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Birmingham's Area Running Club

BIRMINGHAM TRACK CLUB

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

BTC www.rrca.org
RRCA
ROAD RUNNERS CLUB OF AMERICA

THE VULCAN RUNNER

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RUMPSHAKER:

Shakin' the Awareness of Colon Cancer

The Rumpshaker: All the work, dedication, and love from all the volunteers made this dream come true. It was truly amazing to watch this thought grow into the success that we all witnessed Saturday, March 28th. We can only hope to make this a bigger event to spread awareness for colon-rectal cancer.

– Catherine Peterson, *Alabama Colon and Rectal Institute*

– By Amanda Vandegrift, *Rumpshaker Race Director*

In my opinion, the most important thing a new race director needs is a great race committee. This committee should be comprised of runners, professionals, family, and friends. As I found myself in the role as the new race director of the Rumpshaker 5K I was fortunate enough to have all these! Each member brought their unique strengths to the team and put in countless hours of hard work to make this race a success. Without their individual passion, dedication, and determination to raise the awareness of colon cancer we would not have been so successful in our first year.

RUMPSHAKER <continued on Page 2>



Runners hit the pavement for the start of the inaugural **RUMPSHAKER 5K** in Crestline Village.

PHOTOS PROVIDED BY AMANDA VANDEGRIFT

RUMPSHAKER <continued from Page 1>

For my team, "THANK YOU! Words can't adequately express the gratitude I have in my heart for each of you. It was truly a blessed experience working and learning with you over the past months leading up to the race."

In December 2008 the Rumpshaker 5K race committee started planning our first annual race to raise the awareness of colon cancer. This was a first time undertaking for all of us. Although we had no race planning experience every one of us had a desire to raise awareness of the disease and to put on a great event while doing so. Our goal was to make this a true event arranged around a 5K race. In addition to runners we wanted to appeal to the families, friends and caregivers of colon cancer patients as well as medical staff. In advertising the race our top priority was to bring attention to the importance of colon screenings.

I feel that the catchy name suggested by Deanna Swope and the logo by Matt Martz brought attention to the race. All of us on the committee did our share of hanging posters, handing out postcards to family, friends and co-workers and sending emails. We also had Alabama Colon and Rectal Institute and Princeton Hospital distributing information directly to family affected by colon cancer. We were astounded to see so many people registering and the creativity being put into team names. We soon realized that we were not alone in our mission to raise awareness about colon cancer. I am thankful for all who supported the race through registering, volunteering or making donations. Thanks to this support we were able to raise approximately \$35,000 for colon cancer awareness! THANK YOU!

Race day for me was unbelievable! It was a very emotional day as I was filled with excitement over the almost 1500 registered (776 crossed the finish line on race morning), I was hopeful of the difference we would make in the community, and I was surrounded with memories of my mom. The start line was an amazing site; it was awesome to see those 700+ people lined up to start 'our race.' All the growing pains, all the detailed planning and all the hours of lost sleep were worth it!! I am looking forward to next year and those to come...

Following are accounts from the committee members regarding their first time race planning experience and what drove their desire to be a part of this extraordinary event!

JENNY CRATON

My involvement with the Rumpshaker 5K began last year when I joined a group of runners who were running the Georgia ING Marathon, and raising money for colon cancer research and awareness in memory of Amanda Vandegrift's mom, Lisa Martz. As the daughter of a colon cancer survivor, the cause was extremely close to my heart. My mom underwent surgery several years earlier to remove part of her colon, but because the cancer was found early they were able to remove it all through surgery alone. This personal experience showed me just how important early screening and detection is, and I'm



RUMPSHAKER RACE COMMITTEE (L to R, bottom to top) **BOTTOM:** Deanna Swope, Jenny Craton, Amanda Vandegrift, Meredith Farrell, Andy Avedisian. **MIDDLE:** Kimbellee Fipps, Alicia O'Neal. **BACK:** Steve Martz, John Lossie, Dr. Mark Parker, and Catherine Peterson.

thankful to still have my mom with me. I had known Amanda from our running group and my heart went out to her and her family when I found out she'd lost her mother to this same disease. I was very excited to be able to do something to not only honor both of our moms, but to help to save lives also. It was a wonderful experience to see the outpouring of support we had last year in raising money for the Colon Cancer Foundation and UAB's Comprehensive Cancer Center.

After ING, several of us joined Amanda in her vision of creating a race in memory of her mom to raise colon cancer awareness. We had great sponsors starting with ACRI (The Butt Hut), Fleet Feet and Princeton Hospital, and a committee who really put their hearts into this event. None of us had been on a race planning committee before, but we set out to learn how to get it started and soon the 1st



"Running Rumps" Team (L to R): Jackie Boohaker, Karen Boren, Allison Joyner, Stacie Self and Nora Seals.

RUMPSHAKER
<continued on Page 3>



ABOVE: Rumpshaker crowd at the finish line. **MIDDLE:** 2nd lead pack of runners approaching Mile 1. **BOTTOM:** "Hoover Fitness" team members Jennifer McCombs and Carole Sargent.

RUMPSHAKER
 <continued from Page 2>

Annual Rumpshaker 5K was born. I have been overwhelmed at the support we received, and at how many people we talked to who have been affected in some way by colon cancer. It has been very rewarding to be a part of something that means so much, to so many people. What we originally expected to be a race of 250-300 people became a huge event with almost 1500 registrants! The increase in participants and the threat of severe weather the week leading up to the race brought many new challenges, but we were met with God's provision every step of the way. Although there were a few kinks on race day, (which I don't think anyone was surprised about considering such a huge crowd on a rainy day for a 1st year race!), they were minimal compared to what could have been and we learned a LOT for future races. We hope that everyone had a good experience overall and will be there for next year's run and many more to come. I know each of us who were involved in the Rumpshaker 5K are grateful for your participation and support, and would like to

extend our personal thanks to you for helping us make a difference in our community and take a step toward conquering colon cancer. Looking back over the last year, I am so thankful to have been a part of this for so many reasons and I look forward to being involved in many more. I want to say thank you also to Amanda, her family, and all of our committee members for allowing me to accomplish this goal alongside you. My mom is proud of us all, volunteers and participants included, and I know Amanda's mom would be proud of us too. I look forward to seeing everyone out there shaking their rumps again in 2010!

ALICIA BROWN O'NEAL

Rumpshaker 5K, a race by any other name... Would have been WAY SMALLER!! What an amazing experience this has been! I agreed in the fall to come on board the Rumpshaker 5K team as registration chair. (So this is where I would like to thank everyone for a whole lot of patience waiting for a

RUMPSHAKER
 <continued on Page 4>





Amanda Vandegrift and colon cancer survivor Diane Quinn.

RUMPSHAKER <continued from Page 3>

bib reassignment, waiting in line race morning for packets, etc) I knew it would be easy to process 250 runners... which is the goal we had from the start. But nearly 1500!! Are you kidding me?!? All I have to say is, "Thank You". Thank you to Amanda for jumping in and taking over in that final week when I was completely overwhelmed. Thank you to Fleet Feet for working through packet pick-up all week. Thank you VOLUNTEERS for the outstanding job you did all week and especially race morning when we had 85 "walk-ups" register!! Thank you to 'The Team'. I am so happy that this experience was shared with each of you! I feel so fortunate to have "made a difference" for such a worthwhile cause. I hope that our efforts have saved a life... or two.

JOHN LOSSIE

"The greatest joys are found not only in what we do and feel, but also in what we hope for."

– Bryant H. McGill

I have experienced the hope that the Martz family and others like them have had when dealing with the tragedy of such a devastating illness as cancer. This race proved that we are all touched in some way by this disease. Having been a part of the effort to raise awareness and money for colon cancer research I have raised my personal awareness to help where I can to fight for a cure.

Two weeks before the race I was sitting with Alicia O'Neal at Whole Foods counting mailed registration forms, when I reached 250 applications I realized at that moment that this race was going to be something special. You see, 250 was the original estimate for the entire race. On that day, the online registration had reached almost 500; the total paper count for that day ended up being 270. We were quickly approaching 1000 registered participants! This race was taking on a whole new meaning....and required a whole new plan to execute. Well, everyone did execute despite the threat of rain, the urging of the police to cancel and the last

minute venue changes. The race was a huge success. In the end, while standing at the finish line with a survivor of colon cancer listening to her tell Amanda the story of her survival I realized that hope is as much a part of the cure as the cure itself.

MEREDITH FARRELL

I've ran tons of 5K's but I've never really done anything behind the scenes other than work a few finish lines or registration tables. That's why when Amanda came to me and asked me to be in charge of volunteers, I was completely in the dark about what all goes into these races. I thought I would get a few people to work a water stop and a few to work the finish line. Easy! In the meetings in the months leading up to the race, I learned how far off I was. As our numbers grew and grew, the plans changed time and time again. We had originally projected 250-350. Our final number on race day was 1483. Incredible...but also very scary! I think we just have God to thank for the big numbers (and a great race name!). I learned to appreciate every race that I do because I now know first-hand how much work and how many hours go into them to make them successful. We were lucky to have a great team behind the Rumpshaker that cared so much about the cause and worked hard to get the job done. Out of all the different tasks that people were in charge of, I think mine had to be the easiest. It was not hard to find so many dependable volunteers in our running community that were willing to do whatever I asked. I ended up with over 75 runners, friends, and family that worked various stages of the race and 44 Hoover cheerleaders that showed up to help as well. If you love running these races, please get behind them and volunteer as well. They don't happen without the volunteers. I want to again thank everyone who did volunteer and also to everyone who showed up to support colon cancer even as the bad weather was just moving out of the area. It was a great race this year and it's only going to get bigger and better every year!



Adam Martz finishes the Rumpshaker 5K.

STEVE MARTZ

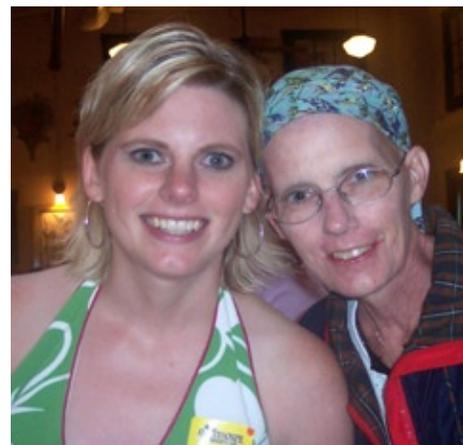
It was such a joy working with all the young people on the committee and learning all that goes into a race. Thanks for all the door prizes and food donations given to make that part of the race a huge success. I cannot say enough about all the volunteers that made it a fun day. Most of all I would like to honor all of the survivors and their support group of family and friends as they continue their fight. Keep a positive attitude and a strong faith as we lift each of you up.

Pancake Breakfast - May 9th

If you had fun at the Rumpshaker or perhaps you missed the race, we would like to invite you to join us on Saturday, May 9th from 8 am-10 am for a Pancake Breakfast Fundraiser at Up The Creek in Hoover. Tickets are only \$5 per person and includes a \$3 off return visit to Up The Creek

Thanks again to Alabama Colon and Rectal Institute, Princeton Hospital, Fleet Feet Sports, Princeton Surgical Specialist, Colon and Rectal Surgical Associates and Championship Racing for sponsoring the 2009 Rumpshaker 5K Run/Walk. We hope you'll join us in 2010! •

amanda@thevandegrifts.net



Amanda and her mom Lisa, about 2 months before Lisa's colon cancer battle ended.

UPCOMING CLUB SOCIALS

Post Taxes Run

Thursday, April 16th, 6 p.m.
Billie's Tavern - Liberty Park

Quattro de Mayo Run

Monday, May 4th
Pablo's - Colonnade

For more info., contact
Micki Haralson:
mickiharalson@gmail.com

BTC NEWEST MEMBERS

Those who joined during March 2009

Jacqui Sweet
Christie Lynam
Carolyn Bailey
Jennifer Cofield
Madeleine Fowler
Brian Atkins
Allison Braden
Liz Rataliff
Michael Dean
Josh Hazard
Jim Wallis
Wade Martin
Jackie Ingram
Reid Smith
Tracy Williams
Misty Joseph
Ty Goodwin
Terry Lake
Melissa Camp
Liz Losole

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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):

www.birminghamtrackclub.com/vulcan-runner-newsletter



April BTC

President's Message

– Johnaca Kelley

The pistol has been fired and we are off and running in 2009! Your BTC executives are hard at work with the Greater Birmingham Community. If you want our assistance with your race or any other health and wellness event, send us an email.

Currently we are working on presenting at two physical education expos. This year one of my goals is to reach out more to our younger runners. Soon I plan to become more involved with the Brent Cotton's Mini-Track Meets, so that we can grow that event even more. Getting adults off the couch is a noble effort naturally. But these days there are far too many kids on the couch as well. Obesity is at an all time high and I want the BTC to take a stand against it.

Speaking of getting off the couch: Have you registered or volunteered for **Statue 2 Statue** on April 18, 2009, yet? If your answer is "no", then why not?! This year S2S has the distinction of a prestigious title - **ALABAMA RRCA 15K STATE CHAMPIONSHIP**. Race Director, Judy Loo and the BTC executives are making strides to grow this race. This year promises to be great, so join us! You can find the application to register on our website. If you prefer to volunteer, contact Judy at btcmembership@gmail.com - I'll see you there!

Here's BIG news on another fantastic BTC race:

We will have runners from Maebashi, Japan participating in the Vulcan Run 10k on November 7, 2009. That's right; after years of sponsoring our runners in their April Maebashi Marathon in Japan, we are finally returning the favor. We will want to throw them a BTC dinner during their stay. I'll keep you posted as the plans develop. We expect the runners to stay from Thursday, November 5th until Monday, November 9th. If you would like to be part of the Maebashi welcome committee, send me an email at btcpres09@gmail.com.

I recently saw a t-shirt that said, "My sport is your sport's punishment." I love it! The Trak Shak Goddess told me once that "Running is the New Golf." With that in mind, invite your friends and co-workers to check out the BTC. Have a great April! •

btcpres09@gmail.com

Join the BIRMINGHAM TRACK CLUB'S

1,200 Mile Club

The Birmingham Track Club promotes fitness and a healthy running lifestyle for its members. Part of this involves consistency and the BTC wants to reward members for that consistency.

In 2009 the BTC is continuing it's 1,200 Mile Club program. 52 members achieved their 1,200 mile goal in 2008. Will you be one of those in 2009?

HERE'S THE WAY IT WORKS:

- You keep a training log of all mileage you run during each month.
- At the end of the month, you communicate that mileage to the 1,200 mile club coordinator, who keeps a record of your mileage for each month. See email address below.
- The results will be posted monthly on the BTC web site so that you may track your progress.
- If you have completed at least 1,200 miles by Jan. 1, 2010, then you will receive a BTC '1,200 Mile Club' jacket! Repeat members will receive a prized patch for each year they complete the 1,200 mile year that they can sew to their jacket to let others know how many years they've completed that goal.

RULES AND REQUIREMENTS:

- Participants **MUST be a BTC member in good standing** to participate in the 1,200 mile club. Not a member and want in on this deal? Then join (see Page 25 for a Membership Application)
- It is the runner's responsibility to keep accurate track of all mileage. It is the runner's responsibility to communicate mileage run each month to the 1,200 mile club coordinator. There will be a monthly deadline for submissions.
- Races count. Training miles count. Walkers count. Just as you would count in a normal training log, count here.

It's NOT too late to start counting those miles!!

Email monthly mileage/questions to: 1200@birminghamtrackclub.com

March BTC

Executive Meeting Minutes

– Submitted by Brad Clay, Secretary



IN ATTENDANCE

Johnaca Kelley: President
Tim O'Brien: Vice-President
Debbie Cleghorn: Treasurer
Brad Clay: Secretary
Rick Melanson: Road Race Chair
Micki Haralson: Social Chair
Phil Min: Parliamentarian
 Danny Haralson
 Charles Amos Thompson

- Meeting began @ 6:55 p.m.

OFFICER REPORTS

► PRESIDENT - JOHNACA KELLEY:

- President's concerns for officers and heads:
 - Discussed ideal of having a board member at each BTC race and representation from social and membership committees at each social function
 - Discussed need to be more responsive sooner to new members (e.g., first newsletter received)
- Discussed need for deadlines to be firm and adhered to: e.g., newsletter deadline 15th each month and upload of new members 29th each month

BTC Website:

- Website has new look
- Place to post race applications
- Discussed care to be taken in utilizing webmaster as time charged to BTC

BTC Photographer:

- Duvergne Duffee serving as interim photographer
- Back-ups and "free lancers" also available

Ruffner Land Use planning:

- BTC contacted by Scott Green and asked if 1-2 BTC members could serve on planning committee; could help with trail run identification and design; possible site of additional trail races

Runners from Maebashi, Japan:

- Funding and volunteers for Maebashi runners visiting in November:
- Three runners from Maebashi will be in Bham for Vulcan run
- Mayor's office paying for 4 nights accommodations
- Need BTC ambassadors for travel, meals, site-seeing, etc.
- Discussed contacting Naomi Abi, local runner, for help

PE Conferences:

- Tuesday April 21st Oak Mtn H.S. hosting a conference and would like BTC to have table display from 10am-noon; TO and MH may be available
- November 15-17th at the Wynfrey Lakeshore foundation

hosting conference for PE teachers/coaches would like BTC to deliver 1 hour presentation

Merchandise:

- Out of sports bags
- New option for singlets @ \$13; discussed male vs female; decided to purchase 44 in various styles and colors

► VICE-PRESIDENT - TIM O'BRIEN:

- Working on Kids Mercedes Marathon kick-off at Vulcan

► TREASURER - DEBBIE CLEGHORN:

- Delivered financial reports for January and February
- Brief discussion on separation of BTC and Vulcan Run assets and possible need to combine due to tax issues
- Discussion on whereabouts of club phone

► SECRETARY - BRAD CLAY:

- Discussed creation of asset registry; discussed need to inventory equipment in both small and large storage space

COMMITTEE REPORTS

► SOCIAL - MICKI HARALSON:

- Discussed Social Calendar; need for food @ 3/16 event
- Discussed potluck event on 4/1 and BTC will provide hot dogs/turkey dogs
- Event on 4/16 set (Post-Tax Run)
- Other major events will include Braves trip this summer, bowling event this fall, and annual party

► ROAD RACES - RICK MELANSON:

- City of Hoover is prohibiting all road races in future; trying to drive all races to Veterans' Park
- Will have tech shirts for Peavine

ADDITIONAL DISCUSSION

► STATUE TO STATUE 15K:

- Volunteers needed for start/finish registration (logistics need to be finalized on how to handle day-of registration at point to point event)
- Good sponsors, BBQ, medals, beer, tech shirt, buses, porta-potties all done
- Discussion on how best to publicize
- Noted conflict with Powerman Duathlon

► TALLEDEGA HALF-MARATHON:

- Discussion and decision that event is too near-term for BTC to sponsor bus transport

► TOWN HALL MEETINGS:

- Will take place 5/13 and 9/9
- Meeting adjourned @ 8:25 p.m.

NEXT BTC EXEC. MEETING

- 4/8 - 7 p.m. Salsaritas in Homewood

How 3N3 turned into 7n11

~ PART 1 (of 2) ~

– Submitted by Keith Rutherford

Prologue

Flashback to Rocket City Marathon 2007. I had just completed my second marathon and first one with semi-planned training, which was soooo much better than my first experience. Thus, I was ready for more. Natalie, Travis, and some other people I'd been running with planned to do the Inaugural Mississippi Blues Marathon. Add that one to my plans to run Mercedes Marathon 2008 and I would have 3 marathons in 3 months, which would qualify me for the Marathon Maniacs. After signing up for the races, Phil mentioned his plans to go to Mobile and his plans to do all 3 Alabama Marathons, which would also get one in the Maniacs. I was already committed to Mississippi, but made a mental note to do it next season. Seed #1.

I had completed my 3 marathons in 3 months and had heard about the Oak Mountain 50K. I was thinking, "are people crazy? Running longer than a marathon and up and down mountains!?" I had to find out what this was about and signed up with nervous apprehension. Come race day, I was prepared or so I thought. I had my water camel, gloves for when I fell, tape and ankle wrap, poison ivy spray, extra socks, etc. Weather was nice and lots of Meredith's group was out for the run. Race started out great. I got into a groove and was enjoying the day. However, on the down hill portion, I was being too aggressive and sported a big foot blister. At aid station #2, with the help of volunteers, we taped things up and I was off, but it wasn't too long before I was ripping it afresh. Disappointed, I dropped out at mile 18. I hate to fail and wasn't happy with a DNF. I vowed I would come back stronger and better prepared in 2009. Seed #2.



Keith finishing the 2008 ROCKET CITY MARATHON.

#1 – Rocket City Marathon 2008

After doing lots of speed work in the summer with Geoff and company, I was ready to focus on a single race in hopes of qualifying for Boston. This seemed like a good choice as it was local, a known course by me and relatively flat. Add to that, it was the first race of the Alabama 3n3 started due Phil's suggestion (see Seed #1). Other than the Susan G., I shunned other races to focus on my goal. Come race day, I was feeling good after overcoming some dead legs, shin splints and tender Achilles from training. Plan was for me to pace with Tim Roberts as he was trying to do 5 minutes faster in his attempt for Boston. This was good for me as I often go out too fast. Tim reeled me in a few times in the first 10 miles. At the halfway point, I was feeling good and had a bit of buffer and Tim pulled out ahead for a faster finish. By mile 21, I was still on pace for 3:20, but I knew I was done as I hit that last 5 mile wall and couldn't sustain the pace. Knowing I wasn't going to qualify, but had a PR I did a run/walk combo to finish just under 3:33. Disappointing, but I felt good about the race overall. However, in the days that followed, my Achilles hurt...a lot. After a week of RICE, all seemed well and I was back to training.

#2 – Recover from the Holidays 50K

(Week 2.5)

This New Year's race is a small event with no fanfare other than what you may bring with you. It was a 1 mile out and back followed by 10 laps around a 3 miles cross country course. The morning was clear but cold and windy. (lots of wind). The course is relatively easy except for one big hill, but you had to run it 10 times!! For most of the race I had a pretty good setup; run 1.5 miles, walk most of the hill then run to start/finish line, grab water, gu, etc and repeat. Although the loops became repetitive, one thing I did like once each time I finished a loop is that I mentally marked off 3 more miles complete. Thus at mile 25, I wasn't thinking 6 more miles, but that when I returned to start/finish, I would only have 3 more miles. On my last lap, I found an energy reserve and ran my fastest time since lap one and even ran all the way up the hill as I wasn't going to let it beat me all 10 times. I was pleased to actually finish a 50K this time and a decent time of 5:36.

#3 – First Light Marathon

(Week 5)

My plan was to attempt to qualify for Boston again, but on the ride down, Tim and I both agreed we just weren't ready – mentally and therefore physically. However, we



Keith finishing Mobile's 2009 FIRST LIGHT MARATHON.

hatched a plan for a reverse split that would give us a relatively easy first half and a doable second half that would land us in between 3:20 and 3:30. After pulling a Phil maneuver by staying in the Motel 6 (no toilet paper or towels, but they gave us a 10% discount), we headed out race day to windy, cold and overcast conditions – not like the weather predicted. Lots of debate as to what to wear – would the weather change, stay the same, or what? I chose the middle ground and started the race; once again having Tim pace me. The weather that day couldn't make up its mind. One minute I was taking off gloves, hat, rolling up sleeves and then reversing order. Sun comes out, sun goes in, wind dies, wind picks up. It was very frustrating. However, we hit the halfway point exactly on pace. Plan is looking good...except...Tim and I hadn't looked at the course map closely. Around about where we were supposed to pick it up a bit we hit hills – about 6 miles of them. Hills? In Mobile!? Who would have thunk it. After getting through those around mile 19 or so, I wasn't on pace and with the weather had lost the will to try. Normally I target someone in front of me and use them as motivation to go forward as I attempt to reel them in. It wasn't working. People would pass me and I would target them only to see them get further away. With less than a mile to go, I finally got an energy burst and finished strong. Little did I know at the time that if it wasn't for that burst, then Natalie would have caught me as she attempted to reel me in.

TO BE CONTINUED...
in the May issue of "The Vulcan Runner"

COME JOIN THE NEW 5K & 8K RUNS IN DOWNTOWN

**POWER  MAN
ALABAMA
MULTISPORT FESTIVAL**

Presented by the City of Birmingham and supported by the Greater Birmingham Convention and Visitor's Bureau



April 18th & 19th

6 Events to Choose From:

16th Street Baptist Church 5K
(3.1 miles) – **Saturday, April 18th**

Magic City Duathlon
(3.1 mile run / 12 mile bike / 1 mile run)

PowerKids Duathlon
(Distances vary with age)

Trak Shak Magic City 8K
(5 miles) – **Sunday, April 19th**

Powerman Alabama Duathlon
(8k run / 55k bike / 8k run)

BIC Cyclismo Criterium
(For more info: visit www.cahabacycles.com)



REGISTRATION & INFO
www.team-magic.com



19th Annual

Ellis Porch – State Farm Statue to Statue 15K Run



ALABAMA RRCA 15K STATE CHAMPIONSHIP

BTC Managed, RRCA Sanctioned, USATF 15K Certified Course

Saturday, April 18th, 2009, 8:00 a.m.

Transportation

Transportation will be provided from the River Village Shopping parking lot (by Miss Liberty) to Vulcan Park for the start of the race. Please be there early (FIRST BUS WILL LEAVE AT 6:30 am. LAST BUS LEAVES PROMPTLY AT 7:30 am. Please do NOT wait for the last bus. If it's full, you WILL BE responsible for your own transportation) Baggage transportation is provided to the finish area.

NOTE: THERE WILL NOT BE ANY TRANSPORTATION BACK TO VULCAN PARK AFTER THE RACE.

Registration

For entries received by 4/15/09 - \$25.00 All entries day of race and those received after 4/15/09 - \$35.00 On-line Registration: Active.com
(There will be no refunds)

Registration will be at the River Village parking lot starting at 6:15 a.m.

Post- Race Party/Awards

Refreshments//Food! Awards will be presented at approximately 10:30 a.m. in the River Village parking lot. Awards and shirts will NOT be mailed.

RACE PACKET PICKUP AT HOMEWOOD TRAK SHAK on Friday, April 17, 2009 from 10 a.m. to closing.

For more information: email btcmembership@gmail.com

Also, check the web site for more information

www.birminghamtrackclub.com

Statue to Statue 15K RUN ENTRY FORM

Make check payable to: BTC Statue to Statue Run

Mail Entry to: Statue to Statue 15K Run, 1235 Parliament Lane, Birmingham, AL 35216 or drop off entry form at the Trak Shak (Homewood store)

Print Last Name: _____ Print First Name: _____

Address: _____ Zip: _____ City: _____

State: _____ Sex: _____ D.O.B. _____ Age: _____ T-Shirt: _____ Phone: _____

RELEASE

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless the Birmingham Track Club or any sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Signature: _____

Date: _____

Ellis Porch State Farm STATUE 2 STATUE



15K is Alabama RRCA State Championship

– Ron Macksoud, Alabama RRCA State Representative

BTC's Ellis Porch **Statue to Statue 15K** on April 18th will be among four Road Runners Club of America (RRCA) Championships to be held every Saturday in April. This will mark the second time in three years that Statue to Statue has been the Alabama RRCA 15K State Championship. As Alabama RRCA State Representative, one of my proud duties is to designate RRCA State Championships for races of various distances hosted by RRCA clubs across Alabama. During my five years as state rep, Alabama has set the pace nationally in the number of RRCA championships. Three

of the nine total 2009 RRCA Championships in Alabama were held in January--the 10 mile and half marathon State Championships and the RRCA Southern Region 2 Mile Championship. The RRCA Southern Region encompasses 10 other states besides Alabama, as far west as Texas, and as far north as Kentucky, along with Puerto Rico. Regional championship designations are made by the Southern Region Director, but the input of state representatives is taken into consideration.

The rest of the April RRCA Championship schedule is as follows: April 4, Old Mobile 8K, RRCA Southern Region 8K Championship; April 11, 3M River City Run (Decatur), Alabama

RRCA 10K State Championship; and April 25, Swampers 5K (Muscle Shoals), Alabama RRCA 5K State Championship. After April, the next championship will be (yet another) RRCA National Championship, Woodstock 5K in Anniston, August 1. BTC's Vulcan Run 10K was the RRCA National Championship in 2007 and 2008. The final championship of 2009 will be the Alabama RRCA 1 Mile State Championship in Florence, the 1 Mile RiverBottom Burnout on October 10. For details on all RRCA Championships in Alabama and across the United States click on <http://www.rrca.org/calendars/>

AlARRCAStateRep@knology.net

INTERESTED IN HASHING?

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

– By Victor Zirkelbach

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

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

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

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

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

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

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

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

BTC RRCA

THE VULCAN RUNNER

VOL. 31 ★ SEPT./OCT. 2007 ★ ISSUE 9

The little-known world of hashing

Submitted by Stacy Gordon

Hashing for me, started back in the days before the internet. When word of mouth was the only way one found out about hashing. At that time and to some extent today, it has the air of something just slightly underground and subversive. 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 I like to run, asked me if I liked to drink beer. In such unannounced speed. "Why yes, of course I do!" I replied 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 for a beer. That was not the case. Well out 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 some dressed like runners, 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 hardly recognized them "out of uniform." I also noticed they were already drinking beer, albeit discreetly, in paper cups. I think that's what happened at the time (OH MY how times have changed) and couldn't imagine STATISTIX is run after a beer or two. I thought these folks were crazy. Thus he'd discovered.

Neither Stacy Gordon nor the author are all seriously and can appear to all levels of runners.

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 "hash chase".

Hashing is a fun activity and the stakes are all seriously and can appear to all levels of runners.

HASHING < continued on Page 2 >

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

The View from the BACK OF THE PACK

– By Michele Parr

Mercedes weekend I met my hero, Vicki Merry. If the name doesn't ring a bell for you, that's because you probably know her as the Balloon Lady. To me she's the ultimate back of the packer.

Phil Min introduced us at the expo, intuitively sensing the connection I would see. We chatted only briefly there since things tend to be pretty hectic at the BTC booth the day before the big races. She gave me her email address so I could follow up with all sorts of questions about someone who voluntarily finishes last in a race year after year.

The first thing that intrigued me was how someone who doesn't live in Alabama (Vicki is from Pensacola) became the Balloon Lady. Through her participation as a coach with the Leukemia and Lymphoma Society's Team in Training, Vicki was acquainted with the original Balloon Lady, Monetta Roberts from Mobile. At that time the goal was to help the TNT walkers make it to the finish in time before the seven hour cut-off. When Monetta stepped down after two years, Vicki contacted the TNT folks in Birmingham and volunteered for the job. That was in 2004. After a couple of years, she realized hers was more of race-wide role than just a TNT role and she started working directly with Valerie McLean and the Mercedes staff.

While she's served in a similar capacity for Rock 'n Roll San Diego in 2006 and the Sarasota Marathon in 2008 and paced friends in assorted races, Vicki doesn't do this on a regular basis anywhere other than Mercedes. She also doesn't do this because she has to. Her race resume is impressive. She's done 58 marathons, eight 50K races, two 50 mile trail runs, three half Ironman triathlons, and Ironman Florida 2004. She's done four Goofy Challenges, adding the 5K race to make those a little goofier. Last year she did four marathons in four weekends. This year she's planning on Ironman 70.3 Kansas in June and Ironman Louisville in August, along with the Little Rock Marathon, Illinois Marathon, Oklahoma City Memorial Marathon, as well as a few others. This is an accomplished athlete, not just someone out for a Sunday stroll. She'd race more, but she does want to spend some time with her husband and son.

For six years now, Vicki has been the official final finisher in the Mercedes Marathon. I've run the half four times with the express intent of not finishing last, so I had to know what keeps her coming back. The first reason

is the race itself. "I love this race!" she says. "I'd be doing it even if I wasn't the Balloon Lady." But since she is the Balloon Lady, she can't help but notice that Mercedes does a better job incorporating the concept than most other races. "I have done some races recently," she tells me, "that said they had a 6-hour time limit, but police/volunteer support during the last part of the race was minimal or non-existent. With Mercedes, you KNOW that if you stay in front of the Balloon Lady you will have protection at the intersections and good folks at the aid stations. You don't get that at other races."

She also acknowledges enjoying the fame the job brings with it. Year after year we hear her described as the "infamous" Balloon Lady, a role that's well-known throughout the marathoning community, not just in Birmingham. For back of the pack runners at Mercedes, she's a source of anxiety, the keeper of the cut-off.

"On race morning," she tells me, "when people see me, there is fear and trepidation, but if anyone actually talks to me a common comment is that they didn't expect me to be so nice." And nice she is! She has a job to do. The marathon time limit is a well-publicized six hours, and she's assigned the task of finishing in six hours. But you won't see her on the course barking orders at those who have fallen off the pace. "I try to keep it fun and positive," she says. She does that with cos-

tumes, balloons, and kind words. She does that by talking to people and encouraging them, even if she has to pass them.

As I was leaving Boutwell to head home on race day, I happened to notice that the race clock read 5:45. I also noticed that there was almost nobody in the finish area, so I decided to walk down to the place where 20th Street meets Linn Park to cheer in the final runners, those folks who needed to hear cheers and applause far more than the winners did over three hours earlier. That decision provided me with a bonus. I got to see the Balloon Lady finish the race. Like a shepherdess caring for her flock she came up 20th with a little band of runners moving along at a slow trot, doing her very best to keep them ahead of her all the way to the finish.

I learned later that she did much more than herd that little group. Two of the runners were ready to quit at mile 23, but she helped them keep going. She gave each of them a gel from the stash of extras she carries for just that purpose and talked them through until their TNT coaches made it back to them to help.

Vicki apologized to Valerie after the race for falling short in her duties. She finished in 6:01:31, a minute and a half beyond the cutoff, not because she couldn't make the time but because there were a couple of guys who deserved their medals. She didn't think Val would mind much, and she was right.

On race day the Balloon Lady made the difference between two guys being 23-milers and those same two guys being marathoners. That's a difference of far more than three miles. Thanks, Balloon Lady! •

Email Michele at micheleparr@mindspring.com



Michele Parr & 'Balloon Lady' Vicki Merry at the Mercedes Expo.

Triple Trouble



Heather Milam

Age: 29
Hometown: Childersburg, AL
Status: Single

- Last movie you liked so much, you watched it twice?** mmmm both James Bond movies with Damien Craig
- Name one guilty pleasure?** Red wine
- Favorite place on earth?** Other than the Finish Line?! Grand Canyon staring up at the night sky. it's powerful.
- Worst place on earth?** Wal Mart
- One item you would want with you on a desert island?** I bet Cathy and Dena will say their Blackberries...shame on them. I'd take an endless supply of wine.
- Most interesting person you've ever met?** My sister. she's absolutely my most favorite person in the world.
- Coollest trophy or prize you ever won?** My first medal was for a bowling tournament; my team had the worst scores. The medal reads "Dead Ass Last" and I couldn't be prouder.
- Favorite TV show?** Tie: "The Closer" and "The Daily Show w/ Jon Stewart"
- Favorite fast-food joint?** Burger King, for their veggie burger!
- Who would play you in a movie?** The chick from Weeds, Mary Louise Parker
- Something unique about the town you grew up in?** Polly Holiday, who played Flo on Mel's Diner and whose catch phrase was "Kiss My Grits", is from my home town. Her mom used to babysit my mom.
- If you could play an instrument, what would it be?** Drums
- Scariest thing that ever happened to you?** Speaking in front of all my peers when I ran for middle school SGA President.
- Favorite book?** Any book from Jen Lancaster; it's a laugh every other sentence.
- Favorite meal?** A Greek salad, red wine and chocolate cake.
- Why do you run?** For health, for fun and for those who can't
- When did you start?** My first official race was the 2008 Red Nose Run, but Jemison Trail is what hooked me 3 years ago.
- What's your biggest running accomplishment?** Honestly, it was the first time I ran a full 3 miles on Jemison Trail. I felt unstoppable!
- Favorite BTC story?** I have no idea! At the risk of sounding completely hokey, my favorite is simply every Wednesday night I show up to run. It's always exciting to see someone you haven't seen in a while. OH! And the beer afterwards. Yeah, that's probably my favorite part...
- Words to live by or favorite running mantra?** The goal for every race is to finish with a smile on your face. (yes, it rhymes and I came up with it somewhere around mile 23 or 24 in my first marathon)

Cathy Sharp

Age: 29
Hometown: Birmingham, AL
Status: Single

- Last movie you liked so much, you watched it twice?** 27 dresses starring Katherine Heigl
- Name one guilty pleasure?** Ice cream... only 8 of course!
- Favorite place on earth?** My grandma's couch! "sigh" it's the best!
- Worst place on earth?** Auburn or Ole Miss... sorry Heather!
- One item you would want with you on a desert island?** My toothbrush. I keep extras in my car if anyone ever needs one!
- Most interesting person you've ever met?** My cancer kids in MS. All of them are amazing and so close to my heart. They fight so hard and some win; some lose. I believe they impacted my life more than I did theirs.
- Coollest trophy or prize you ever won?** Greenway Marathon. I got a trophy; I was 3rd in my age group.
- Favorite TV show?** Grey's Anatomy... if I can stay awake.
- Favorite fast-food joint?** Chick-fil-a
- Who would play you in a movie?** Kate Hudson or Sarah Jessica Parker
- Something unique about the town you grew up in?** I grew up in Mississippi in the middle of a cow pasture. There was one 4-way stop; nearest neighbor was a mile away; the school was called REBUL Academy and everyone had farm animals. I had a pet sheep.
- If you could play an instrument, what would it be?** Piano
- Scariest thing that ever happened to you?** Christmas when mom fell and busted her face open. I was a basket case and cried the entire way to the hospital. Moms are not supposed to get injured especially Christmas Morning!
- Favorite book?** People really read those after college????
- Favorite meal?** Seared tuna, broccoli and red wine
- Why do you run?** Because that's what cool kids do!
- When did you start?** 5 years ago when I dated a guy whose parents were marathoners.
- What's your biggest running accomplishment?** Tallahassee Marathon where I ran a 3:50 and then the moment of insanity where I thought it was a great idea to run back-to-back marathons. Now I'm officially MANIAC #1402.
- Favorite BTC story?** How can anyone pick a favorite??? Every time we get together something crazy and memorable happens.
- Words to live by or favorite running mantra?** But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. Isaiah 40:31

Dena Harris

Age: 34
Hometown: Montevallo, AL
Status: In a relationship

- Last movie you liked so much, you watched it twice?** The Transporter.
- Name one guilty pleasure?** Really cheesy Sci-Fi movies.
- Favorite place on earth?** In a hammock at my aunt and uncle's house in Roatan, Bay Islands, Honduras (with my boyfriend).
- Worst place on earth?** Hospital waiting room.
- One item you would want with you on a desert island?** My Crackberry!
- Most interesting person you've ever met?** My dad was a very educated, open minded guy with a wicked sense of humor and really eclectic tastes. I was told by a childhood playmate he was the favorite "friend dad".
- Coollest trophy or prize you ever won?** A goldfish at the fair in my hometown. No skill was involved. I had to pick a sucker out of a pile and if it had a dot on the bottom - I was a winner!
- Favorite TV show?** It's a tie between "Life" and "Family Guy."
- Favorite fast-food joint?** Zaxby's
- Who would play you in a movie?** Drew Barrymore
- Something unique about the town you grew up in?** The University of Montevallo's College Night is the oldest Homecoming tradition in the nation and has been commemorated in the Library of Congress's "Local Legacy" exhibit.
- If you could play an instrument, what would it be?** The Washboard or the Guitar.
- Scariest thing that ever happened to you?** Losing my father as a teenager.
- Favorite book?** "Twilight" and "Harry Potter" series.
- Favorite meal?** Bacon Cheeseburger Pizza from Hungry Howie's and a big ole piece of chocolate cake and ice cream from Cheesecake Factory or Whole Foods.
- Why do you run?** To stay in shape and spend time with friends outdoors but, mostly because I love having black toenails.
- When did you start?** I used to be obese and running was something I could never conceive of doing. After I got in shape I wanted to prove to myself I could do it. And, I need something to do while my boyfriend ran marathons so I figured I should start running too!
- What's your biggest running accomplishment?** Making Marathon Maniac with my first 3 marathons.
- Favorite BTC story?** While running the Snickers Marathon I was trying to motivate myself at Mile 23 and didn't realize anyone was near me. I yelled, a little too loudly - "Run B**TCH" and scared the poor man who had run up behind me. I had to explain I wasn't talking to him.
- Words to live by or favorite running mantra?** It may look like I'm doing nothing but, at the cellular level, I'm really quite busy."

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

- Tim Roberts (Timr71@charter.net)

Race/Event Calendar (April thru May 2009)

– 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)

APRIL 11

Run To The Cross 5K

– Birmingham, AL, 8:00 a.m.

Christ Church United Methodist on Caldwell Mill Rd. next to Spain Park High School.

Info: Susan Miller (991-5065)

Email: smiller@christchurchunitedmethodist.org

Talladega Half Marathon

– Talladega, AL

Info: TRAK SHAK (870-7770)

3M River City Run

– Decatur, AL 8:00 a.m.

RRCA ALABAMA 10K CHAMPIONSHIP

Info: Eric Schotz (256-552-6321)

Email: eric@rivercityrunners.org

Web: www.rivercityrun.com

APRIL 12

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Contact Brent Cotton for location.

Info: (205) 447-9223

APRIL 16

Post Taxes Run (club social)

Email: mickiharalson@gmail.com

APRIL 18

Statue to Statue 15K

– Homewood, AL, 8:00 a.m.

Start from Vulcan Statue in Homewood, finish at Miss Liberty in Liberty Park off Overton Rd. Transportation provided from finish line to start line starting at 6:30 a.m. at River Village Parking lot off Overton Rd. USATF CERTIFIED COURSE.

Info: Judy Loo (612-4335)

Web: www.birminghamtrackclub.com

Magic City Duathlon (formally Whistle Stop Duathlon) 3.1 mi./12 mi/1 mi.

– Birmingham, AL

Info: (595-8633)

Web: www.team-magic.com

Power Kid's Duathlon

– Birmingham, AL, 10:30 a.m.

Distances depend on age.

Cookie Dash 5K

– Huntsville, AL, 8:00 a.m.

Info: Clare Purinton (256) 882-0218

Music Moves Me 10K

– Huntsville, AL, 11:00 a.m.

Email: info@musicmovesme10K.org

APRIL 19

TRAK SHAK Magic City 8K

– Birmingham, AL, 7:47 a.m.

Info: www.team-magic.com

Powerman Alabama Duathlon

8K/53K/8K

7:30 a.m.

Info: www.team-magic.com

Info: (595-8633)

APRIL 24

UAB Dollars for Scholars 5K/10K

– Birmingham, AL, 6:00 p.m.

Start and end at Pepper Place on 2nd Ave. S. and 29th St. USATF CERTIFIED COURSES. Register online at Active.com

Info: 934-3555

APRIL 25

Spring Sprint 5K

– Birmingham, AL, 8:00 a.m.

Brookwood Convenience Mall (vacant Jos A Banks store).

Info: Brandon Harden (941-1667)

Calera Eagle 5K & 1 Mile Fun Run

– Calera, AL, 9:00 a.m.

New Calera High School, 100 Calera Eagle Dr. USATF COURSE CERTIFICATION PENDING.

Info: Joel Dixon 205-682-5981 or 205-288-0860.

Physician's Who Care 5K Run/Walk

– Gadsden, AL

Info: Carol Crane (256-547-3124)

Blow The Whistle on Lung Disease 5K Run/Walk

– Mobile, AL

Info: Becky Beamer (251-662-3569)

MAY 2

Casey's Cause Run 5K & 1 Mile Fun Run

– Trussville, AL, 8:00 a.m.

In park across from Trussville Chamber of Commerce and Trussville Middle School. USATF CERTIFIED COURSE. Register online at Active.com.

Info: Kari Self (966-6635)

Senior Cup 5K/1 Mile

– Decatur, AL 8:00 a.m.

Info: Daniel Fanning (256-303-1046)

Run for Valley Haven School 5K

– Valley, AL, 8:15 a.m.

Info: Tony Edmondson (334-756-2868)

MAY 9

Laranda Nichols Memorial Run For Hope 5K

– Guntersville, AL

Info: Gina McCoy (256-582-1015)

MAY 10

BTC Mini Track Meet

– Birmingham, AL, 4:00 p.m.

Contact Brent Cotton for location.

Info: (205) 447-9223

MAY 13

BTC Town Hall Meeting

– OutTake's in Homewood, 6:30 p.m.

Info: btcpres09@gmail.com

MAY 16

200 Run 5K and (4) Children's Runs

– Birmingham ZOO, AL, 7:30 a.m.

Register on Active.com ONLY

Info: (879-0409)

Email: aazki@birminghamzoo.com

Butterflies and Bridges Run 4 & 2 mile

– Selma, AL, 7:00 a.m.

Info: Bill Potter (334-875-0409)

Email: Bpotter4u@aol.com

MAY 24

XTERRA @ Oak Mountain 21K/10K/5K Trail Runs

– Birmingham, AL, 7:00 a.m.

MAY 25

Mercedes-Benz Cotton Row Run 10K/5K/1 Mile Kid's Run

– Huntsville, AL

Info: 256-650-7063

Web: www.huntsvilletrackclub.org

MAY 30

Vestavia Fireman's 5K for MDA

– Birmingham, AL, 8:00 a.m.

Liberty Park Vestavia Elementary School.

Info: Scott Phillips (529-5240)

Senior Citizens Center 5K Run/Walk

– Mobile, AL, 8:00 a.m.

Info: (251-401-8039)

SATURDAYS (weekly)

Red-Eye-Run – 6.2 mile

– 7:00 a.m. at Mountain Brook Village in front of Western Super Market.

WEDNESDAYS (weekly)

Trak Shak Group Runs

– Homewood Trak Shak, AL, 5:30 p.m.

Largest weekly group run in B'ham area!

Web: www.trakshak.com

FUTURE (local only)

06-06 – **BTC Classic Track & Field Meet**

06-20 – **Stampede Run 5K**

07-04 – **Peavine Falls Run**

08-08 – **Shake & Bake 5K**

09-12 – **Paws for the Cause Society 5K**

09-19 – **ERA Oxford Realty 8K**

09-26 – **Are UABLE 5K**

10-03 – **Hueytown 5K/10K**

10-24 – **Run From Domestic Violence 8K**

10-31 – **Maple Leaf Run**

RACE NOTES

– Submitted by Rick Melanson, Road Race Chairman

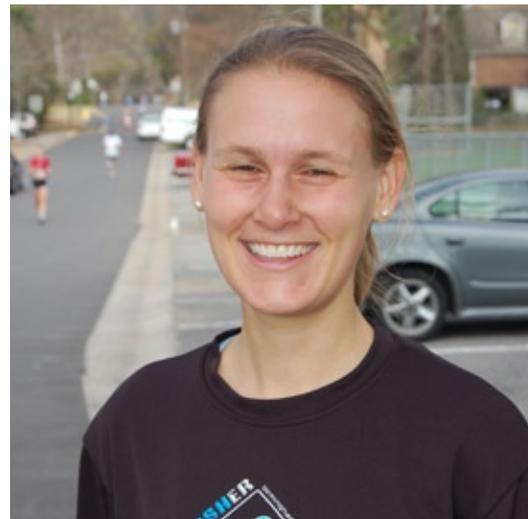
One of the most progressive cities in the State has decided that it is just too much trouble to bother with providing police protection for local races in their city. In their infinite wisdom Hoover has decided to ban all road races on their streets. (Some prestigious citizen must have been delayed one Saturday morning on their way to get some “smokes.”) This will eliminate several popular races such as HIGH COUNTRY 5K (they can run the course this year), BIG BROTHERS, BIG SISTERS RACE at the Met, JOG IN JULY, AUBURN/ALABAMA CLASSIC held at Hoover High School, and BAND ON THE RUN held at the Preserves. City Hall suggested that we now run all races at Veterans Park, which is a great venue for High School Cross Country Meets, but not necessarily suited for large races with over 100 runners.



Michael Marquardt finishing 1st in the ADAMS HEART RUN 5K.

ADAM'S HEART RUN

The ADAM'S HEART RUN was held at Oak Mountain State Park on February 8th with runners having the options to run 10 mile, 10K or 2 mile races. There is a lot of strategy involved when some of the front runners see who turns around at what point. **Jeff Clark** was planning on running the 10K but when every one ahead of him turned at the 10K turn around, 1st place in the 10 Mile run looked pretty good! Jeff won the 10 mile run in 1:05:21, **Mark Wood** was 2nd in 1:06:26 and **Wade Dunn** was 3rd in 1:07:15. The 1st Female was **Carol Pritchard** in 1:21:50 (PR), 2nd was **Susan Hales** in 1:22:56 and **Hannah Pate** was 3rd in 1:23:00. The 1st Master was **Jeff Clark** and the 1st Female master was **Carol Pritchard**. The 10K course was won by **James Bonner** in 40:04, 2nd was **Eric Clements** in 45:35 and 3rd was **Andy Laird** in 45:39. The 1st Female was **Deanna Frank** (1st overall!) in 37:50, 2nd was **Farah Stewart** in 41:11 and **Valerie Davis** was 3rd in 47:44. The 1st Master was **James Bonner** and the 1st Female Master was **Cindy Lyons** in 52:29. The winner of the 5K was **Michael Marguardt** in 17:42, 2nd was **David Guss** in 18:34 and **Robert Roche** ran 22:15 to finish 3rd. The 1st Female was **Ginny Davis** in 22:35, 2nd was **January Waters** in 22:50 and 3rd was **Katherine Schofeld** in 23:10. The Master was **David Guss** and the 1st Female Master was **Laura Woodruff** in 28:10. (196 finished in all 3 races)



KNIGHTS OF COLUMBUS female winner, Emily Falk.

KNIGHTS OF COLUMBUS 5K

The KNIGHTS OF COLUMBUS 5K Run was held in Crestline Village. This run (along with the N. JEFFERSON CHARITY RUN) is notorious for FANTASTIC door prize drawings after the awards. If you stay around a while chances are you will get a Restaurant gift certificate, a fruit basket, or something! The winner of this year's race on the flat, fast course was David Hudman in **17:05**, 2nd was **Owen Bradley** in 17:25 and 3rd was **Eric Sullivan** in 17:48. The 1st Female was **Emily Falk** in 19:29, followed by **Ann Eller** in 21:17 and **Ann Marie Held** in 21:41. The 1st Master was **Eric Sullivan** and **Ann Eller** was the 1st Master. (170 finished the 5K)

APSO POWER RUN 5K

The APSO POWER RUN 5k was held in Trussville on the same day as the KNIGHTS OF COLUMBUS RUN. The winner was **Steven Rich** in 16:57, 2nd was **Prince Whatley** in 19:10 and **Billy Morgan** was 3rd in 19:18. The 1st Female was **Whitney Adkins** in 22:11, 2nd was **Susan Hales** in 22:28 and 3rd was **Katie Munkus** in 23:28. The 1st Master was **Prince Whatley** in 19:10 and the 1st Female Master was **Susan Hales**. (180 finished in all)

DAWSON MEMORIAL PERSEVERANCE RUN 5K

The DAWSON MEMORIAL PERSEVERANCE RUN 5K (19th annual) was held on March 14th on a cold and rainy day. Walk-up registration was affected by the weather as well as no shows who had registered ahead of time. Thank goodness the weather was not so terrible as it was last year at this event. It was cancelled last year because downtown Birmingham had “snow” issues and they “pulled” all the local police from surrounding municipalities to help with problem. The winner of this year's race was **David Hudman** in 16:57, 2nd was **David Aarons** in 18:30 and **Jeff Clark** was 3rd in 18:49. The 1st Female was **Deanna Frank** (2nd OVERALL!) in 17:52, 2nd was **Ann Eller** in 21:23 and **Janelle Hite** was 3rd in 21:50. The 1st Master was **David Aarons** and 1st Female Master was **Ann Eller**.

RACE NOTES <continued on Page 16>

RACE NOTES

<continued from Page 15>

RESCUE TRAIL RUN

The RESCUE RUN TRAIL 3.4 mi RUN was held at Oak Mtn. State Park on the same day as the PERSERVANCE RUN and it was in the same wet and dreary conditions EXCEPT it was about 15 degrees cooler on Oak Mtn. I was O.K. as long as I sat in my truck at the finish line since the time machine will not work in the rain. When I started entering data into the computer it got terribly uncomfortable. The Race Organizers had great gift certificates for age group winners and they also had several puppies from the "TEARS" organization that this race benefited. The winner was **Tim McCauley** in 24:50, **Adam Stermer** was 2nd in 24:56 and **Dave Micale** was 3rd male in 25:52. **Misty Griffin** was 1st female (third overall) in 25:01. The 1st Master was **Tim McCauley**. (49 finishers in the 3.4 and several did the Fun Walk). •



PHOTOS COURTESY OF RICK MELANSON

Riley Ballard, 3rd overall female with a puppy she adopted from "Tears", the organization that did the RESCUE RUN.



April

Coach's Corner

- By Danny Haralson

The Running Rules of Thumb

Let me start with a couple of caveats here; 1) Everyone is different; there is no "1 size fits all" in running. That's why custom designed plans from a coach familiar with you is your most advantageous route to success. 2) These are general rules of thumb for running, yet extremely practical guidelines. This is information gleaned from several other sources and compiled here for your information; me, I agree with at least part of all of these.

The '10 Second Fast Start' Rule - You can only run the first mile(s) of a race 10 seconds per mile faster than your 'goal pace' without hurting your finish time. I've heard it said that for every 10 seconds per mile(s) you go out too fast, you will lose 1 minute off of your finish time. I've heard it all too often from my marathoners and Half marathoners that die in the last 3 - 6 - 8 miles (depending on how fast they went out and how long they sustained it), "But I felt so good!" Of course you did you ninny, you trained to run 13.1 or 26.2 miles, how else would you feel at mile 1, 2, 3, or 4? Okay, I didn't call them a 'ninny'. Keep it on pace, keep it on pace, keep it on pace!

The 'Plan your run and run your plan' Rule - See above; when you start a race that you have targeted you should have a plan, and I don't mean just a, "I hope I can PR; it's a flat course" type of plan. That's not a plan, that's a dream. Ideally you should be trained so that your first 1/3 is effortless in fact you have to hold back a little, the middle 1/3 is 'comfortable' and the last 1/3 you may feel you're pushing it a bit. Obviously a good plan is a little more detailed depending on the race, distance, course, weather and other factors. The idea is to formulate a plan that coincides with your goal and stick with it. If the plan doesn't work, or the 'wheels come off' for an unforeseen reason nobody died, adjust it for the next race.

The 'One hour of extra sleep' Rule - This is a tough one, our lives are already hectic enough, and then we try to cram in training for a specific race or run. So let's call it a 'goal' instead of a 'rule' - when you decide you want to go further or faster you usually start running more, further or faster. This will cause your body to fatigue and it can be cumulative. If you're already sleeping 7 hours a night, you want to aim for 8. If you're sleeping 8, aim for 9. I know it's not always possible, heck it's not even always probable, but rest is an integral part of training. That's so important; I'm going to say it again. Rest is an integral, essential, and incredibly important part of training!

What happens if you don't? Nothing much, you'll just feel fatigued some of the time (a lot of the time?) and possibly negatively affect aspects of your training.

The 'Hard/Easy' Rule - See above - Your schedule should follow each 'hard' day with an easy day of training or rest. Some people ascribe to the Hard/Hard/Easy Rule and that's 'do-able' and again, every runner is different. For most, follow each hard day with an easy day or a day of rest.

The 'One and one-half minute Recovery Pace' Rule - Pretty self explanatory - your recovery runs should be just that and in the range of 1 and one half minutes slower than your race pace. It should go without saying but, recovery from a race effort is essential! So keep your recovery runs slow and easy.

The '2 seconds per mile per pound' Rule - Be sure you understand this one before you 'quote' it....How much can weight affect speed? The evidence seems to show that we run 2 seconds per mile faster for each pound we lose UNTIL we get to our ideal weight. Then we start running slower because we've cut into our strength base. Cedric Jagers put it best, "If you are 20 pounds overweight, continue to run and train properly and lose those 20 pounds, you can run a mile 40 seconds faster with the same amount of effort. However if you lose (for ex.) twenty five pounds you will not be 50 seconds faster because you will have cut into your strength base."

Refer to the very first paragraph; every runner is different so determining your 'ideal' weight may take time, effort, and experimentation. To paraphrase the old saying "You can't be too rich, but you CAN be too thin."

Every runner is different and for most you need to experiment with what works for you, again, "one size does not fit all" especially when you seek to improve - I will say there is One Undeniable Rule of Running - Have Fun! •

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

RUNNING TIDBITS

- Compiled by Tim O'Brien

RUNNING QUOTES

"You don't run against a bloody stop watch, do you hear? A runner runs against himself, against the best that's in him. Not against a dead thing of wheels and pulleys. That's the way to be great, running against yourself. Against all the rotten mess in the world. Against God, if you're good enough."

- **Bill Persons**

"Everyone who has run knows that its most important value is in removing tension and allowing a release from whatever other cares the day may bring."

- **Jimmy Carter**

"The difference between a jogger and a runner is an entry blank."

- **George Sheehan**

"If you want to run, run a mile. If you want to experience another life...run a marathon."

- **Emil Zatopek**

DID YOU KNOW?

Clown Marathon Record Broke...Seriously.

Paul Fernandez, 34, completed the 2009 Gloucester Marathon in full costume in two hours 50 minutes, more than half an hour faster than the previous record. The biology teacher from Oxford finished second in the overall field of 250, despite his brightly-coloured one-piece outfit, clown's wig and face paint. His time will now be verified by the Guinness Book of Records. The teacher at Radley College now hopes to break the record for the fastest marathon in a Father Christmas costume, which currently stands at three hours 12 minutes (Source: telegraph.co.uk)

I am sick, should I run?

You have your routine and then out of nowhere you start feeling sick. Should you keep trudging along or take a couple days off? Some say a good plan is to follow the "neck check."

ABOVE THE NECK: Runny nose, little bit of a sore throat, mild sinus pressure, you are probably all right to be running. Take it slowly and pay attention to your body. If you start feeling weak or extra tired, STOP and rest for a day or two. If you feel energized, you should be able to keep on running.

BELOW THE NECK: Severe congestion, fever, diarrhea, muscle aches - these can be signs of a severe cold or flu. Best to rest and check with a doctor. (Source: runningforkicks.com)

Advertise in THE VULCAN RUNNER

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

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

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

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

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

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Ideas. Products. Solutions.

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Club Merchandise APRIL Item Of The Month RUNNING TANKS

FREE BTC window decal with order!

Unisex Fit

Ladies Fit



\$6 each
+ shipping*

Unisex Tank details:

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



Ladies form-fitting Tank details:

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



Name (ship to) _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Phone _____ Email Address (print clearly) _____

Quantity	Style (Unisex or Ladies)	Color	Size

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

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

btcpres09@gmail.com

*Please add \$6 shipping for 1-3 tanks, \$12 shipping for 4-6 tanks.

More merchandise at www.birminghamtrackclub.com/merchandise

Offer good till 4/30/09

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
membership@gmail.com

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



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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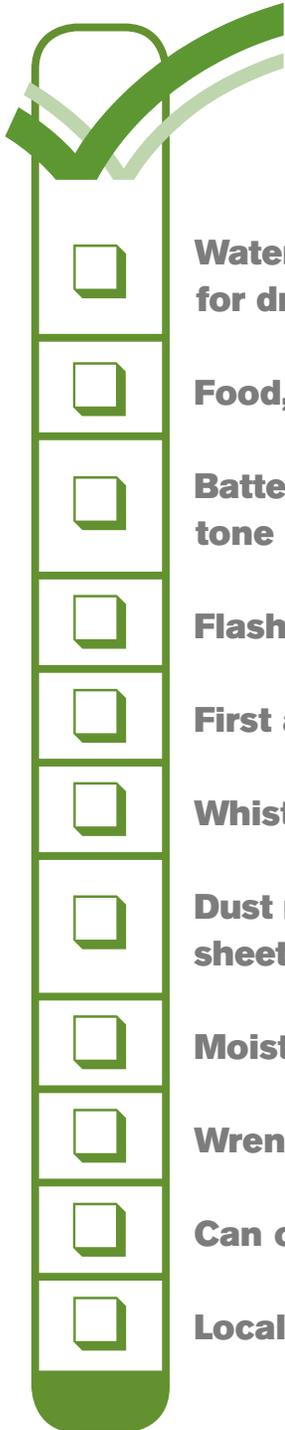
PREPARE. PLAN. STAY INFORMED.

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