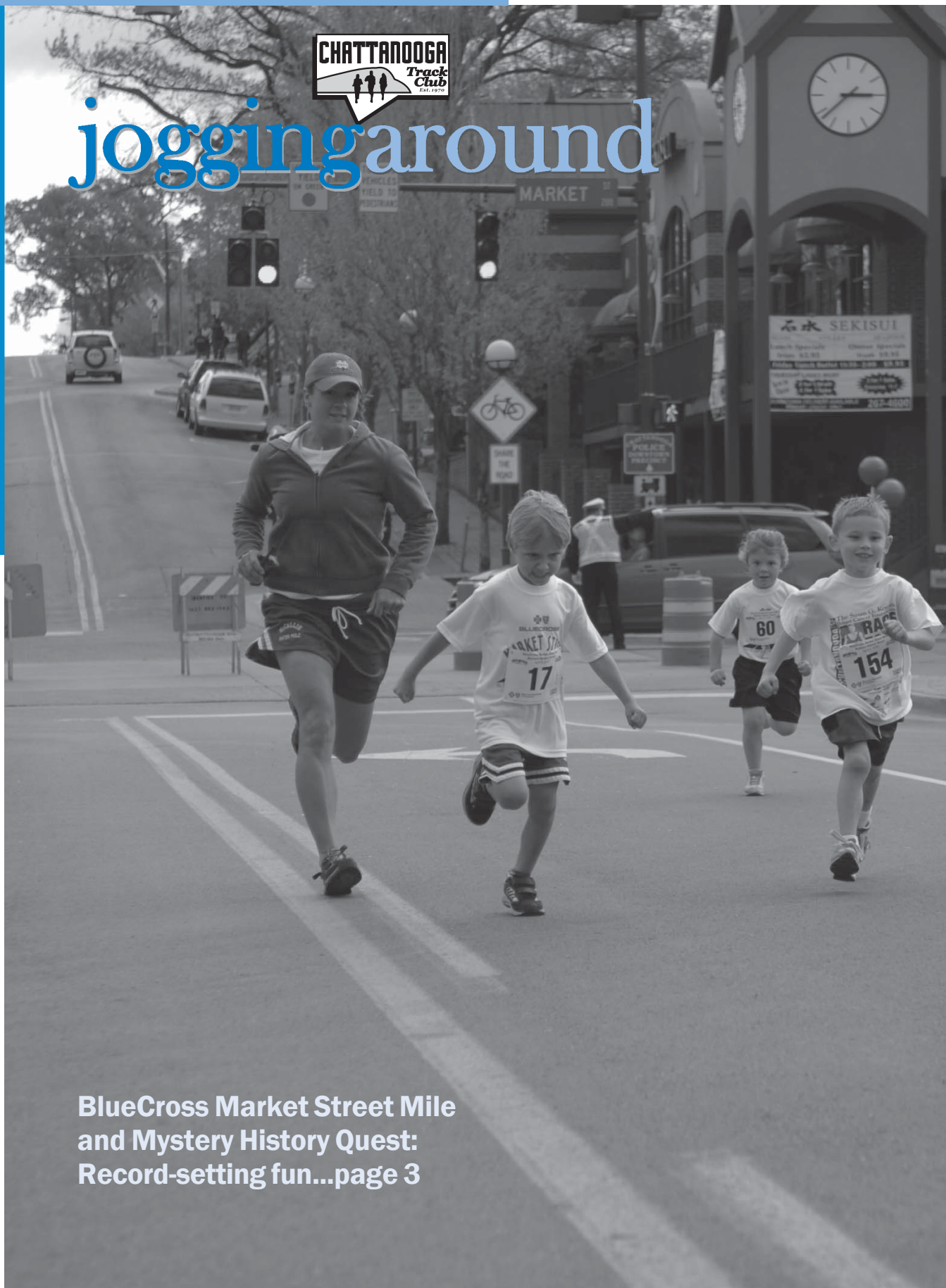




joggingaround



BlueCross Market Street Mile and Mystery History Quest: Record-setting fun...page 3

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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 the casual walker is welcome.



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Jogging Around

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

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Donations

*Thank You to All of You Who Have Donated so
Generously to the CTC!*

Individual Level:

Robert Schwenk

Words from the Prez's Perch

What a glorious time to live in this great city. Chattanooga has come such a long way to support the area residents and outdoor enthusiasts. Several events have come and passed: The BlueCross Market Street Mile and Mystery History Quest, the Chickamauga Chase, the Ford Tour de Georgia among many others. There is virtually no reason to not be outside enjoying the weather and all that this area has to offer.



For those of you who have not had the pleasure of meeting her yet, we welcomed the new Club Manager, Tammy Sitton, at the last Board meeting. Tammy comes to us with her degree in Sports Management and has had experience working with Rita Fanning on several of our, and others, events. The Hiring Committee had a very tough decision as many very qualified applicants were interviewed. We're very glad to have Tammy on board and are very excited for what she brings to the Club!

If you did not join us for the BlueCross Market Street Mile and Mystery History Quest, you really missed an exciting event! Even though thunderstorms threatened us the night before, we had a

great turnout. More than a dozen state records were broken! As many of the racers approached the finish line you could feel the excitement for them. Some were just glad to finish, while others proved just how fast they could do it. More than anything, a lot of old friends connected and had fun. That is what it was all about. And most importantly, thanks to our Club Corporate Sponsor, BlueCross Blue Shield for the great support given and to Rita Fanning for her expert race directing!

Congratulations to George Skonberg for a great turnout at the Chickamauga Chase. The weather was great for once! Construction on the park caused the course to differ this year, but it proved to be a beautiful run, as always. We look forward to this event to continue to grow.

Speaking of growing... Grab a membership application, or a few, and ask your fellow runners if they are members. If they are not, ask why and give them an application. It is all for fun and friendships, so encourage everyone to join. We hope to see you on the streets, trails and walkways. Remember that the Board meets on the first Tuesday of every month and as always, everyone is welcome to join us. I look forward to seeing all of you.

Donna Dravland
CTC President

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BlueCross Market Street Mile and Mystery History Quest

By Rita Fanning, Race Director

BlueCross BlueShield of Tennessee became a new sponsor of the Chattanooga Track Club. It was decided at that time a new event was needed to encourage more people to exercise. Sarah Bowen casually tells Rita Fanning about a downtown 1-mile race her brother went to in his hometown. Bill Brock, the president of the Chattanooga Track Club at that time, asks Rita to direct the new BlueCross sponsored event. Rita accepts and suggests a series of 1-mile races like Sarah's brother had recently competed in and enjoyed. Representatives from both the track club and BlueCross like the idea but want to add a walk to the event. BlueCross had been talking about a scavenger hunt type walk for some time but didn't have an event with which to match it. And voila, the BlueCross Market Street Mile and Mystery History Quest became a new event on the Chattanooga Track Club calendar.

Considering a major storm was predicted the night before and didn't leave the area until a few hours before the event, the first Mile/Quest (as I call it) on April 8 was a huge success. It was a success because it accomplished several of our goals.

One goal was to keep the price inexpensive so the entire family could participate. The pre-registered price was \$4 per person. For that \$4, a person could run in the mile race or take part in the quest or both. A family of four could participate for the price it usually costs one person to compete in most running events. We found that many families did take advantage of the cost, and some children were able to participate whom usually just cheer on mom or dad or stay at home.

Another goal was to get people intrigued with the quest who do not usually participate in walks. That goal was reached as well. History buffs came in search of Chattanooga's history and actually walked 2.4 miles in their quest. They received a pedometer from BlueCross BlueShield of Tennessee and a free tour of the Chattanooga Regional History Museum for their efforts. Hopefully they enjoyed the exercise as well and will continue to use their pedometers.

We had some heated mile races. The goal here was to set some new state records. Thirteen records were actually broken or made (some age categories had no record) at the BlueCross Market Street Mile. Soon you will be able to go to www.staterunningrecords.com/asp/records.asp?state=TN and find several of your friends' names listed when you click on 1 Mile under Female or Male.

There is no better sponsor to work with than BlueCross BlueShield of Tennessee. From printing the applications to making the huge start/finish signs at the race, they are first class all the way. Gina Bever worked long and hard to make this inaugural event a great one, and she has my gratitude for her time and effort. BlueCross' partnership with the Chattanooga Track Club is so right in my opinion. I believe they just want people to live healthier lifestyles, and that's what we're after as well.

Chip timing was used for accurate timing for the mile and wouldn't have been possible without the funding of our presenting sponsor, Outdoor Chattanooga. Please check out their website for more information about Outdoor Chattanooga, www.outdoorchattanooga.com. The *Chattanooga Times Free Press* came through with a great story and three Sunday ads. They also printed Mile winners the day after the race.

If you weren't there, you missed wonderful coffee and music provided by Robert Berman and Southern Coffee.

I have to stop here for a quick advertisement for Southern Coffee. I bought my husband one of Robert Berman's pod coffee machines for Valentine's Day. I also bought him 6 different kinds of coffee pods. He makes himself a cup of coffee in seconds. If he wants another cup, he selects another pod, maybe a different kind, and in seconds he has another fresh cup of coffee. If you're a coffee drinker, check it out.

Sorry for that. Now back to the story. Big River Grille furnished excellent turkey rollup sandwiches, fruit and cheese. Stone Cup Creamery provided the best ice cream I have ever tasted.

Special thanks to my husband, Leroy, for being the official starter for the races and to the UTC sports management students for helping at the event.

Start training early next year. Maybe you will be a Tennessee state record holder.

Rita Fanning, Race Director



BlueCross Market Street Mile - 2006

FEMALE AGE GROUP: UNDER 11

| | | |
|----|-----------------|-------|
| 1 | Haley Chandler | 6:37 |
| 2 | Kylila Tucker | 7:05 |
| 3 | Caitlin Duggan | 7:07 |
| 4 | Alexis Goss | 7:16 |
| 5 | Caroline Stitts | 7:18 |
| 6 | Kennedy Bullock | 8:01 |
| 7 | Sidney Hale | 8:03 |
| 8 | Mikaya Reynolds | 8:05 |
| 9 | Maddie Milliken | 8:09 |
| 10 | Anna Tabler | 8:23 |
| 11 | Caroline Duggan | 8:41 |
| 12 | Samantha Sell | 8:50 |
| 13 | Abby Bittel | 9:04 |
| 14 | Piper Chesnut | 10:40 |
| 15 | Grace Snodgrass | 11:34 |
| 16 | Chloe Snodgrass | 12:57 |

MALE AGE GROUP: UNDER 11

| | | |
|----|-----------------|-------|
| 1 | Yuma Doi | 6:06 |
| 2 | Isaac Pacheco | 6:08 |
| 3 | Micajah Tucker | 6:49 |
| 4 | Griffin Brody | 7:08 |
| 5 | Christopher Can | 7:55 |
| 6 | Brannon Wilson | 8:12 |
| 7 | Jonathan Elsea | 8:41 |
| 8 | Nathan Williams | 9:09 |
| 9 | Thomas Sell | 10:33 |
| 10 | Corey Chesnut | 11:46 |
| 11 | Dylan Chesnut | 11:53 |
| 12 | Harrison Willia | 15:44 |

FEMALE AGE GROUP: 12 - 14

| | | |
|---|--------------|------|
| 1 | Laura Lawman | 6:24 |
|---|--------------|------|

MALE AGE GROUP: 12 - 14

| | | |
|---|----------------|------|
| 1 | Tyler LaChance | 6:21 |
| 2 | Micah Smith | 6:53 |
| 3 | Connor Wilson | 6:59 |
| 4 | Clay Crooks | 7:35 |
| 5 | Danny Lewis | 8:08 |

FEMALE AGE GROUP: 15 - 18

| | | |
|---|-----------------|------|
| 1 | Jennifer Gordon | 7:07 |
|---|-----------------|------|

MALE AGE GROUP: 15 - 18

| | | |
|---|-----------------|------|
| 1 | Sam Taylor | 5:06 |
| 2 | Cal Atchley | 5:36 |
| 3 | Micah Hughes | 5:38 |
| 4 | Jason McGosky | 5:47 |
| 5 | Jarriett Toney | 5:52 |
| 6 | Ben Johnson | 5:56 |
| 7 | Tyler Roberson | 5:57 |
| 8 | Nathan Stubblef | 6:03 |
| 9 | Richaqrđ Barker | 6:06 |

FEMALE AGE GROUP: 19 - 24

| | | |
|---|-----------------|------|
| 1 | Kathleen Turchi | 5:11 |
| 2 | Katie Williams | 5:23 |
| 3 | Laura Kilpatric | 7:13 |
| 4 | Melissa Hicks | 7:50 |

MALE AGE GROUP: 19 - 24

| | | |
|---|-----------|------|
| 1 | Tim Clark | 4:35 |
| 2 | Nik Meeks | 6:25 |

FEMALE AGE GROUP: 25 - 29

| | | |
|---|----------------|------|
| 1 | Michelle Meek | 6:40 |
| 2 | Kristin Leffew | 7:53 |
| 3 | Kelly Hogan | 7:54 |
| 4 | Karen Lowry | 8:16 |
| 5 | Betsy Ranalli | 9:29 |

MALE AGE GROUP: 25 - 29

| | | |
|---|-----------------|------|
| 1 | Nico Lavrijsen | 4:41 |
| 2 | Beau Wendholt | 5:48 |
| 3 | Patrick Shawcro | 5:53 |
| 4 | Matthew Shawcro | 6:13 |
| 5 | Eric Silberman | 6:16 |
| 6 | Justin Silberma | 6:20 |
| 7 | Jeremy Cardwell | 6:22 |
| 8 | Joshua Blake | 6:32 |

FEMALE AGE GROUP: 30 - 34

| | | |
|---|-----------------|-------|
| 1 | Tanja Benton | 7:41 |
| 2 | Rebecca Pinksto | 8:17 |
| 3 | Brenda Smith | 11:27 |
| 4 | Jamie Harris | 35:18 |

MALE AGE GROUP: 30 - 34

| | | |
|---|------------------|------|
| 1 | Kevin Croft | 4:55 |
| 2 | Peter Murphy | 5:07 |
| 3 | Brian Malone | 5:51 |
| 4 | Rob Schwenk | 6:11 |
| 5 | Darren Debaillio | 6:13 |
| 6 | Philip Stewart | 6:51 |

FEMALE AGE GROUP: 35 - 39

| | | |
|---|----------------|-------|
| 1 | JoAnna Johnson | 6:58 |
| 2 | Christie Sell | 7:28 |
| 3 | Amy Milliken | 7:47 |
| 4 | Leslie Wortman | 9:12 |
| 5 | Jill Bedford | 11:29 |

MALE AGE GROUP: 35 - 39

| | | |
|----|-----------------|------|
| 1 | Joe Sneed | 4:56 |
| 2 | Tom Sell | 5:11 |
| 3 | Phillip Avans | 5:28 |
| 4 | Robert Gustafso | 5:31 |
| 5 | Rafael Pacheco | 5:48 |
| 6 | James Dravland | 6:00 |
| 7 | Eddie Tate | 6:31 |
| 8 | John Holden | 6:36 |
| 9 | Joe Bedford | 6:36 |
| 10 | William Chepul | 7:19 |

FEMALE AGE GROUP: 40 - 44

| | | |
|---|---------------|-------|
| 1 | Tammy Wilson | 9:18 |
| 2 | Lori Bittel | 11:27 |
| 3 | Ginger Maynor | 18:50 |

MALE AGE GROUP: 40 - 44

| | | |
|---|-----------------|------|
| 1 | Brian Crooks | 5:46 |
| 2 | John Selman | 5:49 |
| 3 | Rick Milliken | 5:49 |
| 4 | Darren Lewis | 5:54 |
| 5 | David Wilson | 6:00 |
| 6 | Kurt Lammon | 6:10 |
| 7 | Ricky Park | 6:27 |
| 8 | David Lawrence | 7:06 |
| 9 | Chris Snodgrass | 8:46 |

FEMALE AGE GROUP: 45 - 49

| | | |
|---|-----------------|------|
| 1 | Joy Stinson-Tuc | 8:11 |
|---|-----------------|------|

MALE AGE GROUP: 45 - 49

| | | |
|---|-----------------|------|
| 1 | Peter Heidbrede | 5:30 |
| 2 | Michael Leary | 6:10 |
| 3 | Rick O'Rear | 6:29 |
| 4 | Bill Brock | 6:57 |

FEMALE AGE GROUP: 50 - 54

| | | |
|---|------------------|-------|
| 1 | Melodie Thompson | 7:45 |
| 2 | Lenora Pou | 8:43 |
| 3 | Brenda Matthews | 17:28 |

MALE AGE GROUP: 50 - 54

| | | |
|---|-----------------|------|
| 1 | Kevin Kelly | 5:26 |
| 2 | Jim Steffes | 5:47 |
| 3 | Doug Roselle | 6:48 |
| 4 | Spencer L. Evan | 7:20 |

MALE AGE GROUP: 55 - 59

| | | |
|---|-----------------|------|
| 1 | John Blake | 8:21 |
| 2 | Michael Zemaiti | 8:32 |
| 3 | Richard Gordon | 8:48 |

FEMALE AGE GROUP: 60 - 64

| | | |
|---|---------------|------|
| 1 | Bonnie Wassin | 9:06 |
| 2 | Ann Garner | 9:17 |

MALE AGE GROUP: 60 - 64

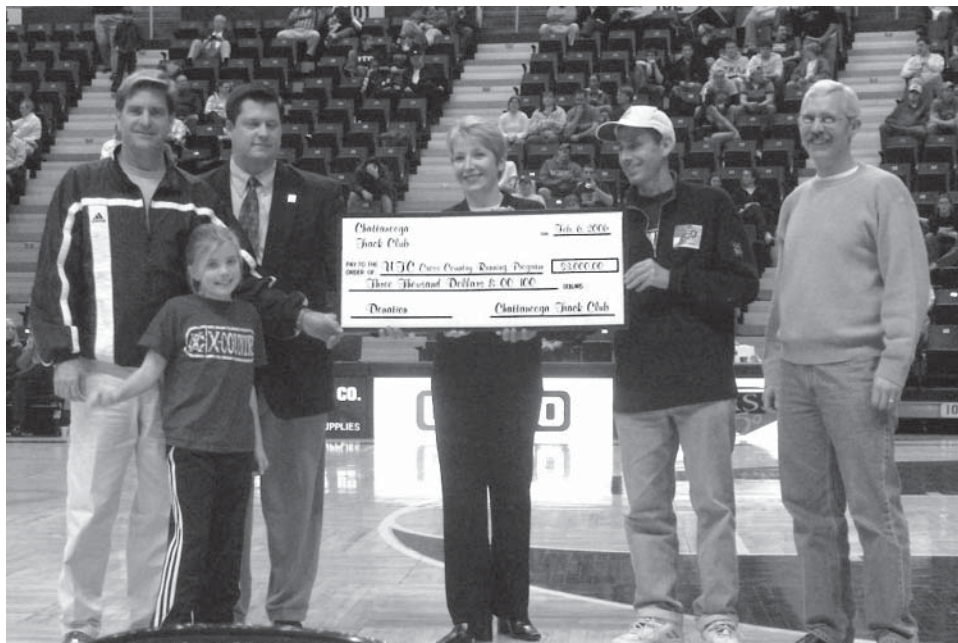
| | | |
|---|--------------|------|
| 1 | Bob Barber | 5:30 |
| 2 | Allen Buquo | 6:19 |
| 3 | Russ Haynes | 6:50 |
| 4 | Rocco Lepere | 8:29 |

FEMALE AGE GROUP: OVER 65

| | | |
|---|--------------|-------|
| 1 | Susie Bishop | 10:53 |
| 2 | Edwina Cohen | 13:44 |

MALE AGE GROUP: OVER 65

| | | |
|---|-----------------|-------|
| 1 | Sergio Beanchin | 6:10 |
| 2 | Jesse Roberson | 6:33 |
| 3 | Jesse Presley | 8:45 |
| 4 | David Bishop | 9:11 |
| 5 | Gilbert Green | 10:20 |
| 6 | Bruce McDuffie | 16:09 |



Representing CTC, (from right) Doug Roselle, Tim Ensign and Donna Dravland presented a check to UTC Asst. Athletic Director, Mark Pope, and UTC Track Coach, Bill Gautier, in the amount of \$3,000 at a recent UTC Mocs basketball game. CTC is grateful to the UTC Cross Country Running Team for their assistance at the Chickamauga Marathon and for their support throughout 2005. CTC is honored to have had a successful 2005 and to be able to share the good fortune with the UTC running teams. CTC received a standing ovation from the crowd!

King of the Mountain Road Race

By James Williams

If you are looking for a great way to start your day on Saturday, May 13, come on up to Lookout Mountain for the second annual King of the Mountain Road Race. The new and improved four-mile race course takes you along the rolling hills of the east and west brows of Lookout Mountain, with a fast downhill finish over the last mile and a half. This year the course will take runners around the loop inside of historic Point Park for a spectacular view of the Scenic City. There will also be a one-mile fun run/walk, so bring the whole family!

This event benefits the Good Shepherd School Fund, which provides tuition scholarships for families in need. Good Shepherd School is a pre-school dedicated to providing a safe, stimulating and exciting learning experience that fosters the spiritual, educational and social development of individuals, and prepares each child for life-long learning.

The four-mile race will begin at 8:15 a.m. at the Lookout Mountain Town Commons. The Mountain Mile Fun Run/Walk will begin at 9:00 a.m. To get there, take Scenic Highway up Lookout Mountain (passing Ruby Falls). When you get to the top, continue for one-half mile on Scenic Highway until you come to a fountain in the middle of the road. Just beyond the fountain is the Commons. Late registration

and packet pick-up will begin at 6:45 a.m. Entry fees will be \$20.00 for the Four-Mile race, and \$12.00 for the Fun Run.

The top male and female finishers overall in Masters (age 40 and over) and the top three males and females in each of seven age groups will receive awards. Post-race refreshments will be provided by Coca-Cola-PowerAde, Great Harvest Bread Company, Green Life Grocery, and Clumpies Ice Cream. Participants in these events will also receive a top quality T-shirt and a lot of other great surprises. A random drawing will be held to award some awesome door prizes. Must be present to win.

Special thanks to our financial sponsors including Chattem, First Tennessee, The Robinson Team at Crye-Leike, Fletcher Bring Company, US Xpress Enterprises, Inc., Andrew Thompson Company, Miller & Martin PLLC, Toyota of Cleveland, and the Special Friends of Good Shepherd.

Please contact Denise Davis of Good Shepherd School at 821-0044 or James Williams at 785-8244 with questions. You can also check the Chattanooga Track Club website for additional information and an application.

See you at the Race!



Race to Save an Endangered Species

Big River Grille, and the Chattanooga Nature Center are teaming up to raise money for one of the most endangered species in the world – the Red Wolf. The 7th annual Wild Race will take place Saturday, May 20, 2006 in Downtown Chattanooga.

Big River Grille will host a pre-registration party on Thursday, May 18th with a pasta dinner for the first 50 runners to arrive and a Wild Race beer tapping party, beginning at 5:00 p.m. Runners may register and pick up race information, t-shirts, goody bags and \$10 in brew bucks to Big River that evening until 7:00 p.m.

The race will take place in Downtown Chattanooga near the Sports Barn with registration beginning at 7a.m. The 10K race will begin at 8a.m. and the 5K will begin at 8:15a.m. Breakfast will be provided by Panera Bread and Big River Grille will provide beer after the race.

The race application fee is \$20 before May 20th and \$25 the day of the race. Applications for the Wild Race are available at Big River Grille, Sports Barn, YMCA, Front Runner, & the Chattanooga Nature Center. Or call 423.821.1160 ext. 113 to have an application faxed to you.

Since 1996, CNC has been a proud member of the U.S. Fish and Wildlife Red Wolf Species Survival Plan and is currently home to two breeding pairs of these federally endangered wolves. With only 100 Red Wolves in the wild and another 200 in captivity, the four Wolves residing at the Chattanooga Nature Center represent over 1% of the entire population in the world.

The Red Wolf exhibit is an important part of CNC programming that helps educate over 13,000 school children and thousands of visitors each year about endangered species and how humans can help protect critical habitat and maintain a healthy biodiversity in our region. We are privileged to be an integral part of this important effort, and through your generous support, CNC will continue to promote the survival of these majestic animals.

A huge thank you to the 7th annual Wild Race sponsors: Chattem, Olan Mills, Human Concepts, LLC, Economy Honda, Big Frog Mountain, The Mountain, Comcast, Big River Grille, Panera and Coca-Cola Bottling Company.

For more information about the 2006 Wild Race, call 423-821-1160 ext. 113.

Applications for the Wild Race are available at the following locations:

- **Big River Grille**
- **Sports Barn**
- **YMCA**
- **Front Runner**
- **Chattanooga Nature Center**



Lucas dominates River Gorge Trail Race

By John Hunt

If you want to really make a tough trail run challenging, just let a heavy thunderstorm come blowing through the night before the scheduled event.

That was exactly the case on Friday, March 31 on the eve of the Rock Creek Outfitters River Gorge Trail Race that was contested at Prentice Cooper State Forest on Signal Mountain.

A difficult 10.2-mile route was made even more difficult as the rocks and roots were slick and muddy from the monsoon that hit the night before. But that didn't seem to have a negative impact on 39-year-old Barry Lucas as he cruised to the overall victory in one hour, 14 minutes and 44 seconds.

The race for the runner-up spot was much more competitive as Huntsville's Jonathan Krichev outlasted Chattanooga's Geno Phillips to take the second spot with a time of 1:19:08 while Phillips was third in 1:20:21.

Michael Green was fourth in 1:22:28 with Cory Hall rounding out the top five with a 1:22:53.

Chattanooga's Heather Stone, a 28-year-old police officer, was the overall female winner as she crossed the finish line in 1:34:52, which was 20th overall in the field that included 103 finishers.

Kris Whorton was the second female as the 40-year-old Chattanooga claimed 23rd overall in 1:36:25 while Huntsville's Amber Keller was the third lady to finish in 1:41:56.

Lucas, who owns a software company in Maryville, was third in last year's race. His time in 2006 was some two minutes faster. He tried to be a bit more careful with the additional water on the course, but that didn't seem to slow his pace.

"I'm older and wiser this year," he laughed while relaxing as he waited for the awards ceremony to begin.

"I had a good run today. I just wanted to stay upright through the rock garden. I only fell once. But I'm really happy with my time. I was all alone by the time we got to the first water station (at three miles), but I kept looking over my shoulder for Geno," Lucas added.

Krichev, a 29-year-old doctor who has a family practice and was one of eight participants from Huntsville, has trail running experience, but the course was tougher than he expected.

"It was more challenging than I thought it would be and a whole lot less flat. It was much more technical in places. I tried to keep up with him (Lucas) for the first three miles, but he took off at that point and I just tried to keep anyone else from passing me," he said as he prepared to leave.

Phillips was planning to run the Boston Marathon two weeks later, but he's always willing to accept a challenge and a tough trail run wasn't about to change his mind.

"I didn't know what to expect. With Boston coming up, I really didn't want to run too hard, but this was something different. This is my third trail run. I still like running on the roads, but these kind of events are a lot of fun," the 34-year-old middle school history teacher expressed.

Stone was an accomplished track star in college as she ran for Sewanee, but in recent years, she's gotten hooked on trail running and adventure races in general. Her main goal was to run faster than last year and she did so by more than two minutes.

"I'm pleased. It's always nice to be running on trails, but my goal was to beat last year's time. I really didn't expect to win. But I love trail running. My legs don't hurt as much as running on the roads," Stone suggested.

Whorton is currently training for a 7-day stage race in Switzerland, which will be held in July. After completing the course the first time and socializing a little bit, she and her husband Randy went out and covered the distance again. And their plans for the following day included a 30-mile run, so she still had a lot of energy to burn when she stopped the first time.

"My run was okay, but not great. We'll do it again in a few minutes, but I think I did better than I expected. It was a beautiful day to be out here. There was a lot more water on the course, but all that does is make it more technical and more fun," the UTC English professor said with a smile.

While Lucas and Stone were the overall winners in the 10.2-mile race, 15-year-old Leighton Steadman was victorious in the 6.5-mile shorter event as he covered the distance in 52:05. Taylor Gonsoulin was the runner-up in 52:24 while Zack Hubbard was third in 52:45.

Jan Gautier was fifth overall and the first woman in the shorter race as she finished in 56:29. Alicia Dumont finished ninth overall in one hour, five seconds to take second among the ladies.

David Cook, the defending champ in the 6.5-mile race, finished 10th overall in 60:49 as 102 contestants finished the shorter race.

While almost every participant had scrapes and bruises from at least one fall along the way, one person reportedly broke an arm while Billy Watson suffered a severe gash on his knee and had to get stitches after hobbling more than two miles back to his car.

Proceeds from the event benefitted the Cumberland Trail Conference.

Chickamauga Chase – New Course, Same Great Race

By George Skonberg, Race Director

The day couldn't have begun any finer! And aside from a few glitches, it ended just as well as it started.

After years of battling the elements in the dark in the wee hours before the race, our crew arrived at the Battlefield under perfect conditions! At 4 a.m. the temperature was a pleasant 65 degrees, a glorious full moon illuminated Wilder field in almost daytime brilliance, the grass was dry and the wind was calm. Without whining, I can honestly say that we had paid our dues in the past, and we were deserving of such a fine morning.

With a slightly different staging venue and a much different race course, we really didn't know what to expect as the morning unfolded. I hope that those of you that participated were as pleased as I was at the outcome. We again set a record on participation with 765 registered entrants, up from about 725 last year. Thank you to all of you that were there.

The combined start of the 15K/5K/Scenic Walk went smoothly, and 'most' runners were able to follow the instructions and split the race just past the one mile mark on Dyer Road. Putting on my "race official's hat" for a minute, let me again remind you that the runner is responsible for knowing the course. We really didn't have any serious issues, but I want to remind you to always know the route in advance. The 5K race was somewhat more difficult this year with some inclines and turns. The 15K was somewhat less difficult without the grind of Viniard-Alexander late in the race.

However, everybody's feet benefited from the comfort of the new pavement over much of the course. Construction within the Park should be completed by next year's 39th running. Although the 15K course this year received a lot of positive comments, we have to assume next year that we will be back to the traditional route adjusted for the Wilder Tower road changes. The old stretch along Viniard-Alexander will be repaired and repaved, and should feel like the magic carpet much like this year's course. A lot of gratitude is owed to David Presley for getting us a great, certified course for the event.

I was glad to see Tim Ensign repeat as overall male winner of the 15K, and UTC's Kathleen Turchin just a few minutes later as overall female winner. Congratulations also to Bryson Harper of Pikeville and Johanna Gartman of Chattanooga as overall winners in the 5K. Complete results are included in this *Jogging Around*, or can be seen at www.chickchase.org.

I can't resist putting that "race official's hat" on again. Awards and results are a tough proposition at any event, and made even more difficult in larger races with multiple events such as the Chase. Please be patient with us. You can help considerably by filling out your race application in a legible, accurate and complete manner. A male runner's application had checked the female block. He raced, ran well, and complained afterwards that he should have received such and such award "if" the data had been correct. The awards ceremony had already been completed. Do you see my point? Again, the runner must submit an accurate entry form or face disqualification. We must ask that the rules be followed if we are going to process nearly 800 people through the events in one morning. Thanks for your help. "Hat" comes off now. Well, almost. If you run in a competitive, timed race with a baby jogger you are irresponsible and insensitive to the safety of your fellow runners, and to the people trying to time score, and conduct a quality event. C'mon, give it up! 'nuf said.

How does something great like The Chickamauga Chase happen? Lots of hard work and commitment by a lot of good people. I lean hard on a lot of people, and they don't get the credit that they deserve. It is not *my* race, it is *our* race. Please take a minute to thank these people when you can: Rita Fanning, Ben Pitts, Doug Brown, Tracy Conrad, Tripp Howell, Mike Madzin, John Madzin, Ed Harris & family, Leigh Skonberg, Robin Rudd, Julie Purtell, Paul Southerland, Leroy Fanning, Pat Hagan, Rick Loggins, Sam Bicking, Laura Bicking, Sena Bolton, Silas and Linda Booker, Brandi Carter, Tom Chamberlain, Sandy Conrad, Jeff Cronan, Hayden Cronan, Tim Davis, Donna and James Dravland, Connie Hall, Sam Elliott, Stephen

Evans, Lou Favorite, Gertie and Glenn Locke, Alison Frese, Marlon Gullis, Mandi Harrison, John Hilbrandt, Courtney Hines, Anthony Hodges, Joel Hollis, Jeremy Johnston, Brian Jones, Annette and Buddy Kamin, Bill Large, Tammy Sitton, Don Lastine, Nick Matthew, Woody Cornwell, David Presley, Diana McClure, Anna Muller, Moon Mullen, Janice Powell, Jackie Orton, Casey Phillips, Julie Quigley, C.J. Recher, Karen Rogers, Kate Skonberg, Jason Bartlett, Eloise Bartlett, Wesley Wilder, David Webster, Corey Carlisle, Richard Park, Sr., Tara Weaver, Jason Weathers, Mary Stotzner, Don Stewart, Ima Connelly, Doug Roselle, Grady Lane, Derrell Stephens, Casie Calloway and her 4H'ers from Catoosa County, Chris Salter and Explorer Post 17, the Rangers of the National Park Service, the Hutcheson EMTs, Msgr. Irvin Boatwright and Lt. Col. Paul Harwart & the LFO ROTC color guard, Lydell Self & Gordon-Lee's drummer and bugler, Bill Thornton & Comcast, Sarah Bowen & WRCB, Tere Manresa & WDSI, Tamara Dillard & Sophie's, Ron Bush & The Chattanooga Times-Free Press, The Sports Barn, Dick Dillard & Fast Break, Chad Varga & The Front Runner, Robert Berman & Southern Coffee, Chuck Pruett & Greenlife Grocery, Jeff Davis & The Color Creek, James Shevlin & Great Harvest Bread Company, Leonard Fant & Blood Assurance, David McCain & McCain Designs, Coca Cola, Bill Brock & Technology Projects, Virgil and Katherine Adams & House of 10,000 Frames, Hutcheson Medical Center and UBS. The photographs that serve as the basis for our artwork and awards are courtesy of Robin Rudd. They are enhanced by graphic artist David McCain and T-shirt legend Jeff Davis into one of the best looking race shirts ever! Have I forgotten anybody?? I know I must have, and I apologize. It takes nearly 100 people to make this thing work! The Chase needs and gets an incredible amount of volunteer support, and wouldn't be same without it! Thanks to all of you who helped.

In the last issue of *Jogging Around* I wrote about the history of The Chickamauga Chase, and my intent to build the archives on the race. Jack McFarland (who ran his 38th straight Chase), brought me a file of clippings, letters and photos that will be the beginning of the archives, but there are some holes missing. Please, if you have any pre-1994 data, articles or photos of the race, I would be most appreciative of a copy.

The Chattanooga Track Club has a lot of momentum and a newly energized direction. We have been extremely fortunate to have extraordinarily great leadership from Bill Brock, who just handed the baton to a very capable Donna Dravland. Along with some really exceptional people holding officer positions and the board, this club is headed in the right direction – look for negative splits going forward! The hiring of Connie Hall as Executive Director was a giant leap forward, and we will miss her but owe her a lot of thanks. New Club Manager Tammy Sitton made her debut at the Chase, and wow!, I think she will take the club to a new level. Please do what you can to help the CTC. Speaking of help...the only way that The Chickamauga Chase can continue to grow to where it needs to be is if I can get some support from a few key people. I am already blessed with some very dedicated support, but a few more would add a lot. If you are interested in taking on a permanent role with the Chase, please call or e-mail me. I strongly believe this race should attract around 1500-2000 runners each year, and we can't get to that level without some more dedicated people. There is nothing magical about the number 1500-2000 runners, but the with the fixed costs of the race that number would give us plenty of financial firepower to reinvest into making the event better and better every year! Can you help? Let me know.

As I said at the beginning, the day ended as well as it started. After we cleaned up, packed up and headed back to Chattanooga with Rick Loggins, Mike Madzin, and John Madzin, it seemed a stop at the Boathouse for a cold beverage and some chow was in order. Have you ever seen the iced-over beer taps at the Boathouse bar? Do you have any idea how cold and good that beer tasted? Join me after helping at the Chase next year and I'll buy you one or four, and you can see for yourself. It was just about a perfect way to beat the heat, end a good day and prep for the long nap that followed shortly thereafter. Thanks for your support of The Chickamauga Chase. I appreciate all the kind words and encouragement over the years.

Chickamauga Chase 5K – 2006

OVERALL WINNER

Bryson Harper 18:18

FEMALE WINNER

Johanna Gartman 22:29

MALE MASTERS WINNER

David Martin 19:14

FEMALE MASTERS WINNER

Karen Johnson 25:24

MALE GRAND MASTERS WINNER

Eddie Boswell 20:36

FEMALE GRAND MASTERS WINNER

Theresa Samuelian 27:40

MALE AGE GROUP: 14 & UNDER

1 Joshua Stanley 19:38
2 Jack Mcginness 21:01
3 Tyler Keys 21:35
4 Cody Loveless 21:54
5 Yuma Doi 23:31
6 Ryan Forsthoffer 25:12
7 Jarrett Curtis 25:29
8 Quinn Mcginness 26:25
9 Grant Bowers 27:49
10 Drew Tompkins 30:03
11 Cameron Powell 30:03
12 Nate Martin 30:54
13 Tyler Jenkins 33:40
14 Tyler Lord 33:56
15 Matthew Sanders 35:43
16 Corey Bandy 38:29

FEMALE AGE GROUP: 14 & UNDER

1 Abby Gibbons 23:29
2 Rachel Felton 24:03
3 Sarah Kate Gartman 27:43
4 Laura Goodwin 28:34
5 Michelle Hollenkamp 30:54
6 Ashley Riner 31:50
7 Danielle Thompson 31:57
8 Megan Lowery 32:14
9 Kellsea Jenkins 33:56

MALE AGE GROUP: 15 - 19

1 Bryson Harper 18:18
2 Jeff Bowman 21:33
3 Cayce Harper 21:34
4 Zach Trent 23:02
5 Ryan Martin 24:03
6 Ben Cronheim 24:51
7 Joshua Chapman 24:55
8 Heslie Powell 25:02
9 Aaron Swanson 28:26

FEMALE AGE GROUP: 15 - 19

1 Sydnee Bowman 23:58
2 Laura Wood 24:16
3 Lauren Cochran 23:35
4 Melissa Hicks 27:57
5 Megan Eller 30:02
6 Claire Cronheim 30:48
7 Hannah Wright 32:10
8 Sara Roland 33:12

MALE AGE GROUP: 20 - 24

1 Dale Kunce 25:36
2 Lee Broome IV 27:24
3 Justin Dean 27:39
4 Daniel Bryant 28:55
5 Bo Hughes 30:00
6 Robbie Howard 30:15
7 Zach Moody 31:35

FEMALE AGE GROUP: 20 - 24

1 Ashley Manning 22:30
2 Cathleen Wilson 24:53
3 Katy Byrns 25:35
4 Amber Lance 26:30
5 Cara Smith 28:36
6 Sheri Goulart 30:25
7 Katie Starnes 31:31
8 Charity Frick 31:44
9 Mandi Morgan 32:06
10 Laura Skonberg 32:41
11 Jen Karn 37:02
12 Maureena Duran 42:00

MALE AGE GROUP: 25 - 29

1 Jeremy Cardwell 22:47
2 Nathan Loveless 23:03
3 Curtis Jackson 25:14
4 John Conrad 26:02
5 Matt Lyons 26:08
6 Willie Hammontree 26:26
7 Joel Swanson 28:20
8 Wes Thacker 28:41
9 Thomas Gross 29:19
10 Kyle Copeland 30:22
11 Greg Hester 33:38
12 Donald Crouch 40:33

FEMALE AGE GROUP: 25 - 29

1 Amy Gugliotta 24:22
2 Stacey Stewart 28:29
3 Mary Little 28:48
4 Melady Miller 31:45
5 Sarah Rack 32:21
6 Christina Beach 32:27
7 Heather Sims 32:42
8 Robin Gilbert 34:04
9 Tracy Carlson 35:57
10 Tiffany Riley 36:16
11 Rebecca Tjahsenius 36:17
12 Brooke Colston 36:50
13 Natalie Shipley 36:59
14 Shannon Lambert 40:25
15 Heather O'neal 42:35

MALE AGE GROUP: 30 - 34

1 Shannon Coley 21:26
2 Bill Gross 22:18
3 Ryan Bowman 23:13
4 Trey Campbell 23:22
5 Shawn Kelley 23:29
6 Jason West 24:30
7 Johnny Alvis 24:34
8 Chris Shadrick 24:54
9 Ted Mooney 27:46
10 Matthew Bell 27:51
11 Matthew Rack 28:07
12 Pj Powell 28:09
13 James Farrelly 29:19
14 Chris Williams 29:53
15 Al Clemmons 31:30
16 Jeremy Langley 31:45
17 Eddie Reece 32:52
18 Jason Irvin 34:57
19 Alejandro Lopez 36:49

FEMALE AGE GROUP: 30 - 34

1 Kathy Swink 24:31
2 Natalie King 26:00
3 Kelley Cutler 28:37
4 Libby Farrelly 29:20
5 Candy Frank 30:01
6 Jean Pitts 30:11
7 Kemberly Naccarato 31:51
8 Andrea Irvin 32:12
9 Rachael Rack 32:22
10 Connie Chamberlain 32:47
11 Laurie Cowart 33:17
12 Jennifer Chesnut 34:27
13 Jennifer Chastain 35:16
14 Latefa Terry 35:32
15 Monica Burdette 36:13
16 Audra Mcdermott 38:52
17 Amy Lopez 41:50

MALE AGE GROUP: 35 - 39

1 Philip Avans 20:43
2 Mauricio Lino 21:48
3 David Lillard 21:55
4 Chris Eargle 22:26
5 Eddie Tate 24:47
6 Marty Gorby 25:15
7 Greg Sumrall 26:20
8 David King 26:42
9 Tom Winston 30:00
10 Craig Smith 30:14
11 Wendell O'reilly 34:08
12 Jim Carlone 34:23
13 David Goodwill 34:24

14 Jared Magee 34:37
15 Derek Carlson 35:58
16 Brian Van 35:59
17 Tom Marshall 36:21
3 Beverly Bales 29:45
4 Susan Gallo 30:04
5 Sally Hoffman 31:14
6 Sandy Lane 31:57
7 Reda Lawson 36:12

FEMALE AGE GROUP: 35 - 39

1 Heather McCallie 25:07
2 Tammy Sackron 26:41
3 Kara Chapman 26:53
4 Catherine Forsthoffe 28:33
5 Sharon Farrelly 30:05
6 Maria Carlone 34:23
7 Pam Oldham 35:31
8 Lisa Wood 35:32
9 Margaret Van 35:58
10 Karen Powell 41:31
11 Michaela Keefe 42:03
12 Christy Callaway 42:36

MALE AGE GROUP: 40 - 44

1 Darren Lewis 21:31
2 John Gray 22:13
3 Kurt Lammon 22:16
4 John Roberts 23:43
5 Martin Finnegan 24:58
6 Anthony Herndon 25:18
7 Steve Gibson 25:51
8 Craig Gagliardi 26:14
9 Dixon Lackey 27:03
10 Brad Gardner 27:16
11 Robert Wilson 29:52
12 Paul Roberts 30:49
13 David Lowery 32:16

FEMALE AGE GROUP: 40 - 44

1 Farrell Mcginness 26:25
2 Christine Post 26:38
3 Debbie Bowman 28:12
4 Carmen Guzman 28:46
5 Mary Byars 30:22
6 Deborah Smith 32:27
7 Corinne Henderson 33:08
8 Terrie Corbin 33:16
9 Kelly Paulk 35:49

MALE AGE GROUP: 45 - 49

1 Paul Harwart 21:07
2 Tim Hollenkamp 21:10
3 Crews Townsend 22:19
4 Allen Hughes 23:22
5 A.B. Woodhead 23:41
6 Claude Hager 23:58
7 Kent Bowers 24:22
8 Mike Kirkland 24:40
9 Frank Grebowski 27:42
10 Clell Logan 29:20
11 David Halicks 30:23
12 Rick Mullins 30:24
13 John Gwin 30:50
14 John Hunnicutt 34:01
15 Jeff Glass 34:17

FEMALE AGE GROUP: 45 - 49

1 Janet Felton 26:56
2 Vicky Jo Blaylock 27:06

MALE AGE GROUP: 50 - 54

1 Jim Steffes 21:23
2 Bobby Smith 21:41
3 David Presley 22:02
4 Spencer Evans 25:05
5 David Clinger 25:46
6 Mark Hays 26:52
7 Spence Misner 28:05
8 F Klaus 28:38
9 Andy Kemp 29:05
10 William Trotter 29:46
11 Tom Gribben 30:33
12 Lee Martin 30:38
13 Bill Riner 31:53
14 Tim Owens 33:13

15 Thomas Lawson 33:36

16 Larry Sims 35:33
17 Kim Williams 36:12

FEMALE AGE GROUP: 50 - 54

1 Helen Sanders 30:47
2 Susan Wells 32:05
3 Margaret Paton 40:00

MALE AGE GROUP: 55 - 59

1 Gary Hosmer 22:44
2 David Sanders 24:52
3 Daniel Oliver 25:11
4 Gene Hodge 25:32
5 Bill Henderson 26:19
6 Earl Kelle 26:20
7 Bobby Howard 30:17
8 John Hilbrandt 30:40
9 Don Stites 31:10
10 Patrick Lavin 31:36
11 J Dietrich 40:34

FEMALE AGE GROUP: 55 - 59

1 Lynnada Owens 29:18
2 Rosemary Huraty 31:36
3 Kathleen Noll 35:10

MALE AGE GROUP: 60 & OVER

1 Allen Buquo 21:39
2 Howard Dial 25:08
3 Jim Selman 26:33
4 Lawrence Cook 27:54
5 Dick Orendorff 28:40
6 Bobby Hobbs 29:45
7 Monty Simmons 37:16
8 Dan Bailey 37:26
9 Alfred Enloe 38:24

FEMALE AGE GROUP: 60 & OVER

1 Ann Garner 34:29
2 Barbara Grant 36:06
3 Patricia Enloe 56:00

Chickamauga Chase 15K – 2006

OVERALL WINNER

Tim Ensign 53:51

FEMALE WINNER

Kathleen Turchin 56:35

MALE MASTERS WINNER

Joe Johnson 56:40

FEMALE MASTERS WINNER

Janice Cornett 1:15:46

MALE GRAND MASTERS WINNER

Kevin Kelly 1:03:17

FEMALE GRAND MASTERS WINNER

Melodie Thompson 1:20:28

MALE AGE GROUP: 19 & UNDER

1 Brandon Lord 1:01:20
2 Shu Doi 1:10:25
3 Michael Boggs, Jr. 1:12:49
4 Thomas Walters 1:13:54
5 Marco Bianchini 1:15:50
6 Colton Haire 1:19:48
7 Dustin Ingram 1:32:55
8 Jason Cha 1:34:41

FEMALE AGE GROUP: 19 & UNDER

1 Megan Bruner 1:22:21
2 Shana Garrett 1:28:22
3 Karrah Leary 1:29:50
4 Mary Locke 1:48:24
5 Heather Windom 1:50:28

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3. Eat less, more often
4. Find ways to include enjoyable exercise in your life
5. Think light every day
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65 Roses 5K Huge Success in Cleveland, TN

By Bill Estes

The sun broke through the morning of April first just as Chad Varga was crossing the finish line to win the 65 Roses 5K at Lee University. Varga's time of 17:16 was five seconds faster than Johnny Clemons of Georgetown (who was pushing his daughter Estella), and 20 seconds ahead of third-place finisher Ryan Heming.

In the women's race, Emily Cleveland of Sweetwater, and a former Lee cross country runner- who won this race in 2003 - returned to win again with a time of 20:38. She was followed by Belinda Young of Chatsworth, Ga. with a time of 21:01; third place went to Nancy DiVasto of Chattanooga with a time of 21:36.

In all, over 240 runners from six states ran through Lee's campus, downtown's Main Street Cleveland, and Cleveland's Neighborhood

Historic District to raise both money and awareness for the cure of Cystic Fibrosis. This year's race included a large contingent of Arnold Memorial elementary school students; five of whom ran under 32 minutes and beat their PE Teacher. The usual fare of cotton candy, snow cones, face painting and the blow-up slides made for a festive atmosphere once again. For the runners, bagels, fruit, dri-wick racing shirts and gourmet coffee was appreciated.

This race, coupled with the fun run and walk, are all apart of the Great Strides Saturday. This year's events and corporate sponsorships raised over \$40,000 for the Cystic Fibrosis Foundation. Over the past six years the Cleveland community has raised over \$190,000 for the CFF. If you would like to donate or be a part of next year's activities, look for a link off the CTC website in January.

| | | | | | | | | | |
|----------------------------------|--|--|----------------------------------|----------------|----------------------------------|----------------------------------|----------------------------------|-----------------|-------|
| OVERALL MALE WINNER | | | 19 Rachel Peterson | 34:07 | 10 Mike Shaver | 28:57 | 12 Ian Harper | 26:34 | |
| Chad Varga | | | 17:16 | 20 Cara Sparta | 41:19 | 11 Daniel Pinkerton | 30:16 | 13 Paul Cretton | 28:55 |
| | | | 21 Hannah Hyder | 43:47 | 12 Brian Conn | 42:16 | | | |
| OVERALL FEMALE WINNER | | | MALE AGE GROUP: 20 - 24 | | | FEMALE AGE GROUP: 35 - 39 | | | |
| Emily Cleveland | | | 1 Ryan Heming | 17:36 | 1 Belinda Young | 21:01 | FEMALE AGE GROUP: 50 - 54 | | |
| 20:38 | | | 2 Stephen Bontekoe | 18:55 | 2 Melissa Smeltzer | 24:26 | 1 Melodie Thompson | 25:31 | |
| FEMALE AGE GROUP: 1 - 14 | | | 3 David Decotelle | 19:54 | 3 Vanessa Hammond | 30:06 | 2 Amy Mullens | 27:17 | |
| 1 Lorne Conn | | | 4 Zach Kelly | 20:07 | 4 Samantha Smith | 31:14 | 3 Joan Conn | 32:58 | |
| MALE AGE GROUP: 1 - 14 | | | 5 Stanley Nyazamba | 22:15 | 5 Starla Posey-Mal | 32:35 | MALE AGE GROUP: 50 - 54 | | |
| 1 Joshua Stanley | | | 6 Chris Cretton | 22:21 | 6 Ginger Buchanan | 34:05 | 1 John Harrison | 20:33 | |
| 2 Isaac Pacheco | | | 7 Brenton Floyd | 22:27 | 2 Danny Casteel | | | 21:17 | |
| 3 Jack McGinness | | | 8 Brent Ferrell | 22:36 | 3 David Presley | | | 22:10 | |
| 4 Nathan Gill | | | 9 Daniel Jarosz | 22:40 | 4 David Gregory | | | 22:30 | |
| 5 Taylor Spurlin | | | 10 Kyle Page | 23:01 | 5 Tim Ross | | | 23:28 | |
| 6 Graham Hammond | | | 11 Robert Kelly | 23:28 | 6 Jeff Morelock | | | 24:43 | |
| 7 Austin Williams | | | 12 Andrew Conn | 25:08 | 7 Carey Watson | | | 25:05 | |
| 8 Will Hammond | | | 13 Jason Coleman | 25:27 | 8 David Klinger | | | 26:50 | |
| 9 William Estes | | | 14 Evan Dail | 25:32 | 9 Don Lastine | | | 26:56 | |
| 10 Chandler Custer | | | 15 Jared Worley | 25:41 | 10 Garcia Vicente | | | 27:24 | |
| 11 Stephen Lee | | | 16 Eric Archer | 25:50 | 11 Wickam Mark | | | 29:09 | |
| 12 Charles Conn | | | 17 Zach deVaux | 25:53 | 12 Thomas Lawson | | | 33:28 | |
| | | | 18 Will Ross | 26:07 | FEMALE AGE GROUP: 55 - 59 | | | | |
| FEMALE AGE GROUP: 15 - 19 | | | 19 Zach Sullivan | 26:48 | 1 Judy White | | | 32:46 | |
| 1 Brittany Evans | | | 20 Todd Humbrey | 27:53 | 2 Bobbie Burks | | | 53:29 | |
| 2 Kristin Cretton | | | 21 Phil Drummond | 27:53 | MALE AGE GROUP: 55 - 59 | | | | |
| 3 Kelli Miller | | | 22 Justin Dean | 29:36 | 1 Greg Cain | | | 22:57 | |
| 4 Shantell Robbins | | | 23 Joseph Conner | 31:36 | 2 Earl Kelle | | | 23:29 | |
| 5 Jessica Justice | | | 24 James Vassel | 33:10 | 3 Jim Hamblen | | | 28:37 | |
| 6 Cristina Vera | | | 25 Paul Tosch | 33:14 | 4 Ray Conn | | | 36:32 | |
| 7 Patricia Squitti | | | FEMALE AGE GROUP: 25 - 29 | | | FEMALE AGE GROUP: 60 - 64 | | | |
| 8 Aubrey Stout | | | 1 Erika Cooke | 27:46 | 1 Bonnie Wassin | | | 34:53 | |
| 9 Rebecca Clark | | | 2 Amy Griffith | 32:21 | 2 Darlia Conn | | | 38:29 | |
| 10 Amy Kresge | | | 3 Katie Conner | 35:55 | 3 Betty Burrell | | | 53:27 | |
| 11 Jessica Stocker | | | 4 Sheron Brand | 36:34 | MALE AGE GROUP: 60 - 64 | | | | |
| 12 Cody Jewett | | | MALE AGE GROUP: 25 - 29 | | | 1 Jim Selman | | | 25:39 |
| 13 Elyse Sadtler | | | 1 Johnny Clemons | 17:21 | 2 Paul Conn | | | 28:41 | |
| 14 Jenna Wilkes | | | 2 Beau Wendholt | 20:50 | 3 Rocco Lepere | | | 30:09 | |
| 15 Allison Coggin | | | 3 Casey Gallaher | 21:08 | 4 Jack Milne | | | 31:07 | |
| MALE AGE GROUP: 15 - 19 | | | 4 Jason Cox | 22:01 | 5 John Simmons | | | 34:41 | |
| 1 Tdoo Stevinson | | | 5 Clint Conn | 22:33 | FEMALE AGE GROUP: 65 - 69 | | | | |
| 2 Matthew Klinger | | | 6 Pete McKinny | 24:22 | 1 Joan Baker | | | 32:32 | |
| 3 Jon Sivley | | | 7 John Conner | 28:34 | 2 Edwina Cohen | | | 47:02 | |
| FEMALE AGE GROUP: 20 - 24 | | | FEMALE AGE GROUP: 30 - 34 | | | 3 Frances Martin | | | 53:28 |
| 1 Ericka Peters | | | 1 Nancy DiVasto | 21:36 | MALE AGE GROUP: 65 - 69 | | | | |
| 2 Julie Zietlow | | | 2 Sharon Jackson | 29:07 | 1 Dick Orendorff | | | 27:28 | |
| 3 Heidi Witt | | | 3 Cristy McColloug | 29:23 | MALE AGE GROUP: 45 - 49 | | | | |
| 4 Kerri Ross | | | 4 Laurie Cowart | 32:07 | 1 Katy Maneman | | | 30:10 | |
| 5 Alisha Chocholeou | | | 5 Jennifer Chesnut | 34:03 | 2 Jan Benecke | | | 30:35 | |
| 6 Shaina Fahey | | | 6 Kelly Conn | 35:40 | 3 Sally Hoffman | | | 30:46 | |
| 7 Kelly Garner | | | MALE AGE GROUP: 30 - 34 | | | 4 Jan Cannon | | | 31:13 |
| 8 Megan Berner | | | 1 Zach Cowart | 19:32 | 5 Deb Hart | | | 33:19 | |
| 9 Katie Thornton | | | 2 Cason Conn | 19:53 | 6 Reda Lawson | | | 36:34 | |
| 10 Amanda North | | | 3 Glen Sefcik | 20:19 | 7 Ann Mitchell | | | 42:00 | |
| 11 Jacqueline Avnai | | | 4 Curt Sims | 20:46 | MALE AGE GROUP: 45 - 49 | | | | |
| 12 Sarah Denham | | | 5 John Dutton | 20:47 | 1 Bruce Bayliss | | | 18:32 | |
| 13 Macie Myers | | | 6 Chad Buckner | 24:41 | 2 Mitch Keebler | | | 18:39 | |
| 14 Sarah Neslund | | | 7 Richard Jackson | 24:42 | 3 Don Gregg | | | 19:08 | |
| 15 Nicole White | | | 8 Jason West | 25:34 | 4 James McGinness | | | 22:16 | |
| 16 Falon LeFevre | | | 9 Jeff Golden | 27:53 | 5 John Wikle | | | 22:38 | |
| 17 Rachel Fentz | | | FEMALE AGE GROUP: 45 - 49 | | | 6 Danny Gill | | | 23:36 |
| 18 Sandy Petrut | | | 1 Zach Cowart | 19:32 | 7 Mark Longwith | | | 24:54 | |
| | | | 2 Cason Conn | 19:53 | 8 Wade Floyd | | | 25:27 | |
| | | | 3 Glen Sefcik | 20:19 | 9 Mitchell Guinn | | | 25:47 | |
| | | | 4 Curt Sims | 20:46 | 10 Randy Good | | | 25:55 | |
| | | | 5 John Dutton | 20:47 | 11 Gary Ray | | | 26:09 | |



Photos from the 2006
65 Roses 5K



Whitestone 30K – March 5, 2006

By Robert Gustafson

Incredible downhill start, amazing uphill finish. The rest is pure bliss. This is how the application for the Whitestone 30K describes the course. I would say these words don't do this event justice.

On March 5th, seven local runners traveled to Watts Bar Lake (Paint Rock, TN) to challenge themselves in what I consider one of the best run races from start to finish that I have ever participated in. I must admit, I was a bit intimidated by the elevation chart, but was intrigued by the unusual distance and by some veteran runner's comments about how grand this race is. (OK, the clincher for me was the breakfast buffet that would follow.)



Suffice it to say, I was not disappointed. In fact, it exceeded my high expectations. The course is beautiful but challenging. It starts and finishes at the Chapel of the Good Shepherd - where you enjoy a crazy view of the Watts Bar Reservoir. The race itself offers unbelievable support from enthusiastic volunteers. Aid stations were abundant and

well stocked with water, Gatorade, and gels. You even get to run the course with some friendly dogs here and there. A nice dri fit shirt was icing on the cake. This was also the third leg of the Knoxville Track Club's high mileage winter series.

Several area runners took home hardware, led by Geno Phillips, who blistered the course in a time of 1:52 - just 1 minute off the course record! Gretchen Hammel won the 25-29 female age group with an impressive 2:28, while Michelle Meek took third in this category. Joanna Johnson raced to third place in the 35-39 female age group. Richard Meek finished second in the Clydesdale Division, but oops, forgot to sign up as a Clydesdale. (Note to Richard: if you're over 200 - you're a Clydesdale!) Rounding out the Chattanooga field were Stephen Smith and Brian Crooks - who sprinted by me at the finish.

Hats off to Jerry and Betty Schohl - the race directors for the Whitestone 30K, and the entire Knoxville Track Club. I'll be back next year!





  **BlueCross** **2006**
Riverbend
Run & Walk

10K & 5K Runs, 5K Walk and 1-Mile Fun Run/Walk

June 17 - 8 a.m.

Register Online at
www.RiverbendFestival.com

Presented by



BlueCross Riverbend Run & Walk

By Rita Fanning, Race Director

Notice the difference in the name this year, BlueCross Riverbend Run & Walk. A walk has been added. What you can't tell, that is different by the name, is that a 10K has also been added. Adding a 10K has been discussed for several years, but it is here at last. Now there's an event for everyone – 10K and 5K races, 5K walk, and 1-Mile fun run and walk. The BlueCross Riverbend Run & Walk takes place the second Saturday morning of the Riverbend Festival, June 17th.

Volunteers for the race are still needed. Like all Chattanooga Track Club races, if you volunteer to help at the race you will receive a T-shirt and a great big thank you. Your help is needed and appreciated. However, with this particular event, there is the possibility of receiving something else. If you help with the Run and just one more Riverbend Festival position (such as checking pins, or selling tokens) one evening at the festival, you will receive a free admission pass to the entire Riverbend Festival. If this interests you, please email me at ritafanning@mindspring.com or call me 423-309-1278.

BlueCross BlueShield of Tennessee is the sponsor for the Riverbend Run and Walk as they have been for over twenty years. This is a Chattanooga Track Club event and a Runner of the Year (ROY) points race. At the time this is being written, it wasn't clear if the 5K or 10K was to be the ROY points race. If you are chasing ROY points, be sure to find out before you register.

Both the 10K and 5K courses will be certified. David Presley is working on course certifications as this is being written. Certification numbers will be posted on the CTC web site as soon as they are received. The 5K course is basically the same as the past several years, starting and finishing near the BlueCross building on Pine Street. The 10K course separates from the 5K course after crossing the Veterans Bridge and does a flat to rolling loop, then rejoins the course.

Chip timing, with both start and finish mats will be used for both the 10K and 5K. Both of the races will start at the same time. The 5K walkers will follow the runners. The 1-mile will start shortly after the races.

Overall winners (male & female) for the 10K will receive \$100, masters (male & female) \$50. Overall winners (male & female) for the 5K will receive \$50, masters (male & female) \$25. All money winners get free passes to the Riverbend Festival race night, because they must be present on the Coca-Cola stage at the Festival at 9:00 that evening to receive their cash awards. There will be age group awards in both the 10K and 5K races. There will also be plenty of refreshments and door prizes after the race.

Registration is available online at www.riverbendfestival.com or www.chattanooga-trackclub.org.





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Life Is an Adventure Race

By Jim Farmer

Winter racing sucks. There, I said it. I know that we don't have a lot to complain about here in the southeast, with very little snow and temps typically dropping into the teens at the lowest, but it still stinks. Every year, my teammate Patricia Williams Smith and I swear up and down that we'll never do another winter race. Like lemmings, there we were at the starting line in January, February and March, ready to suffer once again. We kept telling ourselves that one of these puppies had to have some decent weather. The gods of statistics deemed it so. Unfortunately, the adventure racing gods are bullies and kick the crap out of the nerdy stats gods every year. Why do they have to pick on us nerds like that?

Having raced under several different monikers over the years, it was time to settle down with a consistent team name. Local outdoors shop, Rock Creek Outfitters, decided to give us a big helping hand in starting the 2006 season. Team Rock Creek would have a core group that included Patricia and me along with Dan Miller, who would serve as team mule and backup navigator. Dan is one of the best all around endurance athletes in the region and was part of the 2002 Adventure Racing National Championship team. Needless to say, he made a great addition to the roster. All I had to do was keep these two monsters pointed in the right direction and then hold on for dear life.

To make our new sponsor proud, we signed up for two winter races, both in north Georgia. The first, the Goldrush 24-hour Adventure Race would take place in the Woodstock area in early March, and the second race, the North

Georgia 30-hour AR (NGAR) would be held in the Blue Ridge vicinity later on that month. Both races offered fat cash prizes but, most of all, big time bragging rights as each one would attract the top teams from both the southeast and other parts of the country. Especially the NGAR since it had achieved a mythical status over its four-year run and would attract almost 80 teams of 3 from all over the eastern half of the nation. Year after year this race had humbled the best racers around with its incredibly tough terrain and brutal weather conditions. In its inaugural year, NGAR was held on the coldest day in 50 years in the north Georgia mountains with six inches of snow on the ground and ice everywhere else. The following years didn't get much better.

Both Patricia and Dan had raced already this season on other teams, but the Goldrush would be my first chance to stretch out my legs since last fall. Although I had kept my overall fitness level up over the winter, my abilities in a 24-hour race were in question. Throw this into the stomach acid stew with a dash of anxiety and a good helping of pressure and a couple of teaspoons of freezing temperature predictions and I was starting to feel like the poster child for Maalox. Why do I do this again? As usual though, the stressful part is getting to the starting line. Once the gun went off at noon on a cold, but sunny, Friday afternoon, it was simply time to race. Unfortunately, it was a staggered start and we were in the third wave meaning that we had to twiddle our thumbs for another half hour. Oh well. My biggest concern was not starting late, since the finish times would be adjusted accordingly, but the loss of daylight for the tough navigation that lied ahead.

After a quick run from the Cherokee Outdoor YMCA to Lake Allatoona we headed north, through some of the worst chop and wind I've ever been confronted with in a canoe, to the Lake Allatoona Wildlife Management Area (WMA). Throwing on the portage wheels and lashing our tow straps to the front, we made quick time of the 2.5-mile portage. Prior to the race, we had only received the first seven checkpoints. We were given the next set of UTMs at the start of the race, but decided to plot them at the TA rather than wait at the start since we were chomping at the bit to get going. Plotting quickly, we headed out for the trek section of the race in the WMA. To our surprise, despite starting a half hour behind two-thirds of the teams in the race, we were in third place out of the TA with only Team Litespeed and Enduraventure in front of us.

One evil option thrown in by race director Toby Bramblett was the decision whether or not to swim a couple of the many inlets that separated checkpoints. Water temps in the fifties and air temps in the low 40s made it an undesirable option except for the fact that it could save a bunch of time in the short term. We decided to play it safe and work our way around the inlets rather than swim. We ended up giving up about 45 minutes of time to both Litespeed and Enduraventure who chose to take a dip, but we hoped that the ability to stay dry and warm would pay dividends later on.

Finishing the next foot section after several more checkpoints, we had passed Litespeed after a navigation bobble on their part and were sitting in second. Unfortunately, the later start bit us hard as the darkness rolled in and slowed us down considerably on the difficult bushwhacking through the multitude of peaks, valleys and drainages leading us towards the Pine Log WMA to the north. Spending thirty minutes searching for a CP flag that was not easy to find in the woods severely hampered our chances at catching Enduraventure.

By the time we reached the transition area before the bike section we were two hours behind them. After plotting the points for the bike leg and getting some much needed food and a change of clothes from our support crew goddess, Rebecca Shearer, we were off. After several tricky checkpoints in the Pine Log area, that were no walk in the park, we headed back south to the boat put-in just north of Allatoona Dam. By that time we had found out that there were no teams within two and a half hours behind us, so our transition wasn't rushed. That was a good thing as it was 4:00AM and the thermometer was reading well below freezing. This fact was reinforced by the sheet of ice on our packs, paddles and the front of the canoe as we pushed off from the relative comfort of the TA.

Paddling at night, especially in the cold, is difficult at best. Dan had to holler at Patsy a couple of times to keep her awake as she started lolling to one side or the other in her stupor. My depleted state, combined with taking the brunt of the wind and water at the front of the boat, started to bring on the first signs of hypothermia. I was beginning to have trouble thinking and could only describe it as a sort of malaise. Luckily, the checkpoints along the last paddle section were away from the water, forcing us to get out of the boat and trek inland to punch them. This was a much-needed break although walking on feet that you couldn't feel was a little disconcerting. The sun rising, despite the increase in winds that came with it, provided a big mental boost, as we made our way east towards Woodstock. The low water levels in the Little River heading to the boat take-out made the last few miles painful, but we knew that only a short run to the finish lay ahead. Enduraventure had beaten us soundly, but a second place finish in a strong field was nothing to sneeze at for our maiden voyage as Team Rock Creek. A fat check for \$500 made it a little more palatable.

There wasn't much time to enjoy our podium spot, as the NGAR was just a couple of weeks away. Traditionally held in January, Tony Berwald, the race director, had moved it to March hoping that the weather gods would be kinder to him, his staff, the racers and their support crews. Although the temps started picking up in the weeks leading up to it, sure enough, the bottom dropped out as the day of reckoning approached. Freezing temps greeted us at the race check-in on Friday night in Blue Ridge, Georgia, and a fresh layer of snow blanketed the peaks surrounding the area. I truly believe that if Tony put on a race in July that it would still snow.

Almost 80 teams of three, along with support crews, families, volunteers, photographers and race staff crammed into the Skeenah Mill Campground southeast of Blue Ridge early Saturday morning. At 8:00AM the gun went off and another epic race was underway. Being a running team we quickly took the lead on Doublehead Gap Road heading south to the first CP at Sapling Gap just off of the Benton Mackaye Trail. Unfortunately, our decision to stay on the jeep roads the long way around proved less than optimal as teams took an unmarked trail directly to the flag. Double-timing it back down the mountain towards the boat put-in at the Deep Hole Recreation Area, we passed several teams and ended up getting in the water in third place, just a few minutes behind the leaders.

In our rush to get in the water, we didn't put on a lot of clothes, although we had all of our mandatory gear (fleece, long underwear, waterproof top and bottom, etc.) in our packs. We figured that as long as we paddled hard that we'd keep relatively warm. The cold Toccoa River water flying off our paddles, plus the chilled air, combined with sweat-soaked base layers, started to take their toll after an hour or so and we began to plan a pit stop. We weren't far from the rapids below the Benton Mackaye Trail footbridge and decided to stop after getting through the Class II run. Our planned stop became an emergency stop after Enduraventure had a yard sale at the big drop just west of the bridge. Although we had given them plenty of room ahead of us, once we committed to the same line they had taken the current pulled us right over top of them and our boat filled up quickly. The bathtub we were now paddling was unmanageable and we quickly swamped up against the next set of rocks and took a swim in the frigid waters of the Toccoa.

We were shaking uncontrollably as we hastily purged the water from the boat the best we could and ferried over to the shoreline in order to don our dry clothes and stave off the hypothermia that was quickly setting in. Many teams passed us, some taking swims of their own, before we got back into the canoe for the rest of the paddle leg. Despite many more rapids and an endless array of shoals that drained us both physically and mentally, we made it to the take-out, just west of Shallowford Bridge, relatively unscathed. This is where the van provided by River City Bikes and our super stud support crew guy, Jeramie Hoff, paid dividends. Getting out of the cold into a warm, spacious van to put on some dry clothes is worth a million dollars to an adventure racer in that situation. No time to dawdle though as we had to make up time on the upcoming bike leg.

Deciding that we had to take some chances, we bike-whacked our way up to the Brawley Mountain fire tower instead of taking the long way around on roads. Passing one of the teams in front of us made it well worth it and after another checkpoint to the east we made another bike-whack down an old roadbed saving us even more time. We then pace-lined it back to the Skeenah Mill Campground to start the trekking leg that would be the crux of the race for most teams. After a quick transition and some hot food we took off on foot in sixth place, but only a little over a half an hour behind the leaders. Our concern was that we only had a few more hours of daylight left and the incredibly tough cross country navigation in front of us would be that much more difficult at night.

(continued on next page)

Ensign Takes Two

By Ron Bush, Chattanooga Times Free Press Deputy Sports Editor

Tim Ensign proved Saturday that he's just as good in the heat at age 43 as he was on a cold day at 42.

Ensign won the Chickamauga Chase 15-kilometer road race for the second year in a row. On a course altered somewhat because of road work, he finished the roughly 9.3 miles in 53 minutes, 51 seconds. That was 23 seconds slower than his wind-chilled 2005 time but 81 seconds ahead of Saturday's runner-up, 39-year-old Joe Sneed.

"It was too hot. I think that slowed everybody down," Ensign said. "I know it slowed me down. But the footing was better – they've paved some of the roads. If it was 20 degrees cooler, it would've been perfect. I slowed down the last 5K." Although none of the other 332 runners finished within a minute of him, Ensign downplayed his victory. "We didn't have too many young guys," he said.

Only one male younger than 35 cracked the overall top 11. Specifically, the field had no University of Tennessee at Chattanooga men's runners doing an offseason warmup.

The Lady Mocs' Kathleen Turchin, taking a redshirt season for outdoor track, was the women's winner and fourth overall in her first 15K. She finished in 56:35.

UTC teammate Shannon Wommack had won the Chase bayonet award in a similar redshirt situation three years ago, and Turchin noted that "she's got it over the refrigerator. Now I've got one." The Chase does have a 5K option, won Saturday by Bryson Harper and Johanna Gartman, which is a much more common distance for Turchin.

"I have run a 10K but never this distance. It was definitely fun," the Gwinnett County, Ga., resident said. "There were a lot of nice people out here running and having a good time." Sneed likewise was in his first 15K.

He was the Chase 5K runner-up in 2003 and also was this year's Chattanooga Half Marathon runner-up in his first 13.1-mile race.

"I'm Mr. Second," he said with a laugh. "But I've got where I like longer distances." He kept up with Ensign for only about a mile Saturday morning.

"The way this course is, there are some long straightaways but also some turns. Probably after mile three, I didn't see him," Sneed said. "He was moving good. I was just running as hard as I could."

"Weather like today brings a lot of people out because it's sunny, but you just don't know how you're going to do running this far in the heat. I felt real strong, so I just kept going." Sneed and Jason Mitchell "ran together, back and forth," as Sneed put it, before he pulled away in the final third of the race. Mitchell, who got married in December and "got a little distracted from training – but it's not her fault," won the 20-24 age group and was third overall in 56:00.

Masters (40-older) winner Joe Johnson was fifth in 56:40, and Sean Higgins and Tom Sells in the 35-39 age group, Mitch Keebler in 45-49 and Joey Howe in 40-44 also finished in under a minute. Women's runner-up Amanda Tate (25-29) was 10th overall in 1:00:54.

Life Is an Adventure Race (continued)

We caught the two Checkpoint Zero teams at the next CP just northwest of Licklog Mountain with some good route choices and then put time on them on the way to CP9 in Long Cove to the east. Running all of the flats and downhills and speed-hiking the ups allowed us to catch Team Mighty Dog as they punched their passport at the unmanned checkpoint. Then it was off to the races as the sun dropped rapidly behind us. We wanted to get as close to CP10 as possible before losing daylight. Keeping track of your position while bushwhacking through the thick vegetation is difficult without the visual cues afforded you by daylight. Given the fact that this area is feature-rich with drainages literally every hundred meters, the fear of going down the wrong one is very real indeed. To our satisfaction, we hit the main draw heading east into Dixon Creek just as the last remnants of sunlight faded away. Even better, we passed Team Mighty Dog and put time on them on the road towards Mulky Gap. After punching CP11 we bushwhacked east to the trail leading between Spencer Knob and West Wildcat Knob on the way to CP12 at the back of White Cemetery and its headstones dating back to the 1800s.

We were now sitting comfortably in third place but, unfortunately, our legs were not feeling the love anymore and we had to walk quite a bit of the long road heading east towards the last checkpoint of the trek at Sea Creek Falls. This CP was manned and we were told that Litespeed and Enduraventure had hooked up and were pushing each other at breakneck speeds on the long trudge back to the Skeenah Mill Campground. Unfortunately, they were an hour ahead of us at this point. We decided to go with a gamble we had discussed the night before and headed west along Mulky Gap road to a jeep road heading towards Ride-A-Horse Creek. Most teams would head up and over Licklog Mountain, requiring less bushwhacking but a lot more elevation gain, but we were ready to roll the dice. Picking up some of the multitude of old logging road beds in the area,

we made good time, despite one navigation bobble, and hit the jeep road that headed west above Skeenah Creek and back to the Benton Mackay Trail just east of the campground.

All that remained was a bike leg that would take about four hours. Litespeed and Enduraventure were well ahead of us still, but we had hopes of them running each other into the ground and letting us slip by for a victory. Unfortunately, only Litespeed granted us this pleasure by missing a very tricky checkpoint 16. We still had to worry about teams chasing from behind and, after a couple of mechanicals and some more bikewhacking near the fish hatchery, we didn't relax until we failed to see any other teams on the out and back to CP20 at the mouth of Rock Creek. Hey, the last checkpoint for Team Rock Creek was on Rock Creek. Too bad I don't believe in all that fate, destiny and serendipity stuff.

Several easy miles on both gravel road and pavement was all that remained between the finish line and us. Of course, we didn't know about Litespeed's troubles with CP16 until we crossed the finish line and were told that we had another second place finish behind Enduraventure. A podium spot is nothing to take lightly in a race of this magnitude, but not being able to keep pace with Enduraventure for the second straight time was frustrating. I guess that never being satisfied is what gets us adventure racers to the point where we do this insane stuff in the first place. It's what drives us to keep improving as well. As always, lessons were learned and hindsight becomes 20/20 looking back on route choices, transition times and missed opportunities. I came out of this race knowing one thing for sure though. I'm never doing another winter race again...yeah, right.

P.S. More of the "Life Is An Adventure Race" series can be found at www.TrailBlazerAR.com under the Chattanooga Chapter section.

The RRCA's Tips For Running Safety

1 - DON'T WEAR HEADSETS. Use your ears to be aware of your surroundings. Using headphones, you lose the use of an important sense: your hearing.

2 - Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.

3 - Carry a cell phone or change for a phone call. Know the locations of call boxes and telephones along your regular route.

4 - Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.

5 - Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located.

6 - Run with a partner. Run with a dog.

7 - Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.

8 - Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas, especially at night. Run clear of parked cars or bushes.

9 - Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.

10 - Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.

11 - Run against traffic so you can observe approaching automobiles.

12 - Wear reflective material if you must run before dawn or after dark.

13 - Practice memorizing license tags or identifying characteristics of strangers.

14 - Carry a noisemaker and/or OC (pepper) spray. Get training in self-defense and the use of pepper spray.

15 - CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.



Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF MARCH 31, 2006

ASSETS:

| | |
|---------------------|--------------------|
| CASH | \$23,511.24 |
| ENDOWMENT FUND | \$1,292.71 |
| EQUIPMENT (AT COST) | <u>\$13,447.20</u> |
| TOTAL ASSETS | \$38,251.15 |

LIABILITIES:

| | |
|-----------------------|-----------|
| MONEY HELD FOR OTHERS | \$ 349.21 |
|-----------------------|-----------|

EQUITY:

| | |
|-------------------|--------------------|
| RETAINED EARNINGS | <u>\$37,901.94</u> |
|-------------------|--------------------|

TOTAL LIABILITIES & EQUITY: **\$38,251.15**

STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

REVENUES:

| | |
|---------------------------------------|--------------------|
| MEMBERSHIP DUES & DONATIONS | \$7,770.00 |
| RACE RECEIPTS/JOGGING AROUND PROGRAMS | <u>\$7,848.82</u> |
| TOTAL REVENUE | \$15,618.82 |

EXPENSES:

| | |
|-------------------------------|--------------------|
| PROGRAMS | \$7,568.76 |
| STAFF SALARY & MILEAGE | \$7,184.63 |
| JOGGING AROUND | \$3,966.21 |
| ADMINISTRATIVE & STORAGE UNIT | \$2,203.87 |
| RACE DISBURSEMENTS | <u>\$6,195.99</u> |
| TOTAL EXPENSES: | \$27,119.46 |

NET INCOME (LOSS): **(\$11,500.64)**

*Check out the
Chattanooga
Track Club
Web site at*

**www.Chattanooga
TrackClub.org**

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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 re-
source 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.*

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Chattanooga Track Club Membership Levels for 2006

I. Basic Membership

Individual \$24 Per Year
 Family \$36 Per Year
 Student \$18 Per Year

Basic Membership Benefits:

- CTC publication, *Jogging Around* 8 Times Per Year
- 10% Discount at Fast Break and Front Runner
- Weekly Organized Runs with the Opportunity to Meet Other Runners
- Weekly E-mail Newsletter
- Four Fun Social Events Per Year
- Discounts on Several CTC Race/Events
- Opportunity to Compete in the Runner of the Year
- Membership is Tax-Deductible

II. Donor Level Membership

Individual \$50 Per Year
 Family \$100 Per Year

Donor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Donor Level Member
- Name Listed on CTC Website as a Donor Level Member

II. Sponsor Level Membership, \$250+ Per Year

Sponsor Level Membership Benefits:

- All Benefits of Basic Membership, Plus
- Name Published in *Jogging Around* as a Sponsor Level Member
- Name Listed on CTC Website as a Sponsor Level Member
- Other Logo Presentation and Advertising Opportunities Vary Based On the Size of the Gift. Please Contact Connie Hall for More Details At 423-843-3207

Donors and sponsors give more for their membership primarily to help insure that the Chattanooga Track Club is able to fulfill its mission and vision. Sponsors, depending on their level of giving, may also take advantage of the advertising and PR opportunities available through club events and media.

Make checks payable and return to:
 Chattanooga Track Club
 P.O. Box 11241
 Chattanooga, TN 37401



MEMBERSHIP APPLICATION

Annual Membership (Check One): Family (\$36/year)
 Individual (\$24.00/year)
 Student (\$18.00/year)

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Name: _____ Birthdate: _____ Name: _____ Birthdate: _____

Street: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Email: _____

Members Release: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattanooga Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Signature: _____ Date: _____

Chattanooga Track Club

Board of Directors Meeting Minutes

April 4, 2006

In attendance: Dan Bailey, Bill Brock, Donna Dravland, James Dravland, Robert Gustafson, Christina Guy, John Hunt, Tammy Sitton, George Skonberg, Melodie Thompson, James Williams

Absent: Jared Chastain, Tara Murdock, Cindy Smith, Phil Stewart

The meeting was called to order at 6:00

Minutes

March Minutes were reviewed and approved.

Donna introduced Tammy Sitton as the new Club Manager. She will be taking over for Connie Hall. Tammy gave a brief synopsis of her background and experience, including a degree in sports management with a minor in business. Tammy may be contacted at tsitton@chattanoogatrackclub.org.

Lawson Whitaker came to ask the board to get involved in assisting Clarence Hartley in getting his age group record for the Chickamauga Marathon recognized by the state of Georgia. Bill informed us that Jerry McClanahan was going to submit the information, but, to date, had not been able to do so. It was agreed that Tammy would work with Jerry on getting this accomplished.

Races

Robert went over the Recording for Blind and Dyslexic (RFB&D) race scheduled for July 22, and the Raccoon Mountain 10K sponsored by TVA on August 26. Nothing new since last month, other than both organizations are moving forward with preparations.

George made a motion to order new finish line equipment, specifically so he could receive it in time to use at the Chickamauga Chase. After discussion, where total cones purchased ranged from a low of 20 to a high of 50, it was recommended that he purchase 30 cones, with the option to order more in the future if needed. The motion to purchase 30 cones passed unanimously.

George suggested that we model our Long Run Endowment Fund after the Tennessee River Gorge fund. He passed literature describing the River Gorge fund around for review.

The BlueCross Market Street Mile race was discussed next, and Donna said that Jane Overbeck apologized for the CTC not being mentioned in the Times/Free Press article. Donna appeared on the Channel 12 morning show with Gina Bever from BCBST to talk about the race.

James Williams talked about the need for volunteers for the King of the Mountain race. Tammy will contact Sharon Irish about scoring the race.

George provided a map for the Chickamauga Chase showing how the course has been altered by construction in the park. There will be a mass start this year, with both the 5k and 15k runners starting together.

Donna said that Connie would like to know what races should be billed for inserts in *Jogging Around*, and/or should be billed for finish line and electronic equipment, as some races are billed, while others pay nothing. It was agreed that all races should be billed for JA inserts, but that status quo should remain for billing races for equipment rental. Tammy will pull together information on all the races, and categorize them based on whether or not they pay equipment rental fees. Dan asked that once the information has been pulled together, an e-mail be sent to all the race directors outlining the position of the CTC in regards to how/when we bill individual races. The next Races Committee meeting will be on the 25th at the Hair of the Dog.

Communications

John Hunt said that he had a meeting with Bill and Tara to discuss JA material. They also worked on ways for members to get access to the website to submit dues.

Robert asked whether the CTC site could have a Forums feature, like other sites have. Bill said that it was feasible, but he would have to look into the time requirements to get it done. The Communications Committee will review options for enhancements like a Forums section at their next meeting on the 18th.

Sponsorship

Donna indicated that she would be following up with Tara Murdock on sponsorship development, and would like to have Tammy be involved as well.

Membership

273 members as of April 14. Robert said that David Wilson was wondering why he had not been updated as a member. Bill said he would check the site to see what the problem was.

Treasurer's Report

Dan said that with Tammy taking over for Connie, no change to salary will be seen. An addition will be Connie as a contract worker. She estimates \$300 per month for her services, which adds up to \$3,600 to \$4,000 per year of extra expense not budgeted for.

Dan said that everyone should be thinking about how to get more members to sign up as soon as possible. With only 273 paid members, there is a lot of unrealized income that we are counting on in our budget.

A motion was made and passed unanimously to accept the Treasurer's Report.

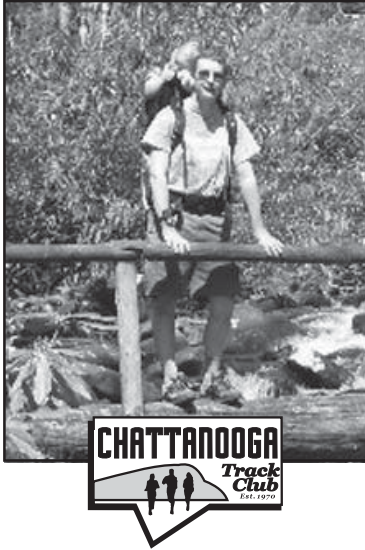
President's Report

Donna inquired about what the President's discretionary spending limit should be. George made a motion that the limit should be \$500. The motion passed with Donna abstaining from the vote. Donna mentioned that area locations like the Sports Barn and the Y need more applications.

Next meeting, Tuesday, May 2nd, 2006
Meeting adjourned at 7:24

Respectfully submitted,
James Dravland, Secretary

Volunteer Profile



Bill Minehan

Occupation: Ceramics Engineer

Age: 43

Marital Status: Married

Children: 1 son, Jack, age 2

Hobbies: I like to run when I feel like it

In what areas do you volunteer?

I enjoy helping with races

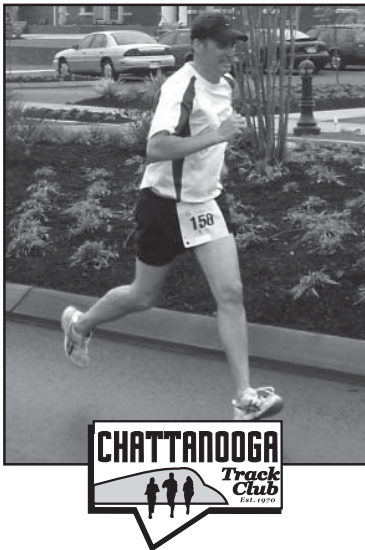
What prompts you to volunteer?

I have run for 25 years or more and have entered and enjoyed a lot of races during that time. Knowing that almost everyone involved are volunteers, it was really a sense of obligation that I started giving back. One of my first races in Chattanooga I told the race director (Rita and Leroy Fanning, I think) that I would be helping them out soon, and I bought a CTC mug. It took me a few years, but I finally got started.

Any story you'd like to elaborate on or fond memory?

I think my favorite races are trail runs and my favorite story is Tony Arnold's run in Korea. He will have to tell you about it.

New Member Profile



David Wilson

Occupation: Technical Sales, Freudenberg Nonwovens

Age: 42

Marital Status: Married

Children: Connor, 13; Brannon, 8

Hobbies: Spending time with the family, camping, golf and running

Hero: Lance Armstrong

Favorite Place to Run: Burlington, VT – I spend a lot of time in Burlington on business trips.

Favorite Race/Distance: 26.2

Why do you run?: Competition, health benefits and family time together

How long have you been running: 12 years

Who or what prompted you to join the CTC?: I've always ran a lot of races in Chattanooga and I'd like to see how I can do in the ROY series

How did you hear about the track club?: Just by running in the area

How long have you been in the Chattanooga area?: I've lived in Dalton all my life

Jogging Around Ad Rates

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

Inserts are \$60/issue

Jogging My Memory

By Pat Hagan

Memories, pressed between the pages of my mind. Memories, sweetened thru the ages just like wine. Elvis said that in a song, but is it not the truth? It seems that the older we get the more we like to remember, and like fine wine, the memories always get better as time goes by. My marathon memories certainly fit in that category.

When a boy wearing a multi-colored beanie with a propeller on top passes you in a marathon it might be time to stop! My first marathon was the Chickamauga Battlefield Marathon in 1982. Now, 155 marathons later, my body is telling me to quit. This year will be my 25th consecutive Chickamauga, so I feel like I MUST run it one more time. After that, I quit.

I have run marathons with so many nice people over the last 24 years. Debbie Gates, John Hunt, Ray McIntyre, Flash Cunningham, David Tolbert to name a few. Running with my wife, Lisa, in her first marathon in 1998 in Washington, D. C. ranks as one of my favorite marathon memories. Another was also with Lisa at the Big Sur Marathon in 1999. What a fantastic marathon that was! We ran every step together and it was just a wonderful day for both of us.

My last really fast marathon was on May 5, 1996 in Pittsburgh, Pa. Ray McIntyre and I made the long drive to Pittsburgh and arrived on Saturday morning, the day before the marathon. After picking up our race numbers we decided to check out one of the many neighborhood bars. Two or three hours later, we were wasted! The bartender dared us to try a shot of what tasted like gasoline, and being the idiots that we are, we said "why not"? We found our way back to the hotel and passed out.

John Hunt had decided to fly to Pittsburgh instead of riding with us in the car, but he expected Ray and I to pick him up at the airport that night. After several flight delays, John arrived in Pittsburgh at 1 am on Sunday morning, the morning of the marathon. At first I refused to leave the hotel and pick him up, but Ray said we had to. Of course, John was hungry, and wanted to stop and eat! Remember, it was after 1am. I told John he could eat our leftovers from dinner and we were not stopping.

We made it to the race start a few hours later, feeling pretty rough. Around the 4-5 mile mark some guy didn't like the way Ray was talking and told him to be quiet. Ray didn't really want to be quiet and they got into quite an argument while running. John also got into the argument, and it continued for another mile or two. I pulled back a little and tried to stay quiet!

After the excitement died down, we started feeling pretty good and our pace got better & better. Ray pulled away after 16-18 miles, but had to stop for a bathroom break around 19 miles. John backed off a little and I kept getting faster & faster. Ray pulled up close to me again after 20 miles and we raced all the way to the finish line. I

was able to hold him off to the finish line, but we were running 6:00-6:15 minute miles the last 6 miles. The absolute best I've ever run in the last 10K of a marathon. I finished in 3:10:05 and Ray was about 30-40 seconds behind me. Ray and I had to wait almost 10 minutes for John to finish in 3:19. Oh yeah, we all beat the jerk that started the fight back at mile 5.

It was a most memorable weekend, to say the least! John rode back to Chattanooga with us and we never gave him a break about how slow he was!

Aw, the memories. Of my 155 marathons, 15 were under 3:10, 57 under 3:20, and 92 under 3:30. I finished 149 marathons under 4 hours, with a 2:59 PR in 1987. I even won a marathon in 1991 at Lake Junaluska, North Carolina. Only 30 runners showed up and I ran 3:08 and won the race. I've run Huntsville 18 times, Atlanta 21 times, and Chickamauga 24 times.

But it's time for the younger crowd now. I hope you have as much fun running as I have these past 25 years. See you on the roads and at the half-marathons from now on.



WEDNESDAY NIGHT TRAIL RUN

For more information, e-mail
farmerjp@bellsouth.net

Jog/Walk Program Schedule:

Wednesdays 6:00pm Fast Break Athletics
Runners, Speedwalkers, Joggers, Slow
Runners and Walkers are all welcome!
If you are injured or starting your running
program all over again this would be a
great place to start. For more information
please send email to jumpytwo@hotmail.com
or call Melodie at 763-3529

For "Footnotes" from the RRCA
go to www.rrca.org - this newsletter
is no longer printed, but the same
great information can be found online.
Keep up to date on food, racing,
coaching and much more!

SPEEDWORK

Thursday Night at 6:30pm at
Fast Break Athletics - Joey Howe
leads this pack - All Speeds Welcome.

Volunteers Needed!

Can't run in a race, that's ok - volunteer instead. We're looking
for volunteers to help out with upcoming races.

Get ROY points - In order to qualify for an award, you must
volunteer for at least one event.

Group Run

Getting Ready for a Marathon?
New in town and need new long
distance running companions?
Go to www.grouprun.com for
the latest group run schedule,
track workouts and the yearlong
marathon schedule.

Check out the new CTC website at
chattanoogatrackclub.org

Speedwork - Yassos
Wednesday Mornings at
6:20am at GPS



Please send
your bulletins to
bbrock@tech-projects.com



BULLETIN BOARD

Race Calendar

Please see www.chattanoogatrackclub.org for a complete list of events past and present, further rules, changes and regulations. Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.


MAY

6 - Ed Gentry Strawberry Chase 10K/5K/
2 Mile Fun Run
Site: Dayton, TN
Info: www.chattanoogatrackclub.org

13 - King of the Mountain
Site: Lookout Mountain, TN
Info: www.chattanoogatrackclub.org


13 - Greenway Challenge
Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

13 - Annual Waverly Lions Run
5K Run & 5K/25K Biathlon
Site: Waverly High School
Waverly, TN
Info: Dan Artis @docdanartis@aol.com

20 - Wild Race
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

29 - Chattanooga Chase 5K & 8K
Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

JUNE

17 - BlueCross Riverbend Run 5K
 Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

JULY




16 - Chattanooga Waterfront Triathlon
Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

AUGUST

5 - Missionary Ridge 4.7 Mile
Site: Chattanooga, TN
Info: www.chattanoogatrackclub.org

Send race information to:
Jerry McClanahan
831 Creek Drive
Chattanooga, TN 37415
or jkmccclanahan@comcast.net

Legend

-  CTC Event
-  Joe McGinness Runner of the Year (JMROY)
-  JMROY Volunteers Points Only

MAUI MARATHON

The Maui Marathon is run on Sept. 17, 2006. A large group from the CTC is planning to leave Chattanooga on Sept. 15, 2006 and return on Sept. 24, 2006.

We are planning to spend 5 nights on Maui and 3 nights on Oahu near Waikiki Beach.

An e-mail will be sent in January with package details, but if anyone wishes to register for the marathon (at a discount) in the meantime and sign up for the group trip later, that would be great. Many have already done so.

We will be providing more details about the trip and informational meetings in the very near future. Please e-mail Betty at 2betty@mindspring.com to get on the e-mail list for the trip, even if you are not running, but would like to be a spectator.

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

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