



BIRMINGHAM TRACK CLUB
 WHERE RUNNERS ARE FORGED
THE VULCAN RUNNER

February 2020 **2**



**KICKING OFF THE
 NEW DECADE**

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KICKING OFF THE NEW DECADE

Members and friends celebrated the end of the Birmingham Track Club's official 40th year and kicked off our 41st at our Annual Party on January 18. Many thanks to all of the volunteers who planned and executed a fantastic party at SOHO Social, complete with delicious food, music and maybe even some bar dancing – let's just say a good time was had by all!

Congratulations to the following new BTC officers:

President: Hunter Bridwell

Vice-President: Skylar Holland

Treasurer: April Harry

Secretary: Vicky Brakhage

Immediate Past President: Scott Wood

In keeping with tradition, Scott Wood and Hunter Bridwell presented the Club's annual service awards for outstanding contributions to the BTC.

- The **Dr. Arthur Black/Rick Melanson Annual Service Award** was presented to **Vicky Brakhage**. The BTC's oldest award, the Dr. Arthur Black/Rick Melanson Annual Service Award is given annually to the most outstanding club member over the past year for his or her continued outstanding leadership and service to the BTC. Vicky has worked tirelessly to maintain and grow our BTC membership, and she volunteers to help the BTC at nearly every opportunity, always with a smile in her face and a helpful attitude. Congratulations, Vicky!
- The **Randy Johnson/Danny Haralson Annual Service Award** was created to honor the "newer" BTC member who has demonstrated outstanding leadership and given freely of his or her time in a voluntary capacity in ways that help further the mission of the BTC. This year's recipient of the award was **Hunter Bridwell**. During his tenure as Vice-President of the BTC, Hunter took on the tasks of race directing, planning and executing socials, and working with BTC members in a variety of capacities. He is well-respected as a leader, and we look forward to seeing his accomplishments as BTC President this year! Congratulations, Hunter!



1200 Mile Club Five Year Award Winners



Hunter Bridwell and Vicky Brakhage

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KICKING OFF THE NEW DECADE



Judy Loo received the Lifetime Achievement Award

- Periodically, the BTC will award the **BTC Lifetime Achievement Award**. This is not an annual award, but rather, is presented only when the BTC Executive Board believes a long-time member deserves special recognition for his or her long term service and dedication to the BTC over many years. The 2019 BTC Executive Board was very pleased to award a Lifetime Achievement Award this year to **Judy Loo**.

As her award nomination read, “there is no one more deserving for the BTC Lifetime Achievement Award than Judy Loo.” Judy is a tireless volunteer, as well as the long time Race Director of the iconic BTC Statue 2 Statue 15k race. The BTC is so lucky to have someone with Judy’s experience and such a huge heart for our running club -- she is a bridge to our past, while also being vitally important to our present. And she is a whole lot of fun to have around! We love you, Judy!

CONTINUED ON NEXT PAGE



Celebrating 1200+ miles



Jennifer Andress and Lisa Booher with Adam Robertson

KICKING OFF THE NEW DECADE



Congratulations are also in order to all BTC members who achieved 1200 Mile Club status in 2019! A complete list is available on the [BTC website](#) and at the end of this newsletter, but we would like to extend special congratulations to our first time recipients:

Kabeer Ahmed
Jessica Alexander
Tori Bayush
Donald Beck
Bobby Bellew
Cole Bensingler
Natalie Bishop
Jason Bookout
Kimberly Bookout
William Brown
Daniel Burton
Mariel Calloway
Wendi Culver
Betsy Darnall
Jen Davidson
Kevin Donnelly
Jennifer Dunn
Cameron Estes

Steven Estrada
Carla Grady
Ryan Graham
Jeremy Grall
Caleb Gray
Karyn Hetherington
Desirae Janowiak
Emily Johnston
Allen Jones
Carolyn Kezar
Jeff Lancaster
Joseph Lawhorn
David Lea
Brian Lee
John Lyda
Janie McNutt
Joshua Miller
David Moser

Laura Norton
Ellen Ortis
Irma Palmer
Nicolette Patrick
Jeremy Pegouske
James Poh
Shane Powell
Jeff Renfro
Lauren Ritchie
Christy Ross
Gwendolyn Sanders
Bruce Sargent
Kelly Sims
Ana Watters
Shaundra Williams
Rebecca Williamson
Darren Wilson
Jason Zajac

BTC members who attained 1200 Mile Club status for each year of the Club's 12-year existence also were recognized:

Brad Clay Jimmy Kuhn Rick Stockton
Alan Hargrave Keith Rutherford

Congratulations also are in order for those BTC members who attained 1200 Mile Club status for ten years:

Teresa Chandler Kristie Northern

And Congratulations to the following new 5-year of the 1200 Mile Club:

Jimmie Barnes Audrey Laird Billy Rose
Rachel Callahan Aaron Langston Jamie Trimble
Stephanie Cliett Cary Morgan Robert Watters
Debbie Evans John Oliver Adam Wende
Allison Henninger Mary Scott Pearson Steve Wiseman
Tricia Kemper Meghan Ralph

We also recognized **TherapySouth** for its corporate sponsorship of the BTC and its support of our activities and events throughout the year.

We hope 2019 was a great year for all of you. Here's to an even better 2020!

PRESIDENT'S ADDRESS

By Hunter Bridwell



2020 – We're Off and Running

The first of the year always brings a lot of excitement for the BTC. The Annual Party was once again held at SoHo Social in Homewood on Saturday, January 18. A great time was had by all as we enjoyed an opportunity to fellowship with fellow runners from the greatest running community in the world. Officers for 2020 were elected at the party. I am honored to serve as your President in 2020. Joining me as officers are Scott Wood, Past President; Skylar Holland, Vice President; April Harry, Treasurer; and Vicky Brakhage, Secretary. These folks will continue to give their all to provide you the organization you deserve. We also handed out a few awards for 2019.

AWARD WINNERS:

- Dr. Arthur Black/Rick Melanson Annual Service Award – Vicky Brakhage
- Randy Johnson/Danny Haralson Annual Service Award – Hunter Bridwell (thank you very much for this honor!)
- BTC Lifetime Achievement Award – Judy Loo

I want to thank several folks for their service over the past year(s). Scott Wood served two years as President but will remain active as Past President. Monica Henley will rotate off as Past President, and pulled double duty by picking up the Treasurer role in the middle of 2019. Julie Pearce's time as Secretary has come to an end, but we're thankful that she will remain involved with the publication of our award-winning newsletter! I'm thankful for each of these folks for their service and have learned a lot from each of them over the last few years.

We also recognized our members who achieved 1200 Mile Club status for the first time, as well as those who secured 1200 Mile Club status for five years and 10 years, consecutively. Check out those accomplishments on page four of this issue or [HERE](#) on our website.

We kicked off the 2020 BTC Race Series with Adam's Heart Runs on Saturday, January 25 at Oak Mountain State Park. An attendance record was set with 426 registrants for the race! Race Director Lisa Booher coordinated another top-notch event. So much time and hard work goes into directing a race, but she makes it look effortless. An added perk this year saw each finisher receive a pint glass with the Adam's Heart Runs logo on it. Nice touch, Lisa!

The next race in the series is Status 2 Statue, and Race Director Judy Loo is working hard to make it another fantastic event. Make sure you register within the next couple of weeks to beat the February 17 price increase that occurs after Mercedes Marathon Weekend.

[Register for Statue 2 Statue here.](#)

With the turning of the calendar to February, that can only mean it's again time for one of Birmingham's premier races – Mercedes Marathon Weekend. The expo will kick off on Friday, February 14 at Boutwell Auditorium. Packet pickup continues on Saturday along with the Regions Superhero 5K and the Kids Mercedes Marathon. I absolutely love working the start line at the Kids Marathon as THOUSANDS of elementary school aged kids from around the metro area toe the line to complete the final mile of their 26.2-mile training program, designed to help encourage physical activity among kids. Don't forget that the BTC will have a booth set up at the expo. If you would like an opportunity to volunteer, reach out to Volunteer Coordinator Kim Benner (volunteer@birminghamtrackclub.com). She would love to hear from you! We'll have some awesome BTC merchandise at the expo, an opportunity to pick up your 1200 Mile Club jackets and patches if you missed the Annual Party, the ability to join the BTC or renew your membership, and you can register for Statue 2 Statue before the price increases!

After Mercedes Marathon Weekend, the Spring race calendar gets really busy. Check out the [BTC Race Calendar page](#) and find some awesome events that will be taking place. If you or someone you know has a race to submit for inclusion on the race calendar, submit it [HERE](#).

We will of course continue to host Saturday morning long and moderate distance runs at 6:00 am at the Trak Shak in Homewood. This is a great chance to come out and get in some miles with a group of great folks. We have some pretty cool stuff in store for you this year (think more Run Socials)! Come on out and join the fun.

Lastly, we're thrilled to have TherapySouth back for another year of sponsoring the BTC! They have been a wonderful partner, and we look forward to 2020. You can find TherapySouth at all BTC events. I caught up with Phillip Moore of TherapySouth at Adam's Heart Runs (who by the way was a state champion runner at Hoover back in his high school days), and those folks know how to help runners overcome injuries and get back on the roads or trails.

Let's make 2020 a great year!

Hunter Bridwell
BTC President

2020 Officers



President

Hunter Bridwell

president@birminghamtrackclub.com



Treasurer

April Harry

treasurer@birminghamtrackclub.com
pastpresident@birminghamtrackclub.com



Vice-President

Skylar Holland

vicepresident@birminghamtrackclub.com



Secretary

Vicky Brakhage

secretary@birminghamtrackclub.com

BTC Committees

General Counsel/Parliamentarian
Long Run Coordinator
Medical Director
Social Chair
Marketing/Social Media

Membership
Membership Benefits
Merchandise
"The Vulcan Runner" Newsletter
Japan Exchange Program

1200 Mile Club
Volunteer Coordinator
Historian
Finish Line Crew

Webmaster
IT Chair
USATF Representative

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Jamie Trimble finishline@birminghamtrackclub.com
Dean Thornton webmaster@birminghamtrackclub.com
Alan Hargrave itchair@birminghamtrackclub.com
Charles Thompson usatfrep@birminghamtrackclub.com

BTC Race Directors

Adam's Heart Run
Statue 2 Statue
Peavine Falls
Vulcan Run

Lisa Booher adamsheart@birminghamtrackclub.com
Judy Loo statue2statue@birminghamtrackclub.com
Hunter Bridwell peavinefalls@birminghamtrackclub.com
Scott Wood vulcan@birminghamtrackclub.com

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:

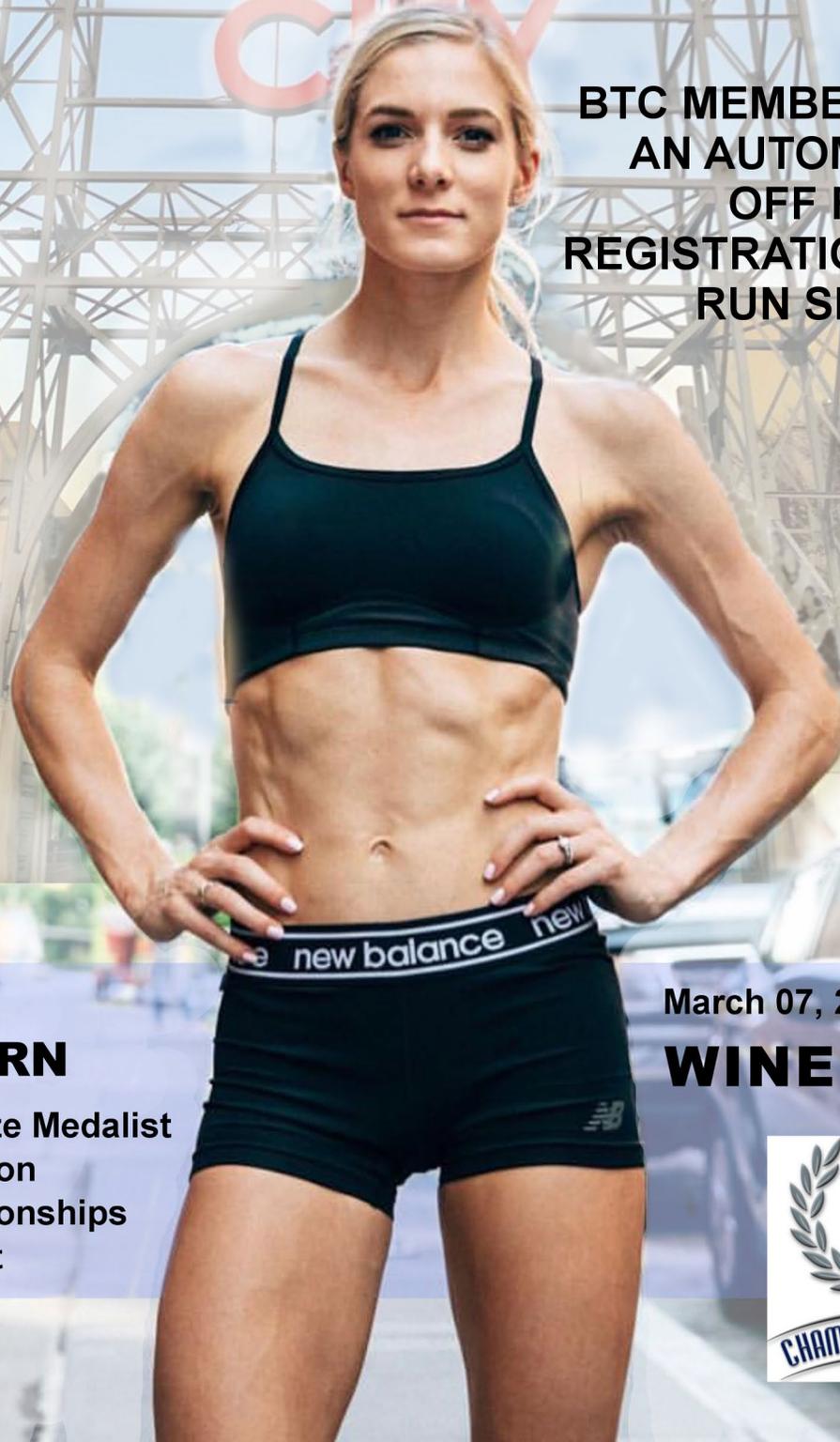
birminghamtrackclub.com
championship-racing.com





BHM WINE 10K

**BTC MEMBERS RECEIVE
AN AUTOMATIC 15%
OFF RACE
REGISTRATION THROUGH
RUN SIGN UP!**



Special Guest:

EMMA COBURN

**2016 Olympic Bronze Medalist
2017 World Champion
2019 World Championships
Silver Medalist**

March 07, 2020

WINE10K.COM



BIRMINGHAM WINE 10K



This year's Birmingham Wine 10K promises to be another fun and eventful race as the Magic City welcomes an appearance by Olympic medalist and world champion, Emma Coburn. We sat down with race founder and promoter, Joseph Longoria, to get the scoop.

First off, Wine 10K is less than six weeks away! How exciting. How are plans coming along, and how many runners are you expecting this year?

Thanks for the "less than six weeks" reminder! Deep breathe. It'll be here in no time. Registration looks great! As you know, in 2019 we capped the race at 1100 runners and sold out a couple of weeks before race day. This year, we are open to 1400 runners, and we are tracking towards another sold out race. We have an automatic 15% savings for BTC members, so we hope to see everyone out there! Last year, runners came from 25 different states, which makes hotel plans an added piece we're looking to help with this year. Overall planning is going well. Luckily, we have Allison Stone with Cadence180 Consulting handling all the heavy lifting, which allows us to plan the fun, the after party, the food vendors, etc.

Speaking of fun, Birmingham Wine 10K is known for its fast course and fun post-race party -- what is in store for runners this year?

The point-to-point course allows for a net downhill 10K race, which is tough to find in Birmingham. We are very proud of our hills in the 'Ham! Our race will once again start at Patriot Park in West Homewood and finish on the Lakeshore Trail. The biggest change made as a result of the 2019 post-race survey is that we are starting at 7:30AM instead of 8:00AM this year. Otherwise, our course and race logistics are the same. For post-race, we are lucky to have amazing partners to refuel our runners! Homewood Gourmet will be doing their breakfast burritos, Ash Restaurant will be back with gourmet grilled cheese sandwiches made on site, Corbin Winery will be pouring an amazing selection of locally crafted wines, Trim Tab will be joining us, and of course we will have our nearly world famous mimosas. Soft-drinks, Powerade, and water will also be available. We also have several vendor partners who will be handling active recovery demos with NormaTec boots, dry needling, massage, and other recovery methods that runners don't often get to experience. AND, of course, Emma Coburn will be hanging out at the finish to meet and greet everyone and take photos! It's like a food and wine festival for runners.

Speaking of Emma, she was here for the race in 2017. What brought her back and what is new with her since 2017?

First of all, Emma is one of those elite athletes and Olympic medalists who is an even better person than she is a great athlete. The last time she was here, she was literally one of the last ones on the clean-up crew folding and stacking tables. Luckily, we have stayed in touch with her, and she approached us this year about wanting to come back. Must be that Southern hospitality! Since she was here last (at the time a newly crowned Rio Olympics bronze medalist), she has won a World Championship,



BIRMINGHAM WINE 10K

got married (sorry guys, but Joe is awesome too!), won a silver medal at the 2019 World Championships, and won her eighth USA steeplechase championship.

This year, Birmingham Wine 10K was awarded the RRCA Alabama State 10K Championship. Tell us about what this designation means for the race.

Well, it means a little added pressure to deliver! LOL. Seriously, it's a great honor to be recognized by the RRCA and a testament to our whole team, volunteers, and race partners who have worked to build this race in such a short time. I forget sometimes this is only our fifth year for Wine 10K. Alex Morrow, our RRCA state representative, helped us with this designation, and it means that we'll be attracting some speedy folks who will challenge our course records. The RRCA has special state champion medals that will be well-earned in the various age groups. Also, to let you all in on a little secret, the Vulcan Run 10K, which was the 2019 RRCA State Championship, will be the 2020 RRCA Southern Region Championship. So, again, we are excited to be part of a great lineup of races in Birmingham for 2020! It's a great testament to our community and the support that runners and sponsors show to all of these races.

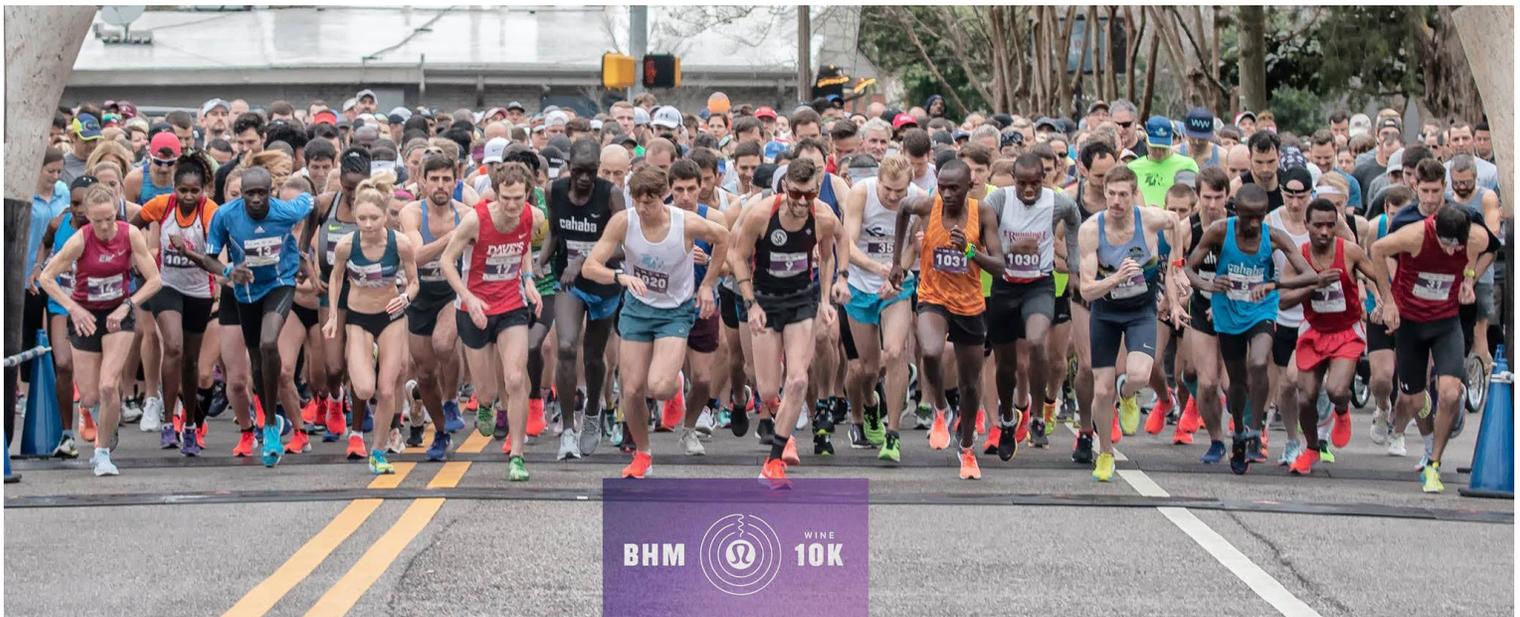
What is the lasting impression Birmingham Wine 10K wants to make on its participants?

About two hours after the festivities are over and you've just hung up your finisher medal or your awards, we want runners to say, "I can't wait until next year!" When we started this race, our goals were to produce a well-executed race that was fast and fun and provided a unique runner experience. I feel like if we can do this, people will continue putting Birmingham Wine 10K on their race schedules.



2017 Birmingham Wine 10K

MRuns.com



COMMUNITY CORNER

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

Greetings, BTC!

I have been negligent in my reporting news, so I'll catch you up on what I know!

Yesterday, I met the President of Sain Associates, Joe Meads, and got an update on the projects that firm is working on in our area.

First from Mountain Brook:

The Hagood sidewalk, a joint project with the City of Birmingham, is in the design phase, and 50% complete. They expect to be under construction this fall.

Construction for the sidewalk connecting BB&T/Mountain Brook YMCA to Mountain Brook Village (and Homewood at Poinciana through Birmingham to Mountain Brook) is imminent. This will eventually connect to the brand new roundabout that will be at the end of Highway 280 into Mountain Brook Village, expected to begin construction in 2022.

Now Homewood:

Sain is also studying a greenway/pedestrian/bike trail along Griffin Creek running alongside Central Avenue, which will connect Central Park to the downtown area. Those results are expected soon. We will also soon be under way on our 18th Street improvement plan, from 28th Avenue moving northbound, and adding around 80 parking spaces to our street.

Phase Two of the Greenway should be going out to bid any day now. We did approve \$2.25 million in improvements to Green Springs Highway, to add more green infrastructure, pedestrian and bike lanes, and better crosswalks, as well as limiting the egresses and ingresses that exist currently. Raleigh Avenue will be getting a complete upgrade for the crosswalk there.

Speaking of crosswalks, we are underway on Shades Creek Parkway with our sidewalk, which will lead to a new crosswalk at the Marriott. This will connect the Shades Valley YMCA with Brookwood Mall. I have \$30,000 approved for a new crosswalk at the other end of the mall as well, and I am waiting on ALDOT approval to begin installation.

This past fall, we did a fabulous project with Samford University and Homewood City Schools on the Lakeshore Trail. Together we hired Mark Thomas of Wildlife Forestry Integration to clear the invasive species from the entire length of Shades Creek along the trail, along with many, many trees that had been destroyed by this privet, etc. Mark did the same work along Jemison Trail, so we hope our view of the Creek will be the same!

Our entire team was awarded with an award from the Friends of Shades Creek! Mark summed up the experience:

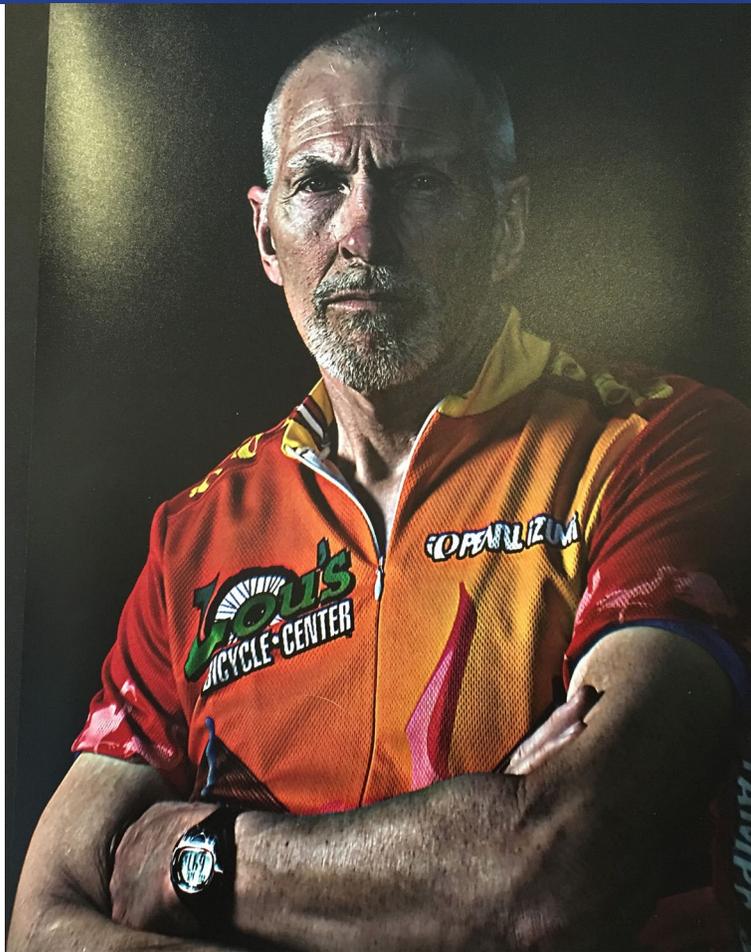
I enjoyed it, and met many new friends along the Trail.... I tried to speak to just about every Trail user over the course of the work, many almost daily.... The folks sure love their Trail, and it is an important part of their day. They are so happy to see some attention to it, and all understand the importance of keeping it natural. Shades Creek is now visible all along the Trail; many places probably have never been seen before, and there is a whole family of red tailed hawks that walk the creek catching crawdads, and two big great blue herons, barred owls, and pileated woodpeckers. It was a fun project.

I think so too! These two projects -- the Marriott crosswalk and this clearing work -- have been my favorite two projects I have undertaken as a Councilor. I am still working through ALDOT on the Hollywood Boulevard bridge, though! I am expecting an update just prior to the publication date for *The Vulcan Runner*. Senator Jabo Waggoner is in full support, along with Jefferson County Commissioner Steve Ammons and Representative David Faulkner.

That's all now! Wear reflective gear, run facing traffic, use sidewalks when they are available and lose those headphones!

A FITTING TRIBUTE TO RICK MELANSON – IN MEMORIAM

By Trish Portuese, BTC Historian and Past-President and Judy Loo, BTC Statue to Statue Race Director



It is with great sadness and a heavy heart that we share the news of Rick Melanson's passing January 31, 2020. Rick Melanson was one of the original members of the Birmingham Track Club when it formed in 1975. An avid runner who excelled in distances from 10K to 50 miles, Rick turned to biking after requiring several knee surgeries.

Among many things, Rick was the founding organizer of the "alternate" 4th of July race in the south, Peavine Falls Run, which soon became a Birmingham Independence Day tradition. The Peavine Falls race at Oak Mountain State Park was founded in 1981, and as tradition would have it, the race started at the parking lot by the Dogwood Pavilion and made its way to the top of Peavine Falls Road -- and as fate would have it, the course descended back from where it started. There was just a twist that Rick like to add each year...because the last portion of the race entered onto the mountain bike trails, Rick always found a new location for the race to finish just to keep things interesting.

The race was low key, and awards went out to the top 10 Male and Female winners. As time went by the race grew to 500 runners, but typically hosted 300-400 runners. The Peavine Falls race was dedicated to Rick in 2012 for his long and outstanding work for the BTC, Road Runners Club of America (RRCA) and many races around our state.

Among many of Rick's accomplishment, he was the 1980 and 1986 BTC Arthur Black Annual Service Award winner, the only recipient to win the award twice. In his honor, the award was then renamed the Dr. Arthur Black – Rick Melanson Annual Service Award for Outstanding Contributions to the Birmingham Track Club. Rick was also the 1989 winner of the RRCA Rod Steel Outstanding Volunteer of the year award, which by many was long overdue. Rick served eight years as the RRCA State Representative for the State of Alabama.

Rick also served as the BTC Race Coordinator, providing a list of local races to the monthly newsletter, along with race results and race photos. He also published results and photos in the regional magazine The Running Journal. Rick also timed most of the races in the Birmingham area until 2012 when he retired. Rick is one of the most well-respected and stable figures within the BTC, forever known for his loving to put hills in his race courses, as he was the go-to guy to measure and USATF certify many of the race courses we still run today. Rick also served as one of the Vulcan Run Course managers back in the day when the race was in it hay day, hosting 5000+ runners. Rick was the race director for the BTC 50 Miler. And Rick also served on the BTC executive committee and served as its road race chairman and equipment manager until his retirement in 2012.

I am not sure anyone else has contributed as much as Rick did from the mid-1970's until the time he retired. I am forever grateful to Rick as he taught me much



A FITTING TRIBUTE TO RICK MELANSON – IN MEMORIUM



about race directing and timing events. He has a world of knowledge that he freely shared, and a big heart that helped keep the BTC and the entire Birmingham area running their races.

In appreciation for Rick and his contributions to the Peavine Falls Run, a beautiful quilt recently was made for Rick by Helen Tankersley, and we were honored to present it to him. The quilt included shirts from past Peavine Falls Runs, as well as one of the very first BTC logos.

Rick may be gone from our sight, but never from our hearts. Thank you for all of your years of hard work and contributions to the BTC and to Birmingham's road racing events. You laid the ground work for others to fill your shoes and keep the legacy going. We will miss you, Rick!



18th Annual HIGH COUNTRY 5K 2019
 A Mountaintop Experience
April 6 - 8 AM Start
Free kid's FUN RUN at 9 AM

Presented By
Shades Crest Baptist Church

Pre-registration costs are the following:

- \$30 prior to March 21
- \$35 from March 22 to April 5
- \$40 on Race Day
- Rain or Shine: No Refunds

CHIP TIMING

Entrance fee includes:

- T-shirt (guaranteed only to first 300 registered runners)
- Pre-race pasta dinner on Friday night, April 5th
- Post-race pancake breakfast (medal ceremony)

REGISTER ONLINE at active.com or print forms at:
<http://shadescrest.org/family-life-centerrecreation/>

BIRMINGHAM TRACK CLUB

MEMBERSHIP NEWS

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

Robin Abel	Kevin Donnelly	Matt Harry	Mary Lee McMahon	Kevin Simpson
Donna Arrington	Cindy Duke	Gregory Hartsfield	Will McRee	Kent Slemmons
Scott Austin	Emily Eagerton	Kathryn Hartsfield	Danielle Morgan	Kelly Smith
Cooper Bennett	Steven Estrada	Meghan Ann Hellenga	Kevin Morgan	Chester Soileau
Kali Bennett	Meg Farrell	Michael Hellenga	Phillip Morgan	Josh Tichnell
Tony Blakeney.	Karin Fecteau	Alison Henninger	Mike Moses	Loren Traylor
Elizabeth Bray	Jana Feldman	Zachary Holcomb	Darrell Mote	Jeff Troha
James Broome	Cindy Ferlito	Bradley Jackson	Matthew Neu	Amanda Blake Turner
Mary Broome	Sheila Freeman	Christy Kearley	Tamara Oechslin	Richard Vandrell
Sean Brown	Melissa Gazi	David Kearley	Lisa Patel	Jana Villanueva
Mariel Calloway	Doug Grabarczyk	Max Kearley	Nicolette Patrick	Melissa Weaver
Gay Chambers	Matt Grainger	Stephen Kearley	Blake Pearson	Gavin Weimer
Brent Cotton	Jeremy Grall	Jerry Keith	Mary Scott Pearson	Harper Weimer
Jackson Cramer	Jason Gruber	Susan Keith	Ron Philley	Jonathan Weimer
Robyn Cramer	Dana Guthrie	Katie Kent	Robert Pless	Landon Weimer
Steve Cramer	Marc Guthrie	Ann Klasner	Kelley Pitts	Suzanna Weimer
Emmagene Crunk	Rochelle Harrison	Sophia Lal	Brent Rawson	Brandon Wheeler
Lauren Dailey	April Harry	Brandon Madaris	Dewelena Reynolds	Rachel White
Brittany Decker	Blake Harry	Jennifer Madaris	Lindy Reynolds	Thomas Wilhite
Todd Deffenbaugh	Gracie Harry	David Malick	Jeffrey Rodgers	Shaunda Williams
Jonathan Dixon	Jamie Harry	Sarah LeCroy	Lisa Rutledge	

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 Club Discounts!

BTC Members get automatic discounts when they register for certain races through RunSignUp. To access these discounts, please follow these steps:

- Visit the [BTC RunSignUp page \(https://runsignup.com/btc\)](https://runsignup.com/btc).
- Sign in using the email you used to join the BTC.
- Scroll to the bottom for a listing of the current Club Membership Discounts.

As of publication, the following races offer discounts to BTC members:

- [Birmingham Wine 10k](#) in Homewood, AL - Saturday March 7, 2020: 10% off
- [BHM26.2 2020](#) in Birmingham, AL - Sunday April 19, 2020: 10% off
- [Village 2 Village 10k / 7.5k](#) in Birmingham, AL - Saturday March 14, 2020: 15% off

MEDICATIONS AND MILES:

Is Blood Flow Getting You Down?

By Kelley Frances Henley, PharmD Candidate 2022, and Kim Benner, PharmD, BCPS

Are you looking for a way to push yourself further to finish that last mile? Many of us know the feeling of reaching our physical limits and finding ourselves stuck with seemingly no room for improvement. Maybe you been heard or read about Ginkgo Biloba but are unsure of its benefits or safety. Here is some helpful information about Ginkgo B, to help you determine if it may be right for you.



What is Ginkgo B?

Ginkgo Biloba, more commonly known as Ginkgo B, is an herbal product made from the Ginkgo Biloba tree that has been used for medicinal purposes for over 1,000 years. The Chinese were the first to discover the healing properties of the leaves of the ginkgo tree, and ever since then, the leaf extract has been utilized all over the world to correct a wide range of health problems.¹ Some of these include dementia, cognitive impairment, psychiatric disorders, vertigo, vitiligo, sexual dysfunction, macular degeneration, peripheral vascular disease, and tinnitus. Specific to runners, anecdotally, Ginkgo B has been used to assist with high altitude running, but there is no evidence to support Ginkgo B for that use. Ginkgo B became a hot topic in the United States in 2012 when it landed a spot in the top ten best-selling natural products in the nation.² More recently, research efforts involving Ginkgo B have included testing its ability to improve aerobic performance over time with prolonged use.

How Does Ginkgo B Work?

Ginkgo B is commonly used as a therapeutic agent for both cognitive and physiological performance. Ginkgo B works because the flavonoids in it improve blood circulation at the capillary level, which can cause increased cognitive function and enhanced athletic performance by simply increasing blood flow efficiency.³ Increased blood flow is very important for athletes because as blood flow is optimized to the muscle, the more quickly muscle mass can increase. Increased blood flow also helps to keep the body oxygenated and functioning at its best. In addition, Ginkgo B promotes increased blood flow to the brain, which could help with brain function and mental alertness. However, further research is still needed to support the use of Ginkgo Biloba as a true medicinal treatment for all its suggested benefits.^{4,5}

What Side Effects Might One Experience with Ginkgo B?

Possible side effects that have been reported in connection to the use of Ginkgo B include: headache, mild gastrointestinal (stomach) upset, flatulence (gas), nausea, vomiting, diarrhea, and constipation.

Large doses of Ginkgo B have been reported to result in restlessness, lack of muscle tone, and weakness.⁴ Never eat raw or roasted Ginkgo seeds, which could cause an allergic reaction in some people or even be poisonous.⁵

Who Shouldn't Take Ginkgo B?

There are certain contraindications that are important to consider before using Ginkgo B. The main thing to consider is the risk of bleeding. People with bleeding disorders should not take Ginkgo B because increased blood flow in these individuals may cause their condition to worsen. Others who should not take Ginkgo B include people who are taking anticoagulants or blood thinners, women who are pregnant or breastfeeding, as well as infants and children. Ginkgo B should be taken with extreme caution by patients who have diabetes or seizure disorders. There have been a small number of isolated reports of patients experiencing increased seizures or worsening of diabetic symptoms.^{4,5}

As always, talk to your health care provider or pharmacist if you want more information.

Anyone considering the use of herbal supplements should proceed with caution and talk to a pharmacist or other health care provider before choosing a product. The term "all natural" does not guarantee that the product is 100% safe, so it is important to understand how herbal products are manufactured and marketed. Gathering this information is crucial so that you can make an informed decision regarding the use of a certain product. Unlike food and drugs, herbal products are not subject to the same rigorous process for FDA approval before they can be released to the market. While the FDA does ensure that products are produced using good manufacturing practices and quality control, it is important to understand that herbal manufacturing companies can release their products to the market without permission from the FDA. Therefore consumers must prioritize their safety and do their research before taking any new herbal supplement.

MEDICATIONS AND MILES:

Is Blood Flow Getting You Down?

Here are some things you can do to make sure you are choosing the best product for you: talk to your health care provider or pharmacist, review scientific research, or even contact the manufacturer directly if you have questions concerning a product. You can also search for reliable brands on www.consumerlab.com.⁶

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**New Year.
New Decade.
New You!**

It's all about movement—your family life, your work life, how you play and where you go. If you have limitations, from pain or decreased range of motion, it's time to let a physical therapist assess you.

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**Don't live with how things are,
imagine how they can be.**

Volunteer Vibes

Thank you to all of the volunteers who braved the cold to ensure the recent Adams Heart Runs went off without a hitch! From handling packet pick up, to working the registration table to those who handed out water and encouraged our runners, we appreciate you all! Congratulations to Stephanie Cleitt who won the random drawing for all of the volunteers at AHR.

Next up is the big Mercedes Marathon weekend! We will be staffing our BTC table to sell merchandise, promote races, and register/renew memberships. The expo opens Friday, February 14 at noon and runs through Saturday.

The BTC will also once again sponsor a water stop near Glen Iris School on race day (Sunday, February 16) - this is near a relay exchange so we will need plenty of volunteers ready to hand out water and cheer for our runners! The sign up link is on RunSignUp under "BTC Volunteers for Mercedes Marathon" (please note that this is different from the race volunteers for Mercedes, which includes the race packet pick-up, water stops etc.). To staff the BTC table at the expo and/or our water stop and earn BTC rewards, you must sign up via the BTC volunteer website. [Click this link](#) to volunteer!

[Contact BTC Volunteer Coordinator Kim Benner](#) with questions or for more information about volunteering!



BTC Merchandise is Available Online!

Our new BTC merchandise designs are live and available for order on the [BTC website](#)! Stock up now for your fall races. We will be selling merchandise at the Vulcan Run, so you may pick it up there in lieu of local shipping. Show your #BTCspirit, and don't forget to [send us a photo](#) of you in your snazzy new gear!



Advertising in *The Vulcan Runner* is a great way to get your business in front of a targeted audience of health-oriented, awesome people! Rates start at just \$25 per ad, and discounts are available for a multi-month purchase.

Contact [Julie Pearce, Editor](#), for more information.

DRY NEEDLING?

By Ryan Hunt, DPT, CSCS, ASTYM certified provider, Dry Needling practitioner
Service Director, TherapySouth - PatchWorks Farms/Altadena

So, dry needling...is that like acupuncture?

This is a question I get asked all the time. The answer is a very definitive "NO!" The similarities are in the needle -- both using a solid, very thin, filiform needle. But outside of the needle, dry needling is based on a completely different philosophy and approach to treating trigger points and neuromuscular mobility deficits. One of the goals of dry needling is treatment of the neuromuscular tissue that is not allowing proper movement.

What is dry needling?

Dry needling is a technique performed by a physical therapist using a thin filiform needle to penetrate the skin. The therapist uses the needle to stimulate underlying myofascial trigger points, muscles and connective tissue for the management of neuromuscular pain and movement impairment.

Why is dry needling used?

Following injuries or degenerative processes, muscle tightness and spasm can occur, which can lead to nerve involvement and result in referred pain. This referred pain can lead to secondary dysfunction such as decreased mobility, chronic pain and many other disorders. The treatment involves identifying the source of the trigger point and advancing a filiform needle into the related muscle to elicit a twitch response.

What are the benefits of dry needling?

The stimulation of these trigger points can reset the muscle to alleviate the primary dysfunction as well as the referred pain. Many patients experience dramatic pain relief as well as improved range of motion and restoration of function.

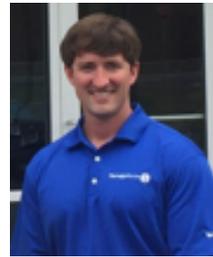
How does this apply to my training?

With repetitive trauma or training, muscle fibers can become shortened creating increased tension on the tendon. With increased tension on the tendon inflammation can occur. Additional stress can be created on the bone itself as seen in conditions of chondromalacia. If you have ever had anterior knee pain, IT band syndrome or Achilles tendonitis, chances are you have muscle shortening resulting in increased movement dysfunction. Dry needling the associated trigger points will increase flexibility, decrease pain, and improve your mobility with training.

Dry Needling as part of your training program is a great way to minimize overuse injuries. This treatment requires minimal time in the clinic. Time is valuable, and if you are injured, dry needling often can promote a faster recovery time. As part of your training program, dry needling can help prevent overuse injuries related to chronic neuromuscular shortening.

In my 11 plus years of practice, dry needling has been a game changer for my patients, especially for the endurance athletes with limited time. TherapySouth has over 30 locations all with dry needling practitioners.

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



Ryan Hunt DPT, CSCS, ASTYM certified provider, Dry Needling practitioner, BFR certified

Clinic Director rhunt@therapysouth.net

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REMEMBERING DOUG

By Julie Pearce

Photo credit:
78 Magazine



He wasn't a runner, but Doug Barnes was well-known in the running community, particularly among those of us who ran in Homewood. Doug wasn't the outgoing type, and he likely never asked you about your latest run or even initiated a conversation, but he was glad to see you if you took the time to say hello, and many of us did. He liked to talk football or Homewood sports, and I like to think he enjoyed the comradery of the runners who gather each Saturday morning.

Doug would sometimes sleep in the doorway of the karate studio beside The Trak Shak. On early mornings when we would meet for runs there, we were careful to park further down the street so our car lights wouldn't wake him. We'd talk softly as we waited for everyone in our group to arrive. We worried about him in bad weather, and many of us bought him hot coffee or gave him warm clothing to wear.

The Wednesday night after Doug's passing, Jeff Martinez held a moment of silence in Doug's memory prior to the Wednesday night run. He told the group, "In a time when a lot of people would just walk

by, and pay no mind to a guy of Doug's appearance, I've always been very proud of how the running community treated Doug. You should be proud of that."

The running community did accept Doug and grew to count on his presence. Micah Morgan recalled that Doug was always at The Trak Shak, no matter the hour. Running through Homewood won't be the same without him, and she will miss him. Truly, Doug was almost always around, so much so that it seemed a foregone conclusion that he would be in front of The Trak Shak or in O'Henry's at any given time.

Maybe that is why the news of his recent passing hit so hard -- Doug was part of our lives. And I think he brought out the good in many of us. He reminded us not to judge people by their appearances, and to take time to share a smile, a hello, or a football score.

Rest in Peace, Doug. I hope your team wins.

ADAM'S HEART RUNS 2020



Photo credit:
MRuns



RRCA UPDATE

By Alex Morrow, RRCA Alabama State Representative



The 2020 RRCA Alabama State Championship series is off to a roaring start! The season kicked off with the Big Beach Marathon in Gulf Shores, Alabama on January 25. It was another fantastic event, plus, it is always a treat to race at the beach! The guest speaker and runner was none other than Olympian Jeff Galloway, which made for a fun expo. Our marathon state champions were crowned, and one of those winners was the BTC's very own Owen Bradley. Congratulations, Owen!

We have a big year of racing, so make sure to come out to one (or more!) of these upcoming RRCA Alabama State Championships and get in on the fun!

- **March 7, 2020** – Wine 10k, Birmingham, AL
RRCA Alabama 10k Championship
- **May 16, 2020** – Jubilee Runs 8k, Montgomery, AL
RRCA Alabama “Other Distance” Championship
- **August, 1, 2020** – Woodstock 5k, Anniston, AL
RRCA Alabama 5k Championship
- **September 12, 2020** – Rebecca Mtn. 50 Miler, Talladega National Forest – RRCA Alabama Ultra Championship
- **November 7, 2020** – Vulcan Run 10k – Birmingham, AL
RRCA Southern Region 10k Championship –
- **November 28, 2020** – Coastal Half Marathon, Orange Beach, AL
RRCA Alabama State Half Marathon Championship



Long Run Training Group



Mercedes Full and Half Marathon Training is Now Underway!

Our long run mileage on Saturday mornings is now geared towards the Mercedes full and half marathon on February 16, 2020. Visit our [Birmingham Track Club Long Run Facebook page](#) for details about our weekly routes, water stops, etc. We would love to be part of your training.

1200 MILE CLUB

REGISTRATION IS NOW OPEN!

It's time to register for the 2020 edition of the BTC's 1200 Mile Club. Registration will open in mid-January (after we've finished tallying 2019 results) and will remain open until March. First-time finishers are entitled to purchase a coveted 1200 Mile Club jacket for a nominal fee. Recurring finishers receive patches to display for the years they complete the challenge.

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 January 31, 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
Anderson, Kerri	4	0
Armstrong, Thomas	3	0
Austin, Scott	R	0
Baggett, Christopher	2	0
Bartee, Samm	4	0
Bayush, Tori	1	0
Beasley, Cathy	3	0
Beck, Donald	1	0
Beck, Rosemary	R	0
Becker, Bryan	R	0
Benner, Kim	7	0
Bensinger, Cole	1	0
Bensinger, Jill	R	0
Boackle, Larry	3	0
Boackle, Tomie Ann	1	30
Booher, Lisa	8	149
Bookout, Jason	1	151
Bookout, Kimberly	1	153
Bowman, Bill	R	85
Boylan, Brittany	R	0
Boylan, Chris	R	0
Brakhage, Victoria	3	0
Bridwell, Hunter	1	0
Brown, Charlie	7	0
Brown, Sean	5	0
Brown, William	1	0

Participant	Years	Total
Bryant, Jason L.	R	54
Callahan, Chris	3	0
Calloway, Mariel	1	0
Carter, Adrienne	2	0
Channell, William Andrew	R	160
Clay, Brad	12	0
Cliett, Stephanie	5	130
Coleman, Tim	2	128
Cowart, Britney	2	0
Crawford, Katelyn	R	0
Crowson, Bill	4	0
Cutshall, Hannah	2	0
Deason, Joshua	R	0
Decker, Brittany	R	0
Dixon, Charles	R	83
Dixon, Jonathan	1	0
Duke, Cindy	4	121
Elkins, Sydney	1	0
Estes, Cameron	1	115
Estrada, Steven	1	148
Evans, Debbie	6	0
Farrell, Meg	R	30
Feldman, Jana	R	0
Ferlitto, Cindy	1	118
Fontenot, Misty	3	85
Ford, Eric	R	0

Participant	Years	Total
Franklin, Shane	8	151
Frederick, Winston	11	0
Freeman, Sheila	3	103
Gibson, Katie	1	64
Goode, Johnny	11	0
Goss, Ange	1	0
Grady, Carla	1	0
Graham, Ryan	1	0
Grainger, Matt	R	153
Grall, Jeremy	1	101
Gray, Caleb	1	0
Gray, Mary Margaret	R	84
Gray, Michael	R	0
Griffin, Misty	R	131
Gullapalli, Satya	4	0
Guthrie, Dana	R	157
Hall, Thomas	1	37
Haralson, Danny	11	0
Hargrave, Alan	12	119
Harris, Angela	R	0
Harrison, Lisa	8	100
Harrison, Rochelle	R	0
Harry, April	2	88
Hellenga, Meghan Ann	R	61
Henninger, Alison	5	125
Holcomb, Zachary	2	0

1200 MILE CLUB

Participant	Years	Total
Holland, Skylar	2	0
House, Beth	5	0
Ingle, Brandon	R	40
Izard, Melody	3	0
Jackson, Bradley	R	0
Janowiak, Desirae	1	0
Jenkins, Kaki	6	0
Jones, Allen	1	0
Kearley, Christy	1	0
Kearley, Stephen	2	0
Kelley, Robin	6	0
Kemper, Tricia	5	0
Kezar, Carolyn	1	0
Krick, Stefanie	R	0
Kuhn, Claire	R	0
Kuhn, Jimmy	12	0
Laird, Audrey	5	122
Lancaster, Jeff	1	103
Langston, Aaron	5	0
Lawhorn, Joseph	1	0
Lee, Brian	1	0
Litz, Matthew	2	0
Love, Thomas	1	0
Lyda, John	1	0
Lyle, Randy	11	0
Lyles, Chris	1	0
Madaris, Brandon	R	61
Madaris, Jennifer	R	0
Malick, David	6	0
Mathews, Skip	R	0
McKinney, Margaret	R	0
McNair, Kelly	6	0
McNutt, Janie	1	0
Miller, Joshua	1	150
Miller, Justin	R	129
Morgan, Cary	9	0
Morris, Phil	R	0
Morrow, Alex	8	0
Moser, David	1	0
Moses, Mike	R	0
Norton, Laura	1	144
O'Brien, Michael	R	0
Oechslin, Tamara	R	0
Oehrlein, Kimberly	R	107

Participant	Years	Total
Orihuela, Carlos	2	94
Ortis, Ellen	1	0
Paschal, Paige	R	0
Patrick, Nicolette	1	0
Payson, Tabitha	R	0
Payson, Tommy	2	115
Pearce, Julie	5	0
Pearson, Blake	5	0
Pearson, Mary Scott	5	0
Plante, David	7	0
Powell, Shane	1	268
Rachel, Cain	R	0
Renfro, Jeff	1	100
Reynolds, Dewelena	R	0
Richey, Lori Beth	2	0
Ritchie, Joseph	2	0
Ritchie, Lauren	1	117
Roberts, Fletcher	5	0
Robinson, Lyndsey	R	144
Rodgers, Jessica	R	0
Roper, Lynn	2	0
Rose, Billy	5	0
Rosser, Joey	3	114
Routman, Cindi	R	0
Rutherford, Keith	12	0
Rutledge, Lisa	4	0
Sanders, Gwendolyn	1	89
Shaffield, Danny	6	159
Shinn, Ronald	7	81
Shoaf, James	1	0
Sides, Dean	3	0
Silwal, Suman	8	0
Simpkins, Randall	2	117
Simpson, Kevin	6	0
Sims, Kelly	1	0
Sims, Robert	6	0
Sloane, Mike	4	0
Soileau, Chester	2	0
Stewart, Zeb	1	136
Stockton, Rick	12	0
Talley, Beau	7	0
Talley, Shellie	2	0
Trimble, Jamie	5	0
Turner, Amanda Blake	R	0

Participant	Years	Total
Varnes, Vickie	6	192
Waid, David	R	0
Walker, Caroline	1	0
Watters, Ana	1	0
Watters, Larkin	R	0
Watters, Robert	5	0
Weber, Amy	2	0
Weimer, Jonathan	R	100
Wende, Adam	5	218
Whillock, Amber	R	0
White, Robin	R	0
Wilhite, Thomas	4	0
Williams, Shaunda	1	0
Williamson, Rebecca	1	51
Wilson, Mark	R	0
Wiseman, Steve	5	121
Wood, Heather	R	0
Wood, Scott	4	129
Wooten, Vance	R	0
York, Gary	6	0
Zajac, Jason	1	177

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!](#)



FEETS OF STRENGTH



There are lots of great PRs and running-related accomplishments to celebrate this month!

Several BTC members tackled the Dopey Challenge at Disney World on January 12, 2020, including **Jeremy Grall** and **Roberta Dunnaway** – Way to go, y'all!

BTC member **Kaki Jenkins** placed second in her age group at Servis1st Bank Mobile Marathon on January 12, 2020, while **Cameron Estes** and **Carlos Orihuela** both ran PRs in the race weekend's half marathon.

Lots of BTC members had good showings at the Adam's Heart Runs on January 25, 2020, including **Nicolette Patrick**, who won her age group in the 10 Miler, **Robin White** and **Carlos Orihuela**, who placed first in their age groups in the 10K, and **Jason Gruber**, who placed third in his age group in the 5K. **Vicky Brakhage** was first place female in the 5K race. Congratulations!

And on the trail scene, congratulations to 2019 Southeastern Trail Series Points Champion, **Russell Williams**! That's impressive, Russell!

Don't forget to [send us](#) those PR's and milestone race results – let's celebrate YOU!



Roberta Dunnaway



Kaki Jenkins



Cameron Estes and Carlos Orihuela



Nicolette Patrick



Jason Gruber



Robin White



Carlos Orihuela



Vicky Brakhage



Russell Williams

BTC EXECUTIVE BOARD MEETING

January 18, 2020

In lieu of its regularly scheduled meeting, the BTC Executive Board elected to meet prior to the BTC Annual Meeting. The meeting was called to order at 6:00 PM by President Scott Wood. There was no formal business to discuss, but the group discussed who would give out each BTC award and the order of business for the Annual Meeting.

There being no further business, the meeting was adjourned. The next meeting will be held on Monday, February 10, 2020 at 6:00 p.m. at the Vestavia Hills Library

Upcoming Events

EVENT	DATE	TIME
BTC Saturday Long and Moderate Run Groups	February 8, 2020	6:00 a.m.
BTC Executive Board Meeting (Vestavia Hills Library)	February 10, 2020	6:00 p.m.
Regions Superhero 5K * BTC DISCOUNT *	February 15, 2020	8:00 a.m.
Mercedes-Benz Marathon/Half/Relay * BTC DISCOUNT*	February 16, 2020	7:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 22, 2020	6:00 a.m.
Etowah Heroes 5K (Gadsden) * BTC DISCOUNT *	February 22, 2020	8:00 a.m.
Mountain Brook Fraternal Order of Police 5K and 1 Mile Fun Run	February 22, 2020	9:00 a.m.
BTC Saturday Long and Moderate Run Groups	February 29, 2020	6:00 a.m.
Steeple to Steeple Run – 10K/5K/Fun Run * BTC DISCOUNT *	February 29, 2020	7:30 a.m.
Cherokee Chop 10K, 5K and 1 Mile Fun Run * BTC DISCOUNT *	February 29, 2020	9:30 a.m.

BTC discounts are applied automatically for all current BTC members when registering through RunSignUp.

Need to join or renew your membership? [Click here!](#)

Want to know what's going on at the Birmingham CrossPlex? [Click here to view the schedule of events](#) (not all events are open to public; please contact the meet director with questions). Need to add a race to the calendar?

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