



joggingaround



**CTC Season Kicks off
March 1...page 11**

Chattanooga Track Club

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Jogging Around

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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.

Words from the Prez's Perch

Dear CTC Members:

I am excited and honored to serve as the CTC President for 2008. This is an exciting time for our running community. The vision and leadership of past boards has laid the groundwork for making 2008 another great year for the CTC.



Before I highlight some of the things on tap for this year, I think it's important to pause for a moment and consider the legacy to which your board has been entrusted. Founded in 1968, the CTC has served the local running community by hosting running events, some of which have been in existence now for more than thirty years. It has witnessed the running boom of the 70's and 80's and the resurgence of marathoning in the late 1990's, and succeeded in the face of various challenges along the way. While I cannot do justice to this history in this short letter, I would ask that you go to the CTC website and look at past issues of [Jogging Around](#) that contain articles by Abner Oldham, Pat Hagan, Steve Rogers, Rita Fanning and others who tell the various chapters of this history so well.

Four years ago, the CTC board, under the leadership of then President Linda Andrae, crafted a vision to guide this organization over the next ten years and beyond. This vision includes, among other things, hiring an executive director, expanding the number of CTC events, and identifying a funding model to enable CTC to continue to serve its membership year after year.

Throughout all the challenges and changes that have occurred over the last forty years, one thing has remained constant: running is as vital a part of our lives today as it was forty years ago, and will be forty years from now.

There is much to be excited about in 2008! First, as most of you know, the CTC has brought the half-marathon – now called the Scenic City Half-Marathon – back under its tent. It is set for March 1, and we hope to see you there, either as a participant or volunteer. At the banquet in January, the membership approved the new officer position of Vice-President of Membership. We are very fortunate that Sherilyn Johnson has agreed to take on this new role for the CTC in 2008, as we continue to look for ways to better serve our membership. We will also be looking at adding another CTC event to the race calendar, either this fall or early next year.

We look forward to working with our sponsors including BlueCross BlueShield of Tennessee and the Sports Barn. We are also pleased to announce that Erlanger will be a sponsor of our 2008 youth cross-country meets that will occur on Thursdays in September.

The CTC is committed to enriching the lives of our running community. Our success in this endeavor, however, is largely dependent on you. Quality events don't just happen. Please consider volunteering your time. You can sign up as a volunteer on our website or send us an e-mail letting us know you wish to participate. Get involved! The CTC needs your help.

I look forward to a fantastic 2008.

Very truly yours,
James T. Williams
CTC President 2008

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.

Executive Director's Letter

By Sean Pfister

Being still near to the New Year I feel it's appropriate to write about my goals for 2008. February is also the month that I started last year so it's my 1-year anniversary as the Executive Director and a review of 2007, I feel is also fitting.



Overall I thought last year was a great experience for me. It had its ups and its downs but the challenges of creating a position from scratch are what attracted me to it in the first place. The highlights included in no particular order; youth cross country meets, Jr. Marathon and Chickamauga Marathon, members survey, additional group runs, increased membership in the CTC and at several races, such as Blue Cross Blue Shield Riverbend, BMW Waterfront Triathlon and the marathon. Formal partnerships with the SportsBarn and Erlanger were created as well as with FastBreak, FrontRunners, Rock Creek, East Ridge Bicycles and the PlaqueShack. Most importantly it is the people that I met in the last year that made it special.

I presented my goals for 2008 to our board at our annual retreat and I wanted to share these with our members too. While our Vision is broad these are the area that I plan to put special focus on.

Continue building a more effective board. I realized early on that this is my greatest asset and the more connected and energized our board is the more success will follow.

Increase race revenues from selected CTC events. Atlanta's Peachtree Road Race subsidizes many of the ATC's other races and programs and creates a marquee event for area

runners. We will need to expand marketing and awareness efforts and ideas are welcome. The Scenic City Half Marathon 5k and Charity Challenge has a lot of potential.

Develop more corporate involvement and in turn increase corporate sponsorship. What the CTC does for Chattanooga is good for businesses. From their own employees involvement in our organization to the economical impact our event have and bringing people into the area.

Expand our youth programs. The future of the CTC starts with young runners and their first exposure to our Club. I would like to see more diversity and non-traditional runner participation and show the children that running can be fun regardless of ability and it's about lifestyle and not as much about awards.

Continuing to make all CTC events well organized and fun and have our races continue to be the benchmark for professionalism.

Continue building partnerships with other non-profits, foundations, running clubs, and civic and corporate realms.

Expand the technological features of the CTC. Combining an online registration and a CHIP system for our members is almost a reality.

Increasing CTC membership. Most of these points will either require additional support from members or make membership into the CTC more attractive.

Here's to a great '08 and year full of highlights!



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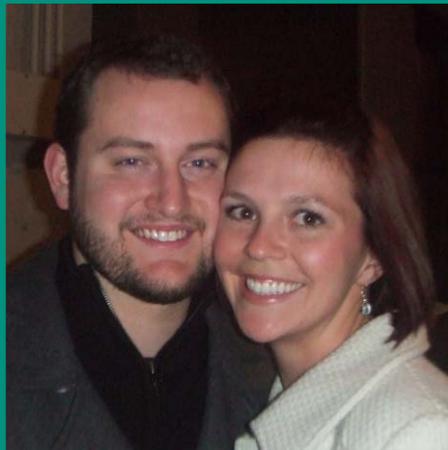
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AWARDS *Custom Awards & Gifts* TROPHIES

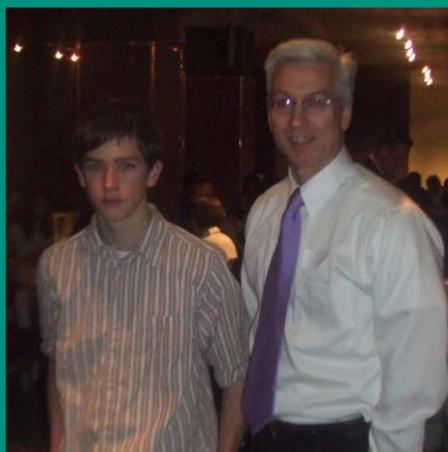
1335 Mackey Branch Dr - 423-899-4727

New & Returning Members

Bill Aiken	Timothy Davis, M.D.	Donald Harvey	Frances Martin	Teresa Potts Wade	Chad Varga
Sheridan Ames	Bernice Delaney	Joan Hearn	Michael Martin	Kenneth Radley	Rod Varnell
Rebecca Ammons	Chuck & Diane	Ted Hegenbarth	Michael Mason	Felicia Reagan	Joan Vos
Linda Andreae	Denham	Bill & Corinne	Chris Mawata	Blaine Reese	Dorn Walker
Joel Armstrong	Rory DeWeese	Henderson	Russell Mawk	Mary Reid	John Walker
Joe Axley	Kim Durham	Melissa Hicks	Gina May	Cyrus Rhode, Jr.	Michael Walker
Dan Bailey	Joseph Elkins	Landon Hill	Jimmy McGinness	Jeff Richard	Craig Wandelt
Hannah Baker	John Ellington	Betty Holder	Matt McLelland	Jesse Roberson	Bill Warner
Jeff Balser	Daniel Ellis	Janet Holder	Anita Mclure	Glenn Roberts	Bonnie Wassin
Thomas Barker	Hugh Enicks	Tim & Sherry Holmes	Lee Meadows	Frank Rochat	Charles Webb
Larry Barlow	Tim & Barbara Ensign	Gina Howard	Richard Meek	Geoff Rodgers	Berton Whitaker
Charles Barrett	Marc Erickson	Dale Ingram	Peter Metzger	Steve Rogers	Frank White
Terry Baugh	Bill Estes	Shelia & Harry Ireland	Susan Mietling	Doug Roselle	Kinsley Whiteaker
David Bishop	Rita Fanning	Terry Irish	Dick Miller	Steven Rubenstein	Eric Whittington
Ed Boyles	Jim & Carol Farmer	Carrie Johnson	Bill Minchan	Mitchell & Theresa	John Wikle
Ron Branam	Shawn Feagans	Jim Johnson	Robert Mings	Samuelian	Ashley Williams
Thomas Brasel	Jerry Ferrari	Missi Johnson	David Moghani	James Selman	James Williams
Kevin Brown	Mike & Becky Fingerle	Sherilyn & Steve	Bill Moran	John Selman	Mark and Bridgette
Steven Bush	Dennis & Beth Ford	Johnson	Fred Morris	Jesi Shahan	Wisdom
Colleen Carboni	Kathy Fulton	Art Jones	Rose Morris	James L. Shank	Matt Wiseman
Mary Carpenter	Jennifer Funk	Earl Kelle	Amy Mullens	Ryan Shrum	Bud Wiseman
Christy Charman	Susan Gallo	Ray Kellum	Lynne Mulligan	Brian Shutters	Brandon Wright
Chadwick Cherry	Ann Garner	Edward Kern	Peter Murphy	Charlene Simmons	David Wycherley
Candy Clark	Henry Gaudet	Tyler Keys	Greg Neargarth	Lisa Sims	Blake Young
Heather Cline	Lydia & Andrew &	Chris Kleehammer	Tommy Nichols	Tommy Sims	Chris Zenker
Sal Coll	Diana Gennett	David Klinger	Abner Oldham	Walter Sinor	
Billy & Melodi Collier	Robert Gift	Andy Koss	Jaime Overturf	Truman Smith	
Bruce Conn	John Gracy	Kurt Lammon	Richard Park	Joanie Sompayrac &	
Butch Cooke	David Grandy	Sandy Lane	Richard Park, Sr.	Tony Grossi	
Dan Cooke	Chris Greenwood	Don Lastine	Skip Patty	Jim Steffes	
Zach Cowart	Don Gregg	Darren Lewis	Beverly Peacock	Candise Stephens	
Brian & JoAnna Crooks	Earl Groce	Gertie Locke	Randall Peters	Jeff Stracener	
J. Clay Crumbliss	Gregg Hansen	Carter Lynch	Sean Pfister	Daryl Street	
Flash Cunningham	Aleisha Hardison	Leslie Malone	Wayne Phillips	Melodie Thompson	
Bob Cutrer	John Harrison	Earl Marler	Nancy Poston	Claire Turner	
Ellen Daniel	Bradford Harvey	Jo Jo Marsh Brown	Jeff Poteralski	Don VanLandingh	



CTC Annual Banquet



Introducing the 2008 Board of Directors

The Chattanooga Track Club is pleased to introduce its 2008 board of directors:

Officers



President: **James Williams**



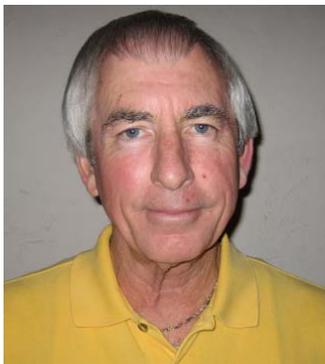
Past President: **Melodie Thompson**



President-Elect for 2009:
Charlene Simmons



Vice President of
Communications: **Janice Cornett**



Vice President of Races:
Walt Sinor



Vice President of
Membership: **Sherilyn Johnson**



Secretary: **Lynda Webber**



Treasurer: **Jim Steffes**

Directors



Butch Cooke



Flash Cunningham



Edwina Cohen



John Harrison



Bill Moran



Amy Mullens



Peter Murphy



Jimmy McGinness



Steven Rubenstein



Teresa Samuelian



Ashley Williams

2007 Joe McGinness Runner of the Year Results

Overall

Women: Lynda Webber

Male: Hugh Enicks



Junior Women

1st Place: Ashley Ringer

2nd Place: Jeneva Steffes



(Jeneva Steffes)

Junior Men

1st Place: Kenny Steffes

2nd Place: Andrew Gennett



Adult Women

1st Place: Bridgette Wisdom

2nd Place: Belinda Young

3rd Place: Charlene Simmons

4th Place: Lydia Gennett

5th Place: Beth Ford



(Charlene Simmons & Beth Ford)

Adult Men

1st Place: Charles Webb

2nd Place: Greg Neargarth

3rd Place: Marco Bianchini

4th Place: Daniel Uson

5th Place: Bruce Smith



(Charles Webb)

Masters Women

1st Place: Bernice Delaney

2nd Place: Missi Johnson

3rd Place: Jan Gautier

4th Place: Susan Gallo

5th Place: Sue Barlow



(Missi Johnson, Bernice Delaney, Susan Gallo)

Masters Men

1st Place: Gregg Hansen

2nd Place: Mark Wisdom

3rd Place: Darren Lewis

4th Place: Time Ensign

5th Place: Mitch Samuelian



(Greg Hansen)

Grandmasters Women

1st Place: Melodie Thompson

2nd Place: Theresa Samuelian

3rd Place: Laura Brock

4th Place: Rita Fanning



(Theresa Samuelian, Melodie Thompson, Laura Brock)

Grandmasters Men

1st Place: Jim Steffes

2nd Place: John Wikle

3rd Place: Michael Leary

4th Place: Flash Cunningham

5th Place: Bill Moran



(Jim Steffes, Michael Leary, Bill Moran, Flash Cunningham, John Wikle)

Senior Women

1st Place: Bonnie Wassin

2nd Place: Ann Garner

3rd Place: Edwina Cohen



(Ann Garner, Bonnie Wassin, Edwina Cohen)

Senior Men

1st Place: Sergio Bianchini

2nd Place: Walter Sinor

3rd Place: Cyrus Rhode

4th Place: Phil Thomas

5th Place: Doug Hawley



(Walter Sinor, Phil Thomas, Sergio Bianchini, Cyrus Rhode, Doug Hawley)

2008 Joe McGinness Runner of the Year

The Joe McGinness Runner of the Year (ROY) contest is an annual competition designed to promote running and fitness among Chattanooga Track Club (CTC) members and encourage volunteer support of the track club.

Eligibility

ROY competitors must be members of the Chattanooga Track Club, with 2008 dues paid in full, by March 1, 2008.

The competition is divided into ten different ROY categories based on age and gender:

- Junior Men (14 and younger)
- Junior Women (14 and younger)
- Young Adult Men (15 – 19)
- Young Adult Women (15 – 19)
- Adult Men (20 – 39)
- Adult Women (20 – 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)

Age division awards are based on the age of the competitor on December 31, 2008.

To be eligible for awards, ROY competitors in the young adult, adult, masters, grand masters, and senior divisions must:

- Compete as a runner or walker in **five** ROY events, and
- Volunteer at **two** CTC events

To eligible for awards, ROY competitors in the junior divisions must:

- Volunteer at **two** CTC events

Earning ROY Points

ROY competitors earn points by competing at ROY races and volunteering at CTC events. ROY points are awarded at official

ROY events only. See the 2008 ROY calendar for a list of official events.

Competitive Points

At an official ROY event, competitive ROY points are awarded to the first **ten** ROY eligible finishers in each ROY category. Race participants who are not ROY eligible will not be calculated in the ROY finishing points.

ROY competitive points are awarded as follows:

1 st place	100 points	6 th place	50 points
2 nd place	90 points	7 th place	40 points
3 rd place	80 points	8 th place	30 points
4 th place	70 points	9 th place	20 points
5 th place	60 points	10 th place	10 points

Volunteer Points

All ROY competitors must volunteer at **two** CTC events. Volunteer shifts must be at least three hours in duration or however long the race director needs the volunteer.

ROY competitors will receive 30 points for each CTC event they volunteer at. CTC events requiring multiple days of volunteering will award 30 points for each day of volunteering.

ROY competitors can **not** earn volunteer points and competitive points at the same event, unless the volunteer and competitive points are earned on separate days.

Race directors and volunteer coordinators are responsible for submitting volunteer points to the keeper of the points John Wikle (jwwikle@comcast).

ROY Awards

ROY awards will be awarded to top **five** competitors in each of the ten ROY divisions at the conclusion of the 2008 ROY season. ROY awards will be handed out at the annual CTC banquet in early 2009.

Date	Race	Adult Divisions*	Junior Division
March 1	Scenic City Half Marathon	Half Marathon	5K
March 15	Gateway Bank	5K	5K
April 12	65 Roses	5K	5K
April 19	Chickamauga Chase	15K	5K
May 17	BlueCross BlueShield Market Street Mile	1M	1M
May 26	Chattanooga Chase	8K	8K
June 14	BlueCross BlueShield Riverbend Run	10K	5K
July 13	Chattanooga Waterfront Triathlon	(volunteer points only)	(volunteer points only)
August 2	Missionary Ridge Road Race	4.7M	4.7M
August 23	Raccoon Mountain Road Race	10K	5K
September 1	FCA 5K	5K	5K
September	Elementary Cross Country Races	(volunteer points only)	(volunteer points only)
October 11	Joe Johnson Mental Health 10K	10K	10K
October 18	Signal Mountain Road Race	10K	10K
November 8	Chickamauga Battlefield Marathon	Marathon	10M
December 13	Wauhatchie Trail Run	6.7M	6.7M

* Adult divisions include: young adult men, young adult women, adult men, adult women, masters men, masters women, grand masters men, grand masters women, senior men, and senior women. Adults participating in junior races will not earn competitive ROY points but will be given credit for participating in a ROY event. This credit will count towards the competitor's five race eligibility requirement.



65 Roses 5K Road Race Registration Form



Date : April 12, 2008

Time: 8:30AM

Registration: You are encouraged to register prior to the day of the race with the form below or at www.active.com (event# 1514003.) The entry form is below. Race-day registration and packet pick-up begins at 7:00AM the day of the race.

Course: The 5K (3.1 mile) course will begin and end at the Paul Conn Student Union on the campus of Lee University. It will wind through the Cleveland Historic District and Main Street Cleveland. This is a certified 5K course (TN 06041 DJR) – thank you David Presley.

Cost: The cost of the race is \$20 before April 10, and \$25 on race-day. Please make checks payable to the Cystic Fibrosis Foundation. (Cost of the fun run is \$12 and \$15.)

Goodies: The first 400 entrants will receive a Ridoto Wicking T-shirt. Awards are given for 1st, 2nd, and 3rd place male & female runners in each of the following divisions: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-64, 65 and over. The awards ceremony will begin at 9:30AM.

Other: For complete information on all the morning's events please visit www.leeuniversity.edu/cf . Please send all other questions to Bill Estes, 423.614.8476, bestes@leeuniversity.edu

Please return to CF Great Strides Road Race forms to:
65 Roses Road Race c/o Student Development, Lee University, Cleveland, TN 37320-3450

2008 Great Strides Road Race

Name _____ Gender _____ Age on race day _____

Address _____

City _____ State _____ Zip Code _____ T-Shirt Size _____

Check All That Apply: 5K Race (\$20) _____ 1 Mile Fun Run (\$12) _____ Donation to the CF Foundation \$ _____

Total Enclosed \$ _____

RELEASE AND WAIVER OF LEGAL RIGHTS

In consideration for your acceptance of this entry, I the below signed, intending to be legally bound for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the Great Strides Road Race, Lee University, the city of Cleveland, Tennessee, or any other groups or individuals associated with the Great Strides Road Race for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. If entrant is under 18 years of age, parent or guardian must sign entry.

Signed _____

Date _____

Parent or Guardian (if <18) _____



Fine Tune Your Shoes

By J.D. Denton

This article is provided by the Road Runner's Club of America (www.rrca.org).



One of the great pleasures in buying a new car, besides giving your favorite bank a few years of steady income, is selecting the extra treats offered by the dealer. They're called options — things you don't really need but can have if you want, assuming, of course, that your banker is willing to go along.

If you like music, you can add a slick stereo complete with CD player, digital tuning, and big speakers. (And if you like to irritate others, you can add one of those bass booster gizmos and turn your car into an earthquake on wheels, rattling windows, sternums, and nerves everywhere you go.)

If you drive in a high-crime area (inevitably the first exit you take when lost in a strange city), you can add an obnoxious alarm that shrieks for 20 very long minutes every time someone else with one of those bass booster things drives by.

It's only right that you can customize your car to fit your special needs and unique tastes (or lack of the same). It is, after all, a major investment that will be an important part of your life for the next 5 years/50,000 miles or so.

As with cars, so with running shoes. Though they will be part of your life for only maybe five months and 500 miles, there are options available if you need to tweak them to achieve near-perfection. And you don't even need the approval of your banker. (At least, not yet.)

No, I'm sorry, that stereo thing is not one of the options. We can't have you going thumpa-thumpa around the neighborhood at 5 a.m., rattling china, waking up dogs, and terrifying newspaper carriers. Today's running shoes are pretty amazing, but they have their limitations.

No, shoe options aren't nearly as glamorous or sexy as cacophonous electronics, power this-and-that, and supple leather seats, but they can play a key role in how well your shoes work for you.

While it may seem that the selection of shoes on the market is plenty big to accommodate all human running needs, the selection of runners on the planet is even more abundant. Some feet are tough to fit, and some biomechanics are tricky to support. The answer is to fine-tune shoes with features that can be easily added in your dealer's showroom.

The best way to adjust the support in a close-but-not-quite-right shoe is to replace the fifty-cent piece of fluff called the sockliner. It's so support-free and comfort-challenged that the industry doesn't even call it an insole, opting instead to name it as if it were nothing more than an accessory to your socks. It's removable for one very simple reason: So it can be replaced with a device that really does something.

You might think that a pair of shoes that cost a day's pay or more should come with more sophisticated support.

But, adding a specialized insert would bump the price of shoes to an even more dramatic level, and it might not deliver the special kind of support you need. And it wouldn't be fair to the roughly 60 or 70 percent of the running population who do just fine with the cheap-o sockliner.

Say, for example, that you're a moderate overpronator. That is, your feet roll inward during foot strike just slightly beyond neutral, and you need a shoe that gently corrects the extra motion back to an acceptable level.

A heavy-duty motion-control shoe with a bulky straight last, a huge medial post in the midsole, and maybe some plastic reinforcement in the heel area could certainly accomplish that, but it might also be overkill. You may solve one problem but create a couple of others.

So you find a less stable shoe that fits your feet well, feels good, and is well within your credit limit. You can add some motion control with a stabilizing insole that supports the arch and locks the heel in place. One of my favorite insoles is Superfeet, because it's lightweight and really grabs the heel, but other good ones are made by Spenco, Implus (Sof Sole), Spectrum (Sorbothane), and FASTech.

If, on the other hand, your shoe is stable enough but a little firm, you can add cushioning with various products from most of the same manufacturers. Products range from a thin sliver of an insert to add a little to a thick mattress of an insert to add a lot. A thin insert takes up almost no room but may not add enough cushion; a thick insert may be so thick it changes the way the shoe fits (making it an option if you need extra cushioning and a tighter fit).

Those thin inserts may raise the foot in the shoe just enough to solve another fairly common problem. If you have ever bought shoes that felt great in every way, but caused a mysterious ankle pain after your first run, you're a candidate for this option. That pain is often caused by the ankle bone banging against the top of the side wall of the shoe. Install a thin insert under the sockliner and it will usually lift the foot just enough to stop the abuse.

It's important to remember that these over-the-counter shoe inserts are options that can adjust, but not replace, the support of a shoe. Too often, runners attempt to revitalize old shoes with new insoles. Inserts can add cushioning, add stability, improve fit, or deliver some combination of all three, but they cannot give new life to that which is very dead. It's kind of like installing a fancy new stereo in a beat-up old car with a hundred thousand miles of history behind it. Nice music, but, uhh, where's that smoke coming from?



TECHNOLOGYPROJECTS

Web Application Design & Development

Web Application Design & Development



TECHNOLOGY PROJECTS

What ARE web applications?

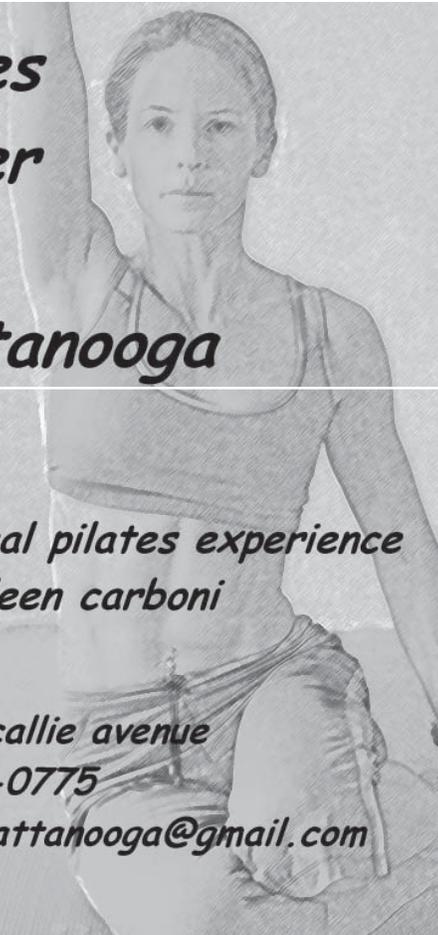
Cold Fusion Server Windows 2000 IIS5.0 SQLServer 2000 Javascript ASP VBScript



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Pilates for Runners

6 weeks session
Mondays and Wednesdays
6:30-7:30pm
January 14-Feb 20

Space is limited, reserve early.
For more information call 493-0775



2008 CTC Season Kicks Off March 1

The 2008 Chattanooga Track Club race season will kick off at the Scenic City Half Marathon, 5k and Charity Challenge on March 1, 2008.

The first half of the season offers runners and walkers a variety of events and challenges, with race distances ranging from one mile to a half marathon.

Mark your calendars now to run, walk, or volunteer at one of these spring CTC races:

March 1 - Scenic City Half Marathon, 5k & Charity Challenge - Finely Stadium, Downtown Chattanooga

April 12 - 65 Roses 5k & Walk - Lee University, Cleveland, TN

April 26 - Chickamauga Chase 15k & 5k - Chickamauga Battlefield, Chickamauga, GA

May 17 - BlueCross Market Street Mile & Mystery History Quest - Downtown Chattanooga

May 26 - Chattanooga Chase 8k & 5k - Riverview Park, North Chattanooga

June 14 - BlueCross Riverbend 10k & 5k Run & Walk - Downtown Chattanooga

To learn more about these events please visit www.ChattanoogaTrackClub.org.

FRONT RUNNER
ATHLETICS

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

4251 Hixson Pike
Chattanooga, TN 37415

cvarga@fronrunnerathletics.com
www.fronrunnerathletics.com

The Internet Track Meet

By Bill Minehan

Most of the time I run only to battle my consumption of calories, relieve stress and keep up to date with my running friends. But I always feel just a little funny when someone asks me what I am training for and I don't have a good answer. Having a taste for the unusual, but not willing to travel to one of the cool events others talk about, I was lead to a perfect compromise by my friend Big Al from Baltimore... an Internet track meet.

'How does **that** work?' you ask. The rules are simple, run ten track events between 200 and 5000 meters and report your time to the webmaster. You submit as many times as you wish, until an event closes. One event closes each week, and late times can be submitted with a penalty. Each time submission is graded based on a standard time sheet to provide a point value, and the winner has the highest point total. Each distance has equal value for the overall contest. Like the Olympics, there are no age categories, and sexes compete separately. Standings are posted on Mondays.

How really exciting! What a great way to do your speed work and compete in a grass roots, no frills, free event. Different and unusual, too!

Yeah, whatever. Obvious issues for many. Sounds like hard work. Intimidating, perhaps. We aren't really a Track Club, now are we? What kind of sickos do this, anyway. Every participant puts their own time in, honestly now. No prizes, glamour, hardware, handicaps, age groups. Participants race against people they will never even see. Oh yes, the organizers may lose all of the data during the competition (that happened last year on week 8!). One more personal issue: I ran some 200m competitions in 10th grade. I ran them pretty well in 1978. However, it may have been the last time I tried to run a fast 200m. Don't do the math. L!!

Some more background. I hate the track, always have (note 10th grade as already mentioned). The events push you to your limits and are absolutely no fun until they become a memory. There is nothing worse than running as fast as you can, having your oxygen and energy completely depleted and then try to finish an event like a 400m. Except having to do it for 500 or 600m. Or having to run really hard for 800m or 1000 or 1500m, on a track, all alone, in the summer. Or running a 5k all by yourself, on the track, 12 laps. Oh, yeah, it may not be very healthy or wise for a 45 year old to run balls to the wall without having a doctors' consent. Didn't I read that somewhere? Don't even think that didn't enter my mind.

Being committed, if not excited about my Internet track meet, I ran a 600 meter first. Since I signed up late and didn't train for the competition, the first time had to be submitted the day I signed up. My performance turned out exactly how one would expect given the above and a 95 degree afternoon. Nothing like feeling fat and ugly.

By Wednesday the next week, I wanted to establish a baseline for my 200m time and so began to train to maximize my speed while working out the events that closed in the schedule. The 200m is a great event. It requires the speed of a full sprint and the endurance of a trained athlete. Timing, form, attitude, raw power and aggression. You start out full of adrenaline. Your mind is hard, powered to focus on pumping your legs, arms and body to their limits. Muscles explode as you power out of your stance, accelerating as fast as you can until you are moving like a train around the curve in the track. Every muscle working in unison, you feel great and powerful, like a lean and seasoned athlete. Passing the 100m mark, things change. Energy becomes unavailable, and muscles begin losing control.

Fighting, you focus on the finish line, concentrating on moving your legs and arms. But by the three quarter mark, your brain and body lose connection. Form disintegrates. Your limbs begin floating away from your body and the Earth disengages it gravimetric field. Your eyes remain focused on the goal but your steps no longer hit the ground. Suddenly, piercing pain in your right hamstring and you can't run anymore. I had pulled a muscle in my hamstring and limped to the finish. Why the hell was I doing this?! Fortunately, nothing tore and I could run again within four days, but I pulled the other ham a few weeks later on the same event. Each event greater than the 200m was filled with its own characteristic terror, bringing back memories from days long ago.

None the less, I was obsessed. I really did get into it way more than I imagined, I found each week I eagerly anticipated Monday's new standings to see how I did against those people I would never meet. Every day I found myself planning my workouts to optimize training and times for the week. The point standards also gave me insights on what distances my current training and body type is most suited for. It also jump started my training in 2007 that has no particular goal in mind. Most importantly, I was able to beat out Big Al in the competition. Now isn't that what it's all about?

My favorite distances were the 200m to the 500m, but not while I run them.

If you want to play, check out <http://sds.thekbtimes.com> , or Google "The Summer Decathlon Series." Perhaps they will host it all over again this summer.



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9th Annual5K RUN FORCOMMUNITIES IN SCHOOLS

Date: Saturday, March 15, 2008. Race day registration will begin at 6:30 a.m. 5K Race begins at 8:00 a.m. One-Mile Fun Walk begins at 8:05 a.m.

Entry Fee: \$15.00 Pre-registration (before March 12) \$20.00 Late Registration. Proceeds benefit the Communities in Schools of Catoosa County.

Location: Gateway Bank & Trust, 5102 Alabama Hwy, Ringgold, GA. From Chattanooga, I-75 South to Exit 348. Left on exit, 1/4 mile to Gateway Bank on the left.

Course: Relatively flat through beautiful Ringgold, Georgia - Course Certification # GA05010WC

T-Shirts: Short-sleeve shirts will be guaranteed to pre-registered runners day of race. Late registration, shirts may or may not be available the day of race.

AWARDS: 5K Top Overall Male & Female. Top overall Male & Female in each group. 15 & under, 16-19, 20-24, 25-29, 30- 34, 35-39, 40-44, 45-49, 50-59, 60- over. Cash prize to Top Overall Winner and cash prize to Masters Winner.

PRIZES: Numerous giveaways by random drawing immediately following the event. Prizes include: TV's, sports goodies, & numerous other great prizes.

You may also register online at active.com

Chattanooga Track Club members pay early rate of \$15 on day of race also.

ROY POINTS RACE

NAME _____

PHONE _____

AGE _____ SEX: F _____ M _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EVENT: 5K _____ 1-MILE _____

T-SHIRT SIZE: XXL _____ XL _____ L _____ M _____ S _____

Release: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and or 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 in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks are being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Gateway Bank & Trust, The City of Ringgold, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

	Until March 12	After March 15
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5K Race	\$15.00	\$20.00 _____
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1-Mile Fun Walk	\$15.00	\$20.00 _____
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Voluntary Contribution to the CIS of Catoosa County _____

TOTAL ENCLOSED _____

Signature of Applicant

Parent or Guardian (if under 18)

*****Make checks payable to Gateway Bank & Trust and mail to: Gateway Bank & Trust, CIS RUN, P.O. Box 129 Ringgold, GA 30736

Put a Spring in Your Step with a Walking Program through WalkingWorks and the Chattanooga Track Club

Now that the beginning of spring is right around the corner and the temperatures outside are slowly rising, it is a great time for you to get back into or start a walking program to add to your day as part of a healthy lifestyle.

For many of us, a decrease of physical activity during the cold winter months can lead to a slight loss of endurance and physical strength. BlueCross WalkingWorks® is a great resource to get back into your routine the right way by finding your current level and building from there. Trying to jump back into your previous level of activity and doing too much too fast is a recipe for injury.

BlueCross WalkingWorks offers a guide to help you find your current abilities, online resources including a walking log to keep track of your progress, and support through its partnership with the Chattanooga Track Club.

As an added incentive, set your sights on one of the many race events throughout the year that include a walking component. At these events, you can join the “Walk Around Town Challenge” presented through BlueCross WalkingWorks and the Chattanooga Track Club. Complete three of the events to earn a free year of membership with Chattanooga Track Club and a WalkingWorks prize pack from BlueCross BlueShield of Tennessee.

Walk Around Town Challenge events include:

- Chickamauga Chase, April 19
- BlueCross Market Street Mile & Mystery History Quest, May 17
- Chattanooga Chase, May 26
- BlueCross Riverbend Run & Walk, June 14
- Raccoon Mountain Road Race, Aug. 23

For more information on these and more upcoming events, visit the Chattanooga Track Club website at www.chattanoogatrackclub.org. For more information on BlueCross WalkingWorks, visit the WalkingWorks section of the BlueCross BlueShield of Tennessee Web site at bcbst.com.

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF JANUARY 31, 2008

ASSETS:

CASH	\$39,369.56
ENDOWMENT FUND	\$3,193.19
EQUIPMENT (AT COST)	\$18,872.54
TOTAL ASSETS	\$61,435.29

LIABILITIES:

MONEY HELD FOR OTHERS	\$6,072.30
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EQUITY:

RETAINED EARNINGS	\$37,061.14
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TOTAL LIABILITIES & EQUITY:

\$61,435.29

STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

REVENUES:

MEMBERSHIP DUES & DONATIONS	\$6,051.00
CORPORATE SPONSORSHIPS	\$0.00
RACE RECEIPTS, SPONSORSHIPS	\$4,038.69
OTHER INCOME	<u>\$1,800.00</u>
TOTAL REVENUE	\$11,889.69

EXPENSES:

PROGRAMS	\$3,996.50
STAFF SALARY	\$5,653.24
DONATIONS/SPONSORSHIPS	\$0.00
JOGGING AROUND	\$420.00
ADMINISTRATIVE	\$692.41
RACE EXPENSES & DISBURSEMENTS	<u>\$839.23</u>
TOTAL EXPENSES:	\$11,601.28

NET INCOME (LOSS):

\$288.31

Check out the
Chattanooga
Track Club
Web site at

WWW.

**Chattanooga
TrackClub.org**

Looking for a Training Partner?

Are you looking for other runners or walkers to train with? The Chattanooga Track Club offers two ways to find people to run with:

1. Come out to one of the club's weekly group runs:

Monday 6pm - 4 - 5 mile easy run - Fast Break Athletics - corner of Frazier St and Tremont St (North Chattanooga)

Tuesday 5pm - Greenway Farm - led by Ryan Crews of Front Runner. Directions to the farm available at: <http://www.northchick.org/greenway.html>

Wednesday 6pm - 3 - 10 mile routes with drinks on course - downtown Sports Barn (301 Market St, Chattanooga)

Wednesday 6pm - beginning and recovering runners - Fast Break Athletics - corner of Frazier St and Tremont St (North Chattanooga)

Thursday 6:30pm - speed work - Fast Break Athletics - corner of Frazier St and Tremont St (North Chattanooga)

Saturday 6:30 am - starting location and route details available at: www.grouprun.com

Saturday 7:30 am - downtown Sports Barn (301 Market St, Chattanooga)

2. Post a message on the "Running Partners" message board located in the "discussions" section of the club's Web site (www.ChattanoogaTrackClub.org)

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Ultimate Runner

If you ever wanted to run something really different, Ultimate Runner is about as different as you are likely to find. The Ultimate Runner competition has been run by the Twin City Track Club in Winston Salem, North Carolina for over 20 years. The first line of the dedicated Ultimate Runner web page says it plainly: “Runners of all ages and abilities are invited and encouraged to escape the ho-hum of ordinary road races.”

The competition has a very blue collar runner feel to it, with a pizza, soda and beer awards ceremony included in your entry fee. No “cause” is supported unless the cause is getting people to run, fast and hard.

The event is just under 5 miles of racing – but if you do it you won’t believe you’ve raced such a short total distance. The competition is five consecutive races in a points total format. The first four races are run on the track, starting with a mile, then a 400 meter (one lap around the track), an 800 meter, a 100 meter dash, and the night finishes with a 5 kilometer cross country race. Each event is scored by points with your place being the number of points you get for each event. Low point total wins.

All competitors are seeded into their heat based on their self reported best mile time in the previous year. The first heat is all of the top males, the second heat is the top females and after that the heats are based on the seed time alone, and as a result, produce some mixed gender heats. Entry is limited to 108 entrants due to the need to limit the number of heats so that the event can be done quickly in one evening.

The rest between races that you get is only the time it takes to run heats in between your heat and the heats that follow you and, of course, the heats of the next event that precede your heat. The heats are always run very expeditiously so from a rest standpoint, the hardest event is the 800 meters. The competition is extremely well run with computer timing and photo finish capabilities.

The atmosphere around Ultimate Runner is excellent, families and supporters of competitors set up sun tents and coolers around the track and infield to cheer on their competitors and everyone else for that matter. As a participant, one often will

find oneself cheering for runners in other heats and getting excited about tough duels for the finish line even when those doing the dueling are essentially unknown to you, and their finishes won’t have an impact on your own.

Ultimate Runner does not provide a Tee shirt to all entrants, rather tradition and Ultimate Runner rules dictate that only those who complete all events get Tee shirts. The shirts of those registered, but not finishing are burned – yes that’s right, burned at the after race pizza, soda and beer awards dinner!! Before the start of each Ultimate Runner the ashes of the unearned Tee shirts are sprinkled onto the track. Honestly.

Awards in recent years have gone to the top 15 men overall, top five women and top three in each age group. The awards have typically been beer mugs. The gender bias in the awards reflects roughly the registration imbalance between men and women.



I have managed a top 15 finish a few times, and last year posted a 12th place with a mile time of 5.04.9 (good for 13th), a 400 in 60.3 (19th), an 800 in 2.22.7 (15th) a 100 in 13.91 (ugh! 29th), and a 5k in 18.51.2 (12th) resulting in a point total of 88 and a 12th place overall finish. If anyone in the club can teach me how to run a 100 in about 12.5 I’d be enormously thankful.

If you want motivation to do your track workouts, signing up for Ultimate Runner is sure to work. It is typically held at the end of June so there is plenty of time to gear up and train. I’m planning to go again this year and would love to see a good contingent of CTC runners there. Check it out at the Winston Salem Track Club web site at: www.twincitytc.org; use the “races” tab to jump to the Ultimate Runner page.



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Chattanooga Track Club

Board of Directors Meeting Minutes

January 8, 2008

The meeting was brought to order by Melodie Thompson, President, at 6:00 p.m.

2007 Board members present: Melodie Thompson, Sherilyn Johnson, Amy Mullens, Charlene Simmons, Flash Cunningham, Sean Pfister - executive director, Jimmy McGinness, John Harrison, James Williams, Walt Sinor, Donna Dravland, Edwina Cohen and Lynda Webber.

2008 Board members present: Jim Steffes, Butch Cooke, Bill Moran, Steve Rubenstein, and Ashley Williams.

Board members absent: Dan Bailey

CTC members present: Bill Brock, Doug Roselle, and James Dravland

The CTC mission was read.

I. MINUTES/APPROVAL

The proposed minutes from the December meeting were discussed and clarifications were suggested relating to approval of a CTC scholarship and employment matters. With those revisions, the minutes were approved.

II. TREASURER'S REPORT AND PROPOSED BUDGET

Melodie stated the Board may not be able to approve the proposed 2008 budget at this meeting because Dan Bailey is not present and there are so many questions. Jim Steffes, CTC Treasurer for 2008, states he met with Dan and will try to answer

some of the questions. There was extensive discussion regarding the proposed 2008 budget. The primary issues discussed included the line items related to the half marathon, corporate sponsorship, race director fees, contract labor, and marketing and advertising. There was additional discussion of the budget as it pertained to use of funds for charity events and the best way to address that issue given that the CTC is itself a non-profit with its own mission to support.

Particular discussion was had regarding the Chattanooga Chase and the funds that went to the charity beneficiary of that event.

1. Profit and Loss Budget Overview, January through December 2008

- There was a general discussion with regard to the figures on the P&L Budget Overview... much of the revenue came in from the triathlon. No substantial questions – Melodie made a motion to approve the P&L Budget Overview. The motion is seconded and approved.

2. Balance Sheet – Previous Year Comparison

- No questions – Melodie makes a motion to approve. Motion is seconded and approved.

III. RACE CALENDAR / RACES COMMITTEE / UPCOMING RACES

1. Scenic City ½ Marathon

- Sean stated that he and Charlene met with the City last Thursday, and the City told them the course needed to be changed due to safety concerns. The City presented a new course. Sean displays a map of the new route. He stated he expressed his disappointment to the City, but informed them that since people had already registered and there were charities involved, the CTC would likely accept the new course and promote it. The plan is to continue working with the City so that next year the City hopefully will approve better course. Everyone agreed that notwithstanding the disappointment with the course, CTC was still very excited about the event and would work hard to make this a quality race.

2. Market Street Mile, History/Mystery Quest and BlueCross Riverbend Run

- There was discussion regarding these events and that we needed to finalize contracts with Rita Fanning. James mentioned the board needed to approve Rita's proposed fee of \$2,000 for directing the Market Street Mile/Mystery Quest. The fee is the same as last year even though this year Rita would be also be handling the Mystery Quest. There was discussion

regarding BlueCross as sponsor for these events and that the CTC needed to provide more volunteer help with the Riverbend Run. A motion was made to approve Rita as race director for the Market Street Mile and the \$2,000 fee. The motion was seconded and approved.

IV. RACE COMMITTEE

- Next Race Committee meeting has not yet been scheduled by Walt. He will send notification via e-mail.

V. EQUIPMENT MANAGER REPORT

- Flash has purchased twelve 12-inch traffic cones for \$76.37 and bought a first-aid kit for the trailer at a cost of \$28.

VI. UPCOMING

- Board orientation/training scheduled for Sunday, January 27. Nature Center has been reserved. The time will be from 1:00 to 4:00. James will send notice via e-mail.

VII. COMMUNICATIONS REPORT

- Awards banquet scheduled for Wednesday, January 30th at Nikko's Southside Grill. Cost will be \$25 per person and \$5.00 of that will be covered by the CTC. Social time between 6:00 and 6:45, dinner at 6:45, then speaker and awards. Speaker is Coach Benson, brought in by Nike from Atlanta
- Charlene is in the process of making a communications reference handbook of how

she has been doing things over the last year (promoting races, doing press releases, etc.). It will be done by the Board training meeting.

- Due to other responsibilities, Kirsten Johnson has decided not to take on the role of Communications Committee Leader. Instead, Janice Cornett will consider the position following a discussion with Charlene. Melodie and Charlene each point out that a lot of the responsibility taken on by Charlene in the past can be effectively delegated to others within the committee, and to Sherilyn as next year's VP of Membership. Charlene's communications reference handbook will contain step-by-step instructions that may be followed.

VIII. BY-LAWS REVISION

- Melodie discussed the bylaws revision she's sent out to everyone. The

revisions are not to be voted on this time – the Board is simply asked to look at updating it. The members will vote on the bylaws at the banquet. There was discussion about the need for other changes to the bylaws to bring them in conformity with current practices and clarify certain provisions. These changes would need to be deferred until next year. The immediate changes that need to be made include creating the position of Membership VP.

IX. EXECUTIVE DIRECTOR'S REPORT

- Sean is going to get with those who are helping him on the ½ marathon so they can all decide what they want to do about things such as a pasta dinner, expo, etc.
- Publix has expressed interest in being a presenting sponsor with

respect to the half marathon. They have some follow-up questions for Sean

- Erlanger gave the CTC a check for \$5000 in connection with its sponsorship of the youth cross country meets in September 2008. Erlanger will have a table set up at these meets.
- McKee is deciding on general sponsorship. They want the CTC to be involved in their race again in October. Sean's contact at McKee will let him know something by the end of this month. If they are going to be a general sponsor, a vote will be required as to whether this is going to be a CTC race. If it's accepted as a CTC race, the club is going to have to be involved.

- The CTC has 260 people already as members for this year – 184 actual renewals,

because the 260 includes family members. Half of these renewals took place online, and the process worked well. Those members who do not have access to a computer will receive a postcard.

Melodie thanked everyone who worked on the Board with her this past year, and introduces the incoming Board members who are present - Janice Cornett, Ashley Williams and Bill Moran. Various board members expressed thanks and gratitude to Melanie for serving as 2007 president and for all she had done for CTC.

**Meeting adjourned at 7:35 p.m.
Respectfully submitted,
Lynda Webber, Secretary**

Get Jogging Around in

COLOR

Help the CTC AND the environment.

Sign up for the e-edition by visiting the CTC's Web site (www.chattanoogatrackclub.org) and look for the *Jogging Around* image on the right side of the screen. Sign up to receive your next edition of *Jogging Around* in electronic format.

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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 535-3259.

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.

NEW!

Tuesday Night Run
5:00 pm at the Gateway Farm
(off Hamill Rd in Hixson)
Run led by Ryan Crews of Front Runner

Group Run

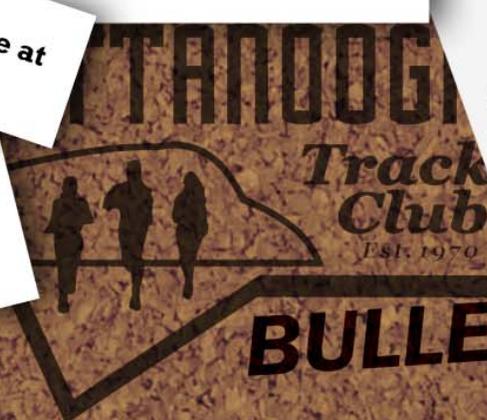
Getting Ready for a Marathon
New in town and need new long
distance running companions?
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.

Check out the new CTC website at
chattanoogatrackclub.org

CTC Group Run
Wednesday Nights - 6:15 p.m.
Downtown Sports Barn
(301 Market Street)



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



BULLETIN BOARD

Race Calendar

Legend

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

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.

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

MARCH

1 - Scenic City Half Marathon, 5K and
 Charity Challenge
Site: Chattanooga, TN
Info: www.ScenicCityHalfMarathon.com

2 - Whitestone 30K
Site: Paint Rock, TN
Info: www.ktc.org

8 - 5K Benefiting BluePlanetRun.org
Site: Baylor School
Chattanooga, TN

15 - Gateway Bank 5K Run & 1 Mile Walk
 Site: Ringgold, GA

15 - 5K "Bear" Foot Race & 1 Mile
Grizzly Run
Site: Dalton, GA

29 - Rock Creek River Gorge 6.5 Mile &
10.2 Mile Trail Race
Site: Chattanooga, TN
Info: www.rockcreek.com

MARCH

30 - Covenant Health Knoxville
Marathon, Half Marathon, 5K
and Cariten Kids Run
Site: Knoxville, TN
Info: www.ktc.org

30 - ING Georgia Marathon
Site: Atlanta, GA
Info: www.inggeorgiamarathon.com

APRIL

12 - 65 Roses 5K and Walk
 Site: Cleveland, TN

19 - Chickamauga Chase 15K & 5K
 Site: Chickamauga, GA

26 - Bill Gregory Healthcare Classic
Site: Dalton, GA

MAY

10 - King of the Mountain
Site: Lookout Mountain, TN

17 - BlueCross Market Street Mile &
 Mystery History Quest
Site: Chattanooga, TN

26 - Chattanooga Chase 8K & 5K
 Site: Chattanooga, TN

Chattanooga Track Club
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