

TRAC Newsletter



TRAC Quarterly Club Meeting:

We would like to invite everyone out to our second quarter TRAC meeting at Ryan's Family Steakhouse, Tuesday Night May 19, 2009.

Dinner - 6:00 pm

Meeting & Speaker - 6:45 pm

Kenneth Williams & Jimmy Bennett will be speaking and showing a slide presentation from their recent climb of Mt. Kilimanjaro. Kenneth is director of the Corinth Coca-Cola Classic. The presentation should be informative and interesting.

We encourage everyone to come out and enjoy the meal and fellowship, as well as an excellent presentation by Kenneth & Jimmy.

Dinner Buffet: \$9.89 + drink & tip;

Dessert Bar & Drink: \$5 + tip.

Ryans' Family Steakhouse is located at 362 Cox Creek Parkway, in front of Sam's Club

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Next Club meeting:

Date-Time-Location:

May 19th
Ryan's Family Steakhouse
Dinner begins at 6:00 pm,
Speaker at 6:45 pm

Speaker: Kenneth Williams &
Jimmy Bennett

UPCOMING RACES

May 16, 2009 - 8:00 am
28th Annual Jesse Owens Memorial
10K, 2 Mile & 1 Mile Kids Run
Moulton, AL

May 23, 2009 - 8:00 am
2nd Annual Woodall Dash
5K & 1 Mile Fun Run
Iuka, MS

May 30, 2009 - 8:00 am
Heritage Hustle 5K
Lawrenceburg, TN

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



Big Foot will do anything to win!



Cross Country Camp 2009 July 6-24

Camp is just around the corner, in the **same** great place (McFarland Park) at the **same** great time of 7 to 9 week-days 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.

TRAC Smack Message Board Changes Are On The Way...



If you've used the TRAC Smack Forum, you may have noticed that there are a large number of users attempting to register for our forum. The vast majority of potential users are unwanted spammers. While the format that we're using now has many cool features, it is lacking one very important piece- the ability to manage registration. We are in the process of switching to a very similar 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!

- **Current Registered Users:** If you are already registered on the current forum, we will transfer your user name to the new forum and will send an email to activate your account. The learning curve for the new forum should be very minimal! However, this new forum will have Help files available to help even a rookie poster look like a seasoned pro. We can also change your user name for the new forum if you didn't quite choose a name that you're happy with on the old forum- just email us to let us know.
- **New Message Board Participants:** 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! We expect these changes to go live soon- see the TRAC website homepage for more details.

If you have any questions, please email them to us at trac@hiwaay.net.

Runner Profile - Joy Beggs Harbin

Personal

Birthday: 4/5/?? You know what age group I run!

Occupation: Educator

Favorite book? The Holy Bible

Favorite movie? Gone With the Wind

Favorite TV show? M*A*S*H

Favorite musical artist? Elvis

Favorite song? I Hope You Dance by Leann Womack

Favorite quote? "Anything less than your best is to sacrifice the gift." Steve Prefontaine

Favorite food? Anything pasta!

Favorite non-running activity? Each time I introduce myself at any conference, workshop, or other gathering, I make this statement that sums up my life, "I live to read, run, relax at the beach, and ride roller coasters!"



Running

How many years have you been running? I've been running since around 1983.

What caused you to start running? I am the product of a high school basketball and football coach; my mom played high school and college basketball and volleyball; my two brothers went to college on athletic scholarships and continue to be great basketball and tennis players. I was a *nerd, a big geek!* I was all things music, drama, and dance! Anything to not become an athlete! Then I decided I might gain my dad's approval if I started some type of athletics and running didn't require a team approach. Guess what?! He didn't love me any more or any less if I ran the race, won the race, or set a new record! However, by that time I was hooked on running!

Best Running Experience? In 2003, Donald "The Hound" Spansel and his wife Gina took Dot Richter and me to New Orleans to run the 25th Anniversary Crescent City Classic 10k. It was the most wonderful race in the world because we were allowed to enjoy the city before she was ravaged by Hurricane Katrina.

Brush with Fame: In 1993, as my fifth and sixth graders waited on our bus to tour the White House on Pennsylvania Avenue, Washington, DC, newly inaugurated President Bill Clinton ran past our windows and, against the better judgment of Secret Service, ran/jogged close, waved, and yelled "train hard and run fast"! I was hanging out the window taking photos.

Most prized running shirt? I cherish an old shirt from the first Susan G. Komen Breast Cancer Foundation *Race for the Cure!* The race was in Birmingham and has now evolved into a plethora of breast cancer benefit events. I think it was early 80's.

What race are you most proud of? One year (a very long time ago) I ran the Boaz Shop-Til-You-Drop 5k in 21:57, and still didn't place!

Favorite race distance? I like the 10K distance now. It is subject change.

Favorite place to run? I love to run on the sand at any beach, especially our sugar-white sand beaches on the coast of the Gulf of Mexico.

Favorite race? Helen Keller Festival 5-mile and 1-mile Races

Any future running goals? After I finish this latest degree I plan to train for Boston Marathon qualification.

PR's: Every race I finish without falling down or throwing up is a personal best!

Thank You...

To all my friends at TRAC, your expression of sympathy was very meaningful. The plant is beautiful and a glorious reminder of how beautiful a person my mom was. I will cherish your friendships now and always,

Sandy Lynch

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.



Grand Prix deadline draws near!!

Participants must join or renew their TRAC membership by June 1, 2009 in order to qualify for the Grand Prix competition. Runners must be TRAC members at the time of the race to earn points. No points will be awarded retroactively for events completed prior to the membership or renewal date for the current year. Final point standings are based on the best 8 finishes in the Grand Prix races. There are still 11 races left on the Grand Prix schedule so it's not too late to renew your membership and compete!

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

For Full Grand Prix rules, please visit the website:

www.shoalstrac.com/public_html_scs/grand_prix

2009 Boston Marathon



Congratulations!

The following TRAC members competed in and completed the 2009 Boston Marathon:

Sandy Lynch	3:18:56
John Aikin	3:28:51
Kenneth Williams	3:40:50

May Birthdays

- 1 Anna Hallmark
Karen Michael
- 2 Norman Ewoldt
Cheryl Raymus
Heath White
- 4 Dylan Buck
Susan Hurren
Emily Strickland
Samantha Thigpen
- 5 Terry Thomas
- 6 Anna Grace Cheek
Gary House
- 7 Brittany Butler
Lauren Kyranakis
Jeff Butler
Kim West
- 8 Peter Morse
- 9 Devin Allen
Rebecca Schafer
Devin Varner
- 10 Ethan Kemp
Will Sherrod
- 11 Pamela Peters
- 12 Marla Beavers
LaDonna Gamble
Richie Thomas
- 14 Kenny Kennamer
Danny Michael
Garret Odenwelder
- 15 Mollie Hannah
Elizabeth Webb
- 16 Abby Burks
Victoria Schafer
- 17 Tim Zuelke
- 18 Reggie Gamble
Bradley Pershke
- 19 Premal Vora
Mark Willingham
- 21 Tamara McMeans
- 23 Dallas Gallegos
Byron Hurren
Christina Rogers
- 24 Jan Woods
- 25 Tommy Stine
- 30 Jon Stewart Ridgeway
- 31 Brittany Horton

Happy Birthday!

www.ShoalsTRAC.com