

JOGGING AROUND



**VOL STATE 500K RACE REVIEW:
LYNDA WEBBER**

CTC RACE TEAM HIGHLIGHTS

LOOKING BACK: JOGGING AROUND, 1989

**55 RUNNERS SET STATE TIME RECORDS
AT SCENIC CITY SCORCHER**



Chattanooga Track Club

Officers for 2015

President
Sujeel Taj
president@chattanoogatrackclub.org

Past President
Bill Brock
pastpresident@chattanoogatrackclub.org

President-Elect for 2015
John Crawley
presidentelect@chattanoogatrackclub.org

VP/Communications
Sarah Barnes
vpcommunications@chattanoogatrackclub.org

VP/Races
Ron Branam
vpraces@chattanoogatrackclub.org

VP/Membership
Jennifer Heinzel
vpmembership@chattanoogatrackclub.org

Secretary
Steve Tompkins
secretary@chattanoogatrackclub.org

Treasurer
Dick Miller
treasurer@chattanoogatrackclub.org

Directors

Stacy Boydston
Hugh Enicks
Austin Garrett
Cathy Gracey
Melissa Guinn
Tripp McCallie
Devin Munczenski
Beth Petty
Ryan Shrum
Jane Webb
Randy Whorton
Mike Usher

Staff

Club Manager
Stacey Malecky
smalecky@chattanoogatrackclub.org

Design / Layout
Bethany Congdon
congdon.bethany@gmail.com

Equipment Manager
Paul Wells
equipmentmanager@chattanoogatrackclub.org

Timing Manager
Trey Stanford
treystanford04@yahoo.com

JOGGING AROUND

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Editor

Sujeel Taj

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Catherine Crawley

Layout/Design

Bethany Congdon

Photography

Whitney Allison
Catherine Crawley
contributed photos

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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.

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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FROM THE CLUB PRESIDENT



It was the last miles of my very first marathon and everything hurt. For all my methodical preparation, despite the computer spreadsheet where I tracked workouts and meals, and in spite of all the water and energy gels strapped to my waist, I'd made typical, excited, first-timer mistakes. Instead of helping me catch my breath, each ever-more-frequent walking break seemed to multiply the force of gravity, dragging at my feet until finishing the race seemed almost impossible.

At the finish line, fifteen minutes after I'd promised to cross triumphantly beneath the Chattanooga Track Club arch, my family was starting to worry. A friend who'd driven from Atlanta to surprise me decided to go looking and found me more than a mile away from the finish. His unexpected appearance and words of encouragement accomplished what no walking break or aid station could, I found my wind, picked up the pace and was still running when I crossed the finish line.

Beginning on page 6 of this issue, Lynda Webber writes about running the 2015 Last Annual Vol State 500K race. If the distance alone weren't grueling enough, the race takes place

each year in the middle of the southern summer. For all the wonderful details included, most of her story had to be left out due to limited space. While working on putting this issue of the magazine together, I read and re-read Lynda's article as she and I distilled it down to the size you'll read here. At its heart, it's a story about friendship and I hope we've done a good enough job as editors to keep that message intact.

At the heart of the Chattanooga Track Club are countless friendships, some spanning decades, forged over miles of pavement. In truth, we're all more different than we are similar but the simple things we have in common are enough. They're enough to build life-long friendships, enough to join together and serve our community, and enough to take on the planning for a year-long calendar of race events. Thank you for being part of the CTC family.

In the next few months, we'll select new board members and officers to lead the track club in 2016. Please consider how you can help as we look forward to another year of friendships.

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.



THE SUMMER OF NOT RUNNING

Stacey Malecky

NEWSFLASH:
HUMBLE PIE
TASTES TERRIBLE.

My summer plans were all laid out in January... I would run a few ultras and be prepared to just roll into the Last Annual Vol State 500K race in mid-July. I had it all figured out and didn't give it much more thought. Pretty straightforward. What could possibly go wrong, right?

Fast forward to June, 2015. While I am pleased to report that I was able to finish the Knock on Wood 100-miler, I am NOT pleased to report that I would be completely out of commission shortly thereafter. A few days after the race I developed completely random but incredibly intense pain in my right Achilles tendon... And I PANICKED! I have been very fortunate in my running career and aside from the occasional IT band discomfort or slight muscle strain, I have not experienced any notable injuries. I'm here to tell you that streak ended with a bang (and a whimper from me as I realized what I was dealing with).

I initially made my best effort to continue training and ignore the pain, but within moments of beginning each run I was what you might call a 'hurting unit'. A few days later I decided it was time to see a professional. To this point I had always wondered if it was really necessary to ever see a doctor over running issues... I mean - can't you just run it off or stretch it out? Or just chew your leg off and keep going? It's probably mostly in your mind anyway. No whining (accompanying eye roll). Sooooo... with my white flag I hobbled in to see the orthopedist for an evaluation. Diagnosis: Achilles tendinosis and NO RUNNING for a few weeks (unless I liked the idea of surgery and lengthy rehab). I left the office in tears - and of course as luck would

have it, I passed every single runner in Chattanooga on the drive home. Having to bail on Vol State crushed me, but I decided to commit to the injury and rehab my way through the summer. As bad as it seemed, and as cranky as I was, I knew it could have been worse.

As it turned out, it would be two months before my heel would feel well enough to run again. In the grand scheme of things, two months of not running isn't so bad. It certainly felt like the LONGEST two months in my adult life. I was able to cross train and did TONS of calf strengthening exercises as prescribed. Once I was able to return, it was SLOW and uncomfortable. In just two months I had lost quite a bit of running stamina and developed this awkward new gait thanks to injury compensation. SIGH. Prior to this injury, a marathon would have been just another great work out. I admit I took that for granted.

Of course, just as with most other discomforts and inconveniences life occasionally offers, a valuable lesson awaits us. After just a short time of missing what used to be an everyday routine, I have found that I am so incredibly grateful each time I am able to complete a run - no matter the distance. In fact, I'm fairly certain that I spent a recent Saturday walking around in a blissful stupor after completing a pain-free three-miler! It felt so DARN GOOD to break an honest sweat in the sunshine... without pain. I know it will be a long road back, and three miles is a far cry from 26.2 - but I move forward with a new sense of appreciation for the opportunity and ability to even face the challenge!

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



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13.1
3.1

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Disclaimer: 7 Bridges Marathon is NOT a CTC event.



TRACK CLUB MEMBERS SUPPORT OUR COMMUNITY WHILE HAVING FUN

Jennifer Heinzl

Wow! What a year it has been so far! Everyone on the membership committee has been working hard to find more outlets to bring in new members. As a result, our membership numbers continue to grow! Not only is it hard work to attract new members, but retaining all members is just as hard of work.

Fortunately we have done a lot of "events" this year to see what attracted people and what didn't; one event was just a couple of weekends ago. The CTC hosted a free camping trip to the Smokey Mountains for their members. We had s'mores (both regular AND vegan), water balloons, great food on the grill, morning yoga class by Hillary Libby, team games, and we even had a sing along....."I'm just a poor boy, nobody loves me.....". This definitely will happen again next year!

Not only does the CTC embrace their members, but we also embrace the people of our community. What better way to take care of our community than to offer free bottles of water to those who are out walking, cycling, or running in the heat! Everyone we handed water to thought there was a race going on....it was great just to be able to keep those people hydrated as they worked on their fitness.

THAT'S what the Chattanooga Track Club is all about – embracing every person whether a walker, runner, cyclist, member, or not and continue to applaud their efforts in improving their health and well-being.

Jennifer is the CTC Vice-president of Membership, contact her at VPmembership@chattanooga-trackclub.org



Volunteers help make the Missionary Ridge Road Race a success



The Zaxby's team at the Make-A-Wish Superhero Race



CTC members had a great time at the Smokey Mountain camping retreat



Great food and fun in the Smokey Mountains



Antonio leads a planking challenge at the Make-A-Wish Superhero Race



Promoting upcoming races on WTVC's This 'N That program



Scenic City Scorcher runners braved the heat to set 55 new state records



Bill and Sherilyn make sure things run smoothly at the Scenic City Scorcher



The CTC water station kept things cool on hot days



A Cross-country training camp by coaches Bill and Jan Gautier



Zumba workshop led by Melissa Guinn kept CTC members on their toes

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!

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FITNESS COACH KELLY SUMMERSETT
THE CAMP HOUSE





Or: How I Learned To Stop Whining and Love the Road

Lynda Webber

Previously, Sal Coll and Richard Westbrook were the only CTC members crazy enough to take up the Vol State challenge; each having completed the event multiple times before, but nuttiness is contagious. I knew that “IronBetty” Holder was intrigued by their intrepidity, but as soon as I found out that she had signed up it didn’t matter that I would sooner eat worms. My brains just flew out my ears and I plugged in my credit card number and hit “enter” before I could come to my senses. The only thing to which I can attribute such a lapse is that I must not have wanted Betty to corner the market on crazy in our age group. Sergio was infected in June. He signed up the day after he finished an all-day 50-mile “excursion run” with Betty and me over Monteagle Mountain, and there is just no excuse for that. To make a long story short by a few thousand words, the three of us bonded together in craziness and decided to run Vol State as an unofficial “Team.”

Rather than run each day until we dropped in a ditch somewhere from sheer exhaustion, Betty suggested that we create a daily mileage strategy that would not only allow us to sleep in a hotel each night, but to finish by mid-afternoon on Saturday of Day Ten (actual deadline for finishing was 7:30 a.m. on Sunday). However, we were all aware that anything could happen out there on the Long Road, despite our careful pre-race planning.

Wednesday, July 8, 2015 – the Bus Ride

We meet with all our gear near the finish line in Castle Rock, Georgia (about 30 miles from Chattanooga) where buses are waiting to take all Vol State participants to the hotel in Union City, Tennessee, where we’ll stay the night before being dropped off the next morning at the starting line in nearby Hickman, Kentucky. We are all signed up in the “uncrewed” or self-supported division which, in VolSpeak, is also referred to as “screwed.” Each runner can only rely on themselves and what they carry with them. Sergio is really ready to start this race, and takes pride in the fact that absolutely everything he is wearing or carrying is used, borrowed, donated, or bought at a garage sale. He is also the only competitor who is carrying a second pair of shoes. The pair he is wearing – his favorites—are slip-ons so ancient that he has Super-glued extra sheets of rubber to the soles to make them last.

We board the bus and begin the ride to Union City, striking up conversations and friendships with the other participants who have come from all over the U.S. to participate in this event, including several from Canada, a couple from Great Britain, and even a fellow from Sweden. The buses drive the actual Vol State route backwards so participants can get some idea of what they’re in for (namely, the long stretches of nothing between towns), and we make a couple of stops along the way to stretch

our legs. One of the stops is at a tiny market in Glendale, Tennessee, a small community just southeast of Columbia and about 182 miles from the Vol State starting line in Hickman, Kentucky. There is a red bench in front of the store where several runners over the years, once sitting on that bench, gave up on the race and called it in. Thus, the bench was named the “Bench of Despair” by our esteemed Race Director, Laz Cantrell.

The buses arrive in Union City, Tennessee, and drop us off at the hotel. After the mandatory pre-race meeting at dinner (“The Last Supper”), those of us requiring last-minute supplies are shuttled over to Walmart. We’re instructed to be ready to board the buses to the starting line the following morning at 6:15 a.m.

Thursday, July 9, 2015 – Day One: Hickman, KY to Dresden, TN (42 MILES)

Thursday dawns clear, hot and humid, and the buses drive us down to the starting line.

At almost 8:00 a.m. Central Time Laz lights his traditional cigarette to signify the start of the race, and here we go, heading off to the finish line at The Rock 314 miles away, like a herd of horses going back to the barn.

The sun is already hot and well into the sky by the time we start running. Fellow CTC members Sal Coll and Richard Westbrook, seasoned Vol State veterans, have gone on ahead. Betty, Serge and I form a little team.

According to our plan, we need to get in 42 miles today. Some locals drive by as we are running and kindly hand us bottles of ice cold water... an amazing little gesture of human kindness which happens at random all during the race.

We arrive at our destination, the city of Dresden, TN, around 10:30 p.m. that night. Sergio elects to sleep in a nearby recreational pavilion along with a few other runners. Betty and I choose a nearby hotel. I’m concerned about Betty who, despite her nine Ironman finishes, seems to have been affected more than expected by the relentless heat and does not look well at check-in. After a long shower however, she feels much better.

Friday, July 10, 2015 – Day Two: Dresden, TN to Parkers Crossroad, TN (40 MILES)

Due to the lateness of our arrival the night before and our need for sleep and recovery, Betty and I leave our room at the relatively late hour of 5:30 a.m. CDT. Even at that hour, it is hot and humid. We swing by the pavilion on our way out of Dresden to pick up Serge, who has gotten very little sleep the night before. According to him, one of the other runners had moaned and puked for hours before finally getting up and heading into the night.

The plan for this morning is to run the six miles into the town of Gleason, eat breakfast somewhere, then continue on until we reach a hotel in our destination town of Parkers Crossroad that evening – a 40-mile day. Betty is still having difficulty and, in Gleason, elects to check in to a hotel for additional rest before attempting to run again in the cooler evening hours. A local resident has kindly offered to crew for her until Betty’s husband can arrive tomorrow to support her for the rest of the race. Despite our concern, we know Betty has extensive experience as an endurance athlete and respect her wish for us to continue on.

The long stretch of mostly uninhabited four-lane country highway going into Parkers Crossroads offers no shade whatsoever and is



(l-r) Sal, Sergio, Betty, Lynda, Richard at the Vol State starting line

hellishly hot. Later that evening, I receive a text message from Betty stating that she is still sick and had to withdraw from the race. I am totally bummed. Serge and I arrive at the interstate town of Parkers Crossroad around 11:00 p.m. Friday night. We are completely wasted but, despite our exhaustion, get only fitful rest. We hit the road again around 5:30 a.m. the next morning.

Saturday, July 11, 2015 – Day Three: Parkers Crossroads, TN to Somewhere Between Parsons and Linden (33 MILES)

The terrain starts to look a little prettier and a little more rolling as we enter the town of Lexington, Tennessee ten miles later. It being Saturday, there are a few garage sales along the route and Sergio has to rummage through each one just in case there is a good buy.

I go on ahead to wait for him at a convenience store. Sergio’s efforts cost him an additional three miles and about a gallon of sweat after he takes a wrong turn on the way to join me, but at least he finds a cap to replace the one he forgot to bring! Shortly afterwards we encounter the Meat Wagon, driven by the lovely Jan Walker, a 2013 Vol State finisher. Jan drives up and down the course looking for “dead meat”, wasted runners too exhausted or dispirited to carry on. Sergio rips off his pack and hands it to Jan saying “Can you please take this? I am just sick of it. It is too heavy.” Jan is dubious since once taken, Sergio won’t have his pack, or its contents, returned until the end of the race but Sergio is insistent. He continues on with only his jacket tied around his waist over a belt holding two small whiskey bottles filled with water and a smaller, plastic bottle. His spare shoes are slipped inside the jacket sleeves with the ends of the sleeves knotted. Sergio is elated to be rid of the pack and I wish I could ditch mine, but so far I’ve used everything I’m carrying.

We arrive in Parsons at 7:30 p.m., 17 miles short of tonight’s goal. At a Hardees restaurant, while Serge is snoring on the table, my random conversation with an older couple somehow turns into phone calls and an offer to stay the night with hospitable strangers just seven more miles up the road. A bit of unplanned socializing at “Little Josh’s” Italian Restaurant along the way (where we come away with two t-shirts and another cap), together with the combination of darkness, unclear directions, and our own exhaustion makes the seven-mile journey take almost three hours. It’s around 11:00 p.m. when we arrive at the house and meet the family who will be our hosts for the night. The house is small and simple but they share the limited space generously. I am dog-tired, but my adrenaline is still turned on “high” and I can’t sleep thinking about yet another long day ahead of us tomorrow.

Sunday, July 12, 2015 – Day Four: Somewhere Between Parsons and Linden, TN, to Hohenwald (29 MILES)

Despite having regularly applied sun screen, my legs bubble up with large, angry-looking sun blisters and the backs of my upper arms are a fierce-looking red. If our destination were simply some other little town out in the Tennessee boondocks, this might be a real problem. But Hohenwald is not just any little town. It’s a town with a Walmart, and there I purchase a cheap set of cotton scrubs, in blue, to match my pack!

Monday, July 13, 2015 – Day Five: Hohenwald to Columbia (35 MILES)

After leaving Hohenwald on Monday morning, Serge and I catch up to a few of the other runners at a water stop, including our friends Gil and Remy-the-Swede from the bus. They laugh at my scrubs and call me “Nurse Lynda.”

We troop along with them for a while, enjoying the camaraderie, and stop in a little café along the way for a long lunch in the AC, where Remy shows me how to tape up my toes, feet, and the blisters that are beginning to pop up. Apparently, you are supposed to do “preventative taping” on a multi-day event.

The mid-afternoon heat and humidity are affecting all of us and we walk for some time. But Sergio – a freak of nature who appears to be impervious to heat and requires very little sustenance – is getting frustrated with the pace. I tell him to go on ahead to Columbia, and wait for me at the first obvious place by the intersection. He gallops off ahead. Eventually, I too, leave Gil and Remy behind and try to catch up with Sergio. Near Columbia, I telephone the hotel, and am happy to hear that one of the runners has left his room (a double) early and instructed management to hold it for any other Vol State runner(s) in need. The sheets will be a little mussed, but who cares about cooties! This means a free room! The concierge agrees to hold it for me and provide us with free towels, so I telephone Sergio, give him the location of the hotel, and then slog down the remainder of the highway into town. At the hotel, I doctor my blisters as best I can and retape my feet (a huge, time-wasting chore), then crash around 12:30 a.m. Serge is already snoring in the other bed.

Tuesday, July 14, 2015 – Day Six-and-then-some: Columbia to Shelbyville (44 Miles)

We head down the long highway out of Columbia after grabbing biscuits at a convenience store, and after about five miles round a curve to come upon... the Bench of Despair!! Approximately 182 miles into the race, and we’re not despairing yet!

We stop to take some photos and ham it up, and the owner of the little store comes out and hands us a marker so we can write our names on the bench along with all the other Vol State runners who have passed through.

At a little cafe in Culleoka we strike up a conversation with a couple of farmers who can’t quite figure out why any normal person would do what we are doing, yet they are friendly and encouraging. They eat and leave before us, and the waitress tells us that they have paid for our meals.

A few hours later, we stop at a little general store somewhere in the middle of nowhere just to suck up some AC. The general store has a fine sandwich counter, and I ask the lady making the sandwiches to please just pile everything on. She does, and presents this beautiful sandwich to me free of charge, telling me she knows all about Vol State and wishing me luck on my journey.

On the outskirts of Lewisburg Serge and I wait out a storm under the overhang of a shopping center. Sergio wants to push on to Shelbyville tonight but that’s another 16 miles with nothing in between except farmland, and while I don’t mind traveling through the night, I am afraid of getting hit by another storm

while in the middle of nowhere. I try to explain to Serge that yes, we can get hypothermia on a summer night. Betty has texted to check on us and offers to do some storm tracking. With her assurance that the storm has moved on we decide to go ahead and continue on to Shelbyville.

The sidewalk soon gives way to the longest stretch of two-lane highway we will encounter. There really is nothing out here but forest and a few farms. It is very dark, and there is no traffic. We stop in front of a small shop and attempt to rest for maybe an hour beneath the overhang, but I get so cold in the humid air that my teeth are actually chattering, despite the temperature being in the seventies. Sergio is too cold to rest as well, and we decide to keep moving towards Shelbyville.

We are talking as we pass another little dark shop of some sort, just trying to keep each other awake, when a voice calls out to us. "Yo! Vol State runners?" We can vaguely see a person standing under the awning, waving at us. It turns out to be Paul, another hapless screwed runner. He tells us he's quit the race due to painful tibial tendinitis and that the Meat Wagon will pick him up after sunrise.

We express our dismay over Paul's injury and socialize for a couple minutes before heading down the road again. Later, we learn that a night's rest has done Paul some good, and he has "unquit" and had a successful finish. Apparently, "unquitting" is quite common at Vol State.

We reach Shelbyville at 9:00 a.m. I am brain-dead and ravenous, so we stop at a Waffle House on the course for about a half hour to chow down. We then decide to crash at the hotel across the street for a couple hours and plan to cover Wednesday's designated 29 miles from Shelbyville to Manchester during the latter half of the day.

Wednesday, July 15, 2015 – Day Seven: Shelbyville to Wartrace (9 MILES)

I badly want to sleep but only manage a dazed stupor for about an hour and a-half. I get up at 11:30 a.m. and am still taping my feet when Serge wakes.

He has some bad blisters too, yet he only slaps a Band-aid on each one and in a few minutes is ready to go. Sergio is tracking 75-year-old Dallas Smith, who is somewhere ahead of us. Earlier this year Dallas beat Serge by one minute at a Tennessee State Park race and won the age group. Serge, at 223 miles into a 314 mile race, is obviously just itching to rectify that upset. He is totally nuts.

Up to this point, we've made a good team with me navigating and making the decisions but I am still messing with my feet and just not ready to hit the road yet. Serge has towed me along in his wake for the past six days and he finally deserves to be freed; so I shake his hand, give him a hug, and say "May the Force Be With You." He limps out the door on his own blistered feet and I don't see him again.

I don't get back out on the road until 2:30 p.m. There is no shade anywhere as I make my way through town, and I feel like I am frying in a cast iron skillet. My pack, which was quite bearable at the start of the race, is now a monkey on my back. The blisters on the bottoms of my feet are terribly uncomfortable and it is difficult for me to maintain any kind of a walk/run pace. I shamble along in a stupor and figure that, by this point, I'd make a pretty good extra for The Walking Dead TV show.

I think about that long stretch of country road ahead of me between Wartrace and Manchester, about doing it in the dark by myself, and about all the time I have already lost today. As I trudge along the highway I am overcome by despair (where is that bench when you really need it??), and actually run through a version of the "four stages of grief" before deciding I have no choice but to hang up my shoes in Wartrace and go home.

I get to the tiny town of Wartrace at 7:30 p.m. and melt into one of the chairs sitting outside a small café. I text Carl, the assistant race director, to let him know I am quitting and that he doesn't need to send the Meat Wagon because my husband will pick me up. Despite his encouragement I can't walk another step. I am done. Next I call my husband, Walt, to tell him I've had it and to ask him to pick me up in Wartrace. He tells me he is on his way, and then I post a sad-sack item to Facebook from my phone, informing all who might care to know that I am a loser who is now defecting.

Finally, I call Betty because she deserves to hear from my own sorry self that I am quitting, and not from Facebook. I am surprised at how unhappy she sounds when I tell her. "Oh,

noooo, Lynda, you can't quit... you're so close! I tell you what, I was supposed to be on vacation this week anyway, so I'll come out and crew you. I can take my laptop and work from the SUV while you're running." I tell her I can't possibly impose on her that way and besides, I've made up my mind. As we say our good-byes, I can tell she is dismayed.

I am still sitting in front of the café, feeling dazed and confused, when Walt drives up. He gets out of the car to grab my pack, peers at my sweaty, burned husk, and said "Jeez. You don't look so good."

"Yeah, well, I guess I'm a little tired right now, Walt. I just need a little sleep." I schlep myself into the car like an aged crone and buckle up, but as we start to drive off I say, "Walt... can you... uh... stop for just a second? Ok. Betty just offered to crew for me. What do you think about that? If she crews, I don't have to carry this stinkin' pack and can sleep in a hotel each night and I might just survive. Would you mind? You came all the way out here to get me, but if we just get a hotel in Manchester tonight maybe Betty can pick me up from there in the morning – if she still wants to crew – and drop me back here in Wartrace so I can pick up where I left off."

"I don't mind at all," Walt replies. "Whatever you want to do is fine with me. It's your adventure!"

So I call Betty to see if she is still available. She certainly is, and says she will pick me up at the hotel at 6:30 the next morning and get me back on the course in Wartrace in time for my daily 7:30 a.m. call-in. I text Carl to see if I can come back in as "crewed," and he replies, "Great to have you back!" Finally, I send a message to my Facebook stating I am back in the game.

Thursday, July 16, 2015 – Day Eight: Wartrace to 12 Miles Beyond Manchester (Approx. 32 MILES)

I sleep better that night than any of the previous six nights, and when Betty drops me back on the course in Wartrace the next morning I actually feel energized. My only problem at this point is that my HOKAs are trashed because I've cut the toes out, and my feet are swollen so the spare Asics I'd left in Betty's car at the beginning of the race will no longer even slide onto my feet. However, IronBetty ALWAYS comes prepared, and she brought her Hoka Kailua road shoes with her. They are half a size larger than mine and fit my feet just fine. I can just feel all the stars aligning in my favor! Plus, except for a handheld water bottle, all my stuff is now in the back of



her SUV and I am FREE! No more monkey riding my back!

My blisters are still there, but the weight off my back – and knowing I have a friend up the road who is looking out for me – makes a huge difference. I've literally bounced from despair to hope overnight, and am actually able to run well this morning, even passing a couple of other grim Walkers struggling along with their packs.

I have been looking forward to eating lunch in Manchester, and as I run through the business district I see Betty parked up ahead in a strip center – and the amazing Catherine Crawley, friend and CTC photographer extraordinaire – directly down the sidewalk in front of me with her trusty camera! She told me she would be waiting for me in Manchester, and I am overjoyed to have two such kind and caring friends out on the course to support me when just the previous day I had hit rock bottom. As weary as I am after 250 miles, I don't have to fake a big grin for Catherine's camera.

Not only were Betty and Catherine there for me as I made my way into Manchester, but so was the Manchester Chief of Police! He, too, is a runner, and he came out to shake my hand! It made my day.

I complete at least 32 miles that day sometime before 8:00 p.m. Central time, which puts me approximately nine miles from the foot of Monteagle Mountain. Had I still been screwed and carrying a pack, I would have had to pop my new blisters by flashlight and sleep outside in a field, as all the hotels were back in Manchester. The advantage to being crewed, however, is that your crew can pluck you off the course wherever you stop for the night to take you to a hotel, with the only requirement being that you must be deposited back on the course the next day in exactly the same place at which you left it.

Friday, July 17, 2015 – Day Nine: 12 Miles Beyond Manchester over Monteagle Mountain to Jasper (Approx 32 MILES)

I jog at an easy pace to the foot of Monteagle Mountain before the sun fully comes up. Monteagle Mountain itself is a three mile ascent, so I slow down and just enjoy the hike. Betty is waiting for me at the top and I get there just in time for breakfast at Mountain Goat Betty's Café (of course we had to eat there).

While I rather enjoyed hiking up Monteagle Mountain earlier in the day, and am able to keep a pretty decent pace across the top of the mountain after breakfast, the 3+ mile descent is the absolute worst part of the entire 314-mile route. It bothers the bottoms of my feet so much that I have to take little mincing steps all the way to the bottom, and it takes forever. I finally arrive at the base of the mountain in Jasper close to sundown, and Betty informs me that if I just slog two more miles, I'd have only 18 miles left to complete tomorrow. I do my Walking Dead schtick to the center of town, then hop in Betty's SUV and treat us to a very comfortable night at the Kimball Hampton Inn.

Saturday, July 18, 2015 – Day Ten: Jasper to The Rock (Approx 18 MILES)

I'm feelin' it this morning. My body is sluggish, and I'm squashing blisters with every step. I also note a new issue... a little right tibial tendinitis.

I hike West along the shoulder of Highway 72 through Jasper and past the busy Interstate 24 intersection which, a few weeks ago, might have made me somewhat leery, but now I just want to git'er done. My body is somewhat tired. It's had a lot of exercise over the past nine days and endured high humidity and daily temps in the nineties. But except for the previous Wednesday where a demoralized me would have crashed and burned had it not been for Betty, I've managed to mostly follow the planned mileage strategy for each day. I realize that unless I am run over by a truck today, I can walk the rest of the way and still absolutely make our projected mid-day finish time.

Although the road up Monteagle Mountain is longer, the road up Sand Mountain is steeper so I just put my head down and keep putting one foot in front of the other. Once at the top, it's only about another mile to the turnoff at County Road 132/ Castle Rock Road. Betty meets me there for a final HOO-YAH,

and then drives off to the finish area.

It's at least another half hour before I get there, as I still have nearly a mile of road left to walk and must then hit the only trail on the course to hike approximately half a mile through field and forest. It is the Longest Half Mile Ever. Just when I start to get tired of slapping at horse flies, the trail dumps out into a little clearing where there is a party going on, and there it is. The Rock. Signifying the official finish. Official time: Nine Days, Four Hours, and 58 minutes, or somewhere around 1:00 p.m. Central Time on Saturday, July 18, which is exactly what my goal time was going into this thing. The clock stops ticking, and the adventure is over!

I could never have done it without Betty – the best crew ever!

Sergio, that indomitable little Italian, completed almost two days ahead of me with a finishing time of Seven Days, Sixteen Hours, and Forty-Six Minutes, or sometime after midnight on Thursday, July 16. Once we parted ways in Shelbyville he never stopped running (except for a brief snooze at a \$25-a-night Manchester flop house), even after he tracked down and passed his age-group "competition," Dallas Smith, settling that old State Park racing score.

Vol State Veteran Sal Coll, the only other CTC member to finish the race, completed his four year streak with a time of Six Days, Eight Hours, and Four Minutes. He tells me this is his favorite race. Ever. And now I know for certain he is totally cracked.

For those who have considered participating in Vol State, go for it. Not only is it a physical journey that will test you, it is also an inner journey that will forever change you. It may not always be real fun, but it's real...that's for sure. And it's true that whatever doesn't kill you makes you stronger.

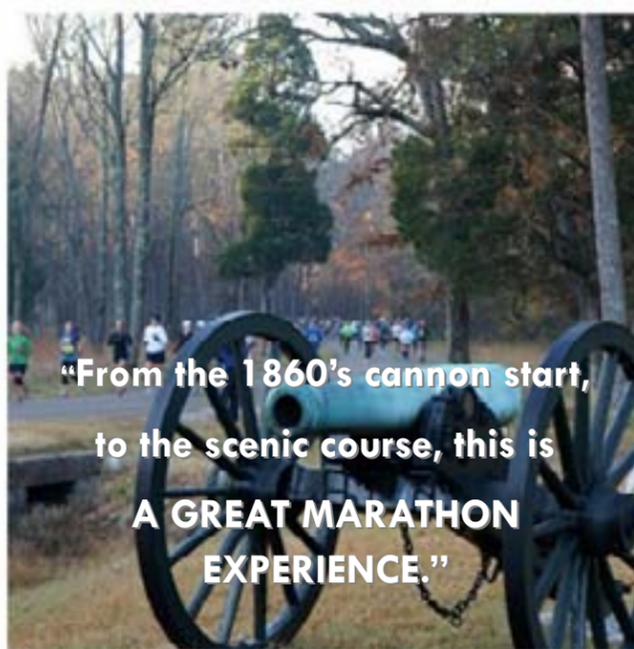


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CTC RACE TEAM
CONTINUES
TO SHINE IN 2015

The Chattanooga Track Club Race Team was created in 2013 to recognize and support club athletes who excel in distance running as well as track and field. This year, the 23 members of the CTC Race Team have represented the club in regional and national competitions. Distinctive locally in their unique, orange, CTC singlets, the team is managed by Hugh Enicks.

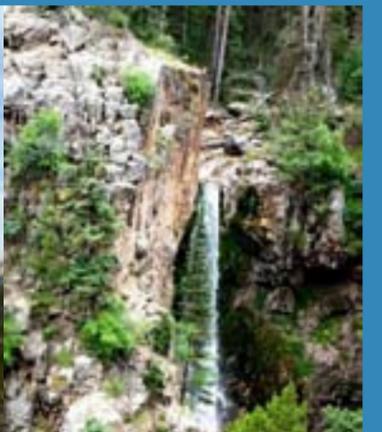
Here's a look at some of our Race Team members' recent accomplishments. Interested in joining the 2016 CTC Race Team? Watch the "news" section of the CTC website for information coming in November or contact the Track Club.



At the Scenic City Scorchers all participating Race Team members set state records for their age. (L-r) Mark Malecky, Tripp McCallie, Bill Minehan, Ryan Shrum, John Crawley, Chad Varga, Tim Ensign.



John Crawley competing at Big Sur marathon



Sarah Woerner completed the Tushars 93K Trail Race in the Tushar Mountains near Beaver, Utah. She was the first female finisher and 5th overall in a race with over 17,000 feet of elevation gain. These pictures are from the trail race route.



Dean Thompson and wife, Debbie, after Dean's finish at the Beach To Battleship Ironman in Wilmington, NC. Dean finished with 5th Masters and 19th overall.



Hugh Enicks at the USATF Masters Track and Field Championships. Hugh took silver medals in both the 5000 and 10,000 meter runs.



Melanie Blake competing in the USATF Track and Field Championships where she took silver medals in the 400 and 100 meter hurdles and the American record in the shuttle hurdle relay.

PHOTOFINISH

Chickamauga Marathon Set for Saturday, November 11th

There'll be some familiar sights and some not so familiar sights at the 10th annual running of the Chattanooga News-Free Press Chickamauga Battlefield Marathon on Saturday, November 11. Even if you don't plan to run—try to make it out and cheer on those CTC members who will be participating.

You may also want to come out for another reason. A 5K race has been added to the schedule. Starting time is 10 a.m. at Gordon Lee High School in Chickamauga, Georgia.

For the marathon, race director Louis Priddy has once again assembled a strong collection of volunteers, which typically equal the number of runners.

Last year 150 runners crossed the finish line in front of the school. The winners: Jeff Richard in a time of 2:37:45 and Deanna Campbell in 3:05:36. As was the case last year, the marathon counts for 1.5 points in the CTC Runner of the Year standings.

Come to Chickamauga and cheer your fellow CTC runners on!

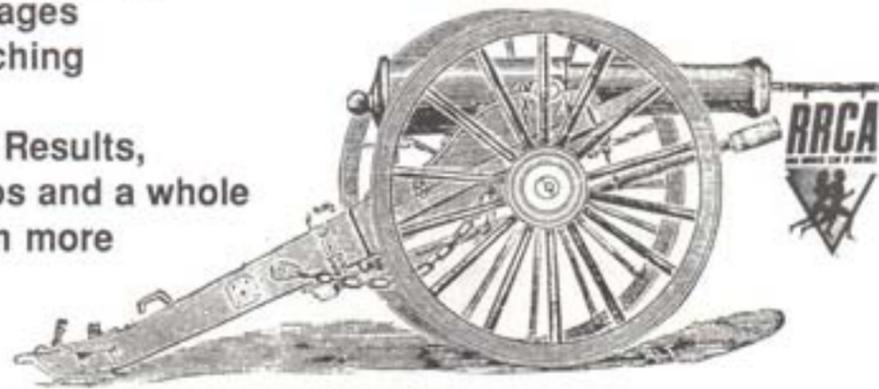
November, 1989

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Photos and a whole
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A LOOK BACK

The Chattanooga Track Club newsletter has been keeping members informed for decades. Here's a look at two pages from November 1989. Just as it did then, it takes many volunteers to produce each issue of Jogging Around. To help with the newsletter, volunteer at race events or participate in one of the many planning committees, please contact the Chattanooga Track Club.





SCENIC CITY SCORCHER (2 MILE) RESULTS

HIGHLIGHTED TEXT INDICATES A TENNESSEE STATE RECORD

OVERALL FEMALE	
1 Kathryn Vradenb	12:12
OVERALL MALE	
1 John Gilpin	9:52
FEMALE MASTERS	
1 Lisa Logan	13:54
MALE MASTERS	
1 Ryan Shrum	10:50
FEMALE GRAND MASTERS	
1 Corinne Henderso	16:32
MALE GRAND MASTERS	
1 Tim Ensign	10:57
FEMALE SENIOR GRAND MASTERS	
1 Connie Regal	17:33
MALE SENIOR GRAND MASTERS	
1 Curt Zacharias	13:02
FEMALE AGE GROUP: 14 & UNDER	
1 Taylor Warren	13:27
2 Hannah Faudi	14:12
3 Norah Burns	27:44
4 Grace Allen	34:18
MALE AGE GROUP: 14 & UNDER	
1 Chase Faudi	11:36
2 Aaron Merryman	12:32
3 Gerrit Bontekoe	13:16
4 Jimmy Blanton	15:44
5 Wesley Allen	27:43

FEMALE AGE GROUP: 15 - 19	
1 Kay Vradenburgh	14:24
2 Story Deweese	18:02
3 Hannah Miller	21:38
4 Liz Lamance	30:28
MALE AGE GROUP: 15 - 19	
1 Jonathan Boyd	10:46
2 Cory Aulich	11:04
3 Zachary Faudi	11:49
4 Louis Sapp	12:28
5 Alex Lacy	14:10
FEMALE AGE GROUP: 20 - 29	
1 Hannah Blanton	17:53
2 Elizabeth S Webb	18:56
3 Ryn Fager	22:56
MALE AGE GROUP: 20 - 29	
1 Jack McGinness	10:13
2 Ryan Chastain	10:36
3 Charles Webb	12:52
4 Drew Tompkins	13:32
5 Alex Vafinis	13:45
FEMALE AGE GROUP: 30 - 39	
1 Jennifer Curtis	12:45
2 Becky Grindstaff	14:12
3 Virginia Allen	15:09
4 Katie Black	15:18
5 Ginny Norris	16:40
6 Erin Tocknell	17:47
7 Melissa Guinn	17:58
8 Summer Cox	19:32

MALE AGE GROUP: 30 - 39	
1 Joseph Goetz	10:11
2 Alan Outlaw	10:44
3 Patrick Hall	11:03
4 Mark Malecky	11:09
5 Chris Jackson	11:29
6 Shane Wright	11:50
7 Michael Grindstaff	11:53
8 Neal Crutchfield	12:03
9 William Norris	12:14
10 John Wallace	13:07
11 Adam Black	13:58
FEMALE AGE GROUP: 40 - 49	
1 Eunice Campbell	14:14
2 Barbara Ensign	15:14
3 Jennie Gentry	15:38
4 Clare Mills	17:29
5 Alicia Miller	21:39
6 Michelle Bailey	24:16
MALE AGE GROUP: 40 - 49	
1 Tripp McCallie	11:26
2 Mark Kuhn	12:10
3 Troy White	12:21
4 David Moghani	12:36
5 Bradley Grindstaff	12:39
6 Larry Aulich	12:51
7 Dave Porfiri	14:29
8 Gregory Haley	16:34
9 Mark Akers	17:02
FEMALE AGE GROUP: 50 - 59	
1 Carolyn Funderbu	17:55
2 Donna Burcham	21:11

3 Cheryl Cutter	24:45
4 Judith Lamance	34:55
MALE AGE GROUP: 50 - 59	
1 Mineham Bill	13:51
2 Chad Varga	13:18
3 Timothy Rutherford	13:26
4 Bruce Bayliss	13:49
5 Matt O'Neill	15:29
6 Steve Johnson	15:41
7 Bill Brock	15:41
8 Steve Tompkins	16:16
9 Chris Theobald	18:21
10 Danny Burns	27:48
FEMALE AGE GROUP: 60 - 69	
1 Cathy Gracey	17:34
2 Sue Anne Brown	18:26
3 Sharon Ferrari	26:22
MALE AGE GROUP: 60 - 69	
1 John Crawley	13:55
2 James Brown	13:59
3 Truman Smith	17:19
4 Jerry Ferrari	18:22
FEMALE AGE GROUP: 70 & OVER	
1 Bonnie Wassin	22:55
2 Robbie Tompkins	25:29
MALE AGE GROUP: 70 & OVER	
1 Larry Acuff	19:55

A brand-new, race this year, the Scenic City Scorcher saw 55 participants set Tennessee state records in the 2-mile distance including the men's overall record for the state.

View current state running records at www.StateRunningRecords.com.

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STRATEGY & PLANNING



DATABASE ARCHITECTURE



AFFORDABLE BOTOX SUPERHERO RACE 5K RESULTS



OVERALL FEMALE	
1 Ashley Humble	24:05
OVERALL MALE	
1 Justin Guy	18:21
FEMALE MASTERS	
1 Barbara Ensign	24:37
MALE MASTERS	
1 David Hartman	23:40
FEMALE GRAND MASTERS	
1 Connie Regal	29:03
MALE GRAND MASTERS	
1 Louis Bryan	23:44
FEMALE SENIOR GRAND MASTERS	
1 Debbie Garrison	40:31
MALE SENIOR GRAND MASTERS	
1 David Presley	25:34
FEMALE AGE GROUP: 10 & UNDER	
1 Kalyssa Mohns	36:10
2 Haelee Harris	52:05
MALE AGE GROUP: 10 & UNDER	
1 Gage Whited	25:10
2 Henry Webb	27:23
3 Ben Prentice	31:55
4 Seth Guffey	42:02
5 Wells Kean	43:02
6 Blake Ziegler	52:48
FEMALE AGE GROUP: 11 - 14	
1 Taylor Milliron	28:08
2 Lauren Hough	31:49
3 Madison Cope	32:01
4 Cassia Mohns	36:15
MALE AGE GROUP: 11 - 14	
1 Jasper Wilson	20:28
2 Kevin O'Malley	26:14
3 Caleb Mohns	29:11
4 Aidan Sims	34:13
FEMALE AGE GROUP: 15 - 19	
1 Kianna Mohns	32:25
2 Maddison May	54:06
MALE AGE GROUP: 15 - 19	
1 Tyler Ramage	20:03
2 Jamie Basham	22:36
3 Bishop Hiefner	35:10
FEMALE AGE GROUP: 20 - 29	
1 Grace Drouet	31:29
2 Kelly Layne	32:07
3 Kally Kienlen	32:56
4 Cassidy Moody	32:57
5 Lindsey Reed	35:07
6 Avalee Delay	36:53
7 Kaitlin Gunter	40:45

8 Kelcie Hill	41:20
9 Emily Smith	41:38
10 Ariana Meeks	48:05
11 Sarah Hayes	48:11
12 Kathleen Morro	48:12
13 Ashley Douglas	49:59
14 Nikki Long	52:05
15 Kylea Perrott	54:49
16 Heather Johnson	55:54
17 Kendra Simpson	58:27
MALE AGE GROUP: 20 - 29	
1 Tim Loving	22:51
2 Jase Spicer	26:44
3 Caleb Smith	26:53
4 Morgan Gibson	27:26
5 Charles Anderson	27:29
6 Ryan Dube	27:46
7 Aaron Smith	30:27
8 Torre Vann	31:29
9 Matthew Davis	33:50
10 Aaron Riddle	34:05
11 Nathaniel Figaro	36:50
12 Kipp Wilkinson	39:57
13 Josh Millican	45:45
14 Matt Bailey	1:05:29
FEMALE AGE GROUP: 30 - 39	
1 Erin Brock	27:08
2 Ellen Buckner	27:28
3 Kimberley Sutton	28:00
4 Maria Del Pilar Gu	28:30
5 Rachel Hughey	28:33
6 Amber Milliron	28:39
7 Heather Hartman	29:53
8 Deanna Brown	30:00
9 Julissa Duarte	30:51
10 Ariana Ashley	30:51
11 Kathleen Clark	31:20
12 Joe O'Malley	32:23
13 Diane Seamans	33:43
14 Leslie Lickey	34:08
15 Emily Hale	37:06
16 Corina Parks	37:50
17 Andrea Hill	39:51
18 Deena Olivas	40:19
19 Cindy Kean	43:02
20 Allison Stephens	46:01
21 Rebekah Gilman	48:05
22 Shauna Hiefner	49:50
23 Delphia May	54:06
24 Ashley Thompson	58:16
25 Christina Barrett	58:27
26 Sharon Welcher	58:29
MALE AGE GROUP: 30 - 39	
1 Jim Foster	20:32
2 Nate Barstow	24:06
3 Luke Barnes	24:30
4 Hodgen Mainda	26:14
5 Colin Heenan	27:14
6 Harry Grant	27:32
7 David Schwab	27:59
8 Benjamin Friberg	28:00
9 Jason Ingram	28:01

10 Kevin Woody	28:58
11 Shannon Sullivan	30:58
12 Adam Lickey	32:53
13 Richard Williams	36:36
14 Scott Delay	36:37
15 Shannon Broqn	37:11
16 Harold Flemister	38:03
17 Andrew Kean	43:01
18 Mark Bush	45:24
19 Donice Lawson	47:18
20 Anthony Thomps	58:14
21 Jason Wright	1:00:39
FEMALE AGE GROUP: 40 - 49	
1 Shannon Derogati	24:56
2 Clarissa Ragsdale	27:08
3 Candice Frost	30:09
4 Jessica Hacker	31:34
5 Dana Sims	34:54
6 Misty Brooks Vida	35:25
7 Stacey Helton	35:48
8 Lori Poss	37:59
9 Misty Sims	38:03
10 Rhonda Guffey	38:56
11 Gabrielle Fernan	40:45
12 Sandra Brandenb	41:29
13 Ellen Jenkins	42:13
14 Julie Brown	42:57
15 Gail Jenkins	43:00
16 Tammie Lombard	44:34
17 Lynn Curtis	44:48
18 Lucinda Bolt	45:00
19 Marcy Jackson	45:35
20 Joyce West	46:47
21 Alyssa Danron	48:13
22 Carrie Saucedo	48:21
23 Laura Sage	50:34
24 Jeanie Jung Harri	52:05
25 Julie Ziegler	52:58
26 Christie Grant	58:29
27 Clare Wilson	1:00:39
MALE AGE GROUP: 40 - 49	
1 Jerry Mochabee	24:03
2 Bruce Franks	25:09
3 Chris Phillips	27:05
4 Ray Boswell	27:14
5 Chris Hough	29:17
6 David Cope	29:25
7 Allan Ragsdale	30:18
8 Greg Shull	30:45
9 Grant Sims	31:18
10 Joe Lovelady	33:04
11 Joe Drake	33:53
12 Joel Gates	33:55
13 Dan Woughter	34:56
14 Alejandro Lopez	37:26
15 Craig Curtis	38:32
16 Randy Carter	38:44
17 Tommy Viall	45:34
18 Dan Lombardi	49:32
FEMALE AGE GROUP: 50 - 59	
1 Atress McBee	29:52
2 Vanessa Nunley	34:23

3 Donna Agnew	36:50
4 Caroline Flanigan	37:59
5 Lisa Lemmons	46:03
6 Cindy Dawson	48:34
7 Kathy Rogers	50:00
8 Robin Watts	55:55
MALE AGE GROUP: 50 - 59	
1 Jimmy Layne	24:49
2 James Harrison	29:57
3 Craig Derogatis	32:01
4 David Jenkins	42:13
5 Mike Jenkins	43:00
6 Frank Dawson	49:05
FEMALE AGE GROUP: 60 & OVER	
1 Gail Hoxworth	49:20
MALE AGE GROUP: 60 & OVER	
1 Roy Webb	32:03
2 Jack McConnell	35:28
3 Bill Moran	44:52
4 Joe Kirkpatrick	47:30
5 Johnny Woody	50:21
UNKNOWN 5K PARTICIPANTS	
1 Malory Hiefner	59:18

10K RESULTS

OVERALL FEMALE	
1 Jennifer Curtis	44:28
OVERALL MALE	
1 Geno Phillips	35:26
FEMALE MASTERS	
1 Lisa Logan	46:42
MALE MASTERS	
1 Dean Thompson	37:15
FEMALE GRAND MASTERS	
1 Diana McElveen	50:03
MALE GRAND MASTERS	
1 Geary Fults	44:06
FEMALE SENIOR GRAND MASTERS	
1 Cathy Gracey	59:53
MALE SENIOR GRAND MASTERS	
1 Sergio Bianchini	47:44
FEMALE AGE GROUP: 11 - 19	
1 Elise Williams	57:31
2 Lindsay Lee	1:15:39
3 Olivia Lacy	1:29:11
FEMALE AGE GROUP: 20 - 29	
1 Gene Marie Recor	51:19
2 Andrea May	57:04
3 Sarah Deardurff	58:15
4 Caitlin Cavarra	58:15

5 Kendall Hammett	1:01:40
6 Christina Thomas	1:07:42
7 Shannon Abshire	1:10:34
8 Jessica Welch	1:14:10
9 Marina Reyes	1:14:26
10 Sarah Creek	1:14:29
11 Cheyenne Bane	1:15:40

MALE AGE GROUP: 20 - 29	
1 Ken Curran	38:43
2 Andy Highlander	39:33
3 Eric Anderson	48:06
4 Mason Cowell	52:00
5 Julian Stoner	55:52
6 Andrew May	57:04
7 Tyler Bowman	1:01:17
8 Jon Rivers	1:12:16
FEMALE AGE GROUP: 30 - 39	
1 Christy Brown	52:09
2 Katherine Lumley	56:00
3 Jaclyn Beckler	56:54
4 Kimber Keplinger	56:59
5 Katherine McCall	1:03:26
6 Bobbie Dake	1:04:33
7 Lindsay Daughter	1:06:55
8 Holly Ferguson	1:13:43
9 Angelia Brooks	1:14:42
10 Karen Hulley	1:20:00
11 Esmeralda Tokar	1:20:10
12 Christina Berezo	1:20:19
13 Natalie Green	1:25:34

MALE AGE GROUP: 30 - 39	
1 Matthew Amick	42:17
2 Kyle Kristin	42:45
3 Douglas Jenkins	46:19
4 Eric Sisemore	46:39
5 Rusty Lee	48:43
6 Greg Seauey	50:33
7 Robert Roberts	51:02
8 Tari Walker	55:14
9 David McCall	55:20
10 Nick Brouhard	55:56
11 Bradford Lumley	1:00:39
12 Marie Freeman	1:04:33
13 Andrew Sylar	1:08:28

FEMALE AGE GROUP: 40 - 49	
1 Trish Newsom	51:16
2 Jennie Gentry	52:27
3 Beverly Keel	59:40
4 Paige Phillips	1:03:07
5 Danna Vaughn	1:06:52
6 Devorah Sanchez	1:07:01
7 Ginger Carter	1:18:12
8 Cathy Smith	1:25:33
9 Bonnie Wassin	1:29:28

MALE AGE GROUP: 40 - 49	
1 Ryan Shrum	37:44
2 Tripp McCallie	39:00
3 Robert Barnes	44:05
4 Brian Bolt	48:38
5 Falk Otto	48:56
6 Lee Haggard	56:27
7 Billy Williams	58:10
8 Burt Finley	59:17
9 Knut Hilles	1:00:52
10 Brian Howard	1:06:45
11 Eric Mantooth	1:18:21

FEMALE AGE GROUP: 50 - 59	
1 Karent Leavitt	50:45
2 Corrine Henderso	57:34
3 Janet Felton	59:28
4 Teresa Kelly	1:19:04
5 Sherry Newman	1:29:28

MALE AGE GROUP: 50 - 59	
1 Steve Johnson	54:21
2 Bill Brock	54:32
3 Steve Tompkins	59:53
4 William Buoni	1:04:29
5 Elonzo Reyes	1:06:45
6 Steve Smalling	1:07:09

FEMALE AGE GROUP: 60 & OVER	
1 Sue Anne Brown	1:03:21
2 Jane Webb	1:16:16

MALE AGE GROUP: 60 & OVER	
1 John Crawley	49:20
2 Mike Hughey	55:20



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MISSIONARY RIDGE ROAD RACE (4.7M) RESULTS

OVERALL FEMALE		5 Mike Nickolai	42:23
1 Keeley Stewart	30:55	6 David Jacobs	45:20
OVERALL MALE		FEMALE AGE GROUP: 30 - 34	
1 John Gilpin	24:38	1 Jennifer Curtis	32:48
FEMALE MASTERS		2 Stephanie Dillard	36:45
1 Lisa Logan	34:52	3 Clarissa Seales	37:25
MALE MASTERS		4 Jaclyn Beckler	41:42
1 Geno Phillips	25:59	5 Kristi Jordan	45:21
FEMALE GRAND MASTERS		6 Lindsey Shipley	46:10
1 Sue Barlow	38:29	7 Katie Mobley	46:15
MALE GRAND MASTERS		8 Kim Edgeman	46:57
1 Tim Ensign	27:55	9 Kelly Henry	48:08
FEMALE SENIOR GRAND MASTERS		10 Casey Hollis Jaco	48:14
1 Connie Regal	46:22	11 Sarah Spencer	48:54
MALE SENIOR GRAND MASTERS		12 Jocelyn Wilcox	49:25
1 Curt Zacharias	33:27	13 Jessica Baumunk	49:52
FEMALE AGE GROUP: 14 & UNDER		14 Apryl Barrett	51:02
1 Charlotte Gilreath	46:53	15 Kim Stone	51:38
MALE AGE GROUP: 14 & UNDER		16 Stephanie Carter	56:00
1 Jasper Wilson	33:35	17 Laura Dueitt	56:49
2 Gabe Ashley	33:59	18 Natalie Green	1:03:55
3 Gage Whited	39:04	MALE AGE GROUP: 30 - 34	
4 Brody Cheatham	57:00	1 Ryan Heming	29:05
5 Luke Morrison	1:01:58	2 Nathan Bates	31:18
FEMALE AGE GROUP: 15 - 19		3 Joseph Watson	31:27
1 Kelsie Key	53:18	4 Eric Sisemore	32:13
MALE AGE GROUP: 15 - 19		5 Joe Klein	32:40
1 Reece Rose	28:38	6 Michael Christop	32:49
2 Ben Hall	48:17	7 Ansley Defoor	33:12
FEMALE AGE GROUP: 20 - 24		8 Nick Neal	35:12
1 Amanda Cotter	32:13	9 Brian Shakley	36:28
2 Emily Davis	35:04	10 Dustin Tommey	36:42
3 Page Herring	45:28	11 Jason Jones	37:21
4 Jessica Welch	55:57	12 Nick Neal	38:59
MALE AGE GROUP: 20 - 24		13 Steve Brogdon	40:39
1 Lucas Cotter	25:18	14 Keith Barclift	40:44
2 Jack McGinness	25:35	FEMALE AGE GROUP: 35 - 39	
3 Mark Chandler	33:52	1 Kathryn Outlaw	35:48
4 Andrew Bruner	34:47	2 Mandee Keith	40:06
5 Tyler Keys	38:08	3 Heather Whaley	42:15
FEMALE AGE GROUP: 25 - 29		4 Tina Cotreau-Guil	45:56
1 Andrea May	34:35	5 Whitney Allison	46:08
2 Erin Levin	36:47	6 Holly Haynes	49:25
3 Sissy Shakley	38:57	7 Heather Baumunk	49:52
4 Kaitlin Gunter	39:29	8 Karen Hulley	57:46
5 Megan Barclift	40:50	MALE AGE GROUP: 35 - 39	
6 Brianne Stambau	41:25	1 Alan Outlaw	26:31
7 Megan Nickolai	42:23	2 Mark Malecky	29:57
8 Shellie Gibson	49:31	3 Shane Wright	32:18
9 Kelly Layne	52:10	4 An Tran	33:25
MALE AGE GROUP: 25 - 29		5 Nathan Barstow	34:51
1 Andy Highlander	26:56	6 Charles Smitherm	35:59
2 Run Bum	28:38	7 Tim Goss	36:01
3 Eric Anderson	35:10	8 Jason Lyles	39:15
4 Caleb Stambaugh	39:10	9 Brandon Masgne	40:34
		10 Wesley Forrest	44:37
		11 Zach Bridges	45:21
		12 Keith Guillot	45:56
		13 Matt Mulvaney	48:38
		14 Jeremy Bordelon	49:15
		15 Matt Dunmore	56:48
		16 Stuart Brazzle	1:01:40

FEMALE AGE GROUP: 40 - 44		9 Burt Finley	44:27
1 Vivian Anderson B	38:42	10 Tim Harris	50:02
2 Susan Cobb	40:33	11 Kent Callison	50:21
3 Robyn Ward	40:41	FEMALE AGE GROUP: 45 - 49	
4 Cyndi Matheny	40:53	1 Eunice Campbel	35:50
5 Paige Phillips	46:46	2 Trish Newsom	37:16
6 Alicia Miller	47:02	3 Barbara Ensign	39:28
7 Jeri Harris	47:37	4 Beverly Key	43:09
8 Stephanie Bradford	47:40	5 Robbie Elliott	44:09
9 Krista Shields	48:25	6 Christen Anderson	48:37
10 Beth Cheatham	49:48	7 Maria Mendez	49:43
11 Barbara Blansett	50:52	MALE AGE GROUP: 45 - 49	
12 Jennifer Regan	51:30	1 Dean Thompson	27:38
13 Michelle Simpson	51:52	2 Ryan Shrum	28:03
14 Amy Miller	1:02:06	3 David Moghani	32:37
MALE AGE GROUP: 40 - 44		4 Robert Barnes	32:42
1 Elijah Anderson B	33:08	5 Larry Aulich	33:51
2 Jeffrey Cross	33:48	6 Duke Richey	34:33
3 Brandon Meredith	34:16	7 Robbie Cheatham	35:34
4 Todd Dobson	36:07	8 Ron Blessinger	37:01
5 Brian Bolt	37:25	9 Wade Priddy	37:01
6 Mike Kolff	38:26	10 Michael Patton	37:50
7 Curt Sims	42:29	11 Dave Porfiri	37:56
8 Gregory Haley	43:34		



UPCOMING CTC RACES AND EVENTS

Raccoon Mtn. Road Race 10k, 5K

Sep. 26

One of the most scenic run courses in the region with spectacular views of the Tennessee River Gorge and Lookout Mountain.



Johnson Mental Health Center 10k

Oct. 10

Our classic fall race on beautiful Moccasin Bend. This flat, fast course is perfect for a PR!



Signal Mtn. Pie Run

Oct. 24

The sweetest race of the year! Benefitting the Mountain Education Fund.



Chickamauga Battlefield Marathon, Half, and 5K

Nov. 14

Miles of history and natural beauty and a great post-race party!



CTC Election Social

Nov. 17

Join your fellow CTC members to elect the 2016 officers and board of directors. Food and drink provided!

HELP MAKE US EVEN BETTER – JOIN, VOTE, EAT @ CTC ELECTION SOCIAL



What do you like about the Chattanooga Track Club? What would you like to change? You probably know what we do but do you know why? The Track Club seeking six members to join the CTC Board of Directors. Our CTC Directors guide club activities and manage the club's yearly budget and resources. Each volunteer Director serves a two-year term on the board with the newest terms beginning in February 2016.

Officers are also needed to serve for one year beginning in 2016. CTC officers are dedicated volunteers who work with committees to oversee key activities, like budget, races, communication and member support.

If you'd like more details about the CTC Board of Directors or about becoming a CTC officer, email Stacey Malecky at smalecky@chattanoogatrackclub.org or Sujeel Taj at president@chattanoogatrackclub.org.

Also plan to attend the Election Social in November which is open to all CTC members. We'll enjoy food and fun and elect the new board and officers.



MRRR RESULTS, CONT'D

12 David Glenn	39:21
13 Sujeel Taj	40:28
14 Randal Petty	43:47
15 Del Ashcraft	56:17

FEMALE AGE GROUP: 50 - 54	
1 Corinne Henderso	43:58
2 Atress McBee	47:45
3 Jennifer McClung	53:59

MALE AGE GROUP: 50 - 54	
1 Hilario Mendez	29:34
2 Kenny Standley	31:02
3 Bill Minehan	31:12
4 Terry Quillen	32:45
5 Ray Kellum	35:01
6 Jimmy Layne	35:49
7 Damon Raines	36:53
8 Thomas Marshall	37:11
9 Joe Dumas	39:53
10 David Autry	41:42
11 Steve Tompkins	43:58
12 Steve Heath	47:38
13 Steve Smalling	49:32
14 Alex Rhoton	1:02:12

FEMALE AGE GROUP: 55 - 59	
1 Karen Leavitt	38:34
2 Sharon Goforth	39:03
3 Cathy Messier	1:00:05
4 Janice Wycherley	1:09:56

MALE AGE GROUP: 55 - 59	
1 Dwight Gardenhir	35:00
2 Jeff Strausberger	36:33
3 Anthony Grossi	40:37
4 Quint Mansell	42:08
5 Greg Bruner	42:23
6 Walter Stamper	43:05
7 Bill Brock	43:15
8 Dale Key	43:54
9 Tim Murray	53:28
10 Bobby Morrison	1:02:11

FEMALE AGE GROUP: 60 - 64	
1 Jane Webb	57:08
2 Mary Reid	57:20

MALE AGE GROUP: 60 - 64	
1 Mike Usher	34:39
2 Moe Watson	35:23
3 Thomas Russe	39:26
4 Bill Henderson	41:22
5 Steve Bennett	41:23
6 Carter Lynch	41:37
7 David Mann	45:13
8 Rich Mercer	45:25
9 David Jones	50:12
10 Tim Metcalf	50:34
11 Michael Chase	54:46

FEMALE AGE GROUP: 65 - 69	
1 Sue Anne Brown	47:03

MALE AGE GROUP: 65 - 69	
1 Ted Wilkes Jr	48:23
2 James Hammond	9:10
3 Bob Kenney	55:02

MALE AGE GROUP: 70 & OVER	
1 Sergio Bianchini	36:13
2 Lawrence Cook	45:07
3 Bob Rose	55:51
4 Gene Gilrecth	1:03:01
5 David Wycherley	1:09:56



the **Y** YMCA
 FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**THERE'S A
 SUPERSTAR
 IN EVERYBODY.**

GROWING STRONGER EVERY DAY

Playing outside has become a rarity. All kids deserve the opportunity to discover who they are and what they can achieve. Under the guidance of caring adults, who believe in their potential, we see every interaction with young people as an opportunity for learning and development - all grounded in the Y's core values of caring, honesty, respect and responsibility.

But where today's pace of life falls short, the Y steps in.

Because, after 160 years of serving communities, the Y knows what we need to be our best selves. So, it gives us a place to play, to learn, to be healthy, to eat well and give back. It gives parents child care, young adults job training and children a safe place to go. Everything the Y does is in service of making us better.

For a better you. For a better community.
 For a better country. For a better us.



**REGISTER NOW
 FOR FALL SPORTS!**

The Y.™ For a better us.™

YMCA OF METROPOLITAN CHATTANOOGA

ymcachattanooga.org



BULLETIN BOARD

FALL 2015

**JOIN A
 RUNNING
 GROUP!**

**2016 CTC
 DIRECTORS
 & OFFICERS
 ARE NEEDED!**

Visit CTC On The GO
 & Chattanooga
 Track Club



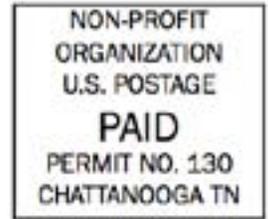
**CTC MEMBERSHIP
 DISCOUNTS
 @ LOCAL
 BUSINESSES**

Have an Idea for
 Jogging Around?

LET US KNOW!



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

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 