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# BTC THE VULCAN RUNNER



VOL. 36

★ DECEMBER 2012 ★

ISSUE 12

# PINHOTI 100

*80.62 miles of single-track trail, 16.98 miles of jeep road and 4.52 miles of pavement...*

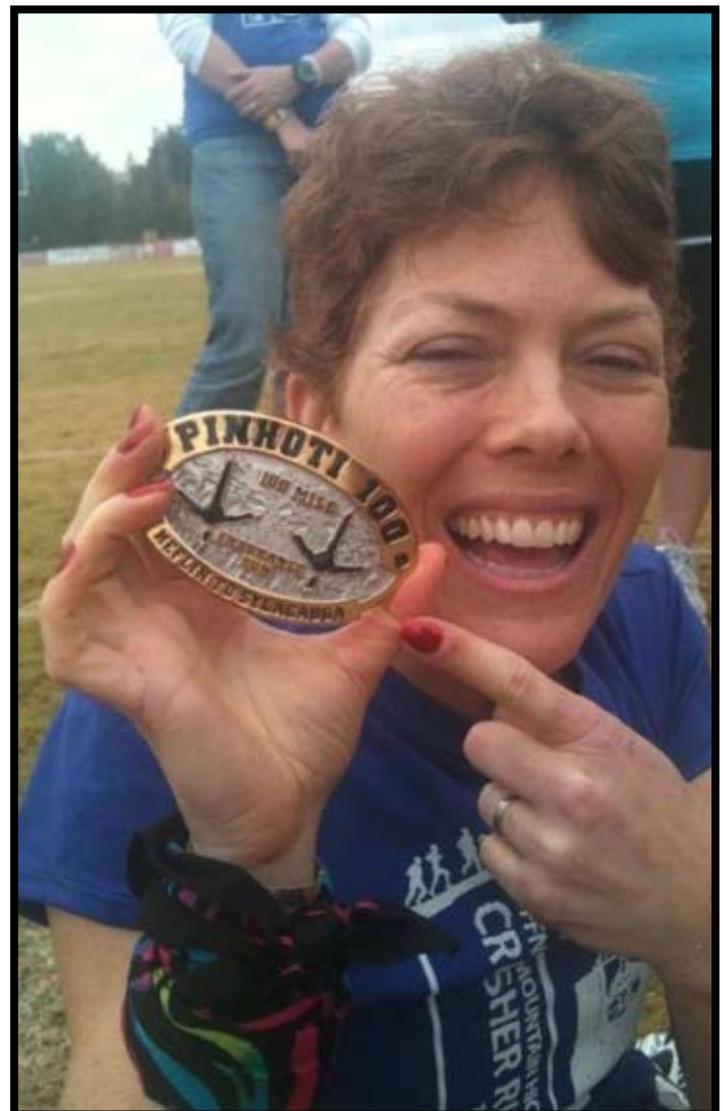
— By Vanessa Stroud

*“The Pinhoti 100 is a point to point trail run starting in Heflin, Alabama on the unmolested Pinhoti single-track trail. Runners will make their way over the highest point in Alabama while navigating over rocks, through creeks and across beautiful ridge lines of the Talladega National Forest. The course will consist of 80.62 miles of single-track trail, 16.98 miles of jeep road and 4.52 miles of pavement and will finish on the rubberized track in the Sylacauga High School Football Stadium.”*

— Pinhoti100.com

**T**he day finally dawned that I would toe the line at the Pinhoti 100. I was not nervous or excited. As a matter of fact, as I observed myself, I found I couldn't really describe what emotion, if any, I was feeling before this, my first attempt at a 100 (which was very odd because I had been thinking, planning, training, dissecting, breathing this race for three years. **Three long years.**) After being hooked on this crazy race while crewing for Prince Whatley in 2009, I almost lost the dream of even attempting it due to a major femoral stress fracture. Now that I had made an awesome recovery and comeback, you'd think I'd be keyed up to the top of the steeple. But nope. Evidently I had been granted the gift of peace that surpasses all understanding in this moment...and I was thankful for it. It's not like I had left a single detail to chance. My crew document was 28 pages long for crying out loud. The intentionally unconventional training regimen was in the bank and the taper had gone well. I was approaching the line most likely under-trained and over-tapered, in other words - just right.

I had begun specifically training for this race in early April. I quickly determined there was no additional time to devote to training than was already allocated, so I had to get creative. From what I heard, hundreds are all about time on your feet. Now how



Finally, I have my very own buckle!

**PINHOTI 100** <Continued on Page 2>

**PINHOTI 100 <Continued from Page 1>**

was I going to do that when my Saturday long run time was somewhat limited by ballgames, gymnastics, Girl Scouts and the like? Well, I sit on my can 9 hours a day... my desk has an ergonomic height adjustment...let's crank that baby up. I don't think Associate Health, when specifying this desk for our work environment, envisioned employees standing at their desks all day long. But since I'm in the tall section of cube land, I can get away without it being too distracting to my co-workers. I'm so short that the highest setting was just right, even when standing on the balance board. Yes, for several hours each weekday, I alternated standing on each foot, rocking that board from side to side and around in circles both ways. Soon I developed very strong abs and lower back strength as well as hamstring and glute definition. Not to mention calves with actual muscularity and ankles with the resiliency of rubber bands. All those little micro ligaments and fibers were getting a workout each day. (Thanks for the idea Dr. Lal!)

Even though I'd successfully, but very carefully, eased back into the marathon scene last fall, I decided to take training extra conservatively. I couldn't risk another 9 month set back due to overtraining. So, I only ran 3 days a week, but cross trained intensively 3 days with a mandatory rest day on Sunday. Weekly mileage only eclipsed 50 miles 5 times over 30 weeks of training with a weekly average mileage of 31.75. I did a 12 hour event almost reaching 50 miles in early May with a double digit back to back run at the end of May, followed by a 54 mile run in early August, and closing with back to back 50Ks on 100% trail, almost all unsupported, 6 weeks out from race day. Knowing this race covered approximately 32,000 feet of elevation change (yes, thousand – all three 0's are correct), at least once a week I was running at Ruffner Mountain before dawn on trails that closely mimicked Pinhoti. About every 3 weeks I did either a relaxed marathon or 50K distance, mostly on the roads with whoever was game for extra mileage. Cross training was 30 minutes all out on the stationary bike on the hilliest pre-programmed course available followed by an hour plus of P90X legs, upper body, and core. On days I didn't feel like training, I took off... guilt-free. After some of the long, monster runs I even took 4 or 5 days off. Not your typical 100 mile training



Charles pacing me to the finish while I'm choking up.

plan to say the least. However, I reasoned that if I couldn't complete a 100 with this training, then it wasn't meant to be right now. Life / work / training balance is a delicate thing not to be taken for granted. And due to the slow healing fracture and subsequent diagnosis of osteopenia, I had re-

searched bone health and nutrition extensively. This resulted in a full revamp of my diet, and food became fuel. Because bones regenerate through eating right, I reversed that osteopenia and rebuilt my skeletal system. A full-on alkaline diet with lots of fruits and veggies, lean proteins, and a few whole grains. I cut out all refined sugar, flours, simple carbs, sodas, caffeine, etc. The energy gained and shortened training recovery time was well worth it, not to mention the metabolic efficiency (fat burning) benefits. It took a lot of discipline, but now has become a healthier lifestyle.

Because trail ultras differ greatly from road races in terrain, elevation, distance and in almost every way possible, they require different race day strategies. Even though I'm decently speedy on roads, I'm a back of the pack ultra runner, so I seeded myself at the back. This particular trail race starts immediately on single track rather than spreading runners out along a dirt road section, and before dawn, so there's a bit of walking right from the beginning. It is what it is and there's no reason to rush. That and 100 miles is a loooong way to go, so to go out too fast can reap major con-

**PINHOTI 100 <Continued on Page 3>**



Husband Tom, Pacer Jim Bonds, Pacer Charles McCauley, Prince Whatley (who finished minutes ahead of me), Son Zane, Brother Jay Nelson, Vice Crew Hilary Moreno, me, Crew Chief Denise Michard and Daughter Chloe.

**PINHOTI 100 <Continued from Page 2>**

sequences - as in an almost certain DNF. Running slower makes your body burn fat instead of muscle glycogen, and we all have an endless supply of fat, which means we can cover more miles if we dial back the speed right out of the gate. I planned to run at a reasonable 24 hour pace for at least the first 41 miles up to Bald Rock at Mt. Cheaha, and then see what the other 2 mountains had in store for me. (By the way, Bald Rock has the only restroom on the course. Yes, the only one in 100.6 miles. This ain't a Rock-n-Roll marathon.)

Around mile 7, I got the first of two falls out of the way. It was a nice 3 point flip on an almost compost-like soft trail. Left knee, right elbow, tuck-n-roll, right butt cheek, and back up on the feet. No prob. The second fall was about mile 15 where the trail, extremely narrow and soft on the shoulders, gave way under my right foot going downhill to the left, so that my left foot which had stepped over my right leg (awkward sounding I know) caught me and kept me from sliding about a hundred yards into a leaf filled ravine. Again, no prob, hardly a scratch. But don't let the description of soft trails on this section fool you. There were plenty of nasty, gnarly, rock and root infested, highly technical miles to come.

In this race, there are 18 aid stations about 5-7 miles apart and my carefully selected crew faithfully met me at all of the ones accessible to them. Unbeknownst to me, they had observed bunches of runners sidelined by the heat and I was passing more at each aid station. With experienced precision and a high level of organization, they were able to get me in and out like a Nascar pit crew. Thankfully, all of my longest training runs were in 85-101 degree heat with rationed fluids so I was in my element. Salt Stick and EnduraFizz, as well as a damp cloth on my neck kept me running cool early in the race. I also used Vitargo S2, which is a super-carb mix containing no protein, sugar, or electrolytes. It essentially provides kindling to keep the fat fire burning. I combined it with E-Gels to ensure I was ingesting 300 calories per hour and covering the electrolyte need. Ultra nutrition varies greatly from the 3 or 4 gels and a few swigs of Gatorade at a marathon. In all, across the entire race, I took in Raman noodle soup, potato chips, boiled potatoes and salt, roast beef/beans/carrot combo, pb&j's, a fried egg sandwich (mile 79 at the Pinnacle of the 3rd mountain - yum), chicken broth, and near the end a couple of cookies. This was in addition to the Vitargo and at least one gel per hour. My crew made sure I ate well. I attribute my lack of hallucinations and ability to successfully play brain teaser games right up to the end on my good nutrition.

"Ultras are eating and drinking contests with some exercise and scenery thrown in." - Sunny Blende, Sports Nutritionist

Single-track trail occasionally breeds needless braking down hills, especially when you're in the back of the pack. Please, people, learn to fall with style down the hills; gravity will do the work and just let your feet catch you as you glide down. By the time I reached the top of Mt. Cheaha, my left hip flexor was shot. Now, any reasonable person would have cause to be concerned as to the outcome of my race. But, having done my homework, I knew I could power hike the remaining 60 miles, and as long as I kept the pace under 17 minute miles, I would finish under the 30 hour cutoff, which was my goal. It is so important to remember what the real goal is. And, it would be getting dark soon, which typically slows down the pace anyway. So many runners DNF ultras because they don't take a few minutes to hit the reset button. They give up too easily. The key is relentless forward progress. This requires a wealth of patience, a mind of steel, and even just a little bit of faith. You have to be absolutely 100% sold out that you are going to finish. After seeing God heal me, educate me on training and nutrition, and then allowing me to grace that start line, I refused to even acknowledge the thought not finishing. It never crossed my mind that I wouldn't.

Now, not only is a great crew important, but pacers can really make a race happen. I was fortunate to have 5 very qualified fellas alternately pace me across the last 60 miles. They kept my feet lit, literally with an extra flashlight, and my mind entertained as we power hiked and jogged as fast as my feet would carry me. Sometimes we laughed, sometimes waned sentimental, sometimes they cheered maniacally as I silently trudged up yet another hill ("That empty Budweiser box thinks you're AWESOME!"). They got me through my second sunrise of perpetual motion. Yes, we cut it close as we came off the last mountain, reaching the aid station with only seven minutes to spare and fifteen more miles to go. But by the time I rounded the last corner and stepped onto the track, I had gained thirty-three minutes back and finished in 29:20:58.

What an awesome feeling it was. And it took even more strength to keep myself in check and not fall to pieces in overwhelming gratitude that I had been given the gift of a hundred mile finish. On my first try. On a hot day. On a course that is relentlessly technical. With crazy elevation change. With some of the best running buddies a girl could ever hope for. •

*vstroud@bcbosal.org*

## GET INVOLVED...CONTRIBUTE TO THE VULCAN RUNNER

Got a running story, running advice or running photos you'd like to share?

Send an email to: [btcpresident07@gmail.com](mailto:btcpresident07@gmail.com)

# WANT TO ADVERTISE IN THIS NEWSLETTER?

Deadlines are the 1st of each month for the following 'VULCAN RUNNER' issue.

To place an ad or for more info: [marketing@birminghamtrackclub.com](mailto:marketing@birminghamtrackclub.com)

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## BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health and recreation.

**Contact BTC at:** *Birmingham Track Club*  
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## December BTC President's Message

— Jennifer Andress

Greetings BTC and Happy Holidays! What a year! This time last year I never could have imagined becoming your President, much less all of the activities we have participated in and the excitement that has ensued. It truly has been an honor serving this running community.

With that, allow me to recap the last few weeks. The Vulcan Run was a phenomenal success. Thank you to Race Director Danny Haralson for his blood, sweat and tears. He is passionate about this race and it shows. We were blessed with a beautiful day and all of our feedback has been very positive. Danny had invaluable help from his Assistant Race Director Tim Roberts and the BTC Volunteer Coordinator Mark Burris. Mark coordinated an army of volunteers who all looked fantastic representing the BTC in their bright yellow BTC "Staff" shirts. Thanks are also in order to Erica Speegle for delivering a large contingency of ELITE runners who all performed incredibly out on the course. Erica, and also the Trak Shak, worked diligently in recruiting and facilitating those athletes.

Speaking of the Trak Shak, thank you to Valerie McLean and Jeff Martinez for the Top 200 finisher shirts! Valerie brought back the idea of rewarding the top finishers with a shirt; in the past the shirts were gold, silver, and bronze depending on finish time. Jeff and I worked together to design a special tech shirt using the new Vulcan logo designed by Eric Swope, and the end result was fantastic. We have a great framework in place on which to build for next year. So thank you all, and we can't wait to start planning for the 2013 Vulcan Run.

The week following Vulcan, BTC Vice President David Barry represented us to the Mt. Brook Park and Rec Board regard-

ing the money you all have donated for a water fountain on Jemison Trail. Here is the latest update:

"The Mt. Brook Parks and Rec Board meeting went really well. The Board voted and formally approved sending [approval for a water fountain] to the City Council. One of the Council members was there and was thrilled with the fact that we raised \$3500. She was going to recommend to the Council that they pay the additional \$2500 and move forward with the project ASAP. The council meets this week and we will know something then. It was suggested that once the Council approves, we give the money so they can go ahead and purchase the fountain. Once the fountain is in hand they can work with the city public works on getting it installed. They also had no problem with us providing a stone with the marker [recognizing the BTC and our members] on it. It sounds like it will be sooner rather than later."

So a huge thanks to you, BTC members, for your generosity. BTC Secretary Mitzi Duer-Savelis suggested having a social/ribbon-cutting ceremony once the fountain is ready to be unveiled. What a fabulous idea! We are on it!

P.S. - I mentioned this on Facebook but let me say it here as well; I want to offer an enormous THANK YOU to the running group the RR's! They gave us a very generous donation that put us over the halfway point!

The same week as the meeting in Mt. Brook, David Barry was also bringing the Triple Crown Half-Marathon Challenge to a successful end. The Magic City Half-Marathon was the final race in our challenge. We had 85 participants in the challenge and each received a Brooks tech tee Triple Crown shirt along with a custom



made medal. The challenge was a great success and we want to thank everyone who participated. It was a lot of fun and the 2013 edition will be even bigger!

And while I am saying thanks--- as I write this it is after all the week before Thanksgiving--- let me express gratitude to the BTC Board, officers and the volunteers that have made this year so successful. This year would not have happened without you! We have gotten so much positive feedback, we have gained so many new members, and we have gotten back old members. It is because of YOU! So THANK YOU!

On that note, we look to 2013. We are already planning a bigger and better club for you in the next year. Heather Milam is at work planning our year-end party to be held in January where we will conduct officer elections and commence with other club business, such as awarding the Annual Service Awards, the Dr. Arthur Black/Rick Melanson Award for Outstanding Service, and the Randy Johnson Award for the newer member who has gone above and beyond. If you have any nominations for these awards, please send them to me at [jenandress99@gmail.com](mailto:jenandress99@gmail.com).

We have only scratched the surface of what we as a club can do, and look forward to seeing our progress in 2013.

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# ONLINE CALENDAR

## Upcoming BTC Races/Events

<http://BirminghamTrackClub.com/calendar.php>



Birmingham Track Club social at the Trak Shak

## WHY RUNNING GROUPS ROCK

— By Tanya Sylvan

Yesterday morning I nailed my last 20 mile long run before my marathon! I'm talking 8 miles that were sub 9 (fast for me, folks, on a long run), no cramping, and no soreness afterward. Huge confidence boost for Rocket City on December 8th. I attribute much of that to my running group. I ran with some runners who pushed my pace and comfort level and taught me that I am capable of more than I give myself credit for. With my run coinciding with the Birmingham Track Club's monthly social, I realized how fortunate I am to be a part of such an inspiring community, and how much they've helped me grow in the past year and a half.

I happened upon the Village Runners in the summer of 2011 when I was visiting Birmingham and wanted to run without getting lost. At the time I had no idea what a wonderful place Birmingham is to run. There is an enormous running community – the Birmingham Track Club has over 800 official members and hosts monthly socials as well as some kickass races. There are benefit runs, brewery runs, and trail runs. Runs through heat waves and runs to celebrate the first (or only) snow. The Village Runners are out pounding the pavement between English Village, Crestline Village, and Mountain Brook Village every day of the week, and there is always someone willing to meet you at an insane hour to log some extra miles. They have taken this Yankee in as one of their own, and have taught me more about Birmingham than I would have ever learned myself.

It's normal to be nervous when joining a group of people you don't know, but here are some reasons why you should consider finding a group of your own.

### BENEFITS TO RUNNING WITH A GROUP:



4:30 a.m. in the rain

**ACCOUNTABILITY** It's 3 am. If I were running alone, I wouldn't get out of bed. Would you? With a running group or partner, you'd better get yourself dressed and out that door or else you'll be missed. And asked about. And then you'll feel guilty.



Some Village Runners cheasin' it up before the 2012 Mercedes Marathon

**SUPPORT** Whether daily in training or during a race, members of a running group are there to support one another. You celebrate great races and bemoan bad ones. They know your personal goals and will help you reach them.



The Dixie Dirty Dozen took 1st place (noncheating) at the Dixie 200!

**CAMARADERIE** You spend hours with your running group talking about everything under the sun, so it's only natural that you become close friends. How else would you agree to spend 36 hours in a van together while running from Atlanta to Birmingham without killing one another?

**RUNNING GROUPS ROCK**  
<Continued on Page 7>



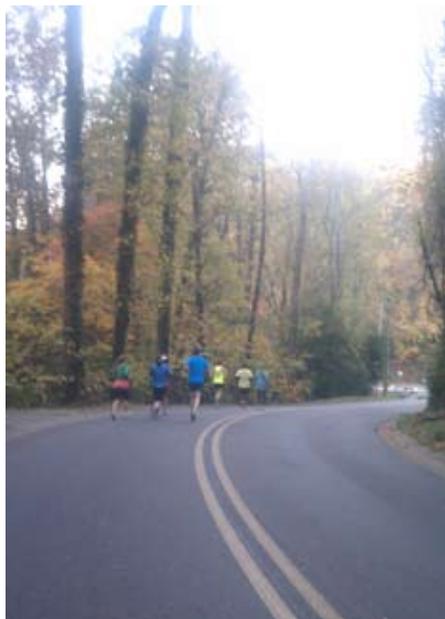
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**RUNNING GROUPS ROCK**  
<Continued from Page 6>



Harold, Amy, and I after our great run yesterday

**GROWTH** Running with a group helps you push your limits to get stronger and faster and try different distances. If you're running with a faster group and don't know the way back to the car, you have no choice but to keep up.



Birmingham Track Club #seenonmyrun

**KNOWLEDGE** You have an entire network of experiences at your disposal and you learn so much more about the sport, allowing you to run smarter and healthier.

I still run many of my weekly miles solo, but I love being a part of a running group. The miles fly by faster, laughs are shared while the rest of the city sleeps, and PRs are fought for and celebrated.

**SEND US YOUR PICTURES WITH YOUR BTC APPAREL!**

We want to see where you have been running, representing the BTC! Email photos to: [jenandress99@gmail.com](mailto:jenandress99@gmail.com)



Michael Gann at the Pensacola Marathon, showing off his BTC spirit.

# Savannah Marathon

— Photos submitted by Jeff Estes

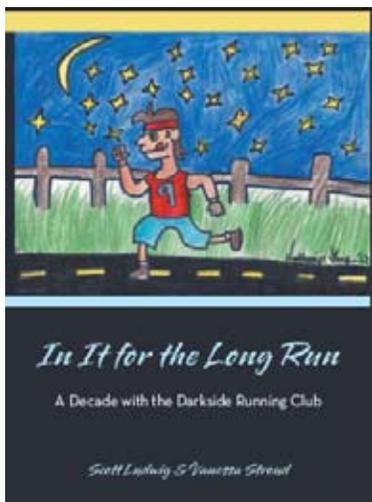
The *before* picture is of (from left to right) Pamela Hall, Julia Phelan, and me (Jeff Estes).

The *after* picture (below) is of Julia, Jeff Perry (BTC member), me (Jeff E.), and Pamela. Jeff Perry and I both had a PR. Jeff P. had a 3:01 finish (amazing!), while I had a 4:18 finish.



# 'IN IT FOR THE LONG RUN'

**Just released!!! If you like reading about running adventures, are thinking about running a marathon or an ultra and don't know where to begin, hate reading training manuals, this book is for you!**



Multiple races of marathon distance or greater in a month...or perhaps in a weekend. Several unsupported runs of 50 and 100 miles through the mountains and forests several times a year. Have you ever considered running through a desert, across frozen tundra or over multiple mountain ranges? Why not run for three days straight to see how many miles you can accrue? Welcome to a place where no locale is too inhospitable and no distance impossible. Welcome to...the Darkside.

The Darkside Running Club, established in 2002 is a place where runners meet to express their love of distance running and camaraderie by spending countless hours and miles committed to doing what they enjoy most. They share a singular focus towards achieving goals far off in the distance, both literally and figuratively. With their dedication and commitment you may believe the Darksider to be a professional athlete, or perhaps an Olympian. But you would be wrong: they are simply

ordinary people doing extraordinary things in the sport they love: running. Highly competitive while never taking themselves too seriously, they strive to shave off minutes or perhaps hours while adding a mile or two...or twenty while pushing their limits further and further. The impossible becomes possible; dreams become reality. They won't take 'no' for an answer as they persevere to move beyond physical and emotional discomfort to finish what they started. Excuses don't exist. Their passion is contagious. So reader be warned: they're *In It for the Long Run*.

*Scott Ludwig* is the author of *Running through My Mind: Confessions of an Every Day Runner*; *A Passion for Running: Portraits of the Every Day Runner*; and *A Few Degrees from Hell: The 2003 Badwater Ultramarathon*. This book is his first joint project with Vanessa Stroud: he hopes there are more to come. As soon as Vanessa catches her breath, he'll be 'running' his ideas for future projects by her. Scott has run every day since November 30, 1978 and has accumulated 130,000 lifetime miles. Maybe it's Scott who needs to be catching his breath.

*Vanessa Stroud* began running in early 2008 after being called off the couch by none other than the great I AM and life has never been the same. What began as a surprising and unexpected answer to prayer became an exercise in faith, a journey of discovery and a lifestyle of gratefulness for each day. Continually intrigued by other's amazing running adventures, she's striving to take in all the facets of the full running experience including mentoring runners with Team In Training, directing three annual trail races and co-authoring her first book.



Amazon.com – search by author Vanessa Stroud

**Proceeds benefit The Leukemia and Lymphoma Society's Team In Training – racing to find cures for blood cancers.**

**Book signing Friday evening January 18, 2013 6:00 pm at Ruffner Mountain Nature Preserve.**

Are you a new runner just graduating from a Couch program wanting to continue your training? Are you an experienced runner wanting more manageable distances? Want a group to run with on Sat. morning? Then join us for a new program the BTC is starting in January. The Saturday Mod Run (Moderate Distance) will offer weekly 3 – 7 mile routes and a group to enjoy your continued training. Distances and routes will vary based on upcoming races. Look for more information on the BTC website.





The new BTC half-zip tech shirts and long sleeve tech shirts have arrived!

As the temperatures drop, make sure you are prepared and sporting the latest BTC gear.

Your shirt can be purchased at any BTC event.

You can also send an email to arrange an order.  
[president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com)

**Miles reported through November 15th, 2012****1,200 Mile Club**

<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>OCT '12</b>	<b>SEPT '12</b>	<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>OCT '12</b>	<b>SEPT '12</b>
Adamy, Mary	1073	138.7	166	Jones, Delpha	771.64		84.74
Affuso, Olivia	1214	170	153	Jones, Latoria	488		
Allen, Darnell	1256.4	130	124	Kahn, David	472.47		
Andress, Jennifer	1519.5	162	172	Kirkwood, Teresa	1062	140	122
Armstrong, Tommy	479.2		65	Kuhn, Jimmy	1140	117	90
Atkins, Brian	981.7	121	151	Langston, Richard	1198.03	118.4	127.2
Ballard, Bill	1058.4	109.2	81.5	Lindsey, Jonathan	845.91	78.58	136.86
Barry, David	1389.9	55	115	Longshore, Les	169	29	20
Baskerville, Jennifer	814.1			Losole, Liz	695		
Benner, Kimberley	646.1	103.1	87	Lowell, Allison	1206.32		123.2
Benson, Wayne	1074	115	107	Lucas, Jane	918		123
Bettis, Natasha	88			Lupinacci, Tim	1027.6	113.6	115
Bonatz, Ekkehard	2651	253	310	Lyle, Randy	2247.5	213.5	250.9
Booher, Lisa	1367.48	113.91	163.89	Martinez, Jeff	891.62	175.25	127.97
Bradshaw-Whittemore, Al	670.53	112.03	100.6	McCalley, Charles	932.95	112.5	106.05
Brown, Charlie	1085.02	127.07	127.62	Meadows, Bryan	1102.3	100.33	142.15
Bryant, David	1717	126	217	Milam, Heather	682.88		
Bullock, Sharon	243.6			Morgan, Cary	597		
Burke, Chad	1470.7	168.2	152	Morgan, Danielle	1300.2	162	159
Burnette, Jack	942.2		118	Morgan, Phil	1376.8	182	198
Burton, Daniel	973	123	145	Morrow, Alex	1533.18		200.92
Caldwell, Greg	1050.9	125.3	130.3	Muck, Randall	172		
Chandler, Teresa	1063	100	129	Myers, Bill	1348	143	123
Clay, Brad	2407		362	Nealon, Tonya	192.21		
Crain, Teresa	226.4			Northern, Kristie	1141.11	125.8	159.1
Crawford, Jennifer	1382	130	188	Oehrlein, Kimberly	737.6		97.1
Creed, Brad	737.7		82.7	O'Neal, Alicia	860.54		
Davis, Wayne	864		153	Parr, Michele	930	126	96
Dean, John	898	115	120	Pasqualini, Ellie	1145		150.5
DiMicco, Al	1216.8	108.7	115.9	Pasqualini, Greg	926.5		149
Dodson, Brooke	1135	92	122	Patterson, Cathy	1267		188.5
Dortch, Cherie	836.59		110.3	Pearce, Julie	1238.37		148.58
Dunham, Kelly	1001.75	110	116.5	Perry, Jeff	2251.4	214.8	256
Dunn, Wade	577			Phillips, David	915		101
Engels, John	1035.1	94.5	74	Phillips, Stefanie	1416		87
Estes, Jeff	417			Porter, Chilton	434	35	21
Evans, Bob	709			Randall, Lisa	1547.32	167	165.47
Farrell, Meredith	480.6			Reisinger, Kaitlin	584		
Fite, Rebecca	1202.22	114.97	121.53	Richey, Jim	439.1	27	10
Ford, Joe	1094	103	122	Roberts, Tim	1342.5	107.7	171.1
Franklin, Shane	1433.47	135.6	141.6	Rollins, Stephanie	228.4		
Frederick, Winston	1065		109	Ross, Nate	1325.1	145	110
Ganus, Jack	1014		112	Rushing, Lance	128.51		
Gann, Michael	1512	158	124	Russell, Tom	1133.99	87	132
Gillis, Sam	927	19	23	Rutherford, Keith	1604	204	168
Glaub, Chris	1314	137	117	Sample, Holly	366		
Goode, Johnny	1438	162	152	Schedler, Amanda	536.85		
Goolsby, John	814.45	91	106	Sharpe, Kaye	28		
Greenwald, Bill	852	34	73	Shaw, Michelle	30.89		
Grossmann, Christopher	1061.58	97.58	129.27	Shinn, Ron	693.53	148.62	131.85
Guenster, Dirk	702.4			Silwal, Suman	1368.2	138.1	176.4
Hales, Susan	471			Skjellum, Jennifer	1105.47	125.48	92
Hallmark, Daryl	1173.6	136.5	145.1	Smith, Jerry	1071	111	115
Haralson, Danny	1079.5	140	137.5	South, Christopher	454.62		
Haralson, Micki	1197.7	108.5	141	Stearns, David	1066	117	95
Hargrave, Alan	1076	132	107	Stewart, Amy	100		
Harris, Vickie	1061	152	122	Stockton, Rick	1300.05	138.3	158.7
Harrison, Lisa	1305.5	168	166.5	Stroud, Vanessa	1340.05	116	163.75
Hathorne, Chad	812.26	104.38	79.42	Thornton, Dean	1044.7	166.6	120.6
Haugh, Spencer	1065.6	145.3	151.2	Thursby, Vann	1297.57		207.34
Henry, David	1035.1	68	127	Tichnell, Josh	398.43		
Hickerson, Patrick	1113	108	115	Turner, Kile	708.3		
Hill, Jim	1107.5	56.2	77.1	Turner, Sara	860		
Hiller, Russ	1299.61		171.42	Washburn, Kevin	972.28		
Hinton, Gretchen	474.8			Weisberg, Scott	1581	174	128
Honea, Todd	1030	93	112	Whatley, Prince	2006		197
Hopper, Erica	2190.8		251.05	Whitford, Ray	789.5		
Hoover, Alison	1213.36	142.72	181.35	Wingo, Greg	1314		150
Hulsey, Donnette	627.26		90	Woody, Bill	1346	197	187
Ingram, Joseph	1045	117	150	Wu, Xing	1106.89	91.13	105.25
Ingram, Kimberly	158			Yancey, Lisa	713.4	80	70
Izard, Melody	992.9	82.4	91.35	Zehnder, Justin	1041	210	
Jenkins, Mike	925		52				

**Email monthly mileage, errors, omissions or questions to: [1200@BirminghamTrackClub.com](mailto:1200@BirminghamTrackClub.com)**

# 1200 MILE CLUB

*...an intrinsically irrational act...*

## Shirts and Singlets Order Form

**Short-Sleeved Shirts \$ 23**  
**Singlets \$ 19**

**Name:**

**Phone Number:**

**Email Address:**

**Address if shipped: (add \$6)**

**Quantity/Color/Style: Men's**

- **Quantity:**
- **Circle Size:** Sm Med Lg XL
- **Color:**
- **Circle Style:** Short Sleeve Singlet

**Quantity/Color/Style: Women's**

- **Quantity:**
- **Circle Size:** Sm Med Lg XL
- **Color:**
- **Circle Style:** Short Sleeve Singlet



***All print black/white; Black shirts print Royal Blue/White***

**See shirts here:**

**<https://picasaweb.google.com/dmbarry1/1200MileClubShirts#>**

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### **Birmingham Track Club Use Only**

**Name:**

**Date:** 3/29/2012

**Amount Received:**

**Cash or Check**

**Shipping? \$6 extra**

# **BIRMINGHAM TRACK CLUB**

# **REWARDS**

# **PROGRAM**

Great volunteers make a great race possible! The BTC is dedicated to rewarding our hardworking volunteers and we are excited to offer the following rewards program.

## **VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:**

- **Receive a free race t-shirt.**
- **Receive a free BTC volunteer shirt.**
- **Your name will be entered into a drawing for a gift card.**

## **VOLUNTEER AT 3 RACES/EVENTS IN 12 MONTHS:**

- **All of the above.**
- **Plus, 1 free pre-registered entry at a BTC sponsored race.**

## **VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:**

- **All the above.**
- **Plus, free individual BTC Membership!**

If you are interested in volunteering for the BTC at one of our events or races, please send an email to Mark Burris at **VOLUNTEERS@BIRMINGHAMTRACKCLUB.COM**

# RUNNING TIDBITS

— Compiled by Randy Lyle

## INTERESTING TIDBIT

### HOW TO BUY RUNNING SHOES

Are you looking for a pair of running shoes? Are you confused by all the terms you hear other runners use? Neutral, stability, support, pronation, etc. When we were kids, we wore sneakers for everything we did. Now, shoes are specialized by activity and there are a number of companies that make “running” shoes. You have Brooks, Nike, Asics, Mizuno, New Balance, and Saucony just to name a few. So how do you know what is the right shoe for you? Hopefully, the following tips will help you select the perfect shoe for you.

#### Know Your Running Profile

The best first step in finding the right running shoe is knowing what you will be doing with them. Do you run 15 miles a week or 50? Do you run on trails, roads, or a treadmill? Are you training for a race? You also have to take into account your body type since there are running shoes out there for every type.

#### Identify Your Running Style

You also need to know how you run. It is important to determine where a person first comes into contact with the ground. Is it outside of the heel? Is it at the inside of the forefoot? Be sure to identify any injuries you have developed from running as well. Problems like shin splints, blisters, tendonitis, and plantar fasciitis often can be reversed with proper fitting running shoes.

#### Know Your Arch

The shape of your arch helps determine whether you pronate (roll to the inside of the foot), supinate (roll to the outside of the foot), or remain neutral when you run. Supinators (sometimes called underpronators) are rare. Many more people overpronate, which can lead to overuse injuries. If a person has really flat feet, they are going to need more of a stability shoe. People with a higher arch will need more of a curved shoe.

#### Test 360 Degrees

When being fitted for running shoes, it is not only important that there is enough space in the toe box when you stand, but your whole foot should fit on the platform of the shoe. The shoe should not squeeze the foot, and the entire width of the foot should be touching the base of the shoe.

#### Shop Late

Feet swell during the day. They also swell during a run, so trying on running shoes when your feet are at their largest is going to give you the most comfortable fit.

#### Bring Your Old Shoes

Your old shoes can help the salesperson determine what kind of running shoes you need by having them look at the pair you have been wearing. The wear pattern can help them confirm your running patterns.

#### Get Measured

Feet actually change as we age. As adults, we rarely have our feet measured because we just assume we know our size. Determining the shoe size is essential for a comfortable fit. Not only the size, but the shape of our feet also change over time.

#### Dress the Part

Do not go shopping for a new pair of running shoes wearing a suit or flip-flops with no socks. Wear what you would wear on a run, especially with the right socks. If you have special shoe inserts or orthotics, bring those along as well.

#### Forget Fashion

Be careful about buying a shoe for looks. The average consumer picks out a pair of running shoes in about 10 to 15 seconds. Because of that, manufacturers will use characteristics like looks, weight, and cushion to sell shoes because these are tactile factors that appeal to consumers. Cool-looking running shoes that work is really an oxymoron because a running shoe that works, at some point, looks like feet.

#### Don't Overdo It

The human body was made to move. If the shoe is too bulky, it almost causes the shoe to compensate for your weaknesses. A person should be able to control his own ankles and should be able to control the shock (the natural occurrence of the foot hitting the surface) a little. If you do it all with the shoe, it is like crutches to you. You may be doing yourself a disservice by getting an injury prevention running shoe before you actually need it.

#### Try, Try, Try

Once a salesperson can narrow down the type runner you are and the type foot you have, he will likely have several options for you. Try them all. Do not rush but take your time trying on and testing shoes. Plan on trying on about six pairs that range in price from \$70 to \$120. If possible, do not buy for price. Buy the pair that feel the best.

#### Test Drive

Most good specialty running stores will have a treadmill in the store where you can try out your shoes. If there is no treadmill, ask to run somewhere close by. Trying on a shoe is much different than running in it. After all, you do not just sit in a car and decide you want to buy it. You start the engine and take it around the block. This is a key step in the process.

#### Shoe Odometer

Always date your shoes when you buy them. Do not keep them longer than six months or 500 miles. There is a high risk of injury when running in worn out shoes. Some online running logs (such as RunningAHEAD) also help keep track the age and how many miles you put on a pair of shoes.

Back to the original question, how do you know which pair of running shoes is right for you? In my opinion, go to a store with people who understand how to fit runners. We are fortunate to have places in Birmingham like Fleet Feet and The Trak Shak who can help you every step of the way. The wrong shoe can make for a miserable run. However, the right shoe will make all the difference whether you are training for a PR or that first race. The time it takes to get the right shoe for you is time well spent.

Source: <http://www.webmd.com/fitness-exercise/features/how-to-buy-running-shoes-tips-to-treat-your-foot-right>

## RUNNING QUOTES

*“If you set a goal for yourself and are able to achieve it, you have won your race. Your goal can be to come in first, to improve your performance, or just finish the race. It's up to you.”*

— **Dave Scott**, U.S. triathlete and the first six-time Ironman Triathlon World Champion

*“The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy. It is not age; it is not diet. It is the will to succeed.”*

— **Jacqueline Gareau**, Canadian runner who won the 1980 Boston Marathon

*“Challenges are what make life interesting; overcoming them is what makes life meaningful.”*

— **Joshua J. Marine**, author

*“Nobody's a natural. You work hard to get good and then work hard to get better.”*

— **Paul Coffey**, retired Canadian professional hockey player

# LOCAL LONG RUN GROUPS

— Compiled by Natalie Ferguson (nataliezl@hotmail.com)

## BLACK GIRLS RUN

Black Girls Run is a National Organization with a local Chapter. They have approx 500 members with all paces and levels from beginner / walker to 8 minute milers There is no fee to join and they are always taking new female members. Contact Olivia, oaffuso@gmail.com, Alexis, petitlagniappe@hotmail.com, or Jeralyn, jeralynpowell@hotmail.com, or visit [www.blackgirlsrun.com](http://www.blackgirlsrun.com), or find the local chapter Black Girls RUN! Birmingham on facebook <http://www.facebook.com/groups/249831688374975/>

## NORM'S GNOMES

Norm's Gnomes are a local group of about 70 members who run a 6:30-8:30 pace and train for long distances; half marathons to 100-mile Ultra's. This is not a beginners group. There are weekly runs in the Homewood and Mountain Brook Areas. E-mail Jennifer [andressk@bellsouth.net](mailto:andressk@bellsouth.net) or Tim, [timr71@att.net](mailto:timr71@att.net).

## THE VILLAGE RUNNERS

The Village Runners are a local group of about 90 runners who enjoy training and running together. They are "serious recreational" runners with paces ranging from 8:30 to 10:30. They meet almost every day at the Western Supermarket in Mountain Brook. Weekday runs are 4-6 miles and weekends are longer. They promise not to leave a runner behind. They welcome all runners – the more the merrier! Find them online at [www.facebook.com/groups/thevillagerunners](http://www.facebook.com/groups/thevillagerunners) or email Dave [vp@birminghamtrackclub.com](mailto:vp@birminghamtrackclub.com) or Randy [treasurer@birminghamtrackclub.com](mailto:treasurer@birminghamtrackclub.com)

## THE EVENING RUNNERS

The Evening Runners have about 15 regulars and 90 members. After completing Run University's program for the Ruben Standard Half Marathon in the fall, they decided that the rest of the runners in Birmingham started way too early, so they run at night. Paces range from 9 minute miles to 15 minute miles. They are an open group. Request to join their facebook page at <http://www.facebook.com/groups/257924670910573/> or search for Evening Runners Group.

## NATALIE'S MARATHONERS

(Birmingham Track Club Saturday Group)

The BTC Long Run Group is a combination of the former Meredith's Marathoners and Gnomes running groups. This group has been training together and growing since 2006. Throughout the year, there are half and full Marathon training distances available each Saturday Morning. This group tends to train for local and regional long distance races with many members traveling nationally throughout the year. Saturday morning routes and water stops are coordinated by Natalie Ferguson via google document with members dropping water stops along the route. Paces range from 7:00 to 11:00 minute miles. Distances for Saturday morning runs range from 8 to 22 miles. This is not a group for

beginner runners. Start time tends to be 5:30 a.m. in the summer and 6:00 a.m. the rest of the year. The BTC Long Run Group is an open group. Email Natalie Ferguson at [nataliezl@hotmail.com](mailto:nataliezl@hotmail.com) or visit the group's Facebook page "Saturday Morning Long Run - Birmingham Track Club" for information.

## RUN UNIVERSITY'S COUCH TO 5K (10K)

Run University is a program led by coach Danny Haralson. There are several programs throughout the year that last 7 weeks (5K) or 10 weeks (10K). The programs begin with short walks mixed in with short runs building up to a 5K, 10K or half marathon. This group is appropriate for beginners and open to all fitness levels. The program usually begins in the parking lot below the Mountain Brook YMCA and they go on to meet in various locations throughout Homewood and Mountain Brook as the distance increases. The program costs \$49 for the 5K/10K and the Half Marathon cost depends on the event chosen for the group. Contact [rununiversity@gmail.com](mailto:rununiversity@gmail.com) or visit [www.rununiversity.com](http://www.rununiversity.com) or find them on facebook <http://www.facebook.com/rununiversity> or twitter <http://twitter.com/rununiversity>

## FLEET FEET'S BEGINNER 5K GROUP

Fleet Feet in Cahaba Village offers a beginners running program coached by Will Rodgers. If you have never run before or if you are just getting started and need a group for motivation and advice, this is the group for you. The group meets at various locations throughout the city and surrounding suburbs. Each session lasts 10-12 weeks. Currently, Fleet Feet offers two programs per year targeting a spring and a fall race in Birmingham. A small fee beginning at \$80 covers coaching and water stops. Contact [Will@fleetfeetbirmingham.com](mailto:Will@fleetfeetbirmingham.com)

## HELENA ENDURANCE RUNNING GROUP

HERG is a running group out of Helena, a city about 20 miles south of the city of Birmingham. Their mainstay running days are Wednesday evening and Saturday morning from La Reunion Coffee Shop in Helena. Paces range from 8:30 to 13:30 for long runs. They also meet on Tuesday and Thursday, but that is inconsistent as of Spring 2012. This is an open group with no cost. More information and contacts can be found on Facebook <http://www.facebook.com/groups/hergs/> •



Find the BTC on  
Facebook

[Facebook.com/BirminghamTrackClub](http://Facebook.com/BirminghamTrackClub)

# GIVE 'EM THE FINGER!

— By Stacey Gordon

No wait, it's a good thing and runners know all about it. When they encounter each other from opposing directions on the road, either too focused or too out of breath to shout a "Hey!" or a "Good Morning", they give each other "The Finger". It's a small gesture, usually not the middle one, though its meaning can be fluid and is completely user and context dependent. Depending upon perspective, various, elaborate interpretations may be assigned to a seemingly simple use of body language. Below are some sample interpretations of both, sending and receiving "finger" signals:

**1)** Hey you! Fellow human being and runner, I acknowledge your presence and see that you and I are both of similar mind when it comes to getting up and out at 5 a.m. and making the most of our mornings. This is cool!

**2)** Wow, you are really moving fast; I wish I was as fast as you, but hey at least I'm out here running too while other folks are still in bed. Oh and look you gave me the finger

too and acknowledged me even though you are one of the elite runners in town. Yes! That's great! Aren't we cool? I feel so cool!

**3)** Hey there struggling runner-good on ya! Good to see that you are out here even though it's tough for you. Keep up the hard work; trust me it will pay off. You are cool!

**4)** Alright! I'm not the only crazy person in this neighborhood out at this hour. Isn't this fun? Hey, cool dog you got there!

**5)** Good luck getting up this hill. I'm on my way back now and I know it was tough! Stay cool in this heat!

When it comes to giving our fellow runners "The Finger" each of us adds our own particular panache to the gesture. First of all "The Finger" is not necessarily limited to a single digit. It is possible for it to be a full, open hand wave or greeting. More often there are a few fingers involved, some curled, slightly incorporated into a more complete "wave". Usually, the index finger is most prominent, but not always. Sometimes, while offering "The Finger", runners merely extend the index finger while simul-

taneously rotating their wrists 90 degrees in the direction of the other runner. Hands usually remain at or by their side and may never actually rise above the runner's waist.

Brief eye contact may also accompany "The Finger" for various time increments depending on the grade of the hill. Subtle chin tilts up or in the direction of the approaching runner may substitute for, or combine with, "The Finger" gesture and is usually reserved for runners that frequently encounter each other.

The next time you are out running, pay close attention. Observe the gestures that oncoming runners throw your way, and always, always, always, return the courtesies...

Give 'em "The Finger". It is the considerate thing to do. •

*Stacey Gordon is an athlete, a writer and former N.Y. Yankee who now considers Birmingham her Sweet Home Alabama.*

## THE VIEW FROM THE BACK OF THE PACK

— By Michele Parr

Once upon a time, I had a plan when it came to running. My beginning runner group was led carefully down the path toward runner-dom with Danny giving us a schedule every week of how far to go each day and how many days to go. All I had to do was follow the instructions and success was sure to follow. There was weird advice along the way, like having to slow down in order to be able to run and then later being told that the only way to run faster was to run faster. But through it all there has been a plan that has enabled me to keep my eyes on the prize.

My goals through the summer were clear. Speed camp and a faster than usual 5K were the plan. I kept my eyes on the prize, did the work, and claimed my reward. The late summer half-marathon PR was a nice bonus. But somehow as summer gave way to fall things got a little hazy. I was running consistently and signing up for races, but there was no clear goal, no schedule to tell me what I was supposed to be doing when.

You see, I just kept adding races to the schedule.

I wanted to run Tupelo again because the half medal for the 14.2 miles and the long-sleeved tie-dyed shirt are too good to pass up and, well, Tupelo has just become one of those things I do. Then the BTC tempted me with the Triple Crown, so that meant Talladega, Florence, and Magic City got added to the dance card even though I never intended to run any of them this year. And, of course, the Vulcan Run is an annual event for me. Then in



Michele Parr

the midst of all that, a crazy thought started bouncing around in my head, the notion of training for another marathon, so I signed up for Rocket City. Six races in four months.

One big question comes from all these races: How do I keep my eye on the prize when I'm not sure what the prize is? I don't know which ones are stepping stones and which ones are destinations. It's pretty confusing, and for me it's meant that I haven't had the same focus I've had in years past as I've trained for races. I've struggled to fit marathon-training runs into a schedule jam-packed with other races and just plain life, and I haven't managed to put back that fourth day a week of running that has made all the difference in training seasons past.

Maybe the prize is the fact that I can run this many races and live to tell about it. Since I can still remember being a bit incensed when my training plan called for running half a mile twice within the same run/walk workout, I probably should be celebrating completing a 22-mile training run that hurt like a son-of-a-gun after mile 19 and being able to walk normally the next day. Maybe the prize is just getting through what I've signed up for before figuring out what's next.

I think the fact that I'm already contemplating what's next is proof enough that this weird training cycle isn't an indication of complacency, and that's a relief. I sure wouldn't want to give this up now. •

*micheleparr@mindspring.com*

# Birmingham Track Club MEMBERSHIP APPLICATION

www.BirminghamTrackClub.com  
www.Facebook.com/BirminghamTrackClub



We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

**New Member application**       **Renewal**       **Change of Address**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address (Street or P.O.) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address (print clearly) \_\_\_\_\_  Male  Female

Sponsored by (BTC member name) \_\_\_\_\_

Other family members to be included in membership:

\_\_\_\_\_  Male  Female

Last Name                      First Name                      M.I.                      Birth Date

**WAIVER:** I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

\_\_\_\_\_  
Signature (Parent's signature if under 18 years of age)

\_\_\_\_\_  
Date

**YEARLY MEMBERSHIP** (please circle one):    **\$24** (single)    **\$36** (family)

Send this signed application and check made payable to the BTC to the following address:

**Birmingham Track Club**  
**P.O. Box 530363 Birmingham, AL 35253**

btcmembership@gmail.com



# BTC MILEAGE LOG



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MONTH GOAL	TOTAL
Jan.																																	
Feb.																																	
Mar.																																	
April																																	
May																																	
June																																	
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Sept.																																	
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Nov.																																	
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<b>Jan.-Dec. TOTAL</b>																																	

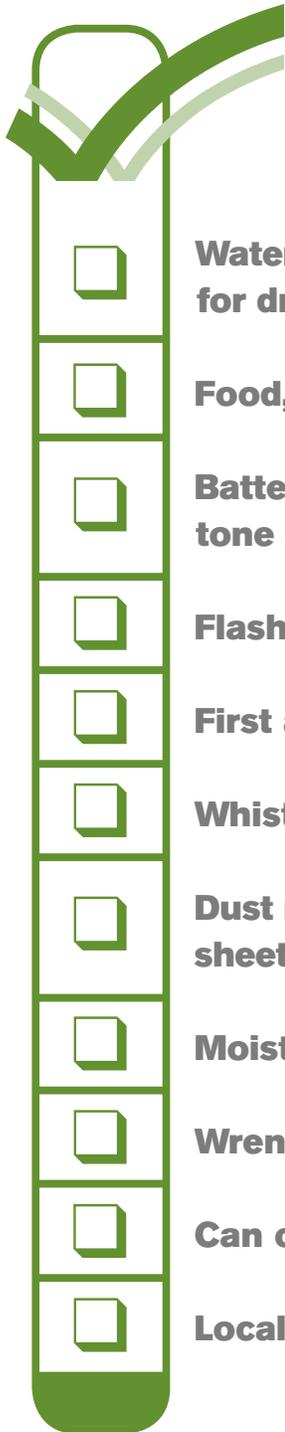
# PREPARE. PLAN. STAY INFORMED.

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: **1) Get an emergency supply kit 2) Make a family emergency plan 3) Be informed about the different types of emergencies that could occur and their appropriate responses.**

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

## Recommended Items to Include in a Basic Emergency Supply Kit:



- Water, one gallon of water per person per day for at least three days, for drinking and sanitation**
- Food, at least a three-day supply of non-perishable food**
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**
- Flashlight and extra batteries**
- First aid kit**
- Whistle to signal for help**
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- Moist towelettes, garbage bags and plastic ties for personal sanitation**
- Wrench or pliers to turn off utilities**
- Can opener for food (if kit contains canned food)**
- Local maps**

[www.READY.gov](http://www.READY.gov)