

TRAC Newsletter



11th ANNUAL MILLENNIUM RUN

VOLUME 7, ISSUE 10
DECEMBER 2009



DECEMBER 31, 2009

11:52 P.M.

5-K RACE & 1-Mile Fun Run/Walk

First Baptist Church Killen, AL

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P.O. Box 1019
Florence, AL 35631

A Word from Frank

2009 has been another exciting year for TRAC! While our total membership took a small dip, race participation has been up consistently throughout the year. Hopefully, we will see this trend continue in 2010. As your outgoing President, I want to say how much I appreciate everything you have done to make our club the great organization that it is. Whether you are an officer or board member, a race director, a race day volunteer, a race participant, or a cheering supporter, you have had an integral role in making TRAC what it is today.

As we move toward 2010, we are looking forward to a forward to continued growth and a renewed emphasis on the excellence that is TRAC. There is much still to be accomplished in our club and our new leadership will charge ahead to make our club the best that it can be. The Board of Directors has nominated the following slate of nominees for the coming year. (Please keep in mind that any member in good standing is entitled to submit additional nominations as well. You can submit your nominations at the annual Awards Banquet on January 23.)

- | | | |
|---------------------|----------------|----------------|
| Board of Directors: | John Aikin | Brad Pounders |
| | Jim Beavers | Joe Quillen |
| | Linda Brewer | Frank Spires |
| | Gary House | |
| Officers: | President | Joe Quillen |
| | Vice-President | Linda Brewer |
| | Secretary | Sandy Lynch |
| | Treasurer | LaDonna Gamble |



RUNNER PROFILES WANTED!

Our members want to know more about you!

Do you read the runner profile every month? Do you enjoy getting to know your fellow runners better? Well, we would like to know more about you! We are looking for runners who are willing to be featured in the monthly newsletter. Get involved & get in touch with us today!

If you're willing to be profiled in a future TRAC newsletter, please send us an email at trac@hiwaay.net.

We look forward to hearing from you & getting to know you better!!

Volunteers Needed

We depend on volunteers to make races happen, and we certainly couldn't do it without them. Linda Brewer is our Volunteer Coordinator. If you can help at any of our races, please contact Linda at (256) 627-4217 or by email at lindabrewer209@comcast.net.

Please thank Linda and the volunteers anytime you have a chance!

*** Remember that if you are competing in the **Grand Prix**, you must volunteer to work **two** races to be eligible for an award.



2009 Grand Prix Final Standings

The list shows the top eight finishes for each runner per Grand Prix rules. For more Grand Prix information, please visit the website: www.shoalstrac.com/ and click on the Grand Prix tab at the top of the page!

Overall Male

White	Heath
Allen	Todd
Ryan	Tanner

Overall Female

Lynch	Sandy
Novak	April
Ryan	Jennifer

Male 50+

Aikin	John
Hallmark	Keith
Hardy	Charles
Stine	Tommy

Female 50+

Harbin	Joy
Woods	Jan
Burcham	Sue
Brewer	Linda
Ricter	Dot

Male 40-49

Talley	Gary
Wilson	Auburn

Female 40-49

Schafer	Lisa
Wilson	Debbie

Male 39 & Under

Collum	Adam
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Female 39 & Under

Collum	Tanya
Buckner	Jennifer

Grand Prix Banquet

When: Saturday, January 23, 2010

Where: First United Methodist Church Tuscumbia

Cost: Free to TRAC members and immediate family. For pricing on Non-TRAC members and other guests, please contact us at (256)760-9502

- ~ Catering by Ricatoni's
- ~ RSVP deadline is Friday, January 15th. Please RSVP to trac@hiwaay.net or 760-9502
- ~ Full details to follow in January newsletter.

The Tennessee River Athletic Club would like to wish you and your family a safe and happy holiday season!



December Birthdays

- 1 Deborah Rivas
- 3 Jim Fiscus
Zeno Haselden
- 4 Macy Bowling
- 6 Emily Anerton
Auburn Wilson
- 7 Stefanie Montgomery
- 8 BJ Baskin
- 9 Austin Stansky
- 10 Kevin Girsch
Jeff Methvin
Cheryl Self
- 11 David Bowling
Taryn Burgess
Emma Hurren
- 12 Floyd Odenwelder
Frank Spires
- 15 Stacy Blackwelder
Austin French
Brad Lynch
- 16 Emmie Beth Word
Charlie Worley
- 17 Meredith Hamner
- 18 Michael Broder
Caroline Worley
- 19 Ricky Bryan
- 20 Molly Ridgeway
- 23 Agustin Rivas
- 26 John NeSmith
- 28 Tanner Ryan
Kelly Young
- 31 Carl Paetow
Kenny Paetow

D.B.R. Shirts Still Available!



Tech shirts are \$15 and cotton are \$5. Please contact Todd Allen at 627-0658 if you are interested.



I would like to personally invite everyone to come and run the 3rd Annual Run 2 Calvary 2 Mile Run/Walk on January 30th in Tuscumbia. The race starts at Calvary Baptist Church in Tuscumbia. All runners receives a color long sleeve t-shirt. The race has been chosen this year as the Alabama RRCA 2 Mile State Championship. We are trying to break 400 runners. The course is very flat, fast, and certified. The race is put on by the Calvary Baptist Youth Group and the money goes to help with their annual summer mission trip. Please pre-register if you can where I will know how many people to expect and to be guaranteed the right size shirt. For more information contact Josh Aycock at (256) 415-1326 or runnerdude413@aol.com.



Thanks,
Josh "The Mayor" Aycock



www.ShoalsTRAC.com