

TRAC Newsletter



*November 21, 2009—8:00 a.m.
Marriott Shoals Conference Center
Florence, Alabama*

ANOTHER YEAR WINDS DOWN...

It's hard to believe that 2009 is winding down and that another year for TRAC is almost over. We trust that this has been a great year of running for you. If that is the case, you have a great foundation to build on as we approach 2010. If it has not been the kind of year you had hoped for, you have something to shoot for next year.

A few things to keep in mind:

- Our Officer and Director elections are just around the corner. If you have an interest in serving, or know of someone you wish to nominate, please provide that information to the Board of Directors. You may also nominate from the floor at the January meeting.
- Grand Prix competition is winding down. The Dam-Bridge Run on November 21 is the final Grand Prix event for this year. Please check the leaders on page 2 of this newsletter. Complete results are posted on our website. If you have any questions regarding the Grand Prix standings please contact us immediately. Remember that two volunteer points are required to be eligible for the competitions. Once the results are finalized, we cannot make changes. A date and location for our annual Awards Banquet will be announced soon.
- 2010 membership applications will be available online soon and at upcoming races. If you need one mailed to you, please let us know. We hope that you will renew as early as possible.
- Spend some time on our website. We make every effort to keep our website current and viewer friendly. If you have any suggestions to improve our website, they are always welcome. We would really like to see more discussion on "Trac Smack", our online forum. All that is required to sign up is an email with your user name (does NOT have to be your real name) and a valid email address. Trac Smack was once a busy place for running conversation, both serious and humorous. Help us make it that way again.

Thanks for your support of TRAC. We could not do it without you. See you at the races.

VOLUME 7, ISSUE 9
NOVEMBER 2009

INSIDE THIS ISSUE:

| | |
|---------------------------------------|---|
| Grand Prix 2009: Current Standings | 2 |
| Runner Profile | 3 |
| Birthdays | 3 |
| Marine Corps Marathon | 3 |
| Profile Request | 4 |
| Volunteer Information | 4 |

UPCOMING RACES

November 14, 2009
9:00 a.m.
Turkey Trot
5K Run/Walk
Savannah, TN
(TRAC timed event)

November 21, 2009
8:00 a.m.
Dam-Bridge Run
10,000 Meter Race
Florence, AL
(TRAC event)

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

December 31, 2009
11:45 p.m.
Millennium Run
5K & 1 Mile Fun Run
Killen, AL
(TRAC event)



2009 Grand Prix

There is only one race 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.

2009 Grand Prix Standings as of 11/6/2009

| Overall Male | | Total |
|--------------|--------|-------|
| Allen | Todd | 94 |
| White | Heath | 82 |
| Aikin | John | 63 |
| Ryan | Tanner | 60 |
| Collum | Adam | 46 |

| Overall Female | | Total |
|----------------|----------|-------|
| Novak | April | 89 |
| Lynch | Sandy | 85 |
| Ryan | Jennifer | 53 |
| Harbin | Joy | 47 |
| Collum | Tanya | 44 |

| Male 50+ | | Total |
|----------|---------|-------|
| Aikin | John | 114 |
| Hallmark | Keith | 68 |
| Hardy | Charles | 56 |
| Peters | Joe | 50 |
| Bowen | Bob | 49 |
| McCullar | Terry | 49 |

| Female 50+ | | Total |
|------------|--------|-------|
| Harbin | Joy | 91 |
| Woods | Jan | 64 |
| Aday | Sharon | 37 |
| Burcham | Sue | 37 |
| Aday | Linda | 36 |

| Male 40-49 | | Total |
|-------------|--------|-------|
| Talley | Gary | 82 |
| Wilson | Auburn | 77 |
| Brink | Billy | 41 |
| Self | Kevin | 15 |
| Blackwelder | Dale | 8 |
| Methvin | Jeff | 8 |

| Female 40-49 | | Total |
|--------------|---------|-------|
| Schafer | Lisa | 72 |
| Wilson | Debbie | 49 |
| Bullard | Pauline | 32 |
| McMeans | Tamara | 25 |
| Young | Kathy | 18 |

| Male 39 & Under | | Total |
|-----------------|--------|-------|
| Allen | Todd | 94 |
| White | Heath | 82 |
| Ryan | Tanner | 60 |
| Collum | Adam | 46 |
| Ryan | Rhett | 34 |

| Female 39 & Under | | Total |
|-------------------|----------|-------|
| Novak | April | 89 |
| Lynch | Sandy | 85 |
| Ryan | Jennifer | 54 |
| Collum | Tanya | 44 |
| Self | Cheryl | 39 |

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 - Charles Hardy

Personal

Birthday: April 5

Occupation: Carpentry/Cabinetmaking Teacher (Shoals Community College)

Favorite movie: Lonesome Dove, Sgt. York

Favorite TV Show: Andy Griffith

Favorite Musical Artist: Jim Reeves

Favorite Song: It's a Beautiful World (Louie Armstrong)

Favorite Book: All Over but the Shouting (Rick Bragg), We Were Soldiers (Galloway)

Favorite Quote: "I do today what you won't, so I can do tomorrow what you can't."

Favorite Food: steak

Favorite non-running activity: Reading, playing fiddle and guitar, classic cars

Brush with Fame: Oliver North, Rudy (Notre Dame), Bart Yasso, running with Joe Quillen

Running

How many years have you been running? Off and on since the early 80's

What caused you to take up running? Trying to stay in shape

Most prized running shirt? That's a tough one, probably any of the tech shirts

What race are you most proud of? I hope it's still out there somewhere

Any future running goals? (Boston), beating John Aikin (doesn't hurt to dream)

Favorite race: Dam Bridge Run

Favorite race distance: Marathon

Favorite place to run? Joe Wheeler Park, anywhere that's 50 degrees with a downhill grade

PR's: Marine Corps Marathon 3:56

Best Running Experience: Running at the break of day this time of year and seeing all the beautiful colors of the leaves



Charles with his sons, Marine Veterans Ryan (left) and Casey (right)

November Birthdays

- 1 Mike Greene
- 8 Michele Perez
- 10 Max Erbe
Brooklyn McGuire
- 11 Miles Erbe
- 12 Anthony McBrayer
- 14 Timothy Wakefield
- 17 Vicky Tubbs
- 19 Mike Thompson
- 20 Whitney Montgomery
- 22 Joe Peters
- 23 Kelly Allen
Ashlee Kreiger
Creighton Lynch
- 25 Alex Godwin
- 27 Anisa Thompson
- 29 Austin Moore
Parker-Daniel Woodis

Happy Birthday!



www.ShoalsTRAC.com



MARINE CORPS MARATHON

October 25, 2009

TRAC in D.C.

Several TRAC members recently participated in the 34th annual Marine Corps Marathon. The race began in Arlington, VA and took runners through a course filled with historic landmarks in the nation's capitol.

(Pictured: Kevin Self, Charles Hardy, Tanya Collum, Brad Pounders, Kelley Word, and Michele Perez)



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!!

****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.