

TRAC Newsletter



31st Annual Helen Keller Festival 5 Mile Race & 1 Mile Fun Run



Dear Runner Friend,

Hope your summer training is going well!

I'm just writing you a line as a reminder to register for the 31st Annual Helen Keller Festival Five- Mile and One-Mile Road Races. The certified races are on Saturday, June 27th. 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 5-mile/1-mile Races 2009

New TRAC SMACK Forum



We have switched to a new forum format that will allow us to manage registration and protect our forum from spammers. If you are a current forum user, we hope to make this transition very easy for you, and if you've never used the message board, we hope this will make you curious enough to check it out!

If you haven't used the forum in the past, but would like to start communicating with your fellow runners- please email trac@hiwaay.net. Simply tell us what you would like for your user name to be, and we'll start the registration process for you.

We hope this change will make the forum an informative, fun & safe place for everyone! Let us know what's on your mind! If you have any questions, please email them to us at trac@hiwaay.net.

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Next Club meeting:

Date-Time-Location:

Tuesday, August 18, 2009

Dinner begins at 6:00 pm
Speaker at 6:45 pm

Location & Speaker:

To Be Determined

UPCOMING RACES

June 27, 2009 - 8:00 am
Helen Keller Festival
5 Mile & 1 Mile Fun Run
Tuscumbia, AL

July 4, 2009 - 8:00 am
Independence Day
5K & 1 Mile Fun Run
Iuka, MS

July 10, 2009 - 7:00 am
5K Run for St. Jude
Florence, AL

GROUP RUNS:

- **Monday Nights 6 p.m.**
First Place Athletics
- **Tuesday Night TRAC**
Muscle Shoals HS 6:00 p.m. Contact Sarah Freeman for info:366-4127
- **5 at 5**
Mon, Wed, Fri 5 a.m.
Courthouse Racquet Club
- **Ladies Morning Run**
Tuesday/Thursday @ 6 am
TVA Nature Trail
Contact Christine Ellis for more info:764-7358

Florence, AL 35631

P.O. Box 1019



5th Annual Cross Country Camp July 6-24, 2009, 7 to 9 am Monday through Friday McFarland Park– Florence, AL

Camp is just around the corner, in the **same** great place (McFarland Park) at the **same** great time of 7 to 9 weekdays in the morning, and for the **same** great price. This year's theme reflects its new attitude: "A little less conversation, a little more action." There will be more of what runners need to help them get stronger and faster. And less talk. We've added the topics: "**Small Adjustments for Big Rewards**" & "**Training with the Heart Strap Monitor**," increased the **Form Drill Days**, and kept the always-challenging "**Hill Day**," lightning-fast "**Continuous Relay**," & the rewarding "**Scavenger Hunt & Awards**." Also, a "Taco-Tuesday" was considered, but we decided against it and will retain the desirable "**Moon-Pie Fridays**."

Brochures can be downloaded from the TRAC website, or your XC coach may have received a packet in the mail. Cost of the 15 day camp, t-shirt, sports-drink, & binder remains the same, as part of our **TRAC Stimulus Project**: \$15 per person, or \$25 per family. Anyone needing assistance can have their coach contact Jeff Garrett @ 383-6482. Coaches & Workers run for free.

This camp is designed for the upcoming middle school and high school student interested in running cross country in the fall of 2009. Our objective is to promote the sport of cross country within our area and to give runners a fun and safe atmosphere for their summer training. The entire camp will focus on having the right attitude and mindset to succeed in this tough sport.



2009 Grand Prix field is set!!

| | | Age Group | Date Joined | | | Age Group | Date Joined |
|---------------------|--|------------|-------------|------------------------|--|------------|-------------|
| Aday Sharon | | 50+ | 11-Mar | Kemp Chris | | 39 & Under | 22-Jan |
| Aikin John | | 50+ | 18-Feb | Lynch Brad | | 50+ | 18-Feb |
| Aikin Debbie | | 50+ | 18-Feb | Lynch Sandy | | 39 & Under | 18-Feb |
| Allen Mike | | 50+ | 16-Jan | McBrayer Anthony | | 39 & Under | 12-Jan |
| Allen Todd | | 39 & Under | 22-Jan | McCartney Mike | | 40-49 | 16-Apr |
| Allen Kelly | | 40-49 | 22-Jan | McCullar Terry | | 50+ | 14-Mar |
| Aycock Josh | | 39 & Under | 14-Jan | McMeans Brett | | 39 & Under | 18-May |
| Beavers Marla | | 50+ | 4-Jan | McMeans Tamara | | 40-49 | 18-May |
| Beavers, Jr. Jim | | 50+ | 4-Jan | McWaters Michael | | 50+ | 19-May |
| Blackwelder Dale | | 40-49 | 9-Jan | McWaters Michael Henry | | 39 & Under | 19-May |
| Bragwell Jamie | | 40-49 | 2-Jan | Means Mildred | | 50+ | 28-Jan |
| Brewer Tony | | 39 & Under | 14-May | Methvin Jeff | | 40-49 | 31-Mar |
| Brewer Linda | | 50+ | 28-Jan | Methvin Sam | | 39 & Under | 31-Mar |
| Brink Billy | | 40-49 | 18-Feb | Methvin Susan | | 40-49 | 31-Mar |
| Buckner Brayden | | 39 & Under | 24-Apr | Methvin Caroline | | 39 & Under | 31-Mar |
| Buckner Landon | | 39 & Under | 24-Apr | Michael Karen | | 50+ | 20-Dec |
| Buckner Jennifer | | 39 & Under | 24-Apr | Novak April | | 39 & Under | 16-Jan |
| Buckner Kierstan | | 39 & Under | 24-Apr | Oakley Daniel | | 40-49 | 14-Mar |
| Buckner Lauren | | 39 & Under | 24-Apr | Peters Joe | | 50+ | 14-Mar |
| Bullard Pauline | | 40-49 | 19-May | Richardson Charles | | 50+ | 16-May |
| Burcham James | | 50+ | 22-Jan | Richter Dot | | 50+ | 22-Jan |
| Burcham Sue | | 50+ | 22-Jan | Rivas Agustin | | 50+ | 4-Apr |
| Cheek James | | 39 & Under | 13-Apr | Rivas Deborah | | 50+ | 4-Apr |
| Collum Adam | | 39 & Under | 16-Jan | Ryan Tanner | | 39 & Under | 14-Mar |
| Collum Tanya | | 39 & Under | 16-Jan | Ryan Rhett | | 39 & Under | 14-Apr |
| Dye Mason | | 39 & Under | 26-May | Ryan Jesse | | 39 & Under | 14-Apr |
| Ewoldt Peyton | | 39 & Under | 23-Mar | Ryan Jennifer | | 39 & Under | 14-Apr |
| Fiscus Jim | | 39 & Under | 20-Mar | Schafer Samuel | | 39 & Under | 14-Feb |
| Fiscus Nathan | | 39 & Under | 20-Mar | Schafer Lisa | | 40-49 | 14-Feb |
| Fiscus Courtney | | 39 & Under | 20-Mar | Self Kevin | | 40-49 | 18-May |
| Fiscus Sarah | | 39 & Under | 20-Mar | Self Cheryl | | 39 & Under | 18-May |
| Freeman Ashley | | 39 & Under | 30-Jan | Stine Tommy | | 50+ | 19-Feb |
| Freeman Sarah | | 39 & Under | 30-Jan | Talley Gary | | 40-49 | 11-Apr |
| Garrett Jeff | | 40-49 | 20-Dec | Wakefield Timothy | | 39 & Under | 8-Apr |
| Gillum Chris | | 39 & Under | 31-Dec | West Kimberly | | 39 & Under | 11-Apr |
| Graham Nathan | | 39 & Under | 9-Mar | White Heath | | 39 & Under | 26-May |
| Greene Mike | | 40-49 | 16-Apr | Williams Kenneth W. | | 50+ | 19-May |
| Hallmark Keith | | 50+ | 24-Jan | Wilson Auburn | | 40-49 | 1-Jan |
| Hallmark Derick | | 39 & Under | 24-Jan | Wilson Debbie | | 40-49 | 1-Jan |
| Hamm Kenny | | 39 & Under | 2-Mar | Wilson Bridgett | | 39 & Under | 1-Jan |
| Hamm Hunter | | 39 & Under | 2-Mar | Woods Jan | | 50+ | 31-Dec |
| Hamm Alex | | 39 & Under | 2-Mar | Worley Chuck | | 50+ | 5-Mar |
| Harbin Joy | | 50+ | 28-Jan | Worley Cindy | | 40-49 | 5-Mar |
| Hardy Charles | | 50+ | 16-Jan | Young Kathy | | 40-49 | 24-Jan |
| Huddleston Jennifer | | 39 & Under | 1-Jan | Young Caroline | | 39 & Under | 24-Jan |
| Hurren Troy | | 39 & Under | 16-Jan | | | | |

Please check the list above carefully if you plan to participate in the Grand Prix. The deadline for entry was June 1st, and only races completed after your join date count in your Grand Prix total. If your name is missing from the list above and you believe that you qualify for the Grand Prix, please contact us at trac@hiwaay.net. As you prepare to compete in the Grand Prix, don't forget the following qualifications:

- Participants must complete 4 races to be eligible
- Participants must volunteer to work at least 2 TRAC races
- Final point standing will be determined from the best 8 finishes in the Grand Prix races.

For Full Grand Prix rules, please visit the website: www.shoalstrac.com/public_html_scs/grand_prix

Runner Profile - Brad Pounders

Personal

Birthday: October 15, 1971

Occupation: Materials Manager-- Russellville Hospital & Lakeland Community Hospital

Favorite book: Most any biography

Favorite movie: Don't really have one

Favorite TV Show: Seinfeld

Favorite Musical Artist: Brad Paisley & Sara Evans

Favorite Song: "Real Fine Place to Start" by Sara Evans

Favorite Quote: "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He shall direct your path." Proverbs 3:5-6

Favorite food: Mexican

Favorite non-running activity: Sitting under an umbrella at the beach

Brush with Fame: I am still waiting for that to happen

Running

How many years have you been running? Little over 4 years

What caused you to take up running? I had a friend who wanted to do a marathon and no one else would train with them so I agreed to do it, and I've been running ever since.

Most prized running shirt? All my Country Music 1/2 and Marathon shirts

What race are you most proud of? 2009 Mercedes Marathon, massive improvement in time

Any future running goals? San Diego Marathon

Favorite race: Country Music 1/2 Marathon

Favorite race distance: Half Marathon

Favorite place to run? Lakeshore in Birmingham across from Samford University

PR's: Marathon PR of 4:14 at this year's Mercedes Marathon

Best Running Experience: Running the Country Music Marathon in 2006, not only was that my first marathon, but it was my first run of ANY kind!



RUNNER PROFILES WANTED!

Our members want to know more about you! If you're willing to be profiled in a future TRAC newsletter, please drop us an email at trac@hiwaay.net.

The club's deep appreciation will be your reward!!

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.

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.

June Birthdays

- Harris Pride
- Amber Womack
- Jacob Williamson
- Melissa Butler
- Breana McGaughy
- Gary Talley
- RJ Howard
- Tony Brewer
- Anna Fennell
- Bram O'Steen
- Caroline Methvin
- Wes Bevis
- Mason Dye
- Kyle Black
- Jim Beavers
- Troy Hurren
- Mary Elizabeth Sherrod
- Brian Alewine
- Leah Bowling
- Kate Cochran
- Sarah Freeman
- Dot Richter
- Jennifer Buckner
- Mason Jones
- Brett Keeling
- Matt Buck
- Amber Hendrix
- Jordan Collum
- Jordan Lynch
- Bud Bowen
- Nathan Richardson

Happy Birthday!



www.ShoalsTRAC.com