



★ BIRMINGHAM TRACK CLUB ★  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER



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January 2014 Issue ①

# HAPPY NEW YEAR!

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# PRESIDENTS ADDRESS

—Jennifer Andress



## Happy 2014, BTC!

Over the past year we have had much to celebrate in our running community and in our organization! There were so many amazing projects, volunteers, and partnerships that it would be impossible to list everything we accomplished in 2013. The BTC did numerous things for the first time ever, revamped many of our old programs to improve them, and as a result our club is stronger than it has ever been. I know I'll miss something, but here is a brief recap of the past year.

- **BTC membership rolls reached more than 1200**

- **BTC Races and Events**

1. *Registration numbers up at BTC Races, including significant increases at Adam's Heart Runs, Peavine Falls and Vulcan Run 10k*
2. *Chip timing for all BTC races for the first time ever*
3. *Free coaching for all BTC members for the Vulcan Run 10k*
4. *Year two of The Triple Crown Challenge was offered*
5. *BTC Race Series- all 4 races plus a tech shirt greatly discounted*
6. *Resolution Run benefitting Red Mountain Park*
7. *Professional pictures at all races for \$2 a picture*

- **1200 Mile Club**

1. *New merchandise and jackets voted on by YOU!*

- **BTC Socials**

1. *Saturday Long Run Socials, including our family event at Vulcan Park in June*
2. *Thursday Night Socials, including our night out at the Barons' game in July*

- **Community Outreach**

1. *Water fountain fund raiser and installation on the Jemison Trail*
2. *Successfully lobbying the Homewood Mayor and City Council for a pedestrian bridge over Highway 280 on Hollywood Boulevard*
3. *\$500 donated to The Girls on the Run program*
4. *\$1200 donated to the Vulcan Park Foundation for a connector trail*

- **Sponsorship, Advertising, Membership and Merchandise sales**

1. *All experienced huge increases in 2013, resulting in growing revenues for the club*

- **Rebranded and updated website**

- **Social Media Updates**

1. *Both Facebook and Twitter experienced phenomenal growth*

- **Expansion of The Vulcan Runner newsletter**

1. *More in-depth local articles*
2. *More advertising revenue for the club*

As you can see, we had one busy year! The BTC has also entered into several partnerships with local organizations such as Vulcan Park, Alabama Outdoors and the Southern Sports Group. As our club has grown it has also allowed us to pick up brand new sponsors such as Eskridge & White Physiotherapy and Truitt Insurance. We have also continued relationships with old friends such as The Trak Shak and O'Henry's coffee.

As a result of the amazing year our club had, and because of the numerous initiatives we are still working on, I had a long discussion about the future of the BTC

with Vice-President Alex Morrow. He knows I still love this job, and as a stay-at-home mom I have the time needed to devote to it on a weekly, and oftentimes daily, basis. I would like to see these projects through and work on picking up more sponsorship dollars in 2014. Even as a dad to a toddler and a brand new baby, Alex has agreed to remain on my ticket to help me achieve these goals and, if we are both elected, I am excited for the opportunity to work with him again. We plan on running again for President and Vice President, respectively.



Alex Morrow has been instrumental in the recent growth of the BTC. His contributions are numerous and invaluable. He manages our Facebook page and has grown it from 600 likes to more than 3100 likes this year. He is the driving force behind the advertising in the Vulcan Runner

which generated a large amount of new revenue for our club. Alex conceptualized the “I’m a Vulcan Runner” campaign leading up to the Vulcan Run 10k and was one of the three coaches who offered free training for that race to BTC members. He served as Race Director for the Rick Melanson Peavine Falls Run which set a registration record this year. Alex is also a nominee for the 2013 Arthur Black/Rick Melanson Award for Outstanding Member.



We knew in the summer that we would be losing our Treasurer, Randy Lyle. Randy has served tirelessly in that position for three years! After such dedication we could not blame him for wanting to take a break. When Randy announced he planned to step down, he also made a

recommendation for his replacement. Randy suggested Russ Hiller be considered for the position of BTC Treasurer. After meeting with Russ we were very excited to learn of his experience, skill set, and that he would be interested in running for Treasurer in 2014. Russ began attending BTC Board Meetings several months ago to learn the lay of the land, and if elected, to not miss a step in the transition.

This past summer, BTC Secretary Mitzi Duer-Savelis gave birth to beautiful twins! Also a three-year member of the BTC Board, Mitzi decided she would like to

spend a little more time at home, and who could blame her! During her maternity leave, BTC Social Committee member Kelly McNair became our go-to person assisting



during Mitzi’s absence. Kelly is one of those people who always asks how she can help. When we announced we needed assistance, she did not hesitate to offer a hand. Kelly stepped in and taught herself how to use our Constant Contact software and began taking over the weekly email updates that

you receive on a weekly basis via email. She continues in that role when Mitzi is busy taking care of her growing family and is continually making suggestions to improve the process and flow of communication with our membership. You have to love volunteers like Kelly! Additionally, Kelly is nominated for the 2013 Randy Johnson/Danny Haralson Award for Outstanding New Member. I was greatly relieved when Kelly was contacted by the BTC Officer nominating committee and asked if she would be willing to run for 2014 Secretary and she said yes.

The goal for 2014 is to keep the momentum and energy that was created in 2013. One of the ways to accomplish this is to make sure we have a seamless transition and election of BTC officers who already understand their roles and duties.

To accomplish that goal, BTC Nominating Committee has put forth, and approved, the following BTC officer slate for the 2014 election:

- **President - Jennifer Andress**
- **Vice-President - Alex Morrow**
- **Treasurer - Russ Hiller**
- **Secretary - Kelly McNair**

The Executive Committee then ratified the slate by majority vote at the December BTC meeting. We are very excited as we look to 2014!

Any time there is an election, there is bound to be some dissent, however. As Thanksgiving was coming to a close, and after an incredibly busy and successful November for the BTC, I received a shocking letter. You can find it on page 24 of this edition of the Vulcan Runner.

Where to begin? I was appalled and embarrassed that someone in our membership would write such a letter and then not have the gumption to sign it. Having a different opinion than I do is completely acceptable and encouraged. Being an adult means you can have a professional discussion about matters which we may not agree upon. Letters such as this one serve no purpose other than a crude attempt at blackmail and extortion. The letter was so over-the-top that several attorneys in our club suggested it be turned over to the police for investigation. I was hesitant, but I did just that. The police agreed this was a serious matter and are pursuing the issue. I am a wife and mother of two sons who are old enough to understand bullying. This letter certainly fits that category and the author should be ashamed.

Regarding the accusations, I am about as open-book as it gets. Anyone who knows me can tell you that. I have handled any complaints we have had (and they have been extremely minor in nature) quickly for the last 2 years that I have served as President. If anyone has anything they need to discuss with me, I am always available. I have received a ton of positive feedback and I work hard at reaching out to long-term members while recruiting new members.

I love the BTC, but I do not understand why anyone would resort to such childish tactics. At the BTC Year End Party we encourage anyone who would like to run for one of the BTC offices listed above to do so. This is a club of runners for runners. If there is someone out there you believe would be better suited for office, we understand and welcome their nominations. You will not hear a single member of the above slate say a negative comment about anyone who would run and we hope anyone who would run against us would do the same.

When I was elected for my first term as BTC President I was given the advice to always do what is best for the club. I strive to honor that commitment with every action I take. Do I make mistakes? Absolutely. I learn from them all the time. Am I honest and well intentioned? 100% of the time.

I do not feel that putting the club in the hands of someone that would threaten, extort, and bully in this manner is in the BTC's best interest. You the members, and our running community, deserve much better than that.

I would be honored to be your President again in 2014. It has been a privilege serving you for the past 2 years and I thank you from the bottom of my heart for your support.

# 2013 Officers



## President

Jennifer Andress  
president@birminghamtrackclub.com



## Vice-President

Alex Morrow  
coachalex@resoluterunning.com



## Past-President

Brad Clay  
bradclay@aol.com



## Treasurer

Randy Lyle  
randy.lyle@icloud.com



## Secretary

Mitzi Duer-Savelis  
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## BTC Committees

### General Council/Parliamentarian BTC Race Series Coordinators

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David Barry

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Natalie Ferguson

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### Long Run Coordinator

### Moderate Distance Run Coordinator

### Medical Director Emeritus

### Medical Director

### Marketing Chair

### Marketing/Social Media

### Membership

### Membership Benefits

### Merchandise

### Social Chair

### "The Vulcan Runner" Editor

### Club Photographer

### Japan Exchange Program

### 1200 Mile Club

### Road Race Emeritus

### Volunteer Coordinator

### Historian

### Marathon Coach

### Finish Line Crew

### BTC Race Directors

### Adam's Heart Run

### Statue 2 Statue

### Peavine Falls

### The Vulcan Run

Beth Feller

Alex Morrow

Dirk Guenster

Allison Williams

Jennifer Andress

Burt Chandler

Andrew Nuckols

David Christy

Johnaca Kelley

Michele Parr

Rick Melanson

Mark Burris

Trish Portuese

Al Dimicco

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Mark Burris

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Danny Haralson

newrunners@birminghamtrackclub.com

## 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  
P.O. Box 530363  
Birmingham, AL 35253  
info@BirminghamTrackClub.com

## Race Results

Find the latest and most complete local race results at the following:

[birminghamtrackclub.com](http://birminghamtrackclub.com)  
[trakshak.com](http://trakshak.com) [run42k.com](http://run42k.com)

# DIRTY RUNNING

—David Tosh

Saturday, December 14<sup>th</sup>, I was reminded that there are some big differences between road racing and trail racing. I ran the Lookout Mountain 50 Mile Trail Race near Chattanooga and had the opportunity to experience some of these differences first hand and for a lot of miles. Yes, trail running offers some experiences that are truly unique to trail running. I also came to a couple of realizations during the race. One, I know why “Mud Races” are such a big thing right now. They are fun in sick kind of way. A few weeks ago I saw a bumper sticker on a car the said “Tough Mudder.” They have no idea what “Tough Mudding is.” (I guess if mudder can be a word then mudding can be too.) Two, trail runners have to be some of the most “stubborn,” no “tenacious” is a better word. That’s not quite it either. The most “Bull Headed” (that’s it!) people I have ever met. You have to be to run 50 miles in conditions like we had in the race.

The race started at Covenant College on top of Lookout Mountain in steady rain and 38 deg. temperatures. That’s no big deal. I have run a lot of road races over the years in exactly the same conditions or worse. Did I mention it was windy up there too? In the first 5 miles the trail follows a line of cliff bands atop Lookout Mountain. To your right and above are the 100 to 150 ft. cliffs that run along the top of Lookout Mountain that are visible from I 59 / I 24. To your left and below are the 40 to 60 ft. cliffs you can only see from the trail. The trail itself is very narrow and rocky and in places a slip could send you down a 50 or 60 ft. rock face. Several times I started to avoid a puddle by hopping to the left of the trail only to realize that in these conditions that might not be a good idea. I really don’t recall running any road race where I was worried about falling off a cliff.

The view from the 2011 Lookout Mountain 50 Mile race as Michael Montgomery runs along one of the few protected sections along the cliffs.



Ali Edwards on her way to 1<sup>st</sup> overall female in 2012, running along the cliffs.



Normally runners on this trail have a spectacular view of the Tennessee River and the City of Chattanooga 1,500 ft. below, but not today. The rain and fog obscured the view and in a way that is good. There was no temptation to take your eyes off the trail and gaze down at the valley below. That can be a painful thing to do and in conditions like Saturday, downright dangerous. I don't recall running any road race where you could not take in the scenery from anywhere on the course while running. That's a plus for road running.

After reaching the second aid station at mile 15 you get to make two steep climbs, the first 500ft., the second 1,400ft. back up to the top of Lookout Mtn. and the Covenant College Aid Station, mile 22.5. These climbs are one of those things unique to trail racing. They don't make roads that steep because cars would fall off the hill. I considered changing shoes at the top but knowing how muddy the next two miles are even when it's dry, I decided it was pointless.

It turns out the muddy stretch was not 2 miles long as in past years but 6 miles of mud, all the way to the Lula Lake Aid Station at mile 28. As much as 25% of the six mile stretch was mud. I started out trying to run along the edges of the mud puddles but kept slipping into them. I decided it was easier and safer to just run down the middle. This section is made up of rolling hills with some short steep climbs and descents. Many of these little hills had "creeklets" (a small rivulet) running down them but that wasn't too bad. The water washed away much of the deeper mud. Unfortunately, anywhere the water puddled, the hundreds of feet that had slogged down the trail already, had turned the puddles into pools of mud, ankle deep or deeper in places. Some moved into the category of "bog." I almost lost a shoe on several occasions.

Then we hit the power line section. This is a mile long stretch of dirt road that outbound, is uphill. Over 400 runners started the race. I am sure quite a few dropped at Covenant College, mile 22 but a bunch had plodded up this hill ahead of me and they had turned the road into a quagmire. It was very difficult to find footing where you didn't slip backward, sideways or both. I tried walking down the edge of the road in the weeds, unfortunately there were Blackberry bushes all along the road and they proved more unpleasant than the road.

After leaving the Lula Lake Aid Station at mile 28 things improved. The trails were actually in pretty good shape in most places with the exception of a one mile stretch along an upper section of Rock Creek where we ran through a tornado scar. The 16.5 mile lollipop loop was a pleasant break and there are a few places where you have a nice view of the creek. Of course those sections of trail along the creek bottoms were still pretty muddy. As we made the return trip back to Lula Lake runners descend straight down the north end of a very muddy bluff. Ropes are installed to avoid fatalities. I don't believe I have ever encountered anything like this in a road race. After reaching the bottom it is just a few 100 yards up to the Lula Lake Aid Station just over 6 miles from the end. As I came up the gravel road toward the aid station I had to stop a moment to look at Lula Falls.

Below is a picture taken along the trails leading down to the Lula Lake Aid Station.



Lula Falls is a spectacular waterfall, 150 high and due to all the rain, it looked like a small version of Niagara Falls, that is, what little I could see in the fog.

This is a picture of Lula Falls from December 14<sup>th</sup>.



It was a relief to know I was on the final leg of the race but I kept thinking about the miles of mud that still lay ahead. And there was the power line road. By the time I made it back to the power line section, at least 400 to 450 sets of feet had trampled this trail. It was bad, even worse than before. And now it was dark and my legs had ceased to function several miles back. Slogging through mud hour after hour simply wears you down.

Yep, the power line was everything I had imagined, except now it was windy and cold and light rain was falling. I didn't even try to run back down the road. It was just too treacherous. I almost fell several times just trying to walk. After the long but gentle (under other conditions) climb back to the top of Lookout Mountain I ran right into a cloud, literally. I was wearing a headlamp and suddenly I could not see the ground. I was looking into a blinding beam of light being reflected back in my face by the mist. I removed the headlamp and carried it to the finish so I could see the mud puddles I was stepping in. (And avoid the rocks.) I was coming up the final little hill and could see the glow of the finish and hear all the noise and music just 200 yards ahead. I just had to negotiate one last steep and very muddy little hill that dropped down about 20 ft. and... wait, as I reached the bottom of that hill, here came someone back toward me. We had missed a turn and were off course. We had to climb back up that miserable little hill in ankle deep mud and sure enough, at the top there were several trampled flags leading around a big boulder to the finish. We made it.

It was foggy, rainy and cold at the end but it was so nice to be there.



All trail races of ultra-distance have food at the end. The Lookout Mountain 50 always has hot grilled hamburgers waiting for runners as they finish. By the time I finished I was really cold again, having been soaked since 7:30 that morning, so after getting my finisher medal and hoodie I headed back to the car to get rid of the wet layers of clothing and put on a dry fleece jacket and the hoodie. This was the first time all day my hands had been warm. I went back to get some real food and, to add insult-to-injury, they had run out of Hamburgers. The guy offered me a bagel. I decided to go find a Burger King!

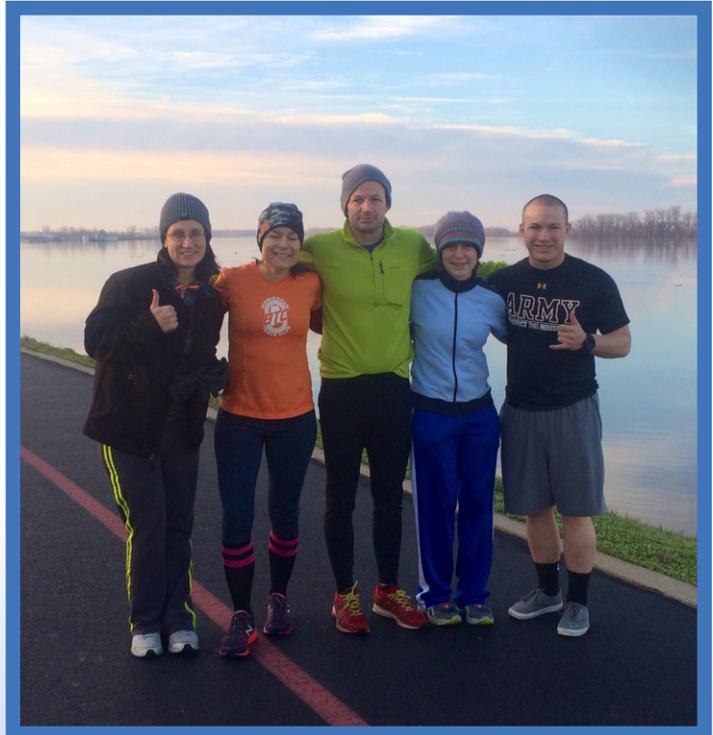
The following is a direct quote for third place finisher Troy Shellhamer of Louisville KY. I copied it from his race report on his blog, [Eat, Run, Sleep](#). "The conditions were some of the worst I've ever seen." That pretty well sums up the race. Yeah, you just can't find a road race that you can slog through mud for over 12 hours, in miserably cold conditions, along cliffs and rivers, wade through ice water streams and finish at night in dense fog only to find out they are out of food.

I didn't intend for this to become a race report but it does point out the real differences you will encounter on the trails that just do not exist on the road. Even though it seemed miserable at the time, looking back it was a truly unique experience even for a trail runner. Funny, after it is all over, those hours of misery seem like fun!

# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Kim and Eric Benner and their son Carson in the Bahamas*



*Above: Lisa Booher and the Stout family at Pigeon Creek Greenway in Evansville, IN*



*Left: Samm Carol Bartee and Jeffrey Purvis at the BUTS Bearly Ultra. They did the Half.*



*Charles Thompson at High School Indoor Track Meet, Birmingham Crossplex*

# SEND US YOUR PICTURES WITH YOUR BTC APPAREL

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We want to see where you have been running, representing the BTC! Email photos to:

[president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com)

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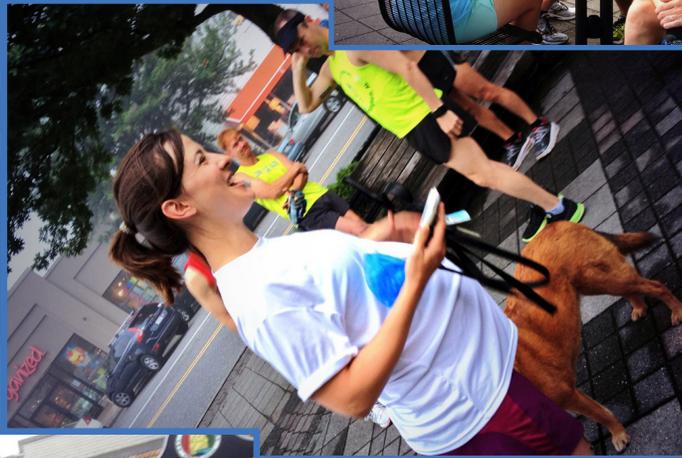


**[Facebook.com/BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)**

# Saturday Morning Long and Moderate Runs

Find us on FB or email Natalie  
Ferguson at [nataliezl@hotmail.com](mailto:nataliezl@hotmail.com)  
for more information

# JOIN US!





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)

# MARCH 29 & 30, 2014

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OUTFITTERS

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

Alabama's Trail Running Headquarters



# LAKE MARTIN 100

## 100 & 50 MILE ENDURANCE TRAIL RACE & 27 MILE FUN RUN

Along the shores of Beautiful Lake Martin Near Alexander City, in East-Central Alabama. \*The perfect first 100 or first 50. \*Easy Race Planning, Four 25 mile loops on Beautiful Rolling Hills and Very Runnable Trails \*100% on trails and gravel carriage paths. \*Hand crafted buckles for 100 mile Finishers. \*Custom Finisher awards for all finishers. Post-race Party at the Stables at Russell Crossroads.

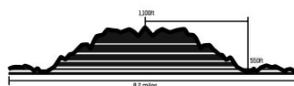
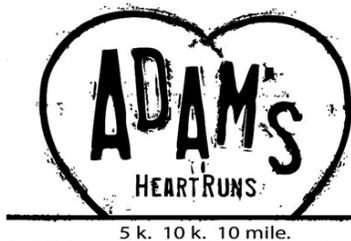
Website: [SoutheasternTrailRuns.com](http://SoutheasternTrailRuns.com)



# 2014

## ★ *BTC RACE* ★

# SERIES



The Rick Melanson  
**PEAVINE  
FALLS RUN**  
Oak Mountain State Park



**4 Races** and a Race Series Shirt for only **\$65!**

Must be a BTC member- see

**[www.birminghamtrackclub.com](http://www.birminghamtrackclub.com)** for details,

and to **join!**

# How to Plan An Ultramarathon

—by Tanya Sylvan

It's official kiddos—the Birmingham Ultra Trail Society is a badass trail community that is taking the southeast by storm! We held our first race last weekend, the Bearly Ultra, Cub Half Ultra, and Wolfpack Relay, and it was a huge success. A team of BUTS had been planning the race for a few months now, and it was a great feeling to watch our baby grow from an idea over beers into a fun event that had people raving. \*tear\*



Itching to plan an ultra of your own? Want to challenge the BUTS for the title of best trail group? Here are some tips:

**Make the race pleasantly difficult**—We wanted to hold an ultramarathon—but barely. So we made it 27 miles, knowing that it'd be many runners' first official ultra. The goal was to make the course manageable, but not easy enough that the more experienced runners would get bored. We held it at Red Mountain Park, known for its beginner-friendly trails. But we also threw in some new trails and about 3,000 ft. of elevation gain to keep runners on their toes. And by offering a half marathon and relay option, all levels of trail runners could join the fun.

**Don't sweat the small stuff**—It's a race. There will be a lot of moving parts, and a lot of running bodies. Odds aren't in your favor that things will go 100% perfectly. But that's OK! Trail runners are a laid-back breed. We adapt easily. Race day dawned with rain and unseasonably warm temps—not ideal conditions. We also ordered race shirts that looked great in the box but were obscenely too small. So we ordered larger shirts, and now many BUTS children are wannabe ultra



runners. As long as you don't forget something important like Gatorade or beer, it's all good.

**Get an army of kickass volunteers**—Despite all the efforts that go into planning, your volunteers can make or break a race. Trail runners are known for two things—having a good time and giving back to the community. Tap into them, and you'll likely get more volunteers than you know what to do with. Spending a day volunteering and helping your fellow runners is almost as fun as running yourself. Sometimes more fun. We had no shortage of people willing to cook food, work an aid station, or sweep the course. Give the runners a good time—It's humid, raining, and you've already been running for three hours. What

do you need? Watermelon, Mountain Dew (or beer), and twerking volunteers. All guaranteed to make you have a great race. BUTS became known for their epic aid stations at the Pinhoti 100, and we now have a standard to uphold. I worked the Tower Aid Station, where we blasted music and greeted runners at the top of a steep hill with bacon quesadillas and killer dance moves.

**Party like it's 1999**—And to top off a great day of racing and volunteering, kick off those dirty trail shoes and celebrate a job well done. It allows everyone to swap race stories, and you get to play my favorite game, “You’re clean, don’t smell like sweat, and have on normal clothes—what’s your name again?” When our Race Director Dan’s duties were over, he donned a chef’s coat and invited all the runners to his house for a BUTS Christmas party.

Overall it was a great day and we’ve gotten a lot of wonderful feedback, which makes me feel all warm and fuzzy inside. BUTS is already planning some fun events for 2014—come to Birmingham and join in the fun!



# THE 1200 MILE CLUB

## Nov 1200 Milers

Last	First	Total	Nov	Oct
Adams	Audrey	308.4		
Adams	Clell	1512	206	148
Adams	Tammy	1201	90	97
Affuso	Olivia	1163		172
Allen	Darnell	1252.8	61	121
Andress	Jennifer	1060.5	27.5	23.5
Armstrong	Tommy	355.3		
Arrington	Donna	1198	136.2	135.2
Atkins	Brian	1896	64	168
Ballard	Bill	1124.2	83.9	105.5
Barry	David	1106.5	110	120
Belcher	Michelle	1055.7	120	116.25
Benner	Kimberley	1183.9	145.8	123.2
Benson	Wayne	922	101	75
Bertram	JR	1163.5	143.8	106.35
Blankenship	Barry	1433.89	143	151
Bonatz	Ekkehard	1796		
Booher	Lisa	1503.83	126.5	113.4
Bradley	John	709.2		
Bradshaw-Whittemore	Al	1192.4	111	106.8
Broussard	Julie	293.45		
Brown	Charlie	1433.45	147	177
Burke	Chad	2012	202	218
Burnette	Jack	1066.1	124.6	97
Burris	Mark	1210		95
Caldwell	Greg	788.3	81.1	107.4
Chandler	Teresa	1204		168
Choat	Julie	1122	146	108
Clay	Brad	2618	249	241
Coffee	Mitch	1059.99	138.2	117.89
Corrin	Roger	915.49	72.08	80.32
Crawford	Jennifer	1580	147	112
Creed	Brad	1154.9	110.5	103.2
Crumpton	Dan	1483.79	169.72	136.2
Darden	Amber	177		
Davis	Wayne	1423		172
Dease	Katherine	1128.9	102.12	121
Denton	Matt	1458.92	134.92	147.88
DiMicco	Al	1270	114	102
Dodson	Brooke	1358	127	126
Dortch	Cherie	1047.63	154.4	150.7
Dunham Atkins	Kelly	1548.2	131	200
Dunn	Wade	660.7		
Engels	John	1105.3	116.6	108.6
Ensminger	Stephanie	712.91		8
Estes	Jeff	702		72
Evans	Debbie	1524.55	103	130
Evenden	Sally	1376	110	120
Fasking	Greg	1169.5	102	66.5
Fell	Amy	1864.5	248	209
Feller	Beth	1624.8	183.1	193.3
Fite	Rebecca	1433.04	66.04	123.44
Fondren	Matt	2437	125	240
Ford	Joe	1017		
Foster	Michelle	980		62
Franklin	Shane	1204.49		120.35
Frederick	Winston	1802	155	148
Gann	Jack	1414	120	110
Ganus	Michael	1143	92	116
Gash	John	1233	130	124
Geisen	Jonathan	1163	90	110
Givan	Marcus	1072	135	130
Glaub	Chris	1188	158	138
Goode	Johnny	1733	218	163
Gray	Todd	893.2		

Last	First	Total	Nov	Oct
Greene	Michael	1135.76	108.69	83.26
Gremmels	Jennifer	1136.36	73.6	112
Grossmann	Christopher	1099.35		124.51
Gullapalli	Satya	1130	115	127
Hallmark	Daryl	1290.7	161	114.4
Haralson	Danny	1310	115	103
Haralson	Micki	1461		128.5
Hargrave	Alan	1084	106	107
Harris	Robert	244.25		
Harris	Vickie	1009	12	61
Harrison	Lisa	1448.6	109	100.5
Hartfield	C. Meade	1037.7		98.8
Hathorne	Chad	529		
Haugh	Spencer	535.1		
Heaton	Bryan	1293	121	65
Hedrick	Nicole	1198.6	160	98
Hickerson	Patrick	1142	127	118
Higgins	Shane	1103.2	108.5	110.2
Hiller	Russ	1089.93		127.93
Hinton	Gretchen	463		
Hollington	Kasey	1325	126	120
Home	Greg	94.1		
Honea	Todd	1157	101	107
Hoover	Alison	1381.33	91.32	88.18
House	Beth	1106.1	100.25	109.95
House	Mike	75.7		
Ingram	Joseph	1139	130	138
James	Ryan	1505	163	118
Johnson	Mark	1125	138	91.4
Kahn	David	437.5		
Keith	Michael	1188.53	123.49	139.21
Kirkwood	Teresa	1203	90	120
Kuhn	Jimmy	1410	125	100
Langston	Richard	1399.2	141.1	138.7
Lee	Shilonqua	1100.97	138.05	132.36
Longoria	Joseph	874.98		
Losole	Liz	1125	89	101
Lucas	Jane	1159.5	105	106
Lupinacci	Tim	1013.95	32.7	50.5
Lyle	Randy	2280.2	213.3	206.1
McCalley	Charles	928.21		71.99
McCarthy	Nicole	1263.01	147.2	126.2
McConnell	Kim	1076.15	134.5	107.25
McMahon	Mary Lee	382.6		
McShan	Kenny	1188.57		75.36
McTune	Mark	2381.08	164.6	206.9
Meadows	Bryan	1224.44	141.36	141.49
Merry	Vicki	2329.5	233.8	259.3
Millican	Randy	1264.43	104.34	113.96
Milsap	Lanier	1239.43	126.95	82.91
Miner	Caitlin	1381		
Morgan	Cary	2380		222
Morgan	Danielle	1112.7	82.3	123
Morgan	Phil	1498.2	98.3	167
Morrow	Alex	1725.64	72.42	143.72
Myers	Bill	1406	128	151
Noerager	Brett	2109	225	196
Northern	Kristie	1618.35	156.35	191.9
Oliver	Greg	1374.26	146	141
O'Neil	Ray	1232.09	117	129
Osterbuhr	Tom	1314.25	122	136.25
Parr	Michele	808	85.5	77.5
Pasqualini	Ellie	1103.5	87	144
Pasqualini	Greg	48		
Patterson	Carrie	1424	157	121



# **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](mailto:VOLUNTEERS@BIRMINGHAMTRACKCLUB.COM)

# RUNNING GROUPS

## Black Girls Run

Black Girls Run! is a National Organization with a local Chapter. They have over 1,500 members with all paces and levels from the beginner walker to ultramarathon runners. There is no fee to join, and they are always accepting new female members.

Contact one of the BGR! Birmingham Ambassadors for more information:

Olivia Affuso, [oaffuso@gmail.com](mailto:oaffuso@gmail.com), Tiki Curry, [tmerritt@southernco.com](mailto:tmerritt@southernco.com), or Tammy Fincher, [tmfincher@gmail.com](mailto:tmfincher@gmail.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 is no fee to join and you can become a member by showing up at one of the many weekly runs in the Homewood and Mountain Brook Areas and running with the group.

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 [dmberry1@gmail.com](mailto:dmberry1@gmail.com) or Randy [randy.lyle@icloud.com](mailto:randy.lyle@icloud.com)

## The Evening Runners

The Evening runners have about 15 regulars and 90 members. After completing Run University's program for the Ruben Studdard 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. You can also contact

## BTC Saturday Morning Long Run (Natalie's Marathoners)

This group began as Meredith's Marathoners in 2006. Each year they pick a goal Marathon in the fall and train together. Saturday morning routes and water stops are coordinated by Natalie Ferguson and the BTC with members dropping water along the route. Paces range from 9:00 to 11:00. Distances for Saturday morning runs range from 10 to 22 miles. This is not a group for beginners.

See [www.birminghamtrackclub.com](http://www.birminghamtrackclub.com) 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/>

## Shijenben Running Group

This is a veteran long run group, training for half and full marathons and moonlighting as triathletes in the off season. They have been running together for over 2 years and paces range from 8:30 to 12:00 minute miles. The regular group has about 65-70 runners with 160 on the group e-mail list. They also meet for Sunday morning bike rides.

You can e-mail [shijenben@gmail.com](mailto:shijenben@gmail.com) to be put on the weekly long run group list, or find them on Facebook. They are an open group.

## Regular Runners

The Regular Runners are a group that trains for various distances with their long runs beginning at 13 miles on Saturday Morning. During the week, they have shorter runs in the Hoover Area. Paces range from 9:00 to 12 minute miles with some members using the Gallaway run-walk method and others just running. Saturday Morning Long Run attendance averages 30 members with about 60 on the e-mail distribution list.

To join this group and receive the weekly e-mails, send a message to David [davidphenry@charter.net](mailto:davidphenry@charter.net), Harry [yhbblxm@gmail.com](mailto:yhbblxm@gmail.com), or Jay [jamyoun@gmail.com](mailto:jamyoun@gmail.com).

## Downtown Running Club

Not only do they not want to drive over the mountain for a run, but they don't want to do it at 6 a.m.! This group meets at Paramount Cafe (200 20th street N) on Saturday mornings for a run around the city. They are open to all paces.

For more information, e-mail Brian [bemjohnson@gmail.com](mailto:bemjohnson@gmail.com) at or find them on Facebook <http://www.facebook.com/groups/242163662534942/>.

## Black People Run Bike and Swim

BPRBS It is so important to move! Black People Run Bike And Swim is not an "exclusion" it is an "awareness" of the reality in which education, exposure, and disparities affect us in ways that are at times not recognized or understood. Our group meets weekly to battle obesity in the form of activity.

Like us on Facebook <http://www.facebook.com/BlackPeopleRBS?fref=ts>, Follow us on Twitter <https://twitter.com/BlackPeopleRBS>, or Email us Jerri [jlhaslem@yahoo.com](mailto:jlhaslem@yahoo.com), Shirley [shirley.gibbs@uab.edu](mailto:shirley.gibbs@uab.edu), or Patrick [packer@blackpeoplerrunbikeandswim.com](mailto:packer@blackpeoplerrunbikeandswim.com) for more information or schedule of events.

Jennifer,

This is a letter created by a large group of Birmingham Track Club members who wish to remain anonymous, but also feel the need to communicate as a single group. The group is made up of a wide range of ages, abilities, involvement and tenure in the Track Club, just so you are aware of the makeup.

We believe you have done a very good job of transforming the BTC over the last two years. It was a tremendous task and things look very positive. And that kind of transformation took a certain kind of leadership, which you certainly provided.

But, this brings us to the actual reason for this message. We have heard you plan to run for a 3<sup>rd</sup> term as president of the Track Club and that presents a serious concern for all of us. Again, we want to stress we believe you've done a very good job of re-vitalizing the club and have it growing again. All are very positive activities. However, the kind of leadership that re-aligns an organization is often not the one to move it forward from the re-alignment. That is often true because the "fix it" leader has to make certain hard decisions and tends to cause rifts that if not healed will cause larger issues in the future. And that's where we believe we are right now. You've gotten us on the right path, but bulldozed over a number of people and traditions in the process and have very much alienated a large part of the club – hence the reason for this group.

We believe it's time for a new leader who will heal the club and allow it to continue to grow and progress as it should, but do it in a less abrasive and divisive manner. The good news is as a Past President you would still be part of the voting board and could play what ever role you choose and have input into the direction of the organization. And you would probably do so for another two years.

With the above in mind, we ask you not run for president for a 3<sup>rd</sup> term and allow the nominating committee to name new leadership. In fact, we implore you not to run as we really do not want the election process to get ugly (but are prepared to make it that way).

Just so you are aware, should you choose to ignore this message and run again, we will oppose you and nominate a new president from the floor. We will also nominate other new officers from the floor and disrupt your plans for a slate of officers who will advance your agenda. And in the interest of full disclosure – if we're forced to have to nominate from the floor, part of the campaign will be to air all of your dirty laundry to the general membership (and I think you know you've made your fair share of blunders, bad decisions and enemies). A similar campaign will be waged against your slate of officers; you might want to make them aware of this message so they know what's coming. So while you may actually win your presidential election, at least one of your slate is bound to lose putting someone on the board to oppose you.

And something else to consider; even if your slate makes it intact, we will attend all board meetings next year and to oppose any actions we see as being self serving or not in the best interests of the membership as a whole – that would be in the meetings, and publicly via social media where we will call you out at every chance we get. We really do not want to handle things this way, but if you and your crony slate of officers run and are elected, we will make everything you do next year as difficult as possible.

In closing, please heed our request and allow this club to move forward with new leadership and don't subject it to a divisive process no one wants to have to experience.

Thank you

# RUNNING TIDBITS

— Compiled by Randy Lyle



## Quotes

“Running, one might say, is basically an absurd pastime upon which to be exhausting ourselves. But if you can find meaning in the type of running you need to do ... chances are you’ll be able to find meaning in that other absurd pastime - LIFE.”

~ **Bill Bowerman**, (1911-1999) *American track and field coach and co-founder of Nike, Inc.*

“The nine inches right here; set it straight and you can beat anybody in the world.” - said while pointing to his head.”

~ **Sebastian Coe**, *British politician and former track and field athlete*

“You must realize one thing. In every little village in the world there are great potential champions who only need motivation, development and good exercise evaluation. Well, no athlete respects a big, fat coach who’s going to stand there and rest the watch on his stomach.”

~ **Arthur Lydiard**, (1917-2004) *New Zealand runner and athletics coach*

“The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride. You can walk about with character and pride no matter in what place you happen to finish.”

~ **Billy Mills**, *second Native American to win an Olympic gold medal*

“Friendships are born on the field of athletic strife and the real gold of competition. Awards become corroded, friends gather no dust.”

~ **Jesse Owens**, *American track and field athlete who specialized in the sprints and the long jump*

“A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more. Nobody is going to win a 5,000-meter race after running an easy 2 miles. Not with me. If I lose forcing the pace all the way, well, at least I can live with myself.”

~ **Steve Prefontaine**, *American middle and long-distance runner who competed in the 1972 Olympics*

## Tidbits

### Debunking Common Running Myths

Source: <http://www.active.com/running/Articles/10-Common-Running-Myths-Debunked.htm>

We have all probably gotten running advice that we thought sounded odd. Perhaps it sounded like good advice but did not seem to work for us. Talk to anyone who runs and they can probably tell you what works for them. However, those same things may not work for you. I have heard Coach Danny Haralson say numerous times, “Everybody is an experiment of one.”

When someone does give you running advice, solicited or unsolicited, how do you know if it is something worth trying? I found the following list that debunks ten common running myths that I thought I would share that this month:

#### Myth #1 – Stretch Before You Run

Stretching is important for athletes. Let me say that out of the gate. However, static stretching (holding a stretch for a period) absolutely should not be done before running. Instead, static stretching is best done after your run. Instead, warm up with dynamic movements like walking lunges, high knees, butt kicks, leg swings and straight leg kicks.

#### Myth #2 – Hydrate with a Sports Drink

We all hear warnings all the time about the importance of staying hydrated, especially as it relates to running. With so many different options on the market, drinking a sports drink certainly sounds like a good option. Right? Well, it is not necessarily the right choice. If your workout less than an hour long, there really is no need to down a sports drink. Choose water instead for shorter workouts. If your workout is longer than an hour, then a sports drink is a good choice to replace calories and electrolytes lost during training.

### **Myth #3 – Eat Past before a Race**

How many of us have heard that you need to carb load before a race? Probably all of us. Again, this may be overkill. Truth is, unless your event is longer than two hours, there is no need to alter your diet. If, on the other hand, your event is longer than two hours, it is beneficial to increase your carb consumption in the week leading up to race day. It is not helpful to eat pasta just the night before a race. Instead of gorging at a pre-race pasta dinner, eat something you ate during training so you know it will not upset your stomach.

### **Myth #4 – Run Every Day**

As hypocritical as it sounds for me to say this, running every day is not necessary. In fact, it could be harmful if it leads to overtraining, burnout and/or injury. A better option is to incorporate cross training (i.e., swimming, rowing, biking or elliptical machine) into your training regimen. Many athletes find that they perform at their best when they take at least one day off from training each week. Others may do better with two days of rest. Experiment during your training to see what works best for you.

### **Myth #5 – Mileage is All That Matters**

Many runners only care about their total mileage and think that defines a “real” runner. The key is that what you do with those miles is more important than the actual number of miles run. Running four miles each day at the same pace is fine, but to boost performance, an athlete should alternate between hard days (tempo runs, hill work and speed work) and one long run each week. Varying the intensity and mileage during your workouts will help you make great performance gains than running at the same pace and distance every day.

### **Myth #6 – You Cannot Miss a Workout**

Experienced runners even have a hard time with this one. As noted in Myth #4, many runners can benefit from at least one off day each week. Outside of regularly scheduled rest days, some common sense will help keep you healthy and strong. For example, it can be beneficial to skip your planned workout for the day if you are sick, tired or feel any pain. A day off can possibly help prevent having to take a week off later. Do not lose sight of the big picture or your ultimate goal. One individual workout will not make or break your race.

### **Myth #7 – Runners Do Not Need To Strength Train**

Multiple studies have proven that strength training is effective and beneficial for runners. Not only can strength training improve performance, it can also reduce the risk of injury (see Myth #8). An effective

routine does not have to take a lot of time. Just fifteen or thirty minutes a couple of times a week will make you a stronger, more well-rounded athlete. The focus should be primarily on your legs and core. Use unilateral movements and exercises that focus on balance and stability, such as single-leg exercises, BOSU and stability ball training. Adjust your training every couple of weeks to avoid hitting a training plateau.

### **Myth #8 – Flexibility is King**

With the increasing popularity of yoga, many runners think they need to be as flexible as Gummy to run their best. In reality, overly flexible joints are less stable, which makes them more prone to being overstretched. Your body needs stable joints with strong muscles surrounding them to keep everything in place. As a result, stability is more important than flexibility. You can increase your stability through strength training and balance drills (see Myth #7).

### **Myth #9 – Running in Cold Weather is Unhealthy**

Although this myth has been around for a long time, I never bought into it. I love running in the cold. Viruses and bacteria make you sick; running in the cold does not. You are actually more likely to catch a cold if you stay inside because that is where germs can thrive and spread. Instead, dress appropriately for the weather (layers are best) and be sure to keep your head and your hands warm.

### **Myth #10 – Barefoot Running is Best**

Christopher McDougall’s book, *Born to Run*, helped spark the barefoot/minimalist running craze. While barefoot running can help certain individuals, it is not the ultimate answer to your running prayers. If you want to try running in minimalist shoes, you need to do so gradually. Try walking in the shoes first to get used to them. Then try wearing them on your short runs. Build your mileage slowly to minimize potential injuries that can occur if you make the switch before you are ready (most notably calf strain and Achilles tendonitis).

There you go. Ten common running myths debunked to some degree. If nothing else, I hope this helps us make better decisions so that we all run for as long as we like. It would be great if the Over 60 or Over 70 age groups could be some of the largest at our BTC races in the future.

# 26 Point 2

—by John Engels

**I have a 26.2 sticker on my vehicle and it is a daily reminder of...**

...My father may he rest in peace, who while visiting his cardiologist many years ago was told 'if you have sons, encourage them to get on an exercise program. Heart issues exist in the male side of your family'. My father followed his doctor's advice and did in fact encourage us.

...My family, who with love and encouragement, gave up and continue to give up time with me so that I could and can use running as my exercise to be healthy.

...The camaraderie of my fellow runners who are always supportive and build up my spirits.

...When after running my '26.2' in February of 2010, I suffered a stroke in September of 2010 as a result of a birth defect (holes between the upper chambers of my heart). I lost only the use of my right arm for 45 seconds, when it should have been the entire right side of my body, and not 45 seconds but for months, if not death. After the cause of the stroke was determined, my neurologist said, 'if you hadn't been a runner, we would not be sitting here talking'.

...My grandson, who had a very rough start in life. My bride and I were blessed with the opportunity to obtain Legal Guardianship of him when he turned 7. He is fine young man of 15 now and is a runner. Running has allowed him and me to share extra time with each other and build a strong relationship. As of November 2013, he now has a '13.1' after completing a Half Marathon in Huntsville, AL.

...How blessed I am that God gave me the ability, courage and determination to take up running as a healthy lifestyle. After all, through His Word, we are directed to use the 'gifts' He gave us so that we in turn can be His light in this world.

...The opportunity I have when people see that '26.2'

sticker and ask what it means to tell them my story in hopes it will encourage them and others they know to take on a healthy lifestyle and use the gift they have been given by sharing it with and encouraging others.

**That's what my '26.2' sticker means and I will "NEVER" 'get over it'!**

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.



