



Bus Trip on July 20th

Complete trip details on **Page 8**

Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

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THE VULCAN RUNNER

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Braswell wins hot Sunburst Half-Marathon

— By Mark Baggett, BTC President
(for *The Birmingham News*)

For many runners in the Sunburst Half-Marathon in South Bend, Ind., on May 31, the humidity and heat were tough to handle.

But not for Birmingham runner and BTC member Erica Braswell, who won the women's race with a time of 1:20.49. She beat her closest female competitor by nearly 10 minutes.

"I actually thought it was kind of cool the morning of the race," said Braswell. "It was really humid because they had a lot of rain the day before. The temps were maybe low 70s, so way cooler than it's been here."

Alabama is known for its hot and humid weather so training here and traveling to other states that don't have those conditions can have a positive effect on one's performance.

Braswell never felt the heat from another female on the course.

"There were a couple of out and back pieces to the race so I knew where maybe the top 20 males were but I never saw any other women so I thought that I probably had a nice cushion on the second female," said Braswell.

This was only the second half-marathon for Braswell. She tends to be attracted to shorter distances, with her favorite being the 8K.



Erica Braswell on her way to win her first ever Half Marathon.

SOUTH BEND TRIBUNE PHOTO

Braswell started her running career at Oak Mountain Middle School and went on to run for Pelham High School.

"I was a sprinter in eighth and ninth grade and was horrible at it. When I moved up to the distance events (1,600 meters, 3,200 meters and cross country) it was a natural fit."

After Pelham High, Braswell went on to run for Auburn University and currently runs for the Universal Sole/Reebok racing team out of Chicago.

Although winning the Sunburst Half-Marathon is a great achievement for Braswell, she says her career highlight came years ago.

"It would probably be running under 5 minutes at the state meet my senior year. I was the first high school girl from Alabama to ever break 5 in the one mile."

Braswell, who runs 50 miles a week, offers this piece of advice to those wanting to run faster: "Incorporate lots of strides into your week. It's a good way to get faster without really taxing your body like intervals do."

When asked what's the next race she has in her sights, Braswell says it's the annual Peavine Falls Run (8.3 miles) on July 4 at Oak Mountain State Park.

"It's my favorite Birmingham race and I think that my brother, Jason, might be headed to town for a rematch. I beat him at Sunburst and I think he's looking for redemption." •

Email Mark at mbaggett@bhamnews.com

Sunburst Marathon:

A favorite of 'Maniac' Phil Min's

– By Phil Min

The **Sunburst Marathon** has always been a favorite of mine. It is not the biggest, is certainly not always the coolest weather, but does have a very nice route and a finish that is among the most memorable of any that you will do. I have traveled to South Bend, IN and run this one a couple of other times, and decided on it as a last minute “fall back” race after Beth Severson could not run Madison.

South Bend is really not that bad a drive. From the the north end of Indianapolis, it is only 120 miles of flat and smooth driving. I arrived at packet pickup late Friday afternoon. The packet pickup and Expo is outside in some huge tents on the grounds of the College Football Hall of Fame. Everything is handled very efficiently and it is fun to go into the Hall and look around as well. The Sunburst is celebrating its 25th anniversary this year and had a record turnout in participation. It is really a festival of races with a family walk on Friday evening and Marathon, Half Marathon, 10K, 5K, and 5K walk on Saturday. It seems like most of the city is involved in some way, either participating in the race or volunteering.

South Bend, besides being home to a very famous university, was in former times a pretty big industrial town. Most of those industries have fallen by the wayside, but it is surprising to see how the city has retooled its economy and revitalized downtown. We are not just talking a bunch of unsold condo developments like Birmingham, either. They actually have a lot of restaurants and entertainment establishments that are worth traveling to from the suburbs. It was astounding how much downtown had transformed in the 3 years that I had last done the race.

The night brought a lot of stormy weather and I was hopeful that the morning would bring much cooler temperatures. WRONG. The marathon started at 6 a.m. (5 a.m. Birmingham time) and it was already 68 degrees and 80 percent humidity. Spring/Summer can be a tricky thing and you just have to take what the day gives you. I am still sore after my adventure (misadventure??) at the Strolling Jim 40-Miler, so I decided not to run my chrono and just go by how I felt. There were only about 500 runners in the marathon, but about a dozen Marathon Maniacs were in the field, so it was good to meet and visit with them and make photos. At 6 a.m., off we went from the Hall of Fame on the way to the Finish at Notre Dame!

I told you that this was really a series of races. They really have a good system of starting them so that they don't overlap much and each event can unfold on its own. The Marathon starts at 6 a.m., 10K at 7 a.m., Half Marathon at 7:30 a.m., 5 K and Walk at 8:30 a.m. The marathoners actually do see some of the 10K folks, but we really don't cross paths with them. At the end we see those who walk the Half Marathon course (as all events have the same finish area), but

they keep walkers on one side of the street.

The marathon course is really a nice one. It is comparable a lot to Madison in that it travels along water (the St. Joseph River) most of the time. When it is not traveling by the river bike path and roads, the route goes through some nice residential areas. No office parks or industrial areas (like Nashville). There were plenty of aid stations – 24 in all – so you did not go too far with out water or fuel as most of them were passing out gels after the 6 mile point.

I just cruised along rather easily and passed the first split clock at the 13.1 mile point at 2:08. Right after that, I saw a runner passed out on the ground being attended to by the mobile medical crew. This quickly awakened me to the fact that it was already hot and getting hotter. Sunburst uses a flag system (like Madison and other warm weather marathons) to communicate race conditions to the runners. These flags are large and located at the aid stations. Green means “good”, yellow means “caution - conditions are not good”, red means “danger - conditions are poor”, and black flag means “race clock is turned off and race is cancelled”. There was already a yellow flag by the first hour, but I really did not need a flag to tell me that it was pretty miserable out there. I slowed down a little more after seeing the downed runner.

Another cool feature of the course is that it is a series of different out and back sections, so you can see the leaders of the race (and the last people in the race) as you make your way through the 26.2. I saw the leaders around my Mile 15 and their Mile 22. In third place was Chuck Engle, the Marathon Junkie. Many of you remember him from winning Mercedes a few years ago or winning Tupelo last year. He ran 52 marathons in a year, winning 27 of them a couple of years ago, and then got injured (I wonder why?). He is now recovered and is running in good form.

From Mile 14 to 22 is the most beautiful part of the course, as it winds along a new riverwalk park developed by the cities of South Bend and Mishawaka. A lot of geese and goslings were out on the banks and the edge of the bikepath. I inadvertently got too close and was chased for a few yards by a hissing and honking mama goose! It is pretty shady, except for the newest parts where trees have been just recently planted. I had lots of fun visiting and chatting with some people I had met in previous marathons as I headed back toward South Bend and they made their way to the turn around. At Mile 18 they put out the red flag, so I adjusted my speed even more.

Mile 24.5 brings the only real “hill” on the course. It is about like running from the Trak Shak to the garden center/ U-Haul place by Walgreens. It's not that bad, but just in a poor point of the race. I broke it up in pieces and then got my tempo going again. The last mile is really fun as you make your way onto the Notre Dame campus. You can see the stadium when you turn



Phil Min runs into the Notre Dame stadium right before finishing the 2008 Sunburst Marathon.

the corner and that is an exciting point for me. As you go by the stadium you hear the fight song playing over the PA. You run around to the end of the stadium and pass by Touchdown Jesus. You then turn and run through the gates and into the tunnel with the fight song blaring. A usher is standing there and says: “Welcome to Notre Dame” as you run down the ramp and onto the field. Your name is announced and you cross the timing mat on the 50 yard line. You really feel like Rudy! By the way, I watched that film again before making the trip. I am not really a football fan, but it still gives me a thrill to enter the stadium and run on that grass.

My finish was 4:33, not too bad for the weather and my condition level. At the end, they have ice cold wash cloths, popsicles, cold bowls of fruit, bagels and all kinds of tasty stuff. There is no beer, however, so I know that might rule this event out for some of you. The real positive of having all the other races end there is that there is a crowd of folks to cheer for you. It is great to have a sponsor that is dedicated to promoting healthy lifestyle to their are through these races! Everything is so well executed. City busses carry you back to your car at the starting line. An easy and fun time and I hope to make it back again. If you get the bug to go next year, be sure and tell me! •

Email Phil at pemin@mac.com

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, Membership Chair, at btcmembership@gmail.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):

www.birminghamtrackclub.com/vulcan-runner-newsletter

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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

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 merchandise item of the month.**

July 13th (Sunday)

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

**August 4th (Monday)
 (Town Hall format*)**

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 (Monday)
 (Town Hall format*)**

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:

birminghamtrackclub.com/cal
president@birminghamtrackclub.com

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

newsletter@birminghamtrackclub.com



July BTC President's Message

– Mark Baggett

On Sunday, July 20th, the BTC will be headed to Turner Field in Atlanta to see the Braves play the Washington Nationals.

A big thanks goes out to members **Danny Haralson** and **John Gordon** for taking care of finalizing the details for this club adventure. The cost? Just **\$40 a person**, which will get you a seat on the bus, a ticket to the game and snacks/refreshments. If you are interested and want more details, check out **Page 8**.

Many of you know BTC Road Race Chairman **Rick Melanson**. He's been a very important part of this club and the Birmingham running community for many years, as he's the "man behind the scenes" for the majority of road races. On July 4th, his baby, the 27-year old 8.2 mile **Peavine Falls Run** will take place at Oak Mountain State Park. Rick started this race as an option for those who didn't get their race entires in time for Peachtree in Atlanta, billed as the world's largest 10K. Rick also wanted to offer this race with a low entry fee which is still only **\$5**. If you are in town on the morning of July 4th, please come out and support this BTC race. More info. on Peavine on **Page 5** and there's a race entry form on **Page 6**.

So far, the BTC's "**Thirsty Third Thursdays Pub Runs**" and "**First Fridays**" have been well received. If you haven't made it out to one of these more social events, please do so. It doesn't matter if you know any other runners

or not as we welcome everyone. There is no First Friday in July (due to the holiday conflict) but the next T.T.T. will be at **Cosmo's Pizza** in Five Pts. South on July 17th. Check out **Page 10** for future dates and times.

Take the time to print out the Race/Event Calendar on Page 14. This will keep you informed of races and club events over the next 2 months. I'm always hearing from members that they "had no clue" about items that are listed in this monthly newsletter (and on-line). It's up to you to use the resources we give you.

For those of you who want to run a full or half marathon (maybe even your first one?) we will be headed to **Las Vegas** in December. Right now, we are waiting to see if the race will be granted a permit (looks like they will) and once that happens, everything is a go. Visit **Page 11** for more details on this trip. If you decide you want to train with us, please make sure you contact Meredith before you show up, so she can make sure to have enough water stops set up.

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

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

BTC Executive Meeting Minutes

June 8, 2008, Cosmo's Pizza, 2:30 p.m.

– Submitted by Mark Baggett, President

ATTENDANCE:

– Mark Baggett, President
– Michele Parr, Treasurer
– Danny Haralson, Past President
– Phil Min, Parliamentarian
– Rick Melanson, Road Race Chair
– Tim O'Brian, Media Relations
– Charles Amos Thompson
– David Livingston
– Bentley Sloan
– Ashley Kerr



ITEMS DISCUSSED:

• Michele Parr, BTC Treasurer, reported that the club is in very good financial shape, adding the Statue-2-Statue made a profit this year. She suggested moving some club funds to a 6-month CD since currently we are not getting much of a return. Danny Haralson said he would shop around for the best rates.

• Danny Haralson gave a report on the status of the 2008 Vulcan Run. Registration is \$20 till Aug. 1st, then it will increase. This year's Vulcan Run will be the 1st mile of the Mercedes Kids Marathon which he hopes will increase the kids fun run participation. Everything else looks good, and he added that he is currently setting up coordinators for various parts of the race.

• John Gordon and Danny checked on the possibility of the club taking another bus trip to see the Atlanta Braves play on July 20th. A vote was taken by those Executive Members in attendance, the motion passed with no opposing.

• There have been some issues with email communication within the club. It was brought up that members currently need to sign up manually for the email blasts that are sent out. It was mentioned that clubexpress.com might be an alternative for hosting the club website to help alleviate communication issues.

• Members Ashley Kerr and Bentley Sloan made a proposal to the committee to start a "Back on Your Feet" running program to help people who are recovering from substance abuse. Both Ashley and Bentley have been communicating with a local shelter that they'd work through. A vote was taken to make the program endorsed and organized through the BTC, the motion passed with no opposing. Ashley and Bentley will keep the committee informed of how the program is shaping up. •

BTC NEWEST MEMBERS

Those who joined during May/June 2008

Bill Box	JT Hornbuckle	Britton Neal	Julia Upshaw
Richard Dyar	Albea Jordan	Chez Shaeffer	Jeff Worrell
Sibyll Goetze	Phil Lassiter	Dee Dee Sparks	
Lisa Green	Nikki Manning	Dean Thornton	

Ellis Porch STATUE 2 STATUE RACE REPORT

– By Judy Loo, S2S Race Director

It turned out to be a nice day for the BTC's 2008 **Ellis Porch Statue to Statue** (known as the South's toughest 15K) and I

hope that everyone enjoyed the run this year. We had approximately 350 runners, up from last year. I want to thank Danny Haralson, Michele Parr, Johnaca Kelly and all the other GREAT volunteers as well as the Sponsors to help make this run a successful one. The sponsors this year were State Farm, Red Mountain Law, Seattle Drip, Trak Shak and JRag.

We had a little mishap on runners being in the wrong category. It is so important that the race applications be filled out completely

which can help lessen errors like that. The race application automatically puts racer in the male category if the box is not checked correctly. We tried to make sure we enter everyone correctly but we do make mistakes. I hope we got all the error corrected.

If you have any suggestions, please feel free to let me know. I am always looking for new ideas to make this a fun and successful run. •

Email Judy at btcmembership@gmail.com



For photos from Statue-2-Statue and other events visit:
<http://birminghamtrackclub.com/gallery>

27th Annual Peavine Falls Run set for July 4th at Oak Mountain

– By Mark Baggett, BTC President
(for The Birmingham News)

With the 4th of July next Friday, many runners may still be wondering what to do with their three-day holiday weekends.

Runners who got their race entries in quickly enough will be running the annual Peachtree Road Race in Atlanta. The event is the world's largest 10K race, with an estimated 55,000 participants running in 2007.

Typically, after the Peachtree race entries are published in the Atlanta Constitution, this popular race will fill up quickly and some runners may be left looking for another course to run.

Runners who didn't get their Peachtree entry in quickly enough and those looking for a challenging local race should consider the 27th annual Peavine Falls Run. This 8.2-mile race will begin at 7 a.m. July 4 at the Oak Mountain State Park Picnic area.

Birmingham Track Club Road Race Chairman Rick Melanson, who founded the Peavine Falls Run 26 years ago, still serves as its race director. Melanson is well known within the Birmingham running community as he sets up and oversees the majority of road races in the Birmingham area.

When asked about the origins of his Peavine Falls Run, Melanson said he wanted to give runners a race to participate in if they did not get into Peachtree. He also said he wanted to make sure his race was affordable.

"The race started out with a \$3 entry fee

to combat the high costs of several races. It was a gift to the runners," he said.

Twenty-six years later, the entry fee is still very affordable at just \$5.

Last year, 388 runners registered for Peavine, compared to 61 who ran the first one.

When asked about this year's numbers Melanson said "usually when the 4th falls on a Saturday or Monday a lot of people go on long weekend trips and the number of runners is smaller, but with the gas prices being what they are, there might be more people hanging around this 4th."

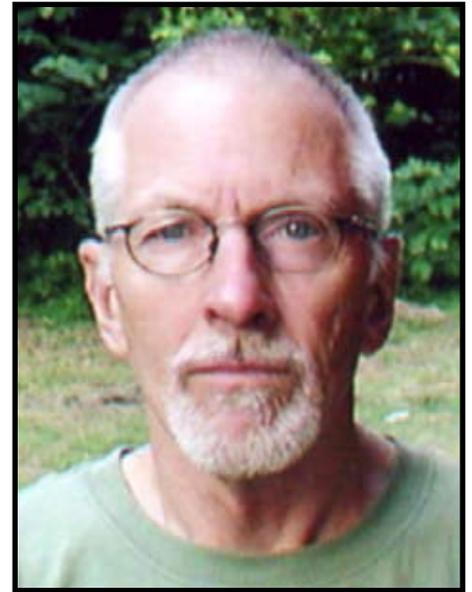
Peavine's 8.2-mile course consists of 6.9 miles of rolling asphalt road and 1.3 miles of single-track mountain biking trails, all in the beautiful wooded state park. The course climbs approximately 3½ miles to the Peavine Falls parking lot and then back down to the mountain bike trail and finishes at the picnic area.

"The bike trail has poor footing so care must be taken when running on this section as there will not be any medical aid in the woods. The trail is also open to cyclists so runners will need to be alert of possible bike traffic," Melanson said.

Water will be provided halfway up the mountain at the top turnaround and at the start/finish area. Race refreshments will be provided at the finish area, as well as medical aid for anyone who may need it.

"The course is almost all shaded, so with the early start, it is not quite as uncomfortable as it could be," Melanson said.

And if it rains?



Rick Melanson, BTC Road Race Chairman and Peavine Falls Race Director.

"Every one will be a little cooler and a little muddier," he said.

Awards will be given to the top 10 male and female finishers. T-shirts will be given to all who pre-register. T-shirts for "day of race entries" are on a first-come, first-served basis.

Early race packet pickup will be at the Homewood Trak Shak on July 3 from 11:30 a.m. until 6:30 p.m. Day-of-race registration starts on site at 6 a.m.

For more information, call Melanson at 835-0030 after 6 p.m., or email him at rick@indusco.net. Registration also available on www.Active.com.

Email Mark at mbaggett@bhamnews.com



The start of the 2007 Peavine Falls Run.

RICK MELANSON PHOTO

27th Annual "Birmingham Track Club" PEAVINE FALLS RUN

July 4th, 2008, 7:00 a.m.

Oak Mountain State Park Picnic Area, Pelham, Alabama

Race Entry Fee: \$5.00 (Park Fee \$2.00)



8.2 mile course consisting of 6.9 miles of rolling asphalt road and 1.3 miles of single track mountain bike trail all in beautiful wooded State Park. The run climbs approx. 3 1/2 miles to Peavine Falls parking lot and then back down to the mountain bike trail and finishing at the Picnic area. The bike trail has poor footing so care must be taken when running on this section as there "IS NOT" any Medical Aid in the woods! The trail is also open to cyclists so you will need to be alert of possible bike traffic. Water will be provided half way up the mountain, at the top turn-around and at the Start/Finish area. Normal refreshments will be provided at the Finish. Most of the course is shaded so heat is usually not a factor. Medical Aid will be at the Finish. For Park camping call 205-620-2527.

Awards will be given to the top 10 finishers, Male and Female. T-shirts to all who pre-register (for guaranteed shirt please pick-up before the race). T-shirts for "day of race entries" are on a first-come, first-serve basis. You may register by mail, at any of the TRAK SHAK stores, at Park on race day or register online at *Active.com*. Early packet pick-up will be at the Homewood TRAK SHAK on Thursday, July 3rd from 11:30 a.m.-close. For more information call Rick Melanson, Race Director, at 205-835-0030 after 6:00 p.m., email at rick@indusco.net or visit www.BirminghamTrackClub.com.

NAME: _____ ADDRESS: _____

ZIP: _____ T-SHIRT SIZE: _____ PHONE: _____ SEX: _____ D.O.B. _____ AGE: _____

E-MAIL: _____

MAKE CHECKS OUT TO BTC & MAIL TO:
Rick Melanson
1235 Parliament Ln.
Birmingham, AL 35216

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and entitled to act on my behalf, waive and release the Birmingham Track Club, Oak Mountain State Park, the City of Pelham, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____
Parent (if under 18 yrs. Old)



Peachtree Road Race TIPS

Many of you will be running in Atlanta on July 4th with 55,000 other runners. Read below for tips, submitted by our own BTC members, to help make your holiday race an enjoyable one!

BTC will be gathering at 'Jocks & Jills' on Peachtree post-race

(located midtown at 112 10th Street, N.E.. If you are running the race or just watching, please come join us afterwards!)

"If staying overnight, stay at a hotel within walking distance of the end at Piedmont park, take the MARTA to Buckhead for the start, and just walk to your hotel at end."

"Pasta buffet at Magianno's in Buckhead Friday night is excellent."

– David Henry

"Plan to get to the race early. Corraling 55,000 runners gets hectic. People watching can be fun."

"Store some fortitude for the return MARTA ride with your fella sweaty smelly runners."

"Wear as little as possible. It just doesn't get much hotter than this."

– Tommy Triplett

"Carry a small camera and take pics on the run, it's fun! The spectators often hold really funny signs."

"If you aren't one of the seeded runners and don't care about your time, have fun and talk to everyone, stop to chat...it's more fun that way."

"If you are looking to do extra mileage....run to the start."

"There's plenty of porta potties at the start."

– Anonymous

"Watch for doughnuts in front of Publix."

"After the run, you will get a bottle of water. If you need something to eat soon after the race, bring it or have someone meet you at the end."

"The Marta trains get full early. You may have to gently push your way in. Get to the start early to avoid the rush, and watch for the photographers, who will be walking around taking pictures of groups. Just ask."

"Be careful at the start. There are many runners and there is no room for error. If you lose a shoe, you may not get it back. I ran the 2005 Peachtree with one shoe. Yes, I did get it back, but not until after the race."

"When you line up in your group, stay towards the back to avoid the crush."

– Elsie Troceen

"Ask Micki & Danny Haralson!!! They go every year"

– Mary Adamy

"Do NOT eat at the varsity the night before, carry toilet paper, and have fun. This is great preparation for a major marathon since it is so crowded. When I ran Chicago, it was a piece of cake compared to Peachtree."

– Rhonda Taylor

"Around Mile 2 there is a Catholic church on the right and the priests throw out Holy Water – every little bit helps when it is that HOT!!"

"The Sheppard Spinal Center is on the left around Mile 3 and all the residents are out cheering for the runners from their wheelchairs. As you run by with 55K people and it is hot, those fans are a great reminder of why we are out there running."

"If you are meeting family and friends after the race in Piedmont Park, the race organizers put up giant balloons with letters. Pick a letter and meet there as it is a very convenient way to find someone amongst all those people."

– Cara Turano

"We usually stayed over night at the Sheraton Midtown. The easiest and best way to get to the start line was to run straight down Peachtree Street. It is an easy 5 mile run and since PT is not a race, it's an event, you are not going to "race" back. So you just get in a nice 11 mile run. Going down Peachtree you get to see the water stops and other preparations being set up. We usually left the hotel at 6 a.m."

– John Karn

"The race starts at the corner of Lenox Road and Peachtree Road between Lenox Mall and Phipps Plaza, both of which are great shopping areas for onlookers. The most crowded area for onlookers is toward the end of the race, on Peachtree Street from around the High Museum of Art southward."

"The best advice is to take MARTA - streets are closed off, parking lots are closed, it's hard to get around in a car!"

Good places to eat in the Midtown area (which is where the race ends):

Vortex – American food, famous for the burgers (878 Peachtree St. - 404.875.1667)

Spice – Trendy, upscale American food (793 Juniper St - 404.875.4242)

Loca Luna – Latin (836 Juniper St -404.875.449)

– Jesalyn Parham McCurry

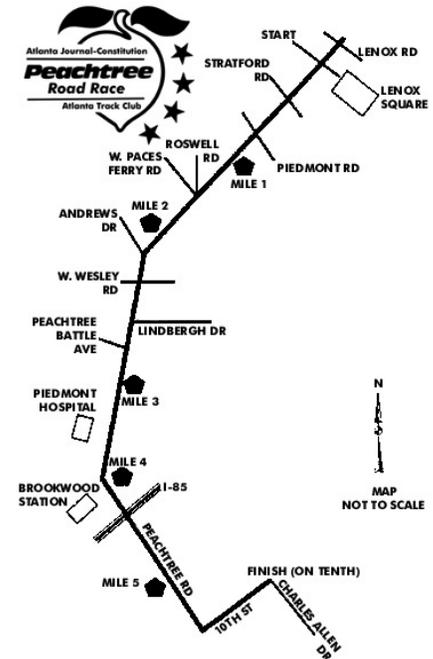
"The hardest part is Cardiac Hill, and the bridge over the interstate is mighty boring. Also, take a little cash there is a pub at Piedmont park with good food and beer for afterwords. I think they charge a \$5 cover with all the beer and food you can drink/eat."

– Nell Koopman

"A good place for spectators is at the Colony Square Hotel. I believe that's the corner of Peachtree Street and 14th. There is a donut shop there with a REAL restroom and it's only about 3/4 to 1 mile to Piedmont Park."

– Jo Ann Gunn

"Don't lose your MARTA token during the race. If you can stay for the fireworks show the evening



of July fourth it is well worth it."

– Kelley Pitts

"At the beginning of the race, be patient with the crowds...in the middle of the race, be patient with the crowds...at the end of the race, be patient with the crowds. That's the purpose of the race, to relish in an event that includes thousands of people – not to race at optimal speed! Run through the water that is spraying from the sides during the race, you will need the refreshment. Drink plenty of fluids-before-during-after the race!"

– Susan McCullum

"Between Mile 4 and 5 is the tougher hill climb in the race."

– Russell Placey

"If one may be desirous of leaving prior to the very last runner, park preferably west of Peachtree Street near Colony Square or the 10th Street MARTA station."

– James Bramlett

"...the best thing to do is leave B'ham EARLY Tuesday, July 3rd, so you can get to the Expo (may take as much as 2 hours to go through) then you have the afternoon to check-in and do what ever."

– Danny Haralson

"The night before at Peachtree Presbyterian Church they'll have a Pre-race Pasta party – great carb load for those of us on a budget! Easy to find, the church is just south of Buckhead on Peachtree Road."

– Jason Ferguson

BTC Bus Trip to Braves Game!

Your favorite running club is taking a chartered bus trip to Turner Field in Atlanta to see the **Atlanta Braves vs. the Washington Nationals** and you and your friends are invited! It's been a few years since our last trip to see the Braves and due to **MANY, MANY** requests to do it again, we are!

WHEN: Sunday, July 20th, 2008.

The chartered bus will depart at 9:00 a.m. CST SHARP! Please be there no later than 8:45 a.m. as the bus WILL LEAVE at 9:00 a.m. sharp to keep us on schedule.

BUS LEAVES FROM: Trak Shak in Homewood. There is plenty of on street parking.

WHY: It's baseball, silly...AND it's the BTC. Come join us for this sure-to-be fun road trip, even if you aren't a baseball fan. This will be a great time to come out and play with the BTC. Many of you have asked for us to take another bus trip to see the Braves and now's your chance...so step up the plate (literally).

COST: \$40.00 per person TOTAL, which will include the following:

- Chartered bus ride to Braves game
- 1 game ticket for July 20th game
- Snacks & drinks to and from - unless you eat them all going over.

****Your bus/game ticket is guaranteed ONLY with PRE-payment to John Gordon or Danny Haralson. If you want to go, get your money to either of them. Once the bus is full, that's it, as we are only taking 1 bus.**

RETURN TIME:

Under normal circumstances we should return to Birmingham around **6:30 p.m.** Sunday evening after the game.

ADDITIONAL DETAILS:

- **First come first served - when we're sold out, we're sold out.** We are only taking one chartered bus.
- **If the game is rained out - sorry, no refunds** (we won't know until we get there, obviously). We have already pre-paid for the tickets and reserved the bus. No cancellations or refunds.



- Those paying with checks should make them out to the "Birmingham Track Club."

WHERE/WHO TO PAY:

Either John or Danny is almost always at the Trak Shak each Wednesday evening for the group run. Danny will be at most Saturday runs. **DO NOT LEAVE PAYMENTS AT TRAK SHAK - it MUST be given to John or Danny to duly note receipt.** We are not responsible for checks or cash left anywhere except in the hands of Danny or John. **Your seat on the bus and game ticket are not guaranteed until you give Danny or John payment, no exceptions.**

QUESTIONS/CONTACT:

Danny: danny@rununiversity.com

John: john.gordon@effem.com



ALABAMA RRCA State Representative Newsletter

JUNE 2008

The RRCA Convention heads to San Francisco in 2009 after back-to-back conventions in the Midwest, Chicago in 2007, and the landmark 50th Anniversary Convention held recently in Cincinnati, May 1-4. There was another milestone associated with the event, since it marked the first time that an RRCA "event" club, Flying Pig Marathon, played host.

It was a "running vacation" for convention attendees from all across the nation, including nine from Alabama, representing five running clubs. They found plenty of opportunities to enjoy themselves inside and outside the realm of the convention. Brooke Nelson, Anniston Runners Club president, was the RRCA Awards Banquet "shining star," with outstanding, inspirational and humorous remarks made in accepting recognition for Anniston's Woodstock 5K as RRCA Road Race of the Year, as well as, for the RRCA Scott Hamilton Club President of the Year Award.

During the RRCA Annual Meeting in Cincy, each of the RRCA Board nominees selected by the RRCA Nomination Committee were elected: President—Brent Ayers of Maryland; Vice President—David Cotter of California; Treasurer—Dennis Novak of Wisconsin; Central Region Director—Mitch Garner of Michigan; and Eastern Region Director—Mark Grandonico of Maine. All but Novak, elected to his second term, assume new positions on the RRCA Board. Each won election over candidates nominated from the floor, including Tom Downing of Anniston, a presidential nominee. RRCA members voted to pass 13 of 14 changes to the RRCA Bylaws. The resolution that didn't pass means voting by proxy will remain in the revised bylaws.

My appreciation goes out to Anniston Runners Club, Birmingham Track Club, Huntsville Track Club, and Port City Pacers for making race package contributions to the 2008 RRCA State Representatives Silent Auction conducted at the convention! The auction, including a raffle for a cruise, raised \$4,770, over \$1,000 more than last year.

The 2009 RRCA National Convention, with a couple of San Francisco-area running clubs joining forces in hosting the event, is March 24-29. The theme is "RRCA's Bridge to the Future." For an early convention preview, here's the link:

www.rrca.org/services/convention/connewsletter.pdf.

Looking even further ahead, the 2010 National Convention is set for Lakeland, Florida.



Ron Macksoud
*Alabama RRCA
State Representative*

AlaRRCAStateRep@knology.net
Ron.Macksoud@dir.alabama.gov
334-242-8616 (day)
334-354-7867 (nights & weekends)



RUNNING TIDBITS

- Compiled by Tim O'Brien

Running Quotes

"You have a choice. You can throw in the towel, or you can use it to wipe the sweat off of your face."

- Gatorade, www.gatorade.com

"It is a rough road that leads to the heights of greatness." - Seneca

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

- Peter Maher, Irish-Canadian Olympian

"I don't train. I just run my 3-15 miles a day."

- Jack Foster

Did you know??

What is Pronation and why are there so many shoes for it?

Pronation: The natural motion of the foot rolling inward through the foot strike. The shock absorption of the foot.

Three basic types of pronation: 1) **OVER** = Low Arch- Flat Feet; 2) **UNDER** = High Arch; 3) **NEUTRAL** = Even Arch - the ideal arch.

Shoes for pronation types are:

- **OVER Pronators** have several Stability and Motion control types from all the major running shoe brands.
- **UNDER Pronators** have a Cushion shoe that encourages pronation.
- **NEUTRAL Pronators** have the best chance of picking from either category to find which shoe is most comfortable and has the best wear.

Source www.sierratradingpost.com

Note: Please see your local running shoe stores to find out exactly what type of pronator you are and shoe is best for you.

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*

August 1st

Billy's (English Village)

2012 Cahaba Road, Mtn. Brook, 35223
birminghammenus.com/billys

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 are tentative*

July 17th

Cosmo's Pizza (Five Pts. South)

We'll start the run from Five Pts. Fountain, then to Cosmo's afterwards.

Bring dry clothes for after the run.

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 monthly 'The Vulcan Runner', watch your BTC email and also check www.birminghamtrackclub.com/cal closer to the scheduled event date for confirmation of times/locations.

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



ONLINE: www.lvmarathon.com

The BTC invites you to join us as we run the **LAS VEGAS FULL/HALF MARATHON**

Pick from either the half or full marathon. We'll have weekly training runs on Saturday mornings for those who want to train with us, however, you **MUST** contact Meredith if you want to train with us (this is a must!). ALL are welcomed!

Training to start mid/late July, starting at 6 miles

RACE DATE: Sunday, December 7th, 2008

TO SIGN UP: tmcmeredith@bellsouth.net



July **Coach's Corner**

– By *Danny Haralson*

The Mental Side: Attitude and positive self talk

“Running is 90% mental, the other half is physical,” with full apologies to Yogi Berra for inserting ‘running’ for baseball; either way though, the statement is true.

The mental side of running is crucial regardless of an athlete’s attempt at a Boston qualifier, an Olympic qualifier, or a first attempt at running one mile non-stop.

You can’t control the weather, you can’t control the terrain (Confucius say - “Do not select hilly course for necessary fast time”) but you can control your attitude as you run and that is crucial. Thinking negatively can cause failure while, conversely, thinking positively will help create success.

5K’s as compared to marathons are completely different animals and should be treated as such mentally; yet before any big event nervousness is a completely natural feeling. Use that energy for good (“Feel the Force, Luke”) and do NOT allow negative thoughts pre-race. Deep breathing and simply counting “one” with each inhale and “two” with each exhale allows you to refocus your brain away from the thoughts. Some prefer to ‘escape’ negativity with music and if that works for you, great. I prefer a ‘mantra’ a ‘go-to’ thought or saying that has inspired me in the past, that reminds me why I’m here, how hard I’ve worked, and my mission. You want to remind yourself that you are strong, your body did the work, and you are prepared.

In a 5K you can use your mantra during the run; the race is of such short duration that you can use it to re-direct your thoughts from negative to positive. If you don’t have a ‘mantra’ or think it’s silly (have you

tried it?) then try to focus on your surroundings, your pace, or other runners that you hope to pass. The point is to not let your negative thoughts impact your performance. Again with Yogi Berra, who once said, “Think?!? How the hell you gonna think and hit at the same time?” A 5K is short enough to keep focus on one or two things that can keep your thoughts occupied. As soon as you realize negativity is creeping in, use your mantra, your ‘distraction,’ to re-direct your thoughts away from the negativity.

The marathon can be an emotional roller coaster and here you need more than one arrow in your quiver. In the early stages you need to be calming yourself; you’re trained to run 26.2 miles and your body wants to go now. During the early stages you’re reining yourself in, so you may want to use the distractions of surroundings or just calming self talk. “We’re okay, right on the goal pace, easy does it”, just easy, simple mental reminders to keep yourself comfortable, positive, and in control; as the marathon progresses, the miles will pass and the body will physically tire and so will the brain. If you let your thoughts follow in that direction and turn negative, your body will emulate it by the head dropping and the upper body going to a forward lean. This posture limits your running efficiency and thinking “I’m tired” or just saying “I’m not tired” actually reinforces the negativity. Instead think ‘form’ then consciously correct your posture; your body will respond to this positive reminder physically and your thoughts will spiral off in a positive, more focused direction.

Henry Ford once said, “Whether you think you can, or think you cannot – you’ll be right.”

Every person is an experiment of ‘1’ and you may already know what works best for you; regardless, in every case being positive beats being negative. As Kevin Bacon’s character in ‘A Few Good Men’ says, “The facts are these and they are undisputed.” Your body responds, physically responds, to positive and negative thoughts and you are in charge of your attitude. You are in charge of those thoughts. So if you’re going to run and meet challenges and feel the exhilaration of success, then use your brain to help your body perform at its best. Plus, the ‘ride’ will be much more fun.

That last part was me, not Yogi. •

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



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07/08



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

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

08/08

Race/Event Calendar (July thru August 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

BTC RACE OF THE MONTH

JULY 4

27th Annual PEAVINE FALLS RUN

– Pelham, AL, 7:00 a.m.
8.2 Miles. Oak Mtn. State Park at the upper picnic area (Terrace Dr.) Steep climb up to Peavine Falls parking lot and back down with last 1.2 miles on single track mountain bike trails. Register on active.com, at TRAK SHAK Homewood store or download form from BTC website. **See story on Page 5 and Race Entry on Page 6.**
Info: Rick Melanson (835-0030) after 6:00 p.m.

JULY 5

Navarre Fun Fest 5K

– Navarre, FL, 7:00 a.m.
Info: 850-939-3267
Email: ronandkathy@mchsi.com

JULY 13

BTC Executive Meeting

– Homewood, AL, 2:30 p.m.
 Jackson's Bistro & Bar (upper floor)
Info: president@birminghamtrackclub.com

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

JULY 11

5K Run For St. Jude

– Florence, AL, 7:00 p.m.
Info: Alison Stanfield (256-740-4141)

JULY 17

Jog In July – 5K Run/Walk, FR/Walk

Children's Races @ 5:45 p.m., 5K Run/Walk @ 6:46 p.m. and Fun Run/Walk @ 7:30 p.m. at Hoover High School Track.
Info: (444-7765)
Web: www.hooveral.org

BTC 'Thirsty Third Thursday' Pub Run

– Birmingham, AL, 6:00 p.m.
Cosmo's Pizza. See **Page 10** for info.
Info: social@birminghamtrackclub.com

JULY 19

HTC Twilight 5K, 5K Women & 5K Men

– Huntsville, AL, 6:30 p.m.
Info: David & Ashley Cain (256)533-9977

W.C. Handy Da Doo Run 5K

– Florence, AL, 8:00 a.m.
Info: John Aikin (256-710-5931)

Critter Run 5K

– Dothan, AL, 6:00 p.m.
 Westgate Park
Info: Larry Dykes (334-792-6021)
Web: www.dothanrunners.com

JULY 26

Twilight Five Retro Run 5K

– Homewood, AL, 6:00 p.m.
 TRAK SHAK in Homewood. USATF CERTIFIED COURSE. Great post race festivities with music, "Jim N Nicks" food and adult beverages.
Info: TRAK SHAK (870-5644)
Web: www.trakshak.com

AUGUST 1

BTC 'First Friday' (Billy's Bar & Grill)

– Mtn. Brook, AL, 4:30 p.m. till 7:30 p.m.
 See **Page 10** for more info.
Info: social@birminghamtrackclub.com

AUGUST 2

Shake & Bake 5K

– Birmingham, AL, 8:00 a.m.
 Mt. Laurel – New USATF CERTIFIED COURSE all within the Mt. Laurel village.
Info: Bill Kreis (281-1946).

Hope Bryant Smith Memorial Run

– Montevallo, AL, 8:00 a.m.
 McChesney Studen Activity Center at University of Montevallo.
Info: Jerney Ward (205-665-6215)

Bushwacker 5K

– Pensacola, FL, 7:30 a.m.
 See **Page 15** for more info.
Info: Johnny Graves (850-939-8073)

Woodstock 5K

– Anniston, AL, 7:30 a.m.
Info: Brooke Nelson (256-239-9001)

AUGUST 4

BTC Town Hall Meeting

– Homewood, AL, 6:30 p.m.
OutTakes Deli, open to all members.
 See **Page 3** for more info.
Email: president@birminghamtrackclub.com

AUGUST 10

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

AUGUST 16

Greystone 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00 a.m.
 Founders Clubhouse Aquatics Complex on 4100 Greystone Dr.
Info: Christy Johnson (986-5139)
Email: lisa.haugen@cancer.org

AUGUST 23

9th Annual Liberty Park Run – 5K & 1 Mile Fun Run

– Birmingham, AL, 8:00AM
 Vestavia Hills Elementary Liberty Park, 17051 Liberty Parkway.
Email: williamrosene@bellsouth.net

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.

WEDNESDAY

Trak Shak Group Runs

– Homewood, AL, 5:30 p.m.
 Trak Shak store in downtown Homewood. All paces. Largest weekly group run in B'ham area!
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)

09-06 – **Fat Danny's 5 Miler**
 09-13 – **Sobriety 5K Run**
 09-20 – **ERA Oxford Realty 8K**
 09-27 – **Are UABLE 5K**
 10-04 – **Hueytown 5K/10K**
 10-11 – **Race For The Cure 5K**
 10-18 – **Maple Leaf Run 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 Half/Full Marathon**
 (BTC trip)
 12-13 – **Village to Village 8K**

The View from the **BACK OF THE PACK**

– By Michele Parr

Confucius said, “A journey of a thousand miles begins with a single step.” This is the story of just such a journey.

In 2004 the BTC offered a free program designed to take people from the couch to a 10K in just 10 weeks. That was perfect for me. I wanted to run exactly the 10K the program was targeting, the same 10K I had run once over a decade earlier. So I took that first single step, a step I never dreamed would lead me to where I find myself today.

How was I to know that I'd grow to like running with my new friends? I never imagined I'd decide to train for a half marathon. But that's exactly what I did in early 2005 and seven times since. As I made more and more new running friends, I found myself frequently discussing races run and races to be run. When asked, “The full or the half?” my standard response was, “The half, always the half.”

That was the case until 2006 when I became intrigued by the NYC Marathon. Under what other circumstances would I ever have the opportunity to see that great

city from a similar perspective? All five boroughs and everything they have to offer? New Yorkers delighted to have tourists running through their streets and snarling their traffic? I was hooked, so I took the second step. I applied to run the race

Several months later the lottery results were announced. Beside my name I found an emphatic “NO.” Nevertheless, my standard response changed to, “Only New York and only once.”

I tried again in 2007. It was a great year for me to train for my first marathon since so many of my regular running partners were training for Marine Corps, a race run just one week before NYC. But once again the lottery told me “NO.”

When I applied again this year, I knew I could run in 2009 guaranteed. According to their own rules, if the NYRR turned me down three consecutive years, they would let me in for year four. I can't tell you how many times after I complete the application that I prayed, “Please DON'T let me in!” I encouraged others to apply to lower my chances. I asked friends

to send “NO” vibes toward NYC. You see, with New York you get to pay twice if you want to defer. Even before I saw the results for myself, I had emails from friends telling me that this year the answer was “YES.” Apparently New York finally decided they did need a 50+ first-time marathoner who expects to finish in about 6 hours.

If ever there were mixed emotions, those lottery results triggered them. It's nice to be selected, but I can't go this year. Between a long-planned vacation and a short trip to Vegas in December, there's just not enough time off to do it justice. I'll cancel and run it in 2009, just like I planned. By the time I get there I'll have close to \$400 invested in fees. I guess just like with houses and cars it's expensive to fall in love with a race.

Now comes the third step of this incredible journey. Everything I do between now and November 1, 2009, gets me to the starting line, which gets me that much closer to the finish line and the title “marathoner.” NYC training has begun! Stay tuned. •

treasurer@birminghamtrackclub.com



Join the BTC as we make our annual trek to Pensacola, Florida for the **BUSHWACKER 5K** Saturday, August 2nd, 2008 Pensacola, Florida

Suggestions on where to stay, room shares, what to expect and to post questions: birminghamtrackclub.com/phpBB2/



Website: <http://www.captfnfun.net>



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Double Trouble

For this month's "Double Trouble," we have to very nice victims...er I mean volunteers. And, somehow, I managed to get it compiled and over to Mark before the deadline. So I got that going for me...which is nice! Without further ado, here's **Kelly** and **Victor**.

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)

Kelly Andringa

Age: 34

Status: Single

Hometown:
Sheldon, Iowa



- 1. Last movie you liked so much, you watched it twice?**
"Star Wars III: Revenge of the Sith" (although I could watch any of the 6 movies over and over again)
- 2. Name one guilty pleasure?**
Chocolate chip cookie dough ice cream
- 3. Favorite place on earth?**
Under a big umbrella with a fruity drink and a good book
- 4. Worst place on earth?**
The middle of a blizzard
- 5. One item you would want with you on a desert island?**
A friend to keep me company
- 6. Most interesting person you've ever met?**
There are so many interesting people I don't think I can pick.
- 7. Coolest trophy or prize you ever won?**
Superior rating in a piano competition when I was 12
- 8. Favorite TV show?**
"Criminal Minds" or any of the "CSI" series. The following show may fall under a guilty pleasure but I love to watch "Dancing with the Stars"
- 9. Favorite fast-food joint?** Welcome to Moe's
- 10. Who would play you in a movie?** Camryn Manheim
- 11. Something unique about the town you grew up in?**
Sheldon is a town of not quite 5,000 people and we have 2 Olympic champions (1 gold and 1 bronze)
- 12. If you could play an instrument, what would it be?**
I haven't played my saxophone since high school but I really enjoyed it
- 13. Scariest thing that ever happened to you?**
Getting rear ended by a car of drunk teenagers. My scariest running moment involved tripping over a sidewalk crack on Highland Ave. by ROJO and sliding down the hill.
- 14. Favorite book?** That's a hard one to narrow down but my top five would be "Little Women," "Princess Bride," "Gone with the Wind," "Silence of the Lambs," and "The Kite Runner."
- 15. Favorite meal?** Chicken noodle bowl at Surin
- 16. Why do you run?** Because it's like vegetables...its good for you!
- 17. When did you start?** Danny's Couch to 5K group
- 18. What's your biggest running accomplishment?**
Getting back into running after breaking my ankle
- 19. Favorite BTC story?** What happens in the back of the pack stays in the back of the pack
- 20. Words to live by or favorite running mantra?**
I have two phrases that I live by "If you can laugh at yourself you'll always be amused-unknown" and "If you don't stand for something you'll fall for anything" – Steve Bartkowski
The best running mantra is "Cover the distance"



Victor Zirkelbach

Age: 28

Status: Engaged

Hometown:
Oroville, California

- 1. Last movie you liked so much, you watched it twice?**
"Shooter," Mark Wahlberg was a one man army in that movie!
- 2. Name one guilty pleasure?** Bon Jovi. I can't drive around blasting Bon Jovi. Keep it to the headphones.
- 3. Favorite place on earth?** Toronto
- 4. Worst place on earth?** The aircraft carrier that I was stationed on in Norfolk, VA
- 5. One item you would want with you on a desert island?** A very cool item, like that island should have a Hash House Harriers group!
- 6. Most interesting person you've ever met?** Master Chief Petty Officer of the Navy (MCPON) Jim Herdt.
- 7. Coolest trophy or prize you ever won?** Freshman year in high school I was awarded the most improved runner in Cross Country. Thought it was nice because that was my first year any organized sport.
- 8. Favorite TV show?** "Man Vs. Wild." Going to the extreme even if it is unnecessary
- 9. Favorite fast-food joint?** Sonic (the strawberry limeade is awesome)
- 10. Who would play you in a movie?** Hate to say it...Mr. Bean
- 11. Something unique about the town you grew up in?** The Oroville Dam, and all the cheesy sayings all over the town. "Best Dam coffee in town" "Best Dam steak"
- 12. If you could play an instrument, what would it be?** Must be a guitar since all the music I love comes from guitars.
- 13. Scariest thing that ever happened to you?** When I was 9 I was a very weak swimmer I decided to backstroke pretty far out in a lake by myself. When I decided it was time to turn around I got in a panic attack and couldn't relax to keep myself afloat. I managed to get back without drowning, but it was a horrific battle. Finally decided to go for swimming lessons shortly after.
- 14. Favorite book?** "The Stand" by Stephen King
- 15. Favorite meal?** Indian food for sure, not too spicy though! And anything that gets thrown on the grill.
- 16. Why do you run?** It's addicting, but I have no idea why. It hurts. 5Ks through Marathons are painful experiences, yet I keep going out there to run them. It could be more along the lines seeing people in their 80's who have run their whole lives vs. those who haven't. I would like to be the one who is still running while I'm 80.
- 17. When did you start?** High school. During every P.E. class we would run one lap around the rough quarter mile track full of potholes and a bunch of other nasty hazards. I would always try to come in first even if I would get destroyed by the running back on the Varsity team. My P.E. teacher decided to bring this up to the Cross Country coach who later on approached me. I got suckered into it because he said if I run with the team, I will turn around and have no trouble outrunning everybody on the quarter mile track. He failed to mention that they ran 5 miles a day. I still joined, I stuck to it, but I still couldn't beat the running back on the Varsity team, he simply ran faster as I started getting closer to catching him. No matter what, I found something that I loved to do.
- 18. What's your biggest running accomplishment?** The ING Georgia Marathon 2008. That was when I decided that I should run 3 marathons 3 weekends in a row. Stop 1 was the Shamrock Marathon in Virginia Beach where I set a 4 year marathon PR. The next week I ran the Oak Mountain 50K still feeling the aftermath of Shamrock. And the last stop being ING, where I was in pain from the very beginning. I think that run is where I almost maxed out my pain threshold. My eyes teared up a few times during the course due to all the pain. In the end I ran a respectable time.
- 19. Favorite BTC story?** The fundraising efforts by many individuals who raised money for colon cancer research and running the ING Georgia Marathon in honor of Lisa Martz, Amanda Vandegrift's Mother, who recently passed away from colon cancer.
- 20. Words to live by or favorite running mantra?** "A man must love a thing very much if he not only practices it without any hope of fame and money, but even practices it without any hope of doing it well." – G. K. Chesterton

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

FREE BTC window decal with order!

Unisex Fit

Ladies Fit



\$8
 each
 + shipping*

Available at Peavine Falls Run July 4th

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 7/31/08

INTERESTED IN HASHING?

Need a new twist in your running routine and training? Consider Hashing!

- By Victor Zirkelbach

Hashing combines running trail, hare hunting, and most importantly socialization. There is a 3-5 mile jog/run led by "the Hare," who is trailed by "the Pack." The trail run is followed by "The Circle" to recap the run. Unlike normal road races, awards in the Circle are beer or another beverage of your choice and the pack regales you with a song! The Circle is generally followed by social time of dining, drinks and socializing. Hashes are held in various locations. Hares can be as creative as they like in "laying the trail," the object being to keep the pack from catching him or her!

Vulcan Hash House Harriers hash weekly on Tuesday evenings and Magic City Hash House Harriers hash whenever the mood strikes.

There are a couple of annual **Magic City Hash** runs that are more of a "pub crawl" theme. These are the **RED DRESS RUN** held close to Valentine's day and the **HALLOWEEN HASH** where costumes are encouraged.

Vulcan Hash House Harriers (a.k.a. Vulcan H3) occasionally have a few special events that involve longer and more challenging trails in places like Mount Cheaha and Oak Mountain which take place on weekends, not Tuesday nights.

Birmingham is fortunate to have 2 active Hash Groups that work together to provide fun and entertaining hash runs and socials on a regular basis.

Weekly 'meetings' are on Thursday evenings at LaPaz in Crestline Village from 7 p.m. until whenever. This is termed our 'mismangement' meetings since we occasionally may discuss hash business while we dine and drink. **ALL RUNNERS ARE WELCOMED!**

**For more info. on Birmingham hashing visit:
www.vulcanh3.com OR www.mch3.com**

BIRMINGHAM TRACK CLUB
www.birminghamtrackclub.com
www.mypace.com/birminghamtrackclub

BTC
THE VULCAN RUNNER

VOL. 31 * SEPT./OCT. 2007 * ISSUE 9

The little-known world of Hashing

Submitted by Sherry Gordon

Hashing is the lead story in the Sept./Oct. 2007 issue of 'The Vulcan Runner'. Visit link to download the FREE .pdf file: birminghamtrackclub.com/vulcan-runner-newsletter

1,200 MILE CLUB update



Adrienne Macoy, the first BTC member to reach 1,200 Miles.

- Submitted by Geoff Gottlieb,
1,200 Mile Club Coordinator

Ladies and Gentlemen, we have our first 1,200 Mile Runner! Adrienne Macoy blasted through the 1,200 barrier this month.

There are others not far behind, and with the fall season approaching, I think we're going to have some amazing numbers by the end of the year!

52,558 - that's the number of miles reported so far by members who are keeping track of their mileage. That's about 2006 marathons! Yeah!

And calculating at 110 calories per mile, that is **5,781,380 calories!** That's a couple of Big Macs.

In fact, most people say that about 3,500 calories equals one pound. So as a group, we have reported the destruction of **1652 pounds!** Well, perhaps destruction, or perhaps we just ate a lot more ice cream!

I hope everyone is having an awesome June, and we'll see you again starting July 1. I will also note I fell from 3rd to 8th from my post Boston hangover, so I am feeling a little motivated suddenly! •

1200@birminghamtrackclub.com

‘The Vulcan Runner’ **NUTRITION BLOCK**

Study: Healthy lifestyle triggers genetic changes

– By Will Dunham (Reuters)

Comprehensive lifestyle changes including a better diet and more exercise can lead not only to a better physique, but also to swift and dramatic changes at the genetic level, U.S. researchers said on Monday.

In a small study, the researchers tracked 30 men with low-risk prostate cancer who decided against conventional medical treatment such as surgery and radiation or hormone therapy.

The men underwent three months of major lifestyle changes, including eating a diet rich in fruits, vegetables, whole grains, legumes and soy products, moderate exercise such as walking for half an hour a day, and an hour of daily stress management methods such as meditation.

As expected, they lost weight, lowered their blood pressure and saw other health improvements. But the researchers found more profound changes when they compared prostate biopsies taken before and after the lifestyle changes.

After the three months, the men had changes in activity in about 500 genes -- including 48 that were turned on and 453 genes that were turned off.

The activity of disease-preventing genes increased while a number of disease-promoting genes, including those involved in prostate cancer and breast cancer, shut down, according to the study published in the journal Proceedings of the National Academy of Sciences.

The research was led by Dr. Dean Ornish, head of the Preventive Medicine Research Institute in Sausalito, California, and a well-known author advocating lifestyle changes to improve health.

"It's an exciting finding because so often people say, 'Oh, it's all in my genes, what can I do?' Well, it turns out you may be able to do a lot," Ornish, who is also affiliated with the University of California, San Francisco, said in a telephone interview.

"In just three months, I can change hundreds of my genes simply by changing what I eat and how I live?' That's pretty exciting,"

Ornish said. "The implications of our study are not limited to men with prostate cancer."

Ornish said the men avoided conventional medical treatment for prostate cancer for reasons separate from the study. But in making that decision, they allowed the researchers to look at biopsies in people with cancer before and after lifestyle changes.

"It gave us the opportunity to have an ethical reason for doing repeat biopsies in just a three-month period because they needed that anyway to look at their clinical changes (in their prostate cancer)," Ornish said. •



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Summer, Sweat and Salt

– By Cathy Feiseler, MD

Summer is here with all of its heat and humidity. Stories about heat stroke and dehydration are in the news. Then, in contrast, you hear a story about a runner who became hyponatremic (low sodium in the blood) and died from drinking too much water. What's a runner to do?

For years you have heard that it is important to remain well hydrated, especially during exercise. Dehydration impairs the function of all body systems, putting the runner at risk for problems ranging from poor performance to heat stroke and death. Water is a great fluid replacement drink ... to a point. It is possible to drink too much water and basically dilute the body's levels of electrolytes, especially sodium. This said, it is important to remember that dehydration is a much more common occurrence. Thirst is a poor indicator of hydration status; you may be 1-2% dehydrated before you experience thirst.

So, what are you supposed to drink? When you are not exercising, water is fine. During exercise lasting less than 60 minutes, water is a suitable drink. Longer runs are when things get somewhat unpredictable.

People sweat at different rates, ranging from a half quart up to 4 quarts of fluid lost per hour. Several factors determine rate of sweat. Some people have more sweat glands, so they produce more of this fluid. Heat and humidity greatly affect the rate at which sweat is produced. Level of fitness also plays a role; as the body adapts to exercise, especially in a warmer environment, it produces greater quantities of sweat during exercise, as an adaptive response to the heat that is produced by the exertion.

How do you figure out how much sweat you produce? Weigh yourself before and after a run. Each pound that you have lost represents a fluid deficit of 16 ounces. If you ran for 30 minutes and lost 1 pound, you can work on the premise that you lose about a quart (32 ounces) of fluid each hour. Plan on drinking an adequate amount of fluid during longer runs to account for this. This is a rough guide, since the weather, especially humidity, will affect the rate of sweat production on any given day, but it should put you in the right ballpark.

The concentration of sodium is also extremely variable. Often, as the body adapts to exercise in the heat, the body produces greater quantities of less concentrated sweat. Despite this adaptive response, some people seem to produce salty sweat. Their shorts and skin are crusted in white following a workout.

So what is an appropriate replacement drink ... sweat? There are a number of sports drinks on the market that contain electrolytes (e.g. Gatorade, POWERade, AllSport). These drinks also contain carbohydrates in a 4-8% concentration to improve taste and supplement the decreasing supply of this energy source in your body during exercise. Replacing carbohydrates becomes increasingly important as running exceeds 60 minutes. The concentration of carbohydrates in the sports drinks does not compromise the absorption of fluids in the gastrointestinal system. More concentrated sources of carbohydrates, such as orange juice, will slow the absorption process.

What about all of the other additives in some sports drinks? A combination of carbohydrates and protein in a 4:1 ratio (like Accel-



erate) has shown promise in improving endurance when compared with carbohydrate only drinks. The protein stimulates insulin, which is involved in the transport of energy into muscle and in the conversion of glucose into its storage form, glycogen. Carbohydrates stimulate insulin, but ingestion of increased amounts will decrease absorption of fluids from the gastrointestinal tract. The addition of protein enhances the effects of insulin, according to several studies.

Vitamins and minerals have been added to some sports drinks. Unless your diet is deficient in these substances, they probably do not improve performance. The amounts of these substances in sports drinks do not cause any problems.

Some drinks contain supplements; typically, the amounts present are lower than the doses recommended to achieve their purported effects. Be careful with supplements; not all of them are safe (for example, recent concerns about liver failure with use of kava-kava). Research these substances before you consider using any of them. Enjoy your summer running by staying well hydrated. Find a drink that works well for you and drink up.

Warning signs of dehydration

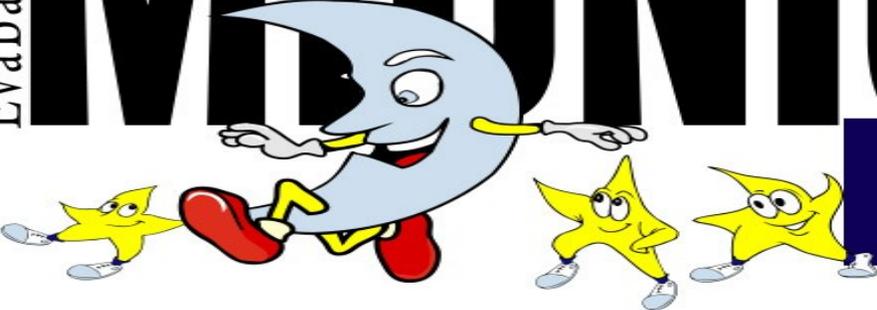
- Excessive fatigue
- Chills
- Dizziness
- Disorientation

Symptoms of Hyponatremia (listed from least to most severe)

- Fatigue
- Nausea
- Headache
- Confusion
- Disorientation
- Seizures

Dr. Cathy Feiseler is the RRCA Sports Medicine Committee chairperson. If you have questions for Dr. Feiseler you can write her at runmd@aol.com.

EvaBank 5K MIDNIGHT RUN



EvaBank
205-949-0892 256-255-2000
Clairmont Branch Cherokee Branch
Birmingham Cullman

11:59 pm Friday August 8, 2008 Cullman Civic Center

Midnight Run Information

The Midnight Run is back! **EvaBank** and The Cullman City Parks and Recreation Department presents the **16th Annual EvaBank 5K Midnight Run** on Friday, August 8 at the Cullman Civic Center. Money prizes will be awarded to the Overall Male and Female Winners and the Masters Male and Female winners. Medals will go to the 1st, 2nd, and 3rd place winners in each age division. There is no duplication of awards. T-shirts will be given to the first 400 runners to register. The pre-registration fee is \$15 by August 6. Entry forms are available at the Cullman Civic Center and EvaBank locations. After August 6, registration is \$20 and race-day registration is at the Cullman Civic Center from 10-11:45 p.m. For more information, please contact the Cullman City Parks and Recreation Department at 256-734-9157. Tract Teams are welcomed!

For more information and registration forms go to

www.cullmanrecreation.org

log on to midnight run

This event is USATF certified (AL99011JD)



MEMBER
FDIC

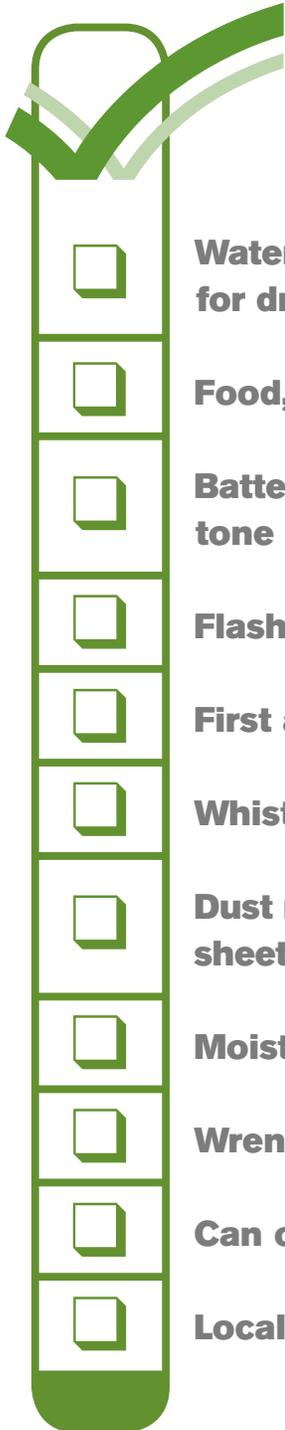
PREPARE. PLAN. STAY INFORMED.

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)



BTC MILEAGE LOG



Month/Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	GOAL	MONTH TOTAL	
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