

Birmingham's Area Running Club  
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# **BTC**

# **THE VULCAN RUNNER**



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## **YO MAMA RUNS PEAVINE**

— By Lisa Booher

What can \$10 get you? A drive-through meal or two, a pair of really nice socks, a pack of toilet paper that will disappear within a week, a few gallons of milk, one package shipped to a friend, one month of average shows on Netflix. Oh, and a race! When I saw that our local track club was hosting a July 4th race for only ten bucks, I was in. If I wasn't in, I was lame.

Peavine Falls Run is 8.2 miles which include a straight uphill climb with, what felt like, very few respites of flatness and then a slingshot at the top to blow you right back down that hill you just conquered (that's if you have a liberal definition of that word). And just for funsies, they throw in a 1.2-mile patch of trail at the end in case all the downhill didn't make you wet your pants bad enough already.

Being new to the area, I haven't heard of this race before, but it's been around for over 30 years. Apparently, our people, meaning runners, enjoy torture. And the cheaper the torture, the better. From the results online, it looks like around 500 people registered. For an offbeat race distance on a pretty hellish route, that's a heck of a lot of folks, especially if they already know what they are getting themselves into with this race.

I was one of the lucky clueless ones. I had read online that it was uphill and then down and then something about single-track trails at the end. You can tell I'm pretty attentive when I'm reading, right? Mostly, I focused on the \$10-race-entry information -- cheap enough that you could even treat your friends to race entries.

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Lisa Booher in the midst of her first Peavine Falls Run.



### PEAVINE <Continued from Page 1>

So I signed up myself and my brother the day before and laid out my Oiselle racing team outfit, my first run for the lady birds (exclamation point to the power of five), that night. When picking out shoes, I decided to go with my most minimal trail shoes because we would be on soft, lovingly gentle trails in the state park. Right? Turns out that I also missed the info that we would be running on roads the first 7 of those 8.2 miles, and half of those 7 miles would be spent pounding your brains out on a downhill chute to either the finish or your face on the asphalt from legs moving out-of-your-control fast.

Seriously, I have a hard time maintaining any kind of form or control on any downhill steeper and longer than a park slide. Just ask my mom bladder. It'll tell you the same.

Yup, I wish I had worn some cushiony shoes. The balls of my feet complained for at least four days afterwards, and my calves were also giving me the silent (but deadly sore) treatment. My first thought after the race was, why the h did I not wear one of the millions of pairs of compression socks that are all clean and neatly (sort of) folded in my drawer right now?

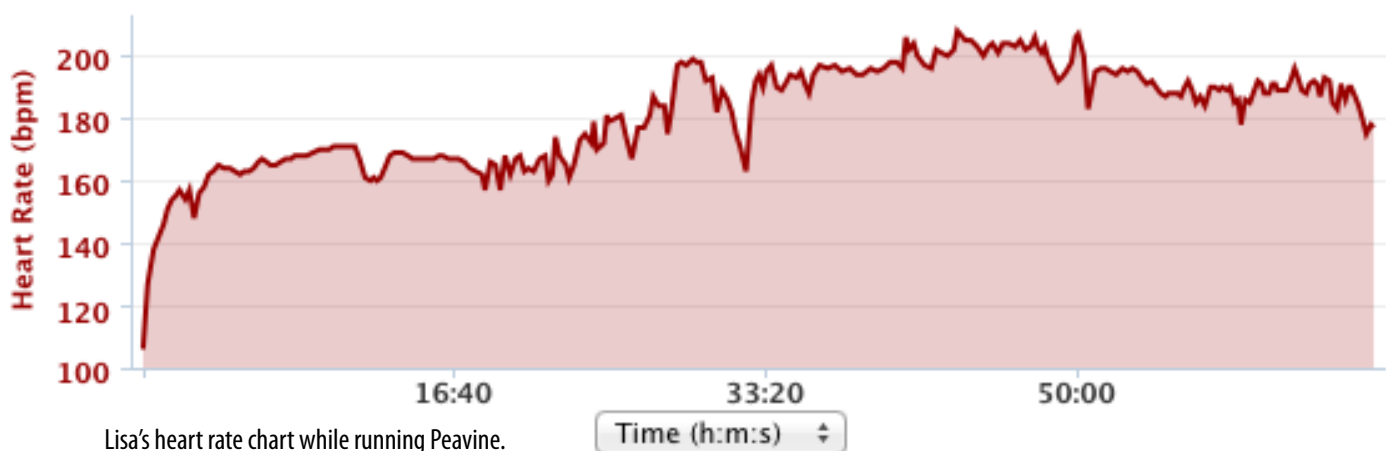
So if you are reading this for 2013 (or 2063, cause I'm sure people will still be into self-torture in the future), this is a road race. I repeat, this is a road race with a dash of trail. Wear your cushiony shoes, if you're into that, and wear your compression socks, if you're also into that.

When we arrived at the site that morning, the line to get into the park was backed up so far with cars that we couldn't see the entrance hut. Unusually long line for Oak Mountain. Last time I went to a race at the park, I zipped through the same entrance. Once we finally made it to the gate that morning, we figured out that the problem was that July 4th is half-off park entry. So people got up to the gate thinking that they had correct change for the park entry fee of \$3/person, and then they had to regroup or fidget around and figure out what to do now that it was only \$1.50/person. That's just our theory, but we're really awesome with theories. So go with it.

The race director, shout out to Rick Melanson, made a great choice to delay the 7 a.m. start to let as many people get through that crazy entrance line as possible. At around 7:20 a.m., we all lined up. Someone said a short prayer (please bless the crazy runners), and the horn blew.

Within the first mile, both of my shoes came untied (they were double knotted, so that should have been impossible), and I had to stop on the side of the road to tie them. My brother patiently waited for my slowness at that point, but I was really glad when a bit later, when I was struggling on the hills, he took off to push himself for the rest of the race. He usually holds back and runs with me during races we enter together, but I was really happy that he pushed it that day.

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**PEAVINE** <Continued from Page 2>

Even after waiting for me to tie my shoes and slow jogging (for him) with me for a bit, my bro still came in 30th overall with a time of 58:48, and if they did age group awards, he would have been second in his age group. Nerdy that I counted that out. Word (to our mother).

My single thought on the uphill, don't stop, don't stop, don't stop. That deep thought process continued to the very top, after which my downhill thoughts turned to, don't fall, don't pee my pants, don't fall, don't pee my pants. Because I had basically zero cushion for my feet on the downhill, I tried to step as lightly as possible. This may have even helped my speed, but pretty much this whole race was about self-preservation. Get to the end alive and/or get back to the toilets as fast as possible.

On my way down, Michele Parr, who was looking strong on her climb (and who you might know from the Birmingham Track Club Newsletter), yelled to me that I was in the top ten ladies. Top ten ladies get a cash prize, so I thought I would push myself a little harder.

Looking at the heart-rate stats, I pushed myself way harder. I honestly have never seen anything over 180s on my heart-rate charts. Usually I'm busting my butt at 170. It was pretty hot that day, so even though my time wasn't super speedy, the hills and heat had me working pretty much the hardest I've ever worked. I saw some e-discussion over at Crazy J's about whether this race is harder than Statue to Statue 15K, and my heart rate says this race was harder. Statue to Statue: 162 average, 180 high. Peavine Falls Run: 181 average, 210 high. And my average speed for Peavine was slower per mile for a shorter distance.

In summary, either Peavine is a harder run than Statue to Statue, or someone slipped some crack into the Gatorade.

The official stats for me were 1:05:46, 8th place lady, 71st overall. Looking back at the heart-rate chart, I'm just lucky I didn't require a gurney at the end.

To top it off, while we were waiting for awards, my friend David Christy, who is the track club's volunteer photographer, asked me to do hill sprints because he missed taking my picture during the race. But also thanks to him, I actually have pictures for this race report. Thanks, dude!

Also while waiting, I met fellow Birmingham blogger Melissa from My Running Journey ... for better or worse. Unfortunately, my camera wouldn't work because water found its way under the Otter Box cover. There is no photo evidence, which in blog world sort of means it didn't happen, but it was great to meet a local blogger!

Oh, and I know you're waiting to hear about that sweet prize money. Don't be jealous, but here are my earnings.

When I opened the envelope, I said with a twangy Southern accent, "Well, isn't that precious?" But seriously, for a \$10 race, I'm surprised they had water cups. So five bones was an unexpected bonus.

Will I do this race again? Heck yes! For your money, you get plenty of snacks and drinks, a tough-as-nails course, a smidge of trail racing, a shirt (see it on Rick above) to prove

you did it, and great fraternizing with the locals. Love, love, love. What better way would there be to say "I love America" on Independence Day than by busting your buttsauce at Peavine Falls? None. •



View Lisa's online running blog at:  
<http://yomommaruns.blogspot.com>



Race Director Rick Melanson presenting Lisa with her prize money.

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<b>Historian</b>	Arthur Black	<a href="mailto:historian@birminghamtrackclub.com">historian@birminghamtrackclub.com</a>	
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<b>Mini Track Meets</b>	Gene Tomlin	<a href="mailto:tomlingene@gmail.com">tomlingene@gmail.com</a>	(205) 531-8381
<b>New Runner's Society</b>	Danny Haralson	<a href="mailto:newrunners@birminghamtrackclub.com">newrunners@birminghamtrackclub.com</a>	(205) 380-1779
<b>Parliamentarian</b>	Tim Roberts	<a href="mailto:tim.roberts@arbitron.com">tim.roberts@arbitron.com</a>	
<b>Club Photographer</b>	David Christy	<a href="mailto:davidchristy@hotmail.com">davidchristy@hotmail.com</a>	
<b>Road Race Chair</b>	Rick Melanson	<a href="mailto:rrc@birminghamtrackclub.com">rrc@birminghamtrackclub.com</a>	(205) 835-0030
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<b>Japan Exchange Committee</b>	Johnaca Kelley	<a href="mailto:btcpres09@gmail.com">btcpres09@gmail.com</a>	(205) 540-1372
<b>'The Vulcan Runner' Editor</b>	Mark Baggett	<a href="mailto:btcpresident07@gmail.com">btcpresident07@gmail.com</a>	(205) 422-7055
<b>1200 Mile Club Coordinator</b>	Michele Parr	<a href="mailto:1200@birminghamtrackclub.com">1200@birminghamtrackclub.com</a>	
<b>Volunteer Coordinator</b>	Mark Burris	<a href="mailto:mleeburris13@yahoo.com">mleeburris13@yahoo.com</a>	
<b>Member Benefit Coordinator</b>	Allison Lowell	<a href="mailto:allisonelowell@gmail.com">allisonelowell@gmail.com</a>	
<b>Running Group Coordinator</b>	Natalie Ferguson	<a href="mailto:nataliezl@hotmail.com">nataliezl@hotmail.com</a>	

## 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.

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## August BTC President's Message

— Jennifer Andress

Greetings, BTCers!

Another month, another big step forward for our club. I have a lot to report to you in this address- get ready for a BIG time this fall!

If you have been spending any time at all with us this year, you know our BTC events and races are growing, as is our membership and member participation. Our annual 4th of July race, Peavine Falls, was so well-attended that we had to delay the start of the race in order to get all of our runners to the starting line! We had 500 runners at this fun, holiday kickoff. Thank you all for your spirit and hard work-between our large volunteer group and our runners up for the challenge, we had a very successful event. And thank you as always to your Peavine Falls Race Director, and BTC Road Race Chairman Rick Melanson. We are

already making plans for next year!

Speaking of volunteers, Mark Burris is now heading that committee. Mark emailed me earlier in the year to inquire about getting involved with the BTC. I invited him to a meeting (which are always open to anyone- check our website for dates), and he emailed the very next day with some wonderful ideas. He has a great group in place, and this committee is going to be vital to our performance and our growth.

Mark and his committee, like the rest of us, are working hard towards this year's Vulcan Run 10km, November 3. As we were ready to head out to Peavine Falls, we received word that the Vulcan Run 10km was awarded the Road Runners Club of America (RRCA) State 10km Championship. This means that we have the exciting opportunity of hosting runners from all across the

state, as well as another entire level of prizes to award. This is great visibility for Birmingham and the BTC.

Thank you to Danny Haralson and his leadership in this great race, and we look for an even bigger event this year.

The Vulcan Run 10km has served as the RRCA Regional 10km Championship in 2006, and was named the RRCA Road Race of the Year in 2007. Once again, we aim to show other runners from across the state, the region and eventually the country what a fantastic 10km the Vulcan Run is, and also what a wonderful running community we have. The RRCA 10km State Championship is a first step for a desired RRCA National 10km Championship.

Finally, by the time you read this, registration will be open for the BTC's first ever Triple Crown Half-Marathon Challenge. We are working on your shirt and your medal that will be awarded to you if you complete all three Half-Marathons in this challenge this fall (Talladega, Florence, Magic City Half-Marathon). You will be awarded your medal on the stage at the Magic City Half-marathon in November. And all for only \$20!

Thank you all for your participation in the BTC. Thank you for your ideas, your feedback, and your enthusiasm. I had no idea in January that I would love this job as much as I do. I think about it all the time, and talk incessantly about it- just ask my husband! And it is because of you- I always knew this running community was special, and you prove it every single day. You are a talented bunch of people, I am glad the BTC can call you a member!

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# Running with a Gnome

**NOTE: This is another chapter in Natalie Ferguson's write-ups of local running groups. This month, Natalie features her own group, Norm's Gnomes. If you would like Natalie to feature your running group, please email her at [nataliezl@hotmail.com](mailto:nataliezl@hotmail.com)**

– By Natalie Ferguson

Everybody knows that Gnomes don't exist. Just ask the elves, the fairies, the unicorns and those 7 little dwarves that run around looking for women in distress in the woods. Wait. You can't. They don't exist either. Gnomes are, quite possibly, the creation of a wild childhood fantasy, turned marketing genius that has landed in your grandmother's flower garden.

Or are they? A few years ago, Heather Milam bought one of those little statues. She gave it to Wade Dunn, and they took it with them to an ultra-race, Running Under The Stars. Wade named him Norm, and became his keeper. Norm had planned on running the 12 hour endurance race, but after one mile, he was set on the track and sat there while Wade continued on to run another 34 1/2 miles. Norm drank beer and put pictures of it on Facebook. Norm started gaining a following of running friends, and traveling with them to races.

Those friends spent a year carrying the Gnome with them whenever someone was running. By January 2011, Jennifer Andress decided that Norm's friends (and her newfound running partners) needed a name. She nominated the beer-drinking, free-loading Norm as the mascot, and named the group Norm's Gnomes. The group of 10 Gnomes that sat down to a "Christmas dinner" in 2010 expanded to a Christmas Party of 70 with rented space at Nabeels Cafe by 2011.

It turns out that some people re-



See, running gnomes really do exist!

ally do believe in Gnomes!

The Gnomes have brought a community of people together through running that wouldn't have otherwise crossed paths. We have a pastry chef running with a banker, pharmacists who run with teachers, a stay at home mom, a plumber, an engineer, a pastor, a car salesman and a hand surgeon regularly meeting to run, and finding something to chat about. Throw in a

dental student, a few physical therapists and some lawyers and we could survive in a bubble, if only there were a farmer and a barrista for the coffee-loving PR Consultant David Barry.

These very people are meeting on Saturday mornings, on the roads and on the trails, to train for distances ranging from the half marathon all the way up to 100-mile endurance

**GNOMES** <Continued on Page 7>



**GNOMES** <Continued from Page 6>

runs. Speaking of 100-mile endurance runs, if you come across Phil Croley, Andon Briggs, Keith Rutherford, Prince Whatley, Steve Ponte or Wade Dunn walking around, please congratulate them for completing their 100-mile races this year.

Other Gnomes have spent the year traveling to far-away lands to cover shorter mileage. There were 15 Gnomes in Boston this year, which happened to be the hottest Boston Marathon on record. When race plans did not go according to what they had trained for, at least three found each other on the course for celebratory mimosas, and they made the best out of a bad race day. A group of 12 spent a weekend together without showers, living in two vans while running the Bourbon Chase Relay in Kentucky, and scoring a fourth place finish. Four went to the Olympic trials in Houston, another 4 to Big Sur and 2 others headed overseas in opposite directions to run in Germany and Japan.

As a larger group, they also participated in local running events, with some of the favorites being Talladega Half-Marathon, Vulcan Run, Red Nose Run, Mercedes Marathon Weekend and Peavine Falls. There was an epic team of Gnomes for the Susan G. Komen Race for the Cure, named, appropriately "Gnomes for a Cure".

For a fairy tale character who may or may not exist, there seem to be a lot of people running around these races in neon singlets claiming that Gnomes are real. Most of the group are about to begin training for the New York, Memphis and Rocket City Marathons, with goal times ranging from 6:30 minute miles to 8:30 minute miles. They can be found training on Saturday Mornings with the BTC Long Run Group, and if they are not there, they can most definitely be found inside O'Henrys Coffee Shop for an end-of-week social hour with friends.

Norm, the pinocchio-like garden statue was brought to life by a guy and his friends who just wanted to find some people to run with. What started as a joke has turned into a team of 70 cheerleaders, all sharing in the highs and lows of running, and building some very unlikely friendships. As far as the little guy who gave up running after mile 1 so he could sit around and drink all day? With 6 Gnome babies making their debut this summer, he might have a little competition for his spot on the team. •

*nataliezl@hotmail.com*



Cinco de Mayo/Injury Recovery Party



Mercedes Marathon Weekend, 2012



Gnomes in Tupleo

# THE DIXIE200:

## A 203-mile running road trip with six friends...

**NOTE: Last month we heard from Jennifer Crawford, a runner who participated in the Dixie 200 relay from Georgia to Alabama. This month it is a crew member's turn!**

– By James Duncan (Huntsville, Alabama)

The Dixie200 Relay (Atlanta to Birmingham) on May 18 – 19 was the first race of this kind that we attempted to tackle. The first 85 miles of the course were on a beautiful Rails to Trails project called the Silver Comet and Chief Ladiga trails. When the subject of the race was brought up, I couldn't fit it into my budget, but I realized that the RDs were offering a \$100 discount for teams that supplied a race volunteer. Perfect! I signed up to be a volunteer to help the team out financially, with the idea that as soon as my volunteer duties were over, I would crew for them.

While most teams had 10 – 12 runners, we opted to be an Ultra team. This translates to each runner covering 30 – 40 miles each to cover the course, which is broken up into 36 legs where each leg is 4 – 6 miles in length (some are a little longer, some are a little shorter and some are definitely a little HILLIER – especially leg #35).

One of the hardest things I had to do as a volunteer was log the time when each team passed through. Yes, volunteering is that easy (everyone should do it occasionally!), but this was a bit more difficult than it sounds. When the runners showed up on the trail ahead, everyone got excited. They shouted, clapped, cheered, etc...etc...etc.... About the only thing they didn't do is answer my question: "which team is this?" I had a time to mark down, but which team should I give it to? Someone would eventually answer my question each time and I quickly learned to try and ask before anyone noticed the runner coming so those who knew the answer would hear me asking.

As much fun as the volunteer exchange points were, I was very happy to have my responsibilities met and turn my focus to supporting my team. I hopped on my bike at Borden Springs, AL for my first look at the trail, and to try to catch up to our runner out on the trail. My first impression of the trail is that it's absolutely amazing that there's over 100 miles of it dedicated to non-motorized recreational use. What an incredible asset! There were large bridges (high over waterways in some cases), and in some places the trail had 15ft. rock walls on either side where it was likely cut down to keep it flat. I'm certain this was done for the railroads that were likely there first, but it made for a very nice pathway.

We soon realized a primary difference between this race

and many others that we do. When your team is at the top of the hill waiting for you, it's hard to stop and walk. Maybe you should, because you don't need to strain a muscle you'll need later, but you CAN'T. They are waiting, and you can't let them down by walking the last 100ft. even if it's straight uphill. The same psychology applies in the middle of the run because you don't want to let the team down, but it's paramount when they're watching you.

Another interesting part of this race was after sunset. When it got dark, we all had reflective vests, headlamps, and blinking lights on us. For safety and sanity, we chose to run a cyclist with each runner through the night with more lights and reflective gear. By this time, we had left the recreational trails and were on roads, but we were pleased to find occasional police escorts and red blinking lights on all racecourse signs. There was no trouble at all following the course at night, but someone needs to remind the dogs in Talladega County about the "quiet hours" rule of the race.

As the morning came, the hours and miles were starting to have a big impact on our team. We rearranged our schedule a couple of times during the night to cover for one of our guys who was struggling pretty bad. By the time we made it to the last stage, we had six legs left, but only three runners who felt up to it. Part of this was expected because two members of our team don't typically run ultras, but it definitely made it an interesting decision when it came to "who will run leg #35?" During race planning, we had not thought about how hot it might be and had somewhat minimized what kind of hills were on this leg. It's a brutal leg for the next to last, but we realized it in time and adjusted to get our best remaining runner on it.

203 miles in the books! We got the expected news that we were the first place ultra team with a new ultra time record of just over 31 hours. :-) It's so nice to be able to say that, even if it was the inaugural running of the race and we were the only ultra team who dared sign up. It's kind of like Pteam Pterodactyl's win in Guntersville...there aren't many chances to claim victory, so eat it up when you can!

Final comments: the relay format is much different than anything we've done before. The RDs showed that they've done this before and they \*really\* know what they're doing which is hard to say about a lot of races, so my hat's off to you guys. I think our team really enjoyed the experience and I know I enjoyed the time with each member of the team along the way. I think it has to be a positive thing that we can all share the space of two vehicles for 36 hours without killing each other!

Who's in for the Dixie200 Road Trip next year? •



# The "Barefoot Contestant"

## A Long Running Series

WITH STACEY GORDON



– By Stacey Gordon

**We resume our story where we left off last month...**

"Eventually, I lost patience with the entire process and the Vibrams ended up somewhere in the back of the closet where they remained, until..."

...until I began, no, wait. Allow me to back up a bit in the timeline. Prior to resurrecting the Vibrams I was still searching for a way to run with less pain. The Vibrams weren't doing it for me but they did make it agonizingly clear that I was doing something wrong. If the shoes were not going to magically correct my running motion I figured I would try a different device. A running coach. At the time I was not living in Birmingham. Thanks to Google, I found a Big, University Level, track coach who also condescended to work with us mere mortal runners for an hourly fee. I called him and explained my situation and he agreed to meet and work with me. He told me to meet him by the Track at the Big University Gym at 4:00pm the next day. I was excited and thrilled. I had never been a runner as a kid and certainly never been professionally coached. As for organized sports, I played softball and competed in martial arts. I was a pretty good athlete, but if you had told me to go run a mile just for the heck of it, I would have resisted. Running, or being told to take a lap, was punishment for a misdeed, not something you did for fun!

It wasn't until I was 25 years old and in the Air Force that I learned to run for running's sake. In order to pass our PT test we had to run a mile and a half in under 15 minutes. I had no idea about how fast that might be or whether or not I could even run that far in the prescribed time. A few months before I left for basic training, I got in the car, measured out a course of a mile and a half on the odometer and tested myself. It wasn't pretty, but I finished in less than 15 minutes and that was all I cared about.

After basic training I found myself stationed at the Presidio of Monterey, in California. There was so much awe-inspiring scenery to take in and I had such limited time that I found myself running up and down the insane hills and along waterfront just so I could take it all in. Looking back, I can easily say that my time in Monterey was when running ceased being punishment and became my personal delight. It wasn't until recently that mysterious, frustrating pain was causing me to reconsider the punishment aspect, which was why I found myself in search of a cure. So here I was, excited for the opportunity to be at a Big University Track hoping for some athletic enlightenment from a Big University Track Coach.

I met Coach Carl at the track and we introduced our-

selves. He wanted me to warm up first. Rather than run around in circles on the track we took off slowly along the campus road. I had no idea where we were going and figured we would do a loop around and return to the track. We ended up at a huge open meadow that contained the Big University Soccer fields and practice area. Coach Carl had me run a lap around the perimeter of the field so he could watch my form. When I got back to where he was standing, he explained some running fundamentals to me and it all made sense. I was running completely wrong with respect to the way the human body was designed. I knew that much from reading McDougal's book but had no idea what I was doing wrong or how to change it. We have a great shock absorption system, but it doesn't work if it's out of position. He explained it to me in much better scientific language than I will use here, but basically it was that the important components of running take place beneath and behind us rather than out in front of us.

Coach Carl showed me that my feet were hitting the ground way too far in front of my body, rather than underneath it. Or rather, he had me demonstrate to myself that my feet were too far in front. As I ran he told me to keep my head straight and level and to glance down by only moving my eyes. If I could see my feet when I looked down, they were too far forward. I peaked down.

Yep, there they were.

Stop.

Time for a few drills. Each one had a purpose with respect to running form, but I was clueless. He made me skip. And skip some more. We did a lot of skipping. Skipping was hard!

Jump, bring the front knee up high, let the back leg scoot and catch your weight underneath, over and over... until you don't think you can pick your legs up anymore.

Time for a break.

That's when he imparted the secret of "The Butt Kick". He ran me through butt kick drills.

"When you run, he said, "Don't think about sending your foot forward but focus more on getting your heel up off the ground behind you". He sent me out for another lap around the field. First, I want you to skip slowly then pick up speed. When I thought I was about to pass out, he told me to slow down and add in "The Butt Kicks". In my mind I equated the heel height to a volume knob for my feet. The higher I cranked up the volume knob or heel height, the faster I went. I briefly wondered if it went up to 11. The more I thought about what needed to be going on behind

**BAREFOOT CONTESTANT** <Continued on Page 10>

**BAREFOOT CONTESTANT** <Continued from Page 9>

me the less I found my feet out in front. I got about halfway around the field and he was yelling at me... That's it! You've got it, you've got it!" "Whatever you are doing now, however it feels to you- just keep doing THAT! It was exhilarating, pain free and tiring as hell! I could push myself for hours to slog in poor form through the pain of a marathon, but a few minutes of running "properly" had me gasping for air.

I was beginning to see a pattern...Coach Carl's advice dovetailed nicely into much of what I read about in Born to Run, but on a much more practical level for me. He didn't care about the finer points of what shoes I was or was not wearing. His advice was focused at the gross anatomy level of running rather than the microscopic break down of what

I put on my feet. I had to get the big things right in order for the little things to make a difference. I made the decision to focus on my form first. The Vibrams remained in the closet for a little while longer...

**Author's note:** "The Barefoot Contestant" - A Long, Running Series will document my long running experiment, so to speak, with running in Vibrams. My current goal is the Talladega Half Marathon. Stay tuned. Also - if anyone can provide some grammatical guidance regarding why/how/where I should use the word barefooted vs. barefoot I would greatly appreciate it.

*Stacey Gordon is an athlete, a writer and former N.Y. Yankee who now considers Birmingham her Sweet Home Alabama.*



## MAGIC CITY MILE SET FOR SEPT. 30TH

The 2nd Annual Magic City Mile will be Sunday, September 30th from 2:00-4:00 in downtown Homewood. This is a one-mile timed run, to jump start the Mercedes Marathon, and all proceeds will go directly to The Bell Center for Early Intervention Programs. There will be prizes! Our inaugural event in 2011 was a huge success and far surpassed our expectations. The kids from The Bell Center will be there competing, as well! For questions, please call The Bell Center at 879-3417 or email [kpeoples@thebellcenter.org](mailto:kpeoples@thebellcenter.org)





**Miles reported through July 15th, 2012****1,200 Mile Club**

<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>JUNE '12</b>	<b>MAY '12</b>	<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>JUNE '12</b>	<b>MAY '12</b>
Adamy, Mary	500.8		93	Jones, Delpha	223.94		
Affuso, Olivia	584	156	119	Jones, Latoria	488	72	48
Allen, Darnell	615.4		126	Kahn, David	472.47	79.66	14.29
Andress, Jennifer	917.5	105	147	Kirkwood, Teresa	542	87	25
Armstrong, Tommy	183.2			Kuhn, Jimmy	812		
Atkins, Brian	523.7	65	35	Langston, Richard	737.63	101.29	107.8
Ballard, Bill	656.2	178.5	93.2	Lindsey, Jonathan	397.67	32.82	27.6
Barry, David	894.9	150	131.6	Longshore, Les	79	22	16
Baskerville, Jennifer	420.6			Loo, Judy	345.05		
Benner, Kimberley	350	40	66	Losole, Liz	599	105	100
Benson, Wayne	655	119	111	Lowell, Allison	879.16	177.74	160
Bettis, Natasha	88			Lucas, Jane	351		
Bonatz, Ekkehard	1056			Lupinacci, Tim	601	81.5	101
Booher, Lisa	837.97	114.58	130.42	Lyle, Randy	1340.2	219	243.9
Bradshaw-Whittemore, Al	354.5	28.8	30.5	Martinez, Jeff	457.5		90.5
Brown, Charlie	577.3	82.84	131.45	McCalley, Charles	547.25	60.4	117.7
Bryant, David	945	164	133	Meadows, Bryan	618.28	115.8	105.1
Bullock, Sharon	243.6			Milam, Heather	536.23	58.4	0
Burke, Chad	669.5		152.57	Morgan, Cary	597		
Burnette, Jack	422			Morgan, Danielle	745.7	93	97.1
Burton, Daniel	498	161	128	Morgan, Phil	734.3	104	89
Caldwell, Greg	550.1	97	29	Morrow, Alex	900.05	213.6	112.91
Chandler, Teresa	586	109	101	Muck, Randall	172		
Clay, Brad	1392	203	221	Myers, Bill	823	100	106
Crain, Teresa	226.4			Nealon, Tonya	192.21		
Crawford, Jennifer	709	124	117	Northern, Kristie	497.05	155.75	134.55
Creed, Brad	481.8	60.3	95.9	Oehrlein, Kimberly	489.5	94.1	63
Davis, Wayne	360			O'Neal, Alicia	614	121	110
Dean, John	390	140	105	Parr, Michele	497	99.5	55.5
DiMicco, Al	731.9	125.3	133	Pasqualini, Ellie	522.5		
Dodson, Brooke	683	127	92	Pasqualini, Greg	363		
Dortch, Cherie	481.64		90.35	Patterson, Cathy	774.5	147	128
Dunham, Kelly	574.35	80.9	92.1	Pearce, Julie	600.97		145.9
Dunn, Wade	577		0	Perry, Jeff	1304.5	241.8	206
Engels, John	656.6	111.1	121.9	Phillips, David	605	130.2	104.3
Estes, Jeff	272	81	95	Phillips, Stefanie	1113	174	180
Evans, Bob	608	110	104	Porter, Chilton	283	39	59
Farrell, Meredith	480.6	78	86.6	Randall, Lisa	894.06	148	162
Fite, Rebecca	684.58	114.73	107.92	Reisinger, Kaitlin	485	95	25
Ford, Joe	555		99	Richey, Jim	340.4		38
Franklin, Shane	905.66	155.79	150.72	Roberts, Tim	823.5	102.4	69.6
Frederick, Winston	722	131	127	Rollins, Stephanie	228.4	28	36.4
Ganus, Jack	700	94	111	Ross, Nate	858.1	130	148
Gann, Michael	886	145	151	Rushing, Lance	128.51		
Gast, Laura	264.7			Russell, Tom	697.99	120.48	101.2
Gillis, Sam	724	142	76	Rutherford, Keith	675		149
Glaub, Chris	452			Sample, Holly	366		
Goode, Johnny	831	180	107	Schedler, Amanda	536.85		87.5
Goolsby, John	454.45	62	50.89	Sharpe, Kaye	28		28
Greenwald, Bill	471	100	87	Shaw, Michelle	30.89		
Grossmann, Christopher	624.98	100.7	46.16	Shinn, Ron	188.4	29.83	13.06
Guenster, Dirk	648.56	71.86	99.4	Silwal, Suman	628.3		91.7
Hales, Susan	471		82	Skjellum, Jennifer	664.68	108	108.3
Hallmark, Daryl	676	116	120.2	Smith, Jerry	645	101	108
Haralson, Danny	573.5	53	69	South, Christopher	454.62		166.1
Haralson, Micki	525.2		63	Stearns, David	661	114	133
Hargrave, Alan	587	102	100	Stewart, Amy	100		
Harris, Vickie	552	101	76	Stockton, Rick	734.85	146.5	123.3
Harrison, Lisa	693.5	108	129.5	Stroud, Vanessa	752.35	143.7	155
Hathorne, Chad	487.29	74.58	44.86	Thornton, Dean	531	119.3	109.3
Haugh, Spencer	525	113	119	Thursby, Vann	751.86	150.82	113.5
Henry, David	637.1	106	81.2	Tichnell, Josh	398.43		31.92
Hickerson, Patrick	683	116	106	Turner, Kile	609.55	79.26	80.99
Hill, Jim	795.7	70	204.1	Turner, Sara	413		
Hiller, Russ	842.31	130.81	181.53	Washburn, Kevin	864.89	158.1	140.42
Hinton, Gretchen	474.8	37.3	60	Weisberg, Scott	922	103	145
Honea, Todd	613	115	109	Whatley, Prince	1390	305.3	246.6
Hopper, Erica	1198.7		173	Whitford, Ray	537.8		
Hoover, Alison	621.87	118.01	107	Wingo, Greg	811	177	153
Hulsey, Donnette	378.26	75	60	Woody, Bill	691	127	78
Ingram, Joseph	324			Wu, Xing	704.61	120.32	121.83
Ingram, Kimberly	158			Yancey, Lisa	250.4		
Izard, Melody	609.55	113.35	82.05	Zehnder, Justin	831		179
Jenkins, Mike	653	111	96				

**Email monthly mileage, errors, omissions or questions to: [1200@BirminghamTrackClub.com](mailto:1200@BirminghamTrackClub.com)**

# 1200 MILE CLUB

*"...an intrinsically irrational act..."*

## Shirts and Singlets Order Form

Short-Sleeved Shirts **\$ 23**

Singlets **\$ 19**

Name:

Phone Number:

Email Address:

Address if shipped: **(add \$6)**

### Quantity/Color/Style: Men's

- Quantity:
- Circle Size: Sm Med Lg XL
- Color:
- Circle Style: Short Sleeve Singlet

### Quantity/Color/Style: Women's

- Quantity:
- Circle Size: Sm Med Lg XL
- Color:
- Circle Style: Short Sleeve Singlet

***All print black/white; Black shirts print Royal Blue/White***

See shirts here:

<https://picasaweb.google.com/dmbarry1/1200MileClubShirts#>

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### Birmingham Track Club Use Only

Name:

Date: 3/29/2012

Amount Received:

Cash or Check

Shipping? \$6 extra



# DIRTY RUNNING

WITH ALEX MORROW



— By Alex Morrow

It was a swampy Alabama morning as I made my way up and down the technical trails at Ruffner Mountain. I wanted about 90 minutes of running and after an hour I was beginning to question why I left my handheld water bottle in the car. I like to run unencumbered; no music, no water bottles, no hat, and out on the trails, as little clothing as possible. Now, now, nothing obscene, but as you know, Alabama hot will make you throw caution to the wind. Since it was now a shorter distance to the car by going forward than turning around, I kept moving. It is at times like these, the sweaty, thirsty, dusty solitude of a trail run that often leads to the best internal conversations. Yes, I have conversations with myself. I think I'm pretty witty, but I find the other guy to be a complete bore!

As I was scampering up a particularly steep section of the Ridge & Valley Trail, I had an epiphany. It dawned on me that in all of my past "Dirty Running" articles I have stated numerous reasons why I love trail running. I have mentioned the beauty of the runs, the ability to get away from all your technology, the chance to act like a child again while zipping past trees and boulders, and most importantly, being able to reconnect. Yes, reconnect, but not to an electrical device, but to a state of being that has been part of human's existence for thousands of years. That natural state which can only be found where there are no pavement, cars, or streetlights. Even with all of these reasons, my epiphany was that I have never explained the training benefit of trail running, even for diehard road runners.

The key to running success is rather simple, don't get injured. Nothing derails progress like a running injury. In a recent *Runner's World* reader's poll, the results indicated that 98% of respondents experience at least one running related injury a year. That is a staggering number but not surprising. Most runners like to do one thing, run. We ask our bodies to move in the same repetitive motions for hundreds, if not thousands of miles a year. This repetitive motion is often the culprit and leads to overuse injuries, otherwise known as cumulative trauma disorders. The word I would like you to focus on is repetitive. Running the same pace, on the same surface, is repetitive. Trail running is the exact opposite.

**Getting down to the nitty gritty of the matter, below are several reasons why you should consider working in at least one trail run a week into your schedule.**

- **Less Repetition:** There are no long stretches of hard asphalt on the trails. As a trail runner you have to move not only forward but laterally as well. No two foot strikes are

the same which helps alleviate injuries caused by repetitive motion.

- **Slower Speed:** Most runners, yes I am talking about you, run the vast majority of their runs at a pace which is too fast. As the well known and respected Coach Jack Daniels states, "Every run has a purpose." Running on the trails forces you to slow down. If the physiological benefit you are trying to achieve can be accomplished at a 9:00 minute pace, running an 8:30 pace is overkill. It is not fast enough to create an adaptation on different systems, namely anaerobic, but faster than needed for the workout you are running. This leads to needless fatigue and makes runners susceptible to injury. Get on the trails and slow down!

- **Less Impact Forces:** I mentioned there are no asphalt roads on the trails. This is another key component of injury prevention. The trails are a softer surface to run on which creates less blunt force trauma than running on a road. Running is a high impact sport, the softer the surface, the

**DIRTY RUNNING** <Continued on Page 14>



Ruffner Mountain sign posts.



## DIRTY RUNNING

<Continued from Page 13>

less the impact.

• **Shorter Strides:** Due to the technical nature of trails, a runner's gait is often changed. The technical trails force you to have a higher cadence due to a shorter stride length. A higher cadence leads to less impact on your body.

• **Strength Training:** Many runners love to run but hate to strength train. Why not do it all at once? Trail running is strength training in disguise and has many benefits.

**1. Increased Lower Leg Strength:** The rough, uneven surfaces force your feet and lower legs to work much harder than on the roads. Your legs will get stronger and you will suffer fewer lower leg injuries.

**2. Core Strength:** Those same uneven surfaces turn your run into a full body workout. The muscles in your hips, back, and abdominals are forced to work harder to maintain your balance while running.

**3. Hip Extensor Strength:** Tackling hills on the road is great but is nothing like what you will find on the trails. The uphill sections force your hip extensor muscles into serious work mode. The extra strength you develop will lead to improved running power, speed, and endurance.

**4. Quad Strength:** If there is an uphill, there must be a downhill. Downhill running places a great deal of stress on your quads and over time will help make them more powerful. Running on the roads tends to over-develop a runner's hamstrings which leads to an imbalance. Gaining quad strength helps restore that balance.

**5. Foot Strength:** Simply put, trails put your feet under duress. Rocks, sticks, roots, and other rough surfaces give your feet a great workout. The stronger your foot the less likely you are to develop a nasty case of plantar fasciitis.

While I would love to only run trails, logistics and necessity dictate that most of my runs are on the road. Even so, I always make sure to get in at least one trail run a week. I am still amazed that after a hard week of high mileage running on the roads, I can hit the trails for an hour or so and it is like a reset button has been hit. My body feels reenergized, many of the little aches which were developing during the week disappear, and it leaves me feeling ready to tackle my next week of running.

So there you have it. Even if you decide connecting with nature, growing a beard, not shaving your legs, or eating beans around a campfire sounds simply awful, you now have a legitimate reason to hit the trails. By doing so you will become a better road runner and along the way you may learn that you love the woods as much as I do.

Here's hoping your next run is a dirty one! •

*Alex Morrow is an RRCA and USATF Certified Running Coach. For any questions, he can be reached via email at [coachalex@resoluterunning.com](mailto:coachalex@resoluterunning.com)*



Randy Lyle at Rock Crusher 21k.



# The View from the BACK OF THE PACK

— By Michele Parr

Well, that wasn't supposed to happen. I've placed in my age group before, usually when there were three or fewer runners in that group. And I've acknowledged that despite all of my whining about slowness I've never actually finished last in a race. Last in my age group, that's happened many times. What happened that wasn't supposed to happen? In the 2012 Stampede 5K, I won my age group.

I can't attribute this newfound success to my recent experiments with speed work. A single session four days prior to the race is more likely to affect it negatively rather than positively. The race did take place before the late June heat wave, and the humidity that morning was a little lower than usual, but the course was just as long and just as hilly as ever.

I ran this race with my friends Terri and Susan and without a watch. There was no Garmin telling me how far I'd run or what my pace was. I just ran how I felt. The data geek in me did call out to Susan at mile one to see what the time was because I can't just not know.

For those of you who have never run the Stampede 5K, the Fultondale race (also known as the Sammy's Not Dead Yet 5K) has a killer hill in the last mile. You run up a gradual incline only to turn a corner and realize that the hill continues on and on. In previous years this hill has been my nemesis, sapping my oxygen and my willpower. The big difference for me this year was that I didn't let the hill win.

I made it to the turn. I started up the next part of the hill and set a goal to run to a certain point. When I got there,



Michele Parr

I could still see the back of Susan's orange shirt up ahead, so I just kept following her. Having run the race several times previously, I knew that once I topped that hill, the finish line was in reach. So I just kept going.

The age group win was a surprise in more ways than one. This race sometimes goes old school with the results, handing out finish place cards as runners complete the race and having them drop the card in the correct age section of a wooden box, one box for men and one for women.

When I dropped my card, there was one already in the slot, so I figured I was second at best. It turns out that asking runners to perform a task that requires them to think immediately after completing a race can produce less than ideal results. Cards end up in the wrong slot or the wrong gender box. When results were announced, I got the top spot.

My time for this year was about a minute and a half faster than last year. I finished ahead of the woman who won my age group last year by less than that. It all came down to that hill, and that hill came down to the mental aspect of the sport. Thinking you can just might get you there. Thinking you can't definitely means you won't.

Don't worry about the name of this column changing any time soon because of this monumental win. I still finished well back in the pack, 86 out of 136, in a race with lots of walkers. But all the same, I think I'll keep smiling for a bit every time I look at that nifty dream catcher award hanging on my powder room door. •

*micheleparr@mindspring.com*

## GET INVOLVED... CONTRIBUTE TO THE VULCAN RUNNER

Got a running story, running advice or running photos you'd like to share?

Send an email to: [btcpresident07@gmail.com](mailto:btcpresident07@gmail.com)



# 1st Annual *Rock 'n' Run* 5K/Fun Walk

## Benefiting IMPACT Family Counseling

Saturday, August 25, 2012 at 8 A.M.

Homewood Central Park

1632 Oxmoor Road Homewood, AL 35209

**Race Information:** The *Rock 'n' Run* course has been designed to include scenic portions of the downtown Homewood area. This race will be timed and top male and female runners will receive medals. Race Central will be located just past the main bridge at Homewood Central Park.

**Registration and Packet Pick-up Information:** Early Registration accepted through Thursday, August 9<sup>th</sup>. Please mail or return lower portion of this form to IMPACT or register online at [www.active.com](http://www.active.com) keywords: Rock Birmingham

Race Day registration begins at 7am at Race Central at Homewood Central Park. Early-registrants will receive a t-shirt at packet pick-up. T-shirts for those registered after August 9<sup>th</sup> will be available, while supplies last. Packet-Pick Up will be from 10am – 5pm on Friday, August 24<sup>th</sup> outside of The Trak Shak in Homewood & from 7-730am at Race Central on the day of race.

### Early Registration through August 9<sup>th</sup>

Ages 16 and Older: \$25

Youth (10-15) \$15

9 and under: Free

\*Virtual Runner: \$25

### August 10<sup>th</sup> - Day of Race Registration

Ages 16 and Older: \$30

Youth (10-15) \$20

9 and under: \$5

\*Virtual Runner: \$25

\*Virtual Runners still have an opportunity to make an IMPACT and receive a t-shirt!

All runners/walkers should check-in at Race Central located past the main bridge at Homewood Central Park

**For more information** on the *Rock 'n' Run* for IMPACT Family Counseling, please call IMPACT 205.916.0123 or visit [www.impactmentor.org](http://www.impactmentor.org)

### **Return entry form & make checks payable to:**

**IMPACT Family Counseling** 1000 24<sup>th</sup> Street South Birmingham, AL 35205

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Shirt Size: (circle one)    S    M    L    XL    2XL

WAIVER: IN CONSIDERATION OF MY ACCEPTANCE AS A PARTICIPANT IN THE ROCK N RUN 5K AND/OR FUN RUN, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS RELEASE AND HOLD HARMLESS ALL SPONSORS AND THEIR AGENTS, SERVANTS, AND EMPLOYEES, AS WELL AS JEFFERSON COUNTY, CITY OF HOMEWOOD, IMPACT FAMILY COUNSELING/MENTORING, AND THEIR REPRESENTATIVES, EMPLOYEES, OFFICIALS, AND ALL RACE VOLUNTEERS, FROM ANY AND ALL ACTIONS, LOSSES, AND DAMAGES INCURRED BY ME OR ARISING OUT OF OR IN CONNECTION WITH MY PARTICIPATION IN THE AFOREMENTIONED ROCK N RUN 5K AND/OR FUN RUN EVENTS. I WARRANT THAT I KNOW THAT RUNNING A ROAD RACE IS POTENTIALLY A HAZARDOUS ACTIVITY AND THAT I AM PHYSICALLY FIT AND HAVE TRAINED SUFFICIENTLY FOR THIS EVENT.

Signature (Parent's Signature If under 18)

Date

# THANK YOU FOR MAKING AN IMPACT!!!



# **BIRMINGHAM TRACK CLUB** **REWARDS PROGRAM**

Great volunteers make a great race possible! The BTC is dedicated to rewarding our hardworking volunteers and we are excited to offer the following rewards program.

## **VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:**

- **Receive a free race t-shirt.**
- **Receive a free BTC volunteer shirt.**
- **Your name will be entered into a drawing for a gift card.**

## **VOLUNTEER AT 3 RACES/EVENTS IN 12 MONTHS:**

- **All of the above.**
- **Plus, 1 free pre-registered entry at a BTC sponsored race.**

## **VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:**

- **All the above.**
- **Plus, free individual BTC Membership!**

The Vulcan Run 10K is fast approaching and we want to make it the best one yet! To make that happen, we will need many volunteers to help with several aspects of the race. Tell your non- running friends and family the best way to experience the race with you is to be part of the action too. One important note, many of the volunteer efforts will still allow you to run in the race!

If you are interested in volunteering for the BTC at one of our events or races, please send an email to Mark Burris at  
**VOLUNTEERS@BIRMINGHAMTRACKCLUB.COM**

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# **ONLINE CALENDAR**

## **Upcoming BTC Races/Events**

<http://BirminghamTrackClub.com/calendar.php>

# RUNNING TIDBITS

— Compiled by Randy Lyle

## INTERESTING TIDBIT

### Running Injury Free

As the summer heats up, many of us will be training for fall marathons. Depending on what type of runner you are, the marathon can be a race or just something to mark off your bucket list. Regardless where you fall on that spectrum, the last thing you want is to sustain an injury during your training. Of course, there is a big difference between being injured and hurting.

Hurting may simply be the result of sore muscles from the mileage buildup during training. We all experience soreness from time to time. We can deal with that in many ways: ice baths, foam rollers, “the stick”, stretching, rest day(s), etc. If you want, you can choose to run with soreness.

Injury, on the other hand, is completely different. It can and will put a stop to your training altogether. Depending on the extent of the injury, it may put you out of action for an extended period. No one wants that! So how do we avoid injuries? Many of the aches and pains from injury can be prevented by following a few basic pointers.

#### INJURY PREVENTION TIP #1: MILEAGE

As you train, build up your mileage safely. What does that mean? An easy rule of thumb is the 10% Rule. If you haven’t heard of it, the 10% Rule simply says that you can increase your mileage safely with 10% per week. If you are running 20 miles a week, the next week you can run 22 miles. However, this rule may be too general for many runners, especially those already running significant miles.

The real key is to listen to your body and let your body decide what you can handle. The danger with this method is often our own stubbornness, which causes us to neglect our body signals. If we neglect our body signals, we can fall victim to injuries. Only increase the distance on about half of your runs and then only increase those runs about one mile at a time. Too much mileage too fast can be disasterous.

#### INJURY PREVENTION TIP #2: REST WEEKS

Make your body work for progress but also let your body recover. You need to push yourself at times but rest is important too. Build in rest weeks about every third or fourth week. In those weeks, cut back your mileage significantly.

#### INJURY PREVENTION TIP #3: LISTEN TO YOUR BODY

As noted above, your body will tell you how it is handling the bump in mileage. Pay attention! When running becomes painful, then stop.

#### INJURY PREVENTION TIP #4: ALTERNATE

Alternate hard and easy days. Give your body a chance to recover! Every run should not be a tempo run just like every run should not be a casual jog.

#### INJURY PREVENTION TIP #5: RUNNING SCHEDULE

Use a balanced running schedule. We are fortunate in the Birmingham Track Club to have a number of RRCA certified running coaches. We also have a large number of very experienced runners that can offer sound advice. If you need help in this area, seek out one of these people and take advantage of their wisdom and experience.

#### INJURY PREVENTION TIP #6: SHOES

Many aches and pains can be traced to wearing the wrong shoes. Make sure you have the right running shoes for your feet. Go to a running store to be properly fitted. We have two excellent retailers in Fleet Feet and Trak Shak that can help you find the shoe that matches your foot.

#### INJURY PREVENTION TIP #7: STRETCHING AND STRENGTHENING

The more you run, the more pounding you put on your legs. Make your legs stronger with stretching and strengthening exercises. Stretching before a run is of no or little use, but harmless. However, stretching after your run is good way to cool down. It also gives you a chance to strengthen some important running muscles. Many runners neglect strength training. I know I did. I recently started cross training to help build overall strength with the ultimate goal being to improve my running.

#### INJURY PREVENTION TIP #8: MARATHON

As a rule, don’t try to run a marathon in your first year. Some people may be able to run a marathon in their first year and be fine. If you choose to do that, you are very likely heading for disaster if you use a traditional high-mileage training program.

As our own Danny Haralson often says, “We are all an experiment of one.” What works for you may or may not work for someone else. You have to find the thing that works for you. Don’t feel like you have to do what your running friends are doing. We have all types of training strategies in The Village Runners. Each of us had to find that right mix of mileage, rest and frequency. Regardless of how your running friends train, listen to your own body and adapt accordingly for a long, healthy running career.

Source: <http://www.best-running-tips.com/running-injuries.html>

## RUNNING QUOTES

*“There is the truth about the marathon and very few of you have written the truth. Even if I explain to you, you’ll never understand it, you’re outside of it.”*

— **Douglas Wakihuri**, former Kenyan long distance runner who won the gold medal in the marathon at the 1987 World Championships in Rome

*“It hurts up to a point and then it doesn’t get any worse.”*

— **Ann Trason**, American ultramarathon runner that has broken twenty world records

*“Stadiums are for spectators. We runners have nature and that is much better.”*

— **Juha Vaatainen**, former Finnish athlete who won the 5,000-meter and 10,000-meter gold medals at the 1971 European Championships

*“Anybody can do just about anything with himself that he really wants to and makes his mind to do. We are capable of greater than we realize.”*

— **Norman Vincent Peale (1898-1993)**, minister and author and a progenitor of the theory of “positive thinking”

*“I still bother with runners I call hamburgers. They’re never going to run any record times, but they can always fulfill their own potential.”*

— **Bill Bowerman (1911-1999)**, legendary University of Oregon track coach and co-founder of Nike



# BIRMINGHAM TRACK CLUB

## Triple Crown Half Marathon Challenge

You love to run, you love medals, you love shirts so run three of the largest half marathons in Alabama and you will qualify for the Birmingham Track Club Triple Crown Half Marathon Challenge medal and shirt.

The Birmingham Track Club is proud to present the Triple Crown Half Marathon Challenge! All you have to do to qualify for the custom BTC Triple Crown medal and shirt is run the following 3 half marathons:

### **Talladega Half Marathon** (September 16th at the Talladega Motor Speedway)

<http://www.talladegahalfmarathon.com/>

### **The UCP Life Without Limits Half Marathon** (October 27th in Florence, AL)

*If there is enough interest we will charter a bus for a small additional fee.*

<http://www.ucprun.com/>

### **The Magic City Half Marathon** (Birmingham, AL on November 18th)

*The Triple Crown Awards Ceremony will take place following this race.*

<http://magiccityhalf.com/magic-city-half-marathon.php>

After running the first two races, participants will be required to email proof of completion of those races to the event director before the start of the third race. Upon completing the third race, finishers will be able to pick up their special BTC Triple Crown Challenge medals on the award stage at the Magic City Half Marathon.

Registration is \$20.00 for the Triple Crown Half Marathon Challenge. Participants must still register for each individual race. Participation in the Triple Crown Challenge does not guarantee entry into the three races, so please register early.

This event is the first of its kind in Alabama. We hope you'll join us for a great time, three fantastic half marathons and an awesome medal and shirt! Visit <http://www.raceit.com/search/event.aspx?id=13628> to register for the Half Marathon Challenge! THANKS! •



**TRIPLE CROWN  
HALF-MARATHON  
CHALLENGE**

# HELP THE BTC **GIVE BACK TO MAEBASHI** FOR THEIR GENEROUS HOSPITALITY!

You may not know this, but the City of Birmingham has a friendship city in Maebashi, Japan; and the common thread between the two cities is running! Each year the BTC is invited to send a team of runners to Maebashi to participate in one of their local races. This year the BTC, working in conjunction with the Birmingham Mayor's Office, invited three runners from Maebashi to participate in the Vulcan Run 10K on Saturday, November 3, 2012. This is an amazing exchange program, but the BTC needs your help to make it continue.

First, please consider making a donation to the BTC's Japan Exchange Fund. 100% of the money from this fund goes directly to paying any fees associated with the hosting of our honored guests. The BTC will buy meals, host social and group run events, and provide free entry into the Vulcan Run 10K for the Maebashi runners. We expect our guests to stay in Birmingham for four nights. Please give generously so we can make their visit special.

Second, if you cannot give money or you want to do that and more, please join the Japan Exchange Committee. You can email Johnaca Kelley to join at [btcpres09@gmail.com](mailto:btcpres09@gmail.com). Starting in September, we will have one to two meetings per month to plan and prepare for hosting our Maebashi guests in early November. Members of the committee will also get to attend the events scheduled for our guests. For example, you could tour the Samuel Ullman Museum with our guests. You might assist with their personal belongings during the Vulcan Run and be an escort for them at the after race party. At our meetings we will map out who is assigned to which activities. If you have any interest in being part of the BTC team that travels to Japan next April in 2013, this is a great way to learn firsthand about how this exchange benefits both the BTC and the Maebashi Running Club.

Questions or to join Japan Exchange Committee, email Johnaca Kelley: [btcpres09@gmail.com](mailto:btcpres09@gmail.com)

Donations for the Japan Exchange Fund can be turned in at BTC Socials or mailed to the address below. Please be sure to indicate "Japan" on the memo line of your check. Thank you for your support and your willingness to help!

Japan Exchange Donations  
c/o Birmingham Track Club  
P.O. Box 530363  
Birmingham, AL 35253



Maebashi Race Start





(Left to Right)  
Bob Ashburner, 3wheel  
Founder Matt Chapman,  
and 3wheel Co-owner  
Will Moore

# 3wheel Athletics

— By Matt Chapman

At the turn of 2012, I founded 3wheel Athletics: a company that specializes in athletic travel and events. After running a number of out of town races and enduring countless headaches, I set out to build the perfect marathon and half marathon experience. The thought being that if people are going to devote so much time, energy and money to running such an important race, they should certainly make it special.

We made our first package available for the Nashville Country Music Half-Marathon in April, and treated customers to a delightful weekend experience. Amenities included Hotel reservations, a pasta dinner, transportation as well as access to the 3wheel VIP tent for a post-race celebration. Everyone had a great time being a part of Team 3wheel and a few jealous onlookers near the finish line reportedly asked if our tent was “where the party was at.”

Up next on the 3wheel calendar is the Talladega 21000 Half-Marathon on September 16th at the Speedway, which we are the official travel provider for. My team has assembled packages that will help you get a full-on Dega experience. You can stay around the corner from the Speedway, inside it in an RV or take a shuttle straight to our VIP tent on race morning. Anyone staying overnight will also have the opportunity to attend a private reception with running legend Bill Rodgers and even drive a stock car 180 mph around the world’s fastest track. Boogity Boogity!

See all the packages for Talladega, Memphis and more at [3wheelAthletics.com](http://3wheelAthletics.com). Learn more about the Talladega 21000 at [TalladegaHalfMarathon.com](http://TalladegaHalfMarathon.com) or just pop in the Trak Shak!

For a limited time, all BTC members referencing this article will receive a 10% discount from 3wheel. Simply email [matt@3wheelathletics.com](mailto:matt@3wheelathletics.com) to receive your coupon code for checkout.

Keep an eye out for 3wheel, as there will be much more coming down the pipeline soon! You can follow 3wheel on Twitter @3wheelAthletics or find them on Facebook. •



Team 3wheel Participants for Nashville



**FOR IMMEDIATE RELEASE:**  
**June 20, 2012**

Media Contact: David Barry  
[David@DavidBarryGroup.com](mailto:David@DavidBarryGroup.com)  
Ph: 205.910.3832

## **Ruben Studdard Celebration Weekend Announces New Running Event Name and Retail Partner**

*Fundraising weekend re-brands with growth and new partners*

Birmingham, Ala. – Event organizers of the Ruben Studdard Celebration Weekend announced today that the half marathon on November 18, 2012 has been renamed the ***Magic City Half Marathon***.

“The name Magic City Half Marathon better reflects the association of the race with the city of Birmingham and the fantastic support the city provides us,” said Ruben Studdard. “We are also planning a few non-running events and each will have its own name and brand under the Celebration Weekend’s list of events.”

In addition to the new name, The Trak Shak, the area’s largest and oldest running store, has been named the title sponsor of ***The Trak Shak Runner’s Expo***. The Trak Shak will also be the exclusive retail and running store partner of the Ruben Studdard Celebration Weekend. The events are scheduled to take place in downtown Birmingham November 16 – 18, 2012.

“We are thrilled to be supporting the Magic City Half Marathon and 5K and believe these events will continue to help grow our running community and spread the word of health and wellness in Birmingham,” said Valerie McLean, The Trak Shak Owner. “We’re looking forward to a great turn out and lots of fun this November.”

The Ruben Studdard Celebration Weekend will consist of the Magic City Half Marathon, 5K and the Linn Park Lap, a shorter “fun walk/run” designed for families, children and people new to running and fitness. Also returning is the Iron Tribe Fitness Festival, a CrossFit Competition produced by Iron Tribe Fitness that has four area locations. Additional events will be announced.

The Ruben Studdard Celebration Weekend combines fun, fitness, running, and music to promote health, wellness and the city of Birmingham, AL. The weekend of events benefit the Ruben Studdard Foundation for the Advancement of Children in the Music Arts. For more information about this weekend of events please visit [www.magiccityhalf.com](http://www.magiccityhalf.com).

About the City of Birmingham:

The City of Birmingham is the largest city in the state of Alabama. The city is the county seat of Jefferson County. According to an estimate by the U.S. Census Bureau in 2009, the Birmingham Metropolitan Area had a population of about 1,212,848. The Birmingham Metropolitan Area contains about one-quarter of the entire population of Alabama.



**Saturday 8 A.M.**  
**August 25**



**Homewood**  
**Central Park**  
**1632 Oxmoor Road**  
**Homewood, AL**

**For information, visit [impactal.org](http://impactal.org)**  
**or call 205-916-0123**

# LOCAL LONG RUN GROUPS

— Compiled by Natalie Ferguson (nataliezl@hotmail.com)

## BLACK GIRLS RUN

Black Girls Run is a National Organization with a local Chapter. They have approx 500 members with all paces and levels from beginner / walker to 8 minute milers There is no fee to join and they are always taking new female members. Contact Olivia, oaffuso@gmail.com, Alexis, petitlagnippe@hotmail.com, or Jeralyn, jeralynpowell@hotmail.com, or visit [www.blackgirlsrun.com](http://www.blackgirlsrun.com), or find the local chapter Black Girls RUN! Birmingham on facebook <http://www.facebook.com/groups/249831688374975/>

## NORM'S GNOMES

Norm's Gnomes are a local group of about 70 members who run a 6:30-8:30 pace and train for long distances; half marathons to 100-mile Ultra's. This is not a beginners group. There are weekly runs in the Homewood and Mountain Brook Areas. E-mail Jennifer andressk@bellsouth.net or Tim, timr71@att.net.

## THE VILLAGE RUNNERS

The Village Runners are a local group of about 90 runners who enjoy training and running together. They are "serious recreational" runners with paces ranging from 8:30 to 10:30. They meet almost every day at the Western Supermarket in Mountain Brook. Weekday runs are 4-6 miles and weekends are longer. They promise not to leave a runner behind. They welcome all runners – the more the merrier! Find them online at [www.facebook.com/groups/thevillagerunners](http://www.facebook.com/groups/thevillagerunners) or email Dave vp@birminghamtrackclub.com or Randy treasurer@birminghamtrackclub.com

## THE EVENING RUNNERS

The Evening Runners have about 15 regulars and 90 members. After completing Run University's program for the Ruben Studdard Half Marathon in the fall, they decided that the rest of the runners in Birmingham started way too early, so they run at night. Paces range from 9 minute miles to 15 minute miles. They are an open group. Request to join their facebook page at <http://www.facebook.com/groups/257924670910573/> or search for Evening Runners Group.

## MEREDITH'S MARATHONERS

(Birmingham Track Club Saturday Group)

Meredith's Marathoners are a group of runners that began training together in 2006. Each year they pick a goal Marathon in the fall and train together. Saturday morning routes and water stops are coordinated by Meredith with

members dropping water along the route. Paces range from 9:00 to 11:00. Distances for Saturday morning runs range from 10 to 22 miles. This is not a group for beginners. Meredith's Marathoners is an open group. There is an e-mail list maintained by Meredith that you can request to be on [tmcmeredith@bellsouth.net](mailto:tmcmeredith@bellsouth.net)

## RUN UNIVERSITY'S COUCH TO 5K (10K)

Run University is a program led by coach Danny Haralson. There are several programs throughout the year that last 7 weeks (5K) or 10 weeks (10K). The programs begin with short walks mixed in with short runs building up to a 5K, 10K or half marathon. This group is appropriate for beginners and open to all fitness levels. The program usually begins in the parking lot below the Mountain Brook YMCA and they go on to meet in various locations throughout Homewood and Mountain Brook as the distance increases. The program costs \$49 for the 5K/10K and the Half Marathon cost depends on the event chosen for the group. Contact [rununiversity@gmail.com](mailto:rununiversity@gmail.com) or visit [www.rununiversity.com](http://www.rununiversity.com) or find them on facebook <http://www.facebook.com/rununiversity> or twitter <http://twitter.com/rununiversity>

## FLEET FEET'S BEGINNER 5K GROUP

Fleet Feet in Cahaba Village offers a beginners running program coached by Will Rodgers. If you have never run before or if you are just getting started and need a group for motivation and advice, this is the group for you. The group meets at various locations throughout the city and surrounding suburbs. Each session lasts 10-12 weeks. Currently, Fleet Feet offers two programs per year targeting a spring and a fall race in Birmingham. A small fee beginning at \$80 covers coaching and water stops. Contact [Will@fleetfeetbirmingham.com](mailto:Will@fleetfeetbirmingham.com)

## HELENA ENDURANCE RUNNING GROUP

HERG is a running group out of Helena, a city about 20 miles south of the city of Birmingham. Their mainstay running days are Wednesday evening and Saturday morning from La Reunion Coffee Shop in Helena. Paces range from 8:30 to 13:30 for long runs. They also meet on Tuesday and Thursday, but that is inconsistent as of Spring 2012. This is an open group with no cost. More information and contacts can be found on Facebook <http://www.facebook.com/groups/hergs/> •



# FAT DANNY'S TRIAL BY TRAIL

Once again it is time for the annual right of passage known as Fat Danny's Trial By Trail. This annual Birmingham Track Club trail race will be held at Oak Mountain State Park and is open to all. REGISTRATION is day of the event so come early!

## DETAILS

- **Saturday, August 25th** at Oak Mountain State Park
- **\$6 for BTC Members and \$30 for non-members** that includes a one year BTC Membership
- **Race Shirt**
- **Post race cook-out!** Please bring a covered dish that will feed 6-8 people

For more information please email [danny@rununiversity.com](mailto:danny@rununiversity.com)

## June BTC

# Executive Meeting Minutes

– Submitted by Mitzi Duer-Savelis, Secretary



### ► June 19th, 2012; 5:30 p.m.

#### ► ASH TAMHANE - Energy Drinks

Did a presentation to the group for his energy drinks. Agreed to write an article for the newsletter and sponsor an ad for \$50. Would like to have a booth at our next social, 7/28. Agreed to sponsor a water stop with a sign that says "come and talk to me at O'Henry's".

#### ► HEATHER MILAM - Social Chair

Would like to stagger the Long Run Social and Regular Socials every other month. Had a few more ideas for socials: "Great American Beer Run" "The Reason We Run Run" "Make Your Own Medal" party. End of the Year Party will be Jan 11 or 12th. Discussed polling FB or email blast through constant contact for Location/Date.

#### ► JENNIFER ANDRESS - President

1200 Mile Clothing: Jennifer brought samples of the shirts to order. BTC Shirts: Ordering more shirts for the pub run. Getting new colors so the price will be a little higher due to price points.

Volunteer shirts: Would like to order 50 unisex 2 color logo in highlighter yellow.

Vulcan Run: website is updated and registration is open. Would like to have Vulcan as the RRCA 10k race again, but need to re-certify course. Would like Rick to do it. Cost would be approximately \$250. MOTION: to have Rick Melanson to re-certify the Vulcan course. APPROVED.

#### ► ALEX MORROW - Media Relations

Newsletter: AL Outdoors has agreed to be a sponsor - \$600; Homewood Family Medicine is going to be a sponsor and write a monthly article called "Ask the Doc" -

\$300; Lulumon: Jennifer Andress has been asked to be an ambassador for Lulumon. Trying to get some marketing information at the store.

#### ► CHRIS BROWN - Merchandise

Will also be taking on the role as a liaison between Run University and the BTC. Asked for permission to get the "I'm a Runner" T-shirt for people completing the Couch to 5k program.

#### ► ALLISON LONG - Member Benefits Coordinator

Discussed how to get out remaining membership benefit cards to members. Working with Taco Mama for either a standing discount or sponsoring a social. Secured a 25% discount with Snap Fitness on Highland Ave.

#### ► JUDY LOO - Membership

Working on a way new members receive an automatic letter from RaceIt. Will email Mitzi to add new members to Constant Contact.

#### ► JENNIFER ANDRESS via GENE TOMLIN - Mini Meets

Hoover has not objected to us holding the mini meets there. We are still on hold for their final decision. Would like to revisit the BTC for next year and get lots of members involved, do a marketing campaign, and make it more child oriented.

#### ► DAVID BARRY - Vice President

Triple Crown Half Marathon Challenge: 3 races are - Talladega 9/16, Florence 10/27, and Rueben 11/18. We now have a new logo for marketing. Discussed charging \$35 for a shirt and medal, and Tom Crichton has agreed to let us present the medals on stage after the Rueben. Discussed chartering a bus for 55 people for around \$1020. Would come out to about \$20/pp. Will get entry forms out in the next few weeks and have a table at Talladega. Discussed doing a training and maintenance program free to BTC members with a kickoff of 7/28.

#### ► RICK MELANSON - Peavine Falls

Looking for help with email blast and facebook promotion. Will be renting a U-haul to carry water up the hills. •

# **Fat Danny's Trial by Trail**

## **5 mile Trail run**

### **Details:**

**Saturday August 25 at 8:00**

**Oak Mtn State Park**

**Upper picnic area, last parking lot on the right)**

**Tech shirts**

**Post race cook out (please bring a side dish large enough to share).**

**BTC will provide hotdogs and drinks**

**BTC members \$6.00**

**NON-members \$24.00 or you can join and run: \$30.00**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Age on race day:** \_\_\_\_\_

**Male** \_\_\_\_\_ **Female** \_\_\_\_\_

**BTC member: Y** \_\_\_\_\_ **N** \_\_\_\_\_ **check one**

***I am aware that trail running can be risky and I am well aware of these risks. I am medically fit to compete in this event. I am competing at my own risk. To the extent permitted by law, I agree that the organizers of this race and their agents will not be liable for any loss, damage, claim, costs, or expenses which may arise as a consequence of my participation in the event. Nothing in these terms shall limit or exclude the organizers or their agents for death or personal injury due to negligence or fraud. I grant my permission to the BTC to use any photographs or any other record of my participation in this event for any legitimate purpose without remuneration. I have read and understand the above.***

**Signed and dated:** \_\_\_\_\_



# Birmingham Track Club

# MEMBERSHIP APPLICATION

www.BirminghamTrackClub.com  
www.Facebook.com/BirminghamTrackClub



We would like to take this opportunity to invite you to be a member of the Birmingham Track Club or to renew your existing membership. The Club sponsors or sanctions many local races and keeps members informed of upcoming races, training runs, results, socials, etc. through our monthly newsletter 'THE VULCAN RUNNER'. Additionally, BTC Members receive merchandise discounts at local merchants. It's a great way to meet other runners and stay informed of running events in the area. Again, thanks for your participation and we hope that you will join us as we promote individual and community fitness through running.

PLEASE check one:

☐ **New Member application**      ☐ **Renewal**      ☐ **Change of Address**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address (Street or P.O.) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address (print clearly) \_\_\_\_\_ ☐ Male ☐ Female

Sponsored by (BTC member name) \_\_\_\_\_

Other family members to be included in membership:

\_\_\_\_\_ ☐ Male ☐ Female  
Last Name                      First Name                      M.I.                      Birth Date

**WAIVER:** I know that running and volunteering to work in club races are potentially hazardous activities, and as a member I assume all risks involved. Therefore I hereby, for myself and anyone entitled to act on my behalf, do waive and release the Birmingham Track Club, Road runners Club of America, USA Track and Field, all sponsors and any others involved from any claims or liabilities arising out of my participation in these activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other records of such events for any legitimate purpose.

Signature (Parent's signature if under 18 years of age) \_\_\_\_\_

Date \_\_\_\_\_

**YEARLY MEMBERSHIP** (please circle one): **\$25** (single) **\$35** (family)

Send this signed application and check made payable to the BTC to the following address:

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

btcmembership@gmail.com



# BTC MILEAGE LOG



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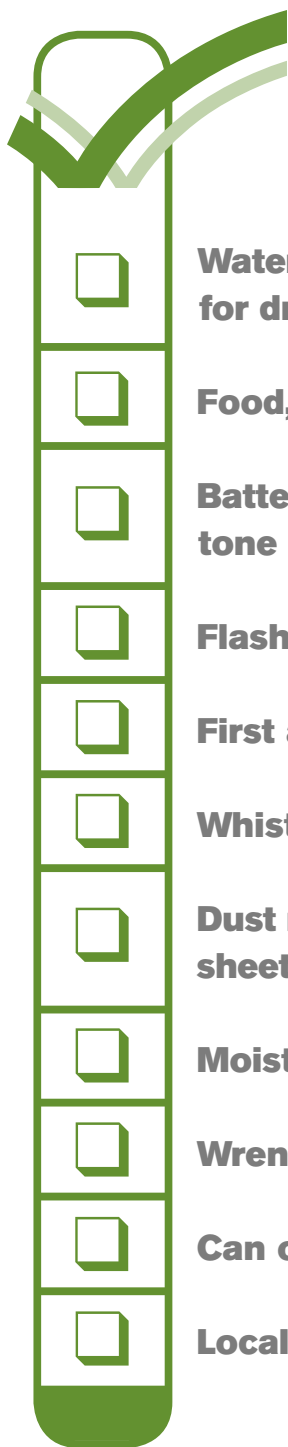
# PREPARE. PLAN. STAY INFORMED.

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**