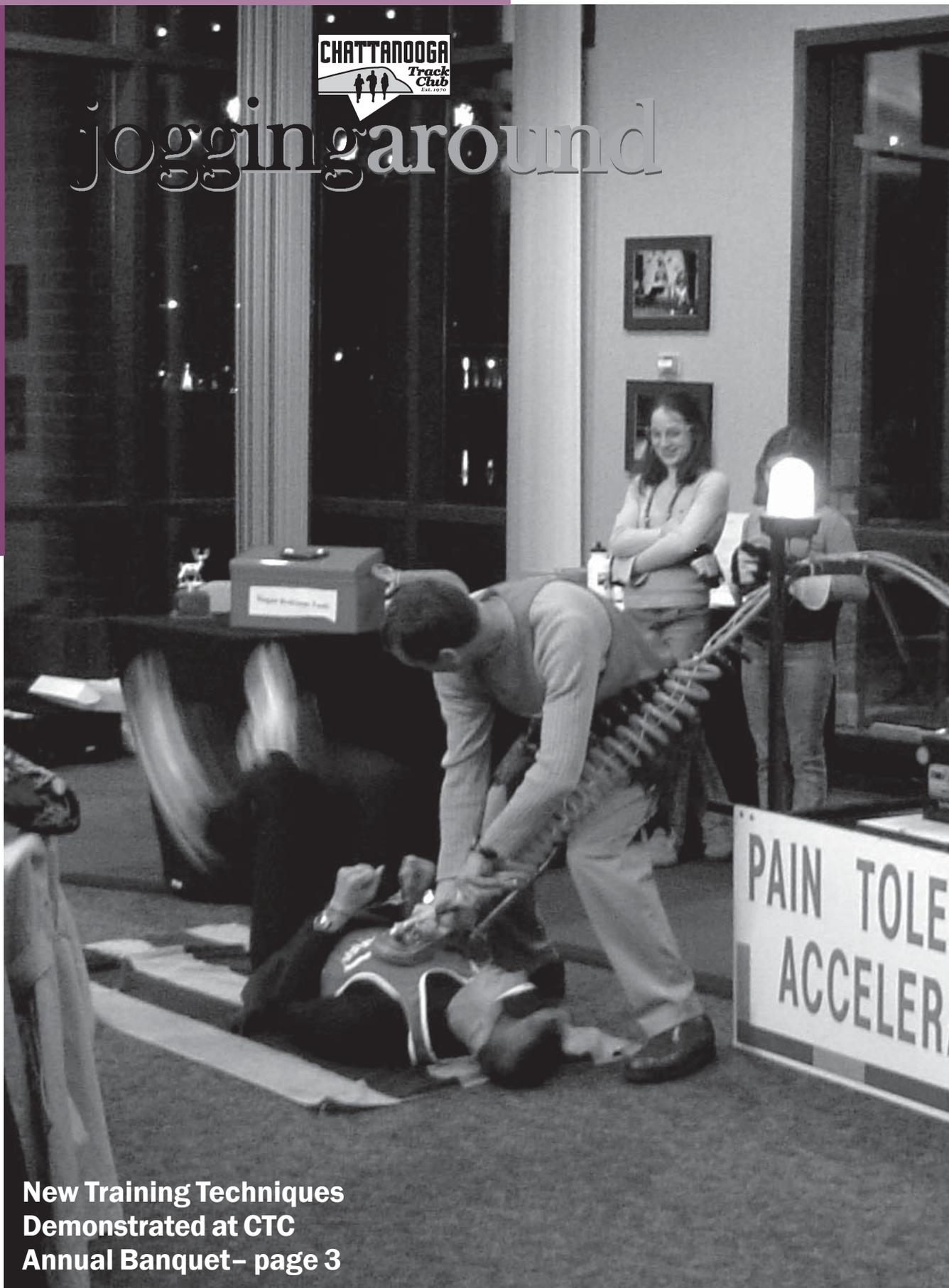




jogging around



**New Training Techniques
Demonstrated at CTC
Annual Banquet– page 3**

Chattanooga Track Club

Officers

President
Donna Dravland
dDravland@unumprovident.com

President Elect
Melodie Thompson
jumptytwo@hotmail.com

Executive Director
Connie Hall
chall@chattanoogatrackclub.org

VP Races & Equipment
Robert Gustafson
robtgus@yahoo.com

VP Communications & Programs
John Hunt
tnmoose2002@aol.com

Treasurer
Dan Bailey
drbailey43@aol.com

Secretary
James Dravland
jdravland@unumprovident.com

Past President
Bill Brock
bbrock@tech-projects.com

Directors

George Skonberg
george.skonberg@ubs.com

Jared Chastain
jared_chastain@sportsbarn.com

Cindy Smith
csmith@millermartin.com

Tara Murdock
splashbelle@hotmail.com

Kristina Guy
mattguy84@cs.com

Phillip Stewart
pstewart@uslec.com

James Williams
jwilliams@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, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to the casual walker is welcome.



joggingaround

In This Issue...

2005 CTC Banquet	3 - 4
2005 Runner of the Year Winners	4
BlueCross Market Street Mile and Mystery History Quest	6
Wauhatchie Trial Run	6
McClanahan's Finish Line Training Proved Popular	8
Karen Lawrence Run	8
Goofy 2006	10
Board of Directors Meeting Minutes	11
New & Renewing Members and Volunteer Profile	12
Run Forrest Run	13
Jogging My Memory	13
Bulletin Board	14
Race Calendar	Back Cover

Jogging Around

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

Contributors

Bill Brock
Robin Derryberry
Rita Fanning
Doug Hawley
Steve Rogers

Editors

Bill Brock
Connie Hall
Laura Powell
Melodie Thompson

Photographers

Nik Meeks
Bill Brock

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

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.

Donations:

Blaine Reese \$50
Timothy Davis \$50
Ruth Turse \$6
Joanie Sompayrac & Tony Grossi \$14
Hugh Enicks \$10.00
Diane Halstead \$10
Kristin Lefew \$10
Joan Vos \$6
Steve Rogers \$40

*in honor of "forgetting the
2005 Football Vols"*

Words from the Prez's Perch

As Bill Brock officially handed over the gavel at the banquet, I wondered just how I would fill the shoes of President and follow in his footsteps. Bill has been extremely committed to the Club and will continue to be. He has set the stage for what will be a great 2006. We have lofty goals, but through the ongoing commitment of the Board and a dedicated network of volunteers – we *will* achieve those goals!



Congratulations to those that put together the banquet this year. The setting, the food and as always, the people were the best ever. Tim and Chad, otherwise known as The Entertainment, did not disappoint us. Each year I wonder “How can they possibly top what they did last year?” And then it happens... Where else can you go to see two grown men in leather skirts and well, you just had to be there! The adventures of Bart Yasso are truly amazing. He has led a very inspirational life, reminding us that you just have to set your mind to a goal and then do everything in your power to achieve it.

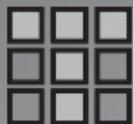
We have some great new events coming up. Adding to the calendar this year is The Run Forest Run relay race and the BlueCross Market Street Mile and Mystery History Quest. Both of these events have dedicated Directors that are truly excited. Come out and join the fun at these inaugural events. Even if you don't participate, you can volunteer or just cheer everyone on. After all, having fun with friends and family is what it should be all about.

So that leads us back to where we started. 2006 is going to be a great year. We can only do it with your input and help. The Board is here to service the Club, so please tell us what you think or what you want. We meet the first Tuesday of every month and as always, everyone is welcome to join us. I look forward to seeing all of you.

Donna Dravland
CTC President

 **TECHNOLOGYPROJECTS**
Web Application Design & Development

Web Application Design & Development



TECHNOLOGY PROJECTS

What ARE web applications?

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

2005 CTC Banquet – An Electrifying Event

By Doug Hawley

During a long distance foot race in the eastern part of Africa, some smiling youngsters along the way kept chanting the same thing to Bart Yasso.

Not familiar with the language, Yasso assumed that it was encouraging words. After all, smiles supposedly can tell you everything.

Shortly after finishing at the back of the pack, Yasso decided to find out what the youngsters were saying.

In translation, they were telling him: “You are a very slow white man!”

Yasso was the featured speaker Sunday night at Chattanooga Track Club’s annual banquet. Chattanooga Theatre Center, located next door to the Tennessee River, provided the picturesque setting.

“I do have an interesting job,” Yasso acknowledged. “For the past 19 years.”

Middle-aged Yasso is employed through Runner’s World, our country’s top running magazine, primarily as a columnist for the monthly publication. In each issue, he picks the Race of the Month – these coming from his own participation.

His running activity has encompassed all seven continents. Included have been the Antarctica Marathon and Mount Kilimanjaro Marathon.

Yasso has completed more than 170 marathons. The standard marathon distance is 26.2 miles – the ones most familiar to Americans being Boston and New York.

Not only is Yasso durable. He shows quality as evidenced by the 1998 Smoky Mountain Marathon championship.

A marathon might seem like a sprint to him compared to some of his ultra-distance runs. He has run in races up to 145 miles - including the Western States 100 that goes through Death Valley, Calif.

Back to his running in eastern Africa, Yasso – like many of us – long have been intrigued by the runners from that area. Kenya annually claims the world’s top distance runners – with Ethiopia in the mix.

They dominate the Olympics and other world-related events. “You should see the 11 and 12-year-olds run,” Yasso said. “They are amazing.”

Several known factors seemingly enter into the success of those runners – including low-key lifestyle, legendary work ethic, body composition (extremely low body fat) and diet (absence of our fast foods).



2005 Runner of the Year Results

Congrats to all the Joe McGinness Runner
of the Year Winners!

**Overall Male
ROY Winner
Kevin (Geno)
Phillips**

**Overall Female
ROY Winner
Nancy DiVasto**

Junior Men (0-15)
Tyler Keys

Junior Women (0-15)
Caitlin Duggan

Adult Men (16-39)
Robert Gustafson

Adult Women (16-39)
Lisa Barrett

Master Men (40-49)
Don Gregg

Master Women (40-49)
Linda Spencer

Grand Master Men (50-59)
John Walker

Grand Master Women (50-59)
Amy Mullens

Senior Men (60+)
Sergio Bianchini

Senior Women (60+)
Edwina Cohen

There is extra motivation for the elite runners. They can earn enough at a Peachtree Race on July 4th in Atlanta (traditionally \$15,000 to the winning male and female) to be on easy street back home.

Tim Ensign, a talented masters' runner (40-and-over) from Chattanooga, customarily competes for the overall top prize in distance races. He also is quite an entertainer.

Ensign, who has done profesesional standup comedy, annually entertains members at the CTC banquet. His close friend, Chad Varga – another outstanding masters' runner - appears with him as his foil.

At the conclusion this time, my thought was, "I'd hate to follow this guy."

Ensign personifies the type runner who can use humor to advantage. Consider this scenario. Down the stretch, he is telling his chief opponent a joke. While the foe recovers from laughter, Ensign sprints to victory.

Perhaps more runners need to work on their jokes. Anything for an edge.

***Chad Varga works on
increasing his pain
tollerance using a
new invention.***



Edwina Cohen receives a compass to help her find her way she got lost at the Signal Mountain Pie Run.)

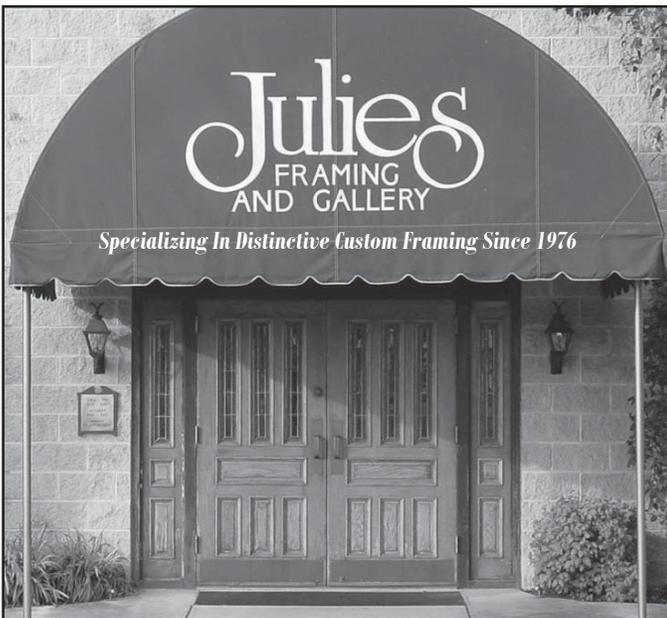
FAST

BREAK

Chattanooga's Ultimate Running Store

(423) 265-0531

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



**2120 Northpoint Blvd.
Hixson, TN**

One block from Northgate
behind Captain D's

(423) 875-5555

**ON THE
FAST TRACK**
DEDICATION, COMMITMENT, TRAINING
& HARD WORK. LOTS OF HARD WORK.

Kristin Leffew knows it pays off in marathons & in commercial real estate. Backed by a experienced team of seasoned professionals, you can count on Kristin to start fast and finish strong.

CRE
CHATTANOOGA REAL ESTATE
& INVESTMENT COMPANY, LLC

Commercial Real Estate
Investment Properties
Property Management

Kristin Leffew
(c) 423.503.7337
(o) 423.209.9136
432 Market Street, Suite 202
kleffew@chattanoogarealestateco.com
www.chattanoogarealestateco.com




BlueCross Market Street Mile and Mystery History Quest

By Rita Fanning

Have you ever wondered how fast you could run a mile if you were on a flat course, running only with your peers? Now you will be able to find out. The Chattanooga Track Club will be hosting a new event April 8th, the BlueCross Market Street Mile. BlueCross BlueShield of Tennessee is the major sponsor of this event with Outdoor Chattanooga the presenting sponsor.

If you are a walker or an injured runner, there is also going to be a “fun for the whole family” event, the BlueCross Mystery History Quest also sponsored by BlueCross BlueShield of Tennessee and presented by Outdoor Chattanooga.

The cost for either event is \$4.00 (\$8.00 race day). The entry fee includes a custom designed first quality T-shirt, refreshments, and fun. The staging area will be the Tennessee Aquarium plaza. Parking will be free on Riverfront Parkway as long as legal parking spaces are available.

First about the Mile. It will be scored using the ChampionChip® timing system (the \$4.00 entry fee includes chip timing). The certified course is a big “U”. The race starts on Market Street near 2nd Street. It proceeds south to 8th Street. A right turn on 8th, followed by a right turn on Broad. The straight, fast finish ends near 2nd Street on Broad. There will be 14 different Mile races (see application or http://www.active.com/event_detail.cfm?event_id=1287996 for age group/gender race start times) followed by a Kiddie K. Awards will be given in 26

categories, see web site or application for age groups. Awards will be announced and presented to the adult winners as they are decided. There will be an awards ceremony for children following the Kiddie K.



Even if you usually do your long run on Saturday mornings, you can come and run your 1-mile race then keep going on your run. You can stop back by to pick up your award after you are finished.

Now for the Quest. This is a “go at your own pace”, non-timed event. You will pick up your first clue at the registration area. Follow the directions, and you will find yourself in a historical spot in downtown Chattanooga. Your race number will be marked, and you will be given the next clue. Follow the clues to complete the quest. All finishers by 12 noon will receive a prize. We ask that you start your quest between 8:30 and 10:30 a.m. As this event is not timed, you can

rest between clues if you want to or even stop back by the Tennessee Aquarium plaza for some refreshments before going on.

A school challenge is being planned. The school with the most registered participants in both events will receive a trophy. Check the application or website for details. Get your schoolmates, neighbors, family and friends out for a fun walk and help boost the totals for your (or your child's) school.

Questions? Contact Rita Fanning, ritafanning@mindspring.com or (423) 309-1278

Wauhatchie Trail Run



Chattanooga's Largest Bicycle Shop



cannondale
HANDMADE IN USA

TREK

GT
Bicycles

SCHWINN
CYCLING AND FITNESS



Free Financing - Free Layaway

875-6811

1920 Northpoint Blvd
Between Home Depot & Lowes
in Hixson

FRONT RUNNER
ATHLETICS

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

4251 Hixson Pike
Chattanooga, TN 37415

cvarga@frontrunnerathletics.com
www.frontrunnerathletics.com

McClanahan's Finish Line Training Proved Popular

By Bill Brock

There will be a number of new faces working CTC finish lines this year, as some 19 participants took advantage of Jerry McClanahan's finish line training session this January. Jerry's course covered virtually all aspects of working the finish line for a race from capturing finish times to pulling race numbers to time entry and even race set up into the tabulation software, RunScore.

There were technical differences between the work required to set up and work the finish chutes and the work required to set up a new race to be tabulated in RunScore and Jerry made it clear that having the proper skills and knowledge to work both areas was essential for the success of any race.

Several participants indicated their interest and willingness to learn more about RunScore and be able to help with that application and, because of that, Jerry may do further training on RunScore in the near future. If you're interested in that training, contact Jerry or anyone on the races committee (check the web site for the current races committee members).



One of our club's goals for 2006 was to train 16 new volunteers to work finish lines this year – looks like we made that one... The following members made this session: Larry Barlow, Sue Barlow, Bob Braddock, Bill Brock, Donna Dravland, James Dravland, Mike Fingerle, Robert Gustafson, Pat Hagan, Connie Hall, Betty Holder, Don Lastine, Rhonda Lastine, John Mudzin, Mike Mudzin, Doug Roselle, Lisa Sims, Mary Stoetzner, Melodie Thompson.

Thanks to Jerry for doing the training for everyone and thanks to everyone who attended and will be helping to make our events the best ever this year!

Karen Lawrence Run

By Steve Rogers

For the 27th New Year's Eve in a row, the Karen Lawrence run was held at the downtown Sports Barn. The Sports Barn has been the host of the event since it first started in 1979 and we very much appreciate them letting us use this wonderful facility.

This event is one of the best attended of all races in our area. This years event drew 836 people- 338 in the 4 mile event, 333 in the 2 mile run & 165 in the 2 mile walk. Quite a few entire families participated which was great to see happen.

I'd like to give a big "thank you" to the volunteers who made this race possible. Among them are Robert Powderly, Benji Cordell, Brenda Rose, Cliff & Rosemary Stalter, Tony Arnold, Dee Powderly and Betsy Willingham. These events don't just happen- a lot of work goes on behind the scenes to make them successful.

Second, I'd like to recognize the last place finishers in each age group. These are the people who were on the course the

longest and showed the courage to show up at the starting line, many of them for probably the first time. We hope you come again next year!!

Females were: Ashley Riner (age 12), Jennifer Smith (24-29), Kim Barnhardt (30-34), Stacey Reeves (35-39), Anna Marie Person (40-44), Beverly Bales (45-45), Rachel Bryant (50-54), Pat Cory (55-59) and Robbie Tompkins (60+).

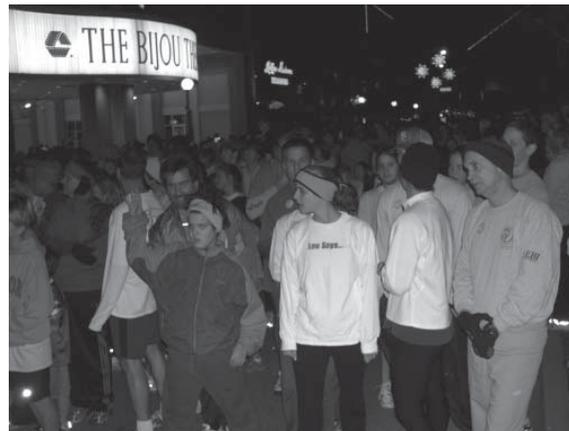
Males were: Christian Silvers (age 10), William Gentry (25-29), John Odom (34-34), Kevin Silvers (35-39), Steve Tompkins (40-44), Ralph Van Pelt (45-49), Bill Riner (50-54), William Sisk (55-59), R.L. Williams (60-69) & B.P. Daniel (age 77).

A good time was had by all, including Christian Silvers (the youngest 4 mile runners at age 10 who finished with his dad, Kevin) and B.P. Daniel (the oldest 4 miler at age 77). B.P has been running races in Chattanooga for as long as I can remember & was also the first place finisher in the 70+ age group!! He got the largest

ovation on receipt of his award of anyone, including the overall winners!

The proceeds of the race are for the benefit of St. Jude's Children's Research Hospital in Memphis. Last year approximately \$25,000 was raised for the hospital. We would also like to thank the people & companies that donate sponsorship money to our race - without them, it would be considerably less successful.

For next year's event, we are looking into the possibility of chip timing the race as results will be faster & more accurate (but also more expensive). See you next New Year's Eve!



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**

Goofy 2006

By Bill Brock

The start of the half was cold at 36 with a bit of wind, and the start of the marathon was even colder at 32, but it didn't seem quite as bad without the wind from the day before. The start for both events was at 6am – dark.

For the first time at Disney, the events were split over two days - the half on Saturday and the marathon on Sunday. Some 16,000 runners participated in each event on that coldest weekend of the year in Orlando, and some 2315 runners actually ran both events. More importantly, 12 of our members and friends went to Orlando as a group and successfully completed the first annual Disney World Goofy Race and a Half Challenge! Two more of us, Lane Culpepper and Shawn Reynolds completed their first marathon at Disney this year.



As always, the training and pre-event banter was probably the best part of the overall thing – starting with Truman Smith's wager with Robert Gustafson that Robert could not run the half in under 1:30 and follow up with an under 3:10 whole... Poor Truman is out Robert's race entry fee (\$180!!) as Robert finished the half in 1:29:15 and the marathon in 3:09:34. That finish, by the way, was strong enough to place Robert 8th in overall cumulative results for the Goofy Challenge! (See http://www.robbyb.com/goofy/goofy_full.html for an unofficial listing of cumulative results.)

Here are the runners who completed the Goofy, along with their rankings and results in that event:

- 8 GUSTAFSON, ROBERT (M34)
RINGGOLD, GA, USA 34 M 1:29:15 3:09:33 4:38:48
- 157 MERCER, AARON (M37)
CHATTANOOGA, TN, USA 37 M 1:53:12 3:44:06 5:37:18
- 195 CROOKS, BRIAN (M41)
OOLTEWAH, TN, USA 41 M 1:53:12 3:50:59 5:44:11
- 415 JOHNSON, MISSI (F40)
CHATTANOOGA, TN, USA 40 F 1:59:52 4:16:27 6:16:19
- 416 JOHNSON, JOANNA (F37)
OOLTEWAH, TN, USA 37 F 1:59:17 4:17:14 6:16:31
- 872 ABBOTT, COLETTE
VERMILLION, SD, USA 49 F 2:22:11 4:46:52 7:09:03
- 873 VANLOH, COLLEEN (F49)
KANSAS CITY, MO, USA 49 F 2:22:11 4:46:52 7:09:03
- 1088 BROCK, BILL (M48)
CHATTANOOGA, TN, USA 48 M 2:30:16 4:59:48 7:30:04
- 1090 JOHNSON, SHERILYN (F43)
CHATTANOOGA, TN, USA 43 F 2:30:19 4:59:49 7:30:08
- 1390 SINOR, WALTER (M63)
VALLEY HEAD, AL, USA 63 M 2:39:05 5:21:44 8:00:49
- 1610 DANIELSON, ALTON (M43)
OXFORD, GA, USA 43 M 2:47:08 5:38:21 8:25:29
- 1611 JONES, LISA (F38)
NORCROSS, GA, USA 38 F 2:47:09 5:38:22 8:25:31

There are so many stories that go with this event – before, during and after. For myself, it was the most successful event I have ever completed. Sherilyn Johnson and I ran negative splits in the marathon – by some 18 minutes in the second half! We accomplished this remarkable feat by holding to a strict regimen of run 5, walk 1 (minutes) for the first 25 miles. We ran our fastest mile, in fact, the very last mile of the marathon – cruising in at a 9:02 pace!

Colleen and Colette, our blonde 'mirror twins,' ran with 50th anniversary golden mouse ears during the marathon. We're thinking they may be on the cover of the 2007 magazine! It was great to see them, as Colleen has moved to Kansas City and the only way we get together anymore is when meet up at these events... It's also fun just watching the email banter among all participants and supporters before, during and after.

For the record, Disney at 6am, even cold, is spectacular. There's just nothing like running through Epcot before most Americans are even awake on a Sunday morning with a variety of the world's sounds and symbols lit by 16 foot tall torches surrounding a lake reflecting the blues, purples and golds that clothe the morning shadows. Maybe the medal says it best:

1 Half Marathon, 1 Marathon, 2 Days, 4 Theme Parks, 39.5 Miles!

Combine that with a dozen or so of your favorite running buddies over a long weekend, and you've got yourself a real treat!



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 Track Club Board of Directors Meeting Minutes

January 3, 2006

In attendance: Bill Brock, Donna Dravland, Connie Hall, Bob Braddock, George Skonberg, Jared Chastain, Dan Bailey, Linda Andreae, John Walker

Absent: Virginia Waddell, Cindy Smith, Melodie Thompson, Brian Baker, Carol Money

Guests: Katrina Guy, Doug Roselle, Erin Wiles and Rachele Lea with St. Jude, James Dravland

Bill called the meeting to order at 6:00pm

Jared read the mission statement. Bob made a motion to add "walker" to the mission statement. Jared seconded and the motion and it passed unanimously.

Minutes

Minutes were reviewed and approved.

Races Committee - Bob

Becky Fingerly requesting clocks/timers for Twisted Ankle this year.

Discussed the finish line training scheduled for January 12th.

Erin and Rochelle gave a presentation on the Heros program and asked for participation from the CTC. We pledged to allow them to set up a booth at any CTC races. The booths would be manned by St. Jude. We also agreed to put flyers in race packets as provided by St. Jude. Erin is to send us a letter to run in the next issue of Jogging Around. Erin to send us a letter to do a mailing to members, specifically those who ran in the marathon this year.

Doug reviewed the marathon financials again, discussion ensued regarding how much to

donate to UTC above the \$1,500 in sponsorships. George made a motion to add \$1500 to go to scholarships totaling \$3,000 to UTC. Jared seconded. The motion passed. Donna suggested writing 2 separate checks with letters.

Membership Report

Connie reported that the membership is up to 400. All the dues notices have gone out.

Treasurers Report

John reviewed the December treasurers report. Connie noted that we began the year with \$27,305.74 in the checking account and we ended the year with \$35,051.94 in the checking account. We have made a profit of \$9,382.00 for the year. Bill made a motion to accept the treasurer's report. The motion was seconded and passed unanimously.

John reviewed the 2006 budget. George made a motion to accept the budget as presented. It was approved unanimously.

President's Report

Bill reported on the CTC 2016 Vision. John posed the question of the "CTC race" as it relates to the vision. George said we do need to make it a goal of this year to define a CTC event. Bill made the following motion: That the Chattanooga Track Club adopt the current version of the CTC Vision 2016, 2056 document as it's primary tool for annual planning and goal measurement. That this document be reviewed and compared to the actual structure and performance of the club on a quarterly basis by the executive committee of the club and on a biannual basis by the entire board at the June and December board meetings. That this document be revised and updated as necessary and desired by the track club board on an annual basis. That the current version of the document each year should vision

both 10 years into the future and 50 years into the future. That the planning section of the club bylaws be amended in 2007 as necessary to insure the above recommendations are incorporated into the club's formal procedures.

Donna seconded the motion and it was passed without opposition. George suggested that we publish the vision in Jogging Around annually.

Executive Director's Report

Connie reported on the idea of doing a calendar for the year in January in lieu of a Jogging Around issue. The calendar would include all the 2006 race dates with photos on each month depicting the races for that month as well as club events. The board voted to get the calendar with b/w photos. Connie reported on the plans for the upcoming banquet. Donna made a motion to get Sharon Irish a fleece jacket for all her hard work. The board agreed. Invitations were sent to all the members as well as Ron Bush with paper, Bob Berman with Southern Coffee, Jane Overbeck and Keith Finch with BlueCross BlueShield of Tennessee as well as Brenda Flinn with Coke.

Dan and Phil to move the bike racks

The board approved sending Donna to the RRCA National Convention.

The Board retreat is planned for February the 5th at the Chattanooga Nature center. Connie to call to schedule.

Bill adjourned the meeting at 7:40pm.

Respectfully Submitted
Connie Hall

Welcome New Members

Sam Linhoss
Natalie Lamb
Tanya Swann Family
Jeffrey Straussberger

Renewing Members

Morgan Adams
Chuck Allen
Sheridan Ames
Sharon Armour
Joel Armstrong Family
Joe Axley
Dan Bailey
Beverly Bales
Larry Barlow Family
Charles Barrett
Sandra Bass
Terry Baugh Family
Bill Bennett
Sergio Bianchini Family
David Bishop
Sena Bolton
Bob Braddock Family
Emily Breeding
Kevin Brown
Ed Broyles
Sue Anne Brown
Adam Burnett
Debbie Campbell
Dreama Campbell
JoLee Carter
Edwina Cohen
William Coll
Billy Collier Family
Bruce Conn Family
Paul Conn Family
Tammy Cook
Dan Cooke
Zach Cowart
Flash Cunningham
Bob Cutrer

BP Daniel
Liz Davenport
Lee Davis Family
Bernice Delaney
Chuck Denham
Nancy Dodson
Marianne Douglas
James Dravland Family
Mark Duggan Family
Ladd Duryea
Debbie Dvorchik
Hugh Enicks Family
Tim Ensign Family
Marc Erickson
Bill Estes
Leroy Fanning Family
Jim Farmer Family
Mike Fingerle
Jerry Finkle
Ann Garner
David Garvey
Bill Gautier Family
Robert Gift Family
Daniel Gill
Cliff Goodlet
Bidarhalli Gopala
John Gracy
David Grandy
Don Gregg Family
Thomas Gribben
Joanie Sompayrac
& Tony Grossi
Ruth Grover
Robert Gustafson

Kristina Guy Family
Sam Hale
Diane Halstead
Jim Hamblen
Vanessa Hammond Family
Ian Harper
John Harrison (?)
John Harrison Family
Donald Harvey Family
Douglas Hawley
Joan Hearn
Randall Hebert
Bill Henderson Family
Sean Higgins
Betty Holder
TimHolmes Family
Nick Honerkamp
Thomas Hopper
Robert Hoover
Joey Howe
John Hunt
John Hutton
Dale Ingram
Harry Ireland Family
Terry Irish Family
Daniel Johnson Family
JoAnna Johnson Family
Sherilyn Johnson
Art Jones
Earl Kelle
Edward Kern
Tyler Keys
Chris Kleehammer Family
David Klinger
Kurt Lammon
Don Lastine
Patrick & Rosemary
Hurayt Lavin
Kristin Lefew
Rocco Lepere
Girtie Locke
Carter Lynch III
Clifford Lynch

Don Lyons
Tere Manresa
Kristy Mara
David Martin
Michael Martin
Chris Mawata
Russell Mawk
Michael Mason
Gina May
Jerry McClanahan Family
Avery McCuiston, Jr.
James McGinness Family
Matt McLelland
Lee Meadows
Richard Meek
Nik Meeks
Jed Mescon
Terry Miles
David Moghani
Jerre Mosley
Amy Mullens
Tara Murdock
Bruce Novkov Family
Ronald Nudo
Abner Oldham
Jamie Overturf
Richard Park, Jr.
Cindy Pointer
Christine Post
Theresa Reed
Blaine Reese
Cyrus Rhode, Jr.
Mark Rhoden
Jeff Richard Family
Dave Richter
Monty Riley Family
Ashley Riner
Jesse Roberson
Glenn Roberts Family
Larry Robinson
Catherine Griffin Rogers
Rick Rogers
Doug Roselle Family

Brian Shutters Family
Charlene Simmons
Ernest Simmons
Lisa Sims
Walt Sinor
Tom Sisemore
Jeffrey Sodemann
Linda Spencer Family
Herbert Spittler
Jim Steffes Family
Phil Stewart
Jeff Stracener
Daryl Street
Merrile Stroud
Gwynn Swallows
Anita Jones & Paul
Talbott
Roy Teal
Ruth Turse
Jennifer Vanzant
Chad Varga Family
Rod Varnell
Joan Vos
Teresa Wade Family
Dorn Walker
Craig Wandelt
Bonnie Wassin
Mark West
Frank White Family
James Williams Family
Calder Willingham Family
Bud Wisseman Family
Randy Wood
David Wycherley Family
Dr. Belinda Young
Reinhard Zachau

Volunteer Profile



Melodie E. Thompson

Occupation: Recruiter / Sales

Age: 50

Marital Status: Single

Hobbies: Running, reading, cycling and painting

In what area do you volunteer?

Just about any from registration, to course work, to finish line

What prompts you to volunteer?

A sense of duty and contributing to beginning runners

Any story you'd like to elaborate on or fond memory?

My very first race was the 1st Riverbend Run. It took me 33 minutes and I actually thought I might die. It convinced me to give up my 3-pack a day habit and really become healthy.

Jogging My Memory

By Doug Hawley

By Doug Hawley

As a veteran CTC member, my earliest memories go back to a dear friend, the late Jon Robere.

Jon, a professional musician, was the Jogging Around editor for a long time. He inspired many people – including me.

On the bottom of each sendout, Jon wrote some personal encouraging words such as “See you running at the next race.”

Trying to get back into running (about 1972) some years after competitive days in high school and college (University of Georgia), there was one particularly bad day. I sent Jon a note saying in effect, “I really don’t plan to get back into competitive running. I’ll run enough to stay in shape. I appreciate your encouragement.”

Several days later, a long distance call came to me at home in Dalton, Ga. from Jon in Chattanooga.

“Doug, I want to come down and run with you,” Jon told me. “When would be the best time?”

“Jon, didn’t you get my note?”
“Yes, that’s why I’m coming.”

Those veterans, who were so fortunate to know this wonderful little Frenchman, knew that he would never take no for an answer. He arrived on the following Sunday afternoon.

While getting ready for the run, Jon casually mentioned that he had already run that morning with some people at Chickamauga Park.

“How far did you run?” I asked.

“Oh, 10 miles,” with a shrug. . . as my eyes widened. Together we ran seven miles, my most in a long time.

After Jon left, I got to thinking, “Here this man twice my age has just run 17 miles in two workouts, and I have done seven. I obviously can do more.”

With Jon’s motivation, I soon after got into marathons. During my third of five Boston Marathons in 1978, I managed a PR of 2:36.46. We could have had a pretty good sub-masters relay that year with two other CTC members: Dr. Jay Paty, 2:34; and Dr. Leroy Fanning, 2:37. We were “friendly rivals” over the years in CTC events.

Two years earlier, somebody (possibly Jon) “conned” me into becoming CTC president. We did have the club’s first annual banquet.

With Jon’s prodding, I have managed to compete in running for a half century or so. In regard to slower times, rest assured, “I should be better. I’m more mature.”

Over the years through CTC, I have met many wonderful people. Dick Dillard, athletic store entrepreneur – who could sell Eskimos two fridges at a time – was one of the first, along with Heinz Wiegand, Jerry Grahn, Abner Oldham, Joe McGinness, the two Charles Gibsons and many others.

To those aforementioned and many others, “Thanks for the memories!”



The Chattanooga Track Club and North Chattanooga Council of the Chamber of Commerce have joined forces for the first annual “Run Forrest Run”! The race will take place on Saturday, February 25 with registration at 8:00 and start time at 9:00 a.m.. Each member of the three man relay teams will run the 2.3 mile course which begins at the Chattanooga Theatre Centre goes up Forrest Avenue, across Sylvan Avenue, down North Market, into Coolidge Park and back to the Theatre Centre.

This is a sanctioned race and registration for the event will be \$36/team before 2/20 and \$48/team being after 2/20. Registration is available on line at chattanoogaclub.com or by calling us at: 423.265-0531. Sponsors for the event include Fast Break, First Tennessee, SunTrust, Southern Coffee, Derryberry Public Relations and BlueCross BlueShield of Tennessee.

Don’t miss this fun event on Chattanooga’s NorthShore! And yes, there’s a box of chocolates at the finish line!

WEDNESDAY NIGHT TRAIL RUN

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.

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.

Check out the new CTC website at
chattanoogatrackclub.org

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



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



BULLETIN BOARD

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.

MARCH
4 - Chattanooga Half-Marathon, 5K and 2-Mile Strut Your Mutt Site: Chattanooga, TN Info: sports-barn.com/halfmrthn.htm
19 - Kiwanis Club 5K Fun Run/Walk Site: Collegedale, TN Info: www.chattanoogatrackclub.org
26 - Knoxville Marathon Site: Knoxville, TN Info: kskurski@knoxvillemarathon.com

APRIL
1 - 65 Roses 5K / Walk  Site: Collegedale, TN Info:
1 - Rock Creek River Gorge Trail Run  Site: Chattanooga, TN Info: www.chattanoogatrackclub.org
9 - BlueCross Market Street Mile and Mystery History Quest  Site: Chattanooga, TN Info: www.chattanoogatrackclub.org
15 - Chickamauga Chase 5K & 15K  Site: Chickamauga, GA Info: www.chattanoogatrackclub.org
22 - Gateway Bank 5K & 1 Mile Fun Walk Site: Rossville, GA Info: www.chattanoogatrackclub.org

Legend

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

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

MAUI MARATHON

The Maui Marathon is run on Sept. 17, 2006. A large group from the CTC is planning to leave Chattanooga on Sept. 15, 2006 and return on Sept. 24, 2006.

We are planning to spend 5 nights on Maui and 3 nights on Oahu near Waikiki Beach. An email will be sent in January with package details, but if anyone wishes to register for the marathon (at a discount) in the meantime and sign up for the group trip later, that would be great. Many have already done so.

We will be providing more details about the trip and informational meetings in the very near future. Please e-mail Betty at 2betty@mindspring.com to get on the e-mail list for the trip, even if you are not running, but would like to be a spectator.

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

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