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

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Chattanooga Track Club Newsletter

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

Editor
Sujeel Taj

Cover Photo
Ron Branam

Layout/Design
Beth Paden

Photography
Whitney Allison

Catherine Crawley

Contributed photos

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Village Print Shoppe

JOGGING AROUND

FROM THE CLUB PRESIDENT

WEBB THOUGHTS

This year has been wonderful!

The Locomotion 12 Hour Race was fantastic and Charlene Simmons and her crew did a great job! The new location worked out just great and I heard many compliments about the aid station, the cheering at the finish line, the food, and more. The comradery between competitors was a special thing to see and experience.

Chickamauga Chase with Mark Malecky as the new Race Director went absolutely great! Many thanks to Mark, Stacey and their team for bringing a high quality event! John Crawley and his team are gearing up for the Market Street Mile Red Dress Dash and it is shaping up to be a race that can earn runners a PR and possibly a State Record in the Mile. This is also the RRCA Southern Region 1 Mile Championship. There will definitely be cooler temperatures than July!

Then we move on to the 50th Anniversary of the Chattanooga Chase! Excitement is high and I am very much looking forward to these races!

We are thrilled to be involved with the Center for Sports Medicine & Orthopedics RIVERBEND RACE!! Date is 6.17.17!!! The last day of the Riverbend Festival. We will have Cash prizes and VIP Passes to the big finale concert and fireworks! I will serve as Race Director and I have assembled an amazing team to assist me. We will need lots of volunteers!

I am beyond thrilled and proud of our Race Team! We have so many talented people involved in CTC! This has been a busy and fun year and I am looking forward to many great events. This is the club that built me. Many blessings to all.

Jane Webb is the 2017 CTC club president.
She can be reached at president@chattanoogatrackclub.org

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.
Although I have always been athletic and played sports, running was not my thing.

I played basketball and softball in middle and high school. Sure, running was a part of both of those sports, but I had never really done any distance running. After high school and into my 20’s, I remained somewhat active...going to the local gym, lifting weights, playing on co-ed softball teams. I never really had any desire to do a lot of cardio activities.

It was not until I was approaching my 30th birthday, in 2006, when I decided I needed to get in better cardiovascular shape. I realized I was no longer able to get away with eating whatever I wanted when I noticed the numbers on the scale slowly starting to go up. Everyone seemed to be jumping on the running bandwagon. All my friends, so I felt pressure to join! At first, I did not understand why anyone would want to run. I could barely run for 2 minutes without having to stop to catch my breath...wait for the side stitch to subside. Then, the shin splints! Why would ANYONE want to continue doing something that caused so much pain and discomfort?! Even still, I continued to run...I still don’t know why. I kept thinking, if everyone enjoys this so much, maybe it will eventually rub off on me too. Then, a friend asked me to join her in a 5k race. Race? I can barely jog a mile without passing out and I can’t imagine pushing myself for 3.1 miles. Of course, sign me up!

My first race was the Riverbend Run 5k. Although training for the race was hard and race day was extremely hot, I was very pleased with how I felt AFTER the race was over with...that feeling of accomplishment along with the endorphins....THAT is why people enjoy running! It is so satisfying to cross that finish line, knowing you left it all out there on the course! Hearing the cheers from the bystanders and encouragement from other competing athletes is just icing on the cake!

I fell in love with running so much that I signed up for several local 5k’s, 8k’s, 10k’s and 15k’s. I noticed in the running community, there were several triathletes as well. Of course, this peaked my interest...along with peer pressure...and I decided to dive into that sport! (Literally)

In 2008, I signed up for my first triathlon. That year, I did two sprint triathlons and caught the triathlon bug. The following year, I did two Olympic distances (Chattanooga Waterfront and Fall Creek Falls) and one Sprint (Sports Barn Sprint Triathlon). After getting several triathlons under my belt, I felt the desire to get back into running so I could do the next biggest thing on the list for me...a half marathon!

I signed up for the Chickamauga Half Marathon in 2009. I had started training 3 months in advance and felt very confident leading up to the race. Two weeks prior to the race, I developed tendinitis in my right hip. I was devastated! All that hard work, all that training...and the PT told me that I needed to sit this race out, or do further damage that could put me out for a much longer period of time. As hard as it was, I shifted gears and got back into the weight room to give my hip time to recover.

After a few years of mostly lifting weights and not running anything more than a 10k, I decided it was time to get over the fear of injuring myself and began endurance training again. I began training for my first half marathon, the Knoxville Half. Although that was an extremely hilly course, it is by far my favorite Half...nothing better than crossing the finish line in Neyland Stadium! Go Vols!

On to the next goal...completing an Ironman! I had several Ironman friends so completing an Ironman was on my bucket list! (Peer pressure...notice a common theme?) I completed the Chattanooga Half Ironman 70.3 in 2015 and the Chattanooga Full Ironman 144.6 in 2016. Competing in local races has given me the opportunity to meet some extremely supportive and friendly people. It’s no surprise that my closest friends are those that I have met in the running and triathlon community. What’s next? The Chattanooga Ironman 70.3 in July.

Kristie has worked at BCBS for 20 years. Her husband is Daniel and she has a 15 year-old son, Seth.
Heat cramps – These involve painful muscle contractions related to running in the heat. These can occur in your legs, feet, back, or arms – pretty much anywhere. This may be related to excessive sweating or not drinking enough fluids prior to going out. Others theorize that heat cramps result from a neuromuscular imbalance. A person’s body temperature will be normal.

Heat exhaustion – This is a little more common and usually occurs after prolonged exposure to high temperatures. Symptoms may include nausea, headache, dizziness, vomiting, and clammy skin. A person’s body temperature is usually elevated, reaching up to 104°F.

Heat stroke – The most severe condition involves a very high body temperature (greater than 104°F). A person will typically have hot skin, act confused, and have dizziness and nausea. This is very dangerous! Fortunately, you can avoid these heat-related illnesses with some simple planning.

Acclimatize – Slowly increasing the intensity and heat of your workouts as the warmer temperatures arrive. Plan on doing shorter runs at first, and even use run-walk intervals. This should take a few weeks, but you need to give your body time to adapt.

Stay hydrated – Drink fluid throughout the day prior to run. Your urine should be light yellow (not clean) when you are adequately hydrated. During your run, plan on stopping more frequently for water than you would during the winter months. You should drink when you think you are thirsty to avoid over-hydrating. Post workout hydration is important as well to replenish what you lost.

Time of day matters – Plan to go for your fastest possible run on the coolest part of the day. Going out in the evening usually means higher air temperatures, even if the sun has set. Avoid exercising between 10 a.m. and 4 p.m., as these are peak sun hours.

Dress appropriately – Light-colored, loose-fitting clothing is best. This will keep your body cooler and help sweat to evaporate from your body. A hat, sunglasses, and sunscreen are highly recommended to keep you cool and guard against harmful UV rays from the sun.

There may be times when you are very prepared, but still feel too unwell during or after a run. It is important to observe your body and respond. Cool down as quickly as possible – air conditioned car or house, a cool shower, or even a pool will work. If the symptoms are severe or you aren’t sensing improvement, seek medical attention.

Have a great summer and stay cool!

Dr. Owen Speer lives in Apison with his wife, Lydia, and son, Jonah. They are expecting another son any day now. He works as a sports medicine and primary care physician in Harrison. You can submit your burning health questions to Dr. Speer at owen_speer@memorial.org. Your question may be featured in a future article.

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### 15K Results

- **1. Ken Curran**
  - **MALE AGE GROUP:** 25 - 29
  - **2:02:48**
- **2. Brian Reynolds**
  - **2:02:48**
- **7. Julia Bursch**
  - **1:37:41**
- **4. McKenzie Carlisi**
  - **1:37:41**
- **1. Jennifer Anderson**
  - **1:12:58**
- **5. Ethan Lipsey**
  - **1:12:58**
- **2. Adam Veron**
  - **1:02:51**
- **3. Adam Webb**
  - **1:04:02**
- **8. Amy Waterman**
  - **1:33:58**
- **4. Jaclyn Beckler**
  - **1:33:58**
- **4. Andrea May**
  - **1:33:58**
- **5. Mandee Keith**
  - **1:33:58**
- **3. Destin Trussell**
  - **1:33:58**
- **4. Kaley Jabaley**
  - **1:33:58**

### 5K Results

- **1. Rachel Mason**
  - **1:02:42**
- **2. Rachel Ragg**
  - **1:02:42**
- **5. Bethany Widener**
  - **1:02:42**
- **2. Kaitlyn Bales**
  - **1:02:42**
- **3. Brandon Meredith**
  - **1:06:32**
- **5. Brianne Stambaugh**
  - **1:20:36**
- **7. Leigh McAfee**
  - **1:20:36**
- **10. Rachel Puckhaber**
  - **1:20:36**
- **9. Destin Trussell**
  - **1:20:36**
- **10. Babson Keeter**
Between 1993 (age 46) and 2003 (age 56), my running efforts took on a life of their own and the trials of life. My will and I were dealing with three teenagers, aging parents and two demanding jobs. It seemed like I was only living to pay the bills. My body mass index (BMI) was 30.5 and my physical fitness generally averaged less than 9 miles a week during those years. Then all of a sudden in 2003 the nest became empty. Life returned to a slower pace, and I returned to Saturday morning running!

During the spring of 2003, I met Lisa Kay Hagan, a local runner, who was running a marathon a month! She was being coached by Truman Smith, a Chattanooga Marathon Man, Pat Hagan! Lisa introduced me to Bill Brock and GroupRun.com. Bill connected me with lots of runners just like me. Lisa invited me to run the Tupelo Marathon on August 31st. I took her up on that offer, and between August 31st and December 31st I managed to finish with a best time for that series of 3:59:01 at Chickamauga. My total marathon count was now 12, although I had no concept concerning running 50 states at that time, I now had finished marathons in Georgia, Alabama, Mississippi and Ohio!

The follow-up year, 2004, age 57, I again managed to finish four marathons with a best series time of 3:49:19 at Huntsville. My total Marathon count was now at 16 and I had added Tennessee and Illinois to my marathon count in 2004, for the first time, I heard about the 50 State and DC Marathon Club!

Starting in 2005, my new goal was to run a marathon in each of the 50 states and D.C. The outline below provides abbreviated information on that process until its conclusion in 2009.


2007 (age 60) – Finshed 11 marathons and 1 ultra (60K) Best finish time 3:48:50 States Added – AZ, MA, NE, MT, ID, UT, MO, OK Highlight – Boston


2009 (age 62) – Finshed 9 marathons. Best finish time 3:56:50 States Added – VT, CN Highlights – Boston and Completing 50 States and DC

With the 50 States and DC quested completed, the next goal would be completing a marathon on each of the remaining 6 continents that I had never attempted in 2010. Success came at the Antarctica Marathon finish line in 2013.

2010 (age 63) – Finshed 10 marathons. Best finish time 4:06:38 Added 5 new states – China Highlights – The Chunnel Challenge and The Great Wall Marathon

2011 (age 64) – Finshed 10 Marathons and 1 ultra (50 mile) Best finish time 4:19:17 Added 2 new continents – Africa and South America Highlight – Kilimanjaro and Rio Marathons

2013 (age 65) – Finshed 6 marathons. Best finish time 4:07:29 Added 2 new continents – Australia and Europe Highlight – Gold Coast and Berlin Marathons

2016 (age 68) – Finshed 8 marathons and 1 ultra (50K) Best finish time 5:00:41 Added the final continent – Antarctica Highlight - Antarctica Marathon

Running the seven continents was an awesome experience! I can’t believe I was able to try international running. I was thankful when that long pull was over! For a runner who never win a race, I felt like my mark on the running community was being recognized! Going forward, I would concentrate on slower paced endurance events.


2015 (age 68) – Finshed 9 marathons and 2 Ultras (50K, 50M) Best finish time 4:38:47 Highlight – Iceland – Reykjavik Marathon

During the fall of 2015, CTC officers Lynda Webber and Ron Branam urged me to try a 100 miler so that someone could be the first CTC runner to receive the newly created, Grand Slam Award. The Grand Slam award requires completions of the following: 100 Marathons, a marathon in each state and on each continent, a 50 mile and a 100 mile ultra. I needed a 100-mile ultra finish. I scoffed at the thought! In my mind I was thinking, 50 laps around that cinder track! Well guess what? The old cloud reappeared with a new message, 100 miles! I was already registered for the Pistok 50K on January 2, 2018. I messaged the race director and updated my registration to 100 miles. With very poor training, I crossed the 100 mile finish line in 2:72:42.

2016 (age 69) – Finshed 4 marathons and 2 Ultras (100M, 50M) Best finish time 5:06:47 Highlight – Putting the capstone on the final requirement for the CTC Long Runners Grand Slam!

I am thankful for so many running friends who made this adventure successful. I am also thankful for my wife and family who supported the desire to travel and run all around the globe. I am also thankful that my creator supplied me with some pretty awesome birth-given genes!

My running career was a long one! I competed back in the 50’s and 60’s, completed a marathon on each of the remaining 6 continents, a 50K and a 100K ultra. I added 131 marathons, 3-50Ks, 1-100K, 1-41M, 4-50M, 1-100M.

This fall, Lord willing, I hope to finish the Battlefield marathon, the same one where I started my marathon career 30 years ago!

Truman Smith, a retired Electrical Engineer, has been a Chattanooga runner for over 33 years. He and his wife, Cheryl, a retired teacher live in Hixson; they have three children and eight grandchildren.
WHAT RUNNING SHOES SHOULD YOU BUY?

An Orthopedic Foot and Ankle Surgeon’s Perspective
Dr. Matthew Buchanan, Center for Sports Medicine and Orthopaedics

Walking into a Running Store and shopping for shoes can be a daunting task. The available options are almost limitless. Running mechanics can be influenced by shoe type so it may be time to consider a change to another shoe category. Running shoes typically fall into four general categories: minimalist, neutral, stability/motion control and ultra high cushioning. Running in the incorrect shoe type can exacerbate or cause a lower extremity problem.

Begin by visiting a good running store shoe late in the day. Why late in the day? You should always buy shoes at the end of the day. Our feet swell throughout the day so a shoe that fits great in the morning may be too tight by the evening. Don’t stuff your foot into a shoe that’s too tight or too narrow. What could happen? A shoe that’s too short will cause bleeding under your toenails...causing the dreaded black toenail. A shoe that’s too narrow will smash the delicate nerves between your metatarsal bones creating a neuroma.

The sales associates at the running shoe store will analyze your foot shape. How does the shape of your foot affect your shoe choice? For starters, the shape (or last) of the shoe needs to match the anatomic shape of your foot. Next, they will consider which shoe category will work best for you. If you have a flatter foot shape and experience pain along the inside part of your foot when you run, you may want to try a “stability” or “motion control” shoe. These shoes provide more structure and support for your bones, tendons and ligaments. If you have a normal or high arch, you should start with a neutral shoe, as your foot may not need the additional support.

What’s the hype surrounding the minimalist shoe trend? Take off your shoes and run across a grassy field. You’ll notice your gait changes and you land more on the front part of your foot and less on your heel. The minimalist shoe encourages this more “natural” gait pattern. This may be good for you if you’re a runner with a history of knee or hip problems as more shock absorption occurs through the foot and ankle with this running style. But the extra force on your foot may cause an overuse injury to the bones, tendons or ligaments in your foot or ankle. In extreme cases, this leads to metatarsal stress fractures, Achilles tendinitis and/or calf muscle tears. If you are interested in changing your running style, enlist the help of a running coach or physical therapist experienced in running mechanics.

Walking on a cloud? Where should you begin? Start by asking yourself: Am I currently running in the wrong shoe? Do you experience pain when you run? Running mechanics can be influenced by shoe type so it may be time to consider a change to another shoe category. Running shoes typically fall into four general categories: minimalist, neutral, stability/motion control and ultra high cushioning. Running in the incorrect shoe type can exacerbate or cause a lower extremity problem.

In summary, there are a ton of wonderful shoe options that will complement your unique foot structure and running style. When it’s time to buy new shoes, take your time and try on lots of different styles and brands. See how the shoe feels standing still and take a short jog outside. There shouldn’t be any sort of a “break-in” period. The shoe you choose should feel great the moment you first try it on. Good luck and happy shopping!

Matthew M. Buchanan, MD, Orthopaedic Foot and Ankle Surgeon
http://sportmed.com/matthew-buchanan-m-d/

Conclusion

Matthew M. Buchanan, MD, Orthopaedic Foot and Ankle Surgeon

http://sportmed.com/matthew-buchanan-m-d/
CCTC VOLUNTEER OF THE YEAR!

STACY BOYDSTON

Occupation: VP of Membership
No. of years as a CCTC member: Four
Favorite CCTC race at which to volunteer: The Chickamauga Battlefield Marathon, because the course is so scenic.
Most memorable race at which you volunteered: The 2015 Chickamauga Battlefield Half Marathon. I volunteered as the SWEET and met a woman who was recovering from cancer treatment. Her goal was to finish this race. It took several hours, but she reached her goal and I was lucky enough to be with her, supporting her and encouraging her throughout. [Note from The Management: Hear! Hear!] I will never forget how I felt when she crossed the finish line. [Note from The Management: Stacy, we feel the same way just hearing you talk about it! Great job.]
I volunteer because: I love the CCTC. I find great joy in volunteering and in helping to grow our club.

Not too many people know that: I have Bipolar Disorder, and being part of the CCTC helps me cope with and reduce the issues that accompany this disease. Quote: “She Believed She Could, So She Did” (R.S. Grey) and “Carpe Viam!” [Note from The Management: We love both of these! But the last one is just THE BEST!]
Stacy adds: I am the 49-year-old mother of a beautiful daughter and “nonny” to two amazing boys. I have six rescue dogs and in the past have rescued dozens of cats, dogs, goats and a pot-bellied pig. I have a Master’s Degree in Counseling and spent many years working with children and adolescents in crisis and also with those who were in some of the most secure inpatient facilities. I love to travel, and would love to complete a race in all 50 states and on as many continents as possible. My dream is to return to school and earn my doctorate. I want to improve my running and maybe someday run Boston. I hope to be involved with the CCTC for many years to come and to hold different offices, attend conferences and take courses to increase my knowledge of the race industry. [Note from The Management: Bravo! Stacy! Carpe DIEM!]

MEET THE 2016 ROY CHAMPIONS

“The five S’s of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.”–Ken Doherty (1905-1996) US decathlon champion, track and field coach

The CCTC is proud to introduce the incredible 2016 ROY winners... a talented and diverse group including two women who once qualified for the Olympic Marathon Trials, a grandmother and granddaughter who bridged the generations by running the points races together, a gentleman who achieved a 2016 “double-hitter” by winning his division in the ROY standings while earning yet another annual CCTC Long Runner 100-mile award two years in a row (at the age of ‘75), and others who have achieved outstanding records this year. You can read about them all here. THESE are your 2016 ROY winners!

OVERALL FEMALE RUNNER OF THE YEAR:

JAN GAUTIER

Occupation: Middle School science teacher/ Dorm Parent for High School and MS/HS Cross Country and Track coach for boys at Baylor School.
Years running: 30+
Years racing: 2.5 years
No. of years as a CCTC member: On and off for the last 20 years
Favorite distance to race: 8K to 10 miles.
Favorite race: Grandma’s Marathon in Duluth, MN. The people were extremely friendly and the course was a point-to-point. I was able to run 2:47 for the marathon and I qualified for the Olympic trials, after a long seven years of missing the qualifying time by a few seconds to a few minutes. I was so at ease in this race and the course was so beautiful that it holds a place in my heart.
Favorite CCTC race: The Missionary Ridge 4.7 Mile Road Race. This is one of the most difficult races to run because of the heat and hills, but I can’t help but love it. It is always so well run, and I love warming up and looking over the city with the sun coming up. I also love starting the race as near late as possible and for that race was my highest goal in running, and for those three hours, I was an Olympian.

Most memorable race: I was 36 when I qualified for the Olympic Marathon Trials in 1999. I felt so honored to be part of this experience and honored to run with people that were far more talented than I was. There were several highlights of the weekend that really stand out to me. First, I am the youngest of six and all of my siblings and my parents traveled to Charleston to watch me run. My high school coach and several teacher-buddies from Alpine Crest attended the event. Second, I was adopted by a local elementary school and supported by signs around town, letters during training and getting to attend their school to run a mile with the class. I felt like an Olympian because of the attention they gave me that weekend. Third, I got to meet Joan Benoit Samuelson, my running idol since she won the Gold in the Los Angeles Olympics. She was friendly and she treated me like I was an equal. For that moment, I felt like one. I also remember starting the race with all those amazing athletes and, for about 200 meters, I was making the team in my mind. The last thing that stood out to me about that race was running through the military base. The soldiers lined the streets and chanted “USA” as we ran through the base! I brought tears to my eyes. I knew qualifying for that race was my highest goal in running, and for those three hours, I was an Olympian!

Racing Anthem/favorite song to run by: If you see me running with a headset, I am listing to Top 40’s or some sort of rap with a quick tempo.

Quote: “I believe God made me for a purpose, but he made me to run fast. And when I run, I feel His pleasure.” – Eric Liddell (Chariots of Fire)
I run: because I need to run. Running is part of my life, and I will always run, God willing.
I race: to motivate myself. As I get older, racing answers the question of if I am training enough or if I need to pick up the pace. Clock times don’t lie. I love this about our sport.
TRIPP MCCALLIE

Junior Male Runner of the Year:

Occupation: YMCA Director of Development
Years running: Eleven
Years racing: Six
No. of years as a CTC member: Six
Favorite distance to race: ...the two-miler! In fact, my favorite two-mile race is the Scenic City Scurcher. It is my best time age-graded percentage-wise.
Favorite CTC race: The Chickamauga Battlefield Marathon. I grew up really close to the battlefield, and it’s my go-to place to train. I did it for five years in a row and the fifth time I knocked off 40 minutes from my first time – breaking three hours last year.
Most memorable race: The 2015 Boston Marathon, because it was my first time. Everything about it was memorable – the crowd, the course, and the weather (cold, rainy and windy). Plus, my wife was there cheering me on, with signs that she and our sons had made.
Quote: “The longer I live, the more I realize the impact of attitude on life” – Charles R. Swindoll
I run: as part of a healthy lifestyle – body, mind and spirit.
I race: to challenge myself.
Most people don’t know that I: love all kinds of music. I listen to anything from rock to classical. [CTC Masters Male ROY] Ryan Shrum and I have been to a few shows together. We’re going to Iron Maiden this summer!
Tripp adds: Last fall I ran a marathon and my time (2:59) was one hour faster than the first time I did one in 2008 (3:59). [Note from The Management: Just goes to prove that the older you get, the BETTER you get!]
I race: to stay active and have lots of fun.
Favorite CTC race: The Insane Inflatable 5K at Camp Jordan on my birthday!
Favorite Race: The Chickamauga Half-Marathon. Great course, well organized, my first race, and my 2-mile PR to an 11:07. I hope to continue setting PRs for many years to come.
Quote/Motto: “Winners never quit and quitters never win” – Vince Lombardi
Racing Anthem: “Eye of the Tiger!”
Quote: “To do anything less than your best is to sacrifice the gift!” – Steve Prefontaine
I run: to give anything less than your best is to sacrifice the gift. [CTC Masters Male ROY] Ryan Shrum and I have been to a few shows together. We’re going to Iron Maiden this summer!
Tripp adds: Last fall I ran a marathon and my time (2:59) was one hour faster than the first time I did one in 2008 (3:59). [Note from The Management: Just goes to prove that the older you get, the BETTER you get!]
I run: to give anything less than your best is to sacrifice the gift.
Most people don’t know that I:...
JACLYN BECKLER
Adult Female Runner of the Year

Occupation: Resource Coordinator for foster kids, and dance teacher

Years running: Five
No. of years as a CTC member: Five
Favorite distance to race: Half Marathon
Favorite races: The Raccoon Mountain 10K Road Race, and the Signal Mountain “Pie Run”
Most memorable race: The 2017 Chattanooga Half Marathon, PR’d by a lot!
Racing Anthem: “Run Girl” – Kelsy K (“…run girl, run away so fast don’t waste a second thinking...”)
Quote: “At the end of the day, we can endure much more than we think we can.” – Frida Kahlo
I run: to stay sane.
I race: to feel alive!
Most people don’t know that I: am obsessed with raffles. They may be more important than races!

ANDREW BAILEY
Adult Male Runner of the Year

Occupation: Research Scientist

Years running: On and off since school where I played rugby, so running was more typically a warm-up, or fitness related – who doesn’t love shuttle runs?
No. of years as a CTC member: Last year was my first year!
Favorite distance to race: 5km
Favorite race: It’s not really a race, but my favourite timed run (there is a difference!) is the Newbury parkrun (Newbury is in the UK, approx. 60 miles west of London)
Favorite CTC race: One thing that I’ve learnt since moving to Chattanooga is that route planners here like a race with a decent hill! That said, I think my favourite (so far) has to be the Chickamauga Chase. I think this is probably because it was one of my first races after arriving in Chattanooga (and was also my first visit to the Battlefield too). The race (and its awards!) really bes into the history of the area, the location is great, and the weather when I ran was awesome.

Most memorable race: Hmmm, this is a difficult one. I have a few that stick in my mind for various reasons but I’ll pick one – the 2012 Goring 10km, which was my wife’s first ever race (so I ran with her). It was an undulating course and it poured with rain the whole way around. Just when it didn’t seem like it could get worse, it started snowing.
Quote: “When it hurts it’s better to slow down but keep moving, than to stop and try to get started again.” [Note from The Management: Sounds like an original quote from Andrew himself.]
I run: sporadically, by which I mean I will get really into training, feel really good, do a few races, and then my motivation disappears. Then I take an extended break, which means I have to go through the whole getting-back-in-shape process again.
I race: to give myself a target.
Most people don’t know that I: once walked the width of England for my first holiday with my now wife. (It’s not that far in places!) [Note from The Management: We have discerned that the width of England is approximately 437K, which is no small po-tah-toes. By love, we think he’s ready for the Vol State 500K Road Race!]
Andrew adds: After reading about my favourite race, most people might be wondering what a parkrun is so I should explain – parkrun (www.parkrun.com) is a not-for-profit which organises free weekly timed 5km runs. These have really taken off in the UK over the past few years. What started as a run with 14 participants in Bushy Park, London has since expanded to have nearly 450 runs in the UK, and has spread to 13 other countries (including a small number in the USA). It is a truly inclusive event with all ages and levels of runners and walkers taking part. I count myself as lucky that the CTC has the same sense of community, but if anyone ever finds themselves looking for a run on a Saturday morning in the UK give a parkrun a go! [Note from The Management: Andrew, we look forward to your organising a parkrun in Chattanooga... come to a CTC Board meeting and let’s chat about it!]

www.komencentraltennessee.org  423-499-9155
Grandmasters Female Runner of the Year

LISA “LEGS” LOGAN

Most people don’t know that I:
1. To test my limits.
2. I run:

Quote: “The Loneliness of the Long Distance Runner,” – Iron Maiden

Racing Anthem: “hooked on endurance races. (And I’m still trying to get my kids to run one with me...)

Most memorable race: The 2012 Southern Tennessee Plunge Marathon. It was full of firsts. It was my first marathon in the Master’s category. It was the first time I rode a bicycle in five years (sore knees!)

Favorite CTC race: Chickamauga Chase 15K (it was my first race after I moved here)… I love the historical atmosphere!

Favorite distance to race: Marathon

Favorite race: Marathon

Most memorable races:
1. The 65 Roses 5k in Cleveland, Tennessee, to benefit the Cystic Fibrosis Foundation. My cousin passed away in 2008 from the effects of Cystic Fibrosis. I have been involved with the race or walk every year since then in his memory and to support finding cures for CF.

Favorite CTC race: The 65 Roses 5k in Cleveland, Tennessee, to benefit the Cystic Fibrosis Foundation. My cousin passed away in 2008 from the effects of Cystic Fibrosis. I have been involved with the race or walk every year since then in his memory and to support finding cures for CF.

Favorite race: Boston Marathon

Quote: “Let us run with perseverance the race marked out for us.” – Hebrews 12:1

Favorite Distance to Race: Chickamauga Chase 15K...

Favorite CTC: Chickamauga Chase 15K (it was my first race after I moved here)

No. of years as a CTC member: Three

Years running: Five

Sales Rep at Icemakers Inc.

Occupation: Certified Health Physicist with the US Nuclear Regulatory Commission

WASHINGTON D.C.

HENRY LYNN

Most memorable race: Probably the Twin Cities Marathon, since it was where I ran my best marathon and qualified for the Olympic Trials.

Racing Anthem: “Freedom Song,” by Mandisa! She has several others that are awesome!

Quote: 2 Cor 4:17 – “For our light and momentary troubles are成就 for us an eternal glory that far outweighs them all.”

I run: because I can! It’s a gift.

I race: because I like to push myself and see what I can achieve.

Most people don’t know that I: was not a very good runner for my first six years of running, and that I quit the track team my freshman year of college because of issues with my coach. A couple of my teammates talked me into coming back. My life would have had a very different path if I hadn’t rejoined the team and persevered.

Karen adds: Running is a great way to meet people and make friends. Some of my best friends are people I’ve gotten to know through running – including my husband! It is also a great way to live life to the fullest, get out and see God’s amazing creations and explore the world.

I can’t imagine my life without running. Even though I am much slower than I used to be, I am thankful. I can still run. I hope to be doing it until I die! [Note from The Management: Hear! Hear!]

Also, the CTC is a fantastic group of runners! I am so thankful to be a part of it.

Karen Leavitt (Cont.)

KAREN LEAVITT

Senior Grandmasters Female Runner of the Year

Occupation: 7th grade teacher at Silverdale Baptist Academy

Years running: 43

No. of years as a CTC member: Two

Favorite distance to race: 10K

Favorite Race: Chickamauga Chase 15K...

Favorite Distance: Chickamauga Chase 15K...

Favorite race: Chickamauga Chase 15K...

Years running: 1988


Favorite CTC race: Classic 5K...

Favorite distance to race: Marathon

Favorite race: Boston Marathon

Favorite CTC race: Classic 5K...

Connie Regal

Most memorable race: Probably the Twin Cities Marathon, since it was where I ran my best marathon and qualified for the Olympic Trials.

Racing Anthem: “Freedom Song,” by Mandisa! She has several others that are awesome!

Quote: 2 Cor 4:17 – “For our light and momentary troubles are...”

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Karen Leavitt (Cont.)
**Veteran Female Runner of the Year**

Veteran Male Runner of the Year

Senior Grandmasters Male Runner of the Year

Sergio “The Surge” Bianchini

I run:

- Be safe, have fun, GO!!
- Think it would be that final marathon which made you a member of the exclusive 50-States Half Marathon
- Years running:
- Most people don’t know that I:
- …because I enjoy the competition!
- REALLY bored during the 2015 and 2016 Vol State 500K!!
- anything more I get kind of bored sometimes.
- Occupation:
- annual Long Runner 100-mile award. In addition, he holds the 2016 Tennessee State record for
- …to push myself – this same focus can apply to other areas of my life.
- Most memorable race:
- The 2016 Chickamauga Half Marathon. My oldest son, John, ran this
- Plus, the CTC always does an outstanding job of putting on the race.
- Without doubt, the Chickamauga Half Marathon. There is no better place to run
- I am encouraged and it gives me great joy seeing the number of younger runners

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### Results

#### 15K CONT. & 5K RESULTS

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gender</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MALEAGE GROUP: 5 - 9</td>
<td>FEMALE</td>
<td>Ashley Dimaiolo</td>
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<td></td>
<td></td>
<td>a Kate Elrod</td>
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<td></td>
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<td>William Werning</td>
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<td>Louis Ruffin</td>
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<td>Melinda Jamieson</td>
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<td>Michael Andres</td>
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<td>Sue Anne Brown</td>
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<td>MALE</td>
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<tr>
<td></td>
<td></td>
<td>Tim Metcalf</td>
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<td>Matt D'Amelio</td>
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<td>Darline Morgan</td>
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<td>Tee Rupple</td>
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<td></td>
<td>100K_Chris_McCort</td>
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<td></td>
<td>Kaylee Bandy</td>
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<td>Sarah Booth</td>
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<td>Brooke Hedges</td>
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<td>FEMALEAGE GROUP: 30 - 34</td>
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<td>Ann Pierce</td>
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exercise realm! Train like the athletes and get the most out of your exercise experience by applying this training in the group exercise reality! Train like the athletes and get the most out of every minute invested in your workout.

By participating in this voluntary interval-style program, learn how intensely you should work during class to see the greatest results. By using your time and energy in this program, you’ll learn how to maintain a healthy lifestyle, improve your cardiovascular fitness, and develop better coordination, balance, and flexibility. The following tips and exercises will help you stay on track and achieve your fitness goals.

Tips for Maximizing Your Results:

1. **Set Clear Goals:** Define what you want to achieve, whether it's losing weight, improving endurance, or increasing strength.
2. **Plan Your Workouts:** Schedule your workouts in advance to ensure you're consistent with your training.
3. **Warm Up and Cool Down:** Start with a warm up to prepare your body for exercise and end with a cool down to prevent muscle soreness.
4. **Hydrate:** Drink plenty of water before, during, and after your workouts to stay hydrated.
5. **Rest and Recover:** Allow your body time to rest and recover between workouts to avoid overtraining.
6. **Increase Intensity Gradually:** Start with lighter intensity and gradually increase the intensity as your fitness improves.
7. **Mix It Up:** Incorporate different types of exercises to challenge your body and prevent boredom.
8. **Track Your Progress:** Keep a record of your workouts and progress to see how far you've come.

Exercises to Try:

- **Cardiovascular:** Jogging, cycling, swimming, or any activity that gets your heart rate up.
- **Strength Training:** Bodyweight exercises, weightlifting, or using resistance bands.
- **Flexibility:** Yoga, stretching, or Pilates.
- **Endurance:** Long-distance running or swimming.
- **High-Intensity Interval Training (HIIT):** Short bursts of intense exercise followed by recovery periods.

In conclusion, staying active and engaged in group exercise can be a fun and effective way to improve your overall health and fitness. By following these tips and trying out new exercises, you'll be well on your way to achieving your fitness goals.
On behalf of the great Chattanooga Chase, I’d like to thank the Chattanooga Track Club and all the volunteers who made the 50th running the best race yet! With more than 800 folks registered, 796 finishers, and hundreds on hand to witness the day, this year’s Chase ranked highest in attendance. It’s been an honor to witness the resurgence of this Chattanooga original and the growth of our future running community.

The proceeds of this year’s Chase are funding the Chattanooga Track Club’s elementary cross country series held in the fall. We believe that it is critical for the health of our participants and running community that we invest in the future of running in our city. Lastly, special thanks to all the wonderful community sponsors who made the day exciting, enjoyable, and historic. Here’s to another 50 years!

Alan Outlaw, Race Director

Chattanooga Chase race results are at ChattanoogaTrackClub.org
New and renewing members receive an exclusive CTC technical shirt.

CTC members were recognized for outstanding achievements in the running community by the RRCA at their national convention earlier this year. Sherilyn Johnson was named RRCA State Representative of the Year. Robert Gustafson, representing On My Own 2 Feet, accepted the award for Best New Running Program.

CTC members were again an important part of Chattanooga’s Ironman race. Many volunteers staffed the club’s runner aid station at Battery Place. Stacey Malecky photo

Stacey Malecky leads students at Chattanooga Christian School in activities during Playground Day, hosted by GameTime and Chattanooga Track Club.

Easter weekend was the date for 2017’s Locomotion 12 & 6 ultra Race. Lynda Webber was in the holiday spirit during her run. Ron Branam photo

Volunteers and participants in On My Own 2 Feet gather for a weekly group run. OMO2F is a running program supported by the Track Club. Jane Webb photo

Stacey Malecky leads students at Chattanooga Christian School in activities during Playground Day, hosted by GameTime and Chattanooga Track Club. GameTime photo

Saturday, September 2nd
Chattanooga State Campus

5K Timed Race
1K Junior Marathon
Kiddy K Race

Family Friendly Atmosphere
Prizes for top 3 in each age group

For more info:
ChattanoogaFCA.org/race
RACE CALENDAR

Race dates are verified but might change. Please visit 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
29 Chattanooga Chase

JUNE
17 CSMO Riverbend Run
25 Chattanooga Waterfront Triathlon

JULY
22 Scenic City Scorcher

AUGUST
12 Missionary Ridge Road Race

SEPTEMBER
02 FCA 5k
23 Raccoon Mtn. Road Race

OCTOBER
07 Moccasin Bend Fall Classic 10k
21 Signal Mountain Pie Run

NOVEMBER
11 Battlefield Full/Half & 5k
23 Sports Barn Turkey Trot

DECEMBER
16 Wauhatchie Trail Run