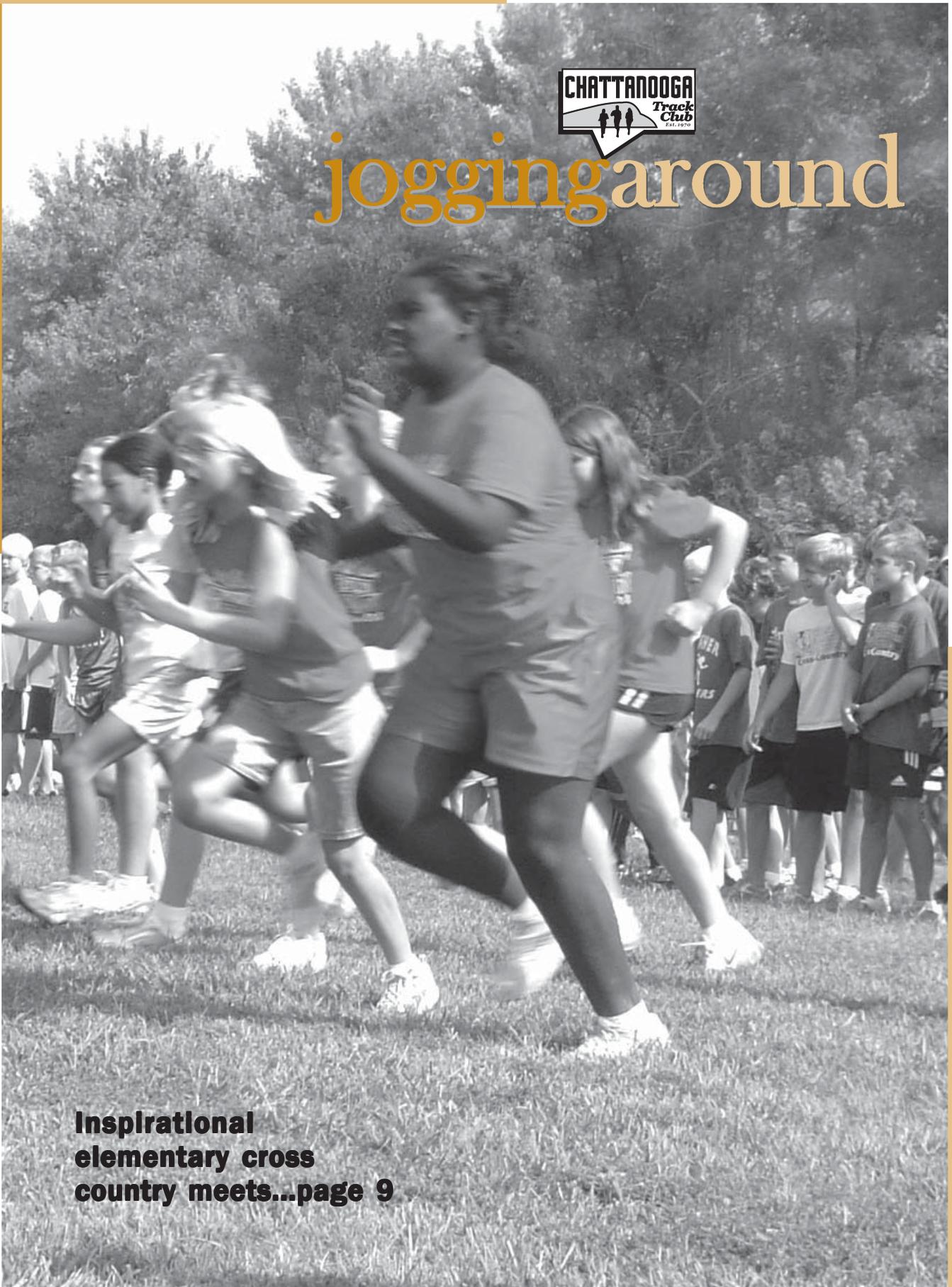




joggingaround



**Inspirational
elementary cross
country meets...page 9**

Chattanooga Track Club

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Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal. No special qualifications, other than an interest in running, 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.



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Jogging Around

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

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Welcome New and Returning Members

Donna Dowlen
Bruce Nichols Family

Words from the Prez's Perch

The temperatures are falling, the leaves are changing and it is time to switch out your running gear. There is nothing like the cool wind in your face to wake you up in the morning or to reenergize you in the afternoon. It is hard to believe that we are three quarters of the way through 2006 already.



We are gearing up for the fall schedule of races and **we need volunteers**. Doug Roselle is in need of many volunteers for the Battlefield Marathon on November 11. You can contact him at roselld@mindspring.com or call him at 423-629-6232. Each event requires dozens of volunteers in order to put on a quality race. If you aren't able to volunteer at the marathon, but would like to get more involved, email me at donnanjames@comcast.net. We have plenty of opportunities for you!

The other "thing" that our membership can help with is getting the word out about the club. I've asked many of my running or walking buddies or acquaintances why they aren't members. More than likely they say "Because I'm not a *real* runner." We're finding that a lot of people have a

misconception that the track club is like the track club in high school; that you have to be an elite runner to join. Well, just look at me and you'll find the real truth! Tell your friends and running companions about the club and what we stand ... or run... for. We support anyone, runners and walkers alike that exercise for their health, their sanity, for their friendships and for fun! Get the word out and watch us grow. The more members we have, the more events and social activities we can support. The more members we have the more YOU benefit.

Our fall membership meeting will be on November 7 at Porkers. The Board meeting starts at 5:30 and the membership meeting starts at 6:30. Feel free to join us for either or both meetings!

We hope to see you on the streets, trails and walkways. Remember that the Board meets on 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

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.



Raccoon Mountain - Round the Rim Run

By Theresa Samuelian

It was a beautiful morning.... As the sun was making its appearance on the horizon, 138 runners lined up for the start of the inaugural Raccoon Mountain - Round the Rim Run. At 7:32, they were off, making their way towards the reservoir. With a short climb, runners split to each respective distance. The 10K made its way around the reservoir taking in the scenic mountains while the 5K strolled to the turn around point. With nearly 20 minutes past, the first 5K runners made their way across the finish line. It must be said that the first and second runners to cross the finish line were both Grand Masters (Roger Harris and Bobby Smith)! Life just gets better with age. As the clock ticked to past 40 minutes, the first 10K runner (Michael Mattson) crossed the finish line.

As the runners continue to cross the finish line, groups of runners were seen chatting about their run or lounging in the grass. With plenty of refreshments from Greenlife, Panera, Moon Pie, Lookout Mountain Tomato & Banana and Coca Cola, participants waited patiently for the last racer to cross the finish.

Raccoon Mountain is a great place to have a race. Far above the hustle of the city, it is quiet and peaceful. Many commented on how beautiful it was and the tough course. But there were also comments about the numerous water stations, great door prizes, and the new pavement, which made for an outstanding running surface. Of course, a few didn't care for that climb to the reservoir so I will speak to management at TVA!!!!

As sailors often say, "N-A-V-Y" stands for "never again volunteer yourself." As it is, I have run many races in my time and have never

considered the effort that it takes to put on a race. Hours upon hours are spent in organizing the event, making sure that awards and tee shirts are designed and purchased, as well as, securing sponsorship, donations and door prizes. The activity level before the race begins is amazing. Many of these activities take place in the early dawn of the day. The scene is chaotic. Between setting up registration tables, food tables, water stations, cooling down beverages, directing parking and the start/finish area. Organized chaos is a term that comes to mind.

Volunteers are an invaluable part of any race event. We were fortunate enough to have over 40 people from the Raccoon Mountain facility, Jasper Middle School and CTC members who came out to give their time and effort. Personally, I cannot thank Tammy Sitton enough for her outstanding support and guidance.

While our efforts were to have a "perfect race", reality tends to take over. I apologize to the runners who were not able to take home their handsome award. They have been ordered and you should see them shortly. In our fast pace world, we have also become accustomed to instant results and race times; unfortunately we were reminded that technology can fail.

All in all, for an inaugural event, I was thrilled with the success of the turn out. Raccoon Mountain is a great venue for a race. Many of you have already commented on repeating your participation. Perhaps, if we tell some more of our friends, we can double our efforts!

Raccoon Mountain 5K Results – 2006

MALE OVERALL RESULTS

1 Roger Harris 20:39

FEMALE OVERALL RESULTS

1 Sue Barlow 22:17

MALE MASTERS OVERALL RESULTS

1 Larry Barlow 21:37

FEMALE MASTERS OVERALL RESULTS

1 Christine Post 24:55

MALE GRAND MASTERS OVERALL RESULTS

1 Bobby Smith 21:08

FEMALE GRAND MASTERS OVERALL RESULTS

1 Bonnie Wassin 35:06

MALE AGE GROUP 1-19

1 Stephen Heinichen 24:44
 2 Tyler Bass 25:14
 3 Michael Poston 25:20
 4 Noah Lance 26:25
 5 Matthew Heinichen 26:49
 6 Andrew Magee 37:46

FEMALE AGE GROUP 1-19

1 Ashley Riner 31:14
 2 Lindsey Cochran 33:50
 3 Andrea Burton 40:35

MALE AGE GROUP 20-24

1 Nathan Harper 21:26
 2 Michael Ryan 32:01

FEMALE AGE GROUP 20-24

1 Tiller Logan 23:18
 2 Kristen Fischer 25:24
 3 Katie Starnes 25:47

MALE AGE GROUP 25-29

1 Bill Copeland 24:11
 2 Wayne Talley 25:03
 3 Edward Kenney 28:42

FEMALE AGE GROUP 25-29

1 Virginia Allen 27:38
 2 Shannon Kincer 32:14
 3 Leigh Anne Hancock 33:17
 4 Tamara Dillard 34:35
 5 Christie Price 39:20
 6 April Baker 39:46

MALE AGE GROUP 30-34

1 Eric Burton 23:10
 2 Jeremy Cardwell 23:37
 3 Brian Chapuran 23:38
 4 Jason Irvin 27:08
 5 Ryan Dillard 27:30
 6 Jon Vincent 28:11
 7 Jonathan Graham 29:29

FEMALE AGE GROUP 30-34

1 Andrea Irvin 29:08
 2 Gwen Mitchell 33:17
 3 Paige Segler 33:56
 4 Jessica Burton 40:35

MALE AGE GROUP 35-39

1 John Riddle 24:53
 2 Jared Magee 28:24
 3 Christopher Segler 33:56

MALE AGE GROUP 40-44

1 Tony Gobble 28:30
 2 Jerry Hoffe 28:30

FEMALE AGE GROUP 40-44

1 Sue Barlow 22:17
 2 Christine Post 24:55
 3 Bernice Delaney 28:36

MALE AGE GROUP 45-49

1 Larry Barlow 21:37
 2 Michael Heinichen 25:36
 3 Ian Harper 28:44

FEMALE AGE GROUP 45-49

1 Donna Dowlen 25:25
 2 Betty Holden 25:50
 3 Elaine Cash 39:46

MALE AGE GROUP 50-54

1 Roger Harris 20:39
 2 Bobby Smith 21:08
 3 Bill Riner 32:16

FEMALE AGE GROUP 50-54

1 Debi Market 35:30

MALE AGE GROUP 55-59

1 Bill Moran 32:20

MALE AGE GROUP 60-99

1 Russ Haynes 25:07
 2 Squire Gwin 34:01

FEMALE AGE GROUP 60-99

1 Bonnie Wassin 35:06
 2 Grace Gwin 40:35

Raccoon Mountain 10K Results – 2006

MALE OVERALL RESULTS

1 Michael Mattson 40:52

FEMALE OVERALL RESULTS

1 Kelly Bullock 46:17

MALE MASTERS OVERALL RESULTS

1 Chuck Denham 41:01

FEMALE MASTERS OVERALL RESULTS

1 Casey Braddock 47:21

MALE GRAND MASTERS OVERALL RESULTS

1 Nick Honercamp 45:16

FEMALE GRAND MASTERS OVERALL RESULTS

1 Sue Anne Brown 57:16

MALE AGE GROUP 1-19

1 Bruce Smith 44:07

FEMALE AGE GROUP 1-19

1 Karrah Leary 1:07:08

FEMALE AGE GROUP 20-24

1 Anna Young 54:33

FEMALE AGE GROUP 25-29

1 Kathryn Copeland 51:22
 2 Jenny Market 59:02
 3 Micheala Mendez 59:04
 4 Tracy Hornsley 1:07:55

MALE AGE GROUP 30-34

1 Cowart Zach 42:09
 2 Justin Guy 45:55
 3 Joel Stansberry 47:28
 4 Rob Schwenk 55:13
 5 Matthew Rogers 1:00:59
 6 Bradley Fricks 1:09:10

FEMALE AGE GROUP 30-34

1 Emily Breeding 1:08:06

MALE AGE GROUP 35-39

1 Robert Gustafson 41:43
 2 Bret Renfroe 44:43
 3 Aaron Mercer 44:52
 4 Chris Rutledge 45:41
 5 Les Conner 46:55
 6 Ryan Taylor 48:26
 7 Patten Pettway 48:54

8 Robert Estoye 50:24
 9 Eric Whittington 51:18
 10 Mark Hatfield 1:08:05

FEMALE AGE GROUP 35-39

1 Julie Moran 53:57
 2 Jamie Quatro 1:05:15

MALE AGE GROUP 40-44

1 Barry Smith 50:22
 2 Steve Tompkins 56:08
 3 Bryan Davis 59:33

FEMALE AGE GROUP 40-44

1 Missi Johnson 52:15
 2 Gwen Meeks 59:00
 3 Sharon Armour 1:03:21
 4 Ellen Daniel 1:06:37
 5 Sharon Totten 1:12:28

MALE AGE GROUP 45-49

1 Mark Miller 41:21
 2 Don Gregg 42:55
 3 Michael Leary 46:52
 4 Van Ford 47:54
 5 John Wikle 48:25
 6 Steve Smalling 54:40
 7 David Halicks 58:13
 8 Tim Fortune 1:00:52

MALE AGE GROUP 50-54

1 Bill Young 47:38
 2 John Hunt 49:15
 3 Richard Devine 50:30
 4 Dennis Henderson 53:05
 5 Alec Taylor 54:11
 6 Carter Lynch 54:12

FEMALE AGE GROUP 50-54

1 Melodie Thompson 57:54
 2 Amy Mullens 1:00:11

MALE AGE GROUP 55-59

1 Flash Cunningham 49:44
 2 Reinhard Zachan 51:33
 3 Truman Smith 51:43
 4 Nathan Wyatt 52:25
 5 Bob Braddock 52:42
 6 Michael Mason 52:57
 7 Charlie Breeding 1:09:09

MALE AGE GROUP 60-99

1 Walter Sinor 54:08
 2 Dan Bailey 1:09:10
 3 Phillip Thomas 1:09:10





Gautier Dominates Missionary Ridge

By Ron Bush, Deputy Sports Editor Chattanooga Times Free Press

In his first Missionary Ridge Road Race, Jeff Taylor became the fourth winner of the 4.7-mile event in four years.

His coach's wife, Jan Gautier, was the women's winner for the third time in that span, however, and for the ninth time overall, going back to 1991.

She has won six times in the last eight years, and at the age of 41 she had no real challenge for female supremacy Saturday morning. She was 12th overall in 30 minutes, 6 seconds. Kelly Bullock finished second among the women in 33:46. "This is my race to get myself and hopefully my team motivated. Practice starts August 14," said Gautier, who coaches the Baylor Middle School cross country team that won its league title last year.

"I just say, Look, if somebody my age can run this distance and push myself and win, you can push yourselves."

"But I was five seconds slower than last year. I hope that's not a pattern."

She conceded that heat may have been a factor.

"It was very hot, and you could tell people felt it," Gautier said. "But it wasn't '96, and the rain last night helped. I was never so glad to see it rain." Taylor, 21, felt heat mostly from training partner Chad Dean, a fellow Cleveland resident. The University of Tennessee at Chattanooga junior runner from Bradley Central High School won in 25:27, three seconds ahead of the 25-year-old Dean. "It was a good race. I haven't run that many races this summer, so it was good for me," said Taylor, who was sick the week before

finishing second to UTC teammate Michael Mentz in the BlueCross Riverbend Run 5K in June. "I came in here and did what I wanted to. I wanted to win.

"Chad and I were pretty much running together and taking turns pulling a surge," Taylor added. "At the end it was pretty much whoever had anything left."

The 33rd Ridge race was also the first for Dean, runner-up to Mentz in the Chattanooga Chase 8k in May.

"Jeff and I both were really looking forward to today," Dean said. "He's a good training partner. We don't get to run together much in the winter, when he's in school, but we've been running together the past three summers."

UTC coach Bill Gautier noted that Taylor had a good cross country season last fall. "He's a returning all-conference performer, and he's put in a good summer," the Mocs coach said. "It's a good break for him to run these races against other people."

Tim Ensign was third and the masters winner in 25:40, followed by 16-year-old Steven Fassino, Chad Varga and Ryan McDermott.

William Hugh Enicks III, 68, came from northern Virginia to run a race with his son and grandsons for the first time. Enicks IV (Hugh) and Enicks V (Will) finished seventh and eighth, while Enicks III was 138th out of the 218 finishers. Andrew Enicks, Will's 15-year-old brother, was 41st.

Missionary Ridge Road Race Results – 2006

MALE AGE GROUP 1-14

1	Bill Alexson	43:27
2	Taylor Condra	1:04:35

FEMALE AGE GROUP 1-14

1	Ashley Riner	50:16
2	Emily Thompson	50:21
3	Bailey Kinsman	1:00:47

MALE AGE GROUP 15-19

1	Steven Fassino	27:19
2	Will Enicks	28:39
3	John Bruner	31:11
4	Thomas Barker	31:48
5	Anders Clarke	32:50
6	Bruce Smith	32:56
7	Andrew Enicks	33:35
8	Andrew Bruner	34:01
9	Tyler Keys	34:47
10	Marco Bianchini	38:41

FEMALE AGE GROUP 15-19

1	Danielle Alfano	37:27
2	Julie Spencer	39:12
3	Karra Leary	46:39
4	Holly Woerner	54:51

MALE AGE GROUP 20-24

1	Jeffrey Taylor	25:27
2	Matt Jenkin	29:04
3	Cesor Lopez	34:18
4	Seth Roberts	36:21
5	Patrick O'Malley	38:58

FEMALE AGE GROUP 20-24

1	Virginia Smith	36:40
2	Logan Tiller	39:46
3	Ashley Morris	40:20
4	Amber Collins	40:50
5	Kristen Fischer	44:04

MALE AGE GROUP 25-29

1	Chad Dean	25:30
2	Ryan McDermott	27:31
3	Robert Sivy	30:42
4	Robert Greene	33:57
5	Jim Coltrin	34:02
6	Justin Silberman	35:31
7	Eric Silberman	35:31
8	Mark Coffman	38:51
9	Matt Moore	39:03
10	Jeremy Cardwell	39:08
11	Michael Stocker	40:14
12	Jamaime Akins	40:17
13	Jeff Morris	40:20
14	Bo Bentley	42:54
15	Rusty Mawk	45:15

FEMALE AGE GROUP 25-29

1	Krissy Llewellyn	40:48
2	Missy Greene	42:10
3	Katherine Sivy	42:37
4	Kristin Kirksey	42:42
5	Erica Hutsell	42:45
6	Elizabeth Dunn	45:26
7	Hillary Libby	49:54
8	Makesha Blanks	57:36
9	Laura Standish	58:01

MALE AGE GROUP 30-34

1	Peter Murphy	29:41
2	David Buntin	30:23
3	Zach Cowart	30:43
4	Michael Drew	30:57
5	Jason Hamrick	32:05
6	Christopher Cantrell	32:30
7	Chris Wilson	33:35
8	Richard Llewellyn	33:50
9	Curt Sims	34:10
10	Nelson Bowers	34:43
11	Michael Ellis	35:02
12	Andy Gill	36:49
13	Thomas Brasel	41:20
14	Matthew Rogers	42:56
15	Jason Itvin	46:04
16	Brian Morris	46:21
17	Jon Vincent	47:25
18	Joe Harmon	1:03:53

FEMALE AGE GROUP 30-34

1	Rachel Wilson	35:53
2	Emily Breeding	48:19
3	Beth Tittsworth	50:38
4	Paige Segler	55:11
5	Laurie Bizzell	59:58

MALE AGE GROUP 35-39

1	Mitchel Cox	29:16
2	James Williams	31:43
3	Daniel Uson	32:29
4	Bret Renfroe	33:20
5	Aaron Mercer	33:28
6	Ryan Shrum	33:43
7	Chris Rutledge	34:01
8	Les Conner	34:41
9	Rob Standish	36:38
10	David Lillard	37:27
11	John Holden	38:08
12	Eddie Tate	39:02
13	Randall Bass	41:18
14	John Riddle	41:25
15	Chris Gaitner	41:27
16	Thomas Cannon	41:41
17	Jim Morrison	42:18
18	Ted Bullock	43:05
19	David Brown	43:12
20	Eric Clymer	43:43

21	Bob Puckett	46:21
22	Ron Bailey	49:46
23	John Smith	52:00
24	Christopher Segler	55:11

FEMALE AGE GROUP 35-39

1	Kelly Bullock	33:46
2	Robin Crump	37:02
3	Nancy Dodson	39:41
4	Joanna Crooks	39:45
5	Barbara Ension	40:46
6	Sonya Reagor	40:53
7	Chrystle Kelly	43:35
8	Lorie Puckett	43:45
9	Ashley Remko	45:12
10	Dana Rooney	54:44
11	Lisa Jones	55:02

MALE AGE GROUP 40-44

1	Tim Ensign	25:40
2	Chuck Denham	30:13
3	Chris Frank	30:24
4	David Martin	30:28
5	Joey Howe	31:19
6	David Wilson	34:50
7	Robert Rodgers	34:50
8	Jeffrey Cochran	35:10
9	Peter Davis	35:17
10	Martin Murphy	36:42
11	Ray Beem	36:47
12	Rick Hicks	37:55
13	Howard Reagor	38:26
14	Steve Tompkins	41:13
15	Stephen Murphy	41:55
16	Bryan Davis	42:58
17	Jeff Plunkett	46:03
18	Amante Agbannadag	46:26
19	Dane Glaser	1:03:52

FEMALE AGE GROUP 40-44

1	Jan Gautier	30:06
2	Sue Barlow	35:23
3	Linda Spencer	38:33
4	Missi Johnson	39:48
5	Nikki Thomas	40:55
6	Gwen Meeks	41:25
7	Sharon Armour	42:45
8	Bernice Delaney	44:10

MALE AGE GROUP 45-49

1	Chad Varga	27:25
2	Hugh Enicks	27:35
3	Mark Miller	30:16
4	Gregg Hansen	30:31
5	Sal Coll	31:20
6	Don Gregg	31:37
7	Eric Clarke	32:51
8	Larry Barlow	33:55
9	Michael Leary	34:38

10	Jeff Malone	34:52
11	Jon Huebschman	35:51
12	Greg Bruner	36:34
13	Walter Stamper	38:53
14	Steve Smalling	38:56
15	Dave Denny	41:18
16	Wade Floyd	41:19
17	Gary Ray	41:19
18	Sam Willis	41:44
19	Michael Love	41:54
20	David Halicks	42:51
21	Andrew Alexson	43:26
22	Tim Fortune	43:32
23	Bill Brock	48:55
24	Richard Lamb	49:19
25	Richard Mouh	49:57

FEMALE AGE GROUP 45-49

1	Linda Webber	39:29
2	Betty Holder	42:43
3	Barbara Clark	47:08
4	Cathy Messier	51:00

MALE AGE GROUP 50-54

1	John Walker	31:07
2	John Harrison	32:29
3	Rick Rogers	33:30
4	Marvin Watson	34:18
5	Larry Lyda	36:16
6	Roger Smith	36:40
7	Quinton Mansell	37:26
8	Jim Carpenter	39:27
9	Carter Lynch	40:06
10	Dennis Henderson	40:37
11	Mack Kinsman	42:12
12	Fred Klaus	44:19
13	Steve Brooks	45:37
14	John Mullins	50:32
15	Mike Brown	53:24
16	William Riner	53:59

FEMALE AGE GROUP 50-54

1	Sarah Bowen	37:34
2	Melodie Thompson	42:01
3	Amy Mullens	44:33
4	Theresa Samuelian	45:10
5	Lenora Pou	45:26

MALE AGE GROUP 55-59

1	Iman Majid	34:56
2	Joe Axley	35:05
3	Flash Cunningham	35:29
4	Pat Hagan	38:49
5	Mike Mason	38:52
6	Truman Smith	39:49
7	Daniel Oliver	41:22
8	Timothy Davis	41:53
9	Michael Zemaitis	45:13
10	Charlie Breeding	48:20
11	Jim Hamblen	48:33

FEMALE AGE GROUP 55-59

1	Carolyn Margrave	56:00
2	Ida Mae Sawyer	1:00:44

MALE AGE GROUP 60-64

1	Doyle Thomas	33:45
2	Allen Buquo	34:35
3	Walter Sinor	39:18
4	Charlie Vandergriff	40:02
5	Jim Selman	40:36
6	Paul Conn	45:17
7	George Margrave	57:14

FEMALE AGE GROUP 60-64

1	Sue Anne Brown	40:36
2	Bonnie Wasson	54:55

MALE AGE GROUP 65-69

1	Sergio Bianchini	32:44
2	Jesse Roberson	35:58
3	Doug Hawley	39:22
4	Hugh Enicks	41:45

FEMALE AGE GROUP 65-69

1	Edwina Cohen	1:28:30
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MALE AGE GROUP 70-99

1	B.P. Daniel	1:01:10
2	Bruce McDuffie	1:25:43

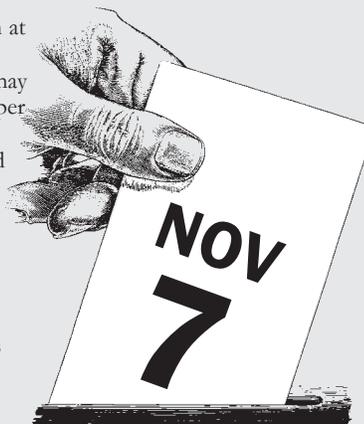
Chattanooga Track Club Elections to be held November 7th

Elections and Social will be held on November 7th from 6:30 – 8:30 pm at Porkers on Market Street in the side room. We will have a buffet of BBQ, vegetables, and non-alcoholic beverages. They sell beer and you may bring your own wine. Members attending will eat free...all others \$10 per person. Also, new for this year all members will be able to vote for the Member of the Year (it will be a write in-with space for comments) and the winner will be announced at the CTC Banquet in January!!!

Anyone wishing to run for office, please respond to jumpytwo@hotmail.com

Just prior to the social the board of directors will be meeting at Porkers from 5:30-6:30 pm any member wishing to, may sit in on the board meeting.

Please RSVP to 870-1608 and leave a message or email Melodie at jumpytwo@hotmail.com



7 Chickamauga Battlefield Marathon 2006 (The BEST Ever!)

By Doug Roselle

A good friend and I have an on-going joke that no matter what the circumstances each of our adventures are the best ever. Our camping trip that saw a record cold snap was still the best ever. The fishing trip with a storm that matched those in the movie was the best ever. The preparations for the 2006 Chickamauga Battlefield marathon are in full swing and I am betting that it will be the best ever! This year's race will be Saturday November 11, 2006. That is Veterans Day which fits perfectly with holding this race in the historic National Battlefield.

The big news is that the road construction is complete. The marathon course will include the traditional two loops of the perimeter on the wonderfully smooth asphalt roads. Yes, the three hills will be in the loop. No, they did not make the hills smaller. There will be a short dog leg out across Alexander Bridge. This will allow us to straighten out the initial part of the course and gives runners a chance to see where their competition is. Many thanks to David Presley for his help on setting up, measuring, and certifying the course. The 10 mile run will follow the marathon course to mile 5 and return.

We received a lot of positive feedback on last years race. The runners love the setting and the enthusiasm of the volunteers. There were some indications that we could have used a few more sentries and helpers at the water stops. So – if you helped last year, thanks and I hope I can call on you again this year. If you didn't and would like to volunteer this year, email or call. If you have friends that you would like to get interested in running – this is a great opportunity to introduce them to running's biggest challenge. The volunteers really do make the difference on how the race comes off.

Other pieces of the planning: I am working with shirt vendors to provide a race shirt that I hope will be one of those that is everyone's favorites. Peggy is scheming on the post race food menu to surpass last year's spread. Tim is lining up race sponsorships that is so critical to the success of the race. Most importantly I hope all of you that can, will volunteer and show the Marathon participants that the Chattanooga Track Club knows how to put on the best race ever. Get in touch if you can help out or have questions.



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Families on the Run 2006: Building a stronger community through strengthening families!

First Things First, a local not for profit dedicated to strengthening families in our community, is encouraging families to get active this December at the second annual Families on the Run.

Families today are constantly on the run and have little time to focus on healthy eating habits and exercise. A survey conducted by Shape Up America! showed that all of the activities families are involved in often interfere with their efforts to get more exercise. Research also shows that many children are now overweight or obese. Regular exercise, adequate rest and healthy eating can be the difference in a family that lives, plays, learns and works well together and one that does not.

So lace up your running shoes and plan to be at Families on the Run a competitive 10k and 5k road race, as well as a noncompetitive Santa Stroll (Family Fun Run) and Kiddie K Fun Jog on December 2.

The course is set to begin and end at the Hunter Museum of American Art and will include Chattanooga's beautiful riverfront. Registration includes hot breakfast from Wally's!

Participants can enter as individuals, or as a family or couple team! Individual participants and teams can collect contributions from their families and friends to support First Things First's community initiatives. And, top fundraising individuals and teams will qualify to win incentives!

Families on the Run will have a Holiday Party filled with festivities for the entire family all morning long! Registration/Package Pick-up, the Kiddie K, breakfast and the Holiday Party will be held at the downtown Sports Barn. The Holiday Party will be held from approximately 7:30 am - 11:30 am. Have friends or family members running, but you want to sit it out? Stay warm with some hot coffee and enjoy the festivities inside while waiting on your family to finish the race! The Holiday Party will include door prizes, entertainment, vendors and other activities! Santa himself is even rumored to make an appearance!

Come celebrate the Winter Season with First Things First! Festive Holiday Attire Recommended!

Register and sign-up to be a fundraiser online at www.firstthings.org.

Despite rainy weather, more than 100 runners and walkers turned out for the first Families on the Run in December 2005.



Youngsters inspire us with untapped running ability

By John Hunt

It's almost as much fun as recess. They're tired, sweaty and ready for a break and a cool something to drink. But if they had a choice, they would probably opt to do it every afternoon in the fall and not just on Thursdays.

What we're talking about here is the Elementary School Cross Country Races, which are held every Thursday afternoon in September and the first one in October. The group includes third, fourth and fifth graders from about a dozen Hamilton County schools and they gather at the Riverpark off of Amnicola Highway for a series of one-mile races.

They are a site to behold. Most are huddled in groups, talking with their school mates and trying to stretch to the best of their ability. They probably don't realize the connection between stretching and running, but they do it anyway because that's what they've been told to do.

The fifth graders toe the starting line first. Many head that way long before the starting whistle sounds, perhaps to get their game faces on or maybe to plot a little strategy before the serious business begins. Some do jumping jacks while others do cartwheels, but it's obvious they have more energy than they can contain and they're ready to run when the time comes.

We adults don't think much about running one mile, but for some of these young folks, it may as well be a marathon. Most start out at a break-neck pace without any idea how far a mile really is. Some are walking before they have reached the quarter-mile mark.

Pacing is another concept they haven't fully grasped just yet. They run fast as they can for as long as they can and then they walk until they feel better and then they run hard again. Times aren't really important, but the fact they are out there taking part in a positive experience is really the neat thing about this whole gathering.

Some of the teams have uniforms, complete with singlets and shorts. Others show up in cutoff bluejeans while some even wear long pants. Some sport "real" running shoes while others simply compete in tennis shoes. And while some take a long, long time to cover that mile, others are pretty darn fast.

Take Stephen Heinichen for instance. This fourth-grader from Thrasher posted the fastest time of the day on Sept. 14 with a blistering 6:06. The fastest third-grade boy was clocked in 6:26 while the winning fifth-grade boy had an outstanding 6:09. The top times for the girls included 7:00, 6:37 and 6:21.

While some 359 runners competed in the second gathering, most are just your average children who love to socialize, play and occasionally do

a little work.

Christina Grey is a fourth grader from Ganns Middle Valley. She may be the exception to the rule, but that doesn't keep her from competing right with the rest of the runners. And I'm sure she has just as much fun, but she pays a higher price to compete than most.

This young lady suffers from Ricketts, which from what her coach Drew White explained, is a birth defect that causes extreme bow-leggedness and makes walking a difficult challenge. Young Christina does more than walk. She'll run for 10 or 12 steps before stopping to walk. A few minutes later, she'll run a little bit more. She's at the back of the back immediately and she's all alone for most of the way, but the admirable thing is that she doesn't quit.

And according to coach White, she apparently doesn't know what that word means.

"Ricketts is something she'll have to deal with the rest of her life, which makes running a painful exercise. But Christina is probably the most determined little girl I've ever met. She's always there when we practice and she's present at every race. She always has a good attitude and I think she would try anything," White explained.

Schools in addition to Ganns Middle Valley include Big Ridge, Bright, Thrasher, Hickory Valley Christian, Red Bank, Soddy, St. Peter's, St. Jude, Brainerd Baptist and St. Nicholas among others.

The future of running in Chattanooga is happening at the Chattanooga Riverpark on Thursday afternoons through Oct. 5 when the final race of the season will be contested. No question there will be kids who will celebrate personal victories because they accepted a challenge for the first time and they conquered it. Many will probably go on to outstanding athletic careers. Most will probably be outstanding community leaders.

And they will continue to inspire. You see a young lady like Christina Grey and you quickly close your eyes and give thanks for healthy legs. We think we have good excuses to quit or to not run to begin with and we see someone like her and we realize we don't have any problems.

It's not too late to get into the action as a support person. Various members of the CTC have been out there helping set up and serving as sentries on the course. It's been a blast and I'm glad that I've been part of the action. If you want to see what I'm talking about, the next opportunity will be at 4 p.m. for the next few weeks.

Hope to see you there. You'll be glad you did.





Running Stage Race

This year's 4 day running stage race consisted of the following schedule:

August 23- 10K

August 24- 5K and 15K

August 25- Time Trial up Signal Mountain

August 26- 13 Mile Trail Run on Lookout Mountain



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INFORMATION MEETINGS

Tuesday, Oct. 24 6 p.m.
North River Civic Center -
Hixson
1009 Executive Drive,
Ste. 102

Thursday, Nov. 2 - 6 p.m.
NorthShore Grille
16 Frazier Ave.

As a young girl, Elle Speer read a story in Reader's Digest about a little girl battling Leukemia. The thought of getting cancer at such a young age haunted Elle throughout her childhood. Eventually the fear faded into gratitude as Elle was able to grow up cancer free and healthy. At 54 years old she signed up to compete in the Three State Three Mountain 2006 Century Ride with Team In Training.

Within a week of joining Team In Training, Elle learned by chance that a friend's daughter was battling Hodgkin's Lymphoma. Elle immediately knew who would inspire her to ride hundreds of miles as she trained.

Elle rode in honor of this courageous woman battling cancer and used her as an inspiration to ride no matter what the elements were outside. Elle reached her goal of raising \$2500 for cancer research and completed the challenging Century ride in Chattanooga in May 2006. You can help us save lives and train to complete a Marathon or a Century Ride.

Call 1-800-332-2980 to find out how to join the team!

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Cross Training, the Perfect Spice for Winter Workouts

By Kimberly Bowes Westhoff

(This an excerpt of the article. The complete article may be found at <http://www.rrca.org/publicat/win01cross.htm>)

Does the drop in temperature put the “big freeze” on your running regimen? Warm up that workout by introducing cross training during the winter months.

Old Man Winter has a way of slowing us down during the colder months. Flowers become dormant, bears take to their caves, and many running regimens fly south for the winter. However, cold weather should not mean a freeze in your workout. The winter months are a great time to introduce cross training to your routine.

Patrick Avon, president of the Sergeant’s Program* and an Ironman triathlete, says cross training is a must for any endurance athlete. “You use all your muscles to run,” explains Avon. “And comprehensive basic conditioning is necessary to be an efficient runner. Just be sure to alternate your workouts. You should reduce your running routine to accommodate other activities.”

Whether you opt for the comfort of the indoors or pull on the mittens and cap for a brisk outdoor workout, there is a wide range of training options to complement and enhance your exercise routine.

If you welcome the colder temperatures, you have a variety of outdoor cross training options. Those of you in more temperate climates can include rowing, swimming and biking among your outdoor activities. Rowing and swimming are particularly great alternatives. Both provide an all-over body workout, conditioning the quads, butt, abs, lower back and upper body. Biking works the leg muscles, particularly the quads, while providing needed relief from the pounding on knees and ankles. According to kicksports.com, “While running exercises the muscles in the back of your legs, biking does the exact opposite, and can keep your legs from getting out of whack.”

For those of us who prefer central heat, bringing you workout indoors doesn’t have to mean monotonous hours spent on a treadmill. Cross training options are virtually unlimited. Stair climbing is a good substitute for running. Like cross-country skiing, climbing stairs utilizes the same range of motion and muscle groups as running. Elliptical trainers provide a great low impact workout, while stationary bikes and rowing machines allow you to reap the benefits while staying warm. Enjoy the company of others by taking part in an aerobics class, work off your aggression through kickboxing, or see why everyone is raving about pilates. However, you don’t have to drive to the gym to cross-train indoors. Run the stairs in your house or apartment, jump rope, pop in an aerobics tape or join the millions of people on the tae-bo bandwagon.

If you do choose to continue running outdoors, take care to do so safely. If your schedule allows, take advantage of the sunlight and warmer temperatures and run in the middle of the day. Avon suggests switching to a trail running shoe for better traction in snowy or slushy conditions. “Or better yet,” advises Avon, “move your workout to an outdoor track, especially when the roads are covered with ice and snow.”

Weather assessment also plays a large role in determining how to dress when running in cold temperatures. Bowes recommends layering to avoid overheating. “Gore-Tex is outstanding when the temperature gets below 25°,” he maintains. “If the temperature is higher than 25°, I’ll switch to polypropylene and my regular running attire.” Added precautions against the elements should include gloves

or mittens, extra socks, a hat that covers your ears, and using petroleum jelly on exposed areas such as the nose and cheeks. Avon also advises runners to wear reflective gear when running in the dark.

Finally, use strength training and stretching to round out your routine. “Running requires power,” explains Avon. “It takes power to get up hills. Power is best achieved through strength training.” Strength training has many benefits. It helps tone muscles, build muscle strength while burning fat, maintain bone density, and improve digestion. It also builds upper body strength and increases energy. Avon recommends weight training twice a week, with one day devoted to the upper body and one day to the lower body. Upper body exercises should focus on shoulders, biceps and triceps, while lower body work should target the quads and gluts. Dumbbells, resistance bands, ankle weights, handgrips, a pull-up bar and nautilus machines are all great options for strength training. However, any heavy object that can be held in the hand can serve as a weight.

No matter what kind of weights you choose, short, intense periods of activity are best-10-20 minutes-with many repetitions. “Be sure to strengthen your back as well, but don’t overdo it,” cautions Avon. “Your back is overworked every day. Once or twice a week is adequate.” Complete your strength training with abdominal crunches three to four times a week.

Last, but arguably most important, include basic stretching in your workout. Do not limit stretching to warming up and cooling down activities. Now is a great time to explore the benefits of yoga or learn the ancient art of tai chi. Not only will your muscles achieve a wider range of motion, many experts argue that stretching helps prevent cramps, stiffness and injury. Stretching is particularly important in cold weather.

So this year, when Old Man Winter comes knocking on your door, invite him in for a spin on the stair master or send him packing on a pair of skis. Because whether you are a koala bear or polar bear, the winter months are the best time to explore the benefits of cross training.

*The Sergeant’s Program is an outdoor, boot camp style workout consisting of running, calisthenics, weight training and nutrition consultation. For more information see their Web site at www.sarge.com.

Cross Training Options

Indoors:

- Elliptical trainers
- Swimming
- Rowing machine
- Stair master
- Stationary bike
- Aerobics/tae-bo/pilates
- Jumping rope

Outdoors:

- Cross-country skiing
- Snowshoeing
- Rowing
- Biking
- Swimming (with a wet suit if necessary)



Kimberly Bowes Westhoff is a member of the Montgomery County Road Runners Club in Maryland. She has been a professional writer for the last 10 years and a runner for over 20.



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Older runners dominate FCA 5K

By John Hunt

The older generation dominated a race designed to benefit the younger generation on Labor Day at Chattanooga State Community College.

The annual 5K for FCA was contested on a cooler than average holiday Monday with two veteran masters runners leading the way for the 3.1-mile race.

Joe Johnson and Jan Gautier were the overall winners. Johnson's margin of victory was a whopping one second at 17:02 while Gautier's time of 18:53 was well ahead of runner-up Alexandra Mullin's time of 20:36.

Hugh Enicks was second behind Johnson while 39-year-old Tom Sell was third in 17:29. Kevin Croft and Leighton Steadman completed the top five with times of 17:42 and 18:01, respectively.

While Gautier and Mullin were leading the way for the ladies, Emily Cooper was third in 21:17, followed by Ashley Manning in 22:47 and Hannah Davis with a 22:52.

Johnson is a 45-year-old speedster who owns the Johnson Group, a locally-based advertising and marketing firm. His preference is the shorter races and the FCA event was a great way for him to kick off his fall racing season.

"It was a great day to run," he explained of his victorious performance.

"I know that I woke up the next day hoping that I would never see myself making a face so ugly," he continued, referring to the expression on his face in the Times-Free Press photo. "I wanted to have a good run to start the season and it turned out okay. We ran together for about two miles then Hugh and I pulled away a little bit. I wasn't sure exactly where he was, but he's a great runner and a lot of fun to run with," Johnson added.

Enicks is the 47-year-old Junior ROTC instructor at Red Bank High School. He's also the defending champion for the upcoming Chickamauga Battlefield Marathon. His FCA race was just a good

speed workout for him as he planned to add another 12 miles later in the day. He's currently logging 90-100 miles per week as he gets ready for the marathon on Nov. 11.

"Kevin (Croft) led for the first mile, but Joe and I broke away a little past the two-mile mark. He threw in a surge about a half-mile later and I was hanging on after that. Joe's too strong at the 5K distance. But this was a nice speed workout for me and I was just glad to be running up front," Enicks said.

While the FCA win was Johnson's first in that particular race, Gautier's victory has become almost commonplace. She's won it at least eight or nine times, but she's not sure which.

"I was up until midnight with dorm duty, so I wasn't sure what today would bring," the 41-year-old former Olympic Trials marathon participant said shortly after the race ended, referring to her job as teacher and middle-school cross country coach at Baylor School.

"Last year I had to run hard to catch Jennifer Croft, but she wasn't racing today, so I just had to pretend I was being chased. It's not as easy as it used to be, but I've been trying to do quality workouts lately and I was thrilled to run a little bit better than last year. I'm thinking about doing Huntsville, but I'm not sure yet," she concluded.

A change in TSSAA rules prohibited high school runners from taking part in races of the same distance as their cross country races, which this year have been changed from three miles to 5K. To compensate for that rule change, there was a separate race for the high school cross country runners that was 3.25 miles.

Sam Taylor was the overall winner of that race in 17:52 while Matt Coniglio was second in 18:11. Jessica Duble was the female winner in 21:29 with Hannah Jenkins in second with a 23:19.

A total of 289 runners took part in the 5K event with another 39 taking part in the high school race.

FCA Results – 2006

MALE AGE GROUP 1 - 10

1	Noah Lance	26:14
2	Mathias Porter	27:01
3	David Enicks	28:14
4	Quinn McGinness	30:07
5	Christian Silvers	33:37
6	Sam Fitzgerald	33:47
7	Josh Core	35:31
8	Sam Gibson	43:58
9	Daniel Kearns	55:51

FEMALE AGE GROUP 1 - 10

1	Sarah Gartman	27:31
2	Shelby Balch	27:52
3	Emily Thompson	30:18
4	Emily Cullum	31:24
5	Jeneva Steffes	42:51
6	Abby Claire Thompson	46:02
7	Sarah Gibson	49:25
8	April Damon	49:25

MALE AGE GROUP 11 - 13

1	Travis Core	19:18
2	Ian Murphy	21:52
3	Jake Dedeker	22:35
4	Andrew Gennett	22:37
5	Aaron Covrig	24:03
6	Jarrett Curtis	25:03
7	Tyler Bass	25:04
8	Madison Yates	29:01
9	Taylor McIntyre	32:29
10	Hunter King	35:04

FEMALE AGE GROUP 11 - 13

1	Alexandra Mullin	20:36
2	Caitlin Duggan	24:27
3	Jenny Dodds	25:04
4	Corbin Cullum	27:15
5	Melanie Hull	28:16
6	Mary Halley Magee	28:20
7	Ashley Riner	28:30
8	Ashley Johnson	30:21
9	Caitlynn Fortner	30:34
10	Anna Ward	31:19
11	Ally Fien	34:25
12	Kelsie Key	39:38

MALE AGE GROUP 14 - 18

1	Leighton Steadman	18:01
2	Matthew Thompson	19:37
3	Casey Steffes	20:20
4	Aaron Saylor	21:12
5	Christian Weber	21:14
6	Jason Dedeker	21:49
7	Jack McGuinness	21:57
8	Marco Bianchini	23:11
9	Ben Trenie	24:39
10	Aaron Vibbert	27:17
11	Zachary Key	29:31
12	Trent Smith	31:27

FEMALE AGE GROUP 14 - 18

1	Hannah Davis	22:52
2	Sara Kluttz	25:48
3	Brooke Hadden	28:11
4	Jenna Dedeker	33:17
5	Victoria Yates	38:51
6	Sara Goza	38:51
7	Amber Singleton	48:04

MALE AGE GROUP 19 - 24

1	Bo Benge	18:29
2	Bradley Webber	20:35
3	Hunter Mueller	21:45
4	Aaron Reid	22:46

FEMALE AGE GROUP 19 - 24

1	Ashley Manning	22:47
2	Logan Tiller	22:49
3	Christina Aldridge	23:50
4	Tiffany Inman	24:05
5	Kristen Fischer	25:43
6	Katie Starnes	26:16
7	Jenny Stracener	42:18

MALE AGE GROUP 25 - 29

1	Jeff McCommon	18:42
2	David Kemp	21:28
3	Jason Cox	22:14
4	Jeff Rawles	22:56

5	Matt Moore	24:09
6	Jared Inman	28:17
7	David Dahlke	29:15
8	Rusty Mawk	29:50
9	Gilbert Balch	30:30

FEMALE AGE GROUP 25 - 29

1	Emily Cooper	21:17
2	Julie Conyer	23:26
3	Virginia Allen	27:30
4	Joy Jansen	27:52
5	Melissa Young	33:29
6	Kim Gaynor	46:25

MALE AGE GROUP 30 - 34

1	Kevin Croft	17:42
2	Chris Wilson	18:33
3	Darren Boyd	18:49
4	Zach Cowart	19:16
5	Michael Drew	19:21
6	Jason Hamrick	19:30
7	Curt Sims	21:46
8	Steven Dennis	23:23
9	Glenn Swann	25:37
10	Mark Pearson	26:58
11	Michael Rose	27:49
12	Jon Vincent	27:59
13	Jason Brown	28:01
14	Jay Fitzgerald	33:48
15	Jonathan Ward	41:53

FEMALE AGE GROUP 30 - 34

1	Mary Stoetznier	24:27
2	Misty Mann	25:38
3	Mary Winkler	26:47
4	Makala Bumgarner	28:37
5	Misty Wall	29:03
6	Emily Breeding	30:36
7	Ruth Boyd	39:08
8	Kara Gibson	39:51
9	Wendy Barnett	47:39
10	Melissia Travillion	49:15

MALE AGE GROUP 35 - 39

1	Tom Sell	17:29
2	Sean Higgins	18:20
3	Brian Smith	19:24
4	Bret Renfroe	20:04
5	Ryan Shrum	20:08
6	Chris Wilds	20:09
7	Greg Lindley	20:26
8	Chris Rutledge	20:31
9	Lane Steele	20:50
10	Daniel Uson	21:01
11	Don Gunther	21:14
12	Ken Hillman	21:41
13	David Moghani	23:06
14	Rob Eldridge	23:59
15	Marty Gorby	24:10
16	David Pickett	25:41
17	Bobby Daniels	26:27
18	Jared Magee	26:39
19	Michael Dennis	27:15
20	David Boyd	27:25
21	John McLain	28:12
22	Bill Brunton	29:07
23	David Stephenson	33:34
24	Kevin Silvers	33:38
25	Bradford Banta	34:17
26	Shawn Reynolds	40:22
27	Bill King	44:14

FEMALE AGE GROUP 35 - 39

1	Tracie Dennis	23:43
2	Joanna Crooks	23:58
3	Julie Murphy	25:24
4	Tammy Colvard	26:11
5	Sonya Reagor	26:18
6	Beverly Gouger	27:29
7	Wendi Croft	27:42
8	Selena McLain	28:24
9	Kent Magee	28:54
10	Roberta Maler	29:53
11	Jessica Smith	30:06
12	Marcia Cunks	32:55
13	Cristi Ryall	32:58
14	Amy Banta	34:17
15	Jenny Fien	37:49
16	Jill Reynolds	40:43
17	Sandra King	44:14

MALE AGE GROUP 40 - 44

1	Dean Thompson	18:56
2	Bill Minehan	19:06
3	Brian Crooks	20:47
4	John Selman	21:03
5	Jay Dedeker	21:36
6	JR Saylor	23:49
7	Howard Reggor	24:46
8	Steve Tompkins	25:52
9	Jerry Hoffer	25:55
10	Tony Gobble	26:49
11	Donnie Gregory	26:50
12	Tony Fien	27:20
13	Kevin Featherston	27:35
14	Greg Cullum	27:50
15	Roy Roddy	28:32
16	Johnny Johnson	29:35
17	Michael Fortner	30:35
18	Amdy Gurley	30:57
19	Kenny Key	33:12
20	Paul Shull	35:50
21	Tom Damron	48:34

FEMALE AGE GROUP 40 - 44

1	Jan Gautier	18:53
2	Farell McGinness	23:24
3	Janice Carnett	23:51
4	Lauren Hunt	24:04
5	Maria Hansen	24:21
6	Beverly Key	25:01
7	Bernice Delaney	28:17
8	Ginger Duggan	31:23
9	Susan Hughes	32:32
10	Betty Cullum	32:54
11	Geraldine Boston	39:25
12	Sandra Key	39:25
13	Angie Jordan	42:31
14	Linda Dixon	47:47
15	Kathleen Core	48:07
16	Tracy Horton	48:38

MALE AGE GROUP 45 - 49

1	Joe Johnson	17:02
2	Hugh Enicks	17:03
3	Gregg Hansen	18:54
4	Mark Miller	19:08
5	Jeff Stracener	20:53
6	Doug Daugherty	21:48
7	Doug Torrance	22:06
8	Lester Galyon	23:03
9	Dale Key	23:27
10	Brian Kearns	23:37
11	Joel Cram	24:17
12	Robert Riden	24:39
13	Claude Hager	26:06
14	David Halicks	26:15
15	Jeff Boston	26:59
16	Bill Brock	27:00
17	Eric Lamport	27:19
18	Ian Harper	27:43
19	Mark Dragon	29:50
20	Jimmy McGuinness	30:17
21	John Gwin Jr	30:51

FEMALE AGE GROUP 45 - 49

1	Lynda Webber	24:33
2	Donna Dowlen	25:00
3	Sharon Goforth	25:25
4	Linda Andreae	26:22
5	Karen Gralyon	27:23
6	Jan Parker	28:26
7	Julie Diagoo	29:45
8	Sally Hoffman	30:51
9	Pam Kiper	35:58
10	Jill Martin	37:22
11	Tina Damron	39:50
12	Kathi Steffes	40:12
13	Brenda Whiteside	44:15
14	Sharon Shadrick	49:42
15	Brenda Kearns	53:45

MALE AGE GROUP 50 - 54

1	John Walker	19:27
2	John Harrison	20:07
3	Jim Steffes	20:22
4	Danny Casteel	21:35
5	Pat Leahy	21:53
6	David Gregory	21:56
7	David Presley	22:18
8	Bob Benge	23:02

9	Carter Lynch	24:00
10	Richard Water	24:16
11	Tim Ross	25:26
12	David Klinger	26:34
13	Don Lastine	26:55
14	Bill Collier	27:32
15	Ken Parker	28:28
16	Bill Riner	32:14
17	Gary Patterson	33:30
18	Thomas Lawson	34:07

FEMALE AGE GROUP 50 - 54

1	Sarah Bowen	23:56
2	Melodie Thompson	25:29
3	Terry Brown	28:11
4	Reda Lawson	36:02

MALE AGE GROUP 55 - 59

1	Jody Hinds	20:06
2	Rick Rogers	20:51
3	Mike Martin	21:31
4	Flash Cunningham	22:42
5	Daniel Hinck	23:16
6	Smith Truman	23:42
7	Butch Cooke	25:17
8	Bob Cutrer	27:07
9	Louis Andrew	27:46
10	Earl Kelle	28:57
11	Charlie Breeding	30:50
12	Glenn Roberts	44:07

FEMALE AGE GROUP 55 - 59

1	Mary Preisel	23:14
2	Joan Hearn	28:42
3	Mary Reid	33:46
4	Jeanie Roberts	44:09
5	Brenda Matthews	49:29
6	Edna Clemons	50:13

MALE AGE GROUP 60 - 64

1	Russ Haynes	23:25
2	Henry Mesarosh	24:38
3	Walter Sinor	24:54
4	Jim Selman	25:25
5	Dan Bailey	29:36
6	Art Jones	39:38
7	Avery McCuiston	40:50
8	John Dixon	41:21

FEMALE AGE GROUP 60 - 64

1	Sue Anne Brown	25:42
2	Ann Garner	34:02
3	Bonnie Wassin	34:33

MALE AGE GROUP 65 - 69

1	Sergio Bianchini	20:32
2	Ronnie Bryson	22:08
3	Jesse Roberson	22:40
4	Doug Hawley	25:10
5	Lee Meadows	38:40

FEMALE AGE GROUP 65 - 69

1	Edwina Cohen	49:27
2	Clare Emery	54:06

FEMALE AGE GROUP 70 - 79

1	Martha Huskins	46:25
2	Marian Gardner	48:05
3	Frances Newell	52:20

MALE AGE GROUP 80 - 99

1	Bruce McDuffie	49:29
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FAST _____ **BREAK**

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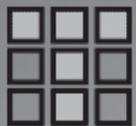
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Chattanooga Track Club

Board of Directors Meeting Minutes

September 5, 2006

In attendance: Donna Dravland, John Hunt, Dan Bailey, Robert Gustafson, Bill Brock, Tara Murdock, James Dravland, Melodie Thompson, Jared Chastain, Kristina Guy, George Skonberg.

Absent: Cindy Richie, James Williams, Phil Stewart

Donna called the meeting to order at 6:05 pm

August Minutes were reviewed. Correction to attendance was noted. Kristina Guy and Bill Brock were in attendance and marked as absent. Tara Murdock was marked as present and was absent. George Skonberg was not mentioned on either list, but was absent. Dan moved that the minutes be accepted with these changes, the motion was seconded and passed unanimously.

Meeting called to order at 6:08 PM

Races Committee:

The youth events will be starting on the 7th and will continue for the next four Thursdays after that, to be completed on 10/12.

The marathon course is finalized, and there is an opportunity to include kids this year with a "kiddie marathon". The kids would accumulate 25.2 miles from now until the race, then run a 1-mile run at the event.

We are still working on finding a race director for the triathlon, and have spoken with several people who may be interested.

The Raccoon mountain race came together nicely, with about 100 entrants, Theresa and Mitch Samuelian should be congratulated for a job well done, and for the great door prizes. Robert indicated that there were some scoring problems at the event, and that we really need to train others to score events. We can't keep depending on a few people to score all of the races.

The FCA race was ok, but there was not much after the race for the participants to do, and there was very little in the way of food and drinks.

Phil will be the race director for the Wauhatchie trail run on Oct. 7, with assistance from Bob and Casey Braddock.

The Joe Johnson race will be on the same day, and Bill mentioned that it would be best to move that race back to December, when it was traditionally run.

Jerry McClanahan will begin looking for a new laptop and will provide options for the Races Committee to choose from at the next meeting.

The next Races Committee Meeting will be at 6:00 on September 26 at The Hair of the Dog.

Treasurers Report:

We now have \$10,000 in CDs at First Tennessee. \$16,000 is set to come in this month from the Triathlon and BlueCross BlueShield of Tennessee.

The assets have been listed but date purchased to show age of assets not only for this board, but for future boards as well. The same holds true for the Endowment Fund.

The \$2600 per month that was Tammy's salary will sit on the balance sheet until a new club manager is hired. Dan reiterated his recommendation for a mini audit that will look at the Club's financial situation. The approximate cost will be \$1500. Dan will look at our financial situation in November to see if the mini audit is a viable option.

Communications:

September 29th will be the first Club fun event of the year, and will be held at the River Park.

Elections will be held at Porkers November 7th. 5:30 – 6:30 will be

the board meeting, and 6:30 on will be dinner. Donna is leading a nominating committee that includes Dan, Tara, Melodie and Bill. Any suggestions for potential officers and board members should be sent to those individuals. The committee will be meeting on the 12th to discuss the nominees.

The next Communications meeting will be held on the 19th. Location TBD.

The board recognized Flash Cunningham, a longtime member of the CTC, and asked him to speak on some issues that have been troubling him. Flash is worried that the races are being watered down so that there are no longer good awards, food, t-shirts etc at the events. His comment is that for the cost to enter the event, the participants should expect not only to have quality event to run in, but that the event itself is fun to attend. He realizes that many of the events are sponsoring charities, but there should be a balance of providing amenities for the runners, and earning money for the charity. He is worried that the numbers of participants will start to dwindle if they have little reason to show up except to run. George agreed with Flash, and said that we need to hold race directors accountable but that it is not going to be easy to do.

Donna asked if Flash was differentiating between CTC events and events supported in some way by the CTC. George mentioned the issue with the FCA race. Chad is a committed race director, but needs help with sponsorship, as do many of the race directors.

President's Report:

Donna talked about the Hiring Committee discussion as to how to replace Tammy. The club manager is definitely an option, with club business still to be done. However, this could continue the cycle of short-term hires. It was decided that the

best approach would be to pursue the Coach option. As part of this, we would approach UTC to get involved in the intern program to do much of the "grunt" work that the manager has been doing. Bill stated that the Coach will be responsible for driving monetary goals, and that we should attempt to recruit from within the club if possible.

Dan wanted the record to show that he sees this as a positive development, and that going for the Coach/Executive Director is the right way to go.

Robert mentioned that in the meantime, the board will need to share Tammy's duties while the hiring process works itself out. Bill moved to pursue creating and filling the Coach/Executive Director position. The motion was seconded and passed unanimously.

New Business:

George asked for a one-time sponsorship of \$1000 for an award he will be receiving, called the Drew Haskins Award. A motion was made and seconded. The motion to provide \$1000 for the award was passed unanimously.

**The next board meeting will be held October 3, 2006
Meeting adjourned at 7:30**

Joe McGinness Runner of the Year

Current Standings as of August 16, 2006

MEN

Overall Men

Sean Higgins
M – Chad Varga
M – Mitch Keebler
Will Enicks
Zach Cowart
M – Tim Ensign
M – Hugh Enicks
Kevin Boucher
M – John Harrison

Junior Men

Jack McGinness
Marco Bianchini
Tyler Keys
Brently White
Andrew Enicks
Andrew Gennett
Graham Hammond
Will Hammond
Kenney Steffes

Adult Men

Zach Cowart
Sean Higgins
Daniel Uson
Curt Sims
Bernardo Lopez
Kevin Boucher
Jim Farmer
Phil Stewart

Master Men

Mitch Keebler
David Wilson
Chad Varga
Gregg Hansen
Tim Ensign
Hugh Enicks
Chuck Denham
Don Gregg
Sal Coll

Grand Master Men

John Harrison
Flash Cunningham
Michael Martin
John Walker
Tim Ross
David Klinger
Carter Lynch
Randy Wood
Michael Mason

Senior Men

Sergio Bianchini
Jim Selman
Doug Hawley
Phil Thomas
Walter Sinor
Rocco Lepere
Jesse Roberson
Bobby Ogle
Dan Bailey

WOMEN

Overall Women

Lynda Webber
Melodie Thompson
Belinda Young
Dreama Campbell
Denys Tawzer
GM – Sue Anne Brown
Michelle Meek
Shamon Armour
M – Missi Johnson

Junior Women

Ashley Riner
Caitlin Duggan
Danielle Thompson
Lydia Gennett
Jeneva Steffes

Adult Women

Belinda Young
Dreama Campbell
Joanna Crooks
Kara Leary
Melissa Hicks
Denys Tawzer
Michelle Meek
Barbara Ensign
Aimee Harvey

Master Women

Lynda Webber
Bernice Delaney
Sharon Armour
Missi Johnson
Sally Hoffman
Betty Holder
Jan Gautier
Sue Barlow
Vee Spears

Grand Master Women

Amy Mullens
Melodie Thompson
Lenora Pou
Sarah Bowen
Theresa Samuelian
Sue Ann Brown
Jane Phillips

Senior Women

Bonnie Wassin
Edwina Cohen
Sue Ann Brown
Betty Burrell
Frances Martin

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF AUGUST 31, 2006

ASSETS:

CASH	\$16,920.66
ENDOWMENT FUND	\$1,344.50
EQUIPMENT (AT COST)	<u>\$14,819.57</u>
TOTAL ASSETS	\$33,084.73

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 26.26
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EQUITY:

RETAINED EARNINGS	<u>\$33,058.47</u>
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TOTAL LIABILITIES & EQUITY:

\$33,084.73

STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

REVENUES:

MEMBERSHIP DUES & DONATIONS	\$15,830.71
RACE RECEIPTS/JOGGING AROUND PROGRAMS	<u>\$36,202.54</u>
TOTAL REVENUE	\$52,033.25

EXPENSES:

PROGRAMS	\$7,568.76
STAFF SALARY	\$18,521.17
DONATIONS/SPONSORSHIPS	\$2,620.67
JOGGING AROUND	\$8,594.12
ADMINISTRATIVE	\$8,393.59
RACE DISBURSEMENTS	<u>\$22,679.05</u>
TOTAL EXPENSES:	\$68,377.36

NET INCOME (LOSS):

(\$16,344.11)

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New Member Profile

Andy, Gayle & Bill Alexson

Occupation: Director, Office of Academic Support at Tennessee Temple University and Assistant Professor in the School of Education

Age: 47

Marital Status: 18 happy years (8/27) to Gayle!

Children: one son, Bill (14) who placed 1st in his age division at Missionary Ridge Road Race

Hobbies: Running, Travel, Food, Kayaking, Gardening

Hero: The Apostle Paul who writes in Philippians, *“Not that I have already obtained all this ...but I press on to take hold of that for which Christ Jesus took hold of me... But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”*



The author of Hebrews (Paul again?) also writes: *Therefore, ... let us throw off everything that hinders ... and let us run... the race marked out for us. Let us fix our eyes on Jesus ... so that you will not grow weary and lose heart.*

Favorite Place to Run: Any forest trail

Favorite Race/Distance: 10K

Why do you run?: I've always been involved with athletics and running is a life-long sport. I enjoy the combination of body & mind. Running alone gives me time to pray and to thank God for the ability to run. Running with a partner is a great way to deepen friendships between gasps for air.

How long have you been running: I restarted running last summer after a 25-year hiatus. A local rails-to-trails running path helped me be successful as well as wearing a pair of properly fitted New Balance 767s. The biggest mistake I've made in running was using cheap sneakers that led to sore knees, which resulted in my long absence from a great sport.

Who or what prompted you to join the CTC?: I was a member of the Lynchburg, VA Road Runners and enjoyed the camaraderie of the club members. I wanted to find the same like-minded folk here in TN. My wife and son also run, so we joined the CTC as a family. It is a great activity that brings us together.

How did you hear about the track club?: Website.

How long have you been in the Chattanooga area?: We are brand-new to the Chattanooga area, having moved here from Lynchburg, VA in July. We are discovering that this is a great city with friendly people! Bill and I have already run the Missionary Ridge Road Race and I am registered for the Chickamauga Battlefield Marathon in November (my first!).

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P. O. Box 11241
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Annual Membership (Check One): Family (\$36/year)
 Individual (\$24.00/year)
 Student (\$18.00/year)



MEMBERSHIP APPLICATION

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Street: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

Members Release: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattanooga Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

18th Annual Symphony & Opera Classic Run

Over 200 runners enjoyed crisp, cool weather at the Chattanooga Symphony and Opera Guild's 18th Annual Symphony & Opera Classic Run Saturday, September 16. In a new course design, the race started and finished in front of the Chattanooga Theatre Centre and wound through the Heritage Landing subdivision.

Gino Phillips, age 35, lead the race and won with a finishing time of 16:25. Traci McAmis, age 20, won the overall women's title, with a finishing time of 20:39. For a complete listing of results, grouped by age and gender, please visit the Chattanooga Track Club online at www.chattanoogaatracclub.org.

A wide range of participants aged 8 to 85 included veteran runners and first time finishers from several states.

Proceeds from the runners and sponsors benefit educational programs and scholarship funds for the CSO Guild.

The CSO Guild gives special thanks to the Chattanooga Track Club, the volunteers, the runners and the many sponsors of this event for making the race an enjoyable, successful event.

CSO Classic 5K Results – 2006

MALE AGE GROUP 1 - 14

1	Brden Wade	20:04	7	Katie Starnes	27:06
2	Ian Murphy	21:35	8	Juli Antanaitis	28:08
3	Caleb Thompson	24:43	9	Acacia Littrell	31:50
4	Jacob Stonebraker	26:26			
5	Cameron Beem	28:14			
6	Josh Deckelman	28:16			
7	James Larson	29:35			
8	Bailey Waters	30:57			
9	Jonah Devaney	36:44			
10	Grant Walters	36:51			

FEMALE AGE GROUP 1 - 14

1	Jordi Look	21:51
2	Catherine Ellis	23:46
3	Melanie Hull	27:30
4	Chassie Harris	27:32
5	Anna Mary Ward	27:33
6	Ashley Riner	27:41
7	Faith Deckelman	29:25
8	Shelby Wilson	30:00
9	Caitlynn Fortner	31:17
10	Piper Chesnut	39:52
11	Kim Jade Wycherley	40:50

MALE AGE GROUP 15 - 19

1	Leighton Steadman	18:02
2	Kyle Keener	18:22
3	Chas Webb	18:47
4	Daniel Horseman	19:23
5	Matthew Thompson	19:58
6	Todd Stevison	20:50
7	Michael Boggs	20:51
8	Cameron Pemberton	21:39
9	Marco Bianchini	22:12
10	Aaron Thomas	22:50
11	Kain Weaver	22:50
12	Michael Poston	26:34

FEMALE AGE GROUP 15 - 19

1	Sydnee Bowman	21:46
2	Elizabeth Hon	30:21

MALE AGE GROUP 20 - 24

1	Eric Blackburn	19:43
2	John O'Conner	21:00
3	Brenton Floyd	21:21
4	Isaac Antanaitis	24:35

FEMALE AGE GROUP 20 - 24

1	Traci Mcamis	20:39
2	Elizabeth Sawyer	21:37
3	Logan Tiller	22:08
4	Tiffany Inman	23:39
5	Olivia Johnson	24:07
6	Kristen Fischer	25:06

MALE AGE GROUP 25 - 29

1	Ryan McDermott	16:55
2	Graham Paxton	18:33
3	Adam Cooley	20:28
4	Casey Gallaher	20:48
5	Jason Cox	21:23
6	Scott Gorrill	21:47
7	Justin Silberman	22:14
8	Jared Inman	23:50
9	Matt Moore	24:04
10	Charles Miller	25:25
11	Patrick Johnson	26:33
12	Richard Chapman	26:40
13	Rusty Mawk	29:19
14	Andy Mcahan	31:21

FEMALE AGE GROUP 25 - 29

1	Emily Cooper	21:08
2	Michelle Meek	21:45
3	Tifanie Campbell	23:54
4	Laura Starsonck	24:27
5	Amy McCurry	28:20
6	Dineen Post	30:04
7	Shannon Kincer	32:02
8	Laura Standish	35:06
9	April Baker	35:16

MALE AGE GROUP 30 - 34

1	Kevin Croft	17:44
2	Samuel Hammonds	22:19
3	Jeremy Cardwell	23:16
4	Jason Irvin	25:22
5	Jonathan Graham	25:36
6	Chris Watson	26:45
7	Jon Vincent	27:24
8	Dean Lenz	30:15

FEMALE AGE GROUP 30 - 34

1	Karen Connelly	24:49
2	Tanja Benton	26:24
3	Paige Phillips	27:16
4	Andrea Irvin	28:03
5	Lisa Lenz	30:07
6	Beth Tittsworth	30:25
7	Paige Segler	30:44
8	Lori Eiselstein	31:18
9	Laurie Bizzell	36:45
1	Jennifer Chesnut	40:46

MALE AGE GROUP 35 - 39

1	Geno Phillips	16:25
2	Tom Sell	17:15



3	Sean Higgins	18:11	13	Michael Connelly	38:46
4	Bret Renfroe	20:03	14	Chris Overton	38:48
5	Daniel Ellis	20:07			
6	Ryan Shrum	20:09			
7	Daniel Usan	20:34			
8	Phillip Avan	20:40			
9	Les Conner	20:58			
10	David Moghani	22:24			
11	Rob Standish	22:29			
12	John Riddle	24:28			
13	John Holder	24:36			
14	Tony Waters	30:02			
15	Christopher Segler	30:52			
16	Kevin Silvers	30:53			
17	Brad Devaney	36:02			

FEMALE AGE GROUP 35 - 39

1	Tresa Reeves	23:31
2	Julie Murphy	25:16
3	Wendy Croft	25:40
4	Betty Gast	25:42
5	Sonya Reagor	26:01
6	Beverly Gouger	26:41
7	Christine Ellis	27:39
8	Bridgette Wisdom	28:33
9	Stacy Chuvala	30:40
10	Jenny Fien	35:07
11	Cherie Jewell	35:40
12	Beth Ford	35:59
13	Sharon Devaney	40:53
14	Melissa Waters	44:56

MALE AGE GROUP 40 - 44

1	42 Mark Wisdom	21:29
2	Joey Howe	21:42
3	Raymond Beem	22:15
4	Howard Reagor	24:15
5	Dean Thompson	24:44
6	Mark Stewart	25:12
7	Mark Wimberly	25:19
8	Rory Dewesse	26:13
9	Tony Gobble	26:51
10	Ray Roddy	27:19
11	Lee Deckelman	27:44
12	Michael Fortner	31:00
13	Ron Branam	34:51

FEMALE AGE GROUP 40 - 44

1	Sue Barlow	21:55
2	Christine Post	24:22
3	Theresa Carr	24:45
4	Sharon Armour	27:36
5	Laura Hunter	28:11
6	Bernice Delaney	28:41
7	Denise Varga	30:29
8	Tamarin Larson	33:33

MALE AGE GROUP 45 - 49

1	Hugh Enicks	17:02
2	Tim Holmes	18:39
3	Don Gregg	19:07
4	Jeff Stracener	20:44
5	Larry Barlow	20:53
6	Mike Leary	20:55
7	Doug Torrance	21:19
8	Joel Cram	23:38
9	Robert Riden	24:23
10	Claude Hagar	24:50
11	Doug Farver	25:34
12	Bill Brock	27:35

FEMALE AGE GROUP 45 - 49

1	Donna Dowlen	24:08
2	Lynda Webber	24:39
3	Laurie Shipley	28:09
4	Tina Trew	28:30
5	Terri Maner	34:49
6	Elaine Cash	38:49
7	Janice Wycherley	40:51

MALE AGE GROUP 50 - 54

1	John Harrison	20:03
2	Roger Harris	20:12
3	Richard Devine	22:06
4	Carter Lynch	23:25
5	Bill Collier	25:17
6	Gene Nelson	28:25
7	Bill Riner	31:17

FEMALE AGE GROUP 50 - 54

1	Melodie Thompson	25:38
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MALE AGE GROUP 55 - 59

1	Terry Webb	20:22
2	Rich Rogers	20:24
3	Nick Honercamp	20:43
4	Flash Cunningham	22:14
5	Louis Anderson	27:11
6	Bill Moran	30:00
7	Jim Hamblen	30:15
8	Glenn Roberts	38:46

FEMALE AGE GROUP 55 - 59

1	Jeanie Roberts	37:33
2	Bobbie Burks	58:24

MALE AGE GROUP 60 - 64

1	John Elliott	22:24
2	Jim Selman	24:44
3	David Wycherley	30:54
4	Monty Reeves	33:16
5	Art Jones	44:44

FEMALE AGE GROUP 60 - 64

1	Patricia Cory	30:17
2	Ann Garner	32:09
3	Bonnie Wassin	32:19
4	Betty Burrell	58:23

MALE AGE GROUP 65 - 70

1	Sergio Bianchini	20:16
2	Ronnie Bryson	21:46
3	Jesse Roberson	22:11
4	Johnny Adams	24:51
5	Dick Orendorff	27:54
6	Harry Ireland	28:19
7	Lee Meadows	35:56

FEMALE AGE GROUP 65 - 70

1	Martha Huskins	39:57
2	Edwina Cohen	45:43

MALE AGE GROUP 71 - 99

1	Bruce McDuffie	46:12
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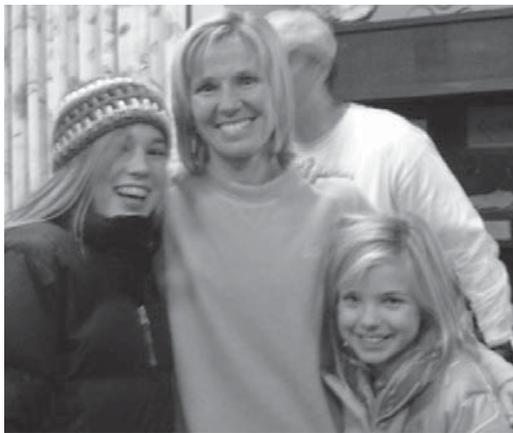
FEMALE AGE GROUP 71 - 99

1	Marian Gardner	44:47
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Jogging My Memory

By Jan Gautier

With the cool air, running this morning feels like old times—racing through open golf courses and wooded areas. I have always loved cross-country. I can see myself running across a vast field trying to be the first through the narrow turn of trees racing other runners over unknown terrain. This morning brought me back to those days. I coach middle school cross-country now and envy the chance to race off roads like I used to do. I remember when Chattanooga used to host several off-road races. Although I still get the chance to run cross-country at the UTC poweraide meet, I miss the triple off-road adventures that were once offered.



I can remember one cross-country race held in Collegedale. The race was sponsored by Dick Dillard's Fast Break store. It brought a large crowd, as far as off-road racing is considered. He gave great prizes (socks) for entering the race and always drew for pairs of shoes at the end of the race. Prizes aside, I remember the course, the weather and the die-hard runners. The course started in a large open field and continued across a creek, through a wooded area, up a huge hill, around campus and back through the same creek to complete the loop. We were to complete the loop twice. The four mile distance would feel like six before the race was over.

What made this day different was the amount it had rained the week prior to the race. The first creek was too wide to jump, and for most of us limber runners "ha," it would be impossible anyway. This obstacle was not the hardest but I did start the race with wet shoes. As I squished through the next mile, the hill felt like running stadium stairs. It was not as steep, but the climb wound up like those under the Walking Bridge. I noticed the runners backed up here because of the difficult, no-passing climb. Then the fun started as we descended a long hill into the other end of the creek. I remember watching the other runners' footing as they crossed the water. I remember them hitting face-first in the mud and watching others sink knee deep into the sludge. During the second loop, in the traffic, the course disappeared under chocolate covered waters. I cannot remember anyone getting hurt, but I am

sure the college hated everyone using the showers afterwards. I remember Mary Preisel and I laughing at the mess we made of ourselves and shoes. After everyone was clean, more or less, the awards and fellowship of experiences took place. I miss that race. I do not see the same faces that I once saw. Remembering the mud and cross-country experience brings a few of them back. I appreciate that there still are cross-country/off-road races available in Chattanooga. If you want real fun, I dare you to try.

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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

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

For "Footnotes" from the RRCA
go to www.rrca.org - this newsletter
is no longer printed, but the same
great information can be found online.
Keep up to date on food, racing,
coaching and much more!

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

Walking Works

- Monday evenings at 7PM
- meet at Fast Break Athletics, 104 Tremont St.

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.

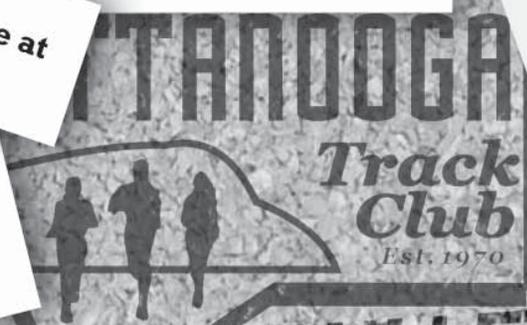


Please send
your bulletins to
bbrock@tech-projects.com

Check out the new CTC website at
chattanoogatrackclub.org

Speed/Hillwork

Wednesday Mornings
Leave from Downtown
YMCA at 6 a.m.



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.

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
orjkmclanahan@comcast.net

OCTOBER

21 - Signal Mountain Road Race 10K
50K & 11 Mile
🏆👤 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

NOVEMBER

11 - Chickamauga Battlefield Marathon
Site: Chickamauga, GA
🏆👤 Info: www.chattanoogatrackclub.org

18 - 10can 10K
Site: Cleveland, TN

DECEMBER

2 - First Things First
10K, 5K, Kiddie K &
Family Fun Run
Site: Chattanooga, TN

7 - HMC Walk/Race To Remember
5K & 1 Mile Fun Run
Site: Boaz, AL
Info: www.hospicemc.org

9 - Carpet Capital 10 Miler
10 Mile Run
Site: Dalton, GA

16 - Wauhatchie Trail Run
6.7 Mile Run
🏆👤 Site: Chattanooga, TN



Run for a Reason

ST. JUDE MEMPHIS MARATHON WEEKEND™
presented by Juice PLUS®

December 2
Marathon • Half Marathon
Memphis Grizzlies House 5K

Once you sign up for the St. Jude Memphis Marathon Weekend, become a St. Jude Hero.

- Ask friends and family to sponsor you as you train.
- Receive fund-raising and motivational tips.
- Earn great incentive prizes.
- Participate in exclusive race weekend celebrations.

All money raised through the St. Jude Heroes program benefits St. Jude Children's Research Hospital, the world's premier pediatric cancer research center.

To learn more, visit www.stjudemarathon.org.

St. Jude Children's Research Hospital

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

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