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BTC

THE VULCAN RUNNER



VOL. 36

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ISSUE 9

LONG TIME RUNNING

A HISTORY OF THE VULCAN RUN 10K, 1975 - 1990

— By Michele Parr

What's the longest-running road race in the Birmingham area? Many have survived over the decades, the Peavine Falls 4th of July race, Stampede 5K, Knights of Columbus 5K, and Statue to Statue among them. While they may come close, they don't match the Vulcan Run 10K for longevity. Born in 1975 as the U.S. Bicentennial 10,000 Meter Run and renamed in 1976, the Birmingham Track Club's Vulcan 10K came before them all. The 2012 race will be its 38th running.

While many of today's runners get their total knowledge of the 1970's from the Retro Run and John Travolta movies, others of us lived through that fascinating decade. Those who were there will understand the old joke: If you remember the 70's, you didn't do them right. It was a time of platform shoes and leisure suits, mood rings and bean bag chairs, 8-track tape players and bell bottom pants. The nation's bicentennial was a cause for celebration. And people were running, most wearing clothes, but streakers were making their mark by running without.

Some credit Frank Shorter's gold medal in the 1972 Munich Olympics as the spark that started the running fire. Whether it

was Shorter, Kathrine Switzer and Joan Benoit Samuelson proving that girls could run, or Bill Bowerman creating a shoe for his Oregon track team that became a brand for the masses, for sure the 1970's began a craze for running, even right here in Birmingham.

Born of the 1970's running boom and fueled by bicentennial madness, the Bir-

mingham Track Club's inaugural 10K race was held on November 27, 1975. It was a small affair by modern standards, but the post-race recap mailed to participants described the turnout of 104 in the 10K and 117 in the 2 mile as "amazing." The race even boasted a few female runners.

VULCAN RUN HISTORY (Part 1)
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A photo of the VULCAN RUN, that ran in the November 21st, 1983 issue of the 'Birmingham Post-Herald'

VULCAN RUN HISTORY (Part 1)

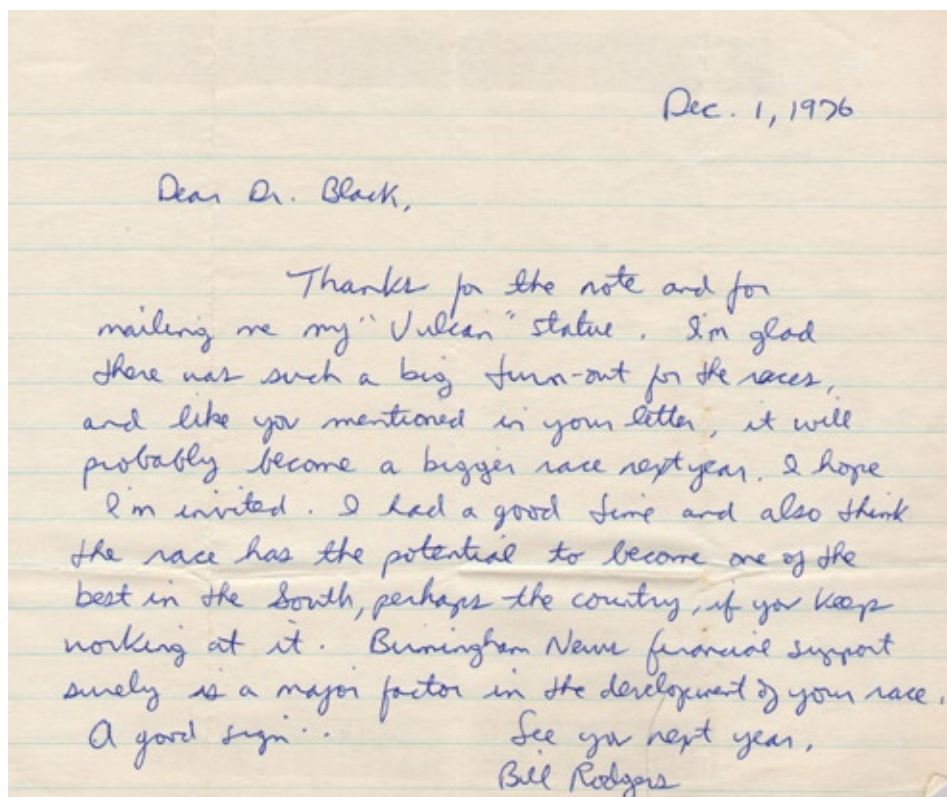
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Among those original runners were some familiar names: Johnny Montgomery, Rick Melanson, Gordon Seifert, Les Longshore, and Arthur Black. Versal Spaulding, the race director, finished 26th with a time of 36:33, the first runner aged 50 or older to cross the line. Frank Bromberg won the race in a time of 30:14. The youngest participant was 13-year-old Mike Manning of Huntsville, the oldest 62-year-old Jon Robere of Chattanooga. The cost to participate? \$2 in advance, \$3 on race day.

The 1976 race boasted a title sponsor, *The Birmingham News*, along with big name runners and award presenters. That title sponsorship would continue through 1980. Bill Rodgers won the first of four consecutive Vulcan Runs that year, the same year he began his string of four consecutive New York City Marathon victories. (He also won the Boston Marathon in 1975, 1978, 1979, and 1980.) Rodgers was followed by Ed Leddy and Marty Liquori, an Irish Olympian and a Villanova University track star respectively. Awards were presented by Alabama Olympians

Harvey Glance (Auburn University sprinter), Jennifer Chandler (Auburn University diver), Bill Forrester (Auburn University swimmer), and Clint Jackson (boxer from Evergreen). The route then was quite similar to the current route, just run in the opposite direction: up 20th Street to Highland Avenue. The November 20th race was a soggy affair with only a portion of the 1000 registered for the two events actually participating, yet there were still 280 finishers in the 10K and 376 in the two mile. This five-times growth was enough to cause BTC President Arthur Black to proclaim, "I think we're firmly established now." Clearly he was correct.

The phenomenal growth continued in 1977 with 627 finishers in the 10K and more celebrity participation. Mayor David Vann fired the starting gun, a tradition that continues today, and event announcers included



Personal letter from Bill Rodgers to BTC founder Arthur Black, following the 1st VULCAN RUN.

Tony Bruno, the voice of the Birmingham Bulls hockey team, and Herb Winches, a popular WBRC sportscaster. Once again Bill Rodgers bested Ed Leddy and Marty Liquori on a route that was tweaked to accommodate the larger crowd.

By 1978 the founders of the Vulcan

Run must have been wondering when the growth would slow since it certainly wasn't happening yet. With nearly 1400 finishers in the 10K (the race still included a 2 mile option), that year's event more than doubled the previous year's participation. On the evening prior to the race, a running clinic

again finishing ahead of Ed Leddy.

The 1979 race saw a major change to the event: the addition of a marathon on Sunday to the 10K and 2 mile events on Saturday. That change made no difference in one aspect of the 10K as Bill Rodgers won for the fourth consecutive time on a cold and windy day. Perhaps the weather kept some runners away, or perhaps some moved up to the marathon, but for the first time the number of finishers in the 10K went down, from 1395 in 1978 to 1316 in 1979. Mayor David Vann was one of the runners completing the 2 mile run.

The Vulcan Marathon continued as part of this weekend of running through 2000. The primary reason given for discontinuing it was stiff competition from other races, especially the Rocket City Marathon, pulling runners away at that time of year. February was deemed a better month to host a marathon, and just over a year later Birmingham hosted a new marathon in February 2002, expanding what was the Freeze Your Half Off half marathon into a full-blown running event now called the Mercedes-Benz Marathon Weekend.

In 1980 Bill Rodgers gave other runners a shot at winning the 10K by not participating, and Stephen Bolt, who finished between Bill Rodgers and Ed Leddy the previous year, brought home the victory. Participation rivaled that of 1978



Ad for the 1976 Vulcan Run

Sheehan, a cardiologist and renowned running author, with discounted admission for race entrants. Bill Rodgers won his third consecutive Vulcan Run, once

U.S. BI-CENTENNIAL 10,000 METER RUN

Birmingham, Alabama
10:00 a.m. November 27, 1975

LOCATION: 20th Street & 7th Avenue, No., Woodrow Wilson Park

ENTRY FEES: \$1.00 Student - All others \$2.00 pre-registered
\$3.00 day of the race.

EVENTS AND STARTING TIMES:

10:00 a.m. 2 Mile
Divisions:
Girls & Women: 12 & Under, 13-15, 15-29, 30 & over.
Boys & Men: 12 & Under, 13-15, 16-18, 19-29,
30-39, 40-49, 50-59, 60 & over.

10:30 a.m. 10,000 Meter
Divisions:
Girls & Women: 18 & under, 19-29, 30-40, 40 & over.
Boys & Men: 14 & under, 15-18, 19-23, 24-29,
30-34, 35-39, 40-45, 46-49, 50-60,
60 & over.

AWARDS: Trophies awarded 1st thru 3d places each division, except 19-29 10,000 meter which will have trophies awarded 1st thru 3d, medals 4th thru 10th.

U.S. BI-CENTENNIAL 10,000 METER RUN

NAME _____ AGE _____

ADDRESS _____ ZIP _____

Group Affiliation (if any) _____ Course to Run: _____ 2 mile.
_____ 10,000 Meter.

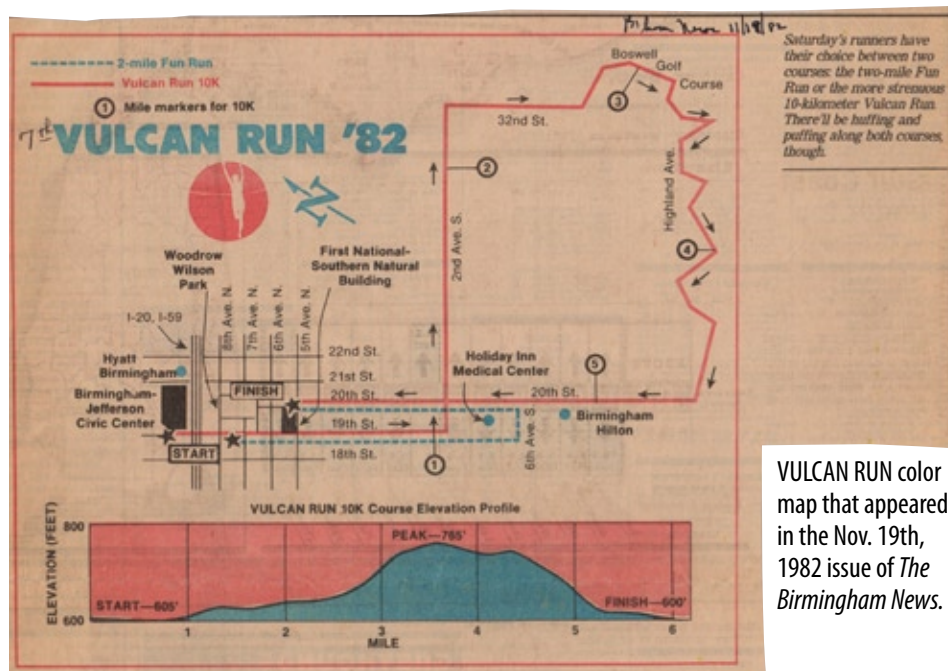
WAIVER AND RELEASE

In consideration of my acceptance as a participant in the U.S. Bi-Centennial 10,000 Meter Run, I hereby for myself, my heirs, executors, and administrators do waive and release any and all rights and claims for damages I may have against Birmingham Track Club, their agents, representatives, and assigns for any and all claims of liability.

SIGNED: _____ DATE _____
(parent, guardian, or coach-if under 18 yrs old)

Send completed entry form and entry fee to: Birmingham Track Club, P.O. Box 7531
Birmingham, Alabama 35223. Phone: (205)870-4555 MAKE CHECK PAYABLE TO:
BIRMINGHAM TRACK CLUB.

The first VULCAN RUN entry form from 1975.

**VULCAN RUN HISTORY (Part 1)**

<Continued from Page 2>

with 1392 finishers in the 10K, so perhaps it was the cold, blustery weather that kept runners away in 1979.

The 1981 race saw a new title sponsor, Sonat, and a new race director, Rick Melanson. This combination reinvigorated a race that seemed to have reached a plateau in its growth, and once again participation nearly doubled with 2367 runners completing the 10K. Race notes indicate that those runners represented 20 states and ranged in age from 6 to 74. Organizers attempted to stage runners by previous finish times with race numbers assigned accordingly and times adjusted based on those numbers in this pre-electronically-timed era. Finisher shirts were color coded to reflect finishing times with gold (under 35:00), silver (under 40:00), and bronze (under 45:00) shirts going to the fastest runners and blue (under 50:00) and white to the rest. Ninety-eight runners claimed a gold shirt. For the first time the race was broadcast live on WERC radio, and for the second time in a row Stephen Bolt won the race.

Sonat continued as title sponsor in 1982 (and in 1983 – 1985), and the race saw yet another huge jump in participation with almost 4000 runners registered for the 10K. Once again Dr. George Sheehan spoke at the BJCC the night before the race. This year's race was the first time the event served another purpose, the Southeastern Track Club Championship. The Championship drew almost thirty teams to Birmingham with Racing South and the Atlanta Track Club finishing one and two as Racing South's Benji Durden won the race. The winner from the previous two years, Stephen Bolt, ran and won the marathon instead of the 10K. While the route in 1982 was similar to the one used today, it started farther north on 19th Street and finished south of what was then called Woodrow Wilson Park on 20th Street at 5th Avenue North. Those of you who have finished race after race by running up the incline that begins there can appreciate its absence.

Apparently the Southeastern Track Championship was not the only draw for the Vulcan Run 10K because 1983 saw yet another jump in participation. Nearly 5000 runners took part. For the first time the race added a post-race party and expo at the BJCC following the race, complete with an awards ceremony and videotaped highlights of the race. Once more the course was changed slightly. The start was moved to 18th Street North then cut over to 22nd Street North on 4th Avenue North before

VULCAN RUN HISTORY (Part 1)

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VULCAN RUN HISTORY (Part 1)

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turning on 2nd Avenue South and following the current route. The finish line was on 20th Street at 4th Avenue North. *The Birmingham News* included a color map with elevation chart and a spectator's guide indicating when leading runners could be expected to pass certain points. The surprise winner was David Branch, a runner from Traveler's Rest, SC, who had finished 14th the previous year. Benji Durden, the reigning champion, was hindered by a sore foot and finished second in his age group, well out of the top ten.

The highlight of the 1984 race was the course record of 28:18 set by Marcos Barreto from Mexico City. The top three finishers each racked up a time under 29 minutes. In fact that year's third place runner's time of 28:54 would have won every previous race except for Bill Rodgers' victory in 1976 on a course that was not certified.

Beginning with the 1985 race, the Vulcan Run began to see a decline in participation. Approximately 4200 runners participated, down from 1983's record number of nearly 5000. Record holder Marcos Barreto could not repeat his previous year's success, finishing fifth at nearly a minute behind his record-setting time from 1984. Ashley Johnson did not challenge Barreto's record time but did win a tight race. The top four runners finished within nine seconds of each other.

Marcos Barreto redeemed himself in 1986, coming close to his record time once again by finishing in 28:22 and holding off second place finisher Steve Jones by three seconds. New title sponsor Pepsi/Buffalo Rock joined the event, but participation continued to decline with 3112 runners registered for the 10K. An eighteen-year-old Scott Strand ran in this race, finishing second in his age group with a time of 32:05.

Though still unable to repeat his record-setting performance from 1984, Marcos Barreto won the race for a third time in 1987, this time defeating his friend and countryman Jesus Herrera by just seven seconds on a cold, windy day. The start of the race was delayed about 30 minutes when a wheelchair contestant had a flat tire.

The 1988 race saw a slight surge in participation with nearly 3500 runners competing. This year there was live television coverage of the race on WBRC with commentary by the legendary Eli Gold and Ashley Johnson, world-class runner and 1985 Vulcan 10K champion. Drizzle and high humidity may have contributed to



Runners fight up 'Heartbreak Hill' on South 20th Street in 1976.



Tuskegee's Wilson (R) pressed by Rogers (L), Leddy.

the slower pace that provided a winning time of over twenty-nine minutes for the first time since 1983. Three-time champion Marcos Barreto did not compete, and the race was won by another Mexican athlete, Rafael Zepeda in 29:03.

In 1989 about 2500 runners completed the 10K with males outnumbering females about three to one. Ashley Johnson left the broadcast booth and returned to the streets on a clear and chilly day to win the race again, beating his 1985 time by

**VULCAN RUN 10K WINNERS
1975 - 1990**

1975	Frank Bromberg, 30:14	1983	David Branch, 29:16
1976	Bill Rodgers, 28:35	1984	Marcos Barretto, 28:18
1977	Bill Rodgers, 28:55	1985	Ashley Johnson, 28:56
1978	Bill Rodgers, 28:56	1986	Marcos Barretto, 28:22
1979	Bill Rodgers, 29:07	1987	Marcos Barretto, 28:34
1980	Stephen Bolt, 29:13	1988	Rafael Zepeda, 29:03
1981	Stephen Bolt, 29:16	1989	Ashley Johnson, 28:47
1982	Benji Durden, 29:09	1990	Ashley Johnson, 29:01

nine seconds. Pepsi/Buffalo Rock continued as title sponsor, and Food World provided a free pasta dinner to participants at the race expo.

The 1990 race saw Ashley Johnson join Marcos Barreto as a three-time Vulcan Run champion. Fifteen years into the life of the race, no one had managed to match Bill Rodgers' impressive run of four consecutive victories. Official results show both Johnson and second place finisher John Scherer with finish times of 29:01. The narrow three-tenths of a second victory was the closest in Vulcan history. Third place finisher Scott Fry finished just five seconds back. Of the approximately 2300 runners who completed the race, males still outnumbered females three to one. 1990 marked the final year of sponsorship by Pepsi/Buffalo Rock. During that tenure the race donated \$235,000 to Children's Hospital.

NEXT MONTH (Part 2):**The Vulcan Run 10K,
1991 - 2012**

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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*
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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

Hi BTC! I hope this finds you all well after a long summer.

This summer, as we were going about the business of BTC--- planning Thursday night and Saturday morning socials, designing new BTC apparel, preparing for our Fall events (BTC Triple Crown Half-Marathon Challenge, RRCA 10 km State Championship Vulcan Run), assisting in the Alabama Outdoors Tuesday Night Trail Series at Red Mountain, and working on improvements to the BTC website among other things--- an issue came up that got our immediate attention.

I was contacted by neighbors, and by State Representative from Homewood and Hoover Paul DeMarco, about the issue of a pedestrian bridge being considered over Highway 280 at Hollywood Boulevard, connecting Homewood to Mt. Brook. BTC runners will immediately recognize that bridge as "Starbucks Hill" or "the hill on Hollywood". This is the bridge we cross frequently, taking our lives in our hands as we cross it and pray that a car or a strong gust of wind does not knock us over onto Highway 280 far below.

Representative DeMarco had identified an opportunity of state and federal funding, and had secured the cooperation of Birmingham and Mt. Brook. All that remained was for the Homewood City Council to approve pursuing the application for the project, as well as funding 50% of a design (with the remaining amount coming from Mt. Brook). While the project was supported by Homewood Mayor McBrayer and Hollywood City Council members Jackie Langlow and Peter Wright, it was being contested by another City Council person.

I was asked if the BTC could write a letter in support of this project. I took it to the BTC Board and Committee Chairs at our July meeting, and of course received unanimous support to write a letter to the Mayor, the City Council, and Representative DeMarco on behalf of the entire BTC. If you follow me on Facebook, then you have read this letter, and you know that I received 108 "likes" and many, many comments in support. My letter is as follows:

"My name is Jennifer Andress and my husband and I are ten year Homewood residents in the Hollywood neighborhood. I am also the incoming PTO President at Shades Cahaba, a member of All Saints Episcopal Church in Edgewood, a member of the Holly Oak Garden Club, and an active member of the Service Guild serving the Bell Center for Early Intervention Programs.

I am writing to you, however, as the President of the Birmingham Track Club, which has more than 900 members and is growing. I have been authorized by our club to write to you expressing our support of a pedestrian bridge over Highway 280, on Hollywood Blvd.

The bridge in question is used by hundreds of runners each week, and each time it is crossed, a runner puts their safety in jeopardy. The bridge is heavily used by cars, extremely narrow, and has a low barrier/safety rail, which would not prevent someone from falling off of the bridge onto Highway 280.

Last year the running community lost a wonderful member, Sundee Caplash, in a traffic accident. He was hit by an off-duty police officer on this same road, just over a mile from Highway 280. There is no need to see that tragedy repeated, but we fear it is only a matter of time before someone is hurt or perhaps killed on this bridge.

We understand Mt. Brook has expressed support for the construction of this bridge. I, along with 900 Birmingham Track Club Members, ask you to please add your support, commit the necessary funding, and make this project a reality. Runners from across North Central Alabama converge on Homewood to run on a regular basis, and we would like to make sure they all have a chance to experience the Homewood we have grown to love: the wonderful, forward-thinking community which always puts its citizenry first and foremost.

Thank you for your support. Making this bridge happen now is the right thing to do for our community and our citizens' safety."

I received a reply from the one City Council person who was objecting to the pedestrian bridge, and while there was support from this person, there was also concern about losing retail sales and tax revenue to Mt. Brook. I replied as follows:

"Thank you for your reply, and for your support for this project.

There are two things to address from my perspective. As BTC President (and a parent, and a responsible citizen), the safety of runners (and walkers, and drivers for that matter) is paramount. It matters most that things get done for the safety of the public.

I agree wholeheartedly about a connection between the Shades Creek Greenway and the Jemison Trail- we would love to see that as well. However, it is not a risk to plunge onto 280 if hit in that stretch of road. [Also, as David Barry and Heather Milam later pointed out, this is a separate issue being addressed by the Freshwater Land Trust and the TIGER grant funding- JLA]

Secondly, as a tax-paying citizen of Homewood, I see first-hand the amount of business that comes to Homewood from the running public. We have a regular Saturday long run that leaves from downtown Homewood. Runners come from as far away as Harpersville from the south and Gardendale from the north to run with us weekly. Our routes take us over this bridge and back almost every week. After we run, large groups of us descend on O'Henry's for coffee. Ask Mary Adamy [O'Henry's Coffees], Faris Malki [Cahaba Cycles] and Valerie McLean [Trak Shak] how we have benefited their businesses. We stick around and shop and visit the farmer's market at Soho. Believe me when I tell you, if working with [Homewood City School Superintendent] Bill Cleveland has taught me anything, it is to Shop Homewood!

This is a win-win-win for us all. We strive for a healthy, connected community. Thank you for helping accomplish this goal.

I look forward to seeing you at the City Council meeting on August 13."

(Let me add here that I received permission and support from all of the above to mention them in my letter).

So on Monday, August 13, I along with my sons John and Will, and Natalie (BTC Long Run Coordinator), Jason and Cecily Ferguson, and Jack Burnette, attended the Homewood City Council meeting, where new sidewalks throughout Homewood as well as this bridge were on the agenda. Natalie and I spoke before a packed house, and delivered an impassioned plea for this project. Although neither Natalie nor I knew Sundee, we know those of you who did, and we spoke in memory of this wonderful man. I also copied all of the comments that I had received on

PRESIDENT'S MESSAGE <Continued on Page ?>

PRESIDENT'S MESSAGE <Continued on Page ?>

Facebook, as well as those left on the BTC page and the Saturday Morning Long Run page, and I brought them to the Council. At its request I submitted them to the official record.

I am pleased to report that Step One of this process towards a new bridge was approved at this meeting. The funds were allocated for a design, and the application process for the federal and state funding has begun.

As BTC member Stacey Gordon put it, it is sad that we are having to retrofit sidewalks based on out-of-date community planners from a generation ago that never imagined we might actually WANT to walk (or run)! But we have a large, collective voice in this club, and that is one that strives for health and well-being.

Thank you all for your support. Natalie and I have heard from

so many of you, and we love hearing your opinions. It makes us realize that although we have a lot fun in this club, we also can positively impact our community around us.

Have I mentioned to you lately how much I love this job??

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HOW TO BALANCE THE **PROPER NUTRITION** TO FUEL YOUR TRAINING

— By Sandra Koulourides

When immersed in a long distance training routine it is important to commit to including proper nutrition in your plan. Your body needs fuel to perform at its best. Since you will be putting yourself through rigorous training runs and various strength training and cross training activities it is imperative you provide your body with the nutrition you need to keep going.

Learn from founder of Fuel + Fitness, Sandra Koulourides, what to include in your diet to maintain the proper balance necessary for optimal training performance.

Proper balance of nutrients, carbohydrates, protein and fat, are essential for optimal performance. Nutrition is as important, if not more important, than training. The nutrients have different functions, thus the body needs a balance of all of them:

CARBOHYDRATES

Adequate carbohydrates (carbs) are necessary for sustained energy production. During very high intensity workouts, the body uses predominantly carbs for energy. During moderate intensity, fat stores are used for energy as long as carbs are available. Once carb stores are depleted, the individual will "hit the wall." Because of this, carbohydrates are the most important nutrient for fueling the body. The more active you are, the more carbs you will need.

PROTEIN

Protein is also important for building and repairing the body, especially after workouts. Fat helps the body absorb essential vitamins and also helps the fuel stick around longer so that the individual is not hungry all the time.

EATING PRIOR TO RUNNING

The amount of time between eating and running depends on the size of your meal. If you eat a full meal, you should wait at least 1-2 hours before you run. If you just eat a small snack, one hour or less would be adequate. If your meal or snack was eaten three hours or more prior to your run, having a small snack that includes carbs will help you train at a higher intensity.

**AVOID SIMPLE CARBS**

Eating a balance of carbs, protein, and fat is key to getting results from training. Prior to running, carbs are essential for energy. Simple carbs should be avoided before a workout because of the effect they have on blood sugar levels. Simple carbs (cookies, candy, chocolate) raise blood sugar quickly which is then followed by a drop in blood sugar due to the action of insulin.

EATING AFTER YOUR RUN

After training a combination of carbs and protein is key. Fueling should be 30 minutes to one hour after a run. The body is in need of carbs to refill its energy stores. Protein is needed to build and repair the tissue damage that has occurred during your training. If you do not adequately refuel both carbs and protein after runs, you will have sub-optimal results as well as lack energy in future training. In addition, making sure you hydrate adequately before during and after running is important for performance. During intense training it is not uncommon to lose several pounds due to sweat. Even a 1% drop in body weight due to sweat can increase body temperature as well as heart rate, which will limit how hard you can push yourself. •

FROM ANOREXIA TO ULTRAMARATHON

— By Kathleen Hamrick

My father was diagnosed with a brain tumor in 2006, during my senior year of high school. My seven siblings and I feared for his life; even with surgery, his risk of death or brain damage was high. Despite the news, our athletic lives remained largely unchanged. Sports had always been as important as academic performance in our household, and each of us had a sport of choice. Before Dad's diagnosis, I was a high school cross country runner who did not take the sport seriously. Following the news, I began to use running as a way of coping; I ran further and felt better.

Issues began not with running, but with restriction. As the time for my father's surgery drew near, I began eating less. In the months to follow, I decreased intake slowly and steadily, which provided me with the illusion of having control and willpower over this situation. It was not long before I no longer controlled my food intake, rather, it controlled me.

By the time I was a freshman at the Savannah College of Art and Design (SCAD), I had developed a full-blown eating disorder: anorexia nervosa. Anorexia is characterized by excessive food restriction, an irrational fear of gaining weight, and a distorted body image. Though this disease is largely psychological, in advanced stages the physical consequences are severe: imbalance and depletion of hormones and essential nutrients, cessation of menstruation, growth of fine hair covering the body as it loses energy and fights to stay warm, osteoporosis, brain atrophy, organ failure, cardiac arrest, and a host of other life-threatening complications.

I continued to run but ate minimally for a year, which resulted in many of the physical consequences



Kathleen during her weight loss.



A recovered Kathleen—happy and healthy

listed above. At the end of 2006, only a month after transferring to the University of Alabama at Birmingham (UAB), my weight reached a low of seventy pounds. Though the disease prevented me from seeing it at the

time, death was almost inevitable.

Luckily, a friend from SCAD visited me in Birmingham just in time. He was honest, letting me know how surprised he was to see my rapid and dangerous weight loss. I became aware of how nutritionally deprived I had become. I saw my body as it was, and realized I was dying.

We had dinner together that evening. Afterwards, I showered at my dorm. It is difficult to describe the sheer horror I felt in taking my hands and letting them slide across my emaciated body while showering that evening, realizing the damage could not be undone in one evening or even a month. My tears were fierce and mingled with the shower water until I was washed clean. I called my mother and said, "I've lost a lot of weight. You will not recognize me. I need help."

Mom and I went to Kirklin Clinic together. A physical revealed that my electrolytes were at dangerous levels, my vitamin and protein stores were depleted, my thyroid was not functioning properly, none of my reflexes worked, my kidneys were failing, my liver was not functioning properly, my lungs were closing, I had 2 stress fractures, my blood pressure and pulse were dangerously low, lanugo (fine hair) covered my skin, and I would require bone density scans to ensure that I did not have osteoporosis.

Recovery required patience. Tasks once taken for granted became monumental efforts. Even though I had taken gymnastics classes for thirteen years, I collapsed on myself attempting a cartwheel several days after the appointment. I was weak physically and mentally, but not spiritually. Mom and I celebrated all steps forward: small and large. One of the first and most important aspects of recovery was regaining lost weight,

ANOREXIA <Continued on Page 9>

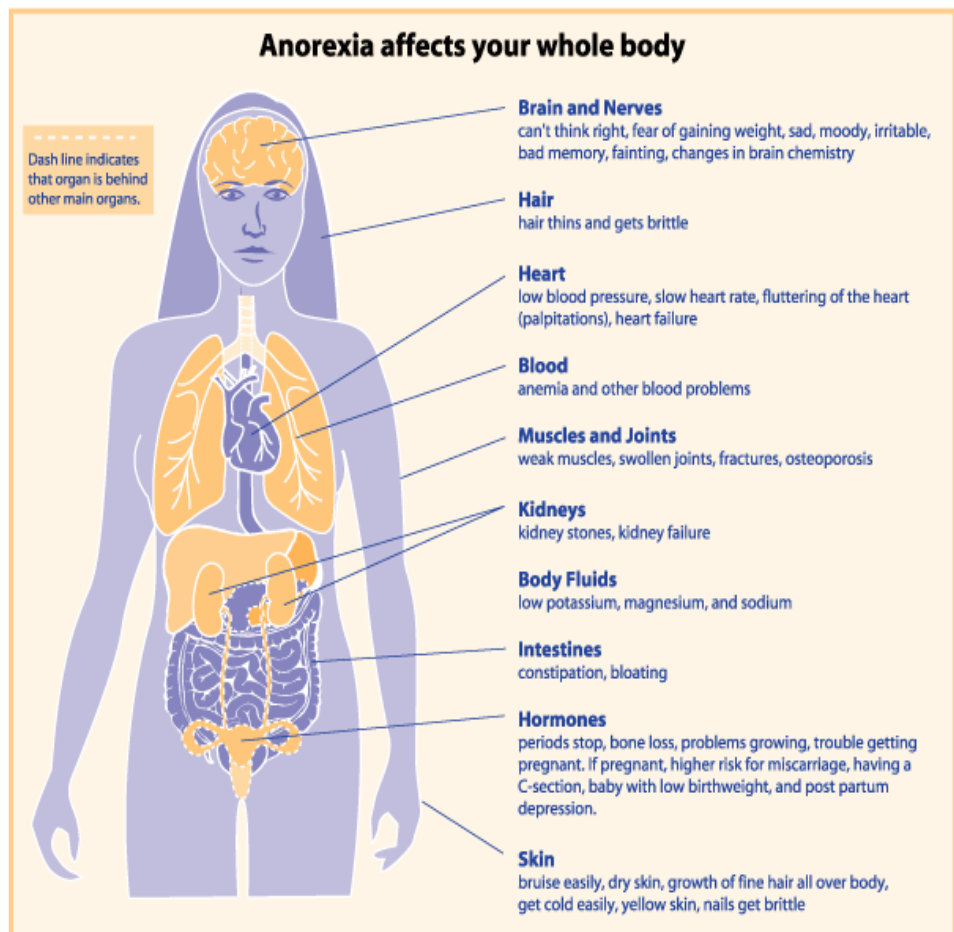
ANOREXIA <Continued from Page 8>

which meant gaining a minimum of fifty pounds.

Though the shock of my dire physical state motivated me to recover, gaining weight was extremely difficult. Recovering my health meant transforming the way I viewed my body. Each day was an emotional struggle, but I was encouraged by increasing physical strength. Within months, I had nearly reached goal weight. Muscle recovery was much more difficult. I enrolled in gymnastics classes to regain muscle and to re-learn athletic skills I once considered easy.

At one-hundred and twenty pounds, I longed to run but struggled to gain the remaining five pounds to reach target weight. My doctor stressed the importance of reaching a healthy weight before running, explaining that a low weight would lend itself to serious health risks and potentially irreversible injuries. The thought of running gave me a reason to strive for five more pounds, and I reached my target weight shortly thereafter. My reward: beginning to run again.

After a month of easing back into running, I spoke with my doctor about the feasibility of registering for the Mercedes Marathon. Rather than try to dissuade me, she realized the marathon was a reason for me to protect and improve my health, and she agreed that as long as weight was maintained, I could run. I registered for the race late, so there was little time to prepare. The extent of my longest run was six miles, but despite little training, I finished in less than four hours. To date, I have run mul-



<https://www.womenshealthzone.net/eatingdisorders/anorexia-nervosa/effects/>

tiplle marathons and half marathons and will run my first ultramarathon in November.

I am now five years recovered and see many parallels between recovery from anorexia and participation in endurance racing. Recovering from anorexia required re-learning how to eat; endurance running requires eating well to make it to the finish line. It took time for my body to heal from anorexia, and it takes time and patience for the body to adjust to lon-

ger distances without injury. Both overcoming anorexia and endurance running require courage to persevere and devotion to strengthening the body. In *The Story of Success*, Malcolm Gladwell writes that "we prematurely write people off as failures," and that "we are too much in awe of those who succeed and far too dismissive of those who fail." With this in mind, be aware that in recovery from our greatest failures we may find strength we never knew existed. •

GET INVOLVED...CONTRIBUTE TO THE VULCAN RUNNER

Got a running story, running advice or running photos you'd like to share?

Send an email to: btcpresident07@gmail.com



The "Barefoot Contestant"

A Long Running Series — By Stacey Gordon

CHANGE AFOOT

Yes dear readers, if you are still with me and wondering when I was going to get around to describing my experience actually wearing the Vibrams, you are in luck.

Thanks to some great training tips from Coach Carl, things eased up a bit on the pain. After several months and some major life events (new job, moving etc...) I had started working out at Carport Crossfit, in Irondale, and was trying to decide what to wear on my feet. I knew most regular running shoes weren't optimal for the type of training they did. Crossfit style workouts call for a shoe that gives an accurate feel or close grip on the ground for balance as well as lateral stability. Hoisting heavy barbells, slinging kettle bells, tossing wall balls and pushing sleds around will put the traction of any shoe to the test. Additionally, I also needed the ability to run the shorter, more intense distances that were often a part of the workouts. Most were a mile or less. Ever so slowly, akin to the designated last finisher at a marathon, it occurred to me that the running distances that usually comprised their workouts were exactly what a newly minted, Vibram wearing soul such as myself should be running.

Click.

Decision made.

At the gym the next morning the WOD (Workout Of the Day) required that we run a full mile, to be followed by a round of one legged squats and thanks to an induced state of delirium, I can no longer recall what followed. As our 5:30am group took off along the railroad tracks, I suddenly found myself at the front of the pack. My steps were initially tentative since I wasn't sure what to expect. After a few hundred meters I did a full body "check-in". My feet were comfortable and my legs were moving smoothly. Nothing hurt. I couldn't remember the last time I had actually run "only" a mile. I had no idea what my time would be.

I could hear the footfalls of people behind me.

The chase was on!

I could feel that there was some gravel beneath my feet, but it didn't stab or feel "sharp" through the Vibram sole. I paid close attention to the road surface and avoided large chunks of broken asphalt or rocks. I tried to focus on my form and pour on a little of what passed for Master's division speed. The noise behind me faded, and my mind drifted back to assessing how the shoes were doing. They were certainly different. My calves weren't screaming at me like they had previously, and I envisioned that every step taken was restoring strength to muscles that too much civilization had weakened. Distracted by my thoughts I once again realized that I was hearing the footsteps approaching. I kicked it into another gear I didn't even know I had. As the footsteps faded, I once again focused on my legs and feet. The pain I kept anticipating never materialized. I finished that mile in 7:11. Not an Olympic qualifier by far, but pretty darn good for someone whose normal race pace is anywhere from 8:15-9:00 depending on the distance.

After that performance I decided to give the Vibrams another full-fledged trial. Perhaps I'd been hasty in my initial assessment. Wearing them to my Crossfit workouts was part of the plan. The running distances were optimal for acclimating myself to the shoes. Additionally,

I thought my adjustment would be further enhanced by wearing the shoes as many hours a day as I could reasonably fit in. I bought an additional, colorful new pair of Vibrams: Women's Komodo Sport, and began wearing them to work as often as possible. This allowed me to spend many more hours per day in them, presumably helping my calf muscles and tendons adjust more gradually.

In order to be fair to the process expounded by McDougal, I resolved to be more patient with the acclimation period.

After two weeks of Crossfit workouts and all day wear I figured I'd accumulated enough "time in Vibram" to try running more than a mile. I gradually worked up through routes of 3 to 4 miles in my hilly Crestwood neighborhood. For some reason, completing the Wednesday night 5 miler in Homewood loomed large. Perhaps because it took me "away from home" it seemed more challenging. I'd be out there in the world, practically barefoot and I'd have to run my way back to relative safety.

It all worked out pretty well, and I had just a little nagging soreness in my left calf. I hoped that with further adjustment it would resolve itself. I challenged myself with my regular, 10k neighborhood route. A couple of slow morning runs followed by a PR had me completely rethinking my attitude towards the Vibrams. It was time to bump the mileage up another notch. Conveniently, the ShiJenBen running group had a 7 miler leaving from Pepper Place on Saturday mornings. More success followed but the soreness from my calf migrated south to my Achilles tendon and has been lingering there ever since. It's tolerable but not optimal. It should be mentioned here that I do not wear flip flops. I do not wear them because I truly loathe (putting it mildly) crap anywhere between my toes. Wearing shoes that isolate each toe was quite a personal stretch for me, but the journey down the path of minimalist conformity required that I tolerate it. After a period of time I would stop noticing the material jabbing my toes but once the shoes were off, it took quite a while before the deep lines and creases smoothed themselves out. I dismissed "prune toe syndrome" as "part of the acclimation process" and mentally steeled my feet against all onslaughts.

As I wore them more frequently, I also began to notice that, while they seemed to be well-suited for smooth surface, road running, they were less than perfect in other situations. Small pebbles, gravel and even small bits of broken glass were not an issue. The Vibram sole was good protection against those, and I felt less likely to twist my ankle if I did step on something. Larger rocks and big shards of glass were something else entirely. I was also uncomfortable with the idea of using them as trail shoes. Smacking toes on rocks and roots is a common occurrence in trail running. Add in to the equation the possibility that an obstruction could get jammed BETWEEN my toes, smashing AND parting them simultaneously was too much to bear, so I reverted to my trusty, Adidas Adizero's, for the Xterra half at Oak Mtn.

I did indeed smack into a few obstacles which caused me to trip and fall a few times. My toes were bruised, but the solid front of my "real" shoes protected me from severe injury. Zealots in the barefoot movement would probably have made the argument that, had I been running more "naturally", more "in touch" with where the end of my

BAREFOOT CONTESTANT <Continued on Page 11>

BAREFOOT CONTESTANT <Continued from Page 10>

foot was, I might not have hit the obstacles at all. It is quite possible they may be right, in theory, but I prefer that the rocks be less “in touch” with me. I’ve had too many broken bones over the years, and I am not willing to sacrifice the sanctity of my feet on this point.

Additionally, I find that the Vibrams don’t seem to “breathe” or drain water very well. After a long run, the Vibrams always seem to be sodden with sweat when I remove them from my feet. Rainy days and puddles turn them into squishy, noisy messes in constant contact with my skin. After one rain-soaked, puddle-hopping adventure, I couldn’t wait to get the soggy things off of my feet. I fully expected to see that trench foot had set in. If it is a rainy day at Talladega, I will rip these things off my feet at the finish line faster than you can say Dale Earnhardt!

Despite pointing out a few imperfections, I can honestly re-

port that my progress has been mostly positive. I fully expect to be able to gradually nudge up my long distance runs to pull off a reasonable half marathon training schedule. In the name of science, come rain or shine, I will see you all out at the Talladega Half Marathon.

Author’s note: “The Barefoot Contestant” - A Long, Running Series will document my long running experiment, so to speak, with running in Vibrams. My current goal is the Talladega Half Marathon. Stay tuned. Also - if anyone can provide some grammatical guidance regarding why/how/where I should use the word barefooted vs. barefoot I would greatly appreciate it.

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

The View from the BACK OF THE PACK

— By Michele Parr

Six weeks of speed work. Six weeks of getting out of bed at 4:30 on Tuesday morning to meet Danny and a core group of masochists to punish our bodies to see if we can get faster. Six weeks of running repeats: 400’s, 800’s, and miles before punishing ourselves with 200’s. It was hard. The mile repeats were probably the hardest thing I’ve ever done physically. Six weeks. I learned a lot in six weeks.

I learned that running around a parking lot is just as awful as it sounds, but if you’re going to do it 5:30 in the morning is a pretty good time of day for it. I learned that I can run that miserable 400 meter loop eight times in a row and finish the eighth one within a couple of seconds of the time it took me to run the first one.

I learned that Surrey Road in Mountain Brook forms the perfect half mile circle even if it is uphill both ways. I learned that I can run it at about the same pace in either direction and that I can do all five repetitions even though I was expecting to do four. I learned that I can do three one-mile repeats and run each of them at under a 10:00 pace.

Most of all I learned what running fast, for me, feels like. I made a mental connection between leg turnover, oxygen deprivation, and what is possible. I already knew better than to underestimate the mental aspect of running, but this experience helped me to channel it, to make it an asset.

I knew when I started speed camp that the target for the training was the Retro Run, one of those Birmingham runs that is more event than race. It’s big and irreverent. It’s a street party with a 5K appetizer. Unless you’re on the front row at the start, it’s not really the best race for setting records. Nevertheless, I worked my way into the crowd at the start ready to race my plan.

Traditionally it rains on this race. And it did rain on race day, three times during packet pick-up. As we awaited the gun, the



Michele Parr

wind picked up and ominous black clouds appeared overhead. Mercifully they kept right on blowing by, the gun sounded, and off we went.

This time I had my Garmin strapped to my wrist so I could track my progress. Its purpose was to help me be sure I didn’t go too quickly on the downhill start or fade too badly on the long Central Avenue uphill. Down the hill and around the corner I knew I was too fast and had to reel it in. Mile one I was right on target. Mile two I was still on target. Just into mile three I had to stop to tie my shoe, something that doesn’t usually happen when I run slowly. Back to Central, wave at Tracy Pool, admire the rainbow, turn right, down the hill, u-turn, and long run back up Central. Danny advised us campers to save something for Central and that if we did we’d be passing people. He told the truth.

When I got to the turn onto Reese, there was Danny. He spotted me, glanced at his watch, smiled, and called out, “Unless you fall down, you’ve got this!” He knew I was looking to beat 30:54. He knew I was 300 yards from the finish. He knew how fast I could run the last tenth of a mile. So did I. Up Reese, left on 18th, finish line in sight, time to kick it. Across the finish line, stop the watch, 30:43. Mission accomplished.

If you look at the “official” results for this race, you’ll find me listed at 30:20.6 and 369th out of 681, still behind the middle of the pack. The finish position may be right, but the timing is definitely off. It’s hard to time a race with this many runners by hand. It’s hard even without the bandits who run without entering the race or wearing a number and who cross the finish line. It’s hard even without the runners who have finished and then doubled back to run in their friends and who cross the finish line AGAIN. Who knows? Maybe without that crowd at the start and maybe without the shoestrings incident, maybe I would have run 30:20. Either way, I have a new PR, and that 30:20 gives me something new to shoot for. •

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Ever Heard of Edgewood Lake?

— Al DiMicco

"Happiness is good health and a bad memory" — Ingrid Bergman (1917-1982)

For what seems like a thousand years, the go-to running route for Birmingham long distance runners is what's called the Lakeshore Trail or the Lakeshore Greenway. Even before the Greenway was built about 10 years ago, we used to gather at the old Brownell Travel Agency Building and run along Lakeshore Drive, dodging early morning traffic. But, one day we noticed that parallel to Lakeshore was a cleared dirt path that extended basically through the adjoining bushes and briers, next to Shades Creek, which is a meandering small river that never widens to more than 8-10 feet. This cleared dirt path was eventually (everything constructed, repaired, or planned in Birmingham must also be preceded with "eventually") paved and is the first 2.5 miles of an "eventual" 5+ mile bike/run path - remember I said this was completed about 10 years ago, so I'm not sure we'll ever see that additional 2-3 miles. Anyway, we usually start a mile to the east of the path, at the NBC Bank Building, and add a 1.5 mile loop on the west end to have a total 8.5 flat circuit by the time we get back to NBC. This has been essentially the default that is included in most long Sunday long runs. From this basic start you can morph into any long run distance you want through Homewood, Mountain Brook, and the Southside of Birmingham. So, what's the big deal about all of this? Well, one of my major interests is local history, and in my search as to why this area is called "Lakeshore" I came upon a bit of almost forgotten history that probably most runners who traverse this area never had the slightest idea ever happened. Then again, maybe everybody knows about this EXCEPT me! But, I'm going to tell you all about this. Hopefully, those here in Birmingham will find this interesting, and those of you living elsewhere...well, I'll be back next week.

You see, many years ago, this loop of ours ran along the shore of a 110 acre lake! Edgewood Lake, as it was called was an artificial lake created by damming Shades Creek at Green Springs

Highway in Homewood. Lakeshore Drive was so named because it paralleled the northern shore. The dam was first announced in June 1910 as part of the proposed Birmingham Speedway to be constructed for the Birmingham Motor Club. A streetcar line ran from downtown Birmingham, 5 miles to the north, to a point on Old Columbiana Road just shy of where it crossed Shades Creek. This is usually one of our turn-around points on our long runs and there is a sometimes working water fountain at this point where a trolley once dropped off folks from the city. I never realized that Shades Creek, which runs next to the water fountain, was dammed here in 1912 and became the western bank of a lake over twice the size of East Lake, which is still currently in East Birmingham. From this current runner's watering hole, Homewood would become a "streetcar suburb" to downtown.

A log clubhouse was erected for the Edgewood Country Club that same year. It was purchased two years later by the Birmingham Motor and Country Club. The club lobbied for the paving of the streetcars right-of-way to allow for Birmingham's new elite class of motorists to make the journey into the valley. They planned a "motor speedway" circuit around the lakebed. A great race track, designed after the Indianapolis Motor Speedway, was begun and graded but never completed. It's north and south straightaways are now today's Lakeshore and South Lakeshore Drives (which used to be part of the route of the old Vulcan Marathon in the 80's and 90's). Amenities at the club included a swimming pool, dance pavilion, fishing, boating and parking for hundreds of automobiles. Similar to golf or tennis clubs, this was instead a driving club since the ownership of an automobile was the latest rage. The place became a favorite locale for dances, barbecues and meetings for as many as 25,000 people at a time.

By the fall of 1915, the lake, 6,500 feet long and no more than 750 feet wide at its western end, was filled and stocked with bass and bream for fishing. It was the signature feature of the club's 400 acre property. In the mid 1920s the clubhouse was opened to the public to what was then known as Edgewood Park.

Early in the 30's, and again in 1933, the lake was dry because torrential rains had destroyed the dam, emptying the lake and causing flooding downstream. In 1934, Edgewood Park was joined by Homewood's Shades Creek Park to the east, at the present site of Brookwood Village mall, in providing recreational opportunities in the valley. A walking path connected the new public park with the circuit around the southern shore of Edgewood Lake, basically South Lakeshore Drive.

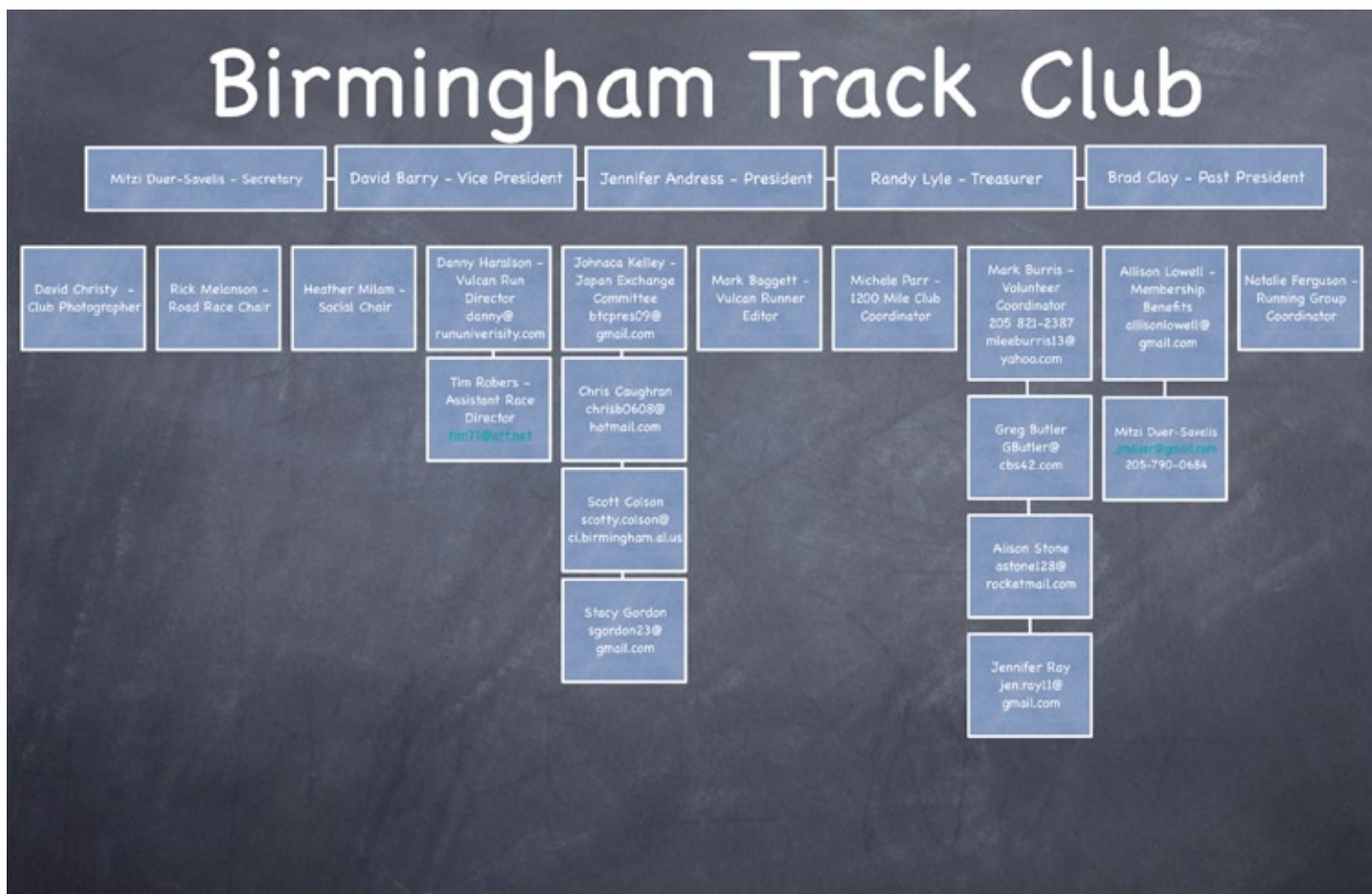
In 1935 Jefferson County repaired the dam, restoring the lake. The vacant clubhouse was demolished in 1938 and the land deeded to the County, which had difficulty maintaining it (things don't change, do they?). The county claimed that the lake was too shallow for good fishing anyway and that extensive improvements were needed. Thus, Jefferson County drained Edgewood Lake in the spring of 1946 ostensibly for repairs. The repairs never came about (surprise!), and they turned over 100 acres of the again-dry lake bed to Howard College, which later became the present Samford University. Attempts by residents to have the lake restored failed and redevelopment of the area was allowed to proceed. And now, this once magnificent area is home to Homewood High School, Samford's Soccer field and a beautiful Track and Field Stadium. It also has a Retirement Home and assisted living houses that I'll bet house several elderly folks that very well remember what history lies beneath their feet. And of course, it is used daily as a central gathering area for Birmingham's long distance runners.

I hope I've brought to light a little history that sadly seems forgotten. I do find some pleasure and a distant connection in the fact that our frequent running visits keeps this area alive. It's still a place to meet friends, to have fun, and now, a place that I'll have a lot more appreciation when I see you all on the roads.

"One child lost is too many...one child saved can change the world" •

Email Al DiMicco at
262coach@gmail.com

ORGANIZATIONAL CHART FOR THE BTC



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

BTC MEMBER NAME	TOTAL	JULY '12	JUNE '12	BTC MEMBER NAME	TOTAL	JULY '12	JUNE '12
Adamy, Mary	500.8			Jones, Delpha	541.84		28.42
Affuso, Olivia	747	163	156	Jones, Latoria	488		72
Allen, Darnell	870.4	128	127	Kahn, David	472.47		79.66
Andress, Jennifer	1054	136.5	105	Kirkwood, Teresa	667	125	87
Armstrong, Tommy	366.2	56	69	Kuhn, Jimmy	888		0
Atkins, Brian	523.7		65	Langston, Richard	737.63		101.29
Ballard, Bill	790.3	134.1	178.5	Lindsey, Jonathan	507.57	109.9	32.82
Barry, David	1054.9	160	150	Longshore, Les	100	21	22
Baskerville, Jennifer	814.1		146.2	Losole, Liz	695	96	105
Benner, Kimberley	398	48	40	Lowell, Allison	1083.12	203.96	177.74
Benson, Wayne	769	114	119	Lucas, Jane	678	111	102
Bettis, Natasha	88			Lupinacci, Tim	704	103	81.5
Bonatz, Ekkehard	1778	290	248	Lyle, Randy	1577.4	237.2	219
Booher, Lisa	951.67	113.7	114.58	Martinez, Jeff	457.5		
Bradshaw-Whittemore, Al	374.1	19.6	28.8	McCalley, Charles	596.65	49.4	60.4
Brown, Charlie	577.3		82.84	Meadows, Bryan	732.52	114.24	115.8
Bryant, David	1134	189	164	Milam, Heather	600.43	64.2	58.4
Bullock, Sharon	243.6			Morgan, Cary	597		
Burke, Chad	985.5	152	164	Morgan, Danielle	843.2	97.5	93
Burnette, Jack	616.6		112.8	Morgan, Phil	840.8	106.5	104
Burton, Daniel	603	105	161	Morrow, Alex	1130.75	230.7	213.6
Caldwell, Greg	661.8	111.7	97	Muck, Randall	172		
Chandler, Teresa	715	129	109	Myers, Bill	949	126	100
Clay, Brad	1707	315	203	Nealon, Tonya	192.21		
Crain, Teresa	226.4			Northern, Kristie	670.6	173.55	155.75
Crawford, Jennifer	881	172	124	Oehrlein, Kimberley	558.3	68.8	94.1
Creed, Brad	551.9	70.1	60.3	O'Neal, Alicia	747	133	121
Davis, Wayne	599	44	49	Parr, Michele	603	106	99.5
Dean, John	511	121	140	Pasqualini, Ellie	832	115	77
DiMicco, Al	872.1	140.2	125.3	Pasqualini, Greg	615	100	71
Dodson, Brooke	683		127	Patterson, Cathy	916.5	142	147
Dortch, Cherie	481.64			Pearce, Julie	776.64		175.67
Dunham, Kelly	649.95	75.6	80.9	Perry, Jeff	1542.5	238	241.8
Dunn, Wade	577			Phillips, David	605		130.2
Engels, John	739.3	82.7	111.1	Phillips, Stefanie	1113		174
Estes, Jeff	342	70	81	Porter, Chilton	325	42	39
Evans, Bob	709	101	110	Randall, Lisa	1050.89	156.83	148
Farrell, Meredith	480.6		78	Reisinger, Kaitlin	584	99	95
Fite, Rebecca	830.02	145.44	114.73	Richey, Jim	382.4	18	24
Ford, Joe	749	104	90	Roberts, Tim	899.8	76.3	102.4
Franklin, Shane	905.66		155.79	Rollins, Stephanie	228.4		28
Frederick, Winston	836	114	131	Ross, Nate	947.1	89	130
Ganus, Jack	700		94	Rushing, Lance	128.51		
Gann, Michael	1047	161	145	Russell, Tom	805.99	108	120.48
Gillis, Sam	766	42	142	Rutherford, Keith	1030	180	175
Glaub, Chris	792		87	Sample, Holly	366		
Goode, Johnny	994	163	180	Schedler, Amanda	536.85		
Goolsby, John	512.45	58	62	Sharpe, Kaye	28		
Greenwald, Bill	652	181	100	Shaw, Michelle	30.89		
Grossmann, Christopher	728.87	103.89	100.7	Shinn, Ron	326.71	138.31	29.83
Guenster, Dirk	693.4	44.84	71.86	Silwal, Suman	928	223.4	76.3
Hales, Susan	471			Skjellum, Jennifer	767.8	103.12	108
Hallmark, Daryl	848	172	116	Smith, Jerry	737	92	101
Haralson, Danny	573.5		53	South, Christopher	454.62		
Haralson, Micki	525.2			Stearns, David	771	110	114
Hargrave, Alan	717	130	102	Stewart, Amy	100		
Harris, Vickie	552		101	Stockton, Rick	853.45	118.6	146.5
Harrison, Lisa	820.5	127	108	Stroud, Vanessa	879.65	127.3	143.7
Hathorne, Chad	487.29		74.58	Thornton, Dean	635.5	104.5	119.3
Haugh, Spencer	658	133	113	Thursby, Vann	931.58	179.72	150.82
Henry, David	731.1	94	106	Tichnell, Josh	398.43		
Hickerson, Patrick	785	102	116	Turner, Kile	609.55		79.26
Hill, Jim	886.2	90.5	70	Turner, Sara	640		122
Hiller, Russ	984.23	141.92	130.81	Washburn, Kevin	972.28	107.39	158.1
Hinton, Gretchen	474.8		37.3	Weisberg, Scott	922		103
Honea, Todd	706	93	115	Whatley, Prince	1584.6	194.6	305.3
Hopper, Erica	1198.7			Whitford, Ray	789.5		140.8
Hoover, Alison	764.97	143.1	118.01	Wingo, Greg	981	170	177
Hulsey, Donnette	378.26		75	Woody, Bill	836	145	127
Ingram, Joseph	324			Wu, Xing	801.21	96.6	120.32
Ingram, Kimberly	158			Yancey, Lisa	443.4		72
Izard, Melody	714.6	105.05	113.35	Zehnder, Justin	831		
Jenkins, Mike	774	121	111				

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

1200 MILE CLUB

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

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- Circle Style: Short Sleeve Singlet

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DIRTY RUNNING

WITH ALEX MORROW

— By Alex Morrow

If you have not heard, the Birmingham Track Club is partnering with Alabama Outdoors on their Tuesday night trail runs at Red Mountain Park. These fun events offer something for the beginner to the experienced runner alike and, since the runs are held at 5:45 p.m., they are a perfect way to end the workday. In addition to meeting like-minded trail runners and exploring a beautiful park, Alabama Outdoors also brings out different vendors to let runners demo shoes, hydration systems, electrolyte capsules, and various energy gels and chomps.

On one particular Tuesday night in August, Alabama Outdoors arranged for me to try out a pair of the Saucony Peregrine 2 Trail Shoes on a 6 mile run. Right out of the box I knew I wanted a pair. As you can see from the picture, their sleek look and the black and citron color scheme screamed, “Fast and sexy.” Not the usual words associated with a pair of trail shoes! Once I picked them up a smile spread across my face. At only 9.9 oz., the Peregrine 2s made my normal trail shoes feel like combat boots.

The Peregrine 2 is built on the same last as the Saucony Kinvara, which has quickly become a popular road shoe. Classified as a neutral trail shoe, they feature a low heel to toe drop (4mm). The uppers are made of mesh. They have average arch support and a low profile. The shoe also features a stiff toe-bumper which comes in handy with the number of softball-size rocks we encounter on local trails.

Unlike the Kinvara, however, the outsole is much more rigid and rugged. Because it is a hard rubber sole with a deep tread, the byproduct is a somewhat stiffer ride than you would expect from such a light shoe and you actually end up in more of a “light stability” category as opposed to a true “neutral” runner.

I was impressed with the shoe from the get-go but I was trying to reign in my joy. I had to remind myself that I like

slightly heavier trail shoes for the protection they provide. I am prone to roll my ankles so the low profile could pose a problem. I do not always pick the best line coming down a mountain, so would the tread on these shoes be forgiving enough to make up for my mistakes? The true test of

a pair of trail shoes comes out on the trail, not in the store. It was time to see what they were made of.

We started the 6 mile run on wide-open and flat dirt roads. Some trail shoes with deep lugs simply do not perform on flat roads. They are uncomfortable and the thick lugs make it feel like you are running in football cleats. The Peregrine 2s were smooth, however, and flexible enough to perform right out of the gate. This simply means if you run in an urban area before getting to your trail, these shoes will work for you.

It was not long before we turned onto a technical single track where I could put these shoes to their true test. In the next 3 miles I had a chance to run up numerous inclines with roots, rocks, and debris a plenty. The toe bumper proved beneficial and the sole was just thick enough to protect from rock and stick punctures which lesser shoes allow. Picking up the pace on the downhills, I was impressed with the responsiveness of the shoe. It was exhilarating to be running in such a light shoe and being able to turn on a dime without sacrificing traction was fantastic. More importantly for me, at no point during the run did the low profile cut of the shoe make me feel



Bottom grip of the Saucony Peregrine 2.

unstable or allow my ankles to roll.

Overall I was very pleased with the shoe and I know a new pair will be finding a home in my closet. The Peregrine 2 is the perfect shoe for anyone who appreciates a light and fast ride and wants an “all-around” trail shoe. This may not

DIRTY RUNNING <Continued on Page 17>



New Saucony Peregrine 3s.



Side profile of the Saucony Peregrine 2.

DIRTY RUNNING <Continued from Page 16>

be your choice for trying to cross the Rockies, but for our neck of the woods, they are hard to beat. The Peregrine 2s did not disappoint on all counts.

If you are interested in checking out a pair, stop by any Alabama Outdoors location and they will gladly get you taken care of. In addition to the Peregrine 2s, the 3s have just been released in some crazy new colors and there is a rumor that the Kinvara Trail shoe is on the horizon. Whichever choice you make, the next step is to lace them up and hit the woods at the next Alabama Outdoors Tuesday Night Trail Run.

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

Alex Morrow is an RRCA and USATF Certified Running Coach. For any questions, he can be reached via email at coachalex@resoluterunning.com

ALABAMA OUTDOORS
WWW.ALABAMAOUTDOORS.COM
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ONLINE CALENDAR

Upcoming BTC Races/Events

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

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

WHY DO YOU RUN?

It's fall marathon and half marathon season! Many of us have run a number of races of at least 13.1 miles to the amazement of family, friends, and co-workers. For the non-runner, doing a race of that distance is unthinkable. You know what I'm talking about. Think about the look on your co-workers' faces when you get back to work after running a marathon or half marathon. "So you ran that far and nothing was chasing you?" "I don't even like to drive that far!" "Let me get this straight, you didn't get paid to run that far? You actually paid someone to let you run that far?" I could go on and on. We've all heard these and many others.

These comments got me thinking. Why would someone want to run 13.1 or 26.2 miles? Very few of us have any chance of winning one of these races. Heck, most of us have little chance of placing in our age group. With that said, there has to be a reason that we would push our body to complete a race of that distance. I came across a blog post that is a couple of years old titled "Motivation: 101 Reasons to Run a Marathon." I thought I would share a few of these reasons that caught my attention.

Reason #1: *Fire yourself up with excitement and anticipation.*

Once you register for the marathon and see it on your calendar, you have an adventure to look forward to. You might feel a little anxious, which is perfectly normal, but the anticipation of the experience will make you ecstatic!

Reason #6: *Eliminate "I can't" from your dictionary*

Marathon running is not easy. If you dedicate yourself to the challenge and complete the race, nothing will ever seem impossible to you again.

Reason #8: *Dare to dream big...*

Join an elite club of those who master the art of self-discipline.

Reason #12: *Rationality and marathoning don't rhyme!*

Being reasonable and rational all the time can be utterly boring. Set yourself free and run a marathon.

Reason #14: *The joy of true accomplishment*

Running a marathon feels like taking quantum leap steps at a time. Do it once and brag about it forever!

Reason #19: *The most guilt-free dinner of all time - the after-marathon dinner.* Now it's time to sit back, relax, and enjoy the fruit of your labor. Nothing is more enjoyable than sharing your deeply cherished marathon moments with fellow marathoners, while devouring your dinner guilt-free!

Reason #23: *Get your "finisher" medal*

Of all the awards you receive in your life, the marathon medal is the one you'll want to wear around your neck forever.

Reason #30: *Puff Daddy, Oprah and George Bush did it!*

Yes, both George Bush and Puff Daddy are marathoners! It feels weird to include those two names in the same sentence but they did it.

Reason #41: *Enjoy running in the middle of the streets*

A lot of city marathons run along big streets that are usually filled with traffic. Thanks to the marathon, they are now reserved for you!

Reason #56: *Meet new and interesting people*

People who are crazy enough to run a marathon, just like you, are fun to know. Where else could you ever find them?

Reason #61: *So for the rest of your life you can start whatever story you want with "Well, when I ran my first marathon..."* I can't think of a more compelling story line.

Reason #67: *There's only one person you're truly accountable to - yourself.* Isn't that personal development in action?

Reason #86: *There can be miracles when you believe...* Marathoning is one thing YOU can achieve!

Reason #88: *It is better than "running" for president* No huge election campaigns or negative ads here! When you marathon, you become president of your own territory.

Reason #100: *Why not?!*

Why not give it a shot? Just food for thought.

Reason #101: *Make it your breakthrough*

How about seeing your marathon experience as a symbol of major breakthroughs to come in your life and then training for it with this heightened spirit? I bet you will have a blast.

Take it from me, there's nothing like the feeling of crossing the finish line after running 26.2 miles. I do have a word of warning: marathoning can be addictive. I ran my first one just to be able to say I did it. I never intended to run that far ever again. The strange thing was that I began to look forward to the next one within days of finishing that first marathon. It's a lot of work, both physically and mentally, and takes a lot of time to train, but the feeling that comes from accomplishing something this significant is one that will bring you back time and time again.

Source: runaddicts.net/start-to-run/motivation-101-reasons-to-run-a-marathon

RUNNING QUOTES

"The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon."

— **Fred Lebow**, New York City Marathon co-founder

"If you feel bad at 10 miles, you're in trouble. If you feel bad at 20 miles, you're normal. If you don't feel bad at 26 miles, you're abnormal."

— **Rob de Castella**, winner 1983 World Marathon Championships

"I've learned that finishing a marathon isn't just an athletic achievement. It's a state of mind; a state of mind that says anything is possible."

— **John Hanc**, running writer

"I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart."

— **Mike Fanelli**, running club coach

"But I also realize that winning doesn't always mean getting first place; it means getting the best out of yourself. One of my greatest joys is inspiring other people to perform at their best."

— **Meb Keflezighi**, 2004 Olympic Silver Medalist in the Marathon and 4th place finisher in the 2012 Olympic Marathon

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**

VANCOUVER RACE REPORT

Running in the Land of Loonies

— Danny Haralson

Call me Ishmael. No, wait, that one's taken. The seas were angry that day my friend; that or the gods of masculinity were lined up against me (and Randy, Harold and Russ). Historically Micki and I take a trip to the beach for Micki's birthday. However this year she decided she wanted to do something different. What was different? Micki has spent the last year as the Birmingham Lululemon store Ambassador to the running community (this year's Ambassador will be our own Jennifer Andress). Lululemon is an athletic clothing store that has men's clothing yet the main focus is on women. The company has an emphasis on yoga yet they maintain a strong running & fitness connection as well as some cycling apparel. I say all this to explain why instead of going to the Gulf we flew cross country to Vancouver for the Lululemon Sea Wheeze Half Marathon. Not sure what a Sea Wheeze is but I love Vancouver. 'Spectacular by nature' is a phrase often used to describe Vancouver; a city surrounded by mountains and ringed by the sea. There was a contingent of 16 from Birmingham including the Lululemon 'girls' (employees): Kelli Hood, Marissa Moore, Rebecca Wright, Kelly Bohnet and Conrhonda Baker, as well as BTC's own Micki Haralson, Alison Hoover, Julie Pearce, Sara Turner, Darnell Allen, Randy Lyle, Harold Butler, Russ Hiller, Becca Fite, Allison Lowell and mois.

You can fly into Seattle and drive, bus, or train into Canada or you can fly straight into Vancouver. It depends on budget, time constraints and if you have the patience for a border crossing....Oy gevalt!

We're in the land of 'loonies' (dollar coin), where they say 'the mountain is out', (clear day), "Eh, hoser?" They obey all traffic laws except 'Keep right except to pass' (just like home!), each person knows more than 10 ways to order coffee at a Starbucks, Tim Horton's, or Second Cup and they eat their fries with pou-tine (kind of a brown gravy with cheese curds).

Our first morning Randy, Micki, and I met early for a short discovery run around downtown Vancouver while the die hard 'shoppers' in our group went to do 'clothing recon'. Our first objective was the Terry Fox Memorial at BC Place. Terry Fox requires his own column (Randy?) and let me suggest you at least Google Terry Fox and at best watch the ESPN 30 for 30 episode to learn more about this remarkable and courageous runner. We then swung by China Town (Vancouver has the 2nd largest Asian population on the West Coast) through Gas Town (don't ask) to the statue of Gassy Jack where the City of Vancouver was founded and named. They had the good sense not to name it after Jack.

Mid-morning the whole crew ended up at packet pickup, which was not to be confused with an Expo because there was none. No other vendors, no 'runner's mall', no bargains....bargains..Ha! It was for all intents and purposes a Lululemon 'store' where you could 'shop'. Shop being a misnomer, probably 'feeding frenzy' would best describe it. Think school of piranha...our

'girls' went early (not much for the guys there) and a good thing too because later the check line, (the check out line!!) was at least 100 yards long. There's a lot of husbands who won't see THIS month's statement! Our previously mentioned Recon Team made it out alive, but barely, with clothes and credit card limits showing. There was yoga, music, and massages but no beer. Not only no beer, but no bibs (yep, no numbers), it was to be chip timed, and no race shirts. Maybe I'm thick but how do they know whose picture is whose from the race course and finish line without numbers? There were thousands there who were running their first Half and I know they'd love to commemorate that event in their lives at least for their Facebook profile. I understand the 'no number needed' with 'chip' timing, but there had to be a large number of first timers that might want it for a souvenir. Maybe the organizers were just too 'green' for that. Yeah, no race shirt either; isn't that marketing 101 for continual advertising? They gave the guys shorts in lieu of a race shirt (that was different), but, well, let's just say they weren't a hit and no where on them did it say "Lululemon Half Marathon". Each participant also got a pair of flip flops which I thought was pretty cool. That night the Birmingham group convened for a pre-race dinner. Outside of the fact this city is surrounded by beauty, it is an incredible place for food. Our dinner was delicious and yes, entertaining.

Race morning dawned cool and sunny, just as we'd hoped. We got some pictures, found our corrals (not Boston or Peachtree strict though) and pace groups. Each runner had his or her own plan and mine was to finish the race happy. It has been a little over a year since a bike wreck, subsequent shoulder surgery, a bout with skin cancer and a few other nicks that blackened out most of last year's running for me. This would be the farthest I had run since the day of the wreck. Darnell promised to run with (babysit?) me and it's in the Book of Dan that if you say you'll run with someone, then you run with that person.

Well, she did and it was one of the most fun runs ever. We had a ball! We saw the pace groups Beavers (the leaders were called 'Pace Beavers'....yeah, a race with 6,000 female runners and they called them 'Beavers'. I'm just sayin'....). We ran through downtown, over Burrard Street Bridge, to Kitsilano Beach then back over the bridge trending down through Stanley Park and along the sea wall. Stanley Park winds along the sea wall that surrounds Vancouver Bay and Coal Harbor creating a vista of mountains and water that is genuinely breath-taking.

Lululemon sponsored 'cheer' stations throughout a course that featured music, water of course and Vega electrolytes (guess how that tasted?!). We saw mermaids, the La Cage au Folles drag queens (they were awesome!), as well as a variety of other costumes. One guy ran in a thong kind of a Jungle Jim thing (that he bought from Lululemon!!) similar to the old aerobics thong leotards. I didn't want to look but, but it was like a train wreck – I'm still in therapy.

The race finished downtown where each runner was award-

LAND OF LOONIES <Continued on Page 22>



Danny Haralson (far right) and BTC Members in Vancouver for the SeaWheeze Half Marathon.

LAND OF LOONIES <Continued from Page 21>

ed a medal that didn't say Half Marathon or even bear a date. It said 'Sea Wheeze' and I think it's either a luggage tag or key chain (shades of the old Rocket City Marathon) and the 'ribbon' is (I think) shoe laces.

Lululemon made a concerted effort to be 'different' if not avant-garde and in some ways it worked really well and in others, not so much – at least in my view. The pre-race information for veteran and first timers was second to none. The 'atmosphere' was fun, festive, colorful, and dynamic. The pre-race and post race yoga was right in their wheelhouse and the post race food was terrific unless you're craving a 'baconator' or beer.

The stars of the weekend had to be Vancouver, the city itself, graced with terrific dining, history and unparalleled beauty. Also starring was a fun Sea Wheeze Half Marathon course greatly enhanced by the unrestrained joy of 7,500 runners, 6,000 of whom were women, many of them first timers and, of course, spectators. This created a kaleidoscopic combination of fashion, colors and a parade like atmosphere. Sprinkle in a really fun group of people, a birthday girl and terrific running partner and you have almost the perfect weekend and a great race. I'm more of a traditionalist about some things but I think the organizers did exactly what they set out to do. The event sold out and next year's will sell out faster. The bottom line is, did we have fun? Oh heck yeah! •

rununiversity@gmail.com



VULCAN RUN 10K RACE ENTRY ON PAGE 27



GIRLS ON THE RUN

— Catherine Gregory

Executive Director, Girls on the Run Birmingham

This fall, you might start to see some new smiling young faces on the road, on the track or at a race from the Girls on the Run program. This is our second year offering this life-changing program in Jefferson County, and I want you to know who and what you are seeing in action.

HERE ARE THE DETAILS:

- Girls on the Run is a 12 week program
- Girls are in third through fifth grades (8-11 years old)
- We use a national curriculum and running as a tool to teach girls about self-respect and healthy living.
- At the beginning of the program they set a goal of completing a 5K, and at the end of the program, they accomplish it!

Yes, the girls run, and by default they might be a little more fit, and run a little faster, but we are not professional running coaches. We allow the girls to walk, skip or crawl around the track, but just like in life, there is not stopping or going backwards...you must keep moving forward. Our coaches are trained volunteers

who have a desire and passion for seeing girls learn to choose a healthier lifestyle and to stand up for themselves and others at a young age. The focus at each lesson is the curriculum, and the games, discussions, and mentoring opportunities that come with having real conversations.

The themes to the lessons start with self-awareness, then connectedness, and finally empowerment and sharing our strengths. These skills help prepare girls for the upcoming years filled with peer pressures in middle and high school. At every practice for 12 weeks, they are running. They cross the finish line feeling strong inside and out and are truly celebrated by their teammates, coaches, family and community members —you!—cheering them on.

We all remember our first or hardest race and that feeling of accomplishing something we were not sure we could do. It is our hope that the feeling of accomplishment those girls feel when they cross the finish line inspires them to set another big goal and to go for it! And maybe, you'll keep seeing them on the road!

To find out more, volunteer, or donate please visit
www.GirlsOnTheRunBham.org

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



Daniel McBrayer & John Dean (L to R) at the Peachtree 10km on July 4.

Run with Biggest Loser at home winner, Rebecca Meyer on Oct.13th

Rebecca Meyer, season 8 at-home winner of the Biggest Loser will be participating in the Run the River Charity 5K Trail Run in Cahaba Heights, AL on October 13th 2012.

She chose Run the River 5K to represent the state of Alabama in her 30 in 30 by 50 Challenge, her long-time fitness goal of participating in a fitness event in all 50 United States by the time she turns 30 on March 15, 2014. So far in 2012, she's already done a 5K in Utah, a sprint triathlon in Texas, an 8K in Virginia, a 5K in West Virginia, a metric half marathon in Maryland, a 5k in Nevada, a half marathon in Oklahoma and Run the River 5k in Alabama is her next stop.

Run the River 5K is just outside of Cahaba Heights, on the banks of the Little Cahaba River and all proceeds will benefit Birmingham's own Crippled Children's Foundation. This 5k will feature both road and trail, and it will take you through some of the most hidden and natural beauty in the Birmingham area. Come and support Rebecca as she crosses the state of Alabama off of her list on October 13th, 2012.

You can register today at www.facebook.com/RunTheRiver5k.





Heat one at the inaugural MAGIC CITY MILE in 2011.

2ND MAGIC CITY MILE SET FOR SEPTEMBER 30TH

— Jeannie Colquett

What do elite runners, weekend runners and the families of 100 local children with special needs have in common? The 2nd Annual Magic City Mile, that's what!

The Magic City Mile, which follows a one-mile course through downtown Homewood, benefits The Bell Center for Early Intervention Programs, a local nonprofit which provides early intervention services including physical, occupational and speech/language therapies as well as early childhood special education services to more than 100 local infants and toddlers who are at risk for developmental delay.

This year's Magic City Mile will be run Sunday, September 30, from 2 to 4 p.m., starting at the top of 18th Street in front of LAH Realty. The course follows 18th Street through Homewood, turning right on 27th Avenue South, right again on 19th Place South, finally right onto 29th Avenue South with the finish at the intersection formerly known as The Curve in Homewood. Day-of-race registration as well as the post-race party will be held in the parking lot on the corner of 18th Street South and 29th Avenue South in front of businesses including O'Carra's and Salem's Diner.

Wayne Miller, a former Bell Center parent and current member of The Bell Center's board of directors, said last year's event was a great success that The Bell Center hopes to build on this year.

"Going into last year, we weren't sure what to expect in terms of who this race would appeal to, and we were excited to find that it really appeals to all different types of runners," Wayne said. "Some serious and fast runners were in the first heat, competing for the cash prizes for top three finishers for men and women, and as the other two heats went off, we had runners who wanted to see how fast they could run this mile, and we had runners who just wanted to enjoy an easy mile run and the fun party afterward."

Many Bell Center families turned out for the event, either strolling with their children, or in the case of some, with their children on their shoulders. There were activities for the children at the post-race event as well as adult beverages for the, well, the adults.

Jeannie Colquett, executive director of The Bell Center, said the afternoon is a great way for runners to spend time with their own families, sharing the pastime they love.

"We had lots of local runners last year who came out with their own children or spouses or friends who maybe don't run as much. But they all enjoyed a great fall afternoon of running and being together, and it all benefited The Bell Center," Jeannie said.

The entry fee for the Magic City Mile is \$10. Runners can request a chip for \$5 in order to receive an official time, and t-shirts are \$10. Online registration can be found at www.imathlete.com/events/magiccitemile.



Joseph and his Dad at last year's MAGIC CITY MILE.

LOCAL LONG RUN GROUPS

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

BLACK GIRLS RUN

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

NORM'S GNOMES

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

THE VILLAGE RUNNERS

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

THE EVENING RUNNERS

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

NATALIE'S MARATHONERS

(Birmingham Track Club Saturday Group)

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

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

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

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

FLEET FEET'S BEGINNER 5K GROUP

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

HELENA ENDURANCE RUNNING GROUP

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



Find the BTC on
Facebook

Facebook.com/BirminghamTrackClub

July BTC Executive Meeting Minutes



– Submitted by Mitzi Duer-Savelis, Secretary

► July 24th, 2012; 5:30 p.m.

► ALEX MORROW and Phil Croley - Alabama Outdoors

Alex introduced Phil and talked about a partnership with AL Outdoors. Phil talked about Tuesday night trail runs they've been doing this summer and would like to do a late summer series with the BTC. Having next trail run on 8/14 and invited us to have a tent along with Saucony and GU. Expecting over 100 people to be there. In October, they plan to have an event with Scott Jurek as the speaker. They will also be doing a XTERRA fall series and invited BTC to have a booth. Discussed AL Outdoors having a water stop at a Long Run Social.

► RANDY LYLE - Treasurer

Club is in a good position for the year. We have twice as much in merchandise sales as all of last year.

► NATALIE FERGUSON - Running Group Coordinator

Long Run Social: Green Shirts for Pacers on Saturday. The 20 & 15 mile groups will leave at 6:00 am and the 5 & 10 mile groups will leave at 7:00am. Route maps are on Facebook. 7 waterstops: Avo/Dram, Lakeshore/Greensprings, Oxmoor, Track Shak, Joe Muggs, JCC, Overbrook/Pinecrest. We will provide coolers and water. Will have door prizes at 8:00, 9:00, and 10:00.

► ALEX MORROW - Media Relations

Social Marketing: Our Facebook reach was 16,000 unique visitors after pictures of Peavine Falls were posted. Eric Lopez will be helping with some Facebook Marketing soon.

► ALLISON LOWELL - Member Benefits Coordinator

Membership Cards will be mailed out next week.

► MARK BURRIS - Volunteer Coordinator

Volunteer Rewards Program information is now on the website.

► ABIGAIL MORROW - Membership

Would like to consolidate the lists from RaceIt and

Constant Contact. Would like everyone in the family to receive the email, not just the primary account holder. Would like to set up RaceIt so that everyone receives a receipt, letter, and sticker when added to the membership list. More people seem to be signing up or renewing their membership through RaceIt now.

► HEATHER MILIAM - Social Chair

Upcoming Social Events: 8/16 - Pinches Tacos, 9/8 - The Reason We Run Run, 10 - Medal Social, 11/10 - Trak Shak Joint Social.

End of the Year Party: would like to do a poll on FB for dates, times, places, etc.

► DAVID BARRY - Vice President

Triple Crown Half Marathon Challenge: 8 people already signed up. Sent information to UCP in Florence. Tom Crichton is putting the Triple Crown logo on his race shirt. Charter Bus: use facebook to poll to gauge interest.

Website: Kathleen and Jamie will be part of the website committee. Would like to do a poll asking what people want to see on the website.

► DANNY HARALSON - Vulcan Run Director

Fat Danny's Trial by Trail: 8/10 8:00 am. Race is a benefit of membership. Ask that people bring a side dish large enough to feed 6-8 people. Cost to non-runners \$29 (\$24 membership + \$5 race entry fee). Members \$5. Need 6 - 8 volunteers for (1) food, (2) Finish Line. Alabama Outdoors will promote. Will ask Rick to do the finish line.

Vulcan Run: Tim Roberts will be the Assistant Race Director. Discussed doing a poster or a different color shirt for the first 200 finishers. Will be back downstairs at Boutwell again this year. New logo is in the process of being developed.

Discussed partnering with Cahaba Brewery and labeling a brew "Runner's Ale".

► JENNIFER ANDRESS - President

Logo Design: Eric Swope did the logo design for the BTC and the Vulcan Run. Would like to give him a \$125 gift certificate to Bottega. MOTION: APPROVED

Footbridge: Would like to write a letter to State Representative, Paul Demarco, to encourage approval for a footbridge to be built on Hollywood Blvd on behalf of the BTC. MOTION: APPROVED.

Organizational Chart: All committee heads to send their committee members names to Mitzi to draw up an organization chart for the club. Needs to have major information, and then post to website. •



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



		MONTH																																
		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	GOAL	TOTAL
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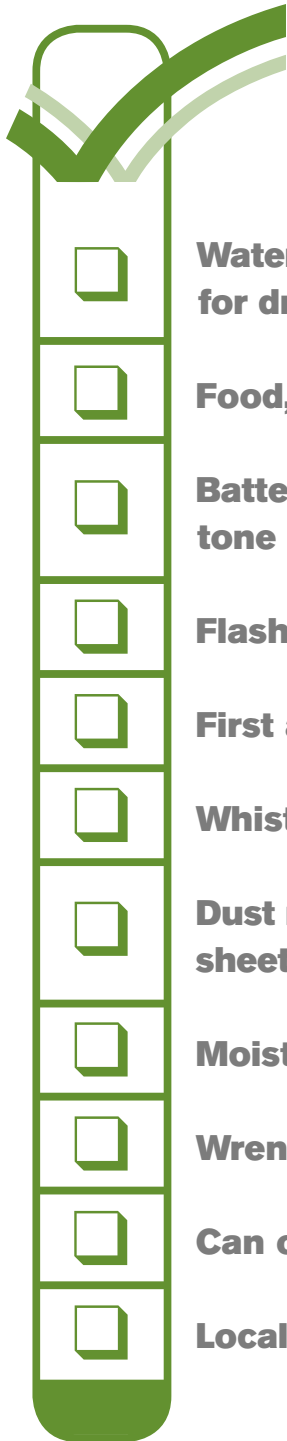
PREPARE. PLAN. STAY INFORMED.

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