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January 2016 ①

OLYMPIC TRIALS

Birmingham's Olympic Hopeful:
Erica Braswell Speegle



Erica on pace for her Olympic Qualifying time at the California International Marathon

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BIRMINGHAM'S OLYMPIC HOPEFUL

— Julie Pearce

When the best-of-the-best toe the line at the U.S. Olympic Trials on February 13, 2016 in Los Angeles, one of Birmingham's own will be among them. Pelham native Erica Braswell Speegle will join the ranks of those vying for a spot on the U.S. delegation to Rio.

Erica's running career began 22 years ago, during middle school in Pelham. The self-described "worst on the team" at shorter distance sprints, Erica and her coaches soon realized her times improved at longer distances, and an endurance runner was born. After competing for Pelham High School on the cross-country and indoor and outdoor track teams (where she became the first high school female in Alabama to run an under 5:00 mile) Erica accepted a scholarship to run for Auburn University.

At Auburn, Erica earned all-SEC honors on the track, but her collegiate years were challenging – like many athletes, she ran through injuries and probably pushed harder than she should have at times. Although many former collegiate athletes remain involved with their sports on some level, for others, the desire fades or past injuries take their toll. Erica has avoided the burnout that has plagued many of her high school and collegiate teammates by deciding, quite simply, that she would no longer get on a starting line for a race that she didn't want to run.

Erica elected not to pursue running professionally after college, instead focusing on her career as an accountant, while still running recreationally. Now the CFO at Southern Biotech, Erica is fortunate to have a supportive CEO and the flexibility she sometimes needs to train effectively at an elite level. Unlike many elite athletes for whom running is their sole focus, Erica now juggles a busy career with a daunting training schedule. She and her husband, Ryan, also love to travel as often as they can, and of course, there are the dogs, rat terrier/Chihuahua rescues, Addy and McKenzie.

Although she has had multiple opportunities for sponsorships, Erica prefers the flexibility of choosing her own races, her own gear, and generally doing things her way. Her older brother Jason Braswell, a lawyer-turned-running-store-owner in Hawaii, is her coach. Erica communicates with him regularly, uploading her training log and detailed notes to Dropbox for him to review. Jason and Erica set their sights on the Olympic Trials following the 2008 Trials, when they realized the field of contenders had backgrounds and times similar to Erica.

A broken toe derailed her attempt in 2012, so Erica was anxious to qualify as soon as the window opened for the 2016 Trials. Following two Top 20 finishes in the Chicago Marathon (17th place in 2012, with a time of 2:46:56 and 19th place in 2013, with a time of 2:45:23), Erica competed in the California International Marathon (CIM) in December 2013, finishing in 10th place with a time of 2:41:17 and securing her spot in the 2016 Trials. In June of 2015, she ran an even faster qualifying time (2:39:34) at Grandma's Marathon, finishing as 10th overall female.

What's it like to train to run with the likes of Kara Goucher and Shalane Flanagan? Erica runs – a lot, but she puts just as much time and effort into cross-training and recovery. She cross trains three times a week with Kelly McNair of Resolute Running, has sports massages twice weekly from Hal Richardson, and gets physical therapy advice and schedule "tweaks" from Cary Morgan of Cadence Run Coaching. She sleeps a minimum of 8-9 hours a night and "wears compression gear all the time." As Erica says, "If I'm not running, I'm recovering."

Erica's Weekly Routine	MON	AM: 60 min. easy run, with weight/strength training PM: 30 min. easy run
	TUE	AM: Track workout PM: Massage with Hal
	WED	AM: 60 min. easy run, with weight/strength training PM: 30 min. easy run
	THU	AM: Tempo run (13-17 miles total) PM: Massage with Hal
	FRI	AM: 60 min. run, with weight/strength training
	SAT	Long run (16-24 miles)
	SUN	AM: Medium long run (~13 miles) PM: 30 min. easy run

I asked Erica about her nutrition, expecting to discover the Holy Grail I've been missing in my own training -- No such luck. Erica says she "eats like a teenage boy rather than a middle aged woman" although she does try to clean up her diet in the weeks before a race. Generally, she tends to eat a carb-heavy diet, and "lives [her] life super hydrated." Not surprisingly, her favorite post-race splurge is pizza and beer.



**"Early in her training career, it was obvious that Erica was blessed with great natural speed."
- Jason Braswell, Big Island Running Company, Kona, HI (Erica's Brother and Coach)**



The start line of the U.S. 25K Championship in Grand Rapids, Michigan, May, 2015

Like many of us, Erica's running partners are her social circle – the friends with whom she runs are among her closest friends. Her friends often will run parts of her workouts with her, or even “tag team” on a long run to keep her company. When she's not in a training cycle, Erica tries to run their runs with them to return the favor.

Erica turned to friend and training partner Cary Morgan after an Achilles tear this past August threatened to derail her plans for the Trials. With a shortened training cycle and concern for reinjury, Cary notes that he “had to put on [his] physical therapist hat to give her some ideas about altering her training plan. . . but she has responded beautifully.”

Cary and his wife, Micah, were with Erica at the CIM where she first qualified for the Trials. As Cary put it, “We could not have been more excited if we'd had qualified ourselves. She set her sights on the Trials and ruthlessly went for it. It was a true success story for our friend.” That's one thing that really struck me as I talked with Erica and her training partners – just as Erica has friends who support her, she is just as supportive of their efforts.

As Cary told me, “[Erica] is a true asset to the Birmingham running community . . . she is always willing to help runners of all skill levels.” Case in point: when I contacted her to talk about this article, Erica wanted to hear all about my training for my next marathon. As competitive as she is with her own goals, she is just as supportive of the goals of others. And that makes her the kind of athlete we all love to see succeed on the big stage.

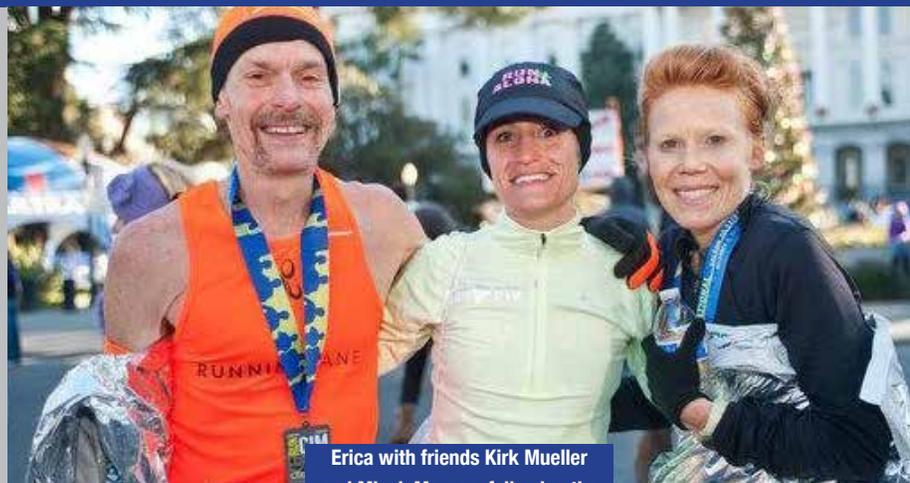
For now, Erica is “laser focused” on her training for the upcoming Trials. When she steps up to the starting line, she's likely to hear her brother's voice telling her to “Be ready for it to be hard.” Erica tends to go out hard, and she prefers it that way. She's hyper focused – she wants to engage and compete. Which is why her mantra isn't at all surprising: “A coward dies a million deaths, a soldier dies but one.”



Winning the Mercedes Half Marathon

Earlier this year, Erica competed in the 25K U.S. Championships, placing 9th in a strong field of contenders. Just before Christmas, Erica learned she had been invited to join the Elite Women's Field at this year's Boston Marathon. And with the Olympic Trials just around the corner, her future certainly is bright.

Erica fully realizes the importance of helping others and giving back to the sport that has given her so much. In the Fall of 2014, she and two of her training partners, Kirk Mueller and Eric Langley, realized that the Birmingham area had local athletes with amazing potential, but not all had the financial or other resources to dedicate to training and competing at the elite level. Within a short period of time, the trio formed Birmingham Sub-3 Marathon (BS3M), a non-profit dedicated to assisting these athletes (read more about BS3M Sub-3 in the September 2015 issue of The Vulcan Runner).



Erica with friends Kirk Mueller and Micah Morgan, following the California International Marathon

PRESIDENT'S ADDRESS

— Alex Morrow



Hello, fellow BTC Members

Happy New Year and welcome to 2016! Another year has come and gone, but with the start of a new year, excitement builds, resolutions are made, goals are set, and everything seems possible. The changing of a calendar year also can create changes in our hearts, minds, and actions. Those sentiments can be a game-changer for you, or you can fall in the trap with the other 90% of the population. With the best of intentions, resolutions are made, and within two weeks, resolutions are broken. You know what I am talking about. You have been to the gym in the first two weeks of the year, when it is slammed wall to wall, only to go back in the first week of February when you can have your pick of any piece of equipment in the place because it is empty. But it does not have to be that way.

This year I am asking you to make those resolutions, set those goals, and get excited about the possibility of change in your life, but I want you to do so a little differently. Saying you would like to complete the BTC Triple Crown Challenge of three half marathons in three months is great, but not enough. Thinking that it is time to set a new Vulcan Run 10k PR is ambitious, but too broad a goal. Wanting to be part of the BTC 1200 Mile Club is a lofty ambition, but just wanting it will not earn you that coveted jacket. Resolutions are exciting and fun to think about, but when it is time to put those resolutions in motion, they can quickly become overwhelming, and you soon lose your way and your momentum. For 2016, let's all make a few adjustments.

Start big! Write down all those awesome goals and resolutions. These are the goals you would like to guarantee happen before 2016 draws to a close. Do not be afraid to put down any awesome feat you would like to accomplish. Exciting, isn't it! How many goals did you write down? 10? 12? 15? Now eliminate all of them except your top 3, and prioritize those from most important to least. For 2016, we are going to focus on fewer goals and guarantee we hit them rather than take a shotgun approach and scatter our intentions 20 different ways. If we accomplish those three goals, we can always add more, but I truly believe success breeds success, so let's start with some success!

Now that you have prioritized, ask yourself, "If I keep doing what I am doing right now, will I achieve those three goals?" If the answer is yes, keep doing what you are doing! If the answer is no, determine what steps are needed to achieve those goals, and write them down! If your goal is to run the BTC Triple Crown Challenge, you need to outline the actions you must take in training to prepare to run three half marathons in three months. If you want to make it into the BTC 1200 Mile Club, you should know exactly how many miles a month, week, and day you need to run to make that goal. Drill down on those goals to the minutia -- doing so is crucial to your success.

Now that we have our three goals, and we have outlined the steps needed for success, we officially stop thinking about the big goals. WHAT? I realize some of you are completely lost at this point, but bear with me. Let's continue to use the BTC 1200 Mile Club Challenge as an example of what I am talking about. For the first-time runner making the 1200 Mile Club Challenge attempt, that number seems staggering! I have heard more than one person say, there is no way they could run 1200 miles in a year, they believe it is too daunting a task. And it is if you are looking at your goal as 1200 miles. But because you have broken down the steps to reach that goal, you now know this is much easier than you initially thought.

1200 miles, when you divide it by 365 days, the number of days in the year, is 3.3 miles a day! (I rounded up from 3.28.) When I say 3.3 miles a day, 1200 does not seem so difficult, does it?

But do not stop there! What steps are needed to achieve 3.3 miles a day? Does it mean scheduling when you will go run the following day and putting it on your calendar? Maybe it is making sure you lay out your running clothes each night so you do not have to think about it first thing in the morning. Does it mean finding a running buddy or coach to keep you accountable? The point is, you are not thinking about 1200 miles, you are thinking about the here and now, what is directly in front of you, and accomplishing those little steps each and every day. Forget about running 1200 miles, it is too big a number, only think about running 3.3, it is manageable, doable, and each day becomes a success.

OK, I got on my soapbox a little this month, but I get excited hearing about all of the goals our BTC members set as we turn the year, and I get even more excited when you achieve those goals! You know the old saying, "How do you eat an elephant? Bite by bite." I hope you will join me in eating the elephant in 2016! ☺

Kindest Regards,
Alex Morrow
BTC President

P.S. – Do not forget the BTC Annual Party on Saturday, January 9, 2016. BTC Social Chair Katherine Dease has planned an awesome event you will not want to miss! Check your email for details and to purchase your tickets. I look forward to seeing you there!

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Moderate Group Coordinator
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1200 Mile Club
Volunteer Coordinator
Historian
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Peavine Falls Alex Morrow peavinefalls@birminghamtrackclub.com
Vulcan Run Allison Stone vulcan@birminghamtrackclub.com

BTC Mission Statement

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

Contact BTC at:

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Race Results

Find the latest and most complete local race results at the following:

birminghamtrackclub.com
championship-racing.com



INSIDE THE RUNNER

— Dean Thornton, MD



Case 7 - "Shooting from the Hip"

A 45 year old female runner began experiencing right hip pain with movement. At times, she had a shooting pain into her groin. At other times, the right hip seemed to have a "catching" or "locking" sensation. No amount of stretching, foam rolling, or rest seemed to make the pain better. After giving the symptoms sufficient time to resolve on their own, our runner wisely sought medical attention. Her sports medicine physician referred her to an orthopedic surgeon who specialized in hip ailments. A focused physical examination was suggestive of a specific diagnosis, but an MRI was ordered for confirmation.

An MR Arthrogram of the right hip was performed. This procedure first entails injecting contrast (fluid that shows up well on MR images) into the right hip joint. The contrast in the hip helps outline the cartilage and ligaments within the joint making it easier to detect a tear or other abnormality. Image A shows the entire pelvis. Dedicated images of just the right hip (as indicated by the yellow square) were then obtained. Image B demonstrates some of the anatomical features of this case.¹

Image C shows a normal superior acetabular labrum (yellow arrow). The labrum appears as a dark, triangular structure along the margin of the hip joint. The labrum is made of cartilage and helps hold the round femoral head in the hip socket (acetabulum). Image D shows a tear of the anterior part of the superior labrum. The dark triangle of the labrum has pulled away from the edge of the hip socket (yellow arrow). The bright contrast fluid that was injected into the hip before the MRI fills the gap formed by the tear in the labrum.

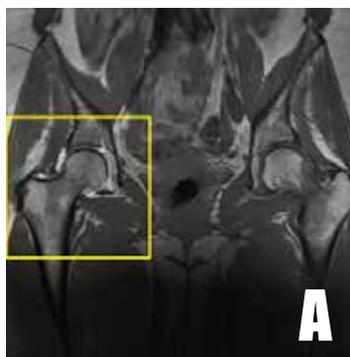
DIAGNOSIS: Acetabular labral tear.

Tears of the acetabular labrum of the hip occur for many of the same reasons as any other cartilage structure (such as the meniscus in the knee): acute trauma, repetitive microtrauma, chronic degeneration or some combination thereof. In the hip in particular, there can be underlying developmental abnormalities that can predispose to labral tears, such as hip dysplasia or femoroacetabular impingement (a condition where the hip bones are abnormally shaped).

Labral tears in the shoulder (often seen in baseball players) have been diagnosed and treated for 30 years. Tears of the labrum in the hip have only come into the mainstream of treatment and diagnosis within the past 10 years or so. Until recently the ability to diagnose and treat this injury has been limited. Better MRI techniques and hip arthroscopy tools have made this a more commonly diagnosed and treated injury. Some smaller labral tears can be treated conservatively with rest and physical therapy but arthroscopic repair often is required.

For more information:

- [Hip Labral Tear FAQ's](#)
- [Hip Arthroscopy1](#)
- [A Patient's Guide to Labral Tears of the Hip](#)



Dean is a Musculoskeletal Radiologist with Radiology Associates of Birmingham and a Clinical Associate Professor of Radiology at UAB. He works with many local orthopedists and sports medicine physicians. He also likes to run.

Inside the Runner uses medical imaging to offer readers a chance to see what is going on inside their bodies when something breaks down. From fractures to tendonitis to muscle injuries, this series explores the imaging studies used to help doctors and other medical professionals treat running injuries.

BIRMINGHAM TRACK CLUB SOCIAL UPDATE



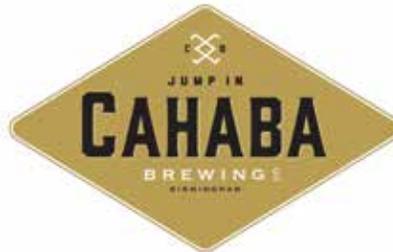
38th Annual Oak Mountain State Park (Dogwood Pavilion) | Saturday, February 6, 2016

* * *

The Birmingham Track Club is proud to present the 2016 edition of Adam's Heart Runs. One of the BTC's premiere races, participants have the opportunity to select a 5k, 10k or 10 mile distance. The race is held entirely on paved roads – this is not a trail race. All three distances are chip timed. [REGISTRATION HERE](#)

BTC Member Benefits Spotlight

As a member of the BTC, you are entitled to a whole host of benefits from area retailers – see a complete list on the BTC website. Remember to show your BTC membership card, which you can download to your phone for your convenience, and thank our wonderful partners for supporting the BTC. Membership has its privileges!



Cahaba Brewing Company was founded in 2011 by a group of friends united by their passion for craft beer and home brewing. In addition to its five core beers, Cahaba Brewing brews a host of seasonal and specialty beers. Also, every Friday at 5 pm, Cahaba Brewing releases a small-batch beer, available exclusively in the taproom.

Cahaba Brewing Company is moving to the Historical Continental Gin in the beginning of 2016. Located at 4500 5th Avenue South, Building C, the new space will offer a taproom with a window looking into the production facility, a covered patio and ample parking. The space is also flexible to offer multiple options for private event needs.

Cahaba Brewing Company is happy to offer a 20% discount to Birmingham Track Club members on all non-alcohol purchases including t-shirts, hats, pint glasses, etc. Purchases are in-taproom only. Please show your BTC card at the time of purchase.

Learn more at www.cahababrewing.com, or follow on Facebook, Instagram or Twitter @cahababrewing.

BIRMINGHAM TRACK CLUB MEMBERSHIP NEWS

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

- Scott and Sandy Shockley
- Philip Hake
- Simmons Lyons
- Margaret DeHaye
- Nathan Miyasaki
- David Christy
- Jane Cooper
- Ronnie Blakney
- Sandeep Patlolla
- Lisa Rutledge
- David Stearns
- Jennifer Rahn
- Tom and Margaret Riser
- Brent Cotton
- Sonia Steely
- Eric Smith
- Alison Hulcher
- Marc Parrish
- Robert Pless
- Tiffany Giekes

- Betsy Darnall
- Sheila Freeman
- M. Slade Stratton
- Megan Pezeshkmehr
- Richard Vandrell
- Barry and Hannah Casey
- Gary and Jennifer Harvey
- S. Rheagan Alexander
- Melody IZard
- David Corrie
- James Smith
- Hernando and Adrienne Carter
- Chris and Cecelia Sims
- Amy Wright
- Sue Ellen Summers
- Kyle Warram
- Evan Dorman
- Avis Williams
- Mike, Susie, Michael, Matthew, Susanna, and Summer Schor

Lauren Weber
Membership Chair

Many memberships expire in December -- remember to renew yours online today!
If you've not yet joined the BTC, what are you waiting for?

[Join today – the benefits last a lifetime!](#)



Please join the BTC as we train for the Mercedes Full and Half Marathons on February 14, 2016.

The BTC Saturday Long Run Training Group meets at 6:00 a.m. at the Trak Shak in Homewood. See the [Group Runs Page](#) on the BTC website, or join the BTC Saturday Morning Long Runs Facebook page for updates and routes.

See you on the roads!

RUNNING TOGETHER SEPERATELY

GOODBYE 2015, HELLO NEW GOALS!

— Carrie and Joey Longoria

“There’s something so universal about that sensation, the way running unites our two most primal impulses: fear and pleasure. We run when we’re scared, we run when we’re ecstatic, we run away from our problems and run around for a good time.”

-Christopher McDougall

As we write this, we are finishing up the last few days of 2015 with a relaxing family trip to Mentone, Alabama. A little bit of running, a little bit of antique shopping and a whole lot of cooking and eating! It’s been a great re-charge, a time to reflect on an exciting 2015 and a time to lay out some 2016 goals. Considering the fact that Carrie and I had a most memorable small family wedding in New Orleans this past June, the chances of topping the excitement of 2015 are slim...but, you never know what is in store for you, despite best intentions and preparations. On that note, among local runners, 2015 seemed to be a year of unplanned race mishaps and a test of mental strength.



Look out 2016, here we come!

There was the race that never happened in Denver, Colorado due to a bus transportation mishap that unfortunately impacted several of us from Birmingham. Marathon and half-marathon training down the tubes! There was the 4 Bridges mishap in Chattanooga where, unfortunately, half marathoners only had a chance to run 12.4 miles. If you were out for fun, not too big of a deal, but if you were shooting for a PR or if this was your first half, you drove home not being able to claim either. Then, this freaking weather! It caused the Savannah Rock ‘n Roll officials to shorten the marathon for

safety reasons due to extreme heat. A month later, Rocket City Marathon runners finished in a 70 degree humid mess. All that said, there is always another day and more miles to run. There are more fun miles to put in with your friends, and there is always another race to run. So, what are your goals for 2016?

As predictable as the Little Debbie Christmas tree cakes making room on the supermarket shelves for Easter egg coloring kits and Peeps (my favorite), the start of a new year brings with it the desire to make resolutions in life, business and running. There’s something about a brand new year that inspires us to make a fresh start and think about our health and fitness after the festive gluttony. After all, there’s only so long we can continue sitting in front of the TV with a family sized box of chocolates and pinot noir. . . not that we know anything about that. Gotta love bowl season!

Personally, I love having a running goal to work towards and so does Carrie, although, like most things running related, our goals are different. Mine usually follow the form of: “x” race at “x” distance, in “x” time. Carrie’s goal is bigger picture, long range and built more on a consistent schedule. Something like: run 5 days a week, average 30 miles per week and alternate strength training with upper and lower body. Whatever suits your lifestyle, goals are what motivate us, give us something to strive for and allow us to maintain a positive outlook. For me, this means having a training plan with a goal race at the end. In 2016, that running goal is a half marathon in late February and a long term goal of the Houston Marathon in January 2017.

When compiling goals, I think ACHIEVABLE and REALISTIC are the name of the game. Otherwise, you won’t even begin on the path to achieving them! Breaking your BIG goals into manageable pieces is helpful. Imagine if you are 40 pounds overweight and you say, “I’m losing 40 pounds.” Your initial inclination might be that the goal is overwhelming, so why not eat another pint of ice cream. But, if you break that BIG goal into smaller, more manageable components -- “I’ll start to eat healthier and plan to lose 5 pounds each month” -- you’ll be there in no time and have four more months in 2016 to enjoy the new you.

Same thing with running. If your running goal is too distant, it would be far too easy to put off doing anything concrete to achieve it. If you’re new to running and want to run a marathon, give yourself plenty of time to prepare. Start by targeting a 5k, evaluate, and then graduate to a 10K and beyond. The same principles apply whether your goal is to qualify for the Boston Marathon, run a 100-miler or join the BTC’s 1200 Mile Club. Whatever you do, enjoy the journey, make friends and have fun! Here’s to a happy and healthy 2016!

Joey Longoria and Daniel Connell at the finish line of the race that wasn’t, the Revel Rockies marathon and half-marathon



TACKY CHRISTMAS SWEATER RUN



Although it felt more like Christmas in July, the BTC members had a blast at the annual Tacky Christmas Sweater Run on Christmas Eve. Thanks to our friends at The Trak Shak for sponsoring the festivities with the BTC!



COMMUNITY CORNER

— Jennifer Andress, BTC Past President

Happy New Year, BTC! Are you ready for some exciting news? Here is a direct quote from Homewood City Council President Bruce Limbaugh: "The pedestrian bridge [on Hollywood Boulevard over Highway 280] is THE project for 2016." Wow!

At the request of Peter Wright, Homewood City Councilman from Ward 5, several local politicians had a lunch meeting on December 22. I was fortunate to attend on behalf of the BTC. Also in attendance were: fellow Ward 5 Homewood City Councilman Rich Laws, Alex Wyatt, Homewood City Councilman from Ward 4, Mountain Brook City Councilwoman Virginia Smith, and former State Representative Paul DeMarco. Mountain Brook City Councilwoman Alice Womack was unable to attend, but sent her support of the project in absentia.

Several issues are being investigated to determine how best to move forward. First, is federal money still available for this project? (Federal funding does appear to be available). Second, do any federal regulations require sidewalks on either side leading up to the bridge, as we were told during our last efforts? (The belief is that no such regulations are in place, but if so, sidewalks could be addressed without upsetting the Union Hill Cemetery grounds). And finally, is the City of Birmingham able to sponsor the project, because it technically runs through the City's property?

Councilman Wright believes that a serious accident in this location is inevitable, and the bridge must be improved with a safe passageway provided, or shut down to pedestrians and cyclists completely.

We were all in agreement, and are so thankful nothing serious has happened there as of yet. I will report back as we move forward on these questions raised during the meeting.

I also recently spoke with the Fire Chief of Homewood, John Bresnan. He is still investigating an emergency phone system for the Lakeshore Trail. The first estimate he received was very expensive. The City also has had some turnover with its 911 operators, which is the department under which this project would fall. This turnover has contributed to the delay, but Chief Bresnan knows the BTC is still interested in seeing this system installed for the safety of runners and others using Lakeshore Trail.

The sidewalks on the access road by Highway 280 headed to the Mountain Brook YMCA are still under design review. They were sent back to the committee for an unnamed change. State Representative David Faulkner and Homewood City Councilman Fred Hawkins are continually checking on this for us.

Thank you all for your support of the BTC and our running and walking community! Together we are making things happen for improved safety and good health. Until next month!



MEDICATION & MILES

COUGHS & COLDS PT.2

— Anna Curl, Megan Walters & Kim Brenner

COUGHS & EXPECTORANTS/COUGH SUPPRESSANTS

In general, coughing is a reflex used to get “crud” out of the respiratory tract (lungs). Coughs can be divided into two categories based on how they sound. A wet “chesty cough” can be either unproductive or productive, depending on whether or not it is helping the body get rid of phlegm or mucus. Chesty coughs may be a symptom of bacterial infections, such as a lower respiratory tract infection. The other type of cough is dry and hacking and can be caused by many things. It does not help the body get rid of mucus but often is just as irritating.

Many over-the-counter cough medications contain one of two active ingredients: guaifenesin or dextromethorphan. Guaifenesin is an expectorant, which means it helps with cough by loosening mucus and making it easier to cough up and expel. Guaifenesin is found in Mucinex as well as many other cough and cold medications. Side effects associated with guaifenesin can include drowsiness and stomach upset.

An easy way to help the lungs clear mucus of congestion is to drink lots of water. In addition to improving overall hydration, water works similarly to guaifenesin by loosening mucus so it can be expelled. Compared to guaifenesin, water is inexpensive and has virtually no side effects.

Dextromethorphan is a cough suppressant found in Delsym, products ending in “DM,” and other combination cough and cold products. Dextromethorphan increases the cough threshold, which decreases the body’s likelihood of coughing. This can be useful for a dry, hacking cough, especially if it is causing difficulty sleeping. Dextromethorphan, the primary cough suppressant available without a prescription, has few side effects but can cause drowsiness.¹⁴ Unfortunately, dextromethorphan often is abused due to its ability to produce a “high” when taken in doses well above what is recommended on the package labeling.

With the countless available cough and cold products, it is important to think about present symptoms and how to treat each one. When looking at treatment options, especially combination products, review the active ingredients listed on the label. Combination products can contain many ingredients, and it can be dangerous to take more than one combination product or even one combination product in addition to another over-the-counter medication. When selecting a product, consider any other medical conditions the patient may have (high blood pressure, heart conditions, etc.) and current medications to avoid drug interactions. Always check with a physician or a pharmacist to ensure there is no duplication of active ingredients and that the patient does not have a condition or take a medication that could be dangerous when mixed with these medicines. Just because a medication is sold without a prescription does not make it safe for everyone!

When sick during a training cycle, athletes often wonder whether they should exercise or rest. In general, if you feel okay enough to run or exercise, then do so; often the fresh air makes us feel better if we are “just a little sick.” The “neck check” can be used as a general guide as to whether or not to exercise when ill: If symptoms are present above the neck (such as a stuffy nose or head cold), proceeding with exercise typically is okay. If symptoms are below the neck (such as congestion in the chest, as with bronchitis or pneumonia), exercise is discouraged.

If cold symptoms last more than ten days or are accompanied by high fever, difficulty breathing, or chest pain, avoid exercise, and consult a physician. Here’s to a healthy winter season!

COUGH AND COLD CLUES

- **Getting plenty of rest and drinking lots of water often is just as beneficial and safer than commonly used over the counter cough expectorants.**
- **Use the “neck check” to help you determine if you should exercise/run.**
- **Avoid taking combination products for symptoms you don’t have or taking a variety of medications for one symptom.**
- **Don’t hesitate to ask your pharmacist or physician for advice.**

Anna Curl and Megan Walters, PharmD Candidates and Kim Benner, PharmD, BCPS, FASHP, FPPAG

Anna Curl and Megan Walters are students at Samford University. Kim Benner is a distance runner and current Volunteer Coordinator for the BTC. When she’s not running the streets of Birmingham, Kim is a clinical pharmacist at Children’s of Alabama, a Professor of Pharmacy Practice at Samford University and a mother of two non-running boys.

References are available upon request.

RRCA UPDATE

Cold Weather Running



Although winter has been non-existent in Alabama lately, odds are we can expect a few frigid days before our thoughts turn once again to sunscreen and humidity levels. Follow these tips to stay safe and warm during your runs.

- Leave the headphones at home. Your ears may help you avoid dangers your eyes cannot see. Wet, wintery conditions may weaken tree limbs causing them to fall. Hearing the crack before the fall may be the difference between avoiding a falling branch or being tackled by a dead limb.
- Avoid running on the roads in snowy or icy conditions. Drivers have a decreased ability to maneuver and stop.
- Winter means fewer daylight hours. Wear bright-colored, reflective clothing or a reflective vest so you are noticeable to area traffic. Consider wearing a lightweight headlamp or flashing light as well. Remember that some local municipalities require reflective clothing or lights when running in the dark ([See Mountain Brook City Ordinance Sec. 46.7](#)).
- Wear layers of clothing to maintain your core body temperature during the run. (Generally, dressing for 20 degrees warmer than the actual temperature will keep you comfortable).
- Consider wearing traction devices on your shoes if sidewalks, trails or roads have snow or ice.
- If you drive to a running trail or route, leave a change of dry clothes and a blanket in your car for emergency situations.
- Stay alert and aware of your surroundings and the weather conditions. Oncoming storms can quickly drop the temperature putting you at risk for frostbite or hypothermia if you are caught wearing the wrong clothes.
- Know where to find shelter on your route if the weather gets really bad.
- Do not ignore shivering. It is an important first sign that your body is losing heat, and you may be in danger of hypothermia.

([Excerpted from RRCA's Cold Weather Running Tips](#)).



Need to Print Your BTC Membership Card?

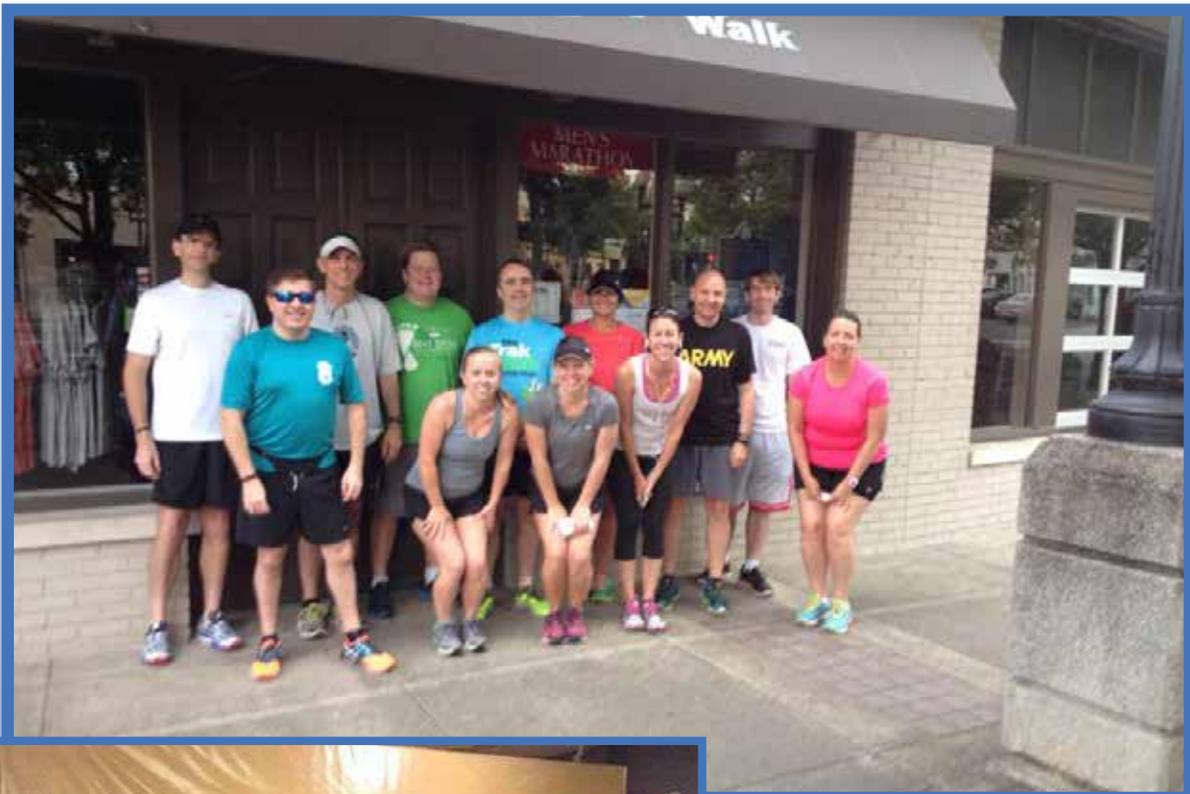
It's easy!

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

Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell
at mcriswell@american-usa.com
for more information

JOIN US!



1200 MILE CLUB

Cumulative miles submitted through January 01, 2016 are listed below.
For a complete listing of monthly totals, [click here](#).

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Adams, Clell	2	904	Caviedes, Octavio	1	271	Elrod, Stacey	1	1,215
Affuso, Olivia	3	809	Chadha, Jennifer	R	217	Ensminger, Stephanie	R	0
Alexander, S Rheagan	1	1,406	Chambers, Ron	1	1,558	Estes, Jeff	1	1,241
Armstrong, Thomas	3	142	Chandler, Teresa	6	1,375	Etchison, Nikki	R	0
Bailey, Leslie	2	1,208	Chiesa, Marco	R	264	Evans, Debbie	2	1,611
Bailey, Tut	R	295	Christenberry, Kim	R	0	Fell, Amy	3	1,586
Baker, Mark	1	311	Clay, Brad	8	3,193	Feller, Beth	2	1,515
Baker, Ryan	R	146	Clayton, Yocunda	1	1,235	Ferlitto, Cindy	R	6
Ballard, William	5	1,207	Cliett, Stephanie	1	1,704	Fincher, Valerie	R	346
Barnes, Conan	R	132	Clowers, Addison	1	1,730	Fonteneau, Kira	R	107
Barnes, Jimmie	1	1,323	Coker, Leslie	1	1,308	Foust, Hannah	R	641
Barry, Jenny	1	1,200	Colmenares, Clinton	1	1,232	Franklin, Shane	4	1,347
Bartee, Samm	R	918	Colpack, Chris	1	1,308	Frederick, Winston	7	2,000
Bartlett, Kari	1	716	Connell, Daniel	R	0	Fuller, Lisa	R	887
Beasley, Cathy	R	1,083	Cooper, David	1	1,206	Gann, Michael	4	1,284
Beggs, Mark	R	276	Cornelius, Jeff	R	101	Gant, Kelli	1	151
Belcher, Michelle	2	1,084	Corrin, LaRonda	R	544	Ganus, Jack	8	1,232
Benner, Kim	3	1,470	Corrin, Roger	1	941	Gash, John	2	1,033
Benson, Wayne	4	1,195	Cox, Damon	2	1,379	Gaylor, Marcie	1	1,085
Berg, Courtney	R	50	Craig, Mary	1	1,227	Gibson, Darrell	2	1,203
Berg, Dustin	R	251	Cramer, Robyn	R	917	Gilbert, John	1	1,342
Berthold, Jean-Philippe	R	585	Cramer, Steve	R	409	Goode, Johnny	6	1,816
Beury, Bridget	R	232	Crawford, Drew	R	135	Goolsby, John	3	872
Bissell, Kim	1	1,202	Creed, Brad	4	1,043	Gordon, Brittany	R	590
Black, Dylan	1	1,338	Creel, Mary	R	1,140	Grabeldinger, Nikki	1	1,232
Blankenship, Barry	2	352	Crumpton, Dan	3	1,559	Greene, Michael	1	191
Bonatz, Ekkehard	7	3,182	Davis, Kevin	R	82	Greenwald, William	R	683
Booher, Lisa	4	1,443	Davis, LaJuana	R	259	Grice, Jenny	1	1,569
Bowman, Brian	R	0	Davis, Sarina	R	0	Grossmann, Christopher	5	1,201
Bowman, Leisha	R	129	Dawson, Ashley	2	1,857	Gullapalli, Satya	2	1,440
Brakhage, Victoria	1	1,330	Dease, Katherine	1	656	Haley, Jay	R	882
Brown, Charlie	4	1,507	DeBardeleben, Anne	1	1,395	Halperin, Dave	2	2,182
Brown, Michael	2	1,339	Dell'Italia, Louie	1	1,207	Haralson, Danny	7	1,219
Brown, Sean	2	1,206	Dell'Italia, Pat	1	1,313	Haralson, Micki	8	1,228
Bryant, David	2	1,601	Denton, Matt	3	1,559	Hargrave, Alan	8	1,285
Bunch, Bryan	R	214	Dill, Greg	1	430	Harrelson, Heather	2	1,319
Bunch, Catherine	R	408	DiMicco, Al	3	927	Harris Bowser, Javacia	R	139
Busby, Madeline	1	1,064	Dodson, Brooke	3	154	Harris, Robert	R	667
Byrd, David	R	50	Dortch, Cherie	6	127	Harrison, Lisa	4	1,482
Callahan, Rachel	1	1,224	Douglas, Nelle	1	1,709	Harvey, Gary	1	1,216
Carey, Christopher	2	1,312	Dunn, Wade	7	2,240	Harvey, Gordon	1	1,982
Carlton, Bob	1	1,412	Easterling, Natalie	1	1,344	Hathorne, Chad	R	868
Carroll, Chad	R	105	Easterling, Tim	R	83	Havicus, Cari	1	1,350
Carter, Adrienne	R	270	Echols, Robert	R	30	Hayes, Debbie	2	1,675
Casey, Barry	2	1,330	Edge, John	1	1,536	Hayes, Mikal	R	926
Cason, Daniel	1	1,229	Edmonds, Maggie	R	144	Heaton, Bryan	2	1,331

1200 MILE CLUB

Cumulative miles submitted through January 01, 2016 are listed below.
For a complete listing of monthly totals, [click here](#).

Participant	Years	Total	Participant	Years	Total	Participant	Years	Total
Heineken, Stephanie	1	1,201	Lopez, Eric	R	0	Osborne, Kristen	R	134
Henley, Monica	2	1,201	Losole, Liz	5	106	Parks, Charlie	2	2,971
Henninger, Alison	1	1,446	Love, Thomas	1	1,053	Patlolla, Sandeep	R	425
Hickerson, Patrick	4	1,338	Lyle, Randy	7	2,364	Patterson, Carrie	2	1,277
Hill, Quinn	1	1,697	Lyles, Chris	1	1,260	Peagler, Shana	3	1,091
Hill, Susan	1	1,122	Lyles, Kimberley	R	0	Pearce, Julie	5	1,488
Hill, Tucker	1	1,288	Malec, Tim	R	1,135	Pearson, Blake	2	2,096
Hodges, Max	R	1,057	Malick, David	2	1,433	Pearson, Mary Scott	1	1,260
Hollett, Brett	R	357	Martz, Adam	1	892	Perry, Jeff	4	794
Honea, Todd	3	813	Mason, Erin	R	799	Peters, Scott	1	1,551
Hoover, Alison	4	1,318	Maughan, Kevin	1	1,243	Peterson, Stacy	2	1,302
Hoover, Jim	R	1,162	McConnell, Kim	1	575	Pezeshkmehr, Megan	R	1,148
House, Beth	3	1,201	McCoy, Jabe	1	1,558	Pezzillo, Kate	1	48
Housler, Philip	1	733	McKenna, Don	1	334	Pigford, Wells	R	558
Hughes, David	R	863	McKenna, Regan	R	428	Plante, David	3	1,635
Hulcher, Alison	R	0	Mcmahon, Mary Lee	1	0	Poole, Greg	1	0
Hunt, Leslie	1	1,254	McNair, Kelly	2	1,272	Porter, Michael	R	0
Hyatt, Micheal	1	480	McTune, Mark	3	1,714	Portwood, Paul	1	1,640
Ingle, Brandon	R	205	McVey, Simon	1	1,356	Powell, Tim	R	934
Izard, Georgia	1	1,708	McWilliams, Matthew	R	1,042	Prestridge, John	1	1,200
Izard, Melody	1	1,739	Meadows, Bryan	2	304	Ralph, Meghan	1	1,253
Jackson, Kelly	R	17	Merry, Vicki Sue	3	2,645	Ramsey, Jamey	R	387
Jenkins, Kaki	2	1,500	Miller, Tracy	1	1,213	Randall, Lisa	5	550
Johnson, Christy	R	202	Millican, Randy	2	1,103	Ratliff, Garnet	R	51
Johnston, Latta	1	1,331	Millsap, Lanier	1	124	Richards, Amy	R	760
Jones, Delpha	1	315	Mixon, Joshua	R	95	Richardson, William	1	1,713
Jones, Ira	3	1,221	Mooney, Sylvia	R	48	Riner, Clint	1	1,218
Jones, Marcus	1	2,339	Moore, Robert	1	913	Roberie, Josh	R	378
Kane, Dawn	1	1,093	Morgan, Gary	5	3,130	Roberson, Kevin	2	2,020
Kane, Michael	1	1,075	Morgan, Danielle	4	1,404	Roberts, Fletcher	1	1,378
Kaplan, Justin	1	1,325	Morgan, Phillip	6	1,668	Roberts, Stephen	1	1,362
Kelley, Robin	2	2,012	Morris, Dewayne	1	784	Robinson, Rod	R	255
Kemper, Tricia	1	1,454	Morris, Justin	2	1,200	Rocha, Roger	2	1,390
Kin, Nicholas	1	1,224	Morris, Matt	1	1,289	Rodriguez, Angie	1	1,121
Knight, Diane	1	1,208	Morrow, Abigail	R	0	Rodriguez, Rick	R	54
Knight, Kristen	1	1,213	Morrow, Alex	5	1,697	Roper, Lynn	R	0
Krause, Casey	R	773	Mothershed, Janie	1	659	Rose, Billy	1	1,556
Kuhn, Jimmy	7	1,198	Murchison, Reginald	2	2,283	Rosetta, Keith	R	0
Laird, Audrey	1	1,339	Murphy, Mandy	R	0	Routman, Cynthia	1	1,207
Langston, Aaron	1	1,290	Murray, Jason	1	916	Rutherford, Keith	8	1,640
Langston, Richard	4	1,357	Norris, Beth	2	1,248	Rutledge, Lisa	R	1,130
Leopard, Don	1	1,201	Northern, Kristie	6	1,249	Sadler, Jason	R	781
Lester, Treva	R	747	Oehrlein, Kimberly	R	548	Sarrett, Kemper	1	1,208
Lichlyter, Lee	1	1,212	Oliver, Greg	2	1,932	Schaefer, Todd	1	1,550
Lockett, Janet	R	977	Oliver, John	1	1,328	Secor, Debi	1	1,754
Longoria, Joseph	3	1,535	Opsomer, Liliane	R	244	Self, Travis	1	1,263

1200 MILE CLUB

Cumulative miles submitted through January 01, 2016 are listed below.
For a complete listing of monthly totals, [click here](#).

Participant	Years	Total	Participant	Years	Total
Shaffield, Danny	2	1,965	Wells, Whitney	R	297
Shaffield, Mitzi	1	1,222	Wende, Adam	1	2,041
Shaw, John	R	234	Whatley, Prince	8	1,358
Sheppard, Gretchen	1	1,260	Whidden, Lisa	1	813
Shinn, Ronald	5	1,306	Whitt, Trey	3	1,370
Shirley, Scott	2	1,460	Williams, Christopher	R	509
Sides, Dean	1	1,366	Williamson, Chad	2	1,154
Silwal, Suman	5	1,501	Wilson, Teresa	1	1,110
Simmons, Kelly	R	0	Windle, Dale	1	1,567
Simpson, Kevin	2	2,168	Wiseman, Steve	1	1,383
Sims, Robert	2	1,388	Woody, Bill	7	1,767
Sloane, Mike	1	1,202	Wright, Sean	2	1,442
Slocum, Brandon	R	937	Wu, Xing	6	1,565
Smith, Jason	1	1,215	Yates, Durand	R	0
Smith, Jerry	7	1,104	York, Gary	2	1,982
Spurlock, Nivada	2	1,264	Young, Alyse	R	916
Stearns, David	7	682	Zehnder, Justin	5	784
Stearns, Robert	R	476	Zimlich, Kimberly	R	646
Steely, Sonia	2	1,230			
Stephenson, Amber	R	10			
Stewart, Stephanie	R	526			
Stockton, Rick	8	1,316			
Talley, Beau	3	1,359			
Talley, Shellie	R	297			
Taylor, Trey	1	35			
Thomas, Eric	3	2,191			
Thomas, Jamie	1	1,264			
Thornton, Dean	4	1,415			
Tichnell, Josh	R	469			
Tillery, Shaun	1	1,963			
Traylor, Loren	1	1,729			
Trimble, Jamie	1	1,409			
Varnes, Vickie	2	1,532			
Vinson, Hope	R	618			
Wales, Kevin	R	446			
Walker-Journey, Jennifer	1	1,324			
Walker, Caroline	R	235			
Wall, Ron	3	1,223			
Walters, Lara	1	0			
Warren, Tom	1	1,284			
Watkins, Janet	R	155			
Watters, Robert	1	1,689			
Weber, Amy	1	1,244			
Weber, Lauren	R	418			
Weeks, Max	R	14			
Weisberg, Scott	4	0			



SHOW US YOUR BTC GEAR

Show us where the BTC has taken you! Email photos to:
Newsletter@BirminghamTrackClub.com



BTC AT THE ROCKET CITY MARATHON



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BTC AT THE ROCKET CITY MARATHON



HOW TO SMILE FOR 100 MILES

— Tanya Sylvan

Looking at the Pinhoti 100 photos, I see that I am smiling in every single one. Every one. My dad even challenged the “Internets” to find a photo of me not smiling, and no one could.

Since Pinhoti, I have gotten more “But did you really smile the entire time?” questions than I can count. And the answer is a wholehearted yes. I had such a fantastic time for all 28.5 hours that even the unrelenting rain could not wipe the smile off my face.

If you want to know how you too can run 100 miles (or 26.2 miles, or 10 miles, or even 1 mile) skipping and cheering and grinning like the Cheshire Cat the entire time, then read on:

Race Choice

Really take time and think about what you want in your first 100. Is it familiar faces? An easy course? Proximity to home? Epic views? If you pick a race based on something that motivates you, you may be more likely to chase harder after that finish.

I knew without a doubt that I wanted Pinhoti to be my first 100. I wanted to be surrounded by friends the entire time so that I could lean on them if needed, and they could share the experience with me. I also wanted a fairly challenging course so I could prove to myself that I really deserved that buckle.

Support

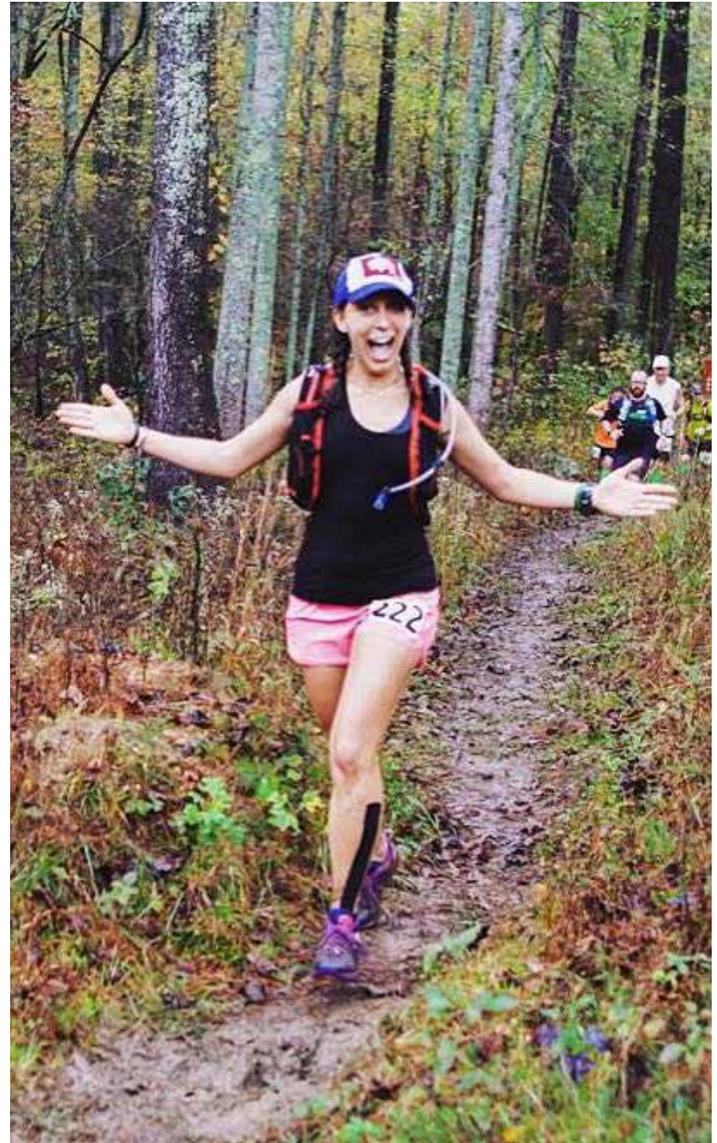
If you surround yourself with positive people who believe in you, you will have no choice but to believe in yourself. Find cheerleaders who will support your every crazy move and love them and hold them close. And if you ever start to doubt yourself, reach out to your cheerleaders. They'll set you straight.

From Day 1, I had my people, my supporters. I leaned on them for advice and encouragement. They never once seemed to doubt me, and therefore I never doubted myself. And knowing I had an entire group of people loving and supporting me made me grin from ear to ear.

Nutrition

Nothing will wipe the smile off your face faster than an upset stomach or a calorie deficit-induced bonk. Train your stomach along with your legs in the months leading up to the race. It's important to learn what fuel works for you over long distances, but it's equally important to learn how to handle getting sick on a run. Practice puking and rallying, squatting in the woods, forcing down calories even when the sight of food makes you sick.

As I've mentioned in other posts, I really paid attention to my nutrition plan leading up to Pinhoti. It was my biggest concern because my intestines hate running, but I wasn't about to let that ruin my race. I used Tailwind on every long run and purposely threw in strange foods here and there. Come race day, my body knew what to do, and I ate and drank like a trail champion. Or a feral pig.



Practice

The phrase “practice makes perfect” exists for a reason—it's true! Because training for 100 miles involves so much more than just running, you need to try to imagine and then put yourself into every possible race scenario. Practice hiking fast. Practice running when tired. Practice surviving in the bitter cold, in the oppressive heat, in the pouring rain. Practice overcoming that voice in your head when the last thing you want to do is walk out that door and go for a run.

I learned this trick from a lot of local 100 veterans. I ran at ridiculous hours with almost zero sleep. I ran at high noon on the hottest days of the summer. I got comfortable being uncomfortable, so come Pinhoti, nothing seemed new or unusual or scary to me. I handled everything that came my way with a shrug and a smile.

HOW TO SMILE FOR 100 MILES

CONTINUED

— Tanya Sylvan

Crew

Be incredibly strategic when selecting your crew and pacers. You'll want people who are organized, calm, and encouraging but tough if you need them to be. Your pacers should be able to handle your highs and lows all while keeping your goals in mind.

My crew was great—they were just as excited as I was to be out there, so we fed off each others' energy. We also worked like a well-oiled machine, which eliminated stress on my end. My pacers were equally fantastic and kept my spirits up and legs moving forward. They each had their own strengths that helped me exactly when I needed them.

Mental Game

If you're going to run 100 miles and genuinely enjoy it, your mental game and attitude need to be on point. You need to come to terms with the fact that it will suck a lot of the time, but then it will get better. You need to expect and embrace the pain. You need to want to finish even when you don't want to run anymore.

One thing that I'm proud of is my mental toughness and stubbornness. I am the biggest realist/pessimist you'll ever meet, and I expected things to go wrong at the race. So when they did (course changes, constant rain, heavy fog), they didn't bother me mentally because I was prepared for the worst. I knew I wanted that buckle more than anything, and nothing would get in the way of me and that finish line.

This sounds so obvious and easy, but it's true. Enjoy every wonderful, miserable, painful, and lovely mile. When you're feeling down, take a moment to remember all the reasons you love running and how fortunate you are to be out there tackling that insane distance, or that first race, or that awful humidity. If that doesn't work, remember that you voluntarily signed up for the sufferfest—get your money's worth and enjoy it, dammit!

Appreciation

This sounds so obvious and easy, but it's true. Enjoy every wonderful, miserable, painful, and lovely mile. When you're feeling down, take a moment to remember all the reasons you love running and how fortunate you are to be out there tackling that insane distance, or that first race, or that awful humidity. If that doesn't work, remember that you voluntarily signed up for the sufferfest—get your money's worth and enjoy it, dammit!

So how did I smile for 100 miles? The answer is simple—I loved every single second of it. I got to spend two days in the woods chasing after my dream. What's not to smile about? Wishing all of you lots of great runs and smiles in the new year.

Tanya is a Jersey girl who loves to run far and eat lots. Follow her adventures – running and otherwise – at TanyaSylvan.com.

Feets of Strength

Have you recently tackled a new distance? Taken on your first challenge race, made the podium or earned a shiny new PR? If so, let the BTC know about it!

Submit your “feets of strength” so we all can celebrate the accomplishments of our fellow club members!

Cheers to many miles and even more smiles in 2016!



Congratulations to Izzy Gould, who recently completed the Rocket City Marathon (his first) with a time of 3:54:34. Way to go, Izzy!

1. Approval of last month's minutes
2. Financial Update (Alex for Leslie)
 - a. Refer to handout
 - b. More information has been requested, specifically a breakdown of expenses for races.
 - c. Year to year: \$800 difference
 - d. \$45,000.00 in assets
 - e. We have an opportunity to increase revenue through continued growth of the organization.
3. Membership Update (Alex for Lauren)
 - a. YTD: 1220 members
 - b. Down 19 members from this time last year. Many memberships expire in December, therefore we anticipate that number changing once members renew.
 - c. Need more help in the area of membership in order to grow.
 - d. Where are we on membership donations? Memberships as gifts? Instagift. Run Sign-up has a feature to allow the storage of credit cards. The possibility for automatic renewal is there.
4. Race Series / Adam's Heart (Alan)
 - a. Adam's Heart is set up and ready for registration
 - b. 8 are registered to date
 - c. Now's the time to start promoting Adam's Heart and the Race Series.
 - d. For the race series, the price will increase \$10.00 Jan 1
 - e. Adams's Heart registration fee does not change from 2015. It will increase \$5.00 the week of the race.
 - f. The Half Full is a potential half marathon that may be in Birmingham the same day as S2S.
 - g. On-line registration only for the Race Series.
 - h. Charles has requested 20 fliers for distribution.
 - i. There may be an on-line registration option for Adam's Heart on race day.
 - j. Paper apps need to be added into the database. This can be imported via file
 - k. AHR race committee: Tanya and Darnell
 - l. History of Adam's Heart
5. Tacky Sweater Run
 - a. Christmas Eve 8am in front of Trak Shak
 - b. Firehouse Shelter is the charity
 - c. BTC will provide coffee and refreshments from O'Henry's
 - d. Not a race; just a run. Distance options are 3 and 5 miles
6. Resolution Run
 - a. Proceeds benefit Red Mountain Park.
 - b. BTC, Trak Shak and Red Mountain Park are the only logos on the shirts.
 - c. You receive a shirt the day of, not in advance.
 - d. 600 participants in 2015
 - e. 5K, 10K, 20K and 1 mile
 - f. 7:30am start for the 20K; everything else at 8am
 - g. BTC will not be covering the expense of the portalets; Red Mountain Park will handle this year.
 - h. Membership and Merchandise presence requested.
 - i. Dean has created an event; join and share and invite others
 - j. Jim N Nicks food on-site post race.
7. End of Year Party
 - a. 1200 Mile Club Jackets
 - i. Ali sent current inventory
 - ii. 156 jackets and 147 patches needed
 - iii. Coins: 5 years in a row
 - iv. How many blank jackets? 7; small print: 26; large print: 4
 - v. Going with big print and one style jacket
 - vi. Cost estimate: > 100, \$45 each; <100, \$50 each
 - vii. 78 first time finishers
 - viii. Patches: \$3.00 each; quantity: min is 50; projecting 167 finishers
 - ix. Coins: inventory: 21
 - x. \$4500.00 requested and approved to cover jackets and patches
 - b. BTC Triple Crown Medals
 - i. Will be here within a week
 - ii. Special presentation to all finishers at the End of the Year Party
 - c. BTC Awards
 - i. Nominations to Alex
 - d. Officer Elections
 - i. Jennifer Andress and Lauren Weber have been working on this.
 - ii. Charles A. Thompson will be running for president and has run every year since 1989
 - iii. Slate:
 1. Alex as President
 2. Darnell as VP
 3. Monica as Treasurer
 4. Leslie as Secretary
 - e. Charles has put forth a motion for \$100.00 gift card for all Race Directors. Motion approved.
 - f. Alan will set up ticket sales on Run Sign Up. He will contact Katherine Dease for details.
8. Web Update / RRCA Awards (Dean)
 - a. Moving forward with a new website
 - b. In the process of moving content from the old style to the new style
 - c. We have no involvement on the front end but we will be able to make tweaks on the back end.
 - d. RRCA Awards (categories for nomination – Dean will forward list)
 - i. Refer to handout; the BTC will submit applications under certain categories.
 - e. 513 views this month on the PDF version.
 - f. Announcements is misspelled on the website
9. BTC Race Timing Proposals
 - a. Send proposals to Alex and we will vote at the next meeting
 - b. ~70 Vulcan runners had timing issues
 - i. Address with the timer
10. Newsletter / Designer
 - a. December was Andrew's last month with us
 - b. It's critical that all entries are submitted on time as we move forward with a new designer
 - c. Kemper has put forth a recommendation for a new newsletter designer. The newsletter designer will report to Julie.
11. Mercedes Marathon Expo / Waterstop
 - a. Corner of Niazuma and Highland for waterstop
 - b. 2 free race entries into the race that will be used as a contest
 - c. We have that entire mile (mile 8)
 - d. Can we put up our arch? Or make a banner to go across the entire street?
 - e. We can put something in the bags (no paper) or we can provide BTC bags
 - f. Suggestion: 13.1 and 26.2 BTC stickers or just a BTC sticker
 - g. We need a lot of people at the water stop and string a lot of signs throughout the entire mile
 - h. Valentine's Day theme
12. NCAA D1 championship on March 11-12.
 - a. General admission is \$25.00
13. Member Benefits
 - a. Awaiting word from Cahaba Brewery
14. iHeartRadio: interested in becoming a sponsor for BTC (Dollar Bill, Rob and Shannon, for example)
15. Old Merchandise: 2015 shirts will be discounted at the Mercedes Expo; anything older will be donated
16. Date of Next Meeting 1/9/15
 - a. Board meeting officers meet before the party



BTC Membership application

Single: Family: Renewal: Gender:

First Name:

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Last Name:

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Street:

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City:

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State:

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 Zip:

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 Birthdate:

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Cell:

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e-mail:

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Family member	e-mail:	Phone:	Born	Gender:
2. _____/	_____/	_____/	_____/	M F
3. _____/	_____/	_____/	_____/	M F
4. _____/	_____/	_____/	_____/	M F

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

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

UPCOMING EVENTS

EVENT	DATE	TIME
BTC Annual Meeting and Party	January 9, 2016	7:00 p.m.
Tashka Trail 50K, 25K and 4 mile race (Coker)	January 16, 2016	7:00 a.m.
Red Shoe Run 10 mile, 5K and 1 mile Fun Run	January 23, 2016	7:30 a.m.
Frostbite 5K and Fun Run	January 30, 2016	9:00 a.m.
Chocolate 5K	January 30, 2016	9:00 a.m.
Big Beach Marathon and Half Marathon (Gulf Shores)	January 31, 2016	8:00 a.m.
Adam's Heart Runs 5K, 10K and 10 mile race (BTC Race Series)	February 6, 2016	9:00 a.m.
Regions Superhero 5K	February 13, 2016	8:35 a.m.

*Submit races and other running-related events to [Webmaster Dean Thornton](#) to be included on the BTC Events page in *The Vulcan Runner* and online.*