

SEPTEMBER 2010 **VOLUME 42, ISSUE 4**

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JOGGING

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

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Chattanooga Track Club Mission Statement

The Chattanooga Track Club is a nonprofit organization with the goal to stimulate interest in running and fitness for all ages and to promote wellness through these activities. The club encourages anyone with similar interests to become a member and support our goal. No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to the casual walker is welcome.

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Jogging Around Ad Rates

Ad Size Single run 3 Issue run **Year Run Full Page** \$90/Issue \$85/Issue \$70/Issue **Half Page** \$55/Issue \$49/Issue \$44/Issue \$36/Issue **Qtr Page** \$40/Issue \$32/Issue **Business Card** \$25.00 \$22.50 \$20.00 Inserts are \$60/issue

Ad Info

For Current Ad Information, please contact Jenni Berz.

VPCommunications@chattanoogatrackclub.org

WORD FROM THE PREZ'S PERCH

What a summer we have had in Chattanooga! Most races have set participation records. There are several opportunities to participate in races in the months ahead from 1-mile walks to 10Ks. Be sure and check out the list of races on the back page. For a complete list of races, check out the Chattanooga Track Club website at www.chattanoogatrackclub.org.

May was a busy month. Once again Walt Sinor was an excellent race director at the Market Street Mile. Participation was up by 20 percent. Congratulations to Tim Ensign, Joe Johnson and Jane Webb who broke state records. Also, Chas Webb was an excellent race director at the BlueCross Chattanooga Chase 8K. Over 254 participants enjoyed the beautiful course in North Chattanooga. Participation for this race was up 57 percent.

As a first time race director, Blaine Reese did an excellent job at the BlueCross Riverbend Run. It was a hot day as 1,560+ participants completed the 10K, 5K and walk. Participation was up by 40 percent.

This years Chattanooga Waterfront Triathlon honored co-founders Betsy and Calder Willingham. Not only did we sell out a record three weeks in advance of the race, we introduced a new award in honor of the Willinghams, the "Spirit of the Tri" Award. This award is given to a local triathlete who demonstrates the spirit of the triathlon by overcoming challenges and promoting health and fitness. This years award was presented to George Skonberg. Congratulations George.

If you have ever thought about running a marathon, why not run one in every state and then one on every continent. Truman Smith is doing just that. Learn more about the Marathon Man on page 23. He will inspire you to set your own marathon goals.

With all of the recent races, the Runner of the Year race is really heating up. Check out the results to date on page 21. Remember, to be eligible for a Runner of the Year award, you need to volunteer at two races or on two different days for the same race, but not on race day. Details can be found at the Chattanooga Track Club website.

As of July, Steve Morrison is our new Timing Manager. Steve comes to CTC with a wealth of knowledge and will do an excellent job. He is responsible for timing all Chattanooga Track Club races. We are very excited to have Steve take on this duty and help us have race results faster and more accurate. Welcome Steve.

Another recent change on the Chattanooga Track Club board is the position of VP of Membership. I would like to congratulate Blaine Reese for accepting this open position. Blaine, a current board member and long-time CTC member is

incredibly energetic and a great asset to our club. I would like to thank Mitzie Dyer for her service on the Board. She brought a lot of great ideas and input and will be missed. Thanks Blaine for taking on this responsibility. I know you will do a great job.



Since Blaine Reese was a CTC Director, a position opened up and Will Musto accepted this position. Will, an avid runner and regular reporter of CTC events and other area running events for the Chattanoogan.com and other internet media, will serve on the Communications Committee. Thank you Will for joining the board. We look forward to you sharing your talents with our club.

As I mentioned earlier, race participation is up. Most recently, registration for the Chickamauga Battlefield Marathon and Half Marathon closed, more than 3 months in advance. This year we have a new Race Director, Jenni Berz. I am very confident she will continue the great work Doug Roselle has been doing for the past 4 years. Thank you Jenni for accepting this position. I know you will do great.

This year we also have a new Jr. Marathon Race Director, Jennifer Morrison. Jennifer will be promoting and directing the cross-country runs in September and October as well as promoting and directing the Jr. Marathon which will be the same day as the Chickamauga Battlefield Marathon and Half Marathon, Saturday, November 13. I'm excited Jennifer has accepted this position and I know she will do an excellent job. Thank you Jennifer.

I would like to thank the volunteers who make the races possible. Without volunteers, there would be no races. I would especially like to thank the 350+ people who volunteered at the Chattanooga Waterfront Triathlon. Many volunteered for the whole weekend. Everyone should be proud for contributing to its success.

Volunteering is a fun way to enjoy the race and be involved if you are unable to participant in the race. There are several races coming up that need volunteers. Since the Chickamauga Battlefield Marathon and Half Marathon have already sold out, you can have fun by volunteering. Just go to the Chattanooga Track Club website and click on Volunteer Now on the left side of the page or email me at steve.sherilyn@comast.net.

Have fun running and volunteering. Stay hydrated.

Sherilyn Johnson CTC President

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.



2010 Chattanooga Waterfront Triathlon *In Honor of Founders Calder and Betsy Willingham*

By Bill Brock

It happened again. A stormy, bright and hot weekend on the riverfront saw over 400 volunteers working a myriad number of positions from pre-dawn to early-dusk to once again produce a flawless and spectacular event for over 1300 participants from all over the nation and then some.

The athletes are the center of attention, of course, and they deserve to be for the long and tough hours they put in training their bodies and their minds for the challenge of this triathlon. It's no easy task, after all, pedaling highway 27 out and back for 26 miles after a 1-mile swim down the Tennessee River and then hitting the Riverwalk for a final 10k out and back. It's a tough course and a tough event.

What is most remarkable to me, though, is the way this event blossoms into being, explodes into activity, and then wraps itself up down to picking up the last wire tie in a period of less than 96 hours. When I sit down and really consider all the moving parts, it just blows my mind.

The Chattanooga Track Club, Team Magic and Outdoor Chattanooga/Chattanooga Parks and Recreation are

certainly the three legs that form the base strength for this event. We would totter and fail, though, without the additional support of the University of Tennessee, the Tennessee Department of Transportation, Chattanooga City Traffic Engineering and our Chattanooga City Special Events Unit.

Our sponsors, in turn, bring all of the added value of great food, refreshments, beer, event support, and financial support that enhance the branding and quality of our event while insuring that our own efforts bring us the funding we need to continue to pursue our club's mission of supporting running and fitness in our community.

And it is our volunteers, finally, that bring the muscle, enthusiasm, care, attention, sweat and smiles that insure our athletes have a safe, enjoyable and rewarding experience as they fulfill their objectives on Sunday morning and relish in their accomplishments once they are done.

In a nutshell, it's just a small number of things that make this event happen – all listed in the paragraphs above. Ah, but blow the details from those paragraphs into the names and stories from the first planning meeting for this year's event through

the last drops of sweat and final hugs on Sunday evening, July 11, 2010 and you'll have hundreds of pages of names and stories that will make you grin, swear, cringe, cry and laugh.

Check out pictures in this JA, and definitely check out the multiple pictures from our contributing photographers on our web site. Review the list of volunteers on page 8. If you were one of the team, take some time and reflect. Remember the day - the color, the heat, the athletes, the other volunteers on your team, the sound, the water, the bikes, the grass, the tents, and the energy. Please forgive me for anyone I left off – it certainly was not intentional.

Before I leave you to peruse the credits for this event or to move on to other stories in this issue, I want to thank a few very special people:

Betsy Willingham, thank you for the work that you and Calder did to make this event possible. None of this would have happened without your creativity and persuasiveness in building the partnerships that would enable this event to come into being.

Sherilyn Johnson, thank you for your energy, your enthusiasm, your relentless attention to detail and your patience with me. Thank you for making it all happen, and for you commitment to keep it all going and growing.

Philip Grymes, thank you for your commitment to this event, your advocacy with the city, your tireless energy and your willingness to do or get done every task necessary.

Faye and Therese, thank you for the professionalism, flexibility, enthusiasm, creativity and energy that you continue to bring for us year after year. It is a very good partnership.

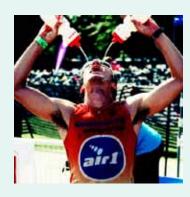
Lynda Weber, Susan Gallo and Kelly Bullock, thank you for the dedication, perseverance, willingness and talent that you've brought to our club for this event and for the marathon. We could not do it without you.

Special thanks to next-year's co-director, Jenni Berz. Thank you for filling in all the gaps while still keeping all those other balls in the air, always with a smile on your face. I look forward to working for you and Sherilyn next year.

Thank you to everyone else on our leadership team and to our core partners - Dawn Salyer, Rick Loggins, Butch Cooke, Bill Moran, Flash Cunningham, Sgt. Austin Garret, Becky Roberts, Ron Nelson, Robert Espeseth, Mike Royster, Lacy Word, Ken Radley, Taylor Watson, Pam and Harry Stone. Each or your roles represented a critical component to our event - thank you for everything.

Finally, congratulations to the Chattanooga Track Club, its board of directors and its vibrant, outstanding membership. This is a very special event that you've created and built over the last 7 years. It has earned a regional and national recognition for its overall unique quality. We were not sure, 8 years ago, that this could or would come about. I believe it is safe to say that it has exceeded most, if not all of our expectations.

Congratulations, and I look forward to 2011!















CHATTANOOGA WATERFRONT TRIATHLON - 2010

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PR	O-ELITE-MALE 1-99 DIVISION		12	Nathan Weaver	2:33:00	56	Chris Cannon	2:49:08	48	Leslie Lybarger	3:20:45
1	Eric Limkemann	1:57:37	13	Conrad Blunck	2:37:11	57	Trey Kitchens	2:50:26	49	Ashli Hunt	3:20:57
2	James McCurdy	1:58:36	14	Ashton Austin	2:37:24	58	Ben Marchman	2:51:43	50	Tracy Cermak	3:21:55
3	Tony White	1:58:37	15	William Edgar	2:41:55	59	Nate Lelek	2:51:59	51	Deanna Copeland	3:22:18
4	Samuel Morgan	1:59:31	16	Armin Orucevic	2:44:22	60	James Sobeck	2:52:16	52	Kari Krouse	3:23:03
5	Nick Wainger	2:00:18	17	Richard Talbot	2:45:22	61	Samuel French	2:52:33	53	Lindsey Basham	3:23:57
6	Andrew Hodges	2:01:38	18	Zach Lemley	2:46:40	62	Sloane Southard	2:56:14	54	Julia Buerger	3:24:10
7	Kyle Lee	2:06:03	19	Austin Abbey	2:48:40	63	Adam Moore	2:57:02	55	Julie Ling	3:27:14
8	Kevin Ryan	2:08:30	20	Hardy Reynolds	2:49:32	64	John Heffner	2:58:32	56	Sarah Miracle	3:28:23
9	Zach Winchester	2:15:27	21	Ben Davis	2:49:51	65	Brett Curtis	3:01:51	57	Joy Smith	3:30:14
10	Casey Dawley	2:20:31	22	Robby Marcum	2:50:48	66	Zachary Rabold	3:03:11	58	Wendy Stafford	3:33:02
11	Thomas Pilliod	2:24:47	23	Gabriel Rangel	3:08:33	67	Michael Morris	3:03:13	59	Audrey Langham	3:34:09
			24	Steve Hotz	3:16:17	68	Matt Kochie	3:03:21	60	Courtney Masters	3:35:13
PR	O-ELITE-FEMALE 1-99 DIVISIO	NC	25	Andrue Potts	3:47:54	69	Brack Hassell	3:04:02	61	Stefanie Swanger	3:38:42
1	Jessica Jacobs	2:11:41	26	Lee Craft	3:51:19	70	Wesley Cox	3:05:38	62	Maribeth Butts	3:40:15
2	Hallie Blunck	2:17:51				71	Grayson Holsinger	3:09:10	63	Megan Bowman	3:42:48
3	Kirsten Sass	2:19:25		MALE 20-24 DIVISION		72	Kevin Shanahan Jr.	3:09:49	64	Laurie Buchanan	3:52:27
4	Allison Stewart	2:24:37	1	Caroline Ward	2:35:04	73	William Archie	3:09:54	844	E 20 24 DIVICION	
5	Jamie Tassa	2:26:27	2	Michelle Hanson Vanessa Cook	2:41:00 2:49:06	74 75	Josh Pittman	3:10:40 3:11:07	1	LE 30-34 DIVISION Kevin Boucher	2:12:01
6	Helen Libby	2:30:01	3 4	Emily Waters	2:51:44	76	Kenneth Swanger	3:12:31	2	Avery Ainsworth	2:13:38
7	Samantha Clark	2:34:39 2:38:29	5	Michelle Dunphy	2:58:39	77	John Trapp Brian Mora	3:14:25	3	Trey Prophater	2:15:54
8	Lanni Marchant	2:38:29	6	Sarah Hohwald	3:02:56	78	James Painter	3:15:46	4	Andrew Saar	2:17:00
84.0	ALE MASTERS OVERALL WINN	JED	7	Tracia Lagdaan	3:14:36	79	Dean Roy	3:22:40	5	Teddy Park	2:17:29
1	Bruce Gennari	2:05:17	8	Julia Warren	4:02:00	80	Andrew Smith	3:24:11	6	Charles Duke	2:18:02
2	John Hanna	2:13:15	9	Selena Shanahan	4:12:10	81	Daniel Mounts	3:25:26	7	Ryan Hurley	2:23:28
3	David Meadows	2:14:27				82	Will Sanford	3:25:46	8	Scott Gentles	2:24:29
	David Medadowo	2.1 1.27	MA	LE 25-29 DIVISION		83	Christian Orth	3:26:34	9	Bo Parrish	2:25:08
FEN	MALE MASTERS OVERALL WI	NNER	1	Ryan Wolfe	2:09:06	84	Tim Shirley	3:26:48	10	Nicholas Evans	2:25:13
1	Kathleen Johnston	2:28:27	2	Charles Straka	2:09:22	85	Robin McConnell	3:29:54	11	Jason Caudle	2:25:15
2	Pam Rogan	2:29:48	3	Doug Van Wie	2:12:16	86	Michael Roessler	3:37:54	12	Hendrik Fiedler	2:26:02
3	Barbara Chandler	2:31:08	4	Josh West	2:13:50	87	Nik Meeks	3:38:11	13	Colin Soniat	2:26:14
			5	Chad Williamson	2:15:07	88	Christopher Kulisek	3:40:19	14	Frank Gregalit Ii	2:28:41
MA	ALE OVERALL WINNER		6	Josh Merry	2:15:32	89	Justin Vaughn	4:06:22	15	Jeffrey Reece	2:28:43
1	Allen Gardner	2:02:09	7	George News	2:18:03				16	Keenan Clark	2:29:06
2	Jason Watson	2:05:07	8	John Curwen	2:18:41		ALE 25-29 DIVISION		17	Lonnie Milligan	2:29:30
3	Aaron Ainsworth	2:06:02	9	John Gregg	2:23:59	1	Sara Phelps	2:30:20	18	James Johnson	2:29:44
			10	Ricky Bell	2:24:12	2	Crystal Perkins	2:30:27	19	Daniel Coonce	2:30:26
	MALE OVERALL WINNER		11	Jason Burge	2:26:14	3	Elizabeth Bulat Turn	2:31:08	20	John Rutledge	2:30:40
1	Katie June	2:21:58	12	Jason Silvers	2:27:47	4	Bethany Rutledge	2:31:39	21	Daniel Carter	2:31:32
2	Kimberly Humphries	2:27:25	13	Von Shenefelt	2:27:48	5	Kinsey Snell	2:32:36	22	Jason Tant	2:33:36
3	Sarah Welton	2:28:57	14	Taylor Bronikowski	2:28:19	6	Dustin Yonke	2:32:41	23	Brent Okeefe	2:34:03
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1	Doug Jipping	2:35:17	18	Nathan Chenette	2:32:34	10	Jacquelyn King	2:39:47	27	Shane Giardino	2:35:48
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1	Kristie Butler	2:42:53	22	Andrew Shanks	2:34:02	14	Mindy Craven	2:45:59	31	John Tilstra	2:36:57
2	Becky Beasley	2:53:21	23	Nathan Harper	2:34:09	15	Rachel Gage	2:46:40	32	Todd Angel	2:37:25
3	Shelley Wagner	2:55:14	24	Aaron Myers	2:34:35	16	Katie Pothier	2:48:26	33	Daks Hamner	2:38:46
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MA	ALE 15-19 DIVISION		26	Philip Hauserman	2:34:43	18	Colleen Durham	2:49:04	35	Clinton Pritchard	2:39:39
1	Matthew Schaefer	2:11:54	27	Paul Chichester	2:34:58	19	Dawn Painter	2:49:44	36	Alex Petrochko	2:40:01
2	Matthew Schmitt	2:16:38	28	Andy Sweet	2:34:59	20	Naomi Kirchner	2:51:25	37	Chris Gentry	2:40:10
3	Christopher Debarge	2:30:52	29	Sean Joyce	2:35:51	21	Cortney Mild	2:53:07	38	Scott Martineau	2:40:35
4	Justin Clark	2:31:28	30	Eric Myers	2:36:28	22	Lindsay Rambo	2:56:09	39	Jason Ingalls	2:41:14
5	Trent Swarts	2:37:07	31	Paul Press	2:37:07	23	Lauren Aschmann	2:57:51	40	Mitchell Hollis	2:41:43
6	Mark Straussberger	2:44:03	32	Cameron McCoy	2:37:21	24	Lauren Dieterich	2:58:08	41	Christopher Hartley	2:42:56
7	Adam Thomas	2:48:03	33	Drew Snipes	2:37:32	25	Ashley Bell	2:58:29	42	Joseph White	2:44:10
8	Jeremy Obach	2:49:05	34	Brian Page	2:37:52	26	Amy Krieg	2:58:40	43	Jared Brown	2:44:45
9	Dillon Martin	2:54:05	35	Kyle Upton	2:38:03	27	Hannah Pate	3:00:40	44	Tim Smith	2:45:01
10	Alex Jobin	4:06:43	36 37	Christopher Griego Drew Jennings-Grisha	2:39:18 2:40:06	28 29	Janna Vitale	3:01:09 3:01:24	45 46	Mark Freeman Brad Martin	2:45:23 2:45:37
11	Matthew Lawson	4:58:42	38	Jason Thomas	2:40:00	30	Emily Maddux Kristin Dondero	3:02:05	47	Chip Clifton	2:47:05
EEA	AALE 1E 10 DIVISION		39	Jeff Wilkerson	2:40:29	31	Alice Metzger	3:03:05	48	George Hurgeton	2:47:33
1	MALE 15-19 DIVISION Hannah Meadows	2,21,21	40	Mariano Cebrian	2:40:32	32	Laura Mills	3:04:08	49	Jonathan Sierra	2:47:53
2	Katie Colville	2:31:31 2:45:55	41	Joshua Hall	2:40:49	33	Alexis Seymour	3:04:50	50	Heath Clark	2:48:13
3	Megan Marks	3:19:26	42	Josiah Witmer	2:40:53	34	Audrey Cates	3:05:17	51	Jonathan Bialek	2:48:15
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MΑ	ALE 20-24 DIVISION		44	Robert Lasater	2:42:14	36	Jesica Davanza	3:07:39	53	Jason Mitchell	2:48:20
1	Dalford England	2:11:03	45	Chris Heberer	2:42:27	37	Melissa Smith	3:08:10	54	Brandon Orear	2:48:24
2	Ben White	2:12:27	46	Erik Hurley	2:43:31	38	Katherine Rutledge	3:08:12	55	Taylor Sorensen	2:49:08
3	Sam Uhlman	2:14:28	47	Joe Miller	2:43:37	39	Elizabeth Scutchfiel	3:09:37	56	Mark Breugem	2:50:18
4	David Chapman	2:16:59	48	David Daly	2:44:35	40	Jennifer Cazeaux	3:09:42	57	Vasileios Sfyris	2:50:36
5	Sean Kilgallon	2:18:50	49	Jason Kimball	2:45:36	41	Corrie Logan	3:09:44	58	Dave Brautigan	2:50:42
6	Justin Ferrell	2:19:25	50	Erik Bigelow	2:45:45	42	Amanda Pack	3:13:01	59	Brandon Reynolds	2:51:13
7	Mark Fisher	2:21:41	51	Daniel Tardy	2:45:57	43	Amanda McAnnally	3:14:44	60	William Gonzalez	2:51:13
8	J Bruhn	2:23:18	52	Daniel Nelson	2:46:11	44	Tracey Suvak	3:17:37	61	Benjamin Whittam	2:51:30
9	Robert Bedsole	2:23:41	53	Jacob Hudson	2:46:11	45	Amber Smithsims	3:17:49	62	Bret Hightower	2:52:13
10	Kevin Roberts	2:25:50	54	Isaac Swindle	2:46:20	46	Whitney Sorensen	3:18:18	63	Eric Bonner	2:52:36
11	Matt Uhlman	2:30:47	55	Ty Vernon	2:48:13	47	Joy Bodie	3:18:56	64	Robert Kulisek	2:52:39
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65	Bruce (bucky) Broadr	2:52:55	39	Sharon Cohen	3:12:28	59	Todd Higey	2:42:44	142	Jerry Chambers	3:41:39
66	Brandt Hambrick	2:53:53	40	Beth Whitworth	3:13:45	60	Jeff Tomey	2:42:49	143	Andy Lazarus	3:43:06
67	Justin Gilliam	2:53:57	41	Lisa Hope	3:14:11	61	Joshua Underwood	2:42:49	144	Greg Butler	3:49:01
68	Aias Desouza	2:54:51	42	Karen Davis Czarneck	3:14:40	62	David Henry	2:43:03	145	Nathan Garrett	3:56:14
69	Chris McCall	2:55:23	43	Suzanne Milligan	3:16:49	63	Bryan Bearden	2:43:25	146	Chad Parson	4:03:07
70	Vincent Beasley	2:55:51	44	Sarah Tatman	3:17:14	64	Derek Clewley	2:44:17	147	David Sysko	4:30:56
71	Daniel Lucas	2:56:52	45	Nadia Lua	3:20:09	65	Tim Watley	2:46:23			
72	Barry George	2:57:36	46	Chrisitne Berna	3:20:18	66	Patrick Osborne	2:46:52	FEM	ALE 35-39 DIVISION	
73	Robert Ross	2:58:16	47	April Harnett	3:20:19	67	Bryan Arroyave	2:46:52	1	Jennifer Lesser	2:30:24
74	Sean Heckert	2:58:45	48	Katie Smith	3:21:08	68	Jeff Sass	2:46:57	2	Carmen Brahim	2:30:51
75	Michael Grupka	2:59:09	49	Angie Borchers	3:27:49	69	Jean-Carl Menelas	2:47:18	3	Stacey Smith	2:32:10
76	Robbie Tester	2:59:32	50	Heather Duncan	3:31:40	70	Mark Oates	2:47:36	4	Vallee Onayon	2:36:45
77	Robert Greene	3:00:10	51	Susie Stanfield	3:35:02	71	Jim Hamner	2:47:37	5	Angie Milford	2:37:31
78	Vince Lowman	3:00:10	52	Erica Ofenleger	3:35:03	72	James Drozdek	2:47:48	6	Ranney Wiesemann	2:40:31
79	Stuart Everett		53			73	3		7	,	
		3:00:30		Nicole Coaker	3:35:42		Jonathan Farmer	2:47:57		Karen Spangle	2:42:19
80	Matthew Burns	3:01:01	54	Sara Scott	3:36:43	74	Hamilton Van Krans	2:48:21	8	Cary Brown	2:43:17
81	Kenton Johnston	3:02:22	55	Valerie Thurston	3:37:51	75	Matt McGehee	2:48:49	9	Dreama Campbell	2:43:46
82	Jason Crawford	3:03:32	56	Jocelyn Howard	3:38:55	76	Matt Shuler	2:49:02	10	Laurie Walker	2:44:01
83	Jeremy Smith	3:04:05	57	Amelia Morton	3:42:32	77	Mitchell Arnold	2:49:16	11	Natalie Fischer	2:45:10
84	Marc Hill	3:04:23	58	January Taylor	3:45:19	78	Matt Casey	2:49:27	12	Jodi Bump	2:45:39
85	Joel Christensen	3:05:36	59	Anna Browders	3:46:32	79	Marcus Wiedower	2:50:01	13	Kim Champney	2:46:26
86	Stephen Casselman	3:05:44	60	Brenda Bondesen	3:56:05	80	Christopher Bussler	2:50:30	14	Claire Wolfson	2:48:34
87	Charlie Casselman	3:08:30	61	Anna Fink	4:14:37	81	John Petillo	2:50:42	15	Kristy Basinger	2:53:38
88	Sam Heys	3:08:32				82	Chris Faklaris	2:50:45	16	Valerie Balch	2:55:20
89	Troy Rose	3:09:24	MAI	LE 35-39 DIVISION		83	Ron Huckabee	2:50:57	17	Natalie Conte	2:55:31
90	Joshua Homs	3:09:34	1	Chris Brown	2:08:14	84	Evan Howell	2:51:05	18	Gigi Dendy	2:56:02
91	Sean Caffrey	3:10:19	2	John Sillery	2:08:19	85	Ben Morris	2:52:21	19	Adrian Gray	2:58:17
92	Ramsey Duck	3:11:18	3	Ken Brown	2:11:39	86	James Bauman	2:52:23	20	Laura Plank	3:00:57
93	Ralph Obach	3:12:26	4	Eric Cross	2:12:19	87	Derek Brawders	2:53:02	21	Jody Lappi	3:01:29
94	Bradley Zimmer	3:13:15	5	Clayton Tillery	2:12:29	88	Brian Schenck	2:53:30	22	Meredith Ray Calhoun	3:03:26
95	,	3:19:25	6	Derek Champigny	2:14:44	89	Bart Wilder	2:54:10	23	,	3:03:43
	Jay Chapman		7	10,		90			24	Wally Gravett Rosalind Teal	
96	Tim Roberson	3:19:53		Neil Simon	2:17:28		Brian Joslin	2:54:16			3:04:16
97	Joseph McConnell	3:20:48	8	Matt Sims	2:19:14	91	Kevin Gilreath	2:54:25	25	Danelle Facwett	3:06:50
98	Casey Cothron	3:22:19	9	Douglas Pegher	2:19:18	92	Chris Hendry	2:55:19	26	Leann Wheeler	3:07:13
99	Andy Murtha	3:22:55	10	Brian Lowman	2:19:19	93	Chris Peck	2:55:45	27	Kara Finley	3:07:32
100	Michael Buono	3:23:34	11	Trent Batey	2:24:05	94	Will Pack	2:55:46	28	Ansley Yeomans	3:08:37
101	Brandon Catalanotto	3:24:38	12	Darrel McHugh	2:24:16	95	Barry Spencer	2:55:47	29	Joanna Berentsen	3:09:33
102	Eric O'Neal	3:24:51	13	Lance Steele	2:24:24	96	Matt Shorrock	2:55:50	30	Julie Maddox	3:10:44
103	John Eskew	3:26:54	14	Edward Morris	2:24:59	97	William Clements	2:55:50	31	Allison Henderson	3:11:17
104	Jeff Haber	3:29:16	15	Alan Balch	2:25:17	98	Ernie Porter	2:55:56	32	Bridget Brinks	3:11:20
105	Joshua Gable	3:36:17	16	Bill Beecher	2:26:45	99	Rich Graham	2:56:22	33	Eden Lusk	3:12:19
106	Kenny Hammontree	3:48:02	17	Howard Curtis	2:27:01	100	Richard Hicks	2:56:32	34	Christina Cruz	3:13:20
107	Eric Middleton	4:30:28	18	Cesar Montoya	2:27:02	101	Alan Taylor	2:56:40	35	Sylvia Kronshage	3:13:58
			19	Jonathan Whitacre	2:27:18	102	David Redmond	2:56:41	36	Caren Matson	3:15:58
FEM	ALE 30-34 DIVISION		20	Chris Hendon	2:27:21	103	Steven York	2:56:52	37	Lauri Hicks	3:19:23
1	Tracy Palmer	2:29:29	21	John Clark	2:28:34	104	Barry Moomaw	2:57:04	38	Jenny Thompson	3:20:30
2	Kristen Wueste	2:29:36	22	Aaron Taylor	2:28:36	105	Shane Freeman	2:58:39	39	Dana Colquitt	3:21:55
3	Nan Gelber	2:36:09	23	Brian Parker	2:29:15	106	Jamey Wilson	2:58:55	40	Jennifer Pierce	3:23:11
4	Caitlin Miner	2:36:23	24	Joev Hale	2:29:18	107	Mark Eisert	3:00:57	41	Susan Kent	3:23:43
5	Alyson Capote	2:38:21	25	Lance Anderson	2:30:00	107	Rick Leonard	3:01:10	42	Jennifer Porter	3:24:28
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6	Ashley Bradford	2:38:40	26	Keith Perkey	2:30:38	109	Mike Champney	3:02:04	43	Shelley Busby	3:28:50
7	Giorgia Valoti	2:39:08	27	Kraig Moormann	2:30:56	110	Sean Gray	3:02:15	44	Kristy Deffendall	3:30:32
8	Joy Hess	2:41:39	28	Todd Lappi	2:31:30	111		3:03:23	45	Natalie Dixon	3:34:21
9	Kelly Kilgore	2:43:20	29	Chris Moore	2:31:32	112	Joel Denardo	3:04:26	46	Jodi Butler	3:40:43
10	Rebecca Miller	2:44:18	30	Benny Sum	2:31:50	113	Darin Heuermann	3:04:44	47	Ellianne Rivers	3:41:54
11	Janet Coonce	2:47:28	31	Michael Sklar	2:32:11	114	Donnie Starling	3:05:23	48	Dawnielle Roller	3:44:24
12	Mariska Van Rooden	2:49:08	32	Daniel Nix	2:32:26	115	David Costrini	3:05:43	49	Rebecca Stein	3:45:00
13	Jennifer Hogan	2:50:08	33	Christopher Holcombe	2:33:26	116	Alan Ward	3:07:23	50	Jamie Logan	3:48:13
14	Ashley King	2:52:15	34	Christopher Dekock	2:33:53	117	Houston White	3:07:56	51	Emily Cunningham	3:53:25
15	Season Kaminski	2:53:12	35	Garth Langan	2:35:45	118	Matt Goldstein	3:08:05	52	Lesley Corker	4:05:53
16	Sasha Vece	2:53:22	36	Gregory King	2:36:00	119	Jeff Wade	3:08:25	53	Jamie Williams	4:24:45
17	Stephanie Smith	2:54:29	37	Matt Brown	2:36:11	120	Joel Washington	3:09:08	54	Amy Tyrrell	4:28:00
18	Merissa Gamba	2:55:17	38	Michael Coffman	2:36:14	121	Christopher Clark	3:10:24			
19	Sarah Whittam	2:56:23	39	Bill Hampton	2:36:41	122	Bleau Jasper	3:10:29	MAL	E 40-44 DIVISION	
20	Katie Bierman	2:56:24	40	Todd Burkhalter	2:36:41	123	Mark Sullivan	3:10:35	1	Scott Anderson	2:14:36
21	Nicole Dieckow	2:56:51	41	Mark Rankin	2:37:25	124	Ryan Chamberlain	3:10:42	2	Tony Cianciola	2:17:08
22	Amanda Parsons	2:57:58	42	Mike Sweigart	2:37:46	125	Marcus Rock	3:11:25	3	Ryan Landy	2:17:23
23	Jessica Reissig	2:58:17	43	Fred Soller	2:37:48	126	Greg Greenwell	3:12:06	4	Tim Doescher	2:17:45
24	Kristin Deaton	2:58:29	44	Michael Stephenson	2:37:58	127	Jeffrey Born	3:13:14	5	Michael Dickson	2:18:28
25	Robin Yamakawa	3:02:22	45	Stuart Gladish	2:38:02	128	Michael Thomas	3:16:59	6	Richard Kenmuir	2:18:49
26	Jennifer Geisler Cob	3:04:26	46	Justin Cazana	2:38:12	129	Matt Phillips	3:17:21	7	Gerry Halphen	2:19:54
27	Christina Ahumada	3:04:27	47	Lenny Theobald	2:38:29	130	Peter Rooney	3:17:25	8	Bob Boer	2:20:02
28	Rosemary Deantonio	3:04:29	48	David Courdin	2:38:40	131	James Milford	3:20:14	9	Dr. Wolfgang Kneer	2:20:02
			48 49			131	Patrick Cash		10		
29	Michelle Chapman	3:04:35		Jared Meadows	2:38:55			3:20:40		Scott Bingham	2:21:31
30	Lauren Fogarty	3:04:47	50	Jeremy Orr	2:39:39	133	Brad Ward	3:22:58	11	Timothy Newberg	2:22:07
31	Kathryn Nash	3:05:39	51	Jay Wagner	2:39:52	134	Mike Enzwiler	3:23:06	12	Curtis Whitney	2:22:53
32	Nancy Hemingway	3:06:34	52	Josh Randolph	2:40:03	135	Joseph Nowak	3:23:20	13	Todd Laberge	2:23:29
33	Christy Woodard	3:08:25	53	Derek Pollard	2:40:29	136	Timothy Hoffman	3:24:40	14	Thomas O'Donnell	2:24:01
34	Melissa Mayger	3:10:13	54	Joshua Harper	2:40:31	137	Jeff Keith	3:27:31	15	Dominic Ciavatta	2:25:20
35	Clara Mills-Romines	3:10:38	55	Michael Hake	2:40:38	138	Jared Davis	3:28:55	16	Richard Hendry	2:25:45
36	Jennifer Lockhart	3:10:58	56	Donovan McGee	2:42:32	139	Drago Dzerve	3:35:04	17	Mike Biddle	2:26:01
37	Sarah Hackler	3:11:39	57	Scott Friedel	2:42:35	140	Scott Kuhn	3:35:24	18	Billy Jolley	2:26:21
38	Ellie Hill	3:12:00	58	Casey Woodring	2:42:41	141	Jason Brown	3:37:21	19	David Schenkel	2:27:30

20	David Cater	2:27:31	103	Kerry Hazelwood	3:03:25	44	Jennifer Batura	3:14:08	55	Craig Ostrom	2:59:57
21	Will Anderson	2:28:18	104	John Southern	3:03:42	45	Tracy Montgomery	3:14:42	56	Anton Mertens	2:59:59
22	David Zopf	2:28:31	105	Stephen White	3:04:07	46	Wendy Richardson	3:14:52	57	David Parker	3:00:05
23	Andrew Willingham	2:29:32	106	Jim Wood	3:05:01	47	Lori Goldstein	3:15:01	58	Reuben Adams	3:01:14
24	Mike Gaw	2:29:44	107	James Boylan	3:05:08	48	P. Kaye Jaynes	3:15:30	59	Mark Baldwin	3:02:54
25	Tom Malin	2:29:56	108	Greg Killeen	3:05:54	49	Heidi Liefer	3:16:26	60	Charlie Conway	3:04:03
26	Dave Brannon	2:30:01	109	Stephen Smith	3:06:00	50	Jean Ballweg	3:16:40	61	Dean Kostakos	3:04:53
27	Mike Jaynes	2:30:17	110	Alan Christian	3:06:17	51	Anne Wanner	3:17:13	62	Charles Etheredge	3:05:15
28	Todd Allen	2:30:22	111	Scott Nelson	3:06:22	52	Cheryl Self	3:17:59	63	Marlin Dayoub	3:05:53
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29	Jason Massie	2:30:44	112	James Bastone	3:06:55	53	Theresa Small	3:19:30	64	David Weil	3:05:59
30	Tom Gale	2:31:03	113	Daniel Merchant	3:07:09	54	Shanna Curry	3:20:59	65	James Rouquie	3:06:12
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31	Edward Lomicka	2:32:00	114	Mauricio Lino	3:08:39	55	Sarah Prince	3:22:15	66	Alberto Ortiz	3:06:16
32	Dr. Anthony Houssain	2:32:32	115	Scott Wilhoit	3:10:55	56	Shukyi Choi	3:23:33	67	Marty Thomas	3:06:20
33	Mike Jones	2:32:56	116	Andrew Lyons	3:11:21	57	Nancy Clark-Memahon	3:26:28	68	Sean McMillan	3:07:03
	J.			,							
34	Bradley Spenney	2:33:07	117	John Navin	3:11:58	58	Marietta Hollada	3:28:23	69	Henry Jones	3:07:19
35	David Lee	2:33:17	118	John Wellons	3:12:12	59	Helena Koo Prieto	3:31:08	70	Michael Sims	3:08:50
				J.							
36	Laird Smithson	2:33:20	119	Mike Witt	3:12:55	60	Renee Goldstein	3:31:23	71	James Kozma	3:09:20
37	Toralf Peters	2:33:26	120	Jud Wells	3:13:12	61	Krissi Rouquie	3:31:30	72	Ron Whitehead	3:09:28
38	Mike Coggin	2:33:47	121	Chris Freeman	3:14:06	62	Lynn English	3:33:41	73	Scott Brady	3:09:55
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39	Randall Rathmann	2:34:55	122	Craig Wilwerding	3:14:13	63	Paige Collier	3:33:44	74	Vic Kinnunen	3:10:45
40	Troy Dover	2:35:21	123	Troy Ash	3:14:28	64	Nobuko Fogarty	3:34:16	75	William Murphy	3:13:40
41	Pat Stacey	2:35:57	124	Felipe Hernandez	3:15:24	65	Barbie Stewart	3:34:44	76	Michael McMahon	3:14:18
	*										
42	Eric Doehrman	2:36:08	125	Warner Morris	3:15:36	66	Susan Oslund	3:35:02	77	William Burdette	3:17:21
43	Ron Teed	2:36:28	126	Kevin Paul	3:16:28	67	Angie Comer	3:40:53	78	Charles Fricks	3:18:37
	Diego Martinez						C	3:52:19	79		
44	0	2:36:28	127	Kyle Roach	3:17:04	68	Kathy Sego			Glenn Couper	3:19:41
45	Jeff Conley	2:37:00	128	Dave Mulkey	3:20:36	69	Michelle Meyers	4:01:26	80	Patrick Foley	3:21:07
46	Chad Hathorne	2:37:21	129	Michael O'Keefe	3:24:17	70	Lisa Bacote	4:32:35	81	Tim Warnock	3:23:36
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47	David Brown	2:37:44	130	Dennis Berkemeier	3:24:51				82	Tommy Holder	3:23:39
48	Joey Latulippe	2:38:35	131	Juan Rodriguez	3:31:17	MAI	LE 45-49 DIVISION		83	Kenneth Whitehouse	3:28:36
49	Lawrence Bear	2:38:42	132	Dale Reichman	3:34:22	1	Sean McSheehy	2-10-20	84	Jonathan Blotner	3:29:01
							,	2:19:29		J.	
50	Juan Pelaez	2:39:15	133	Tommy Laccetti	3:39:21	2	Kevin Richardson	2:22:51	85	Thomas Christian	3:31:16
51	Greg Whited	2:39:55	134	Derek Sego	3:41:35	3	Jeffrey Bowman	2:23:26	86	George Bishop	3:38:05
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52	David Wilson	2:40:09	135	Eric Tucker	3:51:28	4	Thomas McFadden	2:23:42	87	Brian Will	3:42:02
53	Pepper Huff	2:40:33	136	John Harvey	3:52:29	5	Dean Tilman	2:25:17	88	Andrew Booth	3:43:04
54	Todd Bohanan	2:41:05	137	Tony Toson	3:56:35	6	Mark Rosing	2:25:39	89	Jim Darling	3:54:57
				,					02	Jiii Dariiig	3.34.37
55	Michael Abbagnaro	2:41:37	138	Mike Worley	4:07:27	7	Brad Loucks	2:25:48			
56	Jamal Lacour	2:41:53				8	Kerry Hoover	2:27:20	FEM	ALE 45-49 DIVISION	
	2		EEAA	ALE 40-44 DIVISION		9	,				2:34:47
57	Jason Rinks	2:41:57					Don Ramon	2:27:28	1	Janie Davis	
58	David Sawyer	2:42:35	1	Sandra Murphy	2:31:37	10	Greg Denney	2:28:42	2	Cecelia Wigal	2:35:46
59	Michael King	2:42:42	2	Vicki Updike	2:32:33	11	Jeff Plank	2:30:03	3	Denise Dillon	2:36:59
	O .			1			2				
60	Damon Grimes	2:42:55	3	Denise Novicki	2:35:13	12	Joe Whitwell	2:30:13	4	Rhonda Cloinger	2:39:22
61	Daron Boys	2:43:34	4	Ann Marie Vollmar	2:36:37	13	Wesley Williamson	2:30:25	5	Lori Hatcher	2:42:58
62	Ron Ben-Moshe	2:43:54	5	Susan Allen	2:38:46	14	Jim Hoover	2:30:30	6	Teresa Marchetti	2:43:53
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63	Robert Corser	2:43:58	6	Kelli Sliwinski	2:39:19	15	Kevin Wilson	2:30:35	7	Sophia Lal	2:44:55
64	Donald Danbury	2:44:09	7	Julie Elmer	2:39:44	16	Bruce Sladick	2:30:50	8	Susan Mullins	2:49:59
	,										
65	Alejandro Urraza	2:44:19	8	Ann Schwartz	2:40:04	17	Donald Hellen	2:31:54	9	Angela Adams	2:50:24
66	Donald Knapp	2:45:27	9	Leanne Wakelin	2:40:33	18	William Belser	2:33:41	10	Nancy Hale	2:50:51
67	Rodney Osborne	2:45:41	10	Jennifer Morris	2:43:55	19	Fred Mehrer	2:34:47	11	Beth Umstead	2:50:58
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68	Jeff Dortch	2:47:02	11	Nicole Canavan	2:44:11	20	Richard Baker	2:35:02	12	Kristi Kay	2:51:01
69	Dale Klein	2:47:44	12	Heather McGee	2:45:47	21	Robert Barrett	2:37:08	13	Kathy Poston	2:51:08
70		2:48:45	13	Kay Goodrum	2:47:08	22		2:37:14	14	Sheila Howard	2:51:32
	Peyton Taliaferro			*			Randy Walton				
71	Keenan Sharpe	2:49:58	14	Kate Morefield	2:49:23	23	Carlton Vollberg	2:37:15	15	Karen Sladick	2:52:06
72	Michael Russell	2:50:02	15	Stacey Hurd	2:49:54	24	Jerome Pelfrey	2:37:26	16	Janet Ritchie	2:53:47
							,			9	
73	Steve Schwartz	2:50:24	16	Becky Taylor	2:49:54	25	Tom Bryson	2:38:19	17	Karen Doehrman	2:55:11
74	Brad Somer	2:50:45	17	Christine Allen	2:51:03	26				Beth Pelfrey	2:56:38
75	Michael Miller	2:50:57	18	Caprice Fussell	2:51:12		Gerald Grand	2:38:53	18		
				*		27		2:38:53		Georgette Rae	2:58:55
76	Jim Day			C I I1- · ·		27	Robert Baima	2:38:53 2:40:20	19	Georgette Rae	2:58:55
77	Peter Van Der Reyden	2:51:37	19	Sue Hackett	2:51:57	28		2:38:53 2:40:20 2:40:50	19 20	Becky Sharpe	2:59:42
78		2:51:57		Sue Hackett Dana Peele			Robert Baima	2:38:53 2:40:20	19		
	Tom Miller	2:51:52	19 20	Dana Peele	2:51:57 2:52:35	28 29	Robert Baima Ray Kellum David Brannon	2:38:53 2:40:20 2:40:50 2:41:19	19 20 21	Becky Sharpe Robin Swarts	2:59:42 3:01:01
	Tom Miller	2:51:52 2:52:55	19 20 21	Dana Peele Ann Evangelista	2:51:57 2:52:35 2:53:01	28 29 30	Robert Baima Ray Kellum David Brannon Thomas Jones	2:38:53 2:40:20 2:40:50 2:41:19 2:41:58	19 20 21 22	Becky Sharpe Robin Swarts Barbara Monaghan	2:59:42 3:01:01 3:01:42
79	Jeffrey Cross	2:51:52 2:52:55 2:53:13	19 20 21 22	Dana Peele Ann Evangelista Marco Butturini	2:51:57 2:52:35 2:53:01 2:54:19	28 29 30 31	Robert Baima Ray Kellum David Brannon Thomas Jones R Howard Pike	2:38:53 2:40:20 2:40:50 2:41:19 2:41:58 2:42:32	19 20 21 22 23	Becky Sharpe Robin Swarts Barbara Monaghan Natalie Taylor	2:59:42 3:01:01 3:01:42 3:03:30
80		2:51:52 2:52:55	19 20 21	Dana Peele Ann Evangelista	2:51:57 2:52:35 2:53:01	28 29 30	Robert Baima Ray Kellum David Brannon Thomas Jones	2:38:53 2:40:20 2:40:50 2:41:19 2:41:58	19 20 21 22	Becky Sharpe Robin Swarts Barbara Monaghan	2:59:42 3:01:01 3:01:42
80	Jeffrey Cross Kent Fawcett	2:51:52 2:52:55 2:53:13 2:54:17	19 20 21 22 23	Dana Peele Ann Evangelista Marco Butturini Christa Sullins	2:51:57 2:52:35 2:53:01 2:54:19 2:54:36	28 29 30 31 32	Robert Baima Ray Kellum David Brannon Thomas Jones R Howard Pike Andy Ponseigo	2:38:53 2:40:20 2:40:50 2:41:19 2:41:58 2:42:32 2:42:34	19 20 21 22 23 24	Becky Sharpe Robin Swarts Barbara Monaghan Natalie Taylor Jo Fort	2:59:42 3:01:01 3:01:42 3:03:30 3:07:46
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1	Casey Fannin	2:17:47	22	Angela Conrov	3:53:00	6	Donna Waddell	4:20:16	1	Karen Richardson	2:55:25
2	Wesley Spratt	2:17:47	23	Lisa Gardner	4:00:02		Domin Wadden	1120110	2	Kimberly Archbold	2:59:36
3	Daniel Chechele	2:18:01	24	Gina Nowell	4:03:31	MAI	LE 65-69 DIVISION		3	Marne McLyman	3:00:34
4	Bruce Berger	2:22:24	25	Peggy Copeland	4:06:29	1	Dale Vaughan	2:39:57	4	Joleyn Smithing	3:02:26
5	Samuel Milton	2:24:00	26	Lisa Adkins	4:20:46	2	Francis Schauer, Jr.	2:49:14	5	Ally Petrilla	3:03:35
6	Stephen Morrow	2:26:38				3	Fox Ferrel	2:58:57	6	Tiffany Inman	3:04:00
7	Charles Francke	2:27:11	MAI	E 55-59 DIVISION		4	Tomas De Paulis	3:02:47	7	Lisa Hardin	3:06:12
8	George Dewitt	2:29:01	1	Bruce Coleman	2:27:15	5	Kinji Tanaka	3:06:31	8	Becky Caldwell	3:07:32
9	Ray Thompson	2:31:34	2	Michael Zoellner	2:30:05				9	Belinda Hickling	3:08:54
10	Gregg Radloff	2:34:12	3	Jerald Ainsworth	2:32:48	FEM	IALE 65-69 DIVISION		10	Rebeccah Canada	3:08:59
11	Kevin Llovd	2:37:16	4	David Honeycutt	2:36:02	1	Anne Wright	3:01:55	11	Belinda Leslie	3:11:29
12	Chip Magner	2:38:09	5	Marshall Horton	2:36:38	2	Barbara Bogart	4:17:53	12	Lindsey Knowles	3:12:25
13	Perry Seltz	2:38:45	6	Ironman Billy Collie	2:37:22				13	Melissa Baxter	3:29:16
14	Clyde Ball	2:40:18	7	Karl Crossen	2:37:41	MAI	LE 70-74 DIVISION		14	Gayle Reese	3:32:43
15	Chris Crevasse	2:40:25	8	Rick Greif	2:42:11	1	John Adamson	2:42:41	15	Karen Mann	3:38:31
16	Bert Warren	2:41:51	9	Mike McCammack	2:43:37				16	Erin Melhorn	3:40:50
17	Danny Cox	2:43:02	10	Bob Funke	2:43:52		LE 75-79 DIVISION				
18	Edward Parrish	2:43:03	11	David Gregory	2:44:45	1	Robert Alt	2:54:55		JABIKE-M 1-99 DIVISION	
19	David Pilliod	2:46:03	12	Jeffrey Peck	2:48:18				1	Jim Christian	1:44:26
20	Richard Miller	2:47:28	13	Larry Young	2:49:08		LE 80-99 DIVISION		2	Warren Lusk	1:55:06
21	Steve Anderson	2:47:49	14	Dick Jones	2:53:57	1	Dean Davis	3:55:14	3	Mark Hearn	1:58:22
22	John Heflin	2:48:17	15	Daryl Mills	2:57:03	CIV	DECDALE 1 20 DIVISION				
23	Jeff Beasley	2:49:03	16	Doug Roselle	2:58:22		DESDALE 1-39 DIVISION	2.26.44		JABIKE-F 1-99 DIVISION	
24	William Lee	2:49:08	17	James Love	2:59:17	1 2	Adam Somerall	2:26:44	1	Andrea Lane	2:13:52
25	Jim Hunter	2:49:34	18	Ken Ferguson Scott Dickson	2:59:33	3	Clinton Fletcher	2:29:06	2	Jen Conner	2:16:26
26	Pablo Piquerez-Cavig	2:51:13	19 20	James Bolton	3:01:29 3:03:26	3 4	John Noble	2:36:02	DAD	ATDIATIUETE MAA OO DIVUGI	ION
27	David Schmitt	2:53:31		2	3:05:26	5	Todd Haney	2:36:36 2:42:58		ATRIATHLETE-M 1-99 DIVISI	
28	Michael Seibel	2:53:31	21 22	Jim Johnson Mike Morrissey	3:09:24	6	Ryan McCready Eric Broyles	2:44:13	1	Marshall Hamilton	3:54:52
29	Jay Sherman	2:55:07	23	Thomas Russe	3:11:38	7	Trey Harris	2:44:26	84 6 1	LE TEAM	
30	Bill Finegan	2:55:15	24	Frank Rivera	3:12:06	8	Ian Jones	2:47:49			2.20.27
31	Jon Craig	2:56:36 2:57:00	25	Peter Pate	3:14:07	9	David Gaynoe	2:50:14	1 2	Blue Ridge Sports Societ	2:30:37 2:31:17
32 33	Benjamin R Probasco Greg Ballweg	2:57:35	26	George Skonberg	3:16:48	10	Andrew Rader	2:52:50	3	Cobra Kai BluesBrothers (BCBST)	2:41:15
34	John Nowell	2:57:57	27	James Mansell	3:17:33	11	Chris Young	2:53:06	4	Old Heads	2:45:42
35	Terry Miller	2:59:56	28	Walter Woliver	3:18:41	12	James Hald	3:01:01	5	Law and Medicine	2:49:27
36	Claude Hager	3:03:14	29	Charles Nelson	3:29:30	13	Joseph Dollyhigh	3:03:11	6	Breazeale	2:50:57
37	John Rowlett	3:03:40	30	Frank Kiefer	3:29:51	14	Jim Locum	3:05:30	7	Rogers and White	2:57:26
38	Harold Solomon	3:04:37	31	Paul Beach	3:29:59	15	John Ross	3:07:08	8	Cornwall Dragons	3:07:32
39	Barry Asmann	3:05:13	32	David Keller	3:32:41	16	David Rose	3:09:59		Gorri wan 23 ragono	3.07.32
40	Carl Sloan	3:05:50	33	Gary Singer	3:32:53	17	Gregory Jones	3:10:53	FEM	ALE TEAM	
41	Peter Hurley	3:06:14	34	Bill Moore	3:34:08	18	Matt Cayce	3:13:39	1	Tenacity	2:48:00
42	Stephen Martin	3:07:43	35	Hank McMahon	3:38:35	19	Adam Teja	3:14:45	2	AKAK	2:49:10
43	Clark Fisher	3:10:21	36	Charles Fenton	3:39:46	20	Will Irvin	3:16:42	3	hustlin' hotties	2:54:25
44	Paul Shuman	3:10:38	37	Terry Moffett	3:41:44	21	Marc Cloete	3:18:35	4	Ward-Stallo	2:54:39
45	Duff Zmmerman	3:13:21	38	Bruce Polon	3:46:10	22	Josh Melhorn	3:25:15	5	SLiK	3:03:25
46	Michael Sparks	3:15:29	39	Tim Bates	3:56:08	23	Ryan Parker	3:29:41	6	Nashville Nasties	3:03:50
47	Richard Meyer	3:15:31				24	Christopher Moon	3:34:38	7	Why Tri?	3:08:26
48	Dave Wilson	3:16:28	FEM	ALE 55-59 DIVISION		25	David Waters	3:34:42	8	Jazzy J	3:15:28
49	Dan Hammond	3:18:26	1	Merri Blunck	2:39:23	26	Bryan Hoss	3:50:26	9	TRINOT2	3:17:04
50	Bill Cook	3:19:29	2	Deborah Price-Alexan	2:40:15	27	Richard Tuggle	4:23:00	10	Beach Bound Babes	3:20:55
51	Jerry Holder	3:21:48	3	Mary Galbraith	2:54:05				11	WWP	10:21:17
52	Jeffrey Balser	3:25:31	4	Mary Creel	2:57:00	CLYI	DESDALE 40-98 DIVISION				
53	Kelly McCauley	3:27:56	5	Lynne McGanity	2:58:56	1	Mark Buckreis	2:26:37	COE	D TEAM	
54	John McKeeman	3:28:51	6	Elizabeth Laroche	3:00:04	2	Doug Zacharias	2:30:29	1	Marshall-Smoot-Logan	2:19:38
55	Brad Wolff	3:44:45	7	Adri Herman	3:08:50	3	Kevin Kimbell	2:33:08	2	Brawny Brimers	2:25:15
56	Omar Perez	3:47:31	8	Karen Shiver	3:16:53	4	Wayne Patterson	2:46:56	3	Team BBC	2:29:31
57	Rodney Owen	3:52:00	9	Joan Iacobelli	3:25:35	5	Shan Carpenter	2:47:14	4	Go Joe	2:30:21
58	Doug Strommen	3:55:01	10	Suzanne Blaylock	3:25:46	6	Todd Swarts	2:47:42	5	Team Spencer	2:37:33
59	Greg Askew	3:58:13	11	Deborah Nash	3:32:19	7	Brian Oringderff	2:50:25	6	In Low Gear	2:39:00
60	Cleve Meacham	4:01:16	12	Elizabeth Vane	3:33:45	8	Michael Smallcombe	2:52:14	7	Team Memo!	2:43:08
FF**	ALE EO EA DIVIGION		13 14	Sue Azotea Craig Heigerick	3:47:49 3:49:02	9 10	David Bertrand Jack Lovelady	2:54:04 2:57:15	8	Triple T	2:44:51
	ALE 50-54 DIVISION	2.24.50	14	Claig Heigelick	3.49.02	11	John Jordan	2:58:48	9	Team Magic	2:46:36
1	Amy Griffith Lisa Kellev	2:34:59	MAI	E 60-64 DIVISION		12	Timothy Phillips	3:00:11	10	Team Davis	2:48:01
2	Brooke Nelson	2:42:29	1	Steve Chapman	2:30:51	13	Richard Hanson	3:00:27	11 12	Three's Company Crosstimbers Crew	2:51:17 2:52:33
4	Ginny Crumley	2:44:48 2:48:43	2	Ken Robinson	2:44:21	14	Ray Porter	3:00:39	13	Dirtee Deez	2:53:55
5	, ,	2:48:48	3	Art Higley	2:53:14	15	Adam Royer	3:03:11	14	MPH	2:55:58
6	Tracy Epps Ana Bailie	2:53:32	4	Al Montgomery	2:57:44	16	David Speight	3:08:27	15	Tri-Borgs	3:00:13
7		2:55:32	5	Tom Perry	2:58:44	17	Scott Ferguson	3:11:48	16	Pimp my Stride	3:00:13
8	Mary Stuart Bland Kerri Williams	2:56:51	6	James Hawkins	3:04:36	18	W. Andy Griffin	3:14:46	17	The Fourth Leg	3:03:16
9	Deborah Meservy	2:58:22	7	Trevor Torr	3:05:21	19	Chris Potter	3:14:49	18	Body By Porter	3:03:10
10	Faye Lefkoff	2:58:24	8	Kent Levenson	3:05:27	20	Tony Osani	3:17:08	19	Team Triceratops	3:06:24
11	Becky Pommer-Jones	3:00:48	9	Richard Snow	3:07:08	21	Chuck Jones	3:23:59	20	WHAT WAS I THINKING	3:09:06
12	Betty Holder	3:03:05	10	Paul Matrisian	3:18:09	22	Joseph Laufer	3:27:13	21	Triple Trouble	3:10:37
13	Eileen Stigers	3:03:30	11	Bill Benham	3:40:01	23	Chris Showman	3:27:52	22	Team Roberts	3:21:07
14	Donna Godsey	3:04:54	12	John Bips	4:04:57	24	Tom Shepard	3:32:29	23	Team Burkus	3:28:46
15	Lisa Bennett	3:11:37		. 1		25	Todd Scearse	3:37:16	24	Team Vellolil	3:43:22
16	Charlotte Marks	3:23:40	FEM	ALE 60-64 DIVISION		26	Bobby Dann	3:40:51	25	Chip's Chicks	3:55:25
17	Candie Bishop	3:29:27	1	Jo Adamson	2:58:08	27	Robert Frutoz Jr.	4:01:34	-	1	
18	Tanya Uherka	3:31:40	2	Cheryl Torr	3:19:12	28	Dennis Miller	4:02:19	COR	PORATE TEAM	
19	Meg Zimmerman	3:33:53	3	Mary Duguay	3:26:38				1	Interstate Battery 2:39:13	
20	Lia Pokkinen	3:37:58	4	Erin Swenson	3:44:29					,	

CHATTANOOGA WATERFRONT TRIATHLON

VOLUNTEERS Aaron Kilby Adam McCrary Alan Shook Alana Holloway Alex Patton Alton Danielson Amy Rowe Ana Garcia Andrea Clabo Andres Garcia Andrew Scharff Andria Connelley Andy Jones Anita Thornton Ann Garner Anna Morgan Art Jones Ashley Mehrer Ava Whitehouse

Avery McCuiston Bernice Delaney Bernie Hilbrandt Beth Ford Beth Petty Betty Holder Bill Brock Bill Collier Bill Darby Bill Gautier Bill Hester Bill Moran Bill Parsons Blaine Reese Blair Brown Bob Gift Bonnie McGhee Bonnie Wassin Brenda Gift Brian Crooks

Brian Santin Bridgette Wisdom Bryan Davis Carissa Conner Carla Noya Carol McDonald Carrie Reeves Carter Daniels Casey Carroll Cassie Mullins Cathy Champlin Cathy Matherly Chad "Nash Jr" Chad Nash Charlene Simmons Cheryl Parker

Chip Beard

Cindy Stevenson
Clay Crooks
Clinton Cadem
Colleen Carboni
Cookie Cooke
Corinne Henderson
Corte Iarossi
Crandall Caughman
Cris Larsen
Cristy Clark-Adams
Cynthia Fagan
Cyrus Rhode
Dale Ingram
Dana Moore
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Darlene Ownbey Darren Lewis David Barron David Moghani David Sternberg David Storm Dawn Navolt Dawn Salyer Debbie Smith DeLeslyn Mitchell Dennis Ford Devin Vaudreuil Dick Dillard Don Lastine Dorothy Freeman Doug Hawley Doug Roselle

Doug Roselle
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Edwina Cohen
Elizabeth Monson
Emily Hampton
Emily Patton
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Eric O'Brien

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Hillary Libby
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John Marshall

John Morrow
John Southern
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Karen Adams
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Karen Pilliod
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Katherine Rowe

Katie Schumacher

Keith Brogan Kelly Bullock Kelly Burdge Kelly Myers Kelvin Stamper Ken Radley Ken Shadwick

Ken Radiey Ken Shadwick Kenyon Jones Kim Anderson Kim Blevins Kim Southern Kim Whitehouse Kirk Bates Larry English Laura Brock Lauren Ford Lauri Slade Leigh Miller Leslie Becht

Lauren Ford Lauri Slade Leigh Miller Leslie Becht Lester Galyon Linda Busby Lindsay Lucus Lindsey Cochran Lisa Becht

Lisd Becht
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Maria Iarossi
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Mitzie Dyer Mrs. Sternberg Nanci Rosing Neal Adams Nicholas Sapp Nick Adams

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Rick Hicks Rick Loggins Rick Schumacher Rick Volkwein Rick Williamson Rick Worley Riley O'Brien Robert Powderly Roger Lambert

Ron Branam Ron Rogers Ronald Nudo Roseann Grandy Ryan Davis Ryan Shrum

Ryan Davis
Ryan Shrum
Sam Baker
Sandy Banks
Sandy Battles
Sarah Lambert
Scott Carroll
Sean Ashley
Sergio Bianchini
Shelley Moore
Sherilyn Johnson

Sherry Holmes Stacy Marshall Stephanie Essex Steve Barlew Steve Couch Steve Higgs Steve Johnson

Steve Jonnson Steve Morrison Steve Rogers Steve Smalling Steven Briggs Susan Gallo Tad Bromfield

Tad Bromfield Tammy Colvard Tammy Larson Taylor Watson Teri Akovenko Teri Cadem Terry Haywood

Terry Haywood
Tim Adams
Tim Ensign
Tim Holmes
Tom Angsten
Tommy Grisham
Tony Myers

Tresa Vaudreuil Treva Walshe Tyler Vaudreuil Vanessa Gramm Vickie Walker

Walt Sinor Webb Tallon

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Team Magic Outdoor Chattanooga Chattanooga City Traffic Engineering Chattanooga Police Department

Chattanooga Parks and Recreation University of Tennessee at Chattanooga

Tennessee Department of Transportation Red Bank Police Tennessee Highway Patrol

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The Purple Wing Motorcycle Support

Tennessee Valley Canoe Club Chattanooga Triathlon Club

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Sherilyn Johnson Bill Brock Ienni Berz Philip Grymes Therese Bynum Faye Yates George Mattison Bill Moran Rick Loggins Butch Cooke Dawn Salver Lynda Webber Susan Gallo Kelly Bullock Nick Adams Set. Austin Garret Becky Roberts John Van Winkle

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Individual: \$24 Per Year Family: \$36 Per Year Student: \$18 Per Year Basic Membership Benefits:

- CTC publication, Jogging Around, 8 times per year
- 10% Discount at Fast Break and Front Runner
- Weekly organized runs with the opportunity to meet other
- runners
- Weekly email newsletter
- Four fun social events per year
- Discounts on several CTC

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- Name published in Jogging Around as a Donor Level Member
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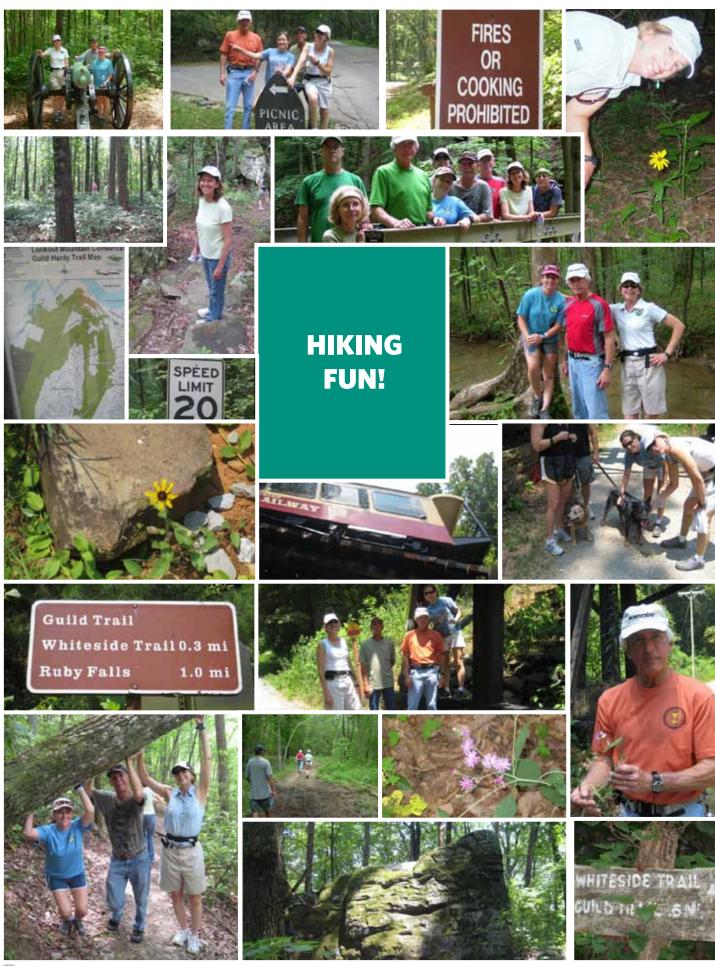
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	vents unity to compete in the of the Year	ne		more details.
Sponsors, de and media.	epending on their level of	giving, may also take	advantage of the adve	rtising and PR opportunities available through clubs
><				
Chattan	ooga Track Cl	ub Membersh	ip Application	
Please mak	re check payable to:	Chattanooga Track	Club, P. O. Box 1124	41, Chattanooga, TN 37401
	pership dues are on embers, dues are pro			ew □ Renewal please check the one that applies to
Individual	: □ \$24 (Jan-Mar)	☐ \$18 (Apr-June)	☐ \$12 (July-Sept)	□ \$6 (Oct-Dec)
Family:	□ \$36 (Jan-Mar) [□ \$27 (Apr-June)	☐ \$18 (July-Sept)	□ \$12 (Oct-Dec)
Students:	□ \$18 (Jan-Mar)	□ \$13.50 (Apr-Jun	e) 🗆 \$9 (July-Sept)	□ \$4.50 (Oct-Dec)
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and run in club ability to safely to, falls, contact on the coarse, your acceptant Runners club of any kind arisin part of the pers	o activities unless I am med y complete the run. I assun ct with other participants, th all such risks being known ce of my application for me of America, the Chattanoog	cally able and properly to all risks associated with a affects of the weather, and appreciated by me. The arrack Club, and all spotthese club activities, eventually appreciated to the second section of the section of t	rained. I agree to abide by th running and volunteering including high heat and / c Having read this waver and anyone entitled to act or prize their representative in though that liability may	ially hazardous activities. I should not enter any decision of a race official, relative to my g to work in club races including, but not limited or humidity, the conditions of the road and traffic high knowing these facts, and in consideration of my behalf, waive and release the Road es and successors from all claims or liabilities of arise out of negligence or carelessness on the
Signature		Date	Signature	Date

____Signature _____

Date ____





the area's largest **Health, Nutrition & Fitness Expo**October 1 & 2, 2010 Chattanooga Convention Center

Healthy Living, Healthy Planet by "Natural Awakenings"

Natural Health pavilion is presented as "Healthy Living, Healthy Planet" by East Tennessee's Natural Awakenings magazine, with businesses that feature natural health and environmentally friendly products and services.

GREEN LIVING, has become one of the fastest growing areas of the expo. Exhibitors with products and services showcase ways to make our planet healthy, a big part of creating a healthy life.

Senior Day is held opening day with FREE ADMISSION FOR SENIORS. All activities focus on seniors. Entertainment such as gospel music, bingo and Tai Chi create fun yet informative for seniors and their caregivers.

A successful program for the area's largest employers, the **Employer Edge Progam** offers tickets to employees of participating companies to promote a healthier lifestyle. Over six years, tens of thousands of employees were provided tickets by hundreds employers in the region.

NBC's "Biggest Loser" Contestants

Healthy Living Expo hosted several contestants from NBC's hit program The Biggest Loser such as: Gary Deckman, Kelly Miner, Brian Starkey, Bobby Moore and Tara Costa. Each contestant brought hundreds of visitors to listen to their motivational stories. See who will be the next contestant to speak at the expo.

Prizes, Prizes, Prizes and Fun Activities

Special areas, Cooking Stage, Fit Family, Movement & Activity Stage and Walking Track are hugely popular. They feature activities and speakers offering healthy living tools, tips and techniques with prize drawings after every activity for today's families creating an atmosphere both exciting and

The **Cooking stage** with local chefs, dietitians and nutritionists demonstrate how to prepare healthy meals and offer samples of featured dishes. Exhibitors offering products or services pertaining to nutrition will surround the area providing sampling for visitors to taste.

The **Movement & Activity Stage** showcases fitness through movement. Demonstrations range from dance, karate and gymnastics to pilates, kickboxing, yoga, offering entertaining and effective fitness options.

The Healthy Living Walking Track, a quarter-mile indoor area surrounding the exhibit floor, allows visitors the chance to participate in scheduled walks for prizes and to help support local charities.

Health Screenings

The Healthy Living Expo includes dozens of FREE health screenings, including dietary and nutritional evaluations, strength screenings, blood typing, blood pressure, cardiovascular screenings, and other tests. Mammograms and other special screenings will be offered at reduced Expo prices.

Just for the Health of It!

With exhibitors representing products and services relating to healthcare, nutrition, fitness, natural health, family fitness and "green" living, visitors to The Healthy Living Expo are sure to find something to enhance their lifestyle. By participating in Expo activities, watching demonstrations, sampling nutritious foods, gathering information and accessing dozens of free health screenings, visitors leave better prepared to meet the challenge of Healthy Living.

For more information or to exhibit please visit:

www.TheHealthyLivingExpo.com

Or call: 865-851-8141

2010 BLUEGROSS RIVERBEND RUN CONTINUES CTC TREND FOR RECORDBREAKING PARTICIPATION

By Blaine Reese

On Saturday, June 19, over 1,560 participants vaulted past the record breaking 2009 BlueCross Riverbend Run record attendance of 1,112. The one year, 40% growth for the event was both gratifying and problematic for event sponsor BlueCross BlueShield of Tennessee, Friends of the Festival, and the Chattanooga Track Club as all members of the presenting partnership scrambled to respond to the record growth.

Local runners, all from Chattanooga, took top positions for both male and female divisions in the 5k and 10k races. For the 10k, Joseph Setenei was the male overall winner with a time of 33:44.03 and Jan Gautier finished first among the ladies with a time of 43:46.90. In the 5k, Patrick Hall was the male overall winner with a time of 16:28.04 and Lanni Marchant was the ladies winner at 17:59.01.

The race start was delayed eight minutes to permit late arrivals hampered by traffic issues to get to the starting line. Still, there were racers hustling to the starting line when the horn sounded to start the race. Race results were delivered in a timely fashion to permit the awards presentations to proceed on schedule. The only snafu's regarding awards were two cases of female first place age group winners being erroneously declared due to someone wearing the wrong race number and timing device. These issues have been corrected with resulting changes posted on the Chattanooga Track Club website within 48 hours of race completion.

The Chattanooga Track Club is extremely fortunate to have the continued support of Robert Berman, Southern Coffee Service, for providing his equipment, coffee service, and Emcee skills to the majority of CTC events, as he did for the BlueCross Riverbend Run. The tag team of Jed Mescon, WRCB TV, and Ron Harr, BlueCross BlueShield of Tennessee provided lively and entertaining post race and awards commentary.

I believe the unprecedented growth for the 2010 BlueCross Riverbend Run would have been a challenge for an experienced race director. This was certainly the case for me in my debut as race director. During the last ten days before

Race Day, I often felt like I believe a snow skier would if he were in front of an avalanche and racing desperately to avoid being overtaken. It is a gross understatement, but I must say that without the help of all presenting partners and many volunteers who stepped up, I could not have completed my assigned task.

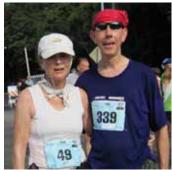
I am deeply grateful for the assistance and advice of long term BlueCross Riverbend Run Race Director Rita Fanning. I would not have accepted the role of race director without her promise of support and could not have executed the race plan without her help. 2009 BlueCross Riverbend Run Race Director, Tammy Sitton, in her new role with Friends of the Festival, was irreplaceable in responding to the growth of the event. Representatives of BlueCross BlueShield of Tennessee coordinated most of the set-up for the race day venue and provided many volunteers as well as signage that helped participants on and off the race course. Experienced team leaders for the more than 130 volunteers returned to their valuable roles on race day as well as at packet pick-up. Runners, please continue to say "Thank You" to our many volunteers.

I have received many comments post race regarding positive aspects of the 2010 BlueCross Riverbend Run as well as areas for improvement. As race director, I accept full responsibility for organizational issues that resulted in inconvenience or discomfort to any participant. All of these issues will be addressed by the participating partners in the Post Race Recap. I hope that for everyone, the overall experience of the 2010 BlueCross Riverbend Run was positive and that you will return for an improved 2011 BlueCross Riverbend Run.

























BLUECROSS RIVERBEND RUN 5K - 2010

/EF	RALL MALE		13	Matt Blaylock	26:20.46	24	Mike Brusca	30:22.20	19	Martin Lester	32
	Patrick Hall	16:28.04	14	David Geyer	26:23.79	25	Matt Holden	30:33.77	20	Patrick O'Brien	32
			15	Cory Buckner	26:29.04	26	Eric Stone	30:49.24	21	Scott Fontana	32
/EF	RALL MALE MASTERS		16	Patrick Darsey	26:30.32	27	Mitchell Hollis	31:01.27	22	Tim Youngblood	33
	Mark Lorello	18:09.81	17	Newell Kelley	26:37.29	28	Ricky Benavides	32:01.94	23	Carl Miller	33
			18	Michael Nickolai	27:21.01	29	John Giardino	32:23.06	24	Robert Harvey	34
/FF	RALL MALE GRANDMAST	FRS	19	Tyson Street	27:57.03	30	Christopher Seal	33:02.08	25	Michael Gallant	34
	Mike Usher	21:22.52	20	Zachary Key	27:59.94	31	Tim Chakwin	33:02.09	26	Darrell Layne	35
	WIRE USHEL	21.22.32	21	Jack Berry	28:12.91	32	Beau Moffatt	33:08.16	27	Stewart Hale	36
	F ACE CROUD: 1 0		22	Ed Hofknecht	28:48.90	33	Darren Boehm	33:59.38	28	Bart Griffith	37
ALI	E AGE GROUP: 1 - 8	******									37
	Xian Campbell	29:44.40	23	Kelly O'Neal	28:58.24	34	Patrick Cruise	34:00.13	29	Jeff Palus	
	Mitchell Hollis	31:01.71	24	Matthew Talley	29:54.42	35	Stewart Atkins	34:31.41	30	James Johnson	38
	Ryan Gregory	41:19.94	25	Michael Fancher	29:57.56	36	Joel G. Walton,jr.	34:37.99	31	Tim Patrick	39
	Brayden Jasper	57:43.31	26	Thomas Swearingen	30:00.67	37	Joel Smith	35:10.07	32	Vincent N Chapman	45
	, JF		27	Jacob Fast	30:02.58	38	Jamie Horn	37:46.74		*	
ΔΙΙ	E AGE GROUP: 9 - 12		28	Vernon Horn	30:49.20	39	Bart Lowe	38:04.05	MAL	E AGE GROUP: 45 - 49	
`	Jessie Martinez	21:52.01	29	Adam Murray	32:26.85	40	Mark Coffman	38:31.99	1	Warren Sinor	19
	J		30	Devin Moore	33:53.09	41	Bryan Keene	38:32.16	2	Joey Howe	21
	Noah Flowers	28:24.39					,	40:20.23	3	Bill Minehan	21
	Ryan Harvey	29:01.24	31	Emily Roddy	37:45.13	42	Rob Greene				
	Noah Cochran	29:29.93	32	Joshua Scott	38:10.44	43	Jimmy Inglis	41:39.62	4	Gary Powers	21
	Michael Murphy	31:39.60	33	Jesse Lagoo	48:13.28	44	Willie Thomas	42:06.60	5	Jose G. Martinez	23
	Taylor Boehm	34:15.61				45	Joshua Greene	49:56.46	6	Donald Covill	24
	Will Davis	34:22.07	MAI	LE AGE GROUP: 25 - 29		46	Nathan Morris	54:18.21	7	Jens Wilken	24
	Andrew Sinor	35:53.65	1	Torsten Bethge	23:16.51	47	Kevin Hoxworth	56:00.34	8	Monty Riley	25
	Gage Slack	37:46.50	2	Lim Seang	23:44.63	48	Jeffrey Moser	58:28.14	9	Cameron Fisher	26
			3	Nik Meeks	23:47.75	49	Patrick McDaniel	1:06:25.24	10	Darren Richmond	26
	Alex Patton	53:30.05	<i>3</i>			サノ	1 AUTON IVICE/AUTO	1.00.43.44	11	Tim Goss	20
	FACE CROUP 42 42			Nathan Daugherty	24:26.77		EACE CROUD OF 30				
L	E AGE GROUP: 13 - 18		5	Arpan Desai	24:36.89		E AGE GROUP: 35 - 39	4	12	Willie Warren Jr	20
	Matthew Marshall	17:43.62	6	Doug Belknap	25:09.99	1	Andree Schultz	19:35.37	13	John Kelley	20
	Isaac Pacheco	17:52.99	7	Brandon Bucholz	26:00.18	2	Paul Brewster	22:48.72	14	Authur Holden	27
	Justin Clark	18:19.63	8	John Malek	26:07.35	3	Adam Stimart	24:31.28	15	Campbell Brooks	27
	R-Jay Bridges	18:27.04	9	Joseph Malek	26:17.70	4	Douglas E. Biddle	25:19.68	16	Michael Fox	28
	Freddy Cartillo	18:33.41	10	Maurice Rogers	26:47.30	5	Carter Garrett	26:45.72	17	Chris Theobold	28
	,		11	Austin Miller	26:53.17	6	Adam Cramer	27:14.38	18	Duane Hill	28
	Kevin Coffman	18:36.18	12	Ivan Thomas, Jr	27:14.60	7	Ken Scannapiego	28:21.52	19	Jep Price	28
	Phillip Willaim	18:40.02									
	Zachary McCormick	18:44.26	13	Craig Sluder	28:17.34	8	Andy Fitzsimmons	28:38.98	20	Steve Tompkins	29
	Austin Ethridge	19:20.16	14	Charles Haws	28:23.15	9	Kenny Davis	29:00.15	21	Bill Skowronnek	29
	Kyle Ford	20:17.26	15	Brad Fuqua	28:49.50	10	Keith Grant	30:35.81	22	Terry Haywood	30
	Zach Orrison	20:21.45	16	Steffen Krull	29:06.25	11	David Lang	31:05.35	23	Dung Nguyen	30
	John Chambers	20:22.20	17	Patrick Swingle	29:10.79	12	Michael Matthews	31:28.66	24	Stan Street	30
	Servio Martinez	20:30.99	18	Eric Anderson	29:23.26	13	David Storm	31:49.59	25	Philip Carlson	31
		20:59.48	19	Byron Payne	31:17.18	14	Juergen Newenfeldt	31:58.79	26	Bradley Longwith Sr	32
	Tyler Traub					15			27	, .	
	Jesus Cruz	21:33.18	20	James Morrison	33:12.82		James Voellinger	32:47.30		Darren Tola	33
	John Knott	21:45.04	21	James Ramsey	33:31.42	16	Chris Johnston	33:01.06	28	Keith Bowman	3.
	Justin Jones	22:05.51	22	Joey Hughes	33:33.06	17	William Thompson Jr.	33:25.25	29	George Thomas	34
	Charles Powell	23:11.48	23	Keith Bolis	33:56.58	18	Andrew Talford	34:10.19	30	Ernie Ellis	34
	Eric Roddy	23:40.27	24	Hunter Robins	34:00.93	19	Lee Arnold	34:18.36	31	Mark Williams	34
	Cullen Mitchell	24:13.65	25	Zach Moody	34:29.15	20	Keith Brewton	34:28.70	32	Gregory Johnson	34
	Stephen Heinichen	24:42.96	26	Josh Blair	34:51.43	21	Joe Grimes	34:52.33	33	Randall Stanley	34
			27	Kyle Kaminski	35:19.82	22	Jason Tays	35:03.49	34	Ray Roddy	35
	Jack Marshall	25:29.46		*							
	Matthew Phillips	25:29.98	28	Damon Corwine	36:47.67	23	Jason Young	35:44.81	35	David Eaton	3.
	Austin Joel	25:37.15	29	Rebecca Payne	36:47.72	24	Chris Zimmerman	36:34.16	36	Robert Parry	3.
	David Robbins	25:46.46	30	Jody Haddock	38:31.70	25	Kent Callison	36:48.39	37	David Dupras	3'
	Lucas Slade	25:58.79	31	James Haynes	42:37.27	26	Edward Tate	38:06.67	38	Glenn Ireland	38
	William Ireland	26:21.32	32	Justin G Porter	43:00.98	27	Ronald Ramsey	39:17.76	39	Scott Sherrer	38
	Madison Brooks	26:55.00	33	Erik Ehinger	46:36.56	28	John Elliott	40:08.41	40	James Speace	38
	David Wood	27:20.58	34	Thomas Ahern	48:46.16	29	Rogelio Pacheco	40:10.98	41	Patrick Wortman	1:08
			35	Nick Caplenor	56:23.25	30	Brian Frye	41:30.72	1.1	- across morniali	1.00
	Mitch Mizell	28:09.98	55	INICK Capienor	30.23.23		,			E AGE CDOUD. TO TA	
	Alex Lowry	28:13.61		EACECDOUR SS SS		31	Kenneth (kenny) Nave	44:20.60		E AGE GROUP: 50 - 54	_
	James Larson	28:18.51		LE AGE GROUP: 30 - 34		32	Alan Cooper	5:25.72	1	Marvin Watson	22
	Evan Wood	28:27.83	1	Matt Gregory	18:14.15	33	Timothy T. Bruce	46:10.51	2	Michael Bruton	22
	Keith Sikes	29:59.44	2	Matthew Amick	22:16.26	34	Shawfe Sung	54:22.17	3	Jeff Houston	2.
	Israel Cotto	30:45.12	3	Jeff Elrod	22:46.01	35	Bleau Jasper	57:44.32	4	Paul Harwart	2
	Joshua Stone	30:49.41	4	Christopher A Jones	23:14.59		v 1		5	Tim Spires	20
	Chandler Rasnake	33:21.84	5	Curtis Jackson	24:11.20	MAI	E AGE GROUP: 40 - 44		6	Walter Stamper	2
	Nolan Palus	42:15.08	6	Allen Bible	24:42.09	1	Craig Winsor	18:36.58	7	Kris Phillips	20
			7	Albert Leavengood	24:59.83	2	Steve Wilson	20:29.11	8	Gunnar Siemann	29
	Christopher Hampton	46:38.17									
	Chandler Coker	48:43.26	8	Peter Tuttle	25:08.32	3	Everett Hauser	22:30.09	9	Allen Clarkson	25
	Tevin Sweeney	49:31.92	9	Rusty Lee	25:35.37	4	Erle Miles	25:46.90	10	Bill Anderson	3
			10	Marcus Hafen	25:36.00	5	Steve McRoy	26:10.13	11	Steven Martin	3.
LI	E AGE GROUP: 19 - 24		11	Zachary McCarty	26:31.12	6	Jason Eslinger	26:59.79	12	Mark Reina	3
	Allen Thurman	16:50.51	12	Ted Alling	26:52.96	7	Wolfgang Voss	27:05.11	13	Lee Harper	3
	Kevin Huwe	17:31.12	13	Matthew Welch	26:54.06	8	Kevin Kress	28:19.19	14	Chuck Elbell	3
	Kelvin Hill	18:12.00	14	Patrick Moates	26:54.25	9	Jeff Claxton	28:19.59	15	Ralph Keith	3
			15	Michael Kelley	27:17.77	10	Harry Hawkins	28:44.87	16	Robert Wood	30
	Max Molleo	21:12.64		,			,				
	David Madewell	22:12.85	16	John Kelly Jr.	28:14.47	11	John Wood	28:47.59	17	Greg Askew	3'
	Larry Buffaloboy	22:33.44	17	Bjoern Riechel	28:36.63	12	Scott McAllister	29:40.30	18	Edward Elmendorf	4
	Nathan Wilson	23:22.56	18	Matthew Wiseman	29:05.46	13	Marty Dobbs	29:47.01	19	Chris Overton	
	Will Pryor	23:31.87	19	Jason Ingle	29:16.07	14	David Lafontaine	30:14.02	20	James L. Shank	4
	Brandon Tomlinson	24:40.87	20	Gerald Witt	29:18.36	15	Terry Haupt	31:27.49	21	Dave Swearingen	4
	Samuel Keith	25:27.41	21	Kenneth Scott Webste	29:41.92	16	Alfie Ferguson	32:06.06	22	Tony Clabo	40
	Chris Cooper		22	Matthew K Laney	30:15.89	17	Shelley Brown	32:17.97	23	Kenn Brown	59
		26:04.73		*		18	Scott Henze		23	Lacini DiOWII	33
	Jared Dobbs	26:12.40	23	Jeremy Coyle	30:22.13			32:23.16			

MAI	LE AGE GROUP: 55 - 59		12	Cassy Flowers	31:43.33	17	Crystal Dempsey	29:54.16	12	Jamie M Laney	30:32.65
1	Bobby Smith	21:46.81	13	Alexandra Whittington	32:00.05	18	Quiana Jimerson	29:56.73	13	Laura Wandell	30:53.54
2	Les Kertay	24:54.43	14	Doreen Simon	33:23.30	19	Celia Anzalone	29:57.93	14	Dorothy Caplenor	31:19.10
3	Robert Gift	25:45.11	15	Cynthia Tola	33:33.27	20	Kathryn Miller	29:58.31	15	Sue Van Peters	31:37.75
4	Will Hixson	26:01.28	16	Jessica Mummert	34:25.65	21	Amy Eaton	30:27.16	16	Amber Benavides	32:02.02
5	Thomas Sisemore	26:18.61	17	Lauren Covill	34:27.30	22	Kelli Shropshire	30:51.29	17	Jennifer Trammell	32:07.07
6	Robert P Sikorski	27:30.37	18	Kelly Reina	34:42.44	23	Michelle Ramsey	31:05.08	18	Kelli Lockerman	32:31.59
7	Bill Pryor	27:34.02	19	Katelyn Carlson	35:26.68	24	Elsa Von Peters	31:21.03	19	Melissa Baskette	33:05.98
8	Mike Martin	27:35.11	20	Taylor Durham	36:45.45	25	Rebecca Potts	31:23.70	20	Erin Thurman	33:16.89
9	Dennis Goodwin	28:27.41	21	Tayler Hayes	38:38.81	26	Lindsay Sluder	31:27.51	21	Amanda Elliott	33:22.14
10	Robert Ford	28:51.09	22	Anna Street	38:58.45	27	Amy Shuff	31:45.23	22	Kathy Henze	33:23.35
11	Larry Jacobsen	29:27.33	23	Hayley Beacham	38:59.98	28	Gillian Wiseman	32:00.87	23	Donna Harrison	33:33.37
12	Mark Kresl	30:53.50	24	Kelsey Dorris	39:12.68	29	Jessica Kaminski	32:06.02	24	Daniele Glaze	33:49.11
13	Randy Smith	31:23.81	25	Sarah Book	39:27.20	30	Laura Gotschall	32:23.82	25	Beth Kelly	33:56.81
14	Bob Rood	31:51.49	26	Katie Bishop	40:57.17	31	Jenny Stirnemann	32:32.68	26	Stacy Holder	33:58.14
	Charlie Edwards		27	Carisa Chapman	45:41.15	32	Jessica Pinson	32:41.57	27	Jamie Gunter	33:58.57
15		32:58.15 33:47.87	28	Emily Sinor	51:11.30	33	Amy Burge	32:42.34	28	Jennifer Meredith	34:14.03
16	Lewis Belknap		29	Tori Hamby	52:25.96	34	Ines Voellinger	32:49.56	29	Sarah Moody	34:28.97
17	Emir Veledar	33:48.75	29	топ нашоу	32.23.90	35	Kera Mathews	32:55.99	30	Karen Atkins	34:31.07
18	Keith Morgan	33:56.50	EEA	IALE AGE GROUP: 19 - 24							
19	Dan G. Stone	35:20.44			10 21 20	36	Melisa Wooten	33:19.26	31	Abigail Glass	34:37.93
20	Anthiny Martinez	37:10.06	1	Tara Gietema	19:31.30	37	Kimball Richardson	33:19.55	32	Lara Rollins	34:38.13
21	David Keller	37:21.41	2	Erin Rayburn	21:54.63	38	Kathryn Kenney	33:22.07	33	Virgen Illa	34:42.93
			3	Marie Daugherty	25:46.13	39	Beth Igou	33:42.97	34	Stacy M Jones	35:04.02
	LE AGE GROUP: 60 - 64		4	Shannon Burns	26:02.82	40	Jessica Darsey-Harpe	33:55.27	35	Brittany Morrison	35:34.70
1	Fred Wiechmann	22:53.29	5	Nicole Griffin	26:59.75	41	Amanda Terry	34:01.01	36	Cynthia Fagan	35:56.33
2	Roy Webb	26:55.56	6	Megan Bruner	27:20.88	42	Sarah Neal	34:13.12	37	Mary Morrison	36:13.61
3	Dan Woughter	30:22.88	7	Alli Paryse	27:36.67	43	Emily Jackson	34:15.58	38	Sarah Evans	36:17.16
4	Bob Cutrer	30:36.83	8	Ann Pierce	27:44.88	44	Jasna Veledar	34:18.28	39	Jennifer McDowell	36:43.14
5	Louis Anderson	30:57.75	9	Phyllis Petronello	28:55.73	45	Keely Jochym	34:22.32	40	Samara Collins	36:48.21
6	Jim Hamblen	32:29.31	10	Julie O'Neal	28:57.92	46	Catherine Carrico	34:41.34	41	Tracy Morrison	36:50.65
7	Earl Kelle	35:16.89	11	Dijana Kunovac	28:58.66	47	Stacie Guines	34:59.05	42	Mylaina Seal	36:51.50
8	Don Stites	38:02.21	12	Amanda Elmendorf	29:27.66	48	Christy Highsmith	35:13.13	43	Nicole Mull	37:15.60
9	D. Maples	38:11.64	13	Rachel Stuckey	29:39.33	49	Malinda Clark	35:16.04	44	April Welch	38:00.69
10	Ernest Emerson	39:12.93	14	Ashley Lumpkin	29:41.76	50	Michelle Mance	35:17.03	45	Katie Harbison	38:05.50
			15	Samantha Fuqua	29:55.57	51	Michelle Loveless	35:43.76	46	Caroline Tate	38:05.97
MAI	LE AGE GROUP: 65 - 69		16	Jessica Gowan	30:01.55	52	Tricia Hatala	35:49.42	47	Stephanie Foster	38:14.61
1	John Elliott	25:22.25	17	Karen Anderson	30:18.04	53	Heather Hogan	35:59.83	48	Kara Wiese	38:36.79
2	Russ Haynes	26:52.91	18	Amy Bearden	31:08.91	54	Jessie Hunter	36:13.57	49	Darsha Arnold	38:38.73
3	Tom Cory	30:17.77	19	Emily Geyer	31:25.57	55	Monica Cramer	36:16.38	50	Tonja Christopher	38:58.01
J	Tom Cory	30.17.77	20	Hope McKinney	31:35.54	56	Jessica McKittrick	36:24.73	51	Jennifer Lambert	39:18.03
8481	LE AGE GROUP: 70 - 99		21	Britanie McNabb	32:07.09	57	Sharon Gentry	36:26.28	52	Paige Pickett	39:36.71
		40.45.50	22	Lauren Hay	33:35.91	58	Annie Loveless	36:28.94	53	Jennifer Carlton	41:24.28
1	John T Smithson	40:45.59	23	Leah Cunningham	33:36.03	59	Peggy Parks	36:49.91	54	Amy Lowe	41:50.67
2	Thomas Sajwaj	41:48.15		O			007			*	
3	David Bishop	44:44.36	24	Rachel Bowen	34:23.15	60	Amber Hixon	37:14.37	55	Kristi Schalk	2:03.90
			25	Jana Dobbs	34:26.87	61	Virginia York	37:20.79	56	Melanie Tuttle	42:24.01
	RALL FEMALE		26	Staci Thomlinson	34:45.95	62	Michelle Walterhouse	37:25.35	57	Stephanie Schwieter	43:18.84
1	Lanni Marchant	17:59.01	27	Brittany Eason	34:59.60	63	Amy Stewart	37:29.63	58	Tina Cabush	43:42.28
			28	Mary Sutherland	35:35.11	64	Brynn Greene	37:37.04	59	Wendy Turner	44:16.87
OVE	RALL FEMALE MASTERS		29	Dana Whitt	36:06.07	65	Courtney Anderson	37:48.46	60	Alyson McArthur	46:20.55
1	Wendy Houston	22:48.91	30	Corrie Harris	36:27.09	66	Sarah Belknap	37:52.54	61	Misty Holden	46:41.84
			31	Sonja Owens	36:32.43	67	Shelley Castle	38:06.65	62	Cris Larsen	47:01.11
OVE	RALL FEMALE GRANDMAS	TERS	32	Laura Gage	36:40.13	68	Michelle Fast	38:32.12	63	Christi Regan	47:06.49
1	Joy Scruggs	23:06.65	33	Damaris Martinez	37:10.33	69	Bhavika D. Govan	39:38.12	64	Jenny Taylor	49:29.22
			34	Vanessa McNeil	37:36.79	70	Bethanie Reynolds	39:49.18	65	Jennifer Davis	59:45.12
FEM	IALE AGE GROUP: 1 - 8		35	Lanae Patterson	37:49.21	71	Ashley Cross	39:57.25	66	Sarah Lively	1:02:32.60
1	Carrie Patrick	39:15.72	36	Amy Scripka	37:54.17	72	April Johnson	40:19.80			
2	Mary Kate Bullock	41:31.25	37	Lauren Hollowell	38:57.96	73	Sanja Veledar	40:23.53	FEM	IALE AGE GROUP: 35 - 39	
3	Kati Bruce	46:10.12	38	Meghan Reina	39:37.11	74	Selena Cameron	41:29.38	1	Dianna Leun	23:08.61
			39	Alisha Russell	39:41.70	75	Megan Inglis	41:39.36	2	Heather Corley	23:59.62
FEM	IALE AGE GROUP: 9 - 12		40	Rica Cobb	39:52.17	76	Lauren Haws	41:41.86	3	Katherine Fisher	24:48.89
1	Allison Anderson	26:58.69	41	Elizabeth Craig	41:52.30	77	Anna Bobbala	41:42.40	4	Susan Cobb	26:13.74
2	Samantha Coleman	29:44.93	42	Melissa Johnson	42:46.47	78	Catherine Howell	42:34.79	5	Stacy Pickens	26:37.28
3	Danielle Daniels	29:52.99	43	Amber Smithson	48:12.80	79	Lindsey Yerbey	42:36.60	6	Jill Traub	26:50.50
4	Stephanie Lair	33:20.60	44	Rachel Hickman	49:06.15	80	Jaimee Connor	42:58.82	7	Kimberly Colquette	26:54.47
5	Grace Fugate	33:25.93	45	Lindsey Thomas	51:08.90	81	Natasha Sawyer	44:58.08	8	Carrie Wolf	27:42.91
6	Kierstyn Meredith	34:14.14		•		82	Piper Cook	45:22.72	9	Meridith Brown	27:57.76
7	Katie Dorris	39:12.35	FEM	IALE AGE GROUP: 25 - 29		83	Kim Battle	45:33.61	10	Shannan Billings	28:43.70
8	Taylor Graham	41:37.69	1	Emily Lasater	20:29.89	84	Casey Bagley	47:54.18	11	Deanna Lord	30:21.99
9	Mary Jo Swearingen	44:28.65	2	Meghan Whitley	22:37.88	85	Belinda Vaughn	49:03.43	12	Brann Morrison	30:31.63
10	Kayla Regan	47:03.47	3	Anna Royer	23:25.66	86	Vanessa Moser	58:27.59	13	Shannon Gaddis	31:28.90
10	Tuyin ingaii	17.00.77	4	Erika Cooke	23:50.86				14	Laurel Zahrobsky	31:35.38
FFM	IALE AGE GROUP: 13 - 18		5	Tracy Tayloe	24:42.11	FEM	ALE AGE GROUP: 30 - 34		15	Tonya Paul	31:38.21
1	Beka Day	21:00.87	6	Rebecca Parton	25:07.16	1	Jennifer Croft	20:40.88	16	Teresa Gray	31:46.93
2	-		7	Rachael Podhorn	26:00.42	2	Liz Dull	20:59.94	17	Heather Sweet	31:52.31
	Cay Hendrickson	23:37.94	8	Kimberly Clowers	27:09.91	3	Nicole Pell	21:43.52	18	Patrice Batchelor	32:01.38
3	Caroline Heider	24:14.40		C. Leigh Cox	28:11.53	3 4		24:23.13	19	Jacqueline Smith	32:18.79
4	Kacy Roberson	25:14.90	9 10	Abigail McAfee		5	Suzanne Gregory Shannon Wheeler	24:23.13	20	v 4	32:36.26
5	Hannah Stillwell	28:14.97			28:36.05					Veronica Zukowsky Sherri Lewis	
6	Lisa Swearingen	28:49.82	11	Heather Jones	28:36.68	6	Lisa Eulo Kristio Hasting	25:24.67	21		32:52.67
7	Jazmine Hill	29:17.36	12	Katie Hoffman	28:44.47	7	Kristie Hasting	25:33.37	22	Tara Moore	32:58.12
8	Rachael Mackey	29:30.84	13	Jill Schubert	29:01.56	8	Connie Stobert	26:51.35	23	Gabriela Barrientos	33:42.22
9	Natalie Harper	30:35.00	14	Mystie Derrick	29:10.76	9	Heather Williams	28:51.68	24	Cynthia Knox	34:21.96
10	Bailey Jones	30:45.49	15	Ashley Selvidge	29:25.52	10	Whitney Creekmore	29:08.58	25	Lanise Hutchins	34:22.20
11	Joe Murphy	31:40.59	16	Mandy Clemens	29:42.91	1,1	Ursula Klim	29: <u>53.62</u>	26	Heather Friant	34:36.12

						BL	UECROSS I	RIVER	BE	ND RUN 10	K - 2010
27	Lisa Davis	34:43.30	13	Margaret Lambert	35:12.44	OVE	RALL MALE		MAI	E AGE GROUP: 30-34	
28	Leigh Grady	35:20.93	14	Nancy Harvey	35:23.08	1	Joseph Sitenei	33:44.03	1	Alan Outlaw	35:52.66
29	Connie Reddan-Miller	35:20.97	15	Cheryl Fisher	35:56.33	1	Јозери опене	33.11.03	2	Lee Yarnell	40:21.91
30	Leigh Ann Potter	35:39.62	16	Lorrie Nance	36:56.05	OVE	RALL MALE MASTERS		3	Jason Jala	40:51.99
31	Kosha Johnson	35:46.92	17	Deanna Sinor	37:48.60	1	Hugh Enicks	37:41.95	4	Paul Archambault	41:14.27
32	Jolee Parry	35:57.25	18	Gayle Parks	37:53.00	1	110611 12110110	3711110	5	Steven Moore	42:07.72
33	Denise Showalter	36:25.29	19	Jennifer McCuiston	37:57.40	OVE	RALL MALE GRAND MAS	TERS	6	Josh Carter	43:09.67
34	Beth Capecchi	36:59.62	20	Nancy Campbell	38:00.37	1	Cliff Milam	40:16.74	7	Joel Stansberry	45:37.74
35	Chandra Elliott	37:01.15	21	Edie Johnson	38:03.06		3111 171111111	10110171	8	Michael Wuerfel	45:53.87
36	Melissa Palus	37:26.05	22	Tracy Sherrer	38:33.83	MAI	E AGE GROUP: 1 - 18		9	Joshua Cutler	47:26.09
37	Laura Duncan	37:31.60	23	Jacqueline Zurett	38:35.81	1	Matt Jenkins	38:40.35	10	Benjamin Phillips	47:43.01
38	Robin Cruise	37:31.82	24	Nadine Whitt	40:03.53	2	Ryan Hacherl	40:30.00	11	Thomas Morrison	47:56.68
39	Kimberly Wesolowski	37:41.31	25	Kay Henderson	43:01.55	3	Jake Curtis	41:41.71	12	Kerry Kerlin	48:28.97
40	Sabrina Green	37:51.81	26	Terri Belknap	43:10.62	4	Blake Childers	44:00.91	13	Jason Cooley	49:13.81
41	April Burklow	39:28.13	27	Candy Debolt	44:19.46	5	Grant Hacherl	48:15.76	14	James Case	49:53.06
42	Wendy Brewton	40:30.09	28	Becky Janow	44:58.36	6	Ryan Williamson	49:27.41	15	Jim Nati	49:57.95
43	Yolanda Putman	40:43.30	29	Sandi Mitchell	45:06.13	7	Gabriel Smith	1:28:41.69	16	Britt Messer	50:20.38
44	Stacey Bishop	40:44.36	30	Lisa Caruso	51:50.69	,	Gabrier Simier	1.20.41.07	17	Jared Inman	50:34.39
45	Michelle Patrick	41:14.42	50	113a Caruso	31.30.07	MAI	E AGE GROUP: 19 - 24		18	Christopher Okeefe	50:41.52
46	Karla Daniel	41:30.14	FFM	ALE AGE GROUP: 50 - 54		1	Zach Buffington	34:26.47	19	Scott McDaniel	51:01.79
47	Amy Terry	42:16.00	1	Sharoh Goforth	25:29.15	2	Matt Mansell	38:01.08	20		51:57.39
48	Vonetta Maston	42:29.56	2	Kristi Goss	29:48.56	3		39:42.15	21	Gregory Bogensberger Matt Ruehlmann	52:22.62
49	Becky Tallent	44:16.39	3	Sandy Battles	29:48.79	4	Jackson Bangs		22		
50	Robbin Smith	46:04.50	4	Adeline Holder	29:52.11		Charles Webb	41:08.87		Denny Collins	52:31.85
51	Amy Bailes	49:47.69	5	Carolyn Funderburk		5	Danny Vanwalkinburgh	46:06.70	23	Wally Turner	52:54.17
	,			*	33:43.03	6	Andrew Magnussen	46:31.25	24	William E. Copeland	54:23.25
52	April Hughes	50:41.95	6	Rhonda Duvall	35:39.65	7	Marco Bianchini	47:43.67	25	Bret Sullivan	54:31.66
53	Yuan Li	54:03.47	7	Gale Blount	40:59.41	8	Dillon Jennings	48:29.43	26	Joel Swanson	55:10.57
54	Lisa Flint	1:07:05.01	8	Renee Gage	41:13.43	9	Robert J Wardlaw	48:41.35	27	Brian Thompson	55:22.95
FEAA	ALE AGE GROUP: 40 - 44		9	Kathy Schmidt	47:57.16	10	Jereme Whiting	53:05.65	28	Aaron Oliver	55:35.96
		22.50.40	FF8.4	ALE ACE CROUP EE EO		11	Marco Italia	54:10.19	29	Jason Bridges	56:58.53
1	Ginger Bolling	22:58.48		ALE AGE GROUP: 55 - 59	24.40.52	12	Zane C. Stone	55:28.49	30	Rob Ellis	57:14.04
2	Courtney Cobb	24:35.82	1	Paula Cooper	24:48.72	13	Tyler Worley	55:42.04	31	Robert Lewis	57:35.24
3	Susan Miller	25:55.81	2	Brenda Ross	25:54.21	14	Jason Labonte	56:57.00	32	Ryan Chamberlain	57:59.39
4	Anna Morgan	26:10.75	3	Anne Louise Horgan	30:41.75	15	Aaron Saylor	57:02.42	33	Justin Park	58:17.57
5	Heather McLean	27:16.75	4	Sheree Northrup	31:54.82	16	Ryan Greene	59:45.93	34	William Jensen	58:21.25
6	Julie Garrett	27:29.69	5	Libby Smith	32:43.09	17	Brad Keck	1:01:23.41	35	James Todd	58:44.75
7	Laura Beth Rufolo	27:29.89	6	Anne Kerley	33:10.08	18	Van Patton	1:02:52.23	36	Daniel Oakley	59:01.65
8	Kim Varner	27:34.64	7	Mary Reid	36:37.43	19	Eric Crye	1:03:43.88	37	Michael Ellis Lord	59:40.16
9	KIm Wood	29:45.60	8	Karen Webb	37:16.16	20	Corey Brown	1:10:45.62	38	Julian Bennett	1:00:21.78
10	Traci Brooks	29:49.39	9	Mila Veledar	41:58.22	21	Emanuel Diaz Vega	1:12:09.22	39	Michael Malandra	1:00:57.18
11	Doris Voss	30:58.09	10	Teresa Emerson	42:52.13	22	Srinath Mannar	1:16:55.41	40	Chris Petty	1:01:09.26
12	Samantha Smith	31:41.75	11	Janie Basham	43:03.17				41	Nathan Moretz	1:01:36.92
13	Hiwatha Haywood	32:07.42	12	Patricia Owens	43:05.09	MAL	E AGE GROUP: 25 - 29		42	William Gentry	1:02:35.36
14	Devorah Sanchez	32:21.46	13	Helen Morris	43:17.22	1	Robert Sivy	39:18.22	43	Andy Oxford	1:02:51.33
15	Patricia McLelland	32:48.89				2	Adam Dodson	40:38.80	44	Matthew Rack	1:03:12.13
16	Leslie Wortman	33:21.75	FEM	ALE AGE GROUP: 60 - 64		3	Josh Davis	44:34.15	45	Holland Post	1:03:36.18
17	Elaine Cook	33:46.52	1	Carolyn Emery	33:09.59	4	Jonathan Baxley	46:28.39	46	Chad Judkins	1:03:52.53
18	Amie Lonas	33:58.87	2	Patricia Cory	34:14.41	5	Kyle Clarkson	46:46.36	47	Darren Bremmer	1:04:20.62
19	Cynthia Marin	35:19.66	3	D. J. Laney	43:36.24	6	Dennis Tuckowski	46:50.33	48	Alex Keltner	1:05:32.98
20	Suzanne Fugate	36:14.38	4	Dianne Gardner	44:48.42	7	Aaron Delaughter	47:12.73	49	Chad Nicholson	1:06:36.05
21	Laura Bailey	36:33.90	5	Mary Schaap	51:08.07	8	Clayton Montgomery	49:13.70	50	Gabriel Denny	1:07:11.52
22	Susan Helton	37:10.09	6	Ida Mae Sawyer	52:25.78	9	Matt Jenkins	49:41.29	51	Doug Potts	1:09:18.09
23	Kristiina Braden	37:13.40				10	Charles Suddeth	49:44.76	52	Michael Treat	1:09:19.95
24	Deborah Saylor	37:20.53	FEM	ALE AGE GROUP: 65 - 69		11	Christoph Frank	49:57.21	53	Roman Abeyta	1:09:34.15
25	Ocellia W. Raulston	37:23.73	1	Glenda Sajwaj	41:07.28	12	Brandon Park	50:37.00	54	Michael Mason	1:10:02.13
26	Andriene Jones	37:40.93	2	Ann Garner	46:22.74	13	Shane Eason	50:53.04	55	Jeff Rawles	1:10:38.25
27	Darlene Tate	38:01.39				14	Ben Grady	51:31.97	56	Jeremy Moore	1:11:20.56
28	Betina Justice	38:14.87	FEM	ALE AGE GROUP: 70 - 99		15	Joshua Richards	52:07.35	57	William Meon	1:14:07.74
29	Lynn Ireland	38:31.95	1	Robbie Tompkins	43:48.88	16	Zachary Ballard	52:57.67			
30	Leslie Morton	40:06.59	2	Susie Bishop	43:52.28	17	Daniel Byers	53:10.37	MAL	.E AGE GROUP: 35 - 39	
31	Deanna Sheffey	41:38.03	3	Marian Gardner	57:38.69	18	Ralf Neumann	55:30.29	1	Philip Rogers	40:27.33
32	Lisa Duggan	41:38.08				19	Johnny Chombers	55:30.79	2	Joey Hale	44:14.85
33	Suze Elmore	44:35.60				20	Will Clark	55:41.58	3	Adam Burnett	45:34.66
34	Wendi M Chapman	45:41.08				21	Sumeet Chordiya	56:24.01	4	Lee Heisman	46:05.18
35	Kisook Jancewicz	45:50.99				22	Michael Hale	57:07.54	5	John Windom	46:18.65
36	Kelly Braden	46:40.41				23	Kevin Oleary	57:13.60	6	Jeff Powe	46:47.20
37	Tammy Kennemore	49:03.64				24	Austin Prater	58:22.99	7	Michael Tsai	46:55.25
38	Jennifer Wilson	50:03.80				25	Darrin Evans	59:16.44	8	John Moore	47:20.72
39	Emily Patton	53:30.92				26	Kyle Taylor	59:28.94	9	Brian Malone	47:23.29
	,					27	Christopher Coslow	1:01:12.57	10	Daniel Uson	47:41.25
FEM	ALE AGE GROUP: 45 - 49					28	Matt Black	1:02:01.95	11	David McDaniel	50:24.27
1	Jill Richmond	25:29.41				29	Justin J. Edgeworth	1:02:01.93	12	Bradley Nance	51:52.34
2	Sharon Baxter	26:48.33				30	Matthew Scofield	1:03:10.73	13	Scott Hamby	52:52.63
3	Rosemary Brewer-Clab	29:00.27				31	Josh Melhorn	1:03:19.67	14	Jeffrey Cross	52:59.16
4	Julie Bage	31:18.79				32	Aaron Reid	1:03:21.92	15	Richard Elm	54:01.71
5	Linda Atkins	31:37.78				33	William Jeffrey		16	Chad Burdyshaw	54:20.23
6	Karen Hayes	33:15.21				34	Shaun Stewart	1:05:04.80 1:08:40.83	17	Cesar Flores	54:20.25 54:28.70
7	Kim Ford	34:07.92				35	Jan Asche	1:08:40.83	18	Richard Tennyson	54:28.70 54:38.88
8	Rene' Ellis	34:13.62				36	Ryan Miller	1:11:45.93	19	Clint Wilson	54:51.13
~	,	- 1110.04				20	any contrated to	1.11.TJ.ブJ	1/	CHILL 85 H2011	J 1.J1.1J

Ryan Miller Michael Murphy

36 37

1:11:45.93 1:24:15.50

20

Clint Wilson

Gary Snodgrass

54:51.13 55:10.02

8 9

10

Laurie Slade

Deb Horn

Lisa Y. Warren Jr

Karen Clarkson

34:13.62 34:23.64

34:40.09 34:41.68

34:59.64

21	Freddy Morgan	55:40.18	14	Steve Smalling	1:02:09.71	FEM	ALE AGE GROUP: 1 - 18		50	Candice Silvers	1:34:00.56
22	Jason Carden	55:52.50	15	David Lawrence	1:03:28.94	1	Stephanie Shipley	48:32.20	51	Sharon Sweat	1:41:29.80
23	Tinh Lam	56:04.23	16	Tony Fien	1:03:59.81	2	Bekah Houston	51:03.37	52	Crystal Campbell	1:41:36.84
24	Greg Haddock	56:11.69	17	Anthony Melton	1:07:33.27	3	Mary Alice Murphy	1:18:36.90		, ,	
25	Scott Kennedy	56:14.13	18	Leonard Siemasz	1:11:47.52	4	Amber Palmer	1:21:09.72	FEM	ALE AGE GROUP: 30 - 34	
26	Larry Post	57:05.76	19	Robert Starnes	1:41:48.17	5	Courtney Osborne	1:21:30.87	1	Janebrooks Curtis	47:24.65
27	Ronald Johnston	58:45.69				6	Cassidy Bates	1:21:35.37	2	Teri Akovenko	47:59.29
28	Timmy Johnson	58:59.70	MAI	LE AGE GROUP: 50 - 54		v	Outobility Dates	1121133137	3	Rebecca Moore	50:06.39
29	Sean Price	59:25.31	1	Don Gregg	44:53.07	FFM	ALE AGE GROUP: 19 - 24		4	Misty Mann	52:13.46
30	Jeff Slatton	59:59.18	2	Edward Kern	49:52.35	1	Leigh Norris	49:51.79	5	Allison Tuckowski	52:36.33
31	Scott Smith	1:00:10.18	3	Michael Heinichen	50:35.43	2	Dana Streufert	50:03.43	6	Maureen Foster	53:17.50
32	Jeff Martin	1:02:06.12	4	Billy Bearden	50:55.15	3	Katlyn Liszewski	51:24.13	7	Elizabeth Warlick	54:15.77
33	Jerry McNair	1:02:09.60	5	Timothy Cleary	51:54.82	4	Amanda Hamilton	52:02.52	8	Valerie Stafford	57:42.19
34	Brad Farmer	1:02:52.34	6	Reggie Bishop	52:09.95	5			9	Kathryn Nash	58:16.52
35	Dennis Climer	1:04:03.43	7	Gregory McFall	55:02.15		Aimee Moffat	55:34.61	10	Stephanie Law	58:50.00
36	Brant G. Holt	1:04:44.52	8	Bill Brock	55:28.56	6	Sydnee Bowman	57:10.58	11	Brittney Lord	59:40.50
37	Gary Petty	1:05:51.72	9	James Mansell	55:44.37	7	Lisa Gage	1:01:50.54		Laura Roberts	59:41.71
38	Brian Smith	1:09:27.24	10	Douglas Roselle	55:53.50	8	Jenny Blackwell	1:04:17.87	12 13	Marya Schalk	1:00:08.74
39	Joshua Post	1:10:47.46	11			9	Elana Gulas	1:04:37.70		,	
	·			Rick Saputa	58:55.93	10	Staci Fisher	1:04:52.01	14	Leah Watson	1:01:20.37
40	Mark Klepper	1:11:10.97	12	James Hildebrand	1:00:15.49	11	Heather Taylor	1:08:26.99	15	Lela Moore	1:02:11.44
41	Brian Turner	1:12:51.44	13	Rick Cobb	1:00:46.94	12	Ashley Finch	1:09:27.45	16	Kelly Maina	1:02:11.61
42	Greg Hawkins	1:23:37.64	14	Lane Jackson	1:03:28.66	13	Adrienne Hamilton	1:10:54.02	17	Jackeline Morales	1:02:28.95
	- 4.6F. 6D.0UD. 40. 44		15	Bob Tramel	1:04:21.47	14	Julie Cline	1:11:14.90	18	Sandy Banks	1:02:53.38
	LE AGE GROUP: 40 - 44		16	Clive Delaporte	1:04:47.95	15	Emily Hutchins	1:11:42.39	19	Mandi Moffitt	1:03:11.83
1	Ryan Shrum	39:12.03	17	Ian Harper	1:10:29.60	16	Summer Blizzard	1:11:45.16	20	Jennifer Harper	1:03:31.66
2	Les Conner	41:06.68	18	Don Vanlandingham	1:10:39.32	17	Jeri Turner	1:12:55.75	21	Jill Sizemore	1:03:57.06
3	Jim Harrison	45:25.43				18	Karin Zylstra	1:14:10.61	22	Kristi Zimmerman Zim	1:04:35.82
4	David Moghani	45:40.86	MAI	LE AGE GROUP: 55 - 59		19	Christi Osborne	1:18:33.46	23	Becky Sparks	1:04:38.24
5	Robert Lang	45:53.61	1	Randall Godwin	44:52.51	20	Sara Queirolo	1:22:36.29	24	Amy Park	1:04:39.46
6	Greg Sikes	46:09.97	2	Tommy Nichols	46:56.49	21	Blythe Rollins	1:26:53.97	25	Rachel Fisher	1:07:14.75
7	Joe Kibble	46:28.80	3	David Leatherman	47:10.46	22	Cassi Woods	1:29:02.97	26	Nicki Floyd	1:07:24.28
8	Greg Henry	48:02.03	4	Roger Harris	48:07.29				27	Amy Griffith	1:07:42.49
9	David Wilson	48:43.80	5	John Walker	48:43.88	FEM	ALE AGE GROUP: 25 - 29		28	Teresa Klein	1:07:46.71
10	Timothy M Robins	51:01.35	6	Terry Strawser Sr.	49:10.59	1	Elizabeth Sawyer	44:31.79	29	Melissa Nati	1:08:24.81
11	Dirk Schmidt	52:34.90	7	Rick Rogers	49:59.28	2	Ashley Manning	46:29.43	30	Mande Chapman	1:08:39.74
12	Robert Estoye	52:54.99	8	Allan Taylor	50:44.58	3	Natalie Kizziah	48:57.46	31	Deleslyn M. Mitchell	1:09:00.23
13	Jeff Connor	53:51.42	9	John Crawley	51:08.51	4	Katie Goodwin	49:54.42	32	Angie McAmis	1:09:06.30
14	Keith Turner	54:13.98	10	Tom Roark	51:33.34	5	Vanessa Gramm	53:54.37	33	Becky Potts	1:09:17.94
15	Frank Bartuska	55:10.01	11	Paul Whitt	53:06.58	6	Rachel Winters	56:44.60	34	Cheryl Howe	1:10:21.28
16	Mark Bishop	55:45.02	12	Thomas Russe	55:48.80	7	Ryan McNealy	56:53.42	35	Danelle McDaniel	1:10:48.85
17	Stephen Wilson	56:00.62	13	Bill Henderson	56:15.36	8	Rachel Chinault	57:29.94	36	Julia Moran	1:12:11.21
18	Richard Beeland	56:42.88	14	Jim Johnson	57:06.26	9			37	Holly Hollis	1:12:24.34
19	Scott Lingerfelt	57:33.27	15	Spencer Evans	57:45.42		Aj Brown	57:54.53	38	Amy Thompson	1:13:00.83
20	Bob Lewis	57:40.87	16	Michael Gardner	58:56.71	10	Lindsay Manning	58:35.94		, ,	
						11	Maggie Barys	59:21.26	39	Amber Beason	1:14:01.53
21	Eric Whittington	58:09.75	17	J. Dewayne Sandidge	59:52.91	12	Saana Ingram	59:59.20	40	Crystal Wilson	1:14:25.28
22	Tom Major	58:25.01	18	Terry Nash	1:03:44.92	13	Meredith Bridges	1:00:24.36	41	Stephanie Hawkins	1:14:25.71
23	Mike Howard	58:25.33	19	George Skonberg	1:04:16.56	14	Stephanie Turner	1:00:30.84	42	Elizabeth Petty	1:14:41.20
24	Barry Shulman	58:30.98	20	Tom Wendle	1:10:48.90	15	April Grubbs	1:00:52.74	43	Lena Hall	1:16:39.40
25	Geoff Rodgers	59:13.39	21	Martin Jansen Vanren	1:14:48.32	16	Amber Montgomery	1:00:57.57	44	Erika Moore	1:17:25.11
26	Jerry Hoffer	59:22.17	22	Gary Putman	1:17:51.45	17	Susan Edgeworth	1:03:16.68	45	Sarah Treat	1:19:59.05
27	Will Corrington	59:35.69	23	Steve Breece	1:43:30.06	18	Alethea Pickett	1:03:33.49	46	Kelly Burdge	1:20:40.67
28	Scott Wilhoit	1:02:05.38				19	Rebecca Williamson	1:04:37.59	47	Benita Phipps	1:21:06.15
29	Paul Snyder	1:02:14.25	MAI	LE AGE GROUP: 60 - 64		20	Brittany Kunz	1:04:51.76	48	Stephanie Essex	1:33:19.44
30	Neal Gibson Iii	1:02:16.23	1	Iman Majid	50:38.97	21	Tyler Thurston	1:05:04.49	49	Jennie Brown	1:41:22.36
31	Rick Worley	1:02:51.43	2	Dorn Walker	53:50.28	22	Erin Melhorn	1:05:22.35			
32	Thom Lerch	1:03:06.98	3	Dr. Frank Patterson	56:00.84	23	Katie Mayo	1:05:34.39	FEM	ALE AGE GROUP: 35 - 39	
33	Timothy Haley	1:03:24.51	4	Jack Pickett	1:00:25.97	24	Emily Bramlett	1:06:29.69	1	Lisa Logan	47:17.42
34	Michael Riccio	1:03:43.00	5	Dwayne Burnett	1:01:44.94	25	Audra Jones	1:06:54.06	2	Marsha Potter	52:40.25
35	Billy Wilhite	1:04:50.38	6	James Barnawell	1:01:54.95	26	Elizabeth Price	1:07:55.19	3	Tracy Bruce	52:40.76
36	Troy Ash	1:09:30.08	7	Ronald Rogers	1:02:21.80	27	Sarah Weeks Merrell	1:08:50.88	4	Rene Bullock	53:27.07
37	Johnathan Wood	1:11:03.98	8	Tom Schaap	1:03:00.73	28	Andrea Asche	1:09:04.20	5	Cassie Collins	53:30.89
38	Bill Oberg	1:11:31.19	9	Michael K. Owens	1:05:58.25	29	Lindsay Smith	1:09:27.15	6	Carrie Bishop	55:44.92
39	Scott Farley	1:11:34.20	10	William Bradford	1:06:30.24	30	Mandy Smith	1:10:14.92	7	Sissye Jones	56:37.01
40	Ca Campbell	1:11:43.61	11	Robert Harrison	1:11:46.73	31	Sheri Goulart	1:10:31.55	8	Michelle Morgan	57:55.60
41	Tony Klein	1:16:34.88				32	Melissa Post	1:11:01.61	9	Dena Fairley	59:04.52
			MAI	LE AGE GROUP: 65 - 69		33	Brittany Garner	1:11:18.17	10	Melissa Hale	1:03:47.52
MAL	LE AGE GROUP: 45 - 49		1	Sergio Bianchini	43:59.82	34	Lindsey Houston	1:12:03.57	11	Renee Queen	1:04:05.21
1	Jude Hacherl	44:06.90	2	Doug Hawley	1:00:48.62	35	Meghan Oakley	1:12:53.02	12	Grace Tuju	1:04:36.01
2	Mitchell Hayes	45:33.56	3	Phillip Thomas	1:34:24.04	36	Christi Jensen	1:13:01.02	13	Kathy Post	1:05:04.54
3	Mike Sparkman	47:24.86				37	Ashley Leinbach	1:13:01.02	14	Tonya Cope	1:05:50.74
4	Van Ford	51:39.99	MAI	LE AGE GROUP: 70 - 99		38	Elizabeth Devereaux	1:13:17.37	15	Erica Zimmerman	1:06:04.30
5	Frank Pazera	51:42.02	1	Jesse Roberson	1:02:36.08	39	Karen Dees	1:14:07.59	16	Susan S. Holt	1:07:03.14
6	David Pearson	53:33.52	•	J2000 2000000011	1.02.50.00				17	Lisa E. Montelongo-C	1:08:34.87
7	Howard Reagor	55:30.50	OVE	RALL FEMALE		40	Anna Haynes	1:15:03.49	18	Nancy Polk	1:08:40.01
8	Mike Shaver	56:16.78	1	Jan Gautier	43:46.90	41	Ashley Cleary	1:16:16.42	19	Dana Colquitt	1:08:40.01
9	Wade Floyd	56:29.99	1	Jan Oacaer	15.70.20	42	Chrystal Murphy	1:19:52.00	20	Melanie Severs	1:08:52.25
10	Ronald Creech	50:29.99	OVE	RALL FEMALE MASTERS		43	Alicia Klepper	1:20:41.94			
11	David Sekura	58:10.22	1	Barb Nausley	50.15.15	44	Allison Touchstone	1:22:03.36	21 22	Marie Sikes Sharon Pitzl	1:09:11.67 1:09:53.94
12	Glen Coronis	58:10.22 59:18.76	1	Dato inausicy	50:15.15	45	Lacey Yerbey	1:22:39.35			
13		1:00:14.73	OVE	RALL FEMALE GRAND MA	ASTEDS	46	Leslie Lyans	1:24:16.77	23	Rebecca Stein	1:10:53.05
1.3	Scott Buffington	1.00.14.73				47	Kristen Harvey	1:24:21.27	24	Jennifer Goodman	1:11:46.46
			1	Mary Preisel	50:35.96	48	Charlotte Smith	1:28:41.78	25	Beth Davis	1:12:59.98
						49	Jenny Godwin	1:32:05.04	26	Kristy Clark	1:15:34.54

27 28 29 30 31 32 33 34 35	Mimi Long Denise Ziegler Cally Seymour Danna Bailey Sarah Hyde Allison Cornell Lee Ann Flinn Rose Berry Jennifer Dotson	1:17:02.48 1:20:45.52 1:21:25.62 1:22:01.67 1:22:01.80 1:23:54.53 1:24:17.75 1:26:18.21 1:27:11.73	13 14 15 16 17 18 19 20 21	Jennifer L. Cronin Wendy Bovell Leslie Alexander Jamie Wilson Marissa Crawford Mary Murphy Dawn Hampton Marcie Osborne Ruth Dammann	1:12:50.99 1:13:17.32 1:13:21.98 1:14:33.70 1:16:07.73 1:18:01.21 1:21:11.71 1:21:35.75 1:21:38.36	11 12 13 14 15 FEM 1	Laura J. Blodgett Gwen Meeks Mary Holder Tammy Larson Susan Lyon IALE AGE GROUP: 50 - 54 Lynda Webber Pam Bearden	1:06:58.44 1:07:17.71 1:10:58.17 1:20:08.27 1:28:41.68 53:11.25 54:12.32	1 2 3	MALE AGE GROUP: 60 - 64 Sue Anne Brown Nancy Widener Phyllis Sizemore Lynnda Owens MALE AGE GROUP: 65 - 69 Bonnie Wassin	57:08.62 57:09.81 59:22.25 1:02:52.80
36 37 38	Jean Angle Dawn Navolt Martie Johnston	1:32:40.49 1:33:16.11 1:39:30.86	22 23 24 25	Robin Williams Gloria Blevins Stephanie Pearson Carrie Phelps	1:24:21.13 1:26:53.93 1:30:33.03 1:30:34.49	3 4 5 6	Rhonda Gage Susan Gallo Heidi Devries Jackie Gardner	55:40.40 57:29.77 1:01:49.93 1:01:52.62			
FEM . 1 2	ALE AGE GROUP: 40 - 44 Tracey Wade Holly Kimsey	52:47.57 55:26.81	26	Wendy Black IALE AGE GROUP: 45 - 49	1:35:33.51	7 8 9	Linda Andreae Colleen Gordon Candie Bishop	1:01:52.62 1:03:48.37 1:06:28.33 1:07:07.09			
3 4 5 6 7 8 9 10 11	Treva Walshe Danna Vaughn Sherrie Forrest Tammy Cook Monica Daum Lynne Austin Rebecca Mackey Jeanniee Nolan Katie Warwick Jennie Wallace	58:03.87 1:00:22.23 1:01:43.43 1:01:56.66 1:04:14.17 1:04:28.09 1:04:41.07 1:05:38.90 1:06:52.68 1:08:27.24	1 2 3 4 5 6 7 8 9	Connie Mills Christine Post Joan Wagner Corinne Henderson Nikki Thomas Sharon Totten Renee Anderson Pam Keeter Janice Kelly Mary Byars	52:16.68 53:37.92 56:45.07 59:54.68 1:00:18.09 1:01:06.70 1:03:39.07 1:06:10.36 1:06:37.66 1:06:52.75	10 11 12 13 FEM 1 2 3	Elaine Edwards Brenda Starks Nona Hodges Gaye Coker IALE AGE GROUP: 55 - 59 Deborah Nash Caroline Ashton Gail Godwin	1:10:22.78 1:19:38.70 1:20:40.87 1:44:13.07 1:07:06.86 1:14:23.51 1:15:15.10			



Get in the spirit this holiday season at the Arthritis Foundation's Jingle Bell Run/Walk for Arthritis. Be one of the thousands of runners and walkers who hit the nation's pavements, pathways and parks this season to fight the most common cause of disability in America.

Chattanooga, TN

Saturday, November 20, 2010

Registration at Chattanooga Riverwalk

Registration begins at 9 am and the race begins at 10 am



Register Online at www.chattanoogajbr.org





Runners leaving cloudless Chattanooga (or Jasper, in my case) who failed to check the weather radar were surprised upon crossing Monteagle Mountain to see a dark cloud bank toward the west, apparently centered over Lynchburg, Tennessee. Pre-race thunderstorms drifted away from the starting line just before the race, but rain, occasionally heavy, persisted on and off throughout the inaugural running of the Oak Barrel Half Marathon, presented on April 3 by the Mach Tenn Running Club of Tullahoma and Jack Daniel's Distillery.

The race was run mostly on rural roads in the quiet, picturesque countryside outside Lynchburg. Starting on the Lynchburg town square, approximately half the race was run on a ridge above Lynchburg, accessed by running up Whiskey Hill, which is steep, but not overly long. (As a point of reference, Chattanooga runners familiar with the hill between the switchyard and visitors' center at Raccoon Mountain Pumped Storage Plant would not be intimidated.) Once on the ridge, there are a few rolling insignificant hills, with a slight downgrade to flat the last four miles. Every mile was marked, and the course is certified. Gun time and chip time were recorded. There were six water stops on the course manned by plenty of volunteers. Traffic was carefully patrolled in town, and most of the race was run on country roads with limited traffic. The race ended directly in front of the entrance to Jack Daniel's Distillery.

Reviewing the results, I count 33 of 689 finishers from the Chattanooga area. Jason McKinney of Rossville, Georgia, won the race by 11 seconds, with a time of 1:16:59. Thomas Sell of Chattanooga was 5th (1:25:53), William Payne of Chattanooga was 29th, and Lisa Logan of Ringgold was the 4th overall female, 1st in the female 35-39 age group, and 49th overall with a 1:41:28 time. Other Chattanooga area finishers, in order

of finish, include Dwight Gardenhire, Jeffrey Cochran, Blake Pierce, Bradley Nance, Bill Brock, Angie Hughes, Jason Cooley, Howard Reager, Richard Miller, Kimberly Atkins, Rowan Johnson, Bill Puckett, Claude Hager, Kevin Law, Mark Taylor, Treeva Walshe, Kimberly Durham, Stephanie Law, Karen Zatkulak, Catherine Griffin, Steve Rogers, Voreata Waddell, Andrew Bender, Steve Smalling, Kenneth Garland, Jeniffer Jensen, Tess Madeya, Matt Richardson, and Kristen Smith. If I missed anyone, I apologize.

For more information, ask one of the Chattanooga runners listed above, or see the website www.oakbarrelhalf.com.

Lynchburg is 96 miles from downtown Chattanooga, with 70 miles of the route travelled on Interstate 24. April 2, 2011 is tentatively set as the date for next year's race. The 2010 race was limited to 800 runners, each of whom received a long sleeve technical race shirt and finisher's medal. Anyone with remaining energy could take the free tour of the Jack Daniel's Distillery until 4:30 p.m. Finally, no matter what the weather looks like in Chattanooga, always pack a change of clothes!



BLUECROSS CHATTANOOGA CHASE 8K - 2010

OVE	RALL FEMALE		4	Jackson Bangs	29:48				2	Mike Sparkman	35:52
1	Jan Gautier	33:06	5	Ryan King	34:59	FΕΛ	MALE AGE GROUP: 35 - 39		3	Ray Kellum	36:02
2	Erin Rayburn	35:11	6	Tyler Tatum	40:22	1	Melissa Hale	46:40	4	David Pearson	39:28
3	Kristy Altman	36:49	7	Brad Keck	42:56	2	Leigh Miller	47:29	5	Howard Reagor	39:42
	•		8	Van Patton	44:50	3	Grace Tugie	48:57	6	Dean Ward	44:34
OVE	RALL MALE		9	Brandon Dicorato	50:05	4	Diana Cruz	49:17	7	Terry Smith	45:22
1	Patrick Hall	26:30				5	Sherri Lewis	52:50	8	Kenn Kington	46:01
2	Andy Highlander	26:56	FΕΛ	MALE AGE GROUP: 25 - 29		6	Elizabeth Hunter	55:49	9	Larry Barber	46:21
3	Alan Outlaw	27:08	1	Katie Godwin	37:04	7	Cristine Collier	55:52	10	Steve Tompkins	47:10
			2	Letisha Hidinger	38:34	8	Heather Kington	57:02	11	James Speace	58:26
FEM	IALE MASTERS		3	Karin Maucere	39:05	9	Melody Hammontree	57:04	12	Robert Starnes	1:14:13
1	Tracey Wade	39:32	4	Ashley Norman	47:32						
2	Lynda Webber	39:45	5	Stacy Campbell	48:48	MA	LE AGE GROUP: 35 - 39		FEN	IALE AGE GROUP: 50 - 54	
3	Barbara Ensign	39:51	6	Sarah Merrel	50:57	1	John Windom	34:51	1	Pam Bennett	59:46
			7	Jennifer McDonald	56:43	2	John Moore	34:58	2	Barbara Burrow	1:04:44
MAI	LE MASTERS		8	Justina Holmes	1:03:59	3	Adam Burnett	35:40			
1	Mark Lorello	29:26				4	Elijah Baurera	36:07		LE AGE GROUP: 50 - 54	
2	Ryan Shrum	29:54				5	David McDaniel	36:53	1	Dwight Gardenhire	36:53
3	Jude Hacherl	33:15		LE AGE GROUP: 25 - 29		6	Paul Brewster	37:37	2	Hugh Sharber	37:08
			1	Taylor Simms	32:38	7	Clint Wilson	37:44	3	Dave Swearingen	38:06
FEM	IALE GRAND MASTERS		2	Blake Pierce	34:11	8	Scott Hamby	38:28	4	Jeff Houston	38:16
1	Susan Gallo	42:26	3	Joseph Parks	37:22	9	Tommy Brooker	38:57	5	Glen Hicks	40:37
2	Sue Anne Brown	44:09	4	Jason Brannen	41:02	10	Edward Tate	39:04	6	Terry Hampton	41:12
3	Hilary Popham	56:33	5	Aubrey Black Ii	41:32	11	Ben Wiley	42:17	7	Sam Cash	48:40
			6	Kevin O'Leary	41:33	12	Joe Alegee	45:29	8	Ian Harper	51:30
	LE GRAND MASTERS		7	Nathan Daugherty	42:20	13	Jason Nicely	46:58	9	Richard Meek	53:42
1	Sergio Bianchini	33:23	8	Robert Mitzel	46:59	FEA	AALE ACE CROUD, 40, 44		844	LE ACE CROUP, EE . FO	
2	Mike Usher	34:53	9	Keith Bolis	52:16	1	AALE AGE GROUP: 40 - 44 Treeva Walshe	42:21		LE AGE GROUP: 55 - 59 Tommy Nichols	35:51
3	Roger Harris	35:22	EEN	MALE AGE GROUP: 30 - 34		2	Sherrie Forrest	45:27	1 2	John Crawley	38:15
	IALE ACE CROUP 44 C UNDE		1	Maureen Foster	39:24	3	Tammy Cook	46:26	3	Thomas Russe	40:26
	IALE AGE GROUP: 14 & UNDE		2	Elizabeth Warlick	41:21	4	Bernice Delanev	50:38	4	Robert Gift	40:20
1	Lindsey Cash Savannah Griffith	48:38 1:09:54	3	Nicole Kammeyer	43:28	5	Jennifer Kilby	50:58	5	David Keller	41:58
2	Savannan Griffith	1:09:54	4	Marya Schalk	45:07	6	Katie Warwick	53:12	6	Carter Lynch	42:58
84.01	LE AGE GROUP: 14 & UNDER		5	Mandy Houts	47:30	7	Laura Bailey	55:52	7	Jim Johnson	43:43
		35:11	6	Mandi Moffitt	48:44	,	Latia Bancy	33.32	8	Steven Rubenstein	45:08
1	Grant Hacherl		7	Sandy Banks	48:50	8	Wendy Bovell	56:18	9	George Skonberg	46:36
2 3	Kudy Kington Graham Kington	44:46 54:19	8	Jenny Nicely	49:13	9	Cheryl Parker	1:03:38	10	Lucien Ellington	53:50
3	Granam Kington	34.17	9	Amanda Morgan	49:29	10	Robin Williams	1:13:23	11	Cas Mann	53:56
FFM	IALE AGE GROUP: 15 - 19		10	Desleslyn Mitchell	52:17		1100111 1111111111111111111111111111111	1115125			55.50
1	Danae Patrick	47:30	11	Sheron Smith	52:38	MA	LE AGE GROUP: 40 - 44		MA	LE AGE GROUP: 60 - 64	
1	Danae I atrick	47.50	12	Kristin Ownby	55:17	1	Jim Levine	33:54	1	Ron Reid	37:12
MAI	LE AGE GROUP: 15 - 19		13	Jana Barnett	55:47	2	David Wilson	35:41	2	Dave Scholes	42:18
1	Jacob Bradley	27:17	14	Amanda Jackson	1:05:41	3	Wade Priddy	36:07	3	Vack Picket	44:19
2	Seth Ruhling	30:26	15	Elisabeth Hubbard	1:05:41	4	David Moghani	36:34	4	Dwayne Burnett	46:39
3	Ryan Hacherl	31:06	16	Jennifer Brown	1:13:27	5	Jeff McDonald	39:04	5	Dan Wougher	47:50
4	Austin Ethridge	32:34				6	David Turner	42:05			
5	Blake Childers	32:47	MA	LE AGE GROUP: 30 - 34		7	Chuck Miller	43:18	MA	LE AGE GROUP: 65 - 69	
6	Marco Bianchini	35:12	1	Jason Altman	27:33	8	Scott Wilhoit	45:26	1	Cyrus Rhode Jr	39:52
7	Marco Italia	39:10	2	Lee Yarnell	30:37	9	Geoff Rodgers	45:35	2	Doug Hawley	43:55
8	Tyler Keys	39:44	3	Michael Ressel	32:45	10	Jerry Hoffer	46:08	3	Henry Mesarosh	44:33
9	Drew Tompkins	43:56	4	Josh Carter	33:10	11	Troy Ash	49:19	4	Walter Sinor	50:40
			5	Thomans Auten	34:14	12	Steve Cassidy	59:13	5	Phil Thomas	1:13:30
FEM	IALE AGE GROUP: 20 - 24		6	Jason Denson	34:19	13	Stewart Hale	1:00:33			
1	Marie Daugherty	41:52	7	Jonathan Tucker	34:43	14	Hunter Griffith	1:09:54		LE AGE GROUP: 70 & OVER	
2	Staci Fisher	45:59	8	Anthony Warlick	37:33				1	Jesse Roberson	46:26
3	Shannon Wall	50:05	9	Nathan Morris	37:45		MALE AGE GROUP: 45 - 49		2	Lee Meadows	1:13:30
4	Theresa Yanquest	55:00	10	James Case	38:33	1	Jamice Grile	41:10			
5	Bailey Conwell	55:04	11	Chad Hidinger	38:34	2	Corinne Henderson	47:41		KNOWN 8K PARTICIPANTS	
6	Brittany Dilbeck	55:04	12	Keith Lilly	41:01	3	Pam Keeter	48:49	1	Mike Martin	43:43
			13	David Hopkins	43:26	4	Mary Holder	51:11			
	LE AGE GROUP: 20 - 24		14	Carlos Flores	43:54	5	Mary Byars	53:12			
1	Allen Thurman	27:09	15	Shane Newberg	47:01		15 4 6 5 6 B O U B 4 5 6 5				
2	Andrew Dorn	27:12	16	Melissa Basketle	52:48		LE AGE GROUP: 45 - 49	24.05			
3	Drew Streip	29:36	17	Morgan Crace	57:44	1	Joey Howe	34:25			
(

Joe McGinness Runner of the Year Standings as of August 14, 2010

Age Groups determined by runner's age on 12/31/2010 | Runner must have been a current CTC member on day of race (updates available at www.chattanoogatrackclub.org)

		FEMALE 15 & UNDER		FEMALE 50-59		Micah Boaz	60
OVERALL FEMALE	Total Points	Savannah Griffith	200	Susan Gallo	690	Nathan Morris	60
Lvnda Webber	420	Kim Jade Wycherley	200	Lynda Webber	580	Matthew Wiseman	50
Susan Gallo	390	Maria Walshe	100	Rhonda Gage	390	Scott Hamby	50
Treva Walshe	370	Walla Walshe	100	Jackie Gardner	190	Brant Jordan	90
Rhonda Gage	340	FEMALE 16-29		Karen Galyon	180	Joe Alegre	70
Karen Maucere	290	Karen Maucere	300	Janice Wycherley	90	Joe megre	70
Leslie Becht	200	Staci Fisher	280	Cindy Leary	80	MALE 40-49	
Barbara Ensign	190	Leslie Becht	200	Theresa Samuelian	80	Ryan Shrum	560
Belinda Young	190	Gilly Wiseman	180	Sally Hoffman	70	David Moghani	530
Maureen Foster	170	Laura Walker	100	Melodie Thompson	70	Jude Hacherl	320
Gwen Meeks	130	Ashley Williams	90	Welouic Thompson	70	Mark Wisdom	310
		Rebecca Potts	90	FEMALE 60+		Raymond Beem	290
OVERALL MALE		Amber Regal	90	Bonnie Wassin	590	Ray Kellum	250
Josh Carter	450	Sarah Dow	80	Joan Hearn	100	Steve Tompkins	220
Ryan Shrum	430	Theresa Yanguest	80	Journ Treatm	100	Tim Ensign	190
Jason McKinney	390	Leigh Cox	80	MALE 15 & UNDER		Marc Erickson	170
Alan Outlaw	300	Leigh Cox	00	John Walshe	100	Mark Kuhn	170
Hugh Enicks	280	FEMALE 30-39		John Walshe	100		
Sergio Bianchini	230	Melissa Hale	230	MALE 16-29		MALE 50-59	
Charles Webb	220	Elizabeth Petty	220	Marco Bianchini	620	Tommy Nichols	730
Jude Hacherl	200	Maureen Foster	190	Charles Webb	390	John Črawley	650
Marco Bianchini	190	Carla Noya	170	Jonathan Baxley	270	Hugh Enicks	300
Keven Boucher	180	Jill Sizemore	160	Keith Bolis	210	Dave Swearingen	230
Tim Ensign	180	Sissye Jones	160	Jai Rhodes	170	John Walker	170
		Fabiola Noya	130	Nik Meeks	170	Jim Johnson	140
		Grace Tuju	130	Kevin O'Leary	140	Rick Rogers	130
		Angie McAmis	120	Blake Pierce	100	Reggie Bishop	130
		Gina Krabbendam	100	Matt Mansell	100	Jeff Straussberger	120
		Teri Akovenko	100	Ryan Walker	90	Thomas Russe	110
				•		Tim Holmes	100
		FEMALE 40-49		MALE 30-39			
		Treva Walshe	560	Josh Carter	790	MALE 60+	
		Corinne Henderson	410	Jason McKinney	400	Sergio Bianchini	600
		Gwen Meeks	270	Sean Price	350	Cyrus Rhode, Jr.	490
		Jennifer Kilby	270	Adam Burnett	320	Butch Cooke	350
		Barbara Ensign	260	Alan Outlaw	300	Pat Hagan	280
		Sherrie Forrest	230	Clint Wilson	280	Mike Martin	260
		Belinda Young	200	Keven Boucher	190	David Scholes	230
		Pam Keeter	170	Gary Petty	120	Doug Hawley	230
		Tammy Cook	140	James Case	110	Phil Thomas	220
		Wendy Bovell	130	Zach Cowart	90	Roy Webb	200
				Chris Gentry	80	Bill Henderson	200
				Steve Gordy	70		
				Sean Menton	60		

2010 Joe McGinness Runner of the Year Competition

The Joe McGinness Runner of the Year (ROY) contest is an annual competition designed to promote running and fitness among Chattanooga Track Club (CTC) members and encourage volunteer participation in CTC events.

Eligibility Guidelines for Runner of the Year:

- 1. Be a current CTC member at the start of the ROY event. Points are not retroactive.
- 2. Compete as a runner or walker in at least five (5) ROY events. See CTC calendar for eligible events. All ROY races completed count towards the standings. [To compete in 5 races, one must begin collecting points before the Signal Mountain Pie Run, October 16, 2010]
- 3. Volunteer for at least two CTC Events or at one event on two different days.

See CTC website for full guidelines. www.chattanoogatrackclub.org



State Records Fall at Market Street Mile

By Walter Sinor, Race Director and Will Musto

This year's Market Street Mile wasn't graced with the best or worst weather of the spring, however several state records were eclipsed in the event, which was broken up into six individual races—three per gender: ages 18-39, Masters (40+), and Under 18.

There was a lot of hard work before the race with registration and set up for the course and bagging the parking meters. In addition, Bill Moran who was serving as Safety Coordinator was busy having every one on his team in place to make sure everything was done to insure the safety of our participants. The morning of races began when Alyssia Lindsay, a Bryan College athlete, won the women's 18-39 race in 5 minutes, 38 seconds.

In the men's 18-39 race, Bryan College's Colby Smith matched his female counterpart and set a personal best of 4 minutes, 33 seconds as he led his teammate, Jake Bradley (who finished in 4 minutes, 36 seconds) across the tape. Jason McKinney finished in third place in 4 minutes, 47 seconds.

The men's Master's race saw two age group state records fall. The 48 year old Joe Johnson and 47 year old Tim Ensign battled the entire race as each tried to best the state record for their respective age groups. Johnson broke the tape first in 4

minutes, 50 seconds (also good for the fourth fastest time of the day) as he edged Ensign by two seconds and bettered the previous 48-year-old state record by eight seconds. Ensign's finishing time was the fifth fastest of the day and nine seconds faster than the previous 47-year-old state record. The women's Master's race also saw an age group record fall; Jane Webb finished in 9 minutes, 7 seconds—1 minute, 25 seconds faster than the previous 57-year-old women's state record.

The second place female was 13 year old Sydney Gautier, who crossed the finish line in 6 minutes even, and the third place female was 38 year old Rebecca Shearer, who finished in 6 minutes, 17 seconds.

Participation for this event was up 20 % from the previous years event.

We wish to thank all of our volunteers who made this race successful: Jenni Berz, Bill Brock, Flash Cunningham, Dick Dillard, Mitzie Dyer, Ann Garner, Melissa Hale, Sherilyn Johnson, Steve Johnson, David Klinger, Don Lastine, Angie McAmis, David Moghani, Bill Moran, Clark Morris, Javiere Morris, Sean Price, Blaine Reese, Doug Roselle, Carla Sloan, Steve Smalling, Melodie Thompson, Rick Volkwein.

We would also like to thank our sponsors: Big River Grille, Coca Cola Company, Republic Parking and Southern Coffee Service.

MARKET STREET MILE - 2010

FEMALE AGE GROUP: 11 & UNDER			MALE AGE GROUP: 15 - 18		1	Jason McKinney	4:47		MALE AGE GROUP: 45 - 49	
1	Alison Anderson	6:38	 Michael Zeiser 	5:03	2	Josh Carter	5:44	1	Corinne Henderson	7:40
2	Chandler Gentry	7:40	2 Ryan Walker	5:17	3	Benjamin Harper	5:49			
3	Kierstyn Meredith	7:43	3 Blake Childers	5:33	4	Joshua Rogers	6:08		LE AGE GROUP: 45 - 49	
4	Cara Lewis	7:46			5	Jeff Poteralski	6:21	1	Joe Johnson	4:50
5	Mandy Gladden	9:42	FEMALE AGE GROUP: 19 - 24		6	Jonathan Hagen	6:27	2	Tim Ensign	4:52
6	Ava Akovenko	9:52	1 Alyssia Lindsay	5:38	7	Travis Wright	7:07	3	Michael Berry	5:12
7	Makenzie Regal	9:54	2 Marie Daugherty	6:25	8	Patrick Kelly	7:40	4	Patrick Wortman	6:15
8	Elizabeth Funk	9:59	3 Amanda Kohr	8:02				5	Scott Buffington	6:24
9	Kate Aquila	10:27	4 Leanna Thurman	8:31		MALE AGE GROUP: 35 - 39		6	Steve Tompkins	7:22
10	Ellie Lewis	10:39	5 Ashley Gravitt	8:35	1	Rebecca Shearer	6:17			
11	Tori Miller	11:20	6 Brittany White	9:50	2	Stacy Marshall	7:26	FΕΛ	MALE AGE GROUP: 50 - 54	
12	Kendall Gentry	11:31			3	Shelley Prevost	9:43	1	Lynda Webber	7:00
13	Reese Poteralski	11:43	MALE AGE GROUP: 19 - 24		4	Natalie Johnson	9:50	2	Susan Gallo	7:33
14	Avery Poteralski	11:44	 Colby Smith 	4:33	5	Tina Blevins	10:46	3	Beth Caraccio	12:25
15	Brenley Gentry	15:43	2 Jacob Bradley	4:36						
16	Ha Athouge	16:00	3 Charles Webb	5:00	MA	LE AGE GROUP: 35 - 39		MA	LE AGE GROUP: 50 - 54	
17	Madelyn Woods	16:17	4 Dillon Jennings	5:50	1	Denny Marshall	6:06	1	Paul Alar	5:23
			5 Nathaniel Ballew	7:21	2	John Moore	6:11	2	Steve Bradley	5:34
MA	LE AGE GROUP: 11 & UNDER		FEMALE AGE GROUP: 25 - 29		3	Gary Petty	7:23	3	Tim Rock	5:59
1	Trevin Meredith	7:23	 Karin Maucere 	6:27	4	Chad Coley	7:25	4	Tim Holmes	6:05
2	Mateo Althouge	7:26	2 Amber Regal	7:32				5	Douglas Roselle	7:14
3	Andrew Sinor	7:27	3 Amy Plemons	8:35	FEN	MALE AGE GROUP: 40 - 44		6	Alan Thrailkill	11:46
4	John Walshe	7:33	4 Shelley Castle	8:59	1	Treva Walshe	7:11			
5	Eliah Prevost	7:37	5 Whitney Kocher	9:25	2	Jennie Wallace	8:11	FΕΛ	MALE AGE GROUP: 55 - 59	
6	Chaney Martin	7:39	6 Sarah Dow	12:32	3	Leslie Wortman	8:29	1	Jane Webb	9:07
7	Lance Marshall	8:10			4	Lisa Parris	9:31	2	Katye Jones	11:16
8	Wright Eli	8:48	MALE AGE GROUP: 25 - 29		5	Terry Jump	10:14			
			 Ross Tilghman 	4:56				MA	LE AGE GROUP: 55 - 59	
FEMALE AGE GROUP: 12 - 14			2 Jai Rhodes	5:26	MALE AGE GROUP: 40 - 44			1	John Crawley	6:23
1	Sydney Gautier 6:00		3 Nathan Daugherty	6:07	1	Ryan Shrum	5:15	2	Will Hixson	6:56
			4 Keith Bolis	7:31	2	Mark Wisdom	5:32	3	Jim Johnson	7:00
MA	LE AGE GROUP: 12 - 14				3	David Moghanz	6:04			
1	Joshua Kitts	5:31	FEMALE AGE GROUP: 30 - 34		4	David Pendleton	6:40	MA	LE AGE GROUP: 65 & OVER	
2	Chase Martin	6:22	1 Stacy McKinney	7:02	5	Jeff Berger	7:19	1	Russ Haynes	6:45
			2 Elizabeth Petty	8:04	6	Patrick Walshe	8:08	2	Cyrus Rhode	7:01
FEN	IALE AGE GROUP: 15 - 18		3 Jalila Cunningham	8:46	7	Scott Fontana	8:19	3	Jesse Roberson	8:04
1	Maria Walshe	7:14	, 0					4	John Smithson	
2	Katie Blevins	11:54	MALE AGE GROUP: 30 - 34					11:4	J	

III TECHNOLOGYPROJECTS

Web Application Design & Development

Web Application Design & Development

PROJE

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

Technology Projects 1014 Dallas Road, Suite 102 Chattanooga, TN 37405 p.423.267.7375 f.423.756.9672 bbrock@tech-projects.com lbrock@tech-projects.com

Training Tips

Maintaining Motivation

By Barbara J. Walker, Ph.D.

Beep, beep, beep, beep, beep, beep, beep. 5 a.m. You rub the sleep from your eyes. Make a cup of coffee, and assess the conditions outside. The soft glow of a sunrise-to-be is growing on the horizon. The air is cool and comfortable. Your legs are beginning to show signs of an eagerness to get moving. There's a restless anticipation building inside. Check list time: Shorts, shirt, shoes? Check. Water? Check. It's GO time!

For most committed runners, the preceding scenario is a pretty normal occurrence during the on-season. It's a situation where the motivation to train comes compliments of the morning sunlight. But what do you do when the conditions are not so favorable, when the air is cold, and it is raining or snowing, and windy? When the sun is on vacation and you're feeling that you should be, as well, just as you might find during the off-season?

Motivation during a training season is not very difficult for most serious runners. In fact, in my practice as a sport psychologist, I often have discussions with my clients about the risks of being overly zealous and "too motivated," and about helping them carve in easy/rest days and more sleep. Training, just like the seasons, has to change from time to time to be the most fruitful. The winter off-season is the time to build your strength for your upcoming season, allow other muscle groups to become stronger, and especially allow some recovery. It's a great time to do some cross-training, including swimming, indoor cycling, strength work, pilates, and/or yoga, or just take more time to rest. It's when we build on the hard work and successes of our recent past, and prepare for even greater success in the future. So, we now have the perfect justification to train in the off-season, but how do we find the motivation to do it' What tools do we have to keep the fire burning inside and the heart pumping? Two of the most powerful and most utilized tools in the sports psychologist's toolbox are goal setting and visualization.

We've all heard about the importance of setting goals, but few people know how to set them effectively. The goal-setting process is simple in theory, but takes critical thinking and planning to do it well. Teaching yourself to set realistic, yet challenging personal performance-oriented goals will allow you to do the work necessary to achieve those goals, allow you to see improved performance, lead to increased confidence, and ultimately lead to your success as an athlete.

The goal-setting process consists of seven steps.

Take your time with each step and write your answers for each point down on paper.

1 DEFINE WHAT YOU WANT TO ACCOMPLISH THIS YEAR.

What did you do last year? What excites you and gets you looking forward to getting up in the morning to actually look forward to your workouts? Do you want to try something completely different or do you want to set a new PR? Think big (but realistically) and imagine where you want to go with running this year. See it and feel it. For goal-setting purposes, we'll call this your Outcome Goal. Now, with outcome goals, it's OK to think in terms of placement, but we have no control over placement in a race. We all really want to be in first place. You never hear someone say that they hope they come in fifth, right? Assume that all your competitors want first, as well; that will be a given. I suggest you set time goals or some performance-oriented goal for yourself, something you have more control over. You could have the best race of your life and still not be in first place. If you set a placement goal, you may tend to be disappointed in your race, rather than celebrate the fact that you just had a personal best.

2 KNOW WHERE YOU ARE RIGHT NOW.

How are you doing right now? Get feedback from your training partners, life partners, and/or coaches. What's your typical training and/or racing pace? How strong are you?

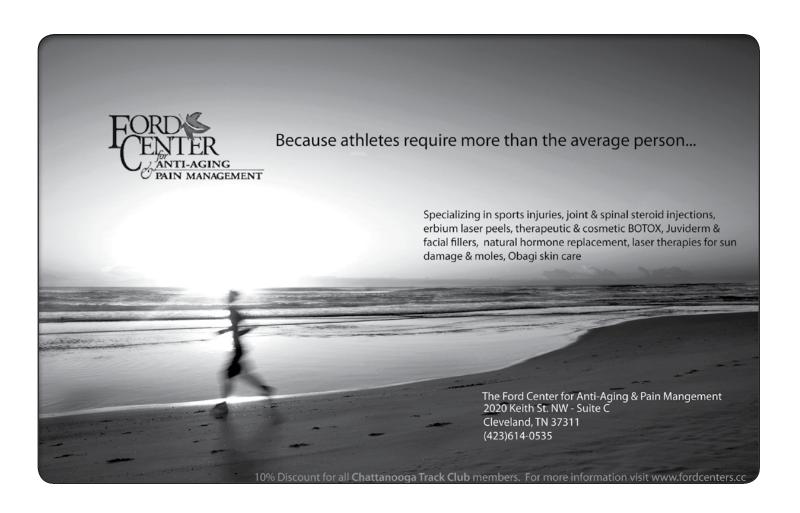
3 BE HONEST ABOUT WHAT YOU NEED TO DEVELOP.

This is a tough, yet critical step. You will need to be objective with yourself to know where the gaps are! Again, get feedbackfrom others. Dig deep and put your ego aside; it will help you in the long run. Would it be beneficial for you to work on your core? On hills or speedwork? Improve your confidence?

4 SET SUB-GOALS.

Break down your outcome/season-long goal into specific concentrated areas, like physical, nutrition, and mental skills.

We recommend, as with all fitness and health issues, you consult with your physician before instituting any changes in your fitness program.









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KING OF THE MOUNTAIN 4M - 2010

OVE	RALL FEMALE		6	Kristyn Clark	38:36	MA	LE AGE GROUP: 30 - 39		5	Keith Curtis	27:42
1	Debby Vannoy	24:42	7	Emily Holesinger	40:53	1	Lee Yarnell	23:43	6	John Holden	28:49
			8	Piper Cook	53:06	2	Tim Deroehn	23:53	7	Ronald Creech	29:09
OVE	RALL MALE		9	Bonnie Young	1:08:30	3	Josh Carter	25:03	8	Jc Camphell	30:41
1	Jason McKinney	21:54	10	Brittany Bowman	1:08:31	4	Jeff Elrod	26:20	9	Darren Richmond	31:49
						5	William Downes	27:48	10	Shawn Flaherty	33:09
FEN	ALE MASTERS		MA	LE AGE GROUP: 20 - 29		6	David McDaniel	27:52	11	Donnie Gregory	33:33
1	Cecelia Wigal	26:17	1	Ross Tilghman	23:22	7	Chad Hidinger	28:04	12	Savas Kyriadkidis	34:27
			2	Jonathan Baxley	23:41	8	Richard Elm	30:21	13	Mark Gravley	34:37
MA	E MASTERS		3	Bill Puckett	26:13	9	James Case	30:39	14	Steve Tompkins	34:39
1	David Boozer	24:20	4	Chris Scott	28:11	10	Joel Swanson	31:04	15	David Dehart	34:45
			5	Nik Meeks	28:32	11	Shane Newberry	31:22	16	Hunter Griffith	38:36
FEN	ALE AGE GROUP: 14 & UNDER		6	Jason Labonte	29:12	12	Scott Kennedy	32:11	17	Ernest Minges	43:07
1	Margaret Martin	29:00	7	Richard Bryant	29:18	13	Sean Price	32:24	18	Lynn Woods	51:42
2	Courtney Ford	32:30	8	Brandon Spurgin	29:28	14	Ryan Faught	32:25			
3	Mary Margaret Arrowsmith	35:16	9	David Holesinger	30:32	15	Christopher Perry	32:47	FEN	MALE AGE GROUP: 50 - 59	
4	Alice Martin	38:36	10	Carter Hancock	31:14	16	Patrick Kelly	38:04	1	Susan Gallo	31:55
5	Grace Fugate	39:38	11	Keith Bolis	35:45	17	Michael Hooper	42:11	2	Lesa Duvall	38:29
6	Savannah Griffith	51:42					1		3	Darlene White	1:00:54
			FEN	MALE AGE GROUP: 30 - 39		FEN	IALE AGE GROUP: 40 - 49		4	Jan Lewis	1:00:55
MA	E AGE GROUP: 14 & UNDER		1	Kim Brock	28:47	1	Belinda Young	27:40			
1	Banner Brock	27:39	2	Anna Hunter	29:21	2	Jill Richmond	32:07	MA	LE AGE GROUP: 50 - 59	
2	King Jemison	27:45	3	Alicia Oliver	30:03	3	Jo King	33:22	1	Roger Harris	26:54
3	Jimmy Wright	27:49	4	Brooke Pippenger	33:27	4	Angie Sutherland	33:27	2	Tommy Nichois	27:09
4	Jim Govan	31:34	5	Jen Klene	33:28	5	Dawn Pettway	33:36	3	John Crawley	28:40
5	Parrish Pettway	32:30	6	Currie Elliott	33:30	6	Sherri Minges	35:08	4	Len Teagn	29:40
6	George Arrowsmith	34:08	7	Marya Schalk	33:31	7	Gwen Meeks	35:27	5	Glen Hicks	30:29
7	John Arrowsmith	34:12	8	Mandi Moffitt	33:31	8	Ellen Daniel	36:09	6	Jon Huebschman	31:22
8	Foster Ligon	50:48	9	Rita Lawrence	35:21	9	Patricia McLelland	36:27	7	Andy Govan	34:05
			10	Natalie Allen	35:41	10	Jennifer Kilby	37:02	8	Jim Duvall	34:47
FEN	ALE AGE GROUP: 15 - 19		11	Elizabeth McCoin	36:04	11	Mary Holder	37:44	9	Scott Bailey	37:56
1	Anne Marie Rowe	32:20	12	Kathryn Lindley	36:26	12	Laura Bowling	38:10	10	Kenn Brown	51:42
			13	Patricia Alfonso	36:27	13	Marcia Curtis	40:41			
MA	.E AGE GROUP: 15 - 19		14	Anna George	39:56	14	Julie Wiedmer	43:20	FEN	MALE AGE GROUP: 60 - 69	
1	Haden York	23:38	15	Heather Degaetano	40:09	15	Cheryl Parker	43:48	1	Sue Ann Brown	33:07
2	Marco Bianchini	25:46	16	Kristin Waycaster	41:27	16	Elizabeth Ligon	46:39			
3	Andrew Woods	28:30	17	Jennifer Regan	41:30	17	Sandi Mitchell	53:01	MA	LE AGE GROUP: 60 - 69	
			18	Cynthia Choate	42:41	18	Stephanie Young	1:08:31	1	Sergio Bianchini	26:34
FEN	ALE AGE GROUP: 20 - 29		19	Treasure Coulter	42:43				2	Butch Cookie	30:35
1	Karin Maucere	29:04	20	Gessy Duncan	43:42	MA	LE AGE GROUP: 40 - 49		3	Pat Hagan	31:25
2	Micheala Whitworth	33:41	21	Maura McKenna	43:58	1	Marc Erickson	26:01	4	Henry Williams	33:49
3	Sue Von Peters	34:38	22	Carrie Debilzan	44:04	2	David Moghanz	26:47	5	Larry Godair	38:53
4	Summer Blizzard	37:47	23	Kelli Jeffries	51:37	3	Marshall Rowe	27:31	6	Phil Thomas	43:33

Marathon Man

By Holly Leber, Chattanooga Times Free Press hleber@timesfreepress.com

Family Married since 1972 to Cheryl; two sons and a daughter, four grandkids, one on the way. | Runs 35-40 miles a week. | Goal To run 100 marathons. | Best marathon time 3:35, 1988, Huntsville Rocket City Marathon. | Worst marathon time 6:21, Great Wall, (before that, 4:38, Erie, Pa.). | What's next Mt. Kiliminjaro.

In 1996, Truman Smith's wife told him to find a hobby.

He'd already run eight marathons at that point, so he figured it was a good activity to build on. Fourteen years and 74 marathons later, Mr. Smith, 63, has run in all 50 states and is aiming to marathon on each of the seven continents. He recently ran the Great Wall marathon in China.

If ever Cheryl, his wife of 38 years, finds being the wife of a marathoner tiresome, he said he affectionately reminds her: "I believe you told me to find a hobby."

Why did you decide to run marathons around the world? It was a way to see the country and actually touch the land that you wouldn't normally touch. You actually spend four hours out on somebody's highway really being in the atmosphere, seeing whatever the state's all about.

What memories do you have of your first marathon? Just training to get there. I started that hoping I could run a 5K. I ran (one) out at Northgate Mall. It was a brand new mall back then. I was so thrilled and pleased that I was able to get 3 miles. Then I set my sights on a 10K. I ran my first half marathon out in Collegedale. After, I told some of my friends I would never run a marathon because that was so tough. In 1987, I ran the Chickamauga Battlefield Marathon, and that pretty much got it started. Lots of people can run 20 miles. It's that last 6.2 that you never know how it's going to

turn out. I've experienced a few good days and a lot of struggles.

You recently returned from China. How was it running a marathon there? The Great Wall marathon was the toughest marathon I've done to date. That was my 82nd marathon. There's a section you do on the wall, and is has 5,165 steps you have

to negotiate. All the steps were not uniform; they varied in height and the tread on the steps was different. It was made that way for military purposes when the enemy tried to charge the towers, they couldn't get a running cadence up the stairs because the stairs were not uniform. I told somebody, "Well it stopped the Mongolians and it's stopping us too."

Why run so many marathons? It's the person I happen to be, the kind of person who wants to see what's on the other side of the mountain.

What would you say is the most memorable marathon you've participated in? Anything on Highway 101. It runs up and down the western side of the United States. I ran the Big Sur on Highway 101. I ran Newport, Oregon, and it had a piece of it on 101. Then I ran Port Angeles, Washington, and it ran parallel to Highway 101, so I got to see all of that coastal highway. Alaska was a sight to see, too. It was on the longest day. The sun never goes down there in June; it's pretty much daylight all the time.

You wish to run marathons on all seven continents. How do you anticipate Antartica will be? I look at Antarctica as a physical challenge. There's nothing there perhaps, there's no outlet stores or malls. My curiosity is just wild about going across the Drake Passage. There's a 10-day time on a boat, then one day they set us free to run a marathon. There's one that's directly at the South Pole. That's a little bit of a different animal.

Meet a New Member: Steve Smalling



Why did you decide to join the track club? I lived in Memphis for 22 years and tried to schedule my visits to family in Jasper TN to coincide with Chattanooga race weekends, so I have been running occasional CTC races for many years. When I moved back home in April 2009 to look after my mother, who has Alzheimer's, I joined CTC to support the club and try to meet some people. | What got you into running? I have been running since 1985. I started running to "try to catch" a certain woman in graduate school who was a runner. She got away, but I kept running. My favorite race was my only marathon ever, the 1985 New York City marathon, which I finished in 3:45. Second favorite was the 1985 Philadelphia Distance Run, which I ran in 1:38:30. I can honestly claim to have run in a race in which a world record was recorded, as the half marathon world record which stood for five years was posted in that race in Philadelphia. (I was not the "rabbit!") | Where do you like to run? My favorite place to run in Chattanooga is around the dam at the top of the Raccoon Mountain Pumped Storage Project. It is quiet, peaceful, and beautiful, and there is a challenging, half-mile long hill between the switchyard and visitor's center, plus a certified 10K course. My father was the construction engineer on that TVA project from the day it started in 1970 until the day it was finished about 10 years later, so I also feel like I am honoring his memory when I run there. I encourage everyone to run the 10K race at Raccoon Mountain on August 28. | Do you have any specific running goals? I do have one modest goal. I want to run a sub-50 minute 10K again before I turn 50 on August 23. Unfortunately, I've got about three minutes to shave off, and a bout with gout has set me back several weeks. I don't think I'm going to make it, but I'm trying. If I don't make 50 by age 50, I'm going to keep trying until I get below 50 minutes again.



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Welcome New and Returning Members

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Elijah Barrera and
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Jonathan Baxley
Ray Beem and
Family
Wendy Bovell
Carlos Breeden
Judith Coffey
Cheryl Cox

Sarah Dow Sherrie Forrest Maureen Foster Rhonda Gage Jackie Gardner James Hall Jeri Harris Steven Hassler Jennifer Kilby Mark Kuhn

Timothy Kuhns
Cindy Leary
Darren Lewis
Amanda Lucas
Lindsay Lucas and
Family
Don Lyons
David Martin and
Family
Kirk McDermott and
Family

Jason McKinney and Family Reginald McLelland Chuck Miller Michael Mooney and Family Jeanniee Nolan and Family Connie Petty Rebecca Potts Jai Rhodes Jeff Richard and Family Ronald Rogers Thomas Russe Samantha Smith Virginia Smith Terry Smith Philip Sparn Candise Stephens Lucy Stokely Mark Taylor

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SUNDAY RECOVERY HIKE

For more information, e-mail Walt Sinor at waltersinor@yahoo.com

CTC Group Run Wednesday Nights - 6:15 p.m. Downtown Sports Barn (301 Market Street)

Need Volunteer Points?

Volunteers Needed for Upcoming CTC Races For more information, go to www.chattanoogatrackclub.org, click on "Volunteer Now"

"Don't fear moving slowly forward...fear standing still." - Kathleen Harris

Monday 6:00

Easy Run-Good for Beginners, Fast Break Athletics contact flashcunningham@att.net

JOOGA TRA

Check out the CTC Classifieds chattanoogatRackclub.oRg

Jog/Walk Program Schedule:

Wednesdays 6:00pm Fast Break Athletics Runners, Speedwalkers, Joggers, Slow Runners and Walkers are all welcome! If you are injured or starting your running program all over again this would be a great place to start. For more information please e-mail Walt Sinor @ waltersinor@yahoo.com

SPEEDWORK

Thursday Night at 6:30pm at Fast Break Athletics - Joey Howe leads this pack - All . ds Welcome.

Join a Saturday **Group Run!**

6:30 a.m. - visit grouprun.com for weekly location

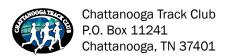
7:00 a.m. - Marathon Training: Contact flashcunningham@att.net for weekly locations

Tuesday Night Run 6:00 pm at Greenway Farm (off Hamill Rd in Hixson)

Sponsored by Front Runner Athletics, Led by Ryan Crews

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RACE CALENDAR

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.

SEPTEMBER

- 23 CTC Elementary Cross Country Series, Race Day 2
- 26 Komen Ćhattanooga Race for the Cure, Chattanooga, TN
- 30 CTC Elementary Cross Country Series, Race Day 3

OCTOBER

- 2 Friends of Hixson/YMCA 5K & 1 Mile Fun Walk, Hixson, TN
- 2 Bradley Bear Tear 5K Run/Walk
- 3 Inaugural Run Crazy Horse Half Marathon, Marathon and 5 person Marathon Relay, South Dakota
- 4 4K for Katie
- 7 CTC Elementary Cross Country Series, Race Day 4
- 9 5th Annual Runaway Pig Race
- 9 Run with the Pack 5K & 1 Mile Fun Walk
- 14 CTC Elementary Cross Country Series, Rain Date, If Needed

- 16 Signal Mountain Road Race/Pie Run 10K
- 16 Dalton Half Marathon
- 23 Oktoberfest Ram Run 5K & 1 Mile Fun Run/Walk
- 23 Upper Cumberland Haunted Half Marathon
- 23 RHS Tiger Trail 5K
- 24 McKee Foods 5K Run & Walk
- 30 Clarksville Half Marathon
- 30 Run for Mercy Ministries 5K & Family Walk
- 30 Joe Johnson 10K Run for Mental Health

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