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UPCOMING RACES

May 22, 2010

8:00 am

Woodall Dash
5K & 1 Mile
Dixie Youth Baseball Complex
Iuka, MS

May 29, 2010

8:00 am

Heritage Hustle 5K
Downtown Square
Lawrenceburg, TN

June 5, 2010

8:00am

Butterfly 5K Run/Walk
City Park
Waynesboro, TN

June 12, 2010

8:00am

Pickwick Dam
5K Challenge
Pickwick Dam, TN

Q Tips

Shirt Update. They have arrived. Some of you have seen (and many are wearing) the new Sugoi TRAC shirts. We've had very favorable comments. As you may recall, there are two options: a uni-sex with black and green colors, and a fitted female style with pink and black colors. We only have a few left of the original order. If you would like to buy one let us know as soon as possible. We will probably be placing another order soon. Please fill out an order form so we'll know what sizes to requisition. Sugoi requires a minimum order purchase, so, we'll need an interest from several of you.

Racing season is in full swing.

Despite rainy weather, Swampers was a huge success again this year. Josh Aycock always does a great job directing. Note: a past Swampers race shirt was chosen as the RRCA National T-Shirt of the Year. See page 2 for picture and details.

TRAC rented equipment to the Russellville Relay For Life run/walk. Brad Pounders took our equipment and helped time the race...thanks, Brad.

Several TRAC members ran the Corinth Coke Classic this year, many of whom were wearing our new TRAC shirts. Kenneth Williams said that this years participant numbers make the Classic the biggest 10K race in Mississippi. This was the first year for the Classic to be a TRAC Grand Prix race. TRAC rented clocks for the race. Frank Spires took the clocks over and helped with the race.

The Jeff Drogo Run for Kids was held under cool, clear weather conditions. They enjoyed a good turn out, and of course, the money raised goes to a great cause. Wow, what a finish, Heath White and Tanner Ryan ran neck and neck to the tape, with Heath winning by a millisecond. TRAC managed the finish line, race timing, and finishing results. Lori-Anna Lovelace was the female winner. Congratulations!

Safety With the onset of hot weather: clothes made from moisture wicking material is preferable apparel. Sun screen will help keep you from painful burns, as well as, reducing your chance of developing skin cancers. Many of us forget lip balm sun protection, but lips are vulnerable areas. Proper sun glasses help with reducing eye problems later in life. Limit your training during the hottest part of the day. And, hydrate, hydrate, hydrate!!!

Volunteers. Thank you if you've volunteered recently. We need a strong volunteer base at every race, so, we encourage you to help when you can. If at all possible, contact Linda Brewer before a race so we can preplan.

TRAC Sign Up. If you haven't already, be sure and renew your TRAC membership. TRACsters are still accepting applications as well.

Florence, AL 35631
P.O. Box 1019



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!!



As a partner with TRAC, Anytime Fitness offers group runs, free training classes on topics such as better running, strength training for improved running, how to improve your race time, etc. We also offer discounted membership plans for TRAC members and family.

There is 24/7 availability with access to clubs nationwide including the locations on Woodward Avenue in Muscle Shoals and Darby Drive in Florence.



The 2009 Swampers T-shirt was chosen as the 2009 RRCA National T-Shirt of the Year Award Winner at the RRCA National Convention in Lakeland, Florida. It was recognized as a TRAC race within in the Alabama RRCA.

Congratulations to Josh Aycock, Race Director!

Cross Country Camp

Each July, middle school and high school runners converge on McFarland Park in Florence, Alabama to interact with other runners and to jump-start their training for the fall cross-country season through participation in TRAC's annual Cross Country Camp. The camp will run for three weeks Monday - Friday from 7 a.m. until 9 a.m. during July 12-30.

The camp is designed for the upcoming middle school and high school student interested in running cross country. Our objective is to promote the sport of cross country within our area and to give runners a fun and safe atmosphere for their summer training. Each day, campers cover running related topics to gain a better knowledge of the sport and to improve performance. Most runs will be on soft grass or gravel to reduce the risk of overuse injuries. All group runs will take place in the park with the exception of "Hill Day."

The Camp Directors are Auburn Wilson & Brad Lynch, who will be assisted by several members of the running club, plus a nurse on duty each morning.

A general weekly schedule consists of various training topics similar to those shown below:

- Week 1: Attitude, Focus, Setting Goals, Learning From Mistakes, Off-Season Training, Save Your Face, Form Drills.
- Week 2: Nutrition, Pre-Race and Post-Race Techniques, Hill-Running Form, Core-Work to keep you Injury-Free.
- Week 3: Proper Shoes, Scholarships, Speed work 101, Continuous Relay, Training while Hurt, Scavenger Hunt Run.

The entire camp focuses on having the right attitude and mindset to succeed in this tough sport.

Each Runner receives:

- A Training Log
- A camp manual with handouts of each topic covered
- A cool T-Shirt
- Coaching from experienced runners including former and current college runners
- Water and Gatorade each day
- Moon Pies each Friday
- TRAC membership through the rest of the year.

Cost:

\$15 for each runner - This covers all 3 weeks.

\$25 Family rate - For families with 2 or more runners.

For more information and a registration form, please visit the TRAC website at www.shoalstrac.com

Runner Profile—Dale Blackwelder

Personal:

Birthday: January 5

Occupation: Chiropractor

Brush with Fame: Lived with Christian recording artist, Chris Rice in college

Favorite food: Right now - Sushi

Favorite non-running activity: Skeet, Trap and Sporting Clay shooting

Favorite book: Riley's Luck or Flint by Louis L'Amour, Paul's letter to the Romans and the Love Dare

Favorite movie: Hunt for Red October, The Quiet Man and Blindsight

Favorite TV show: Anything on DIY or Food Network when I get time to watch TV

Favorite musical artist: Toby Mac or Casting Crowns

Favorite song: Everything Falls (Fee)

Favorite quote: Ephesians 2:8-9

Running:

How many years have you been running? 3

What caused you to start running? My daughter's school started a running club and we were looking for a way for the family to have fun together. Also, my cholesterol was up and I did not want to take medicine, so I changed my lifestyle.

Best Running Experience? Me, my wife Stacey, my 2 daughters Karley (9) and Audrey (5) all taking home a trophy at the River bottom Burnout in 2008. We love family time.

Most prized running shirt? Outback Steakhouse, the hill coming back was a killer or the Coca-Cola because it is the longest race I have done so far.

What race are you most proud of? Every one I finish without getting hurt!

Any future running goals? Do the Life With out Limits ½ this fall under 2 hours.

PR's: 5K 26:10, 10K 56:39

Favorite race distance? 5K for now

Favorite place to run? We live in a great neighborhood for running; last time out had to go around a dead possum, 2 dead snakes, a dead deer and 2 live coyotes. Nothing like communing with nature.

Favorite TRAC race? They are all good in their own ways but I guess Swampers or W. C. Handy.



May Birthdays

- 1 Karen Michael
Anna Hallmark
- 2 Cheryl Raymus
Norman Ewoldt
Brittney Hale
Kassidy White
Heath White
- 4 Susan Hurren
Emily Strickland
Zane Patterson
Dylan Buck
- 5 Terry Thomas
- 6 Gary House
Anna Grace Cheek
- 7 Jeff Thompson
Kimberly West
- 9 Devin Allen
Rebecca Schafer
- 10 William Sherrod
Ethan Kemp
Race Correll
- 12 Marla Beavers
LaDonna Gamble
Meredith Tate
- 14 Kenny Kennamer
Garret Odenwelder
Danny Michael
- 15 Elizabeth Webb
- 16 Victoria Schafer
- 18 Reggie Gamble
Will McKelvey
- 21 Travis Harkins
Tamara McMeans
- 22 Benjamin Van Veckhoven
Butler Van Veckhoven
- 23 Byron Hurren
- 24 Jan Woods
David Johnston
- 25 Tommy Stine
Kaitlyn Jones
- 28 Hope Garner
Emma Kate Holdbrooks
- 31 Brandon Blakely

Happy Birthday!