



WHERE RUNNERS ARE FORGED



THE VULCAN RUNNER

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Running with Dad

James S. "Jimmy"
George 1942 - 2002

By Alison Noble

When I began running in early June, I hit the pavement with a simple goal. Like many women who start running after having a baby, I wanted to lose the rest of my lingering pregnancy pounds that felt like a bulky fanny pack hanging on my waistline. Beyond weight loss, I also knew that I needed to approach running as an exercise that would improve my cardio and become part of my lifestyle. Heart disease runs in my family, and since it unexpectedly took my father at the age of 59, I knew I needed to get in better shape. There was no time like the present. I started my running journey at 31 years old, ten years after my dad passed away.

Running with Dad

-Continued on Page 2-

Dad was a runner, starting at age 39 just after I was born. After quitting his smoking habit cold turkey in 1981, he used running as a tool to manage his own stress and problematic family health history. He could be seen trekking all through our small Mississippi town, sometimes enjoying the wooded views on the dusty dirt roads lining the Pearl River. Running in his classic gray New Balance shoes and “coach”-like blue shorts, he logged many miles with his training partner.

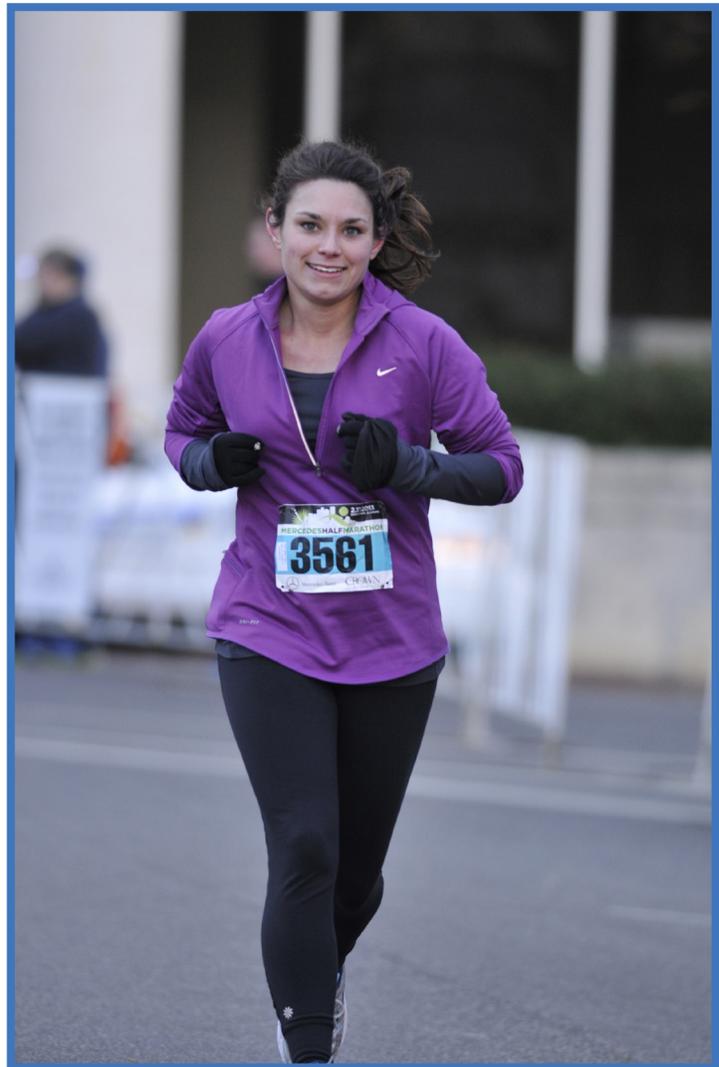
I remember waking up at a noon-ish hour on a weekend as a teenager, as those strange adolescent creatures tend to do. Dad had already gone on a long marathon-training run, had two meals, showered, and worked a few hours by the time I groggily stumbled into wakefulness. I didn't understand his sport, and I really didn't care to. He was a glutton for punishment, I thought. Who would run that far so early in the morning for fun? It was foreign to my mind. I never asked detailed questions about his running, yet I knew it was important to him. I vividly remember him logging in his daily milage in his nightstand journal every evening before bed, a look of accomplishment in his brown eyes.

The day my dad passed away was the hardest day I have ever faced. He died peacefully in his sleep without warning, and while the shock and sadness will never fade, I do appreciate that he never suffered. His eulogy was delivered by his running partner. The words and specifics of the stories he told are blurry in my mind, but I remember laughing, crying, and thinking it was the most fitting and perfect eulogy ever. We picked out scripture that mentioned running for the tombstone inscription. We buried my father, the runner, and although I thought of my father daily, running rarely entered my mind.

I was twenty when my father passed. Fast forward ten years, and I have my own family, including a son with my dad's namesake and another son that has a lot of the striking Lebanese-looks that my father had. As for me, a recovering perfectionist, I never had my huge meltdown after dad died. I kept on, making my best grades of my college career, graduating with honors, and becoming a wife, mother, and teacher. The years keep slipping through my fingers, and I regret that my dad won't get to know his wonderful grandsons. Time creates a distance that makes each memory a little more hazy, and I cling to what I can.

When it came time for me to get serious about exercise, running was a natural choice as I struggle to stay connected to my dad's memory. Running wasn't something I immediately enjoyed. I wanted desperately to love it for his sake, but for the first few months, it was a struggling relationship. I wanted to quit. I thought, I'll try something else. I don't have to run just because he ran. Then I had a profound moment while running my newly-built-up distance of three miles. As I rounded a curve one early morning, I watched the sun peak over the horizon. Warm orange and pink light poured into the sky and beamed down on me. It was exquisite, and I began to cry. I looked up at the sky, and felt an indescribable connection to my dad – one I haven't felt in years, perhaps even a decade. All of the reassurance and encouragement I needed was in that moment, and for a second, I felt like I was running with my father in a spiritual sense.

Since that gift of a morning, I have contacted my dad's running partner to let him know that I am



now a runner. The stories he has since shared of their friendship (and of some hilarious race stories) have meant the world to me. My mother gave me dad's training journal, and I love seeing his mileage scribbled in dark black ink. I'm not sure I'll ever be a full marathoner or tri-athlete like he was, but I know he'd be proud of each and every mile I complete.

My favorite picture of my dad is his finish line picture from the Portland Marathon. He looks fiercely determined, yet peaceful. My running goals, no matter the distance, are to exhibit those two characteristics as a runner. If it ever gets to be not fun, not peaceful ... I will reevaluate my running. If it is never challenging, then I will do the same. The photo reminds me of who my dad was, of what he loved, and of now, what we share.

Recently, I showed the picture to my four-year-old. He is curious about his grandfather, but he doesn't understand why we can't go visit him. When explaining that he was in heaven but we could always have him in our hearts, he asked a very simple but profound question. "Is heaven in our hearts?" I sat in baffled silence, then said, "You know, I think that is a good way to think of it." If heaven is in our hearts, then my dad is in mine and running helped me find him again.

When I completed my first half-marathon in February, on the eleventh anniversary of his burial, I know he was with me for those 13.1 miles. I wore a locket with his picture pinned inside my pullover – a good luck charm I wear on important days in my life. As the volunteer placed my finisher's medal around my neck, I choked back tears, then felt a tidal wave of pride and exuberant joy. No doubt, my dad was smiling with approval. He is my ultimate running partner, and although I don't feel his presence every mile, the sunrise moments of peace and finish line reflections are enough. For these, I will be forever grateful to this sport.

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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.

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Race Results

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

birminghamtrackclub.com
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President's Message

—Jennifer Andress



Hi BTC Members!

Get ready! Our club is about to become extremely busy and a ton of fun!

Your BTC Officers are preparing for our BIG Member Drive / Long Run Social / Vulcan Run 10k Kickoff / Family Event at Vulcan Park on June 22. (How's that for an event title?) It will be the biggest event we have had to date, so please mark your calendars and join us!

The morning will kickoff with our BTC Long Run from Vulcan Park. After returning, we will have breakfast at the bottom of Vulcan himself. Vulcan Park is giving BTC members exclusive park access during this time, and V the Mascot will be on hand for pictures. We will have a kids fun run on the Vulcan Trail, along with other kid-friendly activities.



But that is not all! We will have new merchandise, membership renewal specials (we are going back to individual renewal dates now that we have software to help us manage those), and a sign-up special for the Vulcan Run 10km on November 2, which this year will once again serve as the RRCA State Championship. Hint – there is also a special shirt being unveiled at this

social to kick-start your Vulcan 10k training! Please bring your friends and your family and help us make this the best Social yet. Keep an eye on your mailbox later in June- there will be a special invitation just for you and your family along with a special gift from us at BTC!

That's not all, we are just getting started! Race Directors Alex Morrow and Mark Burris are hard at work planning

the 3rd race in the BTC Race Series, the Rick Melanson Peavine Falls Run on July 4 at Oak Mountain. In addition, I know you are ready to start training for the 2013 BTC Triple Crown Challenge! This BTC favorite kicks off with the Talladega 21000 in September, moves on to a new race for us, the Montgomery Half-Marathon in October, and once again concludes with the Magic City Half-Marathon in November. This year the bling will be MUCH bigger, and the shirts will be waiting for you at the finish line of your third Half-Marathon in 3 months! The BTC then wraps up its race series in November with our beloved Vulcan Run 10km. This will be a big year for Vulcan Run. The Top 200 finishers' shirts will be back, V the Vulcan Mascot will be at the start and finish for pictures, and the finish line will have a whole new look and feel!

In addition to our races, Social Chair Burt Chandler has planned a full calendar for us to run and socialize. Stayed tuned to our website, Facebook page, Twitter and emails for more details.

Speaking of our website, we would like to welcome Dean Thornton to the BTC team of committee chairs. Dean has done a wonderful job adding content to our site and wants to engage you, our members. If you are not in the habit of stopping by our site, check us out and add us to your list of favorites!

We would also like to welcome Michael Gann to our BTC Executive Committee. Michael is in charge of our Finish Line Crew, and maintaining our growing list of BTC gear



(our new BTC tent, BTC flags, PA system, etc.) Michael and the Finish Line Crew will be in charge of setting up and breaking down our events and will proudly wear BTC apparel that is exclusive to the Finish Line Crew. These are hot items but you can only get them by volunteering on this committee. Looking for a way to volunteer but still run our BTC races? Think about joining Michael and his Crew! Email me at president@birminghamtrackclub.com for more information.

Also new to our team is Dr. Cherie Miner and Andrews Sports Medicine and Orthopedic Center. They are taking over as BTC Medical Directors from our long-time supporter and BTC Medical Director Emeritus, Dr. Jack Hasson. We thank Dr. Hasson for his years of outstanding service to us and welcome Dr. Miner and Andrews Sports Medicine!

I also would like to thank BTC members Phil and Danielle Morgan, Certified Public Accountants. Phil is doing an audit of the BTC financial records and we greatly appreciate his service.

There is a little bit of old business to report on. I will be attending the Mt. Brook Parks and Recreation meeting on June 11 to present a proposal for a marker recognizing you, the BTC members, for your fundraising efforts for the water fountain on Jemison Trail. Parks and Recreation Board member Carey Hollingsworth tells me they have gotten many compliments and he always tells them you are the reason we have a fountain! I want to make that acknowledgement permanent and I will keep you posted on the latest.

I also am in contact with Representative Paul DeMarco about the pedestrian bridge over Highway 280 at Hollywood Blvd. The three cities, Mt. Brook, Homewood and Birmingham, are communicating now and once negotiations are finalized, the Alabama Department of Transportation will begin construction. Rep. DeMarco is in regular contact with these cities and AL DOT and he assures us this project is a go!

As we look to our June 22 event and after reporting on ALL of the amazing activity we have going on, I have to ask you a favor. Please encourage your running friends and family to join the BTC if they have not already done so. We can't bring you these wonderful events and races without our members and your support. We appreciate you and we need you. See you at Vulcan Park June 22!

PLAYLIST

MILES MATTER MOST

—By Kile Putman

Song: "I Can See for Miles"

Artist: The Who

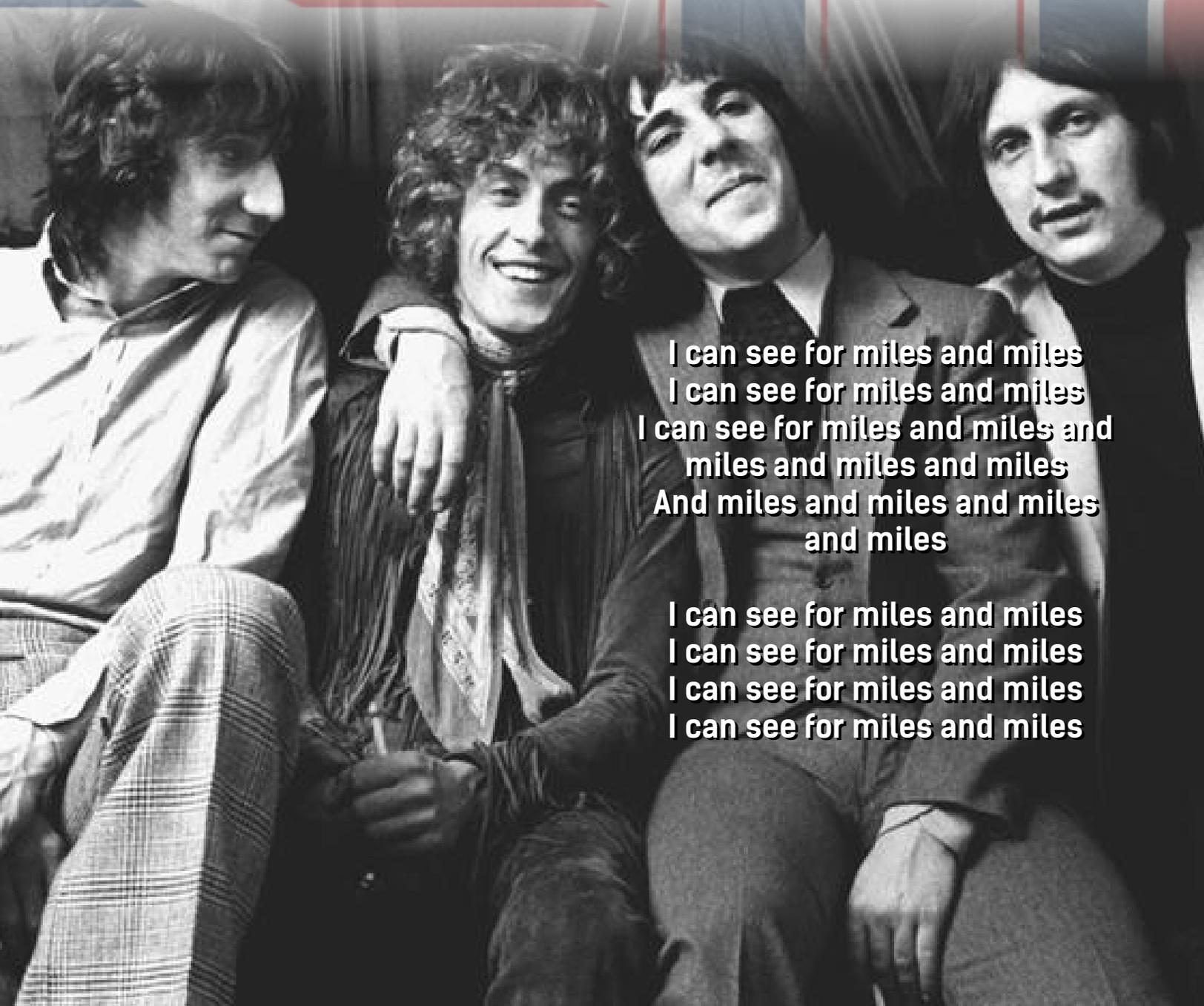
Composer: Pete Townshend

Label: Track Records

Format: Vinyl LP, The Who Sell Out

Released: October 14, 1967

Genre: Rock



I can see for miles and miles
I can see for miles and miles
I can see for miles and miles and
miles and miles and miles
And miles and miles and miles
and miles

I can see for miles and miles
I can see for miles and miles
I can see for miles and miles
I can see for miles and miles

All aspects of run training are equally important-but miles matter most. The chorus of this The Who song is repetitive with miles and miles. It is the repetitive miles and miles on the road, track or trail that makes one a more fit runner.

During the recent resurgence of American distance running, elite athletes are beginning to increase their weekly training distance to mirror the levels of athletes running in the 1970's. It is not just the elite and competitive runners where weekly mileage increases are beneficial. Runners of all abilities and ages can benefit from a proper weekly mileage total of their own.

There will be an optimum mileage total that will be correct for each runner at every stage of life and for every training program. A 12 year old middle school girl may have a successful introduction to the sport of cross country while running a distance totaling less than 20 miles each week. With the additional four or five year of growth in the sport of track and field, a college senior should be able to handle a higher volume than an incoming freshman. An elite marathoner may require 150 or more miles each week to be successful. A single mother of two teenage children may meet her fitness goals in running 25 miles each week. The account executive may be a competitive age-group runner in local events when logging 40 miles with his training partners that hold each other accountable.

The weekly mileage totals is just a number. But it is an important number and is unique to each individual. The individual's specific mileage total is dependent on goals, fitness level, lifestyle and level of commitment to the sport. There may not be reason for some runners to advance over 30 miles in a week. Very few runners will have the need to run over 50 miles each week. Even fewer will ever experience 100 miles or more each week. This is not a plea advocating for everyone to run mega-mileage but to advance to the level that works for them. It is the consistent accumulation of miles over a lifetime that benefits an athlete most. Mileage building should be somewhat liner. Any increase mileage should occur from season to season, cycle to cycle or year to year. Don't increase too rapidly and risk injury. Healthy mileage is the best mileage and where the best fitness benefit comes.

Mileage alone does not mean instant improvement. Again- all training is equally important but miles matter most.

“In other words, get out the door and repeat those miles and miles.”

Kile Putman warns that runners should stay safe and be aware of their surroundings by keeping a reduced volume level when running with music. A USATF certified Track and Field coach, he can be contacted at kputman@bellsouth.net for personalized instruction.





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Left to Right: Reannon Holman, Gwendolyn Connelly with Will Address and John Address at the Zoo Run May 4th



Rob Leszczewski at the Indi Mini Marathon



Beth Feller, Flying Pig Marathon in Cincinnati



Lynn Joyce at Nagoya Women's Marathon

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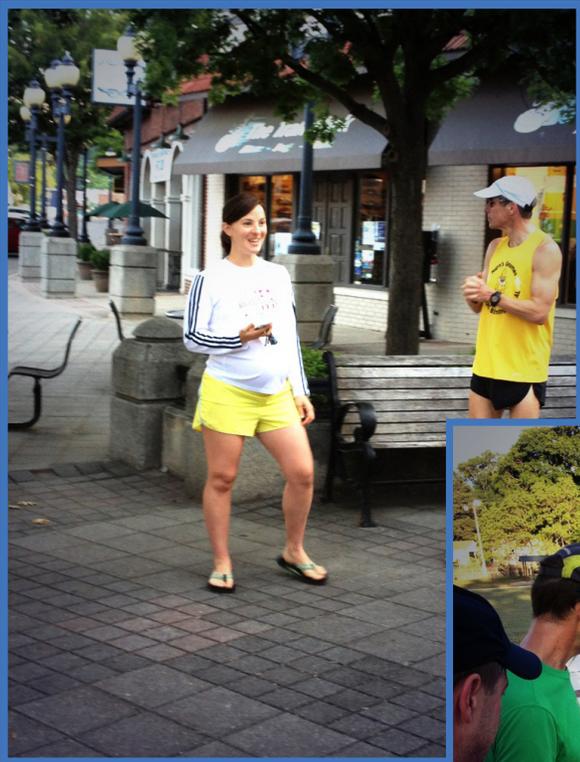


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DIRTY RUNNING

— *David Tosh*

Is there really a significant difference between trail running and road running? The answer is actually yes and no. There are certainly many trails you can run right off the street and into the woods with no problems at all. Red Mountain Park trails are a great example of trails perfectly suited to road shoes. Some trails at Oak Mountain are fine for road shoes, like the Lake Trail, Rattlesnake Ridge, and Mr. Toad. Of course this article is about trail running so I will focus on the trail running side of the differences. The single aspect of trail running that sets it apart from road running is the difference in terrain you will likely encounter. For example, in 40 + years of road running I have never had to climb up a hill with a little assist from my hands, yet I run up hills so steep at Oak Mountain Park almost every weekend, that I use my hands to help. So let's talk about the things necessary to cope with those "more difficult" trails.

In my opinion, the single most important piece of trail running equipment is a pair of trail shoes. While road shoes are fine for hard packed or non-technical, relatively flat trails like those at Veteran's Park by Spain Park High School, they are simply not designed for rugged, steep or rocky trails. In general, road shoes are made of lightweight material and are designed for speed while running on smooth surfaces. Trail shoes, are designed for stability on uneven surfaces. The soles of trail shoes are wide and low to the ground to increase stability on uneven surfaces, a critical factor in preventing ankle injuries. They have a more aggressive tread pattern to provide better traction in poor conditions and some are made of rubber similar to climbing shoes giving superior traction on rocky surfaces. Most trail shoes also have a protective box over the toe to help protect, what else, the toes. Many trail shoes have a "rock shield" or plate between the midsole and outsole to help protect your feet from bruising from trail debris. With all that said, I ran trails for years at Oak Mountain in my Nike road shoes. I also twisted my ankle several times that I am pretty sure led to a chronically weak left ankle.

Trail shoes are available in three basic styles, Hybrids, Conventional and Minimalist.

Hybrids are designed to offer the benefits of both trail and road shoes. These shoes are fine for moderate off-road excursions and good for short road runs or races. That is about all they are good for in my opinion. You probably already have a pair of road shoes. Use those on roads. Buy a pair of trail shoes and use them on trails. You will be a lot happier.

Conventional Trail Shoes: These shoes are a little beefier than road shoes with a wider outsole, reinforced midsole, aggressive tread and a toe bumper. These trail shoes are sometimes a little heavier than road shoes but provide significant foot protection on tough terrain.

Minimalist: Originally, these trail shoes offered little protection and little cushioning. These light weight shoes were great but you had better watch your step. Over the last several years, with the exponential growth in trail running, several manufacturers began to focus on developing very light trail shoes with the strength, support and foot protection of the conventional trail shoe. The last 5 pairs of trail shoes I have owned were all in this minimalist (or perhaps "hybrid minimalist") category and I really like them. I have owned two pairs of Inov8s and 3 pairs of Brooks Pure Grits, the shoe I am currently wearing.

Of course the only way to know which shoe is right for you is take them out and try them on the trails. That doesn't mean running down the sidewalk by your local running shoe store. Of course that is the way most of us have to try out our trail shoes. If you find a pair of trail shoes that fits perfectly and is comfortable there is a good chance you will like them on the trails, too. The Salomon rep, Tim Tatarka, will be at the Hotter 'N Hell Trail Race on July 27th at Oak Mountain State Park with demo shoes you can try out or even run the race in. That is the way to find out what shoe is right for you.

Perhaps the second most important difference between the trails and the roads are the lack of gas stations. Out in the woods, you will not find a Crestline Shell Station with a water jug out front at mile 3. That means you better carry some water with you if you plan venture very far from your car, especially in the summer heat. There are three basic hydrations systems on the market, hand held water bottles, belts that carry water bottles and hydration packs. Each has advantages and disadvantages.

Hand held bottles are convenient and easy to monitor your water level. They have straps to help keep them attached to your hands and small pockets for car keys, electrolyte caps or a “small” cell phone. They are great for trail races because you can unscrew the top before coming into an aid station, fill it up with as much water as you will need, and head back out on the trail while barely losing a step. In the event of a fall, they also make great bumpers to protect your hands when you hit the ground. I actually landed so hard last year I exploded a Nathan 20 oz. bottle. Perhaps the most important advantage of the handhelds is that it is so easy to take a drink. I drink almost continuously when I carry a bottle. Of course, there are a few disadvantages. First, your hands are full, especially if you are carrying two. You will need to develop all kinds of creative ways to hold the bottle / bottles while opening a GU pack or get the salt tablets out of the baggie or eating a banana while on the run. There is one very unpleasant problem when carrying hand held bottles. When it’s cold, your hands literally freeze and gloves don’t help very much. My hands have been completely numb while carrying a Nathan water bottle and air temperature was no lower than 45 deg. There are now a few brands that are available with a neoprene sleeve such as the Amphipod bottles and the Ultimate Direction bottle on the right, below, and that really helps with the frozen hands problem.



Hydration belts are designed to carry water bottles in a belt you wear around your waist. The obvious advantage is that your hands are free. The bottles are easy to reach when you need a drink and your hands will not become numb from carrying the bottles when it is 48 deg. outside. The belts also have pockets and compartments for carrying supplies like the Amphipod 20-20 belt pictured above. A lot of people like the belts and they work very well. Personally, I don’t like them because, when the bottles are full, they bounce up and down and that really bothers me. Sometimes it can also be difficult to get the bottles back in the slots.

Hydration Packs, the good and the bad. As with the belt, hydration packs free up your hands. The spout swings around in front of the pack where it is always convenient. The packs have a variety of compartments in front and back depending on the design. Some are large enough to use for “Fast Packing” and some can carry up to 3 Liters of water and still have room for snacks, a jacket and a lot more stuff. The biggest disadvantage is weight. Three liters of water weigh 6.6 lbs. plus the pack, plus the supplies and that is a lot of weight hanging on your shoulders. I often start with my pack full in the summer so I don’t have to return to the car for several hours and it can be a bit uncomfortable until the water level drops. When my 3 liter pack is full I have also had problems with it rubbing a raw spot in the middle of my lower back. In sub-freezing temperatures the water in the tube will freeze but this can easily be eliminated by draining the water back into the pack after each drink. To me, the single biggest disadvantage in a race is that you have to take the pack off to refill it at aid

stations. You also cannot tell how much water is in the bladder unless you pull it out of the pack. I ran completely out of water half way up a 7 mile, 5,000 ft. climb in Utah several years ago, and the temperature was over 100 deg. I ran out because I didn't take time to pull the bladder out to see how much water I added. Taking the time to pull the bladder out and adding water can be costly in a trail race, especially shorter races, 50K or less. Despite the disadvantages I use my large 3 liter pack all summer and in trail races with very long climbs where I plan to use my trekking poles. There are some newer hydration packs that have the bottle holders and storage on the front and larger compartments on the back. I have not tried on of these but I plan to the next time I need a pack. See the Ultimate Direction Pack on the right, below.



One other item I think is really important for trail running is a pair of gaiters. I never set foot on a trail without my gaiters on. The simples and lightest ones I have found (and the cheapest) are "Dirty Girl Gaiters." They have a tiny hook on the front that hooks to the shoe lace and Velcro on the back. They come with Velcro you stick to the heel of your shoe and that's it. I have never had to stop and remove a stick or rock from my shoe while wearing a pair of Dirty Girl Gaiters. Besides, they look really cool and you get a lot of funny looks when you are wearing then around normal people after a race or run. They are available is 75 or 80 wild patterns. I think they may have a few solid color one's too.



Hotter 'N Hell Trail Race

- 18 Mile Trail Race &
- 9 Mile Trail Race
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BUTS (Birmingham Ultra Trail Society) Kickoff Run

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THE 1200 MILE CLUB

April 1200 Milers

Last	First	Total	Apr	Mar
Adams	Audrey	308.4	100	45
Adams	Clell	378		87
Adams	Tammy	247		
Affuso	Olivia	413	111	73
Allen	Darnell	294.8		68
Anabtawi	Sam	88		
Andress	Jennifer	464	118	114
Armstrong	Tommy	100		
Arrington	Donna	400.1	107.9	102.4
Atkins	Brian	573.3	185	145.3
Ballard	Bill	516.4	125	141.5
Barry	David	247.5		104.5
Barry	Heather	380	96	83
Belcher	Michelle	360.45	82	74
Benner	Kimberley	343	93	104.8
Benson	Wayne	300		104
Bertram	JR	94.5		
Blankenship	Barry	421.38	114	101.09
Bonatz	Ekkehard	682		237
Booher	Lisa	553.07	131.45	114.87
Bradley	John	510	124.5	127.5
Bradshaw-Whittemore	Al	452.3	104.3	141.6
Brakefield	Cheryl	390.8	100.8	110
Broussard	Julie	293.45		100.5
Brown	Charlie	446.25	116.36	94.16
Brown	Sean	219	72	58
Browne	Shannon	290.9		86.9
Burke	Chad	691	165	196
Burnette	Jack	381.4	69.1	131
Burris	Mark	613	153	196
Burson	Steven	399.45		83.35
Caldwell	Greg	339.8	60	85.4
Chandler	Teresa	407	118	107
Choat	Julie	461	116	116
Christy	David	154.7		
Clay	Brad	850	202	200
Coffee	Mitch	558	133.71	152.01
Corrin	LaRonda	208.95	46.25	53.4
Corrin	Roger	317.5	83	80
Crawford	Jennifer	376		168
Creed	Brad	415.6	112.3	111
Crumpton	Dan	452.4	138.6	117.4
Darden	Amber	177		62
Davis	Wayne	663	168	192
Dean	John	187		
Dease	Katherine	338.38		99.32
Denton	Matt	456	106	115
DiMicco	Al	464	102	136
Dodson	Brooke	433	115	134
Dortch	Cherie	268.83		64.61
Dunham	Kelly	421.2	97	120.1
Dunn	Wade	660.7		221.5
Engels	John	379.4	79.9	79
Ensminger	Stephanie	488.66	72	78.75
Estes	Jeff	304	81	66
Evans	Debbie	230.6		
Evenden	Sally	350		100
Farrell	Meredith	107		
Fasking	Greg	402.9	102	91.4
Fell	Amy	51.5		
Feller	Beth	555.7	158.6	185.8
Fite	Rebecca	549.12	107.59	120.89
Fondren	Matt	887	180	225
Ford	Joe	222		
Foster	Michelle	397	125	57

Last	First	Total	Apr	Mar
Franklin	Shane	323.64		104
Frederick	Winston	598	143	154
Ganus	Jack	408	101	91
Gann	Michael	540	51	160
Gash	John	311	93	85
Geisen	Jonathan	395	102	100
Gillis	Sam	476.5	33.5	133
Givan	Marcus	172	60	26
Glaub	Chris	231		
Goode	Johnny	546	149	129
Gray	Todd	384.3	93.3	88
Greene	Michael	343.49		188.49
Gremmels	Jennifer	336.42	104	81.67
Grossmann	Christopher	364.44		118.94
Guenster	Dirk	381.55	63.8	106.5
Gullapalli	Satya	325.1	84.8	112
Hallmark	Daryl	380.3	106.3	104
Haralson	Danny	471	118	99
Haralson	Micki	534.5	180	119
Hargrave	Alan	378	67	104
Harrelson	Kitty	75		
Harris	Robert	244.25		100.25
Harris	Vickie	395	91	76
Harrison	Lisa	473.1	128	125.1
Hartfield	C. Meade	303.5		69.1
Hathorne	Chad	326.74	58.88	82.48
Haugh	Spencer	454.1	93.3	88.3
Heaton	Bryan	498	139	120
Hedrick	Nicole	413.2	78.2	135
Henry	David	132		
Hickerson	Patrick	360	106	47
Higgins	Shane	385.8	65	102.4
Hiller	Russ	297.84	93.27	79.27
Hinton	Gretchen	281	83	80
Hollington	Kasey	494	120	124
Holman	Reannon	145.13	63.13	44.2
Home	Greg	94.1		
Honea	Todd	437	138	105
Hoover	Alison	348.68		126.6
House	Beth	407.05	111.7	101.85
House	Mike	75.7		
Ingram	Joseph	270	65	46
Jackson	Terri	348.1	87	82
James	Ryan	523	111	143
Johnson	Mark	433.5	94.5	134.5
Jones	David	88.5		
Kahn	David	368.63	88.17	177.28
Keith	Michael	439.17	145	101
Kirkwood	Teresa	399	112	100
Kuhn	Jimmy	530	146	164
Langston	Richard	373.3	115.7	
Lee	Shilonqua	299.65		74.2
Leek	Joshua	446	118	131
Lester	Treva	122		56
Longoria	Joseph	459.98	71	110.36
Losole	Liz	199		
Lucas	Jane	240.5		80
Lupinacci	Tim	377.5	110.1	60.5
Lyle	Randy	796.5	169.6	214.3
McCalley	Charles	117.7		
McCarthy	Nicole	361.63		136.12
McConnell	Kim	290.15	67.25	36.5
McMahon	Mary Lee	382.6	70.2	107
McShan	Kenny	522.91	130.34	142
McTune	Mark	924.34	236.4	240.3

THE 1200 MILE CLUB

April 1200 Milers

Last	First	Total	Apr	Mar
Meadows	Bryan	385.83	67	78.35
Merry	Vicki	652	170.2	190.8
Millican	Randy	450.52	71.7	69.3
Milsap	Lanier	393.56	100.66	120.77
Miner	Caitlin	772	205	175
Morgan	Cary	917	255	240
Morgan	Danielle	451.4	102.2	116
Morgan	Phil	574.4	123.2	151
Morrow	Alex	410.85		95.79
Murphy	Catherine	219.2		
Myers	Bill	449	116	102
Noerager	Brett	440		
Northern	Kristie	560.05	151.3	170.3
Oliver	Greg	480.26	92	112.38
O'Neal	Alicia	71		30
O'Neil	Ray	365.09	112	116
Osterbuhr	Tom	455.5	73	147.5
Parr	Michele	260	74	58
Pasqualini	Ellie	211		66
Pasqualini	Greg	48		
Patterson	Carrie	481	115	113
Patterson	Cathy	536.8	145.6	140.6
Pattillo	Jim	253.41		94.24
Pearce	Julie	450.18	101.3	114.56
Perry	Jeff	657.3		236.1
Pezzillo	Kate	285		89
Phillips	David	110		
Phillips	Stefanie	55		
Plante	David	578.5	130	162
Porter	Chilton	48		
Randall	Lisa	569	141	141
Reisinger	Kaitlin	405	103	80
Roberts	Tim	379.1	108	80.5
Rose	Jamiko	202		
Russell	LaShandra	154.04		77.88
Russell	Tom	410.35	107	114
Rutherford	Keith	450	135	90
Sample	Holly	210		
Shinn	Ron	183.49	21.81	37.87
Silwal	Suman	549.4	142.9	125.4
Sims	Debbie	89.46		
Sims	Kyndle	800		275
Smith	Jerry	427	112	110
South	Christopher	170.87		
Stearns	David	420.8	117.2	88.2
Stockton	Rick	457.08	124.24	123.14
Stroud	Vanessa	565.3	169.3	119.8
Talley	Beau	257		91
Taylor	Trey	518	77	112
Thomas	Eric	168.4	40.17	12.14
Thornton	Dean	506.6	109.3	120.9
Thursby	Vann	159.37		
Turner	Chris	95		
Vandrell	Richard	246	73	61
Wagon	Bill	468.63	126.88	143.53
Wall	Ron	402.5		136.8
Washburn	Kevin	105.71		
Weisberg	Scott	397	142	120
Whatley	Prince	1014.6	298.9	253
Whitford	Ray	123.5		
Williamson	Chad	548.61	124.97	148.51
Wilson	Barrie	400	112	92
Witter	Jamie	295.99		
Woods	Cindy	283.3		96.4
Woody	Bill	591	137	160

Last	First	Total	Apr	Mar
Wu	Xing	390.48	106.04	92.71
Yancey	Lisa	83		
Zehnder	Justin	189		
Zenker	Chris	596	116	172

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 SHORTS

— by Al Dimicco



Former male athletes have lower bone fracture rates at age 69 than non-athletes, even after more than 3 decades...Mike Morton set a new American record with 172 miles in 24 miles. Want to train for that? Mike's schedule - 12 mi at lunch, 13-15 at night, 18-20 Sat & Sun - a year of that!...In long runs, a bar or gel with both glucose AND fructose are best. Glucose is fast acting and fructose is absorbed slowly....In a crowded marathon, there is usually more than one aid station table. Run to the last one - it's less crowded...One chocolate chip can give you enough energy to walk 150 feet...In 1980, there were 2890 ultramarathon finishers. In 2012, there were 63,530...50% of human DNA is the same as a banana's...Running puts 3-4X your body weight on your feet. Therefore, your feet think you've transformed into a cow...If a hill has it's own name, then it's probably a pretty tough hill...At the beginning of a race, regardless of the length, line up on the side as the direction of the first turn...The average male driver spends about 276 miles lost each year...The average prison meal is more nutritious than the average

school lunch...Pacing during a long run is like sticking to a budget...For every 20 deg above/below 55deg, runners will see a 7% degradation of performance...When asked what food they couldn't live without, the majority of runners named bananas as their favorite food fix...If a person lives to 80 years old, their heart has already beaten at least 2,943,360,000 times...Courses are measured using tangents. In a marathon, if you don't run these tangents, you can add something like 400 meters - that's +2:15 if you run a 9 minute pace!...For an accurate number of calories burned while running, use your body weight X .63 X miles run...Smoking a carton of cigarettes takes 1.5 days off your life...According to NASA, the perfect nap should last no more than 26 minutes...60% of Americans still consider Lance Armstrong's 7 Tour de France titles legitimate...Can't figure out your new piece of gear? Try going to Youtube. You'll probably find a how-to video.

SEE YOU NEXT MONTH!

BTC RUNNING GROUPS

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, petitlagnippe@hotmail.com, or Jeralyn, jerallynpowell@hotmail.com, or visit 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 or Tim, 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 or email Dave vp@birminghamtrackclub.com or Randy 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 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 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 or visit 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

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 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, Harry, or Jay.

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 at or find them on Facebook.

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, Follow us on Twitter, or Email us Jerri, Shirley, or Patrick for more information or schedule of events.

BTC MONTHLY MINUTES

April 24, 2013, 6:00 pm

MITZI DUER-SAVELIS – SECRETARY

Minutes: February minutes reviewed and approved.

BRAD CLAY – PAST PRESIDENT

By-Laws: After reviewing current by-laws only suggested changes are to add electronic communications for voting, clarification of who the nominating committee is, and who the Board of Directors vs Executive Committee are. Proposed putting notice of the vote in the June newsletter and vote and the June 22nd social.

JUDY LOO – STATUE TO STATUE RACE DIRECTOR

Statue to Statue: Issues with the race: Age 69+ Award Winner was not announced, there was an issue with the Bus Drivers leaving their buses, and an issue with needing the Mtn Brook off duty rented cops to stay on longer. The race day shirt was also different from the sample that we received. Would like to use data from previous five races to come up with a formula for ordering future shirts. 424 finishers and pleased with SSG for results but not bibs. Bibs didn't have name labels which could be confusing if you were picking up more than one (for a spouse or a corporate group). Discussed dropping the tag line "Toughest 15k" and changing to something more like "Most Scenic, Most Beautiful". Would like to rebrand race to get more people to register.

BURT CHANDLER – SOCIAL COMMITTEE

Socials: 5/9 at Saw's Juke Joint. Will be meeting with them tomorrow to discuss discounts. 8/17 Resolute Running with sponsor, AL Outdoors and the Bell Center (to recruit Bell Runners). 10/30 Halloween Run co-sponsored with the Track Shak. Will have costumes, cookout, beer. 6/22 Family Friendly Vulcan Park (with Vulcan Tri). Vulcan will be opening early for us, but there is a charge. We are also limited to their caterers. Would like to use event as a member drive and to launch Vulcan Run. Hoping "V" will be present. **MOTION:** Authorize a blanket \$300 for each Social. **APPROVED.** July Barron's Game on the Terrace. September Cahaba Brewery. November Red Mountain. Will be avoiding Saturday socials during football season. December Christmas Light Run. Resolution Run will be on the weekend instead of 1/1. Will be putting a Sponsorship Requirement on the website for people who want to do a water stop at a social.

Adam's Heart: 10 mile course is up for recertification. Will cost a couple hundred dollars. Would like to go ahead and have the 10k recertified as well. American Heart Association would like to co-sponsor.

MOTION: American Heart Association to promote BTC through Adam's Heart and BTC to promote American Heart to its members. **APPROVED.**

ALEX MORROW – VICE PRESIDENT

Marketing: Alex will be stepping down as marketing coordinator and Beth Feller will be taking over. Alex will still be promoting BTC on Facebook and Beth will be promoting BTC on Twitter.

Peavine Falls: Would like to make a big deal about Rick's name being on the title this year.

JENNIFER ANDRESS – PRESIDENT

Vulcan Run: Would like to add Vulcan back onto the Vulcan Run shirts. Either on the shoulder or superimposed over the logo.

Triple Crown: Discussed whether to move Triple Crown to Spring or leave in the fall. Would like to end with local (Birmingham) race. Would have to be either Magic City or Mercedes. Alex to touch base with Tom Crichton this week.

Merchandise: Sold a lot of long sleeves this last month.

Membership: Would like to add Mark Burris to emails of new/renewing members so he can utilize volunteers.

Expos: Homewood Spirit on 5/3. No volunteers. Mother Walk on 4/30 from 4:30 – 7:00. Allison to help Jennifer.

MOTION: No Running Groups to formally meet on days that we have BTC Races. **APPROVED.**

TIM ROBERTS – BTC RACE SERIES COORDINATOR

Race Director Coordinator: Binders are still in progress. Hoping to get the office supplies purchased to get it finished this month.

RANDY LYLE – TREASURER

April Financials: In the positive for the month of March. \$485 in revenue for the newsletter this year.

BUSINESS DISCUSSED IN BETWEEN MEETINGS

Finish Line Committee: Michael Gann will be now be in charge of the newly formed Finish Line Committee. He will have a crew that will set up and break down all of our events and races. He will also be in charge of all inventory and equipment in the storage unit.

Website transfer: Dean Thornton will be taking on the role of Chair of the Website Committee. He will be over maintenance of the BTC website. In addition, extraneous websites will be brought down to drive all traffic from the BTC website.

Vulcan Park Social: Jennifer met with contact there and discussed using event to launch Vulcan Run and unveil a new logo. Also discussed selling a t-shirt as a fund raiser to help build a connector from the park to the trail below. Our cost for the shirts would be deducted first.

Triple Crown: Triple Crown will consist of Talladega, Montgomery, and Magic City. Jennifer will write an article for VR. Announcing Magic City Half by email immediately following Tom's announcement mid-month.

BTC Audit: Randy meeting Phillip Morgan on 5/8 to review BTC books

AL Outdoors: Summer Sizzling series. 4 races. Our logo on shirts and tent for membership and merchandise.

MOTION: Spend \$200 toward series with potential to get our money back if race breaks even. **APPROVED.**

Twitter: #BTCforged and #BTCrun have been created and are collecting followers.

Club Photography: David Christy is requesting money for memory chips and a CD for BTC pictures. Alex requested specific dollars needed to be presented at next board meeting

May's Vulcan Runner: Dirk sent email out to members on 5/1

Boston Fund: BTC collected \$607.50 to be broken down: \$399.50 to One Fund Boston and \$208.00 to Red Cross. Upon research, Randy found that Red Cross is directing funds to One Fund so all \$607.50 will go to One Fund Boston.

The BTC would like to call a brief special meeting of its members during the June social for the purpose of updating its bylaws. Should you like to receive a copy of the proposed updates prior to the meeting, please contact Past President, Brad Clay, at bradclay@aol.com.

RUNNING TIDBITS

— Compiled by Randy Lyle



Quotes

“Mental toughness is to physical as four is to one.”
~ **Bobby Knight, retired college basketball coach with 902 career wins**

“What you are thinking, what shape your mind is in, is what makes the biggest difference of all.”
~ **Willie Mays, Hall of Fame baseball player with 24 appearances in the All-Star Game**

“Your toughness is made up of equal parts persistence and experience. You don’t so much outrun your opponents as outlast and outsmart them, and the toughest opponent of all is the one inside your head.”
~ **Joe Henderson, former chief editor of Runner’s World magazine**

“Our behaviour as an athlete is often determined by our previous experiences and how we dealt with those experiences. It is these experiences from past performances that can often shape what will happen in the future. It is for this reason that you learn and move on to be more mentally stronger as both an athlete and as a human!”
~ **David Horne, Scottish strength athlete**

“Competing is like wrestling a gorilla. You don’t quit when you’re tired. You quit when the gorilla is tired.”
~ **Alan Stein, strength and conditioning coach**

“It is not the mountain we conquer but ourselves.”
~ **Edmund Hillary, first confirmed climber to reach the summit of Mount Everest**

Tidbits

The 15 Toughest Marathons

Source: <http://www.weather.com/sports-rec/worlds-toughest-marathons-running-20121103>

Running 26.2 miles under any conditions can be tough. Let me rephrase that, it IS tough. Numerous factors affect the outcome of your marathon: hills, burning muscles, humidity, terrain, cramps, blisters and weather just to name a few. Some factors are in our control, but many are not. Regardless the challenge a marathon presents, more and more people are signing up to run them. According to the latest report from Running USA, the estimate of the number of U.S. marathon finishers was 487,000 in 2012. For the first time since 2001, that number was down from the previous year. We can attribute the decline from a record of 518,000 finishers in 2011 to the cancellation of the ING New York City Marathon, which had more than 47,000 finishers in 2011. There may be more on the Running USA report in a future issue of the newsletter.



Tidbits cont.

Although each marathon is tough in its own right, I found the following list of the World's 15 Toughest Marathons and thought it was worth sharing:

Inca Trail Marathon (Cusco, Peru) – Thousands of stone steps along 27 miles of trails that wind through the Andes Mountains of Peru to Machu Picchu serve as the terrain for this marathon. It can take runners as long as 10 or 11 hours to finish. The more than 500-year-old Inca Trail leads from the Sacred Valley town of Aguas Calientes just outside Cusco to the ancient lost city of Machu Picchu, the place running coach and columnist Jenny Hadfield calls “the most spectacular finish line in the world.” Hadfield ran the marathon here in 2011 and said it is not just the thousands of stone steps along the trail you have to climb, or the different ecosystems you have to run through, or the elevation gain of some 10,000 feet from start to finish that makes the race so difficult. It is also the technical nature of the terrain, adding that constantly stepping up as the trail rises is especially difficult. She noted, “If you take one wrong step, you could drop down thousands of feet... it’s a mental strain because you’re constantly focusing on the next step.” Only about 40 to 50 runners can take part in the race, which is tightly controlled as it largely runs through Machu Picchu National Park.

Pikes Peak Marathon (Manitou Springs, Colorado) – Runners at this marathon climb more than 7,800 feet from the start to the halfway point at the top of the mountain, which lies at 14,000 feet. Once they reach the tree line, just above 12,000 feet, it can take 30 minutes or more to complete a single mile. Along the way, runners have to battle the rocky terrain, the elements and the altitude, to which it can take weeks to adjust fully. Jeff Galloway, who has run about 170 marathons, named this race his toughest trail marathon for exactly these reasons. Moreover, once runners reach the summit, they have only run half the race. The second half is all downhill – dropping 7,000 feet back into Manitou Springs.

Antarctic Ice Marathon (Union Glacier Camp, Antarctica) – One of the world’s most extreme environments awaits runners at this marathon. The wind chills routinely drop below zero out on the race route, which is a vast white expanse of ice, snow, mountains and glaciers. The sun never sets on runners during their five-day trip to the South Pole for the race, which takes place in late November each year during Antarctica’s summer season. In addition to an entry fee of just over

\$13,000, getting to the starting line is an adventure in itself, from traveling to Antarctica to making camp before the race. From the meeting point at the southern tip of Chile, the group of no more than 50 runners fly to a camp where they spend the night in heated tents. Sub-zero temperatures and winds that can reach 30 mph are just the beginning of the adventure. You will run on top of ice and snow for the entire 26.2 miles, passing by glaciers as well as Antarctica’s Ellsworth Mountains. Race organizer Richard Donovan notes, “The ice seems to stretch to eternity.”

North Pole Marathon (Camp Barneo, Arctic Circle) – Sub-zero temperatures are just the start of the challenges that await runners at this early springtime marathon, where the course is made up of ice floes that float on top of the dark, cold Arctic Ocean. Given the temperatures and \$15,000 entry fee, only about 40 to 50 people run this race each April. What that gets you, however, is an experience unlike any other race you are ever likely to run. Runners first have to get themselves to the tiny town of Longyearbyen, on an island called Spitsbergen between the Barents Sea and the Arctic Ocean just off the coast of Norway. After flying to an international camp near the North Pole, they spend the night in heated tents. The next morning, the runners head out to the ice floes where they run a 2.6 mile loop around the North Pole ten times before crossing the finish line near the camp, spending a total of about 36 to 48 hours in the polar region before heading back to Spitsbergen. To ensure the runners’ safety, armed Barneo camp personnel keep watch in case someone spots a polar bear out on the course. Although rare this far north, polar bears can run much faster than humans can.

Great Wall Marathon (Tianjin Province, China) – Running the Great Wall of China, which crisscrosses the Tianjin Province and was built between 220 and 206 B.C., is like taking a step backward in time. Many of those who run the annual springtime race say it is the hardest thing they have ever done. Impossibly steep climbs combined with once-in-a-lifetime views takes runners over more than 5,000 steps on the actual Great Wall, built to protect the Chinese empire from invasion. While temperatures average between the 60s and 70s, conditions can get much warmer out on the wall, especially in the open sun.

Tidbits cont.

Catalina Island Conservancy Marathon (Avalon, California) – Runners experience an overall elevation climb of 4,000 feet during the course of this marathon, where they can expect to see buffalo grazing and even bald eagles out on the route's many hills. About 24 of the race's 26.2 miles are on dirt trails. Along the route, you can see both sides of the island from way up on its hills.

Lake Tahoe Marathon (Tahoe City, California) – Runners have an abundance of choices when they arrive for this three-day marathon, from running a marathon a day to what organizers call the Super Triple, a pair of 26.2-milers followed by a 72-mile race that's run overnight from Saturday into Sunday. The marathon features what race director Les Wright calls the "hill from Hell," which goes up 600 feet, from 6,200 feet to 6,800 feet, over the course of about a mile-and-a-half.

Blue Ridge Marathon (Roanoke, Virginia) – This marathon bills itself as America's Toughest Road Marathon for a reason – there is more than 7,200 feet of elevation change over its 26.2 miles. Most runners say the downhill stretches are the most punishing part of the race. "We actually encourage runners to walk the downhills," notes race chair Pete Eshelman. Weather can also be a factor, as flooding forced the re-routing of the race one year while torrential downpours and a hailstorm forced organizers to cut the race short another year.

Equinox Trail Marathon (Fairbanks, Alaska) – This marathon is a tough, hilly trail race. Race organizers say that virtually anything can happen when it comes to the weather, from 65 degrees with sunny skies to 8 inches of snow on the ground. The elevation climbs some 3,000 feet between the start and its highest point on Ester Dome.

Crater Lake Rim Runs Marathon (Crater Lake, Oregon) – Stopping along the course, whether because of its challenging hills and elevation or just to take in the view, is not uncommon for participants at this marathon. The route unfolds around a caldera lake created by the collapse of a volcano around 5700 B.C. Even without hills, the race would be challenging thanks to an elevation that does not drop much below 7,000 feet above sea level.

Mount Lemmon Marathon (Tucson, Arizona) – Runners make their way through three different ecosystems at this marathon. It starts in the Sonoran Desert and finishes some 6,000 feet higher in the pine forests of the Santa Catalina Mountains on top of Mount Lemmon. "Runners go from a desert ecosystem, which can be hot even that early in the morning, to pine forest, where it can be freezing, there could be snow," says race director Ott Wischki, noting that participants stop frequently along the course.

Grandfather Mountain Marathon (Boone, North Carolina) – At this marathon, the biggest challenge is the rise in elevation from 3,300 feet at the start to more than 4,200 feet at the finish line. Jeff Galloway says, "It's around 18 miles of continuous uphill." At least after the race, runners can visit the swinging bridge at Grandfather's Linville Park.

Big Sur International Marathon (Carmel, California) – Runners are drawn to this marathon for both its beauty and its challenges, especially the infamous hill known as Hurricane Point. It is there that the course climbs more than 300 feet over a single mile. After the runners cross the gorgeous Bixby Bridge, they can hear a pianist playing from a mile away.

Hatfield-McCoy Reunion Festival Marathon (Goody, Kentucky) – Runners pass through two states, Kentucky and West Virginia, and get to see all the major sites where the famous feuding families battled it out for nearly 30 years on the hilly and very challenging course. Jeff Galloway called this race one of the toughest road marathons in the U.S.

San Francisco Marathon – Some of the most challenging hills at this annual summertime event, which its organizers say is America's toughest big city marathon, include the steep hills around the Presidio and Golden Gate Park. The Wall Street Journal called it "the race even marathoners fear" back in 2010, largely because of the daunting hills that anyone who has visited San Francisco will know well.

Well, there you go. If you are looking to take your marathons to the next level, you now have some very challenging options. Of course, you will need some deep pockets and ample vacation days for some of these races. If you have run one of these, we would love to hear about your experience. Please consider writing an article for The Vulcan Runner to share your story, regardless when you ran the marathon.

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.



BTC Membership application

New member: Renewal #

Single membership: Family

First Name: _____ Last Name: _____

Street: _____ City: _____

State: _____ Zip: _____ Birthdate: _____ Gender: M F (Circle)

Phone: _____ e-mail: _____

Family member	e-mail:	★	Phone:	DOB:	Gender:
2. _____ / _____	_____	_____	_____	_____	_____ / M F
3. _____ / _____	_____	_____	_____	_____	_____ / M F
4. _____ / _____	_____	_____	_____	_____	_____ / M F

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

Pricing			Single	Family
August 1	through	Oct. 31	\$30	\$45
Nov. 1	through	Jan. 31	\$24	\$36
Feb. 1	through	April 30	\$18	\$27
May 1	through	July 31	\$12	\$18

Signature _____ Date _____

Yes! I'd love to volunteer! My area of interest is _____.