

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

# JOGGING AROUND



From the President

Make Time for Recovery!

New CTC Office Debuts

2021 CTC Officers Elected



# CHATTANOOGA TRACK CLUB

## Officers for 2019

### President

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### Treasurer

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### Past President

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Ryan McGinnis	Class of 2020
Lynda Webber	Class of 2020
David Lane	Class of 2020
Michael Brooks	Class of 2021
Dom Denio	Class of 2021
Anna Millard	Class of 2021
Mitchell Phariss	Class of 2021
Beth Rice	Class of 2021
Brianne Stambaugh	Class of 2021

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# JOGGING AROUND

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

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### Printing

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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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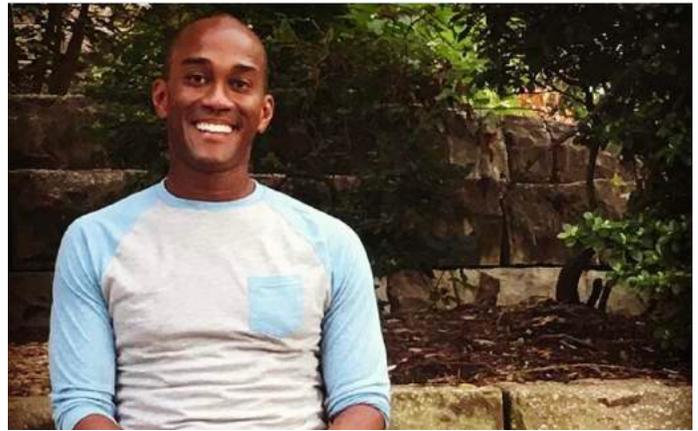
# GREETINGS!

December 2020 has finally arrived. This time of year is often a time of reflection of the year that we have had. To say that the year 2020 has been interesting is a significant understatement. There have been many ups and downs this year. Through it, all the Chattanooga Track Club has persevered and is looking forward to coming out on the other side. In 1970 our founding members set out to promote health and fitness in the Chattanooga area. Fifty years later, the club remains committed to that mission. Things for the club have looked very different from recent years. Running in groups, putting on races, and holding social gatherings proved to be challenging. Yet, as a club, we found ways to be safe and responsible while remaining active.

In January, I gleefully took the reigns as the CTC President. At the annual banquet, I proudly proclaimed that this year would be like no other. Never did I imagine how true that phrase would become. The pandemic uprooted many planned events. Races that had been run for 40 plus years were canceled for the first time. Difficult decisions had to be made. Every decision the Board of Directors made this year was thoroughly debated and well thought out. Every decision was made with a common goal. The safety of our members, volunteers, runners, and the community was and will continue to be our top priority.

While things looked different, there are many things to be proud of this year. The Chattanooga Track Club went virtual for the first time. Unable to hold the Chickamauga Chase, runners were given the option of deferring or completing a virtual race. Over 100 runners participated! Our first foray into to virtual racing was a huge success! We followed this with a virtual edition of the Scenic City Scorcher. Again the response was far better than we could have imagined! Wanting to keep our runners active through the summer, the club hosted the Scenic City Summer Challenge. Participants challenged themselves to run 150 miles. The ages of participants ranged from 10-years old to 78. We heard story after story of participants overcoming challenges and achieving new goals.

Due to the diligence of our Races Committee, we were able to establish safety protocols that allowed us to return safely and responsibly to putting on in-person events. The Camp Jordan 5K, Fort Oglethorpe 5k, and the annual Sports Barn Turkey Trot were all hugely successful events. Feeling the excitement and seeing our runners' smiling faces reminded us of why we pursue our mission.



We realize racing and running, in general, will continue to look different for the near future. However, the Chattanooga Track Club remains committed to working towards keeping our members active while staying safe. Thank you to our members for your continued support! You are the bedrock of the club. Thank you to our volunteers! We could not do what we do without you. Thank you to our race directors, timing and equipment team, and the CTC Board of Directors for your hard work this year. A very special thanks to President-elect Michelle Sledge. I could not have survived this year without your support!

Serving as President of this club has been the honor of a lifetime. Many of you have reached out to offer kind and supportive words as we have navigated a less than an ideal year. I have said many times the Chattanooga Track Club is so much more than an organization. We are a community that lifts each other up! We are a family!

Best wishes in the upcoming year! Stay Safe! Stay Healthy! Stay Active!

*Jason Liggins is CTC club president. He can be reached at [president@chattanoogaclub.org](mailto:president@chattanoogaclub.org)*



## ON THE COVER

Chattanoogans continue to grapple with the impacts of the ongoing pandemic. In the cover photo a masked Sergio Bianchini runs past the Alstom plant entrance where the Hamilton County Health Department provides free Covid-19 testing.

*Photo by Sujeel Taj*

# WE'RE ON STRAVA™

The Chattanooga Track Club is on Strava. “What is Strava?” you ask. It’s a social network for athletes like us. The service allows you to track your activities, see other club members’ activities and communicate with your fellow runners. At a time when it is difficult to gather in person for mass sporting events, Strava offers a great alternative to keep up with the club and its members in a fun, athletic way. Join the Chattanooga Track Club on Strava and see how you, your friends and others in the local running community are performing for the week or month. You may even discover a new route you didn’t know about! Strava is available for both iOS and Android-based devices; and, for those on the fitness tracker bandwagon, you can sync your tracker or watch of choice to the service to automatically upload all your activities, PRs and race times. So join us on Strava to stay in touch with the club and your fellow athletes for a little friendly virtual competition until we can all gather and race together again.

*Caleb Stambaugh is the CTC vice-president of communication. He can be reached at [vpcommunication@chattanoogatrackclub.org](mailto:vpcommunication@chattanoogatrackclub.org)*

Club Leaderboard Recent Activity Members Posts

### Last Week's Leaders

Distance	Total Running Time	Climbing
Zach Buffington 83.0 mi	Drew Forsey 50:34:52	Matt McLure 6,164 ft
Micah Smart 73.1 mi	Matt McLure 10:22:29	John Gilpin 5,033 ft
Joe Wilson 67.8 mi	Micah Smart 9:44:29	Felix Chea 4,980 ft

### This Week's Leaderboard

Rank	Athlete	Distance	Runs	Longest	Avg. Pace	Elev. Gain
1	Tim Cleary	16.3 mi	2	13.4 mi	11:22 /mi	1,183 ft
2	Ben Mobley	14.3 mi	1	14.3 mi	8:03 /mi	629 ft
3	Joe Wilson	12.2 mi	1	12.2 mi	7:23 /mi	445 ft
4	David Tullock	10.0 mi	1	10.0 mi	6:34 /mi	---
5	Micah Smart	10.0 mi	1	10.0 mi	7:50 /mi	390 ft

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# GOT GOALS? Make time for recovery!

Amy Ketron, Center for Sports Medicine and Orthopaedics

Most coaches will tell you to plan your training regimen backwards. Whether you have a target race, or your goal is to increase mileage or speed, training plans are built backwards from a goal. Next, schedule training and recovery to meet the goal. Most runners are good at the first and skip the later. The world's best athletes know you can't skip recovery. Mike Mancias, personal athletic trainer to LeBron James, says recovery planning is the first item on LeBron's off season training program. When the NBA game schedule is released for the next season, he and LeBron plan itineraries down to details such as timing of flights to optimize sleep and recovery. Planning recovery into a training regimen should be equally important to running athletes.

**SO, WHAT IS RECOVERY?** Eat, sleep, stretch, nourish. Recovery work has two goals: Repair and prepare.

**REPAIR:** For physical adaptation to occur, you have to push the body beyond its limits. When you do, breakdown and micro tears occur within your muscles. Proper recovery accounts for the healing of those micro tears so that you can withstand your next strenuous load.

**PREPARE:** When you properly prepare tissue, the body is primed for the work you will ask it to do. You get faster. You get stronger. Your endurance improves. In short, recovery is anything a person needs to do in order to perform in their next training run, race, or workout. The right recovery plan will literally make you a better runner. Recovery could include treatments such as massage gun treatments, compression sleeves, instrument assisted soft tissue mobilization, foam rolling, and much more.

**DO YOU HAVE TO SPEND AN HOUR OR MORE EVERY DAY TO RECOVER PROPERLY?** Recovery can take a lot of time. I have worked with athletes that put in 3-4 hours a day on stretching, massage, and rehab. For the average person, with no ailments or injuries, as little as 10-30 minutes per day can aid tissue recovery.

Recently, I polled a group of professional, collegiate, and post collegiate athletes asking them two questions: First, "What do you wish you had known 'then' that you know now about taking care of your body?" Common answers included the importance of sleep, hydration, nutrition, and stretching. Secondly, "Why do you think you didn't know to do those things - lack of knowledge or simply not

understanding the importance?" Overwhelmingly, with the exception of nutrition, athletes said that they just didn't think it was a priority. I implore you to find 10-15 minutes a day to devote to performance optimization. You will not regret it.

**IS RECOVERY EXPENSIVE?** While it is true that LeBron James spends \$1 million dollars on recovery every year, you do not have to. Sessions are available for as little as \$15. You could spend a ton of money, but you don't have to. And the best part...those are extras. Stretching on your own is practically free.

**CSMO is a valued partner of the Chattanooga Track Club. To inquire about recovery services at C4 Sports Therapy or to schedule a recovery session, Call Amy at 423 713 5639.**



Amy Ketron, MSA, ATC is a certified athletic trainer at C4 Sports Therapy. She loves seeing her athletes defy all odds and conquer goals they never dreamed possible. Football is her favorite sport to work and watch.



## HELLO RUNNERS!

Well, we were able to successfully pull off three autumn/fall races this year after all!

### **Missionary Ridge 4.8 pivots to Camp Jordan 5k**

Ryan Shrum was first up on deck hosting our 5k at Camp Jordan on August 8 as a replacement for Missionary Ridge, which we could not host per normal. It all turned out well, as Ryan simply made the switch and pulled off a fantastic event at Camp Jordan. Most importantly, it became abundantly clear that runners were delighted to be back and to be able to have a shot at racing again!

Congratulations to Jacob Etheridge for his overall male win with a time/pace of 15:45/5:05 and to Ann Centner for her overall female with a time/pace of 16:55/5:27! Lisa Logan and Tripp McCallie both took first in Masters and Joan Vos and David Moghani took the Grand Masters spots – congratulations all!

Turns out, Camp Jordan makes for a very fast 5k (and also 8k, as it turns out!). Thank you, Ryan!

### **Followed by the Fort Oglethorpe 5k**

Sarah Barnes was next up, hosting our Fort Oglethorpe 5k with tremendous support from the town of Fort Oglethorpe, the Fort Oglethorpe police department, Chris McKeever and the 6th Cavalry Museum and the Knights of Columbus at St. Gerard Church, as well as our usual fantastic crew of CTC volunteers and our outstanding equipment and timing teams!

Once again, we had a flat and fast course that also saw strong times and finishers. Helen Webb was the overall Female with a time/pace of 20:04/6:28 – great at any time, and particularly promising considering her current age of 15! Matthew Marshall took the male overall with 16:07/5:12. Janice Kelman and Anthony Daniell took their respective top spots in the Masters division and Barbara Ensign and Tom Sell took the honors in the Grand Masters division. Congratulations all!

To top it off, the weather/day was spectacular with full-bore sun, clear blue skies and crisp fall-fresh air. There was a pang of regret over no half and full marathon, but it was just so great to be out that no one really seemed to mind. Crazy to be done tearing down and heading home at 10:00am!! :-). As great as that was, we're hopeful it's back to mid-afternoon next year after having wrapped up all four of our annual Battlefield events.

### **And the Sports Barn Turkey Trot also pivots to Camp Jordan**

And right on the heels of Sarah's event, it was my turn to host the 2020 Sportsbarn Turkey Trot and a highly improvised course and venue graciously provided by

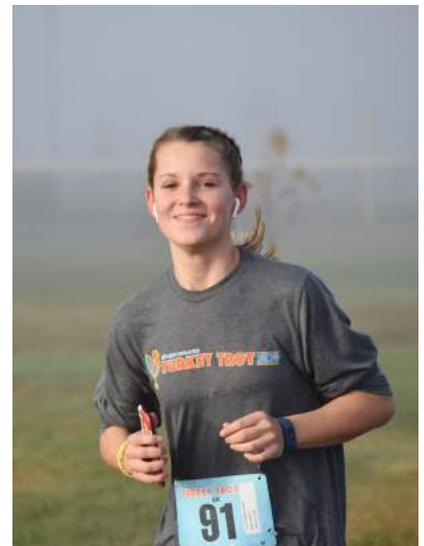
CTC QUARTERLY



Fort O 5k



Fort O 5k



Sports Barn Turkey Trot

Adam Wilson, Alex Harrison and the rest of the team at Camp Jordan. We also had essential assistance from Chief Uselton and the East Ridge Police Department – could not have happened without them!

Too much of a story to play it all back in this short piece, but it started with me telling Barbara Ensign that we had to cancel the TT as the city was still not permitting events. Her reply? “Why don’t you just do it at Camp Jordan?” My reply? “Um, well, uh... I don’t know?” So, it turned out that after a few calls to Camp Jordan, and checking to ensure everyone could scramble/adjust on our side, it looked like we were good to take a shot at it. (Thank you, Barbara!)

There were many champions who helped pull off the TT at Camp Jordan, not the least of them being our partners at the Kidney Foundation, led by Kirbee DeMatteo – who has been a superb co-event coordinator, marketer and all-around project manager. Kirby and her team, joined by the Sports Barn, led by David Brock and Teresa Wade – all enabled us to pull together the marketing and volunteer resources along with our own capable team leaders (Caleb Stambaugh, Paul Wells, Mike Leary, Jenni Berz, and more than I can list, really) necessary to get the word out and set up the infrastructure to pull off the event with less than 60 days’ notice.

Matthew and Maria Studholme, though, really need to be singled out for the incredible amount of work they put in together and Matthew put in on his own, to figure out an 8k course, measure it (twice and thrice!), modify it, do a video run-through of it to share with runners, certify it with USATF and then to handle all of the lead timing engineer work for the event, as well. All I can say to all of that is ‘wow’ and thank you, so much!

### ***There’s something special about CTC volunteers and our club...***

Back to our whole team – led by Ryan in August, Sarah and myself in November and also Lynda Webber at our 50th anniversary kick-off event in January (remember way back then?).

All of us who have worked together now for so many years have commented over and over on what a pleasure it is to work with such a strong, reliable team through and through.

Our club really has something special in this regard, and I think it is one of the greatest reasons that we continue to grow and thrive as an organization, a community and as friends.

If you have not taken a stab at volunteering at one of our events – don’t let 2021 close without giving that



*Sports Barn Turkey Trot*

a try. It’s truly a wonderful, rewarding experience, and it will give you special insight into what makes the Chattanooga Track Club so very special.

### ***Turkey Trot Competitors***

Back to TT at Camp Jordan – our racers crushed it that gorgeous Thanksgiving morning with two of our runners, Hugh Enicks and Rodney Stoker, setting new 8k TN state records!! Taylor Sawyer took female overall with a time/pace of 33:57/6:50 and Carter Cheeseman to the male overall with 25:23/5:07. Connie Roberts and Rodney Stoker took their Masters divisions with 38:34/7:46 and 25:56/5:13 (state record) respectively. Hugh’s record setting time/pace was 29:52.6:01.

### ***2020 – A Remarkable Year***

What a year! While we may have only hosted 4 events this year vs. our traditional 17, I think we both started it and closed it as well as any year we have ever done. I am both proud and grateful.

Next year will start out slow as we wait for the city and parks to begin warming back up to the idea of allowing public sporting events of any sort and races, in particular. Hopefully, with vaccines around the corner, that will be sooner than later.

Regardless, it this past year is any guide, you can be sure our club is as strong as it has ever been and we are ready to get back going.

Stay strong, all – keep up your running, walking and exercise and keep encouraging and supporting our community in every way you are able.

*Bill Brock is CTC Vice-president of races. He can be reached at [vpraces@chattanoogaclub.org](mailto:vpraces@chattanoogaclub.org)*



### Do you believe in magic?

Well you will after seeing what a difference skilled volunteers can make when tackling a project to convert neglected office space into a primo meeting place during a pandemic! When the board committed to rent and renovate office space for the Chattanooga Track Club in August last year, no one really knew what the club was getting into. With a vision and plans being made day by day, a handful of volunteers devoted time to turn a vision into reality from September of 2019 through September of 2020.

### Here's how we did it!





Armed with a professional drawing of what we wanted the suite to look like, we received estimates from a couple of contractors. The estimates were more than the club wanted to pay and we moved to organizing volunteers. Out of 19 volunteers over the construction period, six became the Core team handling most of the work.

The carpet came up and demolition began.

The old walls came down and we were lucky to have members who let us borrow their carpentry skills (and equipment) to lead us through framing new walls and keeping scheduled in the proper order.

We had to have the ceiling redone, the electrical outlets and switches identified back to the breaker box and new outlets and switches wired, the kitchen and bathroom plumbed, hanging of much drywall, kitchen cabinets and countertop installed, a new floor laid and many details in-between.



In May things were looking up! After significant delays in getting the cabinets, they were installed which meant we could think about putting the floor down.

The store room was used as a test to make sure the flooring process went smoothly and the floor looked as good as we thought it would. The test results were perfect so we moved on to the main floor in July and the results speak for themselves. Thank goodness that carpet came up! We went from a dingy, nasty bathroom to a nice, clean room fit for a queen... or king.



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In August, the CTC moved in! Stuff was moved out of old storage into new storage. Race supplies, banners, boxes upon boxes now take advantage of the store room. It really didn't take long to get organized with the dedicated work that went behind getting everything organized.

**Ok, so maybe it wasn't magic. It was simply desire, drive, hard work, skill and people willing to give of themselves. Yeah, I might call that magic!**



**Note:** This overview is a brief synopsis of what it really took to get this project done from start to finish. There was so much detail that it is impossible to remember it all. We had several volunteers, and just like many CTC events, this suite would not be ready today if it wasn't for them. They all deserve a big "Thank You." The volunteers are listed below; those noted with an asterisk were our core group whose skills, equipment and drive kept this work going.

- |                 |                |               |              |
|-----------------|----------------|---------------|--------------|
| Cory Aulich     | Tripp McCallie | Robbie Berz   | Jane Webb    |
| Dom Demio*      | Muois Baptiste | Truman Smith* | Bryan Davis  |
| Larry Aulich*   | Don Lastine    | Bill Brock*   | Roy Webb     |
| Landon McCallie | Jenni Berz     | Sujeel Taj    | Lynda Webber |
| Tammy Aulich    | Dick Miller*   | Laura Brock*  |              |



---

## THE LONG RUN ENDOWMENT FUND

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 these funds and is appreciative of your generosity to help build this legacy for our community.

A gift to the Chattanooga Track Club endowment can be made to honor a friend, a special occasion or to remember someone who has passed. An acknowledgement of the gift is sent to the recipient (or their family) and to the donor. Contact the CTC club manager for additional details at [clubmanager@chattanoogatrackclub.org](mailto:clubmanager@chattanoogatrackclub.org).

### IN MEMORY OF:

Jon Chew  
*Bradford Harvey*  
John Madzin  
*George Skonberg*  
Jerry Lastine  
*George Skonberg*  
Mike Griffin  
*George Skonberg*  
Cameron Bean  
*Alan Outlaw and Family*  
Van Townsend  
*Alan Outlaw and Family*  
Daniel Hamilton Webb  
*Jane Webb*

### IN HONOR OF:

John Mazdin  
*Steve Rogers*  
Bill Brock  
*George Skonberg*  
The Enicks Family  
*Colonel Hugh Enicks*

### ENDOWMENT CONTRIBUTORS

Jeff Elliott  
Blaine Reese  
Thomas Starke  
Shanna Veale  
Steve Rogers

### CHATTANOOGA TRACK CLUB DONORS

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Rob Elsea  
Michael Emerling  
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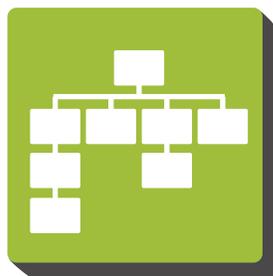


## TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE



## NEW CTC WEBSITE DEBUTS

It's more than an update; it's an all-new Chattanooga Track Club website. The dedicated folks at Technology Projects (thanks, Bill, Ben and James!) recently put the finishing touches on our new website. With a look reflecting our CTC branding, more information arranged to be easier to find and the ability to expand as our club's needs change, the new site is ready to serve our members and community for many years. You'll find favorites like our local race calendar and race results with improved features, and sections for community news as well as exclusive content only for CTC members.

Check it out at [Chattanoogatrackclub.org](http://Chattanoogatrackclub.org) or [RunCTC.org](http://RunCTC.org) and let us know what you think. Special thanks to the design and review team for valuable assistance in creating this tool for our club: Cathi Swanson (web designer), Bill Brock, Jenni Berz, Jennifer Heinzl, Sarah Barnes, Stacey Malecky, Jane Webb, Sujeel Taj and many others.



Joe McGinness Runner of the Year Competition



Half Marathon and Marathon Training Program





## Fort Oglethorpe 5k

Although the Chickamauga Battlefield Marathon and Half marathon didn't happen this year, CTC members and local runners gathered on the second weekend in November as they've done for more than 40 years. It was a smaller, socially-distanced event but no less fun and definitely made meaningful after the many race cancellations this year.

*photos by Charlene Simmons and Sujeel Taj*





Fort Oglethorpe 5k



# CTC Elects 2021 Officers and Board

Like many things this year, the Chattanooga Track Club's annual election social to select new officers and board members looked much different than previous years. We had great participation through online voting and in-person votes were cast by drive-through at our new CTC office on the North Shore. At the end of the day Jason announced, over a Zoom online meeting, our newest officers and directors.

## Chattanooga Track Club Board of Directors and officers for 2021

### BOARD OF DIRECTORS:

Michael Brooks  
Jennifer Curtis  
Dom Demio  
David Lane  
Mitchell Phariss  
Tripp McCallie  
Beth Rice  
Kelly Summerset  
Brienne Stambaugh  
Jane Webb  
Noah Cochran

### OFFICERS:

President: Michelle Sledge  
President-elect: Anna Millard  
Past-president: Jason Liggins  
Vice-president Communication: Caleb Stambaugh  
Vice-president Membership: Amy Smith  
Vice-president Races: Bill Brock  
Secretary: Marica Merck  
Treasurer: Dick Miller



# CTC Officers Reflect on 2020; Plan for 2021

*According to Michelle (2021 CTC President)*

In 2021 Michelle Sledge will become the 37th person since 1971 to be president of the Chattanooga Track Club. It's fair to say she'll begin her term under the most unusual and challenging conditions of the club's fifty-year history. In March 2020, as the Covid-19 pandemic shut down businesses and schools across the country, the current club president, Jason Liggins, along with the CTC board of directors, began making the difficult decisions to postpone (and, ultimately cancel) nearly the entire race calendar for 2020. While recognizing the pressing concern for public health that made the cancellations necessary there was nevertheless a deep sense of loss knowing that for the first time in 52 years the Chattanooga Chase would not be held, or 51 years for the Chickamauga Chase, or the many other CTC races with decades of history. It's ironic, in hindsight, that the only race held as scheduled was the inaugural CTC 50th Anniversary Run in January 2020.

The cancellations didn't just create disappointment however; races account for more than 80% of CTC revenue. Even without the cost of putting on events, other ongoing expenses like equipment, storage, insurance, staff, etc. continued. With 2020 revenue down nearly 80% from the previous year carefully managing the club's finances is a top priority for Michelle. But the outlook isn't gloomy; in fact Michelle expresses excitement for the new year and for charting a course back to "normal."

**According to Michelle:** "Running hasn't stopped. We need to figure out how to get back together as a community. How do we safely and securely get back to racing? That's the ultimate goal. It's only possible to do this together. It'll be a lot of work but I'm eager to get started."

"We need to thank our members and our community for sticking with us through this unprecedented year. We truly are thankful for their patience and



faithfulness. I'm honored to have worked with Jason (Liggins) and see how he led the club this year. It's a great accomplishment and reflection of the leadership and perseverance of our club's leadership and its members that we were able to have a few races this year."

Other CTC officers shared their thoughts on this year, what they'd like club members to know and what they are proud of about the Chattanooga Track Club in 2020.

## **Jason Liggins, 2020 CTC President**

"Running continues to thrive because as a community we inspire and challenge each other to "Dream the impossible! Do the incredible." The CTC and the running community continue to display resiliency! "

To CTC members: "Remember to take the time to enjoy the process. Take time to laugh. Slow down long enough to appreciate the magical atmosphere of race events."

# CTC Officers Reflect on 2020; Plan for 2021

*Continued*

On what he's proud of: "The way the club responded to a year dominated by a global pandemic and social distress. The club has increased its efforts to diversify. Through careful planning and research the club was able to return to racing in a safe and responsible way."

**Caleb Stambaugh, 2020, 2021 Vice-president of Communication**

On describing this year: "Instead of a sentence, I can do it in one word: Frustrating."

"Frustrating for the club and its members. 2020 was a year of little information, and when the position (VP of communication) is to share information, it makes for a frustrating job. So looking forward to 2021."

"As it looks like uncertainty will continue, I would gladly accept help from any club members willing to volunteer their time for our communications committee and help create a strategy beyond just sharing race cancellation information in the coming year."

**Dick Miller, 2020, 2021 CTC Treasurer**

On the Chattanooga Track Club's financial outlook: "Although the club experienced a 76% decline in race revenues in 2020, we remain on a solid financial footing. This is thanks in no small part to volunteer work by the club members, membership dues, and years of responsible management of CTC resources which provided us with a needed financial cushion. However, we need members' support now more than ever, particularly through membership renewals as we prepare to return to a normal race schedule in the, hopefully, not-too-distant future."

**Bill Brock, 2020, 2021 Vice-president of Races**

On 2020 and looking forward to 2021: "As I look back now I realize I have more respect for our running

community and more pride for Chattanooga Track Club than I ever have had before (and I promise, that is saying something). So many examples of strength, hope, persistence, support for one-another and that shared bond of love for running, being together and caring for ourselves and each other."

"This new year is going to start out slow, but we know how to do that, also. None of us ran our first serious race without ramping up and we aren't going to be hopping right back into our typical race calendar. However, you can be sure that we are going to be racing again – maybe in improvised ways at different venues as we did this fall, but our traditional races are going to be coming back over time and we will be back and stronger than ever, and that will be good for us and for our community."

"Until then, keep running, walking and staying healthy. Smile and wave for now. Hugs and high-fives will be back over time as well."

"Can't wait to see everyone on the roads, walks and trails this coming year!"



## SPORTS BARN TURKEY TROT

“We are thankful for yet another great year working with the folks at Chattanooga Track Club. Race director, Bill Brock, was determined to have a safe race for everyone on Thanksgiving morning and pulled it off even with a little fog. We at **The Chattanooga Kidney Foundation** really appreciate the partnership we have developed with CTC and look forward to growing the Sports Barn Turkey Trot as a fundraiser for both organizations.”



# SPORTS BARN TURKEY TROT



# CTC, A LOOK BACK



*From the December 2004 issue of Jogging Around. Pat Hagan celebrates his 150th marathon finish at the November 2004 Chickamauga Battlefield Marathon. Pat served as club president twice, in 1985 and '86, and remains an active member. He went on to complete 155 marathons total and is still a familiar face at Chattanooga Track Club races, most recently the 2020 Sports Barn Turkey Trot.*

## Chickamauga Battlefield Marathon is Milestone for Pat Hagan

Chickamauga 2004 was Pat Hagan's 150<sup>th</sup> marathon and his 23<sup>rd</sup> consecutive Chickamauga Marathon!



LEFT: Pat Hagan is shown catching his breath following the race - with wife, Lisa Kay.



ABOVE: Planning the next marathon. Over 200 marathons between these three gentlemen (Pat Hagan, John Hunt, Ray McIntyre)!



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

CTC 50th Anniversary Merchandise Is Still Available to purchase. A limited supply of t-shirts, backpacks and other items are available. For more information contact Lynda Webber or email [joggingaround@chattanoogatrackclub.org](mailto:joggingaround@chattanoogatrackclub.org) and we'll forward your message.



The Chattanooga Track Club website has a new look and new features.  
We've worked hard to make it an even better resource for local runners.  
Check out the new CTC website at [RunCTC.org](http://RunCTC.org)