

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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COMMUNICATION LEADS TO COMMUNITY!

Do you ever wonder who that girl is that ALWAYS posts on “CTC On The Go!” Facebook page?? It’s me, Beth Petty, the Vice-president of Communications for the Chattanooga Track Club. I am the person behind the monthly newsletters, race emails, CTC On The Go! (I make a lot of posts- ha!) Instagram (when I have the time), and the CTC Website News.

I WOULD LOVE TO FEATURE YOU IN OUR MONTHLY E-MAIL NEWSLETTER!!

If you would be interested in this please let me know via email at VPCommunications@chattanoogatrackclub.org. Please use the subject line: CTC Monthly Newsletter.

LET US FEATURE YOU ON OUR INSTAGRAM ACCOUNT @ CHATTANOOGA_TRACK_CLUB.

In order for us to highlight you, just use hashtags like #runctc, #racectc or tag us @chattanooga_track_club.

I want to do my best to keep our members informed of what is going on because communication is everything! If there is anything you think needs to be communicated to the club, let me know. If there is anything I can do to communicate with you better, let me know.

I AM HERE FOR YOU GUYS! See you at the starting line...



Beth Petty is the CTC's Vice-president of Communication. She can be contacted at: vpcommunications@chattanoogatrackclub.org

ON THE COVER



The 55th running of the Chattanooga Chase brought record crowds to Riverview Park on a perfect Memorial Day morning.

Photo by TN Sports Pics



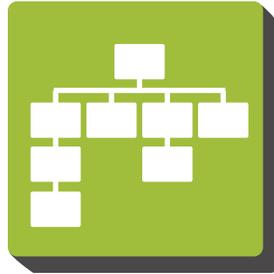


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CTC Membership Committee Plans Annual Training Kickoff and More



HELLO MEMBERS!

I want to say what an honor it is to be leading the charge to grow our member base and partner with our fantastic members and board members to put together some fantastic events coming up in the late summer and fall.

Our next big event will be the partnership with Chattanooga Battlefield Marathon, Half marathon, Jr. Marathon and Fort Oglethorpe 5k for the CBM Annual Fall Training kick-off, so be on the lookout for emails announcing the kick-off and many clinics addressing all concerns around marathon training. Most clinics will be hosted at/by local small businesses where you will be able to utilize your 10% CTC membership discount.

Come visit us at our races to find out more about upcoming events or ways to get involved. I would love to meet you all!

See you on the course!

Apryl Barrett

Apryl Barrett is Chattanooga Track Club Vice-president of Membership and can be contacted at vpmembership@chattanooga-trackclub.org

CTC Races, We Have Something For Everyone!



Once this issue of Jogging Around is released, we will be halfway through 2022. Isn't that crazy? CTC continues to bring the love of running to our community. I am amazed at the diversity within our running community and the camaraderie I have seen as the VP of Races. Since our last issue, the CTC has hosted the Chickamauga Chase and the Locomotion Endurance Event. The Chickamauga Chase continues to grow and is a staple race within the track club. I volunteered at the race and ran the 8-mile trail race. What a great time and atmosphere. Each year the bayonets are a hit and I continue to hear from the runners how they want to win the top prize. The Locomotion Endurance Event had its highest number of participants this year and had a new course record for the 24-hour event, with a total mileage by Scott Garner of 104 miles. The track club continues to offer a variety of races and runs for all people of athletic ability. By the time this article is released, the Chattanooga Chase will have hosted yet another great race.

David Lane is CTC VP of Races. Contact him at vpraces@chattanooga-trackclub.org

Running Health Myths, Truths, and Half-Truths

Andy Gean, DPT, OCS, COMT, C4 Sports Therapy and the Center for Sports Medicine & Orthopaedics

Working with runners is the highlight of my job! It's a privilege to partner with runners to try to resume training and achieve goals. Along with a goal-oriented mindset, runners bring a lot of knowledge from the information they have consumed - some accurate, some not so accurate. Here are a few running health myths that physical therapists who treat runners commonly encounter.

Running is bad for your knees



FALSE:

Runners actually have significantly lower rates of osteoarthritis than sedentary individuals. Not running may be worse than running! A 2017 study in the *Journal of Orthopaedic and Sports Physical Therapy* found that non-elite runners had a 3.5% risk of developing knee osteoarthritis compared to a 10% risk for sedentary individuals. The only exception was found in elite-level runners who had a 13.5% rate of developing knee or hip osteoarthritis. Bottom line: The human body is resilient with bone and weight-bearing cartilage having the ability to adapt to applied stresses. The knee is the most common area to have an injury for runners with knee issues such as patellofemoral pain syndrome or iliotibial band syndrome accounting for approximately 40% of running injuries. Common running knee issues are conditions that you and a seasoned running therapist can knock out working together. So, unless you train like Sara Hall or Mo Farrah, your joint health is better as a runner than living a sedentary lifestyle. Can we put this myth, or lie, to bed once and for all?

Bestseller alone has contributed heavily to the “gait retraining” and “natural running” phenomenon in the US. This sounds good, except, the same low ground reaction forces can occur with a rear foot striking pattern which 90% of runners from developed and lesser-developed (countries where runners are not always wearing shoes) countries utilize when running. Researcher Bryan Heiderscheidt from the University of Wisconsin and other running researchers have demonstrated that lower ground reaction forces can be achieved with rear foot running patterns combined with high cadence (170 steps/min or greater) and good form. Confused by the biomechanical jargon?

HERE'S THE DEAL: Most of the world runs in a rear foot pattern. A small group of runners choose the forefoot strike pattern naturally. Changing your pattern can be a bit risky, especially for an older runner due to the change in stresses, particularly on the Achilles tendon, foot metatarsal bones, and calf muscles that a gait-pattern change induces. A gait pattern change may be reserved for a small group of chronically injured individuals. Typically, changing your pattern requires months to safely perform and should be done so with the consultation of a PT and/or running coach after reviewing your injury history. Don't change your gait pattern without a good reason!

Running on your toes (forefoot striking) is “healthier”



NOT COMPLETELY TRUE:

Thanks, Chris McDougall, for throwing kerosene on this topic with the book *Born to Run*. Author Chris McDougall and Harvard research physical therapist, Irene Davis, present the case for the forefoot running pattern as being “more natural” and “healthier” by using the example of the ultra-running Tarahumara tribe in Central America who typically run with a forefoot strike pattern. Forefoot strike patterns are thought to create softer ground reaction forces, which, in turn, cause less muscle, bone, and cartilage stress. This *New York Times*

Follow the 10% rule for increasing volume to avoid an injury



NOT COMPLETELY TRUE:

Where did this “rule” come from? Everyone knows “the 10% rule”. Runners are only supposed to increase 10% of their overall mileage or volume over a given period of time. This rule is intended to aid in running volume progression to prevent a training-induced injury. I wish injury reduction were as simple as following the “10% rule.” This “rule”, however, is not one-size-fits-all. Think about it: This would mean

only allowing an increase of one mile for someone running 10 miles/week but would allow someone running 60 miles/week to increase six miles to their previous volume. This rule is a bit like the “8 glasses of water” per day rule. It is well-intentioned but we do not know where it started. A 2014 study in the *Journal of Orthopaedic and Sports Physical Therapy* put this rule to the test. The study found runners who increased their mileage by greater than 30% over two weeks had a higher injury risk than those who increased their mileage by less than 10% or 10-30%. Other variables such as training error, pace, and sprint training affected injury prevalence.

BOTTOM LINE: Large increases such as greater than 30% and other training factors affected injury prevalence. At C4 Sports Therapy and the Center for Sports Medicine & Orthopaedics, physical therapists encourage runners to only manipulate one training variable at a time such as mileage, pace, or frequency, and to do so with adequate time to adapt and recover.

Running: “No pain, no gain”

 **ABSOLUTELY FALSE.**

The risk of a running-related injury is rather high across the board for runners with at least 50% of active runners sustaining an injury annually requiring them to miss training time. The false mantra of “no pain, no gain” makes no sense, however. Pain is an internal signal to address the stimulus causing the pain. There are too many factors to list that could be responsible for a running-related injury. The point, however, is to listen to your body and address the pain. I like to use the traffic light system for pain and activity. Pain levels at 0-3 out of 10 that settle within 24 hours are a “safe zone,” levels 4-5 are cause for greater concern and need close monitoring and

levels 6-10 out of 10 necessitate attention. Any pain or significant soreness must settle to a low level before resuming or advancing training. This is where a partnership with a running physical therapist or tuned-in running coach gives a runner guidance, accountability, and tools to address potential causes of pain and to navigate back to pain-free running.

I need to be at a running cadence of 180 steps/min

 **FALSE.**

The myth of ideal running having a 180 steps per minute cadence started with a group of advanced running coaches observing the cadence of Olympic athletes. Since then, the myth of an ideal cadence has grown. Sure, all of us would love to run like Allyson Felix or Craig Engels, but we don't have to be at 180 steps per minute cadence to perform at a high level or remain injury-free. High cadence does seem to induce lower ground reaction forces and increase efficiency, but there appears to be a window between the mid-160s and 180 where performance and health can co-exist. It has, however, been established that lower cadence (below 164 steps/minute) possibly increases bone stress injury risk. Bottom line: As long as your cadence is above the mid-160s, you don't have to be at 180 steps per minute to perform well and stay healthy.

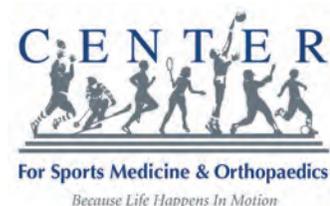
BOTTOM LINE: Don't believe everything you read or everything your running partner tells you. Listen to your body in training and seek help early, rather than too late.

HAVE FUN THIS SUMMER, CHATTANOOGA!

Happy, Healthy Running!



Andy Gean is a physical therapist at C4 Sports Therapy and the Center for Sports Medicine & Orthopaedics. Andy loves running and would love to help you run at your best. To schedule a visit at C4 Sports Therapy, call 423-713-5639. No referral is required to schedule with a PT or medical provider. To schedule with a physician or physical therapist at any of our other clinics, call 423-624-2696.





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TREASURER'S REPORT:

CTC in Good Financial Health but Challenges Remain

Dick Miller

Like many organizations, the Chattanooga Track Club suffered a dramatic downturn in revenues two years ago due to Covid restrictions. Our revenue from races dropped from \$288,000 in 2019 to \$64,000 in 2020 which was not adequate to meet ongoing expenses (insurance, staff, equipment, storage, etc.). Fortunately, CTC had enough savings to meet our financial obligations and to allow us to begin rebuilding our program in mid-2021. Donations to Chattanooga Track club from individuals and organizations combined with paid memberships have been vital in enabling CTC to continue to fulfill its mission of "stimulating interest in running and fitness for all ages and to promoting wellness through these activities." Donations to the general fund and The Long Run Endowment will assure the club can fulfill its mission for years to come.

The current financial health of the club is good thanks to the support of our members and the community we serve. That support is more important than ever. If you are currently a Chattanooga Track Club member please keep your membership active by renewing. If your membership has lapsed or if you have never been a member I encourage you to join. Visit our website at runCTC.org to learn about the benefits of CTC membership and how to join.

Dick Miller is Chattanooga Track Club treasurer and can be contacted at treasurer@chattanooga-trackclub.org

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.

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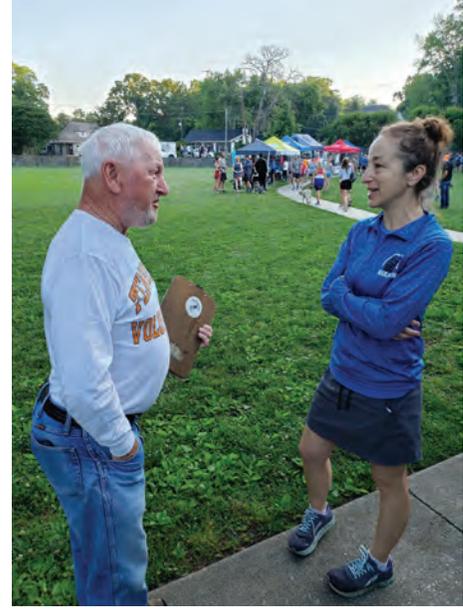
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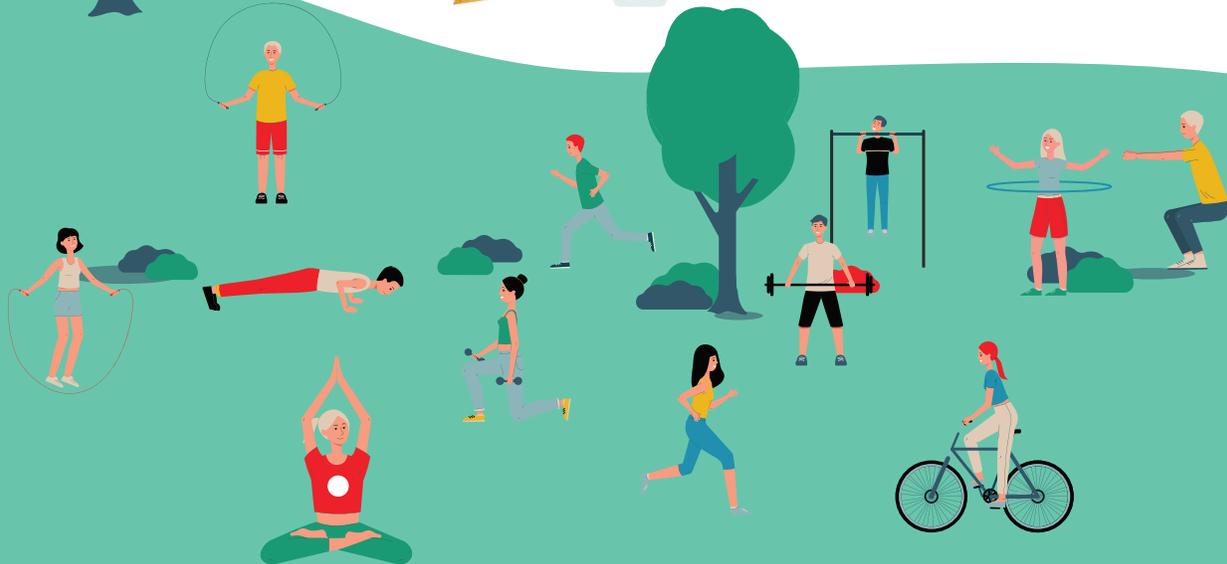
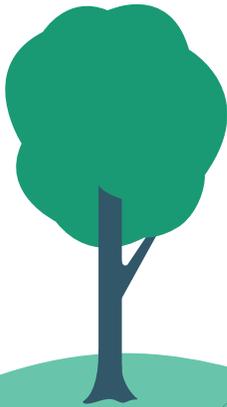
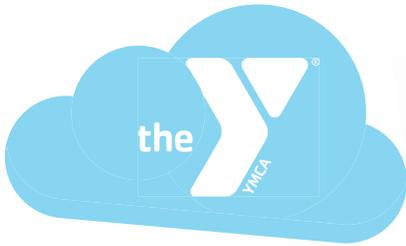
CHATTANOOGA CHASE





Photos by TN Sports Pics
See complete race results at www.runCTC.org

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Chattanooga Community,

We are in awe of the level of love, kindness, excitement, and support you brought to the 55th running of the Chattanooga Chase on Memorial Day 2022. Every person there played a significant role in making this day special—from the racers, to the volunteers, to the sponsors, to the spectators and neighbors. When a grass-roots event more than half-a-century old continues to grow and reach new records in attendance, it speaks to how supportive our community is, and we really can't thank you enough for all that you have given us so far.

We plan on seeing you all at the Chase in 2023!

Thank you,
— Alan Outlaw, Race Director

Watch this year's recap at
chattanoogachase.com



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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

JUNE

26 Chattanooga Waterfront Triathlon 

JULY

16 Scenic City Scorcher 

AUGUST

06 Missionary Ridge Road Race 

OCTOBER

01 Moccasin Bend Fall Classic 

22 Signal Mountain Pie Run 

NOVEMBER

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

24 Sports Barn Turkey Trot 