

JOGGING **A**ROUND



WHY I RUN: DEL ASHCRAFT

**NEW DIRECTORS AND OFFICERS
PREPARE TO LEAD IN 2016**

**2015 ANNUAL REPORT DETAILS
CTC'S IMPACT**

2016 TRACK CLUB RACE CALENDAR

**TAKING ON 2016
IN STRIDES!**



Chattanooga Track Club

Officers for 2016

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Directors

Austin Garrett	Class of 2016
Cathy Gracey	Class of 2016
Melissa Guinn	Class of 2016
Devin Munczenski	Class of 2016
Beth Petty	Class of 2016
Mike Usher	Class of 2016
Whitney Allison	Class of 2017
Stacy Boydston	Class of 2017
Russ Rogers	Class of 2017
Allison Skiles	Class of 2017
Roy Webb	Class of 2017
Curt Zacharias	Class of 2017

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JOGGING AROUND

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

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 Catherine Crawley
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Village Print Shoppe

Chattanooga Track Club Mission Statement

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

For information about the Chattanooga Track Club visit:
www.chattanoogatrackclub.org

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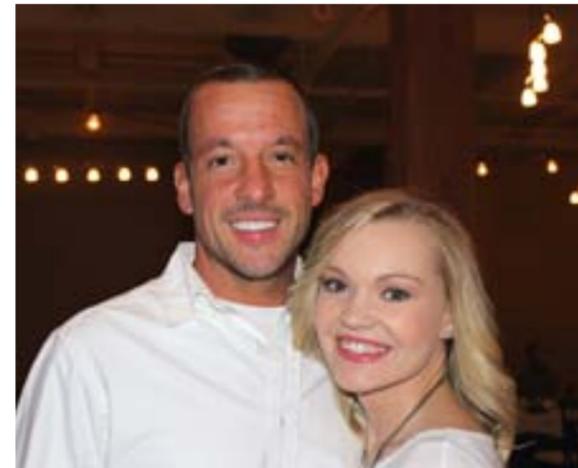
Jogging Around Ad Rates

Ad Size:	Single Run	3 Issue Run	Year Run
Full Page	\$90/issue	\$85/issue	\$70/issue
Half Page	\$55/issue	\$49/issue	\$44/issue
Qtr Page	\$40/issue	\$36/issue	\$32/issue
Business Card	\$25.00	\$22.50	\$20.00

Inserts are \$60/issue

Advertising Info: For current ad information, please contact
vpcommunications@chattanoogatrackclub.org

FROM THE CLUB PRESIDENT



Before you go any further, go to page 10 of this issue, then come back and finish reading this column.

There's an internet slang, tl;dr, that stands for "too long; didn't read". Did you read all of the CTC's Annual Report to the Community or did you tl;dr? It's okay if you didn't read it all, there's a lot of information on those two pages. But I hope you realize what those numbers and lists represent. They represent truly countless hours generously volunteered by hundreds of people, early-morning and late-night meetings, lunches, phone calls, and a staggering amount of emails and text messages. The CTC has been around for 45+ years and every minute of that existence is because of the members who support it and participants who pay to pin on a bib. Thank you for showing up and shivering or sweating on the starting line; thank you for saying "yes", or "how can I help?" when there's a need. Thank you for complaining when we don't get it right and thank you

for helping us fix what can be better. Thank you for renewing your membership year after year and for the money raised by our races that went to over 30 local charities and non-profits. Your money bought meals and clothing and education and medicine and hope for people who needed it at that very moment.

At the membership banquet in January we celebrated 2015 and looked forward to what our Club will accomplish in 2016. We celebrated the relationships that we've made and how what we do, whether running or walking, creates and sustains us as a community. For all the ways this world isolates us from each other, running restores connections between people. Thank you for all the ways you support the Chattanooga Track Club and don't slow the pace just yet, we really can go farther.

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.



A NEW CHALLENGE IN 2016

Stacey Malecky

“THE ONLY WAY OUT IS THROUGH”

ROBERT FROST

I am a trail runner. That’s what I do. Do a triathlon? NOPE. NEVER. It doesn’t even sound fun. I was blissfully in love with the trails and would never have considered doing anything else. Until I walked into the registration tent for IMCHOO 2016... and exited with a BURNING HOT Mastercard and a piece of paper congratulating me on registering for the big dance. Oops.

A quick assessment of my ‘tri-athletic’ ability on registration day looked like this: Does NOT know how to swim, STILL falls over when attempting to unclip from bike pedals, occasionally manages to pull off a decent 26.2 on the road. Not exactly the formula for love at first sight, but I was smitten with the potential for miserable failure. The only option (to me) was to take a breath and ignore the waves of panic. Clench my fists, close my eyes – and plow straight through the middle of the unknown.

Fast-forward to December. Although I’m only a few months into the unknown, I’m already amazed at what I have learned. My first swim class was a disaster. I swallowed my weight in water. A rough start, but with just a bit of grit, determination and humility, I’ve managed to get the hang of it pretty well. I forced myself to get the bilateral breathing thing down from the beginning and can hold my own for about a mile in the water. A small

victory - but just between you and me - it’s left me feeling rather beastly. There is still so much to be learned, and to my surprise - I am LOVING it!

What else am I loving? A nasty, sweaty interval workout on the bike trainer. I barely EVER break a sweat while running November through April unless I am dressed for an Everest expedition, so this is AWESOME. Who knew?! YAY for alternatives to running in crappy, cold weather! Sometimes it’s nice to just commute to the garage for an honest non-running workout.

As with any new relationship, I realize I’m still in the starry-eyed wonder phase and I probably have NO IDEA what I’m really in for. Those 100 mile bike rides in July sound ‘interesting’ - and I’m not quite ready to discuss how exhausting those ill-reputed brick workouts feel in the dead of summer. However, I remain intrigued by the challenges to come. The initial waves of panic were probably unnecessary. It’s going to be fine. AND to my surprise, although it’s no trail run, I think it’s actually going to be... fun. Although I will miss the trails dearly in 2016, I am ready to embrace and enjoy this personal fitness pilgrimage!

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

Locomotion 12

a 12 & 6 hour run/walk
solo runners or relay teams

April 2, 2016

camp jordan, east ridge, tn
locomotion12.com
a chattanooga track club event

CTC QUARTERLY

LOCATION:
4251 Hixson Pike, Chattanooga, TN 37415

STORE HOURS:
Mon. - Sat. - 10am - 6pm | Sun. - Closed

PHONE NUMBER:
423.875.3642

WEB:
FrontRunnerAthletics.com

EMAIL:
cvarga@frontrunnerathletics.com

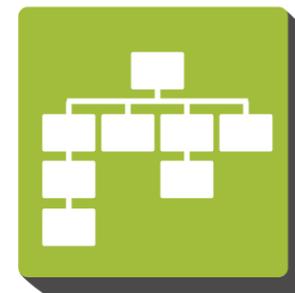
FRONT RUNNER ATHLETICS

TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE



THE POWER OF PERSUASION

Jennifer Heinzl

According to the dictionary, two of the meanings of persuade are “to influence” and “to win over”. This is exactly what the members of the Chattanooga Track Club do...we influence people of our community to want take better care of their health through running, walking, or any other physical activity; we win them over by setting the example - “seeing is believing”.

We all know that the CTC is the foundation of running for Chattanooga. As the foundation, we, as members, need to embrace members of the community and encourage them to “move their feet” in whatever way possible so that their health will improve. We do this through many different channels: people see the fun that we have during races; they see that we support other people in non-Track Club events whether they are running, walking, or cycling; they see that we give back to our community through local charities; they see that we have workshops to help educate anyone in our community to help improve their lives in many different aspects; they see it’s not just for runners; they see that we do what we can to make races the most professional and enjoyable experiences possible. When people see all that we do, those people talk. Word of mouth is the best public relations our club can get. It is up to us as members, to keep the “talk” flowing and positive so that many more people of our community can be reached, or “influenced”.

Embrace every person, whether they run or only walk... keep them engaged and encouraged....that “influence” will eventually become a persuasion. One definition of persuasion, according to the dictionary, is “a particular way of thinking”. If their physical activity becomes a way of thinking, their new found health will become a way of life. If we can get just one more person to want to get off that couch and walk, run, or cycle, we have done our due diligence as CTC members.

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



In Fall, Bud Wiseman celebrated 60,000 lifetime running miles



The Missionary Ridge Road Race raised money for the American Red Cross



Denny and Stacey representing the CTC on the TV show "This N That"



The Battlefield Marathon donated clothing to the Community Kitchen



New officers and directors were chosen at the Election Social



Junior Marathon participants at the Chickamauga Battlefield



John Bruner Memorial Scholarship support by the Missionary Ridge Road Race



Kelly Summersett hosting a CTC community clinic at Outdoor Chattanooga



CTC members at the Sports Barn Turkey Trot



The Club presented its Annual Report To The Community in January



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!

- | | |
|---|--|
| <p>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)
 FUSION STUDIO SOUTHSIDE</p> | <p>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
 SOULSHINE MASSAGE THERAPY
 INSPIRE CHIROPRACTIC
 FITNESS COACH KELLY SUMMERSETT
 THE CAMP HOUSE</p> |
|---|--|





WHY I RUN

Del Ashcraft, Jr.

I had a “big day” in August, I turned 50. My background is as far as you can get from that of a runner. I grew up in the small rural Mississippi town called Corinth. I played no organized sports in high school. I did grow up loving the outdoors but not to enjoy it for running. My hobby was working, usually physical summer jobs outside. I graduated from Mississippi State University with an Electrical Engineering degree... not a big physical education focus in that curriculum. I decided late in college to obey an interest in attending medical school and was accepted to the University of Mississippi Medical Center, changing rival loyalties almost got me thrown out of the family. With my background and interest, entering medical school I thought I wanted to be a cardiologist. One day as a 3rd year medical student I delivered a baby. It was amazing and I fought a competitive fight to obtain an Ob/GYN residency. I completed those four years in 1997 and moved to Chattanooga to join a busy private practice.

That’s a very short version of a long difficult journey that has required lots of work, dedication, and sacrifice. Some of those sacrifices were at the expense of my family time, marriage, and health. There are a lot of “isms” out there. I struggle with “workaholicism”. In my form, it is as detrimental as all of the other “isms” that exist.

I found myself on the other side of the medical fence as the patient, sitting on an exam table in my primary care doctors’ office ... divorced, profoundly overweight, high blood pressure, and burned out. He was giving news that broke me, “I am putting you on medication for diabetes “. I was arguing the lab tests were “borderline”. Dr. Dowlen (a runner) said firmly it was “unequivocal”. It was a loud wake up call.

I started dieting. I bought a dreadful treadmill with a heart rate control feature. I struggled alone at home for some time. A dear friend, Christy Brown, started encouraging me. She is a world class, crazy, competitive, driven, person that works in a high-pace work environment with me. She said we needed a goal; we needed to do a 5K. I had never run a distance over 2.5 miles on my treadmill. My first “race” was a 5k color run



on March 30, 2013. After we finished and celebrated, she patiently explained how that was a “parade” and we needed a “real” race. Christy explained in her coaching voice how the results would exist on the internet for the “rest of time” and they could not be 4 digits...only three (sub 10:00/mi). We registered the 2013 April battlefield CTC race as a goal and “real 5K”. Incidentally, I had twenty supporters that were wearing “TEAM DEA” “he runs we follow” custom t-shirts that participated in the fun walk to encourage me. How amazing was that? How could I fail?? We (including her 34 week unborn child) ran the 5K... sub 4 digits: “9:39/mile, 30:39”. She was a firm, stern, encouraging, stink eyed coach to get that pace out of me. 2013 was the start. Since then, I have tormented the last place in my age group for as many CTC races that I can work around my crazy schedule. With great pride, I participated for the last two years in the 29th and 30th “Coke 10Ks in my childhood home of Corinth. It was great to return there and run with pride with my CTC shirt on.

I run for the physical benefits. Over a year ago, I have been taken off all medications for diabetes and consistently have “unequivocal” good reports. Dr. Dowlen is thrilled. We talk about running each visit. I just passed a “stress test” on a “dreadful” treadmill at a cardiology check up. I ran for 25 minutes on his machine. I smiled after looking at my Garmin “stress test” from my heart rate monitor from the CTC 2014 battlefield half marathon: average heart rate 153 for 2:13:20. I run for the mental benefits. It is an amazing stress reliever. I sleep better. My attitude is better. I have made many great friends and acquaintances.

I fell in love with the CTC, its people, and its mission. Luckily, with my late start I have “low mileage” knees and hope to continue adding to my Runkeeper odometer. It’s at 1199 miles. Thank you everyone that has encouraged and helped me! I hope I show that with the help of the dedicated CTC people it’s never to late to start! Go Run!

CHATTANOOGA MARATHON

MARCH 4-6, 2016

JOIN US FOR THE INAUGURAL YEAR OF THE CHATTANOOGA MARATHON!

- Registration & Expo Friday, March 4th
- Kids Fun Run Saturday, March 5th
- Classic 150 5K Saturday, March 5th
- Team Relay Sunday, March 6th
- Half Marathon Sunday, March 6th
- Marathon Sunday, March 6th

Chattanooga Track Club members receive discounted registration for the Marathon, Half Marathon, Team Relay, or the Classic 150 5K

Register TODAY at www.chattanoogamarathon.com

Become a Chattanooga Track Club member at www.chattanoogatrackclub.org/membership.cfm

DISCOUNT CODE

CTC members, get the discount code in the Membership section of the club website.

Must be logged in.

FIND YOUR INNER WILD

Enter promotional code: **TNI6MCTC** and you will receive \$50 off per team.

Expires 4/14/2016



2016 directors and officers at the CTC Election Social: Back row L-R, Allison Skiles, Russ Rogers, Whitney Allison, Curt Zacharias, Jennifer Heinzel, Sarah Barnes, Stacey Boydston, Cathy Gracey, Sujeel Taj, Roy Webb. Front row, L-R, Ryan Shrum, Jane Webb, Miranda Taj, John Crawley. Not pictured: Austin Garrett, Devin Mucznski, Beth Petty, Mike Usher, Dick Miller.



JOHN CRAWLEY BEGINS 2016 AS CTC PRESIDENT

The Chattanooga Track Club celebrated 2015 and closed out the year with the CTC Membership Banquet in January 2016. The yearly banquet serves as the club's annual meeting of the general membership and as the official transition from the 2015 board of directors and officers to those selected in the most recent election.

The banquet was held at a new location this year. The Mill is a hundred-year old building that originally housed a hosiery mill located just off Main Street and is now the centerpiece of Cypress Corners, a newly-renovated Southside arts district. Planning the event involved months of work by the membership committee, led by Jennifer Heinzel, and communication committee, headed by Sarah Barnes, and many hours from dedicated volunteers. Attendees warmed up on arrival with drinks and music by a talented, energetic DJ, then enjoyed dinner prepared by the Mill staff. The program was fast-paced and casual with lots of laughter and applause as many individual achievements were honored. The CTC Annual Report to the Community had been presented just days before in a press event at Outdoor Chattanooga. The written report detailed the impact the Track Club has had on the community through charitable fund-raising, support for community programs, and in promoting health and wellness. In addition, a video presentation was debuted featuring CTC members relating personal reflections on running and narrated by the club's own Melissa Guinn. Door prizes are a long tradition at CTC events and this year's planning team was so successful at recruiting local businesses to donate items that the prize drawings continued well after the banquet program was concluded.

Another new approach this year involved featuring many of the non-profit and charitable organizations the Track Club works with throughout the year. Each organization decorated a dining table with information about themselves and prizes for guests to take home. Every presentation was a work of art but one of the most impressive tables was by Kids On The Block who will be the charity beneficiary of the Superhero Race in August.

Incoming Track Club president, John Crawley, closed out the program outlining his goals for 2016. New race events like the Locomotion 12 and 6-hour Race have been added to the calendar as well as the inaugural Chattanooga Marathon, hosted by the city of Chattanooga with much assistance from the Track Club. John emphasized the opportunities available to better promote the club and communicate our role in a healthy, active Chattanooga. At the end, as his first official act as 2016 CTC president, John closed the program and opened up the dance floor for members to continue the fun well into the night.

65 Roses 5k
April 2, 2016





Founded in 1970, the **Chattanooga Track Club (CTC)** is a non-profit organization dedicated to stimulating interest in running, walking and fitness for all ages and to promoting wellness through these activities.

WHAT WE DO : EVENTS | SUPPORT | VOLUNTEER | FUNDRAISE | EDUCATE | MENTOR

- 16 ANNUAL CLUB RACES**
- 30+ SUPPORTED RACES**
- 10,000+ RACE FINISHERS**
- 364 GROUP RUNS**
- 19 CLUB DISCOUNT BUSINESSES**
- 8 RUN-RELATED CLINICS**
- 2700 YOUTH RUNNERS**
- 4 COMMUNITY SOCIALS**
- 60+ COMMUNITY PARTNERS**
- \$84K CHARITABLE CONTRIBUTIONS**
- QUARTERLY CLUB MAGAZINE**

The CTC pursues its mission through a number of activities including annual races, weekly group runs, youth running programs, running and health related clinics and social events. We raised our operating budget through corporate and individual contributions, as well as three key events: Scenic City Half Marathon, 5K and Charity Challenge, the Chattanooga Waterfront Triathlon and the Chickamauga Battlefield Marathon, Half Marathon, Jr. Marathon & Fort Oglethorpe 5K.

HOW WE DO IT: PEOPLE | ASSETS | ACTIVITIES

Full-Time Club Manager	700+ Members	16 Annual CTC Running Events
2 Part-Time Timing Managers	Race Course Equipment	Support 30 Additional Events
1 Part-Time Equipment Manager	IPICO Timing Equipment	Youth Summer Camp
4 Part-Time Race Directors	2 Equipment Trailers	Elementary Cross Country Series
12 Volunteer Race Directors	Outdoor Sound System	High School Cross Country Series
1 Part-Time Accountant	Fully Insured	Health & Fitness Related Clinics
1 Part-Time Graphic Designer	www.chattanoogatrackclub.org	Annual Awards Banquet
1 Part-Time Journalist	Online Volunteer Administration System	Charitable Giving Through Annual Events
2 Volunteer Course Certifiers	Free Online Regional Race Calendar	Weekly Group Runs
1550 Race Volunteers	Member-U.S.A. Track & Field Sponsor	Local Health and Wellness Events
50 Committee Volunteers	Member-Road Runners Club of America	USATF Cross Country Team
Support Services [Police, Traffic Engineers, Public Works, EMS]	Member-Chamber of Commerce	Open Track Meets
	Member-Better Business Bureau	Elite Racing Team

WHO WE SUPPORT

ALS Association	Alzheimer's Foundation of America	American Red Cross
Area 4 Special Olympics	Bethel Bible Village	Children's Advocacy Center Of Chattanooga
Boy Scouts of America	Chattanooga Community Kitchen	Chambliss Center For Children
Communities In Schools	Chattanooga Area Food Bank	Girls on the Run
Chattanooga Room In the Inn	1st Baptist Church of Fort Oglethorpe	Cystic Fibrosis Foundation
Fellowship of Christian Athletes	Fort Oglethorpe Tourism Association	Jasper Middle School
Humane Educational Society	Johnson Mental Health Center	Kidney Foundation of Greater Chattanooga
Marshall's Artillery	Make A Wish Foundation	Lakeview Fort Oglethorpe Junior ROTC
CHI Memorial Hospital	Mountain Education Fund	Red Bank High School
6 th Cavalry Museum	Second Life of Chattanooga	T.C. Thompson Children's Hospital at Erlanger
S.T.A.R.S.	Team Bruner Foundation	Friends of Chickamauga & Chattanooga National Military Park

OUR COMMUNITY PARTNERS

1800PackRat	Affordable Fillers of Chattanooga	American Bicycle Group	Angel EMS
Brewer Media	Big River Grille	The Camp House	Chattanooga Bakery
Cadence Coffee	Chattanooga Times Free Press	City of Chattanooga	Einstein Bros. Bagels
Bud's Sport's Bar	Chattanooga Amateur Radio Club	Chattanooga Jets	Fox Chattanooga
Chattanooga Ski Club	Chattanooga Coca Cola Bottling Co.	City of Fort Oglethorpe	Kelly Summersett
Focus for Massage	Chattanooga Sports Committee	Double Tree Hotel	McKee Foods
Hamilton Co. Government	Center For Sports Medicine & Orthopaedics	Fast Break Athletics	Natural Body Spa
Hillary Libby	Front Runner Athletics	Hand Foundation	Kabobster
Inspire Chiropractic	Marriott Chattanooga Downtown	Market Street Solutions	Owen Cyclery
National Park Service	Hutcheson Medical Center	Movement Arts Collective	Petite Nation
Outdoor Chattanooga	CHI Memorial Hospital	Republic Parking	Sports Barn
Speedy's Oil and Auto	Nudo's Family Hair & Skin Care	New Balance Chattanooga	TDOT
TN American Water Co.	Scenic City Handy Man	Southern Coffee Service	The Local Juicery
Team Magic, Inc.	Technology Projects	Staybridge Suites	Total Health Chiropractic
The Camp House	Tennessee Valley Canoe Club	True Life Chiropractic	Wild Trails
United States Stove Co.	Warren McLelland Aerial Photography	Whole Foods Market	Univ. of TN Chattanooga
YMCA of Greater Chatt.			

LOCAL AND NATIONAL RECOGNITION

2015

- 2nd Place Finish 5000m & 10000m: USATF Outdoor Track & Field Masters Championship, Jacksonville, FL
- 3rd Place Finish 3000m & 1mile: USATF Indoor Track & Field Masters Championship: Winston Salem, NC
- Top 10 Male Team 50-59: USTAF Masters National Cross Country Championship, San Francisco, CA
- 2015 VacationHomeRentals.com Best Marathon In Georgia: Chickamauga Battlefield Marathon
- RRCA 2015 Georgia State Marathon Championship: Chickamauga Battlefield Marathon
- RRCA 2015 Tennessee State 10K Championship: Raccoon Mountain Road Race
- 2015 USA Triathlon Magazine Top 13 Destination Races: Chattanooga Waterfront Triathlon
- RRCA 2015 Tennessee State 1 Mile Championship: Market Street Mile
- RRCA 2015 Tennessee State 5K Championship: Scenic City 5K
- RRCA 2015 Southern Region Half Marathon Championship: Scenic City Half Marathon

2014

- 2014 USATF National Club Cross Country Championship, Bethlehem, PA
- RRCA 2014 Southern Region Championship: Chickamauga Battlefield Half Marathon
- 1st Place Male 55-59: 2014 USATF USA Masters Marathon Championship, Minneapolis, MN
- 2014 USTAF USA Masters Indoor Track & Field Championship, Boston, MA
- RRCA 2014 TN State Championship: Scenic City Half Marathon

2013

- RRCA 2013 Outstanding Runner Friendly Community
- RRCA Runner Friendly Community Designation
- 10k - 12th Place, Male 40+: 2013 USATF National Club Cross Country Championships, Bend, OR
- RRCA 2013 Georgia State Championship: Chickamauga Battlefield Marathon
- RRCA 2013 Tennessee State Championship: Scenic City 5k
- RRCA 2013 Journalistic Excellence Award: John Hunt

2012

- RRCA 2012 Tennessee State Championship: Scenic City Half Marathon
- RRCA Tennessee State Representative: Sherilyn Johnson





UPCOMING CTC RACES AND EVENTS

Chattanooga Marathon

March 5-6

The inaugural Chattanooga Marathon, CTC members can register at a discounted rate. CTC is also hosting an aid station and volunteers are needed on Sunday, March 6.



65 Roses 5K and Great Strides Walk

April 02

Held on the beautiful Lee University campus in Cleveland, this yearly favorite kicks off the CTC's 2016 race calendar with great runner swag and memorable post-race festivities.



Locomotion 12 & 6-hour Run/Walk

April 02

A brand new event for 2016. The course is a 2-mile loop at Camp Jordan, with categories for solo and team runners. The 12-hour event begins in the morning; the 6-hour event begins in the afternoon.



Chickamauga Chase

April 16

The 48th running of this CTC classic offers something for everyone: a 15K, 5K, 8M trail race, 2.4M scenic walk, and 1K kids run through beautiful, historic, Chickamauga Battlefield Park.




**FAST
BREAK** ATHLETICS

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



BULLETIN BOARD

Winter 2016

**JOIN A
RUNNING
GROUP!**

**REMEMBER:
RENEW your CTC
Membership!**

Visit CTC On The GO
& Chattanooga
Track Club



**MARCH
5-6**

**RUN
TODAY!**

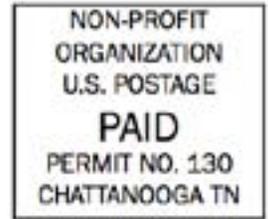
Are you a social media guru?

**LEND YOUR IDEAS
TO THE CTC
COMMUNICATION
COMMITTEE!**





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

MARCH

6 Chattanooga Marathon

APRIL

2 65 Roses 5k and Walk for Cystic Fibrosis 

2 Locomotion 12 & 6 Hour Race 

16 Chickamauga Chase 15K, 5K 1 mile, Trail 

30 First Volunteer Bank 5K 

MAY

7 King of the Mountain 

30 Chattanooga Chase 

JUNE

18 Market Street Mile 

20 Chattanooga Waterfront Triathlon 

JULY

23 Scenic City Scorchers 

AUGUST

6 Missionary Ridge Road Race 

20 Affordable Botox Superhero Race 

27 Jasper Highlands 5K 

SEPTEMBER

3 FCA 5K 

17 Raccoon Mtn 5K & 10K 

OCTOBER

8 JMHC 10K 

22 Signal Mtn. Pie Run 

NOVEMBER

12 Battlefield Full/Half Marathon, & 5K 

24 Sportsbarn Turkey Trot 

DECEMBER

17 Wauhatchie Trail Race 