

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

JOGGING **AROUND**



CHATTANOOGA TRACK CLUB

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JOGGING AROUND

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Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal.

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

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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WELCOME TO 2022!

What does this year bring for the Chattanooga Track Club?

Our Annual Banquet was held in January at the Chattanooga Zoo! It was fantastic to see everyone together in person reconnecting and celebrating the accomplishments of 2021! Congratulations again to our 2021 Long Runner Award winners: Sergio Bianchini, Ron Branam, Joe Dumas, David Lane, Jason Liggins, Steve Morrison, Truman Smith, Kara Teichroew, and Richard Westbrook! And we certainly cannot forget our very special recipient of the Chattanooga Track Club Spirit of Running Award, Bill Brock! We are immensely grateful for Bill. There aren't enough awards to express what he means to us all but we certainly gave a few at the banquet.

Also in January CTC was off and Racing!! Race Director and VP of Races, David Lane, brought us the Inaugural year of the MAD Backyard Ultra. What a day that was! Runners came to compete in this Last Runner Standing Event from many different states with many different individual goals. In the end, Frank Lanno from New Jersey, who ran 62.5 miles, or 15 yards, was declared the official winner. We will be cheering Frank on as he represents us in the Silver level event on March 19th in Ohio! I am already looking forward to next year!

Our 2nd and 3rd races of the season, Wahautchie Trail Race and Raccoon Mountain Road Race both made moves to the month of February. Thank you to Race Directors, Jim Steffes and Steve Smalling for orchestrating these great events! Our runners and volunteers enjoyed the beautiful winter days and the change of time for both.

We are off to a tremendous race season with a full schedule upon us!

And as for myself, I am so excited to once again be representing the Chattanooga Track Club as President. This community is truly special from our participants, volunteers, race directors, timing team, equipment manager, and our board of directors! It takes ALL of us together. So thank you, thank you



for all that you do and bring to this community. **TOGETHER** we will continue to promote and live out the CTC mission.

Keep running and stay safe,
Michelle

ON THE COVER



Jenni Berz and Bill Brock at the Chattanooga Track Club Annual Membership Banquet in January. Bill was the recipient of the Chattanooga Track Club Spirit of Running Award. The award was created this year to honor significant, long-term contributions to the club, the local running community and for consistently embodying the highest standards of leadership through service.

Photo by Sujeel Taj

2022 Brings New Races and Old Favorites. ROY Returns.

David Lane



Fellow runners, walkers, members, and volunteers welcome to 2022. The Chattanooga Track Club has hit the ground running for the year (pun intended). To date, the CTC has hosted three races and it's only February! Each race has a unique format, and that is what makes our races above the rest.

As the new Vice President of Races for the Chattanooga Track Club, I hope to bring the members and the community a variety of events that each member can enjoy. Our races are for veteran runners, speedsters, newbies, walkers, and long distant runners. They range from 1 mile to a marathon, and beyond.

The 2022 CTC race season started with the Mad Backyard Ultra in January. Backyard ultras have no finish line. The participants must run 4.167 miles within an hour and if they complete the 4.167 miles in an hour the race starts over again every hour upon the hour until only one runner is standing. This year's winner was Frank Lanno from New Jersey. With his win, he received the automatic bid to the Ohio Backyard Ultra in March and the chance to run for the Backyard Ultra Team Championship in October.

The second race of the year was the Wauhatchie trail race in early February. The race has a unique starting format. Each runner starts with their age group and the start time depends on their lead time compared with the younger racers. This year's race witnessed Mayes Starke dethrone Tim Ensign for the win. Also in February, the Raccoon Mountain Road Race was held during the winter for the first time. This race is one of the most scenic road races in the area. Director Steve Smalling had another successful event where all runners received a medal for finishing. This idea brought out new and seasoned runners and walkers alike.

In closing, I would like to remind the community that the runner of the year (ROY) is back for 2022 and the CTC has already seen great competition with these events. The next upcoming ROY race is the Grad Run in Ringgold Georgia. The next CTC race is the Chickamauga Chase in April. Come join us to compete for the runner of the year or just enjoy the community.



David Lane is the CTC Vice-president of Races. He can be reached at vpraces@chattanoogatrackclub.org

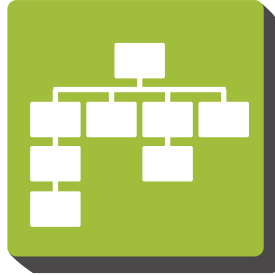


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TOOLS FOR INJURED RUNNERS: Instrument Assisted Soft Tissue Mobilization

Jeff Poteralski, PT

Injured runners are often barraged with a myriad of treatment options when they sustain a running related injury. Options range from acupuncture or dry needling to compression to cryo to exercise to foam rolling to tool related soft tissue treatments. Local runner and board-certified Physical Therapist with the Center for Sports Medicine & Orthopaedics, Jeff Poteralski, joins Jogging Around to discuss one treatment option that is ideal for soft tissue related injuries for running athletes.

Chattanooga Track Club: Let me just start off by saying that I love running- I absolutely adore it! It's one of my favorite leisure activities. I look forward to the mornings and evenings when I get to run. Conversely, my mood suffers when I don't get a chance to run. Unfortunately, soft tissue overuse injuries can creep up on all of us over time. As a clinician who frequently treats athletes with running related injuries, one of the worst things I can do to a runner is tell them they cannot run or should not run because of an injury.

There are many potential issues that can plague the legs of runners and keep them from the sport they love. These include plantar fasciopathy, Achilles tendinopathy, peroneal tendonitis, iliotibial band (ITB) strains, and posterior tibial tendinopathy. These problems tend to come on slowly, due to one or more factors: a sudden increase in mileage, improper running shoes, increased stress on the feet, or subpar technique. Some runners believe these complications will go away on their own, or that they can "train through" them, but in many cases, that is not true. In fact, most of the time these injuries tend to get worse rather than get better.

Thankfully, there are non-invasive treatments available to alleviate the symptoms associated with running overuse injuries. Rest, stretching, and ice are popular classic treatments for this. One of the best treatments that physical therapists can do for our clients is called iASTM (instrument assisted soft tissue mobilization). There are a variety of iASTM treatments available, including ASTYM, RockBlading, and Graston. The focus of iASTM treatment is to set off the body's vascular system and regenerative mechanisms. The instruments are used by the physical therapist to glide across the surface of the skin parallel to the underlying soft tissue structures. Blood flow is stimulated to the area and

Tools used by therapists in iASTM (instrument assisted soft tissue mobilization) treatment include:

ASTYM



RockBlading



Graston



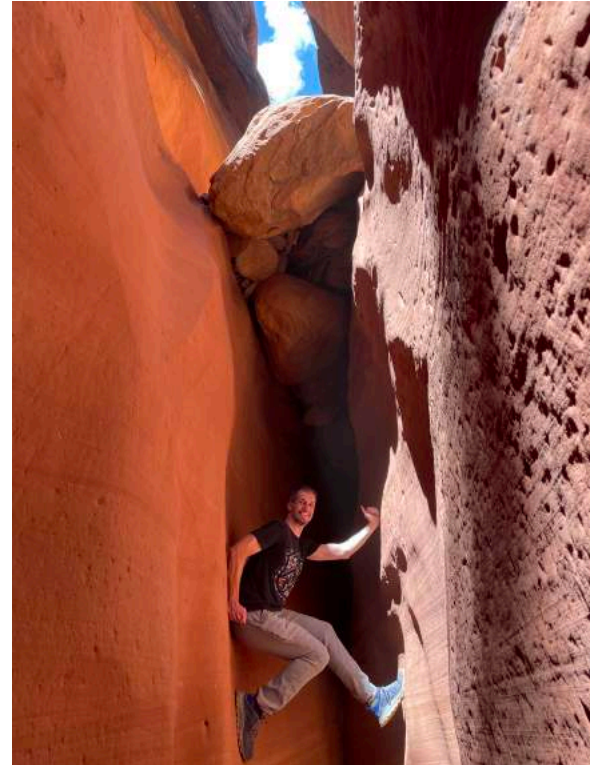
TOOLS FOR INJURED RUNNERS *continued*

break down of fibrotic (irregular) tissue results. In turn, nutrients and red and white blood cells are mobilized to attend to the problematic area.

After the treatment (in the following 24-48 hours), the body reacts by resorbing the problematic tissue and stimulating healing of this tissue. Performed twice a week, this treatment can help to decrease irregularities in the tissues, decrease pain, and increase function. Most clients notice a difference in as little as 3-4 sessions. Additionally, we are able to encourage continued or modified activity during iASTM treatment rather than complete stoppage of activity. A full treatment regimen usually lasts 4-6 weeks and is combined with a stretching and strengthening program for maximum benefits.

Most importantly, iASTM can help get you back on the road or trail quicker. Hope to see you out there! Jeff Poteralski is a physical therapist at The Center for Sports Medicine and Orthopaedics at our Hixson office. He is a Board-Certified Clinical Specialist in Orthopaedics, a Certified Orthopaedic Manual Therapist, and an ASTYM Certified provider. He would like to thank the ASTYM Institute for some of the information provided to create this article.

Visit www.sportmed.com or call 423-624-2696 to schedule a visit with a rehab, medical, or performance specialist with the Center for Sports Medicine & Orthopaedics and C4 Sports Therapy.



Jeff Poteralski, PT *contributed photo*



CTC Recaps the Year, Honors Bill Brock at Membership Banquet *Sujeel Taj*



The 2022 Chattanooga Track Club Annual Membership Banquet was held in January at the Chattanooga Zoo. This yearly meeting of the general membership also provides an opportunity to note accomplishments of the previous year and introduce CTC officers and board members for the upcoming year. A special tour of the zoo was provided to CTC members before the start of the banquet and the unique dining space was enhanced by extensive decorating by our hard-working planning committee: Amanda Lane, David Lane and their daughters, Anna Millard, Apryl Barrett, Jane Webb, Kara Tiechroew, Larry Aulich, Tammy Aulich, Amy Smith, Jenni Berz and others.

During the meeting portion of the evening the outgoing club officers gave reports highlighting recent successes in bringing back race events which had been cancelled or modified during the previous year. While membership is down from pre-pandemic totals the club remains in good financial health thanks to careful management by the officers and board. Michelle Sledge, CTC president in 2021, will again serve as president in 2022. After several years as chair of the races committee, Bill Brock passed the torch to David Lane.



A high point of the banquet for the last few years has been Tim Ensign's CTC Race Team report. The Race Team is a group of outstanding runners of all ages chosen to represent Chattanooga Track Club in local and regional events. Instead of a dry recounting of names and finish placements Tim's imaginative and humorous presentation poked fun at himself, other team members, and the long-suffering Chad Varga—owner of Front Runner Athletics and a sponsor of the Race Team.

Due to the limited race schedule in 2021, the annual Joe McGinnes Runner of the Year (ROY) competition wasn't held; it will resume in 2022. Linda Webber and Ron Branam, however gave

out their popular CTC Long Runner awards for members who completed race distances of 50 miles or greater in 2021.

In a special announcement, Jenni Berz presented the first ever Chattanooga Track Club Spirit of Running Award to Bill Brock honoring his many years of service not only to the CTC but to the running community in this city.

Here are some excerpts from Jenni's remarks:

I am honored to be presenting this next award. For over 50 years there has been a spirit of running in this community that has set the foundation for the Chattanooga Track Club and has been the basis for a lot of what we see today in Chattanooga's outdoor experiences. And what I mean by Spirit of Running is much more than the physical act—it includes passion, compassion support, inspiration, foresight, vision teamwork, mentorship, friendship, collaboration and community to name a few.

This person exudes all of the above and talking with members their description of this very special club member also included: Calm, Gracious, Motivating, Welcoming, Enthusiastic, Leadership, Perspective, Patience, Thoughtful, Teacher, Learner, Cordial, Encouraging, Commitment, Positive, Fun and many more.

The stories were endless and happy. They described support in accomplishing a goal, the joy of experiencing a morning sunrise after climbing Minnekada, conversations that went on for hours, some that brought perspective and others that just passed the time.



Continued on page 8



Bill Brock, your official title [CTC Vice president of Races] may change after tonight yet we know that you will continue to be a rock for this organization. You will continue to share your passion for running, love of community and eternal knowledge of many things with this organization and help us ensure that we are here for another 50 years and beyond. Tonight we present to you the Spirit of Running Award. Thank you for helping build, rebuild and sustain this organization. We are fortunate and grateful for all that you are!

At the conclusion of the banquet the 2022 Officers and CTC Board of Directors were introduced and were officially installed to begin their terms.

Photos by TN Sports Pics, Sujeel Taj and others





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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.

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 Madzin
Steve Rogers

Bill Brock
George Skonberg

The Enicks Family
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CTC Represented for 19th Year at XC Club Nationals

Tim Ensign

Since 2002, the CTC has fielded a team in the annual United States Track Associational Cross Country Club National Championships, a race that brings out the top running clubs from across the nation. In 2021, the race was canceled due to the pandemic, but it returned in full force this year in Tallahassee, FL, on the same course where the NCAA D-1 national championship was held in November.

The CTC was back, competing in the 50-59 men's division, an extremely competitive group which included clubs from Massachusetts, Minnesota, Indiana, Colorado, Washington State, California and elsewhere. Our guys finished tenth, edging out the California Coast Club and finishing a few points behind the Atlanta Track Club. West Valley Track Club from San Francisco took top honors.

The highlight for the CTC was one of our own, Dean Thompson, finishing third overall in the 55-59 age group, a tremendous achievement. To make it to the podium usually requires a world-class level age-graded performance and Dean is running at that elite level. Ryan Shrum wrapped up a terrific fall campaign with a strong finish and was second across the line for the CTC. Doug Cross, Tim Ensign, Tripp McCallie and newcomer Steve Morrison all competed hard and represented us well on an unseasonably hot and humid day.

In the 60 and up 8K race, Hugh Enicks finished ninth overall with an outstanding effort. The 2022 race will be held in Golden Gate Park in San Francisco on Dec. 10. Anyone interested in participating should contact Tim or Tripp.



Photos by Debbie Thompson

MAD BACKYARD ULTRA



RACCOON MTN ROAD RACE





WAUHATCHIE TRAIL RACE






Complete race results can be found on the CTC website, runCTC.org
Find more race photos on the Chattanooga Track Club's Facebook and Instagram pages.



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

APRIL


30 Chickamauga Chase 

MAY

14 Locomotion 6, 12, 24 - hour 

30 Chattanooga Chase 

JUNE

26 Chattanooga Waterfront Triathlon 

JULY

16 Scenic City Scorcher 

AUGUST


6 Missionary Ridge Road Race 

OCTOBER

1 Moccasin Bend Fall Classic 

22 Signal Mountain Pie Run 

NOVEMBER

12 Chickamauga Battlefield Marathon, Half, Jr. Marathon, 5k 

24 Turkey Trot 