



BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED
THE VULCAN RUNNER

April 2020 **4**



RESOURCES FOR RUNNERS:

Staying Safe and Fit in the Coronavirus Era

By: Julie Pearce

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RESOURCES FOR RUNNERS:

Staying Safe and Fit in the Coronavirus Era

The COVID-19 pandemic has affected our lives in every aspect, from transitioning to remote work and e-school to the economic realities of lost income and business closures, and of course, health concerns for our families and friends. I'm not especially fond of drastic changes, and I'm the first to admit I didn't transition to this new normal without a bit of a fight. But now that it's apparent we are in this for the long haul, it's important to establish a routine and do what we can to maintain our physical and mental health. For the majority of us, that will include running, albeit under the new social distancing guidelines.

For me, one of the bright spots in all this mess has been the way businesses have adapted to offer their services in unique and different ways. From curbside pick-up and in-home delivery to streaming fitness classes and one-on-one consultations via Zoom, I have been so impressed with how technology and innovation have enabled us to continue to connect. Talk about the American spirit of ingenuity and innovation, right?

We have surveyed local runners and business owners to compile a list of ways we can all keep running and exercising in safe ways.

FITNESS CLASSES AND MOTIVATION

- Rheagan Alexander posts yoga videos on her Facebook page, [Alexander Mind Body](#).
- [Andrea Austin](#) has been busy uploading at-home workouts to YouTube.
- [Battle Republic](#) offers boxing and HIIT classes on demand, with a free three-day trial.
- [Beacon Yoga](#) offers virtual classes via Facebook.
- Ashley Dawson regularly posts workouts and fitness inspo on her Facebook pages, [ADFitness](#) and [ADFitness+](#)
- [EW Motion Therapy](#) offers both free and fee-based classes through its virtual wellness studio.
- [John Karrasch's FlexFit Facebook page](#) focuses on bike-specific information, but it also includes a variety of videos about strength training and running-related content.
- [Life Time Fitness](#) offers a variety of online classes (cardio and strength training), as well as yoga and family fitness options.
- [MPower \(Lagree Method Pilates and Cycling Studio\)](#) offers streaming classes, both free and fee based. MPower virtual classes are on Vimeo or on Instagram @MPowerBhm

- [Provision Studio \(Pilates, Cardio, and Fusion classes\)](#) is now offering classes via Zoom, Facebook, and Instagram.
- [Pure Fitness](#) offers instructional videos and workouts on its Facebook page.
- Resolute Running offers all of its classes in an online setting. For a list of classes and pricing information, [visit its website](#). Resolute also started a 100% free Virtual Build Your Way to 5k program in mid-March. More than 50 participants have been gathering virtually via Zoom for three runs each week. If the quarantine period continues, a second virtual class will be offered in mid to late May.
- [TherapySouth](#) is offering in-clinic, in-home, and telePT/OT sessions for patients, as well as instructional videos on its Facebook page.
- [True40](#) (full body fusion workouts) has posted free workouts on its website.
- The [UAB Rec Center](#) now offers a variety of virtual fitness classes.
- The YMCA offers [Les Mills classes](#) online – free for everyone.
- [YogaLab Birmingham](#) offers virtual yoga classes: <https://vimeo.com/ondemand/yogalabbham>.

APPS AND WEBSITES

- The **Beachbody app** is free for the first two weeks of use
- Free yoga classes are offered on the **Down Dog Yoga** app.
- The **MindBody** app (used by many local fitness studios) now includes a search function for virtual classes.
- [Myyogateacher.com](#) offers free yoga classes around the clock.
- Nike Run Club's premium features currently are free on the **Nike Run Club** app.
- The **Peleton** app is now free for 90 days for all new users.

RUNNING GEAR AND SHOES

Need shoes, a new water bottle, or other running gear? **The Trak Shak** is now offering curbside, contactless pickup, free shipping, or free local delivery. Or buy a gift card to use later (you know you'll want to celebrate the return of group runs with some snazzy new gear once this pandemic has subsided!).

RESOURCES FOR RUNNERS:

Staying Safe and Fit in the Coronavirus Era

Fun Family Workout Challenges



Snakes and ladders Workout Game

How to play?

- Put your counter on the space that says "Start Here".
- Take it in turns to roll the dice. Move your counter forward the number of spaces shown on the dice.
Don't have a dice? We suggest downloading a dice mobile app.
- Do the exercise written on the space your counter landed on.
- Landed on a ladder or a snake? Do the exercise then move up or down and do the next one too.
- The winner is the first player to get to the space that says "Finish".
- Play for a minimum of 30 minutes! Game finished before? Time for another round...

Finish 	10 Push Ups	20 Bench Deeps	30 Mountain Climbers	5 Burpees 	50 Jumping Jacks
30 Air Squats	15 V Ups	20 Sec Side Plank Each Side	20 Hip Thrusters 	20 Step Ups	10 Push Ups (Legs On The Box)
5 Burpees 	10 Push Ups (Legs On The Box)	20 Squat Jumps	20 Bench Deeps	20 Alternating Lunges	20 Sec Hollow Arch
20 Step Ups	20 Squat Jumps	20 Mountain Climbers	10 Push Ups 	50 Jumping Jacks	40 Sec Plank
5 Burpees 	20 Sec Running Knees To Chest	20 Alternating Lunges	30 Sec Static Sprint 	10 Push Ups	10 Sit Ups
Start Here 	20 Squat Jumps	20 Mountain Climbers	10 V-ups 	5 Burpees 	20 Sec Wall Squat

SPELL YOUR NAME..



NOW WORKOUT!

- | | |
|--------------------------------|--------------------------------|
| A: 10 Burpees | N: 30 Second Plank |
| B: 1- Minute Plank | O: 20 Push Ups |
| C: 20 Push- Ups | P: 25 Arm Circles |
| D: 40 Jumping Jacks | Q: 15 Side Lunges |
| E: 15 Squats | R: 10 Burpees |
| F: 3 Minute Wall Sit | S: 20 Mountain Climbers |
| G: 15 Crunches | T: 20 Jump Squats |
| H: 30 Calf Raises | U: 1 Minute High Knees |
| I: 20 Body Squats | V: 40 Jumping Jacks |
| J: 20 Mountain Climbers | W: 15 Tricep Dips |
| K: 15 Tricep Dips | X: 15 Crunches |
| L: 1 - Minute Plank | Y: 3 Minute Wall Sit |
| M: 20 Lunges | Z: 30 Calf Raises |

Is your favorite fitness studio or trainer offering virtual instruction? Please [let us know](#) so we can help support and promote their efforts! Drop me a line, and we'll include their information in the next issue of The Vulcan Runner. With a little creativity, we can all emerge from this period of isolation a little stronger, a little wiser, and hopefully, a lot more grateful!

PRESIDENT'S ADDRESS

By Hunter Bridwell



I think it's fair to say that this President's Address is unlike any other in the history of the BTC.

If you are anything like me, it's hard to find the words to adequately express how the COVID-19 pandemic has made you feel. During uncertain times like these, we all have a "security blanket" that we lean on for comfort. For me – and I suspect, for many of you -- that is running. It's pretty cool that despite all of the gym closures, etc. due to the virus, we can still open our front doors and take off down the street. It's important to continue to follow all guidelines set forth by the CDC as well as directives given by local health officials. Even as the State of Alabama and other municipalities have issued new guidance on permitted activities, going out for a solo run in the city limits is one of the exempted activities. So, be smart, be safe, and continue to put in the miles.

I know it has been disappointing to see so many races canceled. Many of you have tirelessly worked training plans and were looking forward to the fruits of your labor. Our BTC representatives heading to Maebashi, Japan certainly were disappointed when their race was canceled, but John, Marla, and Nicolette will be ready to represent the BTC and the Birmingham running community at next year's race. Despite all the chaos of race cancellations, I want to commend most everyone for the positive responses that I've seen in the face of canceled races. As you all saw, we too had to postpone the Statue to Statue 15K to next year, amid restrictions placed upon large groupings of people. There are exactly zero race directors out there that want to cancel an event. Let's continue to be positive and good to one another in spite of the adversity facing us.

We will all race again one day. Hopefully, when we're celebrating our country's independence on July 4th, we can celebrate a sort of independence from the virus that has disrupted our way of life by gathering for the Peavine Falls Run at Oak Mountain State Park. There's no way to know for sure if our way of life will be back to normal at that time, but I have my fingers crossed!

Lastly, I want to give a shout out to the creativity of so many of y'all when it comes to putting together at-home workouts. A lot of our members who are fitness instructors, run coaches, or individuals who simply wanted to give a glimpse of what kind of home workouts could be done, have put together some awesome videos and programs. We're going to highlight some of those we've heard about in this issue. If you know of anything we've missed, please send us tips so we can feature them in a later issue or on our social media.

Thank you to TherapySouth for their continued partnership with the BTC. The folks at TherapySouth perform a necessary service to the community and continue to see patients. They are taking all necessary precautions to maintain a clean and healthy environment for their patients and employees. Make sure you continue to take care of yourselves and stay on top of your PT needs by visiting Therapy South!

Hunter Bridwell
BTC President



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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 35223
info@BirminghamTrackClub.com

Race Results

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



RUNNING INSPIRED FASHION

By Nicolette Patrick

Hello Runners!

I know a lot of you are struggling through the COVID-19 quarantine period; I am too. I have been living in running clothes for the past few weeks! Since I am out of school for the rest of the year (and I won't be in public much), I have decided to get creative with some outfits. But, they aren't just any outfits -- these are perfect for my "I want to wear running clothes but still be somewhat stylish" mood. Feel free to get inspired.

Go ahead and call me the BTC's next top model - LOL.



OUTFIT 1

Clothes:

Pink BTC Tank
Denim Shorts
Black Flats
White Cardigan

Comments:

Everyday Spring outfit – perfect for social distancing!



OUTFIT 2

Clothes:

2020 Mercedes Marathon Shirt
Distressed overalls
Beige sandals
Momentum Jewelry® Bracelet
Leather Beaded necklace
Goodr® Sunglasses

Comments:

Perfect for a race expo (and I can't wait until we have those again)!

What creative ways have YOU rocked a race shirt or your favorite expo bling?

GET INSPIRED, AND SHOOT US A PHOTO!

CONTINUED ON NEXT PAGE

RUNNING INSPIRED FASHION



OUTFIT 3

Clothes:

- 2014 Magic City Half Marathon Shirt
- Denim Jacket
- White Leather Sneakers
- Black/White Running pants

Comments:

Good for being on your feet all day.



OUTFIT 4

Clothes:

- Red BTC We Built This Bridge T Shirt
- Grey Corduroy Skirt
- Navy Oofos® Sandals
- Patterned Bandana Scarf

Comments:

Good daytime going out attire – when we can do that again.



OUTFIT 5

Clothes:

- 2018 Retro Run Shirt
- Black Distressed Jeans
- Black leather Belt
- Black Vans® Sneakers
- Hair Clip
- State Farm® sunglasses from a race expo

Comments:

An outfit more on the fun side :)

THE TRAK SHAK IS RUNNING FOR A CAUSE (and Keeping You Running)

By: Jeff Martinez, The Trak Shak



First and foremost, we at The Trak Shak hope you all are safe and healthy! Second, we'd like to thank you all for your support over the past few weeks! Obviously, things have had to change a LOT, and we are going to adapt to the changes to remain in business and to serve our running community. After the "Stay at Home" order was passed, we shut down the 280 and Hoover locations during the week, and they will only be open on Saturdays from 10 to 5. The Homewood location will remain open, 7 days a week, 10-5 Monday through Saturday and 1-4 on Sundays. At the shops, we are virtually fitting folks, taking payments, and arranging "storefront pick up," Same Day Delivery or shipping, over the phone. We have also opened an e-commerce site at www.trakshak.com, and we are adding product to it daily. There are a LOT of good deals on there, so we hope people take advantage of online shopping that is finally being available from The Trak Shak. As always, I am available to chat with anyone about footwear, apparel, accessories, injury prevention, or running tech through social media or via email at jeff@trakshak.com. Again, a very big THANK YOU to the BTC for your continued support!

Need some running motivation? How about a virtual run to raise money for those on the front lines of the COVID-19 pandemic?

THE TRAK SHAK MILES FOR MEALS APRIL 3-12 (REGISTER AT RUNSIGNUP.COM)

Sign up to complete a three (or more) mile walk or run on your own anytime (or daily) from April 3 - April 12 through your neighborhood or on your favorite trail or route (all while practicing safe social distancing), in support of the Phoenix Club of Birmingham's "Pay It Forward" campaign to provide meals for healthcare workers in the Birmingham and other Alabama communities free of charge. Each \$20 donated (for each three miles) will provide three free meals to those on the front lines of this pandemic.

Before doing your walk or run, feel free to encourage those in your neighborhood or on your route to decorate their house with ribbons of any color tied to trees, signs of encouragement, sidewalk chalk pictures, paint car or house windows, hang Christmas lights or whatever your neighbors want to do to show support to our heroes in the healthcare industry. You could even have the kids in the neighborhood make race bibs for anyone participating!

The Phoenix Club of Birmingham, Jimmy John's in Birmingham and The Trak Shak have teamed up to raise money to help feed healthcare workers in Alabama communities. Together, we are facilitating people to "pay-it-forward" to the healthcare workers on the front lines of the COVID-19 pandemic. With things expected to get worse before they get better, we want to show our full support to the community that will take care of us when we are sick. Although the Phoenix Club of Birmingham primarily supports the Boys and Girls Club of Central Alabama, it has activated its membership of 100 young leaders to support our community at a time of need. All donations will go to provide meals for healthcare workers in Birmingham and other Alabama communities free of charge. Jimmy John's has agreed to special pricing on box lunches for the project and is supporting the marketing effort. Each box lunch will contain a sandwich, bag of chips, a cookie and a pickle spear and will cost \$6.00 plus tax with no delivery fee. The Phoenix Club of Birmingham is a 501(c)3 organization and donations will be tax deductible. 100% of ALL DONATIONS after any GoFundMe or RunSignup fees will go to the mission. To learn more about the Phoenix Club of Birmingham, please visit www.pcobham.org. THANK YOU TO OUR COMMUNITY AND HEALTHCARE WORKERS! #PAYITFORWARDAL

Be sure to share pictures of you on your route with [#payitforwardal](https://twitter.com/payitforwardal) or [#milesformeals](https://twitter.com/milesformeals)



COMMUNITY CORNER

By Jennifer Andress, Homewood City Councilor, BTC President 2012-2014



After speaking with Dr. Eaton, Mayor McBrayer released the following statement:

I know there has been a great deal of discussion regarding the Lakeshore Walking Trail so I wanted to share the decision that has been made. As of now, the trail will remain OPEN as long as those using the trail maintain ALL social distancing guidelines. This includes giving people plenty of room as you pass and announcing yourself if you are approaching someone from behind as etiquette of the trail dictates.

I have consulted directly with Dr. Ellen Eaton. She is a Homewood resident, an Associate Professor of Medicine at UAB within the Infectious Disease Department, and a member of Birmingham's Covid-19 Response Team. I have a great deal of respect for her and her guidance in this decision.

Greetings, BTC!

Things definitely are a lot stranger than the last time I wrote to you.

All of us in municipal government are dealing with our respective city's response to the COVID-19 pandemic. All other non-essential issues (the quality of life issues that I love: sidewalks, community improvements, crosswalks) have been put aside until we emerge from this threat.

Although we in Homewood are not meeting for the month of April as a Council, we are still talking daily about how to manage the city while we shelter in place. I had very lengthy discussions last week with our Mayor, Scott McBrayer, and our Police Chief, Tim Ross, about social distancing on the Lakeshore Trail.

I am sure you have seen the larger numbers of people recreating on the trail now that everything else has shut down. The crowds have grown, and we felt we needed some guidance on whether or not to keep the trail open. All other Homewood Parks are closed.

After weighing both sides, we realized the perfect person to consult was Dr. Ellen Eaton. Dr. Eaton is an Assistant Professor at UAB in Infectious Diseases and is a member of Mayor Randall Woodfin's COVID-19 Task Force. She also is a runner, and she happens to be my friend and next-door neighbor. She also is working with Dr. Mark Wilson, Health Officer at the Jefferson County Department of Health (and a darn good runner himself).

The Walking Trail is being treated a little differently than our Parks for several reasons. Unlike our parks, there are no restrooms to maintain, no real places for crowds to gather, and no playground equipment on our trail. This decision has not been made lightly and I do believe it is important for us to maintain our overall health. Our State Health Officer stated that "Open air activities are open as long as they can adhere to other parts of the health order including limits on the number of people gathering."

But know this also. We will have uniformed and plain-clothed officers checking the trail AND the parking lot to uphold the safety standards set forth by the Jefferson County and State Health Officers. Any violations can result in fines and ultimately lead to our closing the trail.

In closing, let me just say how much I appreciate and believe in my neighbors here in Homewood. I know you will do the right things in protecting YOUR family and OTHER families. I care about your safety and the safety of our city. This is a very critical time for Homewood and our state. YOU MATTER and we need you to answer this Call To Action. Our health and even our lives depend on it.

Scott McBrayer
Mayor, City of Homewood, Alabama

COMMUNITY CORNER

So let me use this space to ask you to respect the social distancing guidelines on the trail and in the parking lots: groups fewer than ten, six feet apart. Give plenty of room when you pass someone.

We are so lucky to have running as an outlet during this time, and we welcome all new runners to our favorite pastime as they get healthy. But let's be smart and safe!

And speaking of trails for which to be grateful during this pandemic: Red Mountain is experiencing large crowds as folks look for ways to be outdoors exercising and spending time.

I am a Commissioner on the Red Mountain Greenway and Recreational Area Commission, the State Commission that manages Red Mountain. We struggle financially, as we are not a line item in the state budget. We receive funding from the City of Birmingham, the City of Homewood, and Jefferson County, as well as discretionary funding from some Jefferson County legislators, but only after we make our pleas every budget cycle.

All that to say: WE NEED YOUR HELP! Please consider becoming a sustaining member of Red Mountain Park. The park is the actual history of Birmingham. We all are citizens of this city literally because of Red Mountain and the mines that inhabited it. This city would not have existed without it and the natural resources that lay within.

Its value to our community has been so apparent these past few weeks. 1500 acres of trails and open green spaces invite us to explore, and learn about our past, while spending time outdoors away from the bad news of COVID-19 with our immediate loved ones.

So please show your appreciation with your financial support! I would hate to lose this treasure!

Q & A with Dr. Ellen Eaton

Can I safely exercise on a walking trail or track?

Yes, here's why:

While #shelterinplace is crucial to flattening our curve, this policy can contribute to feelings of anxiety and depression. I want our parents of young children and those with postpartum depression to be especially mindful of their emotions and seek counsel from a trusted friend or medical professional over the next few months.

In addition, I strongly recommend that we all walk (or run) on local trails and sidewalks at least once daily to get vitamin D, maintain fitness and mental health, and connect with a friend safely. Walk/run far enough apart (6ft) that you need to speak loudly for your partner to hear you. If you are able to whisper a little neighborhood gossip, you're too close!! Remember that contact, shared water/snacks, coughs/sneezes and prolonged close contact allow COVID transmission. If you are feeling ill (headache, cough, etc.), stay home. Hit the potty at home so you don't have to stop at a gas station before/after. Most importantly, don't loiter on the trails-or our leadership will be forced to #shutitdown.

To date, many of our early COVID-19 cases were acquired in obvious scenarios: airports, theme parks, conference rooms, nursing homes. We anticipate additional cases from social gatherings and tightly packed grocery store lines, but I feel strongly that trails are a low risk environment as long as we follow #socialdistancing and hand hygiene.



TO READ MORE FROM DR. EATON ABOUT THE COVID-19 PANDEMIC, PLEASE [CLICK HERE](#).



BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

Please welcome the following new and returning members to the Birmingham Track Club:

Jeffrey Adams
Sue Adams
William Brown
Jeff Clark
Betsy Darnall

Brooke Dodson
Eric French
Carla Grady
Kari Hogue
Kaki Jenkins

Michael Jenkins
Stephanie Mylenbusch
Megan Proctor
Hannah Rogers
Christy Ross

Finn Sherer
Jeremy Sherer
Ryland Sherer
Jeff Sherrell

If you are a prospective member, welcome! We hope you will decide to [join the BTC](#) – the [benefits](#) are invaluable! We offer individual and family memberships for one, two and five year terms, as well as lifetime memberships and special discounts. [Visit the BTC website](#) for more information.

BTC Group Runs Update

The Saturday morning **BTC Long and Moderate Group Runs** have been cancelled until further notice. We will continue to post suggested routes to accommodate different distances on the [BTC Long Run Facebook page](#); however, water stops will not be provided. If you choose to run one of the suggested routes, **please observe all social distancing guidelines** (very small groups, run at least six feet away from other runners, and allow other runners space when passing).

You can find a variety of running routes on the [BTC website](#), including [local parks and trails](#), as well as a list of places to run along the [Gulf Coast](#). Have a new route you'd like to share? Please [let us know](#), and we'll add it to our website.

Stay safe, runners!



MEDICATIONS AND MILES:

Protect Yourself From the Sun to Enjoy Your Summer Runs

By: M Kalyn Davis, Pharm.D. Candidate 2020, and Kim W. Benner, PharmD, BCPS

Now that many of us have more flexibility and may be running during daylight hours, sunscreen is even more important. The following is a reprint of an article from the July 2019 issue of *The Vulcan Runner*.



Broad spectrum sunscreen protects your skin from both types of the sun's UV rays: ultraviolet A (UVA) and ultraviolet B (UVB) rays. It is crucial to have protection against both types of UV rays in order to help decrease the risk of painful sunburns, dangerous skin cancers, and unwanted signs of premature aging, like wrinkles and dark spots.

Selecting a sunscreen with a sun protection factor (SPF) of 30 or higher will help protect you from the sun's most harmful UVB rays. According to the American Cancer Society, choosing a SPF of 15 or lower can only protect you from sunburns, not from early

Summertime is upon us, and the temperature outdoors and ultraviolet (UV) Index are quickly rising! Before heading out on those summer runs, it is important to protect your skin from the sun's damaging UV rays. Choosing the proper sunscreen can ultimately help lower your risk of dangerous skin cancers, premature aging, and painful sunburns.

How to Select the Best Sunscreen for You

The American Academy of Dermatology recommends looking for three important factors on the label to select the most beneficial and protective sunscreens: The sunscreen should be labeled as: 1. water resistant, 2. broad spectrum, and 3. having an assigned sun protection factor (SPF) of at least 30 or higher.

Choosing water resistant sunscreens will allow for less frequent application even when the skin is wet from active sweating or taking a refreshing dip in the pool. The label should provide you with the appropriate timespan that the sunscreen is water resistant, typically between 40 to 80 minutes.

skin aging or developing skin cancers. However, choosing a higher SPF does not allow for more time in the sun without re-application. Higher SPF values simply mean those sunscreens block a higher percentage of UVB rays, but no sunscreen can block these harmful rays 100%. Sunscreen with a SPF of 30 will block 97% of the sun's UVB rays. Your local pharmacist can help you choose the best sunscreen for your particular needs.

How To Use Sunscreen Properly

Even though most people associate sunscreen with summertime, you should use sunscreen anytime that you are going to be outdoors, no matter the weather or the season (and even if it is cloudy!) To be sure that your sunscreen is working at its best, you must apply sunscreen properly and liberally. The American Academy of Dermatology suggests applying sunscreen at least 15 minutes before going outdoors. The Academy also suggests that it takes approximately 1 ounce of sunscreen to properly cover an average adult's body. Make sure to cover all of your exposed areas including your lips, ears, and the top of your feet. Sunscreen should be reapplied at least every 2 hours or more frequently if you are participating in swimming or any sweaty outdoor activity.

CONTINUED ON NEXT PAGE

MEDICATIONS AND MILES:

Protect Yourself From the Sun to Enjoy Your Summer Runs

Myths About Sunscreen

- **“Some sunscreens are ‘waterproof’ and do not require re-application.”** Although the label may say that the sunscreen is waterproof, this is not entirely true. No sunscreen has the ability to 100% withstand water damage. If you are outdoors for long periods of time, all sunscreens must be reapplied in order to work properly. The best choice of sunscreens are those that are labeled as water-resistant. Look on the label for the appropriate amount of time between applications to ensure that the sunscreen you are using is still resistant to water and sweat.
- **“Take oral supplements, like Heliocare, and you can skip the sunscreen lotion.”** The FDA reports that there is not a capsule or a pill on the market that can replace traditional sunscreen. Regardless of what the label on these products suggests, these products are not regulated in the same way that sunscreens are regulated by the FDA. You should beware of the misleading claims that these pills are making such as preventing sunburns, early skin aging, or skin cancers.
- **“I never get a sunburn, so I don’t need any sunscreen.”** No matter your skin type, your gender, race, or ethnicity, everyone needs sunscreen to be protected from the sun’s UV rays. The American Academy of Dermatology reports that anyone can develop skin cancer, and that 1 in 5 Americans will develop skin cancer in their lifetime. In order to stay protected, using sunscreen is a must.

In summary, protect your skin all the time, no matter what the weather. Doing this will keep you healthy and doing what you love! Check with your local pharmacist to help you pick the perfect sunscreen for you and your family.

- **BE SURE THE LABEL SAYS SPF 30 OR HIGHER, WATER-RESISTANT, & BROAD SPECTRUM**
- **APPLY SUNSCREEN LIBERALLY & RE-APPLY AT LEAST EVERY 2 HOURS OR MORE OFTEN**
- **EVERYONE & ANYONE MUST USE SUNSCREEN WHEN OUTDOORS TO HELP PROTECT THEIR SKIN FROM SUN DAMAGE**
- **SUNSCREEN “SUPPLEMENTS” ARE NOT SAFE TO USE IN PLACE OF TRADITIONAL SUNSCREEN**

References:

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<https://www.fda.gov/news-events/press-announcements/statement-fda-commissioner-scott-gottlieb-md-new-fda-actions-keep-consumers-safe-harmful-effects-sun> Accessed May 29, 2019



WILL THE CORONAVIRUS KEEP YOU FROM RUNNING?

I think we all know the answer to that question.

What if my training aches and pains start surfacing again? What can I do if I still have aches and pains from previous runs? Everything is closed, right?

Well, with all the bad news right now, I have some good news for you: physical therapy is still an option. Physical therapy is still an essential service. Due to the Coronavirus pandemic, physical therapists are now able to offer in-home visits and teletherapy, and TherapySouth is still seeing patients in our clinics with treatment rooms available. While businesses have increased cleaning secondary to Coronavirus, this is nothing new for our clinics. We continue to clean everything thoroughly for your safety and peace of mind!

Our patients and athletes are used to hands-on care. We realize that while some people are still comfortable coming into the clinic, others are not. Some of our patients fall into the high-risk category and are under a doctor's orders to stay in home. With the utilization of home visits, we can still provide the hands-on care you are accustomed to receiving. If functional exercise corrections, stretching programs, and updates to home exercise programs are all you need, teletherapy and our video-based exercise programs can help. For additional information on teletherapy (TelePT) and in-home visits, see the information at right.

So, will you stop running? I think the answer is no! Great news, we have you covered!

For exercises to help your training, visit our TherapySouth Facebook page for Glutes and Rotation exercise videos.

For any questions or exercise recommendations, please email us at tendurance@therapysouth.net



Ryan Hunt DPT, CSCS, ASTYM certified provider,
Dry Needling practitioner, BFR certified
Clinic Director rhunt@therapysouth.net
TherapySouth - PatchWork Farms/Altadena
205-783-5270



OPTIONS FOR PHYSICAL THERAPY AND HAND THERAPY SERVICES

during the Coronavirus Pandemic

1 IN-CLINIC VISITS - WE'RE OPEN!

We are still open to see any patient who would like to come to the clinic.

We continue to follow precautions outlined by the CDC for:

- Screening patients
- Screening our own employees
- Disinfecting the clinic.

Each clinic has a "clean room" available for those who prefer an isolated care area.



2 IN-HOME VISITS

In-Home PT and OT visits are available to most patients (including those with Medicare) and select workers compensation payors.

To find out about in-home visits, please call your local TherapySouth clinic for more details. Click [HERE](#) for our website location page.

We are practicing the same safeguards for in-home care as in our clinics as well as screening entire households before proceeding with in-home care. Everyone in the home must pass screening for you to qualify for an in-home visit.



3 TelePT/OT

All BCBS of Alabama and select Work Comp patients can receive TelePT/OT services. Those with other insurances can call our clinics to check and see if your provider covers this service. (*Medicare patients are not eligible.)

If you can't come to the clinic or don't feel that is your best option for now, we can help you maintain your gains and progress through your course of physical/occupational therapy through online visits until we can see you in the clinic again.

HOW TO REQUEST A TELEPT/OT APPOINTMENT - OPTIONS

1. Call your clinic to request a TelePT/OT appointment OR
2. Click [HERE](#) to schedule online through BetterPT



YOUR HEALTH AND WELL-BEING AND CONTINUED CARE ARE PRIMARY TO US. PLEASE REACH OUT TO YOUR LOCAL CLINIC WITH ANY QUESTIONS OR CONCERNS. WE ARE HERE FOR YOU.

We'll get through this together

1200 MILE CLUB

The rules are the same as last year: any miles that you would put on your training log can be counted towards your goal of 1200 Miles (elliptical, rowing machine and biking miles do not count). If you think you have what it takes to complete the challenge, [sign up](#) when registration opens. Registration is free to all active BTC Members. Not a BTC member? Or, has your membership lapsed? [Join or renew now](#), and register for the 1200 Mile Club!

Register for the 1200 Mile Club [here](#).

Cumulative miles submitted through April 4, 2020 are listed below. For a complete listing of monthly totals, [click here](#).

Please remember to submit your miles early in the month so that they are reported correctly in *The Vulcan Runner*. Reporting miles is easy: simply click on the link provided in the email you will receive at the end of each month, select your name from the drop down menu, and hit "submit" – done!

Participant	Years	Total
Adams, Jeffrey	R	0
Adams, Sue	R	280
Ahmed, Kabeer	1	307
Anderson, Kerri	4	270
Armstrong, Thomas	3	96
Austin, Scott	R	342
Baggett, Christopher	2	312
Bartee, Samm	4	198
Bayush, Tori	1	405
Beasley, Cathy	3	385
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	R	365
Benner, Kim	7	298
Bensinger, Cole	1	376
Bensinger, Jill	R	379
Benson, Wayne	6	366
Boackle, Larry	3	0
Boackle, Tomie Ann	1	80
Booher, Lisa	8	490
Bookout, Jason	1	360
Bookout, Kimberly	1	365
Bowman, Bill	R	261
Boylan, Brittany	R	0
Boylan, Chris	R	0
Brakhage, Victoria	3	317
Bray, Elizabeth	R	356
Bridwell, Hunter	1	0

Participant	Years	Total
Brown, Charlie	7	105
Brown, Michael	4	282
Brown, Sean	5	209
Brown, William	1	360
Browne, Shannon	R	207
Bryant, Jason L.	R	177
Burks, Ross	3	264
Caine, Lawrence	1	0
Callahan, Chris	3	382
Calloway, Mariel	1	340
Carey, Christopher	6	206
Carlton, Bob	5	335
Carter, Adrienne	2	0
Carter, Jason	R	334
Chandler, Teresa	10	335
Channell, William Andrew	R	284
Clay, Brad	12	671
Cleveland, Jeff	3	370
Cliett, Stephanie	5	417
Coleman, Tim	2	393
Cowart, Britney	2	215
Cramer, Robyn	R	229
Cramer, Steve	R	165
Crawford, Katelyn	R	157
Creel, Mary	2	0
Crowson, Bill	4	252
Crumpton, Melinda	R	0
Cutshall, Hannah	2	0

Participant	Years	Total
Davidson, Dow	2	677
Davidson, Jen	1	174
Deason, Joshua	R	107
Decker, Brittany	R	107
Dixon, Charles	R	169
Dixon, Jonathan	1	135
Dixon, Marian	R	0
Donnelly, Kevin	1	0
Duke, Cindy	4	346
Eagerton, Emily	R	224
Edgerton, Amy	R	327
Elkins, Sydney	1	0
Estes, Cameron	1	365
Estrada, Steven	1	473
Evans, Debbie	6	190
Farrell, Marybeth	R	181
Farrell, Meg	R	85
Farrell, Ryan	R	371
Fecteau, Karin	R	0
Feldman, Jana	R	194
Ferlitto, Cindy	1	358
Fontenot, Misty	3	239
Ford, Eric	R	297
Franklin, Shane	8	351
Frederick, Winston	11	260
Freeman, Sheila	3	319
Gayheart, Cheryl	R	311
Gibson, Katie	1	220

1200 MILE CLUB

Participant	Years	Total
Glasgow, Robert	R	0
Goode, Johnny	11	462
Goss, Ange	1	359
Grady, Carla	1	123
Graham, Lydia	R	340
Graham, Ryan	1	0
Grainger, Matt	R	442
Grall, Jeremy	1	307
Gray, Caleb	1	0
Gray, Mary Margaret	R	167
Gray, Michael	R	330
Griffin, Misty	R	333
Gullapalli, Satya	4	259
Guthrie, Dana	R	438
Haley, Jay	4	358
Hall, Thomas	1	72
Haralson, Danny	11	240
Haralson, Micki	11	444
Hargrave, Alan	12	317
Harris, Angela	R	364
Harrison, Lisa	8	202
Harrison, Rochelle	R	51
Harry, April	2	88
Hartsfield, Gregory	R	389
Hartsfield, Kathryn	R	0
Hellenga, Meghan Ann	R	126
Henninger, Alison	5	363
Higginbotham, Weston	R	280
Hogue, Kari	R	0
Holcomb, Zachary	2	399
Holland, Skylar	2	240
Hollington, Kasey	1	338
Hood, Alissa	R	386
Hoover, Alison	8	0
House, Beth	5	201
Ingle, Brandon	R	40

Participant	Years	Total
Izard, Georgia	3	0
Izard, Melody	3	0
Jackson, Bradley	R	325
Janowiak, Desirae	1	252
Jenkins, Kaki	6	430
Johnston, Emily	1	0
Jones, Allen	1	335
Juarez, Cesar	R	123
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	6	588
Kemper, Tricia	5	367
Kezar, Carolyn	1	157
Knight, David	R	356
Kornegay, Marla	R	304
Krick, Stefanie	R	372
Kuhn, Claire	R	73
Kuhn, Jimmy	12	563
Kulp, Loren	4	239
LaFon, Caroline	R	162
Lahti, Tyler	3	348
Laird, Audrey	5	377
Lancaster, Jeff	1	180
Langston, Aaron	5	0
Lawhorn, Joseph	1	292
Lee, Brian	1	175
Litz, Matthew	2	0
Love, Thomas	1	205
Lyda, John	1	409
Lyle, Randy	11	614
Lyles, Chris	1	19
Madaris, Brandon	R	186
Madaris, Jennifer	R	110
Malick, David	6	313
Mathews, Skip	R	265
McDaniel, Willie	R	275

Participant	Years	Total
McElroy, Catherine	R	315
McKinney, Margaret	R	38
McNair, Kelly	6	152
McNutt, Janie	1	337
Merry, Vicki Sue	7	375
Miller, Joshua	1	428
Miller, Justin	R	346
Miller, Rachel	R	320
Mixon, Joshua	R	321
Morgan, Cary	9	612
Morris, Phil	R	0
Morrow, Alex	8	0
Moser, David	1	396
Moses, Mike	R	211
Neu, Matthew	R	134
Northern, Kristie	10	252
Norton, Laura	1	487
O'Brien, Michael	R	207
Oechslein, Tamara	R	340
Oehrlein, Kimberly	R	271
Oliver, John	5	296
Orihuela, Carlos	2	298
Ortis, Ellen	1	326
Parks, Charlie	6	700
Paschal, Paige	R	427
Patrick, Nicolette	1	167
Payson, Tabitha	R	54
Payson, Tommy	2	321
Peagler, Shana	7	97
Pearce, Julie	5	155
Pearson, Blake	5	0
Pearson, Mary Scott	5	0
Pegouske, Jeremy	1	263
Pegouske, Stacie	2	0
Philly, Ron	R	0
Plante, David	7	303

1200 MILE CLUB

Participant	Years	Total
Poh, James	1	365
Poole, Greg	2	142
Powell, Shane	1	577
Rachel, Cain	R	0
Ralph, Meghan	5	300
Reed, Kanita	R	0
Renfro, Jeff	1	328
Reynolds, Dewelena	R	0
Richey, Lori Beth	2	299
Richie, Melissa	R	314
Ritchie, Joseph	2	316
Ritchie, Lauren	1	398
Roberson, Kevin	5	325
Roberts, Fletcher	5	0
Robinson, Lyndsey	R	274
Robinson, Tamara	R	0
Rodgers, Jeffrey	2	274
Rodgers, Jessica	R	261
Roper, Lynn	2	278
Rose, Billy	5	740
Rosser, Joey	3	358
Routman, Cindi	R	96
Ruschhaupt, Skyler	R	247
Rutherford, Keith	12	300
Rutledge, Lisa	4	258
Sanders, Gwendolyn	1	293
Shaffield, Danny	6	494
Sherer, Jeremy	3	267
Sherrell, Jeff	R	327
Shinn, Ronald	7	113
Shoaf, James	1	454
Sides, Dean	3	174
Silwal, Suman	8	0
Simpkins, Randall	2	213
Simpson, Kevin	6	1,008
Sims, Cecelia	1	64
Sims, Kelly	1	144

Participant	Years	Total
Sims, Robert	6	425
Sloane, Mike	4	321
Smith, Marie	R	226
Soileau, Chester	2	0
Stewart, Zeb	1	187
Stockton, Rick	12	364
Sweatt, Jason	R	0
Talley, Beau	7	365
Talley, Shellie	2	0
Thompson, Sara	2	167
Tidwell, Pam	R	251
Tomlin, Chace	R	361
Townes, Janelle	1	0
Trimble, Jamie	5	342
Turner, Amanda Blake	R	0
Valles, Tina	R	293
Varnes, Vickie	6	515
Waid, David	R	468
Walker, Caroline	1	76
Washington, Monica	R	88
Watters, Ana	1	228
Watters, Larkin	R	265
Watters, Robert	5	324
Weber, Amy	2	314
Weeks, Lance	2	249
Weimer, Jonathan	R	238
Wende, Adam	5	670
Whillock, Amber	R	271
White, Robin	R	279
Wilhite, Thomas	4	180
Williams, Shaunda	1	93
Williams, Yolanda	R	0
Williamson, Rebecca	1	249
Wilson, Mark	R	209
Wiseman, Steve	5	417
Wood, Heather	R	279
Wood, Scott	4	129

Participant	Years	Total
Woody, Bill	11	394
Wooten, Vance	R	597
York, Gary	6	133
Zajac, Jason	1	549
Zapata, Carlos	R	124

SHOW US YOUR BTC GEAR



Show us where the BTC has taken you! Submit photos of you and your friends in BTC gear or BTC race shirts [here!](#)



BTC member Mike Sloan at the 6th Annual Marathon in Carthage, Tunisia in February 23, 2020



BTC EXECUTIVE BOARD MEETING

March 9, 2020

The meeting was called to order at 5:33 PM by President Hunter Birdwell.

Attendance: Hunter Birdwell, Alex Morrow, Skylar Holland, Kim Benner, Jamie Trimble, Judy Loo, Julie Pearce, Lisa Booher, Cameron Estes, Bradley Wells, Rebecca Williamson, and Charles Thompson.

The minutes of the February 10, 2020 meeting were approved unanimously, on Alex Morrow's motion, as seconded by Lisa Booher.

Treasurer

Financial statement was sent via email by April Harry. The statement did not include a recent \$2,400 deposit made by Hunter Birdwell for merchandise sales.

Volunteers (Kim Benner)

We will need water stop volunteers for the Statute 2 Statute 15K. Judy Loo is working with a local ROTC group to volunteer for the finish line and to assist with parking at the event. Bradley Wells will be working the merchandise table after the race, so separate volunteers will not be needed for merchandise.

Statute 2 Statue (Judy Loo)

Preparations for the race are going well. Judy Loo has obtained the necessary permits from the City of Mountain Brook and is working with the City of Birmingham to get the necessary permits. So far, there are 371 registered runners. The registration deadline to ensure a t-shirt will be March 15, 2020. Hunter Birdwell will send email blasts about the race through RunSignUp.

Finish Line (Jamie Trimble)

Jamie Trimble is working with Judy Loo to ensure supplies will be set up for Statue 2 Statue 15K. Discussion was held regarding the need for additional finish line volunteers.

Webmaster (Hunter Birdwell)

Dean Thornton continues to work on a new, user-friendly website design.

Long Run Committee (Alex Morrow)

The February run social had a great turnout. Special thanks to Brittney Cowart for all of the work she put into putting it together. We plan to have another small run social on April 11, 2020, and another big social in May.

Road Runners Club of America (Alex Morrow)

This year the RRCA National Convention will be held in Portland, Oregon from March 19, 2020 – March 22, 2020. Alex Morrow made a motion to allocate \$1,500 for an executive board member to travel to the national convention. The motion was seconded by Julie Pearce and passed without opposition.

Vulcan Run 10K (Alex Morrow)

This year the Vulcan Run has been selected as the RRCA Southern Region 10K championship race. Discussion was held regarding the location of the race. Alex Morrow made a motion to allocate \$400 to put together a Vulcan Run gift basket to bring to the RRCA national convention this year to be auctioned off. The basket will include free race entry and a two-night hotel stay. The motion was seconded by Hunter Birdwell and passed without opposition.

Merchandise (Bradley Wells)

We had good merchandise sales at the February run social. There are two boxes of old merchandise that will be sold for either \$5 a piece or can be used as a buy one piece of new merchandise and receive one from the box for free. Bradley has two new shirt design ideas that will be used on a t-shirt and a long sleeve shirt. He hopes to have those available for pre-order by the Statue 2 Statue 15K and for sale or pick up by the BHM 26.2 expo. Discussion was held regarding sending some sort of merchandise (sticker, t-shirt, socks, etc.) as a gift to new members.

Membership (Cameron Estes)

We currently have 951 members and 731 memberships. We had several people take advantage of the buy one year receive one free year of membership special at the February run social.

1200 Mile Club (Hunter Birdwell)

We are still waiting on the 2019 patches to arrive. Members will be notified when they do finally arrive.

Japan Exchange (Rebecca Williamson)

As of now, the Maebashi races are still on as scheduled. Delta has cancelled numerous international flights, however, so we are monitoring the flights our BTC members are on to ensure they are not affected. Rebecca passed around cards for each of the BTC members running in Maebashi. Discussion was held regarding thank you gifts to present to the hosts in Japan. Further discussion was held regarding inviting runners from Maebashi to Birmingham for one of our local races that will be funded by the BTC.

USATF Representative (Charles Thompson)

Charles Thompson discussed the numerous events he will be attending as the USATF Representative. The final event that will be held at Crossplex is the NCAA II Indoor Track and Field Championships on March 13th and 14th.

BHM 26.2 (Alex Morrow)

BHM 26.2 still has several free race entries to give away to BTC members who volunteer to work at packet pick up. We will also need separate volunteers to work the BTC booth at the expo. The expo and packet pick up will be held at the Sheraton again this year.

Newsletter Editor (Skylar Holland for Julie Pearce)

The deadline for article submissions to be included in the April newsletter is March 22, 2020.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, April 13, 2020 at 6:00 p.m. at the Vestavia Hills Library.

Upcoming Events

Most races have been or will be cancelled, so out of an abundance of caution, we have not included “traditional” races on our calendar. We have, however, included some fun virtual races and opportunities to keep you motivated. Please [let us know](#) of any other virtual opportunities we can promote to our members!

EVENT	DATE	TIME
Run for Their Lives – Virtual Run	April 1 – April 30, 2020	Anytime
The Trak Shak’s Miles for Meals (Virtual Run and fundraiser to help feed healthcare workers in Birmingham) – click here for more information and registration	April 3 – April 12, 2020	Anytime
BTC Executive Board Meeting (virtual meeting)	April 13, 2020	6:00 p.m.
Marathon Training Academy’s Social Distancing Run – Virtual Run – pick your distance and your bling (click here for more information and registration)	Now through May	Anytime
Staycation Races’ Home Half Marathon, 10K, or 5K (Virtual Run – click here for more information and registration)	April 25, 2020 (or whenever you’d like to run)	Anytime
Gone For a Run Virtual Races (choose your distance, theme, bling, and charity) – click here for details and registration.	Pick your date	Anytime

BTC discounts are applied automatically for all current BTC members when registering through RunSignUp. Need to join or renew your membership? [Click here!](#)

Need to add a race (actual or virtual) to the calendar?

[Email Webmaster Dean Thornton](#), or visit the BTC website to [submit your race](#).



