



INSIDE THIS ISSUE:

Runner Profile	2
Dam-Bridge Run Birthdays	3
Profile Request Anytime Fitness	4

UPCOMING RACES

October 16, 2010
Corinth Invitation Cross Country Meet
Corinth, MS

October 23, 2010
9:00 am
Pickwick Dam River Run 5K
Pickwick Dam, TN

November 6, 2010
AHSAA Sectional Cross Country Meet
Heritage University
Florence, AL

November 13, 2010
9:00 am
Turkey Trot 5K
Savannah Christian Academy
Savannah, TN

November 20, 2010
8:00 am
Dam-Bridge Run 10,000 Meter Race
Shoals Conference Center
Florence, AL

Q Tips

TRAC involvement in September:

Doc's Pump and Run 5K and 1 Mile Run. Lexington, AL. Timing, course clocks, race results.

Darryl Worley Tennessee River Run 5K. Pickwick, TN. Timing, course clocks, race results.

Shoals Christian Academy 5K and 1 Mile Run, Florence, AL. Timing, course clocks, race results.

.....

October Races: There are several very popular runs coming up this month. River Bottom Burnout on 10-9, Pickwick Dam River Run 5K on 10-23, and the only 1/2 Marathon in this area, Life Without Limits 1/2 Marathon, on 10-30. Those races should fit any runner's training level, going from 1 Mile to 13.1 Miles!

.....

Musings...

Cool weather means a drastic change in clothing. Common sense "layering" is the most effective way to deal with dropping temps. Be sure to start out with enough layers of clothing to stay comfortable. Layering will allow you to shed some clothing if you find that you are over-dressed. Be sure to account for your extremities: ears, hands, feet (and for some...heads) for they tend to be the most sensitive to cold weather.

Don't leave off your stretching regimen in fall and winter. Because of the weather, many runners, not wanting to be outside any longer than necessary, leave off or abbreviate stretching...bad choice. Also, remember the age-old rule, don't stretch cold muscles.

May I repeat, repeat, repeat, repeat, repeat, repeat, repeat myself???? Volunteers are needed at every race. Have you done your part? Consider spending just a few hours of your time to help at a race. Again, this is Your club. How well it does is completely dependent on you. Get in touch with Linda Brewer and let her know if you can help at one of the upcoming races.

TRAIN REGULARLY, TRAIN SMART.

P.O. Box 1019
Florence, AL 35631



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.

Runner Profile—Leslie Oakley

Personal:

Birthday: February 18, 1978

Occupation: Stay at home mom

Favorite food: I love seafood and steak when I go out to eat. My favorite meal to cook is the traditional Thanksgiving meal.

Favorite non-running activity: I love to bake and cook. I love trying and altering new recipes.

Favorite book: I don't think I have a favorite book. I have a long list of favorite authors though. I'd say Janet Evanovich and Linda Howard are at the top of the list.

Favorite movie: That Touch of Mink (1962), The Breakfast Club and Ferris Bueller's Day Off.

Favorite TV show: gLee. I LOVE it. I like most of the DIY network shows too.

Favorite musical artist: Taylor Swift, Pink Floyd, Flyleaf and pretty much a group or singer from every genre. I love radio surfing.

Favorite song: Rascal Flatts My Wish. It's everything I'd ever wish for my children.

Favorite quote: "For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone." Audrey Hepburn.

Running:

How many years have you been running? Just started March of this year.

What caused you to start running? Eating clean and healthy meals wasn't helping me maintain an ideal weight so I after seeing some friends running I joined them and it quickly became an addiction.

Best Running Experience? Running in my neighborhood and having my daughter say that she wants to run too. She's 5 and she kept up with me for a mile until I dropped her back off at the house. She's even run a few 1 mile races.

Most prized running shirt? My very first race shirt: Swampers 2010

What race are you most proud of? Jeff Dropo Run for Kids 2010. Ran this one with my niece and it was my best time.

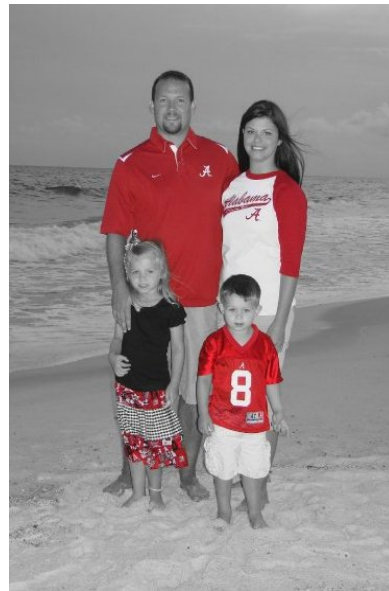
Any future running goals? I'm currently still walking part of the 5K, I'd like to be able to complete the entire race without walking. Long term would be to complete a 10K.

PR's: 38:43 - 5K

Favorite race distance? 5K

Favorite place to run? Either my or my sisters neighborhood.

Favorite TRAC race? Swampers was my first but I liked the course the best so far.



6th Annual 2010 Dam-Bridge Run 10K

I want to invite all motivated runners to run in TRAC's premier 10K! The 2010 Dam-Bridge Run will continue again this year to be one of the best races the Shoals has to offer. In addition to having a great course, a great venue, and great race shirts, the Dam-Bridge Run always provides a great atmosphere for fun and fellowship!

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.

Enclosed in the newsletter is a race registration flyer with additional information about awards and race day information. Please feel free to contact me if you have any questions.

I look forward to having a great race this year and I look forward to seeing every motivated runner and volunteer at the race! Train hard, train smart, and I'll see you on November 20th!

Todd Allen

Dam-Bridge Run Race Director

agameco@aol.com

(256) 627-0658

October Birthdays

- 1 *Nathan Fiscus*
Jerry Condrey
David Schafer
Chris Gillum
- 2 *Kent Buchanan*
- 3 *Lynn Stine*
- 4 *Rhett Ryan*
- 6 *Mike McCartney*
David Blackburn
- 9 *Kale Bragwell*
Michelle Foster
- 10 *Ivy Evans*
Tracy Flippen
- 11 *Shane Garner*
- 15 *Brad Pounders*
Micah Hitt
- 16 *Sydney Callahan*
- 18 *Elizabeth hurren*
Barbara Wastrack
- 21 *April Novak*
- 22 *Teresa Holland*
- 23 *Sharon Aday*
Ed Beattie
- 24 *Michael McWaters*
- 26 *Kyndall Crosslin*
- 29 *Debbie Aikin*
Landon Buckner
Turner Collum
- 31 *Daniel Hurren*

Happy Birthday!

