
WHERE RUNNERS ARE FORGED



THE VULCAN RUNNER

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PLAYLIST

— By Kile Putman

SONG: DREAM BABY
ARTIST: ROY ORBISON:
COMPOSER: CINDY WALKER
LABEL: LONDON RECORDS - 45-HLU 9511
FORMAT: VINYL, 7", 45 RPM
RELEASED: 1962
GENRE: ROCK
STYLE: SOFT ROCK, POP ROCK



**"Dream baby got me dreamin' sweet dreams the whole day through
Dream baby got me dreamin' sweet dreams night time too
I love you and I'm dreaming of you but that won't do
Dream baby make me stop my dreamin', you can make my dreams
come true"**

It is good to dream. But to reach your potential as a runner you should make goals. A goal is specific for each individual runner. It is a mark which will take focus, planning and determination to obtain at a specific time in the future. Each goal is established as to what you want to achieve, not where you are now. A goal must be measurable, challenging and realistic.

average 25 miles each week for the three months. Both of these examples are easily measurable.

It can be somewhat easy to set a measurable goal in the sport of running. A watch is constantly running and marking time on training runs, journals are kept to track weekly mileage, and race results are published listing competitors with finishing times. A goal may be established to run faster than three hours for your next marathon. It could also be to

Each goal should be realistic to the unique individual. It is not likely a middle aged father of small children and a demanding job will qualify for an Olympic team. That same father could however structure training to accomplish a respectable finish in his hometown marathon. Each

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individual should spend time considering family, available time, career, environmental and other concerns when setting a goal. A high school teacher that also tutors in the evenings may not have time available each day to devote to running as much as they wish. That same individual however could have each summer free to devote exclusively to running. Each runner must be honest in accessing their particular situation while establishing a goal.

Knowing your goals also aids in the development of your support system. Certain lifestyle adjustments may be needed in order to maximize your potential to reach your goal. You may realize changes in sleep or dietary habit is needed. Perhaps you can find ways to easily reduce areas of stress in your daily routine. It may be beneficial to join with other runners with similar focus and seek out a running group or club team to join.

There are two types of goals: primary and supporting. The primary goal encompasses the long term ultimate quest while the supporting goals assure systematic progress is made. Because an Olympiad is four years in length, college typically mandates four years of eligibility, and high school is four years in duration your primary goal could be scheduled to be accomplished four years into the future. Or perhaps an old friend may call in the summer and suggest you both enter a race at the end of the year. Your primary goal therefore could be scheduled to be obtained in only six months. Supporting goals can be considered the staircase you climb in the quest to obtain the primary goal. They should be easily obtainable, easily built upon and established to assure focus on the primary goal is maintained.



Be willing to adapt; adjust goals when needed. Backing off on a goal standard is not a negative when approached in a realistic manner. Tweaking the goal to make it more challenging is also being realistic as to not limit your ultimate potential.

Once you obtain your goal, reward yourself and repeat the process to the next level you choose. Rejoice in that you have fulfilled your expectations. Reward yourself for a great effort. It may be as grand as vacation to the islands or as simple as an afternoon nap. It is during that nap that it will be okay to dream.

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

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

Send an email to: editor@birminghamtrackclub.com

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BTC Mission Statement

The primary purpose of the Birmingham Track Club (BTC) shall be the education and training of individuals in and around the community of Birmingham, AL, as to the benefits of jogging, running, and walking for fitness, health and recreation.

Contact BTC at: *Birmingham Track Club*
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Race Results Find the latest and most complete local race results at the following:
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President's Message

—Jennifer Andress



Happy New Year BTC!

Looking back on 2012, it is wonderful to see how much our club has accomplished. This past year your BTC Board members, Committee Chairs, and I all agreed to focus on improving the basic areas of club operations. As a result, we have seen an increase in membership, attendance at our 4 races, and a renewed excitement about the club and where we are headed.

Two of the first programs we implemented were a Member Benefits program, and a Volunteer Rewards program. Member Benefit Coordinator Allison Williams and Volunteer Coordinator Mark Burriss created these programs and built them into vital parts of the BTC. Allison recruited numerous retailers to offer BTC members discounts at their establishments. Being a card-carrying BTC member has its privileges!

Mark implemented a program to reward those volunteering at BTC races and did a wonderful job of recruiting volunteers for all of our major events. The water stop at the Magic City Half in November is a perfect example. I loved seeing the large team of happy BTC volunteers brightly clad in yellow BTC Staff shirts, yelling support for all of the runners as they served them water and Hammer Gel!

Another BTC accomplishment this year, one near and dear to my heart, is our Saturday Run Socials. Two of my favorite things in the world are running with the BTC on Saturday mornings and drinking coffee when I am done. Long Run Coordinator Natalie Ferguson and Social Chair Heather Milam worked to put together some very fun Saturday mornings incorporating running, coffee, and so much more: door prizes, pace groups, on-site massages, and delicious pastries. These Socials will be a big part of 2013 as well. Our new Saturday Moderate Run Coordinator, Burt Chandler, will be joining the team and will be

focusing on organizing some of the shorter distance routes.

The BTC also produced a great-looking line of clothing using our new logo and slogan, "Where Runners Are Forged." A big thanks Eric Swope for our new logo design and to Kevin Washburn for winning our club slogan contest. The new line of clothing includes singlets, short-sleeved shirts, long-sleeved shirts and half-zips. You guys are the best-dressed running club around! Please keep sending us pictures of you in your BTC gear, especially from out-of-town races and runs. In 2013 look for more clothing options as well as other running related products.

In 2012 the BTC brought you the first ever Triple Crown Half-Marathon Challenge. Thanks to BTC Vice President David Barry and BTC Treasurer Randy Lyle for coming up with the idea and implementing this challenge. 83 BTC members accomplished this impressive feat! Congratulations! We look forward to 2013's Triple Crown.

The first week of December, BTC Treasurer Randy Lyle cut a check from the BTC for \$3200 to the Mt. Brook City Council for a water fountain that will be installed on the Jemison Trail. Thanks to BTC members Chris and Stephanie Farrington for the idea and THANK YOU to all of you incredible members who donated to get this done. We will keep you posted as we learn details but we have confirmed with Mt. Brook that the BTC will have a marker recognizing our members and there will be a ribbon-cutting ceremony of which you will be a part!

Lastly, as I write this we are making plans for our last big event of 2012, The Resolution Run to be held on December 31. We are working with the Trak Shak and the Friends of Red Mountain Park to once again enjoy the trails of Red Mountain Park while raising funds to contribute to its further development.

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Looking ahead, the BTC will kick off 2013 with a bang at our Annual Party on Saturday, January 19. Heather Milam and her Social Committee are planning a fun night where we will celebrate the past year, award our Dr. Arthur Black/Rick Melanson Annual Service Award, the Randy Johnson Annual Service Award, and elect our 2013 officers. Speaking of Rick Melanson, we will be honoring him and his service to the BTC by dedicating our annual Peavine Falls race to him, renaming the event the Rick Melanson / Peavine Falls Race. That wonderful idea came from BTC member David Cochran. Stay tuned to your email and Facebook for more information.

We have some exciting changes that we will be implementing in 2013, but you will have to wait until the Annual Party to find out what they are. In the meantime I can announce our first big change for 2013: meet our new Newsletter Editor, Andrew Nuckols. Andrew is originally from Massachusetts but has

lived in Birmingham the majority of his life. He works at CBS42 as a Graphic Artist and is also a freelance photographer and designer. Andrew says, "I am excited to work on the BTC newsletter and look forward to working with everyone involved". I would also like to thank Mark Baggett for his excellent work and years of service to the BTC.

One last announcement about the newsletter: beginning with next month's edition, the newsletter will only be available to actual BTC members. Membership Chair Dirk Guenster has done a wonderful job cleaning up our membership list and streamlining membership renewals, and he and BTC Secretary Mitzi Duer-Savelis will be using the most current email list to send out the newsletter monthly. Yet another exclusive BTC benefit!

Thanks again to all of our Board members and Committee Chairs, and thanks to the members. YOU are the driving force behind this club. Keep your ideas coming- we love to hear from you. See you at our Annual Party!

Challenge yourself to something different in 2013!

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Dean and Tracy Thornton after the Turkey Trot in Lynchburg, VA

Julie Pearce on her 6th leg of the Ragnar Tennessee Relay



David Christy and Lisa Booher Rocket City Marathon

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

president@birminghamtrackclub.com

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

— Michele Parr

It seems lots of marathons have had to contend with warmer than normal temperatures lately. Call it global warming or just bad luck, but there seems to be a trend.

Just this past April officials with the Boston Marathon encouraged registrants who were concerned about coping with the anticipated eighty degree temperatures to defer to 2013. In May of this year, the medical director of the Green Bay Marathon closed the course 2 ½ hours after the start due to high temperatures. As you can imagine, not many had finished the full.

Probably more well-known is the debacle that was the Chicago Marathon in 2007. Amidst reports of fluidless aid stations over the first ten miles, the race director insisted in the days following the race that there was adequate water on the course. Runners related tales of Chicagoans offering pitchers and hoses and of seeing others diving into ornamental fountains for relief as dozens sought medical care.

Those of us who live and train in the South often have difficulty understanding what we perceive as the stupidity of race officials. Claims that nobody could have anticipated the unseasonably warm weather just don't fly with me. After all, how often do you check the weather forecast for the location of your big race? I start looking even before weather.com includes race day in its extended forecast. I look at least once a day, and when the hourly forecast becomes available, I study that as well. I know the anticipated humidity and cloud cover as well as the temperature far enough in advance to order more water and Gatorade. Obviously they should, too.

I mention all of this as preface to offering my compliments to the Huntsville Track Club. Against my better judgment I found myself registered for the 2012 Rocket City Marathon on a day with weather nobody would have anticipated but that I was prepared for. When I walked out of the hotel wearing a singlet and shorts at 7:30 a.m., I didn't feel a chill. That was a bad

sign, and things did not improve from there. I struggled through a long day under tough conditions, but the HTC did everything it could to ensure my success.

At every mile of this race, there was someone calling out split times. This year those volunteers were doing something else as well. They were offering bottled water to those who needed or wanted it. Yep, on a warm day, the race officials made sure there were extra fluids on the course. They also had a medical person cruising back and forth on a motorcycle, talking to runners and checking their status. Add to that the fact that every aid station on the course had plenty of water and Gatorade even by the time I got there and you get what I would call a well-executed race.

As for me, I survived it and have the medal to prove it. I also learned something about myself. When I was whining somewhere after mile 16 about how hard I was struggling, Terri simply replied that I had to decide if I wanted it. There was no pep talk, no sermon, just the tossing of responsibility back to me. While I would have thought that I didn't really want it this time around, I wasn't going to quit after covering 17 miles. Apparently I did want it.

Looks like I get to keep that 26.2 emblem on my vehicle a little while longer.



DIRTY RUNNING

— Alex Morrow



This month's article is a race report from the XTERRA Coldwater Mountain 9.6-Mile Trail Race held on December 15th, 2012.

It was overcast, misting, my fingers were numb, and I was sitting on top of a mountain waiting on the start of a trail race. It was perfect! There are few better ways to begin a Saturday than tearing through the woods on a chilly winter day. The trail race I had come to run was the inaugural XTERRA Coldwater Mountain 9.6 and 2.4 Mile Trail Race being hosted outside of Anniston, AL. This event is another in the Alabama Trail Series produced by Tim Schroer with Dirty Spokes Productions and, like the entire series, it was top notch. I would also like to thank the Anniston Runners, the local running club in that area, for helping put on the race as well.

If you are not familiar with Coldwater Mountain and decide to visit the area, you will not be disappointed. It is located off of Exit 179 on I-20 and is about a 50-minute drive from Birmingham. The Northeast Alabama Bicycle Association



Tim Schroer: Dirty Spokes Productions

blazed the trails in the area and did a superb job for not only mountain bikers but trail runners as well. As a matter of fact, I plan to get back there as soon as possible with my mountain bike to experience these great trails in a whole new way. (A little secret for you guys, there are plans for a trail ultra in the area within the next year. More on that in a follow-up column.)

Before the race I met numerous other runners and, like most trail races, everyone was gracious and fun to talk to. The camaraderie found in off-road running is hard to match and acquaintances soon become friends. Not being familiar with the trails, a local runner who went on to run the race in a pair of huaraches (very thin sandals), was kind enough

to provide some insight on what to expect. The two most important pieces of advice he offered were, "Most of the 9.6 miles is tight singletrack so get position early." And, "when you cross a gravel road and are within a mile and a half of the finish, be prepared, it is a straight uphill climb." Sadly, he was right.

I had no goals for this race other than to run 9.6 miles of trails with beautiful scenery and meet some like-minded folks along the way. While waiting at the starting line I chatted with Kristina Vaughn and Alison Hulsey, two young



Alison and Kristina

ladies who run for the Alabama Outdoors Trail Running Team. Having seen them at other trail races and enjoying the conversation, my plan was to pace off them and simply have a good run. What do they say about the best-laid plans?

The race started and after some initial jockeying for position we all settled into a tight single file line. The 9.6-mile course began with a mile or so

of small rollercoaster hills that can be quite tough to master until you find your rhythm, whether that is to run on top of or to hurdle them. As I stated, my plan was to pace off of Kristina and Alison and during the initial mile or so we were able to pass 3 or 4 runners at a taxing but not uncomfortable pace. It was over the next 3 miles that a slow realization hit me. We were still running up the side of a mountain, the top was nowhere in site, and the Outdoor Alabama Trail Team ladies were holding pace, maybe even increasing!

DIRTY RUNNING -Continued from Page 8-

At the 4-mile mark a decision had to be made. Should I “A” continue to run this pace and puke on my shoes, or “B” let them go and settle into a slower pace until we reached the summit of the trail. I decided to let them go! Looking back at the results I think I may have made the right decision. It turns out Kristina was the first overall female winner with an amazing time of 1:14:09 only to be followed by Alison who finished as the second overall female with a fantastic time of 1:17:00! I’ll make sure to pick my pacers more wisely next time!

The past several months of my running have been preoccupied with road marathon training and I could tell. That 4.5-mile incline took its toll, but as the saying goes, if you go up you must come down! It was time to make up for falling off the pace and this trail course was perfect for it. The next 3.5 miles consisted of fast downhill, switchbacks, high-bank turns, and amazing views along the way. It felt good to engage a different set of muscles and I was able to pick up 3 more positions as we descended.

I was feeling tired but good at the 8-mile mark and was confident I would overtake a few more runners before the finish when I saw a gravel road that needed to be crossed. I then remembered the advice, “When you cross a gravel road and are within a mile and a half of the finish, be prepared, it is a straight uphill climb.” I had forgotten! Ugh! Unfortunately that advice was spot-on and a 1.5-mile climb to the finish began. Did I say I thought I was going to pass a few more runners? HA! The goal became to finish and be happy about it.

I finally crossed the finish line with a time of 1:21:00, which was good enough to take 3rd place in my age group. While I didn’t run a great race and my lack of recent trail training quickly became evident, I had a fantastic time! As we all stood around cheering on our fellow racers as they finished, my thoughts about the trail running community were affirmed.

When you are running a trail race it doesn’t matter if you are trying to win it, are a middle of the pack runner, or someone who likes to stop during the run to soak up the scenery, you are part of a welcoming community that appreciates you and why you are there. What Tim Schroer and his company, Dirty Spokes Productions, have done for the local trail running community

has been fantastic! By hosting a full trail race series every year across Alabama, Georgia, and North Carolina, he has brought together hundreds of trail runners and provided trail race opportunities that were hard to find before. If you are interested in coming out to the next Dirty Spokes trail race, make sure to check out Tim’s website www.dirtyspokes.com for a full schedule.

Here’s hoping your next run is a dirty one!

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



Finish Line



AG Finish

THE VILLAGE RUNNERS

— Randy Lyle



The great thing about the Birmingham Track Club is that it is easy to find someone with whom you can run. Within the club, there are numerous groups that run together regularly. Many of those groups have been featured in previous issues of this newsletter. In fact, you can find a nice summary on the club website (www.birminghamtrackclub.com). I have been asked to write about The Village Runners this month.

History

The Village Runners were formed from a group of that began with Danny Haralson's Run University "Couch to 5k" program in May 2008. The founding members were Erin Brooks, Anne-Murray Cotten, Holly Hall Coble, Sally Sneed Davis, Randy Lyle and Janet Watkins. Early on, this group started running in the mornings from the Western Supermarket parking lot in Mountain Brook Village. As a group, they trained together for their first 5k (Race to the Courthouse in June 2008), first 10k (Hueytown 10k in October 2008) and first half marathon (Mercedes Half Marathon in February 2009).

Today

Over time, many new runners joined the group. The group's Facebook page is up to 208 members. Obviously, all of those people do not show up to run with us but it is common to find a dozen runners on many mornings.



Figure 1 - The original Village Runners after the 2009 Mercedes Half Marathon

Although many of us are often training for different races, we always support one another and are willing to show up early or add to the route if someone needs extra miles. On a number of occasions, we have traveled to races as a group. There's nothing better than being at the start line of a marathon or half marathon in another city, whether



Figure 2 - Some of The Village Runners after dinner in Vancouver the night before SeaWheeze Half Marathon Vancouver or Huntsville, with close friends.

I view The Village Runners as a group of "regular" runners. Our group includes runners at varying levels of experience even though almost all of us have been running only a few years. The pace of our runs usually falls somewhere between 8:30 and 10:30 depending on whom shows up. On average, we probably go at about a 9:30 pace. The description refers to us as "serious recreational" runners. I view that to mean we most certainly want to have fun but we are consistent to run regularly. Whenever we have a new runner join us, we make sure that we never leave them behind. We welcome all runners to our group.

Group Dynamic

Obviously, I'm partial to The Village Runners. I happen to think we are probably the best running group in town. Over time, my fellow Village Runners have become my closest friends. When you run with the same people as often as we do, you get to know one another very well. We may have started out as a group of fellow runners helping one another stay consistent with our training. We have become close friends. We share so much more than a few miles of road together. By nature, I am a very private person but I found that I feel no reservation

sharing anything with my fellow Village Runners.

Of course, I could spend a lot of space telling you what a great group of runners we have. However, I don't want to use all of this space to give you my perspective only. I will wrap this up with the following thoughts from some of the others in the group:

“Six to eight months ago, I joined the Village Runner group and have had the honor of meeting and running with many of the Village Runners. Running with the VR's has increased my pace in running and due to the VR's pace, I qualified for Boston running the Philadelphia Marathon on 11/18/12 in 3:57:16. I placed 37 of 240 in my age division Female 50-54 and overall placed 4,506 of 11,629 finishers. The Village Runners are always running half to full marathons during the year and this keeps one motivated to continue to run races and train. I love being a Village Runner.” ~Cathy Patterson



Figure 3 - Jack and Julie leading the 2:20 pace group at the Magic City Half Marathon

We've been there for each other through training and PRs, injuries and setbacks, triumphs and the occasional disappointment. My running group has become as important to me as any friends I've ever had. The friends I've made will be friends for life... running may have brought us together initially, but the bonds we've forged along the miles go way beyond that.”

~ Julie Pearce

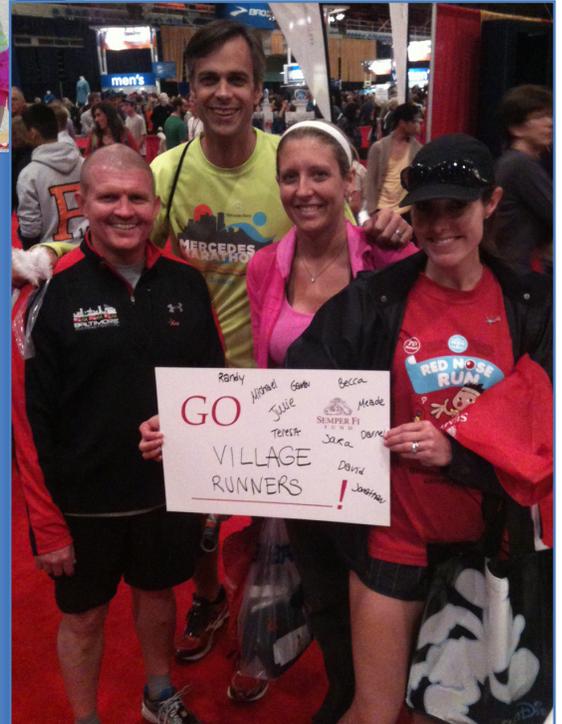


Figure 5 - At the expo of the Marine Corps Marathon



Figure 4 - Some Village Runner shortly after they finished Ragnar Relay Tennessee running as an ultra-team

“Running with a group has turned me into a co-dependent runner – while I relish an occasional solo run, it's my running group that gets me out of bed every day to pound out the miles. It is knowing that someone is waiting for me at the track or at the Western when it's time for speed work or a tempo run. And, most certainly, it's my running group that motivates me to show up for the occasional 4:30 a.m. 'beast mode' run to beat the heat of triple digit summer days.

“If running is therapy, the Village Runners are my therapists. We are each other's cheerleaders, confidantes, and coaches.

“Being a real 'newbie', my perspective is everyone I have met is so nice, inviting, and above all encouraging. I have met so many new and interesting people I never would know without Village Runners. The members are truly a unique group of runners – we all have the love of running, competition, either with ourselves or others, and we are half crazy.” ~Amy Weber

PSYCH OF INJURY

—Kevin D. Washburn

A Time to Learn

My foot went numb just a couple miles into a run. No big deal, I thought. I tend to tie my running shoes too tightly, so I assumed my foot-hugging lacing was causing the problem. Fast forward a few months, right into the heart of my marathon training. The numbness passed, but pain is present. Thankfully the race I planned to run allows injured runners to defer entry for a year. That proved to be the easiest step in my recovery.

Doctor visits, physical therapy, and a bit of yoga filled the time I had used running the byways near my home and as part of the changeable group that makes each BTC Saturday long runs a social and athletic celebration. Now it was stretching rather than running, icing rather than hydrating, and researching possible future races rather than earning race t-shirts and finisher medals.

Much is written about how to deal with the physical recovery of an injury and the necessity of a good doctor and physical therapist (both, of which, I would also emphasize). But what I found the emotional and psychological baggage of being “benched” for a season more challenging to overcome.

Here are a few insights I gained while kept of the track and streets:

Search for causes. When my doctor said, “Get thee to physical therapy,” I obeyed. But the first thing I said to the therapist was that I would not consider his job to be complete until we figured out a) what caused my injury,

and b) what I should do to prevent it from recurring. (Fortunately he was patient with his patients!) He agreed, and between all the stretching and strengthening exercises, we became Sherlock and Watson, sleuthing our way to answers.



The most helpful clues came from a full gait analysis (which, by the way, is *much* more than videotaping yourself running on a treadmill!). The PT measured various portions of my legs, angles of my hips, heights of my arches, and collected dozens of other data points. This, combined with some excellent video analysis, revealed the cause.

With a cause identified, solutions can be set in motion.

My advice (which is NOT that of a medical professional!): do not be satisfied with just recovering. If the reason for your injury remains a mystery, you have a higher probability of doing the same thing you did the first time and re-causing the injury. Become a determined detective—and find an equally determined medical professional to play Sherlock to your Watson.

Cheer like a tween at a One Direction concert. Yep, that's right. Find a friend or two who are running in events and do all you can to support them. When several of my friends ran the Marine Corp Marathon, I followed their progress and screamed like a madman as they crossed the finish line. In Detroit, though I wasn't physically there, I'm sure my dancing around the living room with arms raised in victory carried a few friends to the finish line. (Well, figuratively at least.) Then came Savannah, and several runners I helped train ran like champions. Tupelo, Columbus, Memphis—every race where friends were hitting the bricks, my attention and cheers-from-afar followed. And when a few of those friends PR'ed, the neighbors wondered why I was shaking my groove thing on my front porch. I will not say that I lived vicariously through these friends, but their victories gave me a reason to smile.

Refuse to spend your downtime in Woe-am-I land. Direct your attention to people you care about and celebrate their victories. Lose the resentment and let your friends do what great friends do: provide inspiration and hope.

Become a mentor. Cue the uplifting music and the bass intonations of an announcer. "Imagine having a dream but not knowing how to make it reality. People, trapped in a running store surrounded by hundreds of unpaired shoes, not knowing a neutral from a stability. Individuals who think running in cotton is a good idea. Dreamers who see themselves wearing finisher medals but not knowing how to get into the start corrals. They need your help."

No, do not reach for your wallet. This is not a plea for your money but for your time and experience. In addition to cheering for friends who are already runners, use your time to help someone who wants to be one of those friends.

My sister had run (and won 2nd in her age group!) a 10k in the spring. "Can you help me prepare to run a half-marathon?" she asked. Thankfully, I had recently earned my RRCA coaching certification and knew how to develop a safe training plan for her. In October, I ran a mediocre race on my injury-diminished training, but she finished her first half-marathon. What a victory! One of my all-time favorite photos shows me bursting with joy as she crosses the finish line. On that day, I didn't care about my own running, and it felt so good. I watched someone else accomplish a dream, and it is one of my happiest days of running yet.

You do not have to be a certified coach to help a non-runner join our ranks. You just need to be available. Help someone get the right running shoes, discover the wicking of tech fabrics, and explore the warm fuzzies of route variation. Confine your input to what you can *safely and knowingly* advise, and then revel in someone else's growth and accomplishments.

I won't lie. Being injured is not all sunshine and puppies. However, it can be a time to learn and to devote energy to other running-related endeavors. As a result of my time on the sidelines, I'm returning to the sport a stronger runner. With a strategy, some inspiration, and a sister to keep up with, it's time to leave the bench and hit the bricks.

After all, that deferred marathon won't run itself.

Kevin D. Washburn, Ed.D. is a runner and RRCA-certified coach who recently launched confidentranner.com. He lives and works in Pelham, AL.





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

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

Your shirt can be purchased at any BTC event.

You can also send an email to arrange an order.
president@birminghamtrackclub.com

BIRMINGHAM TRACK CLUB

REWARDS

PROGRAM

Great volunteers make a great race possible! The BTC is dedicated to rewarding our hardworking volunteers and we are excited to offer the following rewards program.

VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:

- Receive a free race t-shirt.
- Receive a free BTC volunteer shirt.
- Your name will be entered into a drawing for a gift card.

VOLUNTEER AT 3 RACES/EVENTS IN 12 MONTHS:

- All of the above.
- Plus, 1 free pre-registered entry at a BTC sponsored race.

VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:

- All the above.
- Plus, free individual BTC Membership!

If you are interested in volunteering for the BTC at one of our events or races, please send an email to Mark Burris at VOLUNTEERS@BIRMINGHAMTRACKCLUB.COM



Congratulations to those who accepted the first annual Birmingham Track Club Triple Crown Half-Marathon Challenge and **WON!**

You are champions for having completed three half marathons in three months: The Talladega Half-Marathon in September, the UCP Life Without Limits Half Marathon in Florence held in October, and the Magic City Half Marathon in November! You now have bragging rights as the very first recipients of the BTC Triple Crown medal and shirt. Participation was fantastic with 79 runners completing the challenge.

We welcome feedback about the Challenge and would love to share your stories. E-mail your comments to president@birminhamtrackclub.com and please let us know of any corrections.

Champion	From	Champion	From
Christy Adams	Montevallo	Treva Lester	Birmingham
DonNeeysa Adams	Horton	Bryan Lindsey	Tuscumbia
Tom Alexander	Alabaster	Kristin Long	Helena
Brad Baker	Birmingham	Johnny Mcdaniel	Billingsley
Mark Bales	Birmingham	Dana Meginniss	Birmingham
Matthew Bass	Jemison	Pamela Miller	Sterrett
Kim Benner	Birmingham	Laura Beth Mitchell	Birmingham
Laura Berry	Mount Olive	Chelsey Mitchell	Vestavia Hills
Tim Blair	Birmingham	Tre' Munger	Birmingham
Wil Bowman	Tuscaloosa	Kerri Murphy	Vestavia Hills
Charlie Brown	Birmingham	Catherine Murphy	Helena
Greg Caldwell	Homewood	Brad Murphy	Helena
Octavio Caviedes	Vestavia Hills	Tammy Niles	Leeds
Julie Choat	Helena	Kate Oatman	Birmingham
Carol Denton	Sheffield	Lisa Page	Hoover
Meredith Farrell	Hanceville	Michele Parr	Birmingham
Mary Fleming	Birmingham	Jamey Ramsey	Trussville
Johnny Gash	Pelham	Rene Reder	Irondale
Richard Gates	Hoover	Kaitlin Reisinger	Vestavia
Jonathan Geisen	Homewood	Thomas Russell	Birmingham
Melea Green	Cullman	Joseph Sawyer	Wilsonville
Brad Grissom	Birmingham	Brett Sheedy	Birmingham
Danny Haralson	Birmingham	Hank Sherrod	Florence

Holly Hardy	Pelham	Randall Simpkins	Birmingham
Alan Hargrave	Hoover	Ricky Sparks	Tuscaloosa
Bryan Heaton	McCalla	Mona Spencer	Tuscaloosa
Shane Higgins	Chelsea	Amber Stephenson	Oneonta
Russell Hiller	Birmingham	Jamie Stephenson	Pelham
Donnette Hulsey	Helena	Deb Thomas	Leighton
Bill Jacka Jr	Birmingham	Ruth Vanzandt	Arab
Terri Jackson	Birmingham	Judy Vatella	Birmingham
Steven Janorschke	Birmingham	Caroline Walker	Birmingham
Ashley Archer Jones	Birmingham	Amy Weber	Birmingham
David Kahn	Birmingham	Suzanne Westenhofer	Madison
Heather Kendrick	Birmingham	Thomas Wheeler	Talladega
Teresa Kirkwood	Birmingham	Jennifer Whitaker	Birmingham
Kelly Lambert	Cullman	Amanda Williams	Anniston
	Pleasant		
Richard Langston	Grove	Steve Willingham	Montevallo
			Pleasant
William (Eddie) Lee	Trussville	Mark Wood	Grove
Ronald Shinn	Birmingham		

2013 Run for Kids Challenge May 4, 2013

12 Hour Challenger Trail Race, 50K Trail Race and 10K Trail Race



The race is held at Oak Mountain State Park. The start is located at the Cedars Pavilion located at the south end of Double Oak Lake, the swimming and canoeing lake. The 50K and 12 Hour race will start at 7:00 AM. The 10K will begin at 8:00 AM. All 3 races are points races in the Southeastern Trail Series Points Championship. Website: SoutheasternTrailRuns.com

100% of race proceeds from Registration and Sponsors go directly to Camp Smile-A-Mile
Alabama's Camp for kids with Cancer.

Presented by: Southeastern Trail Runs - Registration at Ultrasignup.com

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www.mountainhighoutfitters.com
Alabama's Ultrarunning Headquarters

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RUNNING TIDBITS

— Compiled by Randy Lyle



Quotes

"If you want to achieve a high goal, you're going to have to take some chances."

-Alberto Salazar

"I'm very determined and stubborn. There's a desire in me that makes me want to do more and more, and to do it right. Each one of us has a fire in our heart for something. It's our goal in life to find it and to keep it."

-Mary Lou Retton

"Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal."

-Vince Lombardi

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan."

-Tom Landry

"Goals are the fuel in the furnace of achievement."

-Brian Tracy

"If you don't know where you are going, you'll end up someplace else."

-Yogi Berra



Tidbits

Running Goals

Source: <http://run.isport.com/running-guides/how-to-set-running-goals>

As we start the new year, many people like to establish New Year's resolutions. I am not one of those people. I guess it is because I never keep those resolutions for more than a few weeks, if that long. I do, however, believe in setting goals. For me, goal setting is a necessary part of my running. I find it is easier to stay consistent if I have a goal in front of me. Of course, it does not take away from the fact that I simply enjoy running.

What kind of goals should you set? That is up to you. We all have different reasons to run so it makes sense that we would all have different goals. Some set a goal to run their first race of any distance. Other set a goal to run their half marathon or marathon. Often people set a goal to run a new personal record in a given distance. Regardless of your goal, there are smart ways to set goals. The following are some goal-setting tips that can help you reach your potential as a runner.

1. Be Specific. It is important for goals to be specific and measurable. How else will you know if you accomplished the goal? It is also important to set clear deadlines for each benchmark. That way, you give yourself a sense of immediacy that will give you the motivation to get out the door each day. Try to avoid vague goals like "I will run more this year." Rather, establish a deadline oriented goal such as "I will run a 5k in under 25:00 by the end of August."

2. Set Multiple Goals. No matter how well you prepare or how good your intentions are, circumstances can still disrupt your plans. Weather, travel, illness, etc., can create an unexpected roadblock between you and your goal. If you set a single goal, there is a chance you will be disappointed due to factors beyond your control. For this reason, it is a good idea to use a multi-faceted, multi-tiered approach when you set goals. Many actually set A, B and C goals when preparing for a race. The A-Goal is that ultimate, perfect standard of success. It

Tidbits -Continued to Page 15-

Tidbits -Continued from Page 14-

may appear idealistic and even a bit out of reach. That does not mean unrealistic! It just means that the goal can be reached if everything goes right on race day. An example is a goal to set a significant PR or breaking a time barrier previously thought to be too difficult to attain. The B-Goal is a mark that is still challenging but should be within reach without unusually difficult circumstances. This goal will get you out running every day. You know it is possible to reach if you put in the work and take care of yourself, but checking it off the list will still be a significant accomplishment. The C-Goal is the baseline standard of success. You would be happy to meet this goal but understand you still have work to do. This goal may come into play when you are just having an "off" day or do not feel great. Instead of throwing in the towel, you know this goal is still within reach.

3. Readjust Your Goals As Needed. As you improve as a runner, you will need to adjust your standards of success. New runners see huge gains early as their fitness improves. Unfortunately, as your fitness and PR times improve, the amount you continue to get better will become smaller. For example, elite runners are ecstatic if they can take 10 seconds off their 10k time. You need to adjust your perception of success and goals according to your improving fitness level.

4. Set Goals Based On You. Too many of us get caught in the trap of setting goals based on how other do. You cannot control the race of the runner next to you. Focus on running a time or at a level based on how you actually train. If your goals are based on someone else's race, you will probably end up frustrated and angry more often than not. Also, do not set goals that depend on others not reaching theirs.

5. Stay Accountable. All of us have ways to stay accountable. Some tell everyone their goals. Others write their goals on a piece of paper and keep it with them at all times or put it on their refrigerator. Some seem to need no reminder at all. Find what works for you.

6. Get Excited. Goals are intended to be positive measures of success. If they are dragging you down or causing frustration, reevaluate the process that put the goal in place. Ask someone an experienced runner for guidance. If necessary, step back and make sure your training and fitness level match the goal. With the right goal, your running can be a very rewarding experience.



LAKE MARTIN 50
50 MILE TRAIL RACE & 27 MILE FUN RUN
MARCH 23, 2013

THE RUN IS ALONG THE SHORES OF LAKE MARTIN, ENTIRELY ON THE RUSSELL FOREST TRAIL SYSTEM. THE COURSE IS 99 % SINGLE TRACK TRAILS AND GRAVEL TRAILS OR ROADWAYS THAT DO NOT ALLOW CARS. THIS IS THE PERFECT "FIRST 50 MILER" WITH 8 AID STATION STOPS, YET THE ENTIRE COURSE IS SERVICED BY TWO AID STATION AND NO REPEATED TRAILS.

REGISTRATION AT ULTRASIGNUP.COM
WEBSITE: SOUTHEASTERNTRAILRUNS.COM OR
LAKEMARTIN100MILE.HOMESTEAD.COM

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THE VULCAN RUNNER SEES CHANGE AFTER 7.5 YEARS

— Submitted by Mark Baggett

The Vulcan Runner (Editor/Designer, 2005-'12)

In the Spring of 2005 I decided to join Danny Haralson's 'Couch to 5k' group in an effort to be healthier and meet new people. While running next to Haralson one evening on Lakeshore Trail, he began talking about *The Vulcan Runner* – the monthly club newsletter. Haralson, who at the time was the club's President, mentioned the member who was currently in charge had not been able to produce the newsletter but every few months. Someone else needed to take it over, beef it up and open back up the lines of club communication. I was looking to get involved in the BTC so I saw this as a great opportunity to help out. Being a full-time graphic designer/artist at *The Birmingham News* and having the know-how, I spoke up and volunteered to take it over, at least for a short while and also give it a much needed design make-over. So, in June of 2005, I released the first issue of a newly revamped full-color club newsletter.

For the first three years of producing *The Vulcan Runner*, I had to stay late at work each month (or come in during my days off) as I didn't have the design software on my home computer to create the newsletter. Thankfully, in 2008, the BTC Executive Committee agreed to purchase a laptop and necessary software for me to use so I could continue to produce the newsletter, but in the comforts of my own home or on the road.

Taking on the responsibility of the club newsletter opened up the door even further for me to discover ways to get involved in the BTC. A short while after

taking over the newsletter I was appointed BTC Vice-President by Haralson and I also served as the club's Social Chairperson. That eventually led to me being elected BTC President, which I served two terms. For 2008 I was awarded the club's highest honor, the **Dr. Arthur Black/Rick Melanson Annual Service Award** for my contributions as editor/designer with *The Vulcan Runner* which was a huge honor for me.

Being the "wizard behind the curtain" of *The Vulcan Runner* newsletter has been a pride of mine for the past 7.5 years. If you'd mentioned to me years ago that in 2012 I'd still be producing, designing/laying out the club newsletter I'd probably asked you how much you'd had to drink, but issue after issue turned into months and that into years.

Unfortunately I don't think most people understand how much time and effort can go into creating a newsletter of this caliber and at times it also was a pain. Other than that, I'm very happy with the new direction and product I was able to provide to the Birmingham running community over the years, and am thankful I happened to hear Haralson mention the need for a volunteer to take it over on that Lakeshore Trail run.

With all of that being said, this January issue of *The Vulcan Runner* will see someone else finally taking over the monthly newsletter responsibilities. I thank the BTC for the opportunity to play such an important part in its growth over the past years and I look forward to reading future newsletters as it continues to move forward with a fresh look and new ideas. I encourage all BTC

THE VULCAN RUNNER IN RETROSPECT

(June 2005-Dec. 2012)

- ▶ **Issues produced:** 80
- ▶ **Hours spent:** 880 (approx.)
- ▶ **Pages published:** 1,520
- ▶ **Design Software:** Adobe InDesign & Adobe Photoshop
- ▶ **Presidents Served:** 5
(Danny Haralson, Mark Baggett, Johnaca Kelley, Brad Clay, Jennifer Andress)

members to share their own experiences and thoughts over the coming years and contribute them to *The Vulcan Runner*. Getting involved in the BTC is one of the best decisions I've made and the rewards I received back were tremendous.

There are many members who've contributed articles to the newsletter over the years and I thank them all. Specifically, I'd like to thank **Michele Parr**, who has consistently submitted her "The View from the Back of the Pack" and "1200 Mile Club" in addition to many other articles she's shared with the group over the past 7.5 years. I would also like to thank **Phil Min, Brad Clay, Rick Melanson, Geoff Gottlieb, Danny Haralson, Tim O'Brien, Natalie Ferguson, Randy Lyle, Johnaca Kelley, Jay Young, Amanda Vandegrift, Al DiMicco, Alex Morrow, Stacey Gordon** and **Jennifer Andress** for their numerous editorial contributions over the years.

See you on the roads! •

btcpresident07@gmail.com



Are you a new runner just graduating from a Couch program wanting to continue your training? Are you an experienced runner wanting more manageable distances? Want a group to run with on Sat. morning? Then join us for a new program the BTC is starting in January. The Saturday Mod Run (Moderate Distance) will offer weekly 3 – 7 mile routes and a group to enjoy your continued training. Distances and routes will vary based on upcoming races. Look for more information on the BTC website.



Southeastern Trail Series

Announcing a new Trail Race Series for 2013 - 7 Races in 7 Months
Enter the series starting in April with a 3 mile run. Finish in November running a 50K.



Southeastern Trail Runs has created a series of trail races beginning in April of 2013, starting with runs as short as three miles, build in distance and difficulty through the spring, summer and fall, culminating in a 50K in November. Run the series and be ready for the Ultra. The series will consist of 7 races. We will help runners create a training schedule, offer "how to" guidance and training runs to help participants reach their goal, whether that goal is a 50K or the Lake Martin100. Runners finishing all 7 events will receive special awards and earn points in the Southeastern Trail Series Points Championship.

The Trail Series will begin April 13th at Oak Mountain State Park with a 3 and 6 mile race. The second race will be the Run for Kids Challenge on May 4th. The third race will be May 23, Memorial Day Weekend. Join us for a fun series with opportunities for some great awards. Discounts are available for early registration at Ultrasignup.com. Register for the entire series and receive one race free. See our website for more information. SoutheasternTrailRuns.com
Register at Ultrasignup.com

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THE 1200 MILE CLUB

Last	First	Total	Nov	Oct
Adamy	Mary	1158.2	85.2	138.7
Affuso	Olivia	1320	106	170
Allen	Darnell	1256.4		130
Andress	Jennifer	1650.5	131	162
Armstrong	Tommy	479.2		
Atkins	Brian	1101	119.3	121
Ballard	Bill	1134.9	76.5	109.2
Barry	David	1389.9		55
Baskerville	Jennifer	814.1		
Benner	Kimberley	646.1		103.1
Benson	Wayne	1166	92	115
Bettis	Natasha	88		
Bonatz	Ekkehard	2859	208	253
Booher	Lisa	1479.16	111.68	113.91
Bradshaw-Whittemore	Al	797.15	126.62	112.03
Brown	Charlie	1151.18	66.16	127.07
Bryant	David	1907	190	126
Bullock	Sharon	243.6		
Burke	Chad	1637.9	167.2	168.2
Burnette	Jack	1120	86.3	91.5
Burton	Daniel	973		123
Caldwell	Greg	1171.3	120.4	125.3
Chandler	Teresa	1144	81	100
Clay	Brad	2865	158	300
Crain	Teresa	226.4		
Crawford	Jennifer	1488	106	130
Creed	Brad	825.5		87.8
Davis	Wayne	1075	83	128
Dean	John	898		115
DiMicco	Al	1341.8	125	108.7
Dodson	Brooke	1212	77	92
Dortch	Cherie	1082.89	113.2	133.1
Dunham	Kelly	1001.75		110
Dunn	Wade	577		
Engels	John	1133.7	98.6	94.5
Estes	Jeff	340		
Evans	Bob	709		
Farrell	Meredith	797.1		94.5
Fite	Rebecca	1255.19	52.97	114.97
Ford	Joe	1094		103
Franklin	Shane	1433.47		135.6
Frederick	Winston	1316	107	144
Ganus	Jack	1230	101	115
Gann	Michael	1662	150	158
Gillis	Sam	1055	106	41
Glaub	Chris	1314		137
Goode	Johnny	1583	145	162
Goolsby	John	814.45		91
Greenwald	Bill	907	55	34
Grossmann	Christopher	1061.58		97.58
Guenster	Dirk	702.4		
Hales	Susan	471		
Hallmark	Daryl	1276.6	103	136.5
Haralson	Danny	1209.5	130	140
Haralson	Micki	1208.2	10.5	108.5
Hargrave	Alan	1178	102	132
Harris	Vickie	1209	148	152
Harrison	Lisa	1405.2	99.7	168
Hathorne	Chad	889.04	76.78	104.38
Haugh	Spencer	1192.6	127	145.3
Henry	David	1137.1	102	68
Hickerson	Patrick	1226	113	108
Hill	Jim	1160.5	53	56.2
Hiller	Russ	1565.14	105.96	159.57
Hinton	Gretchen	474.8		
Honea	Todd	1131	101	93
Hopper	Erica	2190.8		
Hoover	Alison	1322.27	108.91	142.72
Hulsey	Donnette	627.26		
Ingram	Joseph	1155	110	117
Ingram	Kimberly	158		
Izard	Melody	992.9		82.4
Jenkins	Mike	925		

Last	First	Total	Nov	Oct
Jones	Delpha	771.64		
Jones	Latoria	488		
Kahn	David	857.12	139.22	88.23
Kirkwood	Teresa	1204	142	140
Kuhn	Jimmy	1241	101	117
Langston	Richard	1299.73	101.7	118.4
Lindsey	Jonathan	845.91		78.58
Longshore	Les	169		29
Losole	Liz	1146.2	114	119.2
Lowell	Allison	1619.53	86.56	156.04
Lucas	Jane	1100	60	122
Lupinacci	Tim	1160.8	133.2	113.6
Lyle	Randy	2428.5	181	213.5
Martinez	Jeff	981.62	90	175.25
McCalley	Charles	1033.3	100.35	112.5
Meadows	Bryan	1282.3	180	100.33
Milam	Heather	682.88		
Morgan	Cary	1911		219
Morgan	Danielle	1359.4	59.2	162
Morgan	Phil	1514	137.2	182
Morrow	Alex	1668.88		135.7
Muck	Randall	172		
Myers	Bill	1467	119	143
Nealon	Tonya	192.21		
Northern	Kristie	1141.11		125.8
Oehrlein	Kimberly	737.6		
O'Neal	Alicia	860.54		
Parr	Michele	1001	71	126
Pasqualini	Ellie	1286.5		141.5
Pasqualini	Greg	1065.5		139
Patterson	Cathy	1267		
Pearce	Julie	1486.41	120.11	127.93
Perry	Jeff	2413.1	161.7	214.8
Phillips	David	1113.2	112	86.2
Phillips	Stefanie	1564	53	95
Porter	Chilton	468	34	35
Randall	Lisa	1741.07	193.75	167
Reisinger	Kaitlin	894		110
Richey	Jim	476.2	37.1	27
Roberts	Tim	1483.5	141	107.7
Rollins	Stephanie	228.4		
Ross	Nate	1464.1	139	145
Rushing	Lance	128.51		
Russell	Tom	1233.49	99.5	87
Rutherford	Keith	1739	135	204
Sample	Holly	366		
Schedler	Amanda	536.85		
Sharpe	Kaye	28		
Shaw	Michelle	30.89		
Shinn	Ron	802.93	109.4	148.62
Silwal	Suman	1548.5	180.3	138.1
Skjellum	Jennifer	1212.88	107.41	125.48
Smith	Jerry	1190	119	111
South	Christopher	454.62		
Stearns	David	1153	87	117
Stewart	Amy	100		
Stockton	Rick	1421.22	121.17	138.3
Stroud	Vanessa	1505.65	165.6	116
Thornton	Dean	1192.3	147.6	166.6
Thursby	Vann	1429.99		132.42
Tichnell	Josh	398.43		
Turner	Kile	708.3		
Turner	Sara	1065	52	92
Washburn	Kevin	1280.6	45.93	83.02
Weisberg	Scott	1581		174
Whately	Prince	2468.6	286.2	176.4
Whitford	Ray	1197.5	86	52
Wingo	Greg	1567	147	106
Woody	Bill	1486	140	197
Wu	Xing	1185.49	78.6	91.13
Yancey	Lisa	713.4		80
Zehnder	Justin	1871	168	210

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

Birmingham Track Club

MEMBERSHIP APPLICATION

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



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

PLEASE check one:

New Member application

Renewal

Change of Address

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ Male Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

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

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

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

Date

YEARLY MEMBERSHIP

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

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

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

btomembership@gmail.com



BTC MILEAGE LOG



MONTH	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	GOAL	TOTAL	
Jan.																																		
Feb.																																		
Mar.																																		
April																																		
May																																		
June																																		
July																																		
Aug.																																		
Sept.																																		
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Jan.-Dec. TOTAL																																		