

JOGGING

AROUND

A QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB



THE BEST THING ABOUT RUNNERS

VOL STATE 500K

LOCAL RUNNING STORES

RUNNER OF THE YEAR



Chattanooga Track Club

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JOGGING AROUND

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Chattanooga Track Club Mission Statement

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

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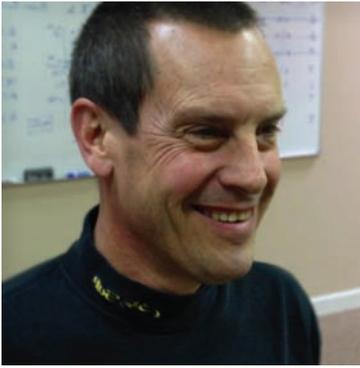


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FROM THE CLUB PRESIDENT

Hello Runners!

I am so grateful to be writing this note for an issue of Jogging Around that could be around the 40th year our club newsletter has been sharing stories, news and race results with our members and our community at large.

It's been almost 44 years since Joe McGinness, Jim Beach, Charlie S., Charlie K. Gibson, Abner Oldham, Earl Marler, Tom Pride, Dan Daniels, Jon Robere and Bobby Watson met at the downtown YMCA to write out bylaws to form The Chattanooga Track Club.

Since that time, our club has put on hundreds of races, hosted dozens of track meets, supported an unknown number of cross country events for 8 year-olds dashing off on their first real run to elite college runners literally flying across the fields. We've shared 40+ banquet dinners and had hundreds of less formal get-togethers at Lookouts games, burger and beer places, coffee and bagel shops, all the YMCAs and Sports Barn facilities, Fast Break, Frontrunner and on and on...

We've celebrated as many of us have accomplished great feats of time, distance, legs and lungs. We've shared and consoled as some of us suffered injuries and other ailments that have set us back and kept us from our passion. And we've also grieved deeply as some of us have passed – all way too soon. In all of those ways and more, we've created stories and shaped and influenced our own lives and the lives of others.

One of my goals for 2014 is to get a small group of interested runners (old-timers, especially!) to help us capture and archive some of those stories and any pictures and other media we have to remind us of our past. If you have any interest in being a part of that effort this year, please let me know.

We're going to be creating many new stories this year, as well. Our club's key committees--Races, Membership and Communications—all need your help and support in building those stories this year, and in ensuring that we do a terrific job hosting the 17 races on our calendar for 2014, crushing our 1000 membership goal well before year-end and keeping in touch with everyone via this newsletter as well as all the new media in use today – Facebook, Twitter, et al. That's a lot of work to do, actually, and we really need everyone's help.

So, would you please consider serving on one of those committees this year and contacting our committee chairs, myself or Stacey if you're interested? See the side panel on the inside front cover for everyone's contact info. Also, please join us at our board meetings (always open for all members) anytime.

Welcome to 2014! What a great year for running!

Bill Brock, Chattanooga Track Club 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 this fund and appreciates your generosity in helping build this legacy for our community. To contribute to The Long Run, please contact the Chattanooga Track Club.



"I love runners. I know we are not supposed to pigeonhole people. I know that stereotyping is supposed to be bad even when the stereotype is positive. But I love runners. I have run for almost seventeen years now, participating in races from 5k to 50 miles and every race is more proof to me that runners are just plain nice.... Seven o'clock on a Sunday morning, I can stand at the starting line of any race and know that what I will hear mixed in with all of the runners' chatter is a steady trickle of laughter. Maybe it is this joy that has led to the stereotype that runners are nice. Maybe if you experience the joy of running it is difficult to be a nasty, grumpy person. Or maybe runners just leave all of their demons on the road. Maybe running just attracts nice people. Whatever the case, I know the stereotype is true."

~Ann Brennan~ www.Annsrunningcommentary.com



THE BEST THING ABOUT RUNNERS IS...

Whitney Allison

It's more than the shoes and the sweat.

By now many of you are in full-swing training for a race. You are well into 18+ mile long runs in preparation for a spring marathon. You're banging out mile repeats, tempo runs, hill repeats and dare I say... fartleks. Each year, after the resolutions of many have come and gone, you continue running through frigid temperatures, snow, freezing rain – sometimes for hours in darkness, if that's what 'the plan' calls for. You know that the reward of finishing is worth the sacrifice of time spent in the elements and you relish the fact that you can literally will yourself through even the toughest of times by simply 'lacing up and heading out'. You are a dedicated bunch. You like to think, plan, analyze, solve, and come to terms with life's frustrations while making your way down city streets, country roads, mountain trails or around the track. You wear watches, heart rate monitors, GPS devices, compression devices, nasal strips, bandanas, hydration packs in various shapes and sizes. You strive to get better with each season and most often, you succeed. You constantly set and reach new goals, try new distances, locations, set a new PR. You juggle long work hours, a busy family life and still manage to squeeze those miles in. You are relentless once you set our mind to something. You are amazing!

What I have come to find in my years of running, however, is that the most wonderful thing about you has absolutely nothing to do with the aforementioned accomplishments. Although I have deep respect and admiration for your many wonderful achievements, what I like most about you is this: You are willing to share your knowledge of running with me, you encourage me to stick with it when I would rather go home and eat deep fried Oreos. You wake up at ridiculously early hours to meet up for group runs. You don't judge my mismatched running outfits or my bedhead when I arrive for said run AND you're smiling when YOU arrive. You listen to my crazy life-stories during our 20 mile runs, and you allow me the privilege of hearing yours. You don't hesitate to share your Gu stash when I come unprepared. One time you even offered to share your socks with me... which I declined – but appreciated just the same. Many times you will run with a pack and can be heard laughing and carrying



Catherine Crawley

on several city blocks away. You most often smile and congratulate the whippersnapper who out kicked you at the finish line. You patiently await the ‘athlete-tracker’ update when your friends are away running races. You celebrate for them when they’re on pace and you panic for them when they don’t hit their splits (which you just happened to have memorized). Your enthusiasm for your running mates is unparalleled. You will unabashedly and without hesitation holler across any given location – Walmart, a five-star restaurant, Market Street, etc. in your stinky, sweat-drenched running attire to say “HEY!!!” to a runner friend, and it doesn’t embarrass him one iota – because he would do the same. You are the kind of person I would hope to have next to me in line at the DMV, or the kind of company I would prefer to keep while trapped in an elevator, even if you were all sweaty just after a run. Heck, I would sacrifice the last few M&Ms and sippy cup at the bottom of my purse to make sure you recovered properly while stranded in the elevator! You have always looked out for me – it’s the least I could do!

I could go on for days about the many wonderful things that make you awesome. Just thinking about some of our running adventures makes me smile and laugh. I guess what

I’m trying to say is that while you’re pushing toward those new goals and challenging yourself to reach new heights, I will be cheering you on and celebrating your victories with you. But beyond the medals, trophies, visits to the podium, and the euphoria of success, I will always quietly treasure your greatest (and highly underrated) accomplishment: being a good friend.

Stacey Malecky is the Club Manager for the Chattanooga Track Club. She can be reached at: smalecky@chattanoogatrackclub.org



Catherine Crawley



WHY I RUN

Melissa Guinn

I started running so my friend would shut up.

I know that sounds funny.

Maybe you can relate... My friend was a runner. I was decidedly not. I would frequently complain about my high weight and low energy levels, and he would respond with a kind of know-it-all, "well, why don't you come run with me, that'll fix it." So I finally started running so he'd stop saying that, and, just as I thought, running was pointless and miserable. Until it wasn't.

Unfortunately, he was right.

So began a weight loss journey that gradually morphed into other things. After the grueling first year of trying to learn to love running and slowly (agonizingly) adding distance and time, I begrudgingly had to admit I finally did love running. I didn't think it was possible. I always thought it was some "special" genetic sequence that only certain people had that made them crazy enough to want to run.

Once I became one of the crazy ones, I bemusedly noted that my enjoyment and ambition for running kept increasing. I'd gone crazy all right.

I came to love running as a social outing. I could get together with people I did not normally see (and not have to put on makeup or heels). We could spend hours together. We run, talk, pant for breath, laugh, talk some more, revel in God's goodness, and share quality time around a healthy activity (instead of stuffing our faces all the time like we used to do).

Soon my love for running expanded more. Running was no longer just about calories burned or even the social bennies, it also became my ticket to new adventures and my time to recalibrate myself.

In only a few short years I went from barely surviving my first 5k at the Chickamauga Chase (maybe it only felt like I was about to die), to completing 2 full marathons and Ragnar! (I've also begun making goo goo eyes at some ultras...crazy I tell you.)

Now, I plan vacations where I can run to explore the area. My non-runner husband has been very tolerant and supportive so far.

Running the major tour highlights of D.C.? Way awesomer than a crowded, stinky ole tour bus! Bonus- I can stop and take pictures or get a closer look anytime I want! There's this really cool hidden art park/museum thingy I discovered...

Running into the sunrise on the beach? Way better than I even imagined! Apparently beached jelly fish glitter like a Twilight's Edward in the morning rays. (Sunset run is next up on my list for beach vacation.) Running around a cruise ship on the promenade deck? Totally worth a couple laps, then I enjoyed the ship's treadmill watching the waves and the horizon.

Running in Central Park, NY in 14 degree weather in the snow, sleet, and freezing rain, totally worth it.

My bucket list run vacation: Run in the Colorado Mountains. It's going to happen.

I even use running to explore my home area. I love that I can cover more distance (i.e. discover more things) than walking or hiking. Want to know some cool places I love to run around home?

I found some really nifty side trails at Greenway farms with these cool little log bridges. I've scared deer there several times. If I do every loop I know of out there, I can get in more than 8 miles. The scenery and wildlife is a little different every time.

I love the Riverwalk and enjoy cooling down and stretching in the snickleways of the art district. The winding staircase with the ivy and the little pool are my favorites (not to mention recovery consumables at Rembrandts—yummo!). My favorite long run location is going from the dam to the art district, and back. I also love the bug playground area of the Riverwalk for cool down and stretch, such fun creations!

I've discovered a peaceful neighborhood behind my gym where I can get in some hilly loops before Zumba class (which was something else I did not do prior to this crazy running thing—I think running is a gateway drug for healthy activity in general).

My neighborhood: It's flat. There is very little through traffic. And if I run around every cul de sac and dart down every spur, it is precisely 2.5 miles. It makes for a convenient quickie. Bonus- I'm actually getting acquainted with other people who live there!

As much as I love to run now, I sometimes wish I was better at it so I could keep up with some of my awesome new track club friends. My friend and I call these speedsters the greyhounds (unless they are primarily trail folk, then we call them the deer people- you know the ones, they bound swiftly and gracefully along the trail, making narry a sound and gone in a blink of the eye). At least they never rub it in that they are so much faster than me. Instead, they are always encouraging and uplifting. I've never met so many awesome people sharing one interest in my life. Running really is a great thing to be a part of. I feel blessed to be acquainted with this encouraging community and to have running to take me on fantastic journeys of discovery (both inward and outward). I hope to help many others embrace it too.

And to think it can all start by trying to get someone to shut up...



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TECHNOLOGY PROJECTS

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2013 Wauhatchie Trail Run Results

Finish times are based on an age-handicapped start

INDIVIDUAL FINISHERS

1.	Tim Ensign	0:36:30
2.	Dean Thompson	0:37:08
3.	Belinda Bernard	0:37:09
4.	Jessica Marlier	0:38:22
5.	Thomas Barker	0:38:40
6.	Jan Gautier	0:39:07
7.	Ryan Shrum	0:39:11
8.	Sergio Bianchini	0:39:27
9.	Patrick Hall	0:39:54
10.	Ryan Chastain	0:40:17
11.	Joseph Goetz	0:40:33
12.	Ryan Schumacher	0:41:03
13.	Daniel Goetz	0:41:14
14.	Benjam Loudermilk	0:41:23
15.	Chad Varga	0:41:33
16.	Peyton Miller	0:41:52
17.	Andy Highlander	0:42:10
18.	Dianna Leun	0:42:19
19.	Shannon Wood	0:42:45
20.	Matt Gregory	0:42:52
21.	Tim Horvath	0:43:09
22.	Dylan Harper	0:43:27
23.	David Randolph	0:44:26
24.	Bruce Boles	0:44:32
25.	Tripp McCallie	0:44:32
26.	Lisa Logan	0:44:53
27.	Bill Minehan	0:45:11
28.	Jonathan Boyd	0:45:36
29.	Kathr Vradenburgh	0:46:04
30.	Mark Malecky	0:46:11
31.	Adam Webb	0:46:30
32.	Jude Hacherl	0:46:36
33.	Rick Schumacher	0:46:56
34.	Joan Voss	0:47:32
35.	Neal Crutchfield	0:47:43
36.	Beth Santoro	0:47:58
37.	Doug Jipping	0:48:09
38.	John Crawley	0:48:12
39.	Andrew Pack	0:48:22
40.	Mike Usher	0:48:30

41.	Sue Anne Brown	0:48:39
42.	David Moghani	0:48:41
43.	Jason Webb	0:48:46
44.	Megan Bernard	0:49:04
45.	Barry Vradenburgh	0:49:43
46.	Marco Bianchini	0:50:19
47.	Tommy Nichols	0:50:49
48.	Leah Boyd	0:51:22
49.	Elijah Barrera	0:51:24
50.	Barbara Ensign	0:51:24
51.	Marissa Bell	0:51:56
52.	Adam Burnett	0:52:17
53.	Nathan Augustine	0:52:19
54.	Emily Cooper	0:53:03
55.	Suzanne Gregory	0:53:04
56.	Tim Cleary	0:53:11
57.	Mary Breazeale	0:53:30
58.	Bill Brock	0:53:34
59.	John Black	0:53:49
60.	Alan Boles	0:54:10
61.	Andy Zorca	0:54:23
62.	Corinne Henderson	0:54:34
63.	Jason Tanner	0:54:41
64.	David Presley	0:54:52
65.	Karen Jipping	0:55:25
66.	Daniel Boles	0:55:33
67.	Nico Mateo	0:55:36
68.	Sydney Gautier	0:55:46
69.	Andy Cornett	0:55:56
70.	Conrad Beckman	0:56:06
71.	Beth Rice	0:56:43
72.	Gwen Meeks	0:56:46
73.	Carlos Mateo	0:57:22
74.	Jeff Poteralski	0:57:40
75.	Scott Lunsford	0:58:14
76.	Vivian Barrera	0:58:14
77.	Jennie Gentry	0:58:31
78.	Forrest Walker	0:58:43
79.	Lane Park	0:58:49
80.	Katie Jackson	0:58:56
81.	Summer Liddington	0:58:56
82.	Antonio Franco	1:00:40
83.	John Wilson	1:01:09
84.	Michael Moore	1:01:11
85.	Jaclyn Beckler	1:01:16
86.	Tj Peck	1:01:20
87.	Caleb Stambaugh	1:01:30
88.	Brenda Zorca	1:02:06
89.	Michael Breazeale	1:02:12
90.	Gabbi Kile	1:02:30
91.	Dorn Kile	1:02:31
92.	Brad Devaney	1:03:09
93.	Christo Netherland	1:03:09
94.	Jon Pierson	1:03:36
95.	George Skonberg	1:04:23
96.	Doug Torrance	1:04:50
97.	Paula McGown	1:04:54
98.	Camille Ward	1:06:16
99.	Trey Anderson	1:06:21
100.	David Boyd	1:06:33
101.	Antonio Franco, Jr	1:07:22
102.	Sarah Stewart	1:07:26
103.	Jesse Roberson	1:08:33
104.	Ricky Park	1:08:35
105.	Amy Boles	1:09:38
106.	Heather Jones	1:10:04
107.	Watkins Cannon	1:10:26
108.	Alexandra Castor	1:11:08
109.	Troy Ash	1:13:14
110.	Bonnie Wassin	1:14:14
111.	Nancy Hallmark	1:15:05
112.	Steve Thompkins	1:17:49
113.	Steve Smalling	1:17:49
114.	Anne Horgan	1:18:49
115.	Danny Freestone	1:18:49

116.	Jean Horgan	1:18:49
117.	Gene Nelson	1:20:53
118.	Christo Highwood	1:23:36
119.	Greg Highwood	1:23:39
120.	Charlie Sharp	1:38:27
121.	Chas Webb	1:44:22

TEAM FINISHERS COMBINED TIME

1.	Daniel Goetz Joseph Goetz	1:21:47
2.	Megan Bernard Belinda Bernard	1:26:13
3.	Tim Ensign Barbara Ensign	1:27:54
4.	Ryan Schumacher Rick Schumacher	1:27:59
5.	Sergio Bianchini Marco Bianchini	1:29:46
6.	Jan Gautier Sydney Gautier	1:34:53
7.	Jason Webb Adam Webb	1:35:16
8.	Kathryn Vradenburgh Barry Vradenburgh	1:35:47
9.	Matt Gregory Suzanne Gregory	1:35:56
10.	Johnathon Boyd Leah Boyd	1:36:58
11.	Bruce Boles Alan Boles	1:38:42
12.	Doug Jipping Karen Jipping	1:43:34
13.	Vivian Anderson Barrera Elijah Ande Barrera	1:49:38
14.	Nico Mateo Carlos Mateo	1:52:58
15.	Andy Zorca Brenda Zorca	1:56:29
16.	Dylan Harper Anne Horgan	2:02:16
17.	Dorn Kile Gabbi Kile	2:05:01
18.	Daniel Boles Amy Boles	2:05:11
19.	Ricky Park Lane Park	2:07:24
20.	Franco Antonio Jr. Franco Antonio	2:08:02
21.	Greg Highwood Christop Highwood	2:47:15





CTC Membership is Strong, Rewarding in 2014

City, County and state representatives at a press conference announcing Chattanooga's recognition by the RRCA as an Outstanding Runner Friendly Community.

Chas Webb, Chattanooga Track Club Vice-president of membership

Did you know when membership reached the highest it has ever been for the club? You have to look no further than 2013. That is right; the record for the highest membership total was set last year. That should come as no surprise. For many years now the club has been doing great things for our members. There are a lot of perks to being a member. You get 10% off at Fast Break and Front Runner Athletics. Think about it like this, runners generally buy shoes twice a year. At an average cost of \$120 you spend \$240 a year on shoes. Take off 10% of that and it is \$24 which is exactly the price of a single person membership. So already you can make your money back just by becoming a member. In addition you get 10% off at American Bicycle Group.

However, membership in the Chattanooga Track Club is about more than discounts. When you join, you join a family. You join a family of 900 strong who share the love for running like you do. You join people who are passionate about running and who want to share that passion with other people. 2013 was a great year for the Chattanooga Track Club and that was because we were a unified club. We still have that unity and we will continue to be united as we move through 2014.

Our membership is strong but we know we can make it stronger. We are aiming for 2014 to be even better than 2013. It won't be easy but we know we can do it. We can't do any of this without you so we need your help. Sign up to become a member if you haven't already. If you are a member, then great, thank you. If you know of family, friends or anybody else let them know about the rewards of being a Chattanooga Track Club member.

Please be a part of the membership committee. We need help to make the many events and promotions happen throughout the year. A strong, successful membership committee will do a great job of making members feel like members. Our plans include another great social following the Chattanooga Chase and regular, informal get-togethers at fun places around town. Look for posts on our Facebook page for opportunities to hang out with me and talk about running, music or anything else you'd like.



Lee Davis and Doug Torrance, primary sponsors of the Signal Mtn. Pie Run, along with the Chattanooga Track Club, presenting a donation to Mike Taylor of the Mountain Education Fund.



Chattanooga Track Club presenting a \$1,500 donation to the UTC Cross Country Team



Stacey, CTC club manager, appears with Don Welch, host of the TV program 'ThisNThat'.



Stacey and Judy Rogers (from The Special Olympics) promote the Scenic City Half Marathon on a local radio show



Jenni Berz discussing the Chattanooga Track Club on the radio show Around and About.



THE LAST ANNUAL VOL STATE 500K

“Crewed” or “Screwed,” Bring a Plan and a Change of Socks

Steve Smalling

On a remote road in Missouri a few yards from the Mississippi River, minutes after 7:00 a.m. on Thursday, July 11, retired legendary ultrarunner Gary Cantrell (who calls himself Lazarus Lake) lit a cigarette, the signal that the 2013 edition of the Last Annual Vol State 500K race had begun. Twenty minutes later, when the Dorena-Hickman Ferry landed at Hickman, Kentucky, 40 solo participants, plus members of five relay teams, began their attempts to conquer 314 miles of rural roads on a course meandering in a southeasterly direction mostly across West and Middle Tennessee, ending with 50 grueling miles of climbing Monteagle Mountain, dropping into the Sequatchie Valley, climbing Sand Mountain into the northeastern corner of Alabama, then ending on a bluff at the end of a cornfield on Sand Mountain in the northwestern corner of Georgia.

Chattanooga Track Club member William “Sal” Coll first completed the Last Annual Vol State 500K in 2011, then again in 2013 when he improved his time by almost 73 hours, finishing in third place among unaided runners with a time of 5:05:52:42. Five days, six hours – a pace of just over 2.5 miles per hour for 126 consecutive hours! In 2012, Sal attempted the race, but had to drop out halfway due to a hip problem. According to Sal, the only other Chattanooga area participant who has conquered the course is Abi Meadows of Lookout Mountain. Abi was the fastest female finisher in 2011, completing the course unaided in 6:15:45:47. In fact, this writer first became aware of the Last Annual Vol State 500K when I noticed Abi running past my home on Highway 150 in Jasper (approximately mile 295) on one of the hottest afternoons in July 2011, then asked Abi the question Vol State runners must hear hundreds of times: “What in the world are you doing?” For this article, Sal and 72-year old Cookeville, Tennessee, resident Dallas Smith, who finished the Vol State unaided in 8:05:34:11, graciously agreed to be interviewed. Dallas was nearly 60 years old before he started running, but now holds many Tennessee state age records, including the state marathon records for nine of the ten ages from 63 to 72.

Runners compete in two divisions, those who receive assistance from supporters who handle all logistics associated with running a 314 mile race, and unaided runners who must rely solely on their own initiative and any help strangers are willing to provide. “Crewed” and “screwed” is the vernacular used, and Dallas Smith emphasizes that having a crew provides a “tremendous advantage.” Georgian Joe Fejes was the first place aided runner, finishing in 3:08:10:16, a pace of 94 miles per day. Alan Abbs of California was the first place unaided runner, finishing in 4:11:31:27, a pace of 70 miles per day. Both times were records for the course.

“...186 miles into the race is a bench of great significance to runners. It is said that anyone who passes the *Bench of Despair* can finish the race.”

Sal and Dallas were “screwed” runners, as were all but six of the 33 solo finishers. Besides presenting a greater challenge, many compete unaided because it can be difficult to find an assistant willing and able to spend two weeks on the road in a supporting role. Runners with crews have water and food brought to them, run all day (or more likely all night when it is cooler and there is less traffic), get a ride to a hotel or a medical clinic if necessary, then ride back to the same point refreshed to resume the run. Most stressful of all, “screwed” runners must carry water and

constantly search for the next source of water. Among other sources, Dallas got water from water faucets at churches and a construction foreman. Not in this particular race, but at other ultras, Sal says: "I have had times where I was out of fluids and nowhere to get any. It's kind of scary." Along remote stretches with no hotels for miles, perhaps slowed by an unexpected complication such as a thunderstorm, there is a very real possibility that an unassisted runner will find himself or herself sleeping in a field by the roadside, a cemetery, or on the front porch of a church. Some unassisted runners carry lightweight hammocks to throw between two trees to take naps.

Blisters are the most obvious source of physical and emotional trauma for ultra runners. However, more than 500,000 steps are needed to complete a 314 mile race, and any single misstep could be the one that forces a determined participant to drop out. Just 17 miles from the finish, between Jasper and Kimball, to avoid a car at night, one unaided runner stepped off the shoulder of the road into a ditch he did not see, badly twisted his ankle, and had to drop out. More than 250 miles into the race, near Manchester, what had been an injury-free run for Dallas Smith changed instantly when a sudden pain in his foot brought him to a halt. Perhaps a bone in the foot had briefly shifted out of place, because after some rest, the pain disappeared. Manchester was also where Sal's health issues began, but not in his feet or legs. Sal's throat started getting sore and continued getting worse. Upon reaching Monteagle, about 25 miles past Manchester, Sal says: "I saw one of the runners I had been trying to catch sleeping on a bench, so I took off and ran like a mad man all the way to Tracy City and forgot about my throat. I rested for an hour and then took off 16 miles to Jasper in the early morning hours. When I started heading down the mountain to Jasper, I turned around and thought I saw a runner coming, so I took off and sprinted down the mountain 3.3 miles all the way to Jasper. I was totally spent and thought I was going to die. It was time for the twice daily call to the race director to tell him where I was, and he told me there was actually nobody behind me for 25 miles." From that point, Sal walked most of the remaining 17 miles. By the time he reached the base of Sand Mountain, Sal could not eat or drink because of his sore throat. Dizzy and cramping, he finally forced down water and two salt tablets a couple of miles from the finish.

continued on p.16



Reflections on Vol State 500K

Dallas Smith

Tomorrow I could be on the couch. At the age of 73 that could become permanent. I cross my fingers when I say that. Today, five days after the great big VS wingding, I have no injuries and I'm not sore. I did lose a ton of weight, however. Nothing less than eating will cure that; I am lucky.

I needed this finish bad. Four years ago I tried to run across Spain on a trail called el Camino de Santiago, the way of Saint James. That run was an unsupported one with my Spanish friend Albino Jimenez, who was half my age. We failed. I needed a finish in VS to restore some confidence.

We ran from France straight up the face of the Pyrenees and down the other side to Pamplona, Spain on the first day. The Pyrenees make Monteagle and Sand Mountain look like bumps in the road. And when I say "run" up, I mean that word. I don't mean walking and I don't mean an ultrarun shuffle. We ran. It remains the most outstanding day of running I've ever done. I was looking down.

I was pushing hard.

I was ignorant.

I was destroying my legs.

We arrived in Pamplona at the same time as a freak heat wave, a week before the running of the bulls. That day Pamplona, I learned, was the hottest city in all of Spain, 104 degrees F. We ran on. The next day was hotter, hitting 107. Third day, heading west straight into a humming sun, unable to get the food I needed in that strange place and withering in the heat, I faltered. Albino continued on three more days and nearly put himself in the hospital. We both nearly destroyed our health.

The failure haunts me yet. It remains my most outstanding running breakdown. I saw VS as a second chance. But I was afraid. I determined to run VS slowly and safely. Try to get the finish. Try to earn redemption. Don't fail.

Afraid, yes, but willing still to accept one big handicap, I decided I would write a story each night. That decision cost me three or four miles each day. Typing on a smart phone, each story took an hour or more, an hour I could've used to get out running earlier. Miles before sunrise are nearly free miles when their cost in water and energy is compared to those in the heat of the day. I also took the time to make pictures and live-tweet my run.

Though it was costly, I'm glad I made the decision. Friends followed those stories. They told me so. They looked forward to each edition. They told me that too.

The one regret I have about the stories is that, due to time limitations, I was forced to edit out most of what I wanted to say. I only had time to narrate two or three set pieces, and not even time to fully develop those. There was not time for analysis, mediation or rumination. In that sense, the stories may convey the misleading notion that not much was happening, when in fact, I could've spun out a full treatise each night.

Three words never appeared in my narratives: pain, misery, suffer. There was a bit of those in my body - but not much, I went slowly, after all - and they were not what I wanted to focus on.

It all worked out, and I finished in a time of 8d 5h 34m 11s.

That's not very good. My finish position was 26 of 40 starters - no great whoop. I lost two positions by sleeping late on my last night, in Kimball, just 14 miles from the rock ledge finish.

I always deny I'm an ultrarunner, although I have run ultra distances many times. I'm just not good at it. I prefer the conventional distances, but occasionally go long just for the adventure of it. VS didn't disappoint in that regard.

Maybe I'll do VS again someday. After I get older and after I've forgotten how much trouble it was, maybe it'll call my name again.

SCENIC CITY HALF MARATHON, 5K & CHARITY CHALLENGE 2014

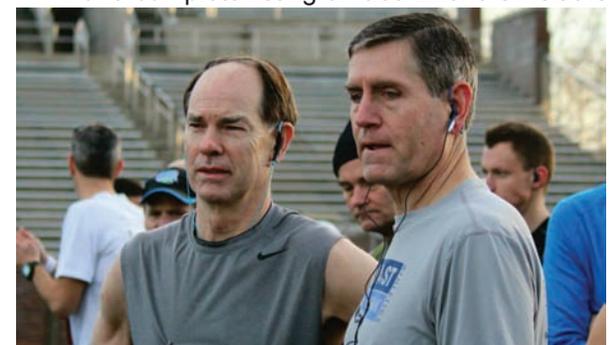
HALF MARATHON RESULTS

OVERALL FEMALE				MALE AGE GROUP: 45 - 49				
1	Sydney Marshall	1:22:27	3	Josue Limas	1:27:57	1	Ryan Shrum	1:20:22
			4	Tim Zorca	1:28:02	2	Tim Vinson	1:20:59
OVERALL MALE				FEMALE AGE GROUP: 25 - 29				
1	Paul Stuart	1:11:49	1	Sarah Eldridge	1:33:38	3	Les Conner	1:28:33
			2	Chelsey Morris	1:33:46	4	Eric Whittington	1:33:56
FEMALE MASTERS				FEMALE AGE GROUP: 50 - 54				
1	Jennifer Funk	1:42:02	3	Emily Findley	1:38:14	1	Terri Pignone	1:52:35
			4	Andrea May	1:41:37	2	Leslie Shuman	1:57:31
MALE MASTERS				MALE AGE GROUP: 25 - 29				
1	Geno Phillips	1:15:53	1	Jack Findley	1:14:49	3	Gwen Meeks	1:58:06
			2	Cullom Boyd	1:23:52	4	Tauna Council	1:59:19
FEMALE GRAND MASTERS				MALE AGE GROUP: 50 - 54				
1	Jane Carlisle	1:47:55	3	Joey Greer	1:25:06	1	Bart Modrall	1:33:59
			4	Kyle Trent	1:29:47	2	Claudio Verzilli	1:35:17
MALE GRAND MASTERS				FEMALE AGE GROUP: 30 - 34				
1	Jeff Colfer	1:27:57	1	Jeanette Wilson	1:32:06	3	Ray Kellum	1:36:14
			2	Mindy Freeman	1:34:51	4	James Zahn	1:36:49
FEMALE SENIOR GRAND MASTERS				FEMALE AGE GROUP: 55 - 59				
1	Sue Anne Brown	2:09:08	3	Braden Reid	1:38:00	1	Beth Rice	1:52:25
			4	Jenn Webb	1:43:34	2	Rhonda Gage	1:59:45
MALE SENIOR GRAND MASTERS				MALE AGE GROUP: 30 - 34				
1	Roger Harris	1:42:00	1	Jonathan Dennis	1:28:15	3	Julie Cash	2:03:37
			2	Michael Oyler	1:30:05	4	Betty Holder	2:04:11
FEMALE AGE GROUP: 16 & UNDER				MALE AGE GROUP: 55 - 59				
1	Allie Anderson	1:48:07	3	Eric Mason	1:31:08	1	Jeff Stracener	1:31:09
2	Molly Horak	1:55:20	4	Dusty Jameson	1:32:39	2	Steve Bradley	1:35:00
3	Katelyn Lepley	2:03:11				3	Mike Usher	1:39:30
4	Addison Gaines	2:05:18				4	Dave Alderman	1:43:59
MALE AGE GROUP: 16 & UNDER				FEMALE AGE GROUP: 35 - 39				
1	Jonathan Boyd	1:29:19	1	Holly Swinea	1:40:19			
2	Omar Lopez	1:39:52	2	Teri Akovenko	1:40:40			
3	Camden Kime	1:48:01	3	Dana Greer	1:44:05			
4	Brock Colyar	1:49:05	4	Holly Sayne	1:45:34			
FEMALE AGE GROUP: 17 - 19				MALE AGE GROUP: 35 - 39				
1	Grace Bodron	1:45:50	1	Chris Brown	1:24:52			
2	Natalie Barkman	1:49:11	2	Troy Ketchum	1:25:29			
3	Ruthie Cargill	1:50:37	3	Jason Webb	1:28:06			
4	Sarah Collins	1:54:57	4	Robert Truckenmill	1:28:25			
MALE AGE GROUP: 17 - 19				FEMALE AGE GROUP: 40 - 44				
1	Alan Lopez	1:36:46	1	Lisa Logan	1:44:06			
2	Philip Moore	1:44:26	2	Terry Ingleburger	1:54:46			
3	Brad Windle	1:47:41	3	Karen Jipping	1:59:48			
			4	Vivian Anderson-	2:00:22			
FEMALE AGE GROUP: 20 - 24				MALE AGE GROUP: 40 - 44				
1	Kiersten Vradenb	1:36:30	1	John Sillery	1:19:55			
2	Valerie Hansen	1:43:04	2	Todd Liscomb	1:22:13			
3	Tera Davidson	1:43:12	3	Tripp McCallie	1:27:57			
4	Paige Wells	1:45:22	4	Steven Morrison	1:28:33			
MALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 45 - 49				
1	Kyle James	1:22:31	1	Sue Barlow	1:44:13			
2	Matthew Gorter	1:25:37	2	Connie Petty	1:47:22			
			3	Leah Gallant	1:50:46			
			4	Elizabeth Dean	1:51:15			

5K RESULTS

OVERALL FEMALE		
1	Betsy Heines	20:05
OVERALL MALE		
1	Joseph Goetz	16:04
FEMALE MASTERS		
1	Saun Whittenbur	24:04
MALE MASTERS		
1	William Enicks Iv	17:40
FEMALE GRAND MASTERS		
1	Vickie Pitts	26:42
MALE GRAND MASTERS		
1	Bill Wright	21:22
FEMALE SENIOR GRAND MASTERS		
1	Leslie Dodson	34:51
MALE SENIOR GRAND MASTERS		
1	Bob Gift	26:08
FEMALE AGE GROUP: 14 & UNDER		
1	Gracie Pendleton	20:53
2	Chloe Johnson	28:22
3	Rosa Barrera	28:22
4	Hazel Collier	31:39
MALE AGE GROUP: 14 & UNDER		
1	Troy Bearden	24:14
2	Braydon Kime	24:41
3	Gage Whited	25:27
4	Matthe Randolph	26:04
FEMALE AGE GROUP: 15 - 19		
1	Jillian Lentz	21:04
2	Paige Smith	24:52
3	Scottie Sandlin	27:19
4	Heather Vallellan	29:31
MALE AGE GROUP: 15 - 19		
1	Eric Nelius	17:41
2	Casey Felthoelter	8:21
3	Owen Schumacke	18:55
4	Nathaniel Nalley	20:32
FEMALE AGE GROUP: 20 - 24		
1	Margaret Cross	23:14
2	Erin Simpson	23:43
3	Kristen Vaughn	24:29
4	Anna Trugenberg	24:43
MALE AGE GROUP: 20 - 24		
1	Ian Murphy	18:29
2	Andrew Bunker	18:37

For a complete listing of race finishers visit the CTC



3	Micha Cunningh	18:57	4	Mike Burnett	25:43
4	Zeid Khalaf	28:38			
FEMALE AGE GROUP: 25 - 29					
1	Allison Colberg	22:21	1	Lisa Tennyson	26:53
2	Shannon John	24:26	2	Sue Damstetter	27:22
3	Keresa Steichen	24:49	3	Margaret Cawood	28:52
4	Brittany Moss	24:56	4	Janice Wycherley	30:23
MALE AGE GROUP: 25 - 29					
1	Daniel Goetz	16:08	1	Doug Murphy	22:46
2	Jose Cardenas	23:17	2	Caleb Fowler	22:47
3	Jeremy Dell	24:43	3	Garry Ballard	23:18
4	Sivakum Soundar	25:21	4	Mark Elam	27:22
FEMALE AGE GROUP: 30 - 34					
1	Stephanie Dillard	24:49	1	Michele Chandler	29:14
2	Heather Allsup	25:02	2	Sarah Bowen	30:15
3	Tasha Woody	25:05	3	Cathy Faulkner	31:44
4	Emily Bell	25:37	4	Barb Monaghan	32:24
MALE AGE GROUP: 30 - 34					
1	Neal Crutchfield	18:38	1	Floyd Roach	27:04
2	Jonatha Melanso	21:54	2	William May	27:09
3	Shane Wright	22:36	3	Joel Rhodes	27:48
4	Bradford Lumley	29:06	4	Sadayoshi Saito	30:29
FEMALE AGE GROUP: 35 - 39					
1	Andrea McCurdy	25:16	1	Christine Heath	35:28
2	Lisa Wetzel	27:56	2	Jane Webb	37:09
3	Liz McNelly	29:39	3	Mary Ann Villega	40:53
4	Jennifer Miller	31:38	4	Brenda Eddings	43:13
MALE AGE GROUP: 35 - 39					
1	Ringo Long	20:46	1	Thomas Smith	27:39
2	Rusty Lee	22:47	2	Pat Hagan	28:01
3	John Randolph	23:48	3	Arturio Smith	29:42
4	Charlie Horton	24:44	4	Koji Nambu	30:29
FEMALE AGE GROUP: 40 - 44					
1	Lucinda Bolt	27:20	1	Janice Smith	45:50
2	Robyn Ward	27:49	2	Deborah Mynatt	1:24:59
3	Becky Lerner	28:11	MALE AGE GROUP: 65 - 69		
4	Amy Profant	29:33	1	Bob Fugitt	26:20
MALE AGE GROUP: 40 - 44					
1	Richard Tennyson	23:07	2	Michael Owens	27:41
2	Mark Kirk	24:48	3	Dan Woughter	31:39
3	Sean Price	25:12	4	William Kelch	34:56
4	Jim Morgan	29:28	FEMALE AGE GROUP: 70 - 74		
FEMALE AGE GROUP: 45 - 49					
1	Tonia Johns	29:09	1	Susan Harrison	50:36
2	Cindy Cronan	31:29	MALE AGE GROUP: 70 - 74		
3	Anna Downing	32:04	1	David Wycherley	42:21
4	Kimberley Peak	32:07	FEMALE AGE GROUP: 75 & OVER		
MALE AGE GROUP: 45 - 49					
1	Larry Aulich	21:36	1	Libby Hubbard	59:34
2	Patrick Wortman	23:42	2	Dolores Reynolds	1:24:52
3	Nicholas Whitte	24:58	MALE AGE GROUP: 75 & OVER		
			1	Frank Hubbard	48:16
			2	Ned Mynatt	1:24:56

Chattanooga Track Club website at www.chattanoogatrackclub.org.



The Chattanooga Track Club Scores a Touchdown at Finley Stadium

Sherilyn Johnson

On Saturday, February 22, 2014, the Chattanooga Track Club was totally amazing at the Scenic City Half Marathon, 5K & Charity Challenge which was the RRCA Tennessee State Half Marathon Championship. The 2014 race season was kicked off at Finley Stadium with several positive changes which included a new logo and timing chips in the bibs. The biggest improvement, however, was the venue change from the First Tennessee Pavilion to Finley Stadium and Davenport Field which gave a more festive atmosphere. With the venue change, came the opportunity for Chattanooga Track Club members and the 200+ volunteers to enjoy coffee, hot chocolate and a pancake breakfast in the Press Box while viewing the activities on the field.

Minutes before the start of the half marathon, Kirsten Ridge gave an outstanding performance singing the National Anthem. It was fantastic. If you did not attend the race, you should come next year just to hear Kirsten sing. It will give you chills. Soon after, the half marathon participants were lined up on the 50 yard line to begin a tour of Chattanooga. The sky was blue and temperatures were in the low fifties; a perfect day for running in Chattanooga. The 5K participants lined up on the 50-yard line and were on their way 15 minutes after the half marathoners. As participants were completing their journey and making their way to the finish on the 50-yard line, they could view themselves finishing on the jumbotron on the East end of the stadium. This was an exciting finish to a great beginning of the run.

The excitement did not end at the finish line. The Chattanooga Track Club and corporate partner American Bicycle Group hosted a drawing for a C3 Litespeed road bike. Laura Pitman, a registered half marathoner from Hixson, Tennessee was the winner. The drawing was open to all CTC members who joined or renewed their membership by January 31. Also, all registered participants of the Scenic City Half Marathon, 5K & Charity Challenge had an opportunity to win. The American Bicycle Group, based in Chattanooga, Tennessee manufactures Litespeed and Quintana Roo bicycles. For details on their full line of products, visit AmericanBicycleGroup.com.

Since this was a Charity Challenge along with a half marathon and 5K, 8 local charities benefited from the event with a portion of each participant's race fee going towards the charity they selected. Participants and supporters of the charities had the opportunity to set up their own fund raising page which they personalized. Holly McMillian created the best fund raising page and was awarded \$50. With an increase of 50% in participation from 2013 drawing 1474 registered runners, 482 5K participants and 992 participants, \$18,829 was raised for the 8 charities which are the Area 4 Special Olympics, Chattanooga Community Kitchen, Chattanooga Room in the Inn, Children's Advocacy Center for Hamilton County, Chambliss Center For Children, Girls on the Run, and McKamey Animal Center and YMCA of Chattanooga.

The event would not have been possible without the support and dedication of the following race coordinators who spent many hours planning and executing many tasks. They are Steve Johnson, Don Lastine, Mike Leary, Stacey Malecky, Doug Roselle, Charlene Simmons, Steve Smalling, Sujeel Taj, Chas Webb, Jane Webb, Paul Wells and Mark Wisdom. The sponsors who supported the event include AdvoCare, Amateur Radio Emergency Service, American Bicycle Group, Carter Distributing, Center For Sports Medicine & Orthopaedics, Chattanooga Bakery, Chattanooga Coca-Cola Bottling Company, Chattanooga Downtown Marriott, Chattanooga Times Free Press, Earth Fare, Fast Break Athletics, Finley Stadium, Focus For Massage, Fox 61 – WDSI, Front Runner Athletics, Georgia Marathon, Madaris Siding and Windows, Monkey Town Donuts, Publix Super Markets, Pizza Hut, Ragnar, Real Time Pain Relief, Road ID, Shave Secret, The Stadium Corporation, Warren McLelland Aerial Photography.



WHEN I BECAME A RUNNER

Renee Hood

I grew up in the 1980s playing sports where running was the punishment for “messaging up” during the games. Besides running sprints in practice, I only ran to chase a ball, score points, or stop someone else from scoring. I never ran in the off-season and dreaded the conditioning practices once the new season began. I had asthma, so running was not an activity I enjoyed. We were a team sports family and my school did not have a track team. I was unaware of running clubs and races. It was a world to which I had no access.

Once competitive sports ended for me, the weight came on...and off...and on...and off...and then, it seemed, permanently on. I tried all the fad diets and “get-thin-quick” exercise gadgets. I threw away thousands of dollars on unused gym memberships. The weight battle continued through my thirties with the birth of my children. How long can you call it “baby weight” anyway? Well, I blamed it on pregnancy for almost a decade.

When I hit forty, I hit it hard. I hated how I looked and how I felt. I believed I was doing a terrible job as a mom, a wife, and a teacher. I self-medicated with food and was mindlessly downing probably 3000-5000 calories a day. About a month before turning forty-one, I overheard some coworkers talking about forming a running group. Almost everyone was a new runner and the goal was to do a Couch-to-5K program and run a race together. I signed up and bought my first pair of running shoes. It was mainly the peer pressure and accountability that got me out there after work a few times a week. We did a couple of 5K races, but after about nine months the group kind of fizzled out.

I kept running in spurts, but couldn't seem to get any distance under me without an injury taking me off the road. I had long bouts of doing nothing, but I had somehow caught the running bug. I read running magazines, read runners' blogs, and grew envious of those runners on the side of the road while I drove to work. At this point, I had not even run a mile without walking. But, I imagined myself running like all of those people I started seeing. They were everywhere! Had they been there all along and I had never noticed? I was beginning to get a glimpse of the world of running, but I did not dare call myself a runner. I just couldn't think of myself as good enough. For some reason, I thought I had to reach a certain mileage before I could think of myself as a runner. I, also, didn't think I looked like a runner. The negative self-talk could easily knock me off track.

Even though I still struggled with adding mileage, I decided that I wanted to run a half marathon before turning forty-five. I took the leap and registered for the 2013 Chickamauga Battlefield Half. The race date was three weeks before my birthday. I could not fathom the distance, but there were lots of training programs that “guaranteed” I could get there. I chose a program that actually took me past 13.1 miles. I felt I needed to know I could run that distance before race day.

It was during my half training that I truly became a runner. Maybe I should say that I gave myself permission to call myself a runner. Every time I conquered a new distance, I felt like a champion. I actually broke down and cried after completing ten miles for the first time. I started looking forward to my long runs; me, the girl who could barely run a mile when I started training. I still loved running with my group whenever I could, but I really started to beat my demons on my long solo runs. You know those demons: the negative self talk, the self doubt, the frustration, the disappointments, the pain. I began sleeping better (I've battled insomnia for years), looking better (down 20 pounds), and feeling A LOT better. I had become a runner.

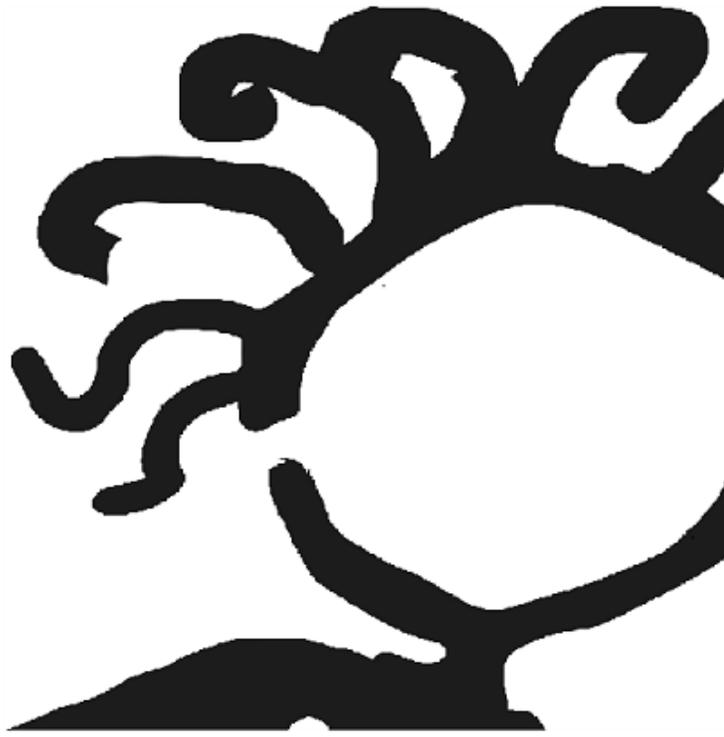
I crossed the finish line at Chickamauga with a smile on my face, feeling like I'd conquered the world. It wasn't easy. I don't want anyone to think it was ever easy. But, it was enlightening and empowering.

I recently completed my second half, a dream race at Walt Disney World. I am planning a third half (and maybe a fourth and fifth) in 2014. I just wish I had started earlier. I didn't know what I was missing.

I'm not fast, I still take a few walk breaks (or photo ops, as I like to call them), hills kill me, and I still need to lose weight. But, I am a runner.

I run. I am a member of the Chattanooga Track Club. I am the high school principal at Boyd-Buchanan School.





April 12



19 Cherokee Boulevard, Chattanooga, TN 37405

423.265.0531 fastbreakathletics.com

Be a Front Runner, and Make a Fast Break To Our Favorite Chattanooga Running Stores

Lynda Webber

You may be a newbie runner. You may be an experienced runner. You may be new to the CTC, or you may have been a member for 20 years or more. But you may not know the CTC's two favorite "specialty" running stores, and even if you do, many of you probably don't know everything they have to offer the Chattanooga running community and most of you don't know their respective histories... an interesting bit of local trivia.

Just so you know I'm not playing favorites, here (I love both stores and their incredible staff members), let's go in alpha order.

Fast Break Athletics at 19 Cherokee Boulevard is your Downtown/North Shore go-to store for running stuff. Many of you Fast Break regulars know Dick Dillard... the extremely congenial fellow with the big, booming voice who could have been a radio announcer – but chose a different career path back in 1977 when he opened the first Chattanooga-area "Athletic Attic" franchise (a multi-sport store) at the old Eastgate Mall. Dick eventually branched out with six more Athletic Attic stores in and around the Chattanooga area (more or less), and then got a wild hair and decided to open a more specialized store all his own, solely devoted to his all-time favorite sport... Voilà! The first Fast Break is born in 1987, at the Eastgate Mall, and it is a ... basketball specialty store?! Who out there besides me didn't know that "fast break" is an offensive strategy in basketball, and not a track-and-field term? Du-uhhh...

The early-to-mid '90s was a time of change for small sporting goods stores, with big chain stores like Academy looming on the horizon, so by 1996 Dick had closed all his Athletic Attic franchises. By that time he had also downsized Fast Break to "grass roots" status and had morphed it into a "pure running store," retaining the name – even after selling off the last basketball – only because (unlike Athletic Attic) it was his own invention and he would have to pay no royalties.

Various circumstances finally led to Dick's decision to close Fast Break/Eastgate in 1996, and no doubt he thought he would go on to other adventures. As karma would have it, however, opportunity almost immediately presented him with a new store location on the North Shore at 104A Tremont. Formerly the old home of River City Bicycles, Dick had a chance to lease the space and Fast Break got its second wind alongside the revived North Shore.

As running became more and more popular in the Scenic City, business boomed. Fast Break outgrew 104A Tremont, and in 2010 it moved to its present location at 19 Cherokee Boulevard, where it now sells anything and everything for the serious runner and triathlete.

Dick Dillard retired from the fast life at Fast Break in 2009 in order to finally travel, go adventuring, and fulfill his life's dream of watching more live basketball, and named as successors to his empire. New Fast Break owners Zach Winchester and Alan Outlaw, both incredible runners were well suited to carry on the Dillard dynasty with the help of their exceptional staff (Diane, Michael, Andrew, Jimmy, and Kiersten).

Finally, it just wouldn't do Fast Break justice without mentioning that the name Joey Howe is almost as synonymous with Fast Break as that of Dick Dillard. Call him the "Face of Fast Break," if you will, Joey has not only been running the streets of Chattanooga since he was a skinny young maverick with a pony tail, he has worked tirelessly for Fast Break since he first set foot there in 1980 – except for a six-year hiatus (1995 – 2001) when he had his own wild hair, opened his own business, and repaired shoes

instead of selling them (giving him new and Zenlike insights into the very heart ... and indeed the very sole... of footwear). Currently serving as General Manager, Joey (who also is in charge of speedwork training at Fast Break every Thursday evening) is passionate about running and good footwear and will – no doubt – be at Fast Break for another 30 years.

Front Runner Athletics at 4251 Hixson Pike rules the Hixson area and, like Fast Break, it caters to runners all over the Chattanooga area, with its origins going back over 30 years. In providing a little bit of history here, you should first know that a good shoe store, like a good TV show, sometimes spawns a spin-off... and in this case the Running Factory II was a spin-off of the original Chattanooga Running Factory, with Louis Priddy as the main cast member (and owner). Running Factory II opened in 1982 on Highway 153 across from the present-day WalMart, with a whopping 800 square feet of retail space. Louis was an avid runner and a truly gung-ho sort of guy, and it didn't take long before his business reputation began to grow in the Chattanooga area along with his inventory, which consisted of not only running footwear and apparel but soccer, tennis and wrestling footwear and apparel as well.

Although Running Factory II was established, and thrived, on Highway 153 in Chattanooga, Louis finally outgrew the location. He moved further up Highway 153 in Hixson to a 2,000 square foot store in the location of the present-day Formosa Restaurant, and changed the name to Front Runner Athletics. He moved again to his last rental location in Highland Plaza, where he had 2,500 square feet, and finally in 1997 – he built a new 5,000 square foot store at 4251 Hixson Pike, which is the home of Front Runner Athletics today. Under his community-minded ownership, Front Runner sponsored races for both the Big Oak Ranch and the Fellowship of Christian Athletes (FCA) and, as most of you know, the FCA 5K remains a popular annual event with the Chattanooga Track Club to this day.

In 2001, Louis passed the reins of his empire to equally avid runner Chad Varga, who carries on the Front Runner tradition of excellence with the help of his staff of experienced and friendly runners (Andrew, Amanda, Dennis, John, Ryan H., Ryan C. and Thela), all of whom are knowledgeable in the latest running footwear, apparel and technology.

Both Front Runner and Fast Break are also community minded.

In addition to the annual FCA 5K, Front Runner is a big supporter of Emily's Power for a Cure, founded by Jonathon and Wendy Ransom when their two-year-old daughter, also known as the "Pink Power Princess," passed away from Stage IV Neuroblastoma on February 20, 2006. For the past five years, Front Runner has served as a corporate sponsor of "Pink It To The Limit," Emily's team of runners/walkers who participate in the Country Music Marathon and Half Marathon in Nashville for the benefit of the Foundation in its fight against pediatric cancer.



Closer to home, Front Runner – in conjunction with the CTC – sponsored the first free “Summer Training Camp” in Chattanooga this year, hosted by UTC Head Cross Country and Track Coach Bill Gautier and Baylor Head Cross Country Coach Jan Gautier. Open to runners of all ages and levels, the camp was held each Monday and Wednesday evening in July starting at 6:30 p.m., and Chad Varga was personally in attendance to assist with the camp, lend his support, and present some nice shirts to all the “graduates.” Yours truly is proud to be an alumni (having never slacked on even one meet), and I have to say it got me totally motivated. I’d recommend it to all, so be sure to contact Front Runner for details on the next camp.

Along similar lines, Fast Break put its very own Lucas Stocks in charge of its recent Seven Bridges marathon/half marathon training program with, of course, support from the whole Fast Break team. Registrants received their own custom training program and personal support, together with scheduled group training runs designed to provide confidence, motivation and accountability – and all at a minimal charge because (and it’s true) if you pay to play, you’re more likely to stick with it. This theory proved to be correct: they never had a registered member who didn’t show up, and each trainee generally averaged a 15 minute PR on race day. I personally observed that store owners Zach and Alan (who were there for every training

run) were firmly hunkered down by the last turn before the Seven Bridges finish line, looking for all their chicks and cheering them on as they approached.

Other recent Fast Break sponsored events have included Newton running form clinics, a self-defense-for-runners seminar, “demo nights” with companies Brooks and North Face, and the recent Urban/Nature 10K. Upcoming events will be posted on their Facebook page, so you’ll definitely want to “friend” them!

Both Fast Break and Front Runner will not only sell you shoes for road and trail, they’ll give you a 10% discount on purchases for being a CTC member. They’ll also analyze you, equip you, advise you, train you and swap running war stories with you – something the bigger chain stores just don’t do.

Most importantly, they’re both serious about helping you find the proper footwear and are willing to work with you. And if one store doesn’t carry your favorite brand of shoes or running equipment, the other one most likely will, so even though we all hear the jokes about a friendly rivalry the two stores actually complement each other, and both are synonymous with running in Chattanooga. Check out their websites and Facebook pages for all that they have to offer, and if you haven’t done so yet, drop by each store to introduce yourself as a CTC runner and gawk at all the neat stuff they have to offer. Be sure to tell ‘em Lynda sent ya!



Vol State 500K

Continued from page 9

Dangers associated with the race include dogs, huge logging trucks speeding along rural roads at all hours of day and night, and the occasional inconsiderate, idiotic driver who swerves toward the shoulder to try to scare the runner, or the car passenger who throws something at the runner, not realizing or perhaps not caring that the person on the receiving end of the harassment may be in his or her 20th consecutive hour awake -- dizzy, dehydrated, perhaps hallucinating, and struggling to stay awake. Dallas points out that the state highways in Tennessee often have no shoulders, but they do have wide right-of-ways stripped of trees, meaning there is no shade. No road shoulders and no shade – the worst of both worlds. One would hope that police who cross paths with the runners would be helpful, and many are. However, I'm disappointed to say that in my home town, at least one runner felt harassed by police who boxed him in between two cars at night on the side of the road and started asking questions of this person who appeared to be a vagrant. Indeed, after running the equivalent of more than eleven marathons in roughly seven days, runners arrive in Jasper refreshed, disheveled, and everything between. Runners arriving in the morning usually appear most refreshed, having most likely just spent some time resting in a Monteagle hotel. Last year, I talked to one runner at 9 p.m. who was sitting at the courthouse staring aimlessly into space. I suspected that she would not finish, but was pleasantly surprised the next day to see on the internet that she completed the race.

For every bad or scary experience, there seem to be many more inspiring experiences, especially involving receiving support and encouragement from strangers. Stories from Sal, Dallas, and the articles I read about the race include a stranger helping clean and dress the blisters of a runner in a rural café, clerks allowing runners to sleep on the floor in the back of their stores for a couple of hours, runners receiving free meals in restaurants secretly paid for by well-wishers, and numerous others quizzing runners in rural stores about the race, then driving by later in the day to give the runners bottles of water. Outside the Glendale Market in tiny Culleoka, near Columbia, 186 miles into the race, there is a bench of great significance to runners. It is said that anyone who passes the "Bench of Despair" can finish the race. When Lazarus Lake told the store owners about the significance of the bench, the owners stenciled in the title.

Sal and Dallas both developed routines. Sal stopped at convenience stores every 20 or 30 miles to buy snacks, chocolate milk, and bags of ice. He took off his shoes and socks, iced his feet, and "took a little cat nap that worked miracles." Dallas carried only one pair of extra socks and a pair of extra shorts, stopped at a market at night to pick up food for the evening and breakfast, checked into a hotel and took a shower with his clothes on, then hung the clothes to dry while he slept.

For those interested in more information, there is a Facebook page for the race, titled "Last Annual Vol State Road Race." Be sure to also search the internet for "Barkley Marathons" for information about the 100 mile race started by Gary Cantrell at Frozen Head State Park in upper East Tennessee, called in a March 27, 2013 New York Times article "the world's toughest and most secretive trail race." Another informative ultra-running site is Runitfast.com, maintained by Tennessean and Vol State finisher Joshua Holmes. Finally, it is interesting to note that the organizers and participants in the Last Annual Vol State 500K do not crave or even desire attention from the New York Times, Jogging Around, or any other media. The race is a low key, publicity shy event.

MEET THE PREZ



"Leadership is the capacity to translate vision into reality."

—Warren Bennis

Name: Bill Brock

Unofficial Nickname: "The Prez"

Secondary Occupation: Business Owner – Application Development (programming / database architecture / business systems)

Claim to Fame: Past President, Current President... and Future President!

Years running: Approx. three years in junior high school cross-country, did not run again until my mid-30's. Ran first marathon in 1998 and have run 40 marathons and/or ultras since that first marathon.

Years racing: 16-ish?

No. of years as a CTC member: 15

No. of racing miles/races completed to date: Maybe around 1200 racing miles – 40 marathons / ultras and guessing 30 other events averaging five miles...

Favorite Distance: Depends on the day – love 4.8 miles, 10k, 15k ...and 18-milers probably most! **Favorite race:** Annual Wauhatchie Trail Run – love, love, love the course!

Most memorable race: Too many great memories to know for sure. 200 mile relay in NC Mountains was particularly memorable – lost a runner on the country backroads at 4:00 a.m., got van stuck in a ditch, got lost – crazy, incredible event and just had a total blast!

Quote: There is no single quote that is sufficient to describe what I take away from running and from life.

I run: Why DO I run?? Ha! No single sentence can handle that, either. Running does it all for me – it's my health, my sanity, my connection time with nature and the source of my community and my most valued friendships. It is my constant teacher, reminding me that I must have discipline and work consistently to meet goals, and that I must also take a balanced approach in all things or I risk physical injury or other losses even worse.

I race: to have fun, to beat my own times (or at least hit my own goals), and to compete with friends who run near my pace.

Not many people know that he: "Gee. Tough one. I've shared just about everything worth knowing on too many long runs. I play Sudoku frequently before I go to sleep at night – does that count?"

THE 2013 VOY



Name: Jane Webb

But we call her: The Future President of the CTC Secondary

Occupation: Executive Administrative Assistant at BlueCross BlueShield of TN

Years running: 15

Years racing: 3

No. of years as a CTC member: 3

No. of races completed to date: 32

Favorite distance: 5K

I volunteer because: I LOVE the CTC and all my new friends, and I want to help promote and encourage everyone to get involved for their health and happiness!

Favorite race at which to volunteer: The Chattanooga Chase – super fun, challenging, costumes, FOOD/picnic!!

Favorite Race: Missionary Ridge... love the history and the course, and the fact that I can walk to the starting line!

Most memorable race: Market Street Mile... I set a state record in 2011, and that was a thrill!!

Quote: “Don’t stop believin’” ... in yourself, and others! (Yes, I love Journey!)

I run: for better health, for the endorphins, and for the camaraderie with my buds!

I race: because I am very competitive and like to set goals! Not too many people know...that she is also a horse lover.

Jane adds: I have never regretted volunteering at any event. There have been times when I signed up for too many shifts and could barely walk to my car and drive home, but the memories are golden and I always meet new people and get encouraged and inspired by them. The mood/feeling/vibe in Chattanooga is awesome, and I truly love being a part of every possible event that I can get to. It is addictive, and I encourage everyone to try at least one event and see what the fun and excitement is all about! Join us!

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain love for one another.”

--Erma Bombeck

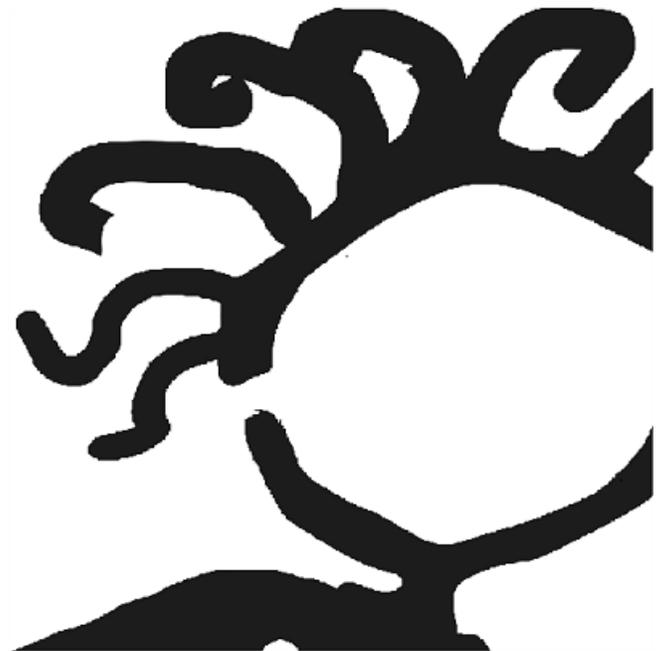
65 ROSES 5K CONTINUES HELP FOR CF RESEARCH

Bill Estes

On Saturday April 12th, Lee University and downtown Cleveland will host the 65 Roses 5K and Great Strides Walk. This will be the 14th year for the walk and 12th year for the 65 Roses 5K. Over the past 13 years, with the help of runners like you and the Chattanooga Track Club, this event has raised \$631,658 for research leading to a cure of Cystic Fibrosis.

This year’s race will follow the same route through the Historic District of Cleveland with timing provided by the Chattanooga Track Club. All the usual family-friendly wrap-around activities will return: blow-up jumping toys, cotton candy, face painting, snow cones, and more. Families are most welcome. All runners this year will receive technical running socks for registering and cotton tees at the finish. And anyone wanting to pick up their SWAG the night before, there will be a pasta dinner at 6PM in Lee University’s Great Room. Tickets are \$10 and can be purchased at the door. The race starts at 8:30AM with a 1-K Fun Run starting at 9:45. The Great Strides walk starts promptly at 10:00. All of this information and more can be found at: <http://www.leeuniversity.edu/65roses>. Follow a link off this page to join our Facebook page. Sign up early to take advantage of discounted registration fees. We are looking forward to the best year yet.

And finally, I’m often asked, “What does ‘65 Roses’ mean?” When children are diagnosed with Cystic Fibrosis they are often unable to pronounce the disease. It comes out, “sixty-five roses.” This moniker has been adopted by the CF Foundation since its inception. During these past 13 years the average lifespan of CF patients has risen over 10 years, and a true miracle drug was approved – Kalydeko. Be sure to follow some of the links off the above webpage for more information and to see why we work so hard. See you April 12th



April 12



MEET THE 2013 ROY CHAMPIONS

I've paid my dues - 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"

INTRODUCING THE OVERALL MALE & FEMALE RUNNER OF THE YEAR...



DEAN THOMPSON

Secondary Occupation: Manufacturing Manager at Shaw Industries

Nickname on the road: "Dean the Machine"

Years running: 34 years (My mother would say 48)

Years racing: 34

No. of years as a CTC member: Two

No. of races completed to date: 125

No. of racing miles completed to date: No idea. If I was guessing, I would say 500 races.

Favorite distance to race: Always loved the mile when I was young. Now I am really starting to love the marathon, but there's nothing like a good fast 5k!

Favorite race: I love to run the FCA 5K. I like holiday races and I love supporting FCA. I like to think that I am an ambassador for Christ when I run.

Most memorable race: 2013 Myrtle Beach Marathon - I couldn't believe that I won while shaving nine minutes off my previous best. I ran past the leader at 25 1/2 miles, and finished 34 seconds ahead of him. I felt like a celebrity when I was finished with TV cameras and reporters all around me! It made it difficult to find my Number One Fan, my wife, Debbie.

Quote: "I can do all things through Christ who strengthens me."

I run: ...because I love to run!

I race: ...because I love competition!!

Not many people know that he is: an artist in an athlete's body.

Secondary Occupation: Elementary School Teacher

Our prediction: Unless she chooses to retire from society and live the monastic and meditative lifestyle of a competitive Ethiopian food photographer in a secluded village on Mount Abba Yarad, she will be an Olympian before she turns 40.

Years running: 14

Years racing: 14

No. of years as a CTC member: One

No. of races completed to date: Too many to count!

Favorite distance to race: Half Marathon or Marathon

Favorite race: Raccoon Mountain 10K

Most memorable race: Running in the 2008 Great Ethiopian run! I ran my lifetime slowest 10K there, but getting the opportunity to run in Africa's largest road race with 10,000 other people was a running and cultural experience I'll never forget!

Quote: "Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you'd better be moving."

I run: ...because I love it!

I race: ...with my heart; my feet and brain simply follow!

Not many people know...: that her running career started early in life... when she beat her twin sister into the world by 30 seconds!

What everybody should know: Her last name is pronounced "Mar-lee-AY!"



JESSICA MARLIER

AND NOW, THE AGE GROUP WINNERS...

JUNIOR MALE RUNNER OF THE YEAR



JANZEN NILE

Secondary Occupation: Student

Claim to Fame: Mama is Pam Nile, the 2012 Adult Female Runner of the Year (it's in his genes).

Years Running: Two

Years Racing: One

No. of Years as a CTC member: One

No. of races completed to date: 10

Favorite distance to race: 5K

Favorite race: The Joe Johnson 10K – I love the costume contest, the prizes, and the activities!

Most memorable race: Missionary Ridge – because it was my first race over 5K.

I run: ...because it keeps me in shape for basketball.

I race: ...because I love to compete!

Not many people know: that his goal is to beat his mom in a race some day.

Our observation: He's gonna have to run hard!

JUNIOR MALE RUNNER OF THE YEAR



MARCO BIANCHINI

Secondary Occupation: Dietetics student at UTC

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

Biggest Claim to Fame: Holding on to his Young Adult Male title, second year in a row!

Secondary Claim to Fame: His dad, Sergio (a.k.a. "The Surge"), Senior ROY winner.

Biggest Challenge: racing against his dad.

Biggest Reward: racing against his dad.

Years running: 11

Years racing: 11

No. of years as a CTC member: 11

No. of races to date: 177 races. Also ran his first two 50k races this year. Hoo-Yah!!!

No. of racing miles completed to date: Approx. 1,700

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



KARIN MAUCERE

Secondary Occupation: Special Ed Teacher

Years running: 7+

Years racing: 7+ since high school

No. of years as a CTC member: Four

No. of races to date: 72 races since December 2006.

Favorite distance to race: 10K

Favorite race: Trail of Tears 7-Miler

Most memorable race: The one where I collapsed and didn't finish! Anne Springs Close Greenway Half Marathon.

Motto: "Running is a gift from God."

I run: ...to feel my feet pounding against the ground, and to reach that "runner's high" just before the point of physical exhaustion.

I race: ...to see if my training paid off! Not many people know that she: runs despite the arthritis she has had in her knee since she was two years old.

Our Quote for Karin: "Joy is of the will which labours, which overcomes obstacles, which knows triumph." -William Butler Yeats

ADULT MALE RUNNER OF THE YEAR



RUSS ROGERS

Secondary Occupation: Claims Manager, United States Stove Company

Years running: 2.5 years

Years racing: two years

No. of years as a CTC member: two years

No. of races completed to date: Approx. 45

No. of racing miles to date: Approx. 400

Favorite distance to race: Half Marathon

Favorite race: The Chattanooga Waterfront Triathlon. I have been a part of a relay team with the two men who first introduced me to running years ago (they planted the seed): My dad Richard Rogers and my uncle Steve Rogers. I admire them greatly.

Most memorable race: Chickamauga Battlefield Marathon 2013 (very 1st marathon).

The chief goal of this race was to run and finish it with my Dad. We started out the “journey” comfortable and focused. Dad had a flare up on mile 4 of the race and I prayed over and over again that somehow it would just go away. Well it didn’t, and at mile 11 the searing pain in his leg was too overbearing. I believe it hurt his pride more than anything, as it did mine. I could hardly bear to see him in pain, and Lord knows what this marathon meant to the both of us. I said “Dad I will not go on without you.” He replied, “You go son, and you finish the race.” I wiped away the tears as a surge of mixed emotions came over me. I ran, and I ran hard. I finally settled into a good pace after I had processed what had happened. Then, at mile 22 I saw this grey haired fella running out on the course with a big smile on his face. I was pleased to see it was my uncle Steve. He was there to carry me through those last 4 painful miles to the finish. I hit “the wall” at mile 24 but was able to recite the Lord’s Prayer over and over in my head to continue on along with the positive energy from my uncle Steve. My Dad was there to cheer me on at the finish. I will never forget what I felt in that moment. That single day I learned so much about myself. I did finish, and I finished a changed man.

ADULT FEMALE RUNNER OF THE YEAR



JACLYN BECKLER

Secondary Occupation: Dance Teacher

Years running: 1.5

Years racing: One

No. of years as a CTC member: One

No. of races: 26

Favorite distance: 10K and half-marathon

Favorite CTC race: Signal Mountain Pie Run - beautiful course and an altogether unique race! The pie is pretty awesome too!

Most memorable race: 4 Bridges Half Marathon. It was my first half-marathon, and I finished in under two hours (my goal time). Achieving a goal feels awesome at any age!

Quote: “We are what we pretend to be, so we must be careful about what we pretend to be.” -Vonnegut I run: ‘cause it helps me stay sane!

I race: for a PR!

Not many people know that she: has a huge fear of her feet leaving the ground!

Our observation: Now that is a bizarre phobia for a ROY winner...!

MALE MASTER RUNNER OF THE YEAR



RYAN SHRUM

Secondary Occupation: Salesman/Service Manager for Icemakers Inc.

Claim to Fame: Male Runner of the Year, 2009-2012

Years running: Approx. 12

Years racing: 11

No. of years as a CTC member: 8

No. of races completed to date: 158

No of racing miles to date: 1500

Favorite distance to race: 15K

Favorite race: Boston Marathon

Most memorable race: The 2013 Boston Marathon for a couple of reasons. I had a great race and broke three hours for the first time at Boston, finishing in 2:57:35. Then the bombing happened. In an instant I went from a very happy runner to a very worried, scared and angry American. A very emotional day on many different levels to say the least.

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, Lore of Running

I run: ...for a healthy mind and body.

I race: ...for the challenge. Also for the camaraderie of the runners and volunteers.

Not many people know that he: loves old movies from the '30s, '40s and '50s... Turner Classic Movies is his favorite television station. Our note to the single ladies: Sounds like this bachelor may be a "romantic" at heart...we'll make sure he participates in the Sadie Hawkins Day 5K!"

FEMALE MASTER RUNNER OF THE YEAR



DIANNA LEUN

Secondary Occupation: Occupation Systems Administrator in Women's Services, Registered Nurse

Claim to Fame: 2012 Female Runner of the Year!

Years running: 6

Years racing: 5

No. of years as a CTC member: two

No. of races completed to date: Approx. 60 races

Favorite distance to race: 5K

Favorite race: Symphony 5k (flat and fast)

Most memorable race: Chickamauga Marathon- first marathon and Boston qualifier.

Motto: "It's not your body that is giving up, it's your mind."

I run: ...to stay fit and sane.

I race: ...to win!

Not many people know that she: LOVES to cook!

Adds Dianna: Chattanooga's running community is a culmination of diverse, talented, amazing people. There is never a time when you can't find a group of people heading out on a run that you're not instantly welcomed in to. I continue to thrive and strive in my running, largely due to the admiration I have for my fellow runners, the support I feel from these individuals, and their camaraderie – which I truly appreciate.

MALE GRANDMASTER RUNNER OF THE YEAR



MIKE USHER

Nickname: "Magic Mike"

Claim to Fame: Hanging on to that Male Grandmaster title, second year in a row!

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

Years running: 24

Years racing: Four

No. of years as a CTC member: Three

No. of races completed to date: 65

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.

Not many people know that he: is a grandpa. Awwwwww!!

Mike adds: "I am looking forward to the 2014 season and moving up to the Senior Male Runner Division. No rest for the weary!"

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FEMALE GRANDMASTER RUNNER OF THE YEAR



BETH RICE

Secondary Occupation: Retired teacher... currently spending my time volunteering, and learning how to do new things!

Years running: 54

Years racing: 14

No. of years as a CTC member: One (I've only lived in Chattanooga a little over a year).

No. of approx. racing miles and/or races completed to date: According to athlinks.com, I've run 264 races and 2,964 miles.

Favorite distance to race: The Marathon.

Favorite race: I can't pick just one! For the most fun... any of the Walt Disney World races. For the most challenging... Pikes Peak Ascent and Marathon. For the most prestigious... Boston!

Most memorable race: The 2012 Boston Marathon. This was my 9th consecutive Boston Marathon and I had already qualified for 2013. I was injured and did my training in a pool. I stayed in a boot until I got to the starting line and took it off to walk the entire course. Luckily for me, they extended the course time by one hour because of the heat. They were rolling up the course behind me. Spectators were still out offering ice and treats and encouragement. I got to see a side of the Marathon I hadn't seen before (including several streakers and people dressed as hot dogs and hamburgers). I finished in time, and a great friend was literally standing on the finish line waiting for me. Went on to run 2013 Boston and finished a few minutes before the bombing (was still at the finish line area trying to get my gear check bag). I will be back this year if my body holds up!

Motto: "Whatever doesn't kill you makes you stronger." I run: "...to stay healthy... mentally and physically."

I race: "...to challenge myself."

SENIOR MALE RUNNER OF THE YEAR



SERGIO BIANCHINI

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

Claim to Fame: Everyone knows him.

Secondary 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: 13

Years racing: 13

No. of years as a CTC member: 13

No. of races completed to date: 264

No. of racing miles accomplished to date: Approx. 2,320 miles. (Was also the overall Men's Grandmaster winner in the 2013 Tennessee State Park Trail Series – 10 races.)

Favorite distance to race: 10K

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

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.

SENIOR FEMALE RUNNER OF THE YEAR



BONNIE WASSIN

Nickname: "The Energizer Bonnie"

Secondary Occupation: Tax preparer, wife, mother, grandmother... runner!

Biggest Claim to Fame: Inaugural 2012 member of the new CTC Long Runners Club – inducted for completing a marathon in each of the 50 states.

Years running: 12 **Years racing:** 12

No. of years as a CTC member: Nine years... she joined as soon as she moved to Chattanooga. No. of racing miles and races completed to date: too many to count!

Favorite distance: "Half marathon now...used to be the full." **Our Observation:** Yeah, Bonnie... 50 is probably plenty!

Most memorable race: Crater Lake Marathon in Oregon and Bar Harbor Marathon in Maine

Quote: "Love one another!"

I run: "...for fun!" **I race:** "...against myself (an am always comparing my time with the same race in previous years)."

Not too many people know: ...that her first sport was skiing!

"Kia kaha. Ake ake kia kaha." Be strong.



Sal Coll



Pat Hagan



Missi Johnson



Cyrus Rhode, Jr.



Truman Smith



Bonnie Wassin

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! The CTC Long Runners Club is open to all CTC members who successfully complete one or more of five “Challenges.”

The 2013 recipients, introduced at the annual CTC Banquet on Saturday, January 18, 2014, received awards for challenges completed through November 30, 2013. For the 2014 season, CTC members may nominate themselves or other CTC members by simply providing proof of any annual challenge(s) completed between December 1, 2013 and November 30, 2014, and any lifetime challenges completed by November 30, 2014. Proof should be provided to the CTC Race Committee: VPRaces@chattanoogaclub.org. Any such challenges completed after those time periods will be awarded the following season.

Award Categories are for the following five challenges:

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

100 miles (stage races do not qualify unless one of the days is at least 50 miles).

THE 100-MILER CHALLENGE – The 100-Miler Award is an annual award given to the CTC member who has completed at least one event (road or trail) of 100 miles or more in length (stage races do not qualify unless one of the days is at least 100 miles).

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

THE 50 MARATHONS/50 STATES CHALLENGE – This is a lifetime award, to be given to the CTC member who has completed a marathon in each of the 50 states.

THE 7 CONTINENTS CHALLENGE – This is a lifetime award, to be given to the CTC member who has completed a marathon on all seven continents.

And finally...

THE GRAND SLAM – The Grand Slam is a SPECIAL award given to the CTC member who completes ALL FIVE of the above listed challenges. GOOD LUCK!!!

AND NOW... INTRODUCING THE 2013 CTC LONG RUNNERS...



“IRONMAN BILLY” COLLIER

Annual 50-Miler Award (2013)

Occupation: Retired licensed mortician – Full-Time IronMan!

Our Observation: This guy can do it all... swim, bike, run... and give you a funeral fit for an Olympic Athlete!

CTC Member: 15 years

Years Running: 40

Number of Lifetime (Running) Races: 250+

Number of Lifetime Marathons: 11

Number of Lifetime Ultramarathons: One

Favorite Race: Chickamauga Battlefield Marathon. As a little boy, I would play “army” at the Battlefield, whupping all the Yankees. Now I just try to whup ‘em in the Marathon.

Most Eccentric Characteristic: Does his marathon training wearing a Speedo, with a bike strapped to his back.

Motto: “Some [another word for donkeys] are gonna get kicked, and I’m gonna be doing the kicking!”

I run because: I still get that “high.”

I compete because: It keeps me young.

Not many people know that he: has completed TEN IronMan Triathlons to date and that neither rain nor sleet nor snows stops him...or his training. But only his therapist was supposed to know that he is now gunning for a “DOUBLE IronMan.”

Lead me, follow me, or get out of my way.
~General George Patton, Jr.

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

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



SAL COLL

Annual 100-Miler Award (2012, 2013)

Annual 50-Miler Award (2012, 2013)

*Read about Sal's experience in the Vol State 500K
on page 8 of this issue*



STACEY MALECKY
(Getting her butt kicked
by her Daughter at
"Girls on the Run 2013")

Annual 50-Miler Award (2013)

Occupation: Boiler Tech at McKee Foods Corp., U.S. Navy Retired, Ultra Runner

CTC Member: 6 or 7 years

Years Running: Completed my first marathon in 1983 (London). Ultra running seven years.

CTC Member: 8 years

Number of Lifetime Marathons: 15

Number of Lifetime Ultras: 120+

No. of approx. racing miles: 5,000+

Favorite Race: Vol State 500K Road Race 500K – "It's a running vacation without a car, and we're like family!" (500K?? Yikes!! That's just over 310 miles!)

Most Memorable Race: 1983 London Marathon. It was his very first marathon, he didn't train for it, he finished in 3:45... and he was "in real bad shape for a week after."

Motto: "You have to have a fever to run far!"

I run: ...because heck, I'm a runner!

I compete: ...against myself, unless I'm doing really good towards the end!

Sal Adds: "I've been somewhat of a runner all my life. When I was in the Navy, I loved doing sports and I would run a lot, but I was never as dedicated as I am now. I started running ultras in 2006 when I did my first 50K, and now there's no limit. I want to run across the United States this year."

Occupation: CTC Manager by day, Ninja and mother of two by night.

CTC Member: One year – as long as I've been in Chattanooga!

Years Running: About 15

Number of Lifetime Races/Racing Miles: 55 races, 604 racing miles (according to athlinks.com... although I think some of the lesser known events are missing!)

Number of Lifetime Marathons: Seven

Number of Lifetime Ultramarathons: Seven

Favorite Race: Highlands Sky 40-Miler in Davis, WV. It's a BEAUTIFUL course. The first half is spent in pretty dense forest. At just about half way, you pop out of a wooded mountainside and travel several miles on the 'Road Across the Sky'. It's hilly, but from this point on, the view is incredible. Open fields, wild flowers, mountain views all around. The boulder-hopping segment later in the race was so much fun! I highly recommend this event!!!

Most Memorable Race: The Akron Marathon. My first marathon ever. My best running buddies surprised me at about mile 10... they popped out from behind a building and chased me around the course. I was so tired, cranky and mean to them in the last few miles... but I was so grateful to have them there.

Motto: "Just relax and breathe... It's only going to hurt for a minute"... which is what I say (out loud) to myself when I (frequently) wipe out on the trails.

I run because: "It's the only time I can get to a place where I feel comfortable just being alive and in the moment... not worrying about all of life's details... schedules, deadlines, what's for dinner, etc."

I compete because: "I don't compete. I love to spend hours running and investing time in training to see what I am capable of & the rewarding feeling of a strong finish... but I don't think I have the true 'competitive' gene. If you pass me in a race, I'll give you a high-five and continue on my merry way."

Not many people know that she: would just love to have a pet python, but her 6'5" husband is afraid of them.

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

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



TRUMAN SMITH

Annual 50-Miler Award (2012)

Lifetime 50-States/50 Marathons Award (2012)

Lifetime 100+ Marathons Award (2012)

7 Continents Award (2013)



LYNDA WEBBER

Annual 50-Miler Award (2013)

Occupation: Electrical Engineer

CTC Member: 5 years

Years Running: 30

Number of Lifetime Races Completed: Over 200

Number of Lifetime Marathons: 108

Number of Lifetime Ultramarathons: Four (LBL 60K, NJ 50M, Frosty 50K, Pistol 50K)

Favorite Race: Big Sur Marathon or Rio Marathon on a clear, sunny day... for the beautiful ocean views.

Most Memorable Race: My first Boston Marathon in 2007 – because it was Boston, and because I qualified there for 2008!

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

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

Biggest Claim to Fame: Has completed all the Long Runner Challenges EXCEPT for the 100-Miler. (Stay tuned.)

Next Big Thing on the agenda: THE GRAND SLAM.

Motto: "You can't live wrong and die right!" And... "A lie is not a lie if it is obviously a lie!"

I run: "To feel alive and joyful!"

Not many know that he: is an accomplished pianist!

Our Observation: We think the CTC Board should engage Truman do a little "rockabilly" and his best Jerry Lee Lewis impression at the opening of the 2015 Banquet.

Occupation: Paralegal by day, Olympic Athlete in my dreams.

CTC Member: 9 years

Years Running: 20+

Number of Lifetime Races Completed: 108 during the computer era. All prior gone with the wind...

Number of Lifetime Marathons: 12

Number of Lifetime Ultras: Eight 50Ks and three 50-Milers according to athlinks.com... three more 50Ks off the map.

Favorite Race: The Harpeth Hills Flying Monkey Marathon in Nashville's Percy Warner Park. The odd and quirky website drew me in, and the Oz theme made the event exhilaratingly surreal... one thing's for sure: "Them be monkeys in them thar hills!!"

Most Memorable Race: The Inaugural 2012 Savage Gulf Trail Marathon. It left me shell shocked, and I'm still in therapy.

Motto: "Whatever doesn't kill you... makes you STRONGER." Of course.

Mantra: "The hills are our friends." [...spoken in a dull monotone with glazed eyes].

I run: because it gives me a reason to race!

I race: ...because it gives me a reason to run!! Shoot, if I didn't race, I would never have entered all those wonderful CTC events... and the many other sweaty, dirty, exhausting and exhilarating events in which I could joyfully test my fitness! Or lack thereof!

Not many people know that she: participated in the equine version of ultra running for many years and was a competitive endurance horseback rider, with seventeen 100-mile finishes, four 75-mile finishes, six 60-mile finishes and forty-nine 50-mile finishes, according to AERC records (most of them on her Arabian champion, Baskhari). She eventually decided that if she was going to ask her horse to go the distance, she'd better be able to do the same.

Lynda adds: "I did my first two 50-mile ultras in East Texas back in 2000 and 2001. It was last year's Long Runners who inspired me to challenge myself again in March of 2013 at the Lake Martin 50 in Alabama, and I'm glad I did. An ultramarathon is both a physical and mental challenge, and to successfully complete one gives you the confidence to know that your limits are greater than you thought.

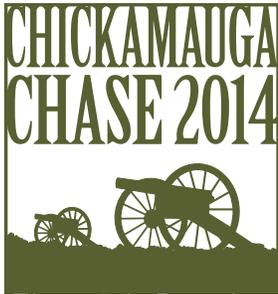
Upcoming CTC Races and Events



65 Roses 5K and Walk for Cystic Fibrosis

April 12.

Dri-wick running socks and technical t-shirts for finishers



Chickamauga Chase 15K, 5K, Scenic walk and Kid's walk

April 19.

In the scenic and historic Chickamauga National Military Park



King of the Mountain

May 10

Now part of the Battle for Chattanooga race series



Chattanooga Chase and 1 Mile Run

May 25

Two back-to-back events in one of Chattanooga's oldest races.



Runners' Workshop Series At Outdoor Chattanooga

200 River Street in Coolidge Park

Monthly presentations designed for runners' interests.

Free to the public

Running Injuries: Prevention and Treatment

Thursday, April 3, 6:00 p.m. – 7:20 p.m. by Center for Sports Medicine and Orthopaedics

Yoga for Runners

Thursday, May 1, 6:00 p.m. – 7:20 p.m. with Hillary Libby



CHICKAMAUGA CHASE 2014

Saturday, April 19th



The 46th Running

Chickamauga & Chattanooga National Military Park

15K • 5K • Scenic Walk • Kiddie K

www.chickamaugachase.com

Volunteer for
Ironman
with CTC

Things To Do:

1. Use Track Club discount for new gear at local running stores
2. Register for the next CTC race.
3. Get outside!

JOIN
or
RENEW
MEMBERSHIP

**CALL UP
AN OLD
FRIEND**

**JOIN A
RUNNING
GROUP!**

**“LIKE”
the club**



FREE Presentation

for runners at



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**RACE
CALENDAR**

This information is subject to change. Please visit www.chattanoogatrackclub.org for the latest information on races and events.

LEGEND

-  CTC EVENT
-  JOE MCGINNESS RUNNER OF THE YEAR (JMROY)
-  Volunteer Points Only

APRIL

- 12 65 Roses 5K and Walk for Cystic Fibrosis 
- 19 Chickamauga Chase 

MAY

- 10 King of the Mountain 
- 25 Chattanooga Chase 

JUNE

- 21 Market Street Mile 
- 29 Chattanooga Waterfront Triathlon 

AUGUST

- 9 Missionary Ridge Road Race 
- 23 Make-A-Wish, Run For Wishes 

SEPTEMBER

- 1 FCA 5K 
- 4 CTC Elementary Cross Country Race #1 

- 11 CTC Elementary Cross Country Race #2 
- 18 CTC Elementary Cross Country Race #3 
- 25 CTC Elementary Cross Country Race #4 
- 27 Raccoon Mtn. Race 

OCTOBER

- 11 Joe Johnson Run for Mental Health Pumpkin Run 
- 25 Signal Mountain Pie Run 

NOVEMBER

- 8 Chickamauga Battlefield Marathon Half & 5K 
- 27 Sports Barn Turkey Trot 

DECEMBER

- 20 Wauhatchie Trail Run 