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Birmingham's Area Running Club
www.BirminghamTrackClub.com

BIRMINGHAM TRACK CLUB



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BTC

THE VULCAN RUNNER



VOL. 36

★ FEBRUARY 2012 ★

ISSUE 2

BLACK GIRLS RUN!

— Natalie Ferguson

It's okay. You don't have to admit it. I know what you were thinking.

You passed their water stop during the Ruben Studdard Half Marathon. It was less water stop, more dance party. You've seen them running in races around town wearing that unmistakable pink and black logo t-shirt.

And when you saw it, you probably

thought, "seriously?"

The answer is a loud, resounding yes. And these girls know how to build a running club. Black Girls Run is a national organization on a mission to "preserve the sexy." Their web site boasts 71 chapters around the country with approximately 12,000 members. The Birmingham Chapter, which began with the efforts of Olivia Affuso and Jeralyn

Powell on August 20, 2011 (count that, 5 months) already has 500 members.

If preserving the sexy is about laughing, sisterhood, family, encouragement, support, health, acceptance, and optimism, these ladies have it.

They've grown by reaching out to friends of friends of friends. They invite other women they see working out in

RUN GIRL! <continued on Page 2>



The girls gather after conquering the Ruben Studdard Half Marathon.



ABOVE: The girls gathering for their Saturday Lakeshore Trail run.

RIGHT: Tammy & Kaylan at the Red Nose Run.

RUN GIRL! <continued from Page 1>

the gym, women they see running alone on Lakeshore trail. Joanna Carson has even invited the check out lady at Walmart to join them for a run because, according to her, it's all about being healthy and encouraging others to do the same.

It doesn't matter if you were a friend before joining; you're a friend as soon as you lace up your running shoes and meet up for one of their weekly runs. Tuesday and Saturday are their mainstay days.

I met up with them on a rainy Tuesday night at Railroad park. Some walked, some ran and some did a little bit of both, but as soon as they all sat underneath of the awning, it was all laughing, applause and encouragement. They bragged about one person's couch to 5K accomplishment, another's weight loss and another's recent progress from walking to running.

Wanda Lee has always been a physically active woman, but this group is particularly important to her. Being part of the group is not about being selfish, she says, but about being mature enough to do something for yourself. She also feels like there are so many diseases that black women face as a community and being active is the first step to combating that.

Joanna Carson lifted her shirt sleeve and showed off a nicotine patch. "This is my motivation for being out here," she said. Her last cigarette was on December 24th. Quitting was a Christmas present to herself. She took up running with BGR because she doesn't want to gain the 20 pounds that typically comes with quitting.

Leticia Miller just completed the Couch to 5K program. She did it with a fellow BGR member using an iphone app, but you won't catch her in a race anytime soon. She did it because her



RUN GIRL! <continued on Page 3>



ABOVE: Kimberly Bishop proudly takes on the Vulcan Run.

RUN GIRL! <continued from Page 2>

wedding is coming up in March. She is finally getting a formal ceremony with her husband. She also wants off blood pressure medication. Rhonda Heard started running 11 months ago and has already lost 52 pounds. She said she'll be in a two piece by summer, sans cover-up.

With each having her own goal and her own reasons for running, the competition is nonexistent amongst this group of women. Each mile or milestone deserves its own celebration.

It all started when Olivia saw a feature on the Greensboro Black Girls Run group. She looked online and saw that there were no Black Girls Running groups in Alabama. She was a regular runner and knew that there were black women running all over Birmingham. She saw them every day.

She e-mailed the organizers to request an Alabama chapter. With no response, she went back to the web site and saw her name and contact information listed. She assumed that was permission to begin the club. She maintains a facebook page and an e-mail list where group members exchange information about volunteer opportunities, group runs, and races, but says it's a relatively low maintenance group with no dues.

Before we parted ways, I had to ask the question we've all been wondering: "So, can anyone join your running group?"

"Oh, yes, we'll take anyone."

"Really? Because my husband might be interested."

"He could be our water boy."

"Maybe not anyone."

"Any woman. Any woman that wants to can join."

"Don't want no men."

"Or children."

"This is our time." •

nataliezl@hotmail.com



BLACK GIRLS RUN! water station volunteers for the Ruben Studdard Half Marathon

Interested in advertising in this club newsletter?

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

To place an ad or for more info:
btcpresident07@gmail.com

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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

ATTENTION BTC MEMBERS!

'Vulcan Runner' is available MONTHLY in color!!

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo, Membership Chair, at btcmembership@gmail.com so that you can receive (via email) the monthly password in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

<http://BirminghamTrackClub.com>



February BTC 'Incoming' President's Message

— Jennifer Andress

Hi BTC! I am so excited to be serving you in this capacity. I have watched my friend Brad Clay do a wonderful job in the President's position, and I aim to meet the standards set by him in the last year.

I am very excited about the officers and committee chairs we have in place. I think it is a wonderful mix of experience, and new team players. Your BTC officers and I have had a few meetings, and a lot of emails, discussing our vision of the club. I feel we have a very strong team in place, that is unified in its desire to see the BTC first and foremost as a valuable resource for the Birmingham running community.

We have spent a lot of time identifying goals and themes of the 2012 BTC. As we talked, it became apparent that all fell under one of three categories of unique offerings.

First, the 1200 Mile Club. It is unique to the BTC, and can be a driver in marketing ourselves, engaging our members and recruiting new ones who are looking to set a challenging goal. I know apparel for this club has been discussed in the past. I would love to see BTC members on their regular runs sporting 1200 Mile Club tech shirts and singlets! What a great way to wear your accomplishment with honor, while advertising the BTC to the running community. I look forward to working with Michele Parr and Tom Scales on coordinating this endeavor.

Second is the area of training. Specifically, long group run offerings complete with pace groups, race-specific strategies, and on-going training ideas and workouts. We have recruited Natalie Ferguson to help coordinate and report on the fabulous running groups in the Birmingham area, building on the excellent work done by Meredith Farrell. Coaches Danny and Micki Haralson and Parliamentarian (and de facto coach of my running group, Norm's Gnomes) Tim Roberts will discuss local race strategies and various workouts. National Nutrition and Fitness Presenter and creator of Horizontal Conditioning Sandra Koulourides will offer advice, recipes and core strengthening exercises.

Finally, the previous two categories lead us to the third: Changing the way the BTC communicates and engages our members. We are planning an active, engaged website, Facebook page and Twitter feed. BTC Vice-President David Barry has done wonderful work setting up our website, and we as officers and committee chairs will be examining the site piece by piece and updating it so you as users can log on, create profiles, update your 1200 mile reports, engage in forums, learn about long run opportunities, and read our regular columnists. These updates will begin to appear over the next few months.

Media Relations Chair Alex Morrow will continue his wonderful work on our

Facebook page, and begin a Twitter feed. We will be interactive, and offer video blogs as well as video race course strategies. We will have a pace calculator, a "stretch of the month", product reviews, trail running, nutrition, inspirational stories and history, retailers with featured items, service rewards for volunteer hours, and a listing of ever-increasing member benefits.

Speaking of member benefits, we have two new positions that further address these, as well as member communications. Abigail Morrow will be the Member Benefit Coordinator, and Jennifer Ray will be the Volunteer Coordinator, and help to design a new program rewarding volunteer hours with prizes. Social Chair Heather Milam is already planning our first BTC social, where we will outline this new reward program.

Thanks to Treasurer Randy Lyle, Secretary Mitzi Duer-Savelis, and Membership Chair Judy Loo for their continuity and expertise. I am also appreciative to Past President Brad Clay for his insight and direction. I look forward to hearing about the Japan Exchange Program for 2012 from Johnna Kelly. I also welcome opinions and ideas from all of you, the BTC members that make our running community such a special one! Thank you for this opportunity! See you on the roads! •

jenandress99@gmail.com

ONLINE CALENDAR

Upcoming BTC Races/Events

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

Alabama Running Calendar

<http://Running.net/Alabama-Running-Calendar>



BTC Annual Party **SNAPSHOTS**

— Photos courtesy of www.facebook.com/birminghamtrackclub



BTC ANNUAL PARTY PHOTOS <continued on Page 7>



The 2012 BTC officers (L to R) Randy Lyle, Mitzi Duer-Savelis, David Barry & Jennifer Lowery Andress.



Randy Lyle won the Dr. Arthur Black / Rick Melanson Annual Service Award



Xing Wu won the Annual Randy Johnson Service Award



Meet your new 2012 BTC OFFICERS

Jennifer Andress — PRESIDENT

My name is Jennifer Andress, and I am so excited about serving as the BTC President. I have been a runner since the age of 11. I ran high school track and cross country in Dallas, Texas, and participated in 5km's and 10km's with my parents. I moved to Atlanta in the early 90's and loved to run up and down the Chattahoochee River trail. In 1994, I moved to Baltimore for a job and loved to run around the Inner Harbor. Then I moved to Birmingham, where I was actually born. And....it was so hilly! And I didn't know anyone to run with. And although I lived in Mt. Brook at the time, I did not know about the Jemison Trail. That is so hard to believe now! Fortunately (for so many reasons!) I met my husband, and got back into running. After some set-backs due to health issues and babies, and health issues with my babies, I started back running again, and at the age of 39 re-discovered my love of running hard. And 4 years, 14 Half-Marathons, and 3 marathons later, I can tell you that I feel we are all so blessed to know the joy of running! This running community has come to mean so much to me. I look forward to serving you, and can't wait to see where we are headed!



David Barry — VICE PRESIDENT

I was never a runner but I was always an athlete! I grew up in Florida and began playing organized sports at age 4. In high school I played soccer, golf, and basketball and I played soccer at Southeastern College in Lakeland, FL. I joke with my running buddies that the best thing about being a goalkeeper in soccer is that while everyone else was running 3 miles I was doing drills, you know, like the kicker on a football team. As an adult I began mountain biking and road riding and even did a Century Ride and the MS 150 but I stopped riding and just got fat and LAZY!

4 years ago I was asked to serve on the board for the Make-A-Wish Foundation and that is where my running odyssey began. One of the major fund raisers they do is the Make-a-Wish Dream Team that raises money by running the Mercedes Half Marathon and getting sponsors to donate money. We went to the meeting and my wife Heather asked if I wanted to do it. Now, she had run in the past but I had not. I said yes! Being newlyweds it would give us something that we could do together, AWWW Sweet!!! We began Danny Haralson's Couch to Half Marathon program and off we went.

Like so many, we met in a parking lot and walked/ran ONE MILE! I was spent and thought "what have I gotten myself into?" The walking gave way to running and one mile became 2 and so on. We did the Race For The Cure which was 3.1 whole miles and the Vulcan Run, OMG 6.2 miles! Then the training runs got longer and next thing you know we crossed the finish line of the 2008 Mercedes Half Marathon, together, got the finisher's shirt and a shiny medal around our necks. I WAS A RUNNER!!!! Now 2 marathons, several half marathons and 10Ks and 5Ks I am still running.

I am excited to serve the running community as the Vice President of the BTC and I hope I can bring the passion I have for running to the Birmingham Community...one step at a time!



Randy Lyle — TREASURER (2nd term)

It is an honor to serve the club as Treasurer for another year. I see a lot of potential with this group and look forward to the coming year as we continue to build on the great done over the years. We clearly have our challenges and I believe we are addressing those. Still being a relatively new runner (completed Danny Haralson's Couch to 5k program in 2008), I am always amazed and encouraged by the support of the running community. For those that don't know, I graduated from The University of Alabama in 1989 with a degree in accounting. In the 22 years since, I have held a number of financial roles at various companies including Alfa Insurance, Southern Progress Corporation, and now EBSCO Industries. I am excited to see what we accomplish as a club in 2012. I hope to see you out running or volunteering around town soon!



Mitzi Duer-Savelis — SECRETARY (2nd term)

I started running back in the summer of 2007. At the time I had a coworker who had just run Boston and she was such an inspiration to me. At her suggestion I used Hal Higdon's training plan. My first race was the Twilight Retro Run. Bad weather was predicted for the day and I called the Trak Shak multiple times to see if the race was still on. "Rain or shine!" they'd say. After that, I was hooked. I kept thinking.... "If I can run three, surely I can run five...six...ten...thirteen..." Since then I have run 13 half marathons, 1 full marathon, and 1 sprint triathlon. My running buddies call ourselves "The Bama Babes" and we have traveled to Virginia Beach, Chicago, and Seaside to run halves. My husband, Marc, proposed to me at the finish line of the Mercedes in 2009. To our delight, the event was captured in the Birmingham News and broadcast on Fox 6. I look forward to serving as your secretary of the BTC and giving back to a club that has given me so many opportunities.



Brad Clay — PAST PRESIDENT

Greetings! I am happy to begin my 4th year on the Board of Directors for the BTC as Past President. I am so excited about the group of new officers and executive committee members who have already begun to brew some great ideas for the club for 2012. These folks have a fantastic skill set from which the BTC is sure to benefit, and I hope to be able to contribute and work to grow and strengthen the club. Personally, 2011 was a great year of running for me, hitting new PR's at every distance from 5K to marathon, and I can only attribute it to being able to run with some great folks whom I met through the track club. At the end of the day, to me that is the club's essence; after all the events, races, fundraising, socials, promotions, merchandise, and other stuff, it boils down to having a group of friends meet, go for a run, and enjoy each other's company. Despite all the planning, activity, and organization, the club exists to bring people together to run and hopefully have a great time doing it. I am ready and looking forward to another year of working hard and trying to creatively construct opportunities for the club to do just that simple yet rewarding task. Come and join us!



1200 MILE CLUB Final Report of 2012

— By Michele Parr

It takes dedication and more than a little bit of luck to run consistently enough to cover more than 1200 miles of real estate on foot in a year. Year after year dedicated runners are kept off the roads and trails by injury or illness, by work or family commitments. The Birmingham Track Club recognizes the runners who succeed through the 1200 Mile Club, which completed its fourth year on December 31, 2011.

We finished the year with 117 participants. Of those, 72 reached the goal of covering 1200 or more miles during the calendar year. We welcome 26 new members and offer special congratulations to the 15 who have succeeded in each of the four years the program has been in existence.

The closest call this year was by Al Bradshaw-Whittemore (a four-timer) who came in at 1200.3 miles. There were eight runners who reported totals between 1200 and 1205 miles.

The most miles reported were 3265 by Brad Clay, the only runner over 3000 miles. Ekkehard Bonatz was his closest competition at 2967, followed by Wade Dunn with 2721, Prince Whatley with 2711, Cary Morgan with 2483, Tim Roberts with 2242, Justin Zehnder with 2091, Randy Lyle with 2042, and Xing Wu with 2012. Another eleven runners reported totals of over 1500 miles.

The 1200 Mile Club was created to promote consistency in

training. For the most part, that isn't what is reported. Instead the reports show the peaks and valleys of race training cycles and the agony and ecstasy of injury and recovery. Winston Frederick and Julie Pearce were the most consistent runners with low months of 101 miles and 83 miles and high months of 134 and 115 respectively.

Last year we had a runner within five miles of the goal (she made it this year), but this year there was nothing quite that close. David Henry logged 1134 miles despite one 8 mile month along the way. That broke his perfect streak with the 1200 Mile Club. Three other runners saw their streaks end as they struggled with injuries and surgeries (or both): Oscar Cook, Wayne Benson, and Danny Haralson.

Johnny Goode and Jimmy Kuhn reached the goal even though they each had a month with no miles, and Jack Ganus made it with two months of zero miles.

Some runners simply stopped reporting miles partway through the year. The most interesting of these was Jason Murray, who called it quits when his August miles gave him a total of 666 for the year.

The 1200 Mile Club is back for 2012. To participate, log your miles and send your name and the monthly total at the end of each month to 1200@birminghamtrackclub.com. You must report miles by April 1, 2012, in order to participate this year. •

micheleparr@mindspring.com

RUNNER	TOTAL MILES	RUNNER	TOTAL MILES	RUNNER	TOTAL MILES
* Allen Darnell	1384.25	Goode Johnny	1436	* Northern Will	1342.98
Andress Jennifer	1716	Grossmann Christopher	1244.12	Pasqualini Ellie	1466
* Ballard Bill	1302	* Hales Susan	1303	Peagler Shana	1203.2
* Barry David	1320.75	* Hallmark Daryl	1222	* Pearce Julie	1218.66
Baskerville Jennifer	1507.25	** Haralson Micki	1235	* Perry Jeff	1405.1
** Bonatz Ekkehard	2967.1	** Hargrave Alan	1258	Randall Lisa	1615.08
** Bradshaw-Whittemore, Al	1200.3	* Harris Kendall	1829	** Roberts Tim	2242.1
Bullock Sharon	1202.9	* Jenkins Mike	1233	Rodriguez Jose	1301.61
Burnette Jack	1202.8	Jones Ira	1376.1	** Rutherford Keith	1674
* Caldwell Greg	1414.3	Joyner David	1525.9	Sample Holly	1204
Chandler Teresa	1348	** Kuhn Jimmy	1418	Shinn Ron	1239.61
** Clay Brad	3265	Loo Judy	1209.1	* Silwal Suman	1387
Creed Brad	1253.6	Losole Liz	1277.6	* Skjellum Jennifer	1411.82
** Dortch Cherie	1200.96	Lupinacci Tim	1293.6	** Smith Jerry	1274
* Dunham Kelly	1227.4	Lyle Randy	2042.8	South Christopher	1327.34
Dunn Wade	2721.8	** McCalley Charles	1305.5	** Stearns David	1218.3
Engels John	1276.9	* McKenna Don	1201.04	Stockton Rick	1514.4
** Ford Joe	1452.5	* Meadows Bryan	1210	* Thursby Vann	1356.95
* Franklin Cecile	1764	Milam Heather	1476.01	* Weisberg Scott	1777
Frederick Winston	1342	Morgan Cary	2483	** Whatley Prince	2711
* Fuqua Adria	1230	Morgan Phil	1227.3	Woody Bill	1474
** Ganus Jack	1212	* Morrow Alex	1819.4	Wu Xing	2012.53
* Gillis Sam	1334.8	* Nealon Tonya	1248.46	* Young Charlene	1201.5
* Glaub Chris	1360	Northern Kristie	1645.6	Zehnder Justin	2091

* First timer ** All 4 years

JOIN the BIRMINGHAM TRACK CLUB'S 1200 MILE CLUB

The Birmingham Track Club promotes fitness and a healthy running lifestyle for its members. Part of this involves consistency and the BTC wants to reward its members for that consistency.

**In 2012 the BTC will be continuing its 1200 Mile Club program.
It's great to set goals....and not too early or too late to start them!**

HERE'S THE WAY IT WORKS:

- You keep a training log of all mileage you run during each month (see Page ?? if you need a printable log).
- At the end of the month, you communicate that mileage to the 1,200 mile club coordinator, who keeps a record of your mileage for each month. See email address below.
- The results will be posted monthly on the BTC web site so that you may track your progress.
- If you have completed at least 1,200 miles by Jan. 1, 2013, then you will receive a BTC '1200 Mile Club' jacket! Repeat members will receive a prized patch for each year they complete the 1,200 mile year that they can sew to their jacket to let others know how many years they've completed that goal.

RULES AND REQUIREMENTS:

- Participants **MUST be a BTC member in good standing** to participate in the 1200 Mile Club. Not a member and want in on this deal? Then join (a Membership Application located on last page of this newsletter)
- It is the runner's responsibility to keep accurate track of all mileage. It is the runner's responsibility to communicate mileage run each month to the 1,200 mile club coordinator. There will be a monthly deadline for submissions.
- Races count. Training miles count. Walkers count. Just as you would count in a normal training log, count here.

Initial miles must be reported by April 1st to participate for 2012!

Email monthly mileage/questions to: 1200@birminghamtrackclub.com

THE
ELLIS
PORCH

Statue2Statue

APRIL 21ST, 2012

Race entry on PAGE 19

SAVE THE DATE!



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(205) 985-4111

Brookwood Medical Plaza
513 Brookwood Blvd. - Suite 402
Birmingham, Alabama 35209
(205) 802-6898

1200 MILE CLUB AWARD PICK-UP

Did you miss picking up your 1200 MILE CLUB award at the Annual Party? If so, please visit the BTC Booth at the Mercedes Expo in Boutwell Auditorium to claim your award.

Help the BTC at the ANNUAL MERCEDDES MARATHON & HALF MARATHON

Volunteers needed for the Expo at Boutwell Auditorium

(Friday, February 10th from Noon – 7 p.m. and Saturday, February 11th 8 a.m. – 6 p.m.)

Exercise your hospitality to out of town guests looking for information on the race or on Birmingham, extol the virtues of becoming a member of the Birmingham Track Club, help sign-up new or renew members into the club. If you have a few hours free, contact Tom Scales at tomscale@gmail.com

Volunteers needed for BTC Mile on Sunday, February 12th

Injury put you out of the race this year? Didn't have the time to train? Want a front row seat to the action and enjoy the fact you're not experiencing the pain and exhaustion you're witnessing? Help the BTC at its sponsored fluid stop during the race. Contact Brad Clay at bradclay@aol.com

34th Annual Adam's Heart Runs to be held Feb. 25th

The Birmingham Track Club invites you to Oak Mountain State Park to run in the 34th Adam's Heart Runs 5K, 10K, and 10-Mile. All three races are on a low-traffic asphalt course. The first 250 entrants will receive a long sleeve all cotton T-Shirt. The 10-Mile course is USATF Certified. Race packets will be available on race day. There is no pre-race packet pickup. **Race entry on PAGE 17.**

For more information please visit the Adam's Heart Runs website at www.btcclassic.com

Advertise in THE VULCAN RUNNER

1/5 page – \$15 1/2 page – \$50 1/4 page – \$25 Full page – \$100

*Advertisers who pay for an entire year in advance will get 12 months for the price of 10 months (ex. a Full page for 12 months would cost \$1,000, instead of \$1,200). **Deadlines are the 15th of each month for the following month.**

To place an ad or for more info: btcpresident07@gmail.com

RUN TO HELP REBUILD LIVES



HABITAT FOR HUMANITY HALF MARATHON, 5K & 1 MILE FUN RUN WITH NICK'S KIDS SET FOR MARCH 24, 2012

— Chris Brown

Have you been wanting to help rebuild lives (and homes) in the wake of the devastating tornados of April 27? Short on time to travel to the actual worksites? Now you can combine the need to lend a hand while doing what we all love to do; run the first annual Habitat for Humanity Half Marathon in Tuscaloosa on March 24th. Celebrate with the several families who, through the efforts of hundreds of volunteers, now have a safe and new shelter in which to call "home". But we have big ambitions to be able to build

a home for all the 2375 families who lost not only their houses but some of their family members, as well. Terri Saban will be walking with the kids in the Nick's Kids 1 mile and the post-race party promises to be unforgettable with food, beer and music. The race will follow the scenic Black Warrior river before turning towards town with a post-race party and art show downtown. See the website for details; hope to see you there!

Complete info. available at:

www.TuscaloosaHalfMarathon.com

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NEW MONTHLY COLUMN!

DIRTY RUNNING

— By Alex Morrow

While trail running has not reached the popularity of road running, and it never may, more and more people are escaping into the woods searching for a little dirt and a lot of adventure. Whether it is to get away from the hustle and bustle of everyday life or to reconnect with Mother Nature, what was once the domain of mountain bikers, ultra-runners, and hikers is now becoming a popular pastime for runners of all distances.

We are truly lucky to have hundreds of miles of gorgeous trails located right in our own backyard. If you have run on any of our local trails, you understand why those green interstate signs are welcoming you to Alabama

the Beautiful.

Recently our area has seen the growth of organized trail races. Whether it is the increasingly popular XTERRA series at Oak Mountain put on by Tim Schroer from Dirty Spokes Productions, the Rock Crusher 21k at Ruffner Mountain where Race Director Vanessa Stroud did her very best to give us all coronaries, or the BTC Resolution Run which had 300 people trying out the fresh new trails at Red Mountain Park, the chance to get dirty in an organized race environment is growing and giving many road runners a chance to sample something a little different.

In light of this growing interest, beginning with this issue of *The Vulcan Runner* I will be writing a monthly

column devoted to trail running. The articles will consist of the following topics:

- **Discussions of local trails**
- **Stories of exploring new trails in the surrounding areas**
- **Product reviews (I'm a sucker for trail shoes!)**
- **Trail running tips**
- **Occasional interviews with professional trail runners (My wife claims I have a man crush on Scott Jurek)**
- **And, whatever else I can think of!**

So keep reading *The Vulcan Runner* and in the coming months I hope you will join me on this dirty journey and start cutting your own path through the woods. •





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Facebook.com/BirminghamTrackClub

What's YOUR running-related NEW YEAR'S RESOLUTION?

In one paragraph or less,
share YOUR running related
resolution(s). Entries received
will be published in the March
issue of **'The Vulcan Runner'**.

Email resolutions (with full name):
btcpresident07@gmail.com

(Deadline for submitting is Feb. 20th, 2012)

CARPORT CROSSFIT

1820 1st Ave South
Irondale, AL 35210
205-527-3133

*The fitter you are,
the faster you run!*

Set New PR's with the
Benefits of Crossfit:

Increased Cardio Function
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Increased Muscle Mass
Increased Strength
Increased Power
Increased Speed

**NEW INDOOR
LOCATION**

**UNLIMITED
Group Training
ONLY \$100/month!**

Call for details.

WILL RUNNING MAKE YOU LIVE LONGER?

— By *Lena Hollmann*
(<http://www.running.net>)

As runners, we are all aware of the benefits of our sport. We feel better, have more energy, and when we go to the doctor we discover that our cholesterol and blood pressure have gone down since our pre-running days. If you are a beginner runner, you may have noticed dramatic improvements in how you look and feel compared to before you started. You are less tired and can perform your daily activities with less effort. Maybe you also lost some weight.

But does running make us live longer? And is it the Fountain of Youth that Ponce de Leon never found?

Research indicates that on the average runners live longer than control groups of non runners. One study followed members of a running club for 20 years, and compared their mortality and disability rates with those in a control group. Participants in both groups were all more than 50 years old at the beginning of the study. The runners had a mortality rate less than half of the control group, and they also had fewer disabilities at the end of the study.

Several similar studies have been done, examining the relationship between exercise and longevity. In London in 1953, one study compared coronary heart disease rates in drivers and conductors on the double-deck buses, and in Iowa in the 1960s and 1970s a similar study was done comparing farmers with the more sedentary townspeople. Both these studies

came to the conclusion that the more physically active conductors and farmers had lower risk for coronary disease than their control groups.

Another large scale study was conducted by Ralph S. Paffenberger, MD. Dr Paffenberger, a marathoner himself with a PR of 2:44:39, studied close to 17,000 Harvard University alumni, noting their exercise habits over time. Those who were “jocks” during their college years but subsequently gave up exercising enjoyed no protection against heart disease. However, study participants who continued to exercise



Lena Hollmann

after their college years, or who took it up later on, had a much lower risk of having coronary symptoms or succumbing to the disease, compared to those who didn't exercise. From his data, Dr Paffenberger was able to conclude that those who exercised lived on the average two years longer than the non-exercisers. Another study of patients at the Cooper Clinic in Dallas, TX, performed by Steven N Blair, P.E.D., suggested that exercisers could outlive non-exercisers by six to eight years.

So the evidence is clear -- those who exercise tend to live longer than those who don't. And running is one of the best forms of exercise there is. It is simple, and it's affordable compared to most other sports. The only specialized equipment you need to get started is a pair of good running shoes. There are no court or green fees, and you don't need a special venue, a partner, or a team to get your work-

outs in. (Although do I admit that having company on the roads or trails could be nice, especially on those long runs!)

If we keep on running, will we all live to be a hundred years old? Unfortunately there is no guarantee that we will. Longevity is determined by a number of factors, genetics among them. Also, there are exceptions to every rule, and research studies are based on averages. If you go running in the dark without wearing reflective clothing for example, you may actually have lower life expectancy than the general population. And we could be running regularly and eat all the right foods, and still get hit by a truck!

But again, these are the exceptions. Research has taught us that running (or other cardiovascular exercise) makes us healthier, which in turn could cause increased longevity. Even if we choose the wrong parents! You probably remember Jim Fixx, or have at least heard of him. An avid runner himself, Jim wrote the “grandfather” of all running books, *The Complete Book of Running*, in 1977. Then he died of a heart attack in 1984, while running(!), at the age of 52. His father, who was not a runner, had died at age 43, also of a heart attack. Was running the reason that Jim lived nine years longer than his father, and would he have had a heart attack even sooner if he didn't run? Although it is likely, nobody knows for sure.

Unfortunately, Jim's premature death became fodder for a few naysayers. During the months after his death, people asked me more than once: “Why do you run when it does nothing to improve your health? After all, Jim Fixx died when he was 52!”

Here is where cause and effect get mixed up. These people assumed that running did nothing to prolong Jim's life, maybe even that it caused his death. And from that they drew the conclusion that running does nothing to promote health and longevity. We sometimes conclude that one event causes another, when there is no such evidence. A relationship between two events can be coincidental, or there could be a third underlying factor

LIVE LONGER <continued on Page 16>

LIVE LONGER <continued from Page 15>

that is the cause of them both. Genetics caused Jim to be prone to heart disease, and maybe it also contributed to his determination to exercise regularly.

We know though that runners as a group tend to have lower blood pressure and cholesterol than non-runners, and also tend to be at a healthier weight. We also know that obesity, and elevated cholesterol and blood pressure, will increase our risk of developing not only heart disease, but also other debilitating conditions, such as stroke, diabetes, and some cancers. We don't have full control of how long we live since it depends partly on who we chose as our parents, and to some extent on luck. But if you practice healthy habits, including running (or other cardiovascular exercise if you cannot run), you will most likely live several years longer than if you spend most of your free time watching football games on TV, or at your computer surfing the Internet.

We have all encountered people who say they don't have the time to run or exercise. They are oblivious to the fact that by taking the time to exercise regularly now, they will most likely add years to their lives later on. Years that would not be spent in a wheelchair or a nursing home, but in the active mainstream. Next time you meet someone who tells you they are too busy to exercise, ask them if they really have the time to lose those extra, productive years!

But even though it is nice to know that running could give us a few "bonus years," longevity is not the only reason why we run. There is no point in striving for a long life if it cannot be lived with joy and passion. Few of us would want to live ten extra years if we end up spending them in a nursing home. As I mentioned earlier in this article, running makes us feel more energetic, thereby giving us a higher quality of life. So maybe it is our Fountain of Youth after all! At least if we consider how much older we would have felt if we spent most of our spare time in front of that TV screen instead of running.

Perhaps Dr. George Sheehan said it best in his book *Running and Being*: "Don't be concerned if running or exercise will add years to your life. Be concerned with adding life to your years." •

<http://www.Running.net>

BTC Mini-Meets have been SUSPENDED

Due to the absence of a venue/location at which to conduct the meets, until further notice the monthly BTC Mini-Meets have been suspended.

Watch The Vulcan Runner for updates.

2011 BTC GRAND PRIX FINAL STANDINGS

"Congratulations to everyone who participated in the BTC's Grand Prix for 2011. We are discussing how best to improve this event for 2012, so stay tuned, and we wish you much success in your races for 2012!"

Female 11 - 15

Marisa Gray 10

Female 30 - 34

Heather Milam 20

Mitzi Duer-Savelis..... 15

Female 35 - 39

Cherie Dortch..... 20

Female 40 - 44

Jennifer Skjellum 118

Jennifer Andress 52

Caroline Walker..... 30

Female 45 - 49

Susan Hales 185

Female 50 - 54

Judy Loo 60

Female 55-59

Michele Parr 193

Female 60 - 64

Teresa Chandler..... 183

Male 30 - 34

Owen Bradley 105

Male 35 - 39

Wade Dunn 46

David Joyner 25

David Neaves 14

Male 40 - 44

Brad Clay..... 175

Randy Lyle 163

Tim Roberts..... 45

Jeff Estes 28

David Nanos 25

Male 45 - 49

Lester Gable..... 55

Jim Hill 30

Bill Greenwald 5

Male 50 - 54

Xing Wu 180

Gary Brown..... 40

Male 55 - 59

Alan Hargrave..... 219

The Birmingham Track Club Presents

Saturday, February 25, 2012

All Races begin at 9:00am



The 34th Adam's Heart Runs

5K-10K-10Mile

◆ **10-mile course is USATF Certified** ◆

Date: Saturday, February 25, 2012

Fees: **\$20.00** mail postmark by 2/21/12

Place: Oak Mountain State Park: Dogwood Pavillion

\$20.00 on line. Register by 2/23/12

Race Time: **9:00am CST**

On-line Registration: www.raceit.com

\$25.00 on site race day registration.

Registration Begins: 7:30am CST

Family Registration: \$15/adult and \$9/youth *

Inquire: tomscale@gmail.com

* Pre-register only. Same household, youth <= 18yrs

Contact Info: Tom Scales, 205-215-1193

Pay Checks to: Heart Run

AHR Website: www.btcclassic.com

Send Form to: Rick Melanson, 5365 Creekside Loop
Hoover AL 35244

Expected Race Weather:

February weather in Shelby County varies a lot. Past temperatures have ranged from the 60s to below freezing. Please check weather forecasts closer to race day.

Awards: Top 3 finishers, Male and Female, Top 3 each age group.

Age Groups: (14 and younger, 15-19, 20-29, 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 and wiser).

T-shirt guaranteed to all who pre-register, limited quantities for late registration.

Please circle one: 5K 10K 10 Mile

Name: _____ **Age:** _____ **Sex:** _____ **DOB:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

T-Shirt Size: _____ **E-Mail** _____

Checks payable to : Heart Run. **Remit to:** Rick Melanson, 5365 Creekside Loop , Hoover AL 35244

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birmingham Track Club, Oak Mountain State Park, the City of Pelham, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____

Parent (if under 18 years old)

Application and waiver required for each runner



Coming March 31, 2012 to Historic Sloss Furnaces



4th Annual ***Rumpshaker 5K***
In Memory of Lisa Martz

Benefiting ***Colon Cancer*** Awareness



8 a.m. / 5k and 1 Mile Fun Run ... Individual and Team Awards
Race Shirt and Free Stuff for all Participants / Post-Race Food and Fun

Register Online @ www.rumpshaker5k.com

22nd Annual

The Ellis Porch – State Farm Statue to Statue 15K Run

BTC Managed, RRCA Sanctioned, USATF 15K Certified Course

Saturday, April 21, 2012 at 8:00 am

Transportation

Transportation will be provided from the parking lot of Zona Rosa Restaurant (near Miss Liberty 3732 River Run Drive, Birmingham, AL 35243) to Vulcan Park for the start of the race. Please be there early (FIRST BUS WILL LEAVE AT 6:30 am. LAST BUS LEAVES PROMPTLY AT 7:30 am. Please do NOT wait for the last bus. If it's full, you WILL BE responsible for your own transportation). Baggage transportation is provided to the finish area.

NOTE: THERE WILL NOT BE ANY TRANSPORTATION BACK TO VULCAN PARK AFTER THE RACE.

Registration

For entries received by 3/31/12 - \$25.00 All entries day of race and those received after 3/31/12 - \$35.00 On-line Registration: raceit.com
(There will be no refunds)

Race Day Registration will be at the River Run parking lot starting at 6:15 a.m.

Post-Race Party/Awards

Refreshments//Food! Awards will be presented at approximately 10:30 a.m. in the River Run parking lot. Awards and shirts will NOT be mailed.

RACE PACKET PICKUP AT HOMEWOOD TRAK SHAK on Friday, April 20, 2012 from 10 a.m. to closing.

For more information: email btcmembership@gmail.com
Also, check the web site for more information
www.birminghamtrackclub.com

Statue to Statue 15K RUN ENTRY FORM

Make check payable to: BTC Statue to Statue Run

Mail Entry to: Statue to Statue 15K Run, 317 Broadway St, Birmingham, AL 35209 or drop off entry form at the Trak Shak (Homewood store)

Print Last Name: _____ Print First Name: _____

Address: _____ Zip: _____ City: _____

State: _____ Sex: _____ D.O.B. _____ Age: _____ T-Shirt: _____ Phone: _____

Email address: _____

RELEASE

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless the Birmingham Track Club or any sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Signature: _____

Date: _____

Get involved in the BTC!

Looking for a way to be more involved and give back to the BTC without making an enormous commitment of time? While volunteering to help at a weekend road race of one's choice is extremely valuable to the race director, another option to consider is joining one of the Birmingham Track Club's committees. The following are recruiting new members:

NEW RUNNER'S SOCIETY

Chair: Danny Haralson

newrunners@birminghamtrackclub.com

The New Runner's Society welcomes new runners into the track club, attends regular runs, introduces them to other runners in their pace, and shows them regular running routes. Several individuals that normally attend the different runs every week are needed to be "run captains" so that the committee is represented at every single run.

SOCIAL

Chair: Heather Milam

hmilam@gmail.com

The social committee is designed to bring more fun into our running community by scheduling events that bring the members together for fellowship and camaraderie. We plan monthly group runs with activities afterwards every month of the year. Approximately once a quarter, this committee also plans a non-running event and the tentative events scheduled for this year are the Spring Potluck Social at the Trak Shak, a bus trip to see a Braves game this summer, bowling in the fall, then the annual party next January.

MERCHANDISE

Chairs: Tom Scales

tomscale@gmail.com

Loading and unloading, setting up booth or tent, selling, creative design

ideas or art for printing... all of these abilities are welcomed on the merchandise committee. Merchandise will be present at one weekend race and one week-day social monthly, minimum, through the running season and most of the year 2009. Having a full committee makes these things happen, 1-3 people cannot do it all. So please join us.

MEMBERSHIP

Chair: Judy Loo

BTCmembership@gmail.com

The membership committee maintains the BTC's membership list and actively recruits new members at races, other running events, and social events. Charismatic personalities, bubbly-friendly nature and/or computer database skills nice to have for this service. •

Let your 2012 adventure begin...



May 18-19, 2012
Atlanta to Birmingham

Early Bird Discount Ends
February 15, 2012

Register at www.dixie200.com

The Dixie200 Relay

200 miles, 4-12 friends, Silver Comet Trail = An unforgettable journey

The View from the BACK OF THE PACK

— By Michele Parr

I rarely run alone. I think that's the reason that Couch to 5K turned out to be life-changing for me. Group runs gave me a chance to meet "my people," the buddies I needed to keep running on a regular basis. Those buddies have come and gone over the years, but there's always been someone for me to run with.



Michele Parr

This year I've discovered a new bonus to having regular running buddies. We all know the benefit of having someone there to pick us up (literally) when we fall. We all know how great it is to have someone to cheer us on and how helpful it is to have someone to give us that gentle kick in the rear we need when we're slacking. And we certainly all know the benefits of having someone to unload our troubles on during a long run. But there's much, much more.

You see, 2011 was the year I was going to run faster. I was going to break 30 minutes in a 5K. I was going to break that 2:30 mark at the Mercedes Half Marathon in 2012. You know what they say about the best laid plans? Well, I didn't even plan for these goals all that well.

I've been told that the only way to run faster is to run faster. Makes sense to me. Unfortunately, I decided to try to run faster about the time summer hit Alabama like a sledgehammer. As you may have guessed, the speed work efforts didn't last long in the heat. I went right back to slogging through my long, slow miles.

As for that half marathon dream? That would have re-

quired lots more miles than I've managed to fit in this year. The new job not only requires lots of my time but it is also physically exhausting on its own. I find that I spend almost all day every day on my feet when I'm in a class full of middle school students. Even though running another day a week might boost my energy level, I haven't managed to fit it in.

Then came the end of the year run at Red Mountain Park. You may have seen the picture of my muddy, bloody knee. What you probably don't know is that the rib injury has been more of a bother than the knee ever was. Any dreams I had of ramping up the training and still going for that PR were left on that trail.

So what's a runner to do with a goal race coming up and no hope of reaching a personal goal? I'm going to celebrate the joys of my friends' lives. I'm going to smile that instead of running long with me today Patty was on her way to New York to meet her first grandchild. And when she returns we're going to do all we can to help Terri become a maniac (officially) and complete that 3 in 3 challenge. We'll run with her through the first loop, collect our medals, and then go back out to run her in at the end. Knowing Terri, she's perfectly capable of managing without us, but after running in the cold wind in Huntsville and the hot humidity in Mobile, it might be nice to have some friends along for whatever Birmingham throws our way.

Running has helped me see what a pretty smart Roman knew 2100 years ago: Friendship improves happiness and abates misery, by the doubling of our joys and the dividing of our grief. (Marcus Tullius Cicero) Hurray for friends! •

micheleparr@mindspring.com

GET INVOLVED... CONTRIBUTE TO THE VULCAN RUNNER

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

Send an email to: btcpresident07@gmail.com

RUNNING TIDBITS

— Compiled by Randy Lyle

INTERESTING TIDBIT

The Battle of Marathon

Have you ever wondered about the origin of the marathon? I'm sure we've all heard the various stories about Pheidippides running from the battlefield at Marathon to Athens to announce the Greek victory before dropping dead. How many of us know much about the actual battle? The following is a brief overview of The Battle of Marathon:

► **CONFLICT:** The battle was fought during the Persian Wars (498 BC-448 BC) between Greece and the Persian Empire.

► **DATE:** It is believed the battle was fought on either August or September 12, 490 BC.

► **ARMIES & COMMANDERS:**

- **Greeks:** Miltiades, Callimachus, Arimnestus and approximately 8,000-10,000 men

- **Persians:** Datis, Artaphernes and approximately 20,000-60,000 men

► **BATTLE SUMMARY:** In the wake of the Ionian Revolt (499 BC-494 BC), the Persian emperor, Darius I, sent an army to Greece to punish the city-states that aided the rebels. This force succeeded in subjugating Thrace and Macedonia in 492 BC. After losing 300 ships and 20,000 men during a massive storm, Mardonius elected to go back towards Asia. Displeased with the turn of events, Darius I began planning a second expedition in 490 BC after learning of political instability in Athens. Darius put Datis and Artaphernes in charge with orders to attack Eretria and Athens. After sacking and burning Eretria, the Persians landed near Marathon, approximately 25 miles north of Athens. Responding to the impending crisis, Athens raised about 9,000 men to go to Marathon and they were joined by 1,000 Plataeans. They camped on the edge of the Plain of Marathon, where they were significantly outnumbered by the Persians. The armies squared off with little movement for five days. The Greek commander, Miltiades, finally elected to attack when he learned that the Persian cavalry was away from the field. The Greeks advanced quickly across the plain where they were pushed back by the Persians who pursued the Greek center. The Persians quickly found themselves flanked on both sides where the Greeks began to inflict heavy casualties. As panic spread through the Persian ranks, their lines began to break and they fled back to their ships. Though slowed by their heavy armor, the Greeks managed to capture seven Persian ships.

► **AFTERMATH:** Casualties are generally listed as 203 Greek dead and 6,400 for the Persians. Defeated, the Persians withdrew back to Asia. The Battle of Marathon was

the first major victory for the Greeks over the Persians and gave them confidence that they could be defeated. The battle also gave rise to the legend that the Athenian herald Pheidippides ran from the battlefield to Athens to announce the victory and then fell dead. This legendary run is the basis for the modern track and field event. However, Herodotus contradicts this legend and states that Pheidippides actually ran from Athens to Sparta to seek aid before the battle.

SOURCE: About.com Military History (<http://militaryhistory.about.com/od/battleswarsto1000/p/marathon.htm>)

RUNNING QUOTES

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

— **Dr. Martin Luther King, Jr.** (1929-1968, American clergyman and prominent leader in the African-American civil rights movement)

"The real glory is being knocked to your knees and then coming back. That's real glory. That's the essence of it."

— **Vince Lombardi** (1913-1970, head coach of the Green Bay Packers during the 1960s)

"We all know that if you run, you are pretty much choosing a life of success because of it."

— **Deena Kastor** (Olympic Bronze Medalist and American record holder in the marathon, half marathon, and numerous road distances)

"To give anything less than your best is to sacrifice the gift."

— **Steve Prefontaine** (1951-1975, middle and long-distance runner who once held the American record in the seven distance track events from the 2,000 meters to the 10,000 meters)

"Run when you can, walk if you have to, crawl if you must; just never give up."

— **Dean Karnazes** (American ultramarathon runner and author)

"I run because it's so symbolic of life. You have to drive yourself to overcome the obstacles. You might feel that you can't. But then you find your inner strength, and realize you're capable of so much more than you thought."

— **Arthur Blank** (American businessman and co-founder of The Home Depot)

Birmingham Track Club

MEMBERSHIP APPLICATION



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

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

PLEASE check one:

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

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

_____ ☐ Male ☐ Female
Last Name First Name M.I. Birth Date

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

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

Date _____

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

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

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

btcmembership@gmail.com

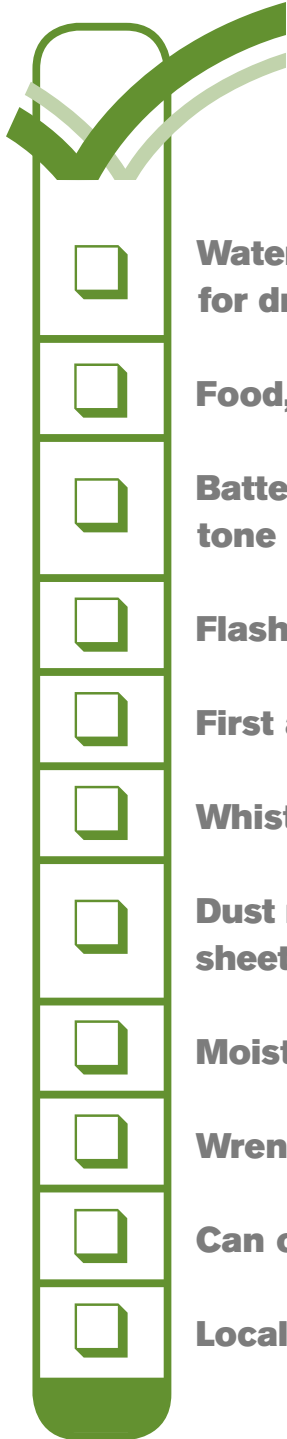
PREPARE. PLAN. STAY INFORMED.

Through its Ready Campaign, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: **1)** Get an emergency supply kit **2)** Make a family emergency plan **3)** Be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Recommended Items to Include in a Basic Emergency Supply Kit:



Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

www.READY.gov



BTC MILEAGE LOG



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