

THIS ISSUE | PRESIDENTS MESSAGE: 5 | DIRTY RUNNING: 9 | 1200 MILE: 23
PLAYLIST: 7 | NON RUNNERS DON'T GET IT: 11 | TIDBITS: 29

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WHERE RUNNERS ARE FORGED



THE VULCAN RUNNER

DECEMBER 2013

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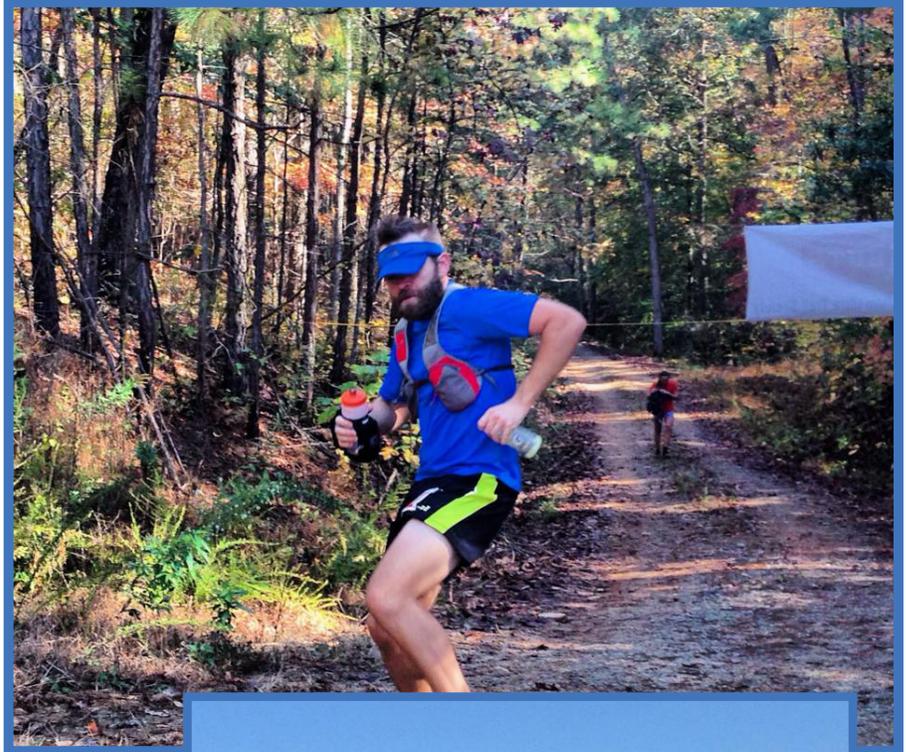
Pinhoti

the race
the runners
the journey

-Continued on Page 2-

As runners, we continuously try to push our limits. For some, it's increasing their weekly mileage. For others, it maybe running a marathon or even an ultra-marathon for the first time. For trail runners, the idea of forward, continuous progress is paramount. Inspired to conquer an incredible feat, more than 200 runners signed up for the Pinhoti 100 mile Ultra-marathon.

The early November race took athletes through the Talladega National Forest, which is known for its scenic views. The race began in Heflin, Alabama and ended at the Sylacauga High School football stadium. Months of scheduled training runs, carefully planned diets and the selection of a "crew" culminated with a 6 a.m. start time and 100 miles of trails, service roads and beauty ahead.



"The experience was exactly how you'd expect. Exciting, exhausting and completely gratifying," said Greg Wingo, who finished the race with his 5-year-old son by his side.

The runners encountered everything you would imagine in 100 miles of trail running. Exhaustion, dehydration, even snakes were commonplace on the heavily-forested course. Miles into the race, some runners even reported hallucinating. The risks were high and the dangers real for those running such a long distance, but the athletes knew what they had signed up for prior to the event.

"Nothing ever goes to plan, " said Jonathan Bergeron, one participant who was forced to end his journey after experiencing medical complications at mile 65.

The challenge of 100 miles, however, was made somewhat easier thanks to dozens of volunteers, including men and women who offered to run along with the athletes at various sections of the course.

"Once daylight fell and the headlamps were turned on, things changed within me," said Joel Maxwell, explaining his experience as a pacer for Jonathan Bergeron. "I felt like anyone can run during the day time, but at night, he [Bergeron] is more vulnerable to get hurt, lost, and quit. It was my job to get him to aid station 12 safely."



A total of 18 aid stations placed throughout the course were vital to the success of the runners as each provided runners with not only encouragement, but hot meals, fluids, and even a familiar face or a stranger cheering them on.

“To be able to legitimately help hundreds of runners achieve such a huge goal is really special. I’ve seen some great aid stations at races I’ve run in the past and I know how much they can help a runner both physically and mentally,” said Kyle Stichtenoth, who coordinated the Birmingham Ultra Trail Society’s two designated aid stations.

“It was awesome having so many friends out there running, crewing & volunteering,” said Vanessa Stroud, who finished the race.

A majority of the runners were on their feet for more than 24 hours, desperately putting one foot in front of the next. Many made it to the finish line battered and bruised while others ended their journey well before being welcomed at the stadium by a gathering of cheerful spectators. In the end, everyone walked away from the Pinhoti 100-mile race with a valuable lesson: Sometimes you have to move one foot in

front of the next, no matter what happens.

“There’s no point in running a race if you’re not embracing the beauty of the journey. My miles may have fallen short but after my bruised ego stopped internally whining about it, I realized the views, people, and adventure were more than I could have ever asked for,” said Bergeron.

— *Larry Miller*



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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



Happy December, BTC!

Can you believe 2013 is about to come to a close? We had a HUGE November at the BTC, and we are now planning our year-end activities.

This year's Vulcan Run was an amazing day, and we had our biggest crowd in over 6 years! Thanks to Race Director Danny Haralson, Assistant Race Director Tim Roberts, and those that volunteered their time to make this day go as smoothly as possible! Thanks to our sponsors Trak Shak, Truitt Insurance, and Eskridge & White, and to our food vendors Waffle House and Coca-Cola. Thanks to our three BTC coaches that provided free training to our members: Danny Haralson, Alex Morrow and Kile Putman. And thanks most importantly to you, our Vulcan Runners! Because of your support, we were able to give a wonderful donation to one of our favorite charities, Girls on the Run. And because of your support of our "Get Out of My Vulcan Way" shirts, we gave a large donation to the Vulcan Park Foundation to construct a connector trail between the Park and the Vulcan Trail down below. Stay tuned for details on a ribbon-cutting at Vulcan Park sometime in the first half of 2014!

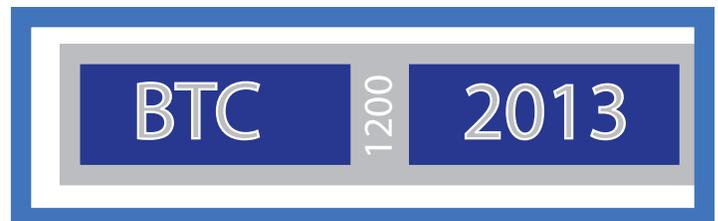
November's Magic City Half Marathon was also a busy morning for the BTC. We once again manned a rocking water stop, captained by Kile Putman, and hung out at the finish line to award a medal and a Finisher's Shirt to those completing the Triple Crown Half-Marathon Challenge. BTC volunteer Chris Zenker and I had a lot of fun meeting each of you. We particularly loved seeing Mario Santana and Katherine Pezzillo. They brought their medals from the other 2 races (Talladega 21000 and Montgomery Half-Marathon) and we took a picture of them with their FOUR medals they had earned! Look for their picture in this newsletter, and look for this popular program to return in 2014.

This month will be a busy one as well. We will have a Saturday morning Long Run social on December 14 from Alabama Outdoors, so mark your calendars for that. And be sure to join us on December 28 for the 2013 Resolution Run at Red Mountain Park. BTC will once again be joining forces with Trak Shak and the Friends of Red Mountain Park to offer a fun morning and a great way to bring 2013 to a close and kick off 2014. We will offer several distances for running the trails, so all are welcome. Your donation is not required to participate, but it will guarantee you a Resolution Run shirt, and it directly benefits this wonderful park!

We are also busy planning our BTC End of the Year Party. Stay tuned for details to come, but this year's party is going to be fantastic! We are working hard to bring you a unique and fun night out. We will have our customary Annual Meeting

at the beginning of the party. If you remember from earlier this year, we will be voting to approve the amended by-laws presented by BTC Past President Brad Clay. Those proposed by-laws can be found on our website, and feel free to email me with any questions- president@birminghamtrackclub.com. This is also the time we present our annual service awards: the Randy Johnson/Danny Haralson Award for Outstanding New Member and the Arthur Black/Rick Melanson Award for Most Outstanding Member. If you have any members you would like to nominate for these awards, please email me at president@birminghamtrackclub.com.

It is at our End of the Year Party that we award the new 1200 Mile Club finishers with their jackets proclaiming their accomplishment. This year they will be receiving a brand new jacket, voted on by you, our members! If you have achieved this milestone in the past, and would like to purchase one of our new jackets, please visit our website or see the ad in this newsletter for details on how to order your jacket. You must place your order before December 20 in order to receive your jacket at the End of the Year Party. All those achieving the 1200 Mile distinction for 2013 will receive the following patch for their jackets:



Thanks to Michele Parr and Alison Hoover for their work on this project!

Lastly, mark your calendars for February 8 for the Adam's Heart Run 10 mile, 10km and 5km races. Race Director Burt Chandler is already planning our first race in the 2014 BTC Races Series. Speaking of the 2014 Race Series, we will once again be offering BTC members a greatly reduced rate to sign up for all 4 BTC races (Adam's Heart, Statue 2 Statue 15km, Peavine Falls and Vulcan Run 10km). For \$65 you receive entry into all four races plus a 2014 Races Series shirt!

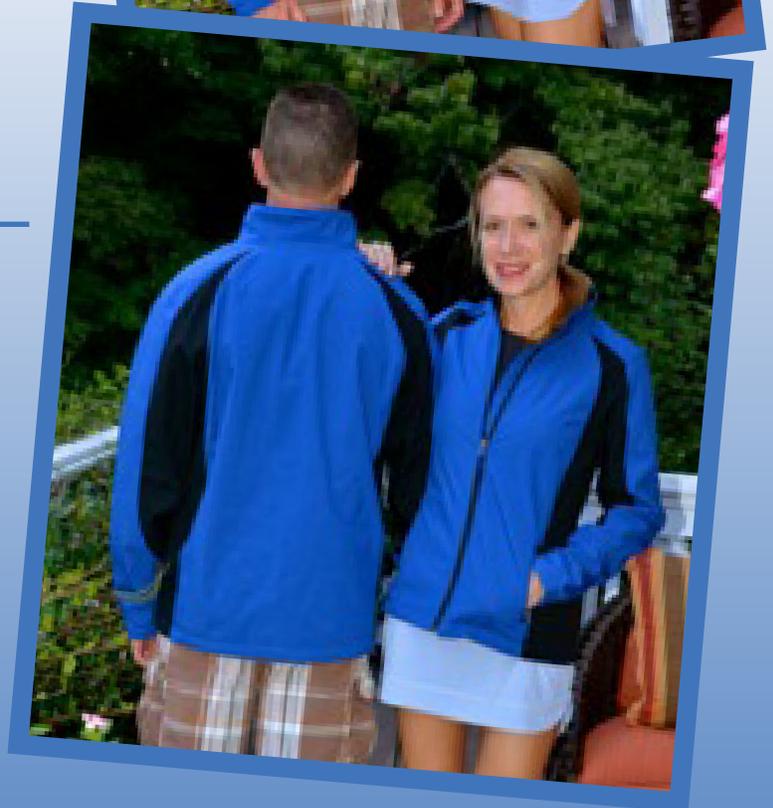
So as you can see we are always striving to bring you a better BTC. Please let us know how we are doing-- we love hearing from our members! Thank you for a wonderful year, and I look forward to seeing you at one of our next events!

1200 MILE CLUB MEMBERS!

If you have achieved the 1200 Mile Club in previous years and would like to order one of our **NEW** jackets, here is your opportunity!

Please select your size and whether you prefer a Men's or Women's jacket! These great jackets with fleece on the inside are **only \$50** (\$53.75 after handling fees are added). They will be available at the **End of the Year Party**, but you have to order by **Dec. 20!**

ORDER HERE



PLAYLIST

—By Kile Putman

Rest

Song: Ain't No Rest for the Wicked

Artist: Cage the Elephant

Composer: Matt Shultz

Label: Relentless

Format: CD

Released: June 2008

Genre: Rock

Style: Alternative, Rap Rock

“Oh no I can't slow down,
I can't hold back
Though you know, I wish, I could,
Oh no there ain't no rest for the
wicked...”

Running can become overly structured and automatic over time; you have to stop moving to fully appreciate the activity. You have to slow down, you have to hold back. You can't run and think about running all the time. There are times when it is advantageous to slow down, rest and regenerate. More than occasional rest day on the schedule a longer period of recovery, perhaps a week or more, is needed.

Noted coach Alberto Salazar gives his athletes two weeks off at the end of each season. Twice each year Galen Rupp and Mo Farah- both Olympic medalist- and their teammates take off with no running or other structured physical activity. Many other professional distance runners take time away from the sport.

While your extended recovery does not have to coincide with this time of the year, the holidays are a great time away from the sport. You will be able to enjoy the parties without the fear of tearing down your training cycle. Perhaps you completed a fall marathon and are already in recovery mode making the time right. The end of the year is the time to begin thinking of the next season for the next year and you can substitute the time off the roads for goal setting and planning.

If not during the holidays, vacation time is a great break from running. As you travel, enjoy the scenery and bask in the local flavor. Enjoy eating local foods without the worry of a calorie count. Even the Kenyan marathoners rebuild fat stores during their time off. Make your road trip a vacation from running without the hassles of finding a safe path in an unknown land.

In your time away from running participation in other physical activity can be a substitute. You may have always wanted to attempt rock climbing or surfing or another outdoor sport. Without the time commitment of running each day you will have ample time on your schedule to plug in exciting alternative activities.

Don't worry, you will lose fitness. Studies by E. F. Coyle et al show there is very little loss of VO2 max during first 10 days of non-activity. After 14 days there is only a 6% loss of VO2 max for the typical runner. A 20 minute 5K runner has a VO2max of 49.81 ml/kg/min (estimated). After two weeks without running, the 6% reduction of the VO2 max lowers the number to 46.83. The 20 minute flat 5K example is now in 21:05 shape, according to most estimates.

After your time away come back mentally and physically recharged, refocused and ready to run. I suggest starting

back without a watch but with uninhibited, relaxed running. Get into your base phase of training and lay a solid foundation for another successful season.

Kile Putman warns that runners should be aware of their surroundings with a low volume when running with music. A USATF Level 2 certified Track and Field coach; he can be contacted at kputman@bellsouth.net for personalized instruction.

RUN ROAD RACES TO GO FASTER ON TRAILS

—David Tosh

Those of you that know me are going to think I have lost my mind. No one I know is more fanatical about trail running than I am, yet, here I am extolling the virtues of road racing. What's the deal? Well, part of the reason for my passion for the trails is the 30 years that I ran and raced on roads and nothing else. Add to that the 12 years I ran roads before I ever ran an actual road race and well, that's a lot of "pounding pavement." I had just lost all interest in road races and running trails revived my love of running.

As much as I hate to admit it, there are real benefits for trail runners on those hard, ugly roads. In a word, speed. All you have to do is compare your 10K or Marathon road race time to the same distance on trails. (Flat, smooth running trails like Jemison Park or Veteran's Park by Spain Park High School do not count, at least the section around the lakes.)

There is a major difference in the way you run on trails like Oak Mountain. You slow down or walk up hills, you slow down on technical sections and even have to hold back on tricky descents. Most of us back off our pace when we start to feel too tired. Is pace a word that can even be applied to trail running? Take a look at a GPS record of the run I did measuring the 25 mile loop to be used in the Lake Martin 100. The top image is the pace chart and the bottom image is the elevation profile. I wouldn't call that "a pace."

I ran the Montclair Run Thanksgiving day. I did not

record my splits but I would bet my pace didn't vary more than a few seconds per mile with the exception of mile 4 to 5. Road running teaches you three important skills. One, it teaches you how to hold a pace all the way through a race and as we all know that is really tough the last 1/3 of any race, no matter how



short. I should say "hold a constant effort" because on hilly road courses like we have here in Birmingham, holding pace is not always an option. Do any of you hold the same pace in Statue to Statue going up Stone River that you run headed down to the finish? Two, you learn a sense of energy usage vs. energy reserves available. And finally, you learn you can run at a faster pace than you think you can.

Pace: We all want to run our races as fast as we are

capable of. It is just as bad to get to the end and realize you can sprint the 200 yards as it is to totally die a few 100 yards from the finish and have to almost walk in. In both cases you will not finish as fast as you could have run the race. We have all seen someone fly through the finish and I always think “They ran the race too slow, must be a beginner.” About the only way you can learn that point between too fast and too slow is by racing on roads. When I am not able to speed up at all those last few hundred yards or maybe even slow just a bit, I feel like I ran at the optimal pace/effort.

Energy Usage: Your body is like an electric car. If you go too fast you run out of power pretty quickly and when your power is gone your pace is reduced to a crawl. Road racing teaches you to judge just how far you can go at a given pace or given effort. It may take several years, but you develop a sense of how fast you are burning up your energy reserves. By adding additional energy sources (GU’s and Gel’s and carb drinks) you can recharge your battery, to a point, and, like the Energizer Bunny, keep on going.

The third benefit you gain from road racing is that you learn to run faster than you think you can run. I doubt that any of us run our training runs as fast as we race. Many of you do some “speed work” each week in your training program. This makes your body comfortable with a faster pace than your “comfortable” pace. I started running intervals back in 1978 to improve my 10K speed. I would go to a local track and run 440s (400 meter) laps slightly faster than I wanted to run my 10K race. It is not a fun workout but it does accomplish its intended purpose. Road racing is interval training or Trail Runners. Marathons are the perfect interval training for 50 and 100 mile races.

The trail runner will really benefit from running some road races. You learn a better sense of pace and energy usage and perhaps most important, you become more comfortable with speed. If you never ran road races before starting running trails, you should sign up for several road races each year to improve your trail skills. If you, like me, run mostly trails those road races help revive those old skills. If you are primarily a road runner then throw in an occasional trail race just for fun. As the saying goes, “Variety is the spice of life.” Running a few road races will add a little spice to your trail running.

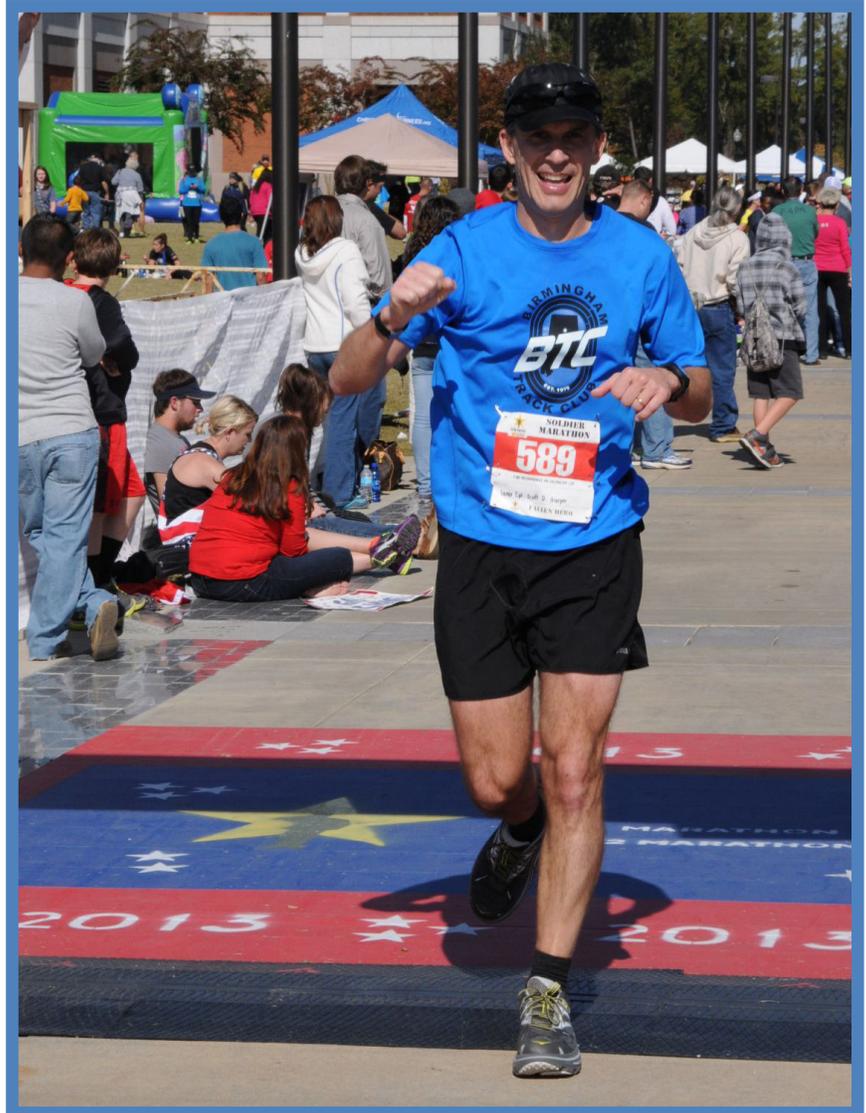
Non-Runners Don't Get It... But That's Important To Remember

—by Dean Thornton

Most readers of the Vulcan Runner will have read by now the recent opinion piece in the Wall Street Journal by Chad Stafko entitled, “OK, You’re a Runner. Get Over It.” The tagline of his article states the thesis of his piece: “Running a marathon is hard enough without patting yourself on the back every step of the way.” This article has been passed around the country by indignant and often irate runners by e-mail, through social media, and on countless blogs. Many runners have lashed out at Mr. Stafko. A few more patient running advocates have invited him to join the running culture hoping to change his somewhat bitter tone. With apologies to the Bard, I come not to bury Mr. Stafko, but to understand him.

One of the premises of his piece is that runners do what they do in order to draw attention to themselves and their accomplishments. Stickers bearing the numbers 26.2 and 13.1 or t-shirts bearing the name of some completed race serve to announce to everyone that, “I am a runner. Look at me!” Mr. Stafko is even annoyed by the mere sight of runners out on the street. Their very presence, and possibly their very existence, is enough to, well, cause him to write to the Wall Street Journal out of frustration.

I am not going to go through a point-by-point rebuttal of his article. There are enough of those responses already in print and on the web. (My favorites are from Dane Rauschenberg, Lauren Fleshman, and Mario Fraioli.) My point is not that Mr. Stafko is wrong (he is wrong



about runners and their motivations with almost every word). My point is to understand why he thinks the way he does. Why does Mr. Stafko (and the countless others like him) hold these opinions about Runners?

If we stop to think about it, we all surely know someone like Mr. Stafko. We all have someone in our lives who does not understand why we run: the curmudgeonly

co-worker, the rankled relative, or the fractious friend. They are the ones who call us “crazy.” They are the ones who say we will ruin our knees. They are the ones who just don’t get it. And no matter how much we show them how much fun we are having or how good it feels to run, all they can see is how early we have to get up or how far we make ourselves run or how much we sweat. They are the ones who “tried it once and didn’t like it” or the ones who claim “I could never do that.” And no amount of persuasion or argument will get them to see otherwise. They are the Permanent Non-Runners.

Another faction of people out there are the Former Runners. These are people who, for whatever reason, have given up running. Some have chosen another means of exercise; some have been injured and can no longer run; some have simply given up or given in. The attitudes of Former Runners may vary. They may remember with fondness the feel of the road under foot. Or they may carry resentment toward Runners who continue to enjoy what they no longer can.

Every so often among the throng of Non-Runners you will stumble across a Future Runner, a current non-runner who is open to the idea of running as a form of exercise and part of a healthy lifestyle. These people may not even know that they are Future Runners. I certainly didn’t know it 15 years ago. These people need encouragement to get out there and hit the pavement or trail, to commit to making themselves healthy, to become Runners.

We must walk a fine line, we Runners. Runners, like everyone else, need motivation and crave encouragement. We like to congratulate our fellow Runners on their accomplishments. We encourage our fellow Runners when they feel like giving up. Every now and then we need to hear kind words from a fellow Runner when we are discouraged and feel defeated. And we should mentor those Future Runners who look to us as an example of what it means to be a Runner. We can and should be inspirational.

But we must also realize that there are those who don’t get it, those who will never get it, and those who do not want to get it. We should be mindful that there are people for whom a 26.2 sticker is a reminder of their sedentary lifestyle. We should remember that Facebook posts about training runs and PRs go out to our Runner

and Non-Runner friends alike. We should take into consideration that there are people who may react negatively to the very things which you find so positive in yourself.

How then should we proceed?

- Encourage your fellow Runners. Celebrate their accomplishments as they celebrate yours. Keep them motivated.

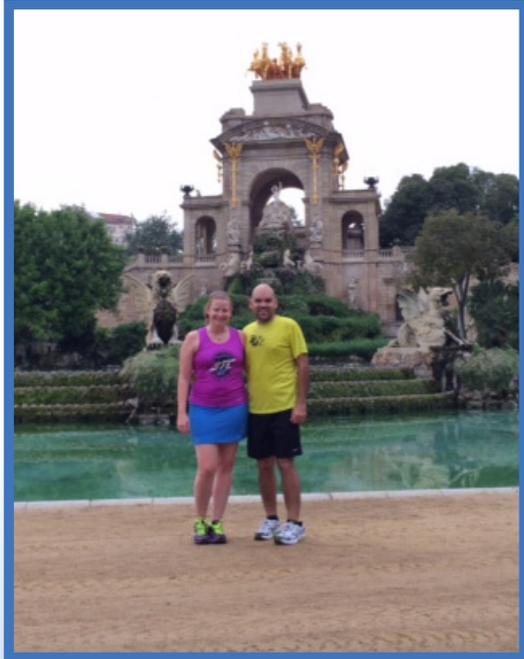
- Inspire the Future Runners in your life. Help them to fulfill their potential and to reach their individual goals.

- Be patient with Former Runners. They still get it (or did get it at some point). Maybe through your encouragement they can be coaxed back into the game.

- Be understanding with Non-Runners. Be prepared for negative reactions. Be ready for unrequited enthusiasm. We can peacefully co-exist with the Chad Stafkos of the world.

We can do anything. After all, we’re Runners.

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Lindsey and Omar Nieves in Barcelona



Meg Bashinsky and family, Vulcan Run is an annual family tradition!

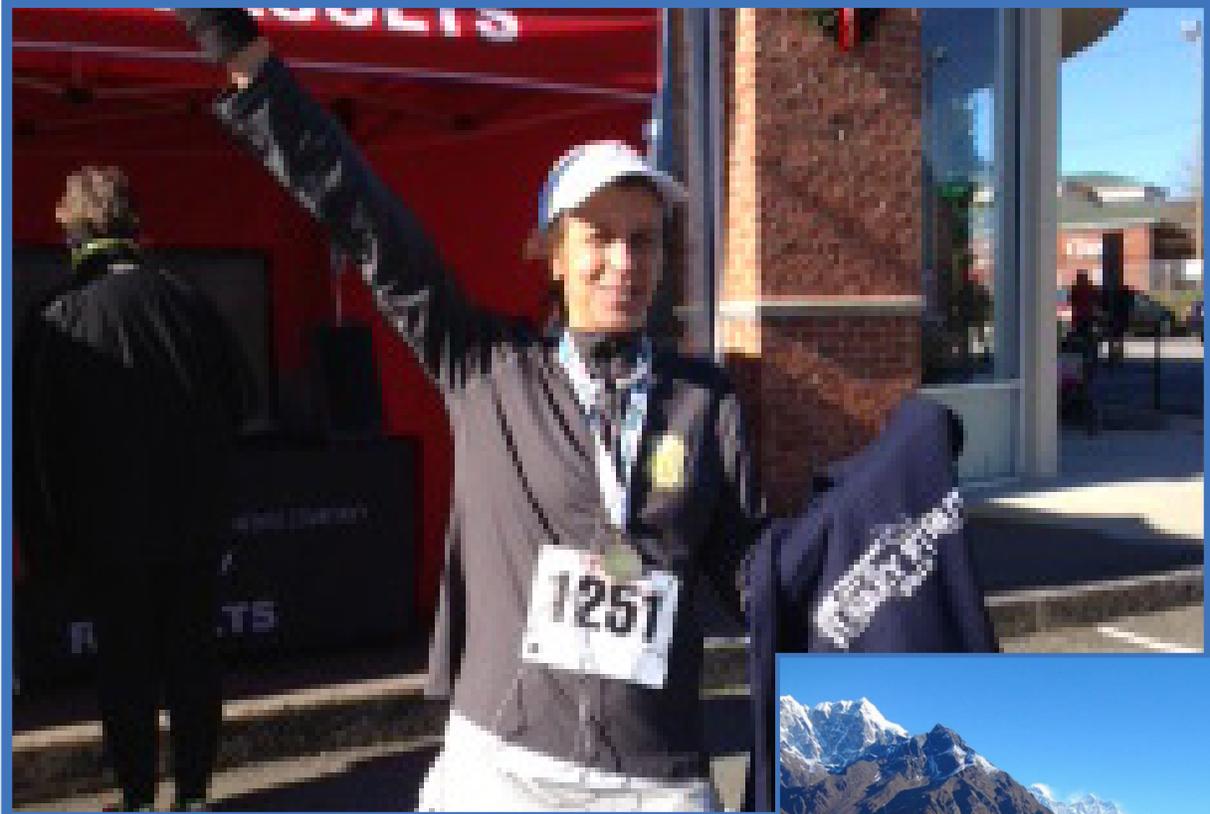


Mario Santana and Katie Pezzillo with all 3 medals from Triple Crown races plus the TC medal!



Water Stop at Magic City Half!

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Amy Weber at the Turkey Trot, Winston Salem NC.

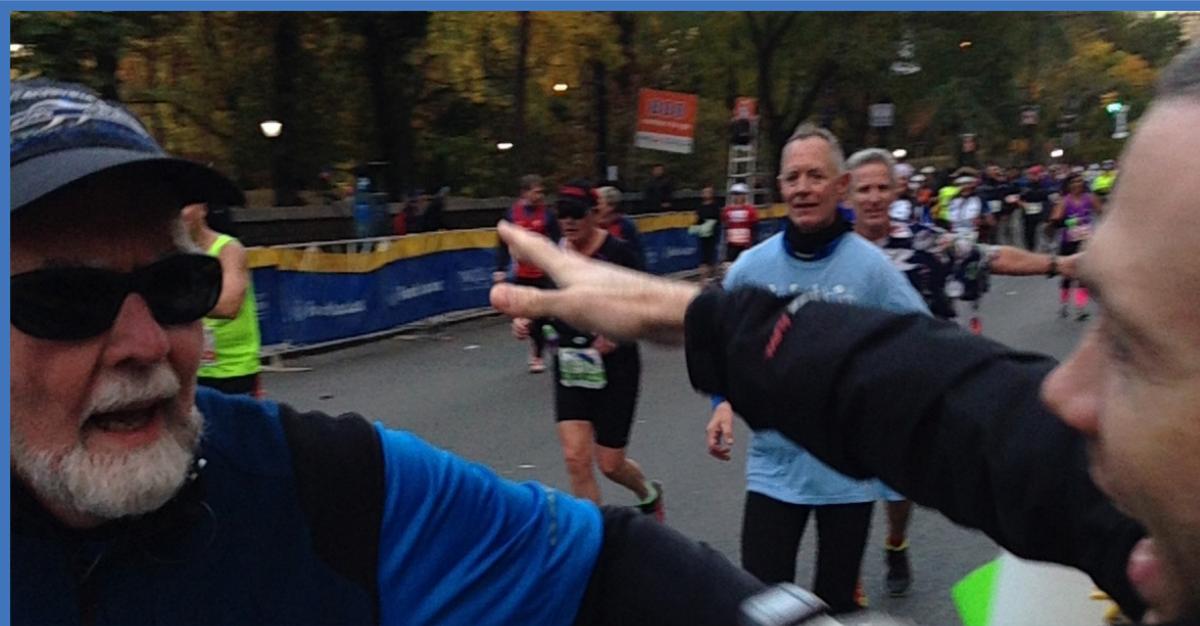


Suman Silwal, Namche to Tengboche 2013



Coaches Alex Morrow, Danny Haralson, BTC President Jennifer Andress and Coach Kile Putman

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



All Pictures: Ron Shinn at the NYC Marathon, while his family cheers him on!

TRIPLE CROWN



Michael Brown



Mario Santana and Katie Pezzillo with all 3 medals from Triple Crown races plus the TC medal!



Triple Crown Medals

SEND US YOUR PICTURES WITH YOUR BTC APPAREL

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

president@birminghamtrackclub.com

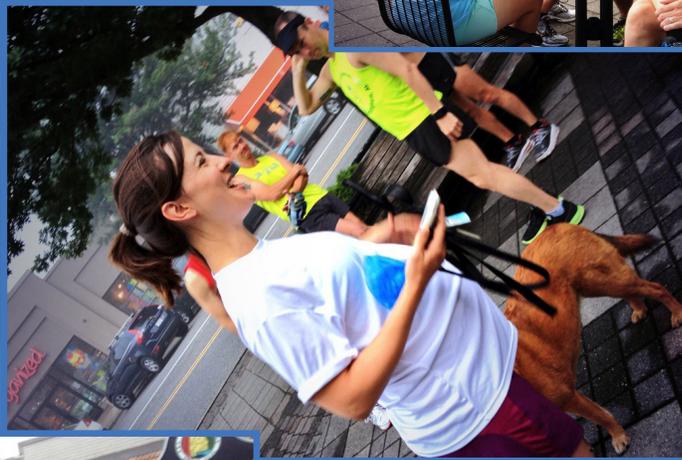


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Saturday Morning Long and Moderate Runs

Find us on FB or email **Natalie Ferguson** at nataliezl@hotmail.com
for more information

JOIN US!



Looking for Running Mates

Contact info: email is Reannon1977@yahoo.com,
facebook is "Reannon Holman" and
phone is (205) 602-0991

JOIN ME!

Hello fellow runners! I have been a member of the BTC for about a year now, and I am enjoying all of the events and socials that the BTC puts on. However, I live on the east side of town, in the Leeds/Moody area, and it is often very difficult for me to make the long drive over to the Homewood/Mountain Brook area for group runs and other functions. I have found several good places to run around here, and I wonder if there are any other BTC members in my area that might be interested in forming a group or getting together for some runs? I generally run about a 10:30-11:30 pace, anywhere from 3 to 14 miles. I usually work 7 am to 5 pm, Monday through Thursday, so early morning runs are difficult for me during the week. I would also be interested in trying some other nearby areas, if anyone has any suggestions.

It Takes a Village

—by Tanya Sylvan

The people who say running is a solitary sport are a little misguided. I mean, sure, your feet and lungs belong to you, and most runners aren't on a competitive team. But if you stop and think about it, there are a lot of people who positively impact runners.

I wouldn't have been able to run Chicago earlier this month without the help of many, many people. Both figuratively and literally. So here's a shout-out to them and all the cheerleaders in a runner's life:

Spouses—Runners are not the easiest spouses—we eat funny, wake the house up at ungodly hours, and plan weekends around long runs and races. All for what? A healthy lifestyle and some bling. My poor boy. He puts up with my (relatively) early bedtimes, nonstop running chatter, mountains of shoes, semi-permanent sweat odor, and hours of training a week. All without complaining. He's my biggest cheerleader and is always the first to celebrate a new victory—no matter how small. I appreciate everything he does for me. Hooray for the hubs!

Running coach—Being a part of [Resolute Running](#) has been a totally new and wonderful experience for me. It takes a lot of stress out of the equation when you have a coach creating your training plan, monitoring your runs, and offering guidance and support. [And as nervous as I was](#) (read:overthinking) about my training, I really did feel a sense of calm the entire time knowing that I had trained properly and was in great shape for a PR. Plus, I had some of my teammates in Chicago to lean on! All of us shared the same goal of a big PR. We woke up early and bitched and raced around the track and dreamed and supported each other. And it was great.

BTC/running groups—Every week, Bham pavement pounders have their long runs all planned out for them—challenging courses, various distances and paces, plenty of water stops, and dozens of runners. Y'all. It's like a race every single weekend! Only without the stress and race fees. We're so fortunate. And not only that, but the community cheers for one another on race weekends. During the Chicago Marathon, a group of runners got

together for a “watch party” to virtually track and cheer for us. Love.

Family—My family has always supported and tracked my every single step since I started running. All the way from Jersey. Literally—I have a GPS tracker on my phone so they can watch my every move when I run. Creepy? Nah. So even though they're far away, it feels like they're right here cheering for me. They even got to watch me cross the Chicago finish line via the live feed!

Traveling buddies—Have you ever traveled with a group of friends to a race? Isn't it wonderful? I loved getting to explore a new city together and cheering everyone on at the finish. From keeping one another calm to lending a throw-away shirt, it's nice to have some familiar faces around.

Best. Friends. Ever.—While all the people mentioned above played their own huge role in my Chicago weekend, my running the race wouldn't have been possible at all if not for the help of some magnificent friends. My grad school friend Lindsay and I used to run together, so when she had to drop out of Chicago, she called me up to take her place. Taboo? Yes. But it happens. We spent a lovely day wandering the city, and I wouldn't have come to Chicago if not for her! My Bham friend and Resolute Running teammate Becca helped me fly to Chicago and saved me and my poor, tired legs from driving. I pretty much owe her my firstborn child. And a friend of a friend of a friend (I shit you not) opened up her apartment and bed to Kelli and me when it looked like we'd end up snuggling on the Chicago streets one night. And we had a blast—no stranger danger here!

Three cheers for kindhearted, selfless people! None of this would have been possible without you.

Who deserves a shout-out for your running successes?

GET OUT OF MY VULCAN WAY!



On November 26th, BTC President Jennifer Andress and BTC Vice President Alex Morrow proudly presented The Vulcan Park and Museum a check in the amount of \$1,250 for the construction of a trail to connect Vulcan Park to the Vulcan Trail below. The dollars donated were the proceeds raised from the sale of the popular “Get Out of My Vulcan Way” shirts from this summer. With the connector trail, runners and walkers will be able to park in the main parking lot and safely walk down to the trail. Thank you to everyone who purchased a shirt to help make this worthwhile project happen!

GIRLS ON THE RUN



THE 1200 MILE CLUB

Oct 1200 Milers

Last	First	Total	Oct	Sep
Adams	Audrey	308.4		
Adams	Clell	1306	148	164
Adams	Tammy	1111	97	155
Affuso	Olivia	1163	172	171
Allen	Darnell	1191.8	121	169
Andress	Jennifer	1033	23.5	13
Armstrong	Tommy	355.3		
Arrington	Donna	1061.8	135.2	136.4
Atkins	Brian	1832	168	201
Ballard	Bill	1040.3	105.5	83.5
Barry	David	996.5	120	101
Belcher	Michelle	935.7	116.25	139
Benner	Kimberley	1038.1	123.2	127.3
Benson	Wayne	746		119
Bertram	JR	1019.7	106.35	101.85
Blankenship	Barry	1290.89	151	143.5
Bonatz	Ekkehard	1796		
Booher	Lisa	1263.93		195.8
Bradley	John	709.2		
Bradshaw-Whittemore	Al	1081.4	106.8	114.1
Broussard	Julie	293.45		
Brown	Charlie	1286.45	177	153
Burke	Chad	1810	218	180
Burnette	Jack	727.8		
Burris	Mark	1210	95	90
Caldwell	Greg	707.2	107.4	61.7
Chandler	Teresa	1204	168	189
Choat	Julie	976	108	111
Clay	Brad	2128		281
Coffee	Mitch	921.79	117.89	29.51
Corrin	Roger	843.41	80.32	73
Crawford	Jennifer	1321		200
Creed	Brad	1044.4	103.2	90.9
Crumpton	Dan	1314.07	136.2	80.95
Darden	Amber	177		
Davis	Wayne	1423	172	176
Dease	Katherine	1026.78	121	102.72
Denton	Matt	1324	147.88	118
DiMicco	Al	1156	102	132
Dodson	Brooke	1231	126	118
Dortch	Cherie	893.23	150.7	135.6
Dunham Atkins	Kelly	1417.2	200	171
Dunn	Wade	660.7		
Engels	John	988.7	108.6	112.3
Ensminger	Stephanie	712.91	8	11.43
Estes	Jeff	702	72	55
Evans	Debbie	1421.55	130	154
Evenden	Sally	1266	120	200
Fasking	Greg	1067.5	66.5	100
Fell	Amy	1616.5	209	188
Feller	Beth	1441.7	193.3	168
Fite	Rebecca	1367	123.44	158.43
Fondren	Matt	2312	240	225
Ford	Joe	1017		132
Foster	Michelle	980	62	90
Franklin	Shane	1204.49	120.35	164.71
Frederick	Winston	1647	148	170
Ganus	Jack	1051	116	111
Gann	Michael	1184		183
Gash	John	1103	124	140
Geisen	Jonathan	1073	110	104
Givan	Marcus	937	130	119
Glaub	Chris	1030	138	136
Goode	Johnny	1515	163	177
Gray	Todd	893.2		92.1

Last	First	Total	Oct	Sep
Greene	Michael	1027.07	83.26	166.7
Gremmels	Jennifer	1062.76	112	134
Grossmann	Christopher	1099.35	124.51	112.26
Gullapalli	Satya	1015	127	123
Hallmark	Daryl	1129.7	114.4	120.1
Haralson	Danny	1195	103	123
Haralson	Micki	1461	128.5	137
Hargrave	Alan	978	107	100
Harris	Robert	244.25		
Harris	Vickie	936		126
Harrison	Lisa	1339.6	100.5	156
Hartfield	C. Meade	808.9		
Hathorne	Chad	529		
Haugh	Spencer	535.1		
Heaton	Bryan	1172	65	140
Hedrick	Nicole	1038.6	98	110.2
Hickerson	Patrick	1015	118	112
Higgins	Shane	994.7	110.2	79.1
Hiller	Russ	1089.93	127.93	141.26
Hinton	Gretchen	463		
Hollington	Kasey	1199	120	103
Home	Greg	94.1		
Honea	Todd	1056	107	85
Hoover	Alison	1290.01	88.18	157.03
House	Beth	1005.85	109.95	81.35
House	Mike	75.7		
Ingram	Joseph	871		134
James	Ryan	1224		176
Johnson	Mark	987	91.4	94.6
Kahn	David	437.5		
Keith	Michael	1065.04	139.21	117.5
Kirkwood	Teresa	993		130
Kuhn	Jimmy	1285	100	131
Langston	Richard	1119.4		141.1
Lee	Shilonqua	962.92	132.36	130.7
Longoria	Joseph	874.98		
Losole	Liz	1036	101	123
Lucas	Jane	1054.5	106	134
Lupinacci	Tim	981.25	50.5	115
Lyle	Randy	2066.9	206.1	251.8
McCalley	Charles	928.21	71.99	98.33
McCarthy	Nicole	989.61		131
McConnell	Kim	941.65	107.25	112.5
McMahon	Mary Lee	382.6		
McShan	Kenny	1188.57	75.36	72.4
McTune	Mark	2216.48	206.9	195.8
Meadows	Bryan	1083.08	141.49	144.26
Merry	Vicki	2095.7	259.3	259.1
Millican	Randy	1160.09	113.96	139.9
Milsap	Lanier	1112.48	82.91	152.3
Miner	Caitlin	1381		
Morgan	Cary	2380	222	210
Morgan	Danielle	1030.4	123	152
Morgan	Phil	1399.9	167	175
Morrow	Alex	1653.22	143.72	224.26
Myers	Bill	1278	151	145
Noerager	Brett	1688		181
Northern	Kristie	1462	191.9	171.05
Oliver	Greg	1228.26	141	128
O'Neil	Ray	1115.09	129	130
Osterbuhr	Tom	1192.25	136.25	149
Parr	Michele	722.5	77.5	91
Pasqualini	Ellie	1016.5	144	133
Pasqualini	Greg	48		
Patterson	Carrie	1267	121	103

BTC MONTHLY MINUTES

October 15, 2013, 6:00 pm

JAMIE WITTIER – MEMBERSHIP

Membership – having trouble renewing with RaceIt. Big week of renewals next week. 685 memberships expiring. In September we had 54 new memberships, 49 new, 5 renewals, 15 family, 7 single. Discussed having incentives to renew memberships. Perhaps a discount to the first hundred or two hundred. 1195 total members, losing half on the 28th.

ALLISON WILLIAMS – MEMBERSHIP BENEFITS

Membership Cards – having problem with the pdf file. People cant print or their info isn't showing up on the card. Would like to be able to create a mail merge through RaceIt.

MARC BURRIS – VOLUNTEER COORDINATOR

Vulcan Run – would like to send an email through RaceIt to people who expressed interest in volunteering for more help. Need help at the expo and water stop.

BURT CHANDLER – SOCIAL COMMITTEE

Socials – Halloween social the Wednesday of Halloween week. 6pm. 7:15pm judging of a costume contest. Separate children's contest or kid judges? Would like to raffle off a free entry to the Magic City Half. BTC to pay for food: hamburgers, hot dogs, sides. Track Shak to pay for beer. Evite to go out tomorrow. November social – O'Henry's or new Fresh Market?

End of the Year Party – Looking at 9 locations. Vestabia Lodge \$1100 (total around \$4500)

DANNY HARALSON – VULCAN RUN

Vulcan Run – food – Ken Byrd All Around Town Catering. Shirt is white with black and lime lettering. Very nice.

JENNIFER ANDRESS – PRESIDENT

Trish's father passed away. **MOTION:** \$100 to Rumpshaker. **APPROVED.**

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

BTC RUNNING GROUPS

Black Girls Run

Black Girls Run! is a National Organization with a local Chapter. They have over 1,500 members with all paces and levels from the beginner walker to ultramarathon runners. There is no fee to join, and they are always accepting new female members.

Contact one of the BGR! Birmingham Ambassadors for more information:

Olivia Affuso, oaffuso@gmail.com, Tiki Curry, tmerritt@southernco.com, or Tammy Fincher, tmfincher@gmail.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 davidphenry@charter.net, Harry yhbblxm@gmail.com, or Jay jamyoun@gmail.com.

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 bemjohnson@gmail.com at or find them on Facebook <http://www.facebook.com/groups/242163662534942/>.

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 <http://www.facebook.com/BlackPeopleRBS?fref=ts>, Follow us on Twitter <https://twitter.com/BlackPeopleRBS>, or Email us Jerri jlhaslem@yahoo.com, Shirley shirley.gibbs@uab.edu, or Patrick packer@blackpeoplerunbikeandswim.com for more information or schedule of events.

RUNNING TIDBITS

— Compiled by Randy Lyle



Quotes

“The starting line of the New York Marathon is kind of like a giant time bomb behind you about to go off. It is the most spectacular start in sport.”

~ **Bill Rodgers, former American record holder in the marathon best known for his victories in the Boston Marathon and the New York City Marathon in the late 1970s**

“If you want to run, run a mile. If you want to experience a different life, run a marathon...”

~ **Emil Zatopek, Czech long-distance runner best known for winning three gold medals at the 1952 Summer Olympics in Helsinki**

“The marathon is all about energy management. I had planned to run it like a track race with strategic surges to blow up my competitors by putting them into oxygen debt, so that is the way I prepared.”

~ **Frank Shorter, marathon gold medalist at the 1972 Summer Olympics in Munich**

“The marathon is not really about the marathon, it’s about the shared struggle. And it’s not only the marathon, but the training.”

~ **Bill Buffum, American marathon runner**

“You’re running on guts. On fumes. Your muscles twitch. You throw up. You’re delirious. But you keep running because there’s no way out of this hell you’re in, because there’s no way you’re not crossing the finish line. It’s a misery that non-runners don’t understand.”

~ **Martine Costello, runner and author**

“The marathon is like a bullfight. There are two ways to kill a bull, for instance. There is the easy way, for one. But all the great matadors end up either dead or mauled because for them killing the bull is not nearly as important as how they kill the bull. They always approach the bull at the greatest risk to themselves, and I admire that. In the marathon, likewise, there are two ways to win. There’s the easy way if all you care about is winning. You hang back and risk nothing. Then kick and try to nip the leaders at the end. Or you can push, challenge the others, make it an exciting race, risking everything. Maybe you lose, but as for me, I’d rather run a gutsy race, pushing all the way and lose, then run a conservative, easy race only for a win.”

~ **Alberto Salazar, marathon runner best known for his performances in the New York City Marathons in the early 1980s and his American track records for 5,000m (13:11.93 in 1982) and 10,000m (27:25.61 in 1982)**

Tidbits

Interesting Marathon Statistics

Source: <http://www.findmyrun.com/statistics.php>

Those that know me well know that I am a numbers geek. My personal mileage log is a spreadsheet with charts and graphs that track year-over-year trends along with projecting how many miles I will run for the year based on my current pacing. To many, it borders on the ridiculous. I guess I am that way because numbers are straightforward. They may not paint the complete picture, but I believe they provide an unbiased view. I recently ran across some marathon statistics that I found interesting. Therefore, I thought I would share them here:

How many marathons are scheduled for 2013?

Between the United States and Canada, there are **724** marathons scheduled this year. Of these, **655** are in the U.S. with **69** in Canada. This number continues the increasing trends as 668 were held in 2012, 639 in 2011 and 572 were held in 2010.

Which month has the most marathons?

October is the answer to this one. There were **120** marathons scheduled in the U.S. and Canada in October 2013. October being the most popular month to schedule a marathon has also been true for the past several years as shown in the following chart:

Month	2012 Marathons		2011 Marathons		2010 Marathons	
	Races	Finishers	Races	Finishers	Races	Finishers
January	33	35,415	30	34,745	26	36,063
February	36	17,364	36	20,640	30	18,203
March	53	48,060	42	42,408	36	43,173
April	53	50,139	49	42,485	53	40,825
May	85	57,785	93	65,686	75	55,173
June	63	31,577	56	30,474	48	31,117
July	35	11,425	35	11,119	30	10,133
August	32	6,161	33	6,057	28	5,570
September	87	31,943	73	23,158	62	22,519
October	100	140,647	111	143,819	105	142,632
November	62	48,860	55	90,653	48	82,716
December	29	50,068	26	42,956	31	46,800
Totals	668	529,444	639	554,200	572	534,924

What is the median entry fee?

For this year, the median entry fee is \$75 (was \$70 for both 2012 and 2011). There are currently 71 marathons with an entry fee over \$100. The New York City Marathon has the highest entry fee at \$266

and there are several low-key marathons without an entry fee. [For purposes of this study, it seems they did not include the Boston Marathon whose race fee was \$300 prior to 1 February and \$350 after.]

When looking at just the course profile and elevation (not factoring in typical race day weather), Big Cottonwood Marathon is still the fastest course. The following chart lists the results of their evaluation:

What is the median number of finishers per marathon?

In 2012, the median number of finishers per marathon was 168 (also 168 in 2011). The 10 largest marathons accounted for 37% of the total marathon finishers in the U.S. and Canada last year.

How many people finish a marathon each year?

2012 – **529,444** finishers
2011 – **554,200** finishers
2010 – **534,924** finishers
2009 – **493,407** finishers

Fastest Marathons			Fastest Courses		
Race	Location	PR Score	Race	Location	Course Score
Big Cottonwood	Utah	103.61	Big Cottonwood	Utah	106.25
Huntsville	Utah	102.09	Peak to Creek	North Carolina	104.37
Hamilton Road2Hope	Ontario	100.72	Light at the End of the Tunnel	Washington	103.98
California International	California	100.39	Huntsville	Utah	102.93
Two Rivers	Pennsylvania	100.18	Pocono Mountain	Pennsylvania	101.59
Mankato	Minnesota	100.05	St. George	Utah	101.36
Redding	California	100.02	Steamtown	Pennsylvania	101.26
Ocean Drive	New Jersey	99.79	Mountains 2 Beach	California	101.22
Shamrock	Virginia	99.66	Hamilton Road2Hope	Ontario	100.72
Boundary Bay	British Columbia	99.65	Whistlestop	Wisconsin	100.52

In 2012 there were 597 marathons completed that also had been scheduled in 2011. 59% of these races increased the number of finishers compared to the number that finished the prior year (average increase was 124 runners per race). 40% of marathons had decreased participation in 2012 compared to the finishers from 2011 (average decrease was 116 runners).

In 2011 there were 543 marathons completed that had also been scheduled in 2010. 54% of these races increased the number of finishers compared to the number that finished in 2010 (average increase was 106 runners per race). 45% of marathons had decreased participation compared to the prior year (average decrease was 127 runners per race).

Which marathon had the most finishers last year?

In 2012, 37,315 people finished the **Chicago Marathon**. Canada's largest marathon was the **Vancouver International Marathon** with 4,234 finishers. The **New York City Marathon** was cancelled in 2012 but has had the largest field in 2013 with **50,304** finishers. The following is a chart showing the marathons with the most finishers for the past few years:

2012 Marathons		2011 Marathons		2010 Marathons	
Race	Finishers	Race	Finishers	Race	Finishers
Chicago	37,315	New York City	46,795	New York City	44,712
Honolulu	24,138	Chicago	35,610	Chicago	36,088
Marine Corps	23,515	Boston	23,879	Boston	22,672
Boston	21,554	Marine Corps	20,940	Los Angeles	22,403
Los Angeles	18,881	Los Angeles	19,890	Marine Corps	21,947
Walt Disney World	13,478	Honolulu	19,078	Honolulu	20,181
Philadelphia	11,634	Walt Disney World	13,548	Walt Disney World	16,933
Twin Cities	8,780	Philadelphia	10,213	Rock 'n' Roll San Diego	10,650
Houston	7,662	Twin Cities	8,535	Philadelphia	8,956
Rock 'n' Roll San Diego	7,106	Portland	8,386	Twin Cities	8,197

Which is the fastest marathon?

Based on a number of factors, including course profile, elevation and race day weather for 281 marathons, FindMyMarathon.com determined that **Big Cottonwood Marathon** in Cottonwood, Utah, is the fastest race among those rated. For purposes of this rating, they only included certified marathon courses. They also assumed very good course management and pacing, especially for the extremely downhill races.

What are the warmest and coldest marathons?

The **Running with the Devil Marathon** in Boulder City, Nevada, has the highest race day average temperature at 89F/31C. At the other extreme, the **Yukon Artic Marathon** in Whitehorse, Yukon, has an average race day temperature of only 10F/-12C. The coldest marathon in the U.S. is **Willow Winter Solstice Marathon** in Willow, Alaska, with an average race day temperature of 15F/-9C.

The cancellation of the New York City Marathon last year obviously affected the 2012 statistics. If nothing else, it accounts for the decline in the total number of finishers compared to 2011. Obviously, there would have been a year-over-year increase if another 50,000 finishers were added to the 2012 totals.

I hope this was interesting to you like it was to me. It probably does not surprise us runners, but you can clearly see the popularity of marathons continuing to trend upward. I have to admit, I was surprised to learn that there were so many marathons from which to choose. I guess we can never really have an excuse that we are unable to find a race to run!

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.



