

BTC

THE VULCAN RUNNER



VOL. 34 ★ MAY 2010 ★ ISSUE 4

'RUNNING HOPE' through Birmingham

– Mark Baggett,
for *'The Birmingham News'*

Here's a million dollar question:
What's more unusual to hear
about?

A.) A nun running in her 'full habit'
(black wool tunic over a white shirt and
underskirt, black headpiece and a black
woolen belt.) And sneakers.

B.) A woman completing a 50 mile
run, in each of the 50 U.S. states...in 62
days?

Sounds like the start of a good
joke, right? Well, actually, Alabama will
bear witness to both unusual running
events on May 10th, when Lisa Smith
Batchen, one of the world's premier
ultra-runners, and her good friend
and running partner, Sister Mary Beth
Lloyd, along with a small support crew,
visit the Birmingham area on their trek
across the U.S.

According to RunHope.com, two
athletes have previously run a mara-
thon distance in each state but no one
has ever taken on the challenge of com-
pleting an 'ultra' in the same period of
time.

Smith Batchen and Sister Mary
Beth are taking on this extraordinary
challenge in an effort to raise money



PHOTO BY TOM SPERDUTO

RUNNING HOPE
<continued on Page 3>

Lisa Smith Batchen and Sister Mary Beth Lloyd near Villa Walsh (where Sister Mary Beth lives) in Morristown, N.J. on the first day of the run, April 19, 2010.

Interested in advertising in our club newsletter?

Deadlines are the 1st of each month for the following 'VULCAN RUNNER' issue.

To place an ad or for more info: btcpresident07@gmail.com

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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 35253
info@BirminghamTrackClub.com

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

<http://birminghamtrackclub.com/News/Newsletter.aspx>



PHOTO BY TOM SPERDUO

RUNNING HOPE <continued from Page 1>

and awareness for orphans throughout the world. The event, 'Running Hope Through America,' began in New Jersey on April 19th and will finish in Wyoming on June 19th, passing through major U.S. cities and small towns along the way.

"There are orphans in all of our communities, in every state, across our great country and around the world," said Smith Batchen. "An orphan is anyone who has lost the love of a birth parent through death, abandonment, neglect or abuse. I am running to bring hope and attention to them and to the possibilities that exist for them if we work together to help them live healthy, productive and meaningful lives. Each organization I am running for and everyone who supports me along the way plays such a key role in shaping and improving their lives."

All funds raised through this nationwide event will be donated to help orphans in the United States and abroad, with a project goal of raising \$1,000,000. To this end, 'Running Hope Through America' has partnered with AIDS Orphans Rising, The Caring House Project and The Orphan Foundation of America.

People of all ages and fitness levels are encouraged to come out and run as much or as little as they can when Smith Batchen and her crew visit the area on Monday, May 10th.

The 50 mile run will begin at the far west end of Brookwood Mall parking lot (631 Brookwood Blvd.) at 5:30 a.m., with the official start/finish being at the water fountain on the sidewalk. The 50-mile route will include parts of both the Lakeshore and Jemison trails, which will be repeated 5 times.

Anyone interested in joining Smith Batchen for her run should take note that organizers will not be providing aid stations for all runners. So, if you want to take part, please be sure to bring all items you may need (i.e. water, food, band-aids, etc.). And anyone completing the entire 50 miles will receive a commemorative t-shirt.

Sister Mary Beth, 61, is not allowed to dress in clothes other than a habit. Therefore, she will do as she has always done – run along side Smith Batchen in her full habit. Sister Mary Beth will run part of the way, walk other parts of it and be there supporting Smith Batchen every step along the way.

Those interested in donating or learning more can visit www.RunHope.com and can also look for 'Running Hope to America' on Facebook. •

markevansbhm@gmail.com

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Call for details.



May BTC President's Message

– Johnaca Kelley

Speech delivered to the Banquet Attendees while in Maebashi, Japan, April 21-29, 2010:

In April of 2007, I was an honored guest of the great city of Maebashi. Not only was I allowed to run in a race that was as scenic as it was challenging, I was treated to walking tours of a city that featured water, greenery and poetry. Even with the strong tradition of southern hospitality that I lived with in Alabama, I experienced a culture here, more hospitable than my own. I was astonished by the genuine displays of welcome, the gifts, the accommodations and the food. Now my 2010 team has shared in this grandeur. Travel to Maebashi in 2007 can only be outshined by the visit now in 2010. We are home again here. And I thank on behalf of my team, all the good people of the Maebashi Mayor's office, the Maebashi International Association and the Maebashi Marathon and local running club for their efforts. I am happy to work with the Birmingham Mayor's office to coordinate these trips each year. And I would be extremely honored to have runners from Maebashi come to Birmingham this year in November for Vulcan Run. This is actually the main goal of my visit this year. How can I further facilitate this exchange? I am your humble ser-

vant and your willing host. These exchanges make great strides in the education of a truly human connection, a stronger sense of the national community and the responsibilities we all have to that national community.

To quote the poem Youth by Samuel Ullman:

*But so long as your heart receives messages
of beauty, cheer, courage, grandeur
and power from the earth,
from man and from the Infinite,
so long you are young.*

My life is forever changed by this remarkable experience. I love your city as I love my own because of this gift of youth that you have given. My team and I are eternally grateful for your hospitality extended again this year. Thank you!

btcpres09@gmail.com

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CINCO DE MAYO

WITH THE TRAK SHAK + BTC

Wednesday, May 5th, join the BTC & Homewood Trak Shak for Cinco de Mayo Festivities

This is also the 15th Anniversary of the Trak Shak, so the celebration should be grand!

Runs start at 5:30 p.m. as usual and festivities will follow.

PLEASE bring a side dish for the pot luck dinner.

The BTC will supply the main course from La Cocina with a Mexican theme.

Prizes will be awarded to best dressed Senors and Senioritas.

Grand prize is a pair of shoes courtesy of The Trak Shak.

BTC merchandise will be available & new technical shirts, sweatshirts and jerseys are now available, too.

Start or renew your membership while at the merchandise tent.

1200 Mile Club jackets and patches from 2009 will also be available for pick-up.



May Coach's Corner

– Danny Haralson

"I just wanna fly." – Sugar Ray

When people decide they want to begin a running program they get very excited and don't want to worry about speed, they just want to run!

When I meet with groups to plan a program I 'preach' the 'cover the distance' gospel encouraging them to run at the speed of 'chat'. By that I mean don't worry about being fast, just keep it fun and cover the distance.

"Cover the distance" becomes their mantra. Then after a group run or 2 they begin to see people ahead of them, or see that they are consistently in the last oh, say 1/3 of the group, they decide they want to be faster! They wanna fly! This keep it fun stuff is for the birds! The (inner competitive juices crank up and instead of learning, progressing gradually, smartly they are ready to race!

Whoa! Let's tap the brakes! We can work on speed OR endurance but not both. Not for the 'beginning' runner, so let's have some patience. I have to remind people there will always be someone taller than you, shorter than you, bigger, smaller, smarter, more stupider, and yes faster than you as well as slower than you.

Your only competition should be yourself 2 weeks ago. Now, once the first 5K is conquered and as you continue to run, speed will come. The more you run, the stronger you get; the stronger you get the faster you get. Patience!

Once you do 'max' out on let's call it 'natural strength' speed

improvements after say 6 months or so (everyone is different), here are some easy ways to increase your speed without having to 'hit the track' and do speed work that you may not:

A) Understand as well as you should or **B)** Be ready for: Mix in some 'pick ups' once or twice a week. Some call them stride outs, strider's or even fartleks (stop it... loosely translated its Swedish for 'speed play'). Very simply after a mile or so into your run at the earliest (a little over half way would be best) pick up your pace to about an 80 - 85% effort and hold it for about 25 to 30 seconds. Then slow your pace back down until your breathing recovers and go again. Week 1 do about 3 pick ups, then add 1 a week until you get to where you are doing 8 - 10 consistently. Use the last 1/3 of your run as a cool down, just back it on down and bring it home.

These pick ups will help leg turnover, create new muscle memory, recruit muscle fiber and help your cardio-pulmonary system adapt to the rigors of a faster pace. The results won't be immediate, but after about 6 weeks (again, everyone is different) you'll begin to feel more efficient and see your run times decline.

An added bonus is that it will provide variety to your runs creating a greater 'fuel burn' so that your body won't know if you're going out for an easy 3 or 4 or an up tempo 3 with pick ups so with each run you'll burn more fuel and after a month or 2, Sugar Ray will be singing about YOU! •

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



The Birmingham Track Club Track and Field Classic

Saturday, June 5, 2010
Hoover High School
Hoover, Alabama



<p>Entry Fees: \$15.00 first event, \$4.00 each additional, \$20/relay. Pre-Register by: June 1, 2010</p>	<p>Directions: I-65, Take I-459 South to Tuscaloosa. Take AL-150 (exit 10-Hoover Met Stadium), Turn Left off Exit Ramp, Right on Stadium Trace Pkwy, Left on Learning Lane, Left on Buccaneer Dr.</p>																																																																																				
<p>Age Divisions: Open and Masters (Age 30+), M&F On-Line Registration: www.active.com Information: www.btcclassic.com USATF Membership required. Membership forms will be available day of race. You may obtain membership application at www.usatf.org. Track Events: 50m,100m,200m,400m,800m,1500m,5K 80H, 100H, 110H, 300H, 400H, 4x100, 4x400 Field Events: HJ, LJ,TJ, Shot, Discus, Hammer, Pole Vault</p>	<p>Awards: Medals to top 3 finishers in each age group. \$100-1st Place: KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m) \$100-1st Place: Phil Mulkey Mini-decathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.) Team Competition: Winner based on top 3 age graded performances: 5,3,1 points. Winning Team will receive Bill McClure Award.</p>																																																																																				
<p>Schedule of Running Events (Approximate)</p> <table border="1"> <thead> <tr> <th colspan="2">Morning</th> <th colspan="2">Afternoon</th> </tr> </thead> <tbody> <tr> <td>7:30am</td> <td>5000m</td> <td>12:30pm</td> <td>400m</td> </tr> <tr> <td>8:15am</td> <td>3000m</td> <td>12:45pm</td> <td>80m</td> </tr> <tr> <td>9:15am</td> <td>50m</td> <td>1:00pm</td> <td>100H</td> </tr> <tr> <td>9:30am</td> <td>100m</td> <td>1:40pm</td> <td>110H</td> </tr> <tr> <td>10:30am</td> <td>400H</td> <td>2:00pm</td> <td>800m</td> </tr> <tr> <td>11:30am</td> <td>300H</td> <td>3:00pm</td> <td>200m</td> </tr> <tr> <td>11:50am</td> <td>4x100Relay</td> <td>3:45pm</td> <td>1500 Walk</td> </tr> <tr> <td>Noon</td> <td>1500m</td> <td>4:30pm</td> <td>4x400m Relay</td> </tr> </tbody> </table>	Morning		Afternoon		7:30am	5000m	12:30pm	400m	8:15am	3000m	12:45pm	80m	9:15am	50m	1:00pm	100H	9:30am	100m	1:40pm	110H	10:30am	400H	2:00pm	800m	11:30am	300H	3:00pm	200m	11:50am	4x100Relay	3:45pm	1500 Walk	Noon	1500m	4:30pm	4x400m Relay	<p>Schedule of Field Events: (approximate): O=Open, M=Men, W=Women</p> <table border="1"> <thead> <tr> <th>Time</th> <th>HJ</th> <th>PV</th> <th>LJ</th> <th>Shot</th> <th>Discus</th> <th>Javelin</th> <th>Hammer</th> </tr> </thead> <tbody> <tr> <td>7:30am</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>O,M,W</td> </tr> <tr> <td>9:00am</td> <td></td> <td>O,W</td> <td></td> <td></td> <td>O,M,W</td> <td></td> <td></td> </tr> <tr> <td>11:00am</td> <td>O,M</td> <td>O,M</td> <td>O,M</td> <td>O,M,W</td> <td></td> <td></td> <td></td> </tr> <tr> <td>1:00pm</td> <td>O,W</td> <td></td> <td>O,W</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>3:00pm</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>O,M,W</td> <td></td> </tr> </tbody> </table> <p>Triple Jump: 8:00-11:00am, report to venue when ready to compete.</p>	Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer	7:30am							O,M,W	9:00am		O,W			O,M,W			11:00am	O,M	O,M	O,M	O,M,W				1:00pm	O,W		O,W					3:00pm						O,M,W	
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Send Completed form and entry fee to: **BTC Classic, Frank Newland, 234 King Arthur Pl, Alabaster AL 35007**

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

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

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

	Events	Entry Fees:	Cost:
1		First Event: \$15.00	\$
2		2 nd +Events x \$ 4.00	\$
3		Relays x \$20.00	\$
4			\$
5			\$
6		T-Shirts x \$10.00	\$
	Make Check Payable to: BTC Classic	Total Due:	\$
	Remit completed application to: BTC Classic Frank Newland 234 King Arthur Pl Alabaster, AL 35007		

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2010 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Hoover High School, USATF, and the Knights of Columbus, agents or representatives arising from my participation in the 2010 BTC Track and Field Classic.

Signed: _____ Date: _____

Race/Event Calendar (May thru June '10)

– Compiled by Rick Melanson

Email: rrc@birminghamtrackclub.com

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

MAY 1

Equal Access Birmingham's Run For the Health of It 5K & 1 Mile F.R.

– Birmingham, AL, 8:30 a.m.
Crestline Elementary School, USATF CERTIFIED COURSE (Knights of Columbus Run Course).

Info: Natalie Roebuck (281) 743-1963

MAY 5

BTC & Trak Shak 'Cinco de Mayo' Run & Pot Luck Social

– Trak Shak in Homewood, 5:30 p.m.
Bring a side dish, BTC will provide main dish with a Mexican dish. Prizes for best dressed Seniors and Senioritas. This is also the 15th Anniversary of the Trak Shak, so the celebration should be grand!

Web: www.TrakShak.com

MAY 8

Spring Scramble 5K & 1 Mile F.R.

– Birmingham, AL, 8:00 a.m.
Homewood High School parking lot on East side of school. NEW USATF CERTIFIED COURSE mostly on the "Green Trail" across from Samford University.

Info: jdavis@peds.uab.edu

MAY 9

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Contact Brent Cotton for location.
Info: (205) 447-9223

MAY 15

ZOO Run 5K

– Birmingham, AL, 7:30 a.m.
Race starts in the parking lot, ends in the Zoo. Register on active.com ONLY.
Info: 879-0409

Email: aazk@birminghamzoo.com
Web: birminghamzoo.com

JBFC Race for a Home 5K

– Birmingham, AL, 8:00 a.m.
Veterans Park
Info: Elizabeth Kornegay (230-3140)
Email: ekornegay@fbcpelham.org

5K Run for Family Connection

– Birmingham, AL

MAY 18

BTC Executive Meeting

– Homewood, AL, 5:30 p.m.
Brookwood O'Henry's Coffee (upstairs) at Village. Open to the membership.

MAY 22

2nd Annual Run For Wishes 5K & 1 Mile Kid's Run

– Birmingham, AL, 8:00 a.m.
Alabama Adventure in Bessemer.
Register on Active.com.
Web: http://www.RunForWishes.com
Email: mickiharalson@gmail.com

The ARC 5K Run in The Park

– Birmingham, AL, 8:00 a.m.
Oak Mtn. State Park upper picnic area.
Web: www.arcocofjeff.com
Info: 323-6383, x104

MAY 29

Revelation Run 5K

– Pell City, AL, 8:00, a.m.
Register on active.com.
Info: Brittney (205) 338-7711, x239

Mercedes-Benz Cotton Row Run 10K, 5K & 1 Mile Fun Run/Walk

– Huntsville, AL, 7:00 a.m.
Big Spring Park. NO RACE DAY REGISTRATION.
Info: Dink & Suzanne (256) 650-7063

JUNE 5

BTC CLASSIC Track & Field Meet

– Birmingham, AL, 7:00 a.m.
Hoover High School. Entry on Page 6.
Info: Frank Newland (621-9912)
Web: www.btcclassic.com

Tannehill Valley Miles for Missions 5K Run/Walk

– McCalla, AL, 8:00 a.m.
Tannehill Preserve off of Tannehill Parkway. Registration will start at 7:00 a.m.
Info: Nicole Cuneo (477-6811)
Email: tvbc@tannehillvalley.org

Vestavia Fireman's 5K for MDA

– Birmingham, AL, 8:00 a.m.
Liberty Park Vestavia Elementary School, 17051 Liberty Pkwy.
Info: Scott Phillips (529-5240)

JUNE 12

Metro Area Pig 5K Run

– Birmingham, AL

EXTERRA Trail Run 2010

– Pelham, AL
5K, 10K, 21K @ Oak Mt. State Park.

Web: xtterraplanet.com/xduro/oakmtn.html

JUNE 13

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.
Contact Brent Cotton for location.
Info: (205) 447-9223

JUNE 19

Stampede Run 5K

– Fultondale, AL, 8:00 a.m.
Walker Chapel Baptist on 1525 Briscoe St. USATF CERTIFIED COURSE.
3,823 door prizes after the awards.
Info: 585-6066 or 849-5740

JUNE 20

Father's Day 5K Run & 1 Mile Fun Run

– Birmingham, AL
Starting at Magnolia/Sycamore Pavillion Parking Lot (near Beach at Oak Mountain State Park). Asphalt surface in shade and very scenic. First 200 registrants get free t-shirt. Register on active.com.
Info: Lisa Grupe (205) 999-9965

JUNE 22

BTC Executive Meeting

– Homewood, AL, 5:30 p.m.
O'Henry's Coffee (upstairs) at Brookwood Village. Open to the membership.

JUNE 26

Race the Courthouse 5K & 1 Mile F.R.

– Birmingham, AL, 8:00 a.m.
Down Town YMCA and ending at Linn Park. USTATF CERTIFIED COURSE.
Register online at active.com.
Info: Jayme (324-4563)

Helen Keller Festival 5 Mile

– Tusculumbia, AL, 8:00 a.m.
Info: Joy Harbin (256) 381-4706
Email: jharbin@mscs.k12.al.us
Web: www.shoalstrac.com

Freedom Fest 5K Fun Run/Walk

– Rainsville, AL, 8:00 a.m.
Broadway Baptist Church, 99 McCurdy Ave South, Rainsville, AL 35986
Web: www.rainsvillealabama.com
Email: thebryants@farmerstel.com

FUTURE (local only)

07-04 – 29th Annual Peavine Falls Run

07-10 – Family Connection K

10-02 – Hueytown 5K/10K

10-09 – Race For The Cure

10-16 – ARUable 5K

10-16 – Maple Leaf 5K

10-23 – Run Away from Domestic Violence 8K

10-30 – Calera Eagle 5K Run

THE ELLIS PORCH STATUE 2 STATUE 2010 RACE REPORT

– Judy Loo, Statue 2 Statue Race Director

Kyle, where was your race number? Saturday morning was a beautiful morning for a run. Ok..it may have gotten a little warm out there. Thanks to all who ran up Stone River, all 393 of you! If you walked up Stone River, it's ok. I won't tell! Thanks to all who helped out by working the run. I want to especially thank Michele Parr for getting the volunteers. I hope everyone had a great time!

Being a race director has its moments of torture. As I was driving to the River Run Shopping Center, I got a call from the Bus driver at 5:40 a.m. asking for directions to the Shopping Center. I started hyperventilating. What if the buses are late? What if they don't show up? It's the "What if" that makes me nervous about organizing this run. But as you saw, they were there and on time. There are more planning details but I won't bore you.

I want to thank the Sponsors: Thomas Waters of State Farm, Seattle Drip, Jack King of Crestline Shell, Piggly Wiggly and Trak Shak. I would also like to thank the Liberty Park Animal Clinic for

the use of their electricity to get our race results printed out.

Thank you, again and we'll see you next year! •

BTCmembership@gmail.com



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

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

MILES REPORTED THROUGH APRIL 2010**1,200 Mile Club**

BTC MEMBER NAME	TOTAL	MAR. '10	FEB. '10	BTC MEMBER NAME	TOTAL	MAR. '10	FEB. '10
Andress, Jennifer	357.5	95.5	93	Landy, Randi	262	80	85
Armstrong, Tommy	213.2	71	56.5	Loo, Judy	170.9		80.1
Baskerville, Jennifer	306.6	106.7	78.2	Losole, Liz	313	76	106
Beasley, Martin	330	80	90	Lupinacci, Tim	286	77	99
Bedics, Tom	395	151	146	Lyle, Randy	448.6	147	124.4
Benson, Wayne	400	137	137	Mann, Steven	20		
Bonatz, Ekkehard	578	207	129	Martin, Cary	135.4		56
Bowman, Bill	231	67.5	79.5	McCalley, Charles	256.41	89.8	63.37
Bradshaw-Whittemore, Al	222.4	78.7	65.8	McCarthy, Mike	150		50
Briggs, Melissa	393.14	138.39	128.91	McConnell, Katie	184.6	94.6	75
Brown, Sean	251	76	51	McConnell, Kim	87.75	32	18.75
Bullock, Sharon	285	123	87	Milam, Heather	472.5	175	138.5
Burnette, Jack	239	89	50	Miller, Pamela	374.8	158.5	89.3
Chandler, Teresa	476	132	160	Morgan, Cary	228		117
Clark, Beth	433	140	137	Morgan, Danielle	375.1	160	95.1
Clay, Brad	446	153	141	Morgan, Phillip	398.1	160	115.1
Colburn, Cathy	309	114	102	Murray, Jason	58		
Cook, Oscar	406	109	154	Parr, Michele	239.5	67.25	71.75
Creed, Brad	300.7	128.7	70	Pasqualini, Ellie	419	153	136
Davis, Milton	166.1		68	Peagler, Shana	252	87	86
Dortch, Cherie	152.77		57.67	Peagler, Zach	300.2	132.2	103.9
Dunn, Wade	566.1	212.9	151.3	Peck, Jeremiah	228.59	90.62	80.26
Eidson, Rachel	303	102	101	Randall, Lisa	346.98	124.75	99.23
Engels, John	182.4		100.3	Richey, Jim	264.8	89.8	51
Estes, Jeff	155.7	28.5	44.2	Roberts, Tim	376.3	123.8	93.8
Evans, Bob	273	38	84	Rodriguez, Jose	424.5	154	111
Farrell, Meredith	269.5	110.2	81.1	Rutherford, Keith	210	100	58
Fleming, Marcy	208		83	Sample, Holly	314	102	100
Ford, Joe	326	91	95	Sankey, Greg	475.01	149	152.6
Frederick, Winston	305	98.5	98.5	Shaw, Joe	339.7	114.5	109
Ganus, Jack	314	91	106	Shinn, Ronald	326.86	105.61	79.07
Goff, Ali	263	87.5	74.5	Smith, Jerry	384	114	105
Goode, Johnny	453	177	141	Smith, Reid	211.5	51	81
Goolsby, John	186		91	South, Christopher	324	169	66
Greenwald, Bill	148	57	48	Stearns, David	239	80	69
Grossman, Christopher	296.03	97.45	94.65	Stockton, Rick	346.6	124.2	112.2
Hales, Susan D.	215	68	60	Street, Tess	43		
Haralson, Danny	417	100	129	Thurmond, Nicole	118		
Haralson, Micki	304	66	105	Vaughan, Keith	180	65	52
Hargrave, Alan	305	90	104	Veal, Matt	113	6	0
Harris, Dena	559.47	211.58	162.69	Walker, Caroline	179	50	60
Harris, Kendall	228	64	90.2	Watkins, Janet	241	97	61
Harris, Skip	280.7	78.8	79.1	Weeks, Lance	397.75	144.75	109.5
Harris, Vickie	278	100	85	Whatley, Prince	635.5	166.7	204.3
Henry, David	351.8	112	120	Winborn, Charles	287.5	79	114
Jenkins, Mike	167		68	Woody, Bill	264	69	84
Jones, Ira	323.2	105	99.2	Wu, Xing	369.67	136.65	105.66
Joyce, Lynn	360	67	183	Yaghmai, Greg	268	82	89
Joyner, David	457.74	154.73	135.37	Yancey, Lisa	172	52	57
Klasing, Leslie	276	103	68	Zehnder, Justin	340	164	29
Kuhn, Jimmy	455	170	126				

Email monthly mileage, errors, omissions or questions to:

1200@birminghamtrackclub.com

The View from the BACK OF THE PACK

– By Michele Parr

Do you run with a music player? Whether you do or whether you don't, chances are you're pretty passionate about your opinion. There are those who think it's a pretty stupid thing to do and those who will relinquish their iPods when you pry them from their cold, dead fingers.

A couple of years back the Road Runners Club of America proposed a ban on them in all RRCA races. As a member club, the BTC found itself in a tough position. We get our liability insurance through RRCA, so we are bound by their rules. Had they stuck to their guns, every BTC race would be music-player-free. That would include the Vulcan Run, Statue to Statue, and Peavine, among others. The feedback we got when we started letting people know of the impending ban was, to say the least, impassioned.

For the record, I don't run with a music player. Safety is one reason for that. Camaraderie is the other. When I run alone, I want to be able to hear what's going on around me before it's on top of me. When I run with friends, I want to be able to enjoy the conversation.

Like all of you, I've seen some really bone-headed folks running with music players. To a person they'll all tell you the music doesn't interfere with their ability to hear. Yeah, sure. At the BTC end of the year run, a run at Oak Mountain State Park that's run on the road while it isn't closed to traffic, I was running behind a guy when a truck



approached us from behind. "Car back," I called out. No response. "Car back," I called a bit louder. No response. "Car back!!!" I bellowed. No response. "Get out of the road, you idiot!!!" I hollered. It wasn't until another runner caught him and grabbed his shoulder that the runner realized he needed to get out of the middle of the road.

Of course that's an extreme example, the worst of those the proponents of the music player ban say are putting us all at risk. Lots of people run perfectly safely listening to music all along the way.

Unfortunately, Robert Gary Jones wasn't one of them. Jones is the unfortunate guy who was jogging on the beach at Hilton Head in March when he was struck and killed by a plane making a crash landing. The pilot and passenger walked away from the wreck. Who would have thought that listening to music while running on the beach would be deadly? The plane was essentially silent, so it's doubtful Jones would have realized the plane was there even without music playing, and who looks up to see if something's coming when they run?

If you're going to run with music, please consider using just one ear bud. Definitely don't run down the middle of the road without paying attention to what's going on whether you're listening to music or not. And be extra careful if you're running on the beach at Hilton Head. •

micheleparr@mindspring.com

Get involved in the BTC!

Looking for a way to be more involved and give back to the BTC without making an enormous commitment of time? While volunteering to help at a week-end road race of one's choice is extremely valuable to the race director, another option to consider is joining one the Birmingham Track Club's committees. The following are recruiting new members:

NEW RUNNER'S SOCIETY

Chair: Danny Haralson

newrunners@birminghamtrackclub.com

The New Runner's Society welcomes new runners into the track club, attends regular runs, introduces them to other runners in their pace, and shows them regular running routes. Several individuals that normally attend the different runs every week are needed to be "run captains" so that the committee is represented at every single run.

SOCIAL

Chair: Micki Haralson

mickiharalson@gmail.com

The social committee is designed to bring more fun into our running community by scheduling events that bring the members together for fellowship and camaraderie. We plan monthly group runs with activities afterwards every month of the year. Approximately once a quarter, this committee also plans a non-running event and the tentative events scheduled for this year are the Spring Potluck Social at the Trak Shak, a bus trip to see a Braves game this summer, bowling in the fall, then the annual party next January.

MERCHANDISE

Chair: Johnaca Kelley

btcpres09@gmail.com

Loading and unloading, setting up booth or tent, selling, creative design ideas or art for printing... all of these abilities are welcomed on the merchandise committee. Merchandise will be present at one weekend race and one week-day social monthly, minimum, through the running season and most of the year 2009. Having a full committee makes these things happen, 1-3 people cannot do it all. So please join us.

MEMBERSHIP

Chair: Judy Loo

BTCmembership@gmail.com

The membership committee maintains the BTC's membership list and actively recruits new members at races, other running events, and social events. Charismatic personalities, bubbly-friendly nature and/or computer database skills nice to have for this service.

Professional Massage Therapy

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Double Trouble

Meet our husband and wife team....Jim Taylor and Teresa Moran.

Jim Taylor

1. **Last movie you liked so much, you watched it twice?** *"The Hurt Locker"* Believe it or not, I'm an old soldier and I felt like it accurately captured military comradery.
2. **Name one guilty pleasure?** I do this about once every 6 months. Two Sam's slaw dogs (with plenty of Louisiana hot sauce), a bag of Golden Flake dill pickle potato chips and an IBC root beer
3. **Favorite place on earth?** Birmingham's Southside, especially Highland Ave
4. **Worst place on earth?** Hagood Street when you're 16+ miles into the old Vulcan Marathon
5. **One item you would want with you on a desert island?** Wireless lap top with a really good set of speakers
6. **Most interesting person you've ever met?** Hard to say. Quite possibly Teresa
7. **Coolest trophy or prize you ever won?** Finally an easy one, The Arthur Black / Rick Melanson Award. I was actually speechless when I received it.
8. **Favorite TV show?** Toss up between the original *"Star Trek"* and *"Kung Fu"*
9. **Favorite fast-food joint?** Sam's in Homewood
10. **Who would play you in a movie?** Another easy one, Chevy Chase
11. **Something unique about the town you grew up in?** It is the home of the National championship of Bird Dog field trials Grand Junction, TN.
12. **If you could play an instrument, what would it be?** Guitar.
13. **Scariest thing that ever happened to you?** Almost killed on a motorcycle when I was 15. I hit the brakes to turn around and a pick up truck from behind swerved just enough. I escaped with 2 minor cuts. At the time I didn't think it was that big of a deal. The poor driver of that truck probably still has nightmares about it.
14. **Favorite book?** Lots of books out there. I'll say *'The Firm'* by John Grisham also *'The Black Dahlia'* by James Ellroy.
15. **Favorite meal?** Any kind of fish or seafood.
16. **Why do you run?** It makes you feel good
17. **When did you start?** May 1978
18. **What's your biggest running accomplishment?** Been doing it for 30 years
19. **Favorite BTC story?** I may not have all the facts straight but several years back, Sammy Morris was running the Vulcan Marathon. Now Sammy is as tough as they come as many of you know. But he was having a really bad day and decided to drop out around mile 20 where his wife Linda was waiting in the car. However, Linda felt differently and locked Sammy out of the car leaving him no choice but to finish the marathon. I call this a good example of 'tough love'.
20. **Words to live by or favorite running mantra?** *"Just Do It!!"*

Teresa Moran

1. **Last movie you liked so much, you watched it twice?** *"Across the Universe"*
2. **Name one guilty pleasure?** Mac and Cheese
3. **Favorite place on earth?** Anywhere with Jim and the dogs. The beach, especially.
4. **Worst place on earth?** Hospital
5. **One item you would want with you on a desert island?** A really long book.
6. **Most interesting person you've ever met?** Red Skelton
7. **Coolest trophy or prize you ever won?** I won \$100 playing bingo at BAO.
8. **Favorite TV show?** *"CBS Sunday Morning"*
9. **Favorite fast-food joint?** I like slow food.
10. **Who would play you in a movie?** Susan Sarandon or Sigourney Weaver.
11. **Something unique about the town you grew up in?** Florence has the largest single lift lock dam in the world or at least it was the largest when I lived there.
12. **If you could play an instrument, what would it be?** Violin
13. **Scariest thing that ever happened to you?** Having surgery
14. **Favorite book?** *'Les Miserables'*
15. **Favorite meal?** Mac and cheese, fried okra, green beans, corn bread
16. **Why do you run?** I can't not run. I've done it so long I just go nuts if I can't do it. But, it's also my favorite exercise, it's social, it allows me to eat more.
17. **When did you start?** Around 1976. I ran my first Vulcan in 1977.
18. **What's your biggest running accomplishment?** 50 miles in Laurel, Mississippi
19. **Favorite BTC story?** The time Norm and Jane directed the Vulcan Marathon but they celebrated so much after the Vulcan 10K on Saturday that they almost didn't show up on Sunday for the marathon.
20. **Words to live by or favorite running mantra?** *"The buzzards don't eat you until you stop moving."*



2010 BTC Executive Meetings

BTC Executive meetings are open to the membership and we encourage attendance. Executive meetings take place every **3rd Tuesday of the month**, starting at 5:30 p.m.

MEETING LOCATION:

O'Henry's @ Brookwood (upstairs)
569 Brookwood Village, Ste. 101
Birmingham, AL 35209
205-870-1148

March 16th	⋮	July 20th	⋮	Nov. 16th
April 20th	⋮	Aug. 17th	⋮	Dec. 21st
May 18th	⋮	Sept. 21st	⋮	
June 22nd	⋮	Oct. 19th	⋮	

2nd Annual **RUN FOR WISHES** set for **May 22** at ALABAMA ADVENTURE

– By Micki Haralson, Race Director

The second annual **Run for Wishes** benefiting the Make-A-Wish foundation of Birmingham will take place on Saturday, May 22nd, 2010. We are excited to announce that Alabama Adventure is a major sponsor again and will open the park on race day to all participants. All registrants of the 5K or fun run will get into the park for free for the rest of the day.

We heard your complaints about the heat in August and the late start time of 9 a.m. last year, so we've moved it up this year to May and gun time is 8 a.m. Please come join us in the second annual Run for Wishes at Alabama Adventure — the only race that gives you free, all-day entry to the best amusement park in Birmingham.

The race proceeds will go to provide wishes for critically ill children in Alabama between the ages of 2 1/2 and 18. Help make these wishes come true while enjoying a day in the park by registering for the second annual Run for Wishes. Register online at www.RunForWishes.com or pick up an application at the Trak Shak. We hope to see you there! •



mickiharalson@gmail.com

Group photo from last year's inaugural 'Run For Wishes' held at ALABAMA ADVENTURE. This year's race is set for May 22nd.

NEW RUNNER'S SOCIETY **GROUP RUNS**

As always, the BTC is offering **Group Runs** at various locations, at different times and with assorted mileage for all runners. **COME RUN WITH US!!**

THURSDAY EVENINGS, 6:00 P.M.

We'll meet across from the Western Supermarket in Mountain Brook (plenty of on street parking) at the intersection of Cahaba Road and Montevallo. 2, 3, 4, 5, 6.5 mile routes available.

TUESDAY MORNINGS, 5:30 A.M.

(Starting Tuesday, May 4th) Several routes available from Mountain Brook YMCA.

QUESTIONS: newrunners@birminghamtrackclub.com

No shame in runner's secret

– Mark Baggett,
for *The Birmingham News*'

Ever since I started writing my running column (that appears in *The Birmingham News* every other Wednesday) I've encountered many runners who've shared a "deep-dark secret." Eventually this supposedly shameful secret will come out in conversation, with the runner almost always talking softer, as if someone nearby may hear.

When this "secret" finally comes out, some runners have specific reasons for doing what they've done, and some have no clue how it all began.

Sometimes an injury might start a runner down this path, or maybe a change in daily schedule. Or sometimes a runner will just revert to their old, pre-running days, almost like failing at a diet.

This "humiliating" secret is when runners fall out of the habit of running.

For so many, regular running is a very important aspect of one's identity. It helps add "normalcy" to one's life and schedule, not to mention the windfall of healthy benefits. So, when one stops running, it can really seem a personal, shameful thing.

Why, may you ask, am I bringing this "I don't even share this information with my closest friends" topic up?

Well...I, myself, have fallen off the wagon, going on two months now.

Yes, it is true...the horror...the shame! (insert sarcasm) I share this with all of you to give my support to all of those who've fallen off before me, and all of those who'll fall off after me.

We have our reasons, both legit and not. For me, I had a major life change about two months ago when I voluntarily departed from The Birmingham News. I'd worked for the company for almost 12 years and in that time I'd become very comfortable with my secure life, my normal schedule, and also having to regularly talk about running and meet others for group runs.

Before leaving the company, I saw my upcoming "world's longest coffee break" as a great opportunity to take on an even healthier lifestyle — more time to enjoy the roads, right?

But instead all normalcy that I had before in my life has completely vanished. I thought I'd take a few days off from running and sleep in late a few mornings, but those few mornings turned into weeks, and now

two months. I also no longer see my running buddies as I live about an hour outside the city.

I've also stopped eating healthy and I now sleep well past noon. And with this adoption of a less healthy lifestyle, I also have much less energy and have gained a few pounds — although I've avoided stepping on my scale, which I used to do on a regular basis.

But the world has not ended. It goes on and with every day there is a chance to start things over and do things right. So, with that, I'm making a pledge to start running and all of you can now hold me accountable. My dirty laundry has been aired, my shameful secret is out.

Before, when I'd pass a runner when driving down the road, I'd look to see if I knew them or wonder which route they were taking. Now, when I pass, I envy them for their persistence and fortitude to hit the pavement. But soon, I too, will again be one of those regular runners. And it's never too late for you either.

And maybe I'll get another creative job soon, as that too would help get me out of bed, back to reality and on schedule again. •

View Mark's design portfolio at:
www.MarkEvanBaggett.com

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 Tuesdays at 6:15 p.m. 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!**

Birmingham's Area Running Club **BIRMINGHAM TRACK CLUB** www.birminghamtrackclub.com
www.mypage.com/birminghamtrackclub

BTC **BRCA**

THE VULCAN RUNNER

VOL. 31 ★ SEPT./OCT. 2007 ★ ISSUE 9

The little-known world of



– Submitted by Stacy Gordon

Hashing for me started back in the days before the internet. When word of month was the only way you found out about hashing. At that time and to some extent today it has the air of something just slightly underground and secretive. This appealed to me then and still does.

I was in the US Air Force at the time, and ran regularly with several buddies. One day, one of them, knowing like to run, asked me if I liked to drink beer. In my nascent speed. "Why yes, of course I do!" blurted from my mouth. "Good," he said, "meet me at some place in town at 6 p.m. tonight and we'll do a little running AND beer drinking."

I figured we'd go run 6 or 7 miles then meet at a pub somewhere to have a beer that was not the one. Well, not right away. We met and I got in his car and we drove

to some out of the way parking lot somewhere that was not attached to any pub that I could see. A few folks that "looked like" runners, or at least most shared the system, had already gathered. Then I realized I recognized a few of them. In fact, some were officers from my squadron, and a few other folks I worked with. I hastily recognized them "out of context" – I also noticed they were already drinking beer, albeit discreetly, in paper cups. I realize that it's the drinking at the time (OH MY how times have changed) and couldn't imagine STARTING a run after a beer or two. I thought these folks were crazy. This led, I discovered,

Nether Stacy Gordon recognized them "out of context" – I also noticed they were already drinking beer, albeit discreetly, in paper cups. I realize that it's the drinking at the time (OH MY how times have changed) and couldn't imagine STARTING a run after a beer or two. I thought these folks were crazy. This led, I discovered,

HASHING <continued on Page 2>

WHAT IS HASHING?
Basically hashing is a form of non-competitive cross-country running with the main objective of working up a decent thirst. Great emphasis is placed on the social aspect at the end of the "hare chase".
Hashing is a fun activity and not to be taken all seriously and can appeal to all levels of runners.

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

Hashing was the lead story in the Sept./Oct. 2007 issue of 'The Vulcan Runner'. Visit link to download the FREE .pdf file:
www.birminghamtrackclub.com/News/Newsletter.aspx

Club Merchandise MAY Item Of The Month

SHOE POUCHES

POUCH DETAILS:

- Approx. 2.5" x 4"
- Wallet size will hold debit/credit cards and driver's licenses.
- Has easy velcro strap for securing to shoe.
- Has easy access zipper so wallet does not need to be removed from shoe to access wallet contents.
- Made of durable poly material.
- Choose from either blue/black or gray/black color combo.



Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity	COLOR/DESCRIPTION

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*Please add **75¢** shipping per pouch.

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BTC MILEAGE LOG



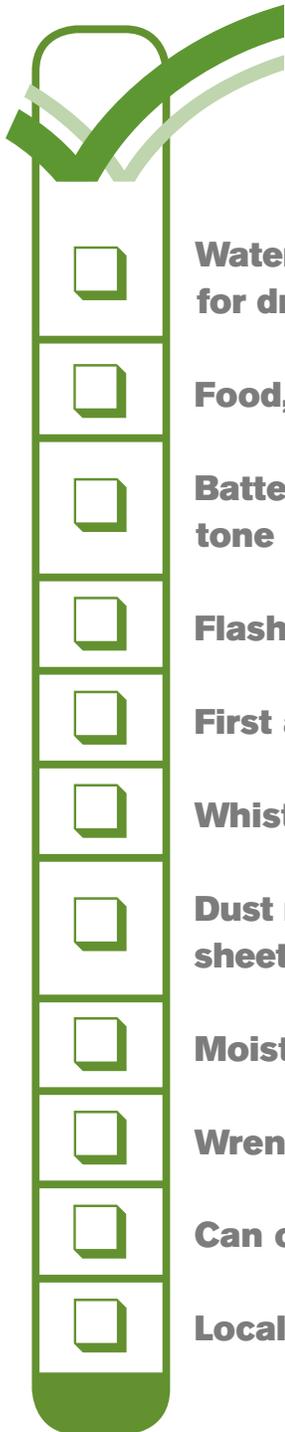
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MONTH GOAL	MONTH TOTAL
Jan.																																	
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Dec.																																	
Jan.-Dec. TOTAL																																	

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

btcmembership@gmail.com

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