

OCTOBER 2009 VOLUME 41, ISSUE 3

#### Chattanooga Track Club

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# JOGGING A perveletter published five times per ver by Chattanooga Track Club Mission Statement

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

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Charlene Simmons | James Williams

#### Layout / Design Keith Finch

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## **Jogging Around Ad Rates**

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Everyone from serious competitor to the casual

walker is welcome.

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# **WORD FROM THE PREZ'S PERCH**

With the temperature cooling and the sun rising later and setting earlier, it's clear that fall is upon us. With fall comes a busy race season. By the time you read this letter the Joe Johnson Mental Health 10k and Signal Mountain Pie Run will be in the history books. But we still have the Chickamauga Battlefield Marathon and Half Marathon on November 14th and the Wauhatchie Trail Run on December 12th to look forward to.

This year's Chickamauga Battlefield Marathon and Half Marathon will be the largest on record, with 1,500 runners registered for the race. While we expected the marathon to sell out, as it did last year, I will admit we were surprised to see it sell out two months in advance. I understand the early sell out caught a number of runners off guard, including club members. We've heard from dozens of runners seeking entry into the sold out event, but we've had to hold fast to our registration limits. Please understand we had to choose a registration limit that insures our participants enjoy a safe, quality event and meets the approval of the National Park Service. If you know anyone disappointed about missing out on this year's race please encourage him or her to run next year's event on November 13, 2010. Registration for next year's race will open in January and we encourage all runners to register early to secure a spot.

In other news the club's board has been busy mapping out a future for the club. We spent the last few months constructing a strategic plan to help guide the club and its growth over the next three years. The full plan is detailed on page 2 and I encourage all readers to check it out.

Finally, it's time for the club to pick new board members for 2010. As members of the board, directors and officers make decisions about how the club should operate. To learn more about the board elections check out the "Calling All Members – Run for Office" article on ChattanoogaTrackClub.org. To nominate yourself for a board position please contact James Williams (ctcjamesw@yahoo.com) by October 26th. Board elections will take place on November 10th at 7pm at Porkers BBQ (1251 Market St).

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.



This year, one of the goals set forth for the board of directors was to draft a strategic plan designed to help guide the development of the track club over the next three years.

The board worked for several months drafting goals and activities it felt where appropriate for the club. In drafting these goals the board drew from a number of sources including the club's mission and vision, responses to a survey conducted in late 2007, and comments from members of the club. At the August 2009 meeting the board approved the strategic plan.

A strategic plan, by its very nature, is not something set it stone. It is a working document that is updated and revised as the club changes and grows. What the board drafted and approved is a beginning, not an end to the process. Over the next few years the club will undoubtedly change the plan by achieving some of these goals and by choosing to eliminate or change some of the goals. The plan, as set forth below, is only a starting point for the future.

#### Chattanooga Track Club | Strategic Plan 2009 - 2012

#### **MISSION**

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 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.

#### **THREE YEAR GOALS & ACTIVITIES**

**GOAL:** Increase community awareness of the Chattanooga Track Club.

#### **ACTIVITIES:**

- Promote track club events and activities through the Web site, email list serves, and print items placed at area locations (such as stores, health clubs, community centers, etc).
- Promote track club events and activities in new venues, possibilities include shops, local expos, advertisements in magazines, billboards, PSAs, etc.
- Seek greater press coverage of track club events.
- Work with other local non-profits on events & programs.
- Secure media sponsorships for track club events.

**GOAL:** Increase club membership and add more value to club membership.

#### **ACTIVITIES:**

- Promote track club membership in new venues and to new potential members (examples: younger runners, minorities, walkers, race walkers, etc).
- Offer new membership programs designed to increase the value of a membership (example: training programs, speakers series, etc).
- Develop and aggressively promote a new "rewards discount" system for members (including a membership card, store discounts, race discounts, etc).
- Expand geographical reach of the track club through races, group runs, and other activities.
- Offer merchandise giveaways, such as track club clothing, etc.
- · Offer discount coupons for membership fees at races.

## **GOAL:** Offer quality races in the greater Chattanooga area. **ACTIVITIES:**

- Offer a diverse collection of CTC races and events.
- Create a race director training program to develop new race directors for existing and future CTC races.
- Develop race-directing committees or teams for the larger CTC races.
- · Create a Volunteer Coordinator position on the board.
- Develop a volunteer reward system to encourage members to volunteer at CTC races.
- Survey local runners to explore interest in a new event (frills vs no frills / distance / time of year / etc)

- Add a running series open to all runners (regardless of CTC membership) incorporating some of the existing
- CTC races (example: Triple Crown / Battle for Chattanooga)
- Adopt a non-CTC race as a ROY event.
- Add a new event in 2011 based on the outcome of the runner's survey.
- Secure financial sponsorships for track club events to provide the financial means to expand services for race participants.
- Explore ways to reduce race entry fees (families, youth, no t-shirt, corporate discounts, etc)

**GOAL:** Promote fitness through running and walking programs. **ACTIVITIES:** 

- Provide running and walking information on Web site and via email (example: add running tips to e-news)
- · Offer weekly group runs.
- · Offer training programs for distance races.
- Offer training programs for beginning runners.

## **GOAL:** Promote running among children and youth. **ACTIVITIES:**

- Offer and expand (as needed) the Elementary Cross Country meets and the Chickamauga Battlefield Junior Marathon.
- · Add new youth events & activities.
- Continue support of UTC's Cross Country Program

## **GOAL:** Secure the financial future of the track club. **ACTIVITIES:**

- Build up an emergency reserve account.
- Build a reserve account for future expansion.
- Develop a long-term financial model based on a diverse set of revenue sources (membership dues, race receipts, timing services & equipment rentals, sponsorships, etc).
- Develop a sponsorship sales team to sell sponsorships for CTC events and the club in general.

**GOAL:** Expand administrative support for track club activities. **ACTIVITIES:** 

- Seek partnerships with other local non-profits and government organizations that support similar activities and goals.
- Hire contract, part-time, and full time staff as needed and financially feasible.
- Offer paid or unpaid college internships for CTC races, events, and other activities.

#### **OTHER SUGGESTED GOALS & ACTIVITIES FOR THE FUTURE**

- Work with businesses through employee health programs.
- Add a corporate challenge to one or more CTC races.
- Team up with other local organizations to offer walking programs and weekly group walks.
- Partner with other organizations to develop a youth running program, including weekly runs. (Potential example: work with Girls Inc to offer a program similar to Girls on the Run).
- Offer a college scholarship to local runners.

Approved by the Board of Directors of the Chattanooga Track Club on August 11, 2009.



It's time to elect the 2010 CTC board. Please join us on Tuesday November 11th at 7pm at Pokers BBQ (1251 Market St). Please join us to vote and socialize with other CTC members as we announce the new Board Members. Below is a description of the roles and responsibilities that make up the CTC board. If you'd like to run for the board as a director or an officer please contact James Williams at ctcjamestw@yahoo.com by Oct 26th.

#### 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.

#### 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 2010, Sherilyn Johnson 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 the next year on the board as the 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.

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Fall is full of family gatherings, festivals, and holiday activities. Finding time to exercise and making it count during this busy time of year can be difficult. Instead of becoming discouraged, try these simple walking tips and give your exercise routine the boost it needs this holiday season:

#### Little efforts add up

Next time you head to the mall, avoid the temptation to pick a parking space close to the entrance. Parking farther way and walking briskly towards the entrance will help you fight the fall chill, and add extra steps into your normal routine.

#### Maximize extra time

Take advantage of time away from the office during the holidays and jumpstart your day with a morning walk – or a nice evening stroll.

#### **Take the stairs**

Taking the stairs at the mall instead of the elevator is a great way to squeeze fitness into your holiday schedule. And no more waiting in lines for the elevator or escalator

#### Walk with weight

Using weights while you walk can help you shed holiday pounds quicker. No free weights? No problem! With all the grocery shopping this season, you are bound to have a few cans of green beans or pumpkin filling on hand. Before you head out for your neighborhood stroll, grab a can in each hand.

#### Mix it up

Combine family and exercise time this season with a relay game of different activities such as running, skipping, speed-walking and hopping. The kids will have a blast, and you will reap the rewards of strengthening your heart and shrinking your waistline.

A complete list of walking tips and information about the BlueCross WalkingWorks program can be found in the BlueCross WalkingWorks section of www.bcbst.com.



#### FCA 5K - 2009

<b>FEMA</b>	<b>LE OVERALL RESULTS</b> Jan Gautier	20:06
	OVERALL RESULTS	
-	Joe Sneed	16:57
<b>FEMA</b> 1	<b>LE MASTERS RESULTS</b> Berna Slabber	23:06
MALE 1	MASTERS RESULTS Dean Thompson	17:24
	<b>LE GRANDMASTERS RESULTS</b> y Preisel	24:22
MALE 1	<b>GRANDMASTERS RESULTS</b> Hugh Enicks	17:13
	LE AGE GROUP 11 - 13	
1 2	Chassity Schlageter Shelby Balch	24:00 24:44
3	Kierslynn Conley	24:48
4	Samantha Sell	25:59
5 6	Jeneva Steffes Katie Traffanstedt	26:07 26:58
7	Madeleine Jennings	27:22
8	Corrie Oates	27:40
9 10	Lindsey Cash Allie Anderson	28:03 28:33
10	Elizabeth Oliver	29:12
12	Sarah Field	29:12
13	Alyssa Tallent	29:30
14 15	Alexandra Tallent Bailey Bontekoe	32:24 33:32
16	Kimberly Thelen	34:51
17	McKenzie Covrig	35:14
MAL	AGE GROUP 11 - 13	
1	Grant Hacherl	21:17
2 3	Mathias Porter Jonah Devaney	23:12 23:18
4	Austin Miller	23:37
5	Will McEwen	24:17
6 7	Samuel Hinchman Jon Pat Ransom	24:22 24:31
8	Chase Sholl	24:34
9	Tanner Holsomback	24:37
10 11	Kristian Croxall	24:59 25:48
12	Garrett Smith Amos Carbell	28:26
13	Sam Anderson	28:29
14	Jake Cash	29:01
15 16	Tyler Conley Josiah Hinchman	29:25 31:13
17	Grant Walters	37:05
18	Matthew Zorca	38:30
	LE AGE GROUP 14 - 18	
1 2	Jacquelin Pitcock	20:34
3	Catherine Ellis Lorena Pascual	22:22 22:34
4	Hannah Jenkins	22:36
5	Amy Newport	22:51
6 7	Camillia Loggins Kiersten Vradenburg	22:53 23:00
8	Andrea Spencer	23:13
9	Crystal Pascual	23:17
10 11	Karla Vradenburg	23:27
12	Hannah Travis Holly Zorca	23:34 23:49
13	Lauren Pontekoe	24:25
14	Taylor Hidalgo	26:11
15 16	Davinity Tallent Haley Smith	26:22 26:33
17	Alexis Sholl	26:37
18	Alyssa Stephens	26:39
19 20	Morgan Bodle Buth Hinchman	26:42
20	Ruth Hinchman Samantha Price	26:52 27:04
22	Mary Anna Caldwell	27:13
23	Tara Guess Katy Richardson	27:13
24 25	Katy Richardson Ashton Barker	28:08 28:24
26	Mallory Key	28:25
27	Tori Blackmon	28:30
28 29	Crystal Onopa Abby Horton	28:33 28:40
29 30	Abby Horton Aubrey Casey	28:40 28:41
6	, ,	

31	Laney Hunter
32	Susan Field
33	Shannetra McCuttche
34	Emily Lockheart
35	Melanie Boyd
36	Emily Thurman Marry McErron
37	Mary McEwen
38 39	Lydia Williams Megan Harris
40	Holly Afman
41	Kelle Key
42	Jenna Dedker
43	Ashley Stewart
44	Megan Brown
45	Amanda Madaris
46	Lauren Keck
47	Brennan McCalmon
48	Morgan Lane
49 50	Kali-Ann Rogers Lauren Nix
51	Lauren Nix Erin Smeltzer
52	Carmen Smeltzer
MAL	E AGE GROUP 14 - 18
1	Jake Curtis
2	Will Hayes
3	Artemio Pasqual
4	Joey Leahy
5	Matthew Marshall
6 7	Kenny Steffes Patrick O'Brien
8	Paul Patterson
9	Ryan Hacherl
10	Zachery Gibson
11	Zach Orrlson
12	Quentin Carter
13	Tyler Fricks
14	Matthew Jenkins
15	Isaac Hinchman
16 17	Cole Canour Tyler Cruver
18	Austin Ethridge
19	Vslrb Bennett
20	Ben Oates
21	Mike Jones
22	Preston McCulmon
23	Cutler Cole
24	Seth Ruhling
25 26	Jonathan Strickland
20	Jeremy Bottonly Zach Smith
28	Jacob Casey
29	Alex Hawkins
30	Kaleb Wakefield
31	Bradley Payne
32	Chase Kleehammer
33	Michael Ball
34	Timothy Zorca
35 36	Boston Londis Chris Lindberg
37	Justin Freeman
38	Marco Bianchini
39	Madison Yates
40	Phillip Hinchman
41	Stephen Turner
42	Doug Jenson
43 44	Jacob Nelson Vince Avilar
45	Chase Walker
46	Tyler Keys
47	Ben Sholl
48	Aaron Covrig
49	Parker Templeton
50	Jeb Johnson
51	Josh Clark Hark Hagen
52 53	Hank Hogan L T Miller
53 54	L T Miller Benn Treine
55	Kyle Thurman
56	Devon Johnson
57	Thomas Fry
58	Jordan Hidalgo
59	Peyton Smith
60	David Williams
61 62	Eric Rowell Winston Hunter
63	Winston Hunter Harlley McDaniel
64	Jameson Mullinar

20 17		
28:47	65	Zachary Shipley
28:53	66	Tyler Johnston
29:06	67	James Larson
29:21	68	Chad Collins
29:22	69	Chris Aguilar
29:38	70	Cody Johnson
29:50	71	
		Ryan Nunez
29:54	72	Dakota Brown
30:08	73	Bryan Field
30:42	74	Will Coleman
33:08		
33:36	FEM.	ALE AGE GROUP 19 - 24
34:49	1	Karah Leary
34:51	2	Joya Tate-Ólk
36:36	3	Sadie Carbell
36:54	4	Tara Stewart
37:15	5	Ali Dragoo
38:51	6	Amy Covington
41:33		
43:13	MAL	E AGE GROUP 19 - 24
49:10	1	Charles Webb
49:14	2	Benjamin Johnson
	3	Todd Stevison
	4	Karl Vradenburg
17:49	5	Zachery Key
17:51	6	
	0	Josh Young
18:08		
18:12		ALE AGE GROUP 25 - 29
18:13	1	Katie Casenuo
18:27	2	Jamie Barbeauld
18:48	3	Aishlea Spurgin
18:54		1 0
18:54	MAL	E AGE GROUP 25 - 29
18:56	1	Tim Jackson
18:57	2	
		Joey Barbeauld
19:15	3	Dennis Tuckowski
19:21	4	Wil Foster
19:27	5	Brandon Spurgin
19:30	6	William Linder
19:31	7	Nathan Brown
19:35	8	Joshua Blair
19:45		
19:51	FEM	ALE AGE GROUP 30 - 34
19:54	1	Emily Cooper
20:00	2	Alli Tuckowski
20:03	3	Riki Massey
20:29	4	Michelle Rains
		Jackeline Morales
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	5 6	Crystal Richardson
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25:45

1 Dan Ellis

26:01	2	Steven Morrison	20:38
26:35	3	Glenn Swann	24:23
27:44	4	Todd Richardson	25:26
28:09	5	William Dunn	27:09
28:40	6	Sean Price	27:53
29:54	7	Geoff Ward	29:46
31:06	8	Jason Maddox	29:47
36:38	9	Ronald Devine	29:49
38:07	10	Charles Rains	30:14
44:39			
	FEM	ALE AGE GROUP 40 - 44	
	1	Jan Gautier	20:06
26:48	2	Berna Slabber	23:06
28:01	3	Alisa Stipanov	23:58
30:29	4	Treva Walshe	24:35
30:50	5	Eilin Midtbo	25:03
37:21	6	Tammy Howe	25:18
38:26	7	Melissa Smeltzer	25:41
	8	Danna Vaughn	25:59
	9	Beverly Key	26:10
17:55	10	Bernice Delaney	27:42
22:36	11	Laura Hinchman	28:09
23:25	12	Trish Newsom	28:14
25:57	13	Debbie Priddy	29:22
26:05	14	Patricia McLelland	31:04
29:01	15	Patricia Anderson	35:25
27.01	16	Deanna Sinor	37:01
	17	Caotioha Sales	40:00
22:32	18	Tammy McBride	40:59
34:14	19	Sandra Key	49:20
38:36	20	Kim Cash	54:11
50.50	20	Killi Cash	54.11
	MAI	LE AGE GROUP 40 - 44	
18:37	1	Joe Sneed	16:57
21:04	2	Dean Thompson	17:24
22:23	3	Ryan Shrum	18:30
24:24	4	Robert Davis	18:34
24:24	5	Les Conner	18:59
27:00	6	Rodney Walker	19:54
34:06	7	David Moghani	22:27
37:55	8	Wade Priddy	22:27
57.55	0 9	David Price	23:34
	10	John Holden	23.34 24:15
20:46	10	Brad Hinchman	24:13
23:24	12	Tom Sell	26:00
25:40	12	Glenn Smith	26:00
		Gienni Shinun	20.11
		Ion Dorroll	26.46
28:02	14	Jon Rowell Chris Richardson	26:46
28:02 28:26	14 15	Chris Richardson	28:08
28:02 28:26 28:48	14 15 16	Chris Richardson David Champion	28:08 28:11
28:02 28:26 28:48 29:05	14 15 16 17	Chris Richardson David Champion Scott Wesson	28:08 28:11 28:22
28:02 28:26 28:48 29:05 29:18	14 15 16 17 18	Chris Richardson David Champion Scott Wesson Jay Fowler	28:08 28:11 28:22 28:27
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28:02 28:26 28:48 29:05 29:18 29:28 29:32 29:33 30:06 32:57	14 15 16 17 18 19 20 21 22 23	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan	28:08 28:11 28:22 28:27 29:04 29:15 29:44 33:39 34:12
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28:02 28:26 28:48 29:05 29:18 29:28 29:32 29:33 30:06 32:57 33:04 33:08	14 15 16 17 18 19 20 21 22 23 24 25	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes	28:08 28:11 28:22 28:27 29:04 29:15 29:44 33:39 34:12 34:53 34:57
28:02 28:26 28:48 29:05 29:18 29:28 29:32 29:33 30:06 32:57 33:04 33:08 34:37	14 15 16 17 18 19 20 21 22 23 24 25 26	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig	28:08 28:11 28:22 28:27 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15
28:02 28:26 28:48 29:05 29:18 29:28 29:32 29:33 30:06 32:57 33:04 33:08 34:37 48:13	14 15 16 17 18 19 20 21 22 23 24 25 26 27	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton	$\begin{array}{c} 28:08\\ 28:11\\ 28:22\\ 28:27\\ 29:04\\ 29:15\\ 29:44\\ 33:39\\ 34:12\\ 34:53\\ 34:57\\ 35:15\\ 36:35\\ \end{array}$
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28:02 28:26 28:48 29:05 29:18 29:28 29:32 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller	28:08 28:11 28:22 29:04 29:15 29:44 33:39 34:12 34:53 34:55 36:55 43:16 50:25 55:00
28:02 28:26 28:28 29:05 29:18 29:28 29:32 29:32 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21 21:36	14 15 16 17 18 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b>	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller	28:08 28:11 28:22 28:27 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 36:35 36:35 55:00 25:11
28:02 28:26 28:26 29:45 29:18 29:28 29:32 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21 21:36 24:24	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller ALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings	28:08 28:11 28:22 28:27 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:32
28:02 28:26 28:26 29:18 29:05 29:18 29:28 29:23 30:06 32:57 33:04 33:04 33:04 33:04 34:37 48:13 50:07 18:04 18:21 21:36 24:24 24:24 25:05	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller ALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings Nisey Johnson	28:08 28:11 28:22 28:27 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:32 27:28
28:02 28:26 28:26 29:05 29:18 29:28 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21 21:36 24:24 25:05 26:28	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller ALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings Nisey Johnson Linda Dixon	28:08 28:11 28:22 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:32 27:28 29:49
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28:02 28:26 28:26 29:28 29:05 29:18 29:28 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21 21:36 24:24 25:05 26:28 27:22 26:28 27:22 28:40 30:20	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller ALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorca	28:08 28:11 28:22 28:27 29:04 29:15 29:04 29:15 29:04 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:32 27:28 29:04 30:21 26:32 27:28 29:04 33:39 34:53
28:02 28:26 28:26 29:05 29:18 29:28 29:32 29:32 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21 21:36 24:24 25:05 26:28 27:02 28:40	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 8	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller <b>(ALE AGE GROUP 45 - 49)</b> Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorea Tamarin Larson	28:08 28:11 28:22 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:32 27:28 29:49 30:21 33:39 34:53 37:34
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28:02 28:26 28:26 29:26 29:18 29:28 29:32 29:33 30:06 32:57 33:08 34:37 48:13 50:07 18:04 18:21 21:36 24:24 25:05 26:28 27:02 28:40 30:20 30:20 31:57	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller <b>ALE AGE GROUP 45 - 49</b> Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorca Tamarin Larson Kathy Thelen Pauline Field <b>LE AGE GROUP 45 - 49</b> Warren Sinor	28:08 28:11 28:22 29:24 29:15 29:44 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:22 27:28 29:49 30:21 33:39 34:53 37:34 38:10 38:42
28:02 28:26 28:26 29:05 29:18 29:28 29:32 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21 21:36 24:24 18:21 21:36 24:24 25:05 26:28 27:02 28:40 30:20 31:57 25:32 25:34 26:30 27:47	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 7 8 9 10 <b>MAI</b> 1 2	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller ALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings Nisey Johnson Linda Dison Sally Hoffman Mary Carbell Brenda Zorea Tamarin Larson Kathy Thelen Pauline Field	28:08 28:11 28:22 28:27 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 36:35 36:35 36:35 55:00 25:11 26:32 27:28 20:28 20:24 33:39 34:53 37:34 38:10 38:42 18:55 19:14
28:02 28:26 28:26 29:28 29:28 29:28 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:04 18:21 21:36 24:24 25:05 26:28 27:02 24:24 25:05 26:28 27:02 28:40 30:20 31:57 25:32 25:34 25:34 26:34 26:34 26:44 27:47 29:49	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller <b>ALE AGE GROUP 45 - 49</b> Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorea Tamarin Larson Kathy Thelen Pauline Field <b>LE AGE GROUP 45 - 49</b> Warren Sinor John O'Brien Mike Berry	28:08 28:11 28:22 28:27 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 55:00 25:11 26:32 27:28 29:49 30:21 33:39 34:53 37:34 38:10 38:42 18:55 19:14 19:48
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28:02 28:26 28:26 29:26 29:18 29:28 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21 21:36 24:24 25:05 26:28 27:02 28:40 30:20 28:40 30:20 28:40 30:257 25:32 25:34 26:30 27:47 29:57 34:06	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3 4 5 5	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller ALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorca Tamarin Larson Kathy Thelen Pauline Field LE AGE GROUP 45 - 49 Warren Sinor John O'Brien Mike Berry Jude Hacherl Rick Schumacker	28:08 28:11 28:22 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:32 27:28 29:49 30:21 33:39 34:53 37:34 38:10 38:42 18:55 19:14 19:48 20:07 20:08
28:02 28:26 28:26 29:18 29:05 29:18 29:28 29:32 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21 21:36 24:24 25:05 26:28 27:02 28:40 30:20 31:57 25:32 25:34 25:34 25:34 26:30 27:47 29:49 34:26	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3 4 5 6 7 8 9 10	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller <b>ALE AGE GROUP 45 - 49</b> Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorca Tamarin Larson Kathy Thelen Pauline Field <b>LE AGE GROUP 45 - 49</b> Warren Sinor John O'Brien Mike Berry Jude Hacherl Rick Schumacker Mitchell Hayes	28:08 28:11 28:22 29:24 29:15 29:44 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 36:35 36:35 55:00 25:11 26:32 27:28 27:28 29:49 30:21 33:39 34:53 37:34 38:10 38:42 18:55 19:14 19:48 20:07 20:07 20:07 21:26
28:02 28:26 28:26 29:28 29:05 29:18 29:28 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:04 18:21 21:26 26:28 27:02 26:28 27:02 28:40 30:20 31:57 25:32 25:34 26:30 25:32 25:34 26:34 26:34 26:34 27:47 29:49 32:57 34:06 34:27 39:14	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3 4 5 6 7 7 8 9 10 0 <b>MAI</b> 1 2 3 4 5 5 6 7 7 8 9 10 10 11 12 11 20 12 20 20 21 22 23 24 25 26 27 28 29 20 0 12 20 20 20 20 20 20 20 20 20 20 20 20 20	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller CALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorca Tamarin Larson Kathy Thelen Pauline Field EE AGE GROUP 45 - 49 Warren Sinor John O'Brien Mike Berry Jude Hacherl Rick Schumacker Mitchell Hayes John Selman	28:08 28:11 28:22 28:27 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 55:00 25:11 26:32 27:28 20:28 20:21 33:39 34:53 37:34 38:10 38:42 18:55 19:14 19:48 20:07 20:07 20:07 20:07 20:26 21:26 21:24
28:02 28:26 28:26 29:18 29:05 29:18 29:28 29:32 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:21 21:36 24:24 25:05 26:28 27:02 28:40 30:20 31:57 25:32 25:34 25:34 25:34 26:30 27:47 29:49 34:26	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3 4 5 6 7 8 9 10 12 3 2 4 5 5 6 7 7 8 9 12 3 2 4 5 5 6 6 7 7 8 9 12 3 2 4 5 5 6 6 7 7 8 9 30 12 3 2 4 5 7 7 8 9 30 7 7 7 8 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 30 7 7 8 9 30 7 7 8 9 30 7 8 9 9 7 8 9 9 10 7 8 9 9 9 10 7 7 8 9 9 10 9 10 8 9 9 10 7 8 9 10 10 10 10 7 8 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller ALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorca Tamarin Larson Kathy Thelen Pauline Field LE AGE GROUP 45 - 49 Warren Sinor John O'Brien Mike Berry Jude Hacherl Rick Schumacker Mitchell Hayes John Selman Michel Mooney	28:08 28:11 28:22 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:32 27:28 29:49 30:21 33:39 34:53 37:34 38:10 38:42 18:55 19:14 19:48 20:07 20:08 21:24 422:7
28:02 28:26 28:26 29:28 29:05 29:18 29:28 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:04 18:21 21:26 26:28 27:02 26:28 27:02 28:40 30:20 31:57 25:32 25:34 26:30 25:32 25:34 26:34 26:34 26:34 27:47 29:49 32:57 34:06 34:27 39:14	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3 4 5 6 7 8 9 10 10 11 20 12 20 21 22 30 21 22 30 20 12 20 20 21 22 30 20 12 20 20 20 20 20 20 20 20 20 20 20 20 20	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller ALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorca Tamarin Larson Kathy Thelen Pauline Field E AGE GROUP 45 - 49 Warren Sinor John O'Brien Mike Berry Jude Hacherl Rick Schumacker Michell Hayes John Selman Michael Mooney Darrel Johnson	28:08 28:11 28:22 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:32 27:28 29:49 30:21 33:39 34:53 37:34 38:10 38:42 18:55 19:14 19:48 20:07 20:08 21:26 21:26 21:26 21:26 21:26
28:02 28:26 28:26 29:28 29:05 29:18 29:28 29:33 30:06 32:57 33:04 33:08 34:37 48:13 50:07 18:04 18:04 18:21 21:26 26:28 27:02 26:28 27:02 28:40 30:20 31:57 25:32 25:34 26:30 25:32 25:34 26:34 26:34 26:34 27:47 29:49 32:57 34:06 34:27 39:14	14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 <b>FEM</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3 4 5 6 7 8 9 10 <b>MAI</b> 1 2 3 4 5 6 7 8 9 10 12 3 2 4 5 5 6 7 7 8 9 12 3 2 4 5 5 6 6 7 7 8 9 12 3 2 4 5 5 6 6 7 7 8 9 30 12 3 2 4 5 7 7 8 9 30 7 7 7 8 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 7 8 9 30 7 8 9 30 7 8 9 9 30 7 7 8 9 30 30 7 7 8 9 30 7 7 8 9 30 7 8 9 9 7 8 9 9 10 7 7 8 9 9 10 7 7 8 9 9 10 9 10 8 9 9 10 7 7 8 9 10 7 7 8 9 7 8 9 10 8 9 10 7 7 8 9 7 7 8 9 9 10 7 8 9 10 8 9 10 7 8 9 10 10 8 9 10 8 9 10 8 9 10 10 8 9 10 1 8 9 10 10 8 9 10 10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Chris Richardson David Champion Scott Wesson Jay Fowler Chris Traffanstedt David Boyd Carl Miller Jay Dedker Jeff Hogan David Stephenson Shanon Hayes Bryant Covrig Damon Pendleton Cary Howe John Lecroy Trevor Fuller ALE AGE GROUP 45 - 49 Gina Wells Kelly Jennings Nisey Johnson Linda Dixon Sally Hoffman Mary Carbell Brenda Zorca Tamarin Larson Kathy Thelen Pauline Field LE AGE GROUP 45 - 49 Warren Sinor John O'Brien Mike Berry Jude Hacherl Rick Schumacker Mitchell Hayes John Selman Michel Mooney	28:08 28:11 28:22 29:04 29:15 29:44 33:39 34:12 34:53 34:57 35:15 36:35 43:16 50:25 55:00 25:11 26:32 27:28 29:49 30:21 33:39 34:53 37:34 38:10 38:42 18:55 19:14 19:48 20:07 20:08 21:24 422:7

12	Joe Williams	25:07				7	Thomas Russe	25:14	2	Cyrus Rhode	23:38
12	Stan Davis	25:09	МΔ	LE AGE GROUP 50 - 54		8	Carter Lynch	25:36	3	Doug Hawley	26:04
14	Jerry Lockhart	25:27	1	Hugh Enicks	17:13	9	Bill Pryor	25:44	4	Henry Mesarosh	26:10
15	Kirk Anderson	25:28	2	Eric Clarke	19:43	10	Thomas Sisemore	26:18	5	Howard Dial	26:13
16	Charlie Millard	25:46	3	Marvin Watson	20:24	11	David Kinger	27:46	6	Walter Sinor	28:31
17	Mark Sumida	25:56	4	Jimmy Murdock	21:14	12	George Skonberg	28:40	7	Clark Griffith	29:10
18	Lee Shipley	27:00	5	David Presley	22:40	13	Bill Moran	30:23	'	Clark Olinitii	29.10
19	Patrick Hunter	27:36	6	Lester Gaylon	22:48	14	Steve Frost	30:42	FFA	ALE AGE GROUP 70 - 79	
20	Steve Tompkins	27:47	7	Dale Key	25:10	15	Lucien Ellington	34:32	1	Susan Harrison	40:01
21	Andy Zorca	27:48	8	Michael Walker	26:20	15	Edeleti Emilgion	54.52	1	Susan Harrison	40.01
22	Bo Watson	28:09	9	Mike Leary	27:23	FEN	ALE AGE GROUP 60 - 64		МА	LE AGE GROUP 70 - 79	
23	Sam Cash	29:06	10	Warren McEwen	27:38	1	Mary Preisel	24:22	1	Earl Marler	37:17
24	John Porter	29:11	11	David Halicks	28:22	2	Sue Anne Brown	26:11	2	Lee Meadows	39:15
25	George Thomas	29:55	12	Jim Bennett	30:37	-	oue mile brown	20111	-	Lee meadows	57115
26	Jim Martef	30:12	13	Joe Barbeauld	34:26	ма	LE AGE GROUP 60 - 64		FEA	ALE AGE GROUP 80 - 99	
27	James Strickland	30:27	14	Mark Dragon	37:21	1	Daniel Hinck	23:05	1	Marian Gardner	54:31
28	Oscar Brock	33:41	15	James Dirken	44:10	2	John Elliott	23:50	-		0.000
29	Greg McCalmon	37:35		J		3	Gene Hodge	23:59			
30	Robert Harrison	39:56	FEN	ALE AGE GROUP 55 - 59		4	Dan Woughter	29:32			
31	Kenney Key	49:20	1	Theresa Samuelian	28:06	5	Jim Hamblen	30:13			
	5 5		2	Mary Reid	33:53	6	Robert Blanton	36:05			
FEM	ALE AGE GROUP 50 - 54		3	Linda Gloster	35:16	7	John Dixon	50:51			
1	Karen Gaylon	24:24					J				
2	Susan Gallo	26:25	MA	LE AGE GROUP 55 - 59		FEN	ALE AGE GROUP 65 - 69				
3	Melodie Thompson	29:19	1	Carey Watson	21:56	1	Beth Dial	31:30			
4	Linda Frost	30:40	2	Joe Axley	21:59	2	Bonnie Wassin	37:22			
5	Kathy Fulton	36:40	3	Rick Rogers	22:10	3	Edwina Cohen	56:37			
6	Joann Covington	38:30	4	Danny Casteel	22:44						
7	Helen Barbeauld	54:13	5	John Crawley	23:02	MA	LE AGE GROUP 65 - 69				
8	Emma Fuller	55:00	6	Butch Cooke	23:10	1	Sergio Bianchini	20:30			



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## RACCOON MTN ROUND THE RIM RUN (5K/10K) - 2009

OVE	RALL LISTING - 5K		MALE	A
OVE	RALL FEMALE		1 S	st
1	Dianna Leun	23:23	2 J	
	RALL MALE		3 F 4 I	
1	Joshua Whitehead	16:35	4 J 5 F	
			6 I	
	ALE MASTERS		7 J	
1	Jill Richmond	24:48	8 F 9 F	
MAI	E MASTERS		<i>y</i> 1	u
1	Jeff Henderson	22:57	FEMAL	
			1 I	
1	ALE GRAND MASTERS Cheryl Cutter	32:29	2 ( 3 I	
1	Cheryr Outler	52.27	4 I	
	E GRAND MASTERS		5 I	
1	David Presley	23:42	6 I 7 F	
FEM	ALE AGE GROUP: 14 & UNDER		7 H 8 A	
1	Katie Traffanstedt	29:35		
2	Kimberly Thelen	36:06	MALE	
ΜΔΙ	E AGE GROUP: 14 & UNDER		1 F 2 I	
1	Stephen Heinichen	22:53	2 J 3 I	
2	Austin Miller	23:47	4 (	
3	Jacob Smeltzer	24:43	5 S	
4 5	Andrew Thelen	28:52 29:05	6 ( 7 (	
5	Zachary Mercer James Larson	33:12	7 C 8 S	
7	Thomas Thelen	47:52	0 0	
			FEMAL	
1 1	ALE AGE GROUP: 20 - 29 Jennifer Reeves	27:51	$1 \qquad 0 \\ 2 \qquad S$	
2	Ashley Ham	29:03	2 0	,1
3	Lindsey Powell	29:39	MALE	A
4	Heather Johns	29:40	1 I	
5 6	Deanna Whitehead Sue Von Peters	29:42 30:04	2 J 3 I	
7	Rebecca Shields	30:37	5 1	-4
8	Jenny Godwin	30:42	FEMAL	
9	Jennifer Prewitt	31:04	1 5	52
10 11	Mary-Margaret Moore Marguerite Butler	31:07 31:12	MALE	^
12	Nella Leibenberg	32:57	1 I	
13	Elizabeth Wood	33:59		
14	Leigh Anne Hancock	35:35		
15 16	Laura Massey Aishlea Spurgin	36:36 37:13	OVER/	
17	Amanda Hutchinson	37:48	OVER/	
18	Abegail Moore	38:24	1 I	
19	Amanda Moore	38:27		
20 21	Lacy Steele Leah Stansell	38:49 38:50	<b>OVER</b> 1 (	
22	Katherine Farley	46:27	1 (	,
23	Adrianne Smith	46:28	FEMAL	
24	Martha Ann Land	47:08	1 (	2
ΜΔ	E AGE GROUP: 20 - 29		MALE	•
1	Jimmy Swansbough	18:08	1 (	
2	Brandon Spurgin	25:33		
3	Nick Lockhart	25:52	FEMAL	
4 5	Erik Wells Christopher Mendham	26:10 27:10	1 I	,
6	Cole Hicks	28:50	MALE	e
			1 S	
	ALE AGE GROUP: 30 - 39	29.45		,
1 2	Amanda Donahue Grace Tuju	28:15 29:02	<b>MALE</b> 1	
2	Melissa Hale	29:02	1 1	- 1
4	Janelle Schmidt	31:38	MALE	
5	Samantha Hartsell	32:46	1 (	
6 7	Farrah Barton Che Fortaleza	34:48 36:00	2 J 3 N	
8	Nichole Biggs	36:09 36:43	5 F 4 F	
9	Amy Griffith	37:08		
10	Deann Tomshack	44:33		

MALE AGE GROUP: 30 - 39		FE
1 Steven Morrison	21:10	1
2 John Holden	24:09	2
3 Ron Wotring	24:35	3
4 James Davis	26:03	4
5 Kenneth Wolfe	26:18	5
6 Deston Franks	27:54	6
7 Jason Hartsell	28:05	7
8 Kevin Tawzer	29:32	
9 Rusty Carlton	32:16	M
		1
FEMALE AGE GROUP: 40 - 49		2
1 Laura Rufolo	27:25	3
2 Connie McDade	29:30	4
3 Luanne Staub	35:21	5
4 Deborah Wright	35:46	6
5 Lisa Miller	38:14	7
6 Laura Bailey 7 Kathy Thelen	39:37 39:51	8
8 Ashley Remko	1:01:42	FE
	1.01.12	1
MALE AGE GROUP: 40 - 49		2
1 Rusty Wright	25:07	3
2 James Chasteen	25:23	4
3 Paul Wells	26:05	5
4 Charlie Millard	26:46	6
5 Steve Tompkins	27:12	7
6 Chris Traffanstedt	30:01	8
7 George Thomas	32:35	9
8 Stewart Hale	35:46	
		M
FEMALE AGE GROUP: 50 - 59	0444	1
1 Gail Godwin 2 Shelia Grant	36:14	2
2 Shelia Grant	45:00	3 4
MALE AGE GROUP: 50 - 59		4 5
1 Phil Sparn	34:56	6
2 James Shank	42:54	7
3 Larry Judd	48:30	8
, , , , , , , , , , , , , , , , , , ,		9
FEMALE AGE GROUP: 60 & OVER		10
1 Sandra Zimmerman	44:57	
		FE
MALE AGE GROUP: 60 & OVER	20.20	1
1 Dan Woughter	29:30	2
		3 4
		4 5
<b>OVERALL LISTING - 10K</b>		6
OVERALL FEMALE		0
1 Debra Heaton	46:29	M
		1
OVERALL MALE		2
1 Geno Phillips	36:05	3
		4
FEMALE MASTERS		5
1 Christine Post	52:15	6
		7
	10.10	8
1 Chuck Denham	40:18	FE
FEMALE GRAND MASTERS		1
1 Patsy Ging	56:59	2
i i ausy onig	50.57	3
MALE GRAND MASTERS		4
1 Sergion Bianchini	44:44	
C		M
MALE AGE GROUP: 19 & UNDER		1
1 Tyler Keys	46:04	2
		3
MALE AGE GROUP: 20 - 24	20.11	4
1 Charles Webb	38:16	5
2 Julian Jackson 3 Nathan Harper	42:29	6
<ul><li>3 Nathan Harper</li><li>4 Roger Layne</li></ul>	42:55	7
	56.36	0
+ Roger Layne	56:36	8 9

EM	ALE AGE GROUP: 25 - 29		
	Kate Barron	47:31	FEN
	Elizabeth Brewster	47:32	1
	Erin Brock	57:43	2
	Marya Schalk	1:02:12	3
	Liza Schohl	1:03:53	ма
	Lora Anne White Courtney Baker	1:07:11 1:20:11	1
	Courtiley Daker	1.20.11	2
١AI	E AGE GROUP: 25 - 29		3
	Daniel List	43:37	4
	Adam Bryan	44:02	5
	John Gordon	50:49	6
	Eric Baker	52:29	7
	Michael Price Jason Finnell	53:59 56:35	FEN
	Jarrett Schaerer	56:38	1
	Jason Flemming	58:50	2
EM	ALE AGE GROUP: 30 - 34		MA
	Teri Akovenko	46:42	1 2
	Virginia Allen Destin Griffin-Trussel	56:20 59:16	3
	Michelle Soriano	59:10 59:42	4
	Deborah Dernison	1:03:16	
	Jessica Hacker	1:03:36	FEN
	Leslie Cobb	1:05:57	1
	Rebecca Forrest	1:06:26	
	Heather Hamilton	1:20:13	MA
			1 2
A	<b>.E AGE GROUP: 30 - 34</b> Jason Mikinna	37.44	3
	Jeff Simmons	37:44 43:44	4
	Kenton Johnston	47:23	5
	Michael Tindle	48:57	6
	Billy Barton	52:49	7
	Michael Fennell	58:44	8
	Andrew Bender	1:04:41	9
	Jan Daniel Leibenberg	1:10:11	10 11
0	Jan Muller Joel Walton	1:10:11 1:16:02	11
Č	Joer Walton	1.10.02	FEN
EM	ALE AGE GROUP: 35 - 39		1
	Misty Griffin	47:48	
	Jennifer Funk Christine Warren	48:44	<b>FEN</b> 1
	Tara Murdoch	53:04 54:34	1
	Shannon Derogatis	56:41	FEN
	Page Phillips	1:00:36	1
A	E AGE GROUP: 35 - 39	41.05	<b>MA</b> 1
	Samuel Hammonds Jeff Powe	41:05 44:11	2
	Mark Hurst	45:12	3
	Scott Rice	47:08	
	Bradley Nance	48:37	
	Edward Tate	52:22	
	John Robison	54:49	
	Aaron Sewell	1:00:18	
FM	ALE AGE GROUP: 40 - 44		
	Treva Walshe	55:04	
	Melissa Smeltzer	56:30	
	Bernice Delaney	1:00:10	
	Ellen Daniels	1:06:00	
	E AGE GROUP: 40 - 44		
	Ryan Shrum	40:23	
	Les Conner	40:31	
	Robert Estoye	49:13	
	David Moghani	51:03	
	David Wolfe	53:46	
	Jeff McDonald	54:14	
	Mark Smeltzer	59:32	
	Joe Mocnik Troy Ash	1:04:44 1:10:10	

FEM	ALE AGE GROUP: 45 - 49	
1	Corinne Henderson	57:06
2	Gwen Meeks	59:00
3	Tamarin Lason	1:21:32
MAL	E AGE GROUP: 45 - 49	
1	Ray Kellum	45:42
2	Michael Heinichen	49:21
3	Howard Reagor	50:07
4	Michael Sparkman	51:37
5	Ron Creech	51:54
6	Steve Smalling	54:50
7		59:53
/	Rory Deweese	59.55
	ALE AGE GROUP: 50 - 54	
1	Susan Galllo	57:28
2		1:02:26
2	Melodie Thompson	1:02:26
маі	E AGE GROUP: 50 - 54	
1	Claude Harger	48:04
2	Billy Brock	52:33
3	Tad Bromfield	55:42
3 4	David Halicks	55:42 1:03:05
4	David Halicks	1:05:05
EEM	ALE AGE GROUP: 55 - 59	
1	Gene Nelson	1:08:22
1	Gene Nelson	1.06.22
ΜΔΙ	E AGE GROUP: 55 - 59	
1		46:27
1	Roger Harris	46:27 48:28
1 2	Roger Harris Jerry Schohl	48:28
1 2 3	Roger Harris Jerry Schohl Jim Bryan	48:28 49:33
1 2 3 4	Roger Harris Jerry Schohl Jim Bryan Butch Cooke	48:28 49:33 49:36
1 2 3 4 5	Roger Harris Jerry Schohl Jim Bryan Butch Cooke John Crawley	48:28 49:33 49:36 50:19
1 2 3 4 5 6	Roger Harris Jerry Schohl Jim Bryan Butch Cooke John Crawley Richard Mille	48:28 49:33 49:36 50:19 52:24
1 2 3 4 5 6 7	Roger Harris Jerry Schohl Jim Bryan Butch Cooke John Crawley Richard Mille Thomas Russe	48:28 49:33 49:36 50:19 52:24 56:27
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1 2 3 4 5 6 7 8 9 10 11	Roger Harris Jerry Schohl Jim Bryan Butch Cooke John Crawley Richard Mille Thomas Russe Ronald Rogers Michael Mason Michael Norris Martin Jansen Van Rensbu	48:28 49:33 49:36 50:19 52:24 56:27 58:24 1:00:24 1:01:50
1 2 3 4 5 6 7 8 9 10 11 <b>FEM</b> .	Roger Harris Jerry Schohl Jim Bryan Butch Cooke John Crawley Richard Mille Thomas Russe Ronald Rogers Michael Mason Michael Norris Martin Jansen Van Rensbu ALE AGE GROUP: 60 - 64	48:28 49:33 49:36 50:19 52:24 56:27 58:24 1:00:24 1:01:50 1:14:25
1 2 3 4 5 6 7 8 9 10 11	Roger Harris Jerry Schohl Jim Bryan Butch Cooke John Crawley Richard Mille Thomas Russe Ronald Rogers Michael Mason Michael Norris Martin Jansen Van Rensbu	48:28 49:33 49:36 50:19 52:24 56:27 58:24 1:00:24 1:01:50
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What's worse? Planning a party and no one shows up or everyone shows up. Well, we may be in trouble with the neighbors – but everyone is coming to the marathon this year. In the President's piece Charlene has gone into our need to limit registration. I won't add anything other than it really is a sincere "I'm sorry" from us, and please, please, please sign up early in 2010.

So you missed out or you foot is too sore. Grumble, whine, figure out where you are going to run your marathon, and come out and volunteer to help this November. There are two things that make Chickamauga a quality race. The course ( you can thank our Government for that) and the volunteers. We have well over 150 volunteers that start with the packet assembly days ahead of time to the last crew that pulls the trash bags after everyone else has gone home. We need folks for more than handing out water – we need plenty handing out water as well, but it is the many other jobs that are done well that make the event go smooth and earn it's reputation. We need folks to help at packet pickup, the expo, the pasta dinner, race day setup, sentry, post race food, finish line help, timing, cleanup, and aid stations. Sherilyn Johnson is the volunteer coordinator this year and she will match you to the job that fits. Sign up from the CTC web site or BattlefieldMarathon.com and thanks in advance for making the race a success.

In other news – Carabas will be sponsoring the food for the pasta dinner. It is open to everyone, not just participants, so sign up from the web site if you have not yet. We also have a sponsor committee that is doing an amazing job in a tough selling year to put together advertisers, sponsors and expo participants. A new sponsor this year is 180 Energy Drink. They will be bringing plenty of samples, but also a team of their sponsored runners, and we expect some fast times.

Again I wish everyone who wanted to could run and I hope to see you at the race.

Doug Roselle Race Director

# **TRAINING FOR THE FINISH**

The Chickamauga Marathon and Half Marathon training program began July 26 for 16 weeks.

The program includes two weekly group 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

Charlene Simmons and Flash Cunningham lead the group on various routes through downtown and even a preview of the Battlefield course four times during the program. Water and PowerAde stops along the route are available to refuel the runner. Additionally, after the longer Saturday runs, Charlene makes homemade baked goods that are waiting at the finish line! This is a great way to meet new people who have the same interest and are working towards a common goal – finishing a marathon.





#### Will Bud Wisseman ever stop running?

In April, Bud completed his 20th consecutive Boston Marathon! He began running in 1978 and at the Boston finish had logged 50,000 miles. Along the way, he has made many lifelong friends. With continued good health, he has run every day for the past 21 years and averages 35 miles per week.

Reared in Milford, Delaware, Bud's earliest memories are of his mother, Alice, and sister, Ethel, diligently praying for their brothers in World War II. A product of the Church of God, his first pastor was Reverend W.E. Tull, after whom he was named. Pastor Tull showed Bud a great example of a man committed to doing God's will. Growing up, Bud observed God's faithfulness in his pastor's life and in the lives of others. This encouraged him to be faithful to the Lord and to his church. Bud recently visited with Pastor Tull, who is 95 years old, to let him know again how much he had influenced Bud's life. He described it as a very emotional and special time for him.

After serving in the Air Force and graduating from the University of Delaware (B.S./mechanical engineering), Bud came to Chattanooga, Tennessee, to work for DuPont. Chattanooga had become a familiar place for him since he had visited often and worked there two summers. There he met his wife, Sonia. Bud says the first time he saw her she was smiling, and she is still that same cheerful person today. He says many friends have told him, "It's a good thing Sonia married you, because no one else would put up with you."

The Wissemans are rose growers, and often share their roses with widows, shut-ins, or someone needing encouragement. Their rose garden has been on the Chattanooga Tour of Roses. As usual, Bud is unassuming about this talent. He simply enjoys being able to help others. Bud is most thankful for the blessings of his Christian heritage and for good health. He suffered a seriously sprained ankle just six days before this last Boston Marathon, which easily could have kept him out of the race. He immediately went to two sources for prayer: his pastor, Terry Harris at "The Crossing" and the Thursday women's prayer group that Sonia attends and which has prayed during each of his marathons. Miraculously, the painful swelling went down on the day of the race, which allowed Bud to complete the run!

Bud is not hesitant to share his faith with others and even did so with a fellow runner during his most recent marathon. He also promised God that if he was able to finish this past marathon, he would kneel at the finish line to give God thanks, and that he did!



On May 9th, 32 of Bud's friends did a 50,000 mile celebration run with him in Chickamauga Park. On that run were many of the special people with whom he has shared many miles. He is truly thankful for them.

Like most runners, Bud has goals. The Lord willing, he wants to run the Boston Marathon 25 years in a row. There are only 36 active runners in the quarter century club. Knowing Bud, it is likely that his faithfulness and discipline will help him to get this done and that he will indeed keep on running!



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cvarga@frontrunnerathletics.com www.frontrunnerathletics.com



# CHATTANOGA TRACK CLUB

#### **BOARD MEETING** AUGUST 11, 2009

Charlene called the meeting to order.

#### Members present included:

Charlene Simmons, President, Sherilyn Johnson, Vice President/ President Elect, Ken Radley, Vice President of Races, Kathy Fulton, Vice President of Membership, Tim Holmes, Treasurer, Beth Ford, Secretary, James Williams, President. (Absent was Lanise Hutchins, Vice President of Communications.)

# Directors present with one year remaining on their

**term:** Butch Cooke and Bill Moran. (Absent were Edwina Cohen, Peter Murphy, Theresa Samuelian.)

#### Directors present with two years remaining on their

**term:** Lisa Barrett, Flash Cunningham, Walt Sinor. (Absent was Oliver Trimiew.) Members present: Doug Roselle and Blaine Reese.

# July 2009 Meeting Minutes and Financials

Charlene called the meeting to order. To answer last month's discussion, she noted that the additional savings may be added to the track club's CD to total up to \$20,000.00. Charlene stated the Chickamauga Chase had paid \$700.00 this month, possibly having paid the timing fee only. Tim said he will check with Connie to see if Riverbend paid their fees for timing the 2009 race and if there was additional monies to be received. All monies were cleared from the Waterfront Triathlon. There was a \$1,400.00 profit from the Chickamauga Chase. Money from the Chickamauga Marathon is currently being received but there are still outstanding expenses. Tim stated that since the CTC is a 501(c)(3) non-profit organization, we must file a Form 990 to receive charitable donations. He will file proper paperwork showing profits versus expenses for 11 road races, the Jogging Around newsletter and other financials. With no further discussion, Butch made the motion to approve the minutes and financials. Flash seconded the motion with 11 members present agreeing unanimously.

#### **Strategic Plan**

All members reviewed current draft of the CTC Strategic Plan for 2009-2012. Sherilyn made the motion to approve as a final draft. Flash seconded the motion and 11 members present voted unanimously in agreement.

#### **Storage for Equipment**

Charlene advised that we are in need of a 10' x 15' storage area. Flash recommended a downtown storage area for \$1,044.00 with small risk of theft. Charlene requested the board decide a monthly budget amount for storage with Sherilyn and Flash settling on the location afterwards. James moved that the CTC budget \$90.00 monthly for storage and \$165.00 once for shelving Bill seconded the motion. Ten members voted in agreement with Flash abstaining from the vote.

#### Recruiting Race Directors for 2010 Riverbend, Chickamauga Marathon, Junior Marathon, and Chattanooga Chase

These four races will be in need of new race directors in 2010. Butch suggested that the board might check with the Dalton Track Club for additional qualified race directors. Charlene also agreed to contact the Friends of the Festival to recommend that they might be willing to locate the 2010 Riverbend Race Director.

#### Renewal of 2010 BCBS of TN Sponsorship

Our current sponsorship contract requires the CTC to promote Walking Works Program at booths as well as four challenge races to include walks. BCBS of TN sponsors the Market Street Mile. BCBS is requesting to change from this to another race in the spring or possibly the fall. The board will consider the 5k of the Scenic City and discuss again in the September board meeting.

#### Ballot for Upcoming Board Elections

Only five current members are scheduled to remain on the 2010 board. Bill recommended that Tim Holmes be allowed to fill his skilled position more than one term. Recommendations for member nominees must require the nominees agreement to serve then be e-mailed to James who will help comprise a ballot. An ad will mention the available positions in the next *Jogging Around* as well as in e-mails sent to CTC members.

#### Battle for Chattanooga Race Series

Moved to a later meeting

#### **Review of CTC by-laws**

Moved to a later meeting

#### **Other Business**

Sherilyn stated she has 56 CTC shirts remaining. She also stated CTC needs a small race calendar with CTC info, due to several requests at Missionary Ridge Race. She is going to get pricing for screen printing the CTC name on as-is tents. Flash stated he thought two would be necessary if the pricing was good.

# August/ September Tasks for Committee Meetings

Charlene is requesting committees research what expenses they project for the 2010 budget, as well as any unnecessary monies that do not fulfill the CTC mission statement may be saved. These will be presented at the September CTC board meeting.

Walt motioned that the meeting be adjourned. Flash seconded the motion and 11 members present agreed unanimously.

**Next Meeting:** September 8, 2009, 6:30 p.m. at Out of the Blue Cafe

Respectfully submitted, Sarah E. Ford CTC Secretary

#### COMMUNICATIONS COMMITTEE AUGUST 19, 2009

**Members present** – Lanise Hutchins and Charlene Simmons

#### **Topics discussed:**

- Redesign of CTC Web site homepage
- Mailing of JA

#### MEMBERSHIP COMMITTEE AUGUST, 2009

#### Members present-Walt

Sinor, Kathy Fulton, and Charlene Simmons.

#### **Topics discussed:**

- Lookouts Game plans finalized
- Future need for membership card
- Need for some type of welcome letter for joining new members joining throughout the year

#### RACES COMMITTEE SEPTEMBER 1, 2009

Members present – Ken Radley, Theresa Samuelian, Bill Moran, Charlene Simmons, Flash Cunningham, Bill Minahan, Doug Roselle

#### Races discussed:

**Symphony Classic** – Signed contract for chip timing. Charlene will email race organizers information about race file. Bill Minhan is helping with some of the race organization.

**Pie Run** – Event is 10/17 and will use chip timing. No prediction run this year, first 100 finishers will get pie. Bill signed contract for race management.

**Ford Classic** – preparations are moving along.

#### Chickamauga Marathon -

Race is at 80% with only ~ 300 spots remaining – 124 for marathon, 193 for the half. Will need to rent additional mats, lite readers and 500 – 600 chips. Charlene will check on additional materials from Ipco and Ipax. Doug is working on medals and shirts. Part of the course needs some repair work with the cost at ~ 1,000. There will be a clean up day for the service road with no mowing. Clean-up day is scheduled for 11/ 1/ 2009 at 1:00 pm and this will be posted on the Web for volunteers. There are massage services being organized for the event with 3 confirmations.

Scenic City Half – Bill is using Active for race registration. There is an increase of \$.75, which is passed on to the runners. There is no set-up required by Active for the charities to collect donations that means a reduced cost for the charities. The charities will need to find their own volunteers. Bill is working on a budget for advertising and is considering Runner's World and Running Times.

**Riverbend Run** – Blaine Rees has offered to be the race director for the event in 2010.

#### **Committee Discussed:** Battle for Chattanooga

Charlene wants the committee to amend the proposal for the Race Series that would not include King of the Mountain. All races in the series need to be covered by our insurance from RRCA. **BlueCross** – walk around tour challenge. Committee suggested that the following races be considered – Scenic City 5K, Chattanooga Chase, Raccoon Mountain, Riverbend.

BlueCross is looking for a new race that they want to be associated with in their contact. Races for them to consider are: Chattanooga Chase or Scenic City 5K.

#### Equipment Purchases -

Committee approved the purchase of a Net Book computer for a cost of  $\sim$  \$300 and a Time Machine (timer) for a cost of \$1,000. The timer can be used for either bib pull or chip timing.

**Next Meeting:** October 6, 2009, with the location of meeting changing

# OVER 600 CHILDREN TAKE PART IN FIRST CROSS COUNTRY RACE

Over 600 Hamilton County school children participated in a one-mile cross-country race held on Thursday September 4, 2009 at the Baylor School. The race was the first race in an elementary cross-country series that will include three additional one-mile races.

The races are open to students enrolled in third, fourth, and fifth grades. Students from a number of public and private elementary schools, as well as home-schooled children, are taken part in the series.

The cross-country races are co-produced by teachers and coaches from the schools and the Chattanooga Track Club (CTC).

# MIS-SION-ARY RIDGE ROAD RACE

14



30:1

### **MISSIONARY RIDGE ROAD RACE (4.7 MILE) - 2009**

#### MALE A Gr

4

5

6

Jason McKinney

Russell Barry

Matt Gregory

MA	LE AGE GROUP: 1 - 14		7	Paul Archambault
1	Grant Hacherl	34:21	8	Adam Webb
2	David Enicks	37:14	9	John Windom
3	Walt Douglas	38:52		
4	Robert Thompson	49:18	FEN	ALE AGE GROUP:
5	Houston Nelson	1:00:40	1	Emily Cooper
			2	Beth Vargas
FEN	ALE AGE GROUP: 1 - 14		3	Caroline Outlaw
1	Katie Traffanstedt	50:18	4	Becky Sparks
2	Lindsey Cash	54:13	5	Lacie Newton
			6	Leigh Todd
	LE AGE GROUP: 15 - 19			
1	Ryan Hacherl	31:06		LE AGE GROUP: 35
2	Mark Straussberger	31:46	1	Jeff Powe
3	Andrew Bruner	32:16	2	David Wyke
4	Caleb Bennett	36:29	3	Dale Burrell
5	Andrew O'Neill	44:56	4	Shannon Ledbetter
			5	Bradley Nance
	LE AGE GROUP: 20 - 24		6	Timmy Johnson
1	Charles Webb	29:12	7	Scott Hamby
2	Will Morgan	30:39	8	Michael Emerling
3	Evan Sharber	31:23	9	John Thompson
4	Jason Hendrix	34:01	10 11	Adam Royer Ted Bullock
5	Mark Nelson	1:01:12	11	Ted Dullock
FEA	ALE AGE GROUP: 20 - 24		FEN	ALE AGE GROUP:
1	Sabrina Lefort	31:02	1	Louisa Hurst
2	Sara Straussberger	39:05	2	Tara Murdock
3	Megan Bruner	40:02	3	Mary Stoetzner
4	Brittany Garrett	42:17	4	Lyn Douglas
5	Taylor Andersen	47:55	5	Amy Burba
6	Jenny Godwin	51:05	6	Shannon Derogatis
	5 ,		7	Michele Corbin
MA	LE AGE GROUP: 25 - 29		8	Danna Bailey
1	Joseph Goetz	25:32	9	Catherine Hendee
2	Benjamin Palmer	30:50		
3	Adam Dodson	31:26	MA	LE AGE GROUP: 40
4	Will Hutchinson	32:55	1	Ryan Shrum
5	Adam Bryan	33:18	2	Les Conner
6	Eric Sisemore	33:54	3	Mark Kuhn
7	Daniel Parson	37:55	4	Aaron Mercer
8	Jason Coffey	47:55	5	Barry Klein
9	Ashley Hammonds	49:08	6	David Moghani
			7	Patrick Douglas
FEN	ALE AGE GROUP: 25 - 29		8	Jeff McDonald
1	Elizabeth Sawyer	32:43	9	David Wolfe
2	Jennifer Lars	39:12	10	Geoff Rodgers
3	Kari Morrison	39:23	11	Sean Coleman
4	Alison Counts	50:31	12	Rick Hicks
5	Jenna Chavalia	50:50	13	Paul Kaspereen
			14	Sujeel Taj
	LE AGE GROUP: 30 - 34		15	Troy Ash
1	Nicholas Selbo	25:57	16	Chris Traffanstedt
2	Jeff Edmonds	26:26	EEA	
3	Alan Outlaw	27:33		IALE AGE GROUP:

27:55

29:47

29:52

2

3

Belinda Young

Holley Kimsey

/	Paul Archambault	30:16
8	Adam Webb	30:57
9	John Windom	32:53
FEM	ALE AGE GROUP: 30 - 34	
1	Emily Cooper	33:34
2	Beth Vargas	37:24
3	Caroline Outlaw	43:13
4	Becky Sparks	44:03
5		
	Lacie Newton	47:56
6	Leigh Todd	50:13
ΜΔΙ	E AGE GROUP: 35 - 39	
1	Jeff Powe	32:33
2		
	David Wyke	34:12
3	Dale Burrell	34:24
4	Shannon Ledbetter	34:36
5	Bradley Nance	35:07
6	Timmy Johnson	38:36
7	Scott Hamby	42:19
8	Michael Emerling	43:42
9	John Thompson	47:19
10	Adam Royer	49:54
11	Ted Bullock	49:54
11	Ted Bullock	49.54
FEM	ALE AGE GROUP: 35 - 39	
1	Louisa Hurst	42:26
2	Tara Murdock	42:30
3	Mary Stoetzner	42:58
4	Lyn Douglas	44:14
5	Amy Burba	44:21
6	Shannon Derogatis	45:00
7	Michele Corbin	47:55
8	Danna Bailey	47:56
9	Catherine Hendee	54:44
	E AGE GROUP: 40 - 44	20.25
1	Ryan Shrum	29:35
2	Les Conner	29:56
3	Mark Kuhn	30:54
4	Aaron Mercer	33:53
5	Barry Klein	34:40
6	David Moghani	36:33
7	Patrick Douglas	38:52
8	Jeff McDonald	39:45
9	David Wolfe	40:00
10	Geoff Rodgers	40:12
11		
	Sean Coleman	41:13
12	Rick Hicks	41:29
13	Paul Kaspereen	42:00
14	Sujeel Taj	42:19
15	Troy Ash	48:55
16	Chris Traffanstedt	50:53
FEAA		
	ALE AGE GROUP: 40 - 44	22.02
1	Jan Gautier	32:02

6	4	Barbara Ensign
7	5	Treva Walshe
3	6	Sharon Freibrun
	7	Kim Durham
	8	Lauren Hunt
4	9	Danna Vaughn
24	10	Tracey Wade
3	11	Michelle Oneil
13	12	Karen Hayes
6		
3	1	LE AGE GROUP: 45 - 4
	2	Tim Ensign Hugh Enicks
3	3	Chuck Denham
2	4	Jude Hacherl
4	5	Ray Kellum
 6	6	Mitchell Hayes
17	7	Mike Anderson
6	8	Howard Reagor
9	9	Mike Sparkman
2	10	Jim Pels
9	11	James Keef III
4	12	Steve Smalling
4	13	James Arnold
	14	Jeff Malone
	15	Michael O'Neill
6	16	Steve Tompkins
0	17	Jeffrey Hendee
8	18	Terry Haywood
4		
21		ALE AGE GROUP: 45 -
0	1	Laura Gearhiser
5	2	Corrine Henderson
6	3	Gwen Meeks
4	4	Monica Blanton
	5	Vickie Blalock
-	6	Linda Ruffin
5	7	Lisa Chavalia
6 4		LE AGE GROUP: 50 - 5
3	1	Cliff Milam
0	2	Welton Davison
3	3	Moe Watson
2	4	Hugh Sharber
5	5	Greg Nelson
0	6	Quint Mansell
2	7	Claude Hager
3	8	Jeff Straussberger
9	9	Billy Bearden
0	10	Doug Marquart
9	11	Walter Samper
5	12	Rich Mercer
3	13	Jim Dugger
	14	David Halicks
	15	Jim Bennett
12	16	Jamos Shank

16

34:05

38:07

James Shank

1	Treva Walshe
	Sharon Freibrun
ŀ	Kim Durham
Ι	auren Hunt
	Danna Vaughn
	Tracey Wade
	Michelle Oneil
	Karen Hayes
1	caren 11ayes
LE	AGE GROUP: 45 - 49
1	l'im Ensign
ŀ	Hugh Enicks
0	Chuck Denham
ŀ	ude Hacherl
	Ray Kellum
	Mitchell Hayes
	Mike Anderson
	Ioward Reagor
	dike Sparkman
	im Pels
	ames Keef III
	Steve Smalling
	ames Arnold
	eff Malone
	Michael O'Neill
	Steve Tompkins
	effrey Hendee
	Ferry Haywood
۱AL	E AGE GROUP: 45 - 49
	.aura Gearhiser
	Corrine Henderson
(	Gwen Meeks
	Monica Blanton
	/ickie Blalock
	inda Ruffin
	isa Chavalia
-	
LE /	AGE GROUP: 50 - 54
0	Cliff Milam
V	Welton Davison
Ν	Moe Watson
	Tugh Sharber
	Greg Nelson
	Quint Mansell
	laude Hager

39:04

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32:53 32:56

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37:19 37:23 37:37

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33:10 33:48

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36:13 36:54

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1:00:35

1

2

2	Karen Galyon	38:38
3	Susan Gallo	42:12
4	Colleen Carboni	42:57
5	Melodie Thompson	47:41
6	Betty Andersen	51:16
MAI	E AGE GROUP: 55 - 59	
1	Terry Stawser, Sr.	33:13
2	Butch Cooke	37:31
-		
3	John Crawley	37:48
4	Pat Hagan	39:36
5	Billy Henderson	40:09
6	Carter Lynch	40:17
7	Randall Godwin	40:23
8	Billy Collier	41:53
9	Les Kertay	42:39
10	Stephan Bennett	42:51
11	Michael Mason	43:39
12	Thomas Sisemore	43:47
13	Bill Moran	46:41
14	John Henegar	47:28
14	Joini Henegai	77.20
FEM	ALE AGE GROUP: 55 - 59	
1	Patsy Ging	41:50
2	Suzanne Haizlip	48:53
3	Kathleen Stanley	51:20
ΜΔΙ	E AGE GROUP: 60 - 64	
1		25.50
	Rich Phillips	35:50
2	Roy Webb	40:49
3	Timothy Davis	45:29
FEM	ALE AGE GROUP: 60 - 64	
1	Sue Brown	41:54
	E AGE GROUP: 65 - 69	
1	Sergio Bianchini	34:53
2	Doug Hawley	41:52
3	Jesse Roberson	43:19
4	Walter Sinor	47:08
5	Jim Selman	51:24
	5	
	ALE AGE GROUP: 65 - 69	
1	Bonnie Wassin	55:14
ма	E AGE GROUP: 70 - 99	
1	Lee Meadows	1:05:17

FEMALE AGE GROUP: 50 - 54

Pam Bearden

Karen Galyon

38:47

38:58







Chattanooga's Ultimate Running Store

104-A Tremont Street Chattanooga, TN 37405

(423) 265-0531

WEDDIESDAY NIGHT Jog/Walk Program Schedule: Wednesdays 6:00pm Fast Break Athletics TRALL RUN Runners, Speedwalkers, Joggers, Slow Runners and Walkers are all welcome! e-mail For more information, If you are injured or starting your running farmerjp@bellsouth.net 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. SPEEDWORK For "Footnotes" from the RRCA go to www.rrca.org - this newsletter Thursday Night at 6:30pm at is no longer printed, but the same Fast Break Athletics - Joey Howe great information can be found online. leads this pack - All Speeds Welcome. Keep up to date on food, racing, coaching and much more! **Volunteers Needed!** Can't run in a race, that's ok - volunteer instead. We're looking for volunteers to help out with upcoming races. Tuesday Night Run NEW! Get ROY points - in order to qualify for 5:00 pm at the Gateway Farm Walking Works must (off Hamill Rd in Hixson) two events - Monday evenings at 7PM Run led by Ryan Crews of Front Runner - meet at Fast Break Athletics. 104 Tremont St. **Group Run Getting Ready for a Maratho** CHATTANDOGA New in town and need new long distance running companions? Go to www.grouprun.com for the latest group run schedule, Check out the new CTC website at Please send your bulletins to track workouts and the yearlong chattanoogatrackclub.org bbrock@tech-projects.com marathon schedule. OOGA TRA CTC Group Run Wednesday Nights - 6:15 p.m. Downtown Sports Barn (301 Market Street) ETIN BOARD



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

#### CHANGE SERVICE REQUEST

NON-PROFIT ORGANIZATION **U.S. POSTAGE** PAID PERMIT NO. 130 CHATTANOOGA TN

# **JOE MCGINNESS RUNNER OF THE YEAR - CURRENT STANDINGS** WOMEN

650

#### **Overall Women**

Susan Gallo	760
Patsy Ging	580
Gwen Meeks	490
Melodie Thompson	280
Bernice Delaney	270
Sherilyn Johnson	270
Alisa Stipanov	260
Ann Garner	250
Sissye Jones	210
Belinda Young	200
_	
Junior Women (0-15)	
Caitlin Duggan	500
Catherine Ellis	190
IZ' I 1 W/ 1 1	00
Kim Jade Wycherley	90
Jeneva Steffes	90 90
Jeneva Steffes	
Jeneva Steffes Adult Women (16-39)	90
Jeneva Steffes Adult Women (16-39) Lanise Hutchins	90 260
Jeneva Steffes Adult Women (16-39) Lanise Hutchins Sissye Jones	90 260 260
Jeneva Steffes <b>Adult Women (16-39)</b> Lanise Hutchins Sissye Jones Stacy Johnson	90 260 260 200
Jeneva Steffes <b>Adult Women (16-39)</b> Lanise Hutchins Sissye Jones Stacy Johnson Jennifer Funk	90 260 260 200 160
Jeneva Steffes <b>Adult Women (16-39)</b> Lanise Hutchins Sissye Jones Stacy Johnson Jennifer Funk Denise Moon	90 260 260 200 160 150
Jeneva Steffes <b>Adult Women (16-39)</b> Lanise Hutchins Sissye Jones Stacy Johnson Jennifer Funk Denise Moon Deanna Lord	90 260 260 200 160 150 150
Jeneva Steffes <b>Adult Women (16-39)</b> Lanise Hutchins Sissye Jones Stacy Johnson Jennifer Funk Denise Moon Deanna Lord Leslie Becht	90 260 200 160 150 150 150
Jeneva Steffes <b>Adult Women (16-39)</b> Lanise Hutchins Sissye Jones Stacy Johnson Jennifer Funk Denise Moon Deanna Lord Leslie Becht Rebecca Ammons	90 260 200 160 150 150 150 120

#### Master Women (40-49) Gwen Meeks Ί

Tammy Larson	44(
Bernice Delaney	410
Sally Hoffman	320
Alisa Stipanov	300
Sherilyn Johnson	270
Belinda Young	200
Linda Andreae	190
Kimberly Atkins	180
Kelly Bullock	160

#### **Grand Master** W

Women (50-59)	
Susan Gallo	980
Patsy Ging	750
Melodie Thompson	450
Theresa Samuelian	360
Kathy Fulton	280
Janice Wycherley	210
Sarah Bowen	160
Lucy Stokely	120
Lynda Webber	120
Brenda Gift	110

#### Senior Women (60+)

Bonnie Wassin	780
Ann Garner	730
Edwina Cohen	260
Susan Harrison	90
Frances Martin	60
Rita Fanning	30



#### **Overall Men**

700
640
580
500
320
300
260
240
220
210
410

#### Will Hammond

Graham Hammond

David Enicks

100

100

90

680

600

450

430

220

160

160

150

150

150

Adult Men (16-39) Charles Webb Jason McKinney Adam Burnett Marco Bianchini Zach Cowart Jonathan Warner Daniel Uson Steven Morrison Mark Straussberger Joshua Carter

#### Master Men (40-49)

Ryan Shrum 860 David Moghani 570 Steve Smalling 330 Chuck Denham 300 Andy Koss 190 Jeff Balser 180 Rory DeWeese 150 Kurt Lammon 150 Warren Sinor 150 Geoff Rodgers 150

Gra	nd M	aster	Men	(50-59	))

John Crawley 6	60
Butch Cooke 4	-90
Quinton Mansell 3	50
Hugh Enicks 3	00
Doug Roselle 2	250
John Walker 2	250
Bill Brock 2	50
Bill Moran 2	40
Don Lastine 2	210
Flash Cunningham 2	210
_	

#### Senior Men (60+)

Sergio Bianchini	960
Doug Hawley	670
Cyrus Rhode	610
Phil Thomas	580
Walter Sinor	450
David Scholes	280
Jim Selman	260
Blaine Reese	240
Jesse Roberson	210
Roy Webb	210