

THIS ISSUE | PRESIDENT'S MESSAGE: **7** | DIRTY RUNNING: **12** | RUMPSHAKER: **13** | DOWNTOWN RUNNING CLUB: **20**
MERCEDES MARATHON: **8** | PLAYLIST: **17** | IN MEMORY: **14** | BTC RUNNING GROUPS: **24**

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WHERE RUNNERS ARE FORGED



THE VULCAN RUNNER

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1200 Mile Club

RUNNING STRONG AFTER 5 YEARS

By Michele Parr

In 2007 Geoff Gottlieb posed a question: What could the Birmingham Track Club do to help its membership maintain consistency in training? From that simple question came a brand new program introduced in 2008, the 1200 Mile Club.

Most people who have attempted the goal have done the math. It comes down to 100 miles per month, about 23 miles per week, or a little over 3 miles per day. While it's easy to calculate it, it's harder to accomplish. In the five years the program has existed, 171 people have reached the goal. Only 82 have done it more than once. Fourteen have done it all five times.

What makes it so hard to accomplish this goal? First, you have to want to do it. To run the miles needed, sometimes you have to run a little more than usual between



1200 Mile Club

-Continued on Page 2-

training cycles or go run when you just don't feel like it. Second, you have to keep track of those miles and report them month after month. Finally, if you get injured or have any kind of life crisis—work, family, personal—you likely will fall off track.

Why do people do it? Many do it for the challenge. Others do it to have a goal. Some want the accountability of sending miles in every month. A few just want the recognition that comes from the 1200 Mile Club gear.

What do you have to do? Keep track of your miles each month and send them to 1200@birminghamtrackclub.com at the end of each month. (If you send it by the 10th of the next month, your progress will show up in the newsletter the following month. January miles reported by February 10 appear in March.) Training counts. Races count. Running and walking count. Treadmill miles count.

What do you get? Besides a great sense of accomplishment, you'll get a sweet reward at the end of the year. So far that reward has always been a cool jacket the first year you make it and a dated patch for subsequent years. This year we added a little something extra for those who have hit the mark in five consecutive years. (See photo)



1200 Mile Badges and Patches

Interested? If you are an active member of the Birmingham Track Club (that means your dues are current), you are eligible to participate. If you have a family membership, everyone in your family is eligible.

There is a deadline. You must begin reporting miles no later than April 30th to be part of this year's program.

1200 MILE CLUB F.A.Q

Why 1200 miles?

It's a nice round number, easily divisible by 12 months. It's plenty challenging but also quite achievable for distance runners.

Why not offer a 600 mile option for those who don't run such long distances?

Those who run fewer miles are welcome to participate. We'll track their miles and publish their totals along with everyone else's. They just won't get an award. Many who try don't make the goal. Lots of them come back and try the next year.

Why is there a cut-off for signing up?

In order to keep records up to date, runners are asked to submit their miles within 5 weeks of the end of the month. The April 30th deadline actually gives runners some leeway on that since January miles should be reported by early March.

Why not acknowledge those who came close but didn't quite make it?

In a way we do that by posting progress each month in the newsletter. But ultimately, getting to 1200 is a big deal. The spotlight needs to shine there.

Why is it a calendar year program rather than a rolling 12-month program?

There are two basic reasons. First, it simplifies record-keeping on this end if everyone is on the same schedule. Second, it's pretty nice to do awards at the annual party. Isn't it more fun when lots of us are celebrating a common victory?

Why not automate it? That would simplify the record-keeping.

Sure, automating and letting runners enter their own numbers would do that. It would also make all the deadlines absolute, and there have been many runners who have needed a little extra time or a nudge or two to get all their data in. The biggest thing we'd lose is the sense that someone is actually looking at all this data, noticing who is up or down, and sending the occasional encouraging word. Maybe some folks don't need that, but plenty of participants seem to like it.

THE 1200 MILE CLUB

The History of 1200 Milers

Last	First	Years				
Adamy	Mary	2012				
Affuso	Olivia	2012				
Allen	Darnell	2012	2011			
Andress	Jennifer	2012	2011	2010		
Armstrong	Tommy	2009	2008			
Atkins	Brian	2012				
Ballard	Bill	2012	2011			
Barnes	Gary	2008				
Barry	David	2012	2011			
Baskerville	Jennifer	2011	2010			
Beasley	Martin	2010	2009	2008		
Bedics	Tom	2009	2008			
Benson	Wayne	2012	2010	2008		
Bonatz	Ekkhard	2012	2011	2010	2009	2008
Booher	Lisa	2012				
Bradshaw-Whittemore	Al	2011	2010	2009	2008	
Briggs	Melissa	2010				
Brown	Charlie	2012				
Bryant	David	2012				
Bullock	Sharon	2011	2010			
Bunch	Lia	2009	2008			
Burke	Chad	2012				
Burnette	Jack	2012	2011	2010		
Caldwell	Greg	2012	2011			
Castagnetta	Avril	2009				
Chandler	Teresa	2012	2011	2010		
Clark	Beth	2010				
Clay	Brad	2012	2011	2010	2009	2008
Coleman	Harry	2008				
Constantine	Ann	2009	2008			
Cook	Oscar	2010	2009	2008		
Crawford	Jennifer	2012				
Creed	Brad	2011	2010			
Davis	Wayne	2012				
DiMicco	Al	2012				
Dodson	Brooke	2012				
Dortch	Cherie	2012	2011	2010	2009	2008
Dunham	Kelly	2012	2011			
Dunn	Wade	2012	2011	2010	2009	
Eidson	Rachel	2010				
Elmer	Julie	2008				
Engels	John	2012	2011		2009	
Evans	Bob	2008				
Farrell	Meredith	2010	2009			
Fite	Rebecca	2012				
Ford	Jennifer	2009				
Ford	Joe	2012	2011	2010	2009	2008
Franklin	Cecile	2011				
Franklin	Shane	2012				
Frederick	Winston	2012	2011	2009	2008	
Fuqua	Adria	2011				
Ganus	Jack	2012	2011	2010	2009	2008
Gann	Michael	2012				
Gary	Nap	2009				
Gillis	Sam	2012	2011			
Glaub	Chris	2012	2011			
Goff	Ali	2010				
Goode	Johnny	2012	2011	2010		
Goolsby	John	2009	2008			
Gottlieb	Geoff	2008				
Graven	Ed	2008				
Greenwald	Bill	2010				
Grossmann	Christopher	2012	2011	2010		
Hacker	Sara	2008				
Hales	Susan D.	2011				
Hallmark	Daryl	2012	2011			
Haralson	Danny	2012	2010	2009	2008	
Haralson	Micki	2012	2011	2010	2009	2008
Hargrave	Alan	2012	2011	2010	2009	2008
Harris	Dena	2010				
Harris	Kendall	2011				
Harris	Skip	2009				
Harris	Vickie	2012				
Harrison	Lisa	2012				
Haugh	Spencer	2012	2008			
Henry	David	2012	2010	2009		
Hickerson	Patrick	2012				
Hill	Jim	2012				
Hiller	Russ	2012				
Honea	Todd	2012				
Hopper	Erica	2012				
Hoover	Alison	2012				
Ingram	Joseph	2012				
Jenkins	Mike	2011				
Jones	Ira	2011	2010			
Joyce	Lynn	2010	2009	2008		

Last	First	Years				
Joyner	David	2011	2010			
Kiernan	Amy	2008				
Kirkwood	Teresa	2012				
Klasing	Leslie	2009	2008			
Kuhn	Jimmy	2012	2011	2010	2009	2008
Landy	Randi	2008				
Langston	Richard	2012				
Lockhart	Natalie	2008				
Loo	Judy	2011	2010			
Losole	Liz	2012	2011	2010		
Love	Tom	2008				
Lowell	Allison	2012				
Lucas	Jane	2012				
Lupinacci	Tim	2012	2011	2008		
Lyle	Randy	2012	2011	2010	2009	
Macoy	Adrienne	2008				
McCalley	Anna Ruth	2008				
McCalley	Charles	2012	2011	2010	2009	2008
McCarthy	Mike	2009	2008			
McLeod	Jul	2008				
McConnell	Kim	2009				
McKenna	Don	2011				
Meadows	Bryan	2012				
Milam	Heather	2011	2010			
Miller	Pamela	2010				
Morgan	Cary	2012	2011	2010		
Morgan	Danielle	2012		2010		
Morgan	Phil	2012	2011	2010		
Morrow	Alex	2012	2011			
Myers	Bill	2012				
Myers	Micki	2009				
Myers	Tom	2009				
Nealon	Tonya	2011				
Northern	Kristie	2012	2011	2010		
Northern	Will	2011				
Ottinger	Jim	2008				
Parr	Michele	2010	2009			
Pasqualini	Ellie	2012	2011	2010	2009	
Pasqualini	Greg	2012	2009			
Patterson	Cathy	2012				
Peagler	Shana	2011	2010			
Peagler	Zach	2010				
Pearce	Julie	2012	2011			
Perry	Jeff	2012	2011			
Phillips	David	2012				
Phillips	Stefanie	2012				
Randall	Lisa	2012	2011	2010		
Richey	Jim	2009				
Roberts	Tim	2012	2011	2010	2009	2008
Rodriguez	Jose	2011	2010			
Ross	Nate	2012				
Russ	Sarah	2008				
Russell	Tom	2012				
Rutherford	Keith	2012	2011	2010	2009	2008
Sample	Holly	2011	2010	2009		
Sankey	Greg	2009	2008			
Shinn	Ron	2011	2010			
Silwal	Suman	2012	2011			
Skjellum	Jennifer	2012	2011			
Smith	Jerry	2012	2011	2010	2009	2008
South	Christopher	2011	2010			
Spencer	Sheri	2008				
Stearns	David	2012	2011	2010	2009	2008
Stockton	Rick	2012	2011	2010	2009	2008
Stroud	Vanessa	2012	2010			
Thompson	Charles	2008				
Thornton	Dean	2012				
Thursby	Vann	2012	2011			
Triplett	Tommy	2008				
Turano	Cara	2008				
Turner	Kile	2012				
Veal	Matt	2009				
Washburn	Kevin	2012				
Weeks	Lance	2010	2009			
Weisberg	Scott	2012	2011			
Whately	Prince	2012	2011	2010	2009	2008
Whitford	Ray	2012				
Whitt	Trey	2008				
Winborn	Charles	2010				
Wingo	Greg	2012				
Woody	Bill	2012	2011	2010	2009	
Wu	Xing	2012	2011	2010		
Yancey	Lisa	2009	2008			
Young	Charlene	2011				
Zehnder	Justin	2012	2011	2010		

THE 1200 MILE CLUB

January 1200 Milers

Last	First	Total
Adams	Clell	177
Adams	Tammy	170
Affuso	Olivia	115
Allen	Darnell	134.8
Andress	Jennifer	142.5
Armstrong	Tommy	100
Arrington	Donna	95.7
Atkins	Brian	112
Ballard	Bill	92.5
Barry	David	75
Barry	Heather	106
Belcher	Michelle	100.85
Benner	Kimberley	65
Benson	Wayne	120
Bertram	JR	94.5
Blankenship	Barry	138.6
Bonatz	Ekkehard	243
Booher	Lisa	177.23
Bradshaw-Whittemore	Al	124.7
Brakefield	Cheryl	94
Broussard	Julie	89.1
Brown	Charlie	119.39
Browne	Shannon	121.8
Burke	Chad	154
Burnette	Jack	81.2
Burris	Mark	114
Caldwell	Greg	100.4
Chandler	Teresa	97
Choat	Julie	136
Christy	David	48.3
Clay	Brad	214
Coffee	Mitch	147.74
Creed	Brad	103.3
Crumpton	Dan	118
Darden	Amber	54
Davis	Wayne	186
Dean	John	68
Denton	Matt	120
DiMicco	Al	113
Dortch	Cherie	127.3
Dunham	Kelly	97
Dunn	Wade	230.3
Engels	John	124.5
Ensminger	Stephanie	199.48
Estes	Jeff	70
Fasking	Greg	115.4
Fell	Amy	51.5
Feller	Beth	106
Fite	Rebecca	183.36
Fondren	Matt	270
Ford	Joe	100
Franklin	Shane	109.35
Frederick	Winston	157
Ganus	Jack	110
Gann	Michael	191
Gash	John	56
Geisen	Jonathan	97
Gillis	Sam	160
Glaub	Chris	166
Goode	Johnny	124
Gray	Todd	106
Greene	Michael	96.3
Grossmann	Christopher	127.14
Guenster	Dirk	146.25
Hallmark	Daryl	119
Haralson	Danny	142
Haralson	Micki	124.5
Hargrave	Alan	104
Harrelson	Kitty	75
Harris	Robert	58
Harris	Vickie	144
Harrison	Lisa	109
Hartfield	C. Meade	132.7
Haugh	Spencer	157
Hedrick	Nicole	91
Henry	David	132
Hickerson	Patrick	108
Higgins	Shane	113.1

Last	First	Total
Hiller	Russ	93.44
Honea	Todd	104
Hoover	Alison	123.08
House	Beth	111
Ingram	Joseph	94
James	Ryan	116
Johnson	Mark	113.5
Keith	Michael	122
Kirkwood	Teresa	90
Kuhn	Jimmy	128
Langston	Richard	125.9
Leek	Joshua	79
Lester	Treva	15
Longoria	Joseph	175.3
Losole	Liz	110
Lucas	Jane	76.5
Lupinacci	Tim	101.5
Lyle	Randy	225.3
McCalley	Charles	117.7
McCarthy	Nicole	118
McConnell	Kim	100
McMahon	Mary Lee	95.4
McShan	Kenny	132.72
McTune	Mark	209.64
Meadows	Bryan	122
Merry	Vicki	140.3
Millican	Randy	182.99
Milsap	Lanier	87.2
Miner	Caitlin	204
Morgan	Cary	235
Morgan	Danielle	108
Morgan	Phil	154
Morrow	Alex	178.37
Myers	Bill	114
Northern	Kristie	109.1
Osterbuhr	Tom	108
Parr	Michele	71
Pasqualini	Ellie	112
Pasqualini	Greg	48
Patterson	Carrie	127
Pattillo	Jim	94.1
Perry	Jeff	225
Phillips	David	110
Phillips	Stefanie	55
Plante	David	156.5
Porter	Chilton	48
Randall	Lisa	168
Reisinger	Kaitlin	88
Roberts	Tim	105.7
Rose	Jamiko	122
Russell	LaShandra	44.69
Russell	Tom	88.9
Rutherford	Keith	152
Sample	Holly	25
Shinn	Ron	100.71
Silwal	Suman	157.1
Sims	Debbie	89.46
Sims	Kyndle	285
Smith	Jerry	108
South	Christopher	90.32
Stearns	David	125.4
Stockton	Rick	101.7
Stroud	Vanessa	154.5
Talley	Beau	61
Taylor	Trey	178
Thornton	Dean	123.7
Thursby	Vann	159.37
Turner	Chris	55
Vandrell	Richard	65
Wall	Ron	137.7
Washburn	Kevin	94.6
Whatley	Prince	250.6
Whitford	Ray	123.5
Woods	Cindy	94.4
Woody	Bill	149
Wu	Xing	90.95
Yancey	Lisa	83
Zehnder	Justin	189

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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:

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Race Results

Find the latest and most complete
local race results at the following:

birminghamtrackclub.com
trakshak.com **run42k.com**

President's Message

—Jennifer Andress



Hello, BTC!

I am excited to write this column today because it is all about... YOU. Yes you, our fellow BTC Members! We just concluded a huge Mercedes Marathon weekend and the BTC could not be prouder of you, our members!

The BTC Mercedes Marathon Expo booth was action central. We met many of you for the first time and we saw several familiar faces. We loved every minute of it! Everyone had a great time exchanging running stories, offering race-day strategies and sharing race goals. The BTC 1200 Mile Club members came by to pick up their jackets and five-year commemorative coins. A ton of BTC merchandise was sold, and many of you came by to just say, "Hi." It is always such a fun and happy weekend, and with absolutely perfect weather and a full racing field, this year may have been the best yet.

The most wonderful news about you is that so many of you came by to join the BTC! We had a 5% increase in our membership in one weekend. We are now over the 900-member mark and are taking aim at 1000 in the next month. Our invaluable Membership Chair, Dirk Guenster, works hard to recruit new members. He worked all weekend at the expo, ran with his daughters at the Saturday Regions 5K, had a PR in the Half-Marathon Sunday, and then scooted on over to the BTC water stop to hand out water and Powerade to the Marathoners. Thank you for all of your work on behalf of the BTC, Dirk!

But back to you, the members. Once you join, you get involved. Our water stop on the Mercedes course, in addition to our booth at the expo, looked the best they ever have, because both were full of your smiling faces. Our fabulous Volunteer Coordinator, Mark Burris, had been putting together the BTC water stop for quite a while. He made sure we had fun music playing, helped order the beautiful 15-foot BTC logo flags lining Highland Avenue and he recruited a great-looking group of you members to staff it. That spot on Highland Avenue is always where I

need some pumping up, and seeing you at our water stop this year did the trick! Thank you, Mark, and thank you, volunteers!

And what are we doing for you, to show our appreciation (in addition to retailer discounts, fun socials, Saturday Morning Long and Moderate Run Groups, an incredible newsletter, great-looking BTC apparel, and a Volunteer Rewards Program)? As much as we can think of! The first new benefit we have rolled out to you in 2013 comes courtesy of Race Co-ordinators David Barry and Tim Roberts. The entire 2013 BTC Race Series was offered to you for the incredible price of \$50. For \$50 only, BTC members could sign up for all 4 of our fantastic races: Adam's Heart, Statue 2 Statue, Peavine Falls, and, of course, Vulcan Run. In addition, we are designing a shirt that will be included in this deal, to be delivered at the Year-End Party. This offer brought many new members to the BTC as well, and we welcome you. In addition, David and Tim will roll out the BTC Triple Crown Challenge later this year. We had several members tell us they joined just for that awesome Challenge.

Finally, we are planning an active social calendar to keep you involved and engaged with other members. Our new Social Chair is Burt Chandler, and he has a great committee with which to work. They have laid out some exciting plans for us, and we are looking forward to a fun time this year with all of you.

I have to share this post from our Facebook page, the day after Mercedes Marathon weekend. We asked you what was your favorite part of the weekend, and this response from Amber Brittain made my day:

"I joined BTC at the expo, and when I approached the BTC water station, I already felt like I was part of the family."

So as you can see, we at the BTC are awfully proud to call you our members, our running buddies, and our friends. I cannot say it enough: THANK YOU!

MERCEDES MARATHON



Jennifer Andress
Randy Lyle
Alison Hoover
Archie Blackmon
Dirk Guenster
(left to right)

Beth Feller
Vann Thursby



BTC Race Coordinator
David Barry

— Randy Lyle and Alison Hoover



Courtesy of MRuns.com



BTC VP Alex Morrow and BTC Membership Chair Dirk Guenster

MERCEDES MARATHON

BTC WATER STOP

Thanks so much to the volunteers, and
BTC Volunteer Coordinator Mark Burris!





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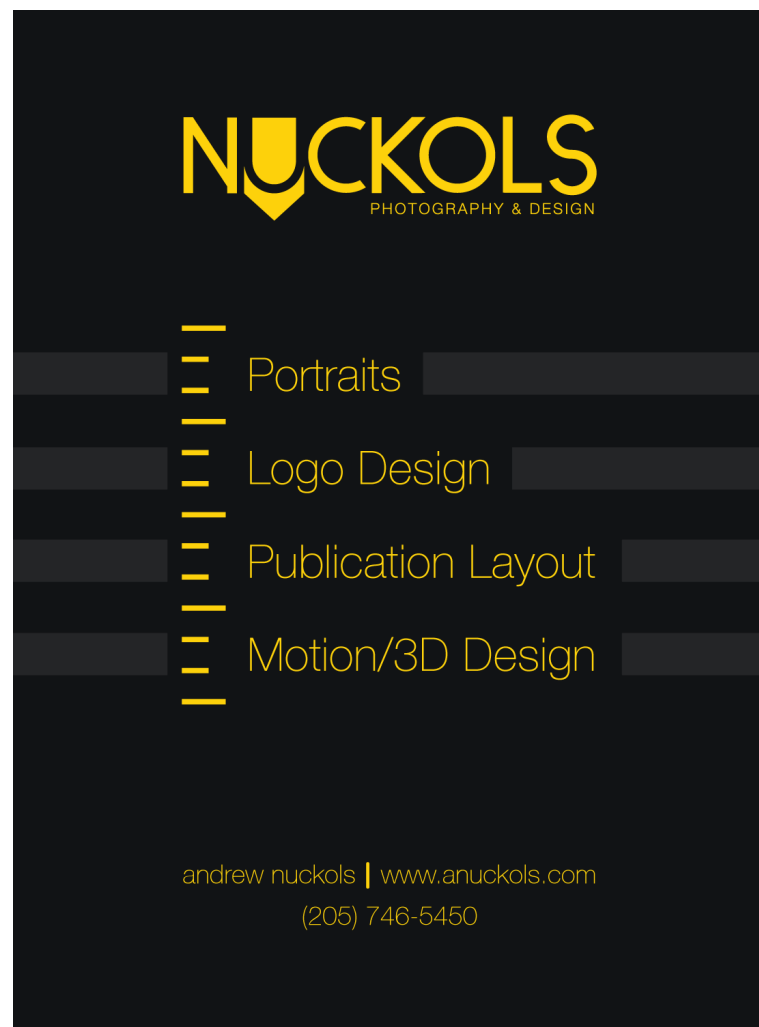
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Got a running story, running advice or running photos you'd like to share?

Send an email to: editor@birminghamtrackclub.com

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Sophia Lal and Mary Creel at the Atlanta Hot Chocolate 15km. Courtesy of Brightroom



Jak Karn, Wallace McRoy (seated) and Trish Portuese



Chris Caughran at a race in Pensacola

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

president@birminghamtrackclub.com



[Facebook.com/BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)

DIRTY RUNNING

—David Tosh

For this month's edition of Dirty Running, David Tosh will be serving as the guest columnist. With several ultra trail races quickly approaching, I thought, "Who better to write a column about the subject matter than someone who has run six 100 mile races?" I hope you enjoy part one of this two part series.
- Alex

Myths and Misconceptions About Ultra Running – David Tosh

Myth 1: You should run a road marathon before you run a 50K.

Myth 2: Do what the fast guys do.

Myth 3: You must run 6 days a week and put in a few 80 or 100 mile weeks.

We will start with these three.

Over the last several years there has been a lot written about ultra running covering just about every imaginable subject, including training, nutrition, "how to" run the race and so on. The problem I have with many of these articles is they are written by the elite runners, the front-of-the-pack guys. They are running marathons in the sub 2:30 range, 50Ks in 4 hours, 50 miles in 6 hours and 100 mile races in 16 hours. If you are that fast then don't bother to read this. If, however, you are more like me and most ultra runners and run somewhere between the middle-of-the-pack to the "tail-end," a lot of what they discuss really isn't relevant to us. We are on the trail as much as twice as long as the fast guys. That makes a huge difference.

I am going to divide this article into two parts. The first is training for your first ultra, which should be a 50K. The second part will be training for your first LONG ultra, 50 to 100 miles and will be ready for next month's issue. My purpose is to show you a simple, straightforward training system that will make it possible for almost anyone to successfully run your first 50K. Then, if you have the desire and are willing to put in some very long, very hard training runs, you will be ready for your first 50 miler and

before too much longer, 100 miles. So let's get started.

One major difference between the average runner and an elite is how much time they devote to training. These guys train five or six days a week and often put in very high mileage. Do you have time for that? I certainly don't. In fact I have never trained more than three days a week in my life and sometimes it's hard to even squeeze in three runs. The guidelines I will suggest in this article are for those of you that work full time or more, have a family, and the associated obligations that always come before running. I can't guarantee this training system will work for you but it has worked for me. I didn't start ultra running until 2007 when I ran my first 50K at the age of 58. Since then I have run six 100 mile races including three of the hardest in the US. My only failed attempt at a 100 was the 2010 Wasatch 100 when an ankle injury knocked me out 10 miles from the end with 5,000 feet of descent ahead. Within two months of my 60th birthday I finished the Leadville 100 and the Florida Ironman, my first Ironman. The point is, if this works for a 63 year old guy who runs three times a week, it should work for you.

This is the first myth I want to dispel. You really do not have to run every day or build up to 100 mile weeks to run 100 mile races. In fact, I think it is not a good idea to run over 8 hours, ever, in training. I run at the absolute most, 11 hours a week at the height of my training. I really don't know how many miles I run, but not many. My hard training runs always consist of 50% to 70% hill repeats if I am training for a mountainous 50 or 100. In that eight hour run I probably run no more than 30 or 32 miles. There is an exception. If I am training for a flat 100 miler like I did in 2012 when I ran the Rocky Raccoon in Texas, I ran a lot more flats including an 8 hour run at Veteran's Park in Hoover. Try to match your training to what you expect to encounter in the race. In fact, the best training is on the trails you will race on.

Select a race and design your training program.

If you just ran the Mercedes Marathon a few weeks ago, you can run a 50K right now, this weekend. In six months you can be ready for your first 50 miler. In one year you can be ready to attempt a 100 miler. I say attempt because virtually everyone running their first 100 is plunging so

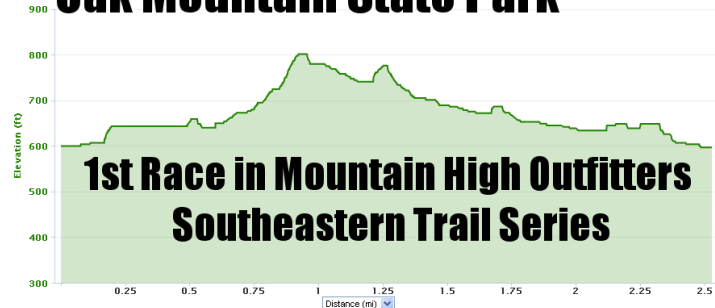


Tranquility Lake Trail Race

6 Mile and 3 Mile Trail Races

April 13, 2013

Oak Mountain State Park



Trail Series Schedule for 2013

- Race 1 - Tranquility Trail Race - April 13 - 3 & 6 Mile Races
- Race 2 - Run for Kids Challenge - May 4 - 12 Hour, 50K and 10K Races
- Race 3 - Memorial Day Trail Race - May 25 - 6 & 12 Mile Races
- Race 4 - Hotter N' Hell Trail Race - July 27 - 9 & 18 Mile Races
- Race 5 - Birmingham Stage Race - Sept 27, 28 & 29
- Race 6 - To be announced - October 12 - 10 and 20 Miles
- Race 7 - Tranquility Lake 50K - Nov 23 - 25K & 50K Trail Races

Website: SoutheasternTrailRuns.com

Registration: Ultrsignup.com

far into new territory it takes a little luck even if you are totally ready for the race.

As the saying goes, you have to know where you are starting from to reach your goal. That is the first step. Where are you today? If you did, in fact, run the Mercedes Marathon then you know the starting point. If you ran the Half, then you know where you are. I like the standard 16 week training program with a few modifications. The 16 week plan assumes you run 4 days a week. But as I mentioned, I only run three days a week so here is my modified training program, "the 20 week plan." Just plug yourself into the program where you fit in. I use the weekend runs as the key since most of us do our long runs then.

OK, you ran the marathon so you are now ready for a 50k. So how do you find the right first 50K. There are several good websites to check. Ultrarunning.com is probably the best with almost all major ultras around the US listed on their interactive calendar. RunningInTheUSA.com is another good source and includes some local events not listed on other sites. Ultrsignup.com also is a great resource. Check out the websites and find races in the next couple of months not too far from home.

Look for races that are relatively flat and not a point-to-point race. Races that are multi-lap races (Two 15 mile loops, three 10 mile loops, etc.) are easier to run for a first ultra. There are a couple of great first 50K races in the area. First, the Run for Kids Challenge on May 4th would be an ideal first 50K. It was specifically designed as a first ultra and as a great run to set a PR. Plus, 100% of the race proceeds go to Camp Smile-A-Mile. Another great first 50K is the Dizzy Fifties in Huntsville and the Tashka 50K in Tuscaloosa. All three races are relative flat, especially the Run for Kids.

Assume today is Saturday, March 9th. The Run for Kids is 9 weeks out. This is how I would train for the Run for kids having just finished the Mercedes Marathon. Look at the training schedule below and count back 8 weeks. Plug into the training schedule on week 12 and that is where you start your training for the race with a 14 mile weekend run. That is simple enough. If you ran the Mercedes Half, and are reasonably comfortable with a 14 mile run today, (remember it is March 9th) then you can jump right into the training schedule as well and be ready for the 50K on May 4th. I would suggest that you do your weekend runs on trails if possible. You need to be comfortable with the

trails and train yourself to stay focused on the trail.

Road running really does not require that you pay much attention to where you are stepping. You just watch for the occasional pothole, crack or patch and stay focused on

your pace or chasing down that person in front of you. On the trails you really have to watch your step, especially in the southeast. There are so many rocks and roots everywhere on the trails a momentary lapse in concentration can be painful. Another significant factor is your pace. You will find it will take you considerably longer to run 10 miles on trails versus pavement. Unless you are running a Veteran's Park in Hoover, the terrain is just a lot harder to negotiate.

It is impossible to hold a steady pace for very long because you are hopping back and forth over rocks, roots and logs, and climbing up and down hills. For this reason I recommend doing training runs on trails measured in time not miles. For one thing, it is hard to get accurate measurements of distance on trails. GPS watches are pretty good, about 92% to 95% accurate in the winter

when there are few leaves on the trees. Shoe pods are very accurate on pavement or anywhere you are running at a fairly steady pace. They don't do well on climbs and descents or anywhere you significantly alter your stride.

When you go out and run that first 14 miles on the trails, you may find it takes you a lot longer than you expected. If you are accustomed to running 14 miles at a 8:00 pace on roads, the 14 mile run would require just a little under 2 hours. That same run at Oak Mountain might take close to 3 hours, depending on how hilly your route is. Just be prepared. Take more water than you think you will need. Carry a GU or snack for a reward and remember the electrolyte caps. You will also find you have sore muscles in places you didn't know you had muscles. Trail running has more of an effect on core muscle and stabilizer muscles than road running which is a real benefit.

For those of you that are not ready to run a marathon here is how you will find out where to start training for your first 50K. How far do you normally run on long runs? How long does that run take? Pick out a relatively easy trail, like Rattlesnake Ridge at Oak Mtn and run your

2013 Run for Kids Challenge

12 Hour Challenge Trail Race, 50K Trail Race & 10K Trail Race

May 4, at Oak Mountain State Park

100% of race proceeds go directly to Camp Smile-A-Mile, Alabama's Camp for Kids with Cancer.

The race is presented by

Mountain High
OUTFITTERS

www.mountainhighoutfitters.com

The Run for Kids Challenge is part of the
Mountain High Outfitters Southeastern Trail Series
Points Championship.

A Southeastern Trail Runs Event.

Website: SoutheasternTrailRuns.com



usual long run time. If your weekend run is normally one hour, then run one hour on the trail and estimate how far you ran. (Rattlesnake Ridge is about 3.35 miles round.) If you make it around twice, then you covered about 6.7 miles. Now, look at the chart and, since your run was almost 7 miles, go to the chart and start on week four. You can be ready for 50K in 16 weeks. That is great, you will be ready for the Ultra on July 4th! If you decide to run one in July I would recommend checking out races in the Colorado Rockies, not in Alabama. It is a lot cooler out there in the summer.

You probably will not want to plan to run that first 50K in the middle of summer, so find one in the fall that looks interesting to you and start training for it. Use local, shorter length trail races as hard training runs and as stepping-stones. Don't actually start training for the 50K until the appropriate time. Hold your training at a comfortable level and start building miles as you get closer to the race. The Southeastern Trail Series is designed to help runners prepare for their first 50K. Starting in April we will have a series of seven races, each longer and harder than the previous. Run the series and train appropriately and you will be ready for the Tranquility Lake 50K at Oak Mountain on November 23.

Training Runs – Where you figure out what works for you:

The long training runs are where you will hone the skills you will need to survive the upcoming ultras, and shorter trail races for that matter. The hardest thing to master is hydration, how much water to drink and how often. How many electrolyte caps or electrolyte drinks you need and which ones work best for you. This just takes experimentation. Personally I like Thermolyte Metasalt tablets but there are a bunch of good electrolyte caps available. In cold or cool weather I take one capsule before I start my run and one every hour during the run. You should also take one after you finish running to help with re-hydration. In hot weather, I have to take more. Practice, especially on longer runs.

You may also want to try some other type products like NUUN, Nathan Catalyst Tablets or GU Brew. I have tried NUUN tablets and liked them OK for shorter races and races where I used hand held bottles, but it is hard to keep the mixture correct without pouring out your left over water as you approach aid stations. This can be a real problem if you are wearing a backpack hydration system. You cannot accurately tell how much water you are adding without pulling the bladder completely out of the pack every time you need to add water. Since water

must be hauled in to many ultra aid stations you really don't want to come up the AS and dump out your unused water.

Speaking of hydration packs, hand held bottles, hydration belts, etc., the training runs are when you decide which one or ones you like. I have tried them all and use two different products depending on the type race. I will always use hand held bottles in races unless I plan to use trekking poles. With the "hand holds" you always know how much water you have. If it is a long way to the next aid station I will fill two bottles. If it is not too far, I fill one. Simple! I have tried the hydration belts and personally don't like them but a bunch of people do, so try them too. The down side of hand held bottles is that your hands are full. If you need something out of a pocket or need to adjust things you have to come up with creative ways to run with the bottles to free up your hands. The hand held bottles have one other huge plus. If you fall, they act like bumpers, protecting your hands and easing the impact. I actually exploded a Nathan Bottle a few months ago. Oh yes, there is one other real negative. They freeze your hands in cold weather, even if you are wearing gloves. At 45 deg. your fingers will become numb. I glued a layer of neoprene material over my Nathan bottles and that really helps. My hands still get cold but it's tolerable. There are a few bottles that come with a neoprene cover.

There are two conditions that will destroy your 50K quicker than anything. They are 1) dehydration and 2), too much salt. Both will make you so sick at your stomach you will be unable to run. Here, I know what I am talking about. I have done both. I have run out of water on two occasions. I never intend to do this again. It takes a very long time to recover and brings your pace to a slow walk. On two occasions, using NUUN tablets, I got my electrolyte mix way too strong and both occasions were in the same race, in 2011, the Tahoe Rim Trail 100. I had to walk a couple of hours in the first afternoon before I realized why I was so sick at my stomach. Then I did the same thing that night and ended up walking almost all night. When I realized what was wrong, I threw away the NUUN tablets and grabbed a baggie of salt tablets for the rest of the race. That is why I now only use electrolyte caps.

Fuel: Like hydration, what you can and can't eat while running is something you experiment with in training runs. In all ultras it is a good idea to eat some "real food" during the race. GUs get really old after a few hours. Solid food also helps settle your stomach. Take various things with you on long runs and try them. You might prefer to leave few things in your car and after a couple of

hours go back, refill the water bottles and grab a bite to eat. Try things like cookies, bananas, peanut butter and jelly sandwiches, potato chips, soup, Boost, candy, energy bars etc., what ever you think will taste good while running. I have found I can eat anything at an aid station that looks good. Some of the most memorable things I have eaten (and some of the best) were Grilled Cheese sandwiches Grindstone, a Barbecue sandwich at Grindstone, Pecan Pie at Rocky Raccoon, (yes, that is not a typo) Hot Soup on Cold nights at all 100s and breakfast roll-ups at Tahoe. Even hot Coffee in the middle of a freezing cold night is wonderful and a little caffeine boost is good at 3:00 a.m. Of course the most memorable thing about every ultra aid station that you will ever go through in the middle of the night is the incredibly dedicated volunteers that are out there all night and all day, in all kinds of conditions, doing everything they can help you reach your goal.

So, now you know how long it will take you to get ready for your first 50K. Get on the web and find a race you want to run. Sign up for it NOW!!! Don't wait to see how the training goes or if you have any problems, sign up and start training for it. Every run becomes a training run moving you one notch closer to running your first ultra. Get your hydration and fueling down and decide what equipment you like during the training. Keep that race set in your mind as the goal. When you just don't think you can make those last 5 miles in a training run, pretend they are the final 5 miles in the 50K. You are not going to stop that close to the end. Keep going! You can do it.

(Stay tuned for Part 2 in next month's edition of the Vulcan Runner!)

figure 2

My 20 Week Marathon Training Schedule in Miles								
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	Rest	3	Rest	3	Rest	5	Rest	11
2	Rest	3	Rest	3	Rest	5	Rest	11
3	Rest	3	Rest	4	Rest	5	Rest	12
4	Rest	3	Rest	5	Rest	7	Rest	15
5	Rest	3	Rest	5	Rest	7	Rest	15
6	Rest	4	Rest	5	Rest	8	Rest	17
7	Rest	4	Rest	6	Rest	8	Rest	18
8	Rest	4	Rest	6	Rest	10	Rest	20
9	Rest	4	Rest	7	Rest	10	Rest	21
10	Rest	5	Rest	8	Rest	10	Rest	23
11	Rest	5	Rest	8	Rest	12	Rest	25
12	Rest	5	Rest	8	Rest	14	Rest	27
13	Rest	5	Rest	8	Rest	16	Rest	29
14	Rest	5	Rest	8	Rest	16	Rest	29
15	Rest	6	Rest	8	Rest	20	Rest	34
16	Rest	4	Rest	8	Rest	15	Rest	27
17	Rest	6	Rest	8	Rest	20	Rest	34
18	Rest	5	Rest	8	Rest	18	Rest	31
19	Rest	3	Rest	3	Rest	8	Rest	14
20	Rest	3	Rest	2	Rest	26.2	Rest	31.2

Race

Maintain the same intensity during taper, weeks 18 and 19.

PLAYLIST

TRAINING PLANS

—By Kile Putman

Song: Diamond Road

Artist: Sheryl Crowe

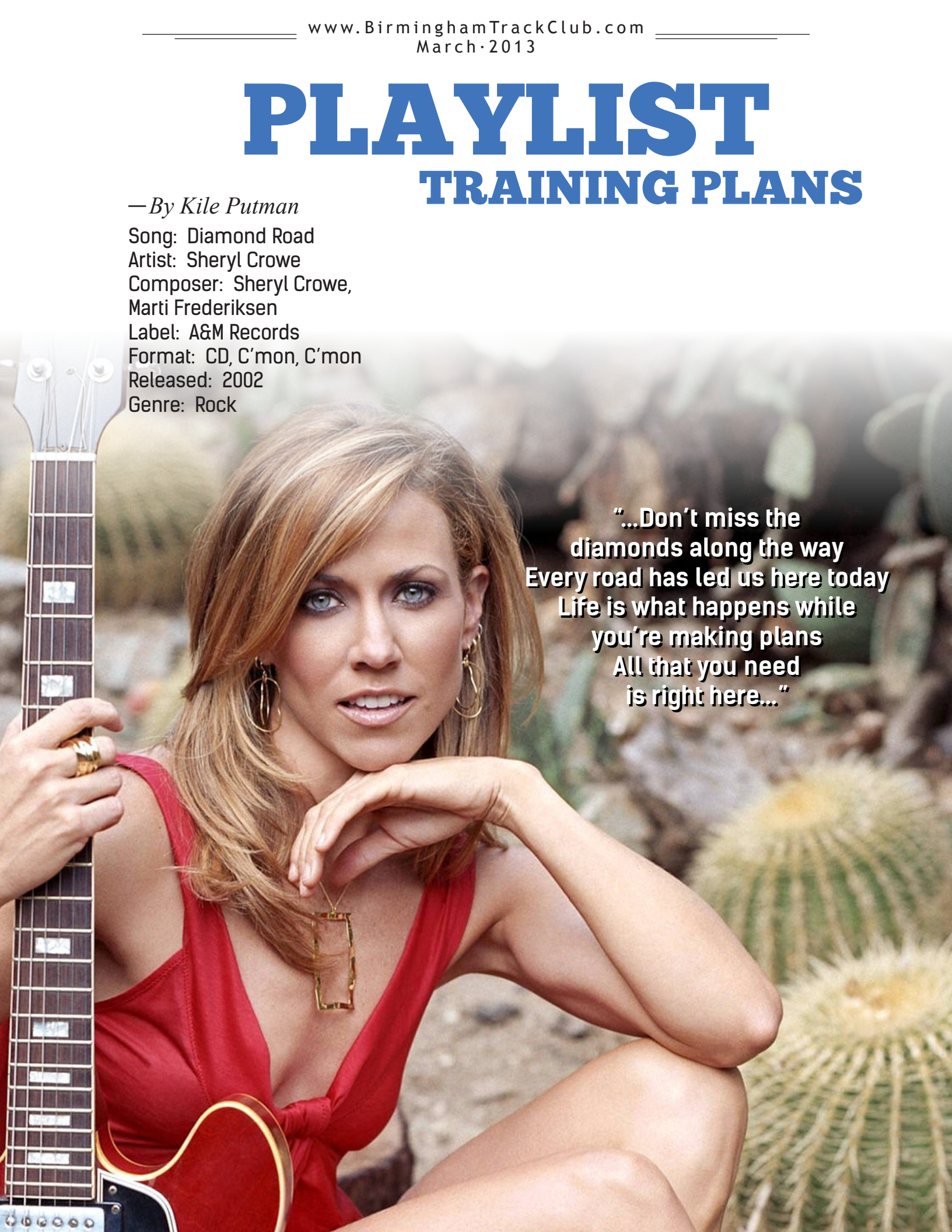
Composer: Sheryl Crowe,
Marti Frederiksen

Label: A&M Records

Format: CD, C'mon, C'mon

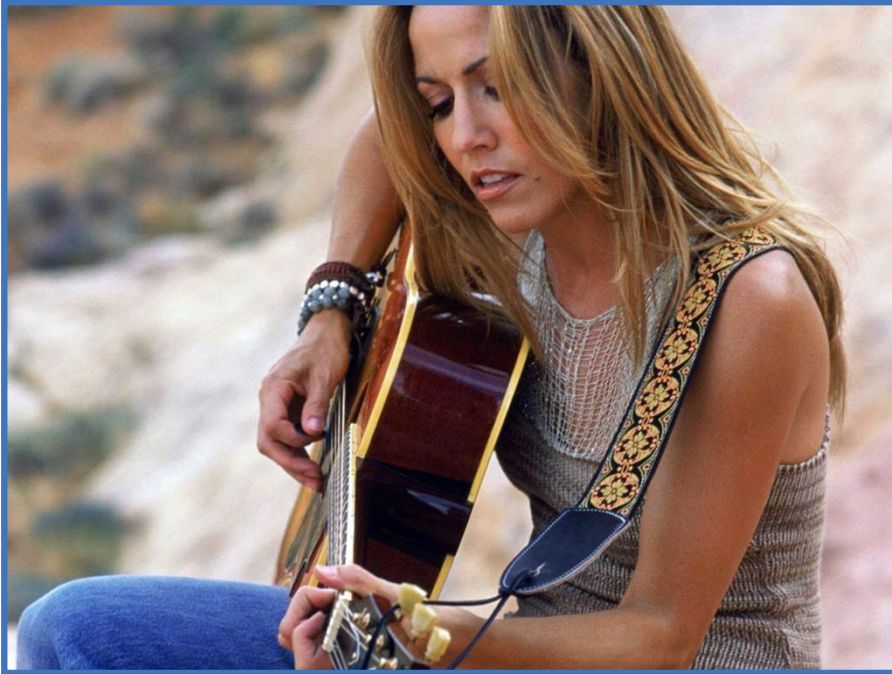
Released: 2002

Genre: Rock

A photograph of Sheryl Crowe in a desert setting. She is wearing a red halter-neck top and large gold hoop earrings. She is holding a red electric guitar and has her chin resting on her hand. The background features cacti and desert vegetation.

**"...Don't miss the
diamonds along the way
Every road has led us here today
Life is what happens while
you're making plans
All that you need
is right here..."**

Both competitive and non-competitive runners need a training plan to lead them down the road. A plan, when followed, gives direction on the road to fitness or race success. Universal plans can be found in books, periodicals and on internet sites while more individualized guidelines may be developed by working with a coach or personal trainer. Regardless of its origin, the plan should be a guide for the athlete to follow to complete a particular event or meet a health and fitness goal.



To be fully effective the runner must fully believe in the plan. They should understand the philosophy of the program and its structure. The plan should be followed as closely as possible with limited changes being allowed. Skipping sessions or second guessing and changing workouts could reduce the effectiveness of the plan and delay the progress of the athlete.

Any plan selected must fit the ability and fitness level of the athlete as well as their lifestyle and time requirements. Someone planning to run a first marathon may not be suited to an advanced plan developed for an experienced runner. A single parent may not have the time available to undertake a program that requires running 80 miles each week. However, each of these individuals may excel with a program that features lower mileage but a high intensity with longer periods of recovery.

Training plans vary in length. They can be as short as seven-day cycle that continually repeats or as long as a lifetime and very structured. In conjunction with their coach, an elite athlete may plan for a four-year Olympic

cycle. A run-walk program for sedentary individuals that ends with a 5K road race may take three months to complete.

Perhaps the most extreme example of a complex, individualized and long term plan can be found in *Better Training for Distance Runners* by Peter Coe and David Martin. Peter Coe, an engineer by trade, was the father of Sebastian Coe. Once his young son developed an interest in running, the elder Coe devised a system of multi-tier periodization training that would guide his son over a twelve year period. He outlined races finishes and world record performances that his son should meet along the way to achieve the goal. Following this plan paid off as Seb Coe was the 1,500 meter gold medalist and 800 meter silver medalist at the 1980 and 1984 Olympic Games.

Most runners do not need such an intricate plan. In its simplest form a running plan contains stress (days of running) and recovery (days of rest). Even a beginning runner is capable of constructing a program that contains these two elements. The US Center for Disease Control recommends 75 minutes of vigorous activity each week for adults. The novice may personally develop a plan of jogging 20 minutes only on Saturday, Monday, Wednesday

and Thursday of each week as one step to improved health and fitness.

Once the race has been run, or the desired weight has been lost, or the cholesterol has lowered, or the gold medal has been won, begin a new plan with refocused goals and

***“don’t miss the diamonds
along the way.”***

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.

ANYTHING BTC AND EVERYTHING INBETWEEN



Check Presentation to the Bell Center for Early Intervention Programs, by BTC and Good People Brewing Company. This was a percentage of our sales from our Year End Party.

WALLACE McROY HONORED

—John A. Karn “Jak”

Long time BTC member Wallace McRoy was honored on the occasion of his 98th birthday on January 31, 2013. Wallace was a long time resident of Homewood, but now resides in the Brookdale retirement home.

After Dr. Arthur Black founded the Birmingham Track Club, Wallace became a member and made many contributions such as the Build A Better Club, and the mini-track meets. Wallace established and was race director of the Brookwood 5k/10k race which became a part of the We Love Homewood day activities. He served on the executive committee in various capacities for many years. He and his late wife Virginia, were fixtures at races in Birmingham. Wallace also served as a volunteer coach at John Carroll high school, coaching and mentoring young area runners, many who went on to stellar running careers.

degree and was a member of the 1936 track team. The current head coach sent a letter, thanking him for years of support to the MSU track program. He was presented with a MSU track tee shirt and a blanket with large MSU lettering. Valerie McLean of the Trak Shak, presented Wallace with a 2013 Mercedes Marathon tee shirt with her thanks for his contributions to many years of support to area running.



At the celebration, put together by Johnny Montgomery, were many BTC friends. WBRC channel 6 meteorologist and marathoner Fred Hunter was on hand with a film crew to record the event for airing on Fox 6. Other BTC members attending were Dr. Adam Robertson (of the upcoming Adam's Heart Run) and his wife Ginny, Rick Melanson, Charles Thompson, Gordon Seiffert, Bobbie Harris (first female president of BTC), Hershel McNutt, Jack Karn, Taylor Narewski and Wallace's son, Woods McRoy.

Also on hand was assistant track coach Tommy Barksdale from Mississippi State University, where Wallace graduated with an electrical engineering





"BTC10" for \$10 off Registration"

www.team413raceweekend.com

SOLEMATES OF GIRLS ON THE RUN BIRMINGHAM

— Catherine Gregory

As a runner, you know the importance of good running shoes. They can solve most problems, whether it's an aching knee or just putting the bounce back in your step. Running shoes can make you feel like a runner! For some of the Girls on the Run participants, they have set a goal of completing their first 5k event, but have no running shoes. I've seen them take their shoes off and try to run around the field at their school in socks, where broken glass, roots and rocks make this dangerous. I've seen girls need shoes two and three sizes larger than the ones they are wearing. They are trying to run... but their feet truly hurt. Their toes are cramped, there are blisters forming, or shoes are falling off.

Girls on the Run is an after school program for girls between third and fifth grades, that uses running as a tool to teach them about making healthy choices and having self-respect. The girls set a goal of completing a 5K with smiles as wide as the street when they cross the finish line and we drape a finisher's medal around their necks and surround them with cheers. As a nonprofit organization new to Birmingham, we try to serve diverse populations in the Birmingham Metro area, and almost half of our participants receive financial aid.

If you are an eight-year-old girl who has never run more than a dash across the playground, never seen a parent run or any runners in her neighborhood, the idea of running a 5k is intimidating to say the least. Without the shoes to make it comfortable, it can be downright scary and painful. With your help, and our partnership with the Trak Shak, we are trying to put shoes on the feet of girls who need them this year. We are launching a new program called Solemates where you, as a runner, can run your next race by pledging to raise \$262 for Girls on the Run Birmingham, which will help us buy shoes for girls in need and continue to grow to empower girls across the Birmingham Metro area. There are some perks to being a Solemate! You will get a cool technical shirt, some training plans, and a chance to win a new Horizon treadmill donated to our council! However, the real perk will come at our 5K, when you see a girl finish her 5K in some running shoes. She will never know you were her secret Solemate, and we'll

never tell you who she is. This is a confidence-building program, where we want the girls to know they did this on their own. You will know that you empowered another young runner to go for it, and get a little taste of how meaningful an active life, a runner's life, can be. As a girl told me last fall when she slipped into her new pair of shoes, "These are so soft and squishy. I feel like I could fly!"

Help Girls on the Run this spring by finding out more on Solemates through our website, www.girlsontherunbham.org/donate/solemates, and come see it in action at the Girls on the Run 5K presented by Regions, Saturday, May 11, 2013.

For more information contact Catherine Gregory catherine.gregory@girlsontherun.org, 205-999-4426.



THE RUMPSHAKER 5K AND 1 MILE BUNNY RUN

—Christy Lewis and Jenny Martz

It's time for the 5th Annual Rumpshaker 5K (and 1 Mile Bunny Run), voted "Birmingham's Best 5K" in 2011 by Birmingham Magazine. There are several new and exciting changes for this year's event! We're pleased to introduce start line corrals to help separate runners and walkers, and make the race day experience safer and more enjoyable for everyone. The race course will remain the same as in 2012, but we will have water stops at both mile 1 and mile 2. Despite the incline at the start and finish, we have a course record of 15:22, so "NO FEAR" you too can PR at the Rumpshaker 5K! All overall and age group winners will receive a custom 5th Anniversary finisher's medal, and overall winners will also receive a "one of a kind" toilet trophy! (Don't forget - to qualify for these awards you will need to be chip timed, which is only an additional \$3.50. For an explanation of timing charges please see our FAQ page on our website.) You can also be timed to compete with your friends for the "Fastest Team" award, or you could just form a team and come have some fun. We may not have mud, obstacles or all you can eat doughnuts, but we will have special activities, food, and lots of teams dressed in fun attire!

You may have noticed our logo has grown some bunny ears and our 1 mile fun run has a new name. With the race falling on Easter weekend, we are planning several Easter themed activities (including an Easter Parade for the ever popular team spirit award!), so bring the whole family out and have some fun! Hang out after the run and enjoy tasting some of Birmingham's best meals on wheels from several food trucks that will be present with food for purchase. We

will also offer complimentary water, sports drinks, bagels, and bananas. Also, don't miss the 30 foot "Inflatable Colon" which resembles a bounce house for kids, but actually illustrates the difference between normal and abnormal colon tissue. This educational tool has allowed us to talk to countless individuals about an often awkward subject, their colon health.

Although our race has a cute and funny name, not to mention an equally humorous rump logo, the cause is serious...colorectal cancer awareness. Rumpshaker, Inc., the foundation behind (no pun intended) the Rumpshaker 5K, is raising awareness



about colorectal cancer and the importance of regular colon screenings through our community education events and the annual Rumpshaker 5K event. Colorectal cancer is the second leading cause of cancer deaths in the United States and is equally common in men and women, but no one likes



a survivor). Lisa and Steve's son, Matt Martz designed the clever Rumpshaker 5k logo and serves as the organization's graphic designer. Amanda's husband, Joey Vandegrift, oversees the website and all other technological needs.

You don't want to miss this opportunity to support a great cause while having some rumpshakin', bunny hoppin' fun! So, register today and join us on March 30th at Sloss Furnaces for the 5th Annual Rumpshaker 5k and 1 Mile Bunny Run! Participants have several registration options, including running with a

to talk about it. Understanding the disease is important for anyone who has been diagnosed with colorectal cancer, but it is also essential for those who are trying to prevent it. Early detection is vital in overcoming this preventable, treatable, and beatable disease.

The Rumpshaker 5K story began with Lisa Martz. Diagnosed at the age of 48 with stage 4 colon cancer, she was a true symbol of hope, faith and determination to her family and friends. Lisa lost her battle with colon cancer on October 5, 2007. To continue Lisa's fight against colon cancer and in an effort to raise awareness about the disease, her family and friends organized Rumpshaker, Inc. and the Rumpshaker 5K. Driven by a mission to promote awareness, provide hope for colorectal cancer survivors and those affected by the disease, and raise funds to fight and treat it, the race has continued to grow considerably over the past five years. To date, our organization has raised approximately \$404,000 from proceeds of the Rumpshaker 5K to promote education and awareness within our community. Having started out as a 'grassroots' effort, Rumpshaker is still mostly organized by family and friends of Lisa Martz, many of whom also have other loved ones who have been affected by the disease. (See below for all the smiling faces of the Rumpshaker committee). Lisa's daughter, Amanda Vandegrift, serves as Rumpshaker, Inc.'s President and the 5K Race Director. Assistant race directors are Steve Martz (Lisa's husband), Adam Martz (Lisa's son) and Jenny Martz (Adam's wife, whose mom is

team, as an individual, or not running at all ("My Rump is Sleeping In"). In addition to competing for the Fastest Team award, teams can also compete for awards in the following categories: Team with the Most Overall Funds Raised, Team with the Most Funds Raised per Team Member, Team with the Most Participants, and Most Team Spirit. The first 4,250 participants will receive a t-shirt and all participants will receive access to our Virtual Race Bag filled with offers and discounts.

**Register today and come SHAKE
YOUR RUMP for a good cause!
Visit www.rumpshaker5K.com
for more details or contact us at
info@rumpshaker5K.com.**

THE RUMPSHAKER 5K RACE COMMITTEE

THESE ARE THE SMILING FACES OF THE RUMPSHAKER 5K RACE COMMITTEE. WE ARE FROM VARIOUS BACKGROUNDS BUT ALL HAVE A PASSION FOR THIS RACE! MANY OF US ARE INVOLVED IN HONOR OF OR IN MEMORY OF A LOVED ONE(S) FIGHT AGAINST COLORECTAL CANCER.



1. Amanda Vandegrift - In memory of my mom



6. Jacky Turner – In honor of my mom



2. Steve Martz – in memory of Lisa, my brother John and in support of Pam



7. Catherine Peterson – I believe in the cause



3. Jenny Martz – In honor of my mom and in memory of my mother-in-law, Lisa



8. Matt Martz- In memory of my mom



4. Adam Martz – In memory of my mom



9. Joey Vandegrift – In support of Amanda and in memory of my mother-in law, Lisa



5. Dr. Mark Parker - I truly believe this cancer is preventable and awareness is the key.



10. April Nabors – To give back to the running community



11. Kathy Sentell – In memory of my dad



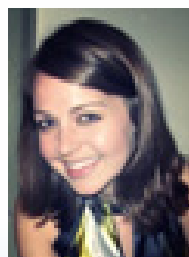
18. Cherie Dorch – To support the running community



12. Dawn Satcher – In memory of my mom and Lisa



19. Kimbellee Fipps – I believe in the cause



13. Becca Mosley – To give back to the community



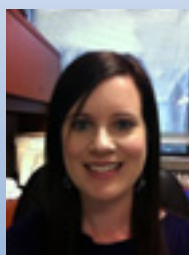
20. Ronnie Blakney – To support the running community



14. Beth Sanders – In memory of my friend



21. Juli Hansen – In honor and support of my friend



15. Katie Weeks – In honor of my mom

22. Amy Acker (Not pictured) - To find a cure so future generations don't have to worry about this horrible disease



16. Christi Lewis – To give back to my community

23. Andy Avedisian (Not pictured) – To support the running community



17. Greg Stein – To support the running community

Coming March 30, 2013

5th Annual ***Rumpshaker 5K***
In Memory of Lisa Martz

Benefiting Colorectal Cancer Awareness



8 a.m. @ Historic Sloss Furnaces

5K and 1 Mile Bunny Run / Individual and Team Awards

Race Shirt and Free Stuff for all participants / Post-Race Food and Entertainment



Register Online @ www.rumpshaker5k.com



The Birmingham Track Club mourns the loss of founding member Versal Spalding. Versal was the very first Race Director of the Vulcan Run, as documented in the September 2012 newsletter in an article by Michele Parr on the history of the BTC's seminal race. Versal is pictured here in the middle, with fellow BTC founding members Gordon Seifert (left) and Adam Robertson (of Adam's Heart Run). In next month's newsletter, we look forward to hearing a remembrance from Dr. Robertson. Versal's daughter Laura shared a wonderful memory of her father: he was one of the very first "runners" in Birmingham, and opened the first running store here, "Running South". Versal was committed to running and a healthy lifestyle, and Laura will be running the Seaside Half-Marathon in his honor. We look forward to hearing more about Versal next month from Dr. Robertson. Our thoughts and prayers are with Versal's family and loved ones.



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



DOWNTOWN RUNNING CLUB

— *Eric Lopez*

As a relatively new resident of Birmingham, I was pleasantly surprised by the number of runners in the area. Specifically, I was impressed by the number of running groups and clubs. My first few weeks here, I tried a few groups out and met a lot of great people, and great runners. I asked myself, “How do I decide which groups to run with on a regular basis?” I should probably mention that I asked myself this question on a Friday evening, at a bar, over a few beers with friends. The answer was simple, the Downtown Running Club!

Most runners agree that running with a group helps motivate someone to wake up early for a weekend run. But why does it have to be so early? What if I want to sleep past 7 am on a Saturday morning and still go for a run with a group? You can probably tell by now that I don’t have children. The Downtown Running Club (DRC) was the solution to my running dilemma because they meet at 10 am.

I wasn’t quite sure what to expect the first time I met the group. To be honest, I was wondering if I was going to meet casual runners who were blurry eyed from the previous night. Do they start late because they are not serious enough to start at 5am? Well, I was happy to see that this was indeed a group of dedicated runners who also like to socialize, go out on weekends, and sleep for a few more hours...all 5 of them.

Well that was almost a year ago. The number of people showing up for Saturday mid-morning runs is quickly growing. Every week we have a few more people join the weekly runs. The group meets at Paramount at the corner of 2nd Ave South and 20th Street. The runs range from 3-6 miles and you can always find someone training for a race who starts earlier or ends later. What I like about the group is that it is truly inclusive of all paces. The runners in the DRC range from Boston qualifiers to people brand new to the sport. Afterwards, many in the group will grab coffee and waffles at Paramount or

sandwiches at Momma Goldbergs on 20th St. When the weather is nice, the group will sometimes change the route to finish at Railroad Park.

Traffic is never an issue in this urban run throughout the downtown Birmingham area. The course is a great way to see the city and learn about the area. I am originally from Chicago and enjoy city running as much as I enjoy trail running. The run travels through the steep hills of historic Oak Hill Cemetery, passes the 16th St. Baptist Church and loops through Railroad Park. For those who are not familiar, Railroad Park has the cleanest bathrooms I have ever seen in a city park.

Like most running groups, several members are very focused on local and national races. Since I have met the group, several members have travelled together to the San Francisco Marathon, the Philly Marathon, Ragnar Florida Keys and other races. This is not impressive except for the fact that no one knew each other more than one year ago.

So, if you missed the early morning group and are looking for a run in the city, be sure to check out the Downtown Running Club. Think about it, on a Friday, while you’re out just a little later than planned.

The Downtown Running Club

Time: Saturday morning runs at 10 am

Location: The corner of 2nd Ave South and 20th Street in front of Paramount

Like us on Facebook: Downtown Running Club

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**

BTC RUNNING GROUPS

Black Girls Run

Black Girls Run is a National Organization with a local Chapter. They have approx 500 members with all paces and levels from beginner walker to 8 minute milers. There is no fee to join and they are always taking new female members.

Contact Olivia, oaaffuso@gmail.com, Alexis, petitlagniappe@hotmail.com, or Jeralyn, jeralynpowell@hotmail.com, or visit www.blackgirlsrun.com, or find the local chapter Black Girls RUN! Birmingham on facebook <http://www.facebook.com/groups/249831688374975/>

Norm's Gnomes

Norm's Gnomes are a local group of about 70 members who run a 6:30-8:30 pace and train for long distances; half marathons to 100-mile Ultra's. This is not a beginners group. There is no fee to join and you can become a member by showing up at one of the many weekly runs in the Homewood and Mountain Brook Areas and running with the group.

E-mail Jennifer andressk@bellsouth.net or Tim, timr71@att.net.

The Village Runners

The Village Runners are a local group of about 90 runners who enjoy training and running together. They are "serious recreational" runners with paces ranging from 8:30 to 10:30. They meet almost every day at the Western Supermarket in Mountain Brook. Weekday runs are 4-6 miles and weekends are longer. They promise not to leave a runner behind. They welcome all runners – the more the merrier!

Find them online at www.facebook.com/groups/thevillagerunners or email Dave vp@birminghamtrackclub.com or Randy treasurer@birminghamtrackclub.com

The Evening Runners

The Evening runners have about 15 regulars and 90 members. After completing Run University's program for the Ruben Studdard Half Marathon in the fall, they decided that the rest of the runners in Birmingham started way too early, so they run at night. Paces range from 9 minute miles to 15 minute miles. They are an open group.

Request to join their facebook page at <http://www.facebook.com/groups/257924670910573/> or search for Evening Runners Group. You can also contact

BTC Saturday Morning Long Run (Natalie's Marathoners)

This group began as Meredith's Marathoners in 2006. Each year they pick a goal Marathon in the fall and train together. Saturday morning routes and water stops are coordinated by Natalie Ferguson and the BTC with members dropping water along the route. Paces range from 9:00 to 11:00. Distances for Saturday morning runs range from 10 to 22 miles. This is not a group for beginners.

See www.birminghamtrackclub.com for information.

Run University's Couch to 5K (10K)

Run University is a program led by coach Danny Haralson. There are several programs throughout the year that last 7 weeks (5K) or 10 weeks (10K). The programs begin with short walks mixed in with short runs building up to a 5K, 10K or half marathon. This group is appropriate for beginners and open to all fitness levels. The program usually begins in the parking lot below the Mountain Brook YMCA and they go on to meet in various locations throughout Homewood and Mountain Brook as the distance increases.

The program costs \$49 for the 5K/10K and the Half Marathon cost depends on the event chosen for the group. Contact rununiversity@gmail.com or visit www.rununiversity.com or find them on facebook <http://www.facebook.com/rununiversity> or twitter <http://twitter.com/rununiversity>

Fleet Feet's Beginner 5K Group

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

Contact Will@fleetfeetbirmingham.com

Helena Endurance Running Group

HERG is a running group out of Helena, a city about 20 miles south of the city of Birmingham. Their mainstay running days are Wednesday evening and Saturday morning from La Reunion Coffee Shop in Helena. Paces range from 8:30 to 13:30 for long runs. They also meet on Tuesday and Thursday, but that is inconsistent as of Spring 2012. This is an open group with no cost.

More information and contacts can be found on Facebook <http://www.facebook.com/groups/hergs/>

Shijenben Running Group

This is a veteran long run group, training for half and full marathons and moonlighting as triathletes in the off season. They have been running together for over 2 years and paces range from 8:30 to 12:00 minute miles. The regular group has about 65-70 runners with 160 on the group e-mail list. They also meet for Sunday morning bike rides.

You can e-mail shijenben@gmail.com to be put on the weekly long run group list, or find them on Facebook. They are an open group.

Regular Runners

The Regular Runners are a group that trains for various distances with their long runs beginning at 13 miles on Saturday Morning. During the week, they have shorter runs in the Hoover Area. Paces range from 9:00 to 12 minute miles with some members using the Gallaway run-walk method and others just running. Saturday Morning Long Run attendance averages 30 members with about 60 on the e-mail distribution list.

To join this group and receive the weekly e-mails, send a message to David, Harry, or Jay.

Downtown Running Club

Not only do they not want to drive over the mountain for a run, but they don't want to do it at 6 a.m.! This group meets at Paramount Cafe (200 20th street N) on Saturday mornings for a run around the city. They are open to all paces.

For more information, e-mail Brian at or find them on Facebook.

Black People Run Bike and Swim

BPRBS It is so important to move! Black People Run Bike And Swim is not an "exclusion" it is an "awareness" of the reality in which education, exposure, and disparities affect us in ways that are at times not recognized or understood. Our group meets weekly to battle obesity in the form of activity.

Like us on Facebook, Follow us on Twitter, or Email us Jerri, Shirley, or Patrick for more information or schedule of events.

BTC MONTHLY MINUTES

JANUARY 16, 2013, 6:00 pm

JENNIFER ANDRESS – PRESIDENT

BTC End of the Year Party: Discussed the order of events. State of the Club; Awards – 1200 Mile, Race Directors, Arthur Black/Rick Melanson, Randy Johnson, BTC Lifetime Achievement; Elections. **MOTION:** \$500 to spend for refreshments for party. **APPROVED.**

TIM ROBERTS – BTC RACE SERIES COORDINATOR

BTC Race Series: Goals for the Race Series – 1) Create an infrastructure of the four races and standardize them to a binder to pass on to the next person who takes over. 2) 1 Entry fee that will get you registered for all four races. 3) \$10 discount is you waive the race shirt. Proposed those who complete to get one shirt with all four races on it. 4) Discontinue the ad to recruit elite Athletes.

BURT CHANDLER – ADAM'S HEART RUN RACE DIRECTOR

Adam's Heart Run: Race is set for 2/23 and is set up on Racelt. Would like to do a coupon for S2S to give out at Adam's Heart. Looking at using Southern Sports Group, a sports marketing group. Will use them for Race numbers, Chip Timing, Starting arch, Announcer, and Awards Poster. Cost is around \$1700 for 300 runners. **MOTION:** to use SSG to timing services for Adam's Heart Run and spend \$1700 towards that. **APPROVED.** **MOTION:** Spend \$4600 for refreshments (\$500), long sleeve cotton shirt (\$2400), and timing services (\$1700). **APPROVED.**

DIRK GUENSTER – MEMBERSHIP

Membership: We currently have 816 memberships. Trying to be more proactive about contact people that started and stopped and application or have let their membership expire. Next issue of the newsletter will be available only to members and will be password protected. Past issues will be available. Discussed membership discount opportunities.

RANDY LYLE – TREASURER

Financials: Vulcan information is now listed on the spreadsheet.

MARK BURRIS – VOLUNTEER COORDINATOR

Mercedes Water stop: Sweaty Mom's Running Club would like to share expo space with us. Jennifer is willing to pay \$225 for the space (1/2 the booth fee). **APPROVED.** Discussed printing a postcard for the race bags and Black Girls Run event. Postcard will have a discount code for "today only" or "weekend only". **MOTION:** 500 postcards one sided with full color and a sandwich board in color for \$500. **APPROVED.**

NATALIE FERGUSON – LONG RUN COORDINATOR

Saturday Morning Social: Bathrooms and food will be available in the lobby. Will be doing shorter routes since it is the week before Mercedes – 4, 8, 12 miles. Erkshire is also reaching out to other food business in the area to see if they want to participate. **MOTION:** \$60 for \$5 gift cards to water stop volunteers for next Saturday social. **APPROVED.**

RUNNING TIDBITS

— Compiled by Randy Lyle



Quotes

“Alone we can do so little; together we can do so much.”

- Helen Keller

“People have been known to achieve more as a result of working with others than against them.”

- Dr. Allan Fromme

“It is literally true that you can succeed best and quickest by helping others to succeed.”

- Napoleon Hill

“Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.”

- Andrew Carnegie

“The life of a high achiever is one of give-and-receive. We receive that which we are willing to first give out. Therefore, to grow and achieve we must first be willing to help others grow and achieve, and, in so doing, the light of reciprocal achievement will brightly shine upon us.”

- Greg Werner

“One of the saddest lines in the world is, ‘Oh come now - be realistic.’ The best parts of this world were not fashioned by those who were realistic. They were fashioned by those who dared to look hard at their wishes and gave them horses to ride.”

- Richard Nelson Bolles

Tidbits

Running With a Group

Source: <http://running.about.com/od/grouptraining/tp/groupbenefits.htm>

Running is often viewed as an individual sport, and in many ways it is. However, I find the camaraderie that comes with a running group may be my favorite aspect of running. Most of my closest friends are those with whom I run on a regular basis. I think we know each other better because you feel free to talk about almost anything during a run. For me personally, I am not sure that I would continue running if I had to run alone. On the occasions that I do run alone, I find myself missing my running group, The Village Runners. I believe you are missing out on some of the joys of running if you always run by yourself. The following are just some of the benefits of running with a group:

Safety First

It goes without saying that it is much safer to run with a group or in pairs. If someone gets sick or injured during a run, there is always someone that can help. Drivers are also more apt to spot a group of runners, especially if it is dark and the group is wearing lights and reflective gear. Even though we do not like to think about it, we all know that attackers are more likely to go after a lone runner than a group.

Creative Stimulation

Some people like to run alone because they sort through their thoughts or brainstorm during their run. However, it may be that running in a group actually gets your creative juices flowing even more because you are able to bounce your thoughts and ideas off other people and get feedback.

Motivation Boost

When you run with a group, you have your own personal cheer squad. Members of running clubs and teams support each other through long runs as well as root for one another during races.

Improved Performance

The reality is that everyone thrives on healthy competition. I know I do. When you run with others who encourage you to run faster and harder, it is easier to step it up to the next level. In my case, my performance improved without me even realizing it since I am less likely to slack off during a run because I want to stick with the group.

Career Benefits

We all know that some deals are hatched on the golf course, but my experience has been that many important business conversations also take place between runners on the road. Even though it was not the intent, I have fostered a number of business relationships within my running groups. For me, it turns out that running is a great way to network and build both personal and professional relationships in an unassuming way.

Expanded Social Circle

As noted above, my running friends are some of my closest relationships. Anyone that runs in a group knows it is a great opportunity to get to know people with similar interests and experiences. Many people have even met their spouse or significant other through a running group or club. In addition, my running group often looks for races to which we can travel as group.

The **Birmingham Track Club** includes a number of smaller running groups throughout the area. You can find many of these local groups listed on the website at www.birminghamtrackclub.com/group-runs.php as well as in this newsletter. I would highly encourage you to find a group that works for you and join them. In addition, the BTC also organizes weekly runs of varying distances on Saturday morning. You can always find a place to jump in. In my opinion, running with a group is the best way to build consistency with your running.

WANT TO ADVERTISE IN THIS NEWSLETTER?

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

To place an ad or for more info:
marketing@birminghamtrackclub.com

PLEASE SUPPORT THESE BTC SPONSORS



TrakShak.com



EskridgeAndWhite.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.



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