

# TRAC Newsletter



## PRESIDENT'S MESSAGE

February, 2008 Newsletter

When the Board/Nominating Committee asked if I would serve another term as president of our club, I agreed with mixed emotions. While I am excited about the opportunities that await our club, I also recognize the time and commitment required to do the job right. Gary House and John Aikin have, as past presidents, set the bar very high. The club's growth and development has been nothing short of phenomenal. I complement them and all the club leadership and look forward to working with all of you in the coming year.

Our club, due to its growth, is at a threshold. The options were to continue to push forward or to scale back. The board has indicated by its actions that we want to press ahead and allow this club to reach its potential. The "Family Ford 40" is a strong indication of that intent. Please read about it elsewhere in this newsletter.

The board is in the process of discussing new goals. Some of these goals include

- Membership growth (this is the year we break through the 500 member barrier!)
- Training and certification of at least 25 finish line volunteers
- Increase our group run opportunities and participation

It looks to be an exciting year and it kicks off in full force with the Huff 'n Puff on the Bluff. See you there on March 8.

Frank

## THE ESSENTIAL

### TRAC NEWSLETTER

### TO GO ELECTRONIC!!

We are hoping that we can minimize our impact on the environment and on the club pocketbook, by eventually shifting to an electronic newsletter. For the time being, we encourage all members who have e-mail to contact me (Big Foot) at [johnaikin@att.net](mailto:johnaikin@att.net), and tell me it is OK to e-mail your newsletter. For those of you who prefer a hard copy, we will continue to mail those out. We hope to soon have the newsletter accessible by clicking on a link at the TRAC web-site.

If you have any concerns or suggestions or would like to help with the newsletter in any way, please e-mail me. I have taken on the Newsletter job by default and I fear that both the content and quality may have suffered. The more we can shift to e-mail for the newsletter, the less expense and labor is required to get it out. Big Foot

## HUFF N PUFF ON THE BLUFF 3/8,9 am

Ready,Set... Come run with us at the 6th Annual Huff 'N Puff on the Bluff 15K Race & Relay which will begin at 9AM on March 8, at the Sheffield Recreation Center. If you've run previous HNP races you know that it is a unique race. The race committee has worked very hard to make this year's race better than ever. If you've never run it, be sure to mark this race down as a "must". The course is certified, challenging, and the 2008 RRCA Alabama State 15K Championship.

There will be long sleeve shirts (the big bad wolf is still trying to catch the three little piggies), crafted awards, and cash prizes for the winners. The post-race activities will feature a live band, plenty of refreshments, and award ceremony. If you're not up to 15,000 meters, then consider running the relay with a few of your buds. There will be 2 and 3 person team competition. If there is just no way that you can run, come out and help as a volunteer...and bring your spouse, significant other, and friends. CARB UP! The American Red Cross is hosting a Pasta Party on Friday evening before the race (March 7) at the Sheffield High School Cafeteria, located across from the Rec Center. Spaghetti, fellowship, camaraderie, and get fuelled up...what else could you want? There's more! Huff 'N Puff will be the first of 9 races included in the "Family Ford Forty" tour. Names will be drawn from the finishers of this (and 8 other races) to qualify to be the winner of a Ford automobile(see details in this news letter). As you know, this is a fund raiser for the American Red Cross of Northwest Alabama, a extremely vital organization for our area.

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FEBRUARY 2008

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### Next Club meeting:

Date: March 18th at First Place Athletics. Start at 6:30 p.m.

### UPCOMING RACES

HUFF N PUFF on the BLUFF 3/8, 9am Sheffield, 15K & Relay  
SPRING FEVER 5K, 1 mi 3/15, 9am Florence  
RIVERHILL 5K, 1 mi 3/29, 8am Florence

### YOU DON'T HAVE TO BE FAST TO LOOK FAST!

TRAC SUGOI TECH SHIRTS AVAILABLE AT 1ST PLACE ATHLETICS. \$30

### GROUP RUNS

- Monday/Thursday Nights 6 p.m. First Place Athletics
- Tuesday Night Track Muscle Shoals HS 5:30 p.m. Contact Tony Brewer for info: 627-8158
- 5 at 5... Mon, Wed, Fri 5 a.m. Courthouse Racquet Club
- Sunday 2 p.m. TVA trails.
- Thursday 5:30 p.m. TVA trails

For comments or input on the monthly newsletter please contact Big Foot

[johnaikin@att.net](mailto:johnaikin@att.net)

## BLACK WARRIOR 50K

FEBRUARY 16TH

Heath White comes within seconds of setting a new course record.

The weather was a little warm for the 129 runners who braved the challenge of the trails of Bankhead Forest. Once again the 3rd annual race was well organized and well supported. Many of the runners were from far away places, coming great distances to run the Alabama woods. First overall female was again Kris Whorton of Chattanooga, Tn. 2nd female was Nancy Kleinrock of New York, 3rd was Kim Martin of Ohio.

## BLACK WARRIOR 25K

This was the first year of combining a 25K with the 50K. There were about an equal amount of participants for each race. The 1st overall male was Derrick Hallmark of Mount Hope, AL. 2nd M Daniel Ross. 3rd M Marty Clarke

1st Female was Tonya Lumphrey of Nashville, Tn. 2nd F Donna Gronemeyer 3rd Hannah Raymond.

The first place in the relay went to Broder, Trousdale, and Meyers. They scared their competition away. There was only one relay entry.

If you have not tried a trail race, you need to. For some reason many people find it much more enjoyable than a road race. The scenery is spectacular, no cars, no dogs, and a lot of solitude. The trails seem to be easier on knees and legs, if you can keep from tripping and falling.

It looks like this event will continue to grow as much as the Park Service will let it. Great Race! Thanks to Keith, Steve, and Jay, and all who helped!

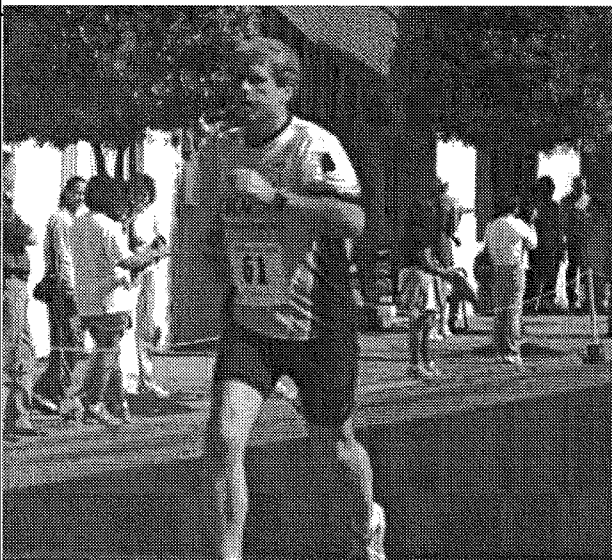
## Renew Your TRAC membership!!!!

It is time to renew again! Go to [www.shoalstrac.com](http://www.shoalstrac.com) or stop by and see our friends at 1st Place Athletics to renew for 2008. Don't forget as a member you receive a 15% discount on shoes and most apparel. Don't procrastinate and be left behind. \$12 for single, \$15 family, per year. Less than a large pizza W/cheese!!!

## RUN 2 CALVARY, 2 MILE

At 9am on February 2nd in Tuscumbia, AL at Calvary Baptist Church, Josh Aycock proved again that he is the master of organizing a successful race. This was the first time for this event. There were 309 participants. Not only that but there was enough food of all descriptions that could have fed twice that number! There was a large percentage of young people who were in the race. This is where we are seeing so much growth in participation and interest in running. Josh Aycock gets another huge "attaboy" for his efforts on this one.. The course is Fast! It is just one big loop. It was an exciting race and very impressive to see so many turn out. Once again, thanks to all involved! Josh does it again! Big Foot

## DANNY MICHAEL



**SAVE THE TREES!**

Get the Essential TRAC Newsletter on-line. E-mail

## TRAC NEWSLETTER

## Runner Profile: Linda Brewer

Linda is the person behind the scenes that keeps TRAC on track. We could not do what we do without her. She is our volunteer coordinator. We appreciate all of her hard work! Please help her with her tough job and volunteer to help! Be nice to Linda, she makes it all happen.



**Birthday/Age:** For real? 3/7/48, age 59

**Birthplace:** Florence, AL

**Family:** Five sisters. Lots of nieces and nephews. Many children have outgrown me over the years

**Occupation:** RN, semi-retired.

**Year's running?** About 17 total. I ran for about nine years in the 70's and 80's, then quit running. Started back running in 2000.

**What caused you to take up running?** It just seemed like the right thing to do.

**Best running experience?** The St. Jude Half-Marathon, 2007.

**Brush with fame:** In 1963, I was in a crowd of people who saw John F. Kennedy speak at TVA in Muscle Shoals. He departed through the crowd, and only a Secret Service Agent was between me and the President.

**Most prized running shirt:** Honolulu Marathon finisher shirt, Mercedes Half-Marathon, and Wet Dog Triathlon.

**PR's:** I'm not really into Pr's because I run so slow. I have been trying to break 29 minutes for the 5K.

**A crazy, funny, or interesting running experience**

The first time I ran the Cotton Row 10K- in the early 80's, I had to walk up the big hill. I trained on the hills at TVA trail the next year, and was able to run all the way to the top. Everyone who I passed walking up, passed me right back as soon as they got to the top.

**Favorite run distance:** 6 to 10 miles

**Favorite race experience:** St. Jude Half Marathon- good crowd, good support, great weather, good food. Ran 2:16!

**Favorite training course:** TVA trails

**Favorite Shoals area Race:** Huff and Puff

**Favorite Food:** Popeye's Spicy chicken

**Favorite non-running activity:** Reading and taking care of my animal children (3 dogs, 2 cats).

**Favorite Book:** I have lots of favorites, I really enjoyed "Cold Mountain".

**Favorite Movie:** Breaking Away

**Favorite TV show:** CSI

**Musical Artist:** Emmy Lou Harris

**Quote or philosophy:** He who has the gold makes the rules (just kidding) We all need to protect the environment, and work together toward a better life for everyone.

## HELP WANTED!!!!!!

- 1- Race Scoring (this involves training on the Runscore computer software)
2. Newsletter Editor / It's Easy! If Big Foot can do it, so can you!



**"Linda Brewer is the new Volunteer Coordinator"** This is a very important position and we appreciate her willingness to help. Anyone who can help at any of our races please contact Linda at 627-4217. We depend upon our volunteers to make the races happen and couldn't do it without them. Please thank Linda and the volunteers anytime you have a chance.  
[lindabrewer209@comcast.net](mailto:lindabrewer209@comcast.net)

Alexander	Zach 2/27	
Bain	Skyler 2/27	
Baker	Sarah 2/27	
Cook	Jarrold 2/7	
Davidson	Andy 2/16	
Dison	Haley 2/10	
Elliott	Tara 2/17	
Flanagan	Daniel 2/12	
Methvin	Samuel 2/19	
Olson	Jerry 2/18	
O'Steen	Sara Beth 2/28	
Robinson	Sim 2/3	
Ruple	Ragan 2/3	
Sherrod	Hank 2/20	
Simmons	Larry 2/2	
Stewart	Phillip 2/21	
Strickland	Hannah 2/14	
Stumpe	Mike 2/22	
Tall	Larry 2/11	
Woodis	Angie 2/21	
Wilson	Bridgett 2/4	
Kenamer	Ashley 2/14	
Fennell	Brandi 2/21	
Reed	Nathan 2/9	
Diffey	Bill 2/18	
McMeans	Brett 2/19	

## SAVE THE TREES!

Get the Essential TRAC Newsletter on-line. E-mail [johnaikin@att.net](mailto:johnaikin@att.net) and tell us you would like us to e-mail your newsletter to you. This will also save the club money spent on postage and printing.

[www.ShoalsTRAC.com](http://www.ShoalsTRAC.com)

Florence, AL 35631  
P.O. Box 1019



## FAMILY FORD 40

### TENNESSEE RIVER ATHLETIC CLUB PROPOSED AMENDMENTS TO BYLAWS ARTICLE V, SECTION A, PARAGRAPH 2

(Subject to approval of the membership at the March 18, 2008 meeting)

#### THE SOLE INTENT OF THE FOLLOWING PROPOSED AMENDMENT IS TO INCREASE THE BOARD OF DIRECTORS FROM FIVE TO SEVEN MEMBERS.

#### V. MANAGEMENT OR GOVERNMENT

Section A, Paragraph 2 "Board of Directors" shall be deleted and replaced with the following:

*The Board of Directors of the organization shall consist of seven (7) members. The incoming President, upon being duly elected, and the outgoing President shall serve as members of the Board of Directors. The remaining five (5) positions on the Board of Directors shall be nominated from the general membership and elected in accordance with Article V, Paragraph E.*

TRAC is excited about a new sponsorship partnership with Family Ford of Florence. Chris Thigpen recently presented a proposal to the board and to the club at the February meeting. We will be posting full details on the website soon, but a brief summary of the sponsorship is as follows:

- Family Ford will specifically sponsor nine races during the coming year. The total distance in these races is approximately 40 miles. Each race will receive a cash sponsorship amount from Family Ford, as well as lead vehicles, if desired.
- Family Ford will be listed on each race's registration form indicating that the race is a part of the "Family Ford 40". Also, Family Ford will feature banners and other promotional materials at the nine events.
- Ten finishers in each of the nine "Family Ford 40" events will have their names drawn and receive entry into a final drawing. Officers and Directors of the club are not eligible to win. This will result in 90 participants drawn at random from race finishers. No runner may receive more than one entry.
- Ten additional names will be drawn in some manner to be determined during the year, resulting in a total of 100 participants in the final drawing.
- At the Dam-Bridge Run in November, at least 10 of the 100 persons will be selected at random and given a key.

What does that key do? All except one will do nothing. However, the person holding the winning key will be able to open and start a new Ford automobile and will receive a free 2-year lease for the use of that automobile (taxes, insurance, etc. not included).

Races making up the "Family Ford 40" are:

Huff 'n Puff 15K	W. C. Handy 5K	1-Mile River Bottom Burnout
Swampers 5K	Waynesboro Relay for Life	Brush Creek Pumpkin Run
Helen Keller 5 Miler	Killen Founders Day 5K	Dam-Bridge Run 10K