THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

# JOGGINGAROUND



# **Chattanooga Track Club**

#### Officers for 2015

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Cathy Gracey

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John Hunt

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Beth Petty

Ryan Shrum Randy Whorton

Mike Usher

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# JOGGING AROUND

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

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Gregg Gelmis/We Run Chattanooga

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**Printing**Village Print Shoppe

#### **Chattanooga Track Club Mission Statement**

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

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

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

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# **Jogging Around Ad Rates**

Single Run Ad Size: 3 Issue Run **Year Run** \$70/issue \$90/issue \$85/issue **Full Page** \$44/issue \$49/issue **Half Page** \$40/issue \$36/issue \$32/issue **Otr Page** \$25.00 \$22.50 \$20.00 Business Card

Inserts are \$60/issue

Advertising Info: For current ad information, please contact vpcommunications@chattanoogatrackclub.org

# FROM THE CLUB PRESIDENT



Take a look at the picture above, what do you notice? At first glance, the guy in the prom dress is hard to miss, but look closer. Notice the smiles, the various ages and physical "types" of the people in the picture. Our track club is a pretty diverse group brought together by two ideas; first, a love of running, and second, knowing that what we do makes our community better. At the Market Street Mile we had a great time as race participants joined together to "Go Red" for the Chattanooga American Heart Association. This charity is one of many that the Chattanooga Track Club supports through races and programs each year. Each charity and service organization in turn helps build a stronger Chattanooga, a city whose residents are more connected, more involved. I'm part of the Chattanooga Track Club because I'm convinced that the club represents, in its people and its mission, the best of our community.

The year is now more than half over. It's already been a busy year for the club and we have more planned in the coming months. We will be adding new CTC races to the calendar and continuing our series of free community workshops. What goals did you set at the beginning of 2015? Was it to run your first 5K race or to simply run for the first time since you were a kid? Are you aiming for a marathon finish or to find a group of friends to support your fitness goals? If you are a member of the Chattanooga Track Club, what have you gotten out of it? What have you contributed?

Whatever your goals were for this year, and however close or far away you are from reaching them, now is the time to look around, appreciate how far you've come and re-focus on where you want to be. It isn't too late to start fresh. If you need advice or inspiration on how to keep moving forward towards your goal, just ask a runner.

# THE LONG RUN

The Long Run is the endowment fund of the Chattanooga Track Club. The fund was established in 2005 to create a perpetual investment and financial resource to support the mission of the Chattanooga Track Club. The Club is committed to being a good steward of this fund and appreciates your generosity in helping build this legacy for our community. To contribute to The Long Run, please contact the Chattanooga Track Club.



BE NOT AFRAID.

THE POWER OF THOSE THREE SIMPLE WORDS AMAZES ME.

I registered for the 2015 Thunder Rock 100 despite a rather miserable personal failure at the 2014 race. To sum up my 2014 experience – I was basically afraid of what 100 miles on an extremely challenging and remote course would be like. The thought of running alone at night in the woods horrified me. I kept playing out the worst possible scenarios in my head and had a complete lack of confidence in my ability to handle the challenges I could potentially encounter. In the end, I believe those very thoughts and that very lack of self confidence in my ability were the reason for my 'epic failure'. I ended up dropping at mile 40 after becoming wickedly sick to the stomach. It was ugly, but it was my own doing. I didn't listen to my body, I didn't trust my judgement or my training and second guessed every move I made. I was too busy being afraid of everything that could go wrong, I failed to see that I possessed the ability to make it go right.

Fast forward to 2015. I registered early in the year with feelings of trepidation. This year, I decided to start my adventure with the mantra 'be not afraid' repeating in my mind. I went through the list of things I knew were worrying me and had kept an internal running dialogue. Be not afraid of: pain and discomfort, missing the next cutoff, being alone in the dark in the wilderness, falling down, glowing eyes in the dark, large mystery insects, exhaustion, 3000 foot climbs, running along ravines – Be not afraid of fear itself! The list was long. But interestingly enough, owning those fears made all the difference in my experience.

I should warn you that I did not reach the finish line this year, either – but given my 2014 experience, I believe 2015 can be categorized as wildly successful. By repeatedly reminding myself that I was strong and capable when fear crept in, I was able to meet the significant milestone of running until sunrise. Those hours alone in the darkness took on an entirely new feeling this time around. I made the



CTC QUARTERLY

conscious decision to acknowledge my fear and say "NOPE". As a result, instead of envisioning all the awful things that could happen, I was able to enjoy one of the most beautiful summer nights I've ever experienced. I saw so many amazing things by the light of my headlamp: Snakes, toads, lightning bugs, salamanders, at least a million stars, spiders zip lining from trees, bright red flowers in bloom (at midnight). I heard bullfrogs, peeper frogs, owls and other strange birds singing deep into the night. Each time I approached an aid station, the glow of headlamps in the distance and the cheerful voices of the volunteers filled me with a sense of joy that I find difficult to describe. What I felt, despite blisters and aching muscles, was absolute peace. At the end of the day (or somewhere around 9 am, rather) - I reached a total of about 70 miles. I checked in at the mile 64 aid station and missed a turn while en route to the next. Those few miles off track left me with no realistic way to meet the 30 hour cut off (picking up

speed was not an option for me by that point). I worked my way back to the last aid station and surrendered. I knew I would be pulled at the very next stop. It was a VERY difficult decision to throw in the towel, but I didn't need to travel an 10 extra miles to place a kind, exhausted volunteer in the position of bearing such news at mile 75. Does this qualify as a failure? Maybe to some, but I would have to disagree. The experience has left me feeling intrigued and optimistic about another attempt next year. With a little more experience and in the right circumstances, I am convinced I will get there. I may not have made it 100 miles this time, but guess what? I'm not afraid anymore.

Stacey Malecky is Club Manager for the Chattanooga Track Club. She can be reached at smalecky@chattanoogatrackclub.org



Half Marathon, Jr. Marathon & Fort Oglethorpe 5k **NOVEMBER 14, 2015** 

Chickamauga Battlefield National Military Park - Fort Oglethorpe, GA



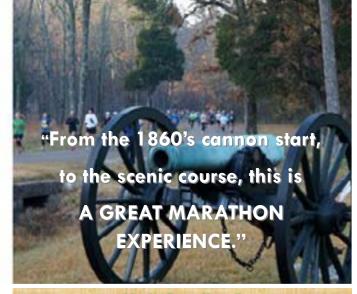










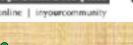


**Made Possible By** 









www.battlefieldmarathon.com



My love for running comes from one very important person in my life, my mother Kathi. When I was younger, we would spend many Saturdays attending races from the Chickamauga Battlefield Marathon to the 100th running of the Boston Marathon. I was her cheerleader from the sidelines with my brother and my dad giving her high-fives as she neared the finish line. She was my inspiration for joining the middle school cross country team at GPS. I had a love-hate relationship with running for many years, and my mom had slowly given up on her dream of us running together.

During my freshman year at Rhodes College, my mom tried one more time to get me to run and asked if I would be interested in signing up for the Scenic City Half Marathon. "It would be fun!" she said. At that time, running 13.1 miles seemed like a nightmare, definitely not fun, but I gave in and registered to run my first half marathon. To train for the race, I ran in the Battlefield with my mom and Bud Wisseman. My first 10 miler took me half of the morning, but they were both supportive and gave me ample walking breaks (especially on Papa Bear Hill). I discovered that morning that the sunrise in the Battlefield is one of the most beautiful, peaceful times to run. For the past five years I have witnessed many more sunrises coming over the field by Wilder Tower. February came much too quickly and before I knew it, it was race day. It was one of the coldest mornings of the winter and the wind was brutal. By mile 10 my legs felt like lead, and like a toddler, I asked my mom "Are we there yet?" Over two hours later, I had completed my first half and swore up and down I would never complete an entire marathon.

To my great surprise, my mind apparently forgot just how bad my legs hurt at mile 11 and 12, and two months later I registered for the Disney Marathon in Orlando. Countless half marathons and 6 full marathons later, I can safely say I'm a running addict. For me the races are fun, but the best part of running is the companionship. I can't even begin to count the number of hours my mom and I have spent on the road together. It has been a truly amazing bonding experience.





I have also made many lasting friendships during all of my training runs. One of my favorite races was the 2013 Disney Princess Half Marathon with Nicole Smith, Beth Warren, and my mom. If you have never entered a race where you leave the stop watch at home, wear a completely ridiculous costume like a tutu and tiara, and take your time on the course, I highly recommend it. Sometimes the crazy, fun runs are even more memorable then getting a PR on a hard course.

During one of my long distance runs in the Battlefield, I met Catherine Gomez who has been a fantastic running buddy. She has inspired me to try to qualify for the Boston Marathon so we can run it together someday. I know that might take years, but I look forward to many more miles of running with these amazing people. Some people say I am crazy for running, but I know I run for the sunrises in the Battlefield, the tutus and tiaras, and the PRs, but most importantly I run for the friendships formed during miles on the road.

Laura Wagner is a native of Chattanooga and graduated from GPS and Rhodes College. She works for Center for Sports Medicine and Orthopaedics and is returning to school this fall for her masters in Physician Assistant studies. She has completed 6 marathons.





# **TECHNOLOGYPROJECTS**

# Web Application Design & Development

HTML5 ColdFusion

**JOuery** Windows

**CFWheels** VMWare

tech-projects.com 423.267.7375

# DON'T MISS THE FUN WITH THE **CHATTANOOGA** TRACK CLUB

# Jennifer Heinzel

There is no club or organization that can exist without their members. Why do people become members of an organization? Maybe they want to be part of "the bigger picture".... maybe they just like being around people with common interests. No matter what the reason, that group that they belong to will only grow stronger with each

I personally would like to thank each and every person that chose to become a member of the Chattanooga Track Club!! Fitness, running, and walking are our common interest....we are all part of the bigger picture for health and wellness in Chattanooga....there is such an energy among the members that the relationships continue to flourish. THIS is what being a member of a club or organization is all about!

We all love having support at our races and having our own personal cheering section at times. As the foundation of running in Chattanooga, the CTC embraces every walker and runner to help encourage them to keep moving their feet in the right direction....one step at a time. If there is a race you aren't running, volunteer at that race and be the positive vibe for someone else who could use that encouragement! Even if you are racing, extend a warm congratulations to every runner or walker that you see.....you have no idea how that could make someone's day so much better and boost their confidence.

You know how good you feel being a part of the CTC? Share that same great feeling to your family, your friends, your coworkers...everyone! Spread the "word" and importance of a healthy Chattanooga to everyone you know. We can't just wish or hope that the CTC (and the world) becomes better. As Mahatma Gandhi best said, "be the change you want to see in the world". This is a heavy job for the members of the Chattanooga Track Club, but it really does start with us!

The CTC hosts a variety of free events for all our members to enjoy: clinics, group runs, group walks, picnics, and an annual banquet. to one of them and introduce that person to a member/friend of the Chattanooga Track Club so that they can feel that positive energy....they are going to want to be around that positivity more!!

Recently the Membership Committee hosted their first picnic and scavenger hunt. What a great day! People were connecting with other runners who they may have never met yet, or they were reconnecting after some time apart. The scavenger hunt was done primarily in teams and it was great to see our members working together in a laid back, fun way to win prizes! Comradery is what it is all about!

If you have an idea for a great clinic or social event for the members, please feel free to contact us!! If you haven't attended a CTC event, other than races, you have no idea what you are missing!

Jennifer is the CTC Vice-president of Membership, contact her at VPmembership@chattanoogatrackclub.org













The food was even better than the weather!



Drs. Joe and Becky Klien of Inspire Chiropractic at a CTC community workshop.









# CTC MEMBERSHIP DISCOUNTS

The following merchants offer a discount to Club members. Just show your CTC membership card before making your purchase. And don't forget to thank these businesses for supporting the Chattanooga Track Club!

PETITE NATION SPEEDY'S OIL & AUTO **POPCORN PANTRY** NUDO'S FAMILY HAIR & SKIN CARE FAST BREAK ATHLETICS THE LOCAL JUICERY TRUE LIFE CHIROPRACTIC **KABOBSTER CADENCE COFFEE BUD'S SPORTS BAR DOTERRA ESSENTIAL OILS** (MYDOTERRA.COM/LAURAWASSON)

SCENIC CITY HANDYMAN (CLUB MEMBER, NATHAN KILE 423-994-

0564) FRONT RUNNER ATHLETICS **NEW BALANCE CHATTANOOGA** NATURAL BODY SPA – DOWNTOWN MOVEMENT ARTS COLLECTIVE **SOULSHINE MASSAGE THERAPY** INSPIRE CHIROPRACTIC FITNESS COACH KELLY SUMMERSETT THE CAMP HOUSE



CTC QUARTERLY **JULY 2015** 



# 65 ROSES 5K

**5K RESULTS** 

		EEMALE AGE CROUD: 15 10
OVERALL FEMALE	10.10	FEMALE AGE GROUP: 15 - 19 1 Kaylin Deel
1 Amy Carptenter	19:18	2 Elise Williams
OVERALL MALE		3 Abigail Louderback
1 Paul Schupp	16:34	4 Megan Byrd
		5 Julie Ellis
FEMALE MASTERS		6 Laura Hays
1 Trish Newsom	22:48	7 Hannah Widdowson 8 Landon Kidwell
NAALE NAACTEDS		9 Sarah Hill
MALE MASTERS	16:41	10 Emily Green
1 Geno Phillips	10.41	11 Alicia Pritchett
FEMALE GRAND MASTERS		12 Mary Bryan
1 Sue Damstetter	24:54	13 Amanda Belcasino
		14 Haleigh McKibben
MALE GRAND MASTERS		15 Tiffany Howard 16 Rachael Garrett
1 Tim Ensign	17:48	17 Heather Smith
FEMALE SENIOR GRAND MAS	TEDC	18 Allison Croke
1 Cathy Gracey	26:34	19 Lindsey Armstrong
1 Cathly Gracey	20.34	20 Alec Nichols
MALE SENIOR GRAND MASTE	RS	21 Gena Ward
1 Mike Usher	21:55	22 Courtney Sprague
		23 Megan Ryan
FEMALE AGE GROUP: 10 & U		24 Victoria Iyizoba 25 Jolina Bunda
1 Kendall Winder	24:55	26 Kristen Koontz
2 Ivy Briggs	41:17 43:49	27 Kelsey French
3 Andrea Zunun 4 Gwyneth Griffis	45.49	28 Rachel Jones
4 dwyneur drinis		29 Taylor Doan
MALE AGE GROUP: 10 & UNI	DER	30 Taylor Faulkner
1 Landon Hollis	23:48	31 Riley Krank
2 Andrew Stamper	24:06	32 Amy Mitchel
3 Charlie Wright	30:36	33 Jenna Inman 34 Megan Samples
4 River Briggs	31:53	35 Melanie Brubaker
5 Roman Eulo 6 Bryson Ellis	32:33 36:26	36 Hannah Moore
7 Caleb Cornett	36:46	37 Kristal Bayer
8 Eli Cornett	43:10	38 Elizabeth Canter
9 Carson Lacy	53:06	39 Brianne Kennard
		MALE AGE GROUP: 15 - 19
FEMALE AGE GROUP: 11 - 14		1 Noah Cochran
1 Ashley Eulo 2 Katie Estes	25:06 26:14	2 Dawson Peak
3 Olivia Lacy	26:50	3 Rogelio Balderas
4 Sara McKay	32:16	4 Chastin Kim
5 Megan Roncin	37:03	5 Will Burgess
6 Alyxa Walker	37:04	6 Brandon Romero
7 Lilli-Faith McDaniel	37:12	7 John Clinton 8 Barrett Mills
8 Ella Hammond	38:38	9 Samuel Blake
9 Rachel Jenkins	39:28	10 Braxton Wiggins
10 Maria Perez	41:32	11 Chris Pistrang
MALE AGE GROUP: 11 - 14		12 Kyler Swenson
1 Lane Hollis	19:54	13 Will Hammond
2 Joseph Brown	21:55	14 Joe Busic
3 Campbell Kirkland	22:40	15 Will Estes
4 Lance Frazier	23:43	16 Kile Clark 17 Kamaron Allen
5 Jacob Garrett	25:23	17 Kamaron Allen 18 Johnathan Collins
6 Kyler Parris	27:22	19 Michael Deforest
7 Daniel Collins	28:29 29:58	20 Brandon Balmer
8 Christian Armstrong	23.38	21 Noah Todd

28 Grayson Cox	31:27	18
29 Scott Moore 30 Elijah Hammonds	34:00 34:01	19 20
31 Joshua Postic	34:03	21
32 Oscar Palin	34:24	22
33 Eric Sheranko	36:44	23 24
FEMALE AGE GROUP: 20 - 24		25
1 Alexis Hewitt	22:41	26
2 Hollie German 3 MacI Fox	23:51 24:14	27 28
4 Kristen Trese	25:22	29
5 Sarah Wilkerson	25:58	30
6 Deenalin Crook 7 Emily Gruner	26:30 26:50	31 32
8 Nikki Postenrieder	27:17	33
9 Chelsea Miller	27:21	34
10 Hannah Daulton 11 Arturo Hutchison	27:38 27:42	35
12 Rachel Cox	27:51	36 37
13 Rahcel Genaci	28:11	38
14 Kaitlyn Flastad 15 Sarah Graver	28:16 28:35	39
16 Blair Kent	28:40	40 41
17 Lindsay Atkins	28:45	42
18 Nancy Scarborough 19 Bryn Dawdy	28:45 28:48	
20 Kara Redman	28:59	FEN 1
21 Merrily Suits	29:05	2
22 Katherine Carlson	29:07	3
23 Ariana Dawson 24 Lydia Hill	29:08 29:28	4 5
25 Ashley Sederquist	29:39	6
26 Vania Ratliff	29:42	7
27 Hannah Redlawski 28 Bonny Williams	29:42 30:09	8 9
29 Rachel Boltniew	30:23	10
30 Sarah Zhibrt	30:50	11
31 Erica Plummer 32 Katie Garwood	30:52 31:02	12
33 Emily Moori	31:02	13
34 Megan McCracken	31:05	MA
35 Jessica Luzardo 36 Hannah Gilstrap	31:20 31:43	1
37 Olivia Theodore	32:04	2 3
38 Lauren Todd	32:22	4
39 Renee Robbins 40 Clare Standley	32:23 32:47	5
41 Sarah Gearhart	32:59	6 7
42 Victoria Forhetz	33:06	8
43 Erin Beims 44 Maggie Ellis	33:15 33:20	9
45 Karen Chambless	33:37	10 11
46 Stephanie Marquez	33:55	12
47 Michelle West 48 Grace Green	34:07 34:22	13
49 Emily Blackwell	34:30	14 15
50 Sarah Harathe	34:35	
51 Olyvia Smith 52 Hannah Gregory	35:37 36:07	FEN 1
53 Emmalee Manes	36:26	2
54 Gabrielle Sprague	37:34	3
55 Stormi Campbell 56 Rachel Walls	37:51 38:44	4 5
57 Jessica Ashley	39:08	6
58 Fairn Fuller	39:48	7
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61 Kelly Crew	40:10	10
62 Emily Lamason	41:20	11
63 Rebecca McGuire 64 Candace Parker	41:47 42:22	12 13
65 Cathyana Marcel	42:23	14
66 Courtney Taylor	45:13	15
67 Kensi Deel	47:09	16 17
MALE AGE GROUP: 20 - 24		18
1 Trent Nunnelly	19:29	19
2 Grayson Sutherland 3 Garrett Bowdle	19:58 20:38	20 21
4 Andrew McDuffie	20:40	22
5 Chad Lee	20:43	23
6 Jack Williams 7 Joshua Swem	21:12 22:03	24 25
8 Charles Taylor	22:17	26
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13 Trevor Hancock

14 Marco Bianchini

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17 Nathan Mell	25:24
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20 Orlando Vanegas	26:31
21 Joshua Nobles 22 Benjamin Benevides	26:31 26:33
23 Josh Foratis	26:53
24 Mitchell Page 25 Jay Marquette	27:53 27:55
26 Blake Rafferty	28:52
27 Richard Huynh	29:25
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38 Evan Humphreys 39 Chad Hall	34:05 35:16
40 Daniel Dantas	39:56
41 Kenton Barry 42 Zack Skinner	44:35 44:36
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FEMALE AGE GROUP: 25 - 29	24.00
1 Ashley Patrick 2 Traci Elder	21:39 23:24
3 Tiffany Skinner	27:14
4 Deanna Dawson 5 Katie Hamilton	27:33 28:32
6 Angela Bartels	28:49
7 Leslie Thomas	29:02
8 Jessica Myers 9 Meghan Guinn	30:43 33:52
10 Bridget Hooker	34:33
11 Morgan Schalk 12 Amy Nelson	36:22 40:48
13 Rebecca Gephart	47:29
MALE AGE GROUP: 25 - 29	
1 Drew Nunnelly	20:35
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13 Justin Morgan 14 Brad Thomas	30:13 33:09
15 Tj Gephart	38:42
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5 Jaclyn Beckler 6 Hannah Davis	24:56 25:31
7 Holly Kincaid	25:41
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19 Claire Cozens 20 Danielle Warren	39:16 39:56
21 Kate Kirksey	41:17
22 Caycee Nash 23 Tessie West	42:48 43:10
24 Natachia Souders	43:58
25 Andrea Lessig	44:47
26 Tina Blevins 27 Lyndsay Gonzalez	47:09 47:13
28 Charissa Baker	47:29
29 Jj Maughan	48:43

MALE AGE GROUP: 30 - 34		5 Becca Edge
1 Ryan Heming	17:53	6 Danielle Brinkley
2 Benjamin Christmann	21:07	7 Kimberley Peak
3 Billy Singletary	21:26	8 Pam Rowe
4 Jared Barton	21:47	9 Angela Ruback
5 Joseph St. John 6 Ernest Berzai Jr.	23:44 23:52	10 Stefanie Wilson 11 Mark Bishop
7 James Eilf	23.32	12 Tammy Johnson
8 Daniel McAlister	24:56	13 Trish Phillips
9 Warren Parks	25:39	14 Greta Parker
10 Joseph Daft	26:16	
11 Bryan Bird	26:47	MALE AGE GROUP: 4
12 Nathan Casteel	28:04	1 Dean Thompson
13 Luke Thomason	29:30	2 Robert Barnes
14 Howell Winderweedl	30:43	3 Keith Carlson
15 William Helmstetter 16 Mario Urioste	30:44 30:56	4 Paul Bryant 5 Sujeel Taj
17 Clint Baker	38:43	6 Chris Conine
17 Cilité Bakei	30.43	7 Hubert Johnes
FEMALE AGE GROUP: 35 - 39		8 Ric Johnson
1 Brandy Brown	25:47	9 Marty Dobbs
2 Kristy Albright	26:40	10 Marty Rowe
3 Whitney Allison	26:51	11 Chirag Patel
4 Christi Kicklighter	26:54	5584415 465 6D011D
5 Merica Stum	27:15	FEMALE AGE GROUP
6 Jennifer Carlson 7 Heather Whaley	27:37 28:46	1 Corinne Hendesr 2 Nikki Thomas
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10 Kristi Schalk	31:59	5 Laura Baker
11 Nicole Weyenberg	32:13	6 Kim Humberd
12 Gloria Moser	32:13	7 Sally Hoffman
13 Lisa Eulo	32:30	8 Ann Humphries
14 Christine Williams	33:55	9 Sonia Johnson
15 Morgan Waldrop	33:56	MALE ACE CROUR.
16 Erika Moore 17 Katherine Chapman	34:39 37:41	MALE AGE GROUP: ! 1 Henry Lynn
18 Jennifer Cornett	37:41	2 Jeffrey Cochran
19 Angela Gross	43:22	3 Michael Andres
20 Jenny Ingram	44:36	4 Ronnie Parker
21 Sheron Smith	44:47	5 Cameron Fisher
22 Shantae Thompson	46:48	6 Richard Lesniews
23 Misty Isennock	53:55	7 Steve Tompkins
		8 Mark Pistrang
MALE AGE GROUP: 35 - 39	10.22	9 John Brose
1 Mark Malecky 2 Shane Wright	18:22 19:00	10 Mike Brown 11 Kyler Elrod
3 Rock Eulo	20:00	12 Roger Davis
4 Jeff Richmond	20:29	13 Greg Redman
5 Chris Townsend	21:14	14 Alonzo Jones
6 Chris Light	21:18	15 Naresh Hemnan
7 Ringo Long	22:00	
8 Rodney Tew	22:25	FEMALE AGE GROUP
9 Joy Chapman	23:30	1 Carolyn Funderbi
10 Jared Wielfairt	24:14	2 Vickie Pitts
11 Todd Sparks	25:00	3 Diane Duggan
12 Josh Dobbs 13 Mike McCabe	25:38 25:53	4 Pam Cuzzort 5 Elizabeth Daubne
14 Chad Taylor	25:59	6 Reda Lawson
15 Taz Kicklighter	26:54	7 Gincy May
16 Michael Phillips	27:17	8 Deb Hart
17 Jason Ingram	27:21	9 Jan Runyan
18 Andy Byrd	27:35	·
19 Jonathan Cornett	37:43	MALE AGE GROUP:
20 Shaun McKinley	41:47	1 Chad Varga
21 Abu Swafford	42:21	2 Mitchell Guinn
22 Neale Griffis	42:48	3 William May 4 Greg Johnson
FEMALE AGE GROUP: 40 - 44		5 Michael Daubner
1 Ramona Delay	26:00	6 Steve Brooks
2 Paige Phillips	28:01	O Steve Brooks
3 Amanda Frederick	31:51	FEMALE AGE GROUP
4 Deanna Hitch	34:25	1 Connie Regal
5 Jill Bishop	45:30	2 Jane Webb
6 Daniel Isennock	53:57	
		MALE AGE GROUP:
MALE AGE GROUP: 40 - 44	20.10	1 Carey Watson
1 James Daresta 2 David Kyle	20:10 21:29	2 Pat Hagan 3 Jim Bilbo
3 Michael Glasgon	22:27	4 Eddie Robbins
4 Eric Burgess	24:11	5 Don Bennett
5 Jim Kirkland	24:25	6 Jim Herrig
6 Billy Williams	24:57	7 Daniel Smith
7 Matt Carlson	26:17	
8 Matt Ryerson	26:17	FEMALE AGE GROUP
9 Shane Ware	27:13	1 Sueann Brown
10 Jeremy Chastain	28:27	2 Bonnie Wassin
11 Brian Conn 12 Ron Ruback	28:45	3 Marcia Miller 4 Janice Smith
12 NUII NUDACK	39:01	4 Janice Smith 5 Sue Warren
FEMALE AGE GROUP: 45 - 49		J Jue Wallell
1 Jennie Gentry	24:21	MALE AGE GROUP:
2 Kendra Gray	24:53	1 Sergio Bianchini

26:33

2 Davie England

3 Bonnie Hancock

9 Angela Ruback 10 Stefanie Wilson	39:21 46:00
11 Mark Bishop	46:08
12 Tammy Johnson 13 Trish Phillips	47:29
14 Greta Parker	48:13 53:00
MALE AGE GROUP: 45 - 49	
1 Dean Thompson	16:54
2 Robert Barnes	20:11
3 Keith Carlson 4 Paul Bryant	21:58 24:30
5 Sujeel Taj	25:23
6 Chris Conine	26:25
7 Hubert Johnes 8 Ric Johnson	27:00 29:05
9 Marty Dobbs	29:25
10 Marty Rowe 11 Chirag Patel	31:21 34:46
11 Cilliag Pater	34.40
FEMALE AGE GROUP: 50 - 54	25:23
1 Corinne Hendesron 2 Nikki Thomas	25:23
3 Irina Polyakova	27:16
4 Atress McBee 5 Laura Baker	28:08 29:42
6 Kim Humberd	31:47
7 Sally Hoffman	33:06
8 Ann Humphries 9 Sonia Johnson	34:24 36:19
	50.13
MALE AGE GROUP: 50 - 54 1 Henry Lynn	22:46
2 Jeffrey Cochran	22:53
3 Michael Andres	22:59
4 Ronnie Parker 5 Cameron Fisher	24:26 25:37
6 Richard Lesniewski	25:53
7 Steve Tompkins	27:23
8 Mark Pistrang 9 John Brose	27:41 27:59
10 Mike Brown	28:47
11 Kyler Elrod	30:23 33:55
12 Roger Davis 13 Greg Redman	35:55
14 Alonzo Jones	35:51
15 Naresh Hemnani	35:55
FEMALE AGE GROUP: 55 - 59	
1 Carolyn Funderburk 2 Vickie Pitts	28:02 29:14
3 Diane Duggan	33:40
4 Pam Cuzzort	34:15
5 Elizabeth Daubner 6 Reda Lawson	35:22 37:49
7 Gincy May	41:17
8 Deb Hart	44:48 45:41
9 Jan Runyan	45.41
MALE AGE GROUP: 55 - 59	20.06
1 Chad Varga 2 Mitchell Guinn	20:06 23:48
3 William May	26:05
4 Greg Johnson 5 Michael Daubner	26:29 31:30
6 Steve Brooks	33:21
FEMALE AGE GROUP: 60 - 64	
1 Connie Regal	28:59
2 Jane Webb	35:07
MALE AGE GROUP: 60 - 64	
1 Carey Watson 2 Pat Hagan	25:31 26:31
3 Jim Bilbo	26:54
4 Eddie Robbins	27:55
5 Don Bennett 6 Jim Herrig	29:40 30:00
7 Daniel Smith	30:05
FEMALE AGE GROUP: 65 & OVE	R
1 Sueann Brown	28:16
2 Bonnie Wassin 3 Marcia Miller	35:59 36:00
4 Janice Smith	44:40
5 Sue Warren	47:25
MALE AGE GROUP: 65 & OVER	
1 Sergio Bianchini	24:23

	28:32 29:31 31:42 34:39 39:21 46:00 46:08 47:29 48:13 53:00	
49	16:54 20:11 21:58 24:30 25:23 26:25 27:00 29:05 29:25 31:21 34:46	MEMBERS COMMUN
) - 54	25:23 27:06 27:16 28:08 29:42 31:47 33:06 34:24 36:19	
54	22:46 22:53 22:59 24:26 25:37 25:53 27:23 27:41 27:59 30:23 33:55 35:51 35:55	CC
i - 59	28:02 29:14 33:40 34:15 35:22 37:49 41:17 44:48 45:41	FO  Bill Es
59	20:06 23:48 26:05 26:29 31:30 33:21	startin crisp a and 1h 300 fo cool te Carpe
- 64	28:59 35:07	19:18, race w were t Sue Da
64	25:31 26:31 26:54 27:55 29:40 30:00 30:05	winne Usher 21:55. Best o day ra
i & OVI	28:16 35:59 36:00 44:40 47:25	Cystic amazi contro of ama alread

31:15



OF THE CLEVELAND FIRE DEPARTMENT RECEIVE THE Y SHIELD AWARD



# LD WEATHER **ESN'T CHILL SPIRITS 65 ROSES RACE**

9

24 Kirklin Norman 4 Gina McDaniel 28:26 **JULY 2015** CTC QUARTERLY



# KING OF THE MOUNTAIN (4M) 4 MILE RACE RESULTS

**OVERALL FEMALE** 

1 Jessica Marlier	24:31
OVERALL MALE	
1 Geno Phillips	21:53
FEMALE MASTERS	
1 Lisa Logan	29:37
MALE MASTERS	
1 Dean Thompso	22:57
FEMALE AGE GROUP: 14 & U	NDER
1 Myra Brock	29:15
2 Grace Burks	34:55
<ul><li>2 Grace Burks</li><li>3 Olivia Lacy</li></ul>	35:55
4 Roo Martin 5 Haley Dunham	36:18
5 Haley Dunham	37:41
6 Louisa Bohner	39:48
MALE AGE GROUP: 14 & UNI	OFR
1 John Arrowsmith	26:54
2 Innana (M/Hana	27:23
3 Conor Coakley	31:53
4 Gage Whited	31:59
5 Garrison Corley	37:45
6 Teddy Arrowsmi	38:53
2 Jasper Wilson 3 Conor Coakley 4 Gage Whited 5 Garrison Corley 6 Teddy Arrowsmi 7 Luke Morrison	47:17
/ Lake Morrison	47.17
FEMALE AGE GROUP: 15 - 19	
1 Elizabeth Oliver	38:09
MALE AGE GROUP: 15 - 19	
1 Matthew Jones	24:08
FEMALE AGE GROUP: 20 - 29	
4 4 1 1 5 1 1 1	29:06
2 Emily Davis	30:24
3 Kellye Tilford	30:50
4 Tera Davidson	31:10
5 Aften Whitmore	32:36
6 Hannah Loizeaux	32:40
7 Kaitlin Gunter	33:15
1 ASNIey Patrick 2 Emily Davis 3 Kellye Tilford 4 Tera Davidson 5 Aften Whitmore 6 Hannah Loizeaux 7 Kaitlin Gunter 8 Molly Peele 9 Brianne Stamba 10 Irene Sewell	33:27
9 Brianne Stamba	34:03
10 Irene Sewell	35:19
11 Gretchen Rowe	36:41
11 Gretchen Rowe 12 Anne Marie Row	37:53
13 Jessica Rowe	40:49
14 Shellie Gibson	43:11
15 Leslie Sammons	46:15
16 Kathryn Taylor 17 Kelsie Bowman	46:26
17 Kelsie Bowman	46:46
18 Kelly Layne	49:50
19 Christina Thoma	51:04
20 Lindsey Reed	57:38
MALE AGE GROUP: 20 - 29	
1 Jack McGinness	22:17
2 Matt looking	22:15

2 Matt Jenkins

10

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C	ULTS	
<b>5</b>	ULIS	
3	Andy Highlander	23:27
4	Marco Bianchini	28:46
5	Eric Anderson	28:58
6		30:09
7	Galyn Tengue	30:38
8		39:26
9	Aaron Riddle	43:40
	Cory Taylor	44:08
11		46:15
12	Ricardo Fagan	48:09
EM	ALE AGE GROUP: 30 - 39	
	Jennifer Curtis	27:53
2		29:33
3		31:18
	Katie Stanford	33:39
5	•	34:00
6	Amy Tolson	35:53

12 Ricardo Fagan	48:09	25 Jeremy Bord
12 Micardo Fagari	46.03	26 Wesley Form
FEMALE AGE GROUP: 30 - 39		27 Stephen Reg
1 Jennifer Curtis	27:53	28 Stuart Brazz
2 Susan Eckelmann	29:33	
		29 Jason Wrigh
3 Christy Brown	31:18	
4 Katie Stanford	33:39	FEMALE AGE GRO
5 Jaclyn Beckler	34:00	1 Heather Bieb
6 Amy Tolson	35:53	2 Trish Newso
7 Stacey Buckner	36:19	3 Heather Ne
8 Tracy Phillips	36:59	4 Michelle Coa
9 Ginny Norris	37:12	5 Heather Cor
10 Casey Hollis Jaco	37:35	6 Jennie Genti
11 Kristi Jordon	37:53	<ol> <li>7 April Threlke</li> </ol>
12 Lindsay Irvin	38:14	8 Cyndi Mathe
13 Jennifér Black	38:23	9 Štephanie Bi
14 Kim Edgeman	38:48	10 Alicia Miller
15 Jennifer Mixon	38:52	11 Paige Phillip
16 Kelly Henry	39:17	12 Lisa Cannon
17 Jocelyn Wilcox	39:44	13 Gwen MacA
18 Jessica Baumunk	39:46	14 Barbara Blar
19 Kathleen Whole	40:32	15 Laura Harris
20 Apryl Barrett		16 Jennifer Reg
	40:39	
21 Holly Haynes	41:29	17 Michelle Sim
22 Laura Dueitt	42:14	18 Esme Brien
23 April Watson	42:31	19 Jennifer Heir
24 Stephanie Carter	48:47	20 Amy Miller
25 Meaghan Hall	48:51	21 Alisa Lemley
26 Karen Hulley	49:23	22 Tiffany Dunh
27 Natalie Green	52:05	23 Clare Wilsor
28 Danielle Warre	57:26	
29 Heather Fanni	59:17	MALE AGE GROUI
30 Shannon Rainwa	59:17	1 Ryan Shrum
31 Kristen Waycast	59:32	<ol><li>Tripp McCall</li></ol>
		<ol> <li>Leslie Conne</li> </ol>
MALE AGE GROUP: 30 - 39		4 Dave Boozer
1 Joseph Goetz	22:29	5 Ted Arrowsn
2 Mark Malecky	24:16	6 Jeffrey Cross
3 Peter Lindquist	25:19	7 James Bevill
4 Nathan Fugate	26:27	8 Larry Aulich
5 William Norris	26:31	9 Todd Dobsor
6 Jason Peters	26:33	10 Wade Priddy
7 Jc Thompson	26:57	11 Sean Coakle
8 Eric Sisemore	27:09	12 Garrison Ma
9 Ansley Defoor	28:00	13 David Glenn
10 An Tran	29:07	14 Kevin Phillip
11 Michael Christo	29:09	15 Thompson P
12 Keith Guillot	29:55	16 Brent Burks
13 Timothy Sceggel	30:51	17 Sujeel Taj
14 Jason Jones	31:42	18 Ryan Taylor
15 Tim Goss	31:55	19 Lee Haggard
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	<b>%</b>		
16 William Collier	22.02	20 Jane Navastant	27.4

21 22 23	Ben Hubbard Albert Leavengoo Adam Reynolds Matt Mulvaney Matt Dunmore Jeremy Bordelon Wesley Forrest Stephen Regan	33:06 33:07 33:23 33:24 34:27 37:44 39:47 42:02 45:19 48:30 50:12 1:11:11	
FEM.	ALE AGE GROUP: 40 - 49 Heather Biebel	9 29:52	
2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	Trish Newsom Heather Newsom Michelle Coakley Heather Corley Jennie Gentry April Threlkeld Cyndi Matheny Stephanie Bradf Alicia Miller Paige Phillips Lisa Cannone Gwen MacAlliste Barbara Blansett Laura Harris Jennifer Regan Michelle Simps Esme Brien Jennifer Heinzel Amy Miller Alisa Lemley	29:52 30:45 32:29 32:37 32:37 32:48 34:02 35:28 36:12 37:58 38:17 38:47 40:44 43:48 44:31 44:39 45:19 45:23 48:03 50:42 57:37 57:37 57:37	
	E AGE GROUP: 40 - 49	1.11.11	
1 2 3 4 5 6 7 8 9 10 11 12	Ryan Shrum Tripp McCallie Leslie Conner Dave Boozer Ted Arrowsmith Jeffrey Cross James Bevill Larry Aulich Todd Dobson Wade Priddy Sean Coakley Garrison Martin David Glenn Kevin Phillips Thompson Pettw Brent Burks	23:49 25:29 26:03 26:40 26:59 27:06 28:05 29:04 29:41 31:16 31:57 33:07 33:16 33:42 34:26 35:01 35:33 35:51 37:24	

17 Jeremy Jacobs

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32:02	20 Jens Nerestant	37:43
32:59	21 Watkins Cannon	38:14
33:06	22 Mark Akers	39:59
33:07	23 Tim Harris	41:43
33:23	24 Del Ashcraft	43:07
33:24	25 Craig Keener	44:11
34:27	26 Chris Devaney	44:19
37:44	27 Travis May	46:42
39:47		
42:02	FEMALE AGE GROUP: 50 - 59	
45:19	1 Karen Leavitt	32:13
48:30	2 Farell McGinnes	34:23
50:12	3 Ronda Lyons	35:49
1:11:11	4 Corinne Henders	36:30
	5 Sherri Minges	36:52
29:52	6 Amy Oliver	38:06
30:45	7 Atress McBee	38:52
32:29	8 Christy Charman 9 Annie King	39:34 57:16
32:37	9 Annie King	57:10
32:37	MALE AGE GROUP: 50 - 59	
32:48	1 Hugh Enicks	23:40
34:02	2 Bill Minehan	25:52
35:28	3 Dwight Gardenhi	29:06
36:12	4 Kurt Lammon	29:22
37:58	5 Damon Raines	30:27
38:17	6 Marshall Rowe	30:45
38:47	7 Henry Lynn	31:01
40:44	8 Reggie Bishop	31:44
43:48	8 Reggie Bishop 9 Jimmy Layne	32:50
44:31	10 David Autry	34:29
44:39	11 Steve Tompkins	38:37
45:19	12 Steve Smalling	40:50
45:23	13 Bobby Morrison	47:21
48:03	14 Philip Harris	50:58
50:42		
57:37	FEMALE AGE GROUP: 60 - 69	
57:37	1 Cathy Gracey	35:50
1:11:11	2 Connie Regal	38:13
	3 Victoria Berghel	39:02
23:49	4 Sue Anne Brown 5 Jane Webb	39:11 48:59
25:29	2 Jane Menn	48.59
26:03	MALE AGE GROUP: 60 - 69	
26:40	1 Mike Usher	29:41
26:59	2 Greg Heath	30:23
27:06	3 Carter Lynch	35:31
28:05	4 David Mann	37:00
29:04	5 Thomas Sisemor	37:00
29:41	6 Steve Bennett	37:27
31:16	7 Pat Hagan	38:10
31:57	8 Jack McConnell	46:30
33:07	9 Michael Chase	58:01
33:16		
33:42	AGE GROUP: 70 & OVER	
34:26	1 Bonnie Wassin	48:12
35:01		
35:33	MALE AGE GROUP: 70 & OVER	20.5
35:51 37:24	1 Sergio Bianchini	30:54

# BUD WISSEMAN COMPLETES 26TH BOSTON MARATHON IN 2015

This year, Bud Wisseman completed his 26th Boston Marathon, his 53rd marathon overall. At 75 years old, Bud has been running for 37 years and is a familiar face at Chattanooga Track Club races. At the 2015 CTC membership banquet, Bud was recognized with the Long Runners Lifetime Special Achievement Award, the first award to be given in this category, noting his induction into the Boston Quarter Century Club. The Century Club is for those Boston Marathon participants who have completed 25 consecutive races, which Bud did in 2014.

Before leaving for Boston, Bud ran his final training run at Chickamauga Battlefield Park and several CTC members were there to share the run with him and offer encouragement for his upcoming race.

photo credits: Whitney Allison







FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

# YMCA SUMMER CAMP

is the place to be this summer! We offer your child a well-rounded camp experience with activities such as daily swimming, indoor and outdoor games, arts & crafts, fun and engaging learning activities, field trips, and much more!

The YMCA is committed to building assets in youth of all ages. YMCA Day Camp creates positive experiences that help children live, learn and thrive. YMCA Day Camp also offers inclusion opportunities for campers with special needs who can function in a group environment. Please contact the camp director to determine if we can safely accommodate your special needs camper.

YMCA OF METROPOLITAN CHATTANOOGA ymcachattanooga.org





EXPLORE WITH **BOLD/GOLD** 

An outdoor education program of the YMCA that develops leadership skills in young men and women through wilderness experience.

Contact Brice Percy at bpercy@ymcachattanooga.org

ymcachattanooga.org/bold/gold

23:15

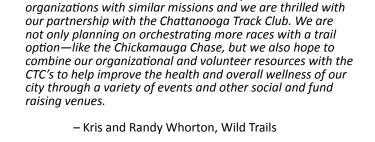


Photo Credit: Gregg Gelmis/We Run Chattanooga

Chattanooga runners don't always choose to run on pavement. Our region is blessed with hundreds of miles of trails through some of the most scenic natural areas anywhere. Wild Trails is a local nonprofit bringing nationally-recognized trail races to this area for several years. The Chattanooga Track Club has previously partnered with Wild Trails to add trail events to our existing races. Beginning this year, our organizations will work even more closely together to support the growing, active, outdoor community. Visit WildTrails.org to learn more.

The main mission with Wild Trails is to put on the best trail races in the country, but a side benefit of that goal is to use the proceeds to see what small or large changes we can make toward improving the health and wellness of our community through a variety of outdoor experiences. In addition, then, to running a trail race, there are social opportunities with group runs and in numerous volunteer capacities directly related to race facilitation, as well as trail work, etc.





Wild Trails is also driven to connect and partner with area







# SATURDAY, AUGUST 29, 2015

# 8:00 AM CDT 5K RACE AND KIDDIE K





# RUN THROUGH THE MOST SCENIC COMMUNITY IN MARION COUNTY!



TO REGISTER ONLINE VISIT ACTIVE.COM
MORE INFORMATION AT
FACEBOOK.COM/JASPERHIGHLANDS

12 CTC QUARTERLY



# CHICKAMAUGA CHASE 5K/15K

9 Travis Rains

# **5K RESULTS**

JIK IKESOE		
OVERALL FEMALE 1 Jennifer Stocks	18:26	11 Killian Malecky 12 Logan Miller 13 Alex Duck
OVERALL MALE 1 Jack Findley	16:48	14 Theo Kyriakidis 15 Luke Morrison 16 Cayden Henry
FEMALE MASTERS 1 Sharon	23:52	17 Jivan Taj 18 Austin Fleming
MALE MASTERS 1 Warren Sinor	20:16	FEMALE AGE GROUP: 15 - 19 1 Brooke Guess 2 Lynthany Harris
FEMALE GRAND MASTERS 1 Renee McClanaha	27:25	3 Jessica Hinkle 4 Nina Pearson 5 Sydney Hinkle
MALE GRAND MASTERS 1 Bill Wright	22:03	MALE AGE GROUP: 15 - 19 1 Noah Cochran
FEMALE SENIOR GRAND MA 1 Connie Regal	STERS 28:49	2 Justin Crow 3 Jack Oberholzer
MALE SENIOR GRAND MAST 1 David Leatherman	TERS 22:35	4 Dustin Jackson 5 Jake Hromi 6 John Webster 7 John Thomas
FEMALE AGE GROUP: 14 & 1 Skye Remko 2 Slone Butler 3 Kathryn Estes 4 Bethany Hinkle 5 Zoe Stalvey 6 Kennedy Webster 7 Madeline Fleming	23:17 23:30 26:07 27:00 29:08 35:11	FEMALE AGE GROUP: 20 - 24 1 Stephanie Silvers 2 Emily Payne 3 Kristen Stoll 4 Stephanie Medina 5 Casey Chiesa 6 Hannah Blanton 7 Rachel Weeks
MALE AGE GROUP: 14 & UN 1 Jasper Wilson 2 Jackson Lillard 3 Dane Beard 4 Gage Whited 5 Bailey Romans 6 Henry Webb 7 Brannon Smith 8 Dalton Farris 9 Ian Wilson 10 Aidan Sims	21:00 21:10 21:56 23:25 26:02 26:48 27:50 28:38 29:32	8 Courtney Atkins  MALE AGE GROUP: 20 - 24 1 Lucas Stocks 2 Josh Gilberts 3 Tomas Repik 4 James Greiner 5 Arich Hosfeld 6 Mitchell Silvers 7 Chad Keeter 8 Jake Ellis

10 Aidan Sims

14

	4 Susan 5 Rebec 6 Laura 7 Cindy
30:47 32:19 33:27 33:42 38:34 50:45	8 Lisa Jo 9 Dean 10 Laura 11 Kim S 12 Seler 13 April 14 Laura 15 Cand 16 Tiffar 17 Lena
28:04 31:48 35:14 36:58 37:35	18 Stepl 19 Brand 20 Athe 21 Holly 22 Andr 23 Nicki 24 Jenni 25 Stacy 26 Meaj
20:06 22:37 24:30 27:01 33:03 35:12 36:16	27 Cecili 28 Mela 29 Dyta 30 Leigh 31 Kaye 32 Tori I 33 Jamie 34 Merii 35 Jenni
22:46 27:37 27:53 28:29 28:29 31:58 41:20 54:54	36 Heat  MALE AGI 1 Zoe Li 2 Lim Si 3 Natha 4 Keith 5 Thom 6 Justin
17:22 22:27 22:46 23:05 27:14 27:30 27:37 28:12 32:12	7 Jason 8 Ernes 9 Akeer 10 Harry 11 Dere 12 Scott 13 Jeren 14 Will E
CTC QI	JARTERLY

		5 Heather Stalvey
MALE AGE GROUP: 25 - 29 1 Megan Brown	25:35	6 Stephanie Clanton 7 Mindi Oberholzer
2 Aimee Moffat	27:39	8 Stacey Malecky
3 Katie Boles	31:26	9 Marti Russell
4 Jessica Justice	31:51	10 Cristina Reese
5 Danielle Gibson 6 Kelly Layne	32:17 32:19	11 Stephanie Wood
7 Rachael Roden	33:28	12 Allison Roberts 13 Abby Bender
8 Jessica Morrow	34:23	14 Amy Brock-Hon
9 Brittney Lawson	34:34	15 Jocelyn Miller
10 Sarah Beach	35:07	16 Jamie Gaines
11 Jenny Lunsford 12 Megan Corcoran	35:43 35:59	17 Sarah Rapier
13 Katy Whittle	37:33	18 Candice Thompso 19 Jennifer Bradford
14 Jessica Aubert	38:26	20 Melissa Guinn
15 Sarah Hyatt	42:16	21 Suzy Anthony
ALE ACE CROUD: 3E 30		22 Rebecca Vass
ALE AGE GROUP: 25 - 29 1 Nathan Helton	18:21	23 Emily Collier 24 Jana Eichel
2 Paul Lupcke	24:14	25 Christina Tracy
3 Justin Faith	25:23	26 Mary Harless
4 Steven Holdaway	26:10	27 Abigail Bowen
5 David Wagner	26:23	28 Katrina Hayes
6 Morgan Gibson 7 Nick Davis	28:24 28:42	29 Beth Luehrs
8 Will Easterly	32:42	30 Cindy Duck 31 Andrea Pierce
9 Aaron Riddle	32:52	32 Elizabeth Petty
10 Terry Delancett	35:02	33 Eva Snider
11 Cameron Lawson	35:42	MALE AGE GROUP: 35 - 39
12 Micah Aubert 13 Jeremy Newell	38:26 40:16	1 Scott McDaniel
13 Jeremy Newell	40.10	2 Chad Anderson
MALE AGE GROUP: 30 - 34		3 Curtis Jackson
1 Ashley Humble	23:15	4 Jason Lyles
2 Natalie Hostetler	25:29	5 Andrew Kean 6 Michael Muncie
3 Erin Brock	27:15 27:44	7 John Shumpert
4 Susan Edgeworth 5 Rebecca Williams	28:42	8 Kevin Smith
6 Laurahelen Clark	29:04	9 Shadrick Guinn
7 Cindy Kean	29:04	10 Michael Pierce
8 Lisa Johnson	30:26	11 Bill Copeland
9 Deanna Brown	30:32	12 Jason Webb 13 Jason Bridges
10 Laura Skonberg 11 Kim Stone	30:56 31:01	14 Dustin Beard
12 Selena Cameron	31:45	15 John Gonterman
13 April Watson	31:51	16 Aaron Oliver
14 Laura Dueitt	32:55	17 Daniel Thompson
15 Candace Gamlen	33:17	18 Chad Olmstead 19 Brian Rollins
16 Tiffany Hinkle 17 Lena Pascarella	34:15 34:39	20 Kevin Trussell
18 Stephanie Carter	34:48	21 Clint Johnson
19 Brandi Oliver	35:15	22 Chris Pascarella
20 Athena Singletary	35:17	23 Stuart Brazzle
21 Holly Ferguson	35:17	24 Mike Anthony 25 Jason Burnette
22 Andrea Watson 23 Nicki Kent	35:35 35:58	26 Bobby Dueitt
24 Jennifer Isaacson	35:59	27 Harold Flemister
25 Stacy Fleser	35:59	28 Brad Dotson
26 Meaghan Hall	36:14	29 Todd Harless
27 Cecilia Flores	36:42 36:45	30 Robert Mountjoy 31 Jon Varnon
28 Melanie Wood 29 Dyta Kodirun	37:05	31 John Varmon
30 Leigh Jackson	40:13	FEMALE AGE GROUP: 40 - 44
31 Kaye Edwards	42:14	1 Kelley Morse
32 Tori Hawkins	43:13	2 Marlo Dugger 3 Marsha Wood
33 Jamie Haswell	43:22	4 Jessica Hacker
34 Meribeth Sowell 35 Jennifer Mitchell	44:21 46:58	5 Jennifer Brogdon
36 Heather Bradley	1:00:25	6 Amy Butler
•		7 Jeana Handley
ALE AGE GROUP: 30 - 34		8 Dana Sims 9 Cathy Decker
1 Zoe Long	19:23 19:39	10 Rachel Degarmo
2 Lim Seang 3 Nathan Daugherty	21:23	11 Michelle Hanes
4 Keith Barclift	22:12	12 Melissa Cross
5 Thomas Clark	22:53	13 Alicia Robkin
6 Justin Edgeworth	24:12	14 Kirsten Ridge 15 Shelly Miller
7 Jason Jones	24:23	16 Misty Sims
8 Ernest Berzai Jr. 9 Akeem Williams	25:09 25:20	17 Tammy Lambert
10 Harry Grant	26:50	18 Suzanne Jabaley
11 Derek Hinkle	37:35	19 Stephanie Jones
12 Scott Jenno	38:34	20 Audra Kennedy
13 Jeremy Singletar	39:10	21 Leigh Ann Potter 22 Carrie King
14 Will Bradley	44:21	23 Amy Hudgins
MALE AGE GROUP: 35 - 39		24 Tiffany Dunham

10 Johnathon Runyo

11 Josh Edwards

13 Caleb Bradley

12 Scott Griffin

37:44

40:37

45:50

49:58

1 Vanessa McDaniel

2 Laura Burnette

3 Brandy Jenkins

4 Michelle Smith

27:02	MALE AGE GROUP: 40 - 44
27:26 27:50	1 Christopher Butler 2 Steven Brown
28:12	3 David Denman
30:11 30:36	4 Jim Alverson 5 Blake Roberts
30:43	6 Craig Brooks
30:59	7 Jason Smith
31:29 31:41	8 Johnny Snider 9 Adam Webster
31:47	10 John Luehrs
31:48	11 Grant Sims
31:49 31:54	12 Allan Ragsdale 13 Burt Finley
32:52	14 David Braddford
33:08	15 Craig Keener
33:17 34:11	16 Greg Bagby 17 Craig Nielsen
34:35	18 Gerardo Cortes
35:02	19 John Smith
35:57 36:15	20 Stephen Miller 21 Thomas Kennedy
36:50	22 Stan Farris
37:48 38:04	23 David Smith 24 Dustin Fleming
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41:23	FEMALE AGE GROUP: 45 - 49
42:09 47:36	1 Lisa Anderson 2 Robbie Elliott
49:52	3 Kenna Mayeux
49:52	4 Teresa Jurgens-Ko
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20:36	8 Karen Chapman
21:07	9 Debbie Littlejohn 10 Dominique Gable
23:18	11 Brenda Szabo
23:56 24:00	12 Pennie Worsham
24:37	13 Patrice Glass 14 Shelia Taylor
24:57	15 Janice McDaniel
25:09 25:26	16 Stephanie Pearso
25:58	17 Carrie Phelps 18 Gayle McFarlan
26:48 26:48	19 Michelle Shadwick
27:26	MALE ACE CROUD, 4E 40
27:57	MALE AGE GROUP: 45 - 49 1 Craig Baker
28:07 28:19	2 Larry Aulich
28:26	3 David Hartman 4 Mark Curole
32:26	5 Gt Brown
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33:30	7 Kelly Williams 8 David Lillard
34:39	9 Michael Oberholz
35:14 35:57	10 David Antrim
36:10	11 Andrew Shine 12 Paul Gable
37:42	13 Chris Crow
38:24 38:32	14 David Nunn
38:55	15 Luis Soares 16 Jens Nerestant
38:56	17 Gregory Hurskin
38:57	18 Jeff Thomason
	19 Phaen Stone
26:36 28:44	FEMALE AGE GROUP: 50 - 5
29:33	1 Patti Silvers 2 Barb Fleming
29:56	3 Glenda Pearson
31:00 31:56	4 Caroline Newbern
32:47	5 Lori Thomas 6 Molly Hinkle
32:56	7 Rachel Thayer
33:45 35:04	8 Kelly McCracken
35:34	9 Ann Humphries 10 Jo Kellum
36:23	11 Sondra Jennings
36:40 36:57	12 Susan Johnson
37:13	13 Gale Weeks 14 Gay Henson
38:24	•
38:38 40:21	MALE AGE GROUP: 50 - 54
41:24	1 Zoltan Szabo 2 Jeffrey Cochran
41:31	3 David Oster
42:23 42:36	4 Rocky Dudley
43:28	5 Mark Brock 6 Doug Torrance
44:06	7 Jon Wooldridge

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9 Chris Weeks	27:49	15K RE
10 Steve Heath	28:08	TOK KE
11 Steve Tompkins	28:38	OVERALL FEMALE
12 Peter Wilson	29:32	1 Sara Gibson
13 Michael Mulliga	29:56	
14 Keith Atkins	30:53	OVERALL MALE
15 Danny Newbern	32:08	1 Geno Phillips
16 Igor Repik	32:25	
17 Dave Robinson	36:16	FEMALE MASTERS
18 Jim Roides	36:39	1 Lisa Logan
19 Philip Harris	37:31	NAALE NAACTEDS
20 Mike Schiffli	39:43	MALE MASTERS
21 Trey Benefield	41:15	1 Dean Thompso
22 Chuck Hanes 23 Jim Keane	41:44	FEMALE GRAND M
	46:27	1 Karen Leavitt
FEMALE AGE GROUP: 55 - 59		1 Karen Leavitt
1 Sarah Bowen	28:13	MALE GRAND MAS
2 Carolyn Funderbur	28:53	1 William Enicks
3 Tami Stubblefield	31:04	1 William Emeks
4 Sandy Lane	31:59	FEMALE SENIOR GI
5 Rebecca Alred	34:04	1 Paula Cooper
6 Ellen Elam	35:10	
7 Kathy Landstreet	35:39	MALE SENIOR GRA
8 Jackie Gardner	35:49 36:12	1 Curt Zacharias
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11 Cindy Cockrell	37:18	FEMALE AGE GROU
12 Jamie Harvey	39:10	1 Laura Wagner
13 Gail Benefield	41:15	2 Ashlynn McNe
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15 Vickie McBryar	45:17	4 Victoria Jocsing
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MALE AGE GROUP: 55 - 59		7 Sarah Ware
1 Brian Clements	22:41	8 Mary Pattersor
2 Quint Mansell	26:24	9 Kelsey Godfrey
3 Tim Hollenkamp	27:05	10 Katie Kirkpatri
4 William Trotter	31:24	MANUE ACE COOLID
5 Tim Boles	32:30	MALE AGE GROUP
6 Nick Davis	32:31	1 Ken Curran
7 Claude Hager	35:20	2 Dan Kennedy 3 Marco Bianchii
8 Bobby Morrison	38:35	4 Josh Erhard
9 Hal Abegg	53:26	5 Jason Burford
		J Jason Barlora
FEMALE AGE GROUP: 60 - 64		FEMALE AGE GROU
1 Vicki Corbett	28:50	1 Kelly McCarthy
2 Judy Hulsey	34:14	2 Rachel Jones
3 Leslie Dodson	36:19	3 Ashley Patrick
4 Mary Ownbey	38:35	4 Andrea May
5 Evelyn Denton	55:08	5 Megan Gowin
6 Karen Bowen		6 Sandra Rudel
MALE AGE GROUP: 60 - 64		7 Brianne Stamb
	23:10	8 Anne Campeau
1 Louis Bryan 2 Randall Godwin	23:37	9 Gabbie Gay
3 Gary Hosmer	24:27	10 Jennifer Gordo
4 Thomas Sisemore	25:47	11 Sheena Cotter
5 Mark Hays	26:15	12 Mary Vercoe
6 Pat Hagan	27:19	13 Sarah Elizabet
7 David Marr	29:48	14 Shana Henry
8 Steve Brooks	31:53	15 Meghan Runy
9 Jack McConnell	37:11	16 Christina Rioja
10 Lucien Ellington	38:26	17 Kaitlin Gunter
11 Tommy Grisham	38:34	18 Lindsey Reed 19 Amelia Hough
12 David Tuggle	40:57	20 Megan O'Mar
13 Johnny Woody	46:44	21 Chelsea Cagle
14 Maurice Layne	50:02	22 Jodie Branum
		23 Meghan Pittm
FEMALE AGE GROUP: 65 - 69		24 Kelsie Bowma
1 Brenda Eddings	42:58	25 Shellie Gibson
		26 Jenae Hennes
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1 Roger Ours	25:14	
2 Gene Hodge 3 John Rennich	25:33	MALE AGE GROUP
4 Nick Honerkamp	26:07	1 Kevin Huwe
5 Roy Webb	26:42 28:36	2 Jordan Longstr
6 Michael Owens	29:02	3 Kyle Trent
7 Louis Anderson	34:48	4 Tracy Klinger
8 Jim Hamblen	36:21	5 Eric Anderson
9 Ron Finley	37:55	6 Zach Keeter
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2 Barbara Grant	40:20	10 James Gossett
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		7 Sarah Ware	1:42:16
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LE AGE GROUP: 65 - 69		23 Meghan Pittman	1:48:59
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5 Rebecca Hogan	1:18:55
6 Meredith Stevens	1:19:08
7 Cherish Hamill	1:21:21
8 Emily Prater	1:22:24
9 Jessica Mullins	1:22:33
10 Christy Brown	1:22:51
11 Jaclyn Beckler	1:23:30
12 Sarah Criswell	1:25:51
13 Stephanie Clark	1:30:20
14 Clarissa Ragsdale	1:30:48
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32 Jamie Morton	1:42:04 1:42:10
33 Dana Rohloff	1:42:10
34 Deborah Lancaste	1:43:49
35 Brittany Norton	1:51:59
36 Allison Flood	1:54:38
37 Danielle Engle	1:57:29
38 Elizabeth Sullivan	2:00:54
39 Tiffany Sanchez	2:07:31
40 Natalie Green	2:08:40
MALE AGE GROUP: 30 - 34	
1 Robert Gean	1:06:33
2 Ansley Defoor	1:08:50
3 Eric Sisemore	1:09:09
4 J.C. Thompson	1:09:11
5 Nathan Fugate	1:10:05
6 Michael Christoph	1:10:39
7 Tim Goss	1:12:47
8 Ryan Koenig	1:13:41
9 Stephen Friese	1:14:53
10 William Collier	1:16:40
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12 Joseph St. John 13 Joe Clark	1:20:44 1:24:37
14 Adam Black	1:24.37
15 Tommy Bettis	1:27:29
16 Corey Linn	1:29:01
17 Warren Parks	1:29:04
18 Andrew Sharps	1:29:49
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FEMALE AGE GROUP: 35 - 39	
1 Mary Hernandez	1:18:10
2 Anita Jones	1:19:19
3 Destin Griffin-Trus	1:19:22
4 Melissa Gibson	1:20:27
5 Carie Daniel	1:24:08
6 Cary Brown	1:24:30

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MALE AGE GROUP: 35 - 39	
1 Mary Hernandez	1:18:10
2 Anita Jones	1:19:19
3 Destin Griffin-Trus	1:19:22
4 Melissa Gibson	1:20:27
5 Carie Daniel	1:24:08
6 Cary Brown	1:24:30
7 Katie Dolphin	1:25:09
8 Mandee Keith	1:26:59
9 Angela Hanley	1:31:13
10 Mary Morrison	1:31:21
11 Samantha Daniels	1:33:39
12 Erin Tocknell	1:33:43 1:33:55
14 Autumn Friday	1:34:28
15 Jacqueline Brown	1:34:32
16 Jennifer Jones	1:34:33
17 Lisa Wetzel	1:35:48
18 Christie Carroll	1:35:55
19 Whitney Allison	1:36:40
20 Tina Cotreau-Guil	1:37:04
21 Mary McElhaney	1:41:34
22 Sunny Tate	1:41:34
23 Leslie Taylor	1:43:11
24 Beth Edgar	1:45:08 1:45:09
25 Jane Ellis 26 Valerie Sullivan	1:45:09
27 Melea Wade	1:47:25
28 Holly Miller	1:56:58
29 Jenni Simmons	2:01:22
30 Allison Isenberg	2:01:22
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CONT. PGS. 18-19

8 James Coleman 27:35 **JULY 2015** 

# MARATHON& HALF MARATHON TRAINING PROGRAM

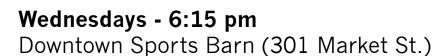
A 16-week training program designed to prepare runners, from beginner to experienced, for fall marathons and half marathons, including the Chickamauga Battlefield Marathon & Half Marathon.

# **INFORMATIONAL MEETING**

Thursday July 23rd - 5:30 - 7:00 pm Outdoor Chattanooga (200 River St.)

# **WEEKLY GROUP RUNS**

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



Saturdays start times and locations vary

The training program begins the week of July 27th. Learn more at:

BattlefieldMarathon.com





# **UPCOMING CTC RACES AND EVENTS**

# Scenic City Scorcher

uly 25

A brand new CTC race. An early start time to beat the heat and a flat, fast, certified 2-mile course to beat existing Tennessee State records. Available registrations are limited.



# Missionary Ridge Road Race

August 8

A classic CTC event and part of the Battle For Chattanooga race series.

This scenic 4.7 mile out and back adds a new ontion this year a 1-mile Fun Pun (M



# **Affordable Botox Superhero Race**

August 22

Wear your favorite superhero costume and choose your event, 10K, 5K or 1-mile Fun Run/Walk. Benefitting Make-A-Wish East Tennessee, this race features beautiful, hand-crafted awards made by the Make-A-Wish kids themselves!



# **Jasper Highlands 5K**

August 29

Another brand new CTC race for 2015. This 5K winds through the most scenic community in Marion County, just 25 minutes from Chattanooga. You don't want to miss the post-race celebration at the Pat Summitt. Pavilion!





JULY 2015 17

# 1EV DECILITS CON

15K RESULT	'S	C
MALE AGE GROUP: 35 - 39	<b>50.</b> 2	
1 Jeremy Miller 2 Jose Pulido	58:3 1:02	
3 Russ Rogers 4 Jeff Richmond	1:07 1:07	
5 Nathan Barstow	1:07	
6 Shane Wright 7 An Tran	1:09 1:10	
8 Keith Guillot	1:13	
9 Douglas Kelly 10 Eric Waddle	1:15 1:18	
11 Stan Gregory	1:18	:26
12 Jeremiah McBrid 13 Johnny Ferguson	1:18 1:19	
14 Brian Thompson	1:20	:22
15 Patrick Ellis 16 Rowan Johnson	1:20 1:25	
17 Adam Reynolds	1:26	
18 Wesley Forrest 19 Brandon Potts	1:29 1:30	:31
20 Christopher Nethe 21 Chad Taylor	1:35 1:35	
22 Daniel Batts	1:39	:25
23 Ray Russell 24 Matt Mulvaney	1:39 1:40	
25 Matthew Dunmor	1:42	:01
26 Jeremy Bordelon	1:52	:23
FEMALE AGE GROUP: 40 - 44		
1 Kristen Curtis 2 April Threlkeld	1:14 1:21	
3 Vivian Anderson-B	1:22	
4 Heather Newsome	1:24 1:25	
5 Cyndi Matheny 6 Angie Owens	1:26	
7 Heather Cooper 8 Stephanie Bradfor	1:27 1:28	
9 Maria Vives	1:30	
10 Paige Phillips 11 Danielle Norton	1:30 1:31	
12 Jennifer Baxter	1:31	
13 Suzonne Meyers	1:31	
14 Rebecca Stein 15 Jenni Claeys	1:31 1:32	
16 Mary Stoetzner	1:34	
17 Christa Dibiase 18 Elizabeth Seymou	1:34 1:34	
19 Alicia Miller 20 Susan Elder	1:35 1:36	
21 Marsha Potter	1:36	
22 Candice Frost	1:38	
23 Leigh Todd 24 Laurie Crow	1:40 1:40	
25 Jeri Harris	1:43 1:45	
26 Renee Purcell 27 Barbara Blansett	1:45	
28 Allison Evans 29 Kimberly Cilley	1:46 1:48	
30 Jennifer Regan	1:48	
31 Ginger Miller-Lig	1:48	
32 Becky Croft 33 Mimi Long	1:48 1:48	
34 Jennifer Robertso	1:50	:14
35 Jennifer Johnson 36 Joni Keur	1:51 1:53	
37 Michelle Simpson	1:54	
38 Maggie Minsk 39 Jennifer Heinzel	1:58 1:59	
40 Meredith Miller 41 Amy Miller	2:02 2:08	
MALE AGE GROUP: 40 - 44		- '
1 Philip Rogers	1:00	
2 Scott Hamby 3 Elijah Anderson Ba	1:04 1:09	
4 Nick McKinney	1:09	:09
5 Aaron Thomas 6 Jeffrey Cross	1:10 1:11	
7 Jason Butcher	1:12	:43
8 John Windom 9 Jason Ledford	1:13 1:14	
10 Todd Dobson	1:14	:59
11 John Anderson 12 Stewart Williams	1:15 1:15	
13 Brian Bolt	1:15	:48
14 Scott Rice	1:17	.10
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15 Scott Sutherland	1:17:20	6 Damon Raines	1:14:42
16 Chris Dills	1:18:49	7 Michael Marcum	1:15:23
17 William Boyett	1:20:55	8 Kevin Stewart	1:16:37
18 Kris Erskine	1:22:28	9 Timothy Eilinger	1:17:44
19 Kevin Bartenfield 20 Michael Hammel	1:24:26	10 Henry Lynn	1:18:00
21 Michael McGann	1:24:57 1:25:32	11 Jimmy Layne 12 Kelvin Douglas	1:20:41 1:21:20
22 Jason Keur	1:26:30	13 David Gutillo	1:21:41
23 John O'Keefe-Odo	1:26:44	14 David Autry	1:23:41
24 Donald Landen	1:28:14	15 Joe Dumas	1:24:23
25 Joe Robertson	1:32:42	16 Phillip Baker	1:26:58
26 Lee Haggard	1:33:20	17 Carey Cooper	1:31:24
27 Tim Harris	1:36:52	18 Rob Norred	1:33:25
28 Mark Swope 29 Craig Casalou	1:47:47 1:56:22	19 Jose Martinez 20 Scott Williams	1:35:26 1:35:56
30 Tim Shadwick	1.30.22	21 David Lupcke	1:36:52
56 mm shaamen		22 Michael Smith	1:43:55
FEMALE AGE GROUP: 45 - 49		23 Steve Smalling	
1 Connie Petty	1:16:36		
2 Trish Newsom	1:16:44	FEMALE AGE GROUP:	55 - 59
3 Barbara Ensign	1:19:20	1 Doris Windsand-D	1:17:37
4 Paige Shaw 5 Jennie Gentry	1:21:46 1:22:08	2 Connie Brand 3 Vickie Pitts	1:32:05 1:34:01
6 Lane Park	1:29:55	4 Betty Holder	1:34:01
7 Tara Murdock	1:29:55	5 Annie King	2:36:03
8 Kimberly Thorsten	1:31:10	J G	
9 Cynthia Hoeng	1:31:11	MALE AGE GROUP: 55 - 59	
10 Debbie Smith	1:33:28	1 Larry Gammon	1:09:16
11 Cindy Moore	1:34:19	2 Dwight Gardenhir	1:09:17
12 Gina McDaniel 13 Leslie Michael	1:35:25 1:38:06	3 Geary Fults 4 Don Gregg	1:10:29 1:12:42
14 Mia Ballard	1:39:44	5 Jeff Straussberger	1:13:13
15 Lisa Romanchik	1:41:59	6 Reggie Bishop	1:17:13
16 Tracy Bryant	1:44:29	7 Bill Brock	1:18:30
17 Nikki Bautista	1:50:32	8 James Peace	1:19:12
18 Bernie Maynard	1:53:36	9 John Lanham	1:20:23
19 Vanessa Walden 20 Norma Aldridge	2:06:54 2:34:22	10 Mike Kirkland 11 Tom Kennedy	1:24:04 1:24:09
20 Norma Aldridge	2.34.22	12 Terry Hampton	1:27:15
MALE AGE GROUP: 45 - 49		13 Steve Johnson	1:27:42
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2 Ted Arrowsmith	1:06:11	15 Mark Gowin	1:35:04
3 Robert Barnes	1:06:49	16 David Halicks	1:38:26
4 David Moghani 5 Scott Williams	1:07:17	17 Darrell Hyatt	1:39:56
6 Troy Ivey	1:08:32 1:11:52	FEMALE AGE GROUP: 60 - 64	
7 Jerry Mocahbee	1:14:26	1 Victoria Berghel	1:31:58
8 Troy Bage	1:16:14	2 Eileen Johnson	1:36:01
9 Matt Brown	1:18:54	3 Kristine Johnson	1:36:54
10 Brian Horton	1:19:58	4 Jane Webb	1:58:25
11 Charles Dugger	1:21:31	MALE AGE GROUP: 60 - 64	
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14 Jay Roueche	1:25:32	2 John Crawley	1:13:38
15 Sujeel Taj	1:25:38	3 Greg Heath	1:15:21
16 Daniel Holliday	1:29:01	4 John Walker	1:16:27
17 Shawn Hinkle	1:31:51	5 Dick Miller	1:23:24
18 David Champion	1:32:05	6 Michael Martin	1:25:35
19 Esteban Minsk 20 Patrick Sweetman	1:32:27 1:35:05	7 Tim Effler 8 David Mann	1:26:17 1:29:46
21 Dewayne Galyon	1:35:32	9 Stephen Bennett	1:30:52
22 Andre Rado	1:37:10	10 Larry Rigsby	1:32:51
23 Keith Perry	1:43:14	11 Carter Lynch	1:34:02
24 Del Ashcraft	1:50:18	12 Theodore Verville	1:35:05
25 Travis May	1:50:54	13 Michael Chase	1:49:15
26 Laura Harris	1:51:26	FEMALE ACE CROUP: CF. CO.	
FEMALE AGE GROUP: 50 - 54		FEMALE AGE GROUP: 65 - 69 1 Sue Anne Brown	1:34:44
1 Nikki Thomas	1:24:55	1 Sue Allife Blown	1.54.44
2 Corinne Henderso	1:26:59	MALE AGE GROUP: 65 - 69	
3 Ronda Lyons	1:28:13	1 Craig Kelly	1:24:33
4 Pam Keeter	1:30:51	2 Steve Rogers	1:24:41
5 Kim Lingerfelt	1:38:28	3 Steve Deuel	1:43:05
6 Renee McLaughli 7 Karen Hyatt	1:39:47 1:39:56	FEMALE AGE GROUP: 70 & OVE	R
8 Laurie Slade	1:40:19	1 Bonnie Wassin	2:00:51
9 Cathy Hyde	1:42:29		
10 Terrie Corbin	1:42:38	MALE AGE GROUP: 70 & OVER	
11 Sharon Henderso	2:01:55	1 Sergio Bianchini	1:15:05
12 Marica Merck	2:21:06	2 Al Klimaitis	1:28:28
MALE AGE GROUP: 50 - 54			
1 John Gracy	1:03:14		
2 Paul Talbott	1:08:56		
3 Jude Hacherl	1:09:06		
4 Ray Kellum 5 Thomas Marshall	1:12:54		
2 HIOHIAS IVIAISHAII	1:14:06		

# **8M TRAIL**

13 Natalie Gill

8M TRAIL RES	ULTS
OVERALL FEMALE 1 Kiersten Boyd 2 Jan Gautier 3 Mary Wood	1:03:22 1:06:44 1:07:53
OVERALL MALE 1 Mark Malecky 2 Cullom Boyd 3 Fred Edgemon	54:29 54:33 57:48
FEMALE AGE GROUP: 19 & UNI 1 Lea Mulligan 2 Cintly Guzman Her 3 Brooke Cilley	DER 1:19:41 1:22:42 1:29:42
MALE AGE GROUP: 19 & UNDE 1 Caleb Casey	R 1:01:22
FEMALE AGE GROUP: 20 - 24 1 Kiersten Boyd 2 Leah Talley 3 Laura Dickeson 4 Olivia Wagstaff 5 Stormi Campbell 6 Jessica Shepherd	1:03:22 1:21:00 1:23:48 1:24:42 2:01:04 2:09:30
MALE AGE GROUP: 20 - 24 1 Roni Garayanala 2 Tyler Bowman	1:18:32 1:50:09
FEMALE AGE GROUP: 25 - 29 1 Jordan Stern 2 Kate Laminack 3 Kellye Tilford 4 Hannah Loizeaux 5 Melissa Mitchell 6 Lindsay Dawkins	1:16:12 1:16:55 1:18:14 1:18:59 1:30:58 1:57:37
MALE AGE GROUP: 25 - 29 1 Joshua Cornelius 2 William Hale 3 Charles Stewart 4 Ryan Widener 5 David Jacobs 6 Justin Comer 7 Garrett Mitchell 8 Harrison Keely 9 Shane Hooker	1:07:06 1:07:16 1:09:04 1:16:36 1:25:55 1:26:42 1:30:58 1:39:41 1:40:47
FEMALE AGE GROUP: 30 - 34 1 Rebecca Beasley 2 Shannon Ritchie 3 Chrissie Griffith 4 Katherine Lumley 5 Beth Igou 6 Crystal Henry 7 Stephanie Rogers 8 Jocelyn Wilcox 9 Holly Haynes 10 Kristin Sparks	1:13:56 1:23:50 1:28:45 1:29:21 1:31:00 1:31:55 1:32:38 1:36:45 1:38:32 1:39:45
MALE AGE GROUP: 30 - 34 1 Cullom Boyd 2 Fred Edgemon 3 Brian Hay 4 Ryan Davis 5 Joseph Watson 6 Matthew Loizeaux 7 Shane Unsworth 8 Scott Johnson 9 Bradford Lumley 10 Shaun Gibson	54:33 57:48 1:00:43 1:02:21 1:04:11 1:20:52 1:22:13 1:23:50 1:30:05 1:32:53
FEMALE AGE GROUP: 35 - 39 1 Chantelle Kirk 2 Stacey Prentice 3 Jessica Hay 4 Charlene Simmons 5 Sonia Zin 6 Holly Scott 7 Tracy Phllips 8 Jennifer Shattuck 9 Kimberly Nydick 10 Amanda Hickey 11 Karen Hulley 12 Allison Block	1:13:27 1:14:23 1:20:31 1:23:47 1:26:37 1:32:38 1:34:02 1:35:05 1:38:41 1:39:45 1:55:30 1:58:54

MALE AGE GROUP: 35 - 39	
1 Mark Malecky	54:29
2 Dan Henry	1:08:27
3 Josh Carter 4 Josh Henry	1:11:06 1:13:39
5 Matt Baker	1:13:42
6 Yuri Davis	1:15:30
7 Jason Shattuck	1:15:49
8 Ricardo Salaises	1:16:34
9 Joshua Curtis 10 Owen Long	1:19:41 1:30:08
11 Chuck Kemp	1:32:57
12 Damon Callahan	1:47:33
FEMALE AGE GROUP: 40 - 44	4 40 45
1 Robin Daugherty 2 Jennifer Neal	1:18:45
3 Natalie Phillips	1:25:05 1:31:50
4 Kristin Blevins	1:33:55
5 Lucinda Bolt	1:37:21
6 Eileen Knowles	1:56:19
7 Ginger Pipkin	1:57:37
MALE AGE GROUP: 40 - 44	
1 Darren Howard	1:01:22
2 David Kyle	1:05:11
3 Raul Cervantez	1:08:00
4 Scott Kennedy	1:10:21
5 Santiago Perez 6 Shad Waters	1:10:34
7 Kevin Phillips	1:18:29 1:20:47
8 Matt Ryerson	1:21:24
9 Jorge Guzman	1:21:24
10 Steve McBee	1:23:52
11 Alan Miller	1:25:26
12 Jon Palmer	1:31:19
13 David Tindell 14 Watkins Cannon	1:33:22 1:35:05
15 Frankie Jones	1:40:47
FEMALE AGE GROUP: 45 - 49	
1 Jan Gautier	1:06:44
2 Mary Wood 3 Holly Kimsey	1:07:53 1:21:03
4 Ashley Remko	1:23:33
5 Rebecca Edge	1:26:13
6 Lynne Mulligan	
	1:27:31
7 Anna Blalock	1:32:51
7 Anna Blalock 8 Vicki Postelle	1:32:51 1:33:36
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin	1:32:51 1:33:36 1:40:41
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell	1:32:51 1:33:36 1:40:41 1:41:57
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin	1:32:51 1:33:36 1:40:41
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey MALE AGE GROUP: 45 - 49	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52
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7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04
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7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:37:04 1:52:46
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor 5 Jeff Edge	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40 1:11:10 1:19:44 1:23:47
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor 5 Jeff Edge 6 Mark Elam	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40 1:11:10 1:19:44 1:23:47 1:32:54
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor 5 Jeff Edge 6 Mark Elam 7 Ron Branam	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:12:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40 1:11:10 1:19:44 1:23:47 1:32:54 1:38:39
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor 5 Jeff Edge 6 Mark Elam 7 Ron Branam 8 Samuel Land	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40 1:11:10 1:19:44 1:23:47 1:32:54 1:33:54 1:33:54 1:33:54 1:34:54
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor 5 Jeff Edge 6 Mark Elam 7 Ron Branam	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:12:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40 1:11:10 1:19:44 1:23:47 1:32:54 1:38:39
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor 5 Jeff Edge 6 Mark Elam 7 Ron Branam 8 Samuel Land 9 Roger Knowles	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40 1:11:10 1:19:44 1:23:47 1:32:54 1:38:39 1:46:45 1:51:02
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor 5 Jeff Edge 6 Mark Elam 7 Ron Branam 8 Samuel Land 9 Roger Knowles	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40 1:11:10 1:19:44 1:23:47 1:32:54 1:33:54 1:33:54 1:33:54 1:34:54
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor 5 Jeff Edge 6 Mark Elam 7 Ron Branam 8 Samuel Land 9 Roger Knowles  FEMALE AGE GROUP: 55 - 59 1 Janet Felton	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40 1:11:10 1:19:44 1:23:47 1:32:54 1:38:39 1:46:45 1:51:02
7 Anna Blalock 8 Vicki Postelle 9 Kristin Alexin 10 Christie Birdwell 11 Faith Hale 12 Christie Richards 13 Esme Brien 14 Karen Spivey  MALE AGE GROUP: 45 - 49 1 Matt Buck 2 Jay Remko 3 Dave Porfiri 4 Tim Kelly 5 Mitch Radella 6 Ed James 7 Stephen Kerley 8 Keith Elder 9 Steve Swann 10 Joseph Francis  FEMALE AGE GROUP: 50 - 54 1 Amy Oliver 2 Lillian Napolitan 3 Jenny Shelton  MALE AGE GROUP: 50 - 54 1 Bill Minehan 2 Mel Edwards 3 Thierry Urbain 4 Chris O'Connor 5 Jeff Edge 6 Mark Elam 7 Ron Branam 8 Samuel Land 9 Roger Knowles	1:32:51 1:33:36 1:40:41 1:41:57 1:41:57 1:44:06 1:58:08 2:09:30 1:07:16 1:12:37 1:12:45 1:15:35 1:16:53 1:22:52 1:27:40 1:27:56 1:37:04 1:52:46 1:31:47 1:58:08 1:58:43 1:00:00 1:08:40 1:11:10 1:19:44 1:23:47 1:32:54 1:38:39 1:46:45 1:51:02



# A CHATTANOOGA TRADITION SINCE 1973

4.7 MILES OF SCENIC HISTORY

SATURDAY, AUGUST 8, 2015, 8:00 AM

# **BRAGG RESERVATION**

Race proceeds and donations go to support the Chattanooga Chapter of the American Red Cross and the John Bruner Scholarship Foundation.





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2 Timothy Cleary	1:13:19	MALE AGE GROUP: 60 & OVER	
3 Daryl Mann	1:17:01	1 Tommy Nichols	1:09:00
4 Mitchell Guinn	1:19:27	2 David Presley	1:17:44
5 Hank McMahon	1:21:54	3 Dennis Goodwin	1:18:02
6 Terry Bailey	1:29:31	4 MacK Sparks	1:39:45
7 Danny Chase	1:29:54	5 Bob Cutrer	1:44:47
8 Thomas Wilk	1:37:55		

18 CTC QUARTERLY **JULY 2015** 19

2:01:41





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@ OUTDOOR

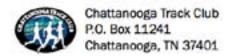
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CTC MEMBERSHIP DISCOUNTS @ LOCAL BUSINESSES



FOR 2015!



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Race dates are verified but might change. Please visit **www.chattanoogatrackclub.org** for the latest information on races and events.

# LEGEND

CTC EVENT

JOE MCGINNESS RUNNER OF THE YEAR (JMROY)

VOLUNTEER POINTS ONLY

# JULY

25 Scenic City Scorcher

# **AUGUST**

- 8 Missionary Ridge Road Race
- 22 Make A Wish Run for Wishes
- 29 Jasper Highlands 5K

# **OCTOBER**

- 10 JMHC Pumpkin Run
- 24 Signal Mtn. Pie Run

# **NOVEMBER**

- 14 Battlefield Marathon, Half & 5K
- 26 Sports Barn Turkey Trot



# DECEMBER

19 Wauhatchie Trail Run



# **SEPTEMBER**

- 7 FCA 5K and 10K
- 3,10 CTC Elementary Cross Country #1, #2
- 17,24 CTC Elementary Cross Country #3, #4
- 26 Raccoon Mtn. 5K and 10K