



jogging around



BlueCross Riverbend Run has one of its most successful years ever

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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.



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Jogging Around

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

Welcome New and Returning Members

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Words from the Prez's Perch

This is the fourth issue of Jogging Around for 2005. As a milestone, this issue marks our year's halfway point and the nearing of our busiest race months – August and September.

Congratulations to Linda Andreae and Rita Fanning for the terrifically successful BlueCross BlueShield Riverbend run. As you'll read in this issue, Rita's team registered 929 participants for this year's event – an increase of 124% over last year! Be sure and check out both Rita and John's reports, as well as the pics!

I want to thank George Skonberg for his leadership in establishing **The Long Run** - The Endowment Fund of the Chattanooga Track Club. George reports on the new fund in this issue, and I encourage you to read his report and consider your own support for **The Long Run**.

We missed getting pics for the event this year, but congratulations and thanks to Jared Chastain, Julie Brackett and crew for their success with this year's All Comers Track Program. Over 100 youths combined participated in the events at the two meets.

In case you missed it, be sure and check out the pics from our June picnic. Thanks to Doug and Peggy Roselle for hosting us and thanks to Chad Varga and Frontrunner for the door prizes. Thanks most especially to Melodie Thompson and Connie Hall for pulling it all together – we had a great time!

Be sure and check out the speedwork pics from one of Joey Howe's Thursday PM sessions. Twenty plus runners meet at Fast Break every Thursday at 6:30pm for one of Joey's training sessions. You're never sure what he'll suggest for the day, but you can always be sure it'll be fun!

The Waterfront Triathlon will have come and gone by the time you see this issue. Congratulations to Calder and Betsy Willingham as our race directors for this event, and to Team Magic – especially Therese Bynum and Faye Yates - As of July 6th, there were 582 participants registered!

Missionary Ridge is right around the corner – and the FCA 5k will not be far behind. Get your registration in or call in to volunteer. Either way, make sure you're there!

If there's news, stories and/or pictures that are not in this issue that you believe need to be, please – *get involved!* JA needs contributors and supporters and, of course, our club depends on how involved we each are within it. Whatever your interest, apply it here. We've got a lot of great momentum going; it's a great time to jump in for the run!

Have a great one!



Bill Brock
CTC President



LOOKING FOR SOMETHING?

The CTC Upcoming Race Schedule and the Area Race Calendar have been combined and can now be found on the back cover.

Love it? Hate it? Let us know!



UTC runners dominate BlueCross Riverbend Run

By John Hunt

The 2005 Riverbend 5K could easily have been renamed the UTC Reunion Race as both current and former Moc and Lady Moc standouts dominated.

Current senior Colin Sullivan was the overall winner in one of Chattanooga's largest races as he crossed the finish line on Pine Street in 15 minutes, 23 seconds to defeat former Moc Dwight Thomas by 15 seconds.

Rodney Stoker, another former Moc who is now the cross country coach at Bryan College, was third in 15:44. Geno Phillips and Curtis Gadula completed the top five with times of 16:08 and 16:16, respectively.

The women's race was a battle between UTC runners, both former and current, with Leah Moore Thomas taking overall honors in 18:16, finishing 19th overall in a field that included 708 participants who completed the distance.

Current Lady Moc Ellen Davis was seven seconds behind Thomas to claim second while Jan Gautier was the third female and 28th overall in 18:36.

Temperatures were abnormally cool for this June 18 event and many runners responded with personal best times. Sullivan is training for the Canadian Nationals in mid-July, so this race was a good measuring stick for him. He bolted from the starting line with intentions of running 15:10 or better, but he was happy nonetheless with a time just a few seconds slower.

"I wanted to run 15:10, but that may have been a little bit too optimistic. Dwight was with me for the first mile and a half, but that's when I made my move. I wanted to be a little quicker, but overall I'm pleased. I'm glad I was under 15:25. That shows I'm in some kind of shape," the slender 23-year-old Exercise Science major from Ontario added.

The 27-year-old Thomas is now a resident of Smyrna, Ga., and works in fund-raising for the American Cancer Society. He's currently logging between 60-70 miles per week, but he didn't have enough gas in his tank on this occasion to match Sullivan.

"It was okay, but Colin just had too much today. I just wanted to see if I could hang with him and it didn't go very well," he nodded.

Dwight's wife Leah had better luck as she came out on top in her bid for first place. She's currently a dietician at Georgia Tech and fast getting back into top-notch shape for racing like she did in years past for UTC.

"I started out too hard, but I'm getting there slowly but surely. That long straight stretch at the end was tough, but I think I'm finally getting back to where I used to be," she smiled before going out on a cool-down run.

Hugh Enicks and Mary Preisel were the Masters winners with times of 17:49 and 21:43, respectively.

While the younger runners often dominate and post the faster times, there were some members of the older age groups who proved they still have what it takes to be competitive.

Sergio Bianchini was the winner of the 60-64 age group with a 21:11 while Allen Buquo had an outstanding day to finish second with a 21:33. Jesse Roberson claimed first place in the men's 65-69 group with a 22:27.

"I just try to keep in shape, but there were several in the 60-64 group who beat me," the 65-year-old Roberson admitted. "I had to go back out and run this course again," he said.

Roberson may be 65, but he doesn't look a day over 45. And his workout regiment would lead you to believe he's much younger as he runs 7 miles a day and bikes about 250 miles per week.

Another runner with Chattanooga connections was present and competed, running the race with his 11-year-old son Alex. Kent Bradbury, who earned CTC Runner of the Year honors four years straight in the mid-90s, was in town long enough to run before heading to Florida on vacation with his family.

Bradbury is a chemical engineer in New Mexico and looks like he can still move pretty quick, although he will celebrate his 40th birthday on Sept. 23. He was content to run with Alex, who won his age group in 21:34.

Neither of the defending champions, Steven Kocsis or Lanni Marchant, were present to defend their titles. The popular race was sponsored by BlueCross BlueShield of Tennessee.

BlueCross Riverbend Run Results – 2005

MALE OVERALL RESULTS

1	Colin Sullivan	15:23	23	Chad Forsyth	27:11	37	Jamie Riles	29:17	17	Steven Bush	23:41
2	Dwight Thomas	15:38	24	Chris Bowlin	27:14	36	John M. Thompson	29:34	18	Barry Bell	24:04
3	Rodney Stoker	15:44	25	Casey Smith	27:42	38	Anderson Fincher	29:57	19	Ricky Park	24:13
			26	Thomas Parks	27:43	39	Bradford Banta	30:01	20	Scott Buffington	24:28
			27	Ivan Thomas	28:35	40	Jason West	30:06	21	Greg Poole	24:34

MALE MASTERS OVERALL RESULTS

1	Hugh Enicks	17:49
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MALE AGE GROUP: 25 - 29

1	Curtis Gadula	16:16
2	Nicholas Wilkinson	17:37
3	Kevin Bouche	18:36
4	Nicholas Du Pey	19:01
5	David Kieu	19:03
6	Zach Cowart	19:42
7	Brian Addington	21:11
8	Fred Wiechmann	21:23
9	Michael Kettener	21:25
10	Brandon Herring	21:41
11	Robert Greene	21:42
12	William Smythe	21:44
13	Justin Kilgore	21:47
14	Eric Silberman	21:59
15	Jay Sims	22:13
16	Rob Dunston	22:14
17	Jason Cox	22:21
18	Greg Danuser	22:49
19	Kevin McKenna	22:54
20	Jeff Poteralski	23:11
21	Jeff Rawles	23:12
22	Bill Copeland	23:16
23	Ted Kennel	23:37
24	Raley Parker	24:08
25	Jeremy Cardwell	24:14
26	Nick Motto	24:17
27	Chris McCreary	24:31
28	Donnie Mullins	25:05
29	Calvin Ball	25:08
30	Jim Williams Jr	25:36
31	Justin Williams	25:40
32	Craig Bennett	25:43
33	Julio Salinas	26:21
34	Justin Hutsell	26:30
35	Dewarren Lamb	26:45
36	Wes Thompson	28:30
38	Michael Mason	29:31
39	Jason Carroll	29:36
40	Russell Golden	29:48
41	Tim Vita	30:02
42	Chris Watson	30:53
43	Robert Kulisek	30:54
44	Jon Vincent	33:13
45	Brian Underwood	33:19

FEMALE OVERALL RESULTS

1	Leah Thomas	18:16
2	Ellen Davis	18:23
3	Jan Gautier	18:36

FEMALE MASTERS OVERALL RESULTS

1	Mary Preisel	21:43
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MALE AGE GROUP: 8 & Under

1	Hud Bowers	21:49
2	Robert Thompson	29:33

MALE AGE GROUP: 9 - 12

1	Alex Bradbury	21:37
2	Jeffrey Cutrer	21:44
3	Isaac Pulido	22:48
4	Jackey McGinness	23:14
5	Nathan Gill	23:36
6	Andrew Harrison	26:36
7	Joey Rogers	26:44
8	Kevin Gordon	28:47
9	Eric Roddy	29:12
10	Josh Deckelman	31:44
11	Craig Daugherty	31:49
12	Quinn McGinness	32:07
13	Davey Eaton	38:47

MALE AGE GROUP: 13 - 18

1	Cameron Bean	16:59
2	Steven Fassino	17:17
3	Josh Shumaker	17:20
4	Andrew Scarbrough	17:27
5	Will Enicks	18:32
6	Carter Whittier	18:39
7	Justin Wild	18:40
8	Donald Humphreys	18:51
9	John Bruner	18:53
10	Jonathan Barrow	18:57
11	Alex Oliver	19:35
12	Sam Ledford	19:59
13	Tom Zylstra	20:38
14	Stephen Scarbrough	20:46
15	Chris Parrish	20:58
16	Christopher Chow	21:06
17	Kristopher McNally	21:38
18	Andrew Bruner	22:06
19	Brian Moran	22:06
20	Tyler Keys	22:39
21	Cory Wilhoit	22:52
22	Paul Davies	23:01
23	John Marshall	23:35
24	Andrew Enicks	24:27
25	Charles Billingsley	27:09
26	Mills Simon	27:31
27	Jonathan Cutrer	32:48

MALE AGE GROUP: 19 - 24

1	Joseph Goetz	16:22
2	Spencer Whittier	16:40
3	Chad Dean	16:41
4	Ryan Heming	17:30
5	Andy Johnson	19:34
6	Landon Taylor	20:37
7	Justin Silberman	21:11
8	Justin Blair	21:13
9	Jimmy Moncrief	22:09
10	Nik Meeks	22:19
11	Christopher Edwards	22:19
12	Lim Seang	23:00
13	Bob Kuban	23:06
14	Shawn Kelley	23:24
15	Danny Wade	23:52
16	Michael Lawrence	24:04
17	Ryan McNally	25:15
18	Sammy Hall	25:26
19	Mark Powers	25:41
20	Michael Hunt	25:51
21	Daniel Chatham	25:51
22	Thomas Stangarone	26:58

MALE AGE GROUP: 30 - 34

1	Gene Phillips	16:08
2	Robert Gustafson	18:21
3	Chris Wilson	19:00
4	Frank Mathews	19:38
5	Russell Barry	19:45
6	Jon Hess	20:46
7	Andy Jackson	21:00
8	Rob Standish	21:06
9	Mike Alley	21:34
10	Shannon McKamey	21:48
11	Nelson Bowers	21:49
12	Darren DeBaillon	21:57
13	Rick Standich	22:03
14	Adam Burnett	22:08
15	Mark Stotts	22:22
16	Kevin Brown	22:46
17	Curt Sims	22:47
18	Foye Trout	23:03
19	Jeff Tieden	23:08
20	Jon Ritterbush	23:19
21	David Belitz	23:35
22	Trey Campbell	23:44
23	Skip Schwartz	23:50
24	Brian Schenck	24:09
25	Steve Dennis	24:27
26	Michael Dennis	25:07
27	Aaron Melda	25:23
28	Alvin Billones	25:25
29	Chris McCormack	26:21
30	Jason Hill	26:23
31	Mark Rogers	26:29
32	Blake Roberts	26:32
33	Stephen Long	26:41
34	Philip Stewart	28:19
35	John Smith	28:36

MALE AGE GROUP: 35 - 39

1	Salvador Alcantara	17:09
2	Joe Sneed	17:50
3	Mitchel Cox	17:58
4	Tom Sell	18:22
5	James Williams	18:41
6	Thomas Hopper	18:44
7	Jeff Harwell	19:23
8	David Boozer	19:35
9	Bernardo Lopez	19:38
10	Blake Martin	20:16
11	David Morrow	20:41
12	Jay Gill	21:17
13	Les Conner	21:27
14	David Moghani	21:35
15	Kent Bradbury	21:37
16	Mauricio Lino	22:08
17	Russell Patterson	22:30
18	Gary Roberts	22:37
19	Gary Kobet	22:48
20	Bidar Gopala	22:49
21	John Holden	22:58
22	Craig Grimm	23:00
23	Scot Davis	23:53
24	Phillip Avans	23:58
25	Bob Lewis	24:15
26	Mark Baker	24:18
27	Erle Miles	24:28
28	Shawn Reynolds	24:30
29	James Calderazzo	24:42
30	Mike Stipanov	24:56
31	John Turner	25:24
32	Mark Bullock	25:24
33	Frank Brady	25:34
34	Scott Perren	25:51
35	Jeff Wolford	25:52
36	Chris Potter	26:00
37	David Bostain	27:06
38	Wirt Jones	27:07
39	Jeffery Hyatt	27:30
40	Robert Estoye	27:38
41	Danny Smith	28:11
42	Carl Miller	28:19
43	Bruce Roberts	28:31
44	Kevin Whiteside	28:53
45	Neal Gibson III	29:17
46	Chaz Brown	29:23
47	Chris Arnt	29:24
48	Steven Rowan	30:12
49	Travis Bowlin	30:57
50	Lee Deckelman	32:24
51	Bob Harvey	32:50
52	William Fraser	33:53

MALE AGE GROUP: 40 - 44

1	Juan Alcantora	18:22
2	Dan Stanley	18:23
3	John O' Brien	19:03
4	Chuck Denham	19:12
5	Louis Magee	19:14
6	Bill Minehan	19:14
7	Mark Miller	19:19
8	Randy Whorton	19:55
9	Clifton Goodgaml	20:42
10	Sal Coll	21:03
11	Charlie Bastnaagel	21:18
12	Randy Worde	21:32
13	Brian Crooks	21:40
14	Monty Riley	22:15
15	Steven Wilson	23:21
16	John Roberts	23:36
17	John Walker	19:09
18	David Leatherman	19:12
19	John Harrison	20:33
20	H. Rick Rogers	20:37
21	Michael Martin	20:50
22	Tom Roark	21:41
23	Marvin Watson	21:59
24	Randy Wood	22:06
25	Kenneth Howcroft	22:27
26	Richard Rogers	22:38
27	Michael Walker	23:10
28	Bob Sikorski	23:27
29	Flalsh Cunningham	23:28
30	Mark Rhoden	23:42
31	Michael Mason	23:46
32	Gary Taylor	23:54
33	David Martin	24:10
34	Bill Overbrook Criel	24:13

MALE AGE GROUP: 50 - 54

BlueCross Riverbend Run Results – 2005

6	Linda Andreae	25:47	FEMALE AGE GROUP: 50 - 54	14	Barbara Golder	31:27	FEMALE AGE GROUP: 60 - 64				
7	Colleen Gordon	25:53	1	Paula Cooper	23:18	15	Anne Kerley	31:49	1	Billie Large	28:23
8	Melodie Thompson	26:14	2	Brenda Ross	24:19	16	Jane Phillips	32:58	2	Bonnie Wassin	33:10
9	Kat McGraw	27:05	3	Amy Mullens	25:42				3	Robin Jorlett	33:44
10	Ann Walker	27:22	4	Sharon Jean Bass	26:09	FEMALE AGE GROUP: 55 - 59			4	Sara Sutton	37:45
11	Sandra Battles	28:00	5	Eileen Johnson	26:54	1	Sue Anne Brown	25:13	5	Glenda Sajwaj	41:07
12	Betty Holder	28:30	6	Libby Smith	27:31	2	Frances Archer	29:32	6	Edwina Cohen	50:07
13	Joy Parsons	28:42	7	Rebecca Richardson	28:21	3	Joan Hearn	29:34			
14	Fiona Cook	29:25	8	Deborah Campbell	28:42	4	Rosemary Hurayt	29:59	FEMALE AGE GROUP: 65 - 69		
15	Jean Traynor	29:48	9	Lenora Pou	29:13	5	Kathleen Noll	34:28	1	Susan Harrison	38:36
16	Terri Bonner	30:11	10	Helen Sanders	29:15	6	Darla Conn	39:18	2	Knoll Ursula	45:11
17	Beverly Bales	31:34	11	Theresa Samuelian	30:03	7	Jerone Dietrich	48:18			
18	Yvette Bahn	34:15	12	Judy Young	30:07	8	Trisha Dietrich	49:10	FEMALE AGE GROUP: 70 & Over		
19	Yvonne Kilpatrick	39:06	13	Terry Brown	31:25				1	Girtie Locke	43:40



2005 BlueCross Riverbend Run

Rita Fanning,
BlueCross Riverbend Run Race Director

Perfect weather for a June race brought out record numbers for the 2005 BlueCross Riverbend Run on the 18th. Last year, there were 751 participants in both the 5K and 1-mile events. This year 929. We had planned for approximately 100 more participants. We ordered 850 T-shirts. Refreshments were ordered based on 850. Needless to say, not everyone got a banana, but more importantly not everyone got a T-shirt. Additional shirts are on the way. Those who put their names and shirt sizes on the list will be able to pick their T-shirts up at the Friends of the Festival Office, 180 Hamm Rd, after July 11.

Our sponsor, BlueCross BlueShield of Tennessee was so wonderful to work with. How did you like those huge mile markers? That was just one of the many things BlueCross did to help make this a first class event. Scott Wilson, who I worked closely with on the race, is a first class kind of guy. Linda Andreae and Jane Overbeck were never far away with their valuable input.

A big thank you, no a huge thank you to the fantastic volunteers. Quite a few were BlueCross employees who have helped out for

many years. There were some new faces at volunteer orientation too. Several volunteer positions require more experience than others, and I want to thank Rusty Howell, Taylor Watson, Sena Bolton, Eva and Dick Dillard, Bill Gautier, Tony Arnold, James Dravland, Elaine and Charlie Roberson, Willanna Roy, and my husband, Leroy, for their valued assistance. Several UTC sports management majors were a great help as well.

You may have heard that we will be adding a 10K event (in addition to the 5K and 1-mile) next year. This is true. We will be looking for a course very soon and planning for the 2006 race will start this fall. We know we need to do a better job with chip retrieval and refreshments. Other suggestions are welcome. Please email your comments to me, ritafanning@mindspring.com.

If you participated in the race or volunteered this year, thank you. If not, come next year to see what a "first class" race is all about.



Photo Courtesy of www.seniorchampion.com

CTC Runners Participate in National Senior Games

By John Walker

More than 10,000 athletes from all 50 states participated in the National Senior Olympics in Pittsburgh, June 3 - 18. CTC runners Sergio Binachini and I were among the 500 from Tennessee. Our journey to the Sr. Games began last spring at the Chattanooga regional event, followed by both of us winning our age divisions for the 5K and 10K at the state level in Clarksville last summer. That qualified us for the national games, which are held every other summer.

The games in Pittsburgh included events in 18 different sports including track & field, basketball, cycling, swimming, archery, and of course, shuffleboard. The venues were the University of Pittsburgh sports facilities and a large Allegheny county park.

The 5K race on Saturday morning was our first introduction to an impressive group of more than 200 fast and feisty senior athletes. Just lining up for the start was a bit of a challenge as these runners' idea of seeding was to just crowd the starting line. The rolling hills on the course didn't seem to bother Chuck Hull (Wisconsin), the winner in the 50 - 54 age group, who finished in 17:43. Sergio and I felt lucky to finish in the middle of our age groups. The event coordinators had an interesting scheme for identifying runners by age group. Each runner had a color coded bid number which was worn on your back in addition to the typical front bid number (and I just hated to see those green 60 year olds pass me by!)

To give you a feel for the level of competition, here's a few of the winning 5K times:

Overall Men	17:43
Overall Women:	20:39
60-64 Men:	19:04
60-64 Women:	26:24
70-74 Men:	22:57
70-74 Women:	30:44
85-89 Men:	30:43
85-89 Women:	49:36

The 10K wasn't held until Monday so I took advantage of the "off day" to compete in the sprint triathlon, which was quite unique. The swim was held in the largest pool I'd ever seen (100 meters wide, 250 meters long). The bike route was 5 laps of a 2.5-mile loop including a screaming downhill with a sharp curve at the bottom, complete with hay bales to cushion those going too fast. Finally, the 5K run was on a wet and rocky, single-track hiking trail. Again I felt fortunate to finish close to the middle of my age group.

Monday's 10K was a late 9:30 am start in warm and sunny conditions. Most of the participants had done the 5K on Saturday, so there were many familiar faces and time for conversation. There was quite a bit of pre-race "jarring" going on between the senior competitive racers. My favorite, between two 70+ speedsters went like this: "Weren't you wearing that knee brace on the OTHER knee for the 5K? You're not a switcher, are you!"

For over a mile and a half I thought that the 10K course resembled the Hog Pen Hill Climb (Helen, Georgia) except that we were running in 80 degree temperatures, not 20 degrees. The "youngster" from Wisconsin (Chuck Hull, 51) was again the overall winner with a 38:49. Sergio pulled out a 46:03 to finish 5th in his age group, earning a ribbon for his efforts.

At the Senior Olympics they combine the opening and closing ceremonies into one event called the "celebration of athletes". All the participants sit in the Carnegie Arena and each state is recognized. It was very moving to see the fitness, participation and excitement of the athletes and families. I recommend anyone (50 and over) to participate in next year's local and state games. I had a great time and am looking forward to competing with the "old guys" again in the next National Senior Olympics in Louisville, Kentucky in June 2007.

I'd like to thank BlueCross BlueShield of Tennessee (our new CTC sponsor) for their support and sponsorship of the local and Tennessee State Senior Games. If you're interested in participating, check out the Tennessee Senior Games web site, www.tnseniorgames.com, for information.



Running the Grand Canyon

By Matt Sims

As a high school graduate I had the opportunity to hike the Grand Canyon. It was a 3 day backpacking trip that is still very memorable to me today. During that particular trip I had quite an epic adventure which involved dehydration, heat exhaustion and a trip in the ambulance. Oh yeah, I failed to mention the small avalanche and the homemade splint for my leg using my tent pole. Needless to say I had to re-visit the Grand Canyon to redeem myself.

This past April, Natalie and I went to do Ironman Arizona in Tempe. I figured since we were so close to the Grand Canyon, it would be a perfect opportunity to go venture into the big pit one more time. This time we would be running with small hydration packs with the goal of going down to the bottom and back out in a few hours.

We made reservations at Yavapai Lodge which is located in close proximity to the South Kaibab trail head. We started off at 6:00am to get an early start on the heat of the day. The South Kaibab Trail is 6.3 miles and very steep. Lots of switch backs drop you down into the lower earthly regions very quickly. The total elevation drop is close to 5,000 feet. There is no water on this trail and very little shade which is why it is best to start on the Kaibab. We ran down to the bottom of the Canyon in about 1 hour and 30 minutes and stopped in at the Phantom Ranch. We stopped for about 30 minutes and enjoyed coffee and bagels which you can purchase at the canteen located at the Phantom Ranch.

After we stretched the quads a little bit and got our fill of breakfast we headed back out of the Canyon on the Bright Angel Trail. The Bright Angel is a longer trail and not as steep. Plenty of shade and a nice water stop half way up the trail. The total distance is 9.5 miles and elevation gain is 4,400 feet. The Bright Angel trail crosses over the Colorado River and runs along the river for about 1 mile before it starts to climb out towards the upper plateau. The Indian garden campground is mid way on the trail and a great place to take a little water break. This is about the time where you have to start battling the mule trains. In the preparation of this run we purchased some saltine crackers, mozzarella cheese sticks, and some beef jerky. This provides a nice snack, plenty of sodium and calories. We stopped at the Indian Gardens to eat this well thought out lunch when Natalie discovered that I somehow lost all but 2 packs of saltine crackers. I told Natalie that marriage required sacrifice. She didn't think that was funny.

When we arrived at the top we enjoyed a nice lunch at the Grand Canyon lodge. The total trip is 16 miles with 9,400 feet of elevation change. We highly recommend taking a trip to run the Grand Canyon. If you're a real runner like Sheridan Ames you can run the Rim to Rim to Rim, which totals about 40 miles.

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Out of the Blue CTC Picnic

By Melodie Thompson (a.k.a. Beulah)

On Friday, June 24, 2005, thirty-six hot and hungry Chattanooga Track Club members and their families converged on Out of the Blue, a little haven in the Hubert Frye Center, by the Riverwalk and children's play ground, where the air conditioning was enjoyed by all the CTC participants on this hot and humid day. The Roselle's, members of the Chattanooga Track Club, own this cool, great place to take the family. In addition, to all the fun things around them to do and good food, they have some pretty exotic kites, which they sell.

We had plenty of hotdogs, chicken salad, fruit, chips, tea, lemonade, and assorted breads, then after Beulah embarrassed Cleatis (aka Bill Brock) with a flowered-swim cap to participate in the Chattanooga Waterfront Triathlon and other triathlon volunteer paraphernalia; we had delicious ice cream and gave away door prizes supplied by Front Runner Athletics and an anonymous water-gun source.

A good time was had by all, even though no running was to be done on this hot evening. We were grateful for the good food, cool place and good company.

Afterwards a few brave souls went out and played Frisbee (supplied by Matt Sims of the North Face) in the heat while the kids were out on the playground. The die hard runners pretty much headed home to get ready for their Saturday morning run(s).

We really enjoyed the evening and want to thank Doug and Peggy Roselle and their employees for the wonderful evening.



32nd Annual Missionary Ridge Road Race

With the firing of the starting gun promptly at 8:00 a.m., runners in the 32nd Annual Historic Missionary Ridge Road Race will begin the 4.7 mile race meandering at scenic Bragg Reservation on Missionary Ridge on August 6, 2005. The race proceeds will benefit the Chattanooga-Hamilton County Chapter of the American Red Cross. The entry fee is \$15.00 before August 1st and \$18.00 for the day of the race and after the 1st.

Dan Bailey, Race Director and Chairman of the American Red Cross board said, "We want this year's race to be huge and we are hoping to have over 400 participants." After last year's successful implementation of honorariums dedicated to recognizing former and current members of the U.S. Armed Forces the American Red Cross has decided to once again honor American soldiers. Family and Friends will be able to purchase honorariums for \$10 each, consisting of white bags with American Flags and the honoree's name printed on the front. The honorariums will line the ellipse at Bragg Reservation for the runners and their families to enjoy.

This year, as in years past, there is no parking available at Bragg Reservation, but parking and shuttle service will be available at First Lutheran Church at 2800 McCallie Avenue. The shuttle service will operate from 6:30 a.m. to 10:30 a.m. Awards this year will go to the top overall male and female; top overall male and female masters; and, top three male and female participants in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & better



"The Missionary Ridge Road Race is really a fun race where the local residents will bring their morning coffee out on their front porches to get front row seats to all the action. In a unique tradition, one local ridge resident, Mrs. Stamper, is always happy to relieve the runners with her garden hose as they run by her lawn," Bailey said.

For more information about the Missionary Ridge Road Race contact the American Red Cross at (423) 265-3455. Race participants may also register online at www.active.com.

Get Ready For the FCA 5K and Kiddy 1K

As you put together your end of the summer racing schedule, don't forget to include the Fellowship of Christian Athletes (FCA) 5K and Kiddy 1K on Labor Day, September 5th in your plans. The seventeenth running is the flattest and fastest certified 5K course on the CTC schedule. A perfect race to get ready for the fall cross country and road racing season. The race and walk begin and end on the campus of Chattanooga State, with the majority of the race on the new and improved Tennessee RiverPark. The race will start at 8:00 am and the walkers at 8:05 am. The Kiddy 1K will start at 9:15 am.

The mission of the FCA is "to present athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the Church". The FCA focuses on teaching positive personality traits and in our middle schools, high schools, and colleges, and standing up for your faith. Your entry fee and donation

goes towards a college scholarship for a deserving FCA high school senior. This is a tradition started by Louis and Sandy Priddy in 1988.

Our focus is on providing a great race and a good time for the entire family. As always, to encourage full family participation, the early entry fee is a low \$15 per person or \$45 for an entire family. With cross-country season just beginning, the entry fee is \$12 per athlete and with a total team entry fee at \$60. And don't forget the ever popular post-race Kiddy 1K for the kids age seven and under for \$2. Natalie and Zachary are ready to take on all challengers. So register early and take advantage of these discounts.

The FCA 5K also provides the largest number of age-group awards (90) of any CTC race. Winners in the Overall, Masters, and Grand Masters will receive \$50 gift certificates courtesy of Outback Restaurant. We will be giving away great post-race door prizes courtesy of New Balance (5 pairs of shoes), and Front Runner (ok, I had to

mention the store). As always, we will have plenty of post-race refreshments courtesy of Powerade.

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

Chad, Denise, Natalie and Zachary Varga

2005 Waterfront Triathlon

By Betsy and Calder Willingham

We are now well over 400 entries and still going! Lots of excitement! Just think what we will have next year!

Still need volunteers! We are having a volunteer party on the Friday night before the race at the Waterfront at 7:00. Free beer and food!

Reynolds Fisher and Theresa Bynum (of Team Magic) swam the course today and it was awesome. With the current, their normal swim times of 25 minutes were closer to 15 minutes.

They also ran the course and we have decided on an out and back course. The stairs down to the new floating docks are just too steep for tired legs!

The bike course should be fast! It will be out Amnicola to Chatt State and back for two loops. Very flat except for the little riser just under the Walnut Street Bridge.

The run will also be fantastic! Out of the bike transition, down the grassy hill to the docks, along the docks by the new fountains, up the new "Passage" (I call it the Trail of Tears) to Market Street, up 1st street by the new sculpture garden to Walnut Street, across the new walking bridge, thru Hunter's parking lot, thru the Art District, out the Riverwalk, and then back!

There should be lots of places for spectators: the Waterfront itself, the Walnut Street Bridge, the coffee café in the Hunter, etc.



Remember: almost \$5000 will be awarded to you amateurs, we will have baby sitter service (thanks to the Sports Barn), fun things for the kids at the site, an expo, and a post race party with hamburgers & hot dogs, cokes, etc., and 10 kegs of beer!

This is the big fund raiser for the CTC, so come help support it and talk it up!

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LABOR DAY September 5, 2005

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FranklinClassic.org



Labor Day Monday, September 5, 2005

- 6:00 a.m.Registration & Packet Pickup
- 7:00 a.m.Start 10K
- 8:30 a.m.Start 5K Run & Walk
- 9:15 a.m.Awards Ceremony

Online Registration (no need to fill out form below)
Available at our website: www.franklinclassic.org

Mail-In Registration (one form per race/walk entrant)

Event:
 10K Run 5K Run 5K Walk 10K Wheelchair Division

Name (first) _____ (last) _____

Address _____ Apt#/Suite _____

City _____ State _____ Zip Code _____

Phone _____ Sex M F Birthdate (mm/dd/yy) _____

E-mail _____

Waiver (must be signed!)

ALL ENTRANTS AND PARENTS OF ENTRANTS UNDER AGE 18 MUST SIGN WAIVER BEFORE ENTRY CAN BE ACCEPTED. I absolve, on behalf of myself and my heirs or assigns, all sponsors, and anyone involved in this run from any liability for any damages, injury, or illness suffered by me in connection with this run, either during this run or as a result of having participated in it. If I should suffer injury or illness, I authorize officials to use their discretion to have me transported to a medical facility, and I assume full responsibility for this action, completely absolving the aforementioned sponsors and officials of any responsibility thereof. I hereby grant full permission to any of the foregoing to use my likeness or any other record of the event for legitimate purpose. I also understand that I am to return the ChampionChip Timing Device issued to me or I will be responsible for a \$30.00 replacement fee.

Entrant Signature _____ Date: ____/____/05
 Parent Signature (if entrant is under 18) _____ Date: ____/____/05

Fees:

Early Registration (by Aug 29)

- Adult \$ 20.00 _____
- Child (12 and under) \$ 15.00 _____
- Run Both Events \$ 25.00 _____
(10K and 5K)

Registration (after Aug 29)

- Adult \$ 25.00 _____
- Child (12 and under) \$ 20.00 _____
- Run Both Events \$ 30.00 _____
(10K and 5K)

Optional \$ _____
(Donation to Mercy Children's Clinic)

TOTAL ENCLOSED \$ _____

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Joe McGinness Runner of the Year

New Races and Current Totals

	TOTAL	VOLUN- TEER	CHICK. CHASE	STRIDES OF MARCH	RIVERBEND RUN		TOTAL	VOLUN- TEER	CHICK. CHASE	STRIDES OF MARCH	RIVERBEND RUN
Overall Men						Bud Wisseman	80	—	80	—	—
M - Joe Johnson	180	—	80	100	—	Ronnie Bryson	80	—	—	—	80
M - Don Gregg	130	—	—	80	50	Ted Hegenbarth	70	—	70	—	—
Robert Gustafson	110	—	40	—	70	Jesse Roberson	70	—	—	—	70
GM - John Walker	100	—	10	90	—						
M - Tim Ensign	100	—	100	—	—	Overall Women					
Kevin (Geno) Phillips	100	—	—	—	100	Nancy DiVasto	280	—	90	100	90
M - Chad Varga	90	—	90	—	—	Michelle Meek	200	—	60	80	60
Joseph Goetz	90	—	—	—	90	Belinda Young	160	—	80	—	80
James Williams	80	—	50	—	30	Jan Gautier	130	30	—	—	100
M - Hugh Enicks	80	—	—	—	80	M - Casey Braddock	100	—	100	—	—
						Julie Spencer	90	—	—	90	—
Junior Men						Melissa Smeltzer	80	—	30	50	—
Tyler Keys	290	—	90	100	100	Rachael Wilson	70	—	—	—	70
Marco Bianchini	180	—	80	100	—	Lisa Barrett	70	—	—	70	—
Brandon Lord	100	—	100	—	—	Christie Sell	70	—	70	—	—
Jackey McGinness	90	—	—	—	90	M - Janice Cornett	70	—	40	—	30
Nathan Gill	80	—	—	80	—						
Andrew Enicks	70	—	—	—	70	Junior Women					
Richard Park	70	—	70	—	—	Caitlin Duggan	300	30	80	90	100
Kevin Gordon	60	—	—	—	60	Shelby Hudson	200	—	100	100	—
William Park	60	—	60	—	—	Jennifer Gordon	170	—	90	—	80
Quinn McGinness	50	—	—	—	50	Caroline Duggan	150	30	60	—	60
						Ashley Riner	140	—	70	—	70
						Jessica Maynor	90	—	—	—	90
Adult Men											
James Williams	170	30	90	—	50	Adult Women					
Robert Gustafson	160	—	80	—	80	Nancy DiVasto	290	—	100	100	90
David Richter	150	—	50	100	—	Michelle Meek	210	—	70	80	60
Tommy Hopper	140	—	100	—	40	Lisa Barrett	190	—	40	70	80
Brenton Floyd	110	—	20	90	—	Jan Gautier	130	30	—	—	100
Chris Wilson	100	—	70	—	30	Melissa Smeltzer	110	—	50	50	10
Tom Sell	100	—	30	—	70	Belinda Young	90	—	90	—	—
Kevin (Geno) Phillips	100	—	—	—	100	Julie Spencer	90	—	—	90	—
Joseph Goetz	90	—	—	—	90	Christine Sell	80	—	80	—	—
Nik Meeks	80	—	—	80	—	Rachel Wilson	70	—	—	—	70
						Joan Vos	60	—	60	—	—
Master Men											
Don Gregg	230	—	50	90	90	Master Women					
Joe Johnson	180	—	80	100	—	Sherilyn Johnson	230	—	80	100	50
Jim Steffes	120	—	—	80	40	Christine Post	230	—	60	90	80
Jeff Richard	120	—	60	—	60	Janice Cornett	180	—	90	—	90
Chuck Denham	120	—	40	—	80	Sarah Bowen	170	—	70	—	100
Tim Ensign	100	—	100	—	—	Sharon Armour	160	—	40	80	40
Hugh Enicks	100	—	—	—	100	Melodie Thompson	130	—	50	70	10
Chad Varga	90	—	90	—	—	Casey Braddock	100	—	100	—	—
John Gracy	70	—	70	—	—	Linda Spencer	100	—	—	100	—
Bruce Conn	70	—	—	70	—	Cindy Smith	90	—	30	—	60
Bill Minehan	70	—	—	—	70	Missi Johnson	70	—	—	—	70
Grand Master Men						Grand Master Women					
John Walker	300	—	100	100	100	Amy Mullens	290	—	100	100	90
Rick Rogers	160	—	90	—	70	Sue Anne Brown	190	—	90	—	100
Nick Honerkamp	150	—	60	90	—	Eileen Johnson	160	—	80	—	80
Michael Martin	130	—	70	—	60	Darla Conn	130	—	—	90	40
Richard Rogers	90	—	50	—	40	Joan Heam	130	—	70	—	60
Randy Wood	90	—	40	—	50	Deborah Campbell	70	—	—	—	70
Terry Webb	90	—	—	—	90	Sandra Armstrong	60	—	60	—	—
Joe Axley	80	—	—	80	—	Judith Chestnutt	50	—	50	—	—
Steve Rogers	80	—	80	—	—	Jane Phillips	50	—	—	—	50
John Harrison	80	—	—	—	80						
						Senior Women					
Senior Men						Betty Burrell	100	—	—	100	—
Sergio Bianchini	300	—	100	100	100	Liz Benton	100	—	100	—	—
Walter Sinor	200	—	60	90	50	Bonnie Wassin	100	—	—	—	100
Jim Selman	140	—	—	80	60	Susan Harrison	90	—	—	—	90
Doug Hawley	130	—	90	—	40	Girtie Locke	80	—	—	—	80
David Wycherley	100	—	30	60	10	Edwina Cohen	70	—	—	—	70
Rocco Lepere	100	—	—	70	30						
Allen Buquo	90	—	—	—	90						

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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**

The Long Run

The Endowment Fund of the Chattanooga Track Club

By George Skonberg

2005 will be a year that is long remembered by the Chattanooga Track Club for progress, rejuvenation, and realignment. So much is happening in the CTC that will benefit all of us as runners and fitness enthusiasts, truly a banner year in many ways. We may have to amend the bylaws to establish Bill Brock as *imperial-president-for-life!*

I am very excited to announce another major step for the Chattanooga Track Club. In our last board meeting, we adopted a resolution establishing an Endowment Fund for our club. I have included the text of the resolution. The Endowment Fund is established to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club, and it will be known simply as **"The Long Run"**. Last year the CTC received a very kind and generous unsolicited donation, and we voted to earmark a portion of that gift as seed money for the Endowment Fund. I hope that each and every one of you going forward will think about the fund for memorial and honorarium gifts, or even simply when your health and fitness makes a difference in your lives or the lives of others. With your help and the benefit of time and compounded investment returns, The Long Run will have a substantial economic impact on our fitness community for years to come. Please help it along any chance you get!

Resolution of the Chattanooga Track Club for the Establishment and Policies of an Endowment Fund.

1. The Endowment Fund is established to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club.
2. The Endowment Fund will be known and referred to as "The Long Run – the Endowment Fund of the Chattanooga Track Club", or simply "The Long Run". The Fund will utilize the same Tax Identification number of the Club.
3. Any individual or organization can make gifts to The Long Run. Gifts to The Long Run can be made for any reason, including but not limited to gifts of memorial, honorarium, or thanks.
4. When a gift to The Long Run is received, the President of The Chattanooga Track Club will notify those (or a family member) who are honored, thanked or memorialized by the gift and by whom the donation was made.
5. The donor of a gift to The Long Run will receive an acknowledgement letter of their gift from the President of the Chattanooga Track Club including information as to the tax-deductible status.
6. A section of the "Jogging Around" newsletter will maintain a permanent display of The Long Run that will include the purpose of the fund and a list of gifts made during the period (the donor and honoree's name will be listed unless otherwise requested, but not the amount of the gift). Once a year, following the installation of new Club officers, the outgoing chairman of The Endowment Committee will include an annual report of the Fund in this section of the newsletter. This report will include the previous year's balance, ending year's balance, total gifts received, and total disbursements made.
7. The Long Run will be monitored and administered by the Endowment Committee, which will consist of the Club's Treasurer and a qualified board member or officer who will serve as the chairman of the committee.
8. The Endowment Committee will be responsible for the investment and administration of the Fund's assets.
9. The investment policy of The Long Run will initially be very general in nature, but will attempt to adhere to the following guidelines:
 - a) The expected annual rate of return will be a minimum of five percent annualized over a rolling three-year period.
 - b) Assets will be invested in a no-load mutual fund.
 - c) The mutual fund investment should maintain a below-average expense ratio, maintain a prudent asset allocation across the broad investment categories, exhibit acceptable risk/reward characteristics and achieve a rating of at least 3-star by Morningstar®.
10. It is expected that as The Long Run's assets increase, the Investment Policy will be modified to meet the needs of the Club and the Fund.
11. At the time of the annual report of The Long Run, up to five percent (5%) of the Fund may be transferred to the general operating fund of the Club to

fund operations and programs in support of its mission. If so voted by a majority of the board, a disbursement of a lesser amount is allowable depending upon the needs of the Club. A disbursement will not be made during any year that the Fund fails to achieve an annualized return of at least five percent in the previous three-year period.

12. With approval of at least two-thirds of the membership of the Club, funds in excess of the five percent annual limit may be transferred to the general operating fund of the Club. Such a transfer of funds shall be discouraged unless absolutely necessary for the continuation of the Club.
13. In the unlikely event of dissolution of The Chattanooga Track Club, the Fund will be distributed in accordance with the bylaws.

The Long Run

The Long Run is the endowment fund of The Chattanooga Track Club. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of these funds, and is appreciative of your generosity to help build this legacy for our community.

Memorial Gifts

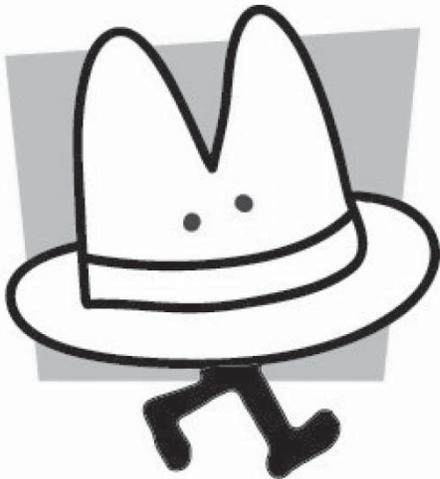
In Memory of
Dr. John Bolinger
given by
Mr. and Mrs. George Skonberg

In Memory of
Mr. George Frank
given by
Mr. and Mrs. George Skonberg

Gifts to The Long Run in memory of friends or loved ones become legacies to the community. When a memorial gift is received, the Club immediately notifies family members or friends as instructed, as well as the donor. The Chattanooga Track Club is committed to being a good steward of these gifts and use them to help support the mission of the Club.

Honorary Gifts

Gifts to The Long Run are a meaningful way to honor a marriage, a graduation, the birth of a child, a retirement, or to say thank you. Honorees receive a letter announcing your thoughtful gift, and donors receive a letter of acknowledgement.

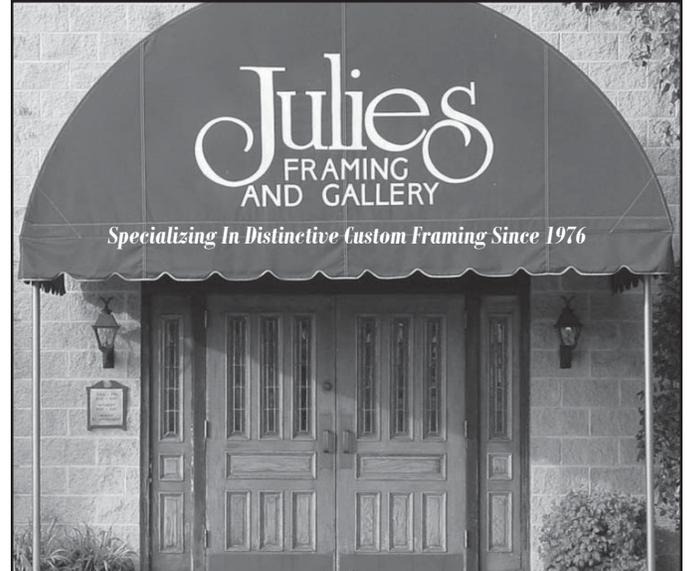


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Chattanooga Track Club

Board of Directors

Meeting Minutes

May 3, 2005

In attendance: Bill Brock, Donna Dravland, Melodie Thompson, Bob Braddock, Virginia Waddell, John Walker, Dan Bailey, Connie Hall, Jeff Duncan

Absent: Jared Chastain, Geno Phillips, Brian Baker, Linda Andrae, George Skonberg, Carol Williams

The meeting was called to order by Bill Brock at 6:04.

The mission statement was read by Jeff Duncan.

Bill summarized the minutes from the April meeting. The minutes were approved.

Bill questioned the amount for the sustaining fund. He thought the Hand Foundation donation was \$2,500. Virginia will check minutes from last year for the amount.

Race Calendar Race Committee / Upcoming Races

Bob began with a letter from Mary Carpenter requesting the CTC's participation with the Gateway Run and also requesting that the race be added to ROY races. Bob made suggestion that we need to look at our definition of ROY events. If we want to add other races, we need to change the rules – there are events now listed as ROY races that are not CTC events.

Jeff asked for the definition of a CTC event. This topic was discussed again...getting back to the place that our events should be quality events... John suggested that we begin changing toward KTC's model and support our own events.

Jeff mentioned that the KTC has other ways of winning awards at the end of the year; they have "triple crown" and also a raffle for an award for all race participants. Bill suggested that we get a group together to decide and formalize the ROY award. We should be compensated in return for the inclusion on our awards list.

Bob commented that it will be awkward to sell the CTC as other than a charitable organization.

Jeff suggested that a group form to address some issues and consider awards given by the club. John noted that the committee needs to keep in mind what is good for CTC, not just which races are good races.

Bob will get subcommittee together for awards / incentives. Things included for discussion by this group are ROY, what races are included, and weights given to each race.

Connie added that we need definition of CTC races and she needs to know who to bill for equipment, etc.

We then revisited the split of the proceeds of the Chickamauga Marathon. The races committee had assumed a 50/50 split – this was corrected — it had been agreed a couple years ago to support the UTC Track team with the marathon proceeds and last year we agreed to split the proceeds 50/50 with UTC. But this has been a year-to-year decision; in no case was this to be an ongoing practice.

Bob questioned putting discounted memberships on the marathon application since it is late in the year.

Jeff bought up calendar year versus rolling renewal dates.

There were questions of discounted memberships and discounted races. There was a motion made and approved to place a moratorium on discounted membership until the race committee makes a decision.

Course Closings – There is a need to determine closings and check points. John suggested that the RRCA is likely to have something on this issue.

Karen Lawrence – Bob asked if we want to have this relationship and not make money on the race.

Connie suggested that we need to make some decisions on races and our support or involvement and have something in writing.

Bill asked that we draft some type of document. Jeff, Virginia and Bill will work on this. Bob will get input from the Race Committee.

Equipment

3 functional clocks
Donna made suggestions for finish line – PVC finish line. James can make.
Insurance for equipment – \$1,000 deductible
KTC model - \$75 rental with \$75 equipment damage deposit

The question of whether the director should have to pay for the damage was brought up. If we have a contract, we have the option of asking the director to pay, if we have no contract, we have no options. Jeff gave two points – 1) the director is not liable, the race should be liable. 2) An agreement should be signed but the agreement should be reviewed by an attorney.

Communications Calendar / Communications Committee

Melodie gave a review of events – past and future.

Next web meeting is 5/10/05.

Program proposal - picnic at River Park. Melodie will put something in JA.

There were 21 people in attendance at the Fun Run. There were door prizes, etc. It was very successful.

SORBA Expo will be at First TN Pavilion on Fathers Day. They would like other non-profits to have booths.

UnumProvident is also having an expo for “Fitness Day” and we will have a booth there.

Donna has found some CTC apparel boxed up. Donna asked if it would be okay to give a t-shirt away at the UnumProvident booth through a drawing. Everyone said that was okay.

Cindy Smith would like to be on the CTC Board of Directors. Melodie made a motion to elect Cindy Smith to the Board. The motion was approved and passed.

Sponsorship

Linda had sent an e-mail stating that she would like to get a response from BlueCross BlueShield before anything else is done.

Membership

There are 346 members.

Treasurers Report

There is \$5,401 in the checking account and \$24,000 in the savings account.

We will have to dip into our savings. If the BlueCross BlueShield sponsorship comes through, we will be in good shape.

The treasurer’s report was approved.

Other Business

Bill went over parameters for the Endowment Fund from George’s notes. He will pick a fund, there will be a written policy on withdrawals and the sustaining fund will be used for general purposes. Bob asked if donations would be tax deductible. It was noted that we would need to send a receipt and keep a copy for our records. George will come with a proposal next meeting.

Next board meeting will be Tuesday, June 7, 2005.

The meeting was adjourned at 7:29.

Respectfully Submitted,
Virginia Waddell, Secretary

Jogging Around Ad Rates

Ad Size	Single run	3 Issue run	Year Run
Full Page	\$90/Issue	\$85/Issue	\$70/Issue
Half Page	\$55/Issue	\$49/Issue	\$44/Issue
Qtr Page	\$40/Issue	\$36/Issue	\$32/Issue
Business Card	\$25.00	\$22.50	\$20.00

Inserts are \$60/issue



XTRERRA

SCRAMBLE

10K5K

TRAIL RUN

SEPTEMBER 3

900 AM

SHACKLEFORD RIDGE PARK

SIGNAL

MOUNTAIN

* 1 MILE KIDS FUN RUN AFTER RACE

JOG/WALK AND NOW ADDING SPEEDWALK!!

The jog/walk/speed-walk group meets for camaraderie and to get your heart rate up every Wednesday night at Fast Break Athletics at 6:00 PM. We invite runners, walkers, and joggers of every capacity to join us. If the workout doesn't get your heart rate up, I know some of the conversations we have will! This is mostly a fitness/social affair and no one is judged, just encouraged to do their best! Don't be intimidated by this group, we have no need for any speed, just fun!

If you have been injured or have not run in a long time and want to get back into working out, this is the group for you. Many times we will have a social hour after the run, so bring some \$\$\$ with you!

We have just added a speed-walking group to go along with this group. Sarah Williams will head up this part of the group!

If you have any questions, please call Melodie Thompson at 842-8030 or email: jumpytwo@hotmail.com.

Happy Running!!

CTC Members check out our new website that is being developed - go to members.chattanoogatrackclub.com We welcome any and all comments.

Speedwork Thursday evenings - interval / speed training: be in the FastBreak parking lot (on Frazier avenue) ready to run at 6:30pm. The group will do 45-60 minutes of interval training in the GPS / Coolidge park area. Pace does not matter (unless you want it to stay the same!) - all are welcome

Fall Marathon Training Season

If you are considering a fall marathon, it's time to start training! Check www.grouprun.com for group run schedules and e-mail 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!



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



BULLETIN BOARD

Legend

-  CTC Event
-  Joe McGiness Runner of the Year (JMROY)
-  JMROY Volunteers Points Only

Race Calendar

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

JULY

17 – Chattanooga Waterfront Triathlon

  1.5K/S, 43K/B, 10K/R

Site: Chattanooga, TN

Info: faye@team-magic.com

30 – Bele Chere

5K, Fun Run

Site: Asheville, NC

Info: www.ashevilletrackclub.org

AUGUST

6 – Missionary Ridge Road Race

  4.7M Run

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

14 – Sports Barn Sprint Triathlon

25M/S, 8.4M/B, 2M/R

Site: Chattanooga, TN

Contact: tpotts@personal-fitness.com

SEPTEMBER

3 – Xterra Scramble

10K & 5K Trail Run

Site: Shackleford Ridge Park, Signal Mtn

Info: matt_sims@vfc.com

5 – FCA 5K

  5K Run

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

5 – 27th Annual Franklin Classic

10K & 5K

Site: Franklin, TN

Info: www.franklinclassic.org

10 – UTC Cross Country Meet

  8K Run

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

17 – Symphony Classic

  5K Run

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

24 – Cannon Blast

5K and 1 Mile Fun Run/Walk

Site: Woodbury, TN

25 – Komen Race For The Cure

  5K Run

Site: Chattanooga, TN

Info: www.chattanoogaracefortheure.com

OCTOBER

1 – Joe Johnson Run for Mental Health

  10K, 3M Walk

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

8 – Stump Jump Trail Run

 50K & 11M

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

15 – Run Between the Rivers

Team Relay Marathon

Site: Golden Pond, KY

Info: www.runbetweentheivers.com

22 – Signal Mountain Road Race

  10K Run

Site: Signal Mountain, TN

Info: www.chattanoogatrackclub.org

23 – Trick or Trot

5K Run

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

23 – Detroit Free Press/Flagstar Bank Marathon

Marathon

Site: Detroit, MI

Info: www.nacoa.org

30 – Marine Corps Marathon

Marathon

Site: Washington, DC

Info: www.nacoa.org

Send race information to:

Jerry McClanahan

831 Creek Drive

Chattanooga, TN 37415

orjkmccclanahan@comcast.net

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

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