

# JOGGING AROUND

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GySgt Thomas Sullivan, USMC  
LCpl Skip Wells, USMC  
SSgt David Wyatt, USMC  
PO2 Randall Smith, USN

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## CHICKAMAUGA CHASE 2016



Remembering July 16th, 2015

Saturday, April 16th  
The 48th Running

Chickamauga & Chattanooga National Military Park



## Chattanooga Track Club

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# JOGGING AROUND

A newsletter published four times per year by the Chattanooga Track Club.

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#### Printing

Village Print Shoppe

#### 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 casual walker is welcome.

For information about the Chattanooga Track Club visit:

[www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

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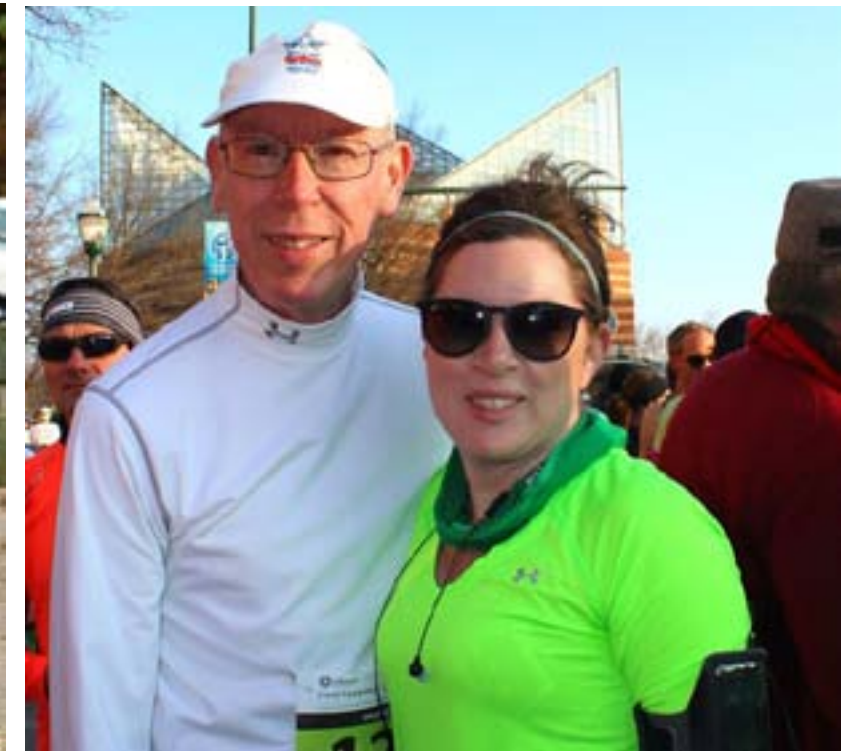


### Jogging Around Ad Rates

Ad Size:	Single Run	2 Issue Run	Full Year (4 Issues)
Full Page	\$120/issue	\$100/issue	\$90/issue
Half Page	\$75/issue	\$65/issue	\$55/issue
Qtr Page	\$55/issue	\$50/issue	\$45/issue
Business Card	\$25.00	\$25	\$20.00

Advertising Info: For current ad information, please contact  
vpcommunications@chattanoogatrackclub.org

## FROM THE CLUB PRESIDENT



I am excited and honored at having been chosen President of the Chattanooga Track Club for 2016. It will be a great and challenging year all in one.

The Chattanooga Track Club was given the opportunity to be an active partner in the successful Chattanooga Marathon and associated events. Our team members and volunteers displayed their commitment to the participants and their families in many ways. A BIG THANKS to all who helped with this inaugural event.

One of our major initiatives this year will be re-establishing the successful Scenic City Half Marathon race. This race has taken place the last Saturday of February but was affected by the Chattanooga Marathon the first Saturday in March. If you have suggestions or would like to participate in the committee to identify a new location and date for the race please contact Stacey Malecky, Club Manager or any Board member.

Our club is responsible for 15 CTC race events each year in addition to providing assistance to other non-profits with numerous races. Our employees provide

much assistance virtually every weekend of the year (multiple races on some Saturdays). We are fortunate to have added the Locomotive 12 and 6 hour race at Camp Jordan on April 2. Come out, test your endurance and establish a new distance record. If you have questions please contact Charlene Simmons. Also, keep the Scenic City Scorch at the top of your race list on July 23. It is a 2 mile state certified race with many opportunities to place your name on the Tennessee State 2 mile record board. Last year, our kick off race, saw many state records set or broken by CTC club members. As always, the course is flat and fast and our good friends and competitors, Corryton, TN race team will have many age categories represented.

The CTC is working to secure additional funds to support our cross-country series, twilight track competition, race team and increase our youth involvement in the CTC races.

Thanks to all the past officers for diligence, hard work and a great vision for the future as we are reaping the benefits with many opportunities to grow.

As always anyone is invited to attend any function, meeting, clinic, group run or whatever is occurring. Please drop in and contribute as your schedules will permit.

Hope to see you at our group runs soon.

John

## 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 this fund and appreciates your generosity in helping build this legacy for our community.

To contribute to The Long Run, please contact the Chattanooga Track Club.



## CHICKAMAUGA CHASE PLANS TO HONOR MILITARY FAMILIES

George Skonberg, Race Director

We hope that you will join us on April 16th for the 48th running of The Chickamauga Chase. I think you will agree that this year's event will be special in deeply meaningful way.

We have invited all members of the Navy & Marine Corps Reserve Center and the Armed Forces Career Center in Chattanooga - and their immediate family members, to participate in The Chickamauga Chase as our guests (complimentary entry, no fees).

Our invitation is simple and without strings. We simply want to honor and show our respect to our servicemen, women and their families - and offer a simple memorial to those that lost their lives last summer. The idea began when I read the article in the Chattanooga Times Free Press about the Marines from Mike Battery following the attacks, making a retreat and pilgrimage to the M Battery monument at the Chickamauga Battlefield (pictured). The Chickamauga & Chattanooga National Military Park was established in 1890 as our country's first national military park, commemorating the sacrifices and heroism of Civil War soldiers. It has often been written that the dedication of the Park brought much needed closure of the tragedy of war to many veterans of the battle. In the words of former Union General William Rosecrans, "It took great men to win that battle, but it takes greater men still to wipe away all the ill feeling which naturally grows out of such conflict." I was moved to see in that

photo, the same search for closure from the Marines from Mike Battery. The 14th Corps, Ohio, Battery M monument serves to anchor this year's artwork, and we memorialize the sacrifice of the five servicemen who were lost on July 16th, 2015.

We have no idea how many will avail themselves of our invitation, but deeply hope that you will do your part to be there as a tribute. The Chase needs your support to make this work. Please, please, try to help us.

Last year we reintroduced the Trail Race to the event. Our inaugural year in 2013 was successful, but we had some logistical and planning issues to work out before we were able to continue with this option. With the great help from Randy Whorton and Wild Trails, we were back in operation in 2015, and hope to continue to offer this option going forward. The Trail Race is approximately 8 miles, and offers seasoned trail runners and novices alike a great venue. There are some slight technical stretches and occasional boggy sections - but for the most part the course is easy to moderate with predominantly good footing and no significant elevation gain. Give it a try!

Wet weather during race week over the past few years has forced us to use off-park parking areas and shuttle buses. We don't like this any more than you do, but please be assured the process is well planned and orderly (thank you Rick Loggins!). If wet conditions preclude us from parking at the recreation field in the park, you will be directed to Oakwood Baptist Church just south of the race location and be shuttled to the staging area. It is hassle free, and our permit from the National Park Service requires this contingency. Please don't let this keep you away.

As always, the net proceeds from The Chickamauga Chase go to the Friends of Chickamauga & Chattanooga National Military, a not for profit organization that helps to preserve, enhance, and promote the Park in perpetuity. Please visit [www.friendsofchch.org](http://www.friendsofchch.org) or [www.nps.gov/chch/index.htm](http://www.nps.gov/chch/index.htm).

Please visit our website for complete details, or refer to a race brochure for general information. Special thanks for years of generous support from our presenting sponsor, Chattem's Icy Hot, and supporting sponsor UBS. If you have any registration questions contact Rita Fanning at [ritafanning@mindspring.com](mailto:ritafanning@mindspring.com) or 423-309-1278, or race director George Skonberg at [george.skonberg@ubs.com](mailto:george.skonberg@ubs.com) or 423-757-7633.

**LOCATION:**  
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**STORE HOURS:**  
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**EMAIL:**  
[cvarga@frontrunnerathletics.com](mailto:cvarga@frontrunnerathletics.com)

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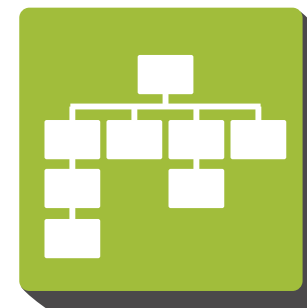


## TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE



# WHY I RUN

Jennifer Curtis

In high school I played soccer and my head coach was also the track coach. He encouraged me to give running a try, so I joined the track team my sophomore year. I can't say that I loved running but I did enjoy competing against other runners and especially myself. I was an average athlete at my best, but I always gave everything I had.

During my senior year, I felt overwhelmed with applying for colleges, trying to maintain a desired GPA, and just normal issues that teenagers face. After soccer season ended in the fall, I began running to deal with the stress. If I was upset, anxious, angry, or experiencing any other negative emotion I ran. The more I ran, the less I ate. Running became a compulsion and an addiction. By the time track season came around, I had lost about twenty to twenty five pounds. My times in the 800 meters, the main event I ran, were significantly slower than the previous two years because I was so weak and tired. As the track season progressed, I slowly gained most of the weight back. By the end of the season I had qualified for the region track meet just like I had done my sophomore and junior years. At the regional track meet, I ran my last but fastest race of my high school career. It was just a few seconds quicker than my best time the year before, but considering where I started at the beginning of the season, I was proud of my achievement.

After high school, running was no longer a routine part of my life and I really didn't miss it or think I would ever do it again on a regular basis. However, a year after my second child was born, I couldn't lose the remaining pounds that I had gained during the pregnancy. I decided to start running again to get back to my previous size. I did the Couch to 5k running program and lost the weight but surprisingly also gained a genuine love for running. Running once again became a stress reliever but unlike when I was a teenager, it was not my only



way to relieve stress. I had grown in my relationship with God and could also rely on him during trying times. Instead of an addiction or compulsion, running became whatever I needed it to be for any particular day. Some days it was my prayer time, then there were days when I would use my running time to plan my day. There were other times I would just see how fast I could run a certain distance, and there were days I would run without pondering or achieving anything other than listening to my iPod the entire time and just getting lost in the music.

A year and a half later in 2013, I decided to run my first race. I ran the Run for God Pinky 5k, and came in 2nd place with a time of 21:22. I then realized how much I missed competing against others and pushing myself far beyond what I thought I was capable of accomplishing. In 2014, I ran several more races and was able to set some personal records in the 5k and 10k that I have yet to break. Last year I became a member of the CTC. Of course I've enjoyed all of the races I have participated in, but I believe the best part of being a member of this group has been all of the runners I have met so far.

I am not sure where running will take me in the future, but I hope to run my first marathon within the next year and dream of qualifying for Boston one day. I do know that I plan to run and race for many years to come because it is something I love to do and it is now a positive and enriching aspect of my life.

Jennifer Curtis is the 2015 CTC Runner of the Year. She lives in Ooltewah with her husband and two children and works as a social worker.

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# MEET THE 2015 VOLUNTEER OF THE YEAR: CATHERINE CRAWLEY



Lynda Webber

My husband, John [Crawley], started running competitive races in 2007, and since we always have supported what each other wants to do, I showed up for all his races. I started a "Running Scrapbook" for John and began taking photos of his runs and awards. Soon, we both found that the CTC members were becoming wonderful and dear friends. So... I started taking pictures of a few friends during their runs to send to them and the more friends that we made in the Track Club, the more race photos I took! I just love helping to capture the memories of the races in photos for the CTC members! Then, about six years ago, a few race directors asked me to snap shots of the awards for their races and Bang! That's how I became a Volunteer Photographer for the CTC!

The race that I enjoy taking pictures of the most is the Scenic City Half Marathon. To tell a photographic story of the "Scenic City" runners, I jump in the car after the start and RACE them across town to the Riverfront to get pictures of the runners as they pass by the water and the Aquarium. Then, I quickly drive to another location up on the bluff to get the runners with the river view behind them. I move again to get photos as runners cross bridges, and then I drive through downtown to Finley Stadium to snap pictures as the CTC members are closing in on the finish line! This where I shot one of my most fun photos – of Ron Branam. On his way to the finish line, Ron passed under the "HOT and READY" (pizza) sign and I clicked my camera! I hope that freezing this moment in time for him will help to keep his memories alive always!

The most memorable race that I have volunteered to take pictures for is the first Ironman Chattanooga. I wanted to tell the story of some of the most amazing athletes from our Track Club and how they endured on their journey – but I also wanted to tell the story of the wonderful Volunteers who stood in the heat AND the rain of this particular day, to cheer the Ironmen on the run course. I got pictures of the CTC members handing out food and drinks and Vaseline on a stick! I was able to snap as they helped to hold up the Ironman runners who had

collapsed by our Aid Station. Also, I took pictures of these great volunteers who encouraged everyone who ran by to stay strong and finish the course – especially our own CTC members who were earning their Ironman title.

My "inspiration" for continuing to be at the events to photograph runners comes from wonderful friends like Lynda Webber. I was able to witness her courage as she battled heat on her journey of the Vol State Race. Lynda had already run over 200 miles of her 314 mile road race when I snapped a photo of her with a bank sign behind her showing the temperature of 98 degrees! She kept going, with a smile, to finish her endurance run! How could I have ever missed that?

I get inspired by the excitement of the kids that are running the Market Street Mile and love to show the looks of joy on their faces as they come across the finish line. I am inspired to witness Sergio Bianchini, as he passes runners more than half his age to finish, and get a picture of this living legend holding his trophy! I admire all the CTC members as they are running the races! I treasure them all as friends and family, and plan on being at most of the races to help capture some of the memories of life's adventures.

My most treasured moments of photographing are of coming to the races now that our daughter, Summer, has become a runner like her Dad! Her goal is just to keep up with him some day! But, for now, I get the best satisfaction EVER to photograph "Daddy and Daughter" as they race to the finish line together and to capture that proud grin on John's face. We now have become a complete CTC "running" family!



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# CHICKAMAUGA CHASE 2016

Sgt Carson Holmquist, USMC  
GySgt Thomas Sullivan, USMC  
LCpl Skip Wells, USMC  
SSgt David Wyatt, USMC  
PO2 Randall Smith, USN



Remembering  
7/16/15

Saturday • April 16th

15K • 5K • Scenic Walk • Kiddie K • Trail Race

Start Time 8:30 a.m. EDT (all events)

The 48th Running

Chickamauga & Chattanooga National Military Park  
[chickamaugachase.com](http://chickamaugachase.com)

Historic Bell Buckle, Tennessee



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## MEET THE

# 2014 ROY CHAMPIONS

I've paid my dues - Time after time - I've done my sentence But committed no crime - And bad mistakes I've made a few I've had my share of sand kicked in my face - But I've come through We are the champions - my friends And we'll keep on fighting - till the end - We are the champions - We are the champions No time for losers 'Cause we are the champions - of the world -  
*Queen - "We are the Champions"*

A CTC AWARDS  
FEATURE PREPARED AND WRITTEN BY: **LYNDA WEBBER**

## OVERALL FEMALE RUNNER OF THE YEAR:



JENNIFER "CANNONBALL"  
CURTIS

**Occupation:** Social Worker for the Elderly at Partnership FCA

**Years running:** Seven years (four years continuously)

**Years racing:** 2.5 years

**No. of years as a CTC member:** One year

**Favorite distance to race:** 5K

**Favorite Race:** The Run for God Pinky 5K. It was the first race I ever participated in and I enjoy competing in it every year.

**Favorite CTC race:** The Chattanooga Chase. Minnehahda is such a challenging hill that it seems to go on forever, but once you get to the top the rest of the race is mainly downhill. You can then get your second wind, enjoy the scenery, and coast to the finish line.

**Most memorable race:** The 2014 Four Bridges Half Marathon. It was my first and only half marathon and although I had trained diligently for months, I was still nervous. Nevertheless, I was able to run it in 1:34:57, which was three minutes faster than my goal time. I ran with two strangers from mile three to the finish line. They were my unofficial pacers, and I had to push myself to stay with them at times but they ran at a steady pace. It was the first time I had run a race in which I felt great the entire time and still had enough energy and stamina to finish strong at the end. I hugged one of them afterwards and thanked both of them for letting me tag along and helping me exceed my expectations.

**Quote/Motto:** "Running is just you, the work you put in, and the clock. You can't cheat yourself. If you don't put in the miles, you can't go to the starting line thinking you're going to pull a miracle out of nowhere. You get out exactly as much as you put in." — Desiree Davila

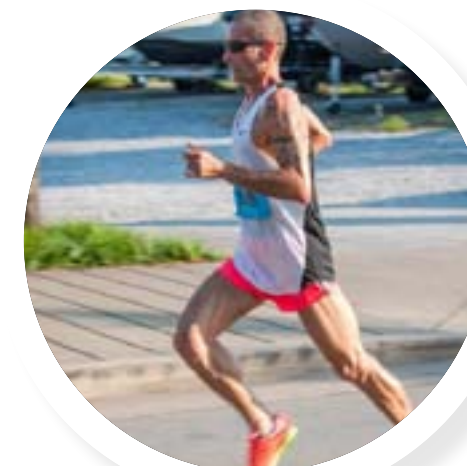
**I run:** because I genuinely love it and it allows me to maintain a healthy lifestyle.

**I race:** because I love to compete against myself and see if I can achieve new personal records.

**Most people don't know that I:** am extremely clumsy. I haven't fallen during a race YET but it is not a matter of IF it will happen but WHEN..."

**[Note from The Management: Jennifer, now that you have alerted the competition, they will be waiting for that day! But we'll be waiting for you to pull a Heather Dorniden!]**

## OVERALL MALE RUNNER OF THE YEAR:



KEVIN "GENO" PHILLIPS

**Occupation:** Middle school Social Studies teacher, middle school cross country coach, middle school track and field coach

**Years running:** 27 years, off and on.

**No. of years as a CTC member:** Four

**Favorite distance to race:** 15K

**Favorite race:** The Chickamauga Chase 15K. George Skoneberg does this race first-class all the way. As a history teacher, there is something special about running in the Battlefield. It's the only race where I notice my surroundings, and during the entire race I picture in my mind the battles and sacrifices that took place there.

**Most memorable race:** The Rocket City Marathon 2012, where I won the masters division.

**I run:** because I love it! I feel so alive out on a run. No matter how bad a day might have been, I know a run will make it better.

**I race:** because I love competition. I truly believe that on any day you can out-perform your expectations. I have won several races against runners more talented than me because I just wanted it more.

**Most people don't know that:** even though I am very focused with a lot of intensity, I am a nice guy!

**[Comment from The Management: Give Geno a high-five when he flies by you as he's speeding around town!]**

AND NOW, THE AGE GROUP WINNERS...

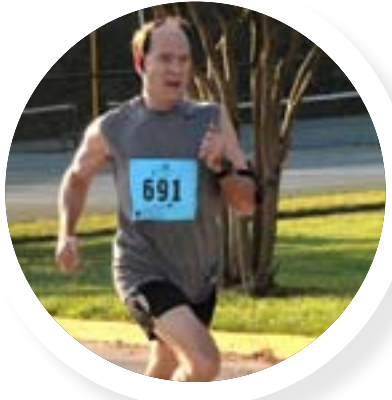
## Senior Female Runner of the Year



**SUE ANNE "BORN-TO-RUN" BROWN**

**Occupation:** My occupation consists of many things...member of the human race is the current one!  
**Years running:** 62, give or take a year.  
**Years racing:** 50 or so.  
**No. of years as a CTC member:** 46 years.  
**Favorite distance to race:** 10K  
**Favorite race:** The Chickamauga Chase 15K.  
**Most memorable race:** The 2015 Chickamauga Battlefield Half Marathon... it was the first race in which I ever dropped out.  
**Quote/Motto:** "Baby, it ain't over 'til it's over." – Lenny Kravitz  
**I run:** because that's who I am!  
**I race:** because I love the feel of it!  
**Most people don't know that I:** am an avid gardener, jigsaw puzzler, and historian (WWII and the Holocaust); a wife, mother, and grandparent of five; a voracious reader, and... I also love to run solo!!!

## Senior Male Runner of the Year



**"MAGIC MIKE" USHER**

**Occupation:** Senior Living Advisor, "A Place for Mom."  
**Years running:** 26  
**Years racing:** Five  
**No. of years as a CTC member:** Five  
**Favorite distance to race:** 5K and 8K  
**Favorite race:** Market Street Mile... short and flat!  
**Most memorable race:** The 2014 Chickamauga Battlefield Marathon. It was my first marathon and the longest distance I have ever run. I put it off for a long time, and finally decided to do something different and definitely more challenging. My training was hampered by hamstring issues earlier in the year and Achilles issues the month before on a long training run. However, the Big Day finally arrived and it was a great day to run. I was amazed at all the logistics that needed to come together for all three races that are held that day. I was also very impressed at how well everything was organized. Beyond a few cramps starting at mile 19 and certainly no shame in walking as necessary, I was able to finish and just glad that it was not 26.3 miles!  
**Quote/Motto:** "You can do it!"  
**I run:** to get out and think, to enjoy the scenery, to see parts of Chattanooga I may not normally see, and to take advantage of the health benefits. I also try to justify my insatiable desire for sweets by running off the calories.  
**I race:** to compete, challenge and push myself, and to enjoy the camaraderie with fellow runners.  
**Most people don't know that I:** am from Richmond, Virginia and a proud University of Richmond Spider. Also a proud grandfather again! Number 2!

## Grandmasters Female Runner of the Year



**CORINNE "COLGATE" HENDERSON**

**Known for:** best racing grin!  
**Occupation:** CPA  
**Years running:** 20ish  
**Years racing:** 15ish  
**No. of years as a CTC member:** 15ish  
**Favorite distance to race:** Half Marathon  
**Favorite race:** The Sports Barn Turkey Trot 8K. It's a fun, festive race that's become a holiday tradition for my husband Bill and I!  
**Favorite CTC race:** The Market Street Mile. It's such a great race to both run and spectate, and it's a wonderful opportunity to watch elite runners attempt record-breaking times.  
**Most memorable race:** The first Ragnar Tennessee relay. While our teammate, Voreata Waddell, was running UP Monteagle Mountain in the sleet, we ladies from Van No. One were sitting in the Blue Chair Coffee Shop on top of the mountain having lunch and fellowship! **[Question from The Management: Corinne... did you at least bring her a cup of extra hot caffeine in a to-go cup?]**  
**Quote/Motto:** "I play much better than I really am because I try hard." (I overheard a girl say this at a tennis clinic years ago.)  
**I run:** for the joy of being outside and moving!  
**I race:** for the fellowship!  
**Most people don't know:** that I think I'm funnier than I am. Oh... wait... they do!



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**Sunday, May 1, 2016**  
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**Komen Benefit**  
**Sprint 800 yard, 14 Mile Bike, 5K Run**



**Saturday, June 25, 2016 - Color the Curve After Dark**  
**National Scoliosis Benefit**  
**5K Glow Run in Coolidge Park, Chattanooga**



**Saturday, September 24, 2016- The General 100**  
**Everitt Foundation Benefit**  
**100 Mile Relay Race - Kennesaw to Ringgold Relay Race**



**Friday November 11, 2016 - Light The Way**  
**Benefitting the Share It Forward Foundation and Keep Sevier Beautiful**  
**5K Night Run Finishing in Dollywood**

## Grandmasters Male Runner of the Year



“WILD BILL” MINEHAN

**Occupation:** Ceramic Engineer  
**Years running/racing:** about 39 years (since 8th grade cross country)  
**No. of years as a CTC member:** 25 years.  
**Favorite race:** Running with Sasquatch 5K trail run. It's fun to run against a fast runner in a Sasquatch costume in the forest!  
**Favorite CTC race:** Three – The Pie Run (casual atmosphere and great view), the Wauhatchie Trail Race and the Chickamauga Chase – all such classic and well run events. Have enjoyed the addition of the Chickamauga Chase 8-mile trail race as well.  
**Most memorable race:** The Sydney, New York Fox Trot 10K in either 1982 or 1983. Some of my high school friends were going to run it so I tagged along. After all, how hard could 6.2 miles be? I hadn't run much since high school, but I still thought I was “staying in shape.” I hit the wall around two miles on that warm spring day and became tremendously humbled as I struggled to finish nearly last. That is when I learned about the value of training.  
**Quote/Motto:** “Humility is the true key to success!” – Rick Pitino  
**I run:** because it makes me whole.  
**I race:** because it's a rush.  
**Most people don't know that I:** really don't like to race. It requires a lot of discipline and it sucks to run hard. I do enjoy completing the race and enjoying the memories.  
**[Note from The Management: Bill... you've discovered the TRUE secret of running! The race is ALWAYS more fun right after it's over!]**  
**Bill Adds:** I enjoy running for the fitness aspect, for the stress relief, to enjoy the outdoors, and for the social outlet which includes casual conversations with friendly people to making lifelong friendships over the years. The running habit and my running experiences are part of the fabric of who I am. I have been blessed with good biomechanics, and with a combination of laziness and stubborn mental toughness that has allowed me to be consistent for years of miles and running while rarely being injured. When I ran my first race with the CTC in 1990 (Joe Johnson 10K) I told race director Rita Fanning that I would help out with the club soon, as running was my hobby and my passion. I bought a CTC coffee mug from the Club that day, and a few years later I started volunteering here and there to give back to the running community so that others could enjoy this hobby too.

## Masters Female Runner of the Year



LISA “LEGS” LOGAN

**Occupation:** High School Assistant Principal  
**Years running:** 20+  
**Years racing:** 15 years (1st race was the 4 mile Bridge Run in 2001).  
**No. of years as a CTC member:** Four  
**No. of approx. racing miles and/or races completed:** Over 170 races, including 33 marathons (four Boston) and 44 half marathons.  
**Favorite distance to race:** Half Marathon. I don't think I'm fast enough to race a 5K but I can sustain a pace for a half.  
**Favorite race:** I can't pick just one. The Chickamauga Battlefield Half Marathon/Marathon is one of my favorites because I love running in the park so much, and because it was my very first marathon. I love the Oak Barrel Half Marathon and the Southern Tennessee Plunge Half Marathon because their routes wind through childhood stomping grounds. Running them is like running down memory lane every year.  
**Most memorable race:** The 2012 Southern Tennessee Plunge Marathon. It was full of firsts. It was my first marathon in the Master's Category. It was the first time I broke 3:30 with a 3:29 finish. It was also the first time I was the overall female winner in a race. Also, during the first mile I started talking to a guy who ran with me until mile 14 when he told me that I “was holding him back.” At the finish he came back and ran the last quarter of a mile with me. I was absolutely inspired by Paul, a 63 year old runner who finished in 3:27 and told tales of being 40 and overweight and the changes he decided to make in his life.  
**Quote/Motto:** I don't really have one, but during a race I tell myself “I can do anything for \_\_\_\_\_.” I fill in the blank with my goal time for the race.  
**I run:** “because it's easier than eating less,” is my standard answer. The real answer is I run to be a healthier example to my children than my mom was to me, and running is my favorite form of exercise.  
**I race:** to remind myself that age is just a number.  
**Most people don't know that I:** have a doctorate in education.

# Locomotion 12

a 12 & 6 hour run/walk

**April 2, 2016**  
**Camp Jordan, East Ridge TN**  
**12 hour event starts at 7:30 am**  
**6 hour event starts at 1:30 pm**

Participate as a solo racer or on a team of 2-6 people for the 6 hour event or 2-12 people for the 12 hour event. Team categories include corporate, non-profits, running clubs, public service, and open.

**locomotion12.com**







## CTC MEMBERS DO MORE THAN RUN

Jennifer Heinzl

Members of the Chattanooga Track Club are not just members, but also supporters of their city and of events that promotes health and wellness. Take the Chattanooga Marathon for example – not only did we have members run the first, City-organized marathon/half marathon, but we also had members that helped coordinate, register, cheer, whatever was needed over a period of time to make this inaugural event a success.

Members of the CTC proudly embrace any and all events like this because they have a passion for running, walking, cycling, etc. Let us continue to show our support for any event that promotes people to “move their feet” so that the people of Chattanooga, and elsewhere, are one step closer to leading a healthier lifestyle.

Whether you are looking to participate, volunteer, or cheer, there are many events to choose from to do just that. Go to [chattanoogatrackclub.org](http://chattanoogatrackclub.org) to see the many events that are happening throughout the year. Happy running season!!

Jennifer is the CTC Vice-president of Membership, contact her at [VPmembership@chattanoogatrackclub.org](mailto:VPmembership@chattanoogatrackclub.org)



Jean Horgan, at 88 years old, is a long-time CTC member and financial supporter. Her generous gifts have benefitted Jogging Around and Wauhatchie Trail Run.



Hugh Enicks took 2nd place at the USATF 8K Championships in Brea, California in February.



Ryan Shrum was pace team leader for 4 races at the Gasparilla Distance Classic in Tampa, Florida where he met Meb Keflezighi and Shalane Flanagan the weekend after both runners successfully competed in the Olympic Marathon Trials.

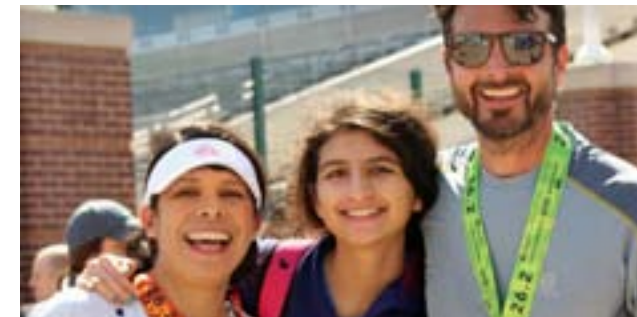
## CTC AT THE CHATTANOOGA MARATHON



CTC at Chattanooga Marathon



CTC at Chattanooga Marathon



CTC at Chattanooga Marathon

the Y YMCA  
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**CAMP WILL FILL UP FAST SO SIGN UP TODAY!**

# BEST SUMMER EVER!

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**YMCA OF METROPOLITAN CHATTANOOGA**  
[ymcachattanooga.org](http://ymcachattanooga.org)

# BATTLE CHATTANOOGA!

## THE BATTLE BEGINS IN 2016!

The Battle For Chattanooga Race Series, 4 races held in locations that played a part in Civil War history. Participation in Battle For Chattanooga is free, all you do is register for the individual races.

Complete any single event in each of the four races listed below and receive a custom-designed Battle For Chattanooga medal!

RACE	DATE	EVENTS
CHICKAMAUGA CHASE	APRIL 16	15K ROAD, 5K ROAD, 8M TRAIL
KING OF THE MOUNTAIN	MAY 7	4M ROAD
MISSIONARY RIDGE ROAD RACE	AUGUST 6	4.8M ROAD
BATTLEFIELD MARATHON, HALF & 5K	NOVEMBER 12	MARATHON, HALF, 5K ROAD

**BATTLE FOR CHATTANOOGA**

GET DETAILS AND RULES:  
[CHATTANOOGATRACKCLUB.ORG](http://CHATTANOOGATRACKCLUB.ORG)

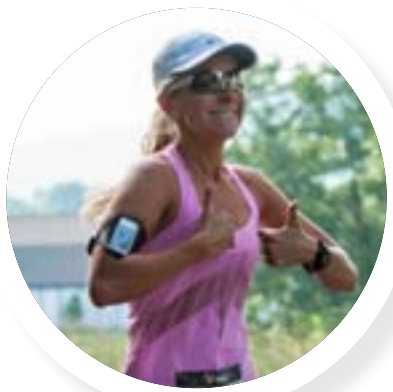
## Masters Male Runner of the Year



DEAN "THE TERMINATOR"  
THOMPSON

**Occupation:** Writer, Race Director, Coach for Run for God  
**Years running:** Depends on how you define it. Organized running 36 years.  
**Years racing:** 36 years.  
**No. of years as a CTC member:** About four.  
**Favorite distance to race:** All of them, from a mile to a marathon.  
**Favorite race:** There's nothing better than the Boston Marathon. Why? It's Boston!  
**Favorite CTC race:** I love supporting the FCA, and Chad always does a good job organizing the Labor Day race. I love holiday races.  
**Most memorable race:** The 2013 Myrtle Beach Marathon. I passed the guy who had been leading the race the entire way at 25.5 miles to win with a nine minute PR!  
**Quote/Motto:** "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." – Joshua 1:9  
**I run:** because God made me a runner.  
**I race:** to see how much I can get out of myself.  
**Most people don't know that I:** am a grandfather!  
**Dean adds:** As I get older I have a deeper appreciation for new runners and the folks who struggle to finish races. I love seeing a 50 year old lady who was never athletically active complete her first 5K. I often hear from them, "Well, I'm not a real runner." And I reply, "You certainly are a runner! You are so much better off than the person who is sitting on the couch or sleeping while you're out running!" I guess I don't like to hear people sell themselves short. Be proud you're a runner! I think we're among the coolest people!

## Adult Female Runner of the Year



CHRISTY  
"BARRACUDA"  
BROWN

**Occupation:** Neuromodulation Surgical Sales  
**Years Running:** Eight  
**Years Racing:** Six years with one year very consistently.  
**Years as a CTC member:** One, with many more to come!  
**Favorite distance to race:** 8K  
**Favorite race:** The Pie run – gorgeous vistas and delicious treats! I also love the Sports Barn Turkey Trot, as it is now a family tradition. I'm sensing a food theme here. :-)  
**Most memorable race:** The Wild Trails 15K at the Lula Lake Land Trust. If you haven't visited this spectacular place, you are missing out!  
**Quote/Motto:** "If you fail to plan, you plan to fail." – Ben Franklin  
**I run:** to set an example for my daughter, Charlotte. I run to clear my mind, to focus, and to continually prove my strength to myself.  
**I race:** to push myself, to continue to raise the bar, and to elude complacency.  
**Most people don't know that I:** never participated in a sport until college, when I developed a love for whitewater kayaking. It wasn't until after college that I became interested and involved in endurance athletics, including running, road cycling, and duathlons.

## Adult Male Runner of the Year



ERIC "SPEEDY"  
SISEMORE

**Co-claim-to-fame:** Stepdad of Jasper "Whirlwind" Wilson, CTC Junior Male ROY.  
**Occupation:** Manager at Pricebusters Furniture in East Ridge. Come See Me!  
**Years Running:** Five  
**Years Racing:** Three  
**No. of years as a CTC member:** Two  
**Favorite Distance to Race:** Half Marathon  
**Favorite Race:** Chickamauga Battlefield Half Marathon. It's such a well put together race, and the Battlefield is my favorite place to be. We are very fortunate as a city to have this beautiful place in our backyard.  
**Most memorable race:** The 2015 Chickamauga Battlefield Half Marathon. I took five minutes off my previous PR there.  
**Quote/Motto:** "I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him." – Abraham Lincoln  
**I run:** because it makes me feel alive.  
**I race:** because I have a need to push myself to and beyond my limits.  
**Most people don't know that I:** am a recovering addict.  
**Eric adds:** I started running after I got clean from using drugs. I have a desire to live fit spiritually, mentally and physically. Running helps me in all these areas. It's great exercise, it gives me time to think, and I find my peace with God on a backcountry trail. It helps to fill that void left in me from my substance abuse. Few people get a chance to live twice in one lifetime. I am one of those people. I run to catch up and to leave my past behind me.  
**[Note from The Management: Great job, Eric... more Power to you!]**

## Young Adult Female Runner of the Year



ASHLEY "PASS-'EM-ALL"  
PATRICK

**Occupation:** Pharmacist  
**Years running:** 15  
**Years racing:** 15  
**No. of years as a CTC member:** Two  
**Favorite distance to race:** 15K or half marathon  
**Favorite race:** The Peachtree Road Race. I love the energy, the awesome crowds, the giant American flag at the start, the challenge of Cardiac Hill and finishing in Piedmont Park!  
**Favorite CTC race(s):** The Chickamauga Battlefield Marathon and the Chickamauga Chase. I enjoy running in the Battlefield, and I've had some good races there. I consider it my home course!  
**Most memorable race:** The 2015 Chickamauga Battlefield Marathon. This year I set a goal of running a Boston-qualifying time at this race. After several months of training, I was fortunate enough to run my goal time. I consider it one of my biggest running achievements to date.  
**Quote/Motto:** "Every day is a good day when you run." – Kevin Nelson, author of The Runner's Book of Daily Inspiration.  
**I run:** because I enjoy it! It's a great stress reliever and it's a healthy passion I share with friends and family. I have several running partners, including my Dalmatian, Lucky, who needs and loves the exercise.  
**I race:** to push myself out of my comfort zone.  
**Most people don't know that I:** am an ice cream connoisseur!

## Young Adult Male Runner of the Year



ERIC "THE ANIMAL"  
ANDERSON

**Occupation:** Welder  
**Years running:** 16  
**Years racing:** 16  
**No. of years as a CTC member:** One  
**Favorite distance to race:** Half Marathon  
**Favorite race:** The Run for God Half Marathon in Dalton, Georgia, because there is no better feeling than just running for God.  
**Favorite CTC race:** King of the Mountain, because it has the most beautiful view I have ever seen.  
**Most memorable race:** I would say the regions in cross country my senior year in high school. I took second overall to go to State and run.  
**Quote/Motto:** "I can do all things through Christ which strengthenth me." – Philippians 4:13  
**I run:** because it's God's and my time.  
**I race:** to see how hard I can push myself and finish with nothing left.  
**Most people don't know that I:** hate running in the cold.  
**Eric adds:** I started running when I was in high school. After high school I ran off and on. I started running more to lose weight, and I got faster. Now I love running and if I can do it, anyone can! The best part about running with the CTC is that everyone motivates you to do your best. For example, when you feel like giving up on a run and you want to walk, someone will come up beside you and encourage you to not give up... you are almost at the finish line!

## Junior Female Runner of the Year



OLIVIA "LIGHTFOOT"  
LACY

**Occupation:** Seventh grade student at East Hamilton Middle School  
**Years running:** Ever since I learned to run...when I was a kid.  
**Years racing:** Ever since those little pre-school races that are held at the FCA.  
**Years a CTC member:** Two  
**Favorite distance:** 5K  
**Favorite race:** The 65 Roses 5K – I like the sweets and the games!  
**Favorite and most memorable CTC race:** The First Volunteer Bank 5K, because I won the big flat screen TV door prize!  
**Quote/motto:** "Winners never quit and quitters never win" – from my Tae Kwan Do instructor  
**I run:** to stay active and to have lots of fun.  
**I race:** to get a t-shirt, finish line food, and to earn ROY points!  
**Most people don't know that I:** foster puppies and volunteer every Saturday (after racing) with a dog adoption organization.  
**Olivia adds:** I would like to thank my grandmother, Bonnie Wasson, for introducing me to the CTC and all of her friends who are members!  
**[Note from The Management: Olivia, we know your amazing grandma is proud of you, and we look for you to follow in her 50-States footsteps some day!]**

## Junior Male Runner of the Year



**JASPER "WHIRLWIND" WILSON**

**Co-claim-to-fame:** Stepson of Eric "Speedy" Sisemore, CTC Adult Male ROY.  
**Occupation:** Freshman at Gordon Lee High School  
**Years running:** Four  
**Years racing:** Four  
**No. of years as a CTC member:** Two  
**Favorite distance to race:** 5K  
**Favorite race:** the Trojan Run 5K in Chickamauga, Georgia, because it was my first race ever and it's where I am from.  
**Favorite CTC race:** the Raccoon Mountain Road Race 5K, because it's where I recorded my fastest time in a CTC race and placed second overall  
**Most memorable race:** the Joe Johnson 10K because it was my first 10K and I beat my stepdad Eric Sisemore (Adult Male ROY).  
**[Note from The Management: Jasper, you can bet that after this, your stepdad is NOT gonna let you win next time!]**  
**Quote/Motto:** "The best pace is a suicide pace, and today looks like good day to die." – Steve Prefontaine\* [See comment from The Management, below.]  
**I run:** because there could come a day where I can't run, and I need to make the most of it while I can.  
**I race:** because I like challenges and I'm very competitive.  
**Most people don't know that I:** have been wrestling for two years and I placed 4th in my area.  
**Jasper adds:** When I was in 6th grade my stepdad, Eric Sisemore, ran the Chickamauga Chase and I suddenly got the feeling that I wanted to run. So on May 24, 2013, I ran the Trojan Run 5K in Chickamauga, Georgia. I thought I would come in last place because I never practiced or trained once before this race, but I ran a 23:56 and placed 14th overall. From there on out I knew I was a runner. In 7th grade, I decide to quit baseball and run track. I ran the mile, and my fastest mile was a 5:30. I knew I made the right decision to run and quit baseball. Then, in my 8th grade year, I ran cross country for my high school. I was the top runner and I recorded a PR of 19:04 in my 5K. I won the junior varsity high school region race at Darlington with a 19:55. During my freshmen year of cross country, I was the only one on my team who qualified to go to State. My goal this year is to win the region and place real high at the 2016 GHSA cross country State meet.  
**[Note from The Management: Wow, pretty intense for a 14-year-old! You're on your way, kid. We look for you to be the next Steve Prefontaine!]**

## MEET THE 2015 LONG RUNNERS

"To Finish Is To Win" – American Endurance Ride Conference

"Most people never run far enough on their first wind to find out they've got a second."  
 – William James –

"There are no great people in this world, only great challenges which ordinary people rise to meet."

– William Frederick Halsey, Jr. –

### Sergio "The Surge" Bianchini

#### ANNUAL 100-MILER AWARD



**Occupation:** Adventurer, runner, and Zumba enthusiast  
**No. of years running:** About 14.  
**No. of years as a CTC member:** Around 14.  
**No. of lifetime ultra events completed (any distance over 26.2):** Thirteen to date – nine 50Ks, one 60K, one 100K, one 176-mile multi-day, one 500K multi-day.  
**I ultra because:** my friends talk me into it.  
**I ran my first ultra because:** my friends talked me into it.  
**Favorite ultra:** 2015 Vol State 500K. I loved the challenge and the adventure of crossing the State of Tennessee on foot.  
**Most memorable ultra:** The Land Between the Lakes 60K was both my most memorable and my most miserable. It snowed several inches the night before, no one was really prepared, and I was just about frozen at the finish. The Pistol 100K was a close second for that same reason!  
**My ultra-inspiration:** My son, Marco. I am especially happy when we can run together, as we did at the Black Warrior 50K in 2014.  
**Most people don't know that I:** love to hit the garage sales when I am running multi-day road ultras!  
**Quote(s):** "Age is no barrier. It's a limitation you put on your mind." – Jackie Joyner-Kersey AND "Never quit and you will never lose."  
**Motto:** "I will never quit. I persevere and thrive on adversity!" (Navy SEAL motto)  
**Sergio adds:** I started running when I was 60, because it was something I never tried and it looked like fun. I found that it IS fun, and I never stopped. I am 74 now, and I like to look for a new challenge every year. It keeps me young! I have many good friends in the Chattanooga Track Club and I love to run with them, but if I could find someone to skydive or go bungee jumping with, I would do that, too! If you're over 60 and you want to keep from rusting, the secret is – keep moving!! And if you can move fast, even better!

### Sal Coll (a.k.a. "The Machine")

#### ANNUAL 100-MILER AWARD



**I ultra because:** I like being out on the open road for hours and hours and to keep pushing myself farther and farther, and it doesn't have to be fast or slow. I can walk when I want to and stop in stores to replenish my supplies, I can even take a short nap under a tree.  
**I ran my FIRST ultra because:** I was introduced to trail running, and it opened my eyes to the Ultra World. My first ultra was the Stump Jump 50K. I then found out about 50-mile and 100-mile runs and I knew right away that was for me!  
**Favorite ultra:** I have a lot of favorites, but I really like the Vol State 500K run across Tennessee in July. It's a run that I have completed four times, and something keeps me going back for more torture... it's addicting! Especially when you know how the race is laid out... and you know the person behind it all...Gary "Laz" Cantrell of The Barkley Marathons fame...or, rather, infamy! Oh, did I mention that it's in July in Tennessee!  
**Most memorable ultra:** Wow, hard question! There are so many memories, but I think the Vol State 500K has the most memories, shared with a lot of people I didn't even know at first but who became good friends during each of my four journeys across Tennessee.  
**My ultra-inspiration:** "Ultra Marathon Man," a book by Dean Karnazes. It's a great book, and I really took off in ultra running after I read it. I still think about some of the odd things that he did and compare them to my life of running.  
**Most people don't know that I:** stress out before every run!  
**Favorite quote:** Mine – "If you have a pain run 20 miles and it will go away."  
**Advice:** If you train your mind for running everything else will be easy!  
**Mantra [statement or slogan repeated frequently when the going gets tough]:** "Just go with it." I like to say that because when I'm at a low point and I really want to run but can't, I just say "Go with it." It's like listening to your body so that you can finish the race.  
**Sal adds:** I have always loved to run and explore the outdoors. I didn't start running ultras until I moved to Chattanooga, and when I realized what was out there, I wanted it all! And I still do! I hope to be running like Sergio at his age... that's my hope and my dream.

# WILD TRAILS | 200 mile club

In January, Wild Trails introduced the 200 Mille Club with the goal of helping our neighbors, friends, family and colleagues initiate and/or continue a consistent and lasting fitness program. The goal is simple...to travel 200 miles under one's own power using any form of transportation or fitness activity as long as it is aerobic. This includes, but is not limited to runners, walkers, hikers, bikers, climbers, swimmers, paddlers, standup paddleboarders, baby stroller pushers, golfers (no carts), tennis players, crossfitters, aerobic team sports, wheelchair pilots, hula hoopers, and even unicycle nuts. Please note FitBit steps accrued over the course of the day don't count as we're encouraging sustained aerobic activity. But by all means, keep doing your Fitbit.

We've put some simple guidelines in place to make reaching your goals an easier feat. First, any person of any age who can move under their own power is eligible. There is no hard set start date—you simply decide to start and then track your progress using a paid-for or free app available on an Android or iPhone such as ViewRanger, Strava, Endomondo and MapMyRun. Add your mileage each day on the Wild Trails

website and once you record 200 miles, you're in the club. You can compare how you are doing with your friends and family. Because we encourage your goal realization through a variety of possible activities, we've determined a simple math formula for you to apply to your preferred sport or sports: swimmer's miles are multiplied by 4; bike miles are divided by 4; 18 holes of golf equals seven miles and for all other aerobic sports or aerobic activities 7 minutes equals one mile. So if you do a Crossfit workout, for example, it is typically 20 minutes and will equal roughly 3 miles.

All club members will be rewarded with a membership card that includes discounts all over town as well as four Wild Trails celebrations over the course of the year, which will include a 5K or 15K race or competitive run or hike at Lula Lake with an option to camp out the night prior, and partake in a BBQ after the run/hike. There is no registration fee but Wild Trails hopes to raise enough from donations to cover our costs. There will be a small charge for the 5K/15K/ BBQ event.

*We hope you'll join us in our pursuit of personal and community fitness. More information is available at [wildtrails.org](http://wildtrails.org).*

## “IronMan Billy” Collier

### ANNUAL 50-MILER AWARD



**Occupation:** Hugh Heffner impersonator (bookings for parties, weddings, graduations, Bar Mitzvahs, etc., etc.)

**No. of years running:** 62. I’ve been running from something ever since I was born.

**No. of years as a CTC member:** 15 plus.

**No. of lifetime ultra events completed:** One 50K, four 50-milers, two Double IronMans. (Didn’t start ultras until I turned 59, so I’m trying to make up for lost time now.)

**I ultra because:** Marathons and IronMan 140.6 events are soooo mainstream, dude.

**I ran my FIRST ultra because:** I wanted to die doing what I loved.

**Favorite ultra:** The Lookout Mountain 50 miler, because it’s local and it’s hard, and the Virginia Double Ironman, because so many drop out.

**Most memorable ultra:** The Virginia Double Ironman. I ran the double marathon in 12:28 and made the 36-hour cutoff by 20 minutes.

**My ultra-inspiration:** Charlene Simmons

**Most people don’t know that I:** am an A[deleted for G-Rated reading].

**Your favorite quote:** “No soft white males please!”

**Motto:** “It’s not cheating if you’re trying to win!”

**Mantra:** “[Deleted for G-Rated reading] Randy Whorton and his cutoff times!”

**IronMan Billy adds:** Gonna support my local races and have signed up for the Locomotion 12-Hour Run/Walk and the Rock Creek Stillhouse 100K. Whatever doesn’t kill you makes you stronger, you know.

## Susan “Galloway Gal” Gallo

### ANNUAL 50-MILER AWARD



**Occupation:** Career sales/business development representative, currently with the BBB.

**No. of years running:** 13 years.

**No. of years as a CTC member:** 11 years.

**No. of lifetime ultra events completed:** One 50k and one 50-miler.

**I ultra because:** I have an issue with my hip that is aggravated by running fast. I can go slow and go long and it doesn’t bother it.

**I ran my FIRST ultra because:** I wanted to see if I could!

**Favorite ultra:** The Tunnel Hill 50-miler, because it was mostly flat and well supported.

**Most memorable ultra:** Same as above because my mentor and best running bud, Lynda Webber, ran it with me.

**My ultra-inspiration(s):** Marshall Ulrich, Jeff Galloway, Sergio Bianchini, and Lynda Webber.

**Most people don’t know that I:** was a deputy sheriff in a horseback mounted unit. I graduated second-highest in my law enforcement training academy. I also was a corrections officer at a medium security male prison in northern Ohio.

**[Note from The Management: Susan, we may need your skills to keep IronMan Billy in line.]**

**Favorite quote:** “Whatever doesn’t kill you makes you stronger!”

**Motto:** “I may be slow, but I have endurance!”

**Mantra:** “You can do it!” Also, I repeat some of the lyrics to a song by the Talking Heads called “Burning Down the House.”

**Susan adds:** I started running because I always wanted to – and I was fast back in the day. I wanted to run track and cross country in high school but couldn’t because I had to be home to help with the livestock and the farm. The trade-off was that I had a horse, and I could show him at the local horse shows and be in a 4-H horse club. That led to competitive trail rides and endurance races with fellow endurance horse friends, which is also part of my inspiration for long-distance running. So now, instead of having four legs under me, I can only afford to “trot along” on my own two feet! I actually started running because of a fundraiser for the American Stroke Association. I jumped on it because a free trip was promised to Kona, Hawaii for the Kona Marathon if we raised enough money, as well as a coach to train us how to do it (long-time Rock Creek Race Team member Tom Sell volunteered, and we could not have asked for a finer instructor). I had never run before, nor did I even know what a 5K was until I started this journey! Five months later, I finished the Kona Marathon on the Ironman course, placing 17th out of 184 masters women. The rest, as they say, is history!

I have learned that I can stay the course and do whatever I put my mind to!

**[Note from The Management: Susan follows the Jeff Galloway run/walk method for almost all her races, and is living proof that it works!]**

## Kimber Keplinger (a.k.a. “Miss Congeniality”)

### ANNUAL 50-MILER AWARD



**Occupation:** Yoga teacher, granite and marble sales person (with my brother), and single mom of Stella, 8, Amy, 6, and Joseph, 4.

**Years running:** You would have to ask my mom....probably soon after I started walking!

**Years CTC member:** Four

**Favorite Race, Any Distance:** Any 50 miler. Any. And the Chattanooga Mountains Stage Race. What could possibly be better than exhausted-happy-lots of friends running in your own backyard on the 3rd (and last) day of a local run?”

**No. of lifetime ultra events completed:** I’m actually not sure... I don’t count them. I would have to go back and look, and who has time for that? I try to remember the feeling and the beauty and the difficulty and the easy parts and the joy and the pain...not the number of times I’ve experienced all of that. **[Note from The Management: We peeked at ultrasignup.com. Kimber appears to have nine ultras and counting under her belt, including one 100-miler, as well as numerous shorter trail races and three stage races.]**

**Favorite quote:** “Be like water making its way through cracks...adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves. Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend.” – Bruce Lee

**Motto:** “Don’t quit.”

**Mantra:** “Stay open, stay kind, take risks, be gentle with yourself and others, and love. Love a whole, whole lot.”

**Inspiration/Motivation:** My children.

**Not many people know that I:** have written two books that I’m too afraid to try and get published!

**[Note from The Management: Kimber, we find it hard to believe you’re afraid of anything.]**

**Kimber adds:** I’m going to run fifty 50-milers, one in each US state, by the time I’m 50. Hopefully I can plan it all out to finish the 50th state on my 50th birthday. I’m also going to attempt Nolan’s 14.” **[Note from The Management: Kimber, Nolan’s 14 is only 60 Hours, 100 Miles on Foot, including 14 Summits over 14,000 Feet and 90,000 Vertical Feet with a 15% Finish Rate. Why don’t you start with something easier, first, like The Barkley?]**

**Favorite ultra:** My first 50 miler – Lookout Mountain. At mile 38.5, my “everything” perspective changed. My mind went somewhere and never came back in the same way, for which I’m supremely grateful. I realized I can do anything...that we ALL can do anything. Also (and these last two are not ultras but they are still in my “top three” list), the Savage Gulf Trail Marathon in 2014.... because it’s freaking hard as hell and I loved it. And miraculously got 3rd?! What?! I had to channel my inner mountain goat in places...lots of places...and she did not feel like helping me out a whole lot. Maybe I should name her so I can summon her with more “assertively kind recognition” when I run it again this year. Finally, and most importantly, the Nashville Rock n Roll Marathon, because I run for “Pink It to the Limit/Emily’s Power for a Cure.” This is a cause with deep personal meaning for me and my family. My oldest daughter was a patient in the oncology unit at TC Thompson at age three for some time (four years in remission!! Bless her) and one of my best friends’ son is a neuroblastoma survivor.

**Most Memorable Ultra:** Thunder Rock 100 in 2014, because I couldn’t believe I actually did it!! I vomited (among other things) in an absolute delirium, and felt like there were fiery daggers stabbing into my feet with every step from mile 65 on. But I finished. And will definitely run more 100s... I was already looking for my next one in the car on the ride home. And another memorable ultra was the GA Jewel 50-miler because it’s technical, I got a late start (alone) in the dark and ran the wrong way at first trying to find the other runners, then finally spotted a bobbing headlamp in the distance and somehow found my way to them in an all-out, frantic terrified sprint, it rained for the first nine hours and once it got dark, with only three miles to go, I was forced to confront one of my greatest fears... being lost in darkness and heavy fog, exhausted and alone (I actually ran alone for nearly all of the 14 hours it took me), and I pushed through it and made it to finish. But the actual “jewel” we all received for finishing is SO pretty and absolutely worth it and the kids love it. And lastly, I won’t relay the entire three day weekend, but suffice it to say that on the second day of the Cumberland Plateau Stage race, I learned that when I am mere moments from certain death, my only thoughts will be of my kids and a giant Coca-Cola.

**I ultra-run because:** I want to see how far I can go. I am not at all the fastest, but it’s not about that for me. It’s about the journey. It’s about seeing how far I can push myself and what it feels like, in so many different moments and phases of the run, to do that. I want to know how far I can go, not how fast I can get there.”

**Quote:** “Be like water making its way through cracks...adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves. Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend.” – Bruce Lee

**Motto:** “Don’t quit.”

**Mantra:** “Stay open, stay kind, take risks, be gentle with yourself and others, and love. Love a whole, whole lot.”

**Inspiration/Motivation:** My children.

**Not many people know that I:** have written two books that I’m too afraid to try and get published!

**[Note from The Management: Kimber, we find it hard to believe you’re afraid of anything.]**

**Kimber adds:** I’m going to run fifty 50-milers, one in each US state, by the time I’m 50. Hopefully I can plan it all out to finish the 50th state on my 50th birthday. I’m also going to attempt Nolan’s 14.” **[Note from The Management: Kimber, Nolan’s 14 is only 60 Hours, 100 Miles on Foot, including 14 Summits over 14,000 Feet and 90,000 Vertical Feet with a 15% Finish Rate. Why don’t you start with something easier, first, like The Barkley?]**

## “Mighty Mark” Malecky

### ANNUAL 50-MILER AWARD



**Occupation:** Engineer

**No. of years running:** 24 this year.

**No. of years as a CTC member:** Three

**No. of lifetime ultra events completed:** Three 50Ks, one 40-miler, and one 50-miler.

**I ultra because:** I’m really interested to see what my response is when I get to that dark place past 30 miles.

**I ran my FIRST ultra because:** I no longer was scared of not finishing a marathon.

**Favorite ultra:** Highland Sky 40-miler in West Virginia. Absolutely beautiful, really varied terrain for the eastern US.

**Most memorable ultra:** The Lookout Mountain 50-miler. I ran really stupidly over the first half and had to deal with that on the second and ignore the urge to quit.

**My ultra-inspiration:** My wife, Stacey. She’s way tougher than me.

**Most people don’t know that I:** brew beer. I’m sure Stacey has better dirt on me.

**Quote:** “No matter where you go, there you are.” - Buckaroo Banzai

**Motto:** HTFU **[Note from The Management: translation for non-G-Rated acronym not provided].**

**Mantra:** “Don’t be dumb next time...”

## Stacey “Mad Dog” Malecky

### ANNUAL 100-MILER AWARD



**Occupation:** I am the Chattanooga Track Club’s Chief People Herder.

**No. of years running:** 20+ years.

**No. of years as a CTC member:** Three years.

**No. of lifetime ultra events completed:** I have no idea, but I’d probably be a billionaire if I could curb my racing habit. **[Note from The Management: We think it’s more like four 50Ks, One 40-miler, four 50-milers, one 100K and two 100-milers!]**

**I ultra because:** It gives me 8 to 30 hours of peace and quiet. It’s like a little slice o’ heaven!

**I ran my FIRST ultra because:** Harder marathon training was showing diminishing returns. I wanted to challenge myself in a worthwhile way. It’s always been difficult for me to get faster but so far I’m finding I have much more success running longer.

**Favorite ultra:** Thunder Rock 100. I’ve yet to finish the stinker, but it’s just insanely beautiful and tranquil out there.

**Most memorable ultra:** Running with Scissors Double Marathon (52.4 miles) in 2012. I loved the race because it’s in familiar territory – but the surrounding circumstances are more memorable for me than the event itself. It was freezing cold, pouring rain in Northeast Ohio. Mark had already moved to Tennessee, but he was able to be there for the earlier part of the race. He had to head back to Chattanooga midday for work the next day, so I finished in the rainy dark evening with no crew. My fingers were frozen so a volunteer had to feed me soup. After my hands thawed, I dug out my car keys, picked my kids up from my in-laws, grabbed a coffee and drove back to Morgantown, West Virginia (three hours away). Got home after midnight, carried the kids up to bed, made their lunches for school the next day, put away our travel bags and THEN decided it was time to get some rest. Woke up at 6:00 a.m. the next day to get the kiddos ready for school. To this day, I have NO IDEA how I made it home in one piece... Or how I pulled myself out of bed on Monday morning.

**My ultra-inspiration:** DIRT. Spending hours in the woods, climbing mountains, hopping rocks, crossing streams, smelling the fresh air, playing in the dirt... “Joyful” is the word that comes to mind.

**Most people don’t know that I:** ...prefer to run completely alone. \*GASP\* I know that probably sounds like blasphemy coming from the manager of a running club!!! Don’t misunderstand me. Group runs are VERY important to me! I love the value that group runs add to our community and love the opportunity they present to runners of ALL abilities. BUT – running for me is a time to get quiet and think. Despite being a fairly vocal, outgoing individual – I have the HUGELY introverted tendency to draw energy from alone time. Running tends to grease the cogs turning in my brain.

**[Note from the Management: Gosh, Stacey, you and Senior ROY winner Sue Anne Brown have a lot in common, here! We’re gonna have to get you two to run solo together!]**

**Favorite quote:** “She believed she could, so she did.” - R.S. Grey

**Motto:** WHY NOT?!!!! (OR - when conversing with ultra-running naysayers: “I TRIPLE DOG DARE YOU.”)

**Mantra [statement or slogan repeated frequently] when the going gets tough:** “All you have to do is move forward... you can move forward.”

## Truman Smith (a.k.a. “The T-Man”)

### Annual 50-Miler Award



**Occupation:** Electrical Engineer

**No. of years running:** 33

**No. of years as a CTC member:** 13

**No. of lifetime ultra events completed:** Three 50Ks, One 60K, One 40-miler (Strolling Jim), three 50-milers... and one 100 miler, in January of this year!

**I ultra because:** I like endurance events.

**I ran my FIRST ultra because:** I wanted to see what it felt like to go past 26.2.

**Favorite ultra:** The Pistol Ultra. It’s very runner (my type of runner) friendly!

**Most memorable ultra:** The Pistol 100 mile ultra in January of this year! It was my first, and probably my last, 100-mile event!

**My ultra-inspiration:** Who else, Sal Bill Coll.

**Most people don’t know that he:** plays the piano, and that he will also sing on request at the drop of a hat... like he did when he stepped in for the sick “Star Spangled Banner” singer at the Pistol Ultra on January 3, 2015, and brought the house down!

**BIGGEST CLAIM TO FAME:** 100+ Marathons! One marathon in each of the 50 states!! One marathon on each of the seven continents!!! At least one 50-miler!!!! And now... as of January 2016...one 100-miler!!!! That’s a big GRAND SLAM, T-MAN!

**[Note from the Management: We will not be celebrating the 2016 season until the 2017 CTC Banquet, so be sure to mark your calendars for an event you won’t want to miss. Although current preparations are TOP SECRET, suffice it to say that Truman is gonna be toasted, roasted, grilled and fried in a manner befitting his incredible accomplishment. You can run, Truman, but you can’t hide...]**

**Our prediction for the 2017 season:** Now that Truman has done it all, we expect him to start winding down and take up competitive knitting. He can still maintain his running connections by making little caps for all the Wauhatchie trail racers.

## Lynda “Walking Dead” Webber

### ANNUAL 100-MILER AWARD



**[Actual scene from Vol State. Do not try this alone.]**

**Occupation:** Was a paralegal for ever. Now I hope to boldly go where no man has gone before.

**No. of years running:** About 20.

**No. of years as a CTC member:**

Eleven... ever since I moved to Chattanooga for the second (and last) time in 2005.

**No. of lifetime ultra events completed:** About ten 50Ks, four 50-milers, and the Vol State 500K multi-day.

**I ultra because:** every now and then I feel the need to create an adventure in my life and experience a challenge!

**I ran my FIRST ultra because:** ...a friend at my local gym in Houston, Texas convinced me to give the Sunmart Texas Trails 50K a try back in 1997. It wasn’t too hard for him to do, as I was at a Christmas party a

few months earlier and I remember being impressed all to heck when some old guy in his 50s told me he had done that particular event that same morning AND HE WAS STILL WALKING. I figured if an oldster like him could do it, then I sure would like to give it a try.

**Favorite ultra:** The Lake Martin 50-miler. David Tosch, the Race Director, and his wife Marye Jo are the nicest folks, and they put on a very well-run event. The trails, although hilly, are beautiful and non-technical and an absolute joy to run on. When it doesn’t rain.

**Most memorable ultra:** Hands down the Vol State 500K Road Race Across Tennessee. Even after several months, I remain vaguely shell-shocked and am still plagued by dreams where I’m lurching along the endless road from hell... I also dream I’m actually running but I never seem to get anywhere. Maybe it takes at least two or three Vol State finishes to be numb to it all and just cruise on autopilot, like multi-time veterans Sal and Richard, or like Sergio, who is just a freak of nature.

It certainly is memorable, though, and an adventure by any modern definition that I won’t ever forget. So many strangers (stranger than us) were kind to us on the road, and two events stand out in particular. One young lady, driving a beat-up old car with a baby in the car seat behind her, pulled up next to us just as Sergio and I were heading out of Lewisburg around 9:00 at night, on our way to Shelbyville. She asked us if we were a couple of “those walkers” (most of the time the Vol State “runners” were just shuffling when people drove by in the steaming heat of the day) and when we replied that we were, she thrust a handful of paper money towards us and said she just wanted to give it to us. I told her kindly we were doing a race across Tennessee and didn’t need any money, but she only looked at us like Mother Theresa probably looked at mentally ill street people and insisted that we still take it for our “expenses.” I politely declined her money, as it looked like she needed it way more than we did.

On another evening, after an all-day slog under the sweltering summer sun, some kind folks at a Hardees in the little town of Parsons saw how desiccated I looked and how pitifully Serge was snoring on a table, and took it upon themselves to organize nighttime accommodation for us with a local city worker who lived about seven miles outside of town, in the direction we were headed. Most memorably, though, fellow CTC member Betty Holder came in to crew for me the last two-and-a-half daze, after Serge had gone on. My blisters were breeding and my morale was a mess, but her presence alone gave me a huge boost of energy and I strode to the finish line at The Rock at high noon on Day Nine feeling euphoric. I had a lovely dinner afterwards and felt amazingly fabulous the rest of the afternoon. The next day I literally could not get out of bed and now I know, absolutely, what it will feel like to be 95 years old.

**My ultra-inspiration:** All of my fellow Long Runners. Each of these adventurous folks has a positivity and a mental toughness that I strive to emulate. Most people don’t know that I: would gnaw off my own right arm for a shot at being a zombie on the Walking Dead. But not my right leg. I still need that to shuffle with.

**Favorite quote:** “The journey sucks, that’s what makes you appreciate the destination.” – Chevy Chase as Clark Griswold in Vacation

**Your motto:** Only the strong survive.

**Your mantra:** “There’s no place like home... there’s no place like home...”

**Lynda adds:** If you have the desire to do an ultra, there’s a distance with an acceptable time limit for everybody. They cover every type of terrain from roads to mountains. Get started on YOUR adventure today!



## “Runnin’ Richard” Westbrook (a.k.a “Coach”)

### ANNUAL 100-MILER AWARD



**Occupation:** Retired Physical Education Teacher/Cross-Country and Track & Field Coach, Presently a student of life, living and dying, running, and extraterrestrials.

**No. of years running:** 48 years of serious, sustained running.

**No. of years as a CTC member:** Almost two years.

**No. of lifetime ultra events completed:** 46 ultra races and 198 adventure runs, including 50-mile events, 100K events, 24-hour events, 110-mile events and multi-day events, many completed before the Age Of The Internet and Online Results.

**I ultra because:** We are still evolving, and running is a vital strain in that evolution. I can connect with my true self by running long. I challenge myself in each and every run or race. Sometimes I do not like the result, but I live to run again and renew that challenge, and, hopefully, run to better results that are easier on my mind and spirit. Ultra competition is more than the stereotypical man against man. It reaches deep inside me to challenge my biology, my evolution, the analytical part of my brain, my goals, my determination, my biomechanics, and my values...everything that makes me a human animal. So, to be what I am and what I will be...I must run, and run long.

**I ran my FIRST ultra because:** I went to Stone Mountain, Georgia, to run the Atlanta Track Club’s 20K race. It was their Ultra Distance Day and included was a 50-Mile race that was ten times around the mountain. As I was at the entry table signing up, a friend ask me why I wasn’t running the 50-Miler. I thought, “Why not?” and jumped into the 50-miler instead of the 50K. CTC member (and 2015 CTC Masters Male ROY) Dean Thompson, a high school student at the time, helped me in the last five-mile loop and got me to the finish line with a kick to improve my place. Surprisingly, I placed second and started wondering where the next ultra-race was and when. (Note: Dean went on to become a Georgia state track champion in cross-country, the mile run and the two-mile run, and later went on to Georgia Tech. He was one of the most talented runners I have ever coached.)

**Most memorable ultra:** The 1992 Runner’s World Trans America Footrace from Huntington Beach in Los Angeles, California to Central Park in New York City, for a distance of 2,972 miles. Running for 64 consecutive days in all sorts of weather and over all sorts of terrain tested the body as very few things in life do. The camaraderie of the runners was unmatched, as we all had the same goal – to survive the distance. It was a microcosm of life in sixty-four days for the thirteen of us who survived to the finish. I was fortunate enough to come in fourth overall and First Masters.

**My ultra-inspiration:** This may sound a little weird, but it is what it is... My most prominent and consistent inspiration in running long is the knowledge and/or image of the ancient running Homo sapiens. Those guys, who ran for survival, present an evolutionary image that inspires me to run every day in order to survive on my level. I try to visualize and emulate that evolutionary form of aerobic running, especially when I’m having trouble in my runs. I am also inspired by Ted Corbitt, who is recognized as the father of ultra- running in the U.S.A. I met him at the 1996 Olympics in Atlanta, and we had a good talk on his training, his dedication to the sport, and his personal running. Ted died in 2007. He was truly unique.

**Most people don’t know that I:** have a 42-year running streak of consecutive days with at least one mile ran per day, and that I am on the Official U.S.A. Active Running Streak List. I have run slightly over 100,000 total lifetime miles so far.

**Favorite quotes:** “Every damn day!” – Sidney Poirtier as Warren Stantin in Shoot to Kill

“To be what he is, man must run.” – Ken Doherty, T&F Coach, Univ. of PA, 1948- 1957

“Bring on the night, ring out the hour. The days wear on, but I endure.” – Guillaume Apollinaire

**Motto:** “Go long.”

**Mantra:** “Ride the stride” (to get me focused on running with the correct technique and effort in my ultra runs and races).

**Richard adds:** I started running while in college at Austin Peay State University in Clarksville, Tennessee in 1967 after giving up football for a better path to physical fitness. The following year, Dr. Ken Cooper came out with his book, Aerobics, which discussed how much to run to gain a certain level of cardiovascular, or aerobic, fitness. I read that book, which gave me some idea of what I needed to do, and then I began doing more distance. I also followed New Zealand’s Arthur Lydiard, who was coaching the world’s top distance runners back then. I continued to run and finally entered my first road race, the Chickamauga Chase 10-Miler, which was one of the few road races in the Southeast at that time. Later, as a graduate student, I ran and won the first marathon in Tennessee, which was held in Percy Warner Park in Nashville – site of the present-day Harpeth Hills Flying Monkey Marathon. I began to run a lot of other races across the Southeast, and on many occasions would run a three mile race and then a six-mile race about thirty minutes later. Many runners “doubled” most of the time, when they could. Those were different days and running was on a different, more grassroots level than today. My running is very personal and a vital part of my life. Growing up in a small town in north Georgia, I participated in all the normal sports. Track and field was my only individually-based sport, and I can remember, at a younger age, yearning for such an individual sport in which what was accomplished would be mine alone, either positive or negative. It took my college years to evolve into that into that aspect, especially when I had to report to fall football and be able to run a mile in six minutes or under (different for each position group). I did a lot of running in the summer, won that “football” race, and then knew I was meant to run...and not play football. Bolstered by Arthur Lydiard’s philosophy, I was off and running...longer and longer. This has led me to a simplified running program built on the belief of evolutionary running for survival in modern society. Ultra-races are just an extension of that philosophy. Within my normal life, I just want to continue to run tomorrow.



# RUN WILD 5K

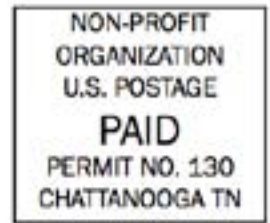
APRIL 30, 2016 | RACE STARTS AT 8:00 AM | REGISTER AT CHATTZOO.ORG





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




**CHANGE SERVICE REQUESTED**







# RACE CALENDAR

Race dates are verified but might change.  
 Please visit [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)  
 for the latest information on races and events.



## LEGEND

-  CTC EVENT
-  JOE MCGINNESS RUNNER OF THE YEAR (JMROY)
-  VOLUNTEER POINTS ONLY

### APRIL

- 2 65 Roses 5k and Walk for Cystic Fibrosis 
- 2 Locomotion 12 & 6 Hour Race 
- 16 Chickamauga Chase 15K, 5K 1 mile, Trail 
- 30 First Volunteer Bank 5K 



### MAY

- 7 King of the Mountain 
- 30 Chattanooga Chase 




### JUNE

- 20 Chattanooga Waterfront Triathlon 

### JULY

- 9 Market Street Mile 
- 23 Scenic City Scorcher 



### AUGUST

- 6 Missionary Ridge Road Race 
- 20 Affordable Botox Superhero Race 
- 27 Jasper Highlands 5K 

### SEPTEMBER

- 3 FCA 5K 
- 17 Raccoon Mtn 5K & 10K 

### OCTOBER

- 8 JMHC 10K 
- 22 Signal Mtn. Pie Run 

### NOVEMBER

- 12 Battlefield Full/Half Marathon, & 5K 
- 24 Sportsbarn Turkey Trot 

### DECEMBER

- 17 Wauhatchie Trail Race 