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BTC

THE VULCAN RUNNER



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LONG TIME RUNNING

A HISTORY OF THE VULCAN RUN 10K, 1991 - 2012

— By Michele Parr

Depending on how you figure it, this year's Vulcan Run will be either the 37th or the 38th running of the race. The race was born in 1975 as the Bicentennial 10,000 Meter Run and was rechristened as the Vulcan Run the following year, so this makes the 38th time for the Birmingham Track Club's 10K race and the 37th time for a 10K with the same name. (For the history of the early years of the race, see the September 2012 issue of *The Vulcan Runner*.)

In 1991 a couple of rather inexperienced runners lined up along with everyone else, planning to run the first three miles and see how it went after that. Training for my first 10K included no runs of more than four miles. I finished dead last in my age group, received my finisher's patch as volunteers were taking down the finish area, and gave up running that distance for over a decade. Others fared better. Richard Partridge of Gainesville, Florida, won the race in a time of 29:16, eleven seconds ahead of second place finisher Terry Thornton and twenty seconds ahead of Benny McIntosh. The top five finished within 30 seconds of each other in a race that included approximately 3000 participants.

The 1992 event saw another close finish. Jacques Van Rensburg of Marietta, Georgia, finished in 29:11, and the top six runners all finished in under 30 minutes. Coverage in *The Birmingham News* mentioned participation in light of the race's 3000 starters saying, "The Vulcan Run drew almost twice that many in the early years, but the race then was taking advantage of a running boom, as were other races across the country." Race director Carl Howard indicated the need for providing a social aspect in order to draw runners to the race.

VULCAN RUN HISTORY (Part 2) <Continued on Page 2>

Dr. Aurthur Black, a founding member of The Birmingham Track Club, nears the finish line of the Vulcan Run, as shown in *The Birmingham News*' November 4th, 2007 edition.

VULCAN RUN HISTORY (Part 2)

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closely by Scott Strand in 30:34. Festivities included the Rick and Bubba Family Fun Run and a Fit Fest in Linn Park as part of the post-race celebration.

Numbers continued to climb in 2003 with 1271 finishers running on what is the course we all know today with the start on 19th Street and the finish on short 20th. In an extremely tight race, Kiprono Kemei took the victory in 29:49, followed by David Kipng'etich in 29:52, and Scott Strand in 29:54. Each of those finish times would have won the race in the previous four years and in the following four.

Race notes tell us that race day of 2004 was a great day for a race as runners lined up amid cool, comfortable temperatures. For the first time since 1991, I was among them. The crowd was half the size it was at my inaugural Vulcan, and my time was considerably slower, but thanks to the training provided by Danny Haralson and the BTC's Couch to 10K program, I knew I was ready for it this time. Other couchers have followed in my footsteps every year since then. Edwin Maranga won the race in 30:07, less than half the time it took me.

With the 2005 race the Vulcan Run began to see a phenomenon that had been occurring throughout the running world: an increase in the number of female participants. Over forty percent of the finishers that year were women. (In 2011, almost half the finishers were female.) This year also saw the closest finish in the history of the race. Both Stephen Kirui and Sammy Nyamongo finished with a time of 31:21. Ultimately Kirui was declared the winner, besting his friend by 1/10 of a second. Sammy Nyamongo's name may sound familiar. He came very close to pulling off a Birmingham double having won the Mercedes Marathon earlier in the year. Locals Dewayne Miner and Scott Strand finished third and fourth.

The 2006 race was well-honored. First it served as the RRCA Southern Regional 10K Championship and later was named the RRCA Road Race of the Year. Runner's World also proclaimed it a seasonal favorite race. Once again a crew of Kenyans arrived to sweep the top spots, though all registered shortly before the race. Joseph Chirlee won the race in 30:00 with Andrew Baksa and Vincent Longei coming in second and third. Scott Strand took fourth and Dewayne Miner fifth.

Accolades continued for the Vulcan Run in 2007 when it was named the RRCA National 10K Championship. Overall and age group winners for this year could claim the title of national 10K champion. The attention showed in the participation as almost 2000

VULCAN RUN HISTORY (Part 2)

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THE VULCAN RUNNER

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The start of the 2006 Vulcan 10K Run

Vulcan 10K Run named 2006 RRCA Road Race of the Year

Submitted by Trish Portuese, Vulcan Run Race Director

The Vulcan 10K Run has been named the winner of the 2006 Inaugural RRCA Club Road Race of the Year Award.

The Birmingham Track Club is a non-profit organization of 32+ years in the Birmingham area. The BTC mission statement is "to promote physical fitness throughout the membership and the community, specifically through running and positive health habits".

Our premier event that we, the BTC produce, is the Vulcan 10K Run and One Mile Fun Run events. The BTC is a member of the Road Runners Club of America (RRCA) which is the national association for not-for-profit running clubs dedicated to promoting long-distance running as a competitive sport and healthful exercise.

In 2006, the RRCA launched the Road Race of the Year to acknowledge RRCA nonprofit member races that provide safe, well designed and enjoyable races which promote grassroots running and the mission of the RRCA.

With the hugely successful running of the 2006 Vulcan Run, the RRCA selected

Trish Portuese, race director of the Vulcan 10K Run.

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Lead story that appeared in THE VULCAN RUNNER March 2007 newsletter, when the Vulcan 10K was named RRCA Road Race Of The Year. (BELOW) Race bib from the RRCA 10K National Championship in 2007.

JRAG

2500

VULCAN★RUN

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VULCAN RUN HISTORY (Part 1) <Continued from Page 3>

runners completed the race, the highest number since 1992. Daniel Kipkoech took the win in 29:57.

In 2008 George Towett didn't let a wardrobe malfunction keep him from victory. The 24-year-old had to stop about two miles into the race to re-tie his shoe. He still went on to win the race in 29:32, holding off Joseph Ngetich and Scott Strand. While Strand finished third overall, that was good enough for his first victory in the Masters division, a feat he would repeat for the next two years. Approximately 1700 runners participated in the race.

Kenyan runners continued a tradition of bringing along their own competition when they ran the Vulcan Run in 2009. Laban Moiben bested countryman and Kennesaw, Georgia, neighbor Peter Matelong by two seconds to finish in 29:30. Janet Cherobon won the women's race for the fourth time in five years (she did not run the race in 2006). Hers is a familiar name in Birmingham distance running as she has claimed victories in

the Mercedes Marathon and Half-Marathon as well. 1744 runners completed the race.

Birmingham had the opportunity to repay some hospitality as part of the 2010 race when runners from our sister city of Maebashi, Japan, visited and participated in our race. This city has hosted Birmingham runners on several occasions in conjunction with the Maebashi Marathon, which features a half-marathon and a 10K. One of the visitors, Kiyoshi Takahashi, finished second in the men's 70 and over category. 2007 winner Daniel Kipkoech finished first, holding off Joseph Ngetich and 2008 winner George Towett. Janet Cherobon claimed her fifth Vulcan victory.

In 2011 George Towett tried to repeat his 2008 performance, minus the shoestring incident, but was unable to overcome winner Patrick Cheptock. Cheptock finished in 29:46, comfortably ahead of Towett's 30:03.

The 2012 Vulcan Run takes place on Saturday, November 3, beginning at 8:00 a.m. Once again the race is the RRCA State Championship 10K race. For more information visit www.vulcanrun.com.

VULCAN RUN 10K WINNERS 1991 - 2011

1991	Richard Partridge	29:16
1992	Jacques Van Rensburg	29:11
1993	Brian Radle	29:23
1994	Eliot Brangetony	29:37
1995	Thomas O'Gara	29:33
1996	Eric Polonski	28:58
1997	Scott Strand	29:44
1998	Carmac Finnerty	29:22
1999	Nicholas Cutchens	34:57
2000	Brandon Britton	34:06
2001	Fackson Nkandu	31:42
2002	David Kipngetich	30:19
2003	Kiprono Kemei	29:49
2004	Edwin Maranga	30:07
2005	Stephen Kirui	31:21
2006	Joseph Chirlee	30:00
2007	Daniel Kipkoech	29:57
2008	George Towett	29:32
2009	Laban Moiben	29:30
2010	Daniel Kipkoech	29:28
2011	Patrick Cheptock	29:46

SEND US YOUR PICTURES WITH YOUR BTC APPAREL!

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



Christina Blackmon finishing the Rock N Run on August 25, a PR for her.

NEW BTC SLOGAN PICKED

Kevin Washburn (seen on vacation in NYC and wearing BTC gear) was the winner in our recent BTC slogan contest. He won a \$25 gift card to Alabama Outdoors, and a free shirt. Our new slogan is "BTC....Where Runners Are Forged!" Thank you Kevin!



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BTC Mission Statement

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

Contact BTC at: *Birmingham Track Club*
P.O. Box 530363, Birmingham, AL 35253
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Race Results Find the latest and most complete local race results at the following:
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September BTC President's Message

— Jennifer Andress

Hello BTC! Happy Fall, and welcome better weather! In memory of our sweltering summer, I am writing to you this month about water.

It is our hope that the BTC can positively affect our community, raise fitness awareness, and improve conditions for runners and walkers throughout the Birmingham area. Much like the proposed bridge across Highway 280 at Hollywood Boulevard that I discussed last month, we recently became aware of another civic improvement opportunity.

Any of you that run in Homewood and Mt. Brook know that we have been without water at our regular water fountains all summer. The newly installed fountain at the soccer fields at Mt. Brook Elementary broke early in the summer; the water fountain at the Brookwood end of the Lakeshore Trail/Shades Creek Greenway was taken out during construction of the new Target; and the fountain at the Green Springs Hwy end of the same trail was highly unreliable. These situations were frustrating and even dangerous in our extremely hot and humid summer.

As a Homewood resident, I regularly call Barry Hill at the Homewood Parks and Recreation Department to inform him of the times the Green Springs fountain is not working. Often the fountain is fixed, at least temporarily, by the time he returns my call. When the fountain in Mt. Brook broke, I called Parks and Recreation there as well and was told there was a part on order from the manufacturer that was needed to fix the problem. The issue became so common that my running group, the Gnomes, began a lengthy and often hilarious Facebook exchange about these fountains. We even started keeping tabs and providing updates to each other on the status of all 3 fountains.

While this was occurring during the summer months, like many of you, we were also taking family vacations to various cities across the country. We noted the availability of numerous water fountains for runners and walkers everywhere we went and wondered why Birmingham was not more runner- and walker-friendly, like these other communities. Surely something could be done.

Stephanie Farrington, Secretary of Vulcan Triathletes, took the initiative and

emailed Sam Gaston, the Mt. Brook City Manager, about the fountain which had been broken for more than two months. Her inquiry was the genesis of an idea to start a fundraiser for a new water fountain to be placed on the Jemison Trail. We decided if we wanted a change, we needed to take the initiative to make that change.

I emailed Mr. Gaston as well, and was put on the agenda for the September Parks and Recreation meeting. David Barry, BTC Vice President and a Mt. Brook resident, also attended. David had researched the costs associated with the installation of a water fountain and it was determined \$6,000 would be needed.

The Mt. Brook Parks and Recreation Board, including Park Board Chairman Carey Hollingsworth, were very open and responsive to our proposal. We discussed the best place for a fountain and concluded the creek crossing by Overbrook Road on the Jemison Trail would benefit the most people. Parks Director Lyman Tidwell also informed us there was a family wishing to memorialize their late son, an Eagle Scout, with a bench on the Trail. The Board envisioned a plaza that could be created with the bench, along with our fountain.

To help make this project a reality, the BTC will be using our September 22nd Long Run Social as an opportunity to raise funds for the installation of this water fountain. We have a great deal of fun in the BTC, but it is also our mission to improve our community when we have the opportunity to do so. Many of us run on that trail at some point, a lot of us several times a week. Won't it feel wonderful running by that fountain knowing the BTC had a part in having it installed? When an opportunity presented itself to give back to our community, the BTC took the initiative to make it happen. As I write this, the Long Run Social is one week away. I am hoping we raise \$1000 to donate towards this new water fountain. If every member gives \$1, that will happen! I will keep you posted!

I have an update on the other 3 fountains mentioned. First, the fountain at the soccer fields at Mt. Brook Elementary: the Board was given the wrong part number for the broken piece. Every time they ordered the part based on the incorrect number, they were given the wrong piece.

They now have the correct number, the part has been replaced, and the fountain is working.

The fountain at the Green Springs end of the Lakeshore Trail is being replaced and has been removed. The waterline had cracked causing the pressure to drop, and a decrease in the water output. The new fountain is to be in place by September 21, hopefully by the time you read this. This fountain will not be winterized, so it will be shut off in the threat of freezing temperatures in the winter. Thank you to Barry Hill for his responsiveness in this matter.

Finally the fountain at the Brookwood end of the Lakeshore Trail in front of the Target construction site: Stephanie Farrington reports that it is there, just not connected. I called the Homewood Mayor's office and left a message for the Mayor's Assistant, JJ Bishoff. He promptly returned my call and stated he had spoken to Mayor Scott McBrayer about the matter. He assured me the Mayor and the Chief of Building Inspections Jim Wyatt would re-install the fountain once construction is complete.

The city governments of Homewood and Mt. Brook have been a pleasure to work with, but we have a bigger running community throughout Central Alabama. There is a huge group of runners from Gardendale to Helena. We have club members from Trussville to McCalla and all points in-between. My point is that all of us run in our local area and have ideas of ways we can help improve our community. I am asking you to reach out to the BTC and let us know. We would be honored to work with you on any worthy project. If you see an opportunity you think we can address, email me at jenandress99@gmail.com.

I really mean it when I say I love this job, and I love to use the BTC for the greater good of our community at large!

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SHRUNNING:

n. The act or an instance of sharing a love for running

— By Mark Burris,
BTC Volunteer Coordinator

I believe running changes lives.

I also believe that most of us create mental walls around us that define exactly what we imagine we can or cannot accomplish. Sometimes if we start pushing on those walls, we discover something unexpected. They move. Maybe just a little at first. Maybe you thought you could never complete a 5K race, and then one day you find yourself crossing a finish line! If you can do 3.1 miles, maybe you can do 6.2? Or 13.1? Why not put your head down and keep pushing that wall? 26.2?! Bring it. Eventually you look back, see where your wall once resided, and you will laugh. I promise. Your next thought will be: "What other walls have I created in my life that aren't really walls at all?" Yes, running can change your life.

Running brings us forever friends. It teaches us about how to be strong and how to deal with being weak. It gives us some of the best memories of our lives and can also help us move on from the past. It is sunshine on our faces, rain on our shoulders, and wind at our backs. Running makes us better friends, better spouses, better children and better parents. Better people.

And one of the greatest things about running is that we can share it with others. On September 8, 2012, I shared my love of running with the co-writer of this article, Austin Elliott. We were teamed up through Camp Smile-A-Mile and, honestly, I did not really know what to expect. Austin sometimes uses a wheelchair due to childhood cancer. What happened at the race? What happened was that I made a new friend. What happened was that Austin made sure I drank water at the water stops! What happened is that I teamed up with the most mature, articulate, kind, and gregarious 18-year old I have ever met in my life. And I am better for it. Running. Changes. Lives.

Our main regret? Not having music and not nearly enough bling on the chair. We absolutely plan to do it again, correcting our lack of proper race planning.

I asked Austin about his response



when Camp SAM called him with the idea of teaming up for a 5K. Without hesitation, he said "Yes!" Sure, it is easier to sit on the couch. It is easier to watch a TV special about things you do or places you could go. But that isn't living. So, run for your life. Push on a wall and see if it moves. I bet it will. And if you get a chance to share your love of running, that is one of the few true win-win situations we will ever encounter in our lives.

When I was a little kid, my favorite shirt had a picture of Ernie and Bert splitting a drink with the word "Sharing" printed below them. I thought it said "sharpening" which is still a joke within my family.

To this day, my mom will still ask me if I want to sharpen a drink. Well, nearly four decades later I'm still making up words. Anyone want to go shrunning with me?

This will not be a one time event! If you have interest in being part of a team at future races, please contact me at mlee-burris13@yahoo.com

AUSTIN ELLIOTT:

Mark summed up everything rather nicely, and I have to agree with everything he says, especially the part about the mental walls. The mental walls limited me for a while in my life. I thought just because of my disability I couldn't do everything I wanted to do in my life. The older I got, the more I realized I could not have been more wrong.

I am a cancer survivor, and have been in remission for seventeen years. I had Neuroblastoma; it was in my spine, abdomen, and aorta, completely covering my left lung and partially covering my right lung. It left me with far too many problems to list in one little newsletter.

But, this newsletter isn't about my disability. It's about my ability; no, anyone's ability to do whatever they truly want if they put their mind to it. I always thought that saying was dumb when I was younger: "You can do whatever you want if you put your mind to it." But now I'm starting to see its true; after all I just completed a 5k run (with a little help from Mark)!

When I was younger I never would have agreed to Mark's proposal to push someone through a 5k run. I would have felt I was inconveniencing him. But now that I'm older, I wanted to try something I have never done before. Honestly, I have zero regrets about participating.

Well, besides of course not bringing music and more bling for the chair. A friend of mine asked me how it could be fun to me, just to be pushed an entire 5k run. It was a simple answer: I made a great new friend, and overall I'd say we had a great time. I can also now say that I've completed a 5k run, something a lot of my friends who don't have a disability cannot say. Maybe that little statement will spark some competition and get some more runners. •



The "Barefoot Contestant"

A Long Running Series — By Stacey Gordon

TOEING THE LINE PART IV

I embarked upon this journey because I was seeking an end to my running pain. I had no intentions of joining a cult or of becoming some sort of running evangelist. I have tried my best to keep an open, honest perspective, while reporting back the full range of my trials, trails and tribulations with the crazy toe shoes, known as Vibrams.

Funny thing is, once I put them on my feet, people took notice. Suddenly I was forced into a role akin to a clergy member. Folks apparently felt free to unburden their questions and confessions upon me, a perfect stranger, regarding my feet, and in particular, my shoes.

People would look down and ask, "Hey, are those things comfortable?" "They look funky!"

"Yes, they are comfortable," I would say enthusiastically, playing the role of the accidental advocate, regardless of what I was feeling about them at the moment.

It's not like I had a choice. What could I have said?

"Oh, these things you see on my feet? Pieces of crap actually, I hate them." I'm miserable in them and they have totally screwed up my training schedule and so on....

Of course not.

Nor did they truly want to hear the full list of pros and cons I'd managed to tally up to this point. The shoes merely caught their attention and they were responding to them.

"Wow those are cool shoes! My daughter has been asking me to get her a pair, would you recommend them for a teenage girl?"

It required superhuman effort to suppress my overwhelming snark reflex at this moment. While silently conceding my role as an involuntary Vibram promoter, I did NOT reply with the first thing that popped into my head:

"You mean, you want to know if they would serve as a fashion accessory for some ditzzy, Justin Bieber fan? Why no, no I don't recommend them at all. Lock her in her room and let her watch Twilight movies until she's 21. These are shoes for serious runners with a solemn commitment to the freedom and performance that comes from unleashing one's more natural potential..."

Sadly, all I DID is say, was, "Uhhmm, well they come in some pretty cool colors, she would probably like them," and walked away very quickly.

On other occasions, people would point at my feet, nudge their companions and proceed to talk about me and my shoes, in the third person, utterly indifferent to the fact that I was standing right there, listening to every word.

"Will you look at those things? I don't know how she walks in them, I'd be afraid to step on something and get my toe cut off. They can't be good for her! I don't know if I could wear anything with all that junk between my toes..."

It happened more than once.

More running savvy folks would ask better, more specific questions but they were all pretty much the same.

Frequently I heard various versions of:

"I've seen those shoes around and even thought about getting a pair, do you think I should? What about support? Don't your feet need some kind of support or cushioning or something?"



Vibram and Mr. McDougal should both be paying me commissions for my replies to these people. I found myself explaining the entire theory behind why artificially supporting the natural structure of any arch weakens its inherent strength, both architecturally and anatomically speaking. I'd mention the book, the research and refer them to the Vibram website, all as part of the "experiment." I repeated myself so many times, that I started to feel like a broken record; while many of you reading this will not know exactly what that means, I felt that way just the same.

Despite the distractions, I managed to increase my long run mileage up into the double digit range. As the mileage increased, I found that I kept a constant pain or soreness in my left Achilles. It required a great deal of stretching and massage therapy to keep me on track for the Talladega Half. I'm also quite a bit slower on the long distances. I am unsure if it is still a matter of acclimation to the shoes or if this is as good as it's going to get for me.

If I could meet with him, I'd like to ask McDougal how long acclimation is supposed to take. My calves are no longer cramping up, I can cover the distances, but after every long run, I'm still left with the same, achy soreness. I can stretch and it eases up somewhat, but any time I sit still for any length of time, the soreness returns. I know "they say" that the Vibrams will convert me to being a toe or mid-foot runner but it still hasn't happened.

Additionally, I have serious reservations about whether or not

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BAREFOOT CONTESTANT <Continued from Page 8>

many runners would be willing to sacrifice the mileage from their regular training schedules and scale back to the extent that I have, merely to experiment with a new shoe. (No 1200 Mile Club membership for me this year!)

While, philosophically, I agree with living more in accordance with our Paleolithic origins, I just don't know that everyone's anatomy is designed to run the exact same way. The wear pattern on the bottom of my Vibrams still indicates I'm using my heels quite a bit.

There is one caveat regarding this experiment. Over 35 years ago I had a serious injury to this same left ankle. It was badly broken in a skateboarding accident, and it required surgery to repair. Then, several years later, I had a nasty sprain while waterskiing. I had thought I'd recovered reasonably well from those injuries, and I'd never experienced ankle or Achilles issues from running before. If the previous injuries constitute a part of my adjustment issues, I'm not so sure that I'm grateful to the Vibrams for eliciting these particular muscle memories.

I think I should also mention here that in the 5 months that I've owned the shoes, I have not yet washed them. Not unusual perhaps, for a pair of running shoes, but for sock-like shoes??? They are fairly filthy at this point and yet, I'm afraid to wash them because it seems as though they'd fall apart. Within the first month of wearing them, all the ornamental stripes and accents either came loose or fell off and the material inside the toe compartments began to fray. The inside sole has gotten worn and rough and sometimes it's hard to tell if I have a rock in my shoe, or if it's merely one of the jagged edges that is now a permanent part of the bottom of my shoe.

My experience with the Vibrams has led me to believe that, while *Born to Run* is a wonderful book and motivating story, I am not fully convinced that it qualifies as the ultimate, running "gospel." McDougal also made a few hopeful leaps, a bit of theorizing that didn't exactly fit with some the science he was attempting to explain, but I will let that slide, if only because he at least got us all thinking about the subject. I also refuse to become a convert to the belief that Vibrams are THE definitive running shoe for all people, in all situations, at all times. They aren't. Since I'd like to remain true to the original product testing spirit that gave rise to this series of articles, here are the pros and cons as I see them:

PROS:

- Great for sprinting, track events and short road race distances--(in dry weather only!)-- I will probably continue to wear them for 5k's, maybe 10k's depending on the terrain. For the future, I will consider them a training tool and perhaps use them for speed work while training for half and full marathons. However, I will probably not be wearing them on any trail or long distance runs.
- Great for any sport that requires agility and lateral stability-- I will definitely continue to wear them for plyometrics and agility training. When it comes to box jumps and ladder drills, the extra control imparted from the flexibility of the shoe and individual toe compartments is very reassuring.
- While I have not personally tried indoor or outdoor court sports such as tennis and racquetball, I suspect that the Vibrams would be good for those types of activities as well.

CONS:

- Need to avoid any situation with water--Puddles, mud and river crossings are not your friends with Vibrams unless you like pruned toes. Many paddlers will also find them unsuitable for use on the water for the same reasons.
- Trail running — I'm sure Vibram makes a trail specific shoe, but as for me and my feet, I want more protection than any "toe shoe" can offer.
- They may not be suitable for all foot types — This includes people with Morton's foot, (a common anatomical variant where the sec-

ond metatarsal is elongated and creates a situation where the second toe is significantly longer than the first toe) or people with range of motion issues due to scar tissue or previous injuries.

• Not for triathlons...I've seen other folks wearing them at tri's, so maybe I'm just a klutz, but it still takes me a while to get my feet in them. I'm much better these days, after 5 months of practice, but I would end up cursing and fumbling around the transition area if I was in a hurry to get them on.

As with any philosophy, there will be varying degrees of orthodoxy. I'll buy into the theory that a low, or zero-drop, shoe is more natural for our feet. I will concur with the concept than the constant flexion of our Achilles tendon, caused by shoes angled like jacked up muscle cars, be they running shoes or women's high heels, is not healthy. I'm not, however, sold on the idea that a little padding on our soles, or protection for our toes, is such a bad thing. And as far as being more "in touch with our Paleolithic origins," I have yet to see any cave paintings depicting the virtues of compartmentalized shoes.

My Talladega Half Marathon results were nothing to complain about. In fact, my time was 1:49:32 Good enough for first place in the 45-49 age group!!! I also got to give Bill Rogers a hug and had him sign my race result printout, thus making it "official".

I was ecstatic about the race results but I attribute my recent improvement not so much to the Vibrams, but to my strength and agility workouts. In fact, I think I did well in spite of the Vibrams rather than because of them. There was one stretch of a gravel road that I had to pick my way through carefully. The small gravel was not an issue, but there were fist sized chunks that I knew I did not want to step on. My ankles and Achilles were sore afterwards, as they typically were, during my long training runs. Additionally, while this never happened in training, I not only "blistered up the track" but I "blistered up on the track". Maybe it was because I raced faster than I trained, but I had to gut out the last 2 miles out with some nasty blisters that formed in odd spots. The undersides of both big toes, at the first joint. In other words, the soft spot, in the bend of the toe, that would never normally even contact a shoe, was rubbed raw, in the Vibrams. All the more reason for me to reiterate the fact that I will no longer be attempting any long distances in them.

It's been a great run and an interesting experiment for me. I've learned a great deal about the shoes, but mostly about myself. Thank you for following along with me on the journey.

Along the way I was frequently asked if I would recommend the Vibrams to others?

MY ANSWER:

If you are enduring pain that no one can figure out how to fix, and are willing to cut back on your training, give them a try. They may be exactly what you need. For some people, they are a perfect fit. We are all designed just a little bit differently, and life has taken different tolls on each of us, in different ways.

If you aren't in pain and you are merely seeking to improve your running performance, I would suggest you cut down on your running and vary your workouts to include strength, agility and plyometric training. It's worked wonders for me; your mileage may vary.

What I do recommend for everyone is to do as Bill Rogers once suggested:

"This sport is the sport to see what you are made of, so use those expert's advice, but be free to be your own champion runner, picking and choosing advice you enjoy and that works best for you".

Stacey Gordon is an athlete, a writer and former N.Y. Yankee who now considers Birmingham her Sweet Home Alabama.

BILL RODGERS MAKES APPEARANCE

Bill Rodgers, 4 times NYC Marathon Champ, 4 times Boston marathon champ, 4 times Vulcan Run 10km Champ. In town for the Talladega Half-Marathon and raising awareness for prostate cancer, of which he is a survivor. Here he is signing copies of his book, "Complete Idiot's Guide to Running".



I WANT YOU TO RUN

Janet Ball will tell you that the idea for the Shawntel Jones 5K was not her idea. She will tell you that the idea came from God.

August 22, 2011. There are just some dates you don't forget. For Walter Jones and his three boys, Dixon, Nathan and Mims, it is a date that changed their lives forever. It is the day their beloved wife and mother passed away at the young age of 40. Shawntel had a servant's heart and was always willing to roll up her sleeves to do what needed to be done. These traits were not lost on Shawntel's family and friends, especially Janet Ball.

While Janet poured out her heartbreak to God over the passing of her good friend, He answered her by telling her to run: run to remember and run to make a difference. Remembering Shawntel is to remember what made her special: her smile; her straightforward way of doing things; and her fierce love for her family and friends.

Finding others willing to volunteer was not a diffi-

cult feat. Janet found a core group of friends to help raise money, coordinate fundraisers, and she had 75 volunteers the day of the race. Finding a beneficiary for the run was a no-brainer. The lower fields at Vestavia Hills Elementary Central, where all three Jones boys either have spent or will spend their 4th and 5th grade years, are in need of updating. Because of the success of the race, the current field will be made into three soccer fields, and they are also putting in a much-needed track.

As the race approached, like all that coordinates events, Janet hoped people would participate. Never would she imagine that there would be 500 people to run that day. 500 people who came to lend their support to a family who tragically lost the love of their lives; 500 people who said, yes, I will honor my friend and her family. While the success of the run August 25, 2012 cannot take all the pain away of the year before, it was like a balm on wounded souls; and it was all because of the run.



Miles reported through September 15th, 2012

1,200 Mile Club

BTC MEMBER NAME	TOTAL	AUG '12	JULY '12	BTC MEMBER NAME	TOTAL	AUG '12	JULY '12
Adamy, Mary	500.8			Jones, Delpha	541.84		
Affuso, Olivia	891	144		Jones, Latoria	488		
Allen, Darnell	870.4			Kahn, David	472.47		
Andress, Jennifer	1185.5	131.5		Kirkwood, Teresa	800	133	
Armstrong, Tommy	366.2			Kuhn, Jimmy	933	44	
Atkins, Brian	709.7	121		Langston, Richard	737.63		
Ballard, Bill	867.7	77.4		Lindsey, Jonathan	630.47	122.9	
Barry, David	1219.9	165		Longshore, Les	100		
Baskerville, Jennifer	814.1			Losole, Liz	695		
Benner, Kimberley	456	58		Lowell, Allison	1083.12		
Benson, Wayne	769			Lucas, Jane	795	117	
Bettis, Natasha	88			Lupinacci, Tim	799	95	
Bonatz, Ekkehard	2088	310		Lyle, Randy	1783.1	205.7	
Booher, Lisa	1089.68	138.01		Martinez, Jeff	457.5		
Bradshaw-Whittemore, Al	457.9	83.8		McCalley, Charles	596.65		
Brown, Charlie	577.3			Meadows, Bryan	859.82	127.3	
Bryant, David	1374	240		Milam, Heather	682.88	82.45	
Bullock, Sharon	243.6			Morgan, Cary	597		
Burke, Chad	1150.5	165		Morgan, Danielle	979.2	136	
Burnette, Jack	616.6			Morgan, Phil	996.8	156	
Burton, Daniel	705	102		Morrow, Alex	1332.26	201.51	
Caldwell, Greg	791.3	129.5		Muck, Randall	172		
Chandler, Teresa	834	119		Myers, Bill	1082	133	
Clay, Brad	2045	338		Nealon, Tonya	192.21		
Crain, Teresa	226.4			Northern, Kristie	856.21	185.61	
Crawford, Jennifer	1064	183		Oehrlein, Kimberly	640.5	81.2	
Creed, Brad	655	103.1		O'Neal, Alicia	860.54	113.54	
Davis, Wayne	599			Parr, Michele	708	105	
Dean, John	663	152		Pasqualini, Ellie	994.5	162.5	
DiMicco, Al	992.2	120.1		Pasqualini, Greg	777.5	162.5	
Dodson, Brooke	921	117		Patterson, Cathy	1078.5	162	
Dortch, Cherie	481.64			Pearce, Julie	939.83		
Dunham, Kelly	775.25	125.3		Perry, Jeff	1780.6	238.1	
Dunn, Wade	577			Phillips, David	605		
Engels, John	739.3			Phillips, Stefanie	1113		
Estes, Jeff	417	75		Porter, Chilton	325		
Evans, Bob	709			Randall, Lisa	1214.85	163.96	
Farrell, Meredith	480.6			Reisinger, Kaitlin	584		
Fite, Rebecca	965.72	135.7		Richey, Jim	402.1	19.7	
Ford, Joe	749			Roberts, Tim	1063.7	163.9	
Franklin, Shane	1033.77			Rollins, Stephanie	228.4		
Frederick, Winston	956	120		Ross, Nate	947.1		
Ganus, Jack	902	103		Rushing, Lance	128.51		
Gann, Michael	1047			Russell, Tom	914.99	109	
Gillis, Sam	885	119		Rutherford, Keith	1232	202	
Glaub, Chris	792			Sample, Holly	366		
Goode, Johnny	1124	130		Schedler, Amanda	536.85		
Goolsby, John	588.45	76		Sharpe, Kaye	28		
Greenwald, Bill	745	93		Shaw, Michelle	30.89		
Grossmann, Christopher	834.73	105.86		Shinn, Ron	413.06	86.35	
Guenster, Dirk	702.4	9		Silwal, Suman	1053.7	125.7	
Hales, Susan	471			Skjellum, Jennifer	887.99	120.19	
Hallmark, Daryl	892	44		Smith, Jerry	845	108	
Haralson, Danny	802	125.5		South, Christopher	454.62		
Haralson, Micki	948.2	142		Stearns, David	854	83	
Hargrave, Alan	837	120		Stewart, Amy	100		
Harris, Vickie	787	105		Stockton, Rick	1003.05	149.6	
Harrison, Lisa	971	150.5		Stroud, Vanessa	1060.3	180.65	
Hathorne, Chad	628.46	69.09		Thornton, Dean	757.5	122	
Haugh, Spencer	769.1	111.1		Thursby, Vann	1090.23	158.65	
Henry, David	840.1	109		Tichnell, Josh	398.43		
Hickerson, Patrick	890	105		Turner, Kile	708.3		
Hill, Jim	886.2			Turner, Sara	860	110	
Hiller, Russ	1128.19	143.96		Washburn, Kevin	972.28		
Hinton, Gretchen	474.8			Weisberg, Scott	922		
Honea, Todd	825	119		Whatley, Prince	1809	224.4	
Hopper, Erica	1198.7			Whitford, Ray	789.5		
Hoover, Alison	889.29	124.32		Wingo, Greg	1164	183	
Hulsey, Donnette	537.26	82		Woody, Bill	962	126	
Ingram, Joseph	324			Wu, Xing	910.51	109.3	
Ingram, Kimberly	158			Yancey, Lisa	443.4		
Izard, Melody	819.15	104.55		Zehnder, Justin	831		
Jenkins, Mike	774						

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

1200 MILE CLUB

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

Shirts and Singlets Order Form

Short-Sleeved Shirts **\$ 23**

Singlets **\$ 19**

Name:

Phone Number:

Email Address:

Address if shipped: (add \$6)

Quantity/Color/Style: Men's

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

Quantity/Color/Style: Women's

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

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

See shirts here:

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

Birmingham Track Club Use Only

Name:

Date: 3/29/2012

Amount Received:

Cash or Check

Shipping? \$6 extra



DIRTY RUNNING

WITH ALEX MORROW

— By Alex Morrow

Can you sense it? The hint of coolness brushing against your skin as you step out the door for your morning run; the clean, fresh smell left behind after a cold front moves through the area; the vibrancy of color popping up all around us. I am talking about the arrival of fall and the welcome reprieve it brings from the heat and humidity we all toiled in for the past many months. For trail runners this time of year is wondrous!

For many runners I am preaching to the choir. Those kindred spirits know how amazing it is to run through the changing leaves and to breathe the crisp fall air. Many of you, however, have yet to experience the joy of a trail run. To you I say, go now! There is no better time of year to start your journey into dirty running.

• For the squeamish type, no bugs!

- For the VERY squeamish types, no snakes!
 - For the prissy types, not much sweat!
 - For the camera hounds, amazing foliage!
 - And for those of you seeking solitude, venture off into the woods on a college football gameday.
- You will not see another soul for hours!

If you are still not convinced, consider running in an upcoming trail race to get your feet wet, or dirty, as the case may be. This fall North/Central Alabama has an unprecedented number of races scheduled, so get out and give it a try. I promise you won't regret it. •

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

2012 TRAIL RACE SCHEDULE:

September 29: XTERRA Trail Series, 6.2 Mile Run, Cheaha State Park, Delta, AL
 October 20: XTERRA Trail Series, 5/10 Mile Run, Red Mtn. Park, Birmingham, AL
 October 26 to 28: Bham 3 Mountain Stage Race, 14/15/21 Mile run (Ruffner, Red, and Oak Mtn.)
 October 27: Harvest Hope Trail Run, 3.1 Mile Run, Oak Mtn. Park, Pelham, AL
 November 3 & 4: Pinhotti 100 Mile Race, Sylacauga, AL
 November 11: XTERRA Trail Series, 3.1/6.2/13.1 Mile Run, Oak Mtn. Park, Pelham, AL
 November 13: Ruffner Mountain High Crusher Ridge 21k and 42k, Birmingham, AL
 November 17: Dizzy Fifties Trail Run, 50 Mile Run, Huntsville, AL
 November 17: Mocs on the Rocks Fall Trail Run, 3.1 Mile Run, Gadsden, AL
 December 15: XTERRA Trail Series, 2.4/9.6 Mile Run, Coldwater Mountain, Anniston, AL
 December 31: Recover from the Holidays 50k, Huntsville, AL

BIRMINGHAM TRACK CLUB

REWARDS

PROGRAM

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

VOLUNTEER AT 2 RACES/EVENTS IN A CALENDAR YEAR:

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

VOLUNTEER AT 3 RACES/EVENTS IN 12 MONTHS:

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

VOLUNTEER AT 4 RACES/EVENTS IN 12 MONTHS:

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

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

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

RUNNING TIDBITS

— Compiled by Randy Lyle

INTERESTING TIDBIT

GETTING OVER YOUR MENTAL BLOCKS

The fall race season just kicked off and, hopefully, the cooler weather will follow quickly. As we get ready to line up for various races of varying distances, we all have thoughts that slipped into our head that could lead to a bad run if we let those thoughts consume us. How do we overcome those mental blocks? First, we need to realize that they happen to everyone at some point. Nervousness is perfectly normal. We just cannot let them negatively affect our performance.

Those thoughts may result from first race intimidation. Have I trained enough? Have I trained too much? For me, I hear Danny Haralson saying, "If you undertrain, you may not finish. If you overtrain, you may not start." It may be that we are uncertain about the difficulty of the course. Is the course hilly? If it is, did I run enough hills to prepare? Will I have to walk? It may be that we are worried about being too slow. Guess what? There is always someone faster than you are. ALWAYS! Unless you are one of the few that can compete to win a major marathon or an Olympic medal, there are faster runners out there. It is just the way it is. For some, we just do not want to be last. If you have followed your training program, you will not be last. And even if you are, you still beat all the people at home that chose to stay on the couch!

So how do we deal with those moments of doubt in a positive way? It is not always a bad thing to have a little doubt. For some of us, we push through it to prove that we can. We like the feeling of accomplishing something we were not 100% sure we could do. However, some worries can create a self-defeating sense of intimidation. These doubts go much deeper and are rooted in negative emotions. They can create failure-oriented stress that can cause a number of problems during your run. It can tighten muscles causing you to cramp or fatigue faster. It can affect your coordination and your stride or distract you from your goals. Worst of all, it can undermine your mental toughness. The following are some suggestions for getting past common sources of intimidation to run your best, without doubt.

FASTER RUNNERS

Faster runners are everywhere. They are at the starting line of every race. They are on the roads we run every day. In fact, they are often part of our very own running group. Rather than focus on how much faster they are than you, use their achievements as motivation. If you at least occasionally run with people who will push you, you cannot help but become a stronger and faster runner. It will often happen without you even realizing it.

TOUGH COURSE

Be careful not to get too caught up in general impressions about a course. For me, I have a number of PRs on courses that I was told were "not PR" courses. Instead of stressing over the difficulty of a course, prepare for it. I had several friends that ran Big Sur International Marathon this past April. To say it is hilly would be a huge understatement. They prepared by regularly running tough hills around town. The end result? They all agreed it was a tough course but Darnell ran a PR that day! In fact, I think they are planning to go back next April. There is just nothing like whipping a tough course!

PEOPLE WHO TRAIN MORE

Another one of Danny's saying is, "We are all an experiment of one." Some of us need more rest and recovery than others. There is nothing wrong with that. You need to listen to your body. Do not feel like you have a lack of dedication because someone runs more miles or more days than you do. Your training needs to reflect your life and goals, not someone else's. If you are dissatisfied with your results, you may need to change your training. Just be smart to base what you do on what you want to accomplish.

THE IDEA OF A FIRST RACE

Sometimes that first 5k can be more intimidating for a beginner than any other race. That was the case for me at Race to the Courthouse in June 2008. Thanks to Danny Haralson's Run University, I believed I could finish. I may have doubted how good I would feel afterwards, but I knew I could cover the 3.1 miles. It helped me tremendously to talk to more experienced runners. It also helped for me to set a reasonable goal based on what I had been able to do in preparation. The only person I competed with in that first race was myself.

ENTERING A MEGA-RACE

Huge races bring with them all kinds of distractions. There are large crowds of runners and spectators, big expos, elite athletes, online tracking, etc. The excitement can be energizing and overwhelming all at the same time. Create for yourself routines to make every race feel familiar. Develop habits around how much socializing you do pre-race, your music playlist, what you will eat, etc. Do not make the race more than it is.

Source: <http://www.runnersworld.com/article/0,7120,s6-243-297--14436-0,00.html>

RUNNING QUOTES

"It is hard to fail, but it is worse never to have tried to succeed."

— **Theodore Roosevelt**, (1858-1919) 26th President of the United States of America

"Our doubts are traitors, and make us lose the good we oft might win, by fearing to attempt."

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

"Never let the fear of striking out get in your way."

— **George Herman "Babe" Ruth**, (1895-1948) American baseball player known for hit hitting brilliance

"Little minds are tamed and subdued by misfortunes; but great minds rise above them."

— **Washington Irving**, (1783-1859) American author, essayist, biographer and historian of the early 19th century

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

— **Harriet Tubman**, (1822-1913) abolitionist, humanitarian, and Union spy during the American Civil War

"You cannot dream yourself into a character: you must hammer and forge yourself into one."

— **Henry David Thoreau**, (1817-1862) American author, poet, philosopher, abolitionist, naturalist, tax resister, and historian

BIRMINGHAM TRACK CLUB

Triple Crown Half Marathon Challenge

You love to run, you love medals, you love shirts so run three of the largest half marathons in Alabama and you will qualify for the Birmingham Track Club Triple Crown Half Marathon Challenge medal and shirt.

The Birmingham Track Club is proud to present the Triple Crown Half Marathon Challenge! All you have to do to qualify for the custom BTC Triple Crown medal and shirt is run the following 3 half marathons:

Talladega Half Marathon

(September 16th at the Talladega Motor Speedway)

<http://www.talladegahalfmarathon.com/>

The UCP Life Without Limits Half Marathon

(October 27th in Florence, AL)

If there is enough interest we will charter a bus for a small additional fee.

<http://www.ucprun.com/>

The Magic City Half Marathon **(Birmingham, AL on November 18th)**

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

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

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

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

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



**TRIPLE CROWN
HALF-MARATHON
CHALLENGE**



Ask The Doc: A PAINFUL COLUMN!

— Dr. Scott Weisberg

The Birmingham Track Club is excited to offer a new monthly column which we know everyone will find beneficial. Every month we will publish, "Ask the Doc." This column will feature answers to running-related medical questions which are asked by you! That's right, you send in your questions and our "Running Doctor" will reply in the next month's issue.

So who exactly is this "Running Doctor," you may ask. It is none other than Dr. Scott Weisberg with the support of his staff at Homewood Family Medicine. Dr. Weisberg has been taking care of local residents for years. We caught up with Dr. Weisberg and asked him a few questions about himself and what makes him the "Running Doctor."

1) HOW LONG HAVE YOU BEEN PRACTICING?

I've been a doctor for 13 years.

2) WHY DID YOU WANT TO BECOME A DOCTOR?

I always knew I would be one. Growing up I would follow my dad on the weekends while he would see patients as an oncologist. I always had a fascination with the human body. My father's interaction with his patients and his bedside manner was something that always stood out. In my practice I focus on the personal relationship with my patients. Being a great physician starts with listening in a non-rushed setting.

3) WHERE IS YOUR PRACTICE LOCATED?

We are located in Southside. My office originally opened in Homewood in 2005, on my daughter's third birthday, near Brookwood Hospital. I moved to the Southside office in 2009



as my practice expanded and I felt that the area was underserved with Family Physicians for the demands of the community.

4) HOW LONG HAVE YOU BEEN RUNNING?

I began running in 2006.

5) HOW DID YOU START RUNNING?

When I started running my ambition was to run the New York City marathon. I downloaded a running regimen that was for the novice runner. I spent the first 6 months getting in 25 miles per week. I did an accelerated version of a Couch to 10K program. During this time I was cross training with indoor cycling as well.

6) WHAT HAVE BEEN YOUR GREATEST RUNNING ACCOMPLISHMENTS?

1) Completing the New York City marathon as my first under five hours and getting my name in the NY Times. 2) Running the Mercedes Half Marathon in 2010 with my son Joshua. 3) Transitioning to ultra marathons in the fall of 2010 and completing a 100K in Fort Lauderdale in March of 2012.

7) WHAT ARE SOME OF THE MOST COMMON RUNNING RELATED INJURIES?

There are many, but to list a few: Iliotibial band syndrome in the knee; piriformis syndrome in the gluteal; plantar fasciitis in the foot is also common.

8) DO YOU TREAT MANY RUNNERS?

Yes. We have many runners come to our practice as people like seeing a doctor that has the same interests and has some knowledge about various illnesses related to running.

9) DO RUNNERS MAKE GOOD PATIENTS?

Yes. Most runners are concerned about maintaining a healthy lifestyle so they actually do what is asked of them to get better.

10) WHAT PIECE OF GENERAL MEDICAL ADVICE WOULD YOU GIVE RUNNERS?

Stay hydrated, stretch, wear proper shoes for your feet and stride, and wear reflective clothing if running at night and at dawn.

If you have a running related question you would like posed to Dr. Weisberg, please send an email with your question to: homewoodfamilymedicine@yahoo.com

You never know, next month your question may be featured in the "Running Doctor!"!



ONLINE CALENDAR

Upcoming BTC Races/Events

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

BTC MEMBER SPOTLIGHT

– Kristie Stewart BTC Marketing Committee

As the Birmingham Track Club continues to grow, you may have noticed many new faces at BTC events and runs. We are excited about our club's growth but we also want to make sure everyone has a chance to get to know one another. We are one big family after all! Going forward, in every month's edition of the Vulcan Runner we will spotlight two new club members. They will be asked a series of questions which will give all of us a chance to know them a little better. Next time you see these new BTC members, make sure to say hi!

1. Name: Kathleen Hamrick

2. Hometown: Eufaula, AL

3. Personal Bests at any distances you have raced:

5K: 20 minutes

Half marathon: 1:40

Full marathon: 3:45

4. How did you start running? I began running occasionally with the cross country team in high school, but it was not until college that I developed a love of the sport. In 2006, my father was informed he had a brain tumor, and I began running to cope with the uncertainty I felt towards his outcome.



The farther I ran, the better I felt. My father's brain surgery was successful and he is alive and well today.

5. Why do you run? Running is my soul food.

6. Racing Highlights: (Tell us about a positive experience during a race) In 2008, I registered late for the Mercedes Marathon. Having never run a marathon, I wasn't sure how to train. A month before the race, I realized I needed to prepare for the run. The extent of my long run training the week of the marathon was a five mile run to Whole Foods, during which I developed large blisters. I shrugged this off and decided to run because I'd spent a whopping sixty-five dollars on entry fees. (In hindsight, the money was not worth the risk.) Race day came, and I was at the starting line raring to run. The first half went great; I reached thirteen miles and thought, "This isn't so bad. I've got some energy left." However, by mile eighteen my blisters had worsened and my feet had become ragged. Despite the pain, I was determined to finish. At mile twenty-four, the situation was worse; I hit a wall because I hadn't trained to take in carbs or calories appropriately. The last two miles were long but I crossed the finish line and was, for a moment, the happiest girl alive.

7. Motivation: I am amazed by feats accomplished through unity of persistence and physical strength.

8. Favorite BTC race: Since I'm new to the BTC, my favorite BTC race is TBD.

1. Name: Jeff Perry

2. Hometown: I grew up in Huntsville, AL

3. Personal Bests at any distances you have raced: I have only run 4 races: PR in marathon is 3:12:12

4. How did you start running? I was out of shape, overweight, on multiple blood pressure meds, and really struggling during Christmas of 2010. On January 3, 2011, I went out to a local walking track and ran about 1/4 of a lap with my dog. The dog was in far better shape at the end of that



run than I was, but I went back the next day and then the next...

5. Why do you run? I have an 8 year old son with autism. He and I literally do everything together and I am his "safe place" in the world. It is really overwhelming to have someone depend on you like that - also very humbling. He is the most important thing in the world to me, not that I care any less about my other two children, but they know and he knows that he is very special and we are tied together in a way I can not fully explain. I determined that I needed to do everything I possibly can to be around for as long as possible for his sake. When I hit the wall and need to push through, I remember how much he is counting on me and that will drive me through anything. I certainly feel better and am more at peace when running, but ultimately I run for both my son and myself so that I can be there for him as long as I possibly can.

6. Racing Highlights: (just tell us about a positive experience during a race) My favorite moment was crossing the finish line at the Mercedes Marathon and realizing that I had qualified for Boston. It was cold and I hurt all over, but I had a feeling that I wouldn't trade for anything. It was the realization of a goal after months of hard work. That is priceless!

7. Motivation: Jeffrey Perry, my son, is my motivation for running and getting up each and every day.

8. Favorite BTC race: I really enjoyed volunteering for the Statue 2 Statue 15k and seeing people I was familiar with running the race. I really look forward to that race again next year.

LOCAL LONG RUN GROUPS

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

BLACK GIRLS RUN

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

NORM'S GNOMES

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

THE VILLAGE RUNNERS

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

THE EVENING RUNNERS

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

NATALIE'S MARATHONERS

(Birmingham Track Club Saturday Group)

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

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

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

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

FLEET FEET'S BEGINNER 5K GROUP

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

HELENA ENDURANCE RUNNING GROUP

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



Facebook.com/BirminghamTrackClub



The View from the BACK OF THE PACK

— By Michele Parr

When was the last time you said, “Gee, I wish I could find a race to run around here this weekend!” It certainly hasn’t been lately. With tons of competition for runners and their money, races now have to have a gimmick of some sort. Unless you end up covered in mud or color or have to climb over walls or under barbed wire or get chased by zombies, many of today’s runners just aren’t interested in the race. But before there was a Color Run or a Warrior Dash, there was Tupelo, a race that was selling out before selling out was cool.

How do you convince runners in today’s market to spend Labor Day weekend in Tupelo, Mississippi, much less convince them to run at 5:00 in the morning?

The first thing you do is make them realize that starting the race that early is actually doing them a favor. I’ve run there three times. The first year, through that meteorological miracle known as a cold front, the temperature was in the 50’s at the start. This year my car thermometer read 80 at 4:00 a.m. The Weather Channel told me the humidity was 95%. If you’re going to run this race, you want to be done as early in the day as possible.

Next, don’t take yourself too seriously. The race motto is “Trample the weak. Hurdle the dead.” The tie-dyed race shirt and finisher’s medal feature skulls. Instead of a half marathon, you have a 14.2 mile distance, and you give those who complete it just over half a medal. Why 14.2 miles? That’s how far it is back to the furniture store. The marathoners do an out and back route that used to include running around a chair at the midpoint, and those doing the shorter dis-



Michele Parr

tance just complete the loop. I’ve had friends refer to it as an ultra-half. I like that.

Finally, recruit the best volunteers in the world. If you groaned at the thought of a race starting at 5:00 a.m., think about the volunteers who had to be there at least two hours before that. What makes Tupelo volunteers so amazing? Despite the hour and the crankiness of the runners, these folks are having a blast. Their energy is contagious. In fact, these are some of the happiest sober people I’ve ever seen. When thanked for being up so early, I heard someone from the first aid station say, “We haven’t been to bed yet.” Makes sense. These folks just partied all night and into the next day, turning what could have been drudgery into fun.

Terri and I have a tradition for this race. We finish it, go back to the motel, get cleaned up, eat breakfast, check out (all bonuses that come from that 5:00 start), and go back to the finish to cheer on our marathoning friends. I also like to take some time to thank everyone I can find in a volunteer shirt. This year one of those was the race director. When I shook his hand and thanked him, he replied, “Thank the volunteers.” That’s just what I was doing, David.

Want to volunteer for a BTC race and have visitors proclaiming Birmingham has the best volunteers on the planet? The Vulcan Run is November 3rd. Give a shout to Danny Haralson (danny@rununiversity.com) or Mark Burris (volunteers@birminghamtrackclub.com), and I’m sure they can get you started. You’ll have great fun, make a difference, and, just maybe, a few thousand runners will thank you. •

micheleparr@mindspring.com

August BTC Executive Meeting Minutes



– Submitted by Mitzi Duer-Savelis, Secretary

► 8/21/2012 5:30 p.m.

► JENNIFER ANDRESS - PRESIDENT

Runner Safety: Discussed Mtn Brook Police issuing warnings about proper reflective gear before sunrise and after sunset. Discussed making a shirt with a reflective logo or give out reflective tape. Would like to be an advocate on this and not turn it into a negative.

Marketing (via Alex Morrow): Would like to do a 'Get to know your members' campaign- 1 New, 1 Veteran. Christy Stewart has taken over the Twitter account. Feedback we are hearing is we need to be doing a better job with New Members and New Runners. Facebook page now has over 1900 likes.

Merchandise: Discussed fall merchandise like toboggans and long sleeves. Plan to discuss it more at the September meeting when the weather is a little cooler.

2013: Discussed what we would like to be involved in next year: civic groups, mtn brook police, timing business. Would like to do a short distance focus group and heavy marketing for the BTC Classic in the Spring.

► DAVID BARRY - VICE PRESIDENT

Vulcan Run Website: Vulcan Run's website has been updated. It now has content, history, map, registration form, and RRCA info. Need to change the email address for the volunteer email.

BTC Website: discussed using google store with a small transaction fee. Shipping option or pickup from Track Shak. Would like to do a photo gallery with pictures that David Christy takes charging \$1.00 a picture. Also discussed taking pictures of members in BTC gear for Products page.

Triple Crown: up to 29 registered so far. Discussed keeping the registration open until Oct 16th. Would like to have 2-3 volunteers promoting at Talladega. Would also like to do a long sleeve t shirt with BTC on the front and logos of 3 races on the back.

► ALLISON LOWELL - MEMBER BENEFITS COORDINATOR

Taco Mama is now giving a standing 10% discount. Working on a membership benefit with 1st Avenue Rocks now.

► MARK BURRIS - VOLUNTEER COORDINATOR

Discussed what constitutes a volunteer for our reward program. Also discussed doing a dinner for those with a larger commitment.

► DIRK GUENSTER - MEMBERSHIP

\$30 membership to get to next November. 311 overdue memberships currently. Discussed contacting those without online email addresses so they can have the option to opt-in to a paper newsletter.

► DANNY HARALSON - VULCAN RUN DIRECTOR

Fat Dannels: Sat 8:00 am 5 1/2 miles approximately. Course layout at 7:00am. Will have some shorts as the door prizes. 125 shirts to first registrants. Registration starts at 6:30.

Vulcan Run: November 3rd. Price goes up on September 1st. Dealing with an issue with police changing the policy about using police to direct traffic. Could affect expenses.

► NATALIE FERGUSON - RUNNING GROUP COORDINATOR

Long Run Social: Will be 9/8. Conflict with Monkey C Monkey Run. Planning a 8, 13, 18, and a 3 miler with each group leaving in :15 minute increments. Need to recruit pacers. Discussed setting up a list serve for groups through google so that people can join and leave the group when they want. •





THE VULCAN RUN
RRCA ALABAMA STATE 10K
CHAMPIONSHIP



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

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

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

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

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

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

Email address_____

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

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

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

Signed_____ **Date**_____

Parent or guardian if under 21_____



Birmingham Track Club

MEMBERSHIP APPLICATION

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



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

PLEASE check one:

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

Last Name _____ First Name _____ Middle Initial _____

Address (Street or P.O.) _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Birth Date _____

Email Address (print clearly) _____ ☐ Male ☐ Female

Sponsored by (BTC member name) _____

Other family members to be included in membership:

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

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

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

Date _____

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

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

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

btcmembership@gmail.com



BTC MILEAGE LOG



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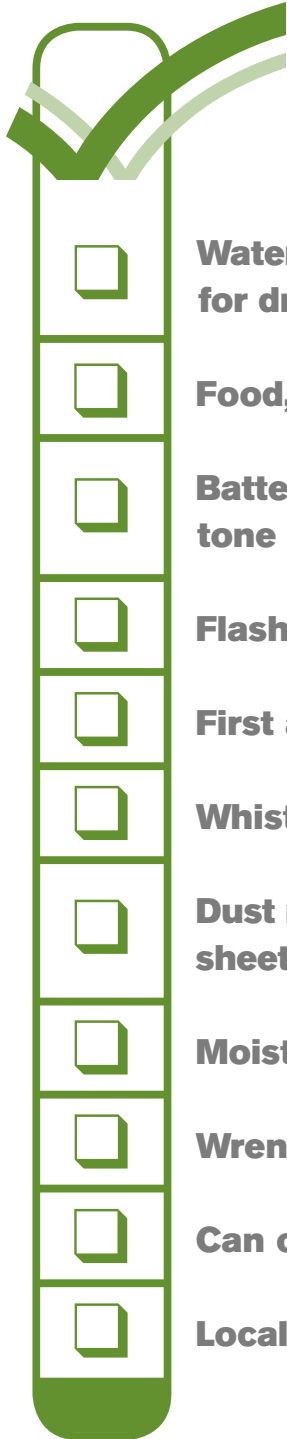
PREPARE. PLAN. STAY INFORMED.

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

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

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

Recommended Items to Include in a Basic Emergency Supply Kit:



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

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

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

Flashlight and extra batteries

First aid kit

Whistle to signal for help

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

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

www.READY.gov