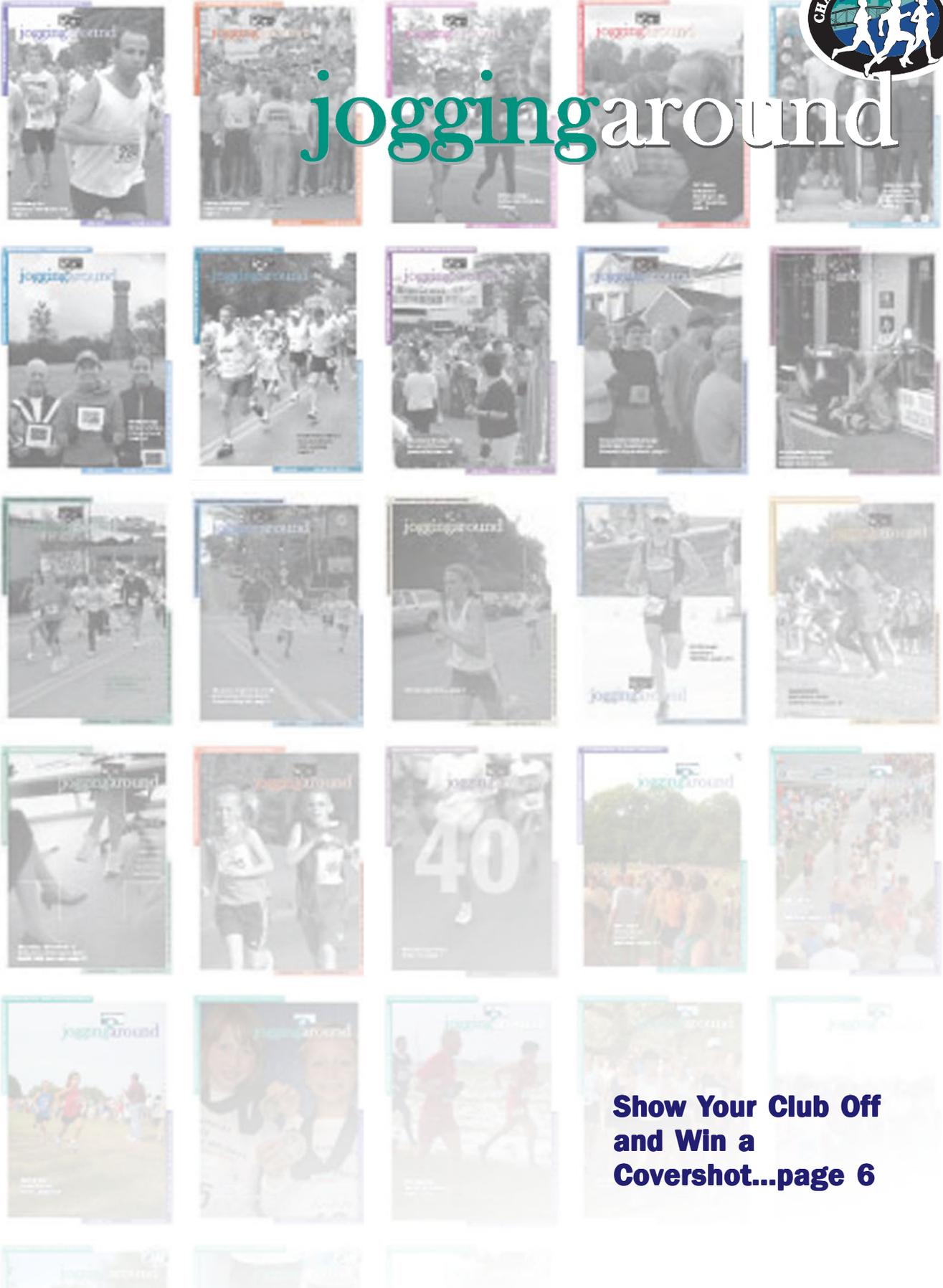




joggingaround



**Show Your Club Off
and Win a
Covershot...page 6**

Chattanooga Track Club

Officers

President
James Williams
ctjamestw@yahoo.com

Past President
Melodie Thompson
jumpytwo@hotmail.com

President-Elect (2009)
Charlene Simmons

VP Communications
Janice Cornett
janicecornett@comcast.net

VP Races & Equipment
Walt Sinor
waltersinor@yahoo.com

VP Membership
Sherilyn Johnson
steve.sherilyn@comcast.net

Secretary
Lynda Webber
lwebber@millermartin.com

Treasurer
Jim Steffes
jim@bartohoss.com

Directors

Butch Cooke
rlcooke@vei.net

Flash Cunningham
flashcunningham@comcast.net

Edwina Cohen
edwinafromtn@webtv.net

John Harrison
jharrison@bakerdonelson.com

Bill Moran
ctc_bill.moran@att.net

Amy Mullens
amullens@bakerdonelson.com

Peter Murphy
pmurphy@disabilityfirm.us

Jimmy McGinness
jamesjimi@aol.com

Steven Rubenstein
SJRubenstein@comcast.net

Teresa Samuelian
T_Samuelian@comcast.net



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Jogging Around

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

Editors

Charlene Simmons
James Williams

Layout/Design

Keith Finch

Printing

Shaw Printing Solutions

Ad Info

For Current Ad Information, please contact Sean Pfister at 991-8500 or spfister@chattanoogatrackclub.org

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.

Jogging Around Ad Rates

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Words from the Prez's Perch

Growing up we were taught that fall is the season of decay and passing. But for runners, it is something quite different: a time for rejuvenation, excitement and, perhaps, a little extra spring in your stride. The energy we draw from running in the cool, crisp Autumn mornings is undeniable, and often sets the tone for the rest of our day. Maybe you are in the process of training for your first marathon. You might be finding that those tempo runs or mile repeats don't hurt as much as they did in August. Maybe you just enjoy fall running because of the scenery and fall colors. The key is just to get out and enjoy the season and great running weather.



Fall also means its time for CTC elections for board member and officer positions. If you or someone you know would like to have more say in the Track Club or would like to give back to the running community, this is your opportunity. Our election social will be November 6 at Porkers. Be sure to read Charlene Simmons' article in which she tells us more about the election process, including what you need to do to get involved and what it means to serve as a director or officer of CTC.

After much deliberation, your Board has purchased an IPICO Elite chip timing system. We considered several different models, but we believe the IPICO Elite system – also used by Team Magic at the Waterfront Triathlon – would best serve the CTC's needs in terms of costs and functionality. This purchase was made with the help of a grant from the Community Foundation, and one of the goals of this system is to rent it out to charity-based races at a significant discount to what it normally costs to rent a chip timer. We expect to start testing it at some of our group runs in connection with the marathon and half-marathon training programs. The CTC's first formal use of this system will be at the Chickamauga Battlefield Marathon and Half. Thanks to Charlene Simmons for researching the available chip timing options and guiding the Board in its decision.

We are pleased to announce that Tammy Sitton will be directing the BlueCross BlueShield of Tennessee Riverbend 10K and 5K for 2009. As most of you know, Rita Fanning has directed this race for a number of years and done a great job doing so. Tammy no doubt has some big shoes to fill, but we are confident that Tammy will continue Rita's tradition of putting on a well-organized and fun event. We look forward to working with Tammy and continuing to make the BlueCross BlueShield of Tennessee Riverbend Race a premiere CTC event.

In this issue, we have the recap and results from the Raccoon Mountain Race as well as results from the FCA 5K and Symphony 5K. We also have an update on our Chickamauga Marathon and Half-Marathon training groups. Our numbers for these training groups have increased significantly over the last month, and it looks like we may be on pace for a record turn out in November. I hope to see you there.

Happy and safe running.

James T. Williams
CTC President

New & Returning Members

Rachel Anderson	Sonda Etchison	Hillary Mullins
Angela Ballard	Lester Gaylon	Erin Noseworthy
Justin Beach	Chris Heberer	David Percy
Amber Beason	Paul Jackson	Erin Rayburn
Dave Boozer	Deanna Lord	David Percy
Cindy Carbone	Nestor Lucas	Justin Saylor
Peyton Carden	Dennis Lundy	Rob Standish
Betsy Darken	Miles Mason	David Strunk
Nicole Ellis		Lisa Warren



Goetz and Morris Win Race Around Raccoon Mtn.

Joseph Goetz, of Chattanooga, TN, won the 3rd Annual Raccoon Mountain Round the Rim 10k Road Race held at TVA's Raccoon Mountain hydroelectric reservoir on Saturday August 23. Goetz completed the 6.2 mile course in 35:57, running at an average pace of 5:47 per mile. Kimberlie Morris, of Chattanooga, TN, was the female champion of the 10k event in a time of 45:29 (7:20 pace).

The event also featured a competitive 5k road race. The 5k road race was won by Joey Howe, of Chattanooga, TN, in a time of 18:35 (5:59 per mile). Lisa Massey, of Chattanooga, TN, was the 5k female champion in a time of 22:22 (7:12 pace).

Hugh Enicks, of Signal Mountain, TN, won the 10k male masters division. Connie Mills, of Chattanooga, TN, won the 10k female masters division. William Warner, of Ringgold, GA, won the 10k male grand masters division. Sue Anne Brown, of Chattanooga, TN, won the 10k female grand masters division.

Jeff Henderson, of Risaca, GA, took the 5k male masters title. Jill Richmond, of Ringgold, GA, won the 5k female masters division. Glen Hicks, of Trenton, GA, won the 5k male grand masters division. Sandra Manning, of Columbia, SC, won the 5k female grand masters division.

The races were made possible through the generosity and hard work of volunteers from Jasper Middle School, TVA, and the Chattanooga Track Club.

Proceeds from the event benefit TVA's Partners in Education Program at Jasper Middle School.

The races were produced by the Chattanooga Track Club and TVA.

Raccoon Mountain Round the Rim 5K – 2008

FEMALE OVERALL

1 Lisa Massey 22:22

MALE OVERALL

1 Joey Howe 18:35

FEMALE MASTERS OVERALL

1 Jill Richmond 26:08

MALE MASTERS OVERALL

1 Jeff Henderson 22:27

FEMALE GRAND MASTERS OVERALL

1 Sandra Manning 39:46

MALE GRAND MASTERS OVERALL

1 Glen Hicks 26:03

FEMALE AGE GROUP: 1 - 14

1 Amber Palmer 29:48
2 Kim Wucherley 29:49
3 Kimberly Thelen 35:54

MALE AGE GROUP: 1 - 14

1 Martin Marshall 20:39
2 Cutler Cole 21:00
3 John Vannatta 22:21
4 Matthew Heinichen 23:58
5 Zachary Mercer 24:58
6 Michael Thelen 28:25
7 James Larson 35:24
8 Andrew Thelen 36:45

MALE AGE GROUP: 15 - 19

1 Crosby Wheeler 19:55
2 Andrew Enicks 21:15
3 Timothy Huguenin 22:07

FEMALE AGE GROUP: 20 - 24

1 Kelsie Lendermon 30:06
2 Amy Cooley 35:51

MALE AGE GROUP: 20 - 24

1 Justin Beach 19:10

FEMALE AGE GROUP: 25 - 29

1 Rebecca Stapleton 26:47
2 Kelli Kendrick 30:07
3 April Talley 33:33
4 Jennifer Cooley 35:51
5 Natalie Flerl 36:24

MALE AGE GROUP: 25 - 29

1 Keelan Tuel 37:04

FEMALE AGE GROUP: 30 - 34

1 Suzanne Kalla 32:17
2 Tristaca Adams 33:55
3 Molly Cooper 39:13

MALE AGE GROUP: 30 - 34

1 Chris Gentry 21:59
2 Jason Adams 31:01
3 Andrew McMahon 34:19
4 Brad Stapleton 35:20

FEMALE AGE GROUP: 35 - 39

1 Dianna Leun 25:01
2 Tonya Campbell 25:29
3 Paige Phillips 29:46
4 Grace Tuju 33:12
5 Jabrina Willard 37:27
6 Ainsley Walls-Hillar 44:20
7 Wendy Kennedy 46:39

MALE AGE GROUP: 35 - 39

1 Chris Selman 24:30
2 John Holden 25:26
3 Kenneth Wolfe 25:33
4 Patrick Jensen 30:17

FEMALE AGE GROUP: 40 - 44

1 Louise Dudman 28:49
2 Anne Mahoney 28:59
3 Elizabeth Vannatta 40:09

MALE AGE GROUP: 40 - 44

1 Warren Behlau 22:34
2 Howard Reagor 24:19
3 Ed Graham 27:44
4 Scott Seagle 29:50

FEMALE AGE GROUP: 45 - 49

1 Dana Layne 46:20

MALE AGE GROUP: 45 - 49

1 Brian Kalla 23:17
2 Darren Richmond 24:27
3 Matthew Clemmer 24:37
4 Duane Olcsvary 30:56
5 George Thomas 32:35
6 Troy Vannatta 32:58

FEMALE AGE GROUP: 50 - 54

1 Diane Overton 59:48

MALE AGE GROUP: 50 - 54

1 Chris Overton 39:36

MALE AGE GROUP: 55 - 59

1 Terry Anthony 29:00

MALE AGE GROUP: 60 - 64

1 Dan Woughter 28:38
2 Don Long 30:44
3 Bob Seale 34:20

FEMALE AGE GROUP: 25 - 29

1 Marya Schalk 52:49
2 Labricia Johnson 58:25
3 Angela Hanley 1:02:27
4 Georgia Liles 1:03:18
5 Maranatha Zopfi 1:03:22
6 Riley Cochran 1:03:36
7 Rebecca Ammons 1:04:50
8 Holly Martin 1:05:10
9 Megan Roberts 1:06:06

MALE AGE GROUP: 25 - 29

1 Bill Brock 39:53
2 Sam Fussell 49:37
3 Michael Tindle 49:55
4 Patrick Johnson 51:18
5 Micah Rayburn 56:02
6 Jeremy Deitch 1:09:28

FEMALE AGE GROUP: 30 - 34

1 Misty Griffin 47:24
2 Destin Griffin-Twsse 1:05:40
3 Melady Miller 1:06:06

MALE AGE GROUP: 30 - 34

1 Zach Cowart 41:38
2 Adam Burnett 45:37
3 Aaron Gray 54:55
4 Matthew Moore 55:09
5 Jason Cooley 55:24
6 Greg Danuser 1:03:19
7 Rusty Mawk 1:04:41
8 Robert Newberry 1:06:49
9 David Smith 1:07:09

FEMALE AGE GROUP: 35 - 39

1 Terri Tubbs-Carbone 46:50
2 Belinda Young 47:46
3 Julie Moran 55:48
4 Sonya Reagor 1:00:01
5 Ginger Gray 1:00:44
6 Blanca Rios 1:04:46
7 Melanie Jenkins 1:17:22
8 Cheryl Parker 1:18:02

MALE AGE GROUP: 35 - 39

1 Geno Phillips 36:44
2 Craig Winsor 38:11
3 Justin Guy 40:00
4 Les Conner 43:06
5 Jeff Keith 46:23
6 Robert Estoye 52:05
7 Anthony Spallone 52:42
8 Watkins Cannon 57:06
9 William Kaska 58:26
10 Jimmy Norris 1:05:03

FEMALE AGE GROUP: 40 - 44

1 Leann Barnes 1:06:08
2 Bernice Delaney 1:06:55
3 Ellen Daniel 1:07:29

MALE AGE GROUP: 40 - 44

1 Ray Kellum 46:04
2 Marcos Rico 52:08
3 Geroge Stephens 52:33
4 John Jenkins 54:59

FEMALE AGE GROUP: 45 - 49

1 Janna Martin 52:38
2 Lynda Webber 54:19
3 Betty Holder 55:00
4 Gwen Meeks 1:04:12
5 Sherilyn Johnson 1:04:25
6 Tami Stubblefield 1:05:10
7 Sally Hoffman 1:06:04
8 Julie Hollis 1:06:11
9 Janice Wycherley 1:12:44
10 Kaffy Radford 1:14:12
11 Tammy Larson 1:16:20

MALE AGE GROUP: 45 - 49

1 Chuck Denham 41:17
2 Sal Coll 42:32
3 Bill Minehan 43:34
4 Ray Beem 44:26
5 Michael Heinichen 49:30
6 Brent Peterson 53:02
7 Kent Black 53:48
8 Ron Branam 59:44
9 Gerardo Hernandez 1:03:53

FEMALE AGE GROUP: 50 - 54

1 Karen Galyon 57:56
2 Colleen Carboni 1:01:16
3 Melodie Thompson 1:02:00
4 Teresa Long 1:19:07

MALE AGE GROUP: 50 - 54

1 Marvin Watson 46:36
2 Michael Leary 47:12
3 Tommy Nichols 47:38
4 James Mansell 52:01
5 Jim Manning 52:14
6 Lester Galyon 53:16
7 Jeff Hubright 55:03
8 Paul Young 55:10
9 Doug Roselle 55:59
10 Bill Brock 57:36
11 Jim Johnson 58:23
12 David Presley 59:01
13 Michael Norris 1:00:00
14 Nicholas Bourbaki 1:01:07
15 Tad Bromfield 1:01:22
16 Claude Hager III 1:02:54
17 Gene Nelson 1:05:58

MALE AGE GROUP: 55 - 59

1 John Crawley 49:24
2 Rich Phillips 50:42
3 Mike Martin 51:03
4 Dennis Ford 55:09
5 Carter Lynch 56:15
6 Butch Cooke 56:37
7 Dennis Henderson 56:47
8 Thomas Sisemore 1:01:26
9 Russ Earp III 1:03:04
10 Lucien Ellington 1:09:52
11 Bill Moran 1:09:54

FEMALE AGE GROUP: 60 - 64

1 Bonnie Wasson 1:16:17

MALE AGE GROUP: 60 - 64

1 Cyrus Rhode 52:35
2 Dane Scholes 54:50

MALE AGE GROUP: 65 - 69

1 Sergio Bianchini 43:04
2 Carl Wright 53:14
3 Walt Sinor 1:00:20
4 David Wycherley 1:12:46
5 Phil Thomas 1:18:03

Raccoon Mountain Round the Rim 10K – 2008

FEMALE OVERALL

1 Kimberlie Morris 45:29

MALE OVERALL

1 Joseph Goetz 35:57

FEMALE MASTERS OVERALL

1 Connie Mills 52:37

MALE MASTERS OVERALL

1 Hugh Enicks 37:33

FEMALE GRAND MASTERS OVERALL

1 Sue Anne Brown 57:25

MALE GRAND MASTERS OVERALL

1 William Warner 38:24

FEMALE AGE GROUP: 1 - 19

1 Sarah Woerner 52:05

MALE AGE GROUP: 1 - 19

1 Marco Bianchini 49:07

FEMALE AGE GROUP: 20 - 24

1 Laura Davies 51:27
2 Erin Rayburn 51:32
3 Kathleen Murray 1:02:01

MALE AGE GROUP: 20 - 24

1 Charles Webber 39:30
2 Nathan Harper 44:20
3 Keith Jones 51:34

FCA 5K Run Results – 2008

FEMALE AGE GROUP: 1 - 10

1 Heidi Kalua 39:27

MALE AGE GROUP: 1 - 10

1 Jonathan Boyd 27:24
2 Jake Cash 30:05
3 Kevin Kalua 39:29
4 Barton Dixon 46:59

FEMALE AGE GROUP: 11 - 13

1 Caitlin Duggan 22:26
2 Shelby Balch 22:29
3 Sarah Kate Gartman 23:59
4 Kierstynn Conley 25:08
5 Alexandra Whittingto 27:08
6 Lindsey Cash 27:43
7 Kaitlyn Richardson 28:13
8 Jeneva Steffes 29:47
9 Anna Behrends 29:57
10 Katherine Gaither 30:46
11 Corrie Oates 31:47
12 Caroline Duggan 31:55
13 Ruth Hinchman 32:08
14 Kelsie Key 32:53
15 Kristin Richardson 41:15
16 Amanda Escandon 44:13
17 Holly Kalua 45:34

MALE AGE GROUP: 11 - 13

1 Nick McCormick 19:30
2 Grant Hacherl 20:41
3 Klanvel Cruz 22:41
4 Michael Fortner 23:10
5 Tyler Tipton 23:33
6 Andrew Helton 23:34
7 Gabriel Rich 23:48
8 Garrett Tallent 24:08
9 Austin Nordyke 24:11
10 Ben Oates 24:30
11 Zachary Mercer 26:05
12 Steven Cook 26:38
13 Mathew Gist 27:11
14 Chad Flanders 27:39
15 Cameron Beem 28:02
16 David Templeton 28:08
17 Michael Thelen 30:17
18 Samuel Hinchman 30:49
19 Tanner Layne 31:00
20 Erik Rowell 31:55
21 Lucas Slade 32:57

FEMALE AGE GROUP: 14 - 18

1 Johanna Gartman 18:56
2 Jacquelin Pitcock 20:07
3 Stephanie Shipley 21:05
4 Katie Arnold 21:17
5 Lauren Gocke 22:37
6 Catherine Ellis 22:49
7 Hannah Travis 23:41
8 Abby Gibbons 24:06
9 Amanda Lann 24:09
10 Hannah Jenkins 24:51
11 Emily Tinker 24:56
12 Payton Smith 24:59
13 Chantal Dye 25:00
14 Mallory Dyer 25:08
15 Ari Vilchis 25:24
16 Taylor Hidalgo 25:28
17 Davinty Tallent 26:11
18 Alyssa Stephens 26:20
19 Katie Thompson 26:24
20 Rochelle Nordyke 26:24
21 Bonnie Randall 26:25
22 Jordan Malone 26:29
23 Lindsey Catlett 26:31
24 Corinne Hughes 27:41
25 Lauren Oakes 27:41
26 Ashley Haston 28:25
27 Kimberly Whitaker 28:59
28 Jenna Dedike 30:17
29 Layla Whithe 30:29
30 Bayan Meacham 30:33
31 Julie Tomey 30:35
32 Christina Young 30:54

33 Abby Horton 31:24
34 Amanda Paul 31:47
35 Kaitlyn Nordyke 32:12
36 Mindy Collier 32:23
37 Laura Patty 32:27
38 Catherine Ledbetter 32:34
39 Alivia Doss 32:58
40 Genny-Marie Haston 35:19
41 Carrie Minnis 35:48
42 Claire Lutrick 39:29
43 Sarah Cooksey 41:34
44 Heather Kalua 45:34

MALE AGE GROUP: 14 - 18

1 Artemio Pascual 18:03
2 Isaac Pacheco 18:52
3 Ryan Hacherl 19:08
4 Jake Curtis 19:16
5 Matt Thompson 19:29
6 Kenny Steffes 19:35
7 Michael Zeiser 19:50
8 Jake Dedeker 19:52
9 Michael Shepard 19:56
10 Daniel Duk 20:11
11 Ryan Gardner 20:15
12 Caleb Bennett 20:19
13 Justin Freeman 20:20
14 Jacob Thacker 20:22
15 Isaac Hinchman 20:24
16 Adam Roddy 20:29
17 Andrew Enicks 20:36
18 Cole Carvour 20:40
19 Quentin Carter 20:44
20 Marco Bianchini 20:48
21 Michael Jones 20:49
22 Tyler Harvey 20:54
23 Zach Orrison 20:56
24 Zachary Gibson 21:01
25 Zqach Smith 21:05
26 Matthew Jenkins 21:08
27 Tyler Cruver 21:11
28 Caleb Sanchez 21:12
29 Chris Ennis 21:15
30 Sterling Hocomb 21:18
31 Tyler Fricks 21:25
32 Grant Powell 21:39
33 Jonathan Strickland 21:42
34 Andrew Gennett 21:43
35 Chase Walker 21:49
36 Micah Schweiner 21:52
37 Nick Hobbs 22:05
38 Jeb Johnson 22:11
39 Tyler Gebelein 22:12
40 Nick Xoinis 22:29
41 Tyler Montgomery 22:51
42 Scott Carey 22:53
43 Philip Hinchman 23:12
44 Justin Clark 23:12
45 Tyler Keys 23:20
46 Zach Eller 23:20
47 Scott Corcoran 23:29
48 Kolt Weaver 23:30
49 Trevor Gocke 23:47
50 Ben Scholl 23:56
51 Aaron Carpenter 23:58
52 Riley Sparks 24:02
53 Connor Ratchford 24:06
54 Gage McNabb 24:07
55 Aaron Covrig 24:27
56 Cole Kilgo 24:36
57 Quinton Gibson 24:42
58 Daniel Watkins 25:27
59 Brian Dougherty 25:32
60 Michael Nordyke 25:54
61 Tony Naples 25:55
62 Zachary Shipley 25:55
63 Ryan Oates 26:13
64 Clark Templeton 26:27
65 Taylor Maida 27:29
66 Aaron Sanchez 29:46
67 Jake Ralne 30:21
68 Kyle Brakke 30:47
69 Tyler Montgomery 34:02
70 James Larson 38:18

FEMALE AGE GROUP: 19 - 24

1 Lisa Massey 21:15
2 Leslie Becht 21:29
3 Laura Hall 22:25
4 Karin Krey 22:31
5 Rachel Anderson 23:47
6 Tara Hoffman 31:38
7 Kate Tucker 36:32
8 Victoria Due 55:42

MALE AGE GROUP: 19 - 24

1 Charles Webb 18:35
2 Adam Dodson 19:11
3 James Michael Strick 20:05
4 Mitchell Deacon 20:06
5 Clay Hoover 20:12
6 Jared Barton 20:31
7 Bruce Smith 22:12
8 Will Pryor 22:52
9 Tim White 23:03
10 Nolan Wehr 23:49
11 Brad Hughes 24:46
12 Ben Johnson 24:48
13 Perry Mark Bivens 25:19
14 Jeremy Kluttz 27:42

FEMALE AGE GROUP: 25 - 29

1 Julie Simmons 22:16
2 Amy Haddock 24:02
3 Rachel Dunn 25:14
4 Mandy Houts 25:29
5 Rachel Baker 25:58
6 Lana O'banoir 26:57
7 Amanda Morgan 29:14
8 Ashley Williams 29:53
9 Courtney Mecco 29:58
10 Jackie Orton 33:02
11 Natalie Fleri 35:03
12 Lynsey Parker 41:02
13 Christina Jezewski 41:07
14 Nicole Ross 46:47
15 Tracy Kelsey 53:57

MALE AGE GROUP: 25 - 29

1 Joseph Goetz 16:41
2 Bill Brock 18:26
3 Francis Radnoti 21:54
4 Sam Simons 23:06
5 Jentry Tillman 24:17
6 Ronald Jones 24:23
7 Clinton Cooke 27:31
8 Miles Mason 28:00
9 Brandon Spurgin 28:09
10 Chris Lowery 29:48
11 David Henderson 32:20
12 Michael Gibbs 36:44

FEMALE AGE GROUP: 30 - 34

1 Emily Cooper 22:16
2 Spring Cornavaca 27:37
3 Juliet Jackson 28:23
4 Angie Owens 28:32
5 Cheryl Benton 29:07
6 Chasity Devlin 30:57
7 Elizabeth Petty 33:36
8 Cheryl Howe 34:16
9 Amanda Norton 43:28
10 Melissa Travillian 46:53
11 Shandra Burnett 47:48

MALE AGE GROUP: 30 - 34

1 Brendan Minihan 16:18
2 Seth Lewis 17:59
3 Russell Barry 19:04
4 Jason Hamrick 19:52
5 Adam Burnett 20:58
6 Josh Carter 21:21
7 Jason Cox 22:14
8 Andrew Montgomery 22:53
9 Kelly Bellar 23:18
10 Rusty Mawk 27:09
11 Kevin Burrows 28:15
12 David Kelsey 30:02
13 Andrew McMahan 32:09
14 Michael Strickland 34:33

FEMALE AGE GROUP: 35 - 39

1 Christie Ledford 26:34
2 Sonya Reagor 26:43
3 Deanna Lord 26:59
4 Sheila Porada 29:34
5 Monica Daum 30:41
6 Rita Newman 31:03
7 Wendy Oates 31:48
8 Karol Getz 31:51
9 Devorah Sanchez 32:10
10 Grace Tuju 32:30
11 Shannon Rainwater 32:36
12 Shonda Boring 34:58
13 Lisa Felker 35:23
14 Jabrina Willard 36:12
15 Michelle Richardson 41:15
16 Jennifer Worley 43:28

MALE AGE GROUP: 35 - 39

1 Darron Boyd 18:38
2 Phillip Avans 19:41
3 Les Conner 20:03
4 Dan Ellis 20:13
5 Neal Potter 22:02
6 Chris Selman 23:58
7 Shawn Reynolds 26:06
8 Jay Mullin 26:11
9 Jeff Kelle 27:10
10 Joel Gates 27:18
11 Ryan Berube 27:20
12 Joel Henderson 27:47
13 Andrew Bender 27:56
14 Greg Davick 32:24

FEMALE AGE GROUP: 40 - 44

1 Jan Gautier 19:30
2 Joan Vos 22:44
3 Christine Post 24:17
4 Sharon Armour 27:18
5 Laura Hinchman 28:06
6 Bernice Delaney 28:16
7 Nicole Ellis 28:24
8 Yolanda Bell 28:26
9 Anne Mahoney 28:55
10 Amy Boles 29:09
11 Kim Boyd 29:28
12 Elaine Cook 31:52
13 Sandra King 31:57
14 Elizabeth Higgins 32:25
15 Connie Cline 32:42
16 Regina Shepard 32:46
17 Beverly Key 32:57
18 Sherry Johnson 34:02
19 Kim Cash 47:21
20 Crystal Mcreynolds 47:54
21 Michelle Dye 55:41

MALE AGE GROUP: 40 - 44

1 Dean Thompson 17:46
2 Joe Sneed 18:09
3 Robert Davis 18:40
4 Warren Sinor 18:52
5 Ryan Shrum 19:18
6 Rick Schumacher 21:08
7 Rodney Walker 21:24
8 Eric Whittington 22:39
9 Scot Schannuth 23:36
10 Howard Reagor 24:04
11 Gary Hobbs 24:13
12 David Moghani 24:19
13 Dan Boles 24:23
14 Tony Gardner 24:53
15 Jay Dedeker 25:21
16 Brad Hinchman 25:30
17 Todd Shepard 26:25
18 Tom Getz 26:56
19 David Boyd 27:24
20 Chris Richardson 28:18
21 Carl Miller 30:33
22 Joe Callahan 30:58
23 David Champion 31:31

Show Your Club Off and Win a Covershot



Andy Warhol once said “In the future everyone will be famous for fifteen minutes”. Have you ever wondered when YOUR fifteen minutes of fame would happen? If you feel you are long overdue for fame, here’s your chance!

The CTC is beginning a new “Show Your Club Off” contest. The rules are simple: send us a picture of you, (or friends and family), sporting CTC apparel while traveling. Be creative! Socks, hats and water bottles are included in the list of items you can feature – not just singlets and T-Shirts!

Review your collection of race pictures. What were you wearing when you ran your last marathon, half-marathon or 5K? What did you take with you on your last vacation? We would love to see that picture of you touring the world with a CTC water bottle in hand!

Planning a trip or an out of town running occasion? Have business trip planned to an unusual locale? Take something from the CTC with you and have your photo taken! Please be sure to have some feature of the photo that proves you are away from home.

The winner each month will be featured in the up-coming Jogging Around. You may even make the cover! Granted, it’s not “The Rolling Stone”, but Andy wasn’t specific about how famous we’d all be – just that we could all be media darlings!

So, start snapping those pictures and email them our way. We’ll be waiting.

Symphony Classic 5K Run Results – 2008

FEMALE OVERALL RESULTS

1 Amy Baird 22:31

MALE OVERALL RESULTS

1 Geno Phillips 16:53

FEMALE AGE GROUP: 1 - 14

1 Shelby Balch 24:11
2 Katherine Gaither 29:32
3 Michaela Leat 38:31

MALE AGE GROUP: 1 - 14

1 Nick McCormick 18:45
2 Andrew Helton 22:49
3 Alexander Ramey 23:07
4 Joseph Morris 25:37
5 Justin Stewart 30:47
6 James Larson 33:16

FEMALE AGE GROUP: 15 - 19

1 Chantal Dye 23:19

MALE AGE GROUP: 15 - 19

1 Will Morgan 19:50
2 Andrew Enicks 21:10
3 Tyler Keys 21:59

FEMALE AGE GROUP: 20 - 24

1 Alison Counts 28:35
2 Janell Brodrick 29:46
3 Kelsie Lendermon 29:49
4 Keri Brooks 30:05

MALE AGE GROUP: 20 - 24

1 Chas Webb 17:59
2 Adam Dodson 19:03
3 Daniel Byers 24:33
4 Dustin Freeman 31:11

FEMALE AGE GROUP: 25 - 29

1 Brandin Prettyman 25:40
2 Jennifer Terry 30:50
3 Rebecca Ammons 32:06

4 Kristina Welke 32:13
5 Amanda Canada 33:07
6 Kelly Bergman 33:28
7 Christy Smith 35:33
8 Christina Tracy 38:52
9 Rebecca James 45:25
10 Susan Whitacre 45:26

MALE AGE GROUP: 25 - 29

1 Daniel Parson 21:44
2 Patrick Johnson 23:48
3 Nik Meeks 25:00

FEMALE AGE GROUP: 30 - 34

1 Lisa Drew 24:13
2 Catherine Martin 28:07
3 Shannon Derogatis 28:17
4 Jennifer Somerville 29:53
5 Ashley Winegarden 30:05
6 Tiffany Riley 30:10
7 Aimee Robert 34:29
8 Amanda Lucas 34:29
9 Virgen Illa 35:49
10 Andrea Burns 38:15
11 Anne-Michelle Seiler 38:15
12 Laura Israel 39:28
13 April Channell 39:42

MALE AGE GROUP: 30 - 34

1 Seth Lewis 18:17
2 Brian Canny 22:44
3 Eric Campbell 27:01
4 Stephen Regan 27:29
5 Eric Parker 28:52
6 Jonathan Hagen 29:12
7 Andrew McMahan 32:51
8 Herry Tjhia 34:41

FEMALE AGE GROUP: 35 - 39

1 Dianna Leun 23:25
2 Paige Phillips 28:14
3 Tanya Swann 28:48
4 Jo King 30:23

5 Laurel Zahrobsky 30:34
6 Michele Connell 31:23
7 Jennifer Morrison 32:01
8 Cindy Wilson 36:35
9 Elizabeth Dibasio 38:30

MALE AGE GROUP: 35 - 39

1 Justin Guy 18:22
2 Phillip Avans 19:29
3 Les Conner 20:03
4 Carl Durham 23:01
5 Eliza Barrera 23:37
6 Mathew Martin 23:40
7 Adam Stimart 24:53
8 Bill Kaska 26:23
9 Andrew Bender 27:50
10 Jay Dale 28:24

FEMALE AGE GROUP: 40 - 44

1 Barbara Ensign 24:58
2 Dominique Gable 31:18
3 Terri Satterfield 39:49
4 Cindy Minter 42:14

MALE AGE GROUP: 40 - 44

1 Joe Sneed 18:02
2 Aaron Althouse 22:58
3 Tony Gardner 24:18
4 Peter Lund 25:13
5 Bryant Siragusa 26:10
6 Fred Schendel 26:14

FEMALE AGE GROUP: 45 - 49

1 Jill Richmond 25:52
2 Tammy Larson 37:17
3 Dana Layne 41:25
4 Lisa Meek 41:30

MALE AGE GROUP: 45 - 49

1 Tim Holmes 20:00
2 Lee Davis 20:57
3 Timothy Morris 21:43
4 Mark Stewart 26:52

FEMALE AGE GROUP: 50 - 54

1 Melodie Thompson 29:16
2 Kathy Fulton 37:17

MALE AGE GROUP: 50 - 54

1 Michael Leary 21:47
2 Richard Mathis 22:11
3 Miles Tenenbaum 24:21
4 Harrel Cox 27:22
5 Bill Brock 28:37

MALE AGE GROUP: 55 - 59

1 Carey Watson 21:53
2 Richard Phillips 23:45
3 Carter Lynch 25:33
4 Thomas Sizemore 27:04
5 Chris Parrott 27:21
6 John Smithson 35:02

FEMALE AGE GROUP: 60 - 64

1 Sue Ann Brown 27:16
2 Pat Cory 31:21

MALE AGE GROUP: 60 - 64

1 Russ Haynes 26:30
2 Thomas Cory 28:34
3 Jerry Dale 32:54
4 Robert Seale 33:29

MALE AGE GROUP: 65 - 70

1 Doug Hawley 24:44
2 Roy Dye 25:15
3 Jesse Robertson 26:50
4 Abner Oldham 31:33
5 Phil Thomas 32:33



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Make checks payable and return to:

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 that?](#))

\$ Amount In Memory Of (optional)

**A Chance to See Your
Ideas In Action**

Recently, the Chattanooga public was invited and encouraged to visit Enterprise South on Saturday, Sept. 20, to see the new 2,800-acre nature park, a project that is in the works, by the City of Chattanooga and Hamilton County Parks and Recreation Departments.

While on the tour, everyone was given an introduction to the area, a brief history, and an opportunity to give suggestions and ideas to the Parks and Recreation Department leadership.

Families were also invited to bring their bicycles for a bike ride tour along the 6.5 mile paved trail through the park.

This paved trail is a great new addition to the Chattanooga area's growing number of public running/walking spaces. Though the tour is over, the CTC is encouraging its members to visit and use the new trail. As fortunate denizens and runners in one of America's top 20 Best Town's (Outside Magazine, Aug, 2008) we have been given a wonderful opportunity to provide input into this exciting new park. The suggestions of runners today can influence the design of permanently built running environment that will benefit runners of the future.

Your Running Doc...On Injury Prevention

Part 1 – Train Smart, Not Hard

No matter how you might characterize yourself in terms of your running ability or aspirations (marathon runner, casual, triathlete, etc.) you are at risk of running injuries if you are reading this article. The reason is that all runners who choose to run with a specific (albeit sometimes vague) goal in mind, never, ever, lack sufficient motivation to train.

Distance runners, as a breed, are different from other people. They get up and run when it is dark. They exercise when it is hot. They exercise when it is cold. And they usually do it all with a single goal in mind. That goal could be to run one's first 5K. It could be to finish a marathon. It could even be to qualify for Boston. The one common thread these goals share is that they simply cannot be achieved without sufficient initiative and dedication.

If one happened to be strong as an ox, but half as smart, it is possible that the senseless runner might show up on the starting line and actually finish one of the aforementioned events, without sufficient training. This however, would probably result in some level of injury. It would certainly be a recipe for an unenjoyable, if not painful, event. So that is where this short series of articles comes in. As a podiatrist, foot and ankle surgeon, runner and triathlete, I will (hopefully) steer you in the right direction ... away from injury and toward a memorable day with a great race, and an accomplished goal.

Throughout this weekly series leading up to the Chickamauga Battlefield Marathon, we will discuss specific common injuries and the means to avoid them. We will discuss training, shoes, common mishaps and mistakes, all in order to allow you, the running neophyte, marathon hopeful, or seasoned runner to avoid injury.

So, given that you are now already a couple of weeks into the CTC Marathon or half Marathon training program (... you are following a program right?) we should talk basics. Simply put, you should have a goal and a means to get there. That means you have a sensible, reasonable training plan or schedule to keep you on track. Lucky for you the CTC has already done this for you. Now all you have to do is stick to it! The point I want to make is that as a highly motivated athlete (and you are, if you are reading this) you are at serious risk of overtraining.

You do not get stronger, faster, better by running yourself into the ground. Your body actually suffers tissue damage on your long runs, speed sessions, etc. You get stronger when you recover. The process of rebuilding those tissues is what leads to stronger muscles, increased biomechanical efficiency and improvement. This happens after, not during, those runs. Granted you need to put in the miles, but fight the temptation

to squeeze in a few extra miles on your scheduled rest days. It will not help. Rest or cross-train as instructed in your training program! The folks with the CTC who devised the marathon and half marathon schedules will not lead you off course. Trust them, listen to them, and you will feel strong on race day.

I wanted to share a quote I heard long ago about marathons. "When it comes to a marathon, no one can do it for you. That medal is earned with black toenails and long runs in the dark." If you have experienced the black toenails, you have already suffered a preventable injury. I've done it myself, so don't feel bad. Next week we will talk about shoes ... your first line of defense against injury

Part 2 – Running Shoes as Injury Prevention Gear

Proper running shoes prevent injury. I am a foot and ankle surgeon. I am also an Ironman triathlete. I wear the very best running shoes. The very best for me, that is. Which of course implies that there is also a very best running shoe, just for you, as well. The shoes that are best for me are specific to my activity level, running style and foot type. For you to find the shoes that will help you to run most efficiently, and also help to prevent injury, you will need to know your running style and foot type as well.

At this point, I will let you in on a secret. You don't need to see a foot doctor, or even read the rest of this article, if you might be in a hurry (because you are afraid you will miss one last run today). If you go to one of the few local running shoe stores here in Chattanooga, you will get free advice about which shoes are best for you. I can say, they know what they are talking about. Now, if you want to learn anyway, read on.

When considering new running shoes, take past experience with shoes into account, but don't bank on it. The shoes you love now, may look similar and even have the same name next season, yet the fit and characteristics may be completely different. If you have logged a lot of miles with a given model, you may want to buy more than one pair now. The reason is that manufacturers will frequently make unannounced design changes. These changes can vary from width, to cushioning, to major structural midsole alterations. I used to run in a shoe I loved, and then they suddenly changed the last (the form on which the shoe is constructed) and made the toe box smaller. The result was a shoe with the exact same name, that I couldn't wear anymore.

If you have a pair of shoes that always causes blisters, heel pain, or shin splints, obviously, you should try something else. Having said that, if you have any pain from your shoes when

you run now, you should drop those shoes in one of the “Keeping Chattanooga On Their Feet” shoe donation bins around town. We have the locations listed on the Community Partners section of our www.AnkleCenter.com. If you do donate your old running shoes, I will personally see to it that they stop slowing you down, and go to help one of the 4,000 homeless people in Chattanooga. Treat yourself to a new pair!

Most runners have a rough idea about their foot type and this will determine what category of shoes will provide the right combination of cushion and support for your feet while you run. The three main types are “Motion Control,” “Stability Cushioning,” and “Cushioning.” Motion Control shoes are best for “over-pronators” who’s feet roll inward when they walk and run. Often associated with flat feet, these athletes have arches that flatten out completely when running. These folks need the added support of Motion Control running shoes to prevent injury. Stability Cushioning shoes are best for “Neutral Runners or Natural Pronators” with a medium arch. These feet disperse shock effectively when they walk and run. They need a shoe that maintains this natural pronation, protecting against over-pronation and preventing injury. Cushioning shoes are best for “Under-pronators or Supinators” who’s feet don’t roll inward when they run. These feet are often associated with high arches and are prone to shin splints and pain in the big toe joint. This foot type is often rigid and does not effectively absorb shock. They need flexible shoes with maximum cushioning against impact when running.

The wrong shoes can, and will, lead to injury. If you see an expert (found in a good running shoe store that maintains an excellent reputation among your local running community) you will get the right shoes. Then you just have to make sure you replace them before they are worn out and can no longer provide the shock absorption and/or support your body needs. Even if you use custom orthotics to correct some of the biomechanical limitations your foot type creates, worn out shoes will still lead to injury.

One of the most common questions I get from patients is “how many miles can I run before replacing my running shoes?” I typically recommend safely replacing running shoes every 200-300 miles. Your mileage may vary. For example, I

am 6’2” tall and weight nearly 200 pounds. I over-stride on downhills, which is high impact. I also usually either run on asphalt hills or concrete flats. Both are poison to running shoes. Now, if you weigh less, don’t over-stride, and avoid hills and concrete, you may be able to go 500 miles. Go more than that and you are flirting with disaster.

If you don’t count miles or calories, there are several ways to evaluate the structural integrity and wear on your running shoes. If you are a heel striker (you land on your heels first when you run) look at the back of your shoe. If you see wrinkles in the material on the back outside half of the sole, you have worn out the midsole material. The shoes can no longer provide sufficient shock absorption and should be replaced. If you are a forefoot striker (you land and run on your toes), look at the front outside edge of the sole at the ball of the foot. If you see wrinkles in the material here, you have worn out the midsole material and you need a new pair. If you look at the back of the shoe and the sole is compressed and tilting inward, you might need more pronation control. Start with the running shoe store for a new pair of shoes. If that doesn’t work, see a podiatrist. Always bring your old shoes to be evaluated at your visit. The wear patterns provide a great deal of information about your running style and possible injuries.

Once you get your bright, shiny new pair of running shoes, you have to break them in to avoid blisters and tendonitis. Do not show up for a Saturday morning long run and expect to show off your new shoes. I usually take my new ones on my long runs, but only wear them for the first 3 miles or so, then I switch back into my old shoes. Make sure you log at least 30 miles of short “break-in runs” before you go long. Your new shoes will still be bright and shiny for that long group run. That is, if the group can keep up with your new, more efficient stride long enough to notice!

Christopher Segler, DPM, AACFAS
MyRunningDoc.com
Ankle & Foot Center of Chattanooga (423) 877-8870
DrSegler@anklecenter.com
www.anklecenter.com

My Running Doc was established by avid runner, CTC member, Ironman Finisher, and Award Winning Foot and Ankle Surgeon Dr. Christopher Segler. His website, “myrunningdoc.com” provides runners with all the resources needed to stay fit, go long, run fast and be strong. His focus is injury prevention. With that in mind he has prepared a series of articles for you...the educated active athlete. Jogging Around will be featuring his articles in the next few issues.

The series is also on the Chickamauga Marathon and Half Marathon website as part the training section. Dr. Segler also plans to compile portions of the series for a compact, yet informative guide/book on running injury prevention. He intends to make this available (at no charge) to CTC members and registrants of the Battlefield Marathon.

Calling All Members – Run for Office!

Would you like to have more of a say in the track club? Would you like to give something back to the local running community? Then why not run for a position on the track club's board of directors?

In November the club will elect a new board of directors to serve from February 2009 to February 2010.

So what's this election and board of directors all about? Well, the board of directors oversees the operation of the track club and helps decide what direction the track club should take in the future.

There are several different ways you can get involved with the board – either as a director or as an officer.

Directors

The board of directors is made up of twelve directors who serve for two-year terms. As members of the board, directors serve on both the board and a board committee, such as the races committee, communications committee, or membership committee. Directors help shape the policies of these committees and the board and have voting privileges on the board.

This year, there are seven director positions open for election.

Officers

The board also includes eight officers who serve for one-year terms:

- **President** – The president executes a one-year plan for his or her term, sets the agenda of board meetings, appoints committees, casts tie-breaking votes, and represents the club in any affiliated organizations. To become president, a club member must first serve as Vice President/President Elect. In 2009, Charlene Simmons will serve as president.
- **Vice President / President Elect** – The President Elect assumes the duties of the president in his or her absence, completes tasks as assigned by the president, and assumes the office of the president if the president is unable or unwilling to serve. After one year of service as President Elect, this individual becomes president of the track club. The President Elect is an elected position that requires a three year commitment since the President Elect eventually becomes the president and in turn the past president of the track club.



- **Vice President of Races & Equipment** – The VP of Races & Equipment coordinates the activities and responsibilities the races and equipment committee. This committee oversees CTC races and CTC equipment and provides advise to non CTC race directors when requested.
- **Vice President of Communications** – The VP of Communications coordinates the activities and responsibilities the communications committee. This committee is responsible for the promotion of CTC races, the updating of the CTC web site, the publication of the weekly e-news, and the publication of Jogging Around.
- **Vice President of Membership** – The VP of Membership coordinates the activities and responsibilities of the membership committee. This committee is responsible for growing and maintaining the club's membership and for planning at least four programs a year including the election social and banquet.
- **Secretary** – The secretary keeps minutes at all board meetings and offers guidance on points of order and procedure during a meeting.
- **Treasurer** – The treasurer works with the club's bookkeeper to create financial reports and is responsible for insuring that the club has spent its money wisely, has paid all of its obligations, and has collected all debts owed to the club. The treasurer also files the club's Form 990 and helps create the club's yearly budget.
- **Past President** – After serving as president, an individual serves one final year on the board as the past president. In 2009, James Williams will serve as Past President.

This year we need to elect the Vice President / President Elect, the Vice President of Races & Equipment, the Vice President of Communications, the Vice President of Membership, the Secretary, and the Treasurer.

So Who's Eligible to Run?

To run for office as a director or an officer you simply need to be a member of the track club and have an interest in serving the club.

To be eligible to run for the position of Vice President / President Elect you need to have served on the board, as a director or officer, for at least one year in the past three years.

Directors and officers may serve no more that five consecutive years during a seven-year period.

How Do I Sign Up?

If you'd like to run for the board as a director or an officer please contact Charlene Simmons at c_simmons@bellsouth.net or 423-265-2942.

If you have any questions about serving on the board please feel free to contact Charlene or any of the members currently serving on the board of directors (a list of current board members is available in the front of JA).

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Date:

10/18/2008 8:00 am

Location:

Signal Mountain, TN

Phone for Info:

423-266-0605

Web Site:

<http://www.chattanoogatrackclub.org>

Distance:

10K

Awards:

* Pies! Fresh baked! Pies are also given randomly as prizes, often nearly all finishers get a pie.

Course Description:

On Signal Mountain with significant portions along the brow and with breathtaking views. Rolling to hilly.

Location, Facilities:

Signal Mountain Middle School
315 Ault Road
Signal Mountain, TN 37377





Miles, Smiles and Homemade Cookies

Group runs, designed to prepare runners for the Chickamauga Marathon and Half Marathon, began the week of July 21st.

The program includes two weekly runs:

- Wednesday night mid-week group runs leaving the Downtown Sports Barn (301 Market St, Chattanooga) at 6:15 pm
- Saturday morning group long runs – start times and locations vary and include several runs at the Chickamauga Battlefield.

Charlene Simmons is the leader of these groups and she is doing a wonderful job of helping runners of all levels enjoy their training while they prepare for their next distance event. Not only has Charlene carefully mapped out courses for each level of ability at every single run, she has also thoughtfully prepared water and PowerAde stops along the way too. Additionally, after the longer Saturday runs, she has homemade baked goods waiting at the finish line! A runner can get spoiled quickly training with these guys.

Newcomers and first timers are all enjoying the fellowship and comradery as they steadily grow closer to their various goals. The number of runners has been averaging about twenty-eight participants per session. At the time this article was written, the newcomers that began with a one mile run on the first week of training were preparing for their first ten-miler! That's exciting.

Another fun fact is that even though the groups were designed to help runners prepare for the Chickamauga Marathon and Half Marathon, there are several runners

ramping up for other races too. Among the group are two New York bound marathoners and at least one runner headed to Chicago.

One group member, nicknamed “The Energizer Bunny”, was a finisher in the 2007

Chickamauga Marathon. That was her first marathon and she's still celebrating! After that first marathon, she went on to tackle ING Miami. She is determined to keep going and going and going! Not only that, but her infectious smile and energy “power up” the other runners too. Her winning attitude is inspirational to many.

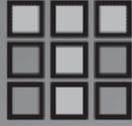
I have joined the group several times on Wednesday evenings and I speak from experience when I say that it has been great every time. I've run with different people each time and feel as though I've made some new friends along the way. I recommend this group to anyone that is training for a distance event or that is just looking for company to help the miles pass by. With runners with nicknames like “Flash” and “The Energizer Bunny”, how could you go wrong?

The success of these group runs has lead Charlene to believe that the groups will continue to meet after the Chickamauga Marathon. However, she offered one disclaimer when I asked about the future groups: “Don't expect homemade cookies and cake all year long!” Maybe she'll change her mind...



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lbrock@tech-projects.com

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF AUGUST 31, 2008

ASSETS:

CURRENT ASSETS

CHECKING/SAVINGS	
CD - ADD ON	\$11,055.32
CD 9 MONTH JR MARATHON 9/2/08	\$3,000.00
FIRST TN CHECKING	<u>\$20,327.98</u>
TOTAL CHECKING/SAVINGS	<u>\$34,383.30</u>

OTHER CURRENT ASSETS

UNDEPOSITED FUNDS	\$100.00
TOTAL OTHER CURRENT ASSETS	<u>\$100.00</u>

TOTAL CURRENT ASSETS **\$34,483.30**

FIXED ASSETS

EQUIPMENT	<u>\$21,790.31</u>
-----------	--------------------

TOTAL FIXED ASSETS **\$21,790.31**

OTHER ASSETS

ENDOWMENT FUND – EST. 7/5/05	<u>\$3,726.22</u>
------------------------------	-------------------

TOTAL OTHER ASSETS **\$3,726.22**

TOTAL ASSETS **\$59,999.83**

LIABILITIES & EQUITY

LIABILITIES

CURRENT LIABILITIES

OTHER CURRENT LIABILITIES

COMMUNITY FOUNDATION LIABILITY	\$5,000.00
CHARITY FEES PAYABLE	\$746.14

PAYROLL LIABILITIES

TOTAL OTHER CURRENT LIABILITIES **\$5,746.14**

TOTAL CURRENT LIABILITIES **\$5,746.14**

TOTAL LIABILITIES **\$5,746.14**

EQUITY:

 RETAINED EARNINGS \$55,074.68

 NET INCOME (LOSS) (\$820.99)

TOTAL EQUITY **\$54,253.69**

TOTAL LIABILITIES & NET ASSETS **\$59,999.83**



FALL Into A New Walking Routine!

As the leaves are beginning to change and the temperature drops, this is the perfect time of year to start a walking program! Besides the great weather and beautiful scenery, there are many advantages to start a walking program this time of year.

- 1.) Get ready for the holidays! By starting a walking program in the fall, you will create good habits for the upcoming holiday season and cold-weather months. It's much easier to stick with a routine you already have committed to rather than start a new one when it's cold outside.
- 2.) Take advantage of nature! When the leaves are changing colors and falling, it's a great time to visit local parks and trails and take in the scenery!
- 3.) Turn household chores into a workout! Raking leaves burns calories and gets your heart pumping, so get your yard ready for winter and do some yardwork for extra exercise!
- 4.) Support a cause! Use your new walking routine to train for an upcoming community walk. There are many upcoming events in Chattanooga - why not participate in one to promote good health? The American Diabetes Association Step Out! Walk to Fight Diabetes will be taking place October 11 at Riverpark. Participate in this fun-filled event with family or friends to promote healthy living!

Check out the WalkingWorks section of the BlueCross BlueShield of Tennessee website at bcbst.com for tips on how to get started, ways to add more steps to your day and more!

Joe McGinness Runner of the Year

Current Standings

MEN

Overall Men

Charles Webb (500)
Joseph Goetz (400)
Bill Warner (300)
Hugh Enicks (270)
Sal Coll (250)
Joey Howe (150)
Sean Pfister (170)
Clay Warner (160)
Zach Cowart (140)
Jonathan Warner (130)

Junior Men (0-14)

James Larson (200)
Nick Skonberg (100)
Holden Zenker (100)
Cameron Beem (100)

Young Adult Men (15-19)

Marco Bianchini (660)
Kenny Steffes (300)
Andrew Gennett (170)
Thomas Barker (100)

Adult Men (20-39)

Charles Webb (540)
Joseph Goetz (400)
Adam Burnett (390)
Zach Cowart (230)
Bruce Smith (200)
Clay Warner (190)
Sean Pfister (190)
Jonathan Warner (170)
Dan Ellis (160)
Matt Wiseman (150)

Master Men (40-49)

Sal Coll (480)
Hugh Enicks (300)
Mark Wisdom (290)
Joey Howe (270)
Mitch Samuelian (230)
John Gracy (220)
Ray Beem (210)
Ryan Shrum (180)
Chuck Denham (180)
Ray Kellum (150)

Grand Master Men (50-59)

Tommy Nichols (550)
Bill Warner (400)
Michael Leary (370)
Flash Cunningham (230)
John Crawley (190)
Bill Moran (180)
Don Gregg (180)
John Walker (180)
Butch Cooke (170)
John Wikle (150)

Senior Men (60+)

Sergio Bianchini (700)
Rich Phillips (470)
Cyrus Rhode (360)
Walter Sinor (330)
Doug Hawley (310)
Skip Patty (170)
Ted Hegenbarth (170)
Phil Thomas (150)
Jesse Roberson (150)
Jim Selman (150)

WOMEN

Overall Women

Lynda Webber (440)
Catherine Ellis (260)
Kirsten Johnson (260)
Charlene Simmons (240)
Missi Johnson (240)
Belinda Young (200)
Debby Vannoy (200)
Melodie Thompson (200)
Amy Mullens (170)
Bernice Delaney (160)

Junior Women (0-14)

Catherine Ellis (590)
Caitlin Duggan (280)
Kim Jade Wycherley (180)

Young Adult Women (15-19)

Lydia Gennett (100)
Claire Turner (100)

Adult Women (20-39)

Kirsten Johnson (430)
Rebecca Ammons (280)
Charlene Simmons (250)
Belinda Young (200)
Debby Vannoy (200)
Melissa Hicks (140)
Leslie Becht (130)
Vanessa Hammond (120)
Beth Ford (110)
Jennifer Funk (100)

Master Women (40-49)

Lynda Webber (580)
Bernice Delaney (430)
Gwen Meeks (400)
Betty Holder (300)
Missi Johnson (290)
Bridgette Wisdom (260)
Susan Gallo (170)
Linda Andreae (110)
Kelly Bullock (100)
Leigh Harris (100)

Grand Master Women (50-59)

Melodie Thompson (510)
Amy Mullens (400)
Theresa Samuelian (270)
Sarah Bowen (200)
Colleen Carboni (170)
Karen Webb (90)
Cindy Pointer (90)
Kathy Fulton (70)
Sandy Lane (60)
Marty Brown (30)

Senior Women (60+)

Bonnie Wasson (600)
Ann Garner (360)
Edwina Cohen (260)

3rd ANNUAL
OKTOBERFEST RAM RUN

Saturday, October, 25 2008

5K Race and 1 mile Fun Run/Walk

(Both races will be timed! Walking, skipping, and hopping
are encouraged and welcome as well.)

Awards and refreshments to follow race!

Please complete one form for each Participant

Make checks payable to: **OLPH Home and School**

Mail to:

Our Lady of Perpetual Help

Attn: Colleen Courter Teal

505 S. Moore Rd

Chattanooga, TN 37412

Registration begins 8:00 am

5K @ 9:30 am/ 1 mile @ 10:30am

Please check applicable.

Postmarked by October 20

After October 20

_____ 5K Run (age 14 +) \$20

\$25

_____ 5K Run (under 14) \$12

\$15

_____ 1 Mile Fun Run/Walk \$12

\$12

OLPH FAMILY RATE (4+ FAMILY MEMBERS) \$55

Please print:

Entrants Name:

Home Room Teacher 2008-2009

Address: City

State

Zip

Telephone #

_____ Age (on 10/25/08) _____

_____ Male _____

Female

E-mail Address for race

info _____

Circle Shirt Size Youth S Youth M Youth L

Adult S Adult M Adult L Adult XL Adult XXL Adult XXXL

Please read waiver carefully and sign below:

I know that running in a race is a potentially hazardous activity, and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Our Lady of Perpetual Help, all sponsors, their representatives and successors form all claims and liabilities of any kind arising out of my participation in this event even though this liability may be the result of negligence on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller blades, animals and headsets are not allowed in this race, and I will abide by these guidelines.

Participants Signature

Date

(If under 18, parent or guardian signature is required)

Guardian Signature

Date

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Chickamauga Battlefield Marathon, Half Marathon, Junior Marathon 2008

Top Reasons to volunteer to help at the marathon:

- 1 Get a volunteer race t-shirt in case you are running low.
- 2 Earn Runner of the Year points that could make the difference.
- 3 Meet new people with a common interest (unless you are a lone sentry in the boondocks).
- 4 Meet interesting people that are uniquely uncommon.
- 5 Tennessee vs Wyoming is not likely to be the SEC game of the week.
- 6 Feast on left over post race food.
- 7 It's easier than running it.
- 8 Be a part of great collective effort to put on the best distance race in the region.

Updates:

I noticed for the last article I forgot to extend the title. The marathon has something for everyone now, from those who want to qualify for Boston to kids that want to get active to spectators that want to watch a great event. Registrations are up from 2007 as much as gas prices. We are in the phase now where there always seems to be more things to do than people to do them. If you are not able to run and would be able to help we could use you. Sign up on the Chattanooga Track Club site, e-mail me (DougRoselle@comcast.net) or e-mail Ed (EdwardParrish@hotmail.com).

The sponsorship with Fort Oglethorpe is going great – local business and the city are helping however they can. Their vision is a community event that highlights the city, the connection with the Park, and the recreation opportunities. I am predicting this will be a significant partnership for the CTC and the marathon. A big change to remember is that this year Friday night packet pickup, pasta dinner and expo

will all be in Fort Oglethorpe on Barnhardt Circle where the race starts and finishes. Tony's Italian Restraunt in Fort O has signed on to cater the Pasta Dinner. The dinner will be held right next door and is open to anyone, it's a great opportunity to network, pasta load, and tell marathon stories with running folks from all over.



David Presley has been working hard on planning, measuring and certifying the marathon and half marathon course. I think very few of us realize how much work goes into not only mapping out a race course, but calibrating, measuring, re-measuring, and registering a course. I would bet that both courses will be as accurate as you can get.

Charlene Simmons is doing a terrific job organizing and leading the half and marathon training groups. This is a terrific example of the CTC mission to encourage and support running in the Chattanooga area.

We do need lots of help. If you can help for a few hours Saturday morning or for two days straight it all helps the marathon succeed.

VOLUNTEER OPPORTUNITIES

- Water Stops
- Course Sentries
- Finish Line
- Post Race Food/Drink
- Junior Marathon
- Registration/ Packet Pickup
- Packet Stuffing
- Pasta Dinner
- Many, many others

Chattanooga Track Club

Board of Directors Meeting Minutes

August 5, 2008 – Out of the Blue Cafe' on Brainerd Road

Board members present:

Edwina Cohen, Janice Cornett, Butch Cooke, Flash Cunningham, John Harrison, Sherilyn Johnson, Amy Mullens, Peter Murphy, Charlene Simmons, Lynda Webber, James Williams. Board members absent: Jimmy McGinness, Bill Moran, Steve Rubenstein, Theresa Samuelian, Walt Sinor, Jim Steffes, Melodie Thompson

CTC members present: Bill Brock and Doug Roselle

The meeting was brought to order by James Williams, President, at 6:00 p.m. – Sherilyn Johnson read the CTC mission

I. MINUTES/APPROVAL

The proposed minutes from the August 5 board meeting were briefly discussed.

Except for some minor changes to be made in Item II with respect to the June 2008 Profit & Loss YTD Comparison and a correction to the name of the chip system under Item VII (“IPEKO” to “IPICO”), the July 8 minutes were approved.

II. TREASURER'S REPORT – JAMES WILLIAMS (FOR JIM STEFFES)

Page one of the June 2008 Profit & Loss YTD Comparison shows the \$12,500 donation received by the CTC from the Hand Foundation. Not yet reflected is the total cost of the stairs built for the Waterfront Triathlon, which

will be about \$15,000 or \$16,000 but which will actually cost the Club about \$3,000, thanks to the donation from the Hand Foundation and receipt of the remaining proceeds from the Waterfront Triathlon (Bill Brock noted he would have the “final numbers” by the next Board meeting). Other income not yet reflected on the P&L: \$5,000 from the Riverbend Run.

Charlene noted that the race management fee shown on page two of the July 2008 Profit & Loss YTD Comparison should be \$2 for the Chattanooga Chase, the Chickamauga Chase, the Karen Lawrence Run and the Riverbend Run instead of the \$1 shown. She also noted that the Market Street Mile lost money for the CTC again this year and its future should be discussed. Finally, she points out that Team Magic expenses for the Waterfront Triathlon shown on page three of the P&L (\$15,000) should be reported differently and should not go under “Race Disbursements,” as this amount is to be refunded to the CTC by Team Magic. James acknowledged that there should be some clarification of the numbers shown on the P&L, and will get together with Connie and Jim about this.

Other than the items/issues discussed above, a motion was made by John Harrison – and seconded by Butch Cooke – to approve the financials.

III. RACE CALENDAR/ RACES COMMITTEE/ UPCOMING RACES – JAMES WILLIAMS (FOR WALT SINOR)

Walt was absent on 08/05/08 and therefore unable to provide a report to the Board. The next Races Committee meeting is scheduled for Tuesday, August 12, 2008.

Doug Roselle reported on current status of preparations for the Chickamauga Marathon and stated he had a “very positive” meeting with the park employees. They were unable, however, to approve his request to move the start of the marathon over to the Visitor's Center, as they felt this would interfere with other visitors to the park who were not participating in the marathon. Doug notes that Fuller Life Rehab Equipment kindly agreed to sign up for a \$2,500 sponsorship, and will be setting up a water table at the marathon. Betty Holder will be working on other sponsorship matters, as well as the race brochure. Yet to be finalized are medical services from Hutchinson, police services, and t-shirts. Doug is also working on getting the marathon listed in the Grand Prix race series at a cost of \$250, which will provide some very good publicity.

With respect to the Waterfront Triathlon, Charlene stated she never saw a final, Board-approved agreement between the CTC and Team Magic. James mentioned the material terms of the agreement were approved by the Executive

Committee last year. Charlene stated she wants to be sure that a signed contract is, in fact, in place. Bill Brock agreed to follow up on this with Team Magic.

Flash Cunningham provided a brief report on the CTC racing equipment, and stated that he was in the process of getting the logo changed on the trailer. He noted that he would also be working the Sports Barn Quintana Roo Sprint Triathlon on Sunday, August 10.

IV. COMMUNICATION CALENDAR/ COMMUNICATION COMMITTEE – JANICE CORNETT

Janice reported that the next issue of Jogging Around was going to the printer that week, and that the next meeting of the Communications Committee would be held on Wednesday, August 13 at 5:00 p.m.

V. MEMBERSHIP COMMITTEE REPORT – SHERILYN JOHNSON

Sherilyn reported that the Lookouts social event is scheduled for August 30. Admission fee, normally \$16, will be \$8.00 for members and \$12 for non-members. Cost will cover hamburgers, hot dogs, chips and dollar beer. She also reports that technical t-shirts with the new CTC logo are now on sale for \$15 each.

Amy has prepared a letter for all new members, and is working on membership cards.

Next Membership Committee meeting will be at 5:15 p.m. on Thursday, August 21 at Starbucks.

VI. PRESIDENT'S REPORT

James reported that discussions are continuing with BlueCross regarding their CTC sponsorship, and that renewal of the agreement will be effective as of August 1, 2008 (James will circulate the agreement to the Board for review once it is received by him). New term of sponsorship will be two years, with a two percent increase to be effective during the second year (\$9,400 and \$9,600, respectively). The CTC will continue to include the BlueCross Riverbend Run and the BlueCross Market Street Mile on its race roster next season, so any changes or issues concerning those races will need to be discussed by the Board. The Club will also continue with the "Walking Works" program for BlueCross employees downtown and at Eastgate.

James also reports that Don Bowman of the Sports Barn spoke with him recently, and that the Sports Barn would like to end its sponsorship agreement with the CTC because it wants to invest the money in new equipment and other things instead. James will meet with David Brock (a Sports

Barn co-owner) this week to discuss the matter further.

James notes there are other pressing issues that really need to be discussed this month – including the future of the Scenic City Half Marathon and identifying a director for the Riverbend Run – and set an Executive Committee meeting for 6:00 p.m. on August 26.

VII. OTHER

Charlene reports that all chip systems have now been researched and that two systems are up for final consideration by the CTC - ChampionChip and IPICO. ChampionChip will cost more money, but they have an established name and have been around longer. IPICO is a newer company, but its system is less expensive. It is also currently being successfully used by Team Magic, who says it gives great customer support and who used the IPICO "elite" system at the Waterfront Triathlon (the "little" system, alternatively, does not handle high density well and is for smaller races). IPICO chips will have a one-time cost of \$3.00 each. The rental cost for each ChampionChip will run \$6.00 *per year*. The CC system will require a CTC representative to attend a training session in Michigan, while the IPICO system does not require training due to the simplicity of its design.

After additional discussion among the Board members, it is decided that the club will purchase the IPICO "elite" system (at a cost of around \$15,000) rather than the IPICO "little" system (about \$7,000) in order to accommodate for growing numbers of race entries – and in order to accommodate other clubs with larger numbers of race entries who may be interested in renting the system when it is not being used by the CTC. It is noted, however, that one elite system could not adequately serve the Riverbend Run or the Chickamauga Marathon, and that "regional partners" (i.e., other track clubs owning IPICO systems) would have to be acquired from whom the CTC could rent or borrow equipment. Bill Brock states there should be some accountability for the system within the club, and recommends that someone be specifically appointed to take charge of it. He also suggests that a group of club members be trained to support and handle the system, and that specific rates be established for rental of the system by various organizations – who will also acquire a CTC "handler" for the system for the duration of their event. Flash makes a motion to purchase the IPICO elite system, and Butch Cooke seconds the motion.

Meeting adjourned at 7:30 p.m.

Respectfully submitted,
Lynda Webber
Secretary



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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 are 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.

Group Runs - New Start Times
Posted: Wednesday, June 18, 2008

New summer start times for several group runs:
* Monday night Fastbreak group will now meet
at 6:30 pm (instead of 6 pm)
* Tuesday night downtown Sports Barn group
will now meet at 6:30 pm (instead of 6 pm)
* Saturday morning downtown Sports Barn
group will now meet at 7:00 am
(instead of 7:30 am)

Get ROY points - in order to qualify
for an award

Walking Works

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

Group Run

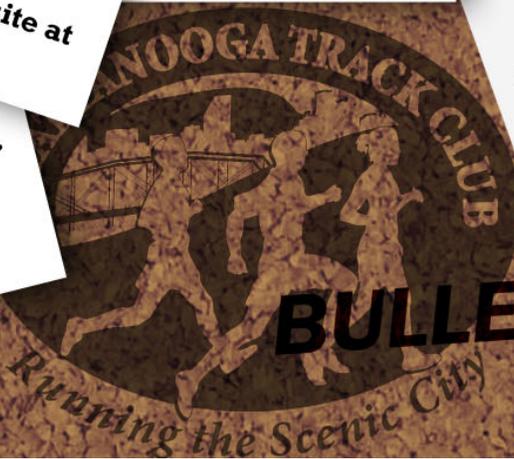
Getting Ready for a Marathon
New in town and need new long
distance running companions
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.

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

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.

SEPTEMBER

- 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
- 27 - Eaton 4-Miler
Site: Eaton, GA
- 27 - Hawk Hustle
Site: Shorter College - Rome, GA
- 28 - Race for the Cure
Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

OCTOBER

- 11 - Joe Johnson Mental Health 10K
 Site: Chattanooga, TN/Moccasin Bend
Info: www.chattanoogatrackclub.org
- 11 - Elijay Apple Festival 5K
Site: Elijay, GA

18 - Signal Mountain Road Race
 Site: Signal Mountain, TN
Info: www.chattanoogatrackclub.org

18 - Runaway Pig 3.6 Mile Run
Site: Dunlap, TN
Info: Tammy Colvard - 554-5052

25 - Southern Shuffle Moonlight 5K Run & 1 Mile Fun Run/Walk
Site: Southern Adventist University
Info: Robert Bengé - (423) 238-2111

25 - Ram Run for OLPH School
Site: Chattanooga, TN
Info: Christie Sell

NOVEMBER

8 - Chickamauga Battlefield Marathon, Half Marathon & Junior Marathon
 Site: Chickamauga, GA
Info: www.chattanoogatrackclub.org

15 - High Heel Race
Site: Chattanooga, TN
Info: Melissa Hicks

DECEMBER

13 - Wauhatchie Trail Run
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

MAY 2009

2 - Bill Gregory Healthcare Classic
Site: Northwest GA

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