



TENNESSEE RIVER ATHLETIC CLUB

TRAC Newsletter

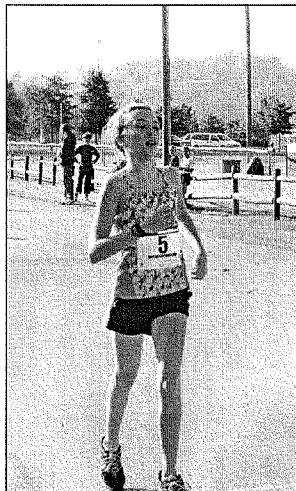
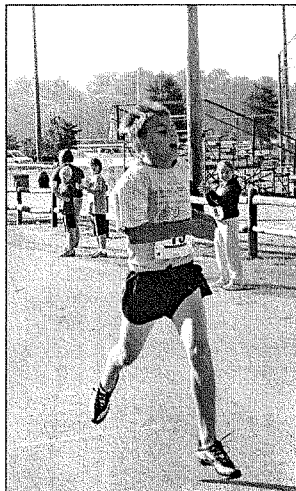
White, Lynch capture 6th Riverbottom Burnout

Florence runners Heath White, 25, and Sandy Lynch, 39, captured the top prizes at the state championship 1-mile Riverbottom Burnout Oct. 18 at McFarland Park in Florence.

White finished in 4:56.68 as the top men's finisher, while Lynch clocked in at 5:56.55 to lead the women and finish 10th overall.

Out of the 64 runners who completed the course, Alan Porter, Zac Piper, Hamp Perritt, Paul Williams, Eric Trousdale, Thomas Aust, Stacey Lemay and Mike Allen all finished with sub-6-minute times.

Lemay, 46, won the male masters title in just under six minutes, while Lisa Schafer, 44, won the female masters trophy with a time of 7:30.86.



TOP – Pictured are overall winners Heath White and Sandy Lynch.

MIDDLE – Pictured are masters winners Stacey Lemay and Lisa Schafer.

BOTTOM – Pictured is 11-12 male age group winner Byron Hurren (6:00.55) and second overall female finisher Brandi Fennell (6:29.38).

Volume 6, Issue 8
–October 2008–

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Upcoming events:

Pumpkin Run 6M & 1M

Sat., Oct. 25 @ 9 a.m.
Harrison Chapel Church
Killen, AL

Contact: Todd Allen
(256) 627-0658
Agameco@aol.com

34th Vulcan 10K & 1M

Sat., Nov. 1 @ 8 a.m.
Lynn Park

Birmingham, AL
Contact: (205) 879-5344
info@vulcanrun.com

Pickwick Dam 5K

Sat., Nov. 8 @ 9 a.m.
Pickwick Campground
Pickwick Dam, TN
Contact: Lucy Smith
(731) 689-3042 or (731)
925-0427
trfcu@centurytel.net

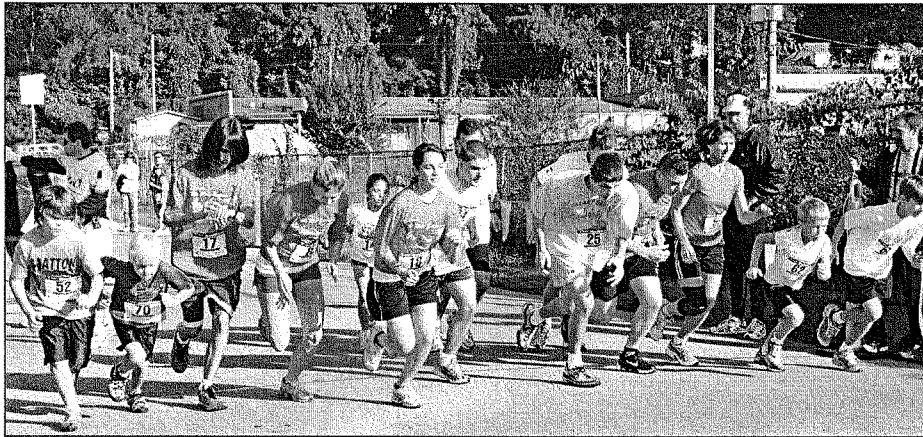
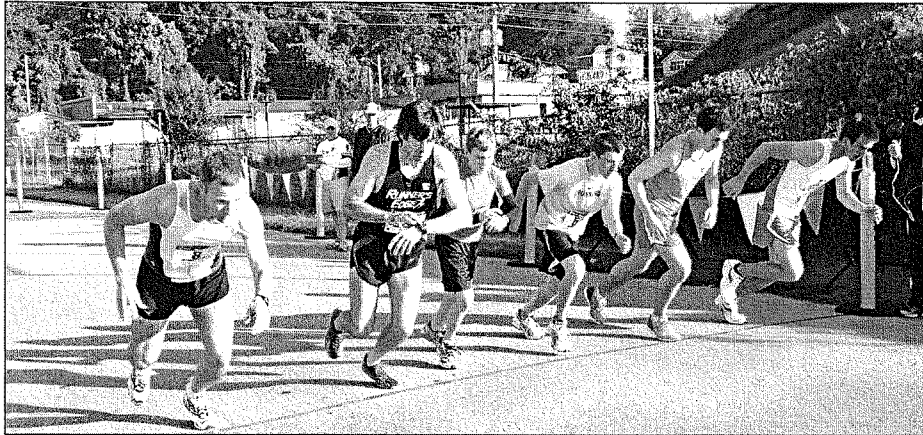
Turkey Trot 5K

Sat., Nov. 15 @ 9 a.m.
Savannah Chr. Academy
Savannah, TN
Contact: Deonne Ewoldt
(731) 925-5333

Dam-Bridge Run

(10,000-Meter Run)
Sat., Nov. 22 @ 8 a.m.
Shoals Marriott
Florence, AL
Contact: Danny Michael
(256) 483-2349
DamBridgeRun@bell-
south.net

Riverbottom Burnout



TOP – Six runners sprint off the starting line during the first heat of the 1-Mile Riverbottom Burnout at McFarland Park.

MIDDLE – A pack of young runners take off during the fourth heat of the Burnout.

BOTTOM LEFT – Allie Elliott of Muscle Shoals clocks in at 7:15.34 to finish 33rd overall and fourth in the female division.

BOTTOM RIGHT – Michael Granville of Tuscumbia crosses the finish line in 6:05.98 to finish 13th overall and first in the male 15-19 age division.

Riverbottom Burnout
October 18, 2008
McFarland Park

Male Top 10

1. Heath White
4:56.68
2. Eric Sullivan
5:00.37
3. Alan Porter
5:05.67
4. Zac Piper
5:25.30
5. Hamp Perritt
5:27.26
6. Paul Williams
5:50.10
7. Eric Trousdale
5:50.30
8. Thomas Aust
5:52.03
9. Stacey Lemay
5:55.97
10. Mike Allen
5:57.53

Female Top 10

1. Sandy Lynch
5:56.55
2. Brandi Fennell
6:29.38
3. Trayle Roberson
6:57.84
4. Allie Elliott
7:15.34
5. Lisa Schafer
7:30.86
6. Samantha Cox
7:35.97
7. Victoria Schafer
7:42.27
8. Kaitlyn Fennell
7:42.59
9. Emmie Beth Word
7:43.40
10. Anna Fennell
7:47.31

Male (ages 11-12)

Byron Hurren, 6:00.55
*12th overall

Female (ages 11-12)

Bailey Word, 9:25.52
*57th overall

Male (ages 15-19)

Michael Granville,
6:05.98
*13th overall

Volunteer Corner

Linda Brewer is the TRAC 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 (256) 627-4217 or lindabrewer209@comcast.net. TRAC currently needs race scorers, who are trained to use the Runscore computer software. We depend on our volunteers to make the races happen, and we couldn't do it without them. Please thank Linda and the other volunteers anytime you have a chance!

Runner Profile: Todd Allen

Name: Todd Allen

Age: 38

Birthday: July 17, 1970

Hometown: Woodbridge, Virginia

Family: My daughter, Danica Allen, and my significant other, April Novak

High School: Randolph-Macon Military Academy

College: Attended community college for two years

How many years have you been running?

Casual running for most of my adult life and I started distance running when I was 30.

What caused you to take up running?

I was mostly a weightlifter, running maybe once a week, sometimes twice a week. When my business started to grow and consume most of my time, I did not have the time to go to the gym. So I started running more to get in a quick workout. I liked the results I saw in my attitude and in my weight loss. I found running also gave me time to think and relieve stress, and I've been running ever since.

What is your best running experience?

Finishing my first marathon, the Huntsville Marathon.

What is your worst running experience?

Training four months for the Walt Disney World "Goofy Challenge" and not being able to finish. You run a half-marathon on Saturday and a full



Pictured is Todd Allen of Muscle Shoals after completing a half-marathon race.

marathon on Sunday. I got food poisoning Saturday night after the half and was not able to run the marathon Sunday and finish the "Goofy Challenge." I was so sick I wanted to die.

What is your favorite race distance?

Half-marathon. The half is long enough for endurance, yet short enough to step it out.

What are your favorite non-running activities?

First and foremost: eating. I like to watch movies – when I have time – and spend time with the important people in my life.

Which famous person would you like to meet?

There isn't one.

What is your favorite TV show and movie?

My favorite TV show is definitely "Law & Order" and my favorite movie is "Spider-Man 2."

What is your most prized running shirt?

Honestly, all of my shirts are prized to me. But, if I had to pick one, it would be this year's 2008 Pumpkin Run long-sleeved tech shirt because it's so nice.

What are your future running goals?

Right now I'm training for the Ironman Arizona this November, and I want to finish strong. But in the big picture, I want to keep on running until I'm 100 years old.

Birthdays

October 1

Jerry Condre
Jody Buttram
Chris Gillum
David Schafer

October 2

Chris Thigpen

October 3

Lynn Stine
Beverly Napler
Donna Gillum

October 4

Bailey Tank

October 5

Keifer Comer
Rhett Ryan

October 6

Graham Hardison

October 7

Mike McCartney

Paul Williams

October 8

James Ridgeway

October 9

Bay Harrison

Kale Bragwell

Nancy Jackson

Hunter Rylee

October 10

Ivy Evans

October 11

Daniel Evans

October 14

Chuck Worley

October 15

Brad Pounders

October 16

Sydney Callahan

October 17

Donald DiDonato

October 18

Elizabeth Hurren

October 20

Tyson Myers

Alex Hyde

October 23

Sharon Aday

Steve Hogan

October 24

Ellen Gregg

Ben Etheredge

October 26

Betsy Tiller

Daniel Dill

October 27

Sara Gist

October 29

Debbie Aikin

October 31

Daniel Hurren

www.shoalsstrac.com
Florence, AL 35631
P.O. Box 1019



Pictured are Auburn and Debbie Wilson of Killen and Joy Harbin of Muscle Shoals during the 1-Mile Riverbottom Burnout Oct. 18 at McFarland Park.

SAVE THE TREES

Get the essential TRAC newsletter online. Contact John "Big Foot" Aikin at johnaikin@att.net if you would like your newsletter sent by email. This will also save the club money spent on postage and handling. For questions or comments about the newsletter, please contact Kim West at pokey5782@yahoo.com.

Family Ford 40

TRAC is excited about a new sponsorship partnership with Family Ford of Florence. We will be posting full details on the Web site soon, but provided below is a brief summary:

- Family Ford will specifically sponsor nine races during the coming year. The total distance of 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 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 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 finalists 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 receive a free, two-year lease for the use of that automobile (taxes, insurance, etc. not included).

"Family Ford 40" races: *Swampers 5K, Huff 'n Puff 15K, Helen Keller 5-Miler, W.C. Handy 5K, Waynesboro Relay for Life, Killen Founders Day 5K, 1-Mile River Bottom Burnout, Brush Creek Pumpkin Run, Dam Bridge Run 10K*