

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

# JOGGING AROUND



**2021 CTC RACE SCHEDULE**

**CTC MEMBERSHIP CHANGED MY LIFE**

**6 WAYS TO IMPROVE YOUR RUNNING**



JUNE 2021 VOLUME 53 ISSUE 1

## CHATTANOOGA TRACK CLUB

### Officers for 2021

#### President

Michelle Sledge  
president@chattanoogatrackclub.org

#### President-elect for 2022

Anna Millard  
presidentelect@chattanoogatrackclub.org

#### Secretary

Marica Merck  
secretary@chattanoogatrackclub.org

#### VP/Communications

Caleb Stambaugh  
vpcommunications@chattanoogatrackclub.org

#### VP/Races

Bill Brock  
vpraces@chattanoogatrackclub.org

#### VP/Membership

Amy Smith  
vpmembership@chattanoogatrackclub.org

#### Treasurer

Dick Miller  
treasurer@chattanoogatrackclub.org

#### Past President

Jason Liggins  
pastpresident@chattanoogatrackclub.org

### Directors

Dom Denio	Class of 2021
Mitchell Phariss	Class of 2021
Beth Rice	Class of 2021
Brianne Stambaugh	Class of 2021
Michael Brown	Class of 2021
Noah Cochran	Class of 2022
Jennifer Curtis	Class of 2022
David Lane	Class of 2022
Tripp McCallie	Class of 2022
Kelly Summerset	Class of 2022
Jane Webb	Class of 2022

### Staff

#### Design / Layout

Stephanie Adams  
www.stephanieadamsdesign.com

#### Equipment Manager

Paul Wells  
equipmentmanager@chattanoogatrackclub.org

#### Timing Manager

Matthew Studholme  
timingmanager@chattanoogatrackclub.org

#### Jogging Around newsletter

joggingaround@chattanoogatrackclub.org

# JOGGING AROUND

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

#### Editor

Sujeel Taj

#### Cover Photo

Tennessee Sports Pic's

#### Layout / Design

Stephanie Adams

#### Photography

Whitney Allison  
Catherine Crawley  
Don Luzynski  
contributed photos

#### 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.

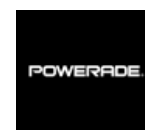
No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to casual walker is welcome.

For information about the Chattanooga Track Club visit:

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

## IN THIS ISSUE

From the CTC President (Michelle Sledge)	1
CTC Membership Changed My Life (Rita Fanning)	2
CTC Races Report (Bill Brock)	4
6 Strategies to Improve Your Runs (Emily Maddux)	6
CTC Member Profile: Annette Williams (Lynda Webber)	9
Photos: Locomotion Ultra Race	15
CTC Race Calendar	Back Cover





**I would first like to say** what a true privilege it is to serve as the 2021 President of the Chattanooga Track Club. I am truly humbled at the opportunity to serve this amazing community of people and continue the legacy of the last 50 years of the club.

A few years ago, I began volunteering at the Chickamauga Battlefield Marathon. If you have run it, you know me as the lady standing at mile one saying I can't wait to see you again! They always come back because its also mile 12 and 25. But the truth is I can't wait to see them again....to see the grit it takes to get there, the strength from pushing harder than they thought possible, and the pure joy exuding from their faces of accomplishing a tremendous goal. Running your first half marathon or marathon, achieving what once was thought impossible. You know that feeling, it is the one that got us all started.

Just like the strength and grit of achieving that first race, this past year has been a true testament to the strength and the steadfastness of this organization and its members. We dealt with some very uncertain times with Covid-19 from canceled races to social distancing to new safety guidelines but what never changed was our mission and the heart of the Chattanooga Track Club.

I want to personally thank Past President, Jason Liggins and the 2020 Board of Directors along with the race committee for their diligent efforts last year. Your willingness to serve and tireless efforts did not go unnoticed. Thank you to our runners, volunteers, supporters, and sponsors for continuing to show up as a community during a time of uncertainty. Thank you!

Looking into 2021, we can certainly say racing is back! What an event David Lane had with the Locomotion in April! Not only did we have several state record holders completing 50 miles, but there was a 100 mile world record holder completing his 201st race. What a way to kick off the first in person race of the year! Next up....our Memorial Day tradition, Chattanooga Chase! The biggest post-race picnic of the year is less than a week away! You feel the excitement of everyone being back together.

Just as the founding members of the club, our vision remains the same to promote running and fitness in the community. Running has not been canceled and we are looking into 2021 with hopeful hearts.

Be safe, be healthy, and go for a run!

Michelle Sledge is the 2021 Chattanooga Track Club president. She can be reached at [president@chattanoogaclub.org](mailto:president@chattanoogaclub.org)

## ON THE COVER



Race director Alan Outlaw greets Brandon Hudgins at the finish line of the Chattanooga Chase. Hudgins' finish time broke a 38-year course record for the 8k race.

*Photo by Tennessee Sports Pic's*



# CTC MEMBERSHIP CHANGED MY LIFE

*Rita Fanning*

---

The theme of this Jogging Around is membership. I have been a member of the Chattanooga Track Club for close to forty years. When I joined, I was in my early thirties. I hadn't been running very long.

A former couch potato, I decided I needed to do something different with my life. I was unhappily married, ate junk and was generally unfit. Not being genetically gifted, it was hard work to be able to run a mile without stopping to walk, but I finally did. Then I was able to do two, then three, then more miles. While running on Missionary Ridge, my favorite place to get a few miles in after work, I met a CTC member. That encounter led to attending CTC races where I met so many wonderful people. I began getting involved with the club and helped at more races than I ran. I was a back-of-the-packer, although my new friends were much faster than I was and were winning their age groups. That really didn't seem to matter to them. They accepted and encouraged me to do my best. I started eating healthier, I no longer sat on the couch and I changed my situation at home.

Membership in the Chattanooga Track Club actually changed my life. I started feeling good about myself. I took part in the CTC and became an officer. And best of all, a mutual friend introduced me to my wonderful husband, Leroy, at a track club event. It was a get-together before the Stroh's Run for Liberty in 1985. I had no plans to remarry any time in the close future, but, as I tell everyone, he swept me off my feet. We will have celebrated our thirty-fifth anniversary by the time this is out.

I can't imagine my life without Leroy. Although he was a fantastic athlete, he knew I worked as hard as I could to do my ten-minute miles and cheered me on every step of the way. He was by my side the three years I was president of the Chattanooga Track Club and for the many races I directed.

The friendships I made through the CTC have been lifelong. From buying my first pair of running shoes from Dick Dillard at the Athletic Attic in Eastgate to finding my loving partner, I've met some amazing people. Ellie Smith



Leroy Fanning (left) chats with John Hunt at a Chattanooga Track Club race in this photo from ~1991. CTC races, run training groups and social events have been bringing together runners for over 50 years. We'd love to hear your CTC stories. Email us at [joggingaround@chattanoogaclub.org](mailto:joggingaround@chattanoogaclub.org)

Mahoney, one of the best lady runners that Chattanooga has known, is still one of my good friends. George Skonberg, who was president after me, is my wonderful financial advisor. I became active with Susan G. Komen with my CTC friend Sarah Bowen who I continue to hike with. Robert Gustafson, who I met through the CTC, and I started a running program for and continue to help the homeless. I love keeping up with so many of my old-time running friends on Facebook. Most are still out there running, biking or hiking.

There are many benefits of being a member of the Chattanooga Track Club. For me, the best reasons are the people I've met and the friends I've made.

*Rita Fanning isn't running much anymore, but walks weekdays with her cocker spaniel, Buddy, and goes on longer hikes on weekends with good friends. She and her husband, Leroy, live in Trenton, Georgia.*

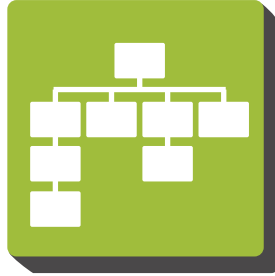


# TECHNOLOGY PROJECTS

Web Application Design & Development



WEB-BASED APPS



STRATEGY & PLANNING



DATABASE ARCHITECTURE

tech-projects.com | (423) 267-7375

SHOES / APPAREL / NUTRITION / GROUP RUNS / FRIENDS / FREE ADVICE!

**COME VISIT CHATTANOOGA'S FAVORITE  
RUNNING STORE SINCE 1977!**



**FAST  
BREAK**

EST. 1977

423.265.0531

300 CHEROKEE BLVD CHATTANOOGA, TN  
[WWW.FASTBREAKATHLETICS.COM](http://WWW.FASTBREAKATHLETICS.COM)

[f](#) [i](#) [@FASTBREAKATHLETICS](#)



# RACING NEWS

Bill Brock, CTC Vice-president of Races



## 2021

# CTC RACE CALENDAR

<p>Saturday, May 8</p> <p>Monday, May 31</p> <p>Sunday, June 27</p> <p>Saturday, July 17</p> <p>Saturday, August 7</p> <p>Saturday, September 11</p> <p>Saturday, September 25</p> <p>Saturday, October 2</p> <p>Saturday, October 23</p> <p>Saturday, November 13</p> <p>Thursday, November 25</p> <p>Saturday, December 18</p>	<p><b>Locomotion</b> // 6h, 12h, 24h // 50M &amp; 100M</p> <p><b>Chattanooga Chase</b> // 8k, 1M // chip timed // certified</p> <p><b>Waterfront Triathlon</b> // Sprint, Olympic // chip timed</p> <p><b>Scenic City Scorchers</b> // 2M // chip timed // certified</p> <p><b>Missionary Ridge Road Race</b> // 4.7M // chip timed // certified</p> <p><b>Chickamauga Chase</b> // 5k, 8M Trail, 15k // chip timed // certified</p> <p><b>Raccoon Mountain Road Race</b> // 5k, 10k // chip timed // certified</p> <p><b>Moccasin Bend Fall Classic</b> // 5k, 10k // chip timed // certified</p> <p><b>Signal Mountain Road Race</b> // 10k // chip timed // certified</p> <p><b>Chickamauga Battlefield Marathon</b> // 5k, 13.1M, 26.2M // chip timed // certified</p> <p><b>Turkey Trot</b> // Kiddie K // 3M walk/run // 8k certified // chip timed</p> <p><b>Wauhatchie Trail Race</b> // 6.7M // chip timed</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



### 2021 ELEMENTARY XC SERIES

THURSDAYS IN SEPTEMBER

## 2<sup>ND</sup> // 9<sup>TH</sup> // 16<sup>TH</sup> // 23<sup>RD</sup>

## HELLO RUNNERS!

I cannot tell you how excited I am to start seeing our race calendar come back to life!

Our racing season has officially kicked off with the Locomotion 6/12/24 Hour Endurance Event, directed this year by David Lane and held out at Camp Jordan. We had 23 runners finish the 6-hour event, 25 finish the 12-hour event and 20 runners finished the 24-hour event! Feedback from the participants was terrific – congratulations to David Lane and his fantastic CTC support team!!

Next up on this coming Memorial Day, May 31, is our traditional and also the longest standing Chattanooga road race, the Chattanooga Chase! Race Directed by Alan Outlaw and Stacey Malecky, this race is now fully permitted by the City with course plans submitted, vendors all in line, volunteers getting final assignments. By the time you read this, in fact, the race will likely have happened and you'll be seeing pics – maybe even in this issue!!

Right on the heels of the Chase, the Chattanooga Waterfront Triathlon is also back on track, full steam ahead for that last weekend in June. Register now or sign up to volunteer. This event is a blast no matter how you're involved!!

And that goes for the rest of our calendar, as well. It looks and feels like we are back to racing again! Check it out, pick your races and set your goals. Also, remember to volunteer for at least one or two events every year – both because our race directors need you and also because it's a blast!

<b>May 8</b>	<b>Locomotion</b>
<b>May 31</b>	<b>Chattanooga Chase</b>
<b>Jun 27</b>	<b>Waterfront Triathlon</b>
<b>Jul 17</b>	<b>Scenic City Scorchers</b>
<b>Aug 7</b>	<b>Missionary Ridge Road Race</b>
<b>Sep 11</b>	<b>Chickamauga Chase</b>
<b>Sep 2</b>	<b>Elementary XC Series</b>
<b>Sep 25</b>	<b>Raccoon Mtn Road Race</b>
<b>Oct 2</b>	<b>Moccasin Bend Fall Classic</b>
<b>Oct 23</b>	<b>Signal Mountain Road Race</b>
<b>Nov 13</b>	<b>Chickamauga Battlefield Marathon</b>
<b>Nov 25</b>	<b>Turkey Trot</b>
<b>Dec 18</b>	<b>Wauhatchie Trail Race</b>

Hope everyone is staying healthy and strong. Now we can also start working on our goals for our favorite CTC races!!

Bill

# ★ RACING IS BACK! ★

The Chattanooga Chase returned to Riverview Park on Memorial Day. The 8K race was won by Brandon Hudgins whose finish time broke a 38-year course record.

*Full results for the 8K and 1Mile races at [RunCTC.org](http://RunCTC.org)*



Photos by Tennessee Sports Pics



# 6 Strategies to Improve Your Runs – No Matter the Distance

*Emily Maddux, MS-MPH, RD, LDN, FAND, ACE® CHC*

Oftentimes, we plan to run, but don't plan to fuel. Have you ever taken a step back to think that what you are eating or not eating could be hindering your day to day runs and competitions? In this article, Emily Maddux, Performance Dietitian in Chattanooga, provides 6 strategies all runners should refer to when looking to improve the way they feel and perform before, during and after their runs.

## 1. Start your day with Breakfast.

When you skip breakfast, your body will continue to use muscle as an energy source, which can lead to a loss of strength. Food is fuel and if we start the day with fuel, it powers not only your muscles but also your brain! It doesn't have to be fancy; in fact, it can be as simple as a peanut butter and jelly/honey sandwich. The key is that you are jump starting your metabolism and getting fueled for the day ahead.

## 2. Eat every 3-4 hours.

After you jump start your day with breakfast, you will then want to eat every 3-4 hours. Doing so can help you avoid low blood sugar levels, maintain consistent energy levels throughout the day and improve your overall strength and performance. What is on your plate matters though! This leads to #3:

## 3. Whole/Real Foods vs. Supplements.

The amount of money that people spend on pills and supplements can range from \$15/month to \$150/month per person. If multiple supplements are being used, this can be between \$150-\$600/month or ~\$7000/year per household! Whoa!! These supplements tout great results, but runners can get better results from natural whole food sources, which are much more cost effective! In fact, our bodies utilize the nutrients from whole food sources more synergistically and efficiently than from supplemental sources.

## 4. Balance the meals and snacks you are consuming.

A runner's diet should be made up of ~50-60% carbohydrates, ~20-25% protein and ~25-30% fat. The specific number really depends on the individual



(age, gender, level and time of training, performance goals, etc.). Find meals that include whole grains, fruits, vegetables, lean proteins and unsaturated fats, limiting the processed/convenience foods, and saturated fats. At meals, you want to aim for at least 3-4 food groups, and your snacks should include 1-2 food groups. For example: 4oz. Chicken breast + ½ cup farro topped with parmesan cheese and arugula + 1 cup broccoli + 1 cup berries for a meal; or 1 banana with ¼ cup almonds for a snack. Serving sizes vary by the individual.

## 5. Hydration is key!

An athlete that doesn't adequately replace the fluids lost through sweating and activity has a greater risk of dehydration and poorer performance.

To identify the amount of water you need per day doing your regular activities of daily living, you will divide your body weight by 2. So, a 150lbs person will need 75oz per day. However, any activity added increases that need. Water should be the main source of hydration with an electrolyte beverage added in small amounts after 60minutes of activity. It's important to practice with these electrolyte beverages to ensure they do not affect your GI system in the middle of a run. Keep in mind fruits and vegetables are mostly comprised of water, so "fluids" from those count too.

## 6. Plan Ahead!

In order to successfully hit the previous 5 strategies, you have to set aside time to plan for fueling your runs. Just like you put

shoes and clothes in your gym bag each day in preparation for your lunch or after work runs, you also need to plan your meals, snacks and hydration as well.



C4 Sports Therapy & Performance is proud to partner with Emily to help athletes achieve optimal health. Emily is a Performance Dietitian with Top Nutrition and Performance and can provide you with a customized roadmap to meeting your health and fitness goals! She coaches athletes of all ages looking to fine tune their nutrition and improve their performance. Follow Emily on Instagram and Facebook at [emilymadduxrdn](#) or email her at [Emily.topnnp@gmail.com](mailto:Emily.topnnp@gmail.com) to learn more about taking your health and performance to the next level.

*C4 Sports Therapy and Center for Sports Medicine and Orthopaedics is a partner and sponsor of the Chattanooga Track Club.*





# GMC

FOX EDITION

FIRST AT 10  
**FOX**  
CHATTANOOGA

As you head outdoors in the dog days of summer remember the weather in our area is unpredictable. Sunny skies in the morning can quickly turn to severe storms in the afternoon.



So before you head out be sure to turn to FOX Chattanooga on air and on-line for your first weather updates. Proud Partner of the Chattanooga Track Club.



# SUMMER

UNPLUGGED

**June 1–August 6**  
7 am - 6 pm  
Ages 5-18 years  
**REGISTER TODAY!**  
[ymcachattanooga.org/summer-camps](http://ymcachattanooga.org/summer-camps)



# NEW CTC MEMBER ANNETTE WILLIAMS SEEKS NEW CHALLENGES, NEW FRIENDS, AND ADVENTURE

*Lynda Webber*



53-year-old Annette Williams has been a CTC member for about a year and a half. She was born in the small town of Celina, TN, where she was raised on a farm with her sister and brother. She arrived in Chattanooga in 2002 for a job, but it wasn't until 2020, after she finished the Fort Oglethorpe 5K, that she joined the Chattanooga Track Club.

Annette is currently the CTC's only blind runner and she'd like to meet other folks to run with, so I thought I'd give her some exposure here and have her speak frankly to us on how to properly run with someone who is visually impaired. It's easy, but there are just some things to keep in mind.

**ME:** So, Annette. You finished the Fort Oglethorpe 5K in 2020 and after that you joined the CTC. What was the deciding factor?

**ANNETTE:** Well, I managed to average a 12-minute mile with my guide dog, Ginny, and my fabulous spotter, Dena Farley, who assisted Ginny and me by calling out turns and aid stations. This was a personal best for me, and I thought, hey – I can actually run now, so maybe I can meet some people to run with. I primarily decided to join the CTC because I wanted to be part of something. It seemed like a good group where I could make new friends and hopefully find some running buddies, especially since summer is coming up and my dog won't be able to run with me if it gets too hot.

**ME:** Can you tell us something about your visual impairment?

**ANNETTE:** I've been legally blind in my right eye since around age 18 due to glaucoma and some other issues. It was a slow progression, but eventually I lost most of the sight in my left eye as well. The limited vision I have is mostly peripheral, so if I look at you from the side when I'm talking to you, that's how I can see you

the best – and my left peripheral vision is much better than my right. If I am looking straight at you, I can't see you at all... so don't think I'm ignoring you!

**ME:** What does it mean to be a blind runner in a sighted world?

**ANNETTE:** Well, I don't believe in setting limits, and I'm not going to let being blind suppress my love for adventure! Before I started running, I just liked the idea of being able to run. So I did my first 5K around 16 or 17 years ago - when I was about 80 pounds overweight. The next day I wondered what had possessed me to do such a thing because I could not move for DAYS. By 2011 I had recovered enough to do another 5K, and at that time I was determined to improve my health and fitness. I started working out with a personal trainer and doing some swimming. I also started to toy around with the idea of doing a marathon or half marathon.

Fast forward to 2018 and at the age of 50, and 80 pounds lighter, I completed the Waterfront Sprint Triathlon with local runner/triathlete Rebecca Gilman as my guide. In the autumn of that year, I ran my first half marathon with Rebecca as well. As I did not have my dog Ginny at that time, I was tethered to Rebecca at the wrist while running and at the thigh while swimming. For the cycling portion of the triathlon, Rebecca took the front seat on a tandem. I now have Ginny to guide me, but Rebecca was a fabulous teammate and companion for those events!

**ME:** Before you got Ginny, how did you learn to adapt to your special challenges?

**ANNETTE:** It was a gradual adaptation. What got me to the point of realizing that I needed a guide dog was when, in early 2018, I took a tumble while at the old Rave Theater on Interstate 24. I had gone to see a movie on the big screen with a friend, and as we



walked outside I took one wrong step and fell down three or four stairs. It was like the ground disappeared beneath me, and I had no idea what happened. I think this was the first time I actually realized I had absolutely no frontal vision. The only way I can see the ground is via my left peripheral vision. I started using a cane after that, but it wasn't long before I decided to actually get a dog. Some friends of mine started me thinking about this in 2011, but at the time I felt I saw well enough to get by. However, my vision continued to gradually get a little worse.

**ME:** How do you get around the city?

**ANNETTE:** I've never driven, but I can easily get around with the buses, Uber and walking. CARTA has a trainer that will come out and teach you how to travel on a bus, so around 2009 I took advantage of that opportunity and am pretty familiar with all the routes. I keep the bus schedule on my phone.

**ME:** Do you work?

**ANNETTE:** Yep. I own and manage Friendly Vending Company out at Sequoia Nuclear Plant, and I have an assistant who drives me and helps me do the things I can't quite do.

**ME:** How long have you had Ginny, and how did you happen to acquire her?

**ANNETTE:** After my fall at the Rave Theater in 2018, I decided I finally needed a guide dog and I did a lot of research on how and where to obtain one. I initially thought I'd get a dog from Southeastern Guide Dogs in Florida, but they couldn't supply me with a dog that was trained to run with me. I knew that dogs could be trained for this because I'd found a story of a blind 16-year-old girl who ran cross-country in High School with the help of her guide dog. She was an inspiration to me, but my real hero is Trevor Thomas, the world's only professional long-distance blind hiker. He lost his vision over just a short span of time, but was the first blind person to complete the entire Appalachian Trail on an unassisted solo hike in 2008. If he got lost, he'd sit down and ask passers-by for help. He also met people that would let him walk along with them as far as they were going. He was determined to complete the whole trail, and he did what it took. As of this point in time, Trevor has hiked more than 20,000 miles.



Because of him and people like him, I don't want to limit what I can do if I can help it.

But I'm digressing, here! You wanted me to tell you how I got Ginny. Tom Panek is the CEO of the non-profit organization, "Guiding Eyes for the Blind," and I just happened to find him on YouTube when I Googled "can you run with a guide dog." Soooo, I contacted Guiding Eyes to ask them if they had a running guide dogs program, and they said that they did. They told me that as long as I had a desire to run and HAD run before, they would accept me into the program.

I filled out their application and waited about 4-6 weeks for a response. Then a field rep from Guiding Eyes did a home visit with me to get some idea as to my lifestyle and mobility skills. While she was here, the rep went for a "juno walk" with me – she held a harness, which I gripped from the other end, and pulled me along like she was a guide dog. That was pretty interesting. I was accepted into the program after the rep's visit – sometime in late May or early June of 2018 – but was told I'd have to wait a year and a half to two years to get a dog. This was a little discouraging, but as luck would have it I only had to wait about six months. Guiding Eyes called me in October of 2018 and scheduled a class date for me in November with the trained "running dog" that would become my new partner and family member. I had to fly out to the Guiding Eyes facility in New York for this, but they're a great organization and they paid for all of my expenses.

**ME:** So, tell us something about Ginny.



**ANNETTE:** Well, she's a yellow lab, and she's four years old. She's a sweet girl with a wonderful personality.

**ME:** What's the furthest you have ever asked her to run with you?

**ANNETTE:** 11 miles. I do carry water for her at all times and try to make sure she's always hydrated.

**ME:** Is it difficult or a problem to run with both Ginny and people?

**ANNETTE:** Absolutely not. Ginny is trained to keep her mind on the job.

**ME:** Is it OK to have your human running companions and passers-by interact with and pet Ginny while you're running?

**ANNETTE:** Absolutely not. While Ginny is "working," she must stay focused on me for my safety. That is how all guide dogs are trained. If you interact with a guide dog in any way while he or she is working and "in harness," it will only distract them – usually no matter

how well they are trained. So the best thing to do when running with a blind runner and her dog is to just pretend the dog doesn't exist. Definitely do not give the dog any directions or corrections whatsoever while she is working – this is solely up to her human, and it is for her human's own safety. AFTER the run, however, you can interact with the dog and pet her to her heart's content once you have her human's permission to do so.

**ME:** Is it OK to have your human running companions and passers-by interact with and talk to YOU while you're running together?

**ANNETTE:** Definitely! That's a big yes! I love to run with other people, and I hope to find a few more CTC running buddies!

**ME:** What pace do you generally average when running?

**ANNETTE:** I can do somewhere between a 10:30 minute/mile and a 13:30 minute/mile, and I'm happy to tag along with anybody, even if they just want to walk most of the time. I also like to tag along with someone who's just a little faster because it will help me run better if I can challenge myself a little bit. So, I'm flexible! If I'm planning to participate in a race, I'd ideally like a guide buddy who could average at least a ten minute mile and keep me moving. I tend to be competitive, but mostly with myself!

**ME:** What are your plans for running in the summer heat?

**ANNETTE:** Well, I hope to find friends to run with, because Ginny cannot tolerate the heat for very long so I can't take her with me.

**ME:** What sort of things would you appreciate other people knowing when they run with you?

**ANNETTE:** Here's a tip I found on [blindrunner.com](http://blindrunner.com) for people who want to run with someone who is visually impaired, and it sounds like an interesting experiment. You can practice running with a blindfold on and allow someone else to guide you. This will enable you to feel what it's like running with little or no vision.

Other than that, a running buddy would run with me just like he or she would run with someone else. It is



Ginny's role to take care of me and help me navigate obstacles and hazards, so you don't need to point those out to me. I know this is a natural impulse for most people, but Ginny has been trained to handle these sorts of things and if you take her job away from her, she is eventually going to stop doing it. Just because you notice there is a hazard doesn't mean Ginny can't handle it. Now, if there is a truly hazardous situation coming up – for example, if Ginny is leading me towards a busy road and you see that she is not going to stop before she crosses - then you can say something to me.

Remember a few weeks ago when we were on the Riverwalk and you stopped to take some photos? I went on ahead with Ginny, and as luck would have it cyclists were approaching me from either direction at the same time and I did not know they were coming. Ginny would normally lead me to one side or the other

to avoid a cyclist, but with two coming from each direction at the same time she just stopped and froze next to me in the middle of the sidewalk. Fortunately a crash did not occur, but here is where a running buddy could shout out to me that there were "cyclists coming from each direction" so I could plan my next move. It is also appreciated when a running buddy calls out key points and areas of interest such gorgeous houses and beautiful flowers...helps me imagine the local scenery. Feel free to also point out drinking fountains and restrooms!

**ME:** Can you tell me if there are any "Do's" and "Don'ts" when running with a visually impaired person who does NOT have a dog guiding them?

**ANNETTE:** There are a few, and I think these tips from [blindrunner.com](http://blindrunner.com) say it best:

#### TIPS FROM BLINDRUNNER.COM

1. Don't run too fast – but keep a steady pace with the VI [visually impaired] runner. Always let the VI runner set the pace. It's not your job to set the pace unless the VI runner asks you to. The VI runner may want to be tethered to you at the wrist.
2. Be alert and communicate often. As a guide, you need to be aware of what is ahead of both you and the VI runner at all times. Be conscious of distances, ground width, elevation, obstacles and everything else you see with your peripheral vision.
3. Call out all potential hazards such as slippery sections, gaps, puddles, potholes, obstacles, dogs, kids, bicycles, other runners and everything else that you might encounter.
4. Be patient when guiding a VI runner through a course, especially when you're doing it for the first time. They may not hear you well due to the ambient noise of the outdoors, or they might get confused with directions.
5. At times, you have to be assertive, especially in risky and hazardous situations. It's perfectly fine to stop and go around an obstacle, or to yank a VI runner out of the way if it's too late and their safety is at risk.





6. It's normal for a VI runner to inform the guide what he or she is doing wrong and will offer suggestions on how to improve it. Don't take offense. You have to be open to suggestions and accept criticisms as ways to improve your guiding skills.

7. Keep in mind that you're not a coach, so never order a VI runner around or shout. They're blind, not deaf. Don't be condescending and patronizing either.

8. Guide running is not for everyone. If you feel obligated in any way and deep down you don't really want to be a guide, don't do it. A VI runner does not want to be someone's "project," and half-hearted guide running can pose a risk for both you, the VI runner and other runners.

**ME:** Those are great tips, Annette! They're very helpful. I do have one more question, though, that I'm sure our fellow CTC members are dying to ask as well...

**ANNETTE:** Ask away!

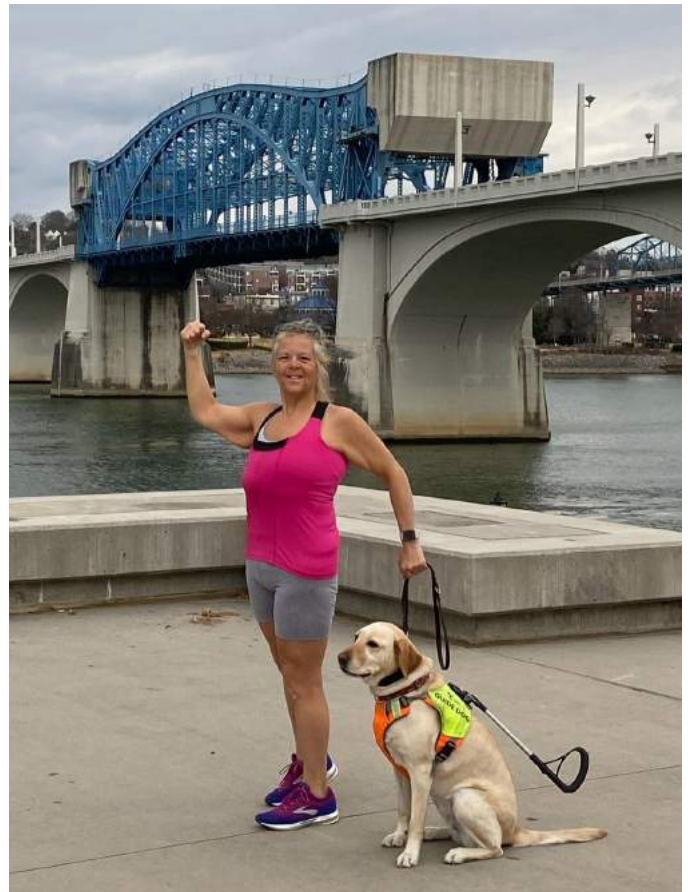
**LYNDA:** OK, well... when you're out running with your dog, do you pick up her poop?

**ANNETTE:** Haha! Why, of course! I know the signs! 99% of the time, anyway! I always pick up... unless I've forgotten a dooky bag or Ginny gets off the trail and there is no trash can. I'd certainly never leave a "doggy present" on a paved pedestrian trail, or on a beach.

**ME:** OK, Annette, thanks for being so frank with me during this discussion!

To all the CTC members out there who would like to meet Annette and/or run with her, or to be a spotter or guide for her during one of her races, you can connect with her on Facebook via her personal page, "Annette Nichols Williams," or via the CTC's Facebook Group: "CTC On the Go." She'd love to hear from you and have lots of people to run with!

**HAPPY RUNNING TO ALL!**



---

## THE LONG RUN ENDOWMENT FUND

The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of these funds and is appreciative of your generosity to help build this legacy for our community.

A gift to the Chattanooga Track Club endowment can be made to honor a friend, a special occasion or to remember someone who has passed. An acknowledgement of the gift is sent to the recipient (or their family) and to the donor. Contact the CTC club manager for additional details at [clubmanager@chattanoogatrackclub.org](mailto:clubmanager@chattanoogatrackclub.org).

### IN MEMORY OF:

Jon Chew

*Bradford Harvey*

John Madzin

*George Skonberg*

Jerry Lastine

*George Skonberg*

Mike Griffin

*George Skonberg*

Cameron Bean

*Alan Outlaw and Family*

Van Townsend

*Alan Outlaw and Family*

Daniel Hamilton Webb

*Jane Webb*

### IN HONOR OF:

John Mazdin

*Steve Rogers*

Bill Brock

*George Skonberg*

The Enicks Family

*Colonel Hugh Enicks*

### ENDOWMENT CONTRIBUTORS

Jeff Elliott

Blaine Reese

Thomas Starke

Shanna Veale

Steve Rogers

### CHATTANOOGA TRACK CLUB DONORS

#### INDIVIDUAL DONORS

Sujeel Taj

Colonel Hugh Enicks

#### SILVER LEVEL

Apryl Baret

Mildred Bethea

David Bradford

Robin and Michael Brooks

Christy Charman

Rachel DeGarmo

Melissa Dunstan

Mark Elam

Rob Elsea

Michael Emerling

Jennifer Goodman

Cathey Gracey

Tony Grossi

Ted Hackett

Karen Harr

Joseph Lovelady

Mike Mason

Bill Moran

David Moghani

Craig Raughton

Cyrus Rhode

Maricela Rodriguez, DDS

Audra Vetzel

#### GOLD LEVEL

Samuel Boozer

Elain Burt

Jennie Gentry

Corninne and Bill Henderson

John Nevans

Beth Petty

Charles Spencer

#### GOLD LEVEL BUSINESS DONOR

Benchmark Physical Therapy





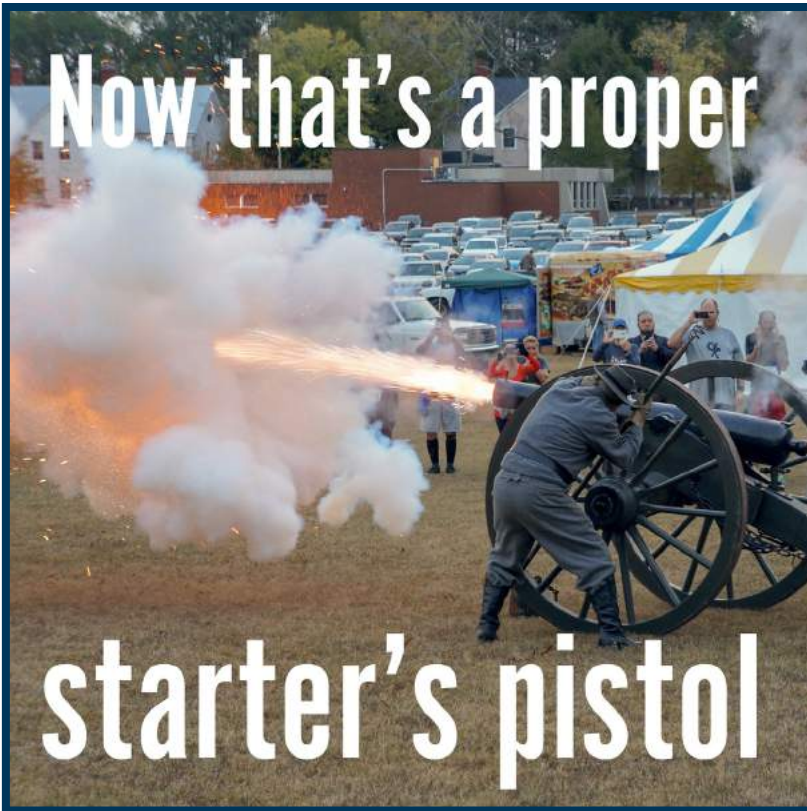
# LOCOMOTION ULTRA 6, 12, 24 – HOUR RACE.

Congratulations to those who completed the first CTC race of 2021!  
Thanks to race director David Lane and the many volunteers.

*photos: Michelle Sledge, David Lane and other contributors.*













## 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

#### MAY

31 Chattanooga Chase 

25 Raccoon Mountain Road Race 

#### JUNE

27 Chattanooga Waterfront Triathlon 

#### OCTOBER

02 Moccasin Bend Fall Classic 10K 


23 Signal Mountain Road Race 

#### JULY

17 Scenic City Scorcher 

#### NOVEMBER

13 Battlefield Marathon, Half, Jr. Marathon, 5K 

23 Sports Barn Turkey Trot 

#### AUGUST

07 Missionary Ridge Road Race 

#### DECEMBER

18 Wauhatchie Trail Run 

#### SEPTEMBER

02 Elementary Cross Country Begins 

11 Chickamauga Chase 