

# JOG GING ARD UND

A large, bold title "JOG GING ARD UND" is displayed in yellow letters. The letters are cutout, revealing a photograph of a man jogging in a blue tank top and dark shorts, wearing sunglasses and a tattooed arm, running on a grassy path.

MARCH 2013 | VOLUME 45, ISSUE 1

## Chattanooga Track Club

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Runner Club Member

# JOGGING AROUND

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

#### Editor

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Keith Finch

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Village Print Shoppe

#### 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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**\$20.00**

#### Ad Info

For Current Ad Information, please contact  
[VPCommunications@chattanoogatrackclub.org](mailto:VPCommunications@chattanoogatrackclub.org)



## Chat with Chas

### *Hello Runners!*

What a great time it is to be a member. We have a lot of exciting things going on and there is much to look forward to. The year of 2013 got off to a great start with our awards banquet, "Run With The Changes". Our guest speaker, Anthony Famiglietti was excellent. He delivered a motivating and inspiring speech that really captured the reason of why we run. I would like to commend him for a job well done. I also want to commend you, because I know that many of you reading this won some type of award at the banquet. The banquet is a celebration of your accomplishments and your dedication to running. You guys certainly accomplished a lot in 2012 and I wish you the best of luck in achieving your goals in 2013.

So as we move along in 2013 here are some great races that you can look forward to. The Chickamauga Chase has some great additions going on. I highly suggest you check this race out. The National Park Service is celebrating the 150th anniversary for the Chickamauga Battlefield Park. The race is helping celebrate that historic anniversary with some wonderful festivities. Not too long after the Chickamauga Chase is the Chattanooga Chase. Due to the City the date of the race has changed from its traditional Memorial Day Slot to May 18th. This was a date that you guys helped picked as we interacted with you through our Facebook page regarding that date. After the Chattanooga Chase we have the Market Street Mile, which is a fun and unique event that many people enjoy. I highly encourage you to check all three of these races.

As always you should check out our Facebook page and website to find out about all of our exciting events and giveaways. Thank you for being a member and happy running!

Sincerely,  
Chas Webb

## 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.

# RRCA GENERAL RUNNING SAFETY TIPS



**DON'T WEAR HEADPHONES.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.

**Run against traffic so you can observe approaching automobiles.** By facing on-coming traffic, you may be able to react quicker than if it is behind you.

**Look both ways before crossing.** Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.

**Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.** Include any medical information.

**Always stay alert and aware of what's going on around you.** The more aware you are, the less vulnerable you are.

**Carry a cell phone or change for a phone call.** Know the locations of public phones along your regular route.

**Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.

**Alter or vary your running route pattern; run in familiar areas if possible.** In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.

**Run with a partner.** Run with a dog.

**Write down or leave word of the direction of your run.** Tell friends and family of your favorite running routes.

**Avoid unpopulated areas, deserted streets, and overgrown trails.** Avoid unlit areas, especially at night. Run clear of parked cars or bushes.

**Ignore verbal harassment and do not verbally harass others.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.

**Wear reflective material if you must run before dawn or after dark.** Avoid running on the street when it is dark.

**Practice memorizing license tags or identifying characteristics of strangers.**

**Carry a noisemaker.** Get training in self-defense.

**When using multi-use trails, follow the rules of the road.** If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.

**CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary.** It is important to report incidents immediately.

The RRCA encourages our members and the press to reproduce and circulate these tips.  
Please be sure to acknowledge the RRCA as your source for General Running Safety Tips.



## New ROY and Racing Rules

### ROY RULES ADJUSTMENT

Based on some great feedback, the CTC board has approved that the 2013 ROY will be your top 13 of the 16 total races instead of 10 of the 16 as previously announced. We (Thanks Bill Brock!) will pull your top scores, all you have to do is race! You may race all 16 and your top 13 will apply. In the event of a tie in a category, the winner of the most head to head races will win. All other rules remain the same (including 2 volunteer credits needed). Full rules are posted on the CTC website. Here is to a GREAT racing season to all!

### 2013 FINISHER AWARD PROCESS

You board has defined the finisher awards for 2013 to be based on the following:

- Top 3 male/female overall will be based on gun time.
- All other awards will be based on net time.

This is to eliminate any confusion of gun and net time and how they are used to determine awards. As always, if you are competitive, seed yourself up front. We are racing, not doing a time trial.



## MEET THE PREZ

By Lynda Webber

**Name:** Chas Webb

**Unofficial Nickname:** Chaz the Prez

**Secondary Occupation:** Sewer Engineer

**Years running:** 12

**Years racing:** 7

**No. of years as a CTC member:** 7

**No. of racing miles completed to date:** about 550

**Favorite race:** Chattanooga/Komen Race For The Cure. In addition to being for a good cause, the race route runs through the UTC campus area, which is where I used to live and train. It also has big crowds!

**Most memorable race:** The 2010 Boston Marathon. Boston is such a great event, and the whole city rallies around the marathon. It's unlike anything I've seen. My family was also able to see me race here, which they really don't get to do any more.

**Quote:** "Be Good to Yourself" (Journey - 9th studio album)

**I run:** to the beat of a Rush drum solo.

**I race:** because a PR is one of the best feelings you can give yourself.

**Chas adds:** "Like many, I've been on both ends of the running spectrum. The helping side, where you volunteer your time, and the running side - where you take time to improve yourself. Both are very rewarding. When you run a PR you feel like you've done something for yourself, but when you direct a great race you feel something more special because you've done something for somebody else. I'm still torn as to what I consider my best accomplishment - running a 4:52 mile, or directing the 2011 Chattanooga Chase. I'll go with the latter, because others had fun and benefited from it!"



**19 Cherokee Boulevard  
Chattanooga, TN 37405**

**(423) 265-0531**



## UNofficially the oldest race in Tennessee

The Chattanooga Chase is the oldest race in Chattanooga. This year marks the 46th running of this historical event. Unofficially the race is the oldest race in Tennessee. It goes back to the 1920's when several runners started running near the riverfront. They ran a distance of 8km. Today the race is still 8km's.

Typically this race is known for its awards and this year is no different. A cash prize purse of \$500 will be given out for the race. In addition there will be time awards which are awards given out to those who don't place in their age group but run under a set time. All kids under the age of 10 will get a medal and all kids who dress up as a superhero will get a medal too. That is because this year for the 1 mile run, there will be a superhero contest for all kids. The kids can dress up as superhero with the best dressed superhero getting a special prize.

It also important to note the date change of this race. Traditionally the date has been on Memorial Day. However due to the City of Chattanooga the date of the race has changed. It is moving up about one week earlier to May 18th. The location and time will still be the same, Riverview Park, near the Chattanooga Country Club at 8:00 am.

## TECHNOLOGY PROJECTS

### Web Application Design & Development

HTML5      CSS      JavaScript      JQuery      CFWheels  
ColdFusion      Java      SQLServer      Windows      VMWare

# 2012 WAUHATCHIE TRAIL RACE

## INDIVIDUAL COMPETITION

Tim Ensign	35:46	Cory Avlich	49:00	Brad Pryor	56:55
Sergio Bianchini	36:38	James Beach	49:04	Susan Gallo	58:17
Jan Gautier	38:20	David Moghani	49:20	Diane Halstead	58:31
Patrick Hall	38:30	Tim Zorca	49:36	David Marks	58:33
Daniel Goetz	38:43	Belinda Young	49:49	Joey Howe	1:00:16
Bradley Adams	39:08	Joseph Minton	50:04	Kristy Lee	1:00:38
Bob Adams	39:09	Jonathan Boyd	50:15	Melissa Quinn	1:01:00
Jack McGinness	39:46	Lynda Webber	50:23	Stephanie Clark	1:01:45
Ryan Shrum	39:54	Barbara Ensign	50:33	Antonio Franco	1:02:12
Bill Minehan	42:19	Tyler Keys	50:34	Stacy Duncan	1:02:14
Sue Anne Brown	43:06	David Knowles	50:39	Bernice Delaney	1:02:32
Shannon Wood	43:10	Andy Zorca	50:48	Gwen Meeks	1:02:32
Dianna Leun	43:13	Scott Moschkau	50:53	Jesse Roberson	1:03:03
Jim Upton	43:23	Marco Bianchini	50:56	Lucas Slade	1:03:04
Joseph Goetz	44:09	Mark Przybysz	51:09	Abby Bender	1:03:38
Karla Vradenburgh	44:18	Jim Steffes	51:19	Terry Knowles	1:03:47
Frank Mathews	44:24	Matt Buck	51:22	Stephen Warren	1:03:48
Rick Schumacher	44:32	Ron Woody	51:27	Jose Rodriguez	1:04:05
Connie Petty	44:35	Larry Avlich	51:39	Paula McGown	1:04:35
Lisa Lisa Logan	45:02	David Barron	52:01	Anj McCain	1:04:45
Tracy Gartman	45:05	Stephen Smith	52:15	Katrina Fomich	1:04:45
Jason Webb	45:44	Mike Alley	52:51	Anne Horgan	1:05:44
John Crawley	45:54	Laura Hall	53:00	Ongeleigh Gipson	1:07:07
Adam Webb	46:04	Carlos Mateo	53:13	Brenda Zorca	1:07:33
Steve Morrison	47:14	Hope Hessler	53:27	Lauri Slade	1:08:01
Kathryn Vradenburgh	47:33	Richard Tennyson	53:43	Michelle Rice	1:08:13
Neal Crutchfield	47:48	Joe Clark	54:15	Sharon Farrelly	1:08:16
James McGinness	47:56	Debbie Przybysz	54:23	Whitney Allison	1:08:19
Tammy Apthorp	48:04	Beth Rice	54:35	Bonnie Wassin	1:08:59
Spencer Morse	48:22	Mike Kirklan	55:07	Lise Capehart	1:13:35
Debbie Gates	48:30	Clay Taylor	56:02	Sharon Braden	1:13:36
Susan Minton	48:30	Corinne Henderson	56:15	Antonio Jr. Franco	1:15:32
Nico Mateo	48:36	Jeff Poteralsie	56:18	Jean Horgan	1:16:47
Jason Duncan	48:46	Neal Potter	56:25	Geneva Morse	1:23:52
Jerryd Tennyson	48:48	Joshua Albertus	56:32	Hannah Ginese	1:23:55
Sue Barlow	48:52	Spencer Evans	56:37	Chas Webb	1:25:15
		Rebecca Albertus	56:44		

## FAMILY COMPETITION

Bradley Adams   Bob Adams	1:18:17
Daniel Goetz   Joseph Goetz	1:22:52
Tim Ensign   Barbara Ensign	1:26:19
Sergio Bianchini   Marco Bianchini	1:27:34
Jack McGinness   James McGinness	1:27:42
Patrick Hall   Laura Hall	1:31:30
Jason Webb   Adam Webb	1:31:48
Karla Vradenburgh	
Kathy Vradenburgh	1:31:51
Joseph Minton   Susan Minton	1:38:34
Cory Avlich   Larry Avlich	1:40:39
Tim Zorca   Andy Zorca	1:41:36
Nico Mateo   Carlos Mateo	1:41:49
Jerryd Tennyson   Richard Tennyson	1:42:31
Debbie Przybysz   Mark Przybysz	1:45:32
Jason Duncan   Stacy Duncan	1:51:00
Joshua Albertus   Rebecca Albertus	1:53:16
Joe Clark   Stephanie Clark	1:56:00
Rebecca Albertus   Abby Bender	2:00:22
Beth Rice   Michelle Rice	2:02:48
Lucas Slade   Lauri Slade	2:11:05
Spencer Morse   Geneva Morse	2:12:14
Jean Horgan   Anne Horgan	2:22:31



# Not A CTC Member Yet? Join Today.

## BASIC MEMBERSHIP

Individual: \$24 Per Year

Family: \$36 Per Year

Student: \$18 Per Year

Basic Membership Benefits:

- CTC publication, Jogging Around, 4 times per year
- Numerous Discounts Available
- Weekly organized runs with the opportunity to meet other runners
- Weekly email newsletter
- Four fun social events per year
- Discounts on several CTC Race/Events
- Opportunity to compete in the Runner of the Year

## DONOR LEVEL MEMBERSHIP

Individual: \$50 Per Year

Family: \$100 Per Year

Donor Level Membership Benefits:

- All benefits of Basic Membership, plus
- Name published in Jogging Around as a Donor Level Member
- Name listed on CTC Website as a Donor Level Member

## SPONSOR LEVEL MEMBERSHIP

\$250+ Per Year

Sponsor Level Membership Benefits:

- All benefits of Basic Membership, plus
- Name published in Jogging Around as a Sponsor Level Member
- Name listed on CTC Website as a Sponsor Level Member
- Other logo presentation and advertising opportunities vary based on the size of the gift. Please contact Connie Hall, [conniehall@chattanooga.net](mailto:conniehall@chattanooga.net), for more details.

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

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## Chattanooga Track Club Membership Application

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

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

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

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

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

**Students:**  \$18 (Jan-Mar)  \$13.50 (Apr-June)  \$9 (July-Sept)  \$4.50 (Oct-Dec)

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email #1 \_\_\_\_\_ Email #2 \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_



## The Chickamauga Chase

The 45th running, the Sesquicentennial Commemoration, and introducing the inaugural Trail Run.

You are cordially invited to join us at the Chickamauga Battlefield on Saturday April 20th for the 45th running of The Chickamauga Chase. For several reasons, this year's race won't just be another notch in the fifth decade of this classic event.

## CHICKAMAUGA CHASE

The 45th Running

This year's race will mark the kickoff event for the Sesquicentennial Commemoration of the Battle of Chickamauga & Chattanooga. 150 years ago in the autumn of 1863, in and around strategic Chattanooga, some of the harshest and most complex battles of America's Civil War occurred. The Confederate victory at Chickamauga in September gave a new hope to the South after devastating defeats at Gettysburg and Vicksburg. Northern forces under the command of U.S. Grant blasted that hope in November when Chattanooga fell, setting the stage for the capture of Atlanta, Sherman's March to the Sea, and the beginning of the end of the long war. The campaign for Chattanooga changed the course of our nation's history, and our Chickamauga & Chattanooga National Military Park became the first of America's great national military parks, established in 1893 to commemorate the heroism of both North and South. Historians who chronicle America's story acknowledge Chickamauga & Chattanooga National Military Park as one of the major sites commemorating the Civil War that defined us as a nation.

In my 18th year as race director for The Chase, I hope I have earned the right to make a sincere and special request from all of you who have enjoyed the race over the years, and who regularly enjoy our treasured Chickamauga & Chattanooga National Military Park. I am asking for your financial support for this special commemoration. The Chickamauga Chase has committed to making a significant contribution to the Sesquicentennial Commemoration Campaign being conducted by the Friends of the Park. I invite you – and strongly encourage you, to consider helping the campaign by becoming a Sesquicentennial Partner. Your \$150 tax-deductible donation will go 100% to the Friends of the Park, undiluted by race

expenses. Additionally, becoming a Sesquicentennial Partner includes your race entry fee, a Chickamauga Chase ball-cap (cotton or tech, your choice), two race shirts (your choice of cotton or tech), a year's membership in the Friends of the Park and commemorative gift, advance notification of all activities, seating priority at selected events, the balance of 2013's membership in the Chattanooga Track Club (new members only), and an invitation to a guided tour of the Battlefield on race weekend conducted by Park Historian Jim Odgen. Please consider this donation during this very special year.

Something old is being joined by something new! 2013 will mark the inaugural running of a new event being added to the legacy of The Chickamauga Chase. The Chickamauga Chase Trail Run is being introduced this year, in conjunction with the Rock Creek Trail Series and Wild Trails. So now you can choose from a 15k and 5k road run, the Scenic Walk, the Kiddie K, and the exciting, new Trail Run. Not being a trail runner myself, I can't offer much yet to describe the course. Wooded and moderately rolling, I think the term medium difficulty was used by someone more familiar with trail runs than me. The exact course and distance is still a work in progress, but the route is primarily on the trails in the southeast corner of the Park, and the distance will be approximately 7.5 miles. It will be certified and mapped as soon as we have the specifics ironed out with the NPS. More details will be posted to our website as we have them. The Trail Run has a strict participant cap of 400 runners.

Speaking of participant caps. Our permit with the National Park Service has a hard cap of 2,000 total participants – all events. For reference, last year's participation was 1,649. Given the addition of the Trail Run, I expect the race to fill in 2013, and fill early. Obviously, it is in your best interest to register early. The last 100 entries into The Chickamauga Chase (#1901-2000) will be available ONLY as a Sesquicentennial Partner. I am hopeful that we fill every available slot!

Race timing and awards will have a slightly different twist this year, as directed by the Chattanooga Track Club. Because of the crowded starts at several races, for awards purposes "chip-time" will be used for age group awards. Gun-times will still determine overall 1-3 Male and Female finishers, and gun-times will be recorded for all participants. We are also adding a new category of Senior GrandMaster to the awards suite, for ages 60 & up.

As always, we can use your help. Please let me know if you want to volunteer, there are a lot of fun jobs open and we'd love to have you!

Please visit our website for details and updates, [www.chickamaugachase.com](http://www.chickamaugachase.com). Feel free to call me or email me if you have any questions.

And please, please consider becoming a Sesquicentennial Partner!

### **George Skonberg**

Race Director

423-757-7633 [george.skonberg@ubs.com](mailto:george.skonberg@ubs.com)



"He conquers who endures." ~ Persius



"There is no telling how many miles you will have to run while chasing a dream." ~ Anonymous

## INTRODUCING

# The CTC Long Runners Club

In 2012, the CTC decided to establish a special group within the organization called "The Long Runners Club" for the purpose of recognizing those members who have accomplished a goal that either takes a long time to reach - or that just simply requires a long way to go! Without a doubt, the first crop of CTC Long Runners has achieved a level of dedication and commitment to running that would exhaust most mere mortals.

The 2012 recipients, introduced at the annual CTC Banquet on Saturday, January 12, 2013, received awards for special achievements completed through November 30, 2012. For the 2013 season, CTC members may nominate themselves or other CTC members by simply providing proof of any annual accomplishment(s) completed between December 1, 2012 and November 30, 2013, and any lifetime accomplishments completed by November 30, 2013. Proof should be provided to the CTC Race Committee: VPRaces@chattanoogatrackclub.org. Any such accomplishments completed after those time periods will be awarded the following season.

"Never, never, never,  
never give up."  
~ Winston Churchill

"Most people never run far enough on  
their first wind to find out they've got a  
second." ~ William James

## AWARD CATEGORIES ARE AS FOLLOWS:

**50-MILER AWARD** - The 50-Miler Award is an annual award given to the CTC member who has completed at least one single-day event of at least 50 miles (road or trail) and less than 100 miles.

**100-MILER AWARD** - The 100-Miler Award is an annual award given to the CTC member who has completed at least one event of 100 miles or more in length (road or trail), that is not broken up into separate stages of less than 100 miles on any one day (i.e., 50 miles on Saturday and a separate stage of 50 miles on Sunday do not qualify).

**100+ MARATHONS AWARD** - This is a lifetime award to be given to the CTC member who has completed at least 100 marathons during his/her running career.

**50 STATES AWARD** - This is a lifetime award, to be given to the CTC member who has completed a marathon in each of the 50 states.

**7 CONTINENTS AWARD** - This is a lifetime award, to be given to the CTC member who has completed a marathon on all seven continents.

## And Now...Meet the 2012 CTC Long Runners...

*There are no great people in this world - only great challenges which ordinary people rise to meet. - William Frederick Halsey, Jr.*



## SAL COLL

ANNUAL 100-MILER AWARD

ANNUAL 50-MILER AWARD

**Occupation:** Boiler Tech at McKee Foods Corp. (U.S. Navy Retired)

**CTC Member:** 6 or 7 years

**Started Road Running:** 1979

**Started Trail Running:** 2004

**Number of Lifetime Racing Miles:** Around 4,000

**Number of Lifetime Marathons:** 15

**Number of Lifetime Ultramarathons:** 69+

**Favorite Race:** Last Annual Vol State Road Race 500K. 500K?? Yikes!! That's just over 310 miles! WHY does he like it? He gets a free entry. He meets a lot of other crazy distance junkies. Most importantly, "it's "very painful... and very rewarding."

**Most Memorable Race:** 1987 London Marathon. It was his very first marathon, he didn't train for it, he finished in 3:48... and he was "in real bad shape for a week after."

**Motto:** Enter, Run, Endure, Finish, Repeat!

"I run because I love it."

"I race to finish and have fun."

---

**Occupation:** Retired from TVA - Part-Time at Memorial Hospital - Full-Time Runner!

**CTC Member:** 31 years

**Years Running:** 32

**Number of Lifetime Racing Miles:** 62,096.34 miles - and don't forget the point-three-four.

**Number of Lifetime Marathons:** 155

**Number of Lifetime Ultramarathons:** 10

**Favorite Race:** Big Sur along the Pacific Coast - "the most beautiful place for a marathon."

**Most Memorable Race is a TIE:** 1987 Atlanta Marathon on Thanksgiving Day... finished in 2:59:38 and broke three hours for the first and only time; 1988 Marine Corps Marathon... gave Lisa Kay (Hagan) an engagement ring just before they started the race, and she said yes!

**Most Distinguishing Characteristic:** Diamond stud in left ear.

**People constantly mistake him for:** John Locke.

**Number of autographs signed to date:** Unknown.

**Motto:** There Is No Finish Line.

"I run because I love it... and so I can eat donuts and drink beer."

"I race to challenge myself."

---

**Occupation:** Entrepreneur

**CTC Member:** 10 years

**Years Running:** 15

**Number of Lifetime Racing Miles:** Around 19,000

**Number of Lifetime Marathons:** 53

**Number of Lifetime Ultramarathons:** One 50-miler in the bag to date!

**Favorite Races:** Boston Marathon (most memorable), Big Sur Marathon (most beautiful), Disney Marathon (most fun!)

**Most Distinguishing Characteristic:** Always has great hair.

**People whine that she:** just wears them down with that pace... mile after mile...

**Biggest Fitness Secret:** She's a Tri-Geek.

**Nickname:** "IronWoman"

**Motto:** Whatever doesn't kill you makes you STRONGER!

"I run because I'm addicted to it... and it's fun to be with friends who are just as crazy!"

"I race because it improves my pace and gives me a sense of accomplishment."



## MISSI JOHNSON

ANNUAL 50-MILER AWARD



## CYRUS RHODE, JR.

ANNUAL 50-MILER AWARD

ANNUAL 50-STATES/50 MARATHONS AWARD

LIFETIME 100+ MARATHONS AWARD

LIFETIME 7 CONTINENTS/7 MARATHONS AWARD

**Occupation:** Retired physical oceanographer / present day adventurer

**CTC Member:** 8 years

**Years Running:** 26

**Number of Lifetime Races Completed:** Over 1,000

**Number of Lifetime Marathons:** 102

**Number of Lifetime Ultramarathons:** One 50-Miler

**Favorite Race:** Boston Marathon – it's a cause for annual celebration!

**Most Memorable Race:** 56-Mile Comrades Marathon in South Africa (2012). "It's the ultimate international run that tests the human spirit."

**Biggest Fish That Got Away:** Heading for a fabulous finish at the 2012 Chattanooga Three-Mountain Three-Day Stage Race when he missed a trail marker three miles from the finish on the final day, and wandered around in the woods for two hours until he was rescued by a group of rowdy four-wheelers on a party ride.

**Most distinguishing characteristic:** his popsicle-orange Porche

**Most people don't know that he:** climbs mountains (big ones)

**Some people suspect that he:** was a Zen master in a past life

**Motto:** "Believing in yourself is half the effort."

"I run to feel alive and joyful!"

"I race to push my perceived limits."

---

**Occupation:** Electrical Engineer

**CTC Member:** 10 years

**Years Running:** 28+

**Number of Lifetime Races Completed:** Over 200

**Number of Lifetime Marathons:** 103

**Number of Lifetime Ultramarathons:** 3

**Favorite Race:** Big Sur Marathon or Rio Marathon – for the beautiful scenery

**Most Memorable Race:** 1988 Huntsville Rocket City Marathon... PR time of 3:35:36!

**Nicknames:** "Marathon Man" – "Media Man" – "The Great Wall"

**Best Known For:** Running off to odd-sounding or obscure marathon adventures at the drop of a hat.

**Some people suspect he:** was a linebacker in a past life.

**Next Big Thing on the agenda:** his 7th continent!

**Motto:** "The world will little note, nor long remember what we say here," AND "A lie is not a lie if it's obviously a lie!" (Are we fudging on our number of career racing miles here, Truman?)

I run for peace of mind."

"I race ... rarely!"

---

**Occupation:** Wife and Full-Time Runner!

**CTC Member:** 8 years

**Years Running:** 11 years and 4 months

**Number of Yearly Racing Miles:** ... Have ranged from 1,111 to 1,738

**Number of Lifetime Marathons:** At least 50 for sure! But she didn't tell us!

**Strongest Virtue:** Modesty

**Best-Known Traits:** Disciplined and Fearless

**Favorite Race:** Crater Lake Marathon in Oregon and Bar Harbor Marathon in Maine

**Next Biggest Claim-To-Fame:** Wise and patient mentor to many a CTC newbie and future marathon junkie.

**Nickname:** "The Energizer Bonnie"

**Known for:** being married to the best crew and supporter a gal could have!

**Motto:** "Love one another!"

**Her running friends strongly suspect that she:** was a Flower Child back in the day.



## BONNIE WASSIN

LIFETIME 50 STATES/50 MARATHONS AWARD



**Memorial Day Weekend,  
May 25-27, 2013**

In Partnership with Friends of  
Outdoor Chattanooga

USA Cycling is pleased and proud to announce that the USA Cycling Professional Road and Time Trial National Championships have been awarded to Chattanooga, Tennessee for 2013-2015. As a cornerstone of a new four-year partnership with USA Cycling, Volkswagen of America, Inc. will be the title sponsor of the event. USA Cycling is also proud to announce that beginning in 2013, the inaugural Women's Professional Road Race and Time Trial National Championships have been created and will be held in Chattanooga to coincide with the men's event. Virtually all American Cyclists competing in the July 2013 Tour de France will be competing in Chattanooga for the right to wear the USA National Champions' Jersey in Paris.

During the weekend there will be an enormous need for volunteers to put on an event of this caliber. There are a total of six events being held, resulting in five National Champions: Men's Road Race and Time Trial; Women's Road Race and Time Trial; and Hand Cycling Criterium National Champion. Chattanooga athletes have a history of working together to put on high quality local, regional and national events like the Waterfront Tri, River Gorge weekend and the Battlefield Marathon. We're asking members of the Chattanooga Track Club join us as volunteers. We'll need about 400 volunteers to cover the whole weekend so there are plenty of places and time slots available. If you want to volunteer please send an email to [probikeracechattanooga@gmail.com](mailto:probikeracechattanooga@gmail.com) with "Volunteer" in the subject line. Closer to the event, you will receive an email with a link to the volunteer sign up page hosted by Outdoor Chattanooga. On that page you can pick the time, place and position for which you want to volunteer.

To learn more about the race, the teams and the contenders visit: <http://www.usacycling.org/2013/pro-road-time-trial-nationals>

The press release from USA Cycling for the event: <http://www.usacycling.org/chattanooga-to-host-2013-2015-usa-cycling-pro-road-tt-nationals.htm>

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Time after time -  
I've done my sentence  
But committed no crime -  
And bad mistakes  
I've made a few  
I've had my share of sand kicked in my  
face -  
But I've come through

We are the champions - my friends  
And we'll keep on fighting - till the  
end -  
We are the champions -  
We are the champions  
No time for losers  
'Cause we are the champions - of the  
world -  
~Queen - "We are the Champions"

MEET THE  
**2012 ROY CHAMPIONS**

## OVERALL MALE RUNNER OF THE YEAR



**RYAN SHRUM**

For the fourth year in a row, since 2009, local speedster Ryan Shrum has brought home the gold again and come out on top as Overall Male Runner Of The Year! ...And here he is, running his victory lap around Finley Stadium... the Man of the Hour... Let's all give a big hand to Ryan Shrum!!

Maybe someday I'll be strong.  
Maybe it won't be long.  
I'll be the one who's tough.  
You'll be the one who's got it rough,  
It won't be long and maybe I'll be real strong.

Maybe I'll be fast as you.  
Maybe I'll break hearts too.  
But, I think that you'll slow down.  
When your turn to hurt comes around.  
Maybe I'll break hearts and be as fast as you.

~Dwight Yoakam - "Fast as You"

MEET THE

# 2012 ROY CHAMPIONS

Whoops... wrong photo! Ryan told us to select one from off his Facebook page, but he has so many darn inspirational things posted there that your eyes start crossing and it's easy to get confused. Anyway, here is the real Ryan Shrum... a modest young fellow, a man of few words, four-consecutive-time CTC Male Runner Of The Year, a champion...

## OVERALL MALE RUNNER OF THE YEAR



THE REAL  
**RYAN SHRUM**

**Name:** Ryan Shrum  
**Occupation:** Refrigeration Tech  
**Years running:** Approximately 11  
**Years racing:** Nine  
**No. of years as a CTC member:** Seven  
**No. of races completed to date:** 125  
**No. of racing miles completed to date:** 1,050  
**Favorite distance to race:** 15K [Chickamauga Chase, anyone?]   
**Favorite race:** Boston Marathon  
**Most memorable race:** 2012 Chickamauga Battlefield Marathon - ran his PR and finally broke three hours.  
**Nicknames:** "Pre," "The Rhino"  
**Quote:** "Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic." (Tim Noakes, author of Lore of Running)  
**I run:** to keep my mind and body healthy, and for the fellowship of the best group of people in the world!  
**I race:** to challenge myself.

ABSOLUTELY not to be outdone is Ryan's female counterpart, the amazing Dianna Leun, who celebrated her stellar inaugural year as Female ROY by locking in the highest number of overall points (and that means higher than the gentlemen as well) in the CTC for the season - a whopping 1450. Here she is, folks, your Female Runner Of The Year, Dianna Leun.

## OVERALL FEMALE RUNNER OF THE YEAR



**DIANNA LEUN**

**Name:** Dianna Leun  
**Occupation:** Registered Nurse  
**Years running:** Six  
**Years racing:** Five  
**No. of years as a CTC member:** One  
**No. of races completed to date:** Approx. 60  
**Favorite distance to race:** 5K  
**Favorite race:** Symphony Classic 5K - flat and fast!  
**Namesake and soul sister:** Diana, Roman Goddess of the Hunt  
**Most memorable race:** Jingle Bell 5K Run - had her PR time of 19:46  
**Quote:** "Pain is weakness leaving the body" (The U.S. Marines)  
**I run:** to stay fit and sane.  
**I race:** to win!!

**Dianna adds:** "I began running to get back into shape after four children and time had taken its toll. I never expected it to become such a huge part of who I am! I run to clear my mind and refocus my energy and, of course, to also stay healthy. After my first race at the Chickamauga Chase, several years back, I was hooked on

competing. I didn't show up with any great expectations, since I had never raced prior to this, but I left in search of the next race. For a few years I attended races as a quiet competitor. I focused on racing hard, fast and fierce. I laughed when telling family, "I race to win and nothing less," but I was completely serious. Even more importantly than all of the goals I have attained are the incredible people I have met and befriended along the way. The CTC introduced me to individuals who thrive on training, running and competing. Each of these men and woman is a strong, committed athlete with a terrific passion and an amazing spirit, continuously cheering each other on with sincere words of encouragement and praise. To be able to appreciate your biggest competitor's win and your own second place finish, just seconds behind, is truly good sportsmanship and I have been surrounded by it race after race. I hope to continue to make strides in my running and enjoy the inspiring atmosphere that the runners of Chattanooga provide."

Well said, Dianna!

And now... we reveal our ROY age-group winners! Some of these folks were very modest indeed, and trying to get information out of them was like pulling teeth. Some were short and to the point, some waxed eloquent, and some inspired... just a bit of fun on our part. (Note: That was a disclaimer.) Nevertheless, they are ALL champions in their own right, and an inspiration to their peers.

### **JUNIOR MALE RUNNER OF THE YEAR**



## **JERRYD TENNYSON**

**Name:** Jerryd Tennyson

**Occupation:** Student at Heritage Middle School

**Years Running:** Three

**Years Racing:** Three

**No. of Years as a CTC member:** One

**No. of races completed to date:** 40

**Favorite distance to race:** 5K

**Favorite race:** Chickamauga Chase - because it is well planned and overall just a great race to run!

**Most memorable race:** The Chickamauga Chase again... because I came in 10th overall!

**Motto:** "NO EXCUSES"

**Junior Girls would like him to:** form a "boy band" with Marco Bianchini [Look out, Justin.]

**I run:** because I like to.

**I race:** for the experience.

**Observation:** Look out for the up-and-coming Jerryd, who's won his age group in every CTC race he's run this year!

### **JUNIOR FEMALE RUNNER OF THE YEAR**



## **KATHRYN VRADENBURGH**

**Name:** Kathryn Vradenburgh

**Occupation:** Student

**Biggest Claim to Fame:** Member of the "Flying Vradenburgh Family" (like the VonTrapp Family Singers, this family bonds together... only over running instead of singing!)

**We suspect that she:** and her siblings DO sing while they run (first one who hears them - and proves it - gets a bonus ROY point!)

**Race volunteers say they:** love watching this little tiny girl blow by all the "old folks" on the rugged Wauhatchie Trail Race.

**The "old folks" she races with complain:** they have to hang onto the trees as she goes by.

**Nickname:** "DT" (short for "Downhill Tornado")

**Years running:** four

**Years racing:** four

**No. of years as a CTC member:** two

**No. of races to date:** over 40

**Favorite distance:** 5K

**Favorite race:** Woodland Park 2-mile cross-country race

**Most memorable race:** Signal Mountain 10K Pie Run

**Motto:** "Run, run, run."

**I run:** for fun!

**I race:** my pace!

MEET THE

# 2012 ROY CHAMPIONS

## YOUNG ADULT MALE RUNNER OF THE YEAR



### MARCO BIANCHINI

**Name:** Marco Bianchini

**Occupation:** Dietetics student at UTC

**Everyone knows he is:** the younger half of the Dynamic Bianchini Racing Duo

**Biggest Claim to Fame:** His dad, Sergio, Senior ROY winner

**Secondary Claim to Fame:** CTC Junior Girls' Division heartthrob [move over, Justin]

**Biggest Challenge:** racing against his dad

**Biggest Reward:** racing against his dad

**Years running:** 10

**Years racing:** 10

**No. of years as a CTC member:** 10

**No. of races to date:** 160

**No. of racing miles completed to date:** approx. 1500

**Favorite distance:** half marathon

**Favorite race:** Scenic City Trail Half Marathon on Raccoon Mountain.

**Most memorable training run:** On Raccoon Mountain, in fresh snow.

**Quote:** "I just felt like running."

**I run:** when I feel like it.

**I race:** Fast!

## YOUNG ADULT FEMALE RUNNER OF THE YEAR



### KIERSTEN VRADENBURGH

**Name:** Kiersten Vradenburgh

**Nickname:** "Kamikaze Kiersten" [Wikipedia Def.: common translation - "Divine Wind," official translated name - "Special Attack Unit;" essentially referred to as a - "pilot-guided missile."]

**Advice to other racers:** Jump outta her way!

**Biggest Claim to Fame:** Member of the "Flying Vradenburgh Family"

**Occupation:** Sales Associate at Fast Break Athletics

**Years running:** eight

**Years racing:** seven

**No. of years as a CTC member:** three

**No. of approx. racing miles to date:** over 370

**No. of races to date:** approx. 62

**Favorite distance to race:** 10K to half marathon

**Favorite race:** Raccoon Mountain 10K ("Love the loop with the big hill!")

**Most memorable race:** 2012 Raccoon Mountain 10K ("First race I ever won overall female!")

**Motto:** "If running were easy, everyone would do it."

**I run:** because I just feel like runnin'.

**I race:** to see if I can go faster than the last time!

## ADULT MALE RUNNER OF THE YEAR



**JAMES  
PRZYBYLOWICZ**

**Name:** James Przybylowicz

**Just call him:** "JimmyP"

**Occupation:** Pharmacist for CVS

**Years running:** two

**Years racing:** one-and-a-half

**No. of years as a CTC member:** one-and-a-half

**No. of races completed to date:** 12 to 15 [Great job on your inaugural racing year, JimmyP!]

**Favorite distance to race:** "Only ran one so far but I loved the marathon!" [Super finish on your very first marathon, JimmyP! 7 Bridges... 3:37... some definite overall ROY potential, here!]

**Favorite race:** Scenic City Half Marathon... "It's the best race I've run yet (the course is nice and flat, for the most part) and my half marathon PR!"

**Most memorable race:** "Hogpen Hill Climb in Unicoi State Park, Georgia...by far the hardest race I've ever run...it will redefine hill running for anyone!"

**I run:** because I like a challenge, and I enjoy setting goals and trying to accomplish them.

**I race:** because I enjoy seeing what I'm capable of.

## ADULT FEMALE RUNNER OF THE YEAR



**PAM NILE**

**Name:** Pam Nile

**Occupation:** 6th-8th grade math teacher

**Years running:** picked it up - again - about four years ago

**Years racing:** about four

**No. of years as a CTC member:** three

**No. of races:** "I've completed three marathons, seven half-marathons, four ten-milers, and who-knows-how-many 5Ks, 8Ks, 10Ks and 15Ks..."

**Favorite distance:** half-marathon

**Favorite race:** Nashville Country Music Marathon

**Favorite CTC race:** 65 Roses 5K

**Most memorable race:** "The 2012 Country Music Marathon, because of my stress fracture. The pain that came with it will never be forgotten!"

**Quote:** "The will to win means nothing without the will to prepare." (-Tanzanian marathon runner Juma Ikangaa)

**Observation:** Pam, we know that - as a math teacher - you like to prepare, but after the 2012 CMM, you should borrow your favorite quote from Dianna Leon!

**I run:** to stay healthy and competitive.

**I race:** to keep myself motivated.

MEET THE

# 2012 ROY CHAMPIONS

## MALE MASTER RUNNER OF THE YEAR



### SEAN HIGGINS

**Name:** Sean Higgins

**Occupation:** Contingency Contracting Officer, U.S. Army, currently stationed in Germany

**Years running:** 31; since age 12

**Years racing:** 31; since age 12

**No. of years as a CTC member:** about 15 years total. ("Not consecutive since I haven't lived in the Chattanooga area since 1990.")

**No. of races completed to date:** About 300

**Favorite distance to race:** "As I get older, the distance gets longer! It used to be the mile in high school, then an 8k, now it's more like a 15K or a half-marathon."

**Favorite race:** "The Chickamauga Chase for several reasons, including the distance, the scenery, and the unique course. The race director/volunteers always put on such a great event, and I really like the fact that it's in a historic military park."

**Most memorable race:** "Every one of my four Boston Marathons from 2000-2003. Nothing compares to the atmosphere at Boston!"

**Quote:** "This is perfect weather for running!" (No matter how bad the weather is!)

**I run:** for pleasure, for my health and for my peace of mind.

**I race:** only when I can be competitive within my age group.

**Sean adds:** "I started running in the spring of 7th grade (1982) when I was outside waiting to catch the bus to go home after school. My friend who lived down the street from me told me to come and try out for the track team. He said his mom would give us a ride home after tryouts. I only remember trying out for one event, the mile. This was at the old Signal Mountain Junior High School where the Signal Mountain Pie Run is now held. There was no track there then, just an old dirt path around the football field, and I ran the mile in some loafers that I happened to be wearing at school that day. I ran a 6:19 mile and made the team as the third and final miler. My coach didn't keep extras on the team... just the top three in each event, and everyone else was cut, including my friend from down the street. Soon after that I started running road races, my first being the 1982 East Ridge Run for Sight 4-miler. After high school and a few years of college I joined the Army and moved away in 1990. Whenever I am stationed nearby, however, I try to come to town and run some races. I thoroughly enjoyed running in the Washington D.C. area from 2000-2002. So many great places and races to run. I've also enjoyed running some races in South Korea when I was stationed there from 2003-2004. But coming back to Chattanooga and running some of the races I ran as a teenager is always a welcomed pleasure. Thanks for the memories, CTC!"

*Lead me, follow me, or get out of my way. (General George Patton Jr.)*

## FEMALE MASTER RUNNER OF THE YEAR



### LISA LOGAN

**Name:** Lisa Logan

**Occupation:** science teacher and cross-country/track coach at Ringgold High School

**Years running:** 18

**Years racing:** 11 (very first race was the 4-mile Bridge Run in 2001)

**No. of years as a CTC member:** two

**No. of races completed to date:** 91, including 12 marathons (2 Boston) and 30 half-marathons

**Favorite distance to race:** "The half-marathon - I don't think I'm fast enough to race a 5K, but I can sustain a pace for a half."

**Favorite race:** "I can't pick just one! The Chickamauga Battlefield Half Marathon/Marathon is one of my favorites because I love running in the park so much. I love the Oak Barrel Half Marathon and the Southern Tennessee Plunge Half Marathon because their routes wind through childhood stomping grounds... running those races is like running down Memory Lane every year."

**Most memorable race:** "The 2012 Southern Tennessee Plunge Marathon, because it was full of 'firsts'". It was my first marathon in the Master's Category. It was the first time I broke 3:30 with a 3:29 finish. It was the first time I was the overall winner in a race. And it brought me one of my greatest inspirations. During the first mile I started talking to a guy who ran with me until mile 14, when he told me that I "was holding him back." He finished ahead of me, then came back and ran my last quarter mile with me. I found that his name was Paul, I was amazed to learn he was 63 years old, and I was inspired by the lifestyle changes he decided to make at age 40 when he realized he was overweight and out of shape.

**Motto:** "During a race I tell myself, 'I can do anything for \_\_\_\_!' (Fill in the blank with my goal time for the race.)"

**I run:** because it's easier than eating less.

**I race:** to remind myself that age is just a number.

"Kia kaha. Ake ake kia kaha."  
Be strong.  
For ever and ever be strong.

MEET THE

# 2012 ROY CHAMPIONS

## MALE GRANDMASTER RUNNER OF THE YEAR



### MIKE USHER

**Name:** Mike Usher

**Nickname:** "Magic Mike"

**Occupation:** Community Relations Manager, The Terrace at Mountain Creek - Independent Living, Assisted Living and Memory Care

**Years running:** 23

**Years racing:** two

**No. of years as a CTC member:** two

**No. of races completed to date:** 35

**Favorite distance to race:** 5K and 8K

**Favorite race:** "Market Street Mile... short and sweet. And flat!"

**Most memorable race:** "The 2011 Scenic City Half Marathon... My first half marathon and longest race. It seemed to be going pretty well, and then... calf cramps during the last 3.5 miles. I envisioned lying on the side of the road, all that training and possibly not finishing, but I was able to hobble in with a respectable time." [1:38:50 - Mike, that's Magic!]

**Motto:** You can do it!

**I run:** to get out, to think, to enjoy the scenery, to take advantage of the health benefits and to justify/offset my insatiable desire for sweets.

**I race:** to compete, challenge and push myself, and to enjoy the scenery and camaraderie with fellow runners.

**Mike adds:** "It has been a great two years as a member of the Chattanooga Track Club! There are a variety of races, and the training tips and advice from the CTC and my fellow runners have been beneficial. I have enjoyed the motivation and fellowship, especially from the guys in my age group. I also appreciate the support I receive from my wife, and her tolerance of early Saturday mornings (with races and training runs) and shortened/rescheduled vacations to accommodate races. Looking forward to 2013!"

*Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.*  
~Buddha

*The first virtue in a soldier is endurance of fatigue; courage is only the second virtue.*  
~Napoleon Bonaparte

*Hard pounding, gentlemen: but we shall see who can pound the longest.*  
~Arthur Wellesley, Duke of Wellington

## **FEMALE GRANDMASTER RUNNER OF THE YEAR**



### **CORINNE "COLGATE" HENDERSON**

**Name:** Corinne "Colgate" Henderson

**Known for:** best racing grin!

**Occupation:** CPA

**Years running:** 20ish

**Years racing:** 15ish

**No. of years as a CTC member:** 10ish

**No. of approx. racing miles and/or races completed to date:** "No idea. I'm not good with math!"

**Favorite distance to race:** Half marathon

**Favorite race:** "Missionary Ridge Road Race! We live at the turn – and I have a great memory of my daughter sitting in our front yard in her pajamas watching the race. When she saw me running past our house, she yelled: "Run faster, Mom! Bill's [husband] is way ahead of you!"

**Most memorable race:** "The Tennessee Ragnar Relay. I loved seeing our clean-up runner, Voreata Waddell, heading for the finish line in her pink cowboy hat while helping a fellow runner who was 30 years her junior complete the race."

**Motto:** I appreciate the gift of health that enables me to run.

**I run:** in the moment!"

**I race:** for fun!

Just because it burns  
Doesn't mean you're gonna die  
You've gotta get up and try, try, try...  
~Pink

*Endurance is not just the ability to bear a hard thing, but to turn it into glory.*  
~William Barclay

*"The race is not always to the swift, but to those who keep on running."*  
~ Author unknown

MEET THE

# 2012 ROY CHAMPIONS

## SENIOR MALE RUNNER OF THE YEAR



### SERGIO BIANCHINI

**Name:** Sergio Bianchini

**Nicknames:** "Surgin' Serge," "The Surge"

**Occupation:** Retired entrepreneur. Full-time runner. Part-time gym rat and Zumba Dancer.

**Everyone knows he is:** the elder half of the Dynamic Bianchini Racing Duo

**Years running:** 12

**Years racing:** 12

**No. of years as a CTC member:** 12

**No. of races completed to date:** about 240

**No. of racing miles accomplished to date:** about 2,200

**Favorite distance to race:** 10K

**Favorite race:** Round The Rim 10K Run on Raccoon!

**Most memorable race:** "Any race I get to run with my son."

**Second most memorable race:** Running 37 miles in the snow at the Land Between the Lakes Ultra in 2008.

**Motto:** "Run every run like it's the last one."

**Most people don't know that he is:** faster than a speeding bullet, more powerful than a locomotive, and able to leap tall buildings in a single bound.

**I run:** for the fellowship and the challenge.

**I race:** for the same reasons.

*"For all the hardship, I was still excited to be on the trail, testing my endurance, feeling especially alive as strength and fatigue flowed alternately through my limbs." ~ General Colin Powell*

*"Challenges are what make life interesting; overcoming them is what makes life meaningful."*  
-Joshua J. Marine

*"In general, any form of exercise, if pursued continuously, will help train us in perseverance. Long-distance running is particularly good training in perseverance."*  
~ Mao Tse-Tung

## **SENIOR FEMALE RUNNER OF THE YEAR**



### **SUE ANNE BROWN**

**Name:** Sue Anne Brown

**Occupation:** Wife, mother, grandmother... runner!

**Years running:** 56

**Years racing:** 45

**Biggest Claim to Fame:** Most lifetime racing and running mileage in the 2012 ROY lineup.

**Most people don't know that she:** runs off of self-perpetuating, high-energy super-powered batteries.

**No. of years as a CTC member:** 39

**No. of racing miles and races completed to date:** too many to count!

**Favorite distance:** 10K

**Most memorable race:** ALL of them are memorable to me!

**Quote:** "Just DO IT!"

**I run:** because I love it, need it, want it!!

**I race:** because I love the competition with myself, and because racing is a big part of who I am.

Now, there was a time  
When they used to say  
That behind ev'ry great man,  
There had to be a great woman.

But oh, in these times of change,  
You know that it's no longer true.  
So we're comin' out of the kitchen,  
'Cause there's something we forgot to say to you.

We say, Sisters are doin' it for themselves,  
Standin' on their own two feet  
And ringin' on their own bells.  
We say, Sisters are doin' it  
For themselves.

~Annie Lennox –  
"Sisters Are Doin' It For Themselves"

"To Finish is to Win."  
Motto of the American Endurance Ride Conference

Now if you are going to win any battle you have to do one thing. You have to make the mind run the body.

Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon, and night.

But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired. You've always got to make the mind take over and keep going.

~ George S. Patton, U.S. Army General & 1912 Olympian

# 14th Annual First Volunteer Bank 5K Great for Beginners to Seasoned Runners!

## ROY POINTS RACE

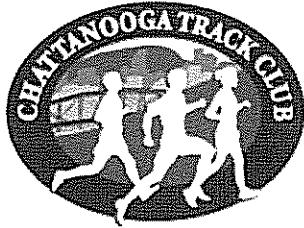
If you are looking for a good old fashioned 5K, fast times and a flat course, look no further, GraduRUN is here. First Volunteer Bank is hosting the 14th annual 5K in Ringgold, GA on Saturday, March 16, 2013. Communities In Schools of Catoosa County, a school drop-out prevention program, will be the recipient of the proceeds from the event. The run was formerly under the Gateway Bank name. The starting line is next to the First Volunteer Bank located on Alabama Highway in Ringgold. The registration table will open at 6:30am, and the run will begin at 8:00.

"When a runner signs up, they need to know their fees go straight to helping keep kids in school!" said Mary Carpenter, run organizer for First Volunteer. "We also work hard to provide something for everyone." Participants receive a T-shirt and also are eligible for numerous door prizes. Run prize categories include Top Overall, Master and Grand Master, and age group prizes. The flat 5k course has helped to promote First Volunteer Bank's race as one of the fastest races in the tri-state area.

Mary Carpenter said, "CIS is a wonderful organization that provides resources that help prevent drop-outs! Every dollar our race generates makes a difference for the kids! We are pleased to be associated with CIS and happy to facilitate this exciting event. Our goal is to raise at least fifteen thousand dollars toward dropout prevention! Let's do this!"

"The First Volunteer Bank 5K is a great course. It is relatively flat and lends itself to great 5k times." says Renee McClanahan Board Member for CIS, who has been running in the race for many years. Sonia Erwin, a new runner says, "Training for the 5K has actually been "freeing" for me. Participating in the GraduRun has allowed me to set a reachable goal as a newbie!"

To help support the First Volunteer Bank GraduRUN for Communities In Schools, or to register, contact Mary Carpenter, (706) 965-1508. You may also register at [www.active.com](http://www.active.com). Come out to run or walk and help stop the dropout epidemic!



# FIRST VOLUNTEER gradURUN

14th Annual...5K GraduRUN for...  
 Communities  
In Schools

## INDIVIDUAL REGISTRATION FORM

You may also Register at [www.active.com](http://www.active.com)

Points Race for Runner of the Year \*\*\*Chip Timed Race\*\*\*

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: Female Male

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Event: 5K \_\_\_\_\_ 1-Mile \_\_\_\_\_

T-Shirt Size: XXL  XL  L  M  S   
Until March 13 After March 13

5k \$25.00 \$30.00: \_\_\_\_\_  
1-Mile Fun Walk \$25.00 \$30.00: \_\_\_\_\_

Voluntary Contribution to the CIS of Catoosa County: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

Make checks payable to First Volunteer and mail to:

First Volunteer, CIS Run, P.O. Box 129, Ringgold, GA 30736

Release: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and or properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to: contact with other participants, the effects of weather, including high heat and/ humidity, traffic and the condition of the road, all such risks are being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf waive and release First Volunteer, The City of Ringgold, and all sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, roller skates or blades are not allowed in the race and I will abide by this guideline. Further, I grant permission for the use of any photographic or recording of this event for legitimate purposes.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Parent or Guardian (if under 18)

**Date:** Saturday, March 16, 2013

Race Day Registration will begin at 6:30 a.m. 5K Race begins at 8:00 a.m. One-Mile Fun Walk begins at 8:05 a.m.

**Entry Fee:** \$25.00 (Chip Timer Race) Pre-Registration (before March 13)

\$30.00 Late Registration

Proceeds benefit the Communities In Schools of Catoosa County

**Location:** First Volunteer Bank, 5102 Alabama Highway, Ringgold, GA

From Chattanooga, I-75 South to Exit 348. Left on Exit, 1/4 mile to First Volunteer Bank on the left.

**Course:** Relatively flat though beautiful Ringgold, Georgia

Course Certification # GA05010WC

**T-Shirts:** Short-sleeve shirts will be guaranteed to pre-registered runners.

Late registration, shirts may or may not be available the day of the race

**AWARDS:** 5K Top Overall Winner

Special MASTER and GRANDMASTER prizes

Top Overall Male & Female in Each Group

(15 & Under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-64, 65-69, 70 & Over)

**Prizes:** Numerous giveaways by random drawing immediately following the event.

Prizes may include (but are not limited to): TV's, Sports Goodies, & Numerous Other Prizes.

Chattanooga Track Club Runner of the Year Points Race



# FIRST VOLUNTEER gradURUN



## **TEAM REGISTRATION FORM**

## An Invitation to School Staff, Athletic Teams, Recreational Sports Teams, Friends/Families, Businesses, Military, Students, Religious Groups, Non-Profits, Healthcare, and Anyone who would like to join in!

Please join us for First Volunteer's 14th Annual GraduRUN 5k Run/1-Mile Fun Walk, a community event to raise funds and rally support for helping to keep kids from dropping out of school. This event is being coordinated with Communities In Schools, a non-profit community based organization that is dedicated to helping students achieve in school and prepare for life. Wear your team uniforms and show your support of this community event. Teams can participate by running/walking the course. Teams should be comprised of at least 10 members; \$20.00 per team member, \$30.00 day of race. All proceeds benefit CIS. Checks must be made payable to First Volunteer; write GraduRUN in the memo. CIS is a 501c3 organization.

TEAM LEADER (will receive information for event): \_\_\_\_\_  
Email: \_\_\_\_\_ Cell: \_\_\_\_\_ Team Name: \_\_\_\_\_  
# of Team Members: \_\_\_\_\_ x 20.00 = Total Fee \_\_\_\_\_ List Members below, use multiple forms if needed.  
Team Members who are running and would like to use CHIP timers, please add 5.00 Chip Runners: \_\_\_\_\_ x 5.00 = Total Chip Timers

Release: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and or properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to: contact with other participants, the effects of weather, including high heat and/ humidity, traffic and the condition of the road, all such risks are being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I for myself and anyone entitled to act on my behalf waive and release First Volunteer, The City of Ringgold, and all sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, roller skates or blades are not allowed in the race and I will abide by this guideline. Further, I grant permission for the use of any photographic or recording of this event for legitimate purposes.

**Make checks payable to First Volunteer and mail to: First Voluneteer, CIS Run, P.O. Box 129, Ringgold, GA 30736**  
**For additional information, contact: Mary Carpenter, 706-965-1508**

## THINGS TO DO:

1. RAMP UP TRAINING
2. RACK UP ROY POINTS
3. VOLUNTEER AT AN EVENT

YOU CAN HAVE

# RESULTS

- OR -

# EXCUSES

NOT BOTH

**Check Out New  
Website Design**

**JOIN or  
RENEW  
CTC  
Membership**

**Join a  
Group Run!**

See CTC Website  
for Schedules

CTC announces  
new ELITE  
SPONSORSHIP PROGRAM  
See [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)  
for more info

**WANTED — RACE DIRECTORS**  
Mike Leary [vpraces@chattanoogatrackclub.org](mailto:vpraces@chattanoogatrackclub.org)



Send Bulletins/Articles to  
[vpcommunications@chattanoogatrackclub.org](mailto:vpcommunications@chattanoogatrackclub.org)

**BULLETIN BOARD**



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

**CHANGE SERVICE REQUESTED**

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CHATTANOOGA TN

## Race Calendar

Please see [www.chattanoogatrackclub.org](http://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 Volunteer Points Only

### FEBRUARY

- 23 Scenic City Half Marathon, 5k and Charity Challenge



### MARCH

- 16 14th Annual First Volunteer (formerly Gateway Bank) 5K Run for CIS



### APRIL

- 13 65 Roses 5K



- 20 44th Annual Chickamauga Chase 15K and 5K



### MAY

- 11 King of the Mountain



- 18 Chattanooga Chase 8k, 1mi



### JUNE

- 22 Market Street Mile



### AUGUST

- 10 40th Annual Missionary Ridge Road Race



### SEPTEMBER

- 2 FCA 5K



- 21 Raccoon Mountain Round the Rim Run 10k & 5k



### OCTOBER

- 6 Johnson Mental Health 10K Pumpkin Run & 5K Walk



- 26 Signal Mountain Pie Run



### NOVEMBER

- 9 Chickamauga Battlefield Marathon & Half Marathon



- 28 Turkey Trot 8k



### DECEMBER

- 21 Wauhatchie Trail Run



- 31 The Karen Lawrence Run for St. Jude

