

TRAC Newsletter



A Message from Frank:

The 2009 race season is in full swing. Hopefully you have dusted off your running shoes and made your way back to the roads. Please take advantage of the various group runs as you seek to get into peak running condition. Local races are a great way to improve your running as well. Shown below are local upcoming races. We hope to see you there!

Frank

April 18th: Run For The Little Red School House

8:00 am, Rogersville, AL
1-Mile Fun Run follows the 5K
The race begins & ends in downtown Rogersville, and it is a relatively flat and fast course.
All proceeds benefit the Little Red School House Student Readiness Program. LRSB provides school supplies, clothes, shoes & snacks for students who could otherwise not afford these items.
For more information, contact Chuck Worley, cworley@hiwaay.net

May 9th: Jeff Dropp Run For Kids

Benefiting Camp Smile-A-Mile
Florence High School, Florence, AL
5K Run: \$15 Pre-Register by April 25th, \$20 day of race
1 Mile Run/Walk: \$10 Pre-Register by April 25th, \$15 day of race
T-Shirts to the first 150 participants
For more info, contact Kathie Pendergrass at 710-9806 or jeff.dropp.run.for.kids@gmail.com

April 25th: 5th Annual Swampers 5K

8:00 AM, Muscle Shoals, AL, Muscle Shoals Middle School near MSHS football stadium
Both 5K and 1 mile courses are flat and USATF certified. All 5K finishers receive a custom finishers medal. Please pre-register if you can.
Finishes on the Muscle Shoals Track with a live band playing.
Josh Aycock (256) 314-4631 or (256) 314-4631 or runnerdude413@aol.com

May 16th: 28th Annual Jesse Owens Memorial 10K

8:00 AM, Moulton, AL, Lawrence County High School
10K at 8:00 AM, 2 Mile at 9:15, One Mile at 10:00. One mile limited to ages 0-6 only.
DeWayne Key (256) 974-0176 or ace1key@aol.com

May 2nd: Corinth Coke Classic 10K

8:30 AM, Corinth, MS, Downtown
Listed in Running Times as "One of the 100 Great short races."
Certified course with Champion Chip scoring.
Technical shirts will be provided this year
For more info, contact Kenneth Williams (662) 287-1433, kwiliams@corinthcoke.com

May 23rd: 2nd Annual Woodall Dash 5K

8:00 AM, Iuka, MS, Dixie Youth Baseball Complex
Proceeds to benefit the Junior Auxiliary of Tishomingo County
For more info, contact Cynthia Lambert (662) 279-9498 or woodalldash@yahoo.com

May 30th: Heritage Hustle 5K

8:00 AM, Lawrenceburg, TN, Downtown Square Pavilion
For more info, contact Missi Lowery (931)629-8805 or mslwry@aol.com

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INSIDE THIS ISSUE:

Swampers Information	2
Runner Profile	2
Birthdays	3
Runner Profile Survey	3
Membership Renewal Info	3
Volunteer Contact Info	3

Next Club meeting:

Date-Time-Location:

May 19th
Location to be determined
Dinner begins at 6:00 pm, Speaker at 7:00 pm

Speaker: To be determined

Check the website as the date approaches for more details!

UPCOMING RACES

April 18, 2009 - 8:00 am
Run For The Little Red School House
5K & 1 Mile Fun Run
Rogersville, AL

April 25, 2009 - 8:00 am
5th Annual Swampers
5K & 1 Mile Fun Run
Muscle Shoals, AL

May 2, 2009 - 8:30 am
Corinth Coke Classic 10K
Corinth, MS

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



Grand Prix season is here again!

The Huff 'N Puff started off the 2009 Grand Prix with a bang on March 14th with 56 Grand Prix competitors qualified for that race. Remember that you have to renew your membership by the race date for that race to count in your Grand Prix line-up. There are still 11 races left on the Grand Prix schedule so it's not too late to join or renew your membership!

The final day to qualify for the 2009 Grand Prix competition is June 1, 2009.

Grand Prix Race Schedule 2009

Huff 'N Puff 15K	March 14, 2009	Outback Survivor 5K	July 25, 2009
Swampers 5K	April 25, 2009	Sunset Run 5K	August 7, 2009
Helen Keller Festival 5 Mile	June 27, 2009	Killen Founders Day 5K	August 22, 2009
Independence Day 5K	July 4, 2009	Riverbottom Burnout	October 17, 2009
St. Jude 5K	July 10, 2009	Pumpkin Run 6 Miles	October 24, 2009
Handy Festival 5K	July 18, 2009	Dam Bridge Run 10K	November 21, 2009

5TH ANNUAL SWAMPERS APRIL 25, 2009

8:00 AM MUSCLE SHOALS, AL

I would like to personally invite everyone to come and run the 5th Annual Swampers 5K and 1 Mile Run/Walk on April 25th in Muscle Shoals. The race has been chosen as the Alabama RRCA 5K State Championship. The race starts at the Muscle Middle School and ends on the Muscle Shoals track. All runners receives a color t-shirt, and **all 5K runners receive a custom finishers medal and all kids under 12 will also receive a medal.** A Christian rock band will be playing at the finish line of the race. The course is very flat, fast, and certified. The radio station 91.3 will be broadcasting the race. The race is put on by the Muscle Shoals Civitans and the money goes to many local charities. Please pre-register if you can where I will know how many people to expect and to be guaranteed to get right size shirt. The top 5 schools with the most students will receive a special plaque. The top three 3 companies with the most employees participating will receive a plaque.

Thanks– Josh Aycock

For more information contact Josh Aycock at (256) 415-1326 or runnerdude413@aol.com.

The race is timed by TRAC and is a TRAC Grand Prix Event!



Runner Profile - Ricky Bryan

Personal

Birthday: December 19, 1957

Occupation: Teacher & Coach at Lexington High School

Favorite book: The Bible

Favorite movie: Old Yeller

Favorite TV Show: CSI

Favorite Musical Artist: ZZ Top

Favorite Song: Sharp Dressed Man

Favorite Quote: "Come on, make my day"

Favorite food: Pinto beans

Favorite non-running activity: Bass Fishing

Running

How many years have you been running? 20 years

Brush with Fame: Running with Eddie George

What caused you to take up running? To control weight & for heart health

Most prized running shirt? Mercedes 1/2 Marathon

What race are you most proud of? Black Warrior Run

Any future running goals? Run a marathon

Favorite Shoals Area race: Huff 'N Puff

Favorite race distance: Half Marathon

Favorite place to run? Back roads of Lexington, AL

PR's: 2:02 Half Marathon; 51:10 10K; 23:46 5K



January & February 2009 Birthday List

March Birthdays

- 1– John Hester
- 2– Kathleen Bobo
- 3– Amanda Beavers
Amy Beavers
Jason Spires
- 4– Bobby Strickland
- 5– Steve Cipelle
Alice Gregg
Chad Tubbs
- 6– Sue Burcham
Daniel Oakley
- 7– Linda Brewer
Caitlin Rhoads
- 8– Catherin Young
Taylor Matthews
- 9– Josh Aycock
Christy Fiscus
Caroline Grossheim
- 11– Cory Thomas
- 12– Anna Thompson
- 14– Sandie Garrett
- 15– Mary Elaine Shirah
Scott Tubbs
- 16– Heath Franks
Amanda King
Hamp Perritt
- 17– Scott Lovelace
Mark Tucker
- 18– Brandon Bowers
TJ Krieger
- 19– Colton Scott
- 20– Colin Thompson
- 21– Brooke Shewbart
- 23– Samuel Kemp
Cecil Hester
Alyssa Tingle
- 24– Joe Quillen
- 25– Jennifer Tyan
Charlotte Thomas
- 26– David Millsaps

March cont.

- 27– Olivia Beavers
Logan Buck
Stinson Harrison
- 28– Connor Methvin
- 29– John Aikin
- 30– Emily Diffey
Kamron Potter
Ross Wardelman
- 31– Rob Rikard

April Birthdays

- 1– Cameron Kay
- 2– Caroline Bobo
- 4– Charles Hardy
- 5– Joy Harbin
Donna Potter
Robert Word
- 7– Jill Gillum
Angela Kemp
- 9– Katie Morse
- 12– Kenny Hamm
Kyle Crown
- 13– Audrey Blackwelder
Kaitlyn Fennell
- 14– Ridge Harrison
Luke Yordy
- 15– Lori-Anna Lovelace
- 16– Mildred Means
Lee Jackson
- 18– Billy Brink
- 19– Julia Ewoldt
Maggie Hamner
- 20– Collins Montgomery
Micah Slusher
Lamar Tillery
- 22– Jerry Raymus
- 23– Joy Gray
- 24– Debbie Wilson
Sarah Fiscus
Brenley Napier
- 25– Jennifer Huddleston
Kassi Trousdale
- 27– Dewayne Guthrie
Jamie Huddleston
- 28– James Burcham
Roger Baskin
Pauline Bullard
- 29– Adam Collum
Woodfin Gregg
Sierra Patterson
- 30– Kole Potter



Volunteers

If you are interested in volunteering, please contact Linda Brewer, Volunteer Coordinator at (256) 627-4217 or lindabrewer209@comcast.net

For comments or input in the monthly newsletter please contact TRAC trac@hiwaav.net

Renew Your TRAC Membership!!!

It's time to renew again! Renewal forms are available at the TRAC website (www.shoalstrac.com) or at any upcoming races. You can also renew online at www.active.com. Or, if you would prefer that we mail you a renewal form, please send an email to trac@hiwaav.net or call 760-9502.

Please be aware that this is the last newsletter to be mailed to those who have not renewed their membership. So don't miss any TRAC news– renew today!!

Benefits of Membership

- Races
- Club social events
- Club Newsletter
- Association with other runners, joggers & walkers
- Club Apparel (for purchase, based on interest)
- Quarterly meetings w/guest speakers
- 15% discount on shoes & most apparel at 1st Place Athletics in Florence

Dues

- \$15 per year Family Membership
- \$12 per year Individual Membership
- \$6 per year Student membership

Renew Today!!

Runner Profile

Our members want to know more about you!

Please fill out this survey & return it to:

TRAC
PO Box 1019
Florence, AL 35631
Or by email to: trac@hiwaav.net

Name:

Birthday:

Occupation:

How many years have you been running?

What caused you to start running?

Best Running Experience?

Brush with Fame:

Most prized running shirt?

What race are you most proud of?

Any future running goals?

PR's:

Favorite race distance?

Favorite place to run?

Favorite race?

Favorite food?

Favorite non-running activity?

Favorite book?

Favorite movie?

Favorite TV show?

Favorite musical artist?

Favorite song?

Favorite quote?

Contact Info:



www.ShoalsTRAC.com