



★ BIRMINGHAM TRACK CLUB ★  
WHERE RUNNERS ARE FORGED

# THE VULCAN RUNNER



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@RunBTC

May 2015

Issue ⑤

## BRINGING NEW LIFE to the MAGIC CITY

### BIRMINGHAM'S ROTARY TRAIL

—Jennifer Andress  
BTC Past President

As anyone who has been there lately can tell you, Downtown Birmingham has been undergoing a renaissance over the last few years. Old buildings are being renovated and re-occupied, such as the Lyric Theater. New spaces are being created and enjoyed by the thousands, like Railroad Park. And a brand new concept is being brought to life by the Rotary Club of Birmingham. This is where the Birmingham Track Club hopes to make a difference.

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The Rotary Trail is a former rail bed running West-East along First Avenue South, between 20th Street and 24th Street. Designed by architecture firm Goodwyn, Mills and Cawood, construction on the trail will begin next week, with Clements Dean Building Co. as general contractor. I met with Bill Jones of the Rotary Club of Birmingham earlier this year, and he explained the concept developed for this outdoor space.

According to Jones, the vision for the walkway is one of activity and movement. There will be running and walking paths, some bench seating, water fountains, landscaping and lighting. The Rotary Trail will connect Railroad Park to Sloss Furnace. It is part of a much larger concept called “Cross to Sloss”, that will develop greenways connecting CrossPlex in Five Points West to Avondale Park.

One very exciting element of the Rotary Trail is the entrance on 20th Street. There will be a metal sign, reminiscent of the dearly departed sign that welcomed train passengers to Birmingham at Terminal Station, until it was demolished in 1969. Jones said this sign is an homage to Birmingham’s past as a steel industry leader. The new sign will read, “Rotary Trail in the Magic City”, on a similar metal frame as the historic Magic City sign.

The trail will drop below street level as it moves eastward, with a stairwell entrance at Richard Arrington Jr. Blvd. There will be an amphitheater at 23rd Street, and then the trail will begin to climb back up to street level.

This is where we at Birmingham Track Club hope to contribute to the project. As Jones explained, while the 20th Street entrance harkens to Birmingham’s past, the 24th Street entrance will reflect its future. The BTC Board of officers is interested in helping to develop what the Rotary Club is calling the “Endpiece” of this magnificent project.

Susan Jackson, Executive Director of the Rotary Club of Birmingham, says, “The endpiece is one of our most exciting elements. We love the idea of an endpiece and have known we needed something there. One consideration is the need to transition from submerged trail to street level where there is actual traffic – both pedestrian and vehicular – and that visibility and safety will be factors.”

The BTC, along with the Rotary Club, is exploring options for an “active piece” of sculpture, to celebrate the healthy lifestyles of those enjoying the Rotary Trail. Another option to support the trail would be a mosaic piece within the walkway, at the 24th Street entrance.



We remain in ongoing discussions with the Rotary Trail to develop this concept, and BTC’s contribution to it. The BTC Board and Executive Committee are excited about the expanse of this undertaking; our community benefits so greatly as we all undertake healthier lifestyles that involve walking and running.

The BTC’s bylaws state: “The primary purpose of this organization shall be the education and training of individuals in and around the community of Birmingham, Alabama as to the benefits of jogging and running for fitness, health, and recreation.”

We hold ourselves accountable to these bylaws, making sure we are engaging as many in the community as possible as we promote our sport. We know we can have a tremendous impact on the community around us through this ongoing promotion of safe trails and greenways for outdoor walking and running. How exciting to be a part of something the Birmingham Business Journal calls “something Birmingham is doing right”!

I look forward to bringing you further updates as we progress in talks with the Rotary Club, and how you can directly help us further our mission of promoting a healthier community through walking and running.

# PRESIDENT'S ADDRESS

—Alex Morrow



## Hello, fellow BTC Members

I want to start with a big thank you to everyone who came out to this year's Statue 2 Statue 15k! More than 600 runners participated to make this the largest Statue 2 Statue race in years. Race Directors Judy Loo and Michele Parr, along with dozens of volunteers, worked diligently to make this a fantastic experience for everyone involved, and it shows. Billed as the South's Toughest 15k, it is now also one of the South's Most Popular 15ks!

The huge number of runners at this year's Statue 2 Statue is also indicative of our club as a whole. As our membership continues to grow, so do our races, events, and community outreach. A perfect example of this was the BTC Run Social held on April 11 at Overton Park. This event was the culmination of numerous weeks of Saturday long runs held on various hilly courses, as BTC Long Run Coordinator Monica Henley made sure to have everyone prepared for the challenging Statue 2 Statue course. More than 100 BTC members joined us at the social for a great run, door prizes, refreshments, and a whole lot of fun! BTC Social Chair Katherine Dease, along with Hannah Foust and Kim Benner, worked hard to ensure the event went off without a hitch.

It is events like our run-socials that bring our club together. They give us a chance to meet our fellow members, learn more about the club, and simply enjoy the camaraderie of like-minded individuals. Where else can you go and mention to someone that you ran 5 miles at 6:00 a.m. and they nod approvingly instead of thinking you are crazy?

Speaking of BTC events, please mark the following dates on your calendar:

- May 16 – Saturday morning run social
- June 13 – BTC night at Regions Park for a Barons baseball game
- July 4 – Peavine Falls Race
- July 16 - Thursday evening run social. (Yes, it's the return of evening socials!)

We will provide all the details for each of these events very soon, so stay tuned to make sure you don't miss out!

I am closing on a sad, but also happy note. Long time BTC Volunteer Coordinator Kate Pezzillo is stepping down from her position. Kate is moving to Washington D.C. where I have no doubt she will whip that local running club into shape. Kate has been a tremendous asset to our club and did an amazing job in her role. On more than one occasion, Kate single-handedly guaranteed the success of our events by making sure all of our volunteers were in a place in a timely fashion. I hope all of you will join me in wishing her all the best in her future endeavors.

I also want to thank Kim Benner for stepping up and offering to take over Kate's duties. Kim has some very large shoes to fill, but I am positive she will be great.

There is a great deal of momentum in the BTC, and the rest of 2015 is shaping up to be a fun-filled year. As always, thank you for making this club so special. I can't wait to see you at our next event.

Kindest Regards,

Alex Morrow

BTC President



## SAVE THE DATE!

**The Rick Melanson  
Peavine Falls Run**

**Oak Mountain State Park  
Saturday, July 4, 2015  
7 a.m.**





# GETTING EPIC RACE PHOTOS

— by Tanya Sylvan

**R**ace Photos. We runners anxiously wait for them in the days following the race, then rapidly click through them with one hand over our eyes because the photos suck so badly. How sad!

Race season is upon us, so now is the time to perfect your racing mug. Here are some do's and don'ts to make sure your next race photo is Facebook profile picture-worthy:

**Do: Ham it up** – Jump. Throw your hands in the air. Put on your biggest grin. You put in all that time and effort into training, now soak in every moment and show the world how excited you are to be running!

**Don't: Close your eyes** – You may be riding the struggle bus at the very moment the photog goes to snap a picture, but you don't want that forever immortalized. Plus, you're likely going to trip with your eyes closed, making you sport a bloody Jack-o-Lantern grin in your next race photo.

**Do: Make the photo your paparazzi** – In a race with thousands of runners, how do you ensure that your photos will be the best? Zero in on a course photographer, catch their eye (or lens), point to them, and shout "Over here!" You can also zigzag across the course to position yourself in front of the camera. Or, just have a bigger smile than everyone else around you.

**Don't: Knock out another runner while trying to get a photo** – Please keep all arms and legs inside your personal bubble at all times. I know I said to act a fool on the course and I am the first to raise the roof for a photo, but not at the expense of another runner's safety.

**Do: Watch your step** – While striking a pose, make sure you're still keeping an eye on your foot placement. Trust me – I know.

**Don't: Stop your watch at the finish line** – You trained for months to get across that finish line. Are you really going to ruin the moment by looking down at your data? No. Just, no.

**Do: Make your friends jealous** – "You make it look so easy!" "You don't even look tired!" Uh huh, that's right. You should come run races, too!

**Don't: Fret bad photos** – Race photos don't lie, and you can look back at all the bad ones and remember how you persevered through a tough time. And laugh. That's better than any fake grin!

Let's make a stand! Say no to bad race photos!



**Got some really BAD race photos?** Send them to [btcwebpage@gmail.com](mailto:btcwebpage@gmail.com) -- we'll post on the BTC website for members to vote on the WORST of the bunch. We'll help the "winner" have a better race photo next time by giving him or her a BTC shirt (everyone looks good in those, right?) Voting will end on May 25, so make sure to vote in time! We'll announce the winner online and in the June issue of *The Vulcan Runner*.

***The fine print:***

- \* Include your name and race information.
- \* Due to copyright restrictions, professional photos can only be reprinted if you've purchased them – cropping out the copyright information doesn't count.
- \* You may enter as many photos

as you'd like (but if you have THAT many bad ones, consider a personal consultation with Tanya).  
\* Yes, it's fun to submit bad photos of our friends, but please get their permission before doing so (and remember the old adage about paybacks).

# 2015 Officers



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## Treasurer

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## Vice-President

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secretary@birminghamtrackclub.com



## Past-President

Jennifer Address  
pastpresident@birminghamtrackclub.com



## BTC Committees

### General Counsel/Parliamentarian

Long Run Coordinator

Moderate Group Coordinator

Medical Director Emeritus

Medical Director

Social Chair

Marketing/Social Media

Membership

Membership Benefits

Merchandise

"The Vulcan Runner" Editor

Club Photographer

Japan Exchange Program

1200 Mile Club

Road Race Emeritus

Volunteer Coordinator

Historian

Marathon Coach

Finish Line Crew

Webmaster

Race Coordinator

IT Chair

Adam's Heart Run

Statue 2 Statue

Peavine Falls

Vulcan Run

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Allison Stone astone128@rocketmail.com



Find us on  
**Facebook**



## BTC Mission Statement

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

## Contact BTC at:

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

## Race Results

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

**birminghamtrackclub.com**  
**championship-racing.com**





# BTC MERCH IS NOW AVAILABLE ONLINE!

You may now order BTC merchandise online. Online payment is not yet available, but you may place orders and arrange for local pick up (or delivery by mail, to our not-so-local members). From the BTC website homepage, click on the "Store" tab to see all available merchandise, register for upcoming BTC races, or renew your BTC membership.



A big "THANK YOU" to the BTC, our race sponsors, volunteers and runners for making this year's 25th Annual Ellis Porch Statue 2 Statue race the best yet! A record 610 runners registered for the South's Toughest 15k, and we look forward to welcoming even more in 2016!

Official results can be found [here](#).

Save the date for S2S 2016: April 16, 2016

Judy Loo  
Race Director

*Back at you, Judy! The BTC thanks you, S2S Committee members Michele Parr and Debbie Cleghorn, and the many volunteers who made this event possible.*



# RUNNING SAFETY

— by Kristen Osborne

Mountain Brook's Jemison Trail is a favorite route for many BTC runners. Its central location, easy access, and quiet forest scenery are a big draw. Unfortunately, criminals know that it is popular, and it can draw them too.

While normally a very safe area, the Jemison Trail has had a few isolated incidents over the past year, including two indecent exposure incidents (one of which occurred just last month) and a rare armed robbery in December of 2014 (see sidebar for more information). The perpetrator in the most recent incident was arrested on the spot and charged with indecent exposure and possession of marijuana after a runner noticed his suspicious vehicle near the trail and alerted Mountain Brook Police.

These incidents are not limited to the Mountain Brook area. In recent years, runners and walkers have reported similar incidents in other areas, including the over-the-mountain areas where many of us run regularly. While such incidents, fortunately, are isolated ones, the Birmingham Track Club and the Mountain Brook Police want to remind all BTC members of important personal safety tips while running:

## 1. Run with a partner.

We all know there is safety in numbers. Running alone can make you an easier target for a potential crime, especially at night. If you have to or prefer to run alone, let someone know your intended route and expected finish time. Try to stay near another group of runners or walkers. Choose times and route when you know there will be other runners and people around in case you need help. Popular routes are listed on the [BTC website](#).

Find a running group! The [BTC website](#) has a long list of running

### ***Your Help is Needed!***

***In December, four girls were walking the Jemison Trail together in the early afternoon hours. They were held up at gunpoint, and their cellphones and a purse were stolen. The perpetrator fled on foot and has not yet been caught. However, the girls, along with others along the Trail that afternoon, were able to provide a description. A sketch of the suspect was released recently to assist in the man's capture:***



Official sketch courtesy of Mountain Brook Police Dept.

groups for all schedules and paces. Even if you can't find one that will work for your schedule, contact the groups, who are often on Facebook, to see if someone else is willing to run at your preferred time. Runners are always willing to help each other out, especially if it means they get a run in the process!

## 2. Carry your phone.

LT Jay Williams of the Mountain Brook Police emphasizes this point: "If you can, carry your phone. . . . There is no reason not to when you have the capability to carry a phone now." He credits running with a phone to the capture of the recent indecent exposure suspect. He also notes that carrying your phone can be useful for medical emergencies as well.

There are numerous options for carrying a phone. If you don't like an armband, try a waist pack or a hand harness. Our local running stores carry a plethora of options and will help you find something that fits your running style.

## 3. Put your valuables out of sight.

Don't leave your iPad, purse, laptop, briefcase, or anything else that could be seen as valuable in sight when you lock your car. Even if it's in the middle of the day, your window can be broken in 2 seconds.

LT Williams urges, "Lock your valuables in your trunk, out of sight." Also, if you see someone looking in car windows, call the police to come check out the situation. You could prevent someone else from becoming a victim.

## 4. Be aware.

Many of us run with music. If you just can't go without a beat, try leaving one earbud in and the other open. Tuning out of the world completely can leave us vulnerable to a number of dangers that we would normally see coming, like criminals, cars, dogs, and, yes, even those aggressive tree roots that purposefully jump out to trip us.

Look around you as you run. Not only will you take in more of the beautiful surroundings, especially if you're on a route like the Jemi-

***If you run with your smartphone, consider downloading these safety-oriented apps:***

***React Mobile*** – React Mobile's free app enables you to send your GPS coordinates to pre-selected contacts with the simple push of a button.

***StaySafe*** – With StaySafe, you can enter your route and timing, and if you don't check in within the allotted time, your pre-set emergency contacts will receive your GPS coordinates, even if your phone is off. Price: \$6.99

***MyPanic*** – This free app turns your smartphone into an audible alarm with flashing lights to alert the attention of others in the area.

***Guardly*** – Guardly also sends alerts to your pre-selected network – the app provides them with your real-time location and notifies them of whether you've called 911. The app is free, with in-app purchases.

***bSafe*** – This free app does it all – sounds a siren, records a video, alerts authorities, and informs your pre-selected contacts of your real-time location.

***Source:*** Top 5 Tips for Safe Spring Runs (<http://www.shape.com/print/12224>)

son Trail, but you will be able to notice potential problems and can change direction or take early action.

#### 5. Learn some basic self-defense.

Take a self-defense course. Think of it as the most useful cross-training you'll ever have. Many local police departments provide free self-defense courses for men and women. Just call and ask when the next one is scheduled. Birmingham also has a wealth of martial arts professionals who provide free or discounted self-defense courses. If you must run alone and without a phone, take a proactive approach to protect yourself.

Remember, you don't have to beat up anyone or win in a fight. You just want to give yourself the opportunity to run away.

#### 6. Don't hesitate to call the police.

Many worry that they will get in trouble if their concern turns out to be nothing. LT Williams assures the community that isn't the case: "You're not bothering us. That's what we're here for."

LT Williams is very appreciative of the Jemison Trail runners who call if they see something suspicious. He believes the obvious vigilance of the community has discouraged additional crime in the area.

#### 7. Use a live tracking device.

Using the same GPS technology many of us rely on to track our runs, our friends and loved ones can keep track of us! Some of the newer Garmin watches are equipped with a LiveTrack function that allows others to track your location in real time. A newer entry in the sports GPS watch market, Bia, comes equipped with live tracking and a unique safety alert function that's worth a second look (no smartphone needed).

Here are a few other tracking programs:

**Road ID** – We all know that Road ID provides great emergency identification options for runners. Now, Road ID also has a fantastic FREE app. When you head out for a run, enable the "eCrumb" feature, which allows your friends and family to track you in real time. The app also features an optional 'Stationary Alert' that notifies your selected contacts if you stop moving for more than 5 minutes. It also allows you to customize your phone's Lock Screen to provide your emergency information.

**Garmin Fit** – Garmin's LiveTrack feature is also available via subscription on the Garmin Fit smartphone app. LiveTrack allows you to share your location by email, Facebook, or Twitter.

**Find My Friends** – Apple's FREE app allows you to locate friends and family using an iPhone, iPad, or iPod touch, provided the person you are trying to find has the app and gives you permission to do so.

**Glympse** – This FREE Android, IOS, and Windows-friendly app Allows you to set who sees your location and for how long (like the duration of your race or run). However, you must request a Glympse and have that person approve you to track them before you can see their location. As long as you remember to do that ahead of time, you've got a free live tracking feature.

### More Personal Safety Tips for Runners

- **Wear or carry some form of ID.** Your running group may know everything about your upcoming race, but do they know how to contact your spouse if you were to have a medical emergency during a run?

- **If you run alone, change your route or start time periodically.** Don't be predictable.

- **Run in well-lit areas, when possible.**

- **Consider carrying an alarm or a loud whistle.** Check out our list of apps that make your smartphone an alarm.

- **Consider carrying mace or pepper spray,** but if you choose to do so, make sure you know how to use it properly (and make sure it's easily accessible).

- **Trust your gut.** If something doesn't feel right, it probably isn't.

**Source:** Top 5 Tips for Safe Spring Runs (<http://www.shape.com/print/12224>)



# BTC AMBASSADOR PROGRAM

*COMING SOON*

**Are you an energetic, dependable member of the Birmingham Track Club?** Love to meet new friends and discover new places to run? Then the inaugural BTC Ambassador program may be perfect for you! The BTC is looking for enthusiastic members who will represent the BTC around town, as we get to know other running groups and introduce them to all that the BTC has to offer. Stay tuned to BTC social media and The Vulcan Runner for more details about this exciting new program! Already intrigued? Contact [Darnell Allen](#).

## LOOKING TO VOLUNTEER?

The BTC has several volunteer positions open for fun, dedicated, BTC-loving volunteers. If you want to volunteer, we will find a spot for you!

**Assistant/Substitute Run Group Coordinators** – Two or more volunteers are needed to assist BTC Run Group Coordinators, **Monica Henley** (Long Run Coordinator) and **Mark Criswell** (Moderate Run Coordinator), as needed with route planning, coordinating water stops and welcoming the groups on Saturday mornings. Contact [Kim Benner](#) to volunteer.

**BTC Photographers** – Volunteers are needed to photograph BTC special events, races, etc. for The Vulcan Runner, BTC website and social media, as well as archiving old BTC photos. Contact [Kim Benner](#) to volunteer.

**Finish Line Crew** – Members of the Finish Line Crew Committee set up and break down all BTC events. They also get special committee only perks and benefits. Contact [Kim Benner](#) to volunteer.

**Social Committee** - The BTC Social Committee plans and executes quarterly social runs, the BTC Annual Party and other events as needed. Contact Kim Benner to volunteer.

**The Vulcan Runner Staff** – Remember how much fun you had on Yearbook staff in high school? This gig is even better! We need writers, copy editors and ad sales coordinators. Contact [Julie Pearce](#) to volunteer.

Please let Kim Benner know if you have any other interests, skills or just want to join in on the fun -- she can find a place for you to volunteer with the BTC!



The BTC was pleased to welcome 2012 Olympic silver medalist and 2014 Boston Marathon Champion, Meb Keflezighi, to Birmingham on April 26, 2015.





# Saturday Morning Moderate Runs

Find us on FB or email Mark Criswell  
at [mcriswell@american-usa.com](mailto:mcriswell@american-usa.com)  
for more information

**JOIN US!**







—by Dean Thornton, MD

*Inside the Runner* will use medical imaging to offer readers a chance to see what is going on inside their bodies when something breaks down. From fractures to tendinitis to muscle injuries, this series will explore the imaging studies used to help doctors and other medical professionals treat running injuries.

### Case 1 - "A Familiar Story"

A 33 year old female runner presents to her doctor with a several week history of left foot pain. The pain is mild but throbbing. The symptoms get a little worse with running and a little better with rest. The pain responds to anti-inflammatory medication (ibuprofen) but never completely goes away.

After obtaining the medical history, the doctor performs a physical exam. The patient has tenderness to pressure over the middle of the foot. As a first step, the doctor orders foot x-rays.

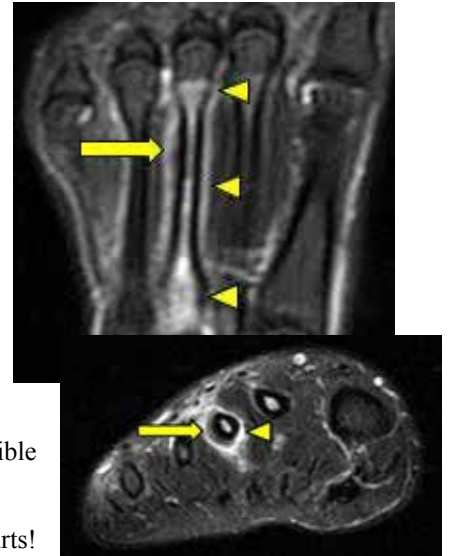


The radiograph (the technical term for an "x-ray" -- basically, a photograph taken with x-rays instead of light) of the left foot appears, at first glance, to be normal. There are no obvious fractures. But closer inspection of the area of the patient's pain using a magnified view shows a subtle area of extra bone growth along the 3rd metatarsal (toe) bone (arrow). This extra bone growth is inflammation of the outer lining of

the bone, known as the periosteum. Given the combination of an abnormal x-ray and the physical exam findings, the doctor orders an MRI (Magnetic Resonance Imaging) exam of the foot.

The MRI makes it much easier to see what is going on. The 1st MRI image shows the 3rd metatarsal bone is much brighter than the other bones. On this particular MRI sequence, this means that

there is fluid, edema, or inflammation of the bone. The 2nd MRI image is a magnified view similar to the magnified x-ray. The arrow again points to the abnormal bone growth (periostitis) along the outside of the 3rd metatarsal bone. The arrowheads point to the extensive edema or swelling (brightness) within and surrounding the entire metatarsal. No discrete fracture line is visible -- that's the good news.



This is why the patient hurts! There is a stress reaction of the 3rd metatarsal. A stress reaction is a precursor to that condition all runners dread: a stress fracture. The bone senses that there is abnormal stress (running too much, for instance) and responds with inflammation and new bone growth trying to repair the damage. Stress reactions are common in new runners, runners who rapidly increase their mileage, and runners with underlying medical conditions such as low bone mineral density (osteopenia).

The patient's doctor now knows exactly what is going on and can implement an appropriate treatment plan. Treatment for a stress reaction usually involves rest, immobilization, and time. Failure to follow the recommended treatment plan could lead to a stress fracture or even a displaced fracture requiring lengthy recovery, placement of a boot or cast, or even surgery.

*Dean is a Musculoskeletal Radiologist with Radiology Associates of Birmingham and a Clinical Associate Professor of Radiology at UAB. He works with many local orthopedists and sports medicine physicians. He also likes to run.*

# ENJOY THE JOURNEY

— by Michael Brown

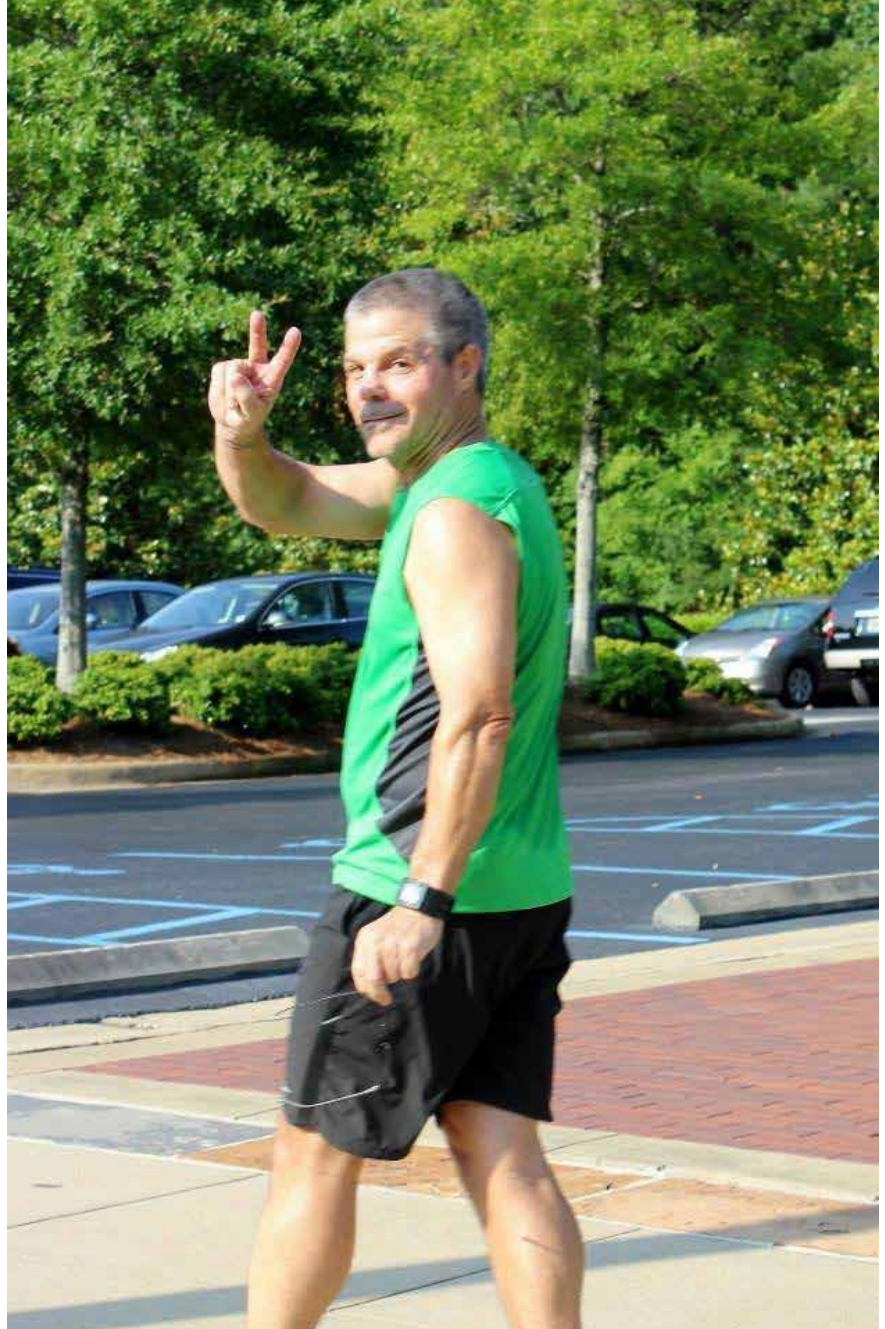
The Birmingham Track Club and running community lost one of its long-time members when Barry Blankenship passed away unexpectedly on April 4th. Barry had just celebrated his 52nd birthday on March 18th. His passing was, and still is, a shock to everyone because he was the “typical” runner who watched what he ate, took care of himself, and of course, was in great physical shape. But for everyone who knew Barry, to call him “typical” seems like a bit of a misnomer.

Barry had a way of being hilarious and serious at the same time. He could make you laugh and afterward leave you wondering if you had just been insulted. He had a dry sense of humor and seemed to live by the motto, “Don’t take yourself too seriously.” You never had to wonder what he was thinking, because he was going to tell you. While Barry was funny and passionate, if you got to know him, you knew that behind those eyes was a man who had really lived.

Barry could usually be found on Lakeshore Trail getting in his miles. He was a regular at most of the local races. He loved the Mercedes Half, Vulcan 10k, Retro Run, and Statue to Statue. More than once he and I crossed paths on the trail while running, and he wasn’t shy about blowing his car horn as he drove by to “sound the horn” if he spotted you on the roads or trails.

Barry and I met on a BTC social gathering and struck up a friendship. Over the next year we would learn that we had several other mutual circles in which we “ran.” I enjoyed seeing him at races around town and hearing about his recaps and new PR’s. My fondest memory was his last training cycle for what would be his last half marathon. There isn’t one particular event that I remember about his training; it was following his training journey on Facebook that I enjoyed -- reading about his breakthroughs in training, his hilarious observations, his excitement, his concerns.

The running community is a special thing. We are a group of people who would perhaps normally not mix. Just look around at the next weekend long run or BTC social. But there exists among us a common bond. I’m reminded by Barry’s passing that you’ll never know who you’ll meet on the roads or on the trails. Sometimes, rather than focusing on the finish line, it’s nice to enjoy the journey with your oddball group of friends. We’ll miss you Barry. And congratulations on your last PR at the Mercedes Half in February.



**Barry Blankenship**  
**March 18, 1963 - April 4, 2015**



# 1200 MILE CLUB

*Cumulative miles submitted through April 28, 2015 are listed below.  
For a complete listing of monthly totals, [click here](#).*

TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Adams, Clell	2	358	Casey, Barry	1	273	Easterling, Tim	R	83
Affuso, Olivia	3	356	Cason, Daniel	R	435	Echols, Robert	R	30
Alexander, S Rheagan	R	346	Caviedes, Octavio	1	271	Edge, John	R	266
Armstrong, Thomas	3	142	Chadha, Jennifer	R	217	Edmonds, Maggie	R	87
Bailey, Leslie	1	374	Chambers, Ron	R	453	Elrod, Stacey	R	286
Bailey, Tut	R	223	Chandler, Teresa	5	311	Ensminger, Stephanie	R	0
Baker, Mark	1	244	Chiesa, Marco	R	264	Estes, Jeff	R	352
Baker, Ryan	R	146	Christenberry, Kim	R	0	Etchison, Nikki	R	0
Ballard, William	4	334	Clay, Brad	7	888	Evans, Debbie	1	380
Barnes, Conan	R	132	Clayton, Yocunda	R	247	Fell, Amy	2	220
Barnes, Jimmie	R	234	Cliett, Stephanie	R	353	Feller, Beth	1	307
Barry, Jenny	R	287	Clowers, Addison	R	368	Ferlito, Cindy	R	6
Bartee, Samm	R	128	Coker, Leslie	R	278	Fincher, Valerie	R	167
Bartlett, Kari	1	261	Colmenares, Clinton	R	248	Fonteneau, Kira	R	107
Beasley, Cathy	R	271	Colpack, Chris	R	325	Foust, Hannah	R	187
Beggs, Mark	R	175	Connell, Daniel	R	0	Franklin, Shane	3	368
Belcher, Michelle	2	154	Cooper, David	R	160	Frederick, Winston	6	539
Benner, Kim	2	278	Cornelius, Jeff	R	101	Fuller, Lisa	R	0
Benson, Wayne	4	311	Corrin, LaRonda	R	299	Gann, Michael	3	249
Berg, Courtney	R	50	Corrin, Roger	1	292	Gant, Kelli	1	151
Berg, Dustin	R	251	Cox, Damon	1	399	Ganus, Jack	7	303
Berthold, Jean-Philippe	R	209	Craig, Mary	R	369	Gaylor, Marcie	1	501
Beury, Bridget	R	157	Cramer, Robyn	R	255	Gibson, Darrell	1	242
Bissell, Kim	R	299	Cramer, Steve	R	63	Gilbert, John	R	315
Black, Dylan	R	280	Crawford, Drew	R	135	Goode, Johnny	5	460
Blankenship, Barry	2	352	Creed, Brad	4	248	Goolsby, John	3	287
Bonatz, Ekkehard	6	815	Creel, Mary	R	0	Gordon, Brittany	R	172
Booher, Lisa	3	287	Crumpton, Dan	2	269	Greene, Michael	1	191
Bowman, Brian	R	0	Davis, Kevin	R	82	Greenwald, William	R	46
Bowman, Leisha	R	0	Davis, LaJuana	R	259	Grice, Jenny	R	195
Brakhage, Victoria	R	335	Davis, Sarina	R	0	Grossmann, Christopher	4	282
Brown, Charlie	3	336	Dawson, Ashley	1	526	Gullapalli, Satya	1	349
Brown, Michael	1	372	Dease, Katherine	1	338	Haley, Jay	R	239
Brown, Sean	1	267	DeBardleben, Anne	R	186	Halperin, Dave	1	610
Bryant, David	1	314	Dell'Italia, Louie	R	303	Haralson, Danny	6	326
Bunch, Bryan	R	138	Dell'Italia, Pat	R	267	Haralson, Micki	7	340
Bunch, Catherine	R	306	Denton, Matt	2	396	Hargrave, Alan	7	319
Busby, Madeline	1	328	Dill, Greg	1	206	Harrelson, Heather	1	367
Byrd, David	R	50	DiMicco, Al	3	265	Harris Bowser, Javacia	R	139
Callahan, Rachel	R	301	Dodson, Brooke	3	154	Harris, Robert	R	176
Carey, Christopher	1	220	Dortch, Cherie	6	127	Harrison, Lisa	3	311
Carlton, Bob	R	320	Douglas, Nelle	R	328	Harvey, Gary	R	244
Carroll, Chad	R	105	Dunn, Wade	6	575	Harvey, Gordon	R	469
Carter, Adrienne	R	162	Easterling, Natalie	R	241	Hathorne, Chad	R	230



TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL	TOTAL	YEARS	TOTAL
Havicus, Cari	R	336	Longoria, Joseph	2	388	Peagler, Shana	3	271
Hayes, Debbie	1	435	Lopez, Eric	R	0	Pearce, Julie	4	174
Hayes, Mikal	R	344	Losole, Liz	5	106	Pearson, Blake	1	424
Heaton, Bryan	1	254	Love, Thomas	1	240	Pearson, Mary Scott	R	87
Heineken, Stephanie	R	305	Lyle, Randy	6	539	Perry, Jeff	4	564
Henley, Monica	1	274	Lyles, Chris	R	277	Peters, Scott	R	465
Henninger, Alison	R	328	Lyles, Kimberley	R	0	Peterson, Stacy	1	316
Hickerson, Patrick	3	307	Malec, Tim	R	338	Pezeshkmehr, Megan	R	332
Hill, Quinn	R	356	Malick, David	1	275	Pezzillo, Kate	1	48
Hill, Susan	1	277	Martz, Adam	1	230	Pigford, Wells	R	230
Hill, Tucker	R	222	Mason, Erin	R	283	Plante, David	2	437
Hodges, Max	R	184	Maughan, Kevin	R	369	Poole, Greg	1	0
Hollett, Brett	R	215	McConnell, Kim	1	221	Porter, Michael	R	0
Honea, Todd	3	330	McCoy, Jabe	R	634	Portwood, Paul	R	438
Hoover, Alison	3	414	McKenna, Don	1	334	Powell, Tim	R	337
Hoover, Jim	R	302	McKenna, Regan	R	221	Prestridge, John	R	300
House, Beth	2	273	Mcmahon, Mary Lee	1	0	Ralph, Meghan	R	300
Housler, Philip	1	163	McNair, Kelly	1	352	Ramsey, Jamey	R	339
Hughes, David	R	213	McTune, Mark	2	520	Randall, Lisa	5	178
Hulcher, Alison	R	0	McVey, Simon	R	324	Ratliff, Garnet	R	51
Hunt, Leslie	R	370	McWilliams, Matthew	R	216	Richards, Amy	R	331
Hyatt, Micheal	1	169	Meadows, Bryan	2	304	Richardson, William	R	336
Ingle, Brandon	R	205	Merry, Vicki Sue	2	658	Riner, Clint	R	364
Izard, Georgia	R	372	Miller, Tracy	R	283	Roberie, Josh	R	177
Izard, Melody	R	350	Millican, Randy	2	308	Roberson, Kevin	1	478
Jackson, Kelly	R	17	Millsap, Lanier	1	124	Roberts, Fletcher	R	303
Jenkins, Kaki	1	347	Mixon, Joshua	R	95	Roberts, Stephen	R	387
Johnson, Christy	R	23	Mooney, Sylvia	R	48	Robinson, Rod	R	255
Johnston, Latta	R	344	Moore, Robert	1	598	Rocha, Roger	1	395
Jones, Delpha	1	179	Morgan, Danielle	3	284	Rodriguez, Angie	1	326
Jones, Ira	2	286	Morgan, Phillip	5	365	Rodriguez, Rick	R	54
Jones, Marcus	R	598	Morris, Dewayne	1	348	Roper, Lynn	R	0
Kane, Dawn	1	295	Morris, Justin	1	314	Rose, Billy	R	447
Kane, Michael	1	291	Morris, Matt	R	402	Rosetta, Keith	R	0
Kaplan, Justin	R	0	Morrow, Abigail	R	0	Routman, Cynthia	R	219
Kelley, Robin	1	539	Morrow, Alex	4	58	Rutherford, Keith	7	293
Kemper, Tricia	R	316	Mothershed, Janie	1	130	Rutledge, Lisa	R	350
Kin, Nicholas	R	202	Murchison, Reginald	1	539	Sadler, Jason	R	246
Knight, Diane	R	233	Murphy, Mandy	R	0	Sarrett, Kemper	R	284
Knight, Kristen	R	193	Murray, Jason	1	254	Schaefer, Todd	R	361
Krause, Casey	R	218	Norris, Beth	1	325	Secor, Debi	R	495
Kuhn, Jimmy	7	321	Northern, Kristie	5	298	Self, Travis	R	210
Laird, Audrey	R	329	Oehrlein, Kimberly	R	156	Shaffield, Danny	1	495
Langston, Aaron	R	328	Opsomer, Liliane	R	195	Shaffield, Mitzi	R	84
Langston, Richard	3	344	Osborne, Kristen	R	134	Shaw, John	R	234
Leopard, Don	R	363	Parks, Charlie	1	777	Sheppard, Gretchen	R	229
Lester, Treva	R	359	Patlolla, Sandeep	R	190	Shinn, Ronald	4	184
Lichlyter, Lee	R	310	Patterson, Carrie	1	313	Shirley, Scott	1	346

TOTAL	YEARS	TOTAL
Sides, Dean	R	365
Silwal, Suman	4	201
Simmons, Kelly	R	0
Simpson, Kevin	1	263
Sims, Robert	1	299
Sloane, Mike	R	316
Slocum, Brandon	R	300
Smith, Jason	R	370
Smith, Jerry	7	268
Spurlock, Nivada	1	347
Stearns, David	7	170
Stearns, Robert	R	260
Steely, Sonia	1	305
Stephenson, Amber	R	10
Stewart, Stephanie	R	302
Stockton, Rick	7	328
Talley, Beau	2	347
Talley, Shellie	R	297
Taylor, Trey	1	35
Thomas, Eric	2	495
Thomas, Jamie	R	288
Thornton, Dean	3	343
Tichnell, Josh	R	309
Tillery, Shaun	R	387
Traylor, Loren	R	435
Varnes, Vickie	1	459
Vinson, Hope	R	243
Wales, Kevin	R	277

TOTAL	YEARS	TOTAL
Walker-Journey, Jennifer	R	284
Walker, Caroline	R	235
Wall, Ron	2	233
Walters, Lara	1	0
Warren, Tom	R	359
Watkins, Janet	R	155
Watters, Robert	R	430
Weber, Amy	R	178
Weber, Lauren	R	108
Weeks, Max	R	14
Wells, Whitney	R	92
Wende, Adam	R	0
Whatley, Prince	7	641
Whidden, Lisa	1	433
Whitt, Trey	2	321
Williams, Christopher	R	132
Williamson, Chad	2	179
Wilson, Teresa	1	223
Windle, Dale	R	350
Wiseman, Steve	R	273
Woody, Bill	6	518
Wright, Sean	1	302
Wu, Xing	5	327
York, Gary	1	455
Young, Alyse	R	247
Zehnder, Justin	5	340
Zimlich, Kimberly	R	310



# SHOW US YOUR BTC GEAR!



*Michael Greene, Hannah Foust and Michael Brown at the Asheville Half Marathon, Biltmore Estate, Asheville, North Carolina on March 15, 2015.*



*Judy Loo at Red Rock Canyon near Las Vegas, Nevada, March 28, 2015*



*BTC member Eric Thomas with LaShondria Moore-Thomas cheering on the Birmingham Barons*



*Easter morning sunrise run at Lakeshore Trail; L to R: Clint Colmenares, Chad Hawthorne, Ekkehard Bonatz, Lisa Whidden, Keith Henley, Monica Henley and Kim Benner*

*Greg Dill, Lisa Booher and Dean Thornton at the Tranquility Trail Race 6 miler, April 11, 2015*







*Lisa Whidden, Darrell Gibson, Julie Pearce, Stacy Peterson and Terri Vu*



*Josh Tischnell and Yocunda Clayton, BTC Run Social at Overton Park, April 11, 2015*



*BTC members take a break during the April Social Run at Overton Park*



*The Finish Line Crew at the BTC Run Social at Overton Park, April 11, 2015 (L to R: Darrell Gibson, Mark Wilcoxon, and Rick Rodriguez)*





*Leslie Bailey and Judy Loo at BTC Run Social at Overton Park, April 11, 2015*

*Ali Hoover at the Boston Marathon, April 20, 2015*



*BTC President Alex Morrow, his wife Abigail Morrow, and BTC Secretary Kelly McNair in Manciano, Italy.*

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

# BTC MINUTES

**April 13, 2015**

In attendance: Alex Morrow, Darnell Allen, Kelly McNair, Jennifer Andress, Julie Pearce, Judy Loo, Olivia Affuso, Alan Hargrave, Dean Thornton, Lauren Weber, Charles Thompson, Katie Pezzillo, Hannah Foust, Lisa Booher, Tanya Sylvan, Trish Portuese, Kemper Sarrett, Kim Benner

1. Approval of last month's minutes
2. Social Recap - Alex
  - a. ~ 75-80 participants
  - b. \$800.00 under budget – magic muffins donated food; no expenses on bouncy houses, etc. so the overhead was much lower
  - c. Ideas on the table: hosting a social at a local race to show support? presence at a local race rather than having a social their?
3. Statue 2 Statue – Judy
  - a. 495 registrants to date
  - b. 27 are BUTS – have been emailed to pick up packets on Friday
  - c. Course is marked and certified
  - d. Walk up? ~50
  - e. No parking at the gas station or at the Walgreens – subject to be towed
  - f. On-line registration closes Wednesday at midnight
  - g. Liberty Animal Clinic and Orange Theory – Sponsors
  - h. Race Doctor – Cherie Miner
  - i. Jennifer and Judy are handling packet pick-up
  - j. 11am-6pm on Friday at the Trak Shak
  - k. Working on parking deck garage door being open
  - l. Shirts are in and look great
  - m. Post-race party is at the Animal Clinic
  - n. Last bus leaves at 7:30
  - o. Carpool is encouraged
  - p. Darnell is announcing awards
4. Race Series – Alex
  - a. 195; 2014 – 136
  - b. Shirts will be here this week and available at packet pickup
5. Ambassador Program – Darnell
  - a. Reach out to outlying running groups and have an attendance at their Sat training runs with muffins, coffee, etc., to bridge the gaps; get to know them; be a presence there. Some are more organized than others. How often do we do this?
  - b. Need to approve budget for this program
  - c. Incentives for signing up for BTC membership: coupons for races or apparel, for example.
  - d. Contacts or connections within large businesses
  - e. Companies with a wellness program – attend their health fairs or contact the coordinator of the programs to establish relations.
  - f. 4 subcategories:
    - i. Running program
    - ii. corporate outreach
    - iii. wellness program
    - iv. health fairs

- g. Motion to approve a \$5.00 coupon/code to use towards a BTC race entry – approved
  - h. Kemper is working with Protective Life
6. Newsletter Changes / Update – Julie
    - a. Topics – sports injury, nutrition, etc.
    - b. Enhancing newsletter – aesthetically and in regards to length; more focused content; specific topics (see above); Julie is looking for feedback and ideas
    - c. 1089 – 569 opened
    - d. Shorten the newsletter – a brief description – click here to read more
    - e. Digital magazine – vary in expenses
    - f. Layout, content issues; making it more digital; volunteer opportunity to get involved
    - g. Deadline spreadsheet for newsletter
    - h. Submission guidelines for articles
  7. Membership – Olivia
    - a. 1270
    - b. Goal: we have the potential for growth
      - i. Do we need to diversify our programs?
      - ii. Feeder programs
        1. beginners – experienced
        2. short – long distances
  8. Financial Update – Leslie / Alex
    - a. Refer to handout
    - b. More detail requested
  9. Merchandise – Hannah
    - a. Moving forward with an on-line store
    - b. New balance singlets – mens and womens – pink and royal
    - c. Tech shirts – women's purple and sky blue; men's – dark navy
    - d. \$16.63 – cost per shirt
  10. Email Addresses Update – Alan
    - a. Birminghamtrackclub.com emails – after S2S
  11. Rotary Trail – Jennifer
    - a. Connects railroad park to Sloss Furnace; connects the past and the future
    - b. Black family will not be involved
    - c. In order to do this, we need to solicit members
    - d. Something simple –
    - e. Set up a meeting with the rotary club
  12. Social Media Update – Dean
    - a. 8471 page views on the website in March
    - b. How many unique views?
    - c. FB – 3000+ likes
    - d. Twitter – 1000+
    - e. Instagram – LB (35 followers) – runbtc
    - f. Zenfolio – we need a photographer or team
  13. Date of next meeting – Alex
    - a. 2nd Monday of the month
  14. Katie is moving to DC in May so there is an opening for volunteer coordinator position; Lauren Weber will fill in during the interim.



# BTC Membership application



Single: ☐ Family: ☐ Renewal: ☐ Gender: ☐

First Name:

Last Name:

Street:

City:


State:

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Zip:

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Birthdate:

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Cell:

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e-mail:

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Family member

e-mail:

Phone:

Born

Gender:

2. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F  
 3. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F  
 4. \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/ M F

**Waiver:** I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waiver and release the Road Runners Club of America, The Birmingham Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Initial:

--

	Single	Family		Single	Family
1 Year	\$24	\$36	2 Year	\$45	\$65

Signature

Date

Mail this signed application and a signed check to:

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