

WANTED: RUNNERS WITH EXCUSES (5) SUMMER, SWEAT AND SALT (5)

RACE/RUNNING ETIQUETTE 101 (3) IRONMAN ARIZONA REPORT (4-5)



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2008 King of the Mountain Road Race...page 2

OFFICIAL NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JUNE 2008

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Jogging Around

*A newsletter published eight times per year by
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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

Much has happened this spring, and now is a good time to bring everyone up to speed.

First, we are pleased to report that the Community Foundation has awarded a grant to the CTC enabling it to purchase a chip-timing system. We are still in the process of evaluating the system that that best meets the CTC's needs, and we expect to make this purchase later this year. This should increase the turn-around time for race results, and will enable us to better serve the running community for both CTC and non-CTC events

As many of you have heard, Sean Pfister will be leaving his position as Executive Director at the end of May. Sean has been instrumental in a number of CTC successes including directing the Scenic City Half-Marathon and Charity Challenge and, more recently, obtaining the chip-timing grant from the Community Foundation. Sean will be finishing out his duties over the next several weeks including directing the Chattanooga Chase. We wish Sean the best of luck in the future.

In case you haven't heard, Doug Roselle and the Chickamauga Battlefield Marathon team have a number of changes in store for us this year. As if being selected by *Runners World* as a 2007 must-do "run through history" Marathon wasn't



enough, this year's event will include a half marathon as well as a new starting point located at the Sixth Calvary Museum near the Visitors Center. (yes, it's true, there will be no out-and-back ten-mile race, but the good news is that now you get to run the full loop through the Battlefield) With significant financial support from the Ft. Oglethorpe Tourism Commission, this year's marathon promises to be the best ever. Marketing for event kicked off in March with a table at the expo at ING Atlanta Marathon. Registration is now open, and a number of people have already registered.

I hope you were able to make the Chickamauga Chase in April. George Skonberg and company continue to set the bar on what a road race should be. As always, it was supremely organized and a good time had by all. Also, it didn't hurt that the rain clouds parted shortly after the start, treating runners to a gorgeous morning in the Battlefield.

Finally, if you're not participating in the BMW Waterfront Triathlon, please be sure to sign up as a volunteer.

Happy and safe running to all.

Don't forget to register your child for the junior marathon.

Very truly yours,
James T. Williams

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.



Phillips and May 2008 King of the Mountain Winners

May 10, 2008

Had Norman Rockwell ever painted a community road race, I suspect it would have looked something like the King of the Mountain Race that occurred on May 10, 2008. This family event, a fundraiser for the scholarship fund for the Good Shepherd Pre-School, is a small, hometown road race at its best. Set atop Lookout Mountain at the Town Commons, the event has all the necessary ingredients: a block-party atmosphere, families everywhere, kids cheering for their parents in the four-mile race (and vice versa for the one-mile fun run), ice cream, a playground, and just a whole lot of fun.

158 runners participated in the four-mile event. After braving the first 1.5 miles of the race, a gradual uphill span that is undoubtedly the toughest part of the course, runners were treated to one of the best views around of the Scenic City as they circled the New York Monument in Point Park. Several runners said they were tempted to just stop and take in the view. A few did, though it probably had more to do with sheer exhaustion than the view. Runners coming into the Park also were treated to the soothing sounds of Scott McClellan on bagpipe.

The race was not without a little friendly competition. Spectators witnessed an exciting dual between local running legend, Jan Gautier, and Gina May, who was the 2003 winner of the Chickamauga Battlefield Marathon. Running together for most of the race, May overtook Gautier in the last quarter mile to take the win in a time of 25:32. Gautier claimed the masters crown with a time of 25:46.

On the men's side, Geno Phillips, who also won the event in 2006, dominated the field with a time of 22:47. Second place was Joey Howe, who was the overall masters winner, with a time of 24:57. Third place went to Bill Brock, who finished in 25:24. Youth standouts were 12-year old Matthew Jones, who completed the course in 28:42, and 14-year old Jessica Rowe, who completed the course in 33:16. The senior standout was local running icon, 67-year old Sergio Bianchini, with a time of 27:09.

There were an additional 100 or so participants in the One-Mile Fun Run/Walk, most of whom were children under 10 years old. By my criteria, the Fun Run was a smashing success: no skinned knees or elbows at the start, everyone got a blue ribbon, and we didn't run out of ice cream.

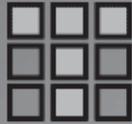
Most satisfying of all, this event exceeded our goal in raising money for the scholarship fund at Good Shepherd School, which pays the tuition for families whose children wouldn't otherwise be able to attend. Thanks to our strong roster of financial sponsors, including Chattem, Fletcher Bright, Robinson Realty, Inc., First Tennessee Bank, Reliable Heating and Air, Talley Construction, Aztec Industries, American Foam Installation, Baker Montgomery, Physicians Care and the Special Friends of Good Shepherd, plus an army of volunteers and solid participation by members of the community, substantial funds were raised to assist those in need.

We hope to see everyone next year for the fifth annual King of the Mountain Road Race. Look forward to a great day of camaraderie, fun and friendly competition. See you next year!

New & Returning Members

Tom Angsten	Jim Hamblen	Karen Rogers
Ray Beem	Ian Harper	Thomas Sisemore
Judy Bentsen	Leigh Harris	Bruce Smith
Jenni Berz	Leigh Harris	Tanya Swann
Emily Bregel	Steven Hassler	Debby Vannoy
Edwina Cohen	Kirsten Johnson	Roy Webb
Katharine Cooper	Sissy Jones	Ben Wiley
Laura Davies	Suzanne & Brian Kalla	Matt Witt
Gary Dawkins	Katy Kelley	Belinda Young
Stephen Delaney	Carter Lynch	
Andres Garcia	Gwendolyn Meeks	
Joseph Goetz	Lee Davis & Heather	
Leah Golden	Ott	
Connie Hall	Edward Parrish	
Diane Halstead	Sherri Ricketts	

Web Application Design & Development



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What ARE web applications?

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



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Race/Running Etiquette 101

Whether you have run 1 race or 100, here are just a few things to remember when running a road race, and some apply to training runs as well. These things are not just for your safety, but for the safety of those around you. And failure to follow some might just get you disqualified from an event.

No dogs, headphones, etc – This is not just because of insurance liability. This helps protect you and your fellow runners from injury. The USATF has banned headphones from competition and thus you can be disqualified if you are caught using them.

Line up according to pace – We know everyone wants a good start. But for everyone's safety please line up according to your expected race pace. That ensures everyone has the quickest start possible. If you plan on running slower than some, please line up behind them.

Run in a straight line – Ever been almost tripped by another runner who cuts across your path? Please, don't do it yourself. Avoid sudden changes in direction as well as sudden stops. And be careful at corners along the race course.

Put trash where it belongs – In a race or on a training run please leave energy gels wrappers and other trash at an aid station or place in a trash can. Throwing them on the side of the road is a good way to get our races banned from city streets, not mention it is just bad manners.

Place race numbers on front of jersey – Race numbers need to be readable by race personnel for timing and scoring.

Numbers placed on shorts become wrinkled and folded and difficult to read. Even if the race is being scored by timing chips or barcode pull tabs, other volunteers are trying to read your race number for verification and/or in case the primary system fails.

Inside lanes on the track are for faster runners – Doing speedwork at the local track? If so please move to an outside lane if faster runners approach from the rear and anytime you are walking.

Thank race directors and other volunteers – Want to be able to run more races? Better thank those putting on the events. While they don't expect to be thanked, you really do owe them an expression of your gratitude. Same goes for the city, sponsors, etc. who contribute to the event.

Volunteer to work a race – Don't be one of those people who always takes without ever giving. Lot's of people have volunteered their time so you could run. Now you give some time so others can enjoy an event.

Use proper etiquette on the trails as well – Typically runners going uphill have the right of way. If a faster runner approaches from the rear try to get to the side of trail (if safe to do so) and let them pass. Mountain bikers should yield to runners but that won't always happen. If a mountain biker is struggling uphill it might be nice to give them the trail. And just as on the roads, don't leave trash behind.



Ironman Arizona Report

By Dreama Campbell

Well...I am officially an Ironman for the second time! With that said.... You'd think it gets easier the second time around, but nothing could be farther from the truth. I spent the better part of the last year preparing for this event juggling a full-time job, family and many other responsibilities. Training through the winter months for this early season race was HARD. Not only does training on days when temperatures are 30 degrees and below stink, but not having any company while out there did not help either. Winter months seem to be the time when most are doing reduced volume and focusing most anything but training. There were so many Saturdays and Sundays that I'd be out on the bike all day and/or running and/or swimming and I missed spending time with Trey (my husband) and my boys. Trey's incredible support has allowed me to follow my dreams and do things I once never thought possible in the sport of triathlon. 10 years ago I would have never imagined that I would complete an Ironman as it was a struggle for me to complete one full lap around the local track. And yet....here I am.

What keeps my head in the game?

I'm inspired and constantly motivated by those around me as well. Whether it be the guy who goes out and does a 9 hour Ironman or the girl that just completed her first 5K. Hearing the success stories of those that have overcome obesity, health problems or have just broken a PR (personal record) in an event is all good stuff. This is why I choose to surround myself with those who want more out of life and strive to live a healthy lifestyle. It's really quite infectious.

My Ironman Arizona Race report:

The swim:

The water was COLD (64 degrees). It was a mass start that started in the water. This meant we had to swim out and wade in the water for 10min or so before the gun went off. I start off and immediately my goggles fog... This goes on for the first 20-25min..... Panic sets in and I finally end up spitting in them. It worked. Can't remember who told me this would work, but it did.... thank-god. I pull myself together and proceed with the swim passing back most of the people who

had passed me during my goggle episode. It was difficult to find any clean water to swim in..... there were people any way I went. My finish time is nowhere where it should have been, but at this point I'm glad the swim is over.

The bike:

After the first transition I wheel out onto the bike course for 3 loops. First loop is WINDY as hell all the way out to the turnaround and temperatures are beginning to rise. Luckily the wind did help some on the return. Second loop is even MORE WINDY than the first and temperatures are just plain HOT. I opt to stop for my special needs bag and loose some clothing hoping to cool down some. Third loop is about like the second. This time I stop for a restroom break on the return. During the whole bike I hydrated and ate 2 gels and took 2 edurolytes per hour as Carole (my coach) had suggested. The bike course was tough due to the wind and heat (at one point I rode through a dust storm), but somehow I was able to pass a ton of people. I finally make it to transition area and dismount the bike and feel pretty good.

The run:

After the second transition I head out a very HOT run course for 3 loops. There was NO shade to be found and my tummy was not welcoming any gel for the first 3/4 of the run. I continue with fluids and endurolytes. Due to the heat and multiplying blisters on my toes I knew this run was going to take far longer than I wanted so I kept telling myself to hang in there and do the best I could. There were periods of walking and periods of running, but I knew I would finish this damn thing one way or the other. Luckily Trey ran some of the run with me and it was nice to have some company. People were dropping like flies on the course (later I find out some 350 people dropped out)..... I feel very fortunate to have stuck in there and finished. Crossing the finish line was every bit as special to me as when I completed my first Ironman. Hearing the words "Dreama Campbell YOU ARE an Ironman" on a day with less than desirable conditions is proof that I can overcome so much in life and hope that I can continue to inspire others along the way.

Is there another Ironman in my future?

Well..... Ironman Louisville IS just up the road.....

Wanted: Runners With Excuses

By Beth Ford, CPC, CMAS

Ford Center for Anti-Aging and Pain Management

Excuses are like belly buttons; everyone has one. Many of us lace up our running shoes and head out the door in spite of blisters, aches, pains and hectic schedules. But for those who have never experienced a refreshing trail run or a competitive road race, any excuse can become an insurmountable obstacle which stops them from exercising.

In our medical practice we sometimes see patients who have poor quality of life or debilitating illnesses due to lack of exercise. Many cases of high blood pressure, poor circulation and excessive weight gain could often be improved if patients simply got moving. Patients are often discouraged and unable to picture themselves participating in an active lifestyle. Many people just need to see examples of someone else, just like them, who just went out there and did it.

Who isn't moved when watching Charles Plaskon, 64 and legally blind, cross the finish line at the Hawaiian Ironman? I promise myself I'll do an Olympic distance ironman, in the next so many years, after watching Scott Rigsby do it with prosthetic legs. Likewise, your own motivation could inspire someone else. You could actually improve another's life just by sharing your story.

If you are out there, active and exercising, in spite of an excuse, we want to know. Maybe you had past or current health problems or social or economic issues. You may have been a devoted couch potato for many years but you're out there pounding the pavement today. If you didn't start exercising regularly until later in life, your determination may inspire someone else to get up and move. We need to hear what excuses you overcome. If you have been inspired by someone you know, please share their story with us. Please send your name, your experience and number where you may be reached to administration@fordcenters.cc or call Beth at (423) 614-0535, ext. 105. We will be creating a gallery in our lobby for patients and guests to view. Participants will be contacted to provide a photo or arrange a time to have their photograph taken.

We need you and your excuse so call or write us today!

Beth Ford, CPC, CMAS
Ford Center for Anti-Aging and Pain Management

LITTLE FACTS ABOUT MY TRAINING:

My first Ironman was IM Florida in 06'

I did not use a coach for the IM Florida

I hired professional triathlete Carole Sharpless to coach me for this event

I maxed out at 22 hours per week of training

I biked 3-4 days per week with my longest bike ride of 7 hours

I ran 4-5 days per week with my longest run of 3 hours 30min

I swam 3-4 days per week with 3 miles being the longest swim

I did 3-4 brick workouts per week.

The coldest day I attempted a bike ride during the winter training it was 17 degrees..... I only lasted for 2 hours out there and spent the remainder of that ride on the trainer.

About 75% of the training was done solo

Make checks payable and return to:

Chattanooga Track Club

CHATTANOOGA TRACK CLUB MEMBERSHIP APPLICATION

Apr '08 Chattanooga Track Club Membership Application

CTC Memberships are priced and run on an annual basis.

Already a CTC Member? Please click [here to login](#) to renew your membership (or retrieve your login info, if needed).

Name: Pre. First Mid. Last Suffix

Email: Primary Email

Membership Type	2008	2008 & 2009*
Student	<input type="radio"/> \$13.50	<input type="radio"/> \$31.50
Individual	<input type="radio"/> \$18.00	<input type="radio"/> \$42.00
Family	<input type="radio"/> \$27.00	<input type="radio"/> \$63.00
Individual Donor	<input type="radio"/> \$37.50	<input type="radio"/> \$87.50
Family Donor	<input type="radio"/> \$75.00	<input type="radio"/> \$175.00
Sponsor Member	<input type="radio"/> \$187.50	<input type="radio"/> \$437.50

*Renewing members need to [log in](#) to see the 2008 only rates.

Donate? Check here to make an additional contribution to the CTC Long Run Endowment Fund ([what is this?](#))

\$ Amount: In Memory Of (optional):

Signature

Date

MEMBERSHIP APPLICATION

Did you know you can

renew your membership on the club website?

Summer, Sweat and Salt

By Cathy Feiseler, M.D.

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



Summer is here with all of its heat and humidity. Stories about heat stroke and dehydration are in the news. Then, in contrast, you hear a story about a runner who became hyponatremic (low sodium in the blood) and died from drinking too much water. What's a runner to do?

For years you have heard that it is important to remain well hydrated, especially during exercise. Dehydration impairs the function of all body systems, putting the runner at risk for problems ranging from poor performance to heat stroke and death. Water is a great fluid replacement drink to a point. It is possible to drink too much water and basically dilute the body's levels of electrolytes, especially sodium. This said, it is important to remember that dehydration is a much more common occurrence. Thirst is a poor indicator of hydration status; you may be 1-2% dehydrated before you experience thirst.

So, what are you supposed to drink? When you are not exercising, water is fine. During exercise lasting less than 60 minutes, water is a suitable drink. Longer runs are when things get somewhat unpredictable.

People sweat at different rates, ranging from a half quart up to 4 quarts of fluid lost per hour. Several factors determine rate of sweat. Some people have more sweat glands, so they produce more of this fluid. Heat and humidity greatly affect the rate at which sweat is produced. Level of fitness also plays a role; as the body adapts to exercise, especially in a warmer environment, it produces greater quantities of sweat during exercise, as an adaptive response to the heat that is produced by the exertion.

How do you figure out how much sweat you produce? Weigh yourself before and after a run. Each pound that you have lost represents a fluid deficit of 16 ounces. If you ran for 30 minutes and lost 1 pound, you can work on the premise that you lose about a quart (32 ounces) of fluid each hour. Plan on drinking an adequate amount of fluid during longer runs to account for this. This is a rough guide, since the weather, especially humidity, will affect the rate of sweat production on any given day, but it should put you in the right ballpark.

The concentration of sodium is also extremely variable. Often, as the body adapts to exercise in the heat, the body produces greater quantities of less concentrated sweat. Despite this adaptive response, some people seem to produce salty sweat. Their shorts and skin are crusted in white following a workout.

So what is an appropriate replacement drink? sweat? There are a number of sports drinks on the market that contain electrolytes (e.g. Gatorade, POWERade, AllSport). These drinks also contain carbohydrates in a 4-8% concentration to improve taste and supplement the decreasing supply of this energy source in your body during exercise. Replacing carbohydrates becomes increasingly important as running exceeds 60 minutes. The concentration of carbohydrates in the sports drinks does not compromise the absorption of fluids in the gastrointestinal system. More concentrated sources of carbohydrates, such as orange juice, will slow the absorption process.



What about all of the other additives in some sports drinks? A combination of carbohydrates and protein in a 4:1 ratio (like Accelerade) has shown promise in improving endurance when compared with carbohydrate only drinks. The protein stimulates insulin, which is involved in the transport of energy into muscle and in the conversion of glucose into its storage form, glycogen.

Carbohydrates stimulate insulin, but ingestion of increased amounts will decrease absorption of fluids from the gastrointestinal tract. The addition of protein enhances the effects of insulin, according to several studies.

Vitamins and minerals have been added to some sports drinks. Unless your diet is deficient in these substances, they probably do not improve performance. The amounts of these substances in sports drinks do not cause any problems.

Some drinks contain supplements; typically, the amounts present are lower than the doses recommended to achieve their purported effects. Be careful with supplements; not all of them are safe (for example, recent concerns about liver failure with use of kava-kava). Research these substances before you consider using any of them. Enjoy your summer running by staying well hydrated. Find a drink that works well for you and drink up.

*Warning signs of dehydration *
Excessive fatigue, Chills, Dizziness, Disorientation

*Symptoms of Hyponatremia *
(listed from least to most severe)
Fatigue, Nausea, Headache, Confusion, Disorientation, Seizures

Dr. Cathy Feiseler is the RRCA Sports Medicine Committee chairperson. If you have questions for Dr. Feiseler you can write her at runmd@aol.com.

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Children and Running



YOU KNOW IT'S IMPORTANT TO HELP your kids develop the exercise habit so they can grow to be healthy, active adults. So, if your children have expressed an interest in running or a desire to participate in a race or two, don't discourage them! Running is a great natural sport that requires very little equipment. The important thing is to let them determine their own pace and to run only if it's fun and enjoyable.

A Few Precautions Before Getting Started

Check with a physician to rule out any physical limitations that may prevent your child from participating in a running program. Keep in mind that children's bodies, although young and energetic, are not capable of performing at the same level as an adult's. For example, kids are more sensitive to heat, so it is essential that they drink plenty of water and avoid running in the heat of the day. "Children have a higher body mass to skin surface ratio and may not be able to dissipate heat as well as adults," says Dr. Gabe Mirkin, a board-certified specialist in sports medicine and pediatrics.

Although children's bodies are more flexible than most adults, always have them begin a walk or run slowly to get the muscles warm and ready to run. Once the muscles begin to heat up, it is OK to begin running. Also, show them how to stretch their calves, hip flexors and hamstrings after cooling down at the end of each run.

Finding Their Form

Since running is a natural action, most children will develop their own form. Encourage your child to relax his or her hands and face while running. A scrunched face and clenched fists indicate tension, which usually means the intensity is too high and the child is straining rather than having fun. Like adults, kids should be able to carry on a conversation while running and should be able to smile. Urge them to slow down if necessary and keep their shoulders relaxed while steadily and smoothly swinging their arms.

To avoid slapping their feet on the ground, have children imagine running on light feet. For example,

rather than pounding like a herd of elephants, tell them to run as if they are angels running on clouds or tigers running very lightly so they don't scare their prey.

How Far Should They Go?

Children will gauge their own limitations, so always listen when they say it's time to stop. Children should run only as far as they are comfortable. Lyle Mitcheli, M.D., director of the Division of Sports Medicine at Children's Hospital in Boston, recommends that children under the age of 14 run no farther than 3 miles at a time. The reason, he says, is that bones are still growing and the growth cartilage at the ends of the bones is softer than adult cartilage and more vulnerable to injury.

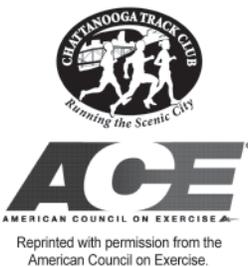
Don't put pressure on your child to run. Encourage kids to come with you on short runs, but keep the pace slow enough that they can talk to you, and stop when they are tired. Kids should not begin running races above 5 kilometers (3.1 miles) until they are at least of high school age. Most marathons will not allow athletes under the age of 18 to enter due to possible skeletal injuries.

Although running requires minimal equipment, it is important to invest in some supportive running shoes for your children. Look for a high-quality shoe that is made for running, with proper cushioning in the forefoot and heel as well as arch support. Depending on how often your child runs, replace running shoes as soon as they show signs of breakdown, which usually occurs after about three months.

Set Attainable Goals

For children, the goal of running is to stay in shape and have fun, with a greater emphasis on the fun. Running fast or winning races is less important and may cause children to dislike exercise or abandon it altogether. Focus instead on improving your children's self-esteem by praising their efforts and helping them reach their goals. Chances are that if they enjoy running and feel a sense of pride when they are finished, they will remain active for life.

Compliments of:



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If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at <http://www.acefitness.org> and access the complete list of ACE Fit Facts.

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Beat the Heat While Exercising Outside With Tips From BlueCross WalkingWorks

Hopefully you've been able to take advantage of the milder spring weather in recent months to enjoy some long walks or runs. However, the pleasant temperatures will soon be gone, making way for the hot and humid Tennessee summer. With the increased heat and humidity, it is important to alter your running and walking habits to avoid injury. Here are some tips from BlueCross WalkingWorks® on how to beat the heat.

- **Cut back on the length and speed of your walks and runs.** After a few days, you can gradually increase your speed and distance as your body gets used to the increased heat. Building up to your normal level of activity helps your body acclimate to the weather conditions slowly, and decreases your chance of experiencing heatstroke or severe dehydration.
- **Stay properly hydrated.** You lose water quickly through sweating, so be sure to carry a water bottle with you while exercising. Drink water before you exercise so you start your walk or run with proper hydration. Then, try to drink about eight ounces of water every 10-15 minutes during your walk or run. Remember that you can be dehydrated even if you don't feel thirsty! After your workout, drink more water to help replace your fluids.
- **Wear sunscreen to protect your skin.** While it's best to wear sunscreen year-round, it's even more important

during the summer when the sun's rays are more direct. Apply sunscreen 30 minutes before your walk or run. Use waterproof sunscreen so it stays effective while you sweat.

- **Plan ahead.** If you can, walk or run in the morning or late evening, when it isn't as hot outside. If you must run during the day, try to stay in the shade and not over blacktop, which becomes very hot in the sun. Plan routes that take you past water fountains, restaurants, gas stations or other businesses where you can refill your water bottle along the way.

After making these adjustments to the weather, you should be ready to run or walk with other fitness enthusiasts at the BlueCross Riverbend Run & Walk on June 14. Featuring a 10K race, a 5K race, a 5K walk, and a 1-mile family fun run/walk, the BlueCross Riverbend Run & Walk is a great way to put these tips into practice. To register for the event, visit www.riverbendfestival.com.

For additional upcoming races and events, visit the Chattanooga Track Club Web site at www.chattanooga-trackclub.org or the BlueCross WalkingWorks section of bcbst.com.



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Update for CTC Logo

By Sherilyn Johnson

Beginning with this issue of Joggin' Around, the Chattanooga Track Club is implementing the use of its revised logo.

The new logo pays homage to the equity of the original logo, but puts a fresh spin on the familiar elements. We believe this will energize the Chattanooga Track Club's presence in not just the running community, but also the community of Chattanooga at large.

The logo still contains the running figures, although the runners are repositioned and more clearly defined. The mountain element has been retained in the background too.

From that point, design elements have been modified more dramatically. To better communicate our city's topography and tie in with its revitalization, a hint of the Walnut Street bridge has been added along with a cityscape of buildings. In the foreground, the runners are shown running up a hillside.

The entire logo is now in an oval which is suggestive of a track and presents a clean updated look. The name of the club is boldly presented and easy to read.

The tagline, "Running the Scenic City" is at the bottom rounding out the new look.



2008 BMW of Chattanooga Waterfront Triathlon

By Bill Brock

There are several terrific new things happening this year that are going to take this event to the next level for our club and our city!

First and foremost, BMW of Chattanooga is back, and not just for this year, but for 2009, also! Their return is a testament to the quality of our event and to the quality relationships our club has nurtured and built on since Calder and Betsy started us down this new path with Team Magic in 2005.

<http://www.myfoxchattanooga.com/myfox> - it's the 'Chasing the Finish Line' story in the videos section. Thank you Rebecca Fox and WDSI/Fox 61 and thank you Andres! (Good luck, too!)

We are very grateful to have returning all of our great sponsors from 2007 – BMW of Chattanooga Outdoor Chattanooga, U. S. Stove, Coca-Cola, Comcast, Southern Coffee, McKee Foods, Hammer Nutrition, Quintana Roo, ACME Multisports, Adams Masonry and Technology Projects.



Virtually all of our core leadership team is back – Faye Yates and Therese Bynum of Team Magic, Calder and Betsy Willingham, Philip Grymes of Outdoor Chattanooga, John Karr, and Rick Loggins, as well as Sherilyn Johnson and myself.

In addition, we have some great new members helping us to round out and give greater attention to several specific areas:

- Bill Moran has come on as our dedicated Safety Coordinator
- Carrie Rollins has joined us from Team Magic to assist with logistics and PR outside of Chattanooga
- Ruth Cartledge of Outdoor Chattanooga has joined us to coordinate our PR efforts within Chattanooga and immediate surrounding areas
- Jenni Berz has joined us as the Expo Vendors and Events Coordinator
- Dawn Salyer has joined us to assist with event logistics and sponsor coordination within Chattanooga

A lot of what Ruth is doing in the PR area is working to get radio, television and print media exposure for our event. She is pulling from a great pool of talent when scheduling these opportunities: Rick Loggins, George Skonberg, Sarah Bowen, John Walker, Calder and Betsy Willingham, John Karr and Philip Grymes – thanks to all!!

Speaking of media, special thanks to our two media sponsors WDSI/Fox 61 and Comcast Television. Both are giving us great exposure and WDSI/Fox 61 is even doing a web video journal of Andres Garcia's training progress as he attempts his 1st Olympic distance event! Check out the story at

We also are very grateful for and want to welcome our new sponsors for 2008 – WDSI/Fox 61, AcmeMetalworks, Mesa Associates, and The Sports Barn. The contributions of both our returning sponsors and our new sponsors are making possible a 2008 event that promises to take 2007 to new levels of greatness and fun!

Many will recall the huge change in our bike course enable through the support of TDOT last year. Participant feedback let us know this was a wonderful enhancement of our event that added not only to the challenge and aesthetics of the ride, but also to the level of safety and the security and comfort felt by the riders on the course.

Well, 2008 is going to see what we hope to be a comparable enhancement to our swim course, as we have contracted to build permanent take-out steps for our swim exit. These steps are being designed and engineer-stamped by Mesa Associates and built by AcmeMetalworks.

The total cost of engineering and building these swim steps is not insignificant at nearly \$25,000. Fortunately, both of these firms have stepped up to the plate as Gold Level sponsors and reduced our final costs to \$15,000. We have also received a generous grant from the Hand Foundation to cover another \$10,000 of the cost, and, hopefully by the time you read this, we will also gather in another \$5000 from sponsors as yet unknown. Our tremendous thanks go to AcmeMetalWorks, Mesa Associates and the Hand Foundation for enabling this permanent and significant enhancement to our event.

Exciting changes are in store for the swimming portion of the event this year...



I want to note that this event would also not be possible without the support of UTC, Rodney Allison and Ron Nelson in allowing us the use of Scrappy Moore Field and the rowing docks for our swim start. Likewise, our event would not be possible without the support of TDOT, Chattanooga City Police, Red Bank Police, and The Hamilton County Sherriff's Department. Thanks, in particular, to Sgt. Clarke, Becky Roberts, Ray Rucker, Lacy Word and Robert Van Horn for their leadership and support in our course planning and development.

We also welcome back and thank Taylor Watson and the Tennessee Valley Canoe Club as well as Harry and Monk Stone with the Christian Motorcycle Association, as well as the Velo Vixens! New club support this year will also include the Amateur Radio Emergency Service, working with Bill Moran to help improve event communication and overall course safety.

We are still recruiting volunteers, and need everyone to let us know if and when they can be available to help out. We are working to fill nearly 400 positions over all three days from Friday through Sunday. If you have not already signed up, please email Sherilyn at steve.sherilyn@comcast.net or go to the CTC web site and fill out the volunteer registration form.

Whatever you are doing before or after, make sure you block off the weekend of July 13, 2008 for the 2008 BMW of Chattanooga Waterfront Triathlon. With over 1400 athletes participating this year, our same great course from last year, an improved swim exit, an even better and more exciting expo area, the incredible venue and all the great spectators and volunteers, this is definitely one not to miss! Hope to see you there!

View the online video

"Chasing the Finish Line" at

<http://www.myfoxchattanooga.com/myfox>

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 be 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.

Joe McGinness Runner of the Year

Current Standings

MEN

Overall Men

Charles Webb (250)
Joseph Goetz (200)
Bill Warner (180)
Sean Pfister (170)
Sal Coll (120)
Ryan Shrum (110)
Zach Cowart (100)
Clay Warner (90)
Hugh Enicks (90)
Mitch Samuelian (80)

Junior Men (0-14)

Cameron Beem (100)
James Larson (100)

Young Adult Men (15-19)

Marco Bianchini (280)
Kenny Steffes (200)
Andrew Gennett (80)

Adult Men (20-39)

Charles Webb (270)
Joseph Goetz (200)
Sean Pfister (190)
Adam Burnett (170)
Zach Cowart (150)
Bruce Smith (140)
Clay Warner (100)
Andres Garcia (80)
Dan Ellis (70)
Andy Koss (70)

Master Men (40-49)

Sal Coll (200)
Ryan Shrum (180)
Mitch Samuelian (160)
Ray Beem (120)
Mark Wisdom (110)
Eric Whittington (110)
Hugh Enicks (100)
Joey Howe (100)
Darren Lewis (370)
Chuck Denham (90)
Darren Lewis (70)

Grand Master Men (50-59)

Tommy Nichols (230)
Bill Warner (200)
Michael Leary (150)
Jim Steffes (110)
Flash Cunningham (110)
Bill Moran (100)
Joe Axley (100)
Jerry Ferrari (100)
Nick Honerkamp (670)
David Klinger (90)
Daniel Gill (90)

Senior Men (60+)

Sergio Bianchini (300)
Rich Phillips (260)
Cyrus Rhode (160)
Walter Sinor (150)
Ted Hegenbarth (90)
Jim Selman (80)
Roy Webb (70)
Truman Smith (70)
Phil Thomas (70)
Doug Hawley (70)

WOMEN

Overall Women

Lynda Webber (230)
Belinda Young (200)
Kristen Johnson (190)
Charlene Simmons (120)
Jennifer Funk (100)
Missi Johnson (90)
Catherine Ellis (90)
Amy Mullens (90)
Caitlin Duggan (80)
Susan Gallo (80)
JoAnna Crooks (80)

Junior Women (0-14)

Catherine Ellis (200)
Caitlin Duggan (180)
Kim Jade Wycherley (100)

Young Adult Women (15-19)

Lydia Gennett (100)

Adult Women (20-39)

Kristen Johnson (260)
Belinda Young (200)
Rebecca Ammons (160)
Charlene Simmons (120)
Jennifer Funk (100)
Kari Gentry (80)
Leah Golden (80)
Melissa Hicks (70)
Felicia Elkins (70)
Ashley Williams (60)
Beth Ford (60)

Master Women (40-49)

Lynda Webber (300)
Bernice Delaney (200)
Gwen Meeks (150)
Susan Gallo (140)
Missi Johnson (100)
Bridgette Wisdom (100)
JoAnna Crooks (90)
Betty Holder (90)
Carol Farmer (80)
Leigh Harris (70)

Grand Master Women (50-59)

Amy Mullens (220)
Melodie Thompson (200)
Theresa Samuelian (200)
Karen Webb (90)
Kathy Fulton (70)

Senior Women (60+)

Bonnie Wasson (300)
Ann Garner (180)
Edwina Cohen (80)

Our Old Men Are Faster Than Their Old Men

By Webee Fastuh

There was a charm for the CTC masters men who finally whipped the Knoxville Track Club's old-timers at the Expo 10K on Memorial Day weekend.

Two years ago, we were nipped by two seconds, thanks to our directionally-challenged third man taking a wrong turn at the 6-mile mark. Last year, we ran well, but they ran better. This year, it was a close battle, but master-blasters Tim Ensign, Joe Johnson and Joey Howe spanked the graybeards from the KTC, beating them by 30 seconds in cumulative time.

"We had a good race," Joey reported. "Nobody's prostate gave out."

Tim's quest for the 10K state mark for 45-year-olds fell a little short at 34:18, but was good enough to take the Expo masters title. Mighty Joe, still improving at an age when most succumb to slowing metabolism, rusting joints and leaking testosterone, knocked nearly 45 seconds off last year's time, finishing in 35:57. Joey Howe sprinted to the finish against KTC's third man – clinching the CTC win in 38:13.

Joseph Sitenel, who has been living in Chattanooga for about a year, rode up with his elders and finished fourth overall in a strong field with a time of 30:45.

The CTC masters will square off in a rematch with the KTC at the Joe Johnson Moccasin Bend race in October. Looking to the fall, we plan to field 40-49 and 50-59 teams at the USATF Club Nationals in Spokane, WA on Dec. 13. Anybody interested in running, please contact Tim at ensign@us.ibm.com.



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Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF APRIL 30, 2008

ASSETS:

CURRENT ASSETS

CHECKING/SAVINGS	
CD 9 MONTH JR MARATHON 9/7/08	\$3,000.00
CD 9 MONTH JR MARATHON 12/8/07	
CD 6 MONTH MATURES 10/5/08	\$5,000.00
CD 3 MONTH MATURES 7/8/07	
CD 9 MONTH MATURES 12/1/08	
CD 6 MONTH MATURES 5/1/07	
FIRST TN CHECKING	\$11,362.40
TOTAL CHECKING/SAVINGS	\$19,362.40

TOTAL CURRENT ASSETS \$19,362.40

FIXED ASSETS

EQUIPMENT \$21,358.69

TOTAL FIXED ASSETS \$21,358.69

OTHER ASSETS

ENDOWMENT FUND - EST. 7/5/05 \$3,698.08

TOTAL OTHER ASSETS \$3,698.08

TOTAL ASSETS \$44,419.17

LIABILITIES & NET ASSETS

LIABILITIES

CURRENT LIABILITIES	
OTHER CURRENT LIABILITIES	
DUE TO COMMUNITY FOUNDATION	\$5,000.00
CHARITY FEES PAYABLE	\$715.77
PAYROLL LIABILITIES	
TOTAL OTHER CURRENT LIABILITIES	\$5,715.77
TOTAL CURRENT LIABILITIES	\$5,715.77
TOTAL LIABILITIES	\$5,715.77

NET ASSETS:

NET ASSETS - UNRESTRICTED	\$51,376.60
NET ASSETS - PERMANENTLY RESTRICTED	\$3,698.08
NET INCOME (LOSS)	(\$16,371.28)
TOTAL NET ASSETS	\$38,703.40

TOTAL LIABILITIES & NET ASSETS \$44,419.17

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Chickamauga Chase 15K Results – 2008

MALE OVERALL

1 Joseph Siteni 47:09

FEMALE OVERALL

1 Kimberly Humphries 1:05:39

MALE MASTERS OVERALL

1 Tim Ensign 52:27

FEMALE MASTERS OVERALL

1 Laura Gearhiser 1:14:45

MALE GRAND MASTERS OVERALL

1 John Walker 1:02:55

FEMALE GRAND MASTERS OVERALL

1 Sarah Bowen 1:16:31

MALE AGE GROUP: 1 - 19

1 Cody Carlson 58:08
 2 Kenny Steffes 1:03:03
 3 Matthew Jones 1:03:03
 4 Zach Ortson 1:09:20
 5 Marco Bianchini 1:09:41
 6 Raul Hernandez 1:18:37
 7 Thomas Walters 1:21:07
 8 Michael Brown 1:30:20

FEMALE AGE GROUP: 1 - 19

1 Carolyn Maye 1:14:52
 2 Sarah Woerner 1:18:57
 3 Kerri Aldridge 1:19:36
 4 Hallie Heald 1:27:51
 5 Jessica Meldorf 1:39:19

MALE AGE GROUP: 20 - 24

1 Andy Baksa 47:16
 2 Patrick Hall 51:54
 3 Enoch Elwell 54:54
 4 Josiah Young 55:36
 5 Andrew Warner 56:02
 6 Zach McElrath 57:09
 7 Daniel Pick 1:00:08
 8 Bill Brock 1:01:39
 9 Daniel Kittrell 1:10:14
 10 Andrew Jones 1:12:03
 11 Zach Varnell 1:12:39
 12 Jonathan Frost 1:21:30
 13 Bo Hughes 1:25:57
 14 Jason Ledbetter 1:35:01

FEMALE AGE GROUP: 20 - 24

1 Sara Phelps 1:17:20
 2 Laura Davies 1:18:33
 3 Kirsten Johnson 1:19:34
 4 Brittany Garrett 1:23:07
 5 Diana Melcher 1:23:12
 6 Karin Krey 1:23:35
 7 Emily Bregel 1:25:29
 8 Katie Hensley 1:25:54
 9 Amber Brodie 1:27:42
 10 Ali Donahue 1:28:30
 11 Katie Ledbetter 1:35:01
 12 Kristen Price 1:35:41
 13 Rachel Dahl 1:35:59
 14 Whitney Sink 1:49:20

MALE AGE GROUP: 25 - 29

1 Joseph Goetz 52:07
 2 James Cameron 55:13
 3 Daniel McGinley 59:00
 4 Seth Roberts 1:07:30
 5 Jonathan Chapman 1:10:28
 6 Thomas Prettyman 1:11:35
 7 David Hix 1:13:22
 8 Ben Palmer 1:14:05
 9 David Barron 1:16:16
 10 Robert Kemper 1:16:49
 11 Paul Boerema 1:17:45
 12 Michael Tindle 1:19:05
 13 Matt Wiseman 1:21:25
 14 Billy Bond 1:21:27
 15 Charles Smitherman 1:22:55
 16 Joel Swanson 1:23:42
 17 Ben Parham 1:39:09
 18 Ryan Sink 1:39:37

FEMALE AGE GROUP: 25 - 29

1 April Reece 1:14:10
 2 Shannon O'Brien 1:14:33
 3 Rebecca Moore 1:14:57
 4 Marya Wegenka 1:17:07
 5 Jessica Vihon 1:18:03
 6 Mandy Houts 1:18:05
 7 Amanda Denson 1:18:12
 8 Abbey Johnson 1:18:13
 9 Erica Akins 1:20:31
 10 Amber Collins 1:21:19
 11 Amy Haddock 1:21:35
 12 Rachel Dunn 1:23:36
 13 Amy Bevis 1:24:15
 14 Leah Watson 1:27:06
 15 Hannah Warren 1:28:52
 16 Amanda Morgan 1:31:16
 17 Lori Hall 1:32:02
 18 Courtney McCoy 1:33:44
 19 Gilly Wiseman 1:34:20
 20 Mary Harless 1:35:42
 21 Amanda Chenault 1:37:27
 22 Amy Seabolt 1:37:27
 23 Cindy Kean 1:40:19
 24 Rebecca Ammons 1:42:27
 25 Sheila Blankenship 1:44:55
 26 Emily Wheeler 1:48:31
 27 Stephanie Riethmeier 2:06:33

MALE AGE GROUP: 30 - 34

1 Zach Cowart 1:00:29
 2 Jason Webb 1:01:59
 3 Cory Hall 1:03:29
 4 Shawn Kelley 1:05:28
 5 Steven Moore 1:06:04
 6 David Spalding 1:06:44
 7 Kenton Johnston 1:11:08
 8 John Windom 1:11:13
 9 Brian Chapuran 1:12:57
 10 Jason Smesny 1:13:48
 11 Jason Cox 1:14:35
 12 Michael Dugger 1:14:49
 13 Daniel Kueter 1:14:59
 14 Andrew Bender 1:24:20
 15 Justin Mull 1:28:50
 16 Rob Wade 1:29:28
 17 Adam Galloway 1:29:42
 18 Andrew Scott 1:34:53
 19 Heath Wheeler 1:40:22
 20 Jeff Picken 1:41:26

FEMALE AGE GROUP: 30 - 34

1 Charlene Simmons 1:16:20
 2 Amy Dugger 1:17:17
 3 Lindsey Riley 1:22:13
 4 Marsha Potter 1:22:20
 5 Jessica Aldrich 1:24:28
 6 Misty Mann 1:25:44
 7 Anita Jones 1:26:09
 8 Ashley Steele 1:26:50
 9 Carie Daniel 1:28:00
 10 Virginia Mullins 1:28:27
 11 Amy Scott 1:29:06
 12 Carrie Wolf 1:29:42
 13 Jessica Hayes 1:32:39
 14 Jill Sizemore 1:35:29
 15 Chandle Turbyville 1:35:33
 16 Shannon Mathews 1:37:17
 17 Elizabeth Bourgeois 1:38:02
 18 Melanie Curtis 1:44:31
 19 Deborah Dennison 1:49:39

MALE AGE GROUP: 35 - 39

1 Michael Nash 1:04:08
 2 Lance Steele 1:04:40
 3 Makasi Erickson 1:04:58
 4 Carey Forcee 1:05:04
 5 Jeff Keith 1:07:07
 6 Jason Hitzeman 1:10:22
 7 Rob Standish 1:12:30
 8 Ryan Taylor 1:13:44
 9 Matt McLelland 1:13:53
 10 Michael Sanderson 1:16:04
 11 Eddie Tate 1:18:01
 12 Robert Parham 1:18:14

13 Joel Svoboda 1:19:06
 14 Russell Wiseman 1:20:48
 15 Bradley Nance 1:20:58
 16 Curt Sims 1:21:58
 17 Jean Seabolt 1:21:59
 18 Craig Moucka 1:23:55
 19 David Benson 1:25:13
 20 Carter Fuller 1:26:22
 21 Brian Spitzer 1:27:24
 22 Jamie Theriault 1:36:30
 23 Daniel Bourgeois 1:38:24

FEMALE AGE GROUP: 35 - 39

1 Tera Ross 1:15:02
 2 Elizabeth Smith 1:16:26
 3 Lisa Logan 1:19:06
 4 Barbara Ensign 1:19:49
 5 Lyn Douglas 1:21:52
 6 Vanessa Hammond 1:23:20
 7 Sonya Reagor 1:23:37
 8 Julie Moran 1:24:31
 9 Theresa Reed 1:27:15
 10 Anissa Presley 1:29:17
 11 Tina Heiden 1:30:14
 12 Trish Taylor 1:31:31
 13 Paige Towers 1:34:05
 14 India Galyean 2:02:45

FEMALE AGE GROUP: 40 - 44

1 Joey Howe 58:17
 2 Mark Wisdom 1:01:09
 3 James Williams 1:03:11
 4 Tom Eddy 1:04:49
 5 Paul Talbott 1:06:27
 6 Peter Wilson 1:09:03
 7 Joe Gleaton 1:09:56
 8 Ray Kellum 1:10:34
 9 Jude Hacherl 1:10:46
 10 Mark Jones 1:11:13
 11 Brian Crooks 1:11:14
 12 Craig Harper 1:12:27
 13 Marshall Rowe 1:13:55
 14 Chris Meier 1:14:36
 15 Chris Conine 1:14:51
 16 Bill Estes 1:16:25
 17 Steve Atha 1:17:37
 18 David Leff 1:17:50
 19 William King 1:18:07
 20 Jeff Haman 1:18:38
 21 Howard Reagor 1:19:32
 22 Rodney Mathis 1:20:48
 23 Doug Brock 1:21:56
 24 John Carter 1:22:56
 25 David Moghani 1:23:52
 26 Marty Gorby 1:24:37
 27 Jeff Krupale 1:24:41
 28 Mark Huber 1:28:16
 29 Patrick Foley 1:28:39
 30 Bill Thornton 1:30:33
 31 Joseph Hardin 1:36:50
 32 Stewart Moon 2:14:09

FEMALE AGE GROUP: 40 - 44

1 Missi Johnson 1:15:49
 2 Kimberly Atkins 1:16:24
 3 Jenny Hudson 1:17:06
 4 Julia Jones 1:17:42
 5 Janice Cornett 1:19:54
 6 Holly Kimsey 1:20:25
 7 Connie Petty 1:20:45
 8 Lynne Austin 1:22:52
 9 Sharon Curry 1:24:11
 10 Bridgette Wisdom 1:28:01
 11 Amy Oliver 1:32:02
 12 Christie Richardson 1:32:03
 13 Sharon Armour 1:32:43
 14 Vee Spears 1:35:39
 15 Leann Barnes 1:38:45
 16 Lisa Redmond 1:39:01
 17 Liz Davenport 1:41:25
 18 Merrile Stroud 1:41:26
 19 Dorothy Moon 2:14:09

MALE AGE GROUP: 45 - 49

1 Joe Johnson 54:59
 2 Chad Varga 57:19

3 John Gracy 1:01:20
 4 Sal Coll 1:02:27
 5 Jerry Scripture 1:05:17
 6 David Brown 1:05:54
 7 Lee Davis 1:08:16
 8 Eric Carlson 1:11:27
 9 Ray Been 1:11:57
 10 Kent Bowers 1:14:01
 11 Ed Parrish 1:14:35
 12 Ron Branam 1:18:46
 13 Russ Johnson 1:18:49
 14 Gary Henderson 1:19:38
 15 Jeff Malone 1:20:47
 16 Tom Wilson 1:21:22
 17 Mike Deiters 1:24:53
 18 Mike Kirkland 1:25:44
 19 Alan Little 1:30:06
 20 Claude Hager 1:31:12
 21 Ian Harper 1:33:16
 22 Kenny Samples 1:36:50
 23 Bill Nation 1:40:07

FEMALE AGE GROUP: 45 - 49

1 Susan Laughrey 1:15:22
 2 Lynda Webber 1:18:43
 3 Kathy Hubbuch 1:18:53
 4 Theresa Carr 1:25:09
 5 Karen Galyon 1:26:08
 6 Renee Anderson 1:26:47
 7 Linda Andrae 1:27:36
 8 Betty Holder 1:29:42
 9 Kim Barashick 1:31:16
 10 Gwen Meeks 1:32:04
 11 Carolyn Nichols 1:33:44
 12 Mary Loggins 1:33:46
 13 Leigh Harris 1:36:19
 14 Ruth Henderson 1:37:32
 15 Beth Harwood 1:38:43
 16 Beth Warren 1:39:17
 17 Sally Hoffman 1:39:21
 18 Melodye Zahn 1:42:41
 19 Ann Caldwell 1:42:42
 20 Rhonda Burdette 2:02:45

MALE AGE GROUP: 50 - 54

1 Tony Branam 1:04:53
 2 David Gregory 1:07:43
 3 Tommy Nichols 1:08:50
 4 Jim O'Reilly 1:09:01
 5 Rick Mathis 1:10:19
 6 Robert Forrest 1:11:44
 7 Bill Jones 1:11:50
 8 John Hickey 1:14:06
 9 Jeff Nation 1:15:13
 10 Terry Bailey 1:15:30
 11 Miles Tenenbaum 1:19:18
 12 Harrell Cox 1:21:26
 13 Jim Johnson 1:21:39
 14 Quint Mansell 1:22:12
 15 Steven Rubenstein 1:22:14
 16 Terry Hampton 1:22:56
 17 Tim Glascock 1:23:18
 18 Ken York 1:29:01
 19 Max Thompson 1:29:40
 20 Don Spellman 1:31:55
 21 Bill Brock 1:34:47
 22 John Mullins 1:34:48

FEMALE AGE GROUP: 50 - 54

1 Catherine Griffin 1:21:07
 2 Melodie Thompson 1:24:58
 3 Colleen Carboni 1:31:59
 4 Carolyn Varnell 1:32:31
 5 Nancy Dillard 1:48:29

MALE AGE GROUP: 55 - 59

1 Buddy Rabun 1:06:36
 2 Terry Strawser 1:07:12
 3 Randall Godwin 1:10:29
 4 Flash Cunningham 1:10:47
 5 Danny Casteel 1:12:35
 6 Mike Martin 1:12:58
 7 Iman Majid 1:30:09
 8 Rich Phillip 1:14:06
 9 John Crawley 1:14:13

10	Craig Kelly	1:14:40	FEMALE AGE GROUP: 55 - 59	1	Betsy Darken	1:22:32	FEMALE AGE GROUP: 60 - 64	1	Bonnie Wassin	1:41:29	MALE AGE GROUP: 70+	1	Al Klimaitis	1:19:59
11	Bill Aiken	1:16:27		2	Patrice Hosmer	1:43:22		2	Ann Garner	1:56:51		2	James Hefner	1:42:18
12	Butch Cooke	1:18:11					MALE AGE GROUP: 60 - 64					3	Jack McFarland	1:47:37
13	Tim Effler	1:21:03		1	Buck Rogers	1:15:44		1	Sergio Bianchini	1:04:57	FEMALE AGE GROUP: 70+			
14	Randall Hamilton	1:23:47		2	Tom Schaap	1:21:01		2	Ted Hegenbarth	1:17:28		1	Liz Benton	1:27:12
15	Carter Lynch	1:24:11		3	Larry Kuglar	1:22:08		3	Doug Hawley	1:19:26				
16	Henry Williams	1:25:26		4	David Scholes	1:28:15		4	Walter Sinor	1:30:57				
17	Roy Webb	1:26:34		5	Eric Geissinger	1:30:09		5	Phil Thomas	1:56:51				
18	Bob Cutrer	1:26:55		6	William Dillard	1:33:07								
19	Bill Collier	1:27:30		7	Mike Jacocks	1:34:18								
20	Bill Moran	1:30:56												
21	Lucien Ellington	1:44:39												

Chickamauga Chase 5K Results – 2008

MALE OVERALL

1 Chad Dean 16:17

FEMALE OVERALL

1 Katherine Cooper 22:21

MALE MASTERS OVERALL

1 Mitch Samuelian 20:10

FEMALE MASTERS OVERALL

1 Joan Vos 23:02

MALE GRAND MASTERS OVERALL

1 Allen Rowland 20:46

FEMALE GRAND MASTERS OVERALL

1 Paula Cooper 24:08

MALE AGE GROUP: 1 - 14

1 Isaac Pacheco 19:30
 2 Jonathan Strickland 20:17
 3 Ryan Hacherl 21:07
 4 Grant Hacherl 21:49
 5 Logan Templeton 25:28
 6 Tanner Huggins 25:32
 7 Walt Douglas 26:07
 8 Sergeant Wise 26:34
 9 Grant Bowers 26:45
 10 Michael Hippo 26:58
 11 James Larson 27:13
 12 Ryan Harper 29:12
 13 Benjamin Walker 33:52
 14 Gabriel Hippo 34:10
 15 Wesley Walker 49:32

FEMALE AGE GROUP: 1 - 14

1 Catherine Ellis 22:52
 2 Sarah Stinnett 24:16
 3 Meredith Dodd 27:47
 4 Michelle Hollenkamp 28:20
 5 Kate Harper 30:00
 6 Marylock Wise 35:08
 7 Clair Gibson 35:39
 8 Emily Hatch 37:28

MALE AGE GROUP: 15 - 19

1 Joshua Stanley 18:42
 2 Tyler Davis 18:55
 3 Tyler Fricks 22:02
 4 Jacob Bryson 23:54
 5 Cleve Clark Jr. 24:12
 6 Chandler Custer 26:30
 7 Austin Varnell 29:34

FEMALE AGE GROUP: 15 - 19

1 Heather Price 26:16
 2 Melissa Dunn 27:06
 3 Corinne Hughes 27:22
 4 Ashley Pearce 27:23
 5 Sarah Zeglen 27:54
 6 Chelsea Clements 29:35
 7 Brooke Fuchear 42:52

MALE AGE GROUP: 20 - 24

1 Caleb Morgan 16:32
 2 Jean Paul 18:54
 3 Bryan Mitchel 19:03
 4 Joseph Davis 19:21
 5 Kyle Frank 20:55
 6 Wes Jordan 22:17
 7 Daniel Byers 25:47
 8 William Minich 28:10
 9 Greg Willis 31:05
 10 Bryan Smesny 33:25
 11 James Johnson 40:52

FEMALE AGE GROUP: 20 - 24

1 Jessica Swenson 24:48
 2 Whitney Denton 26:19
 3 Emily Cunningham 27:00
 4 Elizabeth Maye 27:13
 5 Rebekah Chawning 27:16
 6 Morgan Ogle 27:31
 7 Rachelle Powell 31:04
 8 Samantha Alemany 31:05
 9 Laura Skonberg 32:29
 10 Sarah Proulx 33:58
 11 Audrey Buxmann 34:31
 12 Jenna Rozar 36:20
 13 Elizabeth Cooper 37:04
 14 Felicia Johnson 47:07

MALE AGE GROUP: 25 - 29

1 Will Jayroe 16:54
 2 Matthew Polston 24:21
 3 Curtis Jackson 24:49
 4 Jason Bridges 28:38
 5 Brian Chaney 28:54
 6 Michael Davis 31:16
 7 Stephen Smesny 35:53
 8 Stuart Cox 35:57

FEMALE AGE GROUP: 25 - 29

1 Jennifer Steinmann 24:36
 2 Evaleen Ulen 25:56
 3 Casey Coker 26:54
 4 Kelly Kemper 27:34
 5 Lauren Gregory 28:31
 6 Anna Schwartz 28:38
 7 Catherine Miller 28:39
 8 Becky Gladney 28:40
 9 Jill Thompson 29:31
 10 Christina Beach 29:34
 11 Misty Thompson 29:36
 12 Edith Shimel 29:51
 13 Lara Watson 30:07
 14 Jaelyn York 30:34
 15 Janelle Newell 31:50
 16 Amanda Canada 32:23
 17 Katie Boerema 33:07
 18 Meredith Bridges 35:22
 19 Brooke Ward 36:58
 20 Virginia York 43:45
 21 Tiffany Shackelford 43:46

MALE AGE GROUP: 30 - 34

1 Brian Ridings 21:31
 2 Mike Motes 21:32
 3 Paul Guinn 25:01
 4 Stephen Regan 27:36
 5 Jonathan Cooper 28:33
 6 Matthew Bell 29:22
 7 Todd Williams 29:33
 8 Gary Petty, Jr. 31:51
 9 Curtis Lokey 32:17
 10 Todd Phillips 33:26
 11 Earl Edmunds 35:55
 12 Tim Grimes 36:32
 13 Christian Hatch 38:02

FEMALE AGE GROUP: 30 - 34

1 Mime Smith 23:27
 2 Tanya Mathur 26:18
 3 Makala Bumgarner 26:23
 4 Misty Suits 27:02
 5 Carrie Brisendine 28:05
 6 K Beth Salling 29:09

FEMALE AGE GROUP: 40 - 44

8 Mary-Margaret Moore 30:14
 9 JoJo Marsh Brown 30:19
 10 Jennifer Somerville 31:36
 11 Cory Phillips 31:37
 12 Tiffany Keller 31:45
 13 April Ratcliff 31:50
 14 Elizabeth Petty 31:51
 15 DeLeslyn Mitchell 32:25
 16 Dana Chadwell 32:38
 17 Melanie Keith 34:10
 18 Molly Cooper 35:12
 19 Laura Roberts 35:24
 20 Jennifer Campbell 35:56
 21 Heather Shimel 38:34
 22 Jennifer Eich 41:12
 23 Kristie Jones 43:46

MALE AGE GROUP: 35 - 39

1 Dan Ellis 20:11
 2 Ed Adcox 21:05
 3 Greg Henry 22:19
 4 Shannon Ledbetter 23:02
 5 David Lillard 25:04
 6 Adam Everette 25:09
 7 Steve Coffman 25:16
 8 David Denman 25:57
 9 Darin Hurley 27:18
 10 Chad Young 27:58
 11 David King 29:39
 12 Mark McLain 29:54
 13 Scott Parker 31:40
 14 Chris Sampson 33:39
 15 Tommy Scalf 34:35
 16 Kenneth Walker 36:47
 17 Kevin Greenwood 38:17
 18 Alan Cooper 41:22
 19 Andy Cunnyngham 45:22

FEMALE AGE GROUP: 35 - 39

1 Kelley Cutler 26:00
 2 Melissa Ford 27:32
 3 Connie Wise 27:58
 4 Angela Hill 28:05
 5 Amanda Richards 28:55
 6 Alma Mavroquin 29:26
 7 Nancy Jane Edwards 30:07
 8 Dianna Leun 31:04
 9 Jennifer Sampson 31:23
 10 Monica Burdette 33:26
 11 Mary Bowen 34:55
 12 Carla Fowler 35:01
 13 Robin Littlefield 37:08
 14 Rachel DeGarmo 37:28
 15 Ceri Hampton 45:22

MALE AGE GROUP: 40 - 44

1 Patrick Douglas 20:26
 2 David Boozer 20:47
 3 Jose Moitinel 22:00
 4 Kurt Lammon 22:42
 5 Steve Gibson 25:51
 6 Dixon Lackey 26:33
 7 Don Kelley 27:44
 8 Eric Edwards 28:43
 9 Terry Haywood 30:57
 10 Randy Petty 30:58
 11 Stewart Hale 33:40
 12 David Goodwill 35:57
 13 Marty Whitener 36:15
 14 Duane Neal 38:44

FEMALE AGE GROUP: 45 - 49

1 Christine Post 24:07
 2 Karen Chapman 27:35
 3 Laura Rufolo 27:39
 4 Kim Chisenhall 27:54
 5 Anne Mahoney 30:34
 6 Starla Malone 31:00
 7 Cara Balthrop 31:16
 8 Tammy Larson 32:13
 9 Jennifer Hoke 33:45
 10 Hiwatha Haywood 35:00
 11 Tori Phillips 35:22

MALE AGE GROUP: 45 - 49

1 Tim Holmes 20:50
 2 Don Wright 21:28
 3 Jeff Henderson 21:42
 4 Doug Sizemore 22:41
 5 Darren Richmond 22:55
 6 Anthony Herndon 24:28
 7 Doug Brow 25:22
 8 Lane Ogle 27:23
 9 Rolland Christopher 27:43
 10 Frank Rochat 29:57
 11 Mark Duggan 32:05
 12 James Strickland 32:55
 13 George Thomas 33:00
 14 Jeff Glass 34:36
 15 Dennis Beaty 41:25

FEMALE AGE GROUP: 45 - 49

1 Karen Johnson 24:35
 2 Lee Williams 26:12
 3 Jill Richmond 29:12
 4 Lisa McBryde 30:45
 5 Mary Holder 31:45
 6 Mary Ann Dyer 31:54
 7 Neal Lori 32:40
 8 Terrie Corbin 34:14
 9 Valerie Fuchear 40:32

MALE AGE GROUP: 50 - 54

1 David Leatherman 20:57
 2 Marvin Watson 21:33
 3 Tim Hollenkamp 22:19
 4 Joe Fulton 23:36
 5 A.B. Woodhead 24:17
 6 Thomas Birchett 26:19
 7 Thomas Sisemore 27:00
 8 Brian Tindle 28:21
 9 Don Lastine 28:45
 10 William Trotter 29:40
 11 Lee Martin 32:45
 12 Ron Smesny 42:50
 13 Paul Fuchear 43:41

FEMALE AGE GROUP: 50 - 54

1 Theresa Samuelian 27:43
 2 Becky Maples 28:37
 3 Sandy Lane 29:38
 4 Judy Holt 30:47
 5 Colleen Gordon 31:39
 6 Beth Anderson 32:22
 7 Kathy Fulton 33:01
 8 Reda Lawson 36:40

(continued on next page)

Chickamauga Chase 5K Results – 2008 (cont'd)

MALE AGE GROUP: 55 - 59

1	Jim Bryan	21:24
2	Gary Hosmer	23:39
3	Mark Rhoden	24:10
4	David Sanders	25:10
5	Gene Hodge	25:26
6	Spencer Evans	25:44
7	Spence Misner	26:27
8	Alec Taylor	27:32
9	David Klingler	27:47
10	Russ Earp	28:41
11	Phil Kamin	29:04
12	Jim Hamblen	29:56
13	Terry Anthony	30:42
14	Alton Brazzle	31:40
15	Gary Beaver	32:04
16	Timothy Owens	33:52
17	Bobby Lang	37:08

FEMALE AGE GROUP: 55 - 59

1	Lynnda Owens	28:27
2	Susan Wells	30:20
3	Judy Young	31:28
4	Helen Sanders	31:55
5	Karen Webb	34:12
6	Meda Groce	35:15
7	Lynne Finnell	39:22
8	Edna DeGarmo	55:12

MALE AGE GROUP: 60 - 65

1	Earl Groce	22:20
2	Daniel Oliver	25:31
3	Terrance O'Brien	27:46
4	Woody Cornwell	28:29
5	Jim Selman	28:39
6	Lawrence Cook	28:40
7	Dan Woughter	31:04
8	Ralph Maples	31:17
9	David Wycherle	31:52
10	John Hilbrandt	32:46
11	John Gilbert	34:35

FEMALE AGE GROUP: 60 - 65

1	Janice Jayroe	30:08
2	Barbara Grant	38:32

MALE AGE GROUP: 65 - 69

1	Jim Selman	28:39
2	Ralph Maples	31:17
3	James Ladd	31:17
4	John Smithson	36:58

FEMALE AGE GROUP: 65 - 69

1	Barbara Grant	38:32
2	Edwina Cohen	20:30

FEMALE AGE GROUP: 70+

1	Frances Martin	40:53
2	Marian Gardner	55:01

Chattanooga Track Club Board of Directors Meeting Minutes

April 8, 2008

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

Board members present: Edwina Cohen, Janice Cornett, Flash Cunningham, John Harrison, Sherilyn Johnson, Bill Moran, Sean Pfister (Executive Director), Steve Rubenstein, Theresa Samuelian, Butch Cooke, Charlene Simmons, Jim Steffes, Melodie Thompson, Ashley Williams, Peter Murphy

Board members absent: Jim Steffes, Lynda Webber and Amy Mullens

CTC members present: Bill Brock and Doug Roselle (partial attendance)

The CTC mission was read by Charlene Simmons.

I. MINUTES/APPROVAL

The proposed minutes from the March meeting were briefly discussed. A motion was made by James to approve the minutes and seconded by Melodie.

II. TREASURER'S REPORT – JIM STEFFES VIA E-MAIL REPORT

- There is \$15,670.00 in the bank right now. That is \$12,670.00 without the CD's. This compares to \$28,560.00 in 2007. The drop is due to expenses not being in on the ½ Marathon yet and the Executive Director's salary. Discrepancies were discussed.

- \$1000 was approved for UTC, but has not been paid yet.

- Profit and Loss YTD: 15,000 in 07 vs. 8,400 for 08.

- The financials were approved.

III. RACE CALENDAR / RACES COMMITTEE / UPCOMING RACES – WALT SINOR

- Race Directors training session was held at the Sports Barn on 04/05/08 from 10:00 to 11:30 a.m. Charlene talked about marketing, Sean talked about RunScore.

- Andy Gill will be the new Wauhatchie race director.

- Flash needs a new tripod and carrying case. He estimates the cost to be approximately \$400.00

IV. COMMUNICATIONS CALENDAR / COMMUNICATIONS COMMITTEE – JANICE CORNETT

- CC meeting was held on Wednesday, 04/9/08 at the Downtown Sports Barn. Next meeting will be held at 5:00 p.m. on Wednesday, 05/14/08, at the Downtown Starbucks. [NOTE: date has been changed due to out of town schedule conflict.]

- April's JA in progress, but not to printer yet.

V. MEMBERSHIP COMMITTEE REPORT – SHERILYN JOHNSON

- Last MC meeting was on 03/20/08 – next meeting to be held on 04/17/08 at Starbucks.

- New CTC logos were previewed and suggestions made. Revisions to be presented asap.

- Goody bags for new members are being developed for the membership to draw more attention. Plan to include new membership brochure and shirts.

- Currently finalizing membership applications. Also working on obtaining new CTC logo shirts, with logo on front and sponsor names on back. Logo size requirements for different levels of sponsors were discussed for the shirt.

VI. PRESIDENT'S REPORT – JAMES WILLIAMS

- The city of Chattanooga has been solicited by the USATF to host its annual meeting in 2012 or 2013. Chattanooga has been asked to bid. James Williams was contacted by the city and an inquiry was made concerning the CTC's desire for involvement. A Steering Committee will be needed, along with a letter of intent and expression of interest. The group committed to supply physical support and plans were made to move forward with a letter of intent.

- BCBST's WalkingWorks initiative begins with kick-off on 4/30 at noon. Volunteers to lead the walk were recruited. Afterwards, volunteers will be needed at the three locations (Pine, Zayre's and Eastgate) to lead

evening walks. One walk per week, per location was suggested. Volunteers for the Eastgate included Sherilyn and Edwina. Peter Murphy and James Williams agreed to lead the kick-off walk downtown.

VII. EXECUTIVE DIRECTOR'S REPORT – SEAN PFISTER

- Scenic City Half Marathon: 155 responses on the first questionnaire. 40 responses on the second. There 60 responses for the 5K. Complaints about the 5K course being unattractive were common. Overall, Sean feels the race rated a solid “B”.
- Chattanooga Chase: format changed and approved.
- ChampionChip: Community Foundation grant approved for acquiring a computer chip system for the CTC. The system will cost \$10,000, and it will include a computer and one timing mat with sensors (additional mats can be rented, if needed). Chips

themselves would be rented based on the number of participants in an event, and the CTC can, in turn, rent the chip system to other organizations to earn money for the club. Group discussed different distributors and prices. Will go with a low density system. \$5,000.00 to be repaid to the foundation. Reporting required to prove community usage through rentals. (First Things First, etc)

- McKee Foods requested to move up a level of support for Triathlon. Not finalized yet.
- \$1,000 from the Ford Center.
- \$200.00 from McCarthy and Murphy received.
- Membership numbers and dollars are up from last year.
- Races Committee pleased with seminar.
- Treasury strategy and proposal submitted.

VIII. EXECUTIVE DIRECTOR'S PROPOSAL

REVIEW – JAMES WILLIAMS

- Sean submitted 5 proposals to the board. He stated that they are not mandates and left room for negotiation. The board reviewed the proposal point by point. The document was felt to be a huge departure from the basis of the original hire. This was an observation, not a condemnation or recommendation. After much discussion, a motion was made to reject Sean's proposal as written. The motion was approved. A second motion was made to review the issues raised by Sean's proposal and consider making certain changes. The second motion was approved. In that regard, the board committed to:
 - o Examining and considering revising the current revenue model
 - o Assisting in fund raising when possible

- o Continued development of the CTC vision for new programs
- o Establishing and possibly revising the operational relationships in CTC partnered races.

**Meeting adjourned at 9:00 p.m.
Respectfully submitted,
Lynda Webber
Secretary**

Get Jogging Around in

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Half Page	\$55/Issue	\$49/Issue	\$44/Issue
Qtr Page	\$40/Issue	\$36/Issue	\$32/Issue
Business Card	\$25.00	\$22.50	\$20.00

Inserts are \$60/issue

WEDNESDAY NIGHT TRAIL RUN

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

Jog/Walk Program Schedule:

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

Walking Works

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

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

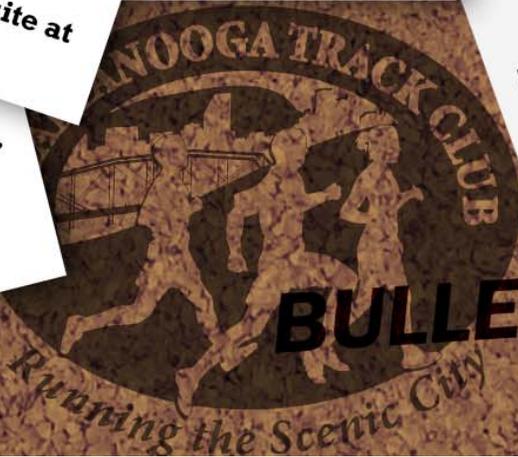
Getting Ready for a Marathon
New in town and need new long
distance running companions?
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.

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.

JUNE

14 - BlueCross Riverbend Run and Walk
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

14 - Army "Hooah" 5K and 10K
Site: College Park, GA
Info: www.armyhooahrace.army.mil

JULY

3 - Firecracker 5K Run for St. Jude
Site: Memphis, TN

12 - Teen Challenge "Walk With Hope"
Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

13 - Chattanooga Waterfront Triathlon
 Site: Chattanooga, TN
Info: www.team-magic.com/events/waterfront

AUGUST

2 - Missionary Ridge Road Race
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

23 - Raccoon Mountain Road Race
 Site: Lookout Mountain, TN
Info: www.chattanoogatrackclub.org

SEPTEMBER

1 - FCA 5K
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

6 - Powerade UTC Cross Country Race
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

13 - Symphony Classic 5K Run
Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

21 - Augustus Ford 10K/5K Trophy
Classic & 1 Mile Luau
Site: Cleveland, TN
Info: fordcenters.cc/fall_016.htm

27 - 5K Duck Race
Site: Ringgold, GA
Info: www.chattanoogatrackclub.org

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

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