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UPCOMING RACES

June 12, 2010

8:00am

Pickwick Dam
5K Challenge
Pickwick Dam, TN

June 26, 2010

8:00 am

Helen Keller Festival
5 Mile & 1 Mile Fun Run
Tuscumbia, AL

July 3, 2010

8:00 am

Independence Day
5K & 1 Mile Fun Run
Sacred Heart School
Loretto, TN

July 9, 2010

7:00 pm

5K Run for St. Jude
& 1 Mile Fun Run
McFarlane Park
Florence, AL

Q Tips

New TRAC shirts.

If you are interested in a shirt, please turn in your order form as soon as possible. The manufacturer, Segoi, requires a minimum quantity: so, let us know in a timely manner.

Recent Races:

Jesse Owens, Moulton, AL. This event featured 3 races: a 10K, 2 Mile, and 1 Mile Fun Run. TRAC was in charge of the finish line and race results. Our volunteers were there for most of the morning.

Woodall Dash, Iuka, MS. There were 2 races: a 5K and 1 Mile fun Run. TRAC was in charge of the finish line and race results.

Heritage Hustle, Lawrenceburg, TN. Again, TRAC was involved in the finish line and race results of their 5K Race.

As you can see, TRAC has been actively managing finish lines and race results for a wide range of races and locations. In May, we traveled to several cities, and 3 different states. All events were conducted without a major hitch. Thank you, volunteers!

TRAC is contracted for **37 RACES** this year! We are completely booked out and have turned down requests for many more worthy events. As you can readily see, we must have your participation in helping with the conducting of up-coming races. I continue to ask for your volunteer help, and I do so unapologetically.

Upcoming Events:

Cross Country Camp. Starts July 12-30, Monday through Friday, 7AM to 9AM. Registration has begun and registration forms are available.

Club Meeting and Party, July 22, at Ricatoni's. This is in conjunction with W.C. Handy Festival week. Cross Roads Band will be performing. Always great fun! Make plans now to attend.

P.O. Box 1019
Florence, AL 35631



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.

Dear Runner Friend,

Hope your summer training is going well!

I'm just writing you a line as a reminder to register for the 32nd Annual Helen Keller Festival Five-Mile and One-Mile Road Races. The certified races are on Saturday, June 26th. The 5-miler begins at 8:00 am, while the 1-mile follows shortly afterward. Both start and finish at the Colbert County Courthouse, on the Water Street side. Race day registration begins at 6:30 am, but you can register on-line at Active.com, or mail an entry form. The races are supported by Kiwanis club members, Tuscumbia Police and the Helen Keller Ambulance service.

You may not realize it but the races have been run since the very first Helen Keller Festival in Tuscumbia, Alabama in 1979. The Helen Keller Festival of Tuscumbia began as a way to pay tribute to the work of America's First Lady of Courage, Helen Keller. Keller was born and reared on a piece of property named Ivy Green in Tuscumbia. Ivy Green is now on the National Registry of Historical Sites. It was there Keller learned to communicate even through blindness and deafness, and went on to become an international symbol of hope for others with handicaps and disabilities. The festival and Ivy Green attract thousands of visitors to our town, and I look forward to seeing you again this year.

You also may not realize it but the races are sponsored by the Tuscumbia Kiwanis Club, and have become the main fund-raiser for Kiwanis charities which include world-wide and local recipients. Practically every cent of your entry fee, which has been lowered this year, benefits these causes. The Kiwanis Club thanks you for entering the races.

The races have also had other great sponsors in the last thirty-one years. Valley Credit Union of Tuscumbia, Helen Keller Hospital, Long-Lewis Ford, B and B Trophy, Morrison Funeral Homes and First Place Athletics are some who have contributed. In the last few years the Tennessee River Athletic Club has done a great job of timing the races and added the five-miler to their Grand Prix competition. I know you'll want to win one of those traditional "waterpump" trophies! Everybody likes the cool shirts, too. Youth one-mile finishers also get a ribbon. Of course we'll have the same great refreshments after the races. My mom usually bakes homemade goodies and Buffalo-Rock donates all the Pepsi products we can possibly drink.

Remember race day may be warm and humid!

It's been great to talk, friend. I'm looking forward to seeing you at the races.

Your best runner buddy,

Joy Harbin

Director, Helen Keller 5mile/1-mile Races 2010



Runner Profile—Maggie Marie Williams

Personal:

Birthday: September 7, 2000

Daughter of Greg Williams of Phil Campbell, AL and Kandy Williams of Tuscumbia, AL. She has 2 older half-brothers and 3 older half-sisters, she has 4 nieces and 4 nephews.

Maggie has lived in Tuscumbia most of her life and adores this area. She is very outgoing, talkative, easy to make friends with and loves people.

Favorite non-running activity: Setting up a lemonade stand, swimming and learning!

Favorite book: Diary of a Wimpy Kid

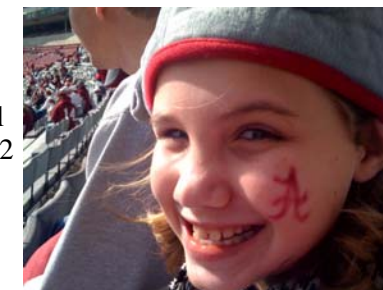
Favorite movie: Diary of a Wimpy Kid

Favorite restaurant: Casa Mexicana

Favorite musical artist: Justin Beiber

Favorite show: Good Luck Charlie

Favorite quote: "Roll Tide Roll"



Running:

Maggie began running after Mrs. Finnell at RE Thompson encouraged her students to run the local events for extra credit in PE. She developed a huge love for running. As a softball and soccer player, running can only improve her abilities in these sports. After completing 75 miles during the 3rd grade school year, she won 1st place for (3rd grade) female track at RE Thompson.

What race are you most proud of? The Huff and Puff Relay race because it was a rainy and miserable day.

Any future running goals? 100 miles in the 4th grade

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There was a worth-reading article in the May 31 issue of *Sports Illustrated*. entitled "Spikes On The Ground". The article told the story of Andy Ferrara, who in mid-May graduated from West Point. Ferrara ran track (D1 athlete) as a West Point cadet for 4 years and was selected the team captain his senior year. Not a shabby runner, he ran the anchor leg of the 800 meter relay in 1:48:57 at the 2010 IC4A Championship Meet. Later this year, he will be scheduled for Infantry Leadership, and Army Ranger School. Andy will become the fourth Ferrara brother to become an Infantry Officer. An older sibling, 24 year old Captain Matthew Ferrara was killed in action in Afghanistan in 2007. Andy has requested duty with the 25th Infantry Division, 3rd Brigade: why?...because they are scheduled for deployment in Afghanistan in 2011. An inspirational story of, not only a great runner, but also, a team player, and a dedicated American soldier.

June Birthdays

- 2 Amber Wammack
- 3 Brett Harkins
- 4 Melissa Butler
- 6 Scott Jones
- 8 Gary Talley
- 12 Stephanie Phifer
Lisa Hanback
Tony Brewer
- 13 Anna Fennell
- 14 Bram O'Steen
Caroline Methvin
- 15 Kiara Erbe
- 16 Shelby Harrington
Mason Dye
- 18 Jim Beavers Jr.
- 20 Amy McKelvey
Troy Hurren
- 21 Mary Elizabeth Sherrod
- 22 Laura Thomas
Dot Richter
- 24 Jennifer Buckner
Kelsey Holdbrooks
- 26 Lori-Beth Bowers
Bennett Behel
- 27 Morgan Lindsey
- 28 Julie Cochran
- 29 Jordan Collum
Jordan Lynch
- 30 Bud Bowen
Nathan Richardson

Happy Birthday!