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UPCOMING RACES

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

March 27, 2010

8:00 am

Eagle Run 5K

9:00 am

1 Mile Fun Run
Covenant Christian School
Tuscumbia, AL

March 27, 2010

9:00 am

Rotary International
"Run in the Park"
Shiloh Ntl. Military Park
Shiloh, TN

Q Tips

QUARTERLY TRAC MEETING: March 27, 2010 at Ricatoni's in Florence at 6:30 PM. As you may well know, this is one of the best places to eat in the south. The meal will be affordable and served buffet style. We'll have privacy in the upper room. We'll have a brief club meeting to bring you up to date on all the TRAC happenings. Please make every effort to attend this night of fellowship, food, and information.

CROSS COUNTRY CAMP: Terrific news! Auburn Wilson and Brad Lynch will take the leadership role this year. Both have attended CC camps in the past, so, they won't be strangers to the program. We are fortunate to have men with the character and experience that these men possess to head up one of our most significant endeavors. The camps will be held Monday through Friday starting July 12 and ending July 30. A big word of thanks to Jeff Dodd Garrett, who did an outstanding job in past camps. Under his leadership the camp grew in numbers and quality.

APPAREL: TRAC shirts have been ordered. I'm sure there will be others of you who will want to order. We will reorder if there is enough interest. We've ordered uni-fits and women's fit. As soon as they arrive we'll let you know.

SAFETY: The weather is warming-up; so, be sure to consider hydration in your running plans. Dehydration is defined as the excessive loss of bodily fluids. Symptoms include thirst, dizziness, weakness and nausea. Serious dehydration can lead to cramps, chills and disorientation. A good benchmark for fluid consumption for moderately active adults is... your body weight X .35 for men, and body weight X .31 for females = number of ounces/day needed. During warm months, runners need much more. There are several good articles on hydration to be found on the inter-net...check them out. Everybody is different and everyone needs to work out a safe rate of fluid consumption for your weight and sweat loss. The important thing is to remember that this is an extremely vital matter!! Note: As little as 2 percent dehydration will have a negative effect on your racing performance. Remember...PR's not ER's!!!

MEMBERSHIP: Have you renewed for 2010? Great, if you have! If you haven't try to get it in ASAP. Also, enlist a friend.

~Joe

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.

Runner Profile - Lisa Schafer

Personal

Birthday: February 11

Occupation: Single mom of 5 very active children/High School Special Education teacher & cross country coach

Favorite food? Watermelon, bananas, strawberries, pineapple; baked potato w/steamed broccoli, feta cheese, olive oil and garlic salt; almost anything chocolate

Favorite non-running activity? Church activities; hanging out with my children – I have five amazing and wonderful children, three daughters and two sons who add so much life to my days and joy to my heart!

Favorite book? The Bible

Favorite movie? Pride and Prejudice, the Lord of the Rings trilogy; I like many of the sports movie genre films, especially those based on true stories.

Favorite musical artist? Jars of Clay

Favorite quote? “Seek first the kingdom of God and His righteousness, and ALL these things will be added to you as well” (Matthew 6:33).

Running

How many years have you been running? Consistently, for about 3 years, but I’ve engaged in brief spurts of fitness pursuits since my college years.

What caused you to start running? It’s a great way to get in shape, relieve stress, and enjoy either the company of others who also like to run or the solitude of God’s presence alone. I feel like I “do life” better when I run.

Best Running Experience? The Disney Marathon 2009 – I signed up with Team in Training, raised funds for the Leukemia & Lymphoma Society, ran with a 60-something year old former Olympic race walker, felt great throughout the race and had a wonderful weekend.

Brush with Fame: The former Olympic race walker will have to do.

Most prized running shirt? My faves are Riverbottom Burnout 2008, DBR 2009; My Peachtree Road Race Shirts, 2004 - 2009. Also, my Alex’s Warriors shirt for the St. Jude Memphis Marathon - even though it was not one I earned, it is a reminder of what matters in life. My Disney marathon shirt was a prized one, too, but I lost it at the St. Jude marathon.

What race are you most proud of? Probably the Disney Marathon, but the St. Jude Memphis Marathon was also very meaningful to me. My left knee started hurting around mile 9, and I kept running until mile 15 at which point I could no longer bend my left leg. I must have been in obvious pain because numerous people shouted words of encouragement to me as I continued. Many runners commented on the Alex’s Warriors shirt I was wearing, (Alex Denton’s picture with the phrase “Continuing the fight he so bravely fought. 2 Timothy 4:7-8” was on the back of the shirt.) and one runner said, “Keep going. You need to fight as hard as he fought.” I got really emotional and more determined to finish the race. I skipped, galloped, jog-hopped, any way I could keep moving for the rest of the race. My time was terrible, but I finished!

Any future running goals? Run one or two marathons each year, train for and compete in some triathlons, qualify for Boston; help lead and train Muscle Shoals High School cross country team to a state title.

PR’s: I haven’t set them yet :)

Favorite race distance? 10K

Favorite place to run? Forest Hills neighborhood, TVA trail

Favorite TRAC race? W. C. Handy – I love the whole Handy festival week!



8TH ANNUAL HUFF 'N PUFF ON THE BLUFF 15K RACE & RELAY

Sheffield Recreation Center, 9:00AM

The course runs through historic downtown Sheffield, AL and along the banks and bluffs of the Tennessee River. Post-Race activities include foods, beverages, door prizes, and live music by LOCKE 6 Band. There will be unique awards, and long sleeve shirts will be provided for each participant. Money awards await the winners.

There will be 2 or 3 Person Relay-Team competition with a cap at 25 teams.

Registration forms are at local sports related businesses. You can download a form or register from the web-site www.huffnpuff15k.com. Race packets can be picked up at the Rec. Center on Friday, March 12, 2:00pm- 6:00pm. Individuals can register on race day, but there will be NO Relay Team registration on Race Day.

For more information contact Joe Quillen at 256-366-0040 or joequillen@bellsouth.net



2010 Grand Prix



The Grand Prix officially begins with the Huff 'N Puff March 13th!

Just a few reminders as we begin another Grand Prix season:

- Runners must be TRAC members at the time of the race to earn points. No points will be awarded retroactively for event completed prior to the membership or renewal date for the current year
- Participants must join TRAC or renew their membership by June 1, 2010 in order to qualify for the Grand Prix competition and must also indicate their intent to participate in the Grand Prix competition by marking such on the Membership Application.
- The Huff 'N Puff is also a double point event
- To be eligible for an award, runners must volunteer to work at least two TRAC races or any TRAC assisted race in which they do not run.

For a complete list of the 2010 Grand Prix Rules please visit www.shoalstrac.com.

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!

March Birthdays

- 3 Amy Beavers
Amanda Beavers
Jason Spires
Slaten Howard
- 4 Jill Buchanan
Molly Keenum
- 5 Chad Tubbs
Clay Beckham
Case Beckham
- 6 Sue Burcham
Daniel Oakley
- 7 Linda Brewer
- 8 Catherine Young
Taylor Matthews
- 9 Josh Aycock
Christy Fiscus
Caraline Grossheim
- 10 Kyndra Calvery
- 11 Cory Thomas
- 12 Anna Thompson
- 14 Sandie Garrett
- 15 Mary Elaine Shirah
Scott Tubbs
- 16 Colton Lindsay
- 18 Rachel McKelvey
Brandon Bowers
T.J. Kreiger
- 20 Colin Thompson
- 23 Cecil Hester
Samuel Kemp
- 24 Joe Quillen
- 25 Jennifer Ryan
- 27 Logan Buck
- 28 Connor Methvin
- 29 John Aikin
- 30 Emily Diffey
Kamron Potter

Happy Birthday!



www.ShoalsTRAC.com