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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 and fitness, are required. Members can choose their own level of involvement: particiapnt, volunteer, or sponsor. Everyone, from serious competitor to casual walker, is welcome.

joggingaround

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Jogging Around

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

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Welcome New and Returning Members

Dreama Campbell Debbie Campbell Flash Cunningham Lloyd Cuskaden Andrew Enicks Will Enicks Hugh Enicks Sheila Guess Arney Guess Stacy Guess Keith Harper Robert Hoover Tammy Jackson Maurico Lino Bernardo Lopez Jessica Maynor Cyrus Rhode Lisa Simone Raymond Simpson Jennifer Smith Carrie Tate John Thompson Jennifer Waldrop Bonnie Wassin

Words from the Prez's Perch

This is the fourth issue of Jogging Around for 2005. As a milestone, this issue marks our year's halfway point and the nearing of our busiest race months – August and September.

Congratulations to Linda Andreae and Rita Fanning for the terrifically successful BlueCross BlueShield Riverbend run. As you'll read in this issue, Rita's team registered 929 participants for this year's event – an increase of 124% over last year! Be sure and check out both Rita and John's reports, as well as the pics!

I want to thank George Skonberg for his leadership in establishing **The Long Run** - The Endowment Fund of the Chattanooga Track Club. George reports on the new fund in this issue, and I encourage you to read his report and consider your own support for **The Long Run**.

We missed gettting pics for the event this year, but congratulations and thanks to Jared Chastain, Julie Brackett and crew for their success with this year's All Comers Track Program. Over 100 youths combined participated in the events at the two meets.

In case you missed it, be sure and check out the pics from our June picnic. Thanks to Doug and Peggy Roselle for hosting us and thanks to Chad Varga and Frontrunner for the door prizes. Thanks most especially to Melodie Thompson and Connie Hall for pulling it all together – we had a great time!

Be sure and check out the speedwork pics from one of Joey Howe's Thurdsay PM sessions. Twenty plus runners meet at Fast Break every Thursday at 6:30pm for one of Joey's training sessions. You're never sure what he'll suggest for the day, but you can always be sure it'll be fun!

The Waterfront Triathlon will have come and gone by the time you see this issue.

Congratulations to Calder and Betsy Willingham as our race

directors for this event, and to Team Magic – especially Therese Bynum and Faye Yates - As of July 6th, there were 582 participants registered!

Missionary Ridge is right around the corner – and the FCA 5k will not be far behind. Get your registration in or call in to volunteer. Either way, make sure you're there!

If there's news, stories and/or pictures that are not in this issue that you believe need to be, please – *get involved*! JA needs contributors and supporters and, of course, our club depends on how involved we each are within it. Whatever your interest, apply it here. We've got a lot of great momentum going; it's a great time to jump in for the run!



Have a great one!

Bill Brock CTC President

LOOKING FOR SOMETHING?

The CTC Upcoming Race Schedule and the Area Race Calendar have been combined and can now be found on the back cover.

Love it? Hate it? Let us know!



UTC runners dominate BlueCross Riverbend RunBy John Hunt

The 2005 Riverbend 5K could easily have been renamed the UTC Reunion Race as both current and former Moc and Lady Moc standouts dominated.

Current senior Colin Sullivan was the overall winner in one of Chattanooga's largest races as he crossed the finish line on Pine Street in 15 minutes, 23 seconds to defeat former Moc Dwight Thomas by 15 seconds.

Rodney Stoker, another former Moc who is now the cross country coach at Bryan College, was third in 15:44. Geno Phillips and Curtis Gadula completed the top five with times of 16:08 and 16:16, respectively.

The women's race was a battle between UTC runners, both former and current, with Leah Moore Thomas taking overall honors in 18:16, finishing 19th overall in a field that included 708 participants who completed the distance.

Current Lady Moc Ellen Davis was seven seconds behind Thomas to claim second while Jan Gautier was the third female and 28th overall in 18:36.

Temperatures were abnormally cool for this June 18 event and many runners responded with personal best times. Sullivan is training for the Canadian Nationals in mid-July, so this race was a good measuring stick for him. He bolted from the starting line with intentions of running 15:10 or better, but he was happy nonetheless with a time just a few seconds slower.

"I wanted to run 15:10, but that may have been a little bit too optimistic. Dwight was with me for the first mile and a half, but that's when I made my move. I wanted to be a little quicker, but overall I'm pleased. I'm glad I was under 15:25. That shows I'm in some kind of shape," the slender 23-year-old Exercise Science major from Ontario added.

The 27-year-old Thomas is now a resident of Smyrna, Ga., and works in fund-raising for the American Cancer Society. He's currently logging between 60-70 miles per week, but he didn't have enough gas in his tank on this occasion to match Sullivan.

"It was okay, but Colin just had too much today. I just wanted to see if I could hang with him and it didn't go very well," he nodded.

Dwight's wife Leah had better luck as she came out on top in her bid for first place. She's currently a dietician at Georgia Tech and fast getting back into top-notch shape for racing like she did in years past for UTC.

"I started out too hard, but I'm getting there slowly but surely. That long straight stretch at the end was tough, but I think I'm finally getting back to where I used to be," she smiled before going out on a cool-down run.

Hugh Enicks and Mary Preisel were the Masters winners with times of 17:49 and 21:43, respectively.

While the younger runners often dominate and post the faster times, there were some members of the older age groups who proved they still have what it takes to be competitive.

Sergio Bianchini was the winner of the 60-64 age group with a 21:11 while Allen Buquo had an outstanding day to finish second with a 21:33. Jesse Roberson claimed first place in the men's 65-69 group with a 22:27.

"I just try to keep in shape, but there were several in the 60-64 group who beat me," the 65-year-old Roberson admitted. "I had to go back out and run this course again," he said.

Roberson may be 65, but he doesn't look a day over 45. And his workout regiment would lead you to believe he's much younger as he runs 7 miles a day and bikes about 250 miles per week.

Another runner with Chattanooga connections was present and competed, running the race with his 11-year-old son Alex. Kent Bradbury, who earned CTC Runner of the Year honors four years straight in the mid-90s, was in town long enough to run before heading to Florida on vacation with his family.

Bradbury is a chemical engineer in New Mexico and looks like he can still move pretty quick, although he will celebrate his 40th birthday on Sept. 23. He was content to run with Alex, who won his age group in 21:34.

Neither of the defending champions, Steven Kocsis or Lanni Marchant, were present to defend their titles. The popular race was sponsored by BlueCross BlueShield of Tennessee.

BlueCross Riverbend Run Results – 2005

		- 10 0 -									
MAL	LE OVERALL RESULTS		23	Chad Forsyth	27:11	36	Jamie Riles	29:17	17	Steven Bush	23:41
1	Colin Sullivan	15:23	24	Chris Bowlin	27:14	37	John M. Thompson	29:34	18	Barry Bell	24:04
2	Dwight Thomas	15:38	25	Casey Smith	27:42	38	Anderson Fincher	29:57	19	Ricky Park	24:13
3	Rodney Stoker	15:44	26 27	Thomas Parks Ivan Thomas	27:43 28:35	39 40	Bradford Banta Jason West	30:01	20 21	Scott Buffington Greg Poole	24:28 24:34
MAI	LE MASTERS OVERALL RES	IIITS	21	Ivan Inomas	20.33	41	Paul Brewster	30:06 30:18	22	Howard Reagor	24:36
1	Hugh Enicks	17:49	MAI	E AGE GROUP: 25 - 29		42	Eric Gibson	30:26	23	Doug Heming	25:23
			1	Curtis Gadula	16:16	43	Jason Brown	31:25	24	Jason Parker	25:42
FEM	MALE OVERALL RESULTS		2	Nicholas Wilkinson	17:37	44	Jeremy Taylor	31:29	25	Kevin Doheny	25:54
1	Leah Thomas	18:16	3	Kevin Bouche	18:36	45	Jim Carlone	32:20	26	Danny Fell	26:30
2	Ellen Davis	18:23	4	Nicholas Du Pey	19:01	46	Donny Cobb	32:40	27	Martin Simms	26:37
3	Jan Gautier	18:36	5	David Kieu	19:03	47	Scott Harrison	34:00	28	Charles Billingsley	27:15
FEA	MALE MASTERS OVERALL		6 7	Zach Cowart	19:42	48 49	Tom Marshall	35:26	29	Mike McMahon	27:31
	BULTS		8	Brian Addington Fred Wiechmann	21:11 21:23	50	David Cook Jacques Massey	35:30 35:53	30 31	David Eaton Douglas Brown	28:13 28:43
1	Mary Preisel	21:43	9	Michael Kettener	21:25	51	Tod Sharp	46:23	32	Ray Roddy	29:14
_			10	Brandon Herring	21:41				33	Darrell Walsh	29:27
MAL	E AGE GROUP: 8 & Under		11	Robert Greene	21:42	MAL	LE AGE GROUP: 35 - 39		34	James Post	29:30
1	Hud Bowers	21:49	12	William Smythe	21:44	1	Salvador Alcantara	17:09	35	Steve Tompkins	32:55
2	Robert Thompson	29:33	13	Justin Kilgore	21:47	2	Joe Sneed	17:50	36	Paul Reid	33:45
MAI	E AGE GROUP: 9 - 12		14	Eric Silberman	21:59	3	Mitchel Cox Tom Sell	17:58 18:22	37	Gary Keylon	34:48
1	Alex Bradbury	21:37	15 16	Jay Sims Rob Dunston	22:13 22:14	4 5	James Williams	18:22 18:41	МΔΙ	E AGE GROUP: 45 - 49	
2	Jeffrey Cutrer	21:44	17	Jason Cox	22:21	6	Thomas Hopper	18:44	1	Don Gregg	18:23
3	Isaac Pulido	22:48	18	Greg Danuser	22:49	7	Jeff Harwell	19:23	2	Cliff Milam	18:34
4	Jackey McGinness	23:14	19	Kevin McKenna	22:54	8	David Boozer	19:35	3	Jeff Richard	19:46
5	Nathan Gill	23:36	20	Jeff Poteralski	23:11	9	Bernardo Lopez	19:38	4	Jim Steffes	20:05
6	Andrew Harrison	26:36	21	Jeff Rawles	23:12	10	Blake Martin	20:16	5	Bruce Richie	20:07
7	Joey Rogers	26:44	22	Bill Copeland	23:16	11	David Morrow	20:41	6	Craig Morris	20:58
8	Kevin Gordon	28:47	23	Ted Kennel	23:37	12	Jay Gill	21:17	7	Terry Bailey	21:02
9 10	Eric Roddy Josh Deckelman	29:12 31:44	24 25	Raley Parker Jeremy Cardwell	24:08 24:14	13 14	Les Conner David Moghani	21:27 21:35	8	Logan Atkins Greg Bruner	21:27 21:38
11	Craig Daugherty	31:49	26	Nick Motto	24:14	15	Kent Bradbury	21:37	10	Terry Cook	21:49
12	Quinn McGinness	32:07	27	Chris McCreary	24:31	16	Mauricio Lino	22:08	11	Tim Holmes	21:52
13	Davey Eaton	38:47	28	Donnie Mullins	25:05	17	Russell Patterson	22:30	12	Douglas Daugherty	21:56
	•		29	Calvin Ball	25:08	18	Gary Roberts	22:37	13	Danny Gill	22:00
	E AGE GROUP: 13 - 18		30	Jim Williams Jr	25:36	19	Gary Kobet	22:48	14	Michael Leary	22:10
1	Cameron Bean	16:59	31	Justin Williams	25:40	20	Bidar Gopala	22:49	15	Robert Knies	22:50
2	Steven Fassino	17:17	32	Craig Bennett	25:43	21	John Holden	22:58	16	Jammy McGinness	23:15
3 4	Josh Shumaker Andrew Scarbrough	17:20 17:27	33 34	Julio Salinas Justin Hutsell	26:21 26:30	22 23	Craig Grimm Scot Davis	23:00 23:53	17 18	Allen Hughes Mitch Samuelian	23:21 23:32
5	Will Enicks	18:32	35	Dewarren Lamb	26:45	24	Phillip Avans	23:58	19	Walter Stamper	23:52
6	Carter Whittier	18:39	36	Wes Thompson	28:30	25	Bob Lewis	24:15	20	Kent Bowers	23:53
7	Justin Wild	18:40	38	Michael Mason	29:31	26	Mark Baker	24:18	21	Jim Hildebrand	23:58
8	Donald Humphreys	18:51	39	Jason Carroll	29:36	27	Erle Miles	24:28	22	Glen Allen	25:11
9	John Bruner	18:53	40	Russell Golden	29:48	28	Shawn Reynolds	24:30	23	Steve Johnson	25:28
10	Jonathan Barrow	18:57	41	Tim Vita	30:02	29	James Calderazzo	24:42	24	Bill Brock	25:48
11	Alex Oliver	19:35	42	Chris Watson	30:53	30	Mike Stipanov	24:56	25 26	Bob Wilson	26:56
12 13	Sam Ledford Tom Zylstra	19:59 20:38	43 44	Robert Kulisek Jon Vincent	30:54 33:13	31 32	John Turner Mark Bullock	25:24 25:24	20	David Mouron Kelly McCauley	27:04 27:06
14	Stephen Scarbrough	20:46	45	Brian Underwood	33:19	33	Frank Brady	25:34	28	Ian Harper	27:06
15	Chris Parrish	20:58				34	Scott Perren	25:51	29	Steven McNally	27:09
16	Christopher Chow	21:06	MAI	E AGE GROUP: 30 - 34		35	Jeff Wolford	25:52	30	Timothy Glascock	27:09
17	Kristopher McNally	21:38	1	Gene Phillips	16:08	36	Chris Potter	26:00	31	Randy Beckes	27:17
18	Andrew Bruner	22:06	2	Robert Gustafson	18:21	37	David Bostain	27:06	32	Doug Torrance	27:57
19	Brian Moran	22:06 22:39	3	Chris Wilson	19:00 19:38	38	Wirt Jones	27:07 27:30	33	John Gordon Gary Ray	28:13 28:33
20 21	Tyler Keys Cory Wilhoit	22:52	4 5	Frank Mathews Russell Barry	19:38	39 40	Jeffery Hyatt Robert Estoye	27:30	34 35	Trey Elmendorf	28:49
22	Paul Davies	23:01	6	Jon Hess	20:46	41	Danny Smith	28:11	36	Sanford Hall	29:09
23	John Marshall	23:35	7	Andy Jackson	21:00	42	Carl Miller	28:19	37	Bobby Legend	29:19
24	Andrew Enicks	24:27	8	Rob Standish	21:06	43	Bruce Roberts	28:31	38	Clell Logan	30:00
25	Charles Billingsley	27:09	9	Mike Alley	21:34	44	Kevin Whiteside	28:53	39	Bill Riner	30:01
26	Mills Simon	27:31	10	Shannon McKamey	21:48	45	Neal Gibson III	29:17	40	Mark Duggan	30:40
27	Jonathan Cutrer	32:48	11	Nelson Bowers	21:49	46 47	Chair Arms	29:23	41	Bobby Bowling Rick Allison	31:07
МАІ	E AGE GROUP: 19 - 24		12 13	Darren DeBaillon Rick Standich	21:57 22:03	47 48	Chris Arnt Steven Rowan	29:24 30:12	42 43	James Shank	31:54 32:14
1	Joseph Goetz	16:22	14	Adam Burnett	22:08	49	Travis Bowlin	30:57	44	Douglas Roselle	32:14
2	Spencer Whittier	16:40	15	Mark Stotts	22:22	5	Lee Deckelman	32:24	45	Ed Parrish	20:32
3	Chad Dean	16:41	16	Kevin Brown	22:46	51	Bob Harvey	32:50			
4	Ryan Heming	17:30	17	Curt Sims	22:47	52	William Fraser	33:53	MAL	E AGE GROUP: 50 - 54	
5	Andy Johnson	19:34	18	Foye Troute	23:03				1	John Walker	19:09
6	Landon Taylor	20:37	19	Jeff Tieden	23:08		LE AGE GROUP: 40 - 44	10.22	2	David Leatherman	19:12
7 8	Justin Silberman Justin Blair	21:11 21:13	20 21	Jon Ritterbush David Belitz	23:19 23:35	1 2	Juan Alcantora Dan Stanley	18:22 18:23	3 4	John Harrison H. Rick Rogers	20:33 20:37
9	Justin Blair Jimmy Moncrief	21:13	22	Trey Campbell	23:44	3	John O' Brien	18:23	5	H. Rick Rogers Michael Martin	20:50
10	Nik Meeks	22:19	23	Skip Schwartz	23:50	4	Chuck Denham	19:12	6	Tom Roark	21:41
11	Christopher Edwards	22:19	24	Brian Schenck	24:09	5	Louis Magee	19:14	7	Marvin Watson	21:59
12	Lim Seang	23:00	25	Steve Dennis	24:27	6	Bill Minehan	19:14	8	Randy Wood	22:06
13	Bob Kuban	23:06	26	Michael Dennis	25:07	7	Mark Miller	19:19	9	Kenneth Howcroft	22:27
14	Shawn Kelley	23:24	27	Aaron Melda	25:23	8	Randy Whorton	19:55	10	Richard Rogers	22:38
15	Danny Wade	23:52	28	Alvin Billones	25:25	9	Clifton Goodgaml	20:42	11	Michael Walker	23:10
16 17	Michael Lawrence	24:04	29	Chris McCormack	26:21	10	Sal Coll Charlia Bastraagal	21:03	12	Bob Sikorski Flalsh Cunningham	23:27 23:28
17 18	Ryan McNally Sammy Hall	25:15 25:26	30 31	Jason Hill Mark Rogers	26:23 26:29	11 12	Charlie Bastnaagel Randy Worde	21:18 21:32	13 14	Mark Rhoden	23:42
19	Mark Powers	25:41	32	Blake Roberts	26:32	13	Brian Crooks	21:32	15	Michael Mason	23:46
20	Michael Hunt	25:51	33	Stephen Long	26:41	14	Monty Riley	22:15	16	Gary Taylor	23:54
21	Daniel Chatham	25:51	34	Philip Stewart	28:19	15	Steven Wilson	23:21	17	David Martin	24:10
22	Thomas Stangarone	26:58	35	John Smith	28:36	16	John Roberts	23:36	18	Bill Overbrook Cricl	24:13

19 Spencer Evans

BlueCross Riverbend Run Results – 2005

24:33 MALE AGE GROUP: 70 & Over

	Spencer Evans	24:55		E AGE GROUP: 70	o a ovci		26	Emily Campbell			28:42	22	Dana Cagle	32:29
20	Robert Sellers	24:34	1	Arthur Knoll		27:10	27	Amanda Goodman			28:56	23	Renee Queen	32:45
21	Carter Lynch	24:45	2	Bill Kleber		28:43	28	Stacy Birchett		- 2	29:34	24	Joan Merryman	33:03
22	Thomas Sisemore	24:48	3	E. C. Keele		31:59	29	Amy Bryant			29:38	25	Meghan Roach	33:26
23	Dennis Henderson	25:08	4	B. P. Daniel		37:19	30	Naylene Orr			30:46	26	Nehtisha Hatcher-Smi	33:43
24		25:33	5	Bruce McDuffie		1:00:14	31				30:59	27	Kim Hale	34:03
	Wayne Suddaby		5	Diuce McDuine		1.00.14		Amy Carpenter						
25	Mel Pyles	26:13					32	Lindsey Trotter			31:19	28	Angie Freye	34:09
26	Rick Whitt	26:18		ALE AGE GROUP:	8 & Una		33	Kresta Toeppen			32:55	29	Haley Brown	34:09
27	John Blake	26:30	1	Jessica Harrison		34:06	34	Tina Taylor			32:55	30	Emily Breeding	34:19
28	David Shepherd	26:31	2	Caroline Duggan		39:02	35	Audra James			33:20	31	Tanya Harwell	35:22
29	Harrell Cox	26:41					36	Michelle Loveless			33:22	32	Tara Jungersen	36:08
30	Bill Colvin	27:33	FEM	ALE AGE GROUP:	9 - 12		37	Laura Moran			33:44	33	Laurie Cowart	35:46
31	John Eberhart	27:52	1	Stephanie Shipley		22:41	38	Nita Rench			34:16			
32	Don Lastine	28:14	2	Kaitlin Robinson		23:35	39	Louellen Smith			36:09	EEM	ALE AGE GROUP: 35 - 39	
33		28:16	3			25:39	40				39:18	1	Krista Torrance	21:36
	Steve Brooks			Caitlin Duggan				Jennifer Edwards						
34	Charles Edwards	28:23	4	Mary Griffin		26:34	41	Amy Phillips			39:33	2	Tresa Adams	22:31
35	Allen Upton	29:32	5	Megan McMahon		27:31	42	Jessica Hash			42:54	3	Heather McLean	23:10
36	James Burgess	30:21	6	Maggie Fraser		29:00	43	Nikki Sexton		4	45:47	4	Jennifer Newton	23:56
37	Andy Kemp	30:49	7	Niki Grein		29:57						5	Anna Morgan	23:56
38	Jerry Ferrari	31:23	8	Ashley Riner		30:01	FEM	ALE AGE GROUP:	25 -	29		6	Nancy Dodson	23:59
39	Vince Vita	32:24	9	Faith Deckelman		32:24	1	Rachel Wilson		1	22:55	7	Emily Patton	24:06
40	George Skonberg	32:31	10	Rachel Reid		33:45	2	Makala Bumgarner			23:14	8	Kristy Mara	24:16
41	Bill Moran	33:44	11	Carisa Conner		33:49	3	Kathryn Copeland			23:17	9	Mary Johnson	24:45
42	Barry Wagner	34:59	12	Laila Kaddoura		40:14	4	Leah Golden			24:00	10	Melissa Smeltzer	24:52
43	Chet Kato	36:05	13	Cassidy Andrews		40:16	5	Amy Balmer			24:14	11	Sonya Reagor	25:11
44	Gary Thomas	36:20					6	Kelley Conn			24:51	12	JoAnna Johnson	25:21
45	Michael Benson	43:19		ALE AGE GROUP:	13 - 18		7	Denise Smith			25:19	13	Vanessa Hammond	25:22
			1	Shelley Taylor		20:37	8	Mary Winkler		1	25:21	14	Jenni Berz	25:42
MAL	E AGE GROUP: 55 - 59		2	Tifany Palmer		20:59	9	Amy Gugliota		1	25:31	15	Wendy Kelly	25:50
1	Terry Webb	20:02	3	Charity Blair		21:52	10	Missy Greene		- 2	25:43	16	Maureen Sullivan	25:52
2	Tommy Sims	21:20	4	Laura Lawman		22:02	11	Hillary Smith			25:49	17	Tracie Dennis	25:53
3	Bill Lane	23:48	5	Jessica Duble		23:38	12	Jennifer Thomas			26:13	18	Lori Puckett	26:12
4	Butch Cooke	23:55	6	Laura Kilpatrick		25:03	13	Erica Hutsell			26:18	19	Danna Vaughn	26:40
			7										U	
5	Thomas Grinder	24:03		Catherine Dorn		25:11	14	Ellie Mirrielees			26:22	20	Krista Stein	26:49
6	Davor Lovincic	24:55	8	Marissa Keen		25:45	15	Terry Zoch			26:28	21	Samantha Smith	28:10
7	Earl Kelle	25:38	9	Megan Bruner		25:55	16	Emily Smith			26:35	22	Tara Thompson	28:49
8	Steve Butler	25:54	10	Alex Noll		25:58	17	Jill Sizemore		1	27:04	23	Alisa Stipanov	29:17
9	David Sanders	26:16	11	Jessica Maynor		26:02	18	Katie Donovan		1	27:21	24	Barbie Stewart	29:33
10	Bob Cutrer	26:26	12	Cameron Goss		26:15	19	Angela Cecil		1	28:05	25	Cindy Pugh	29:39
11	Danny Smith	26:49	13	Palmer Griffin		26:25	20	Ginger Isom			28:09	26	Chrissy Fletcher	29:41
12	Vance Ferguson Sr	27:13	14	Jennifer Gordon		26:45	21	Laura Fleming			28:24	27	Laura Rufolo	29:46
13	Chuck Allen	27:23	15	Karruh Leary		27:28	22	Kelly Grubbs			28:35	28	Sue Moore	29:52
14	Jim Villers	27:24	16	Rebecca Simons		27:42	22	Sara Siberman			29:15	29	Carolyn Money	30:39
	2													
15	Rob Archer	27:27	17	Kaitlyn Whiteside		28:53	23	Haley White			29:50	30	Kimberly Shelby	31:20
16	Louis Anderson	28:02	18	Meredith Milligan		29:08	24	Julia Moran			30:27	31	Deanna Eaton	32:04
17	Charles Skanes	28:26	19	Katelyn Campbell		29:57	25	Heather Kulisek			30:54	32	Maria Carlone	32:19
18	Paul Conn	20.20	20	Elizabeth Grubba		20.04	~ /				21.02	22	Amanda Newlson-Varne	32:48
10	raui Comi	28:29	20	Enzabeth Grubba		30:04	26	Alison Davis			31:03	33		34.40
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BlueCross Riverbend Run Results - 2005

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19	Yvonne Kilpatrick	39:06	13	Terry Brown	31:25				1	Girtie Locke		



2005 BlueCross Riverbend Run

Rita Fanning,

BlueCross Riverbend Run Race Director

Perfect weather for a June race brought out record numbers for the 2005 BlueCross Riverbend Run on the 18th. Last year, there were 751 participants in both the 5K and 1-mile events. This year 929. We had planned for approximately 100 more participants. We ordered 850 T-shirts. Refreshments were ordered based on 850. Needless to say, not everyone got a banana, but more importantly not everyone got a T-shirt. Additional shirts are on the way. Those who put their names and shirt sizes on the list will be able to pick their T-shirts up at the Friends of the Festival Office, 180 Hamm Rd, after July 11.

Our sponsor, BlueCross BlueShield of Tennessee was so wonderful to work with. How did you like those huge mile markers? That was just one of the many things BlueCross did to help make this a first class event. Scott Wilson, who I worked closely with on the race, is a first class kind of guy. Linda Andreae and Jane Overbeck were never far away with their valuable input.

A big thank you, no a huge thank you to the fantastic volunteers. Quite a few were BlueCross employees who have helped out for

many years. There were some new faces at volunteer orientation too. Several volunteer positions require more experience than others, and I want to thank Rusty Howell, Taylor Watson, Sena Bolton, Eva and Dick Dillard, Bill Gautier, Tony Arnold, James Dravland, Elaine and Charlie Roberson, Willanna Roy, and my husband, Leroy, for their valued assistance. Several UTC sports management majors were a great help as well.

You may have heard that we will be adding a 10K event (in addition to the 5K and 1-mile) next year. This is true. We will be looking for a course very soon and planning for the 2006 race will start this fall. We know we need to do a better job with chip retrieval and refreshments. Other suggestions are welcome. Please email your comments to me, ritafanning@mindspring.com.

If you participated in the race or volunteered this year, thank you. If not, come next year to see what a "first class" race is all about.



CTC Runners Participate in National Senior Games

By John Walker

More than 10,000 athletes from all 50 states participated in the National Senior Olympics in Pittsburgh, June 3 - 18. CTC runners Sergio Binachini and I were among the 500 from Tennessee. Our journey to the Sr. Games began last spring at the Chattanooga regional event, followed by both of us winning our age divisions for the 5K and 10K at the state level in Clarksville last summer. That qualified us for the national games, which are held every other summer.

The games in Pittsburgh included events in 18 different sports including track & field, basketball, cycling, swimming, archery, and of course, shuffleboard. The venues were the University of Pittsburgh sports facilities and a large Allegany county park.

The 5K race on Saturday morning was our first introduction to an impressive group of more than 200 fast and feisty senior athletes. Just lining up for the start was a bit of a challenge as these runners' idea of seeding was to just crowd the starting line. The rolling hills on the course didn't seem to bother Chuck Hull (Wisconsin), the winner in the 50 - 54 age group, who finished in 17:43. Sergio and I felt lucky to finish in the middle of our age groups. The event coordinators had an interesting scheme for identifying runners by age group. Each runner had a color coded bid number which was worn on your back in addition to the typical front bid number (and I just hated to see those green 60 year olds pass me by!)

To give you a feel for the level of competition, here's a few of the winning 5K times:

Overall Men	17:43
Overall Women:	20:39
60-64 Men:	19:04
60-64 Women:	26:24
70-74 Men:	22:57
70-74 Women:	30:44
85-89 Men:	30:43
85-89 Women:	49:36

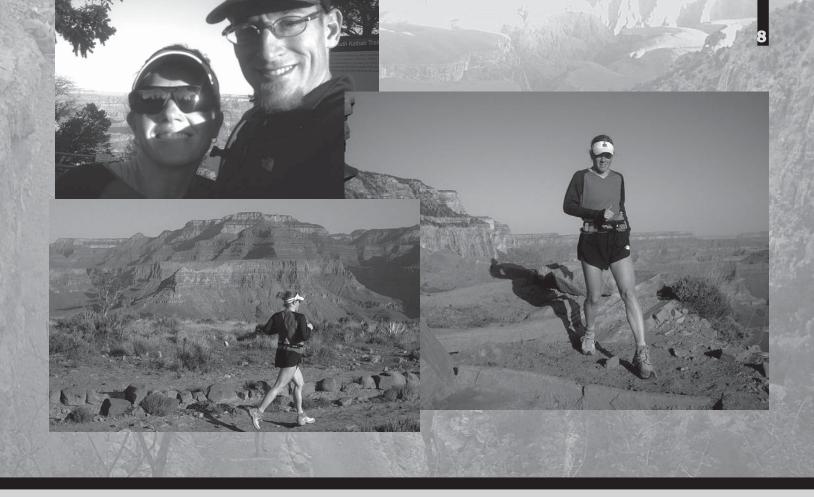
The 10K wasn't held until Monday so I took advantage of the "off day" to compete in the sprint triathlon, which was quite unique. The swim was held in the largest pool I'd ever seen (100 meters wide, 250 meters long). The bike route was 5 laps of a 2.5-mile loop including a screaming downhill with a sharp curve at the bottom, complete with hay bales to cushion those going too fast. Finally, the 5K run was on a wet and rocky, single-track hiking trail. Again I felt fortunate to finish close to the middle of my age group.

Monday's 10K was a late 9:30 am start in warm and sunny conditions. Most of the participants had done the 5K on Saturday, so there were many familiar faces and time for conversation. There was quite a bit of pre-race "jarring" going on between the senior competitive racers. My favorite, between two 70+ speedsters went like this: "Weren't you wearing that knee brace on the OTHER knee for the 5K? You're not a switcher, are you!"

For over a mile and a half I thought that the 10K course resembled the Hog Pen Hill Climb (Helen, Georgia) except that we were running in 80 degree temperatures, not 20 degrees. The "youngster" from Wisconsin (Chuck Hull, 51) was again the overall winner with a 38:49. Sergio pulled out a 46:03 to finish 5th in his age group, earning a ribbon for his efforts.

At the Senior Olympics they combine the opening and closing ceremonies into one event called the "celebration of athletes". All the participants sit in the Carnegie Arena and each state is recognized. It was very moving to see the fitness, participation and excitement of the athletes and families. I recommend anyone (50 and over) to participate in next year's local and state games. I had a great time and am looking forward to competing with the "old guys" again in the next National Senior Olympics in Louisville, Kentucky in June 2007.

I'd like to thank BlueCross BlueShield of Tennessee (our new CTC sponsor) for their support and sponsorship of the local and Tennessee State Senior Games. If you're interested in participating, check out the Tennessee Senior Games web site, www.tnseniorgames.com, for information.



Running the Grand Canyon

By Matt Sims

As a high school graduate I had the opportunity to hike the Grand Canyon. It was a 3 day backpacking trip that is still very memorable to me today. During that particular trip I had quite an epic adventure which involved dehydration, heat exhaustion and a trip in the ambulance. Oh yeah, I failed to mention the small avalanche and the homemade splint for my leg using my tent pole. Needless to say I had to re-visit the Grand Canyon to redeem myself.

This past April, Natalie and I went to do Ironman Arizona in Tempe. I figured since we were so close to the Grand Canyon, it would be a perfect opportunity to go venture into the big pit one more time. This time we would be running with small hydration packs with the goal of going down to the bottom and back out in a few hours.

We made reservations at Yavapai Lodge which is located in close proximity to the South Kaibab trail head. We started off at 6:00am to get an early start on the heat of the day. The South Kaibab Trail is 6.3 miles and very steep. Lots of switch backs drop you down into the lower earthly regions very quickly. The total elevation drop is close to 5,000 feet. There is no water on this trail and very little shade which is why it is best to start on the Kaibab. We ran down to the bottom of the Canyon in about 1 hour and 30 minutes and stopped in at the Phantom Ranch. We stopped for about 30 minutes and enjoyed coffee and bagels which you can purchase at the canteen located at the Phantom Ranch

After we stretched the quads a little bit and got our fill of breakfast we headed back out of the Canyon on the Bright Angel Trail. The Bright Angel is a longer trail and not as steep. Plenty of shade and a nice water stop half way up the trail. The total distance is 9.5 miles and elevation gain is 4,400 feet. The Bright Angel trail crosses over the Colorado River and runs along the river for about 1 mile before it starts to climb out towards the upper plateau. The Indian garden campground is mid way on the trail and a great place to take a little water break. This is about the time where you have to start battling the mule trains. In the preparation of this run we purchased some saltine crackers, mozzarella cheese sticks, and some beef jerky. This provides a nice snack, plenty of sodium and calories. We stopped at the Indian Gardens to eat this well thought out lunch when Natalie discovered that I somehow lost all but 2 packs of saltine crackers. I told Natalie that marriage required sacrifice. She didn't think that was funny.

When we arrived at the top we enjoyed a nice lunch at the Grand Canyon lodge. The total trip is 16 miles with 9,400 feet of elevation change. We highly recommend taking a trip to run the Grand Canyon. If you're a real runner like Sheridan Ames you can run the Rim to Rim to Rim, which totals about 40 miles.

III TECHNOLOGYPROJECTS

Web Application Design & Development

Web Application Design & Development



Cold Fusion Server Windows 2000 IIS5.0 SQLServer 2000 Javascript ASP VBScript

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Technology Projects 1840 Auburndale Ave Chattanooga, TN 37405

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1920 Northpoint Blvd Between Home Depot & Lowes in Hixson On Friday, June 24, 2005, thirty-six hot and hungry Chattanooga Track Club members and their families converged on Out of the Blue, a little haven in the Hubert Frye Center, by the Riverwalk and children's play ground, where the air conditioning was enjoyed by all the CTC participants on this hot and humid day. The Roselle's, members of the Chattanooga Track Club, own this cool, great place to take the family. In addition, to all the fun things around them to do and good food, they have

We had plenty of hotdogs, chicken salad, fruit, chips, tea, lemonade, and assorted breads, then after Beulah embarrassed Cleatis (aka Bill Brock) with a flowered-swim cap to participate in the Chattanooga Waterfront Triathlon and other triathlon volunteer paraphernalia; we had delicious ice cream and gave away door prizes supplied by Front Runner Athletics and an anonymous water-gun source.

some pretty exotic kites, which they sell.

A good time was had by all, even though no running was to be done on this hot evening. We were grateful for the good food, cool place and good company.

Afterwards a few brave souls went out and played Frisbee (supplied by Matt Sims of the North Face) in the heat while the kids were out on the playground. The die hard runners pretty much headed home to get ready for their Saturday morning run(s).

We really enjoyed the evening and want to thank Doug and Peggy Roselle and their employees for the wonderful evening.



32nd Annual Missionary Ridge Road Race

With the firing of the starting gun promptly at 8:00 a.m., runners in the 32nd Annual Historic Missionary Ridge Road Race will begin the 4.7 mile race meandering at scenic Bragg Reservation on Missionary Ridge on August 6, 2005. The race proceeds will benefit the Chattanooga-Hamilton County Chapter of the American Red Cross. The entry fee is \$15.00 before August 1st and \$18.00 for the day of the race and after the 1st.

Dan Bailey, Race Director and Chairman of the American Red Cross board said, "We want this year's race to be huge and we are hoping to have over 400 participants." After last year's successful implementation of honorariums dedicated to recognizing former and current members of the U.S. Armed Forces the American Red Cross has decided to once again honor American soldiers. Family and Friends will be able to purchase honorariums for \$10 each, consisting of white bags with American Flags and the honoree's name printed on the front. The honorariums will line the ellipse at Bragg Reservation for the runners and their families to enjoy.

This year, as in years past, there is no parking available at Bragg Reservation, but parking and shuttle service will be available at First Lutheran Church at 2800 McCallie Avenue. The shuttle service will operate from 6:30 a.m. to 10:30 a.m. Awards this year will go to the top overall male and female; top overall male and female masters; and, top three male and female participants in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & better



"The Missionary Ridge Road Race is really a fun race where the local residents will bring their morning coffee out on their front porches to get front row seats to all the action. In a unique tradition, one local ridge resident, Mrs. Stamper, is always happy to relieve the runners with her garden hose as they run by her lawn," Bailey said.

For more information about the Missionary Ridge Road Race contact the American Red Cross at (423) 265-3455. Race participants may also register online at www.active.com.

Get Ready For the FCA 5K and Kiddy 1K

As you put together your end of the summer racing schedule, don't forget to include the Fellowship of Christian Athletes (FCA) 5Kand Kiddy 1K on Labor Day, September 5th in your plans. The seventeenth running is the flattest and fastest certified 5K course on the CTC schedule. A perfect race to get ready for the fall cross country and road racing season. The race and walk begin and end on the campus of Chattanooga State, with the majority of the race on the new and improved Tennessee RiverPark. The race will start at 8:00 am and the walkers at 8:05 am. The Kiddy 1K will start at 9:15 am.

The mission of the FCA is "to present athletes and coaches, and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the Church". The FCA focuses on teaching positive personality traits and in our middle schools, high schools, and colleges, and standing up for your faith. Your entry fee and donation

goes towards a college scholarship for a deserving FCA high school senior. This is a tradition started by Louis and Sandy Priddy in 1988.

Our focus is on providing a great race and a good time for the entire family. As always, to encourage full family participation, the early entry fee is a low \$15 per person or \$45 for an entire family. With cross-country season just beginning, the entry fee is \$12 per athlete and with a total team entry fee at \$60. And don't forget the ever popular post-race Kiddy 1K for the kids age seven and under for \$2. Natalie and Zachary are ready to take on all challengers. So register early and take advantage of these discounts.

The FCA 5K also provides the largest number of age-group awards (90) of any CTC race. Winners in the Overall, Masters, and Grand Masters will receive \$50 gift certificates courtesy of Outback Restaurant. We will be giving away great post-race door prizes courtesy of New Balance (5 pairs of shoes), and Front Runner (ok, I had to

mention the store). As always, we will have plenty of post-race refreshments courtesy of Powerade.

Please remember the financial sponsors who provide money to support this great cause and only ask for your consideration if you are in need of their services. These include North River Physical Therapy and Bruster's Ice Cream.

See you on Labor Day!!

Chad, Denise, Natalie and Zachary Varga

2005 Waterfront Triathalon

By Betsy and Calder Willingham

We are now well over 400 entries and still going! Lots of excitement! Just think what we will have next year!

Still need volunteers! We are having a volunteer party on the Friday night before the race at the Waterfront at 7:00. Free beer and food!

Reynolds Fisher and Theresa Bynum (of Team Magic) swam the course today and it was awesome. With the current, their normal swim times of 25 minutes were closer to 15 minutes.

They also ran the course and we have decided on an out and back course. The stairs down to the new floating docks are just too steep for tired legs!

The bike course should be fast! It will be out Amnicola to Chatt State and back for two loops. Very flat except for the little riser just under the Walnut Street Bridge.

The run will also be fantastic! Out of the bike transition, down the grassy hill to the docks, along the docks by the new fountains, up the new "Passage" (I call it the Trail of Tears) to Market Street, up 1st street by the new sculpture garden to Walnut Street, across the new walking bridge, thru Hunter's parking lot, thru the Art District, out the Riverwalk, and then back!

There should be lots of places for spectators: the Waterfront itself, the Walnut Street Bridge, the coffee café in the Hunter, etc.





Remember: almost \$5000 will be awarded to you amateurs, we will have baby sitter service (thanks to the Sports Barn), fun things for the kids at the site, an expo, and a post race party with hamburgers & hot dogs, cokes, etc., and 10 kegs of beer!

This is the big fund raiser for the CTC, so come help support it and talk it up!



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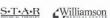




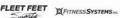
















The Pruett Financial Group







Labor Day Monday, September 5, 2005

6:00	a.m	Registration & Packet Pickup.
7:00	a.m	.Start 10K
8:30	a.m	.Start 5K Run & Walk
9:15	a.m	.Awards Ceremony

Online Registration (no need to fill out form below) Available at our website: www.franklinclassic.org

Mail-In Registration (one form per race/walk entrant)

O 10K Run O 5K Run O 5K Walk O 10K Wheelchair Division Zip Code Birthdate (mm/dd/yy) OM OF

Date: _

Waiver (must be signed!)

ALL ENTRANTS AND PARENTS OF ENTRANTS UNDER AGE 18 MUST SIGN WAIVER BEFORE ENTRY CAN BE ACCEPTED. I absolve, on behalf of myself and my heirs or assigns, all sponsors, and anyone involved in this run from any liability for any damages, injury, or illness suffered by me in connection with this run, either during this run or as a result of having participated in it. If I should suffer injury or illness, I authorize officials to use their discretion to have me transported to a medical facility, and I assume full responsibility for this action, completely absolving the aforementioned sponsors and officials of any responsibility thereof. I hereby grant full permission to any of the foregoing to use my likeness or any other record of the event for legitimate purpose. I also understand that I am to return the ChampionChip Timing Device issued to me or I will be responsible for a \$30.00 replacement fee.

/ /05		
/ / 00	_ Date:	
- A-1		

Fees:
Early Registration (by Aug 29)
Adult
Registration (after Aug 29)
Adult \$ 25.00
Child (12 and under) \$ 20.00
Run Both Events \$ 30.00(10K and 5K)
Optional\$ (Donation to Mercy Children's Clinic)
TOTAL ENCLOSED\$
Method of Payment:

Make checks payable to: Mail to:

Franklin Classic FRANKLIN CLASSIC Mercy Children's Clinic Direct any inquiries to: PO Box 1346 615-790-0567 x300 Franklin, TN 37065-1346 MCO AmexO VisaO Credit Card # (please do not leave space between numbers):

exp. date (MM/YY)

/ 05

Please print name as It appears on the card

Sianature

Joe McGinness Runner of the Year

New Races and Current Totals

new Races and	Curr	ent rota	IS								
	TOTAL	VOLUN-	CHICK.		RIVERBEND		TOTAL	VOLUN-	CHICK.		RIVERBEND
_		TEER	CHASE	OF MARCH	RUN	D. 1 mg	0.0	TEER		OF MARCH	
Overall Men						Bud Wisseman	80	_	80	_	_
M - Joe Johnson	180	_	80	100	_	Ronnie Bryson	80	_	_	_	80
M - Don Gregg	130	_	_	80	50	Ted Hegenbarth	70	_	70	_	_
Robert Gustafson	110	_	40	_	70	Jesse Roberson	70	_	_	_	70
GM - John Walker	100	_	10	90	_	_					
M - Tim Ensign	100	_	100	_	_	Overall Women					
Kevin (Geno) Phillips	100	_	_	_	100	Nancy DiVasto	280	_	90	100	90
M - Chad Varga	90	_	90	_	_	Michelle Meek	200	_	60	80	60
Joseph Goetz	90	_	_	_	90	Belinda Young	160	_	80	_	80
James Williams	80	_	50	_	30	Jan Gautier	130	30	_	_	100
M - Hugh Enicks	80	_	_	_	80	M - Casey Braddock	100	_	100	_	_
111 Tragii Elileks	00				00	Julie Spencer	90	_	_	90	_
Junior Men						Melissa Smeltzer	80	_	30	50	_
Tyler Keys	290	_	90	100	100	Rachael Wilson	70	_	_	_	70
Marco Bianchini	180	_	80	100	-	Lisa Barrett	70	_	_	70	_
Brandon Lord	100	_	100	-	_	Christie Sell	70	_	70	_	_
						M - Janice Cornett	70	_	40	_	30
Jackey McGinness	90	_	_	-	90	in James Gomett	, 0		10		30
Nathan Gill	80	_	_	80	70	Junior Women					
Andrew Enichs	70	_	_	_	70	Caitlin Duggan	300	30	80	90	100
Richard Park	70	_	70	_	-		200		100	100	
Kevin Gordon	60	_	_	_	60	Shelby Hudson		_			-
William Park	60	_	60	_	_	Jennifer Gordon	170	- 20	90	_	80
Quinn McGinness	50	_	_	_	50	Caroline Duggan	150	30	60	_	60
						Ashley Riner	140	_	70	_	70
Adult Men						Jessica Maynor	90	_	_	_	90
James Williams	170	30	90	_	50						
Robert Gustafson	160	_	80	_	80	Adult Women					
David Richter	150	_	50	100	_	Nancy DiVasto	290	_	100	100	90
Tommy Hopper	140	_	100	_	40	Michelle Meek	210	_	70	80	60
Brenton Floyd	110	_	20	90	_	Lisa Barrett	190	_	40	70	80
Chris Wilson	100	_	70	_	30	Jan Gautier	130	30	_	_	100
Tom Sell	100	_	30	_	70	Melissa Smeltzer	110	_	50	50	10
Kevin (Geno) Phillips	100	_	_	_	100	Belinda Young	90	_	90	_	_
Joseph Goetz	90	_	_	_	90	Julie Spencer	90	_	_	90	_
Nik Meeks	80	_	_	80	_	Christine Sell	80	_	80	_	_
1 (111 1/100110)	00			00		Rachel Wilson	70	_	_	_	70
Master Men						Joan Vos	60	_	60	_	_
Don Gregg	230	_	50	90	90	J.					
Joe Johnson	180	_	80	100	_	Master Women					
Jim Steffes	120	_	_	80	40	Sherilyn Johnson	230	_	80	100	50
Jeff Richard	120	_	60	_	60	Christine Post	230	_	60	90	80
Chuck Denham	120	_	40	_	80	Janice Cornett	180	_	90	_	90
	100		100	_		Sarah Bowen	170	_	70	_	100
Tim Ensign		_		_	100	Sharon Armour	160	_	40	80	40
Hugh Enicks	100	_	-	_		Melodie Thompson	130	_	50	70	10
Chad Varga	90	_	90	_	_	Casey Braddock	100	_	100	_	_
John Gracy	70	_	70	-	_	Linda Spencer	100	_	-	100	_
Bruce Conn	70	_	_	70	-	Cindy Smith	90	_	30	_	60
Bill Minehan	70	_	_	-	70	Missi Johnson	70	_	_	_	70
Orand Master Man						Wilssi Johnson	70	_	_	_	70
Grand Master Men	200		4.00	4.00	4.00	Grand Master Women					
John Walker	300	_	100	100	100	Amy Mullens	290		100	100	90
Rick Rogers	160	_	90	_	70	Sue Anne Brown	190	_	90		100
Nick Honerkamp	150	_	60	90	_			_		_	
Michael Martin	130	_	70	_	60	Eileen Johnson	160	_	80	_	80
Richard Rogers	90	_	50	_	40	Darlia Conn	130	_	_	90	40
Randy Wood	90	_	40	_	50	Joan Heam	130	_	70	-	60
Terry Webb	90	_	_	_	90	Deborah Campbell	70	_	_	_	70
Joe Axley	80	_	_	80	_	Sandra Armstrong	60	_	60	_	_
Steve Rogers	80	_	80	_	_	Judith Chestnutt	50	_	50	_	_
John Harrison	80	_	_	_	80	Jane Phillips	50	_	_	_	50
Senior Men						Senior Women					
Sergio Bianchini	300	_	100	100	100	Betty Burrell	100	_	_	100	_
Walter Sinor	200	_	60	90	50	Liz Benton	100	_	100	_	_
Jim Selman	140	_	_	80	60	Bonnie Wassin	100	_	_	_	100
Doug Hawley	130	_	90	_	40	Susan Harrison	90	_	_	_	90
David Wycherley	100	_	30	60	10	Girtie Locke	80	_	_	_	80
Rocco Lepere	100	_	_	70	30	Edwina Cohen	70	_	_	_	70
Allen Buquo	90	_	_	-	90						
1					. ~						

Travel or Home Fitness Package Offered by Personal Fitness Specialists

Package includes: Resist-A-Ball (exercise ball)

Four illustrated charts depicting specific exercises for the ball: Abs & back, total body, advanced exercises and stretching

Three exercise bands of various resistances and door attachment Instructions demonstrating band exercises for all muscles groups in upper and lower body

Total package Fee: \$150

FOR MORE INFORMATION CONTACT TERESA WADE AT 490-0465

Personal Fitness Specialists Presents: Think Light

Question: WHAT IS THE THINK LIGHT-LOWFAT LIVING PLAN?

Answer: THINK LIGHT is a 12 week low fat living program to show uninformed individuals how to eat responsibly. There are seven THINK LIGHT habits outlined in the program:

- 1. If you want less fat on you, put less fat in you
- 2. Eat foods high in complex carbohydrates and fiber with every meal or snack
- 3. Eat less, more often
- 4. Find ways to include enjoyable exercise in your life
- 5. Think light every day
- 7. Keep the process of change moving forward by recognizing and stopping negative self-talk before it stops you
- 7. Always remember there is no such thing as cheating, there is only wandering. Wandering is not wrong or bad, wandering is normal.

THINK LIGHT is not a diet. It is a lifestyle change, and it tackles the issues of boredom and long-term effectiveness. THINK LIGHT not only gives dietetic and exercise support. It also addresses the emotional and mental issues that come with changing your lifestyle.

The Sports Barn restaurant downtown is going to be a key ingredient for the new THINK LIGHT program. Everyday, the restaurant will be providing a THINK LIGHT menu choice. These meals come straight from the THINK LIGHT program.

The Long Run

The Endowment Fund of the Chattanooga Track Club

By George Skonberg

2005 will be a year that is long remembered by the Chattanooga Track Club for progress, rejuvenation, and realignment. So much is happening in the CTC that will benefit all of us as runners and fitness enthusiasts, truly a banner year in many ways. We may have to amend the bylaws to establish Bill Brock as *imperial-president-for-life!*

I am very excited to announce another major step for the Chattanooga Track Club. In our last board meeting, we adopted a resolution establishing an Endowment Fund for our club. I have included the text of the resolution. The Endowment Fund is established to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club, and it will be know simply as "The Long Run". Last year the CTC received a very kind and generous unsolicited donation, and we voted to earmark a portion of that gift as seed money for the Endowment Fund. I hope that each and every one of you going forward will think about the fund for memorial and honorarium gifts, or even simply when your health and fitness makes a difference in your lives or the lives of others. With your help and the benefit of time and compounded investment returns, The Long Run will have a substantial economic impact on our fitness community for years to come. Please help it along any chance you get!

Resolution of the Chattanooga Track Club for the Establishment and Policies of an Endowment Fund.

1. The Endowment Fund is established to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club.

- 2. The Endowment Fund will be known and referred to as "The Long Run the Endowment Fund of the Chattanooga Track Club", or simply "The Long Run". The Fund will utilize the same Tax Identification number of the Club.
- 3. Any individual or organization can make gifts to The Long Run. Gifts to The Long Run can be made for any reason, including but not limited to gifts of memorial, honorarium, or thanks.
- 4. When a gift to The Long Run is received, the President of The Chattanooga Track Club will notify those (or a family member) who are honored, thanked or memorialized by the gift and by whom the donation was made.
- 5. The donor of a gift to The Long Run will receive an acknowledgement letter of their gift from the President of the Chattanooga Track Club including information as to the taxdeductible status.
- A section of the "Jogging Around" newsletter will maintain a permanent display of The Long Run that will include the purpose of the fund and a list of gifts made during the period (the donor and honoree's name will be listed unless otherwise requested, but not the amount of the gift). Once a year, following the installation of new Club officers, the outgoing chairman of The Endowment Committee will include an annual report of the Fund in this section of the newsletter. This report will include the previous year's balance, ending year's balance, total gifts received, and total disbursements made.

- 7. The Long Run will be monitored and administered by the Endowment Committee, which will consist of the Club's Treasurer and a qualified board member or officer who will serve as the chairman of the committee.
- 8. The Endowment Committee will be responsible for the investment and administration of the Fund's assets.
- 9. The investment policy of The Long Run will initially be very general in nature, but will attempt adhere to the following guidelines:
 - The expected annual rate of return will be a minimum of five percent annualized over a rolling three-year period.
 - b) Assets will be invested in a no-load mutual fund.
 - c) The mutual fund investment should maintain a below-average expense ratio, maintain a prudent asset allocation across the broad investment categories, exhibit acceptable risk/reward characteristics and achieve a rating of at least 3-star by Morningstar®.
- 10. It is expected that as The Long Run's assets increase, the Investment Policy will be modified to meet the needs of the Club and the Fund.
- 11. At the time of the annual report of The Long Run, up to five percent (5%) of the Fund may be transferred to the general operating fund of the Club to

fund operations and programs in support of its mission. If so voted by a majority of the board, a disbursement of a lesser amount is allowable depending upon the needs of the Club. A disbursement will not be made during any year that the Fund fails to achieve an annualized return of at least five percent in the previous three-year period.

- 12. With approval of at least two-thirds of the membership of the Club, funds in excess of the five percent annual limit may be transferred to the general operating fund of the Club. Such a transfer of funds shall be discouraged unless absolutely necessary for the continuation of the Club.
- In the unlikely event of dissolution of The Chattanooga Track Club, the Fund will be distributed in accordance with the bylaws.

The Long Run

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

Memorial Gifts

In Memory of

Dr. John Bolinger
given by

Mr. and Mrs. George Skonberg

In Memory of

Mr. George Frank
given by

Mr. and Mrs. George Skonberg

Gifts to The Long Run in memory of friends or loved ones become legacies to the community. When a memorial gift is received, the Club immediately notifies family members or friends as instructed, as well as the donor. The Chattanooga Track Club is committed to being a good steward of these gifts and use them to help support the mission of the Club.

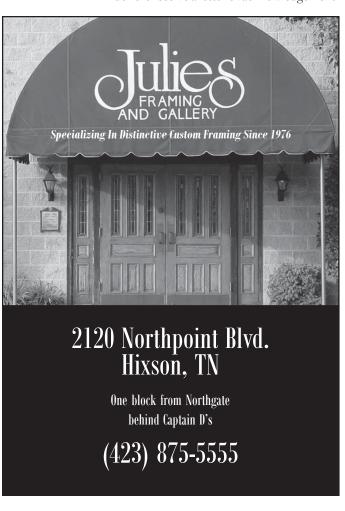
Honorary Gifts

Gifts to The Long Run are a meaningful way to honor a marriage, a graduation, the birth of a child, a retirement, or to say thank you. Honorees receive a letter announcing your thoughtful gift, and donors receive a letter of acknowledgement.



www.marathoncrazyhats.com

We make specialty running hats so that your fans can see you in the masses at your next big race. Express your personality while standing out in the crowd. Get your Crazy Hat today!



Chattanooga Track Club Board of Directors Meeting Minutes

May 3, 2005

In attendance: Bill Brock, Donna Dravland, Melodie Thompson, Bob Braddock, Virginia Waddell, John Walker, Dan Bailey, Connie Hall, Jeff Duncan

Absent: Jared Chastain, Geno Phillips, Brian Baker, Linda Andreae, George Skonberg, Carol Williams

The meeting was called to order by Bill Brock at 6:04.

The mission statement was read by Jeff Duncan.

Bill summarized the minutes from the April meeting. The minutes were approved.

Bill questioned the amount for the sustaining fund. He thought the Hand Foundation donation was \$2,500. Virginia will check minutes from last year for the amount.

Race Calendar Race Committee / Upcoming Races

Bob began with a letter from Mary Carpenter requesting the CTC's participation with the Gateway Run and also requesting that the race be added to ROY races. Bob made suggestion that we need to look at our definition of ROY events. If we want to add other races, we need to change the rules – there are events now listed as ROY races that are not CTC events.

Jeff asked for the definition of a CTC event. This topic was discussed again...getting back to the place that our events should be quality events...

John suggested that we begin changing toward KTC's model and support our own events.

Jeff mentioned that the KTC has other ways of winning awards at the end of the year; they have "triple crown" and also a raffle for an award for all race participants. Bill suggested that we get a group together to decide and formalize the ROY award. We should be compensated in return for the inclusion on our awards list.

Bob commented that it will be awkward to sell the CTC as other than a charitable organization.

Jeff suggested that a group form to address some issues and consider awards given by the club. John noted that the committee needs to keep in mind what is good for CTC, not just which races are good races.

Bob will get subcommittee together for awards / incentives. Things included for discussion by this group are ROY, what races are included, and weights given to each race.

Connie added that we need definition of CTC races and she needs to know who to bill for equipment, etc.

We then revisited the split of the proceeds of the Chickamauga Marathon. The races committee had assumed a 50/50 split – this was corrected — it had been agreed a couple years ago to support the UTC Track team with the marathon proceeds and last year we agreed to split the proceeds 50/50 with UTC. But this has been a year-to-year decision; in no case was this to be an ongoing practice.

Bob questioned putting discounted memberships on the marathon application since it is late in the year.

Jeff bought up calendar year versus rolling renewal dates.

There were questions of discounted memberships and discounted races.

There was a motion made and approved to place a moratorium on discounted membership until the race committee makes a decision.

Course Closings – There is a need to determine closings and check points. John suggested that the RRCA is likely to have something on this issue.

Karen Lawrence – Bob asked if we want to have this relationship and not make money on the race.

Connie suggested that we need to make some decisions on races and our support or involvement and have something in writing.

Bill asked that we draft some type of document. Jeff, Virginia and Bill will work on this. Bob will get input from the Race Committee.

Equipment

3 functional clocks
Donna made suggestions for finish line –
PVC finish line. James can make.
Insurance for equipment –
\$1,000 deductible
KTC model - \$75 rental with \$75
equipment damage deposit

The question of whether the director should have to pay for the damage was brought up. If we have a contract, we have the option of asking the director to pay, if we have no contract, we have no options. Jeff gave two points – 1) the director is not liable, the race should be liable. 2) An agreement should be signed but the agreement should be reviewed by an attorney.

Communications Calendar / Communications Committee

Melodie gave a review of events – past and future.

Next web meeting is 5/10/05. Program proposal - picnic at River Park. Melodie will put something in JA. There were 21 people in attendance at the Fun Run. There were door prizes, etc. It was very successful.

SORBA Expo will be at First TN Pavilion on Fathers Day. They would like other non-profits to have booths.

UnumProvident is also having an expo for "Fitness Day" and we will have a booth there.

Donna has found some CTC apparel boxed up. Donna asked if it would be okay to give a t-shirt away at the UnumProvident booth through a drawing. Everyone said that was okay.

Cindy Smith would like to be on the CTC Board of Directors. Melodie made a motion to elect Cindy Smith to the Board. The motion was approved and passed.

Sponsorship

Linda had sent an e-mail stating that she would like to get a response from BlueCross BlueShield before anything else is done.

Membership

There are 346 members.

Treasurers Report

There is \$5,401 in the checking account and \$24,000 in the savings account.

We will have to dip into our savings. If the BlueCross BlueShield sponsorship comes through, we will be in good shape.

The treasurer's report was approved.

Other Business

Bill went over parameters for the Endowment Fund from George's notes. He will pick a fund, there will be a written policy on withdrawals and the sustaining fund will be used for general purposes. Bob asked if donations would be tax deductible. It was noted that we would need to send a receipt and keep a copy for our records. George will come with a proposal next meeting.

Next board meeting will be Tuesday, June 7, 2005.

The meeting was adjourned at 7:29.

Respectfully Submitted, Virginia Waddell, Secretary

ar Run
0/Issue
4/Issue
2/Issue
0.00
2



XTELLE SCRAMBLE 10K5K TRAIL RUN SEPTEMBER3 900 AM

SHACKLEFORD RIDGE PARK SIGNAL MOUNTAIN

* 1 MILE KIDS FUN RUN AFTER RACE

JOG/WALK AND NOW ADDING SPEEDWALK!!

The jog/walk/speed-walk group meets for camaraderie and to get your heart rate up every Wednesday night at Fast Break Athletics at 6:00 PM. We invite runners, walkers, and joggers of every capacity to join us. If the workout doesn't get your heart rate up, I know some of the conversations we have will! This is mostly a fitness/social affair and no one is judged, just encouraged to do their best! Don't be intimidated by this group, we have no need for any speed, just fun!

If you have been injured or have not run in a long time and want to get back into working out, this is the group for you. Many times we will have a social hour after the run, so bring some \$\$\$ with you!

We have just added a speed-walking group to go along with this group. Sarah Williams will head up this part of the group!

If you have any questions, please call Melodie Thompson at 842-8030 or email: jumpytwo@hotmail.com.

Happy Running!!

Fall Marathon Training Season

If you are considering a fall marathon, it's time to start training! Check www.grouprun.com for group run schedules and e-mail billandlaura@ grouprun.com if you would like to get on the weekly email distribution list.

Slow or fast, experienced or beginner makes no difference - if you want to build up your distance and want someone to talk to (or listen to!) during the miles, come on out!

new website that is being developed

new website that is being developed

to members chattanoogatrackclub.com

and all comments

No welcome and all comments uew website that is being developed CTC Members check out our - go to members, chawanuuyaw aukun - go to members, chawanuuyaw aukun and all comments.

Speedwork Thursday evenings interval / speed training: be in the FastBreak parking lot (on Frazier avenue) ready to run at 6:30pm. The group will do 45-60 minutes of interval training in the GPS / Coolidge park area. Pace does not matter (unless you want it to stay the same!) - all are welcome

CHATTAROOGY

Please send your bulletins to bbrock@tech-projects.com



BULLETIN BOARD

Race Calendar

Legend

CTC Event

- Joe McGiness Runner of the Year (JMROY)
- ▼ JMROY Volunteers Points Only

Please see www.chattanoogatrackclub.org for a complete list of events past and present, further rules, changes and regulations. Due to the possibility of last minute changes or cancellations, please consult race applications, listed website, or the contact numbers and verify all races before attending.

JULY

17 - Chattanooga Waterfront Triathlon \$\PP\$\$\P\$\$ 1.5K/S, 43K/B, 10K/R

Site: Chattanooga, TN Info: faye@team-magic.com

30 - Bele Chere 5K, Fun Run Site: Asheville, NC

Info: www.ashevilletrackclub.org

AUGUST

6 - Missionary Ridge Road Race

4.7M Run

Site: Chattanooga, TN Info: www.chattanoogatrackclub.org

14 - Sports Barn Sprint Triathlon 25M/S, 8.4M/B, 2M/R Site: Chattanooga, TN

Contact: tpotts@personal-fitness.com

SEPTEMBER

3 - Xterra Scramble10K & 5K Trail Run

Site: Shackleford Ridge Park, Signal Mtn

Info: matt_sims@vfc.com

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

5 - 27th Annual Franklin Classic 10K & 5K

Site: Franklin, TN

Info: www.franklinclassic.org

10 - UTC Cross Country Meet

₩**%**8K Run

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

17 - Symphony Classic

₩**₹**5K Run

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

24 - Cannon Blast
5K and 1 Mile Fun Ru

5K and 1 Mile Fun Run/Walk

Site: Woodbury, TN

25 - Komen Race For The Cure

₹5K Run

Site: Chattanooga, TN

Info: www.chattanoogaraceforthecure.com

OCTOBER

1 - Joe Johnson Run for Mental Health

10K, 3M Walk

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

8 - Stump Jump Trail Run

50K & 11M

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

15 - Run Between the Rivers

Team Relay Marathon Site: Golden Pond, KY

Info: www.runbetweentherivers.com

22 - Signal Mountain Road Race

10K Run

Site: Signal Mountain, TN

Info: www.chattanoogatrackclub.org

23 - Trick or Trot

5K Run

Site: Chattanooga, TN

Info: www.chattanoogatrackclub.org

23 - Detroit Free Press/Flagstar Bank Marathon

Marathon Site: Detroit, MI

Info: www.nacoa.org

30 - Marine Corps Marathon

Marathon

Site: Washington, DC Info: www.nacoa.org

Send race information to:

Jerry McClanahan

831 Creek Drive
Chattanooga, TN 37415
or jkmcclanahan@comcast.net

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

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