

NORTH CHICK GREENWAY CHALLENGE (5) 65 ROSES 5K (15)

KING OF THE MOUNTAIN ROAD RACE (4) RACE FOR NATURE (10)



joggingaround

40

**Chattanooga Chase
Turns 40...page 7**

OFFICIAL NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

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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

March is kicking off the running season with 65 Roses and Rock Creek Trail run. Robert Gustafson, Rita Fanning, Bill Brock, Mary Stoetzner, George Skonberg, Betty Holder, Doug Roselle, Dan Bailey, Jeff Hollingsworth, Paul Weidlich, and countless other race directors and volunteers are doing our race and event planning for this year.



We have Charlene Simmons working hard our PSA's for our race directors. She has come up with a format for pre- and post-race publicity. Tara Murdock, Bill Brock, Sean Pfister, and Phil Stewart have all been active in promoting our club and soliciting sponsors.

James Williams and I came back from the Chicago RRCA Convention with a lot of new ideas and we networked extensively with other race directors, state representatives, and companies from all over the USA.

We have the Chickamauga Chase 15K & 5K and the BlueCross BlueShield Market Street Mile in April. The BCBS Market Street Mile will be the kick off for our 1st Jr. Marathon. This is an exciting event to get your kids active and learn how to work toward a goal. The Gateway Bank 5K is in April, also. May is the Chattanooga Chase. Tell all

your friends, they can always watch or volunteer. It is all about moving and getting in shape. We are one of the most obese states in the Union. People can diet all they want but if they don't make the lifestyle change of working toward exercise to increase their fitness level they will never succeed in losing weight and becoming more fit.

Make it a point to help and invite your less active friends to our events and to join our club. You might just help them turn their life around. Remember we touch people everyday and some people are just waiting for you to ask them to join us.

See you out there 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.

Knowing When To Stop Training For Marathons

By Sean Pfister

While I'm no elite marathoner I do train hard and have always been concerned about running the mythical "one" too many marathons that will prevent me from A) running in the future B) require knee or hip replacement surgery and C) general creakiness that is associated with older runners (which I'm already resigned to accept). So after 6 years of serious training for 1 to 2 marathons a year and several "fun" ones I decided that the Twin Cities Marathon in Minneapolis, MN would be the last one that I trained for with a 100% effort, regardless of reaching my final remaining personal goal of sub 3 hours or not

The reason being is the marathon consumes most of my training and interferes with my "other" races. Trying to run a 5K after a 60-mile week and compete in the Runner of the Year series makes it difficult for me to be competitive.

So I set my eyes for October 1, 2006 as my last chance to have my best race. Before that it was the 2005 Steamtown Marathon, where I ran a 3:01:43. Unfortunately I went out too slow the first 2 miles because of the early downhill. But I felt great and still reached a bunch of other goals; personal best, sub 7 minutes miles, a negative split, and re-qualified for Boston. Plus in a way I was glad to know that I'd have to try one more time and was looking forward having another great summer training with my running group in Atlanta.

How many times have you seen a fellow runner disappear after reaching their goal? We hate to see a runner/friend leave the mix. We runners can be selfish like that, we want to see our friends do well but we don't want to feel like they won't be coming back to train with us if they do. And that brings me to my friend Joe; Joe or friends like him will not let me stop trying to reach the sub 3 goal. Either because they'll miss my company on rainy Saturday mornings or they want someone else to justify their obsessions about running.

This past year I decided on Twin Cities because it was a good size, I never ran it before and the weather should be ideal. Like most races I incorporated all of the things that I've learned over the years and had the best training ever over the summer and was in great shape running in the heat and smog of Atlanta. All I needed was for Minneapolis to have its average temperatures for that time of year and I'd be all set. But alas the temperature was unseasonably warm high 70's at the finish and 2 degrees off of record temperature. However, I decided to try my attempt anyway. We put so much importance on the date of the race that there's no deviation should nature and other factors not cooperate. I did have a back up plan (Chickamauga Marathon) but I would have to either had a broken leg or the race director skipped town with the money (see Charlotte 2004) before I backed out.

Race morning I walked to the start wearing a throw away shirt only because I had to wear something through the hotel. That's never a good sign at the start of a marathon. I want to see racers in sweatshirts and gloves and spectators holding big cups of coffee for warmth. As the race progressed I caught a group of 6 guys all trying to break 3 hours too and asked if I could join them. They only asked that I lead the group in a few miles. We needed 6:52's and were easily going 6:45's, which we all agreed was fine. Some in the group had already broken 3 hours and others like me had knocked on the door so I felt comfortable running with them. After mile 10 the group started to disintegrate. First it was some with pit stops, another's heart rate was high and wanted to slow. And then it was just me, alone at mile 17. But I was able to keep my pace at 6:50 until mile 22 and that's when my hamstring cramped.

I reacted right away and pulled over to the side. Thankfully it took all of 2 seconds to stretch it out and the cramp went away but I was gun shy now. I decided to slow a bit and see how I felt. My next mile was at 7:15 and the cramping resided so I gave it another try to get back on track but as soon as I quickened my pace the muscle tightened again. That's when I decided it was over. And you know what? That's when I started to enjoy the race. I slowed to near 8 minutes per mile and felt great. I finished strong at 3:03. Of course I was disappointed but at the same time I was extremely satisfied that I pushed myself to the brink and hung on as best as I could despite the conditions. I then waited for the others in the pack to finish. The first one I saw was at 3:07, then 3:10, 3:15 and so on, at which time I decided to relax and get a message.

I read an article recently in the NY Times about ideal weather conditions for a marathon. It stated that 41 and sunny produced the fastest times. And that you could calculate a 12% fall off at 70 degrees which for 3 hours would be near 3:20. The TC Marathon was cool for the first 7 miles or so, so I'd say it probably cost me 10 minutes, which was my goal time and my race predictor in ideal conditions. And that brings me back to my friend Joe. You see Joe, I did break 3 hours. By my calculations I ran a 2:53. So let me hang up my marathon shoes and try for a sub 1:20 half marathon, win a local race 5K, do well in the ROY and not run more than 15 miles on any given Saturday morning. Whatever, I'm done with marathons.

But don't be surprised to see me at a local marathon in the future. One that I can sign up 10 days before the race, thanks to weather.com. I may be stealthily toeing the line next to you or drafting off you at mile 20 because gosh darn it I want my 2 hour something marathon! Then I'll officially retire, again.

(side note; I've run the ING Georgia Marathon and the Boston Marathon since this race but those are other stories)

King of the Mountain Road Race – May 12

By James Williams

If you are looking for a great way to start your Saturday, come on up to Lookout Mountain on May 12 for the third annual King of the Mountain Road Race. The 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. Like last 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.

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, and Green Life Grocery, and others. Participants in these events will also receive a top quality T-shirt and a lot of other great surprises. Those who participated last year will remember we have one of the best race bags around. 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, and the Special Friends of Good Shepherd. Look for other sponsors on your T-shirt and at the race.

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 there!

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North Chick Greenway Challenge Adventure Race

By Jim Farmer

The North Chick Greenway Challenge Adventure Race will be celebrating its fifth anniversary this year on Saturday, May 19th, at the Greenway Farm in Hixson. Sold out for the fourth year in a row, this sprint (two to four hour) adventure race will have fifty teams of three running, cycling and paddling on the scenic and historic Greenway trails and in the beautiful North Chickamauga Creek. But it wouldn't be an adventure if it were just that simple. Teamwork and quick thinking will be the key to surmounting the many obstacles along the way. These obstacles are known as "mystery events" since racers will not know the nature of these skills tests until they encounter them on the course. Their adrenaline-charged, oxygen-deprived brains and bodies will be put to the test throughout the course.

Adventure racing is a multi-discipline team sport that can be anywhere from a few hours to several days in length. The disciplines involved in the races are as varied as the race lengths and venues. Races take place in the middle of the biggest cities as well as in the most remote regions of the globe. The Greenway Challenge is a sprint race because of its short length. Targeted at beginners, it is the perfect introduction to one of the fastest growing sports in the world. Because of the self-contained nature of the Greenway Farm, this race is very spectator friendly, with most of the "mystery events" occurring in the main grass field on the Hamill Road side of the park.

All proceeds from the race will go to benefit the work of the North Chickamauga Creek Conservancy. The race name relates to the challenge of completing the Greenway corridor along North Chickamauga Creek, one of the main goals of the organization. The objective of the corridor is to link the Greenway Farm, situated along the last three miles of the creek as it flows into the Tennessee River, to the North Chickamauga Creek Gorge, including the 3,700 acre North Chickamauga Gorge State Natural Area, along a contiguous green corridor. To date more than 10,000 acres have been conserved. The Greenway, when completed, will link up with the Tennessee RiverPark, providing an unobstructed pedestrian pathway from downtown Chattanooga to the North Chickamauga Creek Gorge. The Greenway will also be connected to the Cumberland Trail, Tennessee's first linear state park, providing virtually unlimited opportunities for recreational activities.

More information on the North Chick Greenway Challenge Adventure Race can be found at the North Chickamauga Creek Conservancy website (www.NorthChick.org). More information on adventure racing can be found at the TrailBlazers Adventure Racing Club website (www.TrailBlazerAR.com).

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The 40th Annual Chattanooga Chase

By Bill Estes

The Oldest Road Race in Chattanooga Just Got Better! On Monday, May 28, Memorial Day 2007, the longest-running road race in Chattanooga will be run for the 40th time. The best parts of the race – the competition, the hilly course through the scenic Riverview neighborhood in North Chattanooga, and the pride of running in Chattanooga's oldest road race – will be the same. But on its 40th birthday, the Chattanooga Chase is even better than before.

First, runners who get \$50 in pledges will pay NO REGISTRATION FEE! That's right, if you get \$50 in pledges, you run for free. Even better, if you get \$75 in pledges, you get a FREE TECHNICAL SHIRT! And if

that's not enough, your pledges benefit the Victim Offender Reconciliation Program (VORP), a nonprofit organization that counsels young criminal offenders and has an outstanding track record of less than 10% recidivism (repeat offenders)!

Second, the prizes for the winners are new and improved. First place finishers will receive a running backpack. Second place finishers will receive a vented running cap. Third place finishers will receive a pair of running socks. All prizes will include the Chattanooga Chase logo.

So register now to run in the 40th Annual Chattanooga Chase because it's the best of what's old and what's new.



Righting the Wrong

Chattanooga's Victim Offender Reconciliation Program offers teenage first-time offenders a fresh start.

By Melissa Turner

"Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly." – Martin Luther King, Jr.

Making mistakes is a healthy element of the learning process. But sometimes these adolescent mistakes amount to more than just bad choices – sometimes they lead to brushes with the law. Vandalizing a neighbor's house, stealing CDs from a local retailer – these kinds of first-time, non-violent offenses can either set a young person on a path of continued troubles or they can set off an early warning signal that change is needed.

In a nation known for its already bulging criminal justice system, community-based nonprofits across the United States have seen a need for change in the way offenders are dealt with, especially young first-time offenders. Outside the daunting walls of local juvenile courts across the country, youth-oriented programs like Chattanooga's Victim Offender Reconciliation Program are arranging out-of-court mediations between teenage offenders and their victims. Rather than allowing the young people to fall through the cracks once

their fines are paid or their community service requirements are fulfilled, these face-to-face meetings help humanize their offenses and make the consequences of their decisions real.

A NEW KIND OF JUSTICE

The principles of restorative justice, and making wrongs right, hail from as far back as early Hebrew culture and Hammurabi's Babylonian Code, according to an article written by Reginald A. Wilkinson in the December 1997 issue of *Corrections Today*. The modern concept of victim and offender reconciliation stems from an incident that took place in Kitchener, Ontario, Canada thirty years ago, when two teenage boys went out after a night of drinking and proceeded to vandalize over 20 vehicles – slashing tires and demolishing windshields, grills, mirrors and lights.

The teenagers had never committed offenses before and their probation officer decided they needed to face a

different sort of disciplinary action for the destruction they caused. He suggested the boys personally visit each of the vehicle owners, apologize to them and pay back the damages. Although it was a new concept for dealing with teenage offenders, the judge agreed and the probation officer accompanied the teenagers as they made their visits. The boys worked out restitution agreements with each of the victims and over the course of several months they paid back \$2,000, the full amount of the damages.

“The community experienced a kind of meaningful accountability that punishment could not provide, and the first North American VORP was born,” according to Marty Price, attorney and co-chair of the Victim-Offender Mediation Association Board of Directors, who recalls the event in the Fall-Winter 1996 VOMA Quarterly. “Shortly thereafter, the new Kitchener program was replicated in Elkhart, Indiana, establishing the first Victim Offender Reconciliation Program in the United States.”

THE REALITY OF THE MATTER

Refereed by trained community volunteers, VORP mediations help offenders put faces to their crimes by meeting with victims, hearing about the hurt they caused them and apologizing for their offenses. During these mediations victims have the opportunity to ask the offenders questions they may have about the incident and then work out an agreement with the offenders for making things right again.

“It personalizes it for both sides,” says Hamilton County Juvenile Court Judge Suzanne Bailey, quoted in a January 2006 *Chattanooga Times Free Press* article. “It allows the child to see that the victim was truly affected by their action and may not be able to repair a fence that they may have vandalized, and it allows the victim to see that the offender is not some monster, they are a child, a child who made a mistake.

A volunteer mediator with Chattanooga’s VORP, Christy Broom says that one of the things she has learned from facilitating VORP mediations is that she cannot stereotype the offenders – they come from all walks of life, from wealthy prep school kids to inner city kids from single parent families. “I feel blessed these kids have this program, especially those who get caught for the first time,” says Broom, a young mother who has a deep love for children. “It has a real effect on these people’s lives.”

Hap Harwell, president of Chattanooga’s VORP board of directors and a committed volunteer mediator, says he has seen a change take place in teenagers he has worked with in the past. “It makes so much sense as a facilitator,” Harwell says. “If I am a teenager and I commit a crime – it’s against

the state. But when I am sitting at a table looking at you and you ask, ‘Why did you do this to me?’ something happens. You look at these kids and you see a change take place before you.”

FRESH BEGINNINGS

For thirty years now, VORP programs have been transforming the lives of teenage firsttime offenders and their victims, giving them the opportunity of meeting together to sort out what happened and what can be done to make things right again. Since it started in October 2002, Chattanooga’s Victim Offender Reconciliation Program has mediated over 390 cases and 97 percent of the young people have not repeated crimes. This is strong evidence for a restorative justice approach that looks outside the box of the more traditional disciplinary actions such as fines and community service.

What makes the Victim Offender Reconciliation Program different from other disciplinary measures is that it is completely voluntary for both sides. “VORP is voluntary and that’s why it works – because the people are there because they want to be there,” says Berti LeWinter, executive director of Chattanooga’s Victim Offender Reconciliation Program. Although participation in VORP is voluntary, teenage offenders are required to plead “guilty” for the case to go through VORP mediation.

Broom believes the mediation experience is a helpful measure in preventing repeated crimes. “If a kid’s mom or grandma pays a fine, there is no face to their crime, so why wouldn’t they do it again?” says Broom, who has an academic background in criminal justice. “VORP puts a face to what you did and you realize that it has real effects on others’ lives and that it hurt somebody.”

SHAPING THE COMMUNITY

Implementing the principles of restorative justice, Chattanooga’s VORP is stepping up with creative approaches for handing down justice by facilitation mediations between first-time teenage offenders and their victims. But the impact of VORP’s approach reaches beyond the mediation alone, the community element of the program is less tangible, but certainly as important. By humanizing crime, fostering reconciliation and building community ties, Chattanooga VORP is impacting the larger community – not just because the state doesn’t have to pay court costs for mediated cases, but also because VORP’s wholistic approach shapes the community for the future. “This is everybody’s problem. It’s a community program,” says LeWinter. “The Children are our future.”

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Chattanooga Nature Center and Hennen's Partnering to Connect Kids with Nature

It's time to lace up your running shoes and head to the starting line for the **2007 Race for Nature**. The **Chattanooga Nature Center (CNC)** and **Hennen's Restaurant** are joining forces for this race to benefit the CNC.

The CNC is a wonderful place for children and adults in the Chattanooga area to learn about the natural world around them. This year's race also offers a chance for everyone in the family to participate. There will be a **10k, 5k, and 1 mile Hoot Walk/Run**. The 1 mile qualifies for credit in the Junior Marathon Series sponsored by the Chattanooga Track Club.

Runners will "take their marks" on the lawn of the Blue Plate Restaurant, Saturday, May 19th. After a **run through Downtown and along the river walk**, the runners will return to the lawn for **live music, food and drinks**.

Those interested don't have to wait until May 19th for a party. Hennen's is throwing a pre-registration party Wednesday, May 16th from 5:30 p.m. to 7:30 p.m. There will be a live auction and the **first 50 participants will enjoy a wine sampling with light hors d'oeuvres**. The party offers guests a chance to register for the race, pay a discounted \$20 application fee and pick up goody bags filled with fun stuff and race information. A free stuffed animal will be given to the first 30 kids to pre-register at Hennen's.



Anyone who can't make it to the pre-registration party can download an application online at chattanooganaturecenter.org or pick one up at the Chattanooga Nature Center, Hennen's and area Sports Barns. The registration fee will be \$25 after May 17th. There will be time to register the day of the race beginning at 6:30 a.m. The 10k race starts at 7:30 a.m. and the 5k starts at 7:15 a.m. The 1 mile, affectionately called "The Hoot" will begin at 8 a.m.

The focus of the race this year is the positive impact of the Nature Center on children. Every year the Nature Center offers environmental education to an estimated 15,000 school children through programs inside and outside of the classroom. These programs include lessons on the importance of their environment and how to sustain it for future generations.

Participating in the 2007 "Race for Nature" is an opportunity for Chattanooga area citizens to help fund this essential environmental education.

A huge thank you to the sponsors of 2007 Race for Nature: **Hennen's Restaurant, Economy Honda, Human Concepts LLC, Comcast, Citadel Broadcasting, Panera Bread and Coca-Cola Bottling Company.**



Dodging a Bullet

The 39th Running of the Chickamauga Chase

By George Skonberg, Race Director

All week long from the local weather news to Weather.com the threat of severe thunderstorms had cast a pall over the preparations for the 2007 Chickamauga Chase. We had broken our record for pre-registration numbers, and were beginning to be discouraged by the thought of a very wet, cold and windy day for the race.

If you have been around the CTC for a while, or racing in general, you might have trouble remembering a time when an event was significantly delayed or even canceled due to weather. As a club and race directors, our only guidance is safety. Wet, cold, windy, snow, heat...they don't slow us down. But lightning does.

So we teamed with Brian Travers at Channel 3 Storm Team, and we had a direct line to him on race morning tracking any dangerous storms or lightning. As we approached start time, we were still dry, comfortable, and ready go to go. One final call to Brian confirmed that we were clear of dangerous weather. I introduced the new superintendent of the park, Shawn Bengé, and asked him to be our official starter. I unfairly called out Tim Ensign, going for a three-peat, and put a bulls eye squarely on the back of his singlet. Then BOOM!, to the sound of Dr. Anthony Hodge's musket we were off to the races.

With a lot of pride I can say that the logistics of this year's event went very smoothly. But I can't take the credit. Rita Fanning, Ben Pitts, Rick Loggins, John Madzin, Doug and Will Brown, Susan Mietling, Tara Weaver, Robert Berman, Tracy Conrad, Doug Roselle, Mary Stoetzner, Bill Moran, Flash Cunningham, and the rest of the nearly 100 volunteers are the reasons that The Chickamauga Chase is what it is.

But I need some more help. This race has reached a limit of what I can do without some serious delegating and partnering. I need a few of you to join with me on hopefully a permanent basis. This race can easily accommodate 2,000 runners and walkers. In my opinion The Chickamauga Chase should be one of those 'must do' events in the southeastern United States. Come help me make it so! Next year is the 40th running of this great event. It will be special!

The rest of the story is presented by Charlene Simmons of the CTC. I was thrilled to have her lend a hand in post race publicity, and I think she will be a great resource for the club.



Bauer Dethrones Ensign at Chickamauga Chase Road Race

By Charlene Simmons

Dennis Bauer, of Decatur, GA, won the 39th Annual Chickamauga Chase 15k Road Race held at the Chickamauga & Chattanooga National Military Park on Saturday April 14, 2007. Jan Gautier, of Chattanooga, TN, was the female champion of the 15k event

The 5k road race was won by Nicholas Selbo, of Chattanooga, TN. Melanie Cox, of Knoxville, TN, was the 5k female champion.

In winning the 15k race, Bauer dethroned Tim Ensign, who had previously won the 2005 and 2006 editions of the race. Ensign, who finished 3rd overall, won the male masters division.

Amanda Hartberger, of Hixson, TN, won the 15k female masters division. John Walker, of Chattanooga, TN, won the 15k male grand masters division. Sue Anne Brown, of Chattanooga, TN, won the 15k female grand masters division.

Mitch Samuelian, of Chattanooga, TN, took the 5k male masters title. Karen Johnson, of Ellijay, GA, won the female masters division. Allen Rowland, of Jasper, AL, won the male grand masters division. Mildred Bethea, of Chattanooga, TN, won the female grand masters division.

Other notables include Jack McFarland, who completed his 39th edition of the event. McFarland is the only person to have taken part in all editions of the Chickamauga Chase Road Race.

Event organizers and participants were pleased by the event's dry conditions. Rain showers and thunderstorms previously forecasted for Saturday morning held off until the completion of the event.

This year's running of the 15k and 5k road races featured two new courses through the Chickamauga & Chattanooga National Military Park. The event also included a scenic walk.

Proceeds from the event benefit the Friends of the Chickamauga & Chattanooga National Military Park.

The event was sponsored by Icy Hot, UBS, Hutcheson, BlueCross BlueShield of Tennessee, Chattanooga Track Club, McCain Design, Snickers Marathon Energy Bar, Sophie's, Great Harvest Bread Co., Sports Barn, Southern Coffee Service, Powerade, Greenlife Grocery, Cox Sports Photos, Blood Assurance, Chattanooga Online, and Technology Projects.



Chickamauga Chase 15K Results – 2007

MALE OVERALL

1 Dennis Bauer 49:29

FEMALE OVERALL

1 Jan Gautier 1:01:52

MALE MASTERS OVERALL

1 Tim Ensign 51:54

FEMALE MASTERS OVERALL

1 Amanda Hartberger 1:11:30

MALE GRAND MASTERS OVERALL

1 John Walker 1:03:53

FEMALE GRAND MASTERS OVERALL

1 Sue Anne Brown 1:25:02

MALE AGE GROUP 19 & UNDER

1 Bill Matthews 50:40

2 Caleb Morgan 53:43

3 Zach McElrath 59:45

4 Carter Whittier 59:54

5 Tyler Keys 1:06:27

6 Shu Doi 1:08:38

7 Bruce Smith 1:09:29

8 Zachary Haines 1:12:13

9 Marco Bianchini 1:12:41

10 Jack McGinness 1:12:44

11 Thomas Walters 1:23:50

12 Nathan Pendergrass 1:25:35

FEMALE AGE GROUP 19 & UNDER

1 Casey Burrell 1:21:02

MALE AGE GROUP 20-24

1 Matt Katzerberger 55:02

2 Chas Webb 1:02:14

3 Bill Brock 1:03:01

4 Seth Roberts 1:07:58

FEMALE AGE GROUP 20-24

1 Kimberly Humphries 1:07:08

2 Lora Liu 1:08:42

3 Margaret Drew 1:11:37

4 Jessie Harris 1:12:41

5 Laura Davies 1:14:42

6 Lucy Miller 1:16:08

7 Elizabeth Inskeep 1:18:12

8 Sarah Donnanen 1:21:25

9 Diana Barbeauld 1:25:43

10 April Ebbinger 1:31:25

11 Katie Mowery 1:33:28

12 Courtney McCoy 1:35:09

13 Sara Mowery 1:36:38

14 Denielle Anderson 1:38:05

15 Roxann Quinn 1:43:51

MALE AGE GROUP 25-29

1 Troy Ketchum 58:15

2 Stephen Smith 1:03:06

3 Robert Hartmans 1:04:51

4 Jonathan Adcock 1:06:17

5 Jason Cox 1:11:32

6 Thomas Prettyman 1:13:22

7 Nik Meeks 1:16:50

8 Michael Tindle 1:17:58

9 Derek Steele 1:19:18

10 Paul Boerema 1:20:29

11 Travis Burdette 1:20:56

12 Ryan Casey 1:22:48

13 Charles Smitherman 1:25:33

14 Aaron Thompson 1:28:41

15 Greg Danusel 1:29:48

FEMALE AGE GROUP 25-29

1 Lauren Loy 1:11:29

2 Rebecca Adcock 1:15:50

3 Natalie Payne 1:20:02

4 Heather Whaley 1:27:07

5 Macy Brock 1:28:51

6 Mandy Houts 1:33:28

7 Amanda Morgan 1:33:58

8 Abbey Johnson 1:34:09

9 Leah O'Dell 1:36:21

10 Alison Adams 1:39:47

11 Katie Boerema 1:47:56

12 Rebecca Ammons 1:52:45

13 Wendy Lee 2:00:10

MALE AGE GROUP 30-34

1 Zach Cowart 1:01:56

2 Jason Hamrick 1:05:33

3 Kenton Johnston 1:09:12

4 Tommy Dull 1:10:17

5 Brandon Eppihimer 1:10:59

6 Justin Kilgore 1:14:13

7 Jeff Poteralski 1:14:23

8 Daniel Kueter 1:15:19

9 Andy Gill 1:15:32

10 Kirk McDermott 1:15:37

11 Jason Irvin 1:16:09

12 Jeremy Pettus 1:16:22

13 Travis Musick 1:17:39

14 Jeffrey Kelle 1:21:51

15 Aaron Gray 1:22:48

16 Michael Dahlke 1:23:57

17 Roger Dahlke 1:23:58

18 Alan Miller 1:26:30

19 Matthew Rogers 1:27:15

FEMALE AGE GROUP 30-34

1 Liz Dull 1:10:35

2 M. Katherine Fisher 1:13:45

3 Elizabeth Baker 1:16:54

4 Lisa Drew 1:17:30

5 Teri Estle 1:18:44

6 Tera Ross 1:21:47

7 Spring Wildman 1:25:52

8 Tanja Benton 1:26:27

9 Dana Hampson 1:28:34

10 Heather Dolan 1:30:24

11 Heather Cooper 1:30:32

12 Amy Dugger 1:31:34

13 Julie Hess 1:31:58

14 Debra Elmore 1:31:59

15 Michelle Werner 1:33:39

16 Lisa Montelongo 1:34:04

17 Deborah Dennison 1:36:37

18 Jeri Harris 1:41:04

19 Kao-lee Wilkins 1:50:30

20 Audra McDermott 1:58:58

21 Anna Beth Meccia 2:04:56

22 Kelly Ebert 2:04:57

MALE AGE GROUP 35-39

1 Chris Wilson 58:37:00

2 James Williams 1:01:00

3 Les Conner 1:03:43

4 Carey Foree 1:03:58

5 Greg Neargarth 1:04:42

6 Matt McLelland 1:09:14

7 Lance Steele 1:09:16

8 Daniel Uson 1:09:23

9 Marco Gonzalez 1:11:09

10 Anderson Fincher 1:11:58

11 Andy Koss 1:12:56

12 James Downing 1:13:37

13 Geoff Rodgers 1:14:20

14 Joel Svoboda 1:15:06

15 Mike Sanderson 1:15:30

16 Clinton Hayes 1:17:50

17 Jeff Connor 1:18:52

18 Craig Harper 1:19:42

19 Paul Fagan 1:20:00

20 Chris Brown 1:20:46

21 Troy Swann 1:23:17

22 Jack Swann 1:23:17

23 James Schroder 1:26:00

24 Patrick Gross 1:26:55

25 Keith Perry 1:29:28

26 Jimmy Scott 1:30:02

27 John Creswell 1:43:05

28 Don Tatum 1:43:51

29 Joe Sanchez 1:49:27

FEMALE AGE GROUP 35-39

1 Belinda Young 1:08:02

2 Kelly Bullock 1:09:16

3 JoAnna Crooks 1:13:57

4 Amy Oliver 1:14:30

5 Tara Murdock 1:15:10

6 Kathy Swink 1:16:14

7 Lisa Logan 1:17:46

8 Louisa Hurst 1:20:27

9 DeeDee Wamsley 1:20:27

10 Julie Moran 1:20:56

11 Barbara Ensign 1:23:41

12 Lisa Sims 1:24:30

13 Christel Helton 1:26:52

14 Tammy Jackson 1:28:13

15 Sonya Reagor 1:29:04

16 Bridgette Wisdom 1:29:56

17 Jennifer DeVaul 1:30:49

18 Beth Ford 1:35:15

19 Jennifer Stone 1:35:55

20 Patrice Batchelor 1:38:06

21 Sandra Paxton 1:39:41

22 Stephanie England 1:40:03

23 Rebecca Creswell 1:45:28

24 Deborah Sanchez 1:49:27

25 Chrissy Gross 1:55:01

MALE AGE GROUP 40-44

1 Mark Wisdom 1:03:09

2 Tom Eddy 1:04:55

3 Blake Martin 1:05:24

4 Joey Howe 1:05:38

5 Paul Talbott 1:06:45

6 Brian Crooks 1:10:58

7 Brian Gallagher 1:11:23

8 Jeff Keen 1:11:41

9 Ray Kellum 1:12:21

10 Jay Gill 1:13:02

11 Craig Cott 1:13:05

12 Craig Grimm 1:14:40

13 John Gray 1:16:03

14 David Leff 1:17:01

15 Phil Daniel 1:17:11

16 Eric Whittington 1:17:31

17 Joe Feeney 1:18:07

18 Allen Naidoo 1:20:08

19 Barry Burrell 1:22:01

20 Jeff Krupcale 1:23:13

21 Mark Huber 1:25:17

22 Rory DeWeese 1:25:47

23 Howard Reagor 1:26:23

24 Marty Gorby 1:26:52

25 Al Gross 1:26:55

26 Jon DeVaul 1:28:48

27 David Bell 1:29:24

28 Kenny Samples 1:33:12

29 Chris Purvis 1:35:32

30 Michael Deweese 1:39:44

FEMALE AGE GROUP 40-44

1 Missi Johnson 1:18:12

2 Bernice Delaney 1:24:48

3 Vee Spears 1:26:09

4 Danna Vaughn 1:30:50

5 Carolyn Nichols 1:34:55

6 Laura Hunter 1:35:17

7 Kimberly Shelby 1:36:35

8 Michelle Shrum 1:37:01

9 Devony Webster 1:41:10

10 Elisa Elliot 1:42:23

11 Mary Clements 1:51:39

MALE AGE GROUP 45-49

1 Joe Johnson 56:57:00

2 John Gracy 1:00:08

3 Gregg Hansen 1:00:40

4 Cliff Milam 1:02:28

5 David Brown 1:06:38

6 John Ramage 1:08:23

7 Darren Lewis 1:09:36

8 Tony Branam 1:09:39

9 John Wikle 1:09:55

10 Greg Bruner 1:10:48

11 Glenn Beasley 1:10:50

12 Crews Townsend 1:11:16

13 Russell Johnson 1:12:26

14 Terry Hampton 1:12:45

15 Terry Bailey 1:14:57

16 Bill Jones 1:16:21

17 Jeff Malone 1:16:24

18 Bruce Nichols 1:21:18

19 Timmy Guffey 1:22:45

20 Andrew Alexson 1:23:52

21 Steve Smalling 1:25:32

22 Joe Barbeauld 1:25:43

23 Ron Branam 1:26:10

24 Jeffrey Balser 1:28:57

25 Jeff Million 1:30:14

26 Bill Goette 1:32:10

27 Bill Brock 1:35:18

FEMALE AGE GROUP 45-49

1 Margie Bruner 1:15:43

2 Sue Minton 1:16:32

Chickamauga Chase 5K Results – 2007

MALE OVERALL

1 Nicholas Selbo 16:55

FEMALE OVERALL

1 Melanie Cox 20:18

MALE MASTERS OVERALL

1 Mitch Samuelian 19:45

FEMALE MASTERS OVERALL

1 Karen Johnson 23:53

MALE GRAND MASTERS OVERALL

1 Allen Rowland 20:51

FEMALE GRAND MASTERS OVERALL

1 Mildred Bethea 26:48

MALE AGE GROUP 14 & UNDER

1 Andrew Gennett 21:09
2 Ryan Vogt 21:46
3 Ryan Forstthoffer 22:56
4 Jacob Bryson 24:23
5 Hayden Waters 24:51
6 Caleb Carlson 25:12
7 Connor Howard 25:19
8 Trevor Jones 26:55
9 Grant Bowers 27:21
10 Robert Thompson 29:18
11 Christopher Ford 30:46
12 Athey Crump 33:06
13 James Larson 36:48

FEMALE AGE GROUP 14 & UNDER

1 Natalie Thedford 22:14
2 Catherine Ellis 23:08
3 Abby Gibbons 23:12
4 Jordan Malone 25:56
5 Mariko Thel 26:45
6 Montana Bazzoll 27:54
7 Corinne Hughes 28:43
8 Ashley Riner 28:47
9 Sarah Ziegler 28:52
10 Mimi Doi 32:10
11 Hannah Thel 32:14
12 Kindall Billingsley 36:06
13 Kayleigh Howard 36:16
14 Preston Pounds 36:26
15 Maggie Crump 36:47
16 Morgan Howard 38:04

MALE AGE GROUP 15-19

1 Leighton Steadman 18:10
2 Joshua Stanley 18:40
3 Bryan Mitchell 20:14
4 Luke Irwin 20:17
5 Kyle Frank 22:05
6 Jason Cha 24:20
7 Matthew Talley 26:57

FEMALE AGE GROUP 15-19

1 Kayla Couch 23:55
2 Megan Witherow 25:23
3 Diane Melcher 25:31
4 Melissa Dunn 27:28
5 Anna Yeoman 27:33
6 Stephanie Ford 31:49
7 Sammy Phillips 31:54
8 Ashley Miles 35:25
9 Lauren Ford 37:05
10 Colleen Keough 46:30

MALE AGE GROUP 20-24

1 Enoch Elwell 17:39
2 Manuel Guzman 18:01
3 Jason Williams 18:29
4 Mark Nicely 19:36
5 Dustin Bleweth 21:06
6 Stephen Bossom 21:10
7 Jonathan Drinkwine 22:24
8 Ricky Akridge 22:47
9 Hunter Mueller 22:55
10 Derek Hilley 25:17

FEMALE AGE GROUP 20-24

1 Katie Morehouse 23:19
2 Logan Tiller 23:55
3 Emily Bregel 24:24

4 Cathleen Wilson 24:34
5 Lauren Gregory 27:17
6 Jennifer Summers 27:37
7 Morgan Ogle 28:22
8 Elizabeth Wright 28:52
9 Melissa Hicks 31:03
10 Nicole Porter 31:45
11 April Harbour 33:12
12 Meghan Morrison 33:54
13 Whitney Irwin 44:40
14 Megan Roberts 44:40

MALE AGE GROUP 25-29

1 Peter Metzger II 18:49
2 Will Hutchinson 20:56
3 John Shumpert 22:55
4 Brandon O'Rear 23:53
5 Curtis Jackson 24:42
6 David Brown 25:07
7 Patrick Johnson 25:32
8 Bradley Thomas 26:19
9 Luke Dutter 26:58
10 Rodney Gass 29:35
11 Jeff Jennings 29:57
12 Andy Hamilton 30:03
13 Bart Wallin 30:10

FEMALE AGE GROUP 25-29

1 Debby Vannoy 23:24
2 Allison Botos 24:38
3 Tamara Claridge 25:55
4 Misty Suits 26:27
5 Susie Stanfield 28:15
6 Stacey Stewart 28:18
7 Molly Willis 28:59
8 Kim Stone 31:03
9 Sheri Goulart 31:25
10 Janie Villers-Colbau 31:50
11 Sarah O'Rear 32:25
12 Sarah Samarin 32:34
13 Angela Larkins 33:03
14 Rachel Bonner 33:39
15 Mandy Morgan 33:57
16 Amanda Young 35:41
17 Tracy Carswell 39:07

MALE AGE GROUP 30-34

1 Samuel Hammonds 18:53
2 Shannon Loy 21:59
3 Jeremy Cardwell 22:16
4 Jeff Keith 22:50
5 Robert Gallien 24:48
6 Jason West 25:15
7 David Redmond 25:43
8 Michael Weathersby 26:26
9 Matt Bell 27:18
10 Eule Glenn 27:50
11 Sam Robinson III 28:17
12 Christopher Sterchi 29:03
13 John Thompson 29:24
14 Scott Sussdorff 29:26
15 Andrew Scott 30:28
16 Stephen Regan 31:17

FEMALE AGE GROUP 30-34

1 Tanya Mathur 25:52
2 Andrea Irvin 26:07
3 Kelley Cutler 26:21
4 Heather Cline 26:35
5 Makala Bumgarner 27:15
6 Vickie Wash 28:03
7 Stacy Ridgeway 28:12
8 Amanda Jones 28:55
9 Beth Ann Layman 29:07
10 Amy Scott 30:26
11 Jennifer Somerville 30:47
12 Jessica Ellis 32:09
13 Kara Ledford 33:39
14 Danelle McDaniel 34:05
15 Emily Breeding 34:56
16 Lori Dodd 35:06

MALE AGE GROUP 35-39

1 Dan Ellis 20:02
2 Scot Davis 20:48
3 Dace Gollidign 21:29
4 David Lillard 22:42

5 Greg Henry 23:08
6 Jay Blevins 24:30
7 Eddie Tate 25:16
8 David Denmen 26:00
9 David King 26:10
10 Steve Coffman 28:25
11 Chris Sampson 33:48
12 Joel Garner 33:58
13 Douglas Bailey 35:13

FEMALE AGE GROUP 35-39

1 R. Robin 24:20
2 Christine Ellis 27:20
3 Jacqueline Smith 27:21
4 Karen Chapman 28:25
5 Lisa Woods 30:34
6 Dixie Benson 33:12
7 Faith Hood 35:40
8 Tammy Brown 37:22
9 Judy Hayes 50:57

MALE AGE GROUP 40-44

1 Doug Sizemore 21:30
2 Jose Martinez 23:13
3 Troy McCamish 23:35
4 Brent Burns 24:33
5 Steven Gibson 25:13
6 Dixon Lackey 27:04
7 Steve Vogt 30:33
8 Martin Simms 31:19
9 Charles Brown 37:25

FEMALE AGE GROUP 40-44

1 Christine Post 24:04
2 Cathy Forstthoffer 26:33
3 Sharon Armour 27:55
4 Michelle O'Neil 28:37
5 Sherri Steadman 28:38
6 Chris Dohmen 28:42
7 Deborah Smith 32:33
8 Tamarin Larson 36:50
9 Monna O'Kelley 50:56

MALE AGE GROUP 45-49

1 Wes Whitaker 20:09
2 Steven Wollerman 22:57
3 Steve Tompkins 25:01
4 Jeff Houston 25:03
5 Kevin Thedford 25:22
6 Mark Longwith 25:25
7 Rex Lisle 26:38
8 Brent Gamble 26:41
9 Claude Hager 27:42
10 David Ogle 28:19
11 David Jabaley 28:22
12 Andy Hartman 29:44
13 Les Phillips 33:40
14 Walt Mobley 34:57
15 Michael Howard 38:11
16 Dennis Beaty 38:49

FEMALE AGE GROUP 45-49

1 Carmen Guzman 24:10
2 Lee Williams 24:50
3 Colleen Carboni 29:13
4 Sally Vega 33:03
5 Cindy Harbour 33:13
6 Kim Kirk 33:27
7 Barb Mobley 37:05
8 Britany Taylor 38:57
9 Laura Keough 46:31

MALE AGE GROUP 50-54

1 Paul Harwork 21:24
2 David Presley 23:11
3 James Mansell 23:33
4 Spencer Evans 24:29
5 Thomas Sisemore 25:41
6 Mark Hays 25:48
7 Chris Richey 25:54
8 Rich Kramer 26:07
9 Alec Taylor 26:08
10 Don Lastine 27:44
11 Bill Riner 29:03
12 Thomas Lawson 31:54

FEMALE AGE GROUP 50-54

1 Theresa Samuelian 27:18
2 Sandy Lane 29:33
3 Sandy Boyles 30:22
4 Janet Holder 32:04
5 Reda Lawson 32:39
6 Susan Wells 33:26
7 Starr Weiss 48:30

MALE AGE GROUP 55-59

1 Gary Hosmer 24:19
2 Butch Cooke 24:29
3 Daniel Oliver 25:42
4 John Ellington 28:42
5 Cliff Goodlet 33:20
6 Jim Hamblen 33:28

FEMALE AGE GROUP 55-59

1 Elvira Karas 35:55
2 Meda Groce 37:06
3 Linda Hepburn 47:15

MALE AGE GROUP 60-64

1 Allen Buquo 22:08
2 John Butler 27:54
3 Jack Eubank 27:59
4 Lawrence Cook 28:05
5 Charlie Breeding 29:59
6 Ed Boyles 30:23
7 Charles Herport 38:53

FEMALE AGE GROUP 60-64

1 Billie Large 29:42
2 Ann Garner 31:45

MALE AGE GROUP 65-69

1 James Ladd 29:36
2 John Smithson 38:02

FEMALE AGE GROUP 65-69

1 Edwina Cohen 51:08

MALE AGE GROUP 70 & OVER

1 Donald Burns 38:57

FEMALE AGE GROUP 70 & OVER

1 Marian Gardner 50:40



Morgan and Houghton Win 65 Roses

A record turn out of 317 runners enjoyed a perfect spring morning for a quick lap around beautiful downtown Cleveland. The overall winners were Caleb Morgan (16:53) and Anne Houghton (19:53). Morgan was followed across the finish line by Adam Haney (17:00) and Ryan Heming (17:23). Houghton bested Kristin Cretton (20:25) and Belinda Young (20:33).

In the men's race, local runner and Lee Cross-Country athlete Caleb Morgan took an early lead and was able to sustain over teammate Adam Haney for the balance of the race. Last year's winner Chad Varga was unable to track down Ryan Heming in the closing 300 meters and took a valiant fourth place overall. Other notable performances winning their age group included Craig Winsor (17:41), Peter Murphy (18:08) and Sergio Bianchini (20:44).

The women's race was a very tight call until the last kilometer. Kristin Cretton of Walker Valley's was unable to maintain the late burst of Lee University's Cross-Country athlete Houghton, finishing 32 seconds off the winning time. Belinda Young was given a push by Cleveland resident and former UTC athlete Laura Lynn Mooney, but was

able to secure third. Other notable performances winning their age groups included Katie Smith (23:58) and Deena Loyola (22:48).

This year's race had a couple of firsts. In the first quarter mile three turns had been removed to make for a long, straight, start. Secondly, this new layout was certified by the USTAF thanks to the work of the CTC and David Presley. Numerous favorites returned to the 65 Roses 5K including: snow cones, cotton candy, the Mayfield Cow, inflatable slides, and a large contingent of elementary schools runners from Arnold Memorial Elementary.

This year marks the fifth consecutive year Lee University has partnered with the Cystic Fibrosis Foundation and the Chattanooga Track Club to host an early spring race. The local fund raising goal – set by Honorary Chair Jim Workman – for this weekend's Great Strides event was to break last year's \$42,000 ceiling. If you or anyone you know would like to be involved in Great Strides next year, please call



New and Returning Members

New Members

Ricky Akridge
 Sharon Armour
 Jeff Balser
 Brenda Brazil
 Bill Brock
 Marty and Jennifer Brown
 Kelly Bullock
 Lydia Burroughs
 Jeremy Cardwell
 Theresa Carr
 Steve Coffman
 Martin Coleman
 Craig Cott
 Jason Cox
 Kim Durham
 John Ellington
 Jerry Ferrari
 John Gracy
 Earl Groce
 Meda Groce
 Terry Hampton
 Paul Harwart
 Christian Hatch
 Ted Hegenbarth
 Janet Holder
 Laura Hunter
 Louisa Hurst
 Andrea Irvin
 Jason Irvin
 Jim Johnson
 Kenton Johnson
 James Ladd
 John Larson
 David Lillard
 Quinton Mansell
 Audra McDermott
 Kirk McDermott
 Cliff Milam

Jeff Million
 Sue Minton
 Amanda Morgan
 Greg Nearingth
 Terrance O'Brien
 Marion Pound
 Anne Prettyman
 Michael Rhudy
 Sam Robinson III
 Matthew Rogers
 Steve Smalling
 Bruce Smith
 Jacqueline Smith
 Charles Smitherman
 Don Spellman
 Christopher Sterchi
 Crews Townsend
 Michael Weathersby
 Charles Webb
 Berton, Alex, Harriet and Amanda
 Whitaker
 Eric Whittington
 Chris Wilson

Returning Members

Christy and Peter Charman
 Rory DeWeese
 Nancy Dodson
 Gregg Hansen
 John W. Hutton
 Harry and Shelia Ireland
 Michael and Brenda Mason
 Bruce McDuffie
 Randall Peters
 Mary Stoetzner
 Denys Tawzer
 Daniel Uson
 Lynda Webber



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 432 Market Street, Suite 202
 kleffew@chattanoogarealestateco.com
 www.chattanoogarealestateco.com

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

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



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

March 6, 2007

In attendance: Sean Pfister, James Williams, John Harrison, Donna Dravland, James Dravland, Robert Gustafson, Amy Mullens, Flash Cunningham, Chris Segler, Dan Bailey, Charlene Simmons.

Absent: John Hunt, Lynda Webber, Tara Murdock, Jimmy McGinness, Phil Stewart.

The meeting was called to order on 3/6/2007 at 6:01 PM

The club mission was read before the agenda was started.

The board approved the February minutes as reported by John Hunt.

Robert Gustafson reported on the Races Committee (2/28) meeting that progress was being made on getting the word out to all the schools on the Jr. Marathon.

Rita working on the Market St. Mile race as the kickoff for the Jr. Marathon.

Meeting arranged with Paul Wiedlich for the Chattanooga Chase.

The marathon committee is in process of making arrangements for hotel/expo for the marathon.

The 65 Roses race coming up at the end of the month and Rock Creek Trail Race.

We have one clock that has not been repaired and is putting us in a lurch.

Charlene is working on getting the race directors do pre- & post-race PSA's and the next Communications Committee meeting on 3/19 at Big River Grill, 6:00 PM.

Sponsorship Committee
No report.

Membership
3 new members, renewals are coming up.

Treasurer's Report

Dan Bailey gave the Treasurer's Report:

Balance Sheet-February 2007

- \$20,000 still invested in 4 different CD's and will automatically rollover at maturity dates unless the cash is needed.
- \$14,125.72 cash in checking account with First Tennessee
- No changes to any Fixed Assets
- Only change to Liabilities and Equity is the recording of February's loss (\$878.19)

Profit and Loss-February 2007

- (\$3,627)-membership dues under from budget as significant portion received in advance in December 2006.
- (\$2,000)-sponsorship revenues under as budget is arbitrarily spread throughout the year. This is a significant area that the Executive Director and Board will need to address all year.
- (\$1,300)-Run Forrest Run receipts under as this race is planned for later in the year.
- (\$1,500)-donation received for the Jr. Marathon
- (\$300)-Missionary Ridge award money received (donation) and will be used in August for the race to recognize the oldest finishing runner (Arnold Godwin).
- (\$167)-Equipment Manager position still vacant
- (\$300)-Training expenses not used in February
- (\$362)-additional time charged by accountant/bookkeeper, as expected, finishing up memberships and postings and

time with our new Executive Director. Should be more back in line starting in March.

- (\$250)-registration, for next year's President, to attend the RRCA convention.
- (\$3,512)- new Executive Director started in mid February as opposed to a full month's salary.
- (\$1,167)-*Jogging Around* not issued in February. Will see this expense next month.
- (\$300)- Wauhatchie Trail run expenses not needed as budgeted.

Executive Director's Report

Sean Pfister gave the Executive Director's Report: He has been looking at sponsorship by various clubs, including the Sports Barn. He has an offer by the Sports Barn pending The Board Approval. He will give us an update in April.

Melodie requested everyone submit to working one race from start to finish to get our face in the public, discussions will resume in April.

The meeting was adjourned at 7:10 PM.

Respectfully,
Melodie Thompson

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

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

Road Safety

By Sean Pfister

As the new Executive Director of the Chattanooga Track Club I wanted to write a short article about road safety.

With the warmer weather, longer days and racing season upon us there will be more runners and cyclists on the streets of Chattanooga and surrounding areas. Hopefully with the change in season drivers will be more aware of the dangers when sharing the road with active citizens.

I want to write a little refresher about the rules of the road when applied to sharing it with vehicles and publishing the finer aspects of the laws of Tennessee to make this spring and summer safer for us all.

First the common sense rules that you won't find in the handbook;

- Run facing traffic
- Be alert and avoid distraction
- Wear reflective clothing when it's dark
- Don't wear headphones
- Carry ID
- Let family know where your route is and when you'll be back
- Vary routes and run in familiar neighborhoods to avoid unwelcome attention

What follows is taken from the 2006 TENNESSEE DRIVER HANDBOOK and Driver License Study Guide. It is from the chapter called "Sharing the Road Safely" and applies mostly to walking and runners differ slightly.

SHARING THE ROAD WITH PEDESTRIANS

"Generally, pedestrians have the right of way at all intersections. There is a cross walk at every intersection, even when painted lines and boundaries do not mark the crossing."

"Regardless of the rules of the road or right-of-way, the law specifically requires YOU, as a driver, to exercise great care and extreme caution to avoid striking pedestrians."

YOUR ROLE AS A DRIVER

"Drivers should not block the crosswalk when stopped at a red light or waiting to make a turn. Blocking a crosswalk forces pedestrians to go around your car, and puts them in a dangerous situation."

"Be alert to pedestrians to the right of your vehicle and be especially watchful of pedestrians when you are making a right turn."

"You must immediately yield to pedestrians as soon as they step off the curb into the roadway when the pedestrian is on your half of the road/lane or so close to your half of the road that he is in a position of danger."

"Yield to pedestrians walking on the sidewalk when you're entering or leaving a driveway, public parking garage, alley or parking lot and your path of travel crosses that sidewalk."

"Don't honk your horn, gun your engine, or do anything to rush or scare a pedestrian crossing in front of your car, even if you have the legal right-of-way." *(And from my personal experience please don't release your brake and creep forward as we run in front you, hold your position until we pass because we're never sure if you see us or not)*

YOUR ROLE AS A PEDESTRIAN

"At intersections with traffic lights and pedestrian signals it is important to follow signals carefully. Pedestrians may cross on a green traffic signal or when you see the WALK signal, following, again the basic rules for crossing.

"Remember to make eye contact with drivers to ensure they see you. Crossing safely is YOUR responsibility. Remember, it's up to you."

Lastly, most of us runners are also drivers and we still have to work at being aware of other runners this time of year too. We know that it's easy to be distracted and I personally have cut off a runner from time to time but the look of guilt on my face when I have hopefully soothed any ill feelings toward me from the pedestrian.

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

Summer, sweat and salt

By Cathy Feiseler, M.D.

Summer is here with all of its heat and humidity. Stories about heat stroke and dehydration are in the news. Then, in contrast, you hear a story about a runner who became hyponatremic (low sodium in the blood) and died from drinking too much water. What's a runner to do?

For years you have heard that it is important to remain well hydrated, especially during exercise. Dehydration impairs the function of all body systems, putting the runner at risk for problems ranging from poor performance to heat stroke and death. Water is a great fluid replacement drink ... to a point. It is possible to drink too much water and basically dilute the body's levels of electrolytes, especially sodium. This said, it is important to remember that dehydration is a much more common occurrence. Thirst is a poor indicator of hydration status; you may be 1-2% dehydrated before you experience thirst.

So, what are you supposed to drink? When you are not exercising, water is fine. During exercise lasting less than 60 minutes, water is a suitable drink. Longer runs are when things get somewhat unpredictable.

People sweat at different rates, ranging from a half quart up to 4 quarts of fluid lost per hour. Several factors determine rate of sweat. Some people have more sweat glands, so they produce more of this fluid. Heat and humidity greatly affect the rate at which sweat is produced. Level of fitness also plays a role; as the body adapts to exercise, especially in a warmer environment, it produces greater quantities of sweat during exercise, as an adaptive response to the heat that is produced by the exertion.

How do you figure out how much sweat you produce? Weigh yourself before and after a run. Each pound that you have lost represents a fluid deficit of 16 ounces. If you ran for 30 minutes and lost 1 pound, you can work on the premise that you lose about a quart (32 ounces) of fluid each hour. Plan on drinking an adequate amount of fluid during longer runs to account for this. This is a rough guide, since the weather, especially humidity, will affect the rate of sweat production on any given day, but it should put you in the right ballpark.

The concentration of sodium is also extremely variable. Often, as the body adapts to exercise in the heat, the body produces greater quantities of less concentrated sweat. Despite this adaptive response, some people seem to produce salty sweat. Their shorts and skin are crusted in white following a workout.

So what is an appropriate replacement drink ... sweat? There are a number of sports drinks on the market that contain electrolytes (e.g. Gatorade, POWERade, AllSport). These drinks also contain carbohydrates in a 4-8%

concentration to improve taste and supplement the decreasing supply of this energy source in your body during exercise. Replacing carbohydrates becomes increasingly important as running exceeds 60 minutes. The concentration of carbohydrates in the sports drinks does not compromise the absorption of fluids in the gastrointestinal system. More concentrated sources of carbohydrates, such as orange juice, will slow the absorption process.

What about all of the other additives in some sports drinks? A combination of carbohydrates and protein in a 4:1 ratio (like Accelerade) has shown promise in improving endurance when compared with carbohydrate only drinks. The protein stimulates insulin, which is involved in the transport of energy into muscle and in the conversion of glucose into its storage form, glycogen. Carbohydrates stimulate insulin, but ingestion of increased amounts will decrease absorption of fluids from the gastrointestinal tract. The addition of protein enhances the effects of insulin, according to several studies.

Vitamins and minerals have been added to some sports drinks. Unless your diet is deficient in these substances, they probably do not improve performance. The amounts of these substances in sports drinks do not cause any problems.

Some drinks contain supplements; typically, the amounts present are lower than the doses recommended to achieve their purported effects. Be careful with supplements; not all of them are safe (for example, recent concerns about liver failure with use of kava-kava). Research these substances before you consider using any of them. Enjoy your summer running by staying well hydrated. Find a drink that works well for you and drink up.

Warning signs of dehydration

Excessive fatigue
Chills
Dizziness
Disorientation

Symptoms of Hyponatremia

(listed from least to most severe)
Fatigue
Nausea
Headache
Confusion
Disorientation
Seizures



Dr. Cathy Feiseler is the RRCA Sports Medicine Committee chairperson. If you have questions for Dr. Feiseler you can write her at runmd@aol.com.

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 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 jkmclanahan@comcast.net

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


2 - Race for Nature 10K, 5K and 1 Mile Hoot Walk/Run
Site: Chattanooga, TN

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

SEPTEMBER

3 - FCA 5K
 Site: Chattanooga, TN

7 - UTC Cross Country Meet
 Site: Chattanooga, TN


15 - Symphony Classic 5K
Site: Chattanooga, TN

30 - Komen Chattanooga Race For the Cure 5K
Site: Chattanooga, TN

OCTOBER

6 - Stump Jump Trail Run 50K & 11 Mile
Site: Chattanooga, TN

13 - Runaway Pig Run
Site: Chattanooga, TN

20 - Signal Mountain Road Race 10K
 Site: Chattanooga, TN

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

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