

# JOGGING AROUND



CTC MEMBERS RUN BOSTON!

RRCA NATIONAL CONVENTION RECAP

WHY I RUN: DELESLYN MITCHELL

RACE RESULTS



## Chattanooga Track Club

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# JOGGING AROUND

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by the Chattanooga Track Club.

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### Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal.

No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to casual walker is welcome.

For information about the Chattanooga Track Club visit:

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

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## 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.



## LIVING IN MAINE

Chris Netherland

Dear CTC family,

It's hard to believe that a year has already passed since leaving Chattanooga, but we thought it was just about time that we wrote home. When we reminisce about Chattanooga, we think of River Walk, the Walnut Street Bridge, and the trails. We think about the hot summer days in the city and the cool fall days at the Battlefield. We long for the comfort of our favorite cafes. But most of all, we miss you. We are incredibly grateful for our relationships there, and for all the ways you have shaped each of us both individually and as a couple. You helped us find strength, confidence, and perseverance. We carry all of those with us now and wanted to share with you a few places they have taken us.

We both lost focus on our training during our transition to Maine. However, we had pre-registered for a 25k trail race our first weekend here and found ourselves facing reality soon enough. We survived and had a blast at the Pineland Farms Trail Festival. We are even running it again this year as a matter of fact. It is becoming our way of annually welcoming summer.

Maine has an incredibly large and thriving corporate track association where many local businesses compete in typical track and field events. We raced for the Unum track team last year and really had a great time. We would really encourage some thought around this idea for the Chattanooga area. Feel free to reach out if you have any questions that we may be able to answer.

We have of course toured the lighthouses, beaches, state parks and other landmarks. One of our proudest accomplishments has been climbing Mt. Katahdin in Baxter State Park. It is hard to find words to describe the experience, but it was incredibly rewarding and much harder than we expected.

More generally speaking, we are settling in well here in Maine. We are making friends, learning our way around, and eating well. There is a fantastic food scene here and lobster, there is plenty of lobster. Many of our dreams are coming true here. They say Maine is how life should be, but it always seems to be missing you. Please let us know if you make plans to travel this way, we'd love to see some of you for a race this summer.

Sincerely,

Chris and Michelle Netherland



## RRCA MEMBERSHIP BENEFITS CTC AND LOCAL RUNNERS

Sherilyn Johnson, RRCA Tennessee State Representative

Chattanooga Track Club is a long-time member of the Road Runners Club of America, a national organization supporting community-based running clubs and events. As a delegate representing the state of Tennessee, Sherilyn Johnson attended the RRCA's national convention.

In February 2011 I was selected as the Tennessee Road Runners Club of America (RRCA) State Representative. As the Tennessee RRCA State Representative, I have three main duties. The first one is to select and promote RRCA State Championship Events. I have the honor of traveling to the championships and presenting the RRCA awards. There are nine distances for which a State Championship may be awarded. They are: 1 Mile, 5K, 10K, 10 Mile, Half Marathon, Marathon, Ultra, Cross-Country and Other. This year Tennessee is hosting twelve RRCA Championships with one National Championship, two Southern Region Championships and nine Tennessee Championships. CTC is hosting the RRCA Tennessee State 1 Mile Championship – Market Street Mile on July 9 and the RRCA Tennessee State Cross Country Championship – Wauhatchie Trail Race on December 17. Our friend, Wild Trails, is hosting the RRCA Southern Region Ultra Championship – Lookout Mountain 50 on December 17. This race has also been selected as the 2017 RRCA National Ultra Championship. Also included in the RRCA Championship for CTC is the Chickamauga Battlefield Marathon and Half Marathon in November. The Chickamauga Battlefield Marathon was selected as the RRCA Georgia Marathon Championship and the Chickamauga Battlefield Half Marathon was selected as the RRCA Georgia Half Marathon Championship. Make your plans now to support these great events.

Another one of my main duties as the Tennessee RRCA State Representative is to help promote RRCA programs and services throughout Tennessee. Clubs and event leaders are contacted via phone, email and social media monthly. Members are encouraged to review RRCA News, Inside Track Newsletters, Keeping Pace emails, visit the RRCA website and use the RRCA logo. As a certified RRCA Race Director, I assist race directors as well as clubs when difficulties arise.



The other main duty as the Tennessee RRCA State Representative is to attend the annual RRCA Convention and participate in the state representative meeting. On March 17-20, I attended the 58th Annual Road Runners Club of America (RRCA) National Convention in Dallas, Texas. The event is a chance for members of running clubs, event management companies, and race directors from across the country to come together to learn best practices for club management, event management policies, the latest insurance guidelines, and much more. This was my seventh time attending the convention, and each time I walk away with a wealth of new knowledge that I bring back and apply to promoting and supporting RRCA in Tennessee.

The RRCA mission is to champion the development of community-based running clubs and events that serve runners of all ages and abilities in pursuit of health and competition. The Chattanooga Track Club is an RRCA Club, which means that we follow its guidelines, we are able to purchase club insurance at a reasonable rate, and the club is kept informed of the latest trends, issues, and new topics in the world of running. Each year the event offers attendees an abundance of educational sessions targeted to a variety of topics. This year's topics ranged far and wide including; Best Practices for Social Media, Working with Municipalities, Youth Running, Keeping the Sport Clean, and Recognizing Medical issues, to name just a few.

In addition to the educational components, special speakers are brought in for the luncheons, and the Convention closes with the RRCA Gala on Saturday night. At this year's luncheons, we had a chance to listen to Ben Rosario, Head Coach/President of the Northern Arizona Elite training group, as well as Gilbert Tuhabonye (pictured), an amazing runner who overcame terrible hardships to achieve success. The social highlight of the event is the RRCA Gala where national awards are presented, as well as the induction of this year's newest members into the RRCA Hall of Fame. Two very recognizable names were Shalane Flanagan and legendary Coach Bob Larson.

As the Tennessee RRCA State Representative, I was able to attend RRCA closed-door meetings that discussed the RRCA's goals and initiatives, the running industry as a whole, and the state of the sport. I am very pleased to report that the RRCA now has more running clubs under its umbrella than ever before, and the sport we all love so much continues to boom. Next year's RRCA Convention is being planned for Detroit, MI, so if you have any interest, I encourage you to attend.



Announced at the convention is the new RRCA Roadie program that aims to increase the visibility and awareness of the RRCA throughout the country by engaging runners willing and interested in promoting our join a club message. ROADIE - Runners Outreach Ambassadors Dedicated Involved Enthusiastic. The ROADIE program strives to enlist additional RRCA ambassadors. These runners are energetic and outgoing and run anywhere from 5ks to Ultras, who will promote the RRCA at events and on social media. ROADIE's will receive and be asked to wear an RRCA shirt to those events, training runs, and social gatherings. ROADIE's will encourage people they meet to join the local running clubs and support local running events. If you're interested in becoming a ROADIE or know of a good candidate, please feel free to contact me at [tennessee@rrca.org](mailto:tennessee@rrca.org).

Since 1998, the RRCA Coaching Certification Program has provided a baseline of education for individuals seeking to become an RRCA Certified Coach. The goal of the program is to create a national community of knowledgeable and ethical distance running coaches to work with runners at all ages and abilities. These courses are held throughout the year all across the country. I have been talking with the RRCA Coaching Certification Program Director about coming to Chattanooga either this fall or early next year. CTC will hopefully be making the announcement soon.

Being an RRCA State Representative is very rewarding. I get to meet club members and race directors all across Tennessee and the US. If you have any questions or would like to become more involved, please let me know at [tennessee@rrca.org](mailto:tennessee@rrca.org).





# WHY I RUN

DeLeslyn Mitchell

I am sure at some point runners all get asked why we put your bodies through what we put them through to run. Some answers I have heard over the years include For the bling!, For the Glory, For the friendships!, Cause it's fun! and Because I can!

While none of these are wrong answers, none of them are MY answer. My answer includes a desperate plea for help and change. After weeks of coming home from work every day and sitting in the garage with my car still running wondering how long it would take before anyone really noticed I wasn't there, one night I fell asleep in a deep pit of despair and seclusion crying out to God to change me. I was severely overweight, unhealthy and hopeless. Not very pleasant and wonderful, huh?

Thankfully, I was blessed with an ah-ha moment after that night. It came in the form of a friend's newborn baby. My life still had meaning and value, but it was up to me to change! That morning, I woke up early, stumbled to my hand-me-down treadmill, walked for 20 minutes and thought I had just climbed Everest!

Nine months later I had lost 85 pounds and was basically dared to run a 5K by a coworker. And the truth of the matter is I had no idea how far a 5K was! It wasn't until I wandered into Fast Break Athletics for my first pair of real running shoes that I was told what that mileage was. It scared me to death. I don't think I slept for weeks.

Since that day, I have completed 2 Ironman Triathlons, 2 Half-Ironman Triathlons, 2 marathons, lots of half marathons, and tons of 15K, 10Ks and 5Ks. What a turn around my life has seen! From sitting in a closed garage thinking of ending it all to hearing "DeLeslyn Mitchell, YOU are an Ironman!"



The thing that still gets me out of bed and to the gym/road/bike everyday now is the gratitude for the life that I have been given and the second chance that I was afforded. I think of the people I would have never met if it weren't for running, sights that I would not have seen and places I would not have been while running or racing. I think of all this and even on my most tired morning, I get up and get going.

So, why do I run? The answer is simple. I run because I have been blessed with life and life more abundant!

*DeLeslyn Mitchell moved to Chattanooga 16 years ago and works at BlueCross BlueShield in marketing. In addition to running and triathlon, her passion is her sweet pug, Lula Belle.*



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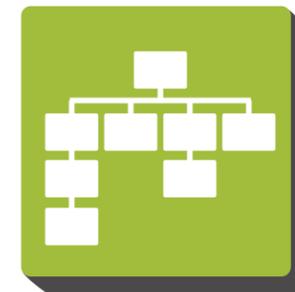


# TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE



## THE CTC OFFERS MORE THAN RACES

Jennifer Heinzl

Summer is here! What better way to enjoy the summer than to enjoy the outdoors while hanging with some friends. The Chattanooga Track Club has so many opportunities over the next couple of months to do just that!

Each May, the CTC hosts a picnic for the members. It always a great time reconnecting with old friends, meeting new ones, and eating some good ole grilled dogs and burgers. Also in May, a group of our CTC friends got together and had one huge dance party while handing out water and other goodies at the Ironman 70.3 water station.

In July, we will be hosting our 2nd annual Membership Camping Retreat. We will be camping close to the city so that anyone can come by for some free food and fun even if it's just for a few hours or the whole weekend! Look for our event page on Facebook for more details.

Throughout the rest of the summer, there are many races to attend to cheer on fellow CTC members as well as all the other fellow runners. Between July and August, we will be hosting a water stop on the Hunter Museum side of the walking bridge. Help show encouragement for every person out in Chattanooga just by handing them a bottle of water....they have to be hydrated in order to achieve their goals! Celebrate summer! Celebrate friends!

Celebrate each other achieving their goals! Let us know how we can celebrate YOU!

Jennifer Heinzl is the CTC Vice-president of Membership. She can be reached at [VPmembership@chattanooga-trackclub.org](mailto:VPmembership@chattanooga-trackclub.org).



Get Built Crossfit hosted CTC members for a free training workout geared to runners.



Stacey Malecky and Robert Gustafson appeared on This N That program to talk about the launch of On My Own 2 Feet, for homeless individuals.



CTC Picnic at Coolidge Park



CTC Water Station for Ironman 70.3



CTC Water Station for Ironman 70.3

# CHATTANOOGA WATERFRONT TRIATHLON

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**WHY DOES A RUNNING CLUB HOST A TRIATHLON? BECAUSE IN 1992 THERE WASN'T ANYONE ELSE TO DO IT.** Twenty-five years later, the Chattanooga Track Club, in partnership with Team Magic, Inc., is keeping the spirit of triathlon alive with a must-do race for any triathlete.

**LOCALLY ORGANIZED AND LOADED WITH HARD-WORKING VOLUNTEERS AND COMMUNITY SUPPORT,** this championship race is set in the heart of downtown Chattanooga at the 21st Century Waterfront.

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## RUN WITH BUD

Bud Wisseman

*This year Bud Wisseman, 76 years young, completed his 27th consecutive Boston Marathon. As usual, he ran his final training miles at Chickamauga Battlefield and, as usual, a CTC crowd came out to wish him well. He shared some thoughts from this year's Marathon. Last year I drove to Boston alone after Sonia had open heart surgery three weeks before. She is doing well but we needed to stop overnight three times this year to limit her time sitting still. We arrived just before noon Saturday, the hotel presented me with a framed photograph from last year's race of the instant my foot touched the finish line.*

We unpacked and headed to Hynes Convention Center to pick up my number and meet for the group picture of the Quarter Century Club. I got to meet several more of the group this year. The highlight for me was the oldest member of the club, Richard Carling (who now takes >6 hours) telling the group, I ran my first Boston in 2:33 and was 54 years old before I ran over 3 hours. The Quarter Century Club (QCC) provides a magic bus to carry members to the race start. It's wonderful to stay in comfort rather than sitting on the ground in Athletes' Village, but the bus departs Boston about 5:30.

I board the bus at 5 a.m. The weather forecast calls for a warm midday but is otherwise decent. My plan is to run 4-5 minutes, walk one minute, and repeat. Last year I did 5:24 with that plan but I have real doubts this year. My time comes and I walk through Athletes' Village down to Main Street and Corral #8, Second Wave. In the corral a runner from Ohio who started with me in past Bostons calls my name. We realize we made QCC the same year. At 10:25 the gun goes off and ten minutes later I cross the start line. I stick with my plan but in a few miles have to shorten my run time. By 10 miles I begin to wonder if this is

finally the day I won't make it. Just beyond Wellsley I stub my toe and crash to the ground; I need to start lifting my feet more. At the first station just past 17 I stop for a picture telling them it's a last picture for my wife if I don't make it. I walk the hills briskly to Boston College (many running are barely faster) and at 20 miles calculate I will be over 6 hours. I start down the easy downhill section to 22 but can't do better than run 2 minutes at a time. At 23 I believe I can beat 6 hours (what a goal!), and at Fenway know I will make it. I cross under Massachusetts Avenue and see Sonia in her spot on the corner of Hereford. She gets my picture and after turning left on Boylston I see the finish line 0.4 miles away. I made it, 5:52, thank you, Lord!

We enjoyed the rest of our stay and, afterwards, visited family in Delaware. Will there be a 28th Boston Marathon? My time is in the Lord's hands. If he allows, I will keep going. Thank you to all those special friends to encourage this old man by running with me.



## A FEW OF THE CTC MEMBERS WHO RAN THE 2016 BOSTON MARATHON SHARED THEIR MEMORIES AND PICTURES.

**TRIPP MCCALLIE**— It was a great experience to compete in my second Boston Marathon. It is 26.2 miles of screaming, supportive spectators. Wearing the CTC singlet, I heard Go Chattanooga at least 15 times. It was great to catch up with Ryan [Shrum] and Jessica [Marlier] at the start and run the first 15K with my friend Paul Archambault. It was really cool to get to know Dean Thompson a little better as we drove 30 hours to and from Boston. I am thankful for the opportunity to stay with my host family Mark and MaryJane Ehrenzeller, their children, and dog Tucker. They, along with their friends, Ryan and Katie, who lived a mile from the start, made us feel so welcome. Thanks to Doreen and Brian for setting it up!

**JAN GAUTIER**— I have run over 20 marathons, but had never experienced running the Boston Marathon. As a marathoner, people would always ask if I had run Boston. I qualified in my younger years but never attempted the race. I thought it was time when I turned 50. After all, it was the 50th year of women running the marathon. Although I did not like running in such a tight pack I felt famous because of the number of people cheering for me. I wore a shirt with Chattanooga on it and the fans yelled out our city's name which gave me an incredible feeling. The emotions of the stories, the crowds, traveling with Bill and close friends, and being surrounded by 32,000 other runners made this marathon an experience of a lifetime. It should be on all runners' bucket lists. Boston is one I will not forget.



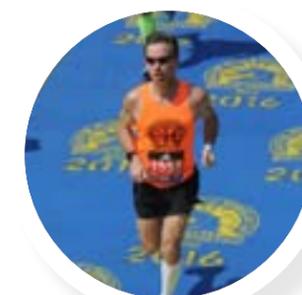
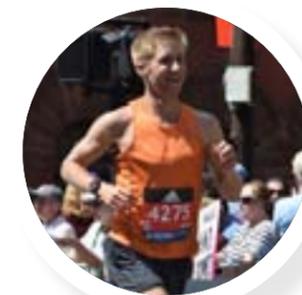
**KEN CURRAN**— This was my first Boston and I understand why the world calls it the gold standard and the ultimate bucket list event. While it was warm and windy, making everyone adjust their goal times, the crowd support and race organization was on a level I couldn't have imagined. You feel like the entire city has your back and that you're on a stage so many people dream of, so it's easy to have fun. I very much look forward to going back.

**JENNIFER FUNK**— The Boston experience never disappoints! From amazing race support to crowd enthusiasm the entire route, running with friend Scott shines as the ultimate spotlight of the race this year. Additionally, the personal support crew of Marc, Teri, and Kelly and the adventures we experienced made the vacation even more spectacular: strolling through Boston Commons, burgers and beers at Cheers, dining in the North End, walking the Freedom Trail, shopping, and treats from famed Mike's Pastry- just to name a few. Boston was special time in a gracious host city.

**SCOTT HAMBY**— I'd been running marathons since 2009 and never thought Boston would be a possibility. Some barriers were eventually overcome and I was able to complete several races in 2015 under the qualifying time. The race itself was everything I expected. The atmosphere was great. Spectators were never ending and the most supportive I've seen at any race. The highlight was getting to run the race with my good friend and running partner of several years, Jennifer Funk. We also got to travel with a great group who made the trip that much more fun. It was one of the best experiences I've had as a runner.

**RYAN SHRUM**— This was my 7th Boston Marathon. I had very consistent training through the winter and went to Boston with a goal of sub 2:50. Even though temperature at the start hovered near 70 degrees under sunny skies, I still went for it. I was on pace until mile 18 but a nasty headwind ultimately did me in (finishing time was 2:54:03). I was able to hobble away with a course PR, which was a nice consolation. The crowds seemed larger and more enthusiastic than ever this year. They really helped me to keep moving forward when I was hurting. Meeting up with fellow CTC members and my marathon pacing family in Boston is always one of the highlights for me. Hopefully, I will stay healthy and be back to take on the iconic course again next year.

**JESSICA MARLIER**— One would usually associate sunshine and popsicles with a nice easy walk in the park, however, running those 26.2 miles from Hopkinton to Boston to complete marathon #26 was definitely not the case this time around. Now that I live in New England I was especially looking forward to reuniting with my Chattanooga area running friends. I arrived in Boston Saturday morning and although I did not spend too much time in the expo I did explore and got the chance to meet a few of my running idols, Joan Benoit Samuelson, Amy Cragg, and Meb! After a delicious pre-race pasta dinner and more time catching up with friends I felt energized and ready to run. I was lucky enough to hang out prior to the race at a home literally right on the start line. Talk about having a front-row seat to the show! We watched the wheel chair and push rim athletes warm up and at one point the US Secretary of State John Kerry hung out about 25 feet away from us prior to the start. I noticed how warm it was before the race even started. Once the gun went off I started the race with Ryan, Dea, and fellow Marathon Pacing friend, George. Going into the day my original A race plan was to ease into a 6:30 pace and set into cruise control from there. The initial starting mile felt easy but after 3 or 4 miles, a 6:40 pace started to feel strangely uncomfortable. Nothing seemed to make the pace any easier and I felt like I could never get in a rhythm. A few more miles and a port-a-potty stop later I decided to back off the pace till the infamous Wesley College scream tunnel. I almost felt worse at the half way point so I dialed it back even more, realizing and trying to accept that it was simply not going to be the day I had envisioned and trained so hard for. After stopping for the second time to use the bathroom at mile 17 my GPS signal went away (and never came back) so I took that as the ultimate sign I needed to kick back and truly enjoy and absorb the rest of the day. Once I did that I saw and experienced so many parts of the race I've never noticed or gotten to truly appreciate before- like grabbing a cherry Popsicle from one of the hundreds of kids on the route passing them out and the row of people jumping on trampolines! It was humbling getting passed by hundreds of runners but being able to truly soak in the energy of the crowds was amazing. Once I got to Heartbreak Hill I finally started to feel the best I had all race and my pace picked up just a little bit. The last couple miles always seem to have the thickest and loudest crowds and it was an even bigger treat to spot several friends in the mix before making the last turns en route to the finish. Like always, crossing the line went by in a blur and even though I didn't come close to the time I was hoping for I was so grateful for the race experience I had that day. Not only did I learn many valuable lessons about the crap shoot that marathon running truly is but I gained countless memories that I'll cherish forever.





# 2016 RACE RESULTS

## 15K RESULTS

<b>OVERALL FEMALE</b>			15	Amy Parker	1:33:01	3	Alan Outlaw	1:01:08
1	Lizzie Royer	1:02:32	16	Nikki Wortman	1:35:05	4	Nate Barstow	1:05:47
<b>OVERALL MALE</b>			17	Katie Darnell	1:35:19	5	Tyler Prentice	1:09:18
1	Paul Stuart	49:46	18	Kimball Thomas	1:35:24	6	Ryan Kirby	1:10:58
<b>FEMALE MASTERS</b>			19	Maria Mata	1:37:06	7	Rusty Lee	1:12:38
1	Lisa Logan	1:09:31	20	Becky Bibee	1:40:51	8	Patrick Ellis	1:13:15
<b>MALE MASTERS</b>			21	Maria Domingo	1:43:16	9	John O'Donnell	1:19:19
1	William Enicks	56:55	22	Stephanie Swanson	1:44:32	10	Doug Kelly	1:20:28
<b>FEMALE GRAND MASTERS</b>			23	Ruchi Mishra	1:49:49	11	Jonathan Waller	1:26:59
1	Doris Windsand-Da	1:13:29	24	Shelli Ferrell	1:54:02	12	Jeremy Higdon	1:29:33
<b>MALE GRAND MASTERS</b>			25	Tricia Dunn	1:56:31	13	Troy Eichenberger	1:35:01
1	Thomas Starke	1:06:33	26	Holly Ferguson	1:57:56	14	Kevin Woody	1:38:08
<b>FEMALE SENIOR GRAND MASTERS</b>			27	Sadavanh Doll	1:58:39	15	Bill Conner	1:44:25
1	Connie Regal	1:31:06	28	Dyta Kodirun	1:59:32	16	Matthew Doll	1:58:39
<b>MALE SENIOR GRAND MASTERS</b>			<b>MALE AGE GROUP: 30 - 34</b>			17	David Moore	2:04:32
1	Curt Zacharias	1:08:53	1	Robert Gean	1:03:47	<b>FEMALE AGE GROUP: 40 - 44</b>		
<b>MALE AGE GROUP: 19 &amp; UNDER</b>			2	Eric Sisemore	1:06:26	1	Kristen Curtis	1:17:15
1	Bailey Burns	1:11:14	3	Andrew Bailey	1:08:53	2	April Threlkeld	1:20:32
2	Alexander Hall	1:16:39	4	Matthew Jenkins	1:11:14	3	Vivian Anderson-	1:26:32
3	Henry Varner	1:20:38	5	Aaron Lesondak	1:13:06	4	Rebecca Stein	1:28:12
4	Matthew Conner	1:44:27	6	Eric McGaffic	1:15:54	5	Angie Owens	1:30:49
<b>FEMALE AGE GROUP: 20 - 24</b>			7	Jonathon Cook	1:16:12	6	Jenni Claeys	1:36:17
1	Laura Wagner	1:10:03	8	Santosh Padhiari	1:16:35	7	Candice Frost	1:38:25
2	Emily Queen	1:32:02	9	Justin Salmon	1:16:46	8	Renea Fox	1:39:10
3	Gianetta Reno	1:55:45	10	Austin Cone	1:18:47	9	Audra Bullock	1:39:27
<b>MALE AGE GROUP: 20 - 24</b>			11	Julian Otterpohl	1:18:55	10	Rachel Degarmo	1:40:35
1	Josh Erhard	58:52	12	Tobias Geyer	1:19:05	11	Shannon McCallie	1:41:02
2	Wesley Kuhns	1:29:32	13	Caleb Stambaugh	1:19:38	12	Leigh Todd	1:43:52
3	Ben Wilkes	1:48:03	14	Joe Clark	1:19:52	13	Christy Chapman	1:43:58
<b>FEMALE AGE GROUP: 25 - 29</b>			15	Keith Becklin	1:19:58	14	Ginger Miller-Light	1:45:08
1	Jennifer Huwe	1:09:08	16	Andrew Irwin	1:20:07	15	Colleen Burer	1:45:09
2	Mia Myers	1:13:25	17	Jason Maucere	1:22:37	16	Mimi Long	1:45:12
3	Rachel Flack	1:16:25	18	Tyler Merchant	1:23:04	17	Becky Evon	1:45:12
4	Mary Vercoe	1:22:51	19	Jake Hampton	1:24:14	18	Pamela Lawson	1:45:39
5	Wheeler Lewis	1:23:27	20	Tommy Louviere	1:25:48	19	Chelle Whitmire-R	1:55:46
6	Megan Barclift	1:26:23	21	Keith Barclift	1:26:23	20	Misty Brooks-Vida	2:01:43
7	Jodie Branum	1:33:01	22	Miles Mason	1:29:03	<b>MALE AGE GROUP: 40 - 44</b>		
8	Emmy Garrigus	1:33:54	23	Warren Parks	1:29:14	1	Nathan Kile	1:00:10
9	Kaitlin Gunter	1:33:54	24	Cory Taylor	1:33:00	2	Chris Swanson	1:02:02
10	Rachel Jones	1:35:19	25	Corey Linn	1:40:58	3	David Kieu	1:02:51
11	Aline Tietz	1:44:05	26	Abel Mata	1:42:56	4	Jason Webb	1:04:41
12	Ashley Reed	1:45:11	27	Michael Henderso	1:43:33	5	Elijah Barrera	1:09:34
<b>MALE AGE GROUP: 25 - 29</b>			28	Brian Thomas	1:43:55	6	Clay Ellis	1:12:55
1	Kevin Huwe	56:35	<b>FEMALE AGE GROUP: 35 - 39</b>			7	Knut Hilles	1:14:36
2	Ross Hurley	1:05:01	1	Kathryn Outlaw	1:11:54	8	Brian Bolt	1:16:01
3	Marco Bianchini	1:06:11	2	Meredith Stevens	1:16:22	9	Chris Phillips	1:21:26
4	Joe Bray	1:06:41	3	Cane Daniel	1:17:26	10	Aaron Ford	1:21:44
5	Doug Moss	1:10:36	4	Andrea Miller	1:20:56	11	David Miller	1:21:59
6	David Wagner	1:12:36	5	Alison Osborne	1:22:31	12	Toby Poss	1:24:09
7	Barry Grove	1:28:07	6	Melissa Gibson	1:22:49	13	Rowan Johnson	1:24:15
8	Daniel O'Brien	1:33:10	7	Emily Goolsby	1:24:03	14	Robbie Miles	1:25:15
<b>FEMALE AGE GROUP: 30 - 34</b>			8	Mandee Keith	1:24:03	15	Alan Miller	1:29:27
1	Rachel Mason	1:08:25	9	Kathleen Nolte	1:24:11	16	Lee Haggard	1:30:53
2	Clarissa Seales	1:21:14	10	Jane Ellis	1:25:43	17	Cary Hubbard	1:41:02
3	Saskia Van Velze	1:21:18	11	Catherine Sams	1:26:49	18	Andy Norman	1:45:21
4	Brianne Stambaug	1:21:24	12	Trena Phillips	1:27:26	19	Toby Poss	1:48:31
5	Emily Prater	1:23:21	13	Heather Lawson	1:27:46	20	Brett Stokes	2:03:38
6	Clarissa Ragsdale	1:24:04	14	Allie Fincher	1:28:02	<b>MALE AGE GROUP: 45 - 49</b>		
7	Stephanie Rogers	1:25:44	15	Jenne Sofield	1:28:12	1	Cindy Pack	1:21:58
8	Meredith Vance	1:29:22	16	Gloria Moser	1:32:39	2	Barbara Ensign	1:23:47
9	Julie Frai	1:29:22	17	Sandra Hogan	1:32:55	3	Bridget Celichowski	1:32:03
10	Ines Voellinger	1:29:41	18	Heather Whaley	1:33:01	4	Lesley Bostain	1:33:25
11	Jennifer Isaacson	1:30:38	19	Cindy Scullin	1:33:32	5	Laurie Crow	1:35:41
12	Jamie Morton	1:32:23	20	Kelli Ross	1:34:19	6	Amy Waterman	1:35:47
13	Dana Rohloff	1:32:23	21	Nicole Smith	1:34:50	7	Donna Henry	1:36:55
14	Rebekah Gilman	1:32:39	22	Nicole Weyenberg	1:36:54	8	Anna Morgan	1:39:42
<b>MALE AGE GROUP: 35 - 39</b>			23	Emily Adams	1:40:08	9	Angela Deaton	1:40:10
1	Chad Dean	53:13	24	Esmeralda Tokar	1:41:16	10	Tracey Pierce	1:40:34
2	Jason Peters	1:01:07	25	Whitney Allison	1:41:28	11	Michelle Lowe	1:41:04
<b>MALE AGE GROUP: 45 - 49</b>			26	Amanda Hickey	1:46:42	12	Marla Hood	1:42:44
1	David Hartman	1:05:18	27	Beth McCoy	1:48:51	13	Mia Ballard	1:48:48
<b>FEMALE AGE GROUP: 50 - 54</b>			28	Jamie Wilkerson	1:56:34	14	Rowena Palko	1:48:52
1	Sue Damstetter	1:21:54	29	Danielle Engle	2:11:04	15	Sara Meredith Mill	1:59:11
2	Sharon Baxter	1:28:21	<b>MALE AGE GROUP: 55 - 59</b>			<b>FEMALE AGE GROUP: 60 - 64</b>		
3	Cindy Belew	1:32:02	1	William Ensign	1:10:12	1	Eileen Johnson	1:33:10
4	Kandy Delk	1:32:12	2	Jeff Straussberger	1:13:11	2	Vicki Corbett	1:35:25
5	Nikki Bautista	1:33:24	3	Jimmy McGinness	1:15:09	3	Victoria Berghel	1:38:31
6	Lisa Tennyson	1:34:53	4	David Long	1:18:08	<b>FEMALE AGE GROUP: 65 - 69</b>		
7	Karen Hyatt	1:39:12	5	James Peace	1:19:27	1	Sue Anne Brown	1:36:15
8	Amanda Burts	1:48:46	6	David Autry	1:22:59	<b>MALE AGE GROUP: 65 - 69</b>		
9	Kim Lingerfelt	1:54:20	7	Bill Brock	1:24:46	1	Hans Van Velze	1:21:44
<b>MALE AGE GROUP: 50 - 54</b>			8	George Boxley	1:27:14	2	Mike Martin	1:22:52
1	Jude Hacherl	1:07:49	9	Darrell Hyatt	1:33:00	3	Craig Kelly	1:28:19
2	Jerry Mocahbee	1:08:11	10	Stuart Ellis	1:34:30	4	Truman Smith	1:32:34
3	Paul Talbott	1:14:48	11	Timothy Kuhns	1:36:32	5	Theodore Verville	1:36:24
4	Henry Lynn	1:14:55	12	Bill Queen	1:37:08	6	James Hammond	1:43:11
5	Frank Mathias	1:16:24	13	David Halicks	1:41:29	7	David Jones	1:43:15
6	David Hall	1:16:42	14	Steve Smalling	1:42:05	8	Steve Deuel	1:48:09
7	John Selman	1:17:54	<b>FEMALE AGE GROUP: 70 &amp; OVER</b>			<b>FEMALE AGE GROUP: 70 &amp; OVER</b>		
8	Chuck Dugger	1:18:07	1	Bonnie Wassin	2:07:35	1	Bonnie Wassin	2:07:35
9	Brian Johnson	1:20:41	<b>MALE AGE GROUP: 70 &amp; OVER</b>			<b>MALE AGE GROUP: 70 &amp; OVER</b>		
10	Joe Dumas	1:24:39	1	Sergio Bianchini	1:13:21	1	Sergio Bianchini	1:13:21
11	David Bostain	1:27:37	2	Larry Ballard	1:33:01	2	Larry Ballard	1:33:01
12	Greg Elliott	1:28:12	<b>FEMALE AGE GROUP: 14 &amp; UNDER</b>			<b>MALE AGE GROUP: 14 &amp; UNDER</b>		
13	Julian Bell III	1:28:38	1	Ella Coley	23:42	1	Clay Connor	21:28
14	Steve Tompkins	1:30:55	2	Skylar Gamlen	23:50	<b>OVERALL FEMALE</b>		
15	Charlie Brock	1:32:43	3	Ashlyn Celichowski	24:27	1	Kelly McCarthy	21:15
16	Lawrence Gregory	1:34:31	4	Olivia Lacy	29:21	<b>OVERALL MALE</b>		
17	Jeffrey Condit	1:42:12	5	Anna Melton	30:42	1	Lucas Stocks	18:05
18	Keith Atkins	1:44:12	6	Stella Knoop	32:15	<b>FEMALE MASTERS</b>		
19	Kelse Palko	1:51:00	7	Sasha Strader	32:25	1	Shannon Derogatis	25:46
20	Jeff Hogan	1:53:43	8	Kenzie Hilger	34:42	<b>MALE MASTERS</b>		
<b>FEMALE AGE GROUP: 55 - 59</b>			9	Ella Theobald	35:49	1	Scott Kennedy	20:56
1	Karen Leavitt	1:17:50	10	Janie Tolson	35:57	<b>FEMALE GRAND MASTERS</b>		
2	Sharon Rivers	1:29:29	11	Abigail Wooten	37:10	1	Renee McClanaha	28:24
3	Beth Warren	1:35:52	12	Kate Tolson	37:24	<b>MALE GRAND MASTERS</b>		
4	Connie Brand	1:36:18	13	Aria Cooper	40:08	1	Mike Andres	21:34
5	Elaine Burt	1:37:50	14	Lil Tolson	45:19	<b>FEMALE SENIOR GRAND MASTERS</b>		
6	Cathy Scott	1:52:44	<b>MALE SENIOR GRAND MASTERS</b>			1	Sarah Bowen	28:46
7	Judi Riggieri	1:53:35	1	Bill Wright	22:49	<b>FEMALE SENIOR GRAND MASTERS</b>		
<b>MALE AGE GROUP: 60 - 64</b>			<b>FEMALE AGE GROUP: 15 - 19</b>			1	Sarah Bowen	28:46
1	Jerry Brawner	1:10:44	1	Qynn Celichowski	23:56	<b>MALE SENIOR GRAND MASTERS</b>		
2	Mike Usher	1:12:12	2	Elise Williams	27:28	1	Bill Wright	22:49
3	John Walker	1:17:07	3	Katherine Roy	30:31	<b>FEMALE AGE GROUP: 15 - 19</b>		
4	Thomas Russe	1:21:10	4	Grace Ann Arnold	30:31	1	Qynn Celichowski	23:56
5	Thomas Kennedy	1:23:37	5	Emily Rodgers	33:21	2	Elise Williams	27:28
6	David Presley	1:24:48	6	Abby Glass	38:25	3	Katherine Roy	30:31
7	Joe Davis	1:28:24	7	Ashlee Locke	50:49	4	Grace Ann Arnold	30:31
8	Steve Bennet	1:35:17	<b>MALE AGE GROUP: 15 - 19</b>			5	Emily Rodgers	33:21
9	Rich Mercer	1:35:33	1	Jasper Wilson	18:37	6	Abby Glass	38:25
10	Daniel Smith	1:47:52	2	Noah Cochran	19:53	7	Ashlee Locke	50:49
11	Martin Jansen Van	1:51:38	3	Xander Orquia	23:47	8	Ali Warshausky	34:39
12	Albert Riggieri	1:53:57	4	Kaylon Fleming	23:48	9	Evelyn Stout	34:51
<b>FEMALE AGE GROUP: 65 - 69</b>			5	Matej Repik	29:22	10	Whitney Cleghorn	35:03
1	Sue Anne Brown	1:36:15	6	Joseph Curole	29:38	11	Rebekah Ducote	38:25
<b>MALE AGE GROUP: 65 - 69</b>			7	Brent Phillips	50:49	12	Amy Floyd	39:24
1	Hans Van Velze	1:21:44	<b>MALE AGE GROUP: 15 - 19</b>			13	Amy Baushe	39:52
2	Mike Martin	1:22:52	1	Jasper Wilson	18:37	14	Brittney Lawson	40:07
3	Craig Kelly	1:28:19	2	Noah Cochran	19:53	15	Maria Alt	41:43
4	Truman Smith	1:32:34	3	Xander Orquia	23:47	16	Sunshine Perry	44:00
5	Theodore Verville	1:36:24	4	Kaylon Fleming	23:48	17	Tonya Mocahbee	44:01
6	James Hammond	1:43:11	5	Matej Repik	29:22	<b>MALE AGE GROUP: 15 - 19</b>		
7	David Jones	1:43:15	6	Joseph Curole	29:38	1	Jasper Wilson	18:37
8								



# 2016 RACE RESULTS CONT.

## 5K RESULTS CONT.

### MALE AGE GROUP: 25 - 29

1	Joshua Partin	20:49
2	Dan Kennedy	21:02
3	Ruben Serrata	23:47
4	Ryan Baushke	24:41
5	Austin Collins	27:33
6	Adam Carter	29:43
7	Jordan Elkins	29:58
8	Gentry Jones	30:59
9	Timothy Miller	32:39
10	Doug Ehman	32:51
11	Scott Griffin	34:45
12	Brian Potter	41:09
13	Jeremy Newell	45:11

### FEMALE AGE GROUP: 30 - 34

1	Ashley Humble	23:08
2	Stephanie Clark	25:17
3	Amanda Hodges	26:50
4	Natalie Hostetler	27:14
5	Tami Knopp	28:27
6	Brittani Stoll	28:52
7	Tiffany Webb	30:31
8	Athens Singletary	31:02
9	Marissa Corbitt	31:20
10	Bruna Langner	32:03
11	Ashley Johnson	33:06
12	Erin Lucas	33:11
13	Meaghan Hall	34:01
14	Laura Dueitt	34:46
15	Kristen Rossi	35:27
16	Danielle Campbell	36:51
17	Kristen Hampton	37:26
18	Kasi Hicks	37:45
19	Jamie Calhoun	37:45
20	Candace Gamlen	38:41
21	Bridget Lively	38:43
22	Sheila Jetton	39:19
23	Claire Gross	39:49
24	Jami Samilo	42:30
25	Kristen Quintiliani	54:57
26	Natalie Green	59:06
27	Cherie Knotts	NR

### MALE AGE GROUP: 30 - 34

1	Michael Christophe	20:51
2	Ryan Koenig	21:43
3	Bradley Stallings	24:39
4	Michael Hullender	25:29
5	Patrick Miller	26:19
6	Mike Flanagan	27:00
7	Brian Chase	28:59
8	Zach Cleghorn	29:10
9	David Mayer	32:04
10	Terry Delancett	33:24
11	Lucas Geer	37:00
12	Andrew Corbitt	39:48
13	Matthew Scofield	40:36
14	Ricardo Fagan	42:06
15	Jeff Hunt	42:19
16	Jason Wright	54:33
17	Sean McLaughlin	1:31:19

### FEMALE AGE GROUP: 35 - 39

1	Meghan Whitley	23:33
2	Charli Wyatt	24:58
3	Nicole Bernatowicz	25:19
4	Stacey Stewart	26:37
5	Christy Snyder	28:31
6	Michelle Smith	28:48

7	Mary Morrison	29:07
8	April Watson	29:50
9	Shera Orquia	30:29
10	Christina Melton	30:54
11	Elizabeth Jessee	31:01
12	Christy Hendrickso	31:03
13	Amanda Schaap	31:35
14	Jinger Moxley	32:11
15	Christine Brown	33:05
16	Ginnie Plunkett	33:14
17	Janda White	34:02
18	Brandi Millsaps	34:27
19	Sarah Barnes	34:57
20	Katie Keesee	35:18
21	Lisa Tolson	35:55
22	Elizabeth Burgess	36:48
23	Melodee Melero	37:35
24	Cris Larsen	37:53
25	Miranda Young	38:09
26	Jana Buff	38:16
27	Brooke Harshman	38:23
28	Catherine Mantoot	38:57
29	Mitzi Carrea	39:29
30	Elaine Guay	42:04
31	Megan Syler	42:12
32	Jennifer Mitchell	42:22
33	Holly Brooks	42:36
34	Christine Williams	43:20
35	Katie Welch	44:18
36	Olivia Davis	49:15
37	Cindy Duck	51:28

### MALE AGE GROUP: 35 - 39

1	Lim Seang	20:12
2	Nathan Daugherty	22:58
3	Hodgen Minda	23:22
4	Reed Caldwell	24:02
5	Curtis Jackson	24:45
6	Brandon Cincere	25:42
7	Dustin Beard	26:36
8	Jason Bridges	27:15
9	Adam Bowman	27:38
10	Jason Isaacson	28:11
11	Nathan Burns	28:13
12	Chuck Kemp	30:29
13	Robert Melton	30:43
14	Garrard Ramsey	32:27
15	Kurt Syler	32:39
16	Brook Cummings	39:33
17	Bryan Gross	39:50
18	Bobby Dueitt	42:36

### FEMALE AGE GROUP: 40 - 44

1	Kelley Hodge	27:23
2	Corinne Henderson	27:37
3	Marsha Wood	28:20
4	Dana Colquitt	29:29
5	Gwen MacAllister	29:51
6	Jessica Hacker	30:47
7	Melissa Hale	35:57
8	Shelly Miller	36:28
9	Dena Cutshall	39:46
10	Kelly Evans	51:20
11	Sharon Welcher	54:54

### MALE AGE GROUP: 40 - 44

1	Dean Hogan	22:22
2	Andy Pearson	23:15
3	Tim Hinton	23:58
4	Eric Shankles	24:38

### FEMALE AGE GROUP: 45 - 49

1	David Moghani	21:02
2	Shawn Parnaby	23:18
3	Dave Porfiri	23:22
4	Jim Alverson	25:56

5	Jason Provonsha	26:30
6	Jason Lyles	27:05
7	Steve Cox	27:07
8	Burt Finley	27:29
9	Jason Smith	27:58
10	Matt Wentworth	29:19
11	Michael McDaniel	29:51
12	Allan Ragsdale	29:54
13	Luis Soares	30:52
14	Robbie Slocumb	31:38
15	Cliff Haney	32:01
16	John Brown	33:01
17	Greg Bagby	33:05
18	Rob Walthour	34:07
19	Kent Callison	35:36
20	Joe Kustelski	35:45
21	Daniel Kustelski	35:46
22	Philip Smith	38:33
23	Danny Strader	39:14
24	Dan Cooper	40:08
25	Kenneth Elliott	45:11
26	Aaron Tolson	45:19
27	Mike Connor	NR

### FEMALE AGE GROUP: 45 - 49

1	Dayna Smith	26:58
2	Nancy Ayers	28:26
3	Karen Hall	28:27
4	Miriam Boyd	28:42
5	Michele Connell	29:58
6	Gina McDaniel	30:12
7	Teresa Jurgens-Ko	30:30
8	Susan Griffith	31:07
9	Jacki Smith	31:30
10	Marlo Dugger	31:46
11	Terry Damron	32:04
12	Shannon Hodge	33:12
13	Stephanie Montijo	33:15
14	Robin Morrison	33:16
15	Kim Borrego	33:31
16	Lindsay Holland	33:54
17	Joy Flynn	34:07
18	Krista Pruett	34:42
19	Beth Bales	35:18
20	Jeanette Ross	35:45
21	Janette Killian	36:10
22	Melissa Cross	36:26
23	Kirsten Ridge	37:22
24	Erica C Fleming	37:30
25	Tina Nolan	37:35
26	Drahomira Repikov	38:15
27	Brenda Szabo	38:29
28	Jane Wall	38:49
29	Jill McCain	40:24
30	Deanna Smith	40:37
31	Kristy Hill	40:37
32	Patrice Glass	40:46
33	Tammie Lombardi	41:35
34	Tracy Riddle	43:01
35	Angie Chambers	44:27
36	Deeann Webb	44:53
37	Angela Maffet-Terr	45:35
38	Gayle McFarland	54:10
39	Carrie King	56:14

### MALE AGE GROUP: 50 - 54

1	Larry Aulich	21:43
2	Eric Marshall	21:51
3	Jeffrey Cochran	22:31
4	Ken Chambers	24:13
5	Alan Eddy	25:31
6	Mark Brock	25:43
7	Steve Heath	27:03
8	Michael Mulligan	30:49
9	Jim Roides	31:06
10	David Hudson	32:15
11	Don Palmiter	32:55
12	Danny Newbern	32:56
13	Randy Borrego	33:33
14	Scott Seagle	34:03
15	Ken Killian	34:06
16	Rodney Colquitt	35:24
17	Nick Honerkamp	35:43
18	Chris Thomas	35:48
19	Jon Wooldridge	36:09
20	Gene Hodge	37:05
21	Dave Robinson	37:05
22	Del Ashcraft	37:56
23	Igor Repik	38:17
24	Robert Wilkinson	39:03
25	Craig Derogatis	40:24
26	Stewart Hale	40:33

### FEMALE AGE GROUP: 50 - 54

1	Carolyn Funderburk	28:40
2	Mary Jo Barbaretta	31:20
3	Laura Lewis	33:28
4	Jean Straussberger	34:56
5	Beverly Peacock	34:58

5	Geno Wallace	28:19
6	Michael Orquia	29:18
7	Mark Curle	29:38
8	Rob Martin	29:46
9	Billy Williams	30:06
10	Chris Richardson	30:49
11	Christopher Varner	31:37
12	Earl Kelly	32:33
13	Luis Soares	32:38
14	Fred Flint	33:22
15	Phaen Stone	33:26
16	David Nunn	35:04
17	Tracy Smith	39:18
18	Mark Smith	40:12
19	David McCain	40:23
20	Stephen Miller	41:03
21	David Smith	41:11
22	Matthew Damron	41:23
23	Gregory Hurskin	41:35
24	Dan Lombardi	48:36
25	Jimmy Gatlin	49:00
26	Jimmy Riddle	49:19

### FEMALE AGE GROUP: 50 - 54

1	Renee McClanahan	28:24
2	Barb Fleming	29:26
3	Patti Silvers	30:04
4	Karen Metcalf	31:10
5	Kelly McCracken	32:14
6	Linda Marshall	35:32
7	Rachel Thayer	36:00
8	Caroline Newbern	36:23
9	Katie Earle	40:23
10	Karen Emerson	42:58
11	Pam Pierce	45:26
12	Sharon Woodard	56:13

### MALE AGE GROUP: 50 - 54

1	Louis Bryan	23:51
2	James Mansell	26:01
3	Mark Hays	29:43
4	William Trotter	30:56
5	Richard Hyatt	33:26
6	Robert Elliott	37:07
7	Tommy Grisham	38:00
8	David Tuggle	41:07
9	Johnny Woody	48:27

### FEMALE AGE GROUP: 55 - 59

1	Carolyn Funderburk	28:40
2	Mary Jo Barbaretta	31:20
3	Laura Lewis	33:28
4	Jean Straussberger	34:56
5	Beverly Peacock	34:58

6	Darline Morgan	36:13
7	Darla Elliott	36:28
8	Diane Kerr	38:08
9	Jamie Harvey	38:18
10	Dori Moreland	51:41
11	Pat Kleehammer	51:41
12	Mary Wade	51:41
13	Christa Abegg	54:13

### MALE AGE GROUP: 55 - 59

1	Jimmy Layne	22:50
2	William May	25:56
3	Byron Leet	28:01
4	Larry Cash	30:44
5	Ralph Keith	31:05
6	Robert Dana Couch	33:58
7	Rob Elsea	34:32
8	Alex Kosmidis	39:05
9	Randy Crowder	45:25
10	Russels Wells	48:14
11	Hal Abegg	54:13

### FEMALE AGE GROUP: 60 - 64

1	Marian Roides	31:06
2	Sue Connor	32:05
3	Reese Lewis	34:41
4	Judy Hulsey	36:18
5	Leslie Dodson	36:48
6	Mary Ownbey	38:02
7	Ginnie Gray	38:10
8	Maureen Couch	39:12
9	Gincy May	39:38
10	Sally Taylor	40:03
11	Patricia Garland	42:22
12	Anita Beard	50:37
13	Renda Washington	50:50
14	Patricia Payne	51:20
15	Karen Bowen	1:00:08

### MALE AGE GROUP: 60 - 64

1	Louis Bryan	23:51
2	James Mansell	26:01
3	Mark Hays	29:43
4	William Trotter	30:56
5	Richard Hyatt	33:26
6	Robert Elliott	37:07
7	Tommy Grisham	38:00
8	David Tuggle	41:07
9	Johnny Woody	48:27

### FEMALE AGE GROUP: 65 - 69

1	Brenda Eddings	43:53
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### MALE AGE GROUP: 65 - 69

1	Nick Honerkamp	25:51
2	John Rennick	26:03
3	Bill Henderson	27:03
4	Gene Hodge	27:13
5	Roy Webb	28:51
6	Louis Anderson	33:10
7	Don Stites	37:02
8	Dan Woughter	37:14
9	Earl Kelle	38:09

### FEMALE AGE GROUP: 70 & OVER

1	Beth Dial	34:22
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<b>8M RESULTS</b>		
<b>OVERALL FEMALE</b>		
1	Jennifer Stocks	55:58
2	Emily Lasater	1:01:17
3	Renee Jackson	1:02:08
<b>OVERALL MALE</b>		
1	Simon Gloger	52:44
2	Nathan Helton	52:48
3	Lyndell Williams	56:25
<b>FEMALE AGE GROUP: 19 &amp; UNDER</b>		
1	Lea Mulligan	1:06:45
2	Elizabeth Oliver	1:10:41
3	Tess McCain	1:34:42
4	Emily Gaylor	1:44:51
<b>MALE AGE GROUP: 19 &amp; UNDER</b>		
1	Gabe Ashley	56:58
<b>FEMALE AGE GROUP: 20 - 24</b>		
1	Cintly Guzman Her	1:14:20
2	Laura Dickson</	



# RUN

with others for free

## 16-week training program

for a fall marathon or half marathon - beginner & experienced runners

### Weekly Group Runs

Mondays at 6:15 pm - Downtown Sports Barn (301 Market St)

Wednesday at 6:15 pm - Downtown Sports Barn (301 Market St)

Saturday Mornings - start times & locations vary

Weekly groups run year-round. The official 16-week training program for the Chickamauga Battlefield Marathon & Half Marathon begins the week of July 25th.



Go to:  
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STILL HOLLOW  
10K & half  
marathon

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Aug 13, 2016  
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# KING OF THE MOUNTAIN: 4M RESULTS

## OVERALL FEMALE

1 Jan Gautier 27:19

## OVERALL MALE

1 Dean Thompson 22:37

## FEMALE MASTERS

1 Lisa Logan 29:03

## MALE MASTERS

1 Ryan Shrum 23:46

## FEMALE AGE GROUP: 14 & UNDER

1 Emrick Garrett 32:06  
2 Grace Burks 32:20  
3 Kennery Brown 37:52

## MALE AGE GROUP: 14 & UNDER

1 Gabe Ashley 24:50  
2 Atherton Mook 26:43  
3 Chandler Bailey 28:25  
4 Lauren Parsley 28:49  
5 Conor Coakley 29:13  
6 S. Sterling 29:33  
7 Garrison Corley 32:06  
8 Walker McLelland 32:44  
9 Frierson Brown 33:10  
10 Cullen Mazo 38:05

## FEMALE AGE GROUP: 15 - 19

1 Alejandra Pedraza 49:51

## MALE AGE GROUP: 15 - 19

1 Nelson Eiselstein 22:57  
2 Bailey Burns 27:28  
3 Bailey Priddy 37:34

## FEMALE AGE GROUP: 20 - 29

1 Katherine Link 30:24  
2 Aften Whitmore 31:51  
3 Jodie Branum 34:04  
4 Anne Marie Rowe 34:15  
5 Gretchen Rowe 35:02  
6 Kaitlin Gunter 35:10  
7 Jessica Rowe 37:13  
8 Emmy Garrigus 38:33  
9 Shellie Gibson 38:57  
10 Ashley Holland 43:19  
11 Ashley Shope 47:14  
12 Amy Floyd 49:34

## MALE AGE GROUP: 20 - 29

1 Jonathan Hutchins 24:29  
2 Marco Bianchini 27:44  
3 Ruben Serrata 29:37  
4 Jesse Dennis 30:04  
5 Graylyn Teagan 30:33  
6 Daniel Simmons 31:30  
7 Carson Whitmore 31:53  
8 Jack Royston 32:12  
9 Sam Burgett 32:15

10 Llew Boyd 35:17  
11 Orlando Vanegas 37:17  
12 Henry Overos 37:45  
13 Jacob Case 38:12

## FEMALE AGE GROUP: 30 - 39

1 Clarissa Seales-Coe 31:37  
2 Heather Whaley 32:18  
3 Jaclyn Beckler 33:40  
4 Amy Tolson 34:16  
5 Stephanie Clark 34:17  
6 Christy Smalley 35:47  
7 Rebekah Gilman 37:10  
8 Charlotte Gregorie 37:37  
9 Miller Talent 37:37  
10 Christine Kern 37:46  
11 Beth Igou 38:28  
12 Amanda Harper 40:31  
13 Amanda Hickey 40:33  
14 Maria Domingo 41:49  
15 Elizabeth Dunn 42:13  
16 Rena Lyle 42:15  
17 Becky Bibee 43:06  
18 Holly Ferguson 45:15  
19 Sarah Barnes 46:12  
20 Jana Buff 46:50  
21 Esmeralda Tokar 47:10  
22 Kate Sam 47:51  
23 Catherine Mantoo 48:34  
24 Katie Keesee 49:24  
25 Jami Samilo 49:25  
26 Dyta Kodirun 49:25  
27 Elizabeth Burgess 50:05  
28 Cheri Young 53:43  
29 Katie Welch 1:01:17  
30 Jennifer Mitchell 1:01:51  
31 Emily Johnson

## MALE AGE GROUP: 30 - 39

1 Will Harpe 23:33  
2 Peter Lindquist 24:50  
3 Tingle Jeremiah 25:34  
4 Robert Gean 26:15  
5 Michael Christoph 27:30  
6 Nate Kirnie 28:04  
7 Matt Jenkins 28:19  
8 Andrew Bailey 28:44  
9 Julian Link 29:18  
10 Joe Clark 29:19  
11 Tim Sceggel 29:19  
12 Austin Cone 29:38  
13 Joseph Wingfield 30:06  
14 Corby Shields 30:09  
15 Ben Hubbard 30:10  
16 Michael Hullender 30:38  
17 Brandon Harper 31:42  
18 Keith Becklin 33:05  
19 Eric McGaffic 33:20  
20 Tommy Louviere 34:19  
21 Brandon Mosgrove 34:32  
22 Jonathan Waller 35:04

23 John Ferguson 36:18  
24 Kyle Hendon 36:32  
25 Cory Taylor 37:44

## FEMALE AGE GROUP: 40 - 49

1 Kristin Tremain 30:12  
2 Heather Corley 32:07  
3 Michelle Coakley 32:20  
4 Alicia Oliver 33:29  
5 Vivian Barrera 33:46  
6 Emily Brown 37:52  
7 Gwen MacAllister 38:01  
8 Karen Padilla 38:29  
9 Julie Garrett 38:33  
10 Candice Frost 38:43  
11 Renea Fox 38:43  
12 Alicia Cario 39:04  
13 Marijean Azrak 39:48  
14 Rachel Degarmo 40:32  
15 Annette Kelley 40:45  
16 Tina Heiden 42:10  
17 Dawn Pettway 42:23  
18 Colleen Burer 43:04  
19 Stacy Nelms 46:29  
20 Beth Bales 49:25  
21 Talley Carroll 50:33  
22 Jennifer Heinzel 53:37  
23 Tammie Lombardi 1:03:14  
24 Tiffany Dunham 1:05:05

## MALE AGE GROUP: 40 - 49

1 Tripp McCallie 24:24  
2 Nathan Kile 24:58  
3 Robert Barnes 26:42  
4 William Kelley 26:59  
5 Eli Barrera 28:07  
6 Scott Kennedy 28:12  
7 Allen Jackson 28:52  
8 Sean Coakley 29:19  
9 Strib Stribling 30:14  
10 Fred Huang 30:45  
11 Brian Bolt 31:26  
12 Shawn Parnaby 31:27  
13 Mark Akers 31:44  
14 Thompson Pettway 32:16  
15 Andy Koss 32:26  
16 Brent Burks 32:44  
17 Jeff Snyder 32:47  
18 Ryan Taylor 32:50  
19 Chapman Brown 33:11  
20 Matt McLelland 33:53  
21 Albert Leavengood 34:38  
22 Wade Priddy 37:36  
23 Raley Parker 37:43  
24 David Padilla 38:28  
25 Heath Evans 39:05  
26 P. Lane 40:46  
27 Kent Callison 47:30  
28 Jay Dunham 1:05:01  
29 Dan Lombardi 1:07:51

## FEMALE AGE GROUP: 50 - 59

1 Karen Leavitt 31:53  
2 Sherri Minges 36:03  
3 Gwen Meeks 37:38  
4 Connie McDade 38:45  
5 Shelia Harris 42:02  
6 Michelle O'Neil 42:22  
7 Annette Tolliver 47:48  
8 Michelle Jankowia 47:52  
9 Tammy Burgett 50:26

## MALE AGE GROUP: 50 - 59

1 Geary Fults 27:09  
2 Robert Parsley 28:34  
3 Henry Lynn 28:49  
4 Larry Aulich 29:30  
5 David Long 31:21  
6 Chris Theobald 32:08  
7 Joe McCall 33:07  
8 Gary Mazo 33:28  
9 Marshall Rowe 33:53  
10 Roger Burgett 34:11  
11 Alan Eddy 34:31  
12 Julian Bell III 34:52  
13 David Autry 35:29  
14 Steve Tompkins 35:44  
15 Steve Heath 36:31  
16 Jerome Jankowiak 36:37  
17 Joe Dumas 36:39  
18 Jeffrey Condit 38:18  
19 Steve Smalling 41:27  
20 Rob Elsea 45:13  
21 Dan Tolliver 47:42  
22 Dan Carroll 50:34

## FEMALE AGE GROUP: 60 - 69

1 Connie Regal 36:29  
2 Ginny Gray NR

## MALE AGE GROUP: 60 - 69

1 Thomas Starke 28:18  
2 Mike Usher 29:24  
3 John Crawley 29:53  
4 Thomas Russe 34:09  
5 Carter Lynch 35:58  
6 Steve Bennett 37:02  
7 James Hammond 38:22  
8 Joe Davis 39:06  
9 Truman Smith 40:21  
10 John Williams 41:57  
11 Martin Jansen Van 42:36

## FEMALE AGE GROUP: 70 & OVER

1 Bonnie Wasson 51:36

## MALE AGE GROUP: 70 & OVER

1 Sergio Bianchini 30:30

## UNKNOWN /INFO MISSING

1 Emily Wade 40:24



**BELL BUCKLE, TN**  
CHAMBER OF COMMERCE

and the  
**RC COLA & MOONPIE**  
FESTIVAL

PRESENTS

THE 21ST ANNUAL

**RC COLA-MOONPIE**  
10 MILE RUN

SATURDAY, JUNE 18, 2016  
AT 7:00AM

ONLINE REGISTRATION AVAILABLE:  
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# SCENIC CITY MUD RUN

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# CHATTANOOGA CHASE 2016 RESULTS

Whitney Allison

## 8K RESULTS

**OVERALL FEMALE**  
1 Jenn Stocks 33:45

**OVERALL MALE**  
1 Seth Ruhling 27:29

**FEMALE MASTERS**  
1 Jan Gautier 34:42

**MALE MASTERS**  
1 Geno Phillips 28:15

**FEMALE GRAND MASTERS**  
1 Karen Leavitt 41:48

**MALE GRAND MASTERS**  
1 Dean Thompson 29:40

**FEMALE SENIOR GRAND MASTERS**  
1 Connie Regal 47:01

**MALE SENIOR GRAND MASTERS**  
1 Bill Warner 34:34

**FEMALE VETERAN**  
1 Sue Anne Brown 52:13

**MALE VETERAN**  
1 Sergio Bianchini 39:13

**FEMALE AGE GROUP: 14 & UNDER**  
1 Kaylee Bandy 8:29  
2 Ella Coley 9:32  
3 Aida Gregg 11:54

**MALE AGE GROUP: 14 & UNDER**  
1 Salvador Castillo 33:02  
2 Gage Whited 38:58  
3 Mason Porter 39:24  
4 G. Arthur Jur 44:36  
5 Henry Varner 46:28  
6 Elijah Pitts 57:03  
7 Kilian Malecky 57:10  
8 Jonas Gregg 57:17

**FEMALE AGE GROUP: 15 - 19**  
1 Kathryn Vradenburgh 34:48  
2 Alyssa Lucchesi 47:21  
3 Hannah Burt 47:43

**MALE AGE GROUP: 15 - 19**  
1 Adam Rodriguez 28:35  
2 Moises Ponce 29:13  
3 Alex Sumida 30:14  
4 Luis De La Pena 34:21  
5 Erik Villalobos 34:50  
6 Bailey Burns 37:31  
7 Brian Wright 38:10  
8 Vincent Jur 40:31

9 Levi Nickel 45:21  
10 Daniel Marshall 1:00:22  
11 Ethan Rogers 1:00:22  
12 Jivan Taj 1:01:40

**FEMALE AGE GROUP: 20 - 24**  
1 Karla Vradenburgh 37:17  
2 Christina Williams 39:15  
3 Susie Bousquet 40:14  
4 Kaycee Ensign 42:39  
5 Gene Marie Record 43:34  
6 Natalie Anderson 45:51  
7 Haley Popp 46:51  
8 Taylor Starkey 47:23  
9 Hannah Blanton 47:33  
10 Katie Vradenburgh 48:06  
11 Cayce Moore 48:27  
12 Anna Nickel 57:48  
13 Jessica Welch 1:04:17  
14 Kadi Rogers 1:05:25  
15 Kari Crouse 1:06:25

**MALE AGE GROUP: 20 - 24**  
1 Josh Erhard 30:11  
2 Jonathan Hutchins 31:40  
3 Tim Zorca 34:14  
4 Quinn Hickey 39:50  
5 Michael Amphor 42:40  
6 Nathan Sparks 53:07  
7 Toby Darling 59:21

**FEMALE AGE GROUP: 25 - 29**  
1 Danielle Alfano 37:07  
2 Kelly Kenner 37:19  
3 Kari Vradenburgh 38:07  
4 Laura Wagner 38:14  
5 Annette Kutilek 38:27  
6 Marissa Bell 41:05  
7 Rebekah Dance 41:49  
8 Katie Robinson 42:21  
9 Taylor Davidson 42:29  
10 Rachel Broome 43:36  
11 Danna Greer 45:27  
12 Kelly McAllister 45:33  
13 Monica Elrod 46:50  
14 Amy Gavlenki 47:13  
15 Andrea Kemp 47:22  
16 Jodie Branum 47:42  
17 Camille Ward 48:02  
18 Olivia Swint 49:31  
19 Deamber Stewart 50:20  
20 Anne Campeau 50:32  
21 Jessica Smith 51:24  
22 Amelia Wineinger 52:51  
23 Emily Rogers 54:04  
24 Jana Dobbs 55:18  
25 Sarah Otis 55:38  
26 Courtney Philpott 1:06:24  
27 Hayley Oertling 1:06:32  
28 Erika McGaha 1:07:29  
29 Ali Hartman 1:07:32  
30 Mercedes Prior 1:20:03

**MALE AGE GROUP: 25 - 29**  
1 Ken Curran 29:56  
2 Jack Findley 29:56  
3 Kenny Porterfield 31:06  
4 Calvin Coffield 31:49  
5 Evan Sharber 31:51  
6 Andy Highlander 32:22  
7 Ari Perez 32:24  
8 John Brock 32:30  
9 Ross Hurley 33:20  
10 Lucas Stocks 33:44  
11 J.B Hardin 34:18  
12 Nathan Sexton 34:37  
13 Christopher Shay 35:51  
14 Tom Kutler 36:15  
15 Chris Merzbacher 36:40  
16 Marco Bianchini 37:06  
17 David Wagner 37:59  
18 Dan Landgraf 38:39  
19 Ben Martin 40:29  
20 Jared Dobbs 40:31  
21 Thomas Sanders 40:48  
22 Daniel Russell 41:12  
23 Manuel Greaves 46:16  
24 Ben Sutton 47:07  
25 Jordan Leonard 47:53  
26 Will Parrott 53:08  
27 Will Merrit 54:38  
28 Michael Stevens 1:00:21  
29 Justin Morgan 1:04:02

**FEMALE AGE GROUP: 30 - 34**  
1 Susan Eckermann 36:10  
2 Jennifer Curtis 36:20  
3 Andrea May 38:25  
4 Jackie Przybylowicz 38:30  
5 Leslie Gentry 38:51  
6 Clarissa Seales 41:05  
7 Kirstin Cobb 42:36  
8 Brianne Stambaugh 42:44  
9 Lauren Roberts 43:14  
10 Jaclyn Beckler 44:01  
11 Kelsey Kelley 44:57  
12 Abigail Martin 45:14  
13 Clarissa Ragsdale 46:35  
14 Cara Cincere 47:33  
15 Grace Pickett 48:26  
16 Michelle Wright 48:52  
17 Rebekah Gilman 49:18  
18 Nikki Wortman 49:26  
19 Brooke Jackson 51:36  
20 Ashley Hafing 51:41  
21 Nikki Kesler 53:00  
22 Beth Igou 53:05  
23 Blaes Green 53:24  
24 Becky Bibee 53:29  
25 Maria Domingo 53:41  
26 Erin Lucas 55:23  
27 Kim Edgeman 55:50  
28 Leigh McAfee 57:52  
29 Channon Evatt 58:18  
30 Jade Barry 1:01:04  
31 Amanda Kirkpatric 1:01:44

32 Rebekah Bohanno 1:18:24  
33 Sarah Lear 1:19:19

**MALE AGE GROUP: 30 - 34**  
1 Owen Speer 30:01  
2 Joseph Greer 30:52  
3 Tyler Martin 31:58  
4 Schuyler Slusher 32:22  
5 Daniel Loveless 32:53  
6 Mitch Kohlman 33:50  
7 Reid Peacock 35:41  
8 Joe Klein 35:42  
9 Ryan Witmer 36:07  
10 Dustin Carpenter 36:29  
11 Tom Jenkins 36:32  
12 Andrew Bailey 37:21  
13 Jeremiah Cook 37:26  
14 Jimmy Przybylowic 38:30  
15 Trae Vaughn 38:30  
16 Gregg Sutton 38:45  
17 Matt Eckmann 39:15  
18 Eric McGaffic 39:33  
19 Daniel Dance 40:02  
20 Caleb Stambaugh 40:50  
21 Wesley Wortman 41:26  
22 Chris Scott 41:57  
23 Kyle House 42:23  
24 Kyle Miller 42:25  
25 Joseph St. John 43:25  
26 Eric Phillips 43:54  
27 Mike Flanagan 45:27  
28 James Holland 46:39  
29 Chase Bandy 50:21  
30 Robert Driver 50:23  
31 Donald Bailey 51:05  
32 Chance Scrimshire 52:24  
33 Brian Thomas 53:49  
34 Corby Evatt 57:32  
35 Ryan Weaver 1:02:04

**FEMALE AGE GROUP: 35 - 39**  
1 Colleen Lawrence 40:47  
2 Leah Golden 41:25  
3 Susie Farmer 41:35  
4 Meghan Whitley 41:53  
5 Jenne Sofield 43:31  
6 Mandeef Keith 43:48  
7 Fabiola Ortiz 45:06  
8 Nancy Mitchell 45:14  
9 Jane Ellis 46:08  
10 Andrea Lagergren 47:39  
11 Jenn Casey 48:22  
12 Brooke Mendenha 49:03  
13 Apryl Barrett 49:16  
14 Katie Black 49:20  
15 Kimberly Nydick 49:26  
16 Angie Skiba 49:50  
17 Allie Fincher 49:53  
18 Heather Sveadas 50:01  
19 Whitney Allison 50:54  
20 Erin Tocknell 51:10  
21 Danelle McDaniel 51:11

22 Alison L Skiles 52:01  
23 Lindsay Irvin 52:18  
24 Kelly Shaw 54:28  
25 Kilee Reed 55:30  
26 Lauren Bowman 55:48  
27 Emily Goolsby 57:27  
28 Holly Haynes 58:17  
29 Summer Cox 59:23  
30 Teresa Klein 59:58  
31 Leslie Morey 1:00:10  
32 Amanda Shelton 1:02:50  
33 Phaedra Richmond 1:02:51  
34 Dee Underwood 1:05:28  
35 Sarah Barnes 1:10:44

**MALE AGE GROUP: 35 - 39**  
1 Mark Malecky 32:05  
2 Shane Wright 32:36  
3 Colin Heenan 35:24  
4 Nathan Barstow 36:04  
5 David Barron 36:20  
6 Brian Bolt 36:20  
7 Jeff Richmond 37:14  
8 John House 37:23  
9 Steven Lamar 38:07  
10 Brent Fink 39:21  
11 Sean Casey 40:06  
12 Kevin Friedman 41:24  
13 Kevin Givens 42:32  
14 Norman Davis 42:39  
15 Kristopher Crawford 42:53  
16 David Massey 43:27  
17 Jesemich Mitchell 43:35  
18 Robert Morey 44:57  
19 Brandon Cincere 45:30  
20 Phillip Shelton 45:52  
21 Chip Clifton 46:32  
22 Todd Sparks 47:28  
23 Jeremy Higdon 47:30  
24 Jason Liggins 49:31  
25 Carl Swanson 51:06  
26 Ian Shaw 54:29  
27 Mike Lucas 55:23  
28 Travis Daughtery 56:01  
29 Chris Ray 57:11  
30 Jonathan Flippen 1:23:12

**FEMALE AGE GROUP: 40 - 44**  
1 Dianna Leun 34:59  
2 Lisa Logan 38:45  
3 Amanda Shaw 39:01  
4 Lisa Drew 42:27  
5 Threlkeld April 43:46  
6 Heather Renninger 43:56  
7 Heather Calhoun 44:56  
8 Laura Clark 45:36  
9 Heather Cooper 47:44  
10 Natalie Breeden 47:58  
11 Erinn O'Leary 48:19  
12 Kelly Dibrell 50:01  
13 Amy Speek 50:02  
14 Paige Phillips 53:32  
15 Tamara Edwards 56:15

16 Stephanie Bradfor 56:34  
17 Angie Matheny 57:29  
18 R. Varinia Maldon 59:08  
19 Dedra Rogers 1:08:11  
20 Jennifer Heinzl 1:10:45  
21 Melissa Saunders 1:15:27

**MALE AGE GROUP: 40 - 44**  
1 John Sillery 28:32  
2 Nathan Kile 32:11  
3 Christian Allan 34:11  
4 Greg Bauer 37:25  
5 Clay Ellis 38:33  
6 Jeff Clark 38:43  
7 Eric Geren 40:00  
8 Patrick Chapman 40:04  
9 Hilles Kueter 40:08  
10 Arthur Jur 40:26  
11 Bertran Kuyrkenda 41:07  
12 Jason Hamrick 41:12  
13 Brian Bolt 42:20  
14 Stewart Williams 43:09  
15 John House 43:49  
16 Michael Deantonio 43:57  
17 Adam Burnett 44:50  
18 Charlie Horton 45:37  
19 Matt Wentworth 51:05  
20 David Bradford 53:57  
21 Heath Evans 55:08  
22 Scott Bowman 55:49  
23 John Luehrs 56:39  
24 Parrish Walker 57:21  
25 Brian Smith 57:29  
26 Chip Thompson 59:08  
27 Kent Callison 1:05:56

**FEMALE AGE GROUP: 45 - 49**  
1 Eunice Campbel 38:25  
2 Belinda Young 41:22  
3 Barbara Ensign 43:10  
4 Embree Poole 46:36  
5 Jennifer Funk 47:54  
6 Tara Mumlock 48:32  
7 Lisa Hugel 49:58  
8 Elisa Myzal 50:05  
9 Alison Shaw 52:23  
10 Jennifer Johnson 52:31  
11 Dawn Crough 53:11  
12 Kim Pritchett 53:53  
13 Jacqueline Smith 56:35  
14 Devorah Sanchez 56:51  
15 Leah Gerbitz 57:38  
16 Michelle Thomas 59:42  
17 Vicki Postelle 1:02:46

**MALE AGE GROUP: 45 - 49**  
1 Ryan Shrum 30:26  
2 Tripp McCallie 31:17  
3 Kelly Barnes 35:17  
4 David Moghani 36:38  
5 Scott Hamby 37:19  
6 Jim Farmer 37:54

7 Jay Nevans 38:23  
8 Troy Ivey 38:30  
9 Billy Roberts 38:36  
10 Crandall Caughma 40:02  
11 Robert King 41:34  
12 Ricky Mullins 41:51  
13 Marc Funk 42:11  
14 William Whitcher 42:30  
15 Mark Akers 42:33  
16 Mike Pimental 42:48  
17 Dave Porfiri 43:16  
18 Wick Spears 43:35  
19 David Lillard 44:45  
20 Scott Sutherland 45:20  
21 Jason Martin 45:45  
22 Chris Poole 47:34  
23 Michael Garwin 47:52  
24 Steve Sanders 51:02  
25 Terry Thomas 51:25  
26 Jay Toney 51:54  
27 Scott Matheny 57:29  
28 Sujel Taj 1:01:40  
29 Kevin Mayfield 1:05:58  
30 Thomas E. Viall 1:13:21

**FEMALE AGE GROUP: 50 - 54**  
1 Sue Damstetter 44:52  
2 Corinne Henderson 49:19  
3 Ronda Lyons 51:38  
4 Danna Vaughn 54:48  
5 Linda Pimental 57:39  
6 Patty Dayton 57:54  
7 Mary Crain 58:35  
8 Karen Sarnosky 1:09:15

**MALE AGE GROUP: 50 - 54**  
1 Mark Lorello 33:58  
2 Bill Minehan 34:18  
3 Henry Lynn 38:32  
4 Mike Burnes 38:58  
5 Mark Hilling 40:50  
6 Chris Theobold 42:56  
7 Mike Sparkman 43:11  
8 Cameron Dayton 43:34  
9 Greg Elliott 44:47  
10 Peter Wilson 45:50  
11 Blake Martin 46:27  
12 Rory Deweese 46:52  
13 Steve Tompkins 47:51  
14 Michael Alfano 48:38  
15 Greg Jackson 50:11  
16 Keith Turner 51:53  
17 Ron Branum 53:51  
18 Shelton Clark 55:08  
19 Johnny Rogers 1:00:44

**FEMALE AGE GROUP: 55 - 59**  
1 Lynda Webber 46:47  
2 Loren Alexander 49:32  
3 Carolyn Funderburk 51:39  
4 Jeanette Brown 55:11

**MALE AGE GROUP: 55 - 59**  
1 Dave Ketelsen 33:30  
2 Angel Rivera 37:01  
3 Joel Lawrence 40:20  
4 Jeff Stracener 40:27  
5 David Long 42:01  
6 Joe Dumas 43:27  
7 Matt O'Neill 44:12  
8 Doug Torrance 45:16  
9 William May 46:24  
10 Anthony Grossi 47:19  
11 Scott Bailey 54:22  
12 Bob Nickel 57:48  
13 Victor Crain 1:02:00

**FEMALE AGE GROUP: 60 - 64**  
1 Brenda Ross 50:19  
2 Helen Morris 1:03:06  
3 Gincy May 1:06:29  
4 Sue Ellen Cyphers 1:24:50

**MALE AGE GROUP: 60 - 64**  
1 Thomas Starke 36:32  
2 Curt Zacharias 37:36  
3 Mike Usher 38:37  
4 John Crowley 40:12  
5 Henry Schulson 45:14  
6 Pete Everett Delmar 46:30  
7 James Mansell 46:41  
8 Carter Lynch 47:31  
9 Matt Korp 50:06  
10 Chris Richey 55:56  
11 David Mann 57:06  
12 Daniel Smith 58:13

**FEMALE AGE GROUP: 65 - 69**  
1 Sherry Reed 1:24:50

**MALE AGE GROUP: 65 - 69**  
1 Ron Reid 43:23  
2 Mike Martin 46:17  
3 Joseph Aloisio 49:25  
4 Truman Smith 49:40  
5 Thomas Smith 50:05  
6 Carl Hartley 54:51  
7 Dr. Frank Patterson 58:13

**FEMALE AGE GROUP: 70 & OVER**  
1 Bonnie Wasson 1:07:02

**MALE AGE GROUP: 70 & OVER**  
1 Henry Mesarosh 55:11



# CHATTANOOGA CHASE 2016 RESULTS CONT.

Photos by Whitney Allison



## 1M RESULTS

OVERALL FEMALE		
1	Emily Bell	5:23
OVERALL MALE		
1	Seth Ruhling	4:53
FEMALE MASTERS		
1	April Threlkeld	7:59
MALE MASTERS		
1	Tim Ensign	5:17
FEMALE GRAND MASTERS		
1	Kate Gerbitz	8:41
MALE GRAND MASTERS		
1	Chris Theobald	7:44
FEMALE SENIOR GRAND MASTERS		
1	Karen Web	12:38
MALE SENIOR GRAND MASTERS		
1	Mark Hays	7:58
FEMALE VETERAN		
1	Barbara Hamrick	18:35
MALE VETERAN		
1	Wes Rehberg	16:02

MALE AGE GROUP: 10 & UNDER		
1	Eli Binder	6:54
2	Taylor Combs	7:00
3	Niko Wilkinson	7:28
4	Gabriel Costilion	7:28
5	William Negus	7:42
6	Sebastian Willis	7:47
7	Strauder Spears	7:48
8	Martin Cooper	9:04
9	Lucas Broggi	9:05
10	Ford Vaughn	9:14
11	Cole Phillips	9:17
12	Paxton Anderson	9:32
13	Aleks Martin	9:39
14	Conner Standish	10:20
15	Ford House	10:25
16	Hilles Sebastian	11:11
17	Camp Rearden	11:18
18	Jasper Lacy	11:20
19	Thomas Casey	11:30
20	Killian Malecky	11:34
21	Jonas Gregg	11:47
22	Ezra Pitts	11:52
23	Aaron Pitts	11:53
24	Sage Harrison	14:15
25	Ben Pierson	14:24
26	Gage Driver	14:45
27	Ezra Breedy	15:04
28	Luke Bowman	17:20
29	Carter Cincere	17:23
30	Luke Cincere	19:30

MALE AGE GROUP: 11 - 14		
1	Charlotte Barron	6:14
2	Annabelle Distasio	7:17
3	Abby Kueter	8:08
4	Ella Ensign	8:09
5	Tatum Spears	8:38
6	Kate Becksvooort	9:02
7	Gracie Ray	9:57
8	Nina Combs	10:13

MALE AGE GROUP: 15 - 19		
1	Erik Villalobos	5:35
2	G. James Jur	5:37
3	Brian Wright	6:20
4	Levi Nickel	6:53

FEMALE AGE GROUP: 20 - 29		
1	Jenn Stocks	5:53
2	Rebekah Dance	7:46
3	Abigail Stevenson	8:08
4	Rachel Anderson	9:34
5	Amy Gavlenki	12:13
6	Chelsey Breedy	15:04

MALE AGE GROUP: 20 - 29		
1	Ari Perez	5:13
2	Josh Erhard	5:16
3	Jack Findley	5:19
4	Lucas Stocks	5:27
5	Kenny Porterfield	5:34
6	Jonathan Hutchins	5:44
7	Parker Simon	6:44
8	Dan Landgraf	6:50
9	Matthew Averyhart	6:57
10	Chase Green	7:04
11	Jon Lawrence	9:58
12	Corey Evatt	11:47

FEMALE AGE GROUP: 30 - 39		
1	Andrea May	7:20
2	Brianne Stambaugh	7:42
3	Cacky Calderon	8:50
4	Emily Piersant	9:47
5	Mitzi Carrea	10:21
6	Michelle Miskelly	13:44
7	Erica Harrison	14:15
8	Amanda Shelton	24:00

MALE AGE GROUP: 30 - 39		
1	Will Harper	4:58
2	Mark Malecky	5:33
3	Dustin Carpenter	6:10
4	Jeremiah Cook	6:23
5	Caleb Stambaugh	6:44
6	Hubert Hixson	6:51
7	Carl Swanson	8:47
8	Jason Kincaid	8:50
9	Trae Vaughn	9:14
10	Matt Eckmann	9:33
11	Tim Piersant	9:47
12	Andrew Combs	10:13

FEMALE AGE GROUP: 10 & UNDER		
1	Ava Greer Allan	6:21
2	Caroline Newton	7:45
3	Scarlett Distasio	7:52
4	Jane Becksvooort	8:49
5	Sophie Eckmann	9:33
6	Ruthie Webb	10:27
7	Sadie Hetzler	11:18
8	Summer Hetzler	11:20
9	Ella Theobald	11:30
10	Carolina Lagergren	12:50
11	Carolina Lagergren	13:37
12	Iris Casey	13:44
13	Mallory Shelton	14:25
14	Raelyn Richmond	14:32
15	Emily Rearden	14:35
16	Natalie Peters	18:34

FEMALE AGE GROUP: 40 - 49		
1	Natalie Breeden	8:17
2	Diana Moya	9:08
3	Solan House	10:25
4	Beth Luehns	12:16
5	Jennifer Driver	17:28

MALE AGE GROUP: 40 - 49		
1	Tripp McCallie	5:31
2	Robert Barnes	6:00
3	Andrew Boehm	6:26
4	Scott Hamby	6:36
5	Robert Gustafson	6:41
6	Fred Newton	6:57
7	Dave Porfiri	7:23
8	Tim Willis	7:47
9	Daniel Kueter	8:10
10	Parrish Walker	9:30
11	Ronald Driver	17:28
12	Michael Reddish	19:58

MALE AGE GROUP: 50 - 59		
1	Kenneth Wiggins	11:57

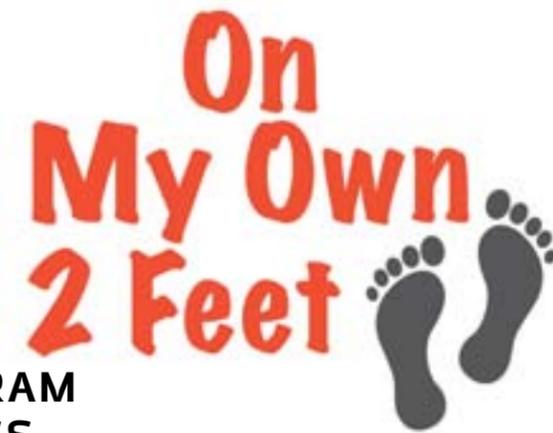
FEMALE AGE GROUP: 60 - 69		
1	Karen Web	12:38
2	Anita Beard	19:00
3	Sandra Thomas	19:15
4	Pat Shelton	24:00

MALE AGE GROUP: 60 - 69		
1	Mark Hays	7:58
2	Matt Korp	9:16
3	Roy Webb	10:35

FEMALE AGE GROUP: 70 & OVER		
1	Barbara Hamrick	18:35
2	Edwina Cohen	23:37
3	Jane Ensign	25:31

MALE AGE GROUP: 70 & OVER		
1	Wes Rehberg	16:02

UNKNOWN INFORMATION		
1	Aden Cash	12:05



## A RUNNING PROGRAM FOR THE HOMELESS

Rita Fanning

On My Own 2 Feet is a group program established in partnership with the Chattanooga Track Club and in association with the Chattanooga Community Kitchen to provide the homeless community a sensible way to start and continue running in order that they may see themselves in a more positive way. The intent is to channel the commitment and discipline received in training to other life activities such as obtaining independence, a job, and ultimately housing.

Funding and sponsorships have been obtained for the program. Many of you have donated your gently used shoes and clothing for the participants. Now your help is needed to make the program a success. Volunteers are needed for walk, jog, and run leaders. Volunteers are needed as greeters as the participants come in to participate and come back from their walk/run to distribute refreshments. All volunteers will serve as mentors to participants.

Sunday, June 26th, 8 a.m., at the Community Kitchen, 727 E. 11th Street, will be the first day participants will come for refreshments, to learn about the program, and sign up. Shoe and clothing sizes will be taken.

The program will begin on Monday, June 27th, 8 a.m., at the Community Kitchen. Participants will receive their gear and go for their first walk/run. The program will continue on Thursday at 8 a.m. that week, and on Sundays and Thursday thereafter. A Tuesday run may be offered if the participants want a third day.

To volunteer, email Rita Fanning at ritafanning@mindspring.com with any Sundays and Thursdays at 8 a.m. that you are available starting June 30th. Also please let us know if you are available on Monday June 27th when a lot of volunteers will be needed. Be sure to say if you want to be a walk/run leader or a greeter.



**Saturday, August 20, 2016**

**8:00 am**

**Enterprise South Nature Park**

- 10k Run
- 5k Run/Walk
- 1 Mile Fun Run/Walk

**REGISTER TODAY!**

[www.active.com/chattanooga-tn/running/distance-running-races/affordable-bot...](http://www.active.com/chattanooga-tn/running/distance-running-races/affordable-bot...)

**FOR MORE INFORMATION ON SPONSORSHIPS & OTHER OPPORTUNITIES CONTACT:**

Kelly Lowry, CKOB  
423.757.5259 • [kelly@kidsontheblock.net](mailto:kelly@kidsontheblock.net)

Stacey Malecky, Chattanooga Track Club  
423.304.0944 • [smalecky@ChattanoogaTrackClub.org](mailto:smalecky@ChattanoogaTrackClub.org)



**UPCOMING CTC RACES AND EVENTS**

**Chattanooga Waterfront Triathlon** **June 26**  
All new, Sprint-distance event added to this classic race. Compete solo or in a relay team.



**Market Street Mile & Ruby Dress Dash** **July 9**  
Benefitting the American Heart Association. Join us in downtown Chattanooga for a 1 mile timed race then Dash in your favorite red dress!



**CTC Member Camping Retreat** **July 15**  
Experience the tranquil beauty of Stillwater, the private retreat in nearby N. Georgia. Group trail runs, food, and festivities. Stay overnight or spend just the day.



**Scenic City Scorchers** **July 23**  
Last year, 55 participants set state records for this 2-mile distance. Will you add your name to the list this year?



**Missionary Ridge Road Race** **August 6**  
Race #3 in the Battle For Chattanooga Race Series and a local favorite. Scenic views and stately homes greet runners along this rolling course.

**NEW DAY THIS YEAR!**

**FCA**

**5K for FCA**  
SPONSORED BY

**FRONT RUNNER ATHLETICS**

**Chattanooga State Campus**  
**Saturday, September 3rd**

**MORE INFO: CHATTANOOGAFCA.ORG**

**NEW FOR 2016** CTC RUNNER OF THE YEAR  
(ROY) POINTS RACE



## ACHIEVE YOUR BEST TIME BY TRAINING WITH A CERTIFIED PERSONAL TRAINER

### General Training:

- Run faster
- Run longer
- Run in a sustainable fashion
- Improve core strength
- Corrective exercises

### Specific Training:

- Contralateral reciprocation
- Proper T-spine rotation
- Proper gait cycle development
- Improved running posture



Come into any YMCA in Chattanooga, tell them you saw this ad, and receive your **FIRST TWO SESSIONS FREE!**



Presented by



Register today

26.2  
13.1  
3.1

## 7 Bridges Marathon

Use coupon code: **CTC100FF** to save 10%  
Coupon good for Full and Half Distance ONLY

[www.7BridgesMarathon.com](http://www.7BridgesMarathon.com)

## ScenicCityMultisport.com Other Great Events



**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



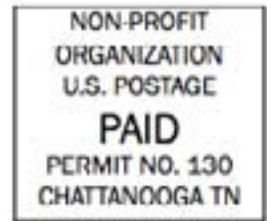
**October 8, 2016 - Paw Pounder 5k/10K and Obstacle Race**  
Bryan College Fund  
Bryan College Dayton, Tennessee



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



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

### JUNE

26 Chattanooga Waterfront Triathlon 

### JULY

9 Market Street Mile 

23 Scenic City Scorcher 

### AUGUST

6 Missionary Ridge Road Race 

20 Affordable Botox Superhero Race 

### SEPTEMBER

3 FCA 5K 

10 Jasper Highlands 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 