



★ BIRMINGHAM TRACK CLUB ★
★ WHERE RUNNERS ARE FORGED ★

THE VULCAN RUNNER



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March 2015

Issue ③

GIRLS ON THE RUN

THIS ISSUE

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Girls on the Run-Birmingham (#GOTRBham) is part of an international movement aimed to inspire girls to be just that. But first and foremost, the Girls of GOTRBham want to say “THANK YOU” to the Birmingham Track Club for supporting us with your generous donation.



Along with YOU and the tireless volunteers in the Birmingham community, our positive youth development program has experienced the AWESOME success of serving over 1,000 3rd through 5th grade girls since its inception in 2011. The GOTR 10-week program is for every girl who has ever been afraid to be herself, to speak up and to be different, gain the skills she needs to deal with tough issues through participation in fun activities that incorporate running.



Some of the GOTR lessons were featured at the PowerUp! fundraising dinner held before the GOTRBham goal race at the Magic City 5K for the attendees to experience firsthand. First, the No Nonsense Nelly monster gave attendees the opportunity to write down a negative thought and throw it into the monster’s mouth as a way of letting go of negative self-talk and supporting self-acceptance. Second, the Gratitude station asked attendees to write down something for which they were grateful, which encourages joyfulness. A third station focused on thinking about values, and the attendees placed a pin on the line between agree and disagree for statements such as “ If someone is asking for money on the street, you should help them.” And lastly, attendees answered questions about two magazine ads to raise awareness about the negative portrayal of girls and women in the media. Much to our surprise, the GOTR lessons were a huge success, with both women and men talking about how much they enjoyed participating in the activities and how useful the information was for them, even as adults.



GOTRBham is having a positive impact on the community through our girls and volunteer coaches. You can see the joy and playfulness in their smiles as well as the effort the girls put into reaching their goals during the culminating 5K event at the Magic City 5K or our annual signature GOTR 5K (Save the Date: May 9th, 2015).



We hope you will continue to support our programming by running in our 5K as a community runner, as a Running Buddy with one of our girls, or as a SoleMate® to help raise funds for GOTR programs! Where the rubber meets the road is that we know running changes lives, and coupling that activity with life skills development makes GOTR unique in our community. Thanks again BTC!!!

For more information about Birmingham's chapter of Girls on the Run, including volunteer opportunities and the SoleMate® program, please contact Executive Director Catherine Gregory at:
catherine.gregory@girlsontherunbham.org.

PRESIDENT'S ADDRESS

— Alex Morrow



Hello, fellow BTC Members

March is a month packed full of races! As the weather slowly begins to improve in Alabama, the number of races being held every weekend increases as well. No matter the distance, there is a local race offering it. We love seeing so many people coming out to enjoy our amazing sport and toeing the line! Out of all the March races, there is one in particular we are very excited about. I am proud to announce that the BTC is an official sponsor of the Perseverance 5k and 1 Mile Fun Run on March 14th.

There are three reasons the BTC decided to sponsor this race. First, the Perseverance 5k is celebrating its 25th year. We understand the time, passion, and dedication it takes to host an event for that many years, and our support honors that commitment. Second, the race benefits a great charity, Kids Connection. Proceeds from the race support local children in need, which certainly is a very worthwhile cause. Third, we want to make sure the BTC Membership has a chance to meet this year's special guest, US 50k Record Holder Josh Cox.

Talk about an amazing runner! Here is a quick breakdown of Josh's accomplishments.

- US 50k Record Holder
- 4 Time U.S. Olympic Marathon Trials Qualifier
- 3 Time U.S. National Team Member
- 2 Time Winner Arizona's Rock 'n' Roll Marathon
- 2007 winner, and set course record, at Air Force Marathon
- Winner 2008 Rocket City Marathon
- Set course record at the 1997 Mountain Masochist 50 Mile Trail Run

The accolades go on with several more wins at distances from 5ks to marathons, but I think you get the idea -- this guy can run!

I hope you will join us on March 14 for a day of running, refreshments, awards, door prizes, and a whole lot of fun. The event is family friendly with plenty to keep the kids entertained, so bring the whole crew!

One last thing: because you are a BTC Member, you will receive a discount when you register. When you check out online, you will be asked if you are a BTC member; click "yes" to get your discount. Click the link below to register.

<https://runsignup.com/Race/AL/Birmingham/DawsonPerseverance5K>

I would like to close with a request directed to every BTC Member who was willing to read my ramblings thus far! Every month it seems we set a new membership record. I love that the BTC is being used as a vehicle to deliver the joy of walking and running to so many out there, and when I see numbers like 1,251 (the number of members we had at the time of this writing), it puts a smile on my face.

This is why we need YOU. With an organization this size, we are always in need of members willing to become more involved. Whether it is taking on the leadership role of a BTC Committee Chair, or joining in as a committee member, we would love to have you with us. As long as you are passionate about running, enjoy sharing a laugh, and do not mind a little hard work, we have spot for you. The pay stinks, but we sure do have a lot of fun! ;-) Shoot me an email. Let's find a way to get you involved.

president@birminghamtrackclub.com

I look forward to hearing from you, and I can't wait to see everyone at the Perseverance 5k!

Kindest Regards,

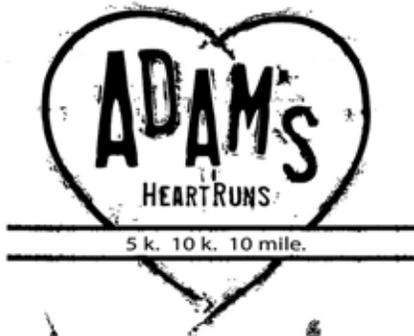
Alex Morrow

BTC President

2015

★ *BTC RACE* ★

SERIES



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

Must be a BTC member- see

www.birminghamtrackclub.com for details,

————— and to **join!** —————

REGISTRATION HERE

2015 Officers



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Alex Morrow
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Vice-President

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Past-President

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BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Moderate Group Coordinator
Medical Director Emeritus
Medical Director
Social Chair
Marketing/Social Media
Membership
Membership Benefits
Merchandise
"The Vulcan Runner" Editor
Club Photographer
Japan Exchange Program
1200 Mile Club
Road Race Emeritus
Volunteer Coordinator
Historian
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Race Coordinator
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BTC Race Directors

Adam's Heart Run
Statue 2 Statue
Peavine Falls
Vulcan Run

Allison Stone
Judy Loo
Alex Morrow
Allison Stone

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astone128@rocketmail.com

BTC Mission Statement

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

Contact BTC at:

Birmingham Track Club
P.O. Box 530363
Birmingham, AL 35253
info@BirminghamTrackClub.com

Race Results

Find the latest and most complete local race results at the following:
birminghamtrackclub.com
championship-racing.com

Birmingham Track Club & The Dawson Family of Faith

— P R E S E N T —



JoshCox

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

Four-time **U.S. Olympic Trials Qualifier**
Three-time **U.S. National Team Member**

25th Annual

DAWSON Perseverance 5K & 1 Mile Fun Run

BENEFITTING: Kids Connection

Saturday

March 14, 2015

8:00 a.m. Perseverance 5K

9:00 a.m. 1 Mile Fun Run

9:20 a.m. Josh Cox

9:45 a.m. – 11:30 a.m.

Neighborhood Block Party

dawsonchurch.org/dawson5k



#Dawson5K



DAWSON
Family of Faith

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

STATUE 2 STATUE



Long touted as “the South’s Toughest 15k,” this year’s Statue to Statue race is set for April 18th. As one of the signature races in the BTC Race series, Statue to Statue is a local favorite, despite its nickname! When I hear people say they are afraid to run this course because of a particular hill on the course, I reply back with “what hill?” and a big grin on my face. Hills in Birmingham? We all know it’s next to impossible to find a course in Birmingham without them! But after they cross the finish line, those same people often look for me just to tell me how much they LOVE this race!

The race has grown since I became the Race Director. With the help of Michele Parr and Debbie Cleghorn, and the support of the BTC, this event has become a successful race and a “must do” on many runners’ schedules. We ran a promotion during the Mercedes Marathon weekend, and I couldn’t believe the number

of people who signed up to participate. 2015 is shaping up to be a record-breaking year for Statue to Statue, so sign up soon before it’s too late!

We have lots of fun planned for the race and after party, and we are excited for another great morning of challenging running. One of the unique features is that The Birmingham Ultra Trail Running Society (BUTS) members are once again adding their own twist to the race, running not only from statute to statute, but from statute to statute and then back (“Statue to Statue to Statue”).

Early sign up will guarantee you a coveted Statue to Statue shirt, so if you have not yet signed up to run, please do so – you do not want to miss this one! We’re looking forward to a fabulous race!

— by *Judy Loo*



WE WANT YOU!

The BTC continues to grow! With more than 1200 members, we would love to have you more involved with your club. There are opportunities on the BTC Executive Committee and roles on individual committees.

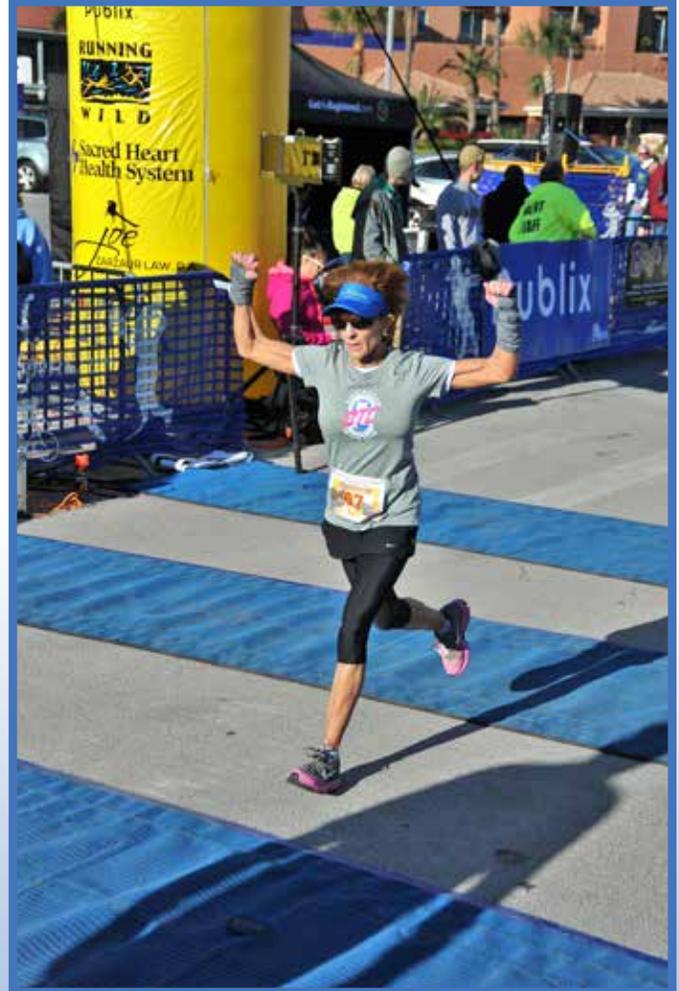
If interested, send an email to:

president@birminghamtrackclub.com

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Micah Morgan-Overall female winner, Mississippi River Marathon, Greenville, MS, 2/14/15



Stacy Kadle-Double Bridge 15k, Pensacola Beach, FL, 2/7/15



Misa Booher-Dzibanche Mayan ruins, outside Costa Maya, Mexico



Kevin Bokus and Jen Grob Jackson looking strong at the finish of the Mercedes Half Marathon. -Photo Credit AL.com

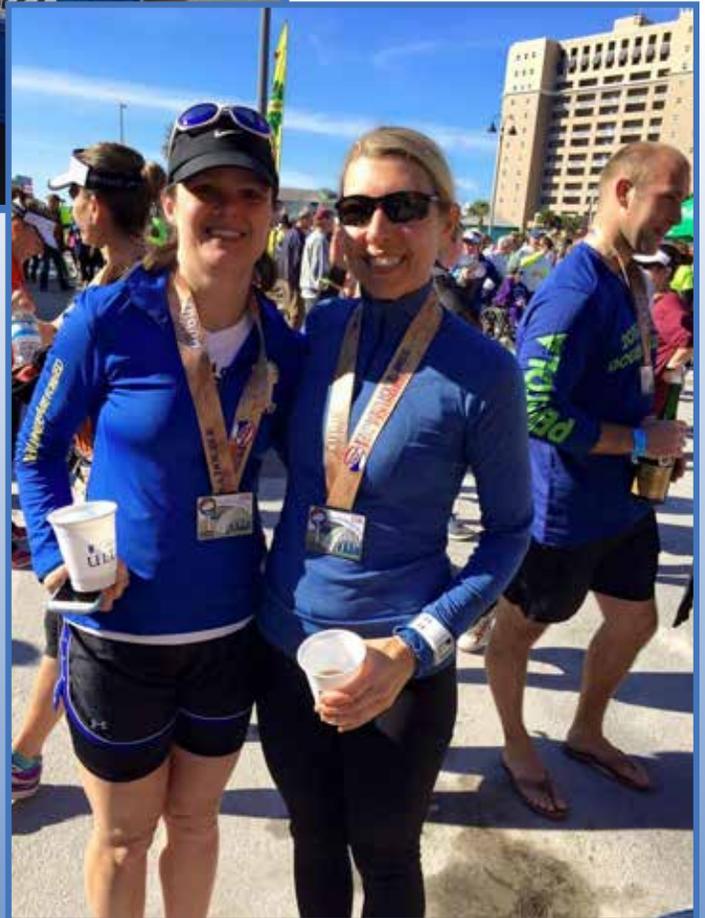
SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Kevin Roberson, Shane Norris, Beth Norris and Lance Weeks following the Mercedes Half Marathon

SEND US YOUR PICTURES
WITH YOUR BTC APPAREL

Show us where the BTC has taken you!
Email photos to: JPearce@ggh-law.com



LaRonda Corrin and Jenny Barry, Double Bridge 15k, Pensacola Beach, FL, 2/7/15



STEEPLE TO STEEPLE MARCH 21, 2015

is a USAT&F certified point-to-point 5K that will take runners from
Trinity United Methodist Church in Homewood, AL to
Canterbury United Methodist Church in Mountain Brook, AL.

Benefiting the United Methodist Children's Home
this event will be chip-timed and will offer a Fun Run as well.

**REGISTER AT:
WWW.STEEPLE2STEEPLE.COM**

OAK MOUNTAIN TRAILS

— *by David Tosch*

I have been running at Oak Mountain State Park for about 17 years now and the trails are in better condition now than they have ever been. Back in the 90s you had better know where you were going before starting out on a run at OMSP. What few blazes were out there were painted on rocks or trees, which was fine as long as the tree was still standing or the paint had not faded to the point it was barely visible. Many of the less used trails were an adventure, with overgrown bushes and shrubs blocking the trails in places, downed trees to climb over and the further you were from a trailhead the fewer blazes there were.

Fifteen years ago I almost never encountered anyone on any trail other than the Peavine Falls Trail from the parking lot or the Green Trail coming up to Peavine Falls. (In all fairness, I never ran from the North Trail Head back then so I don't know how much the north end of the Blue or White trails were used.) I will say this, I do not remember ever encountering anyone on the Blue Trail between the Orange Trail at post #14 and Peavine Falls, post #25.

Over the last few years I have noticed a big change in the trails. For one thing the trails are very well marked with blazes that are easy to spot and virtually line-of-sight. You rarely, if ever, have to deal with bushes obstructing the trails. Sections of trail that were in very poor condition and badly washed out simply disappear and are replaced by much better trails. Signs appeared all over the park telling you where you were and how far it is to "The Falls" or the "Main Road" or the "North Trail Head" and which way to go to get there. Fallen trees across trails are removed and very little trash can be found anywhere in the park.

I am sure many of you think, just as I originally did, the park has added a trail maintenance team with a

budget for signs, benches, blazes, bridges and water bars. Well, think again. What happened was Steve Cloues. He has virtually single handedly reconstructed the trails at Oak Mountain State Park. And by the way, one of the first things the park told Steve when he offered to volunteer was "Don't ask for money, there isn't any.") Steve makes all those signs, bridges and benches himself and supplies the materials. The park does allow him to salvage materials left from park repairs and construction projects when available.

But, rather than me try to tell his story, here it is in Steve's own words.

When I moved to Birmingham in 1978 for work with my family, the first place we visited was Oak Mountain State Park, because I like hiking. During those eight years I went often to hike the trails for refreshment, see the wilderness, and the exercise.

Moved to Montgomery in 1986, so didn't get to OMSP very often, really missed the place. Retired in 2005, freedom to change my routines. While hiking in September 2006, I stopped by the Park Office, told them of my desire to volunteer to maintain the hiking trails. A Park Ranger pulled out the application form, sign here. He had two criteria for the 35 miles of hiking trails: I don't want anyone hurt or lost.

My first tasks were putting up some direction signs, blazing the trail with 2x6" colored vinyl blazes, and putting Plexiglas on 22 kiosks so that maps and relevant information could be read.

Then I focused on clarifying the trails by re-

moving downed trees (300 the first year), cutting back bushes, lining the edge with limbs/rocks, chopping the big roots off, and leveling the tread way.

Next I decided to connect the major trails with additional connector trails, so that more loop options were available. And I really enjoyed designing and building over 15 foot-bridges, ranging from 6- to 16-ft.

Then I learned about several scenic spots and marked the access trails with signs/blazes, such as King's Chair, and looped Eagle's Nest to Gentry Gap. Recently at Peavine Falls Parking Lot, the 0.6-mi. Rocky Ridge Loop Trail was built, blazed and signed to give hikers access to a most unique rock out cropping.

Currently I've given attention to erosion control: adding water-bars and side-drains to all the steep trails. Sometimes it was necessary to relocate the trail and reclaim the severely eroded trail, such as the Blue Trail just before Post #6.

Do you have any suggestions for improving the trails, or reporting a problem, or wanting to volunteer? Contact my associate, Lloyd Mize, (lloyd.mize@gmail.com) and let us know your interests and concerns.

Steve Cloues, *VIP Volunteer, Oak Mountain State Park*

Steve does not maintain the Bike Trails. Those, of course, are maintained and constructed by BUMP.

Now that I am officially retired, at least from “a real job” and work full time with Southeastern Trail Runs, I plan to work at the park at least one day a week and help Steve as often as possible. At this time there is a plan to completely reroute the Green Trail because it is virtually impossible to follow since the Jekyll and Hyde bike trail was added. The Green Trail is also in terrible condition and very difficult to descend. I also hope to add some new trails at the north end of the park with the permission of park officials. The routes are already scouted and ready to go.

Steve is out at Oak Mountain State Park almost every Friday. Keep an eye out of a guy carrying a pruning tool and wearing an Oak Mountain Volunteer hat. Thank him for all he does for the park. It has been a blast working with him the last few weeks and I have learned a lot about trail building and trail maintenance. There is always room for more help too. If you have a free day, especially a Friday, let me know. Bring gloves and tools.



Birmingham Ultra Trail Society (BUTS) crew completing a trail laid out by Steve Cloues rerouting the section of the Blue Trail down from the northeast ridge of Double Oak Mtn. below Post #6.

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Rumpshaker 5k

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3 . 14 . 2015

SLOSS FURNACES



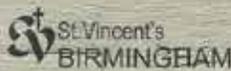
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2015 Southeastern Trail Series Races

March 7 - Village 2 Village Trail Race - 8 Miles*

Mountain Brook Village - 9:30 AM Start

March 21 & 22 – Lake Martin 100, 50 & 27 Mile Trail Races*

Russell Crossroads on Lake Martin, Near Alexander City, Al

April 11 – Tranquility Lake Trail Race - 3 & 6 Mile Races

Oak Mountain State Park – Redbud Pavilion by BMX Track

May 2 – Run for Kids Challenge – 10K, 50K & 12 Hour Races

Oak Mountain State Park – Cedar Pavilion – South end Double Oak Lake

May 23 – Memorial Day Trail Race – 6 & 12 Mile Races

Oak Mountain State Park – Redbud Pavilion by BMX Track

July 25 – Hotter 'N Hell Trail Race – 8 & 16 Mile Races

Oak Mountain State Park – Cedar Pavilion – South end Double Oak Lake

Sept 5 – Ridge 2 Ridge Trail Race – 10.5 & 21 Mile Races

Oak Mountain State Park – Redbud Pavilion by BMX Track

Sept 25, 26 & 27 – Birmingham Stage Race

3 Days – 3 Mountains – 53 Miles, Shades Mtn at Moss Rock Preserve
Red Mountain Park & Oak Mountain State Park

Oct 17 – Birmingham Track Club Race – 4, 7 & 14 Mile Races*

Oak Mountain State Park – Redbud Pavilion – Free to all BTC Members

Oct 31 – Down Syndrome Alabama Trail Race*

Oak Mountain State Park - 5K, 10K & 1 Mile Fun Run

Nov 21 – Tranquility Lake 50K – 50K & 25K Trail Race

Oak Mountain State Park – Redbud Pavilion

Enter the entire series for big savings or sign up for each race individually.

Register at Ultrasignup.com

*These Races are not part of the Southeastern Trail Series Points Championship



salomon



Mountain High
O U T F I T T E R S

SUUNTO



1200 MILE CLUB

The deadline for participating in the 2015 1200 Mile Club is March 31st – please sign up via RunSignUp using the link on the BTC website. You'll receive a monthly email from 1200 Mile Club Coordinator, Ali Hoover, with a link to log the previous month's mileage. Good luck, and happy running!

Participant	Years	Total	Jan	Participant	Years	Total	Jan
Affuso, Olivia	3	133	133	Cliett, Stephanie	R	128	128
Alexander, S Rheagan	R	179	179	Clowers, Addison	R	93	93
Armstrong, Thomas	3	64	64	Coker, Leslie	R	145	145
Bailey, Leslie	1	174	174	Colpack, Chris	R	101	101
Bailey, Tut	R	78	78	Cooper, David	R	53	53
Baker, Mark	1	88	88	Cornelius, Jeff	R	101	101
Baker, Ryan	R	73	73	Corrin, LaRonda	R	115	115
Ballard, William	4	123	123	Corrin, Roger	1	75	75
Barry, Jenny	R	112	112	Cox, Damon	1	131	131
Bartee, Samm	R	59	59	Craig, Mary	R	148	148
Bartlett, Kari	1	93	93	Crawford, Drew	R	53	53
Beasley, Cathy	R	77	77	Creed, Brad	4	102	102
Beggs, Mark	R	3	3	Criswell, Katie	R		
Belcher, Michelle	2	54	54	Criswell, Mark	R		
Benner, Kim	2	101	101	Crumpton, Dan	2	67	67
Benson, Wayne	4	100	100	Davis, Kevin	R	82	82
Berg, Courtney	R	50	50	Davis, LaJuana	R	150	150
Berg, Dustin	R	134	134	Davis, Sarina	R		
Berthold, Jean-Philippe	R	72	72	DeBardeleben, Anne	R	125	125
Beury, Bridget	R	85	85	Dell'Italia, Pat	R	68	68
Bissell, Kim	R	131	131	Dill, Greg	1	48	48
Black, Dylan	R	107	107	DiMicco, Al	3	107	107
Blankenship, Barry	2	123	123	Douglas, Nelle	R	118	118
Bonatz, Ekkehard	6	271	271	Dunn, Wade	6	195	195
Bowman, Brian	R			Easterling, Natalie	R	59	59
Bowman, Leisha	R			Easterling, Tim	R	38	38
Brakhage, Victoria	R	114	114	Echols, Robert	R	30	30
Brown, Charlie	3	118	118	Edge, John	R	120	120
Brown, Michael	1	86	86	Edmonds, Maggie	R	35	35
Brown, Sean	1	105	105	Elrod, Stacey	R	130	130
Bryant, David	1	145	145	Estes, Jeff	R	112	112
Bunch, Bryan	R	68	68	Etchison, Nikki	R		
Bunch, Catherine	R	101	101	Evans, Debbie	1	153	153
Busby, Madeline	1	131	131	Fell, Amy	2	140	140
Byrd, David	R	50	50	Feller, Beth	1	94	94
Callahan, Rachel	R	108	108	Ferlitto, Cindy	R	6	6
Carroll, Chad	R	42	42	Fincher, Valerie	R	24	24
Carter, Adrienne	R	84	84	Fonteneau, Kira	R	107	107
Casey, Barry	1	106	106	Foust, Hannah	R	118	118
Caviedes, Octavio	1	61	61	Franklin, Shane	3	125	125
Chadha, Jennifer	R	126	126	Frederick, Winston	6	190	190
Chambers, Ron	R	197	197	Gant, Kelli	1	98	98
Chandler, Teresa	5	122	122	Ganus, Jack	7	89	89
Chiesa, Marco	R	63	63	Gaylor, Marcie	1	181	181
Christenberry, Kim	R			Gibson, Darrell	1	101	101
Clay, Brad	7	330	330	Gilbert, John	R	103	103
				Goode, Johnny	5	153	153

Gordon, Brittany	R			Krause, Casey	R	98	98
Greene, Michael	1	99	99	Langston, Aaron	R	90	90
Grice, Jenny	R	84	84	Langston, Richard	3	112	112
Grossmann, Christopher	4	85	85	Leopard, Don	R	150	150
Gullapalli, Satya	1	137	137	Lester, Treva	R	146	146
Haley, Jay	R	83	83	Lichlyter, Lee	R	125	125
Halperin, Dave	1	245	245	Lopez, Eric	R		
Hargrave, Alan	7	110	110	Losole, Liz	5	106	106
Harrelson, Heather	1	119	119	Love, Thomas	1	124	124
Harris Bowser, Javacia	R	40	40	Lyle, Randy	6	205	205
Harris, Robert	R	56	56	Lyles, Chris	R	89	89
Harrison, Lisa	3	121	121	Malec, Tim	R	133	133
Harvey, Gary	R	147	147	Malick, David	1		
Harvey, Gordon	R	171	171	Mason, Erin	R	110	110
Hathorne, Chad	R	123	123	Maughan, Kevin	R	174	174
Hayes, Mikal	R	137	137	McConnell, Kim	1	51	51
Heaton, Bryan	1	87	87	McCoy, Jabe	R	189	189
Henley, Monica	1	88	88	McKenna, Don	1	120	120
Henninger, Alison	R	115	115	McKenna, Regan	R	101	101
Hickerson, Patrick	3	98	98	Mcmahon, Mary Lee	1		
Hill, Quinn	R	105	105	McNair, Kelly	1	132	132
Hill, Susan	1	80	80	McTune, Mark	2		
Hill, Tucker	R	97	97	McVey, Simon	R	136	136
Hollett, Brett	R	163	163	McWilliams, Matthew	R	81	81
Honea, Todd	3	130	130	Meadows, Bryan	2		
Hoover, Alison	3	127	127	Merry, Vicki Sue	2	249	249
Hoover, Jim	R	110	110	Miller, Tracy	R	101	101
House, Beth	2	94	94	Millican, Randy	2	112	112
Housler, Philip	1	60	60	Millsap, Lanier	1	124	124
Hulcher, Alison	R			Mixon, Joshua	R	95	95
Hunt, Leslie	R	141	141	Mooney, Sylvia	R	28	28
Hyatt, Micheal	1	98	98	Moore, Robert	1	182	182
Ingle, Brandon	R	115	115	Morgan, Danielle	3	118	118
Izard, Georgia	R	150	150	Morgan, Phillip	5	144	144
Izard, Melody	R	133	133	Morris, Dewayne	1	128	128
Jackson, Kelly	R	17	17	Morris, Justin	1	110	110
Jenkins, Kaki	1	114	114	Morris, Matt	R	151	151
Johnson, Christy	R	12	12	Morrow, Alex	4	33	33
Johnston, Latta	R	118	118	Mothershed, Janie	1	69	69
Jones, Ira	2	123	123	Murchison, Reginald	1	191	191
Kane, Dawn	1	103	103	Murphy, Mandy	R		
Kane, Michael	1	76	76	Murray, Jason	1	87	87
Kaplan, Justin	R			Norris, Beth	1	115	115
Kelley, Robin	1	189	189	Northern, Kristie	5	116	116
Kemper, Tricia	R	104	104	Oehrlein, Kimberly	R	107	107
Kin, Nicholas	R	75	75	Opsomer, Lilians	R	43	43
Knight, Diane	R	66	66	Osborne, Kristen	R	74	74

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Parks, Charlie	1	238	238	Sloane, Mike	R	109	109
Patlolla, Sandeep	R	53	53	Slocum, Brandon	R	146	146
Peagler, Shana	3	113	113	Smith, Jason	R	138	138
Pearce, Julie	4	44	44	Smith, Jerry	7	87	87
Pearson, Blake	1	142	142	Spurlock, Nivada	1	103	103
Pearson, Mary Scott	R			Stearns, David	7	101	101
Perry, Jeff	4	97	97	Stearns, Robert	R	91	91
Peters, Scott	R	160	160	Steely, Sonia	1	130	130
Pezeshkmehr, Megan	R	122	122	Stephenson, Amber	R	10	10
Pezzillo, Kate	1	48	48	Stockton, Rick	7	70	70
Pigford, Wells	R	65	65	Talley, Shellie	R	91	91
Plante, David	2	160	160	Taylor, Trey	1	35	35
Poole, Greg	1			Thomas, Eric	2	195	195
Porter, Michael	R			Thornton, Dean	3	125	125
Portwood, Paul	R	174	174	Tichnell, Josh	R	103	103
Powell, Tim	R	117	117	Tillery, Shaun	R	118	118
Prestridge, John	R	100	100	Traylor, Loren	R	102	102
Ralph, Meghan	R	102	102	Varnes, Vickie	1	197	197
Ramsey, Jamey	R	148	148	Vinson, Hope	R	78	78
Randall, Lisa	5	178	178	Wales, Kevin	R	101	101
Ratliff, Garnet	R	51	51	Walker, Caroline	R	104	104
Richardson, William	R	134	134	Wall, Ron	2	133	133
Roberie, Josh	R	107	107	Walters, Lara	1		
Roberson, Kevin	1	180	180	Warren, Tom	R	140	140
Roberts, Fletcher	R	85	85	Watkins, Janet	R	74	74
Roberts, Stephen	R	106	106	Watters, Robert	R	141	141
Robinson, Rod	R	89	89	Weber, Amy	R	97	97
Rocha, Roger	1	121	121	Weber, Lauren	R	15	15
Rodriguez, Angie	1	103	103	Weeks, Max	R	14	14
Rodriguez, Rick	R	54	54	Whately, Prince	7	234	234
Roper, Lynn	R			Whidden, Lisa	1	127	127
Rose, Billy	R	166	166	Whitt, Trey	2	108	108
Routman, Cynthia	R	65	65	Williams, Christopher	R	32	32
Rutledge, Lisa	R	120	120	Williamson, Chad	2	70	70
Sadler, Jason	R	108	108	Wilson, Teresa	1	118	118
Sarrett, Kemper	R	96	96	Windle, Dale	R	119	119
Schaefer, Todd	R	123	123	Woody, Bill	6	165	165
Secor, Debi	R	181	181	Wright, Sean	1	90	90
Self, Travis	R	117	117	Wu, Xing	5	132	132
Shaffield, Danny	1	182	182	York, Gary	1	132	132
Shaffield, Mitzi	R	49	49	Young, Alyse	R	102	102
Shaw, John	R	93	93	Zehnder, Justin	5	169	169
Shinn, Ronald	4	101	101	Zimlich, Kimberly	R	100	100
Shirley, Scott	1	159	159				
Simmons, Kelly	R						
Simpson, Kevin	1	195	195				
Sims, Robert	1	107	107				

GIVING BACK TO THE COMMUNITY

— by Jay Young

The Regular Runners (or “RR’s” as we call ourselves) don’t only participate in runs so we can gloat in *The Vulcan Runner* or send in our group photos decked out in BTC gear. As a group, we also volunteer our time and energy for worthwhile causes that have a strong connection to running and the running community.

The Regular Runners occasionally have told of our exploits and foibles as we traversed the globe in prior editions of *The Vulcan Runner*. Our group typically runs in the Hoover and Mountain Brook areas, and we’ve enjoyed supporting and participating in the Mercedes Marathon, the Vulcan Run, Adam’s Heart Run, and other locally supported races (a quick shout out to the RR’s first timers who just completed the 2015 Mercedes Marathon: Erin Mason, Faye Wallin and Alyse Young – way to go, ladies!)

Over the years, many of us have discovered a shared love of travel, and we’ve organized group trips for races in Japan, Greece and Italy. But our mutual love of travel is not all we have in common. Although our group enjoys running and traveling together, we began to look for a way to give back to our community in a meaningful way, as a group.

For more about the Regular Runners, or any of the running groups associated with the BTC, visit the Group Runs page on the BTC website. www.birminghamtrackclub.com

As in years past and especially this year, the RR’s are the “runner volunteers” for **Brenda Ladun’s 11th Annual Conquer Cancer Run** on March 7th at St Vincent’s One Nineteen Health and Wellness. The 5k and one mile fun run also features many free or low cost health screenings for participants. Cancer has touched so many of us in different ways, but the Conquer Cancer Run represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated.

In an effort to raise the bar, I am encouraging, cajoling and hounding those of you reading this to get involved, volunteer your time and/or participate in the Conquer Cancer Run. Brenda Ladun’s story as a cancer survivor and the fund raising she has been able to accomplish through this effort is nothing short of remarkable. The RR’s are proud to be associated with this effort, and we hope that you will find in your hearts to take up this cause as well.

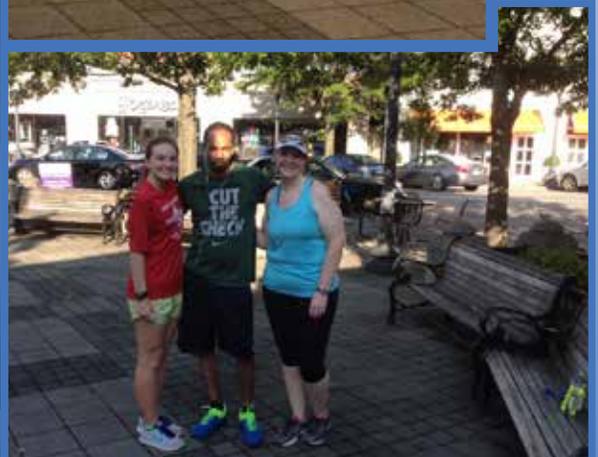
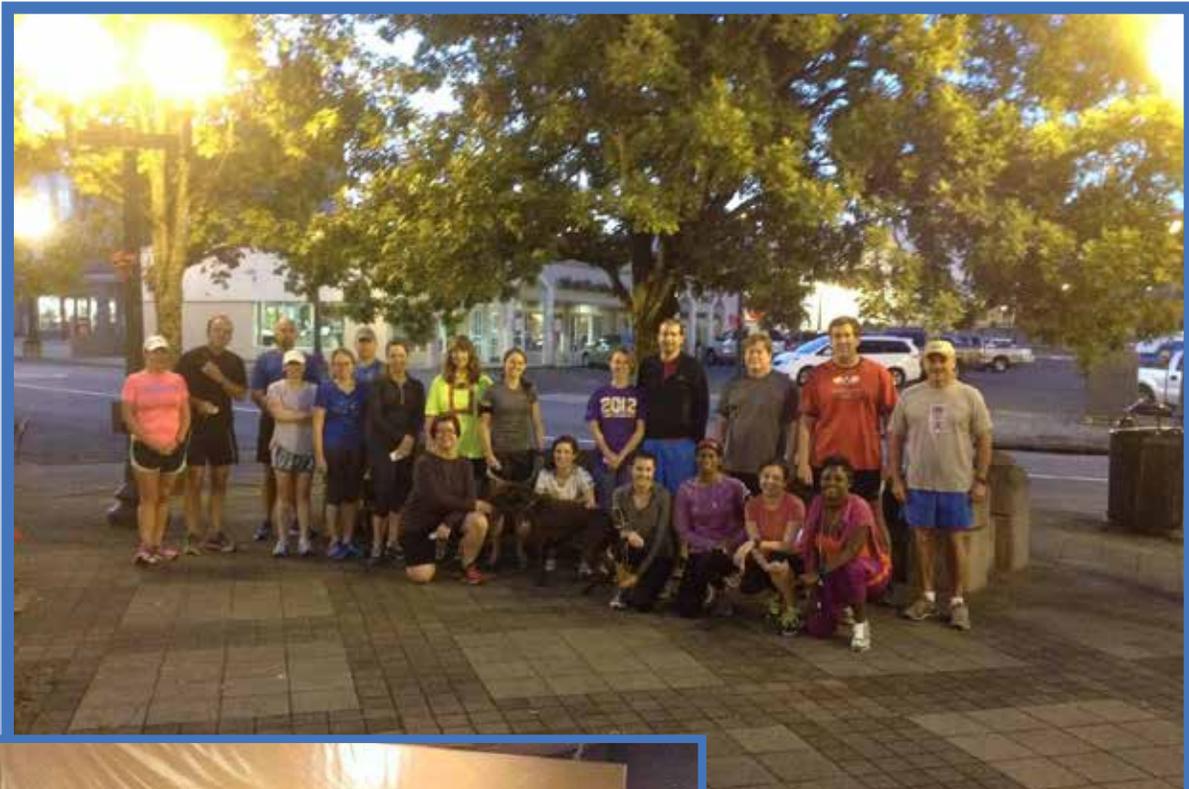
Well, enough about the RR’s. Gotta run...



Saturday Morning Moderate Runs

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

JOIN US!



GETTIN' DIRTY....

—by Vanessa Stroud

Hey, ever wonder what's out there? No, not in space. I'm talking about where the pavement ends...past the flat, smooth, clean road through quaint neighborhoods, cute shops, convenience stores...and into what? Weeds? Trees? Sounds like a lot of nothing to look at and keep you occupied as you pound out the miles.

But you've heard it's beautiful, all this nothingness. Seen selfies of picturesque vistas around each corner. New and ever evolving landscapes just waiting for only those who journey by foot to discover and appreciate. Places so removed from our crazy everyday world that cell service falls away like the cliff you find yourself on. Even heard some describe it as soul-changing.

So, what's holding you back from seeing for yourself what it's all about? This trail running thing? Don't you want to see and experience things most people will never know even exist?

But isn't it hard? Rough? Hilly? Dirty? I might trip and fall. . . .It's so remote – there aren't any restrooms! What about snakes, coyotes, bears, panthers, and things that go bump in the night? Wait, trail run at night? I could never. . .Really? *Yes. You. Can.* Instead, think about a great, big, fabulous world opening up for you to discover beauty beyond your imagination, both on the trails and within yourself.

But how, you ask? Why, it's as easy as tossing on your shoes and heading out the door to the nearest trailhead, of which we here in Birmingham are blessed with quite a selection. It doesn't require much gear at all, just a willingness to escape normal life and act like a kid for a while. (Some of you may have to dig deeper than others.)



(Pictured L to R): Donna Arrington, Nicole Benke, Mary Adamy, Mary Campbell, Marnie Erdman, Sonia Steely, Vanessa Stroud. Not pictured: Lisa Booher, Tanya Sylvan

*It's opener there In the wide open air.
Out there things can happen, And frequently do
To people as brainy and footsy as you.
And when things start to happen, don't worry. Don't
stew. Just go right along. You'll start happening too.
Oh, The Places You'll Go! Dr. Seuss*

Here are 10 basic ideas that will set you on the right path to trail running bliss. . .

1. Decent trail shoes are good to have. Lots of styles from minimus to maximal are available at some pretty reasonable prices. Some outdoor retailers actually rent shoes for you to try, and some brands will show up at races with trial shoes.
2. A handheld bottle or hydration pack is essential, especially when the temps rise. These can be had for a song at big box stores, or outdoor retailers have tricked out styles.

3. If your outing will be more than an hour or two, some calories are a good idea. Gels, small snack bars, nuts, etc. Justin Nut Butters are one of my faves.

4. Always tell someone where you are going, your approximate route, and when you expect to be back. I typically take a selfie and send to the hubs in case he has to describe what I was wearing to search and rescue. He hasn't had to do that, but just in case. . . .

5. If listening to music, keep it low and only use one earbud. Bikes, horses, other runners, even snakes can sneak up on you quickly. Be aware of what's going on around you.

6. If you need to pass someone, just give them a bit of warning such as 'on your left' and pass when it's safe to do so. Not everyone will yield, but courtesy at all times is appreciated by all. Same token if some desires to pass you.

7. If you get lost, do not leave the trail and bushwhack cross country. Not only may you become more lost, but you'll disturb the natural surroundings that may cause erosion, damage to indigenous plants and species, etc. Stay on the trail until you reach trail signage or a road or landmark. It will be much easier to find you at any of these spots than in the backwoods somewhere.

8. Know the poisonous plants. 'Leaves of three let it be' is no joke especially if you're highly allergic. Technu is a fabulous product to combat resulting rashes.

9. Pack it in, pack it out. No littering of any kind, including toilet paper. Take a Ziploc along for any trash that needs to be disposed of once your run is finished.

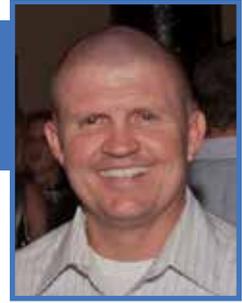
10. It's good (and safer) to run with friends. Birmingham Ultra Trail Society welcomes new trail runners of all shapes, sizes, paces, and dispositions ready to spend hours exploring the trails from here to yon sharing laughs and more times than not, a beer at the end.

And girls, here's your big chance! For less than the cost of a big city marathon, the ladies of BUTS are putting on a **Women's Trail Running Retreat** designed to introduce you to trail running and many of the local resources available to support you as you grow in the sport. Sessions on trail etiquette and safety, injury prevention, strength training, nutrition, yoga, stand up paddle board and more will round out the weekend. Save the date: April 17-19th at Oak Mountain State Park. Register on Ultrasignup.com, and get ready for the time of your life!

So. What are you waiting for? *You've got places to go and mountains to move!*



RUNNING RAMBLINGS



— by Randy Lyle

Quotes

“The person who gets the farthest is generally the one who is willing to do and dare. The sure-thing boat never gets far from shore.”

~ **Dale Carnegie (1888-1955), American writer and lecturer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking and interpersonal skills**

“A non-doer is very often a critic—that is, someone who sits back and watches doers, and then waxes philosophically about how the doers are doing. It’s easy to be a critic, but being a doer requires effort, risk, and change.”

~ **Dr. Wayne W. Dyer, American self-help author and motivational speaker**

“Success is not measured by what you accomplish but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.”

~ **Orison Swett Marden, (1850-1924) American inspirational author who wrote on success in life and how to achieve it**

“The first requisite of success is the ability to apply your physical and mental energies to one problem without growing weary.”

~ **Thomas Edison (1847-1931), American inventor and businessman**

“My mother drew a distinction between achievement and success. She said that achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others. That is nice but not as important or satisfying. Always aim for achievement and forget about success.”

~ **Helen Hayes, American actress whose career spanned almost 80 years**

“The truth of the matter is that there’s nothing you can’t accomplish if: (1) You clearly decide what it is that you’re absolutely committed to achieving, (2) You’re willing to take massive action, (3) You notice what’s working or not, and (4) You continue to change your approach until you achieve what you want, using whatever life gives you along the way.”

~ **Anthony Robbins, American life coach and self-help author**

Ramblings

World Major Achiever

Source: <http://www.worldmarathonmajors.com/>

What do you think of when you hear the word “major”? I looked up the word on www.dictionary.com and found a couple of interesting definitions:

- Noun – one of superior rank, ability, etc., in a special class
- Adjective – greater in size, extent, or importance

What does this have to do with running? I am glad you asked. I decided to look online to see what connection I could find with “major” and “marathon”. On www.active.com, I found a list of the biggest marathons in the United States:

1. ING New York City Marathon – 43,660 finishers
2. Bank of America Chicago Marathon – 33,701 finishers
3. Boston Marathon – 22,843 finishers
4. Marine Corps Marathon – 21,405 finishers

I am not sure which year these numbers represent, but the point is that they are the largest attended marathons in the country. I guess you could consider them the United States’ major marathons.

I know several runners in our area who have run all four of these marathons. Some have completed one or more of these races multiple times. They are all great and unique events in wonderful cities.

On the world level, six marathons are classified as World Marathon Majors: Berlin, Boston, Chicago, London, New York and Tokyo. According to the Abbott World Marathon Majors (AWMM) website, the series “consist[s] of six of the largest and most renowned marathons in the world: Tokyo Marathon, Boston Marathon, Virgin Money London Marathon, BMW BERLIN MARATHON, Bank of America Chicago Marathon and TCS New York City Marathon. The organizers of these events are united in their effort to advance the sport, raise

awareness of its elite athletes, and increase of the level of interest in elite racing among running enthusiasts.” The mission statement of the AWMM is to **“PROVIDE GLOBAL LEADERSHIP IN ELITE AND MASS PARTICIPATION MARATHONS.”**

The AWMM determines the world’s best male and female marathoners, awarding a \$1 million prize purse split evenly by the men’s and women’s champions. The purse is awarded after each full year cycle of competition. A one year series is defined as follows – AWMM Series IX begins at the 2015 Tokyo Marathon and ends upon completion of the 2016 Tokyo Marathon. AWMM Series X begins at the 2016 Boston Marathon and ends upon completion of the 2017 Boston Marathon. Each subsequent series will begin and end at the next AWMM race on the calendar. The Olympic Marathon and IAAF World Championships Marathon will be included in the race schedule in years they are held, but will not begin or end the series.



The ninth running of the Tokyo Marathon on 22 February 2015 marked the official start of Abbott’s title sponsorship of the Abbott World Marathon Majors.

The champions are the male and female runners who score the greatest number of points from Qualifying Races during the one-year scoring period. During each scoring period, points from a maximum of two Qualifying Races will be scored. An athlete must start in two Qualifying Races over the Series cycle to be eligible for the championship. If an athlete earns points in more than two events, the athlete’s highest two finishes will be scored.

Points are allocated following each race as follows:

- **1st Place - 25 Points**
- **2nd Place - 16 Points**
- **3rd Place - 9 Points**
- **4th Place - 4 Points**
- **5th Place - 1 Point**

With his successful completion of the 2015 Tokyo Marathon, one of Birmingham’s own has now completed all six World Majors. **David Kahn** began his quest to complete the major U.S. marathons with the 2009 Chicago Marathon only a year after he began running. He followed that up with the 2010 Marine Corps Marathon, the 2011 New York City Marathon and the 2012 Boston Marathon. To make this achievement more impressive, he started a new business during this same time period and grew Yogurt Mountain to over 40 locations.

Once he completed the largest U.S. marathons, he looked for another goal to go after. Because he was half-way through the World Majors, David decided to complete the three international races. In 2013, he completed the London Marathon. After that, he set his sights on Berlin, which he completed in 2014. With his completion of this year’s Tokyo Marathon, he rounded out the World Majors. As seems to be a trend, David also started another new business, Pizza 120, while wrapping up these international races.



As far as I can tell, David is the first runner in Birmingham to complete all six races of the AWMM series. He may be the only runner in Alabama to complete this feat. We all know that only a miniscule percentage of the population ever complete a marathon, and David has become a member of an even more exclusive group.

Congratulations to David on this most impressive achievement!

BTC MINUTES

The BTC Annual Meeting was held in January in lieu of the regularly scheduled Executive Board meeting; however, minutes from the December 2014 meeting are included below.

December 02, 2014

1. Approval of November minutes.

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

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

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

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

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

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

3. Vulcan Run

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

4. Membership- Olivia Affuso, Alan Hargrave

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

5. Recap from Vulcan – Trish

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

October.

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

Below are a few things to plan for next year:

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

6. Newsletter:

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

7. BTC Race Series

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

8. PO Box

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

9. Statue to Statue

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

10. 1200 Mile Club jackets

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

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

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

11. Year-end awards

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

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

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

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

13. Resolution Run

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

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

14. Wallace McCoy – bday party

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

15. Mercedes - Monica

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

16. Jennifer's last meeting

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

