



**WHERE RUNNERS ARE FORGED**



**THE VULCAN RUNNER**

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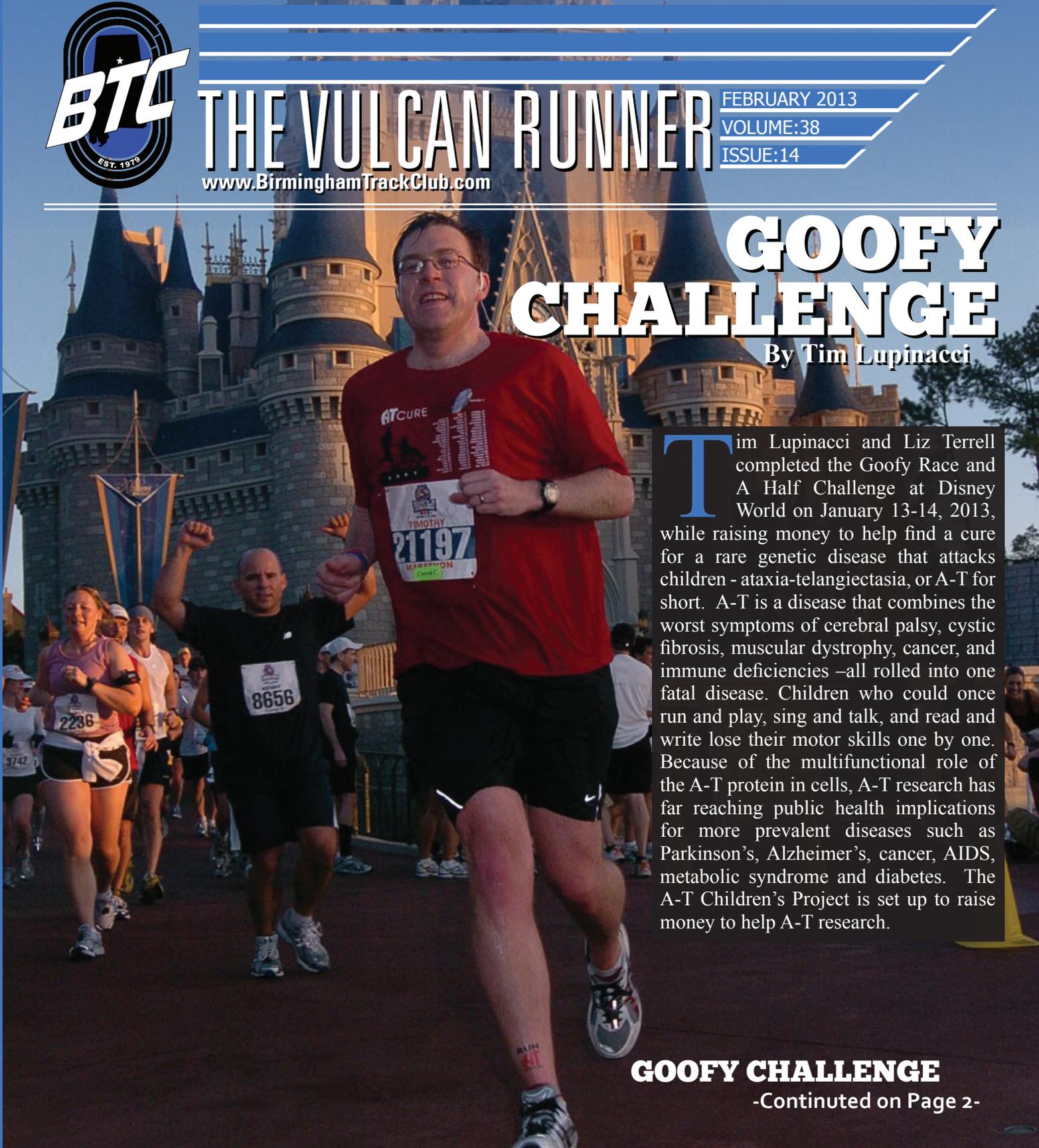
**GOOFY CHALLENGE**

By Tim Lupinacci

**T**im Lupinacci and Liz Terrell completed the Goofy Race and A Half Challenge at Disney World on January 13-14, 2013, while raising money to help find a cure for a rare genetic disease that attacks children - ataxia-telangiectasia, or A-T for short. A-T is a disease that combines the worst symptoms of cerebral palsy, cystic fibrosis, muscular dystrophy, cancer, and immune deficiencies –all rolled into one fatal disease. Children who could once run and play, sing and talk, and read and write lose their motor skills one by one. Because of the multifunctional role of the A-T protein in cells, A-T research has far reaching public health implications for more prevalent diseases such as Parkinson's, Alzheimer's, cancer, AIDS, metabolic syndrome and diabetes. The A-T Children's Project is set up to raise money to help A-T research.

**GOOFY CHALLENGE**

-Continued on Page 2-



Tim, Liz and their respective families have had the joy of knowing Stella Wesnor, who has been diagnosed with A-T, for several years. They have each run Disney's Goofy Challenge in the past for Team Stella to raise money to help fund life improving break-through for children suffering with A-T. This was Tim's fourth Goofy and Liz' second Goofy. Over the past five years, Team Stella has raised over \$33,000 for A-T research.

This year, Disney celebrated the 20th Anniversary of the Disney World marathon. As always, Disney goes over the top to celebrate big events, so they pulled out all the stops for the 20th Anniversary. The Goofy Challenge is comprised of running the Disney Half Marathon on Saturday and the Disney Marathon on Sunday. There were over 25,000 runners for each of the half and the full marathon. The only thing Disney could not control was the weather!! It was one of the hottest Disney marathons on record, with temperatures easing into the low 80's with all the standard Orlando humidity. Having run during the ice and snow Goofy Challenge of three years ago, I definitely prefer the cold!

The half marathon course takes you from the Epcot start, through the Magic Kingdom and returns through Epcot to the finish line. One of my favorite running experiences each year is entering the Magic Kingdom in the pre-dawn darkness, to be welcomed by Main Street USA and Cinderella's castle all lit up. It is amazing to run through the various parts of the park, including through Cinderella's castle. All along the course are characters, cheerleaders, bands and other Disney magic to help pass the miles. There were also a few celebrity runners like Drew Carey and Joey Fatone (of NSYNC fame, who completed the Goofy), as well as Bill Rogers, Jeff Galloway and Bart Yasso.



***Tim Lupinacci and our good friend Goofy***

The marathon historically covers all four major theme parks at Disney World, but for the 20th Anniversary, they added some more flair. The marathon also starts at Epcot and winds through the Magic Kingdom (Main Street and Cinderella's Castle two straight days!). This year, at approximately mile 8, the course veered into the Richard Petty Race Experience track (where you can drive stock cars at high speeds) for a run around the track. It is very reminiscent of the Talladega Half Marathon. One fun touch is that they had lined up a local car group to have various classic cars all around the track. There must have been five or six dozen cars, from Corvettes to muscle cars. They also had "characters" from the Pixar film "Cars" along the track as well.

## **GOOFY CHALLENGE**

**-Continued on Page 3-**



### **Tinker Bell and Peter!**

The course then continued to and through Animal Kingdom and then on to the ESPN Wide World of Sports complex. This is an area of Disney World where there are fields for all sorts of sports that include active competitive sporting events. After meandering around the fields (thankful, most of the paths in this area of the course were tree-lined, providing a couple of miles of relief from the sun), the course took the runners through the Atlanta Braves Spring Training field, where runners were featured on the jumbotron as they raced by. Shortly after leaving the baseball field was the 20th mile, where Disney had a large sign over the road celebrating the 20th Anniversary, with numerous characters.

The runners proceeded to run through Hollywood Studios and finally through the World Showcase at Epcot. At mile 26, there a full gospel choir singing beautiful songs to lift the runners the last .2 to the finish line. Despite the heat, the race weekend was amazing and included memories that each member of Team Stella will treasure. Judging from the plane ride back to Birmingham, it appears that the Birmingham Track Club was well-represented in Orlando this year as Half Marathon, Marathon and Goofy Challenge shirts were evident in force.

Probably the highlight of the weekend was attended an A-T Childrens Project dinner to meet some team members for the approximately 30 teams running at Disney to raise money to cure A-T to meet some of the 10-20 children with A-T who were able to attend the weekend. Four time Olympic triathlete Hunter Kemper has been a long-time supporter of the A-T Childrens Project, and he was in attendance to encourage the children. He also

placed third in the Disney Half Marathon and donated his trophy to A-TCP. It was exciting during the dinner to hear about some trials that will commence this year using drugs to help improve the lives of children suffering from A-T. In the past couple of years, the research update focused a lot on the clinical trials that have shown remarkable progress, but this year we will get to see some of the tests implemented with the precious children.

You can learn more about the A-T Children's Project's and Team Stella's efforts at [www.atcp.org](http://www.atcp.org) and searching for Team Stella.



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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.

### Contact BTC at:

Birmingham Track Club  
P.O. Box 530363  
Birmingham, AL 35253  
info@BirminghamTrackClub.com

### 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



**H**i BTC, and welcome to a very busy month for all of us! We are putting the finishing touches on our 2013 strategic goals and several initiatives are well underway. Allow me to catch you up on January and tell you about some of our plans.

First, we did a little celebrating at the BTC End of the Year Party at Good People Brewery on January 19. We toasted to a successful year and also celebrated some of our most important contributors. Michele Parr recognized all of our 1200 Mile Club achievers and offered special recognition to those who have qualified all 5 years of its existence. Michele created and ordered a beautiful commemorative coin with the BTC logo for each of these outstanding runners.

The Dr. Arthur Black/Rick Melanson Award for Outstanding Service went to Long Run Coordinator Natalie Ferguson. Natalie took over this position last year and has put her unique twist on it. As you all know, she sends out fun and interesting factoids and tidbits with each of our Saturday routes and coordinates our water stops. She maintains our Long Run Facebook page and has played a very important role in planning our popular Saturday Morning Run Socials. Natalie has been a vital part of our team and has been doing so while raising a toddler and expecting another baby later this year. Congratulations Natalie!

Our next award, historically called the Randy Johnson Award, recognizes a newer member who has gotten actively involved with the BTC. This year we added Danny Haralson's name to the award to honor Danny, his contributions to the BTC, and his service to the "newer" runner. This year the Randy Johnson/Danny Haralson Award went to Membership Coordinator Dirk Guenster. Dirk has been invaluable to us in the past year as he mastered the membership database and race registration software we use, RaceIT. Membership is now fully online thanks to Dirk and his countless hours of inputting each of us into RaceIT. Dirk also attended every BTC function,

manning the Membership table, and being a friendly face for BTC members. Congratulations to you Dirk!

This year the BTC did something new. At the suggestion of Chris Caughran, we instituted a Lifetime Achievement Award. This honor was bestowed upon the incomparable Rick Melanson for all of his years of service to the BTC. This award will not be an annual presentation, but rather reserved for the best of the best, which Rick certainly is!

Although we had a lot of fun at our End of the Year Party, a lot of business was accomplished as well. We held our elections and had a change in the Vice President position. Alex Morrow joined the board of elected officers. Alex has been serving as our Marketing Chair and he will continue to work in that capacity while he serves as VP. Our 2012 VP, David Barry, has joined forces with our 2012 Parliamentarian Tim Roberts, for newly created positions to address our growing race series.

David and Tim will serve as Race Co-Coordiators and focus on our four races; Adam's Heart Run, Ellis Porch Statue 2 Statue 15k, Rick Melanson Peavine Falls Run, and the Vulcan Run. David and Tim will work with each of our Race Directors on the BTC Race Series. The Race Co-Coordiators will focus on combining marketing efforts, branding, and purchasing new finish line equipment, banners, and other BTC marketing items for a cohesive look and feel. They will also oversee our 2013 Triple Crown Half-Marathon Challenge. These roles are critical to the growth of the BTC and I have complete confidence that both David and Tim are up to the task.

Moving into February we will continue to grow our Saturday Moderate Group Runs, brought to you by Run Coordinator Burt Chandler. We will also have a Saturday Morning Run Social on February 9th hosted by Eskridge & White Physiotherapy. Natalie and Burt will send out your invitation soon, so be on the lookout.

The fun continues as we are planning for our Mercedes Marathon water stop, coordinated by Mark Burriss. We

will have a lively presence so be sure and say hi to our volunteers when you grab a cup of water from them at Mile 8! We also will have a prominently placed booth at the Mercedes Marathon expo. Come by and say hi and check out some of the latest BTC merchandise while you are there.

February 23rd is the first race of the BTC Race Series, Adam's Heart Run. Race Director Burt Chandler has great new ideas for Age Group Awards and race shirts. The race is held at Oak Mountain State Park and offers something for everyone; a 5km, 10km or 10 mile distance. It is a fun, laid-back race and a great way to kick off spring training.

And speaking of spring, we anticipate the unveiling of a new water fountain on Jemison Trail and it is thanks to all of you who make up the BTC! According to Mt. Brook City Manager Sam Gaston, "Utilities have been located, and we will have the Water Works make the

tap soon." Parks and Recreation Board Chairman Carey Hollingsworth said, "We are currently working on the design of the plaza, and anticipate it will be ready in the spring." The BTC will be recognized with a marker and we will hold a ribbon-cutting ceremony with you invited.

I am honored to serve as President for another year and I thank you for the opportunity. I am excited to continue working with the amazing BTC Board and Executive Committee along with all of you, our fantastic members. Together we accomplished so much in 2012 and 2013 promises to be even bigger!



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# SEND US YOUR PICTURES WITH YOUR BTC APPAREL



**Brad Clay, in Savannah at the  
Rock n Roll Marathon**



**Beth Feller after completing the  
Disney Marathon**



**LB Mitchell, Vann Thursby, Allison Williams, and Michael Gann in Key West, FL  
after completing the Ragnar Relay Miami to Key West in January.**

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

[president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com)



Find the BTC on  
Facebook

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# THE VIEW FROM THE **BACK OF THE PACK**

— Michele Parr



## Finishing last in a race is harder than you might think.

It's funny. I've spent my entire running career trying NOT to finish last, and the one time I actually tried to be last, I couldn't manage it. You see, I was supposed to be the last-place finisher in the Red Nose Run 10 Mile, and while I was the last runner to cross the line, I finished next to last by two chip-timed seconds.

If I hadn't already had the utmost respect for Vicki Merry, someone you know as the Balloon Lady, I sure would have after this race. Don't think it's so hard? Go run 10 miles averaging two minutes a mile slower than your regular pace while making sure half a dozen other people stay in front of you. I'll bet you end up tired and sore.

The Red Nose Run clearly advertises a two hour cut-off for the 10 mile race basically because that's how long the communities will allow the roads to be closed. My job was to get the final finishers across the line in something close to that amount of time.

A mile into the race I knew I had a problem. Sticking with the participants at the very back of the pack, I hit that mark in about 15 minutes. A quick phone call confirmed what I suspected: we were too slow. Stretching 2:00 to 2:15 might be possible, but 2:30 was out of the question. When one of the stragglers turned back shortly after that due to a turned ankle suffered right at the start of the race, her two friends immediately picked up the pace. That left me with one person to address. It's tough having to tell someone that she's either got to go faster, turn back, or continue at her own risk and without support. I'm not sure which she did, but it means she definitely had a less than ideal race day experience.

By mile 4, the remaining three of us were

right on pace. I even had visions of finishing faster than anticipated, but those proved to be premature because at the end of the Lakeshore Greenway we caught up with three more runners. With three miles to go, I had five sheep to shepherd to the finish.

You may not know it, but the last two miles of this course are challenging, going up Cahaba Road from Brookwood and then up Hollywood toward Homewood. This was a hard stretch for my little herd, but they forged on. Not even the sight of a runner being tended to by volunteers at the final water stop or the sound of sirens responding to that crisis could stop them. Slowly but surely they made their way to the finish, every one of them running the final yards.

As for me, I crossed the finish just after 2:17 gun time, not a bad job for what was really a 2:15 target. When I saw the official results, I groaned and made a note to myself: start closer to the front of the pack when sweeping a chip-timed race.



# DIRTY RUNNING

— Alex Morrow



**W**ith an unseasonably warm winter, although that just changed, I have had numerous runners interested in running trails approach me. They all have the same question, “What do I need to run trails?” The answer is not much! Just like road running, trail running can be as inexpensive or expensive as you would like it to be. If you are planning to run some easy, non-technical trails, odds are you already own everything you need. If you are planning to run hard, technical trails, or you will be running in the woods for a long time, you may need a few more items.

Because I love gear – electronics, tools, running clothes, running shoes, and running accessories – I could not resist offering up a my list of 20 items I think you should own. My closet is one you open carefully since it is crammed full of stuff and could explode at any moment. (Disclaimer: You need NONE of this stuff to run trails. As a matter of fact, if you buy most of it at once your spouse may not be so supportive! In addition, while I call all of this my running gear, my lovely wife has a different name for it!)

## The Gear:

1. Trail running shoes
2. Padded trail-running socks. (I love these so much I wear them on the road as well.)
3. Moisture wicking shorts / tights.
4. If you run in underwear, make sure they are non-chafing.
5. Moisture wicking shirts.
6. Lightweight running jacket.
7. Gloves.
8. Ear warmers.
9. Hat with visor.
10. Cold weather cap. (Down south we call them toboggans. Up north they go sledding on them!)
11. Sunglasses.
12. GPS Watch.
13. Sunscreen.
14. Lip Balm
15. Hydration system. (Hand-held water bottles, waist pack, camelback pack, etc.)
16. Nutrition for longer runs.
17. Headlamp or flashlight.
18. Gaiters
19. Maps
20. Body Glide (If you buy nothing else, buy this!)



The naturalists out there are shaking their heads in disbelief, and they are right! You do not need any of this to go run trails but I could not resist putting together the list. Fun, isn't it?

**DIRTY RUNNING** -Continued to Page 10-



So now that you are geared up, looking like Roy McAvoy, Kevin Costner's character in "Tin Cup" as he tries to get his golf swing back, it is time to hit the woods. Before you go, however, I would like to once again share my top ten list of what you need to know before tackling the trails.

1. Forget about pace. How fast you run on the roads will become irrelevant on the trails.
2. Slow down! This also ties back to #1. Until you gain trail running experience, the quickest way to guarantee a face plant is to rush.
3. Take short, quick strides. You want to keep your feet underneath your body as much as possible. This will also improve your reaction time and will help you maintain your balance.
4. Hills are not to be feared. As a matter of fact, if the hill is too big, feel free to walk! It's OK, we all do it!
5. Even though you will encounter amazing scenery, make sure to pay attention to the trail in front of you. Sure, running in B'ham means you have to dodge the occasional pothole, but running on trails means you will be dodging holes, roots, loose rocks, snakes, etc.
6. If you are running in a group, do not crowd

the runner in front of you. It's tough to pay attention to the trail if all you see is the back of the person in front of you.

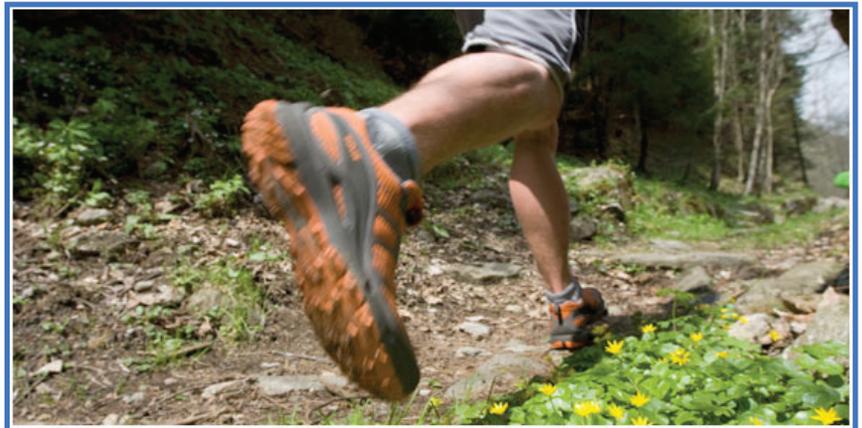
7. Unless it is an organized race, there are no waterstops in the woods. Make plans to bring your own.
8. There are no Porta Potties in the woods. I will let you deduce the rest of this point, but I do need to mention that not all leaves are your friends!
9. Be careful! Many injuries and mishaps can be avoided if a little common sense is employed.
10. Familiarize yourself with the trail you will be running. Get a map or talk to a friend who can guide you.

You have the gear, you have the tips, and you have an abundant supply of trails around the Birmingham metro area. What are you waiting for? Get out there and have some fun!

**Here's hoping your next run is a dirty one.**

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*Alex Morrow is an RRCA and USATF Certified Running Coach as well as a Certified Personal Trainer. For questions or coaching inquiries, he can be reached at [coachalex@resoluterunning.com](mailto:coachalex@resoluterunning.com)*



# PLAYLIST

—By *Kile Putman*

Song: Dear Diary  
Artist: The Moody Blues  
Composer: Ray Thomas  
Label: Deram Records  
Format: Vinyl LP, On the  
Threshold of a Dream  
Released: 1969  
Genre: Rock  
Style: Pop Rock

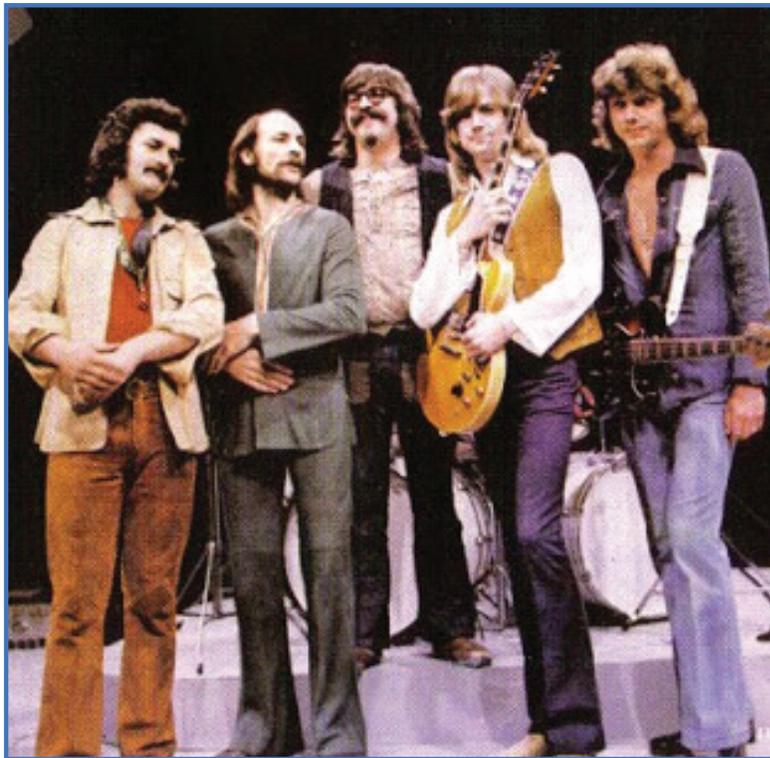
**Dear diary, what a day it's been.  
Dear diary, it's been just like a dream.  
Woke up late. Wasn't where I should have been.  
For goodness sake what's happening to me...**



## Travel Logs

*Your running log is your unique story which you write on the way to reaching your personal goals.*

**A**s part of keeping a running log, include data that is important to you. These particulars could contain elapsed time or pace, distance traveled, weather information, time of day and perhaps a note on each particular run. Monitoring diet information can be helpful in determining an approach for fueling on race day. Tracking race information such as course details, results and splits can be useful when analyzing race strategy. Many runners even log daily personal data such as weight, resting heart rate and hours of sleep.



Bound books are available from bookstores and running supply shops. These books are divided into various columns and rows to make keeping track of weekly or monthly totals easier. A simple spiral notebook note book in which to make notes may serve your personal need. If you choose to write your log on paper make sure your penmanship and notations are legible. Years from now you may not be able to recognize your own scribble.

Training logs can now be found from online sources. Versions are available that can be downloaded and saved onto your computer as well as versions that will host your data on another server. Some sources even offer training logs for team use whereby the coach can monitor the

progress of all runners at one time. For those runners that may enjoy combining trendy social networking with a running log, many internet sites offer ways to share data, routes and even running blogs. This may be a nice way to share the effectiveness of your training with others, but I think race day is a much better platform. If you do decide to use an online source, make sure your data will be available if the site shuts down.

You may wish to create your own electronic log using a computer-based spreadsheet. An effective design could include not only the useful information but formatted in a way to mark progress. The spreadsheet can also include graphs to visually monitor various aspects of your training. Regardless of the format you decide upon, simple arithmetic is all that is needed to track weekly, monthly and yearly mileage totals.

Occasionally review your log to reflect on your training progression. Notice the improvements you have made toward reaching your goals. Use your training history to determine what stimulus achieved the desired results and what efforts came up short. As you experience a period of feeling sluggish and poor performance, use your log to determine the factors that need to be corrected. When an injury occurs, look back to see if there are sudden changes that can be corrected to prevent a reoccurrence. With your coach, use the compiled information to develop a plan for your next training cycle.

Depending on your record keeping system, you may be able to link a watch or other electronic gismo to your computer and transfer run data. In the end it doesn't matter what you actually enter into your log but rather the actual work you completed. Don't stretch the truth, round mileage up or times down- be as accurate as possible. Enter your data quickly to recall all details of the run so you can see "for goodness sake what's happening to me".

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

# ***BTC END OF THE YEAR PARTY!***

Last night I attended the Birmingham Track Club's end-of-the-year party. They held it at Good People Brewing Company, one of my favorite breweries in town and a fun location to kick back, relax, and celebrate the past year's running accomplishments.



***Becca Modeling Her Snazzy Jacket***

At the party they handed out jackets and shirts to runners who made it into the 1200 Mile Club in 2012. I only ran 1,072 miles for the year because I slacked in the spring and summer, and I was kicking myself for it last night. Next year I want to be sporting that jacket too—it's one of my goals for 2013.



***I'm Sexy and I Know It***

I loved going to the party and celebrating the BTC. They will always hold a special place in my heart, because running with them has turned me into a more serious runner, taught me to run properly and avoid injuries, and made me fall in love with parts of Birmingham that I might not have found on my own. I wrote a post earlier this year about why running groups rock, and I believe it more and more every time I wake up willingly at 4:30am to share some miles with them.



***Two of my Favorite Things....  
and a Blue Man***

***BIG THANKS TO THE BTC FOR  
HAVING THE PARTY, AND HERE'S  
TO ANOTHER YEAR OF GOOD TIMES  
AND GREAT RUNS!***

***— Tanya Sylvan***

# RUNNING THROUGH HISTORY

— *Tanya Sylvan*

## MLK Memorial Run



**T**his morning my running group, the Village Runners, went on an MLK Day Memorial Run through downtown Birmingham. We ran from Crestwood into downtown Birmingham where we visited the Civil Rights Institute, Kelly Ingram Park, 16th St. Baptist Church, and the Eddie Kendrick and The Temptations memorials. We then ran past Carver, Lyric, and Alabama Theaters before looping back through Pepper Place and Avondale Park.



The weather was a perfect complement to the scenery and company. When I finished I decided that it was definitely one of my most favorite runs I've ever done. Toward the end, my friend Joey commented that it was probably his easiest 10-miler ever, and I totally agree. It was effortless and fun—no one was concerned about pace, negative splits, or PRs.



### ***The perfect run***

We covered 10 road miles, but I feel like we traveled so much farther. We ran and acknowledged the city's past—the good and the bad. Every skyscraper and renovated neighborhood represented our present and what Birmingham residents have worked so hard to accomplish. As we ran we talked about the future of Birmingham and how in just a few short years everything will be different, even better. The new greenway project will link Railroad Park to Sloss Furnaces in an effort to connect all of Birmingham's green spaces. In other words, a mecca for runners and a sign that the city is looking to the future, trying to encourage people to step away from their screens and go outdoors.

Despite living in Birmingham for a year and a half, I had never stopped and visited 16th St. Baptist Church or the park with all its memorials and haunting statues. It was emotional standing by the Dr. Martin Luther King, Jr. statue as the sun rose, thinking about how far Birmingham has come in the last 50 years, but how far it still has to go.



***Backup dancers for The Tempations***

**More photos from today's run:**



***On the steps of the 16th St. Baptist Church***

**Riding Ms. Fancy**

I can't think of a better way to have spent MLK Day. I am thankful for Dr. Martin Luther King, Jr. and the entire civil rights movement, and I look forward to watching Birmingham's changes over the next 50 years, from whatever city it is that I call home at that time. Progress and growth is being made here faster than in any city I've visited. While some of it is simply playing catch-up, you can't build upward until you accept history, learn from it, and progress. And that is exactly what Birmingham is doing.



**Old railroad track = new greenway for Birmingham**



**Eddie Kendrick**



**Skyline from the Civil Rights Institute**



**The Alabama Theater**



**Love the artwork**



**Is 7am too early for a beer?**



**Avondale Park used to be a zoo – Ms. Fancy lived there**



**Today's group**





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HOMEWOOD ALABAMA

**TEAM 413**

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4.13.13



**4-13-13**



[www.team413raceweekend.com](http://www.team413raceweekend.com)

# RESOLUTION RUN WRITE-UP

— Lisa Booher

One of my goals from January of last year was to get involved in the local running community. Well, mission accomplished. Looking back at the last year, it's almost hard to remember where I was at this time last year. Picture in your mind a lot of lonely, thirsty 20 milers.

My main running partner was my brother, who is still at the top of my running-partner list, but since he typically doesn't like to run over about 13 miles (give or take), I needed to find some running peoples to go the distance for marathon training.

Enter the Birmingham Track Club. Also enter Mekelle Bess, my Savannah training partner. Also enter Lara Walters and Diane Knight, my gym BRFs (best running friends). These three factors made the second half of this year's marathon training so incredibly much better.

When Mekelle and I discovered the track club's Saturday morning runs, we both did a Homer Simpson "D'oh!"



It wasn't just the water stops that made these runs better, although those helped as we melted during every summer (and almost every autumn)

run. The best part was meeting other long-run junkies who willingly chat it up for hours about running. Because when you're on a long run, one thing you have plenty of time for is conversation. Bonus: no one ever asks you how many miles are in a marathon (although they would all be happy to explain it -- for hours) or tries to warn you that running is really bad for your knees.



**Post Resolution Run with lots of non-strangers.**

These Saturday runs opened up a whole new community of people to me. Last year, when I went to the Resolution Run at Red Mountain Park, I knew my brother (yay, because remember he's cool). This year when I went to the same run, there were still lots of unfamiliar faces, but there were a whole heck of a lot more familiar ones.

For this year's Resolution Run, they again offered the 3, 5, and 10-mile options, but we went for the fiver to get back in time to score some food (which was gone after running 10 miles last year -- a major sadness for our bellies). We actually finished with



**Kelly Atkins, Corey Williams, Lisa Booher, Brian Atkins (a BTC Saturday Long Run regular)**

six miles after a search and rescue mission involving a dog making a snack out of a giant pile of poop. It was as cool as it sounds.

The trails were in great shape and weren't too soggy, considering the rain lately, and we got in some great workouts on the hills. I distinctly remember not being able to run all the way up the hills last year. This year, dominated them. I have a loose definition of "dominate."

## Here are some additional things (other than more friends) that made this year's run a success:

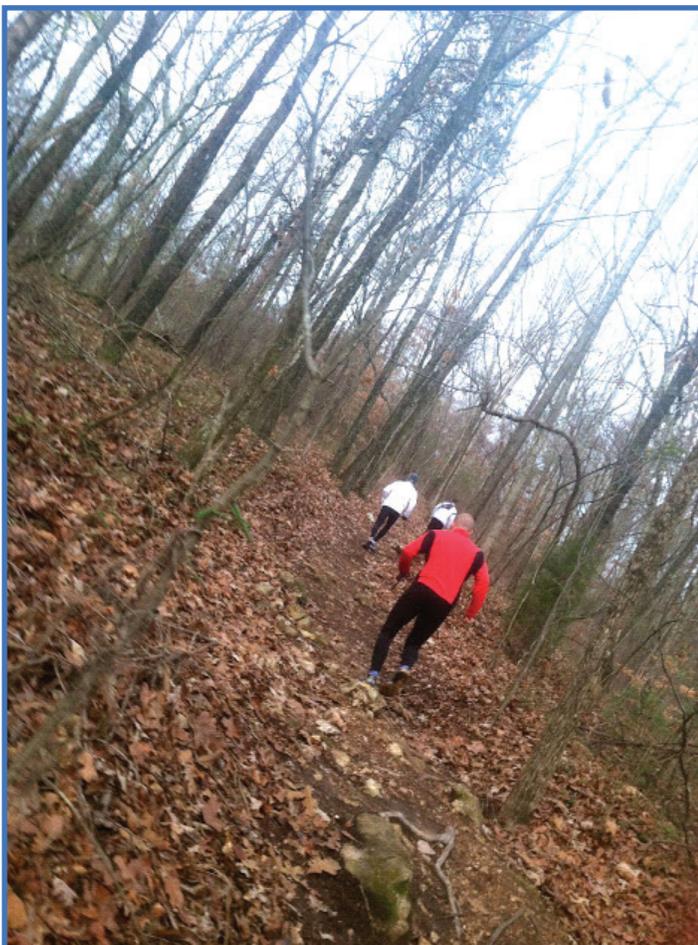
**1. I did not have a single fall. Holy Nikes, it's a miracle.**

**2. We met a raccoon near the park entrance. Is it a raccoon defense mechanism to look so adorable while simultaneously having the ability to be so vicious? Because, dang it, they are so freakin' cute. Like Hello Kitty, I-want-a-picture-of-you-on-my-backpack cute.**



*Raccoon at park entrance during Resolution Run.*

**3. Plenty of food at the finish! Cheesy muffins and pork sliders, yes I will. It looked like they had loads left for those running the 10-miler too. Thanks, Jim 'N Nick's!**



*Jimmy Stout tackling a Red Mountain Park Hill*



**Jimmy Stout and Lisa Booher - siblings, BTC Saturday Long Run regulars, and wearers of matching pants.**

Jimmy Stout and Lisa Booher – siblings, BTC Saturday Long Run regulars, and wearers of matching pants.

And even though my brother will always be my ace running partner, I'm glad that I was able to keep my resolution and expand my little running world. To all my new running people, whether we've run 20 yards together or 20 miles together (or just talked or tweeted about running together!), you've helped make running really cool for me this year. Thank you!

And no Resolution Run is complete without goals for a new year. I'll be running more trail races (I'm looking at you, Mt. Cheaha 50K) as an ambassador for Alabama Outdoors, and I just joined up with Coach Alex's Resolute Running group where, along with individual coaching, they have group speedwork sessions, which equals more potential runner buddies. In the New Year, my plan is to get faster and tougher but have fun doing it.



***Lisa Booher can be reached at  
yomommaruns.com  
yomommaruns@gmail.com***



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

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

Your shirt can be purchased at any BTC event.

You can also send an email to arrange an order.  
[president@birminghamtrackclub.com](mailto:president@birminghamtrackclub.com)

# RIGHT MIND

—Dr. Dan Bowman

## Right Mind, What would it be like if you could think perfectly right?

I have spent over 50,000 hours in the past 20 years, studying, pondering and working with clients and athletes, trying to answer this question, and the more important underlying question: What does perfect thinking look like? I am a clinical sports psychologist and my conclusion is humbling. When I ask the above questions about perfect thought, the most frequent answer I get is the first one that came to me: If I could think perfectly right, all the time, life would probably be boring. That answer is wrong. If thinking perfectly made life boring, then you could intentionally create chaos at times to keep from getting bored. In fact Chaos Theory appears to have validity. In part, Chaos Theory states that families or companies or teams with less organization and more chaos outperform those that are more stable. There are times when a leader should intentionally create chaos to push a team to grow and adapt and cooperate.

Great thinking is never boring; it brings joy, creativity, success, and health. This is well confirmed by the research of a group of psychologists, headed by Dr. Martin Seligman, in field now labeled "positive psychology." This group has long been pondering how we can think better. Their answers are compelling, and I will discuss them in later issues of this magazine, but if they thought enough about it, their ultimate conclusion about perfect thought would be humbling: Neither they, nor you, nor I will ever achieve it. We cannot think perfectly. We should only strive to think as well as we can.

I have been outthought on a number of occasions by people whose IQ's were under 70 (considered mentally retarded). I have also been deceived, humbled, and

outthought by children a fourth of my age. I have had people much smarter and much older than I point out amazingly stupid things I have done this week. And the few things in life I know best (like sports psychology) often perplex me so much that I wind up in prayer and meditation and asking other experts for help. What I am trying to say is, "Stop thinking you know so much, and allow the 6.7 billion others on this earth teach you something important today."

According to Socrates, "True knowledge exists in knowing that you know nothing. And in knowing that you know nothing, that makes you the smartest of all." Well, that doesn't sound as humble as it should, and it certainly won't make you the smartest of all, but it is a start to a better mind.

I look forward to sharing with you in future issues of this newsletter principles of sports psychology that will make you more successful in running and life. Although I have run over 20,000 miles, I still learn something about running from fellow runners every single time I hit the road, especially from people like Alex Morrow, who is available to train you. Similarly I learn a lot about human psychology every day, even though I have studied and practiced it more than anything else. On a recent run, I came up with this saying: Ignorance is necessary for learning, so embrace your ignorance. When you do that, you will stop fearing mistakes and being wrong and you will start learning and growing as a runner and as a person.

**Until next time: Think right and run right!**

# **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](mailto:VOLUNTEERS@BIRMINGHAMTRACKCLUB.COM)

# The BTC shows our volunteers the love with our Volunteer Rewards program!

As 2012 was our very first year using the new program, we made a few adjustments on each level so that we could reward **EVEN MORE** volunteers. Congratulations and a big **THANK YOU** to all who helped us make our events bigger and better!

The following individuals volunteered at 3 or more events. If I did not contact you with a renewal code, your membership renewal date has already been bumped out one year.

Delpha Jones  
Xing Wu  
Michelle Parr  
Teresa Chandler  
Cherie Dortch  
Jennifer Ray  
Olivia Offuso

The following individuals volunteered at one BTC event.

Paul Sykes	Danny Haralson
Joy Rushing	Dean Thorton
Vallie Pate	Jonathan Fague
Holly Barclay	Kelly Stewart
Tom Russell	Rafe Cloe
Elizabeth Nelson	Stephanie Rollins
Hope Vinson	Allison Hoover
Rebecca Fite	Wayne Davis
Melissa Mancini	Tom Alexander
Mary Jane Coker	Paul Estes
Doug Allen	Archie Blackmon
Greg Butler	Van Thursby
Donna Arrington	Jim Hill
Ed Reisinger	
Karen Kasuba	
Allison Stone	
Jimmie Bottcher	
Phil Min	
Micki Haralson	

The following individuals volunteered at 2 events. Your reward is a free entry into one of the 2013 BTC sponsored races! When you determine which race you would like for free, please contact Mark at [volunteers@birminghamtrackclub.com](mailto:volunteers@birminghamtrackclub.com) for a discount code.

Charles McCalley  
Suman Silwal  
Katie Pezzillo  
Christina Blackmon  
Judy Loo  
Jerry Smith

If I missed anyone on these lists or if I did not get your participation recorded correctly, just shoot me a message at [volunteers@birminghamtrackclub.com](mailto:volunteers@birminghamtrackclub.com) and I will get it corrected right away in the records. This was our first year and the volunteer committee went through some changes too, so we may have missed getting your efforts recorded. Please be patient as we work out the bugs!

If you are interested in volunteering, please let me know!

Mark Burris  
BTC Volunteer Coordinator



# Mountain High OUTFITTERS Southeastern Trail Series

7 races in 7 Months. Start with a 3 mile trail race in April, end with a 50K in November. You can do it!



In an effort to promote trail running and introduce new runners to the trails, Mountain High Outfitters and Southeastern Trail Runs has created a series of races beginning in April of 2013. We will start with runs as short as 3 and 6 miles and slowly build distance through the spring, summer and fall, culminating in an Ultra distance race in November. Runners that follow the series and build up training distance will be ready for the Tranquility Lake 50K in November. Those that wish to go further, can continue to train over the winter. By the end of March of 2014, they will be ready for the Lake Martin 50 or even the Lake Martin 100.

The series will consist of 7 races. Each race will offer opportunities to run further than the previous race and offer more difficult terrain and more elevation gain. We will help runners design a training schedule that will make it easier to reach their goals, whether it is to go out and enjoy an occasional 50K or run the Leadville 100. Or maybe even Hardrock. Participants will earn points for each event completed based on their time and distance run. Points leaders at the end of the series will receive special awards as Southeastern Trail Series Points Champions. Runners entering all events will also receive special awards. All races will take place in the Birmingham area.

#### Schedule for 2013:

- April 13 - Race 1: Tranquility Trail Run - 3 mile and 6 mile race.
- May 4 - Race 2: Run for Kids Challenge - The 12 Hour Challenge, the 50K and 10K trail races.
- May 25 - Race 3: Memorial Day Trail Race - 7 and 14 Mile race. Oak Mtn. State Park, Memorial Day Weekend.
- July 27 - Race 4: Hotter N' Hell Trail Race - Cedar Pavilion, Oak Mtn State Park - 9 Mile and 18 Mile Races
- Sept. 27, 28 & 29 - Race 5: Birmingham Stage Race - 3 Days 3 Mountains 53 Miles or 2 Days 2 Mountains 37 miles.
- Oct 12 - Race 6: The Crusher Ridge race - Southeastern Trail Series - 21 and 42 - Ruffner Mountain.
- Nov 23 - Race 7: Tranquility Lake 50K and 25K. Cedar Pavilion, Oak Mountain State Park.



A Southeastern Trail Runs Event Registration at [Ultrasignup.com](http://Ultrasignup.com) Website: [SoutheasternTrailRuns.com](http://SoutheasternTrailRuns.com)

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

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

Send an email to: [editor@birminghamtrackclub.com](mailto:editor@birminghamtrackclub.com)

## Apply for BTC Team going to Japan!

The Mayor's Office of Maebashi, Japan is once again inviting a Birmingham Track Club Team to participate in their 2013 City Marathon, scheduled for April 21st. The conditions will be the same as with previous years: 3 runners invited at first, if the other two sister cities choose not to participate in the race, more openings may become available later. Often Birmingham is the sister city to send 6 runners to the race. Our hosts pay for race entries, meals and lodging for a 4 night stay while in Maebashi and transportation to and from the airport.

If you are interested in applying for the 2013 team, you must meet the following 4 requirements:

1. Be able to pay for your own flight to and from Japan
2. Be able to coordinate your flight arrival and departure with the BTC team so your p/u and delivery to Maebashi is easy for our generous hosts
3. Have a valid passport
4. Be a current BTC member. You may join or renew at the time of your selection, if you are not already a current member.



**Cherry Blossom Tree in Maebashi, Japan**

You DO NOT have to be a fast runner! As with all aspects of the BTC, runners of all size, gender and speed are Welcome! But the race does impose a speed cut-off during the half marathon that is about a 10 minute mile. The two race distance options are the half and the 10K. We will hold a few meetings, after the team is selected, to go over what you can expect during the trip and how to prepare.

To apply, send a 100+ word essay / explanation of why you should be chosen to go to Japan in 2013. Email this to [btcpres09@gmail.com](mailto:btcpres09@gmail.com) by Feb. 17, 2013. If you need to mail your entry, you may send it to:

*Johnaca Kelley  
c/o Jay Electric Co.  
5300 East Lake Blvd.  
Birmingham, AL 35217.*

# RUNNING TIDBITS

— Compiled by Randy Lyle



## Quotes

“You can’t go back and make a brand-new start, but you can start now and make a brand-new end.”

**-Jack Garmise**

“Just do the best with what you have, and you’ll soon be doing it better.”

**-Gil Hodges**

“Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.”

**-Gail Devers**

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.”

**-Mark Twain**

“Nothing splendid has ever been achieved except by those who dared believe that something inside of them was superior to circumstance.”

**-Bruce Barton**

“The greatest danger to most of us lies not in setting our aim too high and falling short, but in setting our aim too low, and achieving our mark.”

**-Michelangelo**



## Tidbits

### Running in the Cold

Source: <http://www.active.com/triathlon/Articles/7-Tips-for-Running-Outside-in-Winter.htm>

Now that winter is officially here, we may finally get some cold weather. Apparently, I am unusual in that my ideal running temperatures are between 25 degrees and 35 degrees. Most people I know do not like it to be that cold and I can understand that. In fact, the cold will keep a lot of people from running at all. It takes some planning and the right clothing along with the other necessary cold weather gear, but it can be quite refreshing to run when it is cold.

I ran across some tips for running outside in the winter and thought I would share those this month:

### Mind the Sweat

When you run outside in the cold, you do not realize just how much you actually sweat. With the extra layers, your sweat will actually evaporate during your run without your realizing it. This is especially true when you experience low humidity and wind. The high tech fabrics so many wear now will keep you warm and dry without the sweat running down your legs or back. The danger is that you may not hydrate enough to replenish those fluids. This is more critical on runs longer than an hour. If you do not drink during your run, make sure your drink after.

### Watch the Thermostat

Everyone has a different “thermostat.” Figuring out what you need to wear in different weather conditions is often done with a lot of trial and error. When it is cold outside, you should feel a little chilly when you start out on your run. You will warm up and start feeling more comfortable within 10 to 15 minutes. Obviously, you will be warmer during a tempo run than you will on a slower run.

**Tidbits** -Continued to Page 29-

### **Avoid the Wind**

As you know, wind will be a factor when you run. Not only will it slow you down but it will affect your body temperature. Try to avoid running into the wind for an extended period. I know, this is easier said than done. It's best to face the wind at the beginning of the run when your sweat is minimal. After you have sweat, running into the wind can make you really cold. If you have to run into the wind, you can try zig-zagging to minimize the effect. You can also wear wind-blocking jackets, pants, and/or vests.

### **Grip the Snow**

Although it is typically not much of an issue here in Birmingham, we do get an occasional snow. Snow can be okay as long as it is not too slippery. It is best to run on extra wide streets that have been cleared and salted. As always, run opposite of traffic. In the event there is a lot of snow, you can wear trail shoes with GOR-TEX or the slip on grippers that go over your shoes.

### **Put Safety First**

Safety should always be your first concern regardless what time of year you run. This is especially true in the winter because the days are shorter and you have a higher likelihood of running in the dark. Choose routes that are well lit, if possible. Be sure to wear clothing with reflective materials along with headlamps or blinking lights. A reflective vest is also a good idea.

### **Layer Up**

Layers help keep the heat in and air circulating. Moisture wicking fabric also helps keep clothes from becoming saturated with sweat. Wool is another good option, just not as your base layer. In the event temperatures drop below zero and you decide to go for a run, make sure all exposed skin is covered. It's a good idea to wear jackets and pants that have venting, particularly on long runs.

### **Put it all Together**

As you begin to figure out which clothes you need, temperature rate your running clothes. That way, you will know what to wear based on the outside temperature. Always read the temperature by the wind chill factor rather than the actual temperature. Remember that you will start out feeling cold but should warm up relatively

quickly. When the temperature gets really cold, below 20 or 30 degrees, consider wearing at least three layers (a bottom layer to wick away moisture, a middle layer to retain the heat, and an outer layer to block the wind). Venting is important, especially when running in extreme cold or wind.

## **WANT TO ADVERTISE IN THIS NEWSLETTER?**

**Deadlines are the 1st of each  
month for the following  
'VULCAN RUNNER' issue.**

To place an ad or for more info:  
[marketing@birminghamtrackclub.com](mailto:marketing@birminghamtrackclub.com)

## **PLEASE SUPPORT THESE BTC SPONSORS**



[TrakShak.com](http://TrakShak.com)



[EskridgeAndWhite.com](http://EskridgeAndWhite.com)

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.



# THE 1200 MILE CLUB

Year End Summary by Miles, Lowest to Highest.  
Congratulations 1200 Milers!

Last	First	Total	Dec	Nov
McCalley	Charles	1200.2	166.9	100.35
Hill	Jim	1200.3	39.8	53
Ballard	Bill	1202.5	67.6	76.5
Kirkwood	Teresa	1204		142
Burnette	Jack	1204.5	84.5	86.3
Haralson	Micki	1208.2		10.5
Engels	John	1211.6	77.9	98.6
Skjellum	Jennifer	1212.88		107.41
Whitford	Ray	1215.6	18.1	86
Turner	Kile	1216.12	128.22	98.17
Lucas	Jane	1221	121	60
Dortch	Cherie	1224.49	141.6	113.2
Hargrave	Alan	1228	50	102
Phillips	David	1230.6	117.4	112
Ingram	Joseph	1231	76	110
Pasqualini	Greg	1231	109	56.5
Davis	Wayne	1232	157	83
Gillis	Sam	1232	177	106
Dunham	Kelly	1233.55	138.2	93.6
Atkins	Brian	1237.7	136.7	119.3
Henry	David	1238.6	101.5	102
Chandler	Teresa	1239	95	81
Brown	Charlie	1240.91	89.73	66.16
Honea	Todd	1243	112	101
Losole	Liz	1252.2	106	114
Stearns	David	1253	100	87
Lupinacci	Tim	1258.4	97.6	133.2
Wu	Xing	1260.09	74.6	78.6
Benson	Wayne	1261	95	92
Adamy	Mary	1265.2	107	85.2
Patterson	Cathy	1267		
Caldwell	Greg	1281.7	110.4	120.4
Russell	Tom	1294.19	60.7	99.5
Grossmann	Christopher	1294.77	145.51	87.68
Smith	Jerry	1298	108	119
Thornton	Dean	1300.4	108.1	147.6
Haralson	Danny	1307.5	98	130
Glaub	Chris	1314		
Haugh	Spencer	1314.1	121.5	127
Hickerson	Patrick	1315	89	113
Harris	Vickie	1324	115	148
Ganus	Jack	1333	103	101
Dodson	Brooke	1337	125	77
Ford	Joe	1359	110	155
Washburn	Kevin	1368.35	87.75	45.93
Kuhn	Jimmy	1383	142	101
Fite	Rebecca	1391	135.81	52.97
Allen	Darnell	1393.4	69	68
Hallmark	Daryl	1400.1	123.5	103
Northern	Kristie	1400.71	113.1	146.5
Morgan	Danielle	1404.4	45	59.2
Langston	Richard	1404.73	105	101.7
Barry	David	1407.9	18	0
Meadows	Bryan	1416.23	133.93	180
Hoover	Alison	1426.92	104.65	108.91
DiMicco	Al	1458.8	117	125
Ross	Nate	1464.1		139
Affuso	Olivia	1470	150	106
Harrison	Lisa	1497.2	92	99.7
Frederick	Winston	1500	184	107
Stockton	Rick	1536.55	115.33	121.17
Pasqualini	Ellie	1555	159.5	109
Dunn	Wade	1562	211	229
Hiller	Russ	1565.14		105.96
Roberts	Tim	1576.9	93.4	141
Myers	Bill	1588	121	119
Crawford	Jennifer	1589	101	106
Booher	Lisa	1596.26	117.1	111.68
Phillips	Stefanie	1618	54	53
Franklin	Shane	1620.46	135.82	51.17

Last	First	Total	Dec	Nov
Silwal	Suman	1633.6	85.1	180.3
Pearce	Julie	1640.25	153.84	120.11
Morgan	Phil	1642	128	137.2
Stroud	Vanessa	1649.2	143.55	165.6
Woody	Bill	1653	167	140
Thursby	Vann	1691.97	130.71	131.27
Wingo	Greg	1724	157	147
Goode	Johnny	1732	149	145
Weisberg	Scott	1740.5	85	74.5
Lowell	Allison	1740.73	121.2	86.56
Address	Jennifer	1767	116.5	131
Burke	Chad	1782.9	145	167.2
Gann	Michael	1803	141	150
Randall	Lisa	1859.07	118	193.75
Bryant	David	1907		190
Morrow	Alex	1909.19	163.29	77.02
Rutherford	Keith	1948	209	135
Zehnder	Justin	2072	201	168
Morgan	Cary	2119		208
Hopper	Erica	2190.8		
Perry	Jeff	2637.1	224	161.7
Lyle	Randy	2666.7	238.2	181
Whatley	Prince	2714.6	237.9	286.2
Bonatz	Ekkehard	3080	221	208
Clay	Brad	3118	253	158

— Portraits  
 — Logo Design  
 — Publication Layout  
 — Motion/3D Design

andrew nuckols | www.anuckols.com  
(205) 746-5450

Birmingham Track Club

# MEMBERSHIP APPLICATION

www.BirminghamTrackClub.com

www.Facebook.com/BirminghamTrackClub



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

PLEASE check one:

New Member application

Renewal

Change of Address

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

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

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

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

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

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

Other family members to be included in membership:

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

Last Name First Name M.I. Birth Date

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

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

Date

YEARLY MEMBERSHIP (please circle one) : \$24 (single) \$36 (family)

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

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

btomembership@gmail.com