

JOGGING AROUND

Chattanooga Track Club

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Runner Club Member

JOGGING AROUND

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

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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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BILL'S QUILL



It's been a great spring! Good weather, great races, and fantastic runner turnout! We had record turnout for the Chickamauga Chase and a beautiful day. I hope you have had a chance to participate in one of the many local races.

Recently the club has been working on increasing value to you for being a member of the club. Your support helps us put on races, training programs, maintain our website, provide occasional social functions, and underwrite our youth running program. And we can't thank you enough for your support. In return we are working on expanding the discounts and offers that local merchants provide CTC members. Our goal is that you will be able to reap savings many times the cost of your membership. Watch the website for details. And we will strive to continue putting on high quality CTC races for the membership.

We are pleased to announce a partnership between the YMCA and the CTC. Our association will focus on promoting the CTC youth running program to the Y's children's programs. This relationship complements our partnership with the Children's Hospital Foundation that also encourages health and fitness for our youth in Chattanooga and the surrounding areas.

Our busy race schedule continues. Find your favorite race or venture out and try a new run. Don't forget to sign up for the Chickamauga Battlefield races since they always sell out months in advance. And put the weekend of July 7th and 8th on your calendar and come help at the Chattanooga Waterfront Triathlon. Hope to see you soon.

Bill Moran
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.



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EAT HEALTHY TO RUN HEALTHY

BY JENNY BUQUO MADZIN, MS, RD, CDE, LDN

One of the biggest mistakes made by athletes is improperly fueling of their bodies. Often times, athletes have an imbalance of nutrients in combination with a pattern of under-eating. Other athletes have the idea that they can eat whatever they want because they exercise. The reality is that because of the increased stress that exercise places on the body, all athletes should closely monitor their nutritional intake. And one good thing about healthy nutrition is the message is the same for everybody. No matter if you are a professional athlete, you have diabetes, or if you are overweight or underweight, a balanced diet will include these essentials: carbohydrates, protein, fats, vitamins, minerals, and water.

Carbohydrates should make up 60-65% of your total caloric intake. Carbohydrates are found in grains, fruits, starchy vegetables, beans, and dairy. Sweets provide carbohydrates as well, but do not provide the essential vitamins, minerals, and other nutrients that allow the carbohydrates to provide energy effectively. In addition, whole grains, fruits, vegetables, and beans also provide fiber for the body, which is important for maintaining a healthy digestive system. Furthermore, fiber helps lower cholesterol and reduces the risk of certain types of cancer. A low carbohydrate diet has the same effect as starvation. Without carbohydrates, fats cannot be used as an energy source. If carbohydrates are not eaten, then protein will be taken from the body and converted to carbohydrates. Did you know that fat cannot be converted to carbohydrates but it takes carbohydrates to convert fat into energy? Without carbohydrates, the conversion of fat to energy produces byproducts called ketones. Ketones are extremely harmful and will destroy the body. Carbohydrates are stored in the liver

and released into the body for energy. The limited storage capacity of the liver, 3-4 hours, means that carbohydrates must be eaten throughout the day. As an athlete, you will need to eat carbohydrates more often due to increased activity. Inadequate carbohydrate intake teaches your body to be very efficient at storing fat causing the body to use protein stores for energy, which in turn can damage the kidneys and elevate the production of ketones.

Protein is needed for multiple body functions including hormone and antibody production, muscle and bone building, maintaining fluid balance, transportation of fat and cholesterol, and repairing and rebuilding the body after injury. If carbohydrates are inadequate, then protein cannot carry out its important functions. Instead, protein will be used as an easy energy source. The body does not have a storage system for protein; therefore adequate intake of protein is needed everyday. It only takes one day of inadequate protein intake for your body to make adjustments and sacrifices. Protein should make up 20% of your daily intake, or 0.8 to 1.0 grams of protein per kg body weight. If you exercise steadily throughout the year, four to five days per week, your protein needs could increase to 1.5 grams per kg body weight per day or more. Protein is found in all meats, dairy, and beans. For example, a 70 kg male would require approximately 56-70 grams per day. This is equivalent to a 150 lb person needing a total of 7 oz meat and 3 cups milk daily.

Runners as a group can be fat-phobic, therefore, understanding the important role of fat in the body is critical. Fat is the preferred energy source for most tissue and organs in the body and it makes up 60% of the brain. The membranes

of all the cells in your body are made from fat, and it plays a central role in muscle contractions and blood clotting. For this reason, fat should make up 25-30% of your daily caloric intake. Your diet should focus on unsaturated fat rather than saturated fat. Maintaining a diet rich in nuts, oils, seeds, and cold-water fish provides essential fats called omega-3s, which are vital for good health and helps prevent certain diseases. Omega-3 fatty acids also protect against inflammation that happens during exercise. For this reason, it is important to eat foods containing omega-3 fatty acids.

Although, vitamins do not provide the body energy like carbohydrates and fat, they play an important role in the release of energy. In addition, Vitamin C, E and A are antioxidants that protect our body against damage and inflammation. Even the simple process of breathing can produce damaging compounds called free radicals. The stresses from everyday life increase the production of free radicals. Because exercise is a form of stress, more free radicals are produced. Therefore, runners need an adequate intake of antioxidants to ensure proper protection. Getting vitamins through whole foods is the preferred method compared to supplements. There is no conclusive evidence that taking supplements improves health. In fact, some studies suggest that taking supplement can even be harmful to your health. For this reason, it is suggested that you eat plenty of fruits and vegetables each day. Individuals should strive for at least three to four servings of fruit per day and four or more servings of vegetables per day. The antioxidants contained in fruits and vegetables help repair the damage your body incurs during exercise, in addition to being a good source of carbohydrates and fiber.

Minerals also play a key role in the body's health. For example, calcium is essential in preventing the disease osteoporosis. Good sources of calcium include dairy products, beans, dark leafy vegetables, and eggs. The mineral iron is needed to carry oxygen to your cells, which is important during exercise. Having an iron-poor diet results in inadequate oxygen absorption causing you to feel weak and fatigued. Good sources of iron include meats, leafy green vegetables, nuts, shrimp, and scallops. Sodium and other electrolytes are also lost during exercise through sweat. Usually, electrolytes are replaced if a balanced diet is followed. If you exercise more than 90 minutes, you may need to replace some of the electrolytes lost by drinking a sports drink.

Staying well hydrated is absolutely essential for everybody not just athletes. Not only will dehydration negatively affect your performance during exercise, but it also affects your recovery afterwards because fluid removes waste products and brings

nutrients to the tissues for repair. Sweating also decreases your blood volume resulting in less oxygen rich blood reaching your working muscles. This causes your body to produce energy anaerobically thus forcing you to slow down. Running in hot and humid weather is magnified because the body increases the amount of blood sent the skin to help remove heat, making even less available to the muscles. Staying hydrated also aids in the removal of dangerous toxins from your body during exercise and recovery. Dehydration during exercise puts more stress on the heart making you work harder. This unnecessary stress can lead to problems such as an enlarged heart. Staying hydrated is a worthy and healthy goal that

everyone can achieve. Remember to drink sufficient amounts of water throughout the day and especially during exercise. The goal is to urinate clear and a good rule of thumb is to consume water equal to half your body weight in ounces each day. For example if you weigh 150 pounds you should consume 75 ounces of water each day and more with exercise. Always remember, the purpose of aerobic exercise is to increase the health of your circulatory system. Failure to stay hydrated can result in serious and unnecessary damage.

The mind is a powerful thing when it comes to exercise and nutrition plays a very important role. The brain contributes more to running performance than any other part of the

body because the brain controls fatigue. When running or exercising, your brain monitors the feedback it receives from neuroreceptors in the body. These receptors measure muscle temperature and the amount of glucose and oxygen available to ensure you are not in any danger. For example, if your brain determines that you are harming yourself when blood glucose or muscle glycogen drops below a certain level, it cuts the electrical signals to your muscles, forcing you to slow down. Consuming carbohydrates during exercise signals to your brain that it is safe to send electrical signals to your muscles to continue the exercise since there is plenty of fuel.

The old saying is true, "you are what you eat". We only have one body and it needs to last many years and it cannot be replaced. There are no short cuts or workarounds in the care and maintenance of your body. Because nutrients work together like an orchestra, eating a variety of whole foods is the only answer to a healthy body. Furthermore, there are still many unknown variables regarding the science of nutrition as it relates to health. For this reason, supplements cannot even come close to replacing the nutrition that whole foods provide. Remember, the purpose of exercise is to improve health and the quality of life. Overall health can only come from a proper balance of exercise, nutrition, and rest. If we are out of balance in any one of these areas, it could result in diminished not improved health.

ONE OF THE BIGGEST MISTAKES MADE BY ATHLETES IS IMPROPERLY FUELING OF THEIR BODIES.



BOSTON MAGIC

Ten years ago I had the unique privilege of appearing on the TV game show Wheel of Fortune. Little did I know that something I said on national television would be a stepping stone to the Boston Marathon. During my introduction on the show, Pat Sajak referenced the completion of my first marathon. At that point I said I would love to qualify for Boston one day. I said this knowing it was a crazy dream. It would probably never be obtained because I was a recreational jogger...not a runner.

Fast forward nine years. As a physical education teacher, I made fitness and health a priority. I had started placing in local races. At this point, I thought maybe, just maybe I could qualify for Boston. In April 2011, I became serious about my efforts. Andrew Dorn, from Front Runner Athletics, helped get me there. In June 2011 was my first try. I missed qualifying by 53 seconds. 53 seconds hurt and hurt bad. This pushed me to keep training and try again. In September 2011 I finally qualified with 1:01 minutes to spare at the Tupelo, MS Marathon. Boston here I come...or so I thought.

Boston instituted a new entry system for Boston 2012. Under this new system all qualifiers were invited to enter. Once we

were entered, our official entry was then determined by our performance. I missed the performance based time cut-off by 13 seconds. 13 seconds was hard once again...very hard. I had qualified, but I didn't get in because the field was full of the faster qualifiers. Now what?

Charity running was the last option. I applied to run for one charity but was denied. It was a God thing they denied me. Why? Because this opened the door to run with Team Hoyt. Team Hoyt is made up of the father and son duo, Dick and Rick Hoyt. Rick has cerebral palsy and his father, Dick pushes, pulls and carries him throughout triathlons, including the Ironman. He pushes him along the 26.2 marathon courses. They are a true inspiration to all. Their motto is YES, YOU CAN. I adopted this motto after my first failed attempt to qualify.

In December 2011, I found out I would be running as an official Team Hoyt member. I was going to run the 2012 Boston Marathon as a charity runner...it did not matter...I was in! I was fulfilling the dream I had verbally announced on national television 10 years earlier.

Fast forward 4 months...4 months of fund-raising and amazing Godincidences along the way!! I was headed to Boston.

Originally I had wanted to just qualify and run the holy grail of marathons as an individual runner. Though that would have been amazing in its own right, running for and with Team Hoyt added a bit of magic.

The Team Hoyt manager said to me, "Trish, the weekend will be magical. The marathon will only be a small part of it." She was right. From the moment we walked into our hotel we were greeted with open arms from our team members. They spotted us and gave us a grand welcome. On Saturday we had two team meetings. The first one we met all of the additional team members running as a part of Team Hoyt. Here we heard stories of courage, perseverance and determination. All of us had a story. All of us had reasons why Boston was so important to us and why Team Hoyt was such an inspiration. It was the first bit of magic. The second meeting was our pasta dinner where we got to meet Dick and Rick Hoyt themselves. Wow! It was a moving moment. Along with Dick and Rick we also had the privilege of meeting our Team Hoyt marathon coach, Uta Pippig, three-time Boston marathon winner. Bill Rodgers also made a surprise visit. We were in the room with running legends. This was truly a once in a lifetime experience. An experience that great memories are made of!

The rest of the weekend included hearing Dick and Rick share their story at the race expo as well as cheering Uta and other Team Hoyt members as they ran the Boston Marathon 5k. There was magic in the air. God had truly blessed us with this journey. My family also showed up to support me and watch the fulfillment of my dream of a lifetime. They came from Arkansas, Indiana and New York. Fun family times were in the making.

Race day was now upon us. Forecast was for abnormally high temperatures. Due to the late start this was going to be a factor. The race organizers offered a deferment option for those who did not want to tackle the heat. Out of the 27,000 runners registered only around 22,000 started the race. I knew I had somewhat of an advantage because I train in the south. God gave me the heat to slow me down and help me take it all in. It reached 90 degrees on the race course. The official high in Boston was 89. But, the heat would change the game plan. It would no longer be a race for a PR but a run for the journey. I ran for the journey.

From the first step across the start line to the last step across the finish line, Boston was truly the most magical run I have ever had the privilege to participate in. And yes, it was a privilege...an answer to prayer. There were people cheering the ENTIRE 26.2 miles. Every step of the way someone was yelling words of encouragement. Occasionally, I would hear "Go Team Hoyt!" or "Go Trish!" My name was written on my arm for just this reason. These strangers were helping over

22,000 make our way from Hopkinton to Boston.

As I stated earlier, the race conditions changed my game plan. In my life and in my training, I try to make it to the next mailbox. I break the runs into segments in hopes to make it easier. My mailboxes became water stations. I could run 2 miles no problem. I knew I could run 26.2 no problem. I had the training. I had the mental mindset. But my body didn't have the push in the heat. So 2 miles it was. My routine became run 2 miles and come to the water station. Drink Gatorade. Drink water. Dump water on head. Run 2 miles and look for water hoses and/or fire hydrants to run through. Come to water station. Drink Gatorade. Drink water. Dump water on head. Repeat until I see the finish line. This is just what I did.

Along the way, I gave high fives to students from Wellesley College and Boston College as well as numerous little ones on the sidewalks reaching out to encourage. I stopped at the Team Hoyt water station right before Heartbreak Hill for a hug of encouragement and a slice of orange. I yelled thanks to a guy dressed up as a red mailbox. He was sent from above to help me know I was going to do this. I ran past Team Hoyt members and encouraged them by saying "Yes, YOU can!" There were 40 of us out there trudging through the heat of the day.

As I approached the last mile marked by the famous Citgo sign, I saw my family. I ran to them and embraced my husband. He gave me a hug and kiss to get me to the end. Off I went, energized and ready for the finish line.

It was a bittersweet ending. I wanted to be done because I was hot and tired. But I did not want the magic of Boston, the magic of Team Hoyt and the power of answered prayer to end. I knew my running angels back in Chattanooga and all over had been praying and were praying for every step I made that day. The overwhelming feeling of love and support was incredible. To think I wanted to do this alone! I now know for sure, that though running is an individual event, a team makes it sweeter!

I will never forget my magical weekend in Boston. God provided the way. We took the journey and were inspired by many. Words can not truly express how I feel about the whole experience except for maybe..."It will be magical!" It truly was!

94% of the field finished race. 2,100 visited medical tents along the way. 150 went to the hospital. It was truly a brutal day to run. But all Team Hoyt members started and finished, including Dick and Rick. We all ran slower but we all persevered and could say, Yes, WE can and Yes, WE did!

Chattanooga Waterfront Triathlon

1.5K Swim/42K Bike/10K Run

July 8, 2012

Downtown Chattanooga, TN



VOLUNTEER Registration: chattanoogatrackclub.org

visit www.team-magic.com for Details and Registration Info

This sellout intermediate distance triathlon has quickly become one of the top races in the southeast. Brought to you by Chattanooga Track Club and Team Magic, Inc. in the heart of downtown Chattanooga. Be ready for a fast, down river swim, a challenging bike course and a scenic run along the city's riverwalk.

This downtown triathlon takes the place of the popular Chattanooga Dam Triathlon of years past and the original Riverbend Triathlon from "many moons" ago. The Chattanooga triathlon tradition began over 25 years ago - we are happy to keep it alive and hope you agree we have developed one of the best races in the country - not to be missed!

Look for a great weekend expo, great downtown Chattanooga restaurants and entertainment, and a fantastic day of racing along Chattanooga's revitalized waterfront. For newcomers and veterans alike... hold onto your tri bars, we are promising you a great weekend!



Participate in the Run for Miracles Series

The purpose of the Run for Miracles series is to promote running and fitness for kids and adults of all levels while supporting Children's Hospital Foundation.



The series kicks off on June 23 with the Market Street Miracle Mile. The Market Street Miracle Mile is a family friendly event that encourages runners of all ages and abilities. The event offers one mile competitive heats for those who wish to match their abilities against current state record holders and a non-competitive heat for adults who wish to run or walk with their children, including the use of strollers and wheelchairs. For kids, 1st – 6th grade [2012-2013 school year] it represents the 1st mile in their quest to run a marathon [26.2 miles] by November 10, 2012.



For junior runners 1st –6th grade [2102-2103 school year], the Junior Miracle Marathon offers the opportunity to complete a marathon. It is also a great way for families to begin running together. Junior runners complete one mile at a time leading up to November 10 where they will run their final mile at the Chickamauga Battlefield Marathon together with other junior runners from the area and region who have been accumulating miles as well.



Another key event for the junior runners is the Elementary Cross Country Meet, which is a series of one mile runs in September. These miles count toward the Junior Marathon mileage and bring together over 600 4th-6th graders from area schools and communities.



The fourth event in this series is the Chickamauga Battlefield Marathon and Half Marathon, which will be held November 10 at the historical Chickamauga Battlefield. This is an event that is attainable by runners of all levels, with training programs sponsored by the Chattanooga Track Club designed for beginner to advanced runners. Families have trained for and participated in this event together, with the adults running the full or half marathon distance and children running the junior miracle marathon- and they fundraise together as a family team.

Most importantly, this series brings together two prominent organizations, the Chattanooga Track Club and Children's Hospital Foundation to promote healthy habits and lifestyles for kids and their families through running and training events and to generate support for the Children's Hospital at Erlanger.

Form a team or run & fundraise as an individual:

We hope you and your friends, family, company, school or organization will join together and form a Run for Miracles Team- running in the events of your choice and raising funds for Children's Hospital. Running and fundraising is more fun when done with others! To register a team, visit www.runformiracles.org, click on the fundraising registration link, and choose the start team option, your team members will choose the join team option.

If you are motivated to participate as an individual, that is great! You can visit www.runformiracles.org, choose the fundraising registration link, and choose the individual registration option.

To register for the actual race(s), please visit www.chattanoogatrackclub.org



Children's Hospital Foundation cultivates philanthropic partnerships to foster medical excellence to meet the unique needs of children and families within our communities. Our vision is to ensure superior technology and clinical services to provide advanced medical care specifically for children, to attract the highest caliber pediatric medical professionals and to give families the confidence to make Children's Hospital their first choice in pediatric care. The support of our donor family makes a tremendous impact on our healing work.

Through the support of community partners, Children's Hospital Foundation:

- Supports programs that enhance family-centered care and that create a kid-friendly environment including Child Life, Social Work, playrooms, art & music therapy and other key programs to make Children's Hospital a supportive environment for kids and their parents.
- Advances a variety of community health, prevention and safety programs including car seat clinics, bike safety programs, health fairs, The Ronald McDonald Care Mobile and other outreach and educational efforts.
- Champions quality and enhances patient safety through efforts such as quality and safety benchmarking and educational programs and capital acquisitions to implement best practices such as replacing every IV infusion pump in Children's Hospital with "smart pumps" that help eliminate dosage errors for IV medications to children.
- Expands and enhances the healing environment and key technology in clinical areas such as the Neonatal Intensive Care Unit, Oncology Unit, Pediatric Intensive Care Unit and General Pediatric Clinic.
- Enables the purchase of new technology in an environment uniquely designed for kids, such as the creation of the new Emily Ransom CT Ranch which provides high quality, low radiation radiology scans for kids in an area decorated to look like a Western Ranch to reduce the anxiety of young patients.

2012 MARKET STREET MIRACLE MILE

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JUNE 23, 2012

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Priority Project:

Renovation of Children's Hospital at Erlanger's Overnight Rooms

Children's Hospital at Erlanger proposes a renovation of all inpatient rooms in the hospital to provide a more healing and comfortable environment for children and their families.

This renovation would create a better place for kids like Kennedy Griffith. For Kennedy, Children's Hospital has become her home away from home. Two years ago, this 14-year-old athlete, writer and artist was diagnosed with a painful and life-threatening bone cancer in her right leg. Last fall, the cancer came back, and Kennedy had her leg amputated above the knee. Kennedy has spent more than 300 days in the hospital in the past year.

During each hospital stay, Kennedy comes armed with some of her favorite things to decorate her room – a purple blanket, stuffed animals and an imitation aquarium that has bright, colorful lights. The cheerful way she spruces things up has made Kennedy's room a gathering place for other sick children.



KENNEDY AND HER MOM, PAM

“It's amazing how a little color and a few decorations change Kennedy's mood and lift her spirits,” said Kennedy's mom, Pam. “It's hard enough being in a hospital and away from home. But, if the hospital rooms felt a little more like home, it would make such a difference to the kids.”



Sick and injured children deserve a place that feels more like home. Kennedy is one of about 3,000 children who will stay overnight for care this year. While the rooms are safe and functional, they are simply not the nurturing and childlike spaces children deserve to be in while they heal. When these rooms were last renovated 20 years ago, white walls and gray floors were the standard...but white walls and gray floors can

feel dreary and institutional. Young patients need a cheerful place to heal...a place to still feel like a kid despite the medicine.

New rooms at Children's Hospital would be filled with bright yellow, comforting blue and fun orange. Floors would be dotted with colorful shapes. Whimsical wall murals would be fun and inviting. Color-splashed curtains with geometric patterns would be childlike without being childish. Light would stream from fixtures with a glass filled with bubbles of color. New curtains would add softness and feel more like home.



Older children would have comfortable, new “Smart Beds” that include electronic controls to adjust the bed, to turn lights on and off and to control the television. These special beds also feature built-in scales, so fragile patients would no longer have to be moved to check their weight. Babies would get new cribs that meet the latest and highest safety standards.

Comfortable chairs that pull out into sleepers would make it easier for moms and dads to stay by a child’s side to provide comfort and companionship. Each room would also have a special modular wall behind the bed to hide clinical supplies like gloves and bins for used needles, so rooms would feel more like bedrooms and less like clinical spaces.



EXISTING CHILDREN'S
INPATIENT ROOM

This magic would also extend into common areas for children and their families. Playrooms would have new built-in cabinets and bookshelves, comfortable furniture, soft play spaces and flat screen televisions. Hallways would have new floors, new paint, new lighting, framed art and wall murals. New kitchens would provide a place to store food, to heat a meal or to get drink just steps away from a child’s bedside...reducing the anxiety of being away from a young child or missing a doctor on rounds.

With the recent renovation of Children’s Surgery and the newly established Emily Ransom CT Ranch,



NEW CHILDREN'S INPATIENT ROOM

community partners like you have created a bright, cheerful, child-friendly outpatient environment for childhood cancer patients. The inpatient renovation is the final component and the culmination of a vision for family-centered care. As a foundation partner, you could be an integral and vital piece to seeing this plan to fruition. The dream of creating this space for sick kids comes at a total cost of \$2.8 million. Erlanger Health System has committed \$1 million to refurbishing all common areas, including playrooms, nurse’s stations, parent kitchens and corridors. Children’s Hospital Foundation is seeking support from the community to renovate all 49 inpatient rooms. Additionally, a local

foundation has offered a match to all gifts secured for this campaign; the foundation will provide an additional dollar for every three dollars given to help your gift go even further.

We respectfully request your consideration of a gift to transform the inpatient experience for sick and injured children. Thank you for considering creating a better place for kids.



SCENIC CITY HALF MARATHON

SCENIC CITY HALF MARATHON RESULTS - 2012

OVERALL FEMALE Rebecca Greenwall	UNDER 20 FEMALE Beth Burgess	35 - 39 FEMALE Gina Krabbendam	55 - 59 FEMALE Elizabeth Laroche
OVERALL MALE Caleb Morgan	UNDER 20 MALE Matthew Gorter	35 - 39 MALE Joseph Sitienci	55 - 59 MALE Lynn Burnett
FEMALE MASTERS Joann Scott	20 - 24 FEMALE Jill Skinner	40 - 44 FEMALE Lisa Logan	60 - 64 FEMALE Jane Harvey
MALE MASTERS John Sillery	20 - 24 MALE Chris Hague	40 - 44 MALE Sean Higgins	60 - 64 MALE John Crawley
FEMALE GRAND MASTERS Jacquie Winters	25 - 29 FEMALE Kimberly Humphries	45 - 49 FEMALE Dina Kwit	65 & OVER FEMALE Sue Anne Brown
MALE GRAND MASTERS Thomas Starke	25 - 29 MALE Andrew Warner	45 - 49 MALE Tom Sell	65 & OVER MALE Cyrus Rhode Jr
FEMALE SENIOR GRAND MASTERS Lynnda Owens	30 - 34 FEMALE Emily Cooper	50 - 54 FEMALE Kathy Billups	
MALE SENIOR GRAND MASTERS Sergio Bianchini	30 - 34 MALE Alan Outlaw	50 - 54 MALE Claudio Verzilli	

SCENIC CITY 5K RESULTS - 2012

OVERALL FEMALE Leah Golden	15 - 19 FEMALE Maggie McGuire	35 - 39 FEMALE Kristy Altman	55 - 59 FEMALE Teresa Losh
OVERALL MALE Jason Altman	15 - 19 MALE Jody Lautigar	35 - 39 MALE Mitchell Harris	55 - 59 MALE Eric Evans
FEMALE MASTERS Christal Brown	20 - 24 FEMALE Sissy Shakley	40 - 44 FEMALE Jeannine Stout	60 - 64 FEMALE Cinny Harrison
MALE MASTERS Kirk Pierret	20 - 24 MALE Matthew Lowery	40 - 44 MALE Jody Webb	60 - 64 MALE Bob Cutrer
FEMALE GRAND MASTERS Carolyn Funderburk	25 - 29 FEMALE Lori Morris	45 - 49 FEMALE Rhonda Sweeney	65 & OVER FEMALE --
MALE GRAND MASTERS Brad Pryor	25 - 29 MALE Nate Gray	45 - 49 MALE Patrick Wortman	65 & OVER MALE Hugh Moore
UNDER 15 FEMALE Claire Stubsten	30 - 34 FEMALE Laura Eichenberger	50 - 54 FEMALE Freida Carter	
UNDER 15 MALE Levi Carter	30 - 34 MALE Daniel Miller	50 - 54 MALE Tim Kuhns	

RACCOON MTN. 10K RESULTS - 2012

OVERALL FEMALE Kiersten Vradenburgh	20 - 24 FEMALE Katy Johnson	40 - 44 FEMALE Lisa Logan	60 - 69 FEMALE Jane Harvey
OVERALL MALE Cullom Boyd	20 - 24 MALE Keeley Nathan	40 - 44 MALE Les Connor	60 - 69 MALE Flash Cunningham
FEMALE MASTERS Dianna Leun	25 - 29 FEMALE Summer Wofford	45 - 49 FEMALE Sue Barlow	
MALE MASTERS Ryan Shrum	25 - 29 MALE Julian Jackson	45 - 49 MALE David Knowles	
FEMALE GRAND MASTERS Sue Anne Brown	30 - 34 FEMALE Christy Rose	50 - 54 FEMALE Christy Charman	
MALE GRAND MASTERS Sergio Bianchini	30 - 34 MALE William Norris	50 - 54 MALE Bill Brock	
UNDER 20 FEMALE Katelyn Thompson	35 - 39 FEMALE Michelle Davidson	55 - 59 FEMALE Cathy Gracey	
UNDER 20 MALE Ben Oates	35 - 39 MALE Jeff Ringer	55 - 59 MALE Mike Usher	

RACCOON MTN. 5K RESULTS - 2012

OVERALL FEMALE Leslie Becht	15 - 19 FEMALE Paige Elliott	50 - 59 FEMALE Beverly Geismar
OVERALL MALE Troy Maddux	15 - 19 MALE Ryan Marts	50 - 59 MALE Bobby Smith
FEMALE MASTERS Berna Slabber	20 - 29 FEMALE Jennifer Geismar	60 & OVER FEMALE --
MALE MASTERS Bobby Smith	20 - 29 MALE Chad Harris	60 & OVER MALE Denny Griswold
FEMALE GRAND MASTERS Beverly Geismar	30 - 39 FEMALE Amy Pariano	
MALE GRAND MASTERS Bobby Smith	30 - 39 MALE Russ Rogers	
UNDER 15 FEMALE Ana Rico	40 - 49 FEMALE Berna Slabber	
UNDER 15 MALE Tucker Roberts	40 - 49 MALE Mike Green	

CHICKAMAUGA CHASE 15K RESULTS - 2012

OVERALL FEMALE Aimee Harvey	20 - 24 FEMALE Thela Woodring	40 - 44 FEMALE Dianna Leun	60 - 64 FEMALE Lynda Owens
OVERALL MALE Geno Phillips	20 - 24 MALE Andy Highlander	40 - 44 MALE Sean Higgins	60 - 64 MALE John Crawley
FEMALE MASTERS Teresa Kirkman	25 - 29 FEMALE Renee Jackson	45 - 49 FEMALE Connie Petty	65 - 69 FEMALE Sue Anne Brown
MALE MASTERS Scott Lowe	25 - 29 MALE Jack Findley	45 - 49 MALE Bill Minehan	65 - 69 MALE Cyrus Rhodes
FEMALE GRAND MASTERS Kathi Wagner	30 - 34 FEMALE Laura Henry	50 - 54 FEMALE Betty Holder	70 & OVER FEMALE --
MALE GRAND MASTERS Jim Norton	30 - 34 MALE Scott Carpenter	50 - 54 MALE Bruce Bayliss	70 & OVER MALE Sergio Bianchini
UNDER 20 FEMALE Hannah Sanford	35 - 39 FEMALE Kari Bradley	55 - 59 FEMALE Debbie Gates	
UNDER 20 MALE Isaac Pacheco	35 - 39 MALE William Kelley	55 - 59 MALE Thomas Starke	

CHICKAMAUGA CHASE 5K RESULTS - 2012

OVERALL FEMALE Rebecca Withrow	15 - 19 FEMALE Courtney Edens	35 - 39 FEMALE Kristin Bell	55 - 59 FEMALE Brenda Gift
OVERALL MALE Jason Alford	15 - 19 MALE Jesus Cruz	35 - 39 MALE Brian McGhee	55 - 59 MALE Louis Bryan
FEMALE MASTERS Karen Johnson	20 - 24 FEMALE Amanda Cook	40 - 44 FEMALE Laurie Grant	60 - 64 FEMALE Eileen Johnson
MALE MASTERS Troy Maddux	20 - 24 MALE Ben Lafrancois	40 - 44 MALE Christopher Butler	60 - 64 MALE Steve Ferguson
FEMALE GRAND MASTERS Colleen Gordon	25 - 29 FEMALE Sheena Cotten	45 - 49 FEMALE Carol Daniel	65 - 69 FEMALE Beth Dial
MALE GRAND MASTERS Dan Smithhisler	25 - 29 MALE Amaury Jimenez	45 - 49 MALE Jose Martinez	65 - 69 MALE Russ Haynes
UNDER 15 FEMALE Emrick Garrett	30 - 34 FEMALE Charil Wyatt	50 - 54 FEMALE Joyce Yaeger	70 & OVER FEMALE Edwina Cohen
UNDER 15 MALE Jerryd Tennyson	30 - 34 MALE Lim Seang	50 - 54 MALE Don Gregg	70 & OVER MALE Howard Dial



By George Skonberg

Wow!

At the risk of sounding like a broken record, Wow! It just about sums it all up when I reflect on the 44th running of The Chickamauga Chase. I'll say it again over and over.

Our permit with the National Park Service places a participant cap at 1700. We bumped right up against that number this year with 1,649 registered! Some sort of Chattanooga-area record I think. Of course it's not just about the numbers, but the data does provide enormous momentum and visibility to the Chase – not to mention immense gratification to the many sponsors and volunteers who have helped grow the event over the past two decades. This was my 17th year as race director, and it seems like only yesterday when a few of us old dogs (Rick Loggins, Chip Lusk, Ben Pitts, Susan Mietling and the Harris family) threw a bunch of stuff in the back of a couple of SUVs, filled a couple of PowerAde coolers and shouted into a megaphone, "Runners take your mark, Go!" The scale of The Chickamauga Chase today is overwhelming, and I want to personally thank all of you that help make it that way. I appreciate your kind words of thanks and encouragement, and for making the Chase "a tradition unlike any other!" I'm sure that Jim Nantz of CBS wouldn't mind us stealing that phrase.

I always get a kick out of a repeat performance, and what a thrill it was to see Geno Phillips repeat his 2009 victory, beating his previous winning time by 19 seconds to finish at 51:01. Aimee Harvey, one of Chattanooga's premier endurance athletes but stealth-like in notoriety, captured the Overall Female prize with a blistering 1:02:39. I often get asked what the course records are for the Chase. Keep in mind that the 15k course as we know it today (USATF #GA070008WC) was certified in 2007 after some road modification in Wilder Field. The course records are– Male 47:09, held by Joseph Sitienei at the 40th running in 2008, and Female 1:01:52, held by Jan Gautier in 39th running in 2007. This year's 5k course was slightly modified and re-certified (USATF#GA12024WC). Therefore, course records were set and now owned by this year's overall Male winner, Jason

Alford of Dalton in 16:56 and overall Female winner, Rebecca Withrow of Cleveland in 21:20. Congratulations to them and all of you! Wow!

Longtime scribe John Hunt wrote in The Chattanoogaogian about the great showing by the 'older generation' at this year's Chase, and as always the gray-train was led by Jack McFarland of Decatur, GA running his 44th at the 44th! But look over your shoulders folks; did you see those youngsters closing in? A 13 yr old, Jerryd Tennyson was 10th overall in the 15k! 17 year old GPS student Courtney Edens was second female in the 5k, followed by 8 (eight, no misprint) year old Emrick Garrett as third female overall in 22:55. Are you kidding me? Nope! Emrick recently texted a friend saying, "It was fun! Ms. Courtney and Mr. Kelley ran it with me, too! Thx u sir! I ran 22:55, not my best. But I won my age group, but it was 14 & under. I was 3rd finishing female of the race and got a really cool plack with a picture of a battlefield monument and some sunglasses that Mr. Kelley said I would have to grow into. My mom really laughed!" And that folks is what gets me fired up to keep directing this great event. Congrats Emrick! It was fun, indeed! Wow!

Did you see the 165 person strong team from Volkswagen? How could you miss them in their bright VW t-shirts. Their strength in numbers and enthusiasm are welcome again next year! Wow!

How does a race like The Chickamauga Chase get done? It takes a village, a big village of wonderful people. The risk in trying to recognize everyone is leaving someone out, but that risk is worth taking because those that pitched in to help deserve to be noted. It starts at home; Leigh Skonberg dreads my company during Chase week but hasn't left me yet. Yet. My daughter Kate manned the bag check tent, daughter Laura Water Stop #5, and son Nick led the recycling effort dubbing us "2 men and a truck!" My core group over the years reliably includes Rick Loggins, Ben Pitts, Rita Fanning, Butch Grandy, Mike Madzin, John Madzin – they all do just about anything and everything that I ask. One of the real strengths of the Chase is the support

provided by students in the Health and Human Performance curriculum at UTC. These 'volunteers' numbered about 75 this year, and I hope that you had the opportunity to interact with some of these wonderful, bright and enthusiastic young people. Thanks to Drs. Leroy Fanning and Jamie Harvey from UTC for their interest and support of community fitness events. Robert Berman and Southern Coffee – have you ever stopped to think how many Saturday mornings of your life have been made more cheerful by his presence? The color guard is the JROTC unit of Lakeview Ft. Oglethorpe High School, as are the enthusiastic volunteers at Water Stop #2. Explorer post 230T safely handles sentry duties on the eastern side of the Park. My coworkers at UBS are always on the spot at the Registration tent, and the company is generous in its supporting sponsorship. I think everyone was awestruck listening to Kirsten Ridge of UBS belt out a perfect A cappella singing of the National Anthem! Wow! The drummer and bugler hail from Gordon Lee High School. The Ed Harris family is a legend at Water Stop #3. Volunteers from the Friends of the Park – John and Bernie Hildbrandt, Sam Elliott, Patrice and Will Glass, guided you to parking in the early hours of the morning. Blood Assurance sends their Vein Train to us as a mobile office and power source. Chattanooga Coca Cola Bottling gives and gives and gives to this event and our community. Chattem's ICY HOT is so generous in their annual sponsorship! Dean and Gary Pickett, along with Paula Guffey gave us a professional lead bike ensemble. John Culpepper, City Manager of Chickamauga, in full re-enactor garb, attempted to fire the starting shot, but asked for a mulligan after the misfire. Former Chattanooga Alec Taylor, CEO of FGX International, gladly sends many dozens of world-famous Foster Grant sunglasses as prizes. David McCain of McCain Designs takes immense pride in designing the best race t-shirts ever – produced skillfully by Jeff Davis of The Color Creek and Scot Frye of Art Ventures. Susan Baker and the crew from Greenlife Grocery put out a healthy spread of fruit that would shame a farmer's market. John Sweet and Niedlov's Bakery – yes, the same guy that was profiled in the Wall Street Journal, baked 150 dozen fresh honey wheat raisin rolls! That's a lot of bread, man. That buy one, get one free coupon is quite a deal, too. Wonderful door prizes were donated by Chantz. Is "Sophie's" a real person? To me she most definitely is, and her name is Tamara Dillard, owner of this unique boutique in North Chattanooga. She patiently and artistically hand calligraphies our awards and generously donates some great door prizes. Everyone benefits from having a professional EMCEE by not having to listen to me – David Karnes from WRCB Channel 3 adds such a professional tone to the morning. Thanks David! Great support from long time Chattanooga fitness shops Fast Break and Front Runner. Buy local and buy often whenever possible! They support you. Virgil and Katherine Adams of House of 10,000 picture frames pitch in to carefully mat and frame each award. The great photographs in the awards, posters, brochures, and t-shirt were skillfully taken by Violet Clark of Legacy Images. The photos were re-produced by Chris

Oughtreb of North Light Imaging. Carolyn Varnell and RH Apparel are behind the great Chickamauga Chase ball caps and runner's caps. Each year the nice folks at Mr. Trophy add the engraving on the award plaques. Showtime Rentals is our friendly tent supplier, and how can anyone not appreciate the help of Pit Stop Portables, all 50 of them in a row! James Belitz always shows up to help me every year, not sure why, but I appreciate him! Great race coverage is always a good read in the Times Free Press by Ron Bush. John Hunt digitized a great race story on The Chattanooga. Ronnie Tidwell has given the Chase a wonderful web presence at www.chickamaugachase.com. Jim Cox of Cox Sports Photos travels each year from Texas to find his way to the battlefield each race morning to immortalize your race on film! A perfectly designed and certified course is assured each year thanks to David Presley. The Sports Barn generously supports us with free passes for participants, and Outdoor Chattanooga hosts our packet pickup on Fridays. And what about that fine crew from The Home Depot at the finish line? The fine folks at the National Park Service do their very best to keep us safe and orderly while protecting the hallowed ground of the battlefield. The support and coordination provided to The Chickamauga Chase as an event of The Chattanooga Track Club was the best ever. Bill Moran, Danny Marshall, Trey Stanford, Mike Leary, and Jenni Berz were invaluable help, support, and counsel throughout the process. Gave a new definition to teamwork! Thanks guys. Wow!

Ok, take a breath; I know I forgot someone and I apologize right now! But I just wanted the readers to know how many wonderful people it takes to make the Chase what it is today! And I just hit the highlights. Wow!

Maybe you can help me out in solving something that continues to puzzle me? So, nearly 1,700 strong at the 2012 Chickamauga Chase. But the Chattanooga Track Club's membership base is only about a fourth of that. What gives? Events like the Chase don't just happen, they happen because of folks who think good fitness events are important to our community. Please join the Club and support us! www.chattanoogatrackclub.org

And speaking of support, the financial goal of The Chickamauga Chase is to donate to the Friends of Chickamauga & Chattanooga National Military Park. As we approach the 150th anniversary of the battle, the Friends can use all the help that you can give them. Please visit www.chickchatt.org and join, give or volunteer!

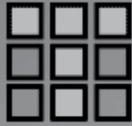
Again, to everyone - thank you so much for your support of The Chickamauga Chase, and for your many kind words and encouragement. It is enough to get me back for the 45th running, so mark your calendars now for April 20th, 2013!



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The Chickamauga Battlefield Marathon,

in its 33rd year, is run through the Chickamauga & Chattanooga National Military Park in Northwest Georgia. The park honors one of the Civil War's most important battles.

In 2010, readers of Runner's World selected the marathon as the "most family-friendly" marathon, the runner-up for "most scenic" marathon, and third for best overall marathon.

In 2007, it was selected as Runner's World must-do "run through history" marathon of 2007.

The marathon features two loops through the Chickamauga & Chattanooga National Military Park, with the start/finish area located at the 6th Cavalry Museum located on Barnhardt Circle near the park's visitor's center. The mostly paved course is challenging but not extraordinarily difficult.

Numerous runners have qualified for the Boston Marathon on this course. Results will be provided to the Boston Athletic Assoc.

The 2012 Chickamauga Battlefield Marathon has been designated as the Road Runners Club of America (RRCA) State Championship Event for Georgia. State Championship plaques will be awarded to top overall, master, grandmaster, and senior grandmaster male and female marathon winners. The course has been certified by USATF (Certification # GA08015WC).

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TRAINING FOR A HALF-MARATHON OR A MARATHON

Have you ever thought you might like to run a Marathon or maybe even a Half- Marathon? Now is the time to get serious for the fall races and start training. Whether you are an experienced runner or this will be your first, The Chattanooga Track Club offers a 16-week training program. It starts in conjunction with their training for the Chickamauga Battlefield Marathon in November.

Below are training schedules that are provided as guidelines in order for you to have a successful finish. CTC recommends you take the following approach when following these guidelines: Monday run at an easy pace; Wednesday run at race tempo pace; Thursday speed work; Saturday run at a pace at least one-two minutes a mile slower than your intended race pace.

Remember always carry adequate fuel and hydrate as you go. Happy Running!

CTC HALF MARATHON TRAINING SCHEDULE								
(Beginners / Experienced)								
Week Ending	MONDAY	TUESDAY	WEDNESDAY (Beg. / Int.)	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILEAGE
28-Jul	2 mi / 4 mi	Rest / XT	2 mi / 4 mi	2 mi / 4 mi	Rest / XT	2 mi / 8 mi	REST	8 mi / 20 mi
4-Aug	2 mi / 4 mi	Rest / XT	2 mi / 4 mi	2 mi / 4 mi	Rest / XT	2 mi / 8 mi	REST	8 mi / 20 mi
11-Aug	2 mi / 4 mi	Rest / XT	2 mi / 4 mi	2 mi / 4 mi	Rest / XT	3 mi / 8 mi	REST	9 mi / 20 mi
18-Aug	2 mi / 5 mi	Rest / XT	2 mi / 5 mi	3 mi / 5 mi	Rest / XT	3 mi / 6 mi	REST	10 mi / 21 mi
25-Aug	2 mi / 5 mi	Rest / XT	2 mi / 5 mi	3 mi / 5 mi	Rest / XT	4 mi / 8 mi	REST	11 mi / 23 mi
1-Sep	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	3 mi / 5 mi	Rest / XT	4 mi / 8 mi	REST	13 mi / 23 mi
8-Sep	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	3 mi / 6 mi	Rest / XT	5 mi / 10 mi	REST	14 mi / 26 mi
15-Sep	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	4 mi / 6 mi	Rest / XT	6 mi / 8 mi	REST	16 mi / 24 mi
22-Sep	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	5 mi / 6 mi	Rest / XT	8 mi / 10 mi	REST	19 mi / 26 mi
29-Sep	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	6 mi / 6 mi	Rest / XT	6 mi / 10 mi	REST	18 mi / 26 mi
6-Oct	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	4 mi / 6 mi	Rest / XT	10 mi / 8 mi	REST	20 mi / 24 mi
13-Oct	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	6 mi / 6 mi	Rest / XT	8 mi / 8 mi	REST	20 mi / 24 mi
20-Oct	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	6 mi / 6 mi	Rest / XT	10 mi / 12 mi	REST	22 mi / 28 mi
27-Oct	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	6 mi / 6 mi	Rest / XT	12 mi / 8 mi	REST	24 mi / 24 mi
3-Nov	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	3 mi / 5 mi	Rest / XT	6 mi / 8 mi	REST	15 mi / 23 mi
10-Nov	3 mi / 5 mi	Rest / XT	3 mi / 5 mi	2 mi / 3 mi	Rest / XT	HALF MARATHON	REST	21 mi / 26 mi

CTC HALF MARATHON TRAINING SCHEDULE								
(Beginners / Experienced)								
Week Ending	MONDAY	TUESDAY	WEDNESDAY (Beg. / Int.)	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILEAGE
28-Jul	6 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	10 miles	REST	26 mi / 29 mi
4-Aug	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	12 miles	REST	27 mi / 30 mi
11-Aug	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	14 miles	REST	28 mi / 31 mi
18-Aug	6 miles	Rest / XT	6 mi / 8mi	5 miles	Rest / XT	10 miles	REST	27 mi / 29 mi
25-Aug	5 miles	Rest / XT	6 mi / 8mi	5miles	Rest / XT	16 miles	REST	32 mi / 34 mi
1-Sep	5 miles	Rest / XT	7 mi / 8 mi	4 miles	Rest / XT	18 miles	REST	34 mi / 35 mi
8-Sep	4 miles	Rest / XT	6 mi / 8mi	4 miles	Rest / XT	20 miles	REST	34 mi / 36 mi
15-Sep	6 miles	Rest / XT	6 mi / 10 mi	6 miles	Rest / XT	10 miles	REST	28 mi / 32 mi
22-Sep	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	REST	32 mi / 35 mi
29-Sep	5 miles	Rest / XT	8 mi / 10 mi	4 miles	Rest / XT	20 miles	REST	37 mi / 39 mi
6-Oct	6 miles	Rest / XT	7 mi / 8 mi	5 miles	Rest / XT	10 miles	REST	28 mi / 19 mi
13-Oct	5 miles	Rest / XT	7 mi / 10 mi	4 miles	Rest / XT	16 miles	REST	32 mi / 35 mi
20-Oct	5 miles	Rest / XT	5 mi / 8 mi	5 miles	Rest / XT	20 miles	REST	35 mi / 38 mi
27-Oct	4 miles	Rest / XT	8 mi / 10 mi	5 miles	Rest / XT	12 miles	REST	29 mi / 31 mi
3-Nov	5 miles	Rest / XT	5 mi / 8 mi	4 miles	Rest / XT	8 miles	REST	22 mi / 25 mi
10-Nov	3 miles	Rest / XT	5 mi / 6mi	3 miles	Rest / XT	MARATHON	REST	37 mi / 38 mi

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39th Annual Missionary Ridge Road Race

August 11, 2012

The 39th annual Missionary Ridge Road Race will take place on August 11, 2012. This 4.7 mile scenic course begins at the Bragg Reservation and goes out South Crest Road and back. This is a Chattanooga Track Club ROY race as well as the 2nd race in the Battle for Chattanooga series. The proceeds from the race will equally be shared between the American Red Cross and Team John Bruner scholarships.

Awards will be given to the top overall male and female, top overall masters male and female, as well as the top three male and female by age groups.

Race will begin at 8:00 a.m., so come and join the neighborhood supported race. You might just receive a refreshing sprinkle from a water hose! Register on line at active.com or visit the CTC website, www.chattanoogatrackclub.org.



MISSIONARY RIDGE ROAD RACE

Saturday, August 11, 2012—8 a.m.

Bragg Reservation

169 South Crest Road, Chattanooga TN

To register:

www.active.com/running/chattanooga-tn/missionary-ridge-road-race-2012

Proceeds go to the Chattanooga Area Red Cross and
the John Bruner Memorial Scholarship Fund

For more information go to : www.chattanoogatrackclub.com
or email: missionaryridgeroadrace@gmail.com

THINGS TO DO:
1. RAMP UP TRAINING
2. RACK UP ROY POINTS
3. VOLUNTEER AT AN EVENT

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Membership**

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**See CTC Website
for Schedules**

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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.

Legend

- CTC Event
- Joe McGinness Runner of the Year (JMROY)
- JMROY Volunteers Points Only

JUNE

- 16 - BlueCross Riverbend Run
- 23 - Market Street Miracle Mile

JULY

- 1 - Make-A-Wish of East TN Star, Stripes & Wishes 10K/5K
- 4 - Run for God - Independence Day 5K Run/Walk
- 4 - Independence Dash 5K
- 8 - Chattanooga Waterfront Triathlon

AUGUST

- 11 - Missionary Ridge Road Race