

BTC

THE VULCAN RUNNER



DIXIE 200

MY VIEW FROM THE DIRTY DOZEN

— By Jennifer Crawford

Dixie 200 relay race....the short of it 200 Miles (from Atlanta to Birmingham), 12 runners, 24 hours and 2 vans. The full version is an awesome event that has made memories to last a lifetime. Months ago after following Michael on twitter tweet about his time doing the Ragnar Relay Miami to Key West, I told him that looked like so fun and there was talk of the Dixie 200 relay being set up for Atlanta to Birmingham. Right in my backyard! So in February, while Michael was picking up his packet for the Mercedes Marathon, he also became team captain of the Dixie 200, and the Dirty Dozen was born. At that time, it still just seemed like a great fun adventure and I really didn't put much thought into "what have I signed up for!"

As the months went on for preparing for the race, there were many name changes in the dozen – some left the group and some were added – it wasn't until the week of the race that we had our final dozen (ok really only 11 but who's counting?). I had met a couple of them, briefly, prior to the race but we were about to spend 24+ hours together, and we would get



Dixie 200 participants showing off their finishers medals.

to know each other really soon! Those included in the dozen were: Van 1 - Sam (Huntsville), Kevin (Pelham), Jason (Helena), Danielle and Dave (Chicago) and me, Jennifer (Helena) and in Van 2 - Michael (Vestavia), Allison (Birmingham), Niki (Birmingham), Jeff (Hamilton) & Tanya (Birmingham).

Onto the race itself. It started with most of us jumping into our vans from Birmingham and traveling to the start point in Atlanta at the Silver Comet Trail. We arrived at the Holiday Inn close to the start line around 10 p.m., and we settled in for what would be our last night in a bed until Saturday

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night. I shared a room with 3 of the other girls, Niki, Allison and Tanya. I was 1st to sleep, mainly because I was the lead off person to start the race and I was ready for a few hours of comfy sleep! Somehow I was picked to go first; nothing like pressure to start of our team off right!

Prior to the start of the race, we had a little debriefing from Kirk the race director to explain the events of the race. What made this relay race different compared to all the other relay races out there was that after all the runners from van 1 or 2 finished their legs, there was a mandatory stop/break. This was done, for good reason: there were only 8 teams! And each team was at different pace/speed: 6:15 min/pace and the rest of us were between 8:30-10:00 min/pace. This allowed the organizers to get the volunteers to their spots, as well as the police who were there to guide our teams in the middle of the night. When we all regrouped, we were allowing the volunteers to regroup, and the teams were able to meet each other and talk. This made the experience even more fun. At each of the breaks is where we not only tried to sleep or eat, but also got to catch up with our team, along with the other teams. It was great hearing how their runs had been going, as well as their adventures that they had been having so far on the journey.

As for the rest stops, the locations were all different and unique. The 3 most memorable would be the Eubanks welcome center in Piedmont, AL, the church parking lot at midnight and the Morgan Creek Vineyard. All for good quality, but really it was the people. At all the stops the people were very welcoming and accommodating to a bunch of smelly and tired runners!

As for the running: I had some of the best runs I have ever had. My 1st leg started with 7 miles with a time of :58, an 8:11 pace. I was amazed! My 2nd leg, that started about 11 hours later that day, was 4 miles with a time of :33, a 8:01 pace (still amazed). My 3rd leg, an even shorter leg, but 12 hours later and (maybe) 2 hours of sleep was 2.75 miles with an 8:08 pace. And let me tell you, that 3rd leg...even though it was short...I was shocked at how stiff I was when I started. Wow, the hamstrings were tight (note to self: Stretch!) Everyone seemed to have great runs throughout the entire 200 miles. We in van 1 were very lucky: we were able to get most of runs in during the morning or early evening, which meant cooler weather and not so scary. As for van 2, well somehow they ended up running in the hottest parts of the day, and in the middle night down some of the most back woods type areas with dogs....and from what they said A LOT of dogs. According to Niki, in order to be sub-8 for entire run is to have dogs chase you in the dark of the night. Everyone had survived their runs, and had some sort of story, to come from each of their runs, whether it was being chased by dogs, seeing the sunrise, watching the sunset, running an extra 4 miles due to a missed turn, or running across 280, we all came away with a story.

The finish line was inside Oak Mountain State Park. We



The DIXIE 200 finish line, inside Oak Mountain State Park.

in Van 1 were done with our legs of the relay around 11am. During the time we waited for Van 2 to arrive, we got cleaned up and ate some food and relaxed. It was around 2:30 that we headed to the finish line to wait for the rest of our team to arrive. When we got there we watched the other team Van 1 come in, and waited for our last runner to cross the finish line. Some of the teams ran in all together, and some cheered on the final runner from the side. But we all cheered for each other's team. Once we crossed the finish line, we received our awesome finishers medal and regrouped with our team with beer. Yes, beer and it tasted great after the past day and half of travel and running!

This event was very bittersweet for me personally. You see I am from Michigan (I have lived here for 8 years), and a month and half before this event occurred my husband and I were given an opportunity to move back, which we took. So this relay race was my last run around the south! I was so happy to have spent this weekend with not only my 10 other team members, but also so many others in the running community. To me this was a running race, but really an opportunity to grow relationships through this unique experience. If you asked me to do another one...at first I had to think about it. But by the end of that Saturday night I was already googling other races! So the next Dixie 200 that comes around next year, I'll be ready to fly down and rejoin the Dirty Dozen! •

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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*
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Race Results Find the latest and most complete local race results at the following:
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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>



July BTC President's Message

— Jennifer Andress

Hi BTC! I hope y'all are having a great summer so far. I have enjoyed talking to so many of you in the past few weeks at our events. There is so much your BTC Board members and Committee Officers have been working on, and I love nothing more than sharing that with all you!

Abigail Morrow and her Member Benefit committee, Mitzi Duer-Savelis and Allison Lowell, collected numerous retailers' offerings, and then unveiled our new member benefit cards. That has been very well-received, and the committee will continue to add retailers as the year progresses. Allison will be taking over this committee, as Abigail moves over to work with Judy Loo in Membership. We aim for every new member to receive a welcome letter, BTC sticker and their member benefit card.

We held a very fun and hugely attended Long Run Social on June 9. Natalie Ferguson put together some challenging routes, with distances ranging from 2.5 miles to 12 miles. Danny Haralson brought his Couch to 5km and his Couch to Half-Marathon groups, and Brad Clay, Alex Morrow, Natalie, Randy Lyle and I were your pace leaders. We had an 8:00, 9:00 and 10:00 minute group for each distance. Heather Milam set us up at the patio of Brookwood O'Henry's with coffee, scones and muffins. It was a fun morning! Look for details about the next Long Run Social, to be held in late July. One suggestion we received, and will be implementing: your pacers will be better identified, perhaps with a shirt labeled with the time and distance. Also, we will increase the fluids at our water stops, since our group is growing in numbers. That is a wonderful "problem" to have!

One very fun project I have been working on is BTC merchandise. I have been collaborating with Jeff Martinez at the Trak Shak to bring you good-quality, affordable tech shirts. We be-

gan with our gorgeous logo, designed by Eric Swope, in 3 color-print. Jeff and I found a great Asics shirt that we could bring you very affordably, in great colors. We also printed on the overrun of Mercedes shirts for a rock-bottom priced, great-looking shirt.

Pictured here is Mitzi Duer-Savelis, the BTC Secretary, modeling her shirt and holding up another of the terrific women's colors we now offer.



We sold a LOT of shirts at the Long Run Social, and ordered more to sell at the Evening Social at Good People Brewery on June 21. We will also be around at the various runs in town selling merchandise: Trak Shak Wednesday night runs, Tuesday nights at Red Mt., Saturday morning BTC runs. You can also contact me directly to order a shirt, at jenandress99@gmail.com. Eventually you will see our gear for sale on our website.

We will also continue to print 1200 Mile shirts. As we head into the fall I will look at long-sleeve tech options, as well as hoodies and cotton T-Shirts to wear post-run.

Speaking of the fall, we have a BIG one planned for you. David Barry and Randy Lyle are working to bring you the first ever BTC Triple Crown Half-Marathon Challenge. This challenge will include the Talladega 21000 in September, Life Without Limits Half-

Marathon in Florence in October and the Half-Marathon that will once again take place during the Ruben Studdard Celebration weekend in November, here in Birmingham. We are planning on chartering a bus for BTC members to take together to Florence. There will be a separate medal and shirt for finishers of all three events.



TRIPLE CROWN HALF-MARATHON CHALLENGE

As I have said before, please keep your feedback coming. We listen to everything you tell us, and discuss it a great deal! We love hearing from you, because this is YOUR club. We are here to make it what you want!

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Touring and the race course with our hosts on the pre-race day; Visiting the stage set up for opening ceremonies.

BTC RUNNERS MET WITH HOSPITALITY, FRIENDSHIP AND KINDNESS IN JAPAN

– By Natalie Ferguson

We'd love to tell you about the attack hawks in the beach town of Kamakura, or the camera incident, the one that ends up with a lost camera being returned in one of the biggest cities in the world. We'd also love to tell you about Mount Fuji and what it's like to travel to a foreign country where everyone has black hair with a 9-month old that has yellow hair. You would be fascinated with one of the most famous markets in the world that sells fish for the equivalent of 5 US dollars and cherry tomatoes for about 65 US dollars. If I told you that there was a person in Japan whose job it was to shove bodies into the subway train to make sure they all fit at rush hour, some of you might apply for it because pushing people for a living sounds fun. How about the mysterious ladies with white painted faces? And the dead body - because it's not a story without a dead body - but I'm the only one who saw that incident.

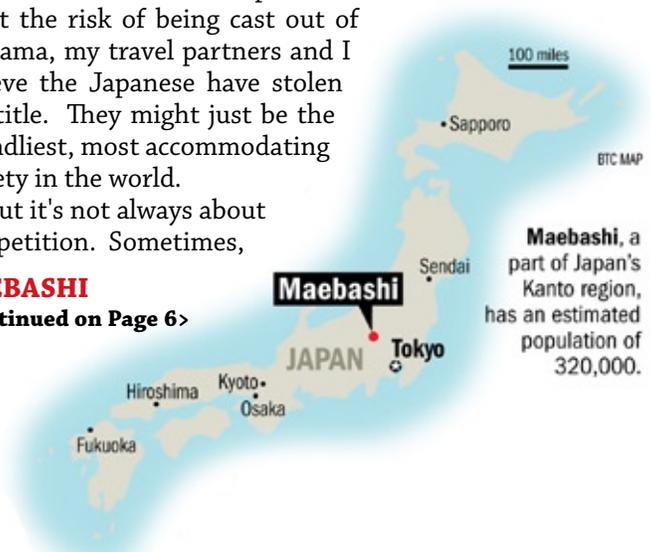
This story isn't about any of that. It's about hospitality, friendship and kindness. We all know that Southerners do hospitality. Since moving here 7 years ago, I can vouch that

the people in Alabama are top notch at being welcoming and friendly. Some might even call it world class hospitality, but they have never been to Japan.

At the risk of being cast out of Alabama, my travel partners and I believe the Japanese have stolen the title. They might just be the friendliest, most accommodating society in the world.

But it's not always about competition. Sometimes,

MAEBASHI
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ABOVE: David Henry and Jeff Aiken with their toes on the starting line of the Maebashi 10K. **LEFT:** Having tea with Mayor Yamamoto to exchange gifts of gratitude from us and from Birmingham Mayor William Bell. **BOTTOM:** David Henry finishing the Maebashi 10K.

MAEBASHI <Continued from Page 5>

it's about camaraderie, sharing, and learning. Okay, maybe it is about competition a little bit. We did just fly 6,000 miles to run a foot race.

David Henry, Jeff Aiken and I traveled to Maebashi for the 13th Annual Maebashi Marathon and 10K. Jason and Cecily Ferguson tagged along to be our support crew - you know, the people that hold the sweatshirt while you're running and take those questionable finish line photos.

After being canceled last year due to the Earthquake, Tsunami and subsequent Nuclear Meltdown that took place about 200 miles North East of the city, the race organizers brought it back this year and invited runners from each of its three friendship cities to participate.

We went as representatives of the city of Birmingham and the Birmingham Track Club. We were honored guests of the city of Maebashi. How many times have you been called an honored guest? And how many times have you been given gifts in thanks for your presence?

We arrived in Japan on a Thursday and were met by our hosts.

Amedeo, the Japanese interpreter from Italy who speaks

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English with a British accent and boasts French as his fourth language was holding the welcome sign at the airport. He crafted it himself. He didn't want us to miss him in the crowd at the airport.

Takahashi, his boss, was shy, kind, and helpful from the beginning and later proved to be quite funny. He later revealed how much he loved the beach and disliked running. He moved fast ensuring that we would be on time [read: early] to each of our destinations. Japanese folks are like boy-scouts – if you're early you're on time and if you're on time you're late.

Much like the other delegations that have traveled to Maebashi, we were hosted for five days. Our hosts showed us the best the city had to offer: including a trip to the Kokeshi Doll Factory, the Akagi Shrine where we prayed for a safe race, a Cherry Blossom Festival where the trees were in full bloom, and tea with Mayor Yamamoto where we exchanged gifts in thanks for hosting us and brought an offering from Mayor Bell of Birmingham.

We also attended a reception shortly after arriving. We were welcomed by our hosts, members of the International Committee and representatives of the Maebashi Track Club, with a standing round of applause. There was a formality to the evening with lots of



TOP: Having dinner at the Runners Welcoming Banquet with members Andre International Committee and the Maebashi Track Club. **ABOVE:** Jason and Cecily Ferguson meeting friends of the BTC, Maebashi residents who had received gifts from past delegations.

gratitude, bowing and hand shaking. There were speeches from us and the International Committee from Maebashi. We had a delicious six-course meal and exchanged gifts. This was the group responsible for having us there. We made many connections that night, but Tino and [the other] Takahashi, former guests of the Birmingham Track Club and Vulcan 10K finishers, became fast friends and asked to meet us the following morning.

Before our touring schedule began they showed up at the hotel to take us on a walking tour of the City. It was then that they showed us all of the connections Maebashi shared with Alabama. There was the plaque in the road with a US map and Alabama outlined. It was the official spot where Birmingham became a friendship city of Maebashi. They also showed us a stone tablet dedicated to Samuel Ullman and his

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poem, "Youth". It seems the city that was lives by the three basic premises of greenery, poetry and water, knows more about Birmingham resident Samuel Ullman and his ties to Birmingham (we have a Samuel Ullman Museum here) than most people in Birmingham!

The main event was held on April 22, 2012. When you were going to bed on April 21, Jeff, David and I were sitting on stage, participating in the opening ceremonies of a race on the other side of the world. Jeff Aiken calls race day "extremely exciting and an overall experience that I will never forget." He said many runners would come up from behind him and tap him cheering, "go USA," and "yeah! USA."

I would have to say that this was the highlight of the trip. David Henry carried a camera with him along the course to capture as much as he could including a photo of his feet on the starting line. "I have NEVER started a race in the front row," he says. "I have a picture of the feet of Jeff and I on the start line. We all took off like we were running the 100 years dash. I can hear the pounding of feet around me. I ran as fast as I could and finally got to the left side of the crowd to keep from being run over."

At the start of our races, each of us were put up front, not because of talent, but because it was all part of being a guest in their city. I was standing next to the woman who would eventually win the race. I tried to take a step back, blending in with the crowd and Tino pulled me to the front again. He spoke Japanese to the runners around me and they all laughed. "Tino?" He warned me to run ahead and move off to the side at the start. He warned the other runners that they should take care not to run over me.

Collectively, we agreed that the best part of the trip was the way we were treated. Each of us has had opportunity to travel in our lives and have never been so honored, so cared for, and so touched by a community. This trip allowed us the chance of immerse into culture, if only briefly, and interact with natives of the country despite cultural differences and language barriers.

We invited members of the Maebashi Track Club back to Birmingham in November and sincerely hope they come.



Amedeo, the interpreter, and Takahashi, a long time friend of the BTC and official race starter for the event with Natalie Ferguson.

The invitation will go out to them in late summer again so they can begin selecting a delegation to send.

I had been wanting to go since Mark Baggett and Tim O'Brien came home from the same trip in 2007; David Henry, since reading Geoff Gottlieb's article in 2009; and Jeff Aiken, since seeing it posted on the BTC web site early this year. For me, it was worth the wait and a place that I would return to anytime. For my travel partners, it was an extraordinary opportunity.

"Japan is a very clean and safe place to visit. All of the people are so friendly and make you feel like they are really glad you came to run their race. My trip to Japan was the trip of all trips!" said Jeff.

"This is an opportunity for adventure - life is short - we should fill it with positive relationships and life experiences," said David of the trip - and he's right.

There is no better way to do that than by connecting with people - and maybe adding a little competition. •

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Awards Ceremony, BTC runner Natalie Ferguson got Fourth in the Women's Race –the first time a Birmingham runner has ever placed while running in Maebashi.

The “Barefoot Contestant”

A Long Running Series

WITH STACEY GORDON



– By Stacey Gordon

“Success isn’t how far you go, but the distance you traveled from where you started.” — Steve Prefontaine

You know who they are. You have seen at least one, the oddballs that show up for races barefoot. I saw one running The Mercedes Marathon this past February when the starting temperature, if memory serves, was about 19 degrees. I just rolled my eyes.

Back in the 80’s barefoot place-kickers in football were all the rage, even in the snow. People were astounded that they could generate enough force to powerfully kick the ball without hurting themselves. It didn’t seem unusual to me at the time because I had been involved in martial arts for years. We broke boards with our bare feet all the time. We never wore shoes to work out. It was more concerning to me that the kicker had to run and tackle opposing players with one shoe on and one shoe off. That seemed infinitely more awkward than merely kicking the ball barefooted. That was a long time, lots of miles and many pairs of running shoes ago.

Now, thanks to *Born to Run*, Christopher McDougal’s runaway best seller (pun intended) more and more of those unshod oddballs seem to keep appearing. I must admit, when I read the book back in 2010 I enjoyed it immensely. It was a fantastic and motivating story that has spawned a new school of thought in the running industry - Minimalism. Well maybe it isn’t new but had been drowned out by all of the technologies screaming for our attention. I thought the minimalist perspective made sense and it appealed to the paleobiologist side of my brain. I came to the realization it probably explained much of the pain and difficulty I was experiencing that had caused me to nearly give up running.

I will also confess that the moment I finished the book, I was so hyped about it that I immediately ran out the door and down the street barefoot to test out the theories. It was incredibly liberating, for about 20 seconds. Then along came reality. The book also does mention that those of us raised with shoes on our feet are not ready to shed our shoes quite so quickly and completely. I must have glossed over that part. It was 95 degrees outside and the blacktop on our street was hot enough to fry eggs, not to mention my tender tootsies. I hot footed it to the curb and tiptoed through the crabgrass in order to limp back to the safety of our driveway.

I was mildly distraught.

Had I devolved? Was I not “born to run” like the au-

thor described? Well, to quote Lady Gaga, I probably was “born this way” but after years and years of wearing shoes I no longer was, “that way”. If my enthusiasm for the concept of barefoot running hadn’t overwhelmed my good sense I would have also realized that my feet were not ready to take the full plunge and that returning my feet to their original state needed to be a more gradual process. As I stood there picking gravel out of my rapidly blistering feet, I thought about what sort of transition I’d need to make.

I decided to start by purchasing a pair of Vibram Five Fingers (most folks refer to them as the “toe shoes”) whose development had also been described in the book. After all, we may have evolved to run barefoot, but our Paleolithic ancestors didn’t have to deal with all of the urban hazards that we do. Broken glass, hot asphalt, harsh chemicals and especially that unidentifiable sticky stuff in the road were not part of their equation. Christopher McDougal described at length, the type of leather sandal that was developed by the tribe of Tarahumara people to use for protection between the bottoms of their feet and the punishing terrain of Copper Canyon. I considered the Vibrams to be my modern, urban adaption of the same.

I couldn’t help but note that the notion of spending a bunch of money on something “minimalist” was more than just a touch ironic. Caught up in the pursuit of running pain free, less shoe was supposed to be more beneficial, though just as expensive. In addition to Vibram, other companies have since jumped on the trend and have managed to flood the market in such a way as to ensure that you may now maximize your credit card usage in pursuit of minimalist nirvana.

Brushing away any conception I might have had about becoming some kind of financial hypocrite, I pulled them (can I call them shoes?) out of the box and attempted to put them on. I thought they would slide on like a pair of gloves for my feet. That is what they look like, right? After nearly 10 minutes of struggling, sweating and cursing I finally managed to get each of my toes into their designated slots. After a workout like that a run seemed almost anticlimactic. I walked out the door, down the driveway and hit the road running. I should explain that I had always been somewhat of a shuffling runner, a bad heel striker and all the other negative habits about modern runners that I’d read about in “the book”.

According to Christopher McDougal, running bare-

BAREFOOT CONTESTANT <Continued on Page 10>

BAREFOOT CONTESTANT <Continued from Page 9>

foot (or as close as reasonably possible) would encourage proper mid foot striking and all my problems would magically dissolve. Well he didn't exactly say that but it's what I read into it. I can honestly say that there was no magic on that first run. There was no great change in my running motion and as I heel-toed hard through my stride I heard the thud/slap, thud/slap, thud/slap of my heel rapidly followed by my fore foot hitting the pavement more loudly than it had with regular shoes. In typical runner fashion I carefully heeded the instructions to "start gradually" and I ran a mile that first day. I felt ok so the next time out I ran about 6 miles on a local dirt trail with a small group of runners.

The next morning I could barely move. My calves had seized up so badly from too much too soon. It took several days before I could consider any type of running again, shod or unshod. From then on, I could not go very

far before the calf tightness reached out and grabbed me. McDougal does mention the part about starting VERY gradually, but I couldn't imagine running less than a mile each time out. It would take me longer to put the dang things on than I would spend running in them. Eventually, I lost patience with the entire process and the Vibrams ended up somewhere in the back of the closet where they remained, until...

Author's note: "The Barefoot Contestant" - A Long, Running Series will document my long running experiment, so to speak, with running in Vibrams. My current goal is the Talladega Half Marathon. Stay tuned. Also - if anyone can provide some grammatical guidance regarding why/how/where I should use the word barefooted vs. barefoot I would greatly appreciate it.

Stacey Gordon is an athlete, a writer and former N.Y. Yankee who now considers Birmingham her Sweet Home Alabama.

MAGIC CITY MILE SET FOR SEPT. 20TH

The 2nd Annual Magic City Mile will be Sunday, September 20th from 2:00-4:00 in downtown Homewood. This is a one-mile timed run, to jump start the Mercedes Marathon, and all proceeds will go directly to The Bell Center for Early Intervention Programs. There will be prizes! Our inaugural event in 2011 was a huge success and far surpassed our expectations. The kids from The Bell Center will be there competing, as well! For questions, please call The Bell Center at 879-3417 or email kpeoples@thebellcenter.org



Miles reported through June 15th, 2012

1,200 Mile Club

BTC MEMBER NAME	TOTAL	MAY '12	APRIL '12	BTC MEMBER NAME	TOTAL	MAY '12	APRIL '12
Adamy, Mary	500.8	93	82	Jones, Delpha	223.94		
Affuso, Olivia	428	119	92	Jones, Latoria	193		
Allen, Darnell	615.4	126	131	Kahn, David	392.81	14.29	75.45
Andress, Jennifer	812.5	147	113	Kirkwood, Teresa	455	25	110
Armstrong, Tommy	183.2			Kuhn, Jimmy	812		216
Atkins, Brian	458.7	35	120	Langston, Richard	636.34	107.8	149.6
Ballard, Bill	477.7	93.2	110.9	Lindsey, Jonathan	364.85	27.6	68.85
Barry, David	613.3		131.2	Longshore, Les	57	16	18
Baskerville, Jennifer	420.6			Loo, Judy	345.05		50.7
Benner, Kimberley	310	66	69.1	Losole, Liz	494	100	96
Benson, Wayne	536	111	117	Lowell, Allison	701.42	160	162.04
Bettis, Natasha	88			Lucas, Jane	351		74
Bonatz, Ekkehard	1056		246	Lupinacci, Tim	519.5	101	127.7
Booher, Lisa	723.39	130.42	148.48	Lyle, Randy	1121.2	243.9	227.5
Bradshaw-Whittemore, Al	318.5	24.8	57.1	Martinez, Jeff	457.5	90.5	142
Brown, Charlie	363.01		94.29	McCalley, Charles	486.85	117.7	62.75
Bryant, David	781	133	172	Meadows, Bryan	502.48	105.1	90
Bullock, Sharon	243.6			Milam, Heather	477.83	0	0
Burke, Chad	669.5	152.57	122.94	Morgan, Cary	597		
Burnette, Jack	422		105.2	Morgan, Danielle	652.7	97.1	128.5
Burton, Daniel	337	128	116	Morgan, Phil	630.3	89	119.2
Caldwell, Greg	453.1	29	72.1	Morrow, Alex	573.54		125.36
Chandler, Teresa	477	101	76	Muck, Randall	172		
Clay, Brad	1189	221	175	Myers, Bill	723	106	160
Crain, Teresa	226.4			Nealon, Tonya	192.21		
Crawford, Jennifer	585	117	112	Northern, Kristie	341.3	134.55	128.55
Creed, Brad	421.5	95.9	68.3	Oehrlein, Kimberly	395.4	63	89.6
Davis, Wayne	360			O'Neal, Alicia	493	110	105
Dean, John	250	105	87	Parr, Michele	397.5	55.5	78
DiMicco, Al	606.6	133	123	Pasqualini, Ellie	522.5		90.5
Dodson, Brooke	556	92	60	Pasqualini, Greg	363		91
Dortch, Cherie	481.64	90.35	83.21	Patterson, Cathy	627.5	128	131
Dunham, Kelly	493.45	92.1	93.75	Pearce, Julie	600.97	145.9	137.62
Dunn, Wade	577	0	0	Perry, Jeff	1062.7	206	168.7
Engels, John	545.5	121.9	101.4	Pezzilla, Katie	88		
Estes, Jeff	191	95	71	Phillips, David	370.5		95
Evans, Bob	209			Phillips, Stefanie	759		163
Farrell, Meredith	97			Porter, Chilton	244	59	35
Fite, Rebecca	569.85	107.92	98.56	Randall, Lisa	746.06	162	123.57
Ford, Joe	555	99	108	Reisinger, Kaitlin	390	25	102
Franklin, Shane	749.87	150.72	128	Richey, Jim	340.4	38	62
Frederick, Winston	591	127	117	Roberts, Tim	721.1	69.6	100.7
Ganus, Jack	606	111	137	Rollins, Stephanie	164		55
Gann, Michael	590		155	Ross, Nate	728.1	148	105
Gast, Laura	264.7		68.3	Rushing, Lance	128.51		
Gillis, Sam	582	76	111	Russell, Tom	577.51	101.2	133.71
Glaub, Chris	452			Rutherford, Keith	675	149	103
Goode, Johnny	651	107	58	Sample, Holly	366		
Goolsby, John	162.36			Schedler, Amanda	536.85	87.5	105.8
Gordon, Stacey	102			Sharpe, Kaye	28	28	
Greenwald, Bill	371	87	96	Shaw, Michelle	30.89		30.89
Grossmann, Christopher	524.28	46.16	113.4	Shinn, Ron	145.51		41.86
Guenster, Dirk	576.7	99.4	125.3	Silwal, Suman	628.3	91.7	93.1
Hales, Susan	471	82	100	Skjellum, Jennifer	556.68	108.3	111.5
Hallmark, Daryl	560	120.2	105.3	Smith, Jerry	544	108	101
Haralson, Danny	451.5		121	South, Christopher	51.12		
Haralson, Micki	525.2	63	139.2	Stearns, David	547	133	124
Hargrave, Alan	485	100	105	Stewart, Amy	100		
Harris, Vickie	451	76	110	Stockton, Rick	588.35	123.3	127.2
Harrison, Lisa	585.5	129.5	117	Stroud, Vanessa	608.65	155	104
Hathorne, Chad	367.85		73.52	Thornton, Dean	411.7	109.3	98
Haugh, Spencer	412	119	110	Thursby, Vann	601.04	113.5	135.41
Henry, David	531.1	81.2	210.6	Tichnell, Josh	398.43	31.92	29.1
Hickerson, Patrick	567	106	127	Turner, Kile	449.3		99.07
Hill, Jim	725.7	204.1	174.9	Turner, Sara	413		110
Hiller, Russ	711.5	181.53	139.25	Washburn, Kevin	706.79	140.42	130.92
Hinton, Gretchen	377.5		100.7	Weisberg, Scott	674		118
Honea, Todd	498	109	101	Whatley, Prince	1084.7	246.6	252.2
Hopper, Erica	1198.7	173	118.7	Whitford, Ray	537.8		59.1
Hoover, Alison	503.86	107	105.74	Wingo, Greg	634	153	153
Hulsey, Donnette	303.26	60	63	Woody, Bill	564	78	83
Ingram, Joseph	324		56	Wu, Xing	584.29	121.83	111.88
Ingram, Kimberly	158			Yancey, Lisa	250.4		
Izard, Melody	496.2	82.05	102.31	Zehnder, Justin	831	179	154
Jenkins, Mike	542	96	76				

Email monthly mileage, errors, omissions or questions to: 1200@BirminghamTrackClub.com

1200 MILE CLUB

...an intrinsically irrational act...

Shirts and Singlets Order Form

Short-Sleeved Shirts \$ 23

Singlets \$ 19

Name:

Phone Number:

Email Address:

Address if shipped: **(add \$6)**

Quantity/Color/Style: Men's

- Quantity:
- Circle Size: Sm Med Lg XL
- Color:
- Circle Style: Short Sleeve Singlet

Quantity/Color/Style: Women's

- Quantity:
- Circle Size: Sm Med Lg XL
- Color:
- Circle Style: Short Sleeve Singlet

All print black/white; Black shirts print Royal Blue/White

See shirts here:

<https://picasaweb.google.com/dmbarry1/1200MileClubShirts#>

Birmingham Track Club Use Only

Name:

Date: 3/29/2012

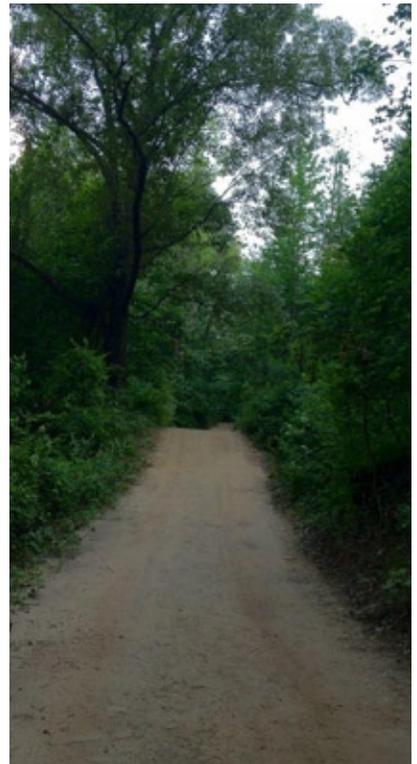
Amount Received:

Cash or Check

Shipping? \$6 extra



Trail running products



Red Mt. Park Trail

DIRTY RUNNING



WITH ALEX MORROW

— By Alex Morrow

In a past column I wrote of one of my favorite new trail running spots, Red Mountain Park. This wooded jewel sits just minutes from downtown Birmingham and offers everything from jeep roads to technical mountain trails. Reveling in the fact that I could get dirty just minutes from my office, and also possessing knowledge that additional trails are being cut, I thought the situation was about as good as it could get. Little did I know that Alabama Outdoors had taken it upon themselves to up the ante and make the Red Mountain Park experience even more enjoyable!

Beginning in May, Alabama Outdoors started hosting Trail Run Tuesdays. Trail runners were invited to meet at the park entrance every Tuesday at 5:45pm and then begin running at 6:00pm. All skill levels were welcome and pace groups were established to keep runners together. To say the program was a success would be an understatement. On average, 50 to 70 runners came out each week to join in on the fun.

If you are like me, having the chance to run trails with like-minded individuals is enough to put a smile on your face, but Alabama Outdoors once again over-delivered. Not only did they organize the largest trail fun run around, they brought out vendors of trail running gear so products could be previewed and tested. Whether it was Salomon

and Inov-8 trail running shoes, The North Face running apparel, or the newest sport watches, runners had a chance to learn about the latest trail running products. There were even drawings for Patagonia gear and gift certificates given out.

I was so impressed with what Alabama Outdoors had accomplished, and being a member of the Birmingham Track Club, I knew there was only one course of action to take. I am proud to announce a new partnership has been formed between Alabama Outdoors and the BTC. Last year new ownership took over Alabama Outdoors and an exciting energy is now present in the business. Their store locations have expanded, their staff is more helpful than ever, and they are making a concerted effort to get involved with the various outdoor communities, trail runners included.

There are several exciting new initiatives we are developing which will thrill the trail running community. The biggest, and one which will be discussed at length in upcoming issues, is the launch of the BTC Sizzling Summer Trail Race Series presented by Alabama Outdoors. The details are being worked out, but the series will consist of 3 or 4 trail races of varying lengths hosted at local parks. The goal is to keep the entry costs extremely low, have great awards for runners who complete the series, and to continue to foster an ever growing trail running community.

DIRTY RUNNING <Continued on Page 14>

DIRTY RUNNING

<Continued from Page 13>

Just like the title of the new trail running series states, things are heating up this summer and I hope you will come out and join in on the fun. For more information about Alabama Outdoors, check out their website: <http://alabamaoutdoors.com>

Here's hoping your next run is a dirty one! •



Alabama Outdoors tent



Trail Run sign



Trail Runners preparing to run

ALABAMA OUTDOORS
WWW.ALABAMAOUTDOORS.COM
TRAIL RUNNING
FOOTWEAR & APPAREL
 FROM

MERRELL THE NORTH FACE new balance saucony
 INOV vibram fivefingers SALOMON patagonia

The View from the BACK OF THE PACK

— By Michele Parr

Football coaches often say you can't coach speed. Speed is a gift. Just like brown eyes or curly hair, you're either born with it, or you're not. The brown eyes and curly hair I've got; the speed not so much. That doesn't mean I can't do my best with what I've got to work with.



Michele Parr

With that thought in mind I rolled out of bed at 4:30 on a Tuesday morning to make my way to Danny Haralson's speed camp at 5:30. The email blast called it a clinic, but Danny kept calling it a camp. I liked that. I haven't been to camp in a very long time. Calling it a camp made me sort of like one of those kids headed to the Mark Ingram football camp or the Charles Barkley basketball camp. Right off the bat I felt young again.

That youthful feeling didn't last for long. After about a half mile jog down the greenway to a parking lot, we got the details of the first morning's workout. We were running 400 yard repeats, five of them. The goal was to find a consistent pace, to run at 80 – 90% of our maximum velocity, and to run the fifth one at the same pace as the first one. We got a two minute recovery period between repeats. Well, that's what those of us at the back got. The speedsters in the group got that plus the time they spent waiting for us to finish since we all started each loop together.

The good news is that I didn't barf, trip over the speed bumps, or give up. Even better, I also wasn't alone. I found

myself huffing and puffing along with the usual suspects, folks I've often done long runs with. It seems my people are my people regardless of the pace I'm trying to run. We pushed ourselves through lap after lap. It could have been any other run except for the pace, the lack of oxygen, and the absence of conversation. Oh, did I mention the 100% humidity? I didn't think that was possible without rain. Since that morning I've referred to this workout as being deceptively simple. Like losing weight, it wasn't complicated, just hard.

Like any other run, there were those who took off way faster than I did. Those speedsters probably liked us more than we liked them thanks to that extra rest we provided them. It may have been the only time fast people ever enjoyed having to wait for us slowpokes. We were envious of their speed as they seemed to float effortlessly ahead of us time and again. I've been sore since that workout, but I'll be back for the next one.

There's a target race at the end of this camp, the Retro Run, one of my favorite Birmingham events. For me there's a bonus. Since I'm running the Stampede 5K in Fultondale at the end of the first week of camp, I'll get to do a before and after comparison. I'll do the work and see what happens.

One thing I can tell you: The view from the back of the pack looks pretty much the same in a 5K, in a marathon, and in a speed workout. •

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



1st Annual *Rock 'n' Run* 5K/Fun Walk

Benefiting IMPACT Family Counseling

Saturday, August 25, 2012 at 8 A.M.

Homewood Central Park

1632 Oxmoor Road Homewood, AL 35209

Race Information: The *Rock 'n' Run* course has been designed to include scenic portions of the downtown Homewood area. This race will be timed and top male and female runners will receive medals. Race Central will be located just past the main bridge at Homewood Central Park.

Registration and Packet Pick-up Information: Early Registration accepted through Thursday, August 9th. Please mail or return lower portion of this form to IMPACT or register online at www.active.com keywords: Rock Birmingham

Race Day registration begins at 7am at Race Central at Homewood Central Park. Early-registrants will receive a t-shirt at packet pick-up. T-shirts for those registered after August 9th will be available, while supplies last. Packet-Pick Up will be from 10am – 5pm on Friday, August 24th outside of The Trak Shak in Homewood & from 7-730am at Race Central on the day of race.

Early Registration through August 9th

Ages 16 and Older: \$25

Youth (10-15) \$15

9 and under: Free

*Virtual Runner: \$25

August 10th - Day of Race Registration

Ages 16 and Older: \$30

Youth (10-15) \$20

9 and under: \$5

*Virtual Runner: \$25

*Virtual Runners still have an opportunity to make an IMPACT and receive a t-shirt!

All runners/walkers should check-in at Race Central located past the main bridge at Homewood Central Park

For more information on the *Rock 'n' Run* for IMPACT Family Counseling, please call IMPACT 205.916.0123 or visit www.impactmentor.org

Return entry form & make checks payable to:

IMPACT Family Counseling 1000 24th Street South Birmingham, AL 35205

NAME: _____ AGE: _____ SEX: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

Shirt Size: (circle one) S M L XL 2XL

WAIVER: IN CONSIDERATION OF MY ACCEPTANCE AS A PARTICIPANT IN THE ROCK N RUN 5K AND/OR FUN RUN, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS, ADMINISTRATORS, AND ASSIGNS RELEASE AND HOLD HARMLESS ALL SPONSORS AND THEIR AGENTS, SERVANTS, AND EMPLOYEES, AS WELL AS JEFFERSON COUNTY, CITY OF HOMEWOOD, IMPACT FAMILY COUNSELING/MENTORING, AND THEIR REPRESENTATIVES, EMPLOYEES, OFFICIALS, AND ALL RACE VOLUNTEERS, FROM ANY AND ALL ACTIONS, LOSSES, AND DAMAGES INCURRED BY ME OR ARISING OUT OF OR IN CONNECTION WITH MY PARTICIPATION IN THE AFOREMENTIONED ROCK N RUN 5K AND/OR FUN RUN EVENTS. I WARRANT THAT I KNOW THAT RUNNING A ROAD RACE IS POTENTIALLY A HAZARDOUS ACTIVITY AND THAT I AM PHYSICALLY FIT AND HAVE TRAINED SUFFICIENTLY FOR THIS EVENT.

Signature (Parent's Signature If under 18)

Date

THANK YOU FOR MAKING AN IMPACT!!!

A MOTHER & DAUGHTER'S 5K JOURNEY

— By Deb Sims

On the spur of the moment last Thursday night, just for fun, my friend Amber and I decided to enter a 5K race at Veterans Park in Hoover. A 5K is a 3.1 mile race. Several people in a running group we're hoping to join were going to be there, so why not?

Impulsively, I invited my daughters to join me. They ran in gym, right? Nik just did a two-mile fun run at school and said it was easy, so why not? Krissy flat out said NO, but Nikki (ever the Mini Me) decided it would be great.

We arrived at the race with 30 minutes to spare. Amber had already picked up my race packet, so we had nothing to do but pin on our numbers and chat excitedly. It was going to be a great day. Nothing like a little mother-daughter time. Or so I thought.

We shot out the starting gate and I cautioned Nikki to run at a smooth, easy pace. We needed to sustain ourselves for the long course. My legs felt great - I was ready. However, I became concerned when we had only gotten about 1/3 a mile and Nik started sounding like she was going to blow a gasket. At half a mile she informed me her shorts were chafing her. I was encouraging and let her walk for a little while. When we started down a hill near the lake, I nudged her back into a jog. She then informed me she had a cramp. It became a struggle, even with frequent walk breaks. At 3/4s of a mile she informed me in cryptic tones that she would "never run again!"

Not much later, she asked me if we had run a mile. I said yes, but that was blown away several minutes later when the girls at the aid station cheered her on with, "Great job, you've been a mile!" Nikki gave me an "eat hot death" look.

After passing the one mile mark we walked nearly the entire race. I seriously considered putting her on my back and trying to finish the race piggyback style. The only person we were beating was a lady well into her 70s. We were trailing behind a woman wearing a full leg brace. I had to learn the meaning of patience and humility during that race (remember, not traits I am known for!). I had just set a 5K PR (personal record) on the same course only 2 days prior to the race and felt even better that day. As much as it killed my spirit of competition, I had to show my daughter that doing this with her was more important than winning. I can't say I hid my feelings entirely, but I made a valiant effort.

At the very end, within easy sight of the finish line, I went



full-out SPRINT. I was determined not to be beaten by a woman who must have recently had knee replacement surgery. Nik actually turned on the juice and kept up with me for half the distance. I was impressed. Then I soared ahead, trouncing the lady pushing a large stroller with a chubby toddler on board. Finish time: 42 minutes. And I paid \$50 for this experience?! Fortunately, we were benefiting foreign orphans or something.

Nik creaked over the finish line a few minutes later, shooting me an evil look. Mother-daughter time? Yikes. Her expression was more like, "Now I know why your sport is my sport's punishment!" She was limping along, shorts chafing, side cramping, on death's door to judge by her expression. Then I said the magic words. "They have doughnuts."

Nik will run for doughnuts.

THAT'S MY GIRL!" •

ONLINE CALENDAR

Upcoming BTC Races/Events

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

RUNNING TIDBITS

— Compiled by Randy Lyle

INTERESTING TIDBIT

The Marathon of Hope

When I was 14 or 15 years old, I remember a news story the national media would update every few nights. There was a guy, a kid actually, trying to run across Canada and he only had one leg! I was NOT a runner at that time and did not understand the significance of the athletic challenge he was undertaking. I just thought it was crazy that anyone, especially someone with an obvious handicap, would try something so formidable. It was not until I was older that I heard the story about the Marathon of Hope. It made such an impact on me that I have wanted to go to Vancouver for several years just to see the statue of Terry Fox, the young man who impacted a nation.

Terrance Stanley “Terry” Fox was born on 28 July 1958 in Winnipeg, Manitoba, and raised in Port Coquitlam, British Columbia, a community near Vancouver. By all accounts, he was an active teenager involved in many sports. In 1977, at the age of 18, he received a diagnosis of osteogenic sarcoma (bone cancer) and the doctors had to amputate his right leg about six inches above his knee. While in the hospital, the suffering of other cancer patients, many of which were young children, so affected Terry that he decided to run across Canada to raise money and awareness for cancer research. He called his journey the Marathon of Hope and his initial goal was to raise \$1 million.

Beginning by dipping his leg in the Atlantic Ocean at St. John’s, Newfoundland, on 12 April 1980, Terry’s goal was to complete his trek by dipping it again in the Pacific Ocean at Vancouver. His pace was daunting. He planned to average a marathon a day. At this time, no one had ever attempted something like this. After 18 months of training and over 3,100 miles to prepare, Terry started his run with little fanfare. Although it was difficult to garner attention in the beginning, enthusiasm grew and the money he was collecting began to accumulate. Over the course of 143 days and 3,339 miles, Terry ran through Newfoundland, Nova Scotia, Prince Edward Island, New Brunswick, Quebec and Ontario before he had to stop.

He was unable to finish the run because the cancer spread to his lung, forcing him to abandon the course on 1 September 1980 just northeast of Thunder Bay, ironically near the small village of Marathon, Ontario. An entire nation was stunned and saddened. A few days later, Canada’s CTV network telecast an impromptu telethon to carry on Terry’s dream of raising money for cancer research and to, in spirit, keep the Marathon of Hope alive. Many Canadian and Hollywood celebrities participated in the event, which raised more than \$10 million. In the end, the Marathon of Hope raised \$22 million.

On 28 June 1981, Terry passed away one month before his 23rd birthday. However, his Marathon of Hope captured the attention of a nation. Canada’s inspirational warrior was gone, but his legacy was just beginning. He became a national hero and, to date, over \$600 million has been raised worldwide for cancer research in Terry’s name through the annual Terry Fox Runs held across Canada, in the United States, and around the world.

Terry’s heroism has inspired other Canadians to attempt similar feats in the name of charitable causes. This includes Steve Fonyo, another runner who also had a leg amputated as a result cancer. He retraced Terry’s route and then proceeded to complete the run to the west coast in the name of cancer research. A paraplegic athlete and close friend of Terry’s, Rick Hansen, was also inspired to make his own trek around the world in his wheelchair to raise funds for spinal

cord injury research.

Terry’s impact on his country cannot be underestimated. Canada Post issued a Terry Fox Stamp on 13 April 1982. Prior to this, no other stamp had been issued until ten years after the death of the honoree. In December 1990, The Sports Network (TSN) named Terry Fox Athlete of the Decade. The field included Wayne Gretzky and Michael Jordan. The Terry Fox Hall of Fame was created on 11 February 1994 to provide permanent recognition to Canadians who have made extraordinary personal contributions to assist or enhance the lives of people with physical disabilities. On 30 June 1999, Terry was voted Canada’s Greatest Hero in a national survey. He was once again immortalized on a Canadian postage stamp on 17 January 2000. This time he was part of the prestigious Millennium Collection of influential and distinguished Canadians of the 20th Century. These are only a few of the honors posthumously bestowed on Terry. You can Google Terry and find an endless array of information about him.

I will be heading to Vancouver in mid-August to run the SeaWheeze lululemon athletica Half Marathon with several members of The Village Runners. To be honest, I think I am much more excited about the opportunity to get my picture made with the statue of Terry Fox than anything else, and that includes the race.

RUNNING QUOTES

“I’m not a dreamer, and I’m not saying this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to.”

— **Terry Fox** (1958-1981)

“When I started this run, I said that if we all gave one dollar, we’d have \$22 million for cancer research, and I don’t care man, there’s no reason that isn’t possible. No reason!”

— **Terry Fox** (1958-1981)

“Some people can’t figure out what I’m doing. It’s not a walk-hop, it’s not a trot, it’s running, or as close as I can get to running, and it’s harder than doing it on two legs. It makes me mad when people call this a walk. If I was walking it wouldn’t be anything.”

— **Terry Fox** (1958-1981)

“I’m running on one leg. It may not look like I’m running fast, but I’m going as hard as I can. It bothers me, people coming up beside me. I want to make those guys work. I can’t stand making it easy for them. I’m really competitive. When they run with me, they’re usually running for only two or three miles; for me it might be my twenty-sixth mile.”

— **Terry Fox** (1958-1981)

SOURCE: <http://www.terryfox.org/>



BTC Social Run & Coffee SNAPSHOTS

— Photos submitted by Alex Morrow



Runners receiving run instructions



Runners start their social coffee run



BTC members



BTC members



Abigail Morrow and Stephanie Rollins handing out benefit cards



Members buying BTC merchandise

Saturday 8 A.M.
August 25



Benefiting IMPACT Family Counseling

**Homewood
Central Park
1632 Oxmoor Road
Homewood, AL**

**For information, visit impactal.org
or call 205-916-0123**

LOCAL LONG RUN GROUPS

— Compiled by Natalie Ferguson (nataliezl@hotmail.com)

BLACK GIRLS RUN

Black Girls Run is a National Organization with a local Chapter. They have approx 500 members with all paces and levels from beginner / walker to 8 minute milers There is no fee to join and they are always taking new female members. Contact Olivia, oaffuso@gmail.com, Alexis, petitlagnippe@hotmail.com, or Jeralyn, jonalynpowell@hotmail.com, or visit www.blackgirlsrun.com, or find the local chapter Black Girls RUN! Birmingham on facebook <http://www.facebook.com/groups/249831688374975/>

NORM'S GNOMES

Norm's Gnomes are a local group of about 70 members who run a 6:30-8:30 pace and train for long distances; half marathons to 100-mile Ultra's. This is not a beginners group. There are weekly runs in the Homewood and Mountain Brook Areas. E-mail Jennifer adressk@bellsouth.net or Tim, timr71@att.net.

THE VILLAGE RUNNERS

The Village Runners are a local group of about 90 runners who enjoy training and running together. They are "serious recreational" runners with paces ranging from 8:30 to 10:30. They meet almost every day at the Western Supermarket in Mountain Brook. Weekday runs are 4-6 miles and weekends are longer. They promise not to leave a runner behind. They welcome all runners – the more the merrier! Find them online at www.facebook.com/groups/thevillagerunners or email Dave vp@birminghamtrackclub.com or Randy treasurer@birminghamtrackclub.com

THE EVENING RUNNERS

The Evening Runners have about 15 regulars and 90 members. After completing Run University's program for the Ruben Studdard Half Marathon in the fall, they decided that the rest of the runners in Birmingham started way too early, so they run at night. Paces range from 9 minute miles to 15 minute miles. They are an open group. Request to join their facebook page at <http://www.facebook.com/groups/257924670910573/> or search for Evening Runners Group.

MEREDITH'S MARATHONERS

(Birmingham Track Club Saturday Group)

Meredith's Marathoners are a group of runners that began training together in 2006. Each year they pick a goal Marathon in the fall and train together. Saturday morning routes and water stops are coordinated by Meredith with

members dropping water along the route. Paces range from 9:00 to 11:00. Distances for Saturday morning runs range from 10 to 22 miles. This is not a group for beginners. Meredith's Marathoners is an open group. There is an e-mail list maintained by Meredith that you can request to be on tmcmeredith@bellsouth.net

RUN UNIVERSITY'S COUCH TO 5K (10K)

Run University is a program led by coach Danny Haralson. There are several programs throughout the year that last 7 weeks (5K) or 10 weeks (10K). The programs begin with short walks mixed in with short runs building up to a 5K, 10K or half marathon. This group is appropriate for beginners and open to all fitness levels. The program usually begins in the parking lot below the Mountain Brook YMCA and they go on to meet in various locations throughout Homewood and Mountain Brook as the distance increases. The program costs \$49 for the 5K/10K and the Half Marathon cost depends on the event chosen for the group. Contact rununiversity@gmail.com or visit www.rununiversity.com or find them on facebook <http://www.facebook.com/rununiversity> or twitter <http://twitter.com/rununiversity>

FLEET FEET'S BEGINNER 5K GROUP

Fleet Feet in Cahaba Village offers a beginners running program coached by Will Rodgers. If you have never run before or if you are just getting started and need a group for motivation and advice, this is the group for you. The group meets at various locations throughout the city and surrounding suburbs. Each session lasts 10-12 weeks. Currently, Fleet Feet offers two programs per year targeting a spring and a fall race in Birmingham. A small fee beginning at \$80 covers coaching and water stops. Contact Will@fleetfeetbirmingham.com

HELENA ENDURANCE RUNNING GROUP

HERG is a running group out of Helena, a city about 20 miles south of the city of Birmingham. Their mainstay running days are Wednesday evening and Saturday morning from La Reunion Coffee Shop in Helena. Paces range from 8:30 to 13:30 for long runs. They also meet on Tuesday and Thursday, but that is inconsistent as of Spring 2012. This is an open group with no cost. More information and contacts can be found on Facebook <http://www.facebook.com/groups/hergs/>

PEAVINE FALLS SET FOR JULY 4TH

This July, the BTC will once again hold one of the premiere running events of the summer. July 4th will mark the **31st Annual Peavine Falls Run** and we hope you will be there! This race is designed to show our appreciation for BTC members. That's why the cost is only \$10!

The run is located in Oak Mountain State Park. This beautiful 8.2 mile out-and-back run starts at the Dogwood Pavilion and runs 3.5 miles to the Peavine Falls Parking lot. The return trip is on the same road but takes a scenic 1.2 mile singletrack trail detour back to the picnic area.

This is your chance to run this classic event on the 4th of July while less adventurous runners travel to Atlanta and

"shuffle" through the Peachtree course with 50,000 other "joggers".

Walkers are also welcome and they will have a 6:30am start to give them a half hour lead on the running field.

DIRECTIONS TO RACE: Take exit #246, turn right (if traveling South) and go one block to State Park Rd. Follow up to 4 way stop, turn left and go through main gate (\$3 entry). Go 2 miles to the 1st right (Terrace Dr.), turn & go about 1.3 miles to the picnic area.

For more information about this fantastic event, contact the Race Director Rick Melanson. (205-835-0030 after 6:30 p.m.)

May BTC Executive Meeting Minutes



– Submitted by Mitzi Duer-Savelis, Secretary

► May 15th, 2012; 5:30 p.m.

► JENNIFER ANDRESS — President

Newsletter: discussed giving Mark Baggett \$100/mo compensation for putting a newsletter together every month. **MOTION:** APPROVED Discussed also giving him a base + commission for any advertising added. Also discussed paying him to put back issues online (around 60). Will follow up to see what that entails.

Timing System: Geoff Gottlieb has discussed with Jennifer the need for a newer chip timing system. Discussed needing a committee (A, B, & C) and not just one person to run. RRCA does a loan for timing systems. Need to look at key races to see if cost can be justified and how long it would take for us to pay off loan. Discussed testing the new timing system on a group run social before trying it out on a key race.

Merchandise: 1200 Mile Clothing: Discussed whether we needed to order a few samples to show off at the Long Run Social.

BTC Apparel: Jennifer brought samples of 5 different shirts from 3 different makers in a variety of colors and price ranges. Discussed doing shirts in AL/AU colors for a particular race.

Volunteer shirt: Discussed a unisex cotton with a black and white logo. Start with 100 shirts and order more as needed.

► DAVID BARRY — Vice President

Website: website is up and running. Small tweaks still need to be made. Website needs a training section and would like "map my run" to be added.

Online ordering: SSL costs \$150/yr. Looking at using authorize.net for cc transactions. Will do a flat fee for ship-

ping. Will need a disclaimer to allow for * days since we order monthly. Would also like to have club photographer put pictures on flickr and allow members to to pay \$1 for them- \$10/non-members.

3x3 Triple Crown Half Marathons: Talladega, Florence, Rueben. Medals presented at Rueben. \$35-\$40 will get you a hat, shirt, and medal. Start promoting at the June 9th social. Need logo and medal. Discussed chartering a bus to Florence. Free for 3x3. Nominal fee for others.

► ALEX MORROW — Membership Benefits

Membership Cards: Planning to distribute cards at the Long Run Social on 6/9. After social, all remaining cards would be mailed. Currently working on which ID number to use to identify each member. Cosmos, Yoga Circle, AL Outdoors have all given discounts.

Membership: Discussed changing the anniversary date renewal to a universal join date of November 1st. Members could renew at Vulcan. New members would pay a prorated amount of \$2/mo (single membership) until it's time for them to renew in November.

► NATALIE FERGUSON — Running Group Coordinator

Long Run Social: June 9, 2012. Ask for Volunteers to lead pace groups. Will need around 6 shirts for the lead pacers. The last long run social (in May) went very well. Around 60 people turned out on same weekend as Country Music Marathon. Need one more water stop at the next long run. **MOTION:** APPROVED

► GENE TOMLIN — Mini Track Meets

BTC Classic: June 2, 2012 @ 7:30am. Need volunteers. Jennifer Ray to handle. BTC Classic website needs to be updated.

Mini Meets: Still on hold looking for a facility. Discussed different locations to call. Looking to start back up by July.

► RICK MELANSON — Road Race Chair

Peavine Falls has a new logo. Needs volunteers to help him carry water to the top of the route. Only has access to one truck this year. Could really use another. Peavine is open online already. •

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

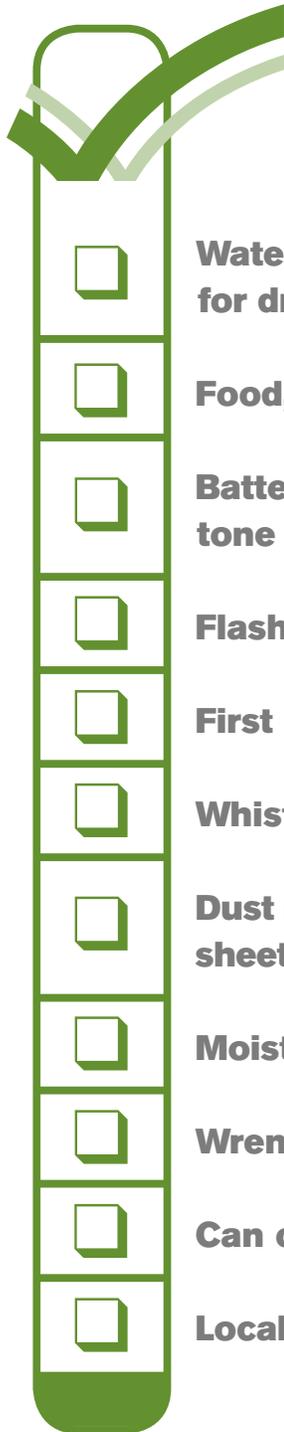
PREPARE. PLAN. STAY INFORMED.

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	MONTH TOTAL
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