

STUMP JUMP (9-10) KAREN LAWRENCE RUN (11)

CHICKAMAUGA MARATHON (3-6) SIGNAL MTN. PIE RUN (7)



jogging around



**Veteran wins Chickamauga
Battlefield Marathon...on
Veteran's Day weekend – page 3**

OFFICIAL NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

DECEMBER 2005

VOLUME 37, ISSUE 7

Chattanooga Track Club

Officers

President
Bill Brock
bbrock@tech-projects.com

President Elect
Donna Dravland
dDravland@unumprovident.com

Executive Director
Connie Hall
conniehall@chattanooga.net

VP Races & Equipment
Bob Braddock
bBraddock@unumprovident.com

VP Communications & Programs
Melodie Thompson
jumpytwo@hotmail.com

Treasurer
John Walker
jrwalker@tva.gov

Secretary
Virginia Waddell
Vwaddell@unumprovident.com

Past President
Linda Andrae
Linda_Andrae@bcbst.com

Directors

George Skonberg
george.skonberg@ubs.com

Jared Chastain
jared_chastain@sportsbarn.com

Jeff Duncan
jeff_duncan@nps.gov

Dan Bailey
drbailey43@aol.com

Carol Money
carol0405@comcast.net

Brian Baker
baker-fusion@comcast.net

Cindy Smith
csmith@millermartin.com

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

In This Issue...

Chickamauga Battlefield Marathon & 10 Mile Run	3 - 6
Signal Mountain Pie Run	7
Jogging My Memory	8
Cumberland Trail Stump Jump 50K & 11 Mile Run	9 - 10
Chicago Marathon	11
Karen Lawrence Run	11
2005 CTC Election Social	12
Life Is An Adventure Race	13 - 14
JMROY Standings	17
Volunteer Opportunities	18
Board of Directors Meeting Minutes	20
New Member and Volunteer Profiles	21
Bulletin Board	22
Race Calendar	Back Cover

Jogging Around

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

Contributors

Ron Bush
Rita Fanning
Jim Farmer
Pam Humphries
Bill Minchan
Mike Owens
Big Red Robinson
Doug Roselle
Melodie Thompson

Editors

Bill Brock
Connie Hall
Laura Powell
Melodie Thompson

Photographers

Nik Meeks

Layout/Design

Keith Finch
designbyfinch[.com]

Printing

MarkCo Printing

Ad Info

For Current Ad Information or to volunteer, please contact Connie Hall at 843-3207 or chall@chattanoogatrackclub.org

Welcome New and Returning Members

David Boozer
Jennifer Chesnutt
Nick Chesnutt
Piper Chesnutt
Dylan Chesnutt
Corey Chesnutt
Nancy Dodson
Justin Ferrell
Kurt Lammon
Dana Rooney
Rob Schwenk
Truman Smith
John Spencer

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.

Words from the Prez's Perch

Well, here we are – nearing year's end already! And, of course, that means it's already time to begin planning and working for a great running year in 2006.

Welcome and congratulations to our newly elected directors Robert Gustafson, Kristina Guy, Tara Murdock, Beth Simon, Phillip Stewart and James Williams and to our returning directors and officers! Melodie Thompson (our new president-elect) has full details on the elections and the 2006 board in this issue. I am looking forward to working with this new board and to supporting our next president Donna Dravland's goals and objectives for 2006.

Congratulations and thanks to everyone involved in developing our new corporate sponsorship with BlueCross BlueShield! Linda Andreae, especially, has worked long and hard during this year on this new agreement, and I am very grateful for the work that she's done and for BlueCross's strong commitment to our club and to our running community.

As part of our agreement with BlueCross, we are launching what we hope will be a terrific new event this coming year – on April 8th. Tentatively called the Market Street Mile, Rita Fanning has agreed to manage this event for us and we've received great feedback and support from Rob Healy at Parks and Recreation and Charlie Arant with the Tennessee Aquarium. Please contact Rita Fanning or Connie Hall if you are interested in assisting with this new event.

Another new event is in the works for the Northshore area this coming February 25. In association with the North Chattanooga Council and vendors in the Northshore district, Joey Howe is

taking lead on this new event and details on the course, distance and ways to get involved should be on the web site by the time you are reading this. Thanks Joey!

In addition to these two new events, Connie has put the full 2006 calendar on our web site and it looks like a great year of running ahead of us.

And speaking of Connie... If you've noticed the improvements in our events this year, the improving content in each issue of Jogging Around, or just the new paint job that Bruce Novkov did on our trailer... or if you have ever had to call for information, race results, a phone number, or to find out where that race clock is... please let Connie know that you appreciate her efforts. So much of what we have been able to accomplish as a club this year, simply could not have been done if Connie had not been there for us. Thank you, Connie!

So glad it's cool again - enjoy your winter running!



Bill Brock
CTC President



FRONT RUNNER ATHLETICS

(423) 875-3642
(423) 875-9452 fax

4251 Hixson Pike
Chattanooga, TN 37415

cvarga@fronrunnerathletics.com
www.fronrunnerathletics.com



Enicks in command in marathon

By Ron Bush

On Veterans' Day weekend, a retired Army lieutenant colonel won the 30th Chickamauga Battlefield Marathon.

Hugh Enicks, 46, made his second marathon a winning one Saturday with a time of 2 hours, 51 minutes, 19 seconds for the 26.2 miles. The Signal Mountain resident and lead teacher for Red Bank High School's Leadership Academy, which includes Junior ROTC, had won his age group and finished fifth overall in 2:54:50 in the same event last year.

Stacy Czerswinski of Key West, Fla., was the women's winner in 3:26:33, overtaking Cohutta's Dee Goodwin in the final quarter mile. Czerswinski, 38, subbed the battlefield race for the postponed Fort Lauderdale marathon for which she had trained.

Though personal records, both winning times were the slowest recorded for the event, which added a steep hill that had to be climbed twice in the rerouting for road construction.

Joe Bowman of Dunwoody, Ga., finished second out of 315 finishers (including one from Tokyo) in 2:55:54. Bowman, who has the lowest time average for anyone who has run marathons in all 50 states, also was second overall in the Spinx Run Fest Marathon in Greenville, S.C., on Oct. 30.

Chris Wilson gave Signal Mountain a double triumph Saturday by winning the 10-mile race in 1:01:18. As with Enicks, it was his first overall first place. Caleb Morag was second in 1:01:34, and the women's winner was Sandra Murphy of Evans, Ga., in 1:14:32.

Although Enicks has run only two marathons, he's used to 50-milers and other ultra-marathons. He also runs area 5 ks but prefers longer races.

"I grew up running. My dad ran at Purdue University, and he was a coach for years," said Enicks, who came to the area to teach four years ago instead of taking a civil engineering job in Washington, D.C. A paratrooper for 10 years of his Army career, he directed bridge projects in Bosnia and other engineering enterprises by the time he retired.

"I thought it was kind of strange when I got to the 10-mile mark and was running by myself," Enicks said. "Usually I'm chasing some younger guys. All of a sudden I was the pace car."

Goodwin was, too, for her gender. But Czerswinski "came from nowhere" to beat the 37-year-old 1988 and 1994-96 event winner who was running a marathon for the first time in at least five years.

Goodwin admitted that before the race she would've been thrilled to know she would be the No. 2 female, but her competitive nature wouldn't let her enjoy it afterward.

"That woman's got to be an incredible shape, or she was just holding back," Goodwin said. "I could tell at the switchbacks that I had quite a lead, and she just blew by me at the end." "I was pacing myself," the Floridian conceded. "I was just trying to break 3:30."

She has run seven marathons, beginning in 2002. Her most recent was last January in Miami. "I loved this course," she said. "I'm used to very flat terrain, so the rolling hills and beautiful scenery were great."

Enicks also lauded the course but went even further. He said his move to take the Red Bank job "was absolutely the best decision I ever made. This is a gorgeous town and with great people, and it's a great school."

Chattanooga's Pat Hagan was mildly irritated that his 24th Chickamauga marathon in a row was his slowest, 4:01:52, but he enjoyed having his four grandchildren among the family members greeting him for his 155th completed marathon.

Hagan, 55, wasn't even close to another finisher Saturday in that category, though. It was the 420th marathon for 56-year-old Wisconsin resident Henry Rueden, who ran seven in October.

Rueden is an Army veteran, too. Last year at this time he was serving in Iraq.

2005 Chickamauga Battlefield Marathon and 10 Mile Race

By Doug Roselle

How to make a great race: Take a beautiful course through a historic park. Add 100 enthusiastic volunteers. Get sponsors to provide a bunch of goodies. Add a touch of class to the pre- and post-race trimmings. Let all the ingredients combine for 3 to 6 hours and pray for good weather. Serve to 550 happy runners.

Although we've tried this recipe before you are never sure how it will come out until it's finished. Based on feedback so far we had a good mix. I think the most important ingredient is the volunteers and I want to thank some key ones. David Pressley – without his perseverance in helping develop and certify the course the marathon could have been a disaster. Tim & Barbara Ensign provided a wealth of current info. Chris and Jan Levan made extra calls, first time awards, and made sure I didn't miss anything. William Sisk, as in past years, was out there in the predawn hours setting up all the aid stations. The National Park Rangers and Walker County Sheriffs office made sure our crossings were safe. Bob Braddock, Bill Brock, Sharon Irish made sure our finishers had times. Mike & Marsha Owens made sure the runners turned around at the right spot. Peggy, Jan, Barbara, Chelsea, Ashley, and Rachel made sure the runners were well fed. I'd love to mention each one of the other volunteers

from the aid stations, sentries, registration, finish line help, etc, but this article would be too long so if your name is not specifically mentioned – THANK YOU. Also – we had some great sponsors, Davis & Hoss, The Orthopedic Specialists, North Chatt Cat, Snickers Marathon Bars – (thanks to Nancy DiVasto), PowerAde, Lookout Tomato & Banana, BlueCross BlueShield of Tennessee, and Out of the Blue Café & Kites.

Let me share with you some of my favorite spotlights from before and during the race.

Runner questions -

- “I have an online package for air fare and two nights hotel for \$330 – is that a good price?”
- “Do you know if you will be using paper or plastic cups?”
- “Is this a Boston Qualifier?” (2nd Most frequent)
- “I need to find a motel where I can walk to the start.”
- “Can I wear just one of my headphones?”
- “If I want to run 15 miles can I run the 10 miler and then keep going?”
- “When will you have a map of the course?” (Most frequent – answer: By race day.)

Race observations -

- Marathoners don't like steep hills at the end of a turnaround.
- Directional arrows, sentries, and other runners will not prevent at least one person from making a wrong turn at an intersection.
- Runners will not come early, 10 to 12 minutes is plenty of time to register day of race, use the portajohns change clothes and be to the start on time.
- Nice weather helps everyone's attitude.
- Peggy can make the normal fare look like a gourmet spread.
- Any course through the Battlefield is a great course.

Best post race comment -

“Good job – I'll be back!”



Chickamauga Battlefield Marathon – 2005

MALE AGE GROUP: 1 - 24

1	Tomas Kirstukas	2:57:01
2	Mark Schandel	3:05:15
3	Javier Cabra	3:28:15
4	John Uthlaut	3:41:36
5	Brenton Floyd	3:50:56
6	Joe McCormick	3:55:47
7	Joseph Moncrief	3:57:30
8	Nicholas Walburn	3:59:32
9	Stephen Bontekoe	4:09:12
10	John Wiygul	4:27:22
11	Seth Roberts	4:58:05
12	Justin Brown	5:14:52

FEMALE AGE GROUP: 1 - 24

1	Christina Akridge	4:06:12
2	Elizabeth Park	4:51:48
3	Natalie Lamb	4:55:07

MALE AGE GROUP: 25 - 29

1	Brett Addington	2:58:52
2	Jason Altman	3:03:28
3	Brian Hutto	3:11:56
4	Carl Zimmerman	3:13:54
5	Alejandro Pinedo	3:17:21
6	Rick Maehlman	3:19:35
7	Randy Doss	3:25:47
8	Richard Key	3:37:01
9	Aaron Priola	3:40:46
10	David Uthlaut	3:41:16
11	Dwayne Mincey	3:41:36
12	Forrest Walker	3:56:33
13	Philip Bennett	4:02:10
14	Bryce Eichelberger	4:30:32
15	Chad Howard	4:47:15

FEMALE AGE GROUP: 25 - 29

1	Gretchen Hammel	3:30:41
2	Tarrah Macbeth	3:33:30
3	Rebecca Cleaveland	3:45:39
4	Julie Ricker	3:50:35
5	Carol Mitchell	4:12:55
6	Melissa Swonger	4:14:37
7	Erin McGrath	4:42:48
8	Jennifer Hackett	4:47:15
9	Natalie Gaskill	4:50:28

MALE AGE GROUP: 30 - 34

1	Jonathan Geisheimer	2:59:58
2	Ross McCain	3:00:02
3	Jeffrey Hoffman	3:02:12
4	Robert Gustafson	3:04:47
5	Keith Mcabee	3:05:15
6	Taylor Gonsoulin	3:08:52
7	Bobby Norris	3:12:09
8	Josh Harper	3:18:36
9	Andy Hughes	3:32:15
10	David Zeisler	3:34:56
11	Jeff Gibson	3:39:41
12	Jonathan Hess	3:42:32
13	Curt Sims	3:44:46
14	Daniel Stephen	3:50:45
15	Chris Peringer	3:51:39
16	Adam Burnett	3:55:36
17	John Voltz	4:02:50
18	Christopher Mitchell	4:13:05
19	Rich Graham	4:14:05
20	Josh Fowler	4:19:20
21	Jason Harmon	4:31:12
22	Tim O'brien	4:40:04
23	Steven Miller	4:41:34
24	Brian Hoose	5:19:55
25	Philip Stewart	5:44:16

FEMALE AGE GROUP: 30 - 34

1	Kristina Guy	3:39:57
2	Nancy Divasto	3:40:49
3	Melissa Tymchuk	3:48:09
4	Jenna Carver	3:50:54
5	Lisa Logan	3:55:17
6	Kana Rahman	4:00:27
7	Lisa Barrett	4:01:06
8	Karen Hopkins	4:13:44
9	Erica Carpenter	4:14:05
10	Kim Fowler	4:19:49
11	Marina Doss	5:04:21

MALE AGE GROUP: 35 - 39

1	Brian Genter	3:10:24
2	Greg Hosier	3:15:47
3	Roger Tucker	3:18:18
4	Errol Josephs	3:18:45
5	Brian Reed	3:27:54
6	Clay Hudson	3:32:48
7	Marty Rubin	3:32:57
8	Dacid Richter	3:33:20
9	Steven Logsdon	3:34:18
10	Mark Hodgdon	3:36:30
11	Mark Evans	3:40:08
12	William Parrish	3:41:12
13	Aaron Mercer	3:42:26
14	Scotty Pope	3:47:52
15	Mark Young	3:48:39
16	Chris Wilds	3:49:04
17	Mitchell Belcher	3:50:09
18	James Boylan	3:52:18
19	Mark Kuhn	3:54:33
20	Patten Pettway	3:59:04
21	Shawn McIntire	4:08:01
22	David Todd	4:09:40
23	Doug Matthews	4:09:48
24	Chris Miles	4:09:49
25	Andy Koss	4:12:18
26	Chet Graham	4:14:02
27	S. Trent Rosenbloom	4:17:25
28	Greg Cabrera	4:17:33
29	Brad Sanford	4:19:50
30	Jerry Hoffe	4:20:07
31	Richard Fairey	4:20:42
32	Conrad Easley	4:22:16
33	Paul Bishop	4:23:54
34	Kelvin Stewart	4:29:38
35	Scott Grisar	4:31:06
36	Jack Medermott	4:31:41
37	Jeff Hirsh	4:37:27
38	Robert Hoffbauger	4:52:28
39	Douglas Mitchell	4:54:26
40	Philip Hicks	4:54:51
41	Neil Dobbs	5:27:07

FEMALE AGE GROUP: 40 - 44

1	Jan Whatley	3:47:57
2	Liz Hendershott	3:48:42
3	Mindy Solomon	3:50:33
4	Linda Spencer	3:52:54
5	Missi Johnson	3:53:09
6	Angela Hill	4:07:21
7	Connie Mills	4:17:24
8	Torill Nelson	4:24:46
9	Cathy West	4:26:36
10	Kim Holder	4:39:10
11	Rosana Lassing	4:41:10
12	Rachelle Nesgoda	4:44:59
13	Joy Newby	4:45:45
14	Sherilyn Johnson	4:53:01
15	Janine Davis	5:05:36
16	Kelly Kroll	5:19:03

FEMALE AGE GROUP: 45 - 49

1	Hugh Enicks	2:51:19
2	Bruce Bayliss	3:07:46
3	John O'brien	3:11:47
4	Steve Robinson	3:19:59
5	Randall Hancock	3:25:50
6	Bill Ensign	3:28:26
7	Sergio Ruiz-Cordova	3:30:37
8	Daniel Koob	3:33:49
9	Rick Levin	3:37:17
10	Jeff Stracener	3:39:04
11	Lee Whatley	3:39:56
12	Steve Rudy	3:41:51
13	Russ Johnson	3:44:45
14	Scott Manning	3:46:04
15	John Zemp	3:51:04
16	Joseph (jody) Alderm	3:51:21
17	Marco Cevallos	3:51:49
18	David Meek	3:54:58
19	Wayne Baker	3:55:24
20	Pat McCormick	3:59:41
21	Jonathan Hudson	4:00:00
22	John Barber	4:03:47
23	Ferdinand Mayila	4:07:32
24	Jim Pearce	4:12:28
25	Phillip Webster	4:13:05
26	Joe Bishop	4:18:32
27	David Warren	4:21:01
28	Larry Gipson	4:26:51
29	Daniel Nelson	4:32:35
30	Terry Hampton	4:37:08
31	Scott Moss	4:43:01
32	Mark Stevens	4:53:24
33	William Smith	4:58:00
34	Dewayne Stansell	4:59:55
35	Bill Brinson	5:07:36
36	James Shank	5:37:55
37	Timothy Few	5:48:16

FEMALE AGE GROUP: 35 - 39

1	Stacy Czerwinski	3:26:33
2	Dee Goodwin	3:28:06
3	Tonya Kilgore	3:37:47
4	Toni Rodd	3:47:26
5	Belinda Young	3:49:10
6	Nancy Dodson	3:49:54
7	Patty Burgess	3:51:16
8	Joyce Welch	4:04:32
9	Joanna Johnson	4:12:30
10	Michelle Schall	4:14:39
11	Sonya Reagor	4:20:20
12	Tara Murdock	4:25:29
13	Julie Moran	4:26:14
14	Maggie Shaw	4:30:40
15	Jennifer Shafer	4:31:36
16	Chris Orner	4:35:53
17	Jennifer Dreyer	4:36:16
18	Barbie Stewart	4:55:06
19	Jolee Carter	5:48:19

MALE AGE GROUP: 40 - 44

1	Joe Bowman	2:55:54
2	Kerry Hoover	3:07:06
3	Robby Callahan	3:11:10
4	Daniel Matle	3:18:03
5	Dan Clements	3:21:15
6	Clark Hultquist	3:25:57
7	Atsushi Kato	3:26:12
8	Douglas Cullem	3:27:58
9	Ted Fellman	3:28:42
10	Spencer Harris	3:34:28
11	Robert Rousseau	3:36:28
12	Michael Cypcar	3:50:02
13	Bob Misita	3:54:02
14	Marty Atherton	3:55:04
15	Ed Ferrell	3:56:23
16	Jeff Ledford	3:58:40
17	George Haggard	3:59:31
18	Gary Kerr	4:04:32
19	Richard Daniel	4:09:14
20	Howard Reagor	4:19:50
21	Paul Talbott	4:20:10
22	Greg Sankey	4:23:31

FEMALE AGE GROUP: 50 - 54

1	John Walker	3:19:11
2	Jerry Hutto	3:24:34
3	Tim Gross	3:28:45
4	John Ferguson	3:30:51
5	Michael Catalano	3:33:43
6	Robert Obst	3:36:07
7	William Hutton	3:38:48
8	Gene Goduco	3:43:01
9	Mike Martin	3:43:34
10	Gary Williams	3:48:10
11	Don Cleveland	3:48:18
12	Ken Diehl	3:54:01
13	Mark Ehrhard	3:58:41
14	Ken Howcroft	3:59:07
15	John Schelhas	4:07:46
16	Tom Moore	4:10:17
17	James Shoaf	4:14:31
18	John Spencer	4:20:43
19	Victor Butcher	4:20:55
20	Mark Higginbotham	4:26:56
21	Doug Bunge	4:29:22
22	Dennis Henderson	4:29:41
23	Ted Cin	4:30:31
24	Tim Brewton	4:31:15
25	Clifton Cartwright	4:31:41
26	John Hunt	4:34:18
27	Lamar Scott	4:43:31
28	Danny Howard	4:45:51
29	Patrick Ryan	5:18:38
30	Dale Allen	5:38:07

FEMALE AGE GROUP: 55 - 59

1	Caroline Troise	4:22:24
2	Debra Jacobs-Robins	4:45:29
3	Millie Katzen	5:29:05
4	Donna Loud	5:33:38
5	S Evans	5:36:35

MALE AGE GROUP: 55 - 59

1	Lynwood Wagner	3:19:46
2	Richard Westbrook	3:29:45
3	Tony Halfacre	3:30:07
4	Steve Chapman	3:35:17
5	Dale Garside	3:35:29
6	Steve Michael	3:39:24
7	Craig Kelly	3:39:50
8	Cliff Buck	3:47:26
9	Bruce Speth	3:50:42
10	Richard Bellock	3:55:28
11	Pat Hagan	4:01:52
12	John Fetner	4:08:53
13	Daniel Uhlenhoke	4:12:26
14	C. L. Dunn	4:12:47
15	Paul Walker	4:15:16
16	Timothy Davis	4:21:58
17	Dwayne Burnett	4:26:03
18	Al Burchett	4:28:47
19	Bram O'steen	4:30:02
20	Michael Parham	4:35:50
21	Michael Maney	4:40:12
22	Tom Kobierski	5:10:28
23	Dave Thompson	5:16:09
24	Henry Rueden	5:46:10

FEMALE AGE GROUP: 60 - 69

1	Ruth Ripley	4:23:23
2	Lan Repinski	4:34:24
3	Phyllis Sizemore	5:36:37

MALE AGE GROUP: 60 - 69

1	Jim Duguay	3:28:00
2	Sergio Bianchini	3:38:06
3	Dwight Mepherston	4:01:52
4	Richard Vogt	4:18:57
5	Dick Allen	4:22:40
6	James Sorrells	4:30:39
7	Phil Little	4:42:37
8	Larry Hudgins	4:45:29
9	Jay Seashore	5:04:41
10	Kimo Kelly	5:21:00
11	Charles Cutting	5:35:15
12	Art Robinson	5:53:50

FEMALE AGE GROUP: 60 - 99

1	Bonnie Wasson	5:15:16
---	---------------	---------

Chickamauga Battlefield 10 Mile Race – 2005

MALE AGE GROUP: 1 - 24

1	Caleb Morgan	1:01:34
2	Brian Kjeldgaard	1:09:19
3	Kyle Walker	1:11:18
4	Zachary Butler	1:12:38
5	Wood Brownlow	1:20:19
6	Wesley Easter	1:22:58
7	Alex Paulino	1:29:19
8	Max Chapman	1:35:01

FEMALE AGE GROUP: 1 - 24

1	Lora Liu	1:22:57
2	Katherine Hopkins	1:27:57
3	Kelly Hoskins	1:38:35
4	Kristin Leffew	1:39:12
5	Anna Casey	1:40:18
6	Taylor Bell	1:41:53
7	Bridget Sternisha	1:45:26
8	Andriena Rosati	2:17:51

MALE AGE GROUP: 25 - 29

1	Troy Ketchum	1:05:20
2	Robert Greene	1:15:50
3	Jeff Poteralski	1:20:36
4	Chad Ridner	1:23:40
5	Brad Santanna	1:31:17
6	Derik Kruse	1:31:18
7	Parker Thornburg	1:31:18
8	Brandon Lockhart	1:42:06

FEMALE AGE GROUP: 25 - 29

1	Stacy Guess	1:16:50
2	Meghan Arant	1:23:18
3	Katherine Orendorff	1:25:12
4	Kathy Perrin	1:26:57
5	Jane Silva	1:30:11
6	Dana Mincey	1:34:20
7	Kristy Altman	1:37:16
8	Anita Jones	1:41:42
9	Lisa Bennett	1:44:36
10	April Costner	2:33:59

MALE AGE GROUP: 30 - 34

1	Chris Wilson	1:01:18
2	Daniel Heyes	1:05:42
3	Ranford Harris	1:06:21
4	Matthew Kent	1:06:23
5	Mack Stillwagon	1:08:47
6	Patrick Mccolgan	1:14:22
7	Brandon Beightol	1:14:29
8	John Footz	1:14:34
9	Trey Campbell	1:23:11
10	Rick Womack	1:23:49
11	Tim Taylor	1:23:52
12	Scott Rice	1:24:32
13	Chapman Womack	1:31:19
14	Terry Higgins	2:13:24
15	David Meece	2:34:07

FEMALE AGE GROUP: 30 - 34

1	Dreama Campbell	1:20:53
2	Amy Oliver	1:23:11
3	Rebecca Shearer	1:28:00
4	Emily Elwyn	1:36:12
5	Merrie Hughes	1:37:11
6	Louisa Hurst	1:39:09
7	Kristy Lockhart	1:42:06
8	Amy Hildreath	1:44:36
9	Wendy Miller	1:55:09
10	Tracy Hoose	2:01:23
11	Tara Beightol	2:04:29

MALE AGE GROUP: 35 - 39

1	John Stein	1:02:51
2	Sean Pfister	1:05:26
3	Donald Witsell	1:06:01
4	James Williams	1:07:20
5	Marc Erickson	1:09:38
6	Les Conner	1:12:59
7	Christopher Macdonal	1:16:35
8	David Maguirk	1:18:53
9	Shawn Reynolds	1:18:59
10	Ryan Taylor	1:24:26
11	Geoff Rodgers	1:25:51
12	Scott Parker	1:28:04
13	Robert Estoye	1:28:04

14	James Blevins	1:28:36
15	Tim Ridley	1:28:41
16	Dexton Woods	1:33:51
17	Sean Fuller	1:38:44
18	Jon Metzger	1:47:20

FEMALE AGE GROUP: 35 - 39

1	Sandra Murphy	1:14:32
2	Joan Vos	1:16:53
3	Anna Morgan	1:20:20
4	Theresa Reed	1:28:28
5	Alicia Milner	1:28:40
6	Donna Henry	1:30:39
7	Mary Nora Ford-Johns	1:30:57
8	Kristy Mara	1:31:49
9	Melanie Woods	1:33:50
10	Trisha Turner	1:34:45
11	Kerry Bowry	1:36:08
12	Michelle O'neil	1:36:12
13	Vanessa Hammond	1:37:08
14	Dee Dee Wamsley	1:39:10
15	Aswhhley Remko	1:42:09
16	Lesley Bostain	1:42:57
17	Alpa Ryan	1:45:11
18	Lisa Jones	1:46:38
19	Marcia Curtis	1:49:13
20	Grace Stephen	1:51:24

MALE AGE GROUP: 40 - 44

1	Tom Knopp	1:08:41
2	Herbert Krabel	1:09:24
3	James Zahn	1:09:34
4	Mark Hickey	1:09:45
5	Alan Vickers	1:10:32
6	Joseph Sternisha	1:16:18
7	Brian Crooks	1:17:03
8	Randy Davis	1:17:44
9	Greg Sudholt	1:18:35
10	John Gray	1:20:27
11	Harlan Archer	1:20:40
12	Peter Wilson	1:21:40
13	William Murphy	1:22:48
14	Steve Tait	1:26:26
15	Bruce Mccall	1:27:10
16	David Milner	1:28:38
17	Alton Danielson	1:29:56
18	Keith Uselton	1:31:14
19	Russell Curtis	1:35:35

FEMALE AGE GROUP: 40 - 44

1	Karen Johnson	1:20:35
2	Janice Carnett	1:20:55
3	Laura Hodges	1:21:57
4	Karen Vitko	1:22:19
5	Leslie Concannon	1:22:38
6	Lori Arcker	1:27:08
7	Maryann Walls	1:39:28
8	Liz Davenport	1:41:43
9	Merrile Stroud	1:41:51
10	Kristin Davenport	1:41:57
11	Kim Griswold	1:44:30
12	Penelope Uselton	1:57:59
13	Kim Ford	1:59:16
14	Melodye Zahn	2:02:01

MALE AGE GROUP: 45 - 49

1	Paul Harwart	1:09:36
2	Jimmy Murdock	1:13:36
3	John Newland	1:15:28
4	Jon Huebschman	1:19:14
5	Richard Meek	1:24:52
6	Stephen Hendersott	1:26:11
7	Brad Townsend	1:28:50
8	Doug Farver	1:29:47
9	Vincent Viscomi	1:37:54
10	Christopher Viscomi	1:37:55
11	David Mcglathlin	2:33:58

FEMALE AGE GROUP: 45 - 49

1	Beth Rice	1:18:45
2	Linda Webber	1:25:32
3	Cindy Smith	1:26:38
4	Kathy Hubbuch	1:26:51
5	Ana Bailie	1:29:21
6	Sheila Sternisha	1:30:08
7	Sheila Guess	1:30:20

8	Linda Andreae	1:31:49
9	Teresa Manresa	1:36:10
10	Angela Ritchie	1:38:10
11	Susan Gallo	1:40:24
12	Clara Mitchell	1:41:33
13	Andrea Crouch	1:41:43
14	Lianne Griffin	1:57:45
15	Mary Puhl	1:58:00
16	Maura Tonguet	2:24:11
17	Elizabeth Williams	2:31:23

MALE AGE GROUP: 50 - 54

1	Buddy Rabun	1:12:16
2	Chris Sentell	1:14:09
3	Tom Gray	1:16:53
4	David Presley	1:19:02
5	Roger Hutto	1:22:21
6	Randy Wood	1:22:34
7	Carter Lynch	1:26:14
8	Flash Cunningham	1:26:21
9	William Smith	1:26:31
10	Arney Guess	1:28:37
11	Mike Naugher	1:32:04
12	Daniel Mccullough	1:35:15
13	Paul Moore	1:35:21
14	David Jackson	1:41:08
15	Thomas Lawson	1:52:30

FEMALE AGE GROUP: 50 - 54

1	Sally Evender	1:14:37
2	Genie Vidal	1:24:43
3	Jackie Myers	1:32:32
4	Judy Gray	1:33:27
5	Deborah Campbell	1:34:52
6	Carol Harpe	1:35:24
7	Lenora Pou	1:37:26
8	Kitty Halfacre	1:38:59
9	Ann Machell	1:45:45

10	Patti Paulino	1:50:19
11	Cynthia Christen	1:50:27
12	Rebecca Mcglathlin	1:55:56
13	Donna Rosati	2:03:59

MALE AGE GROUP: 55 - 59

1	Steve Marshall	1:15:14
2	Atrys Kittles	1:28:49
3	Bob Cutrer	1:31:42
4	Jim Hamblen	1:31:53
5	Paul Conn	1:37:48

FEMALE AGE GROUP: 55 - 59

1	Sue Anne Brown	1:27:34
2	Fran Ehrhard	1:38:27
3	Patricia Cory	1:43:19
4	Debbie Williams	1:51:40

MALE AGE GROUP: 60 - 99

1	Doyle Thomas	1:14:25
2	Ronnie Bryson	1:17:34
3	Michael Marshall	1:19:46
4	Ray Hagan	1:20:05
5	Ted Hegebarth	1:24:46
6	Tom Cory	1:27:13
7	Walter Sinor	1:27:29
8	Richard Biggs	1:33:36
9	Earl Sizemore	1:35:21
10	Jack Monnig	1:47:24
11	Jim O'brien	1:56:42
12	Bill Allen	2:23:37

FEMALE AGE GROUP: 60 - 99

1	Liz Benton	1:29:27
---	------------	---------

Julie's
FRAMING
AND GALLERY

Specializing In Distinctive Custom Framing Since 1976

**2120 Northpoint Blvd.
Hixson, TN**

One block from Northgate
behind Captain D's

(423) 875-5555



Signal Mountain Pie Run 2005

2005 was another fine year for a pie run. For something like the 28th time, runners gathered on a fine October morning at the Signal Mountain Middle School for a morning jaunt along the East Brow. The fall colors were running a bit behind, and both Volunteer and Alabama fans had great expectations for their football teams. As it turned out, for the fourth consecutive year, the number of runners increased, while each running family that stayed around for the awards received a freshly baked apple pie. Race directors ended up with several pies, hampering their fall race times.

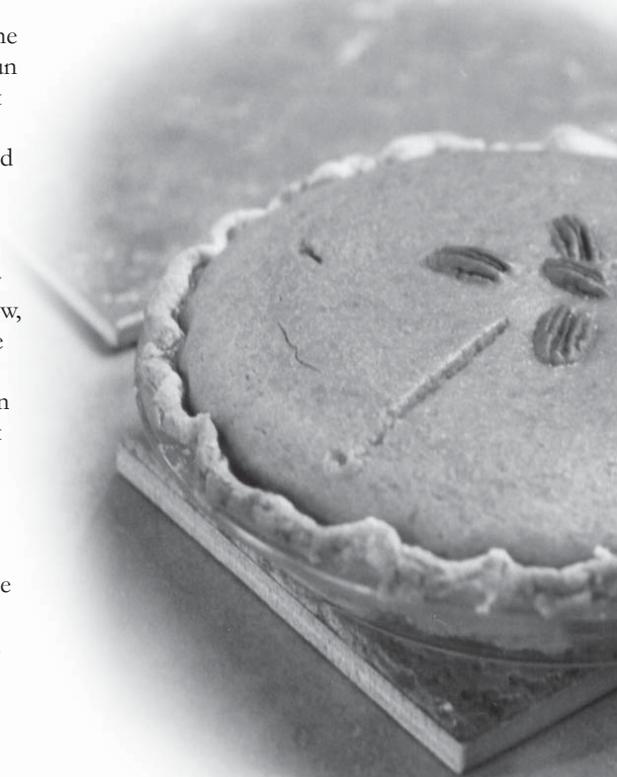
Davis & Hoss were able to pay off the three runners that most accurately predicted their race times prior to running the 10k course. Note that only the first mile was marked and no one was allowed to participate in the prediction run that was wearing a timing device. It turns out its not a bad resale market, as there were a number of watches and GPS units confiscated at the beginning of the race.

The results of the prediction contest reconfirmed that many runners actually know how fast they run. For the second year in a row, the winner of the contest predicted their time on the mark. Robert Gustafson nailed his 40:00 prediction, while Stacy Guess and Kevin Croft were both less than 5 seconds off. Not bad for a hilly course.

Fast runners out there too. Geno Phillips covered the course in less than 35 minutes while Jan Gautier defended her favorite course by running under 42. Kevin Croft is gaining strength and finished second overall in 36:48.

Unfortunately, veteran pie runner and potential third place finisher Joe Sneed ran a few extra miles after missing a turn with less than a mile to go. Thankfully, Joe returned to the finish line safely and went home with smiles and a pie. Stacy Guess was also the second overall woman followed closely by Nancy Divasto around 45 minutes. After the run, racers were able to enjoy tasty treats from Coca-Cola and The Bread Basket and talk about the beautiful day and the barking dogs.

Yes, it was quite a day. Many runners returned this year for the casual atmosphere and the fun day. We hope to see you next year for our fun, low key run.



1	Geno Phillips	34:58:00
2	Kevin Croft	36:48:00
3	Kerry Hoover	39:25:00
4	Robert Gustafson	40:01:00
5	Don Gregg	40:37:00
6	Jim Farmer	41:07:00
7	Jan Gautier	41:30:00
8	Tom Knepp	41:57:00
9	Brad Harvey	42:23:00
10	Zach Cowart	42:39:00
11	Joey Howe	42:45:00
12	John Harrison	43:15:00
13	Christopher Stuart	43:25:00
14	Greg Arwood	43:32:00
15	Rick Rogers	43:39:00
16	Sergio Bianchini	44:16:00
17	Steve Rogers	44:20:00
18	Danny Gill	44:23:00
19	Curt Sims	44:35:00
20	Les Conner	44:38:00
21	Robert Hudson	44:38:00
22	Stacy Guess	44:42:00
23	Patrick Apfeld	45:01:00
24	Nancy Divasto	45:11:00
25	Jimmy Mcginness	45:19:00
26	David Meek	45:41:00
27	Tommy Hobbs	45:54:00
28	Van Buncia	45:57:00
29	Lisa Barrett	46:00:00
30	Doug Torrance	46:21:00
31	Jay Gill	46:32:00
32	Tyler Keys	46:43:00
33	Bill Gross	47:11:00
34	Nelson Bowers	47:14:00
35	Joan Vos	47:20:00
36	John Holden	47:24:00
37	Natalie Sims	47:44:00
38	David Moghani	48:10:00
39	Dave Richter	48:54:00
40	Kristina Guy	49:15:00
41	Catherine Griffin	49:20:00
42	Dennis Henderson	49:28:00
43	Eric Mclemore	49:40:00
44	Brian Crooks	49:56:00
45	Nancy Dodson	50:00:00
46	Gary Kobet	50:00:00
47	Flash Cunningham	50:01:00
48	Terry Bailely	50:03:00
49	Jon Huebshman	50:03:00
50	Andrew Ruffner	50:03:00
51	Dreama Campbell	50:06:00
52	Meredith Ruffner	50:09:00
53	Michael Leary	50:34:00
54	Pamela Bishop	50:44:00
55	Pamela Bishop	50:54:00
56	Rick Bishop	50:56:00
57	Pat Hagan	50:58:00
58	Missi Johnson	51:02:00
59	John Hunt	51:13:00
60	Rob Schwenk	51:44:00
61	Meghan Arant	51:46:00
62	Heather Anderson	52:04:00
63	Sara Deyoung	52:07:00
64	Eunice Campbell	52:51:00
65	Joe Cotter	52:55:00
66	Beth Gross	52:56:00
67	Ryan Taylor	53:41:00
68	Ricky Park	53:42:00
69	Sherilyn Johnson	53:51:00
70	Nyhl Austin	53:54:00
71	Amy Mullens	53:57:00
72	Rebecca Shearer	54:00:00
73	Walter Sinor	54:02:00
74	Melodie Thompson	54:07:00
75	Sharon Armour	54:39:00
76	Ellen Manzari	54:53:00
77	Arney Guess	55:31:00
78	Sherland Guess	55:32:00
79	Mike Danbner	55:40:00
80	Sue Anne Brown	55:59:00
81	Craig Gagliardi	56:18:00
82	Todd Gaddis	56:40:00
83	Joe Sneed*	56:44:00
	* Third Fastest Runner, but ran a few extra miles today.	
84	Natalie King	57:42:00
85	David King	57:43:00
86	Jim Selman	57:55:00
87	Jim Hamblen	58:45:00

How I Got A Turn In A Road Race Named After Me!

By Edwina Cohen

*Lee,
You had a good race Sat. regardless of the fact that I have the inability not to get lost. I could bore you with my serious injuries, and reminisce about the past when I was twice as fast, but I won't.*

The scenery was beautiful, except for the dead possum in the road that I keep thinking about.

My friends had a good laugh about "me getting lost"—I could say that I am well known for that. At the time it wasn't so funny—being exhausted wondering if I would still be running around in neighborhoods at midnight .

Now it is fun for me and a nice feeling after a few aspirin to think about the encouraging runners along the way. One said that—I was famous—if only I had asked him WHY?? Various men on bikes said they would try to find the school, and tell you that I was lost.

I said—"they know."

A man doing his morning exercise in the front yard offered me a ride to the school. I said "no thanks , I feel fine (ba-ba)." A few others offered me rides, and one man said that he would sell his bike "cheap" to me. I learned my lesson—put money in my running shorts.

So I met a lot of nice people. Also, I am flattered that I am the first person to get lost at the first turn in your race. That is almost an honor.

Last, but not least—the pie is delicious!! Two of my friends have asked several times when can they have "a piece of the pie." I'll use some discipline and save a few slices just for them. They are not runners so are in awe of my GUTS and endurance.

Also, last but not least, it was wonderful to see your smiling faces, the school, and my van! I felt as though I had been in the desert, and just discovered water.

*You, Bill, Sharon, every one didn't have to wait. It is a shame that I waited 20 years to do this race. Runners are great!
Sincerely,
Edwina*

Jogging My Memory

By Rita Fanning

When Connie Hall asked me to write a "Jogging My Memory" article for *Jogging Around*, my first thought was that I can't do that, I haven't been running long enough.. Abner Oldham wrote a "Jogging My Memory" article a couple of months ago, and he wrote about running in the 60's. I didn't start running until 1978 and didn't join the Chattanooga Track Club until 1982. The more I thought about it though, the more I realized that I've probably been running as long as or longer than most people in the club, so here goes the article.

I started running when I was 29 years old (so you don't have to figure it out – I'm 56 now). I looked in the mirror one day and thought "you will be 30 next year, and you are starting to get flabby". I was a couch potato, ate fried food, smoked cigarettes and wasn't a particularly happy person. That evening I put on my high top Converse All-Star tennis shoes (that I wore to play volleyball in high school), the only athletic type shoes I had, and went out for a run. I made it past two houses, then had to walk. I tried again after catching my breath and made it by the next two houses and so on.

That short little run changed my life – completely. I quit smoking. I started eating healthier food. I bought some expensive (\$35) Brooks waffle sole running shoes at the Athletic Attic in Eastgate. When I finally worked up to running a mile without walking, I was elated. (I had never been able to run around the track even one time in high school without having to stop and walk.) I started firming up the flab. My whole disposition changed. I started going to races (never won anything, I'm a back of the packer). I met some great people. With encouragement from my new friends, I joined the Chattanooga Track Club.

Memories of my first few years in the track club are more about socialization than running. Back in those days the newsletter was put together by club members. People would "type" articles and results and mail them to the editor. (No PC's, no email, no fax.) The editor would gather the articles and results and take them to Chris Murphy at Bee Line Printing in East Ridge where everything was copied on large pieces of paper. Then the fun began. A bunch of us would gather once a month at someone's house to assemble the newsletter. We talked while we collated, folded, stapled and labeled. We took several beverage and munchie breaks. Every four weeks we had a newsletter party. Later the party moved from members' houses to the Sports Barn downtown.

There weren't nearly as many races in Chattanooga in those days, so groups of us would get together and go to some of the bigger races out of town. It seemed like there were as many people from Chattanooga running Cotton Row as there were people from Huntsville where it was held. Most of the road trips were for longer distance races, and since I was a slow lousy runner I didn't even run those. I went

along for the "fun". On one of those trips, I think it was at Fall Creek Falls, I was asked to help with the results because a volunteer didn't show up. I found that volunteering was fun too.

There were some great local races back then as well. My first race in 1980 was the 2-mile of the Heart Run that finished on McCallie's track. Missionary Ridge always had the most participants. There were over 1000 people the first year I ran it. One reason it may have been so popular could have been the running shorts and singlets every participant received from Wendy's, the race sponsor. There was a run on Lookout Mtn. at Rock City. I'll never forget running the Chattanooga Chase for the first time and "trying" to run up Minnehakda. I enjoyed the 5K at the Chickamauga Chase. My favorite race of all time though was the 10K that started at UTC and finished at Eastgate Mall. It was great fun running through the tunnel under Missionary Ridge.

I remember fun quarterly socials, I mean meetings, at the Home Plate Cafeteria or Shapiros, summer picnics on the lake, running camp and Camp Ocoee, and going to the Lookouts games. Then there were the impromptu meetings. Someone would call to say we were meeting at some restaurant or another. We'd all show up, eat, drink, and talk about the next race, a training run, or our current injury. My memories of the track club in the early 80's are so special because of some great people like Pat Hagan, Frank Machuga, Bill Pollard, Ellie Smith (Money), Wally Robinson, John Hunt, T. A. and Jeannie Keys, Abner Oldham, Phil and Debbie Gates, Dedbbie Stallings, Tony Arnold, Jeff Stracener, Bill Bowman, and Barbara Price and her group of great guy friends, B. J. Millholland, David Justice, Don Welch, Larry Alexander, and Brian Turner.

Running really did completely change my life. At a CTC party at the Sandbar (now Boathouse) the week before the Stroh's Run For Liberty in 1985, I met my husband, Leroy. Frank Machuga introduced us. It is hard to believe that was 20 years ago. During those years I have been pretty active with the Chattanooga Track Club serving as secretary under then president, Pat Hagan. I took over as treasurer one year when the treasurer had to resign. I was vice-president under then president, Gene Pinder. I was CTC president for 3 years in the early 90's. I was equipment coordinator for a couple of years. I was co-editor of *Jogging Around* with Ellie Smith (Money). I was past president under then president, George Skonberg. I served on the board for several years. I've been race director for Chattanooga's Dam Triathlon, the half-marathon, Riverbend Run, and Race For The Cure.

I've spent all these hours, days, months and years running or helping with running events – and all because in 1978 I was 29 years old and getting flabby.

Fastest of the Fast Blaze the StumpJump

By Mike Owens

A cool, crisp morning and a new start/finish greeted runners at the 4th running of the Cumberland Trail StumpJump 50K/11 miler. Temperatures in the 50's greeted runners from Hawaii, Colorado, New York and points in between.

The StumpJump continues to attract new runners from far and near. This year veteran StumpJumpers found the start/finish area relocated to Nolan Elementary School giving runners much better facilities as well as a place to wait for the race to begin had we been greeted that morning with the rainy weather of the previous year. Relocation of the start/finish necessitated a course change but the distance stayed the same.

Some of the frontrunners went off "course" just a little but made up their error and still broke last year's course record. The first few miles have many side trails intersecting the course and despite our best efforts at trail marking, the fastest of the fast blazed right through and added a few miles to their journey. Quick actions by our volunteers had the runners back on course.

If not for his added miles, first-timer and first place winner, Bryan Dayton could easily have broken four hours, instead 4:01:17 will be the new course record for the 50K. Last year's winner Josh Beckham was runner up in 4:09:38, easily beating his record by 10 minutes. These two battled recently in the 50K National Championship in California and again proved to be the fastest of the fast at the StumpJump. Bryan was raised in nearby Tullahoma and Josh, a graduate student at Vanderbilt, had nothing but praise for the course. Bryan stated, "It was the most technical course I have run." He went on to say, "I really had to concentrate and pay attention to every step."

Jeff Edmonds, John Anderson and Andy Anderson came in together for 3rd place with almost identical 4:22 times. New York runner Christophe Lanaud was sixth in 4:27 and "first local" in seventh was Tom Sell at 4:43.

Lisa Ledet came from Boulder, Colorado to take the 14th overall and 1st place female finisher with a time of 5:26. Florissant,

Missouri's Becky Leaky took 2nd place with 5:28 followed by "locals" Avril Copeland's 5:37 (Nashville) and Sally Brooking (Marietta, GA) with 5:51. Rebecca Anderson and Tara Crowley in at 6:11 rounded out the Colorado contingent. Kathleen Daumer from Knoxville, Tennessee followed in seventh with a fine 6:19. She just recently finished third in the female division at the Vermont 100 in July.

Other notable mentions were Steve Cipelle, 68 from Florence, Alabama 7:58 along with Florin Panaitescu 6:09 from Romania through Bluffton, S.C. and Robert Culp 7:25 from Honolulu, Hawaii.

The 11-miler continues to welcome unsuspecting runners each year despite its tough sections which take runners along some easy trails for the first four miles and then plunges them down into Suck Creek gorge and out the other side to the turnaround. Geno Phillips 1:08 and Courtney Watkins 1:23 negotiated the twists and turns, ups and downs to win their respective divisions.

This article would not be complete without offering a special thanks to all of our volunteers and sponsors that make the StumpJump possible. Rock Creek Outfitters provided a free carbo meal for the runners Friday evening and other sponsors contributed awards and prizes. As usual all registered runners were given a synthetic race shirt from Marmot along with a special drop bag from The North Face stuffed with additional goodies. Runners were treated to an assortment of post-race snacks, pizza and drinks at the finish line. Volunteer workers again gave their Saturday to man five well-stocked aid stations and encourage runners on their way. Thanks to the folks at the Cumberland Trail Conference and Jim Lane, Tennessee park ranger, the trail was in excellent shape. The Cumberland Trail offered the runners spectacular views of the Tennessee River Gorge, if they dared look away from the trail. With names like Mushroom Rock, Suck Creek Gorge, Indian Rock House and Snooper's Rock, is it any wonder that people come each year to sample our beautiful, rugged 50K trail. We can truly boast that this is "Tennessee's toughest 50K trail run." See you next October 7th!



The Truth about the Cumberland Trail StumpJump 50K

By Big Red Robinson

The Stump Jump is one of the easiest 50K's in the East.

There's really not much climbing—the total is only about 2200'.

Aside from a couple of little rocky patches, the trail is smooth and non-technical. It's a much easier course than Mountain Mist.

Oh yes, and possums are purple, have fairy wings, and fly South for the Winter.

'Well, this is a pretty nasty hill, early in the race, but it must be one of very few, since there's only about 2000 feet of climbing. I guess I'll push it while I can.'

The course began as asphalt and stayed that way for a half-mile or so. I charged ahead to take the lead shortly after the gun and maintained this position for several tens of yards. It was quite satisfying. I felt like the real Big Red. There was a short fella and a fella with a big tattoo on one leg at the front. I ogled them from behind before overtaking them in my one show of strength for the day. I knew the short fella was going to be strong, because the tattooed fella called him Josh. The tattooed fella, though larger and bit rougher, I knew would be swift, because of the tattoos. (You see, this inking contains a not so coded message, regardless of the graphical details: 'I'm real fast and I torture ALL of the hills.' Most of my competent ultra friends have these markings. I, alas, have nothing remarkable on my peel aside from a few hairy moles.) Later, my friend Stephen, who also has no tattoos, would explain to me that this kid was none other than Bryan Dayton, training partner of Dave Mackey, destroyer of 50K fields. Stephen also explained that Bryan was at Stump Jump because his parents live in the South, not far from Signal Mountain, in Tullahoma, Tennessee. 'He's probably a nice guy with a good upbringing,' I reflected.

My strategy was to go out hard then settle into my true place in the universe within that No Man's Land, that Void, between the leaders and the masses. Hard indeed. After six or seven miles of brutally rocky, wildly ragged, Cumberland style punishment, I really thought I might DNF. 'This is gonna require anywhere from 1.5 to 2.0 liters of Coca-Cola to pull off,' I thought to myself. 'Pretty soon I'm gonna start gettin passed like a Sunday driver. The Tennessee River Gorge sure is pretty today.' I was quite miserable, but in the end, I learned that I was in a lot better endurance shape than I thought, as I was able to continue making myself miserable for the next four hours. I could do nothing with the bigger climbs but walk fast and shuffle intermittently but I managed to blaze the downs and the very rare flats hard enough to maintain my self-respect.

At mile six or seven, the leader (intimidatingly tattooed Bryan) comes up behind me and passes me! Holy! 'How far ahead are they?' 'Around ten minutes I would guess.' Later I would learn that a whole lot of folks took a wrong turn early in the race and accumulated a few bonus miles in the process. This could partially explain why no one passed me in the race. Bryan, despite having lost ten, fifteen minutes went on to win in a course record time of, get this, 4:01. When he passed me this second time, I noticed how colorful and elaborate the picture on his leg really was.

A massive boulder perched on a delicate column. The shattered remains of an old plateau, crust of an ocean bottom, sliding away over eons. The gaping maw opening up to catch me on its loamy palate, to chew on me with its granite teeth. I'm tossed up and down on phantasmagoric earth waves, splattered over a field of smooth, ancient stones, thrown down the devil's staircase. I hear no footsteps behind me. I catch two men, uniformed in black, in a mossy gulch. 'Where do you come from?' I came from Rocket City, but I was born in the valley below at Memorial Hospital. Cool. I pass over a familiar road again. A man at an aid station notes, 'It says here Big Robinson for runner number 90.' 'I'm an egotist and I'm sparing a more accomplished athlete from having his reputation intertwined with mine.' Tripwires snatch at my size 14 Orizabas. Fear of the two men in black pulls me up a nauseating, climb to the last aid station. I slam four Coca-Colas, for the sixth and last time. A young kid wearing green appears before me, swaggering, tank absolutely empty. 'C'mon, kid, let's go!! I know you got somethin' left.' I hit asphalt again, flying, all out. I see the clock at the finish line at the top of the last, small hill. 5:01. My chest heaves and embarrassingly loud grunts issue forth. I might have said a cuss word, but I don't think it came out fully-formed. Shoulda broken five. Coincidences reach up from the past to weigh on my used up mind.

As confirmed by another runner's altimeter watch, the climb is much more than 2200'. More like 3500'. With the extra upsy-downsies that the organizers missed with their GPS mappings, they also probably missed a little horizontal distance.

The Truth is that the Stump Jump is a formidable eastern 50K (especially if you approach it with the mindset that it'll be easy) with a lot of technical running. It's at least as difficult as Mountain Mist, if not more, and it should be measured in units of Horton miles. That is The Truth.

More importantly, the Stump Jump is a beautiful course in an unusual geological setting. I had outrageous fun. The aid stations are wonderful and staffed by extremely helpful and friendly people who understand the importance of Coca-Cola. The goodie bag was totally on, with two pairs of technical wool trail socks, a North Face drop bag, a Marmot tech-T, and the latest Trail Runner. Saves me at least two shopping trips. Thank you. I'll see you again next fall.

Six Hillbillies Go To Chicago

By Melodie Thompson

On Friday, October 7, 2006, six of us from the Chattanooga Track Club converged upon the unsuspecting metropolis called Chicago. The Hillbilly Gang met up at the Nashville Airport, Phil Thomas (aka Bart the Bullfrog), Bruce Richie, Cindy Smith, Brodie Smith, Ashley Williams, and moi. We took mega photos and had a smooth flight to the land of Chicago. Living up to its reputation of spitting rain and being windy we converged upon the city. First thing up was a nap; we took the cheap seats in and had to take a nap. Next stop was the Expo; we were there about 4 hours. The highlight of the expo for me was seeing my idol, Deena Kastor; she was autographing the Chicago Marathon posters. The line was out the Yazoo, so we headed on back to the hotel. Then we had to eat, our dinner spot was Giordano's Chicago-style deep dish pizza for our dinner. We checked out the city a bit and had an early evening to bed.

Saturday, we visited the Sears Tower and went to mega-superstore of Nike Town. It was madness from the get-go. After all of the shopping we could take, we went back to the hotel. We decided the hotel would offer us the least amount of resistance, so we had our pasta dinner there around 6:00 pm. We got all of our clothes ready for the next day's run and headed off to bed.

Sunday, the marathon, we all got up around 5:30 am and did our morning rituals prior to the run and headed down to the start line, about .25 from the start line. It was insanity with 40,000 runners there. We were way in the back by the 5:30 hour pace group. The

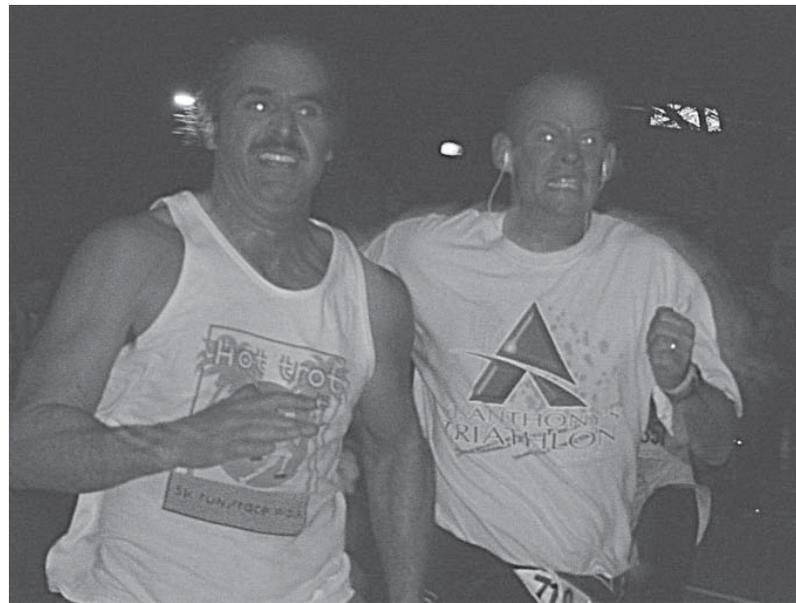
entire race was spent trying to move forward busting through the sea of humanity. It started out overcast, not too breezy, and then was perfectly beautiful for the rest of the race. Cindy had been very ill all week, but she toed-up to the line like a real woman to do the marathon. The section through China Town with the dragon dancers was my favorite part of the race. My second favorite part of the race was the beer truck at the end of the race. I think that was Bruce and Cindy's favorite part too. We all finished none worse for the wear and met up with John Hunt to eat dinner at a local pub. Getting past the walkers and slower runners was a lot of work we all agreed and we were all happy to finish and have that one behind us. This would be a good marathon one-time, but I prefer the lower-key races under 10,000 people. Chicago is a great city and it was a great race. It has wonderful crowd support as well. Now to wash my shoes and get all that Gatorade off of them...I keep sticking to the floor.



The Karen Lawrence Run

By Pam Humphries

This New Year's Eve will mark the 27th Annual Karen Lawrence Run for St. Jude. The 2-mile fun run/walk and 4-mile run is being held in memory of Karen Lawrence, who was treated as a patient at St. Jude Children's Research Hospital. Karen began her battle with leukemia in May, 1978, and despite her treatment's initial success, she lost her battle in March, 1980 at age 11. Even at such a young age, Karen was determined to raise money for the Hospital and developed an idea for a charitable run in Chattanooga. She was even able to fire the shot to start the first run in 1979. The Lawrence family continues to honor Karen and her love for St. Jude through the annual run and was able to raise \$20,000 last year alone! Because of fund raising events like this one, St. Jude has seen childhood cancer survival rates soar from 40% in 1979 to 85% today! Registration for the event will start at 5:00pm, December 31st at the Sports Barn downtown, which will also serve as the run's start and finish. The 2-mile event starts at 6:30pm and the 4-mile event starts at 7:00pm. Besides a great workout, runners will also enjoy entertainment by accomplished pianist and performer Tim Veazy, food, door prizes, and, of course, the opportunity to help the kids of St. Jude.



Election Social at Porker's BBQ

By Melodie Thompson

This year on November 1, 2005, the Chattanooga Track Club held their annual elections. We had approximately 50 people in attendance. We had a wide variety of members in attendance for the soiree for the dinner and election. The BBQ was good as well as the company. Bill gave insight into the direction we are looking for in the future for our club. All present and new officers stood up and introduced themselves to those in attendance.

The following were elected for the 2006 year:

President-Donna Dravland
 Pres. Elect-Melodie Thompson
 Past President-Bill Brock
 VP Communications-John Hunt
 Treasurer-Dan Bailey
 Secretary-James Dravland
 **VP Races-not filled

Directors
 2nd Year of a Two-Year Term
 George Skonberg
 Jared Chastain
 Cindy Smith

Directors
 1st Year of a Two-Year Term
 Tara Murdock
 Beth Simon
 Kristina Guy
 Phillip Stewart
 James Williams
 Robert Gustafson

If you would like to serve as the VP of Races, please contact any present Chattanooga Track Club board member.

We appreciate everyone who attended the social/election; and we look forward to serving all Chattanooga Track Club members in the coming year.



Life Is An Adventure Race

By Jim Farmer

It's been a few months since I've put pen to paper. Actually, I'm a computer jockey so, other than the occasional Post-It note, pen to paper is a rare occurrence, but I'm getting off subject again and I haven't even started yet. The first half of my adventure racing calendar was chock full of 24-plus hour adventure races with a couple of sprints (read as 12 hours or below) thrown in for good measure. Once the heat of summer hits though, the full-day and multi-day affairs tend to dry up and the shorter races hold sway until the longer races come back again in the fall. This is the adventure racing cycle of life in the Southeast.

Team Explorer had three 12-hour races slated for the summer. The Ocmulgee Adventure Race, in Macon, Georgia, would start things off in late July followed by the Midnight Rush AR in Dawsonville, Georgia, the following weekend. A few weeks later we would head over to middle Tennessee for the Fall Creek Falls Adventure Race put on by the folks at River Sports Outfitters. Due to conflicting schedules and commitments to other teams, the roster varied from race to race, but Team Explorer made a strong statement for the fledgling program on the summer racing circuit.

After convincing Dan Miller, a strong cyclist and experienced adventure racer with Team Litespeed, to race with me and Patricia Williams Smith we felt good about our chances in the swampy blast furnace known as Macon, GA. \$1,000 for the winning team gave us plenty of motivation to suffer through the heat, humidity and "aggressive" vegetation along the Ocmulgee race route. Racing against Dan's teammates from Litespeed added some inspiration as well.

The race started, just as the sun began to rise, with a one-mile prologue around the track at the Central City Park. When we got back to the shelter that served as the transition area for this unsupported affair, we were given the passport and maps for the race. Luckily, most of the checkpoints were already on the large map, so only a handful of them needed to be plotted as I dripped sweat all over the papers that would serve as our lifeline for the rest of the day. Making quick work of them and getting into our bike gear we took off on the first cycling leg and quickly caught Litespeed. Knocking off the first couple of checkpoints was easy but checkpoint 2A had both teams running around like headless chickens in the heavy vegetation along the east bank of the Ocmulgee River. Forty-five minutes of bushwhacking finally paid off as we punched the flag and discovered the hidden trail leading to it from the other side of the creek teeming with racers that were obviously much smarter than us. We were in the hole and our legs were torn to shreds, but we high-tailed it through the remainder of the bike CPs to catch the teams in front of us.

One of the reasons I love adventure racing is the fact that, typically, little or no swimming is involved. I had tried the triathlon thing years ago but found that swimming just wasn't for me. In fact, I hate it.

I love the water, but only in a boat with a paddle. I knew that there would be some swimming in this race, but I figured I could just suck it up and tough it out. I didn't count on the exhaustion and four bee stings though. But I couldn't really complain since I only swell up and get a little dizzy when stung but I don't have the kind of reactions that the Simrils from Team Litespeed have. Lee had to break out the Epi pins to stave off anaphylactic shock, but he's a trooper and kept on trucking. That's an adventure racer for you.

The swim wasn't long thank God, but being fully clothed with a life jacket and full pack on, plus trying to keep the maps dry, made it a stressful endeavor to say the least. Our bikes had been transported across the river to a sand bar that we trekked to after the swim and that's where I

had what could only be described as a meltdown. Dizzy from the swim and the bee stings, I tried to rearrange the soaking wet maps and gear up for the next bike leg. The sand had caked up my shoes making it impossible to tighten the ratchet straps, the zipper on my pack busted, the maps were soaked and stuck together and, worst of all, Litespeed was getting away from us. The following bike section was sheer hell as I tried to get my act together, all the while following other teams to the ensuing checkpoints since my maps were useless at that point. Catching Litespeed after they flatted reduced the stress level quite a bit, and we were soon dropping our bikes for the last time.



Finishing the bike leg, we started off on foot again to the boat put-in on the Ocmulgee. Although the Litespeed folks are better paddlers than us, we had an ace up our sleeves. Borrowing a Kevlar racing canoe for the race made all the difference as we put several minutes on them before the last trekking section to the finish. Unfortunately for me, there was another short swim thrown in for good measure. I have to admit that the cool water was a nice diversion from the oppressive heat of southern Georgia in July, but it wasn't enough to keep me from getting my butt towed on the last several miles of the run to the finish. Our heads were on a swivel the entire time expecting Litespeed to come around a corner at full speed. But they never caught sight of us and we crossed the finish line in first place with a couple of minutes to spare.

Although it was well worth the effort, Ocmulgee took a lot out of me and the fever and sore throat were not good signs going into the Midnight Rush Adventure Race the following weekend. Tom Sell, my homeboy from Chattanooga, joined up with Whitney Malina and me for this race. Whitney had only done one adventure race before, but she was a strong athlete and in great shape. Due to my depleted state and our lack of experience racing together, I didn't have high expectations for this race. Our fifth place finish wasn't anything to sneeze at though, given the fact that the four teams that finished in front of us were some of the best in the region.

I had a couple of weeks to recover before heading off to middle Tennessee and the Fall Creek Falls Adventure Race in late August. Patricia was back with me for this one and we invited Allen McAdams, one of our teammates from the Swamp Stomp victory earlier in the year, to join us. Once again we would be pitted against Team Litespeed, but this time

there was a twist. Brenda and Lee Simril teamed up with Ardie Olson, of Team Mighty Dog fame, to form Team Litespeed I while Jay Curwen and his wife, Monica, hooked up with Chuck Dumke, a super stud triathlete, to form Team Litespeed II. I knew we had a chance to slay this two-headed beast, but only if we raced extremely well.

Ed McAlister and the River Sports folks always put on races with plenty of surprises and beautiful scenery. This race would be teeming with both. Twenty minutes before the gun went off we were given the race map and five checkpoint coordinates given in latitude and longitude. Puzzled looks were everywhere as teams struggled with the seldom-used coordinate system. Luckily, I was able to do the calculations necessary and get all five of the CPs plotted accurately before we headed out for a quick out-and-back run on the way to the lake. Did I mention how much I hated swimming? The Fall Creek Falls Adventure Race has historically made racers swim the third of a mile or so across the dammed-up lake, so I prepared myself by practicing in full gear in the weeks prior to the race. It wasn't enough practice to make me fast, but at least I was able to relax a bit more.

Reaching the other side of the lake didn't give us the opportunity to dry off as the race folks had overturned our canoes and pushed them away from shore. Allen reached his racing canoe first and was able to dump the water out before Patricia and I arrived. A fast boat usually means an unstable boat, but we were able to get in without too much trouble and headed out of the cluster of boats and swimmers to circumnavigate the lake while picking up the next three checkpoints. Only Team Litespeed I was ahead of us as we exited the water and headed towards Group Camp I along Cane Creek on the east side of the state park. After a navigation bobble, which allowed several other teams to catch us, we jumped off of the diving board at the camp swimming hole and into Cane Creek for another swim section.

I always say that ignorance is bliss and not knowing how far we would have to swim was probably a good thing since it ended up being close to a mile upstream. This checkpoint was one of several "moving" CPs in the race. The directions simply said swim upstream until you come across a race official. Luckily, Patricia and Allen are good swimmers and they bungeed me up for most of the drudgery. Once out of the water, we made our way on foot to CP7 at the junction of Cane Creek and the park road leading to the horse stables. Litespeed I had gained time on us on the previous section, but it was all for naught as we caught up with them trying to find the hidden checkpoint. Together, we double-timed it to the transition area, but Litespeed II and Adventure Sports Magazine (ASM) were nipping at our heels.

After painstakingly plotting several more latitude/longitude coordinates given to us on small strips of paper, we headed out of the transition area in first place, but were soon joined by the two-headed Litespeed monster. Making quick work of the bike CPs we entered the last transition area bunched together. Quickly plotting a few more checkpoints and grabbing our climbing gear, we headed south along the power lines back towards Cane Creek. Another moving checkpoint lay in between and we had to count the number of power line poles and write it in our passport before hitting the road that took us to the Cable Trail just below Cane Creek Falls. Once there we had to stay in the mostly dried up creek bed on our

way towards Fall Creek Falls, picking up another moving checkpoint along the way. It's very tough to try to gain time on your opponents when you're climbing up and down wet, moss-laden boulders and cobbles in a creek bed, so the nine of us resigned ourselves to socializing, knowing full well that the sprint to the finish was not far off.

Puzzled looks were every- where as teams struggled...

Looking at my map as we exited the gorge up the trail from the base of Fall Creek Falls to the Fall Creek Falls Overlook, I cringed at the thought of going full out on the road to the ropes section that would end the race. Litespeed II beat us up the steep trail to the overlook and Litespeed I was right on our heels. A bobble by Litespeed II and a shortcut by Litespeed I had them swap their positions, but the strong runners on Litespeed II pulled themselves back into the lead and we soon passed Litespeed I to reestablish the original order. Although I was confident in my plotting for this last checkpoint, the instructions said to proceed to the "Buzzard's Roost" for the rappel and ascent that would finish the race. The map had no designation for such an area, but I figured that a sign along the road would mark the spot.

Sprinting for a couple of miles with a full pack of gear on a hot summer afternoon after a full day of racing is not my idea of fun. But I've committed myself to racing competitively this year and when the race is on the line I just have to suck it up and get it done. Being the navigator though, I have to save a little bit of oxygen for my brain cells. This was difficult on the last push to the finish, but I was able to keep tabs on our position on the map and had Patricia quickly investigate the pull-off areas along the road as we got close to our destination. As we approached a fairly large overlook, Patricia zoomed over and asked the people standing there if it was the Buzzard's Roost. "No, this is Millikan's Overlook," they replied. Although its locale was painfully close to our destination, we didn't want to waste too much time investigating since Litespeed I was gaining on us and we still had a shot at pipping Litespeed II at the finish. It took me another minute or so to come to the conclusion that we had gone too far on the road. After turning around, we realized that Litespeed I was nowhere in sight. Getting back to the overlook we discovered the sign at the edge of the bluff that read "Millikan's Overlook **and Buzzard's Roost**." The horror...the horror.

With only one rope down the 200-foot rappel and three ropes up the ascent covering less than half that distance, the race was over once we hit the ropes section. We congratulated Ardie and the Simrils as they began their descent down the sheer cliff wall looking out on the incredible gorge that surrounded us. Although it was a disappointment to be so close to a victory and not be able to snatch it, we raced well and gave the two Litespeeds a run for their money. The adventure racing gods just weren't on our side that day. Team Explorer came out of the summer with a win, a second and a top five though. Not bad considering the stiff competition and incredibly tough race courses. Fall is on its way, so it's time to get out of sprint mode and back into the grind of the multi-day races with their hour-long bike climbs and calf-busting treks. Yep, that's home sweet home for me.

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

Travel or Home Fitness Package Offered by Personal Fitness Specialists

Package includes:

Resist-A-Ball (exercise ball)

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

Three exercise bands of various resistances and door attachment

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

Total package Fee: \$150

FOR MORE INFORMATION CONTACT TERESA WADE AT 490-0465

Personal Fitness Specialists Presents: Think Light

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

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

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

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

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

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

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

Chattanooga's Largest Bicycle Shop



Free Financing - Free Layaway

875-6811

1920 Northpoint Blvd
Between Home Depot & Lowes
in Hixson

Joe McGinness Runner of the Year

New Races and Current Totals

MEN					WOMEN				
	TOTAL	VOLUN- TEER	PIE RUN	CHICK. MARATHON		TOTAL	VOLUN- TEER	PIE RUN	CHICK. MARATHON
Overall Men					Overall Women				
Kevin (Geno) Phillips	830	30	100	–	Nancy DiVasto	980	30	80	140
Robert Gustafson	790	30	90	140	Lisa Barrett	820	30	70	90
M - Don Gregg	550	30	80	–	Jan Gautier	530	30	100	–
M - Hugh Enicks	460	–	–	150	M - Linda Spencer	440	30	–	110
M - Joe Johnson	430	–	–	–	Michelle Meek	410	30	–	–
Junior Men					Junior Women				
Tyler Keys	580	–	–	–	Caitlin Duggan	690	30	–	–
Marco Bianchini	380	30	–	–	Ashley Riner	560	–	–	–
Brandon Lord	200	–	–	–	Caroline Duggan	350	30	–	–
Adult Men					Adult Women				
Robert Gustafson	930	30	90	150	Nancy DiVasto	990	30	80	140
Kevin (Geno) Phillips	830	30	100	–	Lisa Barrett	770	30	70	–
David Richter	730	30	–	140	Jan Gautier	530	30	100	–
Chris Wilson	490	–	50	–	Michelle Meek	420	30	–	–
James Williams	300	30	–	–	Rachel Wilson	380	–	–	–
Master Men					Master Women				
Don Gregg	860	30	100	–	Linda Spencer	750	30	–	150
Hugh Enicks	510	–	–	150	Missi Johnson	700	30	90	140
Joe Johnson	460	–	–	–	Sharon Armour	680	30	70	–
Jim Steffes	420	30	–	–	Sherilyn Johnson	600	30	80	100
Tim Ensign	300	–	–	–	Sarah Bowen	590	30	–	130
Grand Master Men					Grand Master Women				
John Walker	780	30	–	150	Amy Mullens	880	30	–	100
Rick Rogers	580	–	90	–	Sue Anne Brown	730	–	80	80
Michael Martin	470	–	–	140	Melodie Thompson	310	30	100	90
John Harrison	440	–	100	–	Eileen Johnson	280	30	90	–
Steve Rogers	360	–	80	–	Joan Heam	270	–	–	–
Senior Men					Senior Women				
Sergio Bianchini	1080	30	100	150	Edwina Cohen	720	30	100	–
Jesse Roberson	590	–	–	–	Bonnie Wasson	660	30	–	150
Jim Selman	560	30	80	–	Betty Burrell	500	30	–	–
Walter Sinor	460	30	90	–	Billie Large	300	–	–	–
David Wycherley	440	–	70	–	Frances Martin	100	30	–	–

Check out the Chattanooga
Track Club Web site at
www.ChattanoogaTrackClub.org

Current CTC Volunteer Opportunities

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

– Bill Brock, CTC President, 2005

Race Event Volunteers:

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

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

Races Committee:

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

Matt Sims
simsmatt@msn.com

Bob Braddock
bbraddock@unumprovident.com

Casey Braddock
casey.braddock@cigna.com

Jerry McClanahan
jkmccclanahan@tva.gov

Bill Minehan
bminehan@AdTechCeramics.com

James Dravland
JDravland@unumprovident.com

Bill Brock
bbrock@tech-projects.com

Melodie Thompson
jumpytwo@hotmail.com

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

CTC Sponsorship

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

Jogging Around:

Comes out 8 times/yr

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

Writing:

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

Photography:

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

Publisher: Manages JA schedule, notifies contributors/advertisers before deadlines, determines

annual magazine content structure, gathers/organizes content for each issue; distributes content to editors for proofing and receives/updates content after editing, delivers organized content (text, images, ads, etc.) to Keith for layout prior to printing.

Editors – to proof stories turned in

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



FAST BREAK

Chattanooga's Ultimate Running Store

(423) 265-0531

**104-A Tremont Street
Chattanooga, TN 37405**

 **TECHNOLOGYPROJECTS**
Web Application Design & Development

Web Application Design & Development

What ARE web applications?

 **TECHNOLOGY PROJECTS**

Cold Fusion Server Windows 2000 IIS5.0 SQLServer 2000 Javascript ASP VBScript



Technology Projects
1840 Auburndale Ave
Chattanooga, TN 37405

p.423.267.7375
f.423.756.9672

bbrock@tech-projects.com
lpowell@tech-projects.com

Chattanooga Track Club

Board of Directors Meeting Minutes

October 4, 2005

In attendance: Linda Andreae, Dan Baker, Bob Braddock, Bill Brock, Donna Dravland, Connie Hall, Carol Money, George Skonberg, Melodie Thompson, Virginia Waddell, John Walker

Absent: Brian Baker, Jared Chastain, Jeff Duncan, Cindy Smith

Guests: James Dravland, Bill Minnehan

The meeting was called to order at 6:20 and the CTC Mission statement was read. Bill announced this would be a “loose” meeting and he would like to discuss the five year vision of CTC.

Minutes

September minutes were reviewed and approved.

Race Calendar / Races Committee / Upcoming Events

Upcoming Races

Bob reviewed the equipment needs of the upcoming races: Stump Jump, Kevin Croft need equipment for the Elementary Track & Field, Mike Fingerly needs equipment for the High School, Covenant Cross Country.

Pie Run – 10/22/05

Chickamauga Marathon – different course, Doug Rosselle, Director

2006 Race calendar questions –

Prentice Cooper Trail Run – waiting for

Dawson to commit to Director

BCBS date – April 8

Have met with Rob Healy. Bill has meeting with Aquarium (Charlie Arant) to get their support. We need to have Rita officially on board and hired. We have the support of the city. The City and BCBS can market the event. Another key person to contact is Joe Johnson of Johnson Group.

City event – April 22

Chickamauga Chase – gave George the option of April 15 or April 22 – April 15 was decided; therefore,

Gateway Race – April 22

ROY Committee

James Dravland, Bill Minnehan, Jerry McClanahan, and Connie Hall

Communications

Melodie reported - November 1, 2005 – CTC elections – scheduled at Porkers. The BOD meeting will be 5:00 – 6:00, following will be dinner (bring wine, beer will be for sale), and then elections. Bill has gotten nominations.

Melodie is working on getting Bart Yasso as speaker for the banquet. She is thinking of making this an “all-day” event with a run included.

Melodie reported that that next meeting will be at Las Margaritas at 6:00 Tuesday, October 8. Things that will be discussed: JA, website, PR, upcoming events and how to publicize, and the banquet.

Sponsorship

Linda reported that the proposal for sponsorship has been sent out and reviewed and she will make changes.

Membership

We discussed the membership costs and ideas of adding value for different levels of membership. We discussed the cost of membership and the value of membership. There was also discussion of lifetime membership and that this should be given in exchange of a substantial contribution, endowment fund, etc.

There were also ideas about raising funds for the club through different types of events; there were lots of ideas thrown out that will be looked at in the future.

Treasurer's Report

John presented the report and noted that we are ending the year as projected. He is moving funds to First Tennessee in order to have CDs set up as short term investments. Bill Minnehan stated that we need to work on 2006 projections.

Director's Report

Connie reported that Bart Yasso has been booked for the banquet. The trailer will be painted; they will pick it up and paint and then deliver the trailer back within a week. The quote was \$800 + \$250 for the logos. There was motion to fix the trailer at the cost of \$1,000. The motion was passed.

We need to visit the issue of Race Agreements and charges for equipment. It was decided to table the discussion for a later date.

President's Report

Bill recapped the year – where we have been and where we are going? The hiring of a director – Connie stepped in to provide us with direction and to put in place the continuity we have needed. The triathlon was a premier event and the races and race support has improved and we are getting good feedback. Now, what are we committed to? Why do we not have organizations in Chattanooga to focus on running? There are many organizations with a lot going on – Elementary, High School, and College. There is so much opportunity. This is about building and supporting a fit community. We need to hire a person and pay them enough to get the person who could put on events and get the club going. We took risky steps last year and they worked. We need to take another step. There were comments and questions about the type of person we need to take the CTC to that next level – “To make a difference in the health of the community.” We need to find the right person and find the money. Bill Minnehan made some suggestions of working with the City’s momentum and that we may need to ask for a grant to fund the CTC and health initiatives. We decided that we should not be in a hurry – we need to decide where we want to be.

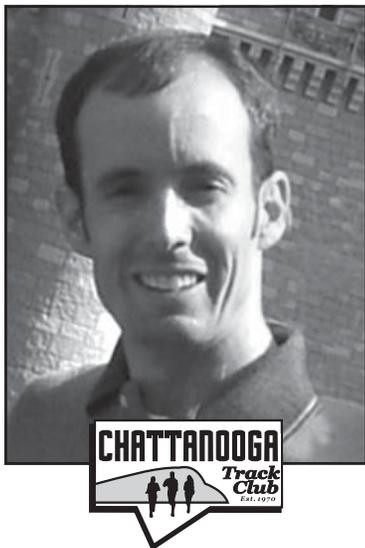
Thanks to George for hosting the meeting in his home.

Next meeting Tuesday, November 1, 2005. Meeting adjourned at 8:14.

Respectfully submitted,

Virginia Waddell, secretary

New Member Profile



Dave Boozer

Occupation: Director at UnumProvident

Age: 37

Marital Status: I'm married to "Ms. June" in the Scenic City Survivor (Breast Cancer) calendar

Children: Two wonderful girls, Amanda and Lauren

Hobbies: Watching college football, drag racing, running, watching SpongeBob with my girls

Hero: Speed Racer

Favorite place to run:

Downtown across the bridges and on the Riverwalk

Favorite Race/Distance:

5K

Why do you run?

I run because I find it very exciting to compete and I enjoy staying physically fit.

How long have you been running?

I have been running for about one and half years. Previously I focused on lifting weights, but an arm injury that has been slow to heal prompted me to look into other ways to stay fit. I chose running and haven't looked back.

Who or what prompted you to join the CTC?

I liked that the organization appeared to be very well run and all about keeping everyone up to speed on up coming events and latest news.

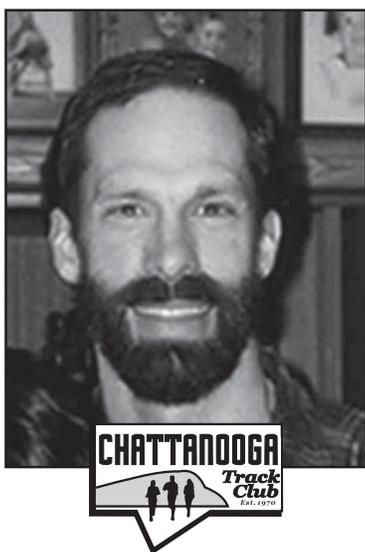
How did you hear about the track club?

Joan Vos and a former member (I believe!), Frank Mathias told me about it.

How long have you been in the Chattanooga area?

About 14 years.

Volunteer Profile



Jerry McClanahan

Why I volunteer to work at CTC races...

I began volunteering to work CTC races soon after I began distance running. My reason at that time, and still to some extent, was because without volunteers there would be no races. Volunteering at races also provided me the opportunity to give something back to a sport that has meant alot to me and Debbie. However, I discovered that working behind the scenes either planning races or actually providing raceday support can be alot of fun. It has also afforded me the opportunity to make some lasting friendships with others who enjoy the sport of distance running as much as I do.

Working races is fun and rarely dull. Perhaps being an engineer I find trying to solve problems fun. Whether the problem is a race timer that didn't start, the lead car in the marathon taking the runners on the wrong course, the trophies getting locked in the race director's car along with his car keys, or a cross country coach switching the race numbers assigned to his girls team with those assigned to his boys team you never know what is going to happen next. But I find it very satisfying to try to make it look like things ran smoothly.

My greatest surprise and disappointment has been that few runners take the opportunity to volunteer to work races. I fear that as those who have worked our races for many years become less inclined to volunteer due to family responsibilities, their own inability to participate due to injuries, or simply burnout, our club will either be forced to hire out the conduct of our races, or to settle for lower quality events.

WEDNESDAY NIGHT TRAIL RUN

Edwards Point Area of Signal Mountain.
Meet at 6:00 in the front parking lot of Nolan
Elementary at the entrance to
Shackleford Ridge Park.

For more information, e-mail
farmerjp@bellsouth.net

Jog/Walk Program Schedule:

Wednesdays 6:00pm Fast Break Athletics
Runners, Speedwalkers, Joggers, Slow
Runners and Walkers are all welcome!
If you are injured or starting your running
program all over again this would be a
great place to start. For more information
please send email to jumpytwo@hotmail.com
or call Melodie at 763-3529

SPEEDWORK

Thursday Night at 6:30pm at
Fast Break Athletics – Joey Howe
leads this pack – All Speeds Welcome.

Volunteers Needed!

Can't run in a race, that's ok – volunteer instead. We're looking
for volunteers to help out with upcoming races.

Get ROY points – In order to qualify for an award, you must
volunteer for at least one event.

Contact our volunteer coordinator, Carol Money today to sign up!
Carol0405@comcast.net

Group Run

Getting Ready for a Marathon?
New in town and need new long
distance running companions?
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.



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

Check out the new CTC website at
chattanoogatrackclub.org

Speedwork – Yassos
Wednesday Mornings at
6:20am at GPS



BULLETIN BOARD

Legend

 CTC Event

 Joe McGinness 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.

DECEMBER

2 - 2005 Silver Bell Sprint
5K Run & 1 Mile Fun/Run Walk
Site: Dalton, GA
Info: dwycherley@dalton.net

3 - Families on the Run
10K, 5K and Kiddie K
Site: Chattanooga, TN
Info: www.firstthingsfirst.org

10 - Rocket City Marathon
Marathon
Site: Huntsville, AL
Info: www.rocketcity.com

17 - Wauhatchie Trial Run
 6.7 Mile
Site: Chattanooga, TN
Info: jgaither@gps.edu

31 - Karen Lawrence Run
4 Mile & 2 Mile
Site: Chattanooga, TN
Info: slr3@aol.com

JANUARY

22 - Annual Banquet
Guest: Bart Yasso
Invitations to go out in early
January

FEBRUARY

4 - Nashville Track Classic
Site: Tennessee State University
Gentry Center Complex
Info: www.coacho.com

18 - Ooltewah Polar Bear Run
10K, 5K, 2 Mile Run/Walk,
1 Mile Fun Run
Site: Ooltewah High School
Info: Ooltewah Baptist Church
238-4831

MARCH

26 - Knoxville Marathon
Marathon
Info: Kskurski@knoxvillemarathon.com

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

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

PRE-SORTED
STANDARD
U.S. POSTAGE
PAID
CHATTANOOGA, TN
PERMIT 130