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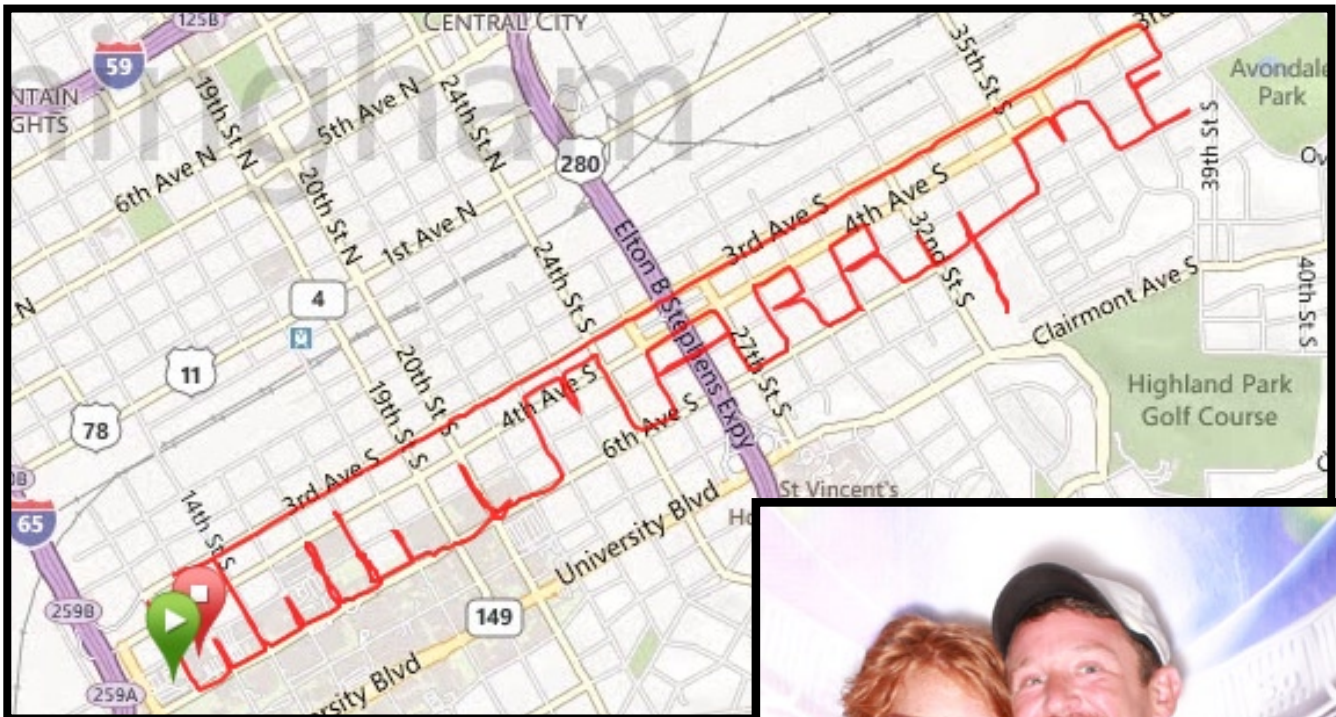
THE VULCAN RUNNER



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GARMIN PROPOSAL!

— *By Jennifer Andress*

I am thrilled to announce to the BTC the engagement of my good friends, Cary Morgan and Micah Regan. Why do I mention this in the BTC newsletter? Because it is a wonderful story about two people in love and....a Garmin.

Cary and Micah share a passion for running. They have shared many miles together, and traveled to fun and faraway locations to run in races, from half-marathons all the way up to the ultra distance. Cary knew this was the woman he was going to marry. But how could he propose to such a special person? And then it hit him.

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PROPOSAL <Continued from Page 1>

Cary logged on to mapmyrun.com, and designed a course downtown. It ran west to east, started at I-65 and went all the way to Avondale. Cary spelled out "Will U Marry Me" on the city blocks of downtown Birmingham. He planned a Saturday morning run, and prayed his run would record on Garmin Connect in a readable manner. He had one shot to get it right.

He ran up a couple of blocks, then back, following his map he had printed from Map My Run. From West downtown all the way to the edge of Avondale, the run was a total of 7.5 miles when you take into account the up and back on the blocks. And then in true runner fashion, he left his Garmin on and ran back to his car. It was only 3 miles directly back to his car, but he wanted full credit for the complete distance. We as runners can all appreciate that!

When he downloaded his run to Garmin Connect, there it was. In near-perfect script, his run spelled out his marriage proposal. The only mis-step? The new wing at Children's Hospital caused him to run a little farther than he had mapped, and thus

his "U" was larger than planned. He then had Micah meet him at a BTC favorite, O'Henry's at Brookwood. He told her she needed to see his run he had just done. Micah looked, and looked. Finally, she saw the question asking her to be Cary's wife. Cary got down on one knee and proposed, and of course Micah said yes. Shortly thereafter, several members of Cary and Micah's running group, Norm's Gnomes, descended upon them with bottles of champagne.

Continuing with the running theme, Cary and Micah will be married on the beach after running the Seaside Half-Marathon in March. Micah will run in a running/wedding dress, and many of the Gnomes will be running with them. In fact, Canon at Cathedral of the Advent Joe Gibbes, also a Gnome, will be performing the ceremony.

We wish Cary and Micah a lifetime of happiness! But also, really, have you ever heard a better proposal story? •

See the Garmin route at: <http://connect.garmin.com/activity/232868785>



November BTC President's Message

— Jennifer Andress

Greetings BTC!

This President's Address is going to be all business. There is much to catch you up on!

First, I want to offer a HUGE thank you to all of our amazing BTC members for your support of our fundraiser for the water fountain on Jemison Trail. As I reported on Facebook, we raised over \$2700. How exciting! We raised \$819 at the September 22nd BTC Long Run Social at Church Street Coffee in Crestline (which was our most successful social to date). We then put up a link for online donations and the remainder came in over the next couple of weeks. We have communicated the amount we will contribute to the Mt. Brook Park and Recreation Board. The Board will recommend the water fountain to the Mt. Brook City Council who we were told usually goes along with the Board's recommendations. As I write this, we are waiting for the City Council to meet.

On to club business: As our membership has grown this year so have our revenues, from dues as well as from merchandise sales. Our Membership Chair, Abigail Morrow, began researching non-profits and wanted to ensure we were acting appropriately for a 501(c)3 Non-Profit organization. It became apparent that in recent years we had not met all standards of a 501(c)3. We decided, in order to be the best stewards of our organization, we

needed to bring in an attorney to volunteer as General Counsel. We welcome Michael Tucker, from Baker Donelson, to our club and to our Executive Committee.

The BTC Board met with Michael after he had done some research on our history. He found that we are not presently incorporated, for some unknown reason. This will be rectified immediately. It does give us the chance to update our by-laws in order to better reflect how our club looks today. The plan is for the Board to shape these by-laws, and then call for a town-hall gathering to accept any suggestions from the membership. Please send any suggestions you have before then to me at jenandress99@gmail.com and I will share them with the Board.

Finally, the Board and Executive Committee have been discussing the BTC's role in race-timing. It was at one time a large source of revenue for the club. Rick Melanson has served the BTC for as long as anyone can remember in that capacity. Rick is one-of-a-kind, however, and we have been unable to find other volunteers willing to give up numerous Saturday mornings to time races. Furthermore, our timing equipment is aging and there are now for-profit, full-time timing companies to fill this need. Our treasurer, Randy Lyle, pulled our financial data and confirmed that our race-timing revenues have been steadily declining. In the past few years

the revenue generated is an insignificant amount. As a result, the Board has voted to fully disengage from the timing of races. The BTC will no longer provide this service.

There are some fun things to report! The historic Vulcan Run, which this year is the RRCA 10km State Championship, is November 3rd. Our next BTC Long Run Social will be November 10th, brought to you by the Trak Shak and O'Henry's in downtown Homewood. The third leg of the BTC's first-ever Triple Crown Half-Marathon Challenge is at the Magic City Half Marathon on November 18th. We will be distributing Triple Crown medals and shirts at the Awards Ceremony after the race. And Social Chair Heather Milam is hard at work planning our year-end party! As you can see, the BTC is never standing still and we are hard at work to make your club better each and every day. Thank you all for your feedback, and keep it coming. We love to hear from you, and we love to serve you and this club!

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NEW MOUNTIE IN TOWN

— Article and Photos by David Christy

Next time you are running on Lakeshore Trail, you may hear a woman's voice behind you saying, "On your left, eh," in a funny accent. It doesn't matter if it's your best tempo run ever, you're still likely to see her ponytail as she disappears around the bend. But don't toss your Garmin in the next waste bin in despair, because that was not your garden-variety blond Canadian, that was one of the fastest. Carmen Douma Hussar is a former Olympian, three-time NCAA champion, and Canada's fastest woman ever at 1500 meters indoors.

She is running around Birmingham because she, husband Chris, and 3-year-old daughter Pippa, moved to Homewood from Philadelphia in June and it appears that she will be striding through the valley at an up tempo pace for the foreseeable future. She seems to be a near-perfect fit. "We are so thankful for all the welcoming people. They have all been so nice," she says. She has found running companions for her Sunday long run that starts from NBC Bank (old Brownell Travel) on Lakeshore and a house of worship for that other religion that seems to be even more significant in her life than running. "My faith is very important to me. Running just helps me to express it," she explains.

If there is a negative about Birmingham for this lady whose Dutch ancestors lived at sea level, it's the terrain. "Oh wow, it's

hilly here!" she thought when she first saw the mountains that define Shades Valley as a valley. So for now, at least, she just avoids them. The Hussars [haven't seen that word since 10th grade American History] moved here shortly after Carmen learned that she would not be going to London with the Canadian National Team. "Terribly frustrated," she says, and now she trains seven days a week instead of her usual six, putting in 70 to 75 miles on the road and the track. But she does not attribute this killer schedule to the disappointment of missing the team. When pressed on the question of why she works without the customary off-day, she answers, "I just do."

The heavy load does not seem to have exhausted her legs; she recently set the standard for Alabama women at the 5K distance when she ran a 16:25 at the August Woodstock run in Anniston. And her 27:35 in the Ross Bridge 8K appears to be the fastest ever recorded by a resident female at that distance (the course is not certified by the USATF). Right now, she's looking forward to defending her title in the Vulcan 10K Run. That's because she was visiting friends here last November when one mentioned that there would be a big race the next morning, so Carmen showed up and finished the 6.2 miles in a time of 34 minutes and 14 seconds.

The 5 foot 8 inch, 126 pound, zero-body-fat-looking athlete was born 35 years ago in Cambridge, Ontario. She learned to run real

MOUNTIE <Continued on Page 4>

MOUNTIE <Continued from Page 3>

fast and kept practicing until she got scholarship offers from U.S. colleges, a practice she claims she was unaware of prior to the calls. So she made recruiting visits to Villanova, Michigan, Providence and drumroll, please, Auburn. Even though the Auburn people were “very nice,” she chose Villanova and has never looked back. While achieving a degree in Education, she obtained 15 individual victories in the Big East Championships; received All-American honors on 9 occasions; and won 3 individual NCAA championships, the 1500 meter outdoors in 1998, and the 1 mile indoor in '98 and 2000.

Carmen served as an assistant to Head Track Coach Marcus O'Sullivan from her graduation in 2000 until 2008 while continuing her competitive track career. She seems to have peaked in 2004, which was a good idea because we had “the Games”, also known as the Athens Olympics, that year. Representing Canada, she made the finals of the women's 1500 and finished 9th with a time of 4:02:31 (which happens to be 8 seconds better than the gold medal time in London this summer). She has remained highly competitive on the international level to this date, allowing a few months off for Pippa's emergence. In 2011, she took second in both the 1500 meter indoor and mile indoor at the Millrose Games and the Boston Indoor Games. And she is looking forward to another indoor track season in January.

So how does she do it? With high tech stuff available only to the elites? “I don't own a Garmin,” she tells the surprised listener. With the exception of a heart-rate monitor (which actually forces her to slow down), she disdains fancy gadgetry. Perhaps her secret is a highly scientific regi-

PERSONAL BESTS

800 meters	2004	2:02
1500 meters	2005	4:02
1500 meters indoors	2004	4:08
One mile	2007	4:27
5k (5000 meters)	2007	16:07
10k (10,000 meters)	2010	33:03

men of before, during and after boosters and recovery bars, gels and concoctions? Nope. “I drink water. Three hours before a 5K, I might have a peanut butter sandwich. . . . When I was on the European tour, I learned that you can't even count on a pasta dinner because it might not be available in that location. . . . I like a balanced diet, lots of fruits and vegetables, and the more natural, the better. I like to bake, too, especially bread,” she says. And she no longer has a team advisors and body manipulators (e.g., physicians, nutritionists, therapists and masseurs) to rely on. She mentions, however, that she is most grateful to Ethan White of Eskridge and White, Physiotherapists, for his help.

Maybe, the interviewer suggested, she works harder than other athletes? In addition to 70 plus running miles per week, which include a long run, a tempo run, interval, and recovery runs, she makes at least two trips to the YMCA for weight training. She believes that cross-training is valuable not only for speed, but also for injury prevention. But she dismisses any suggestion that her work ethic sets her apart, protesting that, “I'm so impressed all the time with the work that I see people doing around here. There are lots of women at the gym who work as hard or harder than I do.” “I can't believe the crowds I see

at 5:30 am out running,” she adds for emphasis.

Carmen believes that her success is owing to the same reason that most of our gentle readers are not rock stars, or Olympians, or even SEC linebackers, namely, genetics. And if you look at her muscles – not large by any means – and watch her run, you get the idea that she is a magical mixture of genes, hard work, and an intensely competitive spirit. “I really like the strategy [including the bumping] of running track!” she says with a grin.

Where will she be in ten years? “I'm not ready to hang up my spikes,” she says, expressing her intention to run the indoor season again this winter. But, “I will eventually do a marathon. . . . The people here seem to be more into distance.” There may be a temptation on the part of the experienced marathoner to curl a condescending lip when he listens to this 1500 specialist speak of running 42,000 meters. Be aware, however, that this “miler” won the Canadian 10K road title in 2010. So it will be fun to see what comes of a mixture of Birmingham's hills, a little peer pressure, and the unusual talent of Carmen Hussar. . . eh?

[NOTE: The writer borrowed heavily from Wikipedia and expresses his appreciation.]



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

To place an ad or for more info:
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BTC Mission Statement

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

Contact BTC at: *Birmingham Track Club*
P.O. Box 530363, Birmingham, AL 35253
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Race Results Find the latest and most complete local race results at the following:
birminghamtrackclub.com trakshak.com run42k.com



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I AM A VEGAN RUNNER:

Making Sense of Diet and Exercise

— Written by Suman Silwal

Definition of a vegan: <http://en.wikipedia.org/wiki/Veganism>:

Veganism is the practice of abstaining from the use of animal products, particularly in diet, as well as an associated philosophy that rejects the commodity status of sentient animals. A follower of veganism is known as a vegan.

A rollercoaster ride of weight gain and lost

I did not turn vegan due to animal rights or religious reasons. It is due to my continuous goal of staying healthy. When I started to run in 2007, I lost about 10-15 pounds, but since then I have had a problem with my weight. I used to lose 5-10 pounds during my training cycle, but then gain it right back during the tapering phase of marathon training, post marathon recovery cycle or off-season. I was not really a fan of this kind of rollercoaster ride. It is not healthy.

Food, Diet and Me

Like many, I tried to go on a diet many times. I went back to the same eating habits within a few days or weeks. Just because I am a runner, I felt that I deserve to eat everything that I could find; also people always tell me, "Oh, you will burn those calories on the next run". During the Marine Corp Marathon (MCM) 2011 taper, I started a "sugar & chocolate free" diet which lasted 8 days. I love to eat and try new food. I had been eating meat and different animal products all my life.

Where did it all start?

My story started around mile 15 at the 2011 MCM. I felt so heavy. I did not like that feeling anymore. A question came to my head: "Why do I carry this extra weight?" I could not find any real reason. At that moment, I was determined to make any changes to lose those pounds.

Finding like-minded people

After the MCM marathon, I started to think more about ways to lose those excess 10-15 pounds. I did not know how or where to start. One Sunday morning in November 2011, after a morning coffee at O'Henry's coffee shop, I brought up my issue with diet and my desire to lose those extra pounds with other running buddies. Kevin Bokus, a running buddy for a long time, mentioned that he started a Vegan/plant based diet called Engine2Diet a few months ago. He suggested I look into it. As he was describing it, I didn't think that it was going to work. It sounded very difficult. I had never been a vegetarian, let alone a vegan. He told me that there was a 28 day challenge. I agreed that I would look into it, and I would give it a try by the beginning of 2012. But I needed time to research since I did not want to fall into a trap of trying yet another diet and giving up too quickly.

Doing the research

After that Sunday morning I started my research. I visited the Engine2Diet website, and followed @Engine2Diet on Twitter. I read a lot of articles, a book on Engine2Diet, and other vegan diet websites. Slowly, I started to phase into the diet after the Rocket City Marathon in 2011.

Beginning of a new journey

In January 2012, I started my new journey on a vegan based diet, and made a life style change. Like anything in life, it was hard to start. From my previous experience with failed diets, I knew that it would be a difficult task. I was determined to follow my diet up until race day of the 2012 Mercedes marathon. As I continued on my



diet, I realized that it was not as difficult as I thought it would be. I had a few near meltdowns, but I stayed strong. It is always difficult when everyone around you is not following the same diet. From the beginning, I told my family and friends that "I eat what I eat." Due to my change of diet and intense marathon training in January 2012, I lost about 10 lbs by the Mercedes Marathon. I knew that I was not going to stop on this process, so I continued on. Now, I am starting my 10th month of this journey. I have lost about 15 pounds and lost 3-4 waist sizes. I do not have to ride the weight rollercoaster anymore. Since none of my old clothes fit, I have started to buy new clothes again!

Food for a vegan runner

"What do you eat?" - People ask this question all the time. Ever since I turned vegan, people think that I do NOT eat. They do not realize that I eat all time. I eat more now than before. It is just that my choices of food have changed. For protein I eat nuts, beans and lentils. I switched to soy or almond milk instead of dairy milk. I was not much of a cheese eater before, so it was easy to cut that out of my diet. I eat a lot of seasonal fruits. In spring and summer, I ate mangos, plums, and peaches. During winter and fall, I plan to eat oranges and apples. I am not a big salad eater, but I do eat it occasionally. I also eat a lot of vegetables. I have not eaten dessert or

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yogurt since I started this diet transformation. My options of food are unlimited. These days, when my friends and family invite me to dinner for the first time, they get worried about what to cook for me. I assure them not to worry about it, but ask them not to use any animal products in the food they might prepare for me. One more thing to note: when I cook food- yes even curry, I do not use any kind of oil. I learned to cook without it (more on this in a future post).

Making sense of Diet and Exercise

After 5 years of running, finally I am able to see the connection between diet and exercise. Just because, we, as runners, run many miles, we do not deserve to eat everything that we can find. Since I turned plant-strong, I feel lighter, stronger and faster. I have run two ultra marathons, five marathons, and few 5Ks, with my personal record for a marathon is 3:29, and 20 minutes for a 5k race. I just ran a 32 mile ultra race, and I was the third overall male finisher with a record time of 5 hrs and 7 minutes. This was the first time I have ever placed that high in any race. I just crossed 1200 miles of running for the year 2012. No, I have not disappeared at all, as people jokingly say.

Conclusion

With a little effort and self-discipline, anyone can adopt a vegan diet and reap the many health benefits that this diet offers. I suggest you to try some kind of vegan diet. In the future, I will discuss some different plant-strong diet ideas- like lunch or dinner only vegan, once or twice a week vegan etc. If you are thinking about a long lasting diet plan, you need to do your research and talk to your doctor. You also need to talk to your immediate family; ultimately, they are the ones who have to support you. Visit mRuns.com for more.

NOTE: this story is from my own personal experience; try it at your own risk. It is a work in progress. •

Written by Suman Silwal, Founder marathonRuns – mRun.com, marathon and ultra marathon runner since 2007.

Acknowledgements:

Thanks to Kevin Bokus, Bill Woody and Team marathonRuns for their continued support. Thanks to my family for supporting me; going on this journey, without them, would not have been possible.

The View from the BACK OF THE PACK

— By Michele Parr

A few years back it seemed like every commercial would throw out a bunch of numbers and end with the phrase, “You do the math.”



Michele Parr

The implication was that once the numbers were crunched no reasonable person could fail to agree with the sales pitch.

I’ve been thinking about that recently as I’ve hit a few running goals. With new PR’s in both the 5K and the half-marathon, I’ve had to listen to person after person tell me I’m going to have to change the name of this column. I doubt that’s necessary, but I decided to do the math.

For the Retro Run I simply ran as hard as I could for as long as I could. The loose shoestring could have derailed a good effort, but it didn’t. I tied the shoe and jumped back into it. There were 681 finishers. The results for this race aren’t broken down by gender, so while I can figure out that 327 were female, I’m way too lazy to try to figure

out which place I commanded among those.

I finished third of fourteen in my age group wearing a single-digit bib number that made me feel faster than I’ve ever felt thanks to Val McLean who knew this was a target race for me. That finish is in the top 25%, definitely not the back of the pack. But the overall finish of 369 out of 681 falls beyond the midpoint. No, it’s not the back, but it’s definitely not the front.

At the Talladega 21000 I did what I’d done at other recent races. I just kept running. I ran every step except for the water stops. (I would run those if doing that didn’t result in a nose full of water or Powerade.) My effort there provided me with an almost five minute PR.

I was finisher 568 overall, female finisher 224, and 6th out of 18 in my age group. There were 774 total finishers with 358 of those being women.

In my age group I was most definitely not at the back of the pack. I was at the back of the front of the pack or at the front of the middle of the pack, your choice.

When we look at my performance compared to the rest of the women, the results are not so rosy. I finished in the middle third, just barely. That puts me at the back of the middle of the pack or at the front of the back of the pack. From there it gets worse. I finished in the top 75 percent by only a bit, definitely in the back of the pack.

Did runners finish behind me? Absolutely, but that’s true of every race I’ve ever entered.

At Talladega the final three finishers were all members of one family. Daniel Chaplin, a 21-year-old with Down Syndrome, wanted to do this race, and his parents supported him in his decision. Daniel was finisher number 772, crossing the line and claiming his medal in 4:12:28. He finished on the run. Both of his parents completed the course, finishing within 30 seconds of him. I’ve got to believe that their view from the back of the pack was pretty sweet. You see, you can get the view from the back of the pack even if you don’t always run there. •

micheleparr@mindspring.com

TOP 10 REASONS TO VISIT THE BTC WEBSITE

— By David Barry, Jamie Witter, & Kathleen Treschel
(BTC Website Committee)

Since the Birmingham Track Club's (BTC) founding in 1979, the contributions of committee and BTC members through the years have allowed the organization to thrive. As the Club continues to grow, the BTC website serves as a communication tool for its members. Because the website serves such a crucial role, the BTC established a Website Committee in the Spring of 2012. This Committee aimed to analyze site strengths and weaknesses for the purpose of improving communication with and best meeting BTC member needs. The Summer of 2012 involved meeting with the BTC Board, proposing ideas for improvement, and implementing the proposed plans. This Fall, a large majority of the website goals established at the beginning of the summer have been accomplished and the BTC Website Committee proudly presents to you the top 10 reasons to visit the BTC website!

1. NUMBER ONE TO HEAR FROM YOU! It has been our #1 mission and priority to make the Birmingham Track Club a group that supports and promotes the growth in the running community of Central Alabama. We want to know everything about you: why, where, with whom, how, and when you love to run. The more runners that become involved the better the BTC will be able to serve our running community. Click on Contact Us, attend a Board Meeting, or participate through Facebook and Twitter. Join us!

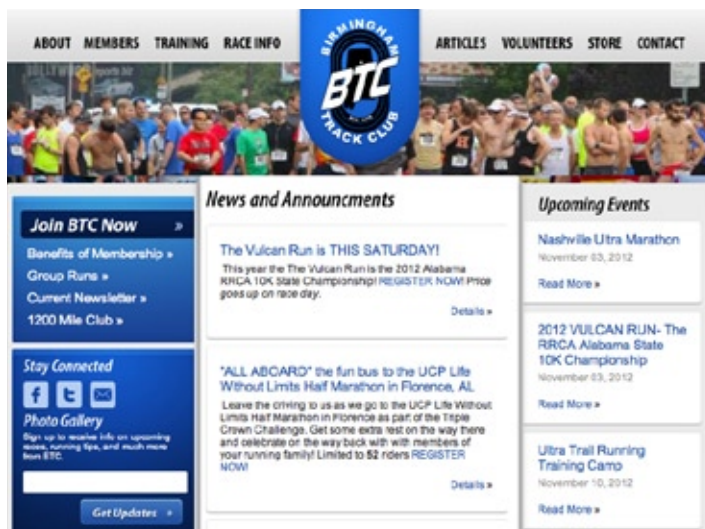
2. MEMBERSHIP BENEFITS Visit Membership Benefits to see the long list of local businesses offering product and service discounts to BTC cardholding members. It won't take many visits to Trak Shak, Alabama Outdoors, Cahaba Brewing Company, and Taco Mama (to name a few) before you have more than paid for your membership. We are constantly adding new businesses so visit often and save!

3. CALENDAR Many of the local events are posted on the front and right of the BTC website homepage. Attend a BTC Board Meeting to catch up on the behind the scenes activities, and feel free to voice your opinion regarding local running topics. This is your club and you have a voice. And, if your timing is good you may make it on a night when there is pound cake! If you would like an event posted to the calendar, email vp@birminghamtrackclub.com.

4. RACE RESULTS You've trained hard for your local races and the BTC understands that race results are important to you. Visit your BTC website to view race results. Or perhaps you didn't make the race and you are curious about how well your running buddies performed. We post results as soon as they are available online. This is your one-stop-shop for running news and information.

5. PICTURES What could be better than catching a glimpse of yourself and friends in superior running form in the Photo Gallery? Area photographers at large do a fantastic job of providing us with material from local races. We would love to post your favorite shots. Send a request to vp@birminghamtrackclub.com.

6. ARTICLES From upcoming races to running tips and advice, the BTC's Articles tab caters to your running interests by providing insight into a variety of running-related topics. Currently listed under the Articles Tab, you will find detailed information on the "Fun Bus" headed to the UPC Life Without Limits Half Marathon in Florence, AL; The BTC Triple Crown Half Marathon Challenge; tips for running safely at night; Alabama Outdoors Trail Runs; the Vulcan Run; and volunteer opportunities. Also listed within the Articles Tab are the newsletter archives. If you didn't have the opportunity to read last month's newsletter, don't fret. You can now easily access previous and current newsletters at any time by scrolling to the end of the Articles Tab.



7. SPONSOR SPOTLIGHT The BTC Sponsor Spotlight feature is dedicated to local businesses which have gone above and beyond in their support of the BTC. In addition to contributing monetarily to the BTC, these companies have devoted their time, resources and staff, ensuring that the BTC is one of the finest clubs in the Southeast.

Sponsor Spotlight is a way to thank our supporters for their contributions. We encourage you to visit the Sponsor Spotlight, thank sponsors for their contributions, and frequent these businesses as a way of giving back. Without the support of our sponsors, many of the programs utilized by BTC members would not be possible.

8. NEWSLETTER ACCESS The BTC's current monthly newsletter, which showcases a running-related topic each month, is now featured on the far left of the website homepage. There is always a special cover story which we know you will find interesting. In addition to the feature article, the BTC newsletter contains a message from the BTC President Jennifer Andress; volunteer runner articles, "A Long Running Series," by Stacey Gordon; 1200 Mile Club updates; "Dirty Running," by Alex Morrow; Rewards Program information; "Running Tidbits," by Randy Lyle; "Ask the Doc.," by Dr. Scott Weisberg; "BTC Member Spotlight," by Kristie Stewart; "Local Long Run Groups," by Natalie Ferguson; "The View from the Back of the Pack," by Michelle Parr; "BTC Meeting Minutes," by Mitzi Duer-Savelis; additional contributor articles, and a membership application form. Previous newsletters can be accessed by clicking on the Articles tab and scrolling to the bottom of the page.

9. TRAINING PLANS Because the BTC recognizes the role of training in peak race performance, the Training tab was created. Whether you are training for a 5K, 10K, half marathon, full marathon, ultra-marathon, or simply searching for a great group of dedicated runners—the BTC has training resources to help you reach your running goals. Currently featured under the Training tab are beginner, intermediate, and advanced training plans for 5K, 10K, half marathon, and marathon distances. Coming soon, ultra-marathon training plans will be featured on the site. The BTC would like to post your favorite training plan! If you have training plans to suggest, please email vp@birminghamtrackclub.com.

10. STAYING CONNECTED Last but not least—connect. The BTC's Stay Connected feature on the far left of the home page offers the option to connect to the BTC via Facebook, Twitter, and/or email—ensuring that you receive important information in a timely manner!

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

BTC MEMBER NAME	TOTAL	SEPT '12	AUG '12	BTC MEMBER NAME	TOTAL	SEPT '12	AUG '12
Adamy, Mary	934.3	166	119	Jones, Delpha	771.64	84.74	83.6
Affuso, Olivia	1044	153	144	Jones, Latoria	488		
Allen, Darnell	1126.4	124	132	Kahn, David	472.47		
Andress, Jennifer	1357.5	172	131.5	Kirkwood, Teresa	800		133
Armstrong, Tommy	479.2	65	48	Kuhn, Jimmy	1023	90	44
Atkins, Brian	860.7	151	121	Langston, Richard	1079.63	127.2	116.1
Ballard, Bill	949.2	81.5	77.4	Lindsey, Jonathan	767.33	136.86	122.9
Barry, David	1334.9	115	165	Longshore, Les	100		
Baskerville, Jennifer	814.1			Losole, Liz	695		
Benner, Kimberley	543	87	58	Lowell, Allison	1206.32	123.2	
Benson, Wayne	959	107	83	Lucas, Jane	918	123	117
Bettis, Natasha	88			Lupinacci, Tim	914	115	95
Bonatz, Ekkehard	2398	310	310	Lyle, Randy	2034	250.9	205.7
Booher, Lisa	1253.57	163.89	138.01	Martinez, Jeff	716.37	127.97	97.87
Bradshaw-Whittemore, Al	558.5	100.6	83.8	McCalley, Charles	820.45	106.05	117.75
Brown, Charlie	577.3			Meadows, Bryan	1001.97	142.15	127.3
Bryant, David	1591	217	240	Milam, Heather	682.88		82.45
Bullock, Sharon	243.6			Morgan, Cary	597		
Burke, Chad	1302.5	152	165	Morgan, Danielle	1138.2	159	136
Burnette, Jack	942.2	118	111.2	Morgan, Phil	1194.8	198	156
Burton, Daniel	850	145	102	Morrow, Alex	1533.18	200.92	201.51
Caldwell, Greg	921.6	130.3	129.5	Muck, Randall	172		
Chandler, Teresa	963	129	119	Myers, Bill	1205	123	133
Clay, Brad	2407	362	338	Nealon, Tonya	192.21		
Crain, Teresa	226.4			Northern, Kristie	1015.31	159.1	185.61
Crawford, Jennifer	1252	188	183	Oehrlein, Kimberly	737.6	97.1	81.2
Creed, Brad	737.7	82.7	103.1	O'Neal, Alicia	860.54		113.54
Davis, Wayne	864	153	112	Parr, Michele	804	96	105
Dean, John	783	120	152	Pasqualini, Ellie	1145	150.5	162.5
DiMicco, Al	1108.1	115.9	120.1	Pasqualini, Greg	926.5	149	162.5
Dodson, Brooke	1043	122	117	Patterson, Cathy	1267	188.5	162
Dortch, Cherie	836.59	110.3	84.04	Pearce, Julie	1238.37	148.58	149.96
Dunham, Kelly	891.75	116.5	125.3	Perry, Jeff	2036.6	256	238.1
Dunn, Wade	577			Phillips, David	605		
Engels, John	940.6	74	127.3	Phillips, Stefanie	1113		
Estes, Jeff	417		75	Porter, Chilton	399	21	53
Evans, Bob	709			Randall, Lisa	1380.32	165.47	163.96
Farrell, Meredith	480.6			Reisinger, Kaitlin	584		
Fite, Rebecca	1087.25	121.53	135.7	Richey, Jim	402.1		19.7
Ford, Joe	991	122	120	Roberts, Tim	1234.8	171.1	163.9
Franklin, Shane	1297.87	141.6	122.5	Rollins, Stephanie	228.4		
Frederick, Winston	1065	109	120	Ross, Nate	1180.1	110	123
Ganus, Jack	902		103	Rushing, Lance	128.51		
Gann, Michael	1354	124	183	Russell, Tom	1046.99	132	109
Gillis, Sam	908	23	119	Rutherford, Keith	1400	168	202
Glaub, Chris	1177	117	137	Sample, Holly	366		
Goode, Johnny	1276	152	130	Schedler, Amanda	536.85		
Goolsby, John	694.45	106	76	Sharpe, Kaye	28		
Greenwald, Bill	818	73	93	Shaw, Michelle	30.89		
Grossmann, Christopher	964	129.27	105.86	Shinn, Ron	544.91	131.85	86.35
Guenster, Dirk	702.4		9	Silwal, Suman	1230.1	176.4	125.7
Hales, Susan	471			Skjellum, Jennifer	979.99	92	120.19
Hallmark, Daryl	1037.1	145.1	44	Smith, Jerry	960	115	108
Haralson, Danny	939.5	137.5	125.5	South, Christopher	454.62		
Haralson, Micki	1089.2	141	142	Stearns, David	949	95	83
Hargrave, Alan	944	107	120	Stewart, Amy	100		
Harris, Vickie	909	122	105	Stockton, Rick	1161.75	158.7	149.6
Harrison, Lisa	1137.5	166.5	150.5	Stroud, Vanessa	1224.05	163.75	180.65
Hathorne, Chad	628.46		69.09	Thornton, Dean	878.1	120.6	122
Haugh, Spencer	920.3	151.2	111.1	Thursby, Vann	1297.57	207.34	158.65
Henry, David	967.1	127	109	Tichnell, Josh	398.43		
Hickerson, Patrick	1005	115	105	Turner, Kile	708.3		
Hill, Jim	1051.3	77.1	88	Turner, Sara	860		110
Hiller, Russ	1299.61	171.42	143.96	Washburn, Kevin	972.28		
Hinton, Gretchen	474.8			Weisberg, Scott	1407	128	143
Honea, Todd	937	112	119	Whatley, Prince	2006	197	224.4
Hopper, Erica	1198.7			Whitford, Ray	789.5		
Hoover, Alison	1070.64	181.35	124.32	Wingo, Greg	1314	150	183
Hulsey, Donnette	627.26	90	82	Woody, Bill	1149	187	126
Ingram, Joseph	324			Wu, Xing	1015.76	105.25	109.3
Ingram, Kimberly	158			Yancey, Lisa	633.4	70	73
Izard, Melody	910.5	91.35	104.55	Zehnder, Justin	831		
Jenkins, Mike	925	52	99				

Email monthly mileage, errors, omissions or questions to: 1200@BirminghamTrackClub.com

1200 MILE CLUB

"...an intrinsically irrational act..."

Shirts and Singlets Order Form

Short-Sleeved Shirts **\$ 23**

Singlets **\$ 19**

Name:

Phone Number:

Email Address:

Address if shipped: **(add \$6)**

Quantity/Color/Style: Men's

- Quantity:
- Circle Size: Sm Med Lg XL
- Color:
- Circle Style: Short Sleeve Singlet

Quantity/Color/Style: Women's

- Quantity:
- Circle Size: Sm Med Lg XL
- Color:
- Circle Style: Short Sleeve Singlet

All print black/white; Black shirts print Royal Blue/White

See shirts here:

<https://picasaweb.google.com/dmbarry1/1200MileClubShirts#>

Birmingham Track Club Use Only

Name:

Date: 3/29/2012

Amount Received:

Cash or Check

Shipping? \$6 extra



DIRTY RUNNING

WITH ALEX MORROW

— By Alex Morrow

On October 13th, the Ruffner Mountain High Crusher Ridge Run 21 and 42k race was held. This is by far my favorite trail race in the Birmingham area for a variety of reasons. First, I have a fondness for Ruffner Mountain as I run those trails at least once a week. Second, I love hills and any race which is going to be held on those trails means there will be hills aplenty! Third, the course is a scenic tour through Birmingham's mining history and affords the trail runner great sights along the way.

This year a 42k course was added to the 21k option. This exciting addition was a sure sign the race is continuing to grow in size. I had a chance to catch up with Race Director Vanessa Stroud and she was kind enough to spend a little time talking about this year's race.

• What was the original genesis of the race and how many years has it been run?

In late 2010, I answered a call from the BTC president on behalf of Robbie Fearn, Executive Director of Ruffner Mountain Nature Preserve, for volunteers to organize some sort of run out there. I was on an extended recovery from a femoral stress fracture, so I figured working an aid station might be a fun distraction. Poof! You're a race director. Our first organized event was in April 2011, the Earth Day Running Festival sponsored by Alabama Outdoors. It was a huge success so I decided to put on another run that November, this time a race with a specific distance, awards, and the whole nine yards. October 13, 2012 was the second edition of the Ruffner Mountain High Crusher Ridge 21K with the new addition of the 42K distance.

• What makes this trail race different from others in our area?

Ruffner Mountain Nature Preserve is one of the largest

fully contained urban nature preserves in the nation. You can't get too lost out there as it's 1138 acres with Eastlake to the north, Trussville on the east, south is Irondale and west is Birmingham. The Crusher Ridge 21K/42K takes full advantage of every trail at Ruffner Mountain including those not on the 'official' trail map. This means runners get to see both iron ore crushers, which rise from the forest floor like mini Mayan temples. They also run through a limestone quarry, past old mine shafts and an artesian well and along old mine railways. Nowhere else in the central Alabama area can an outdoor enthusiast take in that much of our city's iron and steel history while getting in such a great run in a new growth forest. After being strip mined for nearly a century, the mountain has reclaimed itself in a most glorious fashion.

• How much effort and how many volunteers does it take to put on a trail race of this size?

As race director, I work on the three events we hold at Ruffner pretty much year round (Howl at the Moon in March, Earth Day Running Festival in April and The Crusher Ridge in the fall). Before becoming a race director, I took for granted the amount of time and dedication it takes to pull one of these events off. Thankfully, I have a core group of running buddies, most of whom are Team In Training alumni, who are always willing and available to help at each race. They stuff swag bags, administer race day registration, work aid stations, make sandwiches and chili, help mark and clean up the course as well as take care of a myriad of other important details. I can't say enough about how dependable they are and how thankful I am to have them as friends. And Robbie and his staff at RMNP really do a great job with signs, setting up aid stations, maintaining the trails, and giving me lots of leeway to perfecting an event that trail

DIRTY RUNNING <Continued on Page 12>



Jake Thorton getting close to the finish.



Patrick Leonard on his way to Quarry Trail.

DIRTY RUNNING <Continued from Page 11>

runners will keep signing up for year after year.

What was the thought process behind offering a 42k course this year?

As an ultra runner, I crave the long distances. Ruffner is just big enough to run a 21K loop and offers enough change in scenery and terrain to make it good for a double loop. I train out there weekly and never get bored with it. All trails have a life of their own; hence the same route is different each time you run it, especially if you consider changes in seasons, weather, time of day (or night), etc. But too, our area needs more long distance trail events to attract out of town and out of state runners to see what we have here in Birmingham. We had runners from at least 4 states this year and 7 last year.

• How many runners entered and ran this year?

We had 90 entered and about 85 ran, but there's always room for more.

• What was the overall winner's finish time for the 21k and the 42k?

In the 21k Matt Holdbrooks was the male winner with a time of 1:55:34. Ali Edwards won the female division with a 2:01:37. Dallas Glass was the male winner in the 42k, clocking a time of 4:24:19. Starletylynn Myer was the female division of the 42k with a 5:44:21.

• The elevation changes on the course are a popular topic of discussion. What is the total elevation change and what type of feedback did you receive about it after the race?

It's not named 'The Crusher Ridge' for nothing. The course changes terrain at least 4 times and traverses 4800' of elevation change just in the 21K loop, 9600' for the 42K. If one were to run that 21K loop eight times (about 100 miles), the elevation change would be comparable to the Western States 100 Endurance Run, the oldest trail ultra in the country set in the Sierra Nevadas. Some notable quotes from this year's race were, "It should be Roughner Mountain" and "Couldn't believe how hard the course was. By the end I could barely run on the flats, much less even the slightest incline!" Many runners were covered in dirt and scrapes from spectacular falls due to the dips, loose rocks, roots and other maladies of highly technical trail terrain.

• Every trail race has a notable story or two. Did anything stand out this year?

We had a runner coming back from serious health issues to finish the 21K in fine form as well as the lovable, crusty ultra dudes bringing up the rear of the 42K. Several doing their last long training run before tapering for the Pinhoti 100. Middle aged moms out there being great examples for their kids –trail running moms are tough and 'kick dirt', you know. And even some teenagers keeping pace with their dad to finish first and second female in the 42K. Yes, I'd love to be out running the course, but as race director – what an inspiration to welcome each runner into the finish line, be greeted with a four letter

DIRTY RUNNING <Continued on Page 12>



Donna Arrington running by a rock crusher.



DIRTY RUNNING <Continued from Page 12>

word or two, and see how pumped they are to have finished such a challenging run.

- **How does this race benefit Ruffner Mountain?**

All proceeds go directly to RMNP to keep the trails maintained and their educational programs available to all, so I work really hard to secure donations of food, beverage, swag and such to keep expenses to the minimum. Our sponsors were very generous: Mountain High Outfitters, Fagan Sports Medicine, Trak Shak and Avondale Brewery.

- **Will there be another race in 2013?**

Most definitely. We are hoping to have at least 200 runners next year as word and reputation spreads.

- **Any final thoughts you would like to include?**

The next event is the Howl at the Moon set for March 9th at 6:30 pm. It's a nighttime scavenger hunt race where individuals and teams compete to see who can find the most books hidden on the mountain and make it back to the pavilion before the cutoff time. Last year we had mostly ladies teams, which made for a very competitive atmosphere. And the individual winner was a fellow who, although not the fastest runner, knew the mountain like the back of his hand and was able to lay out his strategy and power hike to return last... but with the most pages, effectively snatching victory from the other individual runners. A festive bonfire with delicious chili, beer, and smore's await the finishers. And, of course, great swag for all.

I want to thank Vanessa again for taking time out of her busy schedule to chat with us. Next year make sure you come out and enjoy this challenging yet rewarding race, you won't be disappointed.

Here's hoping your next run is a dirty one! •

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

SEND US YOUR PICTURES WITH YOUR BTC APPAREL!

We want to see where you have been running, representing the BTC! Email photos to: jenandress99@gmail.com



(L) Lisa Booher and (R) Donna Arrington at the Women's Half Marathon in Nashville, September 22, 2012.

BTC Triple Crown Half Marathon Challenge

The Magic City Half Marathon Birmingham, AL on November 18th, 2012

The Triple Crown Awards Ceremony will take place following this race.

<http://magiccityhalf.com/magic-city-half-marathon.php>

After running the first two races, participants will be required to email proof of completion of those races to the event director before the start of the third race. Upon completing the third race, finishers will be able to pick up their special BTC Triple Crown Challenge medals on the award stage at the Magic City Half Marathon.

Registration is \$20.00 for the Triple Crown Half Marathon Challenge. Participants must still register for each individual race. Participation in the Triple Crown Challenge does not guarantee entry into the three races, so please register early.

This event is the first of its kind in Alabama. We hope you'll join us for a great time, three fantastic half marathons and an awesome medal and shirt! Visit <http://www.raceit.com/search/event.aspx?id=13628> to register for the Half Marathon Challenge! THANKS! •

David / 205.910.3832



BIRMINGHAM TRACK CLUB

REWARDS

PROGRAM

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

VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:

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

VOLUNTEER AT 3 RACES/EVENTS IN 12 MONTHS:

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

VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:

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

The Vulcan Run 10K is fast approaching and we want to make it the best one yet! To make that happen, we will need many volunteers to help with several aspects of the race. Tell your non- running friends and family the best way to experience the race with you is to be part of the action too. One important note, many of the volunteer efforts will still allow you to run in the race!

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

RUNNING TIDBITS

— Compiled by Randy Lyle

INTERESTING TIDBIT

RUNNING YOUR FIRST RACE

When I started running a little over four years ago, I was fortunate to be in Danny Haralson's "Couch to 5K" program. In addition to preparing us to complete the 3.1 miles, he gave us helpful advice about preparing for that first race day. Not everyone has someone to provide that level of preparation so I thought I would offer up some tips about your first race day. If you are fairly new to running, I hope you will find these helpful.

1. Pick up your race packet early. Make it a point to get your race packet before race day, if possible. Your race bag usually includes your bib, timing chip (if the race is using them), your shirt and any other items the race director chooses to include. Picking up your race packet early gives you one less thing to worry about on race day. Also, from my experience working packet pickup for the Vulcan Run, you are more likely to get your desired race shirt size.

2. Don't overdress. I have always been told that a good rule of thumb is to dress as if it were 10 to 15 degrees warmer than the actual temperature. Once you start running, you will warm up more than you expect. If it is cold, you can always wear warmer clothes over your running clothes before the race starts. Many races offer a gear check option so you have a way to store a bag with your extra clothes during the race. Another option is to wear a "tosser", an old shirt or sweatshirt that you can pull off after you start running and throw on the side of the road. Many races pick up these tossed garments and donate them to local shelters.

3. Choose your prerace food wisely. Eat something at least an hour before the race but make sure it is something that you normally eat before running. You do not want to try a new food that disagrees with your system and causes issues during the race. Choose something high in carbohydrates and lower in fat, fiber and protein. Stay away from rich, fatty or high-fiber foods as they may cause gastrointestinal distress (not a good thing during a race).

4. Pin your bib. Your race bib goes on the front of your shirt, not the back. You can use safety pins on all four corners of the bib to keep it in place. It is important to wear your bib so race officials and safety personnel know you are part of the race. If there are official race photographers on the course or at the finish line, they will use your bib number to identify your race photos.

5. Get there early. Arrive at the race location early to make sure you can find a place to park. You also want to have time for whatever prerace activity you need to do such as pick up your number (if you have not already done so), check your gear bag, take a warm-up jog, use the restroom (expect long lines as you get closer to start time), etc.

6. Line up properly. Do not line up near the front of the start line. Faster, more experienced runners do not like to weave around newer (and likely slower) runners at the beginning of the race. Some races use corrals based on estimated paces or finish times. If the race does not use pace signs, ask others around you their expected pace. If it is faster than you, move further back. It will be easier for you to fall into your pace if those around you are the same speed as you.

7. Use the water stops. Take advantage of the water stations on the course. If you have never used a water stop, just slow down to a walk as you approach the volunteers. Take a cup, pinch it to create a V-shape funnel and drink as you walk. The last thing you want to do is try to drink while you are running and have the liquid go down

the wrong pipe. Coughing fits are no fun during a race. If there is a garbage can, drop your cup in it if you can or just throw it on the ground. Try to toss it to the side of the road without hitting another runner. Also, make sure to thank the volunteers working the water stop.

8. Bring your support team. Invite your family and friends to come to cheer for you. Ask them to stand near the finish. It is much easier to push yourself at the end if you know you will see them there.

9. Aim to finish. If it is your first race, there is no need to add the pressure of achieving a really fast time. Whatever your time it, it will be a PR (personal record). Feeling good and finishing strong are great goals for a first race. Savor the thrill of crossing the finish line!

10. Do not wear the race shirt. You will most likely receive a race shirt when you sign up for the race. You should not wear it until after you have finished the race. Nothing screams "newbie" more than wearing the shirt during the race (except maybe putting your bib on your back). In addition to numerous superstitions associated with wearing it in the race, many (me included) believe you should earn the shirt before you wear it.

Source: <http://running.about.com/od/racetraining/tp/racedaytips.htm>

RUNNING QUOTES

"There is no happiness except in the realization that we have accomplished something."

— Henry Ford, (1863-1947) American industrialist and founder of Ford Motor Company

"It is not enough to take steps which may some day lead to a goal; each step must be itself a goal and a step likewise."

— Johann Wolfgang von Goethe, (1749-1832) German writer, artist and politician

"Effort only fully releases its reward after a person refuses to quit."

— Napoleon Hill, (1883-1970) American author considered one of the great writers on success

"The greatest results in life are usually attained by simple means and the exercise of ordinary qualities. These may for the most part be summed in these two: common-sense and perseverance."

— Owen Feltham, (1602-1668) English writer

"To climb steep hills requires a slow pace at first."

— William Shakespeare, (1564-1616) English poet and playwright

"Success is the sum of small efforts, repeated day in and day out."

— Robert Collier, (1885-1950) American author of self-help



Ask The Doc: A PAINFUL COLUMN!

— Dr. Scott Weisberg

On a beautiful fall Saturday after completing a long run, I was thinking about an article to write. I thought a good topic for November would be Iliotibial Band Syndrome (ITBS) sometimes known as “runners knee.” The fall is great time for races and so often we are increasing our mileage and frequency as we prepare for them. My first marathon was NYC in 2007 and during my training I experienced this injury. This injury is one of the most common overuse injuries which affects both seasoned and beginner runners.

What is Iliotibial Band Syndrome?

The Iliotibial band is a tendon attachment that runs down the outside of the thigh from the hip to the shin. There is a fluid filled sac (bursa) that separates the tendon as it passes over a bony bump on the outside of the knee. This bursa serves to reduce friction and wear of the tendon against the bony bump. Overuse causes excessive friction at the bump resulting in pain and inflammation.

What are the signs and symptoms of ITBS? Pain aggravated by running especially downhill, on banked tracks, or next to the curb on the street. Pain typically worsens as the activity continues and often the pain is felt as the affected leg hits the ground. Pain occurs on the outside of the knee. There may be some tender points in the gluteal (butt) muscles as well. An easy way to tell if you have this injury is to bend your knee 45 degrees and if you feel pain on the outside of the knee you often have the condition.

What increases my risk for ITBS?

It typically occurs with repetitive knee bending activities such as distance running and cycling. The risk increases with poor physical conditioning (strength and flexibility in the IT band), inadequate warm-up, and incorrect training



techniques. The latter includes sudden changes in the amount, frequency, or intensity of the training, as well as inadequate rest between workouts. It also occurs from any activity that causes the leg to turn inward (over pronation) repeatedly. This can include running too many miles, wearing worn out shoes, running downhill or running too many track laps in the same direction.

What are some preventive measures?

It is important to warm up and stretch before running, like walking a quarter of mile first. If you feel pain on the outside of your knee decrease your mileage and or take a few days off from running. Allowing adequate rest and recovery between runs helps this condition. Also, make sure your shoes are not worn on the outside of the sole and if injury persists you may need orthotics or a different type of running shoe. If running on a track, change your direction repeatedly. One should avoid weight bearing exercises, like squats, if you are experiencing pain in the IT region. Also, try to run on a flat surface avoiding hills and preferably not concrete. If possible, avoid the edge of the road which often is curved.

What are some treatments for ITBS?

Initial treatment consists of medication (nonsteroidal anti-inflammatory medications such as ibuprofen or other pain relievers like acetaminophen) and ice to relieve the pain. Side stretching and strengthening the Iliotibial Band with exercises often helps as well as modifying the activity that lead to the injury (ie. rest by either no running or running fewer miles). Cross training while back-

ing off mileage is fine like swimming or cycling. If you do not give yourself a break from running ITBS can become a chronic condition which may mean that running half and full marathons may become off limits. If this problem does not get better after several weeks (2-4) then you should seek treatment from a physician. This can include a cortisone injection into the region, physical therapy or the very last resort surgery to release the IT band.

As the weather gets cooler and we are outside running more, just be aware of your body and know when to take a rest to avoid an injury.

If you have any medical concerns, my office is open Monday thru Friday with occasional Saturday hours which can be found on my website www.homewoodfamilymedicine.com.

Scott R. Weisberg, MD •

Every month Dr. Weisberg will be accepting your emails about running related ailments. Please send your questions to homewoodfamilymedicine@yahoo.com and your question will be answered in the next column!



ONLINE CALENDAR

Upcoming BTC Races/Events

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

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

BTC MEMBER SPOTLIGHT

– Kristie Stewart BTC Marketing Committee

Welcome to our second BTC Member Spotlight! It has been so fun being the interviewer and getting to know all these different Birmingham runners. I love hearing all about their running trials and tribulations. These stories confirm the quote, “Running is a life-long sport, a long journey into one’s self.” – Anonymous Just RUN! – Kristie Stewart

1. Name: Chip Landen

2. Hometown: New Bern, NC (Go Tar Heels! Came to Birmingham by way of Charleston, SC and Houston, TX)

3. PRs: 5K - 21:02; ; 10K - 44:55; Half - 1:42

4. How did you start running?

I ran cross country in high school. Not a star but a top-7'er. Got burned out, and only ran sporadically until my late 20's when my knee started killing me and time got more limited. I only started back in the last couple years.

5. Why do you run?

At first over the last couple of years it was just to try to finish strong in triathlons, to which a friend introduced me, and was much easier on the body. Lots of fun as well. I never thought I would be able to cross a marathon off my bucket list because of the knee problems I had earlier, but since starting the tri training, they didn't hurt much. So I thought I would go for the marathon again, and starting running again regularly in July. Feeling pretty good about being able to do it, have my first attempt on October 21 (after press time, so ask me how it went!). Luckily I haven't had a hint of injury/knee problems (thanks in part to “Run Less Run Faster”, I suppose). I'm enjoying the

training much more than I thought I would, and look forward to continuing. I have signed up for Houston, and now think that a BQ is feasible sometime in the next couple of years.

6. Racing Highlights:

The closest I've ever gotten to a runner's high was at about mile 10 of the Mercedes Half last year (the PR above). I saw my 10-mile split and realized that 1:45 was feasible if I turned it up a bit. There is a section where you have a pretty steep downhill with a left turn, so I decided to try my best to keep up a higher pace at the bottom. Surprisingly, as I raced down that hill, the pain in my legs kind of transferred to a numbness, and it was like the slate was wiped clean. I was able to hold about a 7:30 pace for those last 3 miles and crushed my 1:45 target. Then I walked funny for about a week and the kids had fun popping my blisters. This time I plan on training to reach my goal, not relying on a convenient temporary neuropathy.

7. What keeps your motivated?

It's a great way to get away and clear my head; it's an activity to share with my wife; it's an example to set for my kids. An opportunity to repeatedly set a goal that is mysteriously potentially reachable (currently it's to BQ). And



an amazing mechanism to get to know people you ordinarily never would.

8. What is your favorite BTC race?

The Statue to Statue is a great combination of fun, challenging, and unique. Plus I passed my wife in the last 100 yards this year, so I wear my shirt around the house often as a reminder.

LOCAL LONG RUN GROUPS

— Compiled by Natalie Ferguson (nataliezl@hotmail.com)

BLACK GIRLS RUN

Black Girls Run is a National Organization with a local Chapter. They have approx 500 members with all paces and levels from beginner / walker to 8 minute milers There is no fee to join and they are always taking new female members. Contact Olivia, oaffuso@gmail.com, Alexis, petitlagniappe@hotmail.com, or Jeralyn, jeralynpowell@hotmail.com, or visit www.blackgirlsrun.com, or find the local chapter Black Girls RUN! Birmingham on facebook <http://www.facebook.com/groups/249831688374975/>

NORM'S GNOMES

Norm's Gnomes are a local group of about 70 members who run a 6:30-8:30 pace and train for long distances; half marathons to 100-mile Ultra's. This is not a beginners group. There are weekly runs in the Homewood and Mountain Brook Areas. E-mail Jennifer andressk@bellsouth.net or Tim, timr71@att.net.

THE VILLAGE RUNNERS

The Village Runners are a local group of about 90 runners who enjoy training and running together. They are "serious recreational" runners with paces ranging from 8:30 to 10:30. They meet almost every day at the Western Supermarket in Mountain Brook. Weekday runs are 4-6 miles and weekends are longer. They promise not to leave a runner behind. They welcome all runners – the more the merrier! Find them online at www.facebook.com/groups/thevillagerunners or email Dave vp@birminghamtrackclub.com or Randy treasurer@birminghamtrackclub.com

THE EVENING RUNNERS

The Evening Runners have about 15 regulars and 90 members. After completing Run University's program for the Ruben Standard Half Marathon in the fall, they decided that the rest of the runners in Birmingham started way too early, so they run at night. Paces range from 9 minute miles to 15 minute miles. They are an open group. Request to join their facebook page at <http://www.facebook.com/groups/257924670910573/> or search for Evening Runners Group.

NATALIE'S MARATHONERS

(Birmingham Track Club Saturday Group)

The BTC Long Run Group is a combination of the former Meredith's Marathoners and Gnomes running groups. This group has been training together and growing since 2006. Throughout the year, there are half and full Marathon training distances available each Saturday Morning. This group tends to train for local and regional long distance races with many members traveling nationally throughout the year. Saturday morning routes and water stops are coordinated by Natalie Ferguson via google document with members dropping water stops along the route. Paces range from 7:00 to 11:00 minute miles. Distances for Saturday morning runs range from 8 to 22 miles. This is not a group for

beginner runners. Start time tends to be 5:30 a.m. in the summer and 6:00 a.m. the rest of the year. The BTC Long Run Group is an open group. Email Natalie Ferguson at nataliezl@hotmail.com or visit the group's Facebook page "Saturday Morning Long Run - Birmingham Track Club" for information.

RUN UNIVERSITY'S COUCH TO 5K (10K)

Run University is a program led by coach Danny Haralson. There are several programs throughout the year that last 7 weeks (5K) or 10 weeks (10K). The programs begin with short walks mixed in with short runs building up to a 5K, 10K or half marathon. This group is appropriate for beginners and open to all fitness levels. The program usually begins in the parking lot below the Mountain Brook YMCA and they go on to meet in various locations throughout Homewood and Mountain Brook as the distance increases. The program costs \$49 for the 5K/10K and the Half Marathon cost depends on the event chosen for the group. Contact rununiversity@gmail.com or visit www.rununiversity.com or find them on facebook <http://www.facebook.com/rununiversity> or twitter <http://twitter.com/rununiversity>

FLEET FEET'S BEGINNER 5K GROUP

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

HELENA ENDURANCE RUNNING GROUP

HERG is a running group out of Helena, a city about 20 miles south of the city of Birmingham. Their mainstay running days are Wednesday evening and Saturday morning from La Reunion Coffee Shop in Helena. Paces range from 8:30 to 13:30 for long runs. They also meet on Tuesday and Thursday, but that is inconsistent as of Spring 2012. This is an open group with no cost. More information and contacts can be found on Facebook <http://www.facebook.com/groups/hergs/> •



Find the BTC on
Facebook

Facebook.com/BirminghamTrackClub

September BTC Executive Meeting Minutes



– Submitted by Mitzi Duer-Savelis, Secretary

► 9/18/2012 5:30 p.m.

9/18/2012 5:30pm BTC Monthly Meeting

JENNIFER ANDRESS (PRESIDENT)

New Runners: need to form a temporary committee to do a focus group to ask what this group specifically would like to see the BTC do for them. Would like to have a sweeper at each running social so that no one finishes last. Push shorter distances on FB. Would like to do a member/new member spotlight. Discussed doing a town hall style meeting once every 6 months so all members could voice their opinions.

Long Run Social: Church Street Coffee has 2 parking spaces blocked off for our booth. Plan to order 80-100 pastries for event. Discussed who to approach for door prizes and water stops. Would like to do a fund raising event to get a water fountain put on Jemison Trail. Jennifer to bring a fish bowl and receipt book to keep money separate. Church street will be opening early for us and Jack's will be open for spillover to restrooms. After social, would like a link on race it so people can make donations.

Race Timing: Discussed whether the BTC should stay in or get out of the timing business. Our equipment is antiquated and have received recent bad press from errors. Would still like to support Rick because of his long time service to the BTC. BTC website would need to be changed to reflect Rick as direct contact and he will not be affiliated with the BTC for his timing services. MOTION: Rent or loan equipment and get out of timing business. APPROVED

DAVID BARRY (VICE PRESIDENT)

Triple Crown: 51 people registered. Will inquire about a chartered bus and check to see if refundable. Will seat 52 people. 8:00 start time and would like to get there 1 hour early. Will take about 2 1/2 hours to get to Florence. Bus will leave about 4:30. Abigail will contact those who signed up via RaceIt to generate interest. Shirt idea: Keep Calm and Run On with Triple Crown logo. Short sleeved with 3 race logos on the back. Discussed whether whether shirt would be a marketing tool or a reward for runners.

ALLISON LOWELL (MEMBER BENEFITS COORDINATOR)

Membership Benefits Cards: Workshops has the cards now and will be mailing them out soon.

MARK BURRIS (VOLUNTEER COORDINATOR)

Vulcan Run: in 2 weeks would like to start promoting.

Magic City Half: we are a sponsor. May be more of a challenge to get volunteers since Vulcan is 2 weeks before. Will tap into those running New York Marathon since they may be in a recovery week.

DANNY HARALSON (VULCAN RUN DIRECTOR)

Vulcan Run: we have posters/signs. Working on the shirts. Need large banners that promote the BTC in connection to the Vulcan Run. Website sponsor page needs to be updated and Redmont Hotel needs to be confirmed as the host hotel. History of the race needs to be added to the website. Need to contact Ron M. to determine the RRCA Requirement Fulfillments. Would like to do a press release. Will contact Solomon Crenshaw with the Birmingham News and add to the Running Clubs of America website.

ALEX MORROW (MARKETING)

Long Run Social: 60-70 yes' on Facebook. Parking may be an issue. Will contact Fagan Sports Medicine, Jim Hill, Vulcan Tri, and Freshwater Land Trust to promote.

JAMIE WITTER (BTC WEBSITE COMMITTEE)

Google Store: Has been researching different avenues for the BTC to sell their merchandise with a credit card option. Google Store charges 2.9% + \$0.30 per transaction. Fall merchandise would be a good time to start using Google Store. Would have a flat rate for shipping and a stated return policy. Would need to make a committee for labels and mailing. Will get with Randy to set up a Mock Store to show everyone.

ABIGAIL MORROW (MEMBERSHIP)

Membership: MOTION: Raise membership by paper to \$28 individual and \$40 for family to deter people to sign up by RaceIt. APPROVED. Discussed canceling Constant Contact and just using RaceIt. Will have to announce in 2-3 emails the transition so people would know to update their email address with RaceIt. •



THE VULCAN RUN
RRCA ALABAMA STATE 10K
CHAMPIONSHIP



When: Saturday, November 3, 2012. Race Time: 8 am

Where: Linn Park/Boutwell Auditorium- 1930 8th Avenue North

Registration: \$25.00 through 8/31, \$30 through 11/2, and \$35 Race Day Registration

Mail Registration to: Vulcan Run, PO Box 59349, Birmingham, AL 35259

Name_____ **Age on Race Day**_____ **Sex:** M F

Address_____ **City**_____ **State**_____ **Zip**_____

Email address_____

Shirt Size (gender specific) S M L XL XXL (\$3.00 extra)

Consent & waiver: I understand that running has its share of hazards and that I accept full responsibility for any injuries or difficulties I may incur. I also am healthy enough to participate in a 10K run and have my M.D.'s express permission to do so.

Therefore I agree to hold harmless the Birmingham Track Club, RRCA, and anyone else; accepting full responsibility for my actions. If anything happens other than a successful finish I was aware of the pitfalls and participated anyway.

Signed_____ **Date**_____

Parent or guardian if under 21_____



Birmingham Track Club

MEMBERSHIP APPLICATION

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



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

PLEASE check one:

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

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

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

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

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

Date _____

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

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

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

btcmembership@gmail.com



BTC MILEAGE LOG



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MONTH GOAL	TOTAL
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Jan.-Dec. TOTAL																																	

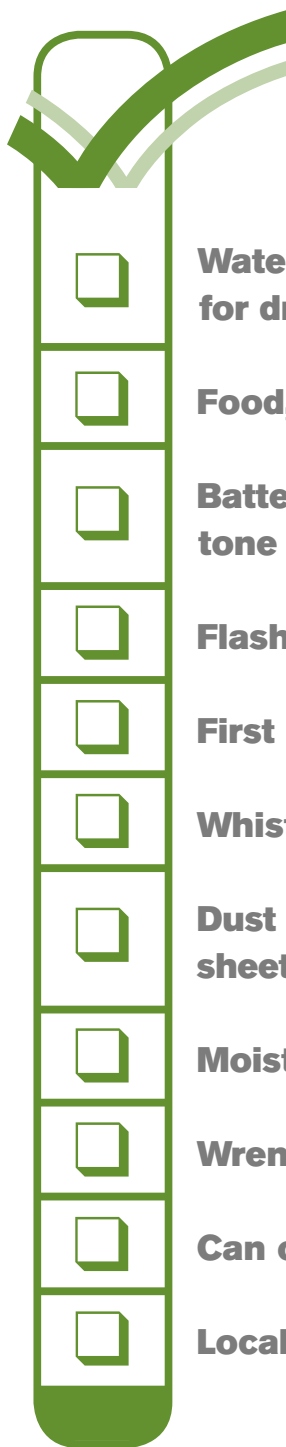
PREPARE. PLAN. STAY INFORMED.

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