



## Grand Prix Banquet



Male Winners: (left to right) Tanner Ryan, Auburn Wilson, Todd Allen, Adam Collum, Tommy Stine, John Aikin, Gary Talley, Charles Hardy, Keith Hallmark



Female Winners: (left to right) Debbie Wilson, Lisa Schater, Jennifer Buckner, Jennifer Ryan, April Novak, Tanya Collum, Sue Burcham, Jan Woods, Joy Harbin, Sandy Lynch, Dot Richter



TRACster Award Winners

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### UPCOMING RACES

**January 30, 2010**

**9:00 am**

Run 2 Calvary  
2 Mile Run/Walk  
Tuscumbia, AL

**February 20, 2010**

**7:00 am**

5th Annual Black Warrior  
50K, 25K & 3 Person Relay  
Black Warrior Wildlife  
Management Area  
Bankhead National Forest  
Moulton, AL

**March 6, 2010**

**8:00 am**

On Your Mark @ Highland  
Park Baptist Church  
5K & 1Mile Fun Run  
Muscle Shoals, AL

**March 13, 2010**

**9:00 am**

Huff & Puff on the Bluff  
15K Race & Relay  
Sheffield, AL

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](mailto:trac@hiwaay.net).

We look forward to hearing from you & getting to know you better!!

### \*\*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](mailto:lindabrewer209@comcast.net).

Please thank Linda and the volunteers anytime you have a chance!

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

## Runner Profile - Josh Whitehead

### Personal

**Birthday:** September 10

**Occupation:** Engineer

**Favorite food?** A huge, heaping bowl of Fruit Loops or Coco Puffs with skim milk, probably. Gotta say that a good fudgey brownie with frosting is a very close second, though.

**Favorite non-running activity?** Bicycling

**Favorite book?** Transport Phenomena by Bird, Stewart and Lightfoot (my PhD is in rocket science, so I'm a total geek).

**Favorite movie?** Whatever movie Deanna will go see with me at the theater

**Favorite TV show?** Big Bang Theory

**Favorite musical artist?** R.E.M.

**Favorite song?** Dixieland Delight by Alabama (it was our song at the wedding)

**Favorite quote?** "Never forget who you are or lose sight of who you want to become"

**Brush with Fame:** I went to a Brad Paisley concert one time, does that count?? Seriously, I don't get out much.

### Running

**How many years have you been running?** I've been running consistently (more than once a week) for about 2 years now. Before that I would only run if it was very cold, windy, dark or otherwise unfavorable to get out on my bicycle and ride and I really needed to get some exercise.

**What caused you to start running?** My wife (Deanna) encouraged me to enter a 5k race in Fall 2007. The Liz Hurley Ribbon Run was coming up and the combination of her encouragement and a good race cause convinced me to sign up. I got out and ran every day for about a week before the race... For a good week after the race I was so sore I had trouble going up and down steps! It was late in 2008 that I started running more regularly and spent less time focused on bicycling.

**Best Running Experience?** Any run that I do with my wife. We're lucky that the Indian Creek Greenway is just a few minutes from our home-it's a great place to run together after work or on the weekends. Some weeks we'll do three runs together there.

**Most prized running shirt?** Probably any one of the 1<sup>st</sup> Place tech shirts I have. They're made by Brooks and are super comfy. If we're talking shirts from races it's a close tie between the 2009 Huff 'N Puff 15k shirt and the 2007 Spooktacular Run 5k shirt (a race in Huntsville).

**What race are you most proud of?** The 2009 Huff 'N Puff 15k. My wife, twin sister, brother-in-law and I all woke up that morning (with it cold and raining) and seriously thought, "couldn't we just go get breakfast instead?" We all got out and ran the race anyway and had a great time doing it.

**Any future running goals?** I'm planning to run fewer races in 2010 and focus on improving my times at a couple distances like 5k and 10k. I'd also like to try a track 5k this year.

**PR's:** 1mi 4:34, 5k 15:21, 10k 31:58, 1/2M 1:10:55, M 2:34:24

**Favorite race distance?** Anything 5k to 10k

**Favorite place to run?** The foothills of Rainbow Mountain in Madison near our home-lots of scenic and challenging roads there.

**Favorite TRAC race?** Tie between the Dam-Bridge Run 10k and Huff 'N Puff 15k, though there are so many other great races it's really hard to pick.



## 2010 Grand Prix Rules & Races



### PARTICIPATION

- Participants must join TRAC or renew their membership by June 1, 2010 in order to qualify for the Grand Prix competition.
- Participants must also indicate their intent to participate in the Grand Prix competition by marking such on the Membership Application.
- 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.

### SCORING

- Points will be awarded by Grand Prix age groups. The top 10 runners in each Grand Prix age group will be awarded points as follows: 1st Place = 10 points, 2nd Place = 9 points up to 10th Place = 1 point.
- Overall points will be awarded based on overall finish regardless of age division. The top 10 overall runners will be awarded points in the same fashion as age group points.
- Final point standing will be determined from the best eight finishes in the Grand Prix Races. Participants must complete four races to be eligible.
- Grand Prix points will only be calculated from three documents: Official Membership records, Official Race Results and Volunteer List from the Race Director.
- It is the responsibility of participants to advise TRAC promptly upon the periodic posting of the Grand Prix standings on the website of any errors or omissions.

### VOLUNTEER POINTS

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. (Cross country events timed by TRAC will qualify as volunteer races.) Running in one race and volunteering for the fun run or other race will not qualify for volunteer points. One point will be earned for each race with a maximum of 5 points accumulated for volunteering. Race directors receive 3 volunteer points for the race they direct. (Cross country events timed by TRAC will qualify as volunteer races.) Grand Prix volunteers must register with the Race director before race day to ensure your name is on the Volunteer List.

### RACES

Huff 'N Puff 15K - March 13

Swampers 5K - April 24

Coca Cola Classic 10K - May 1

Butterfly 5K Run/Walk - June 5

Helen Keller Festival 5 Mile - June 26

Independence Day 5K - July 4

St. Jude 5K - July 9

Handy Festival 5K - July 17

Outback Survivor 5K - July 24

Sunset Run 5K - August 6

Killen Founders Day 5K - August 21

Riverbottom Burnout 1-Mile - October 16

Dam Bridge Run 10K - November 20

### Double Point Events

Due to their nature, two TRAC races will qualify for double points

(1st place= 20 points, 2nd place= 18 points up to 10th place= 2 points).

These are: Huff 'N Puff 15K River Bottom Burnout

### Wild Card Points

Grand Prix participants will receive one point for participation in either or both of the following races:

Black Warrior (either race) - February 20

Life Without Limits Half Marathon - November

## January Birthdays

- 1 James Cheek  
Ian Crane
- 3 Carly Perez  
Wanda NeSmith
- 5 Dale Blackwelder
- 6 Susan Springer
- 7 Jamie Bragwell  
Michael Henry McWaters
- 10 Danica Allen  
Erin Thompson
- 16 Alyssa Cabler
- 8 Brady Glover  
Chris Odenwelder  
Joshua Sherrod  
Nick Winn
- 19 Angela Thompson
- 20 Sarahanne Davidson
- 21 Tommy Buckner  
John Montgomery
- 22 Tanner Crosslin  
Valerie Olson
- 23 Jeff Garrett
- 26 Deonne Ewoldt
- 27 Ashley Freeman
- 28 Whitney Tucker
- 31 Michael Fennell  
Brooklyn Graham  
Louie Hargett

Happy Birthday!



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