

# JOGGINGAROUND



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## Chattanooga Track Club

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# JOGGING AROUND

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

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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.

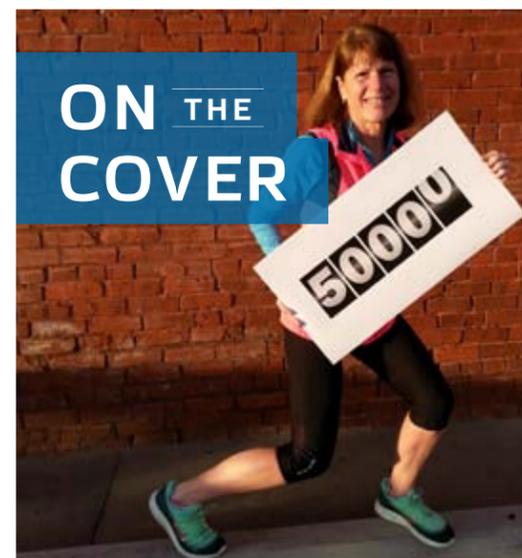
No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to casual walker is welcome.

For information about the Chattanooga Track Club visit:

[www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

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ON THE COVER

### Chattanooga Track Club member Karen Leavitt recently completed 50,000 lifetime running miles.

She began running 41 years ago as a junior in high school. She is active in the CTC's weekly run groups and lists her favorite local run spots as Walnut Street Bridge, Riverpark, North Chattanooga and Chickamauga Battlefield.

Here's what Karen had to say when she reached her mileage milestone:

*"Woo hoo! 50,000 miles of running finally achieved! Some were slow, some were fast some were done solo but many were done with others (hubby, friends, teammates, kids, sister, nephew, to name a few). Some were in beautiful places, some were monotonous, some were during races or relays. I am so thankful the Lord blessed me with good biomechanics and the desire to keep going. I doubt I'll get to 75,000 but you never know! Thanks to all who ran with me or encouraged me along the way. I have made a number of lifelong friendships as a result of running and have had a lot of great conversations during many runs. Running is often considered a lonely sport but I could never have done this alone!"*

FROM THE

# CLUB PRESIDENT



## WEBB THOUGHTS

I love Jogging Around and I am very proud of this publication. Sujeel Taj and his team have done an amazing job and I want to start off my very first article by thanking him! Well done my friend! He is a past president that just continues to serve in mighty ways. I also want to thank past-president Chas Webb for his friendship, knowledge and encouragement.

This issue will be published after the Annual Membership Awards Banquet and Annual meeting in January. This yearly gathering is such a wonderful way to look back on the previous year's accomplishments, and there are many. It's also a fun social event and a chance to dress up and see other runners dressed up! One highlight of the evening for me is the much-anticipated announcement of the Volunteer of the Year (VOY) for 2016. This past January, our wonderful Catherine Crawley received the top spot! There are multiple candidates selected and all are very deserving.

As a non-profit organization, we rely heavily on volunteers to staff our CTC races in addition to other important events we partner with; such as the Chattanooga marathon and Ironman. I am very proud that Chattanooga was chosen for the 2017 World Championships. It is my wish that our great volunteers will step up to the plate again this year and continue this mighty work. I am humbled and honored to be your President. I am thrilled with the team of officers and board of directors. I promise to do my best this year and I covet your encouragement and support.

**Jane Webb is the 2017 CTC club president.  
She can be reached at [president@chattanoogatrackclub.org](mailto: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.



# WHY I RUN

Wes Rehberg

Running has given me a sense of redemption. I smile when I think of that notion. Redemption. A Redemption that came with acts of defiance.

This was significant when young and is again now that I've returned to running at age 80. So, redemption, defiance and running. How is that so?

I was a high school dropout who eventually returned to school but was ineligible for sports. After military service as a paratrooper, I was allowed provisionally to enter Montclair State (then college, now university) in N.J., struggled academically but became part of the track and football teams where I discovered I had competitive speed. Several football injuries later, it was recommended I focus on track, as a sprinter, where I might excel. And I did, as a New Jersey state AAU and regional champion, as a college record breaker in all events between the 220 and half mile, and as an all-American that included a third place medal in the indoor national AAU championship 600 yard race on the then-banked splintered boards at Madison Square Garden in NYC. I defied some personal history and limitations and picked up some value. I felt redeemed. I was really good at something.

After college that sense of redemption faded. I was haphazard again, 10 years dependent on recreational drugs, flawed as a family person, journalist, ordained pastor and would-be artist. But I also figured out I had ADD (attention deficit disorder) and audio processing disorder. On the value side, I became a strong, personally present advocate for human rights and social justice, abroad and at home, and eventually earned a Ph.D. that focused on those themes, also an act of defiance. A Ph.D., some merit there, I thought, though later I wasn't sure. Helping along the way was running—this time on the roads in the mid-1980s, with runners clubs in upstate N.Y., enjoying that freeing feeling connected with it. With that came the rediscovery that I could win or place in races, now in masters 5 and 10ks, and even in two triathlon events, until exercise-induced hives intervened and I stopped. Still, it was redemptive. It helped reorient me. Things became more stable.

So, jump to the present.

Early on this past year I tried to follow a running 9-year-old step-granddaughter around a soccer field (she pranced, I slogged and stumbled) and watched my spouse Eileen scamper her morning run on an inexpensive treadmill we picked up while I was a pastor. I wondered: could I run again, even after

treatment for cancer that reduced muscle mass, and now an old person? I tried it out. Whoa, I thought. This is hard. Then the hives again. I thought back to the sports medicine analysis in the 80s that called it exercise-induced. I had no known allergies according to tests and wondered whether the cause of hives was more nuanced. It was. Certain foods plus exercise could cause an outbreak. Wheat in particular. That was it, I determined, after testing it out. Gluten sensitivity. Ill avoid it. Result: No hives (though I still am cautious). Now I could run! I'd join a club, rejoin a past one, and check out racing, too: try and defy the limits of old age and ageism.

Makes me smile this way again, with little idea of how it will go. But I enjoy researching, testing and modifying training techniques that might fit someone my age and a sense of running economy. The feeling of redemption I felt in the past came back. Slow going, definitely, but especially intriguing to go through it.

**Wes Rehberg is an artist, writer and former all-American runner who Tweets under the hashtag #RunningAgainAtAge80. He and his wife, Eileen, an artist and proactive GIS analyst, live in Chattanooga. Between them, they have six children, five grandchildren and a great-grandson. Thanks to social media, they get to see them often.**



Two Homeless Men (deceased), oil pastel painting 2015



Refugees in Flight, acrylic painting 2014



## TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE

# Chickamauga Battlefield

Marathon, Half Marathon & Fort Oglethorpe 5k

Nov. 11, 2017



Registration opens March 1st

# BattlefieldMarathon.com



## STAYING HEALTHY THROUGH WINTER TRAINING By Dr. Owen Speer

Winter is a popular time for running. You may be starting out to get in shape or be more active. You might be looking forward to running your first 5k. Maybe you plan to finish your 25th marathon. Wouldn't it be great to run in a new city? How about adding a new medal to your collection? There are so many reasons runners are logging more miles this time of year.

As you make travel plans and race registrations final for a spring race, setting and sticking to a training plan is important for being healthy and ready for race day. The last thing any runner needs is something that slows us down! Runners tend to be determined and will work through whatever it takes to get their workouts done. After all, there is a race to be run!

Here is some information on how to navigate a common roadblock most of us face this time of year: cold and flu viruses.

Cold and flu viruses are contagious infections of the nose, throat and lungs. These bugs are everywhere, and there are thousands of strains in search of their next victim. The best way to prevent them from taking hold is to wash your hands and avoid those who

are sick. Coughing, sneezing, and talking are the usual ways these viruses are spread. To prevent the flu, the Center for Disease Control and Prevention recommends annual flu vaccines for all people 6 months and older. This would include you and everyone in your household, so the whole herd is protected.

It can be difficult to distinguish between the common cold and flu. There are overlapping symptoms for both of these types of respiratory infections, but they usually present slightly differently.

Cold viruses tend to be mild. Symptoms may include congestion, runny nose, postnasal drip, cough, sneezing, low grade fever, chills, and headache.

Flu viruses typically cause much worse symptoms. These would include high fever over 102 degrees Fahrenheit, severe body or muscle aches, extreme fatigue, chills, congestion, runny nose, moderate to severe headache, and sometimes nausea and vomiting.

The good news is that most healthy people can fight these viruses off and recover in 7 days or less. Over-the-counter medicine can help with symptoms, and your immune system will be working in the background to help make you well again. Antibiotics are not useful in treating colds, the flu, laryngitis, and most types of bronchitis. When in doubt about what's going on, seek out an expert! I recommend you see your primary care provider if your symptoms last more than 10 days or become more severe. If your symptoms start out very severe and you think you might have the flu, it is important to be seen within the first few days, as prescription antiviral medication may be a helpful treatment.

Nobody has time to be sick, especially runners! If you do get sick, you may need to take some time off from running to rest and gain your strength. This may aid in quicker recovery. Plus, a bad workout probably isn't doing much for your training anyway! In sports medicine, there is a term called the neck check. If your symptoms are isolated above the neck (i.e. congestion, runny nose, postnasal drip), then you are probably safe to run. But if some of your symptoms are below the neck (i.e. cough, chest tightness, fever, fatigue, body aches), you are going to want to wait until these clear before going back to your normal training runs.

If (or when) you come down with a respiratory virus, take care of yourself. Rest, hydration, and proper nutrition can make all the difference. You will be able to get back to your training within a few days, and attack your goal of completing that spring race before you know it!

The CW Chattanooga and the Chattanooga Track Club continue to run together after 9 inspirational years!



**JOIN THE MOVEMENT!**

**MARCH 3-5**  
 REGISTER ONLINE TODAY!  
[CHATTANOOGAMARATHON.COM](http://CHATTANOOGAMARATHON.COM)



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presented by  of Tennessee

MARATHON, HALF MARATHON, TEAM RELAY, 5K, & KID'S FUN RUN.

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Included with your Y membership!

YMCA OF METROPOLITAN CHATTANOOGA  
[ymcachattanooga.org](http://ymcachattanooga.org)

World-class athletes have long known zone training is a must to train effectively for optimal performance. Optimize your Y exercise experience by applying this training in the group exercise realm! Train like the athletes and get the most out of every minute invested in your workout.

By participating in this voluntary interval-style program, learn how intensely you should work during class to see the greatest results. By seeing zones on a large TV screen and wearing a heart rate monitor (ANT+Bluetooth capability required – use your own or purchase at the Y), you'll be able to hold yourself accountable to the recommended zones by pushing harder or knowing when to back off. Even better, afterwards you'll receive an email summarizing your workout.



Look for this icon to see if you're in a Zone class.

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## HELLO ALL YOU WONDERFUL CTC MEMBERS!

Allow me to formally introduce myself; I am your newly elected Vice President of Membership.

Thanks to our excellent past leadership, our membership continues to grow and I look forward to us continuing to grow together. As I am sure you all can attest membership in the CTC has some excellent benefits including 10% discounts from our ever increasing list of sponsoring partners, CTC apparel, a multitude of social events and many more surprises as 2017 progresses.

We have tons of events planned for 2017, but let's focus on spring.

**\*The CTC is running Aid Station #9 at the Chattanooga Marathon on March 05 and we still need volunteers for both shifts. As a special incentive, each shift will have a door prize drawing. To qualify, you must preregister and complete your shift. Volunteer for both shifts and you will be entered in both drawings (hint: the prizes are awesome).**

Go online at [Volunteer.getmeregistered.com](http://Volunteer.getmeregistered.com) and select the event: Chattanooga Marathon. When prompted, use password "ChattTrack2017". There are two shift options:

Shift 1: 7:30am-10:30am Shift 2: 10:30am-1:30pm

**\*IRONMAN Chattanooga 70.3 is Sunday May 21, and the CTC will once again provide an awesome Aid Station. Stay tuned to CTC on the Go (Facebook page) for updated Volunteer Registration Information.**

Volunteers are always needed at all CTC races. Please see the race calendar and consider volunteering.

CTC Membership Shirts are now available for all new CTC Members and those who have renewed since December 01, 2016. Shirts can be picked up at all CTC races, events and group runs. Just show your digital Membership Card.

The CTC will now be offering CTC Bucks to members who volunteer at races or events. To earn your bucks, just complete a volunteer shift. Once each quarter, we will open the CTC Store for you to shop with your CTC Bucks. Stay tuned for the Store Inventory.

I would like to thank you for being a part of the CTC and Our Running Community.

*Stacy Boydston is Chattanooga Track Club's Vice-president of Membership. She can be reached at : [VPmembership@chattanoogatrackclub.org](mailto:VPmembership@chattanoogatrackclub.org).*



Unclaimed clothing from the Chickamauga Battlefield Marathon was washed, folded and donated to Chattanooga Community Kitchen.



CTC Race Team members at the 2016 USAT&F XC meet in Tallahassee. (l-r) Brian Sydow, Bobby Holcombe, Tripp McCallie, Aaron Blair, Ryan Shrum, Tim Ensign, Joe Sneed, Dean Thompson, John Sillery and Hugh Enicks.



Runners prepare to depart the YMCA downtown as part of the CTC's Marathon Training run groups.



## SHOUT OUT!

**CTC member Sherilyn Johnson will be honored by the RRCA at their national convention in March.**



Sherilyn was named the RRCA's Outstanding State Representative. Also receiving recognition at the convention is Chattanooga's On My Own 2 Feet, the 2016 Outstanding Beginning Running Program of the Year.



35 people from around the country attended the RRCA Coaching Certifications Class hosted by the CTC and the downtown YMCA.



Fun and runner awards at the Annual CTC Membership Banquet.



Track Club officers, Jane Webb (president) and Beth Petty (communication) visited James Howard on the program This N That to talk about upcoming CTC races.

# WILD TRAILS | 200 mile club

## How long to travel 200 miles under your own power?

Walkers, runners, hikers, bikers, climbers, swimmers, paddlers, baby stroller pushers, golfers (no carts), tennis players, crossfitters, aerobic team sports, wheelchair pilots, hula hoopers and even unicycle nuts

Get Active - Get Out - Get Healthy

[wildtrails.org](http://wildtrails.org)





**NEVER  
GIVE UP**

Clyde Powers

*“Run when you can, walk if you have to, crawl if you must – Just never give up.”*

The next 4 years brought major life challenges. In March 2011, while biking to work, I was hit by a car. My resulting injuries included three broken vertebrae in my back, seven broken ribs and a displaced hip. In the same year I lost my Mom to cancer, my marriage of 28 years ended, and I left a job I had been at for almost 20 years. While the accident was bad, I was one of the fortunate ones. Although my back was broken in 3 places the spinal cord had not been compromised. My bicycle helmet had been cracked open like a pistachio nut, but I had no serious head injuries. And even though part of my chest cavity had spilled out due to flail chest, my lungs were still able to oxygenate my blood and physically I made a full recovery. 2011 was a tough year. Mentally I was shaken and, while recovering, lost most of the base I had built up in the 2 years prior. The next year I moved to Cleveland, re-married and started the rebuilding process.

*“Run when you can, walk if you have to, crawl if you must – Just never give up.”*

For me, running has been the path to recovery... emotionally, psychologically, and physically. Along the way I have met some amazing and inspirational people. Wild Trails introduced me to Trail Running and the Chattanooga Track Club opened up a whole new world of runs and races. Thanks to these organizations and the Ocoee Track and Trail running club in Cleveland, 2016 has been my best running year and has seen me accomplish several running firsts – my first road 10K, my first trail 10K, my first road 15k, my first trail 15k, my first road ½ marathon and my first trail ½ marathon. It is also the year that saw me drop below 200 pounds again for the first time since 1996. There have been a lot of ups and downs since 2011...weight swings and continued struggles with my sugar addiction and feelings of failure and inadequacy. Through it all, though, running has helped me develop the strength and the endurance to get through the tough times...because life is made up of mostly tough times strung together between occasional periods of calm.

*“Run when you can, walk if you have to, crawl if you must – Just never give up.”*

2017 isn't just about the beginning of a new year. It's the beginning of the next chapter of my journey and I eagerly enter this new chapter with hope, confidence, and a renewed commitment to helping others who like I once did, face what seems to be an impossible journey of recreating themselves and who they are and what they want to be. So, forgive me in advance for sharing so many motivational pictures, running milestones, runs and races and don't judge me too harshly. They are important markers in my journey...and they may just help someone else in their journey.

*Clyde Powers is an avid runner, bicyclist, and part-time vegan. He and his wife, Rita, live in Cleveland, TN along with their cocker spaniel, Lucy.*



# Early Voting February 15 - March 2



The only candidate to RUN his district end to end. Check out the Facebook videos with his platforms.

[jaynevans.com](http://jaynevans.com)

Paid for by the Jay Nevans for District 1 City Council Committee.

*“Run when you can, walk if you have to, crawl if you must – Just never give up.”*

- Dean Karnazes

Every journey begins with a single step, and mine is no different. Like so many others, running hasn't just changed my life - it has saved it. Though I'd been a runner in the past, by November 2008 I had allowed myself to go to a very dark place. Psychologically and emotionally I was a mess and physically I was even worse - I had ballooned to 400 pounds. Blinded by self-denial and a serious sugar addiction, I couldn't see what I had become. Even worse, I couldn't see where I was headed. In the few lucid moments that I did have, the hopelessness of needing to lose more than 200 pounds was such a burden that I had given up hope.

*“Run when you can, walk if you have to, crawl if you must – Just never give up.”*

I approached my three closest friends, Joe Vanbebber, Pete Wooden and Larry Bostic, and asked them to be my accountability partners; this is when my weight loss journey truly began. If I was going to be able to do something about my weight and the mess my life had become I needed to be surrounded by a strong support group. I started doing 5 minutes of walking in place each day. After a while, I could walk in place for a minute, do 10 jumping jacks, then walk in place for another minute, and I could repeat it 5 times! This was my daily exercise routine for the first few months. Over the next year I was able to add other exercises to my routine, and to begin walking around the block. Occasionally I would have to stop and rest along the way, but I kept going. I added bicycling to my workouts and eventually began commuting to work by bike. It took a year and a half to be able to start running again. Joe, Pete and I would run a couple of times a week and in June of 2010 we decided to try to run in the Friends of Cove Lake 5K, a race I had run a few years earlier before falling back into my sugar addiction. I finished the race well behind Pete and Joe and well behind my previous pace, but I finished it.

*“Run when you can, walk if you have to, crawl if you must – Just never give up.”*

I tried to adopt a healthier diet, but really didn't know what that even looked like. I spent a lot of time googling nutrition and almost by accident stumbled across *Eat and Run* - a book by Scott Jurek that would forever change the way I looked at food. Scott wasn't just a runner, he was an ultrarunner and we shared some similar childhood experiences and similar health issues. I could relate to Scott and the more I changed my diet the better I began to feel. Instead of looking at food as a source of comfort I began to look at food as fuel.



# WAUHATCHIE TRAIL RACE 2016 RESULTS

1 Dean Thompson	0:36:05	19 Dawson Carmack	0:42:13	41 Cathy Gracey	0:50:51	59 Patrick Sansbury	0:59:47
2 Dylan Carmack	0:36:18	20 Kathryn Vradenburgh	0:42:44	42 Sue Anne Brown	0:50:54	60 Brian Bolt	0:59:56
3 Jan Gautier	0:37:17	21 Sarah Woerner	0:42:50	43 Paul Fortmiller	0:51:04	61 Andrew Balogh	1:00:50
4 Carter Cheeseman	0:37:39	22 Allison Cheeseman	0:42:56	44 Belinda Young	0:52:28	62 Matt Baker	1:02:05
5 Tim Ensign	0:38:11	23 Frank Mathews	0:44:21	45 Cortney Geary	0:53:19	63 John Castleberry	1:03:06
6 George Arrowsmith	0:39:06	24 Lisa Logan	0:44:44	46 John Walker	0:53:33	64 Jonathan Fogo	1:03:16
7 Alan Outlaw	0:39:22	25 Shannon Wood	0:44:57	47 Mari Evans	0:53:55	65 Ted Hegenbarth	1:03:27
8 Daniel Goetz	0:39:48	26 Jason Webb	0:45:06	48 Jeff Poteralski	0:54:18	66 Sharon Hailey	1:03:43
9 Hunter Hall	0:40:29	27 John Arrowsmith	0:45:36	49 Mark Cloutier	0:54:19	67 Henry Lynn	1:04:54
10 Kevin Huwe	0:40:47	28 Kathryn Outlaw	0:45:57	50 Carlos Mateo	0:54:46	68 Greg Oberschmidt	1:09:41
11 Cathy Cheeseman	0:40:52	29 Micaiah Allison	0:46:10	51 Chris Theobald	0:56:25	69 Jason Liggins	1:13:17
12 Ryan Shrum	0:41:00	30 Sloane Anderson	0:46:16	52 Sarah Bowen	0:56:49	70 Bonnie Wassin	1:14:12
13 Thomas Barker	0:41:10	31 Jennifer Huwe	0:46:33	53 Jaclyn Beckler	0:57:02	71 Clare Mills	1:14:53
14 Donna Langerfeld	0:41:13	32 Bill Minehan	0:46:52	54 Antonio Franco	0:57:16	72 Brian Tierney	1:18:30
15 Bryson Harper	0:41:16	33 Doug Jipping	0:47:17	55 Stephen Cone	0:57:25	73 Tony Franco	1:19:06
16 Tripp McCallie	0:41:32	34 Larry Aulich	0:47:25	56 Will Musto	0:58:00	74 Cathy Hyde	1:23:39
17 Joseph Goetz	0:41:41	35 Corbin Geary	0:48:09	57 Andrew Bailey	0:58:39	75 Lisa Hughey	1:23:39
18 Sergio Bianchini	0:41:49	36 John Crawley	0:48:19	58 Doug Torrance	0:59:08	76 Steve Smalling	1:42:57

Grab your friends for the



# Locomotion 12

12 & 6 hour Run/Walk

April 15 - Camp Jordan

How many two mile laps do you think you can finish in 6 or 12 hours? Run or walk as a solo competitor or form a relay team! More details at:

[Locomotion12.com](http://Locomotion12.com)

CHICKAMAUGA 2017

CHASE  
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15k - 5k - trail 8M

Saturday, April 22, 2017

15K, 5K, Kiddie K, Scenic Walk, 8 Mile Trail Run

Register at  
[chickamaugachase.com](http://chickamaugachase.com)



WILD TRAILS



49th Running

Race shirts are only guaranteed for the first 1200 registered!



Chattanooga Track Club  
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# RACE CALENDAR

Race dates are verified but might change.  
 Please visit [www.chattanoogatrackclub.org](http://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

- 05 Erlanger Chattanooga Marathon
- 18 Communities in Schools 5k 

### APRIL

- 15 Locomotion 12 & 6 
- 22 Chickamauga Chase 

### MAY

- 06 Market Street Mile 
- 13 King of the Mountain 
- 29 Chattanooga Chase 

### JUNE

- 25 Chattanooga Waterfront Triathlon 

### JULY

- 22 Scenic City Scorcher 

### AUGUST

- 12 Missionary Ridge Road Race 

### SEPTEMBER

- 02 FCA 5k 
- 23 Raccoon Mtn. Road Race 

### OCTOBER

- 07 Moccasin Bend Fall Classic 10k 

### NOVEMBER

- 11 Battlefield Full/Half & 5k 
- 23 Sports Barn Turkey Trot 

### DECEMBER

- 16 Wauhatchie Trail Run 