

Chattanooga Track Club

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JOGGING AROUND

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Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal. No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to the casual walker is welcome.

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Jogging Around Ad Rates

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WORD FROM THE PREZ'S PERCH



What a wonderful time to live in Chattanooga! It is a great place to enjoy the outdoors. The weather is great and the running season is well under way. Bill Estes was an outstanding race director at the recent 65 Roses at Lee University-Cleveland, TN, with 485 finishers. In 2009 there were 293 finishers. George Skonberg was also an outstanding race director at the Chickamauga Chase 15K & 5K with registrations up 40%. Do you see the pattern here? The CTC races are growing, almost doubling in registration in 2010. These races don't happen without lots of planning, organizing and most importantly, our volunteers. Thank you to all who help make CTC races a success.

In May we have two more CTC races. Walt Sinor is directing the Market Street Mile again this year, which will be on Saturday, May 22. If you have ever wanted to hold a state record, this is your chance. Come test your speed and you could end up in the record books.

Chas Webb will be directing the BlueCross Chattanooga Chase 8K on Memorial Day, which is Monday, May 31. This is a fun event on a beautiful course in North Chattanooga. Come on out and enjoy the fun.

The Battle for Chattanooga has begun. If you were one of the finishers in the Chickamauga Chase, then you have completed 1/3 of the requirements for the Battle for Chattanooga participant's metal. If you completed the 15K event at the Chickamauga Chase, then you are also in the running for a Battle for Chattanooga award. The next event is the Missionary Ridge Road race on August 14. Dan Bailey directs this fantastic race and this is one not to be missed.

CTC is trying to involve more members in outdoor events. Mitzie Dyer, CTC Vice President of Membership, organized the Smokin' Cajun Cookout held on the south green at the

Riverfront on Saturday, April 17. This was a wonderful event where over 100 members and non-members enjoyed hot tamales and fresh crawfish from Champy's, along with wonderful blues and jazz. Thank you Mitzie for organizing this unique and great way to enjoy downtown Chattanooga, great food and socializing with fellow runners.

There are still plenty of opportunities for you to get involved. We are currently looking for a Race Director for the Chickamauga Battlefield Jr. Marathon. These are well-established events and the CTC will guide you and help you become a successful race director. In addition, races don't happen without loads of volunteers. If you are interested in getting more involved as a Race Director or as a volunteer, contact any board member or me.

On a personal note, I just attempted my 21st marathon on Saturday, April 24 in Nashville. As many of you may know, I have had knee problems for the past 2 years. My last marathon was January 2008. It feels so good to be back on the road running, especially training on Saturday mornings with one of the CTC running groups. I was not concerned about my time until the race director activated a contingency plan to limit the marathon to 4:30 due to the weather. At that point, I just wanted to be given the chance to finish. But overall, I'm glad to be running again. I look forward to seeing you at a group run or at an upcoming CTC event.

Sherilyn Johnson
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.

PATRICK HALL OVERALL WINNER OF 11TH ANNUAL GATEWAY BANK AND TRUST 5K



On the first day of spring, March 20, 2010 a crowd gathered at Gateway Bank & Trust for the 11th Annual 5K Run / Fun Walk for Communities in Schools. About 300 people were in attendance for this event. All proceeds benefited the Communities in Schools of Catoosa County. Approximately \$12,000 was raised. Patrick Hall was the overall winner with a time of 15:36 and Nicholas Selbo was 2nd overall with a time of 15:53. Andrew Dorn was 3rd overall winner with a time of 16:27. Critter Dawsey was the overall female winner with a time of 20:15.

Woodstation Elementary formed Team Joan for their former principal, Joan DeRose who gave her life to cancer. They were in hot pink shirts with zebra lettering and were a great addition to the spirit of the event.

We have been fortunate to work with the Chattanooga Track Club for the past 11 years to ensure a great event for all, said race director, Mary Carpenter. CTC members continue to be supportive of this race, from promotion to race coordination and equipment support. Gateway Bank and Trust looks forward to partnering with CTC in the years ahead.

If you have questions about this year's event or future Gateway Bank & Trust races, contact Mary Carpenter at mcarpenter@gwbt.com or 706-965-1508.

GATEWAY BANK AND TRUST 5K - 2010

OVERALL MALE

1 Patrick Hall 15:46:00

OVERALL FEMALE

1 Critter Dawsey 20:15:00

MALE 15 & UNDER

1 Jonathan Edwards 21:21:00
 2 Landon Reed 21:43:00
 3 Dennis Walton
 4 Tucker Parrish 23:42:00
 5 Will McEwen 23:52:00
 6 Jack McEwen 28:07:00
 7 James Edwards walker

MALE 16-19

1 Jonathan Preg 17:23:00
 2 Kevin Coffman 17:28:00
 3 James Veldhorst 19:56:00
 4 Marco Bianchini 20:28:00

MALE 20-24

1 Andrew Dorn 16:27:00
 2 Daniel Pick 17:13:00
 3 Jonathan DiGioia 20:30:00
 4 Mason Hodges 21:09:00
 5 Kailor Gordy 21:30:00
 6 Clint Little 22:10:00
 7 Chris Groce 25:58:00
 8 Michael Harvey 26:55:00
 9 Zach Barnett

MALE 25-29

1 Jonathan Anderson 23:01:00
 2 Robert Doty 24:30:00
 3 Joshua Jones 25:00:00
 4 Ryan Miller 26:18:00

MALE 30-34

1 Nicholas Selbo 15:53:00
 2 Alan Outlaw 16:50:00
 3 Adam Webb 18:44:00
 4 Josh Carter 20:26:00
 5 Duane Brooks 21:42:00
 6 Chris O'Mary 23:30:00
 7 Michael Fennell 25:12:00
 8 Aaron McGuirt 26:02:00
 9 Jason Bridges 26:54:00

10 Shawn Kiniry 27:10:00
 11 Brad Stephens 28:15:00
 12 Dale Mobley walking

MALE 35-39

1 Adam Burnett 20:47:00
 2 John Moore 22:32:00
 3 Joel Srobada 23:24:00
 4 Brent Parrish 23:45:00
 5 Steve Gordy 24:18:00
 6 John Robison 24:26:00
 7 Sean Price 25:58:00
 8 Andrew Bender 27:40:00
 9 Earl Tindall 28:07:00
 10 Shawn Rogers

MALE 40-44

1 Les Conner 18:54:00
 2 David Moghani 20:42:00
 3 Ryan Taylor 21:50:00
 4 Eric Whittington 22:29:00
 5 Michael Howard 25:29:00
 6 Scott Wilhoit 26:15:00
 7 Ken Janke 26:32:00
 8 Seth Bussey 28:34:00
 9 Jay Roueche 30:55:00
 10 Roger Carter
 11 Dan Walden 44:17:00

MALE 45-49

1 Kim Ray 20:31:00
 2 Ray Beem 20:33:00
 3 Mel Edwards 21:26:00
 4 Terry Smith 25:18:00
 5 Steve Tompkins 27:26:00
 6 Dale Duckett 27:47:00
 7 Ernie Ellis 32:00:00

MALE 50-59

1 Bobby Smith 20:39:00
 2 Roger Harris 20:55:00
 3 Tommy Nichols 22:03:00
 4 John Crawley 22:55:00
 5 Paul Harwart 23:47:00
 6 Mike Martin 24:01:00
 7 Scott Fisher 24:44:00
 8 Spencer Evans 25:03:00
 9 David Presley 25:18:00

10 Bob Peck 26:01:00
 11 Warren McEwen 28:10:00
 12 Richard Devine 30:22:00
 13 Lucien Ellington 30:26:00
 14 Jeff Sebastian
 15 Mark Marshfield 34:29:00
 16 Rodney Walker 38:44:00

MALE 60 & OVER

1 Sergio Bianchini 20:50:00
 2 Stephen LeMay
 3 Roy Webb 23:31:00
 4 Doug Hawley 25:46:00
 5 James Hamblen 28:57:00
 6 Ralph Maples
 7 Lee Meadows

FEMALE 15 & UNDER

1 Moriah Edwards 22:33:00
 2 Mallory Edwards 22:35:00
 3 Macy Mullens 29:11:00
 4 Linnen Ryan 40:48:00
 5 Saulye Nichols

FEMALE 16-19

1 Buddy Dawsey 24:05:00
 2 Catherine Kercher 24:46:00
 3 Stephanie Ammons 24:46:00
 4 Meagon McNabb 27:17:00
 5 Lydia Boone 30:19:00

FEMALE 20-24

1 Tera Woods 21:22:00
 2 Kelly Gillikin 21:55:00
 3 Kelsey Nichols 24:10:00
 4 Hannah Winchester 29:37:00
 5 Rebekah Harvey
 6 Heather Trimer 44:17:00

FEMALE 25-29

1 Lauren Snipes 24:12:00
 2 Crystal Dempsey 26:21:00
 3 Meredith Bridges 26:59:00
 4 Jessica Green 28:45:00
 5 Leah Stansell 34:35:00
 6 Sara Cocke 34:35:00

FEMALE 30-34

1 Laura Roberts 27:10:00
 2 Jennifer Trammel 28:33:00
 3 Elizabeth Petty 29:03:00
 4 Rachel Kemp 31:21:00
 5 Kim Kiniry 32:20:00
 6 Jennifer Moore 41:23:00
 7 Autumn Rains 42:46:00
 8 Donna Bedwell 42:46:00

FEMALE 35-39

1 Shana Chandler 24:38:00
 2 Lore Conway 27:31:00
 3 Candi Gracy 31:00:00
 4 Emily Hawkins 35:00:00
 5 Sarah Stowers 39:38:00

FEMALE 40-44

1 Treva Walsh 23:53:00
 2 Lisa Culver 27:26:00
 3 Susan Bussey 28:32:00
 4 Gina Horsley 30:55:00
 5 Jennifer Kilby 31:00:00
 6 Marcia Curtis 32:30:00
 7 Linda Trostle 35:03:00
 8 Carolyn Berry 38:53:00
 9 Michelle Stephens
 10 Vanessa Walden 41:20:00

FEMALE 45-49

1 Renee Anderson 28:25:00
 2 Renee Ellis 32:00:00
 3 Tammy Larson 34:50:00
 4 Lisa Chavalia 33:52:00
 5 Kay Henderson 39:30:00

FEMALE 50-59

1 Rhonda Gage 24:10:00
 2 Jackie Gardner 27:09:00
 3 Becky Maples 29:42:00
 4 Debbie Sebastian 34:40:00
 5 Teresa Hughes 38:52:00
 6 Sandy Boyles 48:00:00

FEMALE 60 & OVER

1 Bonnie Wassin 34:30:00



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65 Roses 5K



McKinnon and Pitcock Claim 65 Roses

On what turned out to be a perfect morning for running, Jason McKinnon had a time of 16:56 claiming first place in the 65 Roses 5k. Jacquelin Pitcock covered the course in 20:27 to win overall in the women's race.

Over 450 runners took to the streets of historic downtown Cleveland, TN to raise both money and awareness towards a cure for Cystic Fibrosis. Now having run its 8th year, the 65 Roses continues to find success in its association with the Chattanooga Track Club and Lee University. Runner of the Year points were assigned to CTC members at the conclusion of the race. Full results can be found at the CTC website or at <http://www.leeuniversity.edu/cf>.



65 ROSES 5K - 2010

OVERALL FEMALE

1 Jacquelin Pitcock 20:27

OVERALL MALE

1 Jason McKinnon 16:56

FEMALE AGE GROUP:14&UNDER

1 Acaacia Stillwell 26:55
 2 Lorne Conn 29:19
 3 Caitlyn Blevins 29:34
 4 Bailey Cortney 30:16
 5 Kim Jade Wycherley 32:25
 6 Indya Lawrence 33:07
 7 Savannah Carroll 35:39
 8 Katie Estes 38:05
 9 Alyssah Thomas 40:27
 10 Sophia Gregory 48:35
 11 Mikayla Horton 48:36
 12 Emma Byrd 48:37
 13 Siarra Thomas 50:18

MALE AGE GROUP:14&UNDER

1 Paul Patterson 17:39
 2 Jesus Cruz 19:37
 3 Justin Jones 20:00
 4 Coleman Heming 22:03
 5 Brandom Romero 22:03
 6 Riley Anderson 22:13
 7 Graham Hammond 22:14
 8 Grant Taylor 22:16
 9 Will Haas 22:26
 10 Chris Pistrang 22:40
 11 Caleb Saunders 22:43
 12 Moss Jones 23:26
 13 Kyle Swenson 23:55
 14 Cody Scarborough 24:40
 15 Caleb Craig 25:49
 16 Kile Clark 26:06
 17 Braxton Wiggins 26:15
 18 Reed Calfee 26:37
 19 Noah Todd 26:37
 20 Zach Willis 26:55
 21 Jeromy Miller 27:14
 22 Ben Morris 28:03
 23 Logan Conine 28:23
 24 Brandon Balmer 28:42
 25 Chandler Lusk 28:51
 26 Zach Martin 29:35
 27 Bodie Shelton 29:37
 28 Trey Gregory 29:48
 29 Oliver Conn 30:39
 30 Collyn Parks 32:01
 31 Cody Saunders 32:07
 32 Raquan Dodd 33:34
 33 Mason Conine 34:08
 34 Tommy Marino 35:50
 35 Edward Daresta 35:51
 36 Connor Conine 37:23
 37 Grant Koon 37:24
 38 Charlie Haney 37:33
 39 Drew Guentensberger 38:47
 40 Ryan Washington 38:54

FEMALE AGE GROUP:15-19

1 Hannah Eroin 23:25
 2 Jill Pearson 23:53
 3 Kelli Colwell 24:05
 4 Carrie Morris 24:46
 5 Lauren Griffin 26:15
 6 Samantha Price 26:45
 7 Jenifer Christenbury 27:16
 8 Britanie McNabb 27:18
 9 Jamie Parne 27:33
 10 Jennifer Griffith 27:47
 11 Casey Tinius 27:49
 12 BrandyUrban 28:18
 13 Erin Goodrow 28:19
 14 Sandi Andrusfski 29:47
 15 Katelyn McChesney 31:11
 16 Amy Ford 31:33
 17 Rena Yelton 31:40
 18 Briannay Brakebill 31:44
 19 Claire Cronhein 31:49
 20 Danielle Cogan 33:08
 21 Elizabeth Fehr 36:31
 22 Bailey Connelley 37:21
 23 Brittany Brooks 37:42
 24 Olivia Wyatt 37:43

MALE AGE GROUP:15-19

1 Jake Curtis 18:06
 2 Joshua Simpkins 20:40
 3 Joshua Finley 20:44
 4 Quinn Hickey 21:23
 5 Marco Bianchini 21:57
 6 Brett Botta 22:14
 7 Grayson McConnell 22:51
 8 Logan Blizard 22:51
 9 Cameron Beem 22:58
 10 Jace Meeks 23:10
 11 Caleb Simpkins 24:57
 12 Mitch Mizell 26:20
 13 Joseph Hardaway 26:46
 14 Zach Hollis 27:15
 15 Blake Ray 27:44
 16 Christopher Albritton 28:19
 17 Jonathan Lapinsky 28:38
 18 Tyler Lamb 28:47
 19 Chris Dickens 30:24
 20 Jeff Griffith 30:45
 21 Ryan Smith 31:50
 22 Matt Lawson 31:51
 23 Ethan Martin 32:46
 24 Tyler Green 32:55
 25 Britton Crowder 33:13

FEMALE AGE GROUP:20-24

1 Emily Waters 23:25
 2 Amber Kienlen 23:32
 3 Kyle Brummeler 23:43
 4 Jessica Finely 23:56
 5 Kassandra Sandacz 24:49
 6 Emily McComb 24:53
 7 Jamie Hannah 25:13
 8 Lauren Armbruster 25:41
 9 Natalie Ballard 25:58
 10 Melanie Duncan 26:46
 11 Rachel Stern 27:05
 12 Johni Chapman 27:24
 13 Paige Hungerford 27:49
 14 Samantha Hernandez 28:46
 15 Christy Hardty 29:15
 16 Katie Nelson 29:17
 17 Marla Mlachnik 29:17
 18 Kaitlin Steiner 30:04
 19 Katelyn Rosendall 30:16
 20 Megan Landes 30:16
 21 Kristen Goodlett 31:14
 22 Mandi Elliott 31:20
 23 Katie Hamilton 31:41
 24 Brittany Psanos 32:04
 25 Erika Thomas 32:04
 26 Kelsey Finalay 33:08
 27 Patience Harris 33:28
 28 Sarah Dike 34:56
 29 Cara Solava 34:56
 30 Wendy Ward 36:10
 31 Alexis Thomas 36:22
 32 Kari Craig 36:36
 33 Angie McCain 36:53
 34 Lisa Duggan 37:29
 35 Amy Hobbs 37:39
 36 Porshia Gilliam 38:02
 37 Danielle Anderson 52:07

MALE AGE GROUP:20-24

1 Josiah Young 17:32
 2 Charles Webb 17:52
 3 Joe Jellison 20:16
 4 Michael Shaw 21:56
 5 Jeffery Porter 22:13
 6 Joshua Warlick 22:16
 7 Tyler Patterson 23:02
 8 Carson Craig 23:09
 9 Casey Bryson 23:18
 10 Kahlin Hawke 23:43
 11 Derek Dixon 24:30
 12 Joel Drach 24:32
 13 Michael Simmons 24:50
 14 Timothy Kuhns 24:58
 15 Bryan Sanders 26:06
 16 Jarrod Casteel 31:20
 17 Chad Buckland 32:01
 18 Caleb Baber 32:48
 19 Kurt Loveday 33:17
 20 Daniel Weller 36:43
 21 Zach Fields 37:40

22 David Layer 37:52
 23 Adam Moss 47:09

FEMALE AGE GROUP:25-29

1 Elizabeth Sawyer 20:37
 2 Kristen Sermons 24:03
 3 Erika Cooke 25:20
 4 Misha Fanelli 25:35
 5 Lauren Tyree 26:43
 6 Tiffany Robbins 26:47
 7 Erin Brock 27:24
 8 Ashley Condo 27:28
 9 Nicole Harden 27:30
 10 Amanda Griffey 27:44
 11 Kara Winder 27:46
 12 Michelle McMahan 27:48
 13 Karen Dees 28:00
 14 Julie Duryee 28:20
 15 Brooke Smith 28:26
 16 Lindsay Sluder 28:27
 17 Crystal Nicholson 28:37
 18 Holly Ware 28:48
 19 Bridget Baggett 28:48
 20 Gilly Wiseman 29:10
 21 Amy Plemons 30:09
 22 Jessica Darsey-Harper 31:01
 23 Abby Fletcher 31:23
 24 Brooke Edwards 31:29
 25 Leann Crandall 31:34
 26 Bruna Langer 31:38
 27 Lindsay Ortega 31:39
 28 Natachia Souders 31:40
 29 Ashley Heller 31:41
 30 Angela Graydon 31:59
 31 Rebecca Williamson 33:33
 32 Jessica Owens 34:04
 33 Anissa Adams 37:31
 34 Laura Mountain 38:00
 35 Andrea Riley 44:40
 36 Sarah Eskda 45:31
 37 Melanie Coleman 51:10

MALE AGE GROUP:25-29

1 Johnthan Baxley 20:10
 2 Casey Gallaher 20:58
 3 Clayton Montgomery 21:42
 4 Josh Keller 21:55
 5 Kyle Page 22:03
 6 Josh Mowery 22:29
 7 Brian Heller 23:01
 8 Erik Wells 23:17
 9 Anibal Delgado 23:24
 10 Robert Cannatella 23:54
 11 Drew Rader 24:35
 12 Zach Ballard 24:36
 13 Ross Anderson 24:40
 14 Chris Ladwig 24:47
 15 Tanner Goin 25:05
 16 Nathan Cook 26:59
 17 Benjamin Hammonds 27:05
 18 Justin White 27:13
 19 Matt Gann 27:43
 20 Cole Strong 27:43
 21 Whitney Owens 28:58
 22 Joshua Foggin 29:07
 23 Nathan Brown 29:15
 24 Steven Allen 30:07
 25 Justin Leazer 30:12
 26 Hunter Harper 31:01
 27 Joel Barnes 31:15
 28 Jason Steffenhagen 33:29
 29 Keith Loveay 38:34

FEMALE AGE GROUP:30-34

1 Sarah Ringer 22:19
 2 Jannifer Watson 24:28
 3 Lorrie Dewitt 24:34
 4 Dawniel King 24:45
 5 Michelle Chapman 24:57
 6 Carla Noya 25:03
 7 Krissi Martin 26:06
 8 Lisa Eulo 26:09
 9 Margaret Godfrey 26:50
 10 Fabiola Noya 27:21
 11 Angie McAmis 27:33
 12 Jenny Bradshaw 27:39
 13 Karrie Covington 27:41
 14 Ana Garcia 28:02

15 Hilary Ordonez 28:09
 16 Merica Stum 28:24
 17 Jennifer Trammell 28:33
 18 Stacey Taylor 28:35
 19 Cindy Akins 29:17
 20 Laura Land 29:24
 21 Mande Chapman 30:13
 22 Amanda Morgan 30:47
 23 Alanna Henry 30:49
 24 Morgan Waldrop 30:49
 25 Brooklynn Townsend 30:55
 26 Amanda Elliott 31:00
 27 Jojo Brown 31:45
 28 Eva Vanhook 32:13
 29 Anita Adkins 32:16
 30 Sheron Smith 32:23
 31 Keshma Odeny 33:44
 32 Tab Combs 34:23
 33 Wendy Thomas 34:39
 34 Stacey York 35:19
 35 Shannon Lunsford 35:56
 36 Angela Gross 37:24
 37 Benita Phipps 40:34
 38 Heather Brannon 41:55
 39 Emem Aitken 43:59
 40 Kelly Conn 44:44
 41 Sharon Glaser 51:10

MALE AGE GROUP:30-34

1 Zach Cowart 19:45
 2 Kelly Kiser 19:56
 3 Josh Carter 20:06
 4 Chris Light 21:33
 5 Chris Townsend 21:34
 6 Wild Bill Martin 21:37
 7 Nathan Cofer 21:49
 8 Derrick Marr 22:26
 9 Eric Sparks 22:30
 10 Jason Ingram 23:10
 11 Jay Chapman 24:30
 12 Keith Lilly 24:34
 13 Justin Foster 24:36
 14 Shane Newbery 24:44
 15 Matt Moore 25:53
 16 Jeff Ringer 26:35
 17 Matthew Wiseman 26:54
 18 Manuel Carril 27:17
 19 Brent Fair 27:17
 20 Andrew McMahan 28:09
 21 Jared Smith 28:10
 22 Chad Nicholson 29:13
 23 Gregory Danuser 30:43
 24 Israel Waldrop 32:02
 25 Josh York 35:20
 26 Stephen Brannon 41:55

FEMALE AGE GROUP:35-39

1 Laura Mooney 23:46
 2 Angela Coffman 24:53
 3 Stacy Marshall 26:44
 4 Lesley Morgan 27:35
 5 Maria Eargle 28:10
 6 Stephanie Oliver 28:30
 7 Lore Conway 29:01
 8 Maria Reeves 29:09
 9 Jessica Hacker 30:00
 10 Cynthia Smith 30:14
 11 Yvonne Newman 30:53
 12 Terri Bearden 33:12
 13 Vicki Hannifin 33:43
 14 Heather Sims 34:23
 15 Natalie Johnson 34:31
 16 Jennifer Regan 36:14
 17 Kimberly Iosia 36:44
 18 Melanie Fangman 39:12
 19 Rena Scoggins 40:11
 20 Lara Harwood 40:47
 21 Shelley Moore 44:06
 22 Becky Marino 44:41
 23 Stacey Groover 44:43
 24 Tina Riddle 47:30
 25 Shelby Dobbs 48:00
 26 Tara Pollard 50:04

MALE AGE GROUP:35-39

1 Craig Winsor 17:56
 2 Phillip Avans 20:19
 3 Daniel Uson 21:01



CHICKAMAUGA CHASE... A RECORD BREAKING EVENT

By George Skonberg

Over 1200 participants plus spectators gathered at the Chickamauga and Chattanooga National Military Park on April 17 for the 42nd running of the Chickamauga Chase. Michael Kirk of Signal Mtn, TN, with a time of 53:32 and Kimberly Humphries of Chattanooga, with a time of 1:05:30 were the overall winners.

Registrations nearly doubled for this years' event, jumping from 780 in 2009 to 1294 this year. I attributed the spike to the success of the marathon which is held at the Park in the Fall; the new website by Ronnie Tidwell; a variety of marketing and media coverage for the event and the amazing group of volunteers. Of course it didn't hurt that we had gorgeous weather leading up to the event and race day weather conditions were perfect.

I would like to add that Doug Roselle, Race Director for the Chickamauga Battlefield Marathon, and his team have also done a tremendous job branding this venue as a premier place to run and it has had a positive effect on the Chickamauga Chase, which is one of the 10 oldest 15k races in the country and one of the longest running CTC races.

When a race almost doubles in size weeks in advance, it certainly keeps a race director on his toes and I would like to say a special thanks to an extremely reliable staff of volunteers. We are fortunate to have over 100 volunteers help with all facets of the event from the weeks leading up to race day, to race day and beyond. This event brought together volunteers from all walks of life, runners and non-runners, including the Explorer Post 230T-Fort Oglethorpe, Friends of the Park, UTC Professor Dr. Leroy Fanning and his students, the UTC Mocs ROTC Battalion, UBS employees and CTC members.

I would like to especially thank Rita Fanning, who was an invaluable partner in putting on this event and give special recognition to Ed and Carol Harris along with daughter and son-in-law Keen and Lavon Pickle who have been volunteering for the past 30 years at water stop #3. It is my association with the park and these volunteers that keep me

coming back each year. We could not do this race without their hard work and dedication to producing a quality event.

Last but not least, with the exception of some who were delayed getting to the start by the pile up on I-24, I hope all enjoyed the event and everyone will be back next year. We will be addressing our growing pains and be assured that this event will be even better in 2011.



CHICKAMAUGA CHASE 5K - 2010

OVERALL MALE WINNERS

1 Jonathan Preg 17:19

OVERALL FEMALE WINNERS

1 Erin Rayburn 21:59

OVERALL MALE MASTERS WINNERS

1 Don Gregg 19:47

OVERALL FEMALE MASTERS WINNERS

1 Wendy Houston 22:09

OVERALL MALE GRAND MASTERS WINNERS

1 Bill Ensign 20:39

OVERALL FEMALE GRAND MASTERS WINNERS

1 Paula Cooper 23:36

MALE AGE GROUP: 1 - 14

1 Jesus Cruz 19:25
 2 Kyle Trego 20:54
 3 Garnett Williams 22:42
 4 Walt Douglas 22:48
 5 Jeremy Miller 22:50
 6 Tristen Walker 24:17
 7 Austin Shands 24:42
 8 Brett Hollis 26:21
 9 Brock Parham 26:54
 10 Lane Hollis 27:06
 11 Devin Smith 27:30
 12 Jake Allen 28:05
 13 Jon Sandlin 30:23
 14 Seth Petarra 31:36
 15 Ethan Langford 33:30
 16 Mac Rowland 33:51
 17 Buck Ralston 33:51
 18 Daniel Howerton 34:36
 19 Matthew Redmond 38:29
 20 Chandler Coker 41:21
 21 Blake Parham 45:26
 22 Matthew Milling 54:02

FEMALE AGE GROUP: 1 - 14

1 Danielle Daniels 26:56
 2 Sarah Field 30:43
 3 Casey King 31:02
 4 Elisabeth Feld 31:28
 5 Megan Johnston 33:08
 6 Kami Hope Page 33:33
 7 Kate Anne Ralston 39:11

MALE AGE GROUP: 15 - 19

1 Ryan Walker 17:34
 2 Joshua Stanley 17:44
 3 Isaac Pacheco 17:56
 4 Fredy Castilla 18:39
 5 Phillip Williams 18:57
 6 James Veldhorst 19:12
 7 Micah Schreiner 19:34
 8 Spencer Adams 22:22
 9 Hunter Thurman 22:29
 10 Garret Black 23:12
 11 Connor Wilson 23:37
 12 Evan Niles 25:06
 13 James Larson 26:30
 14 Sean Conine 26:45
 15 Evan Quinn 28:23
 16 James Berry 28:53
 17 Christopher Hampton 38:55

FEMALE AGE GROUP: 15 - 19

1 Carrie Morris 23:15
 2 Holly Zorca 25:07
 3 Lucy Branam 26:13
 4 Jamie Beckwith 26:45
 5 Shae Lingerfelt 27:03
 6 Britanie McNabb 27:43
 7 Susan Field 28:33
 8 Merrily Suits 31:35
 9 Taylor Durham 32:59
 10 Hannah Young 35:06

11 Emily Wilson 35:19
 12 Kara Smith 35:54
 13 Kasie Miller 36:38
 14 Allison Ashley 1:00:54

MALE AGE GROUP: 20 - 24

1 Jonathan Digoia 18:47
 2 Clint Little 20:52
 3 Luke Baker 21:41
 4 Chris Robbins 21:44
 5 Austin Holcomb 22:31
 6 Chris Cooper 25:18
 7 Timothy Kuhns 26:13
 8 Ben Adler 26:21
 9 Casey Robinson 26:50
 10 Timothy White 27:20
 11 Jack Berry 28:04
 12 Matthew Talley 28:21
 13 Christian Chacon 29:18
 14 Nathaniel Ballew 29:38
 15 David Barlew Jr 30:09
 16 Jonathan Rhodes 30:27
 17 Steven Duncan 30:33
 18 Anthony Hindmon 32:42
 19 Daniel Kowalski 32:50
 20 James Hornady 39:54
 21 Joshua Stiles 41:28
 22 James Johnson 43:13
 23 Jesse Lagoo 48:01

FEMALE AGE GROUP: 20 - 24

1 Traci Elder 23:15
 2 Janel Gaston 25:16
 3 Heather Taylor 27:57
 4 Brandi Prince 28:05
 5 Rachel Stuckey 28:23
 6 Lindsey Cochran 28:23
 7 Colleen Mikelson 28:35
 8 Anne Lawrence 29:19
 9 Alli Paryse 29:31
 10 Ashley Lumpkin 29:52
 11 Roxann Quinn 30:04
 12 Kara Durham 30:07
 13 Audrey Goldsmith 31:09
 14 Adrienne Hamilton 31:36
 15 Heather Lozano 32:25
 16 Kellye Murray 32:27
 17 Tabatha Parks 33:58
 18 Christine Cohen 35:37
 19 Sara Straussberger 36:25
 20 Victoria Becker 36:38
 21 Jamie Kowalski 38:49
 22 Mekeesha Matherley 39:52
 23 Kayla Couch 40:00
 24 Felicia Johnson 42:32
 25 Amanda Harb 42:57
 26 Amber Smithson 48:00
 27 Paige Coulter 1:02:38

MALE AGE GROUP: 25 - 29

1 Jonathan Baxley 19:46
 2 Adam Bryan 20:57
 3 Daniel Miller 21:28
 4 Charlie McGinnes 21:39
 5 James Geiger 21:43
 6 Josh Ledbetter 22:22
 7 Harry Crotch 23:02
 8 Adam Elder 23:27
 9 Matthew Provenzano 23:33
 10 Joseph Watson 24:08
 11 Jacob Harris 24:40
 12 Robert Doty 24:48
 13 Josh Jones 24:49
 14 Arpan Desai 24:51
 15 Drew Lancaster 24:59
 16 Ryan Hughes 25:11
 17 Marshall Casselman 25:31
 18 David Solis 25:33
 19 Phillip Purney 25:33
 20 Kyle Taylor 25:50
 21 Ryan Miller 25:58
 22 Nathan Cook 26:50
 23 Michael Hilton 27:11

24 Trae Vaughan 27:13
 25 Patrick Leavell 27:22
 26 Joel Smelley 28:05
 27 Keith Bolis 28:42
 28 Aaron Schers 29:40
 29 Matthew Henderson 30:40
 30 Beau Wilson 31:15
 31 Jacob Stevens 31:16
 32 Marcus Blalock 32:11
 33 Adam Finck 32:32
 34 John-Mark Chesney 34:44
 35 Colin Cunningham 35:36
 36 Bill Mosley 36:43
 37 Gene Allen 38:14

FEMALE AGE GROUP: 25 - 29

1 Meghan Whitley 22:07
 2 Ashley Hixon 23:35
 3 Courtney McGinness 24:22
 4 Erika Cooke 24:34
 5 Elisa Vaughn 24:48
 6 Julianna Chapman 25:12
 7 Stephanie Clark 25:54
 8 Crystal Dempsey 26:49
 9 Cassandra Green 27:01
 10 Michelle Vaughan 27:40
 11 Rebecca Williams 29:29
 12 Ruth Bousshardt 29:51
 13 Laura Skonberg 29:51
 14 Emily Bramlett 30:17
 15 Selena Cameron 30:21
 16 Leigh Cox 30:28
 17 Lindsay Spurgin 30:54
 18 Abigail McAfee 31:12
 19 Amy Shuff 31:17
 20 Angela Graydon 31:27
 21 Amy Burge 31:33
 22 Amber Bray 31:48
 23 Kerry Roberts 31:59
 24 Sarah Mouw 31:59
 25 Courtney McCoy 32:26
 26 Tricia Hatala 32:55
 27 Daisy Mofatt 33:10
 28 Sarah Samarin 33:26
 29 Amber Hixon 33:43
 30 Mary-Margaret Moore 33:46
 31 Shelley Castle 33:46
 32 Shona Fountain 34:02
 33 Shannon Burger 34:02
 34 Nicole Fuller 34:13
 35 Christina Allen 34:30
 36 Faith Chesney 34:44
 37 Mandi Hunt 34:46
 38 Amber Provenzano 34:55
 39 Cara Beard 35:01
 40 Brynn Greene 35:26
 41 Aishlea Spurgin 35:31
 42 Cressi Scott 35:33
 43 Jessica Huemmer 35:37
 44 Laura Knight 35:45
 45 April Wason 35:46
 46 Paula Mosley 36:43
 47 Audrey Buxmann 37:03
 48 Haylee Hughes 37:08
 49 Olga Jones 38:13
 50 Rebekah Bohannon 39:07
 51 Michelle Loveless 40:31
 52 Melisa Witteb 40:34
 53 Latisa Massey 41:34
 54 Carla Baldwin 42:31
 55 Casey Bagley 43:23
 56 Suzanne Thurman 43:28
 57 Jaimee Connor 44:27
 58 Piper Cook 48:30
 59 Jasmine Hunt 49:00
 60 Lynda Wade 1:03:08

MALE AGE GROUP: 30 - 34

1 Lee Yarnell 19:51
 2 Curtis Jackson 21:26
 3 Robert Greene 21:38
 4 Duane Brooks 21:56
 5 Chad Anderson 23:30

6 Todd Sparks 23:30
 7 Stuart Jeffcoat 24:21
 8 Rusty Lee 24:23
 9 Justin Foster 24:39
 10 Jody Caldwell 24:43
 11 Ryan Chamberlain 25:11
 12 Michael Fennell 26:08
 13 Michael Steffey 26:12
 14 Jeremy Cardwell 26:26
 15 Mitchell Hollis 27:06
 16 Patrick Moates 29:15
 17 Chad Nicholson 29:42
 18 Jason Ingle 29:42
 19 Justin Mull 30:10
 20 Mike Brusca 30:59
 21 Jason Lyles 31:07
 22 Tevis Knight 31:29
 23 Stuart Lightsey 31:37
 24 Shannon York 31:40
 25 Joel Barnes 32:08
 26 Craig Overturf 32:38
 27 Brian Rollins 32:39
 28 Beau Moffatt 32:39
 29 Travis Watkins 32:42
 30 Michael Scott 32:51
 31 Patrick Kelly 34:20
 32 Lance Buchanan 37:46
 33 Brad Bray 38:03
 34 Nathan McClure 43:28
 35 Wesley Morrison 46:13
 36 T. McGuirt 47:10
 37 Joshua Greene 53:57

FEMALE AGE GROUP: 30 - 34

1 Sherrod Pair 22:30
 2 Jennifer Boaz 24:16
 3 Margaret Godfrey 25:51
 4 Missy Greene 26:08
 5 Maureen Foster 26:25
 6 Kristie Hasting 26:57
 7 Angie McAmis 27:58
 8 Jaime Overturf 29:14
 9 Danelle McDaniel 29:48
 10 Kristine Brangwin 30:12
 11 Jennifer Trammell 30:34
 12 Deleslyn Mitchell 30:41
 13 Holly Hollis 30:56
 14 Amy Scott 31:03
 15 Charli Wyatt 31:07
 16 Jackeline Morals 31:52
 17 Ashley Godwin 32:08
 18 Heather Moore 32:38
 19 Rhonda Eaves 32:39
 20 Chrissy Steffey 32:50
 21 Amber Beason 33:28
 22 Becky Potts 33:45
 23 Elizabeth Petty 33:53
 24 Vivina Gray 35:05
 25 Audra Frederick 35:27
 26 Robin Samples 36:40
 27 Dawn Lewis 36:40
 28 Meghan Hudson 37:40
 29 Toni Carrigan 38:05
 30 Catherine Jacobson 39:14
 31 Melody Kober 39:33
 32 Elizabeth Baxter 40:09
 33 Karen Stoll 40:14
 34 Tracy Thomas 40:24
 35 Jennifer Eich 41:28
 36 Keri Foster 42:23
 37 Tina Cabush 43:28
 38 Amber Sane 43:50
 39 Carmen Garcia 44:30
 40 Stephanie Essex 45:44
 41 Cecily Williams 45:46
 42 Carrie Morrison 46:13
 43 Andrea McGuirt 47:13
 44 Farrah Hunt 47:50
 45 Kerrie Ingle 47:50
 46 Sarah Lively 57:48

CHICKAMAUGA CHASE 5K - 2010

MALE AGE GROUP: 35 - 39

1	Tim Deroehn	19:02
2	Phillip Avans	19:54
3	Steve Wilcox	22:03
4	David McDaniel	23:34
5	Adam Stimart	23:48
6	John Robison	24:11
7	Thomas Ford	24:30
8	Jason Irvin	24:40
9	Chris Selman	24:51
10	Derek Carlson	25:22
11	Freddy Morgan	25:39
12	Richard Elm	25:48
13	Steve Coffman	26:16
14	Curt Hansen	26:52
15	Paul Snyder	26:54
16	Ronald Johnston	26:56
17	Doug McAlister	26:57
18	Clark Morris	27:44
19	Lee Arnold	27:45
20	Chad Coley	28:25
21	James Castelli	28:45
22	Alvin Billones	28:51
23	Brad Farmer	28:57
24	Jeff Shattuck	28:57
25	Jerome Hollis	29:50
26	Jason Coyne	31:14
27	Eric Garrard	32:08
28	Matt Dickson	32:39
29	Chris Eaves	32:39
30	Lee Haggard	32:42
31	Keith Brewton	33:05
32	Byron Holder	33:06
33	Dennis Borton	33:21
34	Drew Scott	34:05
35	Stephen Regan	34:55
36	David A Debter	34:58
37	Bill Wynn	36:13
38	Mohammed Albakry	36:44
39	Rogelio Pacheco	37:00
40	David Redmond	38:32
41	Jimmy Riddle	56:55

FEMALE AGE GROUP: 35 - 39

1	Lisa Drew	22:08
2	Dianna Leun	23:17
3	Amy Milling	25:12
4	Shana Chandler	25:48
5	Stacy Marshall	27:08
6	Kim Cooley	28:07
7	Katherine Sharp	28:12
8	Connie Wise	28:52
9	Grace Tuju	29:26
10	Karli Ralston	30:09
11	Larita Hollis	30:31
12	Andrea Irvin	30:37
13	Melanie Severs	31:09
14	Melissa Miller	31:16
15	Marty Marrs	32:08
16	Christen Hunter	32:18
17	Laurel Zahrobsk	32:43
18	Rebecca Stein	33:01
19	Brenda Grant	33:18
20	Jennifer Nicely	33:48
21	Pam Holder	34:10
22	Stacey Smallwood	34:39
23	Jennifer Regan	34:50
24	Natalie Johnson	35:32
25	Melissa Palus	35:34
26	Sharene Ledford	35:37
27	Denise Ziegler	36:28
28	Melody Hammontree	36:36
29	Holly Abernathy	36:51
30	Jill Lacy	37:06
31	Wendy Brewton	37:33
32	Rose Berry	41:04
33	Jennifer Dotson	41:31
34	Cheryl Brown	42:19
35	Jessica Moore	43:28
36	Crystal Simpson	44:51
37	Ashley Parham	45:29
38	Dawn Navolt	45:39

39	Joy Chastain	46:28
40	Shelby Dobbs	46:34
41	Martie Johnston	46:50
42	Steven Jacobs	54:29

MALE AGE GROUP: 40 - 44

1	David Lillard	20:47
2	Ed Adcox	21:08
3	David Bufton	24:22
4	David Pendleton	24:50
5	Danny Smith	25:43
6	Scott Wilhoit	25:51
7	Tom Winston	27:49
8	Joseph Hardin	28:00
9	Mark Smeltzer	28:23
10	Mark Gravley	28:51
11	Mark McLain	29:54
12	D. Farley	30:42
13	Scott Fontana	32:25
14	Alan Adams	33:44
15	Hunter Griffith	33:59
16	Michael Howerton	34:36
17	Jeff Palus	38:22
18	Scott Smith	43:47
19	Majerd Malaji	57:48

FEMALE AGE GROUP: 40 - 44

1	Ginger Bolling	22:09
2	Berna Slabber	23:47
3	Mary Sickler	24:33
4	Melissa Smeltzer	26:11
5	Laura Rufolo	27:05
6	Kristin Alexin	27:31
7	Kimberly Grimm	27:35
8	Leann Barnes	28:26
9	Lisa Culver	28:27
10	Dominique Gable	30:28
11	Hiwatha Haywood	30:30
12	Karen Chapman	30:48
13	Mana Smith	31:13
14	Sally Chu	32:15
15	Karen Hayes	32:38
16	Wendy Bovell	33:51
17	Jennifer Kilby	34:00
18	Leslie Wortman	34:16
19	Stacey Reynolds	34:43
20	Amy Graham	35:10
21	Tammy Wilson	36:00
22	Cheryl Parker	36:57
23	Renee Hood	37:08
24	Trish Cole	37:26
25	Lisa Redmond	38:32
26	Dawn Hampton	39:36
27	Laura Bailey	40:13
28	Leigh Harris	40:30
29	Tammy Ellison	42:26
30	Carol Tigar	42:43
31	Carrie Phelps	44:51
32	Stephanie Pearson	44:51
33	Lori Wortman	45:59
34	Stephanie Johnson	48:30

MALE AGE GROUP: 45 - 49

1	Patrick Wortman	22:48
2	David Wilson	25:32
3	Anthony Herndon	26:12
4	Steve Gibson	26:20
5	Dirk Diggel	27:18
6	Kenny Samples	28:34
7	Jeff Head	28:38
8	Jon Wooldridge	28:47
9	Terry Haywood	28:58
10	Pat Brennan	29:38
11	Guy Heffin	30:07
12	Mark Ingle	30:12
13	Jim Roides	30:50
14	James Strickland	31:09
15	Andy Zorca	31:21
16	Jackie Whitlock	31:39
17	Jimmy Sandlin	32:06
18	Avery Baker	34:14
19	Jeff Langford	35:08

20	Tim Millsaps	44:39
21	Tony Clayton	59:02
22	Tim Brown	59:03

FEMALE AGE GROUP: 45 - 49

1	Karen Johnson	24:23
2	Pam Tarver	26:03
3	Gina Hamel	27:27
4	Norma Wallace	27:51
5	Renee Anderson	28:30
6	Nancy Rutledge	28:51
7	Sally Hoffman	30:07
8	Linda Atkins	31:32
9	Tamarin Larson	32:23
10	Karen Clarkson	33:09
11	Karri Smith	33:53
12	Lisa Hilliard	34:28
13	Lynn Bridges	39:04
14	Kay Henderson	41:07
15	Kim Fryar	41:19
16	Pamela Page	41:30
17	Stephanie Moore	43:37
18	Tammy Heffin	43:47
19	Kim Farnes	46:42
20	Sandi Mitchell	48:28
21	Glenda Coulter	1:02:38

MALE AGE GROUP: 50 - 54

1	Marvin Watson	21:36
2	Tim Hollenkamp	22:59
3	Jeff Houston	23:01
4	Gene Hodge	24:39
5	Ed Lawrence	27:17
6	Rick Cobb	28:30
7	Terry Thomas	28:56
8	Allen Clarkson	29:12
9	John Hickey	29:21
10	Barry Smith	31:11
11	Thomas Lawson	33:56
12	Rooney Walker	36:42
13	John Gordon	37:20
14	Phil Sparn	38:28
15	Mark Hayes	39:48

FEMALE AGE GROUP: 50 - 54

1	Sharon Goforth	24:46
2	Colleen Gordon	28:37
3	Krista Goss	31:08
4	Sandy Lane	31:18
5	Krystyna Kieley	31:26
6	Kathleen Kincaid	33:14
7	Lynn Walker	33:44
8	Brenda Starks	34:21
9	Donna Ahearn	36:03
10	Renee Speenburgh	36:48
11	Kathy Fulton	37:22
12	Diane Guffey	37:26
13	Teresa Thomas	39:04
14	Kathy Schmidt	43:23
15	Charlene Gaddis	46:57
16	Gaye Coker	47:53
17	Pamela Pugh	56:27
18	Carla Sloan	1:01:58

MALE AGE GROUP: 55 - 59

1	Bill Wright	21:01
2	Louis Bryan	23:01
3	Pat Hagan	25:34
4	Mark Kresl	26:43
5	Steve Moore	27:16
6	Les Kertay	27:37
7	Thomas Sisemore	28:01
8	Mike Sharp	28:12
9	Richard Devine	30:42
10	Lucien Ellington	31:25
11	Patrick Matson	36:08

FEMALE AGE GROUP: 55 - 59

1	Becky Maples	30:03
2	Marie Thomas	37:37
3	Anita Beard	41:25
4	Rebecca Bailey	47:02

MALE AGE GROUP: 60 - 64

1	Steve Lemay	21:43
2	Steve Ferguson	23:24
3	James Hamblen	30:57
4	John Finck	33:10
5	Earl Kelle	33:28
6	Donald Steffey	35:23
7	Don Stites	36:26
8	Dan Rice	53:07

FEMALE AGE GROUP: 60 - 64

1	Adrian Poe	32:10
2	Margo Sanhueza	36:22
3	Barbara Ratner	38:34
4	Nancy Partee	40:34
5	Gail Levenger	42:43
6	Ann Garner	43:07
7	Dianne Gardner	44:13
8	B J Rice	54:29

MALE AGE GROUP: 65 - 69

1	Russell Haynes	24:43
2	Larry Robbins	27:50
3	Reginald McLelland	31:45
4	Ralph Maples	33:08

FEMALE AGE GROUP: 65 - 69

1	Barbara Grant	40:03
2	Margaret Ann Parham	47:12

MALE AGE GROUP: 70 - 98

1	Jack Lowe	35:51
2	Gary Furin	35:58
3	John Smithson	40:12

FEMALE AGE GROUP: 70 - 98

1	Marian Gardner	55:50
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NO AGE AGE GROUP

1	Missy Milling	53:59
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CHICKAMAUGA CHASE 15K - 2010

OVERALL MALE WINNERS

1 Michael Kirk 53:32

OVERALL FEMALE WINNERS

1 Kimberly Humphries 1:05:30

OVERALL MALE MASTERS WINNERS

1 Cliff Milam 59:37

OVERALL FEMALE MASTERS WINNERS

1 Doris Windsand-Dausman 1:10:21

OVERALL MALE GRAND MASTERS WINNERS

1 Randall Godwin 1:06:28

OVERALL FEMALE GRAND MASTERS WINNERS

1 Karen Galyon 1:18:07

MALE AGE GROUP: 01 - 19

1 Ryan Hacherl 1:01:33

2 Alex Hudson 1:02:48

3 Jonathan Strickland 1:06:01

4 Blake Childers 1:06:21

5 Thomas Walters 1:07:03

6 Tim Zorca 1:08:15

7 Marco Bianchini 1:08:49

FEMALE AGE GROUP: 01 - 19

1 Casey Burrell 1:19:37

2 Kiki Rogers 1:20:01

3 Stephanie Ammons 1:28:41

4 Laura Wagner 1:28:51

5 Jordan Malone 1:29:47

6 Mary Alice Murphy 1:51:22

MALE AGE GROUP: 20 - 24

1 Daniel Pick 55:48

2 Zach Barnett 58:22

3 Gilberto Fraire 59:06

4 Joe Jellison 1:06:36

5 Andrew Magnussen 1:13:06

6 Daniel Waddell 1:13:15

7 Dean Pavlou 1:13:15

8 Tyler Worley 1:16:40

9 Zane Stone 1:17:00

10 Eric Pritchard 1:18:42

11 William Giles 1:19:26

12 Timothy Long 1:20:51

13 Tj Gephart 1:21:46

14 Keith Jones 1:21:53

15 John Hodges 1:28:36

16 Shay Glenn 1:29:16

17 Brandon Dicorato 1:31:08

18 Bo Tinney 1:40:21

19 Barry Grove 1:42:48

FEMALE AGE GROUP: 20 - 24

1 Laura Peterson 1:10:39

2 Renee Jackson 1:10:42

3 Elizabeth Dyer 1:17:23

4 Christy Stager 1:21:03

5 Staci Fisher 1:28:11

6 Alexandra Prockow 1:29:14

7 Ewelina Kieley 1:29:21

8 Sheena Cotton 1:29:51

9 Evelyn Bissell 1:33:10

10 Heather Huff 1:36:18

11 Ashley Allen 1:38:17

12 Tanya Williams 1:42:22

13 Summer Blizzard 1:43:50

14 Sarah Tinney 1:43:53

15 Beth Elleman 2:03:05

16 Erica Elleman 2:07:44

MALE AGE GROUP: 25 - 29

1 Jeff Mlynski 59:47

2 Adam Davenport 1:02:29

3 Adam Dodson 1:03:27

4 Taylor Simms 1:05:04

5 Preston Roberts 1:05:14

6 Scott Tinney 1:07:46

7 Kyle Clarkson 1:09:11

8 Jai Rhode 1:09:55

9 Jim Vastano 1:11:24

10 Dennis Tuckowski 1:13:20

11 Alex Pulko 1:14:38

12 Daniel Byers 1:15:28

13 Jonathan Spurgin 1:15:50

14 Josh Richards 1:17:00

15 Joseph Clark 1:17:08

16 Kevin O'Leary 1:17:50

17 Joshua Lewis 1:17:53

18 Nik Meeks 1:18:25

19 Jim Smith 1:18:28

20 Joseph Moore 1:19:49

21 Brandon Spurgin 1:20:25

22 Ramsey Brock 1:22:36

23 Jason Nicely 1:23:11

24 Thomas Prettyman 1:24:30

25 Gabe Thomas 1:24:30

26 Michael Worley 1:30:03

27 Kris Witcher 1:30:29

28 Ryan Kocher 1:32:02

FEMALE AGE GROUP: 25 - 29

1 Leslie Becht 1:09:21

2 Leigh Ann Prugar 1:11:05

3 Sara Phelps 1:11:29

4 Elizabeth Scroggs 1:13:25

5 Jennifer Smith 1:17:53

6 Allison Warmack 1:18:34

7 Megan Riser 1:20:53

8 Jill McDonald 1:21:13

9 Karen Zatkulak 1:25:00

10 Tasha Woody 1:25:13

11 Meredith Bridges 1:25:17

12 Saskia Van Velze 1:25:38

13 Rebecca Potts 1:26:02

14 Adrienne Edwards 1:26:55

15 Cindy Kean 1:26:36

16 April Gulbs 1:26:52

17 Lindsey Simms 1:27:27

18 Kathryn Dearthoff 1:29:54

19 Gillian Wiseman 1:31:52

20 Mary Elizabeth King 1:32:48

21 Erica Campbell 1:34:19

22 Ashley Norman 1:35:39

23 Rebecca Randall 1:41:17

24 Jenna Boren 1:42:55

25 Aubree Sullivan 1:43:23

26 Cindy Lerch 1:48:42

27 Wendy Lee 1:50:00

28 Erin Thurman 1:50:44

29 Becky Welch 1:51:43

30 Sara Middlebrooks 1:53:22

31 Ashley Leinbach 1:54:01

32 Crickett Tinney 2:07:46

33 Dana Johnston 2:07:55

MALE AGE GROUP: 30 - 34

1 Kevin Boucher 55:27

2 Jason Allen 1:01:24

3 Paul Archambault 1:02:37

4 Scott Eady 1:02:46

5 Jason Webb 1:04:46

6 Josh Carter 1:05:19

7 Aaron Oliver 1:09:20

8 Brandon Eppihimer 1:09:55

9 Chris Gentry 1:10:54

10 David Barron 1:10:59

11 Kenton Johnston 1:12:15

12 Jeremy Gruber 1:14:58

13 Jason Ingram 1:15:02

14 Jeff Poteralski 1:15:29

15 Jared Inman 1:16:15

16 Micah Boaz 1:16:48

17 Thomas Thurman 1:17:27

18 Philip Foster 1:18:42

19 Wesley McDonald 1:19:21

20 Jason Bridges 1:19:52

21 Johann Rojas 1:20:17

22 Charlie Casselman 1:20:41

23 Matt Polston 1:21:23

24 Ted Boehm 1:22:30

25 Daniel Garland 1:24:21

26 John Haustein 1:25:13

27 Rob Wade 1:25:37

28 Albert Leavengood 1:25:37

29 Matthew Wiseman 1:26:15

30 Andrew Kean 1:26:36

31 Michael Johnson 1:30:02

32 Josh Akovenko 1:31:59

33 Brad Thomas 1:34:31

34 Andy Oxford 1:36:02

FEMALE AGE GROUP: 30 - 34

1 Tracee Reynolds 1:15:06

2 Allison Tuckowski 1:19:29

3 Anita Jones 1:20:25

4 Mandy Houts 1:23:18

5 Laura Roberts 1:26:09

6 Amanda Janda 1:27:59

7 Stephanie Smith 1:28:04

8 Susie Stanfield 1:29:06

9 Leah Watson 1:29:32

10 Marya Schalk 1:30:06

11 Angela Hanley 1:30:14

12 Jaclyn York 1:31:09

13 Emily Ahlquist 1:31:14

14 Jill Sizemore 1:31:50

15 Carie Daniel 1:31:51

16 Tiffany Bridges 1:34:19

17 Jennifer Jensen 1:35:37

18 Judy Albakry 1:36:29

19 Becky Sparks 1:38:37

20 Amy Gruber 1:41:52

21 Amy Griffith 1:43:01

22 Lacie Stone 1:43:09

23 Wendy Haustein 1:58:19

24 Kathleen Rymer 1:59:35

25 Aimee Pierce 1:59:35

26 Jennifer Kring 1:59:58

MALE AGE GROUP: 35 - 39

1 Christopher Butler 1:00:20

2 Lance Steele 1:01:56

3 Christian Allan 1:06:48

4 Chris Cantrell 1:09:11

5 Dale Burrell 1:09:30

6 John Pound 1:10:33

7 Bradley Nance 1:12:21

8 Shannon Ledbetter 1:12:28

9 Peter Greene 1:14:20

10 Clint Wilson 1:14:54

11 Daniel Anderson 1:14:58

12 Carey Force 1:14:58

13 Paul Brewster 1:15:05

14 Tyler Hardekopf 1:15:09

15 Michael Dugger 1:16:55

16 Jason Farmer 1:17:23

17 Kedrick Weaver 1:17:36

18 Andy Hatcher 1:18:14

19 Richard Tennyson 1:19:40

20 Marc Funk 1:20:12

21 Brent Parrish 1:21:42

22 Shawn Whiteside 1:22:10

23 Anthony Spallone 1:22:57

24 Matt Heiden 1:22:57

25 Scott Rowe 1:23:58

26 Watkins Cannon 1:24:16

27 Kevin Tawzer 1:24:36

28 Ingo Gryglewski 1:27:01

29 Kirby Peden 1:28:16

30 Sean Price 1:29:05

31 Preston Goforth 1:29:49

32 Keith Parham 1:30:22

33 Chad Young 1:32:37

34 Jeff Slatton 1:34:45

35 Jeff Picken 1:37:05

36 Brian Pierson 1:40:53

37 David Smith 1:41:51

38 Matt Shaw 1:44:38

39 Brian McMichael 1:48:55

40 Jeffrey Cornell 1:48:59

FEMALE AGE GROUP: 35 - 39

1 Terri Kirkman 1:08:41

2 Kari Bradley 1:11:20

3 Laurie Winston 1:12:27

4 Susan Cobb 1:17:49

5 Kathi Whiteside 1:18:11

6 Kristy Burchfield 1:21:43

7 Charlotte Flegal 1:23:19

8 Vivian Barrera 1:26:55

9 Jennifer Stanfield 1:28:06

10 Michelle Morgan 1:28:17

11 Jodi Kuhlman 1:28:50

12 Brooke Hold 1:28:50

13 Maria Eargle 1:29:11

14 Cheryl Norman 1:29:53

15 Cherie Spallone 1:32:14

16 Carrie Click 1:32:47

17 Allison Curtis 1:34:30

18 Teri Henderson 1:34:48

19 Melissa Smith 1:35:29

CHICKAMAUGA CHASE 15K - 2010

16	Karen Grider	1:34:53
17	Cheryl Creswell	1:35:36
18	Meredith Andersen	1:35:36
19	Rachel Fisher	1:36:15
20	Jennie Wallace	1:38:37
21	Wanda Espy	1:39:44
22	Bridgette Wisdom	1:40:59
23	Kelly Carter	1:43:00
24	Susan Bussey	1:43:00
25	Tina Labbe	1:43:24
26	Collen Teal	1:43:24
27	Mary Murphy	1:51:22
28	Nora Shuart-Faris	1:52:34
29	Diane Walker	1:58:19

MALE AGE GROUP: 45 - 49

1	Chuck Denham	1:01:10
2	Warren Sinor	1:02:16
3	Paul Talbott	1:06:08
4	Jude Hacherl	1:06:38
5	Mitchell Hayes	1:06:57
6	Ray Kellum	1:08:59
7	John Selman	1:09:34
8	Joey Howe	1:09:37
9	Ray Beem	1:11:35
10	Jeff Cochran	1:12:40
11	James Hughes	1:14:06
12	Mike Sparkman	1:15:28
13	Thierry Urbain	1:15:37
14	Howard Reagor	1:17:07
15	Ronald Creech	1:18:29
16	Peter Wilson	1:19:44
17	Jesse Wilson	1:20:17
18	Edmund Magras	1:20:41
19	Cameron Fisher	1:22:05
20	Brian Evces	1:24:12
21	Greg Fuchs	1:24:59
22	Terry Smith	1:25:55
23	Donnie Gregory	1:27:17
24	Jeff Malone	1:27:20
25	Terry Smith	1:27:20
26	Mark Longwith	1:28:09
27	Ron Branam	1:28:40
28	Ernie Ellis	1:28:44

29	Paul Wells	1:32:14
30	Rick Worley	1:35:37
31	Steve Smalling	1:37:12

FEMALE AGE GROUP: 45 - 49

1	Laura Gearhiser	1:10:47
2	Kimberly Atkins	1:16:32
3	Kelly Jennings	1:16:33
4	Lisa Tennyson	1:23:53
5	Patricia Wilson	1:28:44
6	Jill Richmond	1:29:10
7	Vee Peek	1:29:36
8	Theresa Blane	1:29:46
9	Patricia Taylor	1:32:02
10	Gwen Meeks	1:32:27
11	Pam Keeter	1:33:47
12	Mary Holder	1:41:02
13	Mary Ann Clelland	1:42:17

MALE AGE GROUP: 50 - 54

1	Mark Keisling	1:06:32
2	Tony Branam	1:09:05
3	Jimmy McGinness	1:09:40
4	Edward Parrish	1:10:30
5	James Hall	1:11:00
6	Dave Swearingen	1:11:14
7	Michael Heinichen	1:11:48
8	Jeff Nation	1:12:06
9	Claude Hager	1:13:18
10	Jeff Straussberger	1:14:47
11	Bill Jones	1:15:03
12	Michael Pope	1:15:23
13	Greg McFall	1:15:26
14	Robin Taylor	1:15:35
15	Reggie Bishop	1:15:41
16	Lester Galyon	1:15:41
17	Joe White	1:15:52
18	Bill Brock	1:16:14
19	Timothy Cleary	1:16:58
20	Tom Kennedy	1:19:48
21	Terry Bailey	1:20:49
22	Gary Henderson	1:21:28
23	Chris Kleehammer	1:21:42
24	Doug Marquart	1:23:13

25	Russell Johnson	1:23:29
26	Alan Dausman	1:24:28
27	Timothy Glascock	1:25:26
28	Todd Gaddis	1:30:45
29	Hank McMahan	1:30:47
30	Stephen Hart	1:32:11
31	John McCusker	1:32:19
32	Tim Fortune	1:33:16
33	Don Lastine	1:38:45
34	Jay Parker	1:38:53

FEMALE AGE GROUP: 50 - 54

1	Lynda Webber	1:18:38
2	Susan Gallo	1:20:13
3	Mary Loggins	1:25:56
4	Sarah Bowen	1:26:06
5	Kim Ingle	1:27:14
6	Jackie Gardner	1:31:14
7	Christy Lee	1:38:56
8	Ruth Henderson	1:41:07
9	Barbara Evces	1:43:05
10	Pam Bennett	1:52:12

MALE AGE GROUP: 55 - 59

1	John Walker	1:07:38
2	David Leatherman	1:08:37
3	Roger Harris	1:08:48
4	Tommy Nichols	1:09:28
5	David Gregory	1:10:42
6	Rick Rogers	1:12:41
7	John Crawley	1:13:42
8	Jason Shelnutt	1:16:30
9	Dick Miller	1:17:15
10	Butch Cooke	1:20:28
11	Thomas Russe	1:21:12
12	Mike Martin	1:22:59
13	Bill Henderson	1:24:11
14	Michael Gardner	1:25:01
15	Michael Mason	1:26:01
16	Paul Morphy	1:26:07
17	David Keller	1:28:21
18	Steven Rubenstein	1:30:37
19	Robert Kenyon	1:32:50
20	Wayne Stubbs	1:36:23

21	David Klinger	1:39:44
22	Max Berueffy	1:46:57
23	Donald Spellman	1:48:48

FEMALE AGE GROUP: 55 - 59

1	Eileen Johnson	1:22:53
2	Kathi Wagner	1:29:27
3	Amy Stankus	2:01:47

MALE AGE GROUP: 60 - 64

1	Craig Kelly	1:15:50
2	Tommy Sims	1:17:13
3	Paul Walker	1:17:50
4	Reinhard Zachau	1:19:05
5	Dave Scholes	1:20:36
6	Roy Webb	1:22:40
7	Frank Patterson	1:24:21
8	Larry Kuglar	1:27:37
9	Eric Geissing	1:31:58
10	Dan Woughter	1:35:50
11	Mike Owens	1:41:02
12	ry Beaver	1:51:27

FEMALE AGE GROUP: 60 - 64

1	Lynnda Owens	1:30:23
2	Carolyn Kupperman	2:01:48

MALE AGE GROUP: 65 - 69

1	Sergio Bianchini	1:07:14
2	Ted Hegenbarth	1:24:55
3	Doug Hawley	1:27:30
4	Walter Sinor	1:35:45
5	Charles Wright Jr.	1:50:26
6	Phil Thomas	1:54:34

FEMALE AGE GROUP: 65 - 69

1	Bonnie Wassin	1:47:06
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MALE AGE GROUP: 70 - 98

1	Dan Johnson	2:04:32
2	Jack McFarland	2:24:26

FEMALE AGE GROUP: 70 - 98

1	Liz Benton	1:30:33
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CTC Market Street Mile

Saturday, May 22, 2010

The CTC Market Street Mile is a series of one-mile races, divided by age and gender.

Registration and IPICO Chip Pickup:

8 to 9:30 a.m., Tennessee Aquarium Plaza

Participants must register and pick up timing chips no later than 15 minutes before their race is scheduled to begin. There will be a \$30 charge for any chip not returned after the race.

Race Time and Age Group:

9:00 a.m.	19-39 women
9:15 a.m.	19-39 men
9:30 a.m.	40 and over women
9:45 a.m.	40 and over men
10:00 a.m.	11 and under girls
10:15 a.m.	11 and under boys
10:30 a.m.	12-18 girls
10:45 a.m.	12-18 boys

Mile Course: The flat, fast U-shaped course is on city streets in downtown Chattanooga. Races will begin on Market Street near 2nd Street and end on Broad Street near 2nd Street (see map). Course certification #TN 06007 DJR.

Mile Awards and Prizes: All registered participants will receive a free singlet from last year. The top three female and male finishers will be recognized in the following age groups: 11 and under, 12-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and 65 & over.

Awards Presentation: Mile awards will be presented to all age group winners immediately following each race. All awards will be presented on the Tennessee Aquarium Plaza.

Refreshments: Coffee will be furnished by Southern Coffee. Powerade, Dasani water and refreshments will be furnished by Coca-Cola. Food will be available for all participants of the CTC Market Street Mile on the Tennessee Aquarium Plaza, courtesy of Big River Grille.

Parking Information

Free parking is available in the Republic Parking Lot on the corner of 4th and Cherry Streets. Place this page on your car dashboard for free parking. Cars left in the parking lot after noon will be subject to towing.

CTC Market Street Mile Course Map



The certified mile course (#TN 06007 DJR) will be marked with traffic cones. Runners must stay on the streets, within coned areas and off the sidewalks. Market and Broad Streets will remain open to vehicle traffic during the races.

Register online at www.active.com before May 22



Running on Hallowed Ground

By Brad Harvey

As I was riding on the bus out to Hopkinton, I asked myself why I put myself through the time commitment and the stress that comes with marathons. Why not act my age, take it easy and relax on the couch, maybe try to work my golf score down to double-digits? As I ran into Boston several hours later, my questions were answered.

The marathon, itself, is a unique event. It's tough enough to test even the world's best athletes and an accomplishment for anyone to finish. After struggling to break three hours, Lance Armstrong said, "For the level of condition that I have now, that was without a doubt the hardest physical thing I have ever done." At the same time, the marathon is an Everyman (or Everywoman) event. Oprah has done it. Al Gore has done it. It doesn't require a great athlete, just persistence and dedication.

The marathon also is a unifying event. After months of training, I realize that all these other people have been putting themselves through the same thing. I want them all to PR, even if it means that they beat me. As Americans, we cheer for Ryan and Meg, but if someone else wins, they are revered, not reviled. At the same time, the marathon is a very individual event. I may finish over an hour behind the champion, but I still can feel like I won.

Running Boston kicks it up a notch. For many, it is one of their best athletic accomplishments just to reach the start line. It took

me four marathons before I first qualified. Once you make it there, you realize you are running on hallowed ground, the oldest annual marathon in the world. The sense of history is palpable.

Riding the subway on the way back from the Expo, I saw a woman carrying a book with her own face on the jacket. It was none other than Kathrine Switzer, the pioneer who broke the rules, eluded Race Director Jock Semple, and became the first woman ever to run the Boston Marathon. I will never get to play a game at Fenway Park or the old Boston Garden, but it is possible to run in the footsteps of the best in the world from Hopkinton to Boston.

Finally, the Boston community embraces the event to the point where they aren't just spectators, but have become a vital part of the action. Hundreds of children along the way handed out water and orange slices or stuck their hands out and counted high fives. An elderly woman had her wheelchair pushed up to the edge of the curb so she too could give high fives. As I turned the corner onto Boylston Street in Boston, the crowd was electric and I could see the precious sight of the finish line. My early morning questions had been answered. So much for my golf game.

Welcome New and Returning Members

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Erin Noseworthy

Edward Parker

Stacey Reynolds

John Walker

Sarah Walker

Micah Boaz

Shannon Burger

Sarah Dow

Staci Jo Fisher

Maureen Foster

Jackie Gardner

Elizabeth Garner

Margaret Godfrey

Leigh Harris

Ross Hill

Pam Keeter

Darren Lewis

Stephanie Marak

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With record breaking participation, the Chickamauga Chase kicked off The Battle for Chattanooga competition.

If you participated in the Chickamauga Chase, you are now in the running for the Battle for Chattanooga, a new race series featuring three popular Chattanooga Track Club annual races

To compete in the series for an award, you must now complete the Missionary Ridge Road Race and Chickamauga Battlefield Marathon. Awards will be given to runners with the fastest combined times in the following categories: Overall Male and Female, Masters (40 & over) Male and Female, Grandmasters (50 & over) Male and Female

Everyone who runs or walks in all three races will receive a Battle for Chattanooga participation medal.

Remaining Battle for Chattanooga Races

Missionary Ridge Road Race

August 14, 2010

www.ChattanoogaTrackClub.org

Chickamauga Battlefield Marathon/Half Marathon

November 13, 2010

www.BattlefieldMarathon.com

For more information: www.chattanoogatrackclub.org

June 19, 2010



GEARING UP FOR RIVERBEND RUN

Have you registered for the BlueCross Riverbend Run and Walk yet? There is still plenty of time to join in the fun no matter your skill or experience level. With basic preparation, everybody can participate in the day's events. Here are a few tips to get you prepared for race day:

- Start training by running or walking short distances at a slow to moderate pace. Gradually build your pace to increase endurance.
- Warm up. Start with a brisk walk.
- Dress appropriately. Race day may be warm, so avoid cotton and opt for synthetic fabrics that will cool you down quicker.
- Eat and hydrate. On race day, be sure to eat a good breakfast at least an hour before you start. Remember to hydrate the night before and the morning of the race.

BlueCross Riverbend Run and Walk takes place on June 19th. Events include competitive 10K and 5K runs and wheelchair races, a non-competitive 5K walk and a 1-mile Family Fun Run and Walk.

Registration fees range from \$8 to \$24 depending on age and date of registration. Additional information is available online at riverbendfestival.com.

BlueCross Walking Works Challenge Continues...

The 43rd Annual Chattanooga Chase Road Race will be held Monday, May 31. Sponsored by BlueCross BlueShield of Tennessee and one of CTC's longest running road races will begin just a few miles from downtown Chattanooga at Riverview Park, at the foot of Barton Avenue in North Chattanooga. This event features an 8k and 1 Mile Walk and Fun Run. The course is paved and rolling, taking runners through one of Chattanooga's premier and scenic residential areas. The 1 mile Walk/Fun Run is a popular event, as well, and strollers are welcome and encouraged.

Weekly group runs are a great way to train for this event and do include some training along this race route. Check for times and locations on the CTC website. This event is also part of the BlueCross Walk Around Town Challenge. CTC members receive \$3.00 off the entry fee.

BlueCross Chattanooga Chase 8K & 1-Mile Walk / Fun Run
Monday, May 31, 2010

8K starts at 8 a.m.

1-Mile Walk / Fun Run starts at 8:05 a.m.

Contact: Charles Webb

Phone: 203-246-6681

Email: Charles-Webb@utc.edu



Downtown Chattanooga Waterfront Triathlon Set for July 11



The Chattanooga Waterfront triathlon began over 25 years ago. In its 6th season at the downtown Chattanooga waterfront, this event has developed, in partnership with Team Magic, Inc, into one of the best races in the country. In fact, it was voted "Best Triathlon" by Competitor Magazine's 2009 Best of Competitor: Southeast Region.

This popular summer event is a USAT National Age Group Championship Qualifier and a USAT Southeast Regional Championship. This race will qualify the top 33% or top 5 finishers (whichever is greater) in each age group for the 2010 Age Group National Championships taking place in Tuscaloosa, Alabama on September 25th.

In addition to featuring local talent, this event attracts elite competitors from across the country and includes for them a \$4990 cash purse.

The Chattanooga Track Club is proud to provide this event with an economic impact of more than \$1 million. Register now, as this event is a sellout.

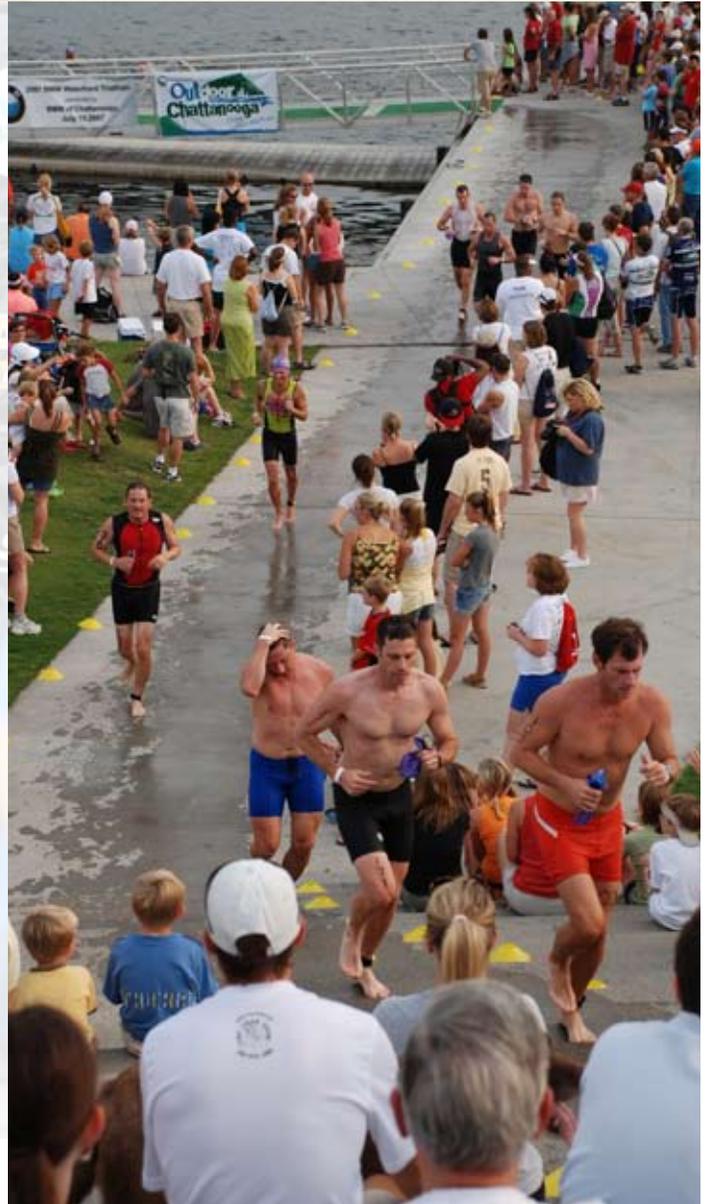
Chattanooga Waterfront Triathlon
Sunday, July 11, 2010
1.5k swim / 42k bike / 10k run

An event expo, open to the public, will take place Saturday, July 10 and Sunday, July 11 during this event.

To view a slide show of the 2009 Chattanooga Waterfront Triathlon

<http://www.chattanoogatriathlon.com>

Compliments of event creative photographer Kirk Bates



Joe McGinness Runner of the Year Standings as of April 17, 2010

Age Groups determined by runner's age on 12/31/2010 | Runner must have been a current CTC member on day of race (updates available at www.chattanoogaclub.org)

Male 16-29	Total Points	Male 50-59	Total Points	Female 16-29	Total Points	Female 50-59	Total Points
Marco Bianchini	370	Tommy Nichols	360	Gilly Wiseman	180	Susan Gallo	260
Charles Webb	200	John Crawley	280	Laura Walker	100	Rhonda Gage	200
Jonathan Baxley	90	Dave Swearingen	140	Leslie Becht	100	Linda Webber	190
Jai Rhodes	90	Hugh Enicks	100	Ashley Williams	90	Karen Galyon	100
Nik Meekes	80	John Walker	100	Rebecca Potts	90	Cindy Leary	80
Eric Pritchard	70	Bill Warner	90			Theresa Samuelian	80
		Jerry Ferrari	80	Female 30-39		Sally Hoffman	70
Male 30-39		Curt Zacharias	80	Carla Noya	170	Melodie Thompson	70
Josh Carter	340	Rick Rogers	70	Fabiola Noya	130	Eileen Johnson	70
Sean Price	190	Dennis Ford	50	Elizabeth Petty	100	Kathy Fulton	60
Keven Boucher	190	Jeff Straussberger	50	Gina Krabbendam	100	Jackie Gardner	60
Adam Burnett	160	Reggie Bishop	40	Jill Sizemore	100	Janice Wycherley	50
Zach Cowart	100	Thomas Russe	30	Valerie Campbell	90		
Alan Outlaw	100	Lester Gaylon	30	Amy Gruber	90	Female 60+	
Jason McKinney	100	Jim Johnson	20	Angie McAmis	80	Bonnie Wassin	390
Chris Gentry	80	Bill Brock	20	Sissy Jones	80	Joan Hearn	100
Steve Gordy	70	David Klinger	10	Melissa Hale	60		
Clint Wilson	70	Terry Bailey	10	Andrea Jungels	50		
Sean Menton	60			Jeri Harris	30		
Micah Boaz	60	Male 60+		Marielisa Rincon	20		
Matthew Wiseman	50	Sergio Bianchini	300				
		Cyrus Rhode, Jr.	180	Female 40-49			
		Butch Cooke	160	Treva Walshe	170		
Male 40-49		Roy Webb	150	Gwen Meeks	130		
Raymond Beem	290	David Scholes	150	Bridgette Wisdom	110		
Mark Wisdom	250	Pat Hagan	130	Alisa Stipanov	100		
Ryan Shrum	200	Mike Martin	130	Connie Petty	100		
David Moghani	200	Lee Meadows	110	Jennifer Kilby	90		
Ray Kellum	130	Joe Axley	100	Kristin Alexin	90		
Steve Tompkins	100	Doug Hawley	100	Kimberly Atkins	90		
Warren Sinor	100	Tommy Sims	90	Tammy Larson	80		
Terry Smith	90	Roger Lambert	70	Jennifer Kilby	80		
Mark Kuhn	90	Phil Thomas	70	Corinne Henderson	80		
Makasi Erickson	80	David Wycherley	40	Barbara Ensign	80		
Jude Hacherl	70	Bill Henderson	40	Wendy Bovell	70		
Daniel Uson	60	Walt Sinor	20	Stacey Reynolds	60		
Darren Lewis	50	Kim Jade Wycherley	100	Sherrie Forrest	60		
Kurt Lammon	50			Kim Durham	50		
Joey Howe	50			Gwynn Swallows	40		
David Bishop	40						
Michael Mooney	30						
Andy Koss	30						
D. Scott Farley	20						
Michael Emerling	20						
Ronald Creech	20						
Hunter Griffith	10						
Carlos Breeden	10						

2010 Joe McGinness Runner of the Year Competition

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

Eligibility Guidelines for Runner of the Year:

1. Be a current CTC member at the start of the ROY event. Points are not retroactive.
2. Compete as a runner or walker in at least five (5) ROY events. See CTC calendar for eligible events. All ROY races completed count towards the standings. [To compete in 5 races, one must begin collecting points before the Signal Mountain Pie Run, October 16, 2010]

See CTC website for full guidelines. www.chattanoogaclub.org

A RUNNER'S RACE REVIEW

Longtime CTC member Bill Brock and several CTC pals traveled down to the Big Easy in February for the 2010 Rock "n" Roll Mardi Gras Marathon.

Bill tells us how it went ...

How did you do? – Terrific – ran a 4:15:57 that was a solid run for me – fell off only slightly during second half – maintained good running stride the whole way.

Any excuses? None that count.

Any cool features about the race that we could incorporate into future CTC races? Live music every couple of miles and water stop volunteers dressed in theme costumes (Elvis, Flinstones, etc.) definitely kept things interesting and helped to distract.

Would you recommend this race to other? Definitely – nice course, relatively flat (roads aren't the greatest) and terrific support, plus New Orleans! Definitely a trip to take with lots of running buddies.



Run an out-of-town race lately? Let us know and send us a picture and we'll look to include your Runner's Race Review in a future issue of Jogging Around.

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10 Travel Tips for Racing Across Town or Around the World

By Gary Morgan and Kelly "K2" Richards



1. Read about the history of the race to learn about traditions, customs, and other lore as it relates to the event.
2. Make contact with a local and experienced runner or local running club in the town of your chosen event. He or she can inform you of what the race director means by "gentle" hills, "some" non-asphalt surfaces, or "limited" parking. You can meet up with local club members before the race for last-minute tips or an after-race celebration. Either way, you'll enjoy the camaraderie of others despite being far from home.
3. Bring everything you might need for race day, but after that, travel light. Don't rely on buying gel or other important items at the expo. You might end up with chocolate, berry extra caffeine when you wanted caffeine-free vanilla.
4. Never, for any reason, put your race gear in checked luggage. If necessary, wear your running shoes on the plane.
5. Be sure to bring copies of your passport if traveling internationally and be sure to have important numbers with you like your credit card company's phone number, just in case your cards are stolen or shut down due to "strange" international charges.
6. If the experience is more important than your finish time, run with a disposable camera. Take a few seconds here and there to capture the moment and be sure to take loads of pictures of your post-race-adventures, too. Be sure to take a great photo of yourself near a famous sight or beautiful scenery in your running club or RRCA wear (www.WeRunTheNation.com).
7. Bring mementos from your running club, city or state. Wondering what to do with all those old race shirts? Your new friends, especially the ones across the ocean, would love to have a shirt from your local 5k. Don't forget to buy some gear from the event you are traveling to.
8. Travel globally, then think locally. Find out where the locals like to go to eat, shop or just hang out. You'll likely avoid the crowds and have a more authentic experience.
9. If you travel for more than a weekend getaway, have a plan before you travel that outlines where you are going, how you will be traveling locally, what you want to see while traveling, but be very flexible once you get there. Plan your race as the first part of the trip, then sightsee in the days following the event. Walking tours make great active-recovery activities.
10. Experience something unique about a city on every trip including short weekend getaways. As part of your race recovery, go on a walk, stop in a museum, visit a well-known restaurant, tour the town, take in a ballgame, etc. You don't need a two-week journey to experience a town.

Meet a New Member: Amy Gruber



Why did you join the track club? I'm relatively new to Chattanooga (moved here October 2008) and started running that December. I thought that joining the track club would help me meet people with similar interests and another CTC member, Kathy Fulton, encouraged me to join. | **How long have you been running?** I started running December 2008 with plans to complete a marathon. I completed my 1st marathon in Chicago in 2009 and my second one in Birmingham in 2010. | **Do you have any running goals?** My running goals are to keep running and hopefully train for another marathon soon. | **What's your favorite running route?** I love to run downtown and incorporate Riverside Drive, all of the bridges (especially Walnut Street Bridge), the river walk and Main Street. To switch up, I sometimes like to run out to Moccasin Bend. | **Any advice for other runners?** I'm too new of a runner to give advice, but if a non runner asked for advice, I would tell them to pick a relatively short race such as a 5K, get a training plan from a trusted source and stick to it. Signing up for races keeps me moving. Also, I advise to find a running buddy. Jill Sizemore who is also a member of CTC helped me train for both marathons and did the Birmingham Marathon as well. My husband, Jeremy, is also a CTC member, but he has a much faster pace, so we never run together. Running is safer and more fun with a partner!

A MARATHON WITH MIXED EMOTIONS

By Sherilyn Johnson

On Friday, April 23, my husband Steve and I drove to Nashville to run the Country Music Marathon on Saturday, April 24. I was excited and a little nervous since it has been over 2 years since I had run a marathon due to knee problems, but I felt I had trained enough to complete the distance. My longest training run was 23 miles 3 weeks earlier with the 6:30 a.m. Saturday running group. I was ready to break 5 hours and if it was a perfect race, I might be able to do 4:45.

While traveling to Nashville on Friday, my brother, whom we were staying with in Nashville, called and said the weather contingency plan had been activated which limited the runners to a 4:30 marathon. Marathoners must reach the marathon/half-marathon split (11.2 miles) at a 10:20 pace or be redirected to the half-marathon finish. Weather predictions for race day were heavy rain, lightning, hail and tornados.

With the new time limit, I decided to modify my plan to maintain a 10:10 pace until the split and then slow down a bit. I knew I could do this but I would be drained for the rest of the race. I would try to make the cutoff times and hang on to the finish. My main goal was to finish the marathon.

On Saturday morning, we got up at 4:40 and were at the race site by 5:45. The race was scheduled to start at 7:00. It was around 60 degrees and the sky was clear with no sign of a storm or rain. By 6:40, we were in our coral. There were 32 corals of 1000 participants each and we were in #16. Lucky for us, we were early, as the race started 15 minutes early. There was a 1 to 2 minute delay between releasing each coral to avoid runners bunching up at the start. Steve and I crossed the start line at 7:00 a.m.

Steve and I split up and each ran our own race. During the race, I did not know if he was in front or behind me. Our plans were to meet at the reunion area at the finish. The race was crowded and I started out too fast. My first mile was a 9:20 pace. I use the Galloway method when running marathons by running a mile and walking a minute. I do this through mile 20 and then run the rest of the way. I realized this was too fast and slowed down a bit. The weather was clear and even turned warm. I was glad that it wasn't raining but I knew I was still running too fast and getting too hot. My mind was on finishing before the cutoff. At mile 9 or so, the clouds started rolling in. I was able to hold on to a 10:00

pace at 11.2 miles and was thrilled when I made the cutoff. I waited until I was well past the split to take my 1 minute walk break because I didn't want them to see me walking and direct me to the half. I slowed my pace a bit in hopes of saving some energy to for the next 15 miles.

By mile 15, I was getting tired. At mile 18.5, a policeman made the announcement to the runners that severe weather would be there in 10 minutes and advised us to take shelter immediately. By this time it was raining but not too bad so no one took cover. He said the course would not be closed and we could run at our own risk. We just kept running and jumping every time we heard thunder. I only had 8 more miles. I was not about to quit. At 3:33:00, I reached mile 20 and noticed that they were taking up the timing mat. I knew something was up so I did not take my last walk break. At the bottom of the hill, after the 20 mile mark, a policeman directed us to LP field and the finish area. We ended up joining the ½ marathoners and crossing the ½ marathon finish line. Before I knew it, the race was over.

We did receive a marathon metal, which was bitter sweet, since we did not get to finish and a Mylar blanket, which came in handy since it was raining pretty hard by the time we stopped running. We were also offered cookies and anyone who knows me will understand that when offered vanilla, I asked for chocolate. As planned, I made my way to the reunion area to meet Steve and my brother Gary, who was picking us up. Steve showed up first. He too was redirected to the half-marathon finish area at mile 20 and finished in 3:49:33. Gary showed up a few minutes later and we made our way to his car. After being stuck in traffic for over an hour, we finally made it back to my brother and sister-in-law's house.

After the race, I reviewed the results. I was put in the ½ marathon finish times with a time of 3:37:20. Needless to say I was disappointed when I realized I only missed the second cutoff time by a few minutes. In retrospect, if I had known there was going to be a cutoff at mile 20, I would have kept up the best pace I could and not worried about the last 6 miles until I got to mile 20. Unfortunately, the weather was not on our side for this race. I am glad my knee held up and I'm already training for my next marathon, which is the US Air Force Marathon on September 18.

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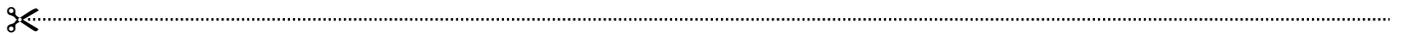
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Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through clubs and media.



Chattanooga Track Club Membership Application

Please make check payable to: Chattanooga Track Club, P. O. Box 11241, Chattanooga, TN 37401

CTC membership dues are on a calendar basis (Check One) New Renewal

For new members, dues are prorated on the quarter the member joins, please check the one that applies to you:

Individual: \$24 (Jan-Mar) \$18 (Apr-June) \$12 (July-Sept) \$6 (Oct-Dec)

Family: \$36 (Jan-Mar) \$27 (Apr-June) \$18 (July-Sept) \$12 (Oct-Dec)

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Members Release: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the affects of the weather, including high heat and / or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners club of America, the Chattanooga Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____ Signature _____ Date _____

Signature _____ Date _____ Signature _____ Date _____

Chattanooga Track Club Takes Running and Walking to BlueCross BlueShield of Tennessee Campus

By Blaine Reese

At the invitation of BlueCross BlueShield of Tennessee, the Chattanooga Track Club provided an exhibit for the BCBST Employee Wellness Fair, held April 15 at the Chattanooga Cameron Hill Campus. At 9:30 a.m. I met Jenni Berz in the parking lot on the BCBST campus at Cameron Hill. Jenni was well supplied with four “totes” and boxes filled with track club fliers, membership applications, race applications, and lots of “give aways” for the employees. Pre-Registration provided smooth sailing through the lobby with our volunteer hostess to a table already prepared for us in the open air atrium. Initially we did not understand why we needed to be set up by 10:00 a.m. for an 11:00 a.m. event, but that became apparent when we started getting visitors before 10:30.

Jenni needed to leave before 11:00 for another commitment, but I was soon joined by Emily Patton and Mitzie Dyer. For the next two hours we worked almost non-stop. I believe we made a great team with Emily doing the meet and greet, followed by Mitzie explaining the benefits of membership, and me talking about upcoming races. Hundreds of times we were given the opportunity to discuss our partnership with BCBST on sponsored races and the Walking Around Town program, both designed to encourage fitness through walking and running.

Based on the numbers of inquiries, fliers distributed, and membership and race applications picked up, I am optimistic that our participation not only supports our mission but also will result in growth of the Chattanooga Track Club. One BCBST employee joined the club on the spot, registered Friday, and ran the Chickamauga Chase 15k Saturday. Many others took race applications for the BlueCross Chattanooga Chase and/or BlueCross Riverbend Run.

For me the biggest surprise of the day came when my discussion with an employee was interrupted by a strong male voice saying, “Hey, do you think we could get a picture over here?”. I turned to see at very very close range, Earvin “Magic” Johnson, the BCBST celebrity guest, trailed by a man with a camera plus a large group of people. Even had I been inclined to refuse, I would not have dared to. He is one really big man. Of course Emily, Mitzie, and I were very happy to cooperate by posing for a picture with the Big Man.

At the end of the Employee Wellness Fair we were all a bit tired after two hours of work and sun exposure on a gorgeous spring day. I believe I can speak for all the Track Club volunteers in saying this event provided good, positive exposure for the Chattanooga Track Club. I would definitely be willing to do this again.





Smokin' Cajun Cookout Kicks Off CTC Event Calendar



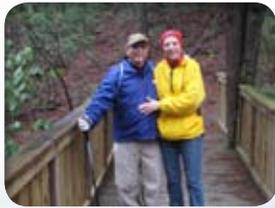
On April 17, CTC Members and locals enjoyed a relaxing evening on the South Green in front of Blue Plate Restaurant. Fresh crawfish was provided by Champy's. The crowd was entertained by the blues and jazz sounds of Husky Burnette. A big thank you to Mitzie Dyer and volunteers who worked hard to make this a fantastic event for all.



CTC Booth@Outdoor Chattanooga Expo, April 10, Coolidge Park



By promoting outdoor recreation as a signature lifestyle, Outdoor Chattanooga strives to increase tourism, bring new residents to the community, protect our natural resources, and enhance the health and well-being of citizens and visitors alike



Hiking Fun!

May 16th - Prentice Cooper State Park (Last managed hunt 5-2-10)
(Meet at 2:00 p.m. Wal Mart parking lot on Signal Mtn Blvd)

May 23rd - Johns Mountain Trail
(Meet at 2:00 p.m. Camp Jordan East Ridge, Tn)

May 30th - Possum Creek
(Meet at 2:00 p.m. Wal Mart parking lot on Signal Mtn Blvd)

We will be starting at 1:00 p.m. beginning the first week in June 2010.

Contact one of the following group leaders for directions or questions:

Walt Sinor (M) 256 996-0728

Bernice Delaney (H) 423 876-7259

Lynda Webber (H) 423 267-0729 (M) 423 774-3913

Bring water or liquid refreshment of choice, bug spray, sunscreen, hat or visor and anything else you need to make yourself comfortable while out in the boonies.



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SUNDAY RECOVERY HIKE

For more information, e-mail Walt Sinor at waltersinor@yahoo.com

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 e-mail Walt Sinor @ waltersinor@yahoo.com

Check out CTC Logoed Apparel at Front Runner and Fast Break

SPEEDWORK

Thursday Night at 6:30pm at Fast Break Athletics - Joey Howe leads this pack - All are Welcome.

Join a Saturday Group Run!

6:30 a.m. - visit grouprun.com for weekly location

8:00 a.m. - Meet at Downtown Sports Barn

Volunteers Needed!
Earn V.O.Y. Points.

Upcoming Volunteer Opportunities!

May 22 - Market Street Mile

May 31 - BlueCross Chattanooga Chase

More info at

www.chattanoogatrackclub.org

Walking Works

Sign up for a Walking Works event

Group Run

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

Tuesday Night Run
6:00 pm at Greenway Farm
(off Hamill Rd in Hixson)

Sponsored by Front Runner Athletics. Led by Ryan Crews

Check out the CTC Classifieds
chattanoogatrackclub.org

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



Send Bulletins to
vpcommunications@chattanoogatrackclub.org

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RACE CALENDAR

Please see www.chattanoogatrackclub.org for a complete list of events past and present, further rules, changes and regulations. Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

MAY

- 8 - King of the Mountain
- 22 - Market Street Mile
- 31 - BlueCross Chattanooga Chase
8K & 1 Mile Walk

JUNE

- 12 - 9th Annual Army HOOAH 5K/10K Race
- 19 - BlueCross Riverbend Run & Walk

AUGUST

- 14 - Missionary Ridge Road Race
- 28 - Racocon Mtn Road Race 10K/5K

JULY

- 11 - Chattanooga Waterfront Triathlon

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