

JOGGING AROUND



CTC MEMBERSHIP, SOMETHING MORE

WHY I RUN: DAVID MOGHANI

MISPLACED MARYLANDER REVIEWS
BATTLEFIELD MARATHON

HUGH ENICKS WINS USATF
NATIONAL MASTERS MARATHON



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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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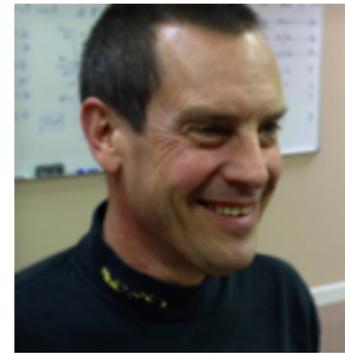


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FROM THE CLUB PRESIDENT

Well, it's that time of year again – crisp, cold weather, holiday spirits, a new year and time for new leadership to take over for our club. I am really looking forward to our banquet this year and hope we have a terrific turnout. We have a great speaker in Olympic marathoner Don Kardong, a slew of awards for great runners of all ages, and many stories to be shared over our meal. We also have updated Bylaws to approve, numerous past-presidents to honor and thank and a wonderful new batch of board members to welcome as we offer our gratitude for all the work done by our 2014 board. If you have not registered yet, get on it!

As may be apparent, this will be my last letter for *Jogging Around* as CTC President. It has been my honor and pleasure to serve this year, and I could not be more pleased with all the work we have accomplished through our board, our committees, our race directors and, critically, our staff. Thanks especially to Stacey, Paul, Trey, Sherilyn, Jenni and each of their families for the incredible amount of time, energy and dedication they have all given us throughout the year.

I've not mentioned many, many names that I will be mentioning at the banquet, but I do have to mention these two: Mark and Bridgette Wisdom are headed to Arlington in January to a new job, home and community. We are going to miss you terribly. Thank you so much for all of the love, passion, and attention you have given to our club since you arrived. We are better for you having been a part of us and we wish you the best as you settle into your new home and community.

Switching gears now, would you believe we have 52 events on our calendar next year? Races, to be specific – that does not count the several socials, numerous clinics and literally hundreds of group runs. The work our club does to promote running and fitness in our community absolutely blows my mind away, as it should everyone's, in my opinion (even admitting my personal bias).

I am very grateful and proud to be a part of this club. To all of the board and committee members, all of our race directors, all of our volunteers, all of our sponsors, partners and friends and most of all, to all of our membership, I owe you.

Sincerely,

Bill

Bill Brock is President of the Chattanooga Track Club.

He can be reached at president@chattanoogatrackclub.org

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.

SOMETHING MORE

Stacey Malecky

Lakeview Ft. Oglethorpe High School ROTC receives a check for participating in the Chickamauga Battlefield Marathon

IN ITS MOST SIMPLE FORM, THE MISSION OF THE TRACK CLUB IS TO PROMOTE RUNNING AND FITNESS; BUT OUR MEMBERS DO SO MUCH MORE IN THE COMMUNITY.

I would like to begin by first thanking our members! All of you... From those of you who have been lifelong members to those of you who have joined in the last 10 minutes. Even those of you who have stepped away for a bit and are considering joining us once again (you have been an important piece of our history, and I encourage you to return!). Each of you bring different perspective, different talents and abilities and I'm so glad you have decided to be part of our organization and support our mission!

As we begin a new year and seek to further our mission here in Chattanooga, I would like to present a question to our members: Why join the CTC? There is clearly something that draws you to be a paying member of our organization, but what is it? After all, running doesn't cost anything. Whether it is a CTC hosted group run a trail run or any other group run, Chattanooga is rich with outdoor activity, and one needn't pay to be part of any of these groups. If running is free, there must be something more to the story!



Chattanooga Community Kitchen receives a donation of warm clothing from the CTC



Race proceeds from the Missionary Ridge Road Race support Team Bruner Scholarships



Track Club volunteers worked long hours supporting Chattanooga's first Ironman race

Perhaps many are drawn to nifty members-only benefits: 10% discounts at a growing list of local businesses, a complimentary subscription to Get Out magazine, membership giveaways, member VIP areas at events, Runner/Volunteer of the Year competition, leadership & race team opportunities, invites to members only social events ... and MORE! It's a pretty good deal, really! And moving into 2015, our hard working Membership Committee will continue to seek new opportunities to say 'thank you'. We enjoy finding new ways to let you know how much your support is appreciated. TRUE, these benefits are a great reason to join, but I suspect there is STILL more to the story!

This 'something more' is often not immediately identifiable or tangible to our members, but based on all of the wonderful things I see happening in our community, it is clear you understand it, believe in it and support it. While our mission in its most simple form is to promote running and fitness, 'something more' than that is the result of

collective efforts and our desire to go farther: to make races a safe, affordable, family-friendly environment, to partner with local non-profits to using running and walking as a platform to raise awareness, to bring youth programs and free seminars to our running community, to provide free group runs and training programs and so forth.

One crucial point I want to make as we wrap up another GREAT year: We could not make these awesome things happen without the support of many; so THANK YOU to ALL in our community who continue to support our organization! This support is crucial, and it comes in all shapes and sizes – from participation in our events, volunteerism, partnerships with local businesses, local government leaders/city officials to financial support through memberships and sponsorships. I hope to see you all back in 2015 for what promises to be another great year for the CTC. We will continue to find ways to make running and walking go farther in our community!

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



The Chattanooga Chapter of the American Red Cross receives support through the Missionary Ridge Road Race



CTC's Ironman volunteers in action

CTC MEMBERSHIP HIGHLIGHTS IN 2014

Chas Webb

"We don't remember the days, we remember the moments." - Cesar Pavese. Cesar's words are true and especially true when you are talking about the year of 2014 for the Chattanooga Track Club. The year was limited to 365 days but the moments go on and on. From the beginning of the year with our banquet to the end of the year with the Wauhatchie Trail Run, there are an endless amount of moments that we all can remember that contributed to 2014 being one great year.

I would love to talk all of the moments that made 2014 the year that it was, but there's only so much space in *Jogging Around*, so I will focus on one. That moment was a personal moment but there was a positive impact that this moment had on the club. On October 18th, I became married to Cristi Garner (now Cristi Webb). We met through planning meetings for the above mentioned banquet, had our first date the night before the banquet, and got engaged while at the RRCA National Convention in Spokane. The foundation of our relationship has been built on our mutual love for running and the Chattanooga Track Club.

Oddly enough neither of us were interested in a relationship at the time we met. We both wanted to make the 2014 Banquet a big success. As I look back on that banquet I can see that I was definitely motivated to creating an experience that everybody could enjoy. It's no coincidence that these were the fundamental ideas that Cristi would talk about at the Banquet Committee meetings which lead to a successful banquet. As we moved past the banquet and as we got to know each other it became obvious to both us we were meant to be with each other. The rest, as they say, is history.

History was not only made for me but made for the Chattanooga Track Club. Last year the club reached over 900 members for the first time of record and that mark was duplicated again this year. Making 2014 the first time membership has seen over 900 members in consecutive years. I have complete confidence that membership will again reach the 900 mark in 2015. The new year of 2015 also means a new Vice President of Membership. Jennifer Heinzl will be the new Vice President and I know very well she will do a good job.

The change of leadership means this will be my last update as Vice President of Membership. For the last two and a half years I have had a column in this publication, going back to my days of President in 2012 and 2013. I want to thank everybody for the experience and the friends that I have made. It's been a wonderful Journey.

CTC MEMBERSHIP DISCOUNTS

The following merchants offer a discount to Club members. Just show your CTC membership card before making your purchase. And don't forget to thank these businesses for supporting the Chattanooga Track Club!

- PETITE NATION
- SPEEDY'S OIL & AUTO
- POPCORN PANTRY
- NUDO'S FAMILY HAIR & SKIN CARE
- THE LOCAL JUICERY
- TRUE LIFE CHIROPRACTIC
- KABOBSTER
- CADENCE COFFEE
- BUD'S SPORTS BAR

- DOTERRA ESSENTIAL OILS (MYDOTERRA.COM/LAURAWASSON)
- SCENIC CITY HANDYMAN (CLUB MEMBER, NATHAN KILE 423-994-0564)
- FAST BREAK ATHLETICS
- FRONT RUNNER ATHLETICS
- NEW BALANCE CHATTANOOGA
- NATURAL BODY SPA – DOWNTOWN
- MOVEMENT ARTS COLLECTIVE



Festive costumes at the Sports Barn Turkey Trot



Some of the new CTC board members for 2015



A group picture at the Pumpkin Run



Barefoot Nellie & Company entertaining at the Battlefield Marathon pre-race dinner





WHY I RUN

David Moghani

Running has always been a very important constant in my life. My Dad encouraged me to run in the Summer of 1978, just prior to my teenage years. I was living in Iran at the time. He and I would jog around our neighborhood during that time. After, I moved to the States in January of 1979 in junior high, I tried out for the track team and made the cut. Coach Esslinger would tell me that I have much determination and that "can do spirit" which I exemplified during that school year. He confided in me later that I just barely made it on the track team. The determining factor was that he was impressed with my "no-quit" attitude and that alone won me a spot on the team. I was fortunate to be on that team because there were so many very competitive runners trying out for the team.

So, during the years of junior high and high school track, I would run the one mile and two mile races as the small town of Scottsboro, Alabama did not have a cross-country team during those years. Spanning the years of 1979 to 1984, I qualified for State and placed every year in my one/two mile races. Also during that time I tried out for basketball and football, but I simply did not have the size and did not know the basic fundamentals of those sports. Since, I was mainly a soccer player and a very competitive one when I lived in Iran. As a result, I just focused strongly on running whether it was track season or not. My first 10K I competed in was in October of 1982 at the DAR school in Northeast Alabama. My parents' friends were very impressed at my time especially my first ever 10K. I basically trained myself since track was not that popular in my high school, unlike the present since Coach Esslinger only coached at the junior high level.

After High School, while I was attending University, I ran my first Marathon, the Rocket City Marathon in December of 1986 at the age of 20. I finished just around 5 hours, the slow time was in large part due to not properly training for a marathon. Many by-standers and race officials would encourage me to quit that race, since I was in such obvious agony. I would vehemently ignore their pleas. Shortly thereafter in 1987, I ran several 10K's which I would run in the 34-36 minute range on average and also the 5K's in the 17-19 minute

range on average. Sometime in mid-1987, I for some reason, got "burned-out" so to speak from running. Unfortunately, I quit running altogether. It was a big mistake on my part. Ten years would pass by and in 1997, I got interested in running again partly because of my metabolism slowing down and I needed to get fit. Also, my Dad encouraged me to run in 1997 and told me it is a shame that I did utilize my talent of running that God had bestowed upon me. My Dad has always been a constant encourager for me in whatever endeavor I pursued. I owe much gratitude to him for getting me interested in running in 1978 and again in 1997. Also, I have been running on a regular basis to this very day.

The Chattanooga Track Club as far as I am concerned is the best running club around and in such a very beautiful and very progressively-minded city. I have been a member of the club since 1997. Many friends I have met because of running in Chattanooga and they are an inspiration for me. This area is blessed with so many fast and talented runners. I am truly blessed to be associated with such fine runners and the CTC. So my fellow runners keep on running for many more miles and years to come.





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A 'MISPLACED MARYLANDER' REVIEWS THE CHICKAMAUGA BATTLEFIELD MARATHON

Katie Randolph originally hails from Maryland, is married to a Tennessean and currently lives in Atlanta. She runs for Oiselle's Volee team, blogs at misplaced-marylander.weebly.com and Homeschools the couple's children. Follow her on twitter: [@mamarandolph](https://twitter.com/mamarandolph). This article is reprinted from her blog.

There is a lot to tell about marathon day, but I'll concentrate first on a few facts about the Chickamauga Battlefield Marathon, and then do a general re-cap. The whole story of qualifying for Boston I will save for a future post.

It's Small Really small. According to the race results posted online, 420 people finished the marathon. There's a half marathon that is run concurrently, and about 800 people finished that. There is also a 5K, that starts a half hour later than the marathon, and a junior marathon for children that starts 4-1/2 hours after the marathon start, at noon.

It's Friendly The Chattanooga Track Club put on a professional, well managed race for sure, but it still felt very homey and personable.

It's Beautiful Yes, the weather can be cold this time of year, but the foliage is in its autumnal glory and the scenery is wonderful and rural.

It's Reasonable I registered early, for \$70. That's a pretty cheap marathon.

When I started to consider races as my stab at a BQ, I really didn't want to spend too much or travel too far from my Atlanta home base. This race fit the bill, and was even close to my in-laws so that we could visit with family and have some support watching the children.

Let's start with the morning-of logistics, shall we?

I set an alarm for 4:15 AM so that my husband Jason and I could get up and dressed and start eating breakfast by 4:30 AM. I really wanted to get that meal in a full three hours before the 7:30 AM starting gun. I've had GI issues during past marathons, and wanted to concentrate on doing this part the right way. Somehow I choked down a whole plain bagel and a coffee. Lots of water followed for the whole next hour.

By 5:15, we were on the road to the Battlefield and easily made the 45 minute drive. I drank water in the car until about 5:30, and then stopped drinking so I wouldn't have to use the bathroom during the race.

I had read that traffic on the road leading into the Battlefield really backs up on marathon morning, but we were too early for any of that. We parked in about the third row of cars on the grassy field.

The field was covered in frost and it was cold out there when we grabbed a quick port-a-potty break. I hadn't thought to bring a flashlight or headlamp, but it would have been handy. The sun wouldn't be up for another 45 minutes to an hour.

We hurried back to the car and sat for a bit and waited until it was time to do a little warm up. At about 7 AM, we hopped into the pretty sizable (but fast moving) port-a-potty line. After that was done, I ate three shot blocks, drank a few sips of water and then Jason and I set out for a 5 minute easy jog.

We settled into the starting area near the 3:40 pace group leader. The colors were presented, and the National Anthem was (beautifully) sung. The race was started by a reproduction of a Civil War ordinance rifle... the shock wave literally rattled me.

And then we were off.

The course starts by running a little loop around the start/finish staging area, then makes its way towards the Battlefield Park. Lots of spectators were through this entire section, and it felt great. After a mile and a half, the course changes from road to a (poorly) paved trail. The course description calls this a park access road. On this section the footing isn't great; there are a lot of potholes and portions of the road have been damaged by tree roots from below. It certainly isn't like a technical trail, but it's just enough to demand your concentration. And honestly it didn't bother me on the way out. That chunk lasted for perhaps a mile, maybe less, and then we popped back onto the road and onto the meat of the course: the two big loops around the Battlefield.

I went back and forth about how I thought I would feel about doing a double loop course, but I was ultimately happy. Doing two loops really helped me focus on staying relaxed and positive for the first half. Once I got through the first half, I felt confident and ready to tackle the second half, because I had already seen it! The first loop was sort of a blur: there were water stops very regularly every two miles or so. Each one was run a little differently and some were more organized than others. The stops weren't very crowded, but it was very helpful just to look someone right in the eye, even point at the cup that they were holding and say "water?". Only one stop was organized so

that Powerade was on one side and water was on the other. The volunteers from that stop had made signs to say that, and the volunteers were yelling out: "Powerade on the left, water on the right!". That was super helpful.

Crowd support was light, but there were pockets of spectators at maybe three or four spots on the course. The highlight, though, was the two women dressed in elaborate southern belle costumes, cheering their hearts out at around mile 5-1/2 and again (on the second loop) at 17. God bless those women. They deserve a special award.

I thought that the management of the marathon/half marathon would be pretty straight forward: the races started together, and I assumed that the half marathoners would be running exactly half of the marathon's course. Somewhere after mile 8, though, the half marathoners run down a road, do an out-and-back and then re-join the marathon course. It's not a problem, really, as long as you don't get caught up in trying to keep pace with people around you; the half marathoners that we joined up with were running a little faster than we were, because they were farther along in their race. It evens out after mile 9, when the marathoners go down a little out and back as the half marathoners continue on. All this means that the mile markers aren't the same for the marathoners and half marathoners. Add that to the fact that the marathon course is a double loop, and there were a lot of mile-markers on the course. It didn't bother me, though; it was just something to pay attention to as the miles clicked by.

I'm terrible at accounting for scale in elevation profile charts, so this race honestly intimidated me. It looked very hilly. According to the stats on my Garmin, however, I gained 514 feet over the entire race. My normal 6 mile easy route has about 300 feet of elevation gain, so this felt very rolling and manageable to me as an Atlanta area runner.

The marathon route crosses over a timing mat at the half marathon point. Here, the half marathoners are just past their 11 mile mark. They head for home and the marathon course starts its second loop.

When the second loop is finished, it is back again on the poorly paved access road. I know that we just re-traced the same steps, going the opposite direction as the first part of the course, but it seemed never-ending this second time. You know, sort of like you were at mile 24-1/2 of a marathon. I wasn't saying much at this point, but I know I said "At LAST!" when I saw a normal street ahead. Then it was through neighborhood streets with lots of turns. Each turn had a friendly volunteer yelling directions ("This way, to the right!") and encouragement ("Looking strong! All the way!"), as well as the helpful "400 meters to the finish!", which is really nice when you can't see the finish line.

All of the sudden, we turned and were back on the road that we had looped in the first mile of the race, moving along a wonderful downhill towards the finish. There were people milling around in the giant field off to the side of the start/finish area and I could hear the announcer over the loudspeaker. They even announced my name as I came close to the finish line. (I may have filled out something on the registration page that said it was okay to do that.)

I crossed the finish line, had a medal put around my neck and was handed a sport bottle (with the lid already popped open) filled with ice cold water. I always have a ton of trouble opening lids on containers and bottles right after finishing a marathon, so that gesture was so wonderful.

After walking a bit, I headed over to my car and put on my warm clothes. There was no need to check a bag, because my car was so close. Then I took advantage of the food tent, but was having trouble processing all the options. I just needed some food, so I grabbed THINGS: a slice of pizza, soup, a cup of pudding and a moon pie or two. The soup was the best choice. It was easy to get down, it was hot, and it hit the spot. The pudding was easier to stomach than the pizza (which I gave up on after a bite), but was so much like Gu that I wasn't excited about eating it. Had I known that I wouldn't be able to go back into the food tent again (oops), I would have taken two soups and maybe looked around for some pretzels or something.

There was a band playing, the sun was shining, our children were there along with my mother in law and some wonderful friends from Atlanta. We were able to sit (Jason and I even laid down) on the grass and just enjoyed the time. It would have been good to have stashed a blanket in the car along with my warm clothes so that we could have spread that on the ground for everyone to sit on. Once I had some more energy, I took my curious son over to see the cannon. The Civil War re-enactors were still there and were very willing to answer my son's questions about the cannon and the battle. No, they do not shoot cannon balls (apparently plenty of little boys ask this question), but 1-pound packages of black powder wrapped in aluminum foil. Yes, the men who were in battle probably did have hearing problems. No, this cannon wasn't brought to the field by a horse, but on a trailer. No, this isn't an actual Civil War cannon, but a reproduction made from Civil War era drawings.

Fairly soon after we were done talking to the men by the cannon, the children's mile race was being called. We lined the little ones up and they were set off with a booming start as well. As each child finished, they were given a miniature version of the adult finisher's medal and a water bottle.

We walked over to the food tent so that the kids could pick out a little snack, but there was a kerfuffle happening between a parent and the person in charge of checking wristbands. Apparently he was told to not let the children from the kid's race in; that the food tent was only for marathon and half-marathon finishers. That made perfect sense to me, so we just moved on; after all, if 150 children come in and even just take one piece of pizza, there wouldn't be much left for the marathon finishers who were still out on the course.

So, all summed up, here's my take: The best parts: beautiful scenery, family friendly, budget-friendly, low-key and easy logistics. A good race to run with a buddy or a group if you don't want to be lonely on the course.

The no-so-great: a little solitary, that bumpy paved trail. None of these things would be deal-breakers for me.

The race was fantastic for me personally. I PR'ed and BQ'ed, closing the book on my "dream big" goal. Thank you, Chattanooga Track Club for an excellent event; I hope to be able to come back again and again!



Marathon Results

OVERALL FEMALE

1 Lillian Gilmer 3:21:33

OVERALL MALE

1 Jason Altman 2:41:07

FEMALE MASTERS

1 Jennifer Funk 3:29:08

MALE MASTERS

1 Ryan Shrum 2:50:46

FEMALE GRAND MASTERS

1 Carolyn Rock 3:59:24

MALE GRAND MASTERS

1 Hugh Enicks 2:54:51

FEMALE SENIOR GRAND MASTERS

1 Pat Needham 4:11:14

MALE SENIOR GRAND MASTERS

1 Jim Heiney 3:50:10

MALE AGE GROUP: 19 & UNDER

1 Paden Clark 4:48:02

2 Todd Gooch 5:35:44

FEMALE AGE GROUP: 20 - 24

1 Maggie Friedline 3:46:15

2 Catherine Gomez 3:47:59

3 Amelia Hobson 3:55:55

4 Ashleigh Crawford 4:10:46

5 Laura Wagner 4:36:23

MALE AGE GROUP: 20 - 24

1 Kyle Coots 3:39:29

2 Sam Guthrie 3:39:38

3 Mark Straussberger 4:20:09

4 Tyler Brown 4:44:37

5 Christian Singer 5:45:45

FEMALE AGE GROUP: 25 - 29

1 Christy Lynch 3:27:28

2 Jessica Chaffee 3:30:26

3 Ashley Patrick 3:45:24

4 Ashley Jones 4:05:53

5 Sandra Rudel 4:14:49

6 Claire Hailey 4:16:28

7 Liz Salvucci 4:20:26

8 Emily Prater 4:24:00

9 Becky Klein 4:28:36

10 Brianna Kobeck 4:40:34

11 Rebecca Ranck 4:55:08

12 Nallely Mendez 4:57:08

13 Sam Reid 5:08:07

14 Lianna Osborne 5:29:15

15 Anastasia Bohanon 5:48:27

16 Allison Escandon 5:51:31

MALE AGE GROUP: 25 - 29

1 Juan Soto 2:43:59

2 Drew Streip 3:29:15

3 Daniel Hamilton 3:29:15

4 Matthew Clark 3:37:28

5 Nicholas Horvath 3:55:37

6 J.C. Thompson 3:56:18

7 Russell Mariott 4:21:40

8 Michael George 4:23:02

9 Benjamin Hailey 4:37:12

10 Caleb Stambaugh 4:47:18

11 Laurence Bohanon 5:48:29

12 Brandon Escandon 5:51:32

FEMALE AGE GROUP: 30 - 34

1 Crissy Ivey 3:22:14

2 Jessica File 3:25:40

3 Laura Branson 3:31:48

4 Tracy Cermak 3:31:49

5 Jessica Remmert 3:35:32

6 Kathryn Davis 3:37:59

7 Kristin Cattieu 3:44:16

8 Cassidy Jones 3:44:17

9 Elisabeth Blanchard 3:50:43

10 Jessica Mullins 3:59:00

11 Lori Herwehe 4:03:50

12 Christine Cole 4:04:23

13 Beth Daniel 4:12:13

14 Jacqueline Ensley 4:35:05

15 Nicole Cochran 4:35:49

16 Michelle Conable 4:51:17

17 Amber Pharr 5:02:13

18 Alethea Pickett 5:06:19

19 Sarah Mullins 5:07:05

20 Melissa Atherton 5:08:07

21 Marie Murray 5:34:15

MALE AGE GROUP: 30 - 34

1 Dustin Dutton 2:59:26

2 Peter Preisinger 3:11:25

3 Tim Craven 3:13:40

4 Peter Euler 3:14:34

5 Jason Schmurr 3:20:40

6 J. Tingle 3:21:49

7 Luke McCresless 3:22:45

8 Barry Carroll 3:46:00

9 Keith O'Neal 3:47:42

10 Austin Bell 3:51:04

11 Thomas Sisemore 3:51:35

12 Dustin Walker 4:00:29

13 Mitch Jones 4:03:37

14 Kevin Llewallyn 4:05:24

15 Clayton Montgome 4:11:24

16 Michael Worley 4:13:25

17 Arpan Desai 4:15:32

18 Matthew Norman 4:33:00

19 Josh Cochran 4:35:49

20 Steven Myers 5:09:24

21 Kevin Gammon 5:09:24

22 Joseph Stjohn 5:09:37

23 Michael Janson 5:15:43

24 Nik Meeks 5:37:04

25 Rj Lillard 5:40:35

26 Joshua Wyrick 36:03:57

FEMALE AGE GROUP: 35 - 39

1 Holly Swinea 3:29:43

2 Kelly Cameron 3:32:41

3 Cyndi Smith 3:35:01

4 Katie Randolph 3:36:14

5 Terri Beasley 3:39:11

6 Sallie Woodward 3:42:33

7 Amanda Lyons 3:44:16

8 Teri Akovenko 3:49:57

9 Heidi Wilkinson 3:53:34

10 Holly Robison 3:54:38

11 Angie Spencer 3:54:41

12 Jenny Beckham 3:55:23

13 Kate Rolen 4:07:23

14 Mandee Keith 4:08:19

15 Jennifer Sparks 4:16:21

16 Samantha Jackson 4:21:23

17 Amanda Howard 4:22:31

18 Heather Migliore 4:25:57

19 Kimber Keplinger 4:26:33

20 Mary Lewis 4:41:00

21 Dominica Ramirez 4:44:43

22 Brianna Burnette 4:59:00

23 Debbie Baltodano 4:59:15

24 Allison Rae 5:00:07

25 Megan McCarthy 5:04:04

26 Brandie McGhee 5:05:51

27 Betsy Hendley 5:11:22

28 Jennifer Jones 5:14:12

29 Jacqueline Brown 5:14:12

30 Melissa Walthour 5:16:13

31 Sarah Beck 5:22:38

32 Catherine Mantoot 5:26:30

33 Angela Riccetti 5:28:36

34 Sarah Leeseberg 5:31:23

35 Melissa Randle 5:37:21

36 April Cooper 6:54:33

37 Audra Frederick 7:15:15

MALE AGE GROUP: 35 - 39

1 Peter Volgyesi 2:45:40

2 Jason Webb 3:07:58

3 Adam Webb 3:12:14

4 Jeremy Miller 3:14:00

5 Kent Wilson 3:24:38

6 Jason Randolph 3:36:17

7 Mark Malecky 3:39:31

8 Mark Dunn 3:39:50

9 Phillip Kerlin 3:40:10

10 Adam Barford 3:47:12

11 Zach Cowart 3:51:55

12 Shane Newberry 3:54:11

13 Dusty Hall 3:55:45

14 Nathan Peterson 3:58:48

15 Brian Bojo 4:07:09

16 William Perry 4:07:27

17 Sharan Asundi 4:14:58

18 David McCollum 4:15:37

19 Keith Guillot 4:16:54

20 Brandon Hubbs 4:17:12

21 Gemree Fe De Leon 4:1



**FAST
BREAK** ATHLETICS

19 Cherokee Boulevard, Chattanooga, TN 37405
423.265.0531 fastbreakathletics.com

PARTICIPANTS NEEDED TO CONTINUE CTC TRADITION AT USATF COMPETITIONS

Hugh Enicks



The USA Track and Field Masters competitions encompass all type of venues, Cross Country, Trail, Road, and Track and Field. All National level events can be found on the USATF website USATF.org along with a search engine for regional and locally recognized USATF events. For many events Track Clubs compete as teams for team honors. For all competitions except Track and Field the age groupings start at 40 and increase in 5-year increments, for example, 40-44. For Indoor and Outdoor Track and Field Nationals the age brackets start at 35. For our younger members of the Chattanooga Track Club, the USATF website lists Open Events in all categories of running.

The Indoor and Outdoor Track and Field Competitions consist of all Field Events (Shot Put, Hammer Throw, Long Jump, Triple Jump, High Jump, Pole Vault, Discus (Outdoors), and Javelin (Outdoors)). The running events for Indoor are 60m Hurdles, 60m dash, 200 m dash, 400m dash, 800m, Mile, 3000m, and the relays 4x100, 4x400, and 4x800. Outdoors include the 100/110 Hurdles, 400m Hurdles and the 300m Hurdles for older age groups, 100m dash, 200m dash, 400m dash, 800m, 1500m, 3000m Steeplechase, 5000m, 10000m, and the relays 4x100, 4x200, 4x400. Teams compete for points with individuals scoring if they finish in the Top 6 of their age group in that event. These events are truly exciting for teams who have entered many individuals in numerous age groups. The Chattanooga Track Club wants to build a team to compete in this year's Indoor USATF Championships at the JDL Facility in Winston-Salem, North Carolina March 20-22, 2015, and the Outdoor USATF Championships in Jacksonville, Florida at the University of North Florida.

The USATF Cross Country has competitions in the 5K, 8K and 10K though the year. Traditionally CTC has had a 40

and 50 year old team competing in the 10K Cross Country Championships. In these competitions an individual will compete as a team member but is also eligible for individual honors in their respective 5-year age group. Typically at these events the USATF Open National Championships Masters and Open competitions in the same day.

The USATF Road Race championships are typically embedded within a local race, for instance the USATF Open and Masters Marathon Championships are embedded in the Minneapolis- St. Paul Medtronic Marathon. The USATF Road Races are 5K, 8K, 10K, 15k, 10 Mile, ½ Marathon, and Marathon. Depending on the event Team Competitions are also included for Track Clubs to compete for Team Honors as well.

USATF also sponsors Ultra Competitions which are both on-road and trail range in distances, 50K, 50 Mile, 100K and 100 Mile. These competitions are basically open to all age groups and are listed on the USATF National Championships site as well.

USATF also sponsors Race Walking Championships both in the Indoor and Outdoor Track Championships as well as Road Race Walking Championships and all are listed on the USATF National Championships website.

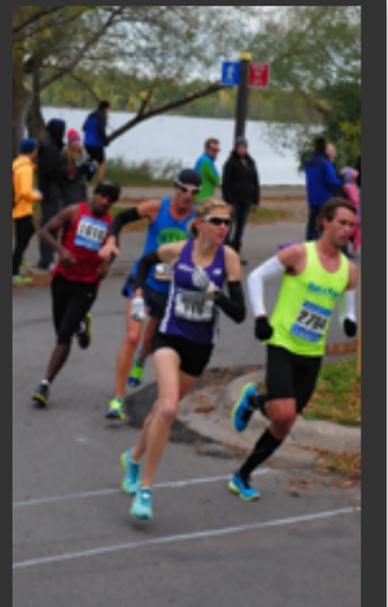
The competitions are well attended and the competition level is extraordinary tough at all age group levels. Most events are live-streamed online and the website provides the latest news and photos of the events. It would be great for the Chattanooga Track Club to be represented at all events and bring home both Individual and Team National Championships

For information on participating in a USATF event, contact the Chattanooga Track Club by visiting the website www.chattanoogatrackclub.org.

HUGH ENICKS WINS USATF MARATHON TITLE

Hugh Enicks coaches Cross Country and is Senior Instructor for Junior ROTC at Red Bank High School. In October 2014 he won first place in his age group at the USATF National Masters Marathon Championships with a time of 2:52:22. His win makes Hugh the national champion in the 55-59 age group for the marathon event. Two years ago he was national champion for the same event in the 50-54 age group.

The championship race was embedded in the Minneapolis-St. Paul Medtronic Marathon, beginning in Minneapolis and running a course to St. Paul near the State of Minnesota Capitol Building. According to Hugh, "the course is slightly hilly with a significant upgrade from mile 19.5 to about the 22-mile mark." Hugh described the race as well-planned with superb aid stations and outstanding support from spectators along the route. Hugh is a Chattanooga Track Club member and part of the CTC Race Team. He currently serves on the Track Club Board of Governors.



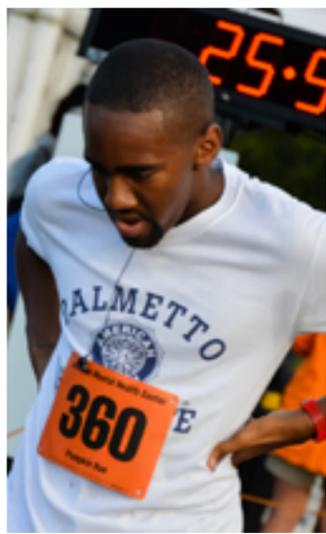
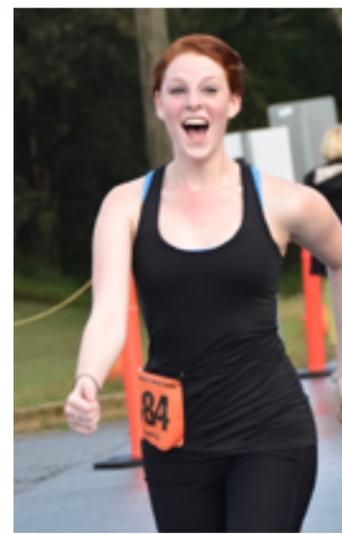


Photos by Whitney Allison

JMHC PUMPKIN RUN RACE RESULTS

OVERALL FEMALE	1 Susie Q	42:12
OVERALL MALE	1 Michael Walker	34:09
FEMALE MASTERS	1 Lisa Logan	45:36
MALE MASTERS	1 Tim Ensign	36:31
FEMALE GRAND MASTERS	1 Corinne Henderson	52:10
MALE GRAND MASTERS	1 Bill Minehan	40:38
MALE AGE GROUP: 19 & UNDER	1 Gage Whited	50:30
	2 Janzen Nile	59:20
FEMALE AGE GROUP: 20 - 24	1 Bekah Houston	42:55
	2 Jenny Westbrook	59:05
	3 Jennifer Eberhardt	59:25
	4 Irene Sewell	1:05:30
MALE AGE GROUP: 20 - 24	1 Peyton Miller	36:19
	2 Tim Yates	36:55
	3 Josh Erhard	38:52
	4 Drew Tompkins	49:02
	5 Cam Chapman	59:25
FEMALE AGE GROUP: 25 - 29	1 Sissy Shakley	54:05
	2 Ashley Prosser	1:01:38
	3 Rielly Lewis	1:01:38
	4 Victoria Ledbetter	1:03:47
	5 Melissa Guinn	1:06:17
MALE AGE GROUP: 25 - 29	1 Jack Findley	34:47
	2 Andy Highlander	35:15
	3 Jc Thompson	43:46
	4 Michael Kelleher	45:05
	5 Eric Anderson	47:50
	6 Chas Webb	1:10:03
FEMALE AGE GROUP: 30 - 34	1 Jeanette Wilson	43:21
	2 Christy Brown	53:44
	3 Jaclyn Beckler	54:11
	4 Katherine Lumley	54:46
	5 Esmeralda Tokar	1:10:18
	6 Theresa Merrill	1:10:44
	7 Elizabeth Sullivan	1:11:54
MALE AGE GROUP: 30 - 34	1 Russ Rogers	40:23
	2 Matt Brown	41:51
	3 Eric Sisemore	43:50
	4 Andrew Irwin	48:38
	5 Brian Shakley	50:50
	6 Douglas Jenkins	52:20
	7 Jon Pierson	53:26
	8 Bradford Lumley	54:44
FEMALE AGE GROUP: 35 - 39	1 Whitney Allison	58:25
	2 Caroline Prigmore	1:10:25
	3 Jenni Simmons	1:13:21
	4 Holly Blair	1:20:56

MALE AGE GROUP: 35 - 39	1 Troy Ketchum	38:48
	2 Derrick Marr	45:09
	3 Stephen Samsel	53:30
FEMALE AGE GROUP: 40 - 44	1 Jade Rhudy	52:47
	2 Pamela Nile	1:02:04
	3 Wendi Potluri	1:03:31
	4 Tricia Early	1:11:46
	5 Ellie Fountain	1:23:20
MALE AGE GROUP: 40 - 44	1 12 Justin Guy	40:36
	2 40 Jeff Kellie	51:36
FEMALE AGE GROUP: 45 - 49	1 Wendy Houston	48:21
	2 Barbara Ensign	52:04
	3 Marie Howell	1:03:39
	4 Debbie Steele	1:06:01
	5 Tammy Johnson	1:11:52
	6 Esme Brien	1:12:02
MALE AGE GROUP: 45 - 49	1 Ryan Shrum	36:37
	2 Dean Thompson	38:31
	3 David Moghani	44:16
	4 Robert Barnes	44:52
	5 Ed Adcox	44:55
	6 Del Ashcraft	1:02:03
FEMALE AGE GROUP: 50 - 54	1 Christy Charman	1:01:24
	2 Lillian Napolitan	1:12:40
MALE AGE GROUP: 50 - 54	1 John Gracy	40:52
	2 Jeff Gaither	41:20
	3 Samuel Boozer	42:45
	4 Patrick Wortman	47:53
	5 Jimmy Layne	53:37
	6 Steve Tompkins	1:00:11
	7 Kyle Elrod	1:01:11
FEMALE AGE GROUP: 55 - 59	1 Cathy Gracey	57:13
	2 Beth Rice	57:48
	3 Janice Wycherley	1:09:04
	4 Dorothy MacKiew	1:10:45
MALE AGE GROUP: 55 - 59	1 Jeff Stracener	45:10
	2 Eric Lamport	58:59
	3 Claude Hager	1:06:17
FEMALE AGE GROUP: 60 - 69	1 Sue Anne Brown	59:08
	2 Connie Regal	1:08:41
MALE AGE GROUP: 60 - 69	1 John Crawley	45:20
	2 Mike Usher	45:49
	3 Thomas Sisem	54:22
	4 Tim Metcalf	1:03:43
	5 Kevin Calkins	1:11:10
FEMALE AGE GROUP: 70 & OVER	1 Bonnie Wassin	1:14:08
MALE AGE GROUP: 70 & OVER	1 Sergio Bianchini	50:48
	2 David Wycherley	1:31:12



SIGNAL MOUNTAIN PIE RUN RACE RESULTS

OVERALL FEMALE	1 Emma White	42:19
	2 Jan Gautier	42:32
OVERALL MALE	1 Geno Phillips	35:04
	2 Joseph Goetz	35:29
FEMALE MASTERS	1 Barbara Ensign	51:06
MALE MASTERS	1 Ryan Shrum	37:15
FEMALE GRAND MASTERS	1 Janet Felton	56:31
MALE GRAND MASTERS	1 Jeff Stracener	44:25
MALE AGE GROUP: 14 & UNDER	1 Caleb Rowe	59:49
	2 Ian Wilson	1:07:32
FEMALE AGE GROUP: 15 - 19	1 Amaris Capen	51:59
	2 Haley Leun	56:32
	3 Hannah Williams	1:01:33
MALE AGE GROUP: 15 - 19	1 Noah Cochran	43:20
	2 Lydia Williams	58:17
FEMALE AGE GROUP: 20 - 24	1 Kelly McCarthy	43:03
	2 Jennifer Gordon	57:30
	3 Amanda Marini	59:55
	4 Amelia Dicks	1:05:40
	5 Alexander Lepley	1:10:42
MALE AGE GROUP: 20 - 24	1 Peyton Miller	37:01
	2 Matthew Gorter	38:43
	3 Josh Erhard	39:08
	4 Timothy Ruffin	49:23
	5 Mike Martin	52:34
FEMALE AGE GROUP: 25 - 29	1 Kelly Sevin	49:40
	2 Jenny Von Jouann	51:02
	3 Margie Lott	55:19
	4 Aubrey Stout	57:10
	5 Kailee Craig	59:12

	6 Shana Henry	1:02:31
	7 Jennifer McDona	1:03:54
	8 Mary Helen Miller	1:03:54
	9 Haley Cabe	1:04:50
	10 Martha Culp	1:05:18
	11 Meredith Robbins	1:08:40
	12 Jessica Morrow	1:09:30
	13 Danielle Hale	1:10:18
	14 Missy Atherton	1:10:42
	15 Allison Escandon	1:12:28
	16 Kristen Holritz	1:13:51
MALE AGE GROUP: 25 - 29	1 Kevin Huwe	38:48
	2 Andy Highlander	39:08
	3 Daniel Perez	46:35
	4 Taylor Crabtree	56:20
	5 Tommy Bettis	56:28
	6 Julian Suarez	58:08
	7 Brandon Escando	1:02:46
	8 Josh Scott	1:05:33
FEMALE AGE GROUP: 30 - 34	1 Mindy Freeman	50:10
	2 Clarissa Seales	50:21
	3 Katie Stanford	50:50
	4 Christy Brown	51:53
	5 Jaclyn Beckler	54:08
	6 Maggie Evans	56:22
	7 Jessica Cochran	56:27
	8 Natalie Goldsby	59:14
	9 Julie Stowe	1:00:35
	10 Diana Appleby	1:01:26
	11 Heather Kulisek	1:05:00
	12 Posey Robin	1:06:04
	13 Jennifer Jennings	1:06:04
	14 Bethany Schklar	1:08:24
	15 April Counts	1:09:48
MALE AGE GROUP: 30 - 34	1 3 Patrick Hall	35:55
	2 21 Austin Cone	46:28
	3 29 David Cofer	48:14
	4 38 Greg Seavey	50:20
	5 58 John Shipp	53:14
	6 110 Jon Pierson	1:01:59
	7 159 Josh Holritz	1:13:20

FEMALE AGE GROUP: 35 - 39	1 16 Emily Cooper	43:31
	2 49 Lara Watson	51:51
	3 59 Jennifer Boyd	53:20
	4 60 Stacey Malecky	53:25
	5 69 Kristin Bell	55:26
	6 79 Christy Pierst	57:05
	7 85 Erin Wilke	57:36
	8 88 Karah Nazor	59:04
	9 91 Simrall Hawkins	59:22
	10 100 Gina Mitch	1:00:40
	11 Ashley Guthrie	1:00:52
	12 Meg Brasel	1:01:04
	13 Kathy Harper	1:02:28
	14 Lauren Bowman	1:04:52
	15 Marycatherine R	1:06:47
	16 Jessica Burnette	1:09:52
	17 Allison Isenberg	1:17:15
MALE AGE GROUP: 35 - 39	1 Keith Henry	37:51
	2 Kevin Milz	43:37
	3 Josh Harper	47:34
	4 Andy Cornett	50:51
	5 Andrew Temple	51:44
	6 Jason Lyles	53:35
	7 Justin Guthrie	1:00:50
	8 Brian Gallaher	1:01:53
	9 Jason Cox	1:01:54
	10 Andrew McMaha	1:09:58
FEMALE AGE GROUP: 40 - 44	1 April Threlkeld	54:35
	2 Andrea Daugherty	56:39
	3 Maria Vives	59:57
	4 Laura Duncan	1:02:28
	5 Ginger Williams	1:04:07
	6 Jenna Milner	1:04:21
	7 Cielene Aleksejus	1:09:10
	8 Jennifer Craig	1:12:42
	9 Paige Phillips	1:15:20
	10 Elizabeth Holliday	1:18:29
MALE AGE GROUP: 40 - 44	1 Gordon Williams	49:28
	2 Tim Daugherty	50:35
	3 Kelle Jeff	52:50
	4 Robert Gustafson	53:53
	5 Todd Craig	56:40
	6 Dan Basler	57:19
	7 Jason Howard	1:00:20
	8 Scott Rowe	1:01:31
	9 Preston Goforth	1:03:29
	10 Whitney Drayer	1:03:46
	11 John Smith	1:14:46
FEMALE AGE GROUP: 45 - 49	1 Jennie Gentry	51:54
	2 Jennifer Newton	51:55

	3 Katherine Combs	1:02:54
	4 Lisa Heltzel	1:13:06
	5 Ronda Gentry	1:17:25
MALE AGE GROUP: 45 - 49	1 Tripp McCallie	40:01
	2 Brad Harvey	46:18
	3 Matt Buck	48:52
	4 Robert Dickerson	50:31
	5 Dave Porfiri	51:51
	6 Daniel Holliday	55:04
	7 Del Ashcraft	1:02:31
	8 Brad Combs	1:02:55
	9 Rick Leun	1:03:27
	10 Norman Baucom	1:09:13
FEMALE AGE GROUP: 50 - 54	1 Brenda Zorca	1:04:02
	2 Ann Benson	1:04:20
	3 Dayanne Baucom	1:22:06
MALE AGE GROUP: 50 - 54	1 Samuel Boozer	47:13
	2 Joe Williams	47:22
	3 Andy Zorca	49:53
	4 Jeffrey Cochran	50:12
	5 Mike Kirkland	53:55
	6 Rick Loggins	53:55
	7 Matt O'Neill	59:42
	8 Bob Nickel	1:02:08
	9 Steve Smalling	1:04:24
	10 Tompkins Steve	1:04:24
	11 Peter Wilson	1:07:32
	12 Jeff Duncan	1:10:05
FEMALE AGE GROUP: 55 - 59	1 Cathy Gracey	57:24
	2 Beth Rice	59:40
	3 Cathleen Fuller	1:02:07
	4 Kim Headrick	1:11:18
MALE AGE GROUP: 55 - 59	1 Hunter Huckabay	48:08
	2 Bill Merolle	52:24
	3 Quint Mansell	56:46
	4 Doug Roselle	1:01:33
MALE AGE GROUP: 60 - 64	1 John Crawley	46:40
	2 Mike Usher	46:56
	3 Roger Harris	49:19
	4 Dick Miller	51:21
	5 Carter Lynch	57:07
	6 David Mann	1:04:05
FEMALE AGE GROUP: 65 - 69	1 Sue Anne Brown	1:00:21
MALE AGE GROUP: 65 - 69	1 Earl Kelle	1:19:47
MALE AGE GROUP: 70 & OVER	1 Bianchini Sergio	50:46



Photos by Catherine Crawley



CHICKAMAUGA BATTLEFIELD MARATHON AND HALF MARATHON

Cont. from P. 6 - 7



FEMALE AGE GROUP: 40 - 44

1 Katherine Fisher	3:38:51
2 Sue Scholl	3:49:57
3 Karen Eastburn	4:01:15
4 Jody Geibl	4:20:20
5 Vivian Barrera	4:25:18
6 Tricia Scheuneman	4:26:33
7 Kristin Onstott	4:28:24
8 Robin Hull	4:30:03
9 Sheila Haynes	4:32:47
10 Jade Rhudy	4:32:48
11 Shana Chandler	4:42:12
12 Bonnie Johnston	4:48:12
13 Christine Vouidy	4:54:37
14 Heather Ponce	5:00:01
15 Dee Archer	5:06:51
16 Lisa Overall	5:11:04
17 Amy Hakala	5:21:24
18 Kelley Hardin	5:21:24
19 Elizabeth Guerrant	5:28:36
20 Stacie Collins	5:28:36
21 Marissa Crawford	5:32:01
22 Dana Britt	5:47:48
23 Sheryl Jenkins	5:48:21
24 Larena Ward	6:22:48

MALE AGE GROUP: 40 - 44

1 Jerod Honrath	3:06:24
2 John Cushma	3:12:51
3 Tony Owens	3:13:14
4 Jason Dresnok	3:16:49
5 David McMahon	3:22:38
6 Keith Long	3:24:28
7 Scott Hamby	3:27:22
8 Todd Graves	3:30:24
9 Michael Barilla	3:37:22
10 Richard Graham	3:39:12
11 Lee Clontz	3:39:25
12 Mike Dalton	3:40:32
13 Cason Conn	3:41:25
14 John Kilpatrick	3:42:03
15 John Holcombe	3:45:39
16 David Lane	3:45:54
17 Jon Overholt	3:48:12
18 David Dorrell	3:48:52
19 John Anderson	3:50:03
20 Christopher Cantrel	3:53:05
21 Aaron Thomas	3:53:49
22 Terry Brantley	3:53:51
23 Joshua Scott	3:54:11
24 John Vernon	3:55:51
25 Jeff Archer	3:56:07
26 Takehito Ito	3:56:31
27 Samuel Hammonds	3:56:39
28 David Bechler	3:57:04
29 Will Stoll	3:58:35
30 Rob Lowe	3:58:47
31 John Pittman	3:59:09
32 Bernard Tougas	3:59:57
33 Mario Ponce	4:01:14
34 Marvin Bochantin	4:03:55
35 Michael Flanagan	4:04:44
36 Steven Brown	4:11:05
37 Brian Lankford	4:16:56
38 Keith Strickland	4:18:25
39 Anthony Vouidy	4:21:24
40 Jim McGill	4:29:38
41 Scotty Pope	4:35:57
42 Charles Shean, Iv	4:53:28
43 John O'Keefe-Odom	4:54:30
44 Jeffrey Hollington	4:59:08
45 James Jones	5:02:50
46 Jimmy Norris	5:14:30
47 Guy Chambliss	5:18:28
48 William Sofield	5:36:52
49 James Westmorelan	5:43:03

FEMALE AGE GROUP: 45 - 49

1 Connie Petty	3:40:21
2 Kelli Sliwinski	3:42:04
3 Susanne Park	3:43:11
4 Marsha Morton	3:50:07
5 Andrea Restifo	4:10:21
6 Kari Roberts	4:19:42
7 Mary Carlson	4:21:48
8 Kettie Mothersead	4:25:41
9 Cheryl Lei Bryll	4:32:03
10 Stephanie Willison	4:35:52
11 Deann Bell	4:38:12
12 Andrea MacEri	4:42:01
13 Jennie Gentry	4:44:44
14 Anne Gratz	4:59:07
15 Suzanne Schultz	5:00:37
16 Greta Dobe	5:03:33

17 Angie Chambers	5:04:08
18 Pamela Griffin	5:08:01
19 Jennifer Hatcher	5:17:30
20 Lisa Culver	5:28:30
21 Nikki Bautista	6:15:45

MALE AGE GROUP: 45 - 49

1 Jeff Offhaus	3:11:00
2 Tripp McCallie	3:11:22
3 Sean Ryan	3:12:52
4 Dean Thompson	3:14:58
5 Mark Kuhn	3:19:46
6 Eric Whittington	3:20:25
7 Todd Bunnell	3:20:46
8 Bernardo Lopez	3:24:23
9 Hilario Mendez	3:27:40
10 Robert Branson	3:31:50
11 Ken Lonseth	3:33:57
12 Scott Williams	3:34:26
13 David Urbanek	3:35:29
14 Greg Henry	3:37:17
15 David Moghani	3:38:06
16 Patrick Finney	3:40:00
17 Fred Fletcher	3:40:55
18 Dennis Redinger	3:45:08
19 Thomas Smith	3:45:30
20 Robert Green	3:46:04
21 Jay Gill	3:46:13
22 Bob Wilhelm	3:49:28
23 Herschel Wells	3:50:37
24 Jeff Skillen	3:53:40
25 Greg Haenel	3:58:02
26 John Latham	3:58:45
27 Todd Kelley	3:59:12
28 Jerry Mocahbee	3:59:33
29 Aaron Mercer	3:59:42
30 Ron Blessinger	4:00:33
31 Kihoon Lee	4:06:55
32 Brian Morani	4:07:07
33 Steve Megargee	4:09:06
34 Kyung Lim	4:10:44
35 John Azar-Dickens	4:14:16
36 Keith Perry	4:19:07
37 Ken Chambers	4:20:19
38 Richard Abbott	4:24:33
39 Harry Goslow	4:24:44
40 Brad Simpson	4:27:22
41 Chet Graham	4:27:32
42 William McGill	4:29:39
43 Norman Baucom	4:31:56
44 Patrick O'Ferrall	4:32:27
45 Eric Butterfield	4:48:15
46 Paul Sager	4:59:14
47 Henry Eyer	5:28:36
48 Mark Hudspeth	6:16:05
49 James Altenberg	6:22:58

FEMALE AGE GROUP: 50 - 54

1 Coleen Strasburger	4:03:13
2 Gwen Meeks	4:26:30
3 Julia Given	4:29:23
4 Debby Legg	4:29:45
5 Lorraine Hurley	4:32:34
6 Kelli Magre	4:34:39
7 Laura Owens	4:48:10
8 Corinne Henderson	4:58:10
9 Lauri Slade	5:01:49
10 Debra Mason	5:11:21
11 Amy Vannatter-Dor	5:12:04
12 Virginia Knight	5:17:55

MALE AGE GROUP: 50 - 54

1 Stephen Ruffin	3:25:51
2 Peter Oh	3:33:07
3 Michael Farrell	3:39:14
4 Robert Moore	3:42:37
5 Charlie Beeler	3:51:40
6 Bill Moloney	4:03:01
7 Samuel Boozer	4:05:05
8 Bill Jones	4:10:32
9 Jeffrey Brown	4:10:55
10 John Dryman	4:14:53
11 Marvin Whitaker	4:16:22
12 Matt Buckelew	4:21:34
13 Rich Hobson	4:23:48
14 Joe Dumas	4:43:09
15 Donnie Spivey	4:43:52
16 Rick Peters	4:56:54
17 Douglas Blankenshi	5:02:18
18 Ken Howser	5:02:35
19 James Land	5:03:16
20 Jeff Dorr	5:05:47
21 Ernie Ellis	5:18:16
22 Peter Morgan	5:29:21
23 Ron Branam	5:30:32

24 Fred Dietrich	5:31:22
25 Samuel Land	6:06:01

FEMALE AGE GROUP: 55 - 59

1 Dana Martin	4:21:40
2 Betty Holder	4:37:12
3 Joann Helmus	4:48:16
4 Karen Coleman	5:23:25
5 Diana Rosenal	5:39:12

MALE AGE GROUP: 55 - 59

1 Tony Pearson	3:28:36
2 Miles Tate	3:28:55
3 Cecil Hyde	3:40:03
4 Tom Joiner	3:46:18
5 Jeff Stracener	3:49:34
6 Tommy Nichols	3:58:47
7 Ron Eaker	4:02:16
8 Carl Koebbe	4:11:57
9 Charles Backstrom	4:15:43
10 Jeff Straussberger	4:20:18
11 Ronald Woodall	4:22:00
12 Gary Wood	4:44:33
13 Richard Nikonovich	4:56:49
14 George (john) Boxle	5:02:10
15 Andrew Kallet	5:11:40
16 Greg Courtney	5:13:37
17 Terry Stidham	5:18:04
18 Tony Branam	5:30:32
19 Winston Miller	5:49:41
20 Roger Kingsley	6:07:48
21 Larry Wasson	6:13:38

FEMALE AGE GROUP: 60 - 64

1 Cathy Gracey	4:44:36
2 Deborah Schulte	4:54:29
3 Barb Wheelock	5:13:37
4 Nancy Bland	5:27:03
5 Lesley Strauss	5:45:34

MALE AGE GROUP: 60 - 64

1 Roger Heacock	3:52:20
2 Mark Yarbrough	3:56:21
3 Mike Usher	4:03:39
4 Thomas Russe	4:09:07
5 John Crawley	4:09:51
6 Heyward Rogers	4:10:43
7 Robert Obst	4:16:52
8 Dan Ellithorp	4:22:04
9 Gregory Hatfield	4:25:46
10 Ellis Key	4:29:55
11 Robert Dorr	4:30:22
12 Jack Baggett	4:30:22
13 David Butler	4:38:59
14 Bob Strauss	4:45:41
15 Thomas Little	4:51:16
16 Gregg Steinbrueck	5:55:28

FEMALE AGE GROUP: 65 - 69

1 Marian Loftin	4:37:15
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MALE AGE GROUP: 65 - 69

1 Jim Evans	3:54:28
2 Taeki Lee	4:06:12
3 Dennis Roach	4:10:33
4 Craig Kelly	4:19:13
5 Truman Smith	4:33:21
6 George Southgate	4:51:56
7 Hal Darr	5:18:51
8 Jere Yates	5:33:21
9 Phillip Fields	6:02:12

FEMALE AGE GROUP: 70 & OVER

1 Bonnie Wassin	5:56:41
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MALE AGE GROUP: 70 & OVER

1 Mark Pitts	4:29:31
2 Jay Pryor	4:50:15
3 Sergio Bianchini	5:05:28
4 Chuck Van Duzee	5:18:05
5 Terrance O'Brien	5:18:08
6 Charles Savage	5:47:19
7 Armand Kramedian	6:48:35

Half Marathon Results

OVERALL FEMALE

1 Laura Gold	1:31:44
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OVERALL MALE

1 Jack Findley	1:14:59
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FEMALE MASTERS

1 Eunice Campbel	1:36:55
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MALE MASTERS

1 Sean Giuffre	1:27:54
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FEMALE GRAND MASTERS

1 Christine Kirk	1:47:10
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MALE GRAND MASTERS

1 John Gracy	1:28:30
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FEMALE SENIOR GRAND MASTERS

1 Kathi Wagner	1:57:53
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1 Keith Woodward	1:31:52
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FEMALE AGE GROUP: 19 & UNDER

1 Peggy Fuels	1:51:34
2 Brooke Cilley	1:59:41
3 Ellen Schultz	2:01:15
4 Mallie Campbell	2:11:16
5 Morgan Holland	2:38:10

MALE AGE GROUP: 19 & UNDER

1 Matthew Broussard	1:28:58
2 Gregory Baucom	1:38:40
3 Dawson Peak	1:39:26
4 Adam Fox	1:42:49
5 Connor Owens	1:43:30
6 Hank Warren	1:44:13
7 Aaron Anand	1:45:25
8 Mason McClure	1:47:02
9 Jimmy Ortiz	1:47:02
10 Anderson White	1:53:44

FEMALE AGE GROUP: 20 - 24

1 Jennifer Stocks	1:32:13
2 Meredith Zinke	1:38:29
3 Mandy Harris	1:50:17
4 Courtney Patrick	1:51:14
5 Erin Simpson	1:57:39
6 Hannah Martin	1:58:03
7 Bonnie Vetterick	2:12:05
8 Hannah Richardson	2:13:10
9 Shelby Sokol	2:13:11
10 Madison Paul	2:15:58

MALE AGE GROUP: 20 - 24

1 Ken Curran	1:26:51
2 Jeremy Bottomley	1:31:41
3 Nathaniel Brex	1:49:24
4 Philip Connors	1:52:38
5 Luis Taboada	1:57:22
6 Tyler Fricks	1:57:27
7 Matthew Cormier	2:00:12
8 Will Vetterick	2:12:05
9 Matthew Hyatt	2:22:49
10 Jackson Hardean	2:56:03

FEMALE AGE GROUP: 25 - 29

1 Emily Findley	1:36:25
2 Rachel Jones	1:44:15
3 Kayla Coyle	1:48:02
4 Ashley King	1:51:22
5 Veronica Watson	1:51:48
6 Kari Presley	1:55:02
7 Rachael Carringer	1:57:43
8 Kaitlin Gunter	1:58:28
9 Morgan Williams	1:58:28
10 Amanda Tingle	1:58:44

MALE AGE GROUP: 25 - 29

1 Thomas Cable	1:24:41
2 Ryan Fielden	1:29:41
3 Stephen Berganske	1:43:29
4 Eric Anderson	1:45:09
5 Joshua Roy	1:49:35
6 Brian Constantino	1:49:57
7 Clayton Warden	1:55:23
8 Matthew Tingle	1:56:21
9 Ryne Shumaker	1:57:51
10 Allen Porter	1:58:34

FEMALE AGE GROUP: 30 - 34

1 Tiffany Inman	1:45:26
2 Meredith Shankles	1:50:35
3 Lally Adams	1:51:02
4 Leslie Kell	1:51:15
5 Stephanie Boone-M	1:55:24
6 Sarah Farnsley	1:56:39
7 Rebecca Hogan	1:57:24
8 Terri Ragsdale	1:57:45
9 Shannon Biddle	1:58:34
10 Katherine Morgan	1:59:25

MALE AGE GROUP: 30 - 34

1 Russ Rogers	1:28:35
2 Dusty Jameson	1:31:22
3 Chad Presley	1:38:31
4 Benjamin Byard	1:43:31
5 Boyd Copeland	1:43:41
6 Keith Barclift	1:44:15
7 Garrett Robinette	1:45:42
8 Alex Herweyer	1:48:16
9 Kevin O'Leary	1:51:02
10 Zack Tilley	1:51:14

FEMALE AGE GROUP: 35 - 39

1 Claudia Brinkruff	1:32:49
2 Janebrooks Moss	1:42:56
3 Katherine Medley	1:49:10
4 Heather Lairsen	1:49:23

5 Laura Eichenberger	1:50:41
6 Christine Reuscher	1:51:38
7 Melissa Pfaffenbichl	1:53:43
8 Christy Ruble	1:54:08
9 Bethany Womack	1:57:17
10 Emily Baldwin	1:59:21

MALE AGE GROUP: 35 - 39

1 David Kieu	1:24:59
2 Shane Wright	1:29:31
3 Michael Holcombe	1:39:43
4 Benjamin Brooks	1:40:12
5 Christian Caceres	1:42:55
6 Ryan Harry	1:44:15
7 Adam Dilts	1:45:52



Scenic City Half Marathon 5K & Charity Challenge

Chattanooga's Urban Half Marathon

Saturday, February 28, 2015

8:00 a.m. EST

Start/Finish on 50 Yard Line at
Finley Stadium, Chattanooga, TN

Participating Charities:

Special Olympics
Tennessee
Southeast Region



For Registration and Additional Information
see event website:

www.ScenicCityHalfMarathon.com

Presented by the Chattanooga Track Club



UPCOMING CTC RACES AND EVENTS



Chattanooga Track Club Annual Awards Banquet

January 17

Join us at the Doubletree Hotel for guest speaker Don Kardong, dinner and door prizes. Awards given for Runner of the Year, Volunteer of the Year, and Battle For Chattanooga. Long Runner Club will induct new members. Pre-register through the CTC website.



Scenic City Half Marathon, 5K and Charity Challenge

February 28

One of our biggest, best races of the year. Start and finish in Chattanooga's Finley Stadium. New for 2015, 5K race participants receive finishers' medals.



65 Roses 5K and Great Strides Walk for Cystic Fibrosis

March 28

The campus of Lee University goes all out every year to make this race memorable

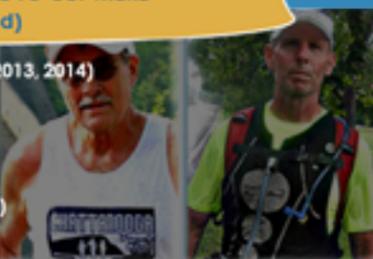
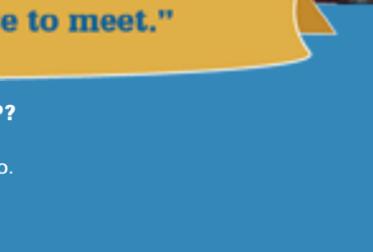
CHICKAMAUGA BATTLEFIELD RESULTS

5K Cont. from P.13

6 Ava Whited	35:15	6 Anand Patil	52:36	5 Marcia Pfister	33:39	MALE AGE GROUP: 50 - 54	
7 Morgan Pride	44:51	FEMALE AGE GROUP: 30 - 34		6 Tricia Earl	33:43	1 Glen Bergman	23:27
8 Shayne Ramsdell	45:00	1 Lindsey Shipley	25:52	7 Kirsten Ridge	34:30	2 Jim Hughes	23:54
MALE AGE GROUP: 14 & UNDER		2 Catherine Sams	28:27	8 Lynn Pierce	35:04	3 David Oster	24:44
1 Jasper Wilson	20:12	3 Jill Allen	29:13	9 Lanise Hutchins	35:56	4 Chip Patton	27:07
2 John Arrowsmith	20:14	4 Rebecca Tharp	30:30	10 Shelly Pruett	37:11	5 Peter Wilson	28:32
3 Ben Griswold	23:11	5 Heather Jackson	31:15	MALE AGE GROUP: 40 - 44		6 Samuel Stubbs	na
4 Temple Carr	23:35	6 Melissa Cordell	31:37	1 Sean Price	25:12	FEMALE AGE GROUP: 55 - 59	
5 Gunnar Hamill	23:50	7 Miranda Chambers	31:44	2 Gregory Haley	29:11	1 Carolyn Funderburk	29:09
6 Jacob Graham	24:03	8 Sheree McEntire	33:47	3 Brent Campbell	29:53	2 Sheila Guess	29:56
7 Gage Whited	24:51	9 Bryana Yarbrough	34:49	4 Kent Callison	32:29	3 Susan Eaker	30:35
8 Luke Tinholt	26:20	10 Kristin Robertson	35:44	5 Brian Mallard	35:52	4 Barb Monaghan	30:54
9 Joe Griswold	27:25	MALE AGE GROUP: 30 - 34		6 Steven Vickers	41:32	5 Cynthia Meeks	32:25
10 Ian Wilson	28:31	1 Zac Long	19:08	7 Jeff Cornell	41:45	6 Kathy Erickson	34:29
FEMALE AGE GROUP: 15 - 19		2 David Cofer	21:34	8 Nic Storr	46:11	7 Denise White	34:51
1 Sierra Green	26:53	3 Brad Hughes	22:07	9 Will Smith	na	8 Debby McRae	37:05
2 Brooke Levi	33:00	4 Keith Yarbrough	22:18	FEMALE AGE GROUP: 45 - 49		9 Stephanie Sims	42:16
3 Shae Lingerfelt	33:57	5 Adam Black	22:24	1 Ashley Remko	26:42	10 Jani Santana	42:52
4 Olivia Ferrara	1:00:29	6 Andrew Lotze	23:32	2 Debbie Poss	27:11	MALE AGE GROUP: 55 - 59	
MALE AGE GROUP: 15 - 19		7 Jeffrey Allen	24:27	3 Dayna Smith	31:22	1 John Turner	23:13
1 John Jackson	25:04	8 Jon Stoltz	24:54	4 Stacey Swafford	32:25	2 Ed Freeman	26:04
2 Christopher Ledford	25:31	9 Jason Bridges	25:44	5 Debbie Steele	32:41	3 John Tackett	26:22
3 Chace Underwood	28:20	10 John Wright	26:14	6 Laura Gaddis	32:41	4 Mark Oprisch	26:47
4 Caleb Pride	29:00	FEMALE AGE GROUP: 35 - 39		7 Tammy Johnson	32:55	5 Kim Bond	57:00
FEMALE AGE GROUP: 20 - 24		1 Katie Dolphin	25:59	8 Lisa Heltzel	33:06	FEMALE AGE GROUP: 60 - 64	
1 Jessika Blankenship	25:07	2 Diana Hatcher	28:20	9 Andrea Dillard	33:09	1 Jane Webb	36:34
2 Sarah Land	52:16	3 Heather Lawson	28:27	10 Sharon Devaney	33:54	2 Leslie Dodson	36:48
3 Brittany Scoggins	53:15	4 Melanie Blake	29:01	MALE AGE GROUP: 45 - 49		3 Diane Walter	43:24
MALE AGE GROUP: 20 - 24		5 Kim Boothe	29:18	1 Dave Porfiri	23:31	4 Brenda Eddings	44:06
1 Ryan Osborn	22:07	6 Elaine Tinholt	29:21	2 John Ewton	25:20	5 Brenda Gammon	45:22
2 Cody Snyder	37:02	7 Jennifer Campbell	29:54	3 Brent Templeton	27:09	6 Lynne Frederick	51:24
3 Matthew Vick	na	8 Angie Anand	31:15	4 Allen Wilson	29:43	MALE AGE GROUP: 60 - 64	
FEMALE AGE GROUP: 25 - 29		9 Vivina Gray	32:25	5 John Wentz	30:18	1 Arney Guess	33:29
1 Kelly Sevin	23:38	10 Lara Wilson	32:54	6 Gary Brinkley	30:36	2 Eugene Schulte	36:05
2 Lexie Diluzio	26:38	MALE AGE GROUP: 35 - 39		7 Paul Geibl	31:21	3 Lucien Ellington	39:14
3 Beth Bailey	27:50	1 Donnie Mullins	24:58	8 Michael Defilippis	35:43	4 David Klinger	51:22
4 Casey Jacobs	30:33	2 Jason Sims	26:50	9 Garrett Mothersead	35:53	FEMALE AGE GROUP: 65 - 69	
5 Brianna Myatt	30:42	3 Heath Morton	28:46	10 Martin Summitt	37:28	1 Gayle Moody	48:19
6 Brandi Park	32:38	4 Wesley Forrest	29:12	FEMALE AGE GROUP: 50 - 54		MALE AGE GROUP: 65 - 69	
7 Ashley Harris	35:32	5 Jonathan Jackson	29:34	1 Rene Townsend	28:43	1 Thomas Dailey	27:49
8 Amanda Cagle	35:47	6 Jon Beck	35:51	2 Donna Burcham	32:02	2 Alan Kohrt	33:24
9 Skye Webb	36:33	7 Holly Kesley	41:24	3 Beth Siggers	32:33	3 Earl Kelle	35:35
10 Meredith Hopkins	37:02	8 Joshua Calhoun	44:50	4 Kristi Myatt	32:40	4 Jack Abbott	36:03
MALE AGE GROUP: 25 - 29		9 Steven Goldberg	1:02:05	5 Jo Kellum	33:27	FEMALE AGE GROUP: 70 & OVER	
1 Charles Webb	23:07	FEMALE AGE GROUP: 40 - 44		6 Suzanne Corrington	34:03	1 Paula Allen	49:55
2 Jeff Carlton	24:33	1 Gwen MacAllister	29:30	7 Angeline Lassiter	35:49	2 Jean McHugh-Horga	51:16
3 Warren Gramling	26:36	2 Marsha Wood	29:40	8 Wanda Bennudriti	37:28	3 Sally Ferrara	1:00:31
4 Michael Shock	27:51	3 Cielene Aleksejus	30:18	9 Kerren Berz	38:39	MALE AGE GROUP: 70 & OVER	
5 Chris Bailey	32:22	4 Christie Strickland	33:34	10 Rosalie Mayer	40:29	1 Phil Thomas	51:26

CTC LONG RUNNERS WALL

RECOGNIZING THOSE WHO HAD A LONG WAY TO GO... OR TOOK A LONG TIME TO GET THERE
(Annual Awards for each year show longest distance recognized)

	ANNUAL 50-MILER AWARD:	IRONMAN BILLY COLLIER (2013, 2014) MISSI JOHNSON (2012) STACEY MALECKY (2013) CHRIS NETHERLAND (2014) SHERRIE RAHBE (2014) CYRUS RHODE (2012) TRUMAN SMITH (2012-2014) LYNDA WEBBER (2013)	
	ANNUAL 100-MILER AWARD:	SAL COLL (2012-2014) BETTY HOLDER (2014) KIMBER KEPLINGER (2014) STACEY MALECKY (2014) RICHARD WESTBROOK (2014)	
	LIFETIME 100+ MARATHONS AWARD:	PAT HAGAN (2012) CYRUS RHODE (2012) TRUMAN SMITH (2012)	
	LIFETIME 7 CONTINENTS/ 7 MARATHONS AWARD:	CYRUS RHODE (2012) TRUMAN SMITH (2012)	
	LIFETIME 50 STATES/ 50 MARATHONS AWARD:	CYRUS RHODE (2012) TRUMAN SMITH (2012) BONNIE WASSIN (2012)	
	LIFETIME SPECIAL ACHIEVEMENT/ BOSTON QUARTER CENTURY CLUB AWARD 2014:	BUD WISSEMAN (2014)	

**"There are no great people in this world -
only great challenges which ordinary people rise to meet."
Admiral William F. "Bull" Halsey**

THINK YOU HAVE WHAT IT TAKES TO JOIN THIS ELITE GROUP?

The CTC Long Runners Club recognizes members who have accomplished a goal that either takes a long time to reach, or simply requires a long way to go. The Long Runners Club is open to any member who completes one or more of the six challenges.

AWARD CATEGORIES ARE FOR THE FOLLOWING CHALLENGES:

- (1) 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).
- (2) 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). [NOTE: The Vol State 500K falls into this challenge category, as the clock does not stop ticking until the participant has crossed the finish line.]
- (3) 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.
- (4) 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.
- (5) 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.
- (6) 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 FINALLY...

- (7) THE SPECIAL ACHIEVEMENT CHALLENGE** (see Item No. 4 of THE RULES, below).

THE RULES:

- Long Runners are recognized each year for accomplishments undertaken from December 1 of the previous year through November 30 of the current year.
- Anyone may nominate a CTC member for a Long Runner award (including the runner himself/herself) as long as the nomination for the current season is made no later than November 30 of the current year and as long as the CTC member was also a member at the time the challenge was completed. In the case of lifetime awards, the recipient must be a CTC member at the time he completes his his/her final marathon.
- Proof of any such accomplishment should be provided no later than November 30 of the current year to the CTC Race Committee at: VPRaces@chattanooga-trackclub.org AND the CTC Club Manager at: smalecky@chattanooga-trackclub.org. Any challenge completed after November 30 will be associated with the following year.
- The Long Runners Committee also reserves the right in any given year to bestow a "special achievement" award for an outstanding accomplishment, as voted on by the CTC Board, that that has either taken the recipient "a long time to get there" or requires "a long way to go." An example of such an accomplishment would be the award presented to Bud Wisseman in 2014 for completing 25 consecutive Boston Marathons, and for being inducted into the official Boston Marathon Quarter Century Club. If you believe that you or someone you know has completed an outstanding running accomplishment, you may present your nomination for consideration to the CTC Race Committee and the CTC Club Manager as listed in Item 3, above.



BULLETIN BOARD

WINTER 2015

**JOIN A
RUNNING
GROUP!**

**CTC
Membership
Banquet
January 17th**

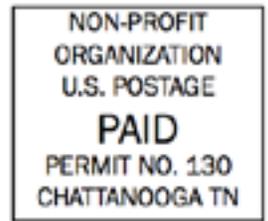
**SCENIC CITY
HALF & 5K
FEB.28TH**

**CTC MEMBERSHIP
DISCOUNTS
@ LOCAL
BUSINESSES**

**JOIN
or
RENEW
MEMBERSHIP
FOR 2015!**



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



CHANGE SERVICE REQUESTED

RACE CALENDAR

Race dates are verified but might 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

FEBRUARY

28 Scenic City Half Marathon, 5K, Charity Challenge 

MARCH

14 First Volunteer Bank 5K 
 28 65 Roses 5K and Walk for Cystic Fibrosis 

APRIL

18 Chickamauga Chase 15K, 5K 1 Mile, Trail 

MAY

9 King of the Mountain 
 24 Chattanooga Chase 

JUNE

11 Twilight Track Meet 
 20 Market Street Mile 
 28 Chattanooga Waterfront Triathlon 

AUGUST

8 Missionary Ridge Road Race 
 22 Make A Wish Run for Wishes 

SEPTEMBER

7 FCA 5K and 10K 
 3,10 CTC Elementary Cross Country #1, #2 
 17,24 CTC Elementary Cross Country #3, #4 
 26 Raccoon Mtn. 5K and 10K 

OCTOBER

10 JMHC Pumpkin Run 
 24 Signal Mtn. Pie Run 

NOVEMBER

14 Battlefield Marathon, Half & 5K 
 26 Sports Barn Turkey Trot 

DECEMBER

19 Wauhatchie Trail Run 