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THE VULCAN RUNNER



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February 2015 Issue ②

PERSEVERANCE 5K

THIS ISSUE

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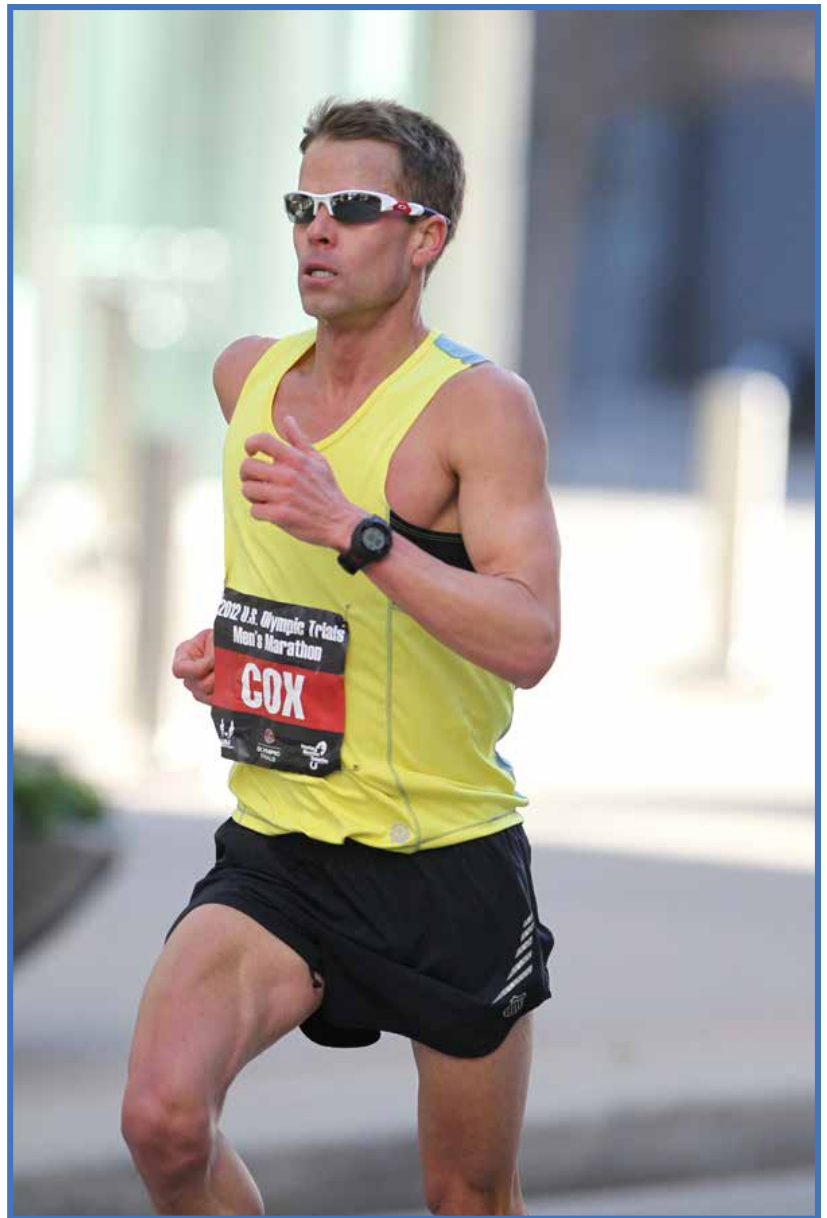


The Dawson Family of Faith is excited to partner with the Birmingham Track Club for the 25th Annual Perseverance 5K & 1 Mile Fun Run. This year's race will be held on Saturday, March 14 at the Dawson Recreation Center in Homewood, AL. Birmingham Track Club, long time supporters of the Perseverance 5K, is proud to announce that Josh Cox, the American record holder in the 50K (31 miles), will speak at the awards ceremony after this year's race.

The Perseverance 5K & 1 Mile Fun Run is a fast, flat course through the residential neighborhoods of Homewood, making it a great race for a P.R.! Proceeds from the race will benefit Kids Connection, a Dawson Family of Faith ministry that meets spiritual, physical, and emotional needs of children (ages birth to 16) whose parents or guardians do not have the resources to meet all of those needs. Please bring your new or slightly worn shoes to the Perseverance 5K & 1 Mile Fun Run to be given to Kids Connection (all sizes and kinds are welcome).

In addition to this year's Perseverance 5K and 1 Mile Fun Run, Dawson is hosting a Neighborhood Block Party for the whole community. The Neighborhood Block Party will begin about 9:45 a.m. immediately following our guest speaker Josh Cox and will end at 11:30 a.m. Included in the Neighborhood Block Party will be door prizes, inflatables, a preschool corner, live music, train rides, food, a puppet shows, a climbing wall, a jousting arena, and more!

Along with Josh Cox's impressive title as the American record holder in the 50k (31 miles), highlights of Cox's career include being the top American marathon finisher at the World Track & Field Championships. Cox was named the USA Track & Field Athlete of the Week in January 2009 for breaking the 50k record by four minutes at the Rock 'n' Roll Arizona Marathon (2:47:17), and again in January 2011, this time for winning the Rock 'n' Roll Arizona Marathon, en route to breaking his own 50k American Record by three and a half minutes (2:43:45), running the second fastest time in history and missing the World Record by a scant 7 seconds. In 2009 & 2011, Cox's 50k was the fastest in the world.



Cox burst onto the national scene by setting a course record in his first race beyond the half marathon at the 1997 Mountain Masochist 50-mile trail run in Virginia at the age of 22; at age 23, he ran his first marathon (2:19), making him the youngest qualifier for the 2000 Olympic Marathon Trials. At the 2000 Chicago Marathon Cox clocked 2:13 to secure a top ten finish. His other running accomplishments include: a course record at the 2007 Air Force Marathon, winning the 2008 Rocket City Marathon and a runner up finish at the 2009 California International Marathon (2:13). In April 2010, Cox won the Boston Athletic Association 5k; a week later he won the Rock 'n' Roll Half Marathon in Nashville, Tennessee. In December 2010, Cox won the Rock 'n' Roll Las Vegas Marathon, and in January of 2012, Cox, once again, clocked 2:13 in the marathon. Outside of his 140-mile week training regimen, Cox has

starred on ABC's Bachelorette show and has offered his professional perspective for NBC, Universal Sports, Fox Sports, and numerous other outlets. Cox has covered the World Track & Field Championships, the World Marathon Majors, and the World Half Marathon Championships for the past six years for NBC Universal. Cox is active as a speaker and writer and is a contributing author to the popular Chicken Soup for the Soul series.

Cox grew up in San Diego and graduated from Christian High School in 1993 and Virginia's Liberty University in 1998 (B.S. Kinesiology, Health Education). He currently pursues his passions of running, writing, and representing athletes and organizations from his home in Mammoth Lakes, California, with his wife, Carrie (Cal Berkeley 2004, Mathematics, Quantum Physics); his human-tornado son, three-year-old Asher Legend; one-year-old, Joshua Tristan; and the newest arrival, SkylarLily Karis.

Please come out to run and enjoy the fun at the Perseverance 5K & 1 Mile Fun Run and Neighborhood Block Party on Saturday, March 14! Register online at www.dawsonchurch.org/dawson5k.

Birmingham Track Club & The Dawson Family of Faith

— P R E S E N T —

JoshCox

U.S. Record Holder 50K (31 mi.)

Four-time **U.S. Olympic Trials Qualifier**

Three-time **U.S. National Team Member**



25th Annual

DAWSON Perseverance 5K & 1 Mile Fun Run

BENEFITTING: Kids Connection

•
Saturday

March 14, 2015

•
8:00 a.m. Perseverance 5K

9:00 a.m. 1 Mile Fun Run

9:20 a.m. Josh Cox

9:45 a.m. – 11:30 a.m.

Neighborhood Block Party

dawsonchurch.org/dawson5k



#Dawson5K



DAWSON
Family of Faith

Dawson Memorial Baptist Church
Family Recreation Center (205) 879-1758 • Church Office (205) 871-7324
Prayer Line (205) 795-PRAY • www.dawsonchurch.org

PRESIDENTS ADDRESS

—Alex Morrow



Hello, fellow BTC Members

It is hard to believe we are already in the second month of 2015! Along with the new year comes a new batch of BTC officers and I am humbled and honored to serve as your 2015 president. I am serving with a talented group of officers this year and I am excited about the continued direction of our club. Your 2015 officers are Darnell Allen, Vice President; Kelly McNair, Secretary; and Leslie Bailey, Treasurer.

In my role as President, I am filling some rather large shoes. Past President Jennifer Andress's three-year term was instrumental in sparking new life into the BTC. Energy, excitement, and growth are all adjectives that can be used to describe our club under her steady hand. Jennifer's leadership will be missed, but thankfully she will still work closely with the BTC Executive Committee in her role as Past President as we strive to make 2015 another amazing year.

2015 is starting off with a bang! From Adam's Heart Runs, to Mercedes Benz Weekend, to US 50k Record Holder Josh Cox and the Perseverance 5k, to the BTC's first big social of the year, to the Statue 2 Statue 15k, the first half of the year is hopping!

The first big event on our yearlong agenda is Adam's Heart Runs. This group of three races serves as the first event in the BTC Race Series. This is one of my favorite runs and a great way to launch the series! Whether you are interested in a 5k, 10k, or 10 Miler, this road race has something for everyone. Under the leadership of Race Director Allison Stone, AHR continues to grow in size and fun and is perfect as a last tune-up run before Mercedes. I hope you and your family will join us on February 7 for this great event.

And speaking of Mercedes, the BTC is once again pleased to be heavily involved with this fantastic racing weekend. The fun begins on February 20 at the Mercedes Benz Marathon Weekend expo. We will have a booth at the expo all weekend long. We hope you will come by to say hello, renew your membership, purchase the latest BTC apparel, or pick up your 1200 Mile Club Jacket if you have not already done so. In addition, the BTC will be manning the most rockin' waterstop on the course! For those of you running the half or full marathon, when you near Caldwell Park, we will

make sure to offer a smile, a wave, and a few words of encouragement as you pass by. Be sure to race in your BTC gear!

Next up is an amazing event that has kept me smiling since we finalized the deal. The BTC is partnering with Dawson Church for the Perseverance Run 5k on March 14. The truly exciting part is who we are bringing in! At the event will be Josh Cox, the US 50k Record Holder, four-time Olympic Marathon Trials Qualifier, three-time U.S. National Team Member, and part of this month's cover story. Not only will he be at the race, but he will be speaking afterwards, an event you don't want to miss. By the way, as a BTC member you get a discount to run the race. Membership has its perks!

Just when you thought the fun was over, next up will be the first big social of 2015. Mark your calendars, BTC Social Chair Katherine Dease is putting together an amazing event on April 11 which will be family friendly, have numerous running routes, and of course post-run refreshments and prizes. The April 11 social will also be a perfect kick-off for the following weekend which is the Statue 2 Statue 15k.

Statue 2 Statue is one of the cornerstones of local races and wearing that race shirt is truly a badge of honor! Serving as the second race in the BTC Race Series, Race Director Judy Loo has some fun new changes in store that will make this race even more enjoyable. I know it is tough to put enjoyable in the same sentence with that 15k, but I promise it is fun!

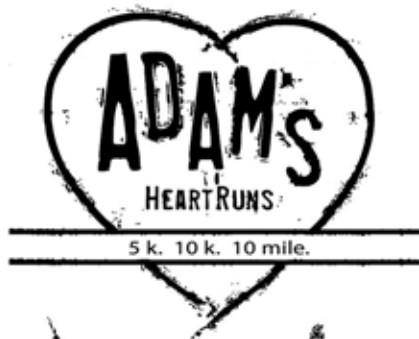
Whew! As I said, 2015 is chocked full of great events and what I listed above is not even half the year! All of your BTC Officers and Executive Committee are working diligently to continue the fantastic trend that has been set over the past three years, but we are always looking for more committee members and volunteers to help us make the BTC the very best running club in the southeast. Reach out to us, we would love to have you involved. Let's keep the energy, excitement, and growth that Past President Jennifer Andress brought to our club and let's build on it together!

Here's to a great 2015!

2015

★ *BTC RACE* ★

SERIES



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

Must be a BTC member- see

www.birminghamtrackclub.com for details,

_____ and to **join!** _____

REGISTRATION HERE

2015 Officers



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Alex Morrow
president@birminghamtrackclub.com



Vice-President

Darnell Allen
vp@birminghamtrackclub.com



Past-President

Jennifer Andress
pastpresident@birminghamtrackclub.com



Treasurer

Leslie Bailey
treasurer@birminghamtrackclub.com



Secretary

Kelly McNair
secretary@birminghamtrackclub.com

BTC Committees

General Council/Parliamentarian

Co-Counsel

Long Run Coordinator

Moderate Group Coordinator

Medical Director Emeritus

Medical Director

Social Chair

Marketing/Social Media

Membership

Membership Benefits

Merchandise

"The Vulcan Runner" Editor

Club Photographer

Japan Exchange Program

1200 Mile Club

Road Race Emeritus

Volunteer Coordinator

Historian

Marathon Coach

Finish Line Crew

Webmaster

Race Coordinator

IT Chair

BTC Race Directors

Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

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Monica Henley

Mark Criswell

Dr. Jack Hasson

Dr. Cherie Miner

Katherine Dease

Olivia Affuso

Kemper Sarrett

Hannah Foust

Andrew Nuckols

Johnaca Kelley

Alison Hoover

Rick Melanson

Katherine Pezzillo

Trish Portuese

Al Dimicco

Monica Henley

Tanya Sylvan

Dean Thornton

Trish Portuese

Alan Hargrave

Allison Stone

Judy Loo

Alex Morrow

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astone128@rocketmail.com

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.

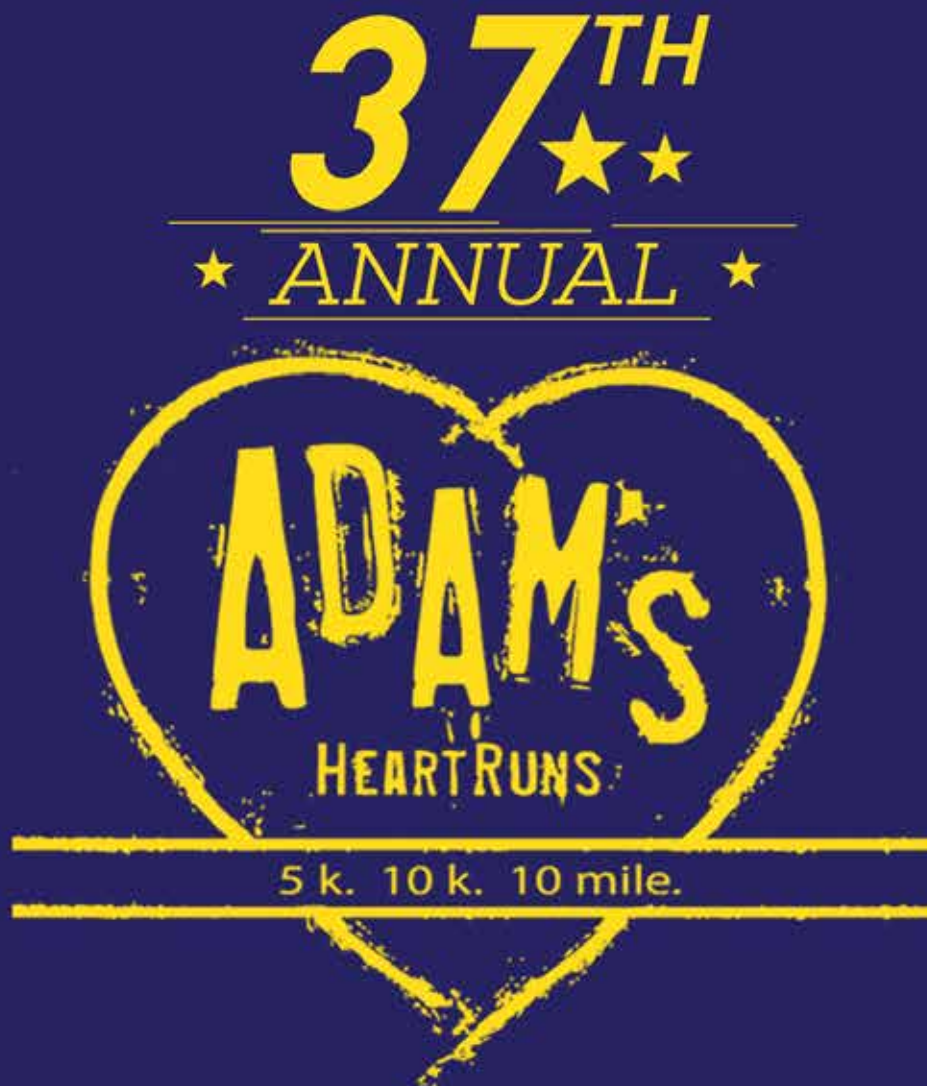
Contact BTC at:

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
championship-racing.com



Oak Mountain State Park (Dogwood Pavilion)
Saturday, February 7, 2015



The **Birmingham Track Club** is proud to present the 2015 edition of **Adam's Heart Runs**. One of the BTC's premiere races, participants have the opportunity to select a **5K, 10K or 10 mile** distance. The race is held entirely on paved roads. This is not a trail race. All three distances are chip-timed.

REGISTRATION HERE

RUMPSHAKER 5K

If you call yourself a “runner” you know the feeling associated with this activity and the drive it can inspire in you to reach your next goal. You probably recall the moment when running became your passion. Mine was the moment I finished my first half marathon; and with each half and full marathon I completed the desire continued to grow. It was my passion for running along with the inspiration of my loving mother Lisa Martz, that inspired the Rumpshaker 5K. Diagnosed with colon cancer at the age of 48, she was a true symbol of hope, faith and determination to her family and friends. During this time I began to think about starting a 5K to bring attention to this disease. When she lost her battle in 2007, our family relied on the strength she had shown during her almost 4 year struggle with the disease. Later in that year, we began planning the first Rumpshaker 5K.

In the beginning, our goal for the Rumpshaker 5K was to raise awareness about colorectal cancer and provide hope for colorectal survivors and those fighting the disease. Today our mission has grown thanks to the support of our running community and the hundreds of families who participate in our race. Because of your generous support the Rumpshaker 5K is our sole fundraiser each year. With the funds raised we have been able to accomplish the following:

- Expand our community outreach program to include corporate health fairs and lunch and learn events.
- To date we have donated a quarter of a million dollars to local hospital GI labs to assist with the purchase of state of the art diagnostic equipment.
- Introduce the Lisa Martz Hope Fund to aid patients in their fight with colorectal cancer by providing avenues of short term financial assistance.
- Start a monthly support group, “The Semi-Colon Club”, for those affected by the disease.
- Fund a grant to provide free colonoscopies to qualified uninsured/underinsured Alabamians through the Colon Cancer Alliance’s partnership with the Colonoscopy Assist Program.
- Establish the Lisa Martz Hope Scholarship, funds will be awarded in 2015 for college students impacted by colorectal cancer.

We have a funny name but our cause is serious. Our motto has always been, “we run to save your rear!” The facts shown below could save your life or the life of someone you love.

- Colorectal Cancer (aka colon cancer or rectal cancer) is cancer of the colon and/or rectum.
- It is the third most diagnosed cancer and the second leading cause of cancer deaths in the US.
- It is equally common in men and women.
- With recommended screening this cancer can be prevented, by removing polyps before they become cancerous, or detected early when it can be more easily and successfully treated. Most colon cancer deaths are preventable by early detection.

Are you at Risk for Colorectal Cancer?

Answer the following six questions to determine if you are at risk of developing polyps or colorectal cancer:

1. Are you age 50 or older?
2. Have you had a colorectal polyp or cancer in the past?
3. Has anyone in your family had polyps or colorectal cancer?
4. Does your diet contain foods that are high in fat and low in fiber?
5. Have you been diagnosed with an inflammatory bowel disease such as Crohn's Disease or ulcerative colitis?
6. Have you noticed persistent changes in your bowel habits?

If you answered "yes" to one or more of the questions above, you are at risk for developing colorectal polyps or cancer. Please contact your physician to discuss the results of this survey, other risk factors and to review the screening options that are available to you.

Don't wait, register today for the 7th Annual Rumpshaker 5k!
March 14th - Sloss Furnaces - www.Rumpshaker5k.com - info@rumpshaker5k.com



HUN TO
SAVE YOUR REAR

Rumpshaker 5k

IN MEMORY OF LISA MARTZ

3.14.2015

SLOSS FURNACES



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MLK DAY RUN

—by Kira Fonteneau

One of life's great joys is waking up on a holiday and going for a run. This year, members of BTC, Resolute Running and Black Girls Run shared that joy with the Inaugural Martin Luther King, Jr. Day Run. About 50 runners from all three groups gathered at Railroad Park for a leisurely, four-mile route through downtown Birmingham. Along the way, runners stopped at historical landmarks to learn about Birmingham's history.



We set out towards the city center for our first stop, the Historic Lyric and Alabama Theaters. Outside the Alabama Theater, we learned about the artists and entertainers who have been awarded stars on the Alabama Walk of Fame.



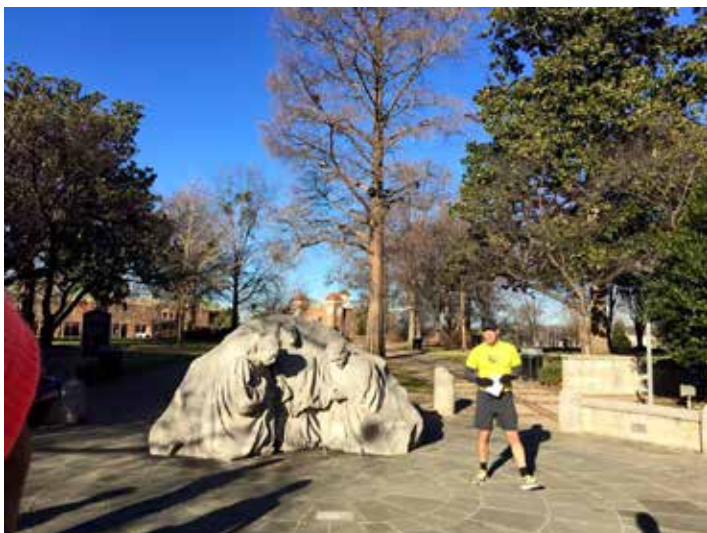
From the Theater District, the group headed past the Historic Carver Theater toward a little known musical landmark, the Eddie Kendrick Memorial. Dedicated in 1999, the memorial celebrates the life and music of the Birmingham native and member of The Temptations.



From there, the tour headed to the Civil Rights District and the runners wound their way through the installations in Kelly Ingram Park, The Birmingham Civil Rights Institute and The 16th Street Baptist Church.



After the Civil Rights District, the run headed toward the County Courthouse and Linn Park before heading back towards Railroad Park. Special Thanks to our tour guide and organizer Dean Thornton who started a tradition that is sure to continue in the years to come.



Join Us!

Join the Trak Shak and Birmingham Track Club for a 20 week marathon and half marathon training program that starts on October 6 and ends February 22, 2015 at one of Birmingham's premier events, the Mercedes Marathon. Seasoned coach Al DiMicco and second year coach Monica Henley have designed a training schedule to get you to the finish line. They will also provide you with weekly information and encouragement about Marathon training and are available throughout the training to answer questions. This is a free group. E-mail mhenley1113@gmail.com or Jeff@trakshak.com for more information.



SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Bo Dikeman, Kim Benner, and Amanda Corbitt heading to the Walt Disney World Dopey Challenge



BTC Long Run Coordinator Monica Henley and Madeline Busby at the Hot Chocolate 15km in Atlanta

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Kim Benner on Adventure of the Seas, Docked in Aruba.

*Becky Howard, Abigail Morrow,
Monica Henley and Sarah
Flanagan at Hot Chocolate
15km in Atlanta*



SEND US YOUR PICTURES WITH YOUR BTC APPAREL

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

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



Facebook.com/BirminghamTrackClub

Saturday Morning Moderate Runs

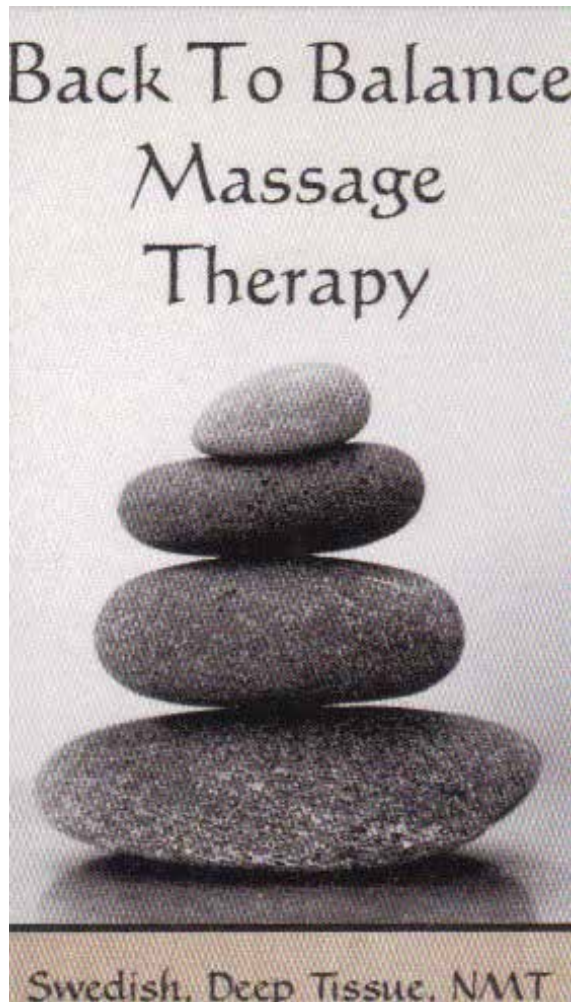
Find us on FB or email Mark Criswell
at mcriswell@american-usa.com
for more information

JOIN US!



BTC SPONSOR SPOTLIGHT

— by *BTC Member Benefit Coordinator*
Kemper Sarrett



In this edition, BTC would like to introduce and recognize one of our Member Benefits Partners, Back to Balance Massage Therapy and owner Chris Joe. Back to Balance is located in downtown Homewood and Chris specializes in Swedish and deep tissue massage and also neuromuscular therapy. As a Benefits Partner, Chris offers \$10 off the regular rate for a one hour massage for BTC members. He also offers a 30 minute post run massage for runners, focusing on lower back and legs, for \$30. Whether you are looking to just relax or in need of therapeutic pain relief, see Chris at Back to Balance and let him create a session custom made for you. The BTC would also especially like to thank Chris for donating 2 complimentary 60-minute massages as door prizes for our recent annual meeting. Look for Back to Balance and Chris at future Saturday long runs and other BTC events, or for more information, see the Benefits of Membership section of the BTC website or visit <http://backtobalance.amtamembers.com/>.

BTC END OF THE YEAR PARTY



Alan Hargrave, winner Dr. Arthur Black/Rick Melanson Award



Past and now current Presidents, Brad Clay, Jennifer Andress, and Alex Morrow



Jennifer Andress, Presenting a check to Girls on the Run



Katherine Dease and Monica Henley-co-winners Randy Johnson/Danny Haralson Award

HAPPY 100th TO WALLACE MCROY!



MAEBASHI, JAPAN



The Birmingham Track Club is thrilled to be invited back to participate in Maebashi, Japan's annual city marathon and we want to pass that invitation along to you. As a current member of the BTC (join fast if you want to go!), you are eligible to travel to Japan on a fully hosted trip with expenses covered once you get there. You will be treated to five days of touring Birmingham's Friendship City. On the final day, you will run the Marathon or 10K as an honored guest. Race date is April 19 and you must be available to travel the Wednesday before until the Monday after. If you have any questions, e-mail NatalieZL@hotmail.com. To be considered, write a short essay 2-3 paragraphs, on what international relations means to you and include the top 3 reasons why you want to go. Send it by January 30 and we will announce selection on February 2 - NatalieZL@hotmail.com

1200 MILE CLUB

—by Alison Hoover

First let me say congratulations to all of our 2014 1200 Mile Club finishers! Pictured here are Scott Shirley and Roger Corrin, two of our latest recipients proudly wearing their new jackets at the BTC End of the Year Party.

This year we had **279** people sign up for the 1200 Mile Club. Of those, **272** reported their miles, and **172** people successfully completed the challenge. **92** finishers were also first time finishers and earned the coveted 1200 Mile jacket. This year we also had 8 people who earned their 5 year medal. The award goes to those people who successfully complete the challenge over five consecutive years, and the recipients were Teresa Chandler, Johnny Goode, Liz Losole, Phillip Morgan, Kristie Northern, Lisa Randall, Xing Wu and Justin Zehnder. These are obviously very dedicated runners who don't injure easily, or are able to power through those injuries with great rehabilitation plans. Feel free to tell us how you do it! (If you have not yet received your medal, please contact Ali Hoover at alihoov@gmail.com).

As a club, we ran almost **317,000** reported miles with the average person reporting **1165** miles. Vicki Sue Merry reported the most miles with a huge total of **3213**, Prince Whatley was second with **2521** miles, and Brad Clay our past president was a close third with **2489** miles.

Our amazing "webmaster" Alan Hargrave made this a great year to join the 1200 Mile Club with his new online mileage entry system, which allowed members to enter their own mileage with a monthly link and keep track of their progress.

The 2015 system looks even better, if that is even possible! Registration is a snap with the link on the BTC webpage with a RunSignUp page, since we all know that runners know how to register for races. It is free of charge with your BTC membership registration and allows us to more easily contact you with up to date email addresses etc. If you have not yet signed up for this year's challenge, please do so ASAP as January mileage entry is already taking place as of February 1st.



In case you have trouble finding the link, here it is:

<http://www.birminghamtrackclub.com/1200-mile-club----2015.php>

A very warm welcome to all of our new members for 2015, and just know that you can do this! It may sound daunting at first, but it is amazing how quickly the miles add up. For those who were sidelined in the 2014 challenge, please don't be discouraged, and we hope that you are back this year for another attempt.

For any of the 2014 members who have not yet received your jacket and/or patch, I will continue to bring the jackets to the BTC Saturday morning runs (or Sunday Mercedes marathon preview runs) and will stay as long as my work schedule allows. If you know that you can't

make it, but have a friend that will be there, they can definitely pick them up for you. The Mercedes expo will also be a pick up option, or feel free to contact me (alihoov@gmail.com) to make other arrangements. There were a few members that ordered their jackets after the deadline and those jackets should be available by January 30th and are currently being embroidered. Thanks so much for your patience!

Looking forward to a great year of running in 2015

Ali Hoover
1200 Mile Club Co-ordinator

alihoov@gmail.com

OUTRUNNING CANCER

When Lara & Jay MacGregor moved to Birmingham, Alabama in 2004 one of their first stops was to the Trak Shak and Cahaba Cycles to find out what was happening in the running and cycling community. They attended their first Wednesday night run their first week in town and were quickly swept up by the Southern running hospitality. They became involved with the Birmingham Track Club, Vulcan Triathletes and made many friends running their red jogger around Homewood.

When Lara was diagnosed with breast cancer in 2007 the running community surrounded her with love and encouragement even organizing a Team Lara 5K to raise money and lift her spirits.

In 2011 Lara started a nonprofit organization called Hope Scarves as a way to turn their scary experience into something positive to help others. Hope Scarves shares scarves, stories and hope with women facing cancer. They collect scarves and stories from women who have had cancer, dry-clean the scarves and then send the stories and scarves on to others just starting their journey with cancer. Lara affectionately refers to it as “the sisterhood of the traveling scarves.” Visit hopescarves.org to learn more about this great organization.

Lara, Jay and their two sons Wills (9) and Bennett (7) have outgrown their red jogger and since moved from Birmingham to Louisville Kentucky. Lara’s journey with cancer continues after a reoccurrence of breast cancer in 2014. She is now facing stage 4 breast cancer, for which there is no cure. The median survival rate for stage 4 breast cancer is 3 years, but Lara is still running and living each day to the fullest despite on-going treatment.



We invite the BTC community to support Lara and Hope Scarves by running the Kentucky Derby Festival (KDF) Marathon as part of the Hope Scarves team, Outrunning Cancer. You can run the ½ marathon, full marathon or marathon relay on April 25, 2015 at part of the Outrunning Cancer team.

Birmingham is already a key part of the Outrunning Cancer team as Lara’s friend Jeff Martinez and the Trak Shak partnered with Brooks to provide technical running tshirts to every Outrunning Cancer team member in 2014 and plan to continue their support in 2015!

Outrunning Cancer team members will raise a minimum of \$100 (\$500 per marathon relay team) and receive a Brooks running t-shirt and ticket to the Hope Scarves pre-race pasta dinner on Friday April 24th.

More information is available at hopescarves.org.

org/outrunning, email Katie@hopescarves.org
or call 502.333.9715

Marathon website <http://derbyfestivalmarathon.com/>

Miles to go before a cure, but closer with every step. Join Lara and Hope Scarves to Outrun Cancer!



RUNNING RAMBLINGS

— by Randy Lyle



Quotes

“It’s important to know that at the end of the day it’s not the medals you remember. What you remember is the process -- what you learn about yourself by challenging yourself, the experiences you share with other people, the honesty the training demands -- those are things nobody can take away from you whether you finish twelfth or you’re an Olympic Champion.”

~ **Silken Laumann, Canadian Olympian and champion rower**

“You also need to look back, not just at the people who are running behind you but especially at those who don’t run and never will... those who run but don’t race... those who started training for a race but didn’t carry through... those who got to the starting line but didn’t in the finish line... those who once raced better than you but no longer run at all. You’re still here. Take pride in wherever you finish. Look at all the people you’ve outlasted.”

~ **Joe Henderson, American runner, running coach, writer, and former chief editor of Runner’s World magazine**

“Whether you believe you can or believe you can’t, you’re probably right.”

~ **Henry Ford, (1863-1947) American industrialist, founder of the Ford Motor Company, and sponsor of the development of the assembly line technique of mass production**

“I had as many doubts as anyone else. Standing on the starting line, we’re all cowards.”

~ **Alberto Salazar, American track coach and retired distance runner, winner of three consecutive New York City Marathons**

“What distinguishes those of us at the starting line from those of us on the couch is that we learn through running to take what the days gives us, what our body will allow us, and what our will can tolerate.”

~ **John Bingham, American marathon runner and author, nicknamed “The Penguin”**

“Spend at least some of your training time, and other parts of your day, concentrating on what you are doing in training and visualizing your success.”

~ **Grete Waitz, (1953-2011) Norwegian marathon runner and former world record holder**

Ramblings

Avoiding Common Race Mistakes

Source: <http://www.runnersworld.com/running-tips/4-common-race-mistakes-to-avoid-in-2015>

We all know someone, and it is likely us, that ran a race and talked endlessly about the mistakes made. Even if the race went well, we tend to focus too much on what did not go well. Unfortunately, some of us take longer to learn from our mistakes than others. How many of us fail to properly fuel or hydrate before a race? At some point, we have all done that. Speaking from experience, I find that I continue to make some of the same mistakes. Maybe not in every race, but it is almost as if I forget how these mistakes affected my race. I read where Barbara Walker, Ph.D., a sports psychologist with the Center for Human Performance in Cincinnati said, “Runners become irrational beings during race time.” This is true probably because it is hard to simulate race-day excitement and anxiety during training.

I recently came across an article that detailed some common race mistakes and, more importantly, how to fix them. Since we are in the middle of race season, I thought I would share the information with this month’s article. Before I begin, I want to note that we all make mistakes so the intent here is not to dwell on the mistakes. The end goal is to help us analyze our performance, in both good races and bad, so that we can improve. With that said, the following lists four common race mistakes and how to handle them.

I WENT OUT TOO FAST

The Fix: Register for shorter races during the training cycle and set a goal to maintain the pace you hope to run in your target race. Race conditions feel very different from training runs so the more you race, the more similar the two will feel, which should make it easier to stick with your goal pace on race day. Performance anxiety can also affect how fast your start. If you are nervous and amped up, you will probably take off too fast when the race begins. Find a way to calm your nerves leading up

to race time. Some people like to repeat a mantra, such as “Keep Calm,” to themselves in the minutes leading up to go time.

I GOT A SIDE STITCH

The Fix: Side stitches usually result from starting too fast or improper prerace fueling. What you eat leading up to a race is just as important as what you eat during the race. When you target a race longer than sixty minutes, eat a meal of at least 300 to 350 calories three to four hours before the race.

For shorter races, you should consume a 200- to 250-calorie snack that is low in fat and fiber about two hours before the race. An example of a good prerace snack is a rice cake with peanut butter and a small banana. Also, treat at least two of your training runs as dress rehearsals. Wake up, eat what you would on race day, and start your run at about the same time as the race start. As Coach Danny Haralson, RRCA Certified Coach and AFAA Certified Personal Trainer, of Run University tells his runners all the time, “Nothing new on race day.” Race day is a bad time to experiment.

I TOOK IN FUEL AND FELT SICK; I DIDN'T AND I BONKED

The Fix: According to Marni Sumbal, M.S., R.D., an exercise physiologist, triathlete and owner of Trimarni Coaching and Nutrition, you only need to fuel during races that last an hour or longer. You should consume 30 to 60 grams of carbohydrates and 12 to 24 ounces of fluid for every hour of running. Sumbal recommends, “During your training, include workouts to practice nutrition at paces similar to what you’ll be running on race day.” Something that works when you run easy may or may not work at race pace.

In addition to helping with pacing, tune-up races can aid with finding the right mix of nutrition and fueling. Butterflies in your stomach can mean your go-to fuel source will not sit as well. Nervous runners may do better to stick with liquid calories (a sports drink or a gel with water) in frequent small doses (every ten to fifteen minutes) throughout the race.

I WAS SO NERVOUS THAT I RAN POORLY

The Fix: Take steps to minimize prerace stress. For example, set everything you need out the night before. If necessary, create and use a checklist of everything you need with you. Never assume that an item is so necessary that you could never forget it. Countless people have arrived at destination races to find they left shorts, shoes, etc., at home. Always allow extra time for commuting. Drive to the start area in advance, so you can time the commute and then assess the parking situation. We often forget that early morning traffic is generally light unless all of the cars on the road are trying to get to the same race location. Even if you

are running in an unfamiliar city, research the route to determine where you will find hills, water stops and port-a-potties.

Once you arrive at the start line, take deep belly breaths (in for four counts, out for four counts). This will help counteract the stress response. If necessary, remind yourself to trust your training. If it helps, tell yourself “I am ready” or “I am prepared” aloud. Even if someone looks at you funny, he is probably doing the very same thing.

I think we know that so much of the success we experience as runners is mental. We are often well prepared from the neck down by race day (if we stuck to our training plan). The space between our ears probably wrecks more races than anything else. Weeks and months of training and preparation can be undone by mental negativity. Next time those doubts enter your mind; remind yourself that you did the work. Relax and remember that the race event is just the celebration of all that training.

BTC MINUTES

December 02, 2014

1. Approval of November minutes.

- A motion was presented to approve the minutes. Last month's minutes were approved.

2. Timing Option using DG Racing, LLC for 2015- David Gottlieb

Per the discussion last month, we are looking for a new timer for next season. Timing is very expensive. We have priced SSG but they are not quite where we want them.

David Gottlieb has a local timing company, DG Racing. He was in attendance at the October board meeting to propose event timing and start and finish line management for the upcoming 2015 Race Series for the BTC. Some highlights include:

- David builds his own software and can customize to our needs. He provided the timing system for Race for the Cure.
- Equipped to handle larger scale races.
- Timing fees are offered at a 50% discount.
- Working on having an on-site kiosk for race-day registration and to scan bibs for immediate results
 - o Is a kiosk necessary for race-day registration? Smart phones can do just this. Run Sign-up has embraced mobile technology. Over the last 30 days, 38% of Run Sign-up users made payment on their mobile device, 11% on tablet and 51% on desktop.
 - o Results are instantaneous to phones
- Aerial footage of the races – start and finish (helicopter drone)
- Software works seamlessly with run sign up.
- David will give us a proposal for all 4 races in our series. Alex has discussed this and ...
 - o There have been a few issues with them in the past but everyone Alex has spoken with feels these issues are resolved.
 - o Charles spoke about his concern that there is 1 person running that show so if there is an issue, there is no back-up.
 - o Trish is concerned about last minute changes. We will need to write the specifics into the contract. For example, we need x # of extra last minute bibs that can be produced by x timeframe.
 - o We are talking about less than \$1000 for Adam's heart. This will be a test. If you succeed, we will book you for more of the events. We will still want the race series pricing.
 - Alison Stone is concerned that Adam's heart is very complicated race with 3 different distances.
 - DG was given the data for the last 3 years when he priced the races.

- DG is tied up to Run Signup so the registration will sync with BTC Run Signup.
 - Other concerns were noted about his request to be paperless. The 4G connection is not always great at Oak Mountain. Alex commented that we can require paper.
 - Alex read an email regarding the Kiosks.
 - Katherine noted her only concern is that he is a 1 man shop. We need to request that he has a backup and another person to assist for the big races.
 - o DG is doing Jingle Bell with Trish fronting his outfit.
- The plan is to see how the Jingle Bell Run on Dec 13th goes with DG.

3. Vulcan Run

- The Vulcan Run will be transitioning race directors. Alison Stone will be the new race director for Vulcan. Congratulations Alison. That being said, there is a new leader gap for 2016 Adam's Heart. Adam's heart is February 7th. The BTC will be looking for someone to take that position.
- o Candidates: Olivia Affuso

4. Membership- Olivia Affuso, Alan Hargrave

- Currently, BTC family membership is set to 4. Every now and again, there are families with more than 4 people that want to be BTC members but that exceeds our current limit. We can set the family membership to any number. Do we want to change it?
- Today, with the limit set to 4, if you add a 5th member, it removes one of the original members.
- The team agreed to increase the family to 7.
- It was noted that we will want a disclaimer to prevent people from taking advantage of the family membership. Alan suggested adding some language to remind people to not take advantage of us. He also suggested putting a version of the government definition for dependent. – done

5. Recap from Vulcan – Trish

- Total of 1603 Registered for 10k & fun run
 - o 1570 for 10k,
 - o Online Donations: \$1,343
 - o 2013: 10k = 1750 registered
- New this year was searchable results and video results.
- All results are on the BTC website and Run Signup.
- Instant text message results did not work. This is a paid feature with Run Signup but since we used them for race registration, we did not pay for it.
- All Vulcan winners have been paid. The checks should be received 12/1- 12/3.
- How much money do we give our benefactors?
 - o Russ, Income: \$56k
 - o Uncategorized income: \$1877
 - o Expenses: \$37,900
 - o Uncategorized: \$2900 (separate from \$37,900)
 - o Trish has sent Russ a full spreadsheet on the Vulcan Run.
 - o Jen noted that some of the uncategorized items may be from the socials in September and

October.

- o Donations: Russ assumed everything that came from Run Signup in the Vulcan registration, was a Vulcan income.
- o Price money has all been paid.
- o Online shirt purchases: These will be noted in the Vulcan Spreadsheet.
- o Last year we gave Vulcan Park \$1200 and Girls on the Park \$500. Jen would like to donate on top of that. This year, we had donations from online. (Online donations: Vulcan: \$579, Girls on the Run: \$718)
- o This year, because of the online donations and because the race was so profitable, we will donate Girls on the Run: \$1200, Vulcan Park: \$1800
- o Girls on the Run – Katherine will come to the year-end party for the check donation.
- o Vulcan will be delivered by Jen or Alex.

Below are a few things to plan for next year:

- Clock – next year, need another clock for the kids run
- Need to begin getting the Girls on the Run involved at the Vulcan

6. Newsletter:

- Olivia will write an article for the Girls on the Run in the newsletter

7. BTC Race Series

- The BTC Race Series is already online for 2015. We have 9 signed up. Next year, we need to increase the prices.
- Race Series – are we accepting paper applications for the race series? Alan has suggested that we do not accept paper for the race series.
 - o We did receive paper applications last year. Trish has suggested that we have a different paper form that will stand out if someone is paying for the race series. Trish has said she will shut it down 3/31.
- The goal of race series was to drive membership. We had 164 race series member. The income split among the races but not evenly. Vulcan received the lion's share.
- The decision is to hold off on opening registration for S2S until after Adam's heart.
- Trish requested that we include BTC flyers on our races in the Girls on The Run goody bags.

8. PO Box

Is the PO Box still open? Yes. Jen noted that she needs to change a few of the bank statements that are going to her house. No bank statements should not be going to the house.

9. Statue to Statue

This year, BTC will need to recertify the course. There is a new park that will need to be included and we need to change the end so that it is not dangerous.

10. 1200 Mile Club jackets

There are several versions of the 1200 Mile Club Jacket. Jen wants to offer the different jacket options to the participants. We have a large print from 2013, smaller print from the errors in 2013, and the new jackets.

- 12 large print
- 65 Small print
- 2014 - 79 new 1200

BTC approved to offer the jacket options to the new participants.

11. Year-end awards

Jen will send an email to all current BTC members to cast their votes for the new member and Arthur Black awards.

- o Alan will create a web form for voting. Name and why they are submitting the person.
- o New Member Award
- o Arthur Black Award – member of the year for their contributions throughout the year.
- Nominating committee – Brad needs other participants for the nominating committee. Also, he will need nominations for the board positions.
 - o Alan will set-up another link for online nominations. We do allow for nominations from the floor.
 - o Brad will take the nominations and contact them to see if they are interested.
- Jennifer will be giving gift cards for the race directors.

12. Social Calendar: Year-End Party- Katherine Dease

- Year-end Party – Katherine presented pricing estimates for Rogue Tavern, Cantina, and Old Car Heaven. Trim Tab and Good People were not available for 1/10/15.
- Date: January 10 – same day as Red Nose Run. No issues were seen with the date.
- Rogue Tavern was the desired location. It was preferred to have a DJ. (After the meeting RT confirmed that they have a band already scheduled for that night that they cannot cancel. They gave BTC the band at NO COST. This was approved by the BTC board post meeting via email.)
- Food and drinks will be provided.
- Pricing is \$15 non-member and \$10 for active BTC members. Each adult will receive 2 drink tickets.
- The event will start at 6 with the meeting, the food and band will start at 7pm. The BTC party will end at 9pm and the BTC tab will be closed at 9pm. The BTC members can stay until closing at no additional cover charge.
- It was noted that Natalie's email is still listed on the social media as a contact. We need to remove her from the social media but keep her on Mercedes.

13. Resolution Run

- This is growing. The Resolution Run is Dec 27th. Jim and Nicks and Royal coffee will be there.

- This is a very inexpensive run. The cost is \$15.00 and all money goes to Red Mountain.
- BTC table will be set-up with registration forms.

14. Wallace McCoy – bday party

- Wallace McCoy will turn 100 and the BTC will honor him on his bday 1/26/15. Charles will write an article on his running accomplishments. Jen has requested the article by 12/27th for the newsletter. BTC will hold a mini bday party.

15. Mercedes - Monica

- We have pacers.
- Shirts are in for the pacers
- Monica would like to have a small thank you social in December for the long run pacers and the long run group. She would like to have coffee and donuts on 12/20. A motion was made to approve a \$300 budget for coffee and donuts. The motion was approved.
- Water stop volunteers – Monica would also like to have a small giveaway (a BTC shirt and a free race entry) to thank the water stop volunteers. This was approved.

16. Jennifer's last meeting

This is Jennifer Andress' last meeting. Jennifer spoke briefly regarding her time as the BTC President. Alex added, "The club has been re-energized with Jennifer's leadership. We have had comments from the Atlanta Track Club regarding our events for our members and how involved the BTC is in the running community. I speak for most when I say, we will be sad to see her leave."

BTC Membership application



Single: ☐ Family: ☐ Renewal: ☐ Gender: ☐

First Name:

Last Name:

Street:

City:

State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. _____/_____/_____/_____/ M F
 3. _____/_____/_____/_____/ M F
 4. _____/_____/_____/_____/ M F

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waiver and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

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	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

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