



WHERE RUNNERS ARE FORGED



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Two Statues One GREAT Race

By David Barry

Picture this: it is a lovely spring morning high atop Red Mountain, there is a nice chill in the air, and a soft mist hovers above the mountain. As you look to the right you see trees and shrubs in full bloom, and Birmingham's iconic landmark Vulcan perched 124 feet above the ground. Look to the left and you see more trees, greening grass, and a nice view into downtown Homewood. It is a beautiful setting, it feels serene, peaceful, and there is sense that this is going to be a perfect day.

Alright, enough of the prose! It's RACE TIME! On Saturday, April 20th hundreds of runners will gather near the top of Red Mountain for the annual Statue 2 Statue 15K Race. This Birmingham Track Club Race Series

Statue to Statue

-Continued on Page 2-



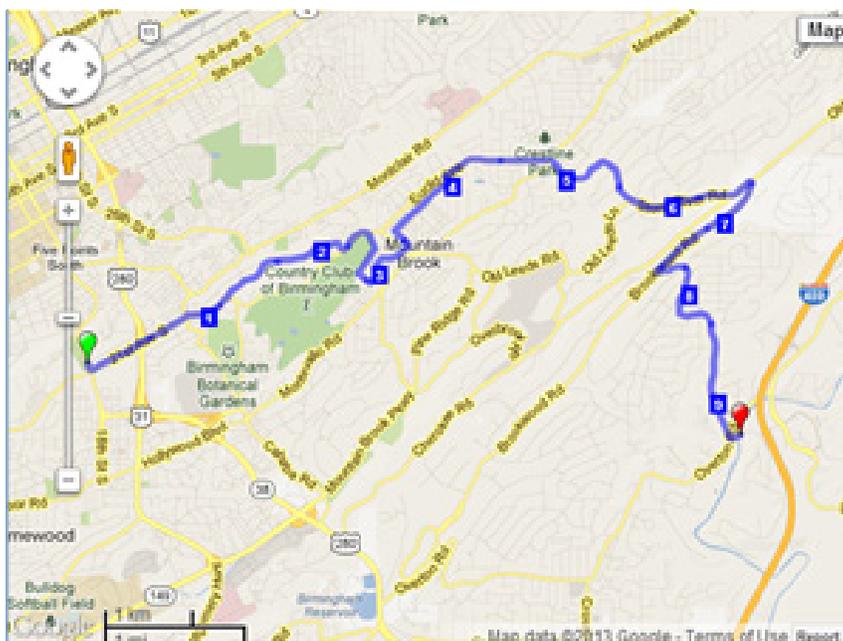
event is now in its 23rd year and this year promises to be the best yet. The 2013 race will feature a few firsts. For the first time the race will be chip timed and will have custom race bibs adding value to what is already a great race at a great price. Also new to this year's race will be gender specific tech shirts from North Face. Thanks to Alabama Outdoors, one of our race sponsors, we have been able to "up" our shirt game for this race. Be on the lookout for the new 15' BTC Flags lining the finishers chute, banners on the finish line arch, and once the race is over you can shop for new BTC logoed merchandise while enjoying the post-race fun and games.

The Statue 2 Statue is the second largest race put on by the Birmingham Track Club but it seems to be the one that generates the most buzz. This is that race that some call a "rite of passage," others call it a "must run" race; race co-director Michele Parr calls it a "beautiful 10K with a horrible 5K tacked on," and still others say things that are not appropriate for a family publication. So what is it that really creates the buzz? Is it the nice easy start? Is it the beauty of Birmingham and Mountain Brook? Is it that long downhill finish? NO, it's those two hills, those two killer hills. The first one comes at about mile five and half and goes straight UP Stone River Road. Local runner Jeremy Richter who ran the race last year for the first time declared in his blog that Stone River Road is "Hell's Half Mile",

while the climb on Stone River is not a half mile long it certainly feels like more. As Jeremy and others have gone on to say, you just survive Stone River. There is certainly no shame in walking the hill, in fact it may be the smart thing to do. What goes up must come down and after the big climb there is steep downhill that winds around to hill #2; Crosshill Road, another brutal hill that there is no shame in walking.

Now comes the fun, the last mile and half are almost all downhill straight to the finish and again what a finish it will be. BTC Treasurer Randy Lyle states, "I love the downhill finish. Since that last mile or so is basically down a steep hill, I got running as fast as I could. My only thought over the last quarter mile was that I would die if I fell." Now that's fun! As you run through a BTC flag lined shoot you will be greeted by cheering crowds and then ushered to what race co-director Judy Loo calls "a great post-race party!" It is time to rest, recover, and take a mental picture of the fact that you have just run 9.3 miles through some of the most scenic neighborhoods in Birmingham, climbed TWO MONSTER HILLS including "Hell's Half Mile," and had a screaming fast downhill finish.

You my friend have just run the Birmingham Track Club's STATUE 2 STATUE 15K!!!



Good Luck Statue 2 Statue Runners!



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BTC Mission Statement

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

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Race Results

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

birminghamtrackclub.com
trakshak.com run42k.com

President's Message

—Jennifer Andress



Hi BTC, and Happy Spring!

It is hard to believe we are already in the 2nd quarter of 2013. After the whirlwind that was the Year-End Party in January, Mercedes and Adam's Heart Run in February, and co-sponsoring the Tour de Brewers II in March, your officers and I are getting down to business planning the rest of the year. The BTC Executive Committee spent last year implementing new programs such as Member Benefits and Volunteer Rewards while also planning new events like our Saturday Run Socials and BTC Triple Crown Half-Marathon Challenge. As the club grew and we expanded our services, so did our membership. The BTC is now 1,000 members strong!

This year, in addition to continuing these functions, we are focusing on making our races bigger and better experiences, expanding our social calendar, and forming strategic partnerships with local businesses so we can offer our membership even bigger benefits. We hope the result will be more new members joining the BTC. We would hate for anyone to miss out on the fun!

Beginning with this year's Adam's Heart Run, BTC members had the opportunity to take advantage of a 2013 BTC Races Series special. Race Co-Coordinators David Barry and Tim Roberts offered BTC members the following: \$50 for an entry to all 4 of the BTC premier events - Adam's Heart Run (February 23), Statue 2 Statue 15k (April 20), Peavine Falls (July 4), and Vulcan Run 10k (November 2). For that entry cost, each Race Series entrant also receives an additional special 2013 BTC Race Series shirt. These shirts will be ready in time for Statue 2 Statue on April 20th. If you missed this amazing offer from the BTC, don't worry, David and Tim say it will definitely be offered again next year.

Speaking of improving our races, the BTC has entered into a very promising relationship with Southern Sports Group (SSG) to enhance your racing experiences. Burt Chandler, our Adam's Heart Run Race Director, worked with SSG for his race and we were so impressed with their performance that we began discussing using their services for the entire 2013 BTC Race Series. This partnership means chip timing for all of our races, final race results quickly published online, as well as promotional support. In addition, we will be working with SSG on some other great items such as course video previews, virtual race bags, and online magazines.

We are also happy to announce the renewal of a partnership that had not been in place several years. The BTC will once again work closely with Vulcan Park and the Vulcan Park Foundation. How can you not love The Big Guy who watches over our city? There are many opportunities to have some fun with this group as we ramp-up to our premiere race in November, the Vulcan Run 10k. Just a few of the things in the works are: A family-friendly summer social at Vulcan Park. V, The Vulcan Park mascot will be making appearances at BTC events. Plus, there are a few more surprises we will share with you in the next month!

While we are on the subject of socials, the BTC has a planned-out a full year of fun events! The Social Committee has created a busy 2013 for the BTC with the goal to have at least one event every single month. The next BTC Saturday Run Social will be held on April 6th at the new Octane Coffee Bar in Homewood with a special appearance from Steel City Pops! This is one event you will not want to miss!

Another local company we have formed a partnership with is Alabama Outdoors. We are excited about working with them this year as we join them for Tuesday Night Trail Runs at Red Mountain Park. Also, thanks to Alabama Outdoors we will have North Face tech finisher's shirts that are gender-specific if you so

choose for the Statue 2 Statue 15k. Thank you to our Race Director Judy Loo, and Assistant Race Director Michele Parr, for the hard work they put into this race every year.

Before I close I would like to give everyone a quick update on some old business. Mt. Brook City Manager Sam Gaston tells us the water fountain for Jemison Trail has been purchased and they are waiting for architectural plans to be completed for the plaza that will contain it. I will check in monthly on this until we have a ribbon-cutting date so stay tuned for details!

As you can see, the BTC has a lot going on and we are thrilled! We love having a full schedule. We are striving to enhance your running life and whether it is in everyday training or during races, we want you to know how much the BTC appreciates you. We also love new members, so next time you come to an event, bring a friend! Please email me at president@birminghamtrackclub.com and jump on board!



VERSAL and the FIRST EVER SPALDING “VULCAN RUN”

— Adam Robertson

We have all heard of Arthur Black and the beginning of the Birmingham Track Club (BTC). We may even know of some charter members. But most of us don't know the origin of the Vulcan Run, for years the premier 10K in Birmingham.

Versal Spalding, a WWII veteran and former Auburn alum and cross country runner, was one of those early members. His cross country career was distinguished by breaking the Auburn (then the Alabama Polytechnic Institute) cross country course record, although he was second to his team-mate 'Whitey' Overton who went on to run in the 1948 Summer Olympics.

Versal was a proponent of exercise, especially running, and spoke at many civic organizations and meetings on the value of exercise in health and longevity. Versal and Arthur Black agreed on many points but they differed in regard to competition, especially road racing. Arthur felt that exercise is primarily for health and not competition.

Versal continued running after college and had traveled to various road races throughout the Southeast and had seen the interest generated by road races. He felt that the attention attracted by these events would bring more people to realize the value of running. He felt this so strongly that he (with the support of his wife, Florence) decided to put on a 10K race here in Birmingham. He got the approval of the mayor, George Seibles, obtained a parade permit, and advertised in the BTC newsletter and the Birmingham News and proceeded with plans for the race. He called it the Bicentennial Run (Later renamed the Vulcan Run by the Birmingham News, its new sponsor). It took place in November of 1975 on essentially the same course as today, but in reverse – south on 20th Street, up the hill to 5 Points and then around Highland Avenue and back to Linn park. Not only did he put on the race, he jumped in and ran it, finishing in just over 36 minutes (not bad for a 50 year old).

Versal later opened Running South, the first running shoe store in Birmingham. He originated the Red Eye Run, beginning in Mt. Brook Village, which still holds forth weekly. He continued running for years with a group of his friends each weekend – including familiar names - Rick Melanson and Gordon Seifert. I was honored to be in that



Versal (55 and 2nd on the left) wearing the 1977 BTC t-shirt, Gordon Seifert is on Versal's right. Please note the original Vulcan Run t-shirts as well!

group, although I was not able to keep up with him until he was 57 years old.

Later in life he was afflicted with a neuropathy which eventually confined him to bed. Instead of running on Saturday mornings, his old running friends would gather at his bedside for coffee and reminiscing about better times. He never complained about his disorder and felt blessed by his loving family and his running partners. He died recently at the age of 87. He was truly a pioneer in the Birmingham running community.

Adam Robertson
former BTC president and Arthur Black Award honoree.

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Meet Isabella, ready for some softball practice at Hoover Softball Central!



Kirk Mueller, Working out on the track in Clemson



Ekkehard Bonatz Prepping for the Napa Valley Marathon



Teresa Kirkwood at the Tom King Half Marathon



Left to Right - Randy Lyle, Teresa Kirkwood, Barrie Wilson, Cindy Wiley, Cheryl Brakefield, Terri Jackson, Todd Gray, and Lanier Milsap at the Tom King Marathon

We want to see where you have been running, representing the BTC!
Email photos to:

president@birminghamtrackclub.com



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More on the next page!

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Jennifer and her brother Ken Lowery at the Dallas Rock n' Roll Half-Marathon Expo



Katie Pezillo and Mario Santana at the 2012 Marine Corps Marathon



Dean and Tracy Thornton at the Dixie Relay



DIRTY RUNNING

— *David Tosh*

In this month's edition of Dirty Running, guest columnist David Tosh offers up a continuation of last month's column about training for your first ultra trail race. As I'm sure you'll agree, David is a wealth of knowledge when it comes to trail running and the information he is willing to pass on is valuable to us all. That is why I am extremely comfortable in saying that I am honored and proud to pass off my Dirty Running monthly column to David on a permanent basis. I know all of us trailheads are in good hands with his writings and I for one will always be excited to see what he will write about next. For me, starting in May I will begin writing a new column on a slightly less dirty subject, so stay tuned, it is going to be fun!

— *Alex Morrow*

Dirty Running is continued on
the next page

There are no Myths when it comes to running 50 or 100 miles.

You just have to be too stubborn to quit. And, you have to put in some very long training runs.

In the last article we discussed training for and running your first 50K. The step from a marathon to a 50K is pretty easy. Now I am going to talk about how to take the next step, how to train and run your first “long” ultra, a 50 miler. There are three keys to successfully running a 50 mile race.

1. Train long and hard.
2. Prepare correctly.
3. Run intelligently.

The step from a 50K to a 50 mile trail race is huge. There are five major differences or maybe I should say difficulties that the “average” runner will encounter in their first 50 mile race.

These are:

1. Time on the trail - Dealing with the highs and lows and fatigue associated with very long runs.
2. Hydration over a long period of time
3. Staying fueled
4. Night running (for many runners)
5. Staying Focused

The average trail runner will need between 8 and 11 hours to run an easy 50 mile race. A hard 50, like Lookout Mountain 50, the times will jump to between 10 to 13 hours or more. That is a long time to keep everything in balance. It is also a long time to stay focused on what you are doing. Loose your focus and things begin to unravel in a hurry.

So how does someone deal with running for 10 or 12 hours or more?

Step one is simple. Long training runs. I train for a 50 Mile race about the same way I train for a 100. Below I have inserted a training schedule that I use to progress for a 50K race, or from my “holding pattern,” to a 50 or 100 mile race. My holding pattern (the level of fitness I like to maintain when there are no races coming up in the next few months) is usually alternating between 3 and 4 hour runs with varying numbers of hill repeats.

50K to 50 Miles – 25 weeks - Listed in Hours Run								
		Recovery		Speed		Trail		
		Run		Run		Run		
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	Rest	1	Rest	1	Rest	3	Rest	5
2	Rest	1	Rest	1	Rest	3	Rest	5
3	Rest	1	Rest	1	Rest	3	Rest	5
4	Rest	1	Rest	1.5	Rest	4	Rest	6.5
5	Rest	1	Rest	1.5	Rest	4	Rest	6.5
6	Rest	1	Rest	1.5	Rest	4	Rest	6.5
7	Rest	1	Rest	1.5	Rest	5	Rest	7.5
8	Rest	1	Rest	1.5	Rest	5	Rest	7.5
9	Rest	1	Rest	2	Rest	5	Rest	8
10	Rest	1	Rest	2	Rest	4	Rest	7
11	Rest	1	Rest	2	Rest	6	Rest	9
12	Rest	1	Rest	2	Rest	6	Rest	9
13	Rest	1	Rest	2	Rest	5	Rest	8
14	Rest	1	Rest	1.5	Rest	6	Rest	8.5
15	Rest	1	Rest	1.5	Rest	6	Rest	8.5
16	Rest	1	Rest	1	Rest	5	5	12
17	Rest	1	Rest	1.5	Rest	6	Rest	8.5
18	Rest	1	Rest	2	Rest	7	Rest	10
19	Rest	1	Rest	2	Rest	8	Rest	11
20	Rest	1	Rest	1	Rest	6	6	14
21	Rest	1	Rest	2	Rest	8	Rest	11
Taper								
22	Rest	1	Rest	1	Rest	6	Rest	8
23	Rest	1	Rest	1	Rest	4	Rest	6
24	Rest	1	Rest	1	Rest	2	Rest	4
25	Rest	1	Rest	0	Rest	50 miles	Rest	51
Recovery								
26	Rest	0.5	Rest	1	Rest	2	Rest	3.5
27	Rest	1	Rest	1	Rest	3	Rest	5
28	Rest	1	Rest	1	Rest	3	Rest	5
29	Rest	1	Rest	1	Rest	3	Rest	5
30	Rest	1	Rest	1.5	Rest	4	Rest	6.5

The week after completing a marathon or a 50K I would run an easy hour on Tuesday and Thursday followed by an easy two hour run over the weekend. On Tuesday of the next week I would ease into the schedule above at week one if I planned to run my next 50 or 100 miler in 25 to 28 weeks. This schedule will allow you to build mileage slowly and hit your training peak six or seven weeks before the race. Stay at the peak mileage for three or four weeks and start the taper to race day. If you are training using this or a similar plan pay close attention to how your body is doing about week 11 or 12. It is easy to overdo the training as your weekend runs get into the 6 to 8 hour range. Back off if you need to for a week or so then jump right back in. Those 6, 7 and 8 hour training runs are the key. This is where you learn how to stay hydrated, stay fueled and cope with the serious lows all ultrarunners must deal with from time to time. They are also where you find out that you can recover from those lows and feel great again.

At the Leadville 100 in 2009 I ran out of water on the way up Hope Pass outbound, (about mile 42) the 12,600 ft high point of Leadville. I was so dehydrated by the time I reached the summit of the pass I had to walk all the way down the other side of the pass and the 4 miles to the Winfield turnaround at mile 50. I was sure my race was over. I would never make the cutoff at Twin Lakes some 10 miles away and back over Hope Pass. I had to walk from Winfield all the way back to the start of the climb (4 miles downhill) and of course, walk all the way up to the top again. After reaching the summit, I still had to walk down to the Hopeless Aid Station located at timberline at about 11,800 ft. As I left the aid station I began to feel better. I ended up being able to run most of the way back to Twin Lakes with time to spare before the cutoff. I was able to recover and finish one hour before the 30 hour cutoff and actually felt good most of the rest of the race.

How did I manage to go from about as low as I have ever felt in a race to finishing strong. I managed to get everything back in balance. Marye Jo, my wife, was waiting for me at Winfield. She made me sit down, take my time, eat and drink for about 20 minutes. I didn't feel any better when I left the aid station but by the time I reached timberline on the way back over Hope Pass, the toughest climb of the race, I began to feel better. It still took a while, but I eventually recovered.

Those long training runs are where you and your body learn to deal with the difficulties you will encounter in a 50 or 100 mile race. Your body will become accustomed to the punishment of the long runs and you will learn how to keep you body going.

If you anticipate still being on the trail after dark in your first 50 mile race, get a good headlamp like the Black Diamond Storm. It has a maximum output of 100 lumens and will last all night on 4 AAA batteries. I also carry a flashlight like the Fenix LD22 with a maximum light output of 200 lumens and almost 6 hour burn time at 95 lumens. In any race I will be running after dark I always start the race with a Fenix flashlight in my backpack. That way I always have a backup, Just in Case.

Storm Headlamp



Fenix LED Flashlight



How to Actually Run the “Long” Ultra.

My personal rule in a 50K is to walk up the steep hills, run down all the hills and run the flats and reasonable hills. You will learn the definition of a “reasonable hill” in your training runs. In a 50 or 100 mile races everything changes. In a 50 I still walk up all steep hills but my definition of a reasonable hill changes. I still run up easy hills, especially early in the run. In 100 milers I walk up almost all hills, run down all hills unless they are 4 to 8 miles long like the hills in the Rockies and alternate on the flats. In ultras it is perfectly acceptable to walk when you need to, even downhill.

In 100 mile runs a lot of very fast people use a two minute "run-walk" plan. That is, they run two minutes and walk two minutes on flat or very gentle up hill sections. They will walk up all steeper hills and run down just about all hills. I find I am most comfortable running 2/3 to 3/4 of the flats very slowly, walking all up hill sections and running all downhill sections, to a point. Ultras in the Rockies (I have run races in Colorado Rockies, Sierra Nevada Range in Nevada and Wasatch Range in Utah) and in the Shenandoah Mountain Range in Virginia and all have some very long descents ranging from 3 to as much as 10 miles. Here I will again alternate running and walking, usually running the reasonable grades and walking the steep sections. You can blow out your quads in a hurry running for miles down a steep grade.

Don't go out too fast. A fast pace early can lead to serious problems late in the run. In a typical road marathon or 10K, you probably try run every mile as close to the same pace as you can. This does not work in trail ultras. There is so much variation in the trails on an average 50K, a steady pace is simply not possible. (Not to mention there are no mile marks in ultras, only aid stations every 4 to 13 miles.) You have to go by "feel." Instead of trying to maintain a constant pace, try to maintain a constant

effort. You should start at a pace quite a bit slower than your marathon pace, especially in the first half of the race. BEWARE: Just like in a marathon, those last 4 or 5 miles can be killers. If you ran your last marathon at a 4 hour pace you might consider starting at a 5 hour marathon pace for a 50K. So here are my rules for how to run a 50K:

1. Walk up all steep hills.
2. Walk up gentle hills if you need to.
3. Walk if you are struggling. But Don't Stop!
4. Your pace early in the race should feel comfortable.

My Rules for 50 and 100 miler:

1. Walk up all hills
2. Run down all hills that are not too steep or long
3. Alternate walking and running on the flats
4. Start at a pace that feels like you are crawling
5. Do Not Stop! Do not sit down Unless you are going through your drop bag. Keep moving, even when eating.

Hydration and Electrolytes:

One of the biggest problems ultrarunners have is staying fueled and hydrated during long hours of running. The longer the race the harder this becomes. You are burning calories faster than you can replace them and your body does not absorb water as fast as you are losing it. It is critical to begin drinking a lot of liquid (NO ALCOHOL) several days prior to the race. The day before the race drink even more. I drink so much water the day before a race I end up hopping out of bed every 2 hours to run to the bathroom.

One of the major causes of stomach distress during a run is too much in your stomach. If you are drinking as you are supposed to, the "too much" will likely be water. So how do you avoid too much water sitting in your stomach? Usually the issue is not drinking too much water, the problem is the water is not being absorbed fast enough. If you are not taking enough electrolytes the water will not be absorbed fast enough and will start sloshing around in there. That is when you start feeling really sick at your stomach. Of course, if you are taking too much salt (electrolytes) that will make you sick too. That is a major part of the balance you learn to maintain in those 8 hour training runs.

My rules for staying hydrated: Racing and Training.

1. Drink a lot of water for several days before the race.
2. Drink even more water the day before.
3. No Alcohol for at least 2 days prior to the race.
4. Do all training runs using electrolyte supplements. (Follow the directions for each product)
5. Use electrolytes before, during and immediately after the run or race.
6. Increase electrolyte intake in hot weather.

Fueling During the Race:

In this section I am talking about "Long" races, that is, races that will take at least 8 to 10 hours to complete. In these longer races, it is necessary to eat and drink all during the event. This is a foreign concept to most road runners. Just about everyone uses GUs and gels these days and if you are not, you should start. They really work. Most runners can tolerate them for a several hours and you probably can run a 50K eating nothing else. At some point in a Long race, the thought of another GU will make you sick. I suggest you start trying various other foods during your training runs. Here is a list of things you will typically find at aid stations in 50K to 100 mile races:

- Peanut butter and Jelly sandwiches
- Other types of sandwiches and roll-ups (100 mile races)
- M&M, and other types of candy
- Potato Chips
- Pretzels
- Soup or Broth (Usually over night in 100 mile races and during the day in cold weather)
- Cooked Potatoes and a bowl of Salt to dip them in.
- Cokes, Sprite, Gatorade, etc.
- Several types of Cookies and Crackers.
- Bananas and other fruit.
- Coffee (Overnight in long races only)

You will need to figure out what you like and what you are able to eat while running. Start practicing. When I started training for the Pinhoti 100 in 2008, I would take an assortment of food in my car to Oak Mountain for all my long training runs. After several hours of running I would stop by my car to refill water bottles and try a few new snacks. I also carry various snacks with me on the run. Every two to three hours I would have a quick bite to eat. I treated my car like an aid station. I stopped just long enough to resupply and keep on running or at least walking while I ate. What I have found out is that I can eat

anything that looks good at the time. If it doesn't look good I just don't eat it. At Grindstone last year I actually ate a barbecue sandwich at about mile 65 and it was great. Over a period of about 1.5 hours near the turnaround I ate 2 entire grilled cheese sandwiches. They were awesome.

Sometime during every long race most runners will have a few stomach issues and starts to feel a little queasy. One trick I have learned is to always carry Ginger Chews candy. You eat one and a few minutes later you feel fine. I do not know of any local stores that have them, but Zombie Runner (zombierunner.com) sells Ginger Chews and they are cheap. A product called Enlyten strips also do a good job of settling your stomach. You just eat a couple of strips like candy and in a few minutes the stomach problem is gone. Find these on the internet.

One very critical issue regarding food is what to eat, or more importantly, what NOT to eat the night before an ultra, especially long ultra. Everyone that ever slipped on a pair of running shoes knows to eat carbs the night before a race and this is important. Running ultras creates new issues, however. Because you will be running for many hours you do not want to have heavy, slow digesting food sitting in your gut that might come back to haunt you in later hours of an ultra. Stay away from any type of roughage. A grilled chicken or salmon salad might be a great healthy meal any other time, but don't eat it the night before an ultra. Some people go as far as suggesting runners eat nothing more than soup or even a drink like "Ensure." Just eat light and eat what can be easily digested for a pre-race dinner.

Managing all the STUFF in an ultra.

Running a 50K is pretty simple. I grab one or two of my Nathan "Quickdraw" 20 oz hand-held water bottle and a few Thermolyte Caps, my "Speed Belt" with three or four 10 oz bottles, each containing 2 scoops of "Carbo Pro" and head out the door. Once I arrive at the race I will take out the three 10 oz bottles and add water to ONE. I then put all the bottles in slots on the "Speed" belt. I will fill the next bottle when the first runs out. (No extra weight.) I will already have estimated how long it will take to get to the first aid station and add just enough water to the Quickdraw "hand-held" bottle to be sure to get there. A few minutes before the start I eat a "Honey Stinger" gel and head to the start line. Remember, this is for a 50K.

Next, a 50 miler. Now you add an additional dimension, Drop Bags. A few days before the race you will need to estimate what time you will arrive at each aid station. Then figure out what supplies you will need at each AS. For example, in the Lookout Mountain 50 the first drop bag aid station is at Covenant College (also the start & finish) at about 22.5 miles. There are two interim aid stations along the way but they are not drop-bag aid station. I estimated it would take me about 5.5 hours to get back to CC. I will have to start the race with enough Carbo Pro and Salt Caps to get that far. In the drop bag at Covenant College I will need enough supplies to get me to the Long Branch aid station at mile 34. In the Long Branch drop bag I will need enough supplies to run the 4.5 mile loop back to Long Branch at mile 38. From there it is 12 miles to the finish. At my pace it will be dark long before I reach the finish so I know I will need my headlamp in the Long Branch bag. I will need an extra jacket and gloves because it will be getting cold by then. The Lookout Mountain race is mid December. I will need several more Nathan 10 oz bottles with Carbo Pro, enough for the 4.5 mile loop back to Long Branch and for the 12 miles to the finish. I will have more salt caps and enough of my snacks to cover the distance too. I also throw in an extra pair of socks.

Before you even consider running a 100 mile race you should run at least one or two 50 milers and perhaps a 100K. You may just find out some of the things you are doing in training runs and 50K just don't work in long races. The 50 milers really are the stepping stones to the 100s.

Other Tips I have Learned along the way:

1. If you run trails very often you know every few miles you have to stop and dump the sticks and rocks out of your shoes. I have run 100 miles and never removed a shoe. How? I have a pair of gaiters, but not just any gaiters, Dirty Girl Gaiters. They are simple, weigh absolutely nothing and Cheap! Actually, I have three pair. Go to their web site and pick out a style. (They must have 60 or 70 patterns.) You will never get on a trail again without your "dirty girls." And you get some really interesting comments when your not around trail runners.
2. If there will be night running in your race start the race with a backup flashlight. One that you never intend to use. It is possible that your drop bag doesn't make it to the aid station. (If it doesn't, you probably put it in the wrong place to start with.) Your light could have accidentally been turned on and the batteries are now dead. The light might just decide not to work. It is a good idea to put extra batteries in the night time dropbags too.
3. Create a checklist. There is so much stuff to remember for long ultras it's easy to forget something. This could be a disaster in a 100 mile race. Ken Sayers had a helpful website and has a check list you might want to copy at <http://www.ultrunr.com/>.

There are a few other very important things to remember:

1. Sunscreen
2. Sun Glasses

3. A Hat
4. White or light colored wicking top in hot weather.
5. Cooler with your drinks for after the race or run.
6. Your Drop Bags!
7. If you have a problem with chafing, apply GLIDE or similar product.
8. Place Band-Aids on sensitive places.
9. Don't forget to bring your bib number.

My Disclaimer: What I have presented in this article works for me. It is exactly what I have done for the last 5 years of trail running and races and it is exactly how I train, or at least how I always plan to train. It may not all work for you but I think there is a pretty good chance most of it will. You just have to be committed and stick with it. OK, now get out on the trail and start trying this stuff.



Upcoming Trail Series Races

April 13: Tranquility Lake Trail Race

Select either the 6 mile or 3 mile Trail Race
Oak Mountain State Park 8:00 a.m.

May 4: Run for Kids Challenge

100% of Race Proceeds go directly
to Camp Smile-A-Mile
Alabama's Camp for Kids with Cancer
12 Hour Trail Race, 50K Trail Race and 10K Trail Race
Oak Mountain State Park - 7:00 a.m.

May 15: Memorial Day Trail Race

6 mile or 12 mile Option - Oak Mountain State Park

July 27: Hotter N' Hell Trail Race

9 Mile or 18 Mile Option - Oak Mountain State Park

Two Suunto Quest Running Pack Watches Will be give away at all Trail Series Races.

Two race winners will win new Salomon Shoes at every Trail Series Race.

There will be no duplicate winners in the series so every one has a good chance to win.

All Races are part of the Mountain High Outfitters Southeastern Trail Series and will earn points to the series points championship

Information at SoutheasternTrailRuns.com

Registration: Ultrasignup.com

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PLAYLIST VOLUNTEER

—By *Kile Putman*

Song: Sending Me Angles

Artist: Delbert McClinton

Composer: Frankie Miller/ Jerry Lynn
Williams

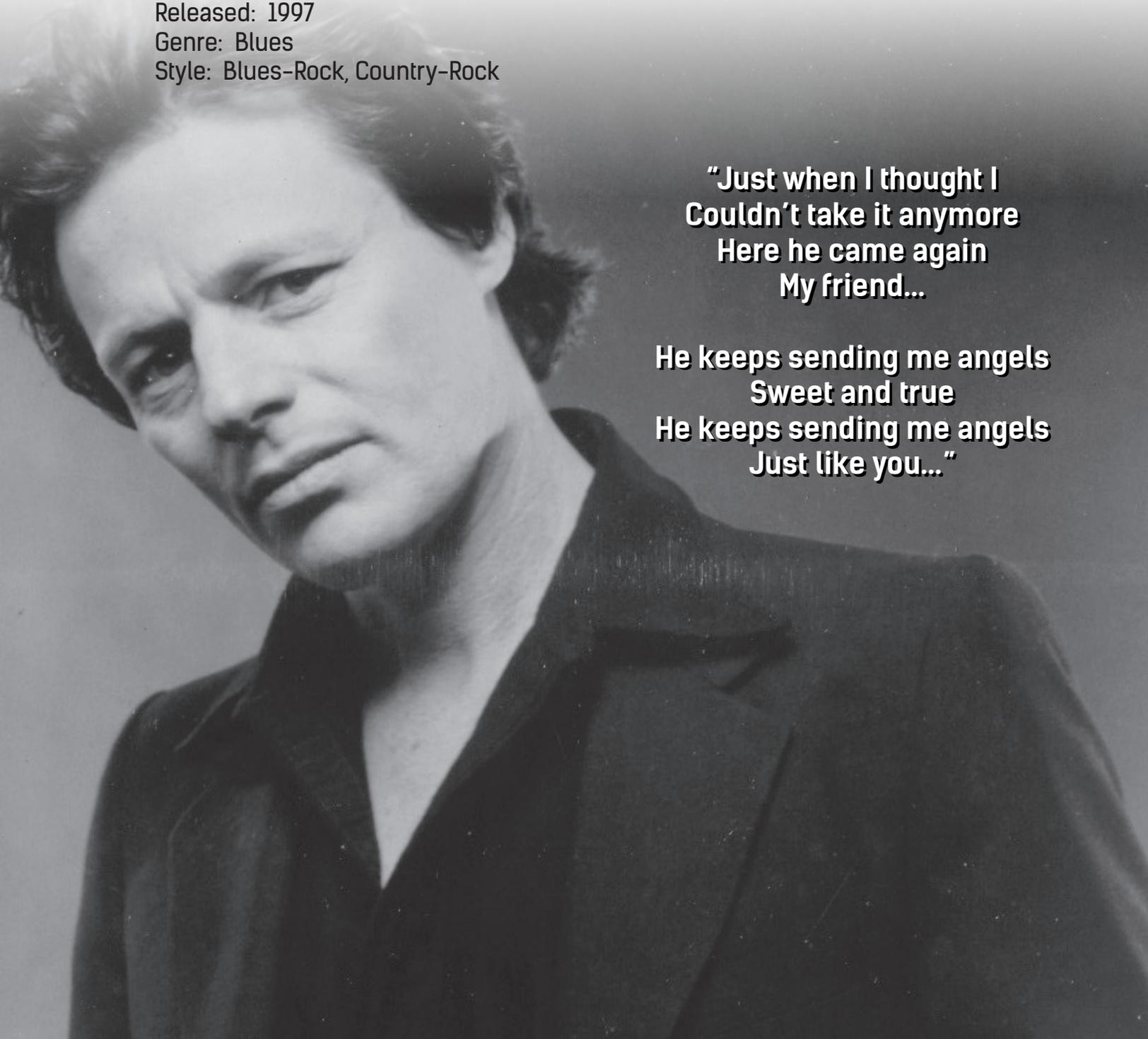
Label: Rising Tide

Format: CD, One of the Fortunate Few

Released: 1997

Genre: Blues

Style: Blues-Rock, Country-Rock



**"Just when I thought I
Couldn't take it anymore
Here he came again
My friend..."**

**He keeps sending me angels
Sweet and true
He keeps sending me angels
Just like you..."**

At a recent 10K road race I passed through an aid station and noticed one of the volunteers was wearing a pair of costume angel wings. My mind quickly retrieved the words from this Delbert McClinton cover tune. I am thankful for those “angels” that give back to the activities of running and encourage you to feel the same.

Virtually all distance road races around the country are produced by volunteer labor. Even the larger organizations that produce races for profit utilize volunteer help to successfully conduct the race. Perhaps the most visible race day volunteers are the water and aid station workers, yet much more labor is involved. Registration information must be processed. Packet stuffing needs able hands to assure the proper size shirt goes into the packet with the correct bib and other information. Months prior to race day the course must be measured, permits must be obtained, and goods and services must be obtained.

Many other running-related events need assistance. Several area elementary schools have an annual fun-run as a fund-raiser. Volunteer to coordinate the event at your child or grandchild’s school. If you have no school aged children you can still lend a hand at your local school on race day. Be an example and promote both a healthy lifestyle of running and service to others to these upcoming young runners.

When you find yourself on the sidelines of a race, cheer! Use noisemakers such as cow bells and whistles in support of the competitors. Call out a runner’s name as encouragement. If you do not know the individual, pick out a distinguishing characteristic such as their bib number or logo on their shirt as an identifier. Perhaps the runner is wearing brightly colored shoes and you can call out “Nice shoes! Keep ’em moving!” Always stay positive, upbeat and honest. No one wants to hear “You’re almost there, keep it up” at mile eight of a marathon.

As referenced in the name of this organization, The Birmingham Track Club, competition is not limited to the roads. Attend an area high school or college track or cross-country meet. Learn the art of rhythmic clapping (artificial noise makers are not allowed at high school meets) to encourage these young athletes. You may also find the coaches that host these meets need volunteers. Step up and assist, or even take the test to become a certified official.

Encourage fellow runners, both lifelong and new, to continue. Share books, magazines, and web links that has useful information and training tips. Electronically sharing the information is passable, but face to face is even better. Make plans to meet up and run with somebody as running is usually more enjoyable in the company of others.

“Get involved and become more active in the BTC. Become an angel.”

Kile Putman warns that runners should stay safe and be aware of their surroundings by keeping a reduced volume level when running with music. A USATF certified Track and Field coach, he can be contacted at kputman@bellsouth.net for personalized instruction.





HISTORIC DOWNTOWN
HOMEWOOD ALABAMA

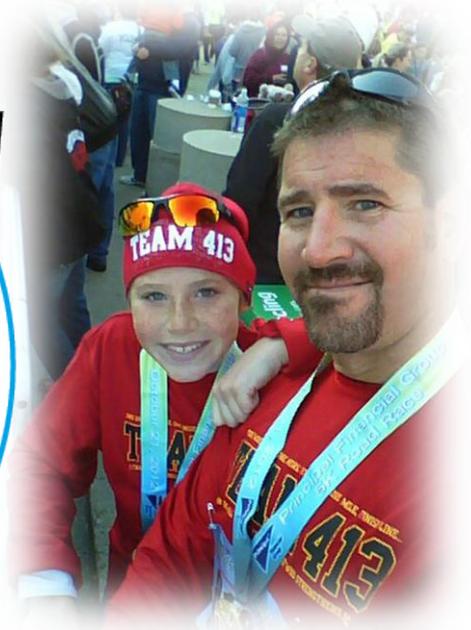
TEAM 413

GET THERE & SHARE

Race Weekend

HALF MARATHON • 4.13K RUN/WALK

4.13.13



4-13-13



"BTC10" for \$10 off Registration"

www.team413raceweekend.com



A RACE WITH A PURPOSE

— David Barry

Do you ever have a feeling that some things are just meant to be? Call it a hunch, call it a feeling, call it destiny. Whatever you want to call it, some things are just meant to be!

If you ask Chris Gillespie, founder of Team 4:13—Grace Runner Ministries, The TEAM 413's "GET THERE AND SHARE" Half Marathon & GRACERUNNER 4.13K Run/Walk race is just meant to be. The ministry, which is the largest of its kind for endurance athletes, was founded in 2003 by Chris and his wife Kiki. Their mission is to take their God given gifts and share a message of encouragement at marathons and half-marathons around the United States. Each year they travel to about 35 races spreading words of encouragement and inspiration. The 4:13 of Team 4:13 comes from the verse in Philippians, "I can do all things through Christ who gives me strength." Chris, Kiki, and hundreds of runners around the U.S. run in Team 4:13 shirts as an opportunity to spread their faith in a nonthreatening way. Their goal is to share compassion, encouragement, and the Gospel with scores of people who ask about the shirts and why they are wearing them. The shirts open the door for runners to share their faith.

The race, which will celebrate the 10 year anniversary of the ministry, will take place April 13th, that's right 4/13. See, just ordained to be. The "GET THERE AND SHARE" Half Marathon & GRACERUNNER 4.13K Run/Walk is the first official race sponsored by the ministry and promises to be a true celebration weekend. There will be pre-race festivities that will

include a dinner and concert. On Saturday in addition to the half marathon there will be 4.13 mile fun run/walk and a post-race celebration concert along with food and beverages. All festivities will take place in Homewood.

For more information the ministry, the race and to register please visit www.team413.org



Chris and the Marathon Show

THE 1200 MILE CLUB

February 1200 Milers

Last	First	Total	Feb
Adams	Audrey	163.4	78
Adams	Clell	291	114
Adams	Tammy	247	77
Affuso	Olivia	229	114
Allen	Darnell	226.8	92
Anabtawi	Sam	88	
Andress	Jennifer	232	89.5
Armstrong	Tommy	100	
Arrington	Donna	189.8	94.1
Atkins	Brian	243	131
Ballard	Bill	249.9	157.4
Barry	David	75	
Barry	Heather	201	95
Belcher	Michelle	204.45	103.6
Benner	Kimberley	145.2	80.2
Benson	Wayne	196	76
Bertram	JR	94.5	
Blankenship	Barry	206.29	67.69
Bonatz	Ekkehard	445	202
Booher	Lisa	306.75	129.52
Bradley	John	258	113
Bradshaw-Whittemore	Al	124.7	
Brakefield	Cheryl	180	86
Broussard	Julie	192.95	103.85
Brown	Charlie	235.73	116.34
Brown	Sean	89	61
Browne	Shannon	204	82.2
Burke	Chad	330	176
Burnette	Jack	81.2	
Burris	Mark	264	150
Burson	Steven	316.1	136.9
Caldwell	Greg	194.4	94
Chandler	Teresa	182	85
Choat	Julie	229	93
Christy	David	154.7	106.4
Clay	Brad	448	234
Coffee	Mitch	272.28	124.54
Crawford	Jennifer	119	
Creed	Brad	192.3	89
Crumpton	Dan	196.4	78.4
Darden	Amber	115	61
Davis	Wayne	303	117
Dean	John	187	119
Denton	Matt	235	115
DiMicco	Al	226	113
Dodson	Brooke	184	84
Dortch	Cherie	127.3	
Dunham	Kelly	204.1	107.1
Dunn	Wade	439.2	208.9
Engels	John	220.5	96
Ensminger	Stephanie	337.91	138.43
Estes	Jeff	157	87
Farrell	Meredith	107	
Fasking	Greg	209.5	94.1
Fell	Amy	51.5	
Feller	Beth	211.3	105.3
Fite	Rebecca	320.64	137.28
Fondren	Matt	482	212
Ford	Joe	222	122
Franklin	Shane	109.35	
Frederick	Winston	301	144
Ganus	Jack	216	106
Gann	Michael	329	138

Last	First	Total	Feb
Gash	John	133	77
Geisen	Jonathan	193	96
Gillis	Sam	310	150
Glaub	Chris	231	65
Goode	Johnny	268	144
Gray	Todd	203	97
Greene	Michael	155	58.7
Grossmann	Christopher	245.5	118.36
Guenster	Dirk	211.25	65
Gullapalli	Satya	128.3	67.8
Hallmark	Daryl	170	51
Haralson	Danny	254	112
Haralson	Micki	124.5	
Hargrave	Alan	207	103
Harrelson	Kitty	75	
Harris	Robert	144	86
Harris	Vickie	228	84
Harrison	Lisa	220	111
Hartfield	C. Meade	234.4	101.7
Hathorne	Chad	185.38	88.16
Haugh	Spencer	272.5	115.5
Hedrick	Nicole	200	109
Henry	David	132	
Hickerson	Patrick	207	99
Higgins	Shane	218.4	105.3
Hiller	Russ	124.34	30.9
Hollington	Kasey	250	103
Holman	Reannon	37.8	10.8
Home	Greg		94.1
Honea	Todd	194	90
Hoover	Alison	123.08	
House	Beth	193.5	82.5
House	Mike	75.7	
Ingram	Joseph	159	65
Jackson	Terri	179.1	90.1
James	Ryan	269	153
Johnson	Mark	204.5	91
Jones	David	88.5	
Kahn	David	103.18	75.89
Keith	Michael	193.17	71.17
Kirkwood	Teresa	187	97
Kuhn	Jimmy	220	92
Langston	Richard	125.9	
Leek	Joshua	197	118
Lester	Treva	66	51
Longoria	Joseph	278.62	103.32
Losole	Liz	199	89
Lucas	Jane	160.5	84
Lupinacci	Tim	206.9	105.4
Lyle	Randy	412.6	187.3
McCalley	Charles	117.7	
McCarthy	Nicole	118	
McConnell	Kim	186.4	86.4
McMahon	Mary Lee	205.4	110
McShan	Kenny	250.57	117.85
McTune	Mark	447.64	238
Meadows	Bryan	240.48	118.48
Merry	Vicki	291	150.7
Millican	Randy	309.52	126.53
Milsap	Lanier	172.13	84.93
Miner	Caitlin	392	188
Morgan	Cary	235	
Morgan	Danielle	233.2	125.2

THE 1200 MILE CLUB

February 1200 Milers

Last	First	Total	Feb
Morgan	Phil	300.2	146.2
Morrow	Alex	315.06	136.69
Murphy	Catherine	219.2	101.6
Myers	Bill	231	117
Noerager	Brett	440	198
Northern	Kristie	238.45	129.35
Oliver	Greg	275.88	125.31
Osterbuhr	Tom	235	127
Parr	Michele	128	57
Pasqualini	Ellie	112	
Pasqualini	Greg	48	
Patterson	Carrie	253	126
Pattillo	Jim	159.17	65.07
Pearce	Julie	138.54	
Perry	Jeff	421.2	196.2
Phillips	David	110	
Phillips	Stefanie	55	
Plante	David	286.5	130
Porter	Chilton	48	
Randall	Lisa	287	119
Reisinger	Kaitlin	88	
Roberts	Tim	190.6	84.9
Rose	Jamiko	202	80
Russell	LaShandra	76.16	31.47
Russell	Tom	189.35	100.45
Rutherford	Keith	225	73
Sample	Holly	25	
Shinn	Ron	100.71	
Silwal	Suman	281.1	124
Sims	Debbie	89.46	
Sims	Kyndle	525	240
Smith	Jerry	205	97
South	Christopher	170.87	80.55
Stearns	David	215.4	90
Stockton	Rick	209.7	108
Stroud	Vanessa	276.2	121.7
Talley	Beau	166	105
Taylor	Trey	329	151
Thornton	Dean	276.4	152.7
Thursby	Vann	159.37	
Turner	Chris	95	40
Vandrell	Richard	112	47
Wagnon	Bill	198.22	130.2
Wall	Ron	265.7	128
Washburn	Kevin	105.71	11.11
Weisberg	Scott	135	85
Whatley	Prince	462.7	212.1
Whitford	Ray	123.5	
Williamson	Chad	275.13	135.98
Witter	Jamie	295.99	141.96
Woods	Cindy	94.4	
Woody	Bill	294	145
Wu	Xing	191.73	100.78
Yancey	Lisa	83	
Zehnder	Justin	189	

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THE RUNNING SIX PLUS ONE

— Andi Gillen



Matching outfits during a race is their signature mark but “The Running Six plus One” has more substance than just making a fashion statement. The original group of six formed five years ago when members decided to meet and run during off weeks of early morning boot camp classes. The group began meeting at The Pig in Crestline, Western and other locations to stay in shape. Non-stop talking and friendships quickly developed and soon the group decided to train for The Chicago Half Marathon. From here the group continued planning trips out of town to race together and also added another member, thus the plus one. Seven women, all mothers at various stages in their life have met weekly for five years. They have shared various life experiences together including the highs of ... a birth of a child, high school graduations, first year of kindergarten, promotions and new career opportunities as well as some more challenging life events... aging parents, spousal unemployment, running injuries and illness. Through it all the entire group has evolved and remained strong. In the past two years the group's running events have included spouses, extended family members and children. Various subgroups from The Running Six plus One travel and run together as the opportunity presents itself. A major strength of the group is that the entire group does not always have to run every race; members are free to pick and choose what works in their schedule. Some members enjoy shorter races, while others have already accomplished their first marathon earlier this year. And where the group initially all attended the same boot camp, now members participate in a variety of workouts on non-running days to keep in shape. However, at least three times a week the group meets to run in the early morning. And there is an annual Christmas Party that includes spouses and a birthday celebration for each member. The group plans these events so that they work within everyone's schedule (a feat in itself!) Each birthday is celebrated in a unique fashion to honor the birthday girl. So yes, this group does spend a bit of time planning its attire for race days, but they all reap the benefits of the in between race time that includes friendship, support, loyalty and dedication to each other!

MEET THE REGULAR RUNNERS

—Jay Young

The Regular Runners, affectionately known as the RR's, had rather auspicious and humble beginnings several decades ago. Yes, it was in the 80's when the original crew set their sights on the New York City Marathon, began their training, made the trek and successfully completed the marathon, all under the pretense of "let's do something fun!" This led to many more marathons, including the 1991 Vulcan Marathon (Birmingham's predecessor to the Mercedes Marathon) and this is where the RR story begins.

The father of all this madness and his cohort in insanity are Harry Coleman and David Henry. These 2 guys are the impetus and motivation for many who would follow behind them and ultimately band together to form what is now revered to be one of the more eclectic running sub groups in the Birmingham Track Club family.

In those early years the numbers were small so the Fab Four (Harry, David, along with Gene Beckmann and Randy Gibbs) decided it was time for a female to join the group. Rhonda Sue was sure she could leave them eating her dust so she broke into the men's club just to prove her point. Now, as far as the women RR's go, they outnumber the men with a 60/40 ratio. Competitors they proved themselves to be. The early crew had not yet considered themselves a group until someone asked, "who are y'all?" To which Gene replied, "we're just a bunch of regular runners". Thus the name was born.

Today the RR's have over 80 runners on an email distribution list that will receive relevant information about weekday runs, weekend training runs, local race events and "Road Trip" opportunities. This summer a core group will head to Maine for the Acadia National Park Half Marathon. Last year over 20 rented a van to Arkansas to run the Little Rock Marathon (Home of the world's largest marathon medal). In 2010, a core group went to Athens, Greece to compete in the 2,500 year anniversary of the original marathon. (See The Vulcan Runner, December 2010 Edition)



Our weekday runs begin at 4:45am and 5am from Next Fitness on Lorna Road in Hoover typically on a Tuesday and Thursday. We will be flexible with the days if the weather creates unsafe conditions but not the start time. When the Garmin shows 4:45, we are headed out of the parking lot. The distance varies but is typically a 5-6 mile route. This keeps us on target to maintain a 12-13 mile base for our Saturday run. When the marathons loom in the near future, this base allows us to bump up the miles according to the schedule and have us marathon ready in about 12 weeks.

Remember, for us it's about the fun but we have some competitors. We had 2 qualifiers for the Boston Marathon (congrats Rick Stockton and Liz Losole) following this year's 2013 Mercedes Marathon. The fun is in the run and after. On Saturdays we start at the old Brownell Building (now NBC) at 5am to get the mileage we need for the next race event. After the run we re-fuel at Panera Bread or O'Henry's or Crestline Bagel depending on how large a group we have. Does your running group have a motto? "We Run to Eat"! Does your running group have a belief statement? Running is a "joie de vivre"! Does your running group have a banner? Ours goes on every road trip. Does your running group have a song? "It's a grand thing to be an RR!" As you can see, on the long runs we do try to keep our minds active and



imaginative. We have RR dinners and RR parties to celebrate new running accomplishments and new “inductees” into the RR family. The induction ceremony is highlighted by the receiving of the coveted RR T-shirt.

One of our more recent inductees flew to Arizona to run the Phoenix Rock N Roll Marathon one week after receiving her shirt to make sure she “qualified” for RR T-shirt status! (That’s the spirit, Shannon!)

On one of our post-run gatherings, a marriage proposal took center stage. Extra room was required at this wedding reception to accommodate the RR’s. Another gathering was turned into a baby shower. The mom to be (Linda II) had just run 2 marathons with the baby in utero... how could we not! We are just a little bit preoccupied with how to make being an RR fun!

The RR’s give back to the running community too. You will find us in large numbers at the High Country 5K put on by Shades Crest Baptist Church in Bluff Park. Several RR’s are members there and serve on the race staff to make sure it is one of the best 5K’s around. It is the only 5K that gets you a pasta dinner AND a pancake breakfast all included in the entry fee.

We have also adopted the Brenda Ladun Conquer Cancer Run as our volunteer effort. You’ll find the RR’s at the registration table, along the course, and all the way to the finish line. Whatever needs to be done is the spirit in which the RR’s volunteer and we can think of no better place than to partner with our local hero and favorite newscaster Brenda Ladun and her fight against Breast Cancer.

And we have taken yet another challenge for ourselves that will benefit others as well. I am speaking of the fund raising efforts for the Jemison Trail water fountain for the running community. We gladly made a group donation to the BTC to expedite this effort. We are so appreciative of the Mountain Brook community in allowing us to practically take over their roads on our Saturday morning runs. There is strength in numbers (and maybe a little bit of peer pressure) so we encourage others to follow our efforts and let’s get this construction project underway!

So there are a few highlights on this group called the RR’s. We range in age from 27-70 and our pace varies accordingly. We are more than a group, we are a family. From all sorts of backgrounds and educational levels we have found a commonality in running.

For us, it’s no wonder why run rhymes with fun. For us, running is simply a “joie de vivre”.





The new BTC half-zip tech shirts and long sleeve tech shirts have arrived!

As the temperatures drop, make sure you are prepared and sporting the latest BTC gear.

Your shirt can be purchased at any BTC event.

You can also send an email to arrange an order.
president@birminghamtrackclub.com

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!

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

RUNNING SHORTS

— by Al Dimicco



Several years ago I used to write a column for the Vulcan Runner called Running Shorts. In it, I would write short (very short) blips about running, diet, training, etc. that I would come across in magazines, newspapers, social media and such. About a month ago, Jennifer Andress, our BTC President asked me if I would write a monthly column for the VR. As I already write two blogs, I thought another such writing might be difficult, so I thought it might be fun to try to resurrect Running Shorts. So, let's try it for a while and see how it goes. I offer no references, footnotes, or specific ways to check these facts out, but to the best of my ability, they were all presented as fact. Each month, I'll present about 20 random facts slanted towards running. I'm just the messenger and hope you enjoy. If you do, or you don't, you know where to find me...on the roads.

Running up a hill will use approximately 36% more energy, while running down the same hill saves approximately 24%...in 2013, there are 689 marathons scheduled in the US and Canada...there are 101 scheduled in October...May 16th has 16...the median entry fee is \$75...there are 59 with an entry fee over \$100 (NYC is \$275)...the average runner will burn 104.3 calories every mile when running 10 min/mile...exercisers can improve their performance by as much as 15% if they listen to

music...for every 25 pounds of excess weight, your body needs to pump blood through an extra 5000 miles of blood vessels...when runners shorten their stride during a 5k run, the impact from their footfalls is lowered by 33%...sprinting for 8 seconds and jogging for 12 seconds burns up to 5 times more fat than 40 minutes of jogging at one speed...at regular points during the running cycle, both feet are off the ground, while one foot is always in contact with the ground while walking at any speed...most runners, regardless of speed, will contact the ground between 800-1000 times per foot per mile...a 20 ounce bottle of Mountain Dew contains the equivalent of about 22 packets of sugar...runners can store about 2000 calories worth of glycogen in their bodies - enough for about 18-20 miles of running...a 220 pound person running an 8 minute mile burns about 150 calories, while a 120 pound person burns about 82 calories...during a 200 mile run, Dean Karnazes consumed 28,000 calories in 46 hours and 17 minutes, and still lost 5 pounds...nerve impulses travel to and from the brain at 170MPH...the cheetah is the fastest land animal at 70MPH...a garden snail is the slowest land animal at .03MPH...the fastest human footspeed in a 100 meter sprint is 27.79MPH.

SEE YOU NEXT MONTH!

BTC RUNNING GROUPS

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, 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 is no fee to join and you can become a member by showing up at one of the many weekly runs in the Homewood and Mountain Brook Areas and running with the group.

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 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. You can also contact

BTC Saturday Morning Long Run (Natalie's Marathoners)

This group began as Meredith's Marathoners in 2006. Each year they pick a goal Marathon in the fall and train together. Saturday morning routes and water stops are coordinated by Natalie Ferguson and the BTC 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.

See www.birminghamtrackclub.com for information.

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 or visit 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

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/>

Shijenben Running Group

This is a veteran long run group, training for half and full marathons and moonlighting as triathletes in the off season. They have been running together for over 2 years and paces range from 8:30 to 12:00 minute miles. The regular group has about 65-70 runners with 160 on the group e-mail list. They also meet for Sunday morning bike rides.

You can e-mail shijenben@gmail.com to be put on the weekly long run group list, or find them on Facebook. They are an open group.

Regular Runners

The Regular Runners are a group that trains for various distances with their long runs beginning at 13 miles on Saturday Morning. During the week, they have shorter runs in the Hoover Area. Paces range from 9:00 to 12 minute miles with some members using the Gallaway run-walk method and others just running. Saturday Morning Long Run attendance averages 30 members with about 60 on the e-mail distribution list.

To join this group and receive the weekly e-mails, send a message to David, Harry, or Jay.

Downtown Running Club

Not only do they not want to drive over the mountain for a run, but they don't want to do it at 6 a.m.! This group meets at Paramount Cafe (200 20th street N) on Saturday mornings for a run around the city. They are open to all paces.

For more information, e-mail Brian at or find them on Facebook.

Black People Run Bike and Swim

BPRBS It is so important to move! Black People Run Bike And Swim is not an "exclusion" it is an "awareness" of the reality in which education, exposure, and disparities affect us in ways that are at times not recognized or understood. Our group meets weekly to battle obesity in the form of activity.

Like us on Facebook, Follow us on Twitter, or Email us Jerri, Shirley, or Patrick for more information or schedule of events.

BTC MONTHLY MINUTES

February 13, 2013, 6:00 pm

MARK BURRIS – VOLUNTEER COORDINATOR

Mercedes Expo: would like to have one person there for each shift on both days.

Mercedes Waterstop: Have 22 people signed up split between 2 shifts.

BURT CHANDLER – ADAM’S HEART RUN RACE DIRECTOR

Adam’s Heart: 145 registered, 69 from the Race Series. 7:00am Race Registration, 9:00 Race Begins. Shirts are grey with green logo. Most participants are 5k runners. Handed out posters that SSG printed out. Awards are due to come in next week. Oak Mountain would like a donation for their playground in exchange for having the race held there. **MOTION:** \$200 for donation to playground. **APPROVED.** Food: looking like we will spend less than the \$500 allocated in the budget. Volunteers: need 5 for the waterstop and 2 for food/start/finish line. Would like to send out a RaceIt email to registrants asking for family members to volunteer.

Social Committee: The new committee met last week. Would like to alternate the Saturday Morning Run and the Thursday Afternoon Runs every month. Discussed Themed Runs like St Patty’s Day, Halloween (in conjunction with BOO! or Sloss Furnace), Civil Rights Run, and Christmas Light Run. Would like to do a speaker series in conjunction with the Thursday night runs. Next Saturday morning run is proposed for April 6th at Octane. Decided policy on sponsors for social runs would be no solicitation and must put out water and Gatorade in addition to their product.

MICHAEL TUCKER – GENERAL COUNCIL

By-Laws: BTC would need to convert status to change to incorporation. Not done very often. New statute has changed limit of liability to make it more similar to be a non-profit association than incorporation. Probably not beneficial to convert to an incorporation. Will go forward with the by-laws instead.

RANDY LYLE – TREASURER

Financials: February financials were reviewed. Post office boxes need to be combined.

JENNIFER ANDRESS – PRESIDENT

Storage Unit: Would like to implement a system to check in/out inventory so all items are accounted for. Discussed moving the unit to the Palisades and will shop around for prices.

Graphic Design: Would like to retain Andrew for future services with intellectual rights on what he creates. **MOTION:** Offer Andrew \$300 to retain his services as our graphic designer. **APPROVED**

Vulcan Run: would like to make a donation to Vulcan Park to add a picture of Vulcan back on the race shirt.

Versal Spalding: passed away on Feb 10th. Would like to make a \$100 donation or send flowers and write an article for the newsletter. **MOTION:** \$100 donation to the Alabama Food Bank. **APPROVED.**

ALLISON WILLIAMS – MEMBER BENEFITS

Member Benefits: out of the hard, plastic member cards. Decided to go with a emailable member card that they can print off and place in their wallet. Members will receive as soon as they renew.

DIRK GUENSTER – MEMBERSHIP

Membership: Up to 855 members, around 900 if you include family members. Received about 130 emails from the Vulcan Run email announcement. Have been able to correct the database.

RUNNING TIDBITS

— Compiled by Randy Lyle



Quotes

“I don’t think jogging is healthy, especially morning jogging. If morning joggers knew how tempting they looked to morning motorists, they would stay home and do sit-ups.”

Rita Rudner

“I think people can handle 150 to 200 miles a week. But something has to give somewhere. If he’s a student, how’s he going to study? He may be at the age of chasing and courtship, and that’s an important form of sport and recreation, too.”

Bill Bowerman

“The trouble with jogging is that by the time you realize you’re not in shape for it, it’s too far to walk back.”

Franklin Jones

“I run so my goals in life will continue to get bigger instead of my belly.”

Bill Kirby

“No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes.”

Don Kardong

“To a runner, a side stitch is like a car alarm. It signifies something is wrong, but you ignore it until it goes away.”

Anonymous

Tidbits

Running – The Facts and the Figures

Source: www.spinesportshc.com/sports-injuries-running-the-facts-and-the-figures.cfm

Most, if not all, of the readers of this newsletter are runners. Therefore, the following definition might seem unnecessary:

RUN: [ruhn] To go quickly by moving the legs more rapidly than at a walk and in such a manner that for an instant in each step all or both feet are off the ground.

You may wonder why I even included this definition. I just thought it was a good place to start before sharing some interesting, at least to me, facts and figures related to the activity we all enjoy.

Tidbits cont.

BURN, BABY BURN

- Running burns **50%** more calories than walking.
- If you weighed **150** pounds, a 20-minute walk would burn about **85 calories** while a 20-minute run would burn **225 calories**.
- In order to burn off a Big Mac (**550 calories**), a **140**-pound female would have to run for **52 minutes** at a **10:00** pace.
- If you ran around the circumference of the earth (**24,901 miles**), at **145** pounds, you would burn **2,357,751 calories**.
- If you traveled the entire distance at **7.5 miles-per-hour (8:00** pace) without stopping, it would take just under **140 days**.
- Unfortunately, runners can only store about **2,000 calories** worth of glycogen in their bodies, which is enough to fuel about **18-20 miles** of running.

PUT YOUR HEART INTO IT

- When we run, the human heart creates enough pressure to squirt blood **30 feet**.
- In a study presented in 2010, running a marathon can result in decreased function of **more than half** the segments in the heart's main pumping chamber. Fortunately, other parts of the heart take over. Full recovery is reached within **3 months** or less. The more fit the runner, the less of an effect.
- Just thinking about exercising causes your heart rate to increase in anticipation of an increased need for energy.

ABOUT THE BODY

- It takes **200** muscles to take a step.
- Your feet contain about **250,000** sweat glands that can collectively produce a **pint** of sweat in a day.
- During a 10-mile run, your feet hit the ground at a force of **3 or 4 times** your body weight, about **15,000** times. So, in other words, if you weigh about **200** pounds, every time you run, your feet feel like you transformed into a cow.

INJURIES

- Women are **4 times** more likely to have foot injuries than men, mostly due to the lifelong pattern of wearing high heels.
- 75% of Americans will experience foot health problems of varying degrees at some point.
- Adult runners who played ball sports through their youth had **50%** fewer stress fractures than runners who did not. In addition, those runners who played ball sports had a greater and more symmetrically distributed bone mass.

TOP 5 MOST COMMON INJURIES AMONG RUNNERS

- **IT Band Syndrome**
Symptom – Pain in the side of the knee
Cause – Overuse, tight tissues, poor running form
- **Plantar Fasciitis**
Symptom – Pain in your heel or the bottom of the foot
Cause – Overtraining, or improper worn-out footwear
- **Runner's Knee**
Symptom – Pain around or behind the kneecap
Cause – Running on uneven surfaces, to inadequate shoes, to muscle weakness
- **Shin Splints**
Symptom – Aching pain in the front of the lower leg
Cause – Running on hard surfaces, exercising with worn-out footwear
- **Achilles Tendinitis**
Symptom – Pain at the back of the lower leg
Cause – Tight calf muscles lack of flexibility

Are you a new runner just graduating from a Couch program wanting to continue your training? Are you an experienced runner wanting more manageable distances? Want a group to run with on Sat. morning? Then join us for a new program the BTC is starting in January. The Saturday Mod Run (Moderate Distance) will offer weekly 3 – 7 mile routes and a group to enjoy your continued training. Distances and routes will vary based on upcoming races. Look for more information on the BTC website.



BTC Membership application

New member: Renewal #

Single membership: Family

First Name: _____ Last Name: _____

Street: _____ City: _____

State: _____ Zip: _____ Birthdate: _____ Gender: M F (Circle)

Phone: _____ e-mail: _____

Family member	e-mail:	★	Phone:	DOB:	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:

Pricing			Single	Family
August 1	through	Oct. 31	\$30	\$45
Nov. 1	through	Jan. 31	\$24	\$36
Feb. 1	through	April 30	\$18	\$27
May 1	through	July 31	\$12	\$18

Signature _____ Date _____

Yes! I'd love to volunteer! My area of interest is _____.