



joggingaround



Christmas Misfits
don't let a little holiday get in the way of their running
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Chattanooga Track Club

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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

Janice Cornett
Greg and Kim Dart
Nancy DiVasto
Mark, Caitlin, Ginger and Caroline Duggan
Bidarhalli Gopala
Jennifer, John, Colleen and Kevin Gordon
John C. Harrison
Art Higley
Steve McNally
Anna Mercer
Dave and Hannah Pollard
Linda and Julie Spencer

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,

This will be my last letter to you as President of the Chattanooga Track Club. In January, I turned the helm over to your new president, Bill Brock. It has been my privilege to serve you this past year. I also would like to extend my sincere thanks to the 2004 CTC Board who worked so hard for this club.

I am very pleased with the improvements that your board has made this past year. We have seen our membership grow by over 20%! I was thrilled to see how many CTC members came to our annual banquet in January. It was exciting to see both new faces and old faces.

At the banquet, Calder and Betsy Willingham gave an update on the progress of the triathlon. The event has been renamed The Chattanooga Riverfront Triathlon. The venue has been changed – folks will begin the tri by swimming downstream from the Boathouse. I am very excited about the future of this event – for what it means for our community as well as the CTC.

Finally, one of the biggest decisions the board made this past year was to hire an Executive Director. This is a gutsy move for us in terms of funding the position; however, we feel that it is absolutely necessary to enable the CTC to put on quality events, which is vital to the future of our club.

We have a lot to look forward to in 2005. Bill Brock and others have been hard at work on revamping our website during 2004 – the new website will go live in 2005. We have a very strong board and a strong president in Bill.

As always, I want to thank each of you for what you do to help our club and to promote running in this community. We need you to volunteer at races; we need your feedback on how to improve; we need you to help us add new members. I am looking forward to a great 2005!

See you on the road,



Linda Andreae
2004 CTC President



CTC Upcoming Race Schedule

Includes all CTC affiliated races and all non-CTC races that count toward Runner of the Year (ROY).

- 4/2 Chickamauga Chase (15K and 5K)**
George Skonberg
george.skonberg@ubs.com
- 4/9 65 Roses 5K (5K)**
Bill Estes
bestes@leeuniversity.edu
- 4/16 Rock/Creek River Gorge Trail Run (10.2 Miles and 6.5 Miles)**
Matt Sims
simsmatt@msn.com
- 5/7 Chattanooga Chase (8K and 5K)**
Jeff Hollingsworth
jhollingsworth@cbslawfirm.com
- 6/18 BlueCross Riverbend Run (5K)**
Rita Fanning
ritafanning@mindspring.com
- 7/17 Chattanooga Waterfront Triathlon (1.5K/48K/10K)**
Team Magic
races@team-magic.com
- 8/6 Missionary Ridge Road Race (4.7 Miles)**
Dan Bailey
drbailey43@aol.com
- 8/18 Greenway Cross Country Meet (4 Miles)**
John Wikle
jwwikle@comcast.net
- 9/5 FCA 5K (5K)**
Chad Varga
slpr123@aol.com
- 9/10 UTC Cross Country Meet (8K)**
Bill Gautier
bill-gautier@utc.edu

* 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.

Words from the New Prez

Welcome CTC 2005!

It is an honor and a pleasure to begin serving as the Chattanooga Track Club's 2005 president. Following in Linda's footsteps is particularly special, because of the groundwork that she and the 2004 board have put in place for the transition CTC is now undertaking. This process is intended to transform our club into an organization that we can feel confident will serve our running community in the coming decades even better than it has over the nearly four decades it has been in existence.



Four decades... what a legacy this club has! Started in 1968, the Chattanooga Track Club has been putting on quality races and running events in Chattanooga for nearly forty years. Some of our events from the very early years have proven so popular that they remain on our calendar even today. The Chattanooga Chase, The Chickamauga Chase, and Missionary Ridge each span more than 30 years – is that not incredible?

And people – our running lineage is deep. I think of myself as a neophyte and not even in the same category as the names that have shaped our story over the years. I remember running at the same time that Jimmy McGinness was running – he was so fast! What I didn't really know was where that came from and the role that his father played not only in Jimmy's life, but in the life of our running community. And there are so, so many others – many fast, and many just amazingly consistent.

If you have a few moments, go look through some of the archived race results that Sean Higgins has spent countless hours accumulating for our club (www.chattanoogastrackclub.org) and look for the names of old friends, competitors and members of our running community. Remember the runners, remember events, remember the pleasure.

What we have done has been wonderful, and we owe it to our children and to our community to make sure that wonder is carried forward in the best possible way for another forty years.

Running matters. It builds character; it builds communities. This is why our goals for 2005 include hiring an executive director and implementing a funding model that will enable CTC to serve this community in a sustainable fashion year in, year out – putting on quality running events, encouraging and enabling our running community, and evangelizing the benefits of running into our broader community.

If you're reading this now, you can help. Plug in – get involved or re-involved. Volunteer at a race, attend a board meeting and/or a races committee meeting. Volunteer to help with Jogging Around and/or our new membership web application. Run as many races as you can, and encourage your friends to run and/or to join CTC. Within this issue, there is a diagram showing areas where you can get involved and who to contact to do that. Please do get involved. CTC needs you!

Looking forward to a terrific 2005!

Bill Brock
CTC President

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

37th Chickamauga Chase

By George Skonberg, Race Director

5K Run	15K Run	1 Mile Fun Run
April 2, 2005		

It looks like the 2005 CTC season kicks off this year with the 37th running of The Chickamauga Chase! I can't think of a better opening day, but I'm a little biased.

Not much new can be written or said about The Chickamauga Chase, and I hope that old comfortable feeling will make this year's running a must-do event for all you! The park setting for the traditional and newly re-certified 15K and 5K makes for a perfect barometer of your running and fitness goals. You can count on a well-staged and consistent product with your entry, and please be assured that we appreciate your commitment to the Chase over the many years.

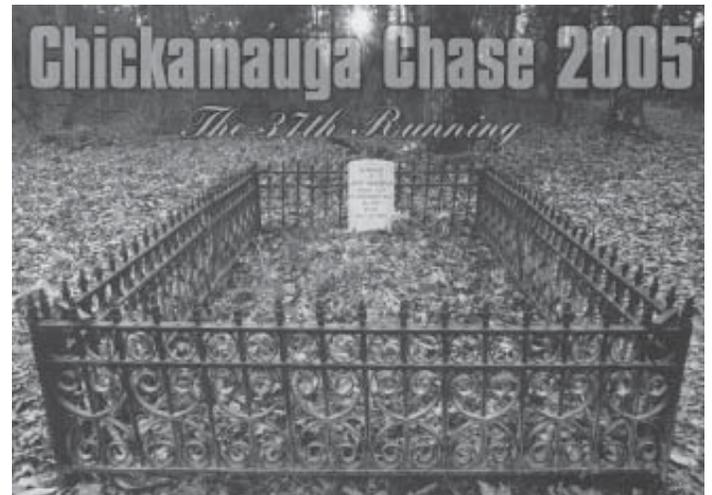
The Chickamauga Chase endeavors to be a family event. We hope that you've noticed. From the 15K and 5K, a beautiful scenic walk and fun one-mile kids run, we want the whole family to join us for an event of their liking. We encourage strollers/baby joggers on the scenic walk, and we offer toddler-size T-shirts. Every kid in the one-mile receives an award. And for you competitive types, the 15K and 5K awards are always keepers. Again this year, we will award plaque-mounted Civil War sabers to the overall Male and Female 15K and 5K winners and Civil War theme plaques to the 15K and 5K Male and Female Masters and Grandmasters winners. Age groups go three deep, and will again receive a matted and framed print on a display easel from photographer Robin Rudd's collection, "Signed With Their Honor". Speaking of age groups, The Chickamauga Chase is glad to correct a shortcoming from the prior few years in again offering later year age group awards of 60-64, 65-69, and 70 & over. We sincerely apologize to some of our more "seasoned" competitors who proudly brought it to our attention that lumping anybody over 60 into one single age group was dispiriting to the whole essence of running and fitness as a lifestyle. We were wrong, and we fixed it.

The framed prints used as age group awards will also be offered for purchase, by popular demand. Our aim is to use these for the 36th through 39th running as a set of four, and for the 40th anniversary running we will offer a framed print of the famous panorama "Battle of Lookout Mountain" by James Walker, displayed at the Lookout Mountain Battlefield Visitor Center. These five prints will make a great commemorative to your years running the chase, all proudly displayed on a small easel. Each print will be hand calligraphied with The Chickamauga Chase and The Thirty-seventh running. You can order just one year, or collect the set (we will have a supply of the thirty-sixth running, too).

As always, the net proceeds of this event go to the non-profit Friends of Chickamauga and Chattanooga National Military Park. This great organization has helped the park and those that use it for many years, and it needs your support. Along with your race entry, please consider a donation or membership to the FOP.

You will receive **race applications AND volunteer forms** in the mail very soon. Please use one or the other, if you get my drift. Visit us at www.chickchase.org or www.active.com.

We appreciate your support of The Chickamauga Chase; help us make the 37th running the best ever! See you at the Battlefield on April 2nd.



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2004 Misfits Christmas





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The Heart of a Runner

By Edwina Cohen

For those of you who read the December issue of “Jogging Around” you saw a picture of a man—and one sentence—
”We will miss you Ed.”

Most of you are probably thinking—Ed who? Some may even think - I remember that face.

Let me tell you about Ed.

Ed was a quiet gentle kind man with a large kind heart. You probably would not have noticed him at a crowded CTC meeting or even at a race. He was the type who was usually in the background; enjoying being in a group, anticipating someone to speak to him.

When runners, friends made the first move, became acquainted, friends with him, I think they noticed he was unique in a way that is hard to explain. His running friends really loved him, he was so happy to be accepted by them - one of the group.

Ed’s running friends would never have known what they meant to him if I were not writing this article.

So many days, as soon as Ed got home he would call me and say I just finished running. He would tell me who he ran with, where, the distance. This was before he had even taken a shower, probably standing there freezing in wet clothes. I would always say who was there? - Melodie, Phil, Chris, others.

I think Ed felt very flattered that running friends confided things to him while running. He didn’t realize that running friends are that way. If Ed ran alone - the same thing - a phone call, how was your time, have you taken a shower, changed clothes? - no.

There was no reason for Ed to be so humble. It was his nature. He freely bragged on runners, always telling them they were getting faster, especially the slow ones, gave stock market advice to any one who asked, especially stock brokers.

He gave of his time, money, and friendship. He could not say no.

I think of a few examples of Ed’s kindness. I guess you would say Ed was my “boyfriend” for about 20 years, so I knew him very well. He was very allergic to cats, but always bought cat food for neighbor cats, and fed them outside every day. Every Christmas Ed gave my sister money for a Christmas gift. He went to Florida to see his mother about once a month. One time an acquaintance of Ed’s son, a teen age girl had no place to go - Ed let her stay at his house, gave her his bed, slept on the sofa and drove her to

Ed’s running friends would never have known what they meant to him...

work and back. Ed, I said, “this is too much, say “NO.” He would always say she has no place to go. This lasted about two months.

I used to be very bad about saying to Ed - let me tell you what “he (or she) said or did.” It was easy for me to be critical or judge people, including Ed. Ed never agreed with me. Ed never talked about anyone. He could not be critical if he had to. He only saw the goodness in people. Sometimes I would argue with Ed, saying you are too naive; you think everyone is so good. After a few years I did not argue with Ed. Most of what I argued about was insignificant. I learned a lot from Ed - not to be critical or judgmental, to value all friendships.

Both of us were always aware of the unnoticed, the volunteers, the husbands, wives who waited patiently at races and we would take time to talk to them.

I should start from the beginning. Around 1990 Ed was diagnosed with diabetes, so he had to exercise - walk. I would run and he would slowly walk. I was secretly delighted in the fact that Ed didn’t have the endurance or speed that I had. Things changed quickly. Ed started running and really beat me.

Just as my dear friend, Judy Stoller had convinced me to run, then enter road races beginning in 1980, I convinced Ed to run in races. Ironically this was 10 years later.

This was really a new world for Ed, just as it had been for me. Previously the only thing Ed had done athletic was watch football on TV. Ed developed a love for running, races, and his running friends. In Ed’s profession he usually worked alone. So in running he was in contact with such varied people. I don’t know if Ed’s running friends ever realized what an impact they had on him.

Ed was very devoted to his handicapped son, football, me, running, and the synagogue.

However, running almost took over. I remember when he trained for his first (Chickamauga) marathon—almost all his training was done on the Brainerd Levee which took discipline. After that, Ed did the Los Angeles, Las Vegas, U.S Marine Corps and Bay to Breakers Marathons.

As an “old lady” I was fortunate to win trophies in 5K’s and 10K’s. Sometimes I would say—Ed do you feel bad because you never win. (I believe he did win one or two trophies of which he was so proud.) No, Ed would say, he had his shirt, saw his friends, and maybe was a minute faster than the last race.

Ed wore his running shirts everywhere, very proud of them. After races we would discuss who was there, not there, why not? Who was slower, faster? Maybe all runners do. This may be common. I don’t know.

In recent years, Ed became more religious. He went to the synagogue almost every Sat. morning. I would beg Ed to go with me to a race. Sometimes he would, but we would go in separate cars, so he could hurry home, change clothes, hurry to the synagogue. In the past 2 or 3 years—it was just “no”. He was going to the synagogue

However, Ed was looking forward to his 60th birthday. Maybe he would have a chance in his age group to win a trophy—be no. 3 (does every one think that way)? So, he was going to do the races again. He had never stopped running, just the races, also was thinking about a marathon in April.

As much as I have written I don't think that I have adequately described Ed.

He had a smile and kind word for every one, never complained about anything or anyone, although I know that his son and his diabetes must have always been on his mind.

I wish that all of you could have known Ed. Because he never talked about his

problems, his life seemed so pure and simple.

Maybe some of you will reflect on your lives as you read this article. I will say about Ed, as I have said about my father—there could not be a man more “Christ-like”—only looking for the good in people.

On Dec. 1, 2004 Ed was running with his running friends, collapsed, and died of a heart attack. Several men, including our M.D. were crying at his funeral.

On Dec. 7th Ed and I, as well as others, were going on a trip to Chattanooga's Sister City in Israel. We would have met the mayor, there was to be a ceremony. Sister Cities and the Rotary Club had donated 350 wheelchairs to their hospital. We were to tour Israel. Ed was going to meet some very religious relatives for the first time.

It is true, those who knew him — loved him. Ed influenced me, and I won't forget him. I hope that you will reflect on your lives as you read this article.



Ed Kirzner

Jan. 10, 1945

Dec. 1, 2004

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Current CTC Volunteer Opportunities

These are just a few of the current areas where you can get more involved. Putting on quality races is the most important thing that we do as a club. If you enjoy running them, make sure you're working them as well – every member should be working at least one event a year, and preferably two or more.

– Bill Brock, CTC President, 2005

Race Event Volunteers:

There are too many opportunities to list, here are some examples:

- Director
- Start area
- Check in/Registration
- Finish area
- Course support
- Course preparation
- Course clean-up
- Equipment management
- Finish Line Management
- Results tabulation
- Course Director
- Traffic Monitor
- Fund raiser
- Artwork (t-shirts, trophies, etc)
- Sponsor
- Volunteer coordinator

Races Committee: Bob Braddock chairs our Races Committee, which meets the last Tuesday of every month at 6pm at Taco Mac. Please join us! Some of our regular members include:

Matt Sims
sismatt@msn.com

Bob Braddock
bbraddock@unumprovident.com

Casey Braddock
casey.braddock@cigna.com

Chad Varga
cvarga@frontrunnerathletics.com

Geno Phillips
cocoboys@comcast.net

Jerry McClanahan
jkmccclanahan@tva.gov

Bill Minehan
bminehan@AdTechCeramics.com

James Dravland
JDravland@unumprovident.com

Bill Brock
bbrock@tech-projects.com

Melodie Thompson
jumpytwo@hotmail.com

CTC Board: Meets 1st Tuesday of each month, 6pm – 7:30pm 3rd Floor Lifestyles Center next to Downtown Sports Barn. All meetings are open and all members are always welcome and invited. Board members are elected – 2006 elections will be this November...

CTC Sponsorship

Development: We would like to build on the funding model for our club with the addition of Corporate Sponsors and Members Sponsors. Our Past-President Linda Andreae is helping to coordinate this effort and can use your help! Contact Linda at Linda_Andreae@bcbst.com to volunteer in this area!

Race Directors: In order to bring quality events to the CTC running community – these directors need your support!

George Skonberg george.skonberg@ubs.com
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Matt Sims simsmatt@msn.com

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Rita Fanning ritafanning@mindspring.com
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Jeff Gaither jgaither@gps.edu

Jogging Around:

Comes out 8 times/yr

Layout by Keith Finch and Printing By MarkCo, volunteers are needed to assist with:

Writing:

- Race/Event Reporting
- Club Interest (histories, member profiles, member activities/accomplishments, etc)

Photography:

- Races/CTC Events
- Other events, member activities (trips, gatherings, etc.)

Publisher: Manages JA schedule, notifies contributors/advertisers before deadlines, determines annual magazine content structure, gathers/organizes content for each issue; distributes content to editors for proofing and receives/updates content after editing, delivers organized content (text, images, ads, etc.) to Keith for layout prior to printing.

Editors – to proof stories turned in

Contact Bill Brock at bbrock@tech-projects.com if you'd like to help with Jogging Around this year, and/or contact Melodie Thompson at jumpytwo@hotmail.com if you would like to help in the area of club communications.

Chickamauga Chase
65 Roses 5K
Rock/Creek River Gorge
Trail Run
Chattanooga Chase
BlueCross Riverbend Run
Chattanooga Waterfront
Triathlon
Missionary Ridge
Road Race
Greenway Cross
Country Meet
FCA 5K
UTC Cross Country Meet
Symphony Classic
Race for the Cure
Joe Johnson Run for
Mental Health
Stump Jump Trail Run
Signal Mountain
Road Race
Chickamauga Battlefield
Marathon
Wauhatchie Trail Run



Life Is An Adventure Race

By Jim Farmer



The North Georgia Adventure Race, NGAR for short, has become a rite of passage for adventure racers in the Southeast. In the not-so-distant past, simply crossing the finish line of an adventure race was an accomplishment for even the strongest teams. However, race directors started to cater to the masses by making courses more achievable and providing alternate courses for those that fell short but still wanted the opportunity to cross the finish line. A typical thirty-hour race, for example, would be completed by the winning team in around twenty hours or so and probably three-quarters of the teams would finish the race on either the full course or one of the alternate courses. Now don't get me wrong. I don't have a problem with this in the least. In fact, I'm a huge proponent of the "let people get their money's worth" approach. But at the same time, there needs to be some races that have that mythical quality about them. NGAR is that kind of race.

In January 2003, six inches of snow and below zero temps resulted in a handful of finishers and a whole bunch of support crews, including mine, rescuing their teams from the mountains between Suches and Blue Ridge, Georgia. In 2004, the snow was replaced by rain. That, plus the cold weather, produced similar results to the previous year. I cleverly sat that one out and volunteered with my wife, Carol. Despite the horrid conditions I couldn't stand not being out there with my adventure racing brethren, so January 2005 would signal my return to the fray.

Bryan Goble, a fellow TrailBlazer from Atlanta, had just come off a phenomenal year of adventure racing with multiple victories including the Beast of the East and the E-Fix and a top 25 finish in the Subaru Primal Quest. You might remember that he was my "Little Drummer Boy" at Primal Quest, but that's another story entirely. Bryan is an AR addict, like me, and one of the best navigators in the region. I talked him into joining me for NGAR so all that was left was finding a strong female. Bryan's teammate from Primal Quest, Tristen, a Nashvillian, agreed to join us. Things were shaping up as we tried to drop a few "holiday" pounds before the day of reckoning in the middle of January. Unfortunately, Tristen's tendonitis started acting up in the weeks before the race and

her doctor advised her to sit it out. We had four days to find a compatible racer with the correct combination of chromosomes.

Kim Daly, an Army gal from North Carolina, read our desperate pleas for a fem-bot on the message boards and agreed to join us for the ride. This was despite the many warnings from Bryan and me as to our complete lack of tact and manners. I guess being in the service made her immune to such incivilities, so she was good to go. After three days of emails and phone calls taking care of last-minute details I was sitting in the gym at the East Fannin Elementary School in Blue Ridge on Friday night waiting on my teammates to show up for the required gear check-in. Bryan showed up in plenty of time but there was no sign of our mysterious new teammate. Gear check-in ended at 8:00 and teams would be penalized fifteen minutes for every minute they were late. At 7:30 I started to get a little bit anxious. Luckily, Kim popped her head through the door a few minutes later. I have to admit that the pucker factor was high for a while.

After the race meeting at 8:30 we were given the maps for all but the first leg of the race. Once we got back to our hotel rooms I started plotting the checkpoints on the maps using the UTMs given in the passport while Bryan got his gear together. Bryan then took over to lay out the route choices for our journey since he would be the lead navigator the next day. It was after midnight when we finally got the support vehicle loaded up and all of our gear sorted out. It didn't seem much longer after that when the alarm when off at 4:00AM and another day of adventure racing was about to begin.

After some last minute instructions from Tony Berwald, the race director, we were given the passport instructions for the first leg of the race at a little past 6:00. Quickly plotting the three checkpoints for this leg we headed out onto Aska Road on foot and then quickly turned up Stanley Gap Road for the start of the half-marathon up and over Rocky Mountain, with about fifteen hundred feet of climbing right off the bat. We got to the Lake Blue Ridge Recreation Area in just under three hours and were sitting near the top 10. Finishing in the top 10 was our arbitrary goal so we were content for the moment. A quick transition to the

paddling section on Lake Blue Ridge and a heads-up decision to put our boat in farther up the peninsula instead of using the boat ramp, kept us near the front.

With neither Bryan nor I sporting huge pecs, lats and all those other upper body muscle thingies and Kim not being a very strong paddler either, we gave up several positions on our counter-clockwise trip around the lake. However, after paddling upstream along the mouth of the Toccoa River I was given a chance to stretch my legs as I took the passport and sprinted the two miles from Tilley Bend to the canoe launch at Sandy Bottom and back. It was the only time in the race where teams didn't have to obey the one hundred foot rule and I took full advantage of it. We jumped up several spots and finished the rest of the paddle leg, including an advantageous portage across a peninsula in the lake, still in the hunt. Another quick transition had us heading out onto our bikes for the longest section of the race. We would not see our support crew again until the next morning. Of course, I say support crew as if we had a NASCAR-like pit crew changing our shoes with rivet guns and sticking gas cans full of gel in our mouths as we transitioned. Unfortunately, our adventure racing budgets could only afford to hire Bryan's fiancée Eva for the grand sum of three thank you's and a bunch of dirty clothes to deal with. Eva is a support crew veteran though and made the TA as smooth as butter each and every time. A NASCAR crew couldn't compare. She looks and smells a lot better to boot.

The following race leg will be talked about for years to come in the adventure racing community. The AR message boards were lit up in the days following the race with polarized comments and verbal fisticuffs over the "fairness" of this section of the race. The plain and simple fact is that all is fair in love, war and adventure racing. But I'm getting ahead of myself here. This leg would consist of a brutal bike leg up and over both Green Mountain and Stanley Gap followed by an optional orienteering section and then finished off by a long bike ride to the south that included the Fish Hatchery area and up and over

(continued on next page)

Life Is An Adventure Race (continued)

Winding Stair Gap. Since Kim was a last minute replacement we didn't have a good handle on her mountain biking abilities before the race; therefore, our estimates were based on the pace that Bryan and I would normally go in a thirty-hour race. Our failure to readjust our estimates would be our demise.

The rides up Green Mountain and Stanley Gap quickly became hike-a-bikes as I shouldered the load for Kim who had started to feel the effects of eight hours of racing. The weight was considerable as we had clothes, food, mandatory gear and running shoes for what we had estimated would be twelve or so hours on our own. We had hoped to get to the orienteering section before dark to let the remaining sunlight aid us in our search for the small navigation flags hidden in the woods, but we ended up barely making the bike drop before total darkness set in. This is the point in the race where a time machine would be a godsend. ONLY IF we had reevaluated the last bike leg we would have realized that our seven-hour estimate was more like ten to twelve hours given the current physical state of our team. A 5:00AM cutoff at the Skeenah Mill Campground meant that we would have to leave the orienteering section immediately, rather than trying to knock off some of the "optional" orienteering points before continuing on. Despite warnings from Kim, Bryan and I, fearful of dropping spots in the race due to the time penalties assessed for missing the orienteering points, gave ourselves until ten o'clock to get back to our bikes. We knocked off two of the three points we searched for and then made a fateful decision to go after CP14 to try to make up for missing CP11. On the map it looked like an easy trot up two miles of jeep trail, but the maps can be, and usually are, deceiving. The trail was lined with fallen trees forcing us to climb over and through the carnage or bushwhack our way up the ridge. Stubbornness set in and we burned up way too much energy and time getting that last punch before returning to the bike drop area well after eleven. It was our Waterloo.

Almost out of water and food we started the cold ride from the Stanley Gap area to

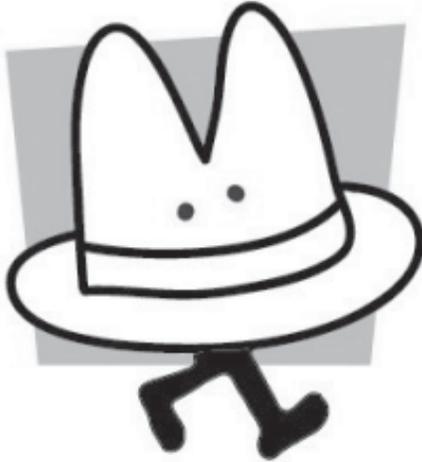
the Skeenah Mill Campground where the next TA would be. Although it is illegal to meet your support crew or get any other assistance while on the course, it is legal to use the public facilities available along the course. So we planned on getting water and using the heated bathrooms at the campground to regroup. The ride to Skeenah Mill was about thirteen miles of both paved road and jeep road. Relatively flat, it would be the

***This is the point
in the race
where a time
machine would
be a godsend.***

easiest riding we would have all night. Unfortunately, our waning energy levels and the twenty-degree temps started to take their toll as it took us close to two hours to knock it off. With a total of forty five to fifty miles of riding on this bike leg and some brutal climbs to CP17

and up to Winding Stair Gap, it didn't take long to do the math. Bryan and I laid out the maps in the bathrooms at the campground and didn't take long to come to the conclusion that we had already worked out in our heads on the way there. Not only would we not make the 5:00AM cutoff to finish on the "full course", we would also miss the cutoff for Alternate Course 1 and would be lucky to make the cutoff for Alternate Course 2. The prospects were not good. After a quick powwow with Kim we decided to call it a night and hand in our passport and put our tails between our legs.

D, N and F are three letters that I despise, but for NGAR 2005 as well as for 2003 and 2004, they were very common letters. Teams started dropping like flies and when the front-runners, Team Mighty Dog, dropped due to illness it was apparent that only one team, Team SEAR, had a chance at making the 5:00AM cutoff. They had been in 30th place going into the optional orienteering section but had smartly skipped it. Incurring twenty hours of penalties due to their omission meant nothing as the rules clearly stated that teams would be ranked according to the cutoffs first and then time penalties

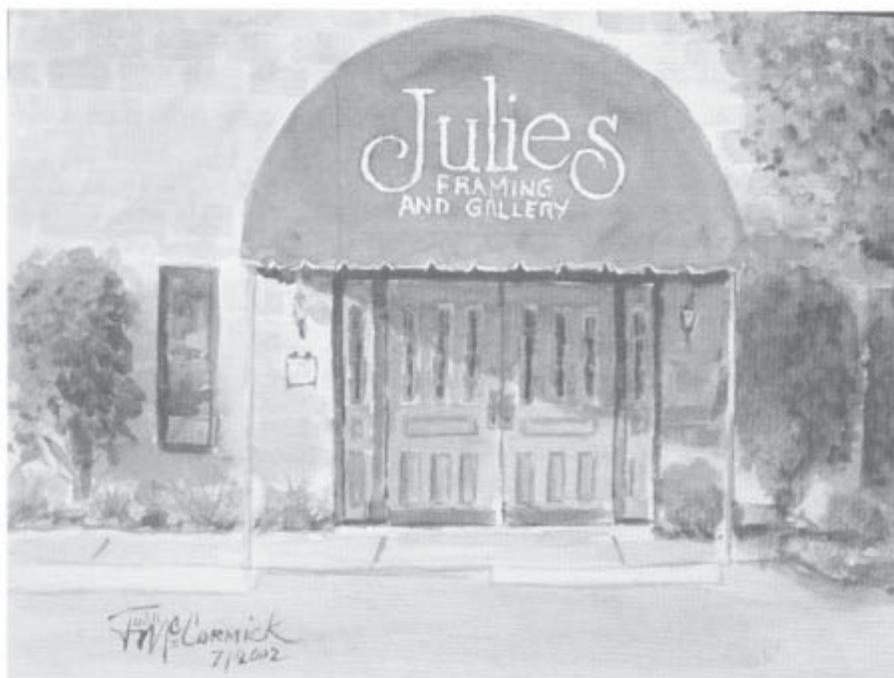


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second. The top teams, us included, had gotten caught up in the “o-frenzy”, afraid of losing positions due to the time penalties, but had lost sight of the grand prize, which was finishing the full course. The tortoises had beaten the hares. Although frustrating when you’re on the losing end, this is what makes adventure racing so special. The fastest team isn’t always the winner.

There were several reasons for the miscalculations made by the top teams. First of all, Tony, the RD, had given an estimate before the race that the winner would be finished in twenty hours. Most teams assumed that the estimate included the orienteering course, but it didn’t. Also, the optional orienteering course was too far away from one of the race cutoffs; therefore, it was very difficult to estimate how much time could be spent orienteering before jumping back on the bikes, especially for teams that were not familiar with the area. Bryan and I knew this area like the back of our hands though, so we had no excuse. These

issues will be the fuel for debate concerning the 2005 NGAR for quite a while, but the fact is that adventure racers have to deal with incomplete and sometimes misleading information all of the time. Most of the teams, including ours, failed to adapt. Chalk another one up to experience.

Team SEAR (Southeastern Adventure Racers) finished first and Team NADS (North Atlanta Dirt Scorchers) finished second, both teams filled with TrailBlazer members. Bill Hill (SEAR), Jay Scott and Star Affolter (NADS), the latter from Chattanooga, were my teammates from the Subaru Primal Quest last year and kudos to them for finishing at the top of one of the toughest adventure races in the country. Not a bad way to start off the race season for those guys. Hopefully, I can pick up the pieces and have a successful year as well. Spring is not that far off, so it’s time to shed those holiday pounds and get the adventure racing legs back under you. Of course, a great way to get rid of those cobwebs is to sign up

for the Greenway Challenge Adventure Race right here in Chattanooga on May 21st. It’s beginner friendly but challenging enough for the experts as well. You can get details at www.northchick.org.

P.S. If you think adventure racing is for you then check out our club website at www.TrailBlazerAR.com.

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Resist-A-Ball (exercise ball)

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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.

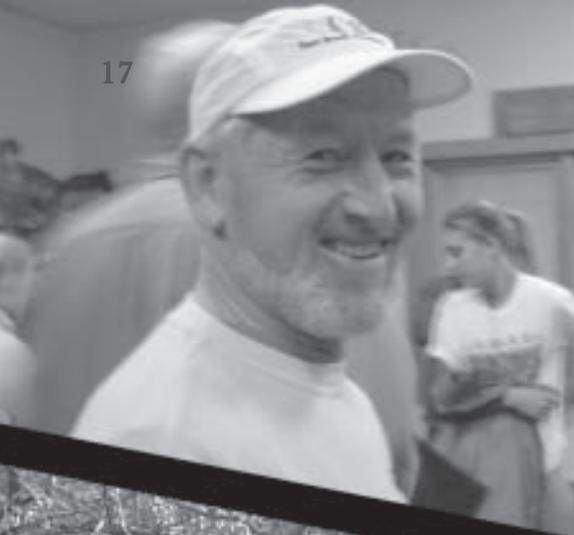
The Sports Barn restaurant downtown is going to be a key ingredient for the new THINK LIGHT program. Everyday, the restaurant will be providing a THINK LIGHT menu choice. These meals come straight from the THINK LIGHT program.

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



**2004
CTC Banquet**





2004 Wauhatchie Trail Run



Chattanooga Track Club

Board of Directors

Meeting Minutes

November 2, 2004

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

Absent: George Skonberg, Chad Varga, Bill Minehan, Matt Sims

Guests: Bob Braddock

The meeting was called to order by Linda Andreae at 5:35. The minutes from the October meeting were reviewed and approved.

Treasurer's Report

The cash balance was \$26,055.52. There have not been many transactions over the month. We spent \$400 on equipment. We will end the year net positive.

Old Business

Chickamauga Marathon:

History – we made the decision to donate proceeds of the marathon to the UTC Track Program. The club did not intend for all funds to go to UTC this year. The decision was meant to be a year-to-year decision. The club needs to decide how we will allocate the monies from this year's marathon.

There was discussion of the stability of the UTC program and of the Ensigns' expectations of proceeds for UTC. It was agreed that the sponsorship dollars that were secured by Tim should go to UTC and that Linda will talk to Tim to see if he agrees that any amount collected above the sponsorships will be split 50/50 between UTC and CTC. Linda sent out an e-mail after our meeting that she had talked to Tim and moved that 50% of marathon proceeds above the sponsorship dollars will be earmarked for UTC Track.

New Position: The job description draft was handed out and everyone reviewed. The questions for discussion were salary and the hiring process, as well as can the club afford a director? Bill made the point that it all goes back to the mission of the club and we need to think about things in a new way. One big change that we need to consider is our "funding model." We will obtain sponsorships because the club matters to the community and also we need to think about the KTC and the money they make from their races. Do we want to be more like KTC? We cannot grow the organization without a director. We all want to be a valuable organization and provide quality events and we cannot do one without the other.

There were worries about if the board would remain involved – we will be a working board. A lot depends on who we find to do the job as to what the board has to do.

Salary? A renewable contract was suggested. The salary of \$25,000 was suggested. There was discussion of fund raising, if the director would have the ability to increase his/her salary, and then does the job need to include fund raising if the person does everything else that the club needs. Our focus should be to find someone to help us do what we do well – remember this is a non-profit organization to benefit running.

We will continue the discussion of funds and race proceeds in a later meeting. We have the money for next year for the position; therefore, we can take a gamble on one year. We have all agreed that this is the time for CTC to grow. We will review the position in six months.

Bill made the motion to accept the job description, to look for the person to fill this position, and to pay the person no more than \$25,000. The motion was second and passed.

The subcommittee to look for the director is Bill Brock, Donna Dravland, John Walker and Linda Andreae. Donna will chair the search committee. Sarah mentioned she knows someone who would be interested in the position.

Triathlon Update: Team Magic will have a meeting on November 11. Bill showed the proposed logo and a name consideration is "Chattanooga Waterfront Triathlon."

Riverbend Update: The question to add a 10K was not agreed upon for this year. The race committee did not want to add the event in 2005. Linda would like to have it added by 2006 and to promise the event to Friends of the Festival.

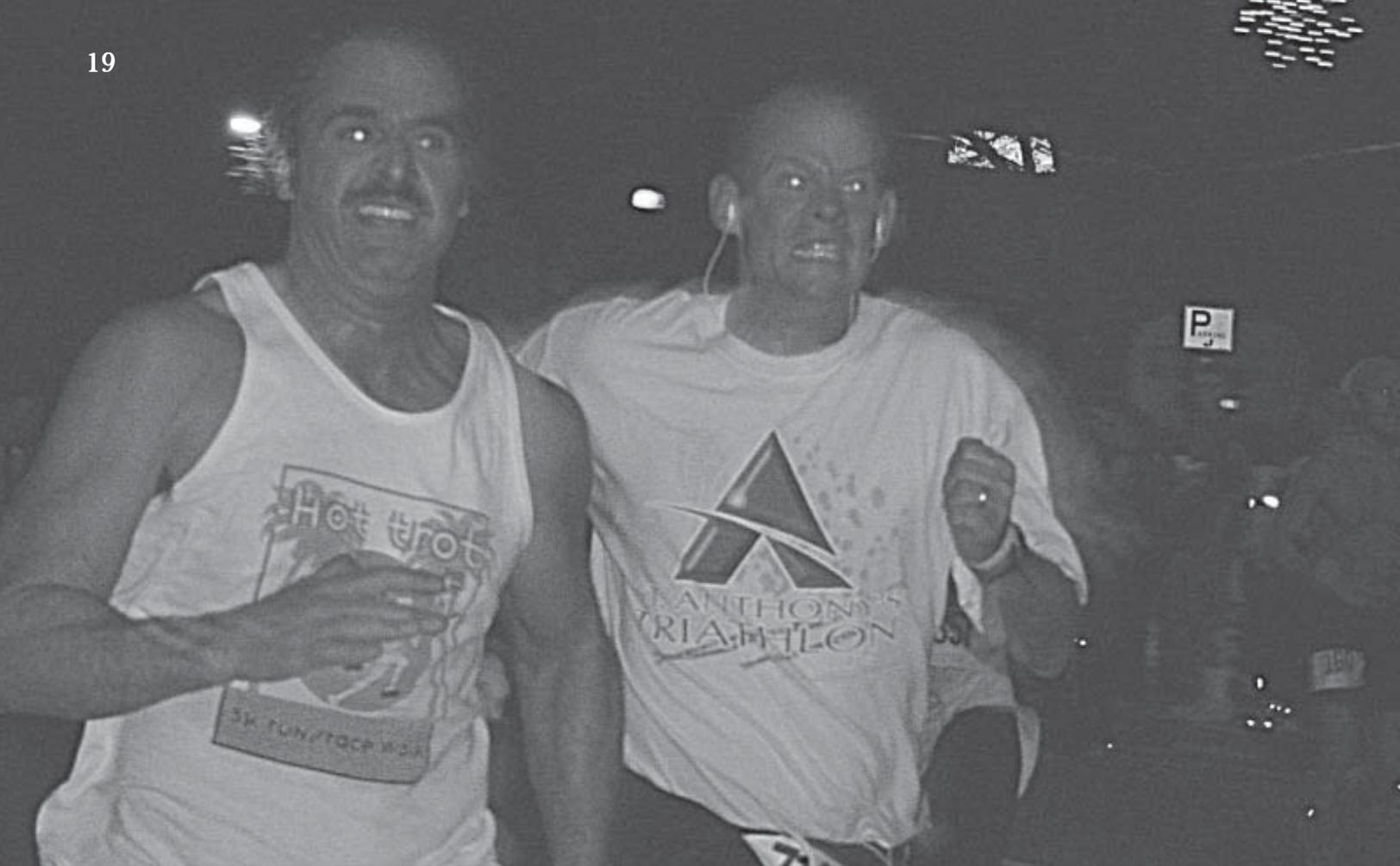
Programs: Banquet – Clarion or Renaissance Commons? There was a motion to hold the banquet at Renaissance Commons, the motion was carried. Sarah would like to let people know that the banquet is subsidized by CTC. This is one of the values of membership.

New Business: Film Screening – Linda has been offered a documentary film of 5K training that we may use for a fund raiser. We could use the documentary as a program.

New Item: Bill mentioned that the water fountain was removed from Sterling Road but that Gary and Dean Pickett put a water fountain in to replace it. Bill made the motion to send the Picketts \$75. The motion was carried.

The meeting was adjourned at 6:35.

Respectfully Submitted,
Virginia Waddell, Secretary



2004 Karen Lawrence Run





Sunday, July 17, 2005

1.5k swim ▽ 40k bike ▽ 10k run

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REGIONAL CHAMPIONSHIP**

\$10,000 Prize Purse

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promises to be a premier triathlon in the
Southeast USA***

This race is open to anyone!
Relay teams are a great option!



For race information:
races@team-magic.com

www.team-magic.com

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.

FEBRUARY

- 5 - Tybee Marathon, Half-Marathon and 5K Run**
Marathon, Half-Marathon, 5K Run
Site: Savannah, GA.
Contact: Ron Boyette at (912)921-4786 or ronboyet@bellsouth.net
Info: www.runtybee.com
- 12 - Chattahoochee Challenge 10K**
Site: Roswell, GA
Contact: Lynda Perryman at (770)992-2055 (ext. 234)
- 13 - Mercedes Marathon, Half-Marathon and Relay Event**
Marathon, Half-Marathon, Relay
Site: Birmingham, AL
Contact: (205)870-7771 or info@mercedesmarathon.com
Info: www.mercedesmarathon.com
- 19 - Strawberry Plains Half-Marathon and 10K Run**
Half-Marathon, 10K
Site: Strawberry Plains, TN
Contact: Frank and Donna Murphy at (865)932-4146 or roadrunner35901@aol.com
Info: www.ktc.org
- 19 - Polar Bear Run 10K, 5K, 1-Miler**
1 Mile, 5K, 10K
Site: Ooltewah High School, Ooltewah, TN
Contact: Donna Gibson at (423) 479-2704
- 19 - Berry College Viking Classic 10K**
10K
Site: Rome, GA
Contact: Jennifer Tucker at (706)238-7998

MARCH

- 5 - Wildcat 5K and Fun Run**
5K, Fun Run
Site: Greenway Farms, Hixson, TN
Contact: Ed Boyles
- 5 - War Party Run 10K**
10K
Site: Kingsport, TN

Contact: Bob Townsend at (423)257-6188

- 5 - Chattahoochee Road Runners 10K Road Race**
10K
Site: Atlanta, GA
Contact: Marlene Atwood at (770)497-4208 or atfedwood@msn.com
- 6 - The Fall Creek Thaw 15K**
15K
Site: Pikeville, TN
Contact: Tony Cox at (615)773-8785
- 6 - Whitestone 30K and 3-Person Relay**
30K, Relay Race
Site: Kingston, TN
Contact: Jerry and Betty Schohl at (865)687-4617
- 13 - Germantown Half-Marathon**
Half-Marathon
Site: Germantown, TN
Contact: Harry Scott at (901)830-3928 or slorunr340@mac.com
- 19 - Tom King Classic Half-Marathon and 5K Run**
Half-Marathon, 5K Run
Site: Nashville, TN
Info: www.tomkingclassic.com
- 19 - Rocket Run 10 Mile**
10 Mile
Site: Huntsville, TN
Contact: Valerie Connaughton at (256)337-1947
- 19 - Azalea Trail Run**
10K
Site: Mobile, AL
Contact: Dawn McEnery at (251)473-7223 or caljester5@aol.com
- 20 - Knoxville Marathon, Half-Marathon, 5K Run and Walk**
Marathon, Half-Marathon, 5K Run and Walk
Site: Knoxville, TN
Contact: Marshall Meyer at (865)769-4KTC, hotline 673-4786
Info: www.knoxvillemarathon.com

APRIL

- 2 - Andrew Jackson Marathon and Half-Marathon**
Marathon, Half-Marathon
Site: Jackson, TN
Contact: Joan Gray at (731)668-4000 (ext. 21)
Info: www.andrewjacksonmarathon.com
- 9 - 65 Roses 5K**
5K Run
Site: Cleveland, TN
Info: www.chattanooga-trackclub.org
- 16 - Gateway Bank & Trust 5K Run and Walk**
5K Run, 1 Mile Walk
Site: Ringgold, GA
Contact: Mary Carpenter at (706)965-1508
- 30 - Healthcare Classic 5K and 2K**
5K, 2K Run
Site: Dalton, GA
Contact: Carmel Cowart at (706)272-6662.
- 30 - Country Music Marathon and Half-Marathon**
Marathon, Half-Marathon
Site: Nashville, TN
Contact: (615)742-1660, Elite Racing Inc., (800)311- 1255
Info: www.cmmarathon.com

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

TELLICO PLAINS 1ST ANNUAL 5K RIVER RUN AND 1 MILE FUN RUN/WALK

Date: Saturday, April 9, 2005 – 8:00 a.m.

Charity: The Children's Advocacy Center and Hope Center for East Tennessee

Schedule of events:

Packet pick-up and race day registration 6:30am - 7:30am
5K race begins at 8:00 am
1 mile fun run/walk begins at 9:00 am

Race contact person: Nicole Cresswell at Physical Therapy of Tellico 423-253-6522

Registration:

Pre-registration until April 1st - \$15
Late registration April 2nd through race morning - \$20

4th Annual Tennessee Governor's One Shot Turkey Hunt/Run

Event Date: 04/09/2005

Governor's One-Shot 10K Turkey Run will begin at 8:00 a.m. on North Side of Giles County Court House. All proceeds go to Sharewood Park. Cost will be \$15.00 per entry if registered by August 8 - Day of race \$20. For more info, call Pat Hendrix, Parks Dept, P. O. Box 633, Pulaski, TN 38478. Call 931-363-4666. \$100 to overall men and \$100 to overall women's winners plus drawings for prizes and T-shirts.

Speed Work:

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

Thursday mornings – 6:00am Yassos, GPS track

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.

Runnin' to Beat the Blues

April 2, 2005
5K run/walk and 4x1 mile team relay with corporate and school challenges

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Daphne Ballington
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LOOKOUT MTN. ROAD RACE

MAY 14, 2005

King of the Mountain 4-Miler & Mountain Mile Fun Walk/Run

Site: Lookout Mtn. Town Commons

Contact: James Williams at (423) 785-8244 or Denise Davis (423) 821-0044

GOT DIRT?

Trail runs on Wednesday nights all year long. Meet at Nolan Elementary on Signal Mountain at 6:00 p.m. sharp. For everybody from beginners to experts. Contact me for more details.

Jim Farmer
TrailBlazers Adventure Racing Club
www.TrailBlazerAR.com
farmerjp@bellsouth.net
Cell:(423)240-9573



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MEMBERSHIP APPLICATION

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

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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: _____

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