

Get Out

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Little Debbie

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» 2014 event guide

- » COURSE MAPS
- » LOCAL ATTRACTIONS
- » VIEWING SPOTS
- » RACE SCHEDULE
- » ATHLETE PROFILES
- » AND MORE

SATURDAY, SEPTEMBER 27, 2014
GetOutChattanooga.com



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MCKEE FOODS!**

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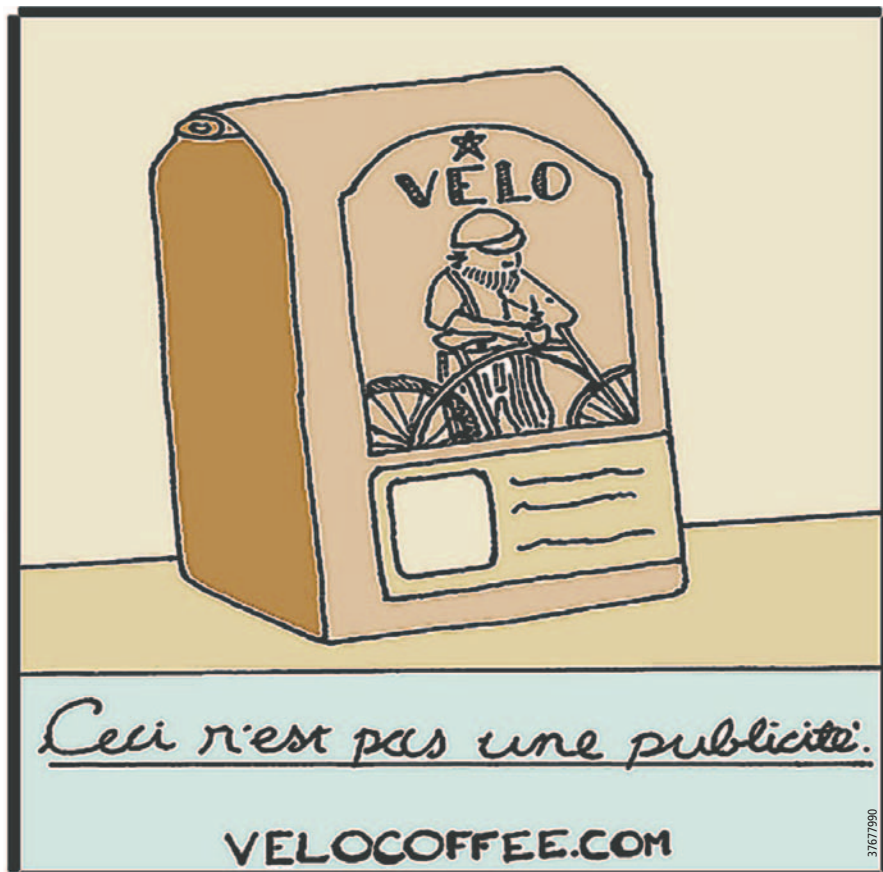


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GreenTrips, a program of the Chattanooga-Hamilton County Regional Planning Agency, is funded in part by the Congestion Mitigation and Air Quality Improvement Program.

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In my own words

BY STEPHEN RUFFIN

Some wonder: Why on earth would anyone want to race an Ironman? Local Stephen Ruffin can tell you exactly what led to his journey as an Ironman.

On May 27, 2012, my wife, tired of me being fat, and fed up with all her previous efforts to make me exercise, approached me and said, “I’m having a midlife crisis.” Those statements are generally followed with bad news and, in this case, I thought it was horrendous.

She told me she wanted to enter a half marathon that took place that November. I think my response of, “Good luck with that,” wasn’t what she wanted to hear, because she persisted. The trump card of “If you loved me you would do it with me” was used, and I had no choice at that point but to enter us both in a half marathon I didn’t want to run. It also involved a word from my past that I took aversion to — marathon. I believed nothing involving the word marathon could be good. We began our training June 1, 2012. How do I know the date so well? It was the day we both walked out the door to run and I hid behind bushes. I let my wife run past and then walked very leisurely and smugly back to the house, dabbled water on my face and did my best impression of appearing out of breath when my wife returned from her run. I was chest-deep over my eyeballs in



denial that I was fat and out of shape. I believed I looked and felt good and no one was going to make me do something I didn’t want to do. When my wife returned and asked where I ran, I lied and told her I ran a different route. This same scenario occurred the next day, and when she returned from “our” run, I received the stink eye and was questioned as to which route I was running. I lied and told her I ran the hills on the golf course.

Later that evening, I heard my wife on the phone with her sister. My wife’s sister was

helping to organize a 5k race that Saturday and we were now signed up to run.

My wife, after 20 years of marriage, realized to initiate change she would need to tap into my fiercely competitive side.

She had seen that side many times, but never in athletic competition. To her, it was worth a try — as everything else had failed.

You can imagine how the race transpired. My watershed moment occurred when a 5-year-old boy passed me, looking up as he passed and saying, “Run faster, mister.” Then, to add insult

to injury, he made choo-choo train noises as he motored on past me.

I finished the race and didn’t die, but as I watched the awards being given, something inside me changed. I was looking at all the fit people getting awards. I had once been fit. I had once been a fearsome competitor.

It dawned on me at that very moment: I was fat, out of shape and unhealthy. I had now moved past denial. All at once an anger at what I had allowed myself to become came to the surface. As we stood there, my family surrounding me, I made the announcement that I would be standing on the podium next year. I heard some chuckles.

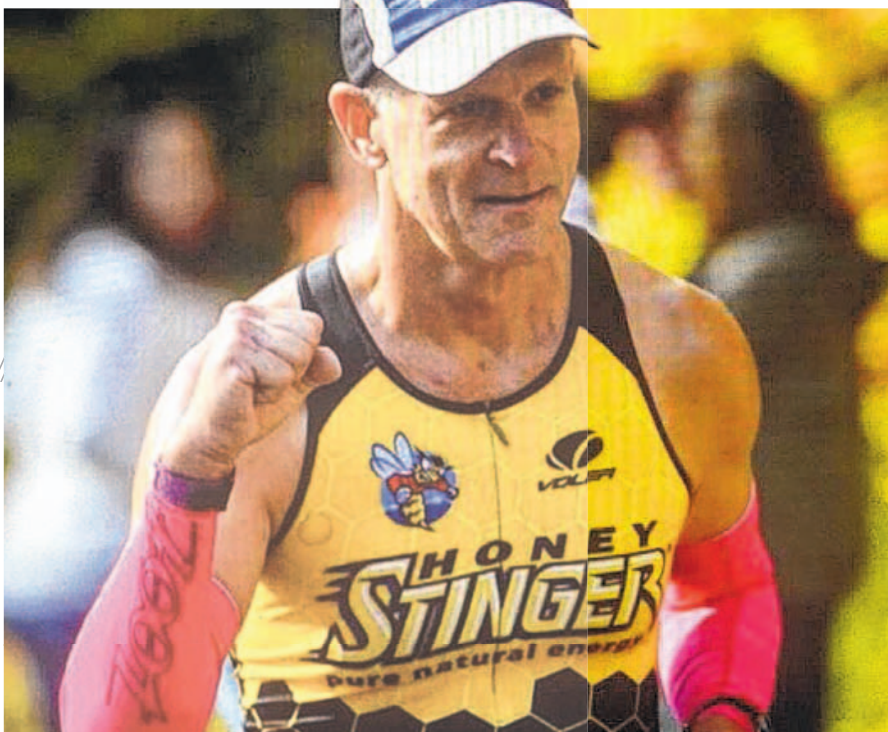
I worked hard and the next year I stood on that podium in that very same 5k, in second place. I became involved in triathlon that same year in September 2012. I discovered the joy of competing in three sports.

Triathlon is essentially a lifestyle. It is a choice.

I fell in love with the sport. In less than a year I lost 50 pounds, became a Boston Marathon qualifier, qualified for the USAT Age Group National Championships, became an Ironman and finished out 2013 as an All World Ironman athlete ranked 61st in the world in my age group.

I credit my wife and triathlon with saving my life and my health. I am healthy, athletic and feel so much better!

If you catch sight of Stephen racing this year’s Ironman Chattanooga, be sure to cheer him on!



TERMINOLOGY:

SPEAK LIKE A PRO

On race day, you might hear a lot of jargon being thrown around. Here are a few terms and definitions to help you get with the lingo:

Aerobars: A set of bars that attach to the main handlebars of a bicycle and allow you to ride in an aero position. It allows for more comfortable and aerodynamic racing.

Bento box: Bag attached to the top tube of a bike to store food and tools

Bonk: A drop in blood sugar that leads to fatigue and loss of energy, and usually hits at about Mile 20 of a marathon.

Catcher: A volunteer positioned at the finish line to "catch" the runners so they don't keel over after hours of continuous activity.

Drafting: Riding close behind another cyclist so that pedaling becomes less difficult because of blocked wind resistance. Illegal in most triathlons.

Fartlek: A random or variably paced style of running. It might mean sprinting at various intervals throughout the run.

Hammer: To pedal very hard

Kit: The full collection of cycling clothing, matching and worn together. It includes shorts, jersey, gloves, socks, vest, etc.

Marshalls: Several individuals on the course making sure the rules are being followed.

Sighting: When open-water swimmers lift their heads in order to see where they are going.

Stripper: A person who helps strip off a racer's wetsuit after the swim portion of the race.

Learn more at ironman.com.

GET OUT'S IRONMEN

Want to hear about more local Ironman competitors? Get Out Chattanooga magazine has followed five local Ironmen and women since their training began in January, publishing updates every month since then and making it easy to see what it's like to live like an Ironman.

Be sure to pick up the September issue of Get Out Chattanooga for the latest updates, free on stands all over the city, or visit getoutchattanooga.com.

Jason Greer initially decided to race in Ironman Chattanooga to raise funds for Emily's Power for a Cure and the Make-A-Wish Foundation of East Tennessee. His 17-year-old son Tristin was diagnosed with cancer four years ago, and Jason's been fighting the fight alongside him. On the way, he's built up his own endurance and ability to overcome obstacles.

Alexis Greer once told a friend that if Ironman ever came to Chattanooga, she'd sign up. She got her wish and dove headfirst into training. A newbie to the world of triathlon, Alexis quickly discovered she had a lot to learn. She pushed through and now anxiously awaits race day.

Scott Wilhoit is a veteran Ironman finisher, having already competed in multiple races in the past few years. This time, though, he gets to race on his own turf. He's been spending his time practicing on the course and mentoring fellow trainees from in and out of town.

Dana MacCorquodale has been in it to win it from Day 1 of training. She comes from a legacy of Ironman finishers — her mom raced in Kona — and it's Dana's biggest dream to earn a slot for the World Championships in Hawaii, too. Despite multiple injuries and a nasty cycling crash, Dana has kept up the intensity it takes to get on that podium. Will she make it?

Dan Henry signed up for Ironman Chattanooga with his wife as a tribute to her 30th birthday. An avid cyclist, Dan was intrigued to sign on for something he wasn't sure he could finish. He's already combatted multiple injuries along the way and is now wondering if he'll finish on Sept. 28.



Find out what happens to these five local competitors and get live race updates at facebook.com/GetOutChattanooga.

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Snapshot

triathlon
World Championships

CITY of PERTH

O'DONNELL
USA
K-SWISS
USAT
USA TRIATHLON

17

**TIMOTHY
O'DONNELL**
USA

TOP FINISHER
2013 IRONMAN WORLD
CHAMPIONSHIPS
KONA, HAWAII

8:22:25

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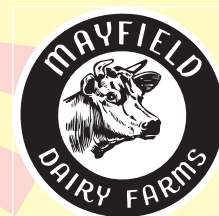


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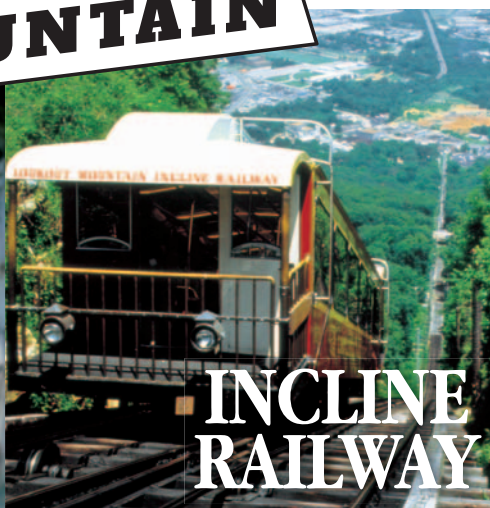
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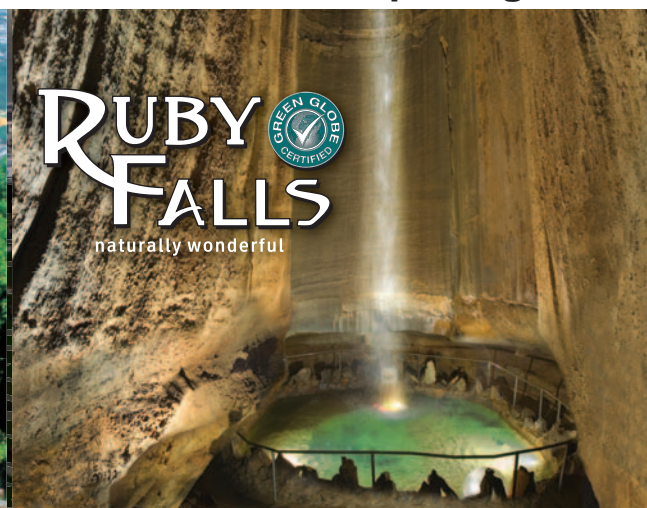
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CARFRAE**
AUSTRALIA

TOP FINISHER
2013 IRONMAN WORLD
CHAMPIONSHIPS
KONA, HAWAII

8:52:14



Fact Sheet

➔ Track your athlete

Ironman is a potentially 17-hour race. As it's nearly impossible to follow your favorite athlete for that extended amount of time, Ironman provides a way to track their progress from afar. Spectators can visit ironman.com and select the live coverage of the Chattanooga race. Then, click on "Athlete Tracker" and search by bib number or last name. Or, buy the IronMobile app for 99 cents. It's a smartphone-friendly program that allows users to save their favorite athletes and track their progress.

➔ Spectating Space

Spectators can watch the swim start at the Riverwalk park at Curtain Pole Road. Since there is no swim-start parking, a shuttle will be available to take athletes and spectators from Ross's Landing to the site.

Spectators can also be shuttled to Chickamauga to watch the cycling leg of the race, and the athletes can be viewed anywhere along the running course. Just be sure to wear comfortable shoes — you will likely have to park and walk.

Our tip: Get a look at the swimmers from a bird's eye view by standing on either the Walnut Street

or Veterans bridges over the Tennessee River. The athletes will be swimming right underneath before finishing the swim portion near Ross's Landing.

➔ Traffic Tips

The riverfront will be closed to traffic from Wednesday at 10 a.m. to Monday at 8 p.m. There will also be some lane closures on Amnicola Highway, the Veterans Bridge and Barton Avenue. Delays should also be expected in North Georgia along highways 193 and 341.

➔ Ironman Village

You may see that Ironman Village will be open and active every day during the race's Chattanooga festivities. The Village is a hub of booths showcasing official Ironman merchandise, exhibitors, shops and other services and products. Be sure to check it out while your loved one is sweating it out on the course.

➔ Getting to Kona

A total of 50 slots for various age groups are open for the 2015 Ironman World Championship on the "Big Island" of Hawaii in Kailua-Kona. How many slots are allocated to each age group will be determined on race day based on how many official starters are in each group. Athletes who qualify to go to Kona must be present at the World Championship Slot Allocation and Rolldown Ceremony Monday, Sept. 29 at 11 a.m. to claim it.



FIND OUT MORE AT IRONMAN.COM/CHATTANOOGA

➔ Register for Ironman 2015

Registering for next year's Ironman is no easy task. The 3,000 slots for Ironman Chattanooga 2014 sold out in a matter of minutes, and next year's event already looks just as full.

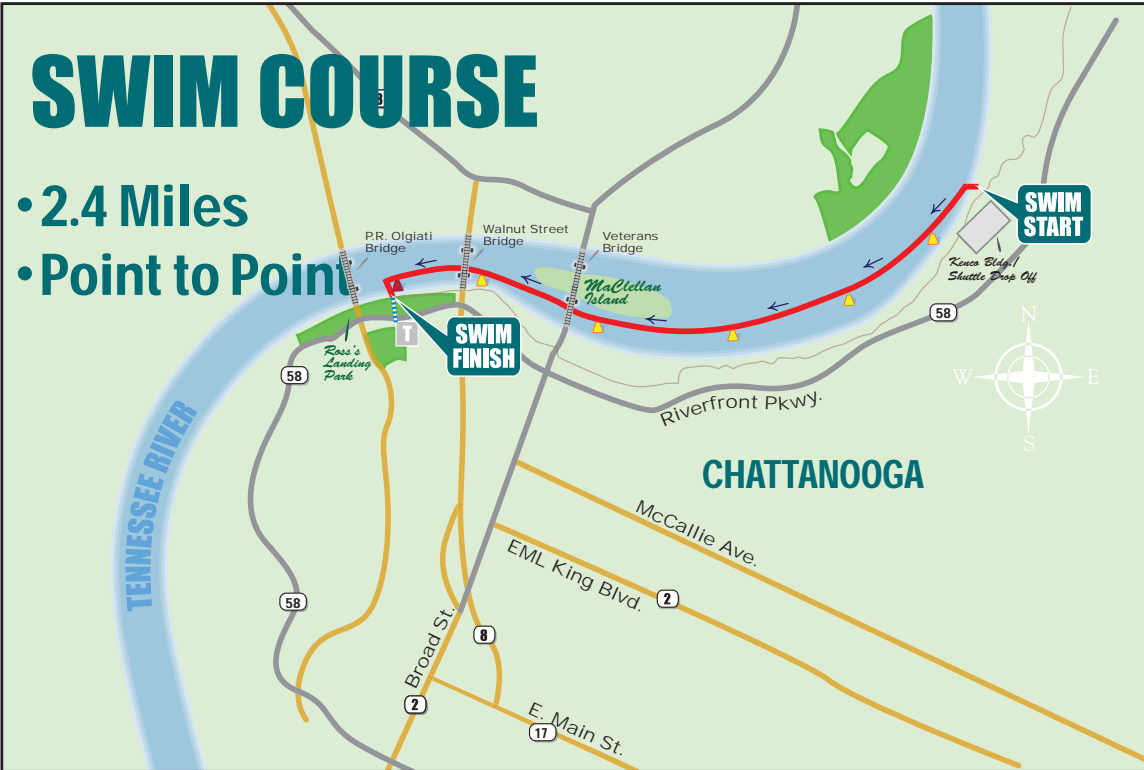
Athletes of Ironman Chattanooga 2014 had priority on-site registration for 2015 on Thursday, Sept. 25 and Friday, Sept. 26 at Ross's Landing. Volunteers of Ironman Chattanooga 2014 get next priority, on Monday, Sept. 29 from 8 a.m. to 10 p.m. at Ross's Landing. After that, the public can register on-site, and online registration should go live later that week.

If you are an Ironman Chattanooga hopeful and want a better chance at being able to race in 2015, find a way to get involved by volunteering. Volunteers get priority registration over the general public. If there's not a spot for you this year, sign up early to volunteer next year so you can hopefully race in 2016.

After all, extra time just means extra training.

SWIM COURSE

- 2.4 Miles
- Point to Point



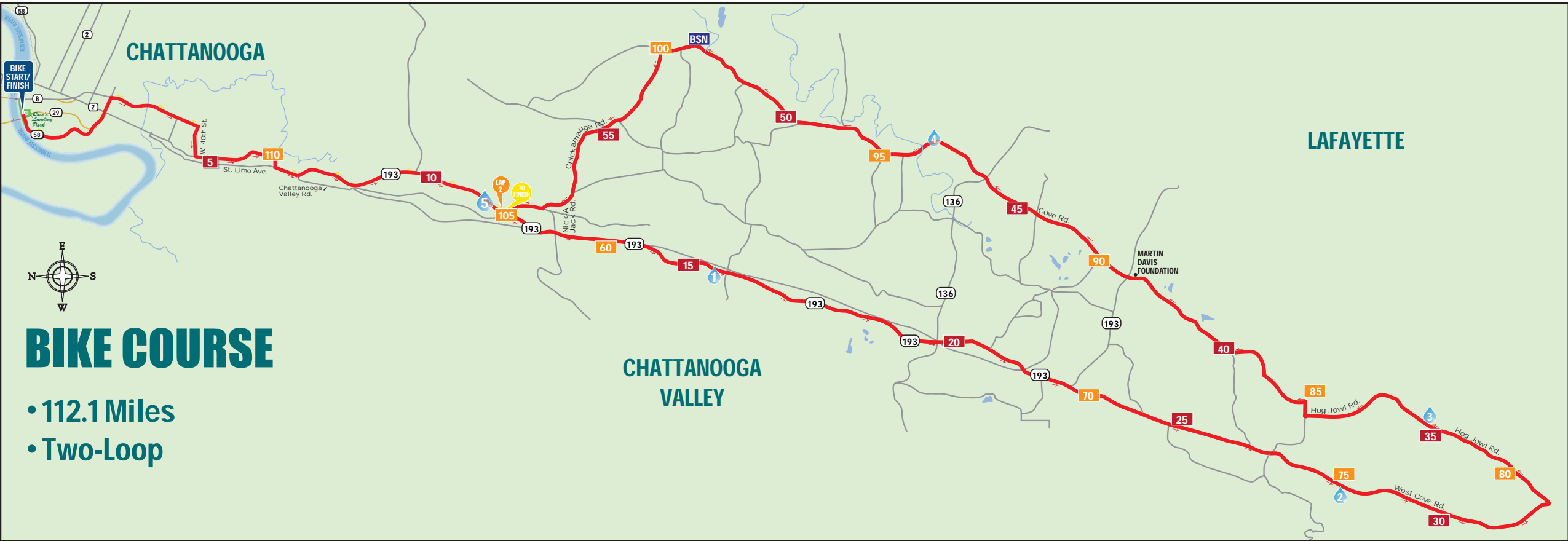
RUN COURSE

- 26.2 Miles
- 2.25-Loop



BIKE COURSE

- 112.1 Miles
- Two-Loop



Schedule of Events

Pre-Race

Saturday, Sept. 27
at Ross's Landing from 9 a.m. to 5 p.m.

- Ironkids Chattanooga Fun Run at 9 a.m., with registration starting at 8 a.m.
- Official Ironman Store from 9 a.m. to 5 p.m.
- Ironman Village from 9 a.m. to 5 p.m.
- Ironman Bike Store and Tech Service Center
- VIP check-in from 9 a.m. to 5 p.m.
- Mandatory athlete bike and gear check-in from 10 a.m. to 3 p.m.
- Practice swim from 1-3 p.m.

Race Day

Sunday, Sept. 28
at Ross's Landing from 7:30 a.m. to midnight

- Transition area open/body marking
- Pro start at 7:30 a.m.
- Age group swim start at 7:40 a.m.
- Ironman Village from 9 a.m. to 5 p.m.
- Race Information Booth/Lost & Found from 9 a.m. to 5 p.m.
- Official Ironman Store from 9 a.m. to 10:30 p.m.
- Mandatory bike and gear check-out from 6:15 p.m. to midnight
- Finisher party from 10 p.m. to midnight
- Race officially ends at midnight

Monday, Sept. 29
at Ross's Landing from 8:30 a.m. to 11 a.m.

- Athlete Celebration Day from 8-10 a.m.
- Award ceremony at 9:30 a.m.
- 2015 Ironman World Championship slot allocation at 11 a.m.
- Volunteer Appreciation Party from 5:30-7:30 p.m. at the Chattanooga Convention Center

View complete schedule at ironman.com.



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Your car doesn't run well when it's low on fuel, and neither do you. Fortunately, Chattanooga is a foodie destination filled with delicious eateries for every taste. Check out our Scenic City restaurant picks to have your body working like a well oiled (and well fed) Ironman machine.

BY MARY BETH TORGERSO

➔ Breakfast

Bluegrass Grill

423-752-4020

55 E Main St Chattanooga, TN 37408

Genre: Breakfast/Brunch

Cost: \$

Good to know: The deliciousness of this place is no longer a secret, so get there early or prepare to wait

Family owned and operated Bluegrass Grill is a Chattanooga favorite for a home cooked breakfast or light lunch. If you're in the mood for breakfast, try the Spanakopita omelet, a combination of fresh spinach, feta, mozzarella and Greek spices, or the Tofu Hash with scrambled tofu, onions, peppers, tomatoes, spinach and mushrooms. If you're looking for lunch, check the board to the right of the cash register for daily specials or try an old favorite like the Pesto Pizza with basil, garlic spread on pita bread, topped with fresh tomatoes and mozzarella.

Tupelo Honey Café

423-779-0400

1110 Market Street Chattanooga, TN 37402

Genre: Southern comfort food with a twist

Cost: \$

Good to know: Great outdoor seating; Parking validation for up to two hours

Tupelo Honey Café offers Southern cuisine in a modern location at downtown Chattanooga's Warehouse Row, a destination shopping center featuring local boutiques, restaurants and businesses. After you work up an appetite shopping, head into Tupelo Honey for their beloved breakfast (a little late since they open at 11 a.m. Monday through Friday and 9 a.m. on Saturday and Sunday) with options like sweet potato pancakes topped with whipped peach butter and spiced pecans or the Fried Egg BLT with two

fresh eggs prepared over hard, two strips of maple peppered bacon, lettuce, tomato and smoked jalapeno aioli on sourdough wheat. If you get a coveted spot on the patio, you may want to sit and stay a while—don't worry, Tupelo also has delicious lunch options if you end up staying until you're hungry again.

➔ Lunch

Cashew

423-355-5486

149 River St Chattanooga, TN 37405

Genre: Vegan

Cost: \$

Good to know: Free Wi-Fi; Outdoor seating Although Cashew's dishes include no meat or dairy, they're definitely not low on flavor! The vegan café specializes in plant-based, nutrient rich foods that have very little oil. Plus, many of the ingredients are locally sourced to give you the best, freshest tasting veggies around. Start with a cup of the Veggie Chili served with a side of Niedlov's (a local bakery) sourdough followed by a Loaded Baked Sweet Potato or a Portobello Hoagie with roasted Portobello mushrooms, red peppers, baby greens and cream sauce served on a Niedlov's wheat hoagie. Plus, Cashew offers a healthy kids menu with options like Mac 'n No Cheese with Peas or an AB&B (almond butter and banana served on Niedlov's sourdough).

Urban Stack

423-475-5350

12 W 13th St Chattanooga, TN 37402

Genre: Burgers

Cost: \$\$\$

Good to know: Known for their cocktail combinations; open late until 10 p.m.

Urban Stack, an upscale burger and bourbon bar, is THE place to go for a tasty burger

in Chattanooga. Take a bite out of the Hamburguesa Mamacita with crumbled chorizo, pickled red onion, avocado, pickled jalapeño, tomato, lettuce, chipotle aioli and Fiesta Cheese, or The Italian with fried salami and capicola, hot peppers, lettuce, tomato, onion, vinegar mayo, provolone and oregano. There are also vegetarian and vegan options available like the Southwestern Veggie, a homemade spicy veggie patty with balsamic onion, tomato, lettuce, mango mayo and Fiesta cheese, or the Vegan on Shrooms with a homemade vegan mushroom patty, roasted red pepper, tomato, lettuce, balsamic onions and vegan garlic mayo. Whichever you choose, be sure to wash it down with one of their specialty drinks like a Kentucky Mint Julep or the famous Bacon Manhattan, with Benton's Bacon-infused bourbon, maple syrup, mole bitters and coffee bean.

→ Snack

SouthernSqueeze

423-805-4440
1210 Tremont St. Chattanooga, Tennessee 37405
Genre: Raw food and juice bar
Cost: \$

Good to know: Free Wi-Fi
Southern Squeeze is an organic, cold-pressed juice bar that is relatively new to the Chattanooga foodie scene, but has already become a local staple. If you need an afternoon (or anytime, really) pick-me-up, try the Tennessee Heat with carrot, orange, lemon and cayenne, or the Wild Greens with cucumber, celery, zucchini, kale and lemon. Southern Squeeze also offers smoothies, essential oil shots and a chia seed pudding of the day.

→ Dinner

The Terminal Brewhouse

423-752-8090
6 E. 14th St. Chattanooga, TN 37408
Genre: Pub Food, Burgers, Pizza
Cost: \$\$
Good to know: Terminal is a craft brewery, so don't leave without trying one of their seasonal beers
The Terminal Brewhouse, located in a renovated 1900s hotel next to the Chattanooga Choo Choo, has a mantra of serving only the best local ingredients in the most eco-friendly way possible. But the most important part? Terminal wants every dish and craft brew to be delicious—and don't worry, they don't disappoint. Start off with an order of the Festo (Feta Basil Olive Oil Spread) slathered on fresh bread from around the corner and baked to gooey perfection, or the Harvest Soup, a partnership with local farms to take

local, seasonal ingredients and craft a soup. For your main course, nosh on the West by God with grilled steak and French fries over house greens, candied pecans, tomatoes, onions and bleu cheese crumbles, or the The Fru Fru, an 8-ounce grilled chicken breast kissed with copper ale topped with thinly sliced seasonal apples, bacon and brie on a Kaiser bun with lettuce, tomato and onion.

Root Kitchen and Wine Bar

423-648-9160
313 Manufacturers Road
Chattanooga, Tennessee 37405
Genre: New American, Southern
Cost: \$\$\$
Good to know: Extensive wine list
Root Kitchen and Wine Bar recently opened its doors in Chattanooga at 2 North Shore, a local shopping hub featuring everything from boutique clothing to an all-natural pet market to a Rock/Creek outfitters—a great stop if you left any of your gear at home. Choose a glass of wine at Root before enjoying the Pickets Farm Trout, grilled brook trout and green lentil salad with whole grain mustard and bacon vinaigrette, and lentil slaw, or the Tomahawk Pork Chop, a pork loin chop over a hoppin' John griddle cake served with sofrito and wilted local greens. If you have time to circle back around to Root during your stay in Chattanooga, they also offer separate (but just as yummy) brunch and lunch menus.

Tony's Pasta Shop & Trattoria

423-265-5033
210 High St. Chattanooga, TN 37403
Genre: Italian
Cost: \$\$
Good to know: Free Wi-Fi and beautiful, but limited, rooftop seating
If you're looking to carb load before the race, look no further than Tony's Pasta Shop & Trattoria. This reasonably priced eatery offers Italian fare for the entire family—plus an entire gluten-free menu upon request. Try the Eggplant Parmesan with baked layers of breaded eggplant, marinara sauce and provolone cheese, served with a side of spaghetti and marinara sauce or the Low Country Linguine with sautéed crawfish and mushrooms in creamy Cajun alfredo sauce, tossed with house-made black pepper linguine. If pasta isn't what you're after, the Pecan Crusted Tilapia, a tilapia filet basted in garlic butter and rolled in southern pecans, served with roasted red potatoes and asparagus, is also a favorite. Bonus—Pop over to Tony's next-door neighbor, Rembrandt's Coffee House, after dinner for a latté and a hand-crafted dessert created by Bluff View Art District's own chocolatier.

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Around TOWN

BY JENNIFER BARDONER

Got a few hours to kill between races? Never been to the Scenic City and want to spend a day taking in some of what it has to offer?

Chattanooga's been ranked the second Most Exciting City in Tennessee and No. 1 on "10 Cities You Will Absolutely Love (and Your Budget Will Appreciate, Too)." *Outdoor Magazine* named Chattanooga the "Best Town Ever," and we agree. Here are just some of the things that make it so. To top it all off, they're all within walking distance from the downtown race grounds, or just a short ride away on the free Electric Shuttle. Or, you could grab a bike from one of the public bike racks and have your own Ironman competition.



FAMILY-FRIENDLY

Chattanooga Choo Choo

1400 MARKET ST., 423-266-5000

This iconic Chattanooga landmark offers a chance to step back in time. The turn-of-the-century building's design came from a contest held at one of the greatest schools of art, the Beaux Arts Institute in Paris, for the architectural design of a railroad station suitable for the needs of a large city. The winner, Don Barber of New York City, later submitted the winning entry when he found out Southern Railway System had decided to build a new passenger terminal in Chattanooga. To this day, the grand station's magnificent dome is claimed to be the largest unsupported brick arch in the world. See what inspired Glenn Miller, stop in the many gift shops, take a load off in one of the on-site restaurants or aboard the trolley that tours the grounds, or just stroll through the gardens as you give your best rendition of "Chattanooga Choo Choo."



Tennessee Aquarium

1 BROAD ST., 800-262-0695

Your self-guided tour will take you past 12,000 animals including fish, reptiles, amphibians, invertebrates, birds, penguins, butterflies and more. Education is a big component — you can get a true feel for stingrays, help release newly emerged butterflies into a tropical habitat, or get your questions answered by scuba divers ... surrounded by sharks and sea turtles. Be sure to check out the river otter exhibit, recently expanded to bring you face-to-face with even more of the frisky favorites.

If you've got more time, get a combo ticket for the Aquarium, IMAX and River Gorge Explorer. It'll provide real bang for your buck in more ways than one. The IMAX's towering high-definition 3-D screen brings faraway environments to life — and to you. And the two-hour Explorer tour takes passengers through "the Grand Canyon of the South" as an Aquarium naturalist brings local history to life while helping you spot wildlife.



If you've got your own transportation, the **Chattanooga Zoo** at Warner Park is another great place to get up close and personal with animals. In addition to many of the animals you might expect, there are sure to be some you don't, like the naked mole rat. You can even ride a camel! Surrounding the facility is a great outdoor area for kids to run and play.

For more Chattanooga attractions and help planning your visit, check out

www.chattanoogaafun.com

Creative Discovery Museum

321 CHESTNUT ST., 423-756-2738

This top-rated children's museum offers kids of all ages a chance to make simple snacks using fresh ingredients from the museum's rooftop garden, learn basic woodworking and sewing, take over the on-site recording studio, unearth buried wonders, and much more. In addition to those permanent exhibits, kids



can "Play! Build! Climb!" in the rotating exhibit on display. There is an on-site café if you need more fuel for play, or a host of restaurants sure to be popular with every member of the family located within a block's radius.

Chattanooga Ducks

503 MARKET ST., 423-756-DUCK (3825)

Tour the city in unique style by hopping aboard this authentic renovated World War II amphibious landing vehicle. You'll not only get to take in the sites, but also be treated to interesting stories and bits of history. You'll even get to traverse the same waters that will test the endurance of all those Ironman contenders — and actually be able to slow down and enjoy the unique view of downtown sites it provides. Tours last 1 to 1.5 hours and run every day of the week.



CULTURAL

Hunter Museum of American Art

10 BLUFF VIEW AVE., 423-267-0968

The only thing that beats the view from the 80-foot bluff the museum is perched on, is the art inside. The permanent collection focuses on art — paintings, sculpture, photography, mixed media, furniture and contemporary studio glass — from the Colonial period to the present day. See works by Andy Warhol, Robert Henri, Thomas Cole, Winslow Homer, Mary Cassatt, Thomas Hart Benton, Helen Frankenthaler and more. The current special exhibit, “The Hunter Invitational,” looks deeply at some of the most significant artwork being created in this region. And what’s more, the museum is partly housed in a classic revival mansion built in 1904 and at one time owned by one of the founders of the world’s first Coca-Cola bottling company. The fireplaces, hardwood floors, wall moldings and hand-carved woodwork are all original, as are sconces and fixtures over the Grand Staircase.

Bluff View Art District

411 E. 2ND ST., 423-265-5033

The art district that surrounds the museum is packed with even more culture. From the public art that surrounds the museum and the paths leading to it, to the River Gallery Sculpture Garden that sits at the end of the street that curves in front of the Hunter, there is much more to see and do. You can even play a game of bocce ball on a vined terrace overlooking the river.

The Houston Museum of Decorative Art, just in front of the Hunter, contains what is considered one of the world’s finest collections of antique glass, furniture and much more. If you don’t have time for a guided tour of the rarest of pieces in Anna Safley Houston’s collection, the gift shop is open to the general public, offering a chance to take home an exquisite souvenir in a similar style. Make it a day and grab lunch at one of the several restaurants, or just a quick cup of coffee and a snack at Rembrandt’s. Want to take your day even farther? You can hop on the Riverwalk just beyond the sculpture garden.



ACTIVE

High Point Climbing and Fitness

219 BROAD ST., 423-602-ROCK (7625)

This unique climbing facility offers wall-to-wall options. Literally. There are 28,000 square feet of climbing space — both inside and outside. Take on the outdoor climbing wall for an unparalleled view of the city skyline. Regardless of which route you choose, you’ll be attached to a belay system for peace of mind. It may just help you reach greater heights than you ever have before. All the gear you need can be rented on-site, or you can bring your own. If you really want to get into the sport, there are various climbing classes throughout the week.

Want to squeeze in another workout before the race? There is a variety of cross-training equipment as well as yoga classes. You can drop in or get a membership to take advantage of all High Point has to offer.

Tennessee Riverwalk

4301 AMNICOLA HWY. (RIVERPARK)

This 10-mile-long paved path offers a chance to pound the pavement or leisurely stroll or bike to the perfect picnic spot. Art pieces are scattered along the way, making the route even more scenic as it winds along the riverbank. If you’ve got the gear, there are several popular fishing spots and boat put-ins along the way. The Riverpark, just down from the terminus at Chickamauga Dam, offers grills and restroom facilities. The other end is at Ross’s Landing, making the Riverwalk the perfect getaway — or vantage point route. And the Passage steps that lead down from the Aquarium and connect to the Riverwalk, offer a truly Chattanooga way to cool off if need be. The Passage marks the beginning of the Trail of Tears which forced the removal of the Cherokee tribes from Ross’s Landing to Oklahoma. The walls are adorned with symbols of the seven clans of the Cherokee Nation, a “weeping wall” and ceramic disks that tell the story of the Cherokee Nation.



NORTH SHORE

If your idea of relaxing is a day of shopping, be sure to head over to Frazier Avenue. Whether you’re looking for the perfect gift or local keepsake from your adventures, a head-turning outfit to hit the town in, even some gourmet infused olive oil, you’ll find it on the North Shore. A slew of homegrown restaurants freckles Frazier and the surrounding area. Grab something to-go and make the short walk to Coolidge or Renaissance parks. At Coolidge, kids can splash in the fountains, take a ride on a locally restored antique carousel or wear themselves out in the grass. If you’ve got four-legged family members, you can all play together at Renaissance, which offers some of the best cardboard box sledding hills around.

LOOKOUT MOUNTAIN

While you’ll need a car to get there, it’s worth the trip. The elegant homes and Point Park offer a glimpse into life at the time of the Civil War, and Rock City and Ruby Falls are some of Chattanooga’s top-ranked tourist attractions. You can “see seven states” or travel underground to see the 145-foot high waterfall that has intrigued visitors for decades. Another top attraction — as in “treetops” — is the Ruby Falls ZIPstream Aerial Adventure obstacle course, open only on the weekends.

Rock City

1400 PATTEN ROAD, LOOKOUT MOUNTAIN, GA.
706-820-2531

Ruby Falls

1720 SOUTH SCENIC HIGHWAY, 423-821-2544

Ruby Falls ZIPstream Aerial Adventure

1710 S. SCENIC HIGHWAY
423-821-2544

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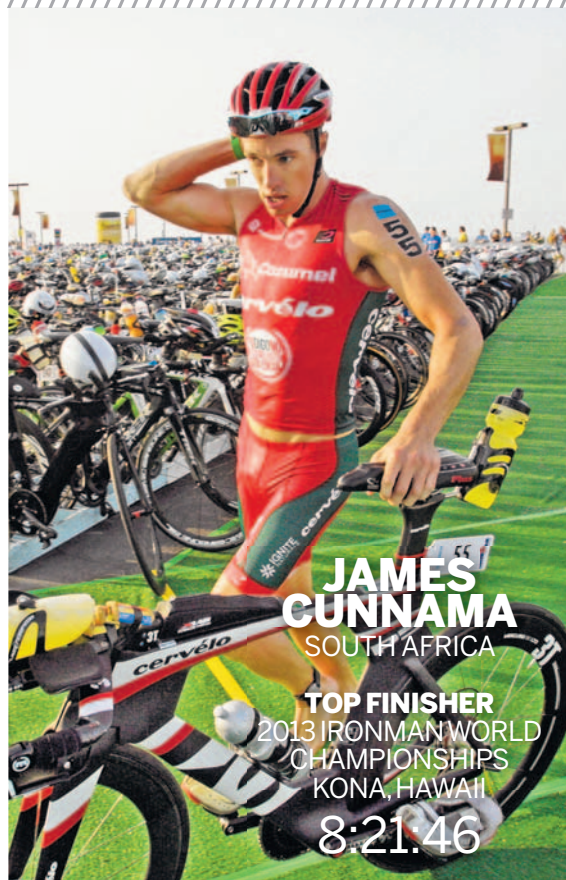
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IRONMAN BY THE NUMBERS

BY JIM TANNER | SOURCES: TRIATHLON.COM, IRONMAN.COM, RUNTRI.COM

Mid-70s

Expected water temperature in the Tennessee River for the swim portion of Ironman Chattanooga.

20

Average number of hours per week Ironman Chattanooga athletes have trained to prepare for the race.

260,000

Number of cups on the course at the 2012 New York Ironman for athlete hydration. Chattanooga should have a similar number.

453

Tennesseans registered to compete in Ironman Chattanooga.

18

Minimum age to compete in Ironman Chattanooga.

12:15 a.m.

Cut-off time to finish as an official finisher of the race. Depending on the staggered start times of age groups, this will allow racers between 15 hours and 55 minutes and 16 hours, 25 minutes to complete the 144.6 mile course.



12 hours, 35 minutes

Average finish time for an Ironman triathlon, according to an analysis of 41,000 finishers by runtri.com. The average finish for the professional men is 9:20, while the pro women finished in 10:21 on average.

40,000-50,000

Approximate number of steps to complete the 26.2 mile run portion.

\$650

Cost of the entry fee to compete in Ironman Chattanooga.

14

Age group categories for men and women in the race, ranging from 18-24 up to 85-89. There are entrants for 10 women's age groups and 12 men's age groups at Ironman Chattanooga, plus two entered in the physically challenged group.

4

Extra miles added to the bike segment of Ironman Chattanooga to accommodate traffic needs in Walker County. This added distance makes Chattanooga one of the longest Ironman triathlons in the world at 144.6 miles.

50

Number of qualifying age group spots available at Ironman Chattanooga for the 2015 Ironman World Championship in Kona, Hawaii. At least one qualifying spot will be allocated to each male and female age group, with the number for each age group determined by the number of starters in each age group.



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3-25
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IT'S A REAL MOTHER.**



RiverRocks Adventure Sports Games attracts athletes from around the world to Chattanooga, TN. See them compete for medals in bouldering, kayaking, open water swimming, mountain biking and trail running every weekend in October. Event details at RVRROX.COM.

Don't miss the **RRCA National Ultra Championship 50K and 11K Stump Jump and Trail Run**, Sat., Oct. 4.

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