





# 2010 Grand Prix

There are only a few races left on the Grand Prix calendar! Do you know where you are in the point standings? The following is a list of the top five (in some cases six due to the closeness of the point totals) in each category.

## 2010 Grand Prix Standings as of 9/24/10

Overall Male		Total
Ryan	Tanner	68
Phifer	Benny	64
Talley	Gary	53
Kemp	Chris	44
Whitehead	Josh	40

Overall Female		Total
Lynch	Sandy	85
Woods	Jan	61
Phifer	Stephanie	58
Hall	Nancy	56
Shaefer	Lisa	56

Male 50+		Total
Talley	Gary	68
Marks	Randy	63
Hallmark	Keith	54
Stine	Tommy	52
Aikin	John	43

Female 50+		Total
Woods	Jan	87
Harbin	Joy	78
Hall	Nancy	76
Marks	Marianne	61
Brewer	Linda	51

Male 40-49		Total
Phifer	Benny	89
Blackwelder	Dale	72
Godwin	Alex	40
Bowers	Mark	35
Holm	Randall	27

Female 40-49		Total
Lynch	Sandy	85
Schafer	Lisa	58
Bragwell	Jamie	18
Rushton	Cindy	9
Methvin	Susan	4

Male 39 & Under		Total
Ryan	Tanner	67
Kemp	Chris	59
Whitehead	Josh	40
Fiscus	Nathan	38
Aycock	Josh	35

Female 39 & Under		Total
Phifer	Stephanie	78
Fiscus	Courtney	42
Collum	Tanya	40
Fennell	Brandi	39
Buckner	Jennifer	26

For more Grand Prix information, please visit the website: [www.shoalstrac.com/](http://www.shoalstrac.com/) and click on the Grand Prix tab at the top of the page!

## Runner Profile—Eric Tate



**Personal:**

**Birthday:** February 12, 1976

**Occupation:** Teacher/Basketball Coach/Small Business Owner

**Favorite food:** Subway sandwiches

**Favorite non-running activity:** Basketball and golf

**Favorite book:** Coach Wooden's Pyramid of Success

**Favorite movie:** Hoosiers

**Favorite TV show:** Pawn Stars on the History Channel

**Favorite musical artist:** Just about any Classic Rock

**Favorite song:** Close race between "Stairway to Heaven" and "We are the Champions"

**Favorite quote:** "Make Each Day Your Masterpiece", John Wooden

**Brush with Fame:** I've had the opportunity to meet several great coaches over the years: Coach K, Roy Williams, and Bob Knight to name a few.

**Running:**

**How many years have you been running?** Just over a month

**What caused you to start running?** After losing 55 pounds over the past year I decided to incorporate running and other exercise into my maintenance plan.

**Best Running Experience?** Running the Duck and Run with my oldest daughter and wife.

**Most prized running shirt?** Doc's Pump & Run. It was my first 5k.

**What race are you most proud of?** Only having run two races so far, I am proud of Doc's Pump and Run for being my first and Duck and Run for improving on my time in just a week.

**Any future running goals?** I hope to continue to improve my time. Short term I'd like to break 30 minutes and long term 25 minutes.

**PR's:** 30:20 5K

**Favorite race distance?** 5K

**Favorite place to run?** Anywhere flat

**Favorite TRAC race?** Doc's Pump & Run 5K

## September Birthdays

- 3 Sue Winn
- 5 Deb Thomas
- 6 Keith Hallmark  
Megan Beattie
- 7 Maggie Williams
- 10 Josh Whitehead  
Elisabeth Rushton
- 11 Terry McCullar  
Cayla Schafer
- 13 Danita Graham
- 14 Mary Bowling
- 15 Rhonda Condrey  
Tim Tubbs
- 18 Will Methvin  
Gary Kelly  
Brandon marks
- 20 Gail Spires  
Kenneth W. Williams  
Clara Lindsay  
Joeseeph Hazy
- 22 Marianne Marks
- 23 Terence Zimmerman
- 24 Crystal Strickland
- 26 Nancy Hall
- 27 Samuel Schafer
- 28 Nathan Graham
- 29 Susan Methvin  
Eli Flippen
- 30 LaDonna Hitt  
Mike Allen

*Happy Birthday!*

