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UPCOMING RACES

April 24, 2010

8:00 am

Swampers 5K & 1 Mile Run/Walk
Muscle Shoals Middle School
Muscle Shoals, AL

April 30, 2010

6:00 pm

UAB Dollars for Scholars 5K/10K Race
Birmingham, AL

May 1, 2010

8:30 am

Coke Classic 10K
Corinth, MS

8:00 am

Relay Rat Race 5K Run/Walk
Russellville High School
Russellville, AL

Q Tips

'TIS THE SEASON. TRAC's "2010 Huff N' Puff On The Bluff 15K" was very successful. As you may recall, this run benefits the American Red Cross. We hope to present them with a sizable donation check this year. You will be apprised of the amount on presentation day. Again, thanks to all who ran or helped. On March 27, TRAC set up and worked the finish line at Shiloh National Park for the Rotary Club's "Run In The Park 4 Mile Run". There were 108 finishers, and all went well. On the same weekend, TRAC rented clock/timers to Covenant Christian Academy timers for their "Eagle 5K Run". Josh Aycock worked the timers and oversaw the finish line. Thanks, Josh. Then on April 3rd TRAC managed the finish line at Keller Wellness 4 Mile & 1 Mile Fun Run. There were about 100 runners in each race.

GIFT TO CROSS COUNTRY CAMP. As most of you know, Hirbo Hirbo was the overall winner of the 2010 Huff N' Puff 15K Race. Because of his amateur status, he could not accept monetary prizes. He asked that TRAC accept the money as a donation to TRAC Cross Country Camp. Congratulations, Hirbo, and thank you.

APPAREL. Sugo reports that the new TRAC shirts will be shipped out first of April 4th week.

CROSS COUNTRY CAMP. Brochures will be available late week of 3-28-10. Sign up early.

TRACster: Our TRACster season began at Riverhill Run. There were several of our youngsters that participated. Also, there were several new members that joined at the race. TRAC wants to welcome our new members and encourage others to join the group.

HUFF N' PUFF UPDATE. There were 2 awards left off by mistake. The Howard Hill Memorial award that goes to the top female finisher from Lauderdale County was won by Sandy Lynch. The S.W. Fugitt Memorial award that goes to the top female finisher from Colbert County was won by Mary Elaine Shirah. Congratulation to these runners.

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.

A MESSAGE FROM THE PRESIDENT:



I TAKE FULL RESPONSIBILITY FOR THE FOLLOWING COMMENTS. IT MAY SOUND NEGATIVE...BUT THE INTENT OF IT IS ALL POSITIVE: TO EMPHASIZE A PROBLEM THAT OUR "FAMILY" MUST SOLVE.

RACE DAY VOLUNTEERS. A VOLUNTEER is just that...one that steps up and makes oneself available to help with the many tasks that must be carried out on race day. If you have to be chased down and begged to help, then, that's not a volunteer - that's a DRAFTEE. TRAC needs VOLUNTEERS! Before many (way too many) of our races, the finish line crew has had to scour around, grabbing up spouses, spectators, children, and anybody available, to just minimally carry out the function of timing a race. I know some of you would like to help because you signed up to help; then say, "Just call me". In the future, please don't say that. All of us are volunteers: we don't have a paid secretary to track you down in order to "draft" you. If you're not running the race, then, help-out every now and then. If YOU do it every now and then, then a FEW won't have to do it ALL the time. How long can the FEW hold out before they burn out? Evidently, many of you (in all sincerity), erroneously think that there is a "core-group" that works the finish line, and everybody else gets to run, or go on a training run, or just sleep in, etc. Give it some thought: that "group" is made up of volunteers who also would enjoy racing, training, or sleeping in, etc. every now and then. *RACE DAY WILL NOT HAPPEN WITHOUT VOLUNTEERS.*

This is NOT meant to discourage you from running races. That's what TRAC is all about: by all means - race - every chance you get. But, if you don't plan to run the race, then, please give careful consideration to helping out your fellow runner.

Call Linda Brewer, volunteer coordinator at (256) 627-4217 or by email at lindabrewer209@comcast.net; ideally, in advance of the race (assignment responsibilities should be covered before race day) and do your part.

CLUB PARTICIPATION (or non-participation). There were 11 (eleven) members at our TRAC meeting on March 27 at Ricatoni's. Two of which drove from Huntsville, one drove from Waynesboro, and one was a new member that had to be introduced to all. Enough said.

ANY ACTIVE ASSOCIATION CANNOT CONTINUE TO FUNCTION WITHOUT A CONTINUING EFFORT BY IT'S MEMBERS TO CONTRIBUTE THEIR TALENT, TIME AND ENERGY TOWARD A COMMON PURPOSE. IF MEMBERS ARE IN AN ORGANIZATION JUST TO FURTHER THEIR OWN AMBITIONS; THEN, THE ORGANIZATION WILL ULTIMATELY FRAGMENT, THEN FAIL

~ Joe Q

Dear TRAC member,

I just wanted to personally invite everyone in the TRAC club to the 6th Annual Swampers 5K & 1 Mile Run/Walk on April 24, 2010 in Muscle Shoals, Alabama . The race is very flat, fast, and certified. We have **custom finishers** medals for all 5K & kids 12 and under in the 1 Mile. The race has a family rate for families who register for April 10. .

We have a competition for the top 3 schools with the most kids participating will receive a plaque. We also have a corporate competition for the top 3 companies with the most employee participating.

Pre-registration is not mandatory but very much wanted. You can mail in registration or register on www.active.com.

If you need applications please let me know, just call me at 415-1326 or email me at runnerdude413@aol.com and I will send them.

Thanks,
Josh Aycock



Corinth Coke Classic 10K



May 1, 2010 8:30 am in Corinth, MS
Listed as "One of the 100 Great short races."
Certified course with Champion Chip scoring.
For more information contact Kenneth Williams at (662) 287-1433, kwiliams@corinthcoke.com or visit the website www.coke10k.com



Jeff Dropo Run For Kids

May 8, 2010
Benefiting Camp Smile-A-Mile
Florence High School, Florence, AL
Register online at www.active.com through April 25
T-Shirts to the first 150 participants
For more information, contact Kathie Pendergrass at 256-710-9806 or by email jeff.dropo.run.for.kids@gmail.com



April Birthdays

- 1 Chris Davis
Cameron Kay
- 2 Kelsey Cook
- 4 Charles Hardy
- 5 Joy Harbin
Robert Word
- 6 Cary Hitt
- 7 Angela Kemp
Jill Gillum
- 10 Aaron Erbe
Jon Hill
Cater Beckham
- 11 Alyssa Carlota
- 12 Deanna Whitehead
Kenny Hamm
Kyle Crown
- 13 Audrey Blackwelder
Kaitlin Fennel
- 14 Katie Davis
Luke Yordy
- 15 Lori-Anna Lovelace
- 16 Mildred Means
- 18 Billy Brink
Rachel Beels
- 19 Julie Ewoldt
Maggie Hammer
- 20 Collins Montgomery
Benjamin Carlota
Micah Slusher
- 22 Jerry Ramus
Eli Paetow
- 24 Debbie Wilson
Sarah Fiscus
- 25 Jennifer Huddleston
- 28 James Burcham
Pauline Bullard
Roger Baskin
- 29 Adam Collum
Sierra Patterson
- 30 Kole Potter

Happy Birthday!