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UPCOMING RACES

July 24, 2010

8:00am

W.C. Handy
Da Doo Run Run
5K & 1 Mile Fun Run
Florence, AL

July 31, 2010

8:00 am

Outback Survivor
5K & 1 Mile Fun Run
Outback Steakhouse
Sheffield, AL

August 6, 2010

7:30 pm

Sunset Run
5K & 1 Mile Fun Run
Keller Wellcare Center
Sheffield, AL

August 21, 2010

7:30 am

Franklin County Watermelon
Festival Run
5K & 1 Mile
Russellville High School
Russellville, AL

Q Tips

EVENTS.

CORRECTION! The date for the TRAC Meeting & Party is July 29, 2010 at Ricatoni's (erroneously reported as 7-22). As you may recall, this get-together is in conjunction with W.C. Handy Festival week in the Shoals. The Cross Roads Band will be entertaining including Big Foot Aikin and Kenneth Williams (TRAC members). Normally, this is one of our best attended events, so, please make plans to be there.

CROSS COUNTRY CAMP. July 12-30. Monday through Friday, 7AM to 9AM. Registration forms are available. This camp gets bigger and better every year. A great learning experience for middle and high school runners. Runners that are younger and want to attend...parents need to contact TRAC. Any adults who can assist at any of the sessions are welcome.

SHIRTS. We've had good comments about our new TRAC shirts. We have not had much response for a reorder. However, if you would like a shirt please fill out an order form as quickly as possible.

RECENT JUNE RACES.

Butterfly 5K & 1 Mile. Waynesboro, TN. Jim Beavers (TRAC member), race director, did a tremendous job in organizing this race. There was a good turnout. The proceeds went for a deserving charity. TRAC was in charge of the finish line, course clocks, and race results.

Pickwick Challenge 5K. Savannah, TN. This is one of two races that TRAC helps with at this location. Michael D'Orio was the race director. The proceeds went toward a cancer wing for the local hospital. TRAC was in charge of the finish line, course clocks, and race results.

Helen Keller Festival 5 Mile & 1 Mile. Tuscumbia, AL. This race was sponsored by the Kiwanis Club. Joy Harbin (TRAC member) was the race director and did a great job. Great turnout. TRAC was in charge of the finish line, course clocks, and race results.

As you can see, we're in the midst of race season, with many more races to go. If you can possibly volunteer for any of the upcoming races, please let Linda Brewer know.

SAFETY.

Hot and humid weather can be very taxing on the body and it's ability to operate at peak capacity. Remember to hydrate, wear moisture wicking clothing, and try not to run during peak sun hours...but, most importantly, hydrate, hydrate, hydrate.

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—Mandy Blakely

Personal:

Birthday: December 28, 1980

Occupation: Asst. Bookkeeper for McNairy County Schools

Favorite food? Anything that is considered “junk food”, starting with chocolate

Favorite non-running activity? Spending time with family

Favorite book? Anything by Nicholas Sparks



Running:

What caused you to start running? I wanted first of all to get in better shape and wanted to do something other than walking. Running soon became a great stress-reliever and “escape” time!

Best Running Experience? Finishing my first 10 mile run! A year ago I would have never dreamed I could have done it.

Most prized running shirt? 2010 Coca Cola 10K (my only 10K so far)

What race are you most proud of? 2010 Swampers 5K – I accomplished my goal which was to run it in under 27 minutes and came in 2nd in my age group.

Any future running goals? I am currently training to run the St. Jude Marathon in December! I’m a little terrified but very excited....I can’t think of a better cause to run for! My only goal there is to finish!

PR’s: Best 5K time – 26:44

Favorite race distance? 5K

Favorite place to run? Shiloh Park – beautiful scenery and wildlife

Favorite TRAC race? I have only run a few so far but I enjoyed the Swampers 5K a lot... great course and atmosphere

Hot Blues and Hot Ravioli !!!!!

TRAC will be having our Annual Handy Festival Banquet on Thursday , July 29th 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.

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.



July Birthdays

- 2 Mark Bowers
- Brandon Lindsey
- Miranda Lindsey
- 6 Niels Paetow
- 7 Mechelle Thomas
- Sandy Lynch
- 10 Matthew Rushton
- 11 Nicole Campbell
- 12 Steven Fiscus
- 14 John William Diffey
- 15 Tanya Collum
- 16 Karley Blackwelder
- 17 Benny Murray
- Todd Allen
- Wendy Diffey
- Amanda Wilkes
- 19 Kylie Graham
- Blake Graham
- 20 Jeremy Blakely
- Alexander Austin
- 22 Cindy Rushton
- Siler Head
- 23 Doris Talley
- 24 Kaleb Jones
- 27 Christopher Darby
- 28 Lantz Passarella

2010 Grand Prix Update

We are nearing the mid-point of the Grand Prix season. After this weekend’s St. Jude Run, there will be five races (plus one wildcard race) remaining in the competition.

The current Grand Prix standings are now posted 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 .

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

****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.

Remember that if you are competing in the **Grand Prix**, you must volunteer to work two races to be eligible for an award.

Happy Birthday!

