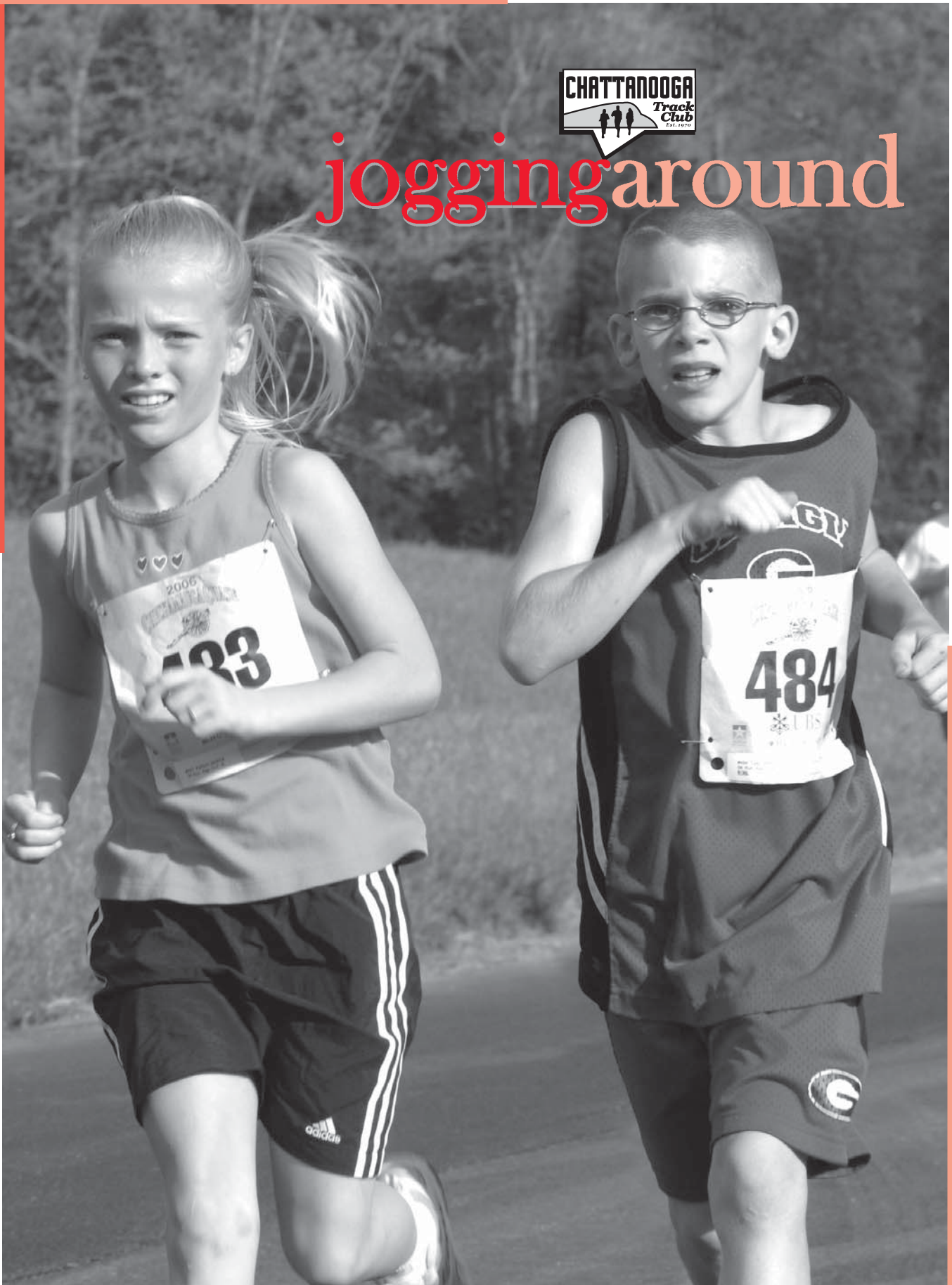




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Chattanooga Track Club

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Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal. No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to 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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Words from the Prez's Perch

This is a very exciting time in our track club. It is somewhat overwhelming the responsibility that goes along with taking care of our club and knowing what we do now has to help us grow and thrive as a running organization. It is with great humbleness I wish to serve our group and hope to continue to grow it with new



blood to take over our charge when we are gone. We have our new Executive Director, Sean Pfister, who brings a lot of great skill and enthusiasm to our group starting February 19th. We are donating \$2,500 to the University of Tennessee Track Team on the 19th. We are garnering new support for our club through our youth programs and our upcoming Jr. Marathon this year. There are so many things to be thankful for and things we have accomplished and we have just begun to make progress.

To support our club we have a great team of people this year. Robert Gustafson is returning to be VP of Races and Equipment, Charlene Simmons is the VP of Communications, Donna Dravland is our Past-President, James Williams is our President-Elect, Dan Bailey is our Treasurer, and John Hunt is our Secretary. The following people are serving on our Board of Directors: Dr. Chris Segler, Flash Cunningham, Walt Sinor, Amy Mullens, John Harrison, Lynda Webber, Jimmy McGinness, Tara Murdock, James Dravland, Phil Stewart, and Sherilyn

Johnson. Also, Bill & Laura Brock and Sherilyn Johnson will be directing the Waterfront Triathlon this year. Doug Roselle is working with his committee to make some breakthrough changes in the Chickamauga Battlefield Marathon and help us to grow our race. It does not hurt that the Chickamauga Battlefield Marathon was featured as one of the top marathons to run in the January edition of "Runner's World".

We also have the continued support of BlueCross BlueShield of Tennessee and we are looking to increase walking events with our races to keep the whole family fit and involved in fitness. The BlueCross BlueShield Market Street Mile is shaping up for April and we are looking for even more participation this year, especially with our youth program.

Run Forest Run will be back this year, coinciding with the opening of the Market Street Bridge, which as a runner I am very excited about happening. Joey Howe is the Race Director.

If you ever want to discuss any concerns you have about our club, please email me at jumpytwo@hotmail.com or call me at (423) 870-1608 (before 8:30 PM, please). I will always listen and take your thoughts and ideas into consideration; after all, this is your Chattanooga Track Club!

Happy Running!
Melodie Thompson

The Long Run

The Long Run is the endowment fund of The Chattanooga Track Club. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of these funds, and is appreciative of your generosity to help build this legacy for our community.

Donations to Long Run Endowment:

Kevin Boucher
Flash Cunningham
Dr. Timothy Davis
Donna Dowlen
Robert Gift
Diane Halstead
John & Susan Harrison
Blaine Reese
Steve Rogers
Walt Sinor
Joan Vos
Teresa Wade

Pfister Hired as CTC Executive Director

By John Hunt



As many of you already know, Sean Pfister has been hired as the Executive Director of the Chattanooga Track Club and his first day on the job was February 19.

This personable young man attended the CTC Board meeting in February and was introduced to the attending members at that time. CTC President Melodie Thompson had suggested that Sean write a story about himself for the next Jogging Around, but I seized the opportunity as a former sports writer and volunteered to write the story myself.

At the time, Sean was still living in Atlanta and trying to wrap up his duties as the Community Marketing Manager for the upcoming ING Georgia Marathon, which will be contested for the first time on March 25. With time being a factor and Sean's limited amount of it, I decided I'd formulate a list of questions for him to answer via e-mail.

That's what I did and the following information was taken from that correspondence. No doubt, more will be revealed later.

1. What attracted you to apply for this job with the Chattanooga Track Club and what qualities do you bring to the table that make you our best choice for that position?

I wanted to combine my professional experience with my personal passion of running. I come from a sales and marketing background and love running, adventure racing and triathlons. To be able to have a job that allows me to work with local businesses for partnership, market the CTC and all that it has to offer to potential members and get to run races throughout the year is my dream. I don't think I've had a friend yet who hasn't said that this is the perfect job for me.

2. What is your running background? PRs? Goals? Current training habits and short-term running plans?

I've always been involved in athletics but didn't start running until high school at Naperville Central near Chicago (Vol fans might know it as where Candace Parker attended also). My marathon PR is 3:01, which keeps me motivated to break into a 2 hour something. Right now I'm training for a spring 10k and hopefully get super seeded for the Peachtree Road Race. I'll need to do a 36:30, which would be a PR by over a minute.

3. How can you help the CTC reach its next level and what is your plan to help us become the best running club we can be?

The CTC has a clearly defined vision and my goal is to get us there. Fortunately I won't have to do it alone. What impresses me the most about the CTC is that there are so many dedicated people already involved that want to help the CTC. My job is just to focus their efforts and be creative and diligent in my own right to get us to the "next level".

4. What's your favorite distance and why? Your favorite race and why?

The 660 yards at an indoor track meet. It's the race I had the most success in. Not a sprint and not a distance race.

Unfortunately I can not get 1 million people to watch me run 660 yards up 1st Ave in New York City so I have to settle for their marathon, which has been my favorite race and most humbling so far.

5. What's been your most interesting and rewarding running experience?

Working with the inaugural ING Georgia Marathon this past year has been extremely interesting. To see it grow and knowing a lot of the behind the scenes things that happened to get it to where it's already being judged a success and it's not happening until March 25th. The most rewarding part of running for me is meeting and helping new or novice runners and seeing them progress in their goals and getting as much satisfaction from watching them do well as I do for myself.

6. What's your favorite TV show and why?

I'm not a TV watcher. I like The Office but mostly because it was created by Ricky Gervais and I enjoy his newer show Extra's. I love movies. If you were on my friends list on Netflix you would see I like independent, foreign and classic movies. I'm also a big reader of just about anything.

7. Who is the most important person in your life and why?

The important people in my life know who they are and how much I appreciate them.

8. Who is the most famous person you ever met? If you could meet anyone for a lunch date, who would it be and why?

My favorite meeting happened last year after a show at the Ryman in Nashville. Not only did I meet the lead singer, Stuart Murdoch from Belle and Sebastian (a Scottish band) but I got to sing one of my favorite songs from Andrew Lloyd Weber's JC Super Star with him. I'd love to have lunch with Al Gore and ask him why he didn't bring up the

environmental issues in 2000. Not that I think he'd be a better president but to understand why if he's so passionate about the environment like I am why didn't he at least make sure some campaign promises would've been made regardless of who won.

9. What has been the happiest day of your life and why?

Any day that I can reflect on my life and see all that I have is the happiest. A great meal after a long day of hiking with good company will always be remembered.

10. What do you like best about Chattanooga? How about the least?

The size, the scenery, the active community, the riverfront and the radio stations (Atlanta radio is the worst!). Hopefully I won't find out what I like least.

11. What do you feel is the most important part of your job as our executive director? What can we as board members do to make that job easier?

The most important part will be to put together a plan that will get us to where we need to go to be considered a great track club and fulfill our vision. What I need from the board members is their experience that has gotten us to where we

are today and their willingness to try new approaches to get us to where we want to go tomorrow.

12. What is your favorite sport and who is your favorite team?

Baseball. The Cincinnati Reds. We need Homer Bailey now! Oh and I like college football too (that's what you really wanted to know, Go Buckeyes!)

13. What are your short-term goals for our club? How about long-term?

Short term is to observe and learn. Long term is to plan and lead.

14. Name at least one unique thing about you that nobody knows.

I love to sing After the Gold Rush by Neil Young in the shower.

15. Who is the most famous athlete you ever met?

Johnny Bench, at a pro-am golf tournament with my brother. He signed our hats and we followed him on his round and got to ask him all sorts of questions about his career. We grew up during the Big Red Machine era of the '70's.



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BlueCross Market Street Mile & Mystery History Quest

By Rita Fanning

The second ever BlueCross Market Street Mile & Mystery History Quest will be on Saturday, April 21st this year. For those of you who missed the event last year, you need to bring the family and come downtown for a fun time. For one low early entry fee (\$6 for ages 18 & under, \$8 for over 18) you can run/walk the certified Market Street Mile and/ or follow clues along the Mystery History Quest.

The Mile is flat, fast and chip-timed. It starts on Market Street between Second and Third Streets, goes south to Eighth Street. Right on Eighth over to Broad. Another right turn on Broad, then north to the Big River Grille. There are 14 different mile races so the girls run with the girls, the guys with the guys and you run with others close to your age. There will also be a Kiddie-K for the little kids. Awards are given in 13 age categories both male & female.

The Quest sponsored by the Chattanooga Times Free Press is a historical “scavenger hunt” around the downtown area. It is a “go at your own pace” event so families can do this one together. You will be given your first clue at registration. Start when you are ready. Follow the directions to the first historical location, someone will be there to tell you about that particular area in the “olden” days. They will give you your next clue and you will proceed to the next stop and so on. The 2007 Quest course will be completely different from last year’s course, new route – new stops. Everyone who finishes the Quest will receive a prize. Special thanks to the Chattanooga Regional History Museum for their help with this event.

Robert Berman will be on the Aquarium Plaza, gathering location for the event, brewing his great Southern Coffee. Big River Grille will be furnishing the refreshments along with Cold Stone Creamery ice cream. There will be plenty of Powerade and Dasani water.

We have a School Challenge with this event. The school that has the most teachers, students, families and friends registered for either event wins an award and an ice cream party provided by Cold Stone Creamery.

This BlueCross Market Street Mile will be the kickoff for the Chickamauga Battlefield Junior Marathon. Applications and log forms will be available and Junior Marathoners will be able to run their first mile if they want to.

Other sponsors I would like to mention are: BlueCross BlueShield of Tennessee, the best people I’ve ever worked with; Fire Eye Productions, who are making our promo for us; Republic Parking, our race number sponsor; First Tennessee Bank, they are furnishing the awards; Comcast, for promoting the event; and general sponsors Technology Products, Ankle and Foot Center of Chattanooga, Thai Smile 3 and McCarthy and Murphy, PLLC.

Register online at Active.com. This is a Chattanooga Track Club event

65 Roses 5K

By Bill Estes

March 31, 2007 will be the 5th annual 65 Roses 5K. This year's race like previous years will start and finish at Lee University while meandering through Cleveland's downtown and historic district. The course this year has been altered to begin with a long straightaway and three turns have been removed. Thanks to David Presley the 5K course is now certified (TN 06041 DJR) and looking to become one of the fastest courses in the area. Complete information including on-line registration can be found at the CTC website or www.leeuniversity.edu/cf. And back by popular demand will be the Ridoto dri-wicking tee for the first 320 registrants.

The 65 Roses 5K is just one event within an entire morning's activities. The 1K fun run and 5K walk also take place after the road race. In front of the Paul Conn Student Union there will be numerous activities for kids including blow-up slides and trampolines, snow cones, cotton candy and games. For the adults there will be bagels, gourmet coffee, and fruit. The entire day's events are intended to raise money and awareness for the Cystic Fibrosis Foundation. This event has risen over \$200,000 in the past 6 years for the CFF and the support of the CTC and the local running community has been superb.



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The Chattanooga Track Club Banquet

By Melodie Thompson

This year we had our banquet at The Chattanooga on Sunday, January 21st. We had a great turn out and Tim Ensign & Chad Varga entertained everyone with the show they had this year. I need to learn how they enlarged the chest of Chad...very interesting things.

BlueCross BlueShield of Tennessee, Southern Coffee, The Chattanooga Times Free Press, and Coca-Cola were all represented at our banquet.

We had the installation of our new officers for 2007 and Abner Oldham presented awards for the Joe McGinness Runner of the Year Awards.

In case you missed it Hugh Enicks was the Overall Male Runner of the Year and Jan Gautier was the Overall Female Runner of the Year. The other winners were as follows:

Adult Men: Zach Cowart

Masters Men: Gregg Hansen

Adult Women: Belinda Young

Masters Women: Lynda Webber

Senior Men: Sergio Bianchini

Grand Masters Men: John Harrison

Senior Women: Bonnie Wassin

Grand Masters Women: Melodie Thompson

Junior Men: Andrew Gennett

Junior Women: Ashley Riner

Our Member of the Year was Bill Brock! He was voted on by the whole club and there were several other honorable mentions, such as Calder & Betsy Willingham, Dan Bailey, Doug Roselle. Thank all of you for doing such a great job for us and representing us so well.

This was a competitive field this year and we wish we could have let everyone be a winner! All guests were given a complimentary Chattanooga Track Club coffee mug.



Truman Smith sprints toward the biggest race of all

BY KATY MENA
COMMUNITY NEWS WRITER

Truman Smith did not start running to chase dreams of Olympic gold. He was only looking for a way to stay healthy. Addiction wasn't part of his jogging equation until he ran that first fateful 5K run, a run that would prove to change his life forever as it threw him into the addiction of so many before him, turning a regular guy into a marathon junkie who would qualify for the race to end all races — the Boston Marathon.

"I started trying to experiment and push my limits a little bit," Mr. Smith said of his mentality after the initial 5K. "I wanted to push it out." Push it out he did as he signed up for his first 10K, the Great Locomotive Chase in Ringgold, Ga. The Collegedale Happy Valley Half Marathon would follow soon after, but still Mr. Smith saw the big "M" nowhere in his future.

"I remember telling everybody I'd never run a marathon," he said.

Elite area runner Barbara Price would change the course of Mr. Smith's running future

as she slipped on a patch of ice. Mr. Smith's eyes still smile with laughter as he remembers the day he received the phone call from Ms. Price who was looking for "someone slow to run with." "I was uncertain what this was all about," he said, still skeptical in retrospect. Nonetheless, Mr. Smith took up Ms. Price's offer and began to run, finally completing his first marathon at Chickamauga Battlefield in 1987.

The next five years would prove to be filled with 26.2-mile runs, until life, with all of the raising children and working it requires, would put his marathon habit on hold. "There was just too much going on," said Mr. Smith of his hiatus. His time away from his running shoes would end in 2003, however, as Mr. Smith got connected with a group of local runners, specifically a couple that would coax him to run the Tupelo Marathon in August of that year, the most unthinkable month imaginable for marathon runners because of the heat. "That started the craziness I've gone through for the last three years," said Mr. Smith, who spent those three years running toward the Boston Marathon.

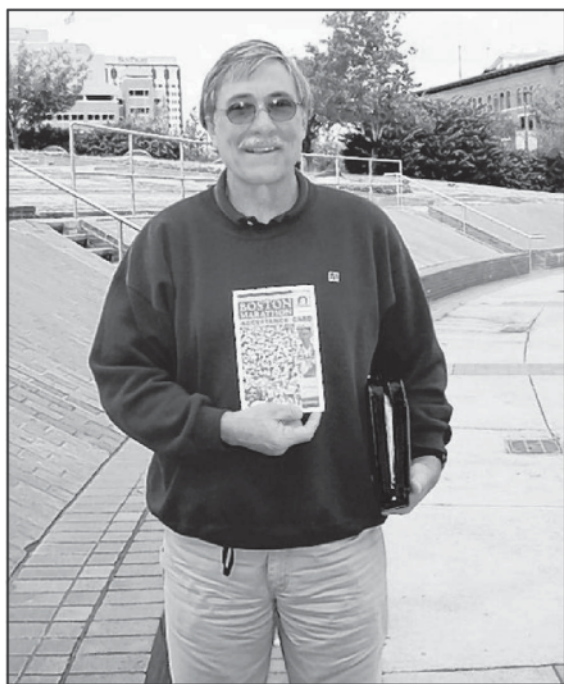
"To get into Boston, that tells the world you are a real runner," he said of his motivation to qualify. "It gives me an invitation to the big dance, so to speak."

That invitation would prove elusive for a couple of years as Mr. Smith suffered the pain of a few near misses in terms of qualifying times, specifically falling short by 31 seconds in January of 2005. "That broke my heart," he said, but he kept running anyway. On a quest to run a marathon in every state, Mr. Smith has finished 14 of them in the last 14 months, and somewhere along the way, he managed to do something of which he would never have dreamed 20 years ago and qualified for the 2007 Boston Marathon.

"That's like going to the National Championship for football," said Mr. Smith, who is somewhat apprehensive about the athletes with whom he will be running. "This will be all good runners," he said, predicting that he will finish in the bottom of the top third.

Coming from a guy who has proven himself wrong many times before, it will be no big surprise if Mr. Smith comes out on top.

E-mail Katy Mena at kmena@tjpccommunitynews.com



Runner Truman Smith enjoys a rare moment standing still before he runs off to the Boston Marathon on April 16, 2007.

PHOTO BY KATY MENA

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Chattanooga Climbs a Misty Mountain

By Charlene Simmons

Pants or shorts?

That was the question debated by many a runner before the start of this year's Mountain Mist 50K. With wake-up temperatures in the 30s but an afternoon forecast predicting a high in the 50s, each runner had to weigh the pros and cons of being cold at the start or hot later in the day. In the end, the day turned out to be nearly perfect for a long romp in the woods of Alabama's Monte Sano Park.

Mountain Mist's 31 mile course offers runners a variety of challenges from rocky trails to a steep climb up the side of a water fall. But the trail also offered some truly remarkable moments, including a mini Rock City complete with a fat-man's squeeze and an aid station where volunteers cheered with such passion that runners could hear them from miles away.

Chattanooga fielded a group of over twenty runners that included a few fasties hoping to fight it out at the front, a bunch of mid-packers looking for personal bests, and a couple of slow pokes just hoping to stay ahead of the time cut offs. Included in our midst were several Mountain Mist virgins who, following the warnings given out at the pre-race pasta dinner, began to question why they had signed up for such an event.

While runners were spread out over the entire course, events at the front of the pack proved to be quite exciting. Dave Mackey of Boulder, Colorado tore up the course, winning in a record breaking 3 hours 46 minutes. The women's race was dominated by Chattanooga's Kristine Whorton. Taking the lead before the first aid station, Whorton finished in 4 hours 53 minutes, nearly ten minutes ahead of her closest rival.

Over the next 4 hours runners of all abilities trickled into the finish. Most were simply happy to have completed the sometimes treacherous race. In the end, all Chattanoogaans successfully made it to the finish line where they were left to ponder a new question:

Which is harder, Mountain Mist or Stump Jump?

If you'd like to find out for yourself consider running Chattanooga's Stump Jump 50k this October and Huntsville's Mountain Mist 50K next January.

LOCAL RESULTS

<u>Place</u>	<u>Runner</u>	<u>Time</u>
6	Jamie Dial	4:22:15
9	Kevin Boucher	4:26:33
20	Michael Green	4:49:52
23	Kristine Whorton	4:53:35
24	Randy Whorton	4:53:35
28	Wendi Parker-Dial	5:02:25
31	Jon Risley	5:08:27
33	Matt Davies	5:12:56
42	Sal Coll	5:26:17
43	Tracy Gartman	5:26:36
60	Scott Gorrill	5:45:42
68	David Meek	5:51:17
69	Chad Wamack	5:52:47
88	Doug Dooley	5:59:34
97	Bill Gross	6:05:08
117	Billy Hudson	6:16:18
122	Joey Howe	6:18:08
124	Trey Campbell	6:20:39
126	Aaron Mercer (Dupor)	6:21:06
127	Dreama Campell	6:21:10
146	Sergio Bianchini	6:32:09
155	Cathi Cannon	6:36:39
169	Don Gregg	6:43:54
170	Terry Bailey	6:44:08
218	Brian Crooks (Dupor)	7:21:35
219	JoAnna Crooks (Dupee)	7:21:36
227	Charlene Simmons	7:25:26
249	Nik Meeks	7:41:56

RUNNER'S COMMENTARY

"It's much easier if you walk."

– JoAnna Crooks

"I can't believe I was stupid enough to do that"

– Nik Meeks

"The Mist - a rare experience, but not rare enough."

– Joey Howe

"It's a very rewarding experience."

– Dreama Campbell

"Bring your trail shoes."

– Trey Campbell

"I didn't realize I had asthma until we hit the water line."

– Sal Coll

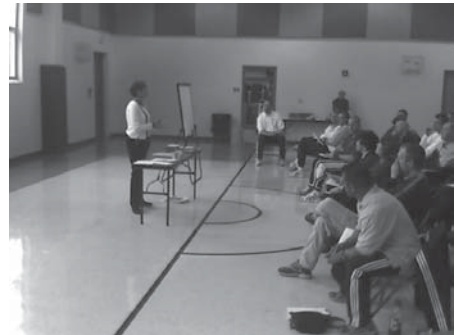
"They had some of the best aid stations I've seen at a race."

– Charlene Simmons

Youth Program In-service January 4

By Robert Gustafson

The Chattanooga Track Club was recently invited to participate in an in-service program at Battle Academy, where there were nearly 50 local schools represented. This gave us (the CTC) the opportunity to share our vision, specifically our youth program, with many teachers, coaches, and other school officials. Among the items discussed were the BlueCross Market Street Mile, the cross country events in the fall, and our inaugural youth marathon at Chickamauga. Door prizes (from one of our wonderful sponsors - Coldstone Creamery) were given out to a few lucky teachers. Thanks, specifically to Kristy Stephenson for setting this in-service up for the CTC, and thanks to all of those that came out. The Chattanooga Track Club is very much looking forward to working with you in the future. If you would like to help out in any way with getting this exciting new youth movement off the ground, feel free to contact me at robtgus@yahoo.com.



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Calhoun's 10 Miler

By Robert Gustafson

Bone chilling temperatures didn't stop about 350 people from participating in the Calhoun 10 miler race on January 27th. 14 of those runners were from our neck of the woods. Race temperature at the start was a "balmy" 22 degrees; but with shorts on, I think it felt more like -10. I suppose my thinking behind this was; the colder you are, the faster you'll run. It didn't quite turn out that way for me, but it apparently was the case for a few elite runners. Alan Horton of Maryville set a new course and state record, blistering the course in 52:11, and our very own Sue Ann Brown set a record for her age group coming in at 1:33:19! Congratulations Alan and Sue Ann!

The course features a scenic out and back in a rural setting with plenty of hills...Did I mention cemetery hill? This keeps folks honest early in the race, but felt even tougher going up at around mile 9. Post race festivities were top notch! Kudos to Calhouns for providing us with a very nice breakfast and a nice warm facility.

Once again, the fine, friendly people of the Knoxville Track Club did an outstanding job organizing the event. My hats off to them and all of their volunteers!

Here's a run down of how the local's fared:

Stephen Smith - 1:06:09
 Robert Gustafson - 1:10:39
 Dee Goodwin - 1:11:52
 Michelle Meek - 1:13:24 (*new PR, I think)
 Belinda Young - 1:14:19
 Nancy Divasto - 1:16:12
 Flash Cunningham - 1:19:42 (#130 on the board, but #1 in everybody's heart!)
 John Wikle - 1:20:17
 Richard Meek - 1:29:55 (*clydesdale extraordinaire)
 Sue Ann Brown - 1:33:19 (*new age group record)
 Walt Sinor - 1:36
 Bernice Delaney - 1:36:25
 Michael Owens - 1:37:08

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Less is Often Better

By Kirt West

In the Winter issue of FootNotes, I laid out the case for why most runners will benefit from doing most of their runs at an easy pace in the range of 60-75% of maximum heart rate (MHR). This time, I want to pass on my thoughts regarding other benefits of a moderate training approach. Many runners are frustrated at their inability to meet what seem to be reasonable goals, such as qualifying for the Boston Marathon, breaking 4 hours in the marathon, or running an 8:00/mi 10K race. They find they cannot match their training pace at race time. I got into coaching because for years I could never figure out why my race times were so slow in comparison to my training times. After I ran into Coach Roy Benson at an RRCA Convention and learned about his principles of effort-based training (easier is often better), I began to train smart, with the result that I then, in my late 40s, achieved all my personal race record times. The runners who come to me for coaching assistance are often committing at least one of the following three training errors: 1) failure to take enough time off; 2) working out too hard and too fast; and 3) participating in too many marathons. I know these mistakes all too well because I once made them myself.

Fear of Taking Time Off

Many runners operate under the assumption that the harder they work, the faster they will get. This is true up to a point. As I pointed out in my last column, running all your workouts above 75% of MHR actually has diminishing returns and may lead to your getting slower, not faster. Many runners don't want to back off or even miss a day, fearing they will lose their fitness level. This mindset even leads some to try to train through injuries, often resulting in an aggravation of the injury and, in the end, a much longer layoff.

Two suggestions may improve your overall training. First, take at least 1 day off a week from running and all forms of cross training. As I get older (50+), I find that I need to take a couple of days off each week. Those days off will give your body a chance to recover from training and will reduce the likelihood of injury.

Second, at least once a year, cut back on your training for a couple of weeks or even take the entire 2 weeks off. With only minimal loss in conditioning, this layoff will not only aid in physical recovery, but perhaps more importantly, it will provide a mental break from rigorous training. You can do this even during marathon training. A couple of years ago, a longtime client ran a marathon in which he achieved a 10-minute PR in his middle fifties, and qualified for Boston for the first time. After suffering a minor foot injury in the summer, he had taken 2 weeks off only 2 ½ months before the marathon. In all previous marathon training, he had trained religiously for months with no time off. We both

believe that this forced break in the middle of training was the major reason for his PR.

Run Your Hard Workouts with Moderation

A common misconception is that interval workouts should be really stressful. In the same way that many run too hard on their easy days, many runners also make their speed-work sessions too hard and too long. Many runners believe that a speed session is not successful unless you are literally ready to throw up on the track. The truth is, a more moderate approach lessens a runner's likelihood of injury.

A typical speed session consists of 3x1 mile at 80-85% effort (slightly faster than 10-mile race pace) with a 400-meter recovery. This means a 40-minute 10K runner (6:26/mi) would be running a 6:40 mile while a 50-minute 10K runner (8:00) would be running an 8:25 mile. The 20-minute anaerobic threshold run is also undertaken at 80-85% effort. I limit speed work to approximately 15% of weekly mileage. This relatively conservative approach means that the runner is likely to come to the starting line of a race refreshed and recovered.

The Pitfalls of Too Many Marathons

To my fellow marathoners who run many marathons and want to get faster: I observe a recurring pattern among folks running two or three marathons a year combined with many 15- to 20-mile runs between marathons. Their marathon times do not get faster; on the contrary they often are slower because they never give their bodies a chance to recover from one marathon before running the next one. Moreover, they don't set aside speed-training time because their legs are too weary from running so many marathons and long runs. All they accomplish is to teach their bodies to run long and slow.

Experience shows that marathoners actually benefit from taking one or two seasons off from running marathons in order to concentrate on anaerobic threshold training and 10K racing to improve their speed. There is a direct correlation between bringing down your 10K time and improving your marathon time. I also recommend limiting the long weekly run to 12-13 miles to avoid the risk of injury from being leg-weary. Running a 10K requires developing a completely different mindset from running a marathon. This new mindset helps marathoners to run their next marathon at a higher level.

Kirt West began as a club coach for the Montgomery County Road Runners Club (MCRRC) in Maryland, where he served as Vice President, and is now a private coach for motivated adult runners. Questions for him can be sent to kirtwest@erols.com.





39th Chickamauga Chase set for Saturday, April 14

By John Hunt

The days are starting to get longer and you can feel that warmth in the air. Spring is only a few weeks off, which means it's time for the 39th Annual Chickamauga Chase to be run in the friendly confines of Chickamauga National Military Park.

If you haven't participated in this race in recent years, you owe it to yourself to experience some tremendous improvements as most of the roads have been regarded and repaved. What used to be huge potholes and washed out roadbeds have been replaced by state-of-the-art asphalt that's smooth as silk and not nearly as difficult to manage as it was for so many years.

The race is the cornerstone of the Chattanooga Track Club. As a matter of fact, the CTC was founded back in the early 70s as a direct result of this event and competition that was begun between runners from Chattanooga and Atlanta.

Chickamauga Park is a wonderful place to run, bike, walk or just spend a leisurely afternoon. The scene of some of the most fierce and bloody confrontations in the Civil War, thousands of soldiers lost their lives there.

Fast-forward the calendar about 140 years and it's a perfect setting to one of the grandest 15K races in the Southeast.

It's the time of year when blooming Dogwoods highlight a picturesque backdrop that feature other flowering trees in addition to a variety of wild flowers. It's the time of year when the birds are singing at the tops of their lungs and when deer often stand motionless by the roadside as runners pass.

The course is challenging, yet includes a variety of terrain. There are several flat sections, but there are also some hills that keep the most humble runner honest. After enduring the most severe hills between miles 6-8, the final mile-plus is flat and ideal for a fast finish in the shadow of Wilder Tower.

Race-day registration begins at 7 a.m. with both the 15K and 5K events starting at 8:30. Entry forms will be located at the YMCAs, Sports Barns and other athletic clubs around town.

Tim Ensign and Kathleen Turchin are the defending champs for the 9.3-mile main event. Ensign was victorious in 2005 as well and it's ironic that his winning time of 53:51 last year is the slowest winning time in race history. It's also worth noting that at the age of 43, he was also the oldest overall winner ever.

Turchin's time of 56:35 was the fourth fastest in the event's storied history.

The course records for the 15K have been standing for some time and probably won't be challenged in 2007.

Randy Stroud, one of Atlanta's best middle-distance runners, set the standard for men when he posted a time of 46:50 in 1980. Jan Gautier, the only four-time winner of the Chase, recorded a blistering time of 54:59 in 1992. She also has the second-fastest time of 55:54, which was set in 1993.

While Gautier has four victories in this race, Mary Preisel, Debbie Gates and Jamie Kreider all prevailed three times. Dee Goodwin, John Young and Ensign are all double winners.

The Chase started out as a 10-miler and wasn't changed to its current 15K format until 1979. The 5K was added to the menu in 1984.

Proceeds from this event benefit Friends of Chickamauga and Chattanooga National Military Park, which is a private, non-profit charitable organization that supports programs and activities of the Park.

For additional information about the race, check out the website at www.chickchase.org.

2007 Joe McGinness Runner of the Year

By John Hunt

You might want to know who Joe McGinness was and why his name is associated with this esteemed award. Joe McGinness was one of the founders of the Chattanooga Track Club in 1970 and he was one of the reasons this club has withstood the test of time. He always supported running in the Chattanooga area and his legacy still lives on today in our rich club traditions and history.

The designation of Runner of the Year (ROY) was started to encourage running, fitness, and volunteer support for the running community. We added Joe McGinness to the name of the award to honor his memory and his commitment to us from the beginning of our history.

All winners are posted on plaques located at the Sports Barn Downtown and are awarded at our annual banquet in January. This is also when the new board members start their tour of service to the running community and new rules may be established by the races committee each year. Due to our strong need to get our runners involved with our races, we have changed the rules for 2007.

All runners must volunteer for **two** Chattanooga Track Club races for at least 3 hour or however long the race director needs you. The race director for the race must submit you as a volunteer to the Keeper of the Points (aka John Wikle @ jwwikle@comcast.net) or 593-7861). One new caveat, you will be awarded 30 points for each event you volunteer (i.e. if you volunteer for 3 races, you will receive 90 points), but you can **not** run in an event you volunteer in, you must be at the race directors disposal as long as he needs you! Also, you must be a paid member **before** the first points race occurs (this year this is the 65 Roses on March 31st) at the full year membership payment. There is not a retro start to the Runner of the Year system!

Awards will be given to the first 5 in each of the following categories:

- Junior Men (15 and younger)
- Junior Women (15 and younger)
- Adult Men (16 - 39)
- Adult Women (16 -39)
- Masters Men (40 - 49)
- Masters Women (40 - 49)
- Grand Masters Men (50-59)
- Grand Masters Women (50 - 59)
- Senior Men (60 and over)
- Senior Women (60 and over)

Runners will compete in the division corresponding to the runner's age on December 31 (i.e. the age used to determine the ROY division for the whole year will be the age on your birthday in 2007). Note: this is for the ROY competition only. Your actual age will be used for race age group divisions.

Points will go to the first 10 finishers in each category to complete each race. Non-CTC finishers will not be calculated into the finishing points, (i.e. 1st place=100 points, 2nd place=90 points, 3rd place=80 points, 4th place=60, and so on). People who finish before you that are not CTC members or who were not members before March 31st will not count.

The races below are 2007 ROY point races. The Junior Division races are listed separately. In some cases, the points race for the Junior Division is a shorter race and is noted below with a "*". Juniors may run the other races, but will not receive ROY points.

Date	Race	Adult Division and older	Junior Division
March 31	65 Roses	5K	5K
April 14	Chickamauga Chase	15K	5K*
April 21	BlueCross BlueShield Market Street Mile	1M	1M
April 21	Gateway Bank	5K	5K
May 28	Chattanooga Chase	8K	8K
June 16	BlueCross BlueShield Riverbend Run	10K	5K*
July 15	Waterfront Triathlon	(volunteer points only)	(volunteer points only)
August 4	Missionary Ridge Road Race	4.7M	4.7M
August 25	Raccoon Mountain	10K	5K
September 3	FCA 5K	5K	5K
September 7	UTC Cross Country	5K	5K
September 15	Symphony Classic	5K	5K
TBA	Joe Johnson	10K	10K
September 30	Susan Komen Race for the Cure 5K	5K	5K
October 20	Signal Mountain Pie Run	10K	10K
November 10	Chickamauga Battlefield Marathon	Marathon Only	10M*
December 15	Wauhatchie Trail Run	6.7M	6.7M

2007 Chattanooga Waterfront Triathlon Update

By Bill Brock

There's a lot to share about this year's Waterfront Triathlon. This is the third year of our new 'model' where Calder and Betsy Willingham helped us start and develop our partnership with Faye Yates and Therese Bynum of Team Magic and our re-branding and re-building of the original Dam Triathlon into what is now known regionally and nationally as The Chattanooga Waterfront Triathlon. This year is going to continue to build on our past two successful years with some very specific highlights.

We have added to our CTC leadership team by bringing in Laura Brock and Sherilyn Johnson and me in assuming Calder and Betsy's roles as directors of the event. Calder and Betsy are still heavily involved, and are making sure we get transitioned in smoothly.

We now also have a much deeper working partnership with Outdoor Chattanooga and with OC's executive director, Philip Grymes, also coming on to our leadership team and assisting with several aspects of pulling the event together in a successful way.

One significant contribution of Philip's was to also involve two members of the biking community, John Karr and Dean Poi, who have terrific event promotions background, as well as a great understanding of the biking community and their needs. John and Dean will be taking complete responsibility for handling the bike course during the event and they are solicitation. (John, Dean and Philip all have had significant involvement in developing and promoting Three States, Three Mountains as well as in bringing the Tour De Georgia time trials to Chattanooga and insuring that event was promoted and managed effectively.)

Other significant new members of our leadership team this year include Robert Gustafson (our VP of Races), Zach Winchester (now teaching swim courses in the mornings at the downtown Y), and Chris Segler, DPM (newly returned to Chattanooga, podiatrist and ironman in training). Virtually every one of our new team members has contributed significantly, already, to the further enhancement of our event for 2007.

Two key items to report on especially are significant route modifications to both the bike and run courses.

Calder and Betsy set up a meeting with Ray Rucker of TDOT to discuss options for our bike route that could lead to a safer, higher quality and easier to manage route for this year. The result (see map) is a route where the majority of the course uses Corridor J (U.S. Hwy 27) for the out and back. There are some hills on this route, of course, but the road is excellent and it's also a scenic route.



Traffic routing is the backbone of this route and Ray Rucker deserves full credit for that magic (with Calder and Betsy's assistance).

From the transition area to Riverfront Parkway to MLK to 27, Ray figured out how we could pull traffic off of 27 before the bikers get on and transition to the left-hand lane (restricted for bike use during the event) and put it back on after the bikers are in their lane and headed out. The return is handled the same way, with traffic routed off 27 before the bikers will need to get off at MLK. Traffic will be kept off Riverfront on the route section entirely and restricted to one lane on MLK where the bikers are on that section. In all, it promises to be a much safer, easier to manage and quality route (road and scenery) than we've ever had before.

Our next modification is thanks to Zach Winchester, who reminded us of the issues many runners have had with the steps and the glass bridge heading through the Bluff View Art District. Zach suggested we modify the run route (see map) to head up 4th street and turn left on High Street to go through the Art District and get onto the Riverwalk. This also promises to be a significant improvement for the run quality and also for spectators, while maintaining the unique scenic quality of our run.



We are in the process of getting final approval for these routes from the city and are very grateful for their support – especially Becky Roberts who issues our permits and Sgt. Clarke, with traffic control, who approves our routes.

There is much more and too much to report in one place (need to save some for next issue!). I am very excited about this year's event and especially about our entire team, which will now also include our new Executive Director, Sean Pfister – welcome Sean!

Chickamauga Battlefield Junior Marathon

By Rita Fanning

The inaugural Chickamauga Battlefield Junior Marathon will be held Saturday, November 10, 2007 in conjunction with the Chickamauga Battlefield Marathon. The Junior Marathon will only be for children in grades K-5, school year 2006-2007.

You may be thinking about now that the officers of the track club have lost their minds. Little kids can't run 26.2 miles. You may be right about the officers losing their minds, but the kids CAN run 26.2 miles. They will run (jog or walk) their first mile at the BlueCross Market Street Mile on April 21 or at the BlueCross Riverbend Run & Walk on June 16 (or they can run their first mile at another time). They will run another 24.2 miles in 1-mile increments (or less) between then and November 9. Mileage will be supervised by an adult and kept on an official log.

The final mile of the Junior Marathon will be run at noon on part of the "marathon" course. When the children finish their mile, they will receive a miniature replica of the Chickamauga Battlefield Marathon finisher's medal as well as a special t-shirt and other goodies. There is no charge to enter the Junior Marathon for CTC members and only a \$5 entry fee for non-members.

The event is open to the first 500 entries or to those received by August 30 (to give the children enough time to complete the mileage before the Junior Marathon). For more information go to www.ChattanoogaTrackClub.org or email race director, Mary Stoetzner at beajrmarathoner@yahoo.com

Chattanooga Waterfront Triathlon Volunteers – Sign Up Now!!

This event is one of our most demanding when it comes to volunteer support needed. There are tons of areas where you can help out, regardless of your past experience or skill sets. If you're not participating in the event, work it! We are working hard to insure that our volunteers will have a great time while supporting this great event.

To get your name on the volunteer list for this year's Chattanooga Waterfront Triathlon, e-mail Sherilyn Johnson at cwtVolunteer@chattanoogatrackclub.org. Volunteers for Waterfront DO get ROY point credits!

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Diane Halstead
Rocco Lepere
Chris Mawata
Nik Meeks
David Moghani
Richard Park, Jr.
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Phil Thomas
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Donor Family

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Club Operations Gift

Donna Dowlen
Leroy & Rita Fanning
Bob Seale
Joan Vos

New and Returning Members

New Members

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Dale Burrell
Bryan Davis
J.R. Davis
Russell & Debby Dunn
Dennis & Beth Ford
Mary Johnson
Bill Moran
Frances Newell
Emily Patton
Brian Santin
Lucy Stokely
Lisa Tennyson
Kinsley Whiteaker

Returning Members

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Chuck Allen
Johnny Alvis
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TrackClub.org](http://www.ChattanoogaTrackClub.org)*

Chattanooga Track Club Financial Statements

BALANCE SHEET AS OF DECEMBER 31, 2006

ASSETS:

CASH	\$37,502.47
ENDOWMENT FUND	\$1,427.11
EQUIPMENT (AT COST)	\$17,992.54
TOTAL ASSETS	\$56,922.12

LIABILITIES:

MONEY HELD FOR OTHERS	\$ 0.00
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EQUITY:

RETAINED EARNINGS	\$56,922.12
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TOTAL LIABILITIES & EQUITY:	\$56,922.12
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STATEMENT OF REVENUES & EXPENSES YEAR TO DATE

REVENUES:

MEMBERSHIP DUES & DONATIONS	\$30,678.95
RACE RECEIPTS/JOGGING AROUND PROGRAMS	\$71,579.78
TOTAL REVENUE	\$102,258.73

EXPENSES:

PROGRAMS	\$9,041.82
STAFF SALARY	\$18,521.17
DONATIONS/SPONSORSHIPS	\$5,228.67
JOGGING AROUND	\$10,987.25
ADMINISTRATIVE	\$15,308.06
RACE DISBURSEMENTS	\$35,652.23
TOTAL EXPENSES:	\$94,739.20

NET INCOME (LOSS):	\$7,519.53
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Chattanooga Track Club Membership Levels for 2007

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

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



MEMBERSHIP APPLICATION

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: _____

Jogging My Memory

By Melodie Thompson

I began running a little over 23 years ago, if my age was calculated dog years, I wouldn't be here right now. When I first started running, I only knew 4 other women who ran, the rest were all men. Hence, I had the bright idea that this was a great way to meet people of the opposite sex. I have ever yet to date another runner I have met from running, but sure have made a lot of great friends over the years. I used to go out every morning and run 2-3 miles, have a big glass of orange juice and a cigarette. I quit smoking one year after I started running, when I thought I was having a heart attack. It was just an anxiety attack, but it was the best thing I ever did to improve my health.



My first big race was the Memphis Marathon. The guy I was engaged to at the time challenged me to run a marathon and so when the gauntlet was thrown down, I ran a marathon. My longest run had been 10 miles and I suffered, oh how I suffered. Somehow, it was my best time ever.

I then swore off marathons until I hit 40, I guess I had managed to forget the suffering, besides I was living in the Land of Make Believe (aka Las Vegas). I suffered so much; I decided to run about another 22 marathons. My favorite of all marathons was and still is the St. George (Utah) Marathon because it is mostly downhill all the way and it is very beautiful in that part of the west. I used to run near Lake Havasu and see the desert hens (like Bob Whites) and the ocotillos in bloom. I lived out of a suitcase, because of my job at TransAmerica and have run in every city possible out West.

In 2002, I moved back to Chattanooga and met up with Bill Brock and his Saturday Morning Group Runners (or should that be Groupie Runners). Anyway, he got me involved with our track club and voile here I am today. Anyway, I just get older and slower, but still enjoy the wind in my face when I run now.

Happy Running!

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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
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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 535-3259.

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

Walking Works

- Monday evenings at 7PM
- meet at Fast Break Athletics, 104 Tremont St.

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.



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

Check out the new CTC website at
chattanoogatrackclub.org

Speed/Hillwork

Wednesday Mornings
Leave from Downtown
YMCA at 6 a.m.






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.


Legend

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

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

MARCH

31 - Rock Creek River Gorge Trail Run
10.2 and 6.5 Mile Run
Site: Chattanooga, TN


31 - 65 Roses 5K Walk and Run
Register online
 Site: Cleveland, TN

APRIL


1 - Kiwanis Club of Collegedale 5K Fun Run and Walk
Site: Chattanooga, TN

1 - Covenant Health Knoxville Marathon
Register online
Site: Knoxville, TN

7 - Greenways 5K Run and Walk
Site: Knoxville, TN

14 - Chickamauga Chase
Register online
 Site: Chickamauga, GA

21 - Gateway Bank Run 5K
Site: Ringgold, GA

21 - BlueCross Market Street Mile and Mystery History Quest
Register online
 Site: Chattanooga, TN

APRIL

28 - BlueCross Dogwood Classic
5K Run and Walk
Site: Knoxville, TN

28 - 18th Annual Westside Ruritan Club
5K Spring Run
Site: Cleveland, TN

29 - Scenic City Triathlon, Sprint Distance
Site: Chattanooga, TN

MAY


12 - Strawberry 5K, Half Marathon and 1 Mile Fun Run

12 - King of the Mountain
Site: Lookout Mountain, GA


19 - Greenway Challenge
Site: Chattanooga, TN

28 - Chattanooga Chase 5K and 8K
 Site: Chattanooga, TN


JUNE

16 - BlueCross Riverbend Run
5K Run
Register online
 Site: Chattanooga, TN

JULY


15 - Chattanooga Waterfront Triathlon
 Site: Chattanooga, TN

AUGUST

4 - Missionary Ridge Run
4.7 Mile Run
 Site: Chattanooga, TN

12 - Sports Barn Sprint Triathlon
Site: Chattanooga, TN

18 - OLPH Ram Run
Site: Chattanooga, TN

25 - Raccoon Mountain Run
 Site: Chattanooga, TN

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

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