

BTC

www.rrca.org

RRCA

THE VULCAN RUNNER

VOL. 32

★ MAY 2008 ★

ISSUE 4

Oak Mountain 50K

“...there are two types of trail runners...
those who have fallen and those who are going to...”

— By Micki Haralson

It was forecast to be the first, really warm, beautiful Saturday of the year. It was the day before Easter. A perfect day for Easter egg hunts, shopping for the right outfit, children's soccer games, tee ball, family picnics or a 50K! That's right...31 miles, or in this particular case, closer to 33 miles, on the single track trails of Oak Mountain State Park. Danny had attempted this event several years ago only to turn his ankle badly in Mile two, yet still made it to the north trail head aid station, THE SECOND time around, covering over 20 miles, WITH an ankle swollen as big as his thigh! He vowed to come back and complete the course one day. I attempted it my first time last year while he was injured, just to see if I could do it. I finished in 8 hours and 22 minutes, with plenty of time to consume a cold beverage before the last finishers came through at nine hours. This year, we were both determined to tackle it again!

All participants gathered before dawn in the parking lot, picked up their numbers and t-shirts, greeted old friends, met new ones and took pre-race photos, being certain to include the knees. The post-race photos could possibly tell a different story, since many runners take a fall or two along the way, so the knees were important! At nearly 7 a.m., as the sun was waking up, we merged into the start area for a day of running. Yes, I said a DAY of running. With a 9-hour time limit, most of us would be out there over 6 hours. Since the forecast was for overcast skies and we'd be under tree coverage most of the race, we passed on the sunscreen, made sure we had GU, sport beans, Cliff Blocks, and what-nots in our Race Ready shorts, filled our sport bottles with all kinds of energy giving fluids, and we were off!

The first few miles are uphill on the Yellow Trail and after starting out with Danny, Janis, Squealy, Cara and Stephanie, I slowed my pace and hung with Tim

OAK MTN 50K

<continued on Page 2>

Micki Haralson takes advantage of one of the aid stations.



OAK MTN 50K <cont. from Page 1>

and Victor for the first leg. We walked the uphill and ran the downs as best we could. It was cool and pleasant so we easily chatted along the way. At one point, Tim looked over to the right and saw a beautiful mountain crest on the horizon and brought it to my attention. We couldn't enjoy the scenery for long, for in trail running you MUST watch the trail or you are going down! Most everyone knows there are two types of trail runners...those who have fallen and those who are going to, so we quickly moved our attention back to the roots, rocks, leaves and pine needles under foot until we reached the North Trail head. There we encountered a great spread of Powerade, water, flat Coke, chips, oranges, peanut butter and jelly sandwiches, bananas and more, all thanks to the wonderful volunteers like Jane, Tom, and others. Ahhhhh! Break-fast!

With a quick snack and a refill of the water bottle of a 50/50 Powerade to water split, I was off on the Blue Trail. Tim and Victor weren't quite ready, so I headed out on my own. Now the Blue Trail has some really steep climbs, yet once you reach the summit, you completely understand the beauty and serenity of trail running. You can see miles and miles of our beautiful state, and I realized I was on the crest Tim had asked me about before. (So yes, Tim, it is a part of Oak Mountain!) I ran most of the Blue Trail completely alone, and thoroughly enjoyed the glorious morning. Then I ran upon Cara Hunter, so we ran for awhile enjoying each other's company. She had to stop to adjust her shoe, so I continued on solo to Peavine Falls. Now, it's really cool to follow the switchbacks of the trail all the way down into the falls, and I caught up with several other runners taking care to make it down the trail. But it's quite another task to jump from rock to rock across the gurgling pool of the falls, which by the way, stations the only photographer I saw on the course, right there on a big boulder to be sure and capture any "spills" in the water. Once across the water, the real tricky part begins, because the trail disappears and you CLIMB hand over foot, root to rock, foot to hand, up and out the other side. This IS part of the RUN! Once out of the falls, you continue to climb the trail that has reappeared to the Peavine Falls parking area where the second manned aid station awaits. Al DiMicco (being sidelined due to injury) supportively worked this aid station, with other marvelous volunteers, offering to fill my water bottle and serve me all kinds of goodies. I consumed chunks of watermelon, orange quarters, and PB&J. I was feeling good. Al told me I was looking good, so even though I'd only covered 14 ½ miles, I took off a little more quickly on the White Trail. Understand now, I'm on the NEW White Trail. Not the

White Trail that I vaguely remember from last year's run, because it's under reclamation, but the newly created White Trail from parts of the Red, Orange and Green Trails, or some color combo like that. So I'm on a new trail, running a little faster than I should, barely gotten started when I tripped over one of those dreaded stobs. Now, I can spot roots and rocks at a 100 feet (give or take 50) and dodge them all, but those awful stobs that rear their ugly heads under leaves and pine needles so they are barely seen, are just that...barely seen. My right toe catches one and whoomph, I'm falling! As my right toe stops, my left leg jolts to a mid-air halt, as my right leg is then pulled by momentum into an unnatural and very ungraceful lunge. I freeze, hovering just inches over the ground, as my leg strength saves my face from smashing into the ground. I regain my balance, slowly stand and realize my right hamstring has been severely strained. Can I bear weight on it? Very little at this moment. Can I walk? Very tenderly. Can I run? No way! Do I quit and go back to the aid station while I'm still close? Not yet. So over the next 45 minutes, I carefully and very slowly descend, walk, ascend, until I feel my leg can handle an easy jog. I pick it up along the edge of the creek where the trail is pretty and flat, and carry on as best my leg will allow. Slowly, I reach Danny, on one of the very rocky descents which he is taking extremely slowly due to last year's vicious knee injury and a weak ankle from years of other sports. We talk briefly, then I ease past him and make it to the North Trail head for the second time of the day. The wonderful volunteers are there again and I snack on flat Coke, oranges and PB&J. With a little over 21 miles under my belt, I'm off again.

The last leg of the run covers the Red Trail which is wide enough for ATVs, jeeps, bikes, etc. and I meet several mountain bikers along the way. It's an incline for quite a ways with lots of small rocks and creek crossings. Since my legs are beginning to really tire, I concentrate on walking uphill and picking up my feet on the flat and downhill with a slog (slow jog). FINALLY, I reach the Peavine Falls aid station for the second time, where once again Al DiMicco and tireless volunteers have a stash of goodies. Al fills my water bottle and assures me I'm still looking good, (I think to myself that he's a good liar!) and there's only 6.8 miles to go, mostly downhill! Woohoo! Let's put this bad boy to bed! And as much as I'd like to take off and sprint to the finish, my legs are screaming "not so fast"! After a marathon distance on the trails in the 70 degree heat, I'm pretty much shot, so slightly less than 7 miles to go, may as well be 100 for my tired legs! But I'm no

OAK MTN 50K
<continued on Page 3>



Janis Posey, striking a pose on the 50K course.



Travis Self, after receiving his finisher's pint glass.



Tim O'Brien (left) cools his feet after finishing the Oak Mtn. 50K while chatting with Jason Ferguson.

OAK MTN 50K <cont. from Page 2>

quitter, and I'm soooooo close now! So off I go for the final distance, easy now! I'm soon joined by a very nice guy from Pensacola and we run together for about 4 miles, if you can call it running! With less than 3 miles to go, he surges and I'm left alone with my slogging pace, determined to finish, yet wishing like h@#\$ I was already done! I pass a few mountain bikers who tell me there's only 4 miles left. What? I thought there were only 3! I pass a few hikers who urge me on saying "only a mile left", yet 15 minutes later, I still don't see the end. Then suddenly, I feel a surge in these dead, dirty legs of mine, not because I see the finish line, but because I smell the finish line, post-race hamburgers

on the grill! I pick it up, I round the last bend, cross the road, round the corner, and there are so many friendly faces and co-runners cheering me on...Katie, Brook, Travis, Jane, Jenny, April, Squealy, Lance and more! I see the clock as I reach the finish and it has 8:16 in bright, red lights. At last, I'm done! I'm handed my finisher's pint glass and I realize that I finished a little better than last year! Friends hug and congratulate me and someone pours me a cold one as I try to keep moving so my legs don't lock up. Soon afterward, Danny comes in, running strong! We share a hug, a kiss and a beer, then walk down to the water's edge to soak our legs, mouths watering for that post-race burger. The water is ice cold, after all it is March, so our feet cramp, but our hot, tired legs are

thankful for the cool bath. Sun burned after all, whipped, yet so proud of our accomplishment, we climb out, towel off and head for that burger.

As we gingerly seat ourselves at the picnic table, enjoy our burgers, share stories with others and check out all the scratches, cuts and bruises of the finishers, we begin to think of next year's race. We should definitely train more on trails, we agree we could pick up the pace a bit, and should probably wear sunscreen since we both got a little burned. Yet most of all, we agree that this was a great way to spend the first warm, beautiful Saturday of the year!

marketing@birminghamtrackclub.com

"I started to imagine the **wildlife running up to the side of the trail** to cheer us on like those old Disney movies"

—By Victor Zirkelbach

Running the **Oak Mountain 50K** was a last minute decision for me. The things that convinced me to sign up was that you can't beat the \$35 dollar entry fee, it's local, and my underestimating thought "It's an easy hike with a little bit of jogging." I lined myself up with a tough schedule already by signing up for 4 different marathons between February and April. Oak Mountain would make a total of 5. (3 of 5)

How can I make it out in one piece? I bought a camel back for the occasion to stay hydrated. I heard many stories of people dropping out because of the aid stations being so far apart and I just didn't like the idea of holding a water bottle for a long period of time. My arms normally cramp up during marathons and long training runs. I planned out my strategy on how I would tackle the 50K without making myself too sore the next day or even the few couple days to follow. I still have the marathon in Atlanta to run 8 days after.

Walk the inclines and slow jog the flat areas and slight declines as long as there aren't too many trip hazards. Pick a group that's moving at a comfortable pace, one that you know you can literally travel "ALL DAY".

Alright go down the checklist before going to the starting line:

- Sanity check: **iPod**
- Gels/Bars/Supplements: **Yes**
- Chafing: **Applied**
- Water: **Camelback**
- System Empty? **Yes**
- Warm-up? **N/A**

I was happy to make it to the start seeing a lot of familiar faces from the Birmingham Track Club. So then the next decision would be. "Who can I tolerate for 8 hours?"

Just kidding, that wasn't an issue. Hanging out at the starting line, I tried to talk about everything but the fact I was going to be spending a long day in the woods. Before I knew it everybody started to run... I must have spaced out because I didn't hear a gun or anything.

I was still sore from the Shamrock Marathon the week before, for some reason all the pain was in my hamstrings so the first few steps felt very painful and I thought about dropping out after 20 steps. It will pass...

The trail narrowed very quickly after the start, forcing a long single file line with all the runners. Everyone jogged the first few minutes slowly until the first incline in the yellow trail came up. I require a good warmup before I start to feel good on a run and that first hill climb was painful but I was still walking it with everybody else, the trail went up and down for a long time. I finally got warmed up and the pain in my hamstrings finally went away. Somehow most of the other pains went away and I was able to finish.

Making it through the run was more psychological than physical.

There are many things that make this different from a marathon but the biggest one to me is not having the mile markers or crowd support out there. I started to imagine the wildlife running up to the side of the trail to cheer us on like those old Disney movies.

The company of other runners helped out a great deal on the trail, I couldn't imagine running solo for the duration of that run. Having the iPod helped out a little bit, but once you hit the trails that allow bikers, you should turn it off so you can hear the bikers coming.

The 4 fully stocked aid stations were



extremely helpful and the volunteers did a great job by motivating us and providing us with plenty of fruits, food, and fluids. I was able to refill my camelback completely, and I found out that Mountain Dew works wonders in these long distances. But without those aid stations, I would not have made it.

33 miles and 8 hours later I've come to the conclusion that you should at least be in shape to run a marathon before running this race. And you will not make the 9 hour cutoff if you walk the whole thing. I initially thought that I could simply average 3.6 miles per hour and come out on top with no pain. 3.6 miles per hour is a fast walk and on that trail there are so many steep hills and obstacles that 3.6 miles per hour is not possible, so you have to get some running in to maintain the average.

There were many great events on the trail, but my most favorite part was the climb going up Peavine Falls even though I was cursing during the entire climb.

Very happy to say that I completed this run and I recommend anyone to give it a shot. ●

victorz1980@gmail.com

BTC 2008 Officers



President

Mark Baggett

president@birminghamtrackclub.com
(205) 422-7055



Vice President

Johnaca Kelley

vpresident@birminghamtrackclub.com
(205) 540-1372



Treasurer

Michele Parr

treasurer@birminghamtrackclub.com
(205) 910-4895



Secretary

Amy Hix

secretary@birminghamtrackclub.com



Past President

Danny Haralson

past-president@birminghamtrackclub.com
(205) 380-1779

BTC Committees

Build A Better Club	Susan McCullum	babc@birminghamtrackclub.com	(205) 368-5058
Historian	Arthur Black	historian@birminghamtrackclub.com	(205) 822-1993
Marathon Coach	Al DiMicco	262coach@birminghamtrackclub.com	(205) 822-0499
Marketing	Micki Haralson	marketing@birminghamtrackclub.com	(205) 972-1258
Masters Events	Frank Newland	mastersevent1@birminghamtrackclub.com	(205) 271-7553
Medical	Jack Hasson		(205) 612-8780
Media Relations	Tim O'Brien	timoalabama@aol.com	(205) 870-1864
Membership	Judy Loo	membership@birminghamtrackclub.com	
Merchandise	Johnaca Kelley	vpresident@birminghamtrackclub.com	(205) 540-1372
Mini Track Meets	Brent Cotton	cotton9394@bellsouth.net	(205) 447-9223
New Runner's Society	Meredith Farrell	newrunners@birminghamtrackclub.com	(205) 873-1214
Parliamentarian	Phil Min	pemin@mac.com	(205) 849-6840
Road Race Chairman	Rick Melanson	rrc@birminghamtrackclub.com	(205) 979-1731
Social Events	Katie Hannigan	social@birminghamtrackclub.com	(205) 914-5233
Vulcan Run Director	Danny Haralson	past-president@birminghamtrackclub.com	(205) 380-1779
V. Run Assis. Director	Johnaca Kelley	vpresident@birminghamtrackclub.com	(205) 540-1372
'Vulcan Runner' Editor	Mark Baggett	newsletter@birminghamtrackclub.com	(205) 422-7055
Walking/Race Walking	Jim Richey	walking@birminghamtrackclub.com	(205) 870-3977
Webmaster	Brink of Design	webmaster@birminghamtrackclub.com	

Race Results Find the latest and most complete local race results at the following:
birminghamtrackclub.com trakshak.com run42k.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
(205) 879-LEGG

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available MONTHLY in color!!

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo at membership@birminghamtrackclub.com so that you can receive (via email) the monthly password in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

<http://www.birminghamtrackclub.com/vulcan-runner-newsletter>

BTC NEWEST MEMBERS

Those who joined during **April 2008**

Amy Albert

Justin Arcury

Gene Beckman

Matt Chapman

Edward Graven

Cortney Johnson

Marianne Jones

**Kevin &
Marbelle Kelly**

**Kathryn
McGinley**

Amy Saylor

Shane Shelnutt

Scarlette Smith

**Christina &
Scott Stone**

Cara Turano

Charles Winborn

Laurie Young





May BTC

President's Message

— Mark Baggett

A big THANK YOU to club member **Stephanie Reese** and **City Federal** for hosting our **April 'First Friday'**. We had a great turnout (50+ members) and member **Tim O'Brien** and his band **Dirty Curtain Room** provided the music.

So far 'First Friday' has been a big hit and I encourage all of you to try and make at least one this year. There is no run involved, just a time to come mingle with your fellow runners. With this beautiful Spring weather, we've started up our monthly Pub Runs too, now called **'Thirsty Third Thursday Runs'**. There is a run involved, usually 3-4 miles, so bring some dry clothes, cash and an I.D. and plan to stay afterwards to enjoy the company of your fellow runners. We are also having a **Cindo de Mayo Run** on Monday, May 5th at Zona Rosa. Check out **Page 7** for a list of dates/locations for all of these social running events.

Giving back to the community, the BTC is planning a **Shoe and Food Drive**. Do you have any serviceable running shoes that still have some life left in them? Do you have canned food that you'd like to donate to a local food bank? If so please bring them out to the Homewood Trak Shak on **May 7th** (5:30 p.m. to 7:00 p.m., during the weekly group runs) or **May 10th** (10 a.m. to noon). Just make sure that the shoes are 'serviceable', because they will be used by inner city youths again for running. Please make sure to put the size inside the shoes before donating them. See **Page 6** for complete details.

Bring the kids out (all ages) on Sunday, May 11th, at 4 p.m., so both you and them can participate in our monthly **BTC Mini Track Meet** held at Samford Track.

As hopefully most of you know, the club is currently planning a running trip to **Big Wild Life Runs** in Anchorage, Alaska in August. There are three races to pick from (Marathon, Half-Marathon or 5K) so there is something for everyone. If you've ever wanted to visit Alaska and/or run a full or half marathon, this is your chance. Don't expect this opportunity to come around again so I encourage you to take advantage of this wonderful opportunity. Full details are on **Page 9** but everyone needs to take note that the **deadline is May 9th** for getting on board for this sure-to-be great trip. We **MUST** have a **minimum of 20 people** to go forward with this trip, if we don't get the minimum, then all bets are off. **Thanks to Danny for putting together all of the trip details.**

If Alaska doesn't work for you, maybe the **Las Vegas Full/Half Marathon** will, as the club is planning on heading to the desert in December. We'll start up group training runs mid/late July — anyone who can run 6 miles by then is welcomed to join in. I've never been to Vegas, always wanted to go and am looking forward to another Marathon. Look for more complete details in the June issue of *"The Vulcan Runner"* and you can also view more details on **Page 8**.

It's time again for a **BTC Town Hall Meeting**, where both new and old members can come find out what their club is up to, as well as ask questions, make suggestions and mainly, just make their voices heard. **Make plans now to attend this gathering**

on Monday, May 12th, at OutTakes Deli in Homewood. Food and beverages will be provided and we'll also have BTC merchandise set-up, including the **May Item of the Month** (see Page 21). Perspective members are also encouraged to come join Alabama's largest running community (\$25 for single membership, \$35 for a family). See **Page 11** for complete details on this meeting.

The **18th annual Ellis Porch Statue to Statue 15K**, held on April 19th, was a great success. Race Director **Judy Loo** did a wonderful job this year as the race grew in size from 302 runners last year to 348 this year. Those who placed were awarded a very nice medal; although we did run out of tech shirts and Judy is currently in the process of getting shirts to those who did not receive one.

Another great thing that came out of S2S is that we picked up a new sponsor, **Olde Towne Brewery**, Alabama's only microbrewery located in Huntsville. Owner (and runner) **Don Hankins** approached me about supporting the BTC with his brew and we are really looking forward to only offering his tasty beverages at those BTC races that currently offer beer.

See ya on the roads! •

If you don't run, you'll rust!

president@birminghamtrackclub.com
www.myspace.com/bamaspyder

2008 BTC Executive Meetings

BTC Executive meetings are open to the membership and we encourage attendance. *"Town Hall" formatted meetings will give time to members to make their voices heard and bring up discussion topics, with food & drinks provided by the BTC.*

***BTC Merchandise will also be available at 'Town Hall' formatted meetings, including the featured item of the month** (see page 21).

February 4th (Town Hall format)

Monday, OutTakes Deli, 6:30 p.m.

March 2nd

Sunday, Cosmo's Pizza, 2:30 p.m.

April 6th

Sunday, Jackson's Bistro (upper floor), 2:30 p.m.

May 12th (Town Hall format*)

Monday, OutTakes Deli, 6:30 p.m.

June 1st

Sunday, Cosmo's Pizza, 2:30 p.m.

July 13th

Sunday, Jackson's Bistro (upper floor), 2:30 p.m.

August 4th (Town Hall format*)

Monday, OutTakes Deli, 6:30 p.m.

September 7th

Sunday, Cosmo's Pizza, 2:30 p.m.

October 5th

Sunday, Jackson's Bistro (upper floor), 2:30 p.m.

November 3rd (Town Hall format*)

Monday, OutTakes Deli, 6:30 p.m.

December 7th

Sunday, Cosmo's Pizza, 2:30 p.m.

All dates/times/locations are tentative and those planning on attending should check future issues of 'The Vulcan Runner', watch their email or check the BTC website calendar for possible updates:

www.birminghamtrackclub.com/cal

president@birminghamtrackclub.com

FOOD AND SHOE DRIVE

BTC/running community to give back - May 7th & 10th

Mark your calendars for **Wednesday, May 7 (5:30 to 7:00 p.m.)** and **Saturday, May 10 (10:00 a.m. to Noon)** for a 'Food and Shoes Drive' in front of the Trak Shak in Homewood. Members of the Birmingham Track Club will be on hand to receive the donations, size them, and place them in the proper bins.

Please bring your old SERVICEABLE running shoes - NOT grass cutting shoes - and know the size please. We will donate these to inner city youths who are enjoying running and track but due to a variety of reasons can't afford or are not provided with running shoes.

So please make sure they are **serviceable**, because they will

be used for running again. It's a great chance to donate something we seldom give a second thought about to someone who can genuinely use and appreciate them. Plus it can only help spread the gospel of running and fitness and help provide them with the confidence to work hard and achieve their dreams.

AREA FOOD BANKS ARE RUNNING 'DRY' so please drop by the Trak Shak (same times as above) with **non-perishable food items**. It is a sad fact that many of our area food banks are running out of food and we are so blessed that we can sometimes take a meal for granted, so let's share our blessings with those who aren't so fortunate. I guess a different way of saying it is let us

be the blessing. So please bring what you can for those in need. We will donate the food items to area food banks so they can restock and continue to feed those in need. In a country such as ours, no one should ever go hungry.

Again BTC volunteers will gladly accept your donations - so please be generous with your **SERVICEABLE** running shoes and non-perishable food items. This might be a good time to replace your shoes and donate the old ones to some kids who would really be grateful.

If you'd like to volunteer or have questions, please contact Danny Haralson at: **danny@rununiversity.com**



RUNNING TIDBITS

- Compiled by Tim O'Brien

Running Quotes

"My feeling is that any day I am too busy to run is a day that I am too busy." - **John Bryant**

"The greatest pleasure in life, is doing the things people say we cannot do." - **Walter Bagehot**

"The woods are lovely dark and deep, but I have promises to keep, and miles to go before I sleep, and miles to go before I sleep." - **Robert Frost**

"The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed."
- **Jacqueline Gareau, 1980 Boston Marathon champ**

Did you know??

Controversy on the pavement...

Buster Martin, 101 years old, ran the London Marathon this past April in just under 10 hours. The thing is Guinness World Records will not accept his application as the oldest man to run a marathon because he does not have the proper records to prove his age.

Guinness World Records for Oldest Marathoners

Dimitrion Yordanidis of Greece, **age 98**, ran the 1976 Athens Marathon in a time of 7 hours 33 minutes.

Jenny Wood-Allen of England, **age 90**, ran the 2002 London Marathon in 11 hours 43 minutes.

Speaking of the London Marathon...

3 runners broke 2:06:00 in the 2008 event for the first time in the history of the marathon. That's just under a 4:49 minute pace.

BTC TRACK & FIELD CLASSIC

JUNE 7th, 8 A.M.

Hoover High School Track. All ages! Track Events and Field Events. A USATF sanctioned meet. **BTC EVENT!**

Info: Executive Director, Frank Newland (205-621-9912) newlafr@yahoo.com **www.btcclassic.com**

(Race Application available on Page 12)

BTC First Fridays

Come mingle with your fellow BTC members on the 1st Friday of each month from 4:30 to 7:30 p.m. Stop by after work or on your way out for the evening. **No run.** Locations & times are tentative*

May 2nd
Zydeco (Five Pts. South)
21st St. North & 2nd Ave. North
Time: 4:30 - 7:30 p.m.

June 6th - Salsarita's (Homewood)

August 1st - Billy's (English Village)

September 5th - Jackson's (Homewood)

October 3rd - Rare Martini (Lakeview)

November 7th - Fox & Hound (U.S. 280)

December 5th - Icon (Tutwiler Hotel)



BTC Thirsty Third Thursday Runs

Join us for Pub/Java Runs, held on the 3rd Thursday of each month at 6 p.m. **Bring cash & I.D. for optional Pub/Java stops.** Locations/times TBA*

May 5th (Monday)
Cinco de Mayo Run
at Zona Rosa in Liberty Park
Bring dry clothes for after run.

May 15th - Golden Rule (Lakeview)

June 19th - Jackson's (Homewood)

July 17th - Cosmo's Pizza (Five Pts. South)

August 21st - B'ham Baron's B.B. Game

Sept. 18th - Dave's Pub (Five Pts. South)

October 3rd - TBA

November 7th - TBA

December - Annual X-Mas Lights Run

*All dates are tentative. Please read the monthly 'The Vulcan Runner', watch your BTC email and also check www.birminghamtrackclub.com/cal closer to the scheduled event date for confirmed times/locations.



Southlake Orthopaedics

Sports Medicine & Spine Center, P.C.

Board Certified Orthopaedics

Michael T. Ellerbusch, M.D.

Sports Medicine & Rehabilitation, Board Certified

William D. Krauss, D.O.

Fellowship Trained in the Foot & Ankle

William P. Bryant, M.D. († 2006)

C.J. Talbert, M.D.

Michael F. Blum, M.D.

Ekkehard Bonatz, M.D.

Brookwood Medical Plaza
513 Brookwood Blvd. Suite 402
Birmingham, AL 35209
(205) 503-4060

MedPlex Medical Building
4517 Southlake Pkwy. Suite 202
Birmingham, AL 35244
(205) 985-4111

Inverness Center
One Inverness Pkwy. Suite 204
Birmingham, AL 35242
(205) 503-5544



The BTC invites you to join us as we run the

LAS VEGAS FULL/HALF MARATHON

Group training runs will begin mid/late July, starting out at 6 miles.

Watch for more info. in next month's newsletter.

RACE DATE: Sunday, December 7th, 2008

ONLINE: www.lvmarathon.com



April

Coach's Corner

– By Danny Haralson

Probably the question I get asked the most in some form or fashion by those already running is, **"How do I get faster?"**

The short answer is two-fold, run more and run faster. Thanks, end of column; have your people call my people.

I say that because that's really all people want to hear; what they don't want to hear is you have to work at it to get faster, there is no 'magic pill'.

I remember talking with another runner after a Tuesday night workout and (to me) it seemed pretty tough; I was lying on the track crying without the strength to lift a water bottle to my lips. Looking down at me he said, "That was fun!" Yeah, he was serious. I looked at him like he had 2 heads, puzzled he asked "what?" Calmly, still sobbing, lying on the track I told him our concepts of 'fun' were light years apart. It was rewarding, anytime you finish a tough anything there's that feeling, but it dang sure wasn't fun!

For the early stages runner the more you run, the stronger you'll get, the stronger you get, the faster you'll run until at some point of your natural ability you max out. Pretty sure your, say... 3rd 5K was faster than your first and your 8th will be faster than your 3rd.

For the runner who's been 'at it' for a while (about a year +/-), there needs to be a concentrated focus on 'speed' i.e. running faster over measured distances for extended periods of time.

For the 'everyday runner' many coaches recommend a hard/easy/hard/easy form of training, meaning that after each 'hard' run or workout you should follow it with an easy run – active recovery if you will. And for many of us 2 workouts a week is a gracious plenty for example one day of track or interval work followed by an easy day and later in the week a tempo run or (simply put) a faster pace for an extended (miles) distance, of course preceded by a warm up and cool down. Most of us/you are past our/your... well let's just say we're not as young as we once were, so rest and recovery are MORE important

than ever (and should be a part of any schedule).

There are as many workouts as there are race distances and the trick is to try to match them up or maintain a steady variety if there is no specific goal. You can run 'quarter's (one lap), halves, (2), 1200's (3) or a mile (4 laps) or you can mix and match or run 6 to 10 of one, for example a workout of 10X 800, with appropriate recovery. What's appropriate recovery? It depends on your level of experience, strength, and individual goal, so it's not as easy as getting out there and running around a track willy nilly. Plus you have the consideration of substituting pace runs, tempo runs, pick ups, hill workouts and more. It's a process of experimentation to determine what will work best for you and how fast you do your workouts or fast runs.

I've heard it said and I agree with it that most people do their speed work too fast and their long runs too slow.

If you want to start a program or experiment with it, may I suggest the simplest way is to take your average pace per mile of a recent 5K race (it should be on the results page) that you were pleased with, and break that mile down into quarter's and halves – an 8 minute mile would 2:00 for a quarter, 4:00 for a Half – 7:30 would be 1:50 for a quarter (close enough), 3:45 for a half.

Then go to a local track or measured course, start with a good 8 – 10 minute warm up (or easy mile) and try to run one lap (quarter – mile) in the mile pace divided by 4 – then jog at least a half lap to recover and go again for a total of 4 'intervals', then cool down for about a mile. Each week you can add a lap (interval) up to no more than 10, and then try something else. For example, you can add variety by running halves (2 laps), just remember to recover briefly (not too much and not too little) after each interval then cool down or mix quarters and halves. This will provide variety to your workouts; keep your body from adapting too much to the easy side of running while helping to improve your cardio-pulmonary and muscular systems.

Caveats, I've got a few – first off this is a broad overview. I would recommend working with someone who has a genuine knowledge and interest who can encourage and 'push' you as you try to get faster. It also goes hand in hand with my past articles on goals and consistency. As my good friend Johnny Montgomery says, "The only way to run fast, is to run fast." It ain't fun, but it is incredibly rewarding especially when you cross the finish line smashing your goal time. •

Danny is an RRCA Certified Coach and can be reached at: danny@rununiversity.com

BTC RUNNING TRIP TO ALASKA

It's not too late to join in!

The BTC is organizing a running trip to Anchorage, Alaska to run the **Big Wild Life Runs** (a Marathon, Half-Marathon and 5K – something for everyone). Course is flat and run from downtown Anchorage and along Cook Inlet We will organize training runs for the Half and the Full from the Trak Shak on Saturdays once the trip is 'booked'. This promises to be a lot of fun and is being booked through Brownell Travel.

DEADLINE FOR BOOKING IS MAY 9TH

TRAVEL DATES

August 15th to 19th, 2008 (4 nights). Races are on Sunday the 17th.

COST: \$1,580 (includes)

- Round trip coach air from Birmingham to Anchorage, Alaska
- Round trip airport / hotel transfers
- 4 nights accommodations at Anchorage Sheraton, standard room, two double beds or 1 king, double occupancy (on request)
- Sleeveless fleece
- Reception with light appetizers and beer (limit 2 per person)
- All applicable taxes
- Applicable reservation fees
- All inclusive EXCEPT race entry
- Group training runs on Saturday mornings from Homewood Trak Shak.

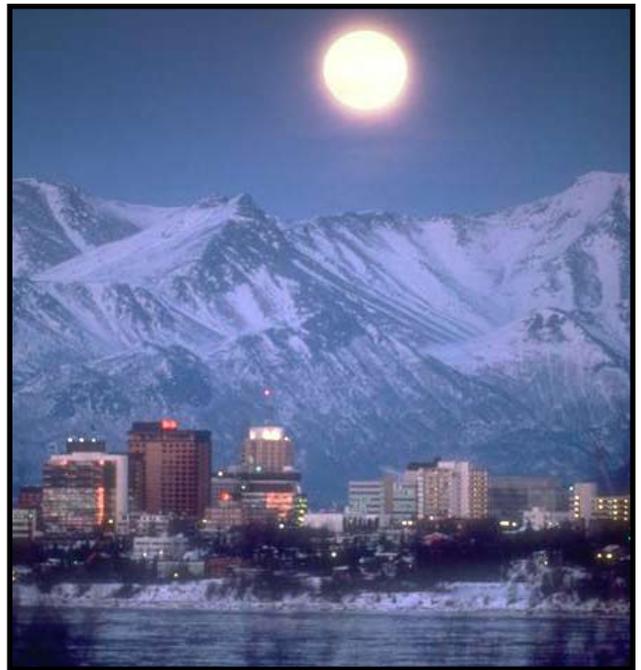
TO SIGN UP

- Call Nicole Dzien at 800-826-9966 (ext. 8815) You'll need to give her a credit card number to hold your reservation – NO CHARGE is made to your card until the trip is booked and that will come when we reach 20 people – the FINAL DATE to signup is **May 9**.
- **The 'deposit' comes due (\$725.00) May 9** if we have 20 people. The more people we have over 20, the less the trip will cost! But the MOST it can cost is \$1580.00 – the remainder of the payment will be due on **June 20th**.
- If we don't get the minimum number of people (20) then there will be no charge and no trip – all bets are off.
- For travel questions call John Engels at 205-414-1664.

BTC CONTACT: danny@rununiversity.com

BIG WILD LIFE RUNS WEBSITE

www.anchoragerunningclub.org/bwlr



LESSER KNOWN PERKS OF VOLUNTEERING

– By Tom Scales

In the Jan. '08 issue of "The Vulcan Runner," Michele Parr urged runners to volunteer at races in her monthly 'Back of the Pack' column. She was right. We should volunteer. Fortunately, helping at races is not a wearisome duty, but is also fun. Here are some reasons why.

- 1.** Working the finish line allows visual confirmation of the existence of those speedy phantoms whose names we know mostly or entirely from the lists of race winners.
- 2.** The view from the finish line gives you an appreciation of where the completion time bell curve is for a race. At last year's Mercedes Marathon, it was a long time between when those first solitary runners finished and when the masses appeared. Interestingly, how beat someone looks at the end of a race does not seem to closely

correspond with finish times. Some of the ones who finish near the end seem just as wiped out – or just as fresh – as the ones who finish much, much earlier.

- 3.** Whether at the finish line or working along the race course, volunteering gives you a chance to observe runners when you're not running yourself. Some people with body shapes and running styles that appear to be mechanically inefficient cook right along. It also makes you realize why fashion is not a big runner priority. Nobody looks all that cool when running, and you realize you yourself don't either. We aren't O.J. at the airport in the Hertz commercial, soaring lithely over luggage. We look like we are late for a flight.
- 4.** Rick Melanson, BTC Race Chairman, is a very cool guy and you learn all kinds of cool things from him. He knows runners and race directors and can tell you which race courses used to be hillier or less com-

plicated and so forth. He's a great source of Birmingham and BTC knowledge. Talk with him a few minutes and you'll feel like an insider.

- 5.** Sometimes you get free stuff from what is leftover after the race. Race directors usually offer you extra bananas or cookies or coupons nobody uses.
- 6.** Watching race directors at work is like following around your boss's boss's boss for a day. You see it takes a lot of organization and people to put on just a 5K. The people who direct races year after year...wow. You may become more tolerant of glitches. The unexpected happens.
- 7.** Being a course monitor is about the easiest job there is and lets you have a great view of the race. Your friends running won't have to pick you out of the sidelines crowd. ●

tomscale@mindspring.com

Race Calendar

May thru June 2008

– Compiled by Rick Melanson

Note: Race information is taken from several different sources and is subject to change and or writer's mistakes. Call Race Director or contact person, especially if you are traveling out of town. (= BTC race/run/event)

MAY 3

Senior Cup 5K & 1 Mile Fun Run

– Decatur, AL, 8:00 a.m.
Info: Daniel Fanning (256-303-1046)

City Fest 5K

– Prattville, AL, 7:30 a.m.
Info: Kim Meadows (334-358-4331)

Endurance 5K

– Dothan, AL, 8:00 a.m.
 1st Baptist Church Family Life Center
Info: Brad Gowing (334-792-3217)
Email: brad@fbcdothan.org

Fiesta Run 10K/5K

– Pensacola, FL, 8:00 a.m.
Info: 850-516-9445
Web: www.pensacolarunners.com

Strolling Jim 40 Mile

– Wartrace, TN, 7:00 a.m.
Info: Phillip Gentry (931-389-9399)

MAY 10

Birmingham Zoo 5K Run & Kid's Runs

– Birmingham, AL, 7:30 a.m.
 Entrance to the Birmingham Zoo. Post race breakfast. Registration on Active.com only.
Info: Tammy Morano (879-0409)
Email: aazk@birminghamzoo.com

Laranda Nichols Memorial 5K Run

– Guntersville, AL 8:00 a.m.
Info: Dana Overton (256-878-2250) or
 Gina McCoy (582-1015)

Gurly Library Challenge 5K & 1 Mi FR

– Gurly, AL
Info: Sharon Cissell (256-776-4279)

Steeple Chase 8K & 1 Mile

– Decatur, AL
Info: Heather Coon (256-301-1519)

Bulldog Run 2 Miler

– Mobile, AL, 8:00 a.m.
Info: Port City Pacers (251-473-7223)

MAY 11

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
 Samford University Track. All ages, children and adults. Awards for the children.
Info: trackmeets@birminghamtrackclub.com
Web: birminghamtrackclub.com/btc-track-meets

MAY 12

BTC Town Hall Meeting

– OutTakes Deli, Homewood, 6:30 p.m.
 2901 18th St. So. in Homewood. All members are welcomed to share their opinions and see what the BTC is up to. Food & beverages provided, BTC Merchandise will also be available.
Info: president@birminghamtrackclub.com

MAY 17

Cahaba River Ramble – 5K & 10 Mile

– Blockton, AL, 8:00 a.m.
Info: Monica Carmichael (205-322-5326 Ext 416)
Email: moniacac@cahabariversociety.org

E2 5K Run and 1 Mile Fun Run

– Trussville, AL, 8:00 a.m.
 NorthPark Baptist Church in Trussville. USATF CERTIFIED COURSE.
Info: Rhona Clark (332-9243)
Email: clayclarks@bellsouth.net

8th Annual Vision Run 5K & 1 Mile FR

– Alabaster, AL, 8:30 a.m.
 Thompson Intermediate School on Hwy 119 going toward Montevallo, 1.5 miles from Hwy. 31.
 USATF CERTIFIED COURSE.
Info: Steve Crainich (915-6237)

Bronco Stampede 5K & Fun Run

– Holly Pond, AL, 8:00 a.m.
 Holly Pond Elementary School on 120 New Hope Rd. USATF CERTIFIED COURSE.
Info: Sherry Chaney (256-796-0046)
Email: schaney@ccboe.org

Wild Catfish 5K & 1 Mile

– Scottsboro, AL, 9:00 a.m.
Info: Holly Thompson (256-574-5035)

Chickasaw Freedoom Run 5K

– Chickasaw, AL, 8:00 a.m.
Info: George Givens (251-666-5666)

Brian Dowling Memorial 5K Trail Run

– Dothan, AL, 8:00 a.m.
 Westgate Park Trail
Info: Larry Dykes (792-6021)

MAY 23

Spring Scramble 5K

– Birmingham, AL, 8:00 a.m.
 Brookwood Mall. Out and back course on the "Green Trail" off of Lakeshore Drive.
Info: Amanda Talbot (682-6869)

MAY 24

30th Annual Jubilee CityFest

– Montgomery, AL, 7:30 a.m.
 8K Run & 2 Mile. Old Alabama Town. RRCA STATE 8K & 2 MILE CHAMPIONSHIP.
Web: www.jubileecityfest.org
Info: Pete Preston (334-396-8560)
Email: jubileecityfest@yaho.com

Stroll-N-Roll Duathlon

(5K Run/13 Mile Bike/1 Mile Run)
 – Dothan, AL, 8:00 a.m.
 Beverlye Middle School
Info: Bill Davenport (334-798-1192)

MAY 26

Mercedes Benz Cotton Row Run

– Huntsville, AL, 10K - 7 a.m., 5K - 9 a.m., 1 Mile Fun/Walk - 10 a.m.
Info: Dink & Suzanne Taylor (256-650-7063)
Email: susanne@fleetfeethuntsville.com

MAY 31

Vestavia Fireman's 5K for MDA

– Birmingham, AL, 8:00 a.m.
 Liberty Park at Vestavia Hills Elementary Liberty Park, 17051 Liberty Pkwy.
Info: Scott Phillips (529-5240)
Email: spfire@alltel.net

JUNE 1

BTC Executive Meeting

– Cosmo's Pizza, Five Pts. South, 2:30 p.m.
 All members are welcomed to attend. Cosmo's is located across from Five Pts. Fountain at 2012 Magnolia Ave, 35205.
Info: president@birminghamtrackclub.com

JUNE 7

Perseverance 5K Run & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
 RESCHEDULED from March 8th (race that was cancelled due to an ice storm.)
 Dawson Memorial Baptist Church on Oxmoor Rd. USATF CERTIFIED COURSE.
Info: Chris Hunsburger (8791758)
Email: recreation@dawsonchurch.org

BTC Track & Field Classic

– Hoover High School, Hoover, AL, 7:00 a.m.
 All ages, a USATF sanctioned meet.
Info: Frank Newland (205-621-9912)
Email: newlafr@yahoo.com
Web: www.btcclassic.com

Eurocross 5K & 8K

– UAH Campus, Huntsville, AL, 8:00 a.m.
Info: Keith or Tracy Roberts (256-880-1862)

JUNE 14

2008 Night Run and Fun

– Birmingham, AL, 6:00 p.m.
 4 Mile and 1 Mile Fun Run at Regions Park, 100 Ben Chapman Dr., Hoover. After party featuring food, drinks, kids games and musical entertainment by "4 On The Floor".
Info: Emily Gardner Peterson (939-5590 Ext 61)
Web: www.bbbsbhm.org

JUNE 14

Alabama A&M 10K Road Race

– Harvest, AL, 7:30 a.m.
Info: Mike Green (256-859-4369)

JUNE 21

Stampede 5K Run & 1 Mile Kid's Run

– Fultondale, AL, 8:00 a.m.
 Walker Chapel Baptist Church on 1525 Briscoe St. USATF CERTIFIED COURSE. Sammy and Mike Renda of the KNIGHTS OF COLUMBUS RUN are still in competition to see who can give away the most door prizes. Stick around – you will not leave empty handed!
Info: Sammy Morris (585-6066 or 849-5740)

Harry Williams All-Comers Track Meet

– Huntsville, AL, 5:00 p.m.
Info: Marty Clarke (256-852-5723)
Email: mclarkeruns@comcast.net

Alligator Trot 5K

– Florala, AL, 8:00 a.m.
Info: Karen Johnson (850-834-2032)

JUNE 28

Race To The Courthouse 5K & 1 Mile FR

– Birmingham, AL 8:00 a.m.
 Downtown YMCA and ending on 20th St. close to Lynn Park.
Info: Downtown YMCA

MONDAYS – BTC Lakeshore Group Run

– Birmingham, AL, 6:00 p.m.
 Brookwood end of Lakeshore Trail – any pace, any distance.
Email: newrunners@birminghamtrackclub.com

TUESDAYS – BTC Sunrise or Hill Group Run

– Birmingham, AL, 5:30 a.m.
 Mountain Brook YMCA, meet in lobby area. Free showers and lockers available.

WEDNESDAYS – Trak Shak Group Runs

– Homewood, AL, 5:30 p.m.
 Trak Shak store in downtown Homewood. All paces.
Web: www.trakshak.com

SATURDAYS – Red-Eye-Run – 6.2 miles

– Birmingham, AL, 7:00 a.m.
 Mountain Brook Village in front of Western Super Market. Varied pace to suit anyone.

FUTURE 2008 EVENTS (local only)

07-04 – Peavine Falls Run – 8.3 mi
 08-02 – Bushwacker 5K - Pensacola (BTC Road Trip)
 09-06 – Fat Danny's Trial by Trail 5 mi
 09-13 – Run For Sobriety 5K
 09-20 – ERA Oxford Realty 8K
 09-27 – Are U Able 5K
 10-04 – Hueytown 5K/10K
 10-11 – Race For The Cure 5K
 10-25 – Cross Point 5K
 11-01 – Vulcan Run 10K
 11-08 – North Jefferson Charity Run 8K
 11-15 – Gopher Run 8K
 11-22 – Iron Bowl Run 5K
 12-07 – Las Vegas Full/Half Marathon (BTC Trip)

TOWN HALL MEETING

WHERE: OutTakes Deli (in Homewood)

2901 18th Street So., Homewood www.birminghammenues.com/outtakes

WHEN: Monday, May 12th, 2008, 6:30 p.m.

FOOD/DRINKS/MERCHANDISE:

Food and drinks provided by the BTC. Club merchandise will also be available, including the featured "Item of the Month" (see page 21).

Make your voice heard!

The BTC is YOUR club and we want to hear your ideas, suggestions, complaints, praises — all of it. Do you want to get involved with the BTC but don't know how? Do you like or dislike what we are doing? This is a GREAT opportunity to make opinions heard...so get involved!

All are welcomed!!!

What's the **BIG** idea? *— By Sally Young*

There's **chocolate** on judgement day

The Honorable Bruce E Schroeder, a soft-spoken, gray-haired Wisconsin justice, was gently chastising his court for unnecessary delays. He cautioned everyone to remain calm. "And there's chocolate, now here, for us," he added, with an excitement, like the Easter Bunny had just come.

His wise counsel refers to the soothing, anodyne effects of chocolate, recognized in 16th century European medical literature for the tranquility it brings to those who are "over-stimulated by serious mental activity." The high fat, high sugar content of milk chocolate causes a change in brain chemistry, releasing beta-endorphins and anandamides, both of which enhance a sense of well-being.



This is part of the pedigree of chocolate that can shift a post-workout athlete into recovery mode.

Dark chocolate is rich in antioxidants, especially catechins, a subclass

of flavonols. Catechins release nitric oxide in the lining of the arteries - think nitroglycerin - which dilates the blood vessels, increasing blood flow, and lowering blood pressure. Nutrients are swept into muscle repair and glycogen storage; free radicals are neutralized by other flavonols. Catechins also expand capillary growth, a process stimulated by long, slow runs.

Look for the newly developed antioxidant-enriched chocolates, such as Hershey's Antioxidant Milk Chocolate. •

Sally Young is a published freelance writer (Running Times, Footnotes, Fitness Runner) and is also an Artist.

Email her at yo-sal@cox.net

Advertise in THE VULCAN RUNNER

Do you own a business you'd like to advertise in The Vulcan Runner? Do you have a race or business you want the rest of the BTC community to know about? If so, below are our monthly rates* for placing ads, along with approx. sizes available:

1/5 page (1.5 in. x 10 in.) – \$15 **1/2 page** (7.5 in. x 5 in.) – \$50 **Full page** (7.5 in. x 10 in.) – \$100
1/4 page (3.7 in. x 5 in.) – \$25 **1/2 page** (3.7 in. x 10 in.) – \$50

*Advertisers who pay for an entire year in advance will get 12 months for the price of 10 months (ex. a Full page for 12 months would cost \$1,000, instead of \$1,200).

Deadlines are the 1st of each month for the following month.

To place an Ad or for more info:
newsletter@birminghamtrackclub.com

	<p>The Birmingham Track Club presents The Birmingham Track Club 2008 Track and Field Classic Saturday, June 7, 2008 Hoover High School Hoover, Alabama</p>	
-----------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------

<p>Entry Fees: \$17.00 first event, \$8.00 each additional, \$20/relay. Pre-Register by: June 2, 2008. Late fee: \$15.00</p> <p>Age Divisions: Open and Masters (Age 30+), M&F On-Line Registration: www.active.com</p> <p>Contact: Frank Newland –205-621-9912 newlafr@yahoo.com, www.btcclassic.com</p> <p>USATF Membership required. Membership forms will be available day of race. You may obtain membership application at www.usatf.org.</p> <p>Track Events: 50m, 100m, 200m, 400m, 800m, 1500m, 5K, 80H, 100H, 110H, 300H, 400H, 4x400Relay</p>	<p>Directions: I-65, Take I-459 South to Tuscaloosa. Take AL-150 (exit 10-Hoover Met Stadium), Turn Left off Exit Ramp, Right on Stadium Trace Pkwy, Left on Learning Lane, Left on Buccaneer Dr.</p> <p>Awards: Medals to top 3 finishers in each age group. \$100-1st Place: KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m) \$100-1st Place: Phil Mulkey Mini-decathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.) Team Competition: Winner based on top 3 age graded performances: 5,3,1 points. Winning Team will receive Bill McClure Award.</p> <p>Field Events: HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer</p> <p>Schedule of Field Events: (approximate): Implementation Certification: Booth opens at 7:00am Central. Triple Jump: 8:00-11:00am, report to venue when ready to compete.</p> <table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th>Time</th> <th>HJ</th> <th>PV</th> <th>LJ</th> <th>Shot</th> <th>Discus</th> <th>Javelin</th> <th>Hammer</th> </tr> </thead> <tbody> <tr> <td>8:00</td> <td>open-m45</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>9:00</td> <td>W,M70+</td> <td>WM70+</td> <td>M50-60</td> <td>M50-65</td> <td>Open-M45</td> <td></td> <td>All ages M&W</td> </tr> <tr> <td>10:30</td> <td>M50-65</td> <td>M50-65</td> <td>Open-M45</td> <td>W,M70+</td> <td>Women-M70+</td> <td></td> <td></td> </tr> <tr> <td>Noon</td> <td></td> <td>Open-M45</td> <td>W,M70+</td> <td>Open-M45</td> <td>M50-65</td> <td>Open-M45</td> <td></td> </tr> <tr> <td>1:30</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>W,M70+</td> <td></td> </tr> </tbody> </table>	Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer	8:00	open-m45							9:00	W,M70+	WM70+	M50-60	M50-65	Open-M45		All ages M&W	10:30	M50-65	M50-65	Open-M45	W,M70+	Women-M70+			Noon		Open-M45	W,M70+	Open-M45	M50-65	Open-M45		1:30						W,M70+	
Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer																																										
8:00	open-m45																																																
9:00	W,M70+	WM70+	M50-60	M50-65	Open-M45		All ages M&W																																										
10:30	M50-65	M50-65	Open-M45	W,M70+	Women-M70+																																												
Noon		Open-M45	W,M70+	Open-M45	M50-65	Open-M45																																											
1:30						W,M70+																																											

Send Completed form and entry fee to: **BTC Classic, Frank Newland, 234 King Arthur PI, Alabaster AL 35007**

Name: _____ DOB: ____ / ____ / ____ Age: _____ Sex: _____ USATF# _____

Address: _____ City: _____ St: _____ ZIP: _____

Phone: _____ E-mail: _____ Shirt Size: S M L XL

	Events	Entry Fees:	Cost:
1		First Event: \$15.00	\$
2		2 nd +Events x \$ 6.00	\$
3		Relays x \$20.00	\$
4			\$
5		Late Fee \$15.00	\$
6		T-Shirts x \$10.00	\$
	Make Check Payable to: BTC Classic	Total Due:	\$
	Remit completed application to: BTC Classic Frank Newland 234 King Arthur PI Alabaster, AL 35007		

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2008 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Hoover High School, USATF, and the Knights of Columbus, agents or representatives arising from my participation in the 2008 BTC Track and Field Classic.

Signed: _____ Date: _____



WWW.TRAKSHAK.COM

NOW OPEN IN DOWNTOWN TRUSSVILLE

183 Main Street Next to CAHABA CYCLE

Celebrating 12 years

of personalized quality service for customers of all speeds of life.



The Trak Shak specializes

in fitting everyone in the correct shoes.

Whether you run, walk, jog or just need some good shoes to kick around in, we fit you right!



Your buying locally allows us to support Birmingham's avid running community.

Thank You!

The correct shoe or insole can help

alleviate some of these common aches & pains:

- Morning Heel Pain (Plantar Fasciitis) • Shin Splints
- Black Toenails • Runner's Knee • Weak Ankles • Blisters
- Lower Back Pain • Achilles Tendonitis • ITB Syndrome



The Trak Shak

Running Shops - Homewood • 280 • Trussville

HOMEWOOD

2839 18th Street South

870-JOGG

INVERNESS

4740 Hwy 280

408-5723

TRUSSVILLE

183 Main Street

655-2553

Athens Ohio Marathon Report

My first real attempt to qualify for Boston

– By *Tim Roberts*

Well, I'll cut straight to the chase: No, I came up short in my first real attempt to BQ (qualify for the Boston Marathon). As a consolation prize, I came away from the race with a nice new PR (personal record) and an age group award.

Here's the quick version of the story. Myself and my virtual training partner (a guy in my on-line running group) were both training using the same plan and both needed a 3:15:59 to BQ for next years Boston Marathon. So, via emails and PMS (online personal messages) we decided to meet somewhere to run the race together. Athens Ohio was recommended to us as a super flat course, with no frills, small field, and potentially cool weather. So we started planning for the race. A few other online buds decided to meet there with us. All of them signed up to the run the half.

Anyway, the course is as flat as advertised. It's an out and back on a bike path. Think lakeshore trail meets Columbiana. Very rural, little to no crowd. Just the right amount of aid stations.

There were about 700 total racers and about 230 or so in the marathon, the rest were half-marathoners. The first mile is downhill

from downtown to the trail, and no, you don't have to climb back up that hill at the end. The finish is on the university campus track stadium track.

This was not a chip timed race. So, since we were going for a qualifying time, Myron and I lined up right at the front. They tried to fire a cannon off to start the race, but the cannon firing people missed the cue so a guy said "go" in a bullhorn, then the cannon fired about 10 seconds later.



We settled right onto our pace running 7:22 for the first mile followed by a pile of miles with paces between 7:25 and 7:32. We hit the HM (half-marathon) marker at 1:38:00 even. This is exactly on pace for a 3:15:59 (ok, we'd need to negative split by :01) to account for the :59.

After the HM turn (a cone in the middle of the trail) I picked up the pace ever so slightly. Myron was not feeling all that great, and we parted ways. Prior to the turn, we entertained ourselves by counting the number of people running towards us. I think at that point we were about 29th overall in the race.

The 2nd half was tough. It was getting warmer and we had turned into a headwind. I held it together on pace until about 20.5 miles. Then, the wheels fell off. I think the

pounding of not going up hills took its toll on my leg muscles. Cardio wise, I felt fine and could have gone faster, but my legs were heavy and were not cooperating.

From 22 to the end, I ran a couple of 8:30s, a 9:12, and an 8:01. I had pretty much nothing when I hit the track for 1.5 laps to the finish line. Oh well. By then, I knew that the BQ was not to be.

So, I ended up with a 3:23:46. That got me 5th in my age group and 26th overall. That's a 6 minute PR over what I ran at Marine Corps Marathon last fall. Also, it was great to get some experience at the 7:26 pace that I need.

I guess I'll take another shot at it in the Fall. Since I met up with you guys last year, this makes 6 marathons since last years Country Music Marathon (my marathon debut). That's 16 months and 2,200 miles of continuous marathon training. I'm ready for a break!

By the way, I got lots of thumbs up and encouragement from both spectators and competitors while wearing my new Marathon Maniacs singlet. There was at least one other maniac there. He was from California and had a purple (or blue) Mohawk.

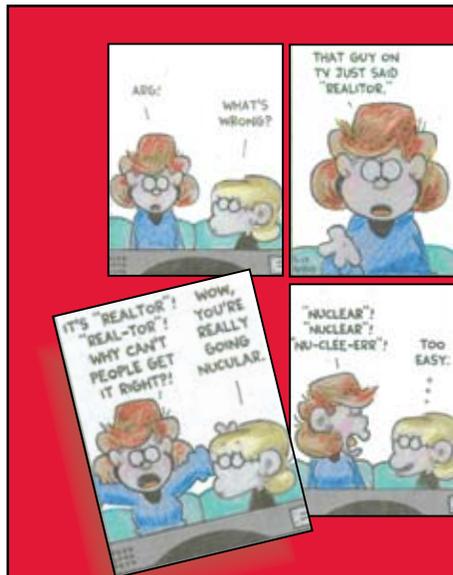
All in all it was great experience. Except for the last 4 miles and the 1,200 mile roundtrip by car.

Thanks again for your support and encouragement. •

tim.roberts@arbitron.com

Submit
a story
or photos
for future
issues of
'THE VULCAN
RUNNER'

newsletter@birminghamtrackclub.com



There's only one way to say Realtor®.

Christy Hotz!

wen pronunciation
one name
1 call



Christy Hotz • J. Harris Real Estate
jharrisrealestate.com • 205-266-4623

christyhotz@hotmail.com

TRAK SHAK HONORS RUNNER HOME FROM IRAQ

- By Shannon Goff

I have a friend (First Lieutenant Charles 'Chip' Adams) who recently returned from Iraq and needed to stay in shape during his break. He is home for 3 weeks before returning for the second half of his 15 month military duty.

I knew one place where he would be welcomed by all - so we headed to the Trak Shak for the Wednesday weekly group run. After the run, we introduced him to Valerie McLean, owner of the Trak Shak. She was so welcoming and appreciative of his service that she offered him a free pair of running shoes to take back with him. Apparently she noticed he was wearing Mizuno's because she pulled his size and had him trying on shoes before we knew it.

While he wasn't thrilled to be accepting free shoes, in his words "I hardly think 15 months in Iraq is worthy of a \$130 pair of shoes," Valerie had him fitted and along his way in mere minutes. As he walked away, she said that he needed to safe and to come back down to the runs when he was home for good.

What is the lesson behind this story? Support our local businesses. If he walked into Dick's or Academy, I don't think he would have had the same feeling of being welcomed home with open arms. If one of our local businesses can support us week after week, don't you think we should do the same for them? I know I won't be buying shoes at any other place besides a locally owned shop. •

shanfsu@hotmail.com



First Lieutenant Charles 'Chip' Adams in Iraq.

Provided music and sound for 2006 & 2007 Annual Parties

ANYONE CAN PLAY MUSIC...
OUR DJs ENTERTAIN!

Weddings, Private & Corporate Parties, Schools...

Professional, Experienced DJs
Premium Digital Sound Systems
Traditional Announcements & Formalities
Interactive Crowd Participation
Exciting Light Shows • Karaoke
Extensive Music Library (covering all ages)

www.jamm.net
1-800-264-5266
205-942-8522

Please support our BTC SPONSORS



www.trakshak.com



www.jrag.com



birminghammenus.com/cosmos



www.outtakesdeli.com



www.ebscocreativeconcepts.com



www.bobs-bikes.com

“We Run To Save Your Rear”

Local runners raise awareness & funds to help fight Colon Cancer

– By Amanda Vandegrift

Several BTC members ran the **ING Georgia Marathon** on March 30, 2008 to raise money for colon cancer awareness and research in memory of my mom, **Lisa Martz**.

Mom was diagnosed with stage 4 colon cancer on June 22, 2004. Although her cancer was in the most advanced stage, she was determined to fight, and indeed she did! During her 3 ½ year fight against colon cancer she showed strength and courage. She continued her devoted role as mother and grandmother. She showed enthusiasm for life, displayed her faith in Christ and encouraged her doctors by her determination to live.

Although mom fought with determination and faith her body succumbed to her disease on October 5, 2007. In honor of her life several of my BTC friends suggested we run a marathon in her memory as a way to continue her battle against colon cancer. Our hope was to raise awareness of the disease and help fund research that will cure colon cancer. Several fundraisers were organized in effort to raise funds for the Susan Cohan Kasdas Colon Cancer Foundation and the University of Alabama at Bir-



Lisa Martz, Amanda's Mom, was diagnosed with stage 4 colon cancer in 2004.

mingham (UAB) Comprehensive Cancer Center. **We excitedly donated over \$6,100 for these causes.**

Our first fundraiser was a chili dinner and silent auction hosted by John and Donna Lossie. Special thanks to our hosts, to Tim O'Brien for the entertainment, and for all those who made donations to the silent auction. The Mercedes Marathon pre-race pasta dinner was our next fundraiser located at the First Presbyterian Church downtown. Dr. Mark Parker and The Alabama Colon and Rectal Institute, PC. graciously sponsored this dinner, we were truly honored and thankful to have their support. The fundraising continued with a pancake breakfast at Up The Creek. I can not say 'thank you' enough to all those who volunteered and supported our fundraisers. The BTC family is so sup-

portive of each other and I am so grateful for you giving yourselves to make our fundraisers successful and mostly for what you have done in memory of my mom. My mom would be so proud of all we have done to help others who are battling colon cancer.

On the last weekend in March, which happens to be colon cancer awareness month, almost 30 Birmingham area runners traveled to Atlanta, GA for the ING Georgia Marathon and Half Marathon. Before the sun came up on Sunday 15,000 runners gathered on a chilly spring morning near Centennial Park to embark on the marathon and half marathon adventure. Fleet Feet Sport provided matching Brooks tech shirts for us and Ebsco Printing screened our logo so everyone knew our purpose: “We Run To Save Your Rear!” The course took us from downtown to Midtown then to Little Five Points where the half marathoners broke away from the full marathoners. The full marathoners continued on to the areas of Agnes Scott College, Decatur, Druid Hills, Emory University,

Virginia Highlands and back into downtown. Most neighborhoods along the course participated in the ‘Neighborhood Challenge’ posting encouraging and comical signs along the course. This year the race directors made sure there was plenty of fluids on the course, water almost every mile and Gatorade at most stops. GU brand was the gel of ING Georgia, offered 3 times on the full course with a good variety at each location. Not only was there a full stock of water, Gatorade and GU but the hills were in ample supply as well. I don't know if any of us expected the elevation to be so demanding in Atlanta, honestly I'm glad I didn't know. I don't know how many times I stated during the race that ING Georgia is far more hilly than Mercedes, yes I still believe this. Despite the hills many of us still set PRs and we added several new members to the marathon circle. It was an exciting weekend, I was happy to have my family and so many friends together to support one another. ●

akvacct@uab.edu

(L to R) **Amanda**, who ran a PR, and **Alicia O'Neil** just after the start of the 2008 ING Georgia Marathon on Sunday, March 30th.

Siblings **Adam Martz** and **Amanda Vandegrift** wear their ING Georgia Marathon medals at the after-race gathering.



PHOTOS COURTESY OF JOHN LOSSIE & AMANDA VANDEGRIFT



Birmingham runners gather before the start of the 2008 ING Georgia Marathon, that they ran in memory of Lisa Martz, Amanda's Mom.

PHOTO COURTESY OF JOHN LOSSIE

ING Georgia Marathon Report

IT HELPS HAVING AN AWESOME RUNNING PARTNER

– By Jenny Craton

The **ING Georgia Marathon** was my second full marathon. Leading up to the race a team of runners raised money to benefit the Colon Cancer Foundation and UAB CCC in honor of Lisa Martz (see story on Page 17). Being a part of that team was truly amazing. It was so wonderful to see the support of people and the money that was raised for such a worthy cause. I know we all want to thank everyone who contributed in so many ways to make it a success.

I admit that I was slightly worried about the race itself since I didn't decide until about the month before that I was going to run the full, and by the time it arrived my longest training run had only been around 18 miles, but I decided to give it my best shot anyway.

I was very, very happy (can I say very one more time) to find out that Jamie Collins was planning for about the same time goal as I was. I just want everyone to know that Jamie is an awesome running partner. He kept me motivated and entertained while he seemed to barely even notice that we were running, and running non-stop hills at that! It wasn't that the hills were that big compared to Birmingham, but they just NEVER stopped! Surprisingly though, I felt a lot better than my first experience in D.C. and almost everyone who ran got a PR that day!

The last few miles I slowed some, but Jamie stuck with me the whole way even though he could have gone on. We finished in 4:39, which was right in the middle of my goal range and a 26 minute PR from my first marathon. Thank you Jamie for keeping me going!

Overall it was a very fun weekend, everyone seemed to have a great race and we even got to celebrate Katie's birthday and three runners first half and full; April (half), Adam (full) and Brantley (full). Congrats to everyone who ran, I'm already looking forward to the next one! •

jcraton@uab.edu

(Below) **Jenny Craton** and her running partner **Jamie Collins** at the Hard Rock Cafe in Atlanta after finishing the ING Georgia Marathon.



PHOTO COURTESY OF JENNY CRATON



The View from the BACK OF THE PACK

– By Michele Parr

Whose idea was this anyway? That's the question that has run through my head every time I've found myself lined up with a pack of like-minded lunatics waiting to cross the starting line for a half marathon. Late March in Atlanta was no exception. As I stood in corral six in the chilly pre-dawn listening to someone I couldn't see sing the National Anthem, I wondered again what possessed me to think running 13.1 miles was a good idea.

The journey to this race was a long one. A bunch of selfless BTC members put on fundraiser after fundraiser to help support colon cancer research in memory of the mother of two of our own, Amanda Vandegrift and Adam Martz. Through chili suppers and pasta dinners and pancake breakfasts, they raised over \$6100, had a blast, and maintained a sense of humor. Our team shirts proclaim, "We're running to save your rear." That got a few chuckles once the sun came up.

It took Debbie, Patty, Katie, April, and me about 15 minutes to make it to the starting mat after the gun sounded. There were lots of cheering spectators over those early miles, including the contingent who had been snapping photos in the hotel lobby an hour earlier. I began to suspect this race was going to be a challenge when the first four miles of rolling hills basically trended to the downhill side. I was right.

I admit to being a bit of a Birmingham snob. I've always thought our hills were hillier and our race routes tougher than anything Georgia had to offer. I've run a half marathon in Alpharetta. I've done Peachtree. To my thinking both pale in comparison to the challenges of Mercedes. When it comes to ING Georgia, though, they've out-hilled us.

The beauty of the Mercedes half is that the hills don't start until mile 4 and they're done by mile 9. In this race they just kept coming and coming and coming. At Little Five Points I spotted a colorful sign that made me

grin. "It's just another long run," it said. Then I recognized the spectator holding it. Jason and Cindy missed us everywhere else as they tried to hop around the course through the ever-present Atlanta construction, but they found us and we saw them and got a boost from there.

Debbie, Patty, and I were still running strong together through Piedmont Park and onto 10th St. You know that hill you run down before ending Peachtree in Piedmont Park? ING Atlanta runs up that one. There were more familiar faces just a little farther along. Ann and our friends Ed and Brian had journeyed all the way to the corner of Ed's building to stand out in the cold and the damp to cheer us on. That got me to about mile 11 where I found myself heading uphill AGAIN. That's the place where Patty and Debbie pulled away. By this point the marathon leaders had passed us, some with police or bicycle escorts, some without. (Can you imagine being a sub-3:00 marathoner and having to weave your way through the 2:30 halfers? What a nightmare!)

At mile 12 there were a bunch of kids cheering from parked school buses. That was great, but we were still running uphill. A little farther along a Team in Train-

ing coach kept running out to run in his team. The finish line for this race is even harder to spot than the Mercedes finish. The race weaves through Centennial Park between some barricades before opening into the finish area. My buddies and I had a good race. Two of us set new records for the distance. The one who didn't beat us both and came darned close. I was tired and I was cold, but I was a faster halfer than I'd been when I got up that morning.

Whose idea was it to run another half marathon? I'm afraid it was mine, and I'm bound to do it again. ●



treasurer@
birminghamtrackclub.com

Southplace Tire & Auto Center

2100 3rd Ave. South (205-322-7477) – Near UAB Medical Center
Open Monday thru Friday (7:30 a.m. to 5:00 p.m.) – Downtown Valet Service

Birmingham Track Club Members: 10% Discount on Services, 5% on Tires

Tires

Bridgestone
Firestone
Michelin
Goodyear
Mastercraft
Falken



STANDARD OIL CHANGE

\$28.50

Up to 5 quarts
Oil & filter

PREMIUM OIL CHANGE

Starting at

\$59.50

Using MOBIL 1 - Full Synthetic
Plus - Oil change service for Diesels
(Prices are for most light cars and trucks)

Services

Alignment
Brakes
Shocks/Struts
C.V. Axles
A/C Service
Starters
Alternators
Electric Doors/Windows
General Repairs



Double Trouble

The month's participants in 'Double Trouble' are **Geoff Gottlieb** and **Natalie Lockhart**, fresh off of their Boston Marathon performances this month. Both are deserving of some down time and some guilty pleasures.

Please contact me via email if you would like to participate in future versions of this column.

– Compiled by Tim Roberts (tim.roberts@arbitron.com)

Geoff Gottlieb

Age: 30

Status: Single

Hometown:
Birmingham, Alabama



1. Last movie you liked so much, you watched it twice?

"Catch Me If You Can", and I would watch it again...

2. Name one guilty pleasure? Chocolate Chip Cookie Dough Ice Cream!

3. Favorite place on earth? Birmingham on a perfect Spring morning or afternoon, with my friends. There's too many wonderful places to really choose one.

4. Worst place on earth? There is something good about most places. Maybe we just can't see it!

5. One item you'd want with you on a desert island? My Bible for sure...

6. Most interesting person you've ever met?

I pray that I will always have the eyes to see that every person I meet is interesting. Locking it down to one is really difficult.

7. Coolest trophy or prize you ever won? In 6th grade I won my school's poetry contest. I wrote it about wanting to be a weatherman. I nearly won the city-wide competition too. The funny part was I was a slacker and wrote the poem five minutes before it was due.

8. Favorite TV show? The Amazing Race. I always dream about being on that show. A girl I work with actually was. I bombard her with curious questions about it.

9. Favorite fast-food joint? Chick-Fil-A, no competition.

10. Who would play you in a movie? I've been told that I look like Dana Carvey – but I'm going to choose Ben Stiller.

11. Something unique about the town you grew up in?

Willingly or not it was an epicenter of the Civil Rights Movement, and though it's not perfect, great history has been made here in the fight for equal freedom for all.

12. If you could play an instrument, what would it be?

I do, and it's a guitar! I played in a band for a while before I was a runner.

13. Scariest thing that ever happened to you?

One time my sister got hit in the head by the backswing of a golf club while playing outside. And once I watched my brother crash a car behind me through my rear view mirror.

14. Favorite book? The Bible

15. Favorite meal? Crab cakes at Red Bat in Grayton Beach, FL.

16. Why do you run? 1 Corinthians 9 - Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. I run as an expression of my love for Christ.

17. When did you start? October of 2003. I went from couch to half marathon in 14 weeks. I had no clue what I was doing. Somehow I survived and managed not to get injured or to hate it so much that I quit. I've never stopped going since.

18. What's your biggest running accomplishment?

Races are great. Medals are great. But my greatest accomplishment in my eyes is consistency. I started this to change a lifestyle, physically and spiritually. I want to be defined more by the invisible finish lines on the innumerable roads that I didn't have to cross but I did anyway, with no medal and no crowds, only me and God and the road.

19. Favorite BTC story? I'll be selfish and say my story about the 2006 Boston Marathon (June 2006 issue of "The Vulcan Runner").

20. Words to live by or favorite running mantra?

"Live for today, love like a maniac, and be like God to those who need Him"



Natalie Lockhart

Age: 26

Status: Involved

Hometown:
Middletown, Delaware

1. Last movie you liked so much, you watched it twice?

"Count of Monte Cristo" and "Double Jeopardy" are movies I reach for a lot.

2. Name one guilty pleasure? Dunkin' Donuts: Boston Cream, Peanut Butter Cream, Chocolate Glazed rolled in peanuts, and Cherry Cake. Not all at once.

3. Favorite place on earth? Granny's back yard with the dogs: She has 6 acres along the Chesapeake Bay with two German Shepherds. It's incredibly peaceful, smells good, and the water is usually smooth.

4. Worst place on earth? Dentist office. I passed out once - when I was 25 and they told me I had my first cavity.

5. One item you'd want with you on a desert island?

A stove, but if I can make a sufficient fire and keep it going, then sunscreen.

6. Most interesting person you've ever met?

My mom's dad, Pop pop. He's gruff, strict, and can eat cayenne peppers sautéed in olive oil and seasoned with red pepper flakes, then reach for more without a drink to wash the first one down. He used to tell war stories at the breakfast table over black coffee, biscotti and pizzelles.

7. Coolest trophy or prize you ever won?

The most unique is probably from the Business Professionals of America high school competition in 1998. I took home first place in formatting and keyboarding for the state of Delaware.

8. Favorite TV show? I'm ashamed to admit this: American Idol.

9. Favorite fast-food joint? For breakfast, I like fast food egg and cheese on a biscuit sandwich & hash browns with ketchup, doesn't matter from where.

10. Who would play you in a movie?

Natalie Portman - she's got the name, the brown hair and big brown eyes.

11. Something unique about the town you grew up in?

Dead Poet's Society with Robin Williams was filmed there.

12. If you could play an instrument, what would it be?

I used to play flute. If I could play now? I'd pick percussion.

13. Scariest thing that ever happened to you?

I met my dad when I was 18. It's weird to walk up to a strange man, shake his hand and have a casual dinner to "catch up." I took my best friend with me.

14. Favorite book? There's a fun psychology book called "The Book of Questions" that's fun to read through with a group of friends. It makes you think and some of the questions posed make you want to be a better person.

15. Favorite meal? Peeling blue crabs with twice baked potatoes, steamed broccoli and cold beer... and lots of strawberries.

16. Why do you run? To support my food habit; to sleep better; therapy; and to make friends - Runners are really tolerant people.

17. When did you start? I started in high school. In my first 5K, I sprinted at the start, got ahead of everyone but finished second to last with a 31:20.

18. What's your biggest running accomplishment?

I don't know if I can get much bigger than Boston, so that is probably it.

19. Favorite BTC story? Last Fall while training for Marine Corp, Derek and I were out with Jason & Eric Ferguson and a few other friends enjoying a Friday night. We had a long run the next morning. After leaving Starz Karaoke, we went to IHOP I drove Derek back to his car where we sat and chatted until one of us realized it was 5 a.m. and had 45 minutes to get ready for the run. We both got in our cars and left. I got dressed, popped a few ibuprophen and drank a glass of water. I cut my training run to a very easy 11 miles, then went to bed. I saw Derek out there with Stephanie Farrington and later heard that he ran the entire thing and was dry-heaving in a trash can!

20. Words to live by or favorite running mantra?

"You can't make chicken salad out of chicken sh*t." – My high school coach used to tell us that all the time to remind us to work hard.

ATTENTION ALL RUNNERS
it's time again for your local Zoo Run!!!



This year we will be enjoying a 5k morning run at 7:30 to give participants a full day at the zoo following the event. With new courses, prizes and a day at the zoo, this year's Zoo Run will be the most successful yet! So rise and shine with us and enjoy a great day at the 3rd Annual Zoo Run! For more information, please visit www.birminghamzoo.com

We Need Volunteers!!!

If you can't run but want to help out, we have plenty of ways you can volunteer before, during and after the event. Please visit the Birmingham Zoo's website, www.birminghamzoo.com for more information or email the AAZK Zoo Run Committee at aazk@birminghamzoo.com. Please include "Zoo Run Volunteer" in the subject line. Adult volunteers only.

MAY Club Merchandise **Item Of The Month** **RUNNING TANKS**

FREE BTC window decal with order!

Unisex Fit

Ladies Fit



\$8
each
+ shipping*

Available at May 12th Town Hall Meeting

Unisex Tank details:

- S, M, L, XL, XXL
- Blue, Black and White tanks have Red print.
- Tanks have BTC city scape logo on BACK (centered) & BTC circular logo on FRONT.
- All are Zorrel athlete series with Dri-Balance wicking material.



Ladies form-fitting Tank details:

- S, M, L, XL
- Red and Yellow tanks have Navy print.
- Black tank has Pink print.
- Tanks have BTC city scape logo on BACK (centered) & BTC circular logo on FRONT.
- All are Zorrel athlete series with Dri-Balance wicking material.



Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity	Style	Item Description/Color	Size

Send orders/payments, made payable to Birmingham Track Club, to:

Johnaca E. Kelley, BTC Vice President
c/o EBSCO Creative Concepts
825 5th Avenue South
Birmingham, AL 35233

*Please add \$6 per item for UPS ground shipping merchandise@birminghamtrackclub.com

More merchandise at www.birminghamtrackclub.com/merchandise

Offer good till 5/31/08

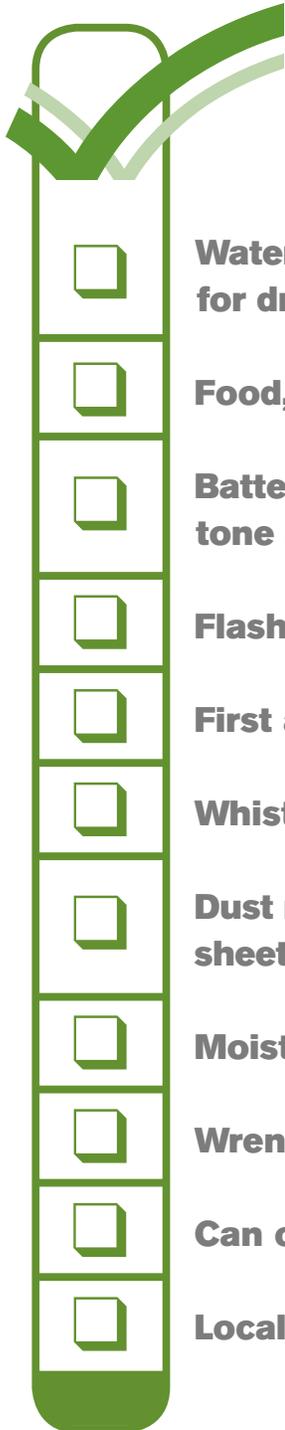
PREPARE. PLAN. STAY INFORMED.

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

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

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

Recommended Items to Include in a Basic Emergency Supply Kit:



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

www.READY.gov

Birmingham Track Club

MEMBERSHIP APPLICATION



www.birminghamtrackclub.com
www.myspace.com/birminghamtrackclub

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

PLEASE check one:

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

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ Male Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

_____ Male Female
Last Name First Name M.I. Birth Date

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

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

Date

YEARLY MEMBERSHIP (please circle one): **\$25** (single) **\$35** (family)

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

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

(205) 879-LEGG membership@birminghamtrackclub.com

You can also join online at
WWW.ACTIVE.COM
(Event I.D. # 1397208)