

TRAC Newsletter



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JULY 2009

INSIDE THIS ISSUE:

Twitter Offer	2
Grand Prix Update	2
Runner Profile	3
Birthdays	3
Volunteer Info	3

Next Club meeting:

Date-Time-Location:

Tuesday, August 18, 2009
Dinner begins at 6:00 pm
Speaker at 6:45 pm

Location & Speaker:

To Be Determined

UPCOMING RACES

July 18, 2009 - 8:00 am
Da Doo Run Run
5 Mile & 1 Mile Fun Run
Florence, AL

July 25, 2009 - 8:00 am
8th Annual Outback Survivor
5K & 1 Mile Fun Run
Sheffield, AL

August 7, 2009 - 7:30 pm
Sunset Run
5K & 1 Mile Fun Run
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
- **Ladies Morning Run**
Tuesday/Thursday @ 6 am
TVA Nature Trail
Contact Christine Ellis for more info:764-7358



It's time for the best 5K & 1-Mile race of the year. A certified course through historic downtown Florence. With live music, food, door prizes, and a cow. What more could you want? The course is a shady route through downtown, past UNA, through several historic districts, and back downtown. The post race music will be provided by the Crossroads Blues Band featuring our own resident bluesmen, John Aikin and runner/coach Kenneth Williams of Corinth. Door prizes will be drawn during the band's break.. About the cow, the official starter for the 1-Mile will be the Chick-fil-a cow. The cow was going to run but there was no place to pin a race number. 5K registration is at the W.C.

Handy museum beginning at 6:30 am with the race starting at 8:00 am. The 1-Mile will begin at 9:00 am. I hope to see all TRAC members there running, working or as a spectator.

See you there!

Brad Lynch, Race Director

4th Annual TRAC Handy Party and Buffet at Ricatoni's!

TRAC will be having our 4th TRAC Handy Festival Party on Thursday, July 23rd at 6:30 p.m. at Ricatoni's in downtown Florence. We have the upstairs reserved for an all you can eat buffet of the best runner food in Alabama. The price is only \$12 (\$6 for under 12). The menu includes lasagna, spaghetti, ravioli, salad, bread, herbs and olive oil, and iced tea. the Crossroads Blues Band will be performing, starting around 7:30. The band features two TRAC members, Kenneth Williams and John Aikin. Everyone who is interested and a friend of TRAC is invited. Please RSVP as soon as possible by calling Spires and Associates at 760-9502. We need to get a general idea of how many will be eating. Please come and enjoy the fellowship, food, and music.

Gotta Run!

Big Foot

Florence, AL 35631
P.O. Box 1019



5th Annual Cross Country Camp July 6-24, 2009, 7 to 9 am Monday through Friday McFarland Park– Florence, AL

The **Mid-Camp Report** for TRAC's Cross-Country Camp: Smooth, Cool, & Breezy. And fun. The camp is averaging 62 youth a day. Tuesday and Thursday were "Form Drills with Coach Jeff". Coach Joe spoke on proper "Running Form" on Wednesday. On Friday, Mike Allen from 1st Place Athletics brought squeeze bottles for everyone and spoke on running shoes and injuries. Oh, yes, and there were Moon Pies. Many college runners were not seen until "Moon Pie Friday."

Week 2 will have more Form Drills, "How to Reach Your Goals," "Training with the Heart-Rate Monitor," and the always enjoyable Hill Day. A Mini-Moon Pie T-Shirt giveaway will happen on Friday.

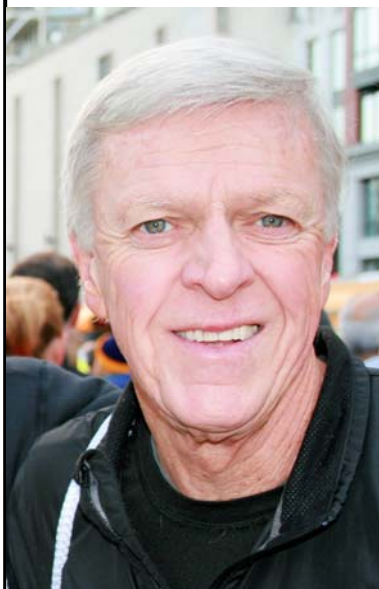
Week 3 will have more Form Drills, "How to Get Faster," the Continuous Relay, and a last day of fun with the Scavenger Hunt and Awards. Perfect Attendance & Spirit Award for boy and girl will be announced on last Friday.

Interviews during the camp will be combined with footage of the camp happenings to create another fun DVD.

Director Jeff Garrett

As a free service to our members, TRAC offers you daily running tips via Twitter! Follow Koach 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. He also raised more than \$112,000 for fitness equipment in Mississippi Boys and Girls Clubs.


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. He currently coaches, for free, 25 marathon runners located in 5 states and 3 countries.

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.

Grand Prix Series




Grand Prix & TRACsters Update

We are nearing the mid-point of the Grand Prix season. After this weekend's W.C. Handy Da Doo Run Run, there will be six races remaining in the competition. Within the next couple of weeks we will begin posting the current Grand Prix standings on the website. Please 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.

For more Grand Prix and TRACster information, please visit the website: www.shoalstrac.com/ and click on the corresponding tab at the top of the page!



New TRAC SMACK Forum

We have switched to a new forum format that will allow us to manage registration and protect our forum from spammers. If you are a current forum user, we hope to make this transition very easy for you, and if you've never used the message board, we hope this will make you curious enough to check it out!

If you haven't used the forum in the past, but would like to start communicating with your fellow runners- please email trac@hiwaay.net Simply tell us what you would like for your user name to be, and we'll start the registration process for you.

We hope this change will the forum an informative, fun & safe place for everyone! Let us know what's on your mind! If you have any questions, please email them to us at trac@hiwaay.net.

Runner Profile - James Cheek


Personal

- Birthday:** January 1, 1972
- Occupation:** Counselor/Service Coordinator
- Favorite book:** Bible
- Favorite movie:** Maybe Forrest Gump & Semi Pro
- Favorite TV Show:** Local news
- Favorite Musical:** Lynerd Skynerd
- Favorite Song:** "All Summer Long"
- Favorite Quote:** "Who's your daddy?"
- Favorite Food:** Wow! Mexican, Pizza & Cooked Vegetables, too
- Favorite non-running activity:** Spending time with my only child Anna Grace and Alabama Football
- Brush with Fame:** Hung out with Big & Rich and Dierks Bentley on New Years Eve in Downtown Nashville



Running

- How many years have you been running?** 13 years
- What caused you to take up running?** To stay healthy, in shape and to stay focused in college and in life
- Most prized running shirt?** Huff N' Puff
- What race are you most proud of?** 1998 Tennessee River Run 10K
- Any future running goals?** To stay healthy, in shape and to continue doing races with good people like TRAC
- Favorite race:** Huff N' Puff and Dam-Bridge Run — it's a tie
- Favorite race distance:** 10K
- Favorite place to run?** Hamilton trails and maybe TVA trails - I love trails!
- PR's:** TN River Run 10K1998- 43:20; Riverhill 5K 1999- 20:24
- Best Running Experiene:** Any 10K that goes across the Tennessee River.... And running 1 year along with the UNA Cross Country Team



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!!

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.

July Birthdays

- 2 Charles Richardson
- 7 Sandy Lynch
- 8 Samantha Vallone
- 9 Joni Buttram
- 12 Steven Fiscus
- 13 Austin Gallegos
- 14 John William Diffey
- 15 Kelly Askew
Tanya Collum
Ryan Groch
- 16 Alex Beavers
Karley Blackwelder
Niels Paetow
- 17 Todd Allen
Kasey Butler
Wendy Diffey
- 19 Blake Graham
Kylie Graham
Benny Phifer
- 20 Austin Alexander
Connor McMeans
- 22 John Williams
- 24 Meagen Malone
- 27 Cindy Worley
- 28 Lantz Passarella

Happy Birthday!

