

TRAC Newsletter



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SEPTEMBER 2009

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UPCOMING RACES

September 26, 09 - 8:00 am
Shoals Christian School
5K & 1-Mile Fun Run
Florence, AL

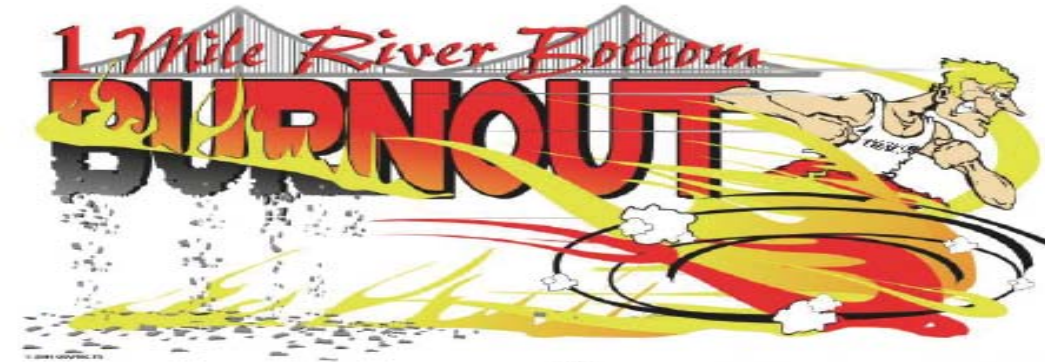
October 10, 2009 - 8:30 am
1 Mile Riverbottom Burnout!
Alabama's Fastest Mile
Florence, AL

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



Fall in the air and once again it is time for the fastest road mile in the state. The **1 Mile River Bottom Burnout** is just around the corner on October 10th with the first heat starting at 8:30 a.m. The course is located in McFarland Park starting at the Little League Field and runs past the Boat Harbor, under the O'Neal Bridge and back. The large turn-around allows the runner to not slow down as they pass the half mile mark and return to the start / finish line.

The course is closed to traffic and controlled by the Park Rangers.

The Burnout has the distinction of being the fastest mile in the State of Alabama with both the Male and Female state records being set on this course. Tiffany McWilliams (4:42:00) and Dewayne Minor (4:17:00) set a blazing pair of records in the female and male divisions respectively that have yet to be beaten any where in the state.

Once again the Burnout is the RRCA 1 Mile State Championship and Ron Mack-soud, RRCA State Representative, will be on hand to award the new state record holders in the 1-mile.

If you have not had the opportunity to run the Burnout make plans this year to see what you have been missing. Not only can you run this course you can also cheer on others as a spectator because of the different **Heats** that are run to pair up runners of similar capabilities.

Come see why we call it the **Burnout!**

Please note, this is a double-point Grand Prix Event!

2009 Pumpkin Run

Due to parking issues and concerns for course safety, the Pumpkin Run has been suspended for 2009. Other options may be pursued for 2010. This was a Grand Prix event; however, it does not affect your Grand Prix requirements. We will still take our results from your top 8 finishes, and you must complete at least 4 events to qualify. If you have any questions or concerns, please contact one of the board members.



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)



2009 Grand Prix

There are only 2 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 5 (in some cases 6 due to the closeness of the point totals) in each category.

2009 Grand Prix Standings as of 9/21/2009

Overall Male		Total
Allen	Todd	78
White	Heath	61
Ryan	Tanner	59
Aikin	John	54
Collum	Adam	46

Overall Female		Total
Lynch	Sandy	85
Novak	April	69
Ryan	Jennifer	53
Harbin	Joy	47
Collum	Tanya	44
Schafer	Lisa	42

Male 50+		Total
Aikin	John	95
Hallmark	Keith	52
Peters	Joe	50
Bowen	Bud	49
McCullar	Terry	49
Stine	Tommy	45

Female 50+		Total
Harbin	Joy	91
Woods	Jan	62
Aday	Sharon	37
Brewer	Linda	36
Burcham	Sue	36

Male 40-49		Total
Wilson	Auburn	77
Talley	Gary	61
Brink	Billy	41
Self	Kevin	15
Blackwelder	Dale	8
Methvin	Jeff	8

Female 40-49		Total
Schafer	Lisa	70
Bullard	Pauline	31
Wilson	Debbie	29
McMeans	Tamara	25
Young	Kathy	18

Male 39 & Under		Total
Allen	Todd	78
White	Heath	61
Ryan	Tanner	59
Collum	Adam	46
Dye	Mason	30

Female 39 & Under		Total
Lynch	Sandy	85
Novak	April	69
Ryan	Jennifer	54
Collum	Tanya	44
Self	Cheryl	39
Buckner	Jennifer	34

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

Runner Profile - Elaine Shirah

Personal

Birthday: March 15, 1969

Occupation: Teacher/Coach Sheffield High School

Favorite book: Strega Nona (Children's Book)

Favorite movie: Steel Magnolias

Favorite TV Show: Mad Men

Favorite Musical Artist: Eurythmics

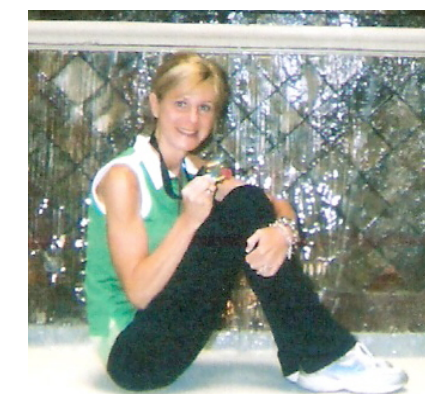
Favorite Song: "Biva La Vida"

Favorite Quote: "If Mama ain't happy, ain't nobody happy!"

Favorite Food: Mexican Grilled Chicken Nachos

Favorite non-running activity: Being with my son & daughter

Brush with Fame: still waiting!



Running

How many years have you been running? 4 years

What caused you to take up running? I love the outdoors and was always very hyper

Most prized running shirt? Birmingham 2009 Marathon finisher shirt (I qualified for Boston here!)

What race are you most proud of? Birmingham Marathon 2009

Any future running goals? Finish the Boston Marathon in 3 hours 40 minutes

Favorite race: 2006 Times Daily 5K- I was the first female finisher, only because Sandy Lynch was not there! :)

Favorite race distance: Marathon

Favorite place to run? Any where with Carol Denton & Debbie Christopher

PR's: 5K 19:30

Best Running Experience: Being able to train with our team and watch the guys and girls grow and improve over the years

September Birthdays

- 2 Derick Hallmark
- 4 Nate Barley
- 6 Keith Hallmark
- 8 Amanda Word
- 9 Evan Kilburn
- 10 Lisa Buck
- 11 Terry McCullar
Cayla Schafer
- 13 Andrew Duff
Danita Graham
- 14 Mary Bowling
- 15 Rhonda Condrey
Tim Tubbs
- 17 Andy Franks
- 18 Gary Kelly
Will Methvin
- 20 Gail Spires
Kenneth Williams
- 21 Corey Crane
- 24 Sydney McKinney
Savannah Thompson
- 25 Haley Tucker
Caroline Young
- 27 Samuel Schafer
- 28 Nathan Graham
- 29 Susan Methvin
- 30 Mike Allen
Caleb Richardson

Happy Birthday!



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.

