

THE QUARTERLY NEWSLETTER OF THE CHATTANOOGA TRACK CLUB

# JOGGING AROUND



## CHATTANOOGA TRACK CLUB

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# JOGGING AROUND

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

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### Chattanooga Track Club Mission Statement

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

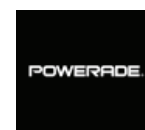
No special qualifications, other than an interest in running, walking and fitness, are required. Members can choose their own level of involvement: participant, volunteer, or sponsor. Everyone from serious competitor to casual walker is welcome.

For information about the Chattanooga Track Club visit:

[www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)

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## What a tremendous 9 months we have had as the Chattanooga Track Club!

There are so many things to be excited and grateful for but one thing that is on my mind is our VOLUNTEERS! We have some of the very best people in this community that spend tireless hours promoting, supporting, and encouraging others for CTC. As a club we could not operate without these individuals and to that, I say THANK YOU! Thank you to those behind the scenes, Thank you to those that help with timing, Thank you to those that do the heavy lifting, Thank you to those that organize group runs, Thank you to you ALL!

Another huge event happening now is our Elementary Cross-Country Series! We had almost 800 third, fourth, and fifth graders at our first meet, and we look forward to the remaining three! It is an extreme joy to watch these kids get out and run, some of which completing their very first mile. They are the future of our running community, and it is exciting to see!

As we enter the fall season, I would be remiss if I did not mention the importance of safety while running. Some safety tips would be to run in a group, carry your phone and I.D. on hand, be visible to others, stick to familiar routes, and be aware of your surroundings. Be safe everyone.

Last, I was reminded this weekend once again of how extraordinary this community is. Community. We are a community of people that supports one another on and off the race course. To me that means, we are like family. A family of people that laugh, cry, endure hardships together, celebrate successes, and simply include and support one another.

**So to my family, happy running and enjoy the fall!**

*Michelle Sledge is Chattanooga Track Club president and can be reached at [president@chattanooga-trackclub.org](mailto:president@chattanooga-trackclub.org)*



## ON THE COVER



The Magnum Mile brought the top finishers of The Cam Run to the GPS school track for a one-mile showdown. In the second Women's Heat, Martha Clemmer (#226) held off Lauren Mullins (#227) by one second to claim the top spot.

*Photo by Don Luzynski, TN Sports Pics*



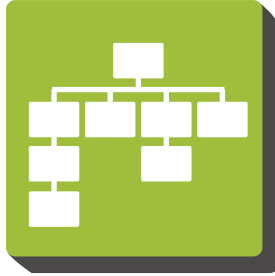


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## FALL BRINGS REFLECTION AND MORE CTC RACES

Fall is upon us, and what a great time of year to be outdoors. The humidity is dropping, and cooler temperatures are here. As I contemplate your wonderful summer activities and look forward to the great fall races, my heart is saddened for the running community with the events that occurred in Memphis and Knoxville. Unfortunately the dangers of society can encroach on our sensibilities and feelings of safety. As a community, we must encourage one another to be safe and not shift blame to innocent parties. Those who know me understand that my weekday runs typically occur between 4 and 5 AM all across Tennessee because of my work schedule. Running is the time I get to enjoy alone time, test my endurance, and ensure I am mentally set for the day. I would not change this time for anyone. Running is much more than a physical pursuit; it belongs to my being; it is who I am and who I want to be in the future. As a track club, my hope is we continue to be strong, encourage others and instill hope in others. I am grateful to be part of this group and continue to enjoy everyone achieving their goals and dreams through physical activity.

This summer, I was able to volunteer at the Scenic City Scorchers and The Cam Run. It was great to see smiles on all those finishers and feel the good vibes produced by CTC. We have a great fall lineup, including the Moccasin Bend Fall Classic, Signal Mountain Pie Run, Chickamauga Battlefield Marathon and the Turkey Trot. I look forward to seeing you on the course.

*David Lane is the CTC VP of races. He can be contacted at [vpraces@chattanooga-trackclub.org](mailto:vpraces@chattanooga-trackclub.org)*

## CTC PLANNING IN PROCESS FOR UPCOMING EVENTS

Fall is one of the busiest seasons for the Chattanooga Track Club. Our largest event on the race calendar, Chickamauga Battlefield Marathon, Half marathon, Jr. Marathon and Ft. Oglethorpe 5k, happens every second weekend in November but planning has been going on all year. Two other classic races, Signal Mountain Pie Run and Sports Barn Turkey Trot each offer unique experiences and have become traditions for many local families. The Wauhatchie Trail Run, usually held each December, moved this year to February and the positive response will likely ensure that the historically last CTC race of the year continues in the future as the first CTC race of each year. But December will still see a race event as Circle 60, a family-friendly run from the race director of the CTC's MAD Backyard Dash and Locomotion Ultra, debuts at the Ringgold High School track.

But that isn't all. Planning is underway for the Chattanooga Track Club Election Social. In November, we'll gather to choose new officers and directors for the CTC. These volunteers serve throughout the year to oversee club finances, guide the organization and lead planning for races and other events for our members and the community. Watch your email for information about the upcoming CTC Election and please consider serving yourself on the CTC board or as an officer.

We'll kick off the year with the Annual Membership Banquet in January. This is a celebration of the accomplishments of our club and our members in 2022. All Chattanooga Track Club members are invited to share a meal and hear about what your CTC has been up to and what is in store for the coming year.

But these various events all have two things in common: 1. The Chattanooga Track Club's mission to share the love of running with our members and the community, and 2. The need for help. We need people to help with planning and on the day of each event to ensure a safe, fun experience for everyone. If you are interested in helping please contact Apryl Barrett, CTC Vice president of Membership at [vpmembership@chattanooga-trackclub.org](mailto:vpmembership@chattanooga-trackclub.org).



# AQUATIC REHAB FOR RUNNING INJURIES

Patricia Galyon, PTA, ATRIC

For runners recovering from an injury, returning to the road and trail are the goal, but getting a little wet may help facilitate running goals. Many injuries and surgeries require a short amount of time in the physical therapy gym before they can begin to progress their recovery in the pool generally 3-6 weeks. The reason for the wait time is that healing must occur for both the incision and the internal tissues that were injured or repaired with surgery. Pool rehab offers unweighted movement options that allow protection of healing tissues.

When the runner can finally add aquatic exercise to their already existing gym exercises, they experience an increase in flexibility and core, leg and back strength. When this type of program is added, the focus is on the whole body, not just the injured area. This helps the runner land properly on their foot while running so as not to injure other joints or their back.

## AQUATIC EXERCISES FOR RUNNING

Programs in the pool generally begin with walking in waist deep water, but if weight bearing is limited from the surgeon, deep water activities can be performed. Deep water activities include: e-bike, cross country ski, jumping jacks and wall squats. All of these are performed with flotation devices such as float belt, noodle or balance rings. These are also aerobic in nature and are the beginning exercises before running (pictures 1 and 2). Leg raises and core exercise using the pool kick board are used for core strength as well.



Photo 1



Photo 2

## WATER WALKING TO AQUAJOG TO RUN

When partial weight bearing is allowed, water walking can begin. Types of water walking include long stride, semi tandem, side steps, forward lunges and side lunge walking to gain more aerobic and encourage heel strike and toe off (the mechanics of walk and run) (picture 3). When symptoms are under control, and with physician approval, we begin jogging while tethered with a float belt or similar device in deep water and progress to shallow water on pool floor with a neoprene tether belt (picture 4). Finishing up the session is usually a type of pool exercise called Ballet stretches. The noodle is the bar for the heel to rest on while stretching hamstring, adductors, hip flexors, and then quad.

*continued on page 7*



Photo 3



Photo 4



# STORM TRACK 9

## BECAUSE TRAINING IS NOT AN OPTION

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## AQUATIC REHAB FOR RUNNING INJURIES *cont.*

Photo 5



Photo 6



### AQUATIC MASSAGE. WHAT IS IT?

There are types of aquatic manual massage therapies offered at CSMO for patients that have been injured or have had surgery. Aquastretch and Bad Ragaz are two types of techniques that help restore flexibility and decrease pain in 1-2 visits. These are done 3-6 weeks after surgery and work well with runners after injury at 3 weeks (pictures 5 and 6).

Most runners are aware of biking, elliptical, and non-weight bearing “cross training” options to utilize after an injury. Aquatic exercise, when used at the correct time after injury or surgery, benefits the whole body, helps the runner restore core, arm, back, hip and leg strength and flexibility. The Aquatic Program at Center for Sports Medicine and Orthopaedics is ready to assist any runner who wishes to return to their sport.



Patricia Galyon, PTA, ATRIC is a graduate of 41 years from Chattanooga State Community College. She has been practicing at Center for Sports Medicine and Orthopaedics for 21 years and is certified in Aquatic Therapy by the Aquatic Therapy and Rehab Institute. Aquatic Rehab services are available at our McCallie Avenue location. To schedule or inquire about medical, rehab, or aquatic services call 423.624.2696. Center for Sports Medicine and Orthopaedics and C4 Sports Therapy are valued sponsors of Chattanooga Track Club.





# I WILL NOT BE AFRAID

Anna Millard

Friday, September 2, a woman was abducted in Memphis, Tennessee during her morning run. Many of us spent the weekend following the news, hoping for a positive development, but on Tuesday, September 6, the body of Eliza Fletcher was found. As a running community, we grappled for days trying to make sense of it and trying to find a way to honor her memory. Friday, September 9, a group of runners gathered in the pre-dawn hours to finish Eliza's run.

Some ran that morning to pay tribute to "one of us," who the community has lost. In a way, Eliza Fletcher was all of us. We fit our runs in when we can, no matter if it is dark. We run alone because group schedules do not always match. We run to deal with the stressors in our life. Eliza was a wife, a young mother, a kindergarten teacher, and an accomplished runner. She represented the good in the world, and last week her death amplified the evil in the world.

Some ran that morning in her true memory. We had runners present who knew Eliza and wanted to memorialize her in a very real way. It is easy enough to put aside thoughts and feelings when something

happens to a stranger on the other side of the state. However, when tragedy befalls someone you actually know, it helps to have an avenue to express your feelings.

I personally ran to take back the night. I love my quiet morning runs before the sun comes up! In the 10 years that I have been a runner and the 5 since becoming a morning runner, I have come to treasure that time and I will not be afraid, even now. I will be more aware. I will take steps to protect myself during my run. But I will not allow evil to prevent me from doing what I love.

Chattanooga is a beautiful backdrop to any run. With its active, vibrant, supportive running community, it is truly the best place to run. The Chattanooga Track Club hopes to continue to positively affect the future of running in our community. I hope that we are all a little more compassionate and protective of each other in the wake of Eliza Fletcher's death.

*Anna Millard is Chattanooga Track Club President-elect, she can be contacted at [presidentelect@chattanoogatrackclub.org](mailto:presidentelect@chattanoogatrackclub.org)*



# Thank you for supporting the 2022

5K for



## **A Note from the Race Director:**

Thanks to all who braved the threat of rain on Labor Day to run or walk the 34th edition of the 5K for FCA (Fellowship of Christian Athletes) at Chattanooga State. The race was started in 1989 by the founder of Front Runner, Louis Priddy. Louis passed away in January of 2020 but his memory and Christian mission live on through the 5K for FCA.

The race was well represented by the CTC Race Team. Adam Veron (16:33) and Rachel Mason (19:29), both CTC Race Team members, were first place overall male and female winners. Tim Jackson (16:49) and Karen Harr (20:54) took first place honors in the Masters overall and Dean Thompson (17:15) and Barbara Ensign (24:43) were overall Grand Masters winners.

The FCA was also a big winner thanks to the generosity of the participants, volunteers and sponsors. My heartfelt thanks to all the volunteers who worked in registration, as course sentries and finish line workers. A big shout out to our great sponsors; The UPS Store, S&S Auto Repair, Jenkins Masonry, Goss Insurance, Bean Heating and Air, Davis & Hoss Attorneys, Scenic Community Credit Union, Giant Steps Music, Tennessee River Dental, Owen Cyclery, Coca Cola and North River Dental. These are local businesses who support the FCA and the running community in Chattanooga.

A big shout-out to the CTC timing team for another great job. Two years ago Matthew and Maria Studholme and team had to set-up a new course due to COVID-19. Abracadabra, they created a better, faster, certified course. If you did not put this race on your calendar this year, please consider adding it next year. It is certainly one of the flattest, fastest courses in the area.

No matter how many years you race direct (this is my 21st year) you are always worried that something will go awry. And of course something did. We only had one set of age group medals, which we gave out to the female runners. We now have the male (and females who had to leave) age group awards at the Front Runner. Guys, thanks for your patience.

Chad Varga - Race Director



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# THE 2021 CTC LONG RUNNERS

Lynda Webber

**Greetings, one and all!** A CTC member qualifies to become a CTC Long Runner when he or she completes a difficult long term goal, or an event in which he or she is required to go a very long way. Specifically, there are five Long Runner Challenges, which can be found on the CTC website. Two of these are annual challenges:

**THE 50-MILER CHALLENGE:** where a CTC member is recognized for completing at least one single-day event (road or trail) of at least 50 miles and less than 100 miles; and

**THE 100-MILER CHALLENGE:** where a CTC member is recognized for completing at least one event (road or trail) of 100 miles or more in length that is not a stage race.

The last three Challenges are lifetime challenges, and recognition is given upon completion. These are:

**THE 50 MARATHONS/50 STATES CHALLENGE:** where a CTC member is recognized for completing at least one marathon in each of the 50 states.

**THE 7 CONTINENTS CHALLENGE:** where a CTC member is recognizing for completing a marathon on all seven continents; and

**THE 100+ MARATHONS CHALLENGE:** where a CTC member is recognized for completing at least 100 marathons during his/her running career.

Nine CTC members completed annual challenges in 2021 and achieved Long Runner status. Their pictures have been added to the Long Runners Wall on the CTC website, and they are also given their 15 minutes of fame below.

## 50-MILER AWARD RECIPIENTS



### RON BRANAM

You may think it impolite to hear a CTC member referred to as “that dam runner,” but in this case it’s justified. Ron Branam, who assists in faithfully putting out and picking up the drinking water at every Saturday morning run, is too modest to reveal that in the “real world” he is a brilliant engineer who works in the bowels of the earth on big hydroelectric dams.

Famous within certain circles for having coined the phrase, “The hills are our friends,” Ron is a veteran ultra runner who completed 50 miles during the CTC’s Locomotion endurance run in 2021. He’s also co-chairman and co-founder of the CTC Long Runners Club, and he plans to do his first 100-miler just as soon as he can force himself to retire from the dam job.



### JOE DUMAS

Joe Dumas, a socially versatile runner who is literally a Marathon Maniac as well as a CTC member, could just as easily fit in with the worldwide Hash House Harriers organization as their slogan corresponds nicely with his after-run bro beer brunches with Tony the Terminator.

Joe, a certified beer judge who is always game for adventure, became a first-time 50-miler when he completed the CTC’s Locomotion 12 Hour race in May of 2021. In doing so, he set the 50 mile state record for 60 year old males, and another state record for most miles by a 60-year-old in 12 hours. He claims he could barely walk afterwards but that’s nothing new for a Maniac like Joe, who once did a trail marathon where he claims he had to pull himself up a slope with his hands and that every time he would finally get past one obstacle, “some fresh hell would appear.” Looks like Joe will continue to challenge himself for a long time to come, though, as his chief desire is to be like Truman Smith when he grows up.



### DAVID LANE

What does a veteran ultra runner like David Lane do when he is also the world's biggest Batman fan? Why, he runs in tight black spandex with a pointy-eared mask on his head and billowing black cape trailing behind, of course. David hasn't actually done this... yet, but we know that whenever the going gets tough out there, he mentally puts on that Batman cape and conquers the run, just like he did when he completed 70 miles at the Dirt Circuit 24 Hour Run in Morristown, Tennessee in October of 2021. David can organize a great race as well as run one, as he is the Director of the CTC Locomotion endurance run... as well as the CTC Vice President of Races. He'll for sure want to see you out at the Locomotion next year!



### JASON MONTAZE

They say that the first one is always the hardest, and past CTC President Jason "Doc" Montaze will agree that his lowest ultra moment EVER occurred at his very first ultra, the Black Warrior 50K Trail Run. His blood sugar began dropping at around mile 18 and he planned on exiting the race at the next aid station, but an amazing volunteer plied him with Coca-Cola and encouraged him to push through. Heartened, he accomplished his first successful ultra finish there and never looked back. In May of 2021, Jason completed 50 miles at the CTC's Locomotion 12 Hour race. Having learned from his first experience, Jason is qualified to advise an ultra-newbie that "your mind will check out long before your body, so prepare yourself mentally and JUST DO IT." Now that he is in it for the Long Run, Jason shares that he dreams of becoming a reality TV star someday and plans to appear in the Amazing Race just as soon as the producers contact him. In the meantime, Jason agrees there are many other ultra-adventures on the horizon!



### STEVE MORRISON

First-time 50-miler Steve Morrison earned his spot on the 2021 Long Runners Wall at the tough Lookout Mountain 50 Miler. After Boston 2020 was canceled, he needed a new goal and he'd had an ultra on his list for years, so he decided to jump right into 50 miles. He notes that, in hindsight, he probably should have prepared with more long trail runs - as his longest before the event was only 13-15 miles. Nevertheless, he decided to give it his best shot. His lowest moment came when he fell around mile 45. It was dark, cold, and he had already been running for around 10 hours. His next lowest moment came AFTER mile 50, when he learned that this particular trail ultra was not exactly accurate like a certified road marathon and the finish line would only appear at around mile 51.5. Nevertheless, Steve was very happy to have achieved a completion on this tough course, and despite its difficulty he bounced right back and is considering making his second ultra a 100-miler in another year or so. Update hopefully provided in the 2023 issue of Jogging Around!

*continued on page 12*



### **KARA TEICHROEW**

As the only Lady Long Runner of 2021, Kara Teichroew has definitely earned her spot on the Wall. Her lowest moment literally came at her second ultra on her birthday in 2019 – a 12-hour event aptly called the Mulberry Meltdown – when this young grandmother collapsed. She was airlifted to the hospital and remained in a coma for a few days, due, she says, to “ultra poor fueling for this ultra race.” Most disappointing to her was that this was her first helicopter ride – and she remembers none of it! Not letting a little thing like a collapse and a coma hold her back however, she participated in that same event the following year, and then went on to complete five more ultras, including a barefoot 50K on the trail. In April of 2021, Kara completed 68 miles at the Maria's Spring Fling 24 Hour Run for Epilepsy in Powder Springs, GA, and instead of being airlifted off the course she was the overall winner. I am sure that Kara would agree that for every low point in one ultra event, there is always a high point in another!

## **100-MILER AWARD RECIPIENTS**



### **SERGIO BIANCHINI**

Sergio Bianchini started running at age 60 and completed his first 50 miler – as well as his first Vol State 500K Road Race - at the age of 74 in 2015. In July of 2021, he completed the Vol State 500K for the 6th time, finishing well within the time limit at the age of 80 without ever having trained for distance or run for more than ten miles at a time. His secret? We don't know. Actually, it's rumored that he is either a freak of nature or an alien from another galaxy. The only thing that could stop an unstoppable force of nature like this is major foot surgery, which Serge underwent in late 2021. This sidelined his ultra career for a bit, but we look for Serge to be back and badder than ever in 2023. Because a “Level 80” runner sounds more badass than “octogenarian,” not only was he presented with the 2021 Long Runner's 100-miler award at the banquet earlier this year, he was also presented with a special CTC “Extraordinary Level 80 Long Runner Award” for taking it up a notch and entering a new decade of running. For Serge, age is only a number.



### **TRUMAN SMITH**

Long-time CTC member Truman Smith epitomizes the adventure runner. He's all about the experience, and he's had quite a few. He'll probably tell you that his lowest point came around 4:00 in the morning on a cold winter day when he stumbled and fell towards the end of his first 100-miler. He contemplated the stars for a moment, and then hoisted himself up and slogged to a finish because out there, in the dark and in the cold, all by himself, there was just no other option! Truman has completed over 200 marathons during his running career, and in the process he's done a marathon in each of the 50 States, a marathon on each of the seven continents, four lifetime 100-milers and numerous ultramarathons of less than 100 miles. His versatility and determination to chase down a challenge won him the CTC Long Runner's “Grand Slam” award in 2016 and, to date, Truman is the only one who's achieved it. During the 2021 season he completed “A Race for the Ages” endurance run in Manchester, Tennessee, finishing 100-miles-PLUS-one... just because he could. Although Truman has made several jovial references in social media to what he perceives as his diminishing speed over the past couple of years, we can't see that he's slowing down at all. For Truman, there's always another adventure on the horizon.



**RICHARD WESTBROOK**

Coach Richard Westbrook’s lowest ultra-moment ever was trying to finish the 2018 Vol State 500K Road Race with a broken toe, and he broke it, incidentally, the day before the race started. Richard is not known as the CTC Vol State King of the Open Road for nothing, though, as a little thing like a broken toe was an annoying inconvenience, yes, but certainly not problematic enough to keep him from starting the race. When the going gets tough, the tough – as they say – get going. Whereas a lesser person might have looked at his broken digit, then at the 300+ miles lying before him and despaired, Coach Westbrook was comfortable in the knowledge that every journey begins with a single step and that the secret to success was to simply to keep moving forward. Given ten days to finish, Coach made it to the finish line at the top of the Rock on Sand Mountain with just four hours to spare, in nine days, 20 hours, three minutes, 54 seconds and a hugely swollen black and purple toe. This is not surprising, as his motto is “Run when you can, walk if you have to, crawl if you must, just never give up.” Richard completed his ninth career Vol State Finish in July of 2021, earning yet another CTC Long Runners100-miler award, and word has it that he is considering making it an even ten in 2023. Richard has completed several other ultramarathons during his long running career, most notably placing 4th overall in the 1992 Trans-America Footrace 2,912.4-miler. He is also an accomplished streak runner and currently ranks No. 5 on the United States Active Running Streak list after having run at least one mile every day for 48.69 years. Coach Westbrook adds: I start running at 11:55 p.m. every New Year's Eve and run into the New Year and complete at least one mile in the very beginning of the New Year. Wearing clothes is optional depending on the weather.

In wrapping up, the CTC would like to congratulate all of its Long Runners, who have each learned one important lesson...you never fail until you stop trying, and the moment when you want to quit is the moment when you need to keep pushing. May you run long and forever stay strong!

*Long Runner award nominations for 2022 can be submitted now. Visit the CTC website for details on requirements and how to nominate yourself or someone else for recognition.*

# THE CAM RUN AND MAGNUM MILE, 2022

Photos by Don Luzynski, TN Sports Pics







# Circle 60, New CTC Race Debuts in December

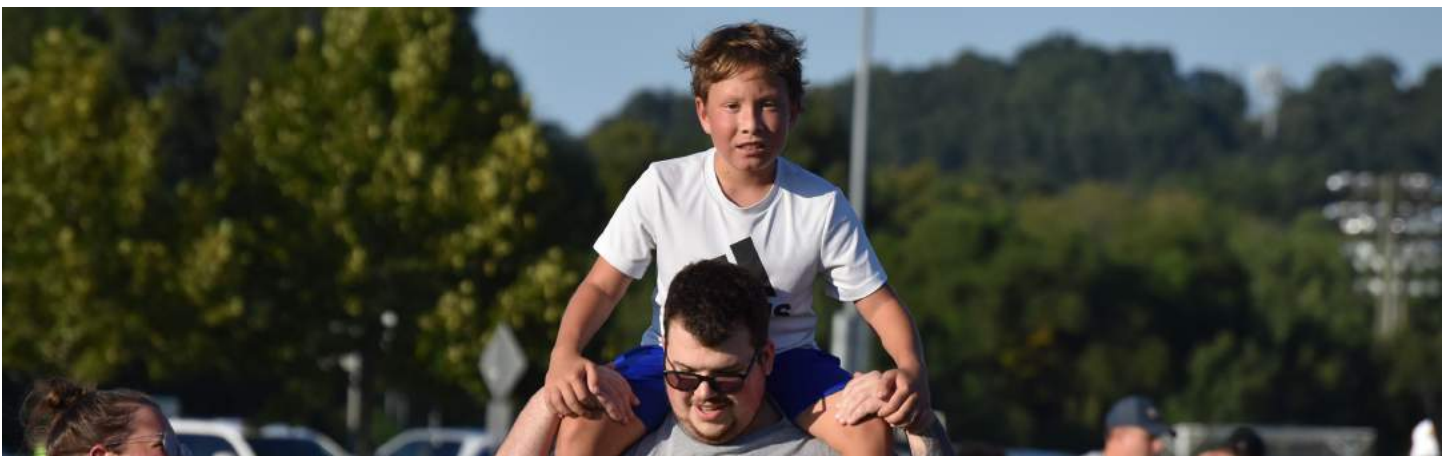


2022 has already seen two new races added to the CTC calendar, The Cam Run, an ongoing August race that, together with the Magnum Mile, brought Chattanooga Track Club onboard this year for timing and race-day management, and the all-new MAD Backyard Ultra, a sister-event to the Locomotion Endurance Run held at Camp Jordan. Now, the race directors for MAD Backyard Ultra and Locomotion will debut another, unique race with Circle 60 on December 3, 2022, at the Ringgold High School track. Parity Path, a Fort Oglethorpe-based shop selling fulfilling goods and need for others to obtain a total balance lifestyle of equality within themselves and reflective to their environment is hosting the event.

Circle 60 was inspired by the “50 Minutes for 50 Years” run event that kicked off the CTC’s race calendar in 2020, just before most of the races that year were cancelled by the Covid pandemic. The positive response for that race encouraged David Lane, Chattanooga Track Club Vice-president of Races, to give the format another try. Also encouraging was the organic growth of the Locomotion Ultra event. That low-key, low-frills race had its largest turnout this year aided, in part, by the addition of a 24-hour option to the 6-and12-hour races. Lane, in his first year as VP of Races, felt the track club had regained a solid enough footing after the disruptions of the last two years to “try new, unique races and see what interest is out there.”

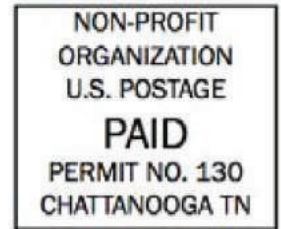
Circle 60 will be held at the Ringgold High School track, December 3, 2022. The race begins at eight o’clock that morning and, unlike a set-mileage event, this will feature a set time. The chip-timed race will be officially over when the air horn sounds 60 minutes after the start. Everyone will start at once with walkers and slower runners keeping to the two outside lanes and faster runners on the inside lanes. Each complete lap around the track will count as one-quarter mile and only completed laps will count when the air horn signals the end of the 60-minute race. Awards will be given for top overall and age-group finishers and all participants will receive a t-shirt. Part of the race proceeds will benefit Ringgold High School Athletic Department. Registration for the







Chattanooga Track Club  
 P.O. Box 11241  
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## CHANGE SERVICE REQUESTED



# RACE CALENDAR

Race dates are verified but might change.  
 Please visit [www.chattanoogatrackclub.org](http://www.chattanoogatrackclub.org)  
 for the latest information on races and events.


### LEGEND

-  CTC EVENT
-  JOE MCGINNESS RUNNER OF THE YEAR (JMROY)
-  VOLUNTEER POINTS ONLY

### OCTOBER

- 01 Moccasin Bend Fall Classic 
- 22 Signal Mountain Pie Run 

### NOVEMBER

- 12 Chickamauga Battlefield Marathon, Half, Jr. Marathan, 5k 
- 24 Sports Barn Turkey Trot 