



Q Tips

TRAC Involvement in October:

River Bottom Burnout One Mile Run, Florence, AL. This is a TRAC Grand Prix race and an RRCA State Championship Run, and always a fun outing. The weather was great. Gary House is the race director and always does a super job. The awards are by far the most original and innovative. Terrific job, Gary

Corinth Invitational XC Meet, Corinth, MS. Timing, course clocks, race results.

Pickwick Dam River Run 5K, Savannah, TN. Timing, course clocks, race results.

Life Without Limits, ½ Marathon, 5K, 1 Mile Runs. If you've never run this race, plan on it next year. It is well run, and proceeds go for a worthy cause, United Cerebral Palsy. Julie Cochran does a great job directing. Our help was limited this year, but we plan to be more involved next year. TRAC provided clocks and stop watches.

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November Races: TRAC will travel back to Savannah, TN, on November 13th, for the Turkey Trot 5K. The run benefits the Savannah Christian Academy. As you may recall, their school buildings were completely blown away by a tornado a couple of years ago, and they had to rebuild from scratch. Then on November 20th the Dam-Bridge 10K will be run at the Marriott in Florence. This popular event is a TRAC Grand Prix race, and is directed by Todd Allen.

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HUFF N' PUFF TRAINING RUN! IT'S TIME AGAIN! NOVEMBER 25th, THANKS-GIVING MORNING, AT 6 AM SHARP. SHEFFIELD REC CENTER. It's a 15K course: you can run all or a portion of it. It's a fun run with lots of camaraderie. There will a wide variety of paces, so pick out a group and have fun. Danny Michael said it best, "Run a 15K, then eat turkey all day".

The training runs will continue every Sunday thereafter, up through March 6, at 2 PM.

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UPCOMING RACES

November 20, 2010

8:00 am

Dam-Bridge Run
10,000 Meter Race
Shoals Conference Center
Florence, AL

December 31, 2010

11:45 pm

Millennium Run
5K & 1 Mile Fun Run
First Baptist Church
Killen, AL

February 5, 2011

9:00 am

Run 2 Calvary
2 Mile Run/Walk
Calvary Baptist Church
Tuscumbia, AL

February 19, 2011

8:00 am

Black Warrior Run
50K, 25K, and
3 Person Relay
Bankhead National Forest

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!!



As a partner with TRAC, Anytime Fitness offers group runs, free training classes on topics such as better running, strength training for improved running, how to improve your race time, etc. We also offer discounted membership plans for TRAC members and family.

There is 24/7 availability with access to clubs nationwide including the locations on Woodward Avenue in Muscle Shoals and Darby Drive in Florence.

Please check out the postings below. These are activities that benefit very worthwhile organizations:

- The American Cancer Society's DetermiNation Program is recruiting runners for the Rock-n-Roll Mardis Gras Marathon in New Orleans on February 13, 2011. Contact Megan Lovelace at 256-767-0825 or Megan.Lovelace@cancer.org for more information!
- The Leukemia & Lymphoma Society's (LLS) charity endurance program, Team In Training (TNT), is launching in Florence in January. TNT trains participants to complete an exciting endurance event and in turn, they raise funds to support LLS's mission to cure blood cancers. Summer events will be the San Diego Rock N Roll Marathon and ½ Marathon and the Country Music Marathon and ½ Marathon in Nashville. LLS is hiring experienced coaches for the Florence team. For position requirements and consideration, please contact Mary Cox at mary.cox@lls.org or 256-757-0505. For more info, visit www.teamintraining.org/al.

~Q

.....**Runner Profile—Brett E. Harkins**.....

Personal:

Birthday: June 3, 1963

Occupation: Work for the state of Alabama

Favorite food: seafood

Favorite non-running activity: Hunting / coin collecting

Favorite book: The Frontiersman

Favorite movie: Pure Country

Favorite TV show: American Idol

Favorite musical artist: George Strait

Favorite song: Much Too Young to be this Damn Old by Garth Brooks

Favorite quote: "Treat others as if you would want to be treated"

Brush with fame: met Marty Raybon



Running:

How many years have you been running? 4 years

What caused you to start running? To get in shape

Best Running Experience? Was way back in High School—ran a mile in 4:42

Most prized running shirt? Life Without Limits 2009. It was my first ever 5K.

What race are you most proud of? St. Jude 2009

Any future running goals? Get under 22 minutes

PR's: 25:19 - 5K

Favorite race distance? 5K

Favorite place to run? TVA Trail

Favorite TRAC race? Swampers 5K

 **2010 Grand Prix Update** 

We are nearing the end of the Grand Prix season. There is one final race remaining in the competition—the Dam Bridge Run.

The current Grand Prix standings are now posted on the website. Please check the updates to see where you stand and to make sure that we have your information listed correctly. If you have questions on the Grand Prix posting, please send them to us at trac@hiwaay.net.

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



The 2010 Dam-Bridge Run 10K will continue again this year to be one of the best races the Shoals has to offer. It will be held Saturday, November 20 beginning at 8:00am.

Enjoy Papa John's Pizza, Lenny's Subs (provided by the Muscle Shoals Lenny's), fruit and drinks available after the run to all runners and volunteers. In addition, the Dam-Bridge Run will have post race massage after the race this year!

The Marriott Shoals Hotel & Spa will be giving away the Grand Prize. A weekend stay for two (including breakfast for two) for one lucky runner at the awards ceremony. You must be present to win. The Marriott will also be offering \$99 (+tax) room rates for Friday and Saturday night to all runners. Enjoy staying at the host hotel.

For more information or to register, please visit www.shoalstrac.com/DBR/

November Birthdays

- 1 Mike Greene
- 3 Faye Hester
Phillip Crosslin
- 5 Martha Hardy
- 6 Barry Buchanan
- 7 Pam Harkins
- 8 Michelle Perez
- 9 Alicia Hanson
- 10 Max Erbe
- 11 Juliana Boyacheck
Bobbie Cobb
Miles Erbe
Anna McKelvey
Cindy Murray
- 13 Harold Rushton
- 17 Vicky Tubbs
- 18 Bryan Lindsey
Todd Rhea
- 19 Mike Thompson
- 20 Deanna Bowers
Whitney Montgomery
- 22 Joseph Peters
- 23 Creighton Lynch
- 24 Priscilla Tate
- 25 Alex Godwin
- 27 Anisa Thompson
- 28 Alonda Crosslin

Happy Birthday!

