

# TRAC Newsletter



## A Message from the President:

As TRAC begins a new year, we hope that you are excited to be a part of this organization. I know I am! Our club continues to grow, both in membership and in our ability to conduct and assist with quality running events. 2009 should be the best year ever, so don't miss out!

A few changes have been approved for this year. These include:

- A change from monthly to quarterly meetings, with a dinner option and guest speakers. This month's meeting is at Fiesta Mexicana— see notice at right. (Even if you don't plan to eat, please feel free to attend the 7:00 meeting.)
- Revised Grand Prix competition rules (see our website and this newsletter)
- Continued support for youth and children's running through our Cross Country Camp and the TRACsters program
- A renewed emphasis on communication through our newsletter, an up-to-date website, and a renewal of the Shoals Runner email newsletter
- Increased emphasis on group runs

We will continue to keep you posted as the year progresses. The key to the club's success is communication and your participation. We hope you will be a runner (or walker) as well as a volunteer in 2009. If you have never worked a race, you're missing a great opportunity to serve your club and to learn more about road running. Just let Linda Brewer or any officer or race director know. We never turn away a willing volunteer.

Here's to 2009. May yours be the best ever. May you run often and safely.

Frank

## **Black Warrior 50K, 25K & 3 Person Relay Feb. 21, 2009** 7:00 am Bankhead National Forest, AL



The Black Warrior 50K is the most scenic race in the South with 25 miles of single track trails (no dogs or cars to worry about but watch out for the horses) and 6 miles of tree lined gravel roads. With a nine hour time limit, no major hills, clothes drop off /pickup, and plenty of aid stations, we make finishing your first ultra as painless as possible. With any luck, we will even mark the trail well enough that you will not get lost and have to spend the night in the forest. But not to worry, we will surely find you the next day. So start training and practicing your falling techniques. Might be a good idea to practice your swimming in case of torrential rains the night before. We will give a special award to the runner who loses the most blood during the race. Anyone attacked by the Black Panther or wild hogs is not eligible for this award due to our policy of not issuing the award to anyone posthumously. Go to our event website for more information. It is updated frequently with an entrants list, training tips, dates of group runs/jogs, and other worthless information.

<http://www.blackwarrior50k.com>

The event is run in the Bankhead National Forest, just south of Moulton, Alabama, and is in easy driving distance of the Florence area, Huntsville, Decatur, Cullman, and Birmingham, even on the morning of the race.

*Thank you to Keith Hallmark for his input!*

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### Next Club meeting:

#### **Date-Time-Location:**

February 17th  
Fiesta Mexicana - Florence Blvd  
Dinner begins at 6:00 pm, Speaker at 7:00 pm

**Speaker:** Todd Allen & Tony Brewer

**Topic:** Iron Man Experience

### UPCOMING RACES

#### **February 21, 2009 - 7:00 am**

The 4th Annual  
Black Warrior 50K, 25K & Relay  
Bankhead National Forest, AL

#### **March 7, 2009 - 8:00 am**

Highland Park Baptist Church  
Soles for Souls 5K & 1 Mile Fun Run  
Muscle Shoals, AL

#### **March 7, 2009 - 9:00 am**

7th Annual Huff 'N Puff on the Bluff  
15K Race & Relay  
Sheffield, 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
- **Sunday Huff N' Puff training runs**  
Sheffield recreation center at 2 p.m.

Florence, AL 35631

P.O. Box 1019



# \*\*\*\*GRAND PRIX AWARDS BANQUET\*\*\*\*



## Grand Prix Award Winners

<b>Overall Male</b> 1. Heath White 2. Auburn Wilson 3. Paul Williams	<b>Overall Female</b> 1. Sandy Lynch 2. Jan Woods 3. Nancy Hall
<b>Male 39 and Under</b> 1. Todd Allen 2. Josh Aycock	<b>Female 40-49</b> 1. Joy Harbin 2. Lisa Schafer
<b>Male 50 and Over</b> 1. Gary Kelly 2. Mike Allen 3. Charles Hardy 4. Keith Hallmark 5. Tommy Stine	<b>Female 50 and Over</b> 1. Linda Brewer 2. Sue Burcham 3. Dot Richter

### 2008 TRAC Star Award Winner:

Joe Quillen



Visit [www.shoalstrac.com](http://www.shoalstrac.com) for a complete list of the 2008 standings. Also available are the 2009 Grand Prix Rules and Race Schedule.

## TRACsters Winners

The following youth reached award levels during the TRACsters Youth Grand Prix. They received awards at the Annual Awards banquet January 16th. Congratulations TRACsters!

(Silver cont.)	
<b>CHAMPION 7+ Events</b>	Daniel Hurren
Ethan Kemp (8)	Kamron Potter
Caroline Young (8)	Christopher Thigpen
Samuel Kemp (7)	
Bailey Word (7)	<b>BRONZE 4 Events</b>
Emmie Beth Word (7)	John-William Diffey
	Kole Potter
<b>GOLD 6 Events</b>	Nathan Reed
Peyton Ewoldt	Catherine Young
Byron Hurren	
Rhett Ryan	<b>PARTICIPANT 3 Events</b>
	Emily Diffey
<b>SILVER 5 Events</b>	Sydney Lynch
Karley Blackwelder	Emily Strickland
Brandi Fennell	Hannah Strickland
Kaitlyn Fennell	Devin Varner

## January & February 2009 Birthday List

### January Birthdays

- 1- James Cheek
- 5- Dale Blackwelder
- 6- Susan Springer
- 7- Jamie Bragwell  
Michael McWaters
- 10- Danica Allen  
Erin Thompson
- 13- Debbie Hall  
John Peters
- 15- Daughtry Perritt
- 16- Alyssa Cabler
- 17- Martha Smith
- 18- Chris Odenwelder  
Nick Winn
- 19- Angela Thompson
- 20- Jo Ann Broussard
- 21- Amy Alewine  
John Montgomery  
Lane Shewbart
- 23- Jeff Garrett
- 25- Reid Harrison
- 26- Raleigh Andrews  
Deonne Ewoldt  
Vanessa Morse
- 28- Whitney Tucker
- 29- Nathan Hall
- 31- Stuart Bartmess  
Michael Fennell  
Louie Hargett

### February Birthdays

- 1- Gwen Alewine  
Lee Thomas
- 2- Larry Simmons  
Kathy Young
- 3- Ragan Ruple
- 4- Bridgett Wilson
- 6- Bailey Word
- 7- Cecelia Erbe
- 8- Jessica Palmer
- 9- Nathan Reed
- 10- Haley Dison
- 11- Lisa Schafer
- 12- Linda Tillery
- 13- Malachi Musgrave
- 14- Hannah Strickland
- 15- James Barnes  
Patrick Barnes  
Peyton Ewoldt
- 17- Tara Elliot  
Megan Rhoads
- 18- Bill Diffey  
Jenna Thompson
- 19- Bill Evans  
Brett McMeans  
Sam Methvin
- 20- Hank Sherrod
- 21- Brandi Fennell
- 22- Mike Stumpe
- 23- Brannon May
- 26- Eddie Matthews
- 27- Skyler Chase Bain  
Karen Evans  
Morgan Hamm

**Happy Birthday!**



## 2009 OFFICERS & BOARD OF DIRECTORS

<b>President:</b>	<b>Frank Spires</b>	<b>Director:</b>	<b>John Aikin</b>
<b>VP:</b>	<b>Joe Quillen</b>	<b>Director:</b>	<b>Jim Beavers</b>
<b>Secretary:</b>	<b>Sandy Lynch</b>	<b>Director:</b>	<b>Linda Brewer</b>
<b>Treasurer:</b>	<b>LaDonna Gamble</b>	<b>Director:</b>	<b>Tony Brewer</b>
		<b>Director:</b>	<b>Joy Harbin</b>
		<b>Director:</b>	<b>Joe Quillen</b>
		<b>Director:</b>	<b>Frank Spires</b>

## Renew Your TRAC Membership!!!

It's time to renew again! Go to [www.shoalstrac.com](http://www.shoalstrac.com) or stop by and see our friends at 1st Place Athletics to renew for 2009.

### Benefits of Membership

- Races
- Club social events
- Club Newsletter
- Association with other runners, joggers & walkers
- Club Apparel (for purchase, based on interest)
- Quarterly meetings w/guest speakers
- 15% discount on shoes & most apparel at 1st Place Athletics in Florence

### Dues

- \$15 per year Family Membership
- \$12 per year Individual Membership
- \$6 per year Student membership

**Renew Today!!**

## Runner Profile

Our members want to know more about you!  
Please fill out this survey & return it to:  
TRAC  
PO Box 1019  
Florence, AL 35631

Name:

Birthday:

Occupation:

How many years have you been running?

What caused you to start running?

Best Running Experience?

Brush with Fame:

Most prized running shirt?

What race are you most proud of?

Any future running goals?

PR's:

Favorite race distance?

Favorite place to run?

Favorite race?

Favorite food?

Favorite non-running activity?

Favorite book?

Favorite movie?

Favorite TV show?

Favorite musical artist?

Favorite song?

Favorite quote?

Contact Info:



[www.ShoalsTRAC.com](http://www.ShoalsTRAC.com)