



jogging around



Mardi Gras Marathon...
pages 12-13

Chattanooga Track Club

Officers

President
Charlene Simmons
c_simmons@bellsouth.net

VP/President-Elect
Sherilyn Johnson

VP/Races & Equipment
Ken Radley
uncleradley@comcast.net

VP/Programs & Communications
Lanise A. Hutchens
lanhutch@yahoo.com

VP/Membership
Kathy Fulton
FultonKathy@bellsouth.net

Secretary
Beth Ford
fordfoundation@gmail.com

Treasurer
Tim Holmes

Past President
James Williams

Directors

Lisa Barrett

Edwina Cohen
edwinafromtn@webtv.net

Butch Cooke
rlcooke@vei.net

Flash Cunningham
flashcunningham@comcast.net

Bill Moran
ctc_bill.moran@att.net

Peter Murphy
pmurphy@disabilityfirm.us

Teresa Samuelian
T_Samuelian@comcast.net

Walt Sinor

Oliver Trimiew

Staff

Bookkeeping: Connie Hall

Equipment Manager: Flash Cunningham

Design and Layout for Jogging Around:
Keith Finch



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Jogging Around

*A newsletter published eight times per year by
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Editors

Charlene Simmons
James Williams

Photographers

Bill Brock
Bonnie McGee
Kirk Bates

Layout/Design

Keith Finch

Printing

Shaw Printing Solutions

Ad Info

For Current Ad Information, please contact
Lanise Hutchins at lanhutch@yahoo.com.

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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Word from the Prez's Perch

Summer is upon us, bringing with it an exciting schedule of club races and events. In August we have the 36th running of the Missionary Ridge Road Race, which benefits the local chapter of the Red Cross and Team Bruner. Later in the month we have the Raccoon Mtn Round the Rim Run 10k, 5k & 5k Walk, which this year will serve as an RRCA State Championship.

On the social front, the club will be hosting a picnic at the Lookouts Game on August 22nd - more details are available at www.ChattanoogaTrackClub.com.

The board has also been busy this summer drafting a strategic plan for the club based on feedback and comments from you, the members, over the last few years. The strategic plan maps out goals and activities for the club to achieve over the next three years. Once the plan is finalized we'll publish it in the next issue of Jogging Around and make it available on the club's Web site.

Thanks to all the race directors and volunteers who made our spring and early summer races a success. Bill Moran grew the Scenic City Half Marathon, 5k and Charity Challenge to a record number of participants and helped raise over \$20,000 for the participating charities. In March, Bill Estes's 65 Roses 5k & Walk raised over \$60,000 for Cystic Fibrosis research. George Skonberg put another quality Chickamauga Chase 15k & 5k while raising money for the Friends of the Park. Walt Sinor and Charles Web stepped up as first time race directors, making the BlueCross Market St Mile & Mystery History Quest and the

Chattanooga Chase successes. Tammy Sitton contributed her unending dedication to make this year's BlueCross Riverbend Run & Walk one of the biggest in recent memory. And Bill Brock and Sherilyn Johnson, along with Team Magic, took the Chattanooga Waterfront Triathlon to a new height in both participation level and quality. Thanks to all of them for their months of dedication and hard work.

Also, all of you deserve a big thank you for helping make all of these races a success. With out the volunteer efforts of the club's members these events would not be possible. The sheer magnitude of member support was most visible at the Chattanooga Waterfront Triathlon were hundreds of you volunteered many hours of your weekend to make a great racing experience for the over 1,100 participants. Your efforts are also greatly appreciated at all of your races. Whether the club is putting on an event for a hundred runners or a thousand triathletes, we couldn't do it without the support of volunteers.

Finally, it's time to start looking forward to the fall and the Chickamauga Battlefield Marathon, Half Marathon, and Junior Marathon. Registration for all three events is already open, and going strong so if you're interested in running be sure to sign up before we hit the registration caps (registration rates increase Sept 1st). Training programs for the marathon and half marathon begun in July, but there is still time to join – learn more on the following pages.

Hope to see you out running or walking,
Charlene Simmons
CTC President

The Long Run

The Long Run is the endowment fund of The Chattanooga Track Club. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of these funds, and is appreciative of your generosity to help build this legacy for our community.

A State Championship Race in Chattanooga

By Theresa Samuelian

Chattanooga is having a RRCA (Road Runner's Club of America) State championship event. This is a special sanction race for the RRCA in the state of Tennessee. According to Melodie Thompson (our state representative) this is a first for the entire state.

The State Championship race is promoted thru the RRCA website, newsletters for additional participation for the race and recognition.

With that said, the 4th annual Raccoon Mountain – Round the Rim Run 10K race will be the championship event. The overall 10K winners will have special awards and will be excellent candidates for the RRCA Runner of the Year Awards. A 5K competitive race and walk are also on board for this year's event.

This is the 4th year for the Round the Rim Run, with support from both TVA and the Chattanooga Track Club. The event will benefit – Raccoon Mountain's Employees Partners in Education. TVA's Partners in Education (PIE) program assists schools in the Tennessee Valley in providing a quality education that ensures the future workforce and customer base have the knowledge and skills necessary to meet the challenges of the future. In further support to educational initiatives, TVA contributes surplus equipment, supplies and materials as well as cash contributions to public schools. The Partners in Education program provides supplies to schools, money for field trips,

school supplies, and supports educational opportunities. The race takes place at the Raccoon Mountain facility with the start and end of the race at Laurel Point. Participants need to arrive at the race start prior to the access gate being closed. The access gate will close at 7:00 AM EDT. The race will start promptly at 7:30 AM EDT. There is ample space for parking. The course is free of traffic and there is an abundant supply of clean air! The race provides participants with incredible views of the surrounding mountains and the Tennessee River. Numerous trees will provide participants shade. August can be hot and humid so there are several water stops on the course.

After the race, relax and enjoy race fare provided by Greenlife Grocery, Niedlov's Breadworks and Gatorade Endurance Formula. And what's a race in Chattanooga without some Moon Pies! As always, we will have some great door prizes and unique awards.

Race applications can be found around town at running stores, Sports Barn, YMCA, or you can register at Active.com. Additional information can be found at www.chattanooga-trackclub.com or contact race Director – Theresa Samuelian at t_samuelian@comcast.net for questions.

So, mark your calendars for Saturday, August 29, 2009 and come out and compete in a state championship race!



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RACCOON MOUNTAIN

ROUND THE RIM RUN

10K & 5K (10K-TN08046MS & 5K-TN08045MS)

5K WALK

SATURDAY, AUGUST 29, 2009

HOSTED BY CHATTANOOGA TRACK CLUB & TVA

JOIN US FOR THE 4TH ANNUAL EVENT TO BENEFIT TVA'S PARTNERS IN EDUCATION PROGRAM

THIS YEAR'S EVENT IS A RRCA STATE CHAMPIONSHIP RACE

START: ALL RACES WILL BEGIN AT **7:30 EDT SHARP**. THE ACCESS GATE TO THE RESERVOIR WILL BE CLOSED AT **7:00 AM EDT**. ALL PARTICIPANTS MUST ARRIVE AT THE START PRIOR TO THE GATE BEING CLOSED.



COURSE DESCRIPTION: THE COURSE WILL BE CLOSED TO TRAFFIC. THE COURSE BEGINS AND ENDS AT LAUREL POINT. THE 10K COURSE IS ONE LOOP AROUND THE RESERVOIR. THERE IS A GOOD HILL BETWEEN MILE 3 AND 4. THE 5K COURSE AND WALK ARE AND OUT AND BACK COURSE. THERE IS A SLIGHT CLIMB TO THE RESERVOIR. THERE WILL BE SEVERAL WATER STATIONS ON BOTH COURSES.

DIRECTIONS: FROM I-24 W, TAKE EXIT 175 AND MAKE A RIGHT ONTO BROWNS FERRY ROAD. TAKE A LEFT ON ELDER MOUNTAIN ROAD. FOLLOW THE ROAD UP THE MOUNTAIN AND TAKE A LEFT AT THE RACCOON MOUNTAIN ENTRANCE. FOLLOW SIGNS TO THE RACE.

FROM I – 24 E, TAKE EXIT 175 AND MAKE A LEFT ONTO BROWNS FERRY ROAD. TAKE A LEFT ON ELDER MOUNTAIN ROAD. FOLLOW THE ROAD UP THE MOUNTAIN AND TAKE A LEFT AT THE RACCOON MOUNTAIN ENTRANCE. FOLLOW SIGNS TO THE RACE.

FEES: \$ 20.00 UNTIL AUGUST 15, 2009, AFTER 8/ 15 \$ 25.00. CTC CURRENT MEMBERS MAY TAKE A \$2.00 DISCOUNT.

PACKET PICK-UP: WILL BE AT DOWNTOWN SPORTS BARN ON FRIDAY, AUGUST 28, 2009 FROM 4 – 7 PM. RACE DAY REGISTRATION AND PACKET PICK – UP FROM 6:30 – 7:15 AM EDT

AWARDS: FOR THE 10K & 5K RACE: OVERALL FEMALE & MALE, MASTERS (40 +), GRAND MASTERS (50+) AND FOR THE 10K -1ST, 2ND & 3RD PLACE MALE & FEMALE RUNNERS: 19 & UNDER -20-24 - 25-29 - 30-34 - 35-39 - 40-44 - 45-49 - 50-54 - 55-59 -60-64- 65-69- 70+ AND FOR THE 5K 1ST, 2ND & 3RD PLACE MALE & FEMALE RUNNERS: 14 & UNDER-15 - 19 –20- 29-30-39-40-49 - 50-59 - 60+

** THERE WILL BE NO DUPLICATION OF AWARDS.

QUESTIONS: PLEASE CONTACT RACE DIRECTOR – THERESA SAMUELIAN AT T.SAMUELIAN@COMCAST.NET OR WWW.CHATTANOOGATRACKCLUB.ORG

OFFICIAL ENTRY FORM: RACCOON MTN – ROUND THE RIM RUN

Name: _____ Email: _____

Address: _____

City, State, Zip: _____

Phone: _____ Age (on 08/29/09): _____

Sex: F ___ M ___ Event: 10K ___ 5K ___ Walk ___

Shirt Size: S ___ M ___ L ___ XL ___

Race shirts will be available race day for pre-registered runners. Late entrants will receive shirts while supplies last.

MAKE CHECKS PAYABLE TO: CHATTANOOGA TRACK CLUB

MAIL TO: CTC, PO Box 11241, CHATTANOOGA, TN 37401

Please read and sign waiver:

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 the Chattanooga Track Club, TVA, and its employees, officers, and directors, and all Raccoon Mtn Round the Rim Run Sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though this liability may be the result of negligence on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller-skates/blades and animals are not allowed in this race, and I will abide by these guidelines.

Participant's Signature Date _____

(If under 18, parent or guardian's signature) Date _____

I am the parent or legal guardian of the above-named minor participant, and I hereby give permission for said child to participate in this event. I have read and understand this waiver agreement, and I hereby agree, on behalf of myself and the above-named minor participant, to all of its terms.

Missionary Ridge Road Race Results (4.7 Mile) – 2009

MALE OVERALL		FEMALE AGE GROUP 50-54		7	Scott Hamby	42:19	9	Les Kertay	42:39				
1	Joseph Goetz	25:32	1	Pam Bearden	38:47	8	Michael Emerling	43:42	10	Stephan Bennett	42:51		
MALE MASTERS OVERALL				2	Karen Galyon	38:58	9	John Thompson	47:19	11	Michael Mason	43:39	
1	Tim Ensign	26:30	3	Susan Gallo	42:12	10	Adam Royer	49:54	12	Bill Moran	46:41		
FEMALE OVERALL				4	Colleen Carboni	42:57	11	Ted Bullock	49:54	13	John Henegar	47:28	
1	Sabrina Lefort	31:02	5	Melodie Thompson	47:41	MALE AGE GROUP 40-44		MALE AGE GROUP 60-64					
FEMALE MASTERS OVERALL				6	Betty Andersen	51:16	1	Ryan Shrum	29:35	1	Rich Phillips	35:50	
1	Jan Gautier	32:02	FEMALE AGE GROUP 55-59				2	Les Conner	29:56	2	Roy Webb	40:49	
FEMALE AGE GROUP 1-14				1	Patsy Ging	41:50	3	Mark Kuhn	30:54	3	Timothy Davis	45:29	
1	Katie Traffanstedt	50:18	2	Suzanne Haizlip	48:53	4	Aaron Mercer	33:53	MALE AGE GROUP 65-69				
2	Lindsey Cash	54:13	3	Kathleen Stanley	51:20	5	Barry Klein	34:40	1	Sergio Bianchini	34:53		
FEMALE AGE GROUP 20-24				FEMALE AGE GROUP 60-64				6	David Moghani	36:33	2	Doug Hawley	41:52
1	Sara Straussberger	39:05	1	Sue Brown	41:54	7	Patrick Douglas	38:52	3	Jesse Roberson	43:19		
2	Megan Bruner	40:02	FEMALE AGE GROUP 65-69				8	Jeff McDonald	39:45	4	Walter Sinor	47:08	
3	Brittany Garrett	42:17	1	Bonnie Wassin	55:14	9	David Wolfe	40:00	5	Jim Selman	51:24		
4	Taylor Andersen	47:55	MALE AGE GROUP 1-14				10	Geoff Rodgers	40:12	MALE AGE GROUP 70-99			
5	Jenny Godwin	51:05	1	Grant Hachel	34:21	11	Sean Coleman	41:13	1	Lee Meadows	1:05:17		
FEMALE AGE GROUP 25-29				2	David Enicks	37:14	12	Rick Hicks	41:29				
1	Elizabeth Sawyer	32:43	2	Walt Douglas	38:52	13	Paul Kasperen	42:00					
2	Jennifer Lars	39:12	3	Robert Thompson	49:18	14	Sujeel Taj	42:19					
3	Kari Morrison	39:23	4	Houston Nelson	1:00:40	15	Mark Gravelly	43:47					
4	Alison Counts	50:31	MALE AGE GROUP 15-19				16	Troy Ash	48:55				
5	Jenna Chavalia	50:50	1	Ryan Hachel	31:06	MALE AGE GROUP 45-49							
FEMALE AGE GROUP 30-34				2	Mark Straussberger	31:46	1	Hugh Enicks	27:30				
1	Emily Cooper	33:34	2	Andrew Bruner	32:16	2	Chuck Denham	29:17	2	Steve Smalling	40:14		
2	Beth Vargas	37:24	3	Caleb Bennett	36:29	3	Jude Hachel	32:53	3	James Arnold	41:17		
3	Caroline Outlaw	43:13	4	Andrew O'Neill	44:56	4	Ray Kellum	32:56	4	Jeff Malone	41:46		
4	Becky Sparks	44:03	MALE AGE GROUP 20-24				5	Mitchell Hayes	34:32	5	Mike Anderson	36:13	
5	Lacie Newton	47:56	1	Charles Webb	29:12	6	Howard Reagor	37:19	6	Mike Sparkman	37:23		
6	Leigh Todd	50:13	2	Will Morgan	30:39	7	Mike Pels	37:37	7	James Keef III	39:06		
FEMALE AGE GROUP 35-39				3	Evan Sharber	31:23	8	Jim Pels	37:37	8	Steve Smalling	40:14	
1	Louisa Hurst	42:26	4	Jason Hendrix	34:01	10	James Keef III	39:06	9	Steve Smalling	40:14		
2	Tara Murdock	42:30	5	Mark Nelson	1:01:12	11	Steve Smalling	40:14	10	James Arnold	41:17		
3	Mary Stoetzner	42:58	MALE AGE GROUP 25-29				12	James Arnold	41:17	11	Jeff Malone	41:46	
4	Lyn Douglas	44:14	1	Benjamin Palmer	30:50	13	Jeff Malone	41:46	12	Michael O'Neill	44:56		
5	Amy Burba	44:21	2	Adam Dodson	31:26	14	Steve Tompkins	45:44	13	Steve Tompkins	45:44		
6	Shannon Derogatis	45:00	3	Will Hutchinson	32:55	15	Jeffrey Hendee	48:24	14	Terry Haywood	51:13		
7	Michele Corbin	47:55	4	Adam Bryan	33:18	MALE AGE GROUP 50-54							
8	Danna Bailey	47:56	5	Eric Sisemore	33:54	1	Cliff Milam	32:40					
9	Catherine Hendee	54:44	6	Daniel Parson	37:55	2	Welton Davison	33:10					
FEMALE AGE GROUP 40-44				7	Jason Coffey	47:55	3	Moe Watson	33:48				
1	Belinda Young	34:05	8	Ashley Hammonds	49:08	4	Hugh Sharber	34:50					
2	Holley Kimsey	38:07	MALE AGE GROUP 30-34				5	Greg Nelson	35:04				
3	Barbara Ensign	39:04	1	Nicholas Selbo	25:57	6	Quint Mansell	36:08					
4	Treva Walshe	39:32	2	Jeff Edmonds	26:26	7	Claude Hager	36:13					
5	Sharon Freibrun	41:19	3	Alan Outlaw	27:33	8	Jeff Straussberger	36:54					
6	Kim Durham	41:48	4	Jason McKinney	27:55	9	Billy Bearden	38:14					
7	Lauren Hunt	42:04	5	Russell Barry	29:47	10	Doug Marquart	38:46					
8	Danna Vaughn	42:15	6	Matt Gregory	29:52	11	Walter Samper	40:16					
9	Tracey Wade	44:24	7	Paul Archambault	30:16	12	Rich Mercer	41:09					
10	Michelle Oneil	46:04	8	Adam Webb	30:57	13	Jim Dugger	46:29					
11	Karen Hayes	51:06	9	John Windom	32:53	14	David Halicks	46:53					
FEMALE AGE GROUP 45-49				MALE AGE GROUP 35-39				MALE AGE GROUP 55-59					
1	Laura Gearhiser	34:31	1	Jeff Powe	32:33	1	Terry Stawser, Sr.	33:13					
2	Corrine Henderson	41:58	2	David Wyke	34:12	2	Butch Cooke	37:31					
3	Gwen Meeks	42:47	3	Dale Burrell	34:24	3	John Crawley	37:48					
4	Monica Blanton	43:27	4	Shannon Ledbetter	34:36	4	Pat Hagan	39:36					
5	Vickie Blalock	43:28	5	Bradley Nance	35:07	5	Billy Henderson	40:09					
6	Linda Ruffin Ruffin	46:35	6	Timmy Johnson	38:36	6	Carter Lynch	40:17					
7	Lisa Chavalia	50:52					7	Randall Godwin	40:23				
								8	Billy Collier	41:53			

WalkingWorks for Fitness

If you have your sights set on increasing your fitness through walking this fall, plan your work and work your plan.

And be careful out there with your workouts. You don't want to jump ahead of yourself because you only have so many months or it's a beautiful fall day. Be smart about your personal fitness program.

Monitor your progress

Walking is effective for both weight loss and physical fitness. To get the maximum benefit from walking, you have to get the heart pumping and blood flowing. According to the American Heart Association, you can determine your target heart rate by taking your age and subtracting it from 220. Reaching your target heart rate not only measures your fitness level, it monitors your progress in a fitness program.

Remember:

- Monitor your breathing. Make sure you do not overexert yourself.
- Watch for any signs of a heart attack such as sweating, chest pains and dizziness.
- Start at a steady pace and gradually increase the intensity of the workout.
- Stretch before and after the workout to help relax your muscles.
- Always include a three to five minute warm up and cool down before and after your cardio exercise.

Did you know?

In a recent study conducted by the American Heart Association/American College of Sports Medicine, research showed that adults between ages 18-65 should get at least 30 minutes of cardio activity five days a week. Follow that rule, and you'll be well on your way to meeting your fitness goals.

If you are looking for opportunities to become more active and fit this fall, visit the BlueCross WalkingWorks program and click on the BlueCross WalkingWorks section of bcbst.com. For a complete listing of upcoming walking events in the Chattanooga area, visit Chattanooga Track Club at <http://www.chattanoogaclub.org>.



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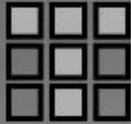
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www.frontrunnerathletics.com

Calling All Elementary School Children!

Registration for the 3rd Annual Chickamauga Battlefield Junior Marathon is now open. The junior marathon, which runs thorough the summer and fall, culminates in a special event at the Chickamauga Battlefield Marathon and Half Marathon on Saturday, November 14, 2009.



The event is open to children in grades first through six grade (school year 2009/2010). To participate in the junior marathon children need a parent to register them for the event and they need to pick up an official Chickamauga Battlefield Junior Marathon log sheet. Then, over the course of the summer and fall, children will run, jog, or walk a total of 25.2 miles at their own pace. Children can divide up the distance in any way they like; they just need to complete a total of 25.2 miles with adult supervision before November 14.

The final mile of the junior marathon will be completed during the actual Chickamauga Battlefield Marathon on Saturday, November 14, 2009. Runners who submit a completed log sheet and finish the last mile will receive a race number, t-shirt, finisher's medal, and goody bag.

Registration is already underway. The event is limited to just 500 runners, so sign up today. Registration will close when the race limit is met or on September 14, 2009, which ever comes first.

Registration forms are available at local YMCA and Sports Barns locations as well as Front Runner Athletics and Fast Break Athletics. You can also download a registration form at www.BattlefieldMarathon.com or www.ChattanoogaTrackClub.org.

The event is free to members of the Chattanooga Track Club and costs \$5 for non-members.



Chickamauga Battlefield Junior Marathon Entry Form

One Form Per Person Form May be Photocopied

Please Print

Name _____

Address _____

City _____

State _____

Zip _____

_____/_____/_____
Date of Birth

Telephone _____

Grade (School Year 09/10) _____

Parent Email _____

School _____

Male Female T-shirt Size YS YM YL S M L

Send completed Junior Marathon entry form and fee (if applicable) to:

Chattanooga Track Club
P. O. Box 4438
Chattanooga, TN 37405

Waiver/Release

I have entered my child in the Chickamauga Battlefield Junior Marathon knowing that running, jogging or walking a road race is a potentially hazardous activity, and my child should not enter or run, jog or walk unless my child is medically able and properly trained. I agree to abide by any decision of a race official relative to my child's ability to safely complete this event. I assume all risks associated with my child's running, jogging or walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this Waiver and knowing these facts and in consideration of your accepting my child's entry, I, for myself and anyone entitled to act on my and/or on my child's behalf, waive and release the Chattanooga Track Club, all sponsors, volunteers, RRCA from all claims or liability of any kind arising out of my child's participation in this event even though that liability may be the result of negligence on the part of the persons named in this waiver.

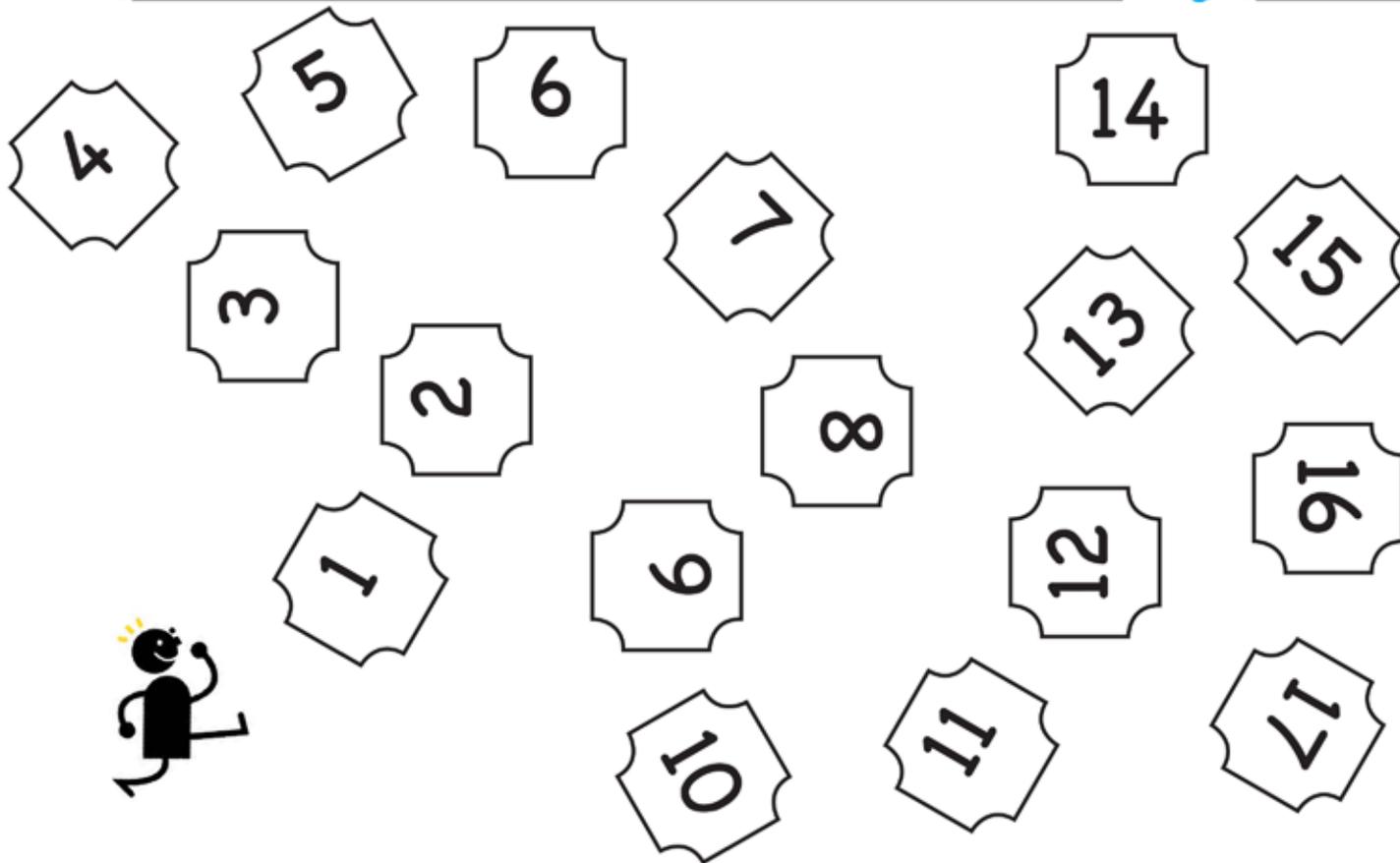
X _____

Parent or Guardian of Participant

Date _____

Name _____

Age _____



Chickamauga Battlefield Junior Marathon Official Mileage Log

After you finish running, jogging or walking each mile, color in the next mile marker starting with number 1.

Make sure an adult supervises your exercise. Bring this form with you to the Junior Marathon on November 14.

Packet pickup begins at 11 a.m. at 6 Barnhardt Circle, Fort Oglethorpe, GA. Your race begins at 12 noon. Remember, you must be pre-registered to participate.

Questions? Email Robert Gustafson at robtgus@yahoo.com, call 706-581-7666 or visit www.chattanoogatrackclub.org



Fall Marathon & Half Marathon Training Program

Summer may have just started, but its already time to start thinking about running a fall half marathon or marathon.

There are a lot of half and full fall marathons to choose from. We'd of course love you to run the Chickamauga Battlefield Marathon or Half Marathon on November 14, 2009. But we understand if you want to run a race elsewhere, as this frees you up to volunteer at the Battlefield race!

If you're planning to run one of the Chickamauga Battlefield races be sure to register soon. Last year's event sold out and this year registration will close the minute we hit our race cap.

Regardless of which fall event you choose to run it's time to start thinking about a training program to prepare you for your race.

CTC has developed beginner and experienced training schedules for both the marathon and half marathon. Later this summer we'll also be launching an official training program with group runs designed to prepare runners for the Chickamauga Battlefield Marathon and Half Marathon.

The training schedules and groups runs can easily be modified for any fall marathon, so we encourage all runners preparing for a half marathon or marathon to use the training schedules and join us for the group runs.

The marathon and half marathon training program includes:

- A training schedule mapping out weekly and daily mileage (see next *** pages)
- Wednesday night mid-week group runs leaving the downtown Sports Barn (301 Market St, Chattanooga) at 6:15 pm
- Saturday morning group runs – start times and locations vary and will include several runs at the Chickamauga Battlefield (see Saturday run schedule)

Weekly group runs for the Chickamauga Battlefield training programs begin the week of July 26th, although you're more than welcome to join our year round Wednesday night and Saturday morning groups runs already under way (check www.ChattanoogaTrackClub.org for information about meeting times and locations).

To learn more about the training program, and to sign up for weekly training program emails, please visit www.BattlefieldMarathon.com and click on "training."

Half Marathon Training Plans



Beginner Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
7/26	1-2 mi easy	Rest / XT	1-2 mi easy	Rest / XT	Rest / XT	2 mi long	Rest	4-6 mi
8/2	1-2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	2 mi long	Rest	5-6 mi
8/9	2 mi easy	Rest / XT	2 mi easy	Rest / XT	Rest / XT	3 mi long	Rest	7 mi
8/16	2 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	3 mi long	Rest	8 mi
8/23	2 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	9 mi
8/30	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	4 mi long	Rest	10 mi
9/6	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	5 mi long	Rest	11 mi
9/13	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	13 mi
9/20	3 mi easy	Rest / XT	5 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	16 mi
9/27	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	15 mi
10/4	3 mi easy	Rest / XT	4 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	17 mi
10/11	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	8 mi long	Rest	17 mi
10/18	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	10 mi long	Rest	19 mi
10/25	3 mi easy	Rest / XT	6 mi tempo	Rest / XT	Rest / XT	12 mi long	Rest	21 mi
11/1	3 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	6 mi long	Rest	12 mi
11/8	3 mi easy	Rest / XT	2 mi tempo	Rest / XT	Rest / XT	Half Marathon	Rest	18.1 mi

Prior to the week of July 26th you should build up your running to the point where you feel comfortable running a 2 mile long run. You should also be comfortable running a total of three days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two to three days a week, if you like.

Key to schedule:

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

Experienced Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
7/26	4 mi easy	Rest / XT	4 mi tempo	3 x 400	Rest / XT	8 mi long	Rest	18.75 mi
8/2	4 mi easy	Rest / XT	4 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	19.5 mi
8/9	4 mi easy	Rest / XT	4 mi tempo	2 x 1600	Rest / XT	8 mi long	Rest	20 mi
8/16	5 mi easy	Rest / XT	5 mi tempo	3 x 400	Rest / XT	6 mi long	Rest	18.75 mi
8/23	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
8/30	5 mi easy	Rest / XT	5 mi tempo	4 x 400	Rest / XT	8 mi long	Rest	21 mi
9/6	5 mi easy	Rest / XT	6 mi tempo	4 x 400	Rest / XT	10 mi long	Rest	24 mi
9/13	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	25 mi
9/20	5 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	10 mi long	Rest	24 mi
9/27	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	10 mi long	Rest	25.5 mi
10/4	5 mi easy	Rest / XT	6 mi tempo	3 x 1600	Rest / XT	8 mi long	Rest	26 mi
10/11	5 mi easy	Rest / XT	6 mi tempo	4 x 800	Rest / XT	8 mi long	Rest	23 mi
10/18	5 mi easy	Rest / XT	6 mi tempo	6 x 400	Rest / XT	12 mi long	Rest	27.5 mi
10/25	5 mi easy	Rest / XT	6 mi tempo	4 x 1600	Rest / XT	8 mi long	Rest	25 mi
11/1	5 mi easy	Rest / XT	5 mi tempo	3 x 800	Rest / XT	8 mi long	Rest	21.5 mi
11/8	5 mi easy	Rest / XT	3 mi tempo	Rest / XT	Rest / XT	Half Marathon	Rest	21.1 mi

Prior to the week of July 26th you should build up your running to the point where you feel comfortable running a 8 mile long run. You should also be comfortable running a total of four days a week.

During the training program be sure to take off at least one day a week from exercising. You can cross train for 30-40 minutes two days a week, if you like.

Key to schedule:

- Easy: run at an easy pace
- Tempo: run at race tempo pace
- Thursday: speed work run at 5k pace, warm up and cool down 1 mile each, take jogging break between sets (break should be half the distance of each set). Example: on a 4 x 400 day, you should warm up a mile, then run a 400 meter lap at 5k pace, then jog 200 meters, then repeat process three additional times, Finish with a one-mile cool down.
- Long: run at a pace at least one-two minutes a mile slower than your intended race pace
- Rest / XT: rest or cross train

For more information on groups runs and the half marathon training program please visit BattlefieldMarathon.com

Marathon Training Plans



Week	Monday	Tuesday	Wednesday (Beg./Exp.)	Thursday	Friday	Saturday	Sunday	Total Mileage
7/21	6 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	26 mi / 29 mi
7/28	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	12 miles	Rest	27 mi / 30 mi
8/4	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	14 miles	Rest	28 mi / 31 mi
8/11	6 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	10 miles	Rest	27 mi / 29 mi
8/18	5 miles	Rest / XT	6 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	32 mi / 34 mi
8/25	5 miles	Rest / XT	7 mi / 8 mi	4 miles	Rest / XT	18 miles	Rest	34 mi / 35 mi
9/1	4 miles	Rest / XT	6 mi / 8 mi	4 miles	Rest / XT	20 miles	Rest	34 mi / 36 mi
9/8	6 miles	Rest / XT	6 mi / 10 mi	6 miles	Rest / XT	10 miles	Rest	28 mi / 32 mi
9/15	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	Rest	32 mi / 35 mi
9/22	5 miles	Rest / XT	8 mi / 10 mi	4 miles	Rest / XT	20 miles	Rest	37 mi / 39 mi
9/29	6 miles	Rest / XT	7 mi / 8 mi	5 miles	Rest / XT	16 miles	Rest	34 mi / 35 mi
10/6	7 miles	Rest / XT	7 mi / 10 mi	7 miles	Rest / XT	10 miles	Rest	31 mi / 34 mi
10/13	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	20 miles	Rest	35 mi / 38 mi
10/20	4 miles	Rest / XT	8 mi / 10 mi	5 miles	Rest / XT	12 miles	Rest	29 mi / 31 mi
10/27	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	8 miles	Rest	22 mi / 25 mi
11/3	3 miles	Rest / XT	5 mi / 6 mi	3 miles	Rest / XT	Marathon	Rest	37 mi / 38 mi

Prior to the week of July 21st you should build up your running to the point where you feel comfortable running a 8 mile long run. You should also be comfortable running a total of four days a week.

Suggested Beginner Approach

Mondays – run at an easy pace

Wednesdays – run at race tempo pace

Thursdays – run at an easy pace, can add speed work after week 9

Saturdays – run at a pace at least one-two minutes a mile slower than your intended race pace

Suggested Experienced Approach

Mondays – run at an easy pace

Wednesdays – run at race tempo pace

Thursdays – speed work

Saturdays – run at a pace at least one-two minutes a mile slower than your intended race pace, with 4 miles at race pace

Half & Full Marathon Saturday Run Schedule



Date & Time	Start Location	Half Marathon Beginners	Half Marathon Experienced	Full Marathon Both Programs	Route
8/1 - 7:00 a.m.	Sports Barn	2 mi	8 mi	10 miles	Moccasin Bend
8/8 - 7:00 a.m.	Sports Barn	2 - 3 mi	8 mi	12 miles	Red Bank
8/15 - 7:00 a.m.	Sports Barn	3 mi	8 mi	14 miles	St. Elmo
8/22 - 7:00 a.m.	Camp Jordan	3 mi	6 mi	10 miles	Camp Jordan & Levee
8/29 - 7:00 a.m.	Sports Barn	4 mi	8 mi	16 miles	St. Elmo
9/5 - 7:00 a.m.	Battlefield	4 mi	8 mi	18 miles	Chickamauga Battlefield
9/12 - 7:00 a.m.	Battlefield	5 mi	10 mi	20 miles	Chickamauga Battlefield
9/19 - 7:15 a.m.	Camp Jordan	6 mi	10 mi	10 miles	Camp Jordan & Levee
9/26 - 7:15 a.m.	Sports Barn	8 mi	8 mi	16 miles	St. Elmo
10/3 - 7:15 a.m.	Battlefield	6 mi	10 mi	20 miles	Chickamauga Battlefield
10/10 - 7:30 a.m.	Sports Barn	10 mi	10 mi	16 miles	St. Elmo
10/17 - 7:30 a.m.	Sports Barn	8 mi	8 mi	10 miles	Moccasin Bend
10/24 - 7:30 a.m.	Battlefield	10 mi	12 mi	20 miles	Chickamauga Battlefield
10/31 - 7:30 a.m.	Sports Barn	12 mi	8 mi	12 miles	Red Bank
11/7 - 7:30 a.m.	Sports Barn	6 mi	8 mi	8 miles	Moccasin Bend
11/14 - 7:30 a.m.	6th Cavalry	13.1 mi	13.1 mi	26.2 miles	Race

Starting Locations (directions available at BattlefieldMarathon.com)

Sports Barn – Downtown Sports Barn (301 Market St., Chattanooga) – parking available in UNUM lot at corner of 4th & Cherry St.

Camp Jordan – located in East Ridge, TN (exit 1 off I-75) – park by arena

Battlefield – Chickamauga Battlefield Visitors Center – Fort Oglethorpe, GA – park at Visitor’s Center

6th Cavalry – 6th Cavalry Museum (6 Barnhardt Circle, Ft. Oglethorpe, GA)

For more information on groups runs and the marathon training program please visit ChattanoogaTrackClub.org

Why I Ran the Mardi Gras Marathon (or Am I Crazy or What!?)

By Kathy Fulton



Most people who know me are aware that I am passionate about just a few things- my beautiful daughters, my dance career and students, my dogs, and my hometown -New Orleans. I love the food, the people, the atmosphere, everything about it! My home is filled with artwork from New Orleans and my bedroom is painted in the traditional Mardi Gras colors-purple,green, and gold. And don't even get me started about Mardi Gras, my favorite holiday! When I can't go home for that holiday, depression and irritability take over.

So the news spread through the Wednesday night running group that there was a marathon in New Orleans during Mardi Gras season, the Mardi Gras Marathon. And everyone was going to do it. " I want to go, but I can't run a marathon," I thought. 'That's too far!"

But the more I thought about it,the more I wanted to do it. I wanted to cross the finish line of my first marathon in my hometown. I decided to train and do it. I told all my family and friends in New Orleans about it. My oldest daughter, Melanie and her husband , Drew made plans to do the trip down there with me. Melanie started loading up Mardi Gras beads weeks in advance to take with her to give out after the marathon. In other words-there was no getting out of this for me!

So the training continued, and my friend Bonnie listened to me groan and grunt and whine on those 8, 10, 15, and finally 20 mile training runs.And all of the wednesday night group was getting pumped up about heading to New Orleans Feb. 1st for the big event. The CA (coon ass), as I am known as, was really going to quit slacking and run a marathon!

We all made it down to New Orleans either by plane or road trip, and had 2 wonderful nights before the marathon ,eating and drinking in the French Quarter, or "carbo loading"!The weather was warm and wonderful, and it was great to spend time with my running buddies and my New Orleans family and friends all in one trip.

Marathon Day-typical New Orleans weather for february-chilly in the morning, and balmy as the day progressed. I ran the first 8 miles with Bonnie, acting as her tour guide for uptown New Orleans as we ran. Then nature called, Bonnie continued on , and I made a port-o-let pitstop. Then I continued the first half with some New Orleanians who kept assuring me that I was doing great, and was also cheered on by friends and family along the route. I also have to add here that Bonnie's husband, Jim, was a godsend to our group. He appeared at several places throughout the day to offer support, fruit, a differenr pair of shoes (for me), and whatever else we may have needed. His big umbrella (used as a way for us to find him) was a beautiful sight to see!

During the 2nd half of the marathon I began to realize all the hype about using vaseline to prevent chafing, and having the best fitting shoes and socks possible was not hype at all. I would have paid a million dollars for all of the above! I lost 2 toenails, and got severe axillary chafing by ignoring this advice.

About 6 hrs later, I crossed the finish line at the Louisiana Superdome, greeted by my family and track club friends- that was the best part of all! I was one tired , but happy CA. Would I do it all again ? I guarantee!

And here are comments made by the other amazing marathoners/half marathoners -

Bonnie- "I loved the big houses and trees in the Garden District."

Lee- "I loved that our whole group was there! And do not eat red beans and rice before you run a marathon. And I also met a celebrity at the expo!"

Melodie- " I loved it and want to go again!"

Walt- " It was nice to be the 1st to finish in our group- more beer!"

Lucy- " I loved seeing all the customers coming out of the bars on Bourbon Street to cheer us on! "

Chip- " Bourbon Street was very interesting- New Orleans is a nice place to visit , but I wouldn't want to live there!"

Bill- The New Orleans Mardi Gras Marathon and Half Marathon was a new experience for some members of our group- they experienced the need to "recover" before the race as well as afterwards!"

Brian-It was a well-run marathon....good food and drinks. Was nice to celebrate all finishers,especially our first-time marathoners.

Flash- Great marathon- just don't drink margaritas the night before! And no casinos or beer either!

Mitzi-Great time! Will go back next year!

Ann-Great time, great city! Great friends!

Phil- Where else can you run a marathon where bloody marys and martinis are served!

The author would also like to thank the staff of Amys Right Touch for repairing my feet post- marathon, and for the staff of Fast Break Athletics for getting me fitted in shoes so that my feet stay repaired!

About The Cover...

As part of the Chattanooga Track Club's new "Show off Your Club" photo contest, this month's cover shot is courtesy of Flash Cunningham.



Interested in entering the "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 upcoming Jogging Around. You may even make the cover!

So, start snapping those pictures and e-mail them our way. We'll be waiting.



2009 Chattanooga Waterfront Triathlon

By Bill Brock

Well, we did it again – the Chattanooga Track Club has now hosted its fifth annual Chattanooga Waterfront Triathlon, and this one was arguably our best ever!

Again, we sold out over two weeks prior to event weekend. There is no question that our triathlon is becoming recognized as being a premiere Olympic distance event. With our status as Best of USA Amateur Qualifier and USAT National Age Group Championship Special Qualifier, we again drew athletes from all over the country, including 19 elites! The \$4990 cash purse might have helped with that last number...

I spoke with Jeff Styles briefly via call-in on Monday and he could not say enough about the event – he likened all of Team Magic's green, purple and white logoed vans and trucks to a some big rock entourage down on the river. It certainly was like that, with the registration and food tent taking up most of the lawn west of the pier and the 100' awards tent from Chattanooga Tent and awning taking up a large portion of the east lawn that was further populated by all of the vendor and sponsor tents spilling to the edge

of the walkway down to the riverfront. Meanwhile, the lawn in front on Blue Plate and Cold Stone was consumed with bike racks holding 1200+ bikes of all colors and shapes that likely represented over \$2.5 million worth of hardware.... Now throw in the 1200+ tri-suited participants, a couple hundred volunteers just on the waterfront, several hundreds of spectators, families and friends and you definitely have a happening!

Based on last year's numbers, by the way, this event of ours has a positive economic impact of over a million dollars for our community. Not bad at all for an event actually born over 26 years ago on the banks of lake Chickamauga...

We all know this event does not just 'happen' – at least all of us who have had any association with it over the past several years. Just in terms of volunteers, it takes 250+ of our own club members along with another 100+ volunteers from partnering clubs who join us to help pull this thing off. Those clubs include the Tennessee Valley Canoe Club (over 60 paddlers on the river!), Velo Vixens, Hamilton County Amateur Radio and the Christian Motorcycle Association.

Volunteers work from Thursday through Sunday on event weekend, doing everything from hauling five gallon jugs of water to washing goose droppings off docks and steps to setting up fencing, marking participant bodies (a favorite!), feeding participants, feeding volunteers, making sure racers stay on course, watering them down, cheering them on and literally hundreds of other jobs that are all necessary to a well-run, safe and fun event for all.

Evidence of our success in those efforts can again be seen in the comments and feedback present on blogs and emails – check out these few from slowtwitch.com: “Another great race this morning. I’ve done all 5 editions of this race and this year was one of the best.” “This really is a great race. I look forward to this one all year.” “The race was great again this year...Team Magic does an excellent job. Hats off to them and all the volunteers!” “Team Magic did another great job in my opinion. I look forward to this race every year and strangely more so every year I do it. Anyone who hasn’t done this race, definitely get out there and try it, it’s a great course, GREAT volunteers, well run and some of the best competitors around.”

...this event...has a positive economic impact of over a million dollars for our community...

In addition to our fantastic volunteer support, The Chattanooga Waterfront Triathlon is a multi-partner event, and that is the reason it has become so successful and well-respected. The Chattanooga Track Club, Team Magic and Outdoor Chattanooga are the three key partners who work together to make this event as successful as it is.

Faye Yates and Therese Bynum of Team Magic really do work their magic (and bring us that Rock Star image with their colorful caravan of vans and trucks) with a full staff contingent that is well-trained and skilled at setting up, putting on and tearing down these events some 17 times a year! They also bring with them a loyal following of athletes who’ve come to trust the Team Magic brand for super high quality events. This is the primary reason we’ve been able to take our numbers from our prior highs of 600+ to our new highs of nearly 1300 registered participants!

Philip Grymes, Ruthie Carlidge and the Outdoor Chattanooga team perform their own magic with the full support of Chattanooga Parks and Recreation to insure

that our grounds are ready, our wires are run, our tent stakes don’t cleave any power lines, water lines or fiber data lines (very expensive to fix!), our swim steps are installed (and removed), our trash and recycle cans are in place (and maintained) and that is only the tip of the iceberg, event weekend work. Without the support Outdoor Chattanooga, we simply could not facilitate the work needed to close off our roads, get our signage both up and down, and do the necessary political work to insure all affected parties are kept fully informed as well as given good opportunity to be involved and take advantage of the energy and economics that our event weekend brings into play. When you get a chance and see Philip or Ruthie, be sure and say thanks and also be sure and remind your friends and all in our community just how lucky we are to have Outdoor Chattanooga.

When I think of the work, the energy, the hours, the phone calls, emails, paperwork, politics and just sheer commitment needed by our club, Team Magic and Outdoor Chattanooga, I am truly awed by what we all do and by the beauty and value of what we accomplish together. Conceived and promoted by Calder and Betsy Willingham, I really believe this partnership is one of the best things our club has ever done.

We also get tremendous agency support for our event from TDOT, Chattanooga City Police (thank you Sgt. Clarke!), Red Bank Police, Hamilton County Sheriffs’ Department, and the Chattanooga Fire Department. You simply have to have all that to safely route 1200+ bikers 13 miles out on I27 and back, in the fast lane, no less!

We owe special thanks again, to our University and to our new head football coach, Russ Huesman who graciously





granted us access again to the Scrapy Moore Field for our swim start. Thanks, also, to Ron Nelson, Director of Campus Recreation, Coach Robert Espeseth, Coordinator of the rowing program and Mike Royster, Assistant Athletics Director who all help to facilitate our access to the field and to the rowing docks and barges. Not only is it a fantastic staging location for the swim start with the soft, green grass to comfort our swimmer's bare feet, but the fact is, we would be pretty much at a loss for our current venue without the use of Scrapy Moore field.

We had a great core leadership team again this year! Including Sherilyn Johnson – volunteer coordinator and co-race director - and myself, our core leadership team for 2009 included Lynda Webber, Kelly Bullock and Susan Gallo – sponsorship team, Jenni Berz – vendor and sponsor logistics, Dawn Salyer – bike course director, Philip Grymes – Outdoor Chattanooga, Rick Loggins – run course director, Bill Moran – safety director, and Faye Yates and Therese Bynum of Team Magic.

Thanks also to John Karr, our past bike course director, for his tremendous support and effort to insure Dawn had access to all the resources and history to help insure she was able to direct this year's bike course as effectively as possible.

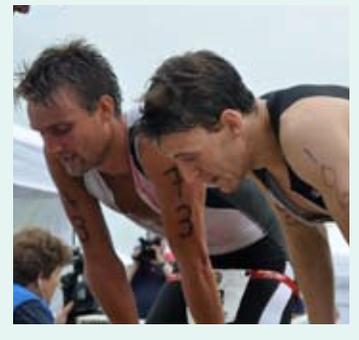
In all, these were the people who emailed, phoned, met, travelled and otherwise worked constantly from fall of 2008 up to event weekend 2009 (and beyond) to help insure our event was one we could all be proud of.

Our sponsor team, by the way, was a great story for 2009. In a year marked by economic turndown, Lynda, Kelly and Susan helped us to place more vendors and sponsors with our event and get more logos on the backs of our t-shirts than we've ever had before. Congratulations to this team and good luck in their ongoing efforts now with the Chickamauga Marathon!

Speaking of our sponsors, there are a few key sponsors that must be recognized here for the financial and media support they give to our club and our event: BMW of Chattanooga, U.S. Stove, McKee Foods, Big River, Fox 61 and the CW, Sunny 92.3, Chattanooga Times Free Press, Republic Parking, Acme MetalWorks, Coca Cola, Chattem, and Adams Masonry. There were many more, as well, and we are deeply indebted to them all. When you have a chance, say thank you or buy something they sell or both!

I feel I've been blessed and honored to be part of a really impressive project that I believe has a great positive impact on our community and that is one of the crown jewels of our club's heritage. This year, in particular, I felt that I was watching a smoothly running machine that hummed confidently with both electricity and excitement. It did not get that way overnight – it has taken five years of building, refining, adjusting and tuning by caring leaders, volunteers, partners, clubs agencies and institutions.

As I said last year, The Chattanooga Track Club can and should be proud to be both parent and partner of this world-class event. Congratulations all!



Chattanooga Waterfront Triathlon - 2009

MALE OVERALL

1	Tony White	1:57:36
2	Eric Bell	1:58:04
3	Jason Schott	2:02:21
4	Zach Winchester	2:02:26
5	Daniel Moss	2:03:34

FEMALE OVERALL

1	Gail Kattouf	2:19:33
2	Seeley Gutierrez	2:20:01
3	Brooke Tvermoes	2:21:25
4	Tina Eakin	2:21:41
5	Becky Keller	2:22:16

MALE-MASTERS OVERALL WINNER

1	Barry Knight	2:05:46
2	David Meadows	2:07:37
3	Stephen Locke	2:12:01

FEMALE-MASTERS OVERALL WINNER

1	Katherine Tindol	2:23:35
2	Lisa Marshall	2:28:03
3	Kathleen Johnston	2:28:31

PRO-ELITE MALE 1-99 DIVISION

1	Alex Woodard	2:04:54
2	Matt Long	2:07:41
3	Samuel Morgan	2:08:50
4	Dewayne Miner	2:09:36

PRO-ELITE FEMALE 1-99 DIVISION

1	Helen Libby	2:24:52
2	Ashley Long	2:25:10
3	Beth Atnip	2:29:38
4	Rachel Olson	2:35:12
5	Karen Doehрман	2:56:26

MALE 15-19 DIVISION

1	Joseph Welsh	2:09:48
2	Christopher Brahm	2:13:10
3	Stephen Harvey	2:18:43
4	Matthew Schmitt	2:20:37
5	Patrick O'Brien	2:26:53
6	Scott McAmis	2:30:57
7	Paul Willoughby	2:34:54
8	Jake Dedeker	2:35:12
9	Randall Ausdran	2:36:35
10	Evan Cruson	2:40:25
11	Tom Bartlett	2:52:13
12	Edward Byrd	3:15:53

FEMALE 15-19 DIVISION

1	Katie June	2:26:54
2	Jennifer Walz	2:44:26

MALE 20-24 DIVISION

1	Cameron Bean	2:12:31
2	Ben White	2:16:15
3	Thomas Pilliod	2:17:22
4	Jeffrey Shelley	2:18:35
5	Sam Uhlman	2:18:36
6	Dalford England	2:18:47
7	John Wiygul	2:19:34
8	Scott Cope	2:22:34
9	Jay Meservy	2:22:52
10	Matt Uhlman	2:24:05
11	David Macias	2:25:16
12	Micaiah Rockwell	2:25:28
13	Chad Williamson	2:26:21
14	Wyatt Wilson	2:27:39
15	Timothy Palyukh	2:27:51
16	Clayton Kendrick	2:31:11
17	Seth Pemberton	2:32:04
18	Fernando Gonzalez	2:33:20
19	Matt Nunnely	2:34:25
20	Travis Hampton	2:34:59
21	Joshua Woods	2:39:05
22	Andrew Lockwood	2:39:47
23	Max Evans	2:41:11
24	David Shelley	2:42:13
25	John Orosz	2:43:23
26	Jason Kimball	2:44:54
27	Richard Tsao	2:50:48
28	Michael Chafin	2:52:04
29	Joshua Stephens	2:52:43
30	Justin Vaughn	2:56:11
31	Bobby Bradley	3:01:01
32	Drew Woods	3:22:14

FEMALE 20-24 DIVISION

1	Meredith Tyler	2:25:59
2	Dustin Yonke	2:39:16
3	Meredith Dement	2:47:23
4	Lauren Clayton	2:48:11
5	Denise Gerrity	2:48:37
6	Lesley Binning	2:50:23
7	Elaine Clark	2:55:07
8	Sara Servold	2:56:34
9	Rachael Deroche	3:00:15
10	Bethaney Ryals	3:01:28
11	Susie Klodnicki	3:02:05
12	Catherine Thompson	3:12:33
13	Alice Fockele	3:13:31

MALE 25-29 DIVISION

1	Matthew Mangen	2:08:32
2	Justin Ladner	2:10:02
3	Michael Keller	2:12:53
4	Charles Straka	2:14:20
5	Daniel Crane	2:15:48
6	Aaron Ainsworth	2:17:13
7	George News	2:17:35
8	Josh West	2:18:40
9	Sam Linhoss	2:20:51
10	Jason Baxter	2:21:54
11	Stephen Baker	2:23:08
12	Gary Dawkins	2:23:29
13	Tiago Barreira	2:25:25
14	Milo Fernandez	2:26:18
15	Zach Harter	2:26:19
16	John Gregg	2:26:53
17	Philip Meyer	2:27:06
18	Michael Porter	2:29:32
19	Brian Resutek	2:30:03
20	Cameron McCoy	2:30:10
21	David Harvey	2:31:46
22	Jonathan Turner	2:32:27
23	Tyler Chintella	2:32:40
24	Ryan Coon	2:33:06
25	Jason Tant	2:33:55
26	Daniel Schultheiss	2:35:29
27	Matt Cole	2:35:50
28	Stichtenoeth	2:36:57
29	Luke Pniwski	2:37:56
30	Mitchell Kohlmann	2:38:16
31	Nathan Harper	2:38:29
32	Nic Dietrich	2:38:46
33	Jeff Holloway	2:38:54
34	Matt Watson	2:39:26
35	Ron Garberson	2:40:17
36	Will Kilpatrick	2:40:21
37	Will Stinson	2:40:21
38	Brian Wainwright	2:40:55
39	Scott Tinney	2:40:59
40	Jason Silvers	2:41:18
41	Brandon O'Rear	2:42:20
42	Chris Arnold	2:42:39
43	Terry Ryals	2:43:17
44	Bradley Shoulta	2:43:33
45	William Ehrenclou	2:43:40
46	Drew Snipes	2:44:00
47	Elliott Dement	2:44:21
48	Joshua Kilgore	2:44:39
49	Brian Hamm	2:44:49
50	Michael Kidd	2:45:56
51	Blake Snyder	2:46:17
52	Chip Clifton	2:48:41
53	Adam Haire	2:49:00
54	Brent Hudson	2:49:21
55	Robert Lasater	2:49:30
56	Julian Villar	2:50:14
57	Eric Wright	2:50:19
58	Matt Bengochea	2:50:23
59	James Sobeck	2:51:15
60	Adam Stoermer	2:51:51
61	Michael Gregory	2:51:55
62	Jonathan Moak	2:53:18
63	Ryan Smith	2:53:21
64	Jordan Byce	2:54:43
65	Joseph Raboin	2:55:08
66	Justin Andrews	2:55:18
67	Chip Stansfield	2:56:32
68	Anthony Brown	2:56:35
69	Ryan Taylor	2:56:46
70	Christopher Hobson	2:57:56
71	Keith Balch	2:59:32
72	Evan Shaw	2:59:45

73	Nick Roecker	3:00:24
74	Stephen Casselman	3:00:41
75	Brent Pease	3:00:44
76	Tim Lance	3:01:52
77	Michael Buckelew	3:02:23
78	Tim Smith	3:03:33
79	Sami Al-Jassar	3:03:59
80	Michael Ott	3:05:02
81	Zachary Jacobs	3:05:18
82	James Moncrief	3:05:42
83	Corey Oliver	3:08:51
84	Bill Clark	3:09:19
85	Derek Randolph	3:10:59
86	Joel Christensen	3:17:54
87	Paul Dent	3:20:19
88	Paul Julian	3:35:19
89	William Archie	3:37:28
90	Jess Bourgeois	3:43:19
91	Jeremy Roberts	3:50:39
92	Joshua Lopez	4:01:01
93	James McCurdy	

FEMALE 25-29 DIVISION

1	Sarah Welton	2:30:38
2	Lindsey Amerson	2:30:51
3	Kinsey Snell	2:31:17
4	Kimberly Humphries	2:32:45
5	Donna Stullken	2:33:50
6	Rachel Heim	2:34:51
7	Bethany Rutledge	2:36:47
8	Stefanie Newsome	2:37:26
9	Sara Phelps	2:38:03
10	Kathryn Honderd	2:38:12
11	Kelli Noble	2:38:24
12	Catherine Dewberry	2:38:46
13	Rebekah Jane Justice	2:38:57
14	Raellen Simpson	2:39:07
15	Lindsey Turner	2:39:55
16	Christeen Hodge	2:40:22
17	Yolanda Jardon	2:41:49
18	Noah Giles	2:43:44
19	Leslie Becht	2:43:50
20	Meghan Whitley	2:44:17
21	Rebecca Hutchinson	2:44:37
22	Valerie Davis	2:45:57
23	Lori Chambers	2:49:13
24	Katie Cosgrove	2:49:43
25	Mindy Williford	2:49:44
26	Elizabeth Holbrook	2:49:57
27	Paula Sanematsu	2:51:11
28	Ashley Nichols	2:51:15
29	Kristy Andrews	2:53:46
30	Christina Martin	2:54:12
31	Jacquelyn King	2:54:15
32	Amy Krieg	2:55:02
33	Colleen Durham	2:55:03
34	Dana Yarn	2:55:25
35	Ashley Adams	3:00:04
36	Ksenia Bocharova	3:08:18
37	Helen Peters	3:08:31
38	Melanie Backer	3:08:41
39	Jessica Van Orden	3:08:50
40	Susan Evans	3:09:16
41	Wendy Lee	3:10:46
42	Brooke Byce	3:10:47
43	Amanda McAnnally	3:12:19
44	Jennifer Munhofen	3:13:51
45	Kristin Dondero	3:15:23
46	Lorang	3:17:24
47	Katie Baxter	3:17:43
48	Sidney Shackelford	3:19:07
49	Susan Hall	3:20:37
50	Sarah Tatman	3:22:11
51	Tatum Eubanks	3:28:19
52	Haylee Hughes	3:28:22
53	Katie McCrary	3:36:37
54	Kelly Myers	3:36:42
55	Katie Bair	3:39:10
56	Carrie Bell	3:44:15
57	Betty Thurber	3:44:34
58	Jessica Burr	3:48:58
59	Brianne Orbell	4:01:44
60	Laura Still	

MALE 30-34 DIVISION

1	Matt Wheeler	2:12:40
2	Trey Prophater	2:13:08
3	Eric Atnip	2:14:26
4	Nick Evans	2:17:44

5	Ryan Marsh	2:17:53
6	Avery Ainsworth	2:17:56
7	Andrew Saar	2:18:06
8	John Champney	2:18:51
9	Jason Caudle	2:19:53
10	Chris Stone	2:22:30
11	Colin Soniat	2:23:31
12	Matthew Whisler	2:23:36
13	David Karkau	2:23:49
14	Matthew Boyer	2:24:00
15	Mark Stutzman	2:24:03
16	Bill Beecher	2:24:19
17	Scott Gentles	2:25:02
18	Chris Powderly	2:27:14
19	Michael Todd Montgom	2:27:50
20	Sean Ryan	2:28:15
21	Gregory Blackmon	2:28:28
22	Rob Wellon	2:28:38
23	Tony Hammett	2:29:23
24	Doug Harms	2:29:48
25	Aaron Leach	2:29:57
26	Kraig Moormann	2:30:18
27	Andrew Holbrook	2:30:52
28	Jason Ingalls	2:31:30
29	Keenan Clark	2:32:57
30	Kevin Spengler	2:33:02
31	Jay Meeks	2:34:00
32	Scott Martineau	2:34:12
33	Court Parker	2:34:32
34	James McKnight	2:34:38
35	Christopher Holcombe	2:34:49
36	Ian Prunier	2:34:57
37	Elisha Godfrey	2:35:39
38	Joseph Matteen	2:36:09
39	Marc Dalziel	2:36:09
40	Hennen Ehrenclou	2:36:26
41	Daks Hamner	2:36:43
42	Matt Backer	2:36:55
43	John Rutledge	2:37:48
44	Matthew Simpson	2:38:00
45	Joe Grubbs	2:38:11
46	Corey McLeroy	2:38:16
47	Scott Williford	2:38:38
48	Derek Adkisson	2:38:49
49	Brandon Beckett	2:39:36
50	Marcus Wiedower	2:39:42
51	Brian Strahine	2:40:03
52	Jonathan Bialek	2:40:29
53	Chris McCall	2:40:47
54	Alex Petrochko	2:41:08
55	Justin Gilliam	2:42:22
56	Ronnie Hicks	2:42:38
57	James Whitley	2:42:53
58	Daniel Carter	2:43:23
59	Josh Randolph	2:43:39
60	Jared Meadows	2:43:45
61	Jeff Tederous	2:43:58
62	Bryan Arroyave	2:44:43
63	Matthew Whitlow	2:45:07
64	Andrew Windham	2:46:05
65	Christopher Hartley	2:46:11
66	Robert Kulisek	2:46:25
67	Vasileios Sfyris	2:46:30
68	Brian Murphy	2:47:01
69	Paul Fritz	2:47:20
70	Jim Heebner	2:48:30
71	Heath Watson	2:48:41
72	Christian Maniscalco	2:48:46
73	David Redmond	2:49:19
74	Donnie Starling	2:49:34
75	Kevin McKenna	2:50:01
76	Larry Lenz	2:50:03
77	Brad Hollingsworth	2:50:11
78	Tim Hayse	2:50:26
79	Christopher Steedly	2:50:35
80	Kevin Herrington	2:51:16
81	Brian Smith	2:51:38
82	Andres Garcia	2:52:09
83	William Payne	2:52:48
84	Heath Seals	2:53:02
85	Mitchell Hollis	2:53:05
86	Michael McDonald	2:54:07
87	Kevin Lewis	2:54:26
88	Daniel Beck	2:55:28
89	Timothy Blankenship	2:56:04
90	Chris Gentry	2:57:12
91	Josh Smith	2:57:19
92	Brad Franseen	2:57:25
93	Michael Newman	2:57:51
94		

Chattanooga Waterfront Triathlon - 2009

95	Gabriel Charvat	2:58:00	MALE 35-39 DIVISION		86	Chris Hendry	2:47:29	30	Stephanie Farrington	3:07:19	
96	Ryan Austin	2:58:13	1	Richard Klepacz	2:07:29	87	Kevin Barnes	2:47:52	31	Nickie Wilhelm	3:08:05
97	Lee Knight	2:58:35	2	Ken Brown	2:11:46	88	Shannon Tweedy	2:47:58	32	Jennifer Pierce	3:09:06
98	Jonathan Cooper	2:58:42	3	John Spider Sillery	2:12:47	89	David Henry	2:49:18	33	Joanna Berensten	3:09:59
99	Troy Rose	3:00:51	4	Eric Cross	2:13:32	90	Jake Thal	2:49:51	34	Allison Henderson	3:10:34
100	Nick Hart	3:00:53	5	Nicolai Tvermoes	2:16:38	91	Robert Phillips	2:50:09	35	Kay Hart	3:11:54
101	Kevin Holcomb	3:01:01	6	Matt Sims	2:16:57	92	Stephen Bek	2:50:13	36	Jenny Thompson	3:13:18
102	Patrick Birchall	3:01:11	7	Clayton Tillery	2:17:24	93	Brian Joslin	2:50:37	37	Stacy Marshall	3:15:03
103	Eric Bonner	3:01:31	8	Derek Champigny	2:17:33	94	Bill Monahan	2:53:02	38	Karen Fallon	3:16:45
104	Matthew McKee	3:06:25	9	Tony Cianciola	2:18:47	95	Kelly Comstock	2:53:11	39	Dori Garziano	3:17:07
105	Matt Farmer	3:07:16	10	Neil Simon	2:19:35	96	Tim Shults	2:53:21	40	Ansley Yeomans	3:18:50
106	John Haustein	3:07:24	11	Sean Torr	2:21:27	97	Greg Jones	2:53:35	41	Jessica Bennett	3:20:18
107	William Guggenheim	3:08:16	12	Rob Alexander	2:22:01	98	David Hill	2:53:38	42	Barbie Stewart	3:24:13
108	Brad Rittenhouse	3:08:51	13	Howard Curtis	2:23:23	99	Kevin Clouse	2:54:14	43	Vicky Caughman	3:25:40
109	Casey Cothron	3:10:04	14	David Cater	2:23:39	100	Ty Gay	2:54:43	44	Joanna Whisenant	3:26:13
110	James Trout	3:11:29	15	Steve Barth	2:23:56	101	Brad Somer	2:56:08	45	Amanda Denney	3:28:25
111	Michael Grupka	3:11:39	16	Brian Lowman	2:24:28	102	David Murphy	2:57:40	46	Letha McLaren	3:33:23
112	Read Hauck	3:12:33	17	Dr. Wolfgang Kneer	2:24:30	103	Ashton Greene	2:57:43	47	Lisa Crosby	3:33:47
113	Roberto Rodriguez	3:15:59	18	Scott Kennedy	2:25:14	104	Mike Champney	2:57:43	48	Ellianne Rivers	3:34:32
114	James Matt Lewis	3:17:08	19	Brian Waller	2:26:56	105	Blaine Mathison	2:57:46	49	Holly Fisher	3:47:47
115	Charlie Casselman	3:22:04	20	Joey Hale	2:27:30	106	Daniel Kueter	2:58:17	50	Tanya Willard	4:00:00
116	Matt Ohmie	3:23:35	21	Jonathan Collins	2:27:43	107	Robert Murphy	2:58:44	51	Joanna Poindexter	4:07:17
117	Zeke Godfrey	3:30:24	22	Lance Steele	2:27:51	108	Chad Bryant	2:58:59			
			23	Scott Gilpatrick	2:27:53	109	Rick Leonard	2:59:01	MALE 40-44 DIVISION		
			24	Jim Hamner	2:28:05	110	Kevin Becker	2:59:01	1	John Hanna	2:14:13
			25	Shay Eskew	2:28:22	111	Brent Parrish	2:59:18	2	Richard Kenmuir	2:17:45
			26	Eric Swope	2:28:42	112	Troy Bage	2:59:19	3	Todd Wilkens	2:17:47
			27	Chris Moore	2:29:21	113	Cesar Montoya	2:59:53	4	Tony Allen	2:18:42
			29	Steven Naturman	2:29:50	114	Tim Hopkins	3:00:10	5	Brian Yucill	2:18:46
			30	Scott Bingham	2:29:57	115	Chris White	3:01:25	6	Paul Linck	2:19:14
			31	John Barnes	2:30:06	116	Gregg Ellis	3:01:34	7	Mike Roberts	2:20:08
			32	Barry Moomaw	2:30:31	117	Brian Tweedy	3:01:53	8	James (Jay) Sinclair	2:20:14
			33	Daniel Nix	2:30:50	118	Kevin Hudec	3:04:27	9	Eddie Thomas	2:20:34
			34	Keith Perkey	2:31:12	119	Jared Davis	3:04:33	10	Bob Boer	2:21:10
			35	K.O. Herston	2:31:19	120	Don Grimsley	3:05:49	11	Richard Hendry	2:23:56
			36	Pat Stacey	2:31:21	121	Kevin Hegwood	3:07:29	12	Tim Doescher	2:24:02
			37	Micah Morlock	2:32:17	122	Bob Jones	3:07:56	13	Chris Zimmer	2:24:24
			38	Stephen Wilham	2:32:29	123	Matt Ryerson	3:13:06	14	Mike Gaw	2:24:26
			39	Josh Wilson	2:32:29	124	Robert Johnson	3:13:12	15	Richard Tomkins	2:25:34
			40	Shane Petty	2:33:08	125	Edward Tate	3:15:15	16	Michael Williams	2:25:49
			41	John Clark	2:33:27	126	Michael Ferrara	3:16:21	17	Dominic Ciavatta	2:27:17
			42	Rich Graham	2:34:26	127	Jonathan Roth	3:17:25	18	Dean Tilman	2:27:32
			43	Chad Nash	2:34:38	128	Don Knapp	3:19:19	19	Kevin Tolbert	2:28:44
			44	Mike Gemmolva	2:34:55	129	Jonathan Lucenay	3:20:32	20	Billy Jolley	2:29:02
			45	Scott Griffith	2:35:03	130	Mitchell Arnold	3:20:55	21	Brendan Reilly	2:29:55
			46	Jeff Keith	2:35:06	131	Robert Macke	3:21:56	22	Jason Massie	2:29:56
			47	Todd Heifner	2:35:15	132	Adam Wisniewski	3:21:57	23	Herbert Krabel	2:30:41
			48	Denny Marshall	2:35:19	133	Jerry Chambers	3:23:33	24	Brian Rell	2:30:43
			49	Mike Sweigart	2:35:52	134	Brian Johnston	3:30:28	25	Ken Birdsong	2:31:23
			50	Eric Wilson	2:37:01	135	Robert Enzwiler	3:34:56	26	Tom Nigro	2:31:29
			51	Chris Hardbeck	2:37:28	136	Bryan Hoss	3:47:25	27	Steven Patterson	2:31:35
			52	James Durard	2:37:30	137	Matthias Anderson	4:15:46	28	Greg Smith	2:31:38
			53	Christopher Bussler	2:37:31	138	Rob Standish		29	Michael Huebner	2:31:41
			54	Kyle Bowen	2:38:05	139	Sam Kleiner		30	Tim Gorman	2:31:54
			55	Daniel Kihm	2:38:06	FEMALE 35-39 DIVISION		31	Eric Hunter	2:32:02	
			56	Keith Hinson	2:38:20	1	Melissa Earley	2:29:41	32	Mike Biddle	2:32:13
			57	Jorge Giraldo	2:38:30	2	Susan Allen	2:31:37	33	Tom Malin	2:32:13
			58	Gregory Jones	2:38:33	3	Julie Shuck	2:36:00	34	David Brown	2:32:35
			59	Darren Nettuno	2:38:45	4	Angie Milford	2:38:43	35	Jerome Grillhot	2:32:49
			60	Jonathan Whitacre	2:38:50	5	Dreama Campbell	2:40:15	36	James Stanley	2:33:35
			61	Giuseppe Riva	2:39:22	6	Stephanie Honeycutt	2:42:11	37	Aaron Gray	2:34:22
			62	Tommy McNeese	2:39:53	7	Carmen Brahm	2:43:04	38	Ted Harvey	2:35:08
			63	Brad Jones	2:39:58	8	Claire Wolfson	2:45:14	39	Jay Ballard	2:35:15
			64	Andrew Bell	2:40:11	9	Jean Nitchals	2:45:21	40	Ron Teed	2:36:33
			65	Juan Pelaez	2:40:18	10	Laurie Walker	2:46:11	41	Rick Fossier	2:37:01
			66	Frank Bobo	2:40:21	11	Jennifer Smith	2:48:28	42	David Zopf	2:37:15
			67	Joshua Harper	2:40:45	12	Amy Becker	2:51:05	43	Will Anderson	2:37:31
			68	Lenny Theobald	2:40:48	13	Elizabeth Houssain	2:51:09	44	Dack Johnson	2:37:37
			69	Matt Brown	2:41:11	14	Kirsten Bowen	2:51:24	45	Michael Chrzanowski	2:37:57
			70	Jim Hatfield	2:41:23	15	Bonnie Smith	2:55:02	46	Curt Kersey	2:38:50
			71	Ethan Cohen	2:41:40	16	Paige Swenson	2:55:09	47	J.D. Allen	2:38:50
			72	Randy Dial	2:42:19	17	Gigi Dendy	2:55:22	48	Richard Barton	2:39:23
			73	Chris Connor	2:42:32	18	Denise Morell	2:57:45	49	Javier Tejedor-Sojo	2:39:34
			74	Todd Higey	2:42:42	19	Laura Plank	2:57:46	50	Kelly McCreight	2:39:42
			75	Matthew Goldstein	2:42:45	20	Shelly Driskell-Raga	2:58:45	51	Nick Callahan	2:40:31
			76	Bruce Sanders	2:42:51	21	Camille Gilbert	2:59:24	52	Richard Painter	2:40:56
			77	Yannick Lemieux	2:43:41	22	D'An Holmes	3:00:00	53	Pierre Yu	2:41:00
			78	Jose Espinel	2:43:44	23	Mari Fridenmaker	3:00:10	54	Kelly Donna	2:41:56
			79	Andres Rojas	2:44:11	24	Jennifer Stanfield	3:00:11	55	William Cook	2:42:45
			80	William Ruhsam	2:45:21	25	Kimbellee Pippis	3:00:39	56	Robert Mitchell	2:43:22
			81	Ben Morris	2:45:54	26	Kim Champney	3:01:33	57	Gary Welch	2:43:42
			82	Scott Friedel	2:46:09	27	Carrie Cowperthwait	3:02:12	58	Shayne Kondor	2:43:50
			83	Patrick Birchfield	2:46:12	28	Christie Weber	3:02:49	59	Bradford Harvey	2:44:23
			84	Jean-Carl Menelas	2:46:34	29	Bridget Brinks	3:06:12	60	David Sawyer	2:44:23
			85	Joel Patrick	2:46:42				61	Trey Kicklighter	2:44:24

Chattanooga Waterfront Triathlon - 2009

62	Chad Hathorne	2:44:34	FEMALE 40-44 DIVISION				42	Stephen Samson	2:48:39	MALE 50-54 DIVISION			
63	Todd Domnangue	2:45:52	1	Sandee Murphy	2:33:03	43	David Crum	2:49:13	1	Jack Haire	2:18:15		
64	Brad McNeely	2:46:22	2	Kelli Sliwinski	2:39:16	44	James Brown	2:49:52	2	George Dewitt	2:19:01		
65	Keenan Sharpe	2:47:11	3	Pam Glattes	2:40:57	45	Art Picus	2:50:02	3	Charles Francke	2:23:41		
66	Eric Hoaglund	2:47:19	4	Kathy Poston	2:41:31	46	Chris Farrington	2:50:09	4	Chuck Bengochea	2:29:10		
67	Scott Kellogg	2:47:40	5	Ellen Welch	2:44:52	47	Kevin Howard	2:50:26	5	James Stinson	2:32:02		
68	Doug Boals	2:47:49	6	Nicole Canavan	2:46:11	48	Rhett Rogers	2:50:27	6	Bert Warren	2:34:08		
69	Philip Bader	2:48:04	7	April Rogers	2:49:50	49	Bruce Truitt	2:50:33	7	Robert Knight	2:34:44		
70	Scott Kirkman	2:48:07	8	Katie Gilbert	2:50:02	50	Steve Huseby	2:51:39	8	David Pilliod	2:35:30		
71	Sean Hobbs	2:48:45	9	Karen Richardson	2:51:06	51	Robert Gray	2:52:18	9	Keith Woodward	2:36:12		
72	Steve Phillips	2:48:46	10	Sophia Lal	2:51:51	52	Patrick Jacquot	2:53:50	10	Delynn Burkhalter	2:36:16		
73	Donald Drexler	2:49:17	11	Susan Mullins	2:52:57	53	Doug Lego	2:54:16	11	Dwight Willingham	2:37:21		
74	Doug Brock	2:50:02	12	Renee Ritterling	2:53:06	54	Clark Fisher	2:54:29	12	Mark Schaffer	2:38:05		
75	Rob Corser	2:50:25	13	Ann Evangelista	2:56:53	55	Paul Bolin	2:55:50	13	Scott Jordan	2:42:34		
76	Robert Rausch	2:50:28	14	Lisa Dozier	2:57:06	56	Charles Tucker	2:56:01	14	Hiroshi Smith	2:43:02		
77	Michael King	2:50:51	15	Jackie Marks	2:57:17	57	Randy Allen	2:56:19	15	Bill Jestel	2:43:14		
78	Steven Spencer	2:50:54	16	Deborah Leshane	2:57:43	58	Nick Proia	2:57:06	16	Joseph Minton	2:43:24		
79	Dale Klein	2:50:56	17	Sheila Howard	2:57:44	59	William Gorman	2:58:36	17	James Mansell	2:47:01		
80	Gregory Scott Reeves	2:51:00	18	Jennifer Cooper	2:57:57	60	Timothy Morris	2:58:47	18	Randy Greaser	2:47:09		
81	Christophe Joignant	2:51:28	19	Holly Kimsey	3:01:25	61	Tim Enevoldsen	2:59:26	19	Steven McKinney	2:47:15		
82	Jake Frank	2:53:19	20	Teresa Moore	3:02:00	62	John Morrow	2:59:34	20	Thomas Underhill	2:47:29		
83	Darryl Wilkens	2:53:23	21	Jane Eastham	3:02:05	63	Patrick Clark	2:59:39	21	Claude Hager	2:48:08		
84	Alan Conner	2:53:48	22	Andrea Fannin	3:05:30	64	Steve Bush	2:59:51	22	Brian Balfour	2:49:04		
85	Ty Webb	2:53:57	23	Christy Greenwood	3:06:57	65	Dave Wilson	3:01:14	23	Doug Roselle	2:52:20		
86	Sami Brahim	2:54:20	24	Milou Young	3:09:28	66	Henry Jones	3:02:32	24	Jeff Beasley	2:53:38		
87	Alain Zemmour	2:54:29	25	Lisa Popovic	3:09:52	67	Gary Dover	3:02:35	25	David Schmitt	2:56:13		
88	Chuck Dunlop	2:54:33	26	Laurel Scarbrough	3:10:34	68	Thomas Haslach	3:03:13	26	John Tackett	2:58:42		
89	Angelo Dellamanna	2:54:36	27	Carrie Warren	3:12:25	69	Todd Holubitsky	3:04:16	27	Hank McMahon	2:59:42		
90	Greg Killeen	2:54:44	28	Krissi Rouquie	3:13:49	70	Dan Hammond	3:04:25	28	Stephen Martin	3:01:25		
91	Jim Day	2:55:01	29	Lynne Williamson	3:14:20	71	Scott Lehman	3:05:21	29	Paul Harwart	3:03:40		
92	Anthony Moore	2:55:31	30	Stephanie Knight	3:14:26	72	John Stein	3:05:28	30	Dana Robbins	3:07:40		
93	Doug Delzell	2:55:34	31	Lisa Bassan	3:14:54	73	Dickie Bilbro	3:05:31	31	Stephen Spiegel	3:08:05		
94	Todd Floied	2:55:47	32	Deborah Plont	3:18:28	74	Darryl Bird	3:06:11	32	Tom Angsten	3:09:40		
95	Todd Bitzer	2:56:38	33	Nancy McMahon	3:26:42	75	Howard McNaughton	3:10:15	33	Mike Isaack	3:15:07		
96	Jay Hawkins	2:57:30	34	Lisa Dagostino	3:29:01	76	Vadim Bocharov	3:11:34	34	Terry Miller	3:18:28		
97	James Rickett	2:57:39	35	Beth Costello	3:32:03	77	Michael Mansfield	3:14:01	35	Brian Darr	3:21:20		
98	Rand Linton	2:57:41	36	Karen Anderson	3:32:30	78	Bruce McCormiskey	3:14:01	36	Peter Hurley	3:22:01		
99	Nikolas Symbas	2:57:57	37	Jacqueline Lascala	3:34:04	79	Jonathan Blotner	3:14:47	37	John McKeeman	3:25:20		
100	Darren Fagan	2:58:11	38	Jennifer Walker	3:57:02	80	Douglas Torrance	3:14:51	38	Mark Ward	3:30:17		
101	Henry Walthour	2:59:17	39	Vicki Stocks	4:01:41	81	Tim Warnock	3:18:33	39	Omar Perez	3:45:18		
102	Will Hanson	2:59:39	40	Laura Soscia	4:18:28	82	Paul Shuman	3:20:15					
103	Marco Butturini	3:00:01				83	Brian Pisarsky	3:23:41	FEMALE 50-54 DIVISION				
104	David Weil	3:00:06	MALE 45-49 DIVISION				84	Richard Smith	3:23:52	1	Sue Neurath	2:43:22	
105	Christopher Matz	3:01:25	1	Chris Giordanelli	2:13:07	85	Daniel Guinaugh	3:26:11	2	Merri Chris Blunck	2:44:49		
106	James Varnavas	3:01:37	2	Michael Tindol	2:15:30	86	Peter Eckel	3:26:55	3	Nancy King Aston	2:50:11		
107	Steve Vasilko	3:02:14	3	Casey Fannin	2:15:31	87	Dave Odonnell	3:53:13	4	Deborah Meservy	2:55:07		
108	Bob Frutchey	3:02:21	4	Larkin Carter	2:15:42	88	Sasi Vellolil	3:53:22	5	Kerri Williams	2:56:20		
109	Gary Valcana	3:03:12	5	Jeffrey Bowman	2:19:41	89	Ed Frisbee		6	Roma Dierenzo	2:57:29		
110	James Baugnon	3:03:14	6	John O'Brien	2:20:08	FEMALE 45-49 DIVISION				7	Lisa Bennett	2:58:26	
111	Ken Mayger	3:03:20	7	Tom Nettleton	2:21:02	1	Janie Davis	2:30:48	8	Betty Holder	3:01:48		
112	James Boylan	3:03:32	8	Wendell Scott	2:22:40	2	Barbara Chandler	2:31:26	9	Lisa Williamson	3:05:53		
113	Alan Hall	3:03:41	9	Donald Ramon	2:27:47	3	Hayley Parker	2:36:39	10	Colleen Carboni	3:06:15		
114	Jeff Bennett	3:03:59	10	Hugh Wellington	2:28:25	4	Rhonnda Cloinger	2:38:46	11	Elizabeth Wilson	3:08:49		
115	Blaine Williams	3:04:25	11	Glenn Alex	2:28:56	5	Amy Massey	2:43:26	12	Misty Stallo	3:11:30		
116	Lawson Porter	3:04:35	12	Dale Johnson	2:29:13	6	Karen Sladick	2:47:08	13	Linda Varney Anderso	3:15:06		
117	Lawson Brown	3:05:26	13	Bruce Sladick	2:30:02	7	Janet Ritchie	2:48:46	14	Jackie Estes	3:24:59		
118	Craig Zimberg	3:06:26	14	Richard Baker	2:30:16	8	Nancy Juneau	2:50:51	15	Janice Wycherley	3:40:51		
119	Daniel Gherghel	3:06:45	15	Edward Lang	2:30:22	9	Georgette Rae	2:55:11	MALE 55-59 DIVISION				
120	Bob Lewis	3:07:31	16	Jeff Plank	2:31:11	10	Natalie Taylor	2:56:56	1	Mike Zoellner	2:27:08		
121	Ben Lackey	3:08:06	17	Wesley Williamson	2:31:13	11	Lisa Scott	2:57:59	2	Steve Chapman	2:29:16		
122	Dennis Berkemeier	3:08:20	18	Marc Harwell	2:32:40	12	Denise Picus	2:58:25	3	Terry Hemminger	2:32:03		
123	Gregory Griffin	3:08:22	19	Jake Brindle	2:34:03	13	Gina Hamel	2:59:22	4	Richard Rodenhansen	2:34:35		
124	Ivan Everitt	3:08:47	20	William Belser	2:34:43	14	Robyn Mason	2:59:45	5	Bob Funke	2:39:02		
125	John Navin	3:09:00	21	Samuel Milton	2:36:03	15	Michelle Durrett	3:00:38	6	John Reamey	2:42:17		
126	Alan Christian	3:09:02	22	Anthony Demarco	2:36:15	16	Pauline Bullard	3:07:26	7	Bill Harrison	2:42:52		
127	David Wilson	3:09:13	23	Mike Swinson	2:36:25	17	Brita Zuehlke	3:09:38	8	David Gregory	2:43:15		
128	Bill Darby	3:10:04	24	Gerhard Risse	2:36:55	18	Nancee Kerkman	3:10:32	9	Billy Collier	2:50:41		
129	Steven Wakefield	3:11:16	25	Jerry Grand	2:37:44	19	Gina Wells	3:13:32	10	Scott Dickson	2:51:56		
130	William Murphy	3:12:38	26	Bob Neurath	2:38:18	20	Cheryl Williams	3:13:41	11	George Patrick	2:54:53		
131	Jay Toney	3:12:45	27	Gregg Radloff	2:38:24	21	Karen Vesey	3:13:44	12	Randy Farr	2:55:09		
132	Scott Damron	3:13:49	28	Mike Hendrixson	2:38:58	22	Beth Wilcher	3:14:11	13	Kirk Childs	2:57:03		
133	Jim McCarrall	3:15:37	29	Ray Kellum	2:38:59	23	Jill Lego	3:15:12	14	Roe Helm	2:57:45		
134	Scott McLeod	3:16:25	30	Rob Crist	2:39:01	24	Beth Harwood	3:18:38	15	George Skonberg	2:59:09		
135	Bob Young	3:17:53	31	Wes Ely	2:40:01	25	Sarah Faas	3:21:10	16	Joe Serio	3:04:37		
136	Brian Shwer	3:18:12	32	Mike Duffy	2:40:48	26	Susan Leblanc	3:23:18	17	David Stoddard	3:05:41		
137	Bryant Siragusa	3:20:51	33	Kevin Wilson	2:41:16	27	Cloud Conrad	3:25:53	18	James Johnsonson	3:12:03		
138	W. Andy Griffin	3:26:26	34	Ron Heidt	2:41:42	28	Tammy Soma	3:28:48	19	Thomas Russe	3:14:00		
139	Michael O'Keefe	3:31:38	35	Michael Clancy	2:43:01	29	Jill Abla	3:33:27	20	Bill Huff	3:15:43		
140	Chris Showman	3:32:38	36	Raymond Herb	2:45:01	30	Shelley Cloutier	3:44:42	21	Wilson Sims	3:20:35		
141	Michael Barnes	3:34:45	37	Carlos Zuluaga	2:46:12	31	Jennifer Ponceigo	3:44:58	22	Jim Johnson	3:20:38		
142	Brian Will	3:38:44	38	Andy Ponceigo	2:46:24	32	Mary Virginia Gage	3:51:25	23	Mike Whitmire	3:22:37		
143	Eric Johnson	3:39:58	39	Bruce Mitchell	2:46:49	33	Rhonda Wyatt	4:32:02	24	Terry Moffett	3:25:18		
144	Darrell Walsh	3:41:38	40	Jeffrey Cochran	2:47:30	34							
145	Ray Bowen	10:57:25	41	Brad Siegal	2:48:32								

Chattanooga Waterfront Triathlon – 2009

25	David Keller	3:25:42	CLYDESDALE 40-98 DIVISION	1	Mark Buckreis	2:27:43
26	Thomas May	3:28:41		2	Parker Edmiston	2:32:23
27	Carl Blunck	3:35:38		3	Philip Heidrich	2:33:34
28	David Bowman	3:41:05		4	Brian Clark	2:36:09
29	Jim Stone	4:14:42		5	Eric Stone	2:40:45

FEMALE 55-59 DIVISION

1	Diane Sharp	2:40:20
2	Ann Sims	2:41:16
3	Mary Galbraith	2:50:28
4	Adri Herman	2:51:45
5	Mary Creel	3:07:34
6	Elizabeth Laroche	3:27:20
7	Theresa Samuelian	3:30:59

MALE 60-64 DIVISION

1	George Allen	2:38:57
2	Al Montgomery	2:40:42
3	Jim McDonald	2:41:36
4	Robert Griffith	2:48:56
5	Art Higley	2:49:30
6	Jon Turner	2:50:01
7	Warren Everett	2:51:43
8	Meyer Dworsky	2:52:52
9	Kent Levenson	3:03:03
10	Nick May	3:10:33
11	James Walker	3:27:38

FEMALE 60-64 DIVISION

1	Sandra Davis	3:19:38
2	Sharon Songer	3:31:50
3	P. Cookie Farrell	4:02:44

MALE 65-69 DIVISION

1	Dale Vaughan	2:39:28
2	Norman Feaster	2:47:34
3	Karl Wentzel	2:49:03
4	Fox Ferrel	2:59:10
5	Kinji Tanaka	3:03:47
6	Sergio Bianchini	3:04:43
7	Tommy Dugger	3:16:49
8	Marino Fuentes	3:26:10

MALE 70-74 DIVISION

1	Richard Webster	
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CLYDESDALE 1-39 DIVISION

1	Michael Ingmire	2:27:35
2	Clinton Fletcher	2:33:59
3	Eric Broyles	2:36:55
4	Travis Musick	2:38:49
5	John Noble	2:39:49
6	Greg Simpson	2:40:42
7	Daniel Hernandez	2:43:17
8	Todd Haney	2:43:30
9	Chris-Speedy Brown	2:45:15
10	David Gaynoe	2:46:21
11	Scott Woods	2:46:33
12	Thomas Reilly, Jr	2:48:39
13	Travis Scarcliff	2:49:35
14	Jim Locum	2:50:04
15	Chris Young	2:50:12
16	Will Irvin	2:52:35
17	Charles Dripps	2:54:43
18	Paul Bennett	2:58:15
19	Daniel Morgan	2:59:25
20	Adam Braund	3:00:56
21	Ryan McLaughlin	3:01:23
22	Benjamin Cooper	3:02:24
23	Finn Smith	3:02:57
24	Bryan Cleve	3:05:06
25	Dace Shuck	3:05:36
26	Trey Gross	3:09:57
27	Jason Pennington	3:12:18
28	Adam Teja	3:12:25
29	Michael Dennis	3:15:01
30	William Bronson III	3:18:07
31	Robert Frutoz	3:25:50
32	Clint Ivester	3:26:27
33	Andrew Labonne	3:39:39
34	Elliott Segarra	4:01:11
35	Eric O'Neal	4:11:48

1	Mark Buckreis	2:27:43
2	Parker Edmiston	2:32:23
3	Philip Heidrich	2:33:34
4	Brian Clark	2:36:09
5	Eric Stone	2:40:45
6	Kevin Lloyd	2:40:52
7	Shane Harmon	2:41:58
8	Scott Traylor	2:46:45
9	Scott Wilkins	2:49:23
10	Jack Lovelady	2:52:24
11	Beau Bearden	3:01:19
12	Joe Marti	3:02:48
13	Bruce Elder	3:05:25
14	David Speight	3:05:36
15	Kevin Overton	3:07:46
16	Mark Baldwin	3:08:29
17	Darren Leonard	3:11:58
18	Patrick Petty	3:28:41
19	Bruce Gordon	3:28:59
20	Timothy Phillips	3:32:47
21	Richard Kampa	3:33:26
22	Steven White	3:47:16
23	Jerry Jobin	4:10:54
24	Chuck Jones	4:13:07

ATHENA 1-99 DIVISION

1	Tilghman Carroll	2:53:31
2	Lisa Becht	2:56:59
3	Holly Marzetti	3:00:23
4	Cat Thornton	3:02:06
5	Becky Caldwell	3:03:26
6	Belinda Hickling	3:03:31
7	Rebecca Bartlett	3:04:44
8	Carlyn Brune	3:05:01
9	Alison Frutoz	3:06:06
10	Lindsey Knowles	3:08:01
11	Rebecca Canada	3:08:04
12	Melissa Evans	3:13:54
13	Laura Hunter	3:14:52
14	Jennifer Wynn	3:15:42
15	Katie Hackett	3:15:52
16	Sheila Bilbro	3:16:40
17	Rosie Graves	3:16:41
18	Jamie Cornelius	3:17:58
19	Belinda Leslie	3:29:53
20	Iris Kampbell	3:35:43
21	Kim Leffew	3:38:50
22	Tammy Holt	3:41:16
23	Tamara Ritterskamp	3:57:17
24	Raquel Costello	4:14:30
25	Deb Chichester	4:15:18
26	Denise White	5:08:02

AQUABIKE – MALE 1-99 DIVISION

1	Stephen Cox	1:35:05
2	Danny Cox	1:37:40
3	Jim Christian	1:40:07
4	John Petelos	1:45:40
5	Matt Hefelfinger	2:18:22
6	Curtis Hertwig	2:22:37

AQUABIKE – FEMALE 1-99 DIVISION

1	Amy Westergren-Amlic	1:43:36
2	Elena Whisler	1:47:15
3	Cindy McCloskey	2:08:37
4	Travis Underhill	2:26:24

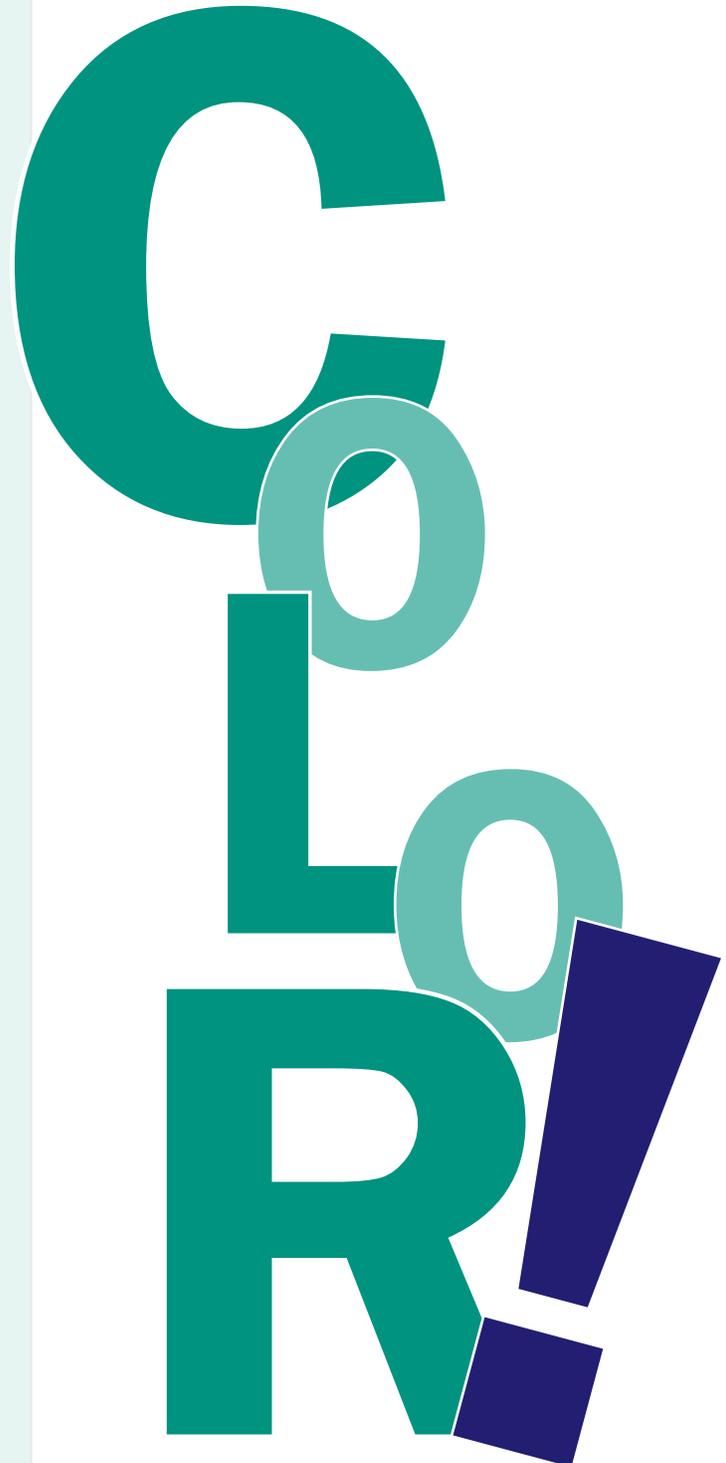
PHYS-CHAL – MALE 1-99 DIVISION

1	Clyde Kyle	2:39:50
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PHYS-CHAL – FEMALE 1-99 DIVISION

1	Kristy Marshall	3:07:12
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Southern 6

By Sheridan Ames

In consideration of the perceived demographics of a majority of the readers of this journal, please accept the following as my evaluation of this inaugural 6K trail run. I have assigned a beverage to each kilometer of the race that most accurately describes that section, constituting my personal 6 pack.

Kilometer 1 (of 6)

King Cobra Tall Boy, can, shotgunned. Within moments of the 2:00pm start you begin a series of short fast climbs up the road to the trail head. Everyone is heady with excitement, bumping elbows and jockeying for pole position so as not to get stuck in traffic. After a short downhill you enter the trail which begins to narrow and climb. And climb. And climb. Those unfamiliar with the trail and or their abilities quickly choke the progress of those behind as what was a two lane is now down to tight single track. As is the norm in trail running, a quick "up right" or "up left" signals a quick pass requiring Herculean effort due the steepness of the trail. As your lungs burn and your legs tighten you can't imagine being able to go much farther at that pace; the trail leads to another steeper climb. Over the crest and you have downed your first of six.

Kilometer 2

Sweetwater IPA, draught. As you are now in total oxygen debt the trail undulates between moderate and hard. Equally divided among the up hills and down. About the time you catch your breath on a decent, you are once again going up. Trail is bittersweet and runners have for the most part sorted themselves out. Trail continues to be single track and passing remains difficult. Looking ahead for your next passing opportunity is difficult due to density of the woods and constantly shifting of the trail from right to left.



Kilometer 3

Grolsch, bottle. Runners are sorted out, trail is rolling and fast. Footing is good, trail hard packed with very few roots, big or sharp rocks. You are able to stretch out a bit and pick up the speed. Trail is tight and passing opportunities few as everyone is flying along at a fast clip. Bright sun coming through the trees forces you to focus on just what lurks in the shadows. At this speed a misplaced step would result in some serious bleeding and bruising.

Kilometer 4

Bass Ale, draught. Trail has a strong right camber and rocks are plentiful. Paying attention here is critical. Sharp right around a tree, sharp left around big craggy rock. Watch out for that downed tree with sharp broken limbs (one cost me 13 stitches on a training run) sticking out. Can still maintain an abnormally (for trails) fast pace here, but be careful as the next kilometer may give you a hangover.

Kilometer 5

Fat Tire, 20oz. bottle. Back into going either up, up, up or down, down, down. Nothing killer, just honest hard work. Trail remains in great condition.

A lot of man-hours have been spent making these trails the best in the Collegedale area. Whoever did this deserves a huge "thank you." After a fast, long winding downhill requiring you to really focus the trail once again begins a long not-so-lazy climb back up. This is your last chance to "man-up" (I couldn't and lost a place here) and pass before the sprint to the finish.

Kilometer 6

Yuengling, Lager, Growler. Wide relatively smooth trail heading downhill fast. At this point you need to be wide open and barely touching the ground. Footing is good and you know you don't have much farther to go. Kilometer going by fast and it feels good. Trail ends and it's a quick left onto the road, up a little hill before two short downhill's to the finish.

As six packs go, this is one you don't want miss next year. For the inaugural race; trail selection/ conditions and overall race organization was fantastic. Support from the Southern Adventist University, Sunbelt, McKee Foods, The Boonies, Marmot, Bi-Lo (Ooltewah), Archer PT and Rock Creek made the race goodie bag, the course and post race refreshments a fine way to spend a Sunday afternoon.



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WEDNESDAY NIGHT TRAIL RUN

For more information, e-mail
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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.

Tuesday Night Run **NEW!**

5:00 pm at the Gateway Farm
(off Hamill Rd in Hixson)

Run led by Ryan Crews of Front Runner

Group Run

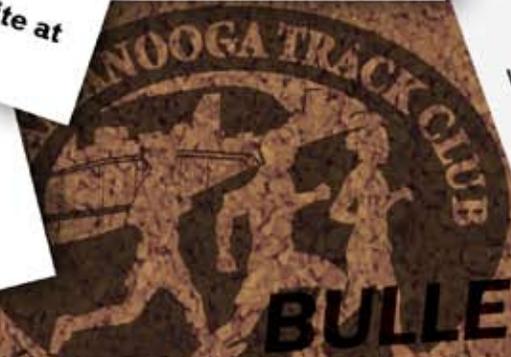
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CTC Group Run
Wednesday Nights - 6:15 p.m.
Downtown Sports Barn
(301 Market Street)



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*Lookouts Game and Picnic –
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details to come.*

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