JOGGING AROUND

RRCA
ROAD RUNNERS CLUB OF AMERICA

Runner Club Member

JOGGING AROUND

A newsletter published four 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.

In This Issue...

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Jogging Around Ad Rates

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Ad Info
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VPCommunications@chattanoogatrackclub.org

BILL'S QUILL

It's a new year and the Chattanooga Track Club is off and running! By now the Scenic City Half Marathon, 5K & Charity Challenge have just been completed and we have ten other CTC race events planned for the rest of the year. After a year off, we are also bringing back the Raccoon Mountain 10K and 5K races which will be run on May 12th thanks to Steve Smalling stepping up as race director. And right now we have more than twenty five other area races on our calendar. The popular Runner of the Year (ROY), Volunteer of the Year (VOY), and Battle for Chattanooga competitions will also be back. Last year we had a record number of members participate in these competitions.

What's new this year? We are upgrading our race timing equipment with new mats and a timing box. This will allow us to have a wider start/finish line for our major races. We also will be growing our youth program. Last year we had over 600 grade school participants in our cross country series. New schools join this series each year and we are experiencing some growing pains, but with the help of our youth program partner, the Children's Hospital, we look forward to adding even more participants this year.

Want more information on one of the races or the ROY rules? Visit the CTC website. This year we plan to enhance the website so that you have the latest information available and it is easy to access. Check back often to see the improvements. We are placing an emphasis on communicating with the Chattanooga running community and want your feedback and ideas. Let us hear from you.

Bill Moran
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.

# Chattanooga Track Club 2012 Annual Awards Banquet

The Chattanooga Track Club's top runners and volunteers were honored Saturday, January 21, 2012, at the annual awards banquet held at the Walden Club on the top floor of Republic Centre in downtown Chattanooga. Club President Bill Moran welcomed over 100 runners, friends and family members, club volunteers, and benefactors with words of appreciation to all who made the 2011 running year in Chattanooga a huge success.

Following dinner, endurance athlete Marshall Ulrich was guest speaker, thanks to the efforts of the Membership Committee. Mr. Ulrich entertained and inspired the audience with stories about climbing the highest peaks on all seven continents, running back and forth across Death Valley four times in a row, and running 3,063 miles across America from California to New York City in 52 days – a pace of nearly 60 miles per day. The most amazing fact, and encouraging from the perspective of the masters and grand masters in the audience, is that Ulrich has completed most of these achievements since reaching the age of 50, including his climb of Mt. Everest in 2003 at age 52 and running across America at age 57. Yet Ulrich seemed most pleased by his Death Valley exploits. Ulrich's book Running on Empty: An Ultramarathoner's Story of Love, Loss, and a Record-Setting Run Across America explains that the Badwater Ultra marathon has been ranked as the toughest footrace in the world, running from 282 feet below sea level in Death Valley, with temperatures up to 130 degrees, up to Whitney Portal at 8,360 feet. Apparently unchallenged by the Badwater, Ulrich ran up to Whitney Portal, back to Death Valley, back up Whitney Portal, and back to Death Valley – four laps totaling 540 miles. Most of Ulrich's talk focused on the run across America, including the associated aches and injuries. He seemed conflicted regarding injuries, saying that "sometimes you just have to disown" a painful foot or leg and keep going, but acknowledging that sometimes rest is needed to heal injuries. Some running annoyances just shouldn't happen at all, such as putting the left orthotic in the right shoe, and vice versa, a self-imposed hindrance that occurred once on his run across America.

Following Ulrich's speech, Doug Roselle, Vice President of the Race Committee, presented the 2011 Runner of the Year awards
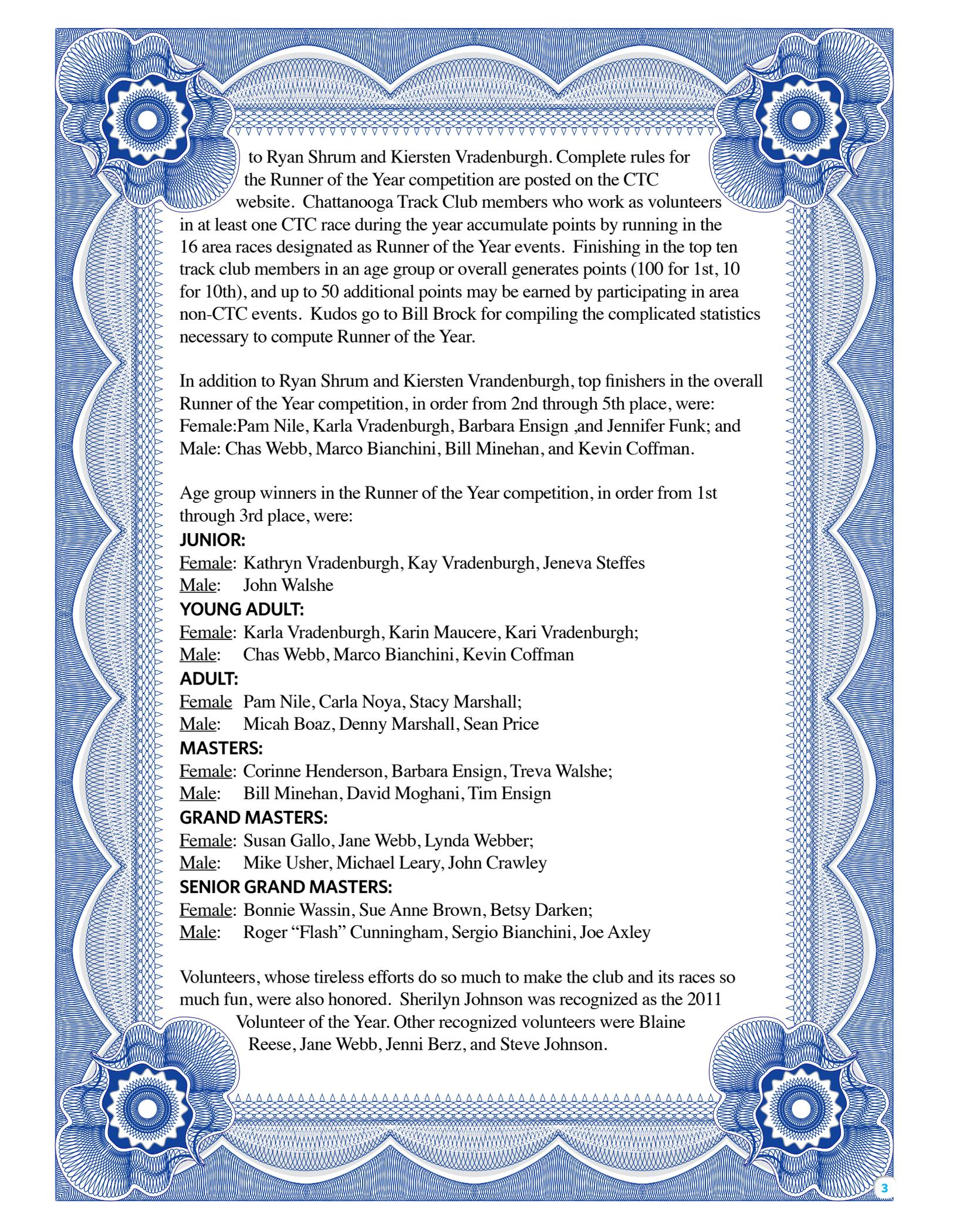
to Ryan Shrum and Kiersten Vradenburgh. Complete rules for the Runner of the Year competition are posted on the CTC website. Chattanooga Track Club members who work as volunteers in at least one CTC race during the year accumulate points by running in the 16 area races designated as Runner of the Year events. Finishing in the top ten track club members in an age group or overall generates points (100 for 1st, 10 for 10th), and up to 50 additional points may be earned by participating in area non-CTC events. Kudos go to Bill Brock for compiling the complicated statistics necessary to compute Runner of the Year.

In addition to Ryan Shrum and Kiersten Vrandenburgh, top finishers in the overall Runner of the Year competition, in order from 2nd through 5th place, were: Female:Pam Nile, Karla Vradenburgh, Barbara Ensign ,and Jennifer Funk; and Male: Chas Webb, Marco Bianchini, Bill Minehan, and Kevin Coffman.

Age group winners in the Runner of the Year competition, in order from 1st through 3rd place, were:

JUNIOR:
Female: Kathryn Vradenburgh, Kay Vradenburgh, Jeneva Steffes
Male: John Walshe

YOUNG ADULT:
Female: Karla Vradenburgh, Karin Maucere, Kari Vradenburgh;
Male: Chas Webb, Marco Bianchini, Kevin Coffman

ADULT:
Female Pam Nile, Carla Noya, Stacy Marshall;
Male: Micah Boaz, Denny Marshall, Sean Price

MASTERS:
Female: Corinne Henderson, Barbara Ensign, Treva Walshe;
Male: Bill Minehan, David Moghani, Tim Ensign

GRAND MASTERS:
Female: Susan Gallo, Jane Webb, Lynda Webber;
Male: Mike Usher, Michael Leary, John Crawley

SENIOR GRAND MASTERS:
Female: Bonnie Wassin, Sue Anne Brown, Betsy Darken;
Male: Roger "Flash" Cunningham, Sergio Bianchini, Joe Axley

Volunteers, whose tireless efforts do so much to make the club and its races so much fun, were also honored. Sherilyn Johnson was recognized as the 2011 Volunteer of the Year. Other recognized volunteers were Blaine Reese, Jane Webb, Jenni Berz, and Steve Johnson.

Chattanooga Track Club 2012 Annual Awards Banquet (continued)

The Battle for Chattanooga winners also received awards. Three of the Club's annual races are held on grounds of the regions' national military parks: the Chickamauga Chase 15K and 5K in April, the 4.7 mile Missionary Ridge Road Race in August, and the Chickamauga Battlefield Marathon and Half Marathon in November. Any runner who participates in all three races is eligible to win the Battle of Chattanooga Award. No additional registration or membership in the Chattanooga Track Club is required. Times for the three races are combined, and the overall male and female, masters (40 & over) male and female, and grand masters (50 & over) male and female win awards. In 2011, Ryan Shrum was the overall male winner, with a combined time of 4:51:37 (59:57 15K, 28:56 Missionary Ridge, and 3:22:44 marathon). Jennifer Funk was the overall female winner with a combined time of 5:17:03 (1:10:48 15K, 34:39 Missionary Ridge, and 3:31:26 marathon). Mitchell Hayes was masters male winner (5:05:32 – 1:04:33, 32:29, 3:28:30) and Belinda Young was the masters female winner (5:46:06 – 1:12:40, 36:25, 3:57:01). Roger "Flash" Cunningham was fastest grand masters male (5:28:29 – 1:09:18, 35:32, 3:43:39) and Lynda Webber was fastest grand masters female (6:26:44 – 1:16:11, 37:39, 4:32:54). Every runner who completes all three races demonstrates year-long devotion and determination by running a springtime 15K, competing in the August heat and humidity at Missionary Ridge, and training for and completing a November marathon. Everyone who completes the three race, 40.2 mile series , is recognized with a much-deserved medal.

The Chattanooga Track Club will start its 2012 year with the Scenic City Half Marathon / 5k on February 25, 2012. The first Runner of the Year race for 2012, the event will start at 8:00 a.m. in front of Finley Stadium and mostly run alongside the Tennessee River. Start the 2012 racing season by either running or volunteering!

Chickamauga Chase 2012

The forty-fourth running

Chickamauga & Chattanooga National Military Park

Saturday, April 21st
15K • 5K • Scenic Walk • Kiddie K
Start Time 8:30 a.m. EDT (all events)
www.chickamaugachase.com

44th Running of the Chickamauga Chase
April 21, 2012

The Chickamauga Chase has been held since 1968 in the historic and beautiful Chickamauga & Chattanooga National Military Park. The Chickamauga Chase is Chattanooga's oldest continuously run road race, and the signature event 15k is one of America's oldest races at that distance. A competitive 5k, Scenic Walk, and Kiddie K make The Chickamauga Chase a must-do event for the whole family.

The courses take runners past many of the park's historic sites, monuments and markers within the Chickamauga & Chattanooga National Military Park, located just a few miles south of Chattanooga, TN near the towns of Ft. Oglethorpe and Chickamauga, GA. It is also a Chattanooga Track Club ROY Event as well as the 1st Race in the Battle for Chattanooga Event.

You may register online (www.chickamaugachase.com), by mail, or in person at early packet pickup or race day. As with any event, pre-registration helps race organizers present the highest quality, well organized, and safest event

possible. Limited registration applies. It also pays to register early - entry fees are lower! Chattanooga Track Club members (dues current) receive a $3 discount on their entry fee.

Regardless of how you register, we greatly appreciate your help in early packet pickup on Friday, April 20th at Outdoor Chattanooga. Help us and yourself to avoid wait lines on race day.

Early Packet Pickup and Registration
Friday, April 20th
11:00 AM to 7:00 PM Eastern Time

Outdoor Chattanooga
200 River Street
(Coolidge Park off Frazier Avenue)
Chattanooga, TN 37405

423-643-6888

www.outdoorchattanooga.com
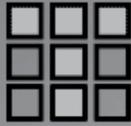
KAREN LAWRENCE RACE RESULTS
December 31, 2011

Overall Female	Leah Thomas	27:29
Overall Male	Chris Berry	21:56
Masters Female	Yoli Bell	32:39
Masters Male	Hugh Enicks	25:51
24 & Under Female	Kiersten Vradenburgh	31:27
24 & Under Male	Caleb Morgan	23:35
25 - 29 Female	Mindy Williford	31:43
25 - 29 Male	Patrick Hall	23:57
30 – 39 Female	Emily Cooper	30:20
30 – 39 Male	Matt Gregory	26:06
40 – 49 Female	Sue Barlow	33:27
40 – 49 Male	Ryan Shrum	27:15
50 – 59 Female	Jacquie Winters	34:56
50 – 59 Male	Bill Warren	29:02
60+ Female	Sue Anne Brown	38:46
60+ Male	Flash Cunningham	32:53

Raccoon Mountain 5K / 10K Road Race:
May 12, 2012 8AM Eastern

The Raccoon Mountain race is back, with a new May date! Several factors make Raccoon Mountain a great place for a race. Situated away from main highways, the TVA reservation seems isolated, yet it is only nine miles from downtown Chattanooga, via the Browns Ferry Road / Elder Mountain Road route. The course is certified and is one of the most scenic courses in the Chattanooga area, with views of Lookout Valley and Lookout Mountain in the second mile and the Tennessee River Gorge in the fourth mile. The 5K and 10K courses share a long hill up to the dam at the mile mark, but the big test is a half mile long hill on the 10K course at the 3.2 mile mark. Once you pass that hill, conditions ease considerably, with the next 1.5 miles run on the dam and a big downhill to start the last mile.

Join us on May 12, 2012 for the renewal of this race formerly hosted by the Chattanooga Track Club in August. Start time is at 8AM, 30 minutes later than in the past. Everyone must arrive at the top of Raccoon Mountain, past the access gate, by 7:30 AM, when the gate will be closed. Registration is available on line at www.active.com, or by mail. Contact stevesmalling@charter.net with any questions.

(UNOFFICIAL)
OLDEST RACE IN TENNESSEE CONTINUES

In the 1920's seven runners gathered in the center of Chattanooga near the Market Street Bridge and ran 5 miles. They called this run the Chattanooga Chase. After several years, more and more people showed up to this group run and eventually the original group of runners decided to turn the Chase into an unofficial race. Unofficially it would become the oldest race in Tennessee. In 1968 the Chattanooga Track Club was formed and they hosted the first official Chattanooga Chase. The race marked the first fully timed race in the Chattanooga area. In the 1980's the location of the race was changed from a flat and fast course in downtown to a hilly and challenging course in the hills of North Chattanooga. Even though the location of the race may have changed the distance remained the same. Now nearly a century later after the unofficial first race, the Chattanooga Chase is still a 5 mile race in through the grueling heat and humidity on a late spring Chattanooga morning. Many runners who come out and run the race talk about the tradition and history in running in the area's oldest race. Another element that adds to the tradition is the date of the event. The Chattanooga Chase has always taken place on Memorial Day. Those who don't know the actual history related to the Chattanooga Chase know the race as "That Race on Memorial Day."

New this year to the Chattanooga Chase is a one mile competitive run. The event will start 2 hours after the start of the 5 mile (8 km) traditional race. Participants will have the option of competing in either or both events. When the 1 mile race starts it will be the youngest race in Chattanooga. Thus this year and most likely this year only runners can take part in both the oldest and youngest race in Chattanooga on the same day.

The Chattanooga Chase will continue to offer participants all the great race day amenities that it has in the past. Technical T – Shirts will be given to all of those who pre-register. Panera will be catering the refreshments. The race will be giving out about 100 total awards so you are bound to get something just by signing up. In addition there will be cash prizes to the top 3 overall male and female in both events. Of course that challenging yet rewarding course will always be there. The race will be capped at 500 total participants. So sign up soon and don't miss your chance to run Chattanooga's oldest race, The Chattanooga Chase.

Who's Your CRAWDADDY?
Chattanooga Track Club

HOLD THAT DATE
2nd Quarter CTC Social May 28

What: Smokin' Cajun Cookout

When: May 28th, 11:30 AM – 1:00 PM (Following the Chattanooga Chase)

Where: Riverview Park

Cost: $10.00 per person (Members and Non-Members)

Join us on May 28th following the Chattanooga Chase in Riverview Park for this family friendly event!

You don't have to be a member to join in the fun.

Catering provided by Champy's.

Reservation link will be up soon on the CTC website and Facebook.

WAUHATCHIE RACE RESULTS
December 17, 2011

OVERALL - MALE

1. Tim Ensign   Headstart 4:00   Time on Course 40:19

2. Sergio Bianchini   Headstart 16:00   Time on Course 52:32

3. Caleb Morgan   Headstart :15   Time on Course 38:01

OVERALL – FEMALE

5. Anneli Morrison   Headstart 5:30   Time on Course 44:04

8. Sue Anne Brown   Headstart 24:45   Time on Course 1:04:29

22. Keeley Stewert   Headstart 5:30   Time on Course 50:45

FAMILY COMPETITION

1. Sergio Bianchini (36:32)/Marco Bianchini (48:19)   1:24:51   father/son

2. Tim Ensign (36:19)/Barbara Ensign (48:38)   1:24:57   husband/wife

3. Jason Webb (45:26)/Adam Webb (46:08)   1:31:34   brothers

2012 Joe McGinness Runner of the Year and Volunteer of the Year Competition Rules

The Joe McGinness Runner of the Year (ROY) contest is an annual competition designed to promote running and fitness among Chattanooga Track Club (CTC) members and encourage volunteer participation in CTC events.

Eligibility Guidelines for Runner of the Year

1. You must be a current CTC member at the start of the ROY event. Points are not retroactive.
2. Compete as a runner or walker in ROY events. See CTC calendar for eligible events. All ROY races completed count towards the standings. There is no minimum number of races.
3. The competition is divided into 12 different categories based on age and gender:
   - Junior Men/Women (15 and younger)
   - Young Adults Men/Women (16 – 29)
   - Adults Men/Women (30-39)
   - Master Men/Women (40 – 49)
   - Grand Masters Men/Women (50 – 59)
   - Senior Men/Women (60 and over)
   * Please note different races are eligible for the Junior category.
4. Points are awarded to the first ten ROY eligible finishers in each ROY category as follows. You must be a CTC member at the start of the race in order to collect ROY finishing points.

1st place	100 points	6th place	50 points
2nd place	90 points	7th place	40 points
3rd place	80 points	8th place	30 points
4th place	70 points	9th place	20 points
5th place	60 points	10th place	10 points

5. Volunteer in a least one (1) CTC event. Shifts must be at least three hours in duration (or until released by the Race Director) You must be a current CTC member at the time of volunteering. Volunteer credit is not retroactive.
6. ROY competitors cannot earn volunteer credit and ROY points at the same event, unless the volunteer credit and competitive points are earned on separate days. ROY competitors will receive thirty (30) points for each time they volunteer which may be applied to Volunteer of the Year [VOY] but will not count toward ROY points.
7. Members may earn Participation Bonus Points of 10 points per race when participating in any Non-ROY event within 50 miles of Chattanooga. A print out of official event results must be provided to the ROY points keeper in order to be eligible. A bib number or proof of registration only will not be accepted. The maximum number of points for Non-Roy events is fifty (50).
8. Awards will be given as follows:
   Overall Female: Given to the top 5 female competitors
   Overall Male: Given to the top 5 male competitors
   Age Group Awards: Given to the top 3 female and male competitors in each category.
   Runners of the Year are announced at the Annual CTC Banquet, January 2013 and will receive high quality CTC logo running apparel. *Winners of the Overall Category are not also eligible for Age Group Awards.*

ROY Standings

Runners can check the current ROY standings by visiting the ROY points page. Please note, ROY standings are updated as finishing results and volunteer information are made available. It is the responsibility of race directors and volunteer coordinators to submit volunteer points to the ROY points keeper.

* Junior ROY Races include:
  Scenic City 5K
  Chickamauga Chase 5K
  Raccoon Mountain 5K
  And all other ROY Races.

6 MIN.
TO A HEALTHIER
2012
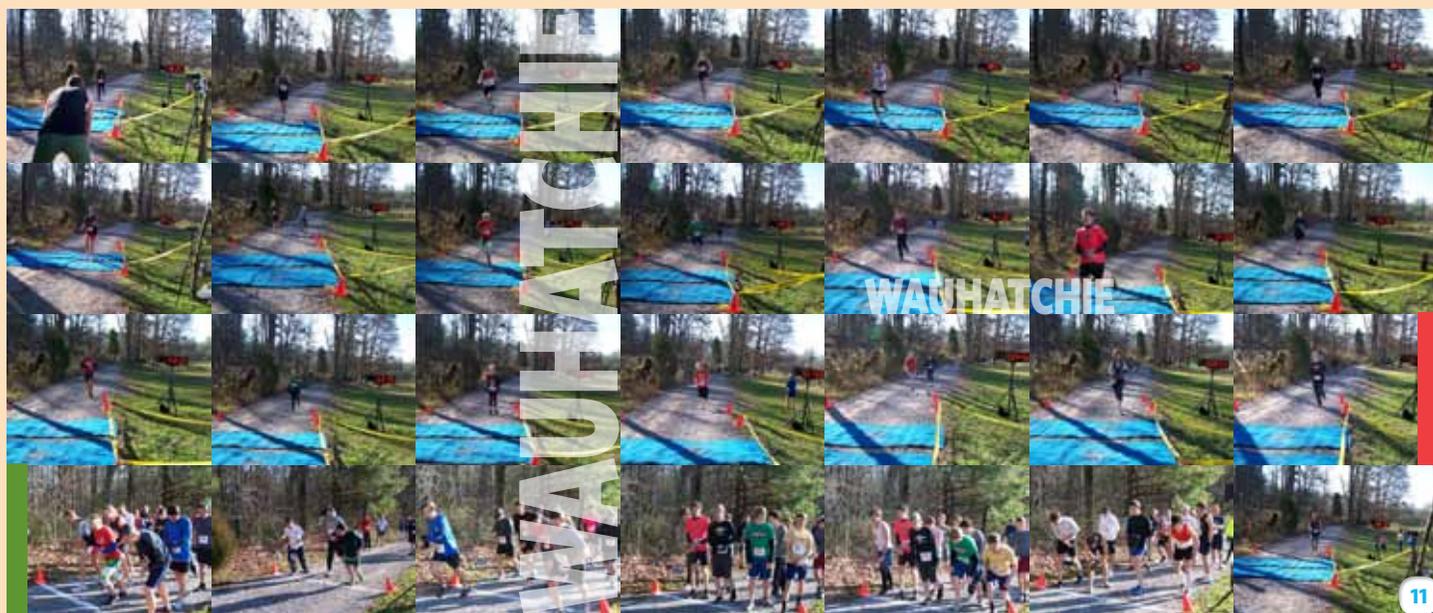
OWN A BUSINESS? ASK US ABOUT CORPORATE MEMBERSHIP.

I just renewed my CTC Membership and it only took me 6 minutes. Granted, I had my credit card ready and no other distractions. Bottom line...the time it takes to join the Chattanooga Track Club or renew your membership is nothing compared to the benefits:

As a reminder, Benefits Include and are not limited to:
- Discounts at Front Runner and Fast Break
- Organized Runs with the opportunity to meet other runners, get great running tips from some local veterans and share running experiences
- Weekly Enews on upcoming CTC and other local running events
- Competition in local nationally recognized races and other CTC sponsored running challenges

A full description of membership levels and benefits are available at www.chattanoogatrackclub.org/membership.cfm

So what are you waiting for...go to www.chattanoogatrackclub.org and click on Join Now or send in the form below.

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

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

MEMBERSHIP APPLICATION

Name:_____Birthdate:_____ Name:_____Birthdate:_____

Name:_____Birthdate:_____ Name:_____Birthdate:_____

Street:_____City:_____State:_____Zip:_____

Home Phone:_____Work Phone:_____Email:_____

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

Signature:_____ Date:_____

Signature:_____ Date:_____

Signature:_____ Date:_____

Signature:_____ Date:_____

INAUGURAL LOUISIANA MARATHON
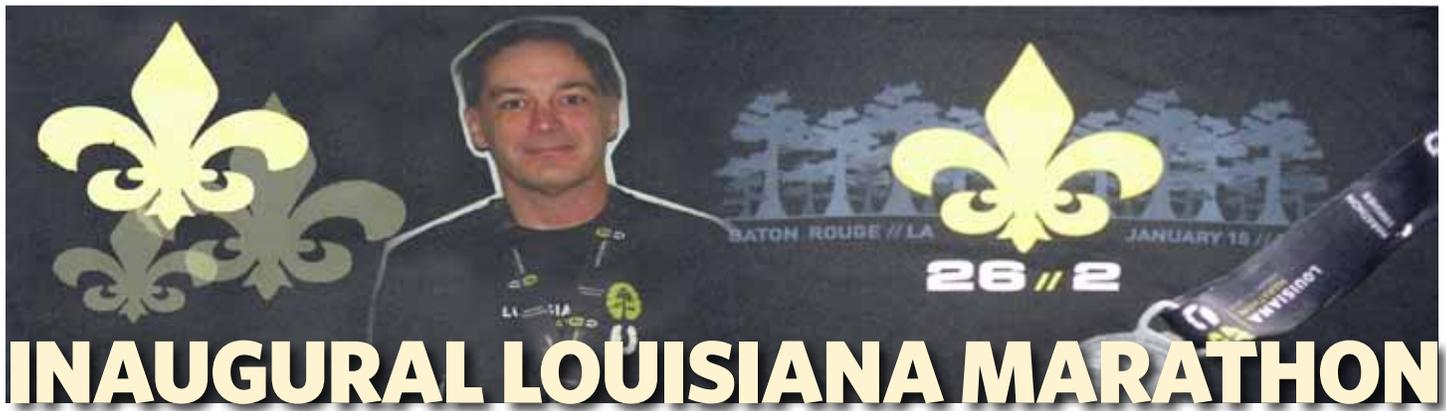
by Joe Dumas

Every runner who tackles the challenge of completing a 26.2 mile race knows the importance of training properly for the event. But the concept of "train"ing took on a whole new meaning for me at the inaugural running of the Louisiana Marathon, held January 15, 2012 in Baton Rouge.

This was to be my fourth marathon, following Rocket City (Huntsville, AL) in December, and Chickamauga Battlefield and First Light (Mobile, AL) during the winter of 2010-11. After an 8-year hiatus, I had been cajoled into running again by my friend Mark Zaremba, who lives in Huntsville. He had accompanied me every step of the way in my previous races. So when Mark found out that the Louisiana Marathon was offering a free SPIbelt (Small Personal Item belt) as a promotion for early registrations, he didn't have all that much difficulty talking me into signing up.

We met up in Hattiesburg, MS on Friday evening and stayed over with family there, then hit the road for Baton Rouge late the next morning. Our plan was to visit the expo at the Belle of Baton Rouge hotel/casino, load up with pasta at the first of two dinner seatings, then check into our hotel and get to bed early since the race was set to start at 7 a.m. We were pleased to discover that the expo featured cold, microbrewery beer on tap. (Hey, it's Louisiana. Laissez les bon temps rouler!) Of course, we had to rouler in moderation with a marathon to run in the morning. We met up with Mark's 50-state marathoner friend Jen (from Utah) and had enough time to go check out the LSU campus, including Mike the Tiger, before returning to the Belle for dinner.

Our first reminder that this was an inaugural event, with some associated glitches, came at the dinner. We loaded up our plates and sat down right in front for an entertaining talk by former Olympian, Jeff Galloway. We weren't about to get up during his speech for seconds – but, when he was done, we went back to the buffet line only to find that all the food had been put away. Yikes! We wound up having to stick around until the hotel staff reloaded the buffet for the 7:00 seating. While we waited, we entertained ourselves by trying to guess, from the roars of the people down the hall watching on TV, what was happening in the Saints vs. 49ers playoff game. Sadly, the Saints went down to defeat just before we were able to refill our plates.

Race day dawned clear and cool (about 39 degrees at the start). We joined the throng of runners lining up right in front of the Louisiana State Capitol. Before we had time to stand around and get cold, the race started and we were off. (Since the organizers wisely chose chip timing and had mats at the start and finish as well as the 10K, half marathon, and 20 mile points, we were able to start near the back of the pack knowing we would get accurate times.)

The second "inaugural-race glitch," if you can call it that, was the route for the first couple of miles. The marathon and half marathon started at the same time, and the hundreds of runners on narrow downtown streets made things very … interesting … for the first few minutes. Jen, Mark, and I managed to avoid getting run over, or running over anyone else, though, and crossed the freeway overpass just before mile 2 (the only hill on the course) in good shape. We enjoyed a beautiful, scenic trip around University Lake and through the LSU campus and surrounding neighborhoods as we approached the half marathon mark.

At this point I was about to discover what "train"ing is really all about. At mile 12 and change, Mark spotted a pair of port-a-potties and made a beeline toward them for a "pit stop." I decided that it was about time I did the same and followed him, leaving Jen to run ahead. Mark got there first and the other portable was occupied, so I had to wait. (Hindsight being 20/20, I would have just run ahead to the next bathroom.) By the time I finally got in, took care of business, and got out, I was a couple of minutes behind my running buddies. I knew I was going to have to really kick it into gear to catch up.

Just a few steps back on course, I heard it: the unmistakable sound of a diesel locomotive horn. "That is NOT what I just heard," I said to no one in particular. "And surely if it is … we'll be running ALONGSIDE the tracks." Seconds later I turned the corner and saw that I was sadly mistaken. The lights were flashing, the guard arms were down, and a mile-plus long freight train was thundering by. All I (and two or three dozen other runners) could do was stand, tap our toes, and wait for the caboose.

By the time the crossing was clear and I got moving again, I knew catching Jen and Mark (and the 4:30 pace group, which we had more or less been shadowing) was out of the question. That meant that, for the first time, I had to complete a marathon all by my lonesome, without a single person I knew to coach, prod, or talk race strategy. I also knew my PR of 4:31:55 (Mobile 2011) was off the table. The bathroom/train break would be too much to make up. These realizations were at once dismaying and empowering. With all expectations gone, I could run my own race.

The second half of the course was a "lollipop" out-and-back, with a short loop between miles 18 and 19. The outbound leg got rather discouraging as I could see the faster runners coming back toward me. Psychologically it is tough to see people who are almost done when your every step is taking you farther from the finish line! But I hung in there, taking gels (thanks, race director!) at miles 14 and 18 to refuel. At mile 23 I hit the first gel station one more time and told myself that I just had a measly little 5K to go!

Needless to say, the I-110 overpass at about mile 25 looked a lot taller than it did the first time I saw it. I power-walked most of the way up, conserving my strength for the final mile and change. Cresting the top, I "kicked the tires and lit the fires," determined to finish as close to my previous race times as possible. Mile 26 was my fastest mile of the day … and that last fraction, even faster (or so my Garmin told me afterward). I took it home to the finish in 4:36:48 chip time – the slowest of my four marathons, but less than 5 minutes off my PR. I may not be fast, but at least I'm consistent!

I never can eat very much right after a race, but the red beans and rice I did manage to get down were as good as one would expect in the heart of Cajun Country. And the cold beer tasted mighty fine! More celebration ensued back in Hattiesburg that evening, and the ride home to Tennessee on Monday was, fortunately, far less eventful than the race … and completely train-free! The race director has assured me that next year's course won't cross any tracks, so if you are thinking about running the Second Annual Louisiana Marathon in 2013 … you only have one kind of "train"ing to do. *Bonne Chance!* **13**

RUNNING SHOES GUIDE > > > > > >

Whether you are training for a 5K or a Marathon or your own pleasurable route through the city or a park the ultimate achievement is to finish. Running does not take fancy equipment to get started. All you need is a good pair of running shoes!

Running is a great way to stay fit and any one can run, but it is a high impact sport. Your body absorbs shock equal to five times your weight each time your foot strikes the ground. A lot of research and money is put into the design of good running shoes. Foot types vary and some runners prefer extra cushioning and some extra support and stability.

To begin finding the right pair of running shoes you need to determine your arch type and degree of pronation. The wet foot test is an easy test to help you to determine. Wet your foot and step on a towel that you placed on the floor surface. The imprint that your foot makes will help you determine if you have a normal arch (neutral pronation), flat arch (over pronation), or high arch (under pronation).

See these examples > > > > > > > > > > > > >

NORMAL ARCH > > > > > >

If you have a normal arch, you may want to choose a shoe with extra cushioning. Stability control is not necessary.

FLAT ARCH > > > > > >

If you have a flat arch, you may want to choose a shoe with light support features on the side and well-cushioned midsoles.

HIGH ARCH > > > > > >

If you have a high arch, you may want to choose a shoe with cushioning and shock absorption.

One thing that is very important is to change your shoes about every 4 – 5 months or about every 400 miles. This will help to ward off unwanted injuries that can occur from worn out shoes. It is also a good idea to have several pairs on hand so that you can rotate them during your training.

Many people underestimate the power of proper lacing. Instead of over tightening your shoes, try these simple techniques to ensure a secure fit:

LOCK LACING FOR HEEL SLIPPAGE

If you experience heel slippage, lock lacing will help. Lace the shoe normally until the lace ends emerge from the second set of eyelets. Then feed the laces up each side and into the top eyelet towards the foot. Now cross laces over, and feed each under the vertical section of the other side. Pull and tie normally.

LOOP LACING LOCK

This method of lacing is great to ensure a secure fit for any running shoe. After lacing, put each lace end back through the last hole to create a small loop on the top side of the shoe. Thread each loose end through the loop on the opposite side, pull and tie to create a tight closure.


HIGH INSTEP LACING

If you have a high instep, this lacing technique might make you more comfortable. Start with normal lacing at the bottom, then feed the laces up each side of the shoe and cease to criss-cross. Once at the top, continue the criss-cross technique and tie for a secure closure.

WIDE FOREFRONT LACING

If you have a wide forefoot, consider buying shoes especially designed for this issue. You can also try this simple technique. Begin by feeding the laces up each side of the shoe and only use the criss-crossing technique towards the top. Tie for a secure closure.
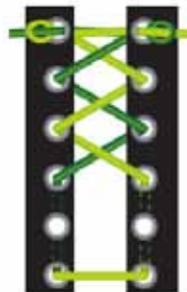
Remember don't judge a shoe by its cover – not all running shoes are alike. Hopefully, these hints will help you choose the right pair for you to continue enjoying the running experience.

The Running Vradenburghs – Eight Kids and One Runner of the Year

by Tim, Ella & Erin Ensign

Austria had the singing Von Trapps. Chattanooga has the running Vradenburghs.

The eight-child brood of Barry and Debby Vradenburgh range in ages from 24 to 11 years old and the girls outnumber the boys seven to one.

The 10-person family includes six runners and racers (Dad Barry; Kari, age 23; Kiersten, 21; Karla, 19; Kay, 13; and Kathryn 11) … and four joggers and walkers (Mom Debby; Kyle, 24; Katie, 19; and Kelsey, 15.)

Fleet-footed Kiersten earned top honors as the 2011 CTC Runner of the Year, racking up 1020 coveted ROY points with impressive finishes in a dozen local races along with a 1:38 PR at a half-marathon in Indiana. Sister Karla was third overall.

"I enjoyed doing all the ROY races," said the personable Kiersten, who works at an animal clinic in Sequoia. "I like the mid-distances and really enjoyed the five-milers and 10-milers. Missionary Ridge is my favorite race."

For Kiersten – and all the Vradenburghs – running comes naturally. Dad Barry, a Chattanooga city policeman, cracked 18 minutes in the three-mile fitness run as a marine and mom Debby was a prep track standout in her native Illinois. "Running is what our family does for exercise," Barry said. "The younger ones are influenced by the older ones and they like to run together."

That was the case with Kiersten, who started running with older sister, Katie, when she was 13 years old. "Our first race was the 10-miler they used to have with the Battlefield Marathon when I was 15 years old," Kiersten recalled. " I just started getting into running. I looked up on Internet how to run 10 miles. I ran it in Wal-Mart tennis shoes."

Like the rest of the Vradenburghs, who are of Dutch descent, Kiersten took to the sport. While in high school, Kiersten ran on the home school cross country coached by track club member Jim Steffes. Sister Karla was one of the top prep runners in the area during last fall's cross country campaign. Kathryn, age 11, might prove to be most talented of the bunch.

"They are a great family and all extremely coachable," said Jim. "They absorb the information and then trust that it works. Kiersten, Karla and Barry are all pretty close in ability and they really push each other in training runs on the track."

Kiersten, who also likes competing in triathlons, is upping her running mileage to about 40 miles a week this year. "I'd like to bring down my half-marathon time," said Kiersten, who planned to test her fitness in the Scenic City Half Marathon.

Whether she's competing for ROY points or just enjoying running on the trails around Greenway or Enterprise South, Kiersten never has to worry about finding someone to share the miles with. "That's one of the great things about being part of a big family that loves to exercise and loves being outdoors," Kiersten pointed out. "I always have someone to run with and can always get somebody to go with me to races."

The next time you are at a local road race, give a shout out to the Vradenburghs – the CTC's first family of running!

THINGS TO DO:
1. RAMP UP TRAINING
2. RACK UP ROY POINTS
3. VOLUNTEER AT AN EVENT

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.

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

SPEEDWORK
Thursday Night at 6:30pm at Fast Break Athletics – Joey Howe leads this pack – All ____ds Welcome.

JOIN or RENEW CTC Membership

SIGN UP FOR NEXT RACE

Join a Saturday Group Run!

6:30 a.m. - visit grouprun.com for weekly location
8:00 a.m. - Meet at the Sports Barn Downtown, contact
jaygill@bellsouth.com

"When you see everybody running very fast, you start to think it is possible for you, too."
– Ronata Canova

Monday 6:15
Easy Run-Good for Beginners,
Sports Barn Downtown
contact
endurogal@bellsouth.net or
gm_runningallo@att.net

WANTED – RACE DIRECTORS
Mike Leary VPraces@chattanoogatrackclub.org

Send Bulletins/Articles to
vpcommunications@
chattanoogatrackclub.org

BULLETIN BOARD

CHANGE SERVICE REQUESTED

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

MARCH
10 – Run with Trish 5K for Team Hoyt
10 – Booker T Duathlon
17 – 1st Annual Trion Elementary 5K
17 – 13th Annual Gateway Bank & Trust 5K 🏆
24 – Rear in Gear 5K
31 - 65 Roses 5K Race/Walk 🏆

APRIL
7 – Out Run The Police
14 – Run for God - Run at the Mill 5K and 1/2 Marathon
15 – Kiwanis Club of Oolteweah-Collegedale 5K and Fun Walk
21 – Chickamauga Chase 15K / 5K ⭕🏆
28 – Run for Ringgold
28 – Boynton Generals 5K and 1 Mile Fun Run
28 – National Cornbread Festival 5K

MAY
5 – Belvoir Christian Academy 5K
5 – King of the Mountain 🏆
12 – Raccoon Mountain 10K & 5K ⭕🏆
19 – 2nd Annual IHN 5K and 1 Mile Walk
19 – Run for God – Highland Forest Triathlon
20 – Scenic City Triathlon
28 – Chattanooga Chase ⭕🏆