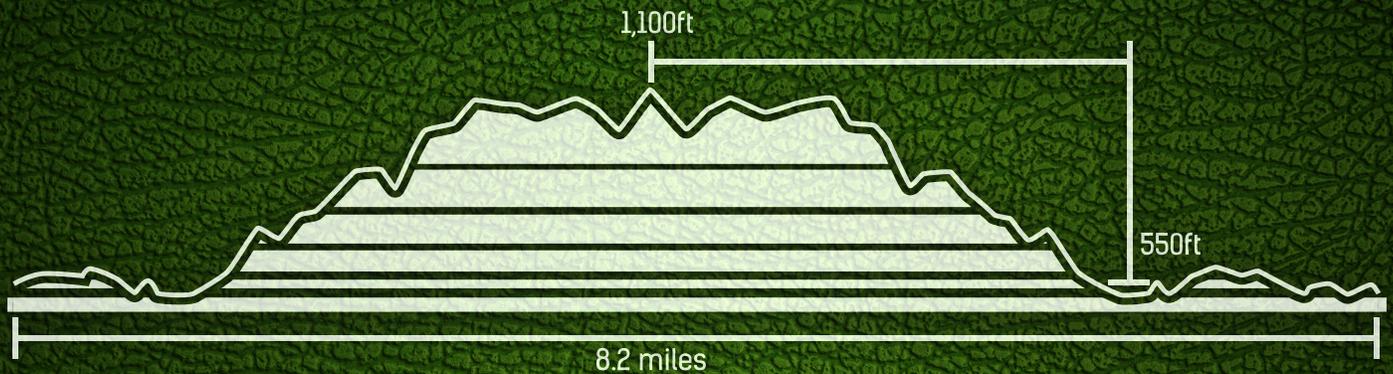




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BTC Mission Statement

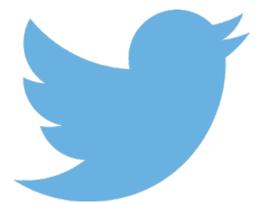
The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health, and recreation.

Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35223
info@BirminghamTrackClub.com

Race Results

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STRESS MANAGEMENT AND RUNNING

By Nicolette Patrick

Two months ago, if someone had come up to me and said that running had the potential to relieve stress, there's a good chance I would have taken it as a joke. In fact, it was not until recently that I discovered running can be a great aid for stress, especially for people who are busy throughout the week.

Before I explain how running can relieve stress rather than add to it, I think it's necessary to explain how I learned to differentiate between "types" of runs. A great mentor of mine explained to me that not every run has to be all-out every day. Getting that through my thick skull made all the difference. Running should never be an addition to a list of responsibilities you are dreading, for that is a great way to start hating it. If anyone wants to use running as a strategy for stress relief, actually enjoying the run would be a good start.

I believe it would be much easier to explain what not to do when trying to relieve stress through running because most "regular" runners will understand what I am trying to say here. Let's imagine that you have a busy week ahead. There is a long list of things to do, and you probably don't even know where to start (I feel like I don't even need to add kids to the mix here). We all know what that feeling is like -- it's the fear of what happens if we don't get it all done. It's your mind being clouded with nothing but worry. Now let's take that a step further by adding a 10 miler either in the morning or afternoon... But not just any 10 miler will do – anything over a 10 minute pace per mile is unacceptable, and you have to push yourself to PR by at least 30 seconds. Or maybe 10 miles of hill repeats on a hot afternoon? Everyone has a different definition of "hard core," but when running is intended to be a stress reliever, these kinds of runs may not be the ticket. Generally speaking, it would benefit everyone to dial back a bit occasionally when necessary.

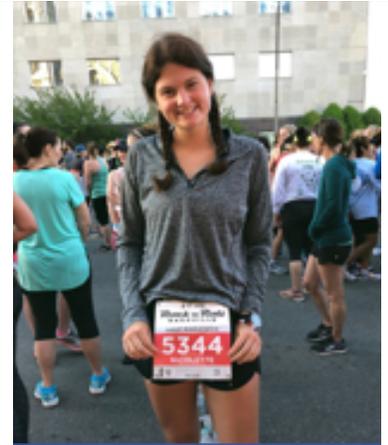
When I am worried about responsibilities throughout the week, the last thing I want to worry about is a high-maintenance run. My most mind-clearing miles have been Garmin-free. It feels like true freedom to be able throw on some running clothes and shoes and just go. . . no plan, no watch, nothing. Runs like that just remind me that for 45 minutes, I can be focused on nothing but the turn I'm taking next.

For me, stress-free running is about taking running to its most simple state. I like to ask myself: "What am I getting out of this run when I remove the pace, distance, elevation, duration, races, (etc.)?" One of the wisest people I have ever known says it's simply about "putting miles in the bank." Don't worry, this hippie style of running should still count for the 1200 Mile Club if you know how far you go!

Even though I prefer to go on more peaceful runs when I am coping with stress, going all-out might be helpful for people trying to get rid of negative energy. I have come to realize that doing things outside your normal running groove can be beneficial in aiding stress. So if a more peaceful, carefree run doesn't burn off the stress, maybe those hill repeats or PR attempts will do the trick. The key is to find what

works best for you to relieve stress.

Over the past four months, I spent a ton of time putting in miles for a half marathon in April and converting myself from obsessive to "normal" about running (no long distance runners are completely "normal," are they?) This training happened to coincide with final exams and all the stress that comes with that. However, the way I trained for this half marathon made my life easy rather than hard, and I am not solely talking about the running aspect of it. I tried to shape my run around how I was feeling that day. If I knew I had a lot to do, I would edit my run accordingly. When I was feeling good, I made sure to step it up, either in regards to pace or mileage.



Nicolette Patrick

Most importantly, I tried not to worry about it. Getting worked up over not reaching my time goal would do nothing good for me. Teachers in elementary school don't tell you to "try again" for nothing! I believe there is a difference between "slacking off" and giving yourself a break. Every run I did in preparation for the half marathon was intentional for the most part. "Stress-free" runs can be added in the schedule with training runs as an investment for mental well-being rather than endurance improvement. The whole system truly worked for me.

In April, I ran the half marathon with no complications. The miles seemed to go by quickly, and my pace was significantly better than I had expected. I actually enjoyed being in the race – it was not miserable! This is not because I was going slow. Rather, it was because I was in a good mood -- I liked what I was doing, and I was glad to be there. Not to mention, I did not have to deal with any injuries from overtraining. Overall, I made a good time with an even better memory! And get this: I was ready to run the BHM 26.2 the next day (long story regarding weather rescheduling).

As of now, I am continuing with my regular running schedule until August when I start training for a marathon. One promise I am making to myself before then is that I will never make myself dread running, for that only adds to stress. I want to let all runners know that they have the power to make running work in their favor. The miles go by much easier when a run is not a chore, so it is worth it to "run outside the box" every once in a while. In a world where we always do things because we have to, it feels empowering to do things because WANT to do them. Hopefully a cleansing five miler every once in a while will have the power to yield results in your busy life as well!

CONTINUED ON NEXT PAGE

STRESS MANAGEMENT AND RUNNING

TIPS FOR STRESS RELIEVING RUNS

1. Ditch the watch (don't worry about numbers or data - just run!)
2. Be intentional with the course (traffic heavy courses/busy areas don't always seem to fit when you are stressed)
3. Try running with someone else and talk during the run
4. Listen to some good music while you run (not for everyone)
5. If you are stressed because of things outside running, do not mix running stress with outside stress (i.e., being worried about a race)
6. Explore a new route (think about where you are going as opposed to what is causing worry)
7. Especially on longer runs, make up the weirdest story/scenario possible (this will give the brain a chance to think of something else. Some of my best ghost stories were born on long runs!)
8. Try to avoid a repetitive course – pay attention to your surroundings and try to enjoy the scenery
9. If you are not focused on the numbers, give yourself a chance to focus on other important things that are often overlooked (breathing, posture)
10. **OVERALL**, do something different. Going on runs can be a way to separate from whatever is causing stress. Changing things up is a great way to relieve the monotony of everyday tasks

About the Author

Nicolette Patrick is part of the class of 2020 at Hoover High School. She has grown up around running and has always identified as a long distance runner since the start of her running career in middle school. She hopes to complete a full marathon in December of 2019, hopefully with the assistance of the Birmingham Track Club. When she is not running, Nicolette enjoys reading and spending time with her friends. Her favorite book is the Tao Te Ching.



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BTC MEMBERS RUN RED MOUNTAIN PARK

By T.C. McLemore, Executive Director, Red Mountain Park



In the Spring of 2012, three friends and I started hiking from the southern terminus on the Pacific Crest Trail. Two of us had open-ended plans for post-trail life. The other and I had a hard deadline of graduate work picking up in the fall. Ultimately, we parted ways in Yosemite Valley after a two-month, 1,000-mile section hike (with a John Muir Trail thru hike included).

The two that stayed “on trail” meandered -- what’s the rush? -- their way to Manning Park, British Columbia, completing their thru hike sometime in early September. They both still live on the West Coast and manage to maintain that charmed, dirtbag (said endearingly and maybe even enviously) lifestyle that you romanticize about as you sit at your desk for eight hours at a time, pay your mortgage, or plan for that one-week vacation you may get to take next year (with a baby on the way, it may be more like 18 years).

Upon returning to Birmingham, I realized that I had left something behind in California. I missed the solitude and opportunity for reflection that time spent on remote single track had afforded. I also missed big mileage days, but with a thesis to write, I couldn’t hike for 12 plus hours a day anymore.

That fall, a friend -- without my knowledge -- signed me up for David and Mary Jo Tosch’s inaugural Birmingham Stage Race. I had never run a race before. Ever. Not even a 5K fun run for charity. I still remember running out of gas on the third climb on the Ridge and Valley Trail -- about a half mile in -- at Ruffner Mountain. I finished dead last that first day. I was humbled. And I was totally hooked. Beautiful, long (in my case) days on trails with supportive, friendly folks like the Toschs can do that.

That weekend did more than introduce me to trail running. The second stage of the race introduced me to Birmingham’s newest trail system -- Red Mountain Park. On October 27, 2012, “Red Mountain Park” and “trail running in Birmingham” became synonymous in my mind.

As I graduated and began full-time work, I tried to find a healthy balance of life outside of work and home. Part of that meant setting aside time for exercise. I kept trail running -- mostly at Red Mountain Park. Part of that meant getting involved civically. That led me to join Red Mountain Park’s junior board.

On the junior board, I was exposed to the reality of the crucial role volunteers had played in the park’s early development. A critical mass of volunteers had cleared dense undergrowth and cut new trails across the mountain. This park would not exist without trail enthusiasts of all sorts -- including trail runners -- coming together to build it.

The emergence of the junior board coincided with a pivotal moment in park development -- the park was largely built out by that point. There are only so many miles of trails you can build in a linear park of roughly 1,100 contiguous acres. And once you’ve built them, you have to maintain them.

Maintenance at the park requires more day-in, day-out care. And that requires dedicated equipment and skilled personnel. And that requires money. The heavy lifting that Red Mountain Park asked of its volunteers began to shift from trail building toward advocacy and ultimately, towards fundraising.

I’m partly thankful for this. While I love trail building -- especially alongside others who love the outdoors -- life’s daily demands reduce how frequently I’m able to commit to volunteering. I’m thankful that partly through hundreds of park memberships, the park is able to operate even if I can’t make it out to a volunteer day.



BTC MEMBERS RUN RED MOUNTAIN PARK



When I started my position as Executive Director in July, several runners extended congratulations and hands ready for a pair of loppers or a handsaw. My immediate focus, however, was on organizational health and financial stability. In less than a year, we've reduced our overhead by two-thirds and our total operating costs by nearly half. A higher percentage of donor dollars now goes to our maintenance and ranger departments -- departments that directly impact visitor experience.

While it was difficult to turn down enthusiastic -- and physically fit -- trail-building volunteers, I knew I wasn't an expert at what the physical park needed. I did know that an impromptu volunteer weekend would put further strain on our already short-staffed maintenance department. Instead, I began sharing with those who asked how they could get involved that what we most needed was their membership. Not only do we need donated dollars to stay open, we need members to deepen their connection to this place by taking advantage of member perks and attending member events. Much like the trail running community offers an infectious sort of camaraderie, enthusiastic park members beget enthusiastic park members.

I was heartened by the immediate response from individual runners like Steve Ponte and Sonia Steely who themselves became members and then integrated a membership contest into Tuesday Night Trails and running organizations like the Birmingham Ultra

Trail Society (BUTS) which purchased ten individual memberships. That means for every Red Mountain Park event, there are always ten open slots for BUTS members.

You don't have to be a dirtbag living in a van on an organic farm in the high desert of central Oregon (not that there's anything wrong with that) for trails to play a meaningful role in your life. What a special and rare thing it is that within our own city limits you can have that single-track flow experience a mere six miles from downtown. And what a relief it is that there are dedicated people stewarding that place for you to enjoy when you get here.

And you don't always have to do back-breaking work to support a park you love. That's not to say there aren't still days when we could use a helping hand. As long as Red Mountain Park has kudzu and privet, we will still have dedicated (if Sisyphian) trail days. But in between trail days, I ask that you advocate for others to love the park like you do and that you show the park you love it by becoming a member.

We love welcoming you to our trails! To read more about the history of our park, check out [this article in the February 2017 issue of The Vulcan Runner](#), or visit our website at: <https://redmountainpark.org/>. Ready to become a member? [Click here!](#)

RUNNING IN THE LAND OF THE RISING SUN

By Jonathan Dixon, Wesli Turner and Rebecca Williamson

Birmingham Track Club members once again took to the skies to participate in the Maebashi Shibukawa City Marathon as part of the City of Birmingham's Sisters Cities program with the City of Maebashi, Japan.

This annual pilgrimage from Birmingham, Alabama to Maebashi, Japan began in 2007, when BTC runners and friends participated in the race festivities. Since then, the BTC has been privileged to select three to four runners to participate annually as part of an exchange to form and strengthen the bonds between Japanese and American runners and reaffirm the friendship between the two sister cities.

Preparations for this year's journey began a few weeks prior to our departure with a meet and greet hosted by Mark B. Jackson (Honorary Consul General of Japan), Scotty Colson (Birmingham Sister Cities Commission, Mayor's Office) and Tabitha and Tommy Payson (BTC's Japan Exchange Coordinators). It was during the meet and greet that the runners undertook our first crucial Maebashi marathon training: mastering the chopsticks at Birmingham's IKKO restaurant.

On the day of departure, we were excited and slightly apprehensive of the long journey ahead. Fourteen hours and 6,769 miles later, the team touched down at Tokyo's Narita International Airport. After navigating customs, we were greeted by Maebashi native and guide Norishige Shoizawa, Section Chief of International Relations Section, Cultural and International Affairs Division for Maebashi City Hall and our translator, Jalen Cox. But our journey was not over. From Tokyo, we travelled two hours by bus to Maebashi, Gunma Prefecture. Along the way, we stopped off and had our first meal in Japan, using our newly acquired chopstick skills.

The days leading up to race day were filled with activities, exploring Japanese culture and the wonderful city of Maebashi. Our first adventure after having a traditional Japanese lunch was exploring the beautiful Sakura (cherry trees) by participating in Hanami or "flower viewing" at Mount Akagi. Historically, the cherry trees bloom in early April and quickly fade, but we happened to be in for a treat: due to a late snow, the blossoms were still in bloom for our visit.



Cherry Blossoms at Mount Akagi



L to R: John Williamson, Jack Williamson, Rebecca Williamson, Wesli Turner, Jonathan Dixon, Jalen Cox, Norishige Shoizawa and our driver

After our visit to Mount Akagi, we traveled back to Maebashi to prepare for our welcome dinner. The dinner was organized by the local city and was just as much about honoring our visit as it was about paying respect to our hosts. Japanese culture centers on respect and honor. So there were many speeches and sharing of stories from those members who had visited Birmingham in the past. We were presented with gifts, everything from Japanese tea, to Sake to Durama dolls (a traditional good luck or well wishing doll).

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RUNNING IN THE LAND OF THE RISING SUN



BTC Runners and the wonderful hosts and dignitaries of Maebashi

The evening was made complete with a game of “Tosenkyo”, a fan tossing game that was popular during the latest stage of the Edo period (1603-1868). In the game, two people sit at opposite ends of a long table. A paper-made butterfly or “cho” is perched on a low wooden pillar called a “pillow” (makura) and each player tries to knock over the butterfly by tossing a half-opened fan (sensu). After many failed attempts, we declared a winner (someone who knocked over the butterfly the most in five tries).



Jonathan learning the rules of Tosenkyo

On Saturday morning, we hit the pavement for a three mile shakeout run before the big day. Our route took us along a quiet canal funneling the Hirose River through the city and then through a covered cobblestone-shopping street -- places we would not have seen if it weren't for our morning run.

It wasn't all running and pavement. Following our run, the team headed out to the Maebashi City Museum of Literature, Hirosegawa Museum, which is dedicated to local poets such as Sakutaro Hagiwara and Shinkichi Ito. In fact, we were very fortunate to meet Sakutaro's grandson who showed us pictures of his grandfather and through our interpreter, talked about his life in Maebashi. We were joined by Mr. Kazunori Tago.

Anyone who has visited the Birmingham Botanical Gardens is familiar with Mr. Tago's work. He built the beloved Japanese teahouse that graces the gardens. He was eager to speak to us about his work. He showed us the plaque dedicated to Alabama's own Samuel Ullman and the poem “Youth.” Mr. Tago is looking forward to future invitations to visit Birmingham again.



BTC runners after a pre-race day shakeout run



BTC runners and Mr. Tago with the Samuel Ullman plaque commemorating the poem “Youth”

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RUNNING IN THE LAND OF THE RISING SUN

On our last full day in Maebashi, we celebrated with lunch at the restaurant located at the top of the municipal building, which offered a bird's eye view of the city surrounded by snow-capped mountains. With stomachs full, we went in search of the perfect soy sauce. In typical Japanese fashion, there was a specialty shop, just for that. Smokey, sweet, tart, weak, strong -- the list goes on. Just like fine wine, soy sauce can be an acquired taste. We learned about the different flavors and how to pair a meal with the right soy sauce. For our culinary expert, Rebecca, this was quite a treat.

The big day!

The few days in Maebashi leading up to race day were a whirlwind of activities and new experiences. Now it was time to get down to business. The mayor of Maebashi stood on the podium and thanked all of those who worked tirelessly to put it all together. With more than 2,000 participants, the running of race day is no small feat. There were then introductions to all of the special attendees of the



BTC runners Wesli Turner (5K), Rebecca Williamson (marathon) and Jonathan Dixson (marathon) with Rebecca's coach and husband John and son Jack on the stage at the opening ceremony

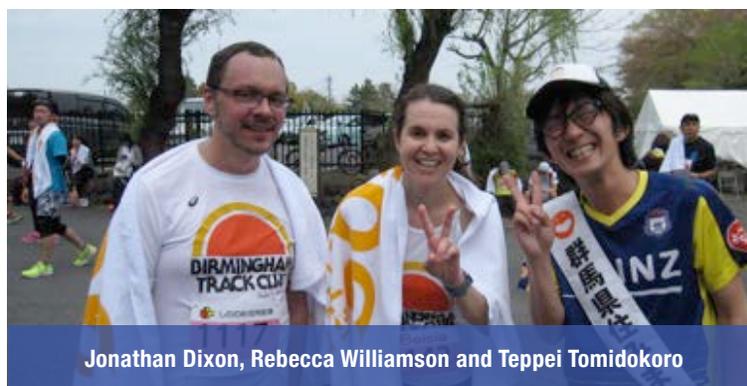
race, including Birmingham's own. After the opening ceremony it was time to line up to run.

The marathon runners took off at just after 8 o'clock, while the 5K start time was not until 10 a.m., giving Wesli plenty of time to cheer on other competitors. Waiting on the sidelines, Wesli, Jalen and Norishige cheered "Ganbatte!" (The Japanese word for good luck, but also used as a word of encouragement) and clapped as the family run, children's fun run, children's 5K and men's 5K took place.

All BTC runners achieved personal best records with Jonathan and Rebecca completing the marathon together in 4 hours and 22



Left: Wesli starting 5k, Middle: Jonathan running through the finish line, Right: Rebecca running through the finish line



Jonathan Dixon, Rebecca Williamson and Tepei Tomidokoro

minutes. They were also fortunate enough to have the opportunity to complete the race with local celebrity Tepei Tomidokoro, a member of the comedy duo Ankanminkan.

Our last night in Maebashi was celebrated with a favorite Japanese past time, karaoke. Our host Norishige arranged a private karaoke room that allowed for non-stop Japanese dishes, plum wine, sake and of course bad songs and equally bad singing to be limited to those in our company. The evening was a chance for everyone to relax, soothe aching bones and joints with good company, and celebrate a wonderful few days in Maebashi. The next morning we said goodbye to our new friends and the amazing city of Maebashi.

The BTC is fortunate to be part of this wonderful program with the cities of Birmingham and Maebashi. We were honored to participate as representatives of both our club and out city – it truly was a once-in-a-lifetime experience we won't soon forget.

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

Please welcome the following new and returning members to the Birmingham Track Club:

Kelly Cauthen

Amelia Chase

Yocunda Clayton

Cindy Cutchen

Ashley Foti

Allison Halperin

Caitlin Halperin

Dave Halperin

Lauryn Halperin

Parker Herrington

John High

Melanie Jackson

Joey LeMaster

Margaret McKinney

T.C. McLemore

James Mersmann

Kim Meyer

James Poh

Megan Randolph

Joe Ross

Julianne Steele

If you are a prospective member, welcome! We hope you will decide to [join the BTC](#) – the [benefits](#) are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. [Visit the BTC website](#) for more information.

Birmingham Track Club Benefits of Membership

When it comes to picking your goal races, don't forget that your BTC membership includes discounts to numerous local races.

- [Peavine Falls Run](#)
- [The Vulcan 10K](#)

To register for the Birmingham Track Club or to renew your membership, visit <http://www.birminghamtrackclub.com/join-btc-now.php>. We offer membership discounts for students, active duty military, law enforcement officers, fire fighters and paramedics. If you have questions about becoming a BTC member, please feel free to send us an email at membership@birminghamtrackclub.com.

We look forward to running with you in 2019!

Need to Print Your BTC Membership Card?



It's easy!

1. Login to RunSignUp (runsignup.com).
2. Click on "Profile". On a desktop browser, you'll find this among the links at the top of the page. On a mobile browser, you may have to click the icon to expand the menu to see the Profile link.
3. Click "My Club Memberships" under Account Links. You'll see your BTC membership listed.
4. Click on "Membership Card". The page displayed is a PDF file that you can either print or save to your computer or smart phone. If you have a family membership, cards for the entire family will be displayed on one page.

Pre-Race Tune Up / Post-Race Clean Up

An individualized, wellness-based evaluation with a physical therapist can help you get ready for and recover from your next event.

Multi-sport services may include:

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- One-on-one session with a physical therapist
- Assessment of Motion + Biomechanics + Form Evaluation
- Individualized approach based on your unique pattern
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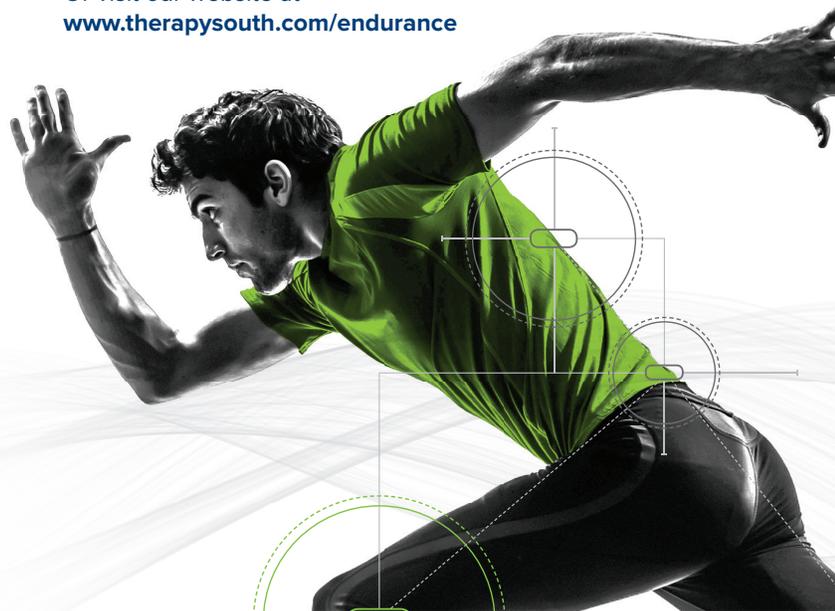
VIP Shoe Fitting

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Or visit our website at www.therapysouth.com/endurance



Long Run Training Group

Training for Fall Marathons Begins July 6!

After many nominations, and even more votes, BTC members have selected the [CNO Financial Indianapolis Monumental Marathon](#) as our fall target race. The race will take place on November 9, 2019, and our long run routes will be targeted towards both the half and the full marathon. Join us in Indy, or modify our long run routes for your own target race.

Visit our [BTC Long Run Facebook page](#) for our weekly routes. And if you're not already a member, join the [BTC Long Run Facebook page](#) to receive updates!

MEDICATIONS AND MILES:

Protect Yourself From the Sun to Enjoy Your Summer Runs

By: M Kalyn Davis, Pharm.D. Candidate 2020, and Kim W. Benner, PharmD, BCPS



Summertime is upon us, and the temperature outdoors and ultraviolet (UV) Index are quickly rising! Before heading out on those summer runs, it is important to protect your skin from the sun's damaging UV rays. Choosing the proper sunscreen can ultimately help lower your risk of dangerous skin cancers, premature aging, and painful sunburns.

How to Select the Best Sunscreen for You

The American Academy of Dermatology recommends looking for three important factors on the label to select the most beneficial and protective sunscreens: The sunscreen should be labeled as: 1. water resistant, 2. broad spectrum, and 3. having an assigned sun protection factor (SPF) of at least 30 or higher.

Choosing water resistant sunscreens will allow for less frequent application even when the skin is wet from active sweating or taking a refreshing dip in the pool. The label should provide you with the appropriate timespan that the sunscreen is water resistant, typically between 40 to 80 minutes.

Broad spectrum sunscreen protects your skin from both types of the sun's UV rays: ultraviolet A (UVA) and ultraviolet B (UVB) rays. It is crucial to have protection against both types of UV rays in order to help decrease the risk of painful sunburns, dangerous skin

cancers, and unwanted signs of premature aging, like wrinkles and dark spots.

Selecting a sunscreen with a sun protection factor (SPF) of 30 or higher will help protect you from the sun's most harmful UVB rays. According to the American Cancer Society, choosing a SPF of 15 or lower can only protect you from sunburns, not from early skin aging or developing skin cancers. However, choosing a higher SPF does not allow for more time in the sun without re-application. Higher SPF values simply mean those sunscreens block a higher percentage of UVB rays, but no sunscreen can block these harmful rays 100%. Sunscreen with a SPF of 30 will block 97% of the sun's UVB rays. Your local pharmacist can help you choose the best sunscreen for your particular needs.

How To Use Sunscreen Properly

Even though most people associate sunscreen with summertime, you should use sunscreen anytime that you are going to be outdoors, no matter the weather or the season (and even if it is cloudy!) To be sure that your sunscreen is working at its best, you must apply sunscreen properly and liberally. The American Academy of Dermatology suggests applying sunscreen at least 15 minutes before going outdoors. The Academy also suggests that it takes approximately 1 ounce of sunscreen to properly cover an average adult's body. Make sure to cover all of your exposed areas including your lips, ears, and the top of your feet. Sunscreen should be reapplied at least every 2 hours or more frequently if you are participating in swimming or any sweaty outdoor activity.

Myths About Sunscreen

- **“Some sunscreens are ‘waterproof’ and do not require re-application.”** Although the label may say that the sunscreen is waterproof, this is not entirely true. No sunscreen has the ability to 100% withstand water damage. If you are outdoors for long periods of time, all sunscreens must be reapplied in order to work properly. The best choice of sunscreens are those that are labeled as water-resistant. Look on the label for the appropriate amount of time between applications to ensure that the sunscreen you are using is still resistant to water and sweat.
- **“Take oral supplements, like Heliocare, and you can skip the sunscreen lotion.”** The FDA reports that there is not a capsule or a pill on the market that can replace traditional sunscreen. Regardless of what the label on these products suggests, these products are not regulated in the same way that sunscreens are regulated by the FDA. You should beware of the misleading claims that these pills are making such as preventing sunburns, early skin aging, or skin cancers.

CONTINUED ON NEXT PAGE

MEDICATIONS AND MILES:

Protect Yourself From the Sun to Enjoy Your Summer Runs

- **“I never get a sunburn, so I don’t need any sunscreen.”** No matter your skin type, your gender, race, or ethnicity, everyone needs sunscreen to be protected from the sun’s UV rays. The American Academy of Dermatology reports that anyone can develop skin cancer, and that 1 in 5 Americans will develop skin cancer in their lifetime. In order to stay protected, using sunscreen is a must.

In summary, protect your skin all the time, no matter what the weather. Doing this will keep you healthy and doing what you love! Check with your local pharmacist to help you pick the perfect sunscreen for you and your family.

References:

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent/how-to-select-a-sunscreen> Accessed May 29, 2019

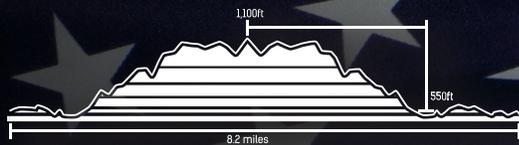
<https://www.cancer.org/latest-news/choose-the-right-sunscreen.html> Accessed May 29, 2019

<https://www.cancer.org/latest-news/how-safe-is-your-sunscreen.html> Accessed May 29, 2019

- **BE SURE THE LABEL SAYS SPF 30 OR HIGHER, WATER-RESISTANT, & BROAD SPECTRUM**
- **APPLY SUNSCREEN LIBERALLY & RE-APPLY AT LEAST EVERY 2 HOURS OR MORE OFTEN**
- **EVERYONE & ANYONE MUST USE SUNSCREEN WHEN OUTDOORS TO HELP PROTECT THEIR SKIN FROM SUN DAMAGE**
- **SUNSCREEN “SUPPLEMENTS” ARE NOT SAFE TO USE IN PLACE OF TRADITIONAL SUNSCREEN**

<https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs> Accessed May 29, 2019

<https://www.fda.gov/news-events/press-announcements/statement-fda-commissioner-scott-gottlieb-md-new-fda-actions-keep-consumers-safe-harmful-effects-sun> Accessed May 29, 2019



The Rick Melanson PEAVINE FALLS RUN

Oak Mountain State Park

7 a.m. • July 4, 2019
Oak Mountain State Park

[REGISTER HERE](#)



RRCA UPDATE

By Alex Morrow, RRCA Alabama State Representative



Recently a member of the local running community was hit by a car while running and lost his life. This tragic accident is a reminder to all of us that we should do our absolute best to be safe while out for a run. Below is a list of the RRCA's General Running Safety Tips. When you have a moment, please give them a read. It is always a good idea to implement safety practices and make them a habit. Please be safe out there.

RRCA General Running Safety Tips

- **DON'T WEAR HEADPHONES.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss, especially during evening or early morning runs.
- **Run against traffic so you can observe approaching automobiles.** By facing on-coming traffic, you may be able to react quicker than if it is behind you.
- **Look both ways before crossing.** Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- **Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.** Include any medical information.
- **Always stay alert and aware of what's going on around you.** The more aware you are, the less vulnerable you are.
- **Carry a cell phone or change for a phone call.** Know the locations of public phones along your regular route.
- **Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right," it isn't.
- **Alter or vary your running route pattern;** run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.
- **Run with a partner.** Run with a dog.
- **Write down or leave word of the direction of your run.** Tell friends and family of your favorite running routes.
- **Avoid unpopulated areas, deserted streets, and overgrown trails.** Avoid unlit areas, especially at night. Run clear of parked cars or bushes.
- **Ignore verbal harassment and do not verbally harass others.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- **Wear reflective material if you must run before dawn or after dark.** Avoid running on the street when it is dark.
- **Practice memorizing license tags or identifying characteristics of strangers.**
- **Carry a noisemaker.** Get training in self-defense.
- **When using multi-use trails, follow the rules of the road.** If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
- **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.

Volunteer Vibes

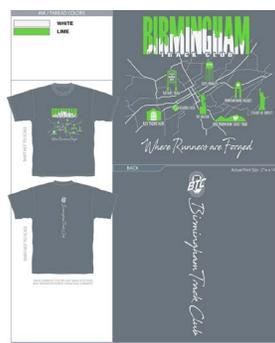
It's not too late to volunteer to help with the Peavine Falls race on July 4 at Oak Mountain. Volunteers are needed for packet pick up and on race day – [click here](#) to volunteer, or [email BTC Volunteer Coordinator Kim Benner](#) with questions.

#weheartourvolunteers



New BTC Merchandise is Here!

Take a look at our NEW designs! These are now available for pre-order on the [BTC website](#), with a discount available for all pre-orders (and an even bigger discount for multiple items). Stock up for your summer runs, and get a head start on fall with this fabulous BTC gear!



#WHYIRUN: DEAN SIDES



Last summer, while visiting family in Fairhope, I was doing my Saturday long run and came across a group preparing to start a triathlon sprint at the Fairhope pier. It was a good place and time for me to take a short break from my run, so I watched as the participants began with the swim. There was a lot of nervous excitement among the athletes.

I continued on with my run but as I came back by the pier the participants were already transitioning from the bike portion to the run. Something stirred within me: could I do a triathlon? Running, no problem. Riding a bike, been doing that since childhood. But the swim? Summers growing up always included a trip to the beach where we played and swam in the ocean. But those athletes I saw that morning weren't playing in the water; they were doing some serious swimming. In order to complete a triathlon, I would have to let go of some pride and learn how to swim correctly. For me, that would mean taking lessons as an adult. I wasn't seeing that about to happen.

Fast forward two months later, when my running came to a halt. Getting ready for the Chicago marathon while running with plantar fasciitis had led to a tibial stress reaction. I needed to keep in shape in case I healed in time for the marathon, and I thought swimming would be a great exercise alternative. So I swallowed some pride and signed up for adult beginner swim lessons at UAB.

Fortunately, I was the only one who came for the class lessons so I had one-on-one instruction. It was a great experience. Learning to swim with my face in the water and learning the correct technique for several types of strokes gave me the confidence I needed to seriously consider a triathlon. I joined the YMCA so I'd have a pool for my workouts. When my UAB lessons ended, I then signed up for more adult swimming lessons at the YMCA.

The Chicago marathon had to be deferred due to slow healing but I was beginning to enjoy swimming, which helped to ease the pain of the deferral. Distance running is all about patience, and having an alternative workout really helped me. While others were getting up at 4:30 a.m. for a run, I was getting up for a swim. What a great feeling after a 30 minute swim workout! It can be as exhausting as a track workout but my feet don't hurt!

To literally test the waters, I participated in an indoor tri that fellow BTC member Andrea Armbruster Austin organized in January; it was a fun experience, and I appreciated another BTC member, Ronnie Blakney, giving me some pointers during the event.

With swimming going well, the next step was getting cycling down. I needed a road bike, and BTC member Philip "Moose" Morris passed his bike along to me. Completing a duathlon (run, bike, run) with BTC friends Mark Criswell and his daughter Katie in April was another confidence booster. Before I knew it, I was ready to sign up for my first triathlon. The Buster Britton Memorial sprint triathlon at Oak Mountain was the one I chose after hearing how well it's run.



CONTINUED ON NEXT PAGE

#WHYIRUN: DEAN SIDES

The morning of the race, the predicted storm clouds held off. I had that nervous excitement I had witnessed the summer before. One by one we stepped into the lake to begin our race. I had read that many newbies panic as they hit the water and start their swim. I felt fine the first 50 yards, but then the panic hit: the first buoy seemed so far away, and I felt so tired already. I noticed others would pause every so often to rest, so I followed their lead. After a few minutes, the panic subsided, and I began to enjoy the swim.

Cheerful volunteers welcomed me as I reached the shore. Once I was out of the water, it was over to the transition area to dry my feet, get into shoes and grab my bike. The bike portion was fun. I had practiced riding the Oak Mountain route several times, and I knew what to expect: plenty of hills to work your quads and hips, but the downhill coasts were nice. Then it was off the bike and back on to the road for the final running portion. A sore foot kept me from running my usual pace, but the thrill of knowing I was about to complete my first triathlon kept me going.

As I crossed the finish line, I realized I had done something way outside of my routine and comfort zone. I also realized I was ready to sign up for another triathlon.

As runners, we're aware that cross training helps build endurance and cuts down on injuries. But how many of us adhere to regular exercise in addition to running? I'm a runner and I plan to remain one. Saturday long runs with BTC friends are such a joy. Even solo runs bring pleasure. But coming into running later in life means I'm still in the learning process of what it takes to be a runner for life. Cross training is a necessary part of that process. Finding a good workout such as swimming or cycling doesn't detract from running but rather enhances it.

I am a runner. And now that I've completed a triathlon I'm also a triathlete!



Moderate Distance Run Group

The Saturday Moderate Distance Run Group is a great option for anyone who wants a few less miles than the Long Run routes – or anyone who wants a bit more sleep on Saturday mornings! The group starts at 6:30 a.m. from Trak Shak; however, once a month, the group will start from a different location. Routes are between three and eight miles and paces vary as well. Interested in joining us, or have questions? Email [Moderate Run Coordinator LaRonda Corrin](mailto:LaRonda@birminghamtrackclub.com), or check out the group's [Facebook page](#) for more information.

Want to get more involved with the group? Email LaRonda to help coordinate routes or water stops for some upcoming runs. We hope to see you on the roads!



1200 MILE CLUB

Cumulative miles submitted through June 29, 2019 are listed below. For a complete listing of monthly totals, [click here](#).

Please remember to submit your miles early in the month so that they are reported correctly in *The Vulcan Runner*. Reporting miles is easy: simply click on the link provided in the email you will receive at the end of each month, select your name from the drop down menu, and hit "submit" – done!

Participant	Years	Total
Abston, Jacob	R	128
Adams, Nick	R	187
Ahmed, Kabeer	R	712
Alexander, Jessica	R	679
Anderson, Kerri	3	545
Armstrong, Thomas	3	183
Baggett, Christopher	1	621
Barnes, Jimmie	4	503
Bartee, Samm	3	566
Bayush, Tori	R	518
Belcher, Michelle	6	414
Bellew, Bobby	R	453
Benner, Kim	6	645
Bensinger, Cole	R	708
Benson, wayne	5	580
Bishop, Natalie	R	600
Bittle, Anna Marie	R	189
Blocker, Jennifer	R	0
Boackle, Larry	2	264
Boackle, Tomie Ann	1	171
Boger, Joe T	1	305
Booher, Lisa	7	830
Bookout, Jason	R	497
Bookout, Kimberly	R	436
Bowman, Bill	R	431
Bowman, Brian	R	0
Boylan, Brittany	R	0
Boylan, Chris	R	556
Bradley, Amanda	1	855
Brakhage, Victoria	2	565
Bridwell, Hunter	1	172

Participant	Years	Total
Brown, Charlie	7	279
Brown, Dana	R	0
Brown, Sean	4	419
Bryant, Jason L.	R	279
Burks, Ross	2	514
Burton, Daniel	R	697
Burton, Kelsey	1	423
Caine, Lawrence	1	378
Callahan, Ali	R	198
Callahan, Chris	2	568
Callahan, Noah	R	140
Callahan, Rachel	4	549
Calloway, Mariel	R	536
Carey, Christopher	5	671
Carlton, Bob	4	533
Carter, Adrienne	2	193
chandler, teresa	9	553
Clay, Brad	11	716
Cleveland, Jeff	2	680
Clevenger, Caitlin	R	279
Cliett, Stephanie	4	368
Clowers, Addison	4	678
Coffin, Diane	R	0
Coffin, Hannah	1	1,021
Coleman, Tim	1	812
Collins, Helen	2	367
Corrin, LaRonda	R	369
Corrin, Roger	2	502
Cowart, Britney	1	481
Crain, Teresa	2	0
Cramer, Robyn	R	128

Participant	Years	Total
Cramer, Steve	R	281
Crawford, Allen	3	557
Creel, Mary	1	731
Criswell, Mark	R	412
Crowson, Bill	3	734
Crowson, Madeline	R	0
Crumpton, Melinda	R	0
Culver, Wendi	R	485
Cutshall, Hannah	1	550
Davidson, Dow	1	798
Davidson, Jen	R	0
Denton, Matt	6	956
Dixon, Charles	R	213
Dixon, Jonathan	1	340
Dodson, Brooke	3	705
Donnelly, Kevin	R	464
Dorman, Evan	1	385
Dowling, April	1	77
Duke, Cindy	3	570
Dunn, Jennifer	R	545
Elcott, Michael	R	345
Elkins, Sydney	1	0
Estes, Cameron	R	444
Estrada, Steven	R	688
Evans, Debbie	5	529
Ferlitto, Cindy	1	363
Fontenot, Misty	2	463
Franklin, Rebecca	R	277
Franklin, Shane	7	531
Frederick, Winston	10	639
Freeman, Sheila	2	475

1200 MILE CLUB

Participant	Years	Total
Friday, Tanna	R	130
Gann, Michael	7	0
Gerlach, Kim	R	0
Gibson, Katie	1	411
Goode, Johnny	10	639
Goss, Ange	1	522
Grady, Carla	R	0
Graham, Ryan	R	493
Grall, Jeremy	R	480
Grammas, Marianthe	2	707
Gray, Caleb	R	0
Greene, Michael	1	0
Griffin, Robin	R	383
Grossmann, Christopher	7	589
Gullapalli, Satya	3	559
Hackney, Aimee	R	497
Haley, Jay	3	669
Hall, Thomas	1	289
Haralson, Danny	10	318
Haralson, Micki	10	714
Hargrave, Alan	11	570
Harris, Ashley	1	136
Harris, Skip	1	0
Harris, Vickie	2	0
Harrison, Lisa	7	562
Henley, Monica	5	328
Henninger, Alison	4	505
Hetherington, Karyn	R	573
Hill, Tucker	2	70
Hogue, Kari	R	45
Holcomb, Zachary	1	647
Holland, Skylar	1	455
Hollington, Kasey	1	532
Hoover, Alison	7	0

Participant	Years	Total
Hopper, Whittley	1	610
House, Beth	5	319
Hubbard, Stephanie	1	0
Hudson, Temeka	R	0
Ingram, Joseph	6	52
Izard, Georgia	3	0
Izard, Melody	3	261
Janowiak, Desirae	R	421
Jenkins, Kaki	5	665
Jenkins, Michael	R	368
Johnson, Kawitta	1	346
Johnston, Emily	R	535
Johnston, Latta	2	502
Jones, Allen	R	492
Joseph, Jeremy	R	0
Kazamel, Mohamed	1	783
Kearley, Christy	1	32
Keefer, Herb	2	0
Kelley, Robin	5	0
Kemper, Tricia	4	646
Kendrick, Tom	R	140
Knight, DIANE	2	0
Kornegay, Marla	R	510
Kuhn, Jimmy	11	1,077
Kulp, Loren	3	834
Lahti, Tyler	2	919
Laird, Audrey	4	619
Langston, Aaron	4	591
Langston, Richard	6	388
Lawhorn, Joseph	R	520
Lea, David	R	426
LeCroy, Sarah	2	511
Lee, Brian	R	792
Litz, Matthew	1	577

Participant	Years	Total
Love, Thomas	1	191
Lyle, Randy	10	987
Lyles, Chris	1	0
Malick, David	5	520
Mathews, Skip	R	416
McComb, Morgan	R	703
McKinney, Margaret	R	152
McNutt, Janie	R	552
Merry, Vicki Sue	6	783
Miller, Joshua	R	346
Moore, Phillip	R	0
Morgan, Anne	R	429
Morgan, Cary	9	1,495
Morgan, Danielle	5	321
Morgan, Phillip	8	402
Morris, Phil	R	166
Morrow, Alex	7	641
Moser, David	R	499
Moser, Tamara	R	0
Mount, Brian	2	530
Murchison, Reginald	5	912
Napolitano, Angela	R	15
Ness, Andrew	R	0
Northern, Kristie	9	605
Norton, Laura	R	730
Oehrlein, Kimberly	R	179
Oliver, John	4	505
Olson, Kimberly	R	0
Olson, Seth	R	0
Orihuela, Carlos	1	613
Ortis, Ellen	R	635
Padgitt, Scott	1	249
Parks, Charlie	5	1,028
Patel, Lisa	R	95

1200 MILE CLUB

Participant	Years	Total
Patrick, Nicolette	R	571
Payson, Tabitha	R	0
Payson, Tommy	2	605
Peagler, Shana	7	453
Pearce, Julie	5	176
Pearson, Blake	5	179
Pearson, Mary Scott	4	0
Pegouske, Jeremy	R	493
Pegouske, Stacie	1	481
Plante, David	6	142
Poh, James	R	561
Poole, Greg	1	505
Powell, Shane	R	470
Ralph, Meghan	4	579
Rawson, Brent	1	360
Renfro, Jeff	R	508
Reynolds, Dewelena	R	283
Richey, Lori Beth	1	638
Richie, Melissa	R	314
Ritchie, Joseph	1	670
Ritchie, Lauren	R	719
Roberson, Kevin	4	624
Roberts, Fletcher	4	584
Robertson, M.C.	R	398
Robinson, Melany	R	482
Robinson, Rod	R	70
Rodgers, Jeffrey	1	457
Rodgers, Jessica	R	78
Roper, Lynn	2	462
Rose, Billy	4	962
Ross, Christy	R	498
Rosser, Joey	2	581
Routman, Cynthia	1	349
Rowell, Taylor	1	379

Participant	Years	Total
Rutherford, Keith	11	511
Rutledge, Lisa	3	686
Ryan, Meaghan	3	645
Sanders, Gwendolyn	R	472
Sargent, Bruce	R	585
Seeley, Mimi	R	285
Senseman, Austin	R	353
Shaffield, Danny	5	825
Sherer, Jeremy	2	547
Shinn, Ronald	6	426
Shoaf, James	1	288
Sides, Dean	3	387
Silwal, Suman	8	0
Simpkins, Randall	1	594
Simpson, Kevin	6	1,435
Sims, Kelly	R	569
Sims, Robert	5	438
Slemmons, Kent	R	157
Sloane, Mike	3	535
Smith, Jerry P.	11	529
Smith, Justin	R	51
Smith, Marie	R	340
Snow, Sheri	3	0
Soileau, Chester	1	394
Sparks, Jessica	R	354
Stevens, Johnathon	2	334
Stewart, Chappell	R	627
Stewart, Zeb	1	276
Stockton, Rick	11	522
Stone, Amy	R	376
Sweatt, Jason	R	0
Swiney, Elana	R	221
Talley, Beau	6	688
Talley, Shellie	2	0

Participant	Years	Total
Thomas, Eric	5	262
Thompson, Sara	1	562
Thornton, Dean	6	376
Thurman, Terralance	R	0
Tibbs, Seth	1	394
Townes, Janelle	1	530
Trimble, Jamie	4	677
Vaden, Christopher	R	0
Varnes, Vickie	5	930
Waid, Jr, David	1	965
Wall, Ron	5	395
Watters, Ana	R	446
Watters, Robert	4	634
Weaver, Melissa	R	0
Weber, Amy	1	570
Weber, Lauren	1	0
Weeks, Lance	2	365
Wells, Bradley	3	0
Wende, Adam	4	838
Wieberg, Deb	R	32
Wilhite, Thomas	3	541
Williams, Shaunda	R	306
Williamson, Chad	4	83
Williamson, Rebecca	R	528
Wilson, Darren	R	522
Windle, Dale	4	383
Wiseman, Steve	4	606
Wood, Scott	3	484
Woody, Bill	10	577
Worthington, Charles	R	79
Wright, Amy	2	347
York, Gary	5	819
Zajac, Jason	R	592
Zehnder, Justin	7	388

SHOW US YOUR BTC GEAR



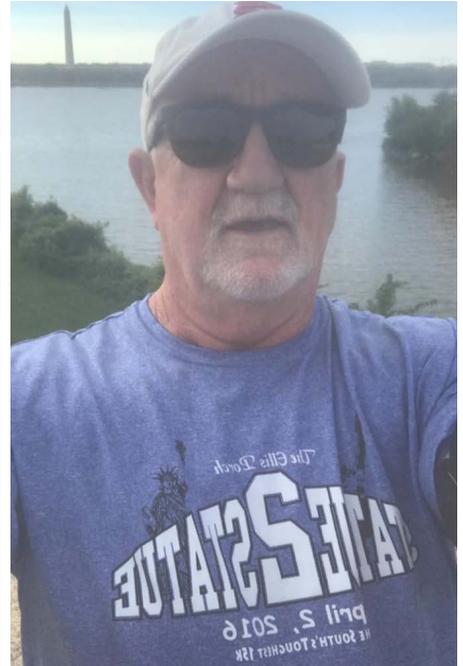
Show us where the BTC has taken you! Submit photos of you and your friends in BTC gear or BTC race shirts [here!](#)



Kaki Jenkins and her son Rob in Reykjavik, Iceland



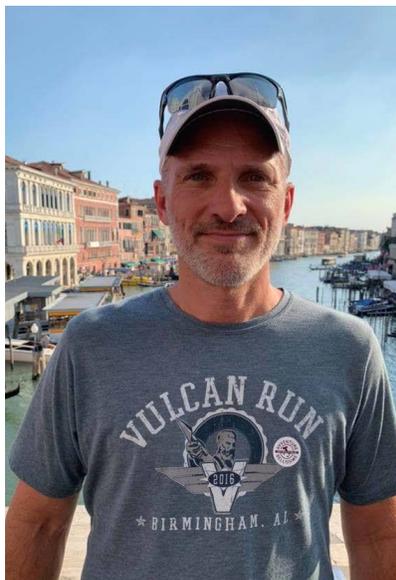
Bill Crowson at the Great American River Run 13.1 in Memphis



Richard Langston in Washington, D.C.



Ellen Ortis, between Sorrento and Positano, Italy



Tony Flore in Venice



Vermont City Marathon

FEETS OF STRENGTH

Now that Summer – and all of her heat and humidity – are here, our “feets” of strength may be fewer and farther between, but that just means we’re gearing up for some strong running in the Fall!

Congratulations to **Robin White** for her first-in-age-group finish at the hot and hilly Tallulah Half Marathon on June 5! That’s impressive!

Now is a great time to tackle a challenge race or a unique fun run ([Here2Beer](#), anyone?) – [let us know](#) if you do! We love to celebrate our members!



Robin White

BTC EXECUTIVE BOARD MEETING

June 10, 2019

Attendance: Vicky Brakhage, Hunter Bridwell, Alan Hargrave, Monica Henley, Alex Morrow, Julie Pearce, Charles Thompson, Lauren Weber, Scott Wood; guests: Charlie Brown, Russell Williams

The meeting was called to order at 6:00 pm by President Scott Wood.

Monica made a motion to approve the minutes of the May 2019 Executive Board Meeting; the motion was seconded by Vicky and passed without opposition.

Treasurer’s Report (Scott Wood for Christianna Rudder)

- Please review Christianna’s report and financial statements, which were circulated via email last week.

Vice-President’s Report (Hunter Bridwell)

- Bibs have been received from RRCA for Peavine Falls, as this is an RRCA race.
- Pavilion rental fees have been waived at Oak Mountain.
- Hunter spoke to Jeff Martinez about sponsoring half of the shirt costs and Powerade; we will purchase Trak Shak gift cards for winners
- Discussion following regarding post-race food and other logistics
- Per Alan, registration numbers are at 204 (135 at this point last year)

Newsletter (Julie Pearce)

- Content for the July newsletter is due on June 21, 2019.

IT Chair (Alan Hargrave)

- Alan circulated race registration numbers for BTC races to date.

Long Run Committee (Scott for Alex Morrow)

- Indianapolis was selected as the target marathon (November 9, 2019). Training will begin the Saturday after Peavine.
- Alex will start adding a shorter distance run for the moderate group.

Membership

- Current members: 1,054, with 816 memberships
- Vicky will send an email blast to members whose memberships have expired within the past few months.

Merchandise (Scott for Bradley Wells)

- Sales are live on the website; new merchandise should be available soon.

Japan Exchange Group

- Julie will ask participants to submit an article for the newsletter.

USATF (Charles Thompson)

- The Hilltop Classic was held on June 1, 2019 at Birmingham-Southern College.
- The Alabama State Games were held on June 8, 019 in Huntsville.
- The U.S.A. Alabama Association Junior Olympics Youth Championships will be held on June 15-16 in Chococoloco (Oxford)
- June 22 – Alabama Heat Regional Tune up in Chococoloco.
- June 29 – OTM Track Invitational

President

- Vulcan Run planning is underway.

New Business and Announcements
There was no new business.

The meeting was adjourned at 6:33 pm. Our next board meeting will be held on July 8, 2019 at 6:00 p.m. at the Vestavia Hills Library.

Upcoming Events

EVENT	DATE	TIME
BTC Peavine Falls Run * BTC Race Series *	July 4, 2019	8:00 a.m.
BTC Saturday Long Run Group	July 6, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	July 6, 2019	6:30 a.m.
BTC Executive Board Meeting (Vestavia Hills Library)	July 8, 2019	6:00 p.m.
Here2Beer 5K	July 11, 2019	6:00 p.m.
BTC Saturday Long Run Group	July 13, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	July 13, 2019	6:30 a.m.
Hotter 'N Hell 9 and 18 Mile Trail Race	July 13, 2019	7:30 a.m.
BTC Saturday Long Run Group	July 20, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	July 20, 2019	6:30 a.m.
BTC Saturday Long Run Group	July 27, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	July 27, 2019	6:30 a.m.
The Trak Shak Retro Run	July 27, 2019	7:00 p.m.
Here2Beer 5K	August 1, 2019	6:00 p.m.
BTC Saturday Long Run Group	August 3, 2019	6:00 a.m.
BTC Saturday Moderate Run Group	August 3, 2019	6:30 a.m.

Click on the links above for more information about each race or to register.

Want to know what's going on at the Birmingham CrossPlex? [Click here to view the schedule of events](#) (not all events are open to public; please contact the meet director with questions). Need to add a race to the calendar? [Email Webmaster Dean Thornton](#). or visit the BTC website to [submit your race](#).

