



INSIDE THIS ISSUE:

Huff N' Puff	2
Black Warrior	2
Anytime Fitness	3
Profile Request	4
Volunteer Information	4

UPCOMING RACES

February 20, 2010

7:00 am

5th Annual Black Warrior
50K, 25K & 3 Person Relay
Black Warrior Wildlife
Management Area
Bankhead National Forest
Moulton, AL

March 6, 2010

8:00 am

On Your Mark @ Highland
Park Baptist Church
2nd Annual
5K & 1 Mile Fun Run
Muscle Shoals, AL

March 13, 2010

9:00 am

Huff & Puff on the Bluff
15K Race & Relay
Benefiting American Red
Cross of NW Alabama
Sheffield, AL

March 20, 2010

8:00 am

Riverhill Run
5K & 1 Mile Fun Run
Riverhill School
Florence, AL

Q Tips

Kudos to Frank Spires, our out-going President. A great job of directing our club in 2009. We were involved in 33 race events (races that included fun runs, relays, etc. were counted as one event) with a total of 7772 runners crossing our finish lines. Kudos, also, to all you who helped make those races happen.

Banquet Night. TRAC enjoyed a great Grand Prix and TRACsters Banquet Night. Congratulations to all the winners. Also, the meeting gave us an opportunity to elect 2010 club officers and board of directors. We had a great turnout, great fellowship, and the meal by Ricatoni's was delicious. Thanks to all who worked so hard to make the event a success; and, to all of you who participated.

Membership Drive. To all our past members, if you haven't done so already, please make a special effort to submit your 2010 TRAC membership forms. Also, please contact your non-member running buds and urge them to become members of our club. Let's work together to enroll 500 members this year.

Membership Meetings. We plan to have quarterly meetings beginning in March at Ricatoni's Restaurant in Florence. Details will be forwarded to you as the date approaches.

Safety. Much has been written and argued about the use of ear-devices during road training and racing. At this time RRCA does not specifically ban the use, but they urge race directors to highly recommend NOT using them during road races. There have been several accidents reported throughout the country, where the use of ear-devices was determined to be a contributing factor. As a result, some running clubs have banned the use of them altogether. Give careful consideration to your choice. We want to see you do PRs.....not ERs.

Haiti Aid. Many of you gave shoes and shirts to send to Haiti to help in the relief effort there. TRAC worked closely with Mike Allen, owner 1ST Place Athletics, to gather and get the merchandise to the Walk-A-Mile Program who will in turn distribute them in Haiti. Thank you for your kindness.

Apparel. We're ordering new Sugoi TRAC shirts. There will be different cuts for males and females, as well as pink (breast cancer awareness and black colors for the ladies and green and black for the guys. Some of you have placed orders already. If not, please order ASAP. Order forms are sent with this mailing.

P.O. Box 1019
Florence, AL 35631



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.



Sheffield Recreation Center, Sheffield, AL
9:00AM

The Grand Prix Kick-off Race.

It's time again to see if you're TUFF ENUFF for the BLUFF!! If you've never run it, this race is a must! If you have run it...c'mon back for more. The course runs through historic downtown Sheffield and along the banks and bluffs of the Tennessee River. The course is challenging, but that's why we run...isn't it?

HNP training runs are scheduled every Sunday (up to and including March 7) at 2:00PM at the Rec. Center.

Post-Race activities include foods, beverages, door prizes, and live music by LOCKE 6 Band. Award ceremonies begin at 11:00AM. There will be unique awards, and long sleeve shirts will be provided for each participant. Money awards awaits the winners.

Again this year, we'll have 2 or 3 Person Relay-Team competition. We're capping the Relay-Team entrants to 25 teams, so, pre-register ASAP. There will be NO Relay Team registration on race day.

Registration forms are at local sports related businesses. You can download a form off the web-site. You can register on line at our web-site using active.com. As always, we urge you to pre-register. You'll save moolah and the hassle of race day sign-up. You can pick up your race packets at the Rec. Center on Friday, March 12, 2:00PM- 6:00PM; and, we'll be accepting all registration that day as well. Individuals can register on race day, but, remember, there will be no Relay Team registration on Race Day.

If you're injured and can't run, please help us as volunteers. Contact Linda Brewer.

Check out our web-site huffnpuff15k.com for more information. Also, details are on the entry forms. If you have questions direct them to Joe Quillen. Cell 256 366 0040 or joequillen@bellsouth.net

- Q



Black Warrior 50K, 25K, and 3 Person Relay

When: February 20, 2010, 7:00 AM
Where: Bankhead National Forest, Black Warrior Wildlife Management Area, Brushy Creek Campground
What: The only 50K in Northwest Alabama. Mainly single track horse trails with about 4 miles of gravel road. No major hills. Very scenic. Nine hour time limit.

You can register for both the 50K and 25K online through www.shoalstrac.com. There will be no race day registration.

Visit the website www.blackwarrior50k.com or email Keith Hallmark at keith@blackwarrior50k.com for more info.



1504 Woodward Ave
Muscle Shoals, AL. 35661
(256) 389-3849

1601 Darby Drive
Florence, AL. 35630
(256) 764-0100

As a current member of the Tennessee Valley Athletic Club you are entitled to discounts on membership with Anytime Fitness.

Anytime Fitness offers many benefits such as:

- Convenient Hours 24/7 availability
- One membership with access to 1500 clubs nationwide
- State of the art equipment including cardio machines with personal TV, weight machines, free weights, tanning beds
- Superior Service. We will clearly post staffed hours and will respond to inquiries and requests within 24 hours.
- Passion for Excellence. We will continually strive to improve your experience. We will demonstrate our excitement and enthusiasm for what we do and what we can assist you with.
- Personal Training: We have nationally certified personal trainers that can help you with your health and fitness goals.

As a partner with TRAC, we will offer group runs, free training classes on topics such as better nutrition for better running, strength training for improved running, how to improve your race time, etc.

Discounted Membership Plans for TRAC Members

- 0 Enrollment until July 1st, 2010
- \$32 per month
- Security Access Key-One time \$29
- Family Members
- First family member add \$20 month
- 2nd and 3rd family member add \$10 each

February Birthdays

- 2 Kathy Young
- 4 Bridgett Wilson
- 6 Bailey Word
- 7 Aaron Cecelia
- 9 Nathan Reed
- 10 Mikey Perez
Haley Dison
- 11 Lisa Schafer
- 12 Larry Baskin
Hunter Hamm
- 13 Malachi Musgrove
- 14 Ashley Kennamer
Lily McCain
- 15 Peyton Ewoldt
Kevin Self
Ryan Crane
- 16 Melanie Gamble
- 18 Jerry Olson
Bill Diffey
Jenna Thompson
- 19 Johnny Hamm
Sam Methvin
Brett McMeans
- 20 Hank Sherrod
- 21 Brandi Fennell
- 24 Brayden Buckner
- 25 Landon Letsinger
- 26 Eddie Matthews
- 28 Sara Beth O'Steen

Happy Birthday!



www.ShoalsTRAC.com