

TRAC Newsletter



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UPCOMING RACES

October 31, 2009 - 9:00 am
Pickwick Dam River Run
5K Run/Walk
Pickwick Dam, TN

October 31, 2009 - 8:00 am
1st Annual UCP
"Life Without Limits"
1/2 Marathon, 5K & Fun Run
Florence, AL

November 14, 2009 - 9:00am
Turkey Trot
5K Run/Walk
Savannah, TN

November 21, 2009 - 8:00am
Dam-Bridge Run
10,000 Meter Race
Florence, AL

December 5, 2009
2nd Annual Candy Cane
Run/Walk
Florence, AL

Dec. 31, 2009 - 11:45pm
Millennium Run
5K & 1 Mile Fun Run
Killen, AL

Come run TRAC's premier 10K race! The Dam-Bridge Run is a USATF certified course. The race will start at the Marriott Shoals Hotel and Spa. Runners will run across Wilson Dam and a portion of the TVA Nature Trail. Then, continue back across the Tennessee River via the pedestrian walkway on the Patton Island Bridge, take a right on Veterans Drive, and finish back at the Conference Center.

Come run the last 10K of the season!

New this year will be long sleeve tech shirts. In addition, if you register online by November 4th, you will also receive a short sleeve cotton shirt. After the race, there will be great food and drinks available including Lenny's Subs, Papa John's Pizza, fruit, etc. Trophies will be awarded to age group finishers and awesome acrylic trophies to overall finishers. Grand prize drawing after the race will be a weekend stay at the Marriott with breakfast for two- must be present to win. There will also be a \$50 mid pack award for the runner who finishes in the middle of the pack. Runner must be present to win.

To encourage pre-registration, TRAC will pay **all** online Active.com fees for anyone who pre registers online by midnight, November 19th. In addition, a drawing will be held for all pre registered participants for \$200 cash. \$250 if you pre register via Active.com! **YOU DO NOT HAVE TO BE PRESENT TO WIN!** Again, this is to encourage pre-registration.

This is also the final race in the Grand Prix! I encourage all Grand Prix participants who are close to finishing in the top three male and female, or are close to finishing in your respective age group to show up on race day. The point totals are close, and you never know if your closest competitors will show up!

I look forward to seeing you on race day!

Todd Allen
Race Director

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.

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



DAILY RUNNING TIPS

VIA

TWITTER

FOLLOW KENNETH WILLIAMS

[@MARATHONKOACH](http://WWW.TWITTER.COM)

Riverbottom Burnout Results

October 10, 2009 Florence, Alabama

Congratulations to the overall winners of the 2009 RRCA Alabama State 1 Mile Championship, Josh Whitehead (4:34.66) and Kateira Allen (6:50.06). Masters Champions were Robert Whitaker (5:21.43) and Julie Braziel (7:11.12). The Burnout course continued to prove itself as the Fastest Mile in Alabama with two state age records set this year. 9 year old Daniel Hurren broke his own record set just two weeks ago by 12 seconds, turning in a time of 5:50.08. Overall winner Josh Whitehead also set a new 31 year old male record, eclipsing the old record by 13 seconds.

Thanks to everyone who came out to run on a rainy morning and a special thanks to everyone who volunteered to help!



Josh Whitehead
Overall Male Champion

Kateira Allen
Overall Female Champion

Robert Whitaker
Male Masters Champion

Julie Braziel
Female Masters Champion



Male age 9-10 winners
Ethan Kemp (left)
Jase Bell (middle)
Daniel Hurren (right)
Daniel ran 5:50.08 to set a new AL state age record for 9 yr old males.

Runner Profile - April Novak

Personal

Birthday: October 21st

Occupation: Physical Therapist and Director of Therapy Services for ECM and Shoals Hospitals.

Favorite movie: Too many to list, but favorite recent movies are "The Proposal" and "The Hang-over"

Favorite TV Show: Any reality show.

Favorite Quote: "Life is not measured by the number of breaths we take, but by the moments that take our breath away."

Favorite Food: Any kind of bakery item.

Favorite non-running activity: Lounging by the pool with family and friends.

Brush with Fame: Bart Yasso at the Lake Tahoe Marathon this year.



Running

How many years have you been running? I ran through high school, took off for 10 years, and have been back running for 10 years.

What caused you to take up running? I ran in high school because I loved cross country running. When I started back 10 years ago it was because I wanted to complete a marathon.

Most prized running shirt? All of them.

What race are you most proud of? Completing the Goofy Challenge at Disney: Half Marathon on Saturday and then Full Marathon on Sunday.

Any future running goals? My main objective is to stay healthy enough to be able to keep running. I of course would love to some day qualify for Boston.

Favorite race: Dam Bridge Run

Favorite race distance: Half-Marathon

Favorite place to run? TVA trails in the fall

PR's: River Hill Run 5k 22:15, Coca-Cola Classic 10k 45:36, Country Music Half Marathon 1:42, Grandma's Marathon 3:57

Best Running Experience: An 11 mile run with Todd when we first started dating

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.

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.

October Birthdays

- 1 Garrett Clark
- Jerry Condrey
- Nathan Fiscus
- Chris Gillum
- David Schafer
- 3 Donna Gillum
- Lynn Stine
- 4 Rhett Ryan
- 6 Cody Hutto
- Mike McCartney
- 8 Shelby Board
- James Ridgeway
- 9 Kate Bragwell
- 10 Ivy Evans
- 14 Chuch Worley
- 15 Brad Pounders
- 16 Sydney Callahan
- 18 Elizabeth Hurren
- 20 Simona Williams
- 21 April Novak
- 23 Sharon Aday
- 24 Michael McWaters
- 27 Sara Gist
- Morgan Killen
- 29 Debbie Aikin
- Landon Buckner
- Turner Collum
- 31 Tiffany Beckham
- Daniel Hurren

Happy
Birthday!

