

Birmingham's Area Running Club  
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# **BTC**

## **THE VULCAN RUNNER**



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ISSUE 6

# **EVERY RUN IS A GIFT**

*— By Jack Burnette*

The text message last July said “Come now, he is not doing well”.

It had only been 11 months earlier that my friend and colleague, Jim Sumpter, had called to tell me the shocking news that his son Carson had been diagnosed with Stage 4 Osteosarcoma (bone cancer). My heart sank as I could hear the anguish and fear in the voice of a father that loves his children with all of his heart. At that time, I had no idea that I was about to receive one of the most remarkable blessings of my life.

A couple of weeks passed, and I was invited to an informational meeting of the Make-A-Wish Dream Team. The Dream Team organizes each year as a group under the leadership of Run University's Danny Haralson to train for the Mercedes Marathon/Half-Marathon. I had started running 18 months earlier as a participant in one of Danny's Couch to 5K programs. Running had become fun and I had made lots of new friends and had progressed from the 5K distance to a half-marathon (13.1 miles). At the Dream Team meeting that night



at Rogue Tavern I thought about my recent conversation with my frightened friend and realized that I was being called to run my first marathon (26.2 miles) to raise money for the Make-A-Wish Foundation, and specifically to fund Carson's wish.

I was excited to tell Jim about my commitment the next day. He told me afterward that Carson was extremely moved by my decision to tackle the chal-

lenge of running a marathon and had already started thinking about his wish through Make-A-Wish. Up until then, I had only met Carson a few times. Little did I know that I was about to develop a life-changing friendship with a remarkable young man.

Over the next few months, Carson and I became closer friends and I began to be blessed and inspired by his

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# **GIFT** <Continued from Page 1>

courage, talents and love. Carson was an extremely talented musician, and he played several instruments in addition to writing many songs. He had recorded his first CD of original music entitled "Patience" (how prophetic) just a few months before being diagnosed with cancer. He was section leader of the drum line in the Pelham High School Band and played drums and guitar in the praise band at his church. He was also the front man for his own band that played numerous corporate and civic engagements throughout the Birmingham area.

Even though Carson was undergoing aggressive treatments for his cancer, he was experiencing life like no one I have ever seen. Pelham High School embraced Carson and dedicated their football season to him. His pain seemed to subside when he marched with the band. Miraculously, he marched with the band at every game and even marched with the band at the Fiesta Bowl parade in Phoenix, AZ. Carson's parents were both members of the University of Alabama's Million Dollar Band, so the University invited Carson to march with the Alumni Band in Bryant-Denny Stadium at Homecoming. Carson was the only non-alumnus to ever have that honor. Taylor Hicks called and asked Carson to be his opening act for his concert at WorkPlay.

All the way, while Carson was experiencing each day as if it were his last, the news on the medical front became more and more bleak. Yet Carson never complained. He always had an infectious smile and a hug for me. He would tell me

that he was going to win his battle and that he wanted to be able to run with me and the Make-A-Wish Dream Team. His goal was to get his "wish" and then after beating cancer, run himself to raise funds for a "wish" for another sick child and their family.

As the Mercedes Marathon approached, I was apprehensive. I had trained a great deal, but had never run more than 20 miles. Furthermore, I was worried about Carson. His doctors were now trying experimental treatments in a desperate effort to reverse the course of the cancer that was ravaging Carson's body. He was in the middle of three consecutive weeks of treatment at M.D. Anderson Cancer Institute in Houston, so I was shocked when Jim told me that Carson would be there to support me and other members of the Make-A-Wish Dream Team. So he was there at the Make-A-Wish tent on Second Avenue South... smiling, laughing, singing, and cheering for runners all through the morning of the Mercedes Marathon. From there, Carson and Jim left and drove directly back to Houston. While I was celebrating and sporting a big medal for completing my first marathon, Carson and Jim were still hours away from Houston and more agonizing treatments.

Naturally with Carson's love of music, when Make-A-Wish started talking with Carson about his "wish", he wanted a special experience related to music. He thought a behind the scenes experience at a concert would be an experience of a lifetime and Make-A-Wish began to explore possibilities with

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**GIFT** <Continued from Page 2>

some of Carson's favorite artists. John Mayer and Keith Urban both declined, but then Sugarland finally agreed and even offered to hang out and jam with Carson before the concert. As the concert date approached, Carson's health began to decline and he decided to put off his wish until he felt better. He never got to receive his wish.

The text message said "Come now, he is not doing well".

I knew what this message from Jim meant. I immediately left my office and drove toward Children's Hospital. My heart was racing and tears were streaming down my face as I listened to Van Morrison's "In the Garden" over and over. I was fearful that I would not get there in time. When I arrived at Carson's room, there were about a dozen people outside. I saw Jim, who smiled at me and thanked me for coming. He said to go on in the room. There was Carson on the bed with his sweet girlfriend Mad-die sitting by him. She smiled at me,

knowing that Carson was glad I had come. His breathing was labored and his eyes remained closed. I sat on the edge of his bed, held his hand and began to whisper in his ear. I told Carson that like so many others that had crossed his path, I was a better person because of our friendship. I told him that I was glad that his pain was about to end, that he would soon experience the permanent healing of eternal life with God and that I looked forward to the day that we could run together in heaven.

For me, every opportunity to run is a gift from God. I know Carson runs with me at every race, but not every race is an opportunity to be part of something as meaningful as the Make-A-Wish Dream Team. So next year as we approach the Mercedes Marathon/Half-Marathon, I hope you will consider joining us. You can truly make an impact on others and who knows, you might be the one who actually gets blessed in the process. •



# Get involved in the BTC!

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

## NEW RUNNER'S SOCIETY

**Chair:** Danny Haralson

*newrunners@birminghamtrackclub.com*

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

## SOCIAL

**Chair:** Heather Milam

*hmilam@gmail.com*

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

## MERCHANDISE

**Chairs:** Tom Scales

*tomscale@gmail.com*

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

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

## MEMBERSHIP

**Chair:** Judy Loo

*BTCmembership@gmail.com*

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

## WANT TO ADVERTISE IN THIS NEWSLETTER?

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

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

## PLEASE SUPPORT THESE BTC SPONSORS



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

I'm sure most of you have seen the new movie from  
Super Heroes, Iron Man, Thor, The Hulk, Captain .  
SAME movie! If you haven't seen it yet, go see it n  
attendance and for good reason, it has more star pc  
members, save Edward Norton's Bruce Banner wh

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

## 2012 Officers



**President**  
**Jennifer Address**  
[jenaddress99@gmail.com](mailto:jenaddress99@gmail.com)



**Past President**  
**Brad Clay**  
[bradclay@aol.com](mailto:bradclay@aol.com)  
(205) 249-5795



**Vice President**  
**David Barry**  
[dmbarry1@gmail.com](mailto:dmbarry1@gmail.com)



**Treasurer**  
**Randy Lyle**  
[randy.lyle.cpa@gmail.com](mailto:randy.lyle.cpa@gmail.com)



**Secretary**  
**Mitzi Duer-Savelis**  
[jmduer@gmail.com](mailto:jmduer@gmail.com)



## BTC Committees

<b>Historian</b>	Arthur Black	<a href="mailto:historian@birminghamtrackclub.com">historian@birminghamtrackclub.com</a>	
<b>Marathon Coach</b>	Al DiMicco	<a href="mailto:262coach@birminghamtrackclub.com">262coach@birminghamtrackclub.com</a>	(205) 822-0499
<b>Masters Events</b>	Frank Newland	<a href="mailto:mastersevent1@birminghamtrackclub.com">mastersevent1@birminghamtrackclub.com</a>	(205) 271-7553
<b>Medical</b>	Jack Hasson		(205) 870-1864
<b>Media Relations</b>	Alex Morrow	<a href="mailto:distancerunner@zoho.com">distancerunner@zoho.com</a>	(205) 492-3670
<b>Membership</b>	Judy Loo	<a href="mailto:btcmembership@gmail.com">btcmembership@gmail.com</a>	(205) 612-4335
<b>Merchandise</b>	Tom Scales	<a href="mailto:tomscale@gmail.com">tomscale@gmail.com</a>	
<b>Mini Track Meets</b>	Gene Tomlin	<a href="mailto:tomlingene@gmail.com">tomlingene@gmail.com</a>	(205) 531-8381
<b>New Runner's Society</b>	Danny Haralson	<a href="mailto:newrunners@birminghamtrackclub.com">newrunners@birminghamtrackclub.com</a>	(205) 380-1779
<b>Parliamentarian</b>	Tim Roberts	<a href="mailto:tim.roberts@arbitron.com">tim.roberts@arbitron.com</a>	
<b>Club Photographer</b>	Duvernne Duffee	<a href="mailto:photos@birminghamtrackclub.com">photos@birminghamtrackclub.com</a>	
<b>Road Race Chair</b>	Rick Melanson	<a href="mailto:rrc@birminghamtrackclub.com">rrc@birminghamtrackclub.com</a>	(205) 835-0030
<b>Social Chair</b>	Heather Milam	<a href="mailto:hmlam@gmail.com">hmlam@gmail.com</a>	
<b>Vulcan Run Director</b>	Danny Haralson	<a href="mailto:danny@rununiversity.com">danny@rununiversity.com</a>	(205) 380-1779
<b>Japan Exchange Committee</b>	Johnaca Kelley	<a href="mailto:btcpres09@gmail.com">btcpres09@gmail.com</a>	(205) 540-1372
<b>'The Vulcan Runner' Editor</b>	Mark Baggett	<a href="mailto:btcpresident07@gmail.com">btcpresident07@gmail.com</a>	(205) 422-7055
<b>1200 Mile Club Coordinator</b>	Michele Parr	<a href="mailto:1200@birminghamtrackclub.com">1200@birminghamtrackclub.com</a>	
<b>Volunteer Coordinator</b>	Jennifer Ray	<a href="mailto:jen.ray11@gmail.com">jen.ray11@gmail.com</a>	
<b>Member Benefit Coordinator</b>	Abigail Morrow	<a href="mailto:amorrow@taylorritter.com">amorrow@taylorritter.com</a>	
<b>Running Group Coordinator</b>	Natalie Ferguson	<a href="mailto:nataliez1@hotmail.com">nataliez1@hotmail.com</a>	

## 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](mailto:info@BirminghamTrackClub.com)

**Race Results** Find the latest and most complete local race results at the following:  
[birminghamtrackclub.com](http://birminghamtrackclub.com) [trakshak.com](http://trakshak.com) [run42k.com](http://run42k.com)

## ATTENTION BTC MEMBERS!

**'Vulcan Runner' is available MONTHLY in color!!**

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo, Membership Chair, at [btcmembership@gmail.com](mailto: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>



## June BTC President's Message

— Jennifer Andress

Hi BTC! Are you ready for summer? Can you believe June is already here? I am enjoying running easy in the heat and not being on a schedule for a change. I am also really excited about the projects we are working on for YOU!

We had a fantastic BTC meeting in May and a great deal was accomplished. The best part? You are about to see the results of that meeting! June has several fantastic events taking place: Gene Tomlin is bringing you the Annual BTC Classic on June 2nd. On June 9th, Natalie Ferguson and Heather Milam are organizing another Long Run Social. The first one in April was a huge success and we know this one will be too. We are excited to once again return to Brookwood O'Henry's, run our routes, then return for coffee, breakfast and fellowship. But there's more!

At the June 9th Long Run Social, you will also be able to pick up your 1200 Mile Club apparel and buy brand new BTC apparel. We are offering you high quality Asics singlets and shirts, for men and women, with the new BTC logo which was designed by Eric Swope. More importantly, we made sure that we could offer these high-end shirts at a very low price to ensure everyone would have a chance to own one.

In addition to everything listed above, you will also be able to pick

up your new BTC membership card, brought to you by Abigail Morrow and her committee members Mitzi Duer-Savelis and Allison Lowell. This card will get you discounts at many local retail establishments, and more businesses are being added every month! If for some reason you can't make it, we will be mailing the cards out the following week. We encourage all of our members to patronize these businesses since they support our running community. Plus, who doesn't love a big discount!

As if June weren't crazy enough, we are also having a night run social from Good People Brewery on June 21st. Heather Milam is planning a downtown route, and we are teaming with the American Cancer Society and its new DetermiNATION training and fundraising program to raise money for the ACS through your beverage purchases that evening.

One last initiative approved at the May meeting that will make life easier for you as a BTC member: membership renewals. We will all renew our membership at the same time, rather than wondering when or how to renew! November 1 is the magic date, so as to not get lost in the year-end shuffle, and make things easier on our membership committee, headed up by Judy Loo. We reduced the single member rate to \$24 a year, thus making it easy to pro-rate for those joining mid-year. The family

rate has increased by only \$1, to \$36 for the year. I have to give credit where credit is due: this idea came from long-time BTC member Johnny Goode. He shared it with me as we rode the bus to Hopkinton before the Boston marathon this past April. So we listen and we hear you! Keep those suggestions coming!

To close, I would like to mention a wonderful letter I received in the mail from one of the founding members of the BTC who now resides in Chicago, IL.

Ray McKinnis wrote, "I really feel honored being part of what the BTC has morphed into."

Ray went on to say that he is thrilled about the new energy, initiatives, and the excitement everyone has about the club again.

I agree wholeheartedly, Ray! We have a collection of BTC members who are working hard to make this the best running club possible. With a mixture of BTC Veterans, along with some new blood working side by side, the sky is the limit. For more information on these events and to stay informed:

### VISIT OUR WEBSITE:

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[jenandress99@gmail.com](mailto:jenandress99@gmail.com)

# ONLINE CALENDAR

## Upcoming BTC Races/Events

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



# LEGENDS OF THE IRON BOWL RUN TO RECOVERY

— Submitted by Cathy Sharp

April 27th, 2011 was devastating for the state of Alabama, but especially for Pratt City. I was with a group from the Trak Shak who took van loads of clothes and supplies to help the ones who had just lost everything. I'll be the first to admit, I haven't thought about Pratt City much since then, until I volunteered to help with the Legends of the Iron Bowl Run to Recovery.

The same group who took van loads of supplies to Pratt City, now leaving with everything we needed to put on a 5k to raise money for the Pratt City Library that was destroyed. We start setting up for the race and Ken Harkless and I were asked to go mark the course. We get to the first intersection, and we are completely

stumped. We have no idea where to turn or what direction to go. Have you ever tried to mark a course without street signs? This is when my eyes were opened, and I realized there is still so much to be done in that community. As we used our iPhones to mark the course, I couldn't believe how many houses were vacant with tornado damage or still had a plastic tarp covering the roof.

The race was a success, and a humbling experience. The former Alabama and Auburn football players were a hit, and the community was thankful for the support of multiple groups to rebuild their city. How many of you have traveled to Pratt City to donate or help after the April 27 tornado? Let's not forget, greater things have yet to come, greater things are still to be done in Pratt City! •

## Running for a Cause: A Trend on the Rise

— Submitted by Sarah Jones

According to Running USA, in 2011, running events generated \$1.1 billion for charitable causes. That's nearly twice the amount they raised in 2002. People are trending toward races and runs because they not only build public awareness for a good cause, but also offer health benefits for the participants. Signing up as an American Cancer Society Determination team member presents an opportunity for people of all athletic abilities to get involved in endurance events with special training groups and tips to help them get prepared for the race.

Determination is the American Cancer Society's half-marathon and marathon training program that enables people of all abilities to dedicate their training and race experience to the Society's vision of a world with less cancer and more birthdays. Birmingham participants receive a customized, 16-week training program and the support of professional coach, Danny

Haralson, to help make every step not only possible, but meaningful.

"It's not just about reaching the finish line," says Sarah Jones. "Training to run or walk 13 or 26 miles is an opportunity to raise awareness about a disease that is expected to take more than 577,000 lives in the United States this year," Determination walkers and runners are helping the American Cancer Society to move closer to a world with less cancer and more birthdays, while simultaneously remaining active and reducing their own risk of developing the disease."

Since the nationwide expansion of Determination in 2007, the American Cancer

Society has helped more than 29,000 people accomplish their goal of completing a half-marathon or marathon, while raising more than \$22 million to help save lives from cancer. To learn more about Determination, visit [go.acsdetermination.org](http://go.acsdetermination.org) or call 1-866-227-7915.

### We are now recruiting for Rock'n'Roll Savannah!

Come to one of the following Information Sessions to learn how you can join the American Cancer Society Determination® team and change the course of cancer forever. You may also email, [sarah.jones@cancer.org](mailto:sarah.jones@cancer.org) or [cancer.org](http://cancer.org) for more information. •

Time	Day	Date	Location	Address
7:00 PM	Monday	June 4 2012	Tin Roof-Lakeview	2709 7th Avenue South, Birmingham AL 35205
6:00 PM	Tuesday	June 5 2012	Trak Shak-Homewood	2839 18th Street South, Homewood AL 35209
6:00 PM	Wednesday	June 13 2012	Shelby's- Pelham	9340 Helena Road St. 1, Pelham AL 35124
6:00 PM	Thursday	June 14 2012	Hoover Library-Hoover	200 Municipal Drive, Hoover AL 35216
9:00 AM	Saturday	June 16 2012	Trak Shak-280	4700 Highway 280 East, Birmingham AL 35242
7:00 PM	Monday	June 18 2012	Tin Roof-Lakeview	2709 7th Avenue South, Birmingham AL 35205

## BAREFOOT RUNNING BENEFITS?

Several gait analysis studies have revealed multiple benefits to barefoot running including decreasing internal rotation torque on the ankle, knee and hip. This is due to transitioning from a heelstrike in a running shoe to more of a forefoot strike while running barefoot or wearing a minimalistic shoe. This shift may help some problems especially those related to a deficit in external hip rotation; such as iliotibial band syndrome or plantar fasciitis. However, friction to the plantar foot area and stress on the gas-

troc soleus complex may lead to other problems. This is a lesson of compromise that less is better sometimes but only to a certain point. •

### SPONSORED BY:

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I'm sure most of you have seen the new movie from Super Heroes, Iron Man, Thor, The Hulk, Captain / SAME movie! If you haven't seen it yet, go see it no attendance and for good reason, it has more star po members, save Edward Norton's Bruce Banner wh

**Miles reported through May 15th, 2012****1,200 Mile Club**

<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>APRIL '12</b>	<b>MARCH '12</b>	<b>BTC MEMBER NAME</b>	<b>TOTAL</b>	<b>APRIL '12</b>	<b>MARCH '12</b>
Adamy, Mary	325.8		95.2	Jenkins, Mike	163		
Affuso, Olivia	309	92	76	Jones, Delpha	223.94		
Allen, Darnell	489.4	131	142	Jones, Latoria	193		
Andress, Jennifer	665.5	113	193	Kahn, David	378.52	75.45	130.01
Armstrong, Tommy	183.2		68	Kirkwood, Teresa	320		92
Atkins, Brian	423.7	120	112.5	Kuhn, Jimmy	812	216	232
Ballard, Bill	384.5	110.9	57.5	Langston, Richard	528.54	149.6	114.16
Barry, David	613.3	131.2	175.5	Longshore, Les	41	18	12
Baskerville, Jennifer	420.6		145.7	Loo, Judy	345.05	50.7	82.35
Benner, Kimberley	244	69.1	86.5	Losole, Liz	218		
Benson, Wayne	425	117	103	Lowell, Allison	541.42	162.04	126
Bettis, Natasha	88			Lucas, Jane	351	74	118
Bonatz, Ekkehard	810		203	Lupinacci, Tim	418.5	127.7	110.6
Booher, Lisa	592.97	148.48	166.9	Lyle, Randy	877.3	227.5	234.1
Bradshaw-Whittemore, Al	293.7	57.1	84.9	Martinez, Jeff	225		117.51
Brown, Charlie	363.01	94.29	75.8	McCalley, Charles	369.15	62.75	101.5
Bryant, David	648	172	168	Meadows, Bryan	397.38	90	96.29
Bullock, Sharon	243.6			Milam, Heather	477.83		130
Burnette, Jack	422	105.2	97	Morgan, Cary	597		211
Burton, Daniel	209	116	93	Morgan, Danielle	555.6	128.5	167
Caldwell, Greg	424.1	72.1	90.2	Morgan, Phil	541.3	119.2	159
Chandler, Teresa	376	76	102	Morrow, Alex	573.54	125.36	140.28
Clay, Brad	968	175	293	Muck, Randall	172		42.7
Crain, Teresa	226.4		85	Myers, Bill	617	160	155
Crawford, Jennifer	468	112	102	Nealon, Tonya	192.21		
Creed, Brad	325.6	68.3	96.4	Northern, Kristie	206.75	128.55	26
Davis, Wayne	360		98	Oehrlein, Kimberly	332.4	89.6	56.6
Dean, John	145	87	58	Parr, Michele	342	78	99
DiMicco, Al	473.6	123	125	Pasqualini, Ellie	522.5	90.5	138
Dodson, Brooke	464	60	131	Pasqualini, Greg	363	91	99
Dortch, Cherie	230.43			Patterson, Cathy	499.5	131	125
Dunham, Kelly	401.35	93.75	106.6	Pearce, Julie	317.45		133.79
Dunn, Wade	366.8			Perry, Jeff	856.7	168.7	272.7
Engels, John	423.6	101.4	105.8	Pezzillo, Katie	88		66
Estes, Jeff	96	71	25	Phillips, David	370.5	95	104.5
Evans, Bob	209			Phillips, Stefanie	759	163	225
Farrell, Meredith	97			Porter, Chilton	185	35	41
Fite, Rebecca	461.93	98.56	98.1	Randall, Lisa	584.06	123.57	145.11
Ford, Joe	456	108	103	Reisinger, Kaitlin	263		98
Franklin, Shane	599.15	128	141.1	Richey, Jim	302.4	62	109
Frederick, Winston	464	117	119	Roberts, Tim	651.5	100.7	235.6
Ganus, Jack	495	137	107	Rollins, Stephanie	164	55	38
Gann, Michael	590	155	190	Ross, Nate	580.1	105	158
Gast, Laura	264.7	68.3	57.1	Rushing, Lance	128.51		
Gillis, Sam	506	111	165	Russell, Tom	476.31	133.71	118.48
Glaub, Chris	452		139	Rutherford, Keith	526	103	201
Goode, Johnny	544	58	139	Sample, Holly	366		
Goolsby, John	162.36			Schedler, Amanda	449.35	105.8	113.08
Gordon, Stacey	102			Shaw, Michelle	30.89	30.89	
Greenwald, Bill	284	96	76	Shinn, Ron	103.65		57.58
Grossmann, Christopher	478.12	113.4	145.62	Silwal, Suman	536.6	93.1	117.2
Guenster, Dirk	477.3	125.3	138	Skjellum, Jennifer	448.38	111.5	102.23
Hales, Susan	200			Smith, Jerry	436	101	104
Hallmark, Daryl	439.8	105.3	132	South, Christopher	51.12		
Haralson, Danny	451.5	121	105.5	Stearns, David	414	124	95
Haralson, Micki	462.2	139.2	111	Stewart, Amy	100		
Hargrave, Alan	385	105	121	Stockton, Rick	465.05	127.2	116.5
Harris, Vickie	375	110	130	Stroud, Vanessa	453.65	104	160.95
Harrison, Lisa	456	117	127	Thornton, Dean	302.4	98	63.4
Hathorne, Chad	367.85	73.52	76.46	Thursby, Vann	487.54	135.41	97.58
Henry, David	449.9	210.6	51.4	Tichnell, Josh			107.72
Hickerson, Patrick	461	127	98	Turner, Kile	449.3	99.07	126.88
Hill, Jim	521.6	174.9	175.7	Turner, Sara	413	110	130
Hiller, Russ	390.72		153.46	Washburn, Kevin	566.37	130.92	82.41
Hinton, Gretchen	377.5	100.7	106.7	Weisberg, Scott	674	118	199
Honea, Todd	389	101	93	Whatley, Prince	838.1	252.2	197
Hopper, Erica	1025.7	118.7	357.5	Whitford, Ray	537.8	59.1	130.7
Hoover, Alison	396.86	105.74	66	Wingo, Greg	481	153	80
Hulsey, Donnette	243.26	63	55	Woody, Bill	486	83	153
Ingram, Joseph	324	56	72	Wu, Xing	462.46	111.88	114.83
Ingram, Kimberly	158			Yancey, Lisa	250.4		92.1
Izard, Melody	414.15	102.31	111.11	Zehnder, Justin	498		183

**Email monthly mileage, errors, omissions or questions to: [1200@BirminghamTrackClub.com](mailto: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#>

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### Birmingham Track Club Use Only

Name:

Date: 3/29/2012

Amount Received:

Cash or Check

Shipping? \$6 extra



# DIRTY RUNNING

WITH ALEX MORROW



— By Alex Morrow

On Sunday, May 20th, 600 runners descended upon Oak Mountain State Park for the XTERRA 5k, 10k, 21k, and 42k trail races. This annual race was the grand finale in the 2012 XTERRA Alabama trail series, which consists of four races throughout the year. The 21k and 42k racers who finished in the top 15 of their age group earned points to be tallied with points earned in previous XTERRA races. The top point-earner for the series is crowned the XTERRA Regional Champion.

If you are an experienced trail runner, this race won't sound like your average trail race. XTERRA has taken a sport, which was once out of the mainstream running community, and placed it front and center. Whether it is the rocking music playing at the start line, the numerous vendors set up at the outdoor expo, the Paul Mitchell tent offering on-site haircuts (100% of haircut proceeds go to the Challenged Athletes Foundation), the numerous water stops and aid stations, winners taking the podium at the award tent, and the fact that age group winners receive a free entry to the XTERRA Trail Run World Championship at Kualoa Ranch, Hawaii, this December, there is nothing usual about this trail race!

XTERRA has also made trail running accessible to new trail runners by offering 5k and 10k courses, which are perfect introductions into the world of trail running. On that Sunday I had a chance to talk to numerous first-timers who were both excited and nervous about their first race. Afterwards all of them said they had a great time and can't wait to do it again. I was also happy to notice numerous Birmingham Track Club members in attendance. We now have a strong trail running contingency in the club and we love it when new runners join us.

For your author's race, I signed up to run the 21k and was slightly wor-

ried about the temperature. It was already sunny and the heat was sure to be close behind. Each distance started in waves, so after the 42k runners started at 8 a.m., we lined up for our 8:30 a.m. wave. The cannon shot blasted signifying the start of the race and we took off. After two miles of running up the paved Peavine Falls Road, we finally turned into the woods. That was the good news, but the bad news was the

first 30 or 40 runners, me included, missed a turn and ran up the red trail for a nice long detour. Thankfully, many of us received word that we were running in the wrong direction and turned around, unfortunately many others did not and ran the wrong trail for most the day.

I did my best to make up the lost

**DIRTY RUNNING**  
< Continued on Page 10 >



Finish line of XTERRA races

**DIRTY RUNNING** <Continued from Page 9>

time by picking up the pace. By doing so I knew I would pay for it in the later miles, but isn't that what makes racing so much fun? As with everything life, there is always a good and bad. The detour had me revved up for a hard run and provided the motivation to push the pace, but running hard left me very fatigued by mile nine. It was about that time that a pesky pine tree root decided to jump out and grab my foot. I did my best to make the fall look graceful, but there's nothing graceful about a 6'3" runner bouncing down a singletrack trail. I eventually got up, spent a minute or two letting the cobwebs clear, let some feeling back in my right shoulder, and set off again. I limped across the finish with a 1:55:41, but was still fortunate enough to finish first in my age group. Overall it was a great day of racing and the heat never became much of a factor. In fact, some very impressive finish times were recorded.

In the 42k race, Ryan Thompson of North Charleston, SC

was the overall winner and first place male finishing with a 3:06:59. Kathy Youngren of Huntsville, AL was the first place female with a 3:58:33. In the 21k, Elena Linn of Birmingham, AL was the overall winner and first place female, finishing in 1:25:51. Joey Bemowski, also of Birmingham, AL was the first place male with a 1:26:04. For the 10k, Matthew Green of Warrior, AL had an impressive showing with a 41:37 finish, earning him first place overall and first place male. Lane Bell of Helena, AL was not far behind with a 53:15 to win first place female. In the 5k, Shannon Dorsey of Huntsville, AL knocked out a 19:27 and was first overall and first place male. Nicole Valentine from Rockyville, MD was the first place female, finishing with a 22:06.

For any runners out there who would like to learn more about the XTERRA Alabama Trail Run Series, visit [www.xtraplanet.com/xduro/alabama.html](http://www.xtraplanet.com/xduro/alabama.html) for more details.

As always, here's hoping your next run is a dirty one! •



Local BTC Members after completing the XTERRA races



# 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](mailto:btcpresident07@gmail.com)



# BTC MEMBERSHIP BENEFITS

As a BTC member you are loved and appreciated! To show that love and appreciation, we give you gifts like discounted food and drink, merchandise, and services. To receive these gifts, all you have to do is show your card. "What card?" you ask. Your BTC Membership card.

Cards will be available for pickup at O'Henry's Brookwood mall location on Saturday, June 9, 2012 from 7 a.m. until 10 a.m. during the BTC Saturday Long Run Social. Even if you don't have a long run scheduled that morning, please come by and grab your card. Plus you can even cash in your first benefit right there at O'Henry's, then continue to bring in the rewards as you run your weekend errands at the following locations:

## MERCHANDISE



The Trak Shak offers a 10% discount on all purchases to BTC members.



Alabama Outdoors offers a 10% discount on all purchases to BTC members.





New Balance Birmingham offers a 10% discount on all purchases to BTC members.

### **FOOD AND DRINK**



Pinches Tacos offers a 10% discount on all purchases to BTC members.



Yankee Pizzeria offers a 10% discount on all purchases to BTC members.



Forest Perk is offering a 10% discount to BTC members through the month of June 2012.

# ROJO

LATIN FOOD & AMERICAN FOOD

Rojo will provide free salsa to BTC members with the purchase of any food item.  
(Special is good through August 1, 2012)



**AVONDALE  
BREWING**  
BIRMINGHAM CO. ALABAMA

Avondale Brewing Company offers a 10% discount on all purchases to BTC members.

CULINARD CAFÉ



Culinard Café (all 3 locations) offers a 10% discount on all purchases to BTC members.



Cosmo's Pizza offers a 10% discount on all purchases or free sticks and sauce with food order to BTC members.

## SERVICES



### The Yoga Circle

The Yoga Circle is offering a 25% discount to BTC members in the month of June, 2012.

Keep checking the BTC website under the member benefits tab as we continue to add new benefits. And, feel free to contact us at [alounsbury@hotmail.com](mailto:alounsbury@hotmail.com) with ideas for businesses you believe would be supportive of BTC.

Thanks! We love you!

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# RUNNING TIDBITS

— Compiled by Randy Lyle

## The Amazing Story of Cliff Young

One of my very favorite stories is about Cliff Young. If you are not familiar with Cliff Young, I think his story will absolutely amaze you. If you are like me, you may not even believe it at first. I researched it for myself and learned that the following is indeed a true story.

From 1983 to 1991, Australia hosted the Westfield Ultramarathon, an 875 kilometer endurance race from Sydney to Melbourne. For those like me that are a bit metrically challenged, that's 543.7 miles! It was considered one of the world's most grueling ultramarathons. It took place over five days and was normally only attempted by world class athletes who trained specifically for the event. These athletes were typically sponsored by large companies and were less than 30 years old.

In 1983, a potato farmer named Cliff Young showed up for the start of the race wearing overalls and work boots. To everyone's surprise, he was not there as a spectator. The 61 year old picked up his race number and joined the other runners. The media and others began to question him. They thought he was crazy. They thought there was no way he could complete an endurance event like this. All Cliff said was "Yes I can. See, I grew up on a farm where we couldn't afford horses or tractors, and the whole time I was growing up, whenever the storms would roll in, I'd have to go out and round up the sheep. We had 2,000 sheep on 2,000 acres. Sometimes I would have to run those sheep for two or three days. It took a long time, but I'd always catch them. I believe I can run this race."

At the start of the race, the elite runners quickly left Cliff behind. The crowds even noticed that Cliff did not run properly. He seemed to shuffle. Many feared for his safety.

The pros all knew it took roughly five days to finish the race. To compete, they had to run about 18 hours a day and sleep the other 6 hours. Cliff didn't know that and everyone was shocked to find on the second day that Cliff continued jogging all night. When asked about his tactics, Cliff again shocked everyone by claiming he would run straight through without sleeping. He kept running and got a little closer to the lead pack each night. By the final night, he was ahead of all the younger runners. In fact, he was the first to cross the finish line!

When he was awarded the \$10,000 prize money, Cliff said he didn't even know there was a prize. He insisted that he did not enter for the money and actually gave all of his winnings to several other runners!

The next year, Cliff entered the race again. This time he came in 7th place. Not even a displaced hip during the race stopped him.

Cliff came to prominence again in 1997 when, at 76 years old, he attempted to raise money for homeless children by running around Australia's border. He completed 6,520 kilometers of the 16,000-kilometer run before he had to pull out because his only crew member became ill.

In 2003, Cliff passed away at the age of 81. Many ultramarathoners adopted the "Young-shuffle" because it is considered more energy efficient. At least three champions of the Westfield Ultramarathon won using the shuffle. In addition, future competitors did not sleep during the race. Winning required competitors to run all night and all day, just like Cliff. •

**SOURCE:** <http://www.elitefeet.com/the-legend-of-cliff-young>



# YOUR BRAIN ON RUNNING

— Submitted by Kevin D. Washburn

"Running," writes Matt Fitzgerald, "is an endless source of learning..." Obviously runners learn about running through running, but running's influence on our neural geography goes miles beyond mastering how to put one foot in front of the other.

Several years ago, as I handed back my seventh-grade students' writing projects, I noticed a curious pattern: several of the top grades were landing in the hands of students wearing cross country team T-shirts. I used a method that prevented me from knowing what student had written the paper I was grading, and prior to the cross country team T-shirts being proudly worn that day, I didn't know which students were on the team. As the year progressed, this pattern continued. Running cross country didn't make these students great writers, but there was definitely an unfolding correlation. This pattern repeated throughout my years teaching seventh-grade English. What, if anything, could explain this connection?

My classroom observations preceded the neuroscientific evidence by a few years, but recent discoveries suggest the pattern may have been more than coincidence. A growing body of research indicates that exercise positively influences:

- Attention and motivation
- Self-regulation (e.g., impulse control, gratification delay, sustained attention)
- Mood
- The ability to overcome learned helplessness—the tendency to shutdown and give up rather than attempt to meet a challenge.
- Norepinephrine levels (a neurotransmitter associated with mood, self-esteem, and perception)

sociated with mood, self-esteem, and perception)

- Serotonin levels (a neurotransmitter associated with mood, impulse control, and learning)
- Dopamine levels (a neurotransmitter associated with memory, attention, and problem-solving)
- Beta-endorphins associated with stress and pain management

When it comes to these positive outcomes, not all exercise is created equal. Aerobic exercise, and especially running, shows a greater influence than other types of exercise, such as weight training alone. In a recent study, teenage boys with higher cardiovascular fitness outperformed their peers in intelligence, education, and even income as adults. The researchers from this study stress the importance of cardiovascular fitness: "In every measure of cognitive functioning they analyzed—from verbal ability to logical performance to geometric perception to mechanical skills—average test scores increased according to aerobic fitness" (ScienceDaily, 2009).

Wow, that is a powerful correlation. But what explains it? In part, the influence may truly be tangible. "Physical activity," claims molecular biologist John Medina (2008), "is cognitive candy." Along with increasing blood flow to hippocampal regions of the brain, which are critical for memory formation, aerobic exercise increases Brain Derived Neurotrophic Factor, or BDNF. Exercise releases BDNF, a protein that keeps neurons healthy and more likely to form connections, and encourages the formation of new neurons. Exercise can literally grow your brain!

While I don't have fMRI scans to prove it,

research suggests that those junior high cross country runners may actually have had more brain to write with. Not to mention better abilities to sustain attention, meet challenges, and solve problems—all necessities for writing effectively.

You may be thinking this sounds great—for young runners. "However," I hear you thinking, "I am past my junior high track and field days." Fortunately exercise's influence is not limited by age. "A lifetime of exercise can result in a sometimes astonishing elevation in cognitive performance," prods Medina. At every age studied, including aging adults, a mere twelve weeks—three months!—of aerobic exercise resulted in better long-term memory, reasoning, attention, problem-solving, and fluid intelligence. And what happened when the exercise ceased? So did the cognitive benefits. You can literally run yourself to a better brain, or couch potato yourself to lesser cognitive abilities.

So, lace up and take your neurons out for a mile or two of brain building. Who knows what problems we might solve with a few more miles behind us?!

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- ScienceDaily, *Fit Teenage Boys Are Smarter—But Muscle Strength Isn't the Secret, Study Shows*. [http:// www.sciencedaily.com/releases/2009/12/091207143351.htm](http://www.sciencedaily.com/releases/2009/12/091207143351.htm)

*Kevin D. Washburn, Ed.D. is a runner and RRCA-certified coach who specializes in cognition and learning. He lives and works in Pelham, AL. •*

## BTC SOCIAL RUN & COFFEE!



Saturday is traditionally long run day and this Saturday the BTC wants to do something special. We are requesting your presence at the 2nd of many BTC Long Run Socials!

Come out **Saturday, June 9th at 7 a.m.** and join us in the parking lot in front of **O'Henry's Coffeehouse in Brookwood Village** for a chance to meet, run, and then socialize with folks just like you!

There will be routes of various distances and people of all different paces participating. We are also asking all the local long run groups to join us for this fun day. Imagine hundreds of runners sharing the road at the same time!

Afterwards stick around for some coffee from O'Henry's and get to know your fellow runners.

Visit O'Henry's: **[www.ohenryscoffees.com](http://www.ohenryscoffees.com)**

# 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, jeralynpowell@hotmail.com, or visit [www.blackgirlsrun.com](http://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 andressk@bellsouth.net or Tim, timr71@att.net.

## THE VILLAGE RUNNERS

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

# 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](mailto:btcpresident07@gmail.com)

## April BTC Executive Meeting Minutes

– Submitted by Mitzi Duer-Savelis, Secretary



► **April 17th, 2012; 5:30 p.m.**

► **JUDY LOO — New Membership**

**Statue to Statue:** 300 runners signed up so far. Animal Clinic to provide hot dogs in conjunction with their 10 year anniversary. Potential bad weather this year so planning to keep the buses till the end of the race. Jack's Shell to donate 2 kegs of beer and S2S website domain for next year has been secured.

**Membership:** New database is updated. Seeing a lot of people paying online. Working on eliminating duplicate email addresses.

► **ALEX MORROW — Media Relations**

**Chip Timing:** Geoff would like to receive \$175 for S2S. Will be an independent contractor and charge \$300 or \$1.25/pp, whichever is higher. Will not be a BTC member for liability purposes. Would like to train some volunteers to help.

**Sponsorships:** Proposing three levels of sponsorship. Membership, Sponsorship and Partnership. We now have a rate card that details what each level receives for their money. Very important that each sponsor receives the same benefits. Also propose we list businesses that donate services/gift cards/ etc as "friends of the club".

► **DAVID BARRY — Vice President**

**Website:** Will be live a week from Friday. Working on online ordering for 1200 Mile Singlets and Merchandise.

**Long Run Social:** 5, 10, 15 miles. Coffee provided by O'Henry's. Inviting Helena group, Black Girls Run, and Meredith's group.

**3x3 Half Marathon:** proposed doing a half marathon version of the 3x3 marathon where for an extra fee (around \$35), participant could get an extra medal when they complete Ruben, Talladega, and Florence Half Marathons. Participants would also receive a hat or shirt.

► **RANDY LYLE — Treasurer**

**1200 Mile Club:** 3 people have mailed in forms for new singlets.

► **TOM SCALES — Merchandise**

Due to taking a new job and the hours it requires, Tom needs to turn over his position as head of merchandise.

► **MITZI DUER-SAVELIS &**

**ALEX MORROW — Membership Benefits**

**Membership Cards:** Abigail is working on numbering the cards and assigning each member a number. Discussed having a separate card for Lifetime Members. Would like to have cards out by May 1st. Companies that have approved discounts: Rojo, Yankee Pizzeria, Forest Perk, etc.

► **JENNIFER RAY — Volunteer Coordinator**

**Volunteer Program:** Proposed Benefits: Volunteer at 1 -2 races, free race shirt, drawing for a gift card. 3 races, free race entry. 4 races, membership for 1 year. Discussed what qualifies as a volunteering event: An answer to a call for volunteers. Retroactive to Mercedes.

► **JOHNACA KELLEY — Japan Exchange Committee**

Japan runners are leaving on the 18th. The race will be on the 22nd. Are going to request they come to Vulcan in November. They have a new mayor this year so they are eager to meet him. •





## State Games History

The Alabama Sports Festival (ASF) Foundation was organized in 1982 to develop a grassroots Olympic-style competitions and expose athletes, volunteers and spectators of all ages, especially our youth, to Olympic sports and the overall Olympic experience with all of its tradition and ceremony. The annual State Games, taking place in **Birmingham June 22-24**, encompasses 25 different sports with over 100 different sporting events and is the largest amateur multi-sporting event in Alabama.

## 2012 State Games Opening Ceremonies Info

The 2012 State Games Opening Ceremonies will be held in Birmingham inside the **BJCC Arena on Friday, June 22 at 6:45 pm** and be televised live statewide. **Athletes and coaches participating in the Opening Ceremonies will receive a Commemorative 30th Anniversary Opening Ceremonies T-shirt** and have the opportunity to win 1 of 4 \$2,500 academic scholarships.



### OPENING CEREMONIES

- ★PARADE OF ATHLETES
- ★FREE TO THE PUBLIC
- ★TORCH RELAY
- ★LIGHTING THE CAULDRON
- ★FIREWORKS
- ★ENTERTAINMENT
- ★SCHOLARSHIP GIVEAWAYS
- ★OTHER GIVEAWAYS
- ★TELEVISED LIVE STATEWIDE

**FRIDAY, JUNE 22~6:30**  
**BIRMINGHAM - JEFFERSON**  
**CONVENTION COMPLEX**  
**(BJCC) ARENA**



**REGISTER NOW OR CALL**  
**ALAGAMES.COM**  
**800.467.0422**

# GIRLS ON THE RUN

– Submitted by Coach Cecile Franklin

**On May 12, 2012, the 11 teams of Girls on the Run Birmingham completed their Spring season with a successful Girls on the Run 5K. The event was held at the YMCA Youth Center where community runners, 180 girls from the different teams and their running buddies experienced the joy and energy of working together to finish the race.**

**The day was a special one filled with fun activities such as hair and face painting, an energetic warm up session and time spent with family and friends. Girls on the Run is a national program that was established in Birmingham in the fall of 2011. The program inspires girls to be joyful, healthy and confident using an exciting, experience based curriculum that creatively integrates running.**

**Each after-school session is led by trained coaches who guide and mentor the girls through the fun and uplifting curriculum covering specific life lessons such as resisting peer pressure, making healthy choices, and contributing to their community. The fall 2012 season will kick off in September and will last through November.**

BTC President Jennifer Andress commentary:

"I have watched from afar as the Girls on the Run program has gotten started and taken off here in Birmingham. Coach Cecile is a close friend, and I have other friends that have coached, participated as running buddies, or had their daughters complete a GOTR season, culminating in a 5km. In the fall 3 GOTR teams ran in the Ruben Studdard 5km as part of the Ruben Studdard Celebration Weekend, and this past month 8 GOTR teams and their running buddies ran in the inaugural Girls on the Run 5km."

I know this is the second time I have written about this organization in this newsletter, but I HAD to share this picture and story from our school's team, Shades Cahaba Elementary. This moment captured in the picture was truly defining of the GOTR program, and also of the running community as a whole. As described to me by the adults that witnessed it, all but one of girls had finished, and were celebrating their achievement. They then saw their friend and teammate struggling to finish, and began chanting her name in encouragement. Then, in an utterly spontaneous move, they all ran out to surround her and run her in the last several blocks to the finish line.

Look at the smiles on their faces! The Birmingham News referred to them as "the tutu brigade from Shades Cahaba". There they were in their multi-colored tutus, brightly colored hair and matching T-shirts,

joyously celebrating all of their accomplishments.

This picture (below) to me also speaks to the running community as a whole, which is why I wanted to share it. I witness DAILY the encouragement we give to one another. Running groups' Facebook pages, group runs, the BTC page- we are all here for each other. Who has not felt totally spent at the end of a race (and I am always a little in shock. Like, "Wow! I really feel bad!")? Always some complete stranger will turn and say, "Good job. Hang in there. You are almost done." Who has not had a terrible run in the Alabama heat and humidity? I immediately cool off and sit down in front of my computer to vent on my running group's page, and wait for my friends' empathetic and often humorous responses.

You have to love runners! We are bonded by our shared experiences and remembrances of tough runs or races. Is that one reason that we come back for more? Or is it knowing we did it, and maybe next time it won't be so hard? And always we have the support of our teammates, fellow runners and friends.

These girls got it. To quote my good friend Julie, an avid and accomplished runner and member of my running group: "Victories of any kind are best when shared with the friends who help you get there. And celebrating their success is as good as competing for your own." •



The girls' coaches can be seen too: Rebecca Smith, a 4th grade teacher from Shades Cahaba, and Coach Genie Christian, our P.E. teacher. As this incredible finish took place, there was not a dry eye around. One parent looked at another and said, "If there was any doubt that these girls GET it, we know now they do".





# The Birmingham Track Club

## Track and Field Classic

**Saturday, June 2, 2012**

Hoover High School  
Hoover, Alabama



<b>Entry Fees:</b> \$15.00 first event, \$5.00 each additional, \$20/relay. Maximum Fee: \$45.00. Pre-Register by: <b>May 31, 2012</b>	<b>Directions to Hoover High School:</b> I-65 to I-459. Take I-459 West to Tuscaloosa. Exit #10 AL-150, East on 150 ¼ mile. Right on Stadium Trace Parkway. Left on Learning Lane, Right on Buccaneer Dr.																																																																																																																
<b>Age Divisions:</b> Open and Masters (Age 30+), M&F <b>Information:</b> www.btcclassic.com <b>Track Events:</b> 50m, 100m, 200m, 400m, 800m, 1500m, 3Kwalk, 5K 80H, 100H, 110H, 300H, 400H, 4x100, 4x400 <b>Field Events:</b> HJ, LJ, TJ, Shot, Discus, Hammer, Pole Vault	<b>Awards:</b> Medals to top 3 finishers in each age group. <b>\$100-1<sup>st</sup> Place:</b> KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m) <b>\$100-1<sup>st</sup> Place:</b> Phil Mulkey Mini-decathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.) <b>Team Competition:</b> Winner based on top 3 age graded performances: 5,3,1 points. Winning Team will receive Bill McClure Award.  <b>Send inquiries to:</b> mastersevent1@birminghamtrackclub.com																																																																																																																
<b>Order of Running Events</b> <table border="1"> <tr><td>7:30am</td><td>3K,5k</td><td></td><td>9</td><td>1500m</td></tr> <tr><td>2</td><td>3000m</td><td></td><td>10</td><td>400m</td></tr> <tr><td>3</td><td>50m</td><td></td><td>11</td><td>80m</td></tr> <tr><td>4</td><td>100m</td><td></td><td>12</td><td>100H</td></tr> <tr><td>5</td><td>1500 Walk</td><td></td><td>13</td><td>110H</td></tr> <tr><td>6</td><td>400H</td><td></td><td>14</td><td>800m</td></tr> <tr><td>7</td><td>300H</td><td></td><td>15</td><td>200m</td></tr> <tr><td>8</td><td>4x100Relay</td><td></td><td>16</td><td>4x400m Relay</td></tr> </table>	7:30am	3K,5k		9	1500m	2	3000m		10	400m	3	50m		11	80m	4	100m		12	100H	5	1500 Walk		13	110H	6	400H		14	800m	7	300H		15	200m	8	4x100Relay		16	4x400m Relay	<b>Schedule of Field Events:</b> (approximate): O=Open, M=Men, W=Women <table border="1"> <tr> <th>Time</th><th>HJ</th><th>PV</th><th>LJ</th><th>TJ</th><th>Shot</th><th>Discus</th><th>Javelin</th><th>Hammer</th></tr> <tr><td>7:30am</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>O,M,W</td></tr> <tr><td>8:30am</td><td></td><td>O,W</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>9:00am</td><td>O,M</td><td></td><td></td><td></td><td></td><td>O,W</td><td></td><td></td></tr> <tr><td>11:00am</td><td>O,W</td><td></td><td>O,M</td><td></td><td>O,W</td><td>O,M</td><td></td><td></td></tr> <tr><td>11:30am</td><td></td><td>O,M</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>1:00pm</td><td></td><td></td><td>O,W</td><td></td><td>O,M</td><td></td><td>O,M</td><td></td></tr> <tr><td>3:00pm</td><td></td><td></td><td></td><td>O,M,W</td><td></td><td></td><td>O,W</td><td></td></tr> </table>	Time	HJ	PV	LJ	TJ	Shot	Discus	Javelin	Hammer	7:30am								O,M,W	8:30am		O,W							9:00am	O,M					O,W			11:00am	O,W		O,M		O,W	O,M			11:30am		O,M							1:00pm			O,W		O,M		O,M		3:00pm				O,M,W			O,W	
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Send completed form and entry fee to: **BTC Classic, Mary Birdwell, 2430 Rockcreek Road, Hoover AL 35226**

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_ USATF# \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Shirt Size: S M L XL

	Events	Entry Fees:	Cost:
1		First Event: \$15.00	\$
2		2 <sup>nd</sup> +Events x \$ 5.00	\$
3		Relays x \$20.00	\$
4			\$
5			\$
6		T-Shirts x \$10.00	\$
	<b>Make Check Payable to: BTC Classic</b>	<b>Total Due:</b>	\$
	Remit completed application to: BTC Classic 2430 Rockcreek Road Hoover AL 35226		

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2012 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Hoover High School, USATF, and the Knights of Columbus, agents or representatives arising from my participation in the 2012 BTC Track and Field Classic.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



# Birmingham Track Club

# MEMBERSHIP APPLICATION



www.BirminghamTrackClub.com

www.Facebook.com/BirminghamTrackClub

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

PLEASE check one:

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

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

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

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

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

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

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

Other family members to be included in membership:

\_\_\_\_\_ ☐ Male ☐ Female  
 Last Name                      First Name                      M.I.                      Birth Date

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

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

Date \_\_\_\_\_

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

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

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

btcmembership@gmail.com

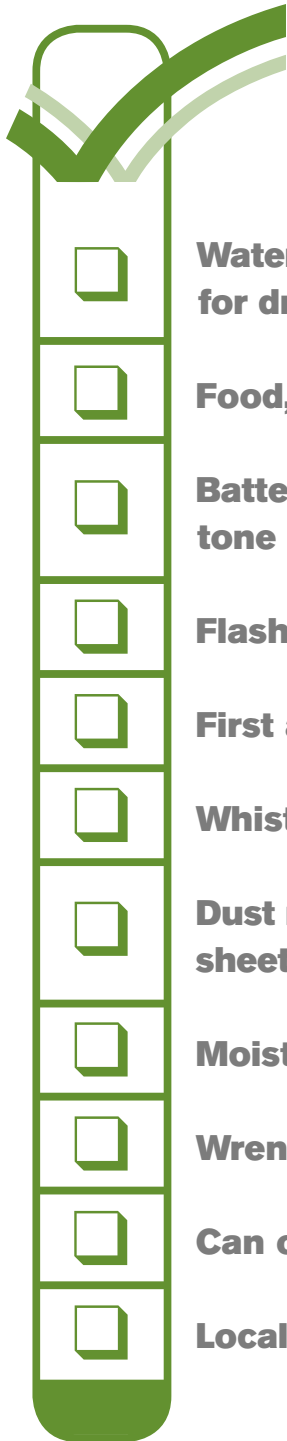
# PREPARE. PLAN. STAY INFORMED.

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

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

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

## Recommended Items to Include in a Basic Emergency Supply Kit:



- ☐ **Water, one gallon of water per person per day for at least three days, for drinking and sanitation**
- ☐ **Food, at least a three-day supply of non-perishable food**
- ☐ **Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**
- ☐ **Flashlight and extra batteries**
- ☐ **First aid kit**
- ☐ **Whistle to signal for help**
- ☐ **Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- ☐ **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- ☐ **Wrench or pliers to turn off utilities**
- ☐ **Can opener for food (if kit contains canned food)**
- ☐ **Local maps**

**www.READY.gov**



# BTC MILEAGE LOG



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