

CTC IS GOING GREEN (6) LEE UNIVERSITY GOES COUNTRY (7)

MISSIONARY RIDGE ROAD RACE (3) REMEMBERING ALIFE, RUNNING (5)



# joggingaround



**2007 BMW  
Chattanooga  
Waterfront  
Triathlon...pages 2-3**

OFFICIAL NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

## Chattanooga Track Club

### Officers

President  
Melodie Thompson  
[jumpytwo@hotmail.com](mailto:jumpytwo@hotmail.com)  
President-Elect  
James Williams  
[jwilliams@millermartin.com](mailto:jwilliams@millermartin.com)  
Past President  
Donna Dravland  
[ddravland@unumprovident.com](mailto:ddravland@unumprovident.com)  
VP Communications  
Charlene Simmons  
[simmoncn@georgetown.edu](mailto:simmoncn@georgetown.edu)  
VP Races & Equipment  
Robert Gustafson  
[robtgus@yahoo.com](mailto:robtgus@yahoo.com)  
Treasurer  
Dan Bailey  
[dbailey43@aol.com](mailto:dbailey43@aol.com)  
Secretary  
John Hunt  
[tnmoose2002@aol.com](mailto:tnmoose2002@aol.com)  
Executive Director  
Sean Pfister  
[spfister@chattanoogatrackclub.org](mailto:spfister@chattanoogatrackclub.org)

### Directors

Tara Murdock  
[splashbelle@hotmail.com](mailto:splashbelle@hotmail.com)  
Phillip Stewart  
[pstewart@uslec.com](mailto:pstewart@uslec.com)  
James Dravland  
[jamesdravland@comcast.net](mailto:jamesdravland@comcast.net)  
Lynda Webber  
[lwebber@millermartin.com](mailto:lwebber@millermartin.com)  
Amy Mullens  
[amullens@bakerdonelson.com](mailto:amullens@bakerdonelson.com)  
Jimmy McGinness  
[jamesjimi@aol.com](mailto:jamesjimi@aol.com)  
Sherilyn Johnson  
[steve.sherilyn@mindspring.com](mailto:steve.sherilyn@mindspring.com)  
John Harrison  
[jharrison@bakerdonelson.com](mailto:jharrison@bakerdonelson.com)  
Walt Sinor  
[waltsinor@yahoo.com](mailto:waltsinor@yahoo.com)  
Flash Cunningham  
[flashcunningham@comcast.net](mailto:flashcunningham@comcast.net)

## 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.*

### Contributors

Dan Bailey  
Bill Brock  
Bill Estes  
Beth Ford  
Charlene Simmons

### Editors

Bill Brock  
Laura Brock  
Sean Pfister  
Melodie Thompson

### Layout/Design

Keith Finch  
[designbyfinch.com](http://designbyfinch.com)

### Printing

Shaw Printing Solutions

### Ad Info

For Current Ad Information, please contact  
Sean Pfister at 991-8500 or  
[spfister@chattanoogatrackclub.org](mailto:spfister@chattanoogatrackclub.org)

# Words from the Prez's Perch

New goals for my running year have inspired me to start running more lately. I know I said I would never run another marathon again, but I lied. Several of us are signed up for the St. George Marathon in October '07 and I am excited to get back to the Las Vegas/So. Utah area, even it is only for a week.



## The BlueCross BlueShield

Riverbend Run & Walk are coming up very soon, June 16th . This is a very good 10K & 5K course for the whole family. The walking event is getting bigger and better every year, also. Rita Fanning does a great job getting this coordinated every year and getting the volunteers out at the Riverbend Festival.

We have the Waterfront Triathlon with the best bike course ever. Bill Brock, Laura Brock, and Sherilyn Johnson along with Calder & Betsy Willingham are hammering out the last minute details now. This is now something for us to be very proud of as it is a national event. If you are interested in volunteering for this colossal event, please email Sherilyn Johnson at steve.sherilyn@mindspring.com. This event will be held on Sunday, July 15th at Ross's Landing. We will need help Friday, July 13th to stuff bags, Saturday for packet pickup and getting everything staged and coordinated for the event, as well as help the event day.

The Missionary Ridge Road Race is coming up August 4th, The Sports Barn Sprint Triathlon is coming up August 12th,

and The Raccoon Mountain 10K & 5K is coming up August 25th. The FCA will be here before we know it, also.

We also now have a new RRCA State Representative for the state of Tennessee, Rachel Ragan. She has attended several of the National RRCA Conventions and we know she will do a great job representing us in the great state of Tennessee.

Our Chickamauga Battlefield Marathon has a new host hotel this year. The Chattanooga Marriot and Convention Center has made a great offer and we look forward to extending this to the participants and their families. We will also have an expo. We are still in the planning stage for a pasta dinner (hopefully downtown somewhere convenient for everyone). If you know someone or your business would like to have a booth at the expo, please contact Doug Roselle (roselld@mindspring.com), Sean Pfister (spfister@chattanoogatrackclub.org) or Robert Gustafson (robtgus@yahoo.com).

If you are a new member and you gave us your e-mail address, you should be receiving the Chattanooga Track Club's Weekly E-News every Wednesday. If you have not been receiving or you have a change of email address, please email me at jumpytwo@hotmail.com.

Be Safe Out There Running in the Summer Heat & Happy Running,

A handwritten signature in black ink that reads "Melodie Thompson".

Melodie Thompson

## 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.*

# 2007 BMW Chattanooga Waterfront Triathlon

By Bill Brock

The biggest new news surrounding this year's triathlon is BMW's Title Sponsorship of the event. Solicited by John Karr, partly in order to support Chattanooga's new women's bicycling team – Velo Vixens, the BMW Title Sponsorship brings both funding and top-brand name recognition to our well-deserving, premier triathlon event.

It doesn't end there, though! Our 2007 BMW Waterfront Triathlon, taking place July 15 on the Riverfront, will feature a number of exciting changes:

## Changes to the Course

This year's edition of the triathlon will feature a number of changes including a new bike course and a revised run course. The triathlon features a 1.5k swim down the Tennessee River, a 40k bike along Highway 27, and a 10k race along the Riverwalk.

This year's event features a completely new bike course. After completing a swim course that begins at the UTC Rowing Center and ends at the City Pier at Ross's Landing, participants will mount their bikes and head down Riverfront Parkway towards MLKing Blvd. Riders will then use the MLKing ramp to enter Highway 27 where they will head north towards Soddy Daisy. Just before Highway 153 the racers will turn around and retrace the course back to the Tennessee Aquarium.

Thanks to a creative route plan worked out by TDOT engineer Ray Rucker, Sgt. Jeffrey Clarke and Becky Roberts with Chattanooga City and last year's event leaders Calder and Betsy Willingham, our bikers will not have to cross automotive traffic at any point. Cars will be taken off 27 before bikers get on and off the course. In the meantime, bikers will have the inside lane next to the median to themselves all the way up and back on the course. At the turnaround, the bikers will cross a paved cross-over in the median, with no traffic conflicts.

The race also features a revised run course. The 10k run will begin at the bike-to-run transition area located next to the Tennessee Aquarium. Participants will run down the Riverfront Parkway towards Veterans Bridge. Immediately before the bridge runners will pass through a special area called the 'Arctic Zone' managed by volunteers Dan and Irene Bailey and then ascend a staircase and join the Riverwalk. Participants will then run along the Riverwalk until just past the Curtain Pole Road parking area. There they will turn around and retrace their steps, returning to the finishing line on Riverfront Parkway at Ross's Landing. Ice, water and Powerade will be available at several stops to insure our runners stay cool and competitive.

## Qualifier for Worlds and Nationals

The 2007 BMW Chattanooga Waterfront triathlon has also been selected as a 2007 USAT USA Triathlon Regional Championship. As a regional championship, our triathlon will serve as a qualifying event for both the 2008 Short Course Triathlon World Championship and the 2008 USAT National Age Group Championship.

Participants who finish first in their age group division at the BMW Chattanooga Waterfront Triathlon will automatically qualify for the 2008 Short Course Triathlon World Championship to be held on June 7<sup>th</sup> and 8<sup>th</sup> in Vancouver, Canada.

The top five or top 33% of finishers, which ever is greater, in each age group division at the BMW Chattanooga Waterfront Triathlon will qualify for the 2008 USAT National Age Group Championship to be held in Portland, Oregon.

The BMW Chattanooga Waterfront Triathlon is one of only ten races to serve as a 2007 USAT USA Triathlon Regional Championship.

## 25<sup>th</sup> Anniversary

Finally, from what I can tell based on the race results and results placeholders in our archives (thanks, Sean Higgins!), this year looks to be the 25<sup>th</sup> in a row we've put this triathlon on here in Chattanooga. Starting as the Riverbend Triathlon in 1982 and later, in 1991, becoming the Dam Triathlon, this 25<sup>th</sup> occurrence of the now BMW Chattanooga Waterfront Triathlon could well be one of the oldest triathlons in our region (and maybe country!). Anyone who has more info/details on the event's history, please email me at [bbrock@tech-projects.com](mailto:bbrock@tech-projects.com).

The BMW Chattanooga Waterfront Triathlon is co-produced by the Chattanooga Track Club, Team Magic and the City of Chattanooga through the support of Outdoor Chattanooga.

Over 300 volunteers will be involved over the whole weekend, enabling this competition among 1200 terrific athletes from all over the region and country. The number of leaders required to coordinate our volunteer efforts is not insignificant, and I would like to thank the core leadership that has been working this event from the start: Laura Brock, Betsy Willingham, Calder Willingham, Sherilyn Johnson, Philip Grymes, John Karr, Faye Yates, Therese Bynum, Charlene Simmons, Sean Pfister, Robert Gustafson and Zach Winchester. Thank you all!

I would also like to give special thanks to Ray Rucker with TDOT, Sgt. Jeffrey Clarke with the Chattanooga Police

Department, and to Becky Roberts with Traffic Engineering for their incredible assistance with planning and logistics. Their assistance and creative thinking has resulted in the terrific courses for our bike and run events that we hope will require little if any further modifications for many years to come. The proof is in the pudding, of course, but we are very excited about these new routes.

Currently committed sponsors of the BMW Chattanooga Waterfront Triathlon include our Title Sponsor, BMW of Chattanooga, our Presenting Sponsor Outdoor Chattanooga, U. S. Stove, Coca-Cola, Dasani, PowerAde, Comcast, Southern Coffee, McKee Foods, Hammer Nutrition, Quintana Roo, ACME Multisports, Rock Creek Outfitters, East Ridge Bicycles, FireEye Productions, Frontrunner Athletics, Nestle Tollhouse, Thai Smile, Cold Stone Creamery, and Technology Projects. Thanks very much to all of our sponsors for making this terrific event possible and for supporting the Chattanooga Track Club!

Whatever's on your calendar for this summer, make sure you save the weekend of July 15<sup>th</sup> for the 2007 BMW Chattanooga Waterfront Triathlon!



## Missionary Ridge Road Race

By Dan Bailey

Saturday, August 4, 2007, will be the 34th Annual running of the Missionary Ridge Road Race with proceeds from the race going to the **local chapter** of the American Red Cross. This is a 4.7 mile out and back course atop Missionary Ridge. It starts at the Bragg Reservation and goes out South Crest Road, extends around East Crest Road and then returns on South Crest Road to the finish line at Bragg Reservation. The scenic course is shaded by trees; there are two major hills and the rest gently rolling.

There is **NO PARKING** at Bragg Reservation. Parking and a *free* shuttle service will be available at First Lutheran Church, 280 McCallie Avenue (near the Brainerd/McCallie tunnel). The shuttle service will operate from 6:15 AM until 10:30 AM from the church parking lot to the reservation and back after the race.

Awards will be top overall male and female; top overall male and female masters and top three male and female by age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & better.

A special award will be presented to the **oldest participant in the race** in honor of Arnold Godwin, a

long time runner in the Chattanooga area. This was his favorite race each year.

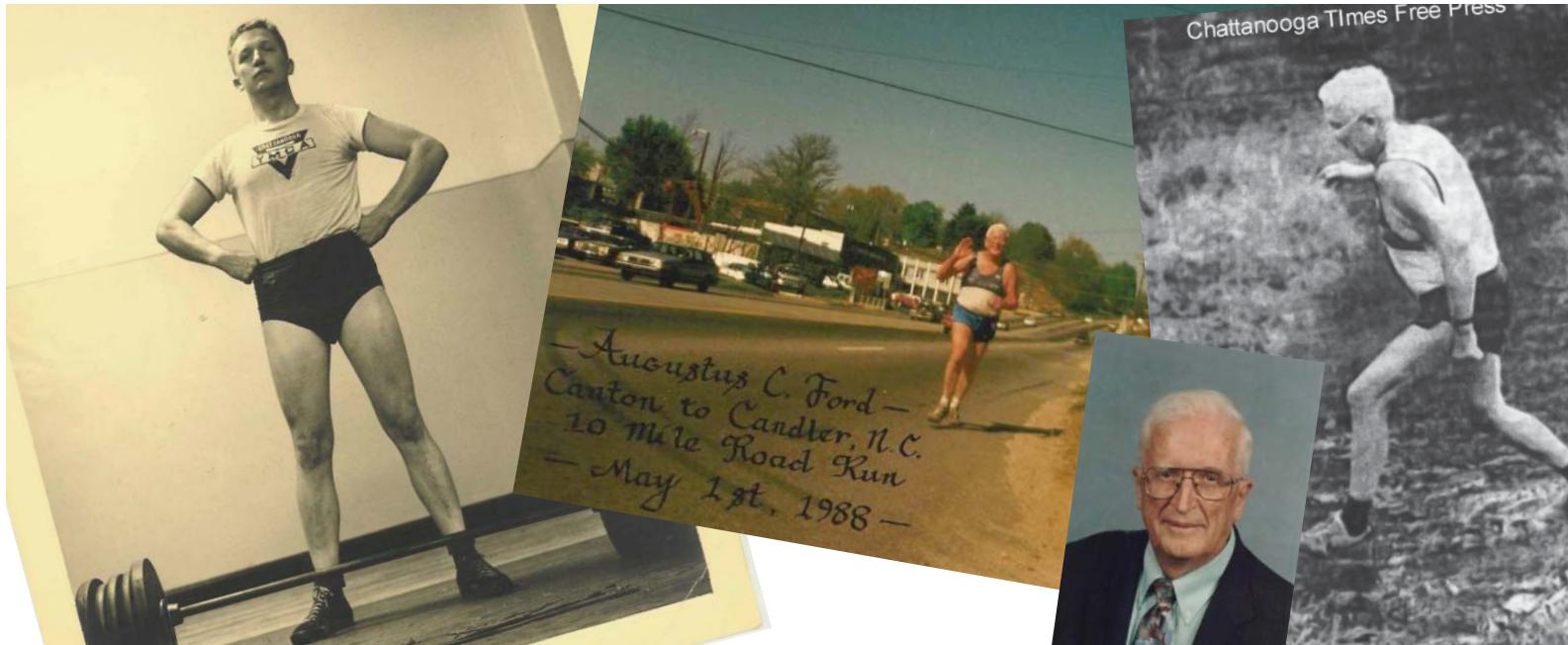
Door prizes will be given out after the race while waiting on the results from the run.

Registration starts at 6:30 AM and the race will start at 8:00 AM. Pre-registration is \$15. After July 28, 2007, \$18. Pre-registered CTC members will receive a \$1.00 discount. Participants may also register online at [www.active.com](http://www.active.com)

All participants will receive a T-shirt. Pre-registered runners may pick up their race packets and shirts at the American Red Cross at 801 McCallie Avenue from 8:30 AM to 5:00 PM Monday through Friday during the week of July 30 through August 3, 2007.

Questions and concerns may be addressed to the **Race Director-Dan Bailey** at [drbailey43@aol.com](mailto:drbailey43@aol.com) or calling 423-667-2440.

**Again, all proceeds from the race will go to the American Red Cross (local chapter).**



## Remembering a life, running

By Beth Ford

Have you ever been in the presence of greatness and simply not realized it? My father-in-law, Dr. Augustus C. Ford, whom we fondly called "Grandpa", was a member of the Chattanooga Track Club, Knoxville Track Club and Atlanta Track Club. He traveled weekly from one race to another in all surrounding states to compete in the seniors' divisions of all distances up to half-marathons. We took for granted the numerous trophies which lined the walls of his home until we started running in 2006. In the last few months of his life, Grandpa was unable to relate exact details of his runs and had always been too humble to brag to anyone; but kind people like Rita Fanning were good enough to share their stories with us. We learned many amazing stories not only about running but about living life to the fullest. Here are some of the reasons we are honoring him with this September's 10k/5k Trophy Classic.

Dr. Augustus Ford was born to missionary parents in Peru, South America. He was committed to education and as a young teenager, often studied until midnight. After completing his medical internship, Dr. Augustus Ford served under General Patton in the 312<sup>th</sup> Medical Battalion. When he returned to the Chattanooga area, he served the surrounding community both in private practice and then at the Hamilton County Health Department. You could have seen him at Baroness Erlanger Hospital, Memorial Hospital, Hutcheson-Memorial, Tri-County Hospital, Woman's Hospital, or Parkridge Hospital. The odds are great that someone you know was brought into this earth by Dr. Ford. We learned that Dr. Ford read the obituaries and unbeknownst to us, would regularly offer support for local families who had lost a loved one. The President of the United States later awarded him with a certificate of appreciation for his ten years of uncompensated service in the Selective Service System.

Meanwhile, Dr. Ford set the Chattanooga Dead Lift Weightlifting record in 1956. In the early 1960's, the New York Times featured a photo of him swimming in a Chattanooga iced pool in what later became known as polar bear clubs. It was during the 1970's that he began running in local races. We learned that he could be seen at most all of the local races until health problems caused him to slow down in 1993. I've been surprised by the number of people that told me they miss Grandpa's familiar figure racing up and down the streets in his running shoes and shorts.

Although Dr. Ford passed away this last April, two generations of family members carry on his desire for education and continue to run in his place. Three of his children became physicians like their father. Two of his children, four of his grandchildren, four family friends and I (a total non-athlete), now attend as many Chattanooga Track Club races as possible. In honor of Dr. Ford's quest for education and his never-give-up attitude, we formed the Augustus Ford Foundation to aid Hamilton and Bradley county students. Our first annual fundraiser, the Augustus Ford 10k/5k Trophy Classic and one mile fun run/walk, will be held on September 23, 2007 at the RUSH Fitness Complex in Cleveland, TN. All participants are encouraged to bring school supplies which will be distributed through the Samaritan Center. A special award check of \$500.00 will be presented to the classroom whose teacher enlists the largest number of volunteers and runners. All teachers from all schools are welcome to participate. All of the 10k and 5k winners will receive great running trophies. We want to promote education and encourage runners. Somehow, I know that would have made Grandpa smile.

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lbrock@tech-projects.com

## CTC is Going Green

By Charlene Simmons

Help us help the environment – sign up for the new e-edition of *Jogging Around*.

Starting next issue you can choose to receive your issue of *Jogging Around* on your computer instead of in your mailbox. Selecting the e-edition will help cut down on paper use and save the energy it takes to publish and distribute the print edition. The e-edition of *Jogging Around* will look like the print edition but will have the added benefit of being in full color.

If you select the e-edition you'll receive an e-mail letting you know when *Jogging Around* is available for viewing. The e-mail will contain a link to a pdf version available on CTC's Web site.

To sign up for the e-edition please visit CTC's Web site ([www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)) and look for the "Going Green" link. Sign up before July 27<sup>th</sup> to receive your next *Jogging Around* in electronic format.

## New and Returning Members

Jennifer Cambron  
Colleen Carboni  
Heather Cline  
Betty Ford  
Michael Fortner  
Andres Garcia  
Tifni Herlevic  
Roger Lambert  
Tammy Larson  
Stacie Ledridge  
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## Lee University Goes Country

By Bill Estes

Running bug fever has come to Cleveland, and the epicenter of this outbreak seems to be on and around the campus of Lee University. This past April 28th, over 60 Lee University faculty, staff, and students ran the Country Music Half or Full Marathon. The Alumni Office also got into the act and called all running alumni to join the Lee team for a pre-race pasta dinner at Buca di Beppo's. At the dinner that night the Alumni Office presented all runners a neon yellow performance tee commemorating the event. Even the lead singer of Souther Vogue - a Lee alum whose band performed all morning at Mile 14 - made it to dinner for the shirt, a bag of goodies and the pre-race party.

The attention given to running in Cleveland has greatly increased over the last five years. Much of that increase is certainly due to the Chattanooga Track Club and the 65 Roses 5K. With this assistance from CTC, Front Runner Athletics and the administration of the university, the campus and the wider Cleveland community is embracing running as a positive way to a healthier life. One of the university's service clubs would be a good example of this as they raised money during their preparation for the County Music Marathon for Teams in Training and the fight against cancer. Another example would be the alteration of certain PE course offerings at Lee now tracking mileage and target heart rates on a weekly basis. Also, the continued development of the Cleveland/Bradley County Greenway is providing a wonderful, easily accessible network of running routes.

As for the race, Lee folks were easily spotted amongst the crowd and good times were run by all. If the calendar falls right this might happen again in 2008.

## Chattanooga Chase 2007



**Butch Cooke and Dan Bailey**



**Flash Cunningham, Bernice Delaney,  
Lynda Webber and Bonnie Wassin**

## Jogging Around Ad Rates

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# Chattanooga Track Club Membership Levels for 2007

## I. Basic Membership

Individual \$24 Per Year  
Family \$36 Per Year  
Student \$18 Per Year

Basic Membership Benefits:

- CTC publication, *Jogging Around* 8 Times Per Year
- 10% Discount at Fast Break and Front Runner
- Weekly Organized Runs with the Opportunity to Meet Other Runners
- Weekly E-mail Newsletter
- Four Fun Social Events Per Year
- Discounts on Several CTC Race/Events
- Opportunity to Compete in the Runner of the Year
- Membership is Tax-Deductible

## II. Donor Level Membership

Individual \$50 Per Year  
Family \$100 Per Year

Donor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Donor Level Member
- Name Listed on CTC Website as a Donor Level Member

## II. Sponsor Level Membership, \$250+ Per Year

Sponsor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Sponsor Level Member
- Name Listed on CTC Website as a Sponsor Level Member
- Other Logo Presentation and Advertising Opportunities Vary Based On the Size of the Gift. Please Contact Connie Hall for More Details At 423-843-3207

*Donors and sponsors give more for their membership primarily to help insure that the Chattanooga Track Club is able to fulfill its mission and vision. Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through club events and media.*

Make checks payable and return to:  
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P.O. Box 11241  
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Annual Membership (Check One):  Family (\$36/year)  
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 Student (\$18.00/year)

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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: \_\_\_\_\_



## MEMBERSHIP APPLICATION

# Finish, Then Refuel Fast

By Suzanne Girard Eberle, M.S., R.D.

You come in the door sweaty and tired, but glowing nevertheless after finishing a satisfying five-miler. That's after putting in a full day at the office, of course. A hot shower and the recliner are calling you, but the dog needs to be walked, the kids are demanding attention, and your spouse is scampering out the door to a night class. Dinner is a distant dream.

Or perhaps you run with the gang at lunchtime. You have 10 minutes to shower, dress, and become a productive member of society again. Too bad the cafeteria is all the way on the other side of the building.

## Window of opportunity

Refueling after a workout or race is the last crucial step you must take to ensure that you get the most out of your training. Optimal physical performance requires careful attention to both pre- and post-workout meals. If you consistently miss the window of opportunity that exists after exercise to replace muscle glycogen stores, you set yourself up for poor training and racing efforts in the upcoming days.

The physiology behind this phenomenon is simple. Your body stores excess carbohydrate (sugars and starches), primarily in your muscles and liver, as glycogen. Because of this, the carbohydrates you consume on a daily basis influence the amount of muscle glycogen stored. Since muscle glycogen is the fuel of choice for working muscles, your reserves directly affect your ability to train and compete — especially in endurance events.

## What the studies say

Classic studies conducted by exercise physiologist David Costill illustrate the link between carbohydrate consumption and glycogen storage (see the graph above). Repeated bouts of daily exercise accompanied by a low-carbohydrate diet (40 percent of total calories) produced a day-to-day decrease in muscle glycogen. When the same athletes consumed a high-carbohydrate diet (70 percent of total calories), their muscle glycogen levels recovered almost completely within 22 hours of the training bouts. That's an extra boost needed by those runners who train daily. In addition, training efforts are usually perceived as being easier when muscle glycogen is maintained throughout a workout.

Researchers continue to refine the formula for optimum muscle glycogen repletion. A key element is the timing of your carbohydrate injections. A period exists after intense or long endurance exercise where muscles are most hungry for glycogen restoration. This 15- to 30-minute period immediately following exercise appears to be the most important time to consume carbohydrates.

This window can quickly close, though, as you hunt for family members following a race, or stretch, or shower and redress before scurrying back to your desk. Furthermore, since exercise tends to elevate your body temperature, which in turn can depress your appetite, you can't rely on hunger cues to prompt proper refueling.

## Post-Exercise Eating Strategies

The most efficient way to rehydrate and begin replacing the carboos your system craves is to drink a sports drink, fruit juice, or (gasp!) even soda immediately following exercise. Aim to consume 50 to 100 grams of carbohydrate (approximately half a gram of carbohydrate per pound of body weight) within the first 30 minutes following a long run or race. If you choose one of the commercial sport drinks intended for use during exercise (Gatorade, AllSport, PowerAde, etc.), be sure to drink an adequate amount after your run. These drinks are less concentrated (14 to 19 grams of carbohydrate per cup) than fruit juices (25 to 40 grams per cup) or soft drinks (40 or more grams in a typical 12-ounce can). Obviously, soft drinks aren't the ideal daily recovery fluid, as they lack nutritional value, but they'll do in a pinch.

Beer is a poor refueling agent. Its diuretic properties offset any hydration effect, and beer provides relatively few calories from carbohydrates (11 to 15 grams in 12 ounces). At postrace celebrations, be sure to reload first with juice, soda, or a sports drink.

The key is to find a drink that agrees with your stomach and taste buds and then begin consuming it immediately. Be prepared away from home by keeping powdered sport drink mixes or small containers of fruit juice on hand. If you are hitting the trails or going to the track, be sure to bring your recovery drink along.

The best recovery plan also includes eating as soon as possible. While it is important to start consuming carbohydrates right after exercise to replace the muscle glycogen you expended, a couple of glasses of Gatorade alone won't do the trick. You need to complete the job by continuing to snack on high-carbohydrate foods every two hours until your next meal. Aim for 50 to 100 additional grams of carbohydrate every two hours. Some healthy choices include an energy bar (4050 grams), four fig newtons and a banana (about 70 grams), or a cup of yogurt with cereal stirred in (about 60 grams).

Robbie Vandervalk, an investment banker in midtown Manhattan, often squeezes in a run at lunchtime and knows all too well the effects of eating too little, too late. He starts off by grabbing water and fruit at the health club following his run, then picks up pizza or a sandwich on the walk back to the office, saving some yogurt for a late-afternoon snack. "If I get caught up with things at work and try to subsist on just yogurt and fruit, I feel horrible a couple of hours later. I could eat for the rest of the day after that, but it doesn't help," explains Vandervalk.

Kristy Jorden, one of the Boulder Road Runners' fastest females (17:41 5K, 36:55 10K), does most of her training first thing in the morning before heading off to work as a



**It's That Time Again...**  
**The 34th Annual Missionary Ridge Road Race**  
**Saturday, August 4, 2007, at 8:00 a.m.**  
**Application**

physical therapist or spending time with her 19-month-old daughter, Zoie. After working out, Kristy eats a breakfast of cereal, milk, and toast as soon as she can — “at least within an hour” — and feels that it sets the tone for the rest of her day. “If I don’t eat fairly soon after I run, it screws up my energy for the rest of the day,” Jorden says. She keeps high-carbohydrate snacks — Clif Bars, bananas, bagels, and a powdered sports drink mix — at work to refuel between clients.

If you’ve been dragging at work or can’t seem to stay up with the pack, you may be underfueling your muscles rather than overtraining. Assuming that you are eating a balanced diet of foods from all five food groups — runners cannot live on carbohydrates alone! — experiment with this post-exercise carbohydrate window for a few days. Chances are you’ll feel better throughout the day and, more importantly, during that next run.

**The “no appetite” blues**

- Anticipate and prepare for a depressed appetite following long or exhaustive efforts.
- Concentrate on immediately consuming adequate recovery drinks that provide fluids and carbohydrates: juices, sports drinks, and even soft drinks in a pinch. Taste matters. You’ll drink more of it if it tastes good.
- Ease in high-carbohydrate foods as tolerated. Popular choices include yogurt, fruits, low-fat milk shakes or “smoothies,” cereal, bagels, sport bars, and baked potatoes.
- Satisfy salt cravings with salted pretzels or lite popcorn, soups, low-fat crackers, or salt sprinkled on your baked potato.
- Resist the urge to wait for your appetite to return. Your muscles’ ability to replenish glycogen is greatest during the “carbohydrate window” immediately following exercise. You may end up so hungry later on that you can’t make a nutritious choice.

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*Suzanne Girard Eberle, a registered dietitian, is a former TAC (now USATF) 5,000-meter champion. Along with deciphering the latest nutrition news, she is busy running the trails in Boulder, Colo.*

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_  
Age: \_\_\_\_\_ Check one: Male  Female   
Circle T-Shirt Size: Adult: S M L XL

Entry Fee: By July 28 \$15.00; after July 28 \$18.00  
NO REFUNDS

I would like to make a contribution of \$\_\_\_\_\_ to the Greater Chattanooga Area Chapter of the American Red Cross.

Make Checks Payable To:  
Greater Chattanooga Area Chapter  
of the American Red Cross  
801 McCallie Avenue  
Chattanooga, TN 37403

**Waiver — Please Read Carefully and Sign**

I know that running a road race is a potentially hazardous activity, and I should not enter or run 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 this run. I assume all risks associated with running this event, including but not limited to: falls; contact with other participants; the effects of the weather, including high heat and humidity; traffic and the conditions of the road — all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the American Red Cross, Chattanooga Track Club, all sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though this liability may be the result of negligence on the part of persons named in this waiver. I understand that bicycles, skateboards, baby strollers/joggers, roller-skates/blades, animals, and headsets are not allowed in the race, and I will abide by these guidelines.

---

Signature of Applicant or (if under 18) Parent or Guardian

For information, contact Dan Bailey, Race Director at  
drbailey43@aol.com or (423) 667-2440.

***The race begins at 8 a.m. on Saturday, August 4.***

# Executive Director's Letter

By Sean Pfister

## An Open Letter to the Boston Athletic Association

I am writing this letter on behalf of a fellow runner and friend that has made a huge impact on me in my own running endeavors.



My friend is Greg Neargarth, he is not the fastest but he's made huge improvements in recent years. His biggest drawback is his size. He's 6'4" and heavy set but he can win an age group award in small races. I've never met anyone who encompasses such a passion for running as someone that is better suited for playing golf (which he is nearly a scratch golfer, and he would be at scratch if he wasn't running all weekend). He is the one who told me early on to be committed to my training if I want to have a good marathon experience, which is what I tell all new runners to this day. And he is not just a huge influence on me but many of his running friends. He has been a running coach in his running group for 5 years and running coordinator, which required him to get there an hour before the group to set up water stations on our long Saturday runs. Then he would run 15-22 miles to complete his training run, which he never failed to miss.

Fortunately for me I was able to qualify for the 109<sup>th</sup> Boston Marathon. After many attempts I finally had the perfect day. I cannot tell you the emotions I felt after my qualifying race or during the last few miles. So when I got to Boston I was surprised that the first thing I thought about is how much my friend should be there. I took everything in and enjoyed my experience with fellow first timers and veterans but the idea of my biggest influence not being there and probably never experiencing the event really astounded me.

I realize he could participate through the charity program but he has a demanding job and 2 young children to raise and

another on the way. And even though he dreams about qualifying on his own merits it will either kill him or end his marriage. He has lost a lot weight recently and improved immensely because of it but in my opinion his size will hinder his performance late in a race. He set a personal record at the Twin Cities Marathon last October in 3:31 but is still 15 minutes away from his BAA qualifying time.

I am sure you receive letters like this all of the time and I've wondered what I could do to help get him entered into the race (that conforms to BAA policies) if he doesn't qualify this November at the Chickamauga Battlefield Marathon outside Chattanooga, which he admits might be his last chance.

I am sure there are many others like Greg throughout the running communities who have been unable to qualify at your current standards.

I think it would be a great public relations event to have several dedicated and good runners nominated each year by those they've influenced. With that said I would like to nominate Greg as a special exemption for entry into next years race because of his contributions to running. His enthusiasm and desire to always improve has inspired many fellow runners and me.

Honestly, Greg might have a better chance of qualifying for The Masters Golf Tournament, which isn't a slight on his running abilities but a nod to his golfing prowess and if he ever did I hope he'd let me be his caddie so we can talk running with Tiger (who might be able to qualify himself if he wasn't golfing every weekend).

I hope you take this nomination seriously and look forward to your reply.

Sincerely,  
Sean Pfister  
BAA Finisher 2005, 2007



## Joe McGinness Runner of the Year

### Current Standings

#### Overall Men

Charles Webb (230)  
Peter Murphy (220)  
Gregg Hansen (200)  
Chad Varga (190)  
Chris Wilson (150)  
Mark Wisdom (140)  
Kenny Steffes (135)  
Jim Steffes (135)  
Nick Honerkamp (130)  
Zach Cowart (125)



#### Overall Women

Belinda Young (290)  
Missi Johnson (220)  
Lynda Webber (190)  
Sue Barlow (190)  
Bernice Delaney (170)  
Tara Murdock (160)  
Melodie Thompson (140)  
Betty Holder (130)  
Jan Gautier (100)  
Michelle Meek (100)



#### Junior Men (0-15)

Kenny Steffes (390)  
Andrew Gennett (380)

#### Adult Men (16-39)

Charles Webb (280)  
Peter Murphy (270)  
Zach Cowart (250)  
Greg Neargarth (210)  
Chris Wilson (190)  
Daniel Uson (160)  
Tyler Keys (140)  
Bruce Smith (120)  
Andy Koss (100)  
Matthew Mansell (100)

#### Master Men (40-49)

Gregg Hansen (250)  
Darren Lewis (240)  
Mark Wisdom (210)  
Chad Varga (190)  
Mitch Samuelian (140)  
Brian Crooks (130)  
Tim Ensign (100)  
Hugh Enicks (100)  
Joe Johnson (90)  
Andrew Alexson (80)

#### Grand Master Men (50-59)

Jim Steffes (460)  
John Wikle (360)  
Nick Honerkamp (290)  
Mike Martin (160)  
Bill Moran (140)  
Flash Cunningham (140)  
James Mansell (130)  
John Walker (100)  
Rick Rogers (90)  
Dennis Ford (90)

#### Senior Men (60+)

Glenn Roberts (280)  
Walter Sinor (260)  
Phil Thomas (240)  
Harry Ireland (230)  
Jesse Roberson (200)  
Doug Hawley (180)  
Jim Selman (140)  
Dan Bailey (100)  
Chuck Allen (100)  
Cyrus Rhode (90)

#### Junior Women (0-15)

Ashley Riner (200)  
Kim Jade Wycherley (100)  
Jeneva Steffes (90)

#### Adult Women (16-19)

Belinda Young (300)  
Beth Ford (210)  
Tara Murdock (180)  
Lydia Gennett (170)  
Barbara Ensign (160)  
Bridgette Wisdom (130)  
Michelle Meek (100)  
Vanessa Hammond (90)  
JoAnna Crooks (90)  
Lisa Sims (60)

#### Master Women (40-49)

Bernice Delaney (280)  
Missi Johnson (270)  
Lynda Webber (210)  
Sue Barlow (200)  
Betty Holder (170)  
Sharon Armour (160)  
Jan Gautier (100)  
Sally Hoffman (80)  
Lisa Tennyson (80)  
Donna Dowlen (80)

#### Grand Master Women (50-59)

Melodie Thompson (390)  
Amy Mullens (260)  
Theresa Samuelian (160)  
Gayle Alexson (90)  
Cindy Pointer (90)  
Rita Fanning (30)

#### Senior Women (60+)

Bonnie Wassin (360)  
Ann Garner (200)  
Sue Ann Brown (200)  
Edwina Cohen (180)

### Other Thoughts

Some of you will notice that I've also asked Greg to write a New Member profile for Jogging Around. And others might recognize him from several CTC races already this year. Greg joined when I became the Director and has made most of the CTC races this year. So if you see him at a race, please say "hello" to him and thank him for making the journey from Marietta, GA but what you really should do is talk running with Greg and you'll see what I mean. And don't forget to ask how his training is going for the Marathon, that would make his day!

**Also, a personal note from my recent Boston experience.**  
What a weekend! Having never experienced a Nor'easter it was especially daunting to run a marathon in one. This was a special day because I was able to combine my running friends from Atlanta with my new friends from Chattanooga when we rode a charted bus to the start together. Joining me from the CTC was Sal Col, Brad Harvey and Truman Smith. Next year I hope we enter an official CTC team (BAA has a team competition and over 50 teams from throughout the U.S. compete) to demonstrate our area's commitment to running this prestigious race.



And lastly, I have to call out my good friend Daniel Heyer. We planned on running Boston months before the race and we made all of our travel arrangements together. Daniel was not just excited about running his 1<sup>st</sup> Boston but also visiting a city where he had lived briefly several years previously. Plus Daniel was my running buddy several summers ago when it seemed like everyone else I trained with was taking the summer off for marriages, births or injuries and he ran stride for stride with me during his first season of training. And I finally convinced him to run the Steamtown Marathon with me after many weeks of assuring him he was ready for his first marathon (he was, he ran a 3:09). Well as you can see in the pictures, I'm bundled and ready to race and Daniel is bundled and ready for bed... He's lived in the South too long and forgot what running in the cold and rain was like; it sucks! Anyway I tried to explain to him how disappointed I was that he bailed on me at the last minute (he's German and doesn't always understand me). I correlated it too getting a twosome tee time at St. Andrews in Scotland and the day of our game it gets windy and rainy (which is expected in Scotland) and he decided to skip the round. He didn't understand that either... but he did show me a great BBQ joint near Tufts Univ. that I'm definitely going back to next year! Who's with me?

# 2007 Joe McGinness Runner of the Year

By John Hunt

You might want to know who Joe McGinness was and why his name is associated with this esteemed award. Joe McGinness was one of the founders of the Chattanooga Track Club in 1970 and he was one of the reasons this club has withstood the test of time. He always supported running in the Chattanooga area and his legacy still lives on today in our rich club traditions and history.

The designation of Runner of the Year (ROY) was started to encourage running, fitness, and volunteer support for the running community. We added Joe McGinness to the name of the award to honor his memory and his commitment to us from the beginning of our history.

All winners are posted on plaques located at the Sports Barn Downtown and are awarded at our annual banquet in January. This is also when the new board members start their tour of service to the running community and new rules may be established by the races committee each year. Due to our strong need to get our runners involved with our races, we have changed the rules for 2007.

All runners must volunteer for **two** Chattanooga Track Club races for at least 3 hours or however long the race director needs you. The race director for the race must submit you as a volunteer to the Keeper of the Points (aka John Wikle @ jwwikle@comcast.net) or 593-7861). One new caveat, you will be awarded 30 points for each event you volunteer (i.e. if you volunteer for 3 races, you will receive 90 points), but you can **not** run in an event you volunteer in, you must be at the race directors disposal as long as he needs you! Also, you must be a paid member **before** the first points race occurs (this year this is the 65 Roses on March 31<sup>st</sup>) at the full year membership payment. There is not a retro start to the Runner of the Year system!

Awards will be given to the first 5 in each of the following categories:

Junior Men (15 and younger)  
Junior Women (15 and younger)  
Adult Men (16 - 39)  
Adult Women (16-39)  
Masters Men (40 - 49)  
Masters Women (40 - 49)  
Grand Masters Men (50-59)  
Grand Masters Women (50 - 59)  
Senior Men (60 and over)  
Senior Women (60 and over)

Runners will compete in the division corresponding to the runner's age on December 31 (i.e. the age used to determine the ROY division for the whole year will be the age on your birthday in 2007). Note: this is for the ROY competition only. Your actual age will be used for race age group divisions.

Points will go to the first 10 finishers in each category to complete each race. Non-CTC finishers will not be calculated into the finishing points, (i.e. 1<sup>st</sup> place=100 points, 2<sup>nd</sup> place=90 points, 3<sup>rd</sup> place=80 points, 4<sup>th</sup> place=60, and so on). People who finish before you that are not CTC members or who were not members before March 31<sup>st</sup> will not count.

The races below are 2007 ROY point races. The Junior Division races are listed separately. In some cases, the points race for the Junior Division is a shorter race and is noted below with a \*\*. Juniors may run the other races, but will not receive ROY points.

Date	Race	Adult Division and older	Junior Division
March 31	65 Roses	5K	5K
April 14	Chickamauga Chase	15K	5K*
April 21	BlueCross BlueShield Market Street Mile	1M	1M
April 21	Gateway Bank	5K	5K
May 28	Chattanooga Chase	8K	8K
June 16	BlueCross BlueShield Riverbend Run	10K	5K*
July 15	Waterfront Triathlon	(volunteer points only)	(volunteer points only)
August 4	Missionary Ridge Road Race	4.7M	4.7M
August 25	Raccoon Mountain	10K	5K
September 3	FCA 5K	5K	5K
September 7	UTC Cross Country	5K	5K
September 15	Symphony Classic	5K	5K
TBA	Joe Johnson	10K	10K
September 30	Susan Komen Race for the Cure 5K	5K	5K
October 20	Signal Mountain Pie Run	10K	10K
November 10	Chickamauga Battlefield Marathon	Marathon Only	10M*
December 15	Wauhatchie Trail Run	6.7M	6.7M

# Chattanooga Track Club

## Board of Directors Meeting Minutes

April 3, 2007

**In attendance:** Melodie Thompson, Donna Dravland, Dan Bailey, Charlene Simmons, Sean Pfizer, Edwina Cohen, Shirly Johnson, James Dravland, Flash Cunningham, Jimmy McGinness, Chris Segler, John Harrison, Amy Mullens, and Lynda Webber. One non-board member Bill Brock, to report on sponsorships and the Waterfront Triathlon.

**Absent:** Robert Gustafson, Tara Murdock, Walt Sinor, and Phil Stewart.

The meeting was called to order by Melodie Thompson at 6:01 PM.

Sean discussed that he is coordinating and working with George Skonberg on the Chickamauga Chase. E-mail, media infor. has been sent out & advertising the Chickamauga race and the marathon.

There was a discussion of having a wheelchair division for the shorter race. Much concern about the gravel and railroad tracks. This will be considered at another time (maybe other races?) Safety concerns, and there must be information on race brochures regarding wheel chair division.

Different colored CTC race calendar—yellow one not correct—only a few of those printed-grey brochure is correct

Again Sean mentioned local media (newspaper and t.v. ads) have been informed about the marathon and the ONE MILE RACE-April 21st. for the Market St. Mile and Jr. Marathon

Charlene Simmons reported the **Communications Committee** Progress: Events for the year—discussions considering a party for volunteers—especially for volunteering for the triathlon, possibly a fun run, also a scavenger hunt

### Sponsorship/Development

— Bill Brock, Sean Pfister Discussions about sponsors, sponsorship BlueCross—Brenda Flynn, Gena Bever, and Jane Overbeck will help with the walking program (which BlueCross has initiated)

The contract with the (Knoxville?) Music Marathon ends this year. This program (?) could be taken to other cities to benefit their image-increase sponsorship dollars for races for next year.

Possibly there could be a Corporate Challenge about 8 weeks after the New Year. There must be a strategy to the marketing.

It was suggested that race directors be aware of the walking program and the punch card process.(BlueCross program)

Melodie brought information from the Chicago convention-ideas about different distances, walk included in the races. Possibly (she) could meet with a Coca-Cola representative to see about providing products for the races. This would relieve Bill of the responsibility.

Bill will meet with BlueCross about the contract for the next 3 years.

Sponsorship continued— Sean met with Don Bowman (Sports Barn) concerning financial sponsorship. If we have group runs, registration at the Sports Barn we will be making a commitment to the S.B. also possibly increasing memberships for the S.B. and C.T.C./Many ideas were discussed Bowman will present this idea to his Board first.

Bill Brock wants the CTC to have a target budget of 1/4 million—corporate dollars of \$125,000.00. The BlueCross contract is year-to-year. Other corporate options were discussed. Several members said it is best to stay with local community organizations. We are closely connected and tied in with our own community.

Sean suggested approaching some smaller businesses also—10% discount at these stores and a \$250.00 contribution from them.

John reminded us of our CTC goal—promote running, walking, a healthy community, money is imp., but remember what we stand for.

**Membership** —Chris Sealer and Sean-meeting-Thursday-Stone Cup - 6:00 P.M.

Steve Rogers—Steve has graciously given of his time to do the CTC income tax for several years. We should thank him by giving him a \$100.00 gift certificate. The motion was made, seconded and approved.

**Treasurer's Report** — Dan Bailey Dan presented a financial report-profit and loss which was approved.

Melodie reported there was a good turn out for the "65 Roses" race 323 runners—apex. \$45,000.00 was made. It was a good idea to have a CTC table set up—good response and interest.

Flash Cunningham has accepted the position of Equipment Coordinator.

He is concerned about the fact that Equipment is stored at the Sports Barn and anyone can get a key.

He will keep the equipment in his back yard if the CTC desires this. Also a motion was made and seconded that non CTC races should be charged \$250.00 and CTC be given advanced notice of time, place. Flash will get \$25 for all race fees that are non-CTC collected as an incentive to collect this money

Discussion of what happened to our four 2-way radios. This will be pursued.

Edwina Cohen was nominated Secretary for the CTC Board—motion made by Melodie and seconded by Donna Dravland.

Respectfully submitted,  
Edwina Cohen  
Secretary

## Chattanooga Track Club Financial Statements

### Balance Sheet

- One \$5,000 CD cash in May.
- Cash to be reduced (approximately \$5,000) in June to pay the remainder of the expenses for Chattanooga Chase and then a check to VORP for the net profit from the race.
- The CTC will receive \$478 for the rental (\$200) and \$1 each for the number of runners (278).
- No change to any of the Assets.
- Total equity shows the recording of the year-to-date loss of (\$9,306.27).

### Profit & Loss Budget Performance (month explanations)

- \$7,250- Donations-received \$750 from Technology Projects and \$6,500 from the Hand Foundation
- \$593- Membership Dues-Individual & Families -received various dues from new members
- \$450- Equipment Rental- received from Gateway Bank, Carpet Capital, and Strawberry Chase
- \$6,900.00- Total CTC Race receipts- breakdown of each race identified on statement
- \$854.55-Unbudgeted Items-new category set up to identify those expenses not in an expense line of the budget. May's expenses were for bumper stickers, thank you cards/envelopes, business cards, and Chickamauga Chase applications.
- \$4,485.41-Total Payroll Expenses-under from budget for Executive Director's position and will continue for the remainder of the year
- \$1,463.76-Total Internet Expenses- although over for the month, this category is under on a year-to-date basis. This is work provided by Technology Projects previously done and now is being billed.
- \$4,336.29-Total Race Disbursements-breakdown of each is identified on statement. Expect more expenses to come through in June for the Chattanooga Chase.
- \$1,777.08-Net Income- net effect of revenues and expenses for the month.

# Jogging My Memory

By Joe McGinness, Jr.

My daughter Tara Murdock asked if I would run the Fun Run with my granddaughter at the recent Chattanooga Chase. Since about a mile is all I can manage these days I agreed. I did not realize until I listened to the race marshal at the beginning of the race that this was the 40th annual Chattanooga Chase. My gosh, where has the time gone?

I was one of the original participants in the first one which was organized by my late father and a gentleman named Dan Daniels. As you younger runners read this you won't believe how advanced the sport has evolved over that forty year span.

As I recall, the inaugural race was held on the first Saturday in June, 1967. A total of some thirty odd runners were entered. The race began in front of where the Boathouse Raw Bar is on Amnicola Highway. As we all assembled at the starting line I looked around at all the various footwear: U.S. Keds, Converse high tops, tennis shoes and even one chap in Marine Corps combat boots. Not a single pair of Nikes, Adidas, or New Balance in this crowd; for they were yet to be on the market. As for running shorts, there were a lot of cut off blue jeans. My attire was Bermuda shorts and a YMCA tee. My shoes were thick soled Converse.

Even more interesting was the starting time, not your typical start of 8:00am. For some strange reason my dad thought 3:30 pm would be ideal and that's when the gun went off. It was in the 90's that day and by the first mile the walking had already started. By the second mile those that weren't walking had slowed considerably. At the halfway point I stopped and started walking. I was drenched in perspiration, and parched. As I recall we had no water stops. At about

mile three one of the participants, Jon Robere, passed me and looked rather spaced out. As he passed me he staggered and fell to the pavement. Fortunately there was a rescue squad vehicle following the last runner, and word was sent back down the line for assistance. A group of us waited until Jon was loaded up and continued the torturous race to the finish line at Lake Junior.

I don't recall the winner, seems to me he was a student at Tennessee Temple. I don't remember the exact time but I do remember that we were amazed to learn that he averaged less than seven minutes a mile. Astonishing!

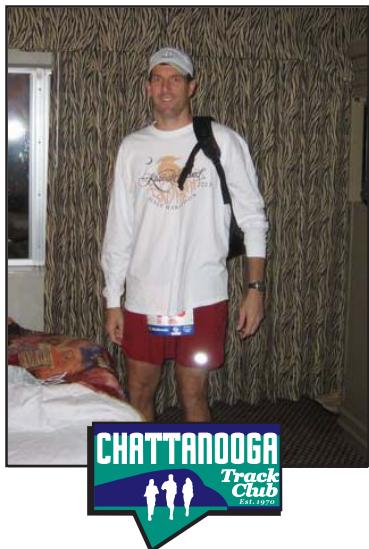
At the finish line there was a Coca-Cola trailer that dispensed cold cokes; however this proved to cause a lot of cramping and vomiting among some of us. At around 4:30 the last runners appeared chugging up the hill, it would be the late Bobby Davenport, and his two very young sons Bobby Jr. and Elliott, the youngest participants. This finish of course drew a great amount of attention.

Had Jon Robere not been rushed to the hospital he would have been the oldest racer at perhaps 53, however my dad won that distinction at the ripe old age of 49.

As you can see we have come a long way with water stops, port a potties, Gatorade, energy bars, police escorts and medical tents to name just a few.

I am glad that those days are ancient history, but somewhere along way I have become ancient myself as I monthly await my social security check and Medicare.

## New Member Profile



### Greg Neargarth (Marietta, GA)

Occupation: Logistics Manager for Werner Enterprises Inc.- Omaha NE

Age: 38

Marital Status: Married (Heather)

Children: Sarah: age 7, Matthew- age 4

Hobbies: : Running, Golf (played college golf and was PGA Professional for 3 years), Family

Hero: Several people: but my mom was the one who inspired me to run and my biggest supporter- and is always my first call after every marathon.

Favorite Place to Run: Chattahoochee River in Roswell GA- Azalea Drive

Favorite Race/Distance: Twin Cities Marathon- but the 10 Mile is probably my best distance for speed.

Why do you run?: I am very structured and meticulous and running is the one constant in a unpredictable world.

How long have you been running: This is my 9th year of running- it all started with a New Years Resolution to run a 5K when I turned 30 years old, and I'm proud to say that I have run 14 marathons and 12,000 miles since I made that resolution.

Who or what prompted you to join the CTC?: I have always loved the city of Chattanooga and when my good friend Sean Pfister became the Executive Director of the CTC I decided it would be fun to support my friend, run some new races, and make some new friends.

What are your goals for the immediate future?: To continue to work to get the most out of my abilities as runner and to participate and volunteer in as many CTC races as time permits.

## WEDNESDAY NIGHT TRAIL RUN

For more information, e-mail  
[farmerjp@bellsouth.net](mailto:farmerjp@bellsouth.net)

For "Footnotes" from the RRCA  
go to [www.rrca.org](http://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!

### 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](http://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](http://chattanoogatrackclub.org)

**Speed/Hillwork**  
Wednesday Mornings  
Leave from Downtown  
YMCA at 6 a.m.

## Jog/Walk Program Schedule:

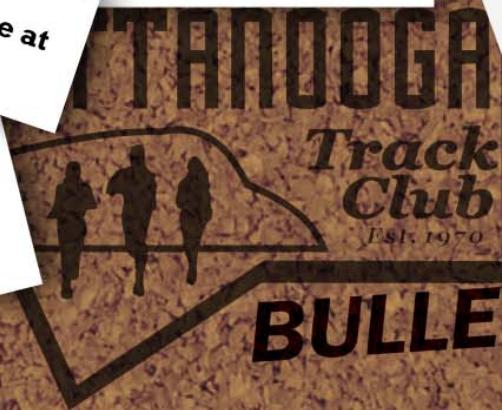
Wednesdays 6:00pm Fast Break Athletics  
Runners, Speedwalkers, Joggers, Slow  
Runners and Walkers are all welcome!  
If you are injured or starting your running  
program all over again this would be a  
great place to start. For more information  
please send email to [jumpytwo@hotmail.com](mailto:jumpytwo@hotmail.com)  
or call Melodie at 535-3259.

## SPEEDWORK

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



Please send  
your bulletins to  
[bbrock@tech-projects.com](mailto:bbrock@tech-projects.com)



# Race Calendar

## Legend

 CTC Event

 Joe McGinness Runner of the Year (JMROY)

 JMROY Volunteers Points Only

Please see [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org) for a complete list of events past and present, further rules, changes and regulations. Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

### JULY

15 – Chattanooga Waterfront Triathlon  
 Site: Chattanooga, TN

### AUGUST

4 – Missionary Ridge Run  
4.7 Mile Run  
 Site: Chattanooga, TN

12 – Sports Barn Sprint Triathlon  
Site: Chattanooga, TN

18 – OLPH Ram Run  
Site: Chattanooga, TN

25 – Racoon Mountain Run  
 Site: Chattanooga, TN

### SEPTEMBER

3 – FCA 5K  
 Site: Chattanooga, TN

7 – UTC Cross Country Meet  
 Site: Chattanooga, TN

15 – Symphony Classic 5K  
Site: Chattanooga, TN

30 – Komen Chattanooga Race For  
the Cure 5K  
Site: Chattanooga, TN

### OCTOBER

6 – Stump Jump Trail Run 50K & 11 Mile  
Site: Chattanooga, TN

20 – Signal Mountain Road Race 10K  
 Site: Chattanooga, TN

Send race information to:

Jerry McClanahan

831 Creek Drive

Chattanooga, TN 37415

or [jkmclanahan@comcast.net](mailto:jkmclanahan@comcast.net)

### NOVEMBER

10 – Chickamauga Battlefield Junior  
Marathon  
 Site: Chickamauga, GA

10 – Chickamauga Battlefield Marathon  
and 10-Mile  
 Site: Chickamauga, GA

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

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