

Birmingham's Area Running Club  
[www.BirminghamTrackClub.com](http://www.BirminghamTrackClub.com)**BIRMINGHAM TRACK CLUB**[Facebook.com/BirminghamTrackClub](https://www.facebook.com/BirminghamTrackClub)

# **BTC**

# THE VULCAN RUNNER



VOL. 36

★ MARCH 2012 ★

ISSUE 3



## TIME TO GET YOUR REAR IN GEAR

— Amanda Vandegrift

Runners get your rear in gear! It's time once again for the 4th Annual Rumpshaker 5K, voted "Birmingham's Best 5K" in 2011 by Birmingham Magazine. Although this race has a cute and funny name, not to mention an equally humorous rump logo, the cause is serious...colon cancer awareness! The Rumpshaker Inc. foundation, through its community education events and the Rumpshaker 5K is raising awareness about colon cancer and the importance of regular colon screenings. Early detection is key in overcoming this preventable, treatable, and beatable disease.

Looking back, it's hard to believe what Rumpshaker, Inc. has accomplished in such a short period of time. It all began on October 5, 2007 when my beloved mother, Lisa Martz, lost her battle with colon cancer. Diagnosed at the age of 48, she was a true symbol of hope, faith and determination to her family and friends. Amidst our loss, we relied on the strength she had shown throughout her near 4 year struggle with the disease. During this difficult time I was an active marathoner and the love and support of my running friends, coupled with the stress release of running, helped me through my tremendous loss. A small group of us decided to honor my mom's memory by hosting several fundraisers leading up to the Georgia Marathon in



Get creative, get your rump in gear and register for the Rumpshaker 5K now!

2008. We ran the marathon, with a rather large group of BTC friends in memory of my mom, and made a sizable donation to the UAB Comprehensive Cancer Center in her memory. Little did we know at the time that our efforts would quickly blossom into something special, the Rumpshaker 5K. The Rumpshaker 5K is one of the few races in the country that focuses solely on bringing awareness to this awful disease.

**REAR IN GEAR** <continued on Page 2>



**REAR IN GEAR** <continued from Page 1>

On March 28, 2009 the first Rumpshaker 5K was held in the streets of Crestline Village. A wonderful gathering of approximately 800 walkers and runners braved a rainy Saturday to help start the journey (we actually had 1,483 registered and raised more than \$50,000). Blessed with more participants than we



Lisa Martz lost her battle with Colon Cancer on October 5th, 2007.

could have ever imagined for a first year race, we were able to establish Rumpshaker Inc. as a non-profit organization and debut our 20 foot "Inflatable Colon" which has now appeared at nearly 50 local health fairs and community events. Resembling a bounce house for kids, this educational tool actually illustrates the difference between normal and abnormal colon tissue and has allowed us to talk to countless individuals about an often awkward subject, their colon health. Driven by our mission to

promote awareness and raise funds to fight colon cancer in our community, the race has continued to grow considerably; from 2,330 participants in 2010 to 3,248 in 2011. To date, our organization has raised approximately \$270,000 from proceeds of the Rumpshaker 5K. This money is not only used by Rumpshaker, Inc. for education and awareness, but a portion of the funds are also given to the GI Labs of local hospitals where colonoscopies and other colon screenings are performed.

Don't wait, register today and join us on March 31st at Sloss Furnaces for the 4th Annual Rumpshaker 5k run/walk for colon cancer awareness. You can choose from a 5K run/walk at 8 a.m. or a 1 mile fun run at 9 a.m. There will be overall finisher and age group awards, post-race food, and fun! This year we are proud to join forces with the Alabama Department of Public Health and their Alabama Fitway Colorectal Cancer Prevention Program. The goal of this program is to increase colon cancer screenings to 80% by 2014 for those Alabamians age 50 and above. We are extra excited to offer FREE Fitway colon cancer screening tests at

the race. Fitway is a take home colon cancer test which has been proven to be just as effective as a colonoscopy when done once a year for ten years...this is one way you can take a step towards early detection. Keep in mind that colon cancer is preventable but often develops without any symptoms so early detection is the key. Another sure highlight will be walking through our 20 ft inflatable colon! Don't forget to create your Rumpshaker 5K team to support someone battling colon cancer or just to do something fun and active with family and/or friends. Create your team then come out and shake your rumps for a great cause! **Visit [www.rumpshaker5k.com](http://www.rumpshaker5k.com) for more details.** •



1.) 2008 BTC group just before the Georgia Marathon. 2.) 2011 Rumpshaker team "The Rootin' Tootin' Cowgirls" 3.) 2011 Rumpshaker team "MP's Posse"





Coming March 31, 2012 to Historic Sloss Furnaces



4th Annual ***Rumpshaker 5K***  
In Memory of Lisa Martz

Benefiting ***Colon Cancer*** Awareness



8 a.m. / 5k and 1 Mile Fun Run ... Individual and Team Awards  
Race Shirt and Free Stuff for all Participants / Post-Race Food and Fun

Register Online @ [www.rumpshaker5k.com](http://www.rumpshaker5k.com)



## Interested in advertising in this club newsletter?

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

To place an ad or for more info: [btcpresident07@gmail.com](mailto:btcpresident07@gmail.com)

## PLEASE SUPPORT BTC SPONSORS



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## 2012 Officers



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



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



**Treasurer**  
**Randy Lyle**  
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**Secretary**  
**Mitzi Duer-Savelis**  
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## BTC Committees

<b>Historian</b>	Arthur Black	<a href="mailto:historian@birminghamtrackclub.com">historian@birminghamtrackclub.com</a>	
<b>Marathon Coach</b>	Al DiMicco	<a href="mailto:262coach@birminghamtrackclub.com">262coach@birminghamtrackclub.com</a>	(205) 822-0499
<b>Masters Events</b>	Frank Newland	<a href="mailto:mastersevent1@birminghamtrackclub.com">mastersevent1@birminghamtrackclub.com</a>	(205) 271-7553
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<b>Mini Track Meets</b>	Gene Tomlin		(205) 531-8381
<b>New Runner's Society</b>	Danny Haralson	<a href="mailto:newrunners@birminghamtrackclub.com">newrunners@birminghamtrackclub.com</a>	(205) 380-1779
<b>Parliamentarian</b>	Tim Roberts	<a href="mailto:tim.roberts@arbitron.com">tim.roberts@arbitron.com</a>	
<b>Club Photographer</b>	Duvernne Duffee	<a href="mailto:photos@birminghamtrackclub.com">photos@birminghamtrackclub.com</a>	
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<b>Volunteer Coordinator</b>	Jennifer Ray	<a href="mailto:jen.ray11@gmail.com">jen.ray11@gmail.com</a>	
<b>Member Benefit Coordinator</b>	Abigail Morrow	<a href="mailto:amorrow@taylorritter.com">amorrow@taylorritter.com</a>	
<b>Running Group Coordinator</b>	Natalie Ferguson	<a href="mailto:nataliez1@hotmail.com">nataliez1@hotmail.com</a>	

## BTC Mission Statement

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

**Contact BTC at:** *Birmingham Track Club*  
P.O. Box 530363, Birmingham, AL 35253  
[info@BirminghamTrackClub.com](mailto:info@BirminghamTrackClub.com)

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

## ATTENTION BTC MEMBERS!

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

PRINTED newsletters are mailed out QUARTERLY only. Please send your CURRENT EMAIL ADDRESS, along with your name/contact info. to Judy Loo, Membership Chair, at [btcmembership@gmail.com](mailto:btcmembership@gmail.com) so that you can receive (via email) the monthly password in order to download the newsletter (.pdf format) from the below webpage link (including past issues which require NO password):

<http://BirminghamTrackClub.com>



## March BTC President's Message

— Jennifer Andress

Hello BTC! Have you all recovered yet from Mercedes Marathon weekend? It was truly wonderful seeing our community in its very best light! My family and I participate every year, from the Kids' Marathon to the Half- or full Marathon, to volunteering at the expo for the Service Guild, and raising money for the Bell Center for Early Intervention Programs as a Bell Runner. I loved seeing friends and meeting new visitors from out of town. And a huge thanks

to the volunteers that manned the BTC booth at the expo and the water stop for the race, in the frigid cold!

To follow up on some things mentioned in this space last month: the BTC officers and I explored ways we could market the BTC to the community at large. One way was a new logo, to feature on new merchandise. We spent some time looking at other successful clubs, and enlisted the help of Coach Eric Swope. Coach Swope is the Cross-Country and Track Coach at Homewood Middle School, as well as a talented Art Teacher at HMS. We love what he came up with (image to the left):

You may have noticed our new sign at the BTC water stop, featuring this logo (image to the right):

We are ordering an oval sticker with the new logo for each member of the BTC, and will be sending it to you directly in the mail in the next few weeks. Next to come: 1200 Club merchandise with the new logo, designed by Coach Swope and Tom Scales, and new BTC running apparel. Stay tuned- we will get information to you on how to place your order in the next few weeks.

Also coming is a BTC membership card, which you will be able to use for discounts with various retailers in the area. Finally we will have a volunteer reward plan in place, to honor those that give their time to BTC events. These programs



will be ready to roll by our Spring Social on Thursday, March 29. Details from Heather Milam, Jennifer Ray and Abigail Morrow to come!

One thing that came through loud and clear throughout all of Mercedes Marathon weekend: we have an INCREDIBLE running community. Thanks to all of you for your spirit, and your love of community and the sport of running! •

*jenandress99@gmail.com*



# ONLINE CALENDAR

## Upcoming BTC Races/Events

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

## Alabama Running Calendar

<http://Running.net/Alabama-Running-Calendar>

# STATE OF THE CLUB

— Brad Clay (BTC Past President)

For those of you who were unable to attend the annual meeting and party, I wanted to briefly share the “state of the BTC,” at least as of mid-January as I reflected back on 2011.

First, let me start with some of the challenges the club faced. Early in 2011 the EC voted for an upgrade to the BTC website after receiving a bid from the then-current vendor. Unfortunately, after months of delay, the vendor announced it was going out of business, a victim of the poor economy. Scrambling to find a new vendor, deciding on style and having the website built from the ground up, and transferring content required several months, and led to delays that were not foreseen. The website was down most of the year which surely affected internal communication within the club. Thankfully, the calendar and email systems were not affected, and by the time of this writing, thanks to David Barry, the new site is up and running. More work is yet to come, but we are excited about the possibilities of the new website.

Secondly, the club continues to suffer from a lack of volunteers and coordination of those volunteers. Unfortunately, this problem led to the loss of use of Samford's track for the monthly track meets, because the club could not fulfill its commitment to providing Samford with volunteers for some of its track events in exchange for the track's use. The club also has a perennial need for help with its membership committee, help with the Vulcan Runner, and help at various local races.

Finally, at several social and running events which were conducted in collaboration with local running stores, the club did not make its “presence” stand out as much as it should have, and we regret we missed the opportunities to draw attention to the great things the club offers. In addition, the club's

size prevents it from being as nimble as a smaller club can be and often leads to identity challenges.

Let me move to what the club accomplished in 2011. First, club membership grew from 677 in February to 760 in November, a 12% growth. Club expenses were up this year due primarily to the website expense, but the club still managed ~\$1500 revenue over expenses thanks in part to Randy Lyle's management.

The club helped to sponsor 15 races in 2011, one of which being the annual BTC Classic track meet, and including three trail runs. Let me point out that the Statue to Statue 15K had its highest participation ever in 2011.

At the beginning of the year, the club set a goal of one social event per quarter, but social chair, Mikki Haralson, actually organized 8 social events in 2011, and if one included larger post-BTC-race parties, the number would be 12. There were multiple BTC races or socials in every month in 2011.

Another goal the EC had at the beginning of last year was to manage merchandise more efficiently, and Tom Scales and Chris Caughran did just that, showing a 33% decrease in cost.

Finally, the EC attempted some new things in 2011, one being to grow the club's presence on Facebook from <900 to almost 1400 followers over the course of the year. Thanks to Alex Morrow, Facebook helped to ease the communication barrier the down website created. The Grand Prix returned, track meets returned briefly, the EC conducted a few member surveys to check the club's bearings, we attempted some social mixers with other athletic clubs, and some new locations for events such as the End of Year/Resolution Run were tried.

In short, the club is in a good position. It needs to organize its volunteer base, make its presence known, communicate effectively, continue to grow, and explore new activities, all while continuing to do what it does well. I am confident that with its leadership and the enthusiasm of its members, 2012 can be a fantastic year for the BTC. •

## DO THIS

Without the 3 Gluteal Muscles (Maximus, Medius and Minimus), you would not be able to run, or even stand upright. Weak Gluteal muscles are common in long distance runners and can lead to injuries, especially in the knees and low back. Strong Gluteal Muscles assist with moving your body forward and posture during running.

Strengthen Glute muscles with a progression of exercises including:



**STEP-UPS**  
(or just take the stairs wherever you go)



### PELVIC TILTING WITH A BRIDGE



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

<b>BTC MEMBER NAME</b>	<b>JANUARY '12</b>	<b>BTC MEMBER NAME</b>	<b>JANUARY '12</b>
Affuso, Olivia	81	Kirkwood, Teresa	90
Allen, Darnell	109.4	Langston, Richard	138.33
Andress, Jennifer	184	Kuhn, Jimmy	188
Atkins, Brian	87	Lindsey, Jonathan	100.81
Ballard, Bill	116.6	Longshore, Les	3
Barry, David	161.6	Loo, Judy	105.8
Baskerville, Jennifer	143.8	Lowell, Allison	138.32
Bettis, Natasha	56	Lupinacci, Tim	117.9
Booher, Lisa	129.86	Lyle, Randy	216.4
Bradshaw-Whittemore, Al	100.2	McCalley, Charles	111.3
Brown, Charlie	100.44	Meadows, Bryan	109
Bryant, David	172	Morgan, Danielle	125
Bullock, Sharon	116.5	Morgan, Phil	146
Burnette, Jack	128.6	Morrow, Alex	195.18
Chandler, Teresa	104	Muck, Randall	65.2
Clay, Brad	202	Myers, Bill	162
Crain, Teresa	101.5	Northern, Kristie	39.1
Crawford, Jennifer	118	Oehrlein, Kimberly	103.8
Creed, Brad	100.1	Parr, Michele	81
DiMicco, Al	135.6	Pasqualini, Ellie	152
Dodson, Brooke	153	Pasqualini, Greg	84
Dortch, Cherie	134	Patterson, Cathy	132.5
Dunham, Kelly	112.3	Perry, Jeff	215.2
Evans, Bob	114	Phillips, David	101
Farrell, Meredith	97	Phillips, Stefanie	205
Fite, Rebecca	153.28	Randall, Lisa	152.65
Franklin, Shane	179.1	Reisinger, Kaitlin	76
Gann, Michael	108	Richey, Jim	50.8
Gast, Laura	100.6	Roberts, Tim	188
Gillis, Sam	110	Rollins, Stephanie	65
Goode, Johnny	166	Ross, Nate	172.9
Gordon, Stacey	102	Russell, Tom	119.85
Greenwald, Bill	44	Rutherford, Keith	122
Grossmann, Christopher	90.9	Sample, Holly	154
Hallmark, Daryl	106.1	Schedler, Amanda	119.15
Haralson, Danny	117	Silwal, Suman	210
Hargrave, Alan	75	Skjellum, Jennifer	121.35
Harrison, Lisa	109	Smith, Jerry	125
Henry, David	125.5	Stewart, Amy	100
Hickerson, Patrick	136	Stockton, Rick	114.09
Hiller, Russ	132.34	Stroud, Vanessa	109.5
Hinton, Gretchen	87.5	Thursby, Vann	144.05
Hopper, Erica	276	Turner, Kile	122.71
Hulsey, Donnette	61.26	Turner, Sara	68
Ingram, Kimberly	101	Washburn, Kevin	194.04
Izard, Melody	92.23	Whatley, Prince	226.8
Kahn, David	51.48		

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

# JOIN the BIRMINGHAM TRACK CLUB'S 1200 MILE CLUB

*The Birmingham Track Club promotes fitness and a healthy running lifestyle for its members. Part of this involves consistency and the BTC wants to reward its members for that consistency.*

**In 2012 the BTC will be continuing its 1200 Mile Club program.  
It's great to set goals....and not too early or too late to start them!**

## HERE'S THE WAY IT WORKS:

- You keep a training log of all mileage you run during each month (see Page 21 if you need a printable log).
- At the end of the month, you communicate that mileage to the 1,200 mile club coordinator, who keeps a record of your mileage for each month. See email address below.
- The results will be posted monthly on the BTC web site so that you may track your progress.
- If you have completed at least 1,200 miles by Jan. 1, 2013, then you will receive a BTC '1200 Mile Club' jacket! Repeat members will receive a prized patch for each year they complete the 1,200 mile year that they can sew to their jacket to let others know how many years they've completed that goal.

## RULES AND REQUIREMENTS:

- Participants **MUST be a BTC member in good standing** to participate in the 1200 Mile Club. Not a member and want in on this deal? Then join (a Membership Application located on last page of this newsletter)
- It is the runner's responsibility to keep accurate track of all mileage. It is the runner's responsibility to communicate mileage run each month to the 1,200 mile club coordinator. There will be a monthly deadline for submissions.
- Races count. Training miles count. Walkers count. Just as you would count in a normal training log, count here.

*Initial miles must be reported by April 1st to participate for 2012!*

**Email monthly mileage/questions to: [1200@birminghamtrackclub.com](mailto:1200@birminghamtrackclub.com)**

THE  
ELLIS  
PORCH

## Statue2Statue

### APRIL 21ST, 2012

Race entry on PAGE 15

## SAVE THE DATE!



## Southlake Orthopaedics

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# *“So who is with me in creating a team to run this inaugural event?”*

— Jennifer Andress, BTC President

I had the pleasure of meeting one of the Race Directors for the Dixie200 Relay, think Hood2Coast but Southern style, at the Mercedes Marathon last month. The Dixie200 Relay is an overnight relay in which teams of 4 – 12 complete a 200 mile journey (in 36 legs) from Atlanta to Birmingham on one of the largest rails to trails projects in the nation – Silver Comet and Chief Ladiga trails.

The Relay will be held on May 18-19, 2012. The Relay is a staggered start where the first flight of teams will start around

6:00 am on Friday morning (May 18). Teams will begin arriving at Oak Mountain State Park around noon on Saturday to conclude their adventure.

We were told that you don't have to be an ultra runner to enjoy it. For a 12 person team the distances and training are similar to that of a half marathon and each leg is between 3 – 8 miles in length.

So who is with me in creating a team to run this inaugural event?

*If interested email [jenandress99@gmail.com](mailto:jenandress99@gmail.com)*



Let your 2012 adventure begin...

May 18-19, 2012  
Atlanta to Birmingham

Early Bird Discount Ends  
February 15, 2012

Register at [www.dixie200.com](http://www.dixie200.com)

## The Dixie200 Relay

200 miles, 4-12 friends, Silver Comet Trail = An unforgettable journey

## Advertise in THE VULCAN RUNNER

1/5 page – \$15    1/2 page – \$50    1/4 page – \$25    Full page – \$100

\*Advertisers who pay for an entire year in advance will get 12 months for the price of 10 months (ex. a Full page for 12 months would cost \$1,000, instead of \$1,200). **Deadlines are the 15th of each month for the following month.**

To place an ad or for more info: [btcpresident07@gmail.com](mailto:btcpresident07@gmail.com)

# RUN TO HELP REBUILD LIVES



## HABITAT FOR HUMANITY HALF MARATHON, 5K & 1 MILE FUN RUN WITH NICK'S KIDS SET FOR MARCH 24, 2012

— Chris Brown

Have you been wanting to help rebuild lives (and homes) in the wake of the devastating tornados of April 27? Short on time to travel to the actual worksites? Now you can combine the need to lend a hand while doing what we all love to do; run the first annual Habitat for Humanity Half Marathon in Tuscaloosa on March 24th. Celebrate with the several families who, through the efforts of hundreds of volunteers, now have a safe and new shelter in which to call "home". But we have big ambitions to be able to build

a home for all the 2375 families who lost not only their houses but some of their family members, as well. Terri Saban will be walking with the kids in the Nick's Kids 1 mile and the post-race party promises to be unforgettable with food, beer and music. The race will follow the scenic Black Warrior river before turning towards town with a post-race party and art show downtown. See the website for details; hope to see you there!

*Complete info. available at:*

**[www.TuscaloosaHalfMarathon.com](http://www.TuscaloosaHalfMarathon.com)**

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# DIRTY RUNNING

## NEW MONTHLY COLUMN!

— By Alex Morrow

I've come to accept that not everyone enjoys running. I've also come to accept that not all runners enjoy ALL types of running. I have coerced countless runner friends into their first trail run. Upon completion, many swore never to step foot on dirt again no matter how much I cajoled them. "No, no...that blood looks good on you. Scraped knees are sexy!"

The notion of not liking trail running is tough for me to comprehend. How you can you not like leaping logs, ducking tree branches, huffing and puffing up a mountain only to come screaming down the other side like your hair is on fire? Regardless, it's not everyone's cup of tea so I'm constantly trying to lure new victims, I mean road runners, into the woods.

Just in case one of your friends convinces you to step off the pavement and to get a little dirty, here are ten beginner tips which will make your run more enjoyable.

**1)** Forget about pace. How fast you run on the roads will become irrelevant on the trails.

**2)** Slow down! This also ties back to #1. Until you gain trail running experience, the quickest way to guarantee a face plant is to rush.

**3)** Take short, quick strides. You want to keep your feet underneath your body as much as possible. This will also improve your reaction time and will help you maintain your balance.

**4)** Hills are not to be feared. As a matter of fact, if the hill is too big, feel free to walk! It's OK, we all do it!

**5)** Even though you will encounter amazing scenery, make sure to pay attention to the trail in front of you. Sure, running in Birmingham means you have to dodge the occasional pothole, but running on trails means you will be dodging holes, roots, loose rocks, snakes, etc.

**6)** If you are running in a group, do not crowd the runner in front of you. It's tough to pay attention to the trail if all you see is the back of the person in front of you.

**7)** Unless it is an organized race, there are no waterstops in the woods. Make plans to bring your own. (How to carry water will be the subject of an entire article in the near future.)

**8)** There are no Porta Potties in the woods. I will let you deduce the rest of this point, but I do need to mention that not all leaves are your friends!

**9)** For short, non-technical trail runs, your road running shoes will suffice. If you really begin to enjoy trail running and start tackling more difficult trails, at that point consider purchasing a pair of trail shoes.

**10)** Be careful! Many injuries and mishaps can be avoided if a little common sense is employed.

### MARCH TRAIL RUNS:

#### ► March 10, 2012

Ruffner Mountain Howl at the Moon (This is a night race and scavenger hunt!)

[www.ruffnermountain.org](http://www.ruffnermountain.org)

#### ► March 10, 2012

Delano Park 50 Miler and 12 Hour solo

[www.delano12.com](http://www.delano12.com)

#### ► March 24, 2012

Mckay Hollow Madness 25k

[www.mckayhollowmadness.com](http://www.mckayhollowmadness.com)

#### ► March 31, 2012

Oak Mountain 50K

[www.oakmtn50k.com](http://www.oakmtn50k.com) •



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**Find the BTC on  
Facebook**  
**Facebook.com/BirminghamTrackClub**

# **BTC Mini-Meets have been SUSPENDED**

Due to the absence of a venue/location at which to conduct the meets, until further notice the monthly BTC Mini-Meets have been suspended.

**Watch "The Vulcan Runner"  
newsletter for updates.**

# **CARPORT CROSSFIT**

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# WHY DO YOU RUN?

— By Bryan Graydon  
(<http://www.running.net>)

Why do you run? How many times have you been asked that one? When I am out to dinner with friends on a Saturday evening and pass on that second beer because I have to run in the morning, they look at me funny and ask, “Why do you run?” When I tell people I go to bed at 9:00pm so I can get up at 3:15am to run, I always get asked, “Why do you run?” I often think of the self-induced torture I put myself through in those wee hours of the morning and I look in the mirror and ask, “Why do you run?”

I have often reflected on this question and it's a simple answer. One of the reasons is a three letter word that sometimes has a negative stigma attached to it, but we all possess it to some degree and that is ego. I like being able to say that I run marathons, which is something that less than 2% of the world's population will ever do. Is it wrong that part of the reason I run is for egotistical gratification? Probably a little, but we will just make that our little secret.

Another reason I run is almost worse than the first and that's vanity. I realize vanity is one of the seven deadly sins but I enjoy being able to eat some of those delicious, not-so-good for me foods without having

the negative effect on my waistline. I enjoy the fact that at the age of 37 I am the same weight I was when I graduated college 15 years ago. Oh, if running could only bring back all of my hair. I am probably guilty of looking at myself in the mirror a little too long and getting on the scale a little too often, but we can also keep that our little secret.



Bryan Graydon

What about stress reduction? That is certainly a better sounding reason than the previous two and just as true. We all have stress in our life from many sources and we have to find a way to get that stress out so it doesn't eat us up from the inside out. When I am running, I rarely think or worry about all those stressors waiting for me out in the real world. Instead, I just let my mind get lost in the run. If I could live my whole day in the stress-free bubble that running offers, I might still have all of that hair I mentioned.

There is always that whole “good health” thing. With all the things in our world that are supposed to be slowly killing us without knowing it, it seems to me that I have to do everything I can to even the playing field a little. Maybe the plastic in my water bottle is breaking down due to the heat and slowly poisoning me. Or maybe the pesticides on my produce will cause me to grow a third ear. Maybe there are those pre-

disposed health factors we all hear so much about that we are locked in an unknown daily battle with. Maybe the cholesterol traits of my parents are going to jump up and bite me -- at least the television commercials for some pharmaceuticals would lead me to believe so. With all of these possible death traps waiting for me, I have to do everything I can to give myself the upper hand. I like to think that all of my running is making me healthier and helping me fight off all of these things. But who really knows, after all I could get hit by a stray tee shot as I run by a golf course and all of this hard work would be for naught.

Maybe it is the short shorts. I like to think I have nice legs. Whoops, that should have been back up with one of those first two reasons.

While all of the previous reasons are true and certainly lead to why I run, they are but ingredients in the recipe. The “cherry on top” answer to the question of why I run is that feeling of self satisfaction and self accomplishment when I am done. I can look back at what I just did and say just that, “I did something.” It is not going to cure cancer or solve global warming, but I know deep inside that I set out to do something and did it.

Maybe it was just an easy five miler. Maybe it was a tough 3 x 2 mile workout at sub 10K pace. Maybe it was that last 22 mile training run before the marathon taper starts. No matter how hard or how long the workout or race was, I did it! Life is one big picture made up of tons of tiny little snapshots and each run is a snapshot in history I can look back on fondly.

So now I pose the question to you, “Why do you run?”.

---

*Bryan Graydon is an RRCA Certified Running Coach and also president of the Lakeland Runners Club. He lives and runs in Lakeland, FL and can be reached at mypr-running@gmail.com.*

# February BTC Executive Meeting Minutes

– Submitted by Mitzi Duer-Savelis, Secretary



## ► February 15th, 2012; 5:30 p.m.

### ► TOM SCALES - Race Director for Adam's Heart Run

• Race is 2/25/12 at 9:00am at Oak Mountain. Tom to provide copy for email blast and volunteer needs. Expecting around 275 runners.

### ► RICK MELANSON - Road Race Chair

• Rick to step down as road race chair but will continue doing the timing system.  
• Would like someone to shadow him to learn the ropes of it. Rick to provide copy for the website to recruit members interested.  
• Requested volunteers for the Hueytown 5k. Also to provide list of BTC sponsored races that has the biggest volunteer needs.  
• Discussed incentives to get medical personnel at races. Potential complementary entry for EMT's and firefighters.

### ► JENNIFER RAY - Volunteer Coordinator

• Been researching other running groups volunteer incentive program.  
• Suggested a pyramid program. 3 events: happy hour, 5 events: free membership, 6 events: entered into a raffle for gift cards. Also suggested an End of the Year party for volunteers with recognition and a gift.

### ► ABIGAIL MORROW - Member Benefits Coordinator

• Abigail to provide quote for membership cards from EBSCO. Would like to have one or two deals per month that member can use it for. Sticker to put over year when member renews.

### ► JENNIFER ANDRESS - President

• Discussed new merchandise for 1200 mile club. ex: short sleeve singlet for summer. take orders till a certain date then print. Also discussed clothing with the new BTC logo on it. Will focus on after free member singlet and 1200 mile club order.  
• Social to be moved from 3/17 to 3/29 due to Spring Break. Potential location: Avondale Brew Company  
• Discussed giving \$100 Bottega gift card to Mandy Meredith for making marketing ads last year. APPROVED

### ► DAVID BARRY - Vice President

• Discussed having a meeting to redesign the home page of the website. Make more information oriented rather than calendar oriented. Would like to have a members only section with content on training, nutrition, stretching, 1200 mile club data, runner profile, etc.

### ► ALEX MORROW - Media Relations

• Discussed Committee Structures. Each committee head to have 3 members to help them out and share the load. Committee heads to provide Jennifer A with their subcommittee for an org chart to be made.  
• Discussed giving all members and new members a singlet. Jeep is interested in some level of sponsorship. Alex to talk to Jeep about their commitment. Goal is to have them to hand out at the March social. Also discussed a sticker with the new BTC logo for each member. Cost around \$350. APPROVED  
• Discussed cost associated with getting all members a goody bag. •

## Get involved in the BTC!

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

### NEW RUNNER'S SOCIETY

**Chair:** Danny Haralson

[newrunners@birminghamtrackclub.com](mailto:newrunners@birminghamtrackclub.com)

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

### SOCIAL

**Chair:** Heather Milam

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

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

### MERCHANDISE

**Chairs:** Tom Scales

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

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

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

### MEMBERSHIP

**Chair:** Judy Loo

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

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



22<sup>nd</sup> Annual

# The Ellis Porch – State Farm Statue to Statue 15K Run

BTC Managed, RRCA Sanctioned, USATF 15K Certified Course

Saturday, April 21, 2012 at 8:00 am

## Transportation

Transportation will be provided from the parking lot of Zona Rosa Restaurant (near Miss Liberty 3732 River Run Drive, Birmingham, AL 35243) to Vulcan Park for the start of the race. Please be there early (FIRST BUS WILL LEAVE AT 6:30 am. LAST BUS LEAVES PROMPTLY AT 7:30 am. Please do NOT wait for the last bus. If it's full, you WILL BE responsible for your own transportation ). Baggage transportation is provided to the finish area.

**NOTE: THERE WILL NOT BE ANY TRANSPORTATION BACK TO VULCAN PARK AFTER THE RACE.**

## Registration

For entries received by 3/31/12 - \$25.00 All entries day of race and those received after 3/31/12 - \$35.00 On-line Registration: [raceit.com](http://raceit.com)  
(There will be no refunds)

**Race Day Registration will be at the River Run parking lot starting at 6:15 a.m.**

## Post-Race Party/Awards

Refreshments//Food! Awards will be presented at approximately 10:30 a.m. in the River Run parking lot. Awards and shirts will NOT be mailed.

**RACE PACKET PICKUP AT HOMEWOOD TRAK SHAK on Friday, April 20, 2012 from 10 a.m. to closing.**

For more information: email [btcmembership@gmail.com](mailto:btcmembership@gmail.com)

Also, check the web site for more information

[www.birminghamtrackclub.com](http://www.birminghamtrackclub.com)

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### Statue to Statue 15K RUN ENTRY FORM

**Make check payable to: BTC Statue to Statue Run**

**Mail Entry to: Statue to Statue 15K Run, 317 Broadway St, Birmingham, AL 35209 or drop off entry form at the Trak Shak (Homewood store)**

Print Last Name: \_\_\_\_\_ Print First Name: \_\_\_\_\_

Address: \_\_\_\_\_ Zip: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Sex: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age: \_\_\_\_\_ T-Shirt: \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

#### RELEASE

In consideration of the acceptance of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event, and I hereby release and hold harmless the Birmingham Track Club or any sponsors, promoters, persons, or entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with the event or their agents, employees or otherwise. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotape, motion pictures, recordings, or any other records of this event for any legitimate purpose.

Signature: \_\_\_\_\_

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

# FOCUS ON MENTAL POWER

— By Sandra Koulourides

I have always heard that the core was the power house of the body, which I have to disagree with. I think it is your mind. Fueling your mind with positive thoughts is just as important as proper training and fueling. My name is Sandra Koulourides and I am the owner of Fuel + Fitness, a nutrition and fitness consulting business based here in Birmingham. I am also the creator of Horizontal Conditioning, which is an intense core workout that strengthens your body from the inside out. For years I have been helping many runners and triathletes become healthier, leaner, stronger and faster. Once they learn the importance of balanced fueling, hydration, core work and recovery, they reach goals that they never imagined possible. With every race they enter, they set new PR's. Their bodies are strong, energetic, fit and fueled. Once they learn how to put the pieces of the puzzle together, the results are amazing.

Since everybody seems to be focusing on nutrition and fitness right now ('tis the season), I thought I would get your mind on another topic - "power." More specifically...your "mental power."

So many times we under estimate the incredible power that we have. We sabotage ourselves from being the best that we can be. We say things like, "this is too hard...I can't do this...it will never happen." Instead of, "it's hard, but I am strong...it will take work, but I can do this...if I am patient, it will happen." Our minds are so powerful! Many people do not realize how much influence their attitude has on their health and well being. They blame their circumstances (weight, fitness level) on everyone and everything. They are overweight because of their genetics, age, hormones, children, spouse, etc. Stop making excuses! Start owning your power, you will be amazed at what you can do.



Stay positive. Stay focused. Be ready to work. Be determined. If you really want it...you can make it happen! I truly believe that you will not be successful with weight loss until you transform your mind. We are powerless over many things in life, but we are not powerless over ourselves. Amazing things can happen when you change your attitude, control what you can, and tap into your inner power and strength. It is there for the taking, you just have to use it! Give it a try and see how your life unfolds...it has made a huge difference in mine! Stay positive and have a wonderful month!

## FITNESS TIPS

- Mix up your cardio...do some interval workouts and some steady state workouts.
- Cross train. Pick at least two activities that you like. Don't let your body get used to just one method of training.
- Get Horizontal at least 2 times per week, preferably 3 times per week to get faster results (summer will be here before you know it).
- If you are doing Horizontal moves on your knees, try to get on your toes. Try to continue to push yourself as you get stronger.

• Remember your muscle workout should be hard. If it is not, you are not going to get much in return. Work hard...be hard!

## FUELING IDEAS

- Don't forget to have protein, carbs, fat with each meal. You need them all for different reasons.
- Breakfast should be at least 300 calories...don't skimp.
- Limit your alcohol intake. It adds calories and interferes with fat metabolism. You'll get extra calories and burn less fat...not a good thing!
- Don't blow it on the weekends. You will never meet your weight loss goals if you do.
- Try using plain Greek yogurt instead of sour cream and mayonnaise.

## RECIPE OF THE MONTH

- Grilled veggies (see recipe form April 2009 news letter)
- Grilled chicken breast or Rotisserie chicken breast
- Fresh parmesan cheese (has so much more flavor than processed)
- Cut up chicken and put on top of veggies. Sprinkle with cheese and enjoy a delicious starchless dinner!

**VISIT SANDRA ONLINE:**  
[www.fuelplusfitness.com](http://www.fuelplusfitness.com)



# The View from the BACK OF THE PACK

— By Michele Parr

When I first started participating in races, I joked about the information I found printed on my bib. Noting that it listed sex and age, I laughed that it would be just perfect if only it included my weight. Be careful what you wish for, they tell us.



Michele Parr

My most recent Mercedes bib included my shirt size and the name and number of my emergency contact. Perfection has been achieved. Anyone finding my inert body on the side of the road in the middle of the race would have known from my bib that I was an extra-large female in the 55-59 year age group, and they could have called someone who cared to come collect me.

While I might chuckle about that particular bib, it's far from the most amusing bib story I've heard. Those races that personalize bibs produce some interesting stories.

At the final water stop of the Atlanta ING Half Marathon a few years back, a volunteer handed me a cup and shot me a "Good job, Michele." Even in my bleary state at mile 11.5 or so of a course that was inexplicably uphill all the way, the sound of my name caught my attention. Looking up to see who it was who knew me there in the

middle of downtown Atlanta, it finally occurred to me that she'd read my name from my bib.

That's not as good a story as the time Judy Loo filled in her race application just a bit off center. Somehow she managed to put her emergency contact number in the spot for bib personalization and ran an entire race with her sister's phone number on her bib. I guess that's one way to meet new friends, though I never found out if her sister got any calls.

In the beginning, I saved my race bibs, meticulously recording the race, date, and finish time on the back, thinking that would provide a nice record of my progress. Over time either I got too lazy to bother or I realized there wasn't much change to track or a little bit of both. Now it's just the race-specific bibs I find difficult to discard. For some reason, if it's color-coded and has the race name and date, I just can't toss it in the trash.

The bibs don't take up much space. They're a ton less bulky than all those medals that I quit toting to couch runner organizational meetings when they started sounding like wind chimes. I even have a scrapbook waiting to hold my bibs, but I know I'll never get around to organizing them into it. What's far more likely is that from time to time as I'm looking for something else, I'll come across a bib with a race name and a date, smile to myself, and reminisce a bit. •

*micheleparr@mindspring.com*

## GET INVOLVED... CONTRIBUTE TO THE VULCAN RUNNER

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

Send an email to: [btcpresident07@gmail.com](mailto:btcpresident07@gmail.com)

# RUNNING TIDBITS

— Compiled by Randy Lyle

## INTERESTING TIDBIT

### History of the Boston Marathon

The Boston Athletic Association, established in 1887, is among the nation's oldest athletic clubs. More than half of the U.S. Olympic Team at the first modern games in 1896 was comprised of B.A.A. members. After experiencing the 1896 Olympic Marathon, John Graham, B.A.A. member and inaugural U.S. Olympic team manager, was inspired to organize a marathon in the Boston area. With help from a local businessman, Herbert H. Holton, a measured distance of 24.5 miles was selected from various proposed routes. The route went from Metcalf's Mill in Ashland to the Irvington Oval in Boston. On April 19, 1897, John J. McDermott of New York beat a 15-member starting field to win the first B.A.A. Marathon in 2:55:10. The Boston Marathon has since become the world's oldest annually contested marathon. In 1924, the B.A.A. moved the start from Ashland to Hopkinton and the course was lengthened to the full distance of 26 miles, 385 yards in 1927.

From 1897 through 1968, the Boston Marathon was held on Patriot's Day, 19 April. The lone exception was when the 19th fell on Sunday and the race was held on Monday in those years. In 1969, the holiday was officially moved to the third Monday in April and the race has been held on Monday ever since. The last non-Monday champion was current Runner's World editor Amby Burfoot, who posted 2:22:17 on Friday, April 19, 1968.

Roberta Gibb was the first woman to run the Boston Marathon in 1966. Gibb, who did not run with an official race number in any of the three years (1966-68) where she was the first female finisher, hid in the bushes near the start until the race began. In 1967, Katherine Switzer did not clearly identify herself as female on the race application and received a bib number. B.A.A. officials tried unsuccessfully to physically remove Switzer from the race once she was identified as a woman. At that time, the Amateur Athletics Union had yet to accept women participating in long distance running. When the A.A.U. permitted its sanctioned marathons (including Boston) to allow women in the fall of 1971, Nina Kuscsik's 1972 B.A.A. victory made her the first official women's champion. Eight women started that race and they all finished.

The Boston Marathon was the first major marathon to include a wheelchair division in 1975 when it recognized Bob Hall. With a time of 2:58, he collected on a promise by then Race Director Will Cloney that he would receive an official B.A.A. Finisher's Certificate if he finished in less than three hours.

Olympic champions are common sights at the Boston Marathon. Three-time defending women's champion Fatuma Roba became the fourth person to win the Olympic Marathon and Boston when she posted 2:26:23 to win the 1997 Boston Marathon. Roba, who won the 1996 Olympic Marathon, joined Joan Benoit, who won Boston in 1979 and 1983 before adding the 1984 Olympics title, and Rosa Mota of Portugal, who won three Boston crowns (1987, 1988 and 1990) while adding the 1988 Olympic victory. Italy's Galinda Bordin is the only male to win the Olympic (1988) and Boston (1990) marathons.

In terms of on-site media coverage, the Boston Marathon ranks behind only the Super Bowl as the largest single day sporting event in the world. More than 1,100 media members, representing more than 250 outlets, receive credentials each year.

The course record of 2:03:02 was set last year by Geoffrey Mu-

tai of Kenya and is the fastest marathon in history. The women's record of 2:20:43 was run by Margaret Okayo of Kenya in 2002. Mutai followed his Boston performance with a course record win in New York City. He is now the fastest marathoner in history, and the only man to ever set course records at Boston and New York in the same year.

For the 2012 marathon, 34 elite athletes from around the world were invited to participate in the 116th running on April 16th. Reigning champions Mutai and Caroline Kilel will return to defend their titles, but will be challenged by the fastest men's and women's fields ever assembled for the Boston Marathon. Eight men have run under 2:07 in the past two years and ten women have posted under 2:24. It should be an exciting event again this year!

**SOURCE:** Source: <http://www.baa.org/races/boston-marathon/boston-marathon-history.aspx>

## RUNNING QUOTES

*"Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks."* — **Sir Roger Bannister** (English athlete who ran the first sub-4-minute mile on May 6, 1954)

*"The real purpose of running isn't to win a race; it's to test the limits of the human heart. A teacher is never too smart to learn from his pupils. But while runners differ, basic principles never change. So it's a matter of fitting your current practices to fit the event and the individual. See, what's good for you might not be worth a darn for the next guy."* — **Bill Bowerman** (1911-1999, University of Oregon track and field coach and co-founder of Nike)

*"The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride. You can walk about with character and pride no matter in what place you happen to finish."* — **Billy Mills** (gold medalist in the 10,000 meters at the 1964 Tokyo Olympics)

*"Friendships are born on the field of athletic strife and the real gold of competition. Awards become corroded, friends gather no dust."* — **Jesse Owens** (1913-1980, winner of 4 gold medals at the 1936 Summer Olympics in Berlin)

*"A man can fail many times, but he isn't a failure until he begins to blame somebody else."* — **Steve Prefontaine** (1951-1975, once held American records in the seven distance track events from 2,000 meters to 10,000 meters)

*"There are clubs you can't belong to, neighborhoods you can't live in, schools you can't get into, but the roads are always open."* — **Nike** (from an advertisement)



# Birmingham Track Club

# MEMBERSHIP APPLICATION



www.BirminghamTrackClub.com

www.Facebook.com/BirminghamTrackClub

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

PLEASE check one:

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

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

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

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

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

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

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

Other family members to be included in membership:

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

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

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

Date \_\_\_\_\_

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

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

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

btcmembership@gmail.com

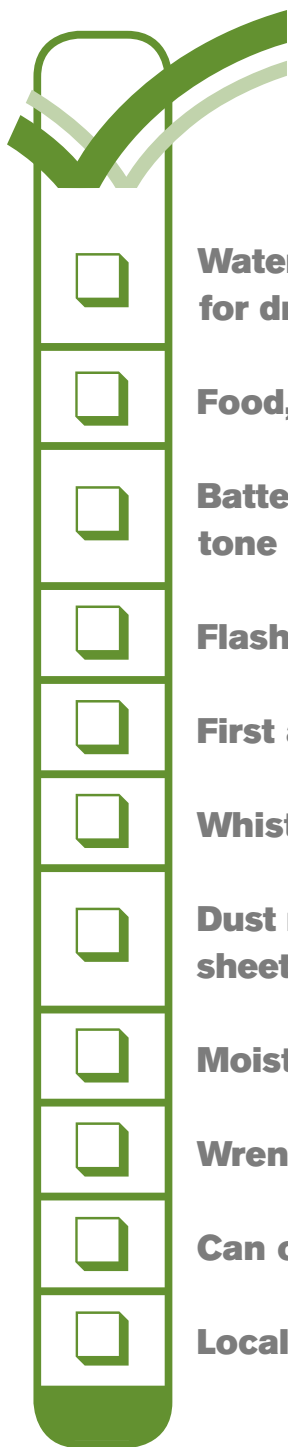
# PREPARE. PLAN. STAY INFORMED.

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

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

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

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



**Water, one gallon of water per person per day for at least three days, for drinking and sanitation**

**Food, at least a three-day supply of non-perishable food**

**Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**

**Flashlight and extra batteries**

**First aid kit**

**Whistle to signal for help**

**Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**

**Moist towelettes, garbage bags and plastic ties for personal sanitation**

**Wrench or pliers to turn off utilities**

**Can opener for food (if kit contains canned food)**

**Local maps**

**www.READY.gov**





# BTC MILEAGE LOG



		MONTH																																
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