

The image features a large, bold teal graphic with the word "JOGGING" in white-outlined letters. The letters are cut out, revealing a collage of various outdoor activities and scenes underneath. The collage includes a person's face, a tattooed arm, a person running, a person holding a child, a person riding a bicycle, and a close-up of a person's arm.

SEPTEMBER 2012 | VOLUME 44, ISSUE 3

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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Ad Info

For Current Ad Information, please contact
VPCommunications@chattanoogatrackclub.org

BILL'S QUILL



We have just wrapped up the Waterfront Triathlon and the Missionary Ridge Road Race as we move into the busy Fall race season. Thanks to all the participants and volunteers who continue to make our CTC races successful, quality events.

The Club continues to look for ways to add value to being a CTC member. This past month we added a Member Discount section on the website. CTC members will be able to print discount coupons for our various partners, sponsors, and patrons. Check the website often as we build our list of discounts.

Speaking of sponsors I would like to welcome our newest corporate sponsor, the American Bicycle Group. They are offering CTC members a 10% discount on their Quintana Roo and Litespeed bikes which can equate to hundreds of dollars in savings. We will also give away a new Litespeed bike the first part of next year. But you need to be a member by joining or renewing your CTC 2013 membership to be eligible for the drawing.

Finally, this will be my last Bill's Quill. Due to a new job assignment I will need to turn over the CTC presidency early to Chas Webb. I have thoroughly enjoyed my term as president. I appreciate the support from the CTC officers, board, and all the members who have worked hard to put on our events and improve the Club. And I want to thank all of you for that support. I ask that you give Chas the same great support that I have received.

I hope to see you soon at one of the running groups or upcoming races.

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.

FAST BREAK

Chattanooga's Ultimate Running Store

**19 Cherokee Boulevard
Chattanooga, TN 37405**

(423) 265-0531



A blurry photograph of a runner's legs and a road, serving as the background for the left side of the cover.

UTILITY

TECHNOLOGY REPORT

SUMMIT THERAPY RUNNING FORM ANALYSIS

BY BILL BROCK

IN AUGUST OF 2011, SUMMIT PHYSICAL THERAPY PARTNERED WITH THE SPORTS BARN (LONG TIME CTC PARTNER AND SPONSOR) TO ESTABLISH AN ARM OF THEIR SERVICES THAT WOULD FOCUS ON THE NEEDS TO THE ATHLETIC POPULATION. THEY INITIALLY OPENED AT SPORTS BARN NORTH ON HAMILL ROAD IN EARLY FALL OF 2011, AND IN MAY OF THIS YEAR, THEY OPENED AN OFFICE ON THE BROAD STREET SIDE OF THE DOWNTOWN SPORTS BARN (COST US OUR SB STORAGE SPACE, AS SOME MEMBERS MAY RECALL – ALL FOR THE COMMON GOOD!).

Matt Provenzano and Jason Wright are the two main guys at the downtown facility, and Matt contacted Pam Cuzzort (communications committee) so she could let the membership know about Summit's offerings of interest to runners.



Ever vigilant for CTC sponsorship and JA advertising opportunities, Pam promptly responded to Matt to follow-up. The ensuing conversations led to an offer from Matt for one lucky CTC member to take advantage of their \$100 baseline analysis tests for free so that member could report back to the club on Summit's unique analysis offerings that might be of interest to club members.

Long story short, I drew the lucky straw, and, frankly, the guys at Summit sold me – but I'm getting ahead of myself here....

After speaking with Pam about Summit's offer, I agreed to go through their program and scheduled a session with Matt for one Monday after work.

Without knowing what to expect, I approached this thing with as little preconception and pre-disposition as possible. I did expect to get some sort of feedback on my running form, and I was curious to see how 8 years of practicing Chi Running (with no formal training) might play out in a formal analysis process. I found myself looking forward to the testing.

When I arrived, Matt spent some time explaining his and Jason's background as well as the testing process I was to go through. It all sounded pretty basic to me, and I did not see anything unusual in their offices to set off any red flags. There were three or four therapy tables, much like a massage table, really, some wire rack shelves with towels, balls, and other typical athletic paraphernalia, an office desk and a couple of large cushioned chairs in a reception area, and a treadmill. The treadmill turned out to be pretty tricky...

Matt and Jason teamed up and put me through their full 1-hour analysis process, so I got to see what they would do with any runners who came in for their base analysis.

Their analysis process began some PT-style testing of muscle strength on a table, where Matt used his hands and arms to place resistance on my legs while getting me to pull in, out, up and down to test my quads and hamstrings. This part was obviously subjective to a great degree, but Matt also took some specific objective measurements of my leg flexibility using a tape measure to see how far I could extend each leg out in front of myself while half-squatting on my other leg.

After the table work and the standing measures, Jason took over for the greater portion of the remaining analysis which was conducted on a treadmill with a very specialized LED sensors system at the belt level and two cameras filming your body from top to bottom. One camera was shooting from behind where you can easily see left/right lateral views and the other was shooting from the side where you get good front/back views for posture, lean and stride.

In addition to those data capture systems, the treadmill had a fairly large screen display (maybe 40"?) that rendered a mixture of data and video feed from the attached computer system enabling me to see precisely what Jason was seeing on his computer screen, including the analysis processes once the data gather was complete.

The data gather of course, meant me running on the treadmill (in good Chi form, of course) for a few minutes at different paces. This let Jason gather both video footage and very precise data sampling on my footfalls as I ran.

Once the data is gathered, the system can provide a number of metrics virtually instantly – cadence, stride-length per side, and time on ground per foot per step.

More importantly, Jason was able to replay the videos of me running on a digital grid with a computer interface where he could draw precise lines able to describe specific degrees of arc from point to point – ie, from the back of my calf to the top of my ankle and then from the top of my ankle to the bottom of my heel. The resultant delta of degree change from the first line to the second enabled Jason to precisely define what my body was doing and highlight very precise elements of my form that may or may not be ideal for muscular/skeletal balance while running (to prevent injuries) and/or for performance.

Jason's first response to my analysis was to ask me if I'd studied the Pose or Chi Running. Nice. I, of course, allowed that I had been working on Chi Running for many years. That was a good affirmation for me, especially when both he and Matt remarked that I had good form.

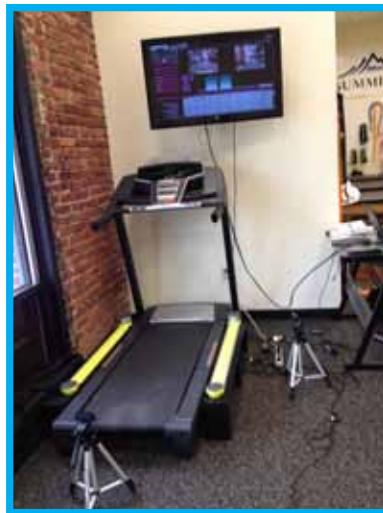
All was not flawless, however, and the evidence was as obvious as a video clip. I was kicking my left foot out a bit further than my right on every step, and very nearly heel-striking on my left foot vs. the mid-foot strike going on with my right. Really? Ah, and not only that, but this meant that my stride-length was actually different for my left leg than my right. Even I know that's a recipe for pain down the road.

In this case, part of my issue was just a minor mis-alignment that Matt was able to adjust for me (felt like I was at the chiropractor's for that bit). I also saw that I run with my feet very close together when viewed from behind – balance beam running. Not awful, and something I've always known about my style, but they did give me something to think about in considering a bit wider or more balanced footfall. So, summary evaluation from my perspective...

Summit Therapy has a pretty unique and useful setup for runners at the downtown Sports Barn. The testing system they use is based on a platform called OptoJump. The software was developed in Italy, and the system is marketed out of New York. Summit is currently one of only two places in the region that is able to offer access to the technology, and they offer it at both their Hixson and their downtown / Sports Barn locations.

The LED sensors on the hardware rails remind me of our timing system as far as the complexity and precision of the technology. Needless to say, it is not inexpensive, and the rails are the key component (much like our mats) of the system. They can, in fact, be attached in 1 meter lengths to enable stride measurement for as much as 100 meters, as I recall.

The metrics possible with the combination of the rails and the video input is really impressive, and Summit uses the system for a wide variety of testing and analysis for athletes in a variety of sports – volleyball, football, soccer, and baseball being the most prominent.



For any athlete, and especially for runners, the best part of this analysis system is that the athlete is able to clearly see exactly what the therapists are seeing, as the displays are positioned above the front of the treadmill (vs. on some hidden terminal somewhere), which makes the entire process much more understandable and intuitively clear. It is also a purely objective system, delivering raw metrics that you may choose to accept or ignore, but that you can not deny.

At \$100 (\$90 after your CTC member discount), I'd recommend Summit's initial analysis (a one hour process) as a useful thing for almost any runner who wanted to know a bit more about their form as well as to just establish and record a baseline just in case they did ever have an injury. That baseline could be a great help in later evaluation of an injury by more easily identifying the changes in alignment/running pattern created as compensation for the injury.

My bottom line take is that Matt and Jason have a pretty neat system that would be useful for most runners who did not mind spending \$90-\$100 to learn a little bit about their form.

FOR MORE INFORMATION:

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Chattanooga, TN 37402
(423) 842-9322 / SummitPT@gmail.com
www.summit-therapy.com



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Cross Country Elementary Series

Grades 3–5

September

6
13
20
27

Location: Camp Jordan, East Ridge, TN

Distance: 1 Mile

Start Time: 4:30p 3rd Grade Boys; 4:32p 3rd Grade Girls; 4:45p 4th Grade Boys;
4:47p 4th Grade Girls; 5:00p 5th Grade Boys; 5:02p 5th Grade Girls

This is part of the Run for Miracles Series. (The location and start time
printed in the 2012 Junior Miracle Marathon brochure is incorrect.)



EXERCISE & ASTHMA

By Susan P. Raschal, DO

Fall is a great time for runners to begin their training for a marathon or half-marathon. However, it is also a good time for many allergy sufferers to experience itchy, watery eyes, violent sneezing, coughing, wheezing, severe nasal or sinus congestion and in some cases difficulty breathing. Chattanooga ranked the seventh worst city for allergies in 2012 according to the Asthma and Allergy Foundation of America. Unfortunately due to mild winters in this area we always have something in season that promotes misery for many. Whether it is from trees such as oak, pine, and birch or a variety of grasses or most common for the fall weeds: ragweed, plantain, nettles.

So, you ask yourself:

1. Should people with asthma participate in extreme sports?
Yes
2. Persistent asthma cannot be prevented? False
3. Asthma is incurable? True
4. The majority of people with asthma are triggered by exercise? True
5. There is a higher percentage of people with exercise-induced bronchospasm than people with persistent asthma triggered by exercise? False
6. Although the symptoms of people with exercise-induced asthma (EIA) may be well controlled, it is likely to prevent them from becoming elite athletes? False

Exercise is one of the fundamental components of a healthy lifestyle and may be accomplished despite living with asthma, exercise-induced bronchospasm, and/or allergies.

There is a preponderance of studies in the medical literature that supports exercise, especially in the asthmatic population. Freeman, et. al., found endurance running training improved aerobic fitness of adult asthmatics and may reduce severity of exercise induced asthma.

Theodore Roosevelt was described as a "sickly, delicate boy, homebound, with asthma." Teddy recalled his childhood sleepless nights, awakened by asthma attacks, held and carried by his father walking the floor for hours, or bundled in rugs and taken on fast carriage rides to catch breezes. Teddy was attentive to his father's counsel: "without the help of the body, the mind cannot go as far as it should; you must make your body." He initiated a daily 2-hour exercise program. Continuing that regimen for the rest of his life, he developed a powerful physique and asthma attacks gradually lessened. John F. Kennedy had asthma, hives and allergies, especially to dogs. He experienced a life-threatening asthma attack triggered by residual dog dander exposure during an overnight stay at his father's home. Despite asthma, he participated in sports and in 1961 was awarded a gold medallion from the National Football Association Hall of Fame.

Over the years, there have been many swimming champions with asthma among gold medalists in the Olympic Games: Rick DeMont in 1972 at Munich; Nancy Hogshead in 1984 at Los Angeles; and Amy Van Dyken, Tom Dolan, and Kurt Grote in 1996 at Atlanta. A common thread is seen in the introduction to swimming in early asthmatic years as a contributing therapeutic factor.

Paula Radcliffe of Great Britain has had EIA since age 14 and holds the marathon world record. Jackie Joyner-Kersee has had asthma since childhood and has won 6 Olympic Medals (3 Gold, 1 Silver, 2 Bronze) despite asthma.

Asthma is an immunologic disease of the lungs characterized by inflammation of the airways, response of the respiratory smooth muscle to stimuli, reversible airway constriction, and release of mucus into airways. Approximately 300 million people worldwide have asthma and 25 million in the United States have physician diagnosed asthma.

Although asthma triggers include allergic rhinitis, GERD, high emotion, irritants, temperature, barometric pressure changes, weather, viral and bacterial infections, 80 - 90% experience chest symptoms with exertional activity: exercise-induced asthma (EIA) or exercise-induced bronchospasm (EIB).

Only approximately 10 - 15% of the general population has EIB, a unique condition, without the presence of persistent asthma. Many studies published in the medical literature reveal similar findings of the prevalence of exercise-induced asthma. Wieler, et. al., published an article in the Allergy and Proceedings in 1996: 17: 315-25, defining the condition of chest symptoms with exercise without persistent asthma as "exercise-induced bronchospasm" (EIB). EIB occurs when tubes that bring air in and out of lungs narrow with exercise causing asthma symptoms. Exertional activity that triggers persistent asthma is "exercise-induced asthma" (EIA).

The exact pathophysiology of EIA remains elusive, but many authors agree the explanation lies in exercise-induced hyperventilation and corresponding changes in airway physiology. The increased ventilatory rate makes it more difficult for the airways to condition the inhaled air to the correct moisture and heat levels before the air reaches the air sacs in the base of the airways. Participation in strenuous exercise results in the breathing in of an increased amount of relatively cold dry air and a decrease in heat from the respiratory mucosa which causes changes in the airway's surface that promotes the release of inflammatory mediators which causes chest symptoms associated with exercise.

More simply stated, the airways of people with EIB are sensitive to low temperatures and dry air. In general, air is

warmed and humidified by the nose, but during strenuous activity people breathe more through their mouths. By doing this, cold dry air reaches the lower airways of the lungs without passing through the nose which may cause asthma symptoms. Triggers for EIB include air pollutants, high pollen, and viral respiratory infections.

The clinical presentation for those experiencing exercise-induced bronchospasm are cough, wheezing, chest tightness, unusual shortness of breath and/or excess mucous production after a burst of strenuous and continuous aerobic exercise.

APPROX. 300 MILLION PEOPLE WORLDWIDE HAVE ASTHMA.

Dr. William Storms describes nonspecific symptoms of poor performance, feeling out of shape, abdominal pain, headaches, muscles cramps, or dizziness. Adolescents may present with chest pain and other subtle symptoms may include difficulty in resolution of upper respiratory illnesses, difficulty sleeping due to nocturnal wakening, sensation of having heavy legs, seasonal fluctuations due to humidity, pollen, or pollutants. Other behaviors that may suggest EIB, especially in children and adolescents, include avoidance of activities that require running and the inability to keep pace with peers. Triggers include inhalant allergens, environmental tobacco smoke, pollution, airborne chemicals, etc. EIB prevalence is 5 - 20% in the general population, 30-70% in elite winter athletes and athletes who perform in summer endurance events.

Another common trigger for EIB is uncontrolled allergic rhinitis; inflammation of the mucous membranes of the nasal passages. Allergic rhinitis to pollen: tree, grass, weeds; mold: Alternaria, Cladosporium, Aspergillus; pets: cats, dogs, guinea pigs, pests: dust mites and cockroaches.

The diagnosis of allergic rhinitis is primarily based on a history of paroxysmal sneezing, nasal congestion, runny nose, and itching of the eyes, ear, palate (roof of mouth), and nose upon exposure to allergens and confirmed with positive skin tests (preferred method) and blood tests.

The treatment of EIA is in part based upon the specific triggers that cause symptoms. For the people who suffer from allergic rhinitis, avoidance of the allergen (allergic substance), medications, and in some cases allergen immunotherapy

CONTINUED ON NEXT PAGE

EXERCISE & ASTHMA (CONTINUED)

(allergy shots) is the recommended treatment. Niggebaum, et. al., published a study in The Journal of Allergy in 2006 which revealed a 50% chance of prevention of persistent asthma with allergy shots in those with moderate to severe allergic rhinitis. Since climate, especially dry, cold air, is a trigger for asthma, choosing activities wisely may prevent the symptoms associated with EIB. Running indoors during low temperature days is recommended.

A circadian pattern in lung function occurs in which the lung function peaks at approximately 4 PM and the nadir at approximately 4 AM. To further evaluate the significance of the circadian effect on exercise, Vianna, et. al., published results of a study in the Journal of Allergy and Clinical Immunology in 2006 which revealed more intense EIB in the evening than in the morning of patients with moderate disease. Medications may also play a significant role in controlling and preventing the chest symptoms associated with EIB. For many, a short-acting beta agonist (SABA), such as albuterol, 15-20 minutes prior to exercise is recommended. Proventil, ProAir, and Ventolin are inhalers designed to relax the respiratory smooth muscle, preventing narrowing of the airways as a result of EIB. Singulair (montelukast) and Accolate (zaflurkast) are two leukotriene receptor antagonists (LTRA) ingested 2 hours prior to exercise to prevent EIB.

Exercise is a fundamental component of optimal health and should be performed regularly, especially in those with persistent asthma, exercise-induced bronchospasm, and/or exercise-induced asthma.

In summary

- Chest symptoms of cough, wheeze, shortness of breath, and/or chest tightness during exercise suggest EIB.
- Most people with symptoms of EIB actually have persistent asthma and should be evaluated by an allergist or pulmonologist.
- Allergic rhinitis may trigger EIB; therefore, an evaluation by an allergist is warranted.
- Allergy shots prevent asthma in 50% of people with significant allergic rhinitis.
- Olympians with asthma have won gold medals.
- Exercise is good for your body – “Just Do It!”

Signal Mountain 10k Pie Run

TN 11072MS

Thinking about Pies? You should be! The 35th (!) annual Signal Mountain Pie Run will be held on October 27th (Note the Date Change!) This year, everyone who registers prior to September 30th will receive a Bread Basket apple pie. There will be an undisclosed number of pies also present on race day for some of those that don't register early. Once again there will be a prediction category for the closest three time predictions for those that don't wear watches. The friendly gently rolling course is officially certified to a 10k distance. The run starts at the Signal Mountain Athletic Club at 315 Ault Road, with registration beginning race day at 7AM. Entry requires a low, low base price of 10 bucks, with a voluntary donation of another \$10 for the Mountain Education fund <http://meftoday.org/> A few door prizes will be also be available from fine establishments like The Front Runner and Fast Break Athletics. Remember, this is a traditional bare bones 10k foot race – no tees and limited awards, but a fine run, a great view and smiles for all. Pre-register at Active.com or send your application in before race day to Davis & Hoss. See you on the mountain!!

The race is made possible through the hard work of volunteers and generosity of corporate sponsors. The Signal Mountain Pie Race is a Chattanooga Track Club ROY event and is supported by Davis & Hoss, Doug Torrance, AdTech Ceramics, Coca Cola, Fast Break Athletics, Front Runner Athletics, The Bread Basket and the Towns of Walden and Signal Mountain.

**JOHNSON MENTAL HEALTH CENTER
10K PUMPKIN RUN AND 5K WALK**

10:20:2012

New Date

Flat, fast course out and back

Race Starts 9:00 am

Awards: Overall Male and Female and Age Group categories
As well as Best Costume Award

**CTC FALL
PIZZA PALOOZA**



PLACE: MELLOW MUSHROOM ~ downtown

TIME: 6 P.M.

COST: \$3.00

Appetizers, Pizzas, Beer, Soft Drinks, CAKE!

SPECIAL ORDER GIFT FOR FIRST 100 THRU
THE DOOR!!!!!!

It's Gonna be Fun ~ Please join us!

Registration Link will be up in September ~
but go ahead and put this on your calendar!



MY Education AS A FIRST-TIME RACE DIRECTOR

BY STEVE SMALLING, CHATTANOOGA TRACK CLUB

In August 2011, the Raccoon Mountain Road Race was cancelled, because there was no race director.

I consider Raccoon Mountain to be one of the best venues for running in the Chattanooga area, given its location just miles from downtown, very limited automobile traffic, certified 10K course, challenging hills and beautiful scenery. Figuring that having a rookie race director is better than not having a race at all, I volunteered to direct the 2012 Raccoon Mountain Race. Directing the race last May 12 was a very rewarding experience. Many experienced members of the CTC provided useful suggestions during the months leading up to the race. By volunteering, I became actively involved in the Chattanooga Track Club and have met many very nice people of all ages and running abilities.

Timing and equipment are two of the most formidable issues involved in organizing a race, but the CTC has those issues covered. Clocks and time machines for hand-timed races can be rented from the CTC, or the CTC can provide an experienced timing manager and chip timing for bigger races. All other equipment, such as folding tables and chairs for registration, mile markers, and water jugs, can be rented from CTC. See the CTC website, under "Race Directors / Equipment Inventory."

Once timing and equipment are settled, a friend succinctly stated the remaining key factor when he said: "Steve, if you don't have enough water, food, and rest rooms, nothing else will matter." For rest rooms, renting one portable rest room per every 40 runners is reasonable. Chattanooga Coca-Cola Bottling generously donated the water and Powerade needed for the race. One bottle of water and one 20 oz. bottle of Powerade per runner should be sufficient for the finish line. Panera Bread donated bagels which were a big success, and I purchased bananas, oranges, and Panera spreads for the bagels.

Weeks in advance, usually while running, I spent time thinking about what could go wrong. For instance, runners who had never been to Raccoon Mountain could get lost. So I wrote detailed directions for the race application – then the important landmark grocery store changed its name one week before the race! The backup plan included posting signs leading to the course that can be saved and used year after year. Just one car driving around the dam

and onto the race course at the wrong moment would have been disastrous – so I posted sentries at the 5K turnaround and told them: "Your job is very important. Whatever you do, don't let a car pass you during the race." Most important of all, the safety of the runners is paramount, so an emergency medical technician was hired to be at the site before, during, and after the race.

The real creativity involved in directing a race comes from striving to make an ordinary race into a great race that runners will want to put on the schedule year after year. My goal was not to make as much money as possible for charity, but rather to provide an affordable, fun race with some nice gifts in the goody bags. Almost from the beginning, I realized that I needed a budget. For Raccoon Mountain, we needed roughly 125 participants before generating

*Being a race
director will give
any runner a new
perspective.*

the first dollar of "profit" to contribute to the charity. The charity, Jasper Middle School, provided more than 20 workers to help on race day. I stumbled onto a great goody bag gift (\$1500 worth of toothpaste and lip palm donated by Dr. Nate's Naturals) by running a race in Murfreesboro where the products were being distributed. Designing the T-shirt is probably the first thing many artistically inclined race directors consider. On the other hand, having no desire whatsoever to design a T-shirt, I dreaded the task until I pulled out my collection of old T-shirts and decided to blatantly plagiarize the plain, simple design for the 2009 Wears Valley 15K shirt, substituting Chattanooga Track Club for Knoxville Track Club and Raccoon Mountain for Wears Valley.

Race day started for me at about 3:30 a.m. after about two hours of sleep. Anything likely to be forgotten was placed in the car the day before –



including blank application forms, pens, pins for the bib numbers, cups for water, garbage bags for collecting empty water cups, and a cash box with cash for making change. When Lane Kiffin coached the Tennessee Vols in 2009, my sister said: "Why does Lane stand there and read that Waffle House menu the entire game?" Now I know why. Everything Lane Kiffin needs to remember to administer an event in a pressure-packed situation is listed on that laminated page. When Lane Kiffin is calmly reading his "menu," it means everything is under control. On the other hand, on race day I had pages of hand-written scribbles on notes accumulated over months. Organizing those notes was the one thing I avoided doing, and it came back to haunt me on race day. I intended to do that final checklist the day before the race, but by Friday evening, after working from 6 a.m. to midnight three consecutive days solely on the race, I was exhausted and ran out of time. Two hours before the starting gun, most plans I thought about for months were forgotten. For instance, I brought four folding chairs from home for volunteers to supplement the ten chairs available in the equipment van. On race day, the chairs in the equipment van were ignored, because I forgot to assign anyone to get them out of the van! Several other things went undone, simply because the ideas in my head didn't get translated to action during the pressure of the moment. Next year, I'll definitely have a laminated "Waffle House menu" style checklist. Fortunately, the things undone were not noticeable to most runners, largely thanks to help from CTC member Doug

Roselle. Doug was an absolute lifesaver on race day, stepping in to save me every time I got flustered.

Work on the race does not end when the race is over. Immediately following the race is the best time to do things that will set the groundwork for a successful race the following year. For me, making friends for 2013 started by ordering and distributing properly sized T-shirts for those runners who did not get a shirt on race day, distributing medals not picked up on race day, and writing thank you notes to sponsors. The final step, wrapping up all bookkeeping, happened about three weeks after the race.

Being a race director will give any runner a new perspective. Now whenever I participate in a race, I note any good ideas to consider for the next Raccoon Mountain race. I am also more understanding when things aren't perfect, because there are so many details involved that it is inevitable that something will not go according to plan.

Anyone considering directing a race can contact me at stevesmallin@charter.net, and I will be glad to share my notes. I know that other members of the Chattanooga Track Club who have directed races would also be willing to share their insights, because many CTC members helped me tremendously during the months leading up to the Raccoon Mountain Race.

2012 CHATTANOOGA CHASE 8K

OVERALL FEMALE		FEMALE GRAND MASTERS		25 - 29		50 - 54	
Anneli Morrison	30:45	Cathy Gracey	45:31	Leslie Becht (F)	34:28	Susan Gallo (F)	46:47
Sarah Woerner	31:17	Brenda Gift	45:53	Cullom Boyd (M)	29:13	Andy Zorca (M)	39:56
Erin Rayburn	34:09	Sue Anne Brown	46:15				
OVERALL MALE		MALE GRAND MASTERS		30 - 34		55 - 59	
Andy Highlander	26:51	Cliff Milam	33:54	Kate Harrell (F)	36:36	Catherine Larue (F)	49:32
Alan Outlaw	27:09	Sergio Bianchini	34:14	James Teroilligo (M)	27:51	Mike Usher (M)	36:19
Troy Maddux	27:15	Joseph Philpott	36:00				
FEMALE MASTERS		14 & UNDER		35 - 39		60 - 64	
Dianna Leun	35:08	Brooke Cilley (F)	44:46	Stacie Smith (F)	38:58	Voreata Waddeli (F)	51:12
Connie Petty	35:59	Jerryd Tennyson (M)	35:30	Philip Wipf (M)	33:32	John Crawley (M)	37:17
Claire McVay	36:16						
MALE MASTERS		15 - 19		40 - 44		65 & OVER	
Dean Thompson	27:56	Bekah Houston (F)	36:41	Lisa Logan (F)	36:21	Cyrus Rhode Jr (M)	41:04
Ryan Shrum	30:10	Brandon Edgeman (M)	36:11	Sean Higgins (M)	30:38		
Larry Meadors	30:32						
20 - 24		Kiersten Vradenburg (F)		45 - 49			
		Caleb Morgan (M)	34:49	Sue Barlow (F)	36:40		
			27:36	Bill Minehan (M)	31:19		

2012 CHATTANOOGA CHASE 1 MILE

OVERALL FEMALE		UNDER 15		15 - 24		25 - 39	
Catherine Greenwell	5:12	Makayla Callahan (F)	6:27				
Anneli Morrison	5:34	Roberts Tucker (M)	5:37				
Sarah Woerner	5:58						
OVERALL MALE		15 - 24		25 - 39		30 - 39	
Joseph Goetz	4:52	Bekah Houston (F)	6:40				
Caleb Morgan	4:58	Jether English (M)	5:13				
Tim Ensign	5:03						
FEMALE MASTERS		40 - 59		60 & OVER		40 - 49	
Wendy Houston	7:04	Chrystique Neibauer (F)	7:18				
Sarah Woodard	8:02	Matthew Feno (M)	6:04				
Bev Brockman	8:15						
MALE MASTERS		60 & OVER		45 - 49		50 - 59	
Ryan Shrum	5:32	Edwina Cohen (F)	22:05				
Joe Axley	7:06						
Dewayne Galyon	7:21						

2012 MARKET STREET MILE

OVERALL FEMALE		15 - 19		OVERALL MALE		20 - 29	
Anneli Morrison	5:20	Karla Vradenburgh (F)	6:23	Calvin Cofield	4:31	Kiersten Vradenburgh (F)	5:55
		Issac Pacheco (M)	4:48			Ross Tighman (M)	4:55
FEMALE MASTERS		MALE MASTERS		30 - 39		40 - 49	
Dianna Leun	6:14	Mark Carver	4:56			Michelle Horton (F)	6:16
						Joseph Sitienei (M)	5:06
FEMALE GRAND MASTERS		MALE GRAND MASTERS		50 - 59		50 - 59	
Jane Webb	9:21	Hugh Enicks	5:04			Dan Smithhiscer (M)	5:22
MALE GRAND MASTERS		UNDER 11		60 - 69		60 - 69	
		Helen Webb (F)	7:42			Bonnie Wassin (F)	9:34
		Octavio Cruz (M)	5:49			John Crawley (M)	6:10
11 - 14		70 & OVER		70 & OVER		70 & OVER	
		Kathryn Vradenburgh (F)	6:56			Evelyn Olson (F)	25:38
		Justin Nile (M)	6:33			Sergio Bianchini (M)	6:25

2012 CHATTANOOGA WATERFRONT TRIATHLON

OVERALL FEMALE		BEGINNER MALE OVERALL		45 - 49		ATHENA 1 - 99	
Kirsten Sass	2:10:57	Doug Jipping	2:34:45	April Williams (F)	2:45:03	Marne McLyman	2:58:11
Deanna Newman	2:17:33	Richard Kerr	2:47:17	John French (M)	2:21:52		
Meghan Degan	2:19:59	Shawn Roberts	2:47:37				
OVERALL MALE		16 - 19		50 - 54		AQUABIKE-F 1 - 99	
Tyler Jordan	2:07:07	Katie June (F)	2:27:55	Barbara Chandler (F)	2:38:19	Hope Walker	1:42:29
Eric Cross	2:08:33	Zachary McCormick (M)	2:19:35	Kevin Fitzgerald (M)	2:19:44		
Bruce Gennari	2:10:01						
FEMALE MASTERS		20 - 24		55 - 59		AQUABIKE-M 1 - 99	
Carmen Brahim	2:27:20	Kate Boring (F)	2:30:51	Deborah Price-Alexan (F)	2:49:19	Jason Rose	1:49:46
Adrienne Anderson	2:34:26	Mark Wade (M)	2:10:52	Eric Clarke (M)	2:38:49		
Andrea Miller	2:37:03						
MALE MASTERS		25 - 29		60 - 64		PARATRIATHLETE-M	
Brad Rollins	2:13:52	Robyn Winkler (F)	2:31:12	Jo Adamson (F)	3:03:01	Larry Hicks	3:37:26
Ken Brown	2:15:18	Jack McAfee (M)	2:11:43	Dale Mosher (M)	2:31:21		
Timothy Newberg	2:15:46						
BEGINNER FEMALE OVERALL		30 - 34		65 - 69		FEMALE TEAM	
Kaitlin Breathitt	2:26:24	Jennifer Kilinski (F)	2:27:37	Judith Garrard (F)	3:46:02	Team EC	2:41:43
Kelsey Breathitt	2:50:18	Eddie Ferguson (M)	2:17:49	Richard Snow (M)	3:06:44		
Janelle Campbell	2:52:22						
40 - 44		35 - 39		70 & OVER		MALE TEAM	
		Aimee Harvey (F)	2:36:25	Jon Adamson (M)	3:01:57	Team HUB Endurance	2:01:10
		Jeff Gibson (M)	2:12:06				
40 - 44		Kim Bramblett (F)	2:40:04	COED TEAM		DDT	2:10:59
		Sami Brahim (M)	2:17:23	CLYDESDALE 1 - 39			
				Daniel Trott	2:25:36	FAMILY TEAM	
						Harwood & Serodino	2:53:48
CLYDESDALE 40 - 98		CLYDESDALE 40 - 98		Mark Buckreis	2:39:34		

2012 RACCOON MTN. 10K RESULTS

OVERALL FEMALE

Kiersten Vradenburgh

OVERALL MALE

Cullom Boyd

FEMALE MASTERS

Dianna Leun

MALE MASTERS

Ryan Shrum

FEMALE GRAND MASTERS

Sue Anne Brown

MALE GRAND MASTERS

Sergio Bianchini

UNDER 20

Katelyn Thompson (F)
Ben Oates (M)

20 - 24

Katy Johnson (F)
Keeley Nathan (M)

25 - 29

Summer Wofford (F)
Julian Jackson (M)

30 - 34

Christy Rose (F)
William Norris (M)

35 - 39

Michelle Davidson (F)
Jeff Ringer (M)

40 - 44

Lisa Logan (F)
Les Connor (M)

45 - 49

Sue Barlow (F)
David Knowles (M)

50 - 54

Christy Charman (F)
Bill Brock (M)

55 - 59

Cathy Gracey (F)
Mike Usher (M)

60 - 69

Jane Harvey (F)
Flash Cunningham (M)

2012 RACCOON MTN. 5K RESULTS

OVERALL FEMALE

Leslie Becht

OVERALL MALE

Troy Maddux

FEMALE MASTERS

Berna Slabber

MALE MASTERS

Bobby Smith

FEMALE GRAND MASTERS

Beverly Geismar

MALE GRAND MASTERS

Bobby Smith

UNDER 15

Ana Rico (F)
Tucker Roberts (M)

15 - 19

Paige Elliott (F)
Ryan Marts (M)

20 - 29

Jennifer Geismar (F)
Chad Harris (M)

30 - 39

Amy Pariano (F)
Russ Rogers (M)

40 - 49

Berna Slabber (F)
Mike Green (M)

50 - 59

Beverly Geismar (F)
Bobby Smith (M)

60 & OVER

Denny Griswold (M)



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WHAT AM I EATING, AND WHERE HAS IT BEEN?

BY: MORGAN HOPE STOUT, NUTRITION COACH

The world of nutrition can be a scary place because of all of the conflicting information that is floating around out there. It can be anywhere from infomercials at three in the morning as you're battling serious insomnia, to sneaking in between the perfume sample pages in the latest issue of Cosmopolitan. You just bought that magazine on a whim as you were checking out at the grocery store? Well next thing you know you're frantically skimming the aisles for something that looks like, and let me assure you, tastes like cardboard. I don't care if it makes me look like Cindy Crawford - that is no way to go through life!

What most people don't realize is it's all about where your food comes from. Just like humans, the quality of animals is only as good as the food that it eats. Now I'm not trying to sound all Elton-John-Circle-of-Life-preachy on you or anything, but it's the truth! As an example, let's briefly visit the beef industry. Start by getting all of those Upton Sinclair and Pink Floyd images out of your head and we'll get started. Over the years, beef has been getting a bad name because of the inhumane way it is obtained and the fat it contains. However, recently it's making quite the comeback. One of my greatest discoveries in coaching nutrition has been grass fed burgers.

Good news for you, it's not just my area. This stuff is everywhere! As you know, cows are typically grass eaters, however that is not the case for the duration of their lives. They may be fed grass for most of their lives, but the last ten days or so is a different story. During that time they are pumped full of corn and growth hormones to make the product last and if you're anything like me, that doesn't exactly make me want to run out and grab a Quarter Pounder with cheese. Grass fed beef means grass fed for their entire lives and not to mention the whole procedure is much more humane.

Now I don't want to waste all your time on just beef, because what if you're a vegetarian? I bet you're not too thrilled with me at the moment. What I want to do is show you how you can enjoy your healthy foods, while being aware of where they're coming from. Like cows, chickens and pigs are also fed growth hormones and while cows have an opportunity to roam a bit, this is not the case for the chickens and pigs. They spend most of their lives in cages, usually in their own feces. And eggs? Well the chicken and the egg debate aside, they're both hanging out in the same place! Vegetarians, you're probably thinking you're in the clear by munching on fruits and veggies. However, this can be some of the most dangerous as they are usually covered in pesticides and I think that most can agree that doesn't sound too appetizing.

So now that I have scared you all to death and thinking you're going to have to build your own chicken coop in your backyard, I'd like to prove you wrong. Originally, I had planned to walk you through a day in the life of eating healthy, delicious foods. However, I want to do what I can to help you choose the right foods for you, without feeling like you'll end up being someone who will dedicate their entire wardrobe to hemp garments.

If you're like me, Monday is for getting your life together. You start out strong after a Friday night of eating your kids' pizza crust, which let's face it- turned into a couple of slices. Then you follow that up with making obligatory appearances at neighbors' cookouts, where you have to eat something sinful they made. The weekend winds up with a feast on Sunday dinner and you vowing to eat like a supermodel come tomorrow. First, I

like to truly end my weekend by doing my weekly grocery shop. If you're like me, this "weekly" shop may turn into biweekly, but no worries, Bi-Lo isn't going anywhere. Begin with knowing that no matter what, you're going to be eating five meals a day. I'm a nutrition coach and I have people tell me every day that they don't have time to eat five times a day. Don't have time to eat? That's something that we can all make time for. So what are you going to have during these five meals?

Start with making sure you're getting plenty of protein. Getting plenty of protein doesn't mean you have to stop in at Outback every day. In the meat section of your local grocery store, you will find all kinds of labels that can be deceiving. "Natural Foods"...well I would hope so. This can be very misleading and get you all excited for nothing. As far as beef, you know I'm going to suggest grass fed. If you can't get grass fed, at least try the organic.

Next is one of the biggest household staples: eggs. Going completely organic can get quite pricey, and I don't want you having to spend your life savings. Money doesn't grow on trees, trust me I've looked. However, eggs are something you want to get as close to organic as you can. Remember where I told you they were hanging out? Cage free is a good route to go if you want to make sure that your family is getting a healthy source of protein.

When you're searching for seafood, we all know that fresh or wild caught is best. This doesn't mean you need to charter a boat and do as our ancestors did. Fish that has already been frozen does not keep as well, nor does it have enough flavor. Also, fish that has been canned often contains high levels of soy, which can mess with your hormones and your thyroid. That whole story can be saved for a rainy day.

Vegetarians, I have not forgotten you again. There are other protein sources out there for you that can be good. Two words: Greek yogurt. It's a great source of protein that can be used as a snack with granola, in a smoothie, as a dip, and the list goes on. Other safe bets for protein include: nuts, cottage cheese and quinoa. Before I move on from the protein, I want to let you in on a little secret about Greek yogurt, cottage cheese, and pretty much all

dairy. Full fat is best. I know, I know. We all give into the "Fat Free" and "Low Fat" labels, but what is in place of the fat? You don't know? Well, me neither. In some products it could be MSG, and in others we truly don't know what is being put in these products to take the place of the flavor that was removed with the fat. Since I'm not giving you the whole dairy rundown, I thought I would leave you with at least that little food for thought. Pardon the pun.

Remember those pesticides I was talking about a little bit ago? Let's revisit. The majority of us believe that eating fruits and vegetables is a safe bet. This is probably because none of us as kids were allowed to leave the table or have dessert until a sufficient portion was eaten. Like the everyday working man, conventional farmers have to make a living as well, but they're hurting us in the process. To compensate for poor farming methods, they're covering our foods in pesticides. Pesticides just sound scary, and they are. These pesticides are full of carcinogens that can lead to cancer, and while I'm all for making an honest dollar, I don't want to be hurt in the process. Don't freak out! I have good news. They can be avoided with a simple trick. Take a bowl of lukewarm water and add about $\frac{1}{2}$ cup of vinegar and let your produce soak for about 20 minutes. Afterward, tons of those fertilizers and pesticides will be removed from your foods. Also, going to your local farmer's market is an even better choice. Most of the things you will find there are free of these chemicals and it can be a fun cultural experience as well.

See, I told you, you wouldn't have to eat raw granola sprinkled with chia seeds for every meal. Enjoy food. Just know where it's coming from, because it's not worth it to cheat yourself on the quality of what you eat.

I told you how much I love Greek yogurt, so here is something simple you can throw together as a dip. (Hint: It's absolutely amazing on a piece of fish before baking!)

1 cup Greek yogurt
2 tablespoons mustard
2 tablespoons fresh lemon juice
1 teaspoon garlic powder
1 tablespoon thyme
Mix well and enjoy!

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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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 [2012-2013 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:

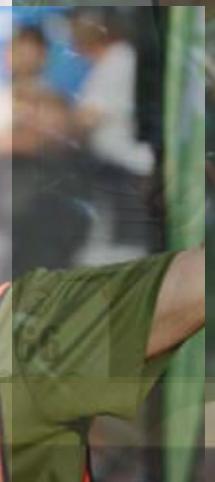
We hope you and your friends, family, company, school or organization will join together and form a Run for Miracles Team- running in the events of your choice and raising funds for Children's Hospital. Running and fundraising is more fun when done with others! To register a team, visit www.runformiracles.org,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

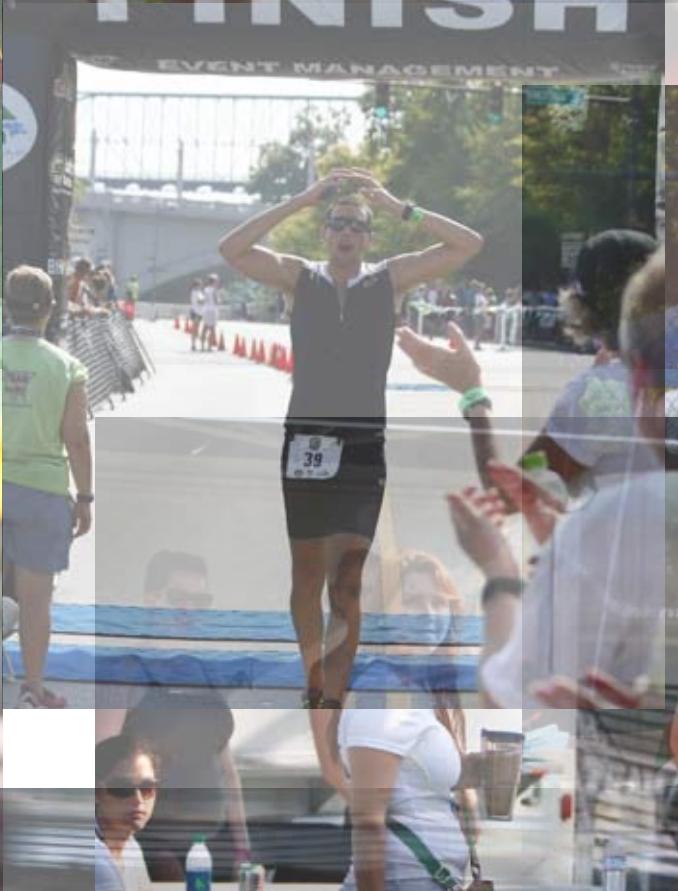
If you are motivated to participate as an individual, that is great! You can visit www.runformiracles.org, choose the fundraising registration link, and choose the individual registration option.

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



CHATTANOOGA WATERFRONT TRIATHLON







CHICKAMAUGA MARATHON KICK-OFF

THINGS TO DO:

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3. VOLUNTEER AT AN EVENT

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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.

SEPTEMBER

- 3 - FCA 5K
- 6 - Elementary Cross Country Series
- 9 - Iron Jr. Youth Triathlon
- 15 - Chattanooga History River City Rush
- 30 - Komen Race for the Cure

OCTOBER

- 13 - CTC Fall Social - Pizza Palooza
- 13 - Octoberfest Ram Run
- 20 - I'm Chasing After You
- 20 - Johnson Mental Health 10K
- 21 - 7 Bridges Marathon
- 27 - Runaway Pig Run
- 27 - Signal Mountain Pie Run

NOVEMBER

- 2 - Ragnar Relay
- 10 - Chickamauga Battlefield Marathon & Half Marathon
- 10 - Chickamauga Battlefield Junior Marathon
- 11 - YMCA Urbanathlon Adventure Race
- 17 - Jingle Bell 5K
- 22 - Turkey Trok 8K

DECEMBER

- 9 - Chattanooga Whiskey 16K
- 15 - Wauhatchie Trail Run
- 31 - Karen Lawrence 4 Mile Run

Legend

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