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UPCOMING RACES

- August 21, 2010**
7:30 am
Franklin County Watermelon Festival Run
5K & 1 Mile
Russellville High School
Russellville, AL
- August 28, 2010**
7:00 am
Killen Founders Day
5K & 1 Mile fun Run
First Methodist Church
Killen, AL
- September 6, 2010**
8:00 am
Sacred Heart Labor Day
5K & 1 Mile Fun Run/Walk
Sacred Heart Church
Lawrenceburg, TN
- September 11, 2010**
6:15 pm
Lexington Founders Day
5K & 1 Mile
Lexington, AL

Q Tips

There has been a flurry of activity going on this past month. TRAC wrapped up the 6th Annual Cross Country Camp: three weeks of running and instruction of middle and high school youngsters (see Brad Lynch's special report). As usual we've been involved with several local races. We had a very successful club meeting/dinner at Ricatoni's...thanks to all who supported this time of fun and entertainment. There were 70 plus in attendance. Our August calendar is quite jammed.

July Races:

Independence Day 5K & 1 Mile Run/Walk. Loretto, TN.

TRAC was in charge of finish line timing, course clocks, and race results.

St. Jude 5K & 1 Mile Run/Walk. Florence, AL.

TRAC was in charge of finish line timing, course clocks, and race results.

W.C. Handy...Da Doo Run Run 5K Race & 1 Mile Run/ Walk. Florence, AL.

Brad and Sandy Lynch headed up this race and did an outstanding job. Brad has been extremely busy this month. Thanks for all your hard work, Brad. Great turnout. We were treated to music from Crossroads Blues Band (John Aiken and Kenneth Williams—TRAC and Band members). TRAC was in charge of finish line timing, course clocks, and race results. A Grand Prix race.

Outback Survivor 5K and 1 Mile Run/Walk. Sheffield, AL.

TRAC was in charge of finish line timing and race results.

Thank all of you who have volunteered with races, Cross Country Camp, planning and other areas of responsibility. If you have not, please consider helping out at one of the TRAC events. Remember, TRAC is your club.

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.

In Memory: Heath Potter

TRAC lost a great friend on July 7, 2010 as Heath Potter departed this life at age 39.

Heath left quite a legacy in his abbreviated life. After finishing high school at Hatton High he enrolled at Auburn and graduated with a Master's Degree in agriculture. Afterward, he became the Agriculture Extension Agent for Lawrence County. Later he entered the insurance field. He was an avid outdoorsman. He taught Sunday School and served as music director at Providence Baptist Church. He was totally dedicated to his family: he coached his boys in several different sports: he was an adult leader in Scouting: he was unselfish with his time and involved himself in all kind of family activities.

Most of us got to know Heath through his involvement with TRAC. He and his wife, Donna, (along with Heath's mother, Wanda, and her husband, John) brought their two young boys, Kamron and Kole, to many of the local races. He often volunteered to help conduct our races. Heath beamed when Kamron and Kole won their age groups...which was quite often. Kamron and Kole were participants in many of our Cross Country Camps, and Heath helped out on several occasions. He conducted himself with an easy demeanor that made him very approachable and warm. He was never without a smile on his face.

There are so many other things that could be said about Heath Potter...but suffice it to say he was the epitome of what a human being is supposed to be: a devoted family man, a kind individual whose selfless actions spoke volumes. There are not enough Heath Potters that pass through this life. His place in this world cannot be replaced but he leaves all of us an excellent example of how to live a truly good and productive life.

Our sympathies go to Donna, Kamron, and Kole, as well as, the rest of his family.

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"They Are Runners"

How else can you explain an average of 85 teenagers running at 7 am in the heat and humidity for three weeks?

This was the 6th annual TRAC Cross Country Camp at McFarland Park in Florence, a beautiful and serene setting for running early in the morning. 140 campers registered for this camp. The campers enjoyed the fellowship of other runners and the coaches. This year's camp offered instruction from experienced college and experienced adult runners. The camp also offered speakers on the subjects of hydration, injury prevention and rehabilitation, what it takes to run in college, core strength training, nutrition, and personal stories of running and adventure. The campers ran 4-6 miles a day in preparation for the up coming cross country season and had a lot of fun in the process.

KILLEN FOUNDER'S DAY 2010

"If You Ain't In Killen... You Ain't Chillin!"

NOTICE: DON'T FORGET>>>>START TIME IS>>>>7:00AM Beat the heat!!

The 14th Anniversary of Killen Founder's Day 5K & 1 Mile Fun Run/Walk/Jog will take place August 28, 2010.

The 5K course is certified and features just about everything you would want in a 5K race: up-hills, down-hills, flats, several turns. It winds through the old downtown area, residential streets, country lanes, and even by a horse farm. This is truly an ideal 5K course layout. The 1 Mile course is certified as well.

The 5K and 1 Mile Run/Walk/Jog will be part of 2 days of great family fun in Killen. On Friday night, August 27, there will be a parade through downtown Killen. The 5K race will begin at 7:00AM, Saturday, August 28 from the Killen United Methodist Church building. The 1 Mile event will begin as soon as the 5K race is completed...about 8AM.

Bring the family...ALL of you race...then stay all day for the festivities at Killen Park: games, arts & crafts, live bands, talent shows, food, and much more! Fireworks at sundown! There will be an antique car show at Brooks High School all day Saturday. What else could you ask for?

Again, the unique TEAM-COMPETITION (XC scoring) will be incorporated into the 5K race. Why not form a team? You have the opportunity to win an individual age-group award plus a team award. What do you have to lose?

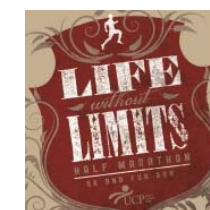
This is a TRAC and Grand Prix event. Everyone is encouraged to pre-register. It will save you and TRAC time and hassle. There are downloadable forms on TRAC website, and hard copies at First Place Athletics, as well as most area gyms. Active.com is now ready and available.

Great shirts and unique awards! Lots of drinks and eats.

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Life Without Limits Discount!

TRAC members who register online can get \$5 off the 1/2 marathon and \$2.50 off the 5K. Just enter "TRAC" as the discount code.



August Birthdays

- 1 Teresa Olson
- 2 Pam Clepper-Stumpe
Lauren Buckner
- 3 Lawrence Ison
- 6 Austin Thompson
Butler VanVeckhoven
- 7 Rodi Easton
Noah McGuire
- 8 Gabby Perez
- 10 Randall Holm
Savannah Graham
- 11 Chris Kemp
Mike Webb
- 12 Ethan Corbett
- 14 Mike Moore
Jonathan Tomberlin
Joseph Tomberlin
- 16 Randy Marks
- 17 Alex Thompson
- 18 Joe Knight
Katie Stewart
- 19 Dina Beattie
Courtney Fiscus
- 21 Kierstan Buckner
Kendyl Cozart
Ray Smith
- 22 Scott Butler
Randall Holm
- 23 Jenna Hamm
- 28 Robyn Ausborn
- 29 Hannah Johnson
- 30 Barbara Austry-Tall
- 31 Lee Hurren

Happy Birthday!