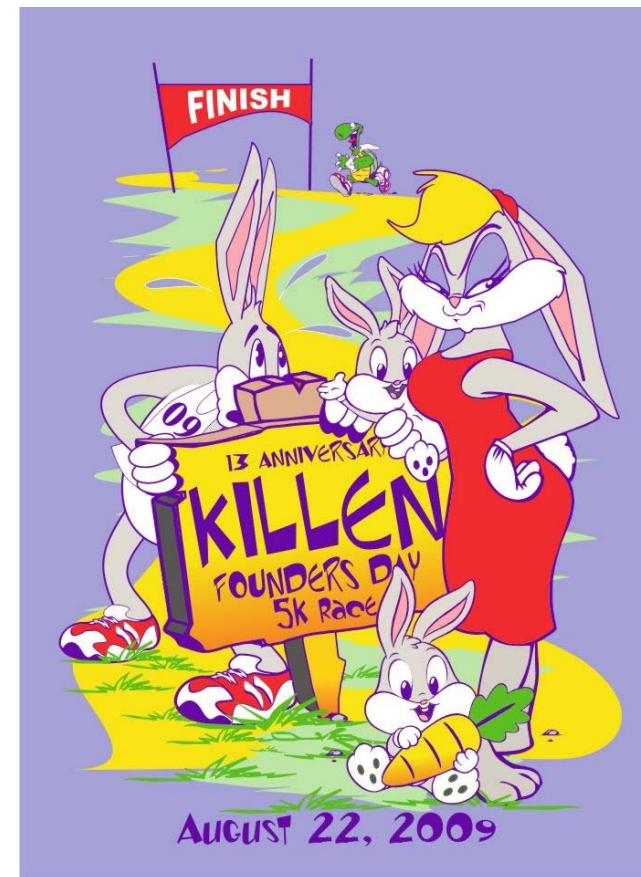




KILLEN FOUNDER'S DAY 2009

"If You Ain't In Killen... You Ain't Chillin!"



The 13th Anniversary of Killen Founder's Day 5K & 1 Mile Fun Run/Walk/Jog will take place August 22, 2009.

The 5K course is certified and features just about everything you would want in a 5K race: up-hills, down-hills, flats, several turns. It winds through the old downtown area, residential streets, country lanes, and even by a horse farm. This is truly an ideal 5K course layout. The 1 Mile course is certified as well.

The 5K and 1 Mile Run/Walk/Jog will be part of 2 days of great family fun in Killen. On Friday night, August 21, there will be a parade through downtown Killen. The 5K race will begin at 7:00AM, Saturday, August 22 from the Killen United Methodist Church building. The 1 Mile event will begin as soon as the 5K race is completed...about 8AM.

Bring the family...ALL of you race... then stay all day for the festivities in the Park: arts & crafts, live bands, talent shows, food, and much more! Fireworks at sundown! There will be an antique car show at Brooks High School all day Saturday.

Again, the unique TEAM-COMPETITION (XC scoring) will be incorporated into the 5K race. Why not form a team? You have the opportunity to win an individual age-group award plus a team award. What do you have to lose?

This is a TRAC and Grand Prix event. Everyone is encouraged to pre-register. It will save you and TRAC time and hassle. There are downloadable forms on TRAC website, and hard copies at First Place Athletics, as well as most area gyms. Active.com is now ready and available.

Technical shirts and unique awards! Lots of drinks and eats!

This year we're honoring an old friend, Billy Alexander. Billy was a fellow runner almost up to his death earlier this year, and participated in numerous Killen Founder's Day 5K runs.

"Q"

NOTICE: DON'T FORGET- START TIME IS 7:00AM

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UPCOMING RACES

- August 22, 2009 - 7:00 am**
Killen Founders Day
5K & 1 Mile Fun Run
Killen, AL
- September 7, 2009 - 8:00 am**
Sacred Heart Labor Day
5K & 1 Mile Fun Run
Lawrenceburg, TN
- September 12, 2009 - 9:00am**
Darryl Worley's Tennessee
River Run
5K & 1 Mile Fun Run
Savannah, TN
- September 12, 2009 - 6:30pm**
Doc's Pump & Run
5K & 1 Mile Fun Run
Lexington, AL

GROUP RUNS:

- Monday Nights 6 p.m.**
First Place Athletics
- Tuesday Night TRAC**
Muscle Shoals HS 6:00 p.m. Contact Sarah Freeman for info:366-4127
- 5 at 5**
Mon, Wed, Fri 5 a.m.
Courthouse Racquet Club
- Ladies Morning Run**
Tuesday/Thursday @ 6 am
TVA Nature Trail
Contact Christine Ellis for more info:764-7358



Grand Prix & TRACsters Update

The Grand Prix competition is in full swing! There are only 4 more races left on the Grand Prix calendar— how are you doing? Have you met the minimum race requirement? Have you volunteered at 2 TRAC events? Don't forget that your final point standings will be totaled from your best 8 finishes in the Grand Prix races. Please check the website for the current Grand Prix standings. We will update the Grand Prix standings during the week following each Grand Prix race, so be sure to check the updates regularly to see where you stand and to make sure that we have your information listed correctly. If you have questions on the Grand Prix posting, please send them to us at trac@hiwaay.net.

TRACster: a member of the Tennessee River Athletic Club who is 12 years old or under and may choose to participate in club events for youth and children. The Youth Grand Prix is also in full swing with only 6 more races remaining on that schedule. There are 5 different award levels for the Youth Grand Prix.



As a free service to our members, TRAC offers you daily running tips via Twitter! Follow Kenneth Williams at: www.twitter.com/MARATHONKOACH

Kenneth Williams is a Coca-Cola Bottler located in Corinth Mississippi. He has a passion for physical fitness and has spent decades spreading the fitness message, both by word and action. In 2004, he ran the length of Mississippi promoting physical fitness by speaking to more than 10,000 school children. Kenneth is a marathon runner and has been running more than three decades. He has run nearly 50 marathons around the globe, including running the Boston Marathon eight times. He is approaching 45,000 miles in his long running career. He is a Road Runners Club of America Certified Running Coach and has encouraged and coached hundreds of runners through the years.

Kenneth is willing to partner with TRAC on a free service that we are pleased to offer our members. He sends a running tip out each day via Twitter. In order to receive the daily tip, members simply have to locate "MarathonKoach" on Twitter and "follow" him. People that Tweet will know exactly how to do this. His "Tips" are timeless and helpful for runners at all stages, from beginner to Boston Qualifier.

NOTE: We appreciate Kenneth's offer to provide this service to TRAC members and hope you will take advantage. Kenneth is a great ambassador for the running community.

2009 XC Camp— Final Report

Many Workers Make 5th Annual Running Camp a Success

This year, a total of **105 kids** were registered for Cross-Country Camp @ McFarland Park. The best-kept secret in the Shoals saw many new faces from Central, Florence, Muscle Shoals, Rogers, Brooks, Heritage, Riverhill, Mars Hill & Winfield, averaging 60 kids per day. The price for all 15 mornings remained at \$15, which included a binder, handouts, T-Shirt, pavilion rental, Gatorade, & other amenities.



Just like last year, several adults & college kids stepped forward to help with the many aspects of camp. **Goose-Stepping** Jeff Rhodes led form drills, **Grandpa** Joe Quillen led stretching & strength, **Glamorous** Joy Harbin supplied the Moon Pies & Mountain Dew's, and **Nurses** Linda Brewer & Jan Woods applied their M.A.S.H.-unit skills.



Others who helped with camp were: Amy Lovelace as **Register**, Sarah Rogers as **Videographer**, Derrick Hallmark and Colton Scott from the **Original Kavemin**, Sandy Lynch, Chris Kemp, Eddie Matthews, Lisa Schaefer, Alex Hazy, John Aikin and TRAC President Frank Spires & **1st Place Athletics'** Heath White, Zach Piper & Mason Dye. There were also a handful of children who specialized in mud-in-a-cup and Barbies.

Easy mileage days built the foundation of our camp, while Form Drills, Hill Day, Relay Day, & Scavenger Hunt Day worked on strength & speed. This year saw more Form Drill days and focused on the most important topics for XC runners: *Goals and How to Attain Them, Proper Running Form, Nutrition, Proper Shoes, & How-To-Get-Faster.*

While the camp is serious about getting kids into the best shape, there were light-hearted moments nearly every day. "**Frank-enade**" replaced the palatable "Quillen-ade" & dish-watery "Garrett-ade" from last year. "**Severe Chastisement**" for the campers who left their binder at home was cause for extra push-ups. Culture crept into camp with the introduction of Shakespearean Sonnets and Word Idioms. And everyone looked forward to tasty treats on "**Moon-Pie Fridays.**" The second Friday, we held a drawing for 3 Mini-Moon-Pie T-shirts for the smaller runners. The third Friday was the **Scavenger Hunt**, where teams ran out into the field looking for certain items. When they found one, they would run back with it as a team. A bonus points item was sadly never found, as it was tossed high up in a tree surrounded by poison ivy. The clue for this item was: *Spiced Ham in a can.* (The raccoons were pleased, though.)

Third Friday was also **Awards Day**. Those who survived 14 days (1 Rain-Out Day did not count) of camp were awarded **Perfect Attendance Tech Shirts** by Mike Allen & 1st Place Athletics. And six campers were chosen to receive the much coveted "**Spirit Socks.**" Taylor Matthews, Katie Stewart, Lori-Anna Lovelace, Andrew Duff, Austin French, & Tanner Ryan were found to exhibit qualities necessary for making it in the tough sport of Cross-Country Running.

Coaches & Workers gave much of their time, precious gasoline, and a lot of sweat to build smarter, healthier, & stronger runners. Our hope is that the young people of today will grow into men and women of character tomorrow.

Jeff Garrett, Camp Director



Runner Profile - Eddie Matthews


Personal

Birthday: February 26, 1979
Occupation: Teacher
Favorite book: Bible
Favorite movie: Rocky 1-4
Favorite TV Show: Man vs. Wild
Favorite Musical Artist: Beatles
Favorite Song: Anything you can fist pump to
Favorite Quote: "With great ability comes great responsibility"
Favorite Food: White Beans & Cornbread
Favorite non-running activity: Church Youth Group
Brush with Fame: I saw Jeff Garrett once



Running

How many years have you been running? 5 years
What caused you to take up running? Ran track in high school (mainly sprints), starting a cross country team at Rogers High School got me into distance running.
Most prized running shirt? Black/White state champs
What race are you most proud of? 2008 Killen Founders Day
Any future running goals? Half Marathon in December (St. Jude)
Favorite TRAC race: Killen Founders Day
Favorite race distance: 5K
Favorite place to run? Roller Coaster Road
PR's: 5K 19:30
Best Running Experiene: Being able to train with our team and watch the guys and girls grow and improve over the years



RUNNER PROFILES WANTED!
 Our members want to know more about you!
 If you're willing to be profiled in a future TRAC newsletter,
 please drop us an email at trac@hiwaay.net.
 The club's deep appreciation will be your reward!!

*Our next TRAC meeting will be held during the month of September.
 Details will follow at a later date. Please visit the TRAC website often for the most current information.*

****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 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.

August Birthdays

- 1 Teresa Olson
- 2 Lauren Buckner
- 6 Austin Thompson
Butler Van Veckhoven
Katie Word
- 7 Noah McGuire
- 8 Gabby Perez
- 9 Daniel Bowling
- 10 Savannah Graham
- 11 Chris Kemp
- 12 Ethan Corbett
- 13 Tanner Marshall
- 14 Mike Moore
Jonathan Tomberlin
Joseph Tomberlin
- 17 Alex Thompson
- 18 Joe Knight
Katie Stewart
- 19 Courtney Fiscus
- 21 Kierstan Buckner
- 22 Scott Butler
- 23 Jenna Hamm
David Head
- 28 Robyn Ausborn
- 29 Margie Mann
- 31 Lee Hurren

**Happy
 Birthday!**

