

DECEMBER 2009 VOLUME 41, ISSUE 4

Chattanooga Track Club

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JOGGING AROUND

A newsletter published five times per year by the 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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Track Club Launches Half Marathon Training Program	
Karen Lawrence Run Entry Form	
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WalkingWorks in Winter	
Bulletin Board	

Jogging Around Ad Rates

Ad Size Single run 3 Issue run **Year Run** \$90/Issue \$85/Issue \$70/Issue **Full Page** \$55/Issue \$49/Issue \$44/Issue **Half Page Qtr Page** \$40/Issue \$36/Issue \$32/Issue \$25.00 \$22.50 \$20,00 **Business Card** Inserts are \$60/issue

Ad Info

For Current Ad Information, please contact Lanise Hutchins at lanhutch@yahoo.com.

WORD FROM THE PREZ'S PERCH

It's hard to believe it's already December. It seems like only yesterday we were busy getting ready for the 2009 edition of the Scenic City Half Marathon, 5k & Charity Challenge and now the 2009 racing season is nearly over.

This fall the club has been busy with a series of races. Thanks to everyone who made these events possible – from the race directors who spent months preparing for the event to the club members who volunteered on race day. A special thanks to all who volunteered at this year's Chickamauga Battlefield Marathon and Half Marathon. Whether you helped plan the event, cleaned up the park in the weeks leading up to the race, stuffed bags the week before, or volunteered on race day, your efforts made it possible for the club to host our largest event yet.

I'd especially like to thank all of the race directors of our late summer and fall races. Dan Bailey, through the John Bruner Memorial Missionary Ridge Road Race, raised money for both the Chattanooga Chapter of the Red Cross and Team Bruner. Theresa Samuelian hosted the RRCA state championship at the Raccoon Mountain Round the Rim 10k and 5k. Chad Varga raised more money for runner scholarships through the FCA 5k. Robert Gustafson headed up both the Elementary School Cross Country Meets and the Chickamauga Battlefield Junior Marathon. Toni Wright put on the 25th edition of the Joe Johnson Mental Health 10k. Bill Minehan and Lee Davis hosted another successful Signal Mountain Pie Run. Doug Roselle directed his ninth, and the club's thirtieth, Chickamauga Battlefield Marathon and Half Marathon. And Andy Gill led the club's season finale, the Wauhatchie Trail Run.

As the 2009 season ends its time to turn our attention to 2010. The racing season will launch on February 27th at the Scenic City Half Marathon, 5k & Charity Challenge. Registration for the race has opened and is moving swiftly. In an attempt to be more environmentally friendly, this year registration will be available only online. You must register at www.ScenicCityHalfMarathon.com before race day – there will be no race day registration. Last year's race sold out, so don't wait to secure your spot!

The club is also excited to announce a new race series in 2010. The Battle for Chattanooga will feature three of the club's races – the Chickamauga Chase 15k in April, the Missionary Ridge Road Race in August, and the Chickamauga Battlefield Marathon in November. Details about the race series are now available at www. Chattanooga TrackClub.org (click on the Battle for Chattanooga logo on the right).

Finally, I'd like to congratulate the club members elected to the 2010 CTC Board of Directors. The new board, lead by Sherilyn Johnson, the club's 2010 President, will take charge at the club's annual banquet in mid January 2010.

Hope to see you out running or walking, Charlene Simmons CTC President

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.

CTC Banquet

The Awards Banquet will be Saturday, January 16, 2010, 6 p.m. at the Chattanooga Choo Choo in the Roosevelt Room. ROY awards will be handed out for the top five competitors in each of the ten ROY divisions. The volunteer of the year will be announced as well. Details and sign-up opportunity will be on the CTC website. The dinner options will be roast beef, chicken, or veggie lasagna. A cash bar will be available.

GEAR UP FOR...



Introducing the "Battle for Chattanooga," a new race series featuring three Chattanooga Track Club races:

- Chickamauga Chase 15k April 17, 2010 details at www.ChickChase.org (only the 15k will be included in the race series)
- Missionary Ridge Road Race (4.7 mile) -August 14, 2010 - details at www.ChattanoogaTrackClub.org
- Chickamauga Battlefield Marathon November 13, 2010 details at
 www.BattlefieldMarathon.com
 (only the marathon will be included in the race
 series)

To participate in the race series runners simply need to register and run the three races - no additional registration is required.

Overall (male and female), masters (40 and over male and female), and grandmasters (50 and over male and female) awards will be given to the runner in each category with the fastest combined times in all three races. The awards will be handed out at the last event in the race series.



FAST==== BREAK

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CTC ELECTION SOCIAL AND RESULTS

On a rainy night, CTC members gathered at Porkers BBQ to meet, greet, eat, and not to mention vote for the 2010 CTC board of directors. The votes were tallied and the new board of directors for 2010 is as follows:

2010 CTC Board of Directors

Introducing the 2010 CTC Board of Directors

President: Sherilyn Johnson

President-Elect for 2010: Bill Moran

Vice President of Communications: Jenni Berz

Vice President of Races: Doug Roselle

Vice President of Membership: Mitzi Dyer

Secretary: Susan Gallo

Treasurer: Tim Holmes

One year remaining on a 2-year directorship: Flash Cunningham, Walt Sinor and Oliver Trimiew

Two year directors: Bill Brock, Crandall Caughman, Tim Ensign, Brad Harvey, Blaine Reese, and Melodie Thompson



SIGNAL MOUNTAIN PIE RUN (10K) - 2009

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	_	5	Pradeep Sivakumar	46:14	4	Tami Stubblefield			ohn Crawley	49:06
FEMALE GRAND MASTER		6	Josh Harper	47:34	5	Colleen Carboni			Thomas Russe	53:48
1 Patsy Ging	54:45				6	Lori Wilson			pencer Evans	54:52
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MALE GRAND MASTERS		1	Lisa Drew	48:30	MA	LE AGE GROUP: 50-54				
 Sergio Bianchini 	43:51	2	Shannon Derogatis	53:42	1	Timothy Cleary	50:58	FEMAL	E AGE GROUP: 60-64	
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2 Kelsey Vradenburgh	57:13	6	Victoria Lim	1:03:35	5	Douglas Finlay		1 F	Earl Kelle	1:06:37
3 Lydia Williams	1:00:48				6	Doug Roselle	56:21			
			LE AGE GROUP: 35-39		7	Mark Duggan	58:09	MALE	AGE GROUP: 65-69	
MALE AGE GROUP: 14 & U	NDER	1	Lance Steele	40:40	8	Jerry Harper	59:13	1 (Cyrus Rhode	49:31
 Lucas Slade 	48:53	2	David Cook	45:26	9	Mike Leary	59:53	2 F	Phil Thomas	1:14:16
		3	Robert Gustafson	46:15	10	Ian Harper	1:01:35			
FEMALE AGE GROUP: 15-19	9	4	Stephen Jackson	47:23				MAIF	AGE GROUP: 70 & OVER	
1 Kiersten Vradenburgh	46:02	5	Mike Dean	48:30	МА	LE AGE GROUP: 55-59				54:16
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3 Karla Vradenburgh	47:20	7	Chad Burdyshaw	50:46						
4 Jennifer Gordon	48:19	8	Mike Alley	51:05						
5 Holly Zorea	49:47	9	Eddie Tate	52:18		JOE JOHNSON	I MEN	ΓAL	HEALTH 10K	- 2009
,		10	Bryce Hollowell	52:34						
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1 Kenny Steffes	40:22	12	Jeff Kelle	58:49		MALE OVERALL RESULTS			MALE AGE GROUP: 20 - 24	
2 Andrew Gennett	42:38	13	Paul Cevico	59:09		1 Tim Ensign	34:5	2 1	Charles Webb	38:11
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3 Timothy Zorea	44:00					FEMALE OVERALL RESULTS		- 1	MALE AGE GROUP: 25 - 29	
4 Tyler Keys	44:21		ALE AGE GROUP: 40-44			 Berna Slabber 	48:1	2 1	Benjamin Palmer	40:34
5 Marco Bianchini	45:56	1	Hope Hessler	47:29				2		43:55
6 David Williams	47:45	2	Kelly Bullock	48:36		FEMALE AGE GROUP: 1-19		3		48:01
		3	Berna Slabber	48:47			E2.4			
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1 Jessica Wiles	51:22	5	Barbara Ensign	51:05		FEMALE AGE GROUP: 20 - 2	24			
2 Jennifer Torrance	52:26	6	Mary Carlson	51:38		 Staci Fisher 	59:0	9	MALE AGE GROUP: 30 - 34	
3 Molly Ross	56:01	7	Kim Durham	53:58		2 Jenny Godwin	1:02:0	4 1	John Windom	44:55
4 Kari Vradenburgh	57:54	8	Bernice Delaney	56:07				. 2		46:28
5 Karrah Leary	59:48	9	Rae Moon	57:09		FEMALE AGE GROUP: 25 - 2	20	-	Drian Gnapman	10.20
		10	Tammy Cook	58:04				-	MALE ACE CROUP: 25 20	
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	27.12	11	Mary Byars	1.00.33		2 Aishlea Spurgin	1:15:1			47:01
1 Charles Webb	37:13							2	2 Brad Nance	48:24
2 Joshua Maughon	52:54	12	Ashlee Patten	1:13:26		FEMALE AGE GROUP: 30 - 3	34	3	Brent Parrish	50:54
3 Spencer Whittier	52:54	13	Wendy Black	1:17:42		1 Felicia Lane	57:4	6 4	Kevin Tawzer	55:09
4 Bill Puckett	52:56									58:06
5 Josh Bates	1:04:15					FEMALE AGE GROUP: 35 - 3	20		, jen rene	50.00
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7 Vivian Garrett	1:19:28	9	Jerry Hoffe	56:34		,			MALE AGE GROUP: 45 - 49	a= :-
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1 Sam Linhoss	37:13	12	Stewart Hale	1:20:23				ı	MALE AGE GROUP: 50 - 54	
2 Andrew Scharff	43:24					FEMALE AGE GROUP: 45 - 4	19	1	Chad Varga	37:32
3 David Scharff	43:59	FEN	IALE AGE GROUP: 45-49			1 Corinne Henderson	55:0			40:43
4 Jeffeny Wiese	47:46	1	Gwen Meeks	56:18		2 Sally Hoffman	1:00:1			43:53
5 Joshua Elrod	49:16	2	Corinne Henderson	57:19						47:07
6 Patrick Cleary	50:20						1:03:1			
7 James Howard	54:04	MA	LE AGE GROUP: 45-49			4 Pam Keeter	1:04:2			51:52
3				20.05				(Tim Fortune	58:30
8 Alan King	56:06	1	Mike Berry	39:05		FEMALE AGE GROUP: 50 - 5				
		2	Warren Sinor	39:58		1 Rhonda Gage	52:0	1 I	MALE AGE GROUP: 55 - 59	
FEMALE AGE GROUP: 30-3		3	Sheridan Ames	41:02		2 Diane Halstead	57:0	4 1	Randall Godwin	44:18
 Emily Cooper 	43:17	4	Sal Coll	42:22		3 Melodie Thompson	57:5			45:01
2 Teri Akovenko	46:14	5	Ray Kellum	45:26		4 Susan Gallo	59:3			46:18
3 Kimber Bastone	52:0	6	Jon Risley	47:08		5 Janice Wycherley	1:03:0			47:57
4 Kristin Bell	54:59	7	Joe Williams	47:17		5 Jainee wyeneney	1.03:0		,	
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6 Andrea Hayduk	59:2	9	Doug Torrance	52:32		 Patsy Ging 	53:3	3 7	Lucien Ellington	1:10:07
7 Emily Ahlquist	1:03:38	10	Steve Smalting	53:42						
8 Carrie Tate	1:19:37	11	Perry A Mills	55:13		FEMALE AGE GROUP: 60 - 6	59	1	MALE AGE GROUP: 60 - 69	
9 Dawn Bradley	1:27:38	12	Andy Zorea	1:00:12		1 Sueanne Brown	54:0			42:59
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MALE AGE GROUP: 30-34						MALE AGE GROUP: 1 - 19		3		1:01:59
1 Jason McKinney	38:39	FFM	ALE AGE GROUP: 50-54				20.2			
	42:50	1	Melodie Thompson	57:32		1 Agustin Jacobo	39:3			1:09:14
2 Jason Hamrick	42:30	1	meiotic Thompson	51.34		2 Tyler Keys	45:2		6 Will Shipley	1:52:33
						3 Tucker Parrish	54:5	1		

ASOUT THE CANNONE CANNONE

Chickamauga Battlefield Marathon and Half Marathon 2009



Thanks to Marshall's Tennessee Battery and a great bunch of re-enactors the 30th Chickamauga Battlefield Marathon started off with a bang. A loud bang. A car alarm, window rattling, heard down at the south end of the park bang. In all the years I've helped with the marathon I always thought "How cool would it be to have a cannon kick this race off!" Then this year, in one of Lynda Webber's emails, she mentions — "...by the way, one of the pasta dinner band folks knows some guys with a cannon." But there was also:

The Sponsor Committee (Susan Gallo, Kelly Bullock, Lynda Webber, Betty Holder) in the midst of the economic meltdown wheeled, dealed and bartered with companies to provide the marathon with almost \$30,000 dollars in sponsorships mainly in goods, services and advertising. We had a terrific pasta dinner sponsored by Carrabbas with Miguel grilling fresh chicken, Barefoot Nellie picking and singing and the school cafeteria transformed to a festival by the decorating committee. Dick's Sporting Goods came through with bonus coupons for every participant and volunteer and additional \$\$ for the age group and overall winners. 180 Energy Drink sent a dozen of their team along with 1500 sample drinks and great door prizes. American Bike Group (Litespeed and Quintanaroo) not only led the way on their newest models, yes that was CEO Peter Hurley on the pace bike for the marathon, they donated a beautiful Quintanaroo Split for a door prize drawn from all participants. Of course our presenting sponsor – the City of Fort Oglethorpe, once again rolled out the red carpet and offered assistance at every turn with the help of Chris McKeever from the 6th Cavalary Museum. I could go on about all our sponsors but will settle for a quick list, please support them and tell them you appreciate them: PowerAde, WDSI / The CW, Chattanooga Times Free Press, Front Runner, Sportsbarn, Chattanooga Baking Co, Greenlife, Milestones Jewelry, and Out of the Blue Café & Kites.

That would be all the highlights except with Sherilyn Johnson heading up the volunteers. We had the best support ever. She pulled together over 160 folks that helped from Thursday night through Sunday making sure the participant's every need was met. We managed to address many items that needed improvement from last year. Steve Rodgers, Bill Brock, and Steve Johnson supplied and organized the water stops so well that I did not hear one person say they weren't offered a cup at an aid station. Dave Presley and Steve Rodgers made and

placed over 60 directional arrows and signs that kept 99.84% of the runners on course. Despite the runners best efforts Charlene Simmons and Theresa Samuelian kept the results accurate and got them out quickly. Charlene also managed to register 1491 folks and politely answer hundreds of questions throughout the year. Of those 1491 we had registered 1215 picked up their chips and 1192 completed the race. (More later on this). Flash Cunningham was there from Friday 09:00 to Saturday 17:00 helping to set up, operate and put away every piece of equipment plus a ton of other jobs.

So that would about cover it, except we also had a flawless safety plan that Bill Moran organized, covered all possible what ifs and monitored closely throughout the race. We were fortunate to have only minor mishaps, but we were prepared for any significant issue that may have come up.

Anything else?, oh yeah the weather was perfect, the post race food and drink was awesome and plentiful, the band playing on the polo field was great, we had vendors Friday night and Saturday that had a great time. We had a Junior Marathon that Robert Gustafson pulled together that introduced 220 youngsters to the concept of training towards a challenging, but rewarding goal. Again a local runner won the marathon!

But still....a cannon! How cool was that?

What about the Chickamauga Battlefield Marathon 2010? At press time there are still a lot of items that are not quite finalized. We will meet soon with the National Park Service folks for a review. That will likely determine our registration limits for next year. The race will also be covered in the January issue of Runners World in the annual Marathon Guide, (wow). That will effect how fast registration fills! So if you plan to run, register early and guarantee your spot.

I will be handing off the title of Race Director to someone new. With the dedicated, talented core team of volunteers who work so hard to put this race on it is sure to be a seamless transition. I can not say thank you enough to this group who have transformed the marathon around one of our favorite local running courses into a nationally recognized top quality event.

Oh by the way – Marshall's Tennessee Battery has promised to come back in 2010.

VOLUSIERS MADE The volunteers were great! I would highly recommend

Thank you so much for volunteering and making the Chickamauga Battlefield Marathon and Half Marathon a huge success! It would not have been possible without you. I know many of you volunteered countless hours and practically spent your whole weekend at the battlefield. The comments about the marathon and half marathon on different forms are amazing. Below are some of the comments. Read them with pride.

'Volunteers were very clear and helpful.'

'The volunteers were helpful, cheerful and plentiful'.

this event to anyone-half or full marathon!'

All this praise goes to you!

If you did not get a volunteer shirt, you can pick one up at the downtown Sports Barn beginning tomorrow (11/20) after 3:00 pm.

Again, thank you for volunteering and I hope you will join us again next year.

Sherilyn Johnson CTC President-elect

CHICKAMAUGA BATTLEFIELD MARATHON RESULTS

•					1417 1117						
FEM	ALE OVERALL RESU	LTS	11	Mark Bianchini	3:58:59	12	Timothy Leone	3:50:03	3	Mike Beaudreau	3:12:35
1	Emily Anne Vall	2:58:01	12	Julian Jackson	3:59:55	13	Thomas Williams	3:50:03	4	Paul Archambault	3:26:27
	•		13	Tyler Keys	4:02:05	14	Blake Pierce	3:51:25	5	Steven Moore	3:27:17
MAL	E OVERALL RESULTS	S	14	William Shacklett	4:02:33	15	Justin Neal	3:53:46	6	Peter Volgyesi	3:27:21
1	Geno Phillips	2:43:06	15	Josh Barclay	4:24:19	16	Adam Rudd	3:54:19	7	Keil Neff	3:30:22
	1		16	Nathan Hope	5:09:52	17	Alexander Reed-Kra	se3:57:01	8	Jarrod Clark	3:33:21
FEM.	ALE MASTERS RESU	LTS	17	Lucas Stephens	5:18:43	18	Ryan Knight	3:58:11	9	Daniel Niederjohn	3:35:48
1	Christina Evans	3:16:39	18	James Eames	5:47:20	19	Rohith Kori	3:59:12	10	Jeffrey Robinson	3:40:29
			19	Andrew Edwards	5:49:08	20	John Fones	3:59:43	11	Jeffrey Ward	3:42:48
MAL	E MASTERS RESULT	S				21	Jeff Eller	4:03:59	12	David Tuttle	3:47:12
1	Tim Stewart	2:57:27	FEM.	ALE AGE GROUP 25 -	29	22	Benjamin Hosea	4:07:54	13	Sam Horton	3:50:30
			1	Beth Presten	3:29:51	23	Andrew Irwin	4:21:46	14	John Lerch	3:50:47
FEM	ALE GRAND MASTE	RS RESULTS	2	Elizabeth Sawyer	3:30:33	24	James Smith	4:24:43	15	Joe Duero	3:51:25
1	Boonsom Hartman	4:07:26	3	Katie Grauch	3:33:47	25	Dennis Lackey	4:25:50	16	Josh Kring	3:51:27
			4	Mindy Williford	3:40:33	26	William Overcast	5:01:28	17	David Barron	3:55:47
MAL	E GRAND MASTERS	RESULTS	5	Noah Giles	3:45:18	27	Andrew Partin	5:31:03	18	Scott Sikes	3:58:43
1	John Tackett	3:12:55	6	Laura Scalzitti	3:56:23	28	Jordan Allen	6:01:28	19	Jerry Johnson	4:00:38
	J		7	Erin Noseworthy	3:57:17		v		20	Eric Waddell	4:03:06
FEM.	ALE AGE GROUP 24	& UNDER	8	Allison Dublinski	3:58:11	FEM	ALE AGE GROUP 30	- 34	21	Chris Clark	4:06:43
1	Stephanie Gibson	3:23:48	9	Edwina Merritt	3:59:14	1	Dawan Coombs	3:24:24	22	Chris Stewart	4:07:53
2	Whitney Lang	3:34:24	10	Ashley Ruef	4:01:22	2	Jennifer Snell	3:34:31	23	Nathaniel Goodwin	4:11:34
3	Heather Shoemaker	3:40:23	11	Ellie Trubey	4:10:41	3	Arden Stelly	3:40:14	24	Sean Holloway	4:12:35
4	Ashley Kinser	3:57:45	12	Katie Logan	4:11:30	4	Teri Akovenko	3:48:25	25	Israel Marshall	4:19:05
5	Ashley Walsh	4:04:37	13	Elisabeth Adel	4:16:36	5	Amy Haddock	3:48:47	26	Nicholas Hansen	4:22:38
6	Deborah Peak	4:04:43	14	Lindsey Phelps	4:17:09	6	Christy Robinette	3:51:20	27	Eric Reynolds	4:48:53
7	Natalie Findlay	4:09:44	15	Jennifer Williams	4:29:02	7	Kristina Higgins	3:58:29	28	Brandon Wilson	4:49:00
8	Amber Hardin	4:17:58	16	Laura Dickey	4:41:16	8	Ami Roach	4:04:38	29	Kevin Blasbery	4:51:49
9	Laura Davies	4:23:37	17	Sarah Hughes	4:47:30	9	Nancy Carson	4:16:18	30	Ben Cooper	4:51:50
10	Katina Zuganelis	4:29:01	18	Anna Featherston	4:56:57	10	Robin White	4:17:30	31	Brian Underwood	4:58:14
11	Malihe Shadmehry	4:38:04	19	Linlee Sherrell-Baugh	5:01:02	11	Michele Hendrix	4:20:09	32	Wade Preston	4:58:30
12	Alice Fazlollah	4:50:49	20	Christine Laskey	5:03:16	12	Kate Seader	4:23:48	33	Jonathan Cooper	5:00:26
13	Whitney Smith	5:05:27	21	Laura Schillinger	5:12:11	13	Michelle McKenzie	4:24:31	34	Matt Needham	5:06:43
14	Kristen Baker	5:27:18	22	Lindsay Hunt	5:16:01	14	Heather Iocca	4:25:14	35	Xiao Tu	5:07:20
15	Nicole Meyer	5:27:28	23	Carrie Ricks	5:27:52	15	Susie Dean	4:30:26	36	Kevin Burke	5:18:17
16	Katherine Hopkins	5:30:37				16	Stacie Smith	4:34:02	37	Joe Keddington	5:58:01
			MAL	E AGE GROUP 25 - 29	9	17	Jennifer Shaw	4:43:00		,	
MAL	E AGE GROUP 24 &	UNDER	1	Sam Linhoss	2:56:41	18	Caroline Outlaw	4:43:01	FEM/	ALE AGE GROUP 35	- 39
1	Charles Webb	3:00:22	2	Owen Speer	2:57:51	19	Virginia Allen	4:45:29	1	Kaye Starosciak	3:11:41
2	Harrison Fluman	3:08:39	3	Chris Bair	3:08:46	20	Hillary Libby	4:45:29	2	Amy Stewart	3:27:14
3	Ken Curran	3:32:10	4	Brian Novak	3:18:10	21	Ien Overstreet	5:00:47	3	Jennifer Funk	3:39:27
4	Hunter Perrin	3:35:49	5	Jared Ellerbrock	3:21:39	22	Stacy Bell	5:28:01	4	Lisa Logan	3:40:16
5	Benoit Bordelon	3:36:35	6	Joe Dollar	3:22:16	23	Bethany Smith	5:38:03	5	Liz Kotanian	3:42:19
6	Brian Boggs	3:37:33	7	Tim Sommers	3:31:09	24	Jennifer Preston	5:58:21	6	Sharon Ruiz	3:47:30
7	Brett Luna	3:39:06	8	Kenneth Chilcoat	3:32:21		,		7	Rebecca Finnin	3:52:46
8	Dezmond Douglas	3:42:10	9	Bryson Vogeltanz	3:33:41	MAL	E AGE GROUP 30 - 3	34	8	Nancy East	3:54:58
9	Lucas Cooper	3:51:25	10	Damian Smith	3:37:25	1	Alan Outlaw	2:51:35	9	Andrea Thompson	3:58:50
10	Chris Robbins	3:58:27	11	Joshua Findlay	3:38:53	2	Brett Addington	3:01:46	10	Christine McCormicl	
	CILIO ICODONIO	J.J.J.L.		J			8			SILLStille Lite Colline	

CHICKAMAUGA BATTLEFIELD MARATHON RESULTS (CO	CONT'D)
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11	Cheryl Triko	4:04:03	8 Kat	hryn Gentner	4:13:24	7	Tracy Houpt	3:27:24	ΜΔΙΙ	AGE GROUP 55 - 59	٥.
12	Kim Helms	4:06:25		abeth Winkler	4:14:11	8	Douglas Cullum	3:34:03			
						9			1	Benny Bixenman	3:33:46
13	Julie Bowers	4:08:25		elissa Spencer	4:19:18	-	Michael Nasiatka	3:34:39	2	David McCormick	3:35:38
14	Danielle Myers	4:09:43	11 Jul	ie Moran	4:28:49	10	Jeffrey Helfrich	3:40:09	3	Eddie Boswell	3:39:52
15	Natalie Witt	4:11:51	12 La	urel Scarbrough	4:34:02	11	Ricky Krisle	3:41:37	4	William Smith	3:40:39
16	Kristin White	4:11:51		ngie Comer	4:40:21	12	Wesley Wilkins	3:44:53	5		3:41:06
17	Joan Gutermuth	4:14:11		ndy Slaven	4:42:56	13				John Ferguson	
	J			*			Russ Rote	3:45:06	6	Mark Ehrhard	3:48:07
18	Karen Holden	4:21:02		ary Anne Brocato	4:54:54	14	David Martin	3:49:16	7	Johnny Holloway	3:55:42
19	Allison Falin	4:32:44	16 Bc	nnie Hancock	5:09:32	15	Gary Kerr	3:50:59	8	Bob Banks	3:58:41
20	Kristy Burchfield	4:46:15	17 Ca	rolyn Money	5:12:30	16	Roger Clark	3:52:12	9	Kenneth Kondritzer	
21	Carrie Wolf	4:46:36		m Griswold	5:15:53	17	Jeff Bockhorn	3:55:55			
										John Bips	4:15:14
22	Karen Battles	4:46:37		igela Tortorice	5:41:58	18	Michael Hayes	3:56:06	11	Tom Lawry	4:21:05
23	Rhonda Hicks	4:51:48	20 Pa	ula Boone	5:41:59	19	Kenneth Widner	3:57:12	12	Ralph Harvey	4:22:56
24	Catherine Colburn	5:08:16	21 Ma	alynde Weaver	5:55:41	20	David Rye	3:57:48	13	Ironman Billy Collier	
25	Marielisa Rincon	5:32:44	22 Ci	ndy Heimanson	5:56:05	21	John Leighton	3:58:50	14		
26	Julie Hope	5:36:37				22				John Reed	4:30:32
	J 1			hley Gellis	6:12:45		Jeffrey Brown	3:59:36	15	William McAliley	4:38:13
27	Kim Leffew	5:37:03	24 As	ha Patel	6:22:04	23	Tony Anderson	4:01:49	16	Jim Ballard	4:43:16
28	Elizabeth Vaughn	5:54:44				24	Doug Carrell	4:07:15	17	Brian Lavendar	4:44:18
			MAL	E AGE GROUP 40 - 4	4	25	Jamie Miller	4:08:03	18	Jack Swartz	4:47:13
MAL	E AGE GROUP 35 - 3	9	1	Ryan Shrum	3:00:50	26	W. McCormick	4:12:11	19	David Paris	4:51:04
1	Tim Prichard	2:43:47	2	Mark Kuhn	3:10:54	27					
-							Thomas Richter	4:17:11	20	David Pierson	4:55:36
2	Jonathan Bair	3:03:17	3	Brandon Dodson	3:12:03	28	Michael Reisinger	4:18:07	21	Rick Franks	4:59:05
3	Bradley Jones	3:22:15	4	Jason Massie	3:17:23	29	John Gentner	4:20:20	22	Clifton Cartwright	5:07:38
4	John Womack	3:22:46	5	Mike Morris	3:18:49	30	Jeffery Foxx	4:22:41	23	Clyde Price	5:11:41
5	Charles Thomas	3:25:31	6	Greg Sikes	3:19:05	31	Melvin Martin	4:26:08		*	
6			7	~					24	Michael Schlifka	5:56:37
	John Parmer	3:30:36		Jason Fulmer	3:19:54	32	Steve Robinson	4:26:41	25	Farrell Hayes	5:59:10
7	Tony Owens	3:35:07	8	Brannon White	3:21:40	33	Richard Martin	4:29:15			
8	Jim Walters	3:36:37	9	Chip Lowder	3:21:44	34	Floyd Braid	4:34:44	FEM.	LE AGE GROUP 60 -	- 64
9	Griffen Ellington	3:44:40	10	John Cremers	3:22:20	35	Andrew Kunkel	4:35:48	1	Phyllis Sizemore	4:47:21
10	Neil Schwartz	3:47:41	11	Thomas Riggenbach		36	Dewayne Stansell	4:39:02			
							*		2	Joan Hearn	4:54:58
11	Frank Henley	3:48:43	12	Aaron Mercer	3:24:28	37	Lynn Holtam	4:39:23	3	Linda Camp	5:08:09
12	Terry Brantley	3:49:37	13	Daniel Mattle	3:27:51	38	Alex McLerran	4:42:56	4	Maryann Sherrod	5:35:22
13	Mike Dalton	3:49:37	14	Keith Rutherford	3:35:52	39	Evans Newell	4:47:33		,	
14	Paul Butler	3:49:58	15	John Brenner	3:39:35	40	Jon Redwine	5:00:32		ACE CROUR CO. C	4
							9			AGE GROUP 60 - 6	
15	Scott Meckert	3:50:18	16	Mark Flagg	3:40:33	41	Colin Heath	5:01:31	1	Bill Chamblee	4:02:25
16	Chris Stephens	3:50:57	17	Mark Ervin	3:44:12	42	Steve Hancock	5:09:32	2	Jeff Branin	4:14:57
17	Martin Forsyth	3:51:38	18	Herman Smith	3:47:10	43	Phil McGrath	5:54:09	3	David Scholes	4:28:19
18	Scotty Pope	3:52:11	19	Jay Gill	3:48:34				4		
19						EENA/	LE ACE CROUREO	E4		George Southgate	4:28:47
	Rich Graham	3:53:08	20	Douglas Homoky	3:48:36		ALE AGE GROUP 50 -		5	Steve Boone	4:44:57
20	Andrew Strickland	3:53:25	21	Greg Henry	3:50:45	1	Loraine Hillard	4:10:47	6	Tony Halfacre	4:45:21
21	Kirk McDermott	3:54:05	22	Chris Ellis	3:58:06	2	Lynda Webber	4:15:22	7	Robert Whitfield	4:50:59
22	Mark Blakely	3:54:58	23	John Ridgley	4:04:12	3	Carmen Hodnett	4:24:32			
23	Tony Owens	4:00:37	24	Patrick Onwumelu	4:07:14	4	Betty Holder	4:50:38		ACE CROURCE CO	_
	*									AGE GROUP 65 - 69	
24	Darin Bohm	4:00:51	25	Jamey Baker	4:08:17	5	Kristy McKibbin	5:03:29	1	Sergio Bianchini	3:42:37
25	Chris Triko	4:04:03	26	Vernie Pendley	4:13:53	6	Pamala Cuzzort	5:05:14	2	Cyrus Rhode Jr.	3:45:53
26	Timmy Johnson	4:05:25	27	Daniel Beverly	4:17:36	7	Melodie Thompson	5:06:16	3	Jim Weisser	4:10:07
27	Mark Gore	4:07:28	28	Peter Chu	4:21:29	8	Cindy Ralston	5:09:08		J	
									4	James Adams	4:23:09
28	Jeff McDermott	4:08:29	29	Kevin Krause	4:22:43	9	Cassie Bauson	5:14:03	5	Terrance O'Brien	4:28:11
29	Kurt Herrmann	4:13:14	30	John Ewig	4:27:29	10	Johana Reed	5:15:58	6	Armand Kramedjian	5:54:32
30	Doug Lawrence	4:15:42	31	Mike Hughes	4:28:05					′	
31	Michael Dugger	4:16:42	32	Bill Nixon	4:29:13	MAII	E AGE GROUP 50 - 5	4	EENAA	LE AGE GROUP 65 8	COVED
32	Tim Wilson	4:19:08	33								
				Brian Olson	4:37:20	1	George Shaak	3:20:25	1	Charlie Viers	4:21:19
33	Mike McDermott	4:20:00	34	Henry Coberth	4:40:20	2	Jeff Straussberger	3:48:54			
34	Jason Rogers	4:21:24	35	Mark Smeltzer	4:43:54	3	Tommy Nichols	3:52:16	MALE	AGE GROUP 70 & C	OVER
35	Ben Day	4:21:45	36	Chris Stratton	4:47:48	4	Randy Daniels	3:52:25	1	Kenneth Thompson	
36	John Gurr	4:29:24	37	Patrick Hickey	4:48:10	5	Dale Vanhooser	3:52:35		1	
37	John Sanke	4:29:49		Erik Curns			Jerry Cole		2	Russell Hale	4:54:45
			38		4:51:35	6		3:52:58			
38	Eric Simmons	4:29:49	39	Jeff Ledbetter	4:56:40	7	Tony Branam	3:53:24	UNKI	NOWN MARA	
39	Todd Carson	4:29:57	40	Shannon Harrell	5:11:12	8	Mark Keisling	3:54:41	PART	ICIPANTS	
40	Jason Rogers	4:34:39	41	William Thornton	5:12:31	9	Terry Hampton	4:03:49	1	Rick Hall	5:05:35
41	Robby Adams	4:37:43	42	Bradley Allen	5:21:44	10	Jim Underwood	4:07:28		TUCK TIAII	3.03.33
42	Scott Hamby	4:42:18	43	Riley Sayne	5:30:36		Jim Pearce	4:08:25			
						11					
43	Kevin Becker	4:42:58	44	Harris Sugarman	5:55:56	12	David Shannon	4:13:08			
44	David Stein	4:44:06	45	Vernon Blevins	6:11:48	13	Donald Trokey	4:15:20			
45	Greg Maxwell	4:45:46				14	Jeff Piersol	4:28:36			
46	Rob Byram	4:46:12	FEM.	ALE AGE GROUP 45	- 49	15	Edgar Smith	4:35:25			
47	Brent Parrish	4:46:15	1	Lynn Slater	3:57:59			4:36:02			
						16	Jose Boyd				
48	Kevin McAlister	4:48:30	2	Nina Bullock	4:14:17	17	Greg Coast	4:37:45			
49	Johnathon Byczkoski		3	Lisa Edwards	4:21:34	18	Matthew Sawyer	4:41:06			
50	Dan Moreland	4:59:11	4	Jennifer Browning	4:23:05	19	William Yoakum	4:43:26			
51	William Gottschalk	5:00:32	5	Linda Ballard	4:24:15	20	Vernon Sermons	4:58:16			
52	Preston Goforth	5:01:02	6	Angela Hill	4:25:55	21	Victor Wolters	5:01:51			
53	Ross Capps	5:10:33	7	Bonnie Sturgill	4:30:26	22	Peter Maurer	5:13:16			
54	Mark Foster	5:21:27	8	Debbie Walden	4:34:20	23	Bill Bauson	5:14:03			
55	James Johnson	5:23:01	9	Cindy Newell	4:35:03	24	Rodney Barry	5:28:20			
	odd Foster	5:41:52	10	Susan Hornbuckle	4:49:48	25	Larry Wells	5:31:19			
		5:45:19	11	Gwen Meeks							
		J.+J.17			4:52:52	26	Randall Hosea	5:43:36			
58 Ti	ott Stader			Joanna Bockhorn	5:19:28	27	Richard Levine	6:08:13			
	ott Stader m Cook	5:51:10	12								
			13	Mary Gaede	5:22:09						
	m Cook	5:51:10		•	5:22:09	FEM4	LE AGE GROUP 55 -	59			
FEMA	m Cook ALE AGE GROUP 40	5:51:10 - 44	13	Mary Gaede			ALE AGE GROUP 55 -				
FEMA 1 Les	m Cook ALE AGE GROUP 40 lee Hege	5:51:10 - 44 3:17:50	13	Mary Gaede E AGE GROUP 45 - 4	9	1	Donna Bramlett	4:31:40			
FEMA 1 Les 2 Gai	m Cook ALE AGE GROUP 40 lee Hege l Martin	5:51:10 - 44 3:17:50 3:37:50	13 MALI 1	Mary Gaede E AGE GROUP 45 - 4 Christoph Zenker	9 3:00:33	1 2	Donna Bramlett Patsy Ging	4:31:40 4:39:19			
FEMA 1 Les 2 Gai 3 Kin	m Cook ALE AGE GROUP 40 lee Hege 1 Martin nberly Boner	5:51:10 - 44 3:17:50 3:37:50 3:43:06	13 MALI 1 2	Mary Gaede E AGE GROUP 45 - 4	9	1	Donna Bramlett	4:31:40			
FEMA 1 Les 2 Gai 3 Kin	m Cook ALE AGE GROUP 40 lee Hege l Martin	5:51:10 - 44 3:17:50 3:37:50	13 MALI 1	Mary Gaede E AGE GROUP 45 - 4 Christoph Zenker	9 3:00:33	1 2	Donna Bramlett Patsy Ging	4:31:40 4:39:19			
FEMA 1 Les 2 Gai 3 Kin 4 Tara	m Cook ALE AGE GROUP 40 lee Hege 1 Martin nberly Boner a Sargent	5:51:10 - 44 3:17:50 3:37:50 3:43:06 3:51:59	13 MALI 1 2 3	Mary Gaede E AGE GROUP 45 - 4 Christoph Zenker Chuck Denham Less Conners	9 3:00:33 3:01:26 3:01:36	1 2 3 4	Donna Bramlett Patsy Ging Kitty Halfacre Cynthia Finnigan	4:31:40 4:39:19 4:45:21 4:51:55			
FEMA 1 Less 2 Gai 3 Kin 4 Tars 5 Kel	m Cook ALE AGE GROUP 40 lee Hege 1 1 Martin aberly Boner a Sargent ly Spratt	5:51:10 - 44 3:17:50 3:37:50 3:43:06 3:51:59 3:52:23	13 MALI 1 2 3 4	Mary Gaede E AGE GROUP 45 - 4 Christoph Zenker Chuck Denham Less Conners Doug Waters	9 3:00:33 3:01:26 3:01:36 3:13:57	1 2 3 4 5	Donna Bramlett Patsy Ging Kitty Halfacre Cynthia Finnigan Kathy Burkey	4:31:40 4:39:19 4:45:21 4:51:55 5:03:52			
FEMA 1 Les 2 Gai 3 Kin 4 Tar 5 Kel 6 Mis	m Cook ALE AGE GROUP 40 lee Hege 1 Martin nberly Boner a Sargent	5:51:10 - 44 3:17:50 3:37:50 3:43:06 3:51:59	13 MALI 1 2 3	Mary Gaede E AGE GROUP 45 - 4 Christoph Zenker Chuck Denham Less Conners	9 3:00:33 3:01:26 3:01:36	1 2 3 4	Donna Bramlett Patsy Ging Kitty Halfacre Cynthia Finnigan	4:31:40 4:39:19 4:45:21 4:51:55			



CHICKAMAUGA BATTLEFIELD HALF MARATHON RESULTS

	IICIAIIIA	NOOL	DAII	LEFIELD	IIALI	IAIV	KAIHUN	KLJ	LIJ		
FEMA	ALE OVERALL RESULT	·s	11	Jonathan Franks	2:26:05	23	Nathan Heine	2:07:21	MALE	AGE GROUP 30 - 3	4
1	Emily Cooper	1:33:39	12	Joshua Elleman	3:08:30	24	James Micheff	2:10:57	1	Paul Herron	1:30:1
			13	Jonathan Davis	4:16:55	25	Carter Hancock	2:13:00	2	Will Hutchinson	1:37:3
MAL	E OVERALL RESULTS					26	Jason Fleming	2:19:27	3	Jeffrey Plack	1:40:3
1	Greg Johnson	1:22:46		ALE AGE GROUP 25		27	Jonathan Walterhouse		4	Rory Tarr	1:41:4
			1	Ashley Outhouse	1:41:59	28	Connor O'Brien	2:36:11	5	Ryan Wainwright	1:42:5
FEM/	ALE MASTERS RESULT		2	Christina Woodard	1:46:21	29	Kenneth Swanger	2:40:41		Jeffrey Fisher	1:43:1
1	Beth Strong	1:42:47	3	Rebecca Eza	1:49:25	30	Chris Pascorella	3:00:54	7	Matthew Amick	1:43:2
			4	Yvette Jaquish	1:51:44	31	Kevin Crabtree	3:07:37	8	Nathan Cofer	1:46:1
	E MASTERS RESULTS	4.05.00	5	Lori Herwehe	1:52:08	EEAA/	ALE AGE GROUP 30 -	24	9	Jonathan Bodnar	1:47:5
1	Bill Owens	1:25:28	6 7	Lauren Varnell Lindsav Schenk	1:52:26 1:54:32	1	Mariska Van Rooden		10	Ben Plahtinsky	1:49:0
EENA	ALE GRAND MASTER	C DECILITE	8	Lisa Sullivan	1:54:46	2	Sarah Visser	1:48:53	11	Ryan Chamberlain	1:49:4
7 E IVI.	Pam Campbell	1:43:52	9	Rachel Baker	1:55:17	3	Valarie Tipton	1:48:56	12 13	Brian Welch	1:50:2 1:51:1
1	ram Campben	1.43.32	10	Sarah Smith	1:56:50	4	Ann-Marie Fitzsimmo		13	Jonathan Dark Brandon Boswell	1:51:1
MAL	E GRAND MASTERS F	ESULTS	11	Elizabeth Carls	1:58:29	1:50:2		•••	15	Paul Guinn	1:51:1
1	Steve Lemay	1:40:05	12	Joy Dixon Wilman	1:58:35	5	Valerie Campbell	1:51:17	16	Philip Foster	1:51:5
-	,		13	Sherri Brock	2:02:31	6	Jina Hawk	1:51:46	17	Mitchell Hollis	1:52:3
FEM/	ALE AGE GROUP 19 &	UNDER	14	Elizabeth Scroggs	2:03:18	7	Donna Rene Bullock	1:53:49	18	Scott Williford	1:54:3
1	Audrey Leach	1:54:01	15	Krista Steere	2:03:24	8	Amy Tarpley	1:54:51	19	Allen Jackson	1:55:4
2	Kiersten Vradenburgh		16	Adrienne Rulon	2:03:49	9	Kristie Cook	1:55:11	20	Matt Henderson	1:56:2
3	Kristin Clark	1:58:03	17	Kimberly Chilcoat	2:04:35	10	Julie Ricker	1:55:32	21	Darren Bremmer	1:57:0
4	Anna Burdelle	2:04:46	18	Lori Cunningham	2:04:52	11	Rebecca Moore	1:56:09	22	Daniel Hodge	1:57:1
5	Miranda Castleberry	2:07:29	19	Kristy Meade	2:05:26	12	Jennifer Hampton	1:57:05	23	Joseph Ruzicka	1:57:3
6	Margaret Welborn	2:11:45	20	Erin Welch	2:06:55	13	Michelle Hubbs	1:58:35	24	Greg Winn	1:58:2
7	Abby Hitchcock	2:13:13	21	Kate Courtney	2:07:47	14	Kay-Lynne Davies	1:59:15	25	Michael Tindle	1:58:2
8	Carrie Minnis	2:22:08	22	Jessica Jansen	2:08:54	15	Holly Robison	1:59:25	26	Joshua Taylor	1:58:2
)	Rachel Dance	2:22:08	23	Jill Schubert	2:08:57	16	Bryn Caddell	1:59:48	27	Kevin Law	1:58:5
10	Amy Crenshaw	2:27:24	24	Jill Heine	2:11:28	17	Maria Delaup	2:01:44	28	Mac McClure	2:02:1
11	Hannah Leach	4:17:01	25	Ellen Gray	2:12:50	18	Melissa Ross	2:01:54	29	Michael Fennell	2:02:3
		IDED	26	Meredith Bridges	2:14:15	19	Kasha Jones	2:02:53	30	Matt Tumey	2:03:2
	E AGE GROUP 19 & UI		27	Jaclyn York	2:14:40	20	Emily McAlister	2:04:50	31	David Kaczorowski	2:03:3
1	Mark Straussberger	1:37:24	28	Elizabeth Landry	2:15:40	21	Cheryl Benton	2:05:02	32	Greg Jameson	2:05:3
2	Michael Holland	1:37:45	29	Erika Grissinger	2:15:45	22 23	Erin Winn	2:05:19	33	Archie Crossland	2:07:3
3	Quinn Hickey	1:41:49	30 31	Erin Brock Andrea Williams	2:16:14 2:18:45	23 24	Cindi Holcombe	2:06:11 2:06:14	34	Taz Kicklighter	2:11:4
4 5	Joshua Finley Alex Ramey	1:43:12 1:46:57	32	Sarah Weeks	2:19:33	25	Amy Dugger Susie Stanfield	2:07:58	35	Brian Wakefield	2:12:3
, ,	Sam Thompson	1:54:47	33	Laura Lundy	2:23:15	26	Jill Sizemore	2:09:49	36 37	Andrew Schweitzer	2:14:3
7	Matt Butler	2:05:05	34	Lindsey Powell	2:24:07	27	Lacie Stone	2:10:12	38	Bret Sullivan	2:16:0 2:16:0
3	Dallas Knight	2:12:56	35	Julie Duryee	2:24:42	28	Michelle Soriano	2:10:28	39	Chris Petty Matthew Wiseman	2:18:1
)	Justin Castleberry	2:27:10	36	Ashley Leinbach	2:25:13	29	Whitney Smith	2:10:29	40	Clark Franklin	2:19:1
10	Levi Mintz	3:54:41	37	Ashley Robbins	2:26:40	30	Joanna Clark	2:11:52	41	Rob Dugan	2:19:2
11	Gregory Leach	4:11:57	38	Anna Plack	2:28:41	31	Holly Martin	2:12:08	42	Chris Hammontree	2:25:0
12	Jake Mintz	4:15:21	39	Sarah Garrett	2:29:17	32	Carie Daniel	2:12:14	43	Mark Pearson	2:33:1
	·		40	Sara Dollar	2:29:44	33	Elizabeth Wakefield	2:12:37	44	Cavin Graham	2:35:4
FEM/	ALE AGE GROUP 20 -	24	41	Angela Hanley	2:30:08	34	Laura Roberts	2:13:00	45	Jody Nation	2:41:4
1	Rachel Anderson	1:43:26	42	Lora Anne White	2:35:09	35	Heather McClendon		46	Ashley Hammonds	2:43:5
2	Catie Skogen	1:46:06	43	Leah Mitchum	2:36:11	36	Carla Callaway	2:18:01	47	Shaun Townley	2:45:1
3	Renee' Jackson	1:47:05	44	Aubree Sullivan	2:36:54	37	Brook Sprayberry	2:18:01	48	Joel Walton	2:53:3
4	Sara Straussberger	1:49:02	45	Lisa Ball	2:37:48	38	Meredith Dalzell	2:18:36	49	Blake Sargent	2:53:3
5	Marie Daugherty	1:51:20	46	Christina Norris	2:38:48	39	Rebecca Davenport	2:19:13	50	Chris Brakefield	2:55:3
5	Jamie Gibson	1:51:23	47	Allison Touchstone	2:39:07	40	Lindsay Richardson	2:19:13			
7	Lauren Grizzard	1:52:58	48	Stefanie Swanger	2:41:16	41	Leslie Van Sant	2:19:36		LE AGE GROUP 35 -	
8	Laura Bauson	1:55:39	49 50	Taylor Bell Elizabeth Pittman	2:42:25 2:45:18	42 43	Andrea Boswell	2:20:46	1	Misty Griffin	1:37:0
9	Katlyn Liszewski	1:56:57			2:50:29		Amy Gruber	2:22:05	2	Heidi Spaeth	1:38:5
10	Rebekah List	1:57:57	51 52	Erin Looney Aishlea Spurgin	2:56:34	44 45	Jennifer Jundt Tanya Bindernagel	2:23:07 2:23:08	3	Teresa Kirkman	1:39:1
11	Taylor Cansler	2:01:16 2:01:31	53	Charlotte Canfield	3:01:00	46	Holly Hollis	2:24:45	4	Sue Scholl	1:39:1
12 13	Leigh Norris Ashley Patrick	2:01:31	54	Crickett Tinney	3:10:04	47	Carolyn McClain	2:26:09	5	Tammy Root	1:39:2 1:40:2
14	Kristen Goodlett	2:06:55	55	Elizabeth Poland	3:21:02	48	Cheryl Hopper	2:26:33	6 7	Stacey Smith Kimberly Fuller	1:40:2
15	Kari Vradenburgh	2:07:06	56	Shelli Ferrell	3:29:54	49	Kristy Erhardt	2:27:06	8	Kvm Klass Stilling	1:50:1
16	Brittany Barnes	2:09:15	57	Melissa Wills	3:36:53	50	Rachel Oleksik	2:27:39	9	Cory Allison	1:50:1
17	Rachel Bowen	2:22:08	58	Brandi Gilbert	4:00:12	51	Wendy Haustein	2:29:41	10	Sissye Jones	1:53:2
18	Elizabeth Garey	2:24:01				52	Chelsie Niederhauser		11	Meghan Nicolini	1:54:2
9	Jessica Martin	2:27:24	MAL	E AGE GROUP 25 - 2	9	53	Sarah Pearson	2:33:14	12	Melissa Chapman	1:55:2
20	Michelle Friesen	2:30:20	1	Gray Skinner	1:23:23	54	Haley Julian	2:33:41	13	Karen Hopkins	1:55:
21	Wendy Ward	2:35:48	2	Ryan Coon	1:28:34	55	Amy Herron	2:40:39	14	Jolan Farkas	1:57:
22	Haley Zimmerman	2:39:50	3	Justin Martucci	1:33:25	56	Elizabeth Petty	2:40:52	15	Christy Varner	1:58:
23	Kristy Walker	2:40:32	4	Russell Courtney	1:35:02	57	Fernanda Costa	2:41:19	16	Sarah Powe	2:00:
24	Samantha Griffin	2:40:45	5	Philip Meyer	1:38:40	58	Mindy Bush	2:41:19	17	Becky Croft	2:01:
.5	Tiffany McKelvy	2:43:50	6	Thomas Cook	1:41:26	59	Deleslyn Mitchell	2:46:27	18	Rhonda Harrison	2:01:
26	Kimberly Gilmer	2:44:56	7	Joshua Harbison	1:51:11	60	Lena Hall	2:47:06	19	Jennifer Stanfield	2:01:
27	Jessica Kaminski	2:45:17	8	Joshua Lewis	1:51:11	61	Kim Depriest	2:53:14	20	Paige Phillips	2:02:
28	Mary Elleman	3:10:04	9	Taylor Simms	1:52:34	62	Kathleen Cheek	2:55:14	21	Sherrie Forrest	2:03:
29	Sara Hirter	3:35:00	10	Benjamin Hunley	1:52:37	63	Lori Brakefield	2:55:39	22	Dee Persinger	2:05:
	T ACE CROUP OF		11	Dorian Shockey	1:55:27	64	Andrea Lucado	3:01:01	23	Sheila Porada	2:05:
	E AGE GROUP 20 - 24		12	Jason Scalzitti	1:55:27	65	Kathy Wood	3:01:39	24	Pamela Gonzalez	2:05:
	Gilberto Fraire	1:29:01	13	Eric Varnell	1:55:50	66	Kate Shaw	3:04:37	25	Deanna Lord	2:06:
	Joshua Cornelius	1:33:23	14	Eric Baker	1:55:52	67	Suzanne Hicks	3:06:13	26	Vivian Barrera	2:06:
3	Nicholas Rulon	1:34:51	15 16	Ryan Vargas	1:55:57	68	Shannon Casajuana	3:14:45	27	Amy Rigsby-Mcghee	
1	Joseph Kimmet	1:42:22	16 17	Brandon Spurgin	1:57:28	69 70	Gabrielle Darnell	3:27:07	28	Aimee Maschhoff	2:08:
5	Brendan McRedmond		17 18	Jason Bridges	1:57:43 2:01:11	70 71	Misty Norman	3:29:56	29	Aundria Dishman	2:09:
6 7	John Dennis Michael Hymphrics	1:48:46	18	Josh Davis Miles Mason	2:01:11	71 72	Sherri Nation	3:31:04	30	Eden Lusk	2:10:
I	Michael Humphries David Begley	1:48:56 1:56:52	20	Benjamin Hansen	2:02:26		Jennifer Rigsby Penny Grigalanz	3:31:05 4:11:32	31 32	Cindy Tidwell	2:10:
8											
8 9	Travis Chase	1:58:09	21	Charles Rose	2:03:40	73	Tenny Origananz	4.11.32		Leigh Miller Jill Traub	2:11:1 2:11:3

CHICKAMAUGA BATTLEFIELD HALF MARATHON RESULTS (CONT'D)

C	IICIANIA	NOGA	DAII	LLFILLD	IIALI	IAIWL	MIIION	KLJUI	113	CONT D	,
35	Amie Lockhart	2:13:04	44	Chad Frank	2:16:37	28	Steven Kear	2:06:58	18	Patrick Foley	1:58:32
36	Aleisha Hardison	2:13:14	45	Sean Price	2:21:11	29	Sujeel Taj	2:07:45	19	Jefferson Campbell	2:00:23
37	Stacy Marshall	2:13:18	46	Chip Smith	2:23:39	30	Miles Bays	2:11:52	20	Steve Tait	2:00:37
38	Jessica Hacker	2:13:38	47	Joey Chadwick	2:24:40	31	Chris Brockman	2:13:50	21	William Sherman	2:02:21
39	Karin Millican	2:14:25	48	David Crane	2:34:31	32	Richard Baughman	2:14:39	22	Brian Dunn	2:02:31
40	Tiffany Martin	2:15:05	49	Gary Petty, Jr.	2:40:52	33	Justin Housman	2:14:40	23	Jeffrey Balser	2:04:57
41	Katy Ellsworth	2:15:26	50	•	2:41:38	34	Ray Wilson	2:16:32	24	Kelvin Brents	2:05:41
42	Danna Bailey	2:15:39	51		2:45:39	35	Marty Bonnington	2:22:15	25	Terry Smith	2:07:23
43	Jenny Trammell	2:16:31	52	Phillip Wood	3:01:40	36	Robert Errico	2:26:13	26	Mark Longwith	2:08:25
44	Kimberly Morrow	2:17:09	53		3:02:59	37	Ed Graham	2:31:01	27	Stan Davis	2:09:42
45	Shelley Sampson	2:17:50	54	Jason Jones	3:04:22	38	John Morris	2:40:20	28	Gary Morgan	2:09:47
46	Jennifer Ward	2:19:36	55	Patrick Kiernan	3:46:29	39	Billy Williams	3:35:14	29	Conrad Brooks	2:12:59
47	Brooke Stanchie	2:19:40							30	Chuck Knight	2:13:03
48	Kim Sitzmann	2:19:51		ALE AGE GROUP 40 -			ALE AGE GROUP 45 -		31	Michael Browning	2:13:31
49	Amy Gattis	2:22:10	1	Tammy Kellett	1:43:22	1	Gina Nowell	1:44:18	32	Steve Perry	2:13:42
50	Mimi Long	2:22:32	2	Elizabeth D. Brown	1:49:39	2	Mary Naeger	1:49:12	33	Brian Santin	2:13:51
51	Erica Zimmerman	2:24:04	3 4	Holly Kimsey	1:52:41	3	Kimberly Atkins	1:51:25	34	Bill Speight	2:14:27
52 53	Kathleen Speidel	2:25:20 2:26:38	5	Kelli Schoenberger	1:54:24	4 5	Kathy Taylor	1:54:58	35	Jay Jumper	2:14:57
54	Heather Ponce Angela Tumlin	2:26:53	6	Jennifer Van Meter Beth Smith	1:55:12 1:57:30	6	Kelly Jennings	1:56:05	36	Craig Snow	2:14:58
55	Lisa Cavender	2:31:01	7		2:00:49	7	Kate Gavin Karen Clark	1:56:13 1:58:03	37 38	Joseph Ankerich	2:15:16
56	Magan Harper	2:32:11	8		2:04:56	8	Lisa Tennyson	1:59:04	38 39	Glenn Beasley	2:19:02 2:21:41
57	Becky Williams	2:32:39	9	Tammy Cook	2:04:57	9	Lisa Litzinger	2:00:18	40	Chris Ernst	2:26:05
58	Cindy Horton Horton		10	Terri Ernst	2:06:36	10	Christine Post	2:00:10	40	Terry Haywood Scott Grooms	2:34:21
59	Stephanie Graham	2:33:55	11		2:06:47	11	Angela Foster	2:01:37	42	Jeff Hinely	3:01:22
60	Shelley Kerr	2:41:05	12		2:11:17	12	Jill Richmond	2:03:15	43	Tom Leach	4:15:21
61	Ansley Yeomans	2:42:58	13		2:11:23	13	Rebecca Renner	2:03:41	7.7	TOTTI T.C.	7.13.21
62	Melissa Smith	2:43:07	14		2:13:50	14	Barbie Wilson	2:04:04	FFMA	ALE AGE GROUP 50	- 54
63	Renee Harper	2:44:28	15		2:13:51	15	Jolene Crum	2:05:16	1	Andrea Cohen	2:00:02
64	Shannon Barton	2:45:38	16		2:13:56	16	Cherie Eason	2:06:27	2	Pam Bearden	2:00:33
65	Tracie Molineaux	2:56:55	17	Jennifer Ridgley	2:14:21	17	Corinne Henderson	2:07:26	3	Karen Romano	2:00:37
66	Jill Reynolds	2:57:06	18	0 ,	2:14:45	18	Marilyn Johnson	2:08:41	4	Nancy Woods	2:02:22
67	Nickie Schoonover	3:02:59	19		2:15:06	19	Patricia Wilson	2:08:54	5	Carol Eaton	2:02:23
68	Tonya Wilson	3:21:23	20		2:16:01	20	Kathy Richardson	2:09:58	6	Lurene Reck	2:09:26
69	Julie Whitacre	3:27:07	21		2:20:30	21	Suzanne Hooie	2:11:17	7	Bonny List	2:11:27
70	Michelle Allyn	3:35:10	22	Rosie Martinez	2:20:57	22	Karen Welborn	2:11:44	8	Carole Sims	2:14:16
71	Tara Henley	3:41:49	23	Treva Walshe	2:20:57	23	Cindy Beck	2:12:21	9	Valerie Breslow	2:15:13
72	Shellye Harris	3:46:29	24	Dawn Jumper	2:21:18	24	Marie Hubbard	2:14:49	10	Karen Widner	2:16:51
73	Mandy Stephens	3:52:56	25		2:22:27	25	Robin Ankerich	2:17:28	11	Janice Pope	2:18:05
74	Mary Fuller	4:11:36	26	Laura Mota	2:23:51	26	Tammi Nasiatka	2:17:42	12	Lisa Frost	2:23:30
			27	Teri Parker	2:24:25	27	Kathleen Bond	2:19:00	13	Sharon Mize	2:24:22
MAL	E AGE GROUP 35 - 39		28	Sarah Prince	2:24:33	28	Beth Wolf	2:20:19	14	Judy Giddens	2:25:17
1	Andy Appel	1:32:09	29		2:27:06	29	Jennifer Teague	2:20:29	15	Laura Leventhal	2:26:58
2	Steven Morrison	1:36:23	30	Sherry Stevens	2:27:08	30	Mary Holder	2:21:10	16	Debbie Stamey	2:27:36
3	Troy Tarpley	1:36:52	31	Diane Walker	2:27:10	31	Beth Warren	2:24:13	17	Janice Bond	2:30:28
4	Glenn Walker	1:38:17	32	Ocellia Whatley-Raulst	on	32	Barbara Gill	2:24:29	18	Elaine Edwards	2:32:20
5	Aaron Clark	1:40:32	2:27:3			33	Diana Oliver	2:25:09	19	Barbara Clark	2:35:29
6	James Parnell	1:40:48	33	Claudia Sapienza	2:27:46	34	Connie Betts	2:25:43	20	Mary Ownbey	2:37:08
7	Paul Brewster	1:43:12	34	Eve Hall	2:37:47	35	Rhonda Burdette	2:26:17	21	Vickie Pitts	2:40:31
8	Steven Fleming	1:43:59	35	Diane Brewer	2:43:51	36	Wendy Price	2:29:44	22	Kerri Williams	2:40:43
9	Lindsay Crawford	1:46:19	36	0	2:44:34	37	Tammy Higgs	2:29:53	23	Leslie Hill	2:50:37
10	Marcus Parker	1:46:53	37		2:47:04	38	Sara Forsyth	2:30:21	24	Valerie Jones	3:05:46
11	Stefan Eady	1:48:34	38	Alicia Crittenden	2:53:34	39	Stacey Boice	2:37:24	25	Karin Hurley	3:19:44
12	Chris Horton	1:48:34	39		3:35:12	40	Sharon Blok	2:37:30	26	Brenda Ledwell	3:31:04
13	Ben Johnston	1:48:42	40		3:35:12	41	Cynthia Hannafey	2:40:10	27	Susan Giusto	3:47:29
14 15	Jeffrey Miller Drew Trachy	1:49:44 1:50:12	41	Elizabeth Bridger	3:42:03	42	Ann Oortman	2:52:02	28	Patty Barnes	3:54:01
16	Jason Farmer	1:50:12	MALI	E AGE GROUP 40 - 44		43	Erika Klipa	2:53:14	29	Barbara Phillips	4:00:30
17	Ty Kicklighter	1:52:55	1	Scott Williams	1:33:57	44 45	Donna Merrifield Billie Joiner	2:57:24 2:59:51	30 31	Sandy Sweat Cindy Meadows	4:00:30 4:18:05
18	Luke Dalzell	1:53:10	2	Richard Hopkins	1:39:52	46	Kathy Crane	3:08:40	31	Cilidy Meadows	4.16.03
19	Owen Shull	1:53:50	3	Karl Hansen	1:41:57	47	Beth Antenucci	3:08:51	ΜΔΙ	AGE GROUP 50 - 5	:4
20	John Mullis	1:54:25	4	Tom Wiley	1:43:17	48	Phyllis Bips	3:24:49	1	Bill Ensign	1:40:16
21	Ben Wiley	1:54:51	5	Paul Alderman Jr.	1:44:25	49	Phoebe Smith	3:35:12	2	John Turner	1:41:06
22	Richard Tennyson	1:56:34	6	Shannon Heil	1:45:02	50	Barbara Leach	3:54:41	3	David Burnett	1:42:08
23	Bill Davies	1:58:34	7	Christopher Digiorgio		51	Kathy Hunsucker	4:22:23	4	Paul Babin	1:44:54
24	Kelly Meredith	1:59:16	8	Jose Martinez	1:47:26	52	Gloria Jones	4:22:23	5	Daniel Laughlin	1:45:01
25	Vann Thursby	1:59:17	9	Craig Harper	1:48:38	· -	010144) 01440		6	Terry Cook	1:45:02
26	Andy Fitzsimmons	1:59:55	10	Trey Kicklighter	1:53:16	MAL	E AGE GROUP 45 - 49	•	7	Dave Swearingen	1:45:49
27	Joe Martin	2:00:00	11	Steve Patty	1:53:27	1	Robert Buresh	1:41:42	8	Ray McIntyre	1:50:44
28	Will Fischer	2:00:11	12	David Wolfe	1:53:38	2	Barry Vradenburgh	1:42:46	9	Billy Bearden	1:50:48
29	Brian Smith	2:00:20	13	Kevin Gardner	1:54:31	3	Mark Kelley	1:43:24	10	Steve Crouch	1:52:11
30	Marcelo Dasilva	2:00:23	14	Harry Goslow	1:54:42	4	John Selman	1:43:33	11	Scott Hartman	1:54:28
31	Mathew Root	2:01:10	15	Bud Bullock	1:56:22	5	Michael Heinichen	1:44:43	12	Mike Strunk	1:54:48
32	Daniel Anderson	2:02:31	16	Timothy Fiquett	1:56:27	6	Duane Nickerson	1:46:28	13	Thomas Kennedy	1:55:26
33	John Robison	2:03:55	17	William Donnelly	1:57:29	7	Ronald Creech	1:48:52	14	David Key	1:56:09
34	Terrell Pritchett	2:05:03	18	Peter Conrady	1:59:09	8	Eric Carlson	1:51:15	15	Michael Selman	1:57:02
35	Scott Rowe	2:06:05	19	Scott Brown	1:59:37	9	Chris Bryant	1:51:15	16	Roger Walworth	1:58:56
36	Robert Parham	2:06:41	20	David Moghani	1:59:46	10	F.M. Barron	1:51:49	17	Rick Kendall	2:00:17
37	Aaron Sewell	2:09:39	21	Troy Brown	2:00:22	11	John Wolf	1:53:16	18	Keith Schaedel	2:01:33
38	Robert Trammell	2:10:12	22	Kevin Drummond	2:00:31	12	Edmund Magras	1:55:01	19	Stephen Hart	2:15:23
39	Stuart Dailey	2:10:23	23	Jay Caughman	2:00:31	13	Douglas Blankenship	1:55:53	20	Don Lastine	2:15:42
40	Scott Carswell	2:10:45	24	Rick Hicks	2:01:17	14	Howard Reagor	1:56:57	21	Steve Bray	2:17:05
41	Jeremy Hall	2:13:47	25	Tom Major	2:02:35	15	Rick Sakalas	1:57:29	22	John McCusker	2:19:26
42	Gregg Stahl	2:14:26	26	Todd Kelley	2:03:31	16	Paul Wells	1:58:15	23	Mark Kaminski	2:19:35
43	Christopher Chapman	2:10:07	27	Mitchell Parker	2:03:32	17	David Howell	1:58:30	24	Mike Luebeck	2:19:52

CHICKAMAUGA BATTLEFIELD HALF MARATHON RESULTS (CONT'D)

2:17:31

2.21.07

2:22:31 2.24.29

2:27:34

2-29-53

28 Ka	nay Eiroa	2:29:21
29 Ma	arty Eaton	2:30:31
30 Da	vid Higgins	2:39:47
	00	
FEM	ALE AGE GROUP:	55 - 59
1 Adr	i Herman	1:54:00
2 Sha	ri Lunsford	2:01:55
3	Vicki Hubler	2:02:33
4	Eileen Johnson	2:04:06
5	Jeanne Welsh	2:12:06
6	Barbara Eza	2:27:11
7	Stephanye Peek	2:27:50
8	Marsha Birdwell	2:40:28
9	Maggie Lawry	2:49:38
10	Janet Davis	2:55:19
11	Debi Billington	2:57:53
12	Susan Milovich	2:59:52
13	Paula Sherman	2:59:53
14	Mary Bevis	3:19:44
15	Roxanne Hirter	3:35:00
16	Claudia Moore	3:41:06

MALE AGE GROUP 55 - 59

Steve Sanders

Daniel Malov Ed Vise

William Shine

Charles Morrissey

Thomas Sisemore

Wiliam McKinnon, Jr. 2:13:17

Arthur Billington Ii 2:14:06

Joe Davis

Rob Fetters

Brian Tindle Joseph Aloisio

Bob Scott

10

11

12

25 Chris Richey

27 Jeffery Oliver

26 Stanislav Richter

2:20:47

2:27:24

2:27:42

1:46:59

1:47:57

1:51:34

2:00:00

2:01:03

2:02:02

2:04:15

2:06:12 2:12:34

2:12:49

2:13:23

21	Tommy Grisham	2:37:08				
22	Mike Eames	3:22:20				
23	Rick Hirter	3:35:00				
FEMALE AGE GROUP 60 - 64						
1	Molly Gray	1.57.46				

Jerry Clifton

15

16

17

18

19

20

David Klinger

Wesley Smith

Silcard Daniel

Dave Stever Max Berueffy

Iames Morris

25	Rick Hirter	3:35:00
FEM	ALE AGE GROUP 60 -	64
1	Molly Gray	1:57:46
2	Sueann Brown	2:00:45
3	Brenda Cooter	2:09:13
4	Elizabeth Wilkins	2:18:16
5	Carol Pilcher	2:31:13
5	Nell Brownell	2:32:49
7	Ellen Smith	2:41:35
3	Gwen Cowart	2:46:49
9	Jorja Davenport	3:01:32
10	Margery Ozner	3:09:54
11	Leanna Love	3:21:02
12	Sandra Thomas	3:47:29

l	Molly Gray	1:57:46
2	Sueann Brown	2:00:45
3	Brenda Cooter	2:09:13
1	Elizabeth Wilkins	2:18:16
5	Carol Pilcher	2:31:13
5	Nell Brownell	2:32:49
7	Ellen Smith	2:41:35
3	Gwen Cowart	2:46:49
)	Jorja Davenport	3:01:32
10	Margery Ozner	3:09:54
11	Leanna Love	3:21:02
12	Sandra Thomas	3:47:29
MAL	E AGE GROUP 60 -	64
	T 1 01 1	

MAL	E AGE GROUP 60 - 64	ļ
1	Butch Sherrod	1:43:15
2	Donald Sweeney	1:44:11
3	Barry Warren	1:45:41
4	William Reece	1:47:42
5	Jim Kimball	1:54:18
6	Roy Webb	1:57:27
7	Dr. Frank Patterson	2:02:56
8	David Phillips	2:10:13
9	Jim Hamblen	2:15:15
10	Ronald Rogers	2:15:28
11	David Blough	2:20:01
12	Ronnie Brownell	2:22:50
13	George Briggs	2:28:42

14	David Crane	2:34:32
15	Randall Franks	2:42:33
16	Roger Cowart	2:47:41
17	Les Downes	4:00:12
18	John Gilbert	4:00:13

FEMALE AGE GROUP 65 - 69

1	Linda	Zeeman	2:47:14

MALE AGE GROUP 65 - 69

1	Ron Heames	2:07:18
2	Dick Gray	2:08:37
3	Ted Hegenbarth	2:08:47
4	Jay Pryor	2:08:56
5	Haven Kicklighter	2:11:46
6	Phil Thomas	2:50:25

MALE AGE GROUP 70 & OVER

1	Charlie Raper	2:08:07
2	Richard Nadig	2:14:52
3	Jacob Cooter	2:31:32
4	Raymond Mattle	2:47:27
5	Richard Dillard	2:51:08
6	Bill Allen	3-12-25



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TRACKCLUBLAUNCH-ESHALFMARATHON-TRAININGPROGRAM

On Wednesday December 8th, 2009 the Chattanooga Track Club (CTC) will launch a half marathon training program. The 12-week program is designed to prepare runners, from beginners to the experienced, for the Scenic City Half Marathon scheduled for February 27, 2010 in downtown Chattanooga.

Along with providing runners with a weekly schedule designed to build runners' strength and endurance, the training program will offer participants two weekly group runs. The group runs include a Wednesday night mid-week tempo run and a Saturday morning long run.

The Wednesday night run will meet each week at 6:15 pm at the Downtown Sports Barn (301 Market St.). Distances will vary from 2 to 8 miles.

The Saturday morning run will meet each week at 8:00 am at the Downtown Sports Barn (301 Market St.). Distances will vary from 4 to 12 miles.

The group runs will include detailed course maps and water and sport drinks every few miles.

Those interested in participating in the program should visit www.ScenicCityHalfMarathon.com and/or drop into a weekly group run.

The training program is sponsored by the Chattanooga Track Club.

To learn more about the half marathon training program or the Scenic City Half Marathon, 5k and Charity Challenge please visit www.ScenicCityHalfMarathon.com.



31st Annual

The Karen Lawrence Run for St. Jude

Thursday, December 31, 2009

(Proceeds to Benefit St. Jude Children's Research Hospital)

Times:

5:00 to 6:30 p.m. - Registration

6:15 p.m. -- 2-mile Junior, 2-mile Fun Run, 2-mile Walk

7:00 p.m. -- 4-Mile Open Main Event

Place:

Race Headquarters, Start and Finish: The Sports Barn, 301 Market St.

Chattanooga, TN (I-24 to Highway 27 North, Exit 4th Street, go 3 blocks to

Market and turn left to 3rd Street).

Course:

Course is mostly flat and downhill in downtown Chattanooga and along the

Tennessee River. There is a 2-mile loop for the fun run, walk.

The run loops twice for the 4-mile event.

Facilities:

Restrooms and Lockers are available at The Sports Barn. Parking is available

on Market and Broad Streets and in Sports Barn Parking Lots.

Shirts:

Guaranteed for pre-registered participants on race night.

Awards:

4-Mile Run - Overall Open & Masters Male & Female; Male & Female, 1st, 2nd, & 3rd Each Age Division

2-Mile Junior Run- Overall Male & Female Only

2-Mile Fun Run - Overall Male & Female Only

ST. JUDE CHILDREN'S RESEARCH HOSPITAL

The Karen Lawrence Run for St. Jude is a memorial to a beautiful, brave girl who lost her long battle with leukemia in 1980 at age 11. Karen was a patient at St. Jude and shot the gun to start the very first run on December 31, 1979. Karen's twin sister, Kim, and brother, Mike now start the run in memory of Karen. All sponsors and workers in The Karen Lawrence Run for St. Jude believe for a child to die before his time is simply unacceptable. Won't you please join us in the fight against catastrophic diseases in children? Help us raise the money needed for the research to wipe out childhood diseases from the face of the earth.

31st Annual

The Karen Lawrence Run for St. Jude

"THE 4 MILE RACE WILL BE CHIP TIMED" IMPORTANT:

All Information on this page MUST be completed to be pre-registered You may complete this registration form and mail your form/check to the address below, or register ON-LINE with a credit card at ACTIVE.COM

(PLEASE TYPE OR PRINT)		Entire F	orm Must be	e Completed.
Name(last)	(first)	Phone ()	
Address	City		State	Zip
Age Sex: M	F T-Shirt size: S	S M	_ L XL	XXL
	EVENTS (Must	Check One))	
2-Mile Fun Ru	n [2-Mile Jr.		
2-Mile Walk	. [4-Mile Ma	ain Event	
myself, my personal representati rights and claims which I may have volunteers or other sponsors, groinjuries or death suffered by me in use of my name and picture in bro Signature:	ave or may hereafter accrue ups of individuals, their agen this event or for damage to ca adcast, telecast, video tapes,	to me or my estaints, representatives or loss of personal portions, or other news or put	te against the race, successors, and property. I also give ublicity account of the successors and the successors are successors.	e directors, officials or assigns for any and all my permission for the he event.
(Signed by parent or guardia		,,,		-
ENTRY FEE: All events pre-regis DAY OF RACE CASH OR CHEC	tration \$25.00. Postmarked a K ONLY.	after 24th \$30.00		necks payable to:
Entry Fee Submitted \$				arch Hospital nd mail to:
please accept my additi	st Anniversary of The Kard onal donation of \$30.00 o		n, Sto	eve Rogers D. Box 5599 nooga, TN 37406
Additional donation \$	DIVISI	ONS		
DIVISIONS	FEMALE			MALE
Main Event 2-Mile Jr. (15 and under) 4-Mile	Open & Masters Ov 24 & under, 25-29, 35-39, 40-44, 45-49	30-34	24 & un	Masters Overall der, 25-29, 30-34 40-44, 45-49



50-54, 55-59, 60-69, 70 +

Race Headquarters Start & Finish SPORTSBARN

it's what you do for you

Market & 3rd St. Chattanooga, TN

50-54, 55-59, 60-69, 70 +

ELEMENTARY CROSS COUNTRY RESULTS - 2009

				Baylor Sept. 3		Baylor Sept. 10		Riverpark Oct. 1		Total Points
Participant Name	School	Grade	Gender	Place	Points	Place	Points	Place	Points	
Female - 3rd Grade										
1 Vradenburgh Kathryn	Home School	3	F	1	15	1	15	2	12	42
2 Roberts Jasmine	Red Bank	3	F	4	9	2	12	1	15	36
3 Meridith Kierstyn	Normal Park	3	F	2	12	5	8	5	8	28
4 Mitchum Jamee	Thrasher	3	F	5	8	6	7	3	10	25
5 Davis Gwendolyn	St. Jude	3	F	3	10	3	10			20
6 Behlau Anna	St. Jude	3	F	7	6			4	9	15
7 Schmidt Christina	Red Bank	3	F	8	5	4	9			14
8 Prifogle Leslie	Daisy	3	F	9	4	12	1	7	6	11
9 Henry Addie	Thrasher	3	F					6	7	7
10 Hill Audrey	Lookout Mtn.	3	F	6	7					7
11 Pritchard Emily	Thrasher	3	F	11	2			8	5	7
12 Vance Charlotte	Bright	3	F	10	3			9	4	7
13 Etherton Brenna	St. Jude	3	F			7	6			6
14 Daniel Rebekka	Snow Hill	3	F			8	5			5
15 McMahon Collette	St. Jude	3	F			10	3	11	2	5
16 Shropshire Mar Quay	East Ridge	3	F			9	4			4
17 Abello Cecilia	Thrasher	3	F					10	3	3
18 Lemmons Sierra	Soddy	3	F			11	2			2
19 Hein Lilly	St. Jude	3	F					12	1	1
20 Johnson Alyssa	Ganns Middle Valley	3	F	12	1					1
Male - 3rd Grade										
1 Osborne Andrew	St. Jude	3	M	2	12	2	12	2	12	36
2 Pippenger Wiley	Lookout Mtn.	3	M	7	6	1	15	1	15	36
3 Rhodes John	Allen	3	M	1	15	3	10	4	9	34
4 Arnhart Wesley	Wallace A. Smith	3	M	3	10			3	10	20
5 Beard Bryce	Red Bank	3	M	5	8	7	6	7	6	20
6 Sell Thomas	Normal Park	3	M	4	9	5	8			17
7 Adams Samuel	McConnell	3	M	8	5	11	2	6	7	14
8 Crispin Mitchell	Bright	3	M	6	7	6	7			14
9 Haman Dylan	Soddy	3	M			4	9	11	2	11
10 Mason	Normal Park	3	M					5	8	8
11 Branam Chris	Allen	3	M			8	5			5
12 Wickizer Sam	Thrasher	3	M					8	5	5
13 Johnson Luke	Thrasher	3	M					9	4	4
14 Musick John	Thrasher	3	M	9	4					4
15 Payne Scott	Thrasher	3	M			9	4			4
16 Hunt Justin	Allen	3	M			10	3			3
17 Martin Hunter	Thrasher	3	M	11	2			12	1	3
18 Watson Max	Thrasher	3	M	10	3					3
19 Davis Gill	Lookout Mtn.	3	M			12	1			1
	1		1							

ELEMENTARY CROSS COUNTRY RESULTS - 2009

				Baylor Sept. 3		Baylor Sept. 10		Riverpark Oct. 1		Total Points
Participant Name	School	Grade	Gender	Place	Points	Place	Points	Place	Points	
Female - 4th Grade										
1 Brown Alexis	Big Ridge	4	F	1	15	1	15	1	15	45
2 Ellis Anna	Home School	4	F	3	10	2	12	2	12	34
3 Dupree Morgan	McConnell	4	F	2	12	3	10	3	10	32
4 Brooks Sara	Thrasher	4	F	4	9	4	9	6	7	25
5 Forrester Marissa	Snow Hill	4	F	7	6	9	4	4	9	19
6 Johnson Emma	Thrasher	4	F	5	8			5	8	16
7 Sullivan Emily	McConnell	4	F	12	1	5	8			9
8 Weatherford Morgan	Daisy	4	F	8	5			9	4	9
9 Bolling Jennifer	McConnell	4	F	11	2			7	6	8
10 King Casey	Home School	4	F	9	4	10	3	12	1	8
11 Heard Molly	Allen	4	F			6	7			7
12 Painter Destiny	Daisy	4	F	6	7					7
13 Massengill Jasmine	Wallace A. Smith	4	F			7	6			6
14 Camp Kendall	CSAS	4	F					8	5	5
15 Trotter Hailey	St. Jude	4	F			8	5			5
16 Campbell Avery	Thrasher	4	F	10	3					3
17 Hansen Anemone	Home School	4	F					10	3	3
18 Little Baily	Wallace A. Smith	4	F					11	2	2
19 Rollston Tarver	Thrasher	4	F			11	2			2
20 Clark Chyna	CSAS	4	F			12	1			1
Male - 4th Grade										
1 Parrott Jacob	Wallace A. Smith	4	M	1	15	1	15	1	15	45
2 Moore Ricky	Lookout Mtn.	4	M	2	12	2	12	2	12	36
3 Berry Austin	Thrasher	4	M	4	9	3	10	5	8	27
4 Smith Darien	Normal Park	4	M	6	7	6	7	4	9	23
5 Bingham Andrew	Snow Hill	4	M	5	8	5	8	7	6	22
6 Priest Thomas	Thrasher	4	M	3	10	7	6	11	2	18
7 Sullivan Jake	Wallace A. Smith	4	M			4	9	9	4	13
8 Carpenter Austin	Soddy	4	M			8	5	8	5	10
9 Hampton Michael	CSAS	4	M					3	10	10
10 Moore Jackson	Brainerd Baptist	4	M			10	3	6	7	10
11 Cook Krider	Thrasher	4	M	7	6	11	2			8
12 Tuttle Alexander	Normal Park	4	M	8	5					5
13 Elias Chandler	Red Bank	4	M	9	4					4
14 Goodpasture Thomas	Snow Hill	4	M			9	4			4
15 Hartline Hayden	Soddy	4	M	12	1			10	3	4
16 King Zac	Ganns Middle Valley	4	M	10	3					3
17 Bush Jackson	Thrasher	4	M	11	2					2
18 Gladson Ashton	Daisy	4	M					12	1	1

ELEMENTARY CROSS COUNTRY RESULTS - 2009

				Baylor Sept. 3		Baylor Sept. 10		Riverpark Oct. 1		Total Points
Participant Name	School	Grade	Gender	Place	Points	Place	Points	Place	Points	
Female - 5th Grade										
1 Anderson Alison	McConnell	5	F	1	15	1	15	1	15	45
2 Wardeburg Grace	Thrasher	5	F	4	9	3	10	4	9	28
3 Lanter Anna	Ganns Middle Valley	5	F	6	7	5	8	2	12	27
4 Mulligan Lea	Normal Park	5	F	3	10	4	9	5	8	27
5 Rasmueson Rachel	Ganns Middle Valley	5	F	5	8	6	7	3	10	25
6 Martin Margaret	Lookout Mtn.	5	F	2	12	2	12			24
7 Ackerson Bailey	Thrasher	5	F	8	5	8	5	6	7	17
8 King Lauren	Thrasher	5	F	7	6	9	4	9	4	14
9 Whalen Suni	St. Jude	5	F			7	6	11	2	8
10 Newbold Lucy	Thrasher	5	F	9	4	10	3			7
11 Colson Robyn	Red Bank	5	F					7	6	6
12 Kemp Tia	Bright	5	F	12	1			8	5	6
13 Brooks Taylor	Thrasher	5	F	10	3	12	1			4
14 Martin Abby	Ganns Middle Valley	5	F					10	3	3
15 Smith Serena	Normal Park	5	F	11	2					2
16 Thompson Emily	Red Bank	5	F			11	2			2
17 Casey Rachel	McConnell	5	F					12	1	1
Male - 5th Grade										
1 Nelson Jared	St. Jude	5	M	1	15	1	15	1	15	45
2 Groves Spencer	Big Ridge	5	M	7	6	2	12	2	12	30
3 Stallings Jacob	Thrasher	5	M	3	10	6	7	3	10	27
4 Wagner Brian	Home School	5	M	2	12	3	10			22
5 Gajewski Mark	St. Jude	5	M	9	4	4	9	5	8	21
6 Edge Henley	Brainerd Baptist	5	M	8	5	7	6	6	7	18
7 Jemison King	Lookout Mtn.	5	M	4	9	5	8			17
8 Cagle Blake	Alpine Crest	5	M	6	7	8	5			12
9 Johnson Parker	CSAS	5	M	10	3	9	4	8	5	12
10 Miller Garen	Wallace A. Smith	5	M					4	9	9
11 Sutherland Graham	Home School	5	M	5	8	12	1			9
12 Gaither Logan	Allen	5	M					7	6	6
						11	2	9	4	6
13 McMahon Murphy	St. Jude	5	M			111				
13 McMahon Murphy 14 Henry Colby	St. Jude Brainerd Baptist	5	M			10	3			3
	Brainerd	-						10	3	3
14 Henry Colby	Brainerd Baptist	5	M						3 2	
14 Henry Colby 15 Rhodes Ryan	Brainerd Baptist Allen Wallace A.	5	M M	11	2			10		3
14 Henry Colby 15 Rhodes Ryan 16 Cochran Noah	Brainerd Baptist Allen Wallace A. Smith	5 5 5	M M M	11 12	2			10		3 2

III TECHNOLOGYPROJECTS

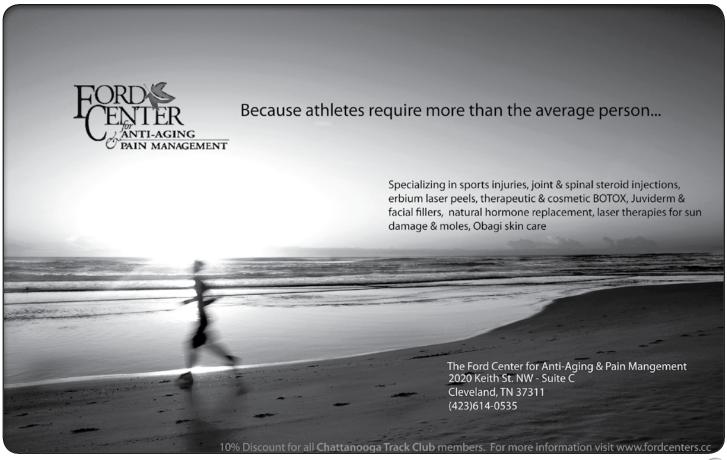
Web Application Design & Development

Web Application Design & Development

PROJE

Cold Fusion Server Windows 2000 IIS5.0 SQLServer 2000 Javascript ASP VBScript

Technology Projects 1014 Dallas Road, Suite 102 Chattanooga, TN 37405 p.423.267.7375 f.423.756.9672 bbrock@tech-projects.com lbrock@tech-projects.com



MALKINGWORKS By Shannon Haslam The Control of the

Don't let winter weather derail your fitness goals this year. You can still get your walking workout in – even on the coldest of days – with these simple tips:

Clothing

If your warm weather walking routine takes you outdoors, don't skip out on the fresh air in cooler months. Dressing in layers can keep you comfortable throughout your walk.

- Wear a moisture-wicking base layer. A tight-fitting shirt and leggings will keep your body warm and dry. Opt for a synthetic fabric rather than cotton, which holds sweat.
- Make sure your second layer is fleece or wool to keep body heat in and cold air out.
- Finally, look for a wind-resistant jacket for your outermost layer. If shorter winter days have you walking in the dark, it's a good idea for your top layer to have reflective panels. And don't forget your hands, head and ears – wear gloves and a hat for extra warmth.

Walking Indoors

If the cold weather isn't your style, give indoor walking a try.

- If you walk on a treadmill, remember to get your upperbody involved by pumping your arms for an extra aerobic benefit.
- Check with your local mall management company to see if they offer extended hours for indoor walkers.
- Create a path around your office building or house that involves climbing stairs to get your heart rate up.
- Wear a pedometer to count the number of steps you take each day and aim to increase your step count every week.

As always, be sure to check with your doctor before starting a new fitness routine. Visit www.bcbst.com and click on WalkingWorks to find winter walking events in your area. WEDNESDAY NIGHT

TRAIL RUN For more information, 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 must

Walking Works

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

Tuesday Night Run NEW! 5:00 pm at the Gateway Farm (off Hamill Rd in Hixson) Run led by Ryan Crews of Front Runner

Group Run

Getting Ready for a Maratho New in town and need new long distance running companions? Go to www.grouprun.com for the latest group run schedule, Check out the new CTC website at track workouts and the yearlong chattanoogatrackclub.org marathon schedule.

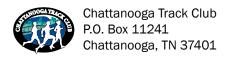
two events

CHATTANDOGE

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

CTC Group Run Wednesday Nights - 6:15 p.m. Downtown Sports Barn (301 Market Street)

ETIN BOARD



CHANGE SERVICE REQUEST

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