca-cola, Southern Coffee, etc.)
- Insure post-race materials and work gathered and performed
 - Race results and story to paper, web and JA
 - Race pictures to web and JA (and paper if approp)
- Maintain CTC books and bank account(s) and/or coordinate/oversee bookkeeping staff
- Maintain and coordinate maintenance of CTC web application and e-mail communication
 - Race Results
 - Race Calendar and Events Calendar
 - Weekly membership e-mail
 - Volunteer database
 - Sponsor database
 - Club News
 - Post pictures
 - Maintain e-mail distribution lists
- Maintain and/or coordinate maintenance and security of CTC assets
 - Trailer
 - Race equipment
 - Computer(s)
 - Camera(s)
 - Files
- Maintain and coordinate publication of JA (8 issues/Year)
 - Coordinate with volunteer editor on annual schedule and planned contents for JA
 - Notify race directors, board and JA contributors 60, 30, 15 and 5 days in advance of each issue on elements required/desired for each issue
- Provide single-location gathering point for all content. Organize content gathered and deliver to layout staff 10 days prior to time due at printer
- Proof layout with editor and Insure printer receives layout on schedule
- Notify race directors and others as required regarding flier/insert deadline prior to stuffing/ mailing
- Insure KickOff receives JA, inserts and mailing list by/on target date
- Pick up extra JAs and send to new members and/or deliver to designated distribution points
- Coordinate and/or assist in sponsorship/fundraising meetings as required among board/committee members and potential sponsors
- Maintain and/or assist in maintaining relationships essential to club health/viability
 - Executive Board
 - Board
 - Race Directors
 - Hired Event Managers
 - Committee members
 - Members
 - Non-member volunteers/supporters
 - Race Sponsors
 - Club Sponsors
 - Related organizations/agencies
 - City
 - Media
 - Other Clubs – Bike club, hiking clubs
 - Outdoor Chattanooga

Election Night

By Melodie Thompson



Our elections, which were held on Tuesday, November 2, 2004, were exciting. When you consider our national elections were also taking place, what better time to take care of one of the things most important to all of us, our running.

It doesn't matter if you are fast or slow, old or young, run occasionally or run everyday, our club needs every one that can help to make our club better.

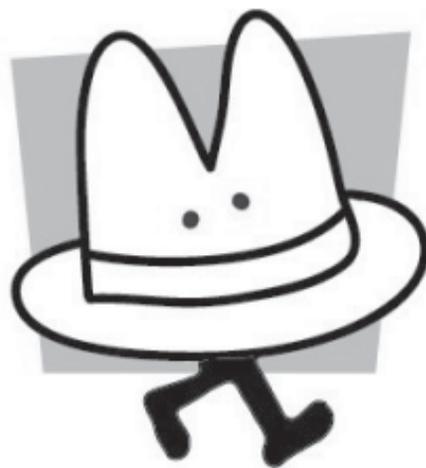
It was a rainy evening, but we still had a great turn out of about 40+ people. We had the upstairs of the Tortilla Factory; it turned out to be a great venue for this event. It was relatively quiet and since we were the only people up there, it was also smoke-free. We had a Mexican buffet and a free beverage for everyone that attended and a cash bar. It was great to see some new faces and some old smiling faces. We had a lot of fun and wished we could have shared some of the enthusiasm of the new board with all of the CTC members this year.

Next year we want to see you there!! If you decide you would like to serve on our Board of Directors for next year at any time; please get in touch with one of our board members. We are going to have a lot of new projects in 2005 and are looking for committee members and board members to help us out.

Chattanooga Track Club – 2005 Officers

President: Bill Brock
(already elected last year)
President-Elect: Donna Dravland
Past President: Linda Andreae
(she is stuck for one more year ;-)
Vice President of Communications:
Melodie Thompson
Vice President of Races:
Bob Braddock
Secretary: Virginia Waddell
Treasurer: John Walker

Two-year directors
(up to 12 directors may serve per year)
George Skonberg
Jared Chastain
Darryl Moros
Jeff Duncan
Dan Bailey
Carol Williams
Geno Phillips
Brian Baker



Marathon Crazy Hats

Stay Cool. Be Seen.

www.marathoncrazyhats.com

We make specialty running hats so that your fans can see you in the masses at your next big race. Express your personality while standing out in the crowd. Get your Crazy Hat today!

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**

Transitions

By Ron Roth, Ph.D.

I am an injured runner and cannot run for five months; Doctor's orders. I am disappointed. Enough said. In order to fit into my clothes, I have had to try new low impact exercises. "Go swimming or biking," the Doctor said. So I picked swimming. I am not sure why - probably because I remember my high school swim team being in pretty reasonable shape and all having girl friends. So after pursuing this new venture for a few months, I have discovered that running and swimming are very much different in terms of all of the various ramifications that we are accustomed. Here is my list for those of you who have already gone thru this transition, to those whom will go thru it, and those of you smart enough to avoid it.

Runners tend to brag about how far they have run during the week in terms of miles. Low end runners average one to four miles per week. Monster runners are above one hundred miles. I averaged around 30 miles per week. I have problems bragging about my swimming accomplishments. The best I can do so far is tell my friends that I swam 20 laps. "How far is a lap? Is a lap one length of the pool or is it a round trip?" Quite frankly, I am not really sure I know the answer. Runners also discuss how fast they run. A slow runner will average a 10 minute/mile and fast runners' average 5 minute/mile. So far, my swimming speed is estimated at a 40 minute/mile. Is this good? Who is the Roger Bannister of the swimming world?

Runners enjoy changing scenery, seasons, and local weather conditions. Serious runners will have names for different courses. My favorite course is the Little Lookout Creek Route which was named by a running partner of mine. The course was a perfect 10K loop course which passed by a creek, a farm, some dogs, and the required railroad track crossing. The course finale was the grocery store parking lot where local high school kids parked, smoked, made out, and yelled crude comments at us. Runners also can face various terrains, rolling hills, meadows, and run fartliks to beat the train at the crossing. Thus far in my

swimming career, I recently broached a nine inch wave that was generated by another swimmer. The only scenery changes I have experienced are the changing minute hand on the clock on the wall and the people entering/exiting the pool. The local outdoor community pool will not let me in the pool for fifteen minutes when thunder is heard. I sit and wait for the all clear signal.

Runners must carry water with them for fluid replacement and/or stop at the local watering holes along the way. Drink choices abound. Water, sports drink, even soft drinks are the norm for the runner. I have two choices when swimming for fluid replacement - one is to drink the pool water or walk the five feet to the water fountain at the end of the pool.

Runners must also plan for emergency bathroom breaks especially on long runs. Restaurants, gas stations, auto parts stores, trees, and bushes are all available. When I am swimming the worst case scenario requires a simple pool exit and a quick twenty foot shuffle to the men's bathroom. I am proud of my unusual running bathroom break locations and my friends have been pleased to receive my bathroom ratings via email. The highest rated location thus far has been the local water treatment plant which received a 9 out of 10 rating for cleanliness, view, toilet paper, reading material, and a mirror.

Runners can breathe anytime they want. Except for when you need to hold your nose when running past the dump, garbage cans, dead animals, a pig farm, or have a side ache. Swimmers have it more difficult. As we all learned from a young age, people cannot breathe water. Swimming is a form of exercise that requires a higher level of inhaling and exhaling. Likewise, many of the common swimming strokes place the face in the water for the majority of the time. As a converted runner, I am having a difficult time with this new requirement and favor the sidestroke and backstroke so that I can breathe at my leisure.

Runners have a wide variety of clothes and shoes to wear. Shirts, shorts, tank tops, caps, sunglasses, bras, watches, and heart monitors are the norm for the active runner. What runner does not have at least three pairs of running shoes (including racing flats) as well as two additional unopened boxes in the closet waiting for promotion? As a swimmer, I have a bathing suit. I have not purchased goggles or a swimming cap. Since we are mostly underwater, the exercise wardrobe is not rewarded as nobody is watching. Are heart monitors waterproof?

Runners use sweat generation as a gauge of performance. The more sweat - the better. If your shirt is soaked, socks clumpy, hair drenched and dripping, and 80 percent of your shorts wet in the familiar "V shaped" pattern - rest assured that you had a great run or it was raining outside. It also means that you need to grab some water. When I finish swimming, my whole body is wet. Did I sweat? Am I dehydrated? Did I do well? How am I supposed to know? Runners can also run in any state of hygiene. Clean, dirty, or somewhere in between are all acceptable options. Per club rules, I am to take a shower before entering the pool. There are no rules with regards to showering after swimming. I shower afterwards due to chlorine and out of remembrance of running.

The lessons learned above are clear. The Governing Laws of the Universe for exercise clearly favor the runner. I look forward to joining you again in five months. In the meantime, pass the swimming cap and goggles.

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.

DECEMBER

3 - Silver Bell Sprint 5K & 1 Mile

5K and 1 Mile

Site: Dalton, GA.

Contact: Janice Wycherly at
(706)217-6488

Info: www.carpetcapital
runningclub.com

4 - Jingle Jog 5K

5K

Site: Brasstown Valley Resort in
Young Harris, Georgia

Contact: (706)896-4966

4 - St. Jude Memphis Marathon & Half-Marathon

Maraton and Half-Marathon

Site: Memphis, TN

Contact: Wain Rubenstein,
Race Dir., 501 St. Jude Place
Memphis, TN 38105-1942
(888)401-7252

Info: www.stjudemarathon.org

7 - Savannah River Bridge Run

10K

Site: Downtown Savannah, GA

Contact: Gary Jenkins
(770)920-2881

11 - Carpet Capital 10-Miler

10 Miles

Site: Varnell Elementary
School, just north of Dalton, GA

Contact: David Leatherman
(706)275-5505

11 - Rocket City Marathon

Marathon

Site: Huntsville, AL

Contact: Malcolm Gillis
1001 Opp Reynolds Road
Toney, AL 35773
m.e.gillis@att.net or
(256)828-6207

Info: www.huntsvilletrackclub.org

18 - Wauhatchie Trail Run

Site: Chattanooga Nature
Center at Reflection Riding,
Chattanooga, TN

Contact: Jeff Gaither
312 S. Mission Ridge Drive
Rossville, GA 30741

jgaither@gps.edu or
(706)866-1252

Info: www.runchatt.org

19 - Brasstown Bald Buster 5K

5K

Site: Brasstown, GA

Contact: Gary Jenkins
(678)795-0115

31 - Karen Lawrence New Years Eve Run For St. Jude

Site: Downtown Sports Barn
Chattanooga, TN

Contact: Phyllis Lawrence
(423)886-3547

JANUARY

15 - Hogpen Hill Climb

11M and 5K

Site: Helen, GA

Contact: (706)878-1700

15 - Norris Dam Challenge 12K/5K

12K and 5K

Site: Norris, TN

Contact: (865)483-4133

29 - Mountain Mist 50K Trail Run

50K

Site: Monte Sano Park, Large
Pavilion, Huntsville, AL

Contact: (256)650-7063

Fleet Feet Sports
2750 Carl T Jones Dr.
Suite 1200T
Huntsville, AL 35802

29 - Pine Mountain - Hughston Sports Medicine Center Marathon & Half Marathon @

5K, Marathon and Half-Marathon

Site: Callaway Gardens

Contact: Dave Johnson
1930 Beaver Brook Lane
Marietta, GA 30062-2640
eventsdj@aol.com or (770)565-5208

Info: www.callawaygardens.com,
www.active.com.

29 - The Trail of Tears 7-Miler

7 Miles

Site: Cleveland, TN

Contact: Arnold Truelove
(423)479-3122.

30 - Callaway Gardens Marathon and Half-Marathon

Marathon and Half-Marathon

Site: Pine Mountain, GA

Contact: Dave Johnson
eventsdj@aol.com or
(770)565-5208

Info: www.active.com.

FEBRUARY

5 - Tybee Marathon, Half-Marathon and 5K

Marathon, Half-Marathon and 5K

Site: Savannah, GA

Contact: Ron Boyette
(912)921-4786 or

ronboyet@bellsouth.net

Info: www.runtybee.com

13 - Mercedes Marathon, Half-Marathon and Relay Event

Marathon, Half-Marathon and Relay

Site: Birmingham, AL

Contact: (205)870-7771 or
info@mercedesmarathon.com

Info: www.mercedesmarathon.com

19 - Strawberry Plains Half-Marathon and 10K

Half-Marathon and 10K

Site: Strawberry Plains, TN

Contact: Frank & Donna Murphy
(865)932-4146

Info: www.ktc.org

19 - Polar Bear Run 10K, 5K, 1-Miler

10K, 5K and 1 Mile

Site: Ooltewah, TN

Contact: Donna Gibson
(423)479-2704

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

Chattanooga Track Club Annual Banquet

When: Sunday, January 16, 2005

Where: River Room in Renaissance Commons
(Near Hunter Museum and Tony's)

Social Hour: 5:00 p.m. until 6:00 p.m.

Dinner: 6:00 Italian Theme Buffet
Guest Speaker

Cost: \$15.00 per person**

Awards to be given to the Roy McGinness Runner of the Year!!

The benefit of attending this banquet is to honor your fellow runners.

**The Chattanooga Track Club is paying the room charge (\$250.00+tax) and \$7.00 per person attending as the cost would have exceeded \$25.00 per person.

Please RSVP by January 11, 2005 as the room has a capacity of 100 people.

You may respond and leave a message with your name and number of people at 842-8030 or email jumpytwo@hotmail.com.

Speed Work:

Wednesday evenings – 5pm mile repeats / road work –
Jeff Duncan and others are doing speedwork on
Wednesday nights at 5 p.m. 175 Hamm Road
(Hopkins Surveying and National Park Service

Thursday evenings – 6:30pm interval training / speed work –
Joey Howe and others are heading out from
FastBreak on Frazier Ave. to do 45-60 minutes of interval
training on Thursdays at 6:30pm. Pace doesn't matter –
if you want to work on your speed, come on out.



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



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
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