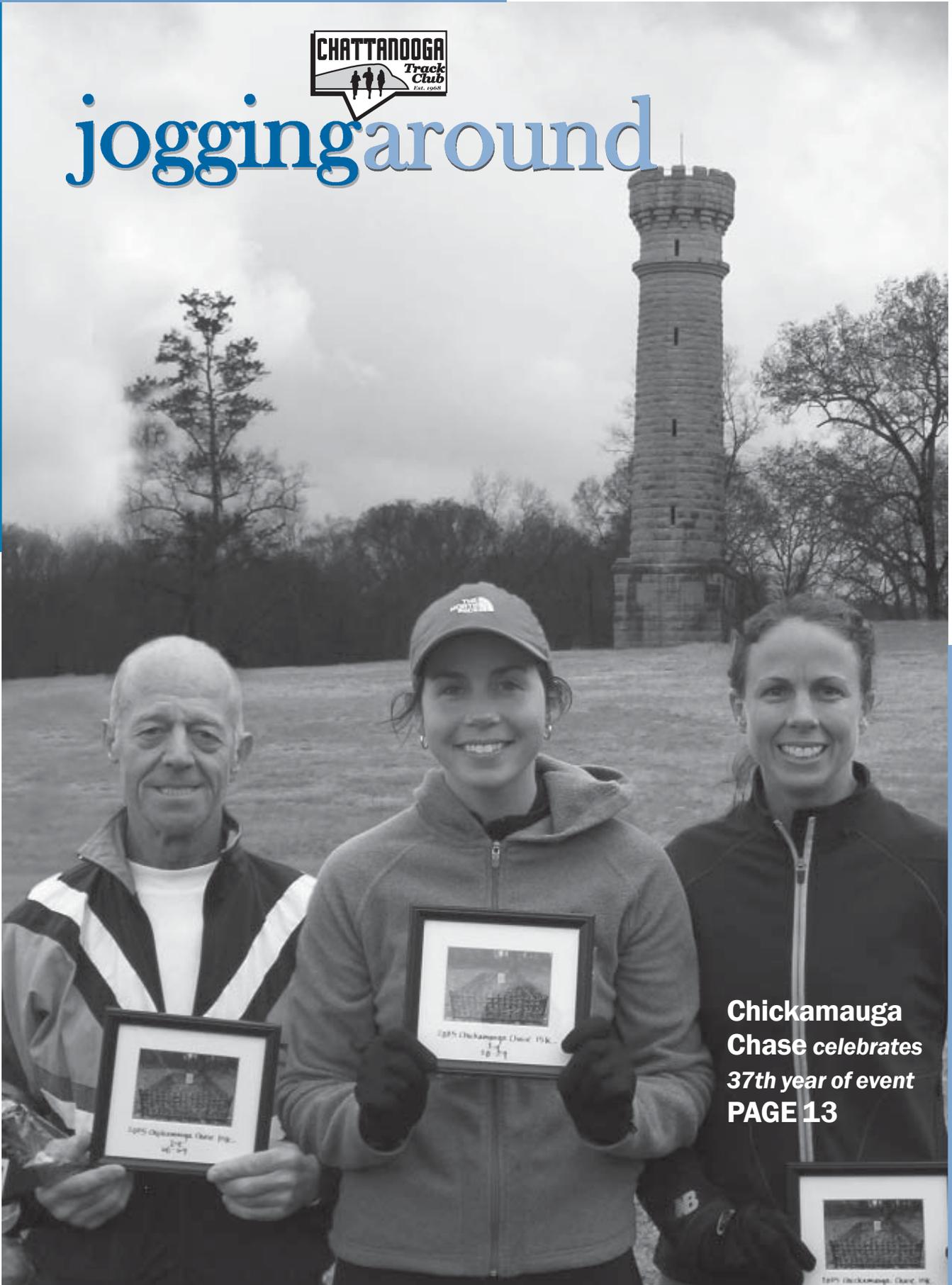




# joggingaround



**Chickamauga Chase celebrates 37th year of event**  
**PAGE 13**

## Chattanooga Track Club

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## Chattanooga Track Club Mission Statement

*The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal. No special qualifications, other than an interest in running and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone, from serious competitor to casual walker, is welcome.*



# joggingaround

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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

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Richard Rogers  
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Matt Sims Family  
Thomas Sisemore  
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Jay Toney  
Jean Traynor Family  
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Roy Webb  
Terry Webb  
Mark West  
John Wikle, Jr.  
Ashley Williams Family  
James Williams  
Christopher Wilson Family  
Reinhard Zachau  
Richard Zachau

# Words from the Prez's Perch

*"We are what we repeatedly do. Excellence then, is not an act, but a habit."*

–Aristotle

All of our lives are shaped by our habits, the careful selection of which can make all the difference.

The core part of our club's mission is 'to stimulate interest in running and fitness for all ages.' In support of that mission, our board has determined that the most important thing we do is to put on the races. If we did not do anything else at all, we believe that this one thing would be worth us working together to support. The evidence of that reality and belief is revealed in nearly 40 years of club race history.

Now, there's a lot to putting on a race – it's not something that just 'happens.' In every case, there has to be at least one single person who really, really wants the race to happen, and who is willing to do an awful lot of work on their own to see that it does. We call these heroes of our community *race directors*. Without them, there's no reason significant enough for the Chattanooga Track Club to exist as such. Period.

As a club, we are now working on establishing new habits that will further support our race directors and enable them to put on the quality events that they desire and that will, in turn, excite and inspire our running community. Our first biggest step in 2005 has been to hire Connie Hall as our executive director. More than anything else, Connie's most significant task is to insure that, as a club, we do the things we know we need to do, month-in and month-out. Hired the third week in February, Connie has gotten to know our board and committee members, has worked her first race (the Chase) and has facilitated our first annual (and maybe semi-annual) race directors meeting.

## Welcome Connie!

Our second biggest step has been to hold our first annual (at least) race directors meeting this past march 29<sup>th</sup>. Nineteen race directors and another ten board and races committee members attended this first meeting. Directors spoke about their events, discussed issues of concern and shared ideas and inspiration. Connie prepared notebooks for each director with the best information we have as a club (to date) on how to put together a succesful event. David Presley spoke briefly on course certification. I think it was a great event, and a great new habit for our club. And there's more to come...

I hope you enjoy this issue – lots of great stuff from Chase and 65kRoses (be sure and read where the name comes from...) stories, results and pics to Betty's Antarctica adventure, to David Presley's notes on race certification and on... Let us know what you think!



Bill Brock  
CTC President



# CTC Upcoming Race Schedule

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

- 5/30 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
- 9/5 FCA 5K \***  
**(5K)**  
Chad Varga  
slpr123@aol.com
- 9/10 UTC Cross Country Meet \***  
**(8K)**  
Bill Gautier  
bill-gautier@utc.edu
- 9/17 Symphony Classic \***  
**(5K)**  
Cynthia Fagan  
cfagan@  
chattanooga-symphony.org
- 9/25 Komen Race For The Cure \*, \*\***  
**(5K)**  
Rita Fanning  
ritafanning@mindspring.com
- 10/1 Joe Johnson Run For Mental Health \***  
**(10K)**  
Toni Wright  
twright@vbhcs.org

\* Joe McGiness Runner of the Year (JMROY)  
\*\* Non-CTC Event

Please see [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) for a complete list of events past and present, further rules, changes and regulations.

## Executive Director's Notes

Dear CTC Members,

First of all, I want to thank you for the opportunity to serve the Chattanooga Track Club as its Executive Director. I am looking forward to working with everyone to make this year the most successful ever and to build on the strong foundation the club already has in place.

Over the last two months I've had a chance to meet with the board members, the committee members, as well as quite a few club members and am truly impressed with the level of enthusiasm and commitment I've seen to the club and its activities.

In particular I hope to bring a consistency to the day-to-day operations as well as the races. I especially want to make myself available to the membership and to the race directors and offer my assistance with the races they have planned.

I think we're off to a good start with the race director's meeting we had at the end of March. In addition to providing information that should be useful to the race director's it was an opportunity for an informative, information exchange.

I look forward to meeting the membership and encourage you to feel free to call (843-3207) or e-mail me ([chall@chattanoogatrackclub.org](mailto:chall@chattanoogatrackclub.org)) any time with comments, concerns or questions.

Again, thank you for the opportunity to serve you and the CTC.

Connie Hall

Executive Director



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# 38th Chattanooga Chase to be held on Memorial Day

By John Hunt

5K Run	8K Run	1 Mile Fun Run
May 30, 2005		

The Chattanooga Chase has always had something in common with the Kentucky Derby, but that won't be the case this year. Both are normally held on the first Saturday in May, but the Chase has been moved back a few weeks to Memorial Day, which is Monday, May 30.

Nothing else has changed. It's the same challenging 8K course that winds up and down and around Riverview, climaxing with the climb up Minnekahda before returning to the starting point at Riverview Park.

Life has changed in recent years for one of the Chattanooga Track Club's cornerstone events. Back in the early 80's when the running boom was in full swing, the Chase had overflowing crowds and a one-mile event that attracted literally hundreds of youngsters from nearby Bright School.

Many of the old faces have come and gone, but the course hasn't changed a bit and is challenging and tough as ever. Many contestants are awed by the mystique of Minnekahda when in fact, it's the series of hills leading to Minnekahda that are the real killer. It's just that Minnekahda is the most famous. When you finally crest the top at the three-mile mark, it's a virtual downhill sprint from there to the finish.

A total of 21 different men have won this tough 8K race while 17 different women have taken first place in their division. Leslie Wells leads the way with four wins and he has the best time ever of 25:05, which was set in 1983 when it was still a five-mile race. All of his wins were consecutive from 1982-85.

Kent Bradbury was a three-time winner in 1994-96 while Ron Haley won back-to-back titles in 1988-89. Other previous male winners

include David West, Gary Souza, Bill Anderson, Ben Walker, Dave Vila, David Smith, Mark Newman, Bill Rule, Joey Howe, Brian Radle, Chad Varga, Kyle McLean, Shon Grice, Kevin Croft, Tim Ensign, Rodney Stoker, Jason Mitchell and Geno Phillips in 2004.

Jan Gautier has been the most consistent winner for the women as she's taken first place six times, including the last two years. Her time of 29:37 in 1998 remains as the course record for females.

Debbie Gates won three times in the mid-80s while Katy Kelley, Dee Goodwin and Jenny Moschkau have all prevailed two times apiece. Other former female champions include Sue Anne Herring, Brenda Anderson, Kate Gerbitz, Debbie McClanahan, Paula Cooper, Janet Felton, Cathy Cheeseman, Monica Lambert, Mary Preisel, the late Chris Presley, Leah Moore and Shelly Camp.

This year's race will be directed by long-time CTC member Jeff Hollingsworth. It is sponsored by the Chattanooga Track Club and the Kiwanis Club of Chattanooga. Proceeds benefit Community Reconciliation, Inc. and the Victim Offender Reconciliation Program, which is designed to give juvenile offenders of non-violent crimes a second chance and deter them from returning to Juvenile Court.

Under the current program, victims are given the chance to face the person who has harmed them or their property and tell the offender how they have been impacted by the crime. The offender is required to make restitution to the victim for damages and to take responsibility for what they've done. Similar programs across the state have reduced the number of second-time offenders by more than 50 percent.

Race applications will be available at all branches of the YMCAs and Sports Barns, Fast Break Athletics and the Front Runner. The 8K main event will kick things off on the 30th at 8 a.m. while the 5K and one-mile fun run will follow.

## King of the Mountain Road Race

By James Williams

4 Mile Run	1 Mile Fun Walk/Run
May 14, 2005	

Mark your calendar for the May 14th King of the Mountain Road Race, presented by Chattem! Bring your family and friends and come on up to Lookout Mountain for a fun-filled spring morning. Good Shepherd School with the help and support of an army of volunteers and sponsors is hosting a 4-mile run and a 1 mile fun walk/run to benefit the Good Shepherd School Fund, which provides tuition scholarships for families in need.

This is the first of an annual event for Lookout Mountain and surrounding communities. The four-mile run is a competitive event

on a mostly flat and downhill trek, with a net drop in elevation from start to finish. No major hills! It's a very scenic course, running along the east and west brow of Lookout Mountain and passing the Incline, historic Point Park and Sunset Rock. The 1-mile course is flat and downhill and stroller friendly.

The top male and female finishers overall and masters (age 40 and over) and the top 3 males and females in each of seven age-groups will receive awards. In addition, all youth participants in the fun walk/run will be awarded ribbons. Race T-shirts with the unique King of the Mountain Logo, designed by the Johnson Group, will be available for all pre-registered participants. T-shirts will be available to those who register late while supplies last. A random drawing will be held to award door prizes as well. Along

*(continued on next page)*

# BlueCross Riverbend Run

By Rita Fanning, Race Director

5K Run	1 Mile Fun Run
May 30, 2005	

I was completing a form recently for an online listing of the BlueCross Riverbend Run, and there was one question I wasn't sure of the answer. When was the first Riverbend Run? I remember an evening fun run the night before the Riverbend Triathlon in 1984 (I think it was 1984 or was it 1983 or 1985). Does anyone know for sure? Anyway, June 18, 2005 will be the (approximately) 22<sup>nd</sup> annual Riverbend Run, now known as the BlueCross Riverbend Run.

The Chattanooga Track club board and officers have embraced this race as one of the club's hallmark events and your help is needed. There are several ways you can be involved. By all means run in the race if you are able. Get the whole family to participate. There is a 1-mile fun run in addition to the 5K ChampionChip<sup>®</sup> timed event. Baby joggers/strollers are welcome in the Riverbend Run (registration is required for the child).

The entry fee for the BlueCross Riverbend Run remains very low due to the generous sponsorship of BlueCross BlueShield of Tennessee. Early entry fee for seniors (60 and over) and children (under 12) is still \$7.00. Adult entry fee remains at \$11.

The BlueCross Riverbend run begins and ends in front of the BlueCross Building at 801 Pine Street. The 5K course has a couple of hills, Third Street from Market to Walnut and Frazier Avenue up to the Veterans Bridge and across. However, the majority of the course is flat with a great downhill stretch from the Veterans Bridge to Chestnut Street. The 1-mile course is out and back and very flat.

Another way you can help with this great event is to spread the word. Please pick up some race applications from the closest running store, Sports Barn or YMCA and take them to your co-workers, neighbors and friends. You can also print applications (or register online) from the website, [www.riverbendfestival.com/bcriverbendrun.html](http://www.riverbendfestival.com/bcriverbendrun.html).

As is the case for all races put on by the Chattanooga Track Club, volunteers are needed. If you can't run or a family member wants to be involved, please sign up to help. A volunteer application can be printed from the website listed in the paragraph above. If you volunteer for the BlueCross Riverbend Run and another Riverbend shift, you will receive a free entry to the entire Riverbend Festival, June 10 – 18. Some of the headliners at Riverbend this year include Pat Benetar, Cheap Trick, Kid Rock, Boys II Men, and Michael McDonald with the Chattanooga Symphony. You will be able to see them all at no charge if you register to volunteer to help with the run and another shift. Please, we need you.

If you know when the first Riverbend Run was held, know a place where race applications are needed or if you have any questions about the race, please contact race director, Rita Fanning at [ritafanning@mindspring.com](mailto:ritafanning@mindspring.com) or (423) 309-1278.

**Be sure to visit**  
**[www.chattanooga-trackclub.org](http://www.chattanooga-trackclub.org)**  
**for the latest news**  
**and results on all**  
**Chattanooga Track**  
**Club events.**

## King of the Mountain (continued)

with the race and fun run, we have a fun morning planned. Come try your hand with our own Southern Conference Tournament Champions, the UTC Mocs. Shoot some hoops with them on a basketball court from Sport Court set up onsite, near the Pavillion. Join your family and friends at the Commons Saturday morning to sample ice cream from Clumpies, Green Life Groceries' fresh fruit and runner's rolls from Great Harvest Bread Co. After an energizing run or walk, relax, sip some cool water and PowerAde provided by Coca-Cola and enjoy the music of Lookout Mountain's native sons, The Loveseat Pilgrims.

To get there, take Scenic Hwy up Lookout Mountain (passing Ruby Falls). When you get to the top of the mountain, continue for one-half mile on Scenic Hwy until you come to a circular fountain in the middle of the road. Just beyond the fountain is the Commons. Look for banners, balloons and lots of friends and fun! You can't miss it! Many thanks to our presenting sponsor, Chattem, and to The Robinson Team @ Crye-Leike, First Tennessee Bank, Fletcher Bright, Riverside Beverage Company, The Johnson Group, Olsten Staffing Services, UBS, and Total Fitness Concepts for their contribution towards making this race a success.

The 4-mile race begins at 8:00 am and the 1 mile fun run begins at 9:00 am. Late registration and packet pick-ups will begin at 6:45 am. For more information contact Denise Davis at Good Shepherd School at 821-0044. You may also register online at Active.com. Entry fees for the 4-mile race before May 7th are \$15, after May 7th, \$20. The 1-mile fun run fees are \$12 on the day of the race and \$10 before May 7th. Help us begin a new tradition and help families in need at the same time. You can be crowned the King of the Mountain!!

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## Goetz and Burtnett Capture 5<sup>th</sup> Annual 65 Roses 5K

By Lee Sports Information

It was a record turn out for the 65 Roses 5K on Saturday, April 9. Over 250 runners and 35 1-mile fun runners ran through downtown Cleveland for fun, fitness, and competition.

In the men's race, Joseph Goetz set a new course record at 17:07. The last mile turned into two man contest between Goetz and Joe Johnson, both Chattanoogaans. Goetz was able to sprint away with a little less than a half mile to go to claim the victory. Third place was claimed by Stephen Bontekoe in 18:09.

In the women's race, Caci Burtnett of Charleston, TN won with a time of 20:47. The last 50 yards of that time was an all out sprint to defeat Michelle Chapman of Cleveland, TN by two seconds. Third overall in the women's race was Laura Mooney with a time of 22:33.

2005 marked the third year that the 65 Roses 5K has been a CTC-affiliated event. The 5K road race, the 1-mile fun run, and the 5K walk are all apart of the Great Strides Saturday. This annual slate of events raises thousands of dollars each year for the Cystic Fibrosis Foundation. Over the past four years the Cleveland community has raised over \$100,000 for the CFF. The fund raising goal set for Cleveland this year by the national foundation was \$42,000. The results are in from the fifth annual Great Strides Walk and 65 Roses 5K held April 9th. The walk, 5K road race, and 1-mile fun run raised a record \$46,007.28 for the Cystic Fibrosis Foundation. With over 270 walkers, 260 runners, 29 fun runners, and 70+ volunteers, the fifth year was also a record in terms of participation. If you would like to donate or be a part of next year's activities, please call Vanessa Hammond at 614-8511.

**View full race  
results  
on pages  
9 and 10.**



## Cotton Candy and a 5K!

By Samantha Smith

For a penguin like me, who waddles around at the back of the pack, the food and water are typically going fast by the time I get to the end. I have never been so surprised as I was to see tons of water, food, PowerAde, etc. at the end of the race. Much to my surprise, I look around and there it is . . . Cotton Candy! My new post race favorite!

If you have no idea what I am talking about, you must have missed the 65 Roses 5K in Cleveland, TN on Saturday, April 09, 2005. What an event! My hat is off to Bill Estes for putting on an incredible race! Melodie Thompson raved about this event last year. So, my friend, Beverly Gouger, and I just had to go up with her to see what it was all about.

When we first arrived, I could not believe how beautiful this area is! The campus of Lee University is fantastic! I wondered as I was walking, "Why do they call it '65 Roses?'" Melodie said it was because cystic fibrosis typically affects children and they end up pronouncing it "sixty-five roses". Well, I about lost it at that. As a mom, a first grade teacher, and a huge fan of children, something like that really hits home. If it is within my power, I will never miss this race again.

As I was sprinting my blistering penguin pace, I thought of all the people who come out in support of the races and how wonderful it is that our races benefit so many worthy causes. As a survivor, I cry every year at the Race for the Cure to see the crowd and be a part of that atmosphere. This type of turn out would be a dream come true at each and every race.

I hope to see you all next year in Cleveland! Be prepared for beautiful surroundings, wonderful camaraderie, a really cool t-shirt and of course, cotton candy! Bring the family! I will, too!

P.S. Did I mention the snow cones, huge blow up slide, ice cream sandwiches . . . . .

# 65 Roses 5K Race Results – 2005

## OVERALL MALE WINNERS

1 Joseph Goetz 22 Chattanooga TN 17:07

## OVERALL FEMALE WINNERS

1 Caci Burtnett 15 Charleston TN 20:47

## FEMALE AGE GROUP: 1 - 14

1 Sydnee Bowman 14 Dalton GA 23:59  
 2 Kendrick Rhea 11 Cartersville GA 24:09:00  
 3 Caitlin Duggan 10 Chattanooga TN 24:27:00  
 4 Lorne Conn 9 Cleveland TN 33:23:00

## MALE AGE GROUP: 1 - 14

1 John Pierce 14 Cleveland TN 22:21  
 2 Zac Ingraham 14 Cleveland TN 25:48:00  
 3 Jay Bailey 14 Cleveland TN 26:07:00  
 4 Marco Bianchini 14 Chattanooga TN 26:54:00  
 5 Parker Chaffin 9 Villa Rica GA 27:17:00  
 6 Jeff Griffith 14 Chattanooga TN 33:22:00  
 7 Stephen Lee 12 Cleveland TN 35:06:00  
 8 Oliver Conn 5 Cleveland TN 50:53:00

## FEMALE AGE GROUP: 15 - 19

1 Heidi Rominger 19 Cleveland TN 23:14  
 2 Julie Spencer 16 Ooltewah TN 23:28  
 3 Shelby Hudson 15 Ringgold GA 24:21:00  
 4 Erika Peters 19 Cleveland TN 25:12:00  
 5 Kylie Harding 19 Cleveland TN 25:22:00  
 6 Sheena Wozniak 18 Cleveland TN 27:33:00  
 7 Stephanie Griffith 19 Cleveland TN 27:35:00  
 8 Amanda Dail 19 Cleveland TN 27:48:00  
 9 Keaton Bodiford 19 Old Hickory M 27:52:00  
 10 Crista Burtnett 18 Charleston TN 27:54:00  
 11 Laurie White 19 Cleveland TN 28:56:00  
 12 Stephanie Niven 19 Cleveland TN 29:55:00  
 13 Emily Lewon 18 Cleveland TN 30:21:00  
 14 Lindsey Satterfield 18 Cleveland TN 30:21:00  
 15 Elyse Sadler 18 Cleveland TN 31:25:00  
 16 Sarah Neslund 19 Cleveland TN 31:26:00  
 17 Satoko Mori 16 Cleveland TN 32:30:00  
 18 Ashley Hall 18 Ooltewah TN 33:43:00  
 19 Jennifer Traynor 18 Signal Mt. TN 37:57:00

## MALE AGE GROUP: 15 - 19

1 Don Humphreys 16 Cleveland TN 19:10  
 2 Casey Bryson 16 Georgetown TN 22:19  
 3 Todd Steverson 18 Cleveland TN 23:09  
 4 Brenton Floyd 19 Harrison TN 23:13  
 5 Tyler McGuire 16 Cleveland TN 23:43  
 6 Chance Holt 15 Cleveland TN 24:06:00  
 7 Jonathan Barlow 17 Cleveland TN 24:06:00  
 8 Steven West 15 Cleveland TN 24:59:00  
 9 Eli Kretzmann 19 Grangeville ID 26:36:00  
 10 James Vassell 19 Cleveland TN 27:18:00  
 11 Ty Bennewitz 19 Cleveland TN 30:22:00  
 12 Danny DePrez 16 Chattanooga TN 47:06:00

## FEMALE AGE GROUP: 20 - 24

1 Michelle Meek 24 Red Bank TN 23:37  
 2 Rebeca Krukalis 20 Cleveland TN 24:14:00  
 3 Julie Zietlow 20 Cleveland TN 24:16:00  
 4 Lisa Travis 23 Pittsburgh PA 24:54:00  
 5 Jenny Kidd 20 Cleveland TN 25:03:00  
 6 Molly Murtola 22 Marshall NC 25:51:00  
 7 Abby Hardgrove 21 Cleveland TN 25:56:00  
 8 Zoe McLuhan 21 Cleveland TN 26:17:00  
 9 Christy Wooten 24 Cleveland TN 26:22:00  
 10 Melissa-Jo Morrison 20 Cleveland TN 27:07:00  
 11 Jan Dodson 20 Mayfield KY 27:52:00  
 12 Jess Lucas 20 Cleveland TN 27:53:00  
 13 Jessica Simmons 20 Woodstock GA 28:04:00  
 14 Leslie Gautier 21 Cleveland TN 28:09:00  
 15 Alisha Chochoalous 21 Springboro OH 28:10:00  
 16 Mandy Emery 23 Ooltewah TN 28:16:00  
 17 Katie Mayer 21 Cleveland TN 28:54:00  
 18 Ashley Barrett 20 Cleveland TN 28:57:00  
 19 Nicki Pelham 21 Cleveland TN 28:58:00  
 20 Ashley Bell 21 Cleveland TN 28:58:00  
 21 Erika Cooke 24 Cleveland TN 29:24:00  
 22 Jeannie Vorbeck 21 Cleveland TN 30:32:00  
 23 Ashley Hirsch 20 Cleveland TN 30:43:00  
 24 Stacy Felchner 21 Cleveland TN 31:30:00  
 25 Crystal Smith 20 Cleveland TN 31:32:00  
 26 Danielle Bobo 20 Memphis TN 31:40:00  
 27 Julie Speelman 21 Cincinnati OH 31:58:00  
 28 Jacqueline Green 20 Mason OH 33:06:00  
 29 Natachia Ross 21 Cleveland TN 33:10:00  
 30 Hannah Hyder 21 Cleveland TN 39:51:00  
 31 Casey Dean 21 Cleveland TN 42:50:00

## MALE AGE GROUP: 20 - 24

1 Stephen Bontekoe 20 Chattanooga TN 18:09  
 2 Matt Jenkins 21 Chattanooga TN 18:36  
 3 Justin Rimondi 22 Cleveland TN 19:46  
 4 Keven Flanagan 20 Chattanooga TN 20:27  
 5 Saul Burlosa 22 Weaverville NC 20:41  
 6 Ian Harding 21 Greenville SC 20:44  
 7 Kevin Angel 20 Cleveland TN 21:32  
 8 Nik Meeks 23 Chattanooga TN 23:26  
 9 Billy Singletary 22 Cleveland TN 24:06:00  
 10 Andrew Black 22 Cleveland TN 24:14:00  
 11 Michael Degeus 23 Cleveland TN 24:27:00  
 12 Donald Woodward 21 Shirley MA 26:45:00  
 13 Burak Ozkan 21 Cleveland TN 29:33:00

## FEMALE AGE GROUP: 25 - 29

1 Michelle Chapman 25 Cleveland TN 20:49  
 2 Julie Presley 27 Cleveland TN 27:09:00  
 3 Christina Rogers 26 Whitwell TN 27:21:00  
 4 Merica Stum 28 Cleveland TN 30:26:00  
 5 Andrea Campbell 29 Cleveland TN 36:24:00  
 6 Andrea Burns 27 Cleveland TN 48:36:00  
 7 melissa holmes 28 Cleveland TN 48:37:00  
 8 Kelly Conn 29 Cleveland TN 50:52:00

## MALE AGE GROUP: 25 - 29

1 John Dutton 29 Cleveland TN 20:40  
 2 Joe Grubbs 29 Cleveland TN 21:34  
 3 Brian Beeson 27 Fishers IN 21:48  
 4 Jason Cox 27 Cleveland TN 22:24  
 5 Brad Davis 27 Hendersonville TN 23:01  
 6 Jay Chapman 25 Cleveland TN 23:14  
 7 Felix Garcia 27 Cleveland TN 26:19:00  
 8 Kelly Kiser 29 Cleveland TN 30:41:00  
 9 Jonathan Beecham 25 Prospect TN 31:00:00

## FEMALE AGE GROUP: 30 - 34

1 Laura Mooney 34 Charleston TN 22:33  
 2 Lisa Barrett 31 Ooltewah TN 23:51  
 3 Jennifer Smith 31 Ooltewah TN 26:22:00  
 4 Marishell Alarcon 32 Cleveland TN 28:06:00  
 5 Daisy Tucker 30 Ooltewah TN 29:15:00  
 6 Barbie Stewart 34 Soddy Daisy TN 33:11:00  
 7 Connie Diamond 31 Ooltewah TN 54:20:00

## MALE AGE GROUP: 30 - 34

1 Philip Conn 30 Rome GA 19:34  
 2 Kevin Brown 34 Cleveland TN 22:49  
 3 Adam Burnett 30 Chattanooga TN 23:34  
 4 Chuck Thompson 31 Harrison TN 23:47  
 5 John Thompson 31 Cleveland TN 24:22:00  
 6 Richard Jackson 30 Cleveland TN 25:01:00  
 7 Shane Williams 33 Cleveland TN 26:47:00  
 8 Brian Conn 30 Cleveland TN 27:12:00  
 9 Philip Stewart 31 Soddy Daisy TN 30:31:00

## FEMALE AGE GROUP: 35 - 39

1 Melissa Smeltzer 37 Chattanooga TN 24:15:00  
 2 Cindy Moore 35 Cleveland TN 25:05:00  
 3 Lorie Puckelt 37 Cleveland TN 25:28:00  
 4 Samantha Smith 38 Soddy Daisy TN 27:46:00  
 5 Holly Duncan 35 Cleveland TN 28:07:00  
 6 Kari Luedtke 37 Chattanooga TN 29:30:00  
 7 Kimberly Shelby 38 Ooltewah TN 33:33:00  
 8 Beverly Gouger 38 Soddy Daisy TN 34:28:00

## MALE AGE GROUP: 35 - 39

1 Dave Richter 37 Chattanooga TN 20:14  
 2 Chris Wilds 36 Cleveland TN 20:30  
 3 Gary Pennington 38 Parkersburg WV 20:48  
 4 Mauricio Lino 35 Dalton GA 21:18  
 5 Les Conner 36 Cleveland TN 22:31  
 6 Jerome Hammond 39 Cleveland TN 22:47  
 7 Michael Harper 36 Cleveland TN 23:15  
 8 Chris Akin 37 Cleveland TN 24:32:00  
 9 Scot Davis 35 Dalton GA 24:56:00  
 10 Jamie Barnette 37 Cleveland TN 25:03:00  
 11 Jerry Hoffe 39 Cleveland TN 25:24:00  
 12 Ric Johnson 38 Cleveland TN 26:15:00  
 13 Doug Farver 37 Chattanooga TN 27:16:00  
 14 Kevin Silvers 35 Chattanooga TN 30:05:00  
 15 Jason Eslinger 35 Cleveland TN 30:17:00  
 16 David Wilson 37 Cleveland TN 30:36:00  
 17 Marty Rowe 39 Cleveland TN 33:12:00

## FEMALE AGE GROUP: 40 - 44

1 Linda Spencer 40 Ooltewah TN 24:04:00  
 2 Sherilyn Johnson 42 Chattanooga TN 24:36:00  
 3 Christine Post 41 Chattanooga TN 24:42:00

4	Sharon Armour	41	Ringgold	GA	25:11:00
5	Nikki Thomas	42	Cleveland	TN	25:57:00
6	Sharon Grainger	44	Cleveland	TN	26:41:00
7	Esther McAlpin	40	Cleveland	TN	27:31:00
8	Sandi Williams	41	Rocky Face	GA	31:03:00
9	Joy Newby	43	Chattanooga	TN	31:14:00

**MALE AGE GROUP: 40 - 44**

1	Joe Johnson	43	Chattanooga	TN	17:37
2	Darren Lewis	43	Ooltewah	TN	22:23
3	Craig Gagliardi	40	Chickamauga	GA	24:51:00
4	Mark Longwith	44	Cleveland	TN	25:22:00
5	Ray Roddy	43	Chattanooga	TN	25:59:00
6	James Post	40	chattanooga	TN	28:04:00
7	Randy Worde	43	Cleveland	TN	28:08:00
8	Greg Redman	41	Cleveland	TN	28:39:00
9	Bobby Dee	44	Chattanooga	TN	31:05:00
10	Steve Tompkins	43	Ringgold	GA	33:16:00
11	Mike Smeltzer	40	Nolensville	TN	33:23:00

**FEMALE AGE GROUP: 45 - 49**

1	Bernadette DePrez	45	Chattanooga	TN	25:52:00
2	Melodie Thompson	49	Chattanooga	TN	26:51:00
3	Janice Wycherley	45	Rocky Face	GA	27:39:00
4	Reda Lawson	48	Cleveland	TN	33:53:00
5	Teena Gravitt	47	Whitwell	TN	34:37:00
6	Denise Conn	48	Rome	GA	36:10:00
7	Jean Traynor	45	Signal Mt.	TN	37:57:00

**MALE AGE GROUP: 45 - 49**

1	Bruce Bayliss	47	Cleveland	TN	18:42
2	Don Gregg	47	Chickamauga	GA	19:25
3	Jim Steffes	49	Ooltewah	TN	20:42
4	Chris Mawata	47	Chattanooga	TN	23:46
5	Bruce Conn	49	Rome	GA	24:06:00
6	Eric Lamport	47	Chattanooga	TN	25:18:00
7	Mitchell Guinn	48	Cleveland	TN	26:58:00
8	Ian Harper	45	Cleveland	TN	28:18:00
9	Don VanLandingham	49	Chattanooga	TN	29:34:00
10	Rick Hall	47	Ooltewah	TN	33:41:00
11	Thomas Lawson	49	Cleveland	TN	34:26:00

**FEMALE AGE GROUP: 50 - 54**

1	Amy Mullens	50	Ringgold	GA	25:55:00
2	Lenora Pou	50	Chickamauga	GA	28:35:00
3	Linda Draeger	51	Chattanooga	TN	41:16:00

**MALE AGE GROUP: 50 - 54**

1	John Walker	52	Chattanooga	TN	19:21
2	Joe Axley	54	Athens	TN	20:53
3	Danny Casteel	53	Cleveland	TN	21:39
4	David Presley	50	Fort Oglethorpe	GA	22:25
5	Tim Ross	51	Ringgold	GA	22:40
6	Cliff Goodlet	54	Chattanooga	TN	23:11
7	Mark Rhoden	54	East Ridge	TN	23:44
8	Butch Cooke	54	Ringgold	GA	23:50
9	Paul McCord	54	Cleveland	TN	24:28:00
10	Dewayne Knight	52	Cleveland	TN	24:39:00
11	Bill Pryor	51	Cleveland	TN	25:10:00
12	John Guy	52	Cleveland	TN	25:23:00
13	Jerry Barrow	52	Cleveland	TN	26:08:00
14	Steve Brooks	50	Cleveland	TN	27:39:00
15	Chuck Lovelace	52	Virginia Beach	VA	30:10:00
16	Mel Fanner	50	Cleveland	TN	45:11:00

**FEMALE AE GROUP: 55 - 59**

1	Darla Conn	59	Cleveland	TN	36:45:00
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**MALE AGE GROUP: 55 - 59**

1	Nick Honercamp	55	Chattanooga	TN	20:48
2	Greg Cain	57	McDonald	TN	22:13
3	Jeff Morelock	58	Cleveland	TN	24:39:00
4	Earle Kelle	58	Hixson	TN	25:35:00
5	Dwayne Burnett	56		TN	25:37:00
6	Paul Conn	59	Cleveland	TN	26:47:00
7	Jim Hamblen	55	Chickamauga	GA	27:56:00

**FEMALE AGE GROUP: 60 - 64**

1	Betty Burrell	61	Harrison	TN	55:05:00
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**MALE AGE GROUP: 60 - 64**

1	Sergio Bianchini	64	Chattanooga	TN	21:03
2	Walter Sinor	62	Valley Head	AL	24:58:00
3	Jim Selman	62	Chattanooga	TN	28:33:00
4	Rocco Lepeke	60	Hixson	TN	29:03:00
5	David Wycherley	61	Rocky Face	GA	29:51:00
6	Jack Milne	60	Cleveland	TN	30:09:00
7	Ben Perez	60	Cleveland	TN	32:19:00
8	Jerry White	60	Cleveland	TN	35:18:00
9	Art Jones	61	Chattanooga	TN	36:34:00

**MALE AGE GROUP: 65 - 99**

1	Raymond Simpson	71	Cleveland	TN	33:49:00
2	Lee Meadows	65	Chattanooga	TN	36:09:00



# FRONT RUNNER ATHLETICS

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[www.fronrunnerathletics.com](http://www.fronrunnerathletics.com)

# Chattanooga Half Marathon and Strutt Your Mutt 5K

By Teresa Wade

The thing that is so awesome about running into a strong head wind is that you can eat more later due to the extra calories you burn. This was certainly the case for the Half Marathoners. Most of them felt really fast going out, possibly many thought they might PR for the day; however this was not the case. Many participants added 5-7 minutes to their projected times due to the winds. The winds however, did not stop Geno Phillips from complaining to me about the wind as he ran down the hill toward the finish line, hardly looking like he was working at all.

The Half Marathon was an unexpected success as we had over 150 people walk up on Friday and Saturday for late registration, giving us a total of over 320 participants for the Half Marathon.

The day turned out to be awesome and I received a lot of positive feedback about the new course. Looks like it's a keeper.

The 5K racers felt the same head wind at the turnaround but it didn't stop the 75+ participants from going out and making a strong presence.

The unique event was the Strutt Your Mutt 2 mile walk. My challenge as Race Director was to keep the dogs away from the runners. With a lot of cooperation from participants and volunteers this was pulled off without incident and certainly added a more "fun" side to the day's events.

Due to the huge success of the event, Personal Fitness Specialist was able to donate \$4000 to the Animal Care and Adoption Center (ACAC).

The Sprint Triathlon is set for August 14<sup>th</sup> and partial proceeds will again benefit the ACAC.

# **FAST**=====

# **BREAK**

*Chattanooga's Ultimate Running Store*

**(423) 265-0531**

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## Travel or Home Fitness Package Offered by Personal Fitness Specialists

**Package includes:**

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**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**



## Ensign holds off Hall to win 37th Chickamauga Chase

By John Hunt

Tim Ensign proved on a cold Saturday morning that he still has what it takes to win a competitive road race.

Withstanding the threat of bad weather and a stiff challenge from a runner less than half his age, the 42-year-old Ensign captured the 15K title for the 37th running of the Chickamauga Chase with a time of 53 minutes, 28 seconds.

Hall, a 20-year-old standout for Covenant College, tried his best to run down the former UTC track and cross country standout, but he came up 15 seconds short. Chad Varga, Ensign's training partner, was third in 54:29 to capture the Master's title.

Sara Akin, a petite, 26-year-old high school math teacher from Atlanta, was the women's overall winner as she trimmed almost 10 minutes from her previous best 15K time by finishing in 1:01:52, which was 21st in a field that included 307 finishers.

Gretchen Hammel was a distant second in 1:06:07 while Stacy Guess was third in 1:06:57. Casey Braddock captured the Master's title for females by taking fourth in 1:07:19, which was 47th overall.

Ensign has plenty of experience winning races in Chickamauga Park as he was a back-to-back winner of the Chickamauga Battlefield Marathon in the early 80s. When the gun sounded to start the race, Ensign broke away like a startled deer. By the time he looked back, the rest of the field was battling for second.

"It's fun to win a race out here again. I ran pretty even pace for the first 10K, but that guy (Hall) tested me in the final 5K. I had enough of a lead to hold him off. I looked back a couple of times near the end because I didn't want him sneaking up on me," Ensign said.

"I was hoping to equal my time from last year, but I didn't. We had tougher conditions today. The wind wasn't bad except for the first and last miles. But George (Skonberg) does a great job with this race. He may be the most dedicated race director in town. After directing the marathon for the last two years, I have a new appreciation for what goes into it," Ensign added.

Hall had raced his first 15K less than a month ago at Fall Creek Falls. After posting a 55:30 in his first attempt, he was hoping to break 55 minutes in the battlefield. Instead of taking off hard from the start, he chose to make his move at the end. He ran out of time before he ran out of energy.

"I thought it would be too cold and windy, but it wasn't too bad. There was a lot of good competition here today. I felt really good the whole way. I wanted to start out conservative and then move up. I tried to stay close to Tim, but I just couldn't catch him. But I'm really happy finishing second. I feel like I ran a good race and I gave it all I had," Hall said.

Akin is familiar with the battlefield after attending Covenant. She is a native of Lakeland, Florida, but teaching high school math in Atlanta. She is currently training for the San Diego Marathon. Her goal was to break 63 minutes. She did that without a problem.

"Yes, I did," she smiled after being asked if she had a good race under less than ideal conditions. "That was my fastest 15K, so I'm happy. I came up here by myself, but I got to see coach Taylor (David) and some of the other runners from Covenant. So it was a pretty good day for me," she added.

Jack McFarland was the final person to cross the finish line with a time of 2:22:54. The 70-year-old McFarland has been running for more than 50 years and has completed every

Chickamauga Chase. The latest was a little different from the others.

"My doctor told me that if I kept running, I'd end up in a wheelchair. I asked him if I could racewalk and he said that was fine. I don't really like it, but that's my only choice. This race is what keeps me doing anything longer than 5Ks these days.

"I had a time of 1:19:10 in my first Chickamauga Chase and my best time of 65:29 was in 1971. Now if I can just double that, I'm happy," McFarland laughed.

While 307 runners completed the 9.3-mile distance in the main event, another 205 chose to participate in the 5K. Caleb Morgan posted a time of 17:46 to win while Manuel Martinez was second in 18:04. Hugh Enicks was third in 18:11.

Traci McAmis was the first female in the 5K, taking seventh overall in 19:43 while Anna Garriott was second in 20:28. Brittany Evans was third in 22:31.

Skonberg was hoping for better weather, but he was still happy with the turnout, even though many stayed at home after the weather forecast of rain and gusting winds.

"All things considered, this is about as good as it's gonna get for a day like this. I was thrilled with the number of pre-registered runners. If the weather had been better, I think we would have had a record turnout. But I'm glad it's over," he said.

Race proceeds benefit The Friends of Chickamauga & Chattanooga National Military Park.

# Chickamauga Chase 15K Race Results – 2005

## OVERALL MALE WINNER

1 1 Tim Ensign 53:28

## OVERALL FEMALE WINNER

1 21 Sara Akin 1:01:52

## MALE MASTERS WINNER

1 3 Chad Varga 54:29

## FEMALE MASTERS WINNER

1 47 Casey Braddock 1:07:19

## MALE GRAND MASTERS WINNER

1 11 Sam Norman 59:52

## FEMALE GRAND MASTERS WINNER

1 95 Ruth Ference 1:14:15

## FEMALE AGE GROUP: 1-19

1 225 Rebecca Wright 1:29:33

## MALE AGE GROUP: 1-19

1 36 Julian Jackson 1:05:36

2 88 Brenton Floyd 1:13:20

3 123 Jason Bennett 1:17:32

4 128 Michael Boggs 1:17:58

5 136 Thomas Walters 1:18:26

## FEMALE AGE GROUP: 20-24

1 96 Michelle Meek 1:14:32

2 159 Anne Johnson 1:22:56

3 210 Andrea McClain 1:28:15

4 223 Ashley Ratchford 1:29:02

5 230 Caitlin Woodyard 1:30:17

6 231 Heidi Schuler 1:30:39

7 294 Michelle Loveless 1:44:19

## MALE AGE GROUP: 20-24

1 2 Patrick Hall 53:43

2 4 Wim Codington 54:33

3 15 Matt Jenkins 1:01:09

4 79 Brad Clark 1:12:25

5 113 Seth Roberts 1:16:24

6 114 Justin Karpinos 1:16:27

7 170 Jason Nicelt 1:23:32

## FEMALE AGE GROUP: 25-29

1 40 Gretchen Hammel 1:06:07

2 46 Stacy Guess 1:06:57

3 192 Susie Lodico 1:26:20

4 202 Stacy Okland 1:26:53

5 203 Katie Garrett 1:27:13

6 209 Amanda McClain 1:28:15

7 217 Jaime Overturf 1:28:33

8 219 Angie Vickery 1:28:41

9 222 Jean Pitts 1:29:01

10 240 Jill Sizemore 1:31:20

11 255 Karen Jones 1:33:38

12 263 Heather Flynt 1:35:14

13 274 Kathy Johns 1:37:25

14 275 Cari Camden 1:37:43

15 276 Allison Hughie 1:37:46

16 289 Amy Clayton 1:41:55

17 302 Caron Williams 1:49:00

18 304 Misty Vidal 1:49:55

## MALE AGE GROUP: 25-29

1 39 Jason Webb 1:06:02

2 43 Zach Cowart 1:06:44

3 52 Stephen Morrow 1:07:41

4 117 Jeff Poteralski 1:16:49

5 226 Dustin Smith 1:29:47

6 235 Deon Miles 1:30:56

7 292 Matthew Rogers 1:43:17

## FEMALE AGE GROUP: 30-34

1 49 Nancy DiVasto 1:07:25

2 105 Dreama Campbell 1:15:29

3 143 Stacy Keith 1:20:11

4 144 Lisa Barrett 1:20:39

5 204 Tina Helden 1:27:25

6 206 Angie Hughes 1:27:33

7 207 Julie Von Canon 1:28:03

8 228 Jennifer Stone 1:30:10

9 244 Tiffany Kibler 1:32:14

10 246 Melanie Phillips 1:32:16

11 252 Carol Quinn 1:33:27

12 265 Heather Adams 1:35:47

13 268 Mary Stoezner 1:35:53

14 279 Heather Dolan 1:38:15

15 291 Tanya Swann 1:43:17

16 296 Emily Breeding 1:45:28

17 301 Maria Beason 1:48:17

## MALE AGE GROUP: 30-34

1 19 Robert Gustafson 1:01:45

2 22 Chris Wilson 1:01:58

3 51 Danny Broetzmann 1:07:40

4 54 Jason Hamrick 1:07:46

5 57 John McFarland 1:08:07

6 66 Dan Ostrander 1:09:45

7 68 Clinton Hayes 1:10:02

8 71 John Pound 1:10:40

9 89 Ryan Decker 1:13:24

10 131 Scott Parker 1:18:04

11 137 Roger Dahlke 1:18:38

12 183 Chad Fowler 1:25:07

13 214 Matt Eubanks 1:28:25

14 249 Greg Hardock 1:32:59

15 303 John Smith 1:49:42

## FEMALE AGE GROUP: 35-39

1 55 Belinda Young 1:07:50

2 81 Christie Sell 1:12:40

3 97 Star Affolter 1:14:33

4 98 Joan Vos 1:14:46

5 111 Nancy Dodson 1:16:18

6 120 Melissa Smeltzer 1:17:07

7 124 JoAnna Johnson 1:17:36

8 148 Linda Spencer 1:21:24

9 158 Lisa Sims 1:22:55

10 165 Rae Moon 1:23:11

11 175 Carrie Key 1:24:12

12 176 Gwynn Swallows 1:24:21

13 198 Kristy Mara 1:26:46

14 211 Samantha Smith 1:28:20

15 218 Kim Thorstenn 1:28:35

16 227 Sonya Reagor 1:29:59

17 237 Michelle Lyle 1:31:10

18 253 Wendy Richardson 1:33:29

19 257 Dayna Duffy 1:34:20

20 278 Kari Luedtke 1:37:51

21 280 Lauren Hunt 1:38:30

22 293 Lisa Jones 1:43:49

## MALE AGE GROUP: 35-39

1 6 Salvador Alcantara 57:08

2 7 Craig Martin 58:43

3 16 Sean Pfister 1:01:18

4 17 Tommy Hopper 1:01:22

5 18 James Williams 1:01:30

6 23 Tracy Gartman 1:02:02

7 29 Christopher Bennett 1:03:57

8 30 Ricky Harrison 1:04:22

9 44 Tom Eddy 1:06:46

10 58 Dave Richter 1:08:16

11 72 Thomas Herring 1:10:40

12 73 Jay Gill 1:11:00

13 74 Matt McLelland 1:11:20

14 75 Lamar Starks 1:11:45

15 77 Patrick Douglas 1:12:08

16 78 Les Conner 1:12:16

17 82 Tom Sell 1:12:41

18 85 Paul Alderman 1:12:58

19 94 Philip Benefield 1:13:56

20 103 Craig Grimm 1:15:23

21 115 Barry Burrell 1:16:46

22 116 John Holden 1:16:48

23 132 Andy Koss 1:18:11

24 135 Brian Rogers 1:18:20

25 141 Greg Neargarth 1:18:56

26 180 Jerry Hoffer 1:24:33

27 194 Thomas Kale Jr 1:26:35

28 205 Scott Lay 1:27:25

29 247 Jason Gunter 1:32:47

30 266 Eric Duffy 1:35:51

## FEMALE AGE GROUP: 40-44

1 101 Janice Cornett 1:15:14

2 109 Gail Jenkins 1:16:08

3 121 Sherilyn Johnson 1:17:21

4 147 Leslie Concannon 1:21:15

5 150 Christine Post 1:21:40

6 153 Karen Johnson 1:22:25

7 167 Sharon Armour 1:23:25

8 173 Kym Wright 1:24:07

9 181 Julie Hollis 1:24:52

10 199 Linda Andreae 1:26:49

11 208 Julie Poole 1:28:05

12 233 Beth Eberle 1:30:44

13 239 Gina Wilson 1:31:16

14 245 Joy Newby 1:32:15

15 258 Suzanne Hooie 1:34:36

16 270 Jan Cannon 1:36:57

17 281 Susan Mietling 1:38:45

18 283 Karen Rogers 1:39:00

19 295 Theresa Carr 1:44:21

20 299 Allison Cardwell 1:47:00

21 305 Kay Gaither 1:50:25

## MALE AGE GROUP: 40-44

1 5 Joe Johnson 56:41

2 8 Bill Fletcher 58:53

3 9 Juan Alcantara 59:05

4 10 Kerry Hoover 59:47

5 13 Thad Whitfield 1:00:19

6 14 John Gracy 1:00:49

7 20 David Martin 1:01:47

8 32 Jay Dickison 1:04:32

9 33 Chuck Denham 1:05:02

10 35 Gregg Hansen 1:05:35

11 37 Sai Coll 1:05:56

12 38 David Hall 1:06:00

13 42 John Monroe 1:06:41

14 56 Sean Skelly 1:07:54

15 61 Darren Lewis 1:08:33

16 64 Crews Townsend 1:09:07

17 67 Brian Crooks 1:09:50

18 69 Rick Adams 1:10:32

19 70 Bill Minehan 1:10:35

20 84 Jay Decker 1:12:51

21 107 Joel Reagan 1:15:41

22 119 Peter Wilson 1:17:05

23 146 Russ Norment 1:21:13

24 163 Steve Tait 1:23:08

25 174 Jim Harper 1:24:11

26 179 David Wilson 1:24:32

27 184 Bruce McCall 1:25:08

28 185 Mike Sparkman 1:25:13

29 191 Kenneth Forrest 1:26:06

30 201 Alton Danielson 1:26:51

31 215 Bill Nation 1:28:26

32 224 Howard Reagor 1:29:02

33 256 Carroll Caldwell 1:34:02

## FEMALE AGE GROUP: 45-49

1 129 Sarah Bowen 1:18:02

2 145 Sue Minton 1:21:11

3 162 Melodie Thompson 1:23:08

4 168 Cindy Smith 1:23:28

5 178 Karen Galyon 1:24:31

6 189 Colleen Gordon 1:25:39

7 195 Sheila Guess 1:26:37

8 221 Clara Mitchell 1:28:57

9 238 Terri Bonner 1:31:10

10 242 Ann Walker 1:31:38

11 243 Janie Austin 1:31:59

12 261 Debbie Bryant 1:35:04

13 267 Janice Wycherley 1:35:52

14 271 Mary Loggins 1:37:09

15 273 Betty Holder 1:37:24

16 277 Robin Miller 1:37:50

17 282 Leigh Haris 1:38:45

18 288 Caroline Rogers 1:41:44

19 298 Pam Cuzzort 1:46:59

## MALE AGE GROUP: 45-49

1 12 Cliff Milam 1:00:00

2 24 Jeff Richard 1:02:13

3 26 Gary Pickett 1:03:27

4 28 Don Gregg 1:03:52

5 31 Rick Loggins 1:04:30

6 62 Terry Bailey 1:08:52

7 63 Edward Parrish 1:09:02

8 6

15	125	Joe Minton	1:17:55
16	126	Michal Doerge	1:17:55
17	133	David Martin	1:18:12
18	138	Patrick Walker	1:18:41
19	139	Russell Johnson	1:18:41
20	149	Bill Brock	1:21:33
21	154	Chris Mawata	1:22:35
22	161	David Rossman	1:23:01
23	164	Rick Hall	1:23:09
24	166	Greg Coast	1:23:20
25	190	Eric Lampert	1:25:42
26	229	Michael Baubach	1:30:16
27	234	William Coats	1:30:55
28	241	Sanford Hall	1:31:32
29	260	Ken York	1:34:59
30	262	Ian Harper	1:35:05
31	300	Les Phillips	1:47:44

**FEMALE AGE GROUP: 50-54**

1	155	Amy Mullens	1:22:40
2	220	Jackie Myers	1:28:42
3	236	Leann Adkins	1:31:02
4	248	Rachel Bryant	1:32:48
5	286	Sandra Armstrong	1:40:26
6	287	Judith Chestnutt	1:41:06

**MALE AGE GROUP: 50-54**

1	25	John Walker	1:02:18
2	27	David Leatherman	1:03:50
3	34	Art DaCosta	1:05:32
4	45	H. Rick Rogers	1:06:50
5	53	Michael Martin	1:07:43
6	60	Richard Rogers	1:08:27
7	76	Kenneth Howcroft	1:11:57
8	80	Randy Wood	1:12:40
9	87	Don Wollenhaupt	1:13:13

10	92	Pat Hagan	1:13:34
11	93	Bob Braddock	1:13:51
12	100	John Hunt	1:15:08
13	110	Tom Gray	1:16:09
14	112	Larry Rigsby	1:16:23
15	118	Dennis Henderson	1:16:54
16	127	Alec Taylor	1:17:56
17	130	Mike Eaves	1:18:02
18	134	Butch Cooke	1:18:17
19	142	Mark Rhoden	1:19:16
20	177	Carter Lynch	1:24:27
21	188	Arney Guess	1:25:29
22	200	Bill Henderson	1:26:51
23	212	Bob Dann	1:28:21
24	216	Sam Hale	1:28:33

**FEMALE AGE GROUP: 55-59**

1	156	Sue Anne Brown	1:22:43
2	187	Shirley Sirois	1:25:22
3	197	Phyllis Sizemoe	1:26:43
4	254	Lynnda Owens	1:33:38
5	285	Joan Hearn	1:39:23

**MALE AGE GROUP: 55-59**

1	48	Steve Rogers	1:07:20
2	50	Henry Wolfe	1:07:51
3	59	Nick Honercamp	1:08:25
4	83	Kenneth Sirois	1:12:47
5	86	David Capell	1:13:03
6	90	Tommy Sims	1:13:28
7	108	Larry Kuglar	1:15:56
8	140	Charlie Vandergriff	1:18:48
9	160	Roy Webb	1:22:59
10	172	Bob Cutrer	1:23:46
11	193	Timothy Davis	1:26:33
12	196	Eric Geissing	1:26:38

13	297	Charlie Breeding	1:45:47
14	306	Glenn Roberts	1:51:17

**FEMALE AGE GROUP: 60-64**

No Participants

**MALE AGE GROUP: 60-64**

1	41	Sergio Bianchini	1:06:13
2	151	Terrance O'Brien	1:22:04
3	152	Doug Hawley	1:22:08
4	169	Ted Hegebarth	1:23:30
5	171	Walter Sinor	1:23:44
6	232	Charles Wright	1:30:43
7	250	Joseph Barrett	1:33:09
8	251	Dan Bailey	1:33:19
9	259	Phillip Thomas	1:34:58
10	264	Earl Sizemore	1:35:27
11	269	David Wycherley	1:36:52
12	272	David Grandy	1:37:11
13	290	Charles Herport	1:42:20

**FEMALE AGE GROUP: 65-69**

1	182	Liz Benton	1:24:58
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**MALE AGE GROUP: 65-69**

1	157	Bud Wissemann	1:22:45
2	186	Roger Lambert	1:25:19
3	213	Pete Moore	1:28:24
4	284	Calder Willingham	1:39:23

**FEMALE AGE GROUP: 70 AND ABOVE**

No participants

**MALE AGE GROUP: 70 AND ABOVE**

1	307	Jack McFarland	2:22:54
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**Chickamauga Chase 5K Race Results – 2005****OVERALL FEMALE WINNER**

1	7	Traci McAmis	19:43
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**OVERALL MALE WINNER**

1	1	Caleb Morgan	17:46
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**FEMALE MASTERS WINNER**

1	46	Connie Fieldhouse	24:09
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**MALE MASTERS WINNER**

1	3	Hugh Enicks	18:11
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**FEMALE GRAND MASTERS WINNER**

1	129	Judy Gray	29:12
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**MALE GRAND MASTERS WINNER**

1	13	Eddie Boswell	20:51
---	----	---------------	-------

**FEMALE AGE GROUP: 1-14**

1	42	Sydnee Bowman	23:50
2	51	Caitlin Duggan	24:38
3	57	Johanna Gartman	25:06
4	99	Sarah Kate Gartman	27:21
5	116	Ali Bardowell	28:19
6	135	Megan Lowery	29:24
7	154	Jordan Malone	31:14
8	155	Mariko Thel	31:18
9	159	Ashley Riner	31:41
10	170	Caroline Duggan	32:38
11	185	Mary Alice Murphy	35:31
12	189	Emily Grace Thompson	37:21

**MALE AGE GROUP: 1-14**

1	4	Leighton Steadman	18:59
2	5	Brandon Lord	19:27
3	18	Tyler Keys	21:32
4	21	Matthew Chancey	22:06
5	22	Jake Fien	22:08
6	24	Jacob Best	22:25
7	25	Yuma Doi	22:28
8	27	Kendrick Rhea	22:45
9	36	Nathan Gill	23:37
10	63	Marco Bianchini	25:18
11	70	Carter Clarke	25:48
12	73	John Gwinn III	25:59
13	86	Jason Cha	26:28
14	87	Iain Nash	26:38
15	128	Grant Bowers	29:12
16	145	Matthew Sanders	30:41
17	146	Luigi Antonianni	30:41

18	179	Richard Park	34:11
19	188	William Park	36:40

**FEMALE AGE GROUP: 15-19**

1	26	Brittany Evans	22:31
2	28	Diana Barbeauld	22:47
3	38	Julie Spencer	23:44
4	45	Shelby Hudson	24:06
5	49	Jennifer Gordon	24:22
6	126	Megan Eller	29:00
7	130	Tiffany Chan	29:13
8	198	Jami Duvall	42:43

**MALE AGE GROUP: 15-19**

1	6	Alex Oliver	19:30
2	8	Kyle Walker	19:46
3	15	Zach Schulz	21:18
4	94	John Hunt	27:07

**FEMALE AGE GROUP: 20-24**

1	9	Anna Garriott	20:28
2	32	Kimbra Fieldhouse	23:07
3	52	Heather Wilson	24:43
4	96	Amanda Lewis	27:13
5	97	Anna Kaufmann	27:15
6	108	Heidi Kaufmann	28:05
7	114	Lauren Holcombe	28:17
8	131	Teri Hannula	29:17
9	137	Amanda Goodman	29:56
10	142	Callie Bradley	30:33
11	166	Kimberly Sellers	32:04
12	199	Jamie Boman	42:44

**MALE AGE GROUP: 20-24**

1	2	Manuel Martinez	18:04
2	10	Adam Pechtel	20:40
3	17	Joey Barbeauld	21:27
4	66	Andrew Renwick	25:38
5	105	Robbie Howard	27:56
6	161	Chris Smotherman	31:44
7	169	Joel Slater	32:38
8	196	Kenneth Miller	41:19

**FEMALE AGE GROUP: 25-29**

1	47	Amy Gugliotta	24:17
2	53	Beth Simpson	24:48
3	62	Melissa Wall	25:18
4	77	Amy Hildreth	26:11
5	123	Macy Brock	28:48
6	192	Jenny Pankratz	39:13

**MALE AGE GROUP: 25-29**

1	16	Joe Grubbs	21:25
2	33	Chris Womack	23:19
3	35	Jeremy Langley	23:25
4	40	Curtis Jackson	23:46
5	60	Brian Parks	25:12
6	61	Chris O'Mary	25:17
7	75	Grant Lambert	26:07
8	101	Jeremy Cardwell	27:36
9	119	Chuan Lau	28:25
10	149	Jason Sims	31:01
11	157	Amir Kaki	31:28
12	162	Ted Kennel	31:53

**FEMALE AGE GROUP: 30-34**

1	30	Rachel Boisselle	22:55
2	39	Kathy Bennett	23:45
3	84	Natalie King	26:22
4	102	Jessica Hayes	27:37
5	122	Kristy Clark	28:39
6	175	Catherine Martin	33:35
7	183	Monica Burdette	35:05
8	184	Rachel DeGarmo	35:31
9	197	Jana McAfee	41:57

**MALE AGE GROUP: 30-34**

1	44	Edward Tate	24:04
2	67	Brian Ross	25:38
3	79	Phillip Avans	26:12
4	82	David King	26:18
5	85	Greg Hardock	26:27
6	125	David Underwood	28:55

**FEMALE AGE GROUP: 35-39**

1	83	Evangeline Starks	26:19
2	141	Ashley Remko	30:29
3	165	Dominique Gable	32:01
4	174	Marla Hood	33:25
5	181	Maria Carlone	34:36
6	186	Mary Margaret Murphy	35:52
7	191	Cheryl Haynes	38:59
8	193	Elizabeth Mayno	39:27
9	205	Linda Smith	54:08

**MALE AGE GROUP: 35-39**

1	11	Mauricio Lino	20:45
2	12	David Boozer	20:49
3	34	Bidar Gopala	23:21
4	68	Robert Wolford	25:41
5	69	Scot Davis	25:45

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6	74	Doug Gordon	26:01
7	78	Steve Gibson	26:12
8	81	Russell Patterson	26:15
9	104	Kevin Silvers	27:53
10	111	Meyer Kao	28:08
11	113	James Post	28:13
12	182	James Carlone	35:05
13	190	James Cook	38:58
14	200	Steve Minton	44:41

#### FEMALE AGE GROUP: 40-44

1	48	Carmen Guzman	24:19
2	89	Paula Guffey	26:42
3	106	Tina Girvin	27:57
4	115	Kari Bardowell	28:19
5	120	Ann Simpson	28:30
6	150	Lynette Dickison	31:04
7	163	Andrea Reagan	31:54
8	194	Sherry Smith	39:30

#### MALE AGE GROUP: 40-44

1	14	John Selman	21:17
2	31	Ricky Park	23:06
3	41	Jeff Malone	23:48
4	55	Jason Parker	25:01
5	88	Doug Farver	26:39
6	91	John Nash	26:44
7	98	Craig Gagliardi	27:16
8	118	Kenneth Pooley	28:21
9	124	Andy Hartman	28:51
10	136	David Lowery	29:32
11	177	Steve Tompkins	33:50

#### FEMALE AGE GROUP: 45-49

1	90	Dean Pickett	26:43
2	138	Krista Goss	30:00
3	167	Beverly Bales	32:20
4	180	Reda Lawson	34:36

#### MALE AGE GROUP: 45-49

1	37	Kent Bowers	23:40
2	50	Joe Barbeauld	24:23
3	80	Don Lastine	26:13
4	109	John Gordon	28:05
5	117	Clell Logan	28:20
6	127	Jimmy Eller	29:05

7	134	Willaim Trotter	29:23
8	140	Trey Elmendorf	30:25
9	144	John Gwin Jr	30:40
10	160	Bill Riner	31:43
11	171	Mark Duggan	32:40
12	172	David Mathiak	32:50
13	173	David McMahon	32:51
14	176	Thomas Lawson	33:37

#### FEMALE AGE GROUP: 50-54

1	139	Helen Sanders	30:17
2	156	Anne Kerley	31:27
3	195	Lita Esquinance	40:28

#### MALE AGE GROUP: 50-54

1	20	David Presley	22:02
2	23	Tim Ross	22:10
3	29	Cliff Goodlet	22:51
4	54	Larry Lyda	24:51
5	59	Thomas Sizemore	25:09
6	64	Spencer Evans	25:19
7	72	Mark Hays	25:50
8	93	Rick Bonine	27:05
9	95	Spence Misner	27:08
10	107	John Eberhart	28:04
11	121	John Mullins	28:33
12	147	Lee Martin	30:42
13	152	Tom Gribben	31:08
14	158	Ken Brock	31:41
15	164	Timothy Owens	31:58
16	168	Larry Sims	32:30

#### FEMALE AGE GROUP: 55-59

1	133	Rosemary Hurayt	29:19
2	178	Ann Garner	34:00

#### FEMALE AGE GROUP: 60-64

1	187	Barbara Grant	36:35
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#### FEMALE AGE GROUP: 65-70

No Participants

#### FEMALE AGE GROUP: 70 AND ABOVE

1	202	Bea Hughes	48:32
2	203	Marian Gardner	48:38

# Life Lessons

By Laura Powell



Darryl Moros passed through my life as a smile.

You know how it is when you walk down the street and come upon another person. Your eyes engage, the corners of your mouth turn up, and you exchange something familiar, then continue on your way.

Darryl was only in Chattanooga a few years and he was not a man I knew well. You didn't have to know Darryl well to be accepted in to his life. Darryl met me with a cheerful acceptance any time I saw him. He even had a way of being light or cheerful when things couldn't be going so well.

Since November, three friends have had their lives taken too soon; Rick, Ed, and Darryl. There is not a satisfactory answer to the question "Why?" so I quit asking. But I am asking "What?" What is there to learn?

During Darryl's Memorial Service, Bill read a note of Darryl's from some years back speaking of a life lesson. Darryl realized the importance of setting goals and accomplishing them; more important than that he realized the impact of giving up versus seeing something through to completion. His reference in the note was a run. I think Darryl realized that particular life lesson spanned all realms of our lives.

What is there to learn? I've certainly learned that I must actively move toward the ideas I've thought of doing. Thinking and planning are wonderful ways to keep your mind active, but without execution of steps toward something you desire, the result is the same as giving up.

What is there to learn? Arrange your time so you spend it with people you love, people who make you laugh, think, challenge, and care.

What is there to learn? Do what you do well. Whether it be work, volunteering, playing, socializing, etc; choose those things that matter to you most and relish those moments in life to the fullest.

What is there to learn? Speak. Tell people what matters to you. Talk about your dreams.

These seem to be the lessons our parents taught us. I know there are many more. The paragraphs above are reminders to me of what I want for myself. I know if I can follow these suggestions, my life will be fuller, happier, and richer. In Darryl's life, as well as Ed and Rick, I witnessed some or all of these life lessons.

Oh, there is one other lesson to learn; one my father couldn't tell me too often, "Stop and smell the roses"...and smile.

# The Last Marathon

By Betty Holder



It was cold; it was muddy; it was snowy; it was hilly; it was rocky – but it was Antarctica!

After reading the Runner's World Article about the world's most adventuresome marathon in the land of penguins, whales and seals, I knew I had to go to Antarctica. Marathon Tours only takes a group of crazies every two years to the end of the world for one of the meanest, but most fascinating and adventuresome runs on the planet and I wanted to go.

It took over a year on a waiting list to finally make the passenger list, but as soon as I got the word, I began running trails, which were new terrain for a cushy asphalt runner like myself. Having only been running for the last 3 1/2 of my 46 years, I was glad that I had trained harder and had pushed myself more in training for the Antarctica Marathon because I didn't know what I was in for.

The Marathon Tours' website said that we would run up a glacier, but I didn't have a clear picture of what they meant until our ship pulled into a beautiful blue bay with a small jagged island that erupted into a huge snow engulfed mountain on one end. When a fellow passenger said, "that's the glacier we run," I was certain he was mistaken. That thing was enormous! Much to my chagrin, he was right! We had to run up that 540' elevated "ski slope" TWICE! And almost as treacherous was the slipping and sliding back down on rubber legs.

If the glacier wasn't enough to call it an adventure, they had this "rocky" area they had mentioned somewhere along the way. Well, I had run over some rocky surfaces and didn't think much of it until I saw it. If you've ever seen a dump truck empty a few tons of fist-size rocks and you can imagine what that would look like for, say ½ mile, then you have some idea of what they meant by "rocky" surface. Of course, the rest of the route is just mud drenched hill, after mud drenched hill, after mud drenched hill, after...well, you get the picture – it's not Chicago – it's Antarctica.

There was crowd support from about a half dozen Uruguayans cheering in front of their base and four or five Chileans doing the same, but I really got my spirits lifted and spurred on by the penguins wearing their little tuxedos and staring with their tiny dark quizzical eyes as runners huffed and puffed along. I just couldn't get enough of the penguins and I have the 300 plus photos to prove it. They're just too cute.

The course might be tough, but the beauty and majesty surrounding it is awesome and that's why I was there. There's gigantic mountains bathed in snow shooting straight up from an emerald ocean of whales breaching, penguins porpoising and seals floating by on icebergs of crystal blue ice and soft white snow – it's Antarctica.

The finish line is just the beginning of the adventure of a lifetime.

The next stop for our ice-strengthened Russian research vessel, the Akademik Ioffe, was Wilhelmina Bay. The sun was extremely bright and the whales were surfacing as we cruised around in the small rubber crafts called Zodiacs. It was a whale-watcher's paradise. The peaceful blue bay was surrounded by those enormous Antarctic mountains lathered in snow. Shutters were snapping as the whales breached out of the water or fluked their tails. Of course, there were the occasional seals being awakened from an afternoon snooze atop their ice float and they were more than accommodating when it came to posing for the camera. They could stretch their necks, look over their shoulder or scratch their tummy and look like they were destined for the cover of National Geographic.

The rocky shores of Cuverville Island were the first of several land expeditions where we were greeted by fluffy, waddley baby penguins in rookeries of hundreds. They weren't as noisy as I would have thought as they clamored for Mom's breakfast, but they sure were adorable. Many of the young ones still sported their furry soft baby down as they snuggled together waiting for Mom to waddle up the mountain on short webbed feet, flapping her stubby wings as she climbed upward for what could be hundreds of feet. I couldn't get enough of their stately stares and comical tumbles as they went about their daily routines oblivious to the curious humans.



If running a marathon in Antarctica wasn't insane enough, they allowed the lesser informed to camp out under the stars — and the snow. My adventuresome spirit wouldn't allow me to pass up the opportunity to freeze my phalanges off while others snuggled in warm bunks aboard the ship, so I grabbed a sleeping bag and headed for shore where I bunked with the seals and listened to nearby avalanches crash in the distance. Unlike myself, the seals weren't bothered by the avalanches, but they did mind the deep sawing sounds coming from those other mammals buried in bivy sacks.

Ten days aboard the Ioffe went by quickly with so much to see and experience. It was truly the adventure of a lifetime. All the pristine beauty and exotic wildlife made me feel like I had either wandered into a National Geographic Special or a dream. But it wasn't – it was ANTARCTICA!

# Course Certification – Overview

By David Presley

## What does it mean for a course to be certified?

A certified course is one that has been measured according to strictly defined rules, as set forth by the USA Track and Field Road Running Technical Council, and where the paperwork that accompanies that measurement has been “certified” by the appropriate USATF State Certifier.

## What are the advantages of having my course certified?

Certification is your assurance to the customer (the runner) that the course they are about to run is accurate. Moreover, having your course certified means that times run on it are eligible for state records.

## Why should I worry about state records — the chances of one being set on my course are so slim.

Not true. Tennessee State Records are kept for every single age, for each gender, for each race distance. For 5K’s, the existing list has records from age 3 to age 89 for men, and age 3 to age 85 for women — that’s a total of 172 different records that can be challenged on your 5K course. Chattanooga is under-represented on the state record lists — not because our runners are any slower, but because we as a club have not consistently tracked and reported results to the state record keeper.

## Who is qualified to measure a course for certification purposes?

Anyone who can ride a bicycle in a reasonably straight line and who can follow clearly-explained directions. Possession of a Jones Counter, mounted to a bicycle or a push wheel is required.

## What are the basic steps to getting a course certified?

(1) The race director and the course measurer should run / ride over the course together, and discuss in detail exactly where the runners will be allowed to run, and where they won’t, making that decision about the traffic lanes, sidewalks, shoulders, corners, etc.

(2) The course measurer calibrates the bicycle on a USATF-certified calibration course (see below).

(3) The course measurer measures the race course a minimum of two times, marking the preliminary start, finish, and mile markers as they go. It helps, but is not required, to have two people for this step, so that one person can concentrate on riding the straightest line, and the other person can handle the marking, paperwork, and keeping an eye out for traffic. If these two measurements don’t agree to within about 4 feet (.08%) per mile, the measurer has to start all over.

(4) The course measurer repeats step (2), for a post-measurement calibration.

Steps 2, 3 and 4 have to be performed on the same day. Sunday morning is the most common time to do a measurement, because of the lower traffic volume.

(5) The course measurer then compares the pre-measurement calibration from (2) with the post-measurement calibration, and uses the less advantageous of the two. Depending on that result, the measurer may have to go back and make minor post-measurement adjustments to the length of the course. Note: a 1% error adds up to 328 feet over a 10K race course, so accuracy and attention to detail is mandatory.

(6) The course measurer then completes several pages of paperwork related to their measurement procedures and to the race course itself, draws a detailed map of the course, and submits those plus a \$25 fee to the appropriate state certifier.

(7) If the state certifier approves the paperwork, then your race is assigned a certification number, and your course is then certified. Note: it is the state certifier that certifies your course, not the person who measured it.

Tell me more about calibration courses  
We currently have two calibration courses: a 1000-foot one on Chestnut Street, alongside Finley Stadium (number TN03012RH) and a quarter-mile one on Glenn Kelly Road in Chickamauga Battlefield (number GA99016WC). Calibration courses have been measured with a steel tape, a minimum of two times.

## How many of our race courses are certified?

This list may not be complete, but local certified courses include:

- Chickamauga Chase 5K and 15K
- Chickamauga Battlefield Marathon and 10-mile
- Moccasin Bend 10K (Joe Johnson)
- Komen Race for the Cure 5K
- Chattanooga Half-Marathon
- Symphony Classic 5K
- FCA 5K
- The Wild Race 10K
- Raccoon Mountain 10K
- BlueCross Riverbend Run 5K
- Chattanooga Chase 1-mile
- YMCA International Run 8K

Certifications expire after 10 years, so this list does not include several of our older courses, such as the Scenic City Stride 8K. Any change to your race course that affects the distance also nullifies the course certification.

## Contacts

**USA Track & Field Road Running Technical Council:** Website at [www.rrtc.net](http://www.rrtc.net). From this site, a race director / measurer can download a “how to” manual and application forms, as well as find a comprehensive list of certified courses.

**Local people with experience on measuring certified courses:** Pat Hagan, Jerry McClanahan, David Presley, and Don Harvey. Pat and David both own Jones Counters.

**State Certifiers:** Always consult the up-to-date list at [www.rrtc.net](http://www.rrtc.net). However, at this 2005 writing, the Tennessee State Certifier is Dave Rogers in Kingsport, and the Georgia State Certifier is Woody Cornwell in Dalton.

**State Records:** State records are accessible via [www.huntsvilletrackclub.org](http://www.huntsvilletrackclub.org), under the “Links” section. The Tennessee State Record keeper is Buck Jones of Huntsville AL ([k.jones3@comcast.net](mailto:k.jones3@comcast.net)) and the Georgia State Record keeper is Jim Dugger of Kingston, GA ([JDDugger@aol.com](mailto:JDDugger@aol.com)).

# Chattanooga Track Club

## Board of Directors

### Meeting Minutes

March 1, 2005

**In attendance:** Bill Brock,  
Donna Dravland, Melodie  
Thompson, Bob Braddock, Virginia  
Waddell, John Walker, Linda  
Andreae, George Skonberg, Jared  
Chastain, Darryl Moros, Geno  
Phillips, Brian Baker, Dan Bailey,  
Connie Hall

**Absent:** Jeff Duncan, Carol  
Williams

The meeting was called to order by Bill Brock at 6:00. Introductions were made for Connie; everyone introduced themselves, explained their affiliation with running and how they became a member of the board. Linda read the CTC mission statement.

Virginia summarized the minutes from the February meeting. Donna summarized minutes from the called meeting on February 15. The minutes were approved.

#### Race Calendar Race Committee / Upcoming Races

##### Committee Minutes Report

Bob gave an equipment status update. There are four clocks – all functional. He reported that three of our clocks will be rented to KTC for the marathon for a \$200 fee.

Chattanooga Chase was scheduled over Lookout Mountain race. Lookout Mountain race had the date first so the Chattanooga Chase was moved to Memorial Day.

Greenway Race – John Wikle had directed this race but does not want to have it as it has been in the past. We will have a “go between” for Bill Gautier and John Wikle to see what can be done.

Enterprise Park Master Plan – Bob asked if we need a presentation. Melodie answered that we just need to let it be known if we could use this property.

Team Magic is looking for sponsors for the Triathlon. Bill commented that anyone who would like to participate in looking for sponsorship, Calder and Betsy have a list of potential sponsors. Linda asked that this topic be put on hold and talk about this with Sponsorship.

**Chickamauga Chase** – George reported on the progress. The race is April 2 – George would like to “set the bar.” Applications will be mailed out next week. The number of participants is right below what George considers good number – 550 – 750. He would like to make this race a family event. The race has lost some people because a few years ago, there were some bad experiences. There are about 100 volunteers. He has 10,000 brochures and will mail out 1,100 to CTC members, 2003 runners and 2004 runners. There is a \$3 discount for CTC on the application and an application to join the CTC for \$5. The biggest thing that came from last year’s race was combining the older age groups together. These have been broken out again. George asked that everyone participate – if you don’t run, help.

**Meeting of Race Directors** – will be held on March 29, 2005 to talk about what is needed for each race. John Walker commented that this would be a good time to look at “best practices” for race directors. Bill would like for everyone to come to this meeting.

#### Communications Calendar / Communications Committee

There will be a meeting for CTC members with marketing experience. This committee will meet on the 2<sup>nd</sup> Tuesday of each month at 6:00.

Bill gave his view that there are three “pillars” to communication for the club – JA, Web site and eNews.

JA will be kept up but we would like to have help from those interested in the club. Some names of people who would be helpful are John Hunt, Ruth Grover and Brian Baker. We need a photographer for events. Donna asked about Chip Talbert who took pictures at last year’s Riverbend Run. Bob mentioned that we could put out a calendar if we had some good pictures. It was also mentioned that it came up in the Chattanooga Outdoors meeting; the newspaper has a way that they want information. George noted that the biggest thing we had in the past were full results of races listed in the paper. The question was asked if CTC has one person to do t-shirts, signs, etc.

**Programs** -There will be a Sunday brunch fun run on April 17 with prizes, bagels, etc. The event will be 1:00 – 3:00.

#### Sponsorship

Corporate Sponsorship - Linda reported she is in the process of putting together something to make BCBS the Title Corporate Sponsor. She would like to see how that works out and then we can begin the process of getting other corporate sponsors. There were questions of previously written letters with the races included (Rick Loggins.) What will be offered to sponsors? George mentioned that this should be marketing for the company – advertising. We will have to transition to this. What position would be given on race t-shirts? Would the corporate sponsor get top billing? Large companies may sponsor the CTC in a way to support a healthy community.

#### Membership

There are 246 active members. We have not received renewals for 158 units.

There was a question of what a new member gets? New members receive a welcome letter and the latest JA.

#### Treasurers Report

Balance Sheet – Received \$5,000 check from City to support the Dam Triathlon.

Steve Rogers has bike racks that are not reflected in CTC assets.

John noted that he needs to get input to finalize the budget.

The treasurer’s report was approved.

#### Upcoming Meetings

Race meeting for directors and anyone else will be March 29. Connie will send a note out.

Next board meeting will be Tuesday, April 5, 2005.

The meeting was adjourned at 7:31.

Respectfully Submitted,  
Virginia Waddell, Secretary



**2005 Race Directors** (left to right): Rita Fanning, Doug Roselle, Bill Minehan, Dan Bailey, George Skonberg, Betsy Willingham, Calder Willingham, Teresa Wade, Bill Gautier, Bill Estes, Jeff Hollingsworth, Marcia Owens, Mary Carpenter, Mike Owens

# 2005 GREENWAY CHALLENGE ADVENTURE RACE

CHATTANOOGA, TN  
GREENWAY FARM  
MAY 21st



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& SWAG FOR  
EACH PARTICIPANT



**Sunday, July 17, 2005**

**1.5k swim ▽ 40k bike ▽ 10k run**

**DOWNTOWN CHATTANOOGA**

**USA TRIATHLON  
REGIONAL CHAMPIONSHIP**

**\$10,000 Prize Purse**

**Weekend Expo**

**brought to you by**

Team Magic, the Chattanooga Track Club,  
Outdoor Chattanooga and the City of Chattanooga

**The long running Chattanooga Dam Triathlon  
moves DOWNTOWN!**

***Join us for a great weekend in Chattanooga  
by participating or volunteering in what  
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](mailto:races@team-magic.com)

**[www.team-magic.com](http://www.team-magic.com)**

# 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

## Regular Meetings

**Board:** 1st Tuesday of the Month

Lifestyle Center, 3<sup>rd</sup> Floor, 6:00pm

**Communications Committee:** 2nd Tuesday of the Month

Tortilla Factory 6:00pm

**Race Committee:** Last Tuesday of the Month

Taco Mac 6:00pm

## The Communications Committee meets the second Tuesday of every month at 6pm at The Tortilla Factory.

The Communications Committee meets the second Tuesday of every month at 6 p.m. at The Tortilla Factory. The communications committee is responsible for our newletter, Jogging Around, our web site ([www.chattanoogastrackclub.org](http://www.chattanoogastrackclub.org)), email newsletter and notices, and all PR work for the club. This is a newly formed committee, please join us! Our initial members include:

Bill Brock	bbrock@tech-projects.com
Brian Baker	baker-fusion@comcast.net
Connie Hall	chall@chattanoogastrackclub.org
Dave Richter	drichter@hotmail.com
John Hunt	tnmoose2002@aol.com
Julie Brackett	warebranch@aol.com
Keith Finch	keithf1@comcast.net
Laura Powell	lpowell@tech-projects.com
Lisa Sims	lisa@eldassoc.com
Melodie Thompson	jumpytwo@hotmail.com
Ruth Grover	ruth-grover@utc.edu
Sean Higgins	higgins_sean23@hotmail.com
Terrie Corbin	terrie.corbin@suntrust.com

**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](mailto:Linda_Andreae@bcbst.com) to volunteer in this area!

## The Races Committee The Races Committee meets the last Tuesday of every month at 6 p.m. at Taco Mac.

The races committee is responsible for managing the club race calendar, insuring that race directors are provided the support and information necessary for them to put on great events, and managing and maintaining all of our race equipment. Please join us! Some of our regular members include:

Bill Brock	bbrock@tech-projects.com
Bill Minehan	bminehan@AdTechCeramics.com
Bob Braddock	bbraddock@unumprovident.com
Casey Braddock	casey.braddock@cigna.com
Chad Varga	cvarga@frontrunnerathletics.com
Geno Phillips	cocoboys@comcast.net
James Dravland	JDravland@unumprovident.com
Jerry McClanahan	jkmccclanahan@tva.gov
Joseph Goetz	joseph-goetz@utc.edu
Matt Sims	sims matt@msn.com
Melodie Thompson	jumpytwo@hotmail.com

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

Bill Estes	65 Roses 5K bestes@leeuniversity.edu
Bill Gautier	UTC Cross Country Meet bill-gautier@utc.edu
Chad Varga	FCA 5K slpr123@aol.com
Cynthia Fagan	Symphony Classic cfagan@chattanoogasympphony.org
Dan Bailey	Missionary Ridge Road Race drbailey43@aol.com
Doug Roselle	Chickamauga Battlefield Marathon roselld@mindspring.com
George Skonberg	Chickamauga Chase george.skonberg@ubs.com
Jeff Gaither	Wauhatchie Trail Run jgaiter@gps.edu
Jeff Hollingsworth	Chattanooga Chase jhollingsworth@cbslawfirm.com
John Wikle	Greenway Cross Country Meet jwwikle@comcast.net
Lee Davis	Signal Mountain Road Race lee@davis-wallace.com
Matt Sims	Rock/Creek River Gorge Trail Run sims matt@msn.com
Mike Owens	Stump Jump Trail Run stumpjump50K@aol.com
Rita Fanning	BlueCross Riverbend Run Race for the Cure ritafanning@mindspring.com
Team Magic	Chattanooga Waterfront Triathlon races@team-magic.com
Toni Wright	Joe Johnson Run for Mental Health twright@vbhcs.org

For more information on any/all volunteer opportunities, email our executive director Connie Hall [chall@chattanoogastrackclub.org](mailto:chall@chattanoogastrackclub.org) or call her at 843-3207

# Life Is an Adventure Race

By Jim Farmer

If you've ever read this column before you know that it is filled with self-deprecation and amusing tales of my misfortunes while participating in the wonderful world of adventure racing. If that's why you read this claptrap then you might want to quit while you're ahead. That's right, yours truly actually took home the gold in one of these bad boys. Scary, huh. I still can't believe it myself. Somebody pinch me. Although I've won a couple of adventure races as a soloist, I've never been able to crack the top spot with a team. Second and third place finishes were all I could muster before a beautiful February weekend in Florida at the 2005 Swamp Stomp 36-hour Adventure Race.

Team Mighty Dog, out of Atlanta, needed a fourth for the Stomp and asked me to be their warm body for the race. I hesitated at first due to an already full race schedule and a promise to myself, my wife, my boss, my cats, and every other animate object for that matter that I wouldn't be traveling very far to races this year. I had pretty much blown my wad at last year's Primal Quest and was still digging myself out of the gargantuan hole it had created. But I couldn't say no. Led by Ardie Olson, a top-notch navigator, and joined by Patricia Williams Smith, my superb teammate from the past, and Allen McAdams, an absolute stud, I knew that this was an opportunity I could not pass up.

Not being the team captain nor the navigator, all I had to do was get my crap together and show up healthy and in shape. A spur of the moment ski trip the week before the race almost nixed that plan as I stupidly tried to keep up with the snowboarding punks in the terrain park. The adrenaline rush of flying over the jumps is too much for me to resist. A bruised rib, torqued shoulder and sprained thumb brought back the reality of being too old for that stuff. However, I had to count my blessings since things could've been much worse. A little discomfort was all that I'd have to deal with for the race.

After driving down to Atlanta late on Thursday night to stay with Ardie and his wife Sherry, I only got four hours of sleep before we had to pack up the van and head out for Florida. Although this race would be unsupported, Sherry, Team Mighty Dog's support crew dynamo, came along for the ride to cheer us on and help with the pre-race preparations. The five of us arrived in Weeki Wachee Springs early in the afternoon and had time to get our gear sorted out before the gear

check, registration and pre-race meeting later on in the day.

At the end of the meeting we were given the maps for all but the first section of the race so it was off to the hotel room to begin the painfully monotonous task of plotting the thirty-six UTM coordinates on the topo maps. We were also given aerial photos and trail maps of some of the areas of the race course since the topo maps were old plus the fact that having topographical lines on a Florida map is like putting a sweater on a furry dog. It may look nice but it's pretty darn pointless. After over three hours of plotting, choosing routes and preparing gear it was time to attempt to bed down for just a few hours of sleep before starting another adventure. Sleep deprivation was definitely starting early in this endeavor.

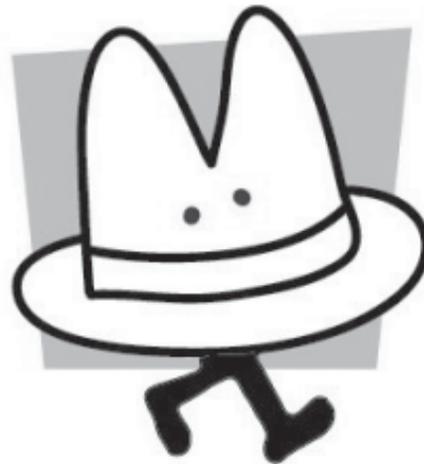
Many of the top teams in the southeast, along with Team GoLite/Timberland Sprint from the left coast, were lined up in Jenkins Creek Park anxiously awaiting the distribution of the aerial photo maps of the Weeki Wachee Preserve for the orienteering section that would start the race. Ardie took a quick glance at the map and we were off like bats out of hell to try to get the hole shot to the

front of the pack. After a sharp right-hand turn I noticed that no other teams came our way but I didn't think anything of it at the time. However, after thirty minutes or so of bushwhacking through some of the nastiest saw palmetto and other vicious flora I have ever had to contend with, we realized that our route choice was just slightly less than optimal. We had given up about forty minutes to the front-runners on this first orienteering point, but our speed on foot made up plenty of time as we nailed the other nine points and got back to the park sitting in fourth place and thirty minutes behind the leaders.

## EDITOR'S NOTE

*This is just the first part of Jim's story. You can read the full version at [http://www.trailblazerar.com/Stories/AR\\_February\\_2005.htm](http://www.trailblazerar.com/Stories/AR_February_2005.htm)*

P.S. If you think adventure racing is for you then check out our club website at [www.TrailBlazerAR.com](http://www.TrailBlazerAR.com). If you're looking for a great race for beginners and experts alike then check out the Greenway Challenge Adventure Race in Chattanooga at [www.NorthChick.org](http://www.NorthChick.org)



## Marathon Crazy Hats

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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!

# 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.

## END OF APRIL

### 23 - Parker Street 5K

5K Run

**Site:** Cleveland, TN

### 23 - Haw Ridge 50K

50K Run

**Site:** Oak Ridge, TN

8:00 a.m. – No fee, No Shirt,  
No Awards.

### 24 - East Tenn. Senior Games

5K

**Site:** Gatlinburg, TN

**Contact:** Joyce Brown

(865)671-2331 or

etnseniorgames@charter.net

**Info:** www.tnseniorgames.com

### 30 - Healthcare Classic

2K, 5K

**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

## MAY

### 12 - The Bridge Run

2 Miles, 4 Miles

**Site:** Chattanooga, TN

Downtown Sports Barn

**Contact:** Carolyn Varnell  
at (423)893-4889

### 14 - King of the Mountain

4 Mile Run, 1 Mile Fun Run / Walk

**Site:** Lookout Mountain, TN

**Contact:** Denise Davis at

(423)821-0044

### 15 - Biltmore Estates 5K & 15K

5K, 15K

**Site:** Asheville, NC

### 21 - Greenway Challenge

**Site:** Chattanooga, TN

Greenway Farm

**Contact:** Jim Farmer at

(423)240-9573 or

farmerjp@bellsouth.net

### 21 - Twisted Ankle Trail Marathon and Half Marathon

Marathon, Half Marathon

**Site:** Summerville, GA

**Contact:** (706)743-4173

### 28 - Tennessee Sports Medicine EXPO

10K, 5K

**Site:** Knoxville, TN

**Contact:** Marshall Myer at

(865)769-4582

### 30 - Chattanooga Chase

8K, 5K

**Site:** Chattanooga, TN

Riverview Park

**Info:** www.chattanoogatrackclub.org

### 30 - Mercedes-Benz Cotton Row Run 10K, 5K and 1-Mile Fun Run/Walk

10K, 5K, 1 Mile Fun Run or Walk

**Site:** Huntsville, AL

**Contact:** Jim Oaks at

(256)536-1603

## JUNE

### 4 - Eurocross 5K & 8K

5K, 8K Run

**Site:** Huntsville, AL

**Contact:** Keith and Tracy Roberts at

(256)880-1862

### 18 - BlueCross Riverbend Run

5K, 1 Mile Fun Run or Walk

**Site:** Chattanooga, TN

**Info:** www.chattanoogatrackclub.org

### TBD - The Wild Race

**Site:** Chattanooga, TN

Downtown Sports Barn

**Contact:** Teresa Wade at

tpotts@personal-fitness.com

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

## This Space For Rent

For Current Ad Information  
please contact Bill Brock at

267-7375 or

bbrock@tech-projects.com

## Fall Marathon Training Season

If you are considering a fall marathon, it's time to start training! Check [www.grouprun.com](http://www.grouprun.com) for group run schedules and e-mail [billandlaura@grouprun.com](mailto:billandlaura@grouprun.com) if you would like to get on the weekly email distribution list.

Slow or fast, experienced or beginner makes no difference - if you want to build up your distance and want someone to talk to (or listen to!) during the miles, come on out!

## All Comers Meet Watch for the All Comers Meet coming this June!

## 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. 6:00 p.m. sharp - location info by e-mail. For everybody from beginners to experts. Contact me for more details.

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

## Speed Work:

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](mailto: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: \_\_\_\_\_

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