



BIRMINGHAM TRACK CLUB
WHERE RUNNERS ARE FORGED

THE VULCAN RUNNER



www.BirminghamTrackClub.com



/BirminghamTrackClub



@BirminghamTrackClub

October 2014

Issue 10

PEACE LOVE and TRAIL RUNNING

THIS ISSUE

- Presidents Address - 5
10,000 Mile Journey - 19
Ramblings - 23



"The best laid schemes of Mice and Men oft go awry, And leave us nothing but grief and pain, For promised joy!" –Robert Burns

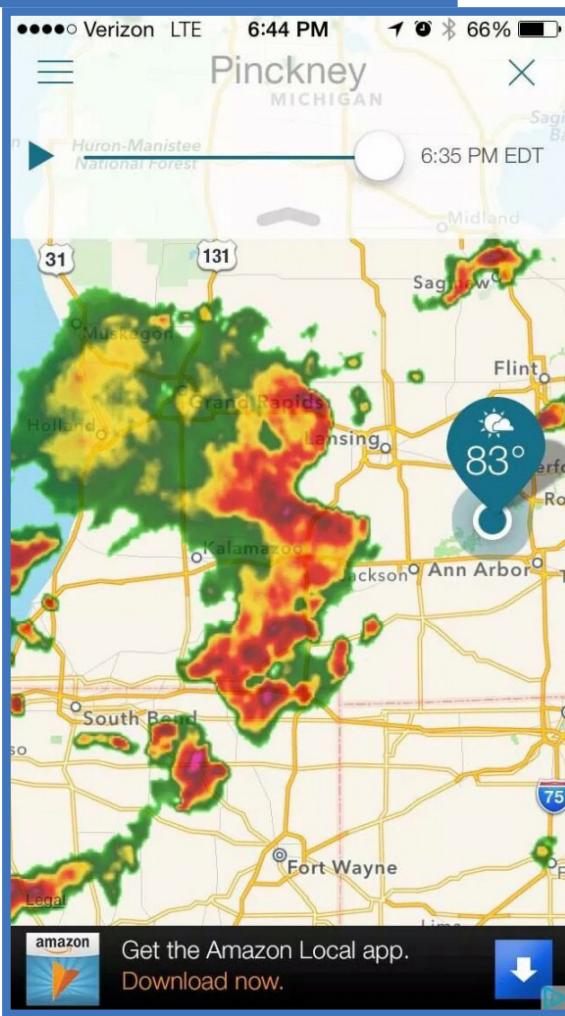
4:30 am, March 29th, 2014 - The inaugural Lake Martin 100 – The weather had been perfect leading up to race day and then the bottom dropped out of the sky. Nearly 3.5 inches of rain fell in an hour or so to turn the “perfect” first 100 mile trail race into a nightmare of mud and wet feet. Although I was determined to smile and wrap myself in the silver lining of having a chance to run through the woods, my pace was too slow to make the distance by the 30 hour cutoff. So after 20 hours and 62 miles (100K), I decided to QUIT even though I was still smiling. This was to be my first DNF Ever! Months of training, time away from my family and friends, all for naught. No beautiful buckle either. But of course, nothing could keep me down. Within a week a new race was found that promised a runnable course with no chance of mud – The Hallucination 100 in Hell, Michigan! I have been referred to as a hellion (even as an adult) so this race seemed like a perfect fit. :-)

My peace and joy were destined to be restored. I was also not going to let a DNF haunt me forever! My friends Vann and Allison Thursby had done their first ultra in Hell. They said the course was mostly flat with sections of single-track trails and dirt/gravel roads. My soon-to-be best friend, Jennifer Crawford, concurred on the course description. And there was to be at least 100 other hippies running this thing with me. Oh Yeah!!! With a little help from my friends from the BUTS community, a new plan was devised to insure my success. Dr. Beau Beard at the FARM gave me the tools to transform myself from aluminum foil into titanium. Vanessa Shroud shared her training secrets while Greg Wingo answered all of my crazy questions. David Tosch provided nice bribes. Countless others cheered me on all the way up to the day of the race and for this I am eternally grateful. The goals were to 1) smile, 2) have fun, 3) get that buckle!!! Yes, in that order. I needed to do this for myself but also for the empowerment of girls (#GOTR) and women everywhere. Joy would be mine again!



Now to the race highlights!!! At the 4 pm start smiling was easy as the temperature was a PERFECT 90 degrees with 49% humidity and a warm breeze. After the Jimi Hendrix rendition of the Star Spangled Banner, the Woodstock party officially kicked off with the first batch of hippies running around the campground and into the woods for the 100 mile/100k race. The course consisted of ~16.6 mile loops in a sort of out-and-back fashion which I broke down into 4 mile increments; Bruce's Deli (start/main aid station) to Grace (minor aid station) to Richie's Haven (major aid station) back to Grace and back to Bruce's. The hundies would make 6 loops of the course before it was all said and done.

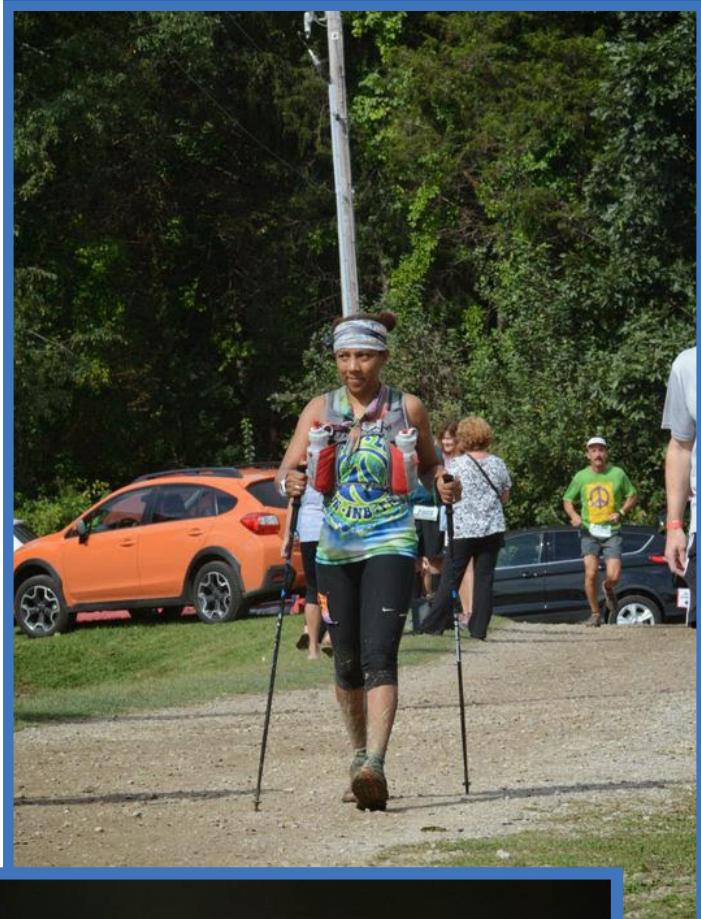
The highlight of loop 1 was the tornado sirens going off before we reached mile 10. The trees were bending and screeching as the strong winds bared down on the area. Was I scared? Yes, of having a tree fall on my head. Did I think about stopping? Heck no! This was



a familiar scene from a recent “stupidity” run at Red Mountain so I just laughed and kept it moving. Loop 2 was less dramatic with light rain but lots of MUD (Noooo!!!). There were a couple of particularly Boggy sections that ate the shoes of those who chose to venture through the middle. Given my prior experience with the stuff, I stuck to the edges holding on to trees and bushes to avoid plunging head first into the mixture of mud and horse poo. The crazy weather on the first 2 loops provided other obstacles navigate as well including several downed trees and a stump of honey bees. Loop 3 was the wildest part of the race. Let me start by saying that I love running at night. There is a certain freedom to running all alone in the dark accompanied only by the moon. And for some reason I always seem to end up in no man’s land during a race. I am not particular scared of wildlife except for bears and mountain lions so when I encountered a cute little raccoon on the trail I not at all afraid until the little would be ankle biter came charging towards me. My first thought was rabies shots as I accelerated from a leisurely trot to a 7:42 pace (per Garmin) for at least a quarter of a mile. Whew! And if that was not enough, there were other ‘wild things’ on the trail at night including the “natural” runners participating in the 5K/10K race. Finally, the sun was up for Loop 4. I picked up my pacer, Becca (other new best friend that I met in May at the American College of Sports Medicine Conference) who would run one loop with me to my new PR of 67 miles. We headed into the woods just ahead of the chatty

and eager 50k/50 milers. It was good to have some fresh hippies on the course with their positive energy but I was holding my own with CarboPro, Coke, and baby food. I was even able to pick up pace now that the sun was up. We made it back well ahead of cut-off and I picked up

Mark “the fixer” who would be my pacer to the finish. He also served as my photographer, nurse, storyteller, and secretary. Mark took some great pictures, checked my foot for blisters, distracted me with funny stories and took calls from my husband with updates on my progress. One highlight of loop 5 was getting to mile 75 with plenty of time to spare; I was feeling good and still smiling. Mark could hardly believe that I was able to make it that far and still be smiling. He had only given me a 50% chance of showing up for the race at all (I guess he didn’t know me very well). And then there was the final loop. At mile 83, I knew I would finish the race. The goal at this point was to relax and enjoy the end of a long journey. The only issue I had at mile 91 was a hot spot on my right foot but no blister. Nothing moleskin, tylenol, and coke couldn’t handle. Before you know it, we were at mile 96 with 2 hours left to finish. Most of the volunteers at the aid station cheered us on as they also knew that I would make it and get my prized buckle. We picked up the pace one last time to make sure that we were not overcome by some eager sweepers and once we could hear the music I decided to walk the rest of the way to the entrance of the campground. Part of me didn’t want the experience to end but the rest of me was ready to get my buckle. Finally, I saw the blue alien at the entrance which meant it was time for me to go. The music was blasting and the hippies were cheering as I ran towards the finish line with the biggest smile on my face. At the last moment, I jumped into the air and clicked my heels as an official 100 mile finisher in 29:17:09!!! Moral of the story: Best laid plans don’t work out, make new plans. :-)



P.S. Special Thanks to those who donated to Girls on the Run Birmingham in support of my race. My goal in life is to inspire girls and women to dream big and to be healthy and happy! I would also like to thank my husband Ermanno for supporting my trail running craziness.

— OLIVIA AFFUSO

PRESIDENTS ADDRESS

—Jennifer Andress



Hello BTC, and welcome to a busy Fall!

We appreciate your patience in receiving this month's newsletter. Our esteemed Editor Andrew Nuckols enjoyed a well-deserved vacation, and I was behind in getting everything out once he returned. But here we are, better late than never! And just in time to give you the upcoming events of October and November.

Have you seen our plaque on the water fountain on the Jemison Trail? We finally have our name on the fountain for which we provided funding!



the Jemison trial BTC water fountain. We will be there with GU, music, Gatorade and more, and will take your pictures by the fountain! We thought it would be a fun way to celebrate our efforts that started two years ago. Later that morning you will finish up at O'Henry's with coffee provided by the BTC. We will have registration specials for Vulcan 10km, and a drawing for Vulcan bobbleheads to promote our Vulcan Run on November 8.

The weekend before this Saturday Long Run Social, on Saturday October 18, we once again return to Oak Mountain for a morning brought to you by David and Marye Jo Tosch. This race is free to all Birmingham Track Club Members. According to David: "For your entry fee of \$000.00, you will receive a quality race shirt from Mountain High Outfitters to the first 200 registered runners, awards to 1st, 2nd and 3rd overall in all three race distances, ultra style aid stations, a free cookout following the races,

lots of adult re-hydration drinks and a lot of fun. The Short Race is about 4 miles in length and has a minimal amount of elevation gain and relatively easy trails to run. The course will be different from last year's race and will take runners through a unique area of the park that many of you will have never seen." The Middle and Long Distances Races are also available to BTC members free of charge. We thank David and Marye Jo for their service to the BTC, and we look forward to seeing everyone at Oak Mountain on October 18th!

Thank you again to Mt. Brook Parks and Recreation. Pictured is Supervisor Shanda Williams. She and Chairman Carey Hollingsworth were wonderful to work with, and we thank them so much for their cooperation.

Our BTC Saturday Morning Long Run will officially welcome our new plaque on Saturday morning, October 25. Long Run Coordinator Natalie Ferguson will send the group off from the Trak Shak at 6:00 as normal, and your route will take you to us, waiting at

November brings us our Vulcan Run 10km on November 8th. Once again the Vulcan Run will be the RRCA Alabama State 10km Championship. Our team has a big morning planned. Look for the November newsletter to be dedicated solely to news of the 2014 Vulcan Run 10km.

Finally in November we will once again be manning a water stop at the Magic City Half-Marathon. BTC

Volunteer Coordinator Katie Pezzillo would love to hear from you if you are available for a fun morning showing your BTC spirit! She had a great group this past month at the Talladega Half-Marathon, and we all thank you for your help at the track! Katie can be emailed at volunteers@birminghamtrackclub.com

And as you Triple Crown aspirants know, Talladega and the Magic City Half are 2/3 of your crowning achievements. Florence's Life Without Limits Half-Marathon is this month. For those of you completing the Triple Crown, we will see you at the Finish Line after the Magic City Half Marathon with your beautiful new medal and shirt!

We do have some bittersweet news to report. Our beloved BTC Long Run Coordinator Natalie Ferguson and her family are relocating to Orlando, FL. We will miss her, Jason and the girls, and we wish them the very best. She has been such an asset to our club, and makes Saturday mornings fun (even at 6:00 a.m.)! We are very happy to announce that Monica Henley has agreed to become our new Long Run Coordinator. Together with Moderate Run Coordinator Mark Criswell, she will keep your weekly training on track! If you are not joining us for one of these runs, come on out and see what they are all about. It really is one of my favorite times of the week!

We also want to thank David Christy, who has served as our BTC Photographer for the last 2½ years. David's work is beautiful, and we will miss working with him. If you or anyone you know is interested in volunteering in this capacity, please email me at president@birminghamtrackclub.com.

That brings you up to date until November. Look for us in just a couple of weeks for all of your Vulcan Run 10km news, and plan on running with us November 8th!

2014 Officers

**President**

Jennifer Andress
president@birminghamtrackclub.com

**Vice-President**

Alex Morrow
coachalex@resoluterunning.com

**Past-President**

Brad Clay
bradclay@aol.com

**Treasurer**

Russ Hiller
hiller_r@bellsouth.net

**Secretary**

Kelly McNair
Kellyjmcnair@aol.com

BTC Committees

General Council/Parliamentarian

Long Run Coordinator

Medical Director Emeritus

Medical Director

Social Chair

Marketing/Social Media

Membership

Membership Benefits

Merchandise

"The Vulcan Runner" Editor

Club Photographer

Japan Exchange Program

1200 Mile Club

Road Race Emeritus

Volunteer Coordinator

Historian

Marathon Coach**Finish Line Crew**

Webmaster

Race Coordinator**BTC Race Directors****Adam's Heart Run**

Statue 2 Statue

Peavine Falls

The Vulcan Run

Julie Elmer

Natalie Ferguson

Jack Hasson

Dr. Cherie Miner

Katherine Dease

Alex Morrow

Olivia Affuso

Kemper Garrett

Jennifer Andress

Andrew Nuckols

David Christy

Johnaca Kelley

Alison Hoover

Rick Melanson

Katherine Pezzillo

Trish Portuese

Al Dimicco

Natalie Ferguson

Tanya Sylvan

Dean Thornton

Trish Portuese

Allison Stone

Judy Loo

Alex Morrow

Danny Haralson

julieselmer1@gmail.com

nataliezl@hotmail.com

btcmembership@gmail.com

KDease@cic.com

coachalex@resoluterunning.com

ksarr3@gmail.com

president@birminghamtrackclub.com

zeronuckols@gmail.com

davidchristy@hotmail.com

btcpress09@gmail.com

1200@birminghamtrackclub.com

rrc@birminghamtrackclub.com

volunteers@birminghamtrackclub.com

trish@championship-racing.com

btc262coach@gmail.com

nataliezl@hotmail.com

tlsylvan@gmail.com

dean718@gmail.com

Trish@championship-racing.com

astone128@rocketmail.com

judy.loo@healthsouth.com

coachalax@resoluterunning.com

newrunners@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 35253
info@BirminghamTrackClub.com

Race Results

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

birminghamtrackclub.com

trakshak.com

run42k.com

The 2014 BTC Triple Crown Half-Marathon Challenge is finally here!

You can register for the Challenge on the [BTC Triple Crown page](#).

Reminder: you must be a BTC member to participate. [Join the BTC now!](#)

We kick off with the **Talladega 21000** on September 14. Then we travel back to Florence for the **Life Without Limits Half-Marathon** on October 25. We finish up right here in Birmingham at the **Magic City Half-Marathon** on November 23!

That's the challenge: 3 Half-Marathons in 3 months, and you get a one-of-a-kind Triple Crown Challenge medal and t-shirt.

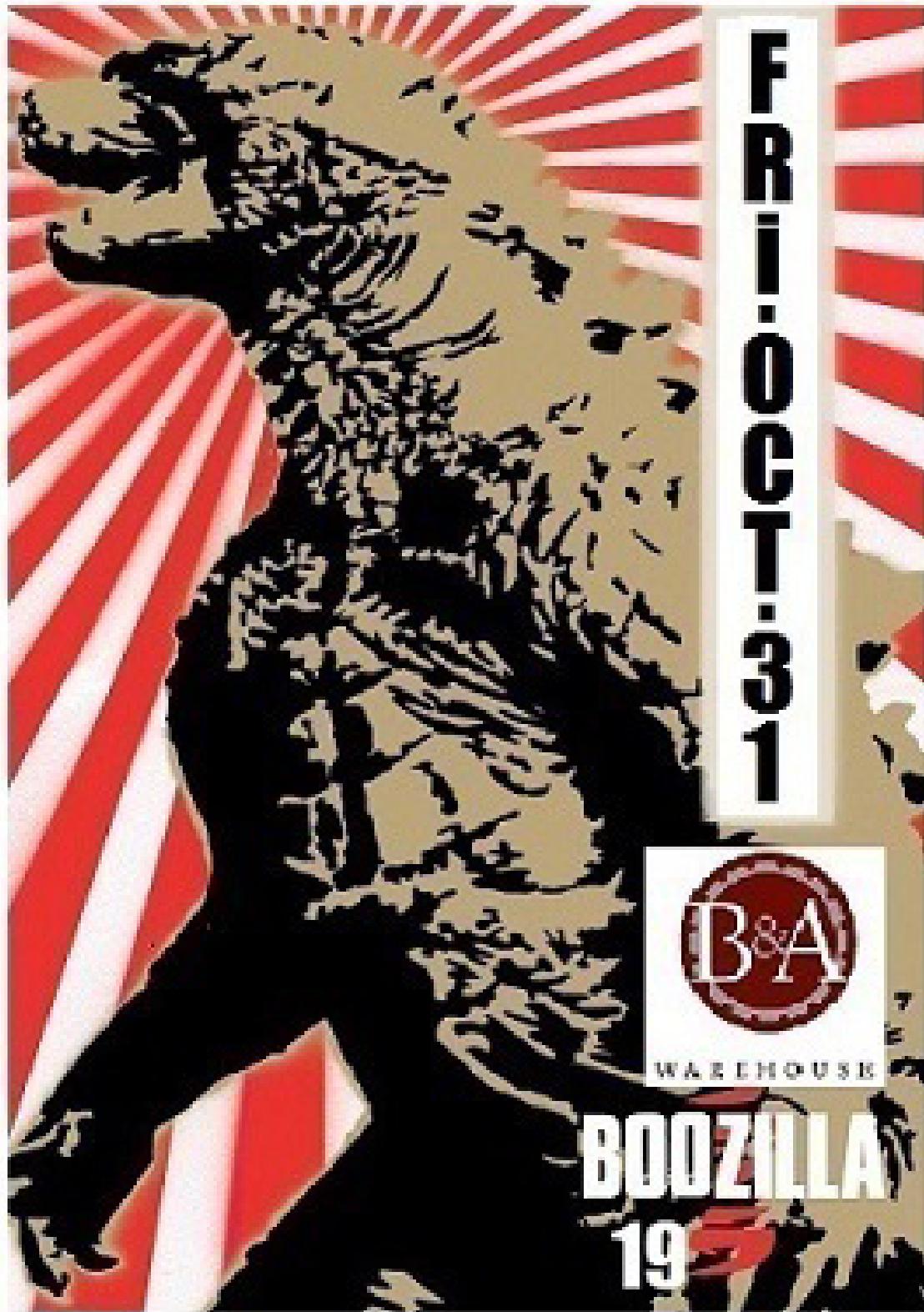


**TRIPLE CROWN
HALF-MARATHON
CHALLENGE**

Join Us!

Join the Trak Shak and Birmingham Track Club for a 20 week marathon and half marathon training program that starts on October 6 and ends February 22, 2015 at one of Birmingham's premier events, the Mercedes Marathon. Seasoned coach Al DiMicco and second year coach Natalie Ferguson have designed a training schedule to get you to the finish line. They will also provide you with weekly information and encouragement about Marathon training and are available throughout the training to answer questions. This is a free group. Join us for an information session on September 25, 2014 at 6 p.m. at the Trak Shak in Homewood. E-mail NatalieZL@hotmail.com or Jeff@trakshak.com for more information.

It can also be modified since this is specifically directed at folks in the community who might not be familiar with BTC already. This is the piece that's going out to OTMJ and al.com.



F
R
I
-
O
C
T
-
3
1



WAREHOUSE

BOOZILLA
19

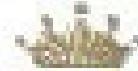


www.boohalloweenparty.com



LEUKEMIA &
LYMPHOMA
SOCIETY

TEAM IN
TRAINING



*B*oodoozill*a*



Birmingham
Photobooths.com

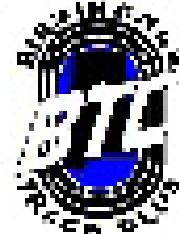


MOUNTAIN
RADIO

106.9
THE EAGLE



weld
CONSTRUCTION



The
Comedy
Club

www.boohalloweenparty.com

Friday, October 31, 2014 - 8pm - B & A Warehouse

THANK YOU VOLUNTEERS!

Good Afternoon Everyone -

I just wanted to take a moment to thank everyone who's volunteered their time this year to help make BTC and local running events a success. Unfortunately I haven't been out to every event myself but each time I do I meet a few new faces. It's genuinely a pleasure to work with our BTC members and the community to pull events together. Some of the best qualities of runners (and the friends and family that put up with us) are their ability to be cheerful at 6 am and their willingness to help another runner.

What volunteers have accomplished so far:

Adam's Heart Run, BTC Race Series, Feb 8, 2014

Mercedes Marathon Weekend, BTC Booth at Expo and BTC sponsored water stop, Feb 16, 2014 - Sun, Feb 22, 2015

Statue to Statue 15k, BTC Race Series, Apr 19, 2014

Retro Run 5k, BTC sponsored water stop, July 26, 2014

Peavine Falls Run, BTC Race Series, July 4, 2014 - Sat, July 4, 2015

Talladega 21K, BTC sponsored water stop, Sept 13, 2014

Still to come:

Vulcan Run 10k, BTC Race Series, Sat, Nov 8, 2014

Magic City Half Marathon and 5k, BTC sponsored water stop, Sun, Nov 23, 2014

So far this year we've completed 3 of the 4 BTC Race Series Races. The last event, the Vulcan Run 10k and Kids Fun Run, is coming up on Saturday, November 8. There will be a number of opportunities to help on race day and during the week so whether you plan to run or not, please consider donating your time to this event. We've created a page through RunSignUp.com to register volunteers. Access it here: <http://birminghamtrackclub.com/vulcan-run---volunteer.php>. Please consider signing up for more than one slot, especially on race day. For instance, if you volunteer to help set-up at Linn Park or work the registration table, consider shifting over to hospitality, the kids fun run, or other post race duties. Encourage your friends and family who might come out to the race with you to volunteer on race day to help support the race and their runner.

We'll also be at the Magic City Half Marathon to sponsor a water stop again this year although with course changes I don't know where our stop will be.

In addition to the good feelings you get from volunteering, remember our BTC Volunteer Rewards program too: <http://birminghamtrackclub.com/volunteers.php>

We've also given away a gift to one random volunteer from each event, including apparel and gift cards. I have several of these still to hand out (see table below - names highlighted in green - and a forthcoming email).

Three volunteers have already earned a free race entry to a BTC Series Race of their choice (Yes, you can use it for Vulcan 2014, send me an email) by volunteering 3 times in 2014 and two more have earned a race and free membership renewal by volunteering 4 times in 2014! Keep scrolling below to review a list of volunteers and rewards tracking. If I've missed someone or don't have you down for all the events you've helped with please reply so we can credit you.

If you have a specific goal in mind, you have two more opportunities to help out this year. You can earn two or more credits by helping on multiple days during Vulcan Run week.

Thanks!

Kate Pezzillo
BTC Volunteer Coordinator
volunteers@birminghamtrackclub.com

First	Last	Event 1	Event 2	Event 3	Event 4	Event 5	Total		
Amy	Acker	S2S					1		
Olivia	Affuso	S2S					1		
Lauren	Anderson	P					1		
Leslie	Bailey	P					1		
Kimberly	Benner	MM					1		
Renard	Blackmon	S2S					1		
Kelly	Bohnet	P					1		
Bobby	Boyd	T21K					1		
Jim	Broome	S2S	P				2		
Mary	Broome	S2S	P	P			3		
Michael	Brown	S2S	P				2		
Emma	Cave	S2S					1		
Susan	Chandler	S2S					1		
Terri	Chandler	S2S					1		
David	Christy	P					1		
Brad	Clay	S2S	P				2		
Chris	Colpack	RR					1		
Daniel	Connell	RR					1		
LaRonda	Corrin	RR					1		
Robert	Cosby	A<3	P				2		
Scott	Crawford	A<3					1		
Katie Grace	Criswell	P					1		
Mark	Criswell	P					1		
Blake	Crow	MM					1		
LaJuana	Davis	P					1		
Sarina	Davis	T21K					1		
Wayne	Davis	MM					1		
Pat	Del Italia	S2S					1		
Sam	Dillashaw	S2S					1		
Bob	Evans	MM					1		
Son	Evans	MM					1		
Sally	Evenden	RR					1		
Tony	Fiore	P					1		
Hannah	Foust	P					1		
Tim	Frizzell	S2S					1		
Darrell	Gibson	MM	RR				2		
Noel	Graham	P					1		
Alan	Hargrave	S2S					1		
Monica	Henley	S2S					1		
Jan	Hill	A<3	MM				2		
Paige	Hofer	MM					1		
Scott	Holden	S2S					1		
Beth	House	MM					1		
Kim	Johnson	S2S					1		
Liz	Kivus	P					1		
Patty	Landry	S2S					1		
Linda	Lazar	S2S					1		

Eddie	Lee	S2S					1
Shilonqua	Lee	S2S					1
Judy	Loo	P					1
Jane	Lucas	T21K					1
Mark	Lucas	T21K					1
Sidney	Mays	S2S					1
Cindy	McLaughlin	S2S					1
Kelly	McNair	P					1
Rachel	McPhillips	S2S					1
Cherie	Miner	P					1
Chris	Morgan	P	T21K				2
David	Morris	P					1
Hannah	Morris	P					1
Shelly	Munger	RR					1
Beth	Norris	P	RR	T21K			3
Brittney	Norris	T21K					1
Kaleb	Norris	T21K					1
Alicia	O'Neal	S2S					1
Family	O'Neal	S2S					1
Michele	Parr	S2S	S2S				2
David	Plante	MM	P	RR	T21K		4
Tracy	Pool	S2S					1
Chilton	Porter	MM					1
Trish	Portuese	S2S	P				2
Kile	Putnam	S2S					1
Jessica	Qu	S2S					1
Garnet	Ratliff	RR					1
Ginger	Reeves	A<3	T21K				2
Jake	Reeves	T21K					1
Matthew	Reeves	T21K					1
Kevin	Riley	RR					1
Rose	Riley	RR					1
Mrs. Rod	Robinson	P					1
Rod	Robinson	P					1
Angie	Rodriguez	MM					1
Tom	Russell	S2S					1
Mario	Santana	A<3	MM	MM	P		4
Kemper	Sarrett	MM	S2S				2
Daughter	Shaffield	RR					1
Mitzi	Shaffield	RR					1
Suman	Silwal	S2S					1
Jennifer	Skjellum	P					1
Dot	Smith	S2S					1
Allison	Stone	P					1
Jim	Taylor	S2S	P				2
Ann	Thomas	P	RR				2
Barry	Thomason	A<3					1
Son	Thomason	A<3					1
Dean	Thornton	S2S	P				2
Kim	Tyler	RR					1
Daniel	Walters	MM					1
Adaia	Washington	S2S					1
Ken	Washington	S2S					1
Sandra	Washington	S2S					1
Jeanne	Welsh	S2S					1
Karen	West	A<3	MM	RR	T21K		4
Kevin	Winters	A<3					1
Jamie	Witter	MM					1
Xing	Wu	A<3	P				2
Lisa	Yancey	S2S					1
Ronnie	Yancey	S2S					1

SEND US YOUR PICTURES WITH YOUR BTC APPAREL



Original BTC member Ray McKinnis,
Chicago, IL



Scott Shockley at the Talladega
Half Marathon

Jabe McCoy at the Hartselle Half
Marathon



SEND US YOUR PICTURES WITH YOUR BTC APPAREL



*Julie Pearce, Lara Walters,
Stacy Peterson and Christy
Roach, BTC Sat morning
Long Run atop Red Mt*

SEND US YOUR PICTURES WITH YOUR BTC APPAREL

We want to see where you have been running, representing the BTC! Email photos to:

president@birminghamtrackclub.com



Saturday Morning Moderate Runs

Find us on FB or email Natalie Ferguson at nataliezl@hotmail.com for more information

JOIN US!



The BTC Free Trail Race

Free to all Birmingham Track Club Members

October 18th - Oak Mountain State Park - Redbud Pavilion (by BMX Track)

Choose either the 4, the 8 or the 14 mile trail race

Hang around afterwards for the Post Trail Race Party with food and drink and "Beer"

Presented by: Mountain High Outfitters - Birmingham Ultra Trail Society (BUTS) and Southeastern Trail Runs
Race Shirts to first 200 entries and finisher awards to all



Registration is open at [Ultrasignup.com](#) or Printable Registration form at [SoutheasternTrailRuns.com](#)

Final Race of the 2014 Southeasern Trail Series

Enter offer code "BTC-50K" for 10% Discount



50K and 25K Trail Race

Oak Mountian State Park - Saturday, November 23 - Birmingham Alabama

Presented by: [SoutheasternTrailRuns.com](#)



Mountain High
OUTFITTERS
[www.mountainhighoutfitters.com](#)

SUUNTO

My 10,000 Mile Running Journey

— by Suman Silwal

According to Malcolm Gladwell, author of the book *Outliers*, it takes roughly ten thousand hours of practice to achieve mastery in any given field. Since reading that book, I've often wondered: will I become an expert on running if I cross the 10,000 mile mark?

Running never stuck with me as a sport until I was reintroduced to it in October 2007 -- as I think of it, a late start in my life. Growing up, I remember running with my brother and friends, but I suppose we did not have a proper environment in which to run because I didn't stay with it for very long. When I started to run again years later, I did not know how long I would stick with it this time around, but still, I wanted to do it correctly, in the hopes that it would become a lifelong journey. I started to read books, articles and running blogs. I found the Runners' World logging site (even though it is a manual process, up to this day, I still log every one of my miles).

As the years passed, the miles kept adding up in my log. After a little more than 1720 hours of running, I finally crossed over 10,000 lifetime miles! Running 10,000 miles has been a seven year journey, from being a non-runner to a runner looking forward to running the 2015 Boston Marathon next year, and from a race novice to a 100 mile race finisher. Yes, it has been a long journey, and one I did not see coming, as I think back to my early days of running with my brother and friends.

So have I become an "expert" on running, as Malcolm Gladwell's book presumed? Here's some insight into my journey. . . .

Where did it start?

My first training run started around my neighborhood. As a non-runner, starting was hard – really hard. I started to run block by block and mile by mile. I still remember Halloween of 2007, when I went for a 1.5 mile run before going trick-or-treating with my kids. As I struggled to walk around with them after my run, I remember how my legs were shaking. Now, I do not get that feeling, even after running a 100 mile race. Logging the miles taught my body that it can do more than my mind used to think was possible.

2014 Stats	
Distance:	1515.4 Mi
Time:	294:51:35 (12 days, 6 hours)
Total Stats	
Distance:	10006.1 Mi
Time:	1717:18:15 (71 days, 13 hours)

Where did I log those miles?

As I discovered freedom in running, I started to go further to find new places to run. Even though I had been living around the Birmingham area for more than seven years prior to beginning my running journey, I did not know many parts of the city. Even today, there are areas of the city I have yet to explore, but running has taken me to the streets on a local level and introduced me to places I might otherwise have missed. I am certain that running has taken me to places that I never would have been otherwise.

I have visited and run in countless places, from the flatlands of Florida to the foothills of Mt. Everest and so many places in between. I have run the Royal Mile in Scotland and on the streets of Kathmandu, Nepal. I have run around the Victoria Peak in Hong Kong and on the streets of Hollywood Boulevard in Los Angeles. Running in new places, with their own unique identities, has brought me a perspective I otherwise would not have.

Road To Trail Transition

As the years progressed, I transitioned into trail and



ultra-running in 2012. I realized how quickly miles could add up on trails. Somehow, those long trail runs of over 30 miles are not as painful on the trails as those 22 miles on the road. I started putting in more time on the trails. Lately, I log more trail miles than road miles. I have logged my miles on our local trails of Oak Mountain, Mt. Cheaha, and trails around Toronto, Canada. Recently, I had an opportunity to run trails around the Great Smokey Mountains. Trail running has brought a new perspective and a new dimension to my running.

Race Miles

My first race was a 5K in November of 2007. I was new to the racing world. I found myself at a totally new place, with a new group of people I had never met before, ready to tackle a new challenge. Now, after 7 years of racing, I have lost count of how many races I have run, although each was an important step in my journey. I have tracked my marathon and ultra marathon distance races -- since November of 2008, I have completed 45 of those races – definitely not an accomplishment I could have imagined on that Halloween night back in 2007! As I prepare for my 2014-2015 marathon/ultramarathon season, my highlight will be the 2015 Boston Marathon.

Since I started to run, I've raced on the streets of cities such as New York City, Chicago, Tokyo, and Toronto. Every race has brought me added miles and a sense of accomplishment. I enjoy visiting new cities and meeting new people. Even though I may not be able to live in those cities, I have enjoyed learning more about them and experiencing what they have to offer during my race experiences.

Am I An Expert Now?

Over the years, through the PRs, my Boston Qualifier (BQ) attempts, pain, injuries, up hills, down hills, rain, snow, heat, humidity, cold and more and more runs, I have learned a lot about running. I no longer believe that every pain or muscle twitch is an injury -- it is just part of the running cycle: "run, pain, recover – do over". I used to follow the traditional method of logging miles by following a training plan. But lately, I have been told by others that I have broken those rules as well. I log my miles when I can, where I can. My miles are adding up faster than ever. I have gone from 1000, to 1200, to 1500, to over 2013 miles a year. There is no limit to where my passion for running is taking me, but does that make me an expert after 10,000 miles?

In my humble opinion, no. I am a better runner than I once was, and I have learned more than many lessons, but I do not consider myself an expert. I am still very much a student of the running sport and a coach, motivator, teacher, and helper, whether directly or indirectly through conversations, running with others, social media, blog posts and more. I still have so much to learn with this sport. I consider myself a lifelong learner. Even after 10,000 miles and more than 1720 hours of journeying, I am still learning how to become a better runner – with every day and ever run, I learn. Some days are better than others, but I keep moving forward to see what is ahead. I have learned to enjoy the journey. And this time, running definitely stuck!

See you all at the 20,000 mile mark. Until then, Happy Running!





11.08.14

VULCANRUN.COM

VULCAN RUN



Race Date: November 8, 2014
Alabama RRCA 10K State Championship

Race Web Site:
www.VulcanRun.com



Race Day Registration:
Boutwell Auditorium
1930 Reverend Abraham Woods Jr Blvd.
Birmingham, AL 35203

Race Date: November 8, 2014

6:30am - Registration & Packet Pickup Opens
7:45am - Registration & Packet Pickup Closes
8:00am - 10K Starts
8:30am - 11:00am - Post Race Food and Fun
9:30am - 1 Mile Fun Run Starts
9:45am - 10K Awards Ceremony



Vulcan Run 10K

Race Date: November 8, 2014

Race Location: Boutwell Auditorium

Benefits:

Vulcan Park & Museum & Girls on the Run

Online Registration:

www.RunSignUp.com



Pre-Race Packet Pick-up:

November 6th - 7th from

11am - 6pm

Trak Shak Homewood

2839 18th St. South

Homewood, AL 35209

\$5,000 Cash Awards to

Winners in the 10K

Top 200 runners get

additional Finishers Shirt

	Post Marked by: August 31st	Post Marked by: September 30th	Post Marked by: November 5th	Nov. 6th - Race Day	XXL Shirt Add On cost	BTC Member Discount	Total:
<input type="checkbox"/> 10K	\$25	\$30	\$35	\$40	+\$3	-\$3	
<input type="checkbox"/> 1 Mile Fun Run / Walk	\$20	\$20	\$20	\$20	+\$3	-\$3	
<input type="checkbox"/> I am going to Sleep In, But I still want the T-shirt				\$20	+\$3	-\$3	
<input type="checkbox"/> Additional Donation to Vulcan Park & Museum		<input type="checkbox"/> Additional Donation to Girls on the Run					
<input type="checkbox"/> I would like to receive information about the Birmingham Track Club							
Make Checks Payable and Mail to:	Vulcan Run P.O. Box 59349 Birmingham, AL 35259					Total:	

Participant Information:

Last Name:

First Name:

Street Address:

City:

State: Zip:

Male Female Age: DOB:

Phone Number:

Email:

Gender Specific Tech Shirts: W-Small W-Medium W-Large W-X-Large W-XX-Large (\$3 add-on)
All Adult Sizes M-Small M-Medium M - Large W-X-Large M-XX-Large (\$3 add-on)

Emergency Contact Information:

Contact Name:

Phone Number:

Release Waiver:

I know that running a road race is a potentially hazardous activity. I should not enter and run the Vulcan Run unless I am medically able and properly trained. I agree to abide by any decision of a race official or Police relative to my ability to safely complete the run. I assume all rights associated with running the event including but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic and conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing the risks and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Birmingham Track Club, the City of Birmingham, all sponsors, volunteers, together with their employees, contractors, subcontractors, directors, officers, agents, attorneys, and representatives from all claims of liabilities of any kind or character arising from my participation in this event or any related activity even though liability may arise from negligence or carelessness on the part of the persons or organizations named in this waiver and release. I also am fully aware, whether same be caused by negligence or fault, that baby strollers, baby joggers, wheels of any kind (except competitive wheelchairs), animals and headphones are strictly prohibited and I agree not to have them on the course. I consent to the use of photographs, video, film and sound recordings of all Vulcan Run events for all legitimate purposes. I give permission to be contacted by interested media. I understand that the entry fee is non-refundable and non-transferable. I have read the entry information provided for the event and certify my compliance by signature below. This is a Release of Liability Waiver.

Signed By or Guardian signature if under 18

Date:

RUNNING RAMBLINGS

— Compiled by Randy Lyle



Quotes

“Number one is just to gain a passion for running. To love the morning, to love the trail, to love the pace on the track. And if some kid gets really good at it, that’s cool too.”

~ Pat Tyson, well-known prep distance coach

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”

~ Derek Jeter, shortstop for the New York Yankees

“Make sure your worst enemy doesn’t live between your own two ears.”

~ Laird Hamilton, American big-wave surfer

“You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy.”

~ Arthur Ashe, former American World Number 1 professional tennis player

“You find that you have peace of mind and can enjoy yourself, get more sleep, and rest when you know that it was a one hundred percent effort that you gave – win or lose.”

~ Gordie Howe, Canadian retired professional hockey player often referred to as “Mr. Hockey”

“There are only two options regarding commitment. You’re either IN or you’re OUT. There is no such thing as life in-between.”

~ Pat Riley, American professional basketball executive and a former coach and player in the NBA

“Gold medals aren’t really made of gold. They’re made of sweat, determination, and a hard-to-find alloy called guts.”

~ Dan Gable, retired American Olympic wrestler and coach

Ramblings

Ways Running Helps Your Body

Source: <http://www.runnersworld.com/health/nine-surprising-ways-running-helps-your-body>

If you are like me, I am sure you have heard many non-runners make excuses for why they do not run. From my experience, almost all of those excuses center on some form of running being bad for you physically. They will say something about how running is bad for your knees or some other body part. Well, I have seen where a number of studies actually show that running can be good for your body. I ran across this listing of nine surprising ways that running helps your body and thought I would share it here:

1. **GROWS CARTILAGE** – The very first item negates the “bad for your knees” argument. Although most people will not believe it, there are a number of studies that show running is good for your knees and joints. For example, research from Monash University in Australia suggests that the impact of running can increase cartilage production. The good news is that this can safeguard your joints from arthritis.
2. **SHARPENS HEARING** – Researchers from Bellarmine University in Louisville, Kentucky, found that very fit women were six percent more likely to have better hearing than less-fit women were. Exercise improves circulation to the ear, which provides a greater supply of nutrients to help preserve hearing. I am guessing this one probably applies primarily to those that do not listen to their headphones at ridiculously loud volumes.
3. **SAVES YOUR SKIN** – Rutgers University researchers found that mice that drank caffeinated water and then ran had fewer skin-cancer tumors than rodents who either just got caffeine or just ran. The caffeine/exercise combination caused fewer damaged cells to develop.
4. **BEATS MIGRAINES** – This one might encourage many people to take up running. Those that I know who suffer from migraines would do anything for relief. Running may help in that regard without having to use painkillers. A study conducted at the University of Gothenburg

in Sweden found that migraine sufferers experience fewer headaches when they worked out for forty minutes three times a week over three months.

5. **REGENERATES MUSCLE** – We have probably all heard that muscle mass declines over time. Is that true? University of Illinois researchers found that exercise triggers a type of stem cell (mesenchymal stem cells) to spur other cells to generate new muscle. Some think that process could prevent age-related muscle loss, or slow it down at the very least.
6. **EASES ANXIETY** – Have you ever known people that seemed anxious and then heard them comment about missing their morning workout? There may be a reason for that. Researchers from Southern Methodist University near Dallas found that people had significantly milder reactions to stress if they engaged in regular intense aerobic exercise. So the next time you feel panicky about an upcoming work presentation, go for a run.
7. **PREVENTS CANCER** – Researchers in Finland studied 2,560 middle-aged men over seventeen years. They found that most active men were the least likely to die from cancer, especially in the lungs or gastrointestinal tract. Apparently, the more intense the exercise, the better.
8. **INCREASES BRAINPOWER** – I always thought runners were smarter than the average person was. It looks like I may be right. To see how exercise compared to other mental stimulants, researchers from the University of Illinois exposed mice to three types of brain boosters: savory foods, new toys, and exercise wheels. The results showed that the wheel was the only tool that improved cognitive function.
9. **STRENGTHENS BONES** – Weight-bearing exercises increase bone density, which guards against fractures and osteoporosis. This is the findings of researchers from the University of Missouri. High-impact exercise, like running, appears to offer the greatest protective benefit.

There you have nine surprising benefits from running. Feel free to use these the next time a non-runner tries to tell you that running is bad for you. I know I will!

Since this article was shorter than most, I thought I would wrap up with a few funny race signs:

- “Run like there’s a hot guy in front of you and a creepy one behind you”
- “Keep calm and don’t poop yourself”
- “That fuel belt makes your butt look great!”
- “Chafing the dream”
- “Run like Ryan Gosling is waiting for you at the finish line with a puppy”
- “Mortuary ahead – Look Alive!”
- “Stop reading this and keep running!”

