



★ BIRMINGHAM TRACK CLUB ★
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THE VULCAN RUNNER



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April 2015

Issue ④

STATUE TO STATUE

THIS ISSUE

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April 18, 2015 marks the twenty-fifth running of “The South’s Toughest 15K” – the Ellis Porch Statue 2 Statue 15K race. That’s right – for a quarter century now, runners have been tackling the (in)famous hills along the race’s scenic route between two of Birmingham’s most famous landmarks. Some consider the race a rite of passage for area runners; others consider it a yearly “must do” on their race calendars. Either way, there’s no doubt that Statue 2 Statue is a fun, challenging race with a uniquely Birmingham flavor.

But this well-known race didn’t even start out as a race at all. . . . Back in the day, before the latest marathon boom (when all of the marathoners in the Birmingham area could have fit into O’Henry’s Coffee at the same time), one group of distance runners became bored with running the same route from week to week.

Cheryl Boesow, Jack Hasson, Carl Howard, Michael Jolley, Susan Keith, Phil Rader, Ken Slanker, Paul Tracarella, Will Waller, and other members of the Old Farts Running Club (OFRC) used to run the same route every Sunday for their long runs during marathon training season. Like all good ideas (and some not-so-good ones), someone from the OFRC (Old Farts

Running Club) proposed a “why don’t we?” instead of their usual Sunday route. OFRC member Michael Jolley suggested running from Vulcan to the Lady Liberty statue because the group “liked hills.” Jolley and former BTC President Phil Rader put together the route, and the group’s cure to boredom was found.

The OFRC (which, incidentally, only required that one be over 40 to join) thought the route was “pretty fun,” and Jolley came up with the idea of promoting it as a run – not a race – to the local running community. Recognizing the challenging route, he and his fellow OFRC members never intended for the run to be a race, but they nevertheless looked for sponsors to partner with them to promote it. One of their members heard about the Veterans Memorial Foundation started by Birmingham resident Della Fancher, Jolley pitched the idea of the point-to-point run to her, and a partnership was born. Statue 2 Statue partnered with the Veterans Memorial Foundation for several years, before the Foundation decided to focus on a shorter distance race.

Jolley was the Race Director of the run for its first five years. He has fond memories of those years, but he is pleased that Race Director Jody Loo has “taken it to the next level” during her years at the helm.

Jolley still describes the course as “the best route in town” and an excellent training run for distance runners. He explains that the first four to five miles are relatively easy—an easy distance and incline many runners tackle on a daily basis. But then, just when an everyday run route might be ending, runners hit Stone River Road, and its long, steady climb. They’re “rewarded” with a short downhill recovery before tackling the even longer, even steeper Crosshill Road hill. . . where even the strongest runners are known to take a walk break. Although the original course ended at the base of Lady Liberty, it now ends on one of the most fantastic downhill segments around— until humans can fly, this is as close as we can get!

In recent years, members of the Birmingham Ultra Trail Running Society (BUTS) decided to up the challenge, proving that the “ultra” in their group’s name isn’t just for show. An ever growing number of runners now start the race early from the finish line near Lady Liberty and run the course backwards to Vulcan, in time to start the official race back to Lady Liberty. This year, BUTS and the BTC even created a special tech shirt for runners who registered for the Statue to Statue challenge. It’s safe to assume this challenge will continue to grow, because what runner doesn’t want to collect another race shirt?

But did you know that years ago, BTC members Phil Min and Xing Wu would run from the finish to the start before trailing the field as the official last finishers, doing the Statue to Statue to Statue thing before it was cool? Urban legends abound about other local runners who have tackled the challenge in years past, including Jerry McGwin, Brett Noerager, Scott Strand (who reportedly won the official race after his nine mile “warm up”), and Ellis Porch, whose memory the race now honors.

Statue 2 Statue has grown from its humble beginnings as a training run for bored local marathoners to one of the signature races in the BTC Race Series. Registration numbers are higher than ever, and veteran Race Director Judy Loo promises a great race and a fabulous after



party. Reports are unconfirmed as of press time, but rumor has it that Assistant Race Director Michelle Parr has been in negotiations with James Spann to dial up some perfect race day weather.

Excited yet? Great! It’s not too late to sign up to tackle one of the most challenging, but fun, runs around. Click [HERE](#) to register. If you’re unable to run, volunteer! Contact Michelle Parr at mwparr2005@gmail.com for more information or to volunteer.

25th Annual Ellis Porch Statue 2 Statue 15K
Race start: 8 a.m. at Vulcan Park

— Julie Pearce



PRESIDENT'S ADDRESS

—Alex Morrow



Hello, fellow BTC Members

Our membership never ceases to amaze me. One of the biggest reasons I love the BTC is because of the positivity our group embodies. From the officers, to our board members, to the general membership, I truly enjoy my encounters with everyone related to the club. It is not only because we all share the love of physical activity, but because each encounter is so positive that it makes the rest of my day that much more enjoyable! My goal for all of 2015 will be to ensure that our club, our events, and our interactions with the community always have that common thread, positivity, and I know you will join me in that endeavor.

Speaking of positivity, two recent events were big hits, and we have plans to hold similar events in the near future. First, the BTC was honored to help host U.S. 50k Record Holder Josh Cox when he was in town for the Dawson Memorial Baptist Church Perseverance 5k. Those in attendance had an incredible opportunity to listen to Josh share personal stories about his amazing career, setting goals, and how to overcome adversity. Thank you to everyone who attended and who made this amazing event so worthwhile.

Second, on Sunday March 29, our friends at lululemon created a special event for BTC members. They opened the store one hour early and gave our membership 30% off their regular prices! When my wife and I arrived, there was a line of BTC members out the door waiting for the store to open. It was a pleasure meeting so many of you at the event, and I saw a lot of running gear being bought. I'm sure we'll see a great deal of that apparel at our next long run!

In the coming month we have two more events that have everyone excited. First, we hope you will join us at the next BTC Run Social being held on April 11. This is our first big social of the year, and we would love to see the whole family come out to join us! We will have various route distances available, new BTC merchandise for sale, refreshments, door prizes, and so much more. Make sure to mark your calendars because you will not want to miss this!

The following weekend is the race everyone is talking about, the Statue 2 Statue 15k. Race Directors Judy Loo and Michele Parr have been putting the final touches on what will once again be the premiere 15k in the Southeast on April 18. Registrations have been going through the roof, and we are on pace for a record attendance this year! I wear this race shirt every year like a badge of honor, and it is hands

down one of my favorite races. Make sure to get registered soon for this amazing event and join in on all the fun. Oh yeah, I would be remiss not to mention our friends at BUTS (Birmingham Ultra Trail Running Society) who will also be running Statue 2 Statue, but with a twist. That crew is running from the finish, to the start, and then back to the finish! I love those ultra runners!

Lastly, I was excited to announce a deal I had been working on for several weeks. Every year the BTC picks a fall race to base all of our summer training around. This year that race will be the 4 Bridges Half and 7 Bridge Full Marathon in Chattanooga, TN on October 18. I targeted this race for several reasons.

- The event had to be willing to give our members a large discount to attend, and they did. All BTC members receive 15% off either the half or full marathon. That is HUGE!
- The race needed to close enough that a very large contingency of BTC members could make the trip. Chattanooga served that purpose beautifully. Being just over a two-hour car drive makes the event very accessible to most of our members.
- I also wanted an event that would welcome the BTC with open arms, and they delivered. The BTC will have a booth at the expo to welcome all of you into town, and we will have a large set-up at the finish line where all of you can celebrate your achievement with your fellow BTC members.

In the next several weeks we will release more information about the event, but make sure to register and join in in on the fun!

As you can see, there are a number of positive events taking place with the BTC and we hope you will come out for some, if not all of them. Plus, stay tuned for even more exciting news coming out soon!

Kindest Regards,

Alex Morrow

BTC President

2015

★ *BTC RACE* ★

SERIES



4 Races and a Race Series Shirt for only **\$65!**

Must be a BTC member- see

www.birminghamtrackclub.com for details,

————— and to **join!** —————

REGISTRATION HERE

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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
championship-racing.com

RUNNING WITH AINSLEY'S ANGELS

— by Lisa Booher

In the olden days (you know, 2013), I loved powering through a road race, but with trails becoming more and more comfortable, both for my feet and my mind, there aren't as many pulls to road races as there used to be for me. Of course, there are races in the massive cities with their tall buildings and people lining the streets that I want to run, like Chicago, New York, Tokyo, and Los Angeles, but overall, I would just rather hide out in the woods for 100 hours than pound out a couple of hours of road running.

But every once in a while in your life, you find something good. Something that takes an old worn out thing and makes it new and fresh again. Ainsley's Angels did that for me earlier this month at the Tuscaloosa Half Marathon.

What is Ainsley's Angels? This group matches rider athletes of all ages and runner athletes to make a journey together through races of all distances. Our team's rider athlete, Kylie (below), finished her sixth half marathon with us on Saturday, and she's done triathlons too!



Mid-race selfie!

The thing that you need to know about running with Ainsley's is that you will need to take the amount of fun you would normally have at a race and multiply it by a bazillion. First, you have the joy of helping

someone experience the flying feeling of running, and second, focusing on your rider athlete and her wellbeing is so much cooler than staring at your watch every five seconds to worry about pace. It also turns out that everyone in Tuscaloosa knows Kylie, my rider athlete, so during the entire run, people were shouting her name from the sidelines. And even people who didn't know her cheered her on enthusiastically.



Our team in the zone. Source: al.com.

So how exactly do you run while pushing a rider? Both Monk (my run partner) and I had never volunteered with Ainsley's before, so we used the first part of the race to figure out a system. We learned that it worked best to push with one hand for a while, letting one arm swing freely, and then switch sides so that both arms get equally worked. We settled into a system where each of us pushed simultaneously before switching and doing the same thing on opposite sides. But running up hills, it helped to use two hands to garner a little more power to overcome the steepness, so usually we would take turns tackling the hills.

How does Ainsley's recruit runners? I heard about the group from my friend Amy (below, middle), and she sent me the link to sign up: www.ainsleysangels.org/Ambassadors. Once I signed up as a volunteer, I registered for the race that was coming up on the calendar. The group's Alabama leader (Vera, who is the happiest person on earth) matched me with a runner and sent out updates and race-day instructions. If you know others who might be interested in volunteering, send them the link -- spread the word. Ainsley's Angels has groups across the country, but if you don't see a group listed in your area, you can volunteer as an ambassador to bring them to your area.



Some of the Birmingham angels post-race with Vera, who wins best race outfit!

How many rider athletes participate with Ainsley's? It depends on the number of volunteers. At the Tuscaloosa Half, we had five rider athletes and twelve runner athletes. Last year, the race had two riders, so they more than doubled their numbers in one year. Just think about the coolness that would happen if they did that every year. The more volunteers who have, the more riders who can participate -- simple as that. Oh, and simple as the area ambassador working her butt off to coordinate everything! Big thanks to our area coordinator, Vera, for doing a great job helping get us all to the start line and ready to go.



Our rider athletes and their runners at the start line.



On the run with our crews, a few minutes before the official race start.

How do you navigate through the crowd of runners? For the Tuscaloosa race, the race officials let our crews start a few minutes before the official race start time so that we could spread out and fall into a rhythm before the crowd hit the streets. The only part of the Tuscaloosa course that was hard to navigate at all was the narrow out-and-back, where one lane of traffic and divided it into two lanes of runners using cones. Unfortunately for Kylie, I managed to hit a few of those cones, but the second half of the course really spread out onto wide streets in some quaint neighborhoods, which were perfect for not feeling like we were pinballs getting shuffled around the race machine.



What will you see along the Tuscaloosa Half course? This is the third year of this race and the third course, so either they are perfecting it each year or trying to keep all you runners on your toes. Not literally, because you all know midfoot is best, right?

The course had some spectators but not many. After all, Tuscaloosa is a college town, and the race was awfully early for college students. We did see at least one group of rowdy college kids (I question whether they'd even been to sleep since the night before), but I expected more from T-town – with that many students, they should all be out there causing a scene (i.e. making it fun) at this race.



We ran behind and in front of the football stadium, for you Roll Tiders out there.



But my favorite part of the course was the quaint neighborhoods that we ran through after passing through campus and the downhill finish to the riverwalk that led to the start/finish line. It was a nice way to finish a course that started with some mild hills that didn't feel so mild at times.

My crew: I need to give one more shoutout to my crew for the day. Our rider athlete, Kylie, was the perfect partner for the day with her sweetness and excitement for racing. She loved when people shouted out her name and when songs with a good beat rotated through the playlist. She even provided her own speaker for the day for motivational race jams. And my run partner Monk was just as awesome as our rider. Considering that we met two seconds before the race and were going to be running together for 2-3 hours, I was so relieved that he was super cool and easy to talk to. I feel like I really lucked out with this team.



Vera (Kylie's mom and AL Ainsley's Angels ambassador), me, Monk, and Kylie.



My favorite team pic of the day. Post-race glow all around!

If you are like me and have reached a burnout on trying to PR out on the streets or are just looking for something to get excited about, please consider signing up to join an Ainsley's Angels team. At the finish, you will wonder why you haven't been doing this all along. I've had some tears at finish lines before, but I don't remember one where I just felt so much pure joy. Thank you, Kylie and Monk!

To find Ainsley's Angels of Alabama, visit www.ainsleysangels.org/Ambassadors. You will not regret it!



WE WANT YOU!

The BTC continues to grow! With more than 1200 members, we would love to have you more involved with your club. There are opportunities on the BTC Executive Committee and roles on individual committees.

If interested, send an email to:

president@birminghamtrackclub.com

CULTURE RELAY: CONNECT GIRLS AROUND THE WORLD

— by Tracey Abbott



“For Girls to run the world tomorrow, we have to connect them today”

At Culture Relay, we believe that a community of young women with strong physical, mental and moral strength can change the world. Culture Relay’s objectives are two-fold: First, it provides a platform to relay culture and health/fitness information between team members and second, it is a team-oriented relay race where participants collaborate towards the end goal of finishing a race by handing off a baton from girl to girl, and virtually from country to country.

Culture Relay’s mission is to create female leaders of tomorrow through a year-long program using running to teach leadership skills to high school girls. They connect in two ways: Classroom to classroom, connecting live one hour per week and one on one virtual pen pals, connecting a girl in the U.S. to a girl overseas.

- We partner with schools across the world to create a virtual classroom, from Birmingham to Kenya, Belize, Honduras, and Chile in 2015.
- We prepare girls to run the world by teaching them how to set goals, overcome challenges, develop grit, and get results.
- We train the girls to run a 10k together, using running as the common language to connect girls across the world.
- Once they cross the finish line, they exercise all they have learned on local projects approved by their business mentor.

We have two programs running this spring: one between Mountain Brook Junior High and Moi Girls School in Kaptagat, Kenya, and a second between Woodlawn and Chile (TBD for March 2015). Resolute Running coaches are donating their time to train our local Birmingham girls, and we have the support of Alabama Power as one of our local business partners.

We need the running community in Birmingham to get involved in one of 3 ways:

- 1) Join our NYC November 2015 Marathon team to raise funds for the charity (minimum is \$2500 for a VIP package with a guaranteed entry to the Marathon). Our 2014 team raised \$27,216 for our charity! Be a part of this official Community partnership, and help make a difference!
- 2) Volunteer to coach our girls in Birmingham, facilitate the after school classroom connections, or sign up your children’s school for this exciting program! The program is currently free to participants.
- 3) Donate directly at www.culturereley.org.

Culture Relay’s founder, Tracey Abbott, is an RRCA running coach who splits her time between NYC and Birmingham, where she graduated Homewood High School in 1993. She spoke about Culture Relay as the keynote speaker at the University of Alabama’s Sports symposium in February 2015, and she recently was a speaker at TEDx Birmingham on February 28, 2015. For more information about Culture Relay, contact her at traceyabbott@culturereley.org.

STAYING HYDRATED IN THE HEAT

Where to Find Water Along OTM Routes

As the weather turns warmer, hydration becomes even more important during longer runs. Several local businesses have been “staples” for BTC water stops over the years, but lately, area churches have begun welcoming runners as well.

St. Luke’s Episcopal Church in Mountain Brook was one of the first in the area to install a permanent water stop at the front of its property along Montrose Road – perhaps there’s some divine intervention at play, but on even the hottest days, water from the St. Luke’s cooler is some of the coldest around.

St. Peter’s Anglican Church on Montevallo Road recently installed a cooler in its courtyard for runners and walkers in the area. The church’s Rector, the Rev. Dr. Mark Quay, explained that St. Peter’s simply wanted to provide a space for the community to use and enjoy. In addition to water, the church even provides free guest wi-fi service in the courtyard (password: beourguest).

In addition to St. Luke’s and St. Peter’s, longtime BTC supporter Jack’s Shell in Crestline, and Tom and Jerry’s Chevron on Highland Avenue continue to provide water for runners, as does Trak Shak in Homewood and O’Henry’s at Brookwood Mall. Please thank these churches and businesses for making it easier for all of us to stay hydrated during our runs, and help keep these spaces clean by throwing away your cups, gel packets, etc.

Water stops are posted on the BTC’s website to assist you in planning routes at <http://birminghamtrackclub.com/over-the-mountain-water-stops.php>. If you know of other area water fountains or own a “runner friendly” business and want to host a permanent or seasonal water stop, please let the BTC know so we can update our lists.

Mountain Brook area water stops:

BTC water fountain on Jemison Trail
Crestline Elementary School playground water fountain
Jack’s Shell
Mountain Brook YMCA (just inside front door)
Mountain Brook Elementary School soccer fields water fountain
St. Luke’s Episcopal Church
St. Peter’s Anglican Church

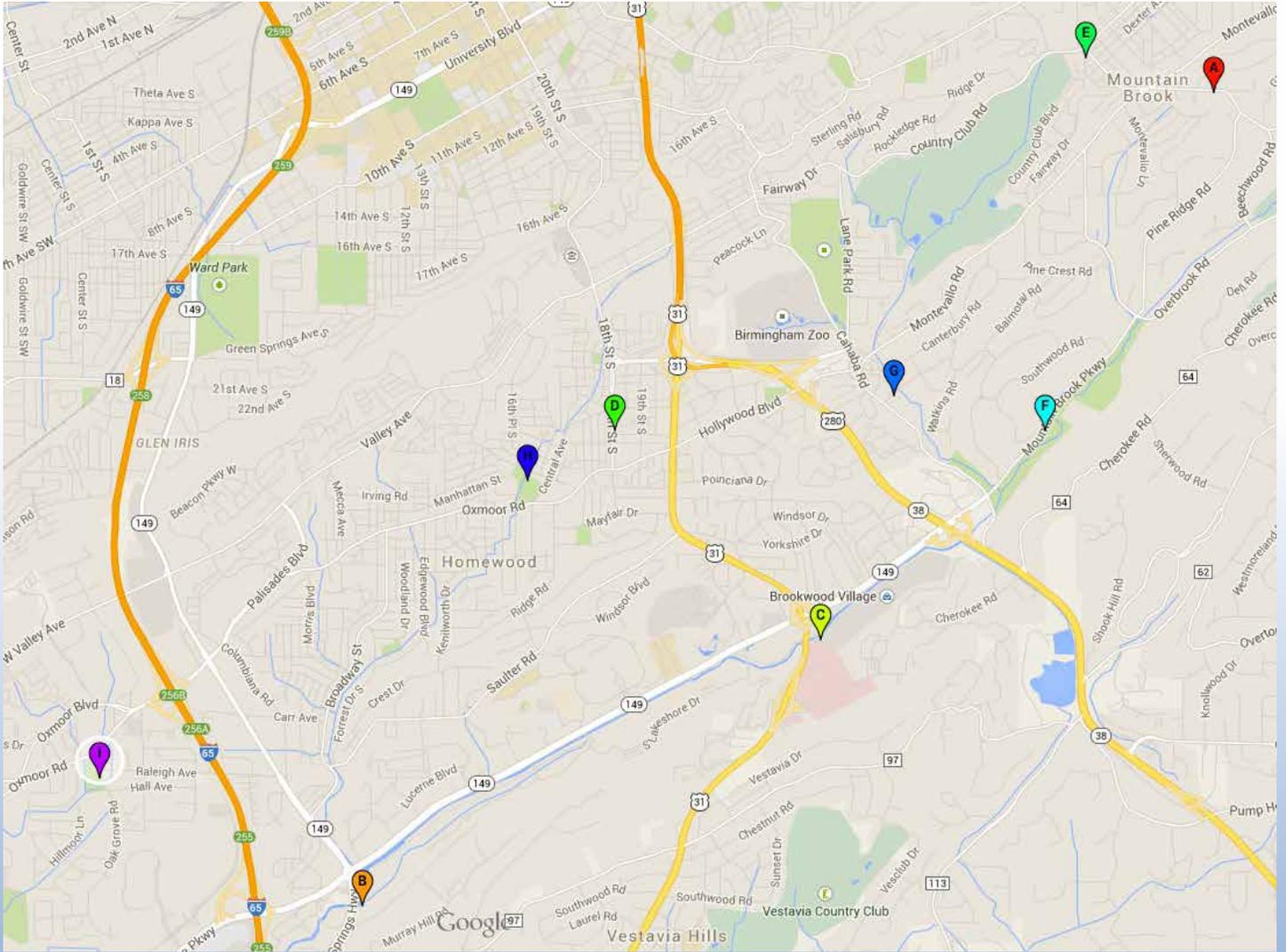
Homewood:

Homewood Central Park
Homewood Patriot Park
Lakeshore trail (both ends)
O’Henry’s at Brookwood Village (seasonal)
Shades Cahaba Elementary School playground water fountain
Trak Shak

Downtown/Southside:

Tom and Jerry’s Chevron on Highland Avenue
Railroad Park water fountains
Hallway outside Red Cat Coffee at Pepper Place (water fountains)

OVER THE MOUNTAIN WATER STOPS



SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*#TeamMRuns and BTC at Kings Chair
at Oak Mountain State Park
Front: Bill Woody and Suman Silwal
Middle: John Gash
Back: Bryan Meadows*



*Alison Hoover and Jim Hoover
at the Seaside Half Marathon,
Seaside Florida*



*BTC members at Seaside Half Marathon,
Seaside, Florida (Front [L to R]: Kim
Benner, Andi Crabtree, Diane Knight;
Back [L to R]: Blake Pearson, Jim Hoover,
Justin Kaplan, Alison Hoover, Jennifer
Andress, Pat Dell'Italia, Greg Knight, Janet
Lockett and Mary Scott Pearson)*



Enjoying the perfect weather during Tour de Breweries are: Kim Siegal (seated), Carol Thornburg, Karen West, Lisa Page and Donna Tucker



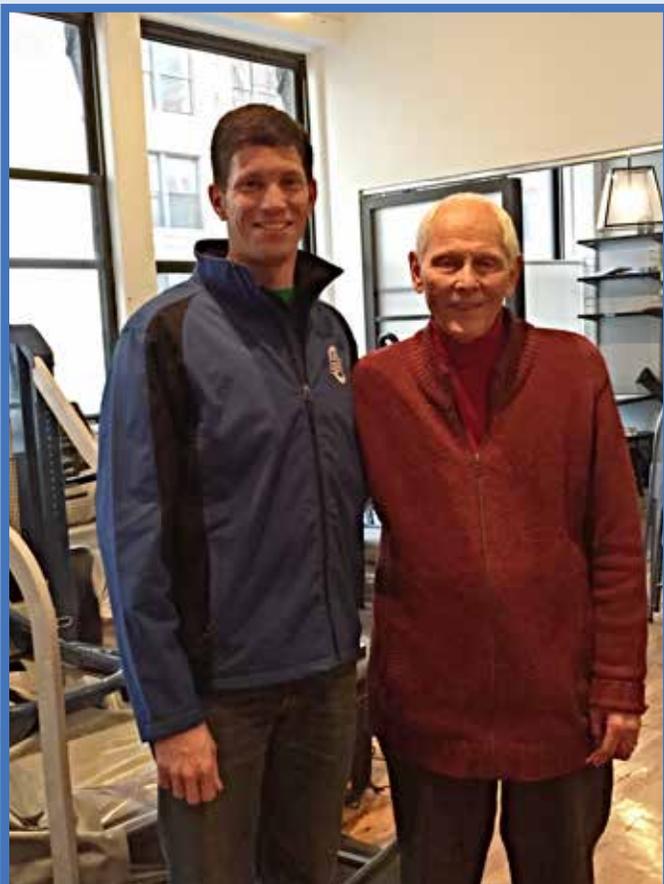
Dean Thornton representing the BTC in front of Camelback Mountain, Paradise Valley, Arizona

BTC Officers, Alan Hargrave and Monica Henley – age group award winners at the Perseverance 5K on March 14, 2015.





BTC members out for a Saturday long run pause for a group photo along Lakeshore Trail



BTC Webmaster Dean Thornton takes 2nd in his age group at the Perseverance 5K on March 14, 2015.



BTC President Alex Morrow with legendary coach Jack Daniels at a conference hosted by Coach Daniels on March 21, 2015 in NYC.



BTC members enjoying the view from King's Chair at Oak Mountain State Park (L to R: Lara Walters, Stacy Peterson, Joey Longoria, Clinton Colmenares, and Dean Thornton)

BTC Pride: Showing off their 1200 mile jackets during Shamrock Marathon Weekend, March 21, 2015 (Kevin Bokus and Lara Walters)





BTC member Joey Longoria and his BTC "legacy" at the Leprechaun Leap 5k, where Dad raced to a first place age group finish (March 20, 2015)



Will and John Andress enjoying Spring Break, BTC style, at Pioneer Plaza in Dallas, Texas

Show us where the BTC has taken you!
Email photos to: JPearce@ggh-law.com

EXTRAS

Thank you, Lululemon Athletica!

As a special benefit to BTC and BUTS members, Lululemon Athletica hosted a Sunday bRUNch on March 29, featuring exclusive discounts on Lululemon apparel and complimentary mimosas. The event provided members with a fun chance to shop, socialize, and plan our next runs.



Editor's Note: We inadvertently omitted Olivia Affuso's byline from last month's cover story profiling Girls on the Run. We appreciate her taking the time to show us how GOTR gives every girl a chance to be "Joyful, Healthy and Confident"!

JIU JITSU FOR RUNNERS?

—by *Tanya Slyvan*

Say what? Jiu-who? I know, I was the same way a few months ago.

Back in the fall, I took to my blog to whine about my various injuries, disappearing fitness level, and overall frustration. Enter Kate Pezzillo, Birmingham Track Club Volunteer Chair and her boyfriend Mario Santana. They both read my blog, and Kate suggested that I try some Brazilian Jiu Jitsu (BJJ) classes with Mario to burn off some steam and get back into shape.

I had never considered martial arts as a form of cross training. I knew that it was a good workout, but I had never seen myself as a “karate kid” type. Me, the world’s most accident-prone girl flipping bodies and putting people into choke holds? Nope. Plus, I didn’t quite see how it’d help my fitness as a runner. Boy was I wrong.

Mario teaches and trains at Spartan Fitness in Homewood. He’s been training there for the past five years and teaching for over two, so he really knows his stuff. The gym offers BJJ, Muay Thai, boxing, and MMA for all levels. They also do personal sessions—I worked with Mario for an hour and a half before taking a beginner BJJ class so that I wouldn’t make a complete fool of myself.

And it was awesome. Mario kicked my butt (literally), and I got one of the hardest workouts of my life! Here are ten reasons why you need to go try BJJ too:

Core strength—Like in running, a strong core is key for BJJ. Many times you’re in a closed hold with your hips in a bridge trying to break away from your opponent, and I can assure you that your abs are engaged and on fire the entire time.

Flexibility—Have you ever watched a BJJ match? YouTube one and then come back. Good? Did you see, there is a ton of flexibility needed! Whether you’re stretching your hip flexors while your legs are wrapped around your opponent’s back, or you’re engaging your back muscles while doing scorpions, all of the moves will translate into more flexibility on your runs.

Endurance—On easy runs, distance runners can go for miles without getting winded. But in BJJ, doing warm-ups across the mat or doing a 90-second match will leave you

panting, since you’re engaging different muscle groups. Which will help on future runs!

Acceptance of failure—You will get submitted many times in class, and you will get frustrated. But you need to bounce back quickly, because there’s always another match. The classes teach you how to channel that frustration and learn from your mistakes. Kind of like a bad race, eh?

Mind/body awareness—Every movement in BJJ is deliberate and meant to both keep you safe and harm (in a real-life situation) the other person. Channeling that awareness can translate into running as well—we need to always be conscious to keep our shoulders relaxed and core engaged, all while not tripping over our feet.

Self-defense—An attack can happen any time, anywhere. These classes are invaluable if the day ever comes when someone tries to take advantage of you.

Self-esteem—Knowing you can tackle an opponent, whether in a match or a race, is priceless.

Humility—”There is always someone better than you, and you will always be better than someone else. Which means, we’re always in a permanent state of learning and teaching,” Mario explained to me. Now, doesn’t that sound a bit like running?

Patience—Just like you don’t run a marathon after a week of training, you don’t master BJJ in one class. Ranking up in belts can take a decade or more, but imagine how much you’ll learn and achieve in that time?

Fun—As Mario said, “BJJ is designed for smaller people to beat larger, faster opponents. Your technique and intelligence play a large role during a sparring match...it’s like chess with bodies.” C’mon. How cool is that?

It’s hard for runners to leave their comfort zones and try something new—especially something as different as BJJ. But the physical and mental benefits vastly outweigh the initial awkwardness. So go ahead and try BJJ – it’ll make you a safer, stronger runner!

1200 MILE CLUB

If you signed up to participate in the 2015 1200 Mile Club, you'll receive a monthly email from 1200 Mile Club Coordinator, Ali Hoover, with a link to log the previous month's mileage. Good luck, and happy running!

Participant	Years	Total	Jan	Participant	Years	Total	Jan
Affuso, Olivia	3	133	133	Cliett, Stephanie	R	128	128
Alexander, S Rheagan	R	179	179	Clowers, Addison	R	93	93
Armstrong, Thomas	3	64	64	Coker, Leslie	R	145	145
Bailey, Leslie	1	174	174	Colpack, Chris	R	101	101
Bailey, Tut	R	78	78	Cooper, David	R	53	53
Baker, Mark	1	88	88	Cornelius, Jeff	R	101	101
Baker, Ryan	R	73	73	Corrin, LaRonda	R	115	115
Ballard, William	4	123	123	Corrin, Roger	1	75	75
Barry, Jenny	R	112	112	Cox, Damon	1	131	131
Bartee, Samm	R	59	59	Craig, Mary	R	148	148
Bartlett, Kari	1	93	93	Crawford, Drew	R	53	53
Beasley, Cathy	R	77	77	Creed, Brad	4	102	102
Beggs, Mark	R	3	3	Criswell, Katie	R		
Belcher, Michelle	2	54	54	Criswell, Mark	R		
Benner, Kim	2	101	101	Crumpton, Dan	2	67	67
Benson, Wayne	4	100	100	Davis, Kevin	R	82	82
Berg, Courtney	R	50	50	Davis, LaJuana	R	150	150
Berg, Dustin	R	134	134	Davis, Sarina	R		
Berthold, Jean-Philippe	R	72	72	DeBardeleben, Anne	R	125	125
Beury, Bridget	R	85	85	Dell'Italia, Pat	R	68	68
Bissell, Kim	R	131	131	Dill, Greg	1	48	48
Black, Dylan	R	107	107	DiMicco, Al	3	107	107
Blankenship, Barry	2	123	123	Douglas, Nelle	R	118	118
Bonatz, Ekkehard	6	271	271	Dunn, Wade	6	195	195
Bowman, Brian	R			Easterling, Natalie	R	59	59
Bowman, Leisha	R			Easterling, Tim	R	38	38
Brakhage, Victoria	R	114	114	Echols, Robert	R	30	30
Brown, Charlie	3	118	118	Edge, John	R	120	120
Brown, Michael	1	86	86	Edmonds, Maggie	R	35	35
Brown, Sean	1	105	105	Elrod, Stacey	R	130	130
Bryant, David	1	145	145	Estes, Jeff	R	112	112
Bunch, Bryan	R	68	68	Etchison, Nikki	R		
Bunch, Catherine	R	101	101	Evans, Debbie	1	153	153
Busby, Madeline	1	131	131	Fell, Amy	2	140	140
Byrd, David	R	50	50	Feller, Beth	1	94	94
Callahan, Rachel	R	108	108	Ferlitto, Cindy	R	6	6
Carroll, Chad	R	42	42	Fincher, Valerie	R	24	24
Carter, Adrienne	R	84	84	Fonteneau, Kira	R	107	107
Casey, Barry	1	106	106	Foust, Hannah	R	118	118
Caviedes, Octavio	1	61	61	Franklin, Shane	3	125	125
Chadha, Jennifer	R	126	126	Frederick, Winston	6	190	190
Chambers, Ron	R	197	197	Gant, Kelli	1	98	98
Chandler, Teresa	5	122	122	Ganus, Jack	7	89	89
Chiesa, Marco	R	63	63	Gaylor, Marcie	1	181	181
Christenberry, Kim	R			Gibson, Darrell	1	101	101
Clay, Brad	7	330	330	Gilbert, John	R	103	103
				Goode, Johnny	5	153	153

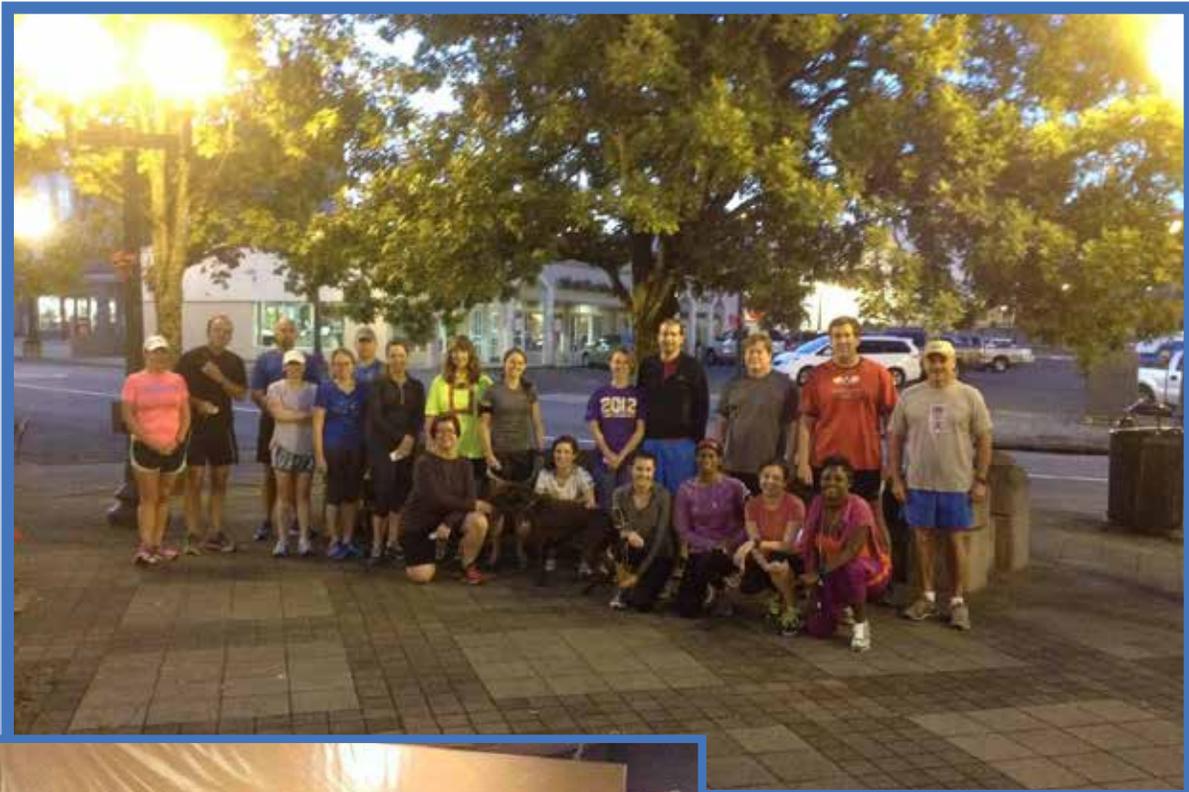
Gordon, Brittany	R			Krause, Casey	R	98	98
Greene, Michael	1	99	99	Langston, Aaron	R	90	90
Grice, Jenny	R	84	84	Langston, Richard	3	112	112
Grossmann, Christopher	4	85	85	Leopard, Don	R	150	150
Gullapalli, Satya	1	137	137	Lester, Treva	R	146	146
Haley, Jay	R	83	83	Lichlyter, Lee	R	125	125
Halperin, Dave	1	245	245	Lopez, Eric	R		
Hargrave, Alan	7	110	110	Losole, Liz	5	106	106
Harrelson, Heather	1	119	119	Love, Thomas	1	124	124
Harris Bowser, Javacia	R	40	40	Lyle, Randy	6	205	205
Harris, Robert	R	56	56	Lyles, Chris	R	89	89
Harrison, Lisa	3	121	121	Malec, Tim	R	133	133
Harvey, Gary	R	147	147	Malick, David	1		
Harvey, Gordon	R	171	171	Mason, Erin	R	110	110
Hathorne, Chad	R	123	123	Maughan, Kevin	R	174	174
Hayes, Mikal	R	137	137	McConnell, Kim	1	51	51
Heaton, Bryan	1	87	87	McCoy, Jabe	R	189	189
Henley, Monica	1	88	88	McKenna, Don	1	120	120
Henninger, Alison	R	115	115	McKenna, Regan	R	101	101
Hickerson, Patrick	3	98	98	Mcmahon, Mary Lee	1		
Hill, Quinn	R	105	105	McNair, Kelly	1	132	132
Hill, Susan	1	80	80	McTune, Mark	2		
Hill, Tucker	R	97	97	McVey, Simon	R	136	136
Hollett, Brett	R	163	163	McWilliams, Matthew	R	81	81
Honea, Todd	3	130	130	Meadows, Bryan	2		
Hoover, Alison	3	127	127	Merry, Vicki Sue	2	249	249
Hoover, Jim	R	110	110	Miller, Tracy	R	101	101
House, Beth	2	94	94	Millican, Randy	2	112	112
Housler, Philip	1	60	60	Millsap, Lanier	1	124	124
Hulcher, Alison	R			Mixon, Joshua	R	95	95
Hunt, Leslie	R	141	141	Mooney, Sylvia	R	28	28
Hyatt, Micheal	1	98	98	Moore, Robert	1	182	182
Ingle, Brandon	R	115	115	Morgan, Danielle	3	118	118
Izard, Georgia	R	150	150	Morgan, Phillip	5	144	144
Izard, Melody	R	133	133	Morris, Dewayne	1	128	128
Jackson, Kelly	R	17	17	Morris, Justin	1	110	110
Jenkins, Kaki	1	114	114	Morris, Matt	R	151	151
Johnson, Christy	R	12	12	Morrow, Alex	4	33	33
Johnston, Latta	R	118	118	Mothershed, Janie	1	69	69
Jones, Ira	2	123	123	Murchison, Reginald	1	191	191
Kane, Dawn	1	103	103	Murphy, Mandy	R		
Kane, Michael	1	76	76	Murray, Jason	1	87	87
Kaplan, Justin	R			Norris, Beth	1	115	115
Kelley, Robin	1	189	189	Northern, Kristie	5	116	116
Kemper, Tricia	R	104	104	Oehrlein, Kimberly	R	107	107
Kin, Nicholas	R	75	75	Opsomer, Lilians	R	43	43
Knight, Diane	R	66	66	Osborne, Kristen	R	74	74

Parks, Charlie	1	238	238	Sloane, Mike	R	109	109
Patlolla, Sandeep	R	53	53	Slocum, Brandon	R	146	146
Peagler, Shana	3	113	113	Smith, Jason	R	138	138
Pearce, Julie	4	44	44	Smith, Jerry	7	87	87
Pearson, Blake	1	142	142	Spurlock, Nivada	1	103	103
Pearson, Mary Scott	R			Stearns, David	7	101	101
Perry, Jeff	4	97	97	Stearns, Robert	R	91	91
Peters, Scott	R	160	160	Steely, Sonia	1	130	130
Pezeshkmehr, Megan	R	122	122	Stephenson, Amber	R	10	10
Pezzillo, Kate	1	48	48	Stockton, Rick	7	70	70
Pigford, Wells	R	65	65	Talley, Shellie	R	91	91
Plante, David	2	160	160	Taylor, Trey	1	35	35
Poole, Greg	1			Thomas, Eric	2	195	195
Porter, Michael	R			Thornton, Dean	3	125	125
Portwood, Paul	R	174	174	Tichnell, Josh	R	103	103
Powell, Tim	R	117	117	Tillery, Shaun	R	118	118
Prestridge, John	R	100	100	Traylor, Loren	R	102	102
Ralph, Meghan	R	102	102	Varnes, Vickie	1	197	197
Ramsey, Jamey	R	148	148	Vinson, Hope	R	78	78
Randall, Lisa	5	178	178	Wales, Kevin	R	101	101
Ratliff, Garnet	R	51	51	Walker, Caroline	R	104	104
Richardson, William	R	134	134	Wall, Ron	2	133	133
Roberie, Josh	R	107	107	Walters, Lara	1		
Roberson, Kevin	1	180	180	Warren, Tom	R	140	140
Roberts, Fletcher	R	85	85	Watkins, Janet	R	74	74
Roberts, Stephen	R	106	106	Watters, Robert	R	141	141
Robinson, Rod	R	89	89	Weber, Amy	R	97	97
Rocha, Roger	1	121	121	Weber, Lauren	R	15	15
Rodriguez, Angie	1	103	103	Weeks, Max	R	14	14
Rodriguez, Rick	R	54	54	Whately, Prince	7	234	234
Roper, Lynn	R			Whidden, Lisa	1	127	127
Rose, Billy	R	166	166	Whitt, Trey	2	108	108
Routman, Cynthia	R	65	65	Williams, Christopher	R	32	32
Rutledge, Lisa	R	120	120	Williamson, Chad	2	70	70
Sadler, Jason	R	108	108	Wilson, Teresa	1	118	118
Sarrett, Kemper	R	96	96	Windle, Dale	R	119	119
Schaefer, Todd	R	123	123	Woody, Bill	6	165	165
Secor, Debi	R	181	181	Wright, Sean	1	90	90
Self, Travis	R	117	117	Wu, Xing	5	132	132
Shaffield, Danny	1	182	182	York, Gary	1	132	132
Shaffield, Mitzi	R	49	49	Young, Alyse	R	102	102
Shaw, John	R	93	93	Zehnder, Justin	5	169	169
Shinn, Ronald	4	101	101	Zimlich, Kimberly	R	100	100
Shirley, Scott	1	159	159				
Simmons, Kelly	R						
Simpson, Kevin	1	195	195				
Sims, Robert	1	107	107				

Saturday Morning Moderate Runs

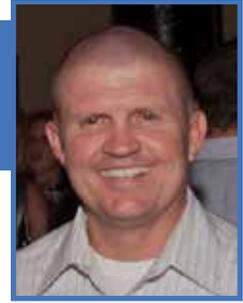
Find us on FB or email Mark Criswell
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for more information

JOIN US!



RUNNING RAMBLINGS

— by Randy Lyle



Quotes

“Seek opportunities to show you care. The smallest gestures often make the biggest difference.”

~ **John Wooden (1910-2010), American basketball player and coach who won ten NCAA national championships in a twelve-year period as coach at UCLA**

“Athletes need to enjoy their training. They don’t enjoy going down to the track with a coach making them do repetitions until they’re exhausted. From enjoyment comes the will to win.”

~ **Arthur Lydiard (1917-2004), New Zealand runner and athletics coach**

“What makes a good coach? Complete dedication.”

~ **George Halas (1895-1983), player, coach owner and pioneer in American football who was the iconic founder and owner of the Chicago Bears**

“Coaching is a profession of love. You can’t coach people unless you love them.”

~ **Eddie Robinson (1919-2007), American football coach who is the second winningest coach in NCAA Division I history and third winningest coach overall**

“The interesting thing about coaching is that you have to trouble the comfortable, and comfort the troubled.”

~ **Ric Charlesworth, sports and performance consultant and a former first-class cricketer and field hockey player and coach**

“To be as good as it can be, a team has to buy into what you as the coach are doing. They have to feel you’re a part of them and they’re a part of you.”

~ **Bobby Knight, retired American basketball coach who won 902 NCAA Division I men’s college basketball games, the most all-time at the time of his retirement and currently second all-time**

“A common mistake among those who work in sport is spending a disproportional amount of time on “x’s and o’s” as compared to time spent learning about people.”

~ **Mike Krzyzewski, American basketball coach and former player who has the most coaching wins in NCAA Division I men’s basketball history**

Ramblings

What Makes a Great Running Coach?

Source: <http://www.runnersworld.com/race-training/what-makes-a-great-coach> (originally published July 30, 2013)

Our club is a member organization under the Road Runners Club of America (RRCA). The RRCA offers coaching certification courses at select locations around the country. We have several members of our running community who coach runners, and most of those coaches have earned this certification. That is a great benefit to the runners in our area. But, taking a certification course and passing the test does not automatically make someone a good coach.

None of us wants to pay someone to coach us only to find out that the coach we selected is not as good of a coach as we expected, or that he or she claimed to be. So how do we know if the person we hire is a good, or better yet, a great, coach? I found an article by Greg McMillan, Founder and Head Coach at McMillan Running Company, Inc., that provided some useful information. McMillan is highly regarded in the running community and offers a variety of online resources for distance runners. In this article, he describes what he has learned from a number of “truly great coaches.” He notes that each coach has his or her own style – from militaristic to more Zen, but all deeply care about their athletes. He also notes that their training programs are as varied as their personalities. After spending time with a number of these great coaches (Arthur Lydiard, David Martin and Joe Vigil), McMillan notes a number of lessons these coaches taught him:

FOLLOW THE FUNDAMENTALS

As is true with all sports, running has fundamentals. Great coaches hold to a few principles that have been proven over time. First, all believe in gradual progression in the stress (mileage and workouts) on the athlete. The best coaches know that it takes time, a lot of time, to build the athlete. There is no thought of instant gratification with these coaches. Second, they know that basic fitness

is the base on which fast racing sits. Each uses the bulk of the year for preparatory training so that the athlete is ready for the race-specific training that leads to peak performance. Third, great coaches hold to Lydiard's "train, don't strain" mantra. They spend more time holding their athletes back in training than they do pushing them to exhaustion.

EXPERIMENT OF ONE

Talented coaches recognize that each athlete is an experiment of one. They are masters at adapting a training program to fit the individual. Lydiard is considered a genius at figuring out the subtle differences between athletes, which sometimes led him to different recommendations for athletes who otherwise seemed similar. McMillan notes that "Great coaches seem to have this ability to see past the training plan and into the athlete. They seem to care more about 'How did you feel?' than 'What was your time?'"

PLAN FITNESS DEVELOPMENT

Great coaches do not try to get the athlete as fit as possible as quickly as possible. Rather than looking for instant results, great coaches plan their athlete's fitness development across his entire training cycle, often holding him back so he will not peak too soon. The best coaches control the fitness buildup until the last, precise moment – the goal race.

MENTAL MASTERS

McMillan also discusses an often undervalued component of performance: the athlete's mental state. He notes that "Performance is a collection of numerous variables, but all great coaches are able to maximize one: the mental state of the athlete." While each coach may take a different approach, the end result is the same – "the athlete is ready for anything and everything and willingly goes outside his or her comfort zone." Coach Joe Vigil did not celebrate when his athlete, Deena Kastor, won the U.S. cross country championship early in her work with him. After she beat the best in the U.S., he told her that he would not pat her on the back until she could beat the best in the world. Vigil knew Kastor would respond to this approach, and she did. Together, they turned women's distance running around in the U.S. This hard-nosed approach worked wonders for Kastor, but it might have had a devastating effect on others. Great coaches know how to tell the difference and how best to motivate their athletes for peak performance.

Missing the Mark

McMillan also cautions about two common approaches taken by the not-so-great coaches.

1. Including heavy race-specific training throughout the training plan.

While many athletes come to a coach with the idea of running a specific race or achieving a specific time goal, race-specific training shouldn't be a primary, long-term focus for the coach and his athlete. McMillan acknowledges that "The idea of specificity lures some coaches into including too much of it across the training plan[,]” rather than building basic fitness. While runners tend to gravitate to this type of instant gratification because they get fit quickly, the long-term result often is that they peak early and reach a quick plateau in their performance. Watch out for coaches whose athletes have a history of plateaus.

2. Trying to force fitness instead of letting it come naturally.

Great coaches know that an athlete's fitness builds at its own pace. Poor coaches try to force fitness gains, to the athlete's detriment -- these coaches push their athletes to exhaustion on a frequent basis. This approach does not work, and it is not in the best interest of the runner. Beware of coaches who push their athletes more often than they hold them back. And as McMillan says, "Leave the throwing up after each workout to the football players."

The Birmingham area is fortunate to have a number of certified running coaches whose approaches may vary. Some running coaches in other areas also offer online or "virtual" coaching. Personally, I have trained with the same coach since 2008, when I started running through a couch to 5K program. His approach works well for me. If you are in the market for a running coach, ask for recommendations from other runners, and talk to runners who have trained with him or her to find out about their experiences. Interview the coaches to find one whose style suits yours and whose approach takes into account the principles McMillan advocates. Running coaches certified by RRCA are listed by state on the RRCA website, www.rrca.org.

MEMBERSHIP DATABASE UPDATES

This is just a friendly reminder that the BTC membership database is completely online and hosted by RunSignUp. From time to time, we receive emails from members asking us to update member information. While it is possible for us to do that, as our club continues to grow, it is easier and more efficient for members to log in to RunSignUp to edit their own profiles. This is especially true if your email address changes – we don't want a delay to keep you from staying up-to-date on all of the BTC happenings! All communication to our members relies on the information contained in the online database, so please help us keep it current.

And while we're on the subject of the membership database, we are getting a few questions lately about membership cards, so it's time to remind everyone that membership cards are no longer mailed. Membership cards are available at any time within RunSignUp. Just follow the instructions below to access or print your card:

Printing Your Membership Card

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

Claiming Your Account

If you don't see your BTC membership listed, you may not have linked your membership to your RunSignUp account. If that is the case, go to this link to claim your account: <https://runsignup.com/ClaimAccounts>.

BTC MINUTES

March 02, 2014

1. Approval of last month's minutes

2. AHR Recap – Allison Stone

- a. 257 registered for 2015; 200 for 2014
- b. Expecting a profit

3. Mercedes Recap – Kate / Alex

- a. Successful weekend in sales and good exposure for the BTC
- b. 45 s2s registrations from the Expo.
- c. \$2059 revenue – membership, race series, and s2s

4. Perseverance 5K – Alex / Jennifer

- a. BTC tent at the finish line
- b. Discount for members for race registration
- c. Mod and long run will start and end there
- d. Josh Cox will be the highlight
- e. No out-of-pocket costs for BTC
- f. Cover story in the newsletter
- g. Ad in this month's newsletter
- h. Using run sign up
- i. Race benefits Dawson Kid's Connection

5. S2S Update – Judy Loo

- a. 45 registered from MM Expo, 5 from BUTS
- b. Special shirt for BUTS (S2S2S)
- c. Cut-off is March 13 for BUTS S2S2S registration to be guaranteed a shirt
- d. 222 total registrants to date, including race series
- e. Working on new medals
- f. Certifying course – Jeremy (\$500.00)
- g. Permits have been submitted
- h. 5 buses reserved; do we need 6? Each bus holds 48; cost per bus: \$340.00
- i. Call in to infinity to see if we can use parking deck
- j. Still working on sponsors – confirmed: animal clinic
- k. Finish line change – need to get people off the street
- l. Request to use the new park was denied
- m. Race series: two different tables for race series registrants and s2s only registrants
- n. 2013 Expenditure– \$11,454; 2014 Expenditure– \$13,515; 2013 Revenue – \$15,112; 2014 Revenue - \$18,971; 2015 budget proposal - \$14,000; requested: \$15,000
- o. Line itemization has been requested prior to budget approval.
- p. Race Joy (a part of run sign-up) allows live mobile tracking

6. Race Series update – Alex

- a. 177 participants (+41)- \$9765.00 – grossing
- b. Membership is #1 revenue generator
- c. Blast an email to people who ran Adam's Heart but are not race series participants offering them one last opportunity to sign up for RS (coupon code)

7. Rotary Trail – Jennifer

- a. Downtown trail on 1st Avenue South
- b. BTC, in conjunction with Arthur Black's family, are proposing to donate a piece of permanent art work that will be displayed along the trail; tie in the past and the future

c. Iron or steel statue of runner (ideas suggested)

8. Membership Update – Olivia

- a. 1250 members to date
- b. 1500 - goal
- c. 983 memberships
- d. Should we reach out to expired members with a letter? Mail-merge
- i. Cost? ~ a membership/month
- e. Do we get bounce backs?
- f. Members get 3 emails regarding membership expiration: 30 days, 7 days, day of
- g. Automatic renewal? Not something we can do through Run Sign-up
- h. Member referral program
- i. Incentive to members who bring in a new member: race coupon, free month membership or extended

9. Financial Update – Leslie

- a. Income was down from year's past
- b. Still getting organized
- c. Handout does not reflect Mercedes
- d. Expenses have grown in parties
- e. Merchandise was down
- f. Refer to handout
- g. Goal is to rid of miscellaneous line item
- h. Cannot separate or differentiate 'square' swipes
- i. Square does have the ability to itemize
- j. Tell Dean all of the conceivable expenses and he will program square
- k. Prebuilt with the upcharge

10. Andrew Nuckol's Retainer Need Vote?

- a. done

11. Merchandise – Hannah

- a. New LS tech shirt for MM – 18 of 38 (sell for - \$20.00 / \$16.00 – cost of shirts)
- b. Looking at new summer merchandise; hats, singlets
- c. Alex has requested a merchandise budget – profit goes into investment for BTC; find a revenue generator to invest profit (savings)
- d. Look at 2012 to help establish budget
- e. On-line store – now that Hannah has inventory she has the capability to do this; option to mail at a set postage price (tax implications)

12. Social / Sponsorship – Katherine / Hannah

- a. Katherine will now be handling sponsorships –she will be streamlining this process
 - i. Sponsorship options
 1. smaller socials – opportunity for one vendor
 - a. ~\$300.00 to cover food
 - b. Door prizes covered by vendor
 2. larger socials – opportunity for multiple vendors due to higher costs
 - a. ~\$1200.00
 - b. April, June, August
 3. Races (our 4 signature races)
 - a. Sponsor levels: Bronze, Silver and Gold
 - ii. Work with Kemper for member benefits
 - iii. Work with race directors
 - iv. Run sign up can include sponsorship logo
- b. Socials – joint partnership (Katherine and Hannah)
 - i. Hannah will handle small socials
 1. April 11 – Overton Park (confirmed)
 - a. Parking? – Jewish Center?; neighborhood; coordinating with the fire station; magic muffins: breakfast

2. July – Peavine; August – small social; October 31 – Halloween social; December – Holiday social

ii. Katherine will oversee bigger socials (June – Barron’s; September – Vulcan promotion)

13. Baron’s Night – Katherine

- a. June 13 confirmed
- b. 2 kegs from GP
- c. Promote Peavine Falls race

14. Secure Online / email addresses – Alan

- a. Refer to document
- b. Gives us control of our emails
- c. It’s a gmail address
- d. Gmail app manages accounts
- e. Storage –
- f. Webmaster and President will have access to account
- g. Professionalism
- i. All EC will have email addresses
 - ii. Stores and save all documents – agendas, minutes
- h. Run sign up is a secure browser because we embed it
 - i. We can secure the site, but we’re comfortable operating business as usual

15. 7 Bridges – Alex / Monica

- a. Fall Race?

16. BTC Finish Line Crew – Alex

- a. Tonya, Scott and Darrel will be the Finish Line Crew
- b. They will have their own merchandise and they will recruit others

17. USATF – Charles Thompson

- a. The BTC has been a member for over 30 years. Our \$50.00 member fee is due. Approved.

18. RRCA Convention – Leslie

- a. Convention is in Iowa this year.
- b. Proposed for a \$1000.00 budget

19. Date of next meeting – Alex

- a. April 13, 2015

