

# LOGGING AND FIND

The title 'LOGGING AND FIND' is rendered in large, bold, green letters. Each letter is filled with a different photograph of a runner. The 'L' shows a runner in a red shirt. The 'O' shows a runner in a white shirt. The 'G' shows a runner in a red shirt. The 'I' shows a runner in a white shirt. The 'N' shows a runner in a red shirt. The 'G' shows a runner in a red shirt. The 'A' shows a runner in a red shirt. The 'N' shows a runner in a red shirt. The 'D' shows a runner in a red shirt. The 'F' shows a runner in a red shirt. The 'I' shows a runner in a red shirt. The 'N' shows a runner in a red shirt. The 'D' shows a runner in a red shirt.

# 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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### Layout / Design

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Shaw Printing Solutions

### Chattanooga Track Club Mission Statement

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

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## Jogging Around Ad Rates

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

Inserts are \$60/issue

### Ad Info

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

# WORD FROM THE PREZ'S PERCH



On January 16, 2010, I accepted the responsibility of leading and representing the Chattanooga Track Club. This year we have an awesome board. I honestly believe this is the best board ever. Bill Moran is President-Elect. Jenni Berz is Vice President of Communications. Mitzie Dyer is Vice President of Membership. Doug Roselle is Vice President of Races and Equipment. Susan Gallo is Secretary. Tim Holmes is Treasurer. The Directors consist of Bill Brock, Crandall Caughman, Flash Cunningham, Tim Ensign, Beth Ford, Brad Harvey, Blaine Reese, Dawn Salyer, Walt Sinor, Melodie Thompson, Oliver Trimiew and Mark Wisdom. I appreciate each of these individuals taking the time and effort to serve on the Chattanooga Track Club board. The Board meets the second Tuesday of each month at Out Of The Blue on Brainerd Road at 6:30 PM. All are welcome to join us.

As the timing for our races has become more complex due to our IPICO chip timing system, the board has hired Dawn Salyer to be the Chattanooga Track Club Timing Manager. She is responsible for timing all Chattanooga Track Club races. We are very excited to have Dawn take on this duty and help us have race results faster and more accurate. Thank you Dawn.

Flash Cunningham will continue to be our Equipment Manager. As most of you probably know, Flash takes his position as Equipment Manager very seriously. He has done an excellent job in the past and I am confident he will continue to take care of our race equipment with the same passion that he has in the past. Thank you Flash.

Our first race for 2010 is the Scenic City Half Marathon, 5K & Charity Challenge (<http://www.sceniccityhalfmarathon.com>) on Saturday, February 27, which is the RRCA Tennessee State Half Marathon Championship. We expect this race to fill up with over 1100 participants in

mid February. If you have not registered by now, it might be too late. If the race is full, you can still join in the fun by volunteering. Just contact Bill Moran at [PresidentElect@chattanoogatrackclub.org](mailto:PresidentElect@chattanoogatrackclub.org) or me at [President@chattanoogatrackclub.org](mailto:President@chattanoogatrackclub.org).

BlueCross and BlueShield of Tennessee will be kicking off their Walking Works program at the Scenic City Half Marathon, 5K & Charity Challenge. This program consist of four events with the other three being BlueCross Chattanooga Chase 8K & 1 Mile Walk, BlueCross Riverbend 10K, 5K and 1 Mile Walk, and Raccoon Mountain Round the Rim Run 10K, 5K and 5K Walk. Be sure and check out the Chattanooga Track Club table at the each of these events for more information.

If you are looking for a challenge in November, the Chickamauga Battlefield Marathon and Half Marathon registration is now open. We expect this race to fill up very quickly since it has received many accolades. In the January 2010 issue, readers of Runner's World selected the Chickamauga Battlefield Marathon as the "most family-friendly" marathon, the runner-up for "most scenic" marathon, and third for best overall marathon. This is definitely an event you don't want to miss.

These are just a sampling of the many exciting events planned by the Chattanooga Track Club for 2010. Come out to the races and run or volunteer. Drop by the CTC table at the races and check out the many ways to get involved. We are here to serve you and the community. Let us know how we can help.

Sherilyn Johnson  
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.*

# 2009 CTC ANNUAL SUMMARY

## **Races**

### Scenic City Half Marathon

Saturday February 28, 2009

A half marathon and 5k beginning and ending in downtown Chattanooga

- 377 half marathon Finishers
- 225 5K Finishers

### 65 Roses 5k for Cystic Fibrosis

Saturday March 28, 2009

A 5k starting and finishing at Lee University, 65 Roses raised money for Cystic Fibrosis research.

- 293 Finishers

### Chickamauga Chase 15k/5k

Saturday April 18, 2009

Certified 15K (Main Event), Certified 5K, Scenic Walk (Strollers welcome, walk only!) & Kiddie K.

15k & 5k races around the Chickamauga and Chattanooga National Military Park where Union and Confederate armies clashed during the fall of 1863 in some of the fiercest fighting of the Civil War. The 2009 edition was the 41st running of this race.

- 295 5K Finishers
- 292 15k Finishers

### BlueCross Market Street Mile & Mystery History Quest

Saturday May 16, 2009

BlueCross Market Street Mile - a one-mile race through downtown

Chattanooga Mystery History Quest - A fun event for families and individuals, sponsored by the Chattanooga Times Free Press, is a historical scavenger hunt around the downtown area near the Tennessee Aquarium.

Kiddie K - The event featured a short run for children ages 5 & under

- 91 Finishers

### Chattanooga Chase 8k

Monday May 25, 2009

The oldest road race presented by the Chattanooga Track Club, the Chase included an 8k race, and 1 mile walk/fun run through Chattanooga's Riverview neighborhood.

- 162 Finishers

### BlueCross Riverbend Run & Walk

Saturday June 13, 2009

Run in coordination with Chattanooga's nationally recognized Riverbend Festival, the BlueCross Riverbend Run & Walk included a 10k race, a 5k race, a 5k walk, and a 1-mile fun run/walk.

- 524 5K Finishers
- 339 10K Finishers

### Chattanooga Waterfront Triathlon

Sunday, July 12, 2009

Fast becoming the region's premier triathlon, the Chattanooga Waterfront Triathlon featured a 1.5 k swim down the Tennessee River, a 40k bike, and a 10k run. The 2009 edition served as a qualifier for both the Best of the USA Amateur and USAT National Age Group Championships.

- 1153 Finishers



### Missionary Ridge Road Race

Saturday August 8, 2009

The net proceeds from the 36th Annual running of the John Bruner Memorial Missionary Ridge Road Race went towards the Chattanooga American Red Cross and to Team Bruner (runner scholarships).

- 175 Finishers

### Raccoon Mountain 5k/10k

Saturday August 29, 2009

This unique event featured a 10k race, a 5k race, and a 5k walk around TVA's scenic Raccoon Mountain hydroelectric reservoir. Proceeds from the race benefited the TVA's Partners in Education Program. In 2009 the race served as a RRCA state championship.

- 5k – 86 Finishers
- 10k – 107 Finishers

### Elementary School Cross Country Meets

Various dates

Cross country race for Hamilton Country students in grades 3 - 5.

- 71 Finishers for Sept 3, 2009 race
- 71 Finishers for Sept 10, 2009 race
- 71 Finishers for October 1, 2009 race

### FCA 5k

Monday, September 07, 2009

A fast 5k race with proceeds that benefited the Fellowship of Christian Athletes. Event includes a 5k Race, a non-competitive 5k Walk, a Kiddy 1k for children 5 years and younger, and a Jr. Marathon run for 6-11 year olds.

- 387 Finishers

### Joe Johnson Run for Mental Health 10k

Saturday, October 10, 2009

Johnson Mental Health Center celebrated its 25th Annual 10K Road Race held on historic Moccasin Bend! Proceeds are used to support essential needs of mentally ill clients and provide holiday gifts for those who otherwise would go without.

- 71 Finishers

### Signal Mtn Road Race / Pie Run 10k

Saturday, October 17, 2009

Running atop beautiful Signal Mountain, this 10k rewarded many of its runners with freshly baked apple pies.

- 148 Finishers

### Chickamauga Battlefield Marathon, Half Marathon & Junior Marathon

Saturday, November 14, 2009

The Chickamauga Battlefield Marathon, in its 30th year, runs through the nation's oldest military park. The marathon, which starts and finish at the 6th Cavalry museum located near the park's visitor's center, features two loops in the Chickamauga & Chattanooga National Military Park.

The Junior Marathon is for children ages first through sixth grade (school year 10/09). Participants in the Junior Marathon ran over the course of summer and fall 2009, walk and/or run a total of 25.2 miles. On November 14th junior participants completed the final mile of the Junior Marathon at the annual Chickamauga Battlefield Marathon and Half Marathon.

- Half Marathon – 732 Finishers
- Marathon – 469 Finishers

### Wauhatchie Trail Run

Saturday, December 12, 2009

A 6.7 mile trail run through the Chattanooga Nature Center and Reflection Riding. The race featured an age/sex handicapped start.

- 80 Finishers

### **Events**

- CTC Banquet 2009 on January 2009 at Chattanooga Choo Choo
- Lookouts picnic on August 22, 2009 at BellSouth Park
- Summer cookout on June 27th at Pot Point House
- Election Social on November 10 at Porker's BBQ

### **Business**

- CTC approved and finalized the Strategic Plan for 2009-2012
- CTC passed approved a Conflict of Interest Policy
- CTC Bylaws were revised and approved
- CTC obtained Non-Profit Status from State of TN
- CTC approved the hiring of a Timing Manager to begin 1/1/2010
- CTC on local television show Trendz on 3 that aired in the summer of 2009
- CTC participated in the Minority Health Fair on 8/15/2009
- CTC approved to bring back Battle for Chattanooga Race series beginning in 2010 to include the following races: Chickamauga Chase 15K, Missionary Ridge and Chickamauga marathon
- A storage space was established in 2009

# SCENIC CITY HALF MARATHON, 5K & CHARITY CHALLENGE



Saturday Feb. 27, 2010

The Scenic City Half Marathon is Saturday, February 27th, 2010. The race starts and finishes at Finley Stadium and also includes a 5K run. It will be the first major event of the year for the Chattanooga running community. Last year the race had over 700 participants and both the half marathon and 5K sold out prior to race day. Over 1,000 runners are expected this year. The out and back course goes through the heart of downtown Chattanooga including Ross's Landing, the Bluff View Art District, the Tennessee River Park, and the North Shore. Again this year, the event will benefit eight local charities with a Charity Challenge where each runner adopts one of the charities. In addition over 100 charity volunteers will help on race day as well as cheering

on their runners. Over \$21,000 was raised last year for these Chattanooga Charities. The charities are:

- Area 4 Special Olympics
- Bethlehem Center
- Chattanooga Room in the Inn
- Children's Advocacy
- Children's Home/Chambliss Shelter
- McKamey Animal Care and Adoption Center
- Partnership for Families, Children, and Adults
- Tennessee Aquarium

Come out and run for your favorite charity or volunteer to help. For additional information please contact Bill Moran, Race Director at [ScenicCityHalfMarathon@comcast.net](mailto:ScenicCityHalfMarathon@comcast.net)

## WAUHATCHIE TRAIL RUN (6.7 MILE) - 2009

### INDIVIDUAL RESULTS

1	Steven Fassino	38:31	36	Wendy Oates	54:54	72	Tim Lewis	1:09:30
2	Segio Bianchini	39:38	37	Joey Howe	54:55	73	Tina Heiden	1:10:17
3	Mark Koenig	39:59	38	Patsy Ging	55:04	74	Judy No	1:11:00
4	Tom Gilmartin	41:36	39	Christina Rogers	55:09	75	Lauri Slade	1:11:04
5	Ryan Shrum	42:14	40	Ted Hegebarth	55:28	76	Matt Heiden	1:11:08
6	Brad Schneider	42:59	41	Mike Kikland	55:38	77	Valarie Kirby	1:16:48
7	Shannon Wood	44:01	42	Susan Gallo	55:43	78	Hannah Ginese	1:17:03
8	Ray Wilson Jr	44:40	43	Gretchen Hammel	56:18	79	Earl Kelle	1:18:46
9	J.J. Reddick	45:23	44	Bernice Delaney	56:22	80	Nan Hammonds	1:20:17
10	Tim Footp	46:20	45	Doug Roselle	56:38			
11	Cyrus Rhode Jr	46:36	46	Jesse Roberson	56:51			
12	Paul Talbott	46:53	47	Jim Steffes	56:58			
13	Ben Oates	46:57	48	Jeff Richmond	57:01			
14	Bill Minehan	47:31	49	Tony Patterson	57:26			
15	Chris Sentell	47:45	50	Anita Jones	57:29			
16	Sue Anne Brown	47:50	51	Eric Carlson	57:34			
17	Ryan Hacherl	48:16	52	Spencer Evans	57:50			
18	Lesile Becht	48:17	53	Dave Swearingen	57:56			
19	Kiersten Vradenburgh	48:25	54	Corrie Oates	59:13			
20	Caleb Carlson	48:27	55	Madeleine Jennings	59:15			
21	Doug Jipping	48:32	56	Jim Johnson	59:57			
22	Samuel Hammonds	48:35	57	Elizabeth Olson	1:00:16			
23	Lynda Webber	48:53	58	Amy Bevis	1:01:28			
24	David Crum	49:10	59	Doug Torrance	1:01:29			
25	Kelly Jennings	49:17	60	Robert Greene	1:02:18			
26	Jude Hacherl	50:33	61	Nik Meeks	1:03:15			
27	Chris Gentry	51:14	62	Tammy Cook	1:04:04			
28	Holly Sayne	51:38	63	Chuck Keef	1:04:05			
29	Lisa Becht	51:54	64	Keith Harper	1:05:21			
30	Barbara Ensign	52:53	65	Hillary Mullins	1:05:44			
31	Marco Bianchini	53:54	66	Rory Deweese	1:05:45			
32	Lucas Slade	54:08	67	Steve Smalling	1:06:52			
33	David Presley	54:10	68	Bonnie Wassin	1:07:08			
34	Matt McLelland	54:24	69	Michael Steffel	1:07:53			
35	David Markus	54:47	70	Gene Nelson	1:08:27			
			71	Gretchen Grenz	1:08:57			

### FAMILY RESULTS

1	Sergio & Marco Bianchini	1:33:32
2	Jude & Ryan Hacherl	1:38:49
3	Ben & Wendy Oates	1:41:11
4	Anita Jones & Paul Talbott	1:44:22
5	Caleb & Eric Carlson	1:46:01
6	Kelly & Madeleine Jennings	1:48:32
7	Lauri & Lucas Slade	2:00:12



**By Mia Harrier**

For the seventh time in eight years, the Chattanooga Track Club competed on the national stage at the annual USATF Fall Club Cross Country Championships.

Nearly 300 of the nation's top masters runners gathered on Dec. 12 in chilly Masterson Park in Lexington, Ky, for the showdown for club bragging rights. The CTC fielded two teams for the first time, competing in the 40-49 and 50-59 divisions.

The CTC's older old guys fared the best, finishing seventh in their division, led by Hugh Enicks' 11th place individual finish among grandmasters. Chad Varga also nabbed a top 25 finish in the rugged 50-59 competition, which was won by the Green Mountain Boys of Vermont. Eric Clarke, Greg Johnson and Bill Warner all ran tough for the CTC.

In the 40-49, Tim Ensign led the way with a 35:11 finish over the hilly 10 kilometers, just four ticks ahead of surging Joe Sneed, who capped a banner year by finishing nearly 50 places higher than he did two years ago in his first go at club nats. Joe Johnson, still improving at age 48, finished in an impressive 36:05. Trail running convert Barry Lucas ran admirably in his first go at the race as did Mike Berry, who got reacquainted with cross country for the first time since he was a standout prep runner in Alabama.

Our bigger and faster rival, the Atlanta Track Club, grabbed the gold in 40-49, thanks to a new crop of 40-year-olds (and some deft recruiting). But our grandmasters guys nipped the ATC in the 50-59 division.

The CTC race of the day belonged to our lone open runner, Patrick Hall. "Grasshopper" Hall cheered on his elders, taking careful note of how not to do it, then an hour later torched the course in a PR of 33:00, finishing in the top half in a field stacked with former and future Olympians and post-collegiate studs.

In 2010, the race will be held on Dec. 11 in Charlotte. "We will be older, slower and dumber," grumbled the Old Warhorse. "But yeah, we'll be there."

We hope to field a full complement of masters teams and an open team. Sergio, any other fast 60-year-olds out there to help you win the 60-69 division?

Anybody interested in the race, contact Tim, Chad, Patrick or any of the old-timers.



**GRASSHOPPER HALL SCRATCHING AND CLAWING WITH THE NATION'S BEST IN OPEN RACE**







# Gateway

BANK & TRUST

*All the bank you'll ever need*



## 11th Annual .....5K RUN FOR .....COMMUNITIES IN SCHOOLS

**Date:** Saturday, March 20, 2010. Race day registration will begin at 6:30 a.m. 5K Race begins at 8:00 a.m. One-Mile Fun Walk begins at 8:05 a.m.

**Entry Fee:** \$15.00 Pre-registration (before March 18) \$20.00 Late Registration. Proceeds benefit the Communities in Schools of Catoosa County.

**Location:** Gateway Bank & Trust, 5102 Alabama Hwy, Ringgold, GA. From Chattanooga, I-75 South to Exit 348. Left on exit, 1/4 mile to Gateway Bank on the left.

**Course:** Relatively flat through beautiful Ringgold, Georgia - Course Certification # GA05010WC

**T-Shirts:** Short-sleeve shirts will be guaranteed to pre-registered runners day of race. Late registration, shirts may or may not be available the day of race.

**AWARDS:** 5K Top Overall Male & Female. Top overall Male & Female in each group. 15 & under, 16-19, 20-24, 25-29, 30- 34, 35-39, 40-44, 45-49, 50-59, 60- over. Cash prize to Top Overall Winner and cash prize to Masters Winner.

**PRIZES:** Numerous giveaways by random drawing immediately following the event. Prizes include: TV's, sports goodies, & numerous other great prizes.

**You may also register online at active.com. Chattanooga Track Club members pay the reduced rate of \$15.**

**Points race for Runner of the year.**

**NAME** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**AGE** \_\_\_\_\_ **SEX:** F \_\_\_\_\_ M \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**EVENT:** 5K \_\_\_\_\_ 1-MILE \_\_\_\_\_

**T-SHIRT SIZE:** XXL \_\_\_\_\_ XL \_\_\_\_\_ L \_\_\_\_\_ M \_\_\_\_\_ S \_\_\_\_\_

	Until March 18	After March 18
5K Race	\$15.00	\$20.00 _____

1-Mile Fun Walk	\$15.00	\$20.00 _____
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**Voluntary Contribution to the CIS of Catoosa County** \_\_\_\_\_

**TOTAL ENCLOSED** \_\_\_\_\_

**Release:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and or 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 in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks are being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Gateway Bank & Trust, The City of Ringgold, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Parent or Guardian (if under 18)

\*\*\*\*\*Make checks payable to Gateway Bank & Trust and mail to: Gateway Bank & Trust, CIS RUN, P.O. Box 129, Ringgold, GA, 30736



# SAYING HELLO AND GOODBYE

By Lanise A. Hutchins

The 2010 CTC Annual Awards Banquet and Year-End Celebration brought members together to mingle, eat, receive awards say goodbye to the 2009 board members and hello to the new 2010 CTC board members.

Some members and guests came in evening wear and others were fashionably casual as we said hello to the new board members and goodbye to the 2009 board members. It was bitter sweet because although the old board members were handing over the baton, we were sure that the new board members will continue to take the Chattanooga Track Club to the next level of success in the community by carrying on the vision that began 40 years ago.

Jack Richmond gave inspiring words and motivation as he talked about his life as a runner with a below the knee amputation in one leg. His last few words described the mantra for those individuals who pushed through challenges in their life, "I have fought the good fight. I have finished the race. I have kept the faith". Two members of the CTC fought the good fight and became the 2009 ROY Overall winners for the male and female category: Ryan Shrum and Susan Gallo. Thanks to everyone who participated and good luck for 2010. See you next year!

## JOE MCGINNESS RUNNER OF THE YEAR Final Standings - 2009

MEN



RYAN SHRUM

### Overall Men

Ryan Shrum (1090)  
Charles Webb (970)  
Sergio Bianchini (720)  
Phil Thomas (390)  
Doug Roselle (330)  
Cyrus Rhode (280)  
Butch Cooke (270)  
John Crawley (200)  
Quinton Mansell (120)  
David Moghani (100)

### Junior Men

James Larson (470)  
John Larson (60)

### Adult Men

Charles Webb (1060)

### Masters Men

Ryan Shrum (1320)  
David Moghani (690)

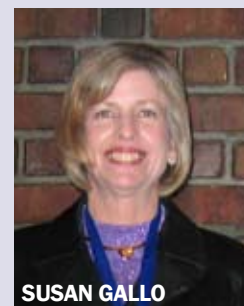
### Grandmasters Men

John Crawley (890)  
Butch Cooke (550)  
Doug Roselle (530)  
Quinton Mansell (440)

### Senior Men

Sergio Bianchini (1390)  
Cyrus Rhode (1000)  
Phil Thomas (920)  
Doug Hawley (700)

WOMEN



SUSAN GALLO

### Overall Women

Susan Gallo (1090)  
Patsy Ging (890)  
Gwen Meeks (540)  
Bernice Delaney (500)  
Ann Garner (390)  
Melodie Thompson (390)  
Bonnie Wasson (330)  
Tammy Larson (250)

### Junior Women

Caitlin Duggan (560)

### Masters Women

Gwen Meeks (760)  
Bernice Delaney (710)  
Barbara Ensign (690)  
Tammy Larson (500)

### Grandmasters Women

Susan Gallo (1450)  
Patsy Ging (1220)  
Melodie Thompson (720)

### Senior Women

Bonnie Wasson (1030)  
Ann Garner (880)

# CTC MEMBERS FLY ALONG COURSE AT FLAT AND FAST MUSEUM OF AVIATION FOUNDATION HALF MARATHON



**As Reported by Lynda Webber**

Truman, you only THINK you've had some great marathon road trips. You just WISH you had as groovy a road trip as we girls had when we rocked on down to Warner Robins, Georgia for the annual MUSEUM OF AVIATION FOUNDATION HALF MARATHON on January 16, 2010 (<http://www.robinspacers.org/museum/index.htm>).

I ran across the Aviation Marathon while perusing [marathonguide.com](http://marathonguide.com) one evening and because my current tastes run toward small, interesting-sounding marathons (rather than megathons where you have to get up at 3:30 a.m. just to get a quick seating in the port-a-john before the event starts), I took a look at the 2009 participant comments to determine if it was worth the trip. "Great course for a PR!" "This is a fabulous small marathon!" "Loved, loved, loved this course!" "Nice scenery and just enough hills to change gears, but not slow you down!" "The hangar was a fabulous place to be before the race start - nice and warm!"

This sounded like an opportunity for some good winter fun and the entry fee was inexpensive, so I notified every runner for whom I had an email address to see if I could get a group to join me. Although several folks expressed an interest in the event and although Truman "Marathon Man" Smith himself endorsed it (being a 2009 alumni), only four actually bit the bullet – and for the corresponding half marathon only.

Because I didn't want to drive down and back by my lonesome, I reluctantly downgraded my initial plans and signed up for the half so I could jam down to Warner Robins in Susan Gallo's party wagon along with Led Zeppelin, Bernice Delaney, Treva Walshe and Walt Sinor – who was eventually and unanimously designated as "one of the girls" for the weekend after exhibiting the most color-coordinated running ensemble (in varying shades of electric blue) and spending the most time in the bathroom blow-drying his hair while we waited. ...

And waited... for him to emerge from his room with just the right "Runner's World Look." (Let it also be noted for the record that Susan Gallo was honored as "runner up" in the "race preparation" category, having risen at 4:00 a.m. on the day of the event for a leisurely half hour of tai chi in her room, followed by an elaborate, pre-race beautification process utilizing the secret contents of two suitcases. Susan's roommate, Treva, was not a particularly willing spectator to this pre-race ritual but it was nonetheless agreed by everyone that not only was it Susan's right after having earned the 2009 CTC Female Runner of the Year award, it was actually her duty to look good since she publicly represented all of us gals while competing in the Bulldawg State.)

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**...if you're in the  
Air Force, Warner Robins  
is the place to be!**

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Anywho, we all managed to coordinate and make it down to the starting line in good time, which was on the premises of Warner Robins Air Force Base. In fact, we were able to enjoy the heated warmth – and actual restrooms – of the hangar which houses the base's Museum of Aviation and all its interesting displays, many of which include some groovy big airplanes and such that are no longer skyworthy.

The starting line was a hop, skip and jump away from the museum, and both the marathon and the half started shortly after 8:00 a.m. – following a stirring pre-race ceremony, Air Force style. Although the temperature was perfect for running (in the low 50s), the gray skies were heavy with fat rain clouds and it was generally hoped that the rain would hold until we finished the half.

The course was indeed fast and flat, and as a half marathon it was fabulous. Entirely on the grounds of the Air Force base, it wound its way around planes, hangars, landing strips, barracks, Air Force clubs and eating establishments... even a lovely little lake and a horse stable. Very self contained. Yep – if you're in the Air Force, Warner Robins is the place to be!

The weather was perfect and cool, the course was interesting, and shortly after the midway point we had to run along a lovely level service road situated parallel to a long landing strip. I joyously felt just like a horse going back to the barn at that point, so I stretched it out a bit until I reached the only real hillock on the course... and promptly ran out of steam. It was fun while it lasted, though. (...And speaking of horses, I hear that one of the equines from the aforementioned stable actually did escape from the barn and romped along with the runners for a bit before being corralled and captured.)

The great thing about a half marathon – vs. a full marathon – is that you generally reach the finish line before you're completely zapped and while you can still feel your legs attached to your body. That's usually a good feeling, and instead of staggering to some out-of-the-way spot where you can collapse in a stupor (as one generally does after a full marathon), in most cases you still have the energy to stand around and cheer for your fellow runners as they cross the finish line in various states of euphoria or distress. I did feel somewhat sorry for the marathoners – who had to finish a second very lonely loop in a cold downpour while the halfers remained warm and cozy in the heated hangar – but they brought it upon themselves. I am only glad I talked myself out of suffering the same fate.

Susan, Bernice, Walt, Treva and I all had a great time and agreed that the Museum of Aviation Foundation Half Marathon was a lot of fun and definitely worth doing. We recommend that you put it on your to-do list for next year!

**Finishing Times (In Alpha Order):**

- Bernice Delaney 2:03:57  
(8th place age group, “most talkative” award)
- Susan Gallo 2:04:33  
(4th place age group and runner up, “race preparation”)
- Walt Sinor 2:15:24  
(2nd place age group, “most color coordinated,” “best hair”)
- Treva Walshe 2:00:13  
(4th place age group, “best roommate” award)
- Lynda Webber 1:51:09  
(1st female grandmaster, “worst country singer” award)



From L to R:  
Lynda Webber,  
Bernice Delaney,  
Treva Walshe,  
Susan Gallo,  
Walt Sinor



Walt Sinor  
and  
Lynda Webber

Lynda  
Webber



Treva  
Walshe



Bernice  
Delaney



# 2009 KAREN LAWRENCE RUN FOR ST. JUDE'S CHILDRENS HOSPITAL

by Steve Rogers

When sitting down to write this article, I had a sudden revelation which I have not recognized or appreciated in the past. I began directing this race in 1998, the same year I served as President of the Chattanooga Track Club. I inherited this directorship from Sue Anne Brown who had directed the race for many years prior to my involvement. At that time, I was running many miles each week, racing most weekend, and woke up each morning convinced that I was, in fact a "runner". This is how I defined myself. At that time my emphasis was on the "RUN" in the name of the Karen Lawrence RUN for St. Jude's Children's Hospital.

As the years have gone by, I am still running a little (but not racing) - mostly on the treadmill and now no longer wake up each morning thinking I am a runner. Mostly now a jogger for fitness sake. Also, my emphasis has gradually shifted over the years from the word "RUN" in the Karen Lawrence Run for St. Jude's Children's Hospital to the words "ST. JUDE'S CHILDREN'S HOSPITAL". At the beginning, back in 1998 I never even realized what organization this event was benefiting - I only wanted to race it for runner of the year points, drink some of the beer provided post race and go on about my New Year's Eve.

I have seen close to 1,000 people participate in the event when the weather is good on New Year's Eve. Other years, such as the event just passed, the crowd is smaller due to rain and cold weather. Regardless of the size of the crowd,

however, everyone in attendance is in a good mood and, by participating, benefiting a great cause. As I have gotten older, I realize that running a competitive race is great fun, but helping provide help for children with cancer is much more important and rewarding in the big scheme of things.

Karen Lawrence was an 11 year old girl, the daughter of Larry & Phyllis Lawrence, who passed away from cancer in 1980. She started the first race in 1979. Her parents have, for the last 31 years, continued the tradition that Karen started. Karen was a patient at St. Jude's Children's hospital in Memphis. This hospital treats children with cancer at no charge. Our event is the hospital's oldest fund raising event, although they have other, larger events to raise money to support their operations.

The Chattanooga Track Club has been involved with all 31 races, beginning in 1979 to the event this past New Year's in 2009. For the past two years, the club has used chip timing and provided fast & accurate results thanks to the efforts of the many Chattanooga Track Club volunteers. Also, the downtown Sports Barn has been kind enough, for the past 31 years, to allow the race to use their facilities as our base of operations. Many thanks to all the volunteers who give up their New Year's festivities and organizations who provided resources in order to help make the Karen Lawrence Run for St. Jude a successful event.





# MAKE SURE Your Shoes Are UP FOR THE BlueCross Walk AROUND TOWN CHALLENGE!

**Want to earn a free year's membership to the Chattanooga Track Club and a WalkingWorks prize pack?** Pick up a 2010 Walk Around Town Challenge card at the next Chattanooga Track Club event and follow these three steps:

## 1. Walk in three out of four of the following Chattanooga Track Club events:

Scenic City Half Marathon, 5K & Charity Challenge  
5K Walk - February 27, 2010  
Chattanooga

BlueCross Riverbend Run & Walk  
5K Walk and 1-Mile Fun Run & Walk - June 19, 2010  
Chattanooga

BlueCross Chattanooga Chase  
1-Mile Walk - May 31, 2010  
Chattanooga

Raccoon Mountain  
Round the Rim Run  
5K Walk - August 28, 2010  
Chattanooga

## 2. Get your card punched at the Chattanooga Track Club table after you complete each walk.

### 3. Mail your card to:

Chattanooga Track Club  
PO Box 11241  
Chattanooga, TN 37401



Before you begin the challenge, make sure you have the right kind of walking shoes. These basic tips can help you find walking shoes that fit, feel comfortable and help you avoid injuries:

- **Shop for shoes at the end of the day.** Throughout the day, your feet swell. Buying shoes later in the day helps prevent buying shoes that are too tight.
- **Don't be fooled by the size.** Your walking shoes will likely be 1-1/2 sizes bigger than your other shoes. There should be a thumbnail's width (or about a half inch) between your toes and the toe of the shoe. And it should be wide enough in the toe that your toes can move freely.
- **Support is good.** If your heel rolls inward when you step (called "overpronation"), or if you have a high arch, get shoes with plenty of arch support or buy arch supports that you can insert into the shoe. Also, look at the sole under the ball of the foot and choose a shoe with the least height difference.

- **Look for substance, not style.** A good pair of shoes typically costs \$70 to \$90. If the price is any higher, you're looking for fashion, not effectiveness.
- **Buy new shoes every 500 miles.** By then, the shoe materials have broken down. Continuing to use the shoes can lead to injuries like shin splints.

For more walking tips and information about the BlueCross WalkingWorks program, visit [www.bcbst.com](http://www.bcbst.com).



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# CHATTANOOGA TRACK CLUB MEETING MINUTES

## **BOARD MEETING DECEMBER 8, 2009**

Charlene called the meeting to order.

### **Members present included:**

Charlene Simmons, President, Sherilyn Johnson, Vice President/ President Elect, Beth Ford, Secretary, and James Williams, Past President. (Absent were Ken Radley, Vice President of Races, Lanise Hutchins, Vice President of Communications, Kathy Fulton, Vice President of Membership, and Tim Holmes, Treasurer.)

**Directors present with one year remaining on their term:** Bill Moran and Theresa Samuelian. (Absent were Butch Cooke, Edwina Cohen, and Peter Murphy.)

**Directors present with two years remaining on their term:** Flash Cunningham and Walt Sinor. (Absent were Lisa Barrett and Oliver Trimiew.)

**Members present:** Blaine Reese and Doug Roselle.

## **November 2009 Meeting Minutes**

Charlene Simmons called the meeting to order. After the November board minutes were reviewed Walt made the motion to approve the minutes. James seconded the motion with members present in unanimous agreement to approve them.

### **November 2009 Financials**

After all members present had reviewed and discussed the November 2009 Financials, Walt made a motion to approve the financials. Flash seconded the motion and six members present voted in unanimous approval.

### **2010 Budget Discussion**

Charlene mentioned that the 2010 CTC Proposed Budget did not yet reflect the possible RRCA dues increase if 2010 CTC membership increases. RRCA dues are currently \$4.60 per household. Sherilyn noted that the Waterfront Triathlon expenses were reduced in 2010 budget to approximately equivalent of 2009 expenses and that the Chickamauga 2009 Budget showed sponsorships at approximately \$2,000.00 versus \$10,000.00. Some of the expenses for the marathon came from \$3,000.00 in award costs, \$3,000.00 cost of medals as well as shirt costs. Sherilyn motioned that the 2010 Budget be approved with the two following changes: (1.) \$500.00 be allowed in expenses for two masters teams to be sent to USATF, and (2.) \$700.00 be allotted in expenses for possible RRCA 2010 dues increase. Walt seconded the motion. Seven members, currently present at that time, voted in agreement with no disapprovals nor abstentions.

### **CTC By-Laws**

The final draft for revisions of CTC by-laws was reviewed by all members present. Flash made a motion to approve this revision with Theresa seconding the motion. All seven members voted unanimously in agreement.

### **BCBS of TN 2010 Races Contract**

Revised proposal for the contract for CTC/BCBS of TN 2010 Races was reviewed in detail without additional changes. Flash made a motion that this contract be approved. Sherilyn seconded this motion and seven members voted unanimously in approval.

### **Other Business**

Sherilyn discussed the delays in timing results for the Thanksgiving Sports Barn Turkey Trot as well as opportunities to avoid those delays in future events. Many suggestions were made as to appropriate discount amounts for this delay. Theresa motioned that we discount the Turkey Trot timing price by \$1.00 per runner. Sherilyn seconded this motion and seven members present voted in unanimous agreement. It was recommended that the December Races Committee should determine the possible level of future timing errors and the future amounts of any additional discounts. Charlene advised that additional data entry assistants (at least four) will be needed for the New Years Eve Karen Lawrence Run.

### **CTC Contract for Timing Manager Position**

The revisions for a CTC timing manager were included in a new contract. This was reviewed and Sherilyn motioned that this contract be approved and begin 1/01/10. Theresa seconded this motion. Seven members present voted unanimously in agreement.

With no further business the meeting was adjourned.

**Next Meeting:** January 12, 2010, 6:30 p.m. at Out of the Blue Cafe

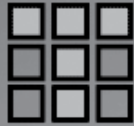
Respectfully submitted by  
Sarah E. Ford, CTC Secretary



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## SUNDAY RECOVERY HIKE

For more information, e-mail Walt Sinor at [waltersinor@yahoo.com](mailto:waltersinor@yahoo.com)

## 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](mailto:jumpytwo@hotmail.com) or call Melodie at 535-3259.

For "Footnotes" from the RRCA go to [www.rrca.org](http://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 are 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.

## Join a Saturday Group Run!

6:30 a.m. - visit [grouprun.com](http://grouprun.com) for weekly location

8:00 a.m. - Meet at Downtown Sports Barn

Get ROY points - in order to qualify for an event

## Walking Works

Sign up for a Walking Works event

## Group Run

Getting Ready for a Marathon  
New in town and need new long distance running companions  
Go to [www.grouprun.com](http://www.grouprun.com) for the latest group run schedule, track workouts and the yearlong marathon schedule.

## Tuesday Night Run

4:00 pm at Greenway Farm (off Hamill Rd in Hixson)

Sponsored by Front Runner Athletics. Led by Ryan Crews

Check out the 2010 CTC Race Schedule  
[chattanooga-trackclub.org](http://chattanooga-trackclub.org)

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



Send Bulletins to  
[ja@chattanooga-trackclub.org](mailto:ja@chattanooga-trackclub.org)

# BULLETIN BOARD



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Chattanooga, TN 37401

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# RACE CALENDAR

Please see [www.chattanoogatrackclub.org](http://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.

### FEBRUARY

27 - Scenic City Half Marathon, 5K & Charity Challenge

### MARCH

6 - Berry Half Marathon, 10K, 5K  
6 - Hospice of Marshall County 5K & 1 Mile Fun Run  
13 - Students for Sudan Race To Rebuild  
20 - 11th Annual Gateway Bank & Trust 5K Run for Communities in Schools  
27 - 65 Roses 5K & Walk for Cystic Fibrosis Research

### APRIL

3 - Oak Barrel Half Marathon  
11 - Kiwanis Club of Collegedale 5K Run/Walk  
17 - Chickamauga Chase 15K/5K  
23 - Southern Blue Relay  
24 - Belvoir Christian Academy's 2nd Annual "Run with the Lions" 5K Race, Walk and Kiddie K  
24 - Run for Education 8K and 2 Mile Fun Run/Walk

### MAY

1 - Strawberry Chase 10K, 5K and 1 Mile Family Fun Run  
8 - King of the Mountain  
22 - Market Street Mile  
31 - BlueCross Chattanooga Chase 8K & 1 Mile Walk