

JOGGING AROUND



CHATTANOOGA TRACK CLUB

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JOGGING AROUND

A newsletter published four times per year
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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 casual walker is welcome.

For information about the Chattanooga Track Club visit:

www.chattanoogatrackclub.org

IN THIS ISSUE

From the CTC President (Jason Liggins)	1
Thank you, CTC (Mayor Jim Coppinger)	2
Why I Run: Noah Cochran	4
Remember Your "Why" (Andy Gean)	6
"Thoughts On The Run" (1981, Joe McGinness)	8
CTC 50th Anniversary Update (Lynda Webber)	9
Runner of the Year Profiles (Lynda Webber)	10
CTC Donor Recognition	17
Chattanooga Waterfront Triathlon Update	19
Chattanooga Chase, Race Update (Allan Outlaw)	21



CTC's 50th year started with a bang!

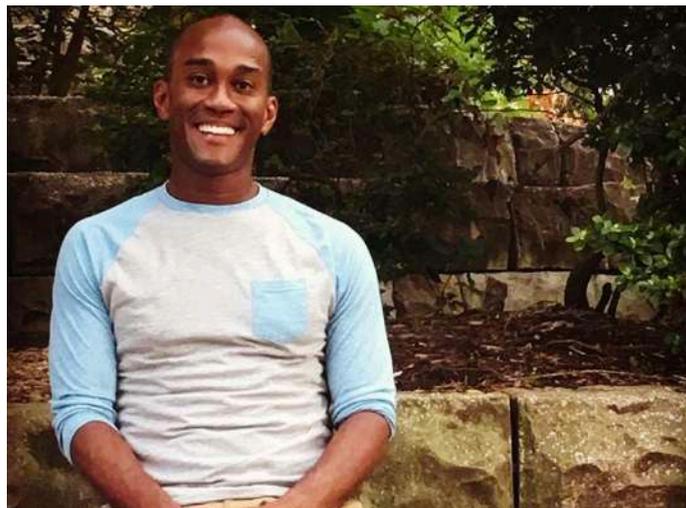
The annual CTC banquet showcased the many accomplishments achieved by our running community. I personally would like to extend special congratulations to our 2019 Runners of the Year Noah Cochran and Jennifer Curtis. Moving forward from the banquet, we celebrated with a kickoff race that took us back to our track origins. We opened the year with a 50-minute race at the Red Bank High School Track and Field. A great time was had by all! The expectation for the 50th year had been set! The club was looking forward to a year of endless possibilities.

Little did we know that our race season, along with many of our norms, would be altered by a pandemic. The CTC community has long been defined by closeness and togetherness. We support each other during grueling long runs and races. As a community, we are there to cheer each other on and provide an encouraging high-five. The supportiveness and the relationships are what make the Chattanooga Track Club so much more than a running organization.

Social distancing defies what the club has been. Yet, as an organization, we realize the importance of it. The safety of our community is always our first priority. However, while we adhere to the physical constraints of social distancing, we as a club and community will continue to stay connected to each other. We encourage our members to engage with each other on social media and other non-contact means. Be sure to follow us on Facebook and join in on the fun on CTC ON THE GO.

The COVID-19 outbreak has reshaped our plans. Yet, CTC remains undeterred in its mission of promoting fitness and wellness in the community. Physical exercise remains an essential activity. The CTC race season has been postponed, but it is vital that the community continue to pursue physical and fitness goals safely and responsibly. The Center for Disease Control and Prevention has outlined many precautions that runners can take to continue to run safely. Please be sure to refer to those guidelines. We want you running and active, but more importantly, we want you strong and healthy.

These are unpredictable and uncertain times. Nevertheless, we will get through this, and we will be stronger because of it! As runners, we are often faced with obstacles during races, and we are not sure if we will finish. It is during those times that we tap into our inner strength and continue to



push forward. Now is the time that we have to summon our inner determination and perseverance to guide us through the current situation. Continue to lean on each other as we strive to maintain our physical and mental wellness! The Chattanooga Track Club Family is here for you! We look forward to running with you all soon!

Stay strong, stay active, stay safe, and stay well! We are all in this together! Brighter days are ahead!

Jason Liggins is CTC President. He can be contacted at president@chattanoogatrackclub.org

ON THE COVER



With social distancing recommendations still in effect, board and committee meetings of the CTC have switched to digital. CTC meetings are still open to the public but links are not posted on social media to prevent disruptive users. For a schedule of upcoming meetings and to receive emailed links for the online meetings contact a CTC officer.

Photo by Bill Brock

HAMILTON COUNTY MAYOR SHARES THOUGHTS WITH AREA RUNNERS

To My Friends at the Chattanooga Track Club,

Let me begin by thanking all of you who have observed our recommendations of social distancing. We realize this has been challenging for our residents, especially for our active community who thrive on physical activity.

This is one of the reasons why early on during this crisis, we tried to make two of our premier recreation areas, Enterprise South Nature Park and Chester Frost Park, available for running, walking and other types of physical activity, because it is easier to practice social distancing in these open spaces. I am pleased that by the time you read this our Tennessee Riverwalk will be open for socially-distanced physical activity.

Some of you may be familiar with Alan Sillitoe's short story, "The Loneliness of the Long Distance Runner," or perhaps you have seen the 1962 film. While many of you will never encounter the conflicts the hero of that story faces, the title is certainly applicable to those of you who run. Running is a sport that allows you to run individually as well as in groups. These days I encourage you to continue to run, but perhaps going solo is the best practice for the time being.

Like you, we look forward to the time when we can engage in our "normal" activities. I look forward to looking out my courthouse window and seeing several people getting in their lunchtime run. We also look forward to the return of the weekend running competitions, including the "Chattanooga Chase," which unfortunately is in limbo for the time being.

Let me leave you with this final thought: we will overcome this affliction, because the residents of Hamilton County have always risen to whatever adversity challenges us. So keep moving forward, practice social distancing for the time being and most of all stay safe, because better days are ahead.



Hamilton County Mayor Jim Coppinger

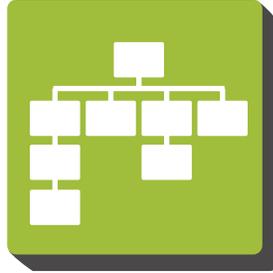


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WHY I RUN

NOAH COCHRAN

As the legend goes, I began running as soon as I came out of the womb back in 1999. I ran my first cross country race in third grade and have raced every year since. I love running and racing on the track, the road, and the trail. Some of my favorite races are the Chickamauga Chase, the Chattanooga Chase, the Missionary Ridge Road Race, and the Georgia Jewel 100. My dad is a runner and watching him as I grew up made me want to run and be like him. I still want to be like him and I continue to pour myself into running every day to make him proud. **That is why I run.**

Running is truly one of the simplest activities in the world. Just put one foot in front of the other. Many people make running much more complicated than it has to be. For me, running can succinctly be boiled down to relentlessly moving your body forward powered by nothing but your own will and determination. This activity, like none other, allows me to push myself and see what I am capable of. I am most free when I run and inhibited by nothing as I move over the ground. **That is why I run.**

While running is very simple, it can also be quite challenging at times. Constantly pushing yourself and aiming for more can induce a lot of stress on your body. It requires a lot of discipline to continue to train hard and push past what you previously thought you were capable of. I train as hard as I can to reach my goals. I love making adjustments and trying to figure out the optimal way to train, eat, and sleep to get the most out of myself. I train to be mentally and physically ready for whatever a race may throw my way. You never know what adversity you may be hit with during a race. This training is also good preparation for other aspects of life. Running is incredible training for life in general. **That is why I run.**

As I have grown older my running has transformed from a hobby to a passion that burns hot every day. I have huge goals as a runner. My true love for running and my goals are what keep me motivated. My motivation never dries up. I run any surface and any distance, but I am at my best running ultras. It is my ultimate goal to become a professional ultrarunner one day. My immediate goals are to qualify for the USATF 24 Hour National Team and set course records at some big 100 milers!

That is why I run.

Noah Cochran is a CTC member who lives in Harrison, Tennessee. A graduate of Silverdale Baptist Academy, he currently attends UTC where he is a math education major. Noah enjoys weightlifting and writing and has his own running blog called Trails and Trials.





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Chattanooga Area Runners: Remember YOUR “WHY”

Andy Gean, DPT

Who hasn't been a bit bummed or startled by the events of Spring 2020? After all, 2020 is the 50th Anniversary of our beloved Chattanooga Track Club. This year we didn't hear the sharp crack of a shot from a black powder rifle to kick off the Chickamauga Chase. After the Olympic Marathon Trials of late February, the only news in the running community has been one-word headlines:

POSTPONED.

CANCELLED.

RESCHEDULED.

As the weather turned spring, runners found themselves asking unusual questions like: “**How** many?” “**Where** am I allowed to go?” “**How** severe or widespread is this?” “**When** will ‘normal’ return?” Social distancing prohibited many running groups from meeting for obvious reasons. Many parks and trails were closed. Training for goal races likely has been affected and may have fallen by the wayside.

You may have even found yourself asking: “**Why?**”

We will likely crawl out of this with a bit more fragile psyche, but let me attempt to provide this bit of encouragement. As a Physical Therapist who loves working with the running community, I've learned that we fall in love with running for a wide variety of reasons. Some love competition, medals, t-shirts and chasing the “runner's high.” Some run for a cause or charity. Others discover running during a journey towards improved mental and physical well-being. Some crave the social aspect of a community-based running group. Some simply run to support the mission of the CTC as it gives back to so many other vital community organizations in and around Chattanooga.

During this time where it seems everything has been put on “pause” I challenge you to reflect and find your “**Why**” for running. In his New York Times Best Selling book *Start With Why*, author Simon Sinek challenges leaders to find their **Why** to drive their **What**. For runners the **What** is running, logging miles, training and competing. But **Why**

do we do it? What internally drives what we do? We have a variety of **Whys** in the CTC. Likely, you have a unique **Why**.

For me, my **Why** lies somewhere in between continued personal improvement and improved health and wellness. For the Center for Sports Medicine & Orthopaedics, our **Why** is found in our motto: “Because Life Happens in Motion.” The Center for Sports Medicine & Orthopaedics exists to help individuals and athletes of all levels and capabilities move well and without pain. We all may have hit “pause” on some of our desired recreational activities and goals, but I am confident there will be a time in the future where the crack of the rifle again starts the Chickamauga Chase.

While life looks a little different, stop a moment and remember your **Why** and let it drive you forward! The Center for Sports Medicine & Orthopaedics remains committed to the CTC and runners with all kinds of **Whys**.

Remember your purpose. Find that next goal. Remember **YOUR WHY!**

Keep running Chattanooga, “Because Life Happens in Motion.”



Andy Gean is a board-certified Orthopaedic Physical Therapist at C4 Sports Medicine & Orthopaedics. For information call 423.713.5639. The Center for Sports Medicine & Orthopaedics is a valued sponsor of Chattanooga Track Club.





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FIFTY YEARS, A LOOK BACK AT THE CTC.



Joe McGinness was a founding member of the Chattanooga Track Club and a tireless promoter of the benefits of running. In the early 1980s Joe wrote a regular column in the Chattanooga News-Free Press called "Thoughts On The Run." As part of the our 50th Anniversary we are sharing his column from August 16, 1981.

THOUGHTS ON THE RUN

By Joe McGinness

"FLAP"

Runners have many problems. At least that's the inevitable conclusion one would reach after a glance through the many running magazines.

Heat, humidity, cold, overtraining, undertraining, injury, shin splints, dehydration, traffic, aggressive drivers, and dogs are always mentioned. Preventive measures for each problem are given, including how to avoid dogs.

Avoid dogs? Why avoid what many people regard as man's best friend? Many defensive measures are mentioned, some of which border on the side of outright cruelty. Most dog problems can be avoided by firmness and understanding. Offensive measures are uncalled for and will only aggravate the animal. One of the best defensive measures is to have a dog of your own who thus serves as your protector.

Personally, I'm a dog lover and am rather proud of it. I can truthfully say that I've never had any problems with dogs while running. Perhaps it's because I've been blessed over the years with some fine running companions.

When I resumed regular running back in the late fifties, my running companion was Tykie – a large, brown and white mixed setter who finally succumbed to old age.

Still with me, although relegated at 15 years of age to non-running due to arthritis, is Sue. She has put in many miles and seems to relish her senior-citizen status in our family.

For the past few years, Flap has been my running companion. I haven't run a step in my neighborhood for the last three years that Flap hasn't been with me. Flap is adaptable to distance, showing nothing but enthusiasm whether it be one mile or twenty miles. Flap has no papers, but I'm sure that he could have due to his perfect statuesque build of an Irish Setter. His long and pointed nose and jaw is often raised at a provocative but aristocratic angle. His long and floppy ears bounce with each stride taken by his long and powerful legs which propel his slim body forward with the grace of a free-flowing mountain stream.

Flap is the possessor of the biggest and most sincere brown eyes I have ever seen. One look from him will convince you he can do no wrong. I'm sure that with Flap's look of sincerity he would be able to borrow a million dollars with no collateral from the coldest-hearted banker. In direct contrast, I seem to have trouble borrowing even a thousand with collateral.

Enthusiasm is Flap's most outstanding characteristic. It may be a tug on my running pants or a gentle nibble on my hand as we start out. Or perhaps it may be an all-out sprint on his part returning to me after he has ranged far ahead. This running back and forth on the course probably gives him twice the mileage that I achieve. Our routes on these early morning runs occasionally vary. Flap knows all the possibilities and will always wait to make sure which way I'm going before he charges off again.

Flap is a good protector. Never while running with him have I encountered trouble from other dogs, for Flap intervenes and keeps them away. Likewise, our home and immediate area are considered by Flap to be his private domain. He thus assumes, sometimes perhaps over aggressively, the responsibility of protecting what he considers to be his personal world.

Although brimming with enthusiasm for most folks, he is not hypocritical. With an uncanny sense, he can detect those few individuals who just don't like dogs. All they receive from Flap is rejection or an occasional growl.

Flap is completely immune to any and all weather conditions. The searing heat and choking humidity of a July morning produce the same degree of enthusiasm on his part as does the biting and bone-chilling zero-degree temperature of January. I've seen him return home panting in one instance and icicles hanging from his jowls in the other instance.

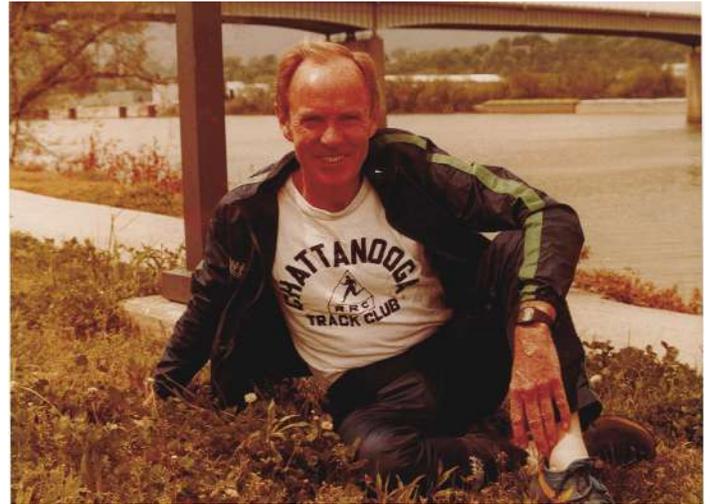
With all this background of running you would expect Flap to be a road racer par excellence. I'm sorry to report that he is not. Flap, proudly wearing a Rock City Road Race number on his back, lined up with me in the middle of the pack at last February's race.

Looking slightly nervous, there was still a look of determination on his face to beat Jim Davis' dog, Harold, who was also running this horrendous and hilly course. But the crowd got to Flap, for at the start he veered off to the side and became a did-not-finisher.

Irish Setters are reported to be not the smartest breed of dogs. But don't class Flap as stupid, for he is smart enough to appeal to the egotistic side of me. Flap seldom lets me out of his sight. He follows me from room to room; if outside, he follows me from the front yard to the back yard.

My return from a two- or three-day business trip represents a real reunion. The sound of my car driving up the driveway always attracts Flap, who gives me a royal welcome, including both front paws extended almost to my shoulders.

At three and a half years of age, Flap is in his prime. Barring any accidents he should be around for many, many more years to enjoy what I'm sure is also the highlight of his day, namely our morning run.



Continued on page 18

50TH ANNIVERSARY CELEBRATION SERIES POSTPONED

Lynda Webber

No one will ever forget our 50th Anniversary year! It's certainly been memorable so far... in a way we never intended or expected!

Since several races have already been cancelled and uncertainty still reigns (at least as of the time I write this), the Chattanooga Track Club has decided to officially postpone the 50th Anniversary Series. Barring a continuation of present circumstances, there will be a 50th Anniversary "re-run" of the series in 2021 – but that decision will be made at the CTC Board meeting in early September. An announcement will be made after that meeting to all CTC members, so be sure to stay tuned!

In the meantime, the CTC will work diligently to keep you on track and motivated this year. If you're not plugged in to CTC social media already, it's probably the perfect time to jump in and check it out. The CTC has an official Facebook site to keep you up-to-date with all its news, as well as a Facebook social forum called "CTC On The Go" where members can post anything running-related.

In addition, the CTC has a Twitter site (@ChattanoogaTC) and an Instagram page (@Chattanooga_Track_Club). Members will continue to be kept informed via the weekly CTC e-news and any special emailed announcements, but hooking up with any or all of its other social media sites will always keep you in the loop with what's happening on a daily basis.

If you have any questions about CTC social media please contact Caleb Stambaugh, CTC Vice President of Communications, at VPCommunications@chattanoogatrackclub.org. If you have any other questions, please contact CTC President Jason Liggins at President@ChattanoogaTrackClub.org.

In closing, I'll leave you with one helpful thought to ponder as you navigate the Twilight Zone of 2020, an excellent quote from the late, great Morticia Adams: "Normal is an illusion. What is normal for the spider is chaos for the fly!"

2019 RUNNER OF THE YEAR PROFILES

Lynda Webber

OVERALL FEMALE – JENNIFER CURTIS



Occupation: Geriatric Social Worker

Years running: 8

CTC member: 5 years

Favorite distance to race: 5K. Even though she claims it's much harder than it was years ago, Jennifer loves that she can "just run this race and not overthink it."

Favorite CTC race: "The Chattanooga Chase, because it feels like a big barbecue or get together! I absolutely love the course despite the fact it is extremely hard and challenging!"

Most memorable race: "The 2018 Boston Marathon. Ever since I started running races in 2013, it was my goal to qualify and run this race! Despite the crazy weather, it was everything I dreamed it would be, and I just cried when I crossed the finish line. It was an unbelievable experience!"

Song to run by: "Footloose" ...it was always on my playlist the first year I started running and whenever I hear it, it always makes me want to go for a run!"

Quote: "If you have the courage to fail, then you have the courage to succeed." - Shalane Flanagan

Why she runs: "to stay healthy, to relieve stress, and to challenge myself."

Why she races: "to compete with others and especially myself, to share the love of the sport with other runners, and to make unforgettable memories."

OVERALL MALE – NOAH COCHRAN



Occupation: Math Education Major, UT Chattanooga

Years running: "Family legend says I started right after I was born! So 20 years!"

CTC member: 2 years

Favorite road distance: 10K.

Favorite CTC race: Missionary Ridge Road Race

Favorite non-CTC race – "The Cameron Bean Memorial 5K, because it's a fast course in honor of a great runner who tragically died too young."

Most memorable CTC race: "The 2019 Chattanooga Half Marathon, because I was having an issue with my knee up until then but I actually I managed a huge PR on that day!"

Quote: "The best competition I have is against myself to become better." - John Wooden

Noah runs: "Because it is what I love to do most... I am free when I run."

He races: "Because my favorite thing in the world is finding out what I can get out of myself, and to keep pushing to reach my potential."

Most people don't know that he: loves to write and he has his own blog website.

Claim to Fame: Finished his second ultra and his very first 100-miler at the grueling Georgia Jewell on 9/21/19, and not only did he win that race almost two hours ahead of the second place runner, he also set a course record.

Noah adds: "Running is my favorite thing in the world to do. I am an any-surface and any-distance runner that loves it all. My goal is to one day to be a professional ultrarunner, and to become one of the top Americans ever at total distance covered in 24 hours!"

YOUTH FEMALE (15 & UNDER) – HELEN WEBB



Years Running/Racing: 8

CTC member: 6 years

Favorite Distance: 5K

Helen's favorite race is the **Chickamauga Battlefield 5K** - because she loves that time of year and her whole family is always there. In 2019, 14-year old Helen was the second overall female finisher with a time of 24:44. Her most memorable race was the 2018 Chickamauga Chase 5K because it was the first time her then 10-year-old brother, Henry, beat her... by all of 30 seconds! Says Helen: "Honestly, in that moment it made me hate him! But now I am proud of him because he had to train really hard to do that."

[Note from The Management: Watch out for this brother-and-sister duo... each is them is already a force to be reckoned with!]

YOUTH MALE (15 & UNDER) – HENRY WEBB



Years running/racing: 5

This young rocket was 10 years old when he won the 15-and-under age group at the 2018 Chickamauga Chase 5K with a time of 20:29. Not only that, he came in 8th overall there out of 411 finishers and he jokes, "I beat my sister [Helen]. I know she was sick about it!" As an 11-year-old in 2019, Henry moved up a notch and finished 7th overall at the Chick Chase with a time of 20:34 out of 324 finishers. No wonder the "Little Chick" is his favorite race. His "anthem to race by" may be "The Lion Sleeps tonight," but this young lion sure doesn't sleep when he races. He ROARS. So if you're running hard and trying to win, keep an eye and an ear out for Henry, or he's going to sneak by you!

[Note from The Management: We suspect he may just be the next Prefontaine.]

JUNIOR FEMALE (16-19) – ELLA ENSIGN



Occupation - Senior at GPS

Years running/racing: 7

CTC Member: As long as she can remember

Claim to Fame: Member of the famous Ensign Racing Clan! Dad, Tim, is multiple winner of the Wauhatchie Trail Race and mom is tiny racing dynamo Barbara.

[Note from The Management: With genes like that, Ella was born a winner!]

Favorite distance to race: 5K

Favorite CTC race: "The Turkey Trot, because then I feel I really deserve my turkey dinner!"

Favorite race ever: "State cross country championship, when I was in the 10th grade and our team won State!"

She runs: "Because it feels good to challenge myself and I love my friends who I run with!"

She races: "To prove to myself that I can do it, and do it well."

JUNIOR MALE (16-19) – FORREST WEBB IV



Occupation: Engineering Student (“I hope these first four years don’t constitute an occupation! I’ll let you know when I get as old as my Dad!”)

Years running/racing: 4

CTC member: 3 years

Favorite distance to race: 5K

Favorite CTC race: “The Chickamauga Chase. It’s just so unique in its history; you can’t help but feel it when you’re there!”

Most memorable race: “The Peachtree – No matter how many people try to describe what it’s like to run with 60,000 other runners in the middle of downtown Atlanta at a street party, you just have to experience it for yourself!”

Quote to run by: Aut viam inveniam aut faciam

[Note from The Management: You mean it’s not “Run, Forrest, Run?” We’ll bet he’s never heard that one!]

Most people don’t know that he: prefers trail races over road races.

Forrest runs: “Because I just feel like running!”

He races: “For the swag, and especially for the post-race food!”

YOUNG ADULT FEMALE (20-29) – JANETTE POTTS HICKEY



Occupation: Educational Assistant; working on her Masters in Education

Years running: 3

CTC member: Two years

Favorite distance to race: “Definitely 10K’s!”

Favorite CTC race: “The Chattanooga Chase 8k. It’s a great course filled with hills, beautiful views, and lots of support from the residents in the area!”

Favorite non-CTC race: “The Highland Night Flight in Asheville, North Carolina. It was a race my husband (fiancé at the time) and I did together to celebrate our one-year dating anniversary. Plus, it started and ended at Highland Brewing!”

Most memorable race: “My first half marathon, at the Chickamauga Battlefield. It was a long journey for me to get to the point of being able to run 13.1 miles, so completing that race was very fulfilling!”

Quote to run by: “I know it’s pretty cliché, but ... ‘Never give up.’ Life has thrown a lot of curveballs my way over the past few years, but I wouldn’t be who I am today if I never experienced them. And because I never gave up, I pushed through and came out on the other side a better version of myself. I also think about this as I’m running, when my legs want to stop. I push through and know that soon I will cross the finish line and I will be so proud of myself for not giving up.”

Janette adds: “I began my running/racing journey because of my husband! Before we even started dating, I wanted to hang out with him more. I knew he liked to run, and so I joined a running group that he was a part of. My husband is the reason why I am a 2019 Runner of the Year, and I’m forever grateful!”

YOUNG ADULT MALE (20-29) – JOHN GILPIN



[Note from The Management: This talented 27-year-old was too modest to provide us with a bio, so you know what that means... we’re just going to have to brag about him.]

Occupation: Physical Therapist

Biggest CTC accomplishment in 2019: Won all five of the CTC races he participated in.

Biggest claim to fame: October 2019 cover-boy on Jogging Around, together with Christian Thompson, whom he clipped by one-thousandth of a second to win the 2019 Missionary Ridge Road Race.

John had a stellar academic and track racing career while at UTC – not only did he record a 4.0 GPA each semester (receiving the SoCon Commissioner’s Medal for Academics) he was also named to the Southern Conference Fall and Spring All-Academic Teams. He won the 3000 meter Steeplechase at the Western Carolina Beynon Classic, and he achieved his best mile time on an indoor track – 4:26.:50 – at the 1/26/13 McCravy Memorial.

He won the 2018 CTC Scenic City Scorcher two-mile race with a time of 9:51 and came back in 2019, determined to break the 9:38 State Record which was set on this same course in 2017. He did exactly that as he crossed the finish line with a time of 9:29. John also posted a time of 4:30.29 at the 2019 Market Street Mile, breaking the state record by 6.31 seconds.

[Note from The Management: John’s assigned running anthem is “Rocket Man,” by Elton John.]

ADULT FEMALE (30-39) – MICHELLE NETHERLAND



Occupation: Registered Nurse

Years running: 5

CTC member: 4 years

Favorite distance to race: 10K

Favorite CTC race: "The Raccoon Mountain 10 K – I love the view!"

Favorite non-CTC race: "The Falmouth 4-miler in Falmouth, Maine. This is a small community race in April. There is still a lot of snow and ice everywhere, but even the dogs get their snow shoes on and come out to run it!"

Most memorable run: "My most memorable run was not a race – it was running through Acadia National Park in Maine with my husband [CTC member Chris Netherland] before the park was open to the public. The park, which is a short drive from the seaside town of Bar Harbor, is a 47,000-acre Atlantic coast recreation area primarily on Maine's Mount Desert Island, and among the wildlife are moose, bear, whales and seabirds."

Michelle runs: "For health and because of the amazing community of runners."

She races: "To try to beat my husband!"

[Note from The Management: Good for you, Michelle! We agree that you need to keep Chris in line!]

ADULT MALE (30-39) – KEVIN HUWE



Occupation: Engineer

Years running/racing: 20

CTC member: 2 years

Favorite distance to race: Half Marathon

Favorite CTC race: "The Chattanooga Chase. It's a unique course and there's always great competition!"

Favorite non-CTC race: "The Cam Run. More great competition for a local race!"

Most memorable race: "Nashville's Country Music Marathon. This was my first marathon, and I learned a few lessons about nutrition and hydration the hard way."

Quote to run by: "If you think you can, you're right. If you think you can't, you're still right."

Kevin races: "For enjoyment, for a challenge, and to hang out with friends."

Kevin adds: "I began running in middle school and almost immediately began to love it. I continued to run through High School and College. It was hard to stay motivated after college, but when I met my wife [2018 Young Adult ROY Jennifer Huwe] a few years later we rediscovered our love for running and now, in my 30's, I've broken every one of my PR's from the 5K and up. I also enjoy coaching as much as I enjoy running."

MASTERS FEMALE (40-49) – LISA LOGAN



Years running: 20+

CTC Member: 6 years

Favorite Distance: Half Marathon

Favorite CTC race: Chickamauga Battlefield Half Marathon

Favorite non-CTC race: The Boston Marathon

Most memorable race: "The 2012 Southern Tennessee Plunge full marathon, because it was full of 'firsts.' It was my first marathon in the Master's Category, it was the first time I broke 3:30 with a 3:29 finish, and it was the first time I was the overall female winner of a race. It was also at that race where I ran/talked with a 63-year-old fellow runner named Paul, who told me of all the positive changes he had made in his life after being an unhealthy and overweight 40-year-old. He pulled away from me at 14 miles and I did not see him again until after he finished, when he ran back to encourage me the last quarter mile. He was the first runner who truly inspired me by showing me that a human being can take charge of his or her life at any time through dedication, determination, and a positive outlook."

[Note from The Management: Lisa, you have "played it forward," and now you are an inspiration to others!]

MASTERS MALE (40-49) – DAVID LANE



Occupation: East Region Correctional Administrator, Tennessee Department of Correction

Years running: 10

CTC member: 3 years

Favorite distance to race: Half Marathon

Favorite CTC race: “The Missionary Ridge Road Race. It has a unique mileage and is a test of strength and endurance. Even though the distance is not extreme, the rolling hills create a runner’s challenge.”

Favorite non-CTC race (feel free to explain why): “The Carpet Capital 10-Miler. I feel it’s the ideal length to test endurance and speed. In addition, the scenery is first-class.”

Most memorable race: “The 2014 Chickamauga Battlefield Marathon. This was my first marathon, and I had no clue what it would take to finish. Near the end of the second loop I could barely move, and I remember thinking I would have to crawl to finish. In the end, I did not have to crawl ... I finished with a good hobble!”

Most people don't know that he: collects antique Dragonware pottery.

David adds: “I am blessed to have the opportunity to run when and how I like. Many individuals do not understand the joy of running and give up before learning to have fun with it. I continue to run and test myself by finding races that test me physically and mentally. Chattanooga is one of the best areas in the country to run, where almost every weekend we can find a place to run or race. We all should take advantage of the Chattanooga area and get outdoors!”

GRAND MASTERS FEMALE (50-59) – MARIA STUDHOLME



Occupation: Preschool teacher

Years running/racing: 20

CTC Member: 2 years

Biggest CTC achievement in 2019: Won her age group in nine out of nine CTC races.

Nickname: The “Streak from Sweden”

Favorite distances to race: 8K, 10K and 10 miles.

Favorite CTC race: “The Moccasin Bend 10K, where I set a PR!”

Favorite pre-race meal: “Mac & cheese with lingonberry jam!”

[Note from The Management: It's gotta be a Swedish thing.]

Claims to fame: Running coach; soccer coach; race volunteer for 18 years with State of Franklin Track Club; lead timer for the Skelton Law Racing Series, three-time overall female race winner and wife of CTC Timing Manager Extraordinaire Matthew Studholme!

Maria runs because: “Running is fun! Running is my form of meditation and an outlet for my competitive nature!”

Maria adds: “Make sure that the coach inside your head is on your side! Positive self-talk is important!”

GRAND MASTERS MALE (50-59) – RYAN SHRUM



Occupation: Sales at Business Water Solutions

Years running: 17

CTC member: 14 years

Favorite distance to race: 5K

Favorite CTC Race: Chickamauga Battlefield Marathon

Favorite non-CTC race: The Boston Marathon

Most memorable race: “The 2013 Boston Marathon – the year of the bombing.”

Quote: “Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic.” – Tim Noakes, “The Lore of Running”

Ryan runs... “To be healthy, to destress, to think, to inspire, to find inspiration, to be a part of a great community.”

He races... “To challenge myself, to compete, to have fun, to support worthy causes.”

Most people don't know that he... “worked on a goat farm for a couple of years when I was in my early twenties.”

SENIOR FEMALE (60-69) – LESLIE LATTERMANN



Occupation: Dog rescuer by day, racewalker and runner by weekend!

Years running/racing: 8

CTC member: One year

Favorite distance to race: 200 Meters

Most people don't know that she: runs as cross-training for racewalking, and that she was the first African-American female to win a USATF National Racewalk Champion title.

Favorite CTC race: "The 2019 Riverbend Run 5K. It was a blast! Great course, good food, live music and a very striking award. I thought the rain added to the joyful atmosphere!"

Favorite non-CTC race: "The 2017 Racewalk International USA vs. Canada Invitational, because I was racing with athletes from other countries, it was the first time I participated in a racewalk relay, and our team received the silver medal!"

Most memorable race: "The 3000M Racewalk at the 2015 USATF Master's Indoor Championships, where my competition included an elite American record holder. I knew I had absolutely no chance of winning the gold, so the battle was for silver against another decorated athlete who had been racewalking competitively for many years. I was unfamiliar with her race tactics, since I had not competed against her before, and at the time I had only been racewalking for three years. With five eagle-eyed racewalking judges surrounding the track, I played it safe and stayed behind her until the last 50 meters and then zoomed past her to the finish line to earn the silver medal."

Leslie's anthem to run by: "Whatever it Takes" by Imagine Dragons

Quote: "It's better to walk fast than to run slow."

Leslie's claim(s)-to-fame: USATF National and World ranking achievements in not only racewalking, but in the pentathlon, throws pentathlon, shot-put, javelin, high jump, long jump, and hurdles; recipient of eight USATF National racewalk medals, five International racewalk medals, two USATF National throwing medals, numerous RRCA State, Regional and National medals and 67 USATF Masters All American Qualifications. *[Note from The Management: Leslie definitely takes the prize for all-around fitness; she's an inspiration to women of all ages!]*

SENIOR MALE (60-69) – JEFF STRACENER



Occupation: Retired TVA, full-time runner

Years running/racing: 40

CTC member: 30 years

Favorite distance to race: 10K

Favorite race: "The next one."

Favorite CTC race: "The Chickamauga Chase 15K. I like running in the park, and I enjoy the competition!"

Most memorable race: The 2004 Boston Marathon

Quote: "Your attitude determines your altitude." – Zig Ziglar

Jeff runs..."to be active, stay healthy and live longer; and so I can be in shape to race... and I race to test myself!"

Jeff adds: "I have been very blessed by God to be able to run for over forty years and I am thankful for all the runners and volunteers I have met as a result running. I appreciate the CTC for its support and encouragement throughout the years, and I encourage all new runners to join in on some of the Track Club's organized runs and races. There is a lot of valuable experience within the Club, and it's safer and more fun to run with a group."

GRAND SENIOR FEMALE (70+) – SUE ANNE BROWN



Occupation: East Region Correctional Administrator, Tennessee Department of Correction

Occupation: Student of the world!

Years running/racing: “Over half a century!”

CTC member: Over forty years

Favorite distance to race: 5K or 10K... “These are reasonable distances which take reasonable training!”

Favorite race: Chickamauga Battlefield 15K

Most memorable race: “The Wauhatchie Trail Run, because I always fall! One time I fell and broke my arm, but I still got up and finished! *[Note from The Management: Sue Anne definitely gets the award for Toughest Female Finisher. Like a Timex IronMan watch, she takes a licking but keeps on ticking!]*

Most people don't know that she: ... is an all-around athlete. She skied down Zugspitz Mountain, the highest peak in Austria, when she was only 10 years old! Growing up as an army brat, she traveled around the world and became expert not only in downhill skiing, but also ice skating and cycling. She was introduced to running while living on an overseas Army base, and it became as much a part of her life as her marriage and her children.

Early memories of Chattanooga: Sue Anne moved to Chattanooga in 1972 and immediately joined the CTC. She has many fond recollections of the evening meets the CTC used to have at the Baylor track once a week in the 70s. During Sue Anne's illustrious (and continuing) running career, she completed two 10Ks in under 40 minutes, three half marathons in the 1:33 to 1:36 range, and had a 6:02 PR for the mile.

Sue Anne's quote to run by: "Never, never, never, give up." – Winston Churchill

GRAND SENIOR MALE (70+) - SERGIO BIANCHINI



Years running/racing: 17

CTC member: 17 years

Favorite distance to race: The Half Marathon. “Anything less hurts because I have to push too hard. Anything more, I get kind of bored sometimes.”

Favorite CTC race: The Chickamauga Chase.

Most Memorable race: The Annual Vol State 500K Road Race. All five of them to date (2015-2019).

According to Serge, “Every day is an adventure while running across the State of Tennessee!”

Serge runs... “To socialize, to feel good, and to talk to the ladies! I race, because I enjoy the competition!”

Claim(s) to Fame: Sergio is a five-time Grand Seniors ROY winner AND scored the annual Long Runner 100-mile award for the fifth year in a row during the 2019 season. In addition, he captured the Tennessee State record for the one mile run each year from ages 70-75 and age 78 - and the Tennessee State record for the two-mile run each year from ages 75-77. He has nine state records for various ages, and he is also the only CTC member to date to take up (and excel at!) multi-day ultrarunning beginning at age 74. At his present age of 78, the sky is still the limit for the incredible Sergio Bianchini!

THE LONG RUN ENDOWMENT FUND

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

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

IN MEMORY OF:

Jon Chew
Bradford Harvey
John Madzin
George Skonberg
Jerry Lastine
George Skonberg
Mike Griffin
George Skonberg
Cameron Bean
Alan Outlaw and Family
Van Townsend
Alan Outlaw and Family
Daniel Hamilton Webb
Jane Webb

IN HONOR OF:

John Mazdin
Steve Rogers
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Thoughts on the Run continued

It's been said that dogs are man's best friend. Any living thing, human or animal, who can put up with me and all my miles with all that enthusiasm has to be something special. There is no doubt about it – Flap is my best friend.

But I must make a confession. As you may note, the present tense has been used relative to Flap. In the stark face of reality, I must admit the past tense should have been used.

The type for newspaper print is set electronically, so it is thus quite impersonal and can not adequately transmit the true feelings of a non-professional writer who has weekly thoughts on the run. But if such were possible, I assure you that today's column would probably be illegible due to uncontrollable but perhaps relieving tears that I have shed.

You see...Flap died last week, and I'm frank to admit that quite a bit of me died also.

BEST RACES OF THE WEEK

There are none locally. Huntsville, Atlanta and Murfreesboro offer some interesting and quite varied events, all on Saturday, August 22 [1981].

At 8 a.m. (CDT) at the old Huntsville Airport is the WAAY 3 in 1 Triathlon. It consists of a 400-meter swim, a six-mile bike ride, followed by a three-mile run. Contact M.D. Smith, 1000 Monte Sano Blvd., Huntsville, Ala., 30305.

Also at 8 a.m. in Atlanta is a 5K as well as the start of a 24-hour relay for team competition. Contact the Atlanta Track Club, 3224 Peachtree Road, NE, Atlanta, Ga., 30305.

MTSU will host the Great American Pie Run Saturday at 7:30 p.m. The race, a distance of 5,000 meters, goes through the campus of MTSU with the first 100 men and 100 women receiving fresh homemade pies.

The entry fee is \$4 per runner, with all proceeds going to the benefit of the MTSU women's track program. For further information, contact Michael Rasper, Box 296-MTSU, Murfreesboro, Tenn., 37132.



Dear Athletes,

Thank you for your continued patience regarding the status of the June 28, 2020, Chattanooga Waterfront Triathlon, host of the USA Triathlon Clydesdale & Athena National Championships. Unfortunately, due to the rapidly evolving situation surrounding COVID-19, and in order to provide you with enough time to alter your travel plans as necessary, we made the tough decision today to officially postpone the race.

We are now exploring options with the City of Chattanooga to reschedule the Chattanooga Waterfront Triathlon for September 6, 2020. We have also made the decision to move the Clydesdale & Athena National Championships to a new date and venue (Pelham, Alabama, on Aug. 15) because the Chattanooga venue location is uncertain at this time. The City of Chattanooga continues to phase-in how and when large-group activities happen, and we will continue to keep you informed as we receive new information.

After working with USA Triathlon to ensure the USA Triathlon Clydesdale & Athena National Championships takes place this summer, we are happy to announce it has been moved to Aug. 15 as part of the 35th Annual Buster Britton Memorial Triathlon, Team Magic's longest running triathlon at Oak Mountain State Park in Pelham, Alabama, near Birmingham. The state of Alabama is currently allowing events without crowd restrictions to take place under social distancing and enhanced hygienic guidelines. Team Magic has hosted several high-profile events at the location that include nationally recognized elite racers (Powerman Alabama Duathlon) and most recently the National Senior Games triathlon.



Please know that the health and safety of our staff, racers, volunteers and anyone else attending our event, is still the top priority. Should restrictions change to affect large-group gatherings and events, an update will be communicated immediately.

For those already registered for the 2020 Chattanooga Waterfront Triathlon, here's what you should do next. Please let us know by email your preference for your race registration (if making a selection other than OPTION 1) no later than June 28, 2020.

OPTION 1: You will automatically be transferred to the new September date for the Chattanooga Waterfront Triathlon, should it take place, requiring no action on your part. Should the September 2020 event not take place, you will automatically be transferred to the June 27, 2021 Chattanooga Waterfront Triathlon — unless you make a different selection below.

For OPTION 2 or 3 directly below, please email us your preference to contact@team-magic.com.

OPTION 2: Transfer to next year's Chattanooga Waterfront Triathlon, which will be held June 27, 2021.

OPTION 3: Transfer to another Team Magic race in 2020 or 2021.

If you purchased a USA Triathlon one-day license when you registered for this race, it will transfer along with your registration to one of the options above. If for any reason you are unable to join Team Magic for a future



event, USA Triathlon will transfer your one-day license to any non-Team Magic USA Triathlon sanctioned event of your choice in the U.S. through 2021. To inquire about this option, contact Membership@usatriathlon.org

For Clydesdale and Athena racers who registered specifically to compete in the National Championships, Team Magic is honored to host the 2020 National Championship race in Pelham, Alabama, on Aug. 15 and excited to announce that the Clydesdale & Athena National Championships will return to the Chattanooga Waterfront Triathlon in 2021.

Please email your preference to Contact@team-magic.com.

OPTION 1: You will be automatically transferred to the August 15, 2020, Buster Britton Memorial Triathlon, now serving as the 2020 USA Triathlon Clydesdale & Athena National Championships, requiring no action on your part.

OPTION 2: Transfer to the June 27, 2021 Chattanooga Waterfront Triathlon, which will serve as the 2021 USA Triathlon Clydesdale & Athena National Championships.

For further information please visit the Team Magic web page: Team-magic.com/events/171

Thank you again for your continued understanding and support. Should you have further questions, please reach out via Contact@team-magic.com.

We continue to wish you the best in health and look forward to seeing you at a future event.

Jenni Berz, Race Director
Chattanooga Waterfront Triathlon



Thank you to everyone who made the CTC's first-ever virtual race, the Chickamauga Chase Virtual Edition such a success. You helped raise money for the Ronald McDonald House Charity and we loved reading your stories and seeing your pictures online. For everyone who chose the finisher prize option, your mug is on the way. When it arrives, fill it with your favorite beverage and toast your race finish! Don't forget to share the picture of it with us. We're working on more virtual runs as well as looking forward to getting back to our in-person races. Keep in touch and thanks for being part of Chattanooga's awesome running community.



Chattanooga Chase: 52nd Running, Update

We hope, first, that this email finds you safe, healthy and still running and smiling as often as possible! Crazy times!!

The city pulled all event permits through the end of May, which included the Chattanooga Chase, of course. It is uncertain when the city will start permitting events or when we will all begin to feel comfortable getting back out in large groups again to celebrate our health and our love of running together.

The Chattanooga Chase is one of our favorite events of the year and we are very hopeful to still be able to host it in 2020 and also, of course, on Memorial Day 2021!!

With those aspirations in mind, we have decided to swap our date with the Moccasin Bend Fall Classic (thank you MBFC Race Director Sujeel Taj!) and shoot for October 3 for our 2020 running of the Chattanooga Chase.

Those plans are still tentative, of course, as we don't yet know how things will finally play out over the rest of the year. We are hoping for the best!!

For anyone unable to race on October 3, we will be delighted to defer your 2020 registration to 2021 and we will be sending another email as our plans become more certain where anyone wishing to take that option may do so.

Meanwhile, please stay safe and healthy and remember how important exercise is for your emotional and mental health, as well as your physical health - especially outdoor exercise! So, get out and run or walk or dance or whatever - six feet apart, of course, but definitely get out!

Looking forward to when we can all be together again!!

Alan Outlaw
Chattanooga Chase Race Director





Thanks for checking out this issue of the CTC newsletter. Our Race Calendar is normally here with dates for all our running events in 2020. In over 50 years of organizing races in Chattanooga we've seen a lot, but nothing quite like this. Some of our races have been postponed or cancelled, others—well, we're going to wait and see. Like you, we're hoping for the best. Not just for our members but for our families, neighbors, community and, yes, our businesses and workplaces. We want things back to normal, to walk, run and race together in our beautiful outdoor spaces as we've done for so many years. But we're willing to wait.

Until then, we'll do our best to keep you updated on the status of upcoming races. If you have a question please get in touch. You'll find a list of contacts at the front of this magazine or get in touch on social media (Facebook, Twitter, Instagram). In the meantime, here's what you can do: Keep running, stay active as best you can. Talk to your friends and family. Follow recommended health precautions. And if you can, support your Chattanooga Track Club by renewing your membership. Stay safe and we'll see you soon.

